

Summer 2023

The Free State Food Network

# Free State Food Freedom Guide

## Radical Restaurants

Badass establishments that push against authoritarian norms in order to build a culture of freedom.

## Independent Entrepreneurs

Innovative liberty lovers who are carving their own path in the food industry.

## Agrarian Anarchists

A menagerie of local farms with experimental ideas and quality offerings. These farms are a crucial element to keeping our food network free.



# The Free State Food Network



*The Free State Food Network is a voluntary, membership-based, trade association representing the freedom loving food industry in New Hampshire.*

## Our Goals

- To Strengthen our free state food system through collaboration and community.
- To Link freedom-minded food producers and professionals with the broader community.
- To Build a network of like minded food professionals to collectively share best practices in order to better current endeavors.
- To Advocate against government involvement in the New Hampshire food system.

Our members are Farmers, Chefs, Restaurateurs, and other food industry professionals.

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## 2023 Food Freedom Guide



# Bardo Farm

Croyden, NH

Located off the grid in Croyden, Bardo is a well established farm within the Free State community. They have grown a real community around their farm, hosting many potlucks and providing food for homes across the state. Bardo has become well known for their pig roasts, often holding them at Porcfest. They have organic gardens, and raise their animals using free-range, woodland-raised, and pasture-raised practices whenever possible.

They raise pigs, chickens, cows, rabbits and turkeys along with a small variety of vegetables.

Bardo Farm offers year-round beef and pork CSA packages, in addition to seasonal offerings like holiday turkeys and piglets. Their meat can be found at regional markets as well as the Independence Inn.

Contact on Facebook to learn more:  
[facebook.com/BardoFarm](https://www.facebook.com/BardoFarm)





## Manchester, NH

A farm with a focus on decentralized agriculture with renewable, sustainable, innovative approaches

Bee Free or Die Farms works on innovative approaches to farming including tower farming, cage free chickens, and minimally filtered honey.

Core to their principles is "The Decentralization Project." Naturally complimentary to the Free State Food Network, The Decentralization Project has community driven goals of promoting and assisting small farms. Overall, their efforts work to help these independent farms and increase food sovereignty in New Hampshire.

Bee Free or Die Farms currently provides honey, organic chicken & eggs, and mobile chicken butchery services.

View their plans and check out their products at [beefreeordiefarms.com](http://beefreeordiefarms.com) or contact:

[hello@beefreeordiefarms.com](mailto:hello@beefreeordiefarms.com)

**Phone: 207-232-3990**





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# Harkins Homestead

Nottingham, NH

Harkins Homestead is a seasonal farm specializing in greens and vegetables. They don't use pesticides or chemical fertilizers, and they sprout their own seeds.

To see what they are currently offering contact the homestead at [harkinshomestead.nh@gmail.com](mailto:harkinshomestead.nh@gmail.com) or check out their farmstand during the warmer months at **226 RAYMOND ROAD in Nottingham.**



## 2023 Food Freedom Guide



# Mossy Glen Farm

Carroll, NH

Mossy Glen Farm is a quaint family run homestead in northern New Hampshire. They pasture-raise their animals in a focus on regenerative agriculture. Their Duroc/Mangalitsa cross pigs enjoy a happy lifestyle in the woods of the White Mountains.

They provide pork shares, meat chickens and eggs.

Connect with Mossy Glen Farm at

<https://mossyglenfarmnh.com/>

or on Instagram at

<https://www.instagram.com/mossy.glen.farm.nh/>





# The SHELL

COMMUNITY CENTER

"To provide a community space in the Seacoast region for liberty lovers and their guests, and to share a love of liberty with the broader world. "

Find us at [ShellNH.org](http://ShellNH.org)



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[www.localsearchnerds.com](http://www.localsearchnerds.com)

## 2023 Food Freedom Guide

# Robie Farm

Piermont, NH

Robie Farm is a seventh generation family operation focusing primarily on beef, dairy and chickens. One of the few places offering raw milk, they also produce unique aged cheeses & soaps.

A well established farm, you can check out their farmstand containing products from other local producers, or get their offerings wholesale through the Upper Valley Produce distributor.

Check out their farmstead:  
**25 Route 10, Piermont, NH**

Or view their many offerings:  
**<https://robiefarmnh.com/>**





# Sunny Woodlands

## Farm

Plainfield, NH

A small farm, only a few years old, Sunny Woodlands Farm is poised to grow.

Following in the footsteps of innovators like Joel Salatin and Sepp Holtzer, Sunny Woodlands Farm wants to make use of the creativity of farming gurus to expand their operations. If you're interested in travelling down that same path, they also offer help planning your own garden.

Follow them online:

<https://sunnywoodlands.farm/>

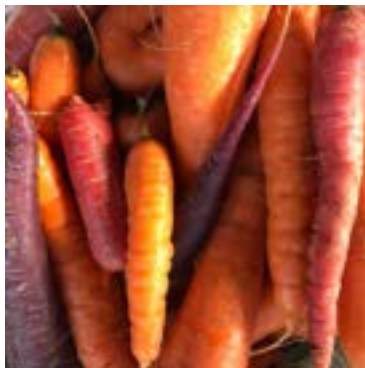
On social:

[instagram.com/sunnywoodland](https://www.instagram.com/sunnywoodland)

<https://www.facebook.com/sunnywoodlands/>



## 2023 Food Freedom Guide



# Wendy Town Farms

Pike, NH

On the surface, Wendy Town Farms is a sustainable farm growing vegetables, heirloom corn, & beans. What is absolutely wonderful about their offerings is the wide breadth of unique veggies they have for sale including Abenaki Cornmeal and Grits.

Website, with products for sale:

<https://wendy-town-farms.square.site/>

Social Media:

[instagram.com/wendytownfarms](https://www.instagram.com/wendytownfarms)

<https://www.facebook.com/wendytownfarms/>



# FREE STATE

DOCUMENTARY

"Seeing all these people from all over the country flock to the same place in interest of personal freedom, it just felt right to me."

- Recent mover

"FREE STATE" is a documentary exploring the lives of residents in New Hampshire, the "Live Free or Die" state.

The main focus is The Free State Project, a movement of 10,000+ strong willing to make a stand for individual liberty.

Freedom has never been under greater threat. But one place offers hope: the beacon of liberty, the Free State. This story must be told.

Watch and share the trailer, then help support this important project.  
Donate today: [freestatedoc.com](http://freestatedoc.com)

FROM THE PRODUCER OF "THE UNSEEN"  
OFFICIAL SELECTION - 2021 ANTHEM FILM FESTIVAL

[FreeStateDoc.com](http://FreeStateDoc.com)



REINITA SUSMAN PRESENTS "FREE STATE"  
A NEW HAMPSHIRE DOCUMENTARY

© Axiom Media 2022

# Area 23

Concord, NH



## Conspiracy Brews & Craft Theories

A bar absolutely filled with character, Area 23 is the perfect place to go if you're looking to have a good time. Well known for their open mic nights, trivia and live bands, they set quite the social scene with seemingly never-ending activities.

More information:

<https://thearea23.com/>

Address:

**254 N State St Unit H,  
Concord, NH 03301**

Phone:

**(603) 552-0137**



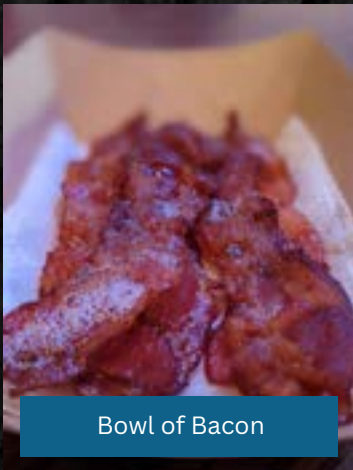


ESTD 2015

# AREA

23

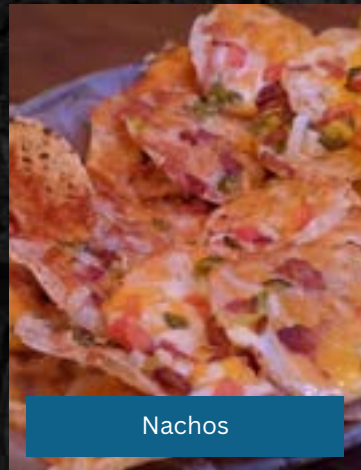
PUB



Bowl of Bacon



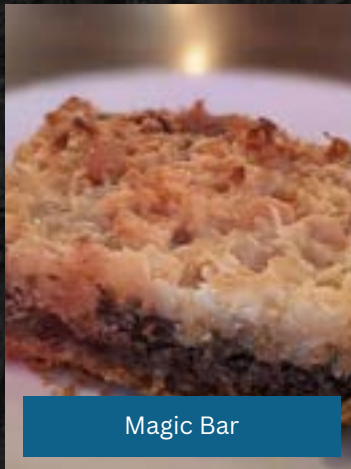
Darts



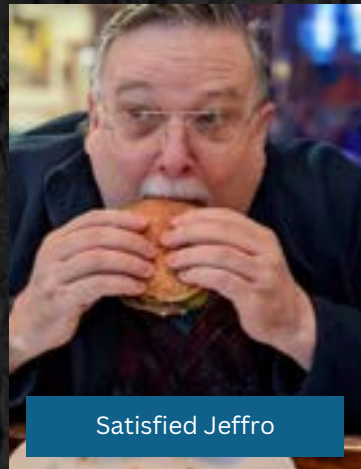
Nachos



Live Music



Magic Bar



Satisfied Jeffro

# Independence Inn

**Strafford, NH**

## The Heart of Liberty

A historical inn within sight of Bow Lake, the Independence Inn is focused on the best of New Hampshire.

For those who are looking to move to our state for more freedom, a stay at the Independence Inn is a must. Owned, operated by libertarians, their staff are happy to help any newcomer learn about New Hampshire and help them fit into our community. A known gathering space for anyone valuing liberty, the inn frequently hosts community dinners, farmer meetups, live music, and private parties.

The Independence Inn's ever-changing menu is supplied through relationships with many local farms, homesteads, and producers. Even their unique beverage menu boasts of locally sourced spirits, beer, tea, coffee, sodas and kombucha. Across from the tea room, you can find a market space filled with products from local entrepreneurs.



More information & bookings at:  
<https://theindependenceinn.com/>

Address:  
**6 Drake Hill Road, Strafford NH**

Phone:  
**(603) 519-9979**





## LARGE PLATES

### **ENGLISH BANGERS - spätzle, brussels sprouts, mustard cream 20**

Short Creek Farm in nearby Northwood, NH makes our sausages from their pasture-raised heritage breed pigs.

### **CRISPY CHICKEN - molasses glaze, farro pilaf, NH togarashi, winter slaw 22\***

Three River Farmers Alliance helps arrange deliveries from small farms like Stout Oak Farm in Brentwood, NH where they grow a great variety of certified organic vegetables.

### **ITALIAN SAUSAGE - veal ragu, garlic scape linguini, shaved local cheese 24**

Our fresh pastas are provided by Valicenti Pasta Farm in Hollis, NH where they package the pasta in a converted red barn and grow many of their own specialty ingredients.

### **COUNTRY PORK RIBS - mashed potatoes, roasted carrots, gravy 26\***

Much of our pork and beef comes from Bardo: a radical off-the-grid farm in Croyden, NH where they focus on permaculture, community and using free-range, pasture & woodland raised practices.

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**email: [freestatefoodnetwork@gmail.com](mailto:freestatefoodnetwork@gmail.com)**

## 2023 Food Freedom Guide

# Murphy's Taproom

Manchester & Bedford, NH

## A Hub for Freedom

The several Murphy's locations in Manchester and Bedford have remained popular for years with the freedom minded community.

The Manchester "Murphy's Taproom" lays claim to hosting the longest running cryptocurrency meetup in the world. And every Tuesday night you can find the local liberty crowd breaking bread together at "Taproom Tuesday." If you don't mind rubbing elbows with the greater community, you'll be delighted to learn that all their locations have patios regularly hosting live music, and provide opportunities for joining recreational amateur sports like cornhole leagues.

For bigger events, "Murphy's Taproom & Carriage House" in Bedford regularly hosts fancier dinners to large groups. For the New Hampshire Liberty Alliance and "Porcupine Day" for the Free State Project.

Outside of events, you can find that Murphy's locations offer a large variety of beer on tap. Their "Murphy's Taproom" food menu is an classic mix of American pub fare including delicious barbecue chicken nachos, "nuclear hot" chicken wings, shepherds pie, and fish & chips.

More information at:

<https://murphystaproom.com/>

Manchester Address:

**494 Elm St, Manchester, NH 03101**

Phone:

**(603) 644-3535**

Bedford Address:

**393 State Rte 101, Bedford, NH 03110**

Phone:

**(603) 488-5975**



# White Mountain Tavern

Lincoln, NH

## The Undefeated Underdog

If you're looking for a restaurant with the heart and soul of liberty to support, you'll want to check out the White Mountain Tavern. Nestled in a cozy ski town, they offer classic comfort food and regular live music.

But that's not the only reason to lend them your support.

Of all the restaurants in New Hampshire that stood up to the illogical pandemic mandates, none did so quite as courageously as the White Mountain Tavern.

Despite being fined thousands of dollars for allowing two cohabitating musicians to perform "too close to each other" and allowing guests to mingle without masks, owner David Culhane kept his business operational and lively. Later being forgiven of all fines, the Attorney General was actually stalking the business on Facebook and Instagram, looking for violations and continuing to issue threats.



Menu at:

<https://whitemountaintavernnh.com/>

Address:

**537 US-3 North Lincoln, NH**

Phone:

**(857) 939-5733**

# White Mountain Tavern



Delicious food  
in a casual tavern setting

## White Mountain Steakhouse & Tavern Menu

### Seafood/Pasta

New England Baked Haddock 22

*Lemon Herb Butter, Breadcrumbs, Rustic Mashed, Farm Veggies*

Fish & Chips 20

*Fried Atlantic Haddock, Seasoned Fries, Coleslaw, Tartar Sauce*

Classic Chicken Parmesan 22

*Italian Breaded Chicken, House Marinara, Three Cheese Blend, Served Over Linguine*

Wild Mushroom Ravioli 21

*Chef's Sauce of the Day*

### Land Mains

\*Grilled 14 oz. Ribeye 38

*Rustic Mashed, Farm Veggies, Sauteed Onions, Mushrooms & Bell Peppers*

\*Bourbon Marinated Steak Tips 28

*Rustic Mashed, Farm Veggies, Sauteed Onions, Mushrooms & Peppers*

Schnitzel 23

*Hand-Breaded Pork Tenderloin, Lemon Butter Caper Sauce, Fried Egg, Rustic Mashed, Farm Veggies*

\*Moose Rack Burger 19

*8 oz. Ground Beef, Gruyere Cheese, Bacon, Hand-Cut Onion Rings, Maple BBQ, Candied Apple Slice*



2023 Food Freedom Guide

# Wolfgang's Pizza

Wolfeboro, NH

## Pizza, Subs, and More

Looking for the classic New England pizza shop? You've come to the right place.

Wolfgang's will make you either a traditional Greek style pan pizza or New York style thin crust. They offer a gluten-free crust as well. But don't stop there: at Wolfgang's Pizza you can pick from more than twenty different sub sandwiches, an area where they really shine.

Located in "The Oldest Summer Resort in America," a trip to Wolfgang's is the perfect opportunity to grab a picnic meal when you're checking out New Hampshire's beautiful lakes Winnepesaukee and Wentworth.

Social at:

<https://www.facebook.com/profile.php?id=100063787134465>

Address:

**45 Center St, Wolfeboro, NH**

Phone:

**(603) 515-3456**





## Pizza

Your choice of Crust:

Original Pan Style - New York Style - * Gluten Free 12"	10"	15"
<b>Cheese</b> - pizza sauce and Grati de Brand Mozzarella.	8.00	11.50
<b>House Special</b> - pizza sauce, pepperoni, sausage, hamburger, onions, and peppers.	12.00	17.50
<b>Ultimate Steak</b> - pizza sauce, shaved steak, Genoa salami, mushrooms, onions, and peppers, sausage, and hamburger.	13.00	18.50
<b>Meat Lovers</b> - pizza sauce, pepperoni, sausage, ham, bacon, and hamburger.	12.00	18.50
<b>Vegetarian</b> - pizza sauce, eggplant, black olives, tomatoes, onions, and peppers.	12.00	17.50
<b>Hawaiian</b> - pizza sauce, pineapple, and ham.	10.00	14.00
<b>Big Mac</b> - Thousand Island dressing, hamburger, onions, pickles, and lettuce.	12.00	16.50
<b>Shrimp Scampi</b> - olive oil, shrimp, garlic, onions, and peppers.	12.00	17.50
<b>Greek</b> - olive oil, garlic, black olives, tomatoes, and feta cheese.	11.00	16.50
<b>Gyro</b> - olive oil, gyro meat strips (lamb), onions, tomatoes, and tzatziki sauce on the side.	11.00	16.50
<b>Margherita</b> - olive oil, tomatoes, basil, garlic, and Parmesan cheese.	11.00	14.50
<b>BBQ Chicken</b> - BBQ sauce, chicken fingers.	11.00	14.50
<b>Taco</b> - Salsa, hamburger, tomatoes, and lettuce.	11.00	16.50
Extra Cheese	2.00	3.00
Extra Pizza Sauce	1.00	2.00
Alfredo Sauce	1.00	2.00

\* Gluten Free 12" Cheese and pizza sauce. 11.99  
Build Your Own Gluten Free Pizza - See Toppings List

**Bruschetta** - 12"x 5" oval flat bread with olive oil, garlic, oregano, basil, and sliced tomatoes. Topped with mozzarella cheese and drizzled with balsamic vinaigrette. 9.00

**Calzone** - cheese and pizza sauce folded inside. 8.00  
Build Your Own Calzone - See Toppings List  
Ask for marinara sauce inside or outside.

## HOT SUBS

	Sm.	Lg.
<b>Steak and American Cheese</b>	7.50	11.50
<b>Ultimate Steak</b> - Genoa salami, grilled onions, mushrooms, and peppers, and American cheese.	8.50	12.50
<b>Grilled Chicken</b> - grilled mushrooms, onions and peppers, and American cheese.	7.50	11.00
<b>Cheeseburger</b> - lettuce, tomatoes, onions, pickles, and American cheese.	7.50	11.00
<b>Hot Veggie</b> - grilled mushrooms, olives, onions, and peppers, and American cheese.	7.50	11.00
<b>Chicken Finger</b> - lettuce, tomatoes, onions, and pickles.	7.50	11.00
<b>Buffalo Chicken Finger</b> - lettuce, tomatoes, onions, and pickles.	7.50	11.00
<b>Pulled Pork</b> - BBQ sauce	7.50	11.00
<b>Gyro</b> - gyro meat strips (lamb), onions, tomatoes, and tzatziki sauce	7.50	11.00
<b>Steak Tip</b> - grilled mushrooms, onions, and peppers, and American cheese.	9.50	12.50
<b>Pastrami</b> - grilled mushrooms, onions, and peppers, and provolone cheese.	9.50	12.50
<b>Meatball Parm</b> - provolone and marinara sauce.	7.50	11.00
<b>Chicken Parm</b> - provolone and marinara sauce.	7.50	11.00
<b>Eggplant Parm</b> - provolone and marinara sauce.	7.50	11.00
<b>Veal Parm</b> - provolone and marinara sauce.	7.50	11.00

## COLD SUBS

Includes lettuce, tomato, pickle, onion, and cheese choice of American, provolone, or Swiss cheese.

	Sm.	Lg.
<b>Turkey</b>	7.50	11.50
<b>Italian</b>	7.50	11.50
<b>Ham and Cheese</b>	7.50	11.50
<b>Veggie</b>	7.50	11.50
<b>Roast Beef</b>	7.50	11.50
<b>BLT</b> - with mayo	7.50	11.50



## DINNER PLATES

Includes a small garden salad and French fries.

<b>Hamburger</b>	10.00
<b>Cheeseburger</b>	10.00
<b>Gyro</b>	10.00
<b>Chicken Fingers (4)</b>	10.00
<b>Buffalo Chicken Fingers (4)</b>	10.00

## PASTA PLATES

Includes a small garden salad and garlic bread.

<b>Spaghetti</b> and marinara sauce (meatless)	9.00
<b>Spaghetti &amp; Meatballs</b> and marinara sauce	10.00
<b>Chicken Parm</b> with spaghetti and marinara sauce	10.00
<b>Eggplant Parm</b> with spaghetti and marinara sauce	10.00
<b>Veal Parm</b> with spaghetti and marinara sauce	10.00
<b>Lasagna</b> with marinara (meatless) and mozzarella cheese	13.00

## BURGERS & SANDWICHES

<b>Hamburger</b>	4.00
<b>Cheeseburger</b>	4.50
<b>Double Hamburger</b>	6.00
<b>Double Cheeseburger</b>	6.50
<b>Pulled BBQ Pork</b> on a bulky roll with French fries	9.00
<b>Gyro</b> - gyro meat strips (lamb), onions, tomatoes, and tzatziki sauce on pita bread	5.50
<b>Reuben</b> - corned beef, sauerkraut, 1000 Island dressing on a bulky roll with French fries	9.00

Extra Meat 2.00 • Bacon 1.00 • Grilled Onions & Peppers 1.50  
Add Cheese 1.00 • American, Provolone or Swiss

Spreads: Mayo • Spicy Brown Mustard • Honey Mustard  
Yellow Mustard • Relish Hot • Ketchup • Oil & Vinegar

## SIDE ORDERS

<b>Garlic Bread</b>	4.50
<b>Cheesy Garlic Bread</b>	5.00
<b>French Fries</b>	5.00
<b>Cheesy Fries</b> - Add Bacon +1.00	6.00
<b>Sweet Potato Fries</b>	5.00
<b>Onion Rings, Beer Battered</b>	5.00
<b>Fried Green Beans</b>	5.00
<b>Fried Mushrooms</b>	5.00
<b>Mozzarella Sticks (6)</b>	5.00
<b>Jalapeño Poppers (6)</b> - Cream Cheese	5.00
<b>Chicken Fingers (6)</b>	8.00
<b>Chicken Wings (12)</b>	11.00
<b>Buffalo Chicken Wings (12)</b>	11.00
<b>10" Cinnamon Pizza Pie</b>	6.00
<b>16" Cinnamon Pizza Pie</b>	10.00
<b>8" HOT Chocolate Chip Cookie</b>	6.00

# How to buy a gun in New Hampshire



## So you're finally in the Free State, how should you buy a gun?

Now that you're here, you'll want to take advantage of our respect for your right to keep and bear arms. But how do you do so the most libertarian way?

### Dont: Buy at a store.

Buying at a store gives the government information about what you own through Form 4473. If the ATF later changes federal restrictions, they could come knocking. Registration is the path to confiscation.

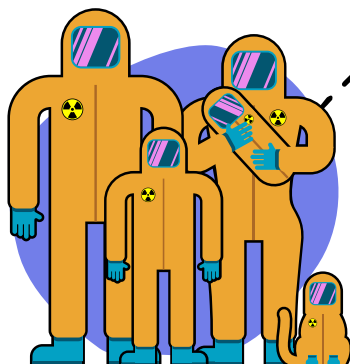
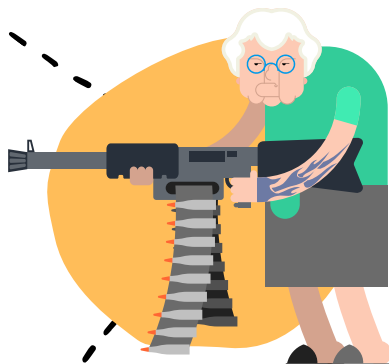


### Dont: Use a credit card.

That puts you on another list. Credit card companies are no stranger to cancelling people who go against their personal beliefs.

### Do: Buy private sale.

It's totally legal for NH residents to buy firearms from other NH residents. Use cash, crypto, silver, goldbacks, whatever! Just be reasonably certain that the other person is a resident and not prohibited from ownership (felon). No need to register or fill out any paperwork, but you can keep a bill of sale for your own records.



### Do: Seek out second-hand groups.

There are groups on Facebook, Discord and Signal to help facilitate trade. Ask around your community until you get invited to one.



## South Hampton, NH

Located on Heron Pond Farm, Bell & Goose Cheese Co. is a small producer of European style farmhouse cheeses. While their cows milk camembert and marinated feta cheeses are delicious staples, if you can get your hands on the sheeps milk thistledown, it is to die for. Using thistle rennet is a rare practice, and finding such a nice sheeps milk cheese is rarer still.

More information at:  
<https://bellandgoose.com/>

Farm Stand at:  
**290 Main Avenue, South Hampton**

Also find them through the Three River Farmers Alliance and at the following farmers markets:

**Rollinsford, NH**  
**Stratham, NH**  
**Derry, NH**  
**Somerville, MA**  
**Natick, MA**  
**Wayland, MA**





**Fresh New England Lobsters. Delivered.**

Fisher Lobster prides itself on providing the highest quality and freshest lobster in the New England area. They provide prompt local delivery and exemplary service. You can order directly from their website.

**Order at:  
FisherLobster.com**



Drink with people you trust



Use the  
Free State Food Network  
**FREESTATEFOOD.NET**

# Granite State Spice Blends

Salem, NH

Unique. Aromatic. Zesty.

Granite State Spice Blends can kick any dish up a notch, and because they create in small batches you can be sure all of their spices are high in both quality and freshness.

Flavors include: The S.P.O.G., Za'atar, Magic Dust, Taco Tuesday, Everything, Everyday, Adobo, Coffee Rub, Jerk, and Smoke Rub.



**Order at: [GraniteStateSpiceBlends.com](http://GraniteStateSpiceBlends.com)**





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## 2023 Food Freedom Guide



# Garnet School

Candia, NH

The Garnet School is an organization dedicated to teaching all aspects of being self-sufficient. Their classes include topics like gun safety & AR building, beekeeping, living room farming, tiny house living, tactical skills, and soap making.

In addition to these classes, the Garnet School hosts "GrokFest" annually. During this weekend camping festival of "mostly normal people" you can expect to gather around the fire, play outdoor games, take a few classes and have the sort of fun that can only happen at their "Conspiracy Campground."

More information:

<https://garnetschool.com/>

Address:

**456 Critchett Rd  
Candia, NH 03034**

Phone:

**603-522-7001**



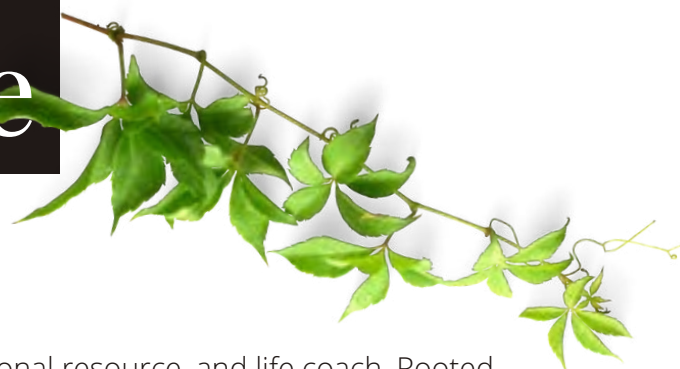


**AN INCOMPLETE LIST OF  
GARNET SCHOOL  
CLASSES & WORKSHOPS**

**Basic Gun Safety  
Beekeeping  
Clay Pots for Kids  
Practical Rifle Dynamics  
Nutrition & Meal Planning  
Soapmaking  
Let's Make Birdhouses  
Root Beer the Old Way  
Sewing Alterations 101  
Beard Oil Class  
Build Your Own AR-15  
Honey Extraction  
Make Your Own Skincare  
Textile Arts  
Beginner Woodworking  
Off Grid Radio  
Let's Make Pemmican**

# Rooted Free

Henniker, NH



A whirlwind of a manifested community, educational resource, and life coach, Rooted Free is focused on empowering people by sharing skills for self sufficiency. Rooted Free seeks to provide a living example of a realistic journey into food raising. They help people deprogram and reconnect to nature & instinct, seeking ways of living in relationship with our environment.

At Rooted Free you can find a variety of classes, group events, and even agorist markets. Whether its guided foraging tours in the forest, or a 20 hour rewilding retreat for women, Rooted free is perfect for those looking to join a community focused on self improvement and mindful connection with ones environment. As private membership organization, participants agree to conduct themselves peacefully and responsibly, which plays into a wonderful and rewarding culture.

Learn more and become a member:

**<https://rootedfree.com/>**

Contact:

**[rootedfree@protonmail.com](mailto:rootedfree@protonmail.com)**

FREEDOM BEGINS WITHIN

classes, retreats, community events, and farm fare  
for a vibrant sovereign life



## Classes

Some classes include "Intro to Chicken Keeping," "Seed Starting," "Canning Workshops," and "Mushroom Log Inoculation."



## Retreats

Peaceful and invigorating, Root Free has retreats for tapping into the gifts of nature and rewilding ourselves.



## Markets

In the spirit of counter-economics and agorism, Rooted Free hosts regular markets where people barter & trade with cryptocurrency, goldbacks and silver.



## Dinners

Gather around the table and join Rooted Free for one of their spectacular gourmet farm-to-table dinners held in a beautiful historic barn.

# In the State House

## Working for freedom in the legislature.

Over the past year, the Free State Food Network has been unwavering in its efforts to propel New Hampshire forward and bring it on par with other states in terms of legalized food freedom. Through strategic collaboration with our allies in the State House, we have boldly proposed bill text, demonstrating our commitment to catalyzing significant changes to the existing laws. However, our dedication does not end there. As a united group of professionals, we have taken it upon ourselves to testify in unison on these bills, ensuring that our resolute support or opposition for food freedom is heard loud and clear, dispelling any notions that it is a matter of little consequence. The bills we are relentlessly pursuing encompass a wide range of vital topics, including but not limited to:

- Proposing the elimination or substantial increase of the cap on homestead revenue, thereby mitigating burdensome government inspection red tape.
- Championing raw milk freedom while advocating for a reduction in licensing requirements.
- Curtailing the authority wielded by the Commissioner of Agriculture.
- Vigorously opposing any increase in the state minimum wage.
- The acceptance of microenterprise operations, allowing home kitchens to legally sell food in the state of New Hampshire.
- Fearlessly advocating for the deregulation of labeling requirements for farm products, streamlining the process and reducing unnecessary constraints.
- Opposing proposed increases in regulations for farms and restaurants.



# MAURA: AT YOUR SERVICE, PERSONAL CONCIERGE

Fretting about food in the oven?  
Trying to pour drinks, clear plates, keep the dog away  
from the buffet, wipe up spills, corral children, and  
worry about the food in the oven?

**ASK FOR HELP. ASK FOR MAURA.**

**MAURA, SHE DOES IT ALL.**

Showers, holiday parties, client dinners, family  
celebrations, cook outs. If you have Maura around,  
she'll make sure they all go super smooth.

She can clean your home before company arrives, pick  
up grandma from her home, and help wash dishes at  
the end of the evening.

**LEARN MORE:**

**[MAURATYOURSERVICE.COM/](http://MAURATYOURSERVICE.COM/)**

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For inquiries email:  
[FreeStateFoodNetwork@gmail.com](mailto:FreeStateFoodNetwork@gmail.com)

Learn more about the organization  
at [FreeStateFood.net](http://FreeStateFood.net)