Dear Supporters of Maine Agriculture:

Our interactions with agriculture will be different this summer than in years past, especially as many cherished fairs and outdoor events have canceled or postponed due to the COVID-19 pandemic. However, because farmers are very skilled at problem-solving and adapting to changes, many farms across Maine are more accessible than ever this growing season.

With this year’s Open Farm Day to be presented as a virtual event, we encourage you to visit these farms online to get behind the scenes glimpses at their operations and to show your support. For those farms that are open to the public, whether with farm stores or pick-your-own offerings, please remember to check their websites and call ahead to learn of any special restrictions before visiting. For more information about Open Farm Day, visit: www.Maine.Gov/DACF/openfarmday.

As everyone knows, the COVID-19 pandemic has exposed the fragility of the nation’s food system, while impacting Maine farmers and food producers in numerous ways. Virtually overnight, entire markets disappeared as restaurant, wholesale, and institutional accounts evaporated. Maine farms of all sizes have been hard hit. However, the pandemic has also had the effect of crystallizing Mainers’ appreciation for all of our farmers, and people have sought out opportunities to support local agriculture to a remarkable degree. The sense of importance and appreciation for locally produced food has never been higher. This has benefited farms, nurseries, maple producers, and others who have been able to pivot to offering curbside pickups, online pre-orders, or enhancing on-farm stores. Interest in farmers’ markets and CSAs have also soared.

In response to this growing demand for Maine-grown food, the Maine Department of Agriculture, Conservation and Forestry (DACF) has worked hard to produce, in collaboration with others, essential guidance and materials that assist farms in safely instituting practices to keep workers and the public safe.

We also greatly appreciate the innovative work of organizations and businesses that have been working to ensure that local food is accessible. For example, praise is well-deserved for the Maine Federation of Farmers’ Markets, which worked with its members to redesign markets to ensure safe physical distancing and hygiene procedures while continuing to deliver fresh and local products from producers to consumers. Also to be commended on this front is Atlantic Lakes, of East Forty Farm and Lakes’ Gorges Cheese, who inspired the Maine Farm and Seafood Products Directory, which now resides on the University of Maine Cooperative Extension (UMCE) website. This map and spreadsheet powers resource contains “Local Food and Alternative Pick-Up Options” from hundreds of Maine farms. You can access the map at extension.umaine.edu/agriculture/farm-products/pickup-directory.

We are also excited to note that this summer also marks the official launch of Real Maine, our updated agricultural marketing program. Real Maine connects local food lovers with the farmers who grow and raise our food, fiber, and other agricultural products. Real Maine also drives home the value and significance of agriculture as one of Maine’s most essential industries. It will broaden awareness and stimulate demand for Maine produce.

A newly built Real Maine website will go live this summer, providing a powerful platform for consumers to find agricultural products and services throughout the year. In the meantime, you can learn more about Real Maine at: www.getREALMAINE.com.

Please join me in supporting our agricultural producers and other Maine-based businesses, whether virtually or in-person, this summer — and all year round. By doing so, you are helping to sustain our family farms, preserving jobs, and supporting the local food economy. And beyond the COVID-19 pandemic, let’s ensure that this support is lasting. Wherever you shop or dine out, please continue demanding products grown by our Maine farmers and producers, as they are critically important to our communities, our state economy, and each of our everyday lives. Together, we can build a strong future for Maine agriculture.

Stay well.

Sincerely,

Amanda Beal, Commissioner
Maine Department of Agriculture, Conservation & Forestry

#SOWorthIt

THE FAMILY FARMS OF MAINE. It’s where the 1st Farmers’ Pledge was born—a promise to use no artificial growth hormones, a promise we continue to stand by. We are proud to support these hardworking Mainers and to provide you with The Natural Goodness of Maine.
Want to Enjoy Maine’s Bounty Year-Round? Learn how you can (pun intended) enjoy Maine’s rich heritage of family favorite recipes and preserved foods.

The staff at UMaine Cooperative Extension offer online instructions to help you preserve the harvest—by freezing and canning, focusing on seasonal favorites, and important techniques. Learn more at their webinar series, extension.umaine.edu/food-health/food-preservation-webinar-resources.

Some Helpful Tips About Canning
Canning is a great way to preserve your harvest and enjoy your produce into the winter months, but it is important to follow proper canning practices to ensure safe food products for you and your family. Be sure to use recommended sources for canning recipes, follow recipe instructions, use the recommended canning methods, lids, and equipment.

How does it work?
Canning preserves food primarily by using heat to destroy the bacteria that cause spoilage. Heat processing forces air out of the jar causing a vacuum to occur. When the jar cools, a seal forms. The processing times and temperatures noted in Cooperative Extension and other approved publications have been set using scientific research. For safe, high-quality home-canned food, it’s important that you follow these directions carefully. Altering these directions in any way can result in improperly canned food, which can be dangerous to consume.

Canning Preserves Food
Fresh foods spoil for a variety of reasons. Microorganisms such as bacteria, molds, and yeasts can cause spoilage. In addition, enzymes naturally found in many foods can cause spoilage. Microorganisms live and multiply quickly on surfaces of fresh food and inside bruised, damaged food.

Proper canning techniques will stop the growth and activity of microorganisms and can prevent spoilage and quality loss. Use these techniques to ensure safe food-canning practices:

- Carefully select and wash fresh food. Do not use produce from diseased plants or those that have been frost killed.
- Be sure to use clean potable water to wash fresh fruits and vegetables.
- Prepare canned foods according to Cooperative Extension publications or fact sheets, reputable canning books or other approved canning authority recommendations, including Cooperative Extension and the Ball Blue Book Guide to Canning, Freezing, and Dehydrating; and/or the USDA Complete Guide to Home Canning.
- Use recommended jars with dome lids and screwbands. Two-piece dome lids with metal screw bands are recommended.
- Lids should be used only once.
- Canning jars with wire bails and rubber seals are no longer recommended. One-piece, porcelain-lined caps, and plastic one-piece lids are also no longer recommended.
- Paraffin wax is no longer recommended.
- Glass canning jars may be used several times as long as they are free of chips and are cleaned thoroughly.
- Pressure jars in a boiling-water bath or pressure canner according to the instructions for the correct period of time.

For Safety’s Sake
Pressure-canning is the only canning method recommended for foods that are naturally low in acid and have a pH of 4.6 or higher. For Safety’s Sake is a USDA publication that recommends pressures for canning foods. Choose low-acid foods such as meat, poultry, seafood, and vegetables. Closotrichum botulinum is a spore-forming bacteria that can cause a foodborne illness called botulism from eating improperly canned foods. The botulinum toxin produced by this bacteria is the deadliest toxins. Just one small taste of contaminated food with this toxin can cause paralysis or it could be lethal. This bacteria is destroyed in low-acid foods when they are processed at the correct time and temperature in pressure canners only.

If you have questions or would like to talk to an expert, contact your local Cooperative Extension office.

Excerpted and adapted from extension.umaine.edu/publications/4078e.

For Safety’s Sake
Learn how you can (pun intended) enjoy Maine’s rich heritage of family favorite recipes and preserved foods.

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Excerpted and adapted from extension.umaine.edu/publications/4079e.
Try these tasty recipes using fresh ingredients you’ll find at Maine farms, farm stands and farmers’ markets

Fresh Recipes from Chef Rob Dumas

Roasted Mushroom Omelet with Fresh Chevre and Scrape Pesto

Makes 1 omelet

Ingredients per omelet:
- 4 large fresh eggs
- 3-4 cup fresh mushrooms
- 1 Tbsp olive oil
- 1 Tbsp freshly grated parmesan cheese
- 6-8 oz fresh goat cheese
- 1 Tbsp garlic

Pesto ingredients:
- 3/4 cup pine nuts or pepitas
- 3/4 cup fresh basil
- 1/2 cup fresh lemon juice
- 1/4 cup fresh garlic
- 1/4 cup olive oil
- Salt and pepper

To make the pesto:
- Combine all ingredients and process until smooth. Store in an airtight container in the refrigerator for up to 1 week.

To make the omelet:
- Heat pan up to medium-high heat
- Add 1 Tbsp olive oil
- Add in garlic and saute for 30 seconds
- Add in mushrooms and pesto
- When mushrooms have released their moisture, add eggs and whisk together
- Continue stirring until the eggs begin to set
- Remove from heat
- Sprinkle with fresh cheese
- Serve warm

Fruit and Veggie Salad Recipe

Ingredients:
- 2 cups Mixed Greens
- 1 cup Fresh Spinach
- 1 cup Fresh Mushrooms
- 1 cup Blueberries
- 1 cup Blueberries, cut in quarters
- 1 cup Red Onion, Sliced, as much as you like

For the dressing:
- 2 tablespoons Extra Virgin Olive Oil
- 1 tablespoon Lemon Juice
- Salt and Pepper, to taste

Directions:
- In a medium bowl, add the mixed greens, fresh spinach, cucumber, blueberries, strawberries and onions.
- Toss everything together
- In a small bowl, stir the salad dressing ingredients (olive oil, lemon juice, salt and pepper).
- Gently toss the salad ingredients with the dressing. Enjoy!

Polenta-Graisi Gratina

A lovely French classic that is the essence of summer eating. This recipe is very forgiving and will allow for variations to accommodate different varieties of vegetable and quantities.

Makes one casserole — fresh 1-2 as a light meal or side dish

- 2 zucchini, 6-8 inches (darker is better)
- 3 yellow squash, 6-8 inches (darker is better)
- 1 eggplant, 6-8 inches (or a few small eggplants)
- Tomatoes — 3-4 slices or a couple plates of cherry (paste tomato sauce great here too)
- 1 cup chopped fresh soft herbs (parsley, chive, chives, basil)
- 1/2 cup chopped fresh garlic
- 1/2 cup olive oil — and more as needed
- 1/4 cup Parmesan cheese

Directions:
- In a large pot, saute the zucchini, yellow squash, eggplant, and tomatoes in olive oil until browned.
- Add in garlic and saute
- Add in cheese
- Add in salt and pepper
- Serve hot or cold

Sumner in Maine Agriculture — Bangor Daily News Special Advertising Section — July 10, 2020

Bicentennial Cookbook

FEED YOUR WILD SIDE WITH THE PERFECT WILD SUPERFRUIT, 10,000 YEARS IN THE MAKING.

Tiny, potent, wild.

Small, hearty Wild Blueberries are unique to Maine, and have thrived in its thin glacial soils since the last ice age. Maine’s challenging climate gives lowbush Wild Blueberries their intense blueberry taste and high level of antioxidants — 2x the antioxidants of ordinary blueberries that are planted and grown all over the world.

Look for Maine’s tiny, potent Wild Blueberries in the fresher case all year long, or buy fresh at farm stands and in the produce section during Maine’s summer harvest.

Maine Blueberries: Wildblueberries.com

Mini Farm Share Program

The Maine Department of Agriculture, Conservation and Forestry (MDACF) receives a grant from the United States Department of Agriculture (USDA) to fund the Maine Senior Farmers Share Program (MSFP). This program provides eligible low-income seniors the opportunity to receive fresh, locally-grown produce from the farms directly to their homes. Each participating senior receives $30 of produce referred to as a “share” during the growing season. Recipients also receive information on the nutritional benefits of fresh, nutritious, unprocessed foods such as fruits and vegetables.

For more info, contact Program Manager Donna Murray at donna.murray@maine.gov or 207-446-5550.

For more info, visit www.mainefruit.com.
### Farmers' Markets in Maine

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Days</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acadia Farmers’ Market</td>
<td>Town Hall Mill</td>
<td>Tuesdays, 9-2</td>
<td>Year-round</td>
</tr>
<tr>
<td>Auburndale Farmers’ Market</td>
<td>Across from Fortn</td>
<td>Thursdays, 9-1</td>
<td>May to September</td>
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<tr>
<td>Allen Community Market</td>
<td>20 Main St, Saturdays, 10-2</td>
<td>9-2 to October</td>
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<tr>
<td>Augusta Farmers’ Market</td>
<td>At Mill Park</td>
<td>Tuesdays, 9-2</td>
<td>May to August</td>
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<tr>
<td>Bangor Farmers’ Market</td>
<td>At Mill Park</td>
<td>Thursdays, 9-1</td>
<td>May to June</td>
</tr>
<tr>
<td>Bar Harbor Farmers’ Market</td>
<td>On the waterfront</td>
<td>Thursdays, 9-1</td>
<td>May to October</td>
</tr>
<tr>
<td>Belfast Farmers’ Market</td>
<td>Waterfront Park</td>
<td>Tuesdays, 9-1</td>
<td>May to October</td>
</tr>
<tr>
<td>Belgrade Lakes Market</td>
<td>Maine Blue River</td>
<td>Thursdays, 9-1</td>
<td>May to September</td>
</tr>
<tr>
<td>Belfast Farmers’ Market</td>
<td>On the green next to the sewage tank</td>
<td>Thursdays, 9-1</td>
<td>May to September</td>
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<tr>
<td>Downeast Farmers’ Market</td>
<td>At Kennedy Park</td>
<td>Thursdays, 9-1</td>
<td>May to September</td>
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<tr>
<td>Farmington Farmers’ Market</td>
<td>At Kennedy Park</td>
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<td>May to October</td>
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<td>May to September</td>
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<tr>
<td>Greater Gorham Farmers’ Market</td>
<td>In the Post Office</td>
<td>Fridays, 9-12</td>
<td>May to October</td>
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<tr>
<td>Groton Farmers’ Market</td>
<td>In the Post Office</td>
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<td>New Salem Farmers’ Market</td>
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<td>North Haven Farmers’ Market</td>
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<tr>
<td>Ocean View Grange Farmers’ Market</td>
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<td>May to October</td>
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<tr>
<td>Orono Farmers’ Market (Arts &amp; Music)</td>
<td>In the Post Office</td>
<td>Fridays, 9-12</td>
<td>May to October</td>
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<td>Presque Isle Farmers’ Market</td>
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<td>Rockford Farmers’ Market</td>
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<td>Skowhegan Farmers’ Market</td>
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<td>South Portland Farmers’ Market</td>
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<td>Southwest Harbor Farmers’ Market</td>
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<tr>
<td>West Harpswell Farmers’ Market</td>
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<tr>
<td>Whalom Farmers’ Market (Arts &amp; Music)</td>
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<td>Fridays, 9-12</td>
<td>May to October</td>
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<tr>
<td>Willimantic Farmers’ Market</td>
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<td>Winthrop Farmers’ Market</td>
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<td>May to October</td>
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**Note:** The above list includes some of the farmers' markets in Maine. For a complete list, please visit the site provided by the Maine Federation of Farmers' Markets. Farmers are working hard to keep everyone safe. Help them by following these steps at U-pick fruit, flower, and vegetable farms this summer:

1. **Get your farm set-up before you go.**
2. **Wear a mask around others.**
3. **Give each other space.**
4. **Keep your group as small as possible.**
5. **Stay home if you feel sick.**
6. **Follow the farm’s rules.**
7. **Don’t eat till you get home.**

*Provided by the Maine Federation of Farmers’ Markets.*
A Real Maine Experience: The value of local is here all year

By Anne Trenholm, from a blog post for Real Maine

It’s a delicate balance, stewing these working landscapes. But Maine’s farms are unique in that they can grow many can enjoy Maine products month-round. At the time warmups all onto the soil, the scenery has fully transformed—bustling with warmer than a winter chill. The leaves are ready to be bright green on the maple trees. The pastures are dotted with grazing livestock, and the cultivated fields are growing with season rotation for anything from the beloved pota- toes to other vegetables. The orch- eed blooms are no longer soft pet- ips of spring, but globes of ripening fruit.

But perhaps our favorite part of any season is how When liking shopping for local products at the supermarket or enjoying the beauty directly from farm stands and markets. It is very easy to support our farmers. Perhaps this is because we trust Maine’s farmers to be stewards of Maine’s natural resources, and take the business of farming seriously by re- searching the best practices for produc- tion, and taking part in the auction. The working landscapes is a beautiful re- minder of place every season.

But while we joke that Maine farmers are working so hard and stress the need for care and food. But the greatest award for Maine farms is when we all take a moment, and shop our favorite farm products to enjoy, repeat, and bring along a friend or two. Maine’s farmers are working for you.

To Offer Subscription Cheese Box

The collaboration launched in spring 2023 connects subscribers to delicious, award-win- ning cheeses from Maine’s licensed creameries who have grown over the past decade, and offer products year-round. They are available at restaurants, supermarkets, inde- pendent grocers, farm stands and markets—and now by the box delivered to your door via a subscription!)

According to the 2017 USDA Agricul- tural Census, Maine ranks ninth in the nation for direct market sales, mea- sured in percent of farms. Five percent of Maine farms participate in a community supported agriculture (CSA) arrange- ment, placing us third nationally, and Maine has three counties in the top 10 nationally for the number of farms prac- ticing CSA. Does this number include you? The effort connects farmers directly to their customers when many farm markets have closed and continue to do so in the coming months and years. So, importantly, Maine and others should enjoy the beauty of Maine farm prod- ucts year-round to watch agriculture grow.

What to Expect When Buying Freezer Beef

Are you considering buying a quarter, half or whole beef? How much meat can you expect? How much freezer space do you need for a whole cow or steer? Buying locally sourced beef can be an exceptionally rewarding and cost-saving mea- sure. To help consumers answer these questions, you need to know before purchasing your ‘beef.’ Let’s start with a few definitions:

- Live weight - weight of the animal as of the moment of hanging.
- Carcass weight - weight of the animal less any internal organs present.
- Hot carcass weight – hot carcass weight is when the animal is first cut up, raw and before any cool- ing.
- Cold shrink – weight lost in the cooling process due to water evaporation

The national average live weight for finished cattle ready to go to the proces- sor is 1,300 pounds, and their dressing percentage is about 50%. So when dressing percentage varies from cow to cow, what are the differences in weight lost in the cooling process due to water evaporation?

Is there a difference between grass-fed and grain-fed beef? Yes, animals take longer to develop meat from being grass- fed than grain-fed. Grass-fed beef will dress out 5% lower than grain-fed cattle. Grass-fed beef tends to be leaner with higher moisture content, and grain-fed cattle. Grain-fed cattle tend to be leaner with higher moisture content, and grain-fed cattle.

You will need approximately 15-45 square feet of freezer space per pound of meat. So, if you are planning to purchase a whole cow or steer, you need to calculate and receive it at once. You will need to know if you’re re- sponsible for costs such as packaging, and cutting. You may opt to select the types of cuts you want. Ask your butcher, “What value-added prod- ucts can I select? What types of cuts do you offer?” Looking to make DIY jerky? Or use these family recipes for suggestions? The butcher should be able to suggest the best cuts for your needs, how to home the meat from the cow to the table, and the carcass of the cow to the table.

Questions to Ask When Buying Freezer Meat From The Farmer

- What is your name and who do you sell to? How do I select them? Why do I select them? How do I select these meats?
- Ask your farmer, “How do you price and sell these meats?”
- Ask about the size of the animals you sell, and if you have any sub-primal cuts available.
- Ask your farmer, “What types of cuts do you offer? Or use these family recipes for suggestions? The butcher should be able to suggest the best cuts for your needs, how to home the meat from the cow to the table, and the carcass of the cow to the table. The butcher should be able to suggest the best cuts for your needs, how to home the meat from the cow to the table, and the carcass of the cow to the table.

Union Fair Youth Market Auction... This year 10 kids from around the state, are raising 30 live lots of market beef for the 7th Annual Union Fair Youth Market Auction. They have been busy raising seven show animals, nine lamb projects, two rabbits of meat chickens, and three turkeys of laying hens. Raising these projects teaches time management, responsibility, marketing skills and much more. Navigating through all the changes with fairs being cancelled these kids are looking for ways to market their hogs. They have been busy marketing their hogs and understand how to tie in with some of the regional goals of the youth selling please contact Wendy at weneaton@bangordailynews.com or 207-756-7179.

Eggs and Entrepreneurship the Heart of Local 4-H Project

Chickweed and Beans is an agricultural startup run by Scout and Summit Woodcock of Livermore, Maine. The sisters built a coop for 75 chickens with help from their parents and local livestock producers. They wanted to raise their own animals for local customers.

Says Summit Woodcock, the marketing director of the business, “My sister and I are raising organic chickens for the 4H Egg Business Project. We have built a large coop with our mom and dad’s help. We shared the idea of having a CSA program with a family raising chickens and learning about the process. We reached out to Scout, Woodcock of the Woodcock family. Scout, Woodcock of Livermore, Maine. The sisters built a coop for 75 chickens with help from their parents and local livestock producers. They wanted to raise their own animals for local customers.

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Says Scout Woodcock, CFO of the business, “My sister and I started the 4H Egg Business Project. We will sell organic eggs from our 75 chickens. We have built a coop with our mom and dad’s help. We shared the idea of having a CSA program with a family raising chickens and learning about the process. We reached out to Scout, Woodcock of the Woodcock family. Scout, Woodcock of Livermore, Maine. The sisters built a coop for 75 chickens with help from their parents and local livestock producers. They wanted to raise their own animals for local customers.

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Maine has thousands of farms working to provide quality products across the state, country and even globe. These businesses are located throughout the state, and they offer a variety of products. Each story they share about agriculture is unique. As farmers toured and attended conferences during the Maine Ag Trades Show in January 2020, they shared their stories.

There are more stories to hear—we invite you to find a farmer and learn more about why they farm, and why agriculture matters to Maine!

**Portraits by Kelsey Kobik  •  @KelseyKobik**

### From the Farmers: Sharing the Story of Maine Agriculture

Elizabeth Ballard
Brigeen Farms • Turner, Maine
“Our farm is a 10th-generation family farm. We have 600 milking cows, and an ice cream business Canty Cow Creamery. Canty means happy in old English, and our cows are canty. Our farm and creamery are in Turner and is open year round. It’s fantastic scenery complemented by black and white cattle, Boer goats, and great ice cream!”

John Bunker & Campbell Watts
Super Chilly Farm • Palermo, Maine
“I grew up in a refugee camp. It was always my mom’s dream to farm. After we came here, she was able to buy her own land with the help of Cultivating Community. My favorite things to grow are carrots and husk cherries because my kids love to eat them.”

Peter Abdell Ed and Nancy Castonguay
Castonguay Ayrshires • Livermore, ME
“Our farm is special because it’s an organic dairy farm!”

John & Ramona Snell
Snell Family Farm • Buxton, Maine
“Our farm business is special because it changes over time.”

Rob & Kathleen St thevenon
Stevenson’s Strawberries • Wayne, ME
“Our farm is special because we grow the best stuff! It takes three to four to five years, but the beauty of it is you’re doing something that’s good for the earth. Farming is a feeling good when you see the fruits of your labor. The highs are always there and the lows are low. If you can do this job, you can do anything.”

Ellen Gibson
Steams Hill Farm • West Paris, Maine
“My farm has been in my family since 1792. I am the 8th generation on this farm. But then, who was there before us?”

Robert Johnson & Jan Goranson
Goranson Farm • Dresden, Maine
“Jan: ‘Our farm is special because of its location on Merrymeeting Bay. The whole neck has such a rich agricultural history. The river was such a thoroughfare before the train.'

Rob: ‘Our soil type is less than 2% of Maine’s soil: Allagash Fine Sandy Loam. It’s flat, well-drained, and no stones. Incredibly special.’”

Asli Hassan
Fresh Start Farms • Lisbon, Maine
“I grew up in a refugee camp. It was always my mom’s dream to farm. After we came here, she was able to buy her own land with the help of Cultivating Community. My favorite things to grow are carrots and husk cherries because my kids love to eat them.”

Peter Abdell Ed and Nancy Castonguay
Castonguay Ayrshires • Livermore, ME
“Our farm is special because it’s an organic dairy farm!”

John & Ramona Snell
Snell Family Farm • Buxton, Maine
“Our farm business is special because it changes over time.”

Rob & Kathleen St thevenon
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The Greene Family
Maine Valors 21st and Josephine Phillips View Farm, Greene Maple Farm, The Sebago House Dairy • Sebago, Maine
“We are 7 generations of maple sugaring and farming in Sebago. Loretta’s husband, Ted, who just passed in December, was a founding member of Maine Maple Sunday®.”

Richard Merrow
Birds of a Feather Emu Farm • Farmington, Maine
“My business is special because... It’s emus! I raise poultry on an old dairy in Farmington. I used to do the usual, you know, chicken, turkeys, but they’re all done by the winter. So I was looking for something to fill into that empty winter cycle, and I did some research, and I found out they actually breed in the winter, so it fits in perfectly.”

Kyes Insurance
Nobody Owns the Country Like Countryway Insurance Company. Auto + Home + Farm
“Around the world, you’ll find Kyes Insurance—where we’re getting a taste of home every day.”

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**Trivia Time!**

**Q:** What is Maine’s state fruit?

**A:** The wild blueberry

**Q:** Of all U.S. states, what does Maine rank nationally for potato acreage?

**A:** Fifth

**Q:** What do roses, apples, pears, cherries, and plums have in common?

**A:** They come from the same family.

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**Crack the Code!**

**Crack the Code! Why can’t a pony sing?**

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**Crack the Code! What time is it when a cow sits on a fence?**

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**Crack the Code! What is a baby pig after it is four days old?**

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**Plants are Food!**

True or False? Circle the foods that correctly match the sentence.

**We eat flowers.**
- onion
- broccoli
- cauliflower

**We eat leaves.**
- lettuce
- cherries
- herbs

**We eat roots.**
- radish
- carrot
- lettuce

**We eat stems.**
- tomato
- celery
- asparagus

**We eat seeds.**
- peas
- corn
- watermelon

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**Legal Food Hub**

We provide free legal services through a Maine lawyer network for eligible farmers and food businesses.

**www.legalfoodhub.org • 844.529.4769**
Open Farm Day: Sunday, July 26, 2020

We invite you to explore Maine farms, meet Maine farmers, and learn about Maine agriculture from the people who live it. Contact these farms directly by phone, email or social media to purchase farm products and learn about their farm business.

For the most up-to-date list of participating farms go to: www.maine.gov/dacf/openfarmday

Please note: Many farms will shift to virtual tours this Open Farm Day.

- They may have limited spaces for large gatherings, and want to take extra safety precautions so they and their staff stay healthy to grow great food and quality farm products.
- There are exceptions for how you can support participating farmers—and still increase your awareness about Maine agriculture.
- Call ahead—learn if there are changes to events, activities, and layouts before you visit.
- Does the farm offer curbside pickup and pre-ordering at their farm stand? Are they collaborating with other farmers who offer subscription boxes of fresh foods, gifts, foods, baking kits featuring Maine ingredients like dried fruit, grains, syrups or honey? Can you select an activity box—such as a hiking or wearing, or knitting kit to use Maine fiber products?
- Follow the farm on social media, and subscribe to their newsletters! This gives you a year-round connection. You can learn about growing season to season. When you follow, give them a shout out, sharing what you learned about their products, maybe about animal care, the uniqueness of fiber products from alpacas, rabbits and sheep. Or, perhaps they helped you complete some of the kids activities and events? When you do mention them, be sure to say real Maine—we must be sure to thank you for your support!

Androscoggin

Hummingbird Farm
Town: Turner
Contact info: 207-282-0820, hummingbird@me.com
www.hummingbird.net
www.facebook.com/HummingbirdFarm

McElwain’s Strawberry Farm
Town: Livermore
Contact info: 207-761-4769
Contact info: mcelwainstrawberryfarm@gmail.com
www.facebook.com/McElwainsStrawberryFarm

Atwood Farm
Town: Poland
Contact info: 207-323-1344
larrywright@yahoo.com
www.atwoodfarmables.com

Old Crow Ranch
Town: Durham
Contact info: 207-284-0777
oldcrowranch@gmail.com
www.facebook.com/OldCrowRanch

WillowsAwake Winery
Town: Leeds
Contact info: 207-518-8076
www.willowsawake.com

Boothby’s Orchard and Farm
Town: Livermore
Contact info: boothbyorchard@gmail.com
www.facebook.com/Boothby’sOrchard

Aroostook

Doak’s Maple Ridge Farm
Town: Woodland
Contact info: 207-227-6318
maineiro@me.com
www.mainefarmer.org

Apothecary
Town: Union
Contact info: 401-613-0300
queen@getwool.com • www.getwool.com

Black Acres Farm
Town: Wilton
Contact info: 207-541-0541
blackacresve@gmail.com

Carrigan Suri Alpacas
Town: Steep Falls
Contact info: carrigans@yahoo.com
www.carrigansuri.com

Cheyenne’s Kitchen
Town: New Gloucester
Contact info: Cheyenne’s Kitchen
www.cheyenneskitchen.com

Cumberland

Sabbadino Lake Shaker Village
Town: New Gloucester
Contact info: 207-637-4709
info@mainecultivating.org
www.mainecultivating.org

Brae Maple Farm
Town: Livermore
Contact info: 207-275-4047
Aasmith@tidewater.net

Carrigeen Suri Alpacas
Town: Vassalboro
Contact info: carrigeen@twc.com
www.carrigeenaturalalpaca.com

Underhill Fibers
Town: Portland
Contact info: 207-225-3231
clcbwater@bluewinetvonline.net

Carrabassett Valley

Franklin

Black Acres Farm
Town: Wilton
Contact info: 207-541-0541
blackacresve@gmail.com

Brae Maple Farm
Town: Livermore
Contact info: 207-275-4047
Aasmith@tidewater.net

Knox

Seacoast Yarnery at Meadowcroft Farm
Town: Washington
Contact info: 207-945-3825
sealyonfarm.com

Appleton Creamery
Town: Appleton
Contact info: alpcreamery@gmail.com
www.facebook.com/appletoncreamery

Lincoln

Beau Chemin Preservation Farm
Town: Waldoboro
Contact info: 207-832-0934
yupi@maine.net
www.BeachMeadowPreservationFarm.com

Lincoln County Carriage Museum
Town: Waldoboro
Contact info: 207-832-0934
TLC Fiber farm and Alpaca Rescue
Town: Waldoboro
Contact info: 207-832-0934
TLCFiberFarm.com

Seapony Farm
Town: Appleton
Contact info: 207-520-0524
cherylsbarnes@gmail.com

Appleton Creamery
Town: Appleton
Contact info: alpcreamery@gmail.com
www.facebook.com/appletoncreamery

Continued on page 18...
There are plenty of ways to enjoy Maine farm products. Some ideas include:

- Some ideas include:
  - Select one of the recipes, create a shopping list, and opt for more farm goods.
  - Can’t be there in person? Make memories from a distance!
  - Support farms partaking in this promotion to source ingredients for your next delicious meal.
  - Some tidbits of information you can listen to while you spend time with family?

Support Maine Farms

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TO THE HARD-WORKING FARMERS ENSURING
THE STABILITY OF OUR NATION’S FOOD SUPPLY CHAIN

THANK YOU.

WE ARE GRATEFUL FOR YOUR WORK.