

Historically, Native American inhabitants in the Champlain Valley hunted wild game, and gathered herb, roots, and maple sap to provide their food, clothing and shelter.

Four hundred years ago Samuel de Champlain discovered Lake Champlain and the Europeans that followed established self sufficient settlements along the lake.

As agriculture expanded and modernized, the Champlain Valley became famous for milk, cheese, maple syrup, apples, potatoes, Morgan horses, and lumber. Our agriculture continues to evolve and once again we are gaining a diverse mix of farming enterprises that offer a wide range of farm fresh products.

Please enjoy finding and getting to know your local producers.

Look for our companion brochure on the history of agriculture in the Champlain Valley.



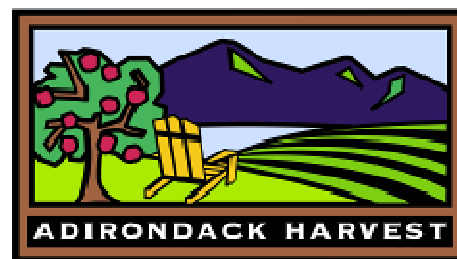
Cornell University  
Cooperative Extension

## 2009 Local Food Guide Sponsors



Adirondack Harvest  
c/o CCE Essex County  
3 Sisco Street, PO Box 388  
Westport, NY 12993  
518-962-4810  
[www.adirondackharvest.com](http://www.adirondackharvest.com)  
<http://counties.cce.cornell.edu/essex/>

New York State Department  
of Agriculture and Markets  
10B Airline Drive  
Albany, NY 12235  
1-800-554-4501  
[www.agmkt.state.ny.us/](http://www.agmkt.state.ny.us/)



## Why buy local?

### Enjoy

*Food with good flavor  
Food packed with nutrients*

### Know

*Your producer  
Production methods*

### Support

*Family farms  
Local farming communities  
Your local economy*

### Reduce

*Fossil fuel consumption  
Air pollution  
Packaging*

### Conserve

*Open farmland  
Our farming culture*



# 2009 Guide to Local Farms & Food In the Historic Champlain Valley Region of the Adirondacks

**FREE!**



• FARM STANDS

• ORCHARDS

• U-PICK FARMS

• CSA FARMS

• FARMERS' MARKETS



# Where to find the food...

## NORTHERN CLINTON

**1. Suprenant's Berry Farm**  
726 Route 22, Mooers  
Bruce Suprenant (518) 236-7715  
[www.surprenantsberryfarm.com](http://www.surprenantsberryfarm.com)  
call for hours, farmers markets  
*jams & jellies*

**2. Stone House Vineyard**  
73 Blair Rd., Mooers  
Phil Favreau (518) 493-5971  
call for sales and tours  
*wines, grapes, jellies*

**3. Maranatha Farm**  
1762 Rand Hill Rd., Altona, NY  
Diana Otis (518) 562-1767  
call ahead *boer goats*

**4. Brow's Sugarhouse**  
89 Sugarbush Drive, West Chazy  
Wayne Brow (518) 493-5683  
call ahead *maple products*



**5. Black Sheep Barn & Gardens**  
270 Clark Street, West Chazy  
Pam Miller & Jeff Mills  
(518) 493-2637  
open year round, please call ahead  
*vegetables, flowers, plants*

**6. Giroux's Poultry Farm**  
8957 Route 9, Chazy  
Craig Giroux (518) 846-7300  
open M-F 8 to 5, Sat. 8 to noon  
*eggs*

**7. Sweet's Sugar Shack**  
Tom Sweet  
1717 Lakeshore Rd., Chazy  
(518) 846-8780  
call for hours  
*maple products*

**8. Conroys Organics**  
8173 Route 9, West Chazy  
Simon Conroy (518) 562-2333  
store open daily 7 to 7  
*beef, eggs, vegetables, local products*

**9. Parker Family Maple Farm**  
1043 Slosson Road, West Chazy  
Pat Parker (518) 493-6761  
[www.parkerfamilymaple.com](http://www.parkerfamilymaple.com)  
Mon-Sat 9 to 5  
*maple products*

**10. Atwood Maple Syrup**  
161 Atwood Road, West Chazy  
Richard Atwood (518) 493-2678  
call for hours *maple products*

**11. Gonyo's Sweet Corn & Vegetables**  
304 West Church St., West Chazy  
Bonnie Gonyo (518) 493-4644  
call for hours, farmers markets  
*sweet corn, vegetables*

**12. Sanger's Sugar House**  
137 Stratton Hill Road, West Chazy  
Lee Sanger (518) 846-7385  
open year round  
*maple products*

## CENTRAL/SOUTHERN CLINTON

**13. Lashway's Meats at Maggy's**  
1165 Route 374, Dannemora  
John Lashway (518) 492-7130  
open daily  
*meats*

**14. Valley View Farm**  
170 Chazy Lake Road, Saranac  
Warren & Sylvia Newman  
(518) 293-7337  
call ahead, farmers markets  
*lamb, cut flowers, honey, jam*

**15. Campbell's Greenhouse**  
35 Ryan Rd, Saranac  
Ken Campbell (518) 293-7972  
call ahead *vegetables, fruits, plants*

**16. Shadetree Farms**  
82 Ryan Rd., Saranac  
Peter Blaso (518) 293-1674  
call for hours  
*beef, eggs, honey*

**17. Lamoy's Produce & Greenhouses**  
1595 Rte. 22B, Morrisonville  
Doug Lamoy (518) 643-0961  
May through October  
*vegetables, fruit, plants*

**18. Hid-In Pines Farm**  
456 Soper St., Morrisonville  
Richard Lamoy (518) 643-0006  
call ahead  
*grapes, future wine production*

**19. Banker Orchards**  
1037 State Rte. 3, Morrisonville  
Bruce Sullivan (518) 561-5234  
August to December, daily 8 to 6  
*fruit, pumpkins, maple, jam, honey, cider, petting zoo, hayrides*

**20. Country Dreams Farms**  
260 Pellerin Road, Plattsburgh  
Melissa Monty-Provost (518) 561-8941  
[www.countrydreamsfarm.com](http://www.countrydreamsfarm.com)  
call ahead for tours  
*vegetables, honey, draft horse demos*

**21. Purple Gate Farm & Vineyard**  
7841 Rt.9, Plattsburgh  
Rob McDowell (518) 335-4981  
Call for information  
*grapes, future wine production*

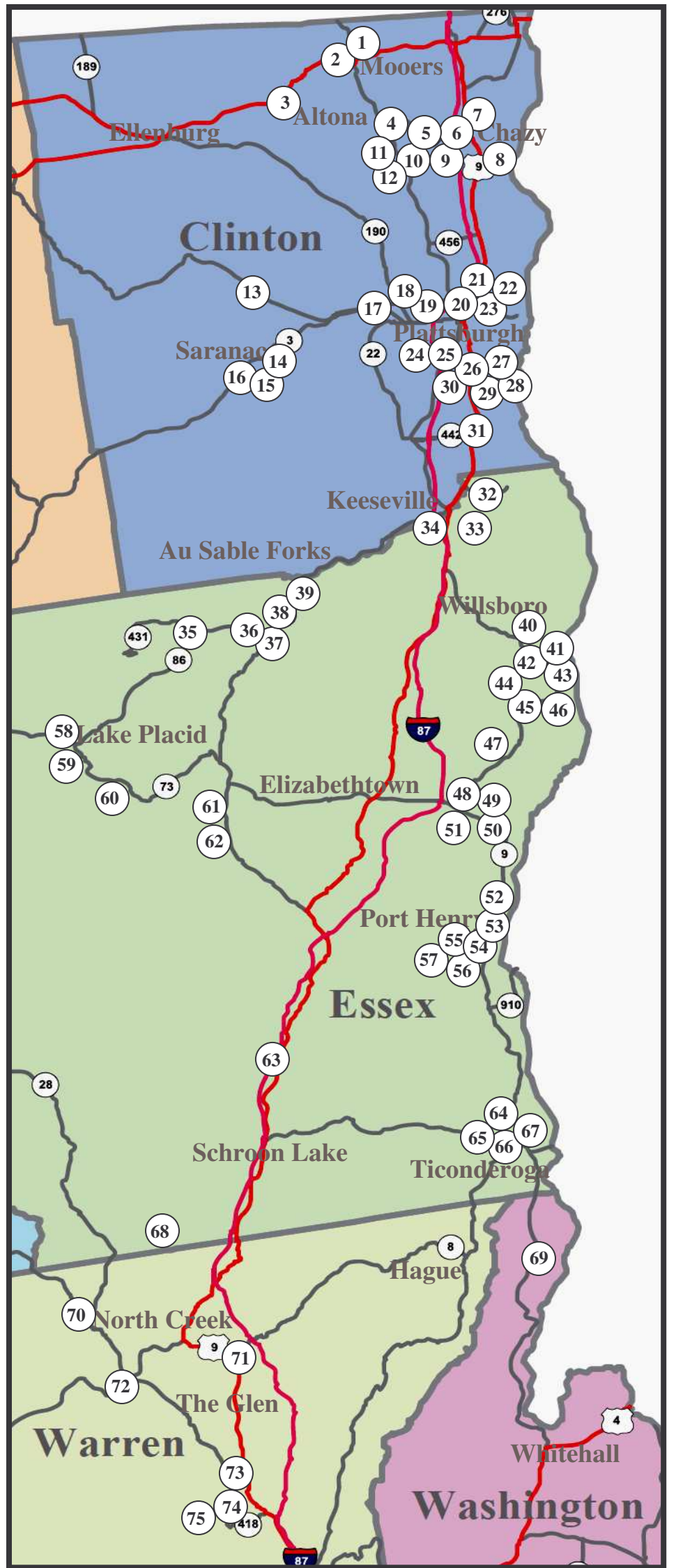
**22. Shields Vegetables / Dyer Farms**  
6306 Route 22N, Plattsburgh  
Sam Dyer (518) 561-0473  
July to October, 10 to 6  
*vegetables*

**23. Garrants Farm Market**  
1921 Military Turnpike, Plattsburgh  
Wayne Garrant (518) 561-7047  
open late June to December, 9 to 6  
*vegetables, fruit, jam*

**24. Ralph Charles III**  
1207 Peasleeve Road, Schuyler Falls  
Ralph Charles, III (518) 643-9942  
call ahead  
*lamb, fleece*

**25. TanHon Farm**  
23 Denton Rd., Schuyler Falls  
Tanja Omlin (518) 643-8831  
call for hours  
*eggs*

**26. Northern Orchard**  
537 Union Road, Peru  
Cindy & Al Mulbury (518) 643-9718  
open May through December  
*apples, vegetables, Christmas trees*



**27. Rulfs' Orchard**  
531 Bear Swamp Road, Peru  
Bob Rulf (518) 643-8636  
[www.rulfsorchard.com](http://www.rulfsorchard.com)  
open year round, 6 to 6  
*apples, cider, baked goods, vegetables*

**28. Forrence Orchards**  
2731 State Route 22, Peru  
Peter Forrence (518) 643-9527  
call for hours  
*apples*

**29. Arthur's Greenhouses**  
27 Fuller Rd., Peru  
Carla Arthur (518) 643-8088  
call ahead *plants*

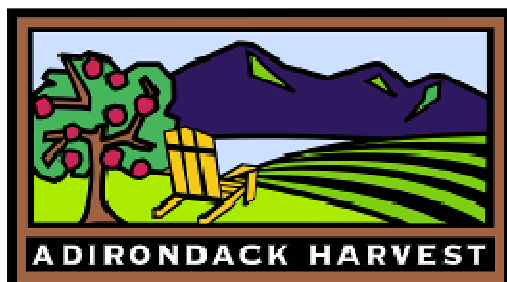
**30. Everett Orchards**  
675 Calkins Road, Peru  
Bill & Tom Everett (518) 643-6824  
[www.everettorchards.com](http://www.everettorchards.com)  
open August through the fall  
*apples, cider, hard cider*

**31. Rehoboth Homestead**  
66 Jabez Allen Road, Peru  
Beth Spaugh (518) 643-7822  
[www.rhomestead.com](http://www.rhomestead.com)  
call ahead for hours  
*CSA, vegetables, eggs, poultry*

## NORTHERN ESSEX

**32. Clover Mead Farm**  
938 Mace Chasm Road, Keeseville  
Sam & Denise Hendren (518) 834-7306  
call for store hours, farmers markets  
*certified organic cheese*

**LOOK FOR THE  
ADIRONDACK HARVEST  
LOGO TO IDENTIFY  
LOCALLY GROWN FOOD**





# Where to find the food...

## 33. Fledging Crow Veggies

122A Robare Rd., Keeseville  
Ian Ater & Paige Atkinson  
(518) 578-5803  
call ahead, farmers markets  
*CSA, vegetables, meat, eggs.*

## 34. Pray's Family Farm

391 Route 9N, Keeseville  
Darcy Pray (518) 834-9130  
[www.praysfarms.com](http://www.praysfarms.com)  
open year round  
*vegetables, fruit, maple, honey*

## 35. Whiteface Mountain Sugar Bush

Whiteface Memorial Hwy, Wilmington  
Dick & Marilyn Moncsko  
(518) 946-2376 call ahead  
*maple syrup*

## 36. Flowering Meadow Nursery

269 Glen Road, Jay  
Michael & Patti Harrison  
<http://floweringmeadow.com>  
(518) 946-7828 Mon-Sat., 8:30-5:30  
spring to fall, *plants*

## 37. Prentiss Nursery

43 Valley Rd., Jay  
Carl & Lisa Prentiss (518) 946-2360  
May to July  
*plants*



## 38. Elfenwood Alpacas

69 Santo Lane, AuSable Forks  
Seth & Trudy Rosenblum  
(518) 647-2208 call for hours  
[www.elfenwoodalpacas.com](http://www.elfenwoodalpacas.com)  
*yarn, fleece*

## 39. Asgaard Farm, LLC

74 Asgaard Way, AuSable Forks  
David Brunner & Rhonda Butler  
(518) 647-5754, please call ahead  
*certified organic goat cheese*

## EASTERN ESSEX

## 40. Carriage House Garden Center

4002 NYS Route 22, Willsboro  
Mike & Christine McCauliffe  
(518) 963-4330 9 to 5 seasonally  
*plants, vegetables*

## 41. Ridgeview Farm

Middle Road, Willsboro  
George & Lois Sayward (518) 963-7355  
summer, daily  
*fresh sweet corn, vegetable, fruits*

## 42. Ben Wever Farm

444 Mountain View Dr., Willsboro  
Shaun & Linda Gilliland  
(518) 963-7447  
farmstand open daily year round  
*beef, pork, poultry, honey, eggs*

## 43. Essex Farm

2503 NYS Route 22, Essex  
Mark & Kristin Kimball  
(518) 963-4613 call ahead  
*CSA, veggies, meat, dairy, eggs, fruit*

## 44. Brookside Stable

1495 Jersey St., Essex  
Christy Cave (518) 963-7108  
please call ahead  
*riding, petting zoo, vegetables*

## 45. Full and By Farm

6 Leaning Rd., Essex  
Sara Kurak & James Graves  
snkurak@gmail.com email for info  
*CSA, vegetables, meat, eggs*

## 46. Ulmer's Berries

Christian Rd., Essex  
Al & Robin Ulmer (518) 963-8684  
7 to 7, June & July or call.  
*PYO strawberries*

## 47. Old County Home Garden

1447 State Route 22, Essex  
Maria Berger & Erik Kilgren  
(518) 963-7987 stop by anytime  
*produce and eggs as available*

## 48. Boquet Valley Farm

2229 County Rte. 10, Westport  
Tim & Sue McGarry (518) 962-4331  
self serve farmstand  
*honey, eggs, vegetables, garlic*

## 49. Juniper Hill Farm / Food for Thought

County Rte. 10, Westport  
Adam Hainer (518) 962-8350  
call ahead for tours or sales  
*CSA, vegetables, fruits*

## 50. Severance Farmstand

Main Street, Westport  
Kevin & Robin Severance  
(518) 962-8255 seasonally  
please call ahead  
*CSA, vegetables, fruit*

## 51. DaCy Meadow Farm

7103 Route 9N, Westport  
Dave & Cynthia Johnston  
(518) 962-2350 call for hours  
*beef, local products*

## 52. Gunnison's Orchards

Route 22, Crown Point  
Hugh & Will Gunnison  
(518) 597-9222  
open late summer into winter  
*apples, pies, candy, local products*

## 53. Ledgetop

177 Lake Road, Crown Point  
Jessica Chevalier (518) 597-9512  
Call ahead, farmers markets  
*plants, vegetables*

## 54. Decker's Flats Greenhouse

2923 Dugway Road, Port Henry  
Jim & Ronnie Cunningham  
(518) 546-3369 call for hours  
*plants*



## 55. Black Watch Farm

56 Elk Inn Rd, Port Henry  
Lynn & Michael Wallace  
(518) 546-3035 call ahead  
*riding lessons, blackberries, pumpkins, cornstalks, eggs, jams*

## 56. Beebe Farm

245 Edgemont Road, Moriah  
Buck Beebe (518) 546-7484  
self serve *vegetables*

## 57. Lake, Meadow & Mountain Farm

2381 Moriah Road, Moriah  
Peter & Suzanne Zelinski  
(518) 546-9770  
daily, early June to December  
*eggs, vegetables, maple, meat, wreaths*

## HIGH PEAKS

## 58. Lake Placid Garden Center

1975 Saranac Ave., Lake Placid  
Michael & Patti Harrison  
(518) 523-7878 call for hours  
<http://floweringmeadow.com>  
*plants*

## 59. Uihlein Maple Research Station

157 Bear Cub Lane, Lake Placid  
Mike Farrell (518) 523-9337  
<http://maple.dnr.cornell.edu/>  
call ahead for tours  
*maple syrup*

## 60. South Meadow Farm Maple Sugar Works

HC 1, Box 44, Lake Placid  
Tony & Nancy Corwin  
(518) 523-9369 open daily  
[www.maplesugarworks.com](http://www.maplesugarworks.com)  
*maple syrup*

## 61. Maistar Farm

141 Airport Road, Keene Valley  
Doug Potter (518) 576-9230  
May to October  
*farmstand, vegetables, eggs*

## 62. Rivermede Farm

49 Beede Lane, Keene Valley  
Rob Hastings (518) 576-4686  
store open year round, call for hours  
*vegetables, fruit, maple, local products*

## SOUTHERN ESSEX

## 63. Adirondack Buffalo Company

3187 Blue Ridge Rd., No. Hudson  
Steve & Dorreen Ossenkop  
(518) 532-9466, summer, 10-6  
[www.adirondackbuffalocompany.com](http://www.adirondackbuffalocompany.com)  
*buffalo (bison) meat products*

## 64. Nadeau's Farm & Garden Market

729 Rte. 9N, Ticonderoga  
Doug Nadeau (518) 585-6757  
9 to 6 daily, spring thorough fall  
*vegetables, fruits, plants, jams, honey*

## 65. Streetroad Gardens

1661 NYS Rt. 9N, Ticonderoga  
Doug Quesnel & Cynthia Brannock  
(518) 585-7866 May to October  
*Vegetables*

## 66. Valley View Farm

264 State Rte. 9N, Ticonderoga  
Gray Densmore  
gskk@verizon.net  
email for hours  
*PYO blueberries, fall raspberries*

## 67. Drinkwine's Produce

Street Road, Ticonderoga  
Henry Drinkwine (518) 585-6346  
open daily May to October  
*vegetables*

## 68. It's About Thyme

32 Smith Rd., Olmstedville  
Steve & Diane Colletti  
(518) 251-5297  
[www.itsaboutthymefarm.com](http://www.itsaboutthymefarm.com)  
Th-Mon 9 to 5, May through fall  
*Herbs*

## WARREN – WASHINGTON

## 69. Maple Grove Farm

16297 State Rt. 22, Putnam Station  
John & Mary Anne Smith  
(518) 547-9511 call for hours  
[www.nycedarworks.com](http://www.nycedarworks.com)  
*vegetables, eggs, poultry, pork*

## 70. Stork Road Farms

30 Stork Rd., North Creek  
Karen Hanley (518) 251-2142  
[www.storkroadfarm.com](http://www.storkroadfarm.com)  
call for hours, farmers markets  
*plants, cut flowers, baked goods*

## 71. Toad Hill Maple Farm

151 Charles Olds Rd., Athol  
Randy Galusha (518) 623-4744  
[www.toadhillmaple.com](http://www.toadhillmaple.com)  
call ahead  
*maple products*

## 72. Gobbler's Knob Farm

683 Goodman Rd., Johnsbury  
Robert Gillette (518) 251-5351  
call for hours  
*poultry, eggs, vegetables, jams*

## 73. Nettle Meadow Farm

484 South Johnsbury Rd., Warrensburg  
Sheila Flanagan & Lorraine Lambiasi  
(518) 623-3372 daily 10-4.  
Call for tours  
[www.nettlemeadow.com](http://www.nettlemeadow.com)  
*goat cheese*

## 74. Suzanne N. Rinas Apiary

200 Stock Farm Rd., Chestertown  
Suzanne Rinas (518) 494-4027  
open year round - call for hours  
*honey products*

## 75. Adirondack Gold Maple Farm

90 Bear Pond Rd., Athol  
Mark Kenyon (518) 623-9718  
call ahead before visiting  
*maple products*





# 2009 FARMERS' MARKETS

## NEW YORK CHAMPLAIN VALLEY REGION

*Farmers' Markets are great places to meet farmers and find local food!*

### Chateaugay Lakes

State Rt. 374, lawn of the Hollywood Inn.  
[adirondackfarmersmarket.com](http://adirondackfarmersmarket.com) FMNP  
Saturdays 10:00-2:00  
June 20 through Sept. 5

### Elizabethtown

Behind the Adirondack History Center Museum.  
[adirondackfarmersmarket.com](http://adirondackfarmersmarket.com) FMNP  
Fridays 9:00-1:00  
May 15 through October 9

### Essex

Behind the Essex town hall. FMNP  
Sundays 12:00-4:00  
June 28 through Sept. 6

### Glens Falls

South Street Pavilion. FMNP  
Saturdays 8:00-12:00  
May 2 through Nov. 14  
Winter market at Christ Church Methodist,  
All off-season Saturdays 9:00-12:00

### Keene

Marcy Airfield between Keene and  
Keene Valley on Route 73.  
[adirondackfarmersmarket.com](http://adirondackfarmersmarket.com) FMNP  
Sundays 9:30-2:00  
June 14 through Oct. 11

### Lake Placid

Lake Placid Center for the Arts  
[lakeplacidmarket.com](http://lakeplacidmarket.com) FMNP  
Wednesdays 9:00-1:00  
June 10 through Oct. 14

### North Creek

Under the pavilion by the river and railroad.  
[northcreekfarmersmarket.com](http://northcreekfarmersmarket.com)  
Thursdays 4:00-7:00  
July 2 through Oct. 8

### Plattsburgh

Pavilion downtown by Bridge,  
Durkee and Broad Streets. FMNP  
[plattsburghfarmersandcrafters.com](http://plattsburghfarmersandcrafters.com)  
Saturdays 9:00-2:00  
May 9 through Oct. 10  
Wednesdays 10:00-2:00  
June 24 through Sept. 30

### Queensbury

Elk's Lodge parking lot  
23 Cronin Rd. FMNP  
Mondays 3:00-6:00  
May 4 through Oct. 26

FMNP = Accepts Farmers'  
Market Nutrition  
Program coupons  
EBT = Accepts Food  
Stamps Cards

What's in Season		IN THE ADIRONDACKS						
		MAY	JUN	JUL	AUG	SEP	OCT	NOV
Apples								
Asparagus								
Beans								
Beets								
Blueberries								
Broccoli								
Cabbage								
Carrots								
Cauliflower								
Corn								
Cucumbers								
Eggplant								
Garlic								
Lettuce								
Melons								
Onions								
Peas								
Peppers								
Potatoes								
Pumpkins								
Radishes								
Raspberries								
Rhubarb								
Salad Mix								
Spinach								
Squash								
Strawberries								
Tomatoes								



### Rouses Point

Rouse Park. FMNP  
Thursdays 2:00-6:00  
July 2 through Sept. 3

### Saranac

Pavilion behind the Saranac  
Town Hall.  
Saturdays 10:00-2:00  
July 11 through September 12

### Saratoga

High Rock Park in Saratoga Springs  
[saratogafarmersmarket.org](http://saratogafarmersmarket.org).  
FMNP, EBT  
Wednesdays 3:00-6:00  
May 6 through Oct. 28  
Saturdays 9:00-1:00  
May 2 through Oct. 31

### Schroon Lake

Town Hall parking lot. FMNP  
Mondays 9:00-1:00  
June 22 through Sept. 7

### Ticonderoga

Community Heritage building.  
FMNP  
Saturdays 10:00-2:00  
July 18 through October 17

### Wadhams

Center of Wadhams  
Saturdays 10:00-2:00  
June 27 through Sept. 5

### Warrensburg

River Street Park. FMNP  
Fridays 3:00-6:00  
June 5 through Oct. 30

### Whitehall

In the Village Park along the canal.  
FMNP  
Tuesdays 1:00-4:00  
Early June through late October

### Willsboro

Rte. 22 across from the old  
Mountain View restaurant  
[adirondackfarmersmarket.com](http://adirondackfarmersmarket.com)  
FMNP  
Thursdays 9:00-1:00  
June 11 through Oct. 8



Please visit [www.adirondackharvest.com](http://www.adirondackharvest.com) for more information on farm stands and farmers' markets