

coli, onions, and apricots. We also process and market home-made jams, jellies, pickles, and salsa. We have various methods of marketing including an on-site farm stand from September through October. Our farm offers "pick your own" strawberries and apples to the local community. We also participate in various community farmers' markets. In addition, our farm also sells produce wholesale to various restaurants, bed and breakfasts, schools and food stores.

Smith's Smokehouse

Libby & Andrew Smith, PO Box 817, Monroe ME 04951, ph. 525-7735.
Smith's smokehouse is featured on the food network. They have a fine selection of smoked foods from hams to salmon. Their motto BEHIND THE TIMES speaks for itself.
Smith's is open for tours by appointment.

Snakeroot Organic Farm

Tom Roberts & Lois Labbe, 3645 Snakeroot Road, Pittsfield 04967, ph. 487-5056, tom@snakeroot.net, www.snakeroot.net/farm
Our two acres of MOFGA certified organic gardens provide shoppers with the finest vegetables, culinary and medicinal herbs, lupines and other perennials in recycled plant pots. Visit our gardens and greenhouse anytime, or come to our annual farm tour noon to 4pm on Sunday, July 11. At the market Tuesday and Saturday all season. We're also at the Pittsfield, Winslow, Fairfield and Unity Farmers' Markets. Ask about our CSA plan and about bulk purchases of tomatoes, basil, parsley, carrots, garlic and other veggies.

Sunkhaze Wild Blueberry Farm

Steven & Shannon Lion, PO Box 53, Old Town ME 04468, 745-7583 (farm); 827-2225 (orders).
Fresh Maine wild blueberries.
5 lb. Fresh Box: Clean/Dry/Ready to Eat, \$9.00
10 lb Freezer Box: Clean/Dry/Ready to Freeze, \$16.00
Combo: Buy one to eat fresh and one to freeze, \$22.00
Tues. & Sat. late July to mid August.

2004 Member Directory, continued

Wild Melodea

Amy Jones & Tracey Walls, 3330 Bennoch Road, Alton ME 04468
One acre of flower production using no chemical pesticides (organic, but not certified). We are just starting farmers on new land, so we can't give exact amounts of flowers, but we expect to bring 15 to 35 bouquets. We also sell handmade soap.

Worcester's Wild Blueberries

Everett & Lee Worcester, 29 W. Main St., Milo ME 04463, 943-5501.
Our blueberry lands and roadside stand are located in Orneville just south of the Milo town line on Rte. 11. We pride ourselves in producing berries that are fresh, clean, and ready to use "out of the box". We sell pints, quarts, and freezer-ready 5 lb. boxes of berries of the same high quality. We also produce a delicious wild blueberry blossom honey which honey lovers will find especially tasty. Our blueberry jam and jellies are available in 3 lb sizes and our blueberry syrup is perfect for pancakes. We sell wholesale and retail mid-July through August. 948-8804.

What is a Farmers' Market?

In today's rush for one-stop convenience shopping and year-round availability of foods from the global marketplace, our communities all too often have lost touch with the productivity of our local small farms. And the small scale grower has lost the connection with markets of appropriate scale. The Orono Farmers' Market offers a solution where 100% of the money shoppers spend goes directly to the local farmer.

Not just one shop

The Farmers' Market is a collection of independent growers each with their own standards of quality, display, selection, price and friendliness. They have joined together in a Farmers' Market Association to assure the shopping public of regular hours, high quality, and wide selection, and to thereby attract more customers than any one of them could do alone.
Many regular shoppers eventually settle on their favorite two or three farmers to do most of their busi-

ness with because they feel these farmers best meet their needs.

Different kinds of farmers

Since there are so many different kind of farmers at the Farmers' Market, they may never all be at the market at once. For example strawberry growers and blueberry growers are almost never at the market at the same time because the seasons of their crops do not overlap. On the other hand, our bakers and many of our farmers have a year round season—such as chicken, maple syrup, or honey—which are offered all season.

Walk the market

When first visiting the market—and occasionally thereafter—walk the market to see who is there and what is being offered. Even the farmers themselves do this to see how their own stands compare with those of other farmers. Your favorite farmer may not always be earliest with what's just starting to come into season, or may not grow that specialty item you've been searching for. Most farmers respect the "comparison shopper", and are not at all offended if you don't buy everything at their stand.

Talk to the farmers

They are generally well versed in what they do, and don't mind taking a minute to give gardening advice, discuss recipes, tell you when another farmer can be expected at market, or when strawberry season starts. This varies their routine at market, and spices up your day, as well, we hope.

Eat better—Eat in season

There is a natural variety to meals that comes with eating the luscious just-picked local produce as it comes into season. The ancient clockwork of the growing season is skillfully fine tuned by clever growers using both modern and ancient methods of season extension for a longer harvest season.

Get the
Orono Farmers' Market
email newsletter!
Send an email to:
oronomarketnews@prexar.com



Rain or Shine!
2004

get
real.
maine!

ORONO
FARMERS' MARKET

Buy locally grown...
...right from the farmer!

Tuesdays
2-5:30pm
June 29—Oct. 26

Saturdays
8am-1pm
May 8—Nov. 20

at the
Steam Plant
Parking Lot

on College Avenue, Orono
www.oronofarmersmarket.org

Orono Farmers' Market

--- Most market members accept



2004 Member Directory

Maine Farmers' Market WIC checks. ---

AAA Shellfish

Ken Ray & Mary Guptill, 472 Upper East Pond Road, Nobleboro, ME 04555, ph. 832-6997, kray@midcoast.com

We sell fresh shellfish, lobsters are trapped that morning and sold that afternoon. All others are harvested at the last tide before market. Crabmeat is picked the night before and if not sold is frozen that day after market for Mass. customers.

Apple Hill Farms

Mark & Dana Llewellyn & Family, Twombly Road, Monroe, Maine 04951, ph. 525-3592, email ahfarms@acadia.net.

We are a grower/producer of free-ranged poultry. Carefully managed on pastures and fed grains free of antibiotics, hormones, & animal by-products. Complete product line, including fresh chicken, smoked chicken, fresh poultry sausages, & turkey. Available at farmers' markets, local grocers, restaurants, and at the farm. Wholesale & retail. Also home to Apple Hill Llamas. Llamas and llama wool, manure and compost are also available for sale. Farm visits by appointment.

Appleton Creamery

Caitlin, Bradley and Fiona Hunter, 780 Gurney Town Road, Appleton, Maine 04862. ph. 785-4431. email: info@appletoncreamery.com, web site: http://www.appletoncreamery.com

Appleton Creamery is a small-scale family farm, which produces award-winning goat cheese. Several varieties of fresh chevres and aged goat cheese are handcrafted daily using traditional methods from the milk from our herd of registered Alpine dairy goats. We also offer Fionas Fabulous goats milk Fudge, pet treats, and goats milk soap. Saturdays only, all season. Also at the Belfast, Camden and Damariscotta Farmers Markets.

Bread Box Bakery

Becky Alley, PO Box 121, East Orland 04431, ph. 469-0015.

Bread Box Bakery is a small in-home bakery. I do sourdough breads, focacias, Italian breads, hearth breads and possibly some sweet items like pies, muffins and cinnamon rolls. I also attend the Belfast, Brewer and Bar Harbor Farmers' Markets.

Clarke's Garden Patch

Ralph Clarke, 750 Greenfield Road, Greenbush ME 04418, 827-6272.
Mixed vegetables, cut flowers.

Cornerstone Farm

Hanne & Dan Tierney, 74 Dogtown Rd., Palmyra ME 04965, ph. 487-5945, cornerstonefarmpal@yahoo.com
Cornerstone Farm is a small diverse livestock farm. We raise and sell grass fed belted galloway beef, pasture raised pork and free range fertilized eggs. We also sell yarn and mittens made from wool from the family farm. Our animals are not feed antibiotics or artificial growth hormones. We carry a range of steaks, roasts, chops, ribs, sausages, and ground meats. We are excited to add nitrate-free hams and bacon to our list this year. Please contact us for more information. At market on Tuesdays only.

Cuckoo's Nest

Julia O'Leary, PO Box 419, Milford ME 04461, 827-2225. Email JDmbj@aol.com
Fresh Maine blueberries by the 5 or 10 lb box, herbs, cut flowers, vegetables.

Who's your farmer?

Evermay Nursery

Richard May, 84 Beechwood Ave, Old Town, ME 04468, 827-0522, rmay821101@aol.com.

We specialize in growing unusual perennial plants such as primroses and rock garden plants. We also have high quality annual flower and vegetable seedlings and hanging baskets. We will be at the market on Saturdays in May and June.

Freyenhagen Family Farm

James & Patricia Freyenhagen, 51 Wotton's Mill Road, Union, ME 04862, 207-785-4559.
Maple products available year round. Also we have various produce, domestic rabbit, rabbit sausage, wild blackberries and fiddleheads during their appropriate seasons.

Kousky Farm

Dave & Millie Kousky, 880 Ledge Hill Road, East Corinth, ME 04427, ph. 884-8888.
Hanging baskets, geraniums, veg. and flower seedlings, and one of the largest and earliest arrays of produce. We use all organic sprays when needed.

Meadowsweet Farm

Sumner and Paula Roberts, 105 Stevens Rd., Swanville, ME 04915, 207-338-1265. email: meadowsweet@prexar.com.
Meadowsweet Farm is a 120 acre farm in Swanville. At market we sell our grassfed beef and lamb, washable sheepskins, and wool blankets. At Meadowsweet Farm we work with our livestock and plants and the environment to grow healthy food. We treat our animals with respect and allow them the fullest expression of their natures consistent with good husbandry. Our sheep and cattle are raised on pasture, and like our free-range chickens and garden, are fed a

natural diet with no added hormones or chemicals. Farm visits by appointment.

Midel Farm.

Delmar & Mildred Levesque, 1348 Moosehead Trail, Plymouth ME 04969, ph 257-2514.
Cider & Apples—macintosh, cortland, yellow delicious and red delicious. High bush blueberries. Starting late August.

Peacemeal Farm

Mark Guzzi, 25 Peacemeal Lane, Dixmont 04932. ph. 257-4103.
We grow MOFGA certified organic vegetables. Varieties include heirloom and popular-vegetables; peas, greens, lettuce, carrots, beets, potatoes, onions, beans, tomatoes, melons, cukes, squash, garlic, and many others. We have seedlings in the spring and bulk storage crops in the fall. Please ask about special orders of your favorite produce for canning or freezing. Our other markets include Camden, Belfast and Northeast Harbor Farmers' Markets.

Schartner Farms

Herb Schartner, Box 82 Route 220, Thorndike 04986, ph. 568-3668, schartnerfarm@uninets.net
Schartner Farms in a small fruit and vegetable farm located in Thorndike, Maine. Our farm was established in 1980 and is owned and operated by Herb Shartner and Shiela Carter. Our farm has over 150 acres of fields, orchards, and woods. Our farm produces and markets a wide variety of fruits and vegetables including strawberries, raspberries, blackberries, apples, sweet corn, ornamental corn, plums, cherries, peaches, pears, potatoes, winter and summer squash, zucchini, pumpkins, gourds, green beans, beets, sunflowers, gladiolas, cucumbers, tomatoes, broc-

more-->