



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.

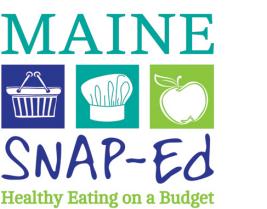


WWW.MAINEFOODATLAS.ORG

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.



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



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?



Featured Farms

1. A Wrinkle in Thyme Farm 8. Greenwood Orchards
106 Black Mt Rd, Sumner 174 Auburn Rd, Turner
wrinkleinthymefarm.com 207.225.3764
207.212.4058 Daily 8-6, Jul-Apr
Fr-Tu 10-4; Tu 6-8:30  

2. Cooper Farms 9. Smedberg's Crystal Springs Farm
27 Bethel Rd 1408 Main St, Oxford
West Paris 207.743.6723
Daily 8-6 Daily 8-6    

3. Ricker Hill Orchards 10. Pietree Orchard
295 Buckfield Rd, Turner 803 Waterford Rd
www.rickerhill.com Sweden pietreeorchards.com
207.225.5552 207.647.9419
Daily 9-6, Mar-Nov Daily 9-5, May-Nov;
Fr-Su 9-5, Dec-Mar  

4. Nezinscot Farm Store 11. Crestholm Farm
284 Turner Ctr Rd, Turner 176 Main St, Oxford
nezinscotfarm.com crestholmfarm.com
207.225.3231 207.539.8832
Th-Su 7-5 Daily 9-9, May-Oct   

5. Stone Heart Farm 12. Beech Hill Farm
285 Streaked Mt Rd 630 Valley Rd, Waterford
South Paris beechhillbison.com
207.890.8350 207.583.2515
Drop in Tu,We,Sa,Su 9-5, thru Oct  

6. Alan Day Community Garden 13. Maple Springs Farm
26 Whitman St, Norway 808 Maple Rdg Rd
alandaygarden.wordpress.com Harrison
207.346.0708 207.583.4698
Daily sunrise-sunset Tu, Th, Fr, Su 10-3  

7. Ordway Grove Farm 14. Verrill's Vegetable Stand
8 Pleasant St, Norway 270 Bailey Hill Rd, Poland
207.595.8138 207.998.2301
Th-Su 10-6 Daily 8-sunset  

Featured Farms & Markets

15. Megquire Hill Orchard 16. Patch Farm
177 Megquire Hill Rd 570 E Main St, Denmark
Poland patchfarm.me
207.890.7573 207.939.1493
Weekends 9-5, Sept & Oct Daily sunrise-sunset    

17. Chipman Farm 18. Five Fields Farm
62 Range Hill Rd 720 S Bridgton Rd
Poland Springs S Bridgton
207.890.3112 207.647.2425
Th 2-6, Spring-Fall Daily 9-sunset    

19. Hancock Family Farm 20. Meadow Brook Farm
36 Quaker Ridge Rd, Casco 727 Webbs Mills Rd
Waterford Town Common Raymond
207.831.1088 207.627.7009
Daily Summer; Weekends 9-6   

F. Harrison Farmers Market 21. Hancock Family Farm
ME-117 between Casco 36 Quaker Ridge Rd, Casco
Depot & Tolman Rds Hancockfamilyfarm.com
207.831.1088 Daily Summer;
Fr-Su 9-6, Spring & Fall   

G. Bridgton Farmers Market 22. Chipman Farm
15 Depot St, Bridgton 17 Chipman Farm
Sa 8-1, Spring thru Oct Raymond
207.627.7009 207.627.7009
Weekends 9-6   

VEGGIES  DAIRY
LIVESTOCK/EGGS  ACCEPTS SNAP
ACCEPTS HARVEST BUCKS  

