

Salt & Pine

THE MIDCOAST CALENDAR

JULY 2026

VOL 1 / ISSUE 2

Salt Air & Summer Light

From waterfront mornings
to glowing lighthouse evenings

FOOD & FARMERS MARKETS

The Bath
Farmers Market

FESTIVALS

Something for
Everyone

RAINY DAYS

Indoor Fun in
a Dry Cozy Place

BIKING TRAILS

With a View of
the Ocean

YOUR
GUIDE TO
**FREE
FUN**
IN MAINE

Editor's Note

Welcome to the July issue of Salt & Pine – The Midcoast Calendar!

July is one of the most exciting months along the Maine coast — filled with festivals, waterfront concerts, farmers markets, fireworks, warm beach days, and long summer evenings that seem to last forever. From small-town celebrations and outdoor music to hidden coastal adventures and local food, this is the season when Midcoast Maine truly comes alive.

One of the unique features of Salt & Pine is the ability to experience the music before and after the concert. Throughout the magazine, readers can use interactive links to preview many of the bands and musicians performing across Maine during the summer season. Whether discovering a new local artist, listening before attending a waterfront concert, or replaying favorite songs afterward, the magazine creates a deeper connection between readers and Maine's vibrant live music scene.

Check out our website at saltandpinemag.com. You can download the June issue if you missed it. Please send us your ideas and suggestions so we can continue showcasing the people, places, and experiences that make Maine so special.

Email suggestions to:
SaltandPinemagazine@gmail.com

Thank you for being part of the Salt & Pine community — and we hope you enjoy every beautiful moment of summer in Maine.



Patti Irish

**PATTI IRISH
EDITOR**

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FUN BUT **NOT** FREE

Use the interactive Table of Contents
to easily navigate through the magazine. Simply click on any page
number to jump directly to that section or article. Many sections
have multiple pages. At the bottom of each page, click the word
“Back” to instantly return to the Table of Contents, making it
quick and easy to explore everything the magazine has to offer.

FREE CONCERTS



July 1- *Wednesday*,
Brunswick, Music
on the Mall-
[Clements Brothers](#)
Brunswick Town
Mall-6-7:30
[Discover their Music](#)
[HERE](#)

July 2-*Thursday*,
[Ragtime Destroyers](#)-
Mitchell Field in
Harpwell- 6:00
[Hear Their Sound](#) [HERE](#)

July 4, *Saturday* -
Library Park
-[Bath Municipal](#)
[Concert Band](#)-2:00

[Preview their Music](#) [HERE](#)

July 4-*Saturday*, LL
Bean Discovery
Park-Freeport
[Don Campbell](#)
[Band](#) 7:00 pm

[Stream the Band](#) [HERE](#)



Camden
JULY 4, 2026
 12:00 P.M. – 6:30 P.M.

Camden Village Green & Library Amphitheatre
 55 Main Street
 Camden, ME 04843
 United States of America

CELEBRATE THE USA's 250th BIRTHDAY WITH FREE LIVE MUSIC

Bring your family and friends to downtown Camden on **July 4th** to hear four terrific bands:

	NOON – 1:00 PM	Bay Chamber Jazz Ensemble	(Village Green)
	2:00 PM – 3:15 PM	Red Hot Peppers	(Amphitheatre)
	4:00 PM – 5:15 PM	Midcoast Community Band	(Amphitheatre)
	6:00 PM – 7:30 PM	The Right Track	(Amphitheatre)

July 4-Saturday,
 Camden Village
 Green & Library
 Amphitheatre-
 July 4th Celebration
 Noon-7:30

Bay Chamber Jazz
 Ensemble

[Preview their music HERE](#)

Red Hot Peppers

Midcoast Community
 Band

The Right Track

[Preview their dance music HERE](#)

July 5, *Sunday* -
 Library Park
 -Bath Municipal
 Swing Band-2:00

July 9-Thursday,
 Erica Brown &
 Blugrass
 Connection-
 Mitchell Field in
 Harpswell- 6:00
[Listen to the Music HERE](#)

ERICA BROWN
 AND
 The **BLUEGRASS CONNECTION**
 LIVE IN HARPSWELL, MAINE

THURSDAY, JULY 9, 2026 • 7:00 PM
 MITCHELL FIELD • HARPSWELL, MAINE
<https://www.harpswell.maine.gov/bandstand>

FREE CONCERTS Page 3



July 7, Tuesday -
Library Park
-[Bath Municipal
Swing Band](#)-6:30

July 8- Wednesday,
Brunswick, Music on the
Mall- [Jimmyjo & The
Jumbol'Ayuh](#)s Brunswick
Town Mall-6-7:30

[Listen to the Music HERE](#)

July 11-Saturday, LL
Bean Discovery Park-
Freeport [Lexi James &
Wildheart](#) 7:00 pm

[Discover their music HERE](#)

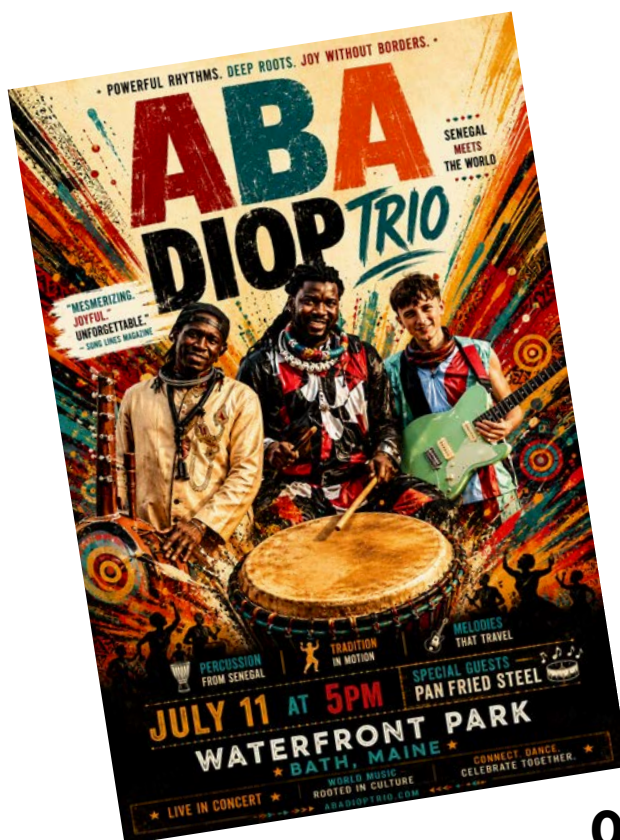
July 11, Saturday at 5pm
[Aba Diop Trio with
special guests Pan Fried
Steel](#)

Water front Park, Bath

[Listen to the Music HERE](#)

[Pan Fried Steel](#)

July 11-Saturday, [Scott
Davis Band](#)- Library Park-
Bath 6:30



FREE CONCERTS Page 4

July 12-Sunday, Bath,
Waterfront Park, Bath
[Crystal Vision](#)- A
Fleetwood Mac
Tribute 5:00

[Listen to the Music HERE](#)



July 14, Tuesday - Library
Park
-[Bath Municipal Swing
Band](#)-6:30

July 15- Wednesday,
Brunswick, Music on
the Mall-[Pat Colwell
& the Soul Sensations](#)
Brunswick Town
Mall-6-7:30

[Listen to the Music
HERE](#)

FREE CONCERTS Page 5



July 17, *Friday* -
Library Park
-[Bath Municipal](#)
[Concert Band](#)-6:30

July 18 -*Saturday*
3:00-5pm MONSTER
GARDEN!
All Ages [Monster-Making &](#)
[5pm Monster Parade](#)
featuring large-scale
puppets

4:30pm Dance Workshop
led by the band

5pm [Gentleman Brawlers](#)
[Concert](#)
Brooklyn, NY- Afrofunk
and indie dance.

[Listen to the Music](#)
[HERE](#)

July 16-*Thursday*,
[Harpswell](#)
[Concert Band](#)
Mitchell Field in
Harpswell- 6:00

July 17-*Friday*,
[Midcoast Jazz](#)
[Ensemble](#)-
Topsham
Fairgrounds-
7:00



FREE CONCERTS Page 6



July 18-*Saturday*,
LL Bean
Discovery Park-
Freeport [Skosh](#)
7:00 pm
[Check out their music HERE](#)

July 18-*Saturday*,
[Bath Municipal](#)
[Concert Band](#)-
Library Park,
Bath- 6:30

July 21, *Tuesday* -
Library Park
-[Bath Municipal](#)
[Swing Band](#)-6:30

July 22, *Friday* -
Waterfront Park
-[Bath Municipal](#)
[Concert Band](#)-6:30

July 22- *Wednesday*,
Brunswick, Music
on the Mall-[Maine](#)
[State Music Theatre](#)
Brunswick Town
Mall-6-7:30



FREE CONCERTS Page 7



July 23-Thursday,
Onword Mitchell
Field in Harpswell-
6:00

[Check out their music HERE](#)



July 25 Saturday at 5pm at
[Waterfront Park](#) in Bath

The Bow Tides

Sophisticated Irish trad
from a powerhouse Celtic
ensemble..

[Check out their music HERE](#)

July 25, Friday -
Library Park, Bath
-**Nor'easters**
Barbershop
Chorus-6:30 pm

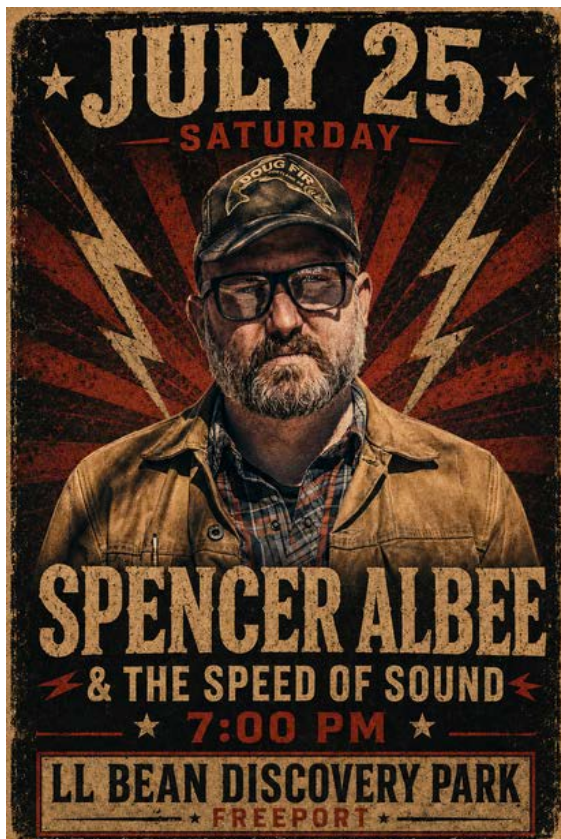


FREE CONCERTS Page 8

July 25-Saturday,
LL Bean
Discovery Park-
Freeport [Louisa
Stancioff](#) 3:00 pm
[Check out her music
HERE](#)



July 25-Saturday,
LL Bean
Discovery Park-
Freeport [Sneaky
Miles](#) 5:00 pm
[Check ou their
music HERE](#)



July 25-Saturday,
LL Bean
Discovery Park-
Freeport [Spencer
Albee & The
Speed of Sound](#)
7:00 pm
[Check out their music HERE](#)

FREE CONCERTS Page 9



July 26, *Sunday* at 5pm

Jamie Saft Trio ~

Sunday Jazz on the Water
Waterfront Park, Batj

[Listen to the Music HERE](#)

July 28, *Tuesday* -

Library Park

-**Bath Municipal**

Swing Band-6:30

July 29-

Wednesday,

Brunswick, Music
on the Mall-

Breaking Strings

Brunswick Town

Mall-6-7:30

[Listen to their music
HERE](#)

July 30-*Thursday,*

The Resonauts

Mitchell Field in

Harpswell- 6:00

[Listen to their music
HERE](#)



NATURE/OUTDOORS & GAMES

6 State Parks Worth Visiting This Summer in Midcoast Maine with hikes, beach access, and picnic spots



Reid State Park

Website (207) 371-2303

Located in Georgetown, this is one of Maine's most beautiful coastal parks. It features long sandy beaches, dunes, tidal pools, rocky headlands, picnic areas, and excellent birdwatching. It's a favorite for beach walks and photography.

Popham Beach State Park

Website (207) 389-1335

Near Bath in Phippsburg, this park is known for its wide sandy beach, views of offshore islands, and the opportunity to walk to nearby islands at low tide. It's one of Maine's premier beach destinations.



Camden Hills State Park

Website. (207) 236-3109

One of the most scenic parks in Maine. Hike or drive up Mount Battie for breathtaking views over Camden Harbor and Penobscot Bay. Great hiking, camping, and fall foliage.

Wolfe's Neck State Park

Website. (207) 865-4465

This coastal forest park offers easy walking trails through pine and hemlock woods with beautiful views of Casco Bay and the Harraseeket River. Ideal for families and birdwatchers. Location: Approximately 2 miles south on Wolf Neck Rd. from intersection with Bow St./Flying Point Drive in Freeport



Owls Head State Park

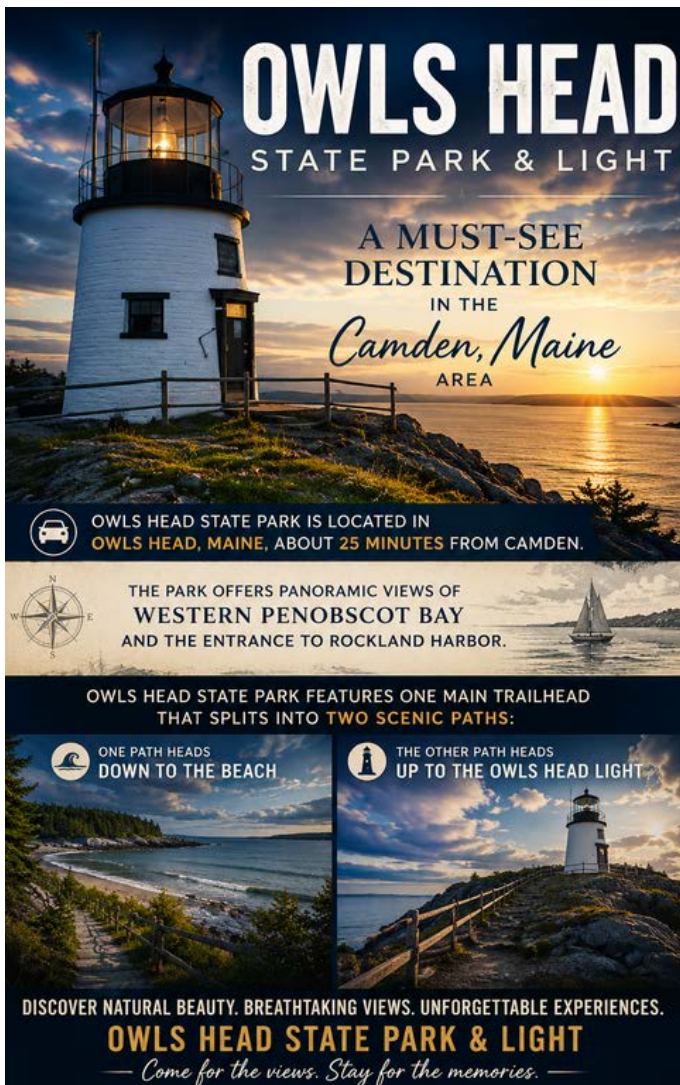
Website

A small but spectacular park near Rockland featuring a historic lighthouse, ocean views, and short easy trails. Perfect for a quick stop while exploring the coast

Birch Pt. State Park

Website (207) 941-4014

Near Owls Head, this lesser-known park offers a quiet sandy beach and swimming area. A hidden gem that is often less crowded than larger parks.



Pickleball, Basketball, and Skateboarding

Last month, we highlighted [Midcoast Maine Pickleball](#), which recently completed a major court improvement project. The courts received crack repairs and a fresh coat of paint, providing players with a smoother, safer, and more enjoyable outdoor playing experience. Join and come play with us this summer. [SCHEDULES HERE](#)

Don't forget the skateboarding park next to the to MARC pickleball courts. There are indoor basketball courts at the Brunswick Rec Center. The new basketball courts and lights at the MARC facility should be finished in October 2026.



Now Open in Rockport

Pickleball continues to grow across Midcoast Maine, and players now have even more opportunities to stay active year-round. The Midcoast Recreation Center's newest indoor facility features eight dedicated pickleball courts, providing a spacious, weather-proof venue for open play, leagues, lessons, and tournaments. With bright lighting, ample court space, and a welcoming community atmosphere, the new facility has quickly become a favorite destination for players of all skill levels.



Open Play

Dirt, Pines, and Ocean Air: Why Mountain Biking Belongs on Your Summer Bucket List

Two Top Midcoast Mountain Bike Destinations

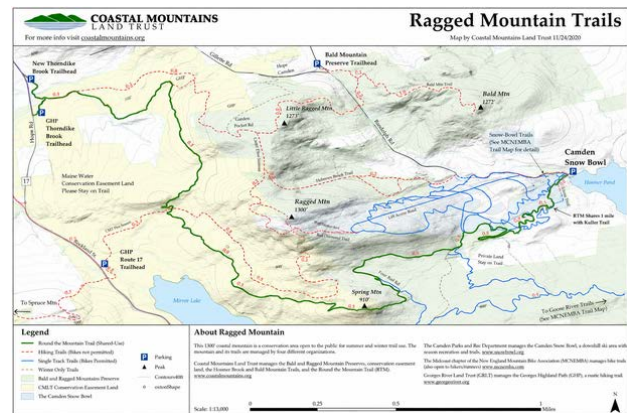
Ragged Mountain Preserve (Camden/Rockport)

Nature preserve. [Website](#)

Best overall riding in Midcoast Maine

- More than 40 miles of interconnected trails
- Excellent mix of beginner, intermediate, and advanced terrain
- Flow trails, technical singletrack, and long climbs
- Beautiful views of Penobscot Bay from higher elevations
- Home to the famous Round the Mountain Trail, one of Maine's
- classic rides

Don't miss: Round the Mountain Trail and the Snow Bowl trail system.
Trail Maps



Neptune Woods Mountain Bike Trails (Brunswick)

[Website](#)

Best southern Midcoast trail network

- Purpose-built mountain bike trails
- Fun flow sections and technical features
- Close to Brunswick and Freeport
- Great for a quick after-work ride



Small Town Spotlight: Boothbay Harbor



Discover Boothbay Harbor

Boothbay Harbor is one of Maine's most popular coastal destinations, known for its scenic harbor, fresh seafood, and maritime charm.

A highlight of any visit is Coastal Maine Botanical Gardens, New England's largest botanical garden, featuring stunning flowers, woodland trails, and waterfront views. Visitors can also enjoy harbor cruises, whale watches, and puffin tours that showcase Maine's rugged coastline and nearby islands.

History comes alive at Boothbay Railway Village, where vintage trains, antique automobiles, and historic buildings recreate life in Maine a century ago. Outdoor enthusiasts will enjoy hiking at Ovens Mouth Preserve or kayaking through the harbor's sheltered waters.

Downtown Boothbay Harbor offers charming shops, art galleries, and waterfront restaurants serving classic Maine seafood. Whether you're exploring the coast, taking a boat tour, or relaxing by the harbor, Boothbay Harbor offers an unforgettable taste of Maine.

Boothbay Harbor's maritime heritage comes alive at the historic Bristol Marine shipyard, located within walking distance of downtown. Since 1869, skilled craftsmen have built, repaired, and restored vessels along this waterfront site. Visitors can catch a glimpse of working boatyards, traditional maritime craftsmanship, and the enduring connection between Boothbay Harbor and the sea.

The Trolls at the Coastal Botanical Gardens in Boothbay

Embark on an unforgettable adventure through Maine's forests, where history, conservation, and imagination come together in a truly unique experience.

Throughout the season, visitors can explore native woodlands while discovering the giant recycled-wood troll sculptures.

Hidden among the trees, these friendly guardians invite you on a journey of discovery, challenging you to uncover clues, piece together their message, and reveal the secret of the Guardians of the Seeds.

More than an outdoor attraction, this immersive experience offers a chance to unplug from daily life, reconnect with nature, and see Maine's forests in an entirely new way.

Plan a troll hunt



Danish artist Thomas Dambo has captured imaginations around the world with his giant wooden troll sculptures, all built from recycled materials. Hidden in forests, parks, and natural landscapes, Dambo's whimsical trolls encourage visitors to explore nature while promoting creativity, sustainability, and environmental stewardship. Each troll has its own name and story, transforming a simple walk in the woods into a magical treasure hunt.

Hidden among the forest trails of Coastal Maine Botanical Gardens are five giant wooden trolls—Roskva, Lilja, Birk, Søren, and Gro—created by Danish artist Thomas Dambo.

Known as the **Guardians of the Seeds**, these whimsical sculptures invite visitors on a magical woodland adventure while sharing a message of conservation and stewardship of Maine's forests.

Meet the Trolls

- Roskva – is the heaviest, hardest, and strongest of the trolls.
- Lilja – holds the scent of the flowers
- Birk – is the wise and mysterious one
- Søren – is the curious one
- Gro – is the wanderer

Banjo is dreaming that this imaginary troll might be the next to join the **Guardians of the Seeds**.

From Hollywood to High Seas: Discover the famous ships and movies that put Boothbay Harbor in the spotlight.

Step into a waterfront where master shipwrights still practice centuries-old skills.

For more than 150 years, Sample's Shipyard in Boothbay Harbor—now Bristol Marine—has been one of New England's premier centers for traditional shipbuilding and restoration.

The historic waterfront yard has worked on some of America's most iconic vessels, including the National Historic Landmark schooners Ernestina-Morrissey and Victory Chimes, Pennsylvania's flagship U.S. Brig Niagara, the famous HMS Bounty from the 1962 film *Mutiny on the Bounty*, and a replica of the *Discovery*, the ship that carried English settlers to Jamestown in 1607.

Today, visitors can still glimpse this living maritime tradition just steps from downtown, where skilled shipwrights continue the art of restoring and preserving historic wooden vessels that connect Maine's coast to centuries of maritime history.



Boothbay Harbor on the Big Screen

The primary movie filmed in Boothbay Harbor is the iconic 1956 Rodgers and Hammerstein film musical *Carousel*. The scenic port town served as the primary backdrop for the production in the summer of 1955, with major musical numbers like "June Is Bustin' Out All Over" shot where the Carousel Marina stands today. Additionally, portions of the 2006 drama *Little Children* starring Kate Winslet were filmed there.



Left to right: Victory Chimes, Ernestina-Morrissey and the Bounty replica

FREE EVENTS

MAIN STREET BATH
Brought to you by staff and volunteers of this non-profit

July 2, 3, 4 & 5, 2026
BATH, MAINE

Heritage Days

Live Music Each Day!
★ Smokey's Greater Show's Carnival
★ 4th of July Parade
★ 4th of July Fireworks
★ Portland Reavers Firemen's Muster
★ Antique Car Show
★ Art in the Park
★ Library Book Sale
★ Food Trucks
★ Kids' Day with Sparks Ark
★ Heritage Games
★ Crafts & more!

America celebrates 250 Years!
VisitBath.com
Shop and Eat Local in our Beautiful Historic Downtown District!

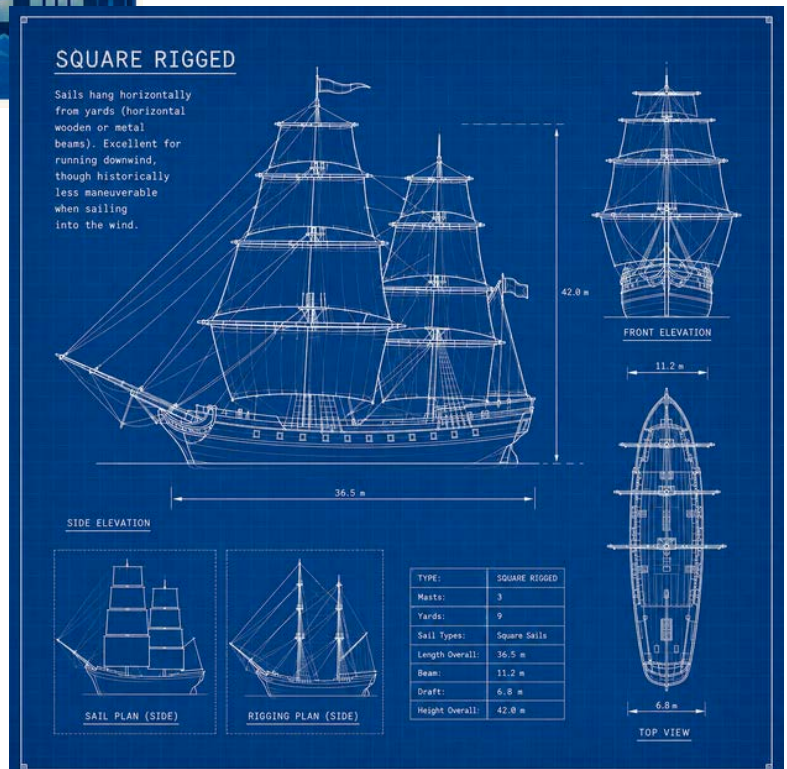
Heritage Days July 2,3,4,&5

Website

Heritage Days is Bath, Maine's signature Fourth of July celebration, featuring live music, a carnival, parade, fireworks, family activities, local food, and community events honoring America's 250th anniversary

July 8- Wednesday- European Ship Rigging in the Age of Discovery (1418- 1620)

Jim Nelson, Author
and Maine's First
Ship Chief Rigger
Maritime history
lecture • Bath
Freight Shed 7-8
PM



FREE EVENTS

PRESENTED BY THE
BRUNSWICK DOWNTOWN ASSOCIATION

2ND FRIDAY

Brunswick

A Maine Sun Website Here Series

📍 DOWNTOWN BRUNSWICK | 📅 2ND FRIDAYS | ⌚ 4:00 - 7:30 PM

JUNE 12



JULY 10



AUGUST 7



SEPTEMBER 11



YOUTH MARKET

Aiden Carter	Jasper Carter
Alice Harrington	Tyler Liddiard
Amara Dijkshoorn	Kaitie Bubier
James Meakin	



ENTERTAINMENT

A Modern Anthem	Madi Ann
Beach Bums	Music Mike
Dylan Tanguay	Shark Bait
Heather McCloud	The Neighbors
John Cross	Tree Willow
Kerry O'Leary	



Image of Carter Creations



LOCAL ARTISTS

Alex Groblewski	Kate Flora
Becca Garibaldi	Leo M. Hill
Bethany Charron	Liz Kovarsky
Bill Gudeck	Lucy Holm
Brian L. Houseal	Mark Hymbaugh
Carlen Braman	Matt Cote
Celeste Danforth	Matthew Ho
Chloe Todd	Melinda Porter
Christine Stevens	Mnetha Warren
Drew Masterman	Robyn L. Owen
Emily Bonner	Salena Sykes
Heather Atwood	Samantha Camino
Jane Junkert	Sasha Michaud
Janet Elkins Murphy	Susan Tarpinian
Jeanelle Demers	Theater Project
Jennifer Merz	Trevor Smith
Jo-Anna K McKenney	Wayne Sanford
Kaitie Bubier	



Image of The Salty Bee Maine

STILL
ACCEPTING
ARTISTS
ALL-AGES

LEARN MORE:



brunswickdowntown.org



Brunswick
DOWNTOWN ASSOCIATION

Support Local. Celebrate Creativity. ❤️

FREE EVENTS

Ever wondered what an artist's studio looks like behind the scenes? Step inside more than 40 working studios during the Harpswell Open Studio Tour, July 18–19.

DISCOVER CREATIVITY IN
BEAUTIFUL HARPSWELL, MAINE!

Harpswell Open Studio Tour

*Open Studios.
Local Art.
Inspiring Spaces.*

Visit artists in their studios and galleries. Engage with creations, learn techniques, and find the perfect piece – or pieces – to adorn your home.

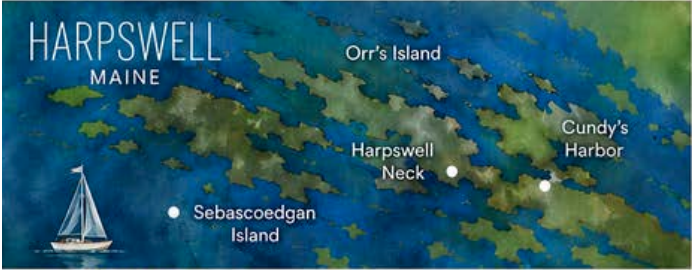
**40+
PARTICIPATING
ARTISTS!**



Paintings	Ceramics
Photography	Fiber Arts
Woodwork	Illustration
Jewelry	Mixed Media
Pillows	Quilts
Printmaking	Sculpture & More!

JULY 18–19, 2026 10AM – 4PM

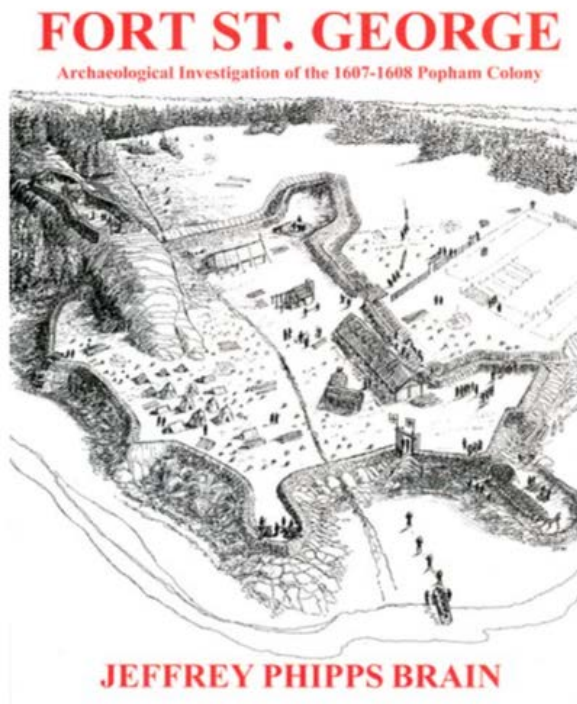
Join us for our third annual Harpswell Open Studio Tour, held on July 18–19, 2026. Harpswell Neck, Sebascoedgan Island, Orr's Island, and Cundy's Harbor open their doors to unique and compelling artists in their studios and galleries.



> JOIN US ! <
Explore studios, meet artists, and experience the vibrant artistic spirit of Harpswell!

www.harpswellopenstudiotour.com
 [@harpswellopenstudiotour](https://www.instagram.com/harpswellopenstudiotour)

FREE EVENTS



July 15- *Wednesday-*
**An Introduction to the
Archeology of the Popham
Colony**
Bath Freight Shed
Ted South, PhD, Maine's
First Ship Docent and
Virginia Crew
Bath Freight Shed 7–8 PM

July 16

Trivia Murder Mystery

Thursday 7-9 LL Bean
Discovery Park

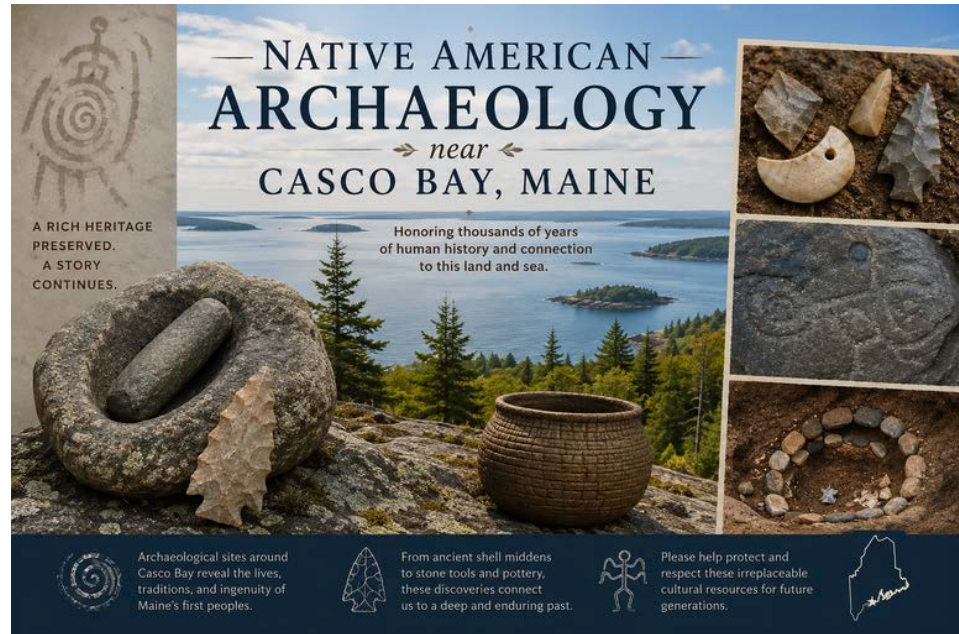
Smarts and sleuthing unite as teams answer trivia questions to unlock clues and solve a “murder.” The first team to crack the case will take home an L.L.Bean prize. Presented by Quirk Events Capacity for each event is limited; arrive early to secure your spot! Rules vary by game. Prizes are at L.L.Bean’s discretion and subject to change.



FREE EVENTS

July 22- Wednesday-
**Native American
Archaeology near
Casco Bay**

Arthur Spiess, PhD
- Maine Historic
Perservation
Commission
Bath Freight Shed
7-8 PM



July 23

**Maine's Biggest Game of
Musical Chairs**

Thursday 7-9 LL Bean

Discovery Park-With DJ Ryan Dillon Sessions at 7-8 p.m. & 8-9 p.m. A dance party with one rule: find a chair! Every year, hundreds of people compete in a raucous game of musical chairs in NYC's Bryant Park. We're bringing the tradition to Discovery Park, where the last player sitting will win a pair of L.L.Bean Adirondack Chairs!



FREE EVENTS

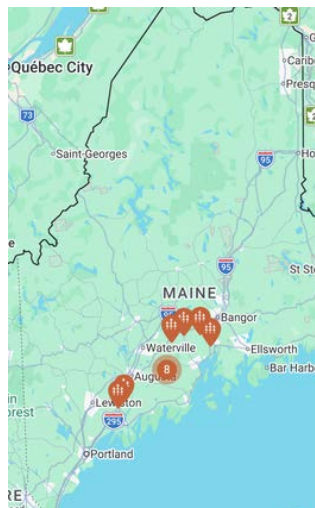
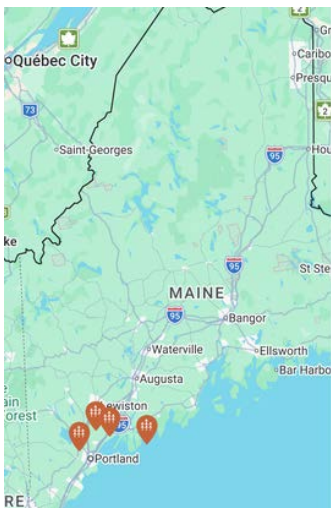
July 26,

Maine's Open Farm Day returns on Sunday inviting visitors to step behind the scenes of working farms across the state and experience Maine agriculture firsthand.

This annual tradition, now more than 35 years old, offers a unique opportunity to meet farmers, tour barns and fields, learn how food is grown, and enjoy family-friendly activities, demonstrations, and tastings.

. Many farms throughout Midcoast Maine, including locations in Freeport, Lincoln, Knox, Waldo, and surrounding counties, open their gates to the public for this special day. Whether you're interested in livestock, flowers, vegetables, orchards, maple products, or sustainable farming,

[More information HERE](#)



Open Farm Day is a chance to connect with the people and places that help shape Maine's rural landscape. Best of all, admission is free at most participating farms, making it one of the most enjoyable and authentic summer adventures in the region.

[Find a farm to visit near you](#)

Midcoast Farmer's Markets

Bath's Farmer's Market



Along the banks of the Kennebec River, the Bath Farmer's Market brings the community together year-round. In the summer, vendors line the Bath waterfront with fresh vegetables, seafood, flowers, baked goods, and handmade Maine products while visitors enjoy the harbor views and ocean air.

During the winter months, the market moves indoors to the historic Freight Shed — a building with a story of its own tied to Bath's working waterfront and railroad past. Inside the warm and welcoming space, shoppers can continue supporting local farmers, bakers, and artisans throughout the colder season, keeping the spirit of the market alive all year long.

The Vendors at the Bath Farmers Market

W -Winter Market

S -Summer Market

CSA -Community Supported Agriculture

WIC -A Special Supplemental Nutrition Program for Women, Infants, and Children

Alchimia

(S & W)

High quality artisan foods for discerning gourmets to enjoy at home. Traditional fresh pasta, jams, cookies, and sweet and salty cakes
Barter's Island Bees

(S, W)

Honey, honey products, and beeswax candles

Big Barn Coffee

(S & W)

Fresh roasted fair-trade coffee, handcrafted jewelry

Chase Farm and Bakery

(S & W)

Baked goods, unpasteurized milk, butter, yogurt

Dharma Farm

(S & W, CSA, WIC)

Organic veggies, herbs, perennials, and seedlings

[See More](#)

More Vendors-at Bath

Dogpatch Farm
NEW for Summer 2025!
(S)
Nose to tail pork
products, prepared
foods, candles, and more

Emily's Oysters
(S , CSA)
Damn fine Oysters.
Woman owned, Maine
grown. Environmentally
sustainable, no fertilizer ,
no feed, no antibiotics,
no fresh water

Fat Friar's Meadery
(S & W)
Mead and leather

Fogwood Gardens
(S, W)
Fresh and dried floral
arrangements, bouquets,
wreaths and more

Fuzzy Udder
(S & W)
Artisan Cheese, Goat and
sheep dairy

Goranson Farm
(S & W, CSA, WIC)
MOFGA certified
organic produce, organic
pork and chicken, maple
syrup

Gracie's Garden
(S)
Many variations of lacto-
fermented vegetables

Hootenanny Bread
(S & W)
Artisan bread & bagels
Jyang-Lee Kitchens
(S)
Authentic asian
dumplings, egg rolls,
spring rolls, sauces &
more

Kelley Brothers Farm
(S & W)
Grass-fed angus beef –
no growth hormones,
antibiotics or steroids
La Nef
(W)
Small-batch chocolate
bars and confections
made in Maine

MAIZ
(S & W)
Columbian street food

Maine-ly Poultry
(S & W)
Locally raised fresh
poultry – no growth
hormones, antibiotics
or steroids

Mana Medicinals
(S & W)
Handcrafted topical
and internal herbal
remedies

Mindful Gardens
Chem-free flowers,(S)
herbs and hand made
baskets

New Roots Cooperative
Farm(S, CSA)
Variety of vegetables
Pemaquid Lobster and
Seafood (S & W)

Seafood and seafood
specialties including
pies, cakes, soups
Pleasant Pond Orchard
(S)
Tree fruits, baked items

Old Narrow Gauge
Farm
(S & W, CSA)
Preserves, jellies, jams,
pickles, and relish

Seacolors Yarnery at
Meadowcroft Farm
(S)
A Maine based
sustainable wool grower
and solar powered
yarnery

West Maquoit Vinegar
Works
(S)
Unique and delicious
vinegar from top quality
local ingredients

Woodhaus Farm &
Butchery
(S & W)
Sausages etc.



Seafood to take Home

If you're looking for the best seafood markets — places to buy fresh lobster, fish, scallops, oysters, steamers, and crab rather than sit-down restaurants — these are some of the top local favorites in the Brunswick, Bath, and Freeport area.

- **Casco Bay Shellfish** — A **Brunswick**-area seafood supplier known for fresh shellfish and locally harvested seafood. Great for oysters and Maine shellfish.
- **Cantrell Seafood** — In nearby **Topsham**, this longtime seafood market is popular for fresh haddock, lobster meat, steamers, shrimp, and take-home seafood dinners.
- **Henry Allen's Seafood** — A classic **Harpswell** lobster pound with fresh lobster and crab right on the water. Many locals stop here for authentic dockside seafood straight from the source.
- **Simmons Seafood Market** — One of Midcoast Maine's most respected seafood markets, known for very fresh fish, lobster, oysters, scallops, and smoked seafood. Worth the drive to **Damariscotta**.
- **Mill Cove Lobster Pound** — A smaller **Boothbay**-area seafood market where you can often buy fresh lobster directly from working fishermen.
- **Harbor Fish Market** — Although it's in **Portland** rather than Midcoast, many Mainers consider this historic waterfront fish market one of the very best seafood markets in the state for selection and freshness.

For the freshest “off-the-boat” experience, locals especially recommend **Henry Allen's Seafood**, **Simmons Seafood**, and the smaller lobster pounds scattered through **Harpswell** and **Georgetown**.

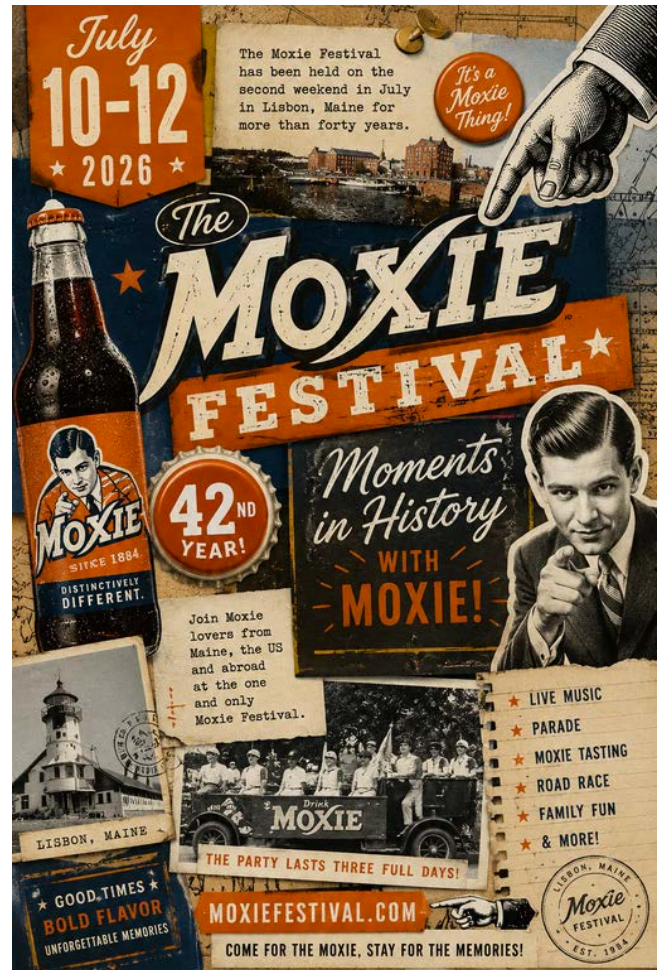
Festivals

July 10-12

The Moxie Festival has been held on the second weekend in July in Lisbon, Maine for more than forty years.

Join Moxie lovers from Maine, the US and abroad at the one and only Moxie Festival. 2026 celebrates our 42nd year, where the party lasts three full days as we celebrate

"Moments in History with Moxie!"
<https://www.moxiefestival.com/>



July 11-19, 2026

Fort Fairfield hosts the annual 9-day, multi-event Maine Potato Blossom Festival, Not in Midcoast Maine but should be fun.

[More Information HERE](#)



Join us at
Maine's Clam Festival

FREE

**Clam Festival in Yarmouth
on
July 17-19, 2026**



[See the full schedule of events HERE](#)

Festivals in July 2026

[July 17–19, 2026 \(with pre-festival carnival activities beginning July 15\)](#)

For more than six decades, the Yarmouth Clam Festival has brought thousands of visitors together each July to celebrate Maine's coastal heritage with fresh seafood, lively entertainment, community traditions, and family-friendly fun.

For a Midcoast Maine audience, it's an easy day trip from Bath, Brunswick, or Portland and one of the state's signature summer festivals.

Festivals



July 25, 2026,

9:00am – 3:00

The Maine Artisan Bread Fair, The Skowhegan State Fairgrounds- \$5 charge, Children free

[Find out more HERE](#)

July 29-August 2, 2026

The Maine Lobster Festival is five days of fun and feasting on the fabulous coast of Maine! This annual seafood festival takes place during the first weekend of August, from Wednesday through Sunday. Rockland, Maine

[Schedule HERE](#)



Rainy Day

Antiquing in Maine

Antiquing in Maine is more than shopping—it's a treasure hunt through the state's rich maritime, agricultural, and industrial history. From sprawling antique malls in former mill buildings to charming roadside barns and coastal village shops, visitors can discover everything from ship lanterns, lobster trap markers, and vintage maps to folk art, farmhouse furniture, and rare New England collectibles.

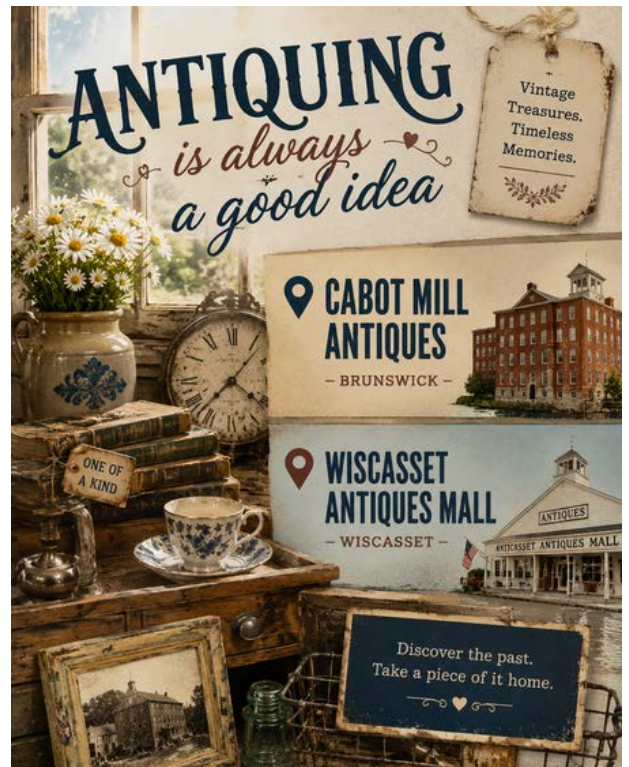
The scenic drive along Maine's coastal Route 1 is dotted with antique stores, making it easy to spend a day browsing hidden gems, chatting with knowledgeable dealers, and uncovering one-of-a-kind pieces that tell the story of Maine's past. Whether you're a serious collector or simply enjoy the thrill of the hunt, Maine offers some of the most rewarding antiquing experiences in New England.

Best Antiquing Routes for a Salt & Pine Reader

Brunswick → Cabot Mill Antiques
Wiscasset → Wiscasset Antiques Mall

Newcastle → Indian Trail Antiques
Damariscotta village antique shops

Camden → Antiques at 10 Mechanic
Rockland → Gamage Antiques +
Curator



The Great Midcoast Maine Antique Trail Scavenger Hunt

A Salt & Pine Adventure

Antiquing in Maine

Visit the antique shops along Midcoast Maine's Antique Trail and see how many treasures you can discover!

Stops

- Cabot Mill Antiques – Brunswick
- Wiscasset Antiques Mall – Wiscasset
- Indian Trail Antiques – Newcastle
- Curiosity Antiques – Waldoboro
- Medomak Gallery – Warren
- Camden & Rockland Antique Shops

Challenges

10 Points Each

- ☐ Find an item more than 100 years old
- ☐ Find a vintage Maine postcard
- ☐ Find something that reminds you of your childhood
- ☐ Spot an antique maritime or lobster-related item

20 Points Each

- ☐ Find an object whose purpose you can't identify
- ☐ Find a treasure priced under \$10
- ☐ Discover an item made in Maine
- ☐ Purchase your favorite find of the day

Bonus Challenges

- ★ Enjoy a lobster roll along the route (+10)
- ★ Learn the story behind an antique from a shop owner (+15)
- ★ Find the oldest item of the day (+25)

Awards

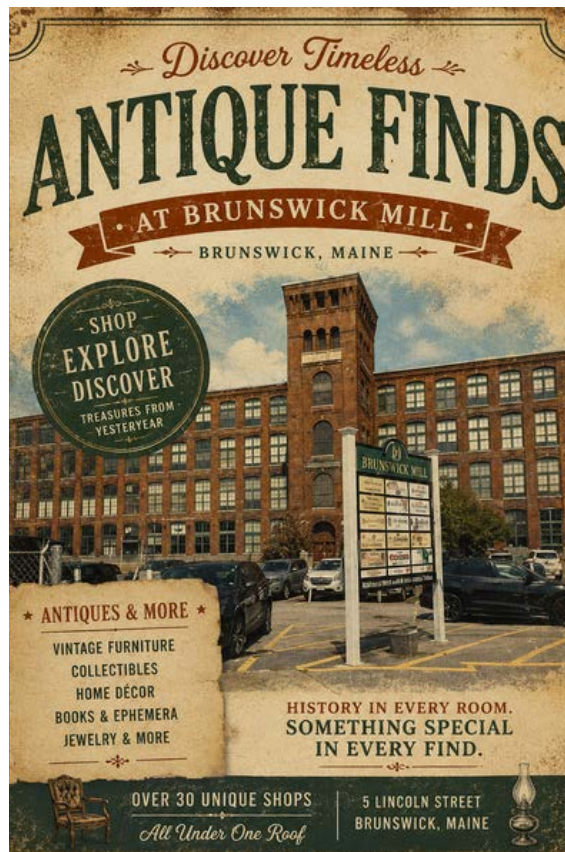
- 🏆 Best Treasure Found
- 🏆 Weirdest Object
- 🏆 Most "Maine" Find
- 🏆 Best Bargain

Scoring

0–50 Points: Casual Collector

51–100 Points: Treasure Hunter

101+ Points: Antique Trail Master



The real prize? Exploring Midcoast Maine's charming villages, meeting interesting people, and uncovering a few stories from the past.



THE ATLANTIC PUFFIN

Fratercula arctica

PLATE I.

B Beak Detail

Grooved plates interlock to form a strong yet lightweight structure.



C Wing Study

Short, narrow wings adapted for fast flapping flight and maneuvering at sea.



D Foot Anatomy

Webbed feet positioned far back on the body for efficient swimming and underwater propulsion.



A Head Profile

The beak is tall, laterally compressed, and brightly colored during the breeding season.

E Feather Detail

Dense, waterproof plumage with a smooth, tight texture that sheds water.



F Underwing View

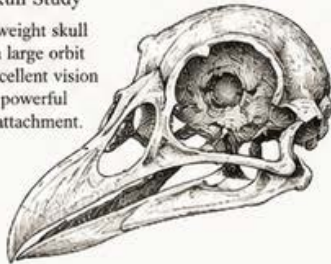
Lighter feathers beneath the wing provide contrast camouflage when viewed from below.



Figure 1. Adult in breeding plumage.

G Skull Study

Lightweight skull with a large orbit for excellent vision and a powerful beak attachment.



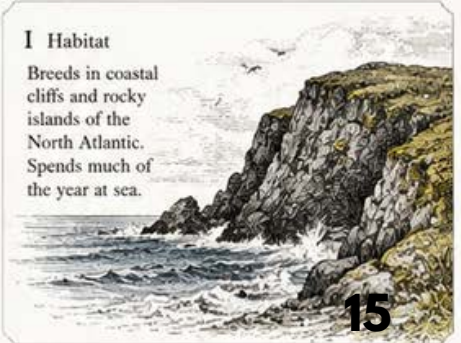
H Size Comparison

Average length
11–12 inches
(28–31 cm)



I Habitat

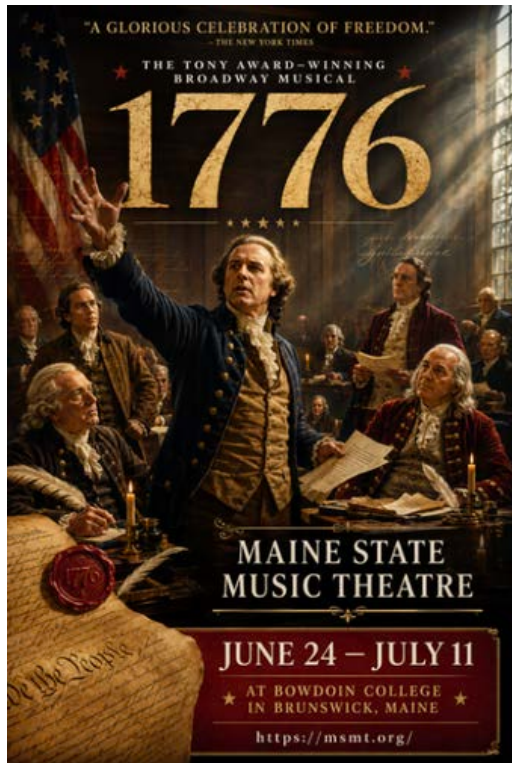
Breeds in coastal cliffs and rocky islands of the North Atlantic. Spends much of the year at sea.



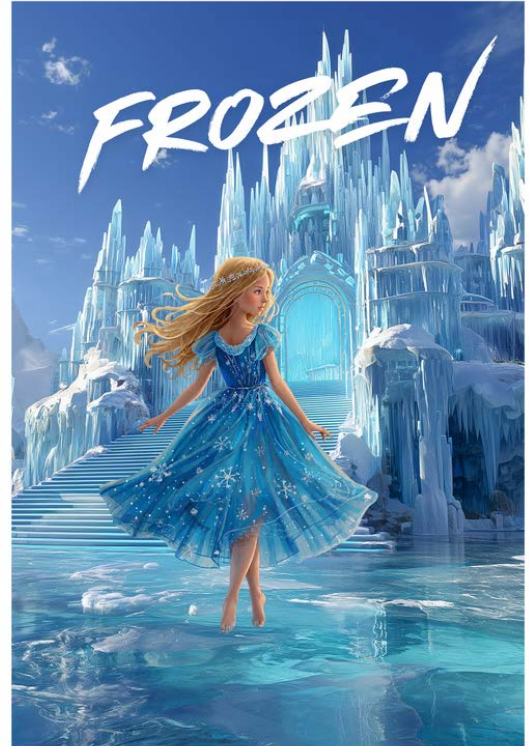
15

Order: Charadriiformes | Family: Alcidae | Genus: *Fratercula* | Species: *F. arctica*

Fun but Not Free



Maine State Music Theatre



June 24- July 11

Before America became a nation, it was a room filled with debate, compromise, and bold ideas. In this powerful and often humorous musical, the Founding Fathers come to life as passionate, imperfect men struggling to shape a new country.

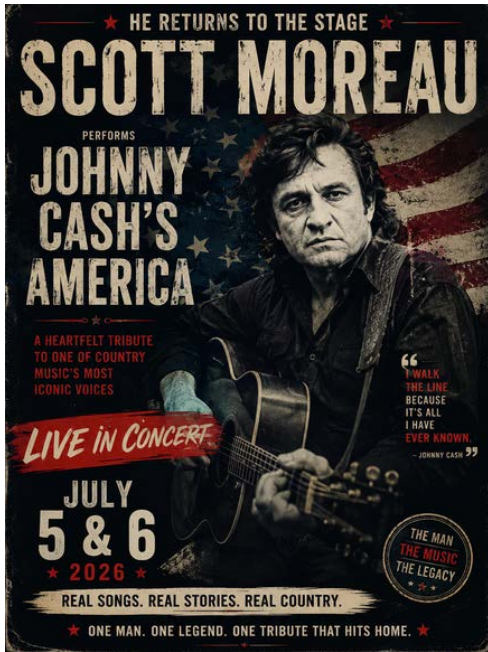
Filled with memorable songs and sharp wit, 1776 offers a compelling and timely look at the birth of American democracy.
<https://msmt.org>

July 15-August 11

Step into a magical world of ice, adventure, and sisterhood as Disney's Frozen comes to life on stage.

Featuring stunning visuals, beloved characters, and unforgettable songs like "Let It Go," this enchanting production celebrates love, courage, and the power of family.

More Fun but Not Free



July 5 & 6 at [Maine State Music Theatre](#)

Back by popular demand, audience favorite Scott Moreau returns to the stage with Johnny Cash's America, a powerful tribute to one of country music's most iconic voices. With remarkable authenticity and heartfelt storytelling, Moreau brings Johnny Cash's legendary songs to life, including Folsom Prison Blues, I Walk the Line, and Ring of Fire. More than a concert, this unforgettable performance celebrates the music, spirit, and enduring legacy of the Man in Black, whose songs continue to resonate across generations.



Boothbay Sea and Science Center

The Boothbay Sea and Science Center is a hands-on marine education nonprofit dedicated to inspiring curiosity, stewardship, and a deeper understanding of the Gulf of Maine and coastal ecosystems. Through engaging science programs, field experiences, sailing adventures, and community partnerships, the center connects students and visitors with the natural world in meaningful and memorable ways.

By combining ocean science, environmental education, and experiential learning, the organization encourages the next generation to explore marine life, protect coastal habitats, and develop a lifelong appreciation for the sea. Find out more about their programs [HERE](#)

More Fun but Not Free

At Brunswick Executive Airport on July 11–12, 2026, bringing one of Maine’s biggest summer events back to the Midcoast.

This year’s show will feature the legendary U.S. Navy Blue Angels performing thrilling aerial demonstrations above Brunswick, along with military jet teams, aerobatic pilots, parachute teams, vintage warbirds, and family-friendly aviation exhibits.

Held at the former Brunswick Naval Air Station, the event celebrates aviation history, patriotism, and the United States’ 250th anniversary while drawing thousands of visitors from across New England for an unforgettable weekend of high-speed action in the skies.



The Great State of Maine Air Show

July 11 & 12



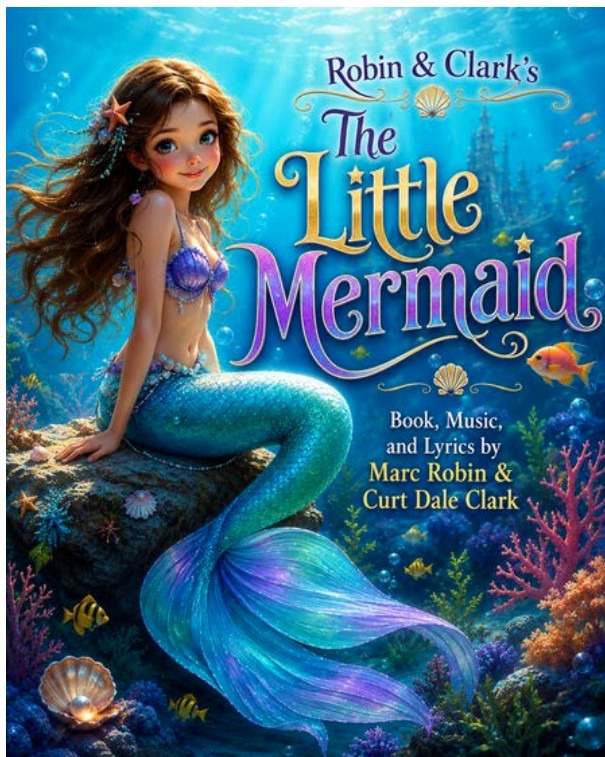
[More information HERE](#)

If you're in Brunswick the week before the air show, be sure to look to the skies—the Blue Angels will be practicing and giving locals a thrilling preview of the show.

More Fun but Not Free

July 11-12-
Saturday, -Sunday
North Atlantic
Blues Festival-
Public Landing in
Rockland, Maine,
6:30

[More Information HERE](#)



WEATHER FORECAST: 100% CHANCE OF GOOD BLUES & GOOD TIMES

The Rockland Daily Riff

— SERVING UP BLUES, NEWS, AND A LITTLE MAGIC SINCE 1897 —

LATE EDITION ONE NIGHT ONLY! TWO DAYS OF MUSIC, MAGIC & MAYHEM ON THE WATERFRONT

VOL. CXXVI ROCKLAND, MAINE JULY 11-12, 2026

BLUES TITANS DESCEND UPON ROCKLAND HARBOR!

NORTH ATLANTIC BLUES FESTIVAL 2026 PROMISES SOUL, SURPRISES & A LITTLE SORCERY
★ ★ JULY 11-12, 2026 ★ ★

RONNIE BAKER BROOKS:
GUITAR WIZARD FROM THE WINDY CITY

Blues royalty with fire in his fingers and legacy in his soul. Chicago raised, world renowned. Expect sparks.

JOHN PRIMER:
CHICAGO BLUES LEGEND & KEEPER OF THE FLAME

From Muddy's band to center stage, John Primer carries the torch with heritage, heart & howling truth.

SEAN CHAMBERS:
BLUES-ROCK POWERHOUSE

From Texas heat to Rockland's waterfront, Sean Chambers brings the thunder and the soul. Turn it up!

ELIZA NEALS:
DETROIT'S SONGBIRD WITH SOUL

A voice that heals, soothes, and inspires. Detroit bred, blues blessed. Don't miss this spellbinder.

RONNIE BAKER BROOKS
GUITAR WIZARD. BLUES SORCERER. CHICAGO'S FINEST.

FESTIVAL MAGIC? YOU BET YOUR BLUES HARP!

Rumor has it a few ghosts will be jamming too. Keep your eyes open and your soul wide.

ELF SIGHTING REPORTED NEAR HARBOR STAGE!

Tiny dancers, big moves. Locals say he only appears when the blues is just right.

EDITOR'S NOTE:
If you see someone dancing with a fish or playing blues with a broom... just nod and join in.

Merlin's BLUES ELIXIR
One sip & you'll speak the language of the blues.
100% PURE MAGIC (Bottle may vary)

2 DAYS! 5 STAGES! COUNTLESS MEMORIES!

TICKETS ON SALE NOW! ★ ★ ★
DON'T MISS THE MOST MAGICAL WEEKEND OF THE SUMMER!
VISIT NORTHATLANTICBLUESFESTIVAL.COM
FOOD TRUCKS CRAFT BEER & MORE

JULY 20, 10:00AM, 1:00PM, 4:00PM

The Little Mermaid

Maine State Music Theatre at
Bowdoin College

Dive into Robin & Clark's The Little Mermaid, a fun-filled musical adventure featuring memorable songs, colorful characters, and a brave young heroine pursuing her dreams. This imaginative retelling of the classic tale is packed with humor, heart, and family-friendly entertainment.

Book, Music, and Lyrics by Marc Robin & Curt Dale Clark

[Details HERE](#)



LIFE ALONG THE MAINE COAST

From working waterfronts and quiet coves to summer festivals and hidden trails, *Salt & Pine* celebrates the people, places, and traditions that make Midcoast Maine extraordinary.



SUMMER CONCERTS IN MIDCOAST MAINE

Free music fills parks, harbors, and village greens.



SPOTLIGHT ON BOOTHBAY HARBOR

Discover coastal charm, boats, gardens, and waterfront adventures.



HUNTING FOR TROLLS

Search Maine's premier gardens for giant magical wooden trolls.



AIRSHOWS TO JAZZ CONCERTS

Summer excitement from soaring aircraft to smooth jazz.

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