

## Unfold this brochure for a complete listing of all local foods offered at Honest Weight Food Co-op.

**HEALTH and BODY AIDS**

Nature's Plus - Amityville, NY  
Supplements.

Northern Light Candles - Wellsville, NY  
Candles.

New Chapter Organic Supplements - Brattleboro, VT  
Whole food supplements.

Patience Brewster Cards - Skaneateles, NY  
Greeting cards.

Pioneer - Shelburne Falls, MA  
Supplements.

Primitive - Woodstock, NY  
Lipsticks.

Becyline, Inc. - Waltham, MA  
Toothbrushes, etc. made from recycled plastics.

Sinus Buster - Albany, NY  
Hot pepper nasal spray.

Studio C - Underhill, VT  
Greeting cards.

Suki Beauty Products - Northfield, MA  
Very pure skin care products for face and body.

Sunbeam Candles - Newfield, NY  
Beeswax candles.

Topical BioMedics - Rhinebeck, NY  
Makers of Toprin, homeopathic anti-inflammatory topical cream.

Unemployed Philosopher's Guild - Brooklyn, NY  
Greeting cards.

Wise Ways Herbs - Worthington, NY  
Tea tree foot powder and belly balm.

Way Out Wax - Montville, VT  
Candles and bug spray.

Nature's Answer - Hauppauge, NY  
Perfo-rub, toothpaste, and mouthwash.

organic face care line.

Kiss My Face - Gardiner, NY  
Body lotion, olive soaps, deodorants, toothpaste, and

Unwrapped soaps, made with bicycle powered energy.

Just Soap - Ashfield, MA  
Herbal compounds.

Jean's Greens - Castleton, NY  
Herbal compounds.

Humphrey's - East Hampton, CT  
Witch Hazel, and homeopathic blends.

Honey Garden Apiaries - North Ferrisburg, VT  
Hand harvested bee pollen, elderberry extract, cough syrup, and propolis healing salve.

Herbal Answers - Saratoga Springs, NY  
Aloe vera juice and gel.

Earthworm Herbs - Williamsburg, MA  
Salves for eczema and poison ivy.

Fiddler's Bow - Middle Falls, NY  
Housewares (mugs, towels, etc.)

David Lord - Greenville, NY  
Bee pollen.

Crack Care - Hanover, NH  
Salve for cracked lips and hands.

Cheslea Green Publishing - White River Junction, VT  
Publishing company devoted to alternative energy and farming.


Burch Bottle & Packaging - Watford, NY  
Glass bottles.

Blue Q Brands - Pittsfield, MA  
'Get Real' bar soaps and breath mints

Bennington Candle - North Bennington, VT  
Aroma-therapeutic candles.

Badger - Gilsun, New Hampshire  
Lip and body balms, oils, gifts

**LOOK FOR BLUE RIBBONS**



Keep an eye out for Farmer Profiles as well that will give a more in-depth look at local farms and the products sold at HWFC!

Items throughout the store have been marked with a Blue Ribbon similar to the one shown here. This will indicate where the item comes from and the name of the farm/company that produced it.

The Honest Weight Food Co-op encourages all its customers to consider buying locally whenever possible. This brochure will help guide you through the store and locate items that are produced locally.

Unfold this brochure completely and you will find a list of items separated by department, similar to the list on the right for Health and Body Aids. Each item lists the name of the farm or company that produced it and where it was grown or manufactured.

ITEMS IN BLUE are produced within 100 miles of the Capital District. However, in the case of processed foods, not all ingredients are sourced within the same 100 miles, so please read packaging carefully or ask an HWFC employee for assistance in determining ingredient's origins.

## HOW TO SHOP LOCAL AT HWFC

## The 100 Mile Diet that launched a Movement

When the average North American sits down to eat, each ingredient has typically traveled at least 1,500 miles. On the first day of spring, 2005, Alisa Smith and James MacKinnon (pictured) chose to confront this unsettling statistic with a simple experiment. For one year, they would buy or gather their food and drink from within 100 miles of their apartment in Vancouver, British Columbia.



Since then, James and Alisa have gotten up-close-and-personal with issues ranging from the family-farm crisis to the environmental value of organic pears shipped across the globe. They've reconsidered vegetarianism and sunk their hands into community gardening.

Their 100-Mile Diet struck a deeper chord than anyone could have predicted. Within weeks, reprints of their blog at [www.thetyee.ca](http://www.thetyee.ca) had appeared on sites across the internet. Then came the media, from BBC Worldwide to Utne magazine. Dozens of individuals and grass-roots groups have since launched their own 100-Mile Diet adventures.

Learn More at <http://www.100milediet.org/>  
<http://www.100milechallenge.com/> (our LOCAL

## TOP 10 REASONS TO EAT LOCAL

1. Taste the difference.
2. Know what you're eating.
3. Meet your neighbors.
4. Get in touch with the seasons.
5. Discover new flavors.
6. Explore your home.
7. Save the world.
8. Support small farms.
9. Give back to the local economy.
10. Be healthy.

All text excerpted from 100milediet.org



# A Guide to LOCAL FOODS

at  
Honest Weight Food Co-op



**Honest Weight Food Co-op**  
484 Central Avenue Albany, NY  
(518) 482-2667  
[www.honestweight.coop](http://www.honestweight.coop)

**ITEMS IN BLUE** are *produced* within 100 miles of the Capital District.

## PRODUCE

[Black Horse Farms - Athens, NY](#)

Seasonal cut flowers and vegetables. Conventional.

[Bulich Mushroom Co. - Catskill, NY](#)

Untreated crimini, shiitake and button mushrooms.

[Burger Farm - Niskayuna, NY](#)

Various seasonal vegetables & plants. Conventional.

[Davenport Farm - Stone Ridge, NY](#)

Non-GMO sweet corn.

[The Farm at Miller's Crossing - Hudson, NY](#)

Seasonal Produce. Organic.

[Fox Creek Farm - Schoharie, NY](#)

Garlic. Organic.

[The Gade Farm - Guilderland, NY](#)

Various seasonal vegetables. Conventional.

[Hick's Farm - Rexford, NY](#)

Various Apples. Conventional.

[Indian Ladder Farm - Altamont, NY](#)

Apples. Eco-grown, conventional.

[Knight Orchards - Burnt Hills, NY](#)

Apples and apple cider. Conventional.

[Kristy's Barn - Castleton, NY](#)

Various Apples. Conventional.

[McEnroe Organic Farm Assoc. - Millerton, NY](#)

Potting soils and compost. Organic.

[Migliorelli Farm - Tivoli, NY](#)

Various seasonal vegetables. Conventional.

[Samascott Orchards - Kinderhook, NY](#)

Apples and apple cider. Conventional.

[Schoharie Valley Farms - Schoharie, NY](#)

Straw, Mums, potted bulbs, occasional vegetables.

[Seagroats - Berlin NY](#)

Fresh cut flowers.

[Slack Hollow Farm - Argyle, NY](#)

Seasonal vegetables. Organic.

[Lloyd Spear - Schenectady, NY](#)

Honey.

[Staron Farm - Valatie, NY](#)

Potatoes. Conventional.

[Threshold Farm - Philmont, NY](#)

Apples, pears. Biodynamic.

[Underwood's Greenhouse - Shushan, NY](#)

Hydroponic, pesticide-free tomatoes

## GROCERY

[Adirondack Maple Farm - Fonda, NY](#)

Maple syrup and cream.

[Annie's Oatbars - Buffalo, NY](#)

Honey or agave sweetened oatbars.

[Apitherapy Honey - Hinesburg, VT](#)

Honey. Raw.

[Beth's Farm Kitchen - Stuyvesant Falls, NY](#)

Variety of jams and chutneys.

[Berkshire Mt. Bakery, Inc. - Housatonic, VT](#)

Breads, pizza crusts, cookies, toast crackers.

[Bove's Pasta Sauces - Burlington, VT](#)

Variety of pasta sauces.

[Bread Alone - Boiceville, NY](#)

Variety of wood-fired breads. Organic.

[Casa Visco - Rotterdam, NY](#)

Variety of pasta sauces.

[Dawe's Hill Honey - Nunda, NY](#)

Honey.

[Dean's Beans - Orange, MA](#)

Coffee Beans. Organic. Fair-Trade.

[Drew's Dressings and Salsa - Chester, VT](#)

Variety of salad dressings, marinades, and sauces.

[Enrico's Pasta Sauces - Syracuse, NY](#)

Pasta sauces.

[Flamin' Reds - Pawlet, VT](#)

Wood-fired pizza crusts.

[Haute Cuisine - Hingham, MA](#)

Variety of crackers. Organic.

[Heidelberg Baking Co. - Herkimer, NY](#)

Variety of breads.

[High Peaks Java - Glens Falls, NY](#)

Coffee Beans. Organic. Fair-Trade.

[Karen's Muffaletta Bruschetta - Rutland, VT](#)

Olive sandwich spreads.

[Liquid Assets - Troy, NY](#)

Coffee Beans. Organic. Fair-Trade.

[Liz Lovely's Vegan Cookies - Waitsfield, VT](#)

Variety of vegan cookies.

[Miguel's Stowe Away Salsa - Stowe, VT](#)

Variety of salsas and tortilla chips.

[Moxie's - Averill Park, NY](#)

Distilled water.

[O-Bread Bakery - Shelburne, NY](#)

Variety of artisan breads. Organic.

[Organic Nectar - Woodstock, NY](#)

Olive oil and agave nectar. Organic. Raw.

[Pocono Cereal - Penn Yann, NY](#)

Cream of buckwheat cereal.

[Road's End Organics - Morrisville, VT](#)

Packaged, dairy-free macaroni and cheese dinners; dairy-free nacho cheese.

[Rock Hill Bakery - Gansevoort, NY](#)

Variety of Breads.

[Rullison Honey Farm - Amsterdam, NY](#)

Honey.

[Saratoga Salsa Company - Saratoga Springs, NY](#)

Variety of Salsas.

[Saratoga Water - Saratoga Springs, NY](#)

Spring-sourced sparkling and non-sparkling bottled water.

[True Blue Green Foods - Bethel, VT](#)

Gluten Free Snacks and Crackers

[Vermont Coffee Co. - Bristol, VT](#)

Coffee Beans. Organic. Fair-Trade.

## BULK

[Adirondack Maple Farm - Fonda, NY](#)

Maple Syrup.

[Champlain Valley Milling - Westport, NY](#)

Organic Flours: Whole Wheat Bread, Whole Wheat Pastry, White Pastry, Spelt, Soy (full fat), Barley, Rye (whole), Buckwheat, Corn (whole), Millet, Oat. Berries: Barley (hulled), Rye, Spelt, Wheat (hard red winter, hard red spring, and soft white), Commeal (whole), Wheat Bran (red).

[Dancing Star Farm - Clearmont, MA](#)

"Chunks of Energy" Snacks.

[Mike's Spice Enterprise - Amherst, NY](#)

Extracts and dried herbs.

[Quaker Hill Granola - Randolph, VT](#)

Maple sweetened granolas.

[Rulison Honey Farm - Amsterdam, NY](#)

Honey.

[Simple Foods, Inc - Tonawanda, NY](#)

Carob rice cakes.

[Tierra Farms - Kinderhook, NY](#)

Various nuts, nut butters, dried fruits, granolas, and trail mixes. Organic.

[Wan Ja Shan - Middletown, NY](#)

Soy sauce.

[Wood's Cider Mill - Springfield, VT](#)

Apple cider jelly

## CHEESE

[Ascutney Mountian - Hartland, VT](#)

Raw cow's milk cheeses made with vegetarian rennet.

[Berle Farm - Hoosick, NY](#)

Chevre. Raw Milk, Organic, made with vegetarian rennet.

[Bronson Hill Cheesery - Trumansburg, NY](#)

Raw cow's milk cheeses, including Red Meck and Schyler.

[Brovetto Family Dairy - Jefferson, NY](#)

Natural rind cows' milk cheese, including Harpersfield Caraway.

[Dancing Ewe - Granville, NY](#)

Fresh ricotta, peccorino staginato.

[Fior d'Italia - Manchester, VT](#)

Ricotta, fresh and smoked mozzarellas.

[Grafton Village Cheese Co. - Grafton, VT](#)

Raw cow's milk cheddars, aged and smoked, made with vegetarian rennet.

[Great Hill Blue - Marion, MA](#)

Blue cheese.

[Hawthorne Valley Farms - Ghent, NY](#)

Quark cheese. Organic and biodynamic.

[Hillman Farms - Colrain, NY](#)

Goat cheeses. Organic.

[Hubbardston Blue - Hubbardston, MA](#)

Blue cow, and goat's milk cheeses.

[Jasper Hill Farm - Greensboro, VT](#)

Blue cheese, and artisan aged cheddar.

[Laraia's Cheese Co. - Nanuet, NY](#)

Mozzarella, and string cheeses.

[Lazy Lady - Wakefield, VT](#)

Goat cheeses, and la francaise. Organic.

[Nettle Meadow - Warrensburg, NY](#)

Various chevre cheeses, and fromage blancs.

[Old Chatham Shepherding Co. - Old Chatham, NY](#)

Sheep's milk camemberts, yogurts and spreads.

[Palatine Valley Dairy - Palatine Bridge, NY](#)

Various cheddar cheeses, and cheese curds.

[Shelbourne Farms - Shelbourne, VT](#)

Raw cow's milk cheddars, aged and smoked, made with vegetarian rennet.

[Sprout Creek Farm - Poughkeepsie, NY](#)

Raw cow's milk cheeses such as ouray, toussaint, and barat cheeses.

[Woodstock Water Buffalo Co. - South Woodstock, VT](#)

Water buffalo milk yogurts.

[Vermont Butter and Cheese Co. - Websterville, VT](#)

Various butters, creame fraiche, and chevre cheeses.

[Vermont Shepherd Cheese - Putney, VT](#)

Sheep's milk cheese.

[Willow Hill Farm - Milton, VT](#)

Variety of sheep's milk artisinal cheeses.

## NON-DAIRY

[Bridge Tofu - Middletown, CT](#)

Tofu. Organic.

[Hawthorne Valley Farms - Ghent, NY](#)

Lacto-fermented vegetables and krauts. Biodynamic and Organic.

[Hot Mama's - Springfield, MA](#)

Variety of Hummus. Organic.

[Ithaca Soy - Ithaca, NY](#)

Baked Tofu. Organic.

[Mediterranean Delights - Saxtons River, Vermont](#)

Variety of hummuses.

[Real Pickles - Montague, MA](#)

Pickled vegetables, multiple varieties, locally sourced. Organic.

[Soy Boy - Rochester, NY](#)

Variety of soy and tempeh products. Organic.

[Sheffield Seitan - Lyndon, VT](#)

Seitan. Organic.

[South River Miso - Conwat, MA](#)

Variety of Miso. Organic.

[Up Country Seitan - Pittsfield, MA](#)

Seitan.

[Vegan Creations - Castleton, NY](#)

Seitan blocks and slices; Vegan baked goods.

[Whole in the Wall - Binghamton, NY](#)

Variety of pestos

## SPECIALTY

[Baker's Daughter - Albany, NY](#)

Gourmet, hand-made truffles, brownies, and macaroons.

[Beverly's Specialty Foods - Saratoga Springs, NY](#)

Variety of sweetened and unsweetened relishes and apple butters.

[Buddhapesto - Woodstock, NY](#)

Fresh basil pesto.

[Dutch Desserts, Inc. - Kinderhook, NY](#)

Dutch tarts: fruit and chocolate.

[Hampton Chutney Co. - Amagansett, NY](#)

Various chutneys.

[Harvest Food Co. - Delmar, NY](#)

Specialty nuts.

[Hudson Valley Homestead - Craryville, NY](#)

Vinegars, condiments and dressings.

[Ithica Fine Chocolates - Ithica, NY](#)

Fair-trade chocolates.

[Keuka Lake Coffee Roasters - Penn Yan, NY](#)

Coffee, Coffee rubs and spice mixes, coffee bean inspired chocolates.

[Lucky Chocolates - Saugerties, NY](#)

Fairly traded and organic chocolates and chocolate bars.

[Mark Walker Honey - West Winfield, NY](#)

Honey.

[Partridge Run Honey - Berne, NY](#)

Seasonal honeys.

[Red Thread - Delmar, NY](#)

Gourmet, hand-made, Fair Trade Chocolates.

[Saratoga Peanut Butter Co. - Saratoga Springs, NY](#)

Peanut butter blends. Organic.

[Tannas - Cooperstown, NY](#)

Various chutneys, salts and spices.

## FROZEN

[Adirondack Creamery - Kingston, NY](#)

Multiple varieties of ice cream.

[Brown Cow Ice Cream - St. Johnsville, NY](#)

Multiple varieties of ice cream.

[Organic Nectars - Woodstock, NY](#)

Multiple varieties of raw, vegan gelato, Italian ice, and sorbetto.

[Putney Pasta - Putney, VT](#)

Multiple varieties of pasta, ravioli, and tortellini.

[Sunshine Burgers - Ellenville, NY](#)

Two varieties of Vegan Burgers, made mostly from sunflower seeds.

## EGGS

[Cooper's Ark Farm - Schoharie, NY](#)

Cage-free, hormone and antibiotic-free eggs.

[Cornell Farms - Hoosick Falls, NY](#)

Cage-free, hormone and antibiotic-free eggs.

[Feather Ridge - Elizaville, NY](#)

Cage-free, hormone and antibiotic-free eggs.

[Heavenly Hens - Pattersonville, NY](#)

Cage-free, hormone and antibiotic-free eggs.

[Mountain Winds Farm - Berne, NY](#)

Cage-free, hormone and antibiotic-free eggs.

[Pick-A-Chik Farm - Coeymans Hollow, NY](#)

Cage-free, hormone and antibiotic-free eggs.

## MEAT

*(all of our meats are locally and sustainably raised)*

[Gordon Farms - Berne, NY](#)

Grass-fed beef, all cuts.

[Grazin' Angus Acres - Ghent, NY](#)

Grass-fed black Angus beef.

[Misty Knoll Farms - New Haven, VT](#)

Various cuts of poultry.

[Sap Bush Hollow - Warnerville, NY](#)

Various cuts of grass-fed lamb.

[Sweet Tree Farm - Carlisle, NY](#)

Various cuts of grass fed beef.

[Whitney Farms - Avon, NY](#)

Bacon and Pork Loins. Organic.

## DAIRY

[Butterworks - Westfield, VT](#)

Cow's milk yogurt. Organic.

[Coach Farm Yogurt - Pine Plains, NY](#)

Goat's milk yogurt drink.

[Evans' Farmhouse - Norwich, NY](#)

Cow's Milk and cream. Organic

[Hawthorne Valley Farm - Ghent, NY](#)

Cow's Milk Yogurts. Organic and Biodynamic.

[Meadowbrook Farm - Clarksville, NY](#)

Cow's milk (in glass bottles) and cream. rBGH-free.

[Old Chatham Shepherding Co. - Old Chatham, NY](#)

Sheep's milk yogurts.