

Shop sustainably while in Woods Hole!



Buy local to reduce waste and greenhouse gas emissions, to support small businesses and farmers, and to eat healthier!

Buy in bulk



- Flax Food Coop - Falmouth
 - Order in bulk with plastic-free packaging, sourced directly from producers
 - Diverse beans, grains, coffee beans, dried fruits, baking supplies, etc.
 - Pick-ups every other Tuesday at the Fisherman's Pantry (get 20% discount at the Pantry when picking up your FFC order)
- Cape Cod Bagel Cafe - Falmouth
 - Bulk baking supplies and local eggs

Sustainable seafood



- The Fisherman's Pantry
 - Sustainably sourced Alaskan fish from fisherman's coop
 - 20% discount if picking up a Flax Food Coop order

More generally: consult the **Monterey Bay Aquarium's consumer guides** about which seafood is most sustainable and what to avoid



Plastic-free miscellaneous

- Woods Hole Market
 - Local milk from Thatcher Farm in glass bottles - deposit/return
- Green Road Refill
 - Refill detergents, cleaners, shampoo, etc.
- Green Goddess Herbals
 - Bulk soaps, bar shampoo, etc.
- Peterson Shepherds:
 - Wool products: dryer balls, blankets, etc.



Sustainable catering: see STF website below for info

Farmers' markets



- January-March
 - **Mahoney's Winter Market** in East Falmouth
 - Saturdays 10am-2pm
- May-October
 - **Falmouth Farmers' Market** at Falmouth's Marina Park
 - Thursdays 12-5pm: Take a lunch break or go after work!

Buy directly from the farm



Meats and eggs

- Peterson Shepherds - Woods Hole
 - 1/2 shares of lambs and sausages
 - Order for pick-up
- Bootstrap Farm Club - North Falmouth
 - Meat and produce
 - Store + mobile farm stand + order/pick-up
- Lilac Hedge Farm
 - Meat and produce
 - Farm stand, delivery, and in farmers' markets
- Walden Local
 - Meat delivery - New England pasture raised
- DaSilva Farm
 - Meat delivery to Southeastern MA/RI

Produce

- Coonamessett Farm - East Falmouth
 - Farm stand + CSA (produce or local cheese)
- Bootstrap Farm Club - North Falmouth
 - Store + mobile farm stand + order/pick-up
- Pariah Dog Farm - Teaticket
 - Farm stand
- Tony Andrew's Farm - East Falmouth
 - Farm stand
- Peach Tree Circle Farm - Falmouth
 - Order/pick-up
- Bay End Farm - Bourne
 - Farm stand + CSA
 - Certified organic

