



SALEM NH FARMERS MARKET VENDORS OF THE MONTH

Arrowhead Family Farm This 11th generation farm was established in 1683 along the Merrimack River in Newburyport, Massachusetts as the Moulton Farm, and was renamed by Charlie Moulton in the 1890s as Arrowhead. The farm's focus currently is to produce the finest quality retail farm and garden products possible, just the way Dick's grandfather Charlie Moulton taught him, without the use of chemical fertilizers, pesticides, or livestock feed additives.

In keeping with sound environmental management, Arrowhead rotate a diverse crop mix including fruits, vegetables, berries, fresh herbs, garden plants, cut flowers, forage crops, horse quality hay, beef cattle, hogs, poultry, honeybees, maple syrup, and forest products.

Arrowhead Farm supports a CSA. (Community Supported Agriculture) A CSA is a group of families who purchase a share of the farm's crops and livestock and thereby become directly involved with the production of their food. During the harvest of each crop they receive a weekly share of seasonal fruits and veggies. Consider joining Arrowhead's C.S.A. group for a season filled with fun and good things to eat, and you can pick up your weekly CSA share at the Salem NH Farmers Market. (SNHFM) After all, locally grown, sustainably produced food is the future for any green community.

June favorites at Arrowhead are the STRAWBERRIES and RHUBARB! Go to the SNHFM website for recipe ideas, <http://www.salemnhfarmersmarket.org/recipes.html>. For more information about Arrowhead Farms and their CSA programs visit their website at ArrowheadFamilyFarm.com



The Salem NH Farmers Market is a year round market operating every Sunday from 10 AM – 2 PM. We have moved to our summer location at Salem Market Place, 224 North Broadway, (Route 28) Salem, NH. Visit our website, SalemNHFarmersMarket.org, where you can sign up for weekly e-newsletters letting you know what vendors will be at the market. We accept credit, debit and EBT (food stamps). Please contact info@SalemNHFarmersMarket.org with any questions.