

A Winter Shopping List

Below is a list of locally grown products available at this time of year, that includes most, but not all possible products. For information on winter farmers' markets go to www.buylocalfood.org.

Some of our local grocery stores, restaurants and school cafeterias have these products too – but not all of these products. Next time you visit your favorite food outlet, ask if they have the ingredients below. Thank those that do and encourage those that don't. Either way we'd love to know if you're finding the local products you seek. You can contact us at info@buylocalfood.org or 413-665-7100.



Fruits and Vegetables

- Apples
- Arugula
- Bok Choy
- Beets
- Cabbage
- Carrots
- Celeriac
- Dried Beans*
- Garlic
- Kale
- Leeks
- Lettuce
- Onions
- Parsnips
- Popcorn*
- Potatoes
- Radishes
- Rutabaga
- Salad Mix

- Shallots
- Spinach
- Sweet potatoes
- Turnips
- Winter Squash

Grains*

- Barley
- Bread (local wheat)
- Wheatberries

Prepared Foods

- Dips
- Jams/Preserves
- Pickles
- Salad Dressing
- Salsa
- Sauces
- Vinegar

Meat and Dairy

- Beef
- Cheese (Cow/Goat)
- Chicken
- Eggs
- Fish (Barramundi)
- Lamb
- Milk and Cream
- Pork
- Yogurt

Sweeteners

- Honey
- Maple Syrup

Beverages

- Cider
- Black Currant Cordial
- Mead
- Wine

**These items are currently in very limited supply so they may not be available at grocery stores.*

To see a listing of our Local Hero Retailers, see reverse side!



Local Hero Retailers

Retailers who are part of CISA's Local Hero Program have made a commitment to purchase a portion of their products from local farms and Local Hero specialty food producers.

Amherst

Atkins Farms Country Market
Big Y World Class Markets
Portabella Fine Foods & Catering

Cummington

The Old Creamery

Deerfield

M & M Green Valley Produce

Easthampton

Big E's Supermarket

East Longmeadow

Stop & Shop

Gilbertville

Hardwick Farmers Cooperative Exchange

Greenfield

Big Y World Class Markets
Foster's Super Market, Inc.
Green Fields Market
Greenfield Farmers Cooperative Exchange
Stop & Shop

Hadley

Maple Farm Foods
Stop & Shop
Whole Foods Market

Leverett

Leverett Village Coop

Northampton

Big Y World Class Markets
Cornucopia Foods
River Valley Market
Serio's Market
State Street Fruit Store
Valley Green Feast

Shelburne Falls

Keystone Market
McCusker's Market and Deli

Southampton

Big Y World Class Markets

Springfield

Stop & Shop, Cooley Street

Sunderland

Millstone Farm Market

Williamsburg

Williamsburg Market

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