

EAT LOCAL



Northumberland County

Your guide to finding local food

Why Should I Buy Local Food?

YOU:



Local Food Tastes delicious and is better for your health! Imagine biting into a crisp apple, fresh off the tree!

Did You Know?

Food often travels very long and far before reaching the grocery store. During this time, food loses quality and nutrients.

COMMUNITY:



Buying locally creates jobs and supports the economy

Environment:



Our local farmers help to preserve our land. Buying locally requires less gas, machinery, and packaging which mean less pollution. It also uses less chemicals and fertilizers.

Markets



Newcastle Farmer's Market

Friday from 10 am to 2 pm

Located in the Lindon Recreation Centre at 487 King George Highway

Home baking, gluten free and diabetic cooking, jams, pickles, beans and fudge. Fresh meats, eggs, cheese, vegetables, honey and wine. Meals to eat in or take out. Beautiful handmade jewellery, gifts, novelty items, purses, Tupperware, wood crafts, fabrics, soaps & lotions, fishing flies, books, knitting, crocheted hats, local musicians cds and much more.

Call 506-622-4221

*Follow on Facebook @ <https://www.facebook.com/miramichifarmersmarket/>

Water Street Farmers Market

Saturday from 9 am to 1 pm

Located at 1 Ellis Street, Chatham Pioneer Seniors Building

Wednesday from 4 pm to 7pm

A small-town farmers market characterized by its warmth and hospitality, the market showcases a variety of quality, handcrafted wares that are made locally. Vendors bring goods such as knitting, crochet, woodworking and tole painting, jewellery, pottery, handmade soap, needlepoint, fine stitchery and quilts. There are also a number of food vendors including an on-site kitchen, which offers a hearty, home-cooked breakfast menu. A variety of baked goods and specialty desserts, foods from India ,Korea and Japan, canned and pickled fruits and vegetables, locally produced organic meats and poultry, gourmet dog treats , in-season produce ,bedding plants and much more can be found.

Call 506-773-7709

*Follow on Facebook @ <https://www.facebook.com/WaterStreetFarmersMarket/>

U-Picks

La Ferme Terre Partagée (Strawberries)

Open a few weeks in July

Located at 1436 Pleasant Ridge Road, Rogersville-West, N.B

Call 506- 251-8246

*Follow on Facebook @ <https://www.facebook.com/LafermeTerrePartagee/>

Cowassaget Brook Farm (Strawberries)

Open a few weeks in July

Located at 1605 Route 460, Tabusintac, N.B

Call 506- 779-4497

*Follow on Facebook @ <https://www.facebook.com/Cowassaget-Brook-Farms-286695218063456/>

Green Thumb Farm (Strawberries)

Open a few weeks in July

Located at 4801 Route 480, Acadieville, NB

Call 506- 775-2807

*Follow on Facebook @ <https://www.facebook.com/La-Ferme-Pouce-VertGreen-Thumb-Farm-428908950471877/?ref=ts>

Les Serres Hache (Raspberries)

Late July to early August

Located at 4988 Route 440, Rosaireville, N.B

Call 506- 775-2896

V & G Farm

High-bush blueberry u-pick.

Located at 4017 Route 108 Upper Derby, NB

Call 506-622-2739

Directory



Lockerbie's Fresh Produce Stand

Late July to early November
Open 7 days a week from 9 am to 6 pm

Located on Wellington Street in Loggieville, Miramichi, NB

Mr. Lockerbie provides produce such as beans, carrots, beets, pumpkins, squash, and cucumbers.

Call 506 773-9702

*Follow on Facebook @ <https://www.facebook.com/groups/944841892200076/>

Fresh Local Honey

July to December

Located at Miramichi Co-Op and Newcastle Farmer's Market

Wilbur Matthews collects honey from hives at his residence. It is labeled and sold as Miramichi Gold.

Call 506-586-2638

Cowassaget Brook Farm

Year-round

Located at 1605 Route 460, Tabusintac

A local farm operated by the McCullum family in Tabusintac. They have a strawberry UPick typically open a few weeks in July, depending on the weather. In spring/early summer they have bedding plants available for sale. In the summer/early fall they sell strawberries, raspberries, and vegetables fresh from their family farm. In late November/early December they sell Christmas trees. They sell their fresh produce at the Tabusintac Country Market every Saturday morning 7:30am to 11:00am in the Tabusintac Community Hall.

Call 506- 779-4497

*Follow on Facebook @ <https://www.facebook.com/Cowassaget-Brook-Farms-286695218063456/>

Greene's Fresh Produce

Late July to October

Located at Blackville Irving (Thursday and Sunday 12 pm to 5 pm)

New Castle Farmer's Market (Friday 10 am to 2 pm)

The Greene's family have a longstanding tradition of providing fresh produce to the Miramichi Community. They sell, at various locations, farm fresh produce through the growing season. They sell a wide variety of fresh vegetables including tomatoes, swiss chard, carrots, beets, green onions, radish, green beans, yellow beans, potatoes, cucumbers, red onions, and yellow onions.

Fletcher's Vegetables

Summer to Early Fall

Located at 2240 Oldfield Road, Little Bartibog, NB

The Fletcher's sell their farm fresh produce locally at the Newcastle Farmer's Market as well as directly from their farm in season, summer/early fall. Available for sale are potatoes, string beans, beets, raspberries, swiss chard, carrots, zucchini, and squash.

Call 506-773-9367

Mr. Tomato

April to November

Located at 11015 Rue Principale, Rogersville, NB

Patrick and Lise Finnigan provide certified organic tomatoes, English cucumbers, green peppers, red peppers, and beans grown at his location in Rogersville inside his greenhouse allowing him to extend the growing season. These are available late April to November. He also carries produce from other local growers such as lettuce, corn, broccoli, and other fresh produce in season. These are available for sale at the Mr. Tomato locations in Rogersville, Richibucto, and for a brief period, at the portable greenhouse located in the Bridgeview Plaza parking lot in Douglastown(late May to mid- July).

Call 506- 775-6042

*Follow on Facebook @ <https://www.facebook.com/M-Tomate-257489994261133/>

Green Thumb Farm

July to November

Located at 4801 Route 480, Acadieville, NB

Also sells at: Mr. Tomato in Rogersville and Richibucto

Variety of farm fresh vegetables and strawberries.

Call 506-775-2807

*Follow on Facebook @ <https://www.facebook.com/La-Ferme-Pouce-VertGreen-Thumb-Farm-428908950471877/?ref=ts>

Ferme Terre Partagée

July to November

Located at 1312 Chemin Pleasant Ridge, Rogersville-Ouest,NB

Also sells at Water Street Farmer's Market

Early summer: Strawberries, Mixed Greens, Garlic, Herbs, Green Onions, Broccoli, Lettuce, Radish, Peas, Raspberries...Late summer: Melons, Tomatoes, Cucumbers, Peppers, Carrots, String Beans, Zucchini, Ground Cherries...Fall: Potatoes, Spinach, Corn, Cabbage, Beets, Squash and Pumpkin, Apples, Leeks, Brussel Sprouts, Kale. Also available to order are antibiotic free poultry- chickens and turkeys. Poultry is one of the foods where one can easily taste the difference that farm fresh and free range makes. Their birds are raised without the use of antibiotics and furthermore, most of their grain is grown and milled directly on the farm.

Call 506- 251-8246

*Follow on Facebook @ <https://www.facebook.com/LafermeTerrePartagee/>

Green Life Farm

Summer to Early Fall

Located at 9 Dunnets Rd Whitney, NB

Green Life Farm is located in Whitney, NB, just outside of Miramichi. We specialize in Fruit and Vegetable production. The farm consists of 2.5 acres dedicated to production, and we have several 100 foot-long greenhouses for warmer loving crops and season extension. Green Life Farm is a Family run business owned by Daniel Ettinger and run by the Ettinger family.

Call 506-251-1833

*Follow on Facebook @ www.facebook.com/GreenLifeFarmNB/

V & G Farm

Located at 4017 Route 108 Upper Derby, NB

Family farm operated by Guy and Julie McCallum. Farmgate sales of seasonally available produce, high-bush blueberry U-Pick and old-fashioned organic strawberry jam

Call 506-622-2739

O'Neill's Fish Market

Located at 221 Escuminac Point Rd, Escuminac, NB

O'Neill's Fish Market in Escuminac offering fresh-off-the-boat seafood. An authentic seafood market, located on the Escuminac Wharf, visit O'Neill's to pick up the very best in local New Brunswick fish and seafood.

Call 506-228-4794

*Follow on Facebook @ <https://www.facebook.com/pg/RaymondONeillSonFisheries>

Water Street Market Garden

Located at Water Street Farmer's Market

Water Street Market Garden grows veggies, herbs and garlic, right in the heart of Chatham. Their focus is specialty greens, herbs, salad mix and garlic, with a side order of our gourmet pickles, jams and chutneys every Saturday morning at the Water Street Farmers' Market.

*Follow on Facebook @ <https://www.facebook.com/waterstreetmarketgarden/>

Sherry Walsh

July to October

Located at Water Street Farmer's Market

Their vegetables include beans, onions, rhubarb, beets, carrots, and lettuce.

Community Gardens

Big Ferry Road Community Garden

Located at Sovereign Church, Big Ferry Road, N.B

The local community garden is well used and cared for. To become a member of this community garden there is a \$20 seasonal fee plus a few hours of shared garden maintenance. Seeds and tools are provided.

Call 506-625-2568

Email: scc.miramichi@gmail.com

*Follow on Facebook @ <https://www.facebook.com/groups/315145811868236/>



Loggie House Collective Garden

Located at Loggie House Cultural Center, 222 Wellington Street, Miramichi

This community garden is run and used by the clients of MORE services. This has provided them, not only with fresh produce, but also has given them the opportunity for exercise and a group activity. This garden is one plot with no seasonal fee. It is grown organically and the group does compost on site.

Call 506-778-6166

*Follow on Facebook @ <https://www.facebook.com/groups/265869423469202/>

Neguac Community Garden

Located at Centre Scolaire Communautaire la Fontaine in Neguac

In previous years this garden was utilized to teach school aged children about where their food comes from.

Call 506- 776-3870

Blackville Community Garden

Located at the end of the Bartholomew Road, located on Murdock Burn's property

Call 506- 843-7872

Community Gardens

MHP Gardening Project 2017

Located at 2156 Micmac Road

Geloolg Mitjouagan meaning Good Feast, is the name of our project. The initiative is to grow an organic vegetable & herb garden, flowers and medicinal plants. Our goal is to provide fresh vegetables from the garden for our many community events that take place throughout the season.

Call 506-836-6118

*Follow on Facebook @ <https://www.facebook.com/redbankgarden/>

Rogersville Community Garden

Located next to Esso, at old site of Centre Gérard Raymond. Rogersville, NB

A community garden for the community. There are weekly workshop at the garden on Wednesday evenings.

*Follow on Facebook @ <https://www.facebook.com/Village-de-Rogersville-526640240722592/>

Natoaganeg Community Garden

Located at the Natoaganeg Community Food Centre, 1 Church Rd, Eel Ground, NB

*Follow on Facebook @ <https://www.facebook.com/natoaganegcfc/>

Local Food Restaurants

Mill Cove Coffee

Monday to Saturday 6 am to 9 pm

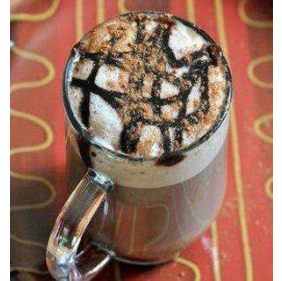
Located at 144 Newcastle Blvd Miramichi, NB

Sunday 8 am to 7 pm

Specialty coffee shop with locally roasted coffee and a variety of snacks and food.

Call 506-836-7612

*Follow on Facebook @ <https://www.facebook.com/millcovecoffee2015/>



Creative Grounds Coffee

Monday to Saturday 8 am to 8 pm

Located at 55 Cunard St. Miramichi, NB

Sunday 9 am to 4 pm

Enjoy coffee and assorted sweets while taking in some local artwork.

Call 506-625-1835

*Follow on Facebook @ <https://www.facebook.com/CreativeGroundsCafe/>



1809 Restaurant and Bar

7 days a week 6 am to 10 pm

Located at 1809 Water St Miramichi, NB

"Sea to Table Feature" or "Farm to Table Feature." The "Sea to Table Feature" will always consist of Maritime Seafood as well as Vegetables and Starch that are grown and harvested right here in the province of New Brunswick. Our "Farm to Table Feature" will always consist of New Brunswick Meat, Vegetables and Starch, majority of which will be sourced from a variety of Farms located all along the Acadian Peninsula area of the province. As a chef, I can't begin to explain how exciting it is to begin to show our guests and locals alike the bounty of land and sea that we have available at our fingertips.

Call 506- 773-5651

*Follow on Facebook @ <https://www.facebook.com/1809Restaurant/>



Mulligans

Open daily from 11am

Located at 930 Water St Miramichi, NB

Mulligans Pub is located inside the historic Peters House at the Miramichi Golf Club overlooking the Mighty Miramichi River. Dishes are made with the freshest ingredients from local meat, hand-picked strawberries, bakery bread and more!

Call 506-622-0696

*Follow on Facebook at @ <https://www.facebook.com/MulligansMiramichi/>



Mind Full of Food

Located at 2292 King George Highway Miramichi, NB

Mind full of Food is a catering service that allows your food to be enjoyed in the location of your choosing. Chef Brian Matheson is focused on developing relationships with New Brunswick farmers and food suppliers, and bonding the preparation of food to the wellness of his clients, to culture, to ethics. He is increasingly concerned with issues threatening our food supply, locally and globally.

Call 506-210-2728

*Follow on Facebook @ <https://www.facebook.com/mindfullfoodculinaryservices/>



Good River Organics

Monday to Saturday 9:00 am to 5:30 pm

Located at 102 Ellen Street Miramichi, NB

Sunday 11 am to 4 pm

Local products, organic, health products, fair trade, holistic, eco-friendly, non-toxic.

Call 506- 625-6790

*Follow on Facebook @ <https://www.facebook.com/goodriverorganics/>



Carrefour Beausoleil

Located at 300 chemin Beaverbrook, Miramichi, NB

Carrefour Beausoleil has served made-in-New Brunswick food for about a year now, feeding 279 children. It's all part of a growing movement in the province that seeks a return to more local food, and to help New Brunswick farmers.

CSA (Community Supported Agriculture)



What is a CSA?

CSA allows city residents to have direct access to high quality, fresh produce grown locally by regional farmers.

When you become a member of a CSA, you're purchasing a "share" of vegetables from a regional farmer. Weekly or bi-weekly, your farmer will deliver that share of produce to a convenient drop-off location in your neighborhood.

Ferme Terre Partagée

- 18 weeks of organic vegetables and fruits (early summer to early fall) delivered to four of two locations in Miramichi, Rogersville, Moncton or Dieppe
- At least two invitations to celebrate with us and visit the farm
- Weekly newsletter with stories and cooking tips from the farm
- Opportunities to purchase eggs, bread and meat from the farm

Prices range from \$20 - \$30 per weekly basket

Call 506-626-0057

*Follow on Facebook @ <https://www.facebook.com/LafermeTerrePartagee>

Green Thumb Farm

- 15 weeks of fresh vegetables, herbs and fruit beginning in early July until mid-October
- Available at designated locations in Rogersville, Saint-Ignace and Saint-Louis
- Ideas and recipes on how to cook certain items

Prices vary by season

Call 506- 775-2807

*Follow on Facebook @ <https://www.facebook.com/La-Ferme-Pouce-VertGreen-Thumb-Farm-428908950471877/?ref=ts>

Green Life Farm

- 18 weeks of fresh vegetables and fruit available for pickup weekly at the farm, the Newcastle Farmers Market, in Eel Ground and Bouctouche

Call 506-251-1833

*Follow on Facebook @ www.facebook.com/GreenLifeFarmNB/

Community Food Mentors

About the Community Food Mentor Program

Food is a part of everyone's life; it connects us all. However, issues involving food and food security are becoming increasingly complex. Today we are faced with many food choices, conflicting information about diet and health, limited time for meal preparation and questions about how and where our food is grown. Some face additional challenges such as living on low income, limited transportation, limited kitchen facilities or limited food knowledge and preparation skills.

Community Food Mentors (CFMs) are a province-wide network of certified individuals who share their skills in food and nutrition within their own communities. The goals of this program are to build partnerships and community capacity to increase food security in New Brunswick by addressing these challenges.

The Goal of the Community Food Mentor Program is to develop a network of dedicated food mentors in New Brunswick communities through a shared learning experience that will increase the exchange of information on food skills, healthy eating practices and local food sourcing in the province.

Contact for Northumberland Region:

Call: (506) 626-2186

Email: rootstotabledeterreatable@gmail.com



Do you have any information that we could add to our brochure? Do you have any feedback? We would love to hear from you! Contact us: rootstotabledeterreatable@gmail.com