

**South Wedge
Farmers' Market**



**100 Mile Diet
Directory**

Be a Rochester Locavore!

www.swfarmersmarket.org

Books:

Animal, Vegetable, Miracle: A Year of Food Life,
by Barbara Kingsolver

Coming Home to Eat: The Pleasures and Politics of Local Foods
by Gary Paul Nabhan

The Omnivore's Dilemma: A Natural History of Four Meals,
by Michael Pollan

Plenty: One Man, One Woman, and a Raucous Year of Eating Locally, by Alisa Smith and J.B. Mackinnon

Deep Economy: The Wealth of Communities and the Durable Future, by Bill McKibben

Eat Here: Homegrown Pleasures in a Global Supermarket,
by Brian Halweil

Cookbooks:

From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce, by Madison Area Community Supported Agriculture Coalition

Local Flavors: Cooking and Eating from America's Farmers' Markets, by Deborah Madison

Simply In Season (World Community Cookbook) by Mary Beth Lind and Cathleen Hockman-wert

Websites:

South Wedge Farmers Market: www.swfarmersmarket.org

Locavores: www.locavores.com

The 100 Mile Diet: www.100milediet.org

Rochester Farm Connection:
<http://home.rochester.rr.com/farmxchg>

Northeast Organic Farming Association of New York (NOFA-NY)
www.nofany.org

Thank you for choosing to be a Rochester Locavore!

Can we eat within a 100 mile radius of the Rochester Area?

Yes, especially during the summer and fall when the season of fresh fruits and vegetables is in full swing!

The average plate of food travels more than 1,500 miles from farm to table. Currently corporations, who benefit from a global food system, control almost all aspects of the food chain: production, processing, packaging, distribution, and consumption. However, alternatives are sprouting across this country and we have many right here in Rochester! Purchasing locally and sustainably cuts down on energy spent on transportation, it feeds local economies, and supports family farmers who are committed to growing you tasty food and preserving the quality of the land that we share. Alternative producers, alternative consumers, and alternative small entrepreneurs are rediscovering community and finding common ground.

In the greater Rochester 100 mile foodshed, one can eat like royalty on locally grown and produced food. Our local area provides us with vegetables, berries, tree fruit, wine, grass-fed beef, pastured poultry, free-range eggs, grass-fed lamb, pastured pork, pasture-based milk, artisan cheeses, butter, grapeseed oil, juices, dried beans, local grains and dozens of small farms producing everything in-between!

Recognition of our place within our foodshed can foster a sense of connection and responsibility to our cultural and ecological communities—a sense of place. The foodshed can provide a place for us to root ourselves in the biological and social realities of living on the land, where we can call home, and a place where we can become native.

We invite all local eaters (this means you!) to join us in a celebration of our local food cornucopia and in an effort to raise our own awareness of our place within the foodshed. **Our goal is to eat from within a 100 mile radius of Rochester.** Failing that, we will attempt to eat foods that come from within our state, or are purchased directly from small-scale farmers elsewhere in the world. Some of us will interpret these guidelines more strictly than others, but the main goal is to pay attention to where the food we eat comes from. Plant your gardens! Get to know your local farmers' markets. Cozy up to your neighbors who grow their own foods. Share the local food sources you find with others! And best of all, enjoy the delicious foodshed where you call home.



Take the Local Challenge!

Commit to eating 100% (or as near as you can get) local foods for a day, a week, one day per week or the whole month of September. How do we define local? Foods produced within 100 miles of your kitchen table. Check out the Rochester Local Eating Challenge blog <http://www.swfarmersmarket.org/blog.htm> to share your experiences, ask questions and get tips, recipes and encouragement. *Happy Eating!*

My Local Eating Pledge:

I hereby pledge to:

- Eat local for one day in September!
- Eat local for one day per week in September!
- Eat local for one week in September!
- Eat local for the whole month of September!
- Other _____

My exemptions: (Those things you can't get locally, but don't think you can do without. Common exemptions include things like spices, oil, coffee, food offered in hospitality, etc.)

_____ •

My meal plans:

_____ •

Zoom bites
Robin Curtis
173 Worthington Rd
Rochester NY 14622-2628
(585) 342-9974
alfalfa/nettle cake

Rainbow Specialties
Debra Kaehill
5546 Scranton Rd RO#6
Hamburg NY 14075
(716) 648-2332
(716) 648-0958
traditional & vegetarian dessert breads

Robbie Goma
123 Hitching Post Lane
Amherst NY 14228
(716) 691-5381
baked goods

Singer Farms LLC
Jim Bittner
6730 E Lake Rd
Appleton NY 14008
(716) 778-7330 f(716) 778-7003
fruit for processing

Artisan Cheeses

Cowlick Farm
Box 236, Lodi, NY 14860
Variety of farmstead cheeses

Finger Lakes Farmstead Cheese
5500 Rte.79
Trumansburg, NY 14866
Schuyler, an aged farmstead
Gouda in the traditional style.
Red Meck, produced like Gouda but aged with a red bacterial rind like Muenster.

Finger Lakes Dexter Creamery
1853 Black Rock Road
King Ferry, NY 13801

Northland Sheep Dairy
3501 Hoxie Gorge Road
Marathon, NY 13803
Tomme Bergere,
Folie Bergere, *Bergere bleue*,
Bergerino, *Pepperino*

Sherman Hill Farmstead
9626 County Highway 21
Franklin, NY 13775
Pasteurized goat's milk cheese including *chevre*, *feta*, *Caerphilly*, *semi-soft basket cheese* and *aged cheese*

Sunset View Creamery 4970
County Road 14
Odessa, NY 14869
A variety of plain and flavored *Jack cheeses*, mild and sharp *cheddar*, and a variety of plain and flavored *cheddar curds*.

Lively Run Goat Dairy
8978 County Road 142
Interlaken, NY 14847
www.livelyrun.com
(607) 532-4647
French-style fresh goat cheese logs, plain or with a variety of herbs and flavorings; *Cayuga Blue*, *Feta*.

Crackerman of Etna
John & Bev Bender
PO Box 208 Etna NY 13062-0208
(607) 347-4351
crackers

Eagle Crest Vineyard
Bill Beckman
7107 Vineyard Rd
Conesus, NY 14435
(585) 346-2321
wine

Wendy Ochs
PO Box 7, 24 S Church St
Nunda NY 14517
(585) 468-5387
mustards

Hemlock Lake Vinegars
Pam Masterson
PO Box 203
Hemlock NY 14466
(585) 367-9443
vinegar

Honeyhill Farm
Fred Forsburg
6241 Price Road
Livonia NY 14487
(585) 346-3829
pickled garlic scapes

Ingandello's
Carol Morlang
177 Steele Rd.
Waterloo, NY 13165
www.ingandellos.com
(315) 781 2218
Bottled salad dressing

Maple Valley Farms
Tom and Gloria Giles
1372 Breesport-Chemung Road
Lowman NY 14861
(607) 739-3215
Maple syrup

Martin's Kitchen
Eli & Ada Martin
4898 John Green Rd
Dundee NY 14837
(607) 243-8197
jams, jellies, pickles, relishes, salsa

Maude's Treasures
Marie Foreman
8573 Powell Rd
Interlaken NY 14847
(607) 532-8921
fruitcakes

Partyka Farms
1420 County Line Road
Kendall, NY 14476
(585) 659-9131
hulless pumpkin seeds

Stuart's Spices
Stuart Schultz
2322 Lyell Avenue
Rochester NY 14606
(585) 436-9329
spices and seasonings

Twisters
13 Commercial Street,
P. O. Box 604
Livonia, NY 14487
(585) 346-3730
ice cream, smoothies

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There are lots of places to find local foods!
This guide outlines a few places:

- **CSAs:** When you become a member of a CSA, you purchase a share in the farm's harvest and receive a bag of produce every week!
- **Farmers' Markets:** Where you can buy directly from the grower!
- **South Wedge Farmers' Market Vendors!:** This is a one-stop shop for all your 100-mile diet needs!
- **Small Independent Grocery Stores:** Rochester has many small grocery stores that provide many local options from local growers and small-scale food processors!
- **Large Grocery:** Some large grocery chains support some local growers.
- **Fruits and Vegetables:** Because of the large number of sustainable fruit and vegetable producers in our foodshed, we have not listed them in this guide. We encourage you to look up farmers in the Northeast Organic Farming Association of New York's (NOFA-NY) Food Guide, which lists both certified organic farms by county and sustainable farms that have signed on to the Farmer's Pledge—pledging that they follow sustainable growing procedures. Available online at: www.nofany.org
- **Meats:** We have listed some local sustainable meat producers here, as not all grass-fed meat producers are listed in the NOFA-NY Food Guide.
- **Small-Scale Food Processors:** When you cannot make it yourself, purchase from independent food businesses. We have listed a few for you here.

Pasteurized Milk

Hillcrest Dairy, Nevin Martin (natural/sustainable) produces an assortment of dairy products from hormone free cows (no bST or rBGH) fed grasses and non-GMO grains. His products are available at 2 Wegmans locations (Chili Ave and Hylan Drive), Two Cows Cafe and Farm Market, and Abundance Cooperative Market. Hillcrest Dairy produces pasteurized milk (whole, 2%, skim, and chocolate), butter, heavy cream, raw cheddar cheese, baby swiss cheese, egg nog, and cheese curds in 7 flavors (regular, sour cream & onion, garlic pepper, pizza garlic, southwestern, cajun, BBQ). Moravia NY (315) 497-0659, no email

Wake Robin Farm, Meg and Bruce Schader (natural/sustainable) produce pasteurized (but not homogenized) cream-on-top whole milk and yogurt. They graze their jersey cows whenever the weather permits, and feed certified organic grain to their animals each day. They do not use any hormones, antibiotics, or synthetic pesticides on their family farm. Their yogurt is made from start to finish on their farm using a probiotic culture. Yogurt is sweetened only with maple syrup, and they do not use any thickeners or stabilizers. You can purchase their milk in stores around Syracuse or at their farm shop. See their website for a full listing. 125 Brutus Road, Jordan, NY 13080, (315) 689-0034 meg@wakerobinfarm.org, www.wakerobinfarm.org

Raw Milk

Galens Homestead Acres, Steve & Hope Galens (natural/sustainable) is the only local dairy farm with a NYS license to sell raw milk. They also sell brown eggs. They are approx. 40 minutes from downtown Rochester. Although not organic, they treat cows with antibiotics only as a last resort. In warm months, cows are on pastured and in winter they eat hay and silage produced on fields that are never sprayed. They do not use rBST or other growth hormones. All grain is GMO free. Their herd is approx. 50 Holstein and Holstein-mix cows. Chickens are fed corn in winter and in warm months are outside. Prices are as follows: 1-2 gallons of milk/\$5 per gallon; 3-5 gallons of milk/\$4 per gallon and 6+ gallons/\$3 per gallon. Eggs are \$2 per dozen. Customer must bring their own clean container. Milk is sold once a week on either a Thursday or Friday between 2-5 p.m. Please call for more information (3023 Taylor Road, Clifton Springs NY 14432, (315) 462-5178, galens@fltg.net)

Many Layers Farm, Katrina and Eileen Blackwell (natural/sustainable) Pasture raised chicken and turkey supplemented with an all natural feed. Customers pre-order birds by May 1st. They will have eggs in the fall. (5176 Old Bald Hill Rd, Hemlock NY 14466 (585) 367-8925, kgblovesgod@usadatanet.net)

Orchardland, Allan Buddle (certified organic) sells his pasture raised beef by the side or split side. This meat is generally available twice per year, spring and fall. He raises Belted Gallo-ways, a heritage breed. Allan delivers to your door. He welcomes visitors. Interlaken NY (607) 532-4213
orchardland@zoom-dsl.com

Pine Meadow Farm, Faith and Willard Harding (natural/sustainable) sells pastured lamb (spring) and pork (fall), primarily by-the-side. They can be found, in season, at the Fairport Farmers Market and Irondequoit Farmers Market selling vegetables, eggs and occasionally extra lamb and pork (by-the-cut). Marion NY (315) 589-9236 pinemeadowfarm@juno.com

Southview Angus Farm, Floyd and Ada May Hoover (natural/sustainable) sells grass-fed Angus beef by the 1/4, 1/2 or whole carcass. The pastures and hay the animals consume are certified organic, although the animals are not. Available late fall and spring. Customers must pick-up at the butcher. Choose between 1 of 2 butchers, one located in Waterloo (off NYS Thruway - one exit past Geneva) the other in Benson (just 2 miles north of Penn Yan on RTE 14A) Penn Yan (315) 536-7208.

Sweet Grass Meats, Leith MacKenzie and Sasha Ewing (natural/sustainable) Pasture-raised beef, pork, and Katahdin lamb every Thursday at the South Wedge Farmers' Market. In addition to pasture, the pigs are fed certified organic grain. 6114 Italy Valley Road, Naples NY (585) 374-9913, sweetgrassmeats@yahoo.com

Yellow Barn Farm, Karl and Judy Parker (transitioning to organic) pasture-raised beef, chicken, turkey, eggs. Goats, pigs, and sheep to be added soon. Weekly deliveries to a drop-off location in Henrietta. (8629 State Road 256, Dansville NY (585) 335-7057
yellowbarnfarm@frontiernet.net.

Community Supported Agriculture is a system in which consumers support a local farm by paying in advance for agricultural products. This reduces the financial risks for the farmer because the costs of seeds and planting crops are covered in advance by consumers. Throughout the growing season, CSA members receive a portion of the farm's harvest each week. Members share the financial risks and the bounty of the harvest -- if it is a successful growing season, they receive a lot of food; if there are fewer crops, they receive less. Members are also encouraged to visit the farm and some even volunteer there.

Rochester Pickups

Peacework Organic Farm
Elizabeth Henderson, Greg Palmer, Ammie Chickering & Katie Lavin
2218 Welcher Rd
Newark, NY 14513
NOFA-NY Certified Organic & Farmer's Pledge
315-331-9029 or 315-365-3439
ehendrsn@redsuspenders.com
www.gvocsa.org
Accept new CSA members in the Spring.

Porter Farms, Michael Porter
PO Box 416
Elba, NY 14058-0416
NOFA-NY Certified Organic
585-757-6823
sjporter@eznet.net
www.porterfarms.org
Accept new CSA members throughout the season.

Rose in Bloom Farm
Sharon Rosenblum
1919 Honeoye Falls 6 Rd
Honeoye Falls, NY 14472-8910
NOFA-NY Farmers Pledge
585-624-9204
roseinbloomfarm@yahoo.com
Accept new CSA members in the Spring.

Geneva & Canandaigua Pickup

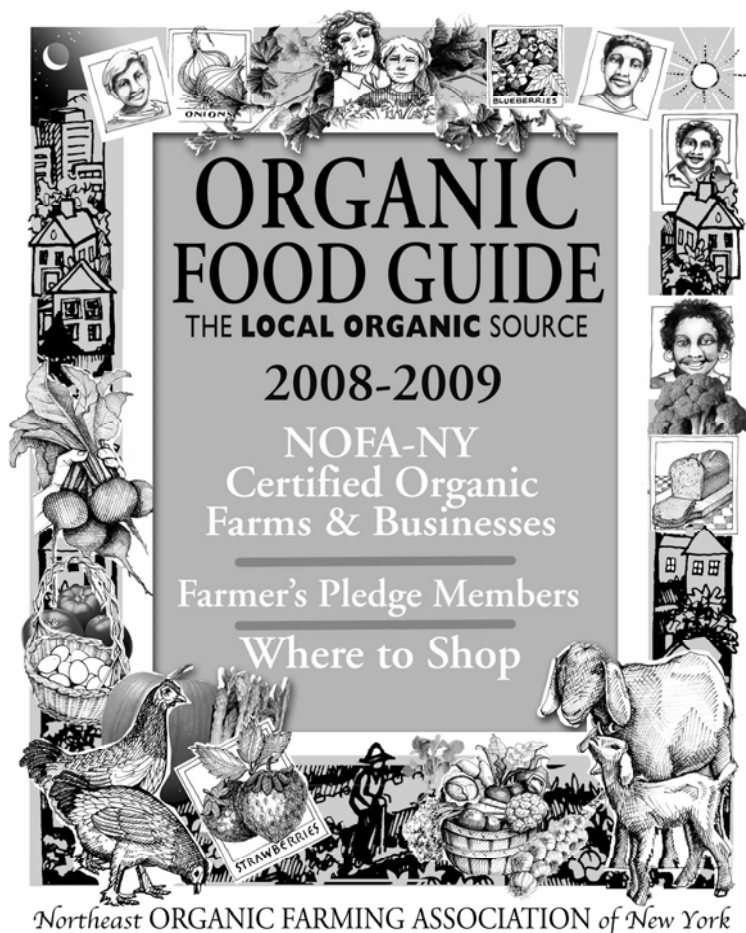
Fellenz Family Farm,
Andy & Jan Fellenz
1919 Lester Rd
Phelps, NY 14532-9770
NOFA-NY Certified Organic
315-548-6228
fellenz@fltg.net
www.fellenzfamilyfarm.com
Accept new CSA members in the Spring.

Scottsville Pickup
Black Creek Farm, Charles Knerr
620 Morgan Rd
Scottsville, NY 14546-9750
NOFA-NY Farmers Pledge
585-889-0986
cpknerr@rochester.rr.com
Accept new CSA members in the Spring.

On-Farm Pickup
The Dieter Farm, Phil Dieter
3423 Plank Rd/ Rt. 15A
Livonia, NY 14487
585-582-2437
jdieter1@rochester.rr.com
Accept new CSA members throughout the season.

The South Wedge Farmers' Market**When:** Thursdays 4-8pm (June—October)**Where:** Rochester, NY: Intersection of South Clinton and Alexander Streets behind Boulder Coffee.**What:** This market provides consumers with a one time shop to purchase foods within 100 miles of Rochester. All farmers and/or processors are local and must comply with the Farmers' Market pledge of sustainability. Many growers are certified organic and/or use sustainable growing methods. **At this market you'll find local... fruits, vegetables, herbs, meats (chicken, turkey, beef, pork, lamb), wine, baking mixes, bread, baked goods, locally roasted coffee, ice cream, plants, and flowers.****The Westside Farmers' Market****When:** Tuesdays 4-7:30pm (June—October)**Where:** Rochester, NY: Saint Monica's parking lot, 34 Monica St.**What:** This market provides consumers with a one time shop to purchase foods within 100 miles of Rochester. **At this market you'll find fruits, vegetables, herbs, meats (chicken, turkey, beef), wine, baking mixes, bread, baked goods, locally roasted coffee, ice cream, plants, and flowers.****Rochester Public Market****When:** Tuesdays & Thursdays from 6am-1pm and Saturdays from 5am-3pm. (Year-round)**Where:** Rochester, NY: 280 North Union Street, 3 blocks north of East Main Street.**What:** This market sells everything...literally! However, only a few of the products sold at the market are sold by the actual producers. Make sure you ask if the foods are locally produced; much is bought at wholesale markets, repackaged, and re-sold at the public market in farmers' market style. However, if you are a discernable 100 mile dieter, you'll find fresh fruit, meat, poultry (live and prepared), eggs, dairy products, baked goods, seasonal produce, flowers, and plants.**Brighton Farmers Market****When:** Sundays 9am-1pm (June—October)**Where:** Brighton, NY: Brighton High School parking lot - 1150 S. Winton Rd**Aberdeen Hill Farm**, Diane and Jon Bermon (natural/sustainable). They sell pastured meats by-the-cut or by-the-side year round. For their ruminants (beef and lamb), they feed small amounts of grain throughout each animal's lifespan. They make individual home deliveries. Call to place an order Gorham, NY, (585) 526-5937 aberdeenhill@yahoo.com**Circle B Organic Farms**, Lynn and Mark Brucato (natural/sustainable) They produce natural pasture-raised meats (chickens, hogs, lambs, goats, and beef). Although the grain they receive is not organic, it is hand mixed and is strictly grain and minerals, no hormones or antibiotics. They also have pasture-raised eggs. 4256 State Route 14, Lyons, NY, 14489 (315) 946-1262 lbrucato@localnet.com**Dovecote Farm**, Dick Deming (natural/sustainable) sells Katahdin Lamb by the carcass in the fall (Brockport) (585) 637-7504 demingr@earthlink.net**Heiden Valley Farm**, Rick Austin (natural/sustainable), sells pastured meat (by-the-cut) and pastured eggs at the South Wedge Farmers' Market every Thursday and the Rochester Public Market every Saturday. While not a certified organic farm, the grains fed to their chickens, turkeys, and pigs are either certified organic, or at the very least transitional (raised to organic standards on soils that are not yet certified). Their lamb and beef are grass fed (baleage in the winter). Lyons NY (315) 331-0633 rhaustin1@juno.com**Honeyhill Farm**, Fred Forsburg (certified organic) produces pastured chickens. His vegetable operation specializes in garlic & heirloom tomatoes (20 varieties). Other vegetables offered include sweet peppers, chard, shallots, leeks, squash, etc. Livonia, NY (585) 346-3829 honeyhillfarm@frontiernet.net**McDonald Farm**, Peter McDonald (certified organic) makes group pastured meat deliveries to various Rochester area homes on a weekly basis. Peter's meats are also available at Abundance, and Lori's Natural Foods. Check out his web site at www.pasturepride.com. Romulus, NY (607) 869-9928 peter@pasturepride.com

Because of the large number of sustainable fruit and vegetable producers in our foodshed, we have not listed them in this guide. We encourage you to look up farmers in the Northeast Organic Farming Association of New York's (NOFA-NY) Food Guide, which lists both certified organic farms by county and sustainable farms that have signed on to the Farmer's Pledge—pledging that they follow sustainable growing procedures. Available at the South Wedge Farmers' Market and online at: www.nofany.org

**East Rochester Farmers Market****When:** Sunday 8am-12 noon (May 13-November 11)**Where:** East Rochester, NY: Techniplex lot, Commercial St.**Fairport Farmers' Market****When:** Saturday, 7am-12 noon (May 5 - November 17)**Where:** Fairport, NY: 58 South Main Street behind Fleet Bank**What:** Fritz May (585) 223-6795***Foodlink Farmers Market****When:** Wednesday 11am-2pm (June 13-September 26)**What:** Rochester, NY: Washington Sq. Park, Intersection of Clinton & Woodbury Streets**Irondequoit Farmers Market****When:** Thursdays 4pm-8pm (June 7-September 27)**Where:** Irondequoit, NY: 1280 Titus Ave.**Monroe Village Farmers Market****When:** Wednesday 4:30-8pm (June—October)**Where:** Parking lot at Blessed Sacrament on Monroe Ave**North Chili Farmers Market****When:** Saturday 8am-1pm (July 7 - October 27)**Where:** Chili, NY: Methodist Church, 2200 Westside Drive**Pittsford Farmers Market****When:** Tuesday & Saturday 8:30am-2:30pm (May 8 - October 30)**Where:** Pittsford, NY: 3400 Monroe Ave. lot at French Rd.**The Mall at Greece Ridge Farmers Market****When:** Thursdays and Saturdays 9am-3pm (June 14-Nov.17)**Where:** Greece, NY: Ridge Rd. & Long Pond Rd. at Sears' lot**Webster Farmers Market****When:** Saturdays 8:30am-12 noon (June 16 - October 27)**Where:** Webster, NY: Village Parking Lot, behind Baptist Church

Allens Hill Farm

Bloomfield, NY

*Baking Mixes, apple molasses, syrups and glazes, specialty flours, grains, and ingredients, dukkah***Artistic Eats**

Rochester, NY

Purveyor of Pappardelle's Pasta made in Denver, Colorado

Biscotti for Everybotti

Rochester, NY

*Biscotti***Canadice Kitchen and Sugarbush Hollow**

Springwater, NY

*Maple syrup and maple products, jams and jellies, herb and spice packets***Cibi Deliziosi**

Mendon, NY

Prepared Foods, some local ingredients

Clearview Farm

Palmyra, NY

*Certified organic fruits, vegetables, herbs, and free-range eggs***Coffee Connection**

South Wedge, Rochester, NY

*Locally roasted fair-trade coffees***Creekview Ice Cream**

South Wedge, Rochester, NY

*Sorbets and ice creams made with local milk***Eagle Crest Vineyard**

Conesus, NY

*Wines***East Hill Organic Farm**

(Rochester Folk Art Guild)

Middlesex, NY

*Certified organic vegetables and fruits***Eco Bella**

Rochester, NY

*Organic Vegan baked goods***FreshLink Farms**

Penfield, NY

*Salad greens, vegetables, edible flowers***Wegmans****Where:** There are 19 Wegmans Grocery Stores in the Rochester Area.**Hours:** 24 hours a day, 7 days a week**What:** Wegmans began in 1916 when John Wegman opened the Rochester Fruit & Vegetable Company. Wegmans now operates 69 stores in five states. They have a small local foods section where they support a number of local conventional and a few organic producers.**100 Mile Foods****Conventional Fruit and Vegetables:**

Alan & John Anderson, Piffard, NY (corn, summer squash, tomatoes, cukes, melons, gourds, pumpkins, winter squash, and Indian corn)

Brown's Berry Patch, Waterport, NY (berries),

The Farmer's Daughter, Nunda, NY (sweet corn),

Fish Farm Market Shortsville, NY (Sweet corn, tomatoes, strawberries, squash, peppers, cukes, and cabbage),

Fresh Ayr Farms, Shortsville, NY (several sweet corn varieties)

H.A. Maier Farms, Rochester, NY (sweet corn, cukes, cabbage, and summer and winter squash)

Heberle Farms, Hamlin, NY (peaches)

Kirby's Farm Market, Albion, NY (tomatoes, sweet corn, peppers, cukes, squash, muskmelons, and strawberries)

Lagoner Farms, Williamson, NY (strawberries, blueberries, peaches, nectarines, tomatoes, and peppers)

Lazzar Growers, Webster, NY (peaches and hothouse tomatoes)

Mason Farms, Williamson, NY (sweet corn, potatoes, peppers, tomatoes, and eggplant)

Partyka's Farms, Kendall, NY (sweet corn and strawberries)

Pedersen Farms, Seneca Castle, NY (cauliflower, asparagus, cabbage, heirloom tomatoes, and mini cabbage)

Vercruysse Farms, Penfield, NY (radishes, salad greens, herbs, spinach, carrots, beets, leeks, and parsnips)

VerWulst Farms, Hilton, NY (tomatoes)

Whittier Fruit Farm, Spencerport, NY (blueberries and plums)

Dairy:

Hillcrest Farm (Milk)

Lively Run (Cheese)

Mise en Place**Where:** 683 South Ave, Rochester NY, 14620

(Corner of South & Gregory)

Hours: Monday - Saturday: 8:00AM to 9:00PM**What:** Small grocery/convenience store with large prepared foods section and casual in-house dining.**Pittsford Dairy****Where:** 44 N. Main Street, Pittsford, NY 14534**Hours:** Monday-Friday 8am-6pm & Saturday 8am-5pm,

Closed Sunday

What: Pittsford Dairy purchases milk from 4 farms within a 50 mile radius of their store. Upstate Farms Cooperative, Inc. picks up the milk from these 4 farms and drops it off at Pittsford Dairy, where it is pasteurized and homogenized. These 4 farms pledge to Pittsford Dairy that they do not use synthetic hormones, however, occasionally Upstate Farms will pick up from additional local farms that may use rBGH or BST. They tell customers their milk is 90-95% free of added synthetic hormones.**Hedonist Artisan Chocolates**

Rochester, NY

*handmade artisan truffles and other chocolate creations***Heiden Valley Farm**

Lyons, NY

*Grass-fed beef, pork, lamb, pastured chickens, and turkey— no added hormones***Honeyhill Farm**

Livonia, NY

*Certified organic chickens, garlic, and garlic scapes***Lagoner Farms**

Williamson, NY

*Conventional fruit: stone fruit, blueberries, raspberries, strawberries***Lighthouse Gardens**

Honeoye Falls, NY

*Perennial plants and seedlings***The Little Bakery**

Rochester, NY

Artisan breads

Petal Power

Scottsville, NY

*Cut flowers***Raindance Harvest Farm**

Webster, NY

*Heirloom tomatoes, lettuces, herbs, melons, seedlings***Rochester Roots**

Rochester, NY

*Vegetables and herbs***Seven Bridges Farm**

Lima, NY

*Grain-fed beef—no added hormones***Small World Bakery**

Rochester, NY

*Artisan breads, made with locally sourced and organic ingredients when possible***Sweet Grass Meats**

Naples, NY

Grass-fed beef, lamb, pork—no added hormones

Abundance Cooperative Market

Where: 62 Marshall St. Rochester, NY 14607, Located off Monroe Avenue, just 2 blocks from Strong Children's Museum, with convenient access to I-490, the Inner Loop, and Downtown.

Hours: Mon-Fri 8am-8pm, Sat 9am-7pm, Sun 10am-7pm

What: Abundance Cooperative Market is Rochester's only community-owned natural grocery store. Abundance promotes healthy and sustainable food practices. They prioritize purchasing products that are locally and independently grown or produced, organic, non-GMO, socially responsible, fair trade, and non-animal tested.

100 Mile Foods:

Dairy: Hillcrest Dairy (Milk), Wake Robin Farm (Yogurt), Evan's Farmhouse (Yogurt), Cheese: Oak Shade Cheese, Avoca, NY

Produce: Peacework Organic Farm (herbs and vegetables), Porter Farms (vegetables), Raindance Harvest (lettuces, herbs)

Hill & Bowman Farms, Sun Mountain Farm, Springwater Sprouts (Honeoye falls), Full Moon Farm (produce), FreshLink Farms, Papineau Family Farm (produce)

Meats: McDonald Farm: beef, pork, chicken, Seven Bridges Farm: beef

Eggs: **Free Range:** All eggs are local

Soy: Northern Soy (locally processed tofu and tempeh),

Sweeteners: (Honey) (Maple Syrup)

Condiments: Garlic Scapes: Honeyhill Farm's Garlic Scapes, Lukes Pickled Garlic Scapes, Nunda Mustard, Chutney Fever, Java Gourmet: Spice Rub & Marinating—Penn Yan

Deli: They serve a few 100 mile fresh and organic deli items. And much more.....

Balsam Bagels

Where: 288 Winton Rd N, Rochester, NY

Hours: Mon-Fri: 6am-3pm Saturday and Sunday: 7am-3pm (585) 482-5080

What: Balsam Bagels is a neighborhood bagel bakery offering not only amazing bagels and numerous homemade cream cheeses, but also gourmet soups, salads, and sandwiches made on bagels, wraps, health bread.

100 Mile Foods:

Geulah's Tomato Spread- Pittsford

Woodstead Hot Sauce -Naples

Lori's Natural Foods

Where: 900 Jefferson Rd Rochester NY 14623

Hours: Mon-Sat 8am-9pm, Sun 10am-6pm

What: Lori's provides the Rochester community with wholesome food, minimally processed containing no unnecessary preservatives or dyes. They also carry foods for individuals with food sensitivities, including wheat free, gluten free, low sodium, sugar free and dairy free. They support local organic farmers, sell organic produce and try to increase consumer awareness about sustainable agriculture.

100 Mile Foods

Dairy: Hillcrest Dairy (Milk), Evan's Farmhouse (Yogurt), Pittsford Farm Dairy Products,

Cheese: Oak Shade Cheese, Avoca, NY, Bronson Hill Farm

Produce: Porter Farms (vegetables), Ferris Farms (produce-soy beans, kidney beans, etc.), Hill & Bowman Farms, Sun Mountain Farm, Springwater Sprouts (Honeoye falls), Full Moon Farm (produce), FreshLink Farms, Papineau Family Farm (produce)

Meats: Wild Side Meat Company= Bison Meat, Bloomfield NY Rick and Teri Fessenden-Savannah, NY –grass-fed, certified organic beef,

Eggs: **Free Range:** All eggs are local

Ganz Farms Meat and Eggs Company, Lyons, NY

Kingsinger Farms,

Soy: Northern Soy (locally processed tofu and tempeh),

Sweeteners: (Honey) (Maple Syrup)

Condiments: Garlic Scapes: Honey Hill Farm Fred Forsberg, Lukes Pickled Garlic Scapes: Clifton, NY

Nunda Mustard,

Chutney Fever, Trumansburg, NY

Java Gourmet: Spice Rub & Marinating—Penn Yan

Snacks: Gluten Free Cookies and Brownies: Cherrie's Jubilee Ina Garden Locke, NY (Gluten Free products: croutons, etc.)

Nutra-Pop (Freeville, NY) macrobiotic popcorn

Ice Cream: Creekview Ice Cream

Partika Farms: Pumpkin Farms

Dog Biscuits: Woof Waggers (Webster, NY)

Hounds Tooth (Rochester, NY)