

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



## MAKE HALF YOUR PLATE FRUITS.

LaValley Farms - Suncook, NH

lavalleyfarms.com Chris & Danielle LaValley

Chris and Danielle are first generation farmers. They purchased their farm and farmstand in 2006 at the age of 20 and have had many successful produce seasons.

They pride themselves in selling only the freshest produce available. They grow the fruits and some vegetables. They sell their produce at their main farmstand in Hooksett.

The LaValleys were the recipients of the 2012 New Hampshire Farm Bureau Young Farmer Achievement Award. The award is designed to acknowledge and celebrate those who make their living from the land.

The LaValleys remain true to their motto, "New Hampshire Grown - Period."

## MAKE HALF YOUR PLATE VEGETABLES.

Tracies Community Farm, LLC  
Fitzwilliam, NH

traciesfarm.com Tracie Look

In 1999, Tracie started growing vegetables in Sullivan on her father's land while studying Environmental Horticulture at UNH to get hands on experience.

In November of 2007 she found a land opportunity in Fitzwilliam. Fitzwilliam Green was looking for a farmer to buy 33 acres of land they wanted to keep in farming by putting a Conservation Easement on it since the land was classified as Becket Fine Sandy Loam, which is prime agricultural soil, rare in New Hampshire. She worked with Fitzwilliam Green and the Monadnock Conservancy to put together an easement that would work for everyone.

Tracie and her crew produce vegetables, herbs, and fruits grown with love and without the use of pesticides or chemicals. They use row covers to prevent pests and increase warmth, crop rotations to disturb pest and disease cycles, cover crops to prevent soil erosion, capture nutrients, and harvest nutrients and organic matter, and compost and other organic fertilizers to feed the soil. The diversity of plants they grow helps prevent pest populations from building up.



## AT LEAST HALF OF ALL THE GRAINS YOU EAT SHOULD BE WHOLE GRAINS.

Brookford Farm - Canterbury, NH

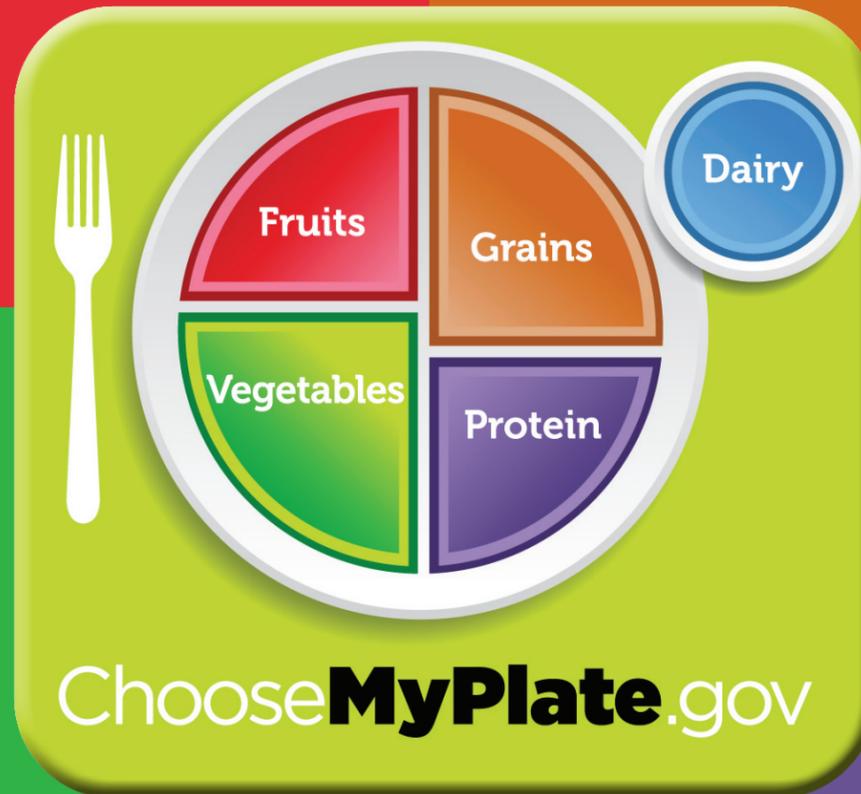
brookfordfarm.com Luke & Catarina Mahoney

Catarina and Luke had been learning and practicing organic and biodynamic farming on a variety of farms in Russia, Germany and the United States. They met at a farm near St. Petersburg, Russia. At that farm they were exposed to many different aspects of agriculture and sustainable living.

In January 2007, they moved to Brookford Farm in Rollinsford, New Hampshire. Later the Mahoneys found a permanent home for their farm in Canterbury, New Hampshire.

In 2012, Brookford Farm moved its entire operation and staff to the new 613-acre site.

They believe that a diversified farm can grow a greater variety of food.



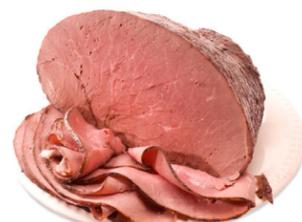
## PROTEIN IS AN ESSENTIAL BUILDING BLOCK FOR GROWTH.

Diamond B Farm  
New Durham, NH

bickfordsdiamondbfarm.com  
Robert & Robin Bickford

Diamond B Farm is a family owned farm that has been in operation since 1763. The Diamond B is a continuously growing operation, being managed by Meghan Bickford. They produce beef, pork chickens, turkeys eggs and hay.

They currently raise Belted Galloway and Angus cattle, and have a varying number of laying hens, and have a small pig operation. During the summer months they also raise broilers and they have turkeys available for holiday dinners.



There are currently four generations of registered Belted Galloways residing at the Diamond B Farm. The herd consists of three different color Belties. Black Belties are the most common, followed by Dun (brown) and Silver.

## TRY TO GET 3 SERVINGS OF DAIRY EACH DAY.

Springvale Farms & Landaff Creamery, LLC  
Landaff, NH

landaffcreamery.com Doug & Deb Erb

Doug and Deb milk about 100 registered Holsteins on 300 acres on their Springvale Farm located in the Amonoosuc River Valley.

They are second generation farmers. In 1989 they took over Doug's family farm which had been established in the 1950's.

Eventually they decided to make a value added product that they could sell directly to the consumer. In 2008 they established Landaff Creamery LLC, an artisan cheese making facility where they produce Landaff Cheese, a raw cow's milk cheese based on a traditional Welsh recipe Doug learned from Chris Duckett and Dr. Jemima Cordle at Westcombe farms, England.

