



## **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
- Pasture-raised meats
- A variety of vegetables
- Butter
- Eggs from pastured chickens
- Whole grain sour dough bread
- Fresh whole wheat and whole wheat pastry flour

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

- A wide variety of biodynamic vegetables
- Eggs (at the farm stand)
- New Roots Farm pastured meats

### **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 *Quick Start Shopping Class!*

### 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 milk and yogurt
- Raw goat's milk
- Local produce and pastured meat
- Pastured eggs

### Eva's Farm Organic Butcher Shop – North Andover, 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

### The Modern Butcher – Newburyport, MA

- Grass-fed & Pastured Meats
- Bone Broth

### Lilac Hedge Farm –Rutland, MA (\*\*HOME DELIVERY!)

- Pastured Meats
- Pastured Eggs
- Cheeses and Local Produce

**Grass-fed Beef & Pastured poultry can be delivered frozen to your door from US WELLNESS MEATS for \$9.50 flat rate! Click on our link under our MARKETPLACE at [www.drdansnaturalhealing.com](http://www.drdansnaturalhealing.com)**

### 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
- Appleton Farm – Ipswich, MA
- Brandmoore Farm – Rollinsford, NH (or NH farmers markets)
- Brookford Farm – Canterbury, NH (available at Eastman's Corner)
- Cider Hill Farm – Amesbury, MA (seasonal)
- Eastman's Corner- Kensington, NH
- Lilac Hedge Farm—Rutland, MA (\*\*Delivery)

Also, check out [www.localharvest.org](http://www.localharvest.org) and [www.farmmatch.com](http://www.farmmatch.com) for more farms in your area!

IN GOOD HEALTH!

Dr. Dan's TEAM