

# Monadnock Grown Region

Monadnock Grown products are those grown within the 34 towns of the Monadnock Region.

Monadnock Grown products must be made from items grown in our region. For example, Echo Farm Puddings is made from their on-farm milk.

The Monadnock Grown label can be found on the shelf or on refrigerators where products are displayed.

Products include: vegetables, meat - pork, turkey, beef, lamb, chicken, bison, and goat; cow and goat dairy products (yogurt, butter, milk, cheese, pudding), fruit, eggs, syrup, honey, cheese, wool, and fiber.

