

REASONS to BUY LOCAL

- 1. Locally grown food tastes better.** Food grown in your community was probably picked within the past day or two. Several studies have shown that the average distance food travels from farm to plate is 1,500 miles.
- 2. Local produce is better for you.** A recent study showed that fresh produce loses nutrients quickly. Food that is frozen or canned soon after harvest is actually more nutritious than "fresh" produce that has been on the truck for a week.
- 3. Local food supports local farm families.** Farmers get less than ten cents of the retail food dollar in the commodity market. Local farmers who sell directly to the consumer get full retail price which means farm families can afford to stay on the farm. In a typical grocery store, only 9 cents goes to the people who produce the food.
- 4. Local food builds community.** When you buy direct from the farmer, you are establishing a time honored connection. Knowing the farmers gives you insight into the seasons, weather, and process of raising food. Relationships built on understanding can thrive.
- 5. Local food preserves open space.** As the value of direct marketed produce increases, selling farmland for development becomes less likely. When you buy locally grown produce, you are doing something proactive about conserving agricultural landscape and open space.
- 6. Local food keeps the local economy strong and your taxes in check.** Farms contribute more in taxes than they require in services, while suburban development costs more than it generates in taxes. Dollars spent in the community stay in the community.



If you would like your farm included in this guide, please contact the
Enosburgh Conservation Commission
 Sarah Downes, Chair • 933.5515

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Local Farm Fresh Producers Guide

2010

Prepared by Enosburgh Conservation Commission and Bakersfield Conservation Commission

Beaver Meadow Farm Greenhouses

Annual flowers and vegetable plants, perennials, nursery plants, seasonal fresh vegetables, sweet corn, pumpkins
802.933.4073 | 9–5 daily
 Rt. 118, & on Woodward Road, Enosburgh, VT

Cold Creek

Vicky and Mike Palchak
 Organic vegetables and berries
802.827.9970 | coldcreek@ncctv.net
 1424 Main St. North (Rt. 108) Bakersfield, VT
 Farm Stand by house, open on Saturdays

Dalestead Farm

Warren, Marie, Matt and Eric Hull
 Sweet corn and all sizes of pumpkins at farmstand in August and September, maple products and hay available all year round
802.933.2557
 Route 108, West Enosburgh

Diamond Hill Custom Heifers — Compost Facility

Grass fed beef, fresh vegetables and firewood
802.933.2071 | dhch2000@myfairpoint.net
 4692 East Sheldon Road, Enosburg Falls, VT

Doe's Leap Farm

Organic goat cheese, pork
802.827.3046 | doesleap@myfairpoint.net
 1707 Rt. 108, Bakersfield, VT

Farmer Sue

Sue Wells
 Free-range eggs, vegetables, herbs
802.827.3815
farmersue@myfairpoint.net
 343 Lawyer Road, Bakersfield VT
Farm stand, several Farmer's Markets

Flack Family Farm

Raw milk, grass fed beef, sauerkraut, kimchi, sausages, medicinal plants, tinctures, educational classes
802.933.7752 | www.flackfamilyfarm.com
 3971 Pumpkin Village Rd. Fairfield, VT
Organic, Biodynamic, No grain fed to dairy or beef.

Fleury's Maple Hill Farm

Maple syrup
802.848.3681 | **802.848.3885**
fleurymaple@hughes.net
 327 Pleasant View Rd., Richford, VT

Forgotten Thyme Farm

Bill and Melisa Burke
 Organic free range eggs, vegetables, lamb, pork, fresh herbs, herbal products, Icelandic wool roving, and tanned lambskins
802.933.8529
www.forgottenthymefarm.com
burke@forgottenthymefarm.com
 2181 Duffy Hill Rd. Enosburgh, VT
CSA, Farm, Enosburgh Farmers' Market, Organic

Godfrey's Sugarhouse

Organic maple syrup
802.326.4775
 850 Gibou Rd., Montgomery, VT
NOFA, Certified Organic

Green Wind Farm

Steve MacCausland and Julie Wolcott
 Organic strawberries, organic maple syrup, raw milk, raw milk yogurt, organic 1st cut hay, farm visits
802.933.4592 | gwfarm@vtlink.net
 (call if e-mail sent)
 1345 Northrup Rd., Fairfield, VT

Greene's Ox Pasture Maples

Jim, Louise and Pam Greene
 Maple syrup, maple sugar, and firewood
802.309.8275
www.oxpasturemaples.com
 1477 Montgomery Rd., East Berkshire, VT

Howmars Farm

Jonathon and Karen Gates
 Organic milk, beef, poultry & eggs, maple syrup, compost, Christmas trees, firewood
802.285.2272 | howmars@franklinvt.net
 348 Beaver Meadow Rd., Franklin VT
Cert. Organic-VOF

King's Taste

Large variety vegetables, fresh eggs, vegetable and flower transplants, raspberries
802.285.2243 | **888.831.9281**
802.304.9499 | kingstaste@franklinvt.net
 9–5 M–F, 9–12 S
 5199 Main St., Franklin, VT
Enosburgh Farmers' Market

Larry's Tree Farm

Christmas trees, wreaths, greens, and Christmas Shop
802.827.6123 | lj999@together.net
 November–December
 366 Rt. 108 South, Bakersfield, VT

Longley Bridge Farm

Eggs, milk, vegetables, firewood, baked goods
802.326.4151
 5256 Longley Bridge Rd., Montgomery, VT

Maplewood Organics

A Noel Family Farm
 Vegetables, fresh cut flowers, 100% grass-fed Galloway Beef, lacto-fermented sauerkraut, grass farmed organic eggs
802.868.5083
maplewoodorganics@yahoo.com
 3550 Gore Rd., Highgate VT
CSA and Certified Organic

Marshvale Farm

Grass-fed beef
802.326.4113 | **802.933.2303**
by appt.
 Rt. 118, Montgomery, VT

Missisquoi River Gardens

John and Betty Severance
 Vegetables
802.933.4605
jbseverance@myfairpoint.net
 132 Severance Rd., Sheldon, VT
Organic

Mountain Maples

Shane & Dawn Reed and family
 Maple syrup and maple products
802.326.3092
mountainmaple@fairpoint.net

Mountain Spirit Herbs LLC

Owner: Lauri Ellis
 Organic bulk medicinal & culinary herbs, herbal glycerine soaps, tinctures, tea & seasoning blends, massage oils, healing oils & salves, dream pillows, botanical body & baby care, medicinal plants, health consultations
802.326.3248 | unique1@fairpoint.net
 4650 Enosburg Mountain Rd., Enosburg Falls, VT

Raven Ridge

Chas Salmon and Olga Lermontov
 Cut flowers, floral arranging, vegetables, maple syrup, tanned sheepskin
802.933.4616 | ravenrdg@together.net
 6 am to 6 pm
 222 Raven Ridge Rd., Enosburgh, VT

Stone Hollow Farm

Ken Carter and Melissa Dion
 Vegetables, flowers, garlic, and maple syrup
802.933.8325 *call for appt.*
 637 Jones Rd. Enosburg Falls, VT
NOFA, CSA

Wellstream Herbs

Debbie Landauer, Herbalist
 Medicinal herbal extracts, botanical body care, oils and salves, dried herbs and tea blends, health consultations, herb classes and plant walks
802.933.8853
wellstreamherbs@yahoo.com
 2804 Duffy Hill Rd. Enosburgh, VT

Yellow Dog Farm at Cold Hollow

Sonja Hull
 Vegetables and fruit
802.933.2121
yellowdogfarm@gmail.com
 184 Cold Hollow Rd., Bakersfield, VT
CSA

Enosburgh Farmer's Market

Lincoln Park, Enosburg Falls
 Wednesday and Saturday, May–Oct