



# MEET THE FARMERS WHO GROW YOUR LUNCH!

RURAL HEALTH NETWORK  
Serving South Central New York



## HEADWATER FOOD HUB (6318 Ontario Center Rd, Ontario, NY 14519) [www.headwaterfoodhub.com](http://www.headwaterfoodhub.com)

- Potatoes • Pears • Butternut Squash • Onions
- Carrots • Cherry Tomatoes • Broccoli • Cauliflower
- Sweet Potatoes • Peas

Headwater Food Hub works collaboratively with a network of regional farmers and food producers to coordinate a Good Food System that delivers top-quality, sustainable foods year-round... Headwater Food Hub is connecting the dots from Farm to Table and brings transparency and integrity to the food supply chain. We are committed to a Good Food System that positively impacts our Community's Health and provides our customers with the best Good Food options possible.



## MAIN STREET FARM (3320 State Route 215, Cortland, NY 13045) [www.mainstreetfarms.com](http://www.mainstreetfarms.com)

- Kale

Main Street Farms is an organic farm that focuses in sustainable practices in Cortland, NY. They produce a diverse number of vegetables, including tomatoes, peppers, various squashes, numerous greens, cabbage, corn, beans, carrots, broccoli, garlic, and so much more.



## RUSSELL FARMS (1488 Hawleyton Road, Brackney, PA 18812) [www.russell-farm.com](http://www.russell-farm.com)

- Apples

Russell Farms offers a family-friendly apple-picking experience of diverse varieties of high quality apples 7 days a week in Brackney, PA. From the beginning of September through Thanksgiving they offer apple picking, fresh pressed cider, homemade doughnuts, local fruits and vegetables, local cheese, candy apples, fresh baked goods, jams, and jellies.



## BYRNE DAIRY (2394 US Route 11, Lafayette, NY 13084) [www.byrnedairy.com/our-farmers](http://www.byrnedairy.com/our-farmers)

- NYS Low Fat Milk

In 1933 Byrne Dairy began selling high quality milk in glass bottles and delivering it to Central New York homes in horse-drawn wagons...Today, Byrne Dairy is a fourth generation, family-owned producer and distributor of Greek Yogurt, Conventional Yogurt, Sour Cream, Milk, Cream, Ice Cream and a variety of other dairy products. Based in Central New York, with its abundant supply of high quality milk, Byrne Dairy works with local family farms.



## CASCUN FARMS (62 Genesee St, Greene, NY 13778) [www.cascunfarm.com](http://www.cascunfarm.com)

- Chicken • Sweet Peppers

Cascun Farm is a family run business where we strive to produce only the highest quality products to feed our family and yours. We raise and process chicken, ducks, geese, turkey and rabbits right here on our farm with no use of antibiotics or growth hormones.



## WATER WHEEL FARM (2070 Pine Swamp Road, Sidney Center, NY 13839) [www.waterwheelfarmny.com](http://www.waterwheelfarmny.com)

- Beef

Water Wheel Farm was established in August 2012 by Shannon and George Stanton-Helms...They decided that it would be best for their children to be raised with farm values, a never give up work ethic, and to grow up around animals. With that motivation in their hearts, the couple found their own little piece of paradise on Pine Swamp Road, and have not stopped growing since (both with children and animals).



## CATSKILL CATTLE COMPANY (96 Laurel Bank Ave., Deposit, NY 13754) [www.catskillcattle.com](http://www.catskillcattle.com)

- Romaine Lettuce • Kale • Sweet Corn • Cucumbers

Catskill Cattle is a farm located in Deposit, NY, selling natural beef, pork, and fresh fruits & vegetables. Catskill Cattle also specializes in affordable, high quality registered & commercial cattle - Simmental, Angus, SimAngus, Sim-Hereford. We focus on the best management practices, livestock nutrition, and overall health of the environment and the animals that we manage.