

Farm Stands

Barker's Farm - 1267 Osgood St., **North Andover**
(978) 683-0785

www.massfarmstands.com/barkers.html

Boston Hill Farm - 397 Farnum St. **North Andover** (farm stand entrance on Rt. 114) (978) 681-8556

www.massfarmstands.com/bostonhillfarm.htm

Smolak Farms - 315 South Bradford Street
North Andover (978) 688-8058

www.smolakfarms.com

Paisley Farm & Greenhouse -
189 Washington Street (Route 133)

West Boxford (978) 352-2332

www.paisleyfarm.com

9 AM to 6 PM May thru October;

9 AM to 5 PM March, April, Nov, December

East Street Farm Stand 460 East Street
Tewksbury, (978) 851-2048 Selling produce from

Farmer Dave's www.farmerdaves.net

Mon – Friday: 11 – 6; Sat - Sunday 9 AM – 4 PM

Kimball Farms - 791 East Broadway, **Haverhill**
978-521-3990 Sells produce plus their own farm raised
eggs, beef, chicken, and pork

www.kimballfarmcsa.homestead.com

Fay's Farm 120 Amesbury Line Rd **Haverhill**,
(978) 373-4874

Brooksby Farm 38 Felton St., **Peabody** (978)
531-7456 www.brooksbyfarm.org 9 AM to 5 PM

Iron Moon Farm 186 High Road (Rt. 1A),
Newbury (978) 465-8695 www.ironmoonfarm.com
Mid-July to late October 9 AM – 7 PM

Russell Orchards - 143 Argilla Road, **Ipswich**,
(978) 356-5366 www.RussellOrchardsMA.com

Connors Farm 30 Valley Rd **Danvers** (978) 777-
1245 www.connorsfarm.com

Cider Hill Farm 45 Fern Ave. **Amesbury** (978)
388-5525 www.ciderhill.com 8 AM – 6 PM

Farmers' Markets in Essex County

Andover - Saturday, 12:30 pm - 3:30 pm Andover
Historical Society, 97 Main Street Starts 7/11

Lawrence - Wednesday, 8:00 am - 2:00 pm
Appleton Way next to City Hall Starts 7/8

Haverhill - Saturday, 8:00 am - 1:00 pm
GAR Park, 80 Main Street, Rt. 125 Starts 7/18

Georgetown - Saturday, 10:00 am - 2:00 pm
Georgetown Park and Ride, Rt. 133 Starts 7/11

Peabody Tuesday, 1:00 pm - 6:00 pm Railroad
Ave., behind Courthouse, Starts July

West Newbury Saturday, 9:00 am – Noon Grange
Hall, 21 Garden Street, Starts July

Newburyport Sunday, 10:00 am - 2:00 pm The
Tannery Marketplace, 50 Water Street Starts June
14

Ipswich - Saturday, 9:00 am - 1:00 pm Ebsco
Parking lot on Estie's St Starts 7/11

Topsfield - Saturday, 7:00 am – Noon Topsfield
Fair Grounds – Rt. 1, Starts 7/11

Rowley - Sunday, 8:00 am - 1:00 pm Rowley Town
Common, Rt. 1A, , Starts 7/12

Beverly Monday, 3:30 pm - 6:30 pm Ellis Square,
Cabot on Church Street Starts 6/22

Gloucester - Thursday, 3:30 pm - 6:30 pm Harbor
Loop, off Roger Street (Rt. 127) Downtown Starts
7/2

Lynn - Thursday, 11:00 pm - 3:00 pm Exchange
and Washington Streets, Downtown Starts 7/22

Salem - Thursday, 4:00 pm - 7:00 pm Derby
Square, in front of Old Town Hall, Starts 6/25

Marblehead - Saturday, 9:00 am – Noon Middle
School - Vine Street Starts 6/13

*Prepared by the
North Parish of North Andover
Green Sanctuary Team
Spring 2010*

North Parish Local Food Options



Why buy local?

“Eating local” keeps consumer dollars in the local community, which strengthens the local economy, and relationships between consumers and farmers. Eating local channels more money directly to farmers, as (generally) less money is spent on processing, transport, marketing, and intermediaries. Eating local can encourage sustainable farming methods, minimizing packaging and increasing biodiversity, whereas farmers growing for the wholesale market are encouraged to grow larger quantities of fewer crops, and rely more heavily on chemical fertilizers and pesticides.

Making local food choices can be complex – a greenhouse tomato can have a larger carbon footprint than one that is shipped, and produce sold at farm stands isn't always grown sustainably. However, buying locally creates a relationship between you and the grower, so you can ask questions and make informed choices.

There are lots of options for getting fresh, local produce. There are also an increasing number of options for fish, meat and dairy. Find the option that fits your lifestyle.

Local Buying Options

Farm Stands. A farm stand is a place where a single farm sells its produce, either from the back of a truck parked on Main Street, or from a roadside stand near or on their farm. Most farm stands are only open during warm weather, and may be "self serve." Some farm stands augment what they grow by selling produce from other farms to increase customers' selection.

Farmers' Markets. In a farmers' market, a group of farmers sell their products once or twice a week at a designated public place like a park or parking lot. Shopping at a farmers' market is a great way to meet local farmers and get a variety of fresh produce, and sometimes eggs, cheese, meat, and fish.

Community Supported Agriculture is a way for the food buying public to create a relationship with a farm and to receive a weekly basket of produce. By making a financial commitment to a farm, people become "members" (or "shareholders," or "subscribers") of the CSA. Most CSA farmers prefer that members pay for the season up-front, but some farmers will accept weekly or monthly payments. A CSA season typically runs from late spring through early fall. The number of CSAs in the United States was estimated at 50 in 1990, and has since grown to several thousand. There are now over a dozen CSA's within 20 miles of North Parish.

Supermarkets often have a combination of local produce and items shipped from all over the globe. Read labels (or signs over bulk items) to see where the produce came from.

There is no "one right choice." Find the option(s) that fits your lifestyle and provides the balance between convenience and environmental and economic impact that's right for you.

Community Supported Agriculture

Groundwork Lawrence (supplied by Farmer Dave's)	
Accepting new shareholders?	Yes
Season	June 15-October 26
Pickup	60 Island Street, Lawrence Tuesday 3 PM – 7 PM
Share price(s)	Small \$300, regular \$450, Super \$800, Fruit \$200 plus \$100 per shareholder administration and delivery fees
More information	http://www.groundworklawrence.org/csa

World Peas	
Accepting new shareholders?	Yes
Season	June to October
Pickup	Andover, plus nine other locations
Share price(s)	Small \$450 (2010 sold out); Large \$695 (available)
More information	www.nesfp.org ; 978-654-6745; nesfp@tufts.edu

Farmer Dave's	
Accepting new shareholders?	Yes
Season	Main Season: mid-June to the end of October (20 weeks) Fruit Share: early/mid-August to end of October (13 weeks) Winter Share: first week of November to mid-December (5 deliveries)
Pickup	Dracut: Tues. 4 - 6:30 PM; Tewksbury Wed 3 - 6 PM; Also Beverly; Lanesville; Somerville; Downtown Gloucester; Boston
Share price(s)	Small \$300, regular \$450, Super \$800, Fruit \$200 plus \$50 per shareholder membership fees
More information	Farmer Dave's, 437 Parker Rd. Dracut, (978) 349-1952 www.farmerdaves.net

Community Supported Agriculture

Kimball Farm (Haverhill)	
Accepting new shareholders?	Yes
Pickup	791 East Broadway, Haverhill
Share price(s)	Produce only: \$300 (1/4 bushel per week) or \$500 (1/2 bushel) Produce + Protein: \$450 (1/4 bushel + 1 dz eggs + 1 lb meat) or \$800 (1/2 bushel + 2 dz eggs + 2 lbs meat)
More information	Tyler Kimball :888-771-1960 (also see notes under Farm Stands)

Pleasant Valley Gardens (Methuen)	
Accepting new shareholders?	Yes
Season	22 weeks mid June through October
Pickup	255 Merrimack Street Methuen Tuesday 3 - 6 PM or Saturday 9 AM -12 noon
Share price(s)	Full share (1 bushel) \$600. Half share (half bushel) \$400
More information	Richard Bonanno cell: (978) 361 5650 farm: (978)682-9563 www.pleasantvalleygardens.com

First Light Farm (Hamilton)	
Accepting new shareholders?	Yes
Season	June through October
Pickup	Ipswich 55 Market St. Saturday (10 AM -1 PM) Topsfield 19 Main St Thursday (3-7PM) Beverly 290 Hale St Tuesday (3-7PM)
Share price(s)	\$600
More information	Mike: 781 710 6749 www.Firstlightfarmcsa.com

Other CSA's in the area: Appleton Farms (Ipswich) sold out for 2010; Luna Farm (North Reading) sold out for 2010; Long Hill Farm (West Newbury); Iron Moon Farm (Newbury); Fellows Farm (Ipswich); Arrowhead Farm (Newburyport); Cider Hill Farm (Amesbury); Connors Farm (Danvers)