

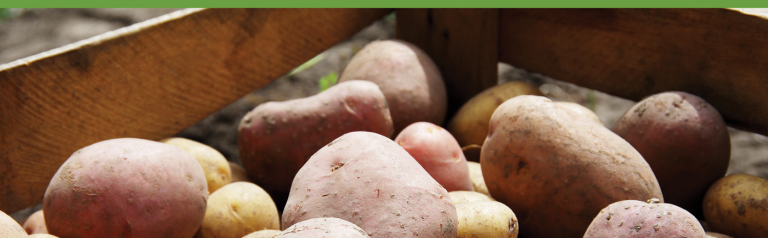


Take Your Pick

Did you know that many farmers and markets accept SNAP/EBT for their products?

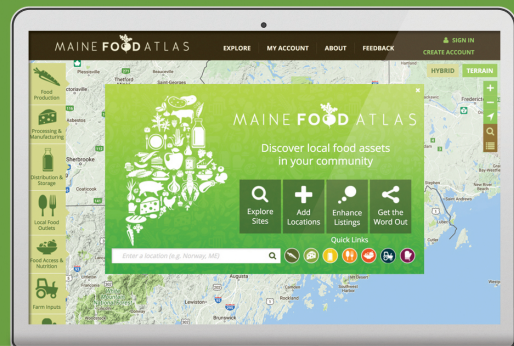
Some markets will even double your money with Maine Harvest Bucks for fruits and vegetables!

When you see these symbols after the name of a farm or market that means that they are proud partners in one or more of these programs.



Dig Up Something New

There are hundreds of farms in the Western Foothills. This map shows just a few of them. You can use the Maine Food Atlas to learn more about the ones you see here and to discover new farms and local food businesses all over Maine. On this map and on the Atlas you can see where each farm is located and if it is open to the public. This will make planning your next family apple-picking or maple syrup-tasting trip much easier.

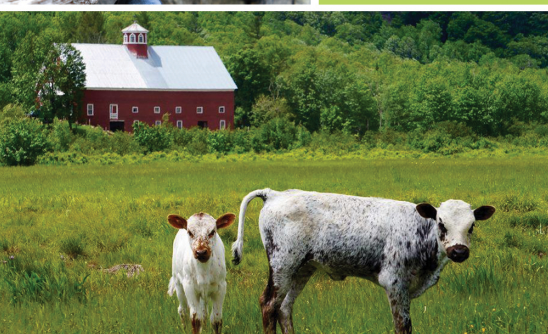
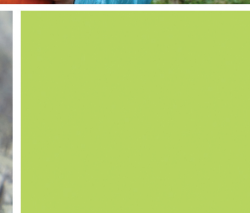
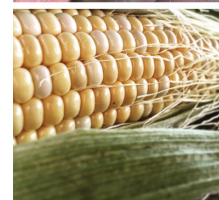
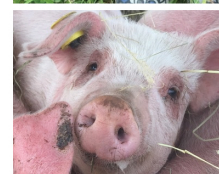


WWW.MAINEFOODATLAS.ORG

This map is your family's guide to the agricultural bounty of the Western Foothills of Maine.

Keep it close, and use it to plan your next local food adventure!

The Western Foothills Harvest Map is a project of Healthy Oxford Hills and the SAD17 School Nutrition Program. The guide is made possible thanks to a collaboration between the Maine Food Atlas, Maine SNAP-ED, and 5210 Let's Go! Oxford County. Funding was provided by Maine Prevention Services.



Maine Harvest Lunch Week

Every year across the state, Maine Harvest Lunch Week celebrates fresh, local food in the public schools. Maine Harvest Lunch week aims to teach students where food comes from, and how buying local food from local farmers can be good for your health, your budget, and your community.

Maine Harvest Lunch Week looks different in every school and district across the state. Here in SAD17, Jodi Truman, the nutrition director, and her staff buy local, seasonal fruits and veggies to offer a delicious lunch menu throughout the year, and especially during Maine Harvest Lunch Week.

If you enjoyed lunch... wait 'til you try breakfast and dinner!

This year, we're introducing this brochure to help you keep the local food celebration going long after Maine Harvest Lunch Week. We hope that you'll use this map and guide to plan new adventures and see for yourselves where this healthy, delicious, local food comes from.

Are you surprised to see so many farms, orchards, farmers markets, and local food hubs to choose from? How many can you find? What do you think is in season? Where will you go first?



DISCOVER

Find farms and markets near you.

EXPLORE

Plan a trip to a community garden, working farm, or local orchard.

LEARN

See how carrots are grown.
Pet a cow! Pick a basket of apples.

MEET AND... EAT!

Get to know the farmers in your community.
Taste the incredible food they produce.

WESTERN FOOTHILLS HARVEST MAP

An explorer's guide to
local food in western Maine



Featured Farms

1. A Wrinkle in Thyme Farm

106 Black Mt Rd, Sumner
wrinkleinthymefarm.com
207.212.4058
Fr-Tu 10-4; Tu 6-8:30


2. Cooper Farms

27 Bethel Rd
West Paris
Daily 8-6


3. Ricker Hill Orchards

295 Buckfield Rd, Turner
www.rickerhill.com
207.225.5552
Daily 9-6, Mar-Nov


4. Nezinscot Farm Store

284 Turner Ctr Rd, Turner
nezinscotfarm.com
207.225.3231
Th-Su 7-5


5. Stone Heart Farm

285 Streaked Mt Rd
South Paris
207.890.8350
Drop in


6. Alan Day Community Garden

26 Whitman St, Norway
alandaygarden.wordpress.com
207.346.0708
Daily sunrise-sunset


7. Ordway Grove Farm

8 Pleasant St, Norway
207.595.8138
Th-Su 10-6


8. Greenwood Orchards

174 Auburn Rd, Turner
207.225.3764
Daily 8-6, Jul-Apr


9. Smedberg's Crystal Springs Farm

1408 Main St, Oxford
207.743.6723
Daily 8-6


10. Pietree Orchard

803 Waterford Rd
Sweden
pietreeorchards.com
207.647.9419
Daily 9-5, May-Nov;
Fr-Su 9-5, Dec-Mar


11. Crestholm Farm

176 Main St, Oxford
crestholmfarm.com
207.539.8832
Daily 9-9, May-Oct


12. Beech Hill Farm

630 Valley Rd, Waterford
beechhillbison.com
207.583.2515
Tu, We, Sa, Su 9-5, thru Oct


13. Maple Springs Farm

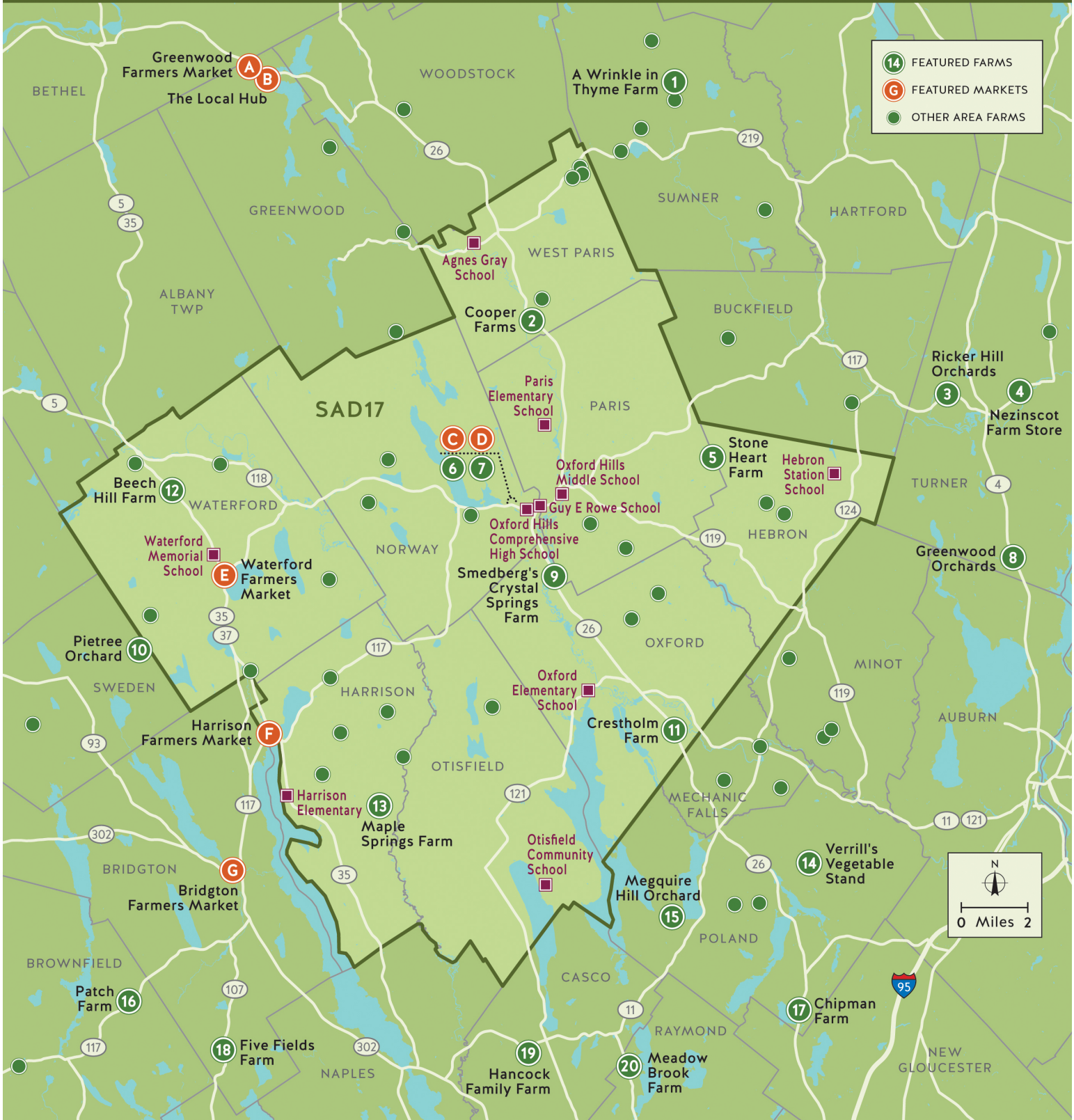
808 Maple Rdg Rd
Harrison
207.583.4698
Tu, Th, Fr, Su 10-3


14. Verrill's Vegetable Stand

270 Bailey Hill Rd, Poland
207.998.2301
Daily 8-sunset



WESTERN FOOTHILLS HARVEST MAP



Featured Farms & Markets

15. Megquire Hill Orchard

177 Megquire Hill Rd
Poland
207.890.7573
Weekends 9-5, Sept & Oct


16. Patch Farm

570 E Main St, Denmark
patchfarm.me
207.939.1493
Daily sunrise-sunset


17. Chipman Farm

62 Range Hill Rd
Poland Springs
chipmanfarm.net
207.998.2027
Daily 10-6


18. Five Fields Farm

720 S Bridgton Rd
S Bridgton
207.647.2425
Daily 9-sunset


19. Hancock Family Farm

36 Quaker Ridge Rd, Casco
hancockfamilyfarm.com
207.831.1088
Daily Summer;
Fr-Su 9-6, Spring & Fall


20. Meadow Brook Farm

727 Webbs Mills Rd
Raymond
207.627.7009
Weekends 9-6


- A. Greenwood Farmers Market

Greenwood Town Hall
Fr 4-6, year-round


- B. The Local Hub

224 Main St
Greenwood
207.875.0011
Su-We 7-8; Th-Sa 7-10


- C. Norway Market at Old Squire

493 Main St, Norway
207.890.3112
Th 2-6, Spring-Fall


- D. Fare Share Co-op

445 Main St, Norway
faresharecoop.org
207.743.9044
Mo-We 9-6; Th-Fr 9-7;
Sa 9-4


- E. Waterford Farmers Market

Waterford Town Common
Mo 2-5, Jun-Oct


- F. Harrison Farmers Market

ME-117 between
Depot & Tolman Rds
207.595.1601
Fr 1-5, May-Sept


- G. Bridgton Farmers Market

15 Depot St, Bridgton
Sa 8-1, Spring thru Oct









