

Experience Local Food in East Hants

The purpose of this Local Food Guide is to help connect consumers in East Hants with local producers. Buying local, fresh products directly from farms and markets can benefit individuals, communities and the environment. This guide includes local producers who sell produce, meats and/or locally processed goods, directly to the public. There are many more farms in East Hants that are not included in this guide who sell to markets and grocery stores.

Use this Guide to locate and support farms and markets close to you!



Where does OUR food come from?

When we choose to buy local food we are choosing quality. Simply put, buying local means buying foods that are produced, grown or raised as close to home as possible. We are fortunate to have access to an abundance of locally grown produce and products in East Hants. Supporting local producers strengthens our community and gives us confidence in knowing where our food comes from.

Why Buy Local?

For OUR Community

Buying local food keeps money in the community. Farmers who sell directly to consumers receive full retail price for their food. This money can be used to increase the quantity and quality of local food available. Money made on the farm can then be circulated within the community to support and strengthen other local businesses, which in turn can create new jobs. This relationship is beneficial for the entire economy, urban and rural. Supporting local farmers and producers also provides the opportunity to get to know our neighbours so that we can all work together to build a strong and vibrant community.

For OUR Environment

Local food doesn't have to travel far. When food is transported over long distances, many harmful fuel emissions are created. Local food requires little or no packaging which also helps to protect the environment. Small, local farms are often more environmentally friendly because they produce food in a manner that is more sustainable. Supporting local producers can help to protect farmland.

For OUR Health

The food we buy locally is often more natural and fresh. Fruits and vegetables shipped in from far away can take a long time before they arrive in the supermarket. These foods may contain fewer nutrients, and tend to be highly processed. Local foods contribute to our health and the health of our community. So enjoy the delicious flavour of foods that come directly from the land and hands of East Hants producers.

For more information about this guide contact:
SunRoot Eco-Solidarity Association
902-632-2497
www.sunroot.org

For a complete list of local businesses check out the Hants County Business Directory Website at:
www.hantscounty.com.

This guide has been supported by:



Eco-Solidarity Association



Connect. To Business. To Life.



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Meat, Poultry and Eggs

D Cox Bros. Poultry Farm

Stacey Sherman (sales)
7520 Hwy 215, Maitland
Phone: 902-261-2823
Call ahead to place order
Eggs

E Lawrence Robinson

9255 Hwy 215, Maitland
Phone: 902-261-2278
Call ahead to place order
Pork Sides, Quarters

F Nant-Y-More Farm

Andrew Hebda & Gwyneth Jones
5910 Hwy 215, Noel Shore
Phone: 902-369-2969
Call ahead to place order
Sheep, Lamb, Pork

G Prescott Farm

James & Diana Lyndell
34 Prescott Lane, Enfield
Phone: 902-883-7297
Call ahead to place order
Lamb

H Renfield Farm

John MacDonnell
729 Renfrew Rd, Enfield
Phone: 902-883-9126
Call ahead to place order
Sheep

I Sinclair Family Farms

Sue & Mark Sinclair
South Maitland
Phone: 902-261-2029
www.sinclairfamilyfarm.com
Call ahead to place order
Chicken, Turkey (certified free range), Pork (naturally raised) and eggs (free range)

J Selma Green

Edward & Carla Green
7410 Hwy 215, Maitland
Phone: 902-261-2148
Call ahead to place order
Beef, Pork

K Wayne & Marilyn Haley

2210 South Rawdon Rd, South Rawdon
Phone: 902-757-2246
Call ahead to place order
Beef Whole, Side, Quarter Side, Hamburger

Vegetables & Other Produce

L Foggy Hollow Farms

Richard & Marjorie Thompson
3949 Hwy 215, Noel
Phone: 902-369-2568
Monday-Sunday 9:00am-9:00pm,
Seasonal
Vegetables

M Gore-jus Greenhouses

Tina & Tim Morgan
2909 Hwy 202, East Gore
Phone: 902-222-3661 or 902-632-2945
Call ahead to place order
Eggs, Seasonal Greens

N H & L Greenhouse

Henry Dueck
2806 Ranch Rd, Upper Kennetcook
Phone: 902-369-2174
Call ahead for hours
Vegetables

O Honey Meadows Farm

Paul Dickie
10863 Hwy 215, South Maitland
Phone: 902-261-2721
Call ahead to place order
Honey

P River View Herbs

Jim Bruce
8907 Hwy 215, Maitland
Phone: 1-888-261-4372 or 902-261-2109
www.riverviewherbs.com
Monday-Sunday 9:00am-5:00pm,
May to September
Fresh Herbs, Pesto, Dips

Q SunRoot Farm

Jen Melanson, Steve Law, Evelyn Jones,
Charles Levkoe, Airin Stephens
3101 Hwy 236, Kennetcook
Phone: 902-632-2497
www.sunroot.org
Call ahead to place order
Community Shared Agriculture (pre-paid
food box orders)
Vegetables (Organic, non-certified)

Markets

R Classic Meat Packers

4265 Hwy 14, Upper Rawdon
Phone: 1-800-797-2333, 902-632-2543
Monday-Friday 7:00am-4:30pm,
Saturday 8:00am-2:00pm
Meats

S Cravings Café

3816 Hwy 14, Upper Rawdon
Phone: 902-632-2673
Wednesday-Sunday 11:00am-8:00pm
Baked Goods

T Hac 'n Sac Gourmet Preserves

69 Park Rd, Elmsdale
Phone: 902-883-7400
www.hacnsac.com
Monday-Friday 10:00am-5:00pm
Preserves, Honey, Dips

U Moxsom Meat

161 Densmore Rd, Shubenacadie
Phone: 902-758-2956, 902-758-2294
Monday-Friday 9:00am-5:00pm,
Saturday 9:00am-12:00pm, or call ahead
Beef, Pork

V Rocky Knoll Farm Meat Shop

1040 Highway 214, Belnan
Phone: 902-883-0483
Monday-Sunday 9:00am-9:00pm,
May to December
Naturally Raised Beef, Pork, Chicken

W Village Bakery

2738 Main Street, Shubenacadie
Phone: 902-758-2445
www.villagebakery.ca
Tuesday-Sunday 10:00am-4:00pm,
February to December
Baked Goods, Jams, Jellies

X Withrow's Farm Centre

206 Highway 1, Mount Uniacke
Phone: 902-866-1113
Monday-Sunday 9:00am-9:00pm,
May to December
Vegetables, Fruit, Baked Goods

Y Withrow's Farm Market

1040 Highway 214, Belnan
Phone: 902-883-2698
Monday-Sunday 9:00am-9:00pm,
May to December
Vegetables, Fruit, Baked Goods, Herbs

Z Withrow's Farm Market

2140 Highway 14, Upper Rawdon
Phone: 902-632-2566
Monday-Sunday 9:00am-8:00pm,
June to October
Vegetables, Fruit, Baked Goods

Fruit

A Barneybrook Farms

Willie Versteeg
280 MacDonald Rd, Hardwoodlands
Phone: 902-758-2167
Mid-July to Mid-August
Call ahead for hours
U-Pick Raspberry

B Courthouse Hill Farms

Barron & Debbie Blois
2247 Hwy 202, Gore
Phone: 902-632-2988
July to September
Call ahead for hours
Blueberry

C Rainbow Farms Limited

Ruth Paige
62 Weatherhead Rd, Upper Rawdon
Phone: 902-632-2548 or
1-800-263-0075
www.rainbowfarms.ns.ca
Monday-Friday 8:00am-5:00pm
Blueberry

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