Thank you for picking up a copy of the Western PA Local Food Guide! This annual publication will help you access the delicious, fresh local food grown and produced by our neighboring farms. There are so many options for you to fill your plate with healthy, local food.

According to data from the U.S. Department of Agriculture, farmers receive only 14.8 percent of every food dollar — shopping local can help turn that percentage to 100. The Southwestern PA Planning Commission published a Local Food Supply Chain report in 2015 about the 10 counties around Allegheny County. It states that “if economic activity in the supply chain can be increased by 10 percent, the region would add $4 billion in business activity and 33,000 new jobs.”

You can eat local all year round: A breakfast of eggs sourced from a local hen house with pasture-raised chickens; bread from a small, home bakery with an old Italian recipe; milk delivered to your door from grass-fed cows in the neighboring county.

Farm to Table Western PA is here to help you figure it out. Visit our website, farmtotablepa.com, for an updated listing of farms, farmers markets, CSAs and retail outlets. You can also download our mobile app for our updated directory — look in Google Play or the Apple store under Buy Fresh Buy Local Western PA.

Special thanks to The Heinz Endowments for providing funding and to CRAFT Chatham University, which helped to compile the inventory of local farms.

Erin Hart
Director, Farm to Table Western PA
chart@american-healthcare.net
@FTTPittsburgh
@Farm2TablePgh
Farm to Table Western PA
Farm2TablePGH
@ftt_pittsburgh
farmtotablepa.com

#buyfreshbuylocal #keepitrealkeepitlocal
10 REASONS TO EAT LOCAL FOOD

1. Local food translates to more variety.
2. Buying locally grown food is fodder for a wonderful story.
3. Eating local means more for the local economy.
4. Locally grown produce is fresher.
5. Local food just plain tastes better.
6. Local food builds community.
7. Eating local is healthier for you.
8. Buying local food keeps us in touch with the seasons.
9. Eating local supports a clean environment.
10. Supporting local preserves open space.
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INSIDE BACK COVER  WESTERN PA LOCAL FOOD GUIDE MOBILE APP
BACK COVER  PA PREFERRED
March 16: **Seed Starting**
Learn the skills and tools that you need to start your own seedlings at home this year. Topics will include choosing the proper soil, crops, trays, pots and lighting along with a hands-on seed-planting activity. Each participant will be able to start their own 6-pack seedling and leave with the skills to get started right away.

April 7: **Ollas: Creating Unglazed Clay Pots for Garden Irrigation**
What is an olla you ask? It’s an unglazed vessel used to irrigate your garden or household plants. Just place it in your garden bed and fill it with water. The water seeps through the walls of the vessel and reaches the roots of the plants. In this two hour workshop you will learn how to use the coil-building method to hand-build your own olla using earthenware clay.

May 19: **Container Gardening**
Don’t have space for a full garden? Learn the basics of growing vegetables in pots, including site selection, possibilities for pots, making potting mixes and choosing what to grow for spring, summer and fall enjoyment. Participants will receive one starter seedling and plans for a simple self-watering container.

June 13: **Urban Chicken Keeping**
There are many great benefits to raising chickens in your backyard. Chickens are inexpensive and easy to maintain, and their eggs are fresh, great-tasting & nutritious. Participants will leave this workshop with the knowledge they need to raise their own flock.

August 22: **Pest Identification**
On this interactive pest ID walk, learn about non-chemical controls such as floating row covers, planting times & resistant varieties. Also, learn the proper use of organic chemical controls, like insecticidal soap.

...and many more!

Dates and details of workshops are subject to change.

For more information and a complete list of 2019 workshops, visit growpittsburgh.org/events or contact Denele Hughson at denele@growpittsburgh.org.

GROW PITTSBURGH.ORG • 6587 HAMILTON AVENUE #2W, PITTSBURGH, PA 15206 • 412.362.4769
You like to go out to eat.

YOU VALUE SUSTAINABILITY.

Over 100 Restaurants WAITING ON YOU.
WHAT IS A SUSTAINABLE PITTSBURGH RESTAURANT?

From establishing community gardens to installing commercial grade composting systems to retrofitting bikes for meal deliveries, Sustainable Pittsburgh Restaurants are at the forefront of transforming Pittsburgh’s restaurant industry.

Sustainable Pittsburgh Restaurants are recognized as leaders in southwestern Pennsylvania. They have demonstrated a commitment to take economic, environmental, and social actions that benefit the region in ways like:

- Donating food
- Sourcing locally
- Providing healthy options
- Reducing or recycling their waste

In order to earn Sustainable Pittsburgh Restaurant designation, a restaurant completes a self-assessment of business practices that measures performance across six areas of sustainability.

- **WATER CONSERVATION**
- **WASTE REDUCTION**
- **ENERGY EFFICIENCY**
- **PEOPLE**
- **RESPONSIBLE SOURCING**
- **NUTRITION**

Sustainable Pittsburgh has been instrumental in guiding us in getting some of our green initiatives off the ground. Our partnership with this organization has helped us to recognize simple things that we can do to reduce our waste and decrease food loss.

- Chef Daniel Walker and Ashley Tunney, Sales and Catering Manager, Lidia’s Pittsburgh

Based on the total points earned through the assessment, restaurants are awarded a level of designation.

Look for the designations at restaurants to see who’s part of the growing community!

- **PLATINUM**
- **GOLD**
- **SILVER**
- **BRONZE**
TRY SOME OF PITTSBURGH’S BEST (AND MOST SUSTAINABLE) RESTAURANTS, IN ANY NEIGHBORHOOD

Over 100 restaurants have earned their Sustainable Pittsburgh Restaurant designation from all cuisines and all neighborhoods across southwestern PA. You can locate places to dine that match your values at EatSustainably.org or use this handy listing below to find your next meal.

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BLOOMFIELD/GARFIELD
- Azorean Café
- Everyday's a Sunday
- Sugar and Smoke

DOWNTOWN/MT WASHINGTON
- Bae Bae's Kitchen
- Bluebird Kitchen
- Corner Mercantile
- David L Lawrence Convention Center
- Family Farm Creameries
- Fernando's Cafe
- fl.2
- Millie’s Homemade Ice Cream
- Monterey Bay Fish Grotto
- or, The Whale
- Pizza Parma
- The Apollo Cafe
- The Commoner
- UPMC MyHealth Cafe
- V3 Pizza
- Yuzu Kitchen

EAST LIBERTY
- Cashbah
- Dinette
- Great Harvest Bread Company
- Paris 66
- Pizza Taglio
- Porked
- The Twisted Frenchman

EASTERN SUBURBS
- Mad Mex - Monroeville
- Major Stokes

ETNA/MILLVALE
- Seasons Restaurant
- Sprezzatura
- Tupelo Honey Teas

HIGHLAND PARK
- Jambo Grill
- Plated Trade

LAWRENCEVILLE
- 52nd Street Market
- Allegheny Wine Mixer

NORTHERN SUBURBS
- Burgh'ers
- Della Terra Italian Bistro
- Hartwood Restaurant
- Mad Mex - Cranberry
- Mad Mex - North Hills
- RLA Learning and Conference Center
- UPMC Passavant McCandless Cafeteria

NORTHSIDE
- Allegheny Elks Lodge 339
- Arnold's Tea & Coffe
- Chateau Cafe & Cakery
- Fig & Ash Wood Fire Kitchen
- Flavors Famous Street Food
- Kaffeehaus
- Legends Eatery
- Scratch F&B
- The Priory Hotel and Grand Hall
- Threadbare Ciderhouse

OAKLAND
- Cafe Phhipps
- Fuel and Fuddle
- Hilton Garden Inn/RLJ - University Place
- Mad Mex - Oakland
- Magee-Womens Hospital Cafeteria/Gardenvie View Cafe
- Mario's Oakland Saloon
- Market Central by Pitt Dining

REGENT SQUARE/WILKINSBURG
- Leona's LLC
- Square Cafe

SQUIRREL HILL
- Aladdin's Eatery
- Bangkok Balcony
- Kimberley Ashlee Catering
- Mineo's Pizza
- Rita's - Squirrel Hill
- Silk Elephant
- T-Swirl Crepe

SHADYSIDE
- Mad Mex - Shadyside
- Millie’s Homemade Ice Cream
- Pizza Parma
- Senyai Thai Kitchen
- Soba
- Steel Cactus
- Umì
- Wm Penn Tavern

SOUTHERN SUBURBS
- Bado’s Pizza Grill & Ale House
- Bella Sera Catering
- Mad Mex - Lakeside
- Mad Mex - South Hills
- Sunny Bridge Natural Foods
- The Porch at Siena

STRIP
- BaCo
- DiAnoia’s Eatery
- Eleven
- Kaya
- Lidia’s

UPTOWN
- Buford’s Kitchen Downtown
- Cafe Fifth Avenue
- Hogan Dining at Duquesne University
- Legacy Cafe, LLC
- Pizza Care
- Souper Bowl
- The Red Ring
- Z-Best Chicken & Ribs

WESTERN SUBURBS
- Eggs N’at
- Mad Mex - Robinson

Restaurant Listing as of 2-12-19
LEARN MORE AT
EatSustainably.org

LOCATE a restaurant.
VIEW restaurant sustainability profiles.
FIND events with Sustainable Pittsburgh Restaurants.
LEARN how these restaurants are building vibrant communities and supporting environmental practices.

Take a bite of sustainability.
Dine with Sustainable Pittsburgh Restaurants.

@dine_sustainpgh
@sustainablepghrestaurants
@sustainable_pgh_restaurant

dine@sustainablepittsburgh.org
412-258-6647

Sustainable Pittsburgh Restaurant is a formal performance program of the nonprofit Sustainable Pittsburgh (SP). SP affects decision making for the Pittsburgh region to integrate economic prosperity, social equity, and environmental quality as the enduring accountability, bringing sustainable solutions for communities and businesses.
Food provides our energy, our social connections and is the source of nourishment for our bodies. Food can heal us or harm us, depending on our dietary choices. Unfortunately, many residents in affordable housing live in food deserts where healthy, fresh food isn’t affordable or available. Food deserts are neighborhoods that have low access to grocery stores and transportation to fresh food. The health impacts of hunger are immense. According to Just Harvest, hunger triples obesity rates among women and doubles the chances of developing diabetes. Hungry children are three times more likely to be suspended from school and two times as likely to repeat a grade and need special education.

**FARM TO TABLE BUY LOCAL**

Farm to Table Buy Local is a non-profit organization based in Pittsburgh. A significant component of the organization is to deliver Food Coordination programs in affordable housing communities throughout Pennsylvania. On-site Food Coordinators will provide ongoing programming for both family communities and senior high-rise buildings. Some program goals are:

- Increase the amount of healthy and local food
- Assist residents to acquire and prepare fresh, healthy and local food

At the end of a 12-month period, Farm to Table hopes to have launched a self-sustaining Cooking Club for the residents in each building or community. The Food Coordination program can work with any affordable housing site that has a Community Room with tables and chairs for the residents to receive, prepare and/or share meals. All equipment will be obtained for both the Cooking Club and for individual residents who would like to participate.

**ONGOING CURRICULUM WILL BE PROVIDED, INCLUDING:**

- Bulk/batch cooking to provide ongoing meals to community members
- Food preservation and storage methods to enhance nutrition and storing healthy food to last all month long
- How to organize community gardens

**HOW TO IMPLEMENT ON A SMALL SCALE**

Housing authorities and other residential affordable housing developers have a unique opportunity to improve access to fresh, healthy food for their residents. Community rooms are ideal spaces for food delivery, food storage and meal preparation including community meals and take out. Supportive Services or Tenant Councils can put together purchasing programs for on-site grocery delivery service.

**HELP RESIDENTS CONNECT TO FOOD RESOURCES:**

- Connect residents to their County Aging office for Farmers Market Nutrition Vouchers
- Find a local Farmers Market and ask a farm to stop at your site on their way to or from the Farmers Market
- Help residents apply for Supplemental Nutrition Assistance Program (SNAP) through the online COMPASS program or at your local County Assistance office
- Receive donations from 412 Food Rescue, 724 Food Rescue or your local food rescue organization
- Contact your local Food Bank to receive donations
- Add a "Free Food" shelf to the Community Room for non-perishable food items to be available
- Add a chest freezer to store large items for community meals organized at holidays, birthdays, etc.
- Start a voluntary Cooking Club on donation days for residents to assist in breaking down bulk items for single use
Delicious is not skin deep.

412 Food Rescue's UglyCSA program creates new markets for previously unsellable produce, benefiting farmers and preserving the resources that go into food production.

Purchasing just one UglyCSA share saves ~1,350 gallons of water, equivalent to enough drinking water for seven people for an entire year.

Sign up today!

412foodrescue.org/ugly-csa • uglycsa@412foodrescue.org • @412foodrescue
To get involved or to donate, visit nhco.org or contact Alyssa (Garden) aacrawford@nhco.org Amber (Food Pantries) aldeemer@nhco.org

Grow
North Hills Community Outreach’s garden grows 5,000 pounds of organic produce annually to feed hungry families.

Learn
Our garden provides educational opportunities for youth and adults...

Nurture
...and our three food pantries lead the way in providing healthy food and wellness education for families in need.
In a CSA (Community Supported Agriculture), customers pay for "shares" and receive a percentage of the products harvested from local farms. "Shares" are available from farms and farm cooperatives throughout Western Pennsylvania. Customers pick a designated site such as a home, business or church for pick up.

CSAs have gained popularity over the years and farms have responded by offering a variety of options:

- Weekly, bi-weekly or monthly shares
- Small and large shares
- Organic or Certified Naturally Grown
- Dietary concerns such as vegan or gluten-free shares
- Customized orders
- Paying weekly or "as you order"

**TIPS FOR BUYING A CSA “SHARE”**

**SHARE!** Share a “share” with a friend or family member.

**DROP!** Pick a drop site convenient to your home or work.

**COOK!** Use fresh ingredients each week to make meals at home. Many CSAs provide recipes that incorporate that week’s harvest.

**CHECK OUT THESE CSAs FROM OVER 110 COMMUNITIES!**
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12 LOCAL FOOD GUIDE 2019
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Let’s grow your business together:
Is your farm or local food business ready to grow? We’re here to help great businesses like yours. Please contact us.

724-216-9160 Press “1” www.progressfund.org

Our Impacts:
As a nonprofit, community-minded lender, we get creative to help small businesses grow.

$71.2 Million of small business financing provided
318 small businesses financed
4,125 Created or retained by our borrowers
75% of borrowers couldn’t proceed without us

We finance:
• Local food growers
• Local food producers
• Bed & Breakfasts
• Farm Stay properties
• Craft Breweries
• Distilleries
• Wineries
• Restaurants
• And more

425 West Pittsburgh Street | Greensburg, Pennsylvania 15601
Phone: 724-216-9160 | Fax: 724-216-9167 | progressfund.org
One of the main ways that our bodies interact with our environment is through the consumption of food. Each bite we take travels through approximately 25 feet of intestinal tract to either nourish and strengthen our bodies or contribute to disease and illness.

Research indicates that a diet rich in fruits and vegetables, specifically a whole food plant-based diet, can be used to treat and potentially reverse certain diseases. These aptly named “lifestyle diseases” include Type II diabetes, heart disease, high blood pressure, obesity and high cholesterol.

Local produce is known to be more nutritious than imported produce. Many mass-distributed fruits and vegetables are picked from the plant before they are fully ripened and are transported across the country or the ocean. They may then sit in a warehouse for up to six months or longer to be treated with chemicals to induce ripening. By contrast, local farms can allow their foods to ripen on the plant, as there is a much shorter plant-to-person time. This allows the fruit or vegetable to obtain all of its nutrients from the soil before it is picked — nutrients that then benefit those who consume them.

Knowing where your food comes from — how it’s treated and how it’s harvested — is huge. More and more we hear of national recalls for produce, and it’s disheartening that many Americans are turning away from fresh fruits and vegetables for fear of contamination. It’s frequently the dark leafy greens, one of the most nutritious foods we can consume, that are affected.

Thankfully, there is a solution. People who buy from their local farms, farmers markets or CSAs know exactly where their food is from. Having access to local farmers can give people even more confidence, as farmers can be great resources on what fertilizers, pesticides (if any) or other treatments they use. They are also very knowledgeable on the different varieties of local foods.

Most physicians would agree that lifestyle changes and healthy dietary habits are key to living a long, healthy life. However, few have the time or the resources to assist their patients in that journey. Doctors can help patients lose weight, feel better, potentially reduce or eliminate medications and gain a better appreciation for the foods they consume. Limiting processed and prepackaged foods, buying local and using resources like Farm to Table Western PA are key.

Keep it real, keep it local — great advice to anyone trying to improve their health by adding more fruits and vegetables to their diet.

Dr. Lela Dougherty, of Family Matters Direct Primary Care in Allison Park, PA, is a family physician who specializes in helping people transition to a whole food plant-based diet and make healthier lifestyle choices. She uses many resources, but the ability to refer patients to local farms is priceless.
BLACK OUT

CONFORMITY

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Escape from tired convention with the most provocative Column refrigerators in the industry. Daring Obsidian interiors, Ecliptic lighting, Trinity cooling, Divinity freezing and progressive smart-home integration with one-touch access* to badass service agents at the JennAir Epicenter.

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HERITAGE BREEDS & HEIRLOOM SEEDS, MORE THAN A HOT FOOD TREND

BY SHELLY OSWALD
Old Time Farm
1919 Harrisville Rd.
Stoneboro, PA 16153

Heritage breeds of livestock were created to solve a historical agricultural problem, production need or were developed in a specific region—just like heirloom seeds. Also like heirloom seeds, they are rare and in danger of going extinct, which would leave our regional food reproduction and security in remote corporate hands.

Traditional agricultural values focused on reasonable production expectations that favored a long-lived animal. These were vigorous and healthy animals with maternal instincts that had the ability to thrive in the local region, forage on pasture and naturally reproduce.

Historically, our food reproduction and genetics were in the hands of small-scale farmers across the world, which provided immense genetic diversity for animals and plants as well as regional isolation in case of a disease outbreak or natural disaster.

Modern industrial agricultural production arose in the 1950s when the focus switched to the creation of highly specialized animals meant to produce the maximum amount of “protein” in the least amount of time, with the least amount of inputs, in the least amount of space no matter the cost.

Lost along the way to maximizing corporate profits and reducing the cost of food was the genetic diversity, natural reproduction, strong immune systems, ability to thrive on pasture, basic maternal and survival instincts, intelligence, unique quality meat/eggs/fiber/feathers and trainability offered by the old-fashioned, multi-purpose, locally reproducible heritage breeds.

Today, a mere handful of corporations in the entire world own the modern parent stock or “genetics” for specialized industrial food production animals. In essence, our food production and reproduction is in the hands of remote corporate hands where results for shareholders and corporate profit are the main goals—not regional food security or animal welfare.

Become an important contributor to the work of preserving old-fashioned endangered animals and the genes that make them unique and beautiful by buying the products created from pure heritage breeds and heirloom seeds.

KEY VALUE OF HERITAGE BREEDS

Biodiversity
Rare and valuable genetic traits lost to industrial agriculture endeavors are preserved for the future when you support the conservation of pure-bred heritage breeds and heirloom seeds.

Health
Strong immune systems are passed from mother to young in local born or hatched animals, making them naturally resistant to disease and less likely to need antibiotics.

Ethics
Heritage breed conservation follows the traditional production cycle where many animals born became parents for the next generation and only selected animals are harvested for the plate.

Humane
Self-sufficient and hardy for many generations, heritage breeds thrive in small-scale pasture-based production. They eat normally, reproduce naturally, are lively and active and are free of painful skeletal problems. Industrial animals are created to gorge on food, require artificial insemination to reproduce, grow at an accelerated speed, are born to die at a certain age and are prone to suffer.

Improved Flavor
Slow growth and a wide range of harvest ages allows for a rich depth and unique range of flavors you cannot find in the fast growing industrial animals and plants. The flavors and textures are what chefs like Julia Child raved about missing when our agricultural methods changed to fast and specialized production in the 1950s.

Truly Local
You strengthen local food security by supporting truly local farms that are raising livestock and poultry from birth to harvest and plants whose seeds can be saved for the next season.
If we're going to eat meat, it should be humanely raised.

The Ethical Farming Fund is working toward a more humane food system by providing resources for farmers, chefs, and eaters. Visit our website to find:

- farms humanely raising meat, eggs, and dairy
- restaurants that source local and humanely raised ingredients
- articles, videos and infographics about sustainable food

What's best for the animals is also what's best for the planet, and for us.

Ethical Farming Fund
ethicalfarmingfund.org
COMMUNITY KITCHEN PITTSBURGH
4847 Second Ave.
Pittsburgh, PA 15207

COMMUNITY KITCHEN PITTSBURGH is a Pittsburgh-based nonprofit culinary training program. CKP trains people who cannot afford culinary school or take the time for community college, while also providing the market with skilled staff. Since March 2014, CKP has trained nearly 300 people. Our placement rate for graduates is consistently over 90 percent, and our grads keep their jobs: Our 12-month retention rate is at 87 percent (in an industry with a turnover rate of 144 percent for hourly staff) — very positive outcomes for a hard-to-serve population.

All of our graduates go on to support the regional food economy by becoming the prep cooks, line cooks and utility workers that power the back of the house in restaurants and food companies throughout the greater Pittsburgh area. You no doubt have eaten food prepared by our graduates.

CKP is uniquely situated to address both the needs of people seeking employment and the serious market need for skilled labor in the food industry. We provide an intensive, three-month, full-time applied training program integrated into operating food service business lines. Our short-term, vocational training addresses the immediate needs of a population that wants employment and a growing industry that currently provides 130,000 jobs. Job openings in this sector are expected to grow 8 percent to 12 percent.

Due in large part to the revenue CKP generates from its business lines, the program is able to remain completely free for anyone who is unemployed or under-employed and looking for a new career. CKP also helps people stuck in minimum wage jobs — and the poverty that results — to move into higher wage positions. Students are overcoming tremendous barriers, from poverty, to homelessness, to recovery, to reentry. Not only does CKP staff provide hard skills training in an on-the-job setting, they also provide wraparound support including case management coordination, transportation and referrals for needed services.
Community Kitchen Pgh

WE ARE A NONPROFIT CULINARY ARTS TRAINING PROGRAM.

YOUR PURCHASE SUPPORTS OUR ABILITY TO PROVIDE FULL SCHOLARSHIPS TO UNEMPLOYED AND UNDEREMPLOYED MEN AND WOMEN. OUR STUDENTS OVERCOME TREMENDOUS BARRIERS ON THEIR PATHS TO GOOD & STABLE JOBS.

GOOD FOOD. GOOD JOBS.

SUPPORT THIS IMPORTANT WORK!

Sponsorship and donations are accepted for this 501c3 organization.
Surprisingly, whole grain flours made from conventional wheats are not the healthy foods they are promoted to be. According to the article “The History and Processes of Milling” by Heather Wight, pesticide residues tend to accumulate in the bran so that a whole wheat flour that is not organic has, in fact, a heavier pesticide content than a white flour.

Weatherbury’s grains and milled products are certified organic, which means they are grown without chemical herbicides, pesticides, fungicides and chemicals.

Articles about foods to buy organically usually focus on fruits and vegetables. But a Danish study by Gleason Grains on the benefits of stone milling gives a new perspective, with a hazard index showing wheat flour second only to apples as a source of pesticides. The major source of pesticide residues is the application of these pesticides directly to the wheat after harvest while the grain is being put into storage. These pesticides could potentially be applied not only at the farm, but also at the elevator and again at the grain mill.

Weatherbury’s flours are stone milled — the only way to make flour into grain until the late 1800s. The movement of the stone crushes the entire grain and retains all the vitamins, enzymes, amino acids and fiber contained in it. The friction from the stones heats the flour up gradually, preventing the loss of enzymes and vitamins without compromising the baking quality. In the newer roller mills the process is at much higher temperatures and faster and is designed to extract as much white flour as possible from each grain. As Denise Young says in her article “If It Isn’t Organic, Skip the Whole Grain,” this roller milling process produces a flour that lacks the proteins, oils, vitamins and mineral constituents present in the original grain as the germ and bran are removed.

Traditional milling is the only way to ensure the integrity, quality, flavor and nutritional value of flour. In its whole state, grain contains a natural balance of starch, protein, vitamins and fiber. In wheat, many oils and essential B and E vitamins are concentrated in the wheat germ, the life-force of the grain. With stone milling, the endosperm, bran and germ remain in their natural, original proportion (unless you sift out some of the bran, as we do in our unbleached/light flour products). As the stones grind slowly, the germ is not exposed to excessive temperatures, which causes the oil from the germ to oxidize and become rancid. Oxidization and rancidity will then destroy much of the vitamin content. With stone milling, there will also be less nutritive losses due to oxygen exposure because stone ground flour is usually coarser, according to The Traditional Cornmillers Guild and A. Petersen.
MEMBERSHIP INFORMATION

FARM TO TABLE CONNECTIONS OF WESTERN PA

OUR ROOTS & NETWORKING

Farm to Table Connections is a regional network of farms, food/beverage producers and retailers.

Be part of our Buy Fresh Buy Local marketing campaign! Grow your revenue & reach new customers in Western Pennsylvania.

Farm to Table Connections of Western PA is a business-to-business networking group for farms, food producers and retailers that will:

• Generate more demand for local farm products and locally produced food/beverages

• Provide opportunities for business-to-business relationships to develop

• Work with organizations to promote the existing activities and events that promote local food

• Organize Lunch & Learns where businesses come together to learn about each other’s products

• Secure shelving labeled in retail outlets throughout the region

• Organize community events to promote local farms and food products

Usage of Buy Fresh Buy Local logo for 12 months

Highlighted listings in Buy Fresh Buy Local Mobile App

Invitation to all Farm to Table Connections Lunch & Learn

20% off vending opportunities at Farm to Table events

Supporting Consumers receive free tickets to all Farm to Table Local Food Tastings for 12 months

Inclusion in American HealthCare Group wellness events

Farmtotablepa.com | 733 Washington Road, Suite 102, Pittsburgh, PA 15228
FOOD PANTRY DONATION TIPS

BY NORTH HILLS COMMUNITY OUTREACH
416 Lincoln Ave.
Pittsburgh, PA 15209
nhco.org

Food pantries need healthy, nutritious food. Here are tips for helping hungry families. One out of seven Allegheny County residents deals with food insecurity, meaning they don’t know where their next meal will come from. Most food pantries rely on the community’s generosity. We can feed hungry families with your help.

- Home gardeners: Consider planting and donating some extra veggies. 83 percent of families we surveyed said fresh fruits and vegetables are too expensive to purchase.
- If you have a surplus harvest, don’t let it go to waste. Even a small donation can help your neighbors in need.
- 45 percent of families surveyed said they need fresh produce at the pantry due to affordability and access. Some produce that our families ask for includes: onions, tomatoes, oranges, apples, broccoli and greens such as lettuce.
- When considering what to donate: If you could serve your children only one good meal each day, would you want to give them high-fat, high sodium snacks and sugary cereals? Probably not. You would want to give them whole grain cereals and breads, fruits and vegetables, low-fat protein sources like chicken and turkey, legumes such as black and garbanzo beans, rice and other nutrition-dense foods.
- Kids love to give. Let them shop for their favorite healthy foods, bring them when you donate and ask for a quick tour of the pantry.
- Help your kids organize a food collection in your neighborhood, congregation or their school.

- Low-income people experience food sensitivities, too. Consider donating gluten-free, dairy-free and nut-free options.
- Please donate only unopened, unexpired items. Opened and expired items will be discarded.
- Our pantries discourage donations of Halloween candy and sugary drinks. We encourage snacks like unsalted nuts, pretzels, grain-filled crackers and beverages like 100 percent juice and shelf-stable 1 percent or low-fat milk.
- We cannot accept over-the-counter medications or prescriptions or supplements.
- Did you know that people can’t use SNAP benefits to buy diapers, cleaning supplies or personal care items? Food pantries are extremely grateful for those items.
- Donations to food pantries tend to dip drastically in the summer months, but families still need food. Hold a summer collection to help a local pantry.

Thank you for caring about the health and well-being of families in need. For more information on North Hills Community Outreach, please visit nhco.org or call 412/487-6316. To help those who are struggling in northern Allegheny County, North Hills Community Outreach operates three food pantries and an organic produce garden. NHCO also operates 20 other programs that help people overcome emergencies and attain self-sufficiency. Our three pantries don’t just fill in the gaps. We offer nutritious food, including fresh, organic fruits and vegetables grown by volunteers in our garden. We surveyed our families to learn what they need and want. The results were clear: they are grateful for healthy food options that help them manage their weight and health.
20 Black Breweries
60 Vendors
30 Collaborations
3 Deejays
6 Musicians
20 Food Stations
1 Podcast

#Fresher

Drinking Partners x Black Brew Culture

FreshFestBeerFest.com
FOOD IS LIFE

BY LIZ HAGAN KANCHE
PathwaysWellnessProgram.com

Food . . . it’s what we do when we celebrate a marriage, mourn a loss, welcome a new baby, veg out, mingle and are bored, sad and happy.

We are bombarded by ideas on how best to eat. From no meat to only meat and veggies, to excluding dairy and gluten and to following the Food Pyramid. For our wellness program, the message is simple: Eat real food (even better if it’s local) and sit down with people when you do it. Yes, we are surrounded with new approaches to food all of the time, but luckily, in Pennsylvania, we’re also surrounded by farms. Agriculture is still our state’s number one industry.

Americans spend more time in the workplace than anywhere else. We’re looking for on-the-go food and simple recipes to make our constantly moving lives easier. Why not include local food and education in your corporate wellness program?

Our program delivers whole fruit to fill our clients’ fruit bowls every Monday. Employers choose their quantity of 50, 100, 150 or more, as well as their frequency — weekly or bi-weekly. Employees are now munching on a local apple when that afternoon hunger knocks, rather than a donut or bagel … or their co-worker’s leftover birthday cake.

We invite farmers to the health fairs and Lunch and Learns that we coordinate to offer tastings of local cheese, meat and veggies. Farmers offer education about local food and the difference between conventional and sustainable practices. Cooking demos are a great way to bring employees together and teach them how to batch cook, prepare veggies and pass these ideas on to their children, grandchildren and neighbors.

Connecting to local food is getting easier. Farmers are now more than ever connecting to online resources to get you the food you want. Community Supported Agriculture (CSA) shares can be selected and paid for online and picked up at your workplace. This is a great way to encourage employees to buy local, healthy food — and even swap recipes and meal ideas.

Company gardens are also sprouting up all around us. Gardening can be used as a stress management program and a team building activity. I love these gardens, as they really help to bring employees together on a creative project and supply the break room with some delicious, healthy snacks.

Food is not just calories in, calories out. It’s how we connect to our clients, show our children we love them and support our at-risk neighbors. We would love for you to reach out to us. We can help connect your workplace with a local farmer, food or education — contact us!

5 REASONS TO SHOP CO-OP

1. A ROBUST LOCAL ECONOMY
We carry more than 1,000 products from local producers and farmers. Shopping at a food co-op keeps more of your money in the community.

2. A HEALTHIER ENVIRONMENT
The products we carry (local, certified organic, B Corp and fair trade) build a cleaner, safer environment. You can also embrace zero waste by using your own containers in our bulk department, purchasing items packaged in reusable glass containers and swapping plastic for paper bags — bring your own tote and we’ll even give you a 10 cent bag credit.

3. REDUCED FOOD WASTE
Each year the co-op diverts more than 8,000 pounds of food waste through our partnership with 412 Food Rescue and composts 36 tons of food scraps.

4. CARE FOR OUR COMMUNITY
The co-op pledged more than 100,000 acts of kindness through the #Coops4Kindness campaign in 2018. We support non-profits in our area through the Register Round Up Program, which has contributed more than $130,000 since its inception in April 2013.

5. A DIFFERENT WAY OF DOING BUSINESS
The co-op is a democratic model based on Co-operative Principles. These principles unite us with other co-ops around the world and are the basis of our triple bottom line business practice of people, planet, profit.

FOOD CO-OPS
SUPPORT LOCAL

BY KATE SAFIN
East End Food Co-op Marketing & Member Services Manager

It was people in your community who wanted access to healthy, delicious food with reduced environmental impact and less waste that formed the East End Food Co-op in Pittsburgh nearly 40 years ago. We remain community-owned and operated to this day. You can help us continue our proud tradition every time you choose to shop co-op, invest in ownership or tell a friend about us.

You don’t need to be a member to shop at the East End Food Co-op. We are open to everyone, every day. Connect with your food system and shop local all year round.
Growing up on a farm in Fayette County was such an enjoyable time in my life. My siblings and I named each of our animals and we all had our favorites. Mine was Frisky, a Hereford who acted like one of the kids. My Mom would feed her special treats when she saw her. If Frisky saw her driving up the lane, she would run over to her car. I also had a pet chicken named Gertrude who always wanted her own brood of chicks, so I supplied her with a batch and she hatched the cutest group of chicks.

I wish my own children would have had a similar experience, but we did take them to the Roundhill Farm in Elizabeth to check out any newborn lambs and baby calves. Living in the South Hills of Pittsburgh, we drive out to Cecil in Washington County to the great Farmers Market there. Farmers come from all around with their produce and even as far north as Grove City. We also have the pleasure of the Mt. Lebanon Farmer Markets on Wednesday nights and the Uptown Mt. Lebanon Farmers Market on Saturdays. All three of these markets are very well attended. While I’m always looking for new outlets for fresh produce, nothing is fresher than pulling it off of the vine.
HELP NORTH HILLS CARES FIGHT HUNGER

Hunger can happen anywhere.

Families in urban, suburban and rural areas can all face food insecurity and limited access to fresh food. City neighborhoods often lack grocery stores, while suburban parents may not have the means or transportation to shop for healthy foods.

Nationally, 42% of community college students struggle to buy enough food and about 30% have dependent children or support other family members. Schools are adding food pantries to their campuses, but they usually stock only shelf-stable items and students lack the time and money to buy and prepare healthy meals.

With the help of our friends and donors, North Hills Cares takes “Pop-Up” markets stocked with fresh, locally-grown produce to schools and neighborhoods in Pittsburgh’s northern suburbs. Consumers are invited to “shop” for what they need free of charge.

Help us fight hunger and expand our fresh food programs. Visit www.NorthHillsCares.com or “like” our North Hills Cares Facebook page for more information or to make a donation.

North Hills Cares, Inc. is incorporated in Pennsylvania and recognized as a 501(c)3 organization.
ALLEGHENY COUNTY

ADDISON TERRACE FARM STAND
2075 Bentley Dr., #545, Pittsburgh, PA 15219

AL & LOU’S HONEY FARM & MARKET
2013 Naomi Ave., Glassport, PA 15045; 724/415-8226
facebook.com/pg/ALLouS

APOIDEA APIARY
239 Parker St., Pittsburgh, PA 15223
apoidea-apiary.com

BECCARI’S FARM
5095 Thoms Run Rd., Oakdale, PA 15071; 412/221-8768
beccar.com

BEDNERS FARM MARKET
1520 Bower Hill Rd., Upper St. Clair, PA 15241; 412/221-5525
bednersfarmmarketusc.com

BEECHVIEW FARMS
605 Beverly Ave. and Hampshire Ave., Pittsburgh, PA 15216; 412/255-2493

BELLEVUE FARMERS MARKET
34 North Ralph Ave., Bellevue, PA 15202
Bonafidebellevue.com/live/farmers-market

BETHEL PARK FARMERS MARKET
South Park VIP Parking Lot (off Corrigan Dr.), Bethel Park, PA 15102; 412/831-1328
bethelparkfarmersmarket.com

BLACKBERRY MEADOWS ORGANIC FARM
7115 Ridge Rd., Natrona Heights, PA 15065; 724/326-5938; 724/224-8149
blackberrymeadows.com

BLOOMFIELD FARMERS MARKET
5050 Liberty Ave., Pittsburgh, PA 15224; 412/681-8800
bloomfieldnow.org/bloomfield-saturday-market

BRADDOCK FARM STAND
612 Braddock Ave., Braddock, PA 15104; 412/362-4769
growpittsburgh.org

BRENCLE’S FARMS & GREENHOUSES
3814 Mt. Troy Rd, 412/821-2566
brenclle.com

CARNegie Farmers Market
East Main St., Carnegie, PA 15016

Carrick Farmers Market
1529 Brownsville Rd., Pittsburgh, PA 15210

CeCe’s Farm Stand
249 N Craig St., Pittsburgh, PA 15213

Charles Street Farm Stand
2801 North Charles St., Pittsburgh, PA 15214

Christoff’s Farm and Greenhouse
41 Prestley Rd., Bridgeville, PA 15017; 412/874-5900

Churchview Farms
3897 Churchview Ave., Pittsburgh, PA 15236; 412/496-5623
churchviewfarmpgh.com

Clairton Farmers Market
410 St. Clair, Pittsburgh, PA 15025

Corapolis Farmers Market
1201 5th Ave., Coraopolis, PA 15108; 724/774-2380

Country Barn Farm
1246 Saxcong Blvd., Greenshaw, PA 15116; 412/225-0930
countrybarnfarm.com

Cutting Root Farm and Apothecary
721½ Whitney Ave., Wilkinsburg, PA 15221; 615/804-0064
cuttingroot.com

Dillner Family Farm
410 Sandy Hill Rd., Gibsonia, PA 15044; 724/444-6594
dillnertfamilyfarm.com

Downtown- Market Square
Market Square, Pittsburgh, PA 15219
downtownPittsburgh.com/market-square-farmers-market

Downtown-Mellon Square Park
Mellon Park, Pittsburgh, PA 15219

Dundee Farm & Fields L.L.C
528 Scaife Rd., Sewickley, PA 15143; 412/377-5432

East End Food Co-op
7516 Meade St., Pittsburgh, PA 15208; 412/242-3598 ext. 142
eastendfood.coop

Eden’s Market - A Gluten Free Emporium
99 Alfred St., Pittsburgh, PA 15228; 412/343-1802

Eichner’s Family Farm
265 Richard Rd., Wexford, PA 15090; 724/935-2131

Environmental Transformation DBA Market on Middle
2130 Middle Rd., Greenshaw, PA 15116; 412/213-0724
marketonmiddle.com

Etna Farmers Market
473 Butler St., Etna, PA 15223; 412/781-0569
etnalive.org
FARMERS AT PHIPPS
One Schenley Park, 15213; 412/622-6914
phipps.conservatory.org

FARMERS MARKET COOPERATIVE OF EAST LIBERTY
344 North Sheridan Ave., Pittsburgh, PA 15206; 412/661-1875
farmersmarketcooperativeofeastliberty.com

FOREST HILLS FARMERS MARKET
1840 Ardmore Blvd., Forest Hills, PA 15221; 724/339-1709
foresthillsfarmersmarket.com

FOX CHAPEL FARMERS MARKET AT SHADY SIDE ACADEMY
423 Fox Chapel Rd., Fox Chapel, PA 15238; 412/968-3160
shadysideacademy.org/farmersmarket

GOAT RODEO FARM & DAIRY
315 Shaffer Run Rd., Allison Park, PA 15101; 412/606-7336
goatrodeocheese.com

GOOSE CREEK GARDENS
7245 Noblestown Rd., Oakdale, PA 15071; 724/693-8240
goosecreekgardens.com

GREEN TREE FARMER’S MARKET IN THE PARK
905 Greentree Rd., Pittsburgh, PA 15220; 412/921-1110

GROW PITTSBURGH
6587 Hamilton Ave. #2w, Pittsburgh, PA 15206; 412/362-4769
growpittsburgh.org

HANNAH’S HONEY
Pittsburgh, PA; 412/302-6223
hannahshoney.net

HARVEST VALLEY FARM MARKET AND BAKERY
6003 Cunningham Rd., Gibsonia, PA 15044; 724/898-3276
harvestvalleyfarms.com

HOZAK FARMS
488 Anderson-Hozak Rd., Clinton, PA 15026;
724/899-2400
hozakfarms.com

J.L. KENNEDY MEAT STAND
344 N. Sheridan Ave., Pittsburgh, PA 15206; 724/898-2316

JANOSKI FARM & GREENHOUSE
1714 State Route 30, Clinton, PA 15026; 724/899-3438
janoskis.com

JODIKINOS FARM
2488 PA-18, Clinton, PA 15026; 724/899-3223
jodikinosfarmmarket.com

KAELIN FARMS & FARM MARKET
2547 Brands School Road, Westmore, PA 15090;
724/935-6780
kaelinfarms.com

LAWRENCEVILLE FARMERS MARKET
250 40th St., Pittsburgh, PA 15208; 412/802-7220

MALLISEE FARM
1105 Mallisee Ln., Pittsburgh, PA 15239; 412/793-0898
facebook.com/MalliseeFarm

MARKET STREET GROCERY
455 Market St., Pittsburgh, PA 15222; 412/281-3818
marketstreetgrocery.com

MAXWELL-THOMPSON FAMILY FARMS
221 Barth Ave., Pittsburgh, PA 15228; 412/906-0020

MISH FARMS MEAT MARKET
80 Oak Rd., Gibsonia, PA 15044; 724/449-6328
mishfarms.com

MONROEVILLE LIONS FARMERS MARKET
2399 Tillbrook Rd., Monroeville, PA 15146
monroevillesmarket.com

MOON TOWNSHIP FARMER’S MARKET
1000 Beaver Grade Rd., Moon Twp., PA 15108;
412/262-1700
moontwp.com/farmersmarket.html

MT. LEBANON LIONS FARMERS MARKET
975 Washington Rd., Pittsburgh, PA 15228; 412/720-5163
mtlebanonlionsfarmersmarket.com

MT. LEBANON UPTOWN FARMERS MARKET
740 Washington Rd., Pittsburgh, PA 15228

NORTH SIDE CITIPARKS FARMERS MARKET
East Ohio St. & Cedar Ave., Pittsburgh, PA 15212

PASKORZ BERRY FARM
36 Starr Rd., Cheswick, PA 15024; 724/265-3073

PATTY’S FARM MARKET
765 Freeport Rd., Aspinwall, PA 15215; 412/781-1212

PENN’S CORNER FARM ALLIANCE, FARMER-OWNED COOPERATIVE
150 54th St., Pittsburgh, PA 15201; 412/564-1494
pennscomer.com

PITTSBURGER HIGHLAND FARM
Armbrust-Hecla Rd., Mt. Pleasant, PA 15666;
412/720-0675
pittsburgherhighlandfarm.com
## Producers + Outlets

### Ross Township Farmers Market
920 Perry Hwy., Pittsburgh, PA 15229; 412/303-1322

### Russellton Bee Works
55 Poma St., Russellton, PA 15076; 724/265-2251

### Schneider’s Dairy, Inc.
726 Frank St., Pittsburgh, PA 15227; 412/881-4523

### Seibel’s Family Farm
814 Bocktown Cork Rd., Clinton, PA 15026; 724/899-2654

### Schneider’s Dairy, Inc.
schneidersdairypgh.com

### Serenity Hill Farms Hydroponics, LLC
20 Serenity Hill, Cheswick, PA 15024; 724/681-4176

### Seibels Family Farm
814 Bocktown Cork Rd., Clinton, PA 15026; 724/899-2654

### The Original Farmers Market
151 Parks Rd., McDonald, PA 15057

### The Wright Stuff Honey
Tarenbee Event Hall, 300 E. 8th Avenue, Tarentum, PA 15084; 412/951-7457

### Turners Dairy Farms
1012 Jefferson Rd., Pittsburgh, PA 15235; 412/372-2211

### Upper St. Clair Lions Farmers Market
2040 Washington Rd., Pittsburgh, PA 15241; 412/835-6630

### Uptown Mt. Lebanon Farmers Market
710 Washington Rd., Pittsburgh, PA 15228; 412/343-3412

### West Homestead Farmers Market
455 West 8th Ave., West Homestead Borough, PA 15120

### Wilkinsburg Farmers Market
733 South Ave., Wilkinsburg, PA 15221; 724/452-0391

### Wilkinsburg Thursday Open Market
225 Penn Ave., PA 15221; 412/445-6656

### Armstrong County

#### Acorn Hollow Farm
310 Kunkle Rd., Kittanning, PA 16201; 814/667-2388
acornhollowfarm.com

#### Bragiel’s Golden Harvest Farm
1633 Markle Rd., Leechburg, PA 15666; 724/337-3023

#### Five Elements Farm
405 Hogg Rd., Worthington, PA 16262; 724/575-0317
fiveelementsfarm.com

#### Goldstrohm Farms LLC
10465 State Rt. 85, Kittanning, PA 16201; 724/783-7107

#### Hooks Farm
166 Buck Tail Rd., Dayton, PA 15662; 724/783-7886

#### Kistaco Farm
3483 Balsinger Rd., Apollo, PA 15613; 724/478-4361
kistacofarm.com

#### Le-Ara Farm
1787 W. Winfield Rd., Worthington, PA 16262; 724/543-2628, 724/545-6433
learafarms.com

#### Mowery Family Farms
475 East Main St., Dayton, PA 15662; 814/591-7181
moweryfamilyfarms.com

#### Myers Pickle Farm
969 State Rt. 66, Leechburg, PA 15666; 724/445-6656

#### Pounds Turkey Farm & Market
4200 Melwood Rd., Leechburg PA 15656; 724/845-7661
poundsturkeyfarm.com

### Beaver County

#### Ambridge Farmers Market
625 Park Rd., Ambridge, PA 15003; 724/495-9618
beaverfarmers.wordpress.com

#### Beaver Falls Farmers Market
8th Ave. and 12th St., Rt 18, Beaver Falls, PA 15010

#### Beaver Falls Market
330 7th Ave., Beaver Falls, PA 15019; 724/843-1797
beavercountyfruit.com

#### Befuddled Farms
Aliquippa, PA 15001; 412/301-3023
befuddledfarms.com

#### Brady’s Run Farm
460 Constitution Blvd., New Brighton, PA 15066; 724/446-1030

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kistacofarm.com

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learafarms.com

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poundsturkeyfarm.com

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beaverfarmers.wordpress.com

#### Beaver Falls Farmers Market
8th Ave. and 12th St., Rt 18, Beaver Falls, PA 15010

#### Beaver Falls Market
330 7th Ave., Beaver Falls, PA 15019; 724/843-1797
beavercountyfruit.com

#### Befuddled Farms
Aliquippa, PA 15001; 412/301-3233
befuddledfarms.com

#### Brady’s Run Farm
460 Constitution Blvd., New Brighton, PA 15066; 724/446-1030
<table>
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<tr>
<th>Producers &amp; Outlets</th>
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<tbody>
<tr>
<td><strong>BROADRUN FARMS</strong></td>
<td>393 Concord Circle Rd., Beaver Falls, PA 15010; 724/761-4801. broadrundairyfarm.com</td>
</tr>
<tr>
<td><strong>BRUNTON DAIRY</strong></td>
<td>3681 Ridge Rd., Aliquippa, PA 15001; 724/375-5910. bruntondairy.com</td>
</tr>
<tr>
<td><strong>CENTER FRUIT MARKET</strong></td>
<td>3431 Broadhead Rd., Monaca, PA 15061; 724/774-4402. beavercountyfruit.com/contact/locations</td>
</tr>
<tr>
<td><strong>CHIEPWEWA FARMERS’ MARKET</strong></td>
<td>2465 Darlington Rd., Beaver Falls, PA 15010; 724/495-9618.</td>
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<tr>
<td><strong>CONFORTI FAMILY FARM</strong></td>
<td>611 Georgetown Rd., Darlington, PA 16115; 724/630-8132. confortifamilyfarm.com</td>
</tr>
<tr>
<td><strong>DOUDS FLOYD FARM</strong></td>
<td>405 Pleasant Dr., Aliquippa, PA 15001; 717/825-3633.</td>
</tr>
<tr>
<td><strong>EVEN COUNTRY GARDENS</strong></td>
<td>363 Anderson Rd., Enon Valley, PA 16120; 724/495-9618, 724/336-5725.</td>
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<tr>
<td><strong>FELLOWSHIP FOODS</strong></td>
<td>864 Jackson Ave., Monaca, PA 15061; 412/596-0264. fellowshipfoods.com</td>
</tr>
<tr>
<td><strong>HARLEY’S OAK SPRING FARM</strong></td>
<td>974 Bockhouse Run Rd., New Brighton, PA 15066; 724/346-1808.</td>
</tr>
<tr>
<td><strong>KRETCHMANN FARM</strong></td>
<td>257 Zeigler Rd., Rochester, PA 15074; 724/652-7189. kretschmannfarm.com</td>
</tr>
<tr>
<td><strong>MCCHONELLS’ FAMILY FARM AND MARKET</strong></td>
<td>294 New Bethlehem Church Rd., Aliquippa, PA 15001; 724/375-9556. mcconnells-farm.com</td>
</tr>
<tr>
<td><strong>MCINTYRE FARM</strong></td>
<td>115 Reesman Dr., Aliquippa, PA 15001; 724/495-6310.</td>
</tr>
<tr>
<td><strong>MCCracken’s Apiary</strong></td>
<td>631 Achortown Rd., Beaver Falls, PA 15010; 724/683-4496. facebook.com/MCCrackensApiary/</td>
</tr>
<tr>
<td><strong>MCCELANEY FAMILY FARM</strong></td>
<td>149 Pittsburgh Grade Rd., Hookstown, PA 15050; 724/344-2391, 724/573-9043. familyfarmbeef.com</td>
</tr>
<tr>
<td><strong>NEW BRIGHTON FARMERS MARKET</strong></td>
<td>5th Ave. and 12th St., New Brighton, PA 15066. beaverfarmers.wordpress.com</td>
</tr>
<tr>
<td><strong>RIDGEHOM FARM</strong></td>
<td>1010 Ridgehom Dr., Industry, PA 15052; 724/494-0331. facebook.com/RidgehomFarms</td>
</tr>
<tr>
<td><strong>SCHIEFELBEIN FARM</strong></td>
<td>3323 State Rt. 151, Aliquippa, PA 15001; 724/378-8807.</td>
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<tr>
<td><strong>SEAMAN FAMILY FARM</strong></td>
<td>417/775-3332.</td>
</tr>
<tr>
<td><strong>SHEPHER’S FAMILY FARM</strong></td>
<td>512 Smiths Ferry Rd., Ohioville, PA 15059; 724/494-0566. shepherdfamilyfarm.com</td>
</tr>
<tr>
<td><strong>STURGES ORCHARDS</strong></td>
<td>868 Rt. 288, Fombell, PA 16123; 724/624-0383.</td>
</tr>
<tr>
<td><strong>WILD ROSE FARM</strong></td>
<td>2412-US Rt. 30, Hookstown, PA 15050; 724/830-0229.</td>
</tr>
<tr>
<td><strong>WINDY RIDGE DAIRY</strong></td>
<td>451 South Tower Rd., Fombell, PA 16123; 724/822-8777. wrdairy.com</td>
</tr>
<tr>
<td><strong>WOODBOWARDS ORCHARDS</strong></td>
<td>727 Ashport Rd., Beaver Falls, PA 15010; 724/891-0102.</td>
</tr>
<tr>
<td><strong>Yeck Farms</strong></td>
<td>568 Baker Rd., Freedom, PA 15042; 724/775-1326.</td>
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**BEDFORD COUNTY**

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<tr>
<td><strong>ALLEGMENY MEADOWS</strong></td>
<td>2155 Riddlemesser Rd., Manns Choice, PA 15550; 814/733-2775. alleghenymeadows.net</td>
</tr>
<tr>
<td><strong>BLACK VALLEY FARM</strong></td>
<td>9048 Black Valley Rd., Everett, PA 15537; 405/599-9797. blackvalleyfarm.com</td>
</tr>
<tr>
<td><strong>BOYER ORCHARDS</strong></td>
<td>4116 Cotteland Dr., New Paris, PA 15554; 814/839-4715, 814/735-4716. boyerorchards.com</td>
</tr>
<tr>
<td><strong>COPPERHEAD ROCK FARMS</strong></td>
<td>416 Texas Corner Rd., New Enterprise, PA 16664; 814/766-9920.</td>
</tr>
<tr>
<td><strong>CURVIN M &amp; WILMA B</strong></td>
<td>1309 Lafayette Rd., New Enterprise, PA 16664; 814/766-2368.</td>
</tr>
<tr>
<td><strong>DARK HOLLOW SUGAR CAMP</strong></td>
<td>914 Jacks Corner Rd., Hopewell, PA 16650; 814/766-3847.</td>
</tr>
</tbody>
</table>
EM BROOK ANGUS
2970 Helixville Rd., Schellsburgh, PA 15559; 814/733-4552
embrookangus.com

FISHER’S COUNTRY STORE
111 Hoagland Rd., Bedford, PA 15522; 814/623-2667
fisherscountrystore.com

GERALD SMITH, JR.
677 Sweet Root Rd., Bedford, PA 15522; 814/623-8210
mcsmithsorganicfarm.com

HERITAGE PRODUCE
983 Miller Rd., Imler, PA 16655; 814/276-9453

HIDDEN HILLS DAIRY
1980 Ritchey Rd., Everett, PA 15537; 814/652-2775
hiddenhillsdairy.com

LEHMAN FARMS
432 Lehman Rd., New Paris, PA 15554; 814/839-4247
facebook.com/LehmansFarm

PEPE ORCHARDS
259 Taylor Rd., New Paris, PA 15554; 814/839-2437

POTTER CREEK SUGAR SHACK
710 Potter Creek Rd., New Enterprise, PA 16664; 717/609-6649
pottercreeksyrup.com

RIDGETOP ORCHARDS
2953 Valley Rd., Fishertown, PA 15539; 814/839-4181
ridgetoporchards.com

SYLVAN GLEN FARM
866 Yellow Rd., Everett, PA 15537; 814/285-7139

WINDY KNOLL FARM
684 Winding Ridge Rd., Everett, PA 15537; 814/652-6044

BLAIR COUNTY

4 SEASONS FARM
305 Pacanowski Ln., Tyrone, PA 16686; 814/684-2899
4seasonscattle.com

ALTOONA FARMERS MARKET
Heritage Plaza, Altoona, PA 16601; 814/832-2619

BARONNERS FARM MARKET
1613 Junata Valley Rd., Hollidaysburg, PA 16648;
814/695-9522

BLUEBERRY HILL
1527 W. Carson Valley Rd., Duncansville, PA 16635;
814/695-1579

CLOVER CREEK CHEESE CELLAR
5161 Clover Creek Rd., Williamsburg, PA 16693;
814/832-3755
clovercreekcheese.com

D N’ D FARM
8495 Woodbury Pike, Hollidaysburg, PA 16648;
814/839-4579
dndfarms.com

FRIENDS FARM
142 Friends Farm Ln., Williamsburg, PA 16693;
814/793-9579

GREEN’ER ACRES FARM
747 Butternut Hollow Rd., Claysburg, PA 16625;
814/239-8519
greenacresfarm.locallygrown.net

HERITAGE HILLS FARM
354 Poplar Run Rd., Duncansville, PA 16635;
814/626-1461

JUBILEE HILLTOP RANCH
Roaring Springs, Pa; 814/934-7734

LEIGHTYS FARM MARKET, INC
16187 Dunnings Hwy., Newry, PA 16665; 814/695-5052
leightys.com

LIEDIGS FARM
2546 Ridge Rd., Tyrone, PA 16686; 814/632-6986

PEACH HILL ORCHARD
1072 Curryville Rd., Martinsburg, PA 16662;
814/793-4100

RITCHEY’S DAIRY, INC.
2130 Cross Cove Dairy, Martinsburg, PA 16662;
800/296-2157
ritcheysdairy.com

SPARROW HILL FAMILY FARM
165 Beaver Dam Rd., Claysburg, PA 16625; 814/239-0032
sparrowhillfarmfamilyfarm.weebly.com

THE LAST 44 FARM
270 Dream Ln., Altoona, PA 16601; 814/330-6684
thelast44farm.com

TYRONE FARMERS MARKET
Reservoir Park, Tyrone, PA 16686; 814/632-6986
facebook.com/TyroneCommunityFarmersMarket
BUTLER COUNTY

1ST GENERATION FARMS
172 Bauder School Rd., Prospect, PA 16052; 724/991-1567

ALWAYS SUMMER HERBS
199 Magill Rd., Slippery Rock, PA 16057; 724/735-4700
alwayssummerherbs.com

AMBROSE FARMERS MARKET
991 Bear Creek Rd., Cabot, PA 16023; 724/360-5055

BOWSER’S BLUEBERRIES
143 McCallum Rd., Renfrew, PA 16053; 724/482-2373
bowsersblueberries.com

BRENCKLE’S ORGANIC FARM AND GREENHOUSE
768 Glen Eden Rd., Zelienople, PA 16063; 724/774-2239, 724/482-2353
brencklesfarm.com

BUTLER FARM MARKET
901 Evans City Rd., Renfrew, PA 16053; 724/486-2194
butlerfarmmarket.com

CRIGHTON FARM
130 Main St. Rt. 488, Prospect, PA 16052; 724/957-4800

CYPFHER FARM MARKET
214 Remnick Rd., Butler, PA 16002; 724/285-3888

davidjonesfarm.com

DEENER’S FARM MARKET
260 Ash Stop Rd., Evans City, PA 16033; 724/452-7944

devilcrestfarm.com

DUNCAN ELK FARM
481 Deer Creek Rd., Saxonburg, PA 16056; 724/352-4515

FOUR SEASONS GAME BIRD FARM
115 Lis Hill Rd., Valencia, PA 16059; 724/898-2316
fourseasonsgamebirdfarm.com

FRANKFERD FARMS FOOD, INC.
717 Saxonburg Blvd., Saxonburg, PA 16056; 724/352-9500
frankferd.com

FREEDOM FARMS
795 Pittsburgh Rd., Butler, PA 16002; 724/586-5551
freedomfarmpa.com

GOODNESS GROWS FARM
159 Heller Rd., Butler, PA 16002; 724/316-4175
facebook.com/goodnessgrowsfarm

HAR-LO FARMS
505 W Jefferson Rd., Butler, PA 16002; 724/352-2314

HARMONY GROVE FARM, LLC.
123 Harmony Grove Ln., Harrisville, PA 16038; 814/385-6492
hgfarm.com

HARVEST VALLEY FARM
125 Ida Ln., Valencia, PA 16059; 724/816-0853
harvestvalleyfarms.com

HARVEST VIEW FARM
143 Eagle Mill Rd., Butler, PA 16001; 724/282-8038
harvestviewfarm.com

JAROSINSKI FARMS
150 Jarosinski Ln., Sarver, PA 16055; 412/398-9813

KUMMER FARM
318 Watters Station Rd., Evans City, PA 16033; 215/872-9662

LEICHER FAMILY FARM
259 Oak Rd., Chicora, PA 16025; 724/482-2353
leicherfarm.com

LEVEL CREST FARM AND GREENHOUSE
248 Dick Rd., Butler, PA 16001; 724/865-9064

MARBURGER DAIRY FARM
1506 Mars-Evans City Rd., Evans City, PA 16033; 724/814-0618
marburgerdairy.com

MARS FARMERS MARKET
225 Crowe Ave., Mars, PA 16046; 724/776-3277

MAZUR’S GREENHOUSE AND FARM
329 Benveniste Rd., Zelienople, PA 16123; 412/298-1672

MCKINNIS FARMS
G9343 Main St., Connoquenessing, PA 16027

MEADOW ROCK FARM & GARDENS
899 Rockdale Rd., Butler, PA 16002; 724/360-3276
meadowrockfarm.com

MISERA’S ORGANIC FARM
135 Minteer Rd., Butler, PA 16001; 724/865-2424

PENN PANTRY LLC
253 Mercer St., Harmony, PA 16037; 724/237-4901
pennpantry.com

SALLY’S CIDER PRESS
501 Perry Hwy., Harmony, PA 16037; 724/452-9667

SCHRUR’S GREENHOUSE
175 Schur Rd., Butler, PA 16002; 724/287-3273
schnursgreenhouse.com

SILVER WHEEL FARM
141 Porter Rd., Harrisville, PA 16038; 724/735-4054
silverwheelfarm.net

SLIPPERY ROCK COMMUNITY FARMERS MARKET
Gateway Park, Slippery Rock, PA 16057; 724/374-3276
facebook.com/SRCFM

Snyder’s Berry Farm
152 Snyder Ln., Chicora, PA 16025; 724/445-1177
snydersberryfarm.com

SUTTON FARMS
359 Mahood Rd., Butler, PA 16001; 724/282-1257

YELLOW CREEK FARM
363 Stanford Rd., Prospect, PA 16052; 412/603-1974
yellowcreekfarm.com

CAMBRIA COUNTY

BENSHOFF FARMS AT NEW GERMANY
570 Benhoff Rd., Summerhill, PA 15958; 814/495-5509
facebook.com/BenshoffFarmsOfNewGermany

BLUE GOOSE FARM
2965 Blue Goose Rd., Nicktown, PA 15762; 814/948-7188
bluegoosefarmnicktown.com

DOWNTOWN JOHNSTOWN FARMER’S MARKET
Main St., Johnstown, PA 15901; 814/533-2049

EBENSBURG FARMERS MARKET
Corner of Hogan and Julian Sts., Ebensburg, PA 15931; 814/472-8780

gallikers.com

GALLIKER DAIRY COMPANY
143 Donald Ln., Johnstown, PA 15904; 814/266-8702

galliker.com

GALLITZIN SUNDAY FARMER’S MARKET
701 Main St., Gallitzin, PA 16641; 814/321-5377

HIMMELS FARM
161 Farmhouse Ln., Carrolltown, PA 15722; 814/344-6627
himmelsfarm.com

JOHNSTOWN FARMERS MARKET
401 Broad St., Johnstown, PA 15901; 814/533-2049

LEATHERWOOD STOCK FARM
215 Angus Ln., New Bethlehem, PA 16242; 814/275-1400

LOCAL FOOD GUIDE 2019
MCGOUGH’S FRUIT MARKET
2493 Poetage St., Wilmore, PA 15962; 814/495-5466
MOXHAM FARMERS MARKET
501 Grove Ave., Johnstown, PA 15902; 814/467-4821
FACEBOOK.COM/MOXMHAFARMERSMARKET
MYERS POULTRY FARM
966 Rogers Hill Rd., South Fork, PA 15956; 814/539-7026
SMITHMYSER AUTUMN MARKET AND SUNFLOWER MAZE
457 St. Augustine Rd., Patton, PA 16668; 814/937-9703
VALE WOODS FARMS
517 Vale Wood Rd., Loretta, PA 15940; 814/886-7171
FACEBOOK.COM/VALEWOODFARMS
CLARION COUNTY
CLARION COUNTY FARMERS MARKET
Clarion County Park, Main St., Clarion, PA 16214; 814/772-9622
CLARION FARMS BEEF
82 Port Farm Ln., Clarion, PA 16214; 814/764-5811
CLARION RIVER ORGANICS
824 Whitmer Rd., Sligo, PA 16255; 412/589-9276
FACEBOOK.COM/CLARIONRIVERORGANICS
DAVE’S MAPLE FARM
203 Burns Rd., Sligo, PA 16255; 814/229-2869
FACEBOOK.COM/DAVESMAPLEFARM
KEMMER’S GREENHOUSE AND FARM MARKET
2464 Pine Run Rd., Mayport, PA 16240; 814/365-5162
FACEBOOK.COM/KEMMERSGREENHOUSE
RIPPLING BROOK FARM
729 Shady Ln., Sligo, PA 16255
SCHMUCKER FAMILY
6983 Rt. 58, Emlenton, PA 16255
ZACHERL’S FARM MARKET
164 Zacherl Ln., Shippenville, PA 16254; 814/226-9497
FACEBOOK.COM/ZACHERLSTFARMMARKET
CLEARFIELD COUNTY
ALETTA SINGLEY
4009 Curwensville-Grampians Hwy., Curwensville, PA 16833; 814/236-2029
ALETTAS.COM
DUBOIS FARMERS MARKET
Brady St. & Long Ave., DuBois, PA 15801; 814/371-3064
GILBERT HILL FARM
1395 Clear Run Rd., DuBois, PA 15801; 814/375-0864
HICKORY RIDGE FARM
668 Strong Rd., Irvinon, PA 16656; 814/672-3009
HIMNATURALHARVEST.COM
KRAINSKI FARMS
102 Krainski Farms Rd., Morrisdale, PA 16858; 814/345-5981
KUNES FARMS
917 Keewaydin Rd., Frenchville, PA 16836; 814/263-4638
LISK’S HERITAGE FARM
16560 Airport Rd., Linesville, PA 16424; 336/255-1637
LIKISHERITAGEFARM.COM
MAPLE HARVEST FARM
17037 John Brown Rd., Guys Mills, PA 16327; 814/967-2554
MEADVILLE MARKET HOUSE
910 Market St., Meadville, PA 16335; 814/336-2056
MEADVILLEMARKETHOUSE.ORG
MISH-RO HOLSTEINS AND JERSEYS
Atlantic, PA 16111
FACEBOOK.COM/MISHROHOLSTEINSANDJERSEYS
SLEEPY CREEK HONEY AND MAPLE SYRUP
22399 Cemetery Rd., Venango, PA 16440; 814/398-4021
FACEBOOK.COM/SLEEPYCREEKHONEYANDMAPLESYRUP
SPRUCE ROW FARM
20652 Cawthon Rd., Meadville, PA 16335; 814/573-7593
FACEBOOK.COM/SPRUCEROW
STRAWBERRY LANE PRODUCE
10279 Free Rd., Conneaut Lake, PA 16316; 814/282-2471
FACEBOOK.COM/STRAWBERRYLANEPRODUCE
TITUSVILLE OPEN-AIR MARKET
11652 Hydetown Rd., Titusville, PA 16354; 814/827-2941
TOBIN’S VEGETABLES
24073 Jim Tobins Ln., Cambridge Springs, PA 16403; 814/398-2004
FACEBOOK.COM/TOBINSVEGETABLES
VORISEK’S BACKYARD BEE FARM
15834 Linesville Rd., Linesville, PA 16254; 814/683-5888
VBEBEFARM.COM
YACHA FARMS
26440 Yacha Rd., Chambriegt Springs, PA 16403
FACEBOOK.COM/YACHAFARM
ELK COUNTY
HERITAGE FARM
28235 Lake City Rd., Ridgway, PA 15883; 814/772-9622
BURNSHERITAGEFARM.COM
PATTON’S PUMPKIN PATCH
11539 Rt. 3002, Sigel, PA 15860; 814/752-6279
PATTONSPUMPKINPATCH.COM
RIDGEWAY FARMERS MARKET
111 Depot St., Ridgeway, PA 15883
FACEBOOK.COM/RIDGEWAYFARMERSMARKET
FACEBOOK.COM/PRODUCERSOUTLETS
FACEBOOK.COM/PRODUCERSOUTLETS
**FAYETTE COUNTY**

**BINOTTO FARM**
275 Dickerson Rd., Vanderbilt, PA 15486

**CAROLYN’S FARM AND GREENHOUSE**
190 Tony Row Rd., Star Junction, PA 15482; 724/736-0829

**CHRISTNER FARMS**
805 Scottdale Dawson Rd., Dawson, PA 15428; 724/529-3131; christnerfarms.com

**DUDA’S FARM, INC.**
157 Creek Rd., Brownsville, PA 15417; 724/246-7601; dudasfarm.com

**FOOTPRINTS FARM**
184 McClellan Ln., Gibbon Glade, PA 15440; 724/329-8254; footprintsfarm.com

**JACKSON FARMS**
6718 National Pike, New Salem, PA 15468; 724/246-7010; facebook.com/Jacksonfarms40

**JK FARM**
322 Gilmore Rd., Uniontown, PA 15401; 724/569-1021; thejkfarm.com

**PERRYOPOLIS FARMERS MARKET**
P.O. 747, Perryopolis, PA 15771; 724/366-3412; facebook.com/PerryopolisFarmersMarketPerry

**UNITED DAIRY**
47 W Craig St., Uniontown, PA 15401; 724/438-8581

**FOREST COUNTY**

**LONG ACRES FARMS**
11832 Rt. 56, Tionesta, PA 16353; 814/744-8454; longacresinc.com

**PLEASANT VALLEY FARM**
4792 Sage Rd., Tionesta, PA 16353; 814/755-3911; facebook.com/pleasantvalleyfarmpa

**YEANY’S MAPLE SYRUP**
113 Chestnut St., Marienville, PA 16239; 814/221-4360

**GREENE COUNTY**

**ELYSIAN FIELDS FARM**
211 Craynes Run Rd., Waynesburg, PA 15370; purebredlamb.com

**FENCEROW FARMS MARKET**
1462 E. High St., Waynesburg, PA 15370; 724/255-0464

**FOREVER GREENE HOUSE**
1937 W. Roy Furman Hwy., Waynesburg, PA 15370; 724/499-5086

**FROSTY SPRING FARM**
1214 Garards Fort Rd., Waynesburg, PA 15370; 724/627-8271; facebook.com/FrostySpringsFarm

**HARDEN’S FAMILY FARM**
66 Wickerham Rd., Fredericktown, PA 15333; 706/513-5609

**WAYNESBURG FARMERS MARKET**
10 E. High St., Waynesburg, PA 15370; waynesburgpa.org/Events/farmers

**WILLOW TREE FARM**
195 Pump Station Rd., Greensboro, PA 15338; 724/317-9770

**HUNTINGDON COUNTY**

**BLUEMING GARDENS FARM**
7147 Stone Creek Ridge Rd., Huntingdon, PA 16652; 814/643-3565

**DONNELLY ORCHARDS**
6312 Wyndhill Ln., Huntingdon, PA 16652; 814/643-4295

**GREEN HERON FARM**
11579 Elliots Run Rd., Three Springs, PA 15753; 814/448-2423; greenheronfarm.net

**PLOWSHARE PRODUCE**
12936 Greenwood Rd., Huntingdon, PA 16652; 814/667-2756; plowshareproduce.com

**INDIANA COUNTY**

**ALTEMUS FARM**
810 S. Harmony Rd., Penn Run, PA 15765; 724/463-7915; stutzmanfarms.com

**BERRY HILL OF STUTZMAN FARMS**
8690 Hwy. 422 East, Penn Run, PA 15765; 724/463-7915; stutzmanfarms.com

**CANTON TURKEY FARM**
533 Luciusboro Rd., Blairsville, PA 15717; 724/479-0254

**COKEVILLE PRODUCE MARKET & GREENHOUSE**
2218 Rt. 217 S, Blairsville, PA 15717; 724/459-9059

**DOWNTOWN INDIANA FARMERS MARKET**
8th & Church St., Indiana, PA 15701; indianafarmmarket.blogspot.com

**LONE OAK FARM**
1606 Georgeville Rd., Marion Center, PA 15759; 724/397-0101; loneoakfarms.com

**MAHONING CREEK FARM**
6276 Rt. 210 Hwy., Smicksburg, PA 16256; 724/286-9671; mahoningcreekfarm.com

**MILLER FARM**
2074 Miller Rd., Smicksburg, PA 16256; 724/286-9112; facebook.com/Miller.Farms64

**NEHRIG DAIRY FARMS**
2660 Wright Rd., Rochester Mills, PA 15771; 724/286-9320

**PINE VALLEY FARMS, LLC**
7157 Stone Run Rd., Smicksburg, PA 16256; 724/286-9320

**POME RIDGE ORCHARD**
1715 Luciusboro Rd., Blairsville, PA 15717; 724/479-8210; pomeridgeorchard.com

**PUCKER BRUSH FARM**
1156 Gobblers Run Rd., Shelocta, PA 15774; 724/726-0435

**REEGER’S FARM MARKET**
755 Laurel Rd., Shelocta, PA 15774; 724/463-0440

**SLEEPY HOLLOW ORCHARD**
755 Sleepy Hollow Rd., Indiana, PA 15701; 724/665-8393

**STAUFFER’S MARKET**
8273 Route 56 Hwy., E., Homer City, PA 15748

**STUTZMAN FARMS**
8690 Rt. 422 East, Penn Run, PA 15765; 724/463-7915; stutzmanfarms.com

**SUSAN’S GREENHOUSE**
301 Perryville Rd., Saltsburg, PA 15681; 724/697-5092

**UNCLE HENRY’S GARDEN**
749 South 5th St., Indiana, PA 15701; 724/349-2507; unclehenrysgarden.com

**WHITE SWAN ACRES GREENHOUSE AND GARDENS**
2854 Saltsburg Rd., Clarksburg, PA 15725; 724/422-5219
<table>
<thead>
<tr>
<th>PRODUCERS + OUTLETS</th>
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<tbody>
<tr>
<td>YARNICK’S FARM AND GREENHOUSES</td>
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<tr>
<td>155 Thomas Covered Bridge Rd., Indiana, PA 15701; 724/549-3904</td>
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<tr>
<td>yarnicksfarm.com</td>
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<td>JEFFERSON COUNTY</td>
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<td>CHERISH CREAMERY</td>
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<tr>
<td>2771 Paradise Rd., Reynoldsdale, PA 15831; 724/349-3904</td>
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<tr>
<td>cherishcreamery.com</td>
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<td>COOPER FARM MARKET</td>
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<tr>
<td>484 Cemetery Rd., Falls Creek, PA 15840; 814/375-7050</td>
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<tr>
<td>cooperfarmmarket.net</td>
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<td>LADYBUG FARM</td>
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<tr>
<td>2975 Rte. 410, Punxsutawney, PA 15767; 814/427-2409</td>
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<td>MCKEAN COUNTY</td>
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<td>KENNY JERSEY FARM LLC</td>
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<td>749 Mcclain Rd., Enon Valley, PA 16120; 724/419-5188</td>
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<td>BOZBERRY FARMS</td>
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<td>1699 Rock Run Rd., Turtlepoint, PA 16750; 814/558-0141</td>
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<td>BOZBERRY FARMS</td>
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<td>1699 Rock Run Rd., Turtlepoint, PA 16750; 814/558-0141</td>
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<td>MAPLE GLEN FARM</td>
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<td>543 Jo Jo Rd., Kane, PA 16735; 814/387-6459</td>
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**Local Food Guide 2019**

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# PRODUCERS + OUTLETS

**NORTHWEST PENNSYLVANIA GROWERS COOPERATIVE**  
Mercer, PA; 724/662-1231  
nwpagrowers.com

**NU WAY FARM**  
19 Freedom Hadley Rd., Fredonia, PA 16124; 724/475-2447

**OLD TIME FARM**  
1919 Harristown Rd., Stoneboro, PA 16153; 724/316-0148

**OLDE TOWN GROVE CITY FARMERS MARKET**  
120 Festival Park Beside the Gazebo, Grove City, PA 16127; 724/301-3112  
oldetowngrovecity.com

**PALUMBO’S MEAT MARKET**  
5170 Lake St., Sandy Lake, PA 16145; 724/376-4535  
palumbosmeatmarket.com

**PASTURE PERFECT BEEF**  
2191 Scrubgrass Rd., Grove City, PA 16127; 814/786-7384  
pastureperfectbeef.net

**PHILSON’S BUSHEL AND A PECK FARM**  
257 S. Cottage Rd., Mercer, PA 16137; 724/662-1231  
bushelandpeckfarm.com

**SB WOLFE FARMS**  
465 Kinzmann Rd., Greeneville, PA 16125; 724/815-7817  
sbwolfefarms.com

**SHIPULA FARMS**  
468 North Summit Rd., Jamestown, PA 16134; 724/718-4928

**SYLVAN ACRES**  
289 Condill Rd., Sandy Lake, PA 16145; 724/402-4044  
sylvanacres.net

**THE PRODUCE PLACE**  
3828 Hadley Rd., Clarks Mills, PA 16114; 724/988-8360  
produce-place.com

**THREE SISTERS FARM**  
134 Orbit Rd., Sandy Lake, PA 16145; 724/376-2979  
thesistersfarm.com

**TRUENEL BROOK FARM, LLC**  
2885 Sandy Lake Grove City Rd., Stoneboro, PA 16153; 724/376-8573  
trunnelbrookfarm.com

**WALNUT HILL FARM**  
4965 Saracen Dr., Sharpsville, PA 16150; 724/866-3190  
thewalnuthillfarm.com

**POTTER COUNTY**

**GOD’S COUNTRY CREAMERY**  
439 Paulevind Rd., Ulysses, PA 16948; 814/848-7262  
godscountrycreamery.com

**PAUL FAMILY FARMS**  
Paul Hollow Rd., Galeton, PA 16922; 570/772-2420  
paulfamilyfarms.com

**ABRAHAM S. KINSINGER**  
339 Saw Mill Rd., Meyersdale, PA 15552; 814/662-2397

**AIRENSMAN ORCHARD’S**  
745 Edie Rd., Somerset, PA 15501; 814/445-5661  
facebook.com/airensmanorchard

**BAER BROS. MAPLE CAMP**  
234 Sugar Cake Rd., Somerset, PA 15501; 814/445-1930  
baerbrosmaple.com

**BUMBLEDERRY FARMS LLC**  
124 Woodside Dr., Somerset, PA 15501; 814/279-8803  
bumblederryfarm.com

**CASCIO’S FRUIT MARKET**  
242 West Main St., Somerset, PA 15501; 814/445-5590  
casciosfruitmarket.com

**EMERICK PURE MAPLE PRODUCTS**  
180 Ridge Rd., Hyndman, PA 15545; 814/324-4345  
puremaplesyruponline.com

**GLADES PIKE COUNTRY STORE**  
2706 Glades Pike, Somerset, PA 15501; 814/233-2740  
gladespikecountrystore.com

**GRANDMAS PRODUCE**  
50 Lucinda Ln., Windber, PA 15963; 814/467-4921  
grandmasproduce.com

**HILLEGAS SUGAR CAMP LLC**  
538 Dividing Ridge Rd., Fairhope, PA 15538; 814/233-5843  
hillegassugarcamp.com

**HILLLEGAS SUGAR CAMP LLC**  
538 Dividing Ridge Rd., Fairhope, PA 15538; 814/233-5843  
hillegassugarcamp.com

**HOSSERODE MAPLE PRODUCTS**  
698 Kennells Mill Rd., Hyndman, PA 15545; 814/324-4248  
facebook.com/hosslerodemarpleproducts

**LAUREL VISTA FARMS**  
1665 Coxes Creek Rd., Somerset, PA 15501; 814/443-2415  
laurelvistafarm.com

**LIVENGOOD BROTHERS LLC**  
3064 Copper kettle Hwy., Rockwood, PA 15557; 814/233-6971  
lbmaple.com

**LUCKY ACRES FARM**  
2010 Coxes Creek Rd., Somerset, PA 15501; 814/443-4463  
somersecountyfarmersmarket.com/lucky-acres-farm

**MILROY FARMS**  
1724 River Rd., Salisbury, PA 15558; 814/662-4125  
milroyfarms.com

**MOO ECHO DAIRY**  
3671 Glades Pike, Somerset, PA 15501; 814/445-6780  
facebook.com/mooecho dairy

**O’NEIL WHITEHORSE MOUNTAIN APIARIES**  
11090 Glades Pike, Fairhope, PA 15538; 814/267-3720

**PROVIDENCE ACRES FARM**  
1457 Corner Stone Rd., Friedens, PA 15541; 814/267-6641

**PURE MAPLE SYRUP PR**  
430 Reservior Rd., Rockwood, PA 15557

**SECHLER SUGAR SHACK LLC**  
7758 Kingwood Rd., Confluence, PA 15424; 814/395-3200  
sechlersugarshack.com

**SOMERSET COUNTY FARMERS’ MARKET INC.**  
800 Georgian Place Dr., Somerset, PA 15501  
somersecountyfarmersmarket.com

**SPRING WATER FARMS LEHMAN & SON PRODUCE**  
1624 Carrest Shortcut Rd., Berlin, PA 15530

**STAHL’S**  
550 White Oak Rd., Somerset, PA 15501; 814/445-4040

**SUMMER SMILES HONEY FARM**  
939 Horner Church Rd., Staytown, PA 15905; 814/525-0306  
somersetcountyfarmersmarket.com

**THE PUTMAN PLACE**  
254 Blueberry Ln., Somerset, PA 15501; 814/443-4529  
putmanplace.com

**VAN GROUW FAMILY FARM**  
2010 Shanksville Rd., Berlin, PA 15530; 814/279-5765  
ervajean.com

**WHISPERING PINES GREENHOUSE**  
152 Modeller Rd., Friedens, PA 15541; 814/893-5941

**WHOLESOME LIVING MARKETPLACE**  
107 Railroad St., Bedford, PA 15522; 814/623-8800  
facebook.com/pg/wholesomelivingmarketplace

**VENANGO COUNTY**

**BARBER’S ORCHARD**  
3394 State Rt. 417, Franklin, PA 16323; 814/676-6194  
facebook.com/pg/barkers.orchard
BAYTREE FARM  
2265 Rockland Nickleville Rd., Emlenton, PA 16373; 814/671-3922  
baytreefarm.com

FRANKLIN FARMERS MARKET  
300 12th St., Franklin, PA 16323

GRATEFUL LIFE FARM  
152 Rockland Station Rd., Kennerdell, PA 16374; 814/498-2127  
greatfulifefarm.com

MERCER ROAD FARM  
1146 Mercer Rd., Franklin, PA 16323; 814/432-9422  
mercerroadfarm.com

OIL CITY FARMERS MARKET  
2 Central Ave., Oil City, PA 16301; 814/677-3152 ext. 101

RIVER VIEW DAIRY  
8857 Rt. 58, Emlenton, PA 16373; 814/229-0994  
riverviewdairy.com

WARREN COUNTY  

BARRY’S BARNYARD  
625 Dobson Rd., Sugar Grove, PA 16350; 814/489-3958

BIG HORN RANCH  
1670 Page Hollow Rd., Pittsfield, PA 16340; 814/230-4993  
facebook.com/BigHornMeats

HAPPY DOG FARM  
373 Townline Rd., Russell, PA 16345; 814/489-2030  
happydogfarm.com

LINDELL’S HATCH PATCH LLC  
522 Hatch Run Rd., Warren, PA 16345; 814/757-8824  
lindellhatchpatch.com

NORDLAND FARMS  
131 East Main St. Rte. 957, Columbus, PA 16405; 814/664-3815

POT O GOLD DAIRY SPECIALTIES INC.  
117 Messinger Hill Rd., Bear Lake, PA 16402; 814/963-6921

RIVERVIEW FARMS  
47 Jefferson St., Tidioute, PA 16351; 814/484-7202  
riverviewfarmspa.com

WARREN COUNTY FARMERS MARKET  
Parking lot on 2nd Ave., Warren, PA 16365  
facebook.com/WarrenPaFarmersMarket

WASHINGTON COUNTY  

BEDILLION HONEY FARM  
1179 Burgettstown Rd., Hickory, PA 15340; 724/356-7713  
bedillionhoneyfarm.com

BEDNERS FARM AND GREENHOUSE  
315 Coleman Rd., McDonald, PA 15057; 724/926-2541  
bednersgreenhouse.com

BROWN’S ORCHARD AND CIDER CO.  
267 Southview Rd., McDonald, PA 15057; 724/356-7960  
brownsorchardandcider.com

CHERRY VALLEY ORGANICS  
518 Joffre-Cherry Valley Rd., Burgettstown, PA 15021; 724/947-0170  
cherryvalleyorganics.com

CONOVER ORGANIC FARM  
397 Lee Rd., Burgettstown, PA 15021; 724/947-2850  
conoverfarm.com

COVERED BRIDGE MEADOWS  
26 Covered Bridge Rd., McDonald, PA 15057; 724/951-4707  
coveredbridgemeadows.com

DESTINY HILL FARM  
1069 South Main St., Washington, PA 15301; 724/222-3015  
destinyhill.com

EMERALD VALLEY ARTISANS  
166 Fava Farm Rd., Scenery Hill, PA 15360; 724/323-3324  
emeraldvalleyartisans.com

FALLOWFIELD FARMS | PASTURE-RAISED PORK  
289 Twin Bridges Rd., Charletroi, PA 15022; 412/296-1978  
fallowfieldfarms.com

HALF CROWN HILL ORCHARD  
600 North Branch Rd., McDonald, PA 15057; 412/913-4981  
hchordar.com

HEAVEN SENT FARMS  
243 Washington Pike, Avella, PA 15312; 724/470-3022  
heavensentfarms.com

HERITAGE TRAIL  
76 Heritage Trail, Prosperity, PA 15329; 724/222-5766  
linderyoaf.org

JERSEY SETTLEMENT FARM  
2669 Pangburn Hollow Rd., Monongahela, PA 15063; 412/728-2499  
jerseysettlementfarm.com

JOE’S FARM MARKET  
3132 National Pike, Rte. 40, Richeyville, PA 15358; 724/632-5877

KRENZELAK ORCHARDS  
85 McCormick Ln., Prosperity, PA 15329; 724/225-8761

LOWDEN BROTHERS FARM  
136 California Dr., Coal Center, PA 15423; 724/239-5233

MAIN ST. FARMERS MARKET  
139 S Main St., Washington, PA 15301; 412/316-5706  
mstin.org

MCDONALD TRAIL STATION FARMERS MARKET  
160 S. McDonald St., McDonald, PA 15057; 724/926-4617  
mcdonaldtrailstation.com

MONONGAHELA FARMERS MARKET  
Cherry Park, Monongahela, PA 15063; 724/328-2834

OAK HILL FARM  
37 Old Trails Rd., Avella, PA 15312; 724/345-8379  
aoakhill.org

PAULS ORCHARD  
269 Keys Rd., Joffre, PA 15053

PLEASANT VALLEY ORGANIC FARM  
25 Pine Run Rd., Amity, PA 15311; 202/213-5237  
pleasantvalleyorganicfarm.com

PRIMROSE FARM  
31 Meritage St., McDonald, PA 15057; 484/832-3605  
primrosefarm.com

ROSSELL’S MAPLE  
727 South Ridge Rd., Coal Center, PA 15423; 724/986-0631  
rossellmaple.com

SIMMONS FARM  
170 Simmons Rd., McMurray, PA 15317; 724/941-1490  
simmonsfarm.com

SPRINGHOUSE  
1531 Rt. 136, Washington, PA 15301; 724/228-3339

STONE CHURCH ACRES  
318 Stone Church Rd., Finleyville, PA 15332; 724/255-9129  
stonechurchacres.com

TAGGART’S ORCHARD  
126 Wotring Rd., Washington, PA 15301; 724/345-3656  
taggartorchard.com

THE MARKETPLACE AT EMERALD VALLEY, LLC  
Washington, PA; 724/323-3324

THE ROSEFIELD  
297 Rural Valley Rd., Claysville, PA 15332; 724/948-3715  
therosefield.com

THE ROSS FARM  
102 Rt. 519, Eighty Four, PA 15330; 724/986-1925  
therossfarm.com

THE SPRINGHOUSE MARKET  
1531 Rt. 136, Washington, PA 15301; 724/228-3339  
springhousemarket.com

TRAX FARMS  
528 Trax Rd., Finleyville, PA 15332; 412/835-3246  
traxfarms.com

TRIPLE B FARMS  
823 Berry Ln., Monongahela, PA 15063; 724/258-3557  
tripleb.com
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<tr>
<th>PRODUCERS + OUTLETS</th>
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<tr>
<td><strong>WEATHERBURY FARM</strong></td>
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<tr>
<td>1061 Sugar Run Rd., Avella, PA 15312; 724/587-3763</td>
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<td>weatherburyfarm.com</td>
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<td><strong>WEST HERITAGE FARM</strong></td>
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<td>611 Ten Mile Rd., Amity, PA 15311; 412/600-9585</td>
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<td><strong>WHERRYS FARM</strong></td>
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<tr>
<td>526 Spring Valley Rd., Scenery Hill, PA 15360; 724/354-1443</td>
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<td><strong>WESTMORELAND COUNTY</strong></td>
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<tr>
<td><strong>AGOSTINONE MUSHROOM INC.</strong></td>
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<tr>
<td>P.O. Box 335, Bradenville, PA 15620; 724/539-3855</td>
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<tr>
<td><strong>AMENITY FARM AND GREENHOUSE</strong></td>
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<tr>
<td>2135 Mount Pleasant Rd., Greensburg, PA 15601; 724/423-5530</td>
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<td><strong>BLUE MARBLE FARM</strong></td>
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<td>2145 Dogtown Rd., Genesse, PA 16923; 814/320-1308</td>
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<td>bluemarblefarm.weebly.com</td>
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<td><strong>BRIDGE’S FARM AND GREENHOUSE</strong></td>
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<td>7108 Leechburg Rd., New Kensington, PA 15068; 724/339-1709</td>
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<td><strong>CHAGANRA FARM LLC</strong></td>
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<tr>
<td>233 Roskovensky Rd., Latrobe, PA 15650; 412/861-3579, 724/396-0617</td>
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<td>chaganrafarm.com</td>
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<tr>
<td><strong>DAUGHERTY’S ORCHARDS</strong></td>
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<td>5593 Saltsburg Rd., Murrysville, PA 15668; 724/327-1603</td>
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<tr>
<td><strong>DERRY: KEYSTONE FARMERS MARKET</strong></td>
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<tr>
<td>1150 Keystone Park Rd., Derry, PA 15627; 724/238-6702</td>
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<td>facebook.com/keystonefarmersmarket</td>
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<td><strong>FRIENDSHIP FARMS</strong></td>
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<td>147 Friendship Farm Rd., Latrobe, PA 15650; 724/423-1545</td>
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<td>friendshipfarms.com</td>
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<td><strong>FULL CIRCLE FARM</strong></td>
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<tr>
<td>1323 Bethel Church Rd., Latrobe, PA 15650; 724/593-7041</td>
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<td>fullcirclefarms.com</td>
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<tr>
<td><strong>GREENAWALT FARM</strong></td>
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<tr>
<td>450 Morris Rd., West Newton, PA 15089; 724/872-8342</td>
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<td>facebook.com/GreenawaltFarms</td>
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<td><strong>GREENSBURG COMMUNITY FARMERS MARKET</strong></td>
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<td>526 New Alexandria Rd., Greensburg, PA 15601; 724/834-3334</td>
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<td>facebook.com/GreensburgCommunityMarkets</td>
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<td><strong>GREENSBURG: FARMERS MARKET AT LYNCHFIELD</strong></td>
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<td>520 New Alexandria Rd., Greensburg, PA 15601; 724/834-3334</td>
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<td><strong>HILLSIDE ORCHARD</strong></td>
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<tr>
<td>7217 PA 819, Mt. Pleasant, PA 15666; 724/689-3791</td>
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<td>hillsdeorchardllc.com</td>
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<td><strong>JAMBOREE FARM</strong></td>
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<td>270 Wilpen Rd., Ligonier, PA 15658; 724/395-8490</td>
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<td>facebook.com/JamboreeFarm</td>
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<td><strong>JAMISON FARM</strong></td>
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<td>171 Jamison Ln., Latrobe, PA 15650; 724/834-7424</td>
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<td>jamisonfarm.com</td>
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<td><strong>JPS FARMERS MARKET</strong></td>
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<td>412 Brinker Rd., Ligonier, PA 15639; 724/396-9220</td>
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<td>facebook.com/jpsfarmersmarket</td>
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<td><strong>KANANGA FARM</strong></td>
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<td>213 Peoples Rd., Ligonier PA 15658; 724/668-8600</td>
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<td>kanangafarm.com</td>
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<tr>
<td><strong>LATROBE FARMERS MARKET</strong></td>
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<td>1658 Catherine St., Latrobe, PA 15650</td>
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<td><strong>LIGONIER COUNTRY MARKET</strong></td>
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<td>110 Andi Ln., Ligonier, PA 15658; 724/858-7894</td>
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<td>ligoniercountrymarket.com</td>
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<td><strong>LOGAN FAMILY FARMS</strong></td>
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<tr>
<td>101 Eisman Rd., Irwin, PA 15652; 724/875-1471</td>
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<td>loganfamilyfarmsllc.com</td>
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<tr>
<td><strong>LOWER BURRELL FARMERS MARKET</strong></td>
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<tr>
<td>2800 Bethel St., Lower Burrell, PA 15688; 724/339-1452</td>
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<td><strong>LYNCHFIELD PARK FARMERS MARKET</strong></td>
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<td>Route 119 N, Greensburg, PA 15601; 724/834-2334</td>
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<td><strong>MAPLE BOTTOM FARM</strong></td>
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<tr>
<td>237 Catalina Farm Rd., Scottdale, PA 15683; 724/331-4814</td>
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<tr>
<td>facebook.com/MapleBottomFarm</td>
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<td><strong>MARKET 1911</strong></td>
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<td>201 Centennial Way, Ligonier, PA 15658; 724/238-4714</td>
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<td><strong>MIZIKAR FARM</strong></td>
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<td>315 Heimann Rd., Latrobe, PA 15650; 724/331-5558</td>
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<td><strong>MORRIS ORGANIC FARM</strong></td>
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<tr>
<td>110 Slebodnik Rd., Irwin, PA 15332; 412/370-3206</td>
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<tr>
<td>morrisorganic.com</td>
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<td><strong>MOUNTAIN PRODUCE FARM</strong></td>
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<td>242 Mountain View Rd., Champion, PA 15622; 724/593-6805</td>
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<tr>
<td><strong>NEW STANTON TURNPIKE PLAZA FARMERS MARKET</strong></td>
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<td>724 New Stanton Plaza Rd., Ligonier, PA 15639</td>
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<td><strong>PALMER FARMS</strong></td>
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<tr>
<td>1366 Bailey Farm Rd., Greensburg, PA 15601; 724/834-5287</td>
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<td>palmerfarm.com</td>
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<td><strong>PLEASANT LANE FARMS</strong></td>
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<tr>
<td>239 Phillips Rd., Latrobe, PA 15650; 724/610-1552</td>
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<tr>
<td>pleasantlanefarms.com</td>
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<td><strong>REAGAN FARMS</strong></td>
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<tr>
<td>584 Wesley Chapel Rd., Scottdale, PA 16638</td>
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<td><strong>RED ARROW FARM</strong></td>
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<tr>
<td>347 Austrow Rd., Ligonier, PA 15658; 724/537-3149</td>
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<tr>
<td>redarrowsfarm.com</td>
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<tr>
<td><strong>ROYAL MEADOWS FARM</strong></td>
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<tr>
<td>726 Greenhills Rd., Irwin, PA 15642; 724/446-0371</td>
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<tr>
<td>etsy.com/shop/royalemeadowfarm</td>
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<td><strong>RUSH AROUND FARM</strong></td>
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<td>120 Anheerst Ln., Ligonier, PA 15658; 724/405-7233</td>
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<td>onthepondfarm.blogspot.com</td>
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<td><strong>SANAVIEW</strong></td>
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<tr>
<td>280 Roaring Run Rd., Champion, PA 15622; 724/417-6695</td>
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<td><strong>SAND HILL BERRIES</strong></td>
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<tr>
<td>306 Deer Field Rd., Mt. Pleasant, PA 15666; 724/547-4760</td>
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<td>sandhillberries.com</td>
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<tr>
<td><strong>SARVER’S HILL FARM &amp; CSA</strong></td>
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<tr>
<td>438 Old State Rt. 66, Greensburg, PA 15601; 724/834-2334</td>
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<td>sarverhillfarm.org</td>
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<td><strong>SCHRAMM FARMS &amp; ORCHARDS</strong></td>
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<tr>
<td>1002 Blank Rd., Jeannette, PA 15644; 724/744-7320</td>
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<td>schrammfarms.com</td>
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<td><strong>SCOTTDALE FARMERS MARKET</strong></td>
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<td>1 Centennial Way, Scottdale, PA 15683</td>
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<td><strong>STONE CHURCH BERRY FARM</strong></td>
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<td>297 Stone Church Rd., Ligonier, PA 15659; 724/925-7765</td>
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<td>facebook.com/StoneChurchBerryFarm</td>
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<td><strong>THE BERRY PATCH</strong></td>
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<td>161 Blueberry Ln., New Florence, PA 15944; 724/238-4714</td>
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<td><strong>TOWNS EDGE FARM</strong></td>
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<td>46 Springer Rd., Ligonier, PA 15658; 724/238-2637</td>
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<td><strong>TWO ACRE ORGANICS</strong></td>
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<tr>
<td>126 West Tacoma Avenue, Latrobe, PA 15650; 724/689-4421</td>
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<td>facebook.com/TwoAcreOrganicsFarm</td>
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<td><strong>VANDERGRIFT FARMERS’ MARKET</strong></td>
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<td>Columbia Ave. Parking Lot, Vandergrift, PA 15690; 724/422-3833</td>
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<tr>
<td>vandergriftfarmersmarket.weebly.com</td>
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<tr>
<td><strong>WENDEL SPRINGS FARM</strong></td>
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<tr>
<td>321 Wendel Rd. &amp; P.O. Box 50, Herminie, PA 15637; 724/863-0758</td>
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The Center for Regional Agriculture, Food, and Transformation at Chatham University is a center for research, outreach, and education focused on creating robust regional food systems and jobs in the new food economy. CRAFT’s work builds upon the food studies and sustainability educational programs at Chatham.

WHAT WE DO

Western PA Foodways Collection
CRAFT uses oral histories, interviews, recipes, images, and written text to document the food and farm stories of the region and uncover a meaningful past.

Food System Inventory & Mapping
Regional level research includes updating, aggregating, and sharing existing data about regional capacity and opportunity, as well as collaborating with other research partners to establish maps and regional identity.

Community Workshops
Workshops pair practical culinary and other food production skills with academic, cultural, and scientific knowledge, such as bean to bar chocolate workshops and bread workshops that cover shaping and scoring, as well as knowledge about regional grain production.

Food & Agricultural Innovation Lab
The Lab offers a multidimensional approach for the growth and diversity of food businesses, specifically targeting food entrepreneurs, community members, and students before they enter the world of incubator, commissary, and commercial kitchens. Additionally, the Lab provides educational opportunities for farmers around various agricultural techniques, sustainable innovation, and business development.

To learn more or register for one of our workshops, visit craft.chatham.edu

Eden Hall Campus, 6035 Ridge Road, Gibsonia, PA 15044
Greater Pittsburgh Community Food Bank helps individuals and families in 11 southwestern Pennsylvania counties to thrive by providing fresh food, education and programming. Learn more and get involved at pittsburghfoodbank.org.
Just Harvest is working to end hunger by expanding access to fresh, healthy food for all.

Fresh Access also helps support our region’s small farms and the Pittsburgh area communities that host farmers markets.

Learn more. Get involved. Support real action against hunger at www.justharvest.org

JUST HARVEST  16 Terminal Way  PGH 15219  (412) 431-8960

You can use your Food Stamps to shop for farm-fresh goods at area farmers markets!
<table>
<thead>
<tr>
<th>COUNTY FAIRS</th>
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<tr>
<td>ARMSTRONG</td>
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<tr>
<td>DAYTON FAIR</td>
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<tr>
<td>August 12-17</td>
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<td>BEAVER</td>
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<td>HOOKSTOWN FAIR - BEAVER COUNTY FAIR</td>
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<td>August 20-24</td>
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<td>WILLIAMSBURG COMMUNITY FARM SHOW</td>
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<td>June 28 - July 6</td>
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<td>CAMBRIA</td>
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FACTORY SALE

Cookware, bakeware, electrics, gourmet accessories & a large selection of tools offered at exclusive prices for 2 days only. New stock offered daily on select All-Clad, Krups, Rowenta and WMF.

UP TO 70% OFF!

June 7 & 8 • December 6 & 7

Washington County Fairgrounds
2151 N Main St, Washington, PA 15301
HEALING FOODS
FROM: OUR FARM
TO: YOUR COMMUNITY

Two Moms Started it! They needed our organic grass fed raw cow milk...but couldn’t drive hours for it. That was 2009. Now we deliver to busy moms all over PA.

Moms Love it! Our online farmers market is so easy. Just order from your smartphone or any computer from anywhere, and we do the rest. It's the millennial's answer to the farmers market or CSA.

And “We’ve got it all!”

Check us out ...YourFamilyFarmer.com

100% of our Healing Foods are:
• Humanely Raised
• GMO Free
• Soy Free
• Organically Pastured

3 Easy Ways to Buy!
✓ Farm Store
✓ PA Drop Points
✓ UPS Home Delivery

WE DELIVER TO PITTSBURGH!

The Family Cow of Chambersburg, Pennsylvania
DISCOVER LOCAL PRODUCTS

WINE ON THE VINE
Connect with Pennsylvania Wines (pennsylvaniawine.com) to find local vineyards. They’re an industry group that knows all about the 270+ licensed wineries that call Pennsylvania home. Some wineries grow their own grapes and some import grapes from other regions. Here are some interesting facts:
• PA has approximately 14,000 acres of some of the most fertile grape-growing land on the East Coast.
• PA is the fifth largest producer of grapes in the US.
• PA produces more than 1.6 million gallons of wine each year.
• PA’s wine industry has an economic impact of $4.8 billion.

KNOW YOUR FARMER
A farmers market is defined as “two or more farmer-producers that sell their own agricultural products directly to the general public at a fixed location, which includes fruits and vegetables, meat, fish, poultry, dairy products and grains.” Markets may include favorite products like real maple syrup, cookies, baked goods, seasonal herbs and flowers.

When you know your local farmers, you’ll get their email notices or see their social media updates, and discover when their hens are laying enough eggs to start selling in mid-winter. Talk to the farmers you meet about how their livestock animals are raised or how their crops are fertilized. Are they Certified Naturally Grown? Are they Certified Organic? Do they follow sustainable agriculture principles but haven’t gone through the certification process? These are all important questions.

DAIRY
Do you know your local dairy farmer? The dairy market in Pennsylvania has felt extreme pressure from falling milk prices and contract terminations from large national corporations. Customers can help by seeking out local dairy products including milk, cheese, yogurt and butter. These products may be purchased at retailers or direct from the farm sales.

Unpasteurized or “raw” milk is available for consumers in Pennsylvania. Farms must have a special permit from the PA Department of Agriculture in order to sell raw milk. Check out these local dairies in our region and ask your grocery store to Buy Fresh Buy Local!

ALLEGHENY
• Goat Rodeo Farm & Dairy
• Kings Pearl Cheese
• Lamagna Cheese Company
• Schneider’s Dairy, Inc.
• Turner Dairy Farms

ARMSTRONG
• Le-Ara Farm

BEAVER
• Windy Ridge Dairy
• Broadrun Farms
• Brunton Dairy

BEDFORD
• Curvin M & Wilma N
• Hidden Hills Dairy

BLAIR
• Friends Farm
• Clover Creek Cheese Cellar
• Ritchey’s Dairy, Inc.
• Clover Creek Cheese Cellar, LLC

BUTLER
• Kammer Farm

CAMBRIA
• Vale Woods Farms
• Galliker Dairy Company

CLEARFIELD
• Orner Farms, Inc.

CRAWFORD
• Milky Way Farms
• Mish-ro Holsteins And Jerseys

ERIE
• Showman Farms

FAYETTE
• Jackson Farms

JEFFERSON
• Cherish Creamery

LAWRENCE
• Pasture Maid Creamery

SOMERSET
• Jesse R. Yoder
• Moo Echo Dairy
• Van Grouw Family Farm

VENANGO
• River View Dairy

WASHINGTON
• The SpringHouse Market
• SpringHouse
• Emerald Valley Artisans
Dilly Beans

These crunchy dilly beans are a top seller for us. They make a great snack and can be used on an olive or antipasto tray. But for us, we love them in our Bloody Mary’s! We like to give them a little bit of heat with a chili de arbol pepper. Makes approximately eight 16 ounce jars.

Add salt, water, vinegar and turmeric and bring to boil

While the brine mixture is heating up:
- Place garlic, chili de arbol and dill at bottom of a 16 ounce jar
- Pack tight with green beans
- Pour boiling brine into jars
- Place jars in canning pot with hot tap water
- Turn heat on high
- Remove when water boils for 1 minute (any longer and beans will become mushy)
- Remove jars, place on towel and cover with another towel until cool

Fresh picked green beans
2 ¼ cup water
1 ¼ cup vinegar
¼ cup salt
1 clove garlic in each jar
1 Chili De Arbol pepper in each jar*
Sprig of dill in each jar
¼ teaspoon turmeric

*You can omit the pepper or use a hotter pepper if you want your dilly beans to have a serious kick to them!
**Chicken Skewers with Rosie’s Huckleberry Habanero BBQ Sauce**

- 12 ounce bottle of Rosie’s Huckleberry Habanero BBQ Sauce
- 1.5 pounds skinless & boneless chicken thighs, cut into 2” pieces
- 2 red bell peppers, cut into bite-sized pieces
- 8 bamboo skewers soaked in water for at least 1 hour

Preheat grill or grill pan on medium high heat.

Add the Huckleberry Habanero BBQ Sauce to a large bowl.

Add chicken and toss to coat.

Thread 4 or 5 chicken pieces and pepper pieces onto each skewer.

Grill chicken, turning and basting often with Huckleberry Habanero BBQ Sauce until cooked through, roughly 8-10 minutes.

Note: Serves 4. Serve with your favorite coleslaw or potato salad.

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**Roasted Roots**

- ¾ pound parsnips, bias cut
- ¾ pound beets, bias cut
- ¼ pound sweet potatoes, bias cut
- ¼ bunch parsley, chopped
- ½ cup balsamic vinegar
- ¼ cup tamari soy sauce
- ½ cup olive oil

Preheat oven to 350°F.

Cut all vegetables on a bias cut about 1 ½ inches long / 1 inch wide / ½ inch thick.

In a bowl, combine vinegar, tamari and oil.

Toss parsnips in marinade to coat, remove and place on a lined sheet pan.

Toss potatoes and beets in marinade, remove and place on a separate sheet pan. Bake for about 25 minutes or until just soft.

Toss together with parsley and serve hot or cold.
Crock Pot Black Bean Chili

3 tablespoons butter
2 medium onions, medium dice
1 medium red bell pepper, medium dice
6 medium garlic cloves, finely chopped
¼ cup chili powder
1 tablespoon ground cumin
2 pounds Weatherbury grass-fed ground beef
1 ½ tablespoons salt
28 ounces diced tomatoes
14 ounces tomato sauce
1 ½ cups Weatherbury black beans (pre-cooked)

Heat the butter in a large frying pan over medium heat. Add the onions and bell pepper and cook until softened.
Add the garlic, chili powder and cumin, stir to coat the vegetables.
Cook about 1 minute until fragrant. Remove the vegetables to the crockpot.
Cook the ground beef, breaking the meat into small pieces.
Transfer the ground beef to the cooker. Add the salt, diced tomatoes, tomato sauce, beans and stir to combine.
Cover and cook until the chili thickens and the flavors meld — about 8 hours on low or 6 hours on high.
Serve with shredded cheddar cheese and/or sour cream.
Weatherbury Farm’s Buttermilk Cornbread is the perfect accompaniment.

Kale Chips
Olive oil
Salt
Pepper

Wash kale and tear off leaves.
Sprinkle with olive oil, salt and pepper.
Cook at 350° for 20 minutes.
Creamy Cauliflower Potato Soup

Heat the oil over medium heat. Add the onion, garlic, and sea salt and sauté until the onion is soft — about ten minutes.

Add the cauliflower, potato, celery, bay leaf and broth. Bring to a boil, then lower the heat and simmer covered for 30 minutes until the cauliflower is tender. Puree the soup in a blender or use a hand immersion blender to blend until smooth and creamy.

Return the soup to the pot and add the nutmeg, cayenne and additional salt and pepper if needed.

Garnish and serve.

Servings: 6

I found this recipe in my box of recipes and simply can’t recall the source, but it is incredibly delicious. It tastes like a flavorful potato soup and you will have no idea that it is actually mostly cauliflower, which is more nutritious.

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Rose Montgomery’s Ham Loaf

Mix all ingredients together and place in a pan. Bake at 350°F for 1 hour. After ham loaf has baked for about 1/2 hour, pour sauce evenly over ham loaf. During the last half hour, periodically take ham loaf out of oven and baste sauce from sides of loaf pan over top of ham loaf.

Sauce

1 cup brown sugar
1/2 teaspoon dry mustard
1/4 cup vinegar or pineapple juice

Baked Breaded Pork Chops

Use butter to coat pan. Mix next 5 ingredients. Mix egg and milk. Coat chops with crumb mixture, then dip in egg mixture and again in crumbs. Bake at 325°F for 30 minutes. Turn carefully, bake 30 minutes longer.
Locally grown, community owned

SUPPORT YOUR COMMUNITY ONE SHOPPING TRIP AT A TIME.

At the East End Food Co-op we have a passion for delicious, local and organic foods and a strong community. Since 1980, these values have informed our work – from the products we sell to our relationships with local farmers to our Register Round Up donation program. We’re your community owned co-op!

7516 Meade Street, Pittsburgh, PA 15208
www.eastendfood.coop • 412-242-3598
EVENTS

PITTSBURGH CRAFT BEER WEEK
Regional: April 2019

FARM TO TABLE CONNECTIONS BRUNCH & LEARN
East End Food Co-Op: May 1, 2019

FARM TO TABLE FARMERS MARKET TASTING
Uptown Mt. Lebanon Farmers Market: May 11, 2019

FARM TO TABLE CONNECTIONS LUNCH & LEARN
Tarenbee: May 20, 2019

FARM TO TABLE FARMERS MARKET TASTING
Bloomfield Saturday Market: May 25, 2019

PITTSBURGH WINE FESTIVAL
Heinz Field: May 2019

FARM TO TABLE CONNECTIONS LUNCH & LEARN
Jamison Farm: June 5, 2019

FARM TO TABLE FARMERS MARKET TASTING
Uptown Mt. Lebanon Farmers Market: June 8, 2019

PITTSBURGH MAGAZINE’S BEST RESTAURANTS PARTY
Heinz Field: June 10, 2019

FARM TO TABLE FARMERS MARKET TASTING
Bloomfield Saturday Market: June 22, 2019

THE PITTSBURGH ALL-STAR CRAFT BEER WINE AND COCKTAIL FESTIVAL
PNC Park: June 29, 2019

FARM TO TABLE CONNECTIONS LUNCH & LEARN
Sanaview Farm: July 11, 2019

FARM TO TABLE FARMERS MARKET TASTING
Uptown Mt. Lebanon Farmers Market: July 13, 2019

FARM TO TABLE FARMERS MARKET TASTING
Bloomfield Saturday Market: July 27, 2019

UPTOWN MT. LEBANON FARMERS MARKET
Farm to Table Farmers Market Tasting: August 10, 2019

FRESH FEST BEER FEST
Nova Place: August 10, 2019

FARM TO TABLE FARMERS MARKET TASTING
Bloomfield Saturday Market: August 24, 2019

PITTSBURGH RESTAURANT WEEK
Regional: August 2019

MOTHER EARTH NEWS FAIR
Seven Springs Resort: September 13-15, 2019

FARM TO TABLE FARMERS MARKET TASTING
Uptown Mt. Lebanon Farmers Market: September 14, 2019

PITTSBURGH PIEROGI FESTIVAL
Kennywood: September 22, 2019

FARM TO TABLE FARMERS MARKET TASTING
Bloomfield Saturday Market: September 28, 2019

FARM TO TABLE FARMERS MARKET TASTING
Uptown Mt. Lebanon Farmers Market: October 12, 2019

HOMETOWN HOMEGROWN
Heinz History Center: October 19, 2019

FARM TO TABLE FARMERS MARKET TASTING
Bloomfield Saturday Market: October 26, 2019

8TH ANNUAL FARM TO TABLE HARVEST TASTING
Pittsburgh, PA: November 2019

PA WOMEN’S AGRICULTURAL NETWORK
Eastern PA: December 2019

PENNSYLVANIA FARM SHOW
Harrisburg, PA: January 2020

PENNSYLVANIA ASSOCIATION FOR SUSTAINABLE AGRICULTURE (PASA)
Lancaster, PA: February 5 - 8, 2020

14TH ANNUAL FARM TO TABLE BUY FRESH BUY LOCAL CONFERENCE
Pittsburgh, PA: March 2020

WESTERN PA LAMB COOK-OFF

The 2019 Western PA Lamb Cook-off and Festival will be hosted by TABLE Magazine in Pittsburgh’s historic Strip District this August. Attendees will taste their way from tent to tent, voting for the most sizzling local lamb offering sponsored by Pure Bred Lamb and crowning a lamb cook-off winning team. This community-wide event will play host to families and individuals who are passionate about the impressive food evolution in the city of Pittsburgh. With all local foods represented and creative dishes composed by collaborative chef teams, this day promises to be an incomparable experience. Look for updates on TABLE’s Facebook, Instagram and tablemagazine.com.

Thanks to Green Mountain Energy for sponsoring the 2019 Farm to Table Farmers Market series.

Come visit us and get your Buy Fresh Buy Local bumper sticker!
Download our new mobile app for our up-to-date Western PA Local Food Guide!
TOP REASONS TO BUY PENNSYLVANIA PRODUCE

FRUITS AND VEGETABLES ARE GOOD FOR YOU
Healthy eating patterns include a diet rich in vegetables from each subgroup and fruits—preferably whole fruits. Pennsylvania farmers grow a variety of vegetables and fruits throughout the year. Remember to consult your seasonal calendar so that you can purchase the freshest local produce.

LOCAL FOOD TASTES GREAT
Local means fresh and grown with love on nearby farms. Crops are picked at their peak when grown close to market, so you get the freshest products available.

LOCAL FOOD IS BETTER FOR THE NATURAL ENVIRONMENT
The term “food miles” refers to the distance between farm and market. When you buy local produce, your food miles are minimized, with lighter impact on the environment than if you bought your food from further away.

GOOD FOR PENNSYLVANIA
Money that is spent in Pennsylvania stays in Pennsylvania. This strengthens the economy and creates local jobs. When you buy local produce, you are directly impacting the lives of Pennsylvania farmers. That’s something to feel good about.

PRESERVES FARM LAND
Pennsylvania leads the nation in the number of farms and acres permanently preserved for agricultural production, but farmland is still at risk of development and other non-farming activities. Buying local supports farmers and keeps farms running strong. Help us preserve the beautiful Pennsylvania farm landscape and buy local!

HOW TO BUY LOCAL IN PENNSYLVANIA
Look for the PA Preferred™ logo, a checkmark that highlights items that are grown and made in Pennsylvania.

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