

MAY 2014

AgNews

the newsletter of the
Chichester Agricultural Commission

chichesternh.org (under Boards & Committees)
chichesteragcom@yahoo.com

Chichester AgCom Becomes Active

The 3rd "Backyard Farming" lecture presented by the Chichester Garden Club & Chichester Agricultural Commission will be held Wed., May 28, 7pm, Grange Hall.

Ardent Beekeeper and Presenter Julie Eaton of Bow will talk about Beginning Beekeeping.

Having grown up in Chichester, we welcome the return of Beekeeper Julie Eaton for this presentation. Four years ago, with others, she and her husband helped form the Capital Area Beekeepers' Assoc. (CABA) and is currently its Treasurer and assists with CABA's Bee School program. Julie has been keeping Honey Bees for six years with success in over-wintering, which can be difficult during NH's long cold winters. Eaton has caught several swarms and has started a NUC hive from an overflowing hive. NUCs are smaller hives often used to prevent swarming in a larger colony, by removing frames with queen-cells from a larger colony and using them to provide the basis for a new colony. The removal of queen cells and re-

duction in population in the donor colony diminish the urge to swarm.

In a recent NH Magazine interview with Barbara Lawler, 9-year beekeeper, president of NH Beekeepers Association and vice president of CABA, she was asked about the most interesting aspect of bees. Her reply: "Over their short lifetime (six weeks), they take on many jobs — nurse, housekeeper, guard, forager, undertaker. They communicate through movement, pheromones (scent) and sound. Their ability to move from one role to another and communicate the needs of the hive demonstrates a true collaborative effort. No room for egos or drama or selfishness. We humans have a lot to learn from bees."

When asked about the declining number of honeybees, Lawler's response was "Do we like variety in what we eat? One out of every three mouthfuls of our food are reliant on honeybees. Medicine — a beehive is a virtual medicine chest. Products from the hive including honey, pollen, Royal jelly and bee venom, to name but a few, are increasingly being used in con-

junction with traditional medicine. Wound care centers across the country use honey for deep cavity wounds, bee venom is used to treat a variety of maladies from tumor reduction to arthritis, Royal jelly for menopausal symptom relief. Unfortunately, many folks don't seek out these more natural measures until after exhausting traditional methods."

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### INSIDE THIS ISSUE:

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## Purpose of an AgCom...

*is to protect farmland, support the local agricultural economy, preserve rural character and promote local agriculture to community members and visitors. As ambassadors of the farming community, agricultural commissions act as educators, advisers and promoters to help keep agriculture viable in all New Hampshire communities.*



## Events & Announcements

**WELCOME** to our two new AgCom members Kay Snow and John Snow of Webster Mills Rd.

**Chichester AgCom 2014 Meeting schedule:** May 21; Jun 18; Jul 16; Aug 20; Sep 17; Oct 15; at this time, no meetings Nov & Dec

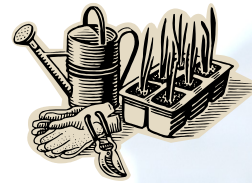
### Chichester Garden Club & AgCom "Backyard Farming"

Lecture Series, Grange Hall, 7pm -

**May 28, 2014 - Beginning Beekeeping**  
by Beekeeper Julie Eaton



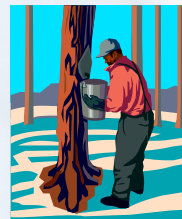
**June 25, 2014 - Organic Gardening**  
by Master Gardener Ann Lacroix



### Chichester AgCom Lectures - 7pm, Grange Hall

**Jan 21, 2015 - "New Hampshire's Grange Movement: Its Rise, Triumphs and Decline" by Steve Taylor**

**Feb 18, 2015 - tentatively - Maple Sugaring**



**Mar 18, 2015 - tentatively - Organic Gardening**  
by Ann Lacroix



### **NH Preservation Alliances Presents Barn Tax Incentive Information**

The April 24, 2014, "Help for Historic Buildings: Tax Incentives and Easement Programs" program held at the Chichester Grange Hall focused on Barn and Land Easements. This event was free, open to the public and hosted by the Chichester Heritage Commission.

Chichester Heritage Commission Chair Lucille Noel introduced NH Preservation Alliance Field Service Representative Maggie Stier and Barn Easement Program Director Beverly Thomas who presented important information featuring NH barns which are quickly diminishing. Both speakers cleared up many of the misunderstood aspects of the procedure and former penalties, laws and tax incentives, available assessment grants and marvelous before-and-after photos of several agricultural structures which were part of the first 10-year tax reduction barn easement plan with a few that have been re-approved for a second 10-year term. A question and answer period followed the presentation.



## A Gathering of Local Farmers and Food Producers to Network and Discuss Farming in Carroll County NOFA-NH

Sat, May 03, 2014, from The Forum [www.forumhome.org](http://www.forumhome.org)

Farmers and producers from Carroll County, NH and Western Maine are invited to a gathering on May 8 at 6 pm in Madison.

"We're pleased to offer this series of farmer-focused events with a very simple goal: to get local farmers together to network and to talk about shared challenges and goals," said Janet B. Wilkinson, NOFA-NH Executive Director.

"Each event is tailored to the interests of the farmers in that region. The result, we hope, will be improved collaboration between farms, and perhaps some new joint projects to improve individual farm successes, which of course means improved agricultural successes as a region and state. And it's fun, too!"

Topics for discussion, based on local farmer input, include the potential for a collaborative marketing initiative between local farms, and the recent expansion of the North Country Farmers Co-op, a purchase and delivery service for local food, to this area.

This event will kick off a series of 'Focus on Farmer' events in Carroll County, Coos County, and Grafton County this Spring. The Focus on Farmers events are hosted by the Northeast Organic Farming Association of New Hampshire, with funding support from the Thomas W. Haas Fund of the New Hampshire Charitable Foundation.

All Carroll County and Western Maine farmers are welcome - no need to be organic or a NOFA-NH member to participate. The event is free of charge. RSVP is required and space is limited - register here: <http://nofanh.org/nofa-event/nofa-nh-focus-farmers-carroll-county/> or contact the NOFA-NH Office 603-224-5022.

*NOFA-NH is a statewide nonprofit organization that actively promotes regenerative, ecologically-sound gardening, farming and land care practices, helping people build local, sustainable, healthy food systems in our communities. To become a member, make a donation, or sign up as a volunteer, please visit [www.nofanh.org](http://www.nofanh.org) or email [info@nofanh.org](mailto:info@nofanh.org).*



**CREATE AN OUTDOOR CLASSROOM AT YOUR SCHOOL**

## USDA Pilots New Farm-To-School Programs

By [Allison Marshall](#) on [April 24, 2014](#) - from Grace eco news, [www.gracelinks.org](http://www.gracelinks.org) and [www.civileats.com](http://www.civileats.com)

At first glance, the 2014 Farm Bill may look like business as usual. But there is also some good news for local food advocates buried deep in the \$956 billion bill, and a new pilot program that promises to place more local produce in schools is worth applauding.

Starting next school year, these programs would provide local fruit and vegetables for at least five, and up to eight, pilot schools across the country, with at least one state in each of the five main regions of the country (the Northeast, the Pacific Northwest, the South, the West, and the Midwest). (The U.S. Department of Agriculture (USDA) is expected to release a Request for Proposals (RFP) in the coming months.)

Although the pilot programs do not have any mandatory funding attached to them, USDA expects to be able to move forward with the implementation of the programs without any additional funding.

The new program carries forward another pilot that took place in 2011, in Michigan and Florida schools, where USDA purchased local lettuce, apples, grapes, oranges, carrots, and blueberries, and funneled them to schools through the state.

Although non-governmental (non-profit and school-based) farm-to-school programs have existed in several states throughout the country for many years, and a large number of states have passed [farm-to-school legislation](#), the USDA program is essentially the first federally backed invest-

ment supporting the inclusion of local fruits and vegetables for school breakfast, lunch, and snack programs.



In terms of federal legislation, farm-to-school has been part of the Child Nutrition Act since 2004, and in 2010, USDA received funding to administer the Farm to School Grant Program. Now the Farm Bill also includes explicit language in support of farm-to-school. Ideally, say advocates, this will make it easier for schools to be flexible in what they can serve their students, and support accompanying food and nutrition education.

Along with school gardens and food systems education, the National Farm to School Network's (NFSN) Policy and Strategic Partnerships Director Helen Dombalis says "local procurement is the third key piece of farm-to-school." NFSN advocated for the pilots along with National Sustainable Agriculture Coalition (NSAC) and Dombalis sees them as an important start.

Eugene Kim, a Policy Specialist at NSAC, described the pilots as "a great opportunity to encourage diversity and innovation in farm-to-school," and a "chance for

schools and states to learn from successes and failures."

By reconnecting young people to their food and giving them access to more fresh fruits and vegetables, farm-to-school programming is known to generate an increased interest in and willingness to try healthy foods.

There is also ample science showing that foods that are consumed closer to their source generally contain a higher nutrient value. And small, localized farms tend to favor taste, nutrition, and diversity over maximum yield and "shipability" when choosing varieties.

Sourcing fresh, local food for school lunches carries with it the added benefit of contributing to the local economy and supporting local farmers. In one economic analysis, Cooperative Extension in Minnesota found that farmers were positively impacted by selling their produce to schools, regardless of how much the schools were willing to pay for the products, simply because the school system presented a new market.

### A Modest Program With Great Potential

In their recommendations to USDA, NFSN, and NSAC make a purposeful attempt to engage beginning and socially disadvantaged farmers (defined as those whose identity in a group has subjected them to racial or ethnic prejudice without regard to their individual identity) in the farm-to-school movement.

USDA also has the opportunity to provide training and technical assistance for school food representatives and farmers. As with anything in the world of food, both the supply and demand end of the equation must be addressed. USDA has the opportunity to craft resources that both encourage farmers to participate in farm-to-school programs and to provide schools with the tools necessary to purchase, process, and serve food that comes directly from farms (versus pre-prepared foods that merely need to be reheated). These new pilots might also open the door for USDA to consider a nuanced food safety regimen when it comes to school food that is scale-appropriate and practical for schools and for farmers. In most cases, farms that sell to schools must be certified through Good Agriculture Practices (GAP), or similar state run food safety regimen. This often poses a barrier to getting fresher, local foods into schools.

In the meantime, advocates can celebrate a small win with big potential. Dombalis says, "We are excited that ... USDA will be exploring alternative procurement models for local produce. The lessons learned will inform the future expansion of farm-to-school, ultimately resulting in more wins for kids, farmers, and communities." \*\*\*\*



## **SOME LOCAL/AREA FARMS:**

### **The Flying T**

**Pat and Martha Testerman**  
31 Durgin Road, Chichester  
(603) 798-3054

[www.flyingtnh.com](http://www.flyingtnh.com) [farm@flyingtnh.com](mailto:farm@flyingtnh.com)

**What:** The Flying T is a small family farm in the scenic wooded hills of New Hampshire. We raise goats, Muscovy ducks, and chickens, emphasizing free-range, natural, organic and sustainable practices as much as possible. In addition, we harvest both wild and cultivated agricultural products. We offer Eggs (year round), Muscovy ducks (late spring), chevon and cabrito goat meat

**Where:** At the farm

### **Kelly Corner Farm**

**Julie Patterson**  
3 Pleasant St., Chichester  
(603) 435-6419

[www.kellycornerfarm.com](http://www.kellycornerfarm.com) [romney@comcast.net](mailto:romney@comcast.net)

**What:** Free-range chicken (spring, fall, winter); turkey, duck and (summer, fall, winter); chicken and duck eggs; lamb and goat (year round); chorizo and Greek sausages. No antibiotics are used in our food producing animals. We offer a meat CSA

**Where:** At the farm year round, 9 am to 6 pm. Miles Smith Farm, Johnson Local Harvest

### **Lake Cliff Organic Farm and CSA**

**Dale & Pauline Hallquist**  
66 Bear Hill Road, Chichester  
(603) 798-3937

<http://lakeclifffarm.com/index.html> [lakeclifffarm@comcast.net](mailto:lakeclifffarm@comcast.net)

**What:** We are a family friendly farm using all organic products. We are certified farmers and NOFA members. We offer PYO highbush blueberries (June/July), tomatoes, cucumbers, spinach, lettuces; organic eggs and organic maple syrup and a CSA

**Where:** At the farm, Concord and Tilton farmers markets

**When:** Daily Hours: 7:30am-6:00pm

### **McClary Hill Farm**

**Dave Stewart**  
3 Griffin Road, Epsom  
(603) 738-4717

[www.mcclaryhillfarm.com](http://www.mcclaryhillfarm.com) [dstewart@plantech.com](mailto:dstewart@plantech.com)

**What:** Fresh, naturally-raised chicken, turkey, lamb, pork; dairy; eggs, and honey (year-round). Our animals have free access to fresh pasture from spring to fall

**Where:** At the farm [Debriggs62@aol.com](mailto:Debriggs62@aol.com)

**What:** We offer a wide variety of vegetables (in season). 95% grown in Loudon with minimal pesticides and Maple products.

**Where:** At the farm, 7 days a week, 9am - 6pm July – December. Also at our farm stand at the Everett Arena in Concord.

*Continued p9*



# Farm To School

<http://www.fns.usda.gov/farmtoschool/farm-school>



**Seasonal Menus** Kids learn what's in season in their region. (Photo Credit: Courtesy of Ecotrust)



**On the Farm** Kids get up close and personal with agriculture. (Photo Credit: Lindsay Morris)

Across the country, an increasing number of schools and districts have begun to source more foods locally and to provide complementary educational activities to students that emphasize food, farming, and nutrition. This nationwide movement to enrich children's bodies and minds while supporting local economies is often referred to as "farm to school." The term encompasses efforts that bring local or regionally produced foods into school cafeterias; hands-on learning activities such as school gardening, farm visits, and culinary classes; and the integration of food-related education into the regular, standards-based classroom curriculum. The United States Department of Agriculture (USDA) supports such efforts through its Farm to School Program, which includes research, training, technical assistance, and grants.

**Local what?** Regional offerings (and therefore economic opportunities for local food producers) can span the school meal tray and include everything from fresh fruit and vegetable servings to the wheat in the pizza crust, beans in the chili, rice in the stir fry, turkey in the sandwiches, and cheese in the quesadillas. Thus, farm to school includes all types of producers and food businesses including farmers, ranchers, and fishermen, as well as food processors, manufacturers, and distributors. Schools can define "local" however they choose, and definitions vary widely depending on the unique geography and climate where the school is located, and on the abundance of local food producers.

## Fiscal Year 2015 Farm to School Grant Program Funds Available

On February 19, 2014, Agriculture Secretary Tom Vilsack announced the availability of federal funds for the Fiscal Year 2015 Farm to School Grant Program. Visit the USDA Farm to School Grant Webpage here for more information, including the request for applications.

**Finding, Buying and Serving Local Foods** Beginning January 2014 through June 2014, the USDA Farm to School Program will host



two webinars each month to showcase the variety of ways school districts can purchase local foods. **The webinars will be held at 2:00 p.m. Eastern Time on the second and fourth Thursdays of the month.** Topics will include everything from procurement basics to using geographic preference, to finding local producers, to buying local through DoD Fresh. See the schedule below for more information.

Introduction to Procurement – January 9

Conducting a Local Procurement Baseline Assessment – January 23

Finding Local Producers–February 13

Using the Informal Procurement Method – February 27

Using Specifications to Target Local Products – March 13

Working with Distributors –March 27

Using a Forward Contract – April 10

Introduction to Geographic Preference – April 24

Using Geographic Preference– May 8

Using USDA Foods as Resource to Purchase Local – May 22

Using DoD Fresh to Purchase Local – June 12

Tying It All Together and Digging In – June 26

To register for one or several of the sessions, go to <http://www.fns.usda.gov/farmtoschool/farm-school>. All webinars will be recorded and available on the USDA Farm to School Webinar page within 1-2 weeks of initial viewing. While each webinar will build on the ones before it, feel free to pick and choose sessions



based on your interest.

### Healthy habits take root

USDA surveyed over 13,000 public school districts to determine the prevalence of farm to school approaches throughout the country, and the results are in! According to USDA's first-ever Farm to School Census, in school year 2011-2012, schools participating in farm to school activities purchased and served over \$350 million in local food, with more than half of participating schools planning to purchase even more local foods in future school years.

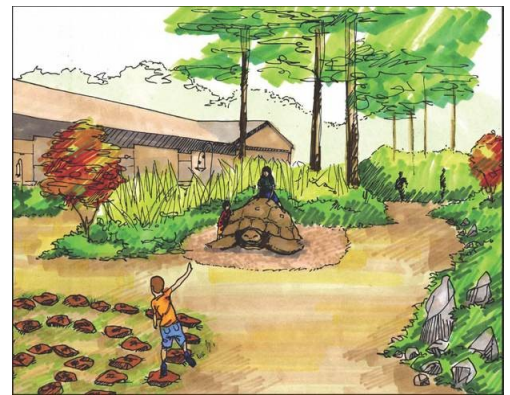
Forty-three percent of public school districts across the country reported having an existing farm to school program in place, with another 13 percent of school districts surveyed committed to launching a farm to school program in the near future.

Interest in local products spans the school meal tray, with fruits, vegetables, and milk topping the

country, while census respondents indicate an interest in local plant-based proteins, grains and flour, and meat and poultry in the future.

We're here to help! The USDA Farm to School Program is operated by the Department's Food and Nutrition Service (FNS), which has seven regional offices around the country; in each is a Farm to School Regional Lead who is available to provide farm to school related support to state agencies and other entities in their region. A list of regions, along with the names and contact information for regional and national USDA Farm to School Program staff, can be found [here](#). To receive information and updates about USDA's Farm to School Program, please sign up for our [Farm to School E-letter](#). Questions? Email us at [farmto-school@fns.usda.gov](mailto:farmto-school@fns.usda.gov).

Schools throughout the country are taking the initiative to provide outdoor educational programs.



Some schools utilize up to 60% of school waste by composting using worms.



Photo of late summer at Benjamin Franklin School, from Keene Community Garden Connections, A project of the Antioch University New England Department of Environmental Studies, [keenecommunitygardenconnections.wordpress.com/](http://keenecommunitygardenconnections.wordpress.com/)



## NH Farm to School Case Studies

Loudon Elementary School Garden  
Loudon, NH [www.nhfarmtoschool.org](http://www.nhfarmtoschool.org)

NH Farm to School (NHFTS) is a statewide program working to connect NH farms and schools. Farm to school connections enable schools to serve healthy, locally grown foods in their cafeterias, integrate farms, food, and nutrition into their curriculum, and explore food and agriculture-based learning opportunities. NHFTS is a program of the University of New Hampshire's Sustainability Academy, and is grateful for the generous support of Share Our Strength and the NH Charitable Foundation.

Minery family and Vegetable Garden Committee start garden. The Loudon Elementary School (LES) has started a garden. Melissa Minery, a parent of an LES student, approached the principal with the idea of the garden after seeing the outpouring of support for the Farm Feast, a local foods community dinner that took place in the fall of 2010 at which ninety percent of the food served was grown or raised in Loudon. Melissa Minery and the school Vegetable Garden Committee developed plans for the garden over the winter. Supplies for the three raised beds were donated by Loudon businesses, and the beds were built by the Minery family. Students in the kindergarten classes planted radish seeds in one bed, and third-grade students planted lettuce seeds in another bed. The third bed will be used for vegetables to be grown over the summer and maintained by volunteers. Donated blueberry bushes were also planted. The radish and

lettuce will be harvested before the end of the school year to be enjoyed by the students. The produce grown this Food Pantry. The school has a compost bin, purchased by the environmental club, where food scraps will be composted and the finished product used in the garden beds. The LES vegetable garden committee plans to apply for grants to secure funds to expand the garden by adding raised beds. The principle and food service director have been very supportive of the garden. The goal of the garden is for it to become part of the school curriculum and that students will be more likely to try new vegetables as they are active participants in the food-raising process.

--By Melissa Minery

*NH Farm to School (NHFTS) is a statewide program working to connect NH farms and schools. Farm to school connections enable schools to serve healthy, locally grown foods in their cafeterias, integrate farms, food, and nutrition into their curriculum, and explore food and agriculture-based learning opportunities. NHFTS is a program of the University of New Hampshire's Sustainability Academy, and is grateful for the generous support of Share Our Strength and the New Hampshire Charitable Foundation. [www.nhfarmtoschool.org](http://www.nhfarmtoschool.org)*



**At the May AgCom meeting,** perhaps it is time to set forth a plan for working with the Chichester Central School, UNH and Farm Bureau's Agriculture in the Classroom. Of course it's too late for active participation this spring-summer. If we make an effort, we could enhance CCS's current curriculum by helping to:

- 1) Add an Agriculture in the Classroom educational element; and/or
- 2) obtain grant money, materials and labor donations for the first raised bed and/or greenhouse ready for Spring 2015.

This would provide students with math, science, NH agricultural history, health & nutrition education, exercise, a sense of accomplishment, active participation in their own health, as well as provide them with fresh foods at school meals. If you have seen CCS alternate school lunches of late, you will understand the concern.



## 10 Reasons to Consume Local Foods:

1. **Supports local farms:** Buying local food keeps local farms healthy and creates local jobs at farms and in local food processing and distribution systems.
2. **Boosts local economy:** Food dollars spent at local farms and food producers stay in the local economy, creating more jobs at other local businesses.
3. **Less travel:** Local food travels much less distance to market than typical fresh or processed grocery store foods, therefore using less fuel and generating fewer greenhouse gases.
4. **Less waste:** Because of the shorter distribution chains for local foods, less food is wasted in distribution, warehousing and merchandising.
5. **More freshness:** Local food is fresher, healthier and tastes better, because it spends less time in transit from farm to plate, and therefore loses fewer nutrients and incurs less spoilage.
6. **New and better flavors:** A commitment to buy local encourages people to discover new fruits and vegetables, new ways to prepare food, and promotes a better appreciation of the pleasure of each season's foods.
7. **Good for the soil:** Local food encourages diversification of local agriculture, which reduces the reliance on monoculture — single crops grown over a wide area to the detriment of soils.
8. **Attracts tourists:** Local foods promote agritourism — farmers markets and opportunities to visit farms and local food producers help draw tourists to a region.
9. **Preserves open space:** Buying local food helps local farms survive and thrive, keeping land from being redeveloped into suburban sprawl.

**Builds more connected communities:** Local foods create more vibrant communities by connecting people with the farmers and food producers who bring them healthy local foods. As customers of CSAs and farmers markets have discovered, they are great places to meet and connect with friends as well as farmers! #

## SOME LOCAL FARMS:

*Continued from p5*

### Meadow Ledge Farm

Ernie Roberts

612 Route 129, Loudon

(603) 798-5860 [www.meadowledgefarm.com](http://www.meadowledgefarm.com)

What: Family-run farm/orchard. Peaches, plums, pears, blueberries, apples, pumpkins, PYO strawberries; fresh vegetables (summer-fall); wholesale sliced/diced apples (year-round). October Harvest Festival with free tractor rides, hot apple cider donuts, games and contests.

Where: At the farm. August – December 23rd. Open 9am - 6pm, closed Mondays. Please Call Ahead.

### Ramsay's Farm Stand

Brian Ramsay

783 Loudon Ridge Road, Loudon

(603) 267-6522 [BPRAMSAY1@aol.com](mailto:BPRAMSAY1@aol.com)

What: Blueberries, raspberries (June - late Aug.); tomatoes, cucumbers, chard, eggplant, lettuce, melons, zucchini, summer and winter squash, beans, onions, leeks, carrots, beets, pumpkins, peppers, herbs; gladiolus & sunflowers; mums (fall); maple syrup (year-round).

Where: Laconia Farmers Market and at the farm. Farm stand opens July 1st, 7 days a week, 8am to 7pm.

### Red Manse Farm and CSA

Earl & Alice Tuson

5 Pittsfield Road, Loudon

(603) 435-9943 [www.redmansefarm.com](http://www.redmansefarm.com)

Certified Organic vegetables, tree fruit and more, grown on a full-time family farm. Our traditional CSA offers pickup locations in Auburn, Laconia, Pembroke and Northwood. Our Farm Patron program allows greater flexibility and choice anytime our farm store is open. Produce offered over an extended season and available in bulk quantities for home processing and winter storage.

What: Full range of certified organic vegetables, apples, strawberries, shiitake mushrooms, maple syrup, garlic, and herbs.

Where: At the farm, area grocers, restaurants, farmers markets, other farms.

### Windswept Maples

Melissa & Larry Moore

845 Loudon Ridge Road, Loudon

(603) 267-8492, [www.windsweptmaples.com](http://www.windsweptmaples.com)

What: 160-acre family farm. Eggs from laying hens, (floor birds – no cages), Grass fed beef from our herd of Angus and Angus cross-bred cattle. Cucumbers, beans, zucchini (early July); sweet corn, tomatoes (late July); potatoes, beans, squash, pumpkins (mid-Sept.); maple syrup products (mail-order available). Hay, maple cream, sugar, dry sugar.

Where: At the farm or sugarhouse.

When: Summer Hours: Weekdays 1 p.m. – 6 p.m.; Sat & Sun 9 a.m. – 5 p.m.

*Continued p10*

**Appleview Orchard**

1266 Upper City Road, Pittsfield

(603) 435-3553 <http://www.applevieworchard.com/>

What: Super-premium gourmet ice cream; Homemade waffle cones and brownies; The finest local gifts and unique imports; Petting corral, bounce house; Breathtaking orchard views and vistas; Hot gourmet coffee and tea; Scenic fall apple picking and hay rides (seasonal); Press-your-own cider or enjoy ours (seasonal) & more

**Autumnview Farm**

1010 Upper City Road, Pittsfield

(603) 435-5503

What: Apples/other fruit, vegetables, berries, CSA: offering many fruits and vegetables from June-October-eggplant, broccoli, summer/fall squashes, pumpkins, peaches, pears, blueberries, zucchini, cabbage, tomatoes, cucumbers, peppers, cauliflower, and sweet corn

Where: at the farm

When: call first

**Blueberry Gardens**

Michelle Fischer

40 Ingalls Road, Pittsfield

(603) 435-7218 [www.blueberrygardensorganic.com](http://www.blueberrygardensorganic.com)

The Suncook Valley's original blueberry farm. Mature cultivated blueberries, certified organic by the State of NH for nine years.

What: Cultivated high bush blueberries

Where: At the farm

When: Picking from July to mid-Sept. Hours: Sat & Sun 8am–5pm, weekdays 5pm–8pm, or by appointment

**Willoughby Farm**

Dale &amp; Susan Willoughby

164 Eaton Road, Pittsfield

(603) 435-9965

What: Certified organic vegetables-basil, broccoli, beets, beans, carrots, cucumbers, cauliflower, chard, lettuce, melons, garlic, onions, peas, peppers, potatoes, radish, spinach, tomatoes, turnips, summer and winter squash, shallots, scallions, etc. (July-October, some winter storage); strawberries (June-early July)

**Apple Hill Farm & CSA**

Diane &amp; Chuck Souther

580 Mountain Road, Concord

(603) 224-8862 [www.applehillfarmnh.com](http://www.applehillfarmnh.com)[info@applehillfarmnh.com](mailto:info@applehillfarmnh.com)

Family run farm with PYO and farm stand using integrated pest management, beyond organic, to provide a high quality fresh product. CSA farm share cards available.

What: Strawberries, raspberries, blueberries, black currants, peaches, apples, plums, pears; pumpkins; squash (summer and fall), beans, beets, corn, potatoes, tomatoes; cheeses; smoked bacon, ham, pepperoni; maple syrup, candy, honeycomb; NH wine, hard cider and sweet apple cider

Where: At the farm stand, farmers' markets in Bedford and Concord

**Bartlett Farm Dairy**

Scott Bartlett &amp; Craig Bartlett

467 Josiah Bartlett Road, Concord

(603) 226-6535 [www.bartlettfarmdairy.com/](http://www.bartlettfarmdairy.com/)

Our family has been in the dairy business for almost 90 years, starting in 1921 by Charles Bartlett; currently owned and operated by Alan and Scott Bartlett. Bartlett Farm Dairy now provides products directly to the consumers! Look for our brand. Currently we offer milk and other dairy products year round

Where: At the farm, Shaw's, Concord Cooperative Market, and Osborne's Agway.

**Carter Hill Orchard**

Robert &amp; Annette Larocque

73 Carter Hill Road, Concord

(603) 225-2625 [www.carterhillapples.com](http://www.carterhillapples.com)

What: Family-run orchard and farm store offering a wide variety of apples; pears; peaches, plums & blueberries; raspberries; seasonal tomatoes, beans, squash, lettuce, etc.; maple products, apple cider, and baked goods.

Where: At the farm

When: Open seven days a week from Aug 1<sup>st</sup> to Dec 23

**Dimond Hill Farm**

Jane Presby

314 Hopkinton Road, Concord

(603) 224-0602 [www.dimondhillfarm.com](http://www.dimondhillfarm.com)

Dimond Hill Farm is a conscious and responsible farm that strives to produce high quality freshly picked produce. We use IPM techniques and incorporate any organic techniques when possible. Our goal is to be a low-to no-use chemical farm, relying on crop rotation and soil management practices.

What: Blueberries PYO (mid-July – mid-Aug); Raspberries PYO (June – Nov); greens, tomatoes, peas, cucumbers, squash, zucchini, green and yellow beans, soy beans (spring); potatoes, peppers, herbs, hot peppers, broccoli, cauliflower (summer); shell beans, winter squash, pumpkins, gourds, collards, kale, and sweet corn-bicolor and white (fall); fresh eggs; honey.

Where: At the farm

When: Opening May 31<sup>st</sup>. Spring Hours: Monday-Wednesday-Friday 3pm–6pm, Sat & Sun 1pm–5pm