

My New Hampshire Plate - Meet just a few of the thousands of local farmers who fill your plate!

FRUIT

**Sunnycrest Farm
Londonderry, NH**

Combined with vegetables, fruit should be half of your plate

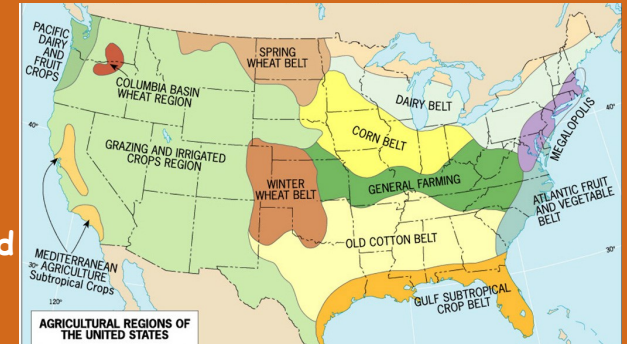
A family run farm since 1943, it is one of the last four standing apple orchards in Londonderry. Through the years, the Hicks family has developed Sunnycrest into a strong contributor to the agricultural community in New England by serving a large local community following while distributing products to a number of grocery stores around the state. In June, they kick off the year with pick your own strawberries. As strawberries go out of season in July, the blueberries, cherries, and raspberries flare up in patriotic color just in time for the 4th of July. As summer fades, fall harvests bring a new set of crops. In August, there is a second season of raspberries, September begins apple season and pumpkins round out the year in October.



GRAIN

Whole grains are best!

Grains are an important part of your daily diet as they provide a variety of nutrients such as fiber, B vitamins, and iron. Food made from wheat, rice, oats, barley and other cereal grains are part of the grain food group. Breads, pasta, cereal, popcorn, rice and torillas are great ways to enjoy the benefits of grain. Grains grow best in warm temperatures (70° to 75°) with lots of sunshine and low humidity. That doesn't align with the climate in New Hampshire. A small amount of grain is grown in the state, but it is primarily used for animal feed. Much of the world's grain supply comes from the



American Midwest, also known as the "grain belt". Kansas and North Dakota produce the most wheat, Arkansas leads the way in rice production, South Dakota is tops in growing oats and Idaho produces the most barley in the United States. Plenty of grain is grown to fill our plates with the majority of these crops being used for animal feed.



PROTEIN

**CJEJ Farm
Columbia, NH**

An essential building block of growth

CJEJ Farm is a family affair. Chris Brady grew up on a dairy farm while Joyce grew up in a large family that raised everything they could to feed the family. Coming together, CJEJ Farm was established in 2000 and currently consists of about 50 beef cattle (mostly Herefords), 5 pig sows (Yorkshire, Landrace and Duroc), 20 feeder and market hogs, 100 laying hens, 100 turkeys (White Broad Breasted) and 600 broilers (Cornish Rock Cross). In 2015, a farm store was added to CJEJ Farm named The MeatHouse. Here you can purchase CJEJ Farm's own eggs, beef, pork, chicken and turkey. Offering fresh local meat helps to grow the local movement and adds to peoples' desire for more locally produced food.

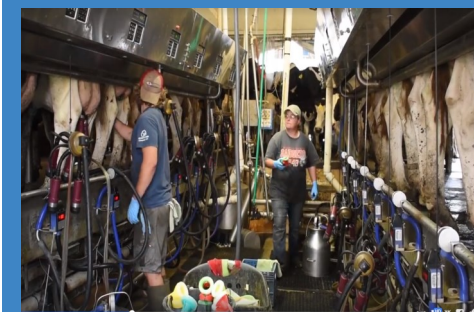


DAIRY

**Contocook Creamery
Contocook, NH**

Three servings of dairy each day!

The Bohanan family farm got its start in 1907. In 1990, Lester Bohanan's granddaughter, Heather Robertson, took over the farm with her



family. The farm has seen many changes, but one of the biggest came about in 2009 when the wholesale milk price crashed. In order to keep the farm alive, they launched Contocook Creamery. Today, they make and sell their products themselves rather than just through a large company. Contocook Creamery makes cheese, butter, and glass-bottled milk made exclusively from their own cows. Their cows are kept happy and healthy with regular visits from their veterinarian and nutritionist. The farm is now more than 440 acres of land and is home to 200 milk cows, producing more than 23,000 eight-ounce servings of milk every day. You can see the farm in action on the History Channel's *The American Farm*, a series which tells the stories of family farms across the country.



VEGETABLES

**Moulton Farms
Meredith, NH**

Combined with vegetables, fruit should be half of your plate

Moulton Farm was started by family members back in the 1890's as a cattle farm. After operating as a dairy farm, the current owner, John Moulton, has transitioned to producing primarily vegetables. What started as John's small farm stand, has now expanded so that the farm market and the farm kitchen are now open nine months a year.

Many different vegetables are now raised ranging from asparagus to zucchini. They are grown not only on 65 acres of land, but also in the greenhouses and the hydroponic house. This expands the growing season so that fresh vegetables are available in the early spring and late fall. In addition to vegetables, herbs and some fruits are also grown, including strawberries and melons. In 2000, a commercial kitchen was added to the farm market. Today pies, breads, and cookies are baked fresh daily, plus 2 farm chefs create soups, salads, and prepared meals utilizing as much farm produce as possible. Sustainable farming methods are used to preserve the rich soil for future.

