

# Mabel's Book

The Western Maine Directory  
to Farms & Farm Markets

Piscataquis County 2009



INSIDE:

WIC & Senior Farm Share  
Chart of available products  
Where to find CSAs

# Mabel's Book

Mabel's Book is made possible by the Western Mountains Alliance and the many partners and sponsors who share the goal of promoting Maine farms and encouraging us all to eat smart & eat local.

The first Mabel's Book was dedicated to the late **Mabel Dennison of Temple, Maine** who drove around Franklin County in 2000 to collect information on farms. Mabel's efforts produced a Farmington Area Local Food Directory which served as the model for the first Mabel's Book published in 2006.

We can each play a part in building strong local economies and healthy communities every time we shop for food.

**This directory is dedicated to the Maine Highland Farmers who produced an earlier directory to farms and farm stands in the county. Visit them at [www.mainehighlandsfarmers.com](http://www.mainehighlandsfarmers.com).**

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**Cover Art by Leticia Plate. See more of her art @  
[www.leticiaplate.com](http://www.leticiaplate.com), or contact the artist:  
[leticiaplate@leticiaplate.com](mailto:leticiaplate@leticiaplate.com).**

## Farms

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23. Woodhaven Goats & Gardens- *Dover-Foxcroft*
24. Worcester’s Blueberries– *Orneville*

## **Piscataquis Area Farms Accepting WIC Vouchers**

Country Junction Greenhouse and Gardens

Green Ledges Farm

Pike Farm

Shaw Road Farm

Worcester's Blueberries

## **MAINE SENIOR FARM SHARE**

**Seniors with low incomes may receive \$50 of free fresh locally grown fruits and vegetables through the Maine Senior Share Program. First come—first served to get a “share” of a participating farmer’s harvest. Call 1-877-353-3771 to learn which farms in your area are participating this year.**

**Call soon - shares go quickly!**

### **1. Avalon Acres**

Wendy & Mark Sheriff  
234 Dexter Rd, St. Albans  
207-938-2501  
avalon.acres@hotmail.com  
mainehighlandsfarmers.com

Open to the Public: Sat - Sun 9-5, weekdays by chance

Family owned and operated retail orchard and farm specializing in a variety of pick-your-own apples, pears, blueberries and raspberries, tomatoes, cukes, squash, pumpkins, and beans. Large variety of vegetables and herbs. We also have eggs, honey, sheep wool, jams and jellies. Products available on website. Weekend farm tours. From Rte 43 in St. Albans, turn onto Dexter Rd., 1 mile on left.

### **2. Baptist Hill Farm**

Dr. Neal H. Watson  
93 Sunken Bridge Rd, Corinna  
207-924-7900

Open to the Public: by appt.

Registered Corredale yews to sell for breeding, stock and meat. Fiber products, wool pelts, fleece and blankets. Take Dexter Rte 23 toward Ripley, left at Crawford Rd, farm on left a little over a mile. Located on left of Mower pond.

### **3. Bob's Farm, Home & Garden**

Bob & Luann Tibbetts  
15 Lincoln St, Dover-Foxcroft  
207-564-2581  
healthyhdw@yahoo.com

Open to the Public: Mon - Fri 8-5:30, Sat 8-5

Your healthy hardware store since 1974! Frozen fruits and berries, vitamins, dried herbs and spices, dairy products, free range eggs, maple and honey products, plants, animal feed.

#### **4. Checkerberry Farm**

Jason & Barbara Kafka  
530 Wellington Rd, Parkman  
207-277-3114  
jebkafka@somtel.com

Open to the Public: n/a

Wholesale certified organic produce, flowers, veggies, herbs, plants and seedlings.

#### **5. Country Junction Greenhouse and Gardens**

Sally Smith  
1204 Main Rd, Bradford  
207-327-1398  
countryjct@gmail.com  
countryjunctionmaine.com

Open to the Public: May-Christmas, Tue - Fri 9:30-5, Sat 9:30-4

Spring greenhouse plants. Greenhouse and gardens to supply customers with annuals, perennials, and shrubs for yards and gardens. Organically grown cut flowers and veggies in season. Herbs, honey, seedlings. Rte 11 in N. Bradford - 3.5 miles from blinking light at Bradford Center.

#### **6. Green Ledges Farm**

Jason & Crystal Hartford  
396 Bridge Rd, Parkman  
207-876-4944  
jhartford@peoplepc.com

Open to the Public: by appt. Greenville Farmers Market, Brewer Farmers Market


Wide selection of veggies, including most standards as well as some unusual and heirloom varieties, all grown using organic methods. Maple syrup, berries, cut flowers, eggs, homemade crafts and CSA. Rte 150 S. Left on Harlow Pond Rd. Continue straight thru yield sign, Bridge Rd on Right, 2 miles down on Bridge St.

## Tips for Buying Local Meat & Dairy



One advantage to buying locally raised **meat, dairy and eggs** is getting to know the people raising the food for your table. Another is the great taste and exceptional quality that comes from organic and/or pasture-raised livestock.

Small farms frequently raise livestock that is primarily grass-fed, which lowers the amount of fat content in the meat. Grass-fed practices use less energy and help sustain the health of the soil. A few tips on how to shop for local meat and dairy:

- Ask your local butcher shop, farmers market, specialty foods store, coop, or farm if they carry locally raised meat, dairy and eggs. Some producers may even mail their products. You can also purchase meat, dairy and eggs through Community Supported Agriculture (CSA) share. Don't overlook local grocers who increasingly carry products from Maine farms.
- 
- Small farms often sell in large quantities. For example, a farmer may sell "a half a cow" or two dozen chickens. The customer typically purchases the livestock in advance and is responsible for picking it up from the butcher or slaughterhouse. Individual farmers can explain the process they use. Plan in advance, as orders for different types of meat have seasonal deadlines.
  - A customer can sometimes request specific meat cuts, for example, steaks, hamburger, or roast — but this isn't always the case.
  - At a farmers market or farm store, cheese and meat are sometimes cut on the spot. Before you'll know how much a product costs, the seller will need to slice and weigh it. Meat is not required to be packaged in any particular way; a portion might come in shrink wrap, or it might be waiting to be wrapped in paper on the spot.
  - Some farms sell raw milk which is unhomogenized. If sold through a store, raw milk— and cheese made with raw milk—must be labeled as unpasteurized. Raw milk sold directly from the farm does not have to be labeled as such so ask your farmer.

## **7. Infinity Farm**

Gail & Chris McCormack  
11 Mack Hill, Dover-Foxcroft  
207-564-7046  
DUKA@mainstream.US  
infinityfarm.us

Open to the Public: 24/7

Horseriding, camps, shows, training, indoor/outdoor arenas. Corner of Bear Hill and Merrill's Mill Rd., 5 miles from Rte 15 in Dover, and 5 miles from downtown Dexter on Rte 7.

## **8. Leaves & Blooms Greenhouse**

Peter & Gale Robinson  
1467 Bangor Rd, Dover-Foxcroft  
207-564-7433  
qrbns1@aol.com

Open to the Public: Sun - Wed 9-4, Thu - Sat 9-5

We have annuals, perennials, hanging baskets, mixed containers, ready made & made to order, and a wide variety of vegetable starts. 6 miles from Dover-Foxcroft on right, on Rte 15 headed toward Bangor.

## **9. Maine Highlands Community Organic Forest-Garden**

Sidney Mitchell  
38 Lincoln St, Dover-Foxcroft  
207-564-8687  
blackflybait@gmail.com  
on Facebook: Friends of Maine Highlands Forest-Garden

Open to the Public: varies - work parties on Thurs. 3pm-7pm

Demonstration Gardens. A four part program 1. Demonstration gardens 2. Public park 3. Community and family garden plots, 4. Nature trails/river walks. Veggies, edible landscape, workshops, parties, tours. 2 miles E. of Dover-Foxcroft at the Water Treatment Plant, Vaughn Rd - 17 on river side of pond.

### **10. Maple Lane Farms**

Barry & Mary Higgins  
222 Charleston Rd, Charleston  
207-285-3591  
maplelanefarms@yahoo.com  
maplelanefarmsmaine.com

Open to the Public: Mon - Fri 7-5pm year-round, Sat 7-2pm

We are a family-owned and operated, fourth generation dairy farm that has provided top choice beef since 1941 and pork since 1995. Hay, silage and compost. From Dover - South Rte 15 past Charleston Correct, first left on School Rd by golf course, go straight thru intersection, 1 mi. after intersection on left.

### **11. Mapleshade Farm**

Linda Clewley  
248 Corinth Rd, Garland  
207-924-5506  
maple\_shade@myfairpoint.net  
mainehighlandsfarmers.com

Open to the Public: Self-service sun up to sun down 7 days/wk.  
Greenhouse 9am-5pm during the season

Family run farm specializing in dairy goats. Offering replacement stock, family milkers, kids and pets along with a variety of garden vegetables, herbs, blackberries, eggs and Christmas wreaths. Rte 94 (Corinth Rd) in Garland 1 mile from the Garland School towards Corinth or 5 miles from the intersection of Rte 43 and Rte 94 in Corinth

### **12. Midsummer Night's Meadow Farm**

Susan Watson  
67 McComb Rd, Garland  
207-924-3756  
susanwatson1@myfairpoint.net  
mainehighlandsfarmers.com

Open to the Public: By appt.

Small-scale farm managed sustainably, producing fiber products and delicious meats from Corriedale and Cotswold breeds. Felt hats, scarves, fleeces, sheepskin, folk art, rugs, soft wool blankets, yarn, smoked sausage and specialty cuts. 1.6 miles of Rte 94 in Garland. Take Greeley Rd, then McComb, 1st place on right.

## WHERE TO FIND FRESH LOCAL FOODS

	Baked Goods	Certified Organic	CSA	Dairy	Eggs	Fruits	Maple & Honey	Meats	Plants & Flowers	Produce	Value-Added
<b>Piscataquis County</b>											
Avalon Acres Farm					X	X	X			X	
Baptist Hill Farm								X			X
Bob's Farm Home and Garden		X		X	X	X	X		X	X	X
Checkerberry Farm		X							X	X	
Country Junction Greenhouse and Gardens							X		X	X	
Green Ledges Farm			X		X	X	X		X	X	X
Infinity Farm											X
Leaves & Blooms Greenhouse									X	X	
Maine Highlands Community Organic Forest-Garden									X		
Maple Lane Farms								X			
Mapleshade Farm			X	X	X	X			X	X	X
Midsummer Night's Meadow Farm								X			X
Morning Star Farm					X			X		X	
Mossflower Farm						X	X			X	X
Olmsted's Orchard & Gift Shop						X	X			X	X
Pike Farm										X	
River Run Farm				X				X			X
Rock Maple Farm				X	X			X			X
Shaw Road Farm					X		X	X		X	
Small Fry Farm II					X		X	X			X
Stutzman's Farm	X		X			X	X			X	X
Widdershins				X				X			
Woodhaven Goats and Gardens				X	X				X	X	X
Worcester's Blueberries						X					

### **13. Morning Star Farm**

Jerry Doxtader  
68 Dunn Rd, Dexter  
207-924-3086

Open to the Public: By appt. Visitors welcome, Fri. Dexter Farmers Market

Selling veggies, edible flowers, eggs, pastured turkeys for Thanksgiving. Farm tours. Rte 94 b/w Dexter & Garland. From Dexter take Rte 94 - 2 miles, 1/2 mile down Dunn Rd on left.

### **14. Mossflower Farm**

Leigh Wiley  
782 North Dexter Rd, Sangerville  
207-924-7976  
leighw@hotmail.com  
mainehighlandsfarmers.com

Open to the Public: Summers by Appt. only, Sept - Oct open, Sat -Sun 9-6, Honey year round

Raw local honey, honeycomb and wax products, hand creams, lip balms, fresh organic apples, pumpkins, squash & veggies in season. From Dexter - Rte 23 N. 6 miles from light, go past signs, turn L @ light on Rte 23. From Dover-Foxcroft - 4 corners in Sangerville, 4.1 miles, top of hill on left on Rte 23.

### **15. Olmsted's Orchard and Gift Shop**

Dave & Pat Olmsted  
909 Dover Rd, Charleston  
207-285-3426  
dpolms@msn.com

Open to the Public: Jan - July by chance/appt. July - Dec Mon - Sat 9-6

23 varieties of apples in season. Gift shop featuring Native American crafts and dealer for the Maine State Prison store. Rte 15 in Charleston 1 mile S. of Mountain View Youth Center.

### **16. Pike Farm**

Doug Pike  
956 Stetson Rd, Exeter  
207-379-3163  
pikefarm@tds.net  
mainehighlandsfarmers.com

Open to the Public: T-Sunday 2pm-dusk, July - Oct @ Fri. Dexter Farmers Market

Herbicide and pesticide-free garden veggies in multiple varieties including exotic potatoes and garlicks. Eggs and garden mulch. Exeter Center - by country store. Take Stetson Rd. towards Stetson Center. - approx 5 mi on R across from Fogler Rd - parking lot w/ sign next to French Stream Dam.

### **17. River Run Farm**

Alice Begin & Dan Schmidt  
320 Vaughn Rd, Dover-Foxcroft  
207-735-4203  
riverrun@earthlink.net  
riverrunfarmsheepandgoats.com

Open to the Public: by appt.

Pasture-raised whole and half lambs for freezer. Oberhasli dairy goats for sale, buck service and goat products available.

### **18. Rock Maple Farm**

Alan & Kristina Burnes  
104 Norton Hill Rd, Dover-Foxcroft  
207-280-0121  
kristinaoburnes@mail.ru

Open to the Public: by appt.

Raising natural grass-fed pork. Sale of piglets. Prepackaged pork, chickens, and goat meat. Goat milk, cheese, eggs, baby chicks. From Dover-Foxcroft -- Rte 15 N., take right on Norton Hill Rd. 1/2 mile on left

### **19. Shaw Road Farm**

Fred & Karen Cookson  
283 Shaw Rd, Dover-Foxcroft  
207-564-3925  
skidder1@localnet.com  
mainehighlandsfarmers.com

Open to the Public: by appt.

Horse boarding, farm fresh eggs from free range chickens, veggies, grass fed beef, and honey. More than 4 miles of wooded trails for horse back riding, walking and cross country skiing (no ATV's). The farm is a National Register site. From Dover - 6 miles S. on Rte 7, take right on Shaw Rd 1 1/4 mile to large farm on right.

### **20. Small Fry Farm II**

Mark & Debbie Chapdelaine  
107 Gales Rd, Abbot  
207-876-4704  
smallfryfarm11@midmaine.com  
mainehighlandsfarmers.com

Open to the Public: call for times

Raise and sell Irish Dexter (mini-beef) calves, pygmy goats and kids. Maple products, and occasional hay. Rte 15 N into Abbot, 1st left past wagon wheel house is Gales Road, up about 3 1/2 miles on right.  
# 107.

### **21. Stutzman's Farm**

Sid and Rainie Stutzman  
891 Doughty Hill Rd, Sangerville  
207-564-8596  
doughtyhill@myfairpoint.net  
mainehighlandsfarmers.com

Open to the Public: Jun - Oct 9-5 daily

Roadside stand. Beans, peas, corn, squash, potatoes, beet greens, cukes, salad greens, pickles; jams & jellies, maple & honey products. Our own bakery with bread & fruit pies. PYO strawberries & pumpkins. From Rte 15 in Dover-Foxcroft turn onto Rte 7 towards Dexter. Take first R onto Pine Street. Continue 2.5 miles until road becomes Doughty Hill Rd in Sangerville. Farm sign, farm stand, and parking lot on left.

**22. Widdershin's**

Chris & Wendy Russell  
843 Bear Hill Rd, Dover-Foxcroft  
207-564-7926  
widdershins@prexar.com  
widdershins-FM.com

Open to the Public: by appt.

Grass fed beef and lamb. Dairy products. 1.7 miles on right from Dover-Foxcroft on Bear Hill Rd .

**23. Woodhaven Goats and Gardens**

Judith C. Merck  
1816 Dexter Rd, Dover-Foxcroft  
207-564-3563  
woodhav@localnet.com

Open to the Public: By appt.

Goat yogurt, cheese, and cheesecake. Goats, eggs, vegetables, flowers, herbs, and compost. 4 miles from Dover, 9 miles from Dexter on Rte 7.

**24. Worcester's Blueberries**

Everett & Lee Worcester  
356 Lyford Rd, Orneville  
207-943-8804

Open to the Public: In season, dawn to dusk

We sell fresh berries and ready to freeze berries as well as a variety of blueberry product -- jams, jellies, juice, chutney, syrup, vinaigrette. Rte 11 - 2-3 miles outside Milo.

**Connect & Promote Your Business ~  
List in the 2010 Mabel's Book!**

Farms, farm stores, markets  
and other sellers of local food are invited  
to list in the 2010 Piscataquis County directory.

For more information on listing, sponsorships or advertising,  
contact the Western Mountains Alliance at (207) 778-3885,  
or [info@westernmountainsalliance.org](mailto:info@westernmountainsalliance.org).

## WHAT TO EXPECT: VEGETABLES IN SEASON

### May

Arugula  
Beets  
Beet Greens  
Boc-choi  
Broccoli Raab  
Herbs  
Kale  
Mesclun Mix  
Romaine Lettuce  
Radishes  
Rhubarb  
Spinach  
Swiss Chard  
Turnip Greens

### June

Arugula  
Beets  
Beet Greens  
Boc-choi  
Broccoli  
Broccoli Raab  
Cabbage  
Cauliflower  
Herbs  
Kale  
Mesclun Mix  
Onions (bunching)  
Romaine Lettuce  
Radishes  
Rhubarb  
Spinach  
Sugar Snap Peas  
Swiss Chard  
Turnip Greens

### July

Beets  
Boc-choi  
Broccoli  
Carrots  
Cucumbers  
Green Beans  
Herbs  
Kale  
Mesclun Mix  
Onions (bunching)  
Romaine Lettuce  
Sugar Snap Peas  
Summer Squash  
Swiss Chard  
Tomatoes  
Zucchini

### August

Beets  
Black Berries  
Boc-choi  
Carrots  
Corn  
Cucumbers  
Eggplant  
Garlic  
Green Beans  
Herbs  
Hot Peppers  
Kale  
Kohlrabi  
Mesclun Mix  
Onions (sweet)  
Romaine Lettuce  
Summer Squash  
Sweet Peppers  
Swiss Chard  
Tomatoes  
Zucchini

### Sept.

Beets  
Boc-choi  
Carrots  
Corn  
Cucumbers  
Eggplant  
Decorative Corn  
Garlic  
Green Beans  
Herbs  
Hot Peppers  
Kale  
Kohlrabi  
Mesclun Mix  
Onions  
Potatoes  
Romaine Lettuce  
Summer Squash  
Spinach  
Sweet Peppers  
Swiss Chard  
Turnips  
Tomatoes  
Zucchini

### October

Arugula  
Beets  
Boc-choi  
Carrots  
Carving Pumpkins  
Decorative Corn  
Garlic  
Herbs  
Kale  
Mesclun Mix  
Onions  
Pie Pumpkins  
Potatoes  
Romaine Lettuce  
Spinach  
Sweet Peppers  
Swiss Chard  
Tomatoes  
Turnips  
Winter Squash

## **Farms Offering CSA Shares**

CSA is Community Supported Agriculture, a cooperative arrangement between customers and farmers. Before the start of the season, when the farmer is planning the year, shares are sold to members of the community at a fixed price. The farmer grows food to fill the number of shares that have been sold.

Usually, buyers receive a weekly box of seasonal produce, meats and/or dairy - depending on the harvest of the individual farm.



**Green Ledges Farm**

**Maple Shade Farm**

**Stutzman's Farm**



WESTERN  
MOUNTAINS  
ALLIANCE

P.O. Box 29  
Farmington, ME 04938