

FARMERS' MARKETS

1 Cooperstown Farmers' Market

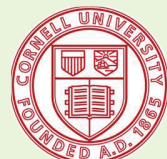
Jennifer Hanson
Pioneer Alley, 101 Main Street, Cooperstown
TIMES OF OPERATION: Saturdays, 8 AM – 2 PM, Mid May through Labor Day Weekend; Saturdays, 9 AM – 2 PM, after Labor Day through Mid December
PHONE: 607-547-6895
WEBSITE: www.otsego2000.org/farmersmarket
PRODUCT: The only indoor farmers' market in the region, the Cooperstown Farmers' Market is located just off Main Street and is heated in the winter months. The objective of the CFM is to support locally grown produce and locally-made crafts.

2 Oneonta Farmers' Market

Dana LaCroix
Kim K. Muller Plaza, Main Street & Dietz Street, Oneonta
TIMES OF OPERATION: Saturdays, 9 AM – 2 PM, Memorial Day through October; Tuesdays, 10 AM – 3 PM, late June through September
PHONE: 607-437-0158
WEBSITE: www.cadefarms.org/markets.htm
PRODUCT: The Oneonta Farmers' Market is a vibrant, colorful market featuring the best of the area's locally-grown meats, vegetables, cheeses and specialty products, including maple creams and syrups, chutneys, honey, herbal remedies, fruit preserves and more. Local artisans offer unique homemade crafts and the seasonal calendar includes special events, tastings and community outreach projects and live music.

3 Morris Farmers' Market

Located behind the Morris Firehouse in the pavilion, Morris
TIMES OF OPERATION: Thursdays from 3 PM – 7 PM, July – Mid October
PRODUCT: Farm-Fresh produce, meats, and baked goods.



Cornell University
Cooperative Extension
Otsego County

Education Center

123 Lake Street
Cooperstown, NY 13326-1017
PHONE: 607-547-2536
FAX: 607-547-5180

Outreach Office

31 Maple Street
Oneonta, NY 13820
PHONE: 607-433-2521
FAX: 607-436-9682

Email us at:

otsego@cornell.edu

Visit us on the web at:

http://counties.cce.cornell.edu/otsego



LIVESTOCK

4 Applegarth

Allison Jones & Arnold Omland
137 Axtell Road, Maryland
PHONE: 607-638-5784 **FAX:** 607-638-9067
EMAIL: allison@applegarthfarms.com
WEBSITE: www.applegarthfarms.com
PRODUCT: Applegarth produces naturally raised livestock and meat. We use no hormones and treat health issues individually and naturally. Visit the farm and see for yourself. Applegarth also boards horses.

5 Brass Ring Farm

Robert Kolka
4015 State Highway 28, Milford
PHONE: 607-286-9333
EMAIL: sdkolka@yahoo.com
PRODUCT: Lessons & guided trail rides. Pony rides for younger children not big enough to go on trail. Everything by reservation. Open 7 days a week. Horses bought & sold. Always looking for a good, quiet gelding. Lesson & trail ride \$40. Private lessons also available.

6 Breezy Meadows Farm

Kenneth & Maureen Pawlikowski
1024 County Highway 6, Otego
PHONE: 607-988-2838
EMAIL: breezymeadowfarm@yahoo.com
PRODUCT: Grass-fed beef available out of freezer or for orders of whole, half, and quarter cows - custom cut and wrapped, USDA inspected. Also a wide selection of organic vegetables grown annually. Farm visits welcome by appointment.

7 Cooperstown Holstein Corporation

Jennifer Huntington & Eric Watson
188 County Highway 33, Cooperstown
PHONE: 607-547-2797
EMAIL: jhuntington2@stny.rr.com
PRODUCT: We are an operating dairy farm that has natural, corn-fed beef for sale. Primary beef breed is Belted Galloway, which is known for lean, flavorful meat. Individual cuts available. Also quarters & halves for sale.

8 Moon Dancing Farm

Brian & Lindy Ferguson
5164 Route 51, PO Box 125, West Burlington
PHONE: 607-965-2317
EMAIL: info@moondancingfarm.com
WEBSITE: www.moondancingfarm.com
PRODUCT: Humanely raised grass-fed beef, pastured turkeys, leeks, herbs and other in season vegetables. No chemicals used whatsoever.

9 The Ortensi Farm

Gregory & Bernadette Ortensi
765 Chyle Road, County Highway 29, Richfield Spings
PHONE: 315-858-2634 **CELL:** 413-348-9024 **FAX:** 315-858-2634
EMAIL: bernjortensi@aol.com
PRODUCT: Certified organic cropland, grass-fed beef, pastured pork, pastured chicken and turkey. Free range eggs. Certified organic garlic & several varieties of potatoes for sale. Trail rides available for farm tours. Call to reserve a time for small group rides.

10 Rosebrook Elk Farm

Everett & Delores Yerdon
179 Ziefle Road, Roseboom
PHONE: 607-264-3947
EMAIL: dbyerdon@dmcom.net
PRODUCT: Offering elk meat - variety of cuts; roasts, steaks, sausage and burger. NY State Inspected, naturally grown. High in protein, low in cholesterol, fat, calories. Mild flavor similar to beef. Quality animals for breeding stock. Visitors welcome/tours available.

11 Stone House Farm

Curtis & Susan Ackerman
4950 State Highway 51, West Burlington
PHONE: 607-965-8183
EMAIL: sbackerman@aol.com
WEBSITE: www.tymecattlco.com
PRODUCT: A fifth-generation family farm that raises and markets Hereford and Angus cattle for breeding stock, 4-H projects, and freezer beef (quarters, halves, or whole). Our cattle are raised naturally—without artificial hormones or feed additives—to guarantee a healthy, delicious product that typically qualifies as Certified Hereford or Certified Angus Beef.

12 Sunset View Farm

Chris & Kara Harmon
47 Sunset Boulevard, Oneonta
PHONE: 607-433-1626 **CELL:** 607-435-1685 **FAX:** 607-433-1626
EMAIL: charmon@cadefarms.org
PRODUCT: Sunset View Farm organically raises Belted Galloways, a heritage breed of beef cattle. They also raise hogs, chickens, ducks, and turkeys. All animals are raised outside. No antibiotics or hormones administered. Call to arrange for purchase of meat.

DAIRY PRODUCTS

13 Just Kidding Goat Farm

Jane Baker
319 Perkins Road, Richfield Springs
PHONE: 315-858-2361
PRODUCT: Just Kidding Goat Farm is nestled against Hawk Hill, 5 miles west of Richfield Springs. Our passion for animals includes dairy & meat goats, beef cows, horses, chickens and occasional pigs. We produce Goats' Milk Soap, hand cream, and related crafts.

14 Mountain View Dairy

Daniel Byler
335 Filburn Road, Richfield Springs
PHONE: 315-858-0536
PRODUCT: All natural, grass-based farm. On-farm store selling raw milk, farmstead cheese, eggs, beef & pork. We use no hormones, antibiotics, pesticides, or grain. Store open Mon – Sat 8am to 8pm. Closed Sundays.

15 Raindance Farm

Siobhan Griffin
2454 Co Hwy 35, Schenevus
PHONE: 607-286-9362
PRODUCT: Grass-fed organic aged cow's milk cheese. Certified organic dairy, beef, hay, pasture, and woods.

16 Zephyr Dairy

Mark Harvey
1277 Copes Corner Road, South New Berlin
PHONE: 607-859-2227
WEBSITE: markharvey@frontiernet.net
PRODUCT: Zephyr Dairy is a grass-based diversified farm transitioning to certified organic. Grass-fed beef from Devon cattle for sale fall of 2009. Farmstead Artisan Cheese making begins spring 2010. Eggs from pastured poultry and seasonal vegetables sold at farm.

FRUIT & VEGETABLES

17 Flying Rabbit Farm

Dave & Mary Dolan
174 Main Street, Otego
PHONE: 607-988-9029
EMAIL: flyingrabbitfarm@yahoo.com
PRODUCT: Organic vegetables, broilers, and grains. Specialize in baby lettuce and greens. Products can be found at Cooperstown Natural Foods and Green Earth in Oneonta. Call ahead to check hours and availability of products on farm.

18 Ingalls' Blueberries

David & Rodney Ingalls
4663 St Hwy 28, Cooperstown
TIMES OF OPERATION: Open for 4-week picking season at the end of July.
PHONE: 607-547-2128 **EMAIL:** davideingalls@msn.com
WEBSITE: www.davidhayes.com/Ingalls
PRODUCT: Ingalls Blueberry Hill is made up of eight acres of cultivated highbush blueberries. The field is pruned and mulched every winter. "You Pick 'Em" harvesting. The field is carefully mowed and ideal for an historic country outing. We are located 5 miles south of Cooperstown.



19 Middlefield Orchard

Willy & Joan Bruneau
2274 State Highway 166, Cooperstown
TIMES OF OPERATION: Call for hours.
PHONE: 607-547-8212
EMAIL: sleepyvalley@earthlink.net
PRODUCT: Assorted fruit and vegetables, including a wide selection of apples (honeycrisp, fugi, macoun and more), berries (raspberries, strawberries and blueberries), homemade pies and jams. Available at Cooperstown, Utica and Oneonta Farmers' markets.

BREWERIES & WINERIES

20 Brewery Ommegang

Larry Bennett
656 County Highway 33, Cooperstown
TIME OF OPERATION: Open year-round with free tours and tastings, afternoons seven days a week.
PHONE: 607-544-1800 **FAX:** 607-544-1801
EMAIL: info@ommegang.com
WEBSITE: www.ommegang.com
PRODUCT: Ommegang is the first farmstead brewery built in America in 100 years. We brew fine Belgian-style ales in a wide variety of styles, year-round.

HONEY & MAPLE

21 Brodie's Sugarbush

Frank Brodie
2959 County Highway 34, Westford
TIMES OF OPERATION: Open daily
PHONE: 607-264-3225
PRODUCT: Brodie's Sugarbush produces all-natural Maple Syrup, Maple Sugar and Maple Cream, as well as all-natural Honey products. Pancake flour also available. Products can be purchased at the fair and the Farmers' Museum Harvest Festival.

22 McCoy's Pure Raw Honey

John McCoy
307 State Highway 28, Oneonta
TIMES OF OPERATION: Open Thursday – Saturday, Noon – 5pm year round.
PHONE: 607-432-0605
PRODUCTS: McCoy's offers honey and maple products, as well as bee observation. Small gift items available for purchase.

23 Stannard's Maple Farm

Warren, Mary & Julie Stannard
166 Standard Hill Road, Chery Valley
TIMES OF OPERATION: Call ahead for tours.
PHONE: 607-264-3090
EMAIL: stannardsmaple@msn.com
PRODUCTS: 100-yr-old farm that incorporates modern technology in raising beef and making pure maple products. Products for sale: maple syrup, maple cream, maple candy, granulated maple, and freezer beef. Elk meat from Rosebrook Elk Farm also available.

TREES & FLOWERS

24 Asbury Gardens

Brian Fawcett
248 River Street, Oneonta
PHONE: 607-432-8703
EMAIL: c.ives@asburygardens.com
WEBSITE: www.asburygardens.com
PRODUCT: A friendly, knowledgeable full-service specialty Garden Center & Nursery/Landscape Design & Installation Firm with snow removal division. Featuring organic products, cold-hardy plant material, full line of water gardening products, newest products & plant varieties & specialty services, including soil testing, rental.

25 The Perennial Field

Ruby Mitchell
25 Main Street, State Highway 7, Otego
HOURS OF OPERATION: Spring (May & June): Daily 10am-6pm, Summer/Fall (July-Sept) Tuesday-Saturday 10am-6pm, Closed Sunday and Monday.
PHONE: 607-988-9009
EMAIL: perennialfield@hotmail.com
WEBSITE: www.perennialfield.com
PRODUCT: Field-grown perennials and ornamental grasses. Stroll through our gardens and choose from over 300 varieties, hand-dug per your selection.

FOOD & FIBER SPECIALTY PRODUCTS

26 Farm & Field-Seasonal Decorations

Skip Endress
Roadside sales along State Route 205 one mile south of Mt. Vision.
TIMES OF OPERATION: Open September and October.
PHONE: 607-432-3241
EMAIL: skip.endress@gmail.com
WEBSITE: farmandfield.net
PRODUCT: Autumn, winter & spring harvested decorations. See website for further info.

27 Goldpetals Barn

Ellen White Weir
111 Christian Hill Road, Cooperstown
TIMES OF OPERATION: Visits scheduled by appointment.
PHONE: 607-293-6106 **FAX:** 866-415-8820
EMAIL: goldpetals@oecblue.com
WEBSITE: www.goldpetals.com
PRODUCT: Goldpetals Barn is the home of Calendula-based creams, salves, and aroma therapy products. Plant walks, workshops. Products available at Cooperstown Farmer's Market and local shops.

28 Hickling's Fish Farm

Vincent, Linda, Darin & Bonnie Hickling
143 Hickling Road, Edmeston
PHONE: 607-965-2367
EMAIL: hickfish@gmail.com
WEBSITE: www.hickingsfishfarm.com
PRODUCT: We raise & sell fish for stocking ponds, lakes, streams. Mainly the popular fish such as trout, bass, catfish, minnows, bluegill, crappie, etc.

29 Ideuma Creek Alpacas

John & Denise Jacobus
321 Ideuma Road, Unadilla
PHONE: 607-563-9174
EMAIL: djacobus@mkl.com
WEBSITE: www.icalpacas.com
PRODUCT: More than a decade of experience raising investment quality breeding stock. Elite bloodlines. Champion herdsires. Many of our alpacas are ribbon winners. Large store features luxurious aplaca garments & gifts. Farm visits & gift shop hours are by appt.

30 Preston's Alpacas

Rod, June & Tim Preston
805 County Highway 39, Worcester
TIMES OF OPERATION: Farm visits welcome—call for appointment.
PHONE: 607-397-8051 **CELL:** 607-437-7681 **FAX:** 607-397-8051
EMAIL: prestonsalpacos@yahoo.com
WEBSITE: www.prestonsalpacos.com
PRODUCT: Small alpaca farm concentrating on quality Huacaya alpacas and their fiber. We have alpacas for sale, and a farm store with products from alpaca fiber, yarn from our animals, and many other items.

31 Welcome Acres

Bruce & Susan Smith, 607-293-8810
165 Sohne Road, Mt. Vision
PRODUCT: A family sheep and crop farm selling farm fresh lamb, custom processed for your enjoyment. We sell both hot house lambs and freezer lambs. Ewes and lambs spend as much time on pasture as the weather allows and do not receive growth hormones.

32 Willy's Farm

Tom & Mary Gartung
349 Badeau Road, Schenevus
TIMES OF OPERATION: Open Labor Day through Nov. 1. Call for hours.
PHONE: 607-547-2186
PRODUCT: Cider, pumpkins, homemade pies and breads. Corn maze and wagon rides.



Five Reasons to Buy Local Food

Local produce tastes better and it's better for you.

A recent study showed that fresh produce loses nutrients quickly. In a weeklong (or more) delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality. Even in California, produce may have traveled surprisingly far to get to your grocery store. Food grown in your own community was probably picked within the past day or two. It is crisp, sweet and loaded with flavor.

Local food supports local farm families.

Fewer than one million Americans now claim farming as their primary occupation (less than 1%). Farming is a vanishing lifestyle. And no wonder: the farmer today gets less than 10 cents of the retail food dollar. Local farmers who sell directly to consumers cut out the many middlemen and get full retail price for their food—which means farm families can afford to stay on the farm, doing the work they love.

Local food protects genetic diversity.

In the modern industrial agriculture system, produce varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment. Shippers demand produce with a tough skin that can survive packing, transport, and a long shelf life in the store. Only a handful of hybrid varieties of each fruit and vegetable meet those rigorous demands, so there is little genetic diversity in the plants grown. In contrast, local farmers that sell direct to you or direct to your local restaurants and grocery stores grow a huge number of varieties selected because they have the best flavors, provide a long harvest season, and come in an array of eye-catching colors. Many varieties are heirlooms, passed down from generation to generation because they taste good. These old varieties contain genetic material from hundreds or even thousands of years of human selection. They may someday provide the genes needed to adapt to a changing climate.

Local food preserves open space, and supports a clean environment.

As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely. A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops that prevent erosion and replace nutrients used by their crops. Cover crops also capture emissions and help combat global warming. In addition, the patchwork of fields, hedgerows, ponds and buildings is the perfect environment for many beloved species of wildlife. That landscape will survive only as long as farms are financially viable. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.

Local food is about the future.

By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful and abundant food. Look for the Central Coast Buy Fresh, Buy Local label and taste the difference!