



LOCAL Farms & Markets in the Newburyport Area

Brookford Farm, Canterbury, NH – various farmers markets locally

- Grass fed raw milk, raw cream, yogurt, raw milk cheeses, kefir
- Pasture-raised meats
- A variety of vegetables
- Butter
- Eggs from pastured chickens
- Whole grain sour dough bread

Heron Pond Farm - South Hampton, NH & various farmers markets

- A wide variety of biodynamic vegetables – open year round with limited hours in winter
- Eggs (at the farm stand)
- Kellie Brook Farm pork
- Bodwell Farm grass fed beef

Pettengill Farm – Salisbury, MA

- Pastured chicken
- Pastured pork
- Seasonal vegetables

Vernon Family Farms – Newfields, NH

- Pastured Chicken – whole birds and a variety of cuts, bones and broth
- Organic Produce - seasonal
- Pastured eggs - seasonal

Appleton Farms – Ipswich, MA

- Grass fed beef
- Pastured chicken eggs
- Flash pasteurized grass fed milk
- Grass fed yogurt and cheeses

Brandmoore Farm – Rollinsford, NH & various farmers markets

- Grass fed raw milk and cream
- Grass fed yogurt and Greek yogurt
- Certified organic produce
- Pastured eggs
- Pastured pork

Grand Trunk Market – Newburyport, MA

- Raw artisan cheeses
- Grass fed cured meats

Market Basket

- Organic vegetables
- Kerry Gold brand butter
- Bob's Red Mill products
- Shellfish, Wild sock-eye salmon
- Stoneyfield whole milk plain yogurt
- Many other items on our comprehensive list for our *Market Basket Shopping Tour!*

Natural Grocer

- Raw cheese
- Organic veggies
- Raw nuts
- Kombucha
- Real Pickles Brand Fermented Vegetables
- Seven Stars Farm Whole Milk Plain Yogurt

Newburyport Farmer's Market, Exeter Farmer's Market

- Organic vegetables
- Pastured Eggs
- Pastured meats, poultry
- Fresh Cheeses

The Farm at Eastman's Corner – Kensington, NH

- Brookford Farm beef and pork
- Kellybrook pork and chicken
- Vernon Family Farm chicken
- Frescos Farm non organic pastured pork
- Misty Knoll Farm chicken and tuna
- Hiddenbrook beef
- An incredible selection of local produce, food products

Eva's Farm Organic Butcher Shop – Middleton, MA

- Pastured meats, bones and bone broth

Jesta Farm - Sue Veilleux 190 Drinkwater Road Hampton Falls, NH [603-772-6963](tel:603-772-6963)

- Raw goat's milk

Wolf Meadow Farm - 91 High Street, Amesbury, MA [978.201.1606](tel:978.201.1606)

- A variety of fresh Italian cheese made with raw milk from Artichoke Farm

Where we buy our eggs?!

Finding fresh, local, pastured eggs is easiest in the warmer months. The more grass on the ground, the more bugs, ticks, grubs and grass there is for the chickens to eat. Almost *all* chickens are supplemented with some grain, often more in the cold months. If you must have eggs that have eaten no grain at all for health reasons, the brand *Vital Farms Brand* at Whole Foods is strictly pastured.

- Heron Pond Farm – South Hampton, NH
- Middle Earth Farm - NBPT Farmers Market (sometimes)
- Herb Pharmacy - NBPT Farmers Market (sometimes)
- Appleton Farm – Ipswich, MA
- Brandmoore Farm – Rollinsford, NH (or NH farmers markets)
- Brookford Farm – Canterbury, NH (or NH farmers markets)
- Cider Hill Farm – Amesbury, MA (seasonal)
- White Cedar Farm – Kingston, NH (Farmer's Market)

Also, check out www.localharvest.org and www.farmmatch.com for more farms in your area!

And Remember: No soy, No farm-raised fish, No processed or packaged foods, No vegetable oils No meat or poultry raised in confinement