

# Growing Attractions

Cape Cod farms, farmers' markets and flower gardens

BY VALERIE A. RUSSO

**T**HE 17TH-CENTURY ENGLISH EXPLORER BARTHOLOMEW GOSNOLD named Cape Cod for the plentiful codfish found in the surrounding waters. Today, the Cape is still known for this "catch of the day," but it's also getting rave reviews for its farm-fresh produce and gorgeous gardens. So follow this garden path to savor the bounty of Cape Cod and the Islands.

## 1. Aptucxet Trading Post Gardens

On the grounds of a replica trading post, the first in Plymouth Colony, see a wildflower garden with native plants; a Wampanoag garden of corn, beans and squash; and a 1627 Colonial garden of herbs for cooking, medicine, dyes and other household uses. By the Cape Cod Canal, 24 Aptucxet Rd., Bourne; 508-759-9487.

## 2. Coonamessett Farm

Family fun from dawn to dusk: pick your own berries, herbs and vegetables; feed the chickens; visit the alpacas, sheep, donkeys, ducks, guinea hens and turkeys; stay for the Wednesday and Friday evening buffets featuring farm produce and music. 277 Hatchville Rd., East Falmouth; 508-563-2560.

## 3. Spohr Gardens

Follow the winding paths through this six-acre woodland garden by Oyster Pond and check out the thousands of blooms as they strut their stuff from spring right into the fall. Open year round, 8 a.m. to 8 p.m.; free admission. 45 Fells Rd., Falmouth; 508-548-0623.

## 4. The Blueberry Bog

Pick your own high-bush blueberries at this no-spray, 1 ½-acre blueberry farm. Starting late July through Labor Day, 7:30 a.m. to 3:30 p.m.; best times are weekdays in early- to mid-August. Supervised children are welcome. 92 Spring Hill Rd., Sandwich; 508-888-1560.

## 5. Cape Cod Organic Farm

Summer produce for sale at Cape Cod's largest organic farm includes: mesclun, arugula, kale, Swiss chard, cucumbers, cabbage, potatoes, onions, green beans, squash, broccoli, eggplant, beets, tomatoes and strawberries. Open daily, 9 a.m. - 5 p.m. 3675 Main St. (Rte. 6A), Barnstable; 508-362-5980.

## 6. St. Mary's Episcopal Church Gardens

A stone sculpture of St. Fiacre, patron saint of gardeners, overlooks the colorful annuals and fragrant herbs in the English-style country gardens. Free admission. 3055 Main St., Barnstable Village; 508-362-3977.

## 7. Armstrong-Kelley Park

The Cape Cod Horticultural Society's 8 ½-acre botanical garden has walking trails, a lily pond, play area with wooden train, picnic tables and benches. Free admission. 675 Main St., Osterville; 508-775-5779.

## 8. Cedar Spring Herb Farm

If you don't know African blue basil from American ginseng, follow the half-mile trail through the identification garden of 130 organically grown culinary and medicinal plants and the garden of endangered medicinal plants. Visit the production area and herb shop, too. Guided tours available; phone ahead for times. 159 Long Pond Dr., Harwich; 508-430-4372.

## 9. Cape Cod Lavender Farm

Visit this 12-acre farm when the 14,000 lavender plants are in peak bloom, late June through early July. And don't miss the shade garden with faerie houses amongst the plantings around a miniature stone castle. Lavender plants and products for sale in the gift shop. Island Pond Trail, Harwich; 508-432-8397.

## 10. Hemeon's Farm Stand

Summer produce includes: apples, peaches, plums, pluots, pears, cantaloupes, watermelons, grapes, raspberries, blueberries, tomatoes, leafy greens and corn. Open 9 a.m. to dusk. 186 Off Bank St., Harwich Port; 508-432-3947.

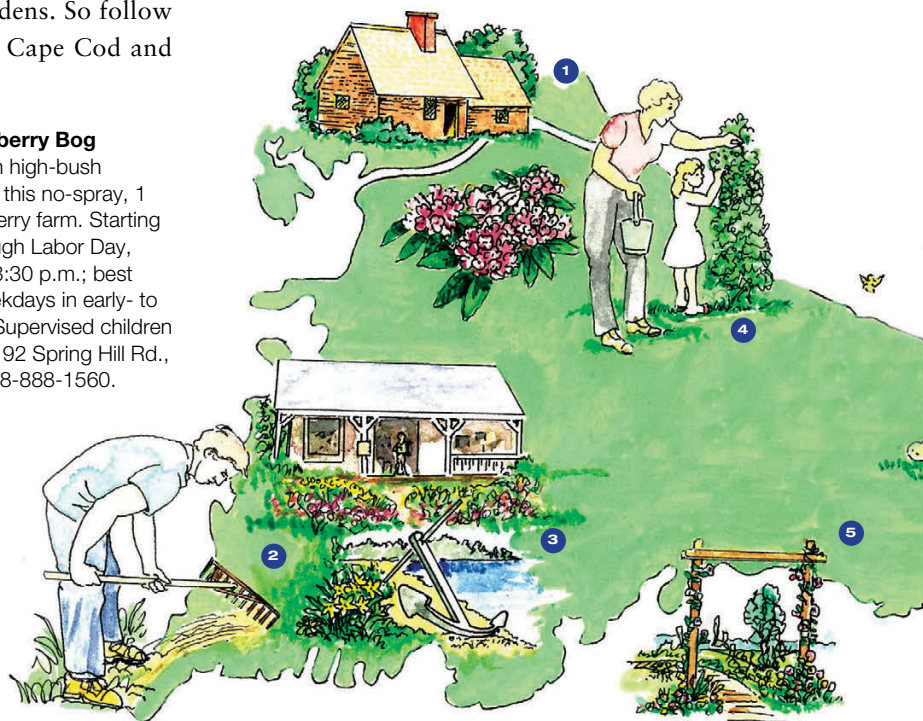


Illustration by Jeff Camish

**11. Polly Hill Arboretum – Martha's Vineyard**

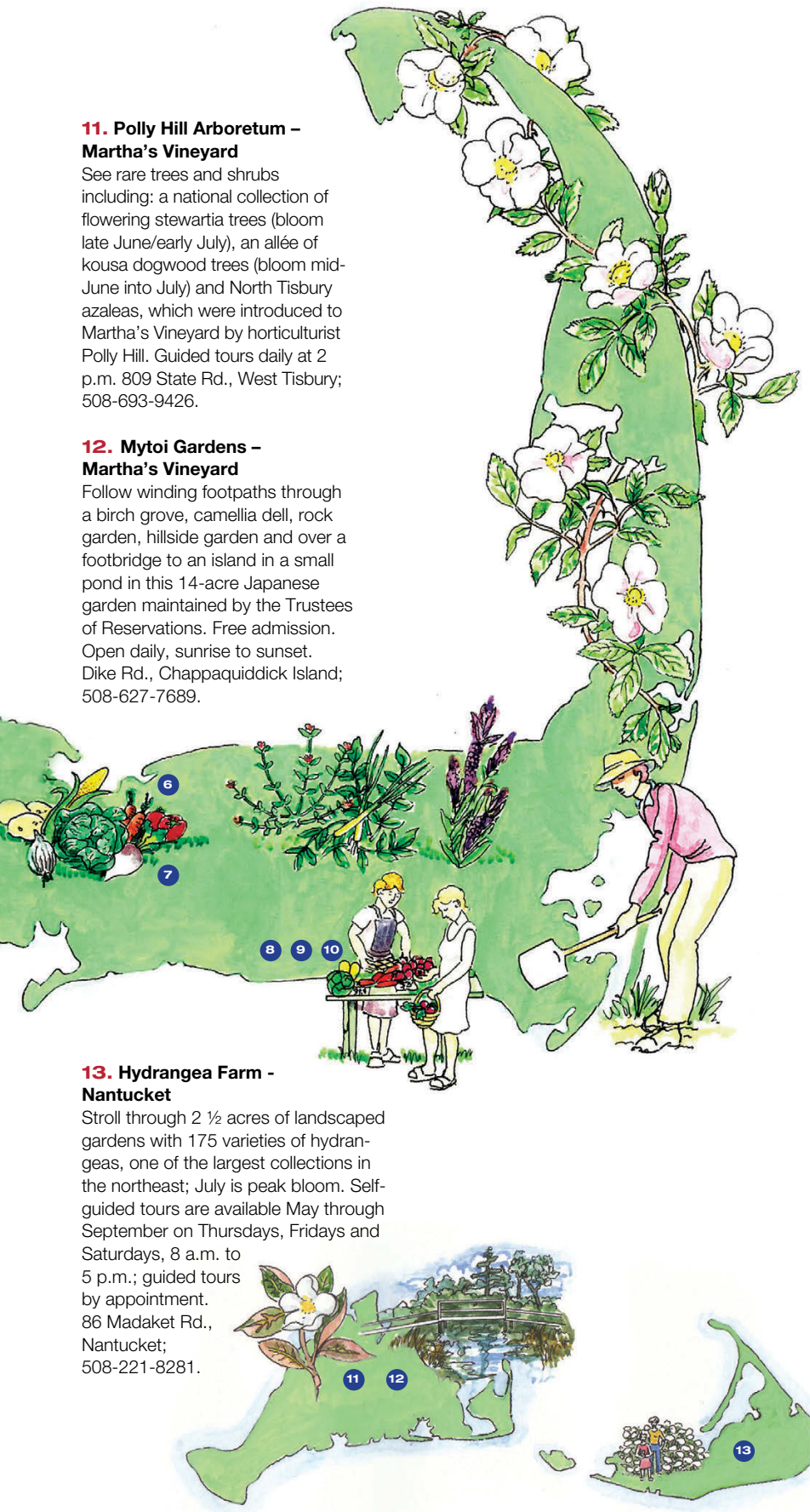
See rare trees and shrubs including: a national collection of flowering stewartia trees (bloom late June/early July), an allée of kousa dogwood trees (bloom mid-June into July) and North Tisbury azaleas, which were introduced to Martha's Vineyard by horticulturist Polly Hill. Guided tours daily at 2 p.m. 809 State Rd., West Tisbury; 508-693-9426.

**12. Mytoi Gardens – Martha's Vineyard**

Follow winding footpaths through a birch grove, camellia dell, rock garden, hillside garden and over a footbridge to an island in a small pond in this 14-acre Japanese garden maintained by the Trustees of Reservations. Free admission. Open daily, sunrise to sunset. Dike Rd., Chappaquiddick Island; 508-627-7689.

**13. Hydrangea Farm - Nantucket**

Stroll through 2 ½ acres of landscaped gardens with 175 varieties of hydrangeas, one of the largest collections in the northeast; July is peak bloom. Self-guided tours are available May through September on Thursdays, Fridays and Saturdays, 8 a.m. to 5 p.m.; guided tours by appointment. 86 Madaket Rd., Nantucket; 508-221-8281.



**WEEKLY FARMERS MARKETS**

Fresh produce and herbs, eggs, lobsters, honey, baked goods, jams, jellies and preserves, handmade soaps, lotions and bath salts, flowers, wreaths and sachets are among the Cape and Islands products for sale.

- ❖ **Tuesdays: Sandwich Farmers' Market**, Village Green, 164 Rte. 6A; 617-347-5192: 9 a.m.–1 p.m.
- ❖ **Down Island Farmers' Market**, Tisbury Wharf, 144 Beach Rd., Vineyard Haven, Martha's Vineyard; 508-693-9300: 9 a.m.–1 p.m.
- ❖ **Wednesdays: Mid-Cape Farmers' Market**, Hyannis Youth and Community Center, 141 Bassett Ln., Hyannis; 508-524-9910: call for hours.
- ❖ **West Tisbury Farmers' Market**, Old Agricultural Hall, 1067 State Rd., West Tisbury, Martha's Vineyard; 508-693-9561: 9 a.m.–12 p.m.
- ❖ **Thursdays: Bass River Farmers' Market**, on field next to Cultural Center of Cape Cod, 307 Old Main St., Yarmouth; 508-280-8798: 8:30 a.m.–1 p.m.
- ❖ **Falmouth Farmers' Market**, Peg Noonan Park, Main St., Falmouth: 12–6 p.m.
- ❖ **Fridays: Buzzards Bay Farmers' Market**, 70 Main St., Bourne; 508-982-8612.
- ❖ **Osterville Farmers' Market**, Osterville Historical Museum, 155 West Bay Rd., Osterville: 9 a.m.–1 p.m.
- ❖ **Saturdays: Nantucket Farmers' & Artisans' Market**, Cambridge and North Union Streets; Nantucket; 508-228-3399: 9 a.m.–1 p.m.
- ❖ **Provincetown Farmers' Market**, Commercial St. at Ryder St., Provincetown; 508-991-5185: 11 a.m.–4 p.m.
- ❖ **Chatham Farmers' Market**, Chatham Community Center, 702 Main St., Chatham: 9 a.m.–1 p.m.
- ❖ **Mashpee Open Market**, Mashpee Commons Village Green, Steeple St. & Jobs Fishing Rd., Mashpee: 1-800-403-8305: 10 a.m.–4 p.m.
- ❖ **Orleans Farmers' Market**, 21 Old Colony Way, Orleans: 8 a.m.–12 p.m.
- ❖ **West Tisbury Farmers' Market**, Old Agricultural Hall, 1067 State Rd., West Tisbury, Martha's Vineyard; 508-693-9561: 9 a.m.–12 p.m.