



Here are some of the local foods you will find at Wild Oats:

### **Vegetables & Fruits**

**From Chenail's Farm, Williamstown, MA**

Sweet Corn

**From Berlin's Best, Berlin, NY**

Heirloom Tomatoes

**From Equinox Farm, Sheffield, MA**

Arugula

Baby Spinach

Mesclun Mix

**From Happenstance Farm\*, Eagle Bridge, NY**

Green Cabbage

Cantaloupe

Cucumbers

Eggplant

Mesclun

Red & Yellow Onions

Peppers

Pumpkin

Green and Yellow Squash

Spinach

Tomatoes

Watermelon

Zucchini

**From Ioka Valley Farm, Hancock, MA**

Maple Syrup  
Naturally Raised Beef

**From Lakeview Orchards, Lanesboro, MA**

Apples  
Cherries  
Red Currants  
White and Yellow Nectarines  
White and Yellow Peaches  
Methley Plums  
Shiro Plums  
Raspberries  
Strawberries

**From Mighty Food Farm\*, Pownal VT**

Dill  
Eggplant  
Green and Red Cabbage  
Flat Leaf Parsley  
Honeyloupe Melon  
Rainbow Chard  
Cherry Tomatoes  
Heirloom Tomatoes  
Parsley  
Scallions  
Sungold Tomatoes

**From Stamford, VT**

Blake's Blueberries

**From Wildstone Farm\*, Pownal, VT**

Baby Beets & Greens  
Gold Beets  
Broccoli  
Carrots  
Green and Lacinato Kale  
Rainbow Chard  
Red and Green Lettuce  
Curly and Italian Parsley  
Scallions  
Yellow Squash  
Spinach  
Zucchini

## **Meats & Fish**

Naturally raised chicken & ground turkey from Misty Knoll Farms, New Haven, VT  
Frozen Meats from Vermont Bacon and Sausage, South Barre, VT  
100% Grass-fed beef (frozen) from Black Queen Angus Farm, Berlin, NY  
100% Grass-fed beef (fresh) from North Hollow Farm, Rochester, VT  
Ground turkey from Stonewood Farm, Orwell, VT  
Naturally raised pork (frozen) from Black Queen Angus Farm, Berlin, NY

## **Breads**

Avonlea Bakery, Pownal, VT  
Berkshire Mountain Bakery, Housatonic, MA  
Rock Hill Bakehouse, Gansevoort, NY  
Vermont Bread, Brattleboro, VT  
Our own bakery's breads, baked with local flour

## **Gluten-Free Pastries**

Bennington Bakery, Bennington, VT  
Upper Crust Bakery, Cheshire, MA

## **Cheeses**

Artisanal Cheeses from Cricket Creek Farm, Williamstown, MA and Maplebrook Farm, Bennington, VT  
Berle Farm Goat Cheese\* from Hoosick, NY  
Cheddar Cheese from Cabot Farms, Cabot, VT  
Cheddar Cheese from Grafton Village Cheese Co., Grafton, VT  
Cheddar Cheese from Shelburne Farms, Shelburne, VT  
Cobb Hill Farmstead Cheese from Hartland, VT  
"Constant Bliss" Cheese from Jasper Hill Farm, Greensboro, VT  
Goat Cheeses from Blue Ledge Farm, Salisbury, VT  
Goat Cheeses from Goat Rising Farm, Charlemont, MA  
Goat Cheeses\* from Lazy Lady Farm, Westfield, VT  
Monterey Jack Cheese\* from Neighborly Farm, Randolph Center, VT  
Tarentaise from Spring Brook Farm, Reading, VT  
Various cheeses from West River Creamery, Londonderry, VT

## **Eggs**

Feather Ridge Farm, Elizaville, NY  
Local farmers in Williamstown and Drury  
Wildstone Farm\*, Pownal, VT

## **Yogurt**

Berle Farm, Hoosick, NY  
Polymeadows Farm & Creamery (goat's milk yogurt), Shaftsbury, VT  
Sidehill Farm, Ashfield, MA

Stonyfield Yogurt and Soy Yogurt\*, Londonderry, NH

## **Butter**

High Lawn Farm, Lee, MA

Maple butter from Ioka Valley Farm, Hancock, MA

Vermont Butter & Cheese Company, Websterville, VT

## **Milk & Cream**

Crescent Creamery, Pittsfield, MA

High Lawn Farm, Lee, MA

Polymeadows Farm & Creamery (goat's milk yogurt), Shaftsbury, VT

Strafford Organic Creamery at Rockbottom Farm, Strafford, VT

## **Ice Cream & Sorbet**

Ben & Jerry's Ice Cream from South Burlington, VT

Berkshire Ice Cream from West Stockbridge, MA

Blue Moon Sorbet from Queechee, VT

SoCo Ice Cream from Great Barrington, VT

Stonyfield Ice Cream\*, Londonderry, NH

## **Bulk Products**

Cashews\*, Agave Ginger Cashews\*, Curry Cashews\*, Sea Salt & Onion Cashews\*,  
Raw California Mix\*, Roasted Almonds\*, Roasted Sunflower Seeds\*, and Shelled and  
In-Shell Pistachios\* from Tierra Farm, Valatie, NY

Chocolate Trail Mix\* and Granolas from New England Natural Bakers, Greenfield,  
MA

Stone Ground Whole Wheat Flour\* (Bread & Pastry) from Gleason Grains,  
Bridport, VT

## **Health & Wellness**

Bar Soaps\* from Vermont Soapworks, Middlebury, VT

Goat's Milk Soap from Elmore Mountain Farm, Morrisville, VT

Humble Soap, Williamstown, MA

Katherine's Comfrey Healing Salves, Shaftsbury, VT

Leyden House Essential Oils from Leyden House Ltd., Greenfield, MA

New Chapter Vitamins & Supplements\* from New Chapter Inc., Brattleboro, VT

Song Sailor Soap, North Adams, MA

## **Beers and Wines**

Berkshire Brewing Co. Ales and Porters, South Deerfield, MA

Green River Ambrosia Meads and Cyzers, Greenfield, MA

McNeill's Ales, Stouts and Porters, Brattleboro, VT

Otter Creek Ale, Middlebury, VT

People's Pint Beers and Ales, Greenfield, MA

Red Rock Ale, Southampton, MA

West County Cider, Colrain, MA  
Wolaver's Ale, Middlebury, VT

### **And More . . .**

Appalachian Naturals Salad Dressings from Goshen, MA  
Barrington Coffee Roasting Co. coffees from Great Barrington, MA  
Berkshire Bark Chocolate Bars from Sheffield, MA  
Berkshire Mountain Pizzas, Ciabattas and Cookies from Berkshire Mountain Bakery, Housatonic, MA  
Biscotti Babies from Great Barrington, MA  
Blueberry Spread from The Benson Place, Heath, MA  
Bola Granola\* from Michele's Boiler Room Café Kitchen, Monterey, MA  
Cider Vinegar from Shelburne Apple Co., Shelburne, VT  
Dean's Beans Fair Trade Coffees\* and Hot Cocoa Mix from Orange, MA  
Desperados Salsa from Desperados Restaurant, Williamstown, MA  
Drews Salad Dressings from Chester, VT  
Highmowing Seeds\* from Wolcott, VT  
Horseradish from Saw Mill Site Farm, Greenfield, MA  
Hot Sauce, Pickles, Red Cabbage, and Sauerkraut from Real Pickles, Montague, MA  
Juices\*, Applesauce\*, Tofu\*, and More from Woodstock Farms, Dayville, CT  
Lightlife Tempeh\* from Turners Falls, MA  
Mediterranean Delights Hummus\* and Baba Ganouj from Southern Vermont  
Michael's Salad Dressing from Michael's Restaurant, Williamstown, MA  
Nasoya Tofu from Vitasoy, Ayer, MA  
Nejaime's Lavasch Flatbread from Hingham, MA  
Pesto from Vermont Fresh Foods, Proctorsville, VT  
Putney Frozen Pasta from Brattleboro, VT  
Raw Honey from Honey Gardens, Ferrisburgh, VT  
Sand Springs Spring Water from Williamstown, MA  
Saratoga Springs Sparkling Spring Water from Saratoga Springs, NY  
Seitan from Sheffield Seitan, Lyndon, VT  
Shelburne Falls Honey from Shelburne Falls, MA  
snackTAXI reusable snack and sandwich bags from Plainfield, MA  
South River Miso\* from Conway, MA  
Soy Candles from Bennington Candle, Bennington, MA  
Sunja's Mild White Kimchi from Waterbury, VT  
Vermont Dog Treats from Woodstock, VT  
Whole Wheat & Flaxseed Cereal from Uncle Sam, Needham, MA

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#### **PLEASE NOTE:**

\* signifies that the product (or the farm) is certified organic

This is a partial list of our local providers; and our list changes depending on the season. Availability varies according to season and producer.