



W E S T E R N P E N N S Y L V A N I A

# LOCAL FOOD GUIDE

2 0 1 9



**FARM TO TABLE**  
Western PA

**Pittsburgh**  
*Magazine®*

# WELCOME

**T**hank 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](http://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

✉ [ehart@american-healthcare.net](mailto:ehart@american-healthcare.net)

f @FTTPittsburgh

📷 @Farm2TablePgh

in Farm to Table Western PA

p Farm2TablePGH

🐦 @fft\_pittsburgh

🌐 [farmtotablepa.com](http://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.

# TABLE OF CONTENTS

## ARTICLES



- |    |  |    |  |
|----|--|----|--|
| 8  | FOOD RESOURCES FOR RESIDENTS                                 | 22 | THE BENEFITS OF ORGANIC GRAINS AND STONE MILLING |
| 16 | USING LOCAL PRODUCE TO NOURISH THE BODY AND HEAL DISEASE     | 24 | FOOD PANTRY DONATION TIPS                        |
| 18 | HERITAGE BREEDS & HEIRLOOM SEEDS, MORE THAN A HOT FOOD TREND | 26 | FOOD IS LIFE; FOOD CO-OPS SUPPORT LOCAL          |
| 20 | SUPPORTING THE LOCAL FOOD ECONOMY                            | 27 | GROWING UP LOCAL                                 |
|    |  | 48 | DISCOVER LOCAL PRODUCTS                          |

## ADVERTISERS

- |    |                                      |                   |  |
|----|--------------------------------------|-------------------|--|
| 3  | GROW PITTSBURGH                      | 42                | CHATHAM UNIVERSITY                           |
| 4  | SUSTAINABLE PITTSBURGH               | 43                | GREATER PITTSBURGH COMMUNITY FOOD BANK       |
| 9  | 412 FOOD RESCUE                      | 44                | JUST HARVEST                                 |
| 10 | NORTH HILLS COMMUNITY OUTREACH       | 46                | ALL-CLAD                                     |
| 15 | THE PROGRESS FUND                    | 46                | PITTSBURGH MAGAZINE'S BEST RESTAURANTS PARTY |
| 17 | DON'S APPLIANCES                     | 47                | THE FAMILY COW                               |
| 19 | ETHICAL FARMING FUND                 | 53                | EAST END FOOD CO-OP                          |
| 23 | FARM TO TABLE MEMBERSHIP INFORMATION | 56                | GREEN MOUNTAIN ENERGY                        |
| 25 | FRESH FEST BEER FEST                 | INSIDE BACK COVER | WESTERN PA LOCAL FOOD GUIDE MOBILE APP       |
| 28 | NORTH HILLS CARES                    | BACK COVER        | PA PREFERRED                                 |

## LISTINGS







---

## SERIES

---

### **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.

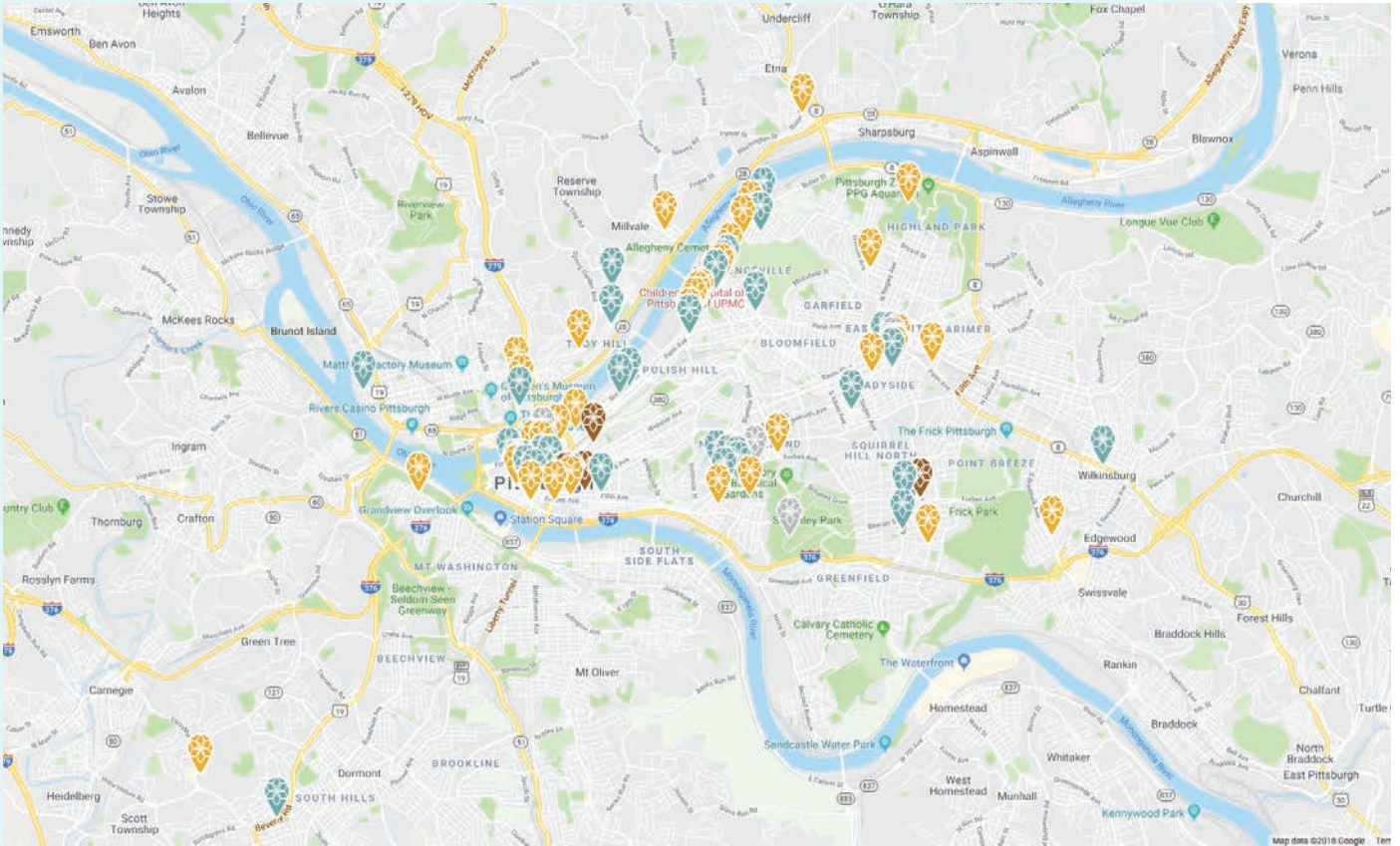
**...and many more!**

---

**Dates and details of workshops are subject to change.**

For more information and a complete list of 2019 workshops, visit [growpittsburgh.org/events](http://growpittsburgh.org/events) or contact Denele Hughson at [denele@growpittsburgh.org](mailto:denele@growpittsburgh.org).

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

*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

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  
RESTAURANT

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!

# 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](http://EatSustainably.org) or use this handy listing below to find your next meal.

● Platinum ● Gold ● Silver ● Bronze

## 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

- Casbah
- 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

- B52
- Banh Mi and Ti
- Burgh'ers
- Children's Hospital of Pittsburgh of UPMC Cafeteria
- Cinderlands
- Driftwood Oven
- Franktuary
- Kickback Pinball Cafe
- Piazza Talarico
- REED&CO
- Senti
- Smoke Barbeque Taqueria
- Spirit
- The Abbey on Butler Street
- The Pittsburgh Juice Co
- The Vandal

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

- P&G Pamela's Diner
- Prince of India
- Rita's Italian Ice
- Sorrento's Pizza Roma
- Sushi Fuku - Oakland Ave
- Sushi Fuku - Craig St.
- The Perch at Sutherland by Pitt Dining
- The Porch at Schenley
- UPMC Presbyterian Cafeteria

## 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
- Umi
- 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



**SUSTAINABLE  
PITTSBURGH  
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.*



**A PROGRAM OF  
SUSTAINABLE PITTSBURGH**



# FOOD RESOURCES FOR RESIDENTS

BY FARM TO TABLE WESTERN PA  
farmtotablepa.com

**F**ood 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!**







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.



To get involved or to donate,  
visit [nhco.org](http://nhco.org) or contact  
Alyssa (Garden) [aacrawford@nhco.org](mailto:aacrawford@nhco.org)  
Amber (Food Pantries) [aldeemer@nhco.org](mailto:aldeemer@nhco.org)



# CSAs *and* Sharing *in* FARM HARVESTS

## Drop Sites and Home Delivery

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!

|                  |                                 |
|------------------|---------------------------------|
| ALLISON PARK     | Dillner Family Farm             |
| ASPINWALL        | Penn's Corner Farm Alliance     |
| BALDWIN          | Kretschmann Family Organic Farm |
| BELLEVUE         | Dillner Family Farm             |
|                  | Edible Earth Farm               |
| BEN AVON         | Edible Earth Farm               |
|                  | Kretschmann Family Organic Farm |
| BETHEL PARK      | Edible Earth Farm               |
|                  | Kretschmann Family Organic Farm |
| BRADFORD WOODS   | Kretschmann Family Organic Farm |
| BRIDGEVILLE      | Christoff's Farm CSA            |
|                  | Conover Organic Farm            |
|                  | Dillner Family Farm             |
|                  | Kretschmann Family Organic Farm |
|                  | Penn's Corner Farm Alliance     |
| BRIGHTON HEIGHTS | Dillner Family Farm             |
|                  | Kretschmann Family Organic Farm |
| BROOKLINE        | Edible Earth Farm               |
| CARNEGIE         | Edible Earth Farm               |
|                  | Kretschmann Family Organic Farm |
| CHURCHILL        | Kretschmann Family Organic Farm |
| COLLIER TOWNSHIP | Dillner Family Farm             |
| CRAFTON          | Kretschmann Family Organic Farm |
| DORMONT          | Kretschmann Family Organic Farm |
| DOWNTOWN         | Penn's Corner Farm Alliance     |
| EAST END         | Penn's Corner Farm Alliance     |
| EAST LIBERTY     | Kretschmann Family Organic Farm |
| EMSWORTH         | Dillner Family Farm             |
| ETNA             | Dillner Family Farm             |
| FOX CHAPEL       | Dillner Family Farm             |
|                  | Edible Earth Farm               |
|                  | Footprints Farm                 |
|                  | Kretschmann Family Organic Farm |

Penn's Corner Farm Alliance  
Dillner Family Farm  
Kretschmann Family Organic Farm  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Dillner Family Farm  
Harvest Valley  
Kretschmann Family Organic Farm  
Dillner Family Farm  
Penn's Corner Farm Alliance  
The Family Cow  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Penn's Corner Farm Alliance  
Kretschmann Family Organic Farm  
Footprints Farm  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Dillner Family Farm  
Kretschmann Family Organic Farm  
Edible Earth Farm  
Penn's Corner Farm Alliance  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Rivendale Farm

## SEWICKLEY

Dillner Family Farm  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Rivendale Farm  
Dillner Family Farm  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Blackberry Meadows  
The Family Cow  
Brenckles Organic Farm & Greenhouse  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Edible Earth Farm  
Penn's Corner Farm Alliance  
Kretschmann Family Organic Farm  
Dillner Family Farm  
Dillner Family Farm  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Dillner Family Farm  
Edible Earth Farm  
Kretschmann Family Organic Farm  
Penn's Corner Farm Alliance  
Penn's Corner Farm Alliance  
Kretschmann Family Organic Farm  
The Family Cow  
Brenckles Organic Farm & Greenhouse  
Conforti Family Farm  
Dillner Family Farm



|                  |                                     |
|------------------|-------------------------------------|
|                  | Kretschmann Family Organic Farm     |
|                  | Penn's Corner Farm Alliance         |
| SHADYSIDE        | Edible Earth Farm                   |
|                  | Kretschmann Family Organic Farm     |
|                  | Penn's Corner Farm Alliance         |
| SOUTH HILLS      | The Family Cow                      |
| SOUTH SIDE       | Brenckles Organic Farm & Greenhouse |
|                  | Penn's Corner Farm Alliance         |
| SQUIRREL HILL    | Dillner Family Farm                 |
|                  | Edible Earth Farm                   |
|                  | Kretschmann Family Organic Farm     |
|                  | Penn's Corner Farm Alliance         |
| STRIP DISTRICT   | Penn's Corner Farm Alliance         |
| SWISSVALE        | Dillner Family Farm                 |
|                  | The Family Cow                      |
| UPPER ST. CLAIR  | Edible Earth Farm                   |
|                  | Kretschmann Family Organic Farm     |
|                  | Penn's Corner Farm Alliance         |
| WESTVIEW         | Dillner Family Farm                 |
|                  | Kretschmann Family Organic Farm     |
| WEXFORD          | Brenckles Organic Farm & Greenhouse |
|                  | Dillner Family Farm                 |
|                  | Penn's Corner Farm Alliance         |
|                  | Kretschmann Family Organic Farm     |
| WILKINSBURG      | Kretschmann Family Organic Farm     |
| <b>ARMSTRONG</b> |                                     |
| WORTHINGTON      | Five Elements Farm                  |
| <b>BEAVER</b>    |                                     |
| ALIQUIPPA        | Kretschmann Family Organic Farm     |
|                  | The Family Cow                      |
| BEAVER           | Conforti Family Farm                |



|                        |  |                    |  |
|------------------------|--|--------------------|--|
|                        | Kretschmann Family Organic Farm            | CRANBERRY TOWNSHIP | Brenckles Organic Farm & Greenhouse        |
|                        | The Family Cow                             |                    | Dillner Family Farm                        |
| BEAVER FALLS           |  |                    | Edible Earth Farm                          |
| DARLINGTON             | Conforti Family Farm                       |                    | Kretschmann Family Organic Farm            |
| ECONOMY BORO           | Dillner Family Farm                        |                    | Penn's Corner Farm Alliance                |
| HOPEWELL               | Kretschmann Family Organic Farm            |                    | The Family Cow                             |
| NEW SEWICKLEY TOWNSHIP | Kretschmann Family Organic Farm            | HARMONY            | Brenckles Organic Farm & Greenhouse        |
| ROCHESTER              | Kretschmann Family Organic Farm            | MARS               | Kretschmann Family Organic Farm            |
| <b>BLAIR</b>           |  | SEVEN FIELDS       | Dillner Family Farm                        |
| ALTOONA                | Blue Goose Farm                            |                    | Kretschmann Family Organic Farm            |
| WILLIAMSBURG           | Friends Farm                               | SLIPPERY ROCK      | Northwest Pennsylvania Growers Cooperative |
| <b>BUTLER</b>          |  | VALENCIA           | Harvest Valley                             |
| BUTLER                 | Five Elements Farm                         | ZELIENOPLE         | Brenckles Organic Farm & Greenhouse        |
|                        | Northwest Pennsylvania Growers Cooperative |                    | Kretschmann Family Organic Farm            |
|                        | The Family Cow                             |                    |  |

## CAMBRIA

|             |                 |
|-------------|-----------------|
| CARROLLTOWN | Blue Goose Farm |
| EBENSBURG   | Blue Goose Farm |
| JOHNSTOWN   | Blue Goose Farm |
| LORETTO     | Blue Goose Farm |

## CLEARFIELD

|              |                    |
|--------------|--------------------|
| BIGLER       | Hickory Ridge Farm |
| CLEARFIELD   | Hickory Ridge Farm |
| CURWENSVILLE | Hickory Ridge Farm |
| DUBOIS       | Hickory Ridge Farm |
|              | Oak Lawn Farm CSA  |
| GRAMPIAN     | Hickory Ridge Farm |
| HOUTZDALE    | Hickory Ridge Farm |
| MORRISDALE   | Hickory Ridge Farm |

## CRAWFORD

|               |  |
|---------------|--|
| CONNEAUT LAKE | Strawberry Lane Produce                    |
| GUYS MILLS    | Plot Twist Farm                            |
| LINESVILLE    | Lisk's Heritage Farm                       |
| MEADVILLE     | Northwest Pennsylvania Growers Cooperative |
|               | Plot Twist Farm                            |
|               | Strawberry Lane Produce                    |
| TITUSVILLE    | Plot Twist Farm                            |

## ERIE

|             |                 |
|-------------|-----------------|
| EDINBORO    | Mason Farms     |
| ERIE        | Mason Farms     |
|             | Plot Twist Farm |
|             | Post Apples CSA |
| FAIRVIEW    | Post Apples CSA |
| GIRARD      | Post Apples CSA |
| HARBORCREEK | Post Apples CSA |
| LAKE CITY   | Mason Farms     |
| NORTH EAST  | Post Apples CSA |

## FAYETTE

|               |                          |
|---------------|--------------------------|
| BELLE VERNON  | The Family Cow           |
| CONNELLSVILLE | Footprints Farm          |
|               | Sarver's Hill Farm & CSA |
| GIBBON GLADE  | Footprints Farm          |
| SMITHFIELD    | Footprints Farm          |
| UNIONTOWN     | Footprints Farm          |
|               | The Family Cow           |

## INDIANA

|          |                 |
|----------|-----------------|
| INDIANA  | Blue Goose Farm |
|          | The Family Cow  |
| NICKTOWN | Blue Goose Farm |

## MERCER

|            |  |
|------------|--|
| GROVE CITY | Northwest Pennsylvania Growers Cooperative |
|            | The Family Cow                             |
| HERMITAGE  | Northwest Pennsylvania Growers Cooperative |
| MERCER     | Northwest Pennsylvania Growers Cooperative |
| SANDY LAKE | Edible Earth Farm                          |

## SOMERSET

|             |                 |
|-------------|-----------------|
| DAVIDSVILLE | Blue Goose Farm |
|-------------|-----------------|

## VENANGO

|          |  |
|----------|--|
| FRANKLIN | Northwest Pennsylvania Growers Cooperative |
| OIL CITY | Plot Twist Farm                            |

## WASHINGTON

|              |                      |
|--------------|----------------------|
| BURGETTSTOWN | Conover Organic Farm |
| BULGER       | Rivendale Farm       |
| CALIFORNIA   | Footprints Farm      |
| CANONSBURG   | Footprints Farm      |
| FINLEYVILLE  | Stone Church Acres   |
| MCMURRAY     | Edible Earth Farm    |
| WASHINGTON   | The Family Cow       |

## WESTMORELAND

|             |                          |
|-------------|--------------------------|
| GREENSBURG  | Sarver's Hill Farm & CSA |
|             | The Family Cow           |
| IRWIN       | The Family Cow           |
| LATROBE     | Sarver's Hill Farm & CSA |
| MURRYSVILLE | Sarver's Hill Farm & CSA |



PHOTO BY CHUCK BEARD





Creative lender financing opportunity

## 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](http://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



# USING LOCAL PRODUCE TO NOURISH THE BODY AND HEAL DISEASE

BY LELA DOUGHERTY, M.D.

Family Matters Direct Primary Care

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.*





JENNAIR®

BLACK OUT

# CONFORMITY

OBSIDIAN REFRIGERATION BY JENNAIR®

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.

Arriving this fall.

[BOUNDBYNOTHING.JENNAIR.COM/COLUMNS](http://BOUNDBYNOTHING.JENNAIR.COM/COLUMNS)

\*Appliance must be set to Remote Enable. WiFi & App required. Features subject to change. Details and privacy info at [jennair.com/connect](http://jennair.com/connect).



**Don's Appliances**  
Exceptional Brands and Service Since 1971  
[donsappliances.com](http://donsappliances.com)

 FIND A LOCATION **NEAR YOU**

Robinson | Canonsburg | Upper St. Clair | East Liberty  
North Hills | Cranberry | North Huntingdon | Erie

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

BY **SHELLY OSWALD**

*Old Time Farm  
1919 Harrisville Rd.  
Stoneboro, PA 16153*

**H**eritage 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 their 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. Conservation of their proven genetic traits is critically important to the future of animal welfare, agriculture and our food security.



## 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](http://ethicalfarmingfund.org)





# SUPPORTING THE LOCAL FOOD ECONOMY — ONE JOB AT A TIME

BY **COMMUNITY KITCHEN PITTSBURGH**  
4847 Second Ave.  
Pittsburgh, PA 15207

**C**ommunity Kitchen Pittsburgh (CKP) 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

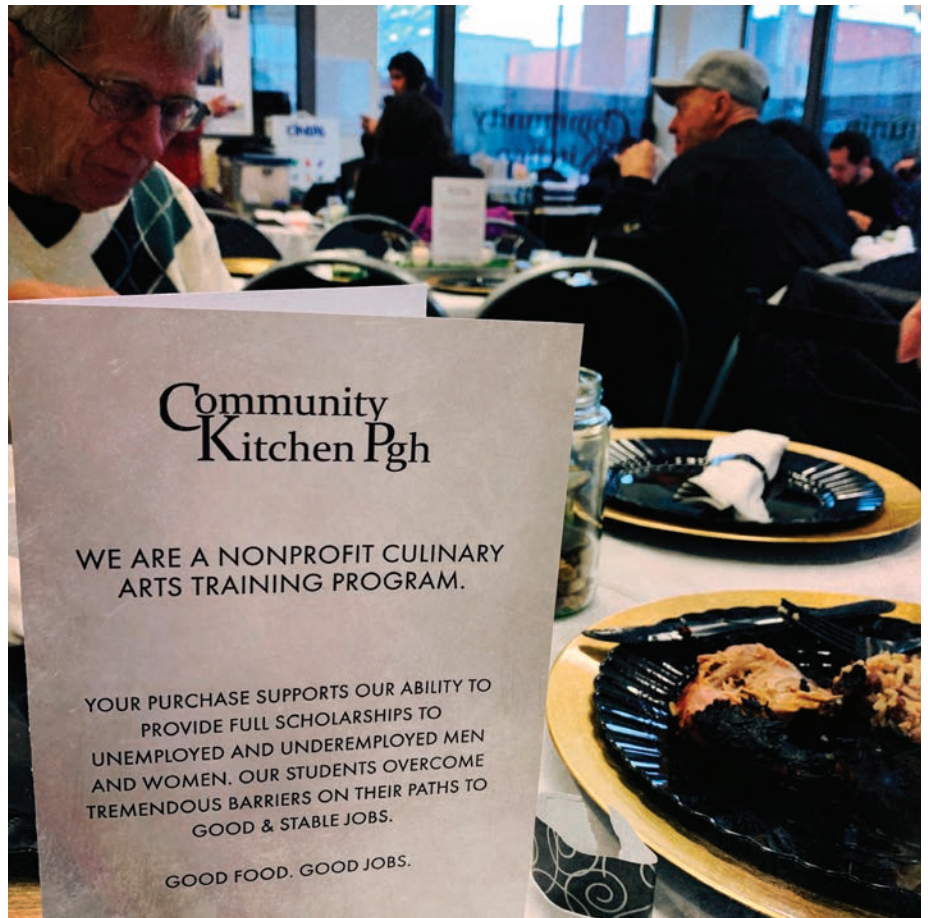
the regional food economy by becoming the prep cooks, line cooks and utility workers that power the back of the house in restaurants and food companies throughout the greater Pittsburgh area. You no doubt have eaten food prepared by our graduates.

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 underemployed 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.







# THE BENEFITS OF ORGANIC GRAINS AND STONE MILLING

BY WEATHERBURY FARM

Avella, PA

724/587-3763

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

**S**urprisingly, 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**

12

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%

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







# FOOD PANTRY DONATION TIPS

BY NORTH HILLS COMMUNITY OUTREACH

416 Lincoln Ave.  
Pittsburgh, PA 15209  
nhco.org

**F**ood 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](http://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.*

**W**e 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!

## FOOD CO-OPS SUPPORT LOCAL

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

**I**t 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.



## 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.



# GROWING UP LOCAL

BY LYNN HAGAN  
Western PA Resident

**G**rowing 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](http://www.NorthHillsCares.com) or “like” our **North Hills Cares** Facebook page for more information or to make a donation.



*“Solutions for the community, by the community”*

*Our mission: Initiating creative and timely solutions to help families and children in need, while developing strategies and partnerships that lead to cost-effective, sustainable community programs.*

# PRODUCERS + OUTLETS

## 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/AlLousHoney](https://facebook.com/pg/AlLousHoney)

### APOIDEA APIARY

239 Parker St., Pittsburgh, PA 15223  
[apoidea-apiary.com](http://apoidea-apiary.com)

### BECCARI'S FARM

5095 Thoms Run Rd., Oakdale, PA 15071; 412/221-8768  
[beccaris.com](http://beccaris.com)

### BEDNERS FARM MARKET

1520 Bower Hill Rd., Upper St. Clair, PA 15241;  
412/221-5525  
[bednersfarmmarketusc.com](http://bednersfarmmarketusc.com)

### BEECHVIEW FARMERS MARKET

Broadway Ave. and Hampshire Ave., Pittsburgh, PA 15216; 412/255-2493

### BELLEVUE FARMERS MARKET

34 North Balph Ave., Bellevue, PA 15202  
[bonafidebellevue.com/live/farmers-market](http://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](http://bethelparkfarmersmarket.com)

### BLACKBERRY MEADOWS ORGANIC FARM

7115 Ridge Rd., Natrona Heights, PA 15065;  
724/226-3939, 724/224-8140  
[blackberrymeadows.com](http://blackberrymeadows.com)

### BLOOMFIELD FARMERS MARKET

5050 Liberty Ave., Pittsburgh, PA 15224; 412/681-8800  
[bloomfieldnow.org/bloomfield-saturday-market](http://bloomfieldnow.org/bloomfield-saturday-market)

### BRADDOCK FARM STAND

612 Braddock Ave., Braddock, PA 15104; 412/362-4769  
[growpittsburgh.org](http://growpittsburgh.org)

### BRENCKLE'S FARMS & GREENHOUSES

3814 Mt. Troy Rd; 412/821-2566  
[brenckle.com](http://brenckle.com)

### CARNEGIE FARMERS MARKET

East Main St., Carnegie, PA 15106

### CARRICK FARMERS MARKET

1529 Brownsville Rd., Pittsburgh, PA 15210

### CEGE'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  
[churchviewfarmpggh.com](http://churchviewfarmpggh.com)

### CLAIRTON FARMERS MARKET

410 St. Clair, Pittsburgh, PA 15025

### CORAOPOLIS FARMERS MARKET

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

### COUNTRY BARN FARM

1246 Saxonburg Blvd., Glenshaw, PA 15116;  
412/225-0930  
[countrybarnfarm.com](http://countrybarnfarm.com)

### CUTTING ROOT FARM AND APOTHECARY

721½ Whitney Ave., Wilkinsburg, PA 15221;  
615/804-0064  
[cuttingroot.com](http://cuttingroot.com)

### DILLNER FAMILY FARM

4140 Sandy Hill Rd., Gibsonsia, PA 15044; 724/444-6594  
[dillnerfamilyfarm.com](http://dillnerfamilyfarm.com)

### DOWNTOWN- MARKET SQUARE

Market Square, Pittsburgh, PA 15219  
[downtownpittsburgh.com/market-square-farmers-market](http://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](http://eastendfood.coop)

### EDEN'S MARKET - A GLUTEN FREE EMPORIUM

99 Alfred St., Pittsburgh, PA 15228; 412/343-1802

### EICHNER'S FAMILY FARM

285 Richard Rd., Wexford, PA 15090; 724/935-2131

### ENVIRONMENTAL TRANSFORMATION DBA MARKET ON MIDDLE

2130 Middle Rd., Glenshaw, PA 15116; 412/213-0724  
[marketonmiddle.com](http://marketonmiddle.com)

### ETNA FARMERS MARKET

473 Butler St., Etna, PA 15223; 412/781-0569  
[etnalive.org](http://etnalive.org)





# PRODUCERS + OUTLETS

## FARMERS AT PHIPPS

One Schenley Park, 15213; 412/622-6914  
[phipps.conservatory.org](http://phipps.conservatory.org)

## FARMERS MARKET COOPERATIVE OF EAST LIBERTY

344 North Sheridan Ave., Pittsburgh, PA 15206;  
412/661-1875  
[farmersmarketcooperativeofeastliberty.com](http://farmersmarketcooperativeofeastliberty.com)

## FOREST HILLS FARMERS MARKET

1840 Ardmore Blvd., Forest Hills, PA 15221; 724/339-1709  
[foresthillsfarmersmarket.com](http://foresthillsfarmersmarket.com)

## FOX CHAPEL FARMERS MARKET AT SHADY SIDE ACADEMY

423 Fox Chapel Rd., Fox Chapel, PA 15238; 412/968-3160  
[shadysideacademy.org/farmersmarket](http://shadysideacademy.org/farmersmarket)

## GOAT RODEO FARM & DAIRY

315 Shaffer Run Rd., Allison Park, PA 15101;  
412/406-7336  
[goatrodeocheese.com](http://goatrodeocheese.com)

## GOOSE CREEK GARDENS

7245 Noblestown Rd., Oakdale, PA 15071; 724/693-8240  
[goosecreekgardens.com](http://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](http://growpittsburgh.org)

## HANNAH'S HONEY

Pittsburgh, PA; 412/302-6223  
[hannahshoney.net](http://hannahshoney.net)

## HARVEST VALLEY FARM MARKET AND BAKERY

6003 Cunningham Rd., Gibsonia, PA 15044; 724/898-3276  
[harvestvalleyfarms.com](http://harvestvalleyfarms.com)

## HOZAK FARMS

488 Anderson-Hozak Rd., Clinton, PA 15026;  
724/899-2400  
[hozakfarms.com](http://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](http://janoskis.com)

## JODIKINOS FARM

2488 PA-18, Clinton, PA 15026; 724/899-3223  
[jodikinosfarmmarket.com](http://jodikinosfarmmarket.com)

## KAELIN FARMS & FARM MARKET

2547 Brandt School Road, Wexford, PA 15090;  
724/935-6780  
[kaelinfarms.com](http://kaelinfarms.com)



## LAWRENCEVILLE FARMERS MARKET

250 40th St., Pittsburgh, PA 15201; 412/802-7220

## MALLISEE FARM

1105 Mallisee Ln., Pittsburgh, PA 15239; 412/793-0898  
[facebook.com/MalliseeFarm](https://facebook.com/MalliseeFarm)

## MARKET STREET GROCERY

435 Market St., Pittsburgh, PA 15222; 412/281-3818  
[marketstreetgrocery.com](http://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](http://mishfarms.com)

## MONROEVILLE LIONS FARMERS MARKET

2399 Tilbrook Rd., Monroeville, PA 15146  
[monroevillefarmersmarket.com](http://monroevillefarmersmarket.com)

## MOON TOWNSHIP FARMER'S MARKET

1000 Beaver Grade Rd., Moon Twp., PA 15108;  
412/262-1700  
[moontwp.com/farmersmarket.html](http://moontwp.com/farmersmarket.html)

## MT. LEBANON LIONS FARMERS MARKET

975 Washington Rd., Pittsburgh, PA 15228; 412/720-5163  
[mtlebanonlionsfarmersmarket.com](http://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

703 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  
[pennscorner.com](http://pennscorner.com)

## PITTSBURGH HIGHLAND FARM

Armbrust-Hecla Rd., Mt. Pleasant, PA 15666;  
412/720-0675  
[pittsburgherhighlandfarm.com](http://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

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

## SEIBEL'S FAMILY FARM

814 Bocktown Cork Rd., Clinton, PA 15026; 724/899-2654

## SERENITY HILL FARMS HYDROPONICS, LLC

20 Serenity Hill, Cheswick, PA 15024; 724/681-4176

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

## SEWICKLEY FARMERS MARKET

200 Walnut St., Sewickley, PA 15143; 412/262-4839

## SHADYSIDE FARMERS MARKET

Liberty School Lot, Pittsburgh, PA 15232

## SHENOT FARM & MARKET

3754 Wexford Run Rd., Wexford, PA 15090; 724/935-2542

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

## SHILOH FARM

Thomas Blvd. & N. Homewood Ave., Pittsburgh, PA 15208; 412/362-4769

## SOERGER'S ORCHARD

2573 Brandt School Rd., Wexford, PA 15090; 724/935-1743

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

## SOL PATCH GARDEN

1211 Braddock Ave., Braddock, PA 15104

## SOUTH SIDE PITTSBURGH FARMERS MARKET

18th and Carson St., Pittsburgh, PA 15203; 412/422-6523

## SPACE FARMS INTERPRIZES

2639 Big Sewickley Rd., Sewickley, PA 15143

## ST. JAMES FARMERS MARKET

200 Walnut St., Sewickley PA 15143; 412/262-4839

## SWISSVALE FARMERS MARKET

Behind Noble Street Shops, Swissvale, PA 15218

## TARENTUM FARM MARKET

Corner of Lock St. and 10th Ave., Tarentum, PA 15084; 724/224-1818

## THE ORIGINAL FARMERS MARKET

151 Parks Rd., McDonald, PA 15057

[theoriginalfarmersmarket.net](http://theoriginalfarmersmarket.net)

## THE WRIGHT STUFF HONEY

Tarenbee Event Hall, 300 E. 8th Avenue, Tarentum, PA 15084; 412/951-7547

## TURNER DAIRY FARMS

1049 Jefferson Rd., Pittsburgh, PA 15235;

412/372-2211

[turnerdairy.net](http://turnerdairy.net)

## 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

[facebook.com/WestHomesteadFarmersMarket](https://facebook.com/WestHomesteadFarmersMarket)

## WILKINSBURG FARMERS MARKET

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

## WILKINSBURG THURSDAY OPEN MARKET SOUTH AVENUE

225 Penn Ave., PA 15221; 412/445-6656

## ARMSTRONG COUNTY

### ACORN HOLLOW FARM

310 Kunkle Rd., Kittanning, PA 16201; 814/667-2388

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

### BRAIGELS' GOLDEN HARVEST FARM

1633 Markle Rd., Leechburg, PA 15656; 724/337-3023

### FIVE ELEMENTS FARM

405 Hogg Rd., Worthington, PA 16262; 724/575-0317

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

### GOLDSTROHM FARMS LLC

10465 State Rt. 85, Kittanning, PA 16201; 724/783-7107

### HOOKS FARM

169 Buck Tail Rd., Dayton, PA 16222; 724/783-7886

### KISTACO FARM

3483 Balsinger Rd., Apollo, PA 15613; 724/478-4361

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

### LE-ARA FARM

1787 W. Winfield Rd., Worthington, PA 16262;

724/543-2628, 724/545-6433

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

### MOWERY FAMILY FARMS

475 East Main St., Dayton, PA 16222; 814/591-7181

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

### MYERS PICKLE FARM

969 State Rt. 66, Leechburg, PA 15690; 724/842-1691

### POUNDS TURKEY FARM & MARKET

4200 Melwood Rd., Leechburg PA 15656; 724/845-7661

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

## REBOVICH FARMS

Kittanning, PA

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

## RENSHAW FAMILY FARMS

314 Ford City Rd., Freeport, PA 16229; 724/294-0061

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

## RENT THE CHICKEN

110 Olinda St., Freeport, PA 16229; 724/305-0782

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

## ROBINSON'S GREENHOUSE & FARMER'S MARKET

1854 State Rt. 28 & 66, Kittanning, PA 16201;

724/545-7125

## STARR VALLEY FARM

150 Johnson Rd., Leechburg, PA 15656; 724/845-6327

[starrvalleyfarm.net](http://starrvalleyfarm.net)

## SUGAR HOLLOW APIARY

1625 Coulter Rd., Apollo, PA 15613; 412/715-2735

## THREE CHEERS FARM

323 Cheers Rd., New Bethlehem, PA 16242; 814/275-2857

[threecheersfarm.wordpress.com](http://threecheersfarm.wordpress.com)

## TOWNSEND BROTHERS FRUIT FARMS

455 Townsend Rd., Spring Church, PA 15686;

724/478-4538

## TRUITT FARMS

168 Barneys Rd., New Bethlehem, PA 16242;

814/275-1009

[truittfarms.weebly.com](http://truittfarms.weebly.com)

## WHO COOKS FOR YOU FARM

383 Mill Seat Run Rd., New Bethlehem, PA 16242;

814/256-3858

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

## BEAVER COUNTY

### AMBRIDGE FARMERS MARKET

625 Park Rd., Ambridge, PA 15003; 724/495-9618

[beaverfarmers.wordpress.com](http://beaverfarmers.wordpress.com)

### BEAVER FALLS FARMERS MARKET

8th Ave. and 12th St., Rte 18, Beaver Falls, PA 15010

### BEAVER FALLS MARKET

330 7th Ave., Beaver Falls, PA 15009; 724/843-1797

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

### BEEFUDDLED FARMS

Aliquippa, PA 15001; 412/501-3233

[facebook.com/pg/beefuddledFarms](https://facebook.com/pg/beefuddledFarms)

### BRADY'S RUN FARM

460 Constitution Blvd., New Brighton, PA 15066;

724/846-1030



# PRODUCERS + OUTLETS



## BROADRUN FARMS

393 Concord Circle Rd., Beaver Falls, PA 15010;  
724/761-4801  
[broadrundairyfarm.com](http://broadrundairyfarm.com)

## BRUNTON DAIRY

3681 Ridge Rd., Aliquippa, PA 15001; 724/375-5910  
[bruntondairy.com](http://bruntondairy.com)

## CENTER FRUIT MARKET

3431 Brodhead Rd., Monaca, PA 15061; 724/774-4402  
[beavercountyfruit.com/contact/locations](http://beavercountyfruit.com/contact/locations)

## CHIPPEWA FARMERS' MARKET

2465 Darlington Rd., Beaver Falls, PA 15010;  
724/495-9618

## CONFORTI FAMILY FARM

611 Georgetown Rd., Darlington, PA 16115; 724/630-8132  
[confortifamilyfarm.com](http://confortifamilyfarm.com)

## DOUDS FLOYD FARM

405 Pleasant Dr., Aliquippa, PA 15001; 717/825-3633

## ENON COUNTRY GARDENS

363 Anderson Rd., Enon Valley, PA 16120; 724/495-9618,  
724/336-5725

## FELLOWSHIP FOODS

864 Jackson Ave., Monaca, PA 15061; 412/596-0264  
[fellowshipfoods.com](http://fellowshipfoods.com)

## HARLEY'S OAK SPRING FARM

974 Blockhouse Run Rd., New Brighton, PA 15066;  
724/846-1808

## KRETSCHMANN FARM

257 Zeigler Rd., Rochester, PA 15074; 724/452-7189  
[kretschmannfarm.com](http://kretschmannfarm.com)

## MCCONNELLS' FARM AND MARKET

294 New Bethlehem Church Rd., Aliquippa, PA 15001;  
724/375-9568  
[mcconnells-farm.com](http://mcconnells-farm.com)

## MCCORMACK APIARIES

115 Reesman Dr., Aliquippa, PA 15001; 724/495-6310

## MCCRACKEN'S APIARY

631 Achortown Rd., Beaver Falls, PA 15010; 724/683-4496  
[facebook.com/McCrackensApiary/](https://facebook.com/McCrackensApiary/)

## MCELHANEY FAMILY FARM

149 Pittsburgh Grade Rd., Hookstown, PA 15050;  
724/544-2391, 724/573-9043  
[familyfarmbeef.com](http://familyfarmbeef.com)

## NEW BRIGHTON FARMERS MARKET

5th Ave. and 12th St., New Brighton, PA 15066  
[beaverfarmers.wordpress.com](http://beaverfarmers.wordpress.com)

## RIDGEMONT FARM

1010 Ridgemont Dr., Industry, PA 15052; 724/494-0331  
[facebook.com/RidgemontFarms](https://facebook.com/RidgemontFarms)

## SCHIEFELBEIN FARM

3323 State Rt. 151, Aliquippa, PA 15001; 724/378-8807

## SEAMAN FAMILY FARM

412/735-5332

## SHEPLER'S FAMILY FARM

512 Smiths Ferry Rd., Ohioville, PA 15059; 724/494-0566  
[sheplersfamilyfarm.com](http://sheplersfamilyfarm.com)

## STURGES ORCHARDS

868 Rt. 288, Fombell, PA 16123; 724/624-0383

## WILD ROSE FARM

2412-US Rt. 30, Hookstown, PA 15050; 724/630-0229

## WINDY RIDGE DAIRY

457 North Tower Rd., Fombell, PA 16123; 724/822-8777  
[wrdairy.com](http://wrdairy.com)

## WOODWARDS ORCHARD

727 Achortown Rd., Beaver Falls, PA 15010; 724/891-0102

## YECK FARMS

568 Baker Rd., Freedom, PA 15042; 724/775-1326

## BEDFORD COUNTY

### ALLEGHENY MEADOWS

2155 Riddlemoser Rd., Manns Choice, PA 15550;  
814/733-2775  
[alleghenymeadows.net](http://alleghenymeadows.net)

### BLACK VALLEY FARM

9048 Black Valley Rd., Everett, PA 15537; 405/599-9797  
[blackvalleyfarm.com](http://blackvalleyfarm.com)

### BOYER ORCHARDS

4116 Cortland Dr., New Paris, PA 15554; 814/839-4715,  
814/733-4716  
[boyerorchards.com](http://boyerorchards.com)

### COPPERHEAD ROCK FARMS

416 Texas Corner Rd., New Enterprise, PA 16664;  
814/766-9920

### CURVIN M & WILMA N

1309 Lafayette Rd., New Enterprise, PA 16664;  
814/766-2168

### DARK HOLLOW SUGAR CAMP

914 Jacks Corner Rd., Hopewell, PA 16650; 814/766-3847

# PRODUCERS + OUTLETS

## EM BROOK ANGUS

2970 Helixville Rd., Schellsburg, PA 15559; 814/733-4552  
[embrookangus.com](http://embrookangus.com)

## FISHER'S COUNTRY STORE

111 Hoagland Rd., Bedford, PA 15522; 814/623-2667  
[fisherscountrystore.com](http://fisherscountrystore.com)

## GERALD SMITH, JR.

677 Sweet Root Rd., Bedford, PA 15522; 814/623-8210  
[mcsmithsorganicfarm.com](http://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](http://hiddenhillsdairy.com)

## LEHMAN FARMS

432 Lehman Rd., New Paris, PA 15554; 814/839-4247  
[facebook.com/LehmansFarm](https://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](http://pottercreeksyrup.com)

## RIDGETOP ORCHARDS

2953 Valley Rd., Fishertown, PA 15539; 814/839-4181  
[ridgetoporchards.com](http://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](http://4seasonscattle.com)

### ALTOONA FARMERS MARKET

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

### BARONNERS FARM MARKET

1613 Juniata Valley Rd., Hollidaysburg, PA 16648;  
814/695-4522

## 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](http://clovercreekcheese.com)

## D N' D FARM

8495 Woodbury Pike, Hollidaysburg, PA 16648;  
814/839-4579  
[dndfarms.com](http://dndfarms.com)

## FRIENDS FARM

142 Friends Farm Ln., Williamsburg, PA 16693;  
814/793-9379

## GREEN"ER" ACRES FARM

747 Buttermilk Hollow Rd., Claysburg, PA 16625;  
814/239-8519  
[greeneracresfarm.locallygrown.net](http://greeneracresfarm.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 Dunning's Hwy., Newry, PA 16665; 814/695-5052  
[leightys.com](http://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](http://ritcheysdairy.com)

## SPARROW HILL FAMILY FARM

165 Beaver Dam Rd., Claysburg, PA 16625; 814/239-0032  
[sparrowhillfamilyfarm.weebly.com](http://sparrowhillfamilyfarm.weebly.com)

## THE LAST 44 FARM

270 Dream Ln., Altoona, PA 16601; 814/330-6684  
[thelast44farm.com](http://thelast44farm.com)

## TYRONE FARMERS MARKET

Reservoir Park, Tyrone, PA 16686; 814/632-6986  
[facebook.com/TyroneCommunityFarmersMarket](https://facebook.com/TyroneCommunityFarmersMarket)





# PRODUCERS + OUTLETS

## 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](http://alwayssummerherbs.com)

### AMBROSE FARMERS MARKET

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

### BOWSER'S BLUEBERRIES

143 Mccalmont Rd., Renfrew, PA 16053; 724/482-2373  
[bowsersblueberries.com](http://bowsersblueberries.com)

### BRENCKLE'S ORGANIC FARM AND GREENHOUSE

768 Glen Eden Rd., Zelienople, PA 16063; 724/774-2239, 724/482-2353  
[brencklesfarm.com](http://brencklesfarm.com)

### BUTLER FARM MARKET

901 Evans City Rd., Renfrew, PA 16053; 724/486-2194  
[butlerfarmmarket.com](http://butlerfarmmarket.com)

### CRIGHTON FARM

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

### CYPHER FARM MARKET

214 Rennick Rd., Butler, PA 16002; 724/285-3888

### DAVID JONES FARM

240 Jones Rd., Cabot, PA 16023; 724/352-0063  
[jonesturkeyfarm.com](http://jonesturkeyfarm.com)

### DEENER'S FARM MARKET

260 Ash Stop Rd., Evans City, PA 16033; 724/452-7944

### DUNCAN ELK FARM

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

### FOUR SEASONS GAME BIRD FARM

115 List Hill Rd., Valencia, PA 16059; 724/898-2316  
[fourseasonsgamebirdfarm.com](http://fourseasonsgamebirdfarm.com)

### FRANKFERD FARMS FOOD, INC.

717 Saxonburg Blvd., Saxonburg, PA 16056; 724/352-9500  
[frankferd.com](http://frankferd.com)

### FREEDOM FARMS

795 Pittsburgh Rd., Butler, PA 16002; 724/586-5551  
[freedomfarmspa.com](http://freedomfarmspa.com)

### GOODNESS GROWS FARM

159 Heller Rd., Butler, PA 16002; 724/316-4175  
[facebook.com/goodnessgrowsfarm](http://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](http://hgfarm.com)

### HARVEST VALLEY FARM

125 Ida Ln., Valencia, PA 16059; 724/816-0853  
[harvestvalleyfarms.com](http://harvestvalleyfarms.com)

### HARVEST VIEW FARM

143 Eagle Mill Rd., Butler, PA 16001; 724/282-8038  
[harvestviewfarm.com](http://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; 724/445-2471  
[facebook.com/leicherfarm](http://facebook.com/leicherfarm)

### 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](http://marburgerdairy.com)

### MARS FARMERS MARKET

225 Crowe Ave., Mars, PA 16046; 724/776-3527

### MAZUR'S GREENHOUSE AND FARM

329 Benvenue 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](http://meadowrockfarm.com)

### MISERA'S ORGANIC FARM

135 Minter Rd., Butler, PA 16001; 724/865-2424

### PENN PANTRY LLC

253 Mercer St., Harmony, PA 16037; 724/237-4901  
[pennpantry.com](http://pennpantry.com)

### SALLY'S CIDER PRESS

501 Perry Hwy., Harmony, PA 16037; 724/452-9667

### SCHNUR'S GREENHOUSE

175 Schnur Rd., Butler, PA 16002; 724/287-3273  
[schnursgreenhouse.com](http://schnursgreenhouse.com)

### SILVER WHEEL FARM

141 Porter Rd., Harrisville, PA 16038; 724/735-4054  
[silverwheelfarm.net](http://silverwheelfarm.net)

### SLIPPERY ROCK COMMUNITY FARMERS MARKET

Gateway Park, Slippery Rock, PA 16057; 724/374-3276  
[facebook.com/SRCFM](http://facebook.com/SRCFM)



### SNYDER'S BERRY FARM

152 Snyder Ln., Chicora, PA 16025; 724/445-1177  
[snydersberryfarm.com](http://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](http://yellowcreekfarm.com)

## CAMBRIA COUNTY

### BENSHOFF FARMS AT NEW GERMANY

570 Benschoff Rd., Summerhill, PA 15958; 814/495-5509  
[facebook.com/BenschoffFarmsOfNewGermany](http://facebook.com/BenschoffFarmsOfNewGermany)

### BLUE GOOSE FARM

2965 Blue Goose Rd., Nicktown, PA 15762; 814/948-7188  
[bluegoosefarmnicktown.com](http://bluegoosefarmnicktown.com)

### DOWNTOWN JOHNSTOWN FARMER'S MARKET

Main St., Johnstown, PA 15901; 814/533-2049

### EBENSBURG FARMERS MARKET

Corner of Hugh and Julian Sts., Ebensburg, PA 15931; 814/472-8780

### GALLIKER DAIRY COMPANY

143 Donald Ln., Johnstown, PA 15904; 814/266-8702  
[gallikers.com](http://gallikers.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  
[facebook.com/Himmelfarms](http://facebook.com/Himmelfarms)

### 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

# PRODUCERS + OUTLETS

## MCGOUGH'S FRUIT MARKET

2493 Poetage St., Wilmore, PA 15962; 814/495-5466

## MOXHAM FARMERS MARKET

501 Grove Ave., Johnstown, PA 15902; 814/467-4921  
[facebook.com/moxhamfarmersmarket](https://facebook.com/moxhamfarmersmarket)

## MYERS POULTRY FARM

966 Ragers Hill Rd., South Fork, PA 15956; 814/539-7026

## SMITHMYERS AUTUMN MARKET AND SUNFLOWER MAZE

457 St. Augustine Rd., Patton, PA 16668; 814/937-9703

## VALE WOODS FARMS

517 Vale Wood Rd., Loretto, PA 15940; 814/886-7171  
[valeurwoodfarms.com](https://valeurwoodfarms.com)

## 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  
[clarionfarms.com](https://clarionfarms.com)

### CLARION RIVER ORGANICS

824 Whitmer Rd., Sligo, PA 16255; 412/589-9276  
[clarionriverorganics.com](https://clarionriverorganics.com)

### DAVE'S MAPLE FARM

203 Burns Rd., Sligo, PA 16255; 814/229-2869  
[davesmaplefarm.com](https://davesmaplefarm.com)

### KEMMER'S GREENHOUSE AND FARM MARKET

2464 Pine Run Rd., Mayport, PA 16240; 814/365-5162  
[facebook.com/KemmersGreenhouse](https://facebook.com/KemmersGreenhouse)

### RIPLING BROOK FARM

729 Shady Ln., Sligo, PA 16255

### SCHMUCKER FAMILY

6983 Rt. 58, Emlenton, PA 16255

### ZACHERL'S FARM MARKET

164 Zacherl Ln., Shippensburg, PA 16254; 814/226-9497

## CLEARFIELD COUNTY

### ALETTA SINGLEY

4009 Curwensville-Grampian Hwy., Curwensville, PA 16833; 814/236-2029  
[alettas.com](https://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 Strongs Rd., Irvona, PA 16656; 814/672-3009  
[hknaturalharvest.com](https://hknaturalharvest.com)

## KRASINSKI FARMS

102 Krasinski Farms Rd., Morrisdale, PA 16858; 814/345-5981

## KUNES FARMS

917 Keewaydin Rd., Frenchville, PA 16836; 814/263-4638

## MODZEL FAMILY FARMS LLC

127 Power Rd., Morrisdale, PA 16858; 814/577-1756  
[facebook.com/ModzelFamilyFarmsLLC](https://facebook.com/ModzelFamilyFarmsLLC)

## OAK LAWN FARM

455 Goat Rd., DuBois, PA 15801; 814/591-8163

## ORNER FARMS, INC.

Rd. 1, Box 88, Home Camp Rd., Rockton, PA 15856; 814/583-7418  
[ornfarm.com](https://ornfarm.com)

## THE MINTED MARKET. GRAMPIANS COMMUNITY FARMERS MARKET

258 Main St., Grampian, PA 16838; 814/236-0700  
[facebook.com/themintedmarket](https://facebook.com/themintedmarket)

## CRAWFORD COUNTY

### 86 ACRES

19758 Hwy. 86, Saegertown, PA 16433; 814/282-1569  
[86acres.com](https://86acres.com)

### AL'S MELONS FARMMARKET AND GREENHOUSE, I, LLC

10304 US Hwy. 6, Conneaut Lake, PA 16316; 814/382-3152  
[alsmelonsfarmmarket.com](https://alsmelonsfarmmarket.com)

### BLOOMING VALLEY FARMS

26582 State Hwy. 77, Saegertown, PA 16433; 814/967-3545  
[organicproducemeadvillepa.com](https://organicproducemeadvillepa.com)

### DAVENPORT FRUIT FARM CIDER & WINERY

13124 Townline Rd., Meadville PA 16335; 814/724-1225

### DIABLO PEPPER FARM

18350 State Hwy. 98, Meadville, PA 16335; 814/580-8803  
[facebook.com/diablopepper](https://facebook.com/diablopepper)

### DUTCH BOY FARMS

10182 Shadeland Rd., Springboro, PA 16435; 814/282-6192

### GALLANT FARMS

26404 Hwy. 99, Edinboro, PA 16412; 814/734-7117

### JULIET & BROS. ORGANIC GARLIC

17285 Jordan Dr., Saegertown, PA 16433; 814/694-6312  
[healthiergarlic.com](https://healthiergarlic.com)

## LISK'S HERITAGE FARM

16560 Airport Rd., Linesville, PA 16424; 336/255-1637  
[lisksheritagefarm.com](https://lisksheritagefarm.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](https://meadvillemarkethouse.org)

## MILKY WAY FARMS

16867 Rt. 14, Troy, PA 16947; 570/673-5651  
[milkywayfarms.net](https://milkywayfarms.net)

## MISH-RO HOLSTEINS AND JERSEYS

Atlantic, PA 16111

## PLOT TWIST FARM

9179 Dingman Rd., Guys Mills, PA 16327; 814/573-0058  
[plottwistfarm.com](https://plottwistfarm.com)

## SLEEPY CREEK HONEY AND MAPLE SYRUP

22399 Cemetery Rd., Venango, PA 16440; 814/398-4021

## SPRUCE ROW FARM

20452 Cochran Rd., Meadville, PA 16335; 814/573-7593  
[facebook.com/sprucerow](https://facebook.com/sprucerow)

## STRAWBERRY LANE PRODUCE

10279 Free Rd., Conneaut Lake, PA 16316; 814/282-2471  
[facebook.com/StrawberryLaneProduce](https://facebook.com/StrawberryLaneProduce)

## TITUSVILLE OPEN-AIR MARKET

11652 Hydettown Rd., Titusville, PA 16354; 814/827-2941

## TOBIN'S VEGETABLES

24073 Jim Tobins Ln., Cambridge Springs, PA 16403; 814/398-2604  
[facebook.com/Tobinsvegetables](https://facebook.com/Tobinsvegetables)

## VORISEK'S BACKYARD BEE FARM

15834 Linesville Rd., Linesville, PA 16424; 814/683-5888  
[vbeefarm.com](https://vbeefarm.com)

## YACHA FARMS

26440 Yacha Rd., Chambrige Springs, PA 16403

## ELK COUNTY

### HERITAGE FARM

28235 Lake City Rd., Ridgway, PA 15853; 814/772-9622  
[burnsheritagefarm.com](https://burnsheritagefarm.com)

### PATTON'S PUMPKIN PATCH

11539 Rt. 3002, Sigel, PA 15860; 814/752-6279  
[pattonspumpkinpatch.com](https://pattonspumpkinpatch.com)

### RIDGEWAY FARMERS MARKET

111 Depot St., Ridgeway, PA 15853



# PRODUCERS + OUTLETS

## SUGAR HILL FARM

165 Muenster Rd., St. Marys, PA 15857; 814/335-6933  
[sugarhillfarmpa.com](http://sugarhillfarmpa.com)

## ERIE COUNTY

### 5 GALLON DOG RANCH

20519 Lindsey Hollow Rd., Corry, PA 16407;  
814/664-2710  
[5gallondogranch.com](http://5gallondogranch.com)

### BARNER'S FARM MARKET

4300 West 12th St., Erie, PA 16505; 814/838-4902

### BOONE'S FARM

6208 Tubbs Rd., Girard, PA 16417

### BURCH FARMS COUNTRY MARKET & WINERY

9210 Sidehill Rd., Northeast, PA 16428; 814/725-0747  
[burchfarmscountrymarketandwinery.com](http://burchfarmscountrymarketandwinery.com)

### DUDAS FARM

1955 W. Avonia Rd., Fairview, PA 16415; 814/474-3950  
[dudasfarm.com](http://dudasfarm.com)

### EARTH AND VINE FARM

3968 Williams Rd., North East, PA; 814/790-9055  
[earthandvine.farm](http://earthandvine.farm)

### ELLSWORTH MAPLE

9406 Hanna Hall Rd., Wattsburg, PA 16442;  
814/881-3320

### FINNELL FARMS

7840 Buffalo Rd./, Harbor Creek, PA 16421; 814/899-8242  
[facebook.com/finnell.farms](http://facebook.com/finnell.farms)

### FORT LEBOEUF MAPLE

2789 Dublin Rd., Waterford, PA 16441; 814/796-3699

### GILMORE'S FARM

14177 Rt. 19, Waterford, Pa. 16441; 814/449-7325  
[facebook.com/gilmoresfarm](http://facebook.com/gilmoresfarm)

### GLENN TROYER FARMS

13021 Flatts Rd., Waterford, PA 16441; 814/796-2641  
[glennstroyerfarms.com](http://glennstroyerfarms.com)

### GODFREY RUN FARM LLC

8958 West Lake Rd., Lake City, PA 16423; 814/402-1235  
[godfreyrunfarm.com](http://godfreyrunfarm.com)

### GOODELL GARDENS FARMERS MARKET

221 Waterford St., Edinboro, PA 16412; 814/734-6699  
[goodellgardens.org/farmmarket](http://goodellgardens.org/farmmarket)

### HIRTZEL FARM

1740 Hirtzel Rd., North East, PA 16428; 814/725-5096

### HOGS AND HONEY LLC

10135 Bliley Rd., Waterford, PA 16441; 814/746-0815  
[hogsandhoneyllc.com](http://hogsandhoneyllc.com)

## HOLLIDAY'S CROOKED CREEK FARM MARKET

747 Holliday Rd., North Springfield, PA 16430;  
814/922-3517

## HULINGS BLUEBERRIES AND FARM MARKET

5095 Old State Rd., Edinboro, PA 16412; 814/734-5605  
[hulingsblueberries.com](http://hulingsblueberries.com)

## HURRY HILL MAPLE FARM AND MUSEUM AND FARMSTAND

11424 Fry Rd., Edinboro, PA 16412; 814/734-1358  
[hurryhillfarm.org](http://hurryhillfarm.org)

## JOHN SCHULTZ & SONS

9510 Sidehill Rd., North East, PA 16428; 814/725-9522

## KLENZ BROTHERS FARM

9586 Sidehill Rd., North East, PA 16428; 814/725-1393

## LITTLE ITALY FARMERS MARKET

331 West 18th St., Erie, PA 16502; 814/454-7814

## MASON FARMS

8603 West Lake Rd., Lake City, PA 16423; 814/774-8592  
[masonfarms.com](http://masonfarms.com)

## MERLE GRAHAM

7845 Buringham Rd., Union City, PA 16438

## MOBILIA FRUIT FARMS INC.

12073 East Main Rd., North East, PA 16428;  
814/725-5509

## MUNSEE'S MARKET

550 East Columbus Ave., Corry, PA 16407; 814/664-8473

## NELSON FARMS

7931 East Lake Rd., Erie, PA 16511; 814/323-2719

## NORTHROP EGG FARM

12470 Route 89, Corry, PA 16407; 814/654-7175

## ORTON'S FRUIT MARKET

5900 Station Rd., North East, PA 16428; 814/725-9381

## PEACE BY PIECE FARM ON BOYD RUN

P.O. Box 1116, Waterford, PA 16441; 814/969-8345  
[peacebypiecefarm.com](http://peacebypiecefarm.com)

## PECANSKY FARMS GIRARD, PA

8427 Leefer Rd., Girard, PA 16417; 814/474-4748

## POST APPLES CSA

8893 Gulf Rd., North East, PA 16428; 814/725-3330  
[postapples.com](http://postapples.com)

## RAHAL FARMS

8200 Bort Rd., North East, PA, 814/725-1257

## RASSIE FARMS

8259 Singer Rd., North East, PA 16428; 814/725-2192

## RICK WALKER FARMS, INC.

12525 Hamilton Rd., Edinboro, PA 16412; 814/434-2582  
[rickwalkerfarms.com](http://rickwalkerfarms.com)

## RON DZESKEWICZ

3101 East Staycliff Rd., McKean, PA 16426

## SCHUTZ FARMS

9510 Sidehill Rd., Northeast, PA 16428

## SHOWMAN FARMS

2551 Crane Rd., Edinboro, PA 16412; 814/734-4673

## SKELTON FARMS GRASSFED BEEF

13388 Cambridge Springs Rd., Edinboro, PA 16412;  
814/734-7008  
[skeltonfarms.com](http://skeltonfarms.com)

## SMITH FARMS

15644 Lyons Rd., Union City, PA 16438; 814/739-9399  
[facebook.com/SmithFarmsPa](http://facebook.com/SmithFarmsPa)

## SOUTH EAST ERIE FARMERS MARKET

East 38th St. and Pine Ave., Erie, PA 16504; 814/825-7392  
[facebook.com/SEERieFarmersMarket](http://facebook.com/SEERieFarmersMarket)

## THE EDINBORO MARKET

109 Erie St., Edinboro, PA 16412

## THE NORTH EAST FARMERS MARKET

Corner of Rtes. 89 and 20, North East, PA 16428;  
814/725-0747

## THE TEED FARM

10890 Keepville Rd., Albion, PA 16401; 814/756-4671

## TOP TRELLIS LLC

P.O. Box 31, North East, PA 16428

## TRIPLE CREEK MAPLE

9225 Fillingier Rd., Cranesville, PA 16410; 814/756-4500  
[triplecreekmaple.com](http://triplecreekmaple.com)

## TROYER GROWERS, INC.

817 Rt. 97, Waterford, PA 16441; 814/796-7082  
[troyerinc.com](http://troyerinc.com)

## VANCO FARMS

12210 Silverthorn Rd., Edinboro, PA 16412; 814/572-3777

## WALKER FARMS & GREENHOUSES

107 Harrison Dr., Edinboro, PA 16412

## WASIELEWSKI FARMS

8740 Hamot Rd., Waterford, PA 16441; 814/866-9293

## WESTGATE FARMS

10951 E. Lake Rd., North East, PA 16428; 814/725-1157

## WISER FARMS

3401 Blair Rd., Fairview, PA 16415; 814/464-5552

## WOODEN NICKEL BUFFALO FARM INC

5970 Koman Rd., Edinboro, PA 16412; 814/734-2833  
[woodennickelbuffalo.com](http://woodennickelbuffalo.com)

## YATZOR'S MAPLE PRODUCTS

5860 Koman Rd., Edinboro, PA 16412; 814/734-6633

# PRODUCERS + OUTLETS



## 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 Scottsdale Dawson Rd., Dawson, PA 15428;  
724/529-3131  
[christnerfarms.com](http://christnerfarms.com)

### DUDA'S FARM, INC.

157 Creek Rd., Brownsville, PA 15417; 724/246-7601  
[dudasfarm.com](http://dudasfarm.com)

### FOOTPRINTS FARM

184 McClellan Ln., Gibbon Glade, PA 15440;  
724/329-8254  
[footprintsfarm.com](http://footprintsfarm.com)

### JACKSON FARMS

6718 National Pike, New Salem, PA 15468; 724/246-7010  
[facebook.com/Jacksonfarms40](https://facebook.com/Jacksonfarms40)

### JK FARM

322 Gilmore Rd., Uniontown, PA 15401; 724/569-1021  
[thejkfarm.com](http://thejkfarm.com)

### PERRYOPOLIS FARMERS MARKET

P.O. 747, Perryopolis, PA 15473; 724/366-3412  
[facebook.com/farmersmarketperry](https://facebook.com/farmersmarketperry)

### UNITED DAIRY

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

## FOREST COUNTY

### LONG ACRES FARMS

11832 Rt. 36, Tionesta, PA 16353; 814/744-8454  
[longacresinc.com](http://longacresinc.com)

### PLEASANT VALLEY FARM

4792 Sage Rd., Tionesta, PA 16353; 814/755-3911  
[facebook.com/pleasantvalleyfarmpa](https://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](http://purebredlamb.com)

### FENCEROW FARMERS 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](https://facebook.com/FrostySpringsFarm)

### HARDEN'S FAMILY FARM

66 Wickerham Rd., Fredericktown, PA 15333;  
706/513-5600

### WAYNESBURG FARMERS MARKET

10 E. High St., Waynesburg, PA 15370  
[waynesburgpa.org/Events/farmers](http://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 17264; 814/448-2423  
[greenheronfarm.net](http://greenheronfarm.net)

### PLOWSHARE PRODUCE

12936 Greenwood Rd., Huntington, PA 16652;  
814/667-2756  
[plowshareproduce.com](http://plowshareproduce.com)

## INDIANA COUNTY

### ALTEMUS FARM

810 S. Harmony Rd., Penn Run, PA 15765; 724/463-8308

### ANDY'S OWN MAPLE

2440 Musser Rd., Indiana, PA 15701; 724/388 0063

### BERRY HILL OF STUTZMAN FARMS

8690 Hwy. 422 East, Penn Run, PA 15765; 724/463-7915  
[stutzmanfarms.com](http://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](http://indianafarmmarket.blogspot.com)

### LONE OAK FARM

1606 Georgeville Rd., Marion Center, PA 15759;  
724/397-0101  
[loneoakfarmpa.com](http://loneoakfarmpa.com)

### MAHONING CREEK FARM

6276 Rt. 210 Hwy., Smicksburg, PA 16256; 724/286-9671  
[mahoningcreekfarm.com](http://mahoningcreekfarm.com)

### MILLER FARM

2074 Miller Rd., Smicksburg, PA 16256; 724/286-9112  
[facebook.com/Miller.Farms64](https://facebook.com/Miller.Farms64)

### NEHRIG DAIRY FARMS

### PINE VALLEY FARMS, LLC

2660 Wright Rd., Rochester Mills, PA 15771; 724/286-9320

### POME RIDGE ORCHARD

1715 Luciusboro Rd., Blairsville, PA 15717; 724/479-8210  
[pomeridgeorchard.com](http://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; 724/465-8393

### 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](http://stutzmanfarms.com)

### SUSAN'S GREENHOUSE

301 Perrysville Rd., Saltsburg, PA 15681; 724/697-5092

### UNCLE HENRY'S GARDEN

749 South 5th St., Indiana, PA 15701; 724/349-2507  
[unclehenrysgarden.com](http://unclehenrysgarden.com)

### WHITE SWAN ACRES GREENHOUSE AND GARDENS

2854 Saltsburg Rd., Clarksburg, PA 15725; 724/422-5219



# PRODUCERS + OUTLETS

## YARNICK'S FARM AND GREENHOUSES

155 Thomas Covered Bridge Rd., Indiana, PA 15701;  
724/349-3904  
[yarnicksfarm.com](http://yarnicksfarm.com)

## JEFFERSON COUNTY

### CHERISH CREAMERY

2771 Paradise Rd., Reynoldsville, PA 15851; 574/298-2022  
[cherishcreamery.com](http://cherishcreamery.com)

### COOPER FARM MARKET

484 Cemetery Rd., Falls Creek, PA 15840; 814/375-7050  
[cooperfarmmarket.net](http://cooperfarmmarket.net)

### LADYBUG FARM

2975 Rte. 410, Punxsutawney, PA 15767; 814/427-2409

### PARADISE GARDENS & FARM

2771 Paradise Rd., Reynoldsville, PA 15851; 814/568-1207

### QUIET CREEK HERB FARM AND SCHOOL OF COUNTRY LIVING

93 Quiet Creek Ln., Brookville, PA 15825; 814/849-9662  
[quietcreekherbfarm.org](http://quietcreekherbfarm.org)

### WINDY HILL FARM NATURALS

10445 Rt. 28 North, Brockway, PA 15824; 814/328-5346  
[windyhillfarmnaturals.com](http://windyhillfarmnaturals.com)

## LAWRENCE COUNTY

### 3 D'S FARM

1605 Mohawk School Rd., Edinburg, PA 16116;  
724/667-1022

### APPLE CASTLE

277 State Rt. 18, New Wilmington, PA 16142;  
724/652-3221  
[applecastle.com](http://applecastle.com)

### ATLASTA SHEEP FARM

121 Heron Dr., Enon Valley, PA 16120; 724/651-0134

### BURNS ANGUS FARM

101 Orchard Rd., New Wilmington, PA 16142;  
724/946-3125  
[burnsangus.com](http://burnsangus.com)

### DAWSON'S ORCHARDS

122 Petersburg Rd., Enon Valley, PA 16120; 724/667-7719  
[dawsonsorcharths.com](http://dawsonsorcharths.com)

### ELLWOOD CITY FARMERS' MARKET

500 Block Beaver Ave., Ellwood City, PA 16117;  
724/758-5501  
[facebook.com/EllwoodCityFarmersMarket](http://facebook.com/EllwoodCityFarmersMarket)

### FRESH MARKETPLACE @ NEW WILMINGTON CENTER

129 Chestnut St., New Wilmington, PA 16142  
[facebook.com/freshmarketplaceatnewwilmingtoncenter](http://facebook.com/freshmarketplaceatnewwilmingtoncenter)

## KENNY JERSEY FARM LLC

749 McClain Rd., Enon Valley, PA 16120; 570/419-5188

## LECKWART FARMS

291 Sunnyside Rd., New Castle, PA 16102; 724/652-3787

## MCMILLIN APIARIES

760 Chewton Wurtemurgh Rd., Wampum, PA 16157

## MICHELANGELO'S FLEA & FARMERS MARKET

2475 Ben Franklin Hwy., Edinburg, PA 16116;  
724/652-6244

## NEW WILMINGTON FARMERS MARKET

Market St. & Vine St., New Wilmington, PA 16142

## PASTURE MAID CREAMERY

571 Cow Path Ln., New Castle, PA 16101; 724/944-7894  
[facebook.com/pasturemaidcreamery](http://facebook.com/pasturemaidcreamery)

## RON GARGASZ ORGANIC FARMS

129 Old Ash Rd., Plain Grove, PA 16156; 724/530-7220

## SPERDUTE FARMS

206 Kildoo Rd., New Castle, PA 16102; 724/667-8866  
[sperdutefarms.com](http://sperdutefarms.com)

## THE FARMER'S WIFE-HENRY FAMILY FARMS

606 Columbiana Rd., Bessemer, PA 16112; 724/667-8436

## THE GREEN MARKET ON MARKET ST.

Jameson Lot: Market St., New Wilmington, PA 16142

## VALLEY HOME FARM

3397 State Rt. 956, New Castle, PA 16105; 724/946-2896  
[facebook.com/ValleyHomeFarm](http://facebook.com/ValleyHomeFarm)

## VILLA MARIA FARM-SISTERS OF THE HUMILITY OF MARY

Villa Maria Community Center, 288 Villa Dr., Villa Maria, PA 16155; 724/964-8920 ext. 3385  
[humilityofmary.org/the-villa/the-villa-farm](http://humilityofmary.org/the-villa/the-villa-farm)

## MCKEAN COUNTY

### BOZBERRY FARMS

1699 Rock Run Rd., Turtlepoint, PA 16750; 814/558-0141  
[bozberryfarms.com](http://bozberryfarms.com)

### FRANK'S FARM MARKET LTD.

5880 Sterrettania Rd., Fairview, PA 16426; 814/833-7230  
[facebook.com/FranksFarmMarketAndBakery](http://facebook.com/FranksFarmMarketAndBakery)

### GEE'S BLUEBERRY HILL FARM MARKET

46 Blueberry Hill Ln., Smeth Port, PA 16749; 814/887-2416  
[gees-blueberry-hill-farm-market.business.site](http://gees-blueberry-hill-farm-market.business.site)

### KROWLEY MAPLE PRODUCTS

P.O. Box 112, Roulette, PA 16746; 814/544-7388  
[facebook.com/krowleykiomaple](http://facebook.com/krowleykiomaple)

## MAPLE GLEN FARM

543 Jo Jo Rd., Kane, PA 16735; 814/837-6459

## MERCER COUNTY

### AUBURN MEADOW FARM

164 Bedford Road West, West Middlesex, PA 16159;  
412/600-5826  
[auburnmeadowfarm.com](http://auburnmeadowfarm.com)

### BREEZY RIDGE ACRES

514 Jackson Center Polk Rd., Jackson Center, PA 16133;  
814/786-7142  
[breezyridgeacres.com](http://breezyridgeacres.com)

### CRESSWELLS' PRODUCE

875 N. Perry Hwy., Mercer, PA 16137; 724/475-2364

### DOWNTOWN SHARON FARMERS MARKET

W. State St., Sharon, PA 16146; 724/971-0888  
[facebook.com/SharonFarmersMkt](http://facebook.com/SharonFarmersMkt)

### EDIBLE EARTH FARM

177 Ramsey Rd., Sandy Lake, PA 16145; 814/303-9663  
[edibleearthfarm.com](http://edibleearthfarm.com)

### JOE'S GREENHOUSE FARM AND FARM MARKET

2265 River Rd., Hermitage, PA 16148; 724/962-5511

### KEPNER'S PRODUCE/FARM MARKETING

3755 Sandy Lake Rd., Sandy Lake, PA 16145;  
724/376-2483  
[facebook.com/KepnersProduce](http://facebook.com/KepnersProduce)

### LENDEL BROTHERS FARM

1346 Mercer Grove City Rd., Mercer, PA 16137;  
724/967-1789  
[facebook.com/lenelbrothersfarmandmarket](http://facebook.com/lenelbrothersfarmandmarket)

### MERCER MAIN ST. FARMERS' MARKET

102 South Diamond St., Mercer, PA 16137; 724/662-5555



# PRODUCERS + OUTLETS

## NORTHWEST PENNSYLVANIA GROWERS COOPERATIVE

Mercer, PA; 724/662-1231  
[nwpagrowers.com](http://nwpagrowers.com)

## NU WAY FARM

19 Fredonia Hadley Rd., Fredonia, PA 16124; 724/475-2447

## OLD TIME FARM

1919 Harrisville Rd., Stoneboro, PA 16153; 724/316-0148  
[oldtime.farm](http://oldtime.farm)

## OLDE TOWN GROVE CITY FARMERS MARKET

120 Festival Park Beside the Gazebo, Grove City, PA 16127; 724/301-3112  
[oldtowngrovecity.com](http://oldtowngrovecity.com)

## PALUMBO'S MEAT MARKET

5170 Lake St., Sandy Lake, PA 16145; 724/376-4535  
[palumbosmeatmarket.com](http://palumbosmeatmarket.com)

## PASTURE PERFECT BEEF

2191 Scrubgrass Rd., Grove City, PA 16127; 814/786-7384  
[pastureperfectbeef.net](http://pastureperfectbeef.net)

## PHILSON'S BUSHEL AND A PECK FARM

257 S. Cottage Rd., Mercer, PA 16137; 724/662-1231  
[bushelandpeckfarm.com](http://bushelandpeckfarm.com)

## SB WOLFE FARMS

465 Kinsman Rd., Greenville, PA 16125; 724/815-7817  
[sbwolfe farms.com](http://sbwolfe farms.com)

## SHIPULA FARMS

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

## SYLVAN ACRES

289 Condit Rd., Sandy Lake, PA 16145; 724/402-4044  
[sylvanacres.net](http://sylvanacres.net)

## THE PRODUCE PLACE

3828 Hadley Rd., Clarks Mills, PA 16114; 724/988-8360  
[produce-place.com](http://produce-place.com)

## THREE SISTERS FARM

134 Orbitz Rd., Sandy Lake, PA 16145; 724/376-2797  
[bioshelter.com](http://bioshelter.com); [threesisterspermaculture.com](http://threesisterspermaculture.com)

## TRUNNEL BROOK FARM, LLC

2885 Sandy Lake Grove City Rd., Stoneboro, PA 16153; 724/376-8573  
[trunnelbrookfarm.com](http://trunnelbrookfarm.com)

## WALNUT HILL FARM

4965 Saranac Dr., Sharpsville, PA 16150; 724/866-3190  
[thewalnuhillfarm.com](http://thewalnuhillfarm.com)

## POTTER COUNTY

### GOD'S COUNTRY CREAMERY

439 Pushersiding Rd., Ulysses, PA 16948; 814/848-7262  
[godscountrycreamery.com](http://godscountrycreamery.com)

## PAUL FAMILY FARMS

Paul Hollow Rd., Galeton, PA 16922; 570/772-2420  
[paulfamilyfarms.com](http://paulfamilyfarms.com)

## SOMERSET COUNTY

### ABRAHAM S. KINSINGER

339 Saw Mill Rd., Meyersdale, PA 15552; 814/662-2397

### AIRESMAN ORCHARD'S

745 Edie Rd., Somerset, PA 15501; 814/445-5661  
[facebook.com/airesmansorchard](http://facebook.com/airesmansorchard)

### BAER BROS. MAPLE CAMP

234 Sugar Cake Rd., Somerset, PA 15501; 814/445-1930  
[baerbrosmaple.com](http://baerbrosmaple.com)

### BUMBLEBERRY FARMS LLC

124 Woodside Dr., Somerset, PA 15501; 814/279-8083  
[bumbleberryfarms.com](http://bumbleberryfarms.com)

### CASCIO'S FRUIT MARKET

242 West Main St., Somerset, PA 15501; 814/445-5590  
[casciosfruitmarket.com](http://casciosfruitmarket.com)

### EMERICK PURE MAPLE PRODUCTS

180 Ridge Rd., Hyndman, PA 15545; 814/324-4345  
[puremaplesyruponline.com](http://puremaplesyruponline.com)

### GLADES PIKE COUNTRY STORE

2706 Glades Pike, Somerset, PA 15501; 814/233-2740  
[gladespikecountrystore.com](http://gladespikecountrystore.com)

### GRANDMAS PRODUCE

30 Lucinda Ln., Windber, PA 15963; 814/467-4921  
[grandmasproduce.com](http://grandmasproduce.com)

### HESS FAMILY FARM MARKET

486 Valley Dr., Somerset, PA 15501; 814/445-4048

### HILLEGAS SUGAR CAMP LLC

538 Dividing Ridge Rd., Fairhope, PA 15538; 814/233-5843  
[hillegassugarcamp.com](http://hillegassugarcamp.com)

### HOSSELRODE MAPLE PRODUCTS

698 Kennells Mill Rd., Hyndman, PA 15545; 814/324-4428  
[facebook.com/hosselrodemapleproducts](http://facebook.com/hosselrodemapleproducts)

### JESSE R. YODER

252 Kerschensteiner Dr., Meyersdale, PA 15552; 814/634-0294

### LAUREL VISTA FARMS

1665 Coxes Creek Rd., Somerset, PA 15501; 814/443-2415  
[laurelvistafarm.com](http://laurelvistafarm.com)

### LIVENGOOD BROTHERS LLC

3064 Copper Kettle Hwy., Rockwood, PA 15557; 814/233-6971  
[lbmaple.com](http://lbmaple.com)

## LUCKY ACRES FARM

2010 Coxes Creek Rd., Somerset, PA 15501; 814/443-4463  
[somerseccountyfarmersmarket.com/lucky-acres-farm](http://somerseccountyfarmersmarket.com/lucky-acres-farm)

## MILROY FARMS

1724 River Rd., Salisbury, PA 15558; 814/662-4125  
[milroyfarms.com](http://milroyfarms.com)

## MOO ECHO DAIRY

3671 Glades Pike, Somerset, PA 15501; 814/445-6780  
[facebook.com/mooecho dairy](http://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 Reserviur Rd., Rockwood, PA 15557

## SECHLER SUGAR SHACK LLC

7758 Kingwood Rd., Confluence, PA 15424; 814/395-3200  
[sechlersugarshack.com](http://sechlersugarshack.com)

## SOMERSET COUNTY FARMERS' MARKET INC.

800 Georgian Place Dr., Somerset, PA 15501  
[somerseccountyfarmersmarket.com](http://somerseccountyfarmersmarket.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., Stoystown, PA 15905; 814/525-0306  
[summersmileshoneyfarm.com](http://summersmileshoneyfarm.com)

## THE PUTMAN PLACE

254 Blueberry Ln., Somerset, PA 15501; 814/443-4529  
[putmanplace.com](http://putmanplace.com)

## VAN GROUW FAMILY FARM

2010 Shanksville Rd., Berlin, PA 15530; 814/279-5765  
[ernajejan.com](http://ernajejan.com)

## WHISPERING PINES GREENHOUSE

152 Mostoller Rd., Friedens, PA 15541; 814/893-5941

## WHOLE SOME LIVING MARKETPLACE

107 Railroad St., Bedford, PA 15522; 814/623-8800

## WINDY HILLS FARM

1587 Pine Hill Rd., Garrett, PA 15542; 814/634-8303  
[windyhillfarms.us](http://windyhillfarms.us)

## VENANGO COUNTY

### BARBER'S ORCHARD

3394 State Rt. 417, Franklin, PA 16323; 814/676-6194  
[facebook.com/pg/barbers.orchard](http://facebook.com/pg/barbers.orchard)



# PRODUCERS + OUTLETS



## BAYTREE FARM

2265 Rockland Nickleville Rd., Emlenton, PA 16373;  
814/671-3922  
[baytreefarm.com](http://baytreefarm.com)

## FRANKLIN FARMERS MARKET

300 12th St., Franklin, PA 16323

## GRATEFUL LIFE FARM

152 Rockland Station Rd., Kennerdell, PA 16374;  
814/498-2127  
[gratefullifefarm.com](http://gratefullifefarm.com)

## MERCER ROAD FARM

1146 Mercer Rd., Franklin, PA 16323; 814/432-9422  
[merceroadfarm.com](http://merceroadfarm.com)

## OIL CITY FARMERS MARKET

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

## RIVER VIEW DAIRY

8587 Rt. 58, Emlenton, PA 16373; 814/229-0994  
[riverviewdairy.com](http://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](https://facebook.com/BigHornMeats)

### HAPPY DOG FARM

373 Townline Rd., Russell, PA 16345; 814/489-2030  
[happydogfarm.com](http://happydogfarm.com)

### LINDELL'S HATCH PATCH LLC

522 Hatch Run Rd, Warren, PA 16345; 814/757-8824  
[lindellhatchpatch.com](http://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;  
814/663-0921

### RIVERVIEW FARMS

47 Jefferson St., Tidioute, PA 16351; 814/484-7202  
[riverviewfarmspa.com](http://riverviewfarmspa.com)

### WARREN COUNTY FARMERS MARKET

Parking lot on 2nd Ave., Warren, PA 16365  
[facebook.com/WarrenPaFarmersMarket](https://facebook.com/WarrenPaFarmersMarket)

## WASHINGTON COUNTY

### BEDILLION HONEY FARM

1179 Burgettstown Rd., Hickory, PA 15340; 724/356-7713  
[bedillionhoneyfarm.com](http://bedillionhoneyfarm.com)

## BEDNERS FARM AND GREENHOUSE

315 Coleman Rd., McDonald, PA 15057; 724/926-2541  
[bednersgreenhouse.com](http://bednersgreenhouse.com)

## BROWN'S ORCHARD AND CIDER CO.

267 Southview Rd., McDonald, PA 15057; 724/356-7960  
[brownsonorchardandcider.com](http://brownsonorchardandcider.com)

## CHERRY VALLEY ORGANICS

518 Joffre-Cherry Valley Rd., Burgettstown, PA 15021;  
724/947-0170  
[cherryvalleyorganics.com](http://cherryvalleyorganics.com)

## CONOVER ORGANIC FARM

397 Lee Rd., Burgettstown, PA 15021; 724/947-2850  
[conoverfarm.com](http://conoverfarm.com)

## COVERED BRIDGE MEADOWS

26 Covered Bridge Rd., McDonald, PA 15057;  
724/951-4767  
[coveredbridgemedows.com](http://coveredbridgemedows.com)

## DESTINY HILL FARM

1069 South Main St., Washington, PA 15301; 724/222-3015  
[destinyhill.com](http://destinyhill.com)

## EMERALD VALLEY ARTISANS

166 Fava Farm Rd., Scenery Hill, PA 15360; 724/323-3324  
[emeraldvalleyartisans.com](http://emeraldvalleyartisans.com)

## FALLOWFIELD FARMS | PASTURE-RAISED PORK

289 Twin Bridges Rd., Charletoi, PA 15022; 412/296-1978  
[fallowfieldfarms.com](http://fallowfieldfarms.com)

## HALF CROWN HILL ORCHARD

600 North Branch Rd., McDonald, PA 15057;  
412/913-4981  
[hchorchard.com](http://hchorchard.com)

## HEAVEN SENT FARMS

243 Washington Pike, Avella, PA 15312; 724/470-3022  
[heavensentfarms.com](http://heavensentfarms.com)

## HERITAGE TRAIL

76 Heritage Trail, Prosperity, PA 15329; 724/222-5766  
[lindleybeef.org](http://lindleybeef.org)

## JERSEY SETTLEMENT FARM

2669 Pangburn Hollow Rd., Monongahela, PA 15063;  
412/728-2499  
[jerseysettlementfarm.com](http://jerseysettlementfarm.com)

## JOE'S FARM MARKET

3132 National Pike, Rte. 40, Richesville, 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  
[msfm.org](http://msfm.org)

## MCDONALD TRAIL STATION FARMERS MARKET

160 S. McDonald St., McDonald, PA 15057; 724/926-4617  
[mcdonaldtrailstation.com](http://mcdonaldtrailstation.com)

## MONONGAHELA FARMERS MARKET

Chess Park, Monongahela, PA 15063; 724/328-2834

## OAK HILL FARM

37 Old Trails Rd., Avella, PA 15312; 724/345-8379  
[oakhill4angus.com](http://oakhill4angus.com)

## PAULS ORCHARD

269 Keys Rd., Joffre, PA 15053

## PLEASANT VALLEY ORGANIC FARM

25 Pine Run Rd., Amity, PA 15311; 202/213-5237  
[pleasantvalleyorganicfarm.com](http://pleasantvalleyorganicfarm.com)

## PRIMROSE FARM

31 Meriage St., McDonald, PA 15057; 484/832-3605  
[primrosefarmpa.com](http://primrosefarmpa.com)

## ROSSELL'S MAPLE

727 South Ridge Rd., Coal Center, PA 15423;  
724/986-0631  
[rossellsmapple.com](http://rossellsmapple.com)

## SIMMONS FARM

170 Simmons Rd., McMurray, PA 15317; 724/941-1490  
[simmonsfarm.com](http://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](http://stonechurchacres.com)

## TAGGART'S ORCHARD

126 Wotring Rd., Washington, PA 15301; 724/345-3656  
[taggartsonorchard.com](http://taggartsonorchard.com)

## THE MARKETPLACE AT EMERALD VALLEY, LLC

Washington, PA; 724/323-3324

## THE ROSEFIELD

297 Rural Valley Rd., Claysville, PA 15323; 724/948-3715  
[therosefield.com](http://therosefield.com)

## THE ROSS FARM

102 Rt. 519, Eighty Four, PA 15330; 724/986-1925  
[therossfarm.com](http://therossfarm.com)

## THE SPRINGHOUSE MARKET

1531 Rt. 136, Washington, PA 15301; 724/228-3339  
[springhousemarket.com](http://springhousemarket.com)

## TRAX FARMS

528 Trax Rd., Finleyville, PA 15332; 412/835-3246  
[traxfarms.com](http://traxfarms.com)

## TRIPLE B FARMS

823 Berry Ln., Monongahela, PA 15063; 724/258-3557  
[triplebfarms.com](http://triplebfarms.com)

# PRODUCERS + OUTLETS

## WEATHERBURY FARM

1061 Sugar Run Rd., Avella, PA 15312; 724/587-3763  
[weatherburyfarm.com](http://weatherburyfarm.com)

## WEST HERITAGE FARM

611 Ten Mile Rd., Amity, PA 15311; 412/600-9585

## WHERRYS FARM

526 Spring Valley Rd., Scenery Hill, PA 15360;  
724/554-1443

## WESTMORELAND COUNTY

### AGOSTINONE MUSHROOM INC.

P.O. Box 335, Bradenville, PA 15620; 724/539-3855

### AMENITY FARM AND GREENHOUSE

2135 Mount Pleasant Rd., Greensburg, PA 15601;  
724/423-5530

### BLUE MARBLE FARM

2145 Dogtown Rd., Genesse, PA 16923; 814/320-1308  
[bluemarblefarm.weebly.com](http://bluemarblefarm.weebly.com)

### BRIDGE'S FARM AND GREENHOUSE

7108 Leechburg Rd., New Kensington, PA 15068;  
724/339-1709

### CHAGANRA FARM LLC

233 Roskovensky Rd., Latrobe, PA 15650; 412/861-3579,  
724/396-0617  
[chaganrafarm.com](http://chaganrafarm.com)

### DAUGHERTY'S ORCHARDS

5593 Saltsburg Rd., Murrysburg, PA 15668; 724/327-1603

### DERRY: KEYSTONE FARMERS MARKET

1150 Keystone Park Rd., Derry, PA 15627; 724/238-6702  
[facebook.com/keystonefarmersmarket](http://facebook.com/keystonefarmersmarket)

### FRIENDSHIP FARMS

147 Friendship Farm Rd., Latrobe, PA 15650;  
724/423-1545  
[friendshipfarms.com](http://friendshipfarms.com)

### FULL CIRCLE FARM

1323 Bethel Church Rd., Latrobe, PA 15650; 724/593-7041  
[fullcirclefarms.com](http://fullcirclefarms.com)

### GREENAWALT FARM

450 Morris Rd., West Newton, PA 15089; 724/872-8342  
[facebook.com/GreenawaltFarms](http://facebook.com/GreenawaltFarms)

### GREENSBURG COMMUNITY FARMERS MARKET

526 New Alexandria Rd., Greensburg, PA 15601;  
724/834-2334  
[facebook.com/GreensburgCommunityMarkets](http://facebook.com/GreensburgCommunityMarkets)

### GREENSBURG: FARMERS MARKET AT LYNCHFIELD

520 New Alexandria Rd., Greensburg, PA 15601;  
724/834-2334

### HILLSIDE ORCHARD

7217 PA 819, Mt. Pleasant, PA 15666; 724/689-3791  
[hillsideorchardsllc.com](http://hillsideorchardsllc.com)

## JAMBOREE FARM

270 Wilpen Rd., Ligonier, PA 15658; 724/995-8490  
[facebook.com/JamboreeFarm](http://facebook.com/JamboreeFarm)

## JAMISON FARM

171 Jamison Ln., Latrobe, PA 15650; 724/834-7424  
[jamisonfarm.com](http://jamisonfarm.com)

## JPS FARMERS MARKET

412 Brinker Rd., Hunker, PA 15639; 724/396-9220  
[facebook.com/jpsfarmersmarket](http://facebook.com/jpsfarmersmarket)

## KANANGA FARM

213 Peoples Rd., Ligonier PA 15658; 724/668-8600  
[kanangafarm.com](http://kanangafarm.com)

## LATROBE FARMERS MARKET

1658 Catherine St., Latrobe, PA 15650  
[facebook.com/LatrobeFarmersMarket](http://facebook.com/LatrobeFarmersMarket)

## LIGONIER COUNTRY MARKET

110 Andi Ln., Ligonier, PA 15658; 724/858-7894  
[ligoniercountrymarket.com](http://ligoniercountrymarket.com)

## LOGAN FAMILY FARMS

101 Eisaman Rd., Irwin, PA 15642; 724/875-1471  
[loganfamilyfarmsllc.com](http://loganfamilyfarmsllc.com)

## LOWER BURRELL FARMERS MARKET

2800 Bethel St., Lower Burrell, PA 15068; 724/339-1452

## LYNCHFIELD PARK FARMERS MARKET

Route 119 N, Greensburg, PA 15601; 724/834-2334

## MAPLE BOTTOM FARM

237 Catalina Farm Rd., Scottdale, PA 15683;  
724/331-4814  
[facebook.com/MapleBottomFarm](http://facebook.com/MapleBottomFarm)

## MARKET 1911

1254 Harvey Rd., Ligonier, PA 15658  
[facebook.com/Market1911](http://facebook.com/Market1911)

## MIZIKAR FARM

315 Heimann Rd., Latrobe, PA 15650; 724/331-5558

## MORRIS ORGANIC FARM

110 Slebodnik Rd., Irwin, PA 15332; 412/370-3206  
[morrisorganic.com](http://morrisorganic.com)

## MOUNTAIN PRODUCE FARM

242 Mountain View Rd., Champion, PA 15622; 724/593-6805

## NEW STANTON TURNPIKE PLAZA FARMERS MARKET

724 New Stanton Plaza Rd., Hunker, PA 15639

## PALMER FARMS

1366 Bailey Farm Rd., Greensburg, PA 15601;  
724/834-5287  
[palmerfarm.com](http://palmerfarm.com)

## PLEASANT LANE FARMS

239 Phillips Rd., Latrobe, PA 15650; 724/610-1552  
[pleasantlanefarms.com](http://pleasantlanefarms.com)

## REAGAN FARMS

584 Wesley Chapel Rd., Scottdale, PA 15638

## RED ARROW FARM

347 Austraw Rd., Ligonier, PA 15658; 724/537-3149  
[redarrowfarms.com](http://redarrowfarms.com)

## ROYAL MEADOWS FARM

726 Greenhills Rd., Irwin, PA 15642; 724/446-0371  
[etsy.com/shop/royalmeadowfarm](http://etsy.com/shop/royalmeadowfarm)

## RUSH AROUND FARM

120 Amherst Ln., Ligonier, PA 15658; 724/405-7233  
[onthepondfarm.blogspot.com](http://onthepondfarm.blogspot.com)

## SANAVIEW

280 Roaring Run Rd., Champion, PA 15622;  
724/417-6695

## SAND HILL BERRIES

304 Deer Field Rd., Mt. Pleasant, PA 15666; 724/547-4760  
[sandhillberries.com](http://sandhillberries.com)

## SARVER'S HILL FARM & CSA

438 Old State Rt. 66, Greensburg, PA 15601; 724/834-2334  
[sarverhillfarm.org](http://sarverhillfarm.org)

## SCHRAMM FARMS & ORCHARDS

1002 Blank Rd., Jeannette, PA 15644; 724/744-7320  
[schrammfarms.com](http://schrammfarms.com)

## SCOTSDALE FARMERS MARKET

1 Centennial Way, Scottdale, PA 15683

## STONE CHURCH BERRY FARM

297 Stone Church Rd., Hunker, PA 15639; 724/925-7765  
[facebook.com/StoneChurchBerryFarm](http://facebook.com/StoneChurchBerryFarm)

## THE BERRY PATCH

161 Blueberry Ln., New Florence, PA 15944; 724/238-4714

## TOWNS EDGE FARM

46 Springer Rd., Ligonier, PA 15658; 724/238-2637

## TWO ACRE ORGANICS

126 West Tacoma Avenue, Latrobe, PA 15650;  
724/689-4421  
[facebook.com/TwoAcreOrganicsFarm](http://facebook.com/TwoAcreOrganicsFarm)

## VANDERGRIFT FARMERS' MARKET

Columbia Ave. Parking Lot, Vandergrift, PA 15690;  
724/422-3883  
[vandergriffarmersmarket.weebly.com](http://vandergriffarmersmarket.weebly.com)

## WENDEL SPRINGS FARM

337 Wendel Rd. & P.O. Box 50, Herminie, PA 15637;  
724/863-0758





Eden Hall Campus, 6035 Ridge Road, Gibsonia, PA 15044



Get Help.  
Give Help.



Donate.  
Volunteer.  
Speak Out.



Neighbors  
Helping  
Neighbors.

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](http://pittsburghfoodbank.org).



# Fresh ACCESS

## FOOD BUCKS!

Spend \$5 in food stamps get an extra \$2 to spend on fruits & veggies.



USE YOUR FOOD STAMP (ACCESS), CREDIT OR DEBIT CARD TO ENJOY FRESH FARMERS MARKET PRODUCE AT **22** LOCATIONS!

YOU CAN USE YOUR **FOOD STAMPS** TO SHOP FOR **FARM-FRESH GOODS** AT AREA **FARMERS MARKETS!**



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](http://www.justharvest.org)

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





# COUNTY FAIRS

## **ARMSTRONG**

### **DAYTON FAIR**

*August 12-17*

## **BEAVER**

### **HOOKSTOWN FAIR - BEAVER COUNTY FAIR**

*August 20-24*

### **BIG KNOB GRANGE FAIR**

*August 25-31*

## **BEDFORD**

### **BEDFORD COUNTY FAIR**

*July 21-27*

## **BLAIR**

### **WILLIAMSBURG COMMUNITY FARM SHOW**

*August 18-24*

## **BUTLER**

### **BIG BUTLER FAIR**

*June 28 - July 6*

## **CAMBRIA**

### **AMERICAN LEGION COUNTY FAIR**

*September 1-7*

## **CAMERON**

### **CAMERON COUNTY FAIR**

*August 4-10*

## **CLARION**

### **CLARION COUNTY FAIR**

*July 21-27*

## **CLEARFIELD**

### **CLEARFIELD COUNTY FAIR**

*July 28 - August 3*

### **HARMONY GRANGE FAIR**

*September 17-21*

## **CRAWFORD**

### **COCHRANTON COMMUNITY FAIR**

*August 5-10*

### **CRAWFORD COUNTY FAIR**

*August 17-24*

### **SPARTANBURG COMMUNITY FAIR**

*September 3-8*

## **ELK**

### **ELK COUNTY FAIR**

*August 6-10*

## **ERIE**

### **ERIE COUNTY FAIR**

*August 7-18*

## **FAYETTE**

### **FAYETTE COUNTY FAIR**

*July 25 - August 3*

## **FOREST / CLARION**

### **WOLF'S CORNER FAIR**

*June 30 - July 6*

## **FRANKLIN**

### **FRANKLIN COUNTY FAIR**

*July 7-13*

## **GREENE**

### **JACKTOWN FAIR**

*July 16-20*

### **GREENE COUNTY FAIR**

*August 23 - September 1*

## **INDIANA**

### **INDIANA COUNTY FAIR**

*August 25-31*

### **COOKPORT FAIR**

*September 9-14*

## **JEFFERSON**

### **JEFFERSON COUNTY FAIR**

*July 14-20*

### **SYKESVILLE AGRICULTURAL AND YOUTH FAIR**

*August 4-10*

## **LAWRENCE**

### **LAWRENCE COUNTY FAIR**

*August 12-17*

## **MCKEAN**

### **MCKEAN COUNTY FAIR**

*August 12-17*

## **MERCER**

### **MERCER COUNTY GRANGE FAIR**

*July 7-13*

### **GREAT STONEBORO FAIR**

*August 28 - September 2*

## **SOMERSET**

### **SOMERSET COUNTY FAIR**

*August 17-24*

## **VENANGO**

### **VENANGO COUNTY FAIR**

*August 3-10*

## **WARREN**

### **WARREN COUNTY FAIR**

*August 6-10*

## **WASHINGTON**

### **WASHINGTON COUNTY FAIR**

*August 11-17*

## **WESTMORELAND**

### **WESTMORELAND FAIR**

*August 16-24*

### **DERRY TOWNSHIP AGRICULTURAL FAIR**

*July 14-20*





# 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

# SAVE THE DATE



# 06.10.19

PITTSBURGH  
MAGAZINE'S  
**BEST RESTAURANTS**  
2019

PRESENTED BY  
**UPMC HEALTH PLAN**



## 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](http://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](http://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!

|                   |  |
|-------------------|--|
| <b>ALLEGHENY</b>  | Goat Rodeo Farm & Dairy<br>Kings Pearl Cheese<br>Lamagna Cheese Company<br>Schneider's Dairy, Inc.<br>Turner Dairy Farms |
| <b>ARMSTRONG</b>  | Le-Ara Farm  |
| <b>BEAVER</b>     | Windy Ridge Dairy<br>Broadrun Farms<br>Brunton Dairy   |
| <b>BEDFORD</b>    | Curvin M & Wilma N<br>Hidden Hills Dairy   |
| <b>BLAIR</b>      | Friends Farm<br>Clover Creek Cheese Cellar<br>Ritchey's Dairy, Inc.<br>Clover Creek Cheese Cellar, LLC                   |
| <b>BUTLER</b>     | Kummer Farm<br>Marburger Farm Dairy  |
| <b>CAMBRIA</b>    | Vale Woods Farms<br>Galliker Dairy Company   |
| <b>CLEARFIELD</b> | Orner Farms, Inc.  |
| <b>CRAWFORD</b>   | Milky Way Farms<br>Mish-ro Holsteins And Jerseys   |
| <b>ERIE</b>       | Showman Farms  |
| <b>FAYETTE</b>    | Jackson Farms  |
| <b>JEFFERSON</b>  | Cherish Creamery   |
| <b>LAWRENCE</b>   | Pasture Maid Creamery  |
| <b>SOMERSET</b>   | Jesse R. Yoder<br>Moo Echo Dairy<br>Van Grouw Family Farm  |
| <b>VENANGO</b>    | River View Dairy   |
| <b>WASHINGTON</b> | The SpringHouse Market<br>SpringHouse<br>Emerald Valley Artisans   |

# Recipes



## CONOVER FARM

*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.*

### Dilly Beans

Fresh picked green beans

2 ¼ cup water

1 ⅛ 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!

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





# STELLO FOODS

## 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.



# EAST END FOOD CO-OP

*This recipe takes advantage of plentiful winter vegetables and is easy to prepare with minimal cleanup. Adapt the recipe to take advantage of whatever veggies you have on hand based on the season. This side dish serves 4-6.*



## Roasted Roots

- $\frac{3}{4}$  pound parsnips, bias cut
  - $\frac{3}{4}$  pound beets, bias cut
  - $\frac{3}{4}$  pound sweet potatoes, bias cut
  - $\frac{1}{4}$  bunch parsley, chopped
  - $\frac{1}{4}$  cup balsamic vinegar
  - $\frac{1}{4}$  cup tamari soy sauce
  - $\frac{1}{2}$  cup olive oil
- Preheat oven to 350°F.  
Cut all vegetables on a bias cut about 1  $\frac{1}{2}$  inches long / 1 inch wide /  $\frac{1}{3}$  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.

# WEATHERBURY FARM

## 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.

---

# FARM TO TABLE WESTERN PA

## Kale Chips

Olive oil    Wash kale and tear off leaves.  
Salt        Sprinkle with olive oil, salt and pepper.  
Pepper     Cook at 350° for 20 minutes.





# SANAVIEW FARM

*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.*



## Creamy Cauliflower Potato Soup

- 2 tablespoon of coconut oil
- 1 medium onion diced
- 2 cloves garlic minced
- 1 head of cauliflower cut into small pieces
- 1 medium red-skin potato chopped
- 2 stalks of celery chopped
- 1 bay leaf
- 6 cups of vegetable broth
- ½ teaspoon nutmeg
- Sea salt and pepper to taste
- Cayenne pepper to taste (optional)
- Finely chopped red pepper and parsley to garnish

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

# BLACKBERRY MEADOWS FARM

## Rose Montgomery's Ham Loaf

- 1 pound ham, ground
- 1 pound pork, ground (or 2 lbs of ham mix, you can get from Blackberry Meadows Farm)
- 2 eggs
- 1 ½ cups cracker crumbs
- 1 cup milk
- Salt and pepper

### Sauce

- 1 cup brown sugar
- ½ teaspoon dry mustard
- ¼ cup vinegar or pineapple juice

Mix all ingredients together and place in a pan. Bake at 350° for 1 hour. After ham loaf has baked for about 1/2 hour, pour sauce evenly over ham loaf. During the last ½ hour, periodically take ham loaf out of oven and bastes sauce from sides of loaf pan over top of ham loaf.

## Baked Breaded Pork Chops

- 2 tablespoons butter
- 1 cup cracker crumbs
- 3 tablespoons parmesan cheese
- ½ teaspoon salt
- ½ teaspoon oregano
- ¼ teaspoon pepper
- 1 egg, beaten
- 2 tablespoons milk
- 6 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° for 30 minutes. Turn carefully, bake 30 minutes longer.



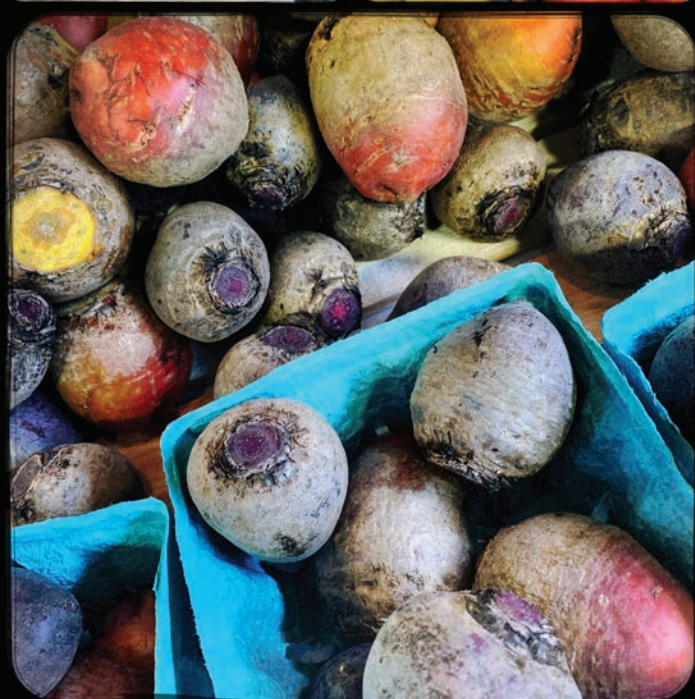
*Locally grown, community owned*

**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](http://www.eastendfood.coop) · 412-242-3598





# PENNSYLVANIA FARM SHOW 2019

PHOTOS BY CHUCK BEARD







**BUY LOCAL**  
Support Local Communities  
Create Jobs  
Strengthen Our Economy  
Preserve Farms for Future Generations

**PENNSYLVANIA FARM SHOW**  
First held in January 1912 the Farm Show took place each year at various Harrisburg locations until 1931 when it moved to the new Main Exhibition Building for the 1939 show. From modest beginnings the Farm Show ultimately grew into one of the world's largest indoor gatherings devoted to the celebration and promotion of agriculture.  
PENNSYLVANIA HISTORICAL AND HERITAGE COMMISSION

ENTRY TAG  
EXHIBITOR  
**First Place**  
PENNSYLVANIA STATE FARM SHOW

**First Place**  
PENNSYLVANIA STATE FARM SHOW

**FIRST PLACE**  
PENNSYLVANIA FARM SHOW  
Harrisburg, Pennsylvania

Rehabilitation  
Youth Programs  
Rescue  
Lessons To  
Inspire Change



# 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

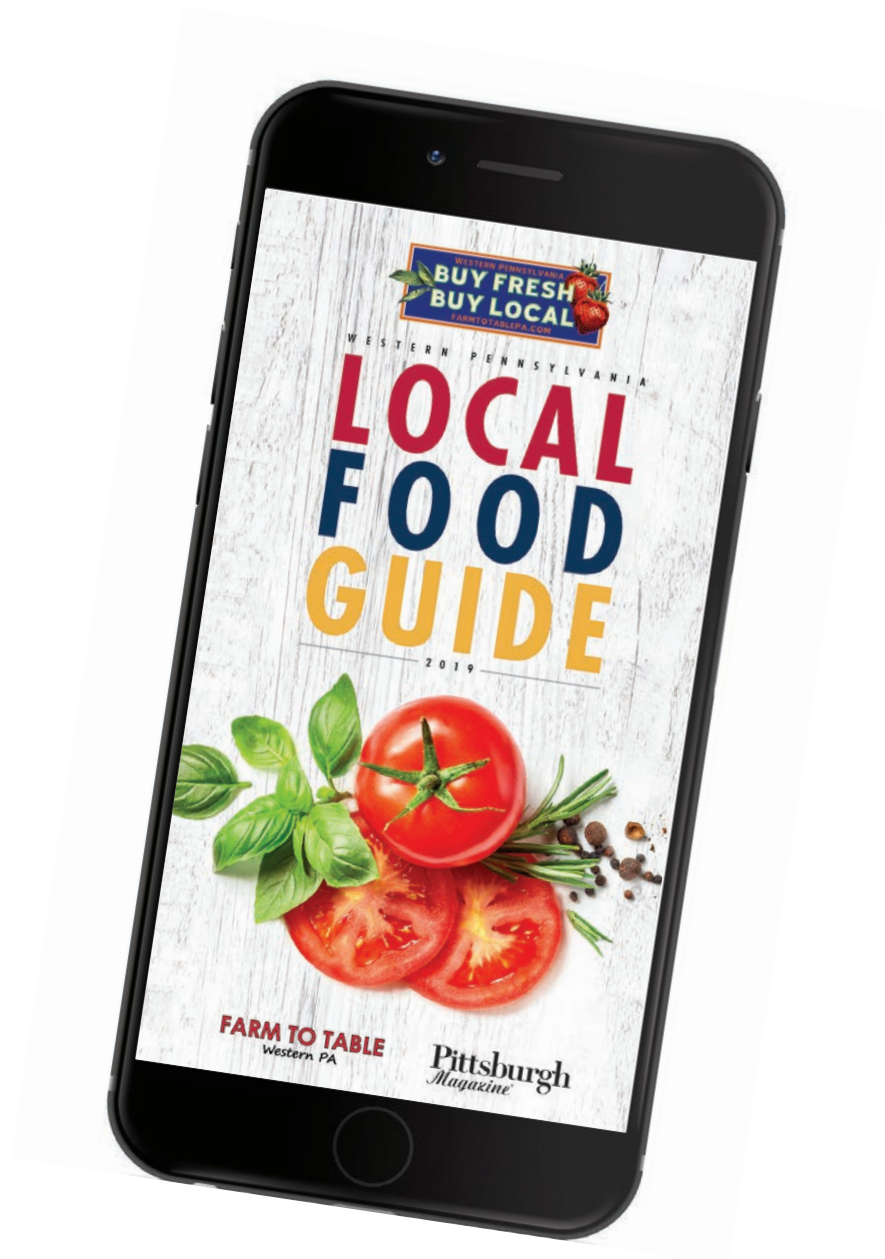
The 2019 Western PA Lamb Cook-off and Festival will be hosted by TABLE Magazine in Pittsburgh's historic Strip District this August. Attendees will taste their way from tent to tent, voting for the most sizzling local lamb offering sponsored by **Pure Bred Lamb** and crowning a lamb cook-off winning 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.



Green  
Mountain  
Energy®

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!**





# SEASONAL CALENDAR



## 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.



|                  | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Apples           |     |     |     |     |     |     |     |     |     |     |     |     |
| Asparagus        |     |     |     |     |     |     |     |     |     |     |     |     |
| Beans (Lima)     |     |     |     |     |     |     |     |     |     |     |     |     |
| Beans (Snap)     |     |     |     |     |     |     |     |     |     |     |     |     |
| Beets            |     |     |     |     |     |     |     |     |     |     |     |     |
| Blackberries     |     |     |     |     |     |     |     |     |     |     |     |     |
| Blueberries      |     |     |     |     |     |     |     |     |     |     |     |     |
| Broccoli         |     |     |     |     |     |     |     |     |     |     |     |     |
| Cabbage          |     |     |     |     |     |     |     |     |     |     |     |     |
| Cantaloupe       |     |     |     |     |     |     |     |     |     |     |     |     |
| Carrots          |     |     |     |     |     |     |     |     |     |     |     |     |
| Cauliflower      |     |     |     |     |     |     |     |     |     |     |     |     |
| Celery           |     |     |     |     |     |     |     |     |     |     |     |     |
| Cherries (Tart)  |     |     |     |     |     |     |     |     |     |     |     |     |
| Cherries (Sweet) |     |     |     |     |     |     |     |     |     |     |     |     |
| Cucumbers        |     |     |     |     |     |     |     |     |     |     |     |     |
| Corn (Sweet)     |     |     |     |     |     |     |     |     |     |     |     |     |
| Eggplant         |     |     |     |     |     |     |     |     |     |     |     |     |
| Grapes           |     |     |     |     |     |     |     |     |     |     |     |     |
| Lettuce          |     |     |     |     |     |     |     |     |     |     |     |     |
| Mushrooms        |     |     |     |     |     |     |     |     |     |     |     |     |
| Nectarines       |     |     |     |     |     |     |     |     |     |     |     |     |
| Onions           |     |     |     |     |     |     |     |     |     |     |     |     |
| Peaches          |     |     |     |     |     |     |     |     |     |     |     |     |
| Pears            |     |     |     |     |     |     |     |     |     |     |     |     |
| Peas             |     |     |     |     |     |     |     |     |     |     |     |     |
| Peppers          |     |     |     |     |     |     |     |     |     |     |     |     |
| Plums            |     |     |     |     |     |     |     |     |     |     |     |     |
| Potatoes         |     |     |     |     |     |     |     |     |     |     |     |     |
| Pumpkins         |     |     |     |     |     |     |     |     |     |     |     |     |
| Radishes         |     |     |     |     |     |     |     |     |     |     |     |     |
| Raspberries      |     |     |     |     |     |     |     |     |     |     |     |     |
| Spinach          |     |     |     |     |     |     |     |     |     |     |     |     |
| Squash (Summer)  |     |     |     |     |     |     |     |     |     |     |     |     |
| Squash (Winter)  |     |     |     |     |     |     |     |     |     |     |     |     |
| Strawberries     |     |     |     |     |     |     |     |     |     |     |     |     |
| Sweet Potatoes   |     |     |     |     |     |     |     |     |     |     |     |     |
| Tomatoes         |     |     |     |     |     |     |     |     |     |     |     |     |
| Turnips          |     |     |     |     |     |     |     |     |     |     |     |     |
| Watermelon       |     |     |     |     |     |     |     |     |     |     |     |     |