

Sample Itinerary
Savor Massachusetts Culinary Farm Tour

9:00 am to 10:00 am: E & T Farms Inc, 85 Lombard St., West Barnstable, 02668

E & T Farms is a family run Aquaponics Farm that grows hydroponic vegetables and fish (koi and tilapia). They also have working honeybees that pollinate the local cranberry bogs. Their products can be found in area natural food stores, restaurants, and at farmers' markets. Owner Ed Osmun will provide a tour of the farm and a fascinating explanation of their aquaponics system that integrates aquaculture and hydroponics practices.

11:00 am to 12:45 pm: Truro Vineyards of Cape Cod, 11 Shore Rd., Rt. 6A, North Truro, 02652

This sustainable maritime winery on the easternmost shore of Cape Cod has been in operation since 1992, but the house and estate date back nearly two centuries. Recent renovations have engineered a new "green" winery production facility. The five acre farm grows Chardonnay, Merlot and Cabernet Franc grapes that are hand-picked at harvest time. Over thirteen wines are handcrafted and available for sale at the vineyard and online and can also be found in area restaurants. Wine tasting and winery tour will be offered by owner Dave Roberts.

1:45 pm to 2:45 pm: Cedar Springs Herb Farm, 159 Long Pond Dr., Harwich, 02645

Cedar Springs Herb Farm is a seven acre teaching farm that grows a variety of fresh herbs and selected vegetables for their summer CSA. They offer a variety of culinary herbal products, body care products, as well as herbal medicinal and natural home care products. Herbalism classes and wellness consultations are provided by, owner Donna Wood Eaton. Groups can schedule a guided tour that includes lecture/demonstration, tea and lunch. Join us for a tour of the herb identification garden, some herbal tea, and a tasting of a Cedar Springs herbal product.

3:15 pm – 5:00 pm: East Dennis Oyster Farm, Quivett Neck, East Dennis, 02641 (Meet at Quivett Neck Cemetery, South St.)

John and Stephanie Lowell have owned East Dennis Oyster Farm since 2003. Situated in the cold waters of Cape Cod Bay, they each farm a one acre oyster grant and are licensed to wholesale, retail, and cater (raw bar) their award winning East Dennis Oysters. East Dennis oysters are sold locally to restaurants on Cape Cod and to some of New York City's finest restaurants. John and Stephanie will provide an informative interactive tour **IN** the tidal flats off of the Quivett Neck in East Dennis. Join us at low tide for an oyster tasting fresh from the farm!

