

LOCAL SHOPPING at the BELFAST CO-OP

Meat and Cheese Department

Goat's Milk Cheeses: Sunset Acres, Seal Cove, or Appleton Creamery

Cow's Milk Cheeses: cheddar and colby from Sonnetal Dairy

Beef: Caldwell Farms or Wee Bit Farms

Pork: Wee Bit Farms

Turkey: The Turkey Farm

Chicken: Mainely Poultry

Rabbit: Mainely Poultry

Seafoods: haddock, shrimp, crab, and scallops

Dairy Department

Milk: Garelick Farms (conventional), Caldwell Family Farm (organic and unpasteurized), or Organic Cow

Butter: Kate's Homemade, or Dickson's

Yogurt: White Gold (unpasteurized)

Eggs: Bowden's, Parent's, Rolling Acres, Conscious Possibilities, or Tangled Oak

Bulk Department

Flours: whole wheat, buckwheat, spelt

Rolled Oats

Beans: marifax, Jacob's cattle, soldier, cranberry, and Maine Yellow Eye

Produce Department

Winter: look for root vegetables, winter squash, apples, potatoes, onions, garlic, cabbages, cider, occasional greens (mesclun mix, chard, kale), and seeds for your own garden

Spring: look for lingering root crops, spring dug parsnips, leeks, potatoes, onions, spinach, kales, Jerusalem artichokes, and other greens, sprouts, and high-quality seedlings for your own garden

Summer: look for peas, asparagus, beans, summer squash, tomatoes, peppers, eggplants, potatoes, scallions, berries, lettuce, peaches, plums, carrots, celery, corn, broccoli, cauliflower, melons, potatoes, cabbages, beets, garlic

Fall: look for apples, pears, winter squash, onions, garlic, lettuce, greens, root vegetables, cabbages, broccoli, cauliflower, Brussell sprouts, fresh cider

Grocery Department

Salt: Maine Sea Salt Co.

Maple Syrup: Strawberry Hill or Unique Golden Road

Honey: Gardiner's, or Swans

Popcorn: Maine Popcorn Company

Teas: Highland Organic Blueberry Tea or Avena Botanical's Garden Tea

Soup Mixes: Give Peas a Chance, and various mixes from the Beanery

Dried Seaweeds: Maine Coast Sea Vegetables

Dilly Beans: Spruce Bush Farms

Tinned Herring: Bar Harbor

Canned Blueberries and Blueberry Juice: Wyman's

Blueberry Syrup and Jam: Fiddler's Green

Bread: Borealis Aroostook Wheat

Water: Spring Valley and Mount Desert

Frozen Department

Cottage Cheese: Nezinscot Farms

Blueberries: Blue Barrons Farm

Seafoods: ground fish, shrimp, and crab available seasonally

Wine Department

Cranberry and Apple Wines: Winterport Winery

Maine Meads (honey wines): Honeymaker