

TOP 10 Reasons to Eat Locally

1. Local food tastes better.
2. Locally grown produce is fresher.
3. Local food gives back to local economies.
4. Local food supports local farms.
5. Local food keeps us in touch with the seasons.
6. Local food supports clean environments and benefits wildlife.
7. Local food builds stronger communities.
8. Local food supports responsible land development.
9. Local produce is healthier for you.
10. Local food is about the future.



This information is brought to you by ACCESS Health. ACCESS Health is the local Healthy Maine Partnership working with community partners to contribute to the health and well being of our local towns including: Arrowsic, Bowdoin, Brunswick, Bowdoinham, Georgetown, Topsham, Bath, Harpswell, Phippsburg, West Bath and Woolwich.

The emphasis of Coalition activities is on:

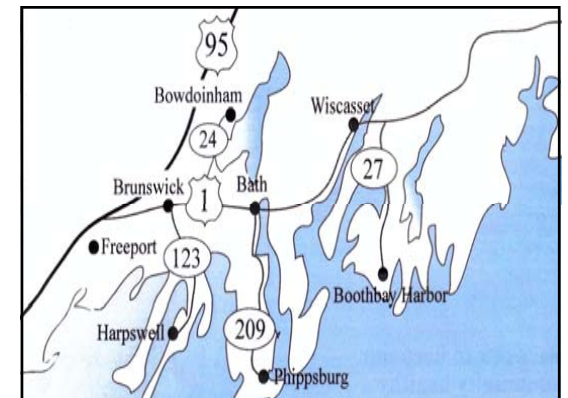
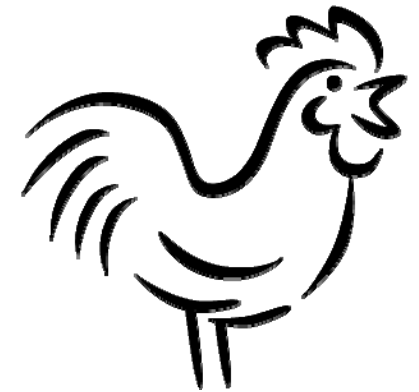
- Tobacco prevention, cessation, and reduction of secondhand smoke
- Physical Activity
- Healthy Eating
- Chronic Disease Management
- Substance Abuse Prevention

For more information please contact us at:

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Midcoast Area Fresh Local Foods



Community-Supported Agriculture



Bowdoinham	
Life Force Farm *	215-6773
71 Carlson Cross Rd.	
Fishbowl Farm *	666-8006
496 Browns Pt Rd.	
Brunswick	
Crystal Spring Community Farm *	729-1112
277 Pleasant Hill Rd.	
Juniper Edge Farm *	725-6414
Rte. 123	
Phippsburg	
3 Level Farm *	389-1628
33 Sylvester Dr.	

Pick-your-own



Bowdoin – Apples	
Rocky Ridge Orchard	666-3658
Rte. 201	
Phippsburg – Blueberries	
North Creek Farm	389-1341
Rte. 127	
Bowdoinham – Strawberries	
Fairwinds Farm	729-1872
Brown's Point Rd.	
Fenimore Farm– Strawberries & Peas	
92 Keay Rd.	353-2360
Brunswick – Strawberries	
Juniper Edge Farm *	725-6414
532 Harpswell Rd.	

* Indicates Certified Organic

Local Producers

Bowdoin	
Rocky Ridge Orchard & Bakery	666-5786
<i>Produce & Bakery</i>	
Tall Pines Farm	353-2078
<i>Poultry & eggs</i>	
Bowdoinham	
Mother Oven Bakery *	666-3994
<i>Bakery</i>	
Black Water Farm *	666-5601
<i>Meat & vegetables</i>	
Kennebec Flower Farm & Nursery	666-3116
<i>Potted Herbs & produce</i>	
Six River Farm *	666-8135
<i>Meat, poultry & eggs</i>	
Brunswick	
Juniper Edge Farm *	725-6414
<i>Produce</i>	
Little Creek Farm *	751-9504
<i>Meat, poultry & eggs</i>	
Harpswell	
Vegetable Corner	729-2719
<i>Produce & Bakery</i>	
Phippsburg	
North Creek Farm	389-1341
<i>Produce & eggs</i>	
3 Level Farm *	389-1628
<i>Produce</i>	
Woolwich	
Two Sisters Farm *	443-5459
<i>Produce, meat</i>	

* Indicates Certified Organic

Farmer's Markets



Bath	
Waterfront Park	May-Oct.
Commercial St.	Th., Sat. 8:30-Noon
United Church of Christ	Nov.-April
150 Congress Ave	1st & 3rd Sat. 9-Noon
Brunswick	
Brunswick Mall	May-Nov.
Maine St.	Tu., Fr 8:00-2:00
Fort Andross	Dec.-April
14 Maine St.	Sat. 9:00-Noon
Crystal Spring Farm	May-Oct.
277 Pleasant Hill Rd.	Sat. 8:30-12:30
Phippsburg	
Town Hall Parking Lot	May-Oct.
Rte. 209	Sa 9:00-Noon

