



featuring local farms, stores, restaurants and other outlets

eat well guide

boston



www.EatWellGuide.org

boston guide



Welcome to the Eat Well Guide!

Eat Well Guide® is a free online directory of thousands of family farms, restaurants, and other outlets for fresh, locally grown food. Originally a database of sustainably-raised meat and dairy producers, its listings have expanded to include farmers' markets, CSA programs, partner organizations, water-conscious ratings and vegetarian eateries. Visitors can search by location, keyword or category to find good food, download customized guides, or plan a trip with the innovative mapping tool [Eat Well Everywhere](#). Eat Well is also home to [The Green Fork blog](#) and the free print and online book [Cultivating the Web: High Tech Tools for the Sustainable Food Movement](#).

[The Green Fork Blog](#), the official "good food feed" of the Eat Well Guide, showcases the voices and values of the sustainable food movement, reporting on a diverse range of topics, from [farm worker rights](#) to [how to cook squash blossoms](#). We're even making videos! We welcome your voices too, so don't be shy--email us at blog@eatwellguide.org to share or suggest a story.

For more information, or to suggest a listing to the Eat Well Guide, please call 212-991-1858 or email info@eatwellguide.org.

www.eatwellguide.org

boston guide: bakers



Clear Flour Bread Bakery

178 Thorndike Street, Brookline, MA 02446

Tel: 617.739.0060

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

Clear Flour Bread specializes in making the authentic breads of Italy and France. Using simple ingredients - flour, water, salt and yeast - we scratch mix and hand shape long fermented doughs for stone hearth baking.

All of our flours are unbleached and unbromated. Our rye, whole wheat, buckwheat, and 7-grain blend are organic and stone ground. No dough conditioners, preservatives or improvers of any kind are added.

Iggy's Bread of the World

130 Fawcett St., Cambridge, MA 02138

Tel: 617-924-0949

Fax: 617-491-8700

info@iggysbread.com

<http://www.iggysbread.com>

At Iggy's the emphasis is on high-quality ingredients. Their first priority is sourcing organic, local, in-season ingredients, though they are not yet 100% organic. Iggy's offers a number of different breads that can be purchased directly from the bakery or from stores, farmers markets, and wholesale.

boston guide: butchers



Lionette's Market

577 Tremont Street, Boston, MA 02118

Tel: 617-778-0360

lionettes@gmail.com

<http://www.lionettesmarket.com>

At Lionette's Market and Garden of Eden we only work with naturally raised meats raised in small family farms in New England, New York and Quebec. Naturally raised is as natural as you can get. The animals roam freely on farms, eat what they want, when they want and have the freedom to live naturally. There are no growth hormones, anti-biotic injections or trough feedings. All the beef we use is grass-fed. Cows are ruminant animals and do not naturally eat grain (which is pretty much what most of the beef in the USA is force fed). Grain feeding cattle is done to fatten up the cow, but it also causes liver damage (thus the need for anti-biotics) and weakens natural stomach acids which fend off e-coli. Grass-fed beef cannot get e-coli or mad cow disease (which spreads from force feeding animal bi-products to cows).

We try to always have organic and locally grown produce when it is available.

Our eggs are farm fresh eggs from naturally raised chickens living in dozens of small farms in New York and Vermont.

Delicious local fish is available most days of the week. Also check out our delivery service. We do it without the use of truck or car, but with bikes!

Savenors Market

160 Charles Street, Boston, MA 02138

Tel: 617 576 0214

Fax: 617 576 0216

Contact: Juliana Lyman

juliana@savenorsmarket.com

<http://www.savenorsmarket.com>

Savenors is currently stocking the finest meats and provisions available within a 250 mile radius. You can find traditional staples, grass fed meats and gourmet grocery at each location.

boston guide: caterers

Garden of Eden Catering

571 Tremont Street, Boston, MA 02118

Tel: 617-247-8377

gardenofedencafe@aol.com

<http://www.goeboston.com/door/>

A fully licensed caterer, we have a very diversified menu to accommodate all your catering wishes from a simple breakfast pastry tray to a full course elegant dinner or wedding.

All of their meat, dairy, and eggs come from small, family operations, most of which are located in New England, and all of which raise their animals in a humane, pastured setting.

They are associated with the (<http://www.gboston.com>Garden of Eden Cafe and the adjoining market, (<http://www.gboston.com>Lionette's, which features the same raw meat offerings.

Season To Taste Catering

11 Newman Street, Cambridge, MA 02140

Tel: 617-921-9130

Contact: Robert

robert@seasontotastecatering.com

<http://www.seasontotastecatering.com>

Season to Taste Catering specializes in using farm-to-table, local, seasonal products and ingredients cooked with a world of techniques and served with professional yet friendly service. We offer full service event catering, or drop-off, pick-up service.

Harvest Co-Op Markets

Cambridge

581 Massachusetts Ave., Cambridge, MA 02139

Tel: 617-661-1580

cdurkin@harvestcoop.com

<http://www.harvestcoop.com>

Harvest Co-op Markets is a community-owned market with two stores in the greater Boston area. Harvest specializes in fresh and wholesome food choices. You will find fresh, local produce in season, fresh fish right off the pier, luscious local and imported cheeses, naturally raised meat, an award-winning spice section, bulk products, unique wines and beer, and more. We sell natural, gourmet and conventional products. Harvest supports sustainable agriculture, certified organic, fair trade, and local and small family farms in our buying practices. Shopping at Harvest is an investment in the community.

Both locations are open 8am to 10pm daily.

Harvest Co-Op Markets

Jamaica Plain

57 South Street, Jamaica Plain, MA 02130

Tel: 617-524-1667

cdurkin@harvestcoop.com

<http://www.harvestcoop.com>

Harvest Co-op Markets is a community-owned market with two stores in the greater Boston area. Harvest specializes in fresh and wholesome food choices. You will find fresh, local produce in season, fresh fish right off the pier, luscious local and imported cheeses, naturally raised meat, an award-winning spice section, bulk products, unique wines and beer, and more. We sell natural, gourmet and conventional products. Harvest supports sustainable agriculture, certified organic, fair trade, and local and small family farms in our buying practices. Shopping at Harvest is an investment in the community.

Both locations are open 8am to 10pm daily.



Artepicure Cooking School

1 Fitchburg St., C104D, Somerville, MA 02143

Tel: 617-996-5334

Fax: 617-996-5335

Contact: Mark DesLauriers

cooking@artepicture.com

<http://www.artepicture.com>

A small chef-run cooking school that, along with teaching physical kitchen skills, is dedicated to educating the public about the advantages of sustainable agriculture and the options and resources available that will better equip them to make more responsible purchasing and dining decisions.

Arlington Farmer's Market

Russell Common , Parking Lot in Arlington Center, Arlington, MA 02474

Time of Year: June 13 - October 31; Days of Week: Wednesdays 1pm - 6:30pm (October, 1pm-6pm)

Arlington Farmers' Market

67 Coolidge Rd., Russell Common parking lot in Arlington, Arlington, MA 02476

Tel: (781) 648-5117

Contact: Oakes Plimpton

Time of Year: June - October, Day of Week/Hours: Wednesday, 1:00 PM- 6:30 PM

Belmont Farmer's Market

Belmont Center Shopping District , Cross Street Parking Lot, Belmont, MA 02478

Time of Year: May 21-November 21 (except 5/28, 7/4, 9/3, 10/8); Days of Week: Mondays and Wednesdays 11am-6pm.

Belmont Farmers Market

Belmont Center, Cross St. Parking lot, Belmont, MA 02478

Tel: (617) 484-0170

Contact: Heli Tomford/ Market Committee

Time of Year: June - October, Day of Week/Hours: Thursday, 2:00 PM - 6:30 PM

Boston City Hall Farmer's Market

City Hall Plaza , Along Cambridge Street, Boston, MA 02201

Time of Year: May 21- November 21 (except 5/29, 7/4, 9/3, 10/8) Days of Week: Mondays and Wednesdays, 11:00 am to 6:00 pm (after 11/4, 11-5)

Boston Copley Square Farmer's Market

Along St. James Ave, In front of the Trinity Church, Boston, MA 02116

Time of Year: May 22 - November 22; Days of Week: Tuesdays and fridays 11-6 (after 11/4, 11-5)

Boston Public Market Association

Boston Public Market at Dewey Square

1 Financial Center, Boston, MA 02111

Tel: (617) 542-4874

Contact: Donald Wiest--President and Board Chair

dwiest@bostonpublicmarket.org

Imagine fresh fruits and vegetables from nearby farms, poultry, eggs and dairy products - plus fish and seafood from Boston and New England ports! Fresh-from-the oven bakery goods, maple syrup, honey, preserves and dozens more specialty food items from local producers. An indoor year round public market could also offer colorful cut flowers, plants, nursery products, wreaths and floral decorations for every occasion and holiday season.

The Boston Public Market Association was founded in 2001 by a group of city and state officials, farmers, chefs, environmentalists, businesspersons and people who like good, local foods. Our goal is the creation of a year-round market for Boston, to promote locally-grown and produced foods. The Boston Public Market sponsored by Rodale at Dewey Square is a seasonal demonstration of our

boston guide: farmers markets



commitment to that goal. It is also the first activation of the Rose Kennedy Greenway.

Experience the Boston Public Market with over 15 regional vendors featuring a wide variety of locally grown summer fruits, vegetable, flowers and specialty foods. Its an exciting and vibrant market in the heart of Boston!

Open:

Tuesdays and Thursdays
May 28 through October 29
11:30AM - 6:30PM
at Dewey Square (near South Station)

Bostong Public Market - Dewey Square

Dewey Square , Corner of Atlantic Ave and Summer St, across from , Boston, MA 02111
Time of Year: May 21 - November 8; Days of Week: Mondays, Wednesdays, and Thursdays 11:30 - 6:30

Brookline Farmers' Market

Center St. W. parking lot, Coolidge Corner, Brookline, MA 02446
Tel: (617) 566-8005
Contact: Arlene Flowers
<http://www.town.brookline.ma.us/news/farmersmarket.html>

Time of Year: June - October, Day of Week/Hours: Thursday, 1:30 PM- dusk

Cambridge, Central Square Farmer's Market

Central Square, Corner of Bishop Allen Drive and Norfolk Street (b, Boston, MA 02139
Time of Year: May 22 - November 20; Days of Week: Mondays 11:30 - 6 (After 11/4 11:30 - 5)

Charlestown Farmers' Market

Thompson Square on Main St. & Austin St., Charlestown, MA 02129
Tel: (617) 241-8866
Contact: Colleen Justice

Time of Year: July - October, Day of Week/Hours: Wednesday, 2:00 PM- 7:00 PM

Davis Square Farmers Market

Day and Herbert Streets, Somerville, MA 02143
Tel: 781-893-8222
Fax: 781-893-8777
Contact: Hannah Freedberg
hannah@massfarmersmarkets.org
<http://massfarmersmarkets.org/>

Davis Square
Corner of Day and Herbert Streets
May 28 - November 26
Wednesdays

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Noon - 6:00 pm
(After 11/02, Noon - 5:00 pm)

Dudley Town Common Farmers Market

Dudley St. & Blue Hill Ave. , Roxbury, MA 02119
Tel: (614) 442-1322
Contact: Bob Burns

Time of Year: June - October, Day of Week/Hours: Tuesday & Thursday, 4:00 PM- 7:00 PM

East Boston Farmers Market

68 Saint Andrew Rd., Constitution Beach, East Boston, MA 02128
Tel: (617) 276-7589
Contact: Jackie Rossatto

Time of Year: July - October, Day of Week/Hours: Tuesday, 2:00 PM-7:00 PM

East Cambridge Farmers Market

105 Spring St., E. End House Parking Lot, Cambridge, MA 02141
Tel: (617) 461-0532
Contact: Risa Mednick

Time of Year: June - October, Day of Week/Hours: Sunday, 11:00 AM- 3:00 PM

Farmers Market at Harvard

Corner of Oxford & Kirland St., Harvard University, Cambridge, MA 02138
Tel: (617) 496-6201
Contact: Jessica Zdeb

Time of Year: June - October, Day of Week/Hours: Tuesday, 1:00 PM- 6:00 PM

Fields Corner Farmers Market

Dorchester Avenue and Park Street, at Town Field, Dorchester, MA 02121
Tel: (617) 825-3486
Contact: Pat Cook

Time of Year: July 11 - October 31, Day of Week/Hours: Saturday, 9:00 AM- 12:00 PM

Franklin Park Community Farmers Market

1 Franklin Park Rd., Next to main entrance of the zoo, Dorchester, MA 02124
Tel: (617) 822-7134
Contact: Jamiese Martin

Time of Year: August 16 - October 25
Day of Week/Hours: Sunday, 1:00 PM - 4:00 PM

Iggy's Bread of the World

130 Fawcett St., Cambridge, MA 02138
Tel: 617-924-0949
Fax: 617-491-8700

boston guide: farmers markets



info@iggysbread.com
<http://www.iggysbread.com>

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MA Pike Farmers Markets

Service Areas along MA Turnpike, Boston, MA 02116
Tel: (781) 431-5192
Contact: David Fenton
<http://www.masspike.com>

Malden Farmers Market

195 Pleasant St. Parking Lot,, Malden, MA 02143
Tel: (781) 321-3485
Contact: Adele Teves

Time of Year: July - October, Day of Week/Hours: Thursday, 10:00 AM- 6:00 PM

Medford Farmer's Market

Medford Square , River St between Salem St and Riverside Ave, Medford, MA 02155
Time of Year: Mid June - Mid October; Days of Week: Thursdays 10am - 3pm

Meford Farmers Market

16 Monument St., Medford, MA 02155
Tel: (781) 483-3218
Contact: Jenniger Yanco

Milton Farmer's Market

Wharf Street Park , Off Adams St in Milton Village, Milton, MA 02186
Time of Year: June 21 - mid October; Days of Week: Thursdays 11am-6pm.

Milton Farmers' Market

130 Wendell Park, Wharf St. Park off Adams St. in Milton Village, Milton, MA 02186
Tel: (617) 696-5252
Contact: Maritta Cronin

Time of Year: June - October, Day of Week/Hours: Thursday, 1:00 PM- 6:00 PM

Mission Hill Farmers' Market

1530 Tremont St., Brigham Circle, Huntington Ave. & Tremont St., Roxbury, MA 02120
Tel: (617) 427-7399
Contact: Maggie Cohn
<http://www.parkerhillfenway.org>

Time of Year: June - October, Day of Week/Hours: Thursday, 11:00 PM- 6:00 PM

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Newton Farmer's Market

1200 Beacon St. Newton Highlands, Cold Spring Park, Newton, MA 02456
Time of Year: July 10 - October 30; Days of Week: Tuesdays 1:30pm- 6pm

Quincy Farmers' Market

36 Garfield St., John Hancock parking lot, Quincy Center, Quincy, MA 02169
Tel: (617) 479-1601
Contact: Anneli Johnson

Time of Year: June - October, Day of Week/Hours: Friday, 11:30 AM- 5:00 PM

Revere Beach Farmers Market

Revere, MA 02151
Tel: (781) 962-9388
Contact: Lona Frongillo

Roslindale Farmers' Market

20 Belgrade Ave., Belgrade Ave., at the Commuter Rail parking, Roslindale, MA 02131
Tel: (617) 327-4065
Contact: Janice Williams
<http://www.roslindale.net>

Promising an exciting array of new and returning vendors, including 5 local growers and 7 specialty food vendors, Roslindale Farmers' Market is the largest ever this year. Visitors to the market can expect to find a variety of fresh, local organic and conventional produce each week, along with plants, beef & pork, eggs, fresh breads and baked treats, preserves, and handmade gifts.

Time of Year: June - October, Day of Week/Hours: Saturday, 9:00 AM- 1:00 PM

Somerville Davis Square Farmer's Market

Day at Herbert Street, Davis Square, Somerville, MA 02144
May 23 - November 21, Wednesdays 12 - 6 (after 11/4 12 - 5)

Somerville Union Square Plaza

Union Square Plaza, Somerville, MA 02143

boston guide: farmers markets



Time of Year: June - November; Days of Week: Saturdays 9am -1pm.

South Boston Farmers Market

386 W. Broadway, W. Broadway, Municipal Front Parking, S. Boston, MA 02127

Tel: (617) 464-5858

Contact: Mary Lou Rosher

Time of Year: July - November, Day of Week/Hours: Monday, 12:00 PM- 6:00 PM

South End at the Open Market

Harrison Ave. at Waltham St., in parking lot, Boston, MA 02118

Time of Year: May 20 - October 28; Days of Week: Sundays 10am-5pm

boston guide: online shopping



Boston Organics

50 Terminal Street, Building 2, Suite 100, Charlestown, MA 02129

Tel: 617.242.1700

service@bostonorganics.com

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

Boston Organics is committed to delivering fresh organic produce to our customers each week, while focusing on convenience, variety, and value. As we grow we strive to respect the environment and to support local farms, local businesses, and fair-trade practices.

Committed to:

- * Sensible fuel use
- * Composting & recycling
- * Distributing food responsibly

Formaggio Kitchen

244 Huron Avenue, Cambridge, MA 02138

Tel: (617) 354-47

Fax: 617-547-5680

mark@formaggiokitchen.com

<http://www.formaggiokitchen.com>

An institution for over 20 years, Formaggio Kitchen provides an amazing collection of more than 200 cheeses that are either resting on the shelves or aging in the cave. Many of the cheeses offered at Formaggio Kitchen are artisanal selections, meaning, among other things, that their availability may vary with the seasons. Moreover, a good number of Formaggio Kitchen's cheeses represent the best of small, northeastern family farms.

Formaggio Kitchen also features dried meats such as prosciutto and salami, some of which are supplied by all-natural, sustainable producers. Aside from meat and dairy, Formaggio Kitchen also carries cutlery, sweets, breads, oils, vinegars, pastas, beans, coffees, teas, preserves, grains, and rice.

Taza Chocolate

561 Windsor Street B-206 , Somerville, MA 02143

Tel: (617) 623.0804

info@tazachocolate.com

<http://www.tazachocolate.com/index.php>

Taza is a true bean-to-bar chocolate maker located in Somerville, Massachusetts, and is the only maker of 100% stone ground chocolate in the United States. Taza sources organically grown cacao beans directly from small farmer cooperatives ensuring those farmers receive more than fair trade prices for their high quality cacao. Taza is one of the few independently owned, socially and environmentally responsible chocolate makers in the country.

Taza's chocolate making process is designed to capture the true flavor of the cacao bean by minimally processing the chocolate every step of the way. By putting care into the entire process, from the sourcing of ingredients from our proud farmers, to molding finished chocolate bars, Taza is dedicated to quality, and to serving our customers, our local communities, and the environment. Taza Chocolate holds periodic open houses at our factory in Somerville, Mass. that are free and open to all.

boston guide: organizations



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50 Terminal Street, Building 2, Suite 100, Charlestown, MA 02129

Tel: 617.242.1700

service@bostonorganics.com

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1 Financial Center, Boston, MA 02111

Tel: (617) 542-4874

Contact: Donald Wiest--President and Board Chair

dwiest@bostonpublicmarket.org

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Open:

Tuesdays and Thursdays

May 28 through October 29

11:30AM - 6:30PM

at Dewey Square (near South Station)

Chefs Collaborative

National Office

262 Beacon Street, Boston, MA 02116

Tel: 617-236-5200

Fax: 617-236-5272

boston guide: organizations



info@chefscollaborative.org
<http://www.chefscollaborative.org/>

Chefs Collaborative is a national network of more than 1,000 members of the food community who promote sustainable cuisine by celebrating the joys of local, seasonal, and artisanal cooking. The mission of Chefs Collaborative is to advance and promote among chefs and the general public concepts and benefits of good, safe, and wholesome foods, including sustainable food choices, responsible agricultural growing techniques, the impact of food choices on the environment, and the advantages of locally grown and seasonally fresh foods, and to provide educational and other programs fostering such concepts and benefits.

Membership is open to anyone interested in the interconnectedness of the environment and food choices. Founded in 1993, the Collaborative is the only culinary organization that provides its members with tools for running economically healthy, sustainable food service businesses and making environmentally sound purchasing decisions.

Farm Aid

11 Ward Street, Suite 200, Somerville, MA 02143
Tel: (617) 354-2922
Fax: (617) 354-6992
farmhelp@farmaid.org
<http://www.farmaid.org>

Willie Nelson, Neil Young and John Mellencamp organized the first Farm Aid concert in 1985 to raise awareness about the loss of family farms and to raise funds to keep farm families on their land. Dave Matthews joined the Farm Aid Board of Directors in 2001. Farm Aid has raised more than \$33 million to promote a strong and resilient family farm system of agriculture. Farm Aid is a nonprofit organization whose mission is to keep family farmers on their land. Farm Aid accomplishes this mission by:

- Promoting Food from Family Farms
- Growing the Good Food Movement
- Helping Farmers Thrive
- Taking Action to Change the System

Willie Nelson, Neil Young, John Mellencamp and Dave Matthews have inspired millions of Americans to support struggling family farmers.

Slow Food USA

Massachusetts
MA 02138
Tel: 718-260-8000
info@slowfoodusa.org
<http://www.slowfoodusa.org/contact/index.html>

(<http://www.slowfoodusa.org> Slow Food U.S.A. is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America. By reviving the pleasures of the

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table, celebrating the diversity of earth's bounty, and using our tastebuds as our guides, Slow Food U.S.A. believes that our food heritage can be saved. The goal of Slow Food U.S.A. is to put the carriers of this heritage on center stage and educate its membership on the importance of these principles.

Slow Food U.S.A. oversees Slow Food activities in North America, including the support and promotion of the activities of all its 135 local chapters, each called a "convivium," that carry out the Slow Food mission on a local level. Each convivium advocates sustainability and bio-diversity through educational events and public outreach that promote the appreciation and consumption of seasonal and local foods and the support of those who produce them.

Slow Food convivia in Massachusetts include

- Boston
- Columbia (Berkshires)

Contact the Slow Food U.S.A. National Office to get specific convivium information.

The Food Project

555 Dudley Street, Dorchester, MA 02125

Tel: (617) 442-1322

Fax: (617) 442-7918

info@thefoodproject.org

<http://info@thefoodproject.org>

Since 1991, The Food Project has built a national model of engaging young people in personal and social change through sustainable agriculture. Each year, we work with over a hundred teens and thousands of volunteers to farm on 31 acres in rural Lincoln, MA and on several lots in urban Boston. We consider our hallmark to be our focus on identifying and transforming a new generation of leaders by placing teens in unusually responsible roles, with deeply meaningful work.

The Food Project's mission is to create a thoughtful and productive community of youth and adults from diverse backgrounds who work together to build a sustainable food system. This community produces healthy food for residents of the city and suburbs, provides youth leadership opportunities, and inspires and supports others to create change in their own communities. The Food Project has three sites: Lincoln, MA; Dorchester, MA; and Lynn, MA.

Cafe Fleuri at the Langham Hotel

250 Franklin St, Boston , MA 02110

Tel: 617.451.1900 ext. 712

<http://boston.langhamhotels.com/en/restaurants/bes>

Cafe Fleuri is distinguished by seasonally updated menus that reflect the freshest ingredients and top produce procured from artisan markets and local farmers.

Centre Street Cafe

669A Centre St., btwn Burroughs & Myrtle Sts. , Jamaica Plain, MA 02130

Tel: (617) 524-9217

<http://centrestcafe.com/>

Over the years, Centre Street Cafe has established relationships with many of the area farmers, They have provided us with great produce and a great education about local farming practices, agricultural history, and even the area micro-climates. (The farmers in the Hilltowns of Western Massachusetts like to joke that farms in the Boston suburbs are in the banana belt).

What ds this mean for our customers? It means that during the growing season, you get the freshest, tastiest vegetables possible (usually picked that very morning). It means getting gorgeous organically grown vegetables from Ray Mong at Applefield Field in Stow. It means getting all-natural pasture-raised beef from Jon Konove out in Brimfield. It means getting beautiful fruits and vegetables and exquisite pork that has been humanely raised by Glenn and Genevieve Stillman out in New Braintree. It means getting the best heirloom apples and peaches. It means that the cider you get here is local and delicious (mainly from Box Hill Orchards).

We have spent years scouring the New England countryside in our free time searching out small, local farmers that take pride and care in both what they do and how they do it. We have visited most of the many farms we do business with (we still have to visit some cheese makers) learning about the farmers and their growing practices, making sure they are ecologically responsible, and in the case of the animals, that they are humane.

Why local? It is certainly fresher and tastier but we like the idea that is means less "truck miles" to bring our food to the restaurant, and hence less pollution. We are big fans of the fast-disappearing rural environment, and feel strongly that one way to protect that environment is to support our local farmers. These are the little guys who are too small to cash in on the huge government subsidies that are doled out to giant agri-business. These are the guys that get up at 3:30 am every morning, day in and day out, to do the milking. These are the guys that never stop working as long as there is light during the growing season, We applaud and admire them for all their hard work, and we urge you too, to search them out and support then as much as possible.

Here is a partial list of the farmers we do business with:

- * The Mongs, Applefield Farm, Stow, MA: Vegetables
- * The Stillmans, Stillman Farm, New Braintree, MA (also the J.P. Farmers' Market behind Fleet Bank): Fruit, vegetables, pork.
- * Jon Konove, River Rock Farms, Brimfield, MA: Naturally-Raised Beef
- * Chuck Lord and Tom Mansfield, Carver Hill Orchards, Stow, MA: Apples, cider, peaches and blueberries
- * Deb, Westfield Farms, Hubbardston, MA: Goat Cheeses
- * Julie, HoneyPot Orchards, Stow, MA: Apples, pears, cider, peaches, blueberries

Our hours are:

Brunch: Saturday and Sunday, 9am-3pm
Lunch: Monday through Friday, 11:30am-3pm
Dinner: Monday through Saturday, 5pm-10pm

Channel Cafe

300 Summer Street, Boston, MA 02210
Tel: 617-426-0695
Contact: Ana Crowley
channelcafe@gmail.com
<http://www.channel-cafe.com/>

All of the beef and chicken on the menu at Channel Cafe is guaranteed to be free-range, hormone and antibiotic free. Located in the Fort Point Channel neighborhood of Boston, this restaurant also features tofu and seitan entrees for vegetarians. Channel Cafe has a commitment to buying locally raised produce when in season.

Channel Cafe is open Monday through Friday from 8 a.m. to 9 p.m.

Craigie on Main

853 Main Street, Cambridge, MA 02139
Tel: 617-497-5511
Fax: 617-497-5522
Contact: Chef Tony Maws
craigiestbistrot@aol.com
<http://craigiestreetbistrot.com/>

As detailed on the Craigie Street Bistrot website, Chef Tony Maws œinsists (to the point of fanaticism!) on using only the freshest and highest quality ingredients. • To Chef Maws, this means buying local and in season. In fact, according to Maws, the menu is œbeyond seasonal• as it changes daily depending on what he can source from an array of small, northeastern, sustainable producers (the total number of which, he œcan't even being to count•), many of whom Maws knows personally.

Maws explains that this approach to sustainability is two-fold: he supports it philosophically and from a quality standpoint. Sustainable agriculture is a noble initiative in and of itself, but it also helps that those who observe its tenets most often produce delicious, high quality food. Essentially, the menu at Craigie Street Bistrot is what it is not because of sustainability's increasing œtrendiness,• but because it œjust makes sense.•

The listing of meats below is a just judicious sampling of the typical menu offerings--not all of these meats will be available all at once at any one time. It should be noted that all of the meats at Craigie Street Bistrot come from the general region, including western Massachusetts, upstate New York, and Vermont.

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Craigie Street Bistrot offers a select nightly menu of five appetizers, five entrees, and five desserts " plus specials on most evenings. Again, the menu changes nightly, based on what Chef Tony Maws considers to be the best available seasonal ingredients that day.

Hours:

Tue.: 5:30 pm - 10:00 pm

Wed.: 5:30 pm - 10:00 pm

Thu.: 5:30 pm - 10:00 pm

Fri.: 5:30 pm - 10:30 pm

Sat.: 5:30 pm - 10:30 pm

Sun.: 5:30 pm - 10:00 pm

(Closed Monday)

Reservations are accepted and recommended.

Eatin' Healthy

1253 Hancock Street, Quincy, MA 02169

Tel: 617-657-6001

Contact: Erin Connors

erin@eatinhealthy.com

<http://www.eatinhealthy.com>

Restaurant / Caterer that serves all natural "quick serve" favorites. Burgers, Wraps, Salads, Sandwiches, Smoothies and Frappes. We cut the fat, calories and salt while keeping the flavor. Delicious food that is also nutritious, yum!

Grezzo

69 Prince St. , Boston, MA 02113

Tel: 857-362-7288

Contact: Alyssa Cohen

<http://www.grezzorestaurant.com/index.html>

At Grezzo, we are committed to bringing you flawlessly fresh food with its life force still intact. The concept is green, organic and locally grown vegan, raw food served in an upscale style and setting. Our menu changes daily and reflects the availability of organic, high quality, living foods.

Grezzo Restaurant is located in the heart of Boston's historic North End. This elegant, upscale restaurant serves food that is a virtual explosion of taste and a feast for the eyes. Set in rustic tones, the 28-seat candlelit restaurant with copper tables and crushed cranberry colored chairs specializes in Organic, Raw Vegan cuisine. At Grezzo (pronounced Gray-Zo, meaning raw in Italian) every dish is 100% organic except when an ingredient is not available as an organic product.

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Hours: Wednesday through Sunday for dinner: 5:00 p.m. - Close.

Grill 23 & Bar

161 Berkeley Street, Boston, MA 02116

Tel: 617-542-2255

Fax: 617-542-5114

Contact: Jay Murray, Executive Chef

jbabb@grill23.com

<http://www.grill23.com/>

FOR TWENTY FIVE YEARS, Grill 23 & Bar has been New England's premier steak and seafood grill. Grill 23 & Bar is renowned for its prime, all-natural, dry-aged beef exclusively from Brandt Beef, and fresh, creative seafood presentations. Under the skillful helm of Executive Chef Jay Murray, Grill 23's dynamic weekly menu showcases Chef's signature entrees as well as classic favorites. These creatively composed dishes, each reflecting the best ingredients of the region, offer an addition to our a la carte menu. Grill 23's award-winning wine list has achieved The Wine Spectator's Best of Award of Excellence annually since 2002 as well as many other accolades.

Hamersley's Bistro

553 Tremont Street, Boston, MA 02116

Tel: 617-423-2700

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

Hamersley's Bistro

553 Tremont Street, Boston , MA 02116

Tel: 617.423.2700

info@hamersleysbistro.com

<http://www.hamersleysbistro.com/home/>

Boston's four-star bistro and your place for innovative contemporary cuisine. Our site is packed with great information on food, wine, and out-of-the-ordinary restaurant events, so please explore. We hope you'll visit often.

We are now offering our Spring Menu which includes our new three-course prix-fixe menu. You will find that once again Gordon has created a menu of bold, yet satisfyingly simple dishes using only the freshest and finest ingredients available.

At Hamersley's Bistro we attempt to use local ingredients whenever possible. These are some of our long time friends we showcase in the restaurant.

Verrill Farm and Blue Heron Organic Farm.

Henrietta's Table

One Bennett Street, Cambridge, MA 02138

Tel: 617-661-5005

Contact: Executive Chef Peter Davis

chefdavis@charleshotel.com

<http://henriettastable.com/>

Icarus Restaurant

3 Appleton Street, Boston, MA 02116

Tel: 617-426-1790

Fax: 617-426-2150

greatfood@icarusrestaurant.com

<http://www.icarusrestaurant.com>

Mare

135 Richmond St, Boston, MA 02109

Tel: 617-723-MARE

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

Mare uses 98% natural ingredient list, based almost entirely on deep water fish, cultivated shellfish and certified organic seafood from the U.S. and Italy. Also featured is hormone-free beef, free range chicken and organic eggs, organic microgreens and vegetables, whole grain pastas, sea salt, organic wines and more.

Mare Restaurant

135 Richmond Street, Boston, MA 02109 <http://www.marenatural.com/>

Restaurateur Frank De Pasquale launched Mare (Mah-Ray), the Italian word for sea, June 2005 in Boston's historic North End -- 100 steps away from Paul Revere's house -- with a coastal Italian menu, but that's not all. Mare boasts Boston's first all-natural and/or organic ingredient list, based almost entirely on deep water fish, cultivated shellfish and certified organic seafood from the U.S. and Italy. Also featured is hormone-free beef, free range chicken and organic eggs, organic microgreens and vegetables, hand-made pastas, sea salt, organic wines, organic beers and more.

Health-conscious locals and visitors alike are flocking to Mare and its feel-good way of eating, which also happens to be delicious. For example organic heirloom tomatoes are used in sauces and salads. Organic fruit used in tarts and gelati. As well as organic first press olive and grapeseed oils used on sautéed or fried items. Mare is also concerned with furthering our philosophy by recycling all applicable materials and reducing waste by composting organic products. Mare seeks to become more eco-friendly whenever possible.

No. 9 Park

9 Park Street, Boston, MA 02108

Tel: 617-742-9991

Fax: 617-742-9993

info@no9park.com

<http://www.no9park.com/>

Oleana Restaurant

134 Hampshire Street, Cambridge, MA 02139

Tel: 617-661-0505

Fax: 617-661-3336

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

Persephone

283 Summer St, Boston, MA 02210 <http://achilles-project.com/>

Perspehone's contemporary American-inspired menu showcases the freshest local ingredients and seasonal items. All of our food is locally focused and grown and raised using the most sustainable of methods. None of our fish is from further away than the Chesapeake Bay and our beef, lamb, and veal all come from New England or Southern Canadian farms. In season we will be able to procure all of our produce right here in our own back yard. But in this restaurant, it's about more than just the food - sustainability and eco-conscience is everywhere. We've implemented a full recycling and composting program, even our fire oil is converted into bio-diesel fuel. All of our paper products have high post-consumer content which is paper made out of products used by the end consumer and then collected for recycling from various programs. It uses and creates demand for paper which would normally end up in a landfill, and the best part of all: no trees are cut down for making the paper. We've taken care to do what we can at every turn and have even hired a "green" company to dispose of our kitchen grease. We believe our determination to keeping it local and keeping it "green" will pay off for our community now and into the future and hope you will agree.

T.W. Foods

377 Walden Street, Cambridge, MA 02138

Tel: 617.864.4745

tim@twfoodrestaurant.com

<http://www.twfoodrestaurant.com>

In the T.W. kitchen, we develop a style that is based on the purity of our ingredients. To us, this means finding people who raise animals correctly and humanely, who forage our woods for mushrooms and who grow herbs, flowers and vegetables for local consumption using old-fashioned methods. As cooks, these raw materials are then manufactured into dishes using our knowledge, artistic sensibilities and cultural traditions. We present a modern "cuisine classique" without the limitations of preconceived flavor combination or construct.

An earlier part of this story is about France. The study of French cuisine gave me the technical ability to transform my products into delicious food. In my early twenties, at Le Cordon Bleu in Paris, I learned to make and taste a real cookie, a real croissant, a real baguette, a real pté. I had cooked since I was a small child, often taking over my mother's kitchen (or at least trying to), but never had I seen the correct methods executed by chefs who had studied food for centuries. In training through many professional Parisian kitchens, I witnessed diligent order and execution, and the pursuit of a highly nuanced food aesthetic.

Running in parallel to these concepts is a keen belief in freedom and individual expression. As a cook this may mean taking a simple idea like fried soft shell crab and deciding to smoke it, in lieu of serving it with its most common partner: bacon. Or doing a smoked foie gras crème brulée; or frying our gnocchi with curry. In cooking, most things have been done before, but believing in them at that moment, here today, at that dinner service, brings fresh life to the craft.

The Fireplace

New England Grill

1634 Beacon St., Brookline, MA 02446

Tel: 617-975-1900

Fax: 617-975-1600

info@fireplacorest.com

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

Located at 1634 Beacon Street in Brookline, The Fireplace is a New England grill and barbecue, with an emphasis on wood-smoked and rotisserie dishes utilizing the freshest offerings of the New England region and embracing Chef Solomon's culinary philosophy: hearty, clean food with integrity - food that embraces the abundant offerings of the region prepared simply yet thoughtfully.

The Grasshopper

1 North Beacon St, Allston, MA 02135

Tel: 617-254-8883

<http://grasshoppervegan.com/index.html>

Completely Vegetarian/Vegan REstaurant open Monday-Friday 11am-10pm Friday-Saturday 11am-11pm Sunday 12 noon-10pm and they are not open on Holidays

The Independent

75 Union Square, Somerville, MA 02143

Tel: 617-440-6022

Fax: 617-440-6023

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

Veggie Planet

47 Palmer Street, Cambridge, MA 02138

Tel: 617-661-1513

Adam@veggieplanet.net

<http://www.veggieplanet.net/veggieplanet.htm>

While we at Veggie Planet sincerely believe that vegetarianism can help both the well being of our planet and those of us who live on it (human and non-human alike), we also understand that serving sublime vegetarian food is just one part of a much larger effort to address the problems of our day. In addition to using only vegetarian ingredients, we also support local farmers, purchase organic ingredients when affordable, use organic dough from a nonprofit bakery doubling as a homeless service provider, and donate a percentage of our profits to other organizations working for social and/or environmental change. Finally, we also strive to spread greater awareness of important social/environmental issues through various speaker and other events held either at Veggie Planet or at some other location on our own Planet Earth.

Zing Pizza

1925 Massachusetts Avenue, Cambridge, MA 02140

Tel: 617-497-4300

Contact: Mark

zingpizza@gmail.com

FRESH!

often local, often organic, but
our vegetables are always fresh.

INSPIRED!

our recipes will be a refreshing change

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from what you've been eating over the past eight years.

OBLONG!

did you get the memo? the circle is out....
oblong pizza is in.

And ROTI?

definitely not pizza. this is a ed
bread stuffed with curried vegetables,
and chicken that is free from added
hormones. the burrito is getting nervous.

City Feed & Supply

66 Boylston Street, Jamaica Plain, MA 02130

Tel: 617.524.1657

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

WELCOME to CITY FEED and SUPPLY. We are a small, neighborhood grocery/cafe catering to the Ped Set with a fine selection of natural foods, bread, bagels and pastry delivered daily, fair trade coffee, local goods, and the list goes on. We may not have everything you think you need, but surely we've got enough to help you put off that dreaded trip to the supermarket for a few more days.

Common Sense Wholesome Food Market

Dorchester

2247 Dorchester Ave., Dorchester, MA 02124

Tel: 617-298-1020

commonsensewfm@verizon.net

<http://www.commonsemarket.com>

The Common Sense Wholesome Food Market in Dorchester does not sell meat, though Common Ground, the cafe next door, often has naturally raised, free-range meats on their menu. Organic dairy products and eggs are always available, however.

Store hours are 10 a.m. to 9 p.m. Monday through Thursday; 10 a.m. to 3 p.m. Friday; closed on Saturday; and 10 a.m. to 5 p.m. on Sunday.

Formaggio Kitchen

244 Huron Avenue, Cambridge, MA 02138

Tel: 617-354-4750

Fax: 617-547-5680

mark@formaggiokitchen.com

<http://www.formaggiokitchen.com>

A gourmand's paradise doubling as a neighborhood grocer, Formaggio Kitchen has been an institution in Cambridge, Massachusetts for over 20 years. Our regular customers rely on us for their early morning cups of steaming hot coffee and freshly baked scones, croissants and muffins, often returning in the afternoons for a grilled panino, an artisanal baguette, a chunk of Parmigiano-Reggiano, a bottle of wine or a bag of organic salad greens. Other available items include Niman Ranch veal stew, farm fresh vegetable risotto and roasted organic chicken.

The main focus, however, is on cheese. Formaggio Kitchen provides an amazing collection of more than 200 cheeses that are either resting on the shelves or aging in the cave. Many of the cheeses offered at Formaggio Kitchen are artisanal selections, meaning that their availability may vary with the seasons. Moreover, a good number of cheeses represent the best of small, northeastern family farms. Formaggio Kitchen also features dried meats such as prosciutto and salami, some of which are supplied by all-natural, sustainable producers.

Store hours are Monday through Friday from 9 a.m. to 7 p.m.; Saturday from 9 a.m. to 6 p.m.; and Sunday from 9 a.m. to 3 p.m.

Fruit Center Marketplace

10 Bassett Street, Milton, MA 02186

boston guide: stores



Tel: 617-696-5274
Contact: Michael Dwyer
mdwyer@fruitcentermarketplace.com
<http://www.fruitcentermarketplace.com>

A locally owned gourmet and specialty foods shop, the Fruit Center Marketplace offers top-quality products from all over the New England region. During summer and autumn, we always choose produce from local farms.

Good Health

Quincy
1627 Hancock Street, Quincy, MA 02169
Tel: 617-773-4925
Contact: Diane and Ralph Maturo
info@goodhealthnaturalfood.com
<http://www.goodhealthnaturalfood.com>

Established in 1978 as one tiny store in Quincy, Massachusetts, Good Health Natural Foods is now the south shore's leading retailer of natural and organic foods, supplements and beauty products. Good Health offers quality products and exceptional service to customers. An educated staff diligently offers honest, accurate and pertinent information regarding Good Health products. The focus is always on nutritive value, freshness, ingredients and what is best for each customer.

Store hours are Monday through Friday from 9 a.m. to 9 p.m.; Saturday from 9 a.m. to 6 p.m.; and Sunday from 10 a.m. to 6 p.m.

Harvest Co-Op Markets

Cambridge
581 Massachusetts Ave., Cambridge, MA 02139
Tel: 617-661-1580
cdurkin@harvestcoop.com
<http://www.harvestcoop.com>

Harvest Co-op Markets is a community-owned market with two stores in the greater Boston area. Harvest specializes in fresh and wholesome food choices. You will find fresh, local produce in season, fresh fish right off the pier, luscious local and imported cheeses, naturally raised meat, an award-winning spice section, bulk products, unique wines and beer, and more. We sell natural, gourmet and conventional products. Harvest supports sustainable agriculture, certified organic, fair trade, and local and small family farms in our buying practices. Shopping at Harvest is an investment in the community.

Both locations are open 8am to 10pm daily.

Harvest Co-Op Markets

Jamaica Plain
57 South Street, Jamaica Plain, MA 02130
Tel: 617-524-1667
cdurkin@harvestcoop.com
<http://www.harvestcoop.com>

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Harvest Co-op Markets is a community-owned market with two stores in the greater Boston area. Harvest specializes in fresh and wholesome food choices. You will find fresh, local produce in season, fresh fish right off the pier, luscious local and imported cheeses, naturally raised meat, an award-winning spice section, bulk products, unique wines and beer, and more. We sell natural, gourmet and conventional products. Harvest supports sustainable agriculture, certified organic, fair trade, and local and small family farms in our buying practices. Shopping at Harvest is an investment in the community.

Both locations are open 8am to 10pm daily.

Lionette's Market

577 Tremont Street, Boston, MA 02118

Tel: 617-778-0360

gardenofedencafe@aol.com

<http://www.lionettesmarket.com>

Lionette's Market is owned and operated by the same family that runs (<http://gboston.com/doorGardenOfEden>), but it has been a separate entity for two years now. Both establishments only use naturally-raised, pastured meats from New England, New York, and Quebec.

The beef at Lionette's is entirely grass-fed and comes from over four sustainable family farms in Maine and Vermont. Lionette's also makes its own sausages, with no additives or preservatives and only uses the same naturally-raised meats sold raw or prepared in the restaurant. Anyone at Lionette's can tell the customer the origin/source of any meat in-store.

The eggs are farm fresh and the produce is as organic and local as seasonality allows. If they can get it local and organic, they do. Even in the dead of winter, the store will feature Vermont-grown organic beets, turnips, rutabagas, and shallots.

Hours of operation are 8 am-9pm, daily.

Plum Produce

106 Waltham Street, Boston, MA 02118

Tel: 617-423-PLUM

Contact: Victoria Kelly

<http://plumproduce.com/>

Plum Produce, a bright little neighborhood shop, can be found next door to The Butcher Shop and across the street from B&G Oysters, Ltd. in Boston's South End neighborhood. Opened by chef Barbara Lynch in the fall of 2006, Plum Produce is filled with both familiar and more unique varieties of fruits and vegetables as well as a myriad of fresh herbs, house-made confitures, jellies and pickled vegetables and even chocolate bars made by the No.9 Park pastry chef!

For the beautiful endive enjoyed at a favorite bistro or perfect heirloom tomatoes, a year round source is here. Barbara decided to open Plum Produce after realizing how difficult it was, as a consumer, to consistently find excellent and varied produce. Now home cooks have the same access as chefs to beautiful, fresh and hard-to-find fruits, vegetables and herbs. From basics like endive and fingerling potatoes to things like pluots and rose petals, the shop is filled with an ever-changing seasonal selection from Barbara's favorite local farmers.

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Savenors Market

160 Charles Street, Boston, MA 02138

Tel: 617 576 0214

Fax: 617 576 0216

Contact: Juliana Lyman

juliana@savenorsmarket.com

<http://www.savenorsmarket.com>

Savenors is currently stocking the finest meats and provisions available within a 250 mile radius. You can find traditional staples, grass fed meats and gourmet grocery at each location.

South End Formaggio

268 Shawmut Avenue, Boston, MA 02118

Tel: 617-350-6996

comments@southendformaggio.com

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

The sister store of Formaggio Kitchen in Cambridge, South End Formaggio is a unique specialty food store located in the heart of Boston's historic South End. This little space is stocked with artisanal cheeses, cured meats, dry goods and wine, and also makes sandwiches and prepared foods to go. Like the Cambridge flagship, South End Formaggio carries some of the world's most exclusive, delicious products, most of which are hand-crafted by artisans who care about the flavor of the finished product.

Products are available for purchase from the Formaggio Kitchen (<http://formaggiokitchen.comwebsite>).

Hours of operation are Monday through Friday, 9am to 8pm; Saturday, 9am to 7pm; and Sunday, 11am to 5pm.

Trader Joe's

1427 Massachusetts Ave., Arlington, MA 02476

Tel: 781-646-9138

<http://traderjoes.com/index.html>

Trader J's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader J's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader J's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader J's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

Trader Joe's

899 Boylston Street, Boston, MA 02115

boston guide: stores



Tel: 617-262-6505
<http://traderjoes.com/index.html>

Trader J's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader J's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader J's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader J's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 10pm

Trader Joe's

1317 Beacon Street, Brookline, MA 02446
Tel: 617-278-9997
<http://traderjoes.com/index.html>

Trader J's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader J's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader J's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader J's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 10pm

Beer & Wine Sales:
9am - 10pm Mon-Sat
12pm - 10pm Sun

Whole Foods Market

Newtonville
647 Washington St., Newtonville, MA 02458
Tel: 617-965-2070
Fax: 617-956-9104
<http://www.wholefoods.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with nearly 200 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable

boston guide: stores



agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

Store hours are 8 a.m. to 9 p.m. seven days a week.

Whole Foods Market

East Fenway

15 Westland Avenue, Boston, MA 02115

Tel: 617-375-1010

Fax: 617-375-0169

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

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with nearly 200 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

Store hours are 8 a.m. to 10 p.m. seven days a week.

Whole Foods Market

Brighton

15 Washington St., Brighton, MA 02135

Tel: 617-738-8187

Fax: 617-566-8268

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

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with nearly 200 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

Store hours are 8 a.m. to 10 p.m. seven days a week.

Whole Foods Market

Prospect Street, Cambridge

115 Prospect St., Cambridge, MA 02139

Tel: 617-492-0070

Fax: 617-492-9045

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

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with nearly 200 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

Store hours are 8 a.m to 10 p.m. seven days as week.

Whole Foods Market

Charles River Plaza
181 Cambridge Street, Boston, MA 02114
Tel: 617-723-0004
Fax: 617-723-0404
<http://www.wholefoodsmarket.com>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with nearly 200 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

Store hours are 8 a.m. to 10 p.m. seven days a week.

Whole Foods Market

Fresh Pond, Cambridge
200 Alewife Brook Parkway, Cambridge, MA 02138
Tel: 617-491-0040
Fax: 617-497-9469
<http://www.wholefoods.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with nearly 200 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

Store hours are 8 a.m. to 10 p.m. seven days as week.

Whole Foods Market

Medford Whole Foods Market
215 Mystic Valley Parkway, Medford, MA 02155
Tel: 781-395-4998
Fax: 781-393-0784
Contact: Jim Mason
<http://www.wholefoods.com>

Back in 1980, Whole Foods started out with one small store in Austin, Texas. Today, we're the world's leader in natural and organic foods, with more than 270 stores in North America and the United Kingdom.

Who are we? Well, we seek out the finest natural and organic foods available, maintain the strictest quality standards in the industry, and have an unshakeable commitment to sustainable agriculture.

Around here, we often talk about our mission in terms of Whole Foods - Whole People - Whole Planet. Basically, we think these elements all play a huge role in our success.

Whole Foods - We search for the highest quality, least processed, most flavorful and natural foods possible because we believe that food in its purest state - unadulterated by artificial additives, sweeteners, colorings and preservatives - is the best tasting and most nutritious food there is.

Whole People - Our people are our company. They are passionate about healthy food and a healthy planet. They take full advantage of our decentralized, self-directed team culture and create a respectful workplace where people are treated fairly and are highly motivated to succeed.

Whole Planet - We are committed to helping take care of the world around us, and our active support of organic farming and sustainable agriculture helps protect our planet. And while we assist our global neighbors through our Whole Planet Foundation's micro-lending operations, we also step out the back door of each of our stores to support food banks, sponsor neighborhood events and donate to local non-profit groups.

Whole Foods Market

River Street, Cambridge

340 River Street, Cambridge, MA 02139

Tel: 617-876-6990

Fax: 617-876-6694

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

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with nearly 200 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

Store hours are 8 a.m. to 10 p.m. seven days a week.



Clear Flour Bread Bakery

178 Thorndike Street, Brookline, MA 02446

Tel: 617.739.0060

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

Clear Flour Bread specializes in making the authentic breads of Italy and France. Using simple ingredients - flour, water, salt and yeast - we scratch mix and hand shape long fermented doughs for stone hearth baking.

All of our flours are unbleached and unbromated. Our rye, whole wheat, buckwheat, and 7-grain blend are organic and stone ground. No dough conditioners, preservatives or improvers of any kind are added.

Seasonal Guide



Seasonal Guide: Massachusetts

MASSACHUSETTS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples								x	x	x		
Blueberries							x	x				
Cantaloupes								x				
Cranberries									x	x		
Peaches								x	x			
Raspberries								x	x			
Strawberries							x					
Watermelon								x	x			
Beans							x	x				
Beets						x	x	x	x			
Broccoli								x	x			
Cabbage						x	x	x	x	x		
Carrots							x	x	x			
Cauliflower						x	x	x	x			
Celery								x	x			
Corn								x	x			
Cucumber						x	x	x				
Eggplant								x	x			
Greens						x	x	x				
Lettuce					x	x	x	x	x	x		
Onion						x	x	x	x	x		
Peas					x	x	x	x	x			
Peppers					x	x	x	x	x			
Potatoes						x	x	x	x	x		
Pumpkin									x	x		
Radishes					x	x	x	x	x			
Scallions					x	x	x	x	x			
Spinach					x	x	x	x	x			
Summer Squash						x	x	x	x			
Winter Squash									x	x		
Tomatoes								x	x			
Turnips								x	x	x		

Data provided by: http://www.mass.gov/agr/markets/farmersmarkets/get_fresh_seasons.htm



With thousands of listings of farms, markets, restaurants and other producers of locally-grown, sustainably-produced food throughout North America, the Eat Well Guide will lead you to fresh, healthy food near you.



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