

## Local Ingredient Resource List Last Updated October 2023

The local food scene (defined here as the northeast in general, and more specifically New England) is vibrant and diverse and dynamic. If there is something specifically you are looking for and don't find a resource here, ask us. If we don't know, we will try to find it.

### Distributors

Boston Food Hub, Central MA  
Nonprofit specifically supporting local produce farmers.  
<https://www.bostonfoodhub.org/>

Farm Fresh Rhode Island Market Mobile, Providence RI  
Local produce, other farm products, and other locally produced foods  
<https://www.farmfreshri.org/programs/market-mobile/>

Food Connects, Brattleboro VT  
Local produce, meat, dairy, baked goods, and specialty grocery items locally produced  
<https://www.foodconnects.org/>

Hudson Harvest, Germantown NY  
Farm products mostly from New York State  
<https://www.hv-harvest.com/>

Marty's Local, Western MA  
Local produce and other farm products  
<https://www.martyslocal.com/>

Mass Food Delivery, South Deerfield MA  
Local produce, farm products, and locally produced specialty items  
<https://massfooddelivery.com/>

Myers Produce, Western MA  
Local produce, meats, and assorted other local goods.  
<http://www.myersproduce.com/>

Native Maine, Southern ME  
Local produce, meats and dairy, pantry items and other goods  
<https://www.nativeme.com/>

Northeast Specialty Foods, Wells ME  
Locally produced baked goods and other specialty foods  
<https://nesfoods.org/>

Red Tomato, Providence RI

Local produce

<https://redtomato.org/>

Upper Valley Produce, Central VT

Local produce, meats and seafood, dairy, and specialty grocery and food service products

<https://uppervalleyproduce.com/>

### Meat and Egg Farms

Blackbird Farm LLC, Smithfield RI

Humanely raised Black Angus cattle and American Heritage Berkshire pigs

<https://www.blackbirdfarmmeat.com/>

Brookford Farm, Canterbury NH

Organic, pasture raised meats and eggs

<https://www.brookfordfarm.com/>

Hardwick Beef, Hardwick MA

Exclusively grass-fed beef

<http://hardwickbeef.com/>

Lilac Hedge Farm, Rutland MA

Pasture raised meats and eggs

<https://lilachedgefarm.com/>

River Rock Farm, Brimfield MA

Exclusively pasture raised, dry aged beef

<https://www.riverrockfarm.com/>

Stillman's Quality Meats, Hardwick MA

Grass-fed, pasture raised meats and eggs

<https://www.stillmanqualitymeats.com/>

### Locally Caught Seafood Purveyors & Fisheries

Cape Ann Fresh Catch, Gloucester MA

<https://www.capeannfreshcatch.org/>

Captain Marden's Seafood, Wellesley MA

<https://www.captainmardens.com/>

C&C Lobster and Fish, Hull MA

<https://cclobstersandfish.weebly.com/>

Cotuit Oyster Company, Cotuit MA  
<https://www.cotuitoystercompany.com/>

Cuttyhunk Shellfish Farms, Westport MA  
<https://cuttyhunkshellfish.com/>

Island Creek Oysters, Duxbury MA  
<https://islandcreekoysters.com/>

Red's Best, Boston MA  
<https://www.redsbest.com/>

Seaport Fish, Rye NH  
<https://seaportfish.com/>

SoPo Seafood, Portland ME  
<https://www.soposeafood.com/>

Tony's Seafood, Warren RI  
<https://tonysfreshseafood.com/>

Yankee Fisherman's Co-op, Seabrook NH  
<https://yankee-coop.com/>

#### Produce Farms

Allandale Farms, Brookline MA  
IPM-grown vegetables  
<https://allandalefarm.com/>

Apex Orchards, Shelburne MA  
Exclusively apples and apple products  
<https://apexorchards.com/>

Atlas Farm, Deerfield MA  
Wide variety of organic produce  
<https://www.atlasfarm.com/>

Backyard Farms, Madison ME  
Exclusively tomatoes all year round  
<https://www.backyardfarms.com/>

Bardwell Farm, Hatfield MA  
Wide variety of conscientiously grown produce  
<https://www.bardwellfarm.com/>

Blue Ox Blueberries, Hancock ME  
Exclusively frozen Maine organic wild blueberries  
<https://www.blueoxblueberries.com/>

Blue Sky Produce, Scarborough ME  
Exclusively fresh (August) and frozen wild Maine blueberries  
<http://www.blueskyproduce.net/>

Brookford Farm, Canterbury NH  
Organic fresh produce  
<https://www.brookfordfarm.com/>

Cape Cod Select, Carver MA  
Exclusively cranberries and cranberry products  
<https://capecodselect.com/>

Champlain Orchards, W Shoreham VT  
Exclusively apples and apple products  
<https://www.champlainorchards.com/>

Dancing Bear Farm, Leyden MA  
Variety of produce, including figs  
<https://dancingbearfarm.com/>

Fresh Meadows Cranberries, Carver MA  
Organic fresh and frozen cranberries  
<https://freshmeadowscranberries.com/>

Giant Gorilla Greens, Woburn MA  
Exclusively microgreens  
<https://giantgorillagreens.com/>

Green Thumb Farms, Fryeburg ME  
Potatoes, beans, corn  
<https://greenthumbfarms.com/>

Kitchen Garden Farm, Sunderland MA  
Produce, especially peppers, and sauces  
<https://www.kitchengardenfarm.com/>

Langwater Farm, North Easton MA  
Certified organic year-round vegetables, fruit, herbs and flowers  
<https://langwaterfarm.com/>

Long Wing Farm, East Thetford VT  
Exclusively tomatoes all year round  
<https://www.longwindfarm.com/>; [longwindfarm@gmail.com](mailto:longwindfarm@gmail.com)

New Entry Sustainable Farming Project, Food Hub, Beverly MA  
Vegetables, berries and orchard fruits  
<https://nesfp.nutrition.tufts.edu/foodhub/wholesale>

Old Friend's Farm, Amherst MA  
Ginger and turmeric, produce and flowers  
<https://www.oldfriendsfarm.com/>

Plainville Vegetable Farm, Hadley MA  
Seasonal vegetables  
<https://www.plainvillevegetablefarm.com/>

Queen's Greens, Amherst MA  
Exclusively winter high-tunnel grown greens  
<https://www.queensgreensfarm.com/>

Red Fire Farm, Granby MA  
<https://www.redfirefarm.com/>

Swaz Potato Farm, Hatfield MA  
Exclusively potatoes  
<https://www.swazpotato.com/>

Ward's Berry Farm, Sharon MA  
Wide variety of fruit and vegetables  
<https://www.wardsberryfarm.com/>

We Grow Microgreens, Hyde Park MA  
Microgreens and edible flowers  
<https://www.wegrowmicrogreens.com/>

2 Friends Farm, Attleboro MA  
Microgreens and wheatgrass  
<https://www.2friendsfarm.com/>

### Mushrooms

Fat Moon Farms, Westford MA  
<https://fatmoonmushrooms.com/>

Mycoterra Farm, South Deerfield MA  
<https://mycoterrafarm.com/>

### Dairy Farms

Blue Ledge Farm, Salisbury VT  
Goat milk cheeses from the goats on their farm  
<https://blueledgefarm.com/>

Brookford Farm, Canterbury NH  
Grass-fed butter, cheeses, yogurt, etc.  
<https://www.brookfordfarm.com/>

Butterworks Farm, Westfield VT  
Yogurt, kefir, buttermilk and cream  
<http://butterworksfarm.com/>

High Lawn Farm, Lee MA  
Milk, butter, cream, ice cream  
<https://www.highlawnfarm.com/>

Narragansett Creamery, Providence RI  
Cheeses  
<http://www.richeeses.com/>

Shaw Farm, Dracut MA  
Milk, cream and ice cream  
<https://shawfarm.com/>

Sidehill Farm, Hawley MA  
Primarily yogurt, also sour cream and an aged cheddar cheese  
<http://www.sidehillfarm.net/>

Smith's Country Cheese, Winchendon MA  
Grass-fed butter and cheeses  
<https://smithscountrycheese.com/>

### Pantry & Specialty Items

#### *Flours*

Four Star Farms, Northfield MA  
<https://www.fourstarfarms.com/>

Ground Up Grains, Holyoke MA

<https://www.groundupgrain.com/>

Maine Grains, Skowhegan ME

<https://mainegrains.com/>

### *Spices/Spice Blends*

Curio Spice, Cambridge MA

<https://curiospice.com/>

Soluna Gardens, Winchester and Boston MA

<https://www.solunagardenfarm.com/>

Bittersweet Herb Farm, Shelburne MA

Herb blends, infused oils, sauces, jams, etc.

<https://bittersweetherbfarm.com/>

### *Sauces*

Brookford Farm, Canterbury NH

Hot sauces and marinara sauce from their own organic produce

<https://www.brookfordfarm.com/>

Craic Sauce, Lowell MA

Hot sauces

<https://www.craicsauce.com/>

FreshZen, Boston MA

Asian-style pestos and hot sauces

<https://freshzenfoods.com/>

Hillside Harvest, Milton MA

Hot sauces and Jamaican jerk marinade

<https://hillsidesauce.com/>

Kane's Kitchen Salsa, Swansea MA

Salsa made from locally-sourced ingredients

<https://kanes-kitchen.com/>

Kitchen Garden Farm, Sunderland MA

Sauces and pickled vegetables from their own produce

<https://www.kitchengardenfarm.com/>

Meal Mantra, Boston MA

Indian sauces made with locally sourced ingredients  
<https://www.mealmantra.com/>

Red Fire Farm, Granby MA  
Private label sauces, etc., from their own produce  
<https://www.redfirefarm.com/>

The Bone Sauce, Shrewsbury MA  
Barbeque sauce  
<https://thebonesauce.com/>

Valicenti Pasta Farm, Hollis NH  
Pasta and pizza sauces and raviolis and pastas from their own and local produce  
<https://www.gimmiespaghetti.com/>

### *Fermented Vegetables*

Brookford Farm, Canterbury NH  
Krauts, kimchi, pickles, etc. from their own organic produce  
<https://www.brookfordfarm.com/>

Lost Art Cultured Foods, Charlestown MA  
Krauts and kimchi from locally-grown vegetables  
<https://lostartculturedfoods.com/>

Real Pickles, Greenfield MA  
Fermented pickles, krauts, hot sauces from locally grown vegetables  
<https://realpickles.com/>

### *Maple Products*

Ackermann Maple Farm, Cabot VT  
<https://www.ackermannmaplefarm.com/>

Ben's Sugar Shack, Temple and Newbury NH  
<https://bensmaplesyrup.com/>

North Hadley Sugar Shack, Hadley MA  
<https://www.northhadleysugarshack.com/>

### *Granola*

Bola Granola, Great Barrington MA



<https://bolagranola.com/>

Sweet Babu's, Northampton MA

<https://sweetbabus.com/>

The Roasted Granola, Arlington MA

<https://www.roastedgranola.com/>

### *Crackers & Biscuits*

Beth Bakes, Rhode Island

Gluten Free crackers

<https://bethbakesri.com/>

Brewer's Foods, Somerville MA

Crackers, pita chips, and cookies from spent brewing grains

<https://www.brewersfoods.com/>

Effie's Homemade, Hyde Park MA

Oatcakes and biscuits

<https://effieshomemade.com/>

Onesto, West Newbury MA

Gluten Free crackers

<https://onestofoods.com/>

### *Jams*

Mother's Inc

Jams, jellies, relishes, sauces, etc., from their produce and locally-grown produce

<http://www.buymotheronline.com/>

### *Vinegars & Friends*

American Vinegar Works, Worcester MA

Locally made vinegars, using local ciders, meads, and beers

<https://www.americanvinegarworks.com/>

Apex Orchards, Shelburne MA

Apple cider vinegar

<https://apexorchards.com/>

Boyajian, Inc.

Infused oils and vinegars

<https://boyajianinc.com/>

Carr's Ciderhouse, Hadley MA  
Apple cider syrup, vinegar, etc.  
<https://www.carrsciderhouse.com/>

Champlain Orchards, W Shoreham VT  
Apple cider syrup, apple butter, etc.  
<https://www.champlainorchards.com/>

### *Other Pantry Goods*

Baer's Best Beans  
Their farm's heirloom beans, as well as other local legumes  
<https://www.baersbest.com/>

Full Moon Ghee, Ashfield MA  
<https://fullmoonghee.com/>

Fungi Ally, Hadley MA  
Mushroom extracts and growing kits  
<https://www.fungially.com/>

Mi Tierra Tortillas, Hadley MA  
Authentic Mexican corn tortillas made from locally grown corn  
<https://mitierratortillas.com/>

Nutty Life, Woodstock VT  
Nut-based bulk milks  
<https://www.nutty-life.com/>

Prophecy Chocolate, Boston MA  
<https://www.prophecychocolate.com/>

Q's Nuts, Somerville MA  
<https://qsnuts.com/>

Taza Chocolate, Somerville MA  
<https://www.prophecychocolate.com/>