

EGGS, MEAT & SPECIALTY FOODS

EGGS

(* denotes cage free)

Coopers Ark Farm - Schoharie, NY: eggs*

Cornell Farms - Hoosick Falls, NY: eggs*

Heavenly Hens - Pattersonville, NY: eggs* - chickens fed organic grain

Leaping Frog - Berne, NY: eggs* - chickens fed organic grain

Pik-a-Chik Farm - Coeymans Hollow, NY: eggs*

Teddy's Farm - Central Bridge: eggs*

MEAT

dharma lea - Sprakers, NY: beef and pork, various cuts, eggs

Elysian Fields Farm - Sloansville, NY: beef and pork, various cuts, eggs

Misty Knoll Farms - New Haven, VT: chicken and turkey

Red Barn Farm - Canaan, NY: pasture-raised lamb and

Sap Bush Hollow - Warnerville NY: grassfed lamb, various cuts

Sweet Tree Farm - Carlisle, NY: pork and beef, various cuts, eggs

SPECIALTY

Chocolate Gecko - Albany, NY: specialty chocolate items

Dutch Desserts, Inc. - Kinderhook, NY: tarts, fruit and chocolate

Hampton Chutney Co. - Amagansett, NY: various chutneys

Harvest Food Company - Delmar, NY: specialty nuts

Hudson Valley Homestead - Craryville, NY: condiments, dressings

Ithaca Fine Chocolates - Ithaca, NY: Fair Trade chocolates

Mark Walker Honey - West Winfield, NY: honey

Partridge Run Honey - Berne, NY: seasonal honeys
Tannas - Cooperstown, NY: various chutneys

CHEESE

Berkshire Blue - Great Barrington, MA: artisanal blue cheese

Berle Farm - Hoosick, NY: certified organic goat cheses
Blue Ledge Farm - Leicester, VT: goat milk cheeses (inc. 2 raw milks)

Boggy Meadow Farm - Walpole, NH: baby swiss, raw milk, and smoked cow's milk cheeses

Fior d'Italia - Manchester Ctr., VT: ricotta, fresh & smoked mozzarellas

Grafton Village Cheese Company - Grafton, VT: aged cheddars

Great Hill Blue - Marion, MA: blue cheese

Hawthorne Valley - Ghent, NY: organic, biodynamic quark cheese

Hillman Farms - Colrain, NY: organic goat cheeses

Hubbardston Blue - Hubbardston, MA: blue cow and goat's milk cheeses

Jasper Hill Farm - Greensboro, VT: blue cheese, artisan aged cheddar

Laraia's Cheese Co. - Nanuet, NY: mozzarella, string cheese

Lazy Lady - Wakefield, VT: certified organic goat cheeses

Nettle Meadow - Warrensburg, NY: certified organic goat cheeses

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

Sprout Creek Farm - Poughkeepsie, NY: 100% grass fed cow's milk cheeses

Star Hill Dairy - South Woodstock, VT: water buffalo milk yogurts

Vermont Butter & Cheese Co. - Websterville, VT: various butters, creme fraiche, and chevre cheeses

Willow Hill Farm - Milton, VT: sheep's milk artisanal cheeses, all sorts.

HEALTH AND BODY AIDS

Bennington Candle - North Bennington, VT: candles, aromatherapy

Burch Bottle & Packaging - Waterford, NY: glass bottles

Ceres Press - Woodstock, NY: book publishing

Chelsea Green Publishing - White River Junction, VT: publishing company devoted to alternative energy & farming

Common Sense Farm - Cambridge, NY: lanolin, mint hand/body cleanser, balm of Gilead salve, toothpaste

David Lord - Greenville, NY: bee pollen

DiviniTea - Schenectady, NY: organic and biodynamic loose teas (green, white, honeybush and rooibus)

Earthworm Herbs - Williamsburg, MA: salves for eczema and poison ivy

Greentree Designs - Vershire, VT: blank photo cards

Herbal Answers - Saratoga Springs, NY: aloe vera juice and gel

Honey Gardens Apiaries - No. Ferrisburgh, VT: hand harvested bee pollen, elderberry extract, cough syrup, honey healing salve

Jean's Greens - Castleton, NY: herbal compunds

Just Soap - Florence, MA: unwrapped soaps - bicycle powered soap maker

Kiss My Face - Gardiner, NY: body lotion, olive soaps, deodorants, toothpaste, organic face care line

Nature's Answer - Hauppauge, NY: peri-rub

Nature's Plus - Amityville, NY: supplements

Northern Lights Candles - Wellsville, NY: candles

New Chapter Organic Supplements - Brattleboro, VT: whole food supplements

Pioneer - Shelburne Falls, MA: supplements

Quantum Herbal Products - Saugerties, NY: herbal tinctures

Recycline, Inc. - Waltham, MA: toothbrushes, etc. made from recycled plastic

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: candles (beeswax)

Sweet Dew - Plattsburgh, NY: organic lip balms



the red circle indicates a 100 mile radius

Local Foods



AT HONEST WEIGHT FOOD CO-OP

**484 Central Ave.
Albany, NY
518-482-2667**

red items throughout this brochure are produced within 100 miles of the Capital District. However, in the case of processed foods, not all ingredients are SOURCED from within 100 miles of the Capital District. Please read packaging when applicable and ask HWFC employees for assistance in determining ingredient origins.

PRODUCE & FROZEN FOODS

PRODUCE

- Black Horse Farms - Athens, NY: seasonal cut flowers and vegetables grown conventionally
- Bulich Mushroom Co. - Catskill, NY: untreated crimini, shiitake and button mushrooms
- Burger Farm - Niskayuna, NY: various seasonal vegetables & plants conventionally grown
- Davenport Farm - Stone Ridge, NY: non-GMO sweet corn
- The Farm at Miller's Crossing - Hudson, NY: organic seasonal produce
- Fox Creek Farm - Schoharie, NY: organic garlic
- The Gade Farm - Guilderland, NY: various seasonal vegetables, grown conventionally
- Hick's Farm - Rexford, NY: conventionally grown apples
- Knight Orchards - Burnt Hills, NY: conventionally grown apples & apple cider
- Kristy's Barn - Castleton, NY: conventionally grown apples
- McEnroe Organic Farm Association - Millerton, NY: organic potting soils and compost
- Migliorelli Farm - Tivoli, NY: various summertime vegetables, grown conventionally
- Pigliaventos - Schenectady, NY: various seasonal vegetables, grown conventionally
- Samascott Orchards - Kinderhook, NY: conventionally grown apples, apple cider
- Schoharie Valley Farms - Schoharie, NY: straw, mums, potted bulbs, occasional vegetables
- Seagroats - Berlin, NY: fresh cut flowers
- Slack Hollow Farm - Argyle, NY: organic seasonal produce
- Lloyd Spear - Schenectady, NY: honey
- Staron Farm - Valatie, NY: conventionally grown potatoes
- Underwood's Greenhouse - Shushan, NY: hydro-ponic, pesticide-free tomatoes, year round

FROZEN

- Putney Pasta - Putney, VT: multiple varieties of ravioli and tortellini
- Sunshine Burgers - Ellenville, NY: two varieties of vegan burgers, made mostly from sunflower seeds

NON-DAIRY, DAIRY, AND HABA (HEALTH AND BODY AIDS) PRODUCTS

NON-DAIRY

- Bridge Tofu - Middletown, CT: organic tofu
- Hawthorne Valley Farms - Ghent, NY: organic lacto-fermented vegetables
- Hot Mama's - Springfield, MA: organic hummus, multiple varieties
- Katalyst Kombucha - Shutesbury, MA: organic kombucha
- Ithaca Soy - Ithaca, NY: organic baked tofu
- Real Pickles - Montague, MA: organic pickled vegetables, multiple varieties, locally sourced
- SoyBoy - Rochester, NY: variety of organic soy and tempeh products,
- Sheffield Seitan - Lyndon, VT: organic seitan
- Smoke and Fire Tofu - Great Barrington, MA: organic baked and spiced tofu
- South River Miso - Conwat, MA: various organic misos
- Up Country Seitan - Pittsfield, MA: seitan
- Vegan Creations - Castleton, NY: seitan blocks and slices, vegan baked goods
- Whole In the Wall - Binghamton, NY: multiple varieties of pesto

DAIRY

- Butterworks - Westfield, VT: organic cow's milk yogurts
- Coach Farm Yogurt - Pine Plains, NY: goat's milk yogurt drink
- Evans Farmhouse - Norwich, NY: organic whipping cream, cow's milk yogurts
- Hawthorne Valley Farm - Ghent, NY: cow's milk yogurts
- Kortwright Creek - East Meredith, NY: organic goat's milk
- Meadowbrook Farm - Clarksville, NY: rBGH-free cow's milk and cream

- Old Chatham Shepherding Co. - Old Chatham, NY: sheep's milk yogurt and cheeses
- Seven Stars Farm - Phoenixville, PA: organic cow's milk yogurts

HABA

- Topical BioMedics - Rhinebeck, NY: makers of Topricin, homeopathic anti-inflammation topical cream for carpal tunnel, arthritis, trauma injuries, etc.
- Unemployed Philosopher's Guild - Brooklyn, NY: greeting cards
- Wise Ways Herbals - Worthington, MA: tea tree foot powder, belly balm for dry skin or pregnancy
- Way-Out Wax - Morrisville, VT: candles, bug spray

BULK & GROCERY FOODS

BULK

- Adirondack Maple Farms - 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 spring), wheat (hard red winter), wheat (soft white); cornmeal (whole "old fashioned"); wheat bran (red)
- Dancing Star Farm - Claremont, 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 - Cohoes, NY: various organic nuts, nut butters, dried fruits, granola and trail mixes
- Wood's Cider Mill - Springfield, VT: apple cider jelly

GROCERY

- MY DOGGY - Baldwinsville, NY: dog treats
- O-Bread Bakery - Shelburne, NY: organic artisan breads, multiple varieties
- Organic Nectars - Woodstock, NY: organic raw olive oil, organic raw agave nectar
- Road's End Organics - Morrisville, VT: packaged dairy-free macaroni and cheese dinners, dairy free nacho cheese
- Rock Hill Bakery - Gansevoort, NY: breads, multiple varieties
- Saratoga Salsa Company - Saratoga Springs, NY: salsas, multiple varieties
- Saratoga Water - Saratoga Springs, NY: spring-sourced sparkling and non-sparkling bottled water
- Vermont Coffee Company - Bristol, VT: organic, fairly traded coffee beans
- Vermont Morning - Waitsfield - VT: whole grain cereal

GROCERY

- Adirondack Maple Farms - Fonda, NY: maple syrup and cream
- Annie's Oatbars - Buffalo, NY: honey or agave sweetened oatbars
- Honey Gardens Apiaries - Hinesburg, VT: raw honey
- Beth's Farm Kitchen - Stuyvesant Falls, NY: multiple varieties of jams and chutneys
- Berkshire Mountain Bakery, Inc. - Housatonic, MA: breads, pizza crusts, cookies, toasts (crackers)
- Bove's Pasta Sauces - Burlington, VT: multiple varieties of pasta sauces
- Bread Alone - Boiceville, NY: various organic, wood-fired breads
- Casa Visco - Rotterdam, NY: multiple varieties of pasta sauces
- Dawe's Hill Honey - Nunda, NY: honey
- Dean's Beans - Mechanicsville, NY: organic, fair traded coffee beans
- Drew's Dressings and Salsa - Chester, VT: multiple varieties of salad dressings, marinades and sauces
- Enrico's Pasta Sauces - Syracuse, NY: pasta sauces
- Flamin' Reds - Pawlet, VT: wood fired pizza crusts
- Green Mountain Gringo - Chester, VT: multiple varieties of salsas; corn tortilla chips
- Haute Cuisine - Hingham, MA: multiple varieties of organic crackers
- Heidelberg Baking Company - Herkimer, NY: breads, multiple varieties
- High Peaks Java - Glens Falls, NY: organic, fair traded coffee beans
- Jo's Bones - Ithaca, NY: pet treats
- Karen's Muffaletta, Bruschetta - Rutland, VT: olive sandwich spreads
- Liquid Assets - Troy, NY: organic, fair traded coffee beans
- Liz Lovely's Vegan Cookies - Waitsfield, VT: multiple varieties of vegan cookies
- Miguel's Stowe Away Salsa - Stowe, VT: multiple varieties of salsas
- Moxies - Averill Park, NY: distilled water