

PROTECTION, TRANSPARENCY, & SUSTAINABLE PROTEIN

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When you sit down for a meal with chicken, beef, pork, or seafood on your plate, do you ever stop and think about where that food came from? At our farmers markets, buying meat, poultry, and seafood is more about choosing what to cook for dinner. It brings you an opportunity to learn about the people, practices, and values behind our food. This week, we are celebrating the vendors who bring locally produced protein to our markets while prioritizing animal welfare, environmental protection, and quality.

Local meat and seafood vendors provide customers with something that can be hard to find in your regular grocery store. They bring a direct connection to the source of their food. Instead of questioning how an animal was raised or how seafood was handled, customers can speak directly with the farmers and fisherman who do the work. The transparency helps build trust while giving customers a better understanding of what responsible food production can look like.

At Smith Meadows Meats, that responsibility begins with their land. Their family and farm employees have developed a rotational grazing system that moves chickens, pigs, beef cattle, and sheep onto fresh pasture. They explain, “Our family and dedicated farm employees have worked years to create a system to rotate chickens, pigs, beef cattle, and sheep so that they are always on a fresh piece of pasture.” This approach shows how livestock farming can be connected to the health of land. Rather than treating animals and agriculture as separate from the environment, rotational grazing makes the pasture an important part of the farming system.

That same focus on animal welfare and responsible farming can also be seen at Greenwich Natural Farms, whose mission is centered on producing high-quality pork from locally grown, pasture-raised animals. The farm is committed to humane practices and uses non-GMO feed custom blended to eliminate corn and soy. Their approach reflects an important idea behind local agriculture: that producing food is not simply about quantity, but about the way animals are raised and the high standards farmers choose to uphold.



Sustainability also extends beyond the farm. Cold Country Salmon shows how careful handling can make a large difference in the quality of wild-caught seafood. The company explains, “The fish that we select are immediately bled on board our boat, filleted and packed in ice. On shore we immediately package and freeze our salmon. This very special handling process is what sets our fish apart from any other wild caught salmon available on the market.” The precise attention to handling preserves the quality of the fish from the moment it is caught through the time it reaches a customer. Their process is a reminder that transparency matters throughout the entire food system. Not just how food is raised, but also how it is harvested, handled, and prepared for customers.

Faerie Springs Farm brings another important part of local agriculture to the market through its dairy products, including goat cheese and feta. The farm holds a commitment to its animals and this is reflected in the care they put into each product. They explain, “We milk 90 dairy goats twice a day.” This daily routine requires consistency, time, and dedication, turning fresh milk from their goats into products that customers can enjoy right at the market. By purchasing from Faerie Springs Farm, customers are not only bringing home freshly made cheese, but also supporting a farm that puts time and care into raising its animals and producing food for the community.

Together, these vendors show that sustainable protein can take many forms. It can mean rotating animals across pasture, prioritizing humane treatment, carefully selecting feed, or taking extraordinary care with wild-caught seafood. Each practice shows a choice to be more thoughtful about the relationship between food production, animals, the environment, and the people who end up eating the food.

So the next time you come by the farmers market, look deeper than the product on the table. Ask where it came from, how it was raised or harvested, and what practices went into producing it. Meet the amazing people behind your food and discover the care they put into their work. This week, celebrate the farmers and fisherman who make responsible protein part of our local food system. Your purchase supports their businesses, land, animals, and our community.

