

FROM THE GROUND UP

local food in ALLEGANY, CATTARAUGUS, & CHAUTAUQUA COUNTIES

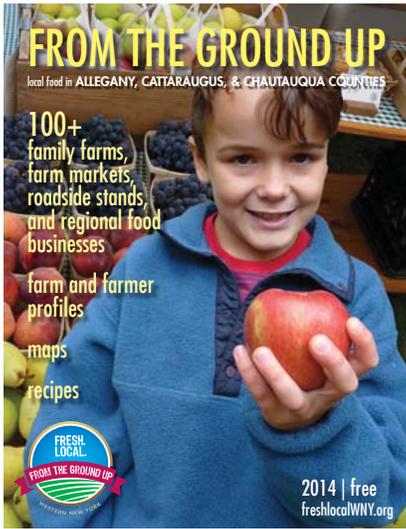
100+
family farms,
farm markets,
roadside stands,
and regional food
businesses

farm and farmer
profiles

recipes



2014 | free
freshlocalWNY.org



on the cover

Meet Nial Rigas. Nial is the enthusiastic apple merchant you'll find on weekends at the Alfred Farmers Market. Son of Beth and Chris Rigas, Nial has grown up on Tricorne Farm, a 120 tree organic apple orchard in Andover, NY that is owned by his family.

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All photos used in this publication were taken in Chautauqua, Cattaraugus, and Allegany counties in autumn of 2013 at farmers markets and roadside stands by Heather Carroll.

Please direct inquiries on content or inclusion to Kimberly LaMendola at KLamendola@southerntierwest.org

from the ground up

growing health; growing community:

Welcome to the first issue of From the Ground Up, a handy guide to help you easily find the people who grow or make fresh local food in Allegany, Cattaraugus, and Chautauqua Counties. The southwest region of New York State has long been known to be prime agricultural land that supports a diversity of farms and farm families. This food guide was developed to highlight the abundance of local food options available to consumers and to promote those farms and local food producers that make the region's food system vibrant, diverse, sustainable and healthy.

Nationwide, consumer demand for local food is stronger than ever and the trend is also gaining momentum in this region, demonstrated by the growing number of farmers markets, roadside stands, farm stores, community supported agriculture farms, specialty food retail stores, and even local food ingredients being used in restaurant menu items. We are so fortunate to live in a geographic area where so much of the fresh healthy food choices that consumers desire are available, almost literally, in our own backyards. The listings in this guide will help consumers find the farms and farm families that grow and make the freshest food in the region and the places where fresh local food can be purchased. We've also included one-page profiles of some of the region's farm families and food producers to give you a little glimpse behind those faces that you might already see at the farmers market, roadside stand, or food business but might not have had the chance to get to know better. After all, one of the best aspects about buying fresh local food is getting to know the dedicated, passionate, and authentic people who grow or make it.

From the Ground Up local food guide is just one of the many regional food system projects that Southern Tier West Regional Planning & Development Board has developed to foster connections between consumers and local farmers in the greater Allegany, Cattaraugus, and Chautauqua County region. You will see that the colorful logo, designed by the region's local farmers and food system advocates, was intentionally bordered in a circular pattern to represent the cycle of the growing season, the cycle of the movement of food through our region, and symbolic cycle of the connectedness among the region's farm families, the availability of farm fresh food, and the health of our communities' citizens.

We are already at work on the second edition of From the Ground Up and look forward to adding more farm and local food producer listings, engaging farmer profiles, informative articles, maps, and other elements to help you connect with the people that, we think, grow the best food on Earth.

Kimberly LaMendola
Regional Development Coordinator
Local Food Projects Manager





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Wine & Beer Producers

Seasonal Harvest Chart

Vegetables & Fruits in Western New York



APRIL & MAY

- Asparagus
- Beet Greens
- Kale
- Lettuce
- Parsnips
- Radishes
- Rhubarb
- Scallions
- Spinach
- Turnip Greens



JUNE & JULY

- | | | |
|-----------------|----------------|----------------|
| Apples | Cauliflower | Raspberries |
| Asparagus | Cherries | Rhubarb |
| Beans, Snap | Collard Greens | Scallions |
| Beet Greens | Herbs | Spinach |
| Beets | Kale | Squash, Summer |
| Blackberries | Lettuce | Zucchini |
| Blueberries | Onions | Strawberries |
| Broccoli | Peas | Swiss Chard |
| Brussel Sprouts | Peppers | Tomatoes |
| Cabbage | Potatoes | Turnip Greens |
| Carrots | Radishes | |



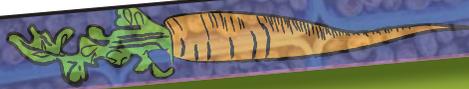
AUGUST & SEPTEMBER

- | | | |
|-----------------|-----------|----------------|
| Apples | Corn | Radishes |
| Beans, Snap | Cucumbers | Raspberries |
| Beet Greens | Eggplant | Scallions |
| Beets | Grapes | Spinach |
| Blackberries | Herbs | Squash, Summer |
| Blueberries | Kale | Zucchini |
| Broccoli | Leeks | Squash, Winter |
| Brussel Sprouts | Lettuce | Swiss Chard |
| Cabbage | Onions | Tomatoes |
| Carrots | Peas | Turnip Greens |
| Cauliflower | Peppers | Turnips |
| Collard Greens | Potatoes | |
| | Pumpkins | |



OCTOBER & NOVEMBER

- | | | |
|-----------------|----------|----------------|
| Apples | Corn | Potatoes |
| Beans, Snap | Eggplant | Pumpkins |
| Beets | Grapes | Spinach |
| Broccoli | Herbs | Squash, Summer |
| Brussel Sprouts | Kale | Zucchini |
| Cabbage | Leeks | Squash, Winter |
| Carrots | Lettuce | Swiss Chard |
| Cauliflower | Onions | Tomatoes |
| Collard Greens | Parsnips | Turnips |
| | Peas | |
| | Peppers | |



Please direct inquiries to Klamendola@southern-tierwest.org at Southern Tier West Regional Planning & Development Board



FARMERS MARKETS

Allegany County

Alfred Farmers Market

Main Street

Sunday 11am – 3pm

July 20 – November 23, 2014

A producers only market featuring a diverse array of fresh local products available directly from the people who grow or make them. Also find fresh cut flowers, maple syrup, honey, baked goods, and an eclectic selection of artisan arts and crafts.

www.alfredfarmersmarket.com

 Alfred Farmers Market

Angelica Farmers Market

Park Circle in the heart of town

Saturday, 9am– 1pm

June 14 – September 27

The Angelica Farmers Market features local fruits, vegetables, free-range eggs, meats, pastured poultry, honey, farmstead cheese, and maple and honey products. The wide variety of fresh local foods also includes local wine, jams & jellies, and home-baked goods. Fresh-cut flower bouquets, bedding plants and items made by local artisans make this market a must-stop on your Saturday shopping destinations. Live music every week 11am – 1pm. Prepared food items include wood-fired pizza and buckwheat pancakes. Don't miss the Lavender Festival on July 5 and the Fall Harvest Festival on September 27.

www.localharvest.org/angelica-farmers-market-M23451

 Angelica Farmers Market

Belmont Farmers Market

32 Willets Avenue (Route 19), under the awning in front of the Grange

Thursday, 11am– 5pm

May 22 – October 30, 2014

Shop for local products at this farmers market with a very convenient location. A full selection of seasonal produce, fruit, maple, honey, baked goods, rabbit meat, nursery stock, fresh-cut flowers, goat's milk soaps and lotions, mustards, sauces, embroidery, leather crafts, jams & jellies, and other finely crafted items. Be sure to talk to the vendors about the best way to prepare or preserve your fresh local produce. Each week features a new Recipe of the Week card to take home. Pick up your 2014 loyalty card & earn punches at the Franklinville, Olean (Friday), Belmont, and Salamanca markets with every purchase. EBT, WIC, FMNP, credit and debit cards welcome.

 Southern Tier Farmers Market

Wellsville Farmers Market

Next to the Giant Food Market, behind Pizza Hut at 44 Park Plaza

Thursday, 12 pm – 6 pm

June 19 – October 2014

Wellsville Farmers Market is at a new location. Enjoy local produce and other farm products from the Allegany County area. Celebrate the partnership between Giant Market and local food producers! We accept WIC & Seniors Fruit & Produce coupons.

 Wellsville Farmers Market

Cattaraugus County

Franklinville Farmers Market

Park Square at Route 16 and Pine Street

Wednesday, 3pm – 6pm

May 21 – October 29, 2014

Although only open a few hours each week, the market offers a wide variety of seasonal produce and fruits made available in a convenient location in the center of Franklinville. The vendors look forward to talking with customers and offering tips on food preparation and preservation. Also available are fruit, eggs, baked goods, maple and honey, jams and jellies, pickles, mustards, sauces, and handcrafted wood items. Each week features a new Recipe of the Week card to take home. Pick up your 2014 loyalty card & earn punches at the Franklinville, Olean (Friday), Belmont, and Salamanca markets with every purchase. EBT, WIC, FMNP, credit and debit cards welcome.

 [Southern Tier Farmers Market](#)

REAP Olean Farmers Market

Downtown Olean in the Jamestown Community Collage (JCC) parking lot under the arch

Saturday, 8am – 1pm

May 17 – October 25, 2014

This is Olean's longest running farmers market that made Saturdays at the market a weekly tradition! Join your favorite trusted farmers and growers as they offer their own fresh seasonal produce, farmstead cheese, eggs, high-quality grass-fed meats, pastured poultry, and a tantalizing variety of homemade baked goods. You will also find locally-grown fruit throughout the season, local wine, nursery and bedding plants, fresh-cut flowers, and artisan quality crafts. The vendors at this market look forward to talking with their customers and building those great relationships with the people who value their food. Easy and convenient parking in the heart of downtown Olean. Watch local media for upcoming live music, demonstrations, and visits from local animal shelters and local community organizations.

SNAP, EBT welcome.

 [REAP Olean Farmers' Market](#)

Salamanca Farmers Market

Jefferson Park at Park Avenue

Tuesday, 11am – 5pm

May 20 – October 28, 2014

For over 25 years, the Salamanca Farmers Market has been the best source for locally-grown vegetables and fruit that are offered at the height of their freshness. This market provides one-stop shopping with convenient parking directly in front of the vendor tents. Many of the friendly vendors have been with the market since its beginning and provide personal service to their shoppers. Find a full selection of vegetables and fruit, eggs, maple and honey, pickles, Amish baked goods, jewelry, and fabric crafts. Each week features a new Recipe of the Week card to take home. Pick up your 2014 loyalty card & earn punches at the Franklinville, Olean (Friday), Belmont, and Salamanca markets with every purchase. EBT, WIC, FMNP, credit and debit cards welcome.

 [Southern Tier Farmers Market](#)

Olean Southern Tier Farmers Market

Tractor Supply Parking Lot, 1900 Constitution Avenue

Friday, 2pm – 7pm

May 23 – October 31, 2014

Get a jump start on your weekend fresh food needs by stopping at the Olean Southern Tier Farmers Market on your way home. Choose from seasonal produce and fruit along with Amish baked goods, eggs, rabbit meat, pickles, honey, maple, jams & jellies, and more. Also featuring a fine array of quality oak furniture, and handcrafted artisan items. Each week features a new Recipe of the Week card to take home. Pick up your 2014 loyalty card & earn punches at the Franklinville, Olean (Friday), Belmont, and Salamanca markets with every purchase. EBT, WIC, FMNP, credit and debit cards welcome.

 [Southern Tier Farmers Market](#)

Chautauqua County

Chautauqua Mall Farmers Market

Main entrance of Mall facing Mall Blvd, Lakewood
Wednesday, 11am – 4pm | June 4 – October 1, 2014

This brand-new farmers markets kicks off the 2014 season with local vendors offering a wide variety of fresh seasonal produce including organic fruit, vegetables, herbs, flowers, grains, maple, honey, and eggs. Baked goods will include gluten-free items, pies, and other sweet delectable. Plenty of parking with easy access to the Mall merchants. Watch website and Facebook for upcoming featured events and attractions at the Chautauqua Mall Farmers Market. SNAP EBT and debit/credit cards welcome.

www.simon.com

 Chautauqua Mall

Downtown Jamestown Farmers Market

Cherry Street between 3rd and 2nd Streets
Thursday, 12pm – 6pm | June 5 – October 30, 2014

Celebrating 36 years! This market packs a great local punch by offering the freshest seasonal produce, baked goods, homemade jams & jellies, and a variety of other food items in the heart of downtown Jamestown. Community favorite vendors returning this season include Abers Acres (a USDA certified organic farm), Busti Cider Mill and Farm Market, Small Meadows Farm, and Scotts Farm and Greenhouse. Prepared food will be available from Gypsy Moon Cake Co. and Dalahast Coffee Roasters. The market also welcomes artisan crafts and handmade items will be an added

attraction this season. Come on down to downtown for the farmers market! Free parking available on the 2nd and Main Street parking deck. Live entertainment, food demos and education events, story time, and remote radio broadcasts throughout the season. Check Facebook and website for weekly specials. SNAP EBT and debit/credit cards welcome.

www.jamestownrenaissance.org

 Downtown Jamestown Farmers Market

Dunkirk Farmers Market

Located behind the Dunkirk Senior Citizens Center at
45 Cliffstarr Drive – on Ruggles Street

Wednesdays, 9-2pm | June 18 – End of September

The local market offers a wide variety of fresh fruits and vegetables. Learn fun new ways to eat healthier including how to fit more fruits and vegetables into your diet with representatives from Cornell Cooperative Extension. Get quick, easy, tasty recipes, explore health beverage options. Produce available from two local farmers. NOEP coordinator on site during the market to help people learn about the SNAP program. The outdoor market accepts FMNP coupons.

www.dunkirktoday.com (under community gardens)

Falconer Farmers Market

West Main St. at Davis Park, across from the
Community Building |

Saturday 9am – 2pm | June 7 – October 25, 2014

Fresh locally grown vegetables, fruit, chicken and pork products, fresh baked goods, jams & jellies, maple syrup, and more. Free parking with easy access to the market. Cooking and food preservation demonstrations throughout the season. Take-away lunches available. Check the local media for upcoming events.

Feta & Herb Stuffed Burgers

1 pound grass-fed ground beef
1 cup chopped spinach
1/3 cup feta cheese
1 tbs fresh oregano (or 1 1/2 tsp dry)
Salt & pepper

Mix feta, oregano and spinach together. Make three equal balls of ground beef, then press very flat. Put 1/3 of the feta mixture in the middle of the patty and then form a ball around the feta. Flatten patties to the shape you prefer, making sure that the feta doesn't fall out. Season with salt and pepper and grill or pan fry to 130-140F using a digital thermometer. Serves 3.

*Used with permission, Robinson, Jo. "Pasture Perfect."
Washington: Vashon Island Press, 2004; Created by River
Run Farm, Clatskanie, Oregon*

Fredonia Farmers Market—Summer

9 Church Street

Saturday, 9am – 1pm | May 17 – October 25, 2014

The Fredonia Farmers Market invigorates a sense of old-fashioned community market days in the heart of the quaint village every Saturday. Browse from the high-quality selection of fresh locally grown produce and fruit, locally raised meats, cheese and other dairy products, baked goods, maple syrup and honey, homemade soaps, cut flowers and garden plants, artisan quality crafts. The products available are diverse and make this market a true one-stop shopping experience for your weekly fresh local food purchases. FREE pancakes every Saturday morning! Easy convenient parking in the heart of the village. Watch our events calendar for nutrition and cooking programs and live entertainment. SNAP EBT welcome and Double Up for Food Bucks pilot market

 Fredonia Farmers Market

Fredonia Farmers Market—Winter

Masonic Forest Lodge

321 East Main Street

Saturday, 10am – 1pm | November 1, 2014 – May 16, 2015 | www.fredoniafarmersmarket.org

 Fredonia Farmers Market

Lakewood Farmers Market

Chautauqua Ave between 1st & 2nd Sts near the clock
Tuesday, 1pm– 5pm | June 3 – August 26

This is the perfect market to find all of your fresh local produce for your weekly shopping, for your stay at a lake cottage, or for fresh snacks on your way to the Lakewood Beach Park. More than 90% of the items available at the Lakewood Farmers Market are grown using sustainable organic farming methods and are offered for sale at their freshest best, mostly harvested a few hours before market opening. Shop from the market's artisan vendors including finely crafted alpaca fiber items. Easy parking with a great location making it easy to shop the village merchants too! Watch for cooking demos and education sessions. SNAP EBT and debit/credit cards welcome

Sherman Farmers Market

Main Street, on both sides of the main block

Saturday, 10am– 2pm | May 3 – September 6, 2014

The Sherman Farmers Market continues to grow each year and offers quality seasonal produce, fruit, garden

plants, nursery stock, and Amish baked goods. Stop by our market frequently and watch us grow! Entertainment and activities will be planned throughout the season so check local media and market vendors often. Plenty of street-side and off-street parking and easy access to the Main Street merchants. Debit and credit cards accepted by some vendors

Westfield Farmers & Artisans Market

Portage and Main Streets, (Rts. 394 & 20)

Saturday, 9am– 2pm | May 24 – September 27, 2014

Don't miss the excitement that this producers only market brings to the eclectic Village of Westfield every Saturday! Shop from a large selection of grass-fed meats and farmstead eggs from producers located just a few miles from the market: it doesn't get any fresher than this! The market has abundant local vegetables and fruit from the quality growers of the Chautauqua County fruit-belt region. You will also find homemade baked goods, maple, honey, jams & jellies along with a selection of finely crafted artisan items such as pottery, mixed media, and wood. Special events include live music throughout the season and the following keynote events: June 7, Civil War Reenactment; June 14, Westfield Cat Rescue Chicken BBQ and Fashion Show; July 19, Art in the Park; July 26, Westfield Arts and Crafts Festival; August 2, Blueberry Festival. SNAP EBT, WIC, FMNP gladly accepted. Many vendors accept debit and credit cards too!

www.WestfieldNY.com

 Westfield Farmers Market

Greater Region

Seneca Nation Farmers Market

Wm. Seneca Building, 12837 Route 438, Irving, NY

Tuesday, 11am – 5pm | May 20 – October 28

The goal of the Seneca Nation Farmers Market is to create a space where Native people can access local, healthy food options with an emphasis on traditional Native foods and ingredients. There are over 12 vendors weekly offering seasonal fresh produce, fruit, heritage meats, dry goods, jams and jellies, applesauce, pickles, condiments, and more. The weekly market also features Native artisan crafters, cooking demonstrations, educational materials, and canning and food preservation demonstrations. Debit/credit cards accepted by some of the vendors. Plenty of accessible convenient parking. Watch website and Facebook for updates on events throughout the year.

www.foodisourmedicine.org

 Food Is Our Medicine – Healthy First Nations



PRODUCE AUCTIONS

Chautauqua Auction

7844 Route 474
Clymer, NY 14724 – Chautauqua County
www.chautauquaproduceauction.com
716-355-6500 or 716-335-6391

Auction starts 10 am on Tuesdays and Fridays

Serving the tri-state area with regionally grown produce in wholesale quantities and prices since 2003. Parking area and loading docks are available.

Genesee Valley Produce Auction

8855 County Road 3
Centerville, NY 14029 – Allegany County
585-567-8640 (auction days from 8:30 am)
585-567-4312 (8-8:30 am all other days)

Auction starts 10 am on Tuesdays and Fridays

Check out what this brand new produce auction has to offer for the wholesale buyers.





FARMS & RETAIL MEMBERS: Allegany

- Baked Goods
- Beef
- Berries
- Christmas Trees
- Corn
- CSA
- Dairy
- Eggs
- Farm Store
- Fish
- Flowers
- Fruit
- Goat
- Grains
- Grapes
- Groups Welcome
- Herbs
- Honey
- Jams, Jellies, Pickles
- Lamb
- Maple Products
- Nursery
- Pork
- Poultry
- Produce
- Pumpkins
- Rabbit
- Tours/Events
- U-Pick

Allegany County

Amity Highland Ranch/Bigelow Farm

Debbie & Max Bigelow
5792 Tuckers Corners Road
Friendship, NY 14739
585-268-5345

We raise grass-fed Highland beef cattle and free-range chickens in our pasture free from fertilizers or fungicides. No growth hormones are used on our animals. "What you see is what you get". We also have animals for sale to be finished for beef or for breeding. Product available for delivery in the Wellsville area. Call with your requirements, questions, or to arrange a visit and we'll do our best to serve you!



Cryder Creek Gardens

Christina Lukacz
735 Spicer Road
Whitesville, NY 14897
607-661-3359
crydercreek@gmail.com

Cryder Creek Gardens is a Community Supported Agriculture (CSA) farm and green house with naturally grown produce. We also sell annuals, perennials, herbs, and vegetable plants. Please call for details or to arrange a visit.



www.crydercreek.com
f Cryder Creek Gardens

Dick's Bees

Shirley & Richard Benjamin
4822 Back River Road
Belmont, NY 14813
585-268-7684

We've been in the business of bees since 1975. Our bees pollinate and produce honey from clover, wildflowers, blueberries, buckwheat, and basswood. Our products are available from our

home and at the Belmont farmers market and Jenkins Market in Arkport. Please call for details or to arrange a visit.



Fulmer Valley Ancient Grains

Adrian Kavesh
Near the intersection of Trapping Brook Road & Perkins Road
Andover, NY 14806
585-808-1985
akavesh@gmail.com

Fulmer Valley Ancient Grains is a USDA Certified Organic small scale grain farm located in the beautiful Southern Tier, near the town of Andover NY. During the 2014 season we will grow fifty acres of organic buckwheat with more organic varieties planned for 2015. Please contact us for more information.





Greenwood Hill Farm

Greenwood Hill Farm is a picturesque 125 acres of gardens, fields, pastures and forest. In 2000, we formed a non-profit organization and opened the property to the public for agricultural tourism and education. We may be the only privately owned, family run, public parks in existence. Visitors can hike, picnic, visit animals, go for a horse-drawn hayride, shop for fresh vegetables, or just kick back and enjoy the view. Our animals include: work-animals, pet-animals, wild-animals, and food-animals. Of our 125-acres, about 60-acres are fields and pastures, about 60-acres are forest, and about 5-acres are gardens, buildings, etc. We also host guests in our farmhouse-based B&B.

**Greenwood Hill Farm | Dana & Jim Kruser
| 230 Slaughter Road, Andover, NY 14806
| 607-478-5171 | dana@greenwoodhill.com
| www.greenwoodhill.com**



Greenwood Hill Farm

Dana & Jim Kruser
230 Slaughter Road
Andover, NY 14806
607-478-5171
dana@greenwoodhill.com

Greenwood Hill Farm is a lovely 125-acre farm in (far) Western New York State. When we retired, we bought this farm, and then because it did not seem fair to keep it all to ourselves, we formed a non-profit organization and opened the farm to the public. This may be the only privately owned, family run, Public Park in New York. Enjoy horse-drawn hay rides, animal visits (chickens, ducks, goats, alpaca, etc.) and custom-harvested vegetables & herbs. We want everyone to have the opportunity to visit □Grandma and Grandpa's Farm□, even if they do not have a grandparent who owns a farm.



www.greenwoodhill.com

 Greenwood Hill Farm A Family Park

Hedgerow Farm Bakery

Peg Eisenhardt
11 North Main Street
Alfred, NY 14802
607-587-9383
eisenhardt1992@yahoo.com

Hedgerow Farm Bakery specializes in delicious artisan breads, cookies, scones, and other baked goods made from locally sources products. A popular spot in the college town of Alfred, the shop also make homemade soups and sandwiches featuring local meats and vegetables when possible. Hedgerow also sells at local farmers markets, producing fresh hot goods from a portable wood fired pizza and bread oven. Call for details and locations.



www.hedgerowfarmbakery.com

 Hedgerow Farm Bakery

Hillview Rabbitry

Mick Davis
9395 Old State Road
Angelica, NY 14709
585-567-2324
micknzw@hotmail.com

At Hillview Rabbitry we raise rabbits! Rabbit meat is low in fat and calories and is an easily digestible protein. Rabbit meat can be used in place of almost any other meat in your favorite dishes. We also raise show rabbits that are proven winners. My rabbit meat is available at local farmers markets. Contact me for locations.





Hedgerow Farm Bakery

Hedgerow Farm bakery, located in the western part of Allegany County, specializes in artisan breads, cookies, scones and other baked goods. The bakery, owned by Peg Eisenhardt and staffed by 3 others including her son Matthew, started in summer of 2010 when they sold breads at the Angelica Farmers Market. Over the next three years they added markets including Wellsville and Alfred and became so popular that they opened a retail location in the college town of Alfred. The primary focus of the shop is to make delicious sandwiches, soups and salads using as many locally sourced products as possible. This season they hope to add more local foods and are adding a portable wood fired bread and pizza oven to their equipment that will go to markets and festivals.



**Hedgerow Farm Bakery | Peg Eisenhardt |
11 North Main Street, Alfred, NY 14802 |
607-587-9383 | eisenhardt1992@yahoo.
com | www.hedgerowfarmbakery.com**

Kent Farms, Inc.

1764 Jones Road
Andover, NY 14806
607-478-8805
elk4@frontiernet.net

Our family owned and operated business is one of the premier tree farms in the Northeast United States and home to a variety of agricultural interests including quality evergreens, beef cattle, certified seed oats, Christmas trees, wreaths, and a small greenhouse. The farm has ATV trails and hosts outdoor adventure events. Open daily.



www.kentfarms.us/com

Kent Farms

Living Acres Farm

Amanda & Sasha Khodorkovskiy
6042 Hanneman Road
Alfred Station, NY 14803
607-587-8834
amanda@livingacresfarm.com

Living Acres Farm is a family owned and operated diversified vegetable operation. We practice sustainable growing methods on approximately 3 acres of leased land and proudly provide our local community with nutrient-dense vegetables from June until November. With close to 40 different types of vegetables being grown, including many heirloom varieties, we offer your taste buds a chance to celebrate! Our fresh and nutritious veggies can be obtained through our Community Supported Agriculture (CSA), the Angelica Farmers Market, the Alfred Farmers Market, and Kinfolk Natural Grocery Store in Alfred.



www.livingacresfarm.com

Living Acres Farm

On the River Farm

Steve DeMarte
7579 Route 19
Belfast, NY 14711
716-560-5594
sdemarte@gmail.com

On The River Farm is a thirty acre family run produce and dairy farm located in the heart of Allegany County. We have a roadside stand and pick your own produce. We also have a weekly produce subscription so you can place an order online ready to be picked up at your convenience. Additionally, make sure you take a look at our new 20 Minute Dinner Kit where you can have a Farm Fresh meal cooked and on your table in 20 minutes with just a quick pick-up. Products also available at the Olean, Alfred, and Wellsville farmers markets. Please call for details or to arrange a visit.



www.ontheriverfarms.com

Quest Farm Produce

Bridget & Denis Reynolds
7142 State Route 21
Almond, NY 14804
607-661-8031
dreynolds20@stny.rr.com

We are certified organic growers through NOFA-NY Certified Organic, LLC (Northeast Organic Farming Association) and hold a New York State Agriculture and Markets food processing license for our own table ready, bagged mixed greens and spinach. We have a retail store in Almond NY where you can purchase fresh organic produce, join our weekly produce basket program, and source local meats, grains, and other great food products. Available seasonally Memorial Day weekend to Christmas. 11-6pm. Tue-Sat. 12:30-5pm. Closed Mon.



Quest Farm Produce

Skyview Farm

Nancy & Rich Byerley
6566 Mt. Monroe Road
Cuba, NY 14727
585-968-9916
skyviewfarm.goats@yahoo.com

Located in the Town of New Hudson we have available year round beef, lamb, and goat meat. Please call for details or to arrange a visit.



Sunny Cove Farm

Dotty & Jerry Snyder
RD 1, 1444 Randolph Road
Alfred Station, NY 14803
607-587-9282
sunnycove@frontiernet.net or
info@sunnycovefarm.com

Sunny Cove Farm is an organic, grass-fed dairy that we have diversified with the help of our seven sons and daughter to feature an on-farm store providing the public with the opportunity to visit and learn how their food is produced. Products available include: raw goat milk, maple syrup, grass-fed beef, hard red wheat, oats, soap, apples, vegetable CSA, garlic, walnuts- all certified organic!



www.sunnycovefarm.com

Sunny Cove Organic Farm

Sunset Farm

Andrew Harris
3180 South Hill Road
Wellsville, NY 14895
585-610-5258
sunsetfarm@yahoo.com

Our solar greenhouse is the center of our farm and allows us to grow greens all year. Nearly one thousand square feet of grow space, a flock of rescued hens, and a composting system work together to grow all natural heirloom produce.

Our farm is dedicated to providing our community with solar powered greens and biodynamic eggs. Farm tours, product pickup, and weekly delivery upon request.



f **Sunset Farm**

Vandermark Farm

Halle Reed & Dan Sprung
4379 Vandermark Road
Scio, NY 14880
585-610-0565

We are a family farm in the business since 2002. We raise grass-fed Angus Beef and sustainable local produce and products. Small shop open Thu-Sun 11-6pm May-early Nov.



f **Vandermark Farm**

Wabi Sabi Acres

Penny Hunt
7389 Scott Hollow Road
Little Genesee, NY 14754
585-928-1450
wabisabiaces@gmail.com

Visit our quaint family homestead where we grow Certified Naturally Grown produce, fresh cut culinary herbs, and blue and brown eggs.

Be assured our produce is naturally and sustainably grown. Please call for details or to arrange a visit.



www.wabisabiaces.com

Wild Geese Farm

Lynn & Shawn Bliven
8499 Agett Road
Franklinville, NY 14737
716-244-0290
lao3@cornell.edu

Wild Geese Farm is located in the town of Rushford, NY. Our 52 acre farm is home to a small herd of beef cattle and a handful of Quarter Horses, a small flock of chickens, along with a growing flock of Shetland Sheep. Managed rotational grazing with multiple species provides for optimum growth and health of our animals. We pride ourselves on raising our livestock as close as possible to the way nature intended. Guests are always welcome to stop in for a farm visit.



www.wildgeesefarm.homestead.com

Wilson Beef Farms

Bernadette & Chris Wilson
10751 Hess Road
Canaseraga, NY 14822
607-545-8308 Or 1-877-286-9706 toll free
sales@wilsonbeeffarms.com

We specialize in locally raised and dry aged beef and pork from our farm to your freezer. If you're looking for deliciously bold and flavorful meat, this is the place! Every beef is dry-aged a minimum of 21 days to intensify its' flavor. This IS the best beef you've ever tasted! Try a variety of our smoked products from the "sample island", a must-do for every visitor. We make our own beef jerky in 5 tasty flavors and our 6 varieties of meaty snack sticks are a hit every time. Our smoked sausages and hot dogs are scrumptious! "Well worth the trip" is what our customer's say! Store open Mon-Fri 8-5pm, Sat 8-12pm.



www.wilsonbeeffarms.com

f **Wilson Beef Farms**

Cream of Chard Soup

Submitted by Living Acres Farm

4 cups hot chicken stock
1 large bunch swiss chard,
chopped
diced onion or scallions
1 bay leaf
6 tbs butter
3 tbs flour (can substitute arrowroot
powder if gluten intolerant)
1 can coconut milk
Salt and pepper to taste

Heat stock in large pot. Add Swiss chard, onion, and bay leaf. Simmer 1 hour. In another large pot, melt butter and stir in flour to make roux. Cook over low heat for 8 minutes. Do not brown. Add stock to roux gradually, stirring until slightly thickened and smooth. Simmer 30 minutes. Pass through a blender; add coconut milk. Season and serve.



Living Acres Farm

Living Acres Farm, located in Alfred Station NY, is a family owned and operated diversified vegetable operation. We practice sustainable growing methods on approximately 3 acres of land and proudly provide our local community with nutrient-dense vegetables from June until November. With close to 40 different types of vegetables being grown, including many heirloom varieties, we offer your taste buds a chance to celebrate! Our farming philosophy is centered around soil health. We believe that healthy soils make healthy plants which in turn make healthy people. We strive to keep the organic matter in our soils high and the proper nutrients balanced by applying compost, cover crops, and natural soil amendments. No pesticides or herbicides are used in the growing of our vegetables

Living Acres Farm | Amanda & Sasha Khodorkovskiy | 6042 Hanneman Road, Alfred Station, NY 14803 | 607-587-8834 | amanda@livingacresfarm.com | www.livingacresfarm.com

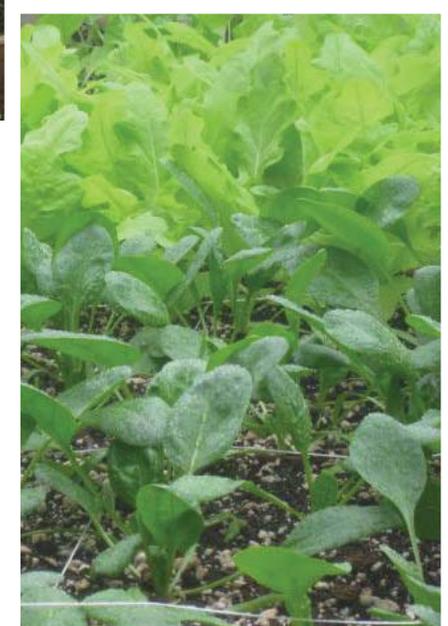




Sunset Farm

Our farm is dedicated to providing our community with solar powered greens and biodynamic eggs. Our solar greenhouse is the center of our farm and allows us to grow greens all year. Inside is a series of raised beds that sit above our geothermal heating and cooling system. This system acts as a giant battery to store the energy from the sun. Our geothermal and thermal mass systems allow us to grow inside our ship in weather extremes. We want to change the way you look at eggs and are excited about our "Free Range Rescue Eggs". Not only are these hens free to roam, roost, and bathe but they have been rescued from our industrialized food system. Our hens are vegetarian fed and free range in a half acre pasture. We do not allow chemical, antibiotic, or other residuals to enter our nutrient cycle. The slogan 'beyond organic' is our goal and guiding principle.

**Sunset Farm | Andrew Harris | 3180
South Hill Road, Wellsville, NY 14895 |
585-610-5258 | sunsetsolarfarm@yahoo.
com**





Food Not Bombs

"Food Not Bombs 14895 (Wellsville NY) was started after a daydreaming session between a few pals who wanted to combine civics, food, and non-violent social action in a struggling small town. One founder of this chapter was a retired eatery owner, another a modern day hobo, and the other just wanted to get more involved in community. To make a long story short the hobo had seen Food Not Bombs in action across the country and the mission became clear: "We recover food that would have been discarded and share it as a way of protesting war and poverty. With fifty cents of every U.S. federal tax dollar going to the military and forty percent of our food being discarded while so many people were struggling to feed their families that we could inspire the public to press for military spending to be redirected to human needs. We also reduce food waste and meet the direct need our community by collecting discarded food, preparing vegan meals that we share with the hungry while providing literature about the need to change our society. "

Within a few weeks we started to collect food and share hot meals, groceries, canned goods, clothing, even toothpaste. A local non-profit has allowed us to use a central location with protection from the weather. Tops Markets donates baked goods every week, The Wellsville Country Club saves food from the dumpster for us to glean, and Alfred State College Culinary Arts School brings gourmet pastries. We also have local families donating extra canned goods, a loaf of bread, or a dozen eggs from a farm. Our 'food bombings'

bring families in need, transients, and just people who like the idea of eliminating food waste.

As the farms begin harvesting crops we hope to bring more fresh produce into our program. We except surplus crops, bruised foods that aren't marketable, and even crops that need gleaning. Our version of gleaning is to salvage what can be used for a meal and to compost what can't be used for human consumption (to grow more food!!). Since we only share vegetarian foods and meals we both reduce our risk of food-born illness (food poisoning has never been reported at a Food Not Bombs event) and inherently spread the gospel of non-violent protest.

Our biggest challenge has been to convince other retailers to help us reduce food waste and help families. Some retailers view donating food as a 'conflict of interest', others are unsure about liability. The Good Samaritan Act of 1992 protects anyone who donates food to a charity from liability. A major goal of Food Not Bombs is to change how our village looks at the dynamic between food waste, poverty, and economics. Food prices continue to rise, benefits to the needy are reduced, and we still are wasting 40% at the retail level. Something in that equation has to change and we hope to help bring about that change.

For more information you can find Food Not Bombs 14895 on Facebook or contact Andrew Harris at sunsetsolarfarm@yahoo.com or (585) 610-5258.





FARMS & RETAIL MEMBERS: Cattaraugus

- Baked Goods
- Beef
- Berries
- Christmas Trees
- Corn
- CSA
- Dairy
- Eggs
- Farm Store
- Fish
- Flowers
- Fruit
- Goat
- Grains
- Grapes
- Groups Welcome
- Herbs
- Honey
- Jams, Jellies, Pickles
- Lamb
- Maple Products
- Nursery
- Pork
- Poultry
- Produce
- Pumpkins
- Rabbit
- Tours/Events
- U-Pick

Cattaraugus County

BRD's Forever Farm

Becky & Dave Beardi
 8615 Route 353
 Gowanda, NY 14070
 716-432-4810
brdsforeverfarm@gmail.com

BRDs Forever Farm is a small family farm started by a young veteran and his wife. They currently raising Heritage Pork on pasture grass-fed Angus Beef free range chicken and eggs. The animals are grown naturally and humanely providing their children and others with a better understanding of where food comes. Contact the website to order

or to find locations where their fine meats are available.



www.brdsforeverfarm.com

Briggs Hill Maple Farm

Bev & Dan Durow
 4420 Briggs Road
 Little Valley, NY 14755
 716-938-6375
bvdurow@yahoo.com

Farming for over 40 years, we grow more than 30 varieties of vegetables, strawberries, and raspberries on about 10 acres. We have quantities available for your freezing and canning needs. In the spring we tap 600 maple trees and make our maple syrup on a wood-fired evaporator. Visitors

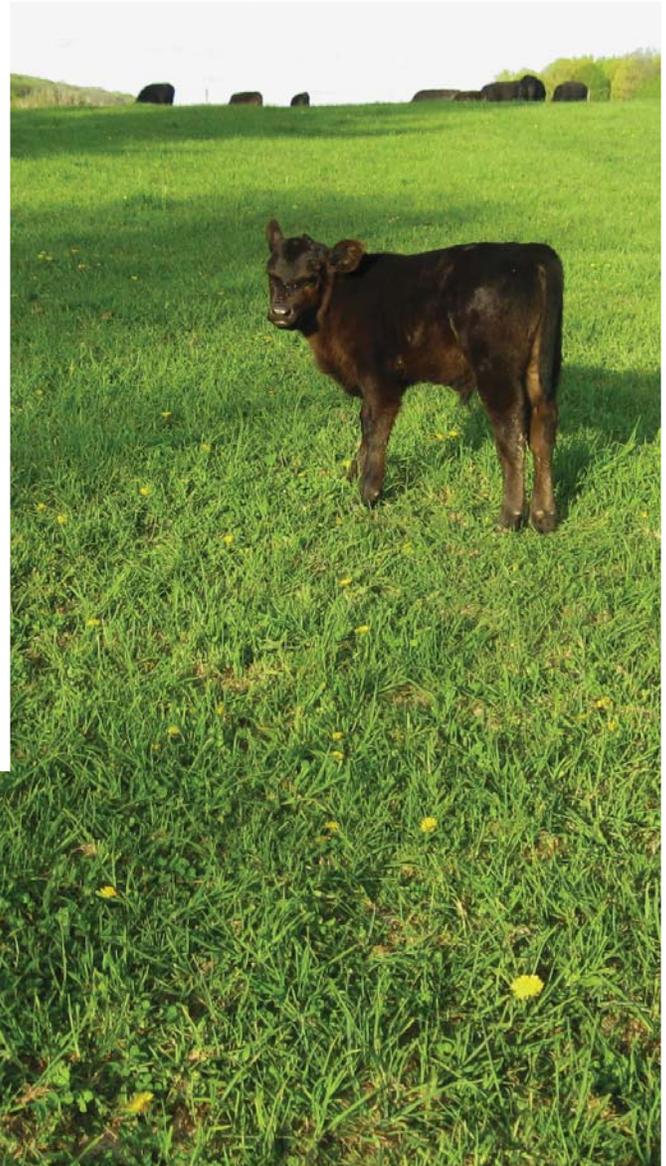
are welcome at our farm anytime. Find us at the Southern Tier farmers markets May-Oct.



Canticle Farm, Inc.

Sr. Joyce Ramage
 CSA: 3835 South Nine Mile Road,
 Allegany NY 14706
 Farm Market: 3809 Old State
 Road, Allegany NY 14706
 716-373-0200 x 3358
office@canticlefarm.org

Canticle Farm is a local, non-profit, Certified Naturally Grown vegetable farm located in Allegany, NY. We are a Community Supported Agriculture (CSA) farm sponsored by the Franciscan Sisters of Allegany that sells farm shares to members of the local public. Canticle Farm is committed to connect all peoples,



BRD's Forever Farm

Family owned and operated BRD's Forever Farm is nestled on 116 acres of beautiful farmland in the heart of the Amish Trail where we specialize in Grass-fed Angus Beef and Pastured Heritage Pork. Our beef cattle and hogs graze on pastures of alfalfa, clover and orchard grass and have year round access to our spring fed stream. All of our animals are humanely raised and are never given growth hormones or antibiotics unless medically necessary. The low stress environment of Forever Farm allows our animals to grow as they were intended– not the way of today's commercial production farms. We are "Beef Quality Assurance" certified renewing our commitment to beef quality production from our family to yours. While our process takes a little longer, you will find our meat to be exceptionally full of flavor, lean and so much different than what is found in supermarkets today. See our website for locations where our products are available, including several restaurants, a minimarket and area farmers markets. As always our Beef and Pork is available at the farm by appointment.

BRD's Forever Farm | Becky & Dave Beardi | 8615 Route 353, Gowanda, NY 14070 | 716-432-4810 | brdsforeverfarm@gmail.com | www.brdsforeverfarm.com

to practice Earth friendly habits, and to celebrate Creation centered spirituality. Shareholders "share" the risk with the farmers and the farm because they pay for their produce before it is harvested. Shareholders pick up their vegetables at our farm each week throughout the spring, summer, and fall seasons. Canticle Farm currently has over 200 shareholders and has been producing quality, locally grown vegetables since 2001.



www.canticlefarm.org

Canticle Farm

Childs Blueberry Farm

Dan & Carrie Childs

Bob & Audrey Childs

3172 Cooper Hill Road

Hinsdale, NY 14743

716-557-2334

ChildsBlueberryFarm@gmail.com

Capitalizing on the world's most perfect soil to grow blueberries on, we have been a leading producer of the "sweetest blueberries" since the 1960's. Purchase our berries at local farmers markets, order online, or pick your own right here on our mountaintop with beautiful vista. Get purchasing details and learn about our farming practices at our website. We are blueberry specialists! Once you have had our berries, you'll agree they are the best!



www.childsblueberries.com

Childs Blueberries

Country Honey & Cold Country Queens

Bob Brachmann

7590 Maples Road

Little Valley, NY 14755

716-699-4145

foxbrachmann@hotmail.com

We raise hardy, resilient bees at "wild" sites, using no pesticides or

antibiotics. Our fall honey is packed raw and is always crystallized. Golden rod is the dominant flower source providing the fall honey a rich butterscotch flavor. Our bees blend in a little aster honey with the golden rod which prompts this honey to crystallize quickly to a fine, spreadable consistency if kept at room temperature. The summer (liquid) honey is heated to no more than one hundred and ten degrees and strained through a filter cloth. The flavor varies according to the plants visited by the bees, which may include dandelions, honeysuckle, autumn olive, wild berries, locust, sumac, boneset, basswood, and joe-pye weed. Our honey bottled under the label "Country Honey" is available at Canticle Farm and other local markets.



www.coldcountryqueens.com

Eco Valley Farm

Jeanne & Jim Finch

3944 Wing Hollow Road

Allegany, NY 14706

716-372-3023

ecovalleyfarm@gmail.com

Eco Valley Farm raises grass-fed, organic, certified Black Angus cattle of top genetics. Our cattle have terrific demeanors and are a real pleasure to work with. We are a "Beef Quality Assurance Farm", with respect for the cattle, the land, and the promotion of sustainable farming utilizing rotational grazing on this 70 acre ranch. Open Mon-Fri 5am to moonlight, Sat-Sun 6am to moonlight.



www.ecovalleyfarm.com

Eco Valley Farm

Flanigan Farm

Jessica & John Policastro

1157 Flanigan Road

Hinsdale, NY 14743

716-307-9213

flaniganfarm@gmail.com

We are a small, local family farm in Hinsdale, NY. We offer naturally raised pork, chicken, turkey, beef and eggs. Our animals have 24/7 access to outside pastures and our philosophy is simply to be a local source of lovingly raised food, helping connect folks more closely to the food they eat and the understanding of where it comes from.



www.flaniganfarm.net

Flanigan Farm

Fox Valley Greenhouse

Phyllis & Charles Couture

5790 Fox Valley Road

West Valley, NY 14171

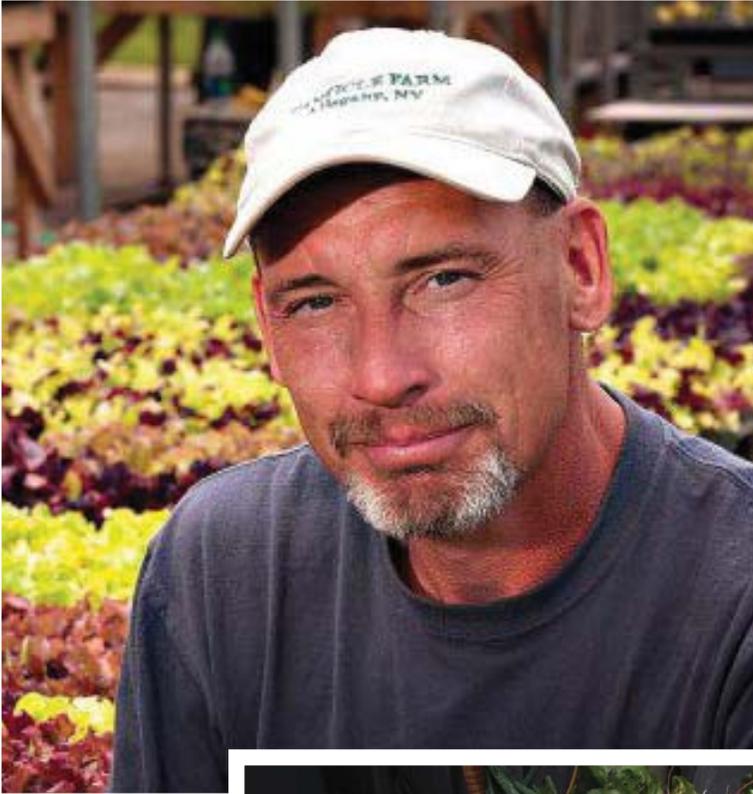
716-942-3710

cpcouture@hotmail.com

Fox Valley Greenhouse has been growing quality bedding and vegetable plants since 1971. Vegetable varieties are selected for adaptability to our growing area. We are a small family owned business, growers and educators and are able to help you with your gardening questions. We also grow vegetables for sale at the Southern Tier Farmers Markets in Belmont, Franklinville, Salamanca, and Olean. We also grow and sell geraniums, hanging baskets, patio pots, flowering annuals, and fill cemetery urns. Seasonal hours – May-Jun at the farm, call ahead to be sure we are home.



Fox Valley Greenhouse



Canticle Farm

Canticle Farm Inc., is a non-for-profit “Community Supported Agriculture” (CSA) and Retail produce farm. As a “Certified Naturally Grown” organization, we strive to preserve what nature has provided us with. Canticle Farm produces over 40 different vegetables and by utilizing “high tunnels” we are able to grow year-round.

We provide our shareholders with bountiful distributions from our harvests, but also provide the community with a something priceless; the ability to attain fresh, CLEAN produce year-round, direct to the consumer.

Canticle Farm | Sr. Joyce Ramage | CSA: 3835 South Nine Mile Road, Allegany NY 14706 | Farm Market: 3809 Old State Road, Allegany NY 14706 | 716-373-0200 x 3358 | office@canticlefarm.org | www.canticlefarm.org

Great Valley Berry Patch

Keith, Nadyne & Pam Litchfield
5608 Humphrey Road
Great Valley, NY 14741
716-945-5221

gvberrypatch@gmail.com

We are a family farm, growing strawberries since 1996. We have slowly expanded our offerings to include blueberries and red raspberries. You are welcome to pick your own berries. It is a fun family activity! If you are pressed for time, we offer fresh picked berries at our fruit stand. Depending on the season, you will find a variety of fresh produce, including red potatoes, beans, peas, corn, garlic, tomatoes, summer squashes, cucumbers, spinach, kale, chard, lettuce, pumpkins and winter squash. Call for current hours.



www.greatvalleyberrypatch.com

[f](#) Great Valley Berry Patch

J. Faulkner Farm

Gayle & Jim Faulkner
990 Olean-Portville Road
Portville, NY 14770
716-378-2506
gylfaul@aol.com

The J. Faulkner Farm is USDA/NOFA Certified Organic. We grow vegetables the way they should be grown, in healthy soil and with organic practices. Fresh, local, and organic, our vegetables speak for themselves. Our farm stand is open seasonally Mo, Tu, Th, Fr, Sa 10:5:30pm, closed We and Su.



Kennywood Farm

Mary Stuhr
11930 Versailles Silver Creek Road
Versailles, NY 14168
716-803-2080
stuhrfamily@yahoo.com

We're a family farm with four greenhouses where we grow plants hearty for the WNY climate. We specialize in beautiful art flowers, local produce, and teach classes on container gardening. Please call before visiting. We vend at the farmers market in South Dayton and the Seneca Nation in Irving.



Native Offerings Farm LLC

Deb & Stewart Ritchie
8501 Maples Road
Little Valley, NY 14755
716-257-3006
csa@nativeofferings.com

At Native Offerings Farm, we farm with our three children and are deeply committed to ecological farming. We have been growing Certified Naturally Grown vegetables since 2005. We run a Community Supported Agriculture (CSA) program (both fruit and produce) which currently serves 500 members. When you buy a share you are buying more than vegetables; you are supporting our family and strengthening our local community. By supporting us you not only get incredibly fresh and great tasting vegetables full of nutrients and vitality, but a food source you can trust. Also available are grass-fed/grass-finished beef and naturally raised pork. Our product is available at local farmers markets. Please call for details.



www.nativeofferings.com

Pepper's Blueberry Hill Farm

Dave Pepper
3290 Bear Creek Road
Franklinville, NY 14737
716-307-0903

peppersblueberryhillfarm@yahoo.com

Our little hillside is a great place to pick tasty blueberries raised with no pesticides or fertilizers. We are open early to mid-July with hours from 8am to 9 pm 7 days per week. Ready to buy quarts and u-pick. We also offer, honey, candles, and maple syrup.



[f](#) Pepper's Blueberry Hill Farm

Pumpkinville

Diane & Dan Pawlowski
4844 Sugartown Road
Great Valley, NY 14741
716-699-2205

Pumpkinville is a 200 acre farm nestled in the hills of Western New York near Ellicottville. The Pumpkinville fall village, cider mill, and entertainment portion spans 25 acres and includes the corn maze; pick your own pumpkin patch; produce stand with corn, squash, apples; cider mill; and a bakery with fresh baked pumpkin products. Open Sep-Oct. Other items available year round. Please call for details.



www.pumpkinville.com

[f](#) Pumpkinville

Schindlbeck Farms

Mark Schindlbeck
7906 Kingsbury Hill Road
Franklinville, NY 14737
716-676-9181

schindlbeckfarms@verizon.net

We farm responsibly on about three acres, raising almost everything



Childs Blueberries

We welcome you to experience superbly flavored blueberries. Our berries are grown in soil never touched by the glaciers @ 2400 feet. Blueberries grow wild on mountain tops like ours and that is one factor in why these berries taste so good and grow so well. Blueberries can be grown in the flatlands by chemically adjusting the soil but the difference is noticeable from those grown on our hill. How big is the farm? When we start weeding at the first row and go up and down each row until we reach the last bush on the last row—we have traveled more than 4 miles—about 12,000 bushes.

**Childs Blueberry Farm | Bob & Audrey Childs | 3172
Cooper Hill Road, Hinsdale, NY 14743 | 716-557-
2334 | ChildsBlueberryFarm@gmail.com | www.
childsblueberries.com**

from seed. We use the combination of growing methods that best allow us to provide high quality produce at reasonable prices. We take time to plan our gardens in order to reduce pest problems, whether from weed, insect, disease, or fungus. Throughout the season we scout for pests, and use crop rotation, drip irrigation, mulch, in-row fertilizing, and cover crops to minimize spraying as well as lots of plain old hand weeding. We have a farm stand open mid-July through October 11-6pm Thu, Fr, Sat and are at the Olean REAP farmers market Saturdays 8-1pm.



f Schindlbeck Farms

Serenity Valley Farm

Kristie & Brett Lawler

8856 Cottage Road

South Dayton, NY 14138

716-703-8088

serenityvalleyfarm@gmail.com

Serenity Valley Farm is a veteran-owned small diversified farm providing Western New York with local, seasonal, and Certified Naturally Grown food using organic and permaculture farming methods. Located in South Dayton on a former Amish farm, we grow a wide variety of fresh and delicious vegetables and raise a flock of laying hens that are regularly rotated on pasture and supplemented with Certified Organic feed. The resulting eggs are full of nutrients, flavor, and beautiful orange yolks. Visit our website for more information about where to purchase our products.



www.serenityvalleyfarmny.com

f Serenity Valley Farm

Silver Falls Farm

Linda Dewey

10295 Jolls Road

Perrysburg, NY 14129

716-672-9004

Lindewey@aol.com

Silver Falls Farm has been continuously operated by the Dewey family since 1817. It began as a diversified farm including a cream cheese factory and sawmill. Today, we offer a wide variety of delicious vegetables, fruits, herbs and flowers, all grown sustainably using organic farming practices. Our farm is not certified organic but we grow our produce without the use of synthetic pesticides, fertilizers, growth regulators, or GMO's. Our self-service farm stand is open mid-June until mid-November, open seven days a week.



Sojourner Farm LLC

Lesla & Pierre Dionne

943 East Windfall Road

Olean, NY 14760

716-372-4255

944sojournerfarm@gmail.com

We are a small family farm in the rolling hills of WNY just outside Olean. We raise our animals on pasture for the added health benefits to both the animals as well as the consumer. Our beef are raised and finished exclusively on pasture and hay. In addition to being out on pasture, our chickens, pigs and turkeys are fed non-medicated locally milled feed. We encourage our customers to visit our farm and see firsthand how their food is raised. Farm tours by appointment May-Aug.; product available at local farmers markets; produce can be picked up by appointment. Please call for details.



www.sojournerfarm.com

Sprague's Maple Farms

Randy Sprague

1048 Route 305

Portville, NY 14770

716-933-6637

We operate a full service, year round restaurant with gift and nature center, a premier maple syrup production farm, and offer seasonal family activities. It's not just breakfast, it's an adventure!



www.spraguesmaplefarms.com

f Sprague's Maple Farms

Sprague's Turkey Farms

Randy Sprague

51 Maple Avenue

Portville, NY 14770

716-933-8505

Sprague's Turkey Farms raises premium free range turkeys available at the holidays. Call to pre-order.



Stayer's Greenhouse

Matt Stayer

4340 Route 417

Allegany, NY 14706

716-379-8170

matt@stayersgreenhouse.com

Stayer's Greenhouse is a family owned company. We carry a wide variety of items to help you create or maintain the landscaping of your dreams, including flowers, trees, and shrubs. We also have a vast selection of vegetable plants and herbs. We attend the REAP farmer's market in Olean on Saturdays from 8am-1pm. Our hours are seasonal. Please call for details.





Country Honey & Cold Country Queens

In 1993 Barbara, Bob, and six year old son Trevor moved back to the Enchanted Mountains of WNY to establish Country Honey and Cold Country Queens. Raw packed honey and honey bees bred to be resilient and cold hardy have helped both their customers and their family to thrive through both our cold snowy winters and our beautiful summers. Recently they've cooperated with the Golden Eagle Botanical Reserve to collect raw bee pollen as well.

**Cold Country Queens | Bob Brachmann | 7590
Maples Road, Little Valley, NY 14755 | 716-
699-4145 | foxbrachmann@hotmail.com |
www.coldcountryqueens.com**

Olean Food Pantry Garden

The motto of the Olean Food Pantry is "Where Neighbors Help Neighbors."

There probably isn't a truer statement that describes the many services and assistance provided by the volunteers at the Olean Food Pantry (OFP). Did you catch that word...volunteers? Since the formation of this organization in 1954 by a group of women who wanted to help fill the food security needs of families referred to them by Social Services, the Olean Food Pantry has operated on the dedication and generosity of volunteers, including the Olean Food Pantry's program manager. The commitment to assuring that people in the Olean area don't suffer from the lack of food, and other basic hygiene and household items, goes beyond just providing shelf stable food items to households in need. The Olean Food Pantry also believes in empowering the people they serve with the tools and resources to provide for some of their own food needs and to gain confidence and possibly new skills with the opportunity to grow their own food in the Olean Food Pantry's garden.

When the Olean Food Pantry moved into a new building that was constructed on land owned by the Bethany Lutheran Church, Maureen Curry, OFP's manager, would often look at a swath of empty land next to the building and imagine it under cultivation for fresh food that could help the households served by the Olean Food Pantry. For those of you who know Maureen Curry, you won't be surprised to know that she was so determined to start a gardening project that she started to reach out to many diverse community members, organizations, and other

possible collaborators to see how her vision could become a reality. She chuckles as she recalls the first year of the Olean Food Pantry's gardening effort: 10 children's round swimming pools filled with garden soil and planted with a variety of seedlings. With the help of Pastor Marie Weeks of Bethany Lutheran Church and the #915 Boy Scout group from St. Mary of the Angels Church helping to tend the garden, the swimming pool gardens produced 239 pounds of food that first year. While this amount of food might not make it seem like the enormous effort was worth the result, the excitement expressed by the people served by the Olean Food Pantry at having fresh home-grown food available to feed their families was enough affirmation that this was a vital service and Maureen and the volunteers became even more committed to expanding the gardening project.

Those ten swimming pools soon were replaced by raised beds with the Olean Food Pantry adding a few more each year. Currently that swath of land that Maureen Curry envisioned being used to produce food for its participant households, has over 30 raised bed gardens, an irrigation system, areas for sitting and reflection, and a sturdy fence to hold off the deer and other critters who seem to like to taste the fresh food delights too. The Olean Food Pantry has been truly fortunate to have the volunteer services of Bill Lute, a retired farmer who has dedicated hundreds of hours of service during the past few years to maintaining the gardens, teaching gardening skills to



others, and sharing the vision of helping families to gain or relearn the methods to grow, cook, and even preserve fresh food. One of Mr. Lute's creative approaches to gardening (and thwarting the deer) has been to use hanging baskets that ultimately become edible baskets when planted with tomatoes, greens, and other plants conducive to a smaller container.

As Ms. Curry points out, the Olean Food Pantry garden has contributed far more than just providing fresh food for the households it serves. The garden has been a way for more individuals and organizations to become involved with the Olean Food Pantry and just as the many number of plants have grown, so too has the community support. Charlie Jurenko, a Cornell Cooperative Extension Master Gardener, has volunteered countless hours as has many Kohl's store employees through the Kohl's Cares program. The Food Bank of WNY has provided many volunteers too that have helped with the preparation of the gardens as well as yearly maintenance and expansion. But more importantly, the garden has engaged so many of the people and families that are served by the Olean Food Pantry. Many of the boxes are "adopted" by families that use the space to grow vegetables for their own families. They, in turn, have helped to mentor other OFP participants in learning how to grow their food too. In 2013, the garden produced over 900 pounds of food, an impressive increase from the humble beginning in plastic swimming pools.

Ms. Curry is always quick to remind people that stereotypes about the households that OFP serves are usually incorrect. In 2013, the OFP had requests for assistance from 792 households, most of which were

working families with full time employment that were having difficulty in making ends meet and in purchasing food. The garden project is a terrific example of a way that the Olean Food Pantry is helping to empower people with skills that are sustainable and transferrable to others and that can ultimately help strengthen a community's resiliency to many challenges. If you would like to volunteer for the Olean Food Pantry's garden project, or any other program or service provided by the organization, contact Maureen Curry, Manager, or DB Busan, Assistant Manager.

Maureen Curry, Manager
DB Busan, Assistant Manager
Olean Food Pantry
8 Leo Moss Drive
Olean, NY 14760
(716) 372-4989
oleanfoodpantry@yahoo.com

*Please note that the Olean Food Pantry is a volunteer organization that is open only two days a week. If you call, email or write, please be patient if they don't get back to you immediately. They will try to get back to you on the next day they are open. If you call when they are not there please leave a message.

If you have an emergency and need food, please contact your pastor or counselor, they can reach the Olean Food Pantry in an emergency situation.



FarmerVet Coalition

They've traded swords for plows, body amour for overalls. Many returning veterans are transitioning from military service to another type of service, farming.

Some advocates see this as a perfect match between need and resource. Young veterans ages 18-24 experience a higher unemployment rate (24.3% in 2013) than their civilian counterparts (15.8% in 2013). Veterans ages 25 and above also lag behind the national average for full employment. Unemployment is normally higher in younger workers as a reflection of lack of skill and experience. But according to Michael O'Gorman, executive director of the Farmer Veteran Coalition, "veterans possess the unique skills and character needed to strengthen rural communities, and food production offers purpose, opportunity, and physical and psychological benefits to those veterans." In fact, 40% of our military men and women come from rural communities.

Veterans are an important labor force to develop in the continuing effort to sustain local farming. According to the U.S. Government, "farm population has dwindled, the average age of farmers continues to rise. In fact, about sixty percent of the farmers in this country are 55 years old or older." The Department of Agriculture has estimated that half of all farmers are likely to retire in the next decade.

Programs have emerged within the last few year to match returning veterans with opportunities in the farming industry such as Farmer Veteran Coalition, Combat Boots to Cowboy Boots, Beginner Farmers, and Veterans Sustainable Agriculture Training (VSAT) program at Camp Pendleton. These programs provide the traditional business assistance of acquiring loans,

Dave Beardi



farm education, and business planning but with the added component of mentoring. Vets serving vets is the underlining strength of these newly emerged organizations.

Two local farmers in Cattaraugus County have developed their farming business through the assistance of the Farmer Veteran Coalition. The coalition helps returning veterans find training and employment on farms and ranches. It creates opportunities to explore agriculture-related careers. Their mission is to “mobilize veterans to feed America.”

This new generation of young farmers bring with them a unique view of how they contribute to national security in their civilian life. Brett Lawler proudly wears his t-shirt which reads “Food Security is National Security. He stated “Because of my military experience, I understand how to analyze systems for key vulnerabilities and our current national food system is a house of cards. If you like to eat, you best learn how to grow your own food and if you can’t do that it would be in your best health interests to find someone you trust to do it for you. This is why we do what we do.”

He is not alone in determining his new purpose that can contribute to the overall welfare of his local community. Dave Beardi, owner of BRD’s Forever Farm, and local representative of the Farmer Veteran Coalition, contributes his expertise by mentoring other veterans like Brett Lawler.

Dave Beardi sustained a severe head injury while serving in Iraq. His 20 year career in the Army ended when he was medically retired. Dave worked on a friend’s farm tending cattle and horses. In an interview with the Farmer Veteran Coalition, Dave stated, “I found working with livestock to be an incredibly rewarding experience and very therapeutic. I found I could live life fully again, and have a sense of belonging, purpose, self-worth and joy. Things that were missing for far too long after my injury and during extended rehabilitation.”

BRD’s Forever Farm, is the family operation in Dayton, NY. Dave, his wife Becky, and their children raise naturally grown heritage meats which are available directly from their farm and at local farmers markets.

Dave became a mentor to fellow returning veteran Brett Lawler when he and his young family purchased an Amish farm just a few miles down the road from Dave’s operation in Dayton.

Brett and his wife Kristie recently moved to Western New York to establish their own business, Serenity Valley Farm. They have a large flock of free range chickens and sell artisan eggs and Certified Naturally Grown produce at local farmers markets. They are diversifying into other product lines as they work to build their farm operation.

Brett feels that, “as a veteran farmer, I have opportunity to grow instead of destroy, to nourish instead of injure.” Farming heals.

Consumers can support their local veteran farmers by looking for and purchasing products with the new food label “Homegrown by Heros.” Developed as a partnership between the State of Kentucky and the Farmer Veteran Coalition, the label went national on Veteran’s Day 2013. The Lawlers have earned the label for their products and the Beardis will soon also have the label for their meats.

“By supporting this label, we can help veterans who are serving our country in a new way – by producing the food and fiber that feeds and clothes us all.” Says Michael O’Gorman, executive director of the Farmer Veteran Coalition. “At the same time, we’re helping thousands of young veterans find a new calling in a farming.”

Look for products from both farms at their websites www.brdsforeverfarm.com and www.serenityvalleyfarmny.com or your local farmers market.





Abers Acres

Abers Acres is a family enterprise managed by John, Susan and Adam Abers. Established in 1984 the business has grown to over 100 acres of prime agricultural land devoted to the production of pick-your-own and ready-picked choice seasonal fruits and vegetables.

We are a certified organic farm growing dozens of varieties of fruits, vegetables, herbs, cut flowers, grains and Christmas trees. We also have a flock of 150 laying hens for eggs, sell homemade pies baked fresh from our fruit, and maple and honey products sourced locally. Abers Acres has become recognized as one of the area's favorite spots to purchase fresh fruit and vegetables, enjoy the pick-your-own experience and savor the out-in-the-country bounty. We strive to produce high quality, flavorful, and nutrient rich food. Several area grocery stores carry Abers Acres fresh home grown produce in season.



**Abers Acres | Sue Abers | 884 Route 394,
Kennedy, NY 14747 | 716-267-2431 |
info@abersacres.com | www.abersacres.com**



FARMS & RETAIL MEMBERS: Chautauqua

- | | | | | |
|-----------------|------------|----------------|------------------------|--------------|
| Baked Goods | Dairy | Goat | Jams, Jellies, Pickles | Produce |
| Beef | Eggs | Grains | Lamb | Pumpkins |
| Berries | Farm Store | Grapes | Maple Products | Rabbit |
| Christmas Trees | Fish | Groups Welcome | Nursery | Tours/Events |
| Corn | Flowers | Herbs | Pork | U-Pick |
| CSA | Fruit | Honey | Poultry | |

Chautauqua County

Abers Acres

Sue Abers
884 Route 394
Kennedy, NY 14747
716-267-2431
info@abersacres.com

If you are looking for a place to purchase fresh and delicious, home grown and local grown fruit and vegetables Abers Acres is the place for you! We are a source of healthy USDA Certified Organic produce, where you can see the crops growing in the fields. Visit our website for store hours and additional locations where you can purchase our farm fresh produce.



www.abersacres.com
f Abers Acres

Anderson's Produce

3058 Terry Road
Sinclairville, NY 14782
716-962-2514

Our farm market is located on Terry Road just off of Route 60 between Gerry and Sinclairville. We offer sweet corn, beans, summer and winter squash, zucchini, potatoes, pumpkins, sweet onions, and pickling and slicing cucumbers. Jul-Sep. Call for hours.



Big Tree Maple

Lloyd Munsee & David Munsee
2040 Holly Lane
Lakewood, NY 14750
716-763-5917
lmunsee@bigtreemaple.com

Big Tree Maple produces a full selection of maple products including maple syrup, maple cream, molded maple sugar candy, and granulated maple sugar. We also sell specialty maple products such as maple coffee, maple BBQ sauce, and maple pancake mix.

We grow and sell fresh sweet corn when in season. Open all year 24/7 self-service stand. Please visit our web site for further information and pictures, or to place an order for maple products. We will ship our products to you or your friends and family!

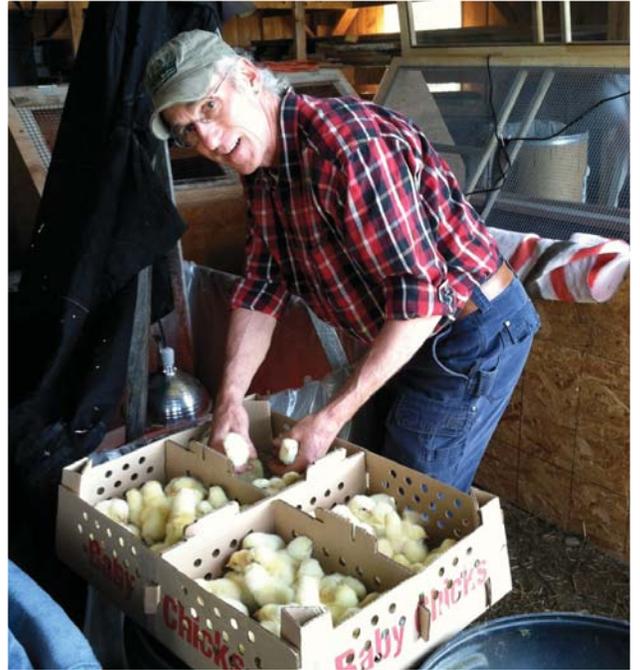


www.bigtreemaple.com
f Big Tree Maple The Real Stuff

Brookside Maple Grove

Rice Myrna
934 28th Creek Road
Kennedy, NY 14747
716-287-3361
ricemaple@windstream.net

A family operation for over 75 years, Brookside is known for its light amber maple syrup, delicious maple cream, and assorted maple sugar shapes. Gift boxes available. We ship everywhere in the U.S. Open daily – Jan-Dec 10am-8pm.



Green Heron Growers

Green Heron Growers is owned and operated by Steve & Julie Rockcastle. We strive to provide nourishing food for our family, friends, and community. Our goals also include enriching the mind and spirit through art, entertainment and education. Our beautiful property is in the farmlands of Western New York in Chautauqua County. The farm has been certified organic since 2007 for shiitake mushrooms & veggies, herbs and fruits. Our chicken & egg production was certified in 2009, along with our pastures where we graze our 100% grass-fed beef. Our certifying agency is NOFA-NY, Certified Organic, LLC.



Green Heron Growers | Julie & Steve Rockcastle | 2361 Wait Corners Rd, Panama, NY 14767 | 716-753-0371 | julie.blueheron@gmail.com | www.greenherongrowers.com



Located just off County Road 50 at corner of 28th Creek Road just outside of Ellington.



Brookside Maple Grove

Busti Cider Mill & Farm Market

Judy & Bob Schultz
1135 Southwestern Drive
Jamestown, NY 14701
716-487-0177
info@busticidermill.com

When you want a taste of the country, you want to visit Busti Cider Mill & Farm Market. We grow our produce using organic practices for food that is good for you and the earth. We have something for everyone! Open mid May, Jun & Nov 12-5pm. Jul-Oct Mon-Sat 10am-6pm, Sun 12-5pm. Our market is located on Country Route 45 in Busti.



www.busticidermill.com

Busti Cider Mill & Farm Market

Earth Song Farm

7306 East Lake Road
Westfield, NY 14787
716-326-6659

We grow NOFA-NY certified organic Concord grapes, organically grown kiwis (limited supply), vegetables and herbs. Our product is available at the Westfield Farmers Market. Please call before stopping by.



Fickle Fields

Amanda Davis & Adam Abers
3388 Drybrook Road
Falconer, NY 14733
970-778-1716
ficklefields@gmail.com

We are a small farm specializing in rare and heirloom herbs, vegetables, edible flowers, greens, duck eggs and seeds....this year anyway! We are a pretty fickle bunch and have nearly 300 varieties of plants and 4 varieties of birds here on our little plot. We use the principles of permaculture design to ensure we are doing what is best for both the Earth and our customers; naturally grown and nutrient rich!



Fickle Fields

Good Grass Farm

Jeffrey Creager
2943 Open Meadows Road
Ashville, NY 14710
716-782-3322
info@goodgrassfarm.com

All of our products are raised/grown naturally, without the use of pesticides, herbicides, chemical fertilizers, antibiotics, or growth hormones! Conveniently located within 10 miles of Lakewood, Bemus Pt. and Chautauqua Institution, we have been a pasture-based farm in Chautauqua County since 2002. We seasonally raise poultry, including broiler chickens and turkeys on pasture. Our flock of layer hens enjoy the wide open spaces of our pastures, which they share with our beef herd. We grow blueberries on a half-acre plot that is free from herbicides, pesticides

and chemical fertilizers. We also have a one acre garden plot where we grow organically heirloom produce. Our goal is to raise and grow the best food possible, for our table and yours.



www.goodgrassfarm.com

Green Heron Growers

Julie & Steve Rockcastle
2361 Wait Corners Rd
Panama, NY 14767
716-753-0371
julie.blueheron@gmail.com

Our farm raises 100% grass-fed heritage beef, certified organic chicken, shiitake mushrooms & vegetables for conscious eaters who value quality products, animal welfare and stewardship of the land.



www.greenherongrowers.com

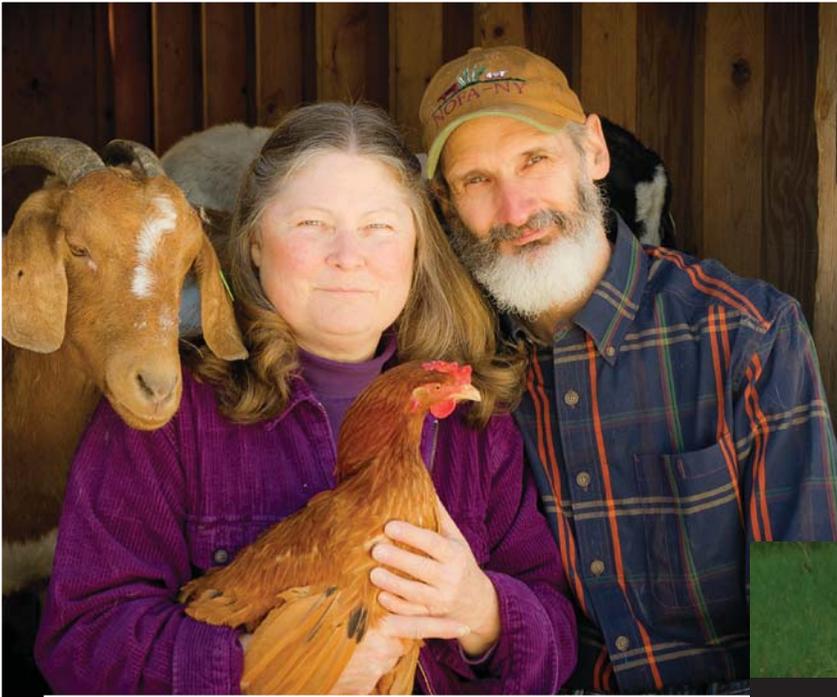
Green Heron Growers

Haff Acres Farm

5065 West Lake Road (Rt. 394)
Mayville, NY 14757
716-753-2467

Haff Acres is a family run farm market and greenhouse operation. This is our 36th year! We offer a full selection of hanging baskets, bedding plants and perennials. In late spring until fall, we offer a full line of fresh fruits and vegetables, homemade pies, and many other items. We have fresh cut Christmas trees and wreaths for the holidays.





Roo Haven Farm

Roo Haven Farm is a small, family-owned farm specializing in pasture-raised French broilers and heritage breed chickens, turkeys, geese and ducks. Slow growth combined with a natural, stress-free life foraging on pasture grasses and certified organic feed produces meat with superior flavor and all the nutritional benefits of grass-fed meats. Unlike other pastured systems where birds are confined in pens or cages on grass, our birds live in moveable range houses and forage on 10-acres of pasture grasses, clover, and plants high in Omega-3s and other healthy nutrients. Our meat chickens, turkeys, ducks, laying chickens, eggs, chicks, and started pullets are certified by NOFA-NY Certified Organic LLC.

**Roo Haven Farm | Margaret Bruegel |
883 Hurlbert Road, Forestville, NY 14062
| 716-965-2716 | roohavenfarm@gmail.
com | www.roohavenfarm.com**