

2013-2014

SHENANDOAH VALLEY

**BUY FRESH  
BUY LOCAL®**

WWW.BUYLOCALSHENVALLEY.ORG • 540.432.6029

## MT. CRAWFORD CREAMERY OPENS ITS DOORS

With all of the places to find local food in the Shenandoah Valley - farmers markets, grocers, restaurants- enjoying the best fruits and vegetables the Shenandoah Valley has to offer has never been easier. Finding local milk on your grocery store shelves, however, was quite a challenge...until now. Mt. Crawford Creamery in Rockingham County has opened its doors.



Mt. Crawford Creamery is located off Route 11, near i-81's exit 240.

There are two other creameries in Virginia producing local, pasteurized milk, but Mt. Crawford Creamery is the first in the entire state that houses every part of milk production right on the farm, so customers can know exactly where their milk comes from.

The creamery is owned and operated by brothers Frank and Kenny Will and their families. After managing their dairy farm for decades, changes in the dairy industry over the last decade prompted dairy farmers Frank and Kenny Will to consider marketing their dairy differently--right to the consumer. After several years of research, study, and hard work, they are now open for business. Customers can also rest assured knowing that their milk was produced by farmers dedicated to protecting the Valley's threatened streams and rivers-- the Will family's conservation efforts have received accolades from the Chesapeake Bay Foundation.

Mt. Crawford Creamery offers whole, 2%, skim and chocolate milk, fresh butter and cream of the highest quality at their new storefront and at many local retailers. Check [www.mtcrawfordcreamery.com](http://www.mtcrawfordcreamery.com) to learn more about this exciting new addition to the Valley and to find a retailer near you.

**VIRGINIA'S FIRST ON-FARM MILK PROCESSING FACILITY  
OPENS IN ROCKINGHAM COUNTY**

## TABLE OF CONTENTS

Community Spotlight	1
Farmers Markets	3
Restaurants & Caterers	4-5
Farm to School	6
Grocers & Retailers	7-8
Meats, Poultry & Fish	9-12
Conserving Farmland	10
Farm Stands & Orchards	12-15
CSAs	14
Produce	15-16
Produce Auction	16
Vineyards	17
Milk & Dairy	17
Honey & Syrup	17
Herbs	18
Specialty Products	18
Other	18-19
U-pick	19
Our Sponsors	20

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Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.



ABOUT THE SHENANDOAH VALLEY BUY FRESH BUY LOCAL GUIDE  
YOUR GUIDE TO THE LOCAL FOODS AND FARMS OF THE SHENANDOAH VALLEY



CV-33

The SHENANDOAH VALLEY BUY FRESH BUY LOCAL GUIDE is a collaborative initiative of Virginia Cooperative Extension, community partners, and the Food Routes Network.

BUY FRESH BUY LOCAL opens new markets for family farmers by educating consumers about the benefits of eating locally, as well as supporting other Farm to School initiatives throughout the Shenandoah Valley. The chapter works to find new markets for local producers through a variety of market channels, including farmers markets, CSAs, restaurants, retail, and institutions.

This is the 7th edition of the guide. The purpose of the guide is to strengthen the links between producers and consumers that keep family farms viable in the Shenandoah Valley.

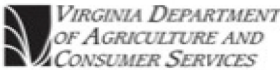
The developers of this guide do not have the capacity to independently verify all of the information presented here. Contributors to the guide are responsible for its content.



VIRGINIA FARM TO SCHOOL PRODUCT AVAILABILITY CALENDAR	www.virginiagrown.com											
	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE	JULY
BEETS												
BROCCOLI												
CABBAGE												
CARROTS												
CAULIFLOWER												
CORN												
CUCUMBERS												
GREEN BEANS												
GREENS/SPINACH												
FRESH HERBS												
ONIONS												
PEAS												
PEPPERS												
POTATOES, WHITE												
POTATOES, SWEET												
PUMPKINS												
SQUASH, YELLOW												
SQUASH, ACORN												
SQUASH, BUTTERNUT												
SWISS CHARD												
TOMATOES												
TURNIPS												
HYDROPONICS												
CUCUMBERS												
LETTUCE/GREENS												
TOMATOES												
FRUITS												
APPLES												
ASIAN PEARS												
BLACKBERRIES												
BLUEBERRIES												
CANTALOUPES												

VIRGINIA FARM TO SCHOOL PRODUCT AVAILABILITY CALENDAR	www.virginiagrown.com											
	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE	JULY
GRAPES												
RASPBERRIES												
PEACHES												
PEARS												
STRAWBERRIES												
WATERMELONS												
AVAILABLE ALL YEAR												
BEEF												
CHEESE												
CHICKEN												
EGGS												
HONEY												
ICE CREAM												
LAMB												
MILK												
MUSHROOMS												
PEANUTS												
PORK/HAM												
SEAFOOD												
TURKEY												
YOGURT												

This chart shows approximate harvest periods. Harvests may vary by region and weather conditions.



FARM TO SCHOOL PROGRAM  
102 Governor Street, Richmond, Virginia 23219  
Leanne DuBois  
leanne.dubois@vdacs.virginia.gov, 804.225.3663, Fax: 804.371.7786  
www.VirginiaGrown.com



FARMERS MARKETS  
OF THE  
SHENANDOAH VALLEY



**1 - Freight Station Farmers Market**  
May - December: Tuesdays, Fridays, & Saturdays, 8am-1pm;  
January-April: Tuesdays & Saturdays, 10am-2pm  
315 W. Boscawen St., Winchester  
Farmers411few@aol.com

**2 - Clarke County Farmers Market**  
May 14 - October 29: Saturdays, 8am - 12pm  
Municipal Town Parking Lot on S. Church St., Berryville  
www.clarkecountymarket.com  
We are proud to be able to offer locally grown products to consumers, including fresh fruits and vegetables, plenty of meats: pork, chicken, lamb, and beef; eggs, nursery stock, baked goods, fresh salsa, and BBQ cooked on site. Enjoy breakfast, live music, and more. The Clarke County Farmers' Market: It's more than a market - it's a weekly event!

**3 - Friday Farmers Market at Cristina's Cafe**  
May 21 - October 1: Fridays, 6pm-8pm  
219 W. King St., Strasburg  
www.ccafe.com/(540) 465-2311

**4 - Downtown Front Royal Farmers Market**  
Saturdays, 8am-1pm  
On the Village Commons - East Main & Chester St. (Gazebo Area)  
www.frontroyalfarmersmarket.com/(540) 631-0099

**5 - Woodstock Farmers Market**  
April 1-October: Saturdays, 8am-1pm  
1175 S. Hisey Avenue, Woodstock (At Fort Valley Nursery)  
(540) 459-4917

**6 - Bryce Resort Farmers Market**  
Memorial Day-Labor Day: Wednesdays, 9am-1pm  
Bryce Resort Parking Lot, Bryce

**7 - Luray/Page Farmers Market**  
Saturdays, 9am-1pm  
Corner of Mechanic St., Luray (on Luray Hawksbill Greenway)

**8 - Broadway Farmers Market**  
Late May-Mid October: Saturdays, 8am-12pm  
109 N. Main St. in Broadway

**9 - Harrisonburg Farmers Market**  
April-Thanksgiving: Tuesdays & Saturdays, 7am-1pm;  
December-March: Saturdays, 9am-2pm  
(excluding Christmas & New Years)  
228 S. Liberty St. (Turner Pavilion), Harrisonburg  
www.harrisonburgfarmersmarket.com/(540) 476-3377

**10 - Highland Farmers Market**  
June-September: Fridays, 3:30pm-6pm  
61 Highland Center Dr. (Highland Center Pavillion), Monterey  
www.thehighlandcenter.org/(540) 476-3377

**11 - North Augusta Farmers Market**  
April-October: Wednesdays, 12-5pm  
2282 Lee Hwy (Augusta County Govt Center), Verona  
(540) 255-5006

**12 - Staunton/Augusta Farmers Market**  
April-November: Wednesdays, 8am-12pm,  
Saturdays, 7am-12pm  
24 W. Johnson St. (Wharf Parking Lot), Staunton - www.safarmersmarket.com  
(540) 448-1937

**13 - Waynesboro Farmers Market**  
April-October: Wednesdays, 2:30 - 6:30pm, Saturdays, 8am-12pm  
215 W. Main St. (Constitution Park Pavilion), Waynesboro /  
www.waynesborofarmersmarket.org/(540) 466-4679

**14 - Covington Farmers Market**  
Wednesdays, 2pm-6pm, Saturdays, 8am-1pm  
134 W. Main St., Covington  
www.covingtonfarmersmarket.com/(540) 691-4769

**15 - Bath County Farmers Market**  
June-September, Saturdays 9am-1pm  
Downtown Parking Lot, Hot Springs, Virginia  
www.bacofarmmkt.com/ (540) 839-5846

**16 - Rockbridge Farmers Market**  
Late May-Mid Oct: Saturdays, 8am-12pm  
487 Maury River Rd, Lexington (VA Horse Center Parking Lot)  
(540) 463-6841

**17 - Lexington Farmers Market**  
April 21-November 24: Wednesdays 8am-1pm  
McCrumb's Parking Lot off Jefferson St., Lexington  
(540)463-9234

**18 - Botetourt Farmers Market**  
Saturdays 8am-1pm  
90 Town Center St., Daleville, VA 24083  
(540) 529-7324

ACCEPTS SNAP/ EBT CARDS

ACCEPTS SENIOR CARDS

Infographic by Katelyn Bredeman.



## RESTAURANTS & CATERERS

### AUGUSTA / STAUNTON

#### Newtown Baking

960 West Beverly Street in Staunton  
540-885-3799

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

Open Tues. - Fri. 7:30 a.m. - 5:00 p.m., Sat. 8:00 a.m. - 2:00 p.m.

Offering a wide selection of hearth-baked, artisan breads, european style breads and cookies.

#### Zynodoa Restaurant

115 East Beverley Street in Staunton  
540-885-7775

[www.zynodoa.com](http://www.zynodoa.com)  
[info@zynodoa.com](mailto:info@zynodoa.com)

Open Wed. - Sat. 5:00 p.m. - 11:30 p.m., Sun. 12:00 p.m. - 8:00 p.m.

Contemporary restaurant and lounge in historic downtown Staunton. chef James harris carefully creates layers of flavor with a couthern sensibility and international influence.

### CLARKE

#### Locke Store

2049 Millwood Road in Millwood  
540-636-3848

[www.lockestore.com](http://www.lockestore.com)  
[lockestore@lockestore.com](mailto:lockestore@lockestore.com)

Open Tues. - Fri. 9:00 a.m. - 6:00 p.m., Sat. & Sun. 9:00 a.m.: 5:00 p.m.

Full service coffee bar, deli, take-out, fresh fish & seafood, local seasonal produce & meats, baked goods, wines & beer, local arts and more.

### FREDERICK

#### Panache Catering Co.

152 Lusitano Lane in Middletown  
Michelle Miller 540-869-2090

[www.panachecatering.com](http://www.panachecatering.com)  
[staff@panachecatering.com](mailto:staff@panachecatering.com)

Utilizing a variety of local food, including edible flowers and herbs. We support nearby local farmers, including Richard's Fruit Market, Spring wood Farm, Skyview Acres, etc.

### PAGE

#### Artisans Grill

2 East Main Street in Luray  
540-743-7030

[www.artisansgrill.com](http://www.artisansgrill.com)  
[info@artisansgrill.com](mailto:info@artisansgrill.com)

Open Mon., Wed., Thurs., Sun. 11:00 a.m. - 9:00 p.m., Fri. - Sat. 11:00 a.m. - 10:00 p.m., Closed Tues.

Serving lunch and dinner in a historic landmark building at the heart of downtown Luray.

#### Circa

401 West Main Street in Luray  
540-743-5105

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

Local ingredients and seasonal produce are blended into delicious creations complimented by our freshly baked breads, delightful desserts, and impressive wine selection.

#### Main Street Bakery & Catering

127 East Main Street in Luray  
Charles T. (Chuck) Arnaud

540-743-6909

[www.mainstreetbakery-catering.com](http://www.mainstreetbakery-catering.com)  
[mainstreetbakery@hotmail.com](mailto:mainstreetbakery@hotmail.com)

Open Tues. - Fri. 8:00 a.m. - 5:00 p.m., Sat. 8:00 a.m. - 3:00 p.m.

Featuring local food in fresh breads, cakes, pies, cookies, pastries, daily lunch specials and catering. .

#### The Speakeasy at the Mimslyn Inn

401 West Main Street in Luray  
540-743-5105

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

Open Mon. - Thurs. 3:00 p.m. - 10:00 p.m., Fri. - Sat. 3:00 p.m. - 12:00 p.m., Sun. 2:00 p.m. - 10:00 p.m.

### ROCKBRIDGE / LEXINGTON

#### Bistro on Main

8 North Main Street in Lexington  
540-464-4888

[www.bistro-lexington.com](http://www.bistro-lexington.com)

Open Tues. - Sat. Lunch: 11:30 a.m. - 2:30 p.m.; Dinner: 5:00 p.m. - 9:00 p.m.; Sunday Brunch: 11:00 a.m. - 2:00 p.m.; Extended Lounge Hours until 10:00 p.m. Tues. - Thurs.; Until 11:00 p.m. Fri. & Sat.

#### Full Circle Catering

20 Swink Lane in Lexington  
Jenny Elmes 540-463-1634

[www.fullcirclecatering.com](http://www.fullcirclecatering.com)  
[jenny@fullcirclecatering.com](mailto:jenny@fullcirclecatering.com)

Providing a menu of fresh innovatively prepared, homemade food to Rockbridge County and surrounding areas. Offering fine food for all folks leaving as little footprint as possible. A certified Virginia Green restaurant.



#### Mountain Mama Catering

451 Lime Kiln Road in Lexington  
Mirabai McLeod 540-463-1760

[www.mountainmamacatering.com](http://www.mountainmamacatering.com)  
[info@mountainmamacatering.com](mailto:info@mountainmamacatering.com)

We conform our hours of business to reflect the needs of the community.

Catering for all, including vegetarians, vegans, and the gluten intolerant.

#### Pure Eats

107 North Main Street in Lexington  
540-462-6000

[www.pure-eats.com](http://www.pure-eats.com)  
[info@pure-eats.com](mailto:info@pure-eats.com)

Open Tues. - Thurs. 11:30 a.m. - 1:30 p.m., 5:30 p.m. - 8:00 p.m.; Fri. 8:00 a.m. - 1:30 p.m., 5:30 p.m. - 9:00 p.m.; Sat. 8:00 a.m. - 9:00 p.m.; Sun. 10:00 a.m. - 8:00 p.m.

Fresh doughnuts (Wed. through Sun.), locally roasted coffee, Buffalo Creek burgers, fries, deep-fried potato salad, , and Homestead Creamery milkshakes.

#### The Red Hen

11 East Washington Street in Lexington  
540.464.4401

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

Open Tues. - Sat. 5:00 p.m. - 9:30 p.m.

Inspired Shenandoah Cuisine

#### Southern Inn Restaurant & Catering

37 South Main Street in Lexington  
George Huger 540-463-3612

[www.southerninn.com](http://www.southerninn.com)  
[info@southerninn.com](mailto:info@southerninn.com)

Open daily Mon. - Fri. 10:00 a.m. - 10 p.m.; Sat. 10:00 a.m. - 10:00 p.m., Sun. 10:00 a.m. - 9:00 p.m.; Serving Brunch on Sat. & Sun.!

Contemporary regional cuisine featuring local produce, eggs, fresh seafood, and our own in-house bakery.

### ROCKINGHAM / HARRISONBURG

#### A Bowl of Good

[www.abowlofgood.com](http://www.abowlofgood.com)  
[abowlofgood@gmail.com](mailto:abowlofgood@gmail.com)

Katrina Didot, Owner

Two Locations:

831 Mt. Clinton Pike in Harrisonburg  
540-437-9020

Open Mon. - Fri. 8:00 a.m. - 8:30 p.m., Sat. 9:00 a.m. - 3:00 p.m.; Closed Sun.

1041 Port Republic Road in Harrisonburg  
540-433-1862

Open Mon. - Thurs. 7:00 a.m. - 8:00 p.m., Fri. - Sat. 7:00 a.m. - 9:00 p.m., Closed Sun.

Our mission is a community-minded business that brings a healthy, hearty, convenient & internationally influenced eating experience to an increasingly busy population. We place a priority on using local, fresh and all-natural ingredients.

#### Joshua Wilton House Inn & Restaurant

412 South Main Street in Harrisonburg

[www.joshuawilton.com](http://www.joshuawilton.com)  
[info@joshuawilton.com](mailto:info@joshuawilton.com)

Fine dining, utilizing a variety of local food.

#### Little Grill Collective

621 North Main Street in Harrisonburg  
540-434-3594

[www.littlegrillcollective.com](http://www.littlegrillcollective.com)  
[littlegrillcollective@yahoo.com](mailto:littlegrillcollective@yahoo.com)

Open Tues. - Fri., 7:00 a.m. - 9:00 p.m., Sat. 7:00 a.m. - 3:00 p.m., Sun. brunch 9:00 a.m. - 2:00 p.m.

Menu includes vegetarian and vegan meals, as well as ethnically inspired foods, regularly features food produced on local farms.

#### Local Chop & Grill House

56 West Gay Street in Harrisonburg  
Jeff Hill 540-801-0505

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

Open Tues. - Sat. 4:00 p.m. - 12:00 p.m.

We serve local cheeses, produce, meats, honey, eggs.

#### Thomas House Restaurant

222 Main Street in Dayton  
540-879-2181

Open 6:00 a.m. - 8:00 p.m.; Closed Sun.

Country food prepared fresh daily in downtown Dayton. Where home cooked food is always the priority and where you feel so at home you almost forget that you don't have to do the dishes here!

### SHENANDOAH

#### Cristina's Cafe

219 West King Street in Strasburg  
540-465-2311

[www.cristinascafe.net](http://www.cristinascafe.net)  
[ccafe@shentel.net](mailto:ccafe@shentel.net)

Come visit us any day except TUESDAY.

Also known as the "goddess cafe," we are the ladies that bring you the best coffee in the valley, local food, music and fun! Featuring seasonal specials, farm fresh eggs, homemade desserts, panini sandwiches & infamous soup.

#### Shaffer's Catering Service

913 South Main Street in Woodstock  
Jill Spackman 540-459-3744

[www.shafferscatering.com](http://www.shafferscatering.com)  
[shaffbbq@shentel.net](mailto:shaffbbq@shentel.net)

Open Mon. - Sat. 7:00 a.m. - 6:00 p.m.

Local wines, jams, jellies, juices, and Rt. 11 chips available in our deli. Local produce, herbs, and meats available in Restaurants & Caterers menus.

### WAYNESBORO

#### Stone Soup Books & Cafe

908 West Main Street in Waynesboro  
540-943-0084

[www.stonesoupbooks.net](http://www.stonesoupbooks.net)  
[info@stonesoupbooks.net](mailto:info@stonesoupbooks.net)

Open Mon. - Sat. 10:00 a.m. - 6:00 p.m.

Bookstore and cafe with gardens & patio seating. Located in an 115-year old farmhouse at the foot of the Blue Ridge Mountains.

### WINCHESTER

#### One Block West

25 South Indian Alley in Winchester  
Chef Ed Matthews

540-662-1455

[www.oneblockwest.com](http://www.oneblockwest.com)  
[info@oneblockwest.com](mailto:info@oneblockwest.com)  
[reservations@oneblockwest.com](http://reservations@oneblockwest.com)

Open Tues - Sat. 11:00 a.m. - 2:00 p.m. and 5:00 p.m. - 9:00 p.m.

One Block West is a fine dining restaurant in Winchester, Virginia. The restaurant's menu changes daily and showcases the bounty of the beautiful Shenandoah Valley of Virginia.

#### The Butcher Station

3107 Valley Avenue in Winchester  
540-662-2433

[www.thebutcherstation.com](http://www.thebutcherstation.com)  
[jimmy@thebutcherstation.com](mailto:jimmy@thebutcherstation.com)

Open Mon. - Sat. 9:00 a.m. - 7:00 p.m., Closed Sun. May - October: Open Sat. 8:00 a.m. - 12:00 p.m., Mon. - Sat. 9:00 a.m. - 7:00 p.m., Closed Sun.

Featuring local meats and poultry. Offering breakfast and lunch, as well as full-service custom catering.

#### Violino Ristorante Italiano

181 North Loudoun Street in Winchester  
Marcella & Raffaella Stocco

540-667-8006

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

Violino is committed to serving guests authentic Northern Italian Cuisine using fresh, local ingredients.

### GROCERS & RETAILERS

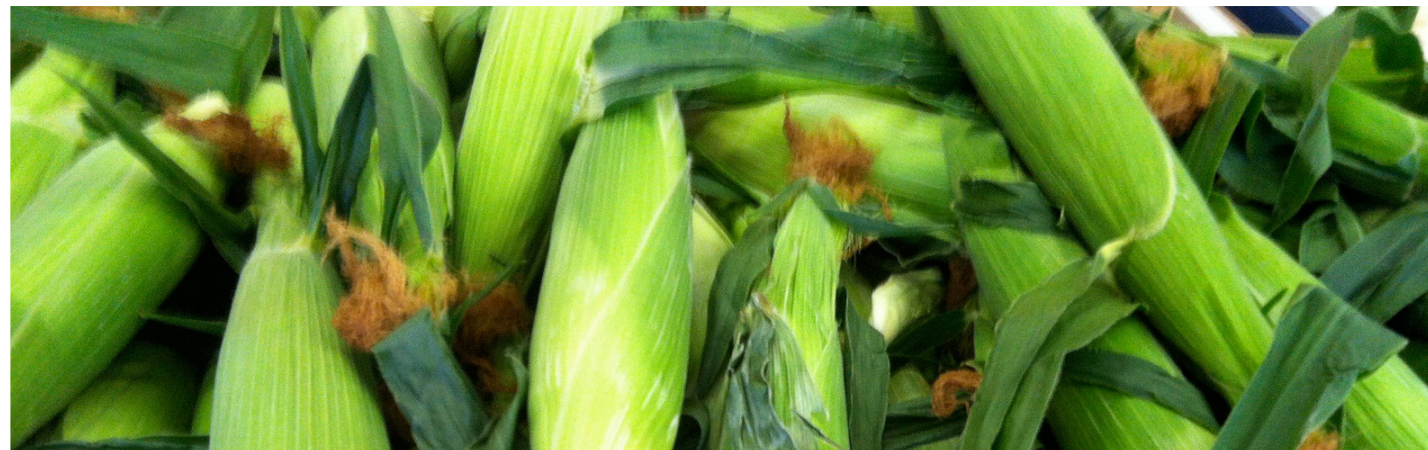
### AUGUSTA / STAUNTON

#### Cranberry's Grocery & Eatery

7 South New Street in Staunton  
540-885-4755

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

Open Sun., Mon. & Tues: 7:30 a.m.





# HIGHLIGHTING FARM TO SCHOOL SUCCESSES IN THE VALLEY

## PAGE COUNTY PUBLIC SCHOOLS

Page County Public Schools have quickly become regional leaders among the many schools in the Shenandoah Valley working to connect students to food that is nutritious, fresh, and local. Diane Dovel, Director of Food Services at Page County Public Schools (PCPS), and her team are working in collaboration with community stakeholders to develop a farm to school program that is good for students, good for farmers, and good for Page County.

When it comes to sourcing local product, developing menus, and tackling logistical challenges, Dovel reaches out to Page County Grown. Page County Grown is a diverse group of producers, retailers, restaurateurs, chamber representatives, and others in Page County that has been working together for a few years



Page County Grown organizes a host of local food and farm events in August as part of "Page County Grown Month," including farm tours and a farm-to-Table Dinner. The group is hosting a "Bike-to-Farm" event in October.

to build links between local farmers and consumers in Page. "It's cool we are giving kids food on their plates that came directly from their county," says David Sours, a farmer with Page County Grown. Successful farm to schools programs require a lot of perseverance and dedication. There are many people in the community who believe in the farm to school program at PCPS and work hard to make it happen, says Sours.

What drove Dovel to reach out to her friendly neighborhood farmer? One reason was because she recognized the potential impact PCPS' buying decisions can have on Page County's economy. According to the National Farm to School Network, each dollar spent on local foods in schools generates one to three dollars of economic activity. By purchasing food from local farmers, the farm to school program in Page County has already generated at least \$37,760 worth of economic activity in just its first two years.

In the Page County Public School system, where 55.85% of students are eligible to receive free or reduced-price meals, Dovel's decision to incorporate locally grown food into students' meals addresses another crucial need for the community: making sure each child in Page County has access to nutritious food.



A student at Page County Public school enjoying a school lunch prepared with food grown in Page County.

Data from the USDA's Economic Research Service (ERS) reveals that farm to school programs increase students' consumption of fruits and vegetables.

As Page County Public Schools' farm to school program develops and more people become aware of the benefits a program like this can have, more and more parents are voicing their support. "We're pleased with the school embracing the program - we hope it continues and grows," says Jim and Sandy Schaber, whose children attend PCPS.

The farm to school program at Page County Public Schools is a "win-win-win" for Page County's students, farmers and economy. Find resources and tips for developing the farm to school program at your school by visiting [www.buylocalshenvalley.org](http://www.buylocalshenvalley.org).

Karen Kappert contributed to this story.

- 5:30 p.m.; Wed., Thurs., Fri., & Sat.: 7:30 a.m. - 7:30 p.m.

Winter hours: Open daily, 7:30 a.m. - 5:30 p.m.)

Staunton's beloved natural foods cafe & market is a must-see stop for locals and visitors alike. Breakfast is served all day and you know it's Cranberry's when you can dive into a delicious European-style espresso drink, a made-from-scratch smoothie, a freshly-made juice bar special, or one of our many wraps, sandwiches, soups, salads & quiches. Our offerings are homemade and we love our local suppliers & farmers. Plus, we're a grocery and natural-remedies apothecary, too!

### George Bowers Grocery

614 West Beverley Street in Staunton  
540-480-0226

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

Open Tues. - Sat. 12:00 p.m. - 10:00 p.m., Closed Sun. & Mon.

Featuring an assortment of local and specialty food, craft beer & live music.

### Heartland Harvest Farm

85 Curry Road in Mt. Solon  
540-885-7172

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

Self-service on-farm store open Mon. - Sat. 7:00 a.m. - 8:00 p.m., Closed Sun. (Also sells at Staunton & Harrisonburg Farmers Markets)

Beef, lamb, pork, locally grown & milled flour.

### Virginia Made Shop

54 Rowe Road (Exit 222 from I-81) in Staunton  
540-886-7180

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

Open Mon. - Sat.: 9:00 a.m. - 7:00 p.m., Sun.: 12:00 p.m. - 5:00 p.m.

Featuring products from the Shenandoah Valley and Virginia.

### HIGHLAND

**Ginseng Mountain Farm & Store**  
445 Ginseng Mountain Lane in Blue Grass

540-474-3663

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

Farm store open Thurs. - Sat. 12:00 p.m. - 5:00 p.m., Sun. 12:30 - 5:00 p.m. Call for winter hours.

Grass-fed & finished Angus beef, lamb, and Jerry's Grilling Marinade.

### ROCKBRIDGE / LEXINGTON



Liberty Hill Farm in Berryville offers pasture-raised poultry, herd shares, and free-range eggs.

### Cool Spring Organics Market & Café

800 South Main Street in Lexington  
540-463-6506

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

Open Mon. - Sat. 8:00 a.m. - 7:00 p.m., Sun. 9:00 a.m. - 5:00 p.m.

### Healthy Foods Co-op

110 W. Washington Street in Lexington  
540-463-6954

[www.healthyfoodscoop.org](http://www.healthyfoodscoop.org)

Open Mon. - Fri. 9:00 a.m. - 6:00 p.m., Sat. 9:00 a.m. - 5:00 p.m., Closed Sun.

Natural, organic & gourmet products.

### Farm To You

637C Waddell Street in Lexington  
540-460-2990

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

Open Tues. - Fri.: 12:00 p.m. - 6:00 p.m.

Farm To You is the region's only all local food grocer! We also offer the convenience of on-line shopping for customers who subscribe to that service. Open year round, specializing in Winter produce. At Farm To You, it's all local, all the time!

Produce, Fruit, Meat, Poultry, Cheese, Eggs, Grains, Syrup, Vinegar, Jams, Honey

### ROCKINGHAM / HARRISONBURG

**Friendly City Food Co-op**

150 East Wolfe Street in Harrisonburg  
540-801-8882

[www.friendlycitycoop](http://www.friendlycitycoop)

Open daily from 8:00 a.m. - 9:00 p.m.

Local and organic meats and produce, large bulk foods selection.

### Fulks Run Grocery

11441 Brocks Gap Road in Fulks Run  
540-896-7487

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

Open Mon. - Sat. 9:00 a.m. - 5:00 p.m., Closed Sun.

Sugar cured country ham, sauces, glazes, peanuts..

### Oriental Food Market

911 South High Street in Harrisonburg  
540-432-6157

[www.taste-of-thai.com](http://www.taste-of-thai.com)

Seasonal local produce.

### Red Front Supermarket

677 Chicago Avenue in Harrisonburg  
540-433-9171

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

Open Mon. - Sat. 7:00 a.m. - 9:00 p.m., Sun. 12:00 p.m. - 6:00 p.m.

Featuring a variety of local food including locally roasted coffee, honey, and maple syrup.



BUY FRESH BUY LOCAL partners are identified in the guide with the BUY FRESH BUY LOCAL partner circle.



**Sue's SuperNutrition**

3060 South Main Street in  
Harrisonburg  
540-432-9855

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

Open Mon. - Fri. 9:00 a.m. - 6 p.m.,  
Sat 9:00 a.m. - 5:00 p.m., Closed Sun.

*Bulk, organic, and gluten-free food.*

**SHENANDOAH****All Things Virginia at The Farmhouse**

125 North Main Street in Woodstock  
540-459-9006

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

Open Mon. 11:00 a.m. - 5:00 p.m.,  
Wed. - Sat. 11:00 a.m. - 5:00 p.m.,  
Sun. 12:00 p.m. - 5:00 p.m.

*Local products include meats, butter,  
and milk.*

**The Market**

486 North Main Street in Woodstock  
540-459-4100

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

Open Mon. 9:30 p.m. - 6:00 p.m., Tues. - Fri.  
9:30 a.m. - 6:00 p.m., Sat. 9:30 - 5:00 p.m.

*Local products include beef, honey, and eggs.*

**The Yellow Barn at Shenandoah Caverns**

470 Caverns Road in Shenandoah  
Caverns  
540-477-3115

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

Open daily, 9:00 a.m. - 5:00 p.m.

*Virginia wine, mead, honey, jams & jellies,  
candles, soap and other locally made  
products.*

**WINCHESTER****Bonnie Blue Southern Market**

334 West Boscawen Street in  
Winchester  
540-686-7490

[www.bonnieblue.us](http://www.bonnieblue.us)

Open Mon. - Fri. 7:30 a.m. - 7:00 p.m.,  
Sat. 7:30 a.m. - 5:00 p.m., Closed Sun.

*Seasonal produce, fresh baked breads &  
pies, cured meats.*

**The Butcher Station**

3107 Valley Avenue in Winchester  
540-662-2433

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

Open Mon. - Sat. 9:00 a.m. - 7:00 p.m.,  
Closed Sun.

*Local meats & poultry*

**MEAT, POULTRY AND FISH****AUGUSTA / STAUNTON****Autumn Olive Farms**

1100 Rockfish Road in  
Waynesboro  
Clay & Linda Trainum  
540-447-6958

[www.autumnolivefarms.com](http://www.autumnolivefarms.com)  
[clayfordt@gmail.com](mailto:clayfordt@gmail.com)

Sells on-site, to grocers/food co-ops,  
to restaurants & caterers, by phone/e-  
mail, and through website. On-farm  
sales by appointment only.

*Autumn Olive Farms is a family-based*

operation in Augusta County. We have  
a dual focus model with a singular  
commitment to the health and wellness  
of the land, animal and the consumer.  
We raise award winning acorn finished  
heritage Ossabaw Island pork. We also  
raise the beautiful South African Boer  
Bok™ Goat as an environmentally sound  
method to combat the invasive plant  
species problem while producing one of  
the finest and healthiest meats in the  
world right here in the Shenandoah Valley.

*Patterson's Registered Berkshire Pork,  
Ossabaw Island Hog Breeding Stock &  
Meat, Boer Bok Goat Meat.*

**Casta Line Trout Farms**

97 Golden Brook Lane in Goshen  
Bryan Plemmons 540-997-5461

[www.castalinetroutfarms.com](http://www.castalinetroutfarms.com)  
[castaline@juno.com](mailto:castaline@juno.com)

Sells on-site, to grocers/food co-ops, to  
restaurants & caterers, by phone/e-mail

Casta Line Trout Farms raises Rainbow,  
Brook, Brown, and Golden Trout in cold,  
pristine mountain spring water. We are  
one of the largest and oldest commercial  
trout hatcheries in Va. with our beginnings  
in 1965. Besides providing trout for  
livestocking and restaurants & caterers,  
we offer fee-fishing in a picturesque  
setting where many children have caught  
their "first trout." We also offer 5 lb. boxes  
of fresh-frozen Allegheny Mountain  
Trout fillets from our processing plant in  
Monterey.

*Rainbow trout, Golden trout, Brook trout.*

**Charis Eco-Farm**

3081 Shutterlee Mill Road in  
Staunton  
Guy & Sue Freesen  
540-886-8486

[charisfarm@yahoo.com](mailto:charisfarm@yahoo.com)

Sells on-site, to restaurants & caterers,  
through CSA, at farmers markets,  
on farm by appointment and at  
Harrisonburg and Lexington farmers  
markets.

*Pasture based meats and poultry. Poultry  
and hogs also receive a supplemental gmo-  
free grain. Cattle, lamb and goats are entirely  
grass fed. We do not use hormones or  
antibiotics in our humanely raised stocks.*

*Pork, chicken, beef, goat and lamb, as well  
as duck, seasonal turkey and geese. Unique  
seasonal meat CSA.*

**JMD Farm**

333 Eakle Road in Staunton  
Michele Marston 540-290-4015  
[newhopejmdfarm.com](http://newhopejmdfarm.com)

[mmarston@newhopejmdfarm.com](mailto:mmarston@newhopejmdfarm.com)

Sells on-site, at farmers markets, to  
restaurants & caterers.

*Produce, pastured poultry, eggs & chicken,  
grass-fed lamb & beef.*

**Patterson's Registered Berkshires**

Bill Patterson  
64 Red Mill Lane in Crimora  
540-363-5161

[www.pattersonberskhires.com](http://www.pattersonberskhires.com)  
[redmill@newhopetel.net](mailto:redmill@newhopetel.net)

Sells on-site by appointment.

*Purebred Registered Berkshire hogs. Check  
for availability of pork.*

**Quiet Acres Farm**

45 Mount Horeb Road in Grottoes  
Sylvia King 540-830-2297

[www.quietacresfarm.com](http://www.quietacresfarm.com)  
[sylviaspets@aol.com](mailto:sylviaspets@aol.com)

Sells on-site by appointment. Call  
between 9:00 a.m. - 9:00 p.m.

*Katahdin hair sheep. Emphasis on humane  
and loving care of our flock. Animal  
Welfare Approved farm.*

**BOTETOURT****Vijjuvenate**

44 Kingston Drive #171 in Daleville  
888-651-1771  
[www.blackdiamondmeats.com](http://www.blackdiamondmeats.com)  
[mail@vijjuvenate.com](mailto:mail@vijjuvenate.com)

Visit website to order online.

*Organic beef, whole food, nutritional  
supplements.*

**CLARKE****Briars Farmstead**

2535 Pyletown Road in Boyce  
Matt & Ruth Szechenyi 540-837-2554  
[www.briarsfarmstead.com](http://www.briarsfarmstead.com)  
[briarsfarmsteadboyceva@gmail.com](mailto:briarsfarmsteadboyceva@gmail.com)

Sells on-site 9:00 a.m. - 5:00 p.m. or by  
appointment.

**Liberty Hill Farm**

400 Auburn Road in Berryville  
Ken Matich 540-955-6220  
[www.libertyhillfarmva.com](http://www.libertyhillfarmva.com)  
[info@libertyhillfarmva.com](mailto:info@libertyhillfarmva.com)

Sells on-site, to restaurants & caterers,  
at farmers markets, by phone/e-mail

*Farm store hours: Mon. - Sat. 8:00 a.m. - 6:00 p.m.*

*Offering pastured-raised chicken, free range  
eggs and raw milk through herd shares. Our  
meat chickens live on pasture enjoying lush  
green grass and insects, their natural diet. We  
supplement with the highest quality non-  
GMO feed and are never given antibiotics or  
hormones. They are moved to fresh pasture  
regularly. At about eight weeks they are  
butchered on-site at Liberty Hill Farm in a  
sanitary, humane, and ethical way. Whole  
chickens and speciality cuts are available. Our  
laying hens live on fresh pastures. Their feed is  
also non-GMO and are not given antibiotics or  
hormones. The result is an egg that has a deep  
orange solid yolk that is the the most nutritious*

and delicious that one can find. Raw milk is  
available from our herd shares. We have Jersey  
cows which graze on fresh pastures. Their milk  
is creamy and delicious. Yarn is available from  
our Romney sheep. The yarn comes in brown  
or white. Our baked goods are made from  
whole grains(i.e., wheat, spelt) which are milled  
on site prior to baking.

*Pastured-raised poultry, raw milk herd  
shares, free-range eggs.*

**Life More Abundant Ranch**

251 Christmas Tree Lane in Stephenson  
Matt Hardin 443-845-6145  
[www.lifemoreabundantranch.com](http://www.lifemoreabundantranch.com)  
[LMARanch1@yahoo.com](mailto:LMARanch1@yahoo.com)

Sells on-site by appointment, at farmers  
markets, to restaurants.

*All natural pasture-raised meats, including  
quail and grass-fed beef.*

**Locust Grove Farm**

537 Old Winchester Road in Boyce  
Grace Lewis 540-327-9566

[bglewis@comcast.net](mailto:bglewis@comcast.net)

*Pasture & grain fed lamb.*

**Smith Meadows**

568 Smithfield Lane in Berryville  
Nancy Polo 540-955-4389

[www.smithmeadows.com](http://www.smithmeadows.com)  
[smithmeadowskitchen@gmail.com](mailto:smithmeadowskitchen@gmail.com)

Sells at DC-area farmers markets each  
week and at on-farm store.

*Farm store hours: Sun. - Sun. 10 a.m. - 5 p.m.*

*Free-range beef, pork, veal, lamb, chicken,  
turkey, eggs, fresh pasta, sauces, prepared  
meals, cooking classes.*

**Stonebridge Farm**

546 Stonebridge Road in White Post  
Carol Perry & Leighton Allenby  
540-837-1021

[cpstonebridge203@gmail.com](mailto:cpstonebridge203@gmail.com),  
[lallenby@gmail.com](mailto:lallenby@gmail.com)

Sells on-site by appointment.

*Hay for beef, dairy, horse or livestock (round  
and square bales).*

**Virginia Lamb**

229 Walnut Street in Berryville  
Janet Childs 540-771-8575

[www.valamb.com](http://www.valamb.com)  
[janet@valamb.com](mailto:janet@valamb.com)

*Lamb, goat, beef, pork, poultry, eggs,  
artisan entrees, and more.*

**FREDERICK****Hedgebrook Farm**

688 ShadyElm Rd., Winchester  
Kitty Hockman-Nicholas  
540-869-4100 / 1-866-783-2681

[www.hedgebrook.com](http://www.hedgebrook.com)  
[shannon@hedgebrook.com](mailto:shannon@hedgebrook.com)

Sells on-site, u-pick, online/mail order

*Milk, Grass-fed Beef, Pork, & Lamb,  
Vegetables.*

**Long View Farm**

683 Canterburg Road in  
Stephens City  
Mark & Diane Unger  
540-327-9048

[mark@ungerenterprise.com](mailto:mark@ungerenterprise.com)

Sells on-site by appointment.

*Family owned and operated.  
Specializing in beef and poultry  
raised natural, no growth hormones  
or antibiotics. Farm tours available by  
appointment.*

*Beef, chicken, eggs.*

**Flint Ridge Farm**

5189 Northwestern Pike in Winchester  
Jeff Kelly 540-532-6089

[www.frffarms.com](http://www.frffarms.com)  
[flintridgefarm1897@yahoo.com](mailto:flintridgefarm1897@yahoo.com)

Sells on-site. Offers delivery.

*Pastured eggs, chicken broilers, rabbits,  
turkey, and fresh produce.*

**Wicked Oak Farms & Vineyard**

2121 S. Pifer Road in Star Tannery  
Randall Anderson 540-931-5028

[www.wickedoakfarms.com](http://www.wickedoakfarms.com)  
[wickedoakfarms@gmail.com](mailto:wickedoakfarms@gmail.com)

Sells on-site Saturdays 10:00 am - 3:00 pm

*Pastured poultry, forest-fed pork, farm  
fresh eggs.*

**HIGHLAND****Against the Wind Ranch**

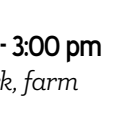
P.O. Box 117 in McDowell  
Sarah Chaney 540-396-4751  
[www.againstthewindranch.com](http://www.againstthewindranch.com)  
[againstthewind@att.net](mailto:againstthewind@att.net)

Sells Online/Mail Order and to  
Restaurants & Caterers. Offers  
Home Delivery.

*Grass-fed beef*



Matt Szechenyi of Briars Farmstead in Clarke County climbs  
into the hoophouse to feed his flock.





# CONSERVING FARMLAND

## A NEW OPTION FOR FARMERS

"No Farms, No Food" is a popular bumper sticker made available by the American Farmland Trust (AFT). The message is simple and quite clear: Our nation's farms provide an abundance of fresh, healthy and local food, but farms are rapidly disappearing.

According to AFT, ninety-one percent of America's fruit and seventy-eight percent of our vegetables are grown near urbanizing regions, where they are in the path of development. It is alarming that across America we are losing more than an acre of productive farmland every minute.

Here in the Shenandoah Valley, where four of the top agricultural producing counties in the state are located, the trends in farmland loss and conversion to other uses are quite evident. Clearly, there cannot be an ag industry and local food production without land and good soils. This is why a combined approach to supporting local food and conserving farmland is more important than ever. And it's why Valley Conservation Council (VCC) and its partners continue to seek effective ways both to keep farmers economical-

ly viable and to protect productive land that, next to the farmers themselves, is the most critical element of local food production.

The conservation easement is one voluntary land protection tool that is available to conserve the working lands base. However, the traditional easement template, used for so many years by Virginia land trusts, has limitations with regard to agricultural uses that sometimes impede its use by main stream farmers.

To address this need for a more flexible agricultural easement template that would acknowledge the rapidly changing needs and future opportunities of the agricultural community, Matt Lohr, VA Commissioner of Agriculture, assembled a working group representing easement holding agencies, VCC, VA Farm Bureau, and VA Agribusiness Council to address the issue. The outcome was an ag easement variant that has been "adopted" by the VA Outdoors Foundation, the largest easement holder in the state.

While the new easement variant still includes strong protection for



White House Farm, Page County, Protected by Conservation Easement. Photo credit: Charles & Pat Blackely

important conservation values, such as water sources, wildlife, scenic viewsheds, and other values, it also allows for farming activities including commercial uses and buildings that support productive and successful farming operations. An easement also provides attractive tax benefits that can contribute to a farm's "bottom line". The variant is a new and improved "tool" in the land conservation tool box that may be a good option for some farmers.

For more information about the ag easement option, contact Valley Conservation Council (540-886-3541) or the VA Outdoors Foundation (540-886-2460).

Article by Faye Cooper, Valley Conservation Council

**Healing Farm**  
1451 Valley Center Road in Monterey  
Caroline B. Smith 540-499-2879  
www.healingfarmhighland.com  
sales@healingfarmhighland.com  
Sells to grocers/food co-ops, to restaurants & caterers, and at farmers markets.

Animal Welfare Approved Beef

**Riven Rock Farm**  
890 Halterman Hollow Lane in Monterey  
Lou Ann Neely  
540-474-3022  
www.rivenrockfarm.com  
info@rivenrockfarm.com  
Sells on-site, to grocers/food co-ops, at farmers markets, by phone/e-mail

Holistic farming practices on 600 acre grazing farm in Highland County. Heritage breed Galloway Beef and



Katahdin Lamb. 100% Grass Fed and Finished. Animal Welfare Approved (AWA) and American Grass Fed Association certified.  
100% grass-fed heritage breed beef, Katahdin lamb, raw wildflower honey.

**Virginia Trout Company**  
5480 Potomac River Road, Monterey  
Bryan Plemmons  
540-468-2280  
www.virginiatroutcompany.com



castaline@juno.com

Sells to grocers/food co-ops, restaurants, by mail order, at Farmers Markets, by Phone/E-mail. Sells On Site M-F 8am-4:30pm; Sat.-Sun. 8:30am-4pm

One of the oldest and largest commercial trout hatcheries in Va., originating in 1961. Our trout are raised in very cold, pristine mountain spring water in Highland Co., (aka "Little Switzerland"). When you travel to our hatchery, the picturesque journey is almost as fun as the destination. Besides providing trout for livestocking and Restaurants, Virginia Trout Co. offers 5 lb. boxes of fresh-frozen Rainbow Trout for sale to the walk-in public, and via UPS shipment. We are the only trout processor in Va. that processes their own trout that are raised on-site. We also offer a fee-fishing pond for those who wish to catch and keep their own trout. It is the perfect place for parents and grandparents who want to teach their children or grandchildren how to fish.

Fresh-frozen processed Rainbow Trout (regular dressed, de-boned, and filleted) and Rainbow Trout for livestocking and fee-fishing.

### PAGE

#### Khimaira Farm

2974 Stonyman Road in Luray  
540-743-4628

www.eventsatthefarm.com

Linda@khimairaFarm.com

Sells on-site by appointment. Open Mon. - Sun. 10:00 a.m. - 5:00 p.m.

Meat & dairy goats, edible flowers

### ROCKBRIDGE / LEXINGTON

#### Broadview Ranch

1397 Zollman's Mill Road in Lexington

Joshua Grizzle 540-458-1001

www.broadviewranch.com

josh@broadviewranch.com

Sells on-site by appointment.

Grass-fed and finished beef, acorn grove pork, pastured poultry, and eggs.

#### Buffalo Creek Beef

109 Churchview Lane in Lexington

Marnie Caldwell & Charlie Potter

888-651-1771

www.buffalocreekbeef.com

buffalocreekbeef@gmail.com

All natural grass-fed, grain-finished beef.

#### Glass View Farm

351 Hopper Creek Road in Natural Bridge Station

Marshall & Teresa Glass 540-291-1784

www.glassviewfarm.com

glassview@hotmail.com

Sells to restaurants & caterers, at farmers markets, by phone/e-mail, on-site by appointment and at Covington Farmers Market on Saturdays.

Berkshire Pork is our focus.

#### Spring Creek Farm

1445 Sterrett Road in Fairfield

Cathy Blalock 540-460-8559

blalockch@yahoo.com

Sells on-site by appointment.

Pastured, free range brown eggs & chickens, grass fed beef & pork.

### ROCKINGHAM / HARRISONBURG

#### Basinger Beef

6155 Jesse Bennett Way in Linville

Philip Basinger 540-810-2223

www.basingerbeef.com

pjnmcbasinger@verizon.net

Call or e-mail to place orders.

USDA-inspected grass-fed beef by the whole, half, quarter, or individual cuts. .

#### Hemlock Springs Trout Farm

12420 Trout Farm Lane in Fulks Run

Brigitte Conley 540-867-5904

TheConley05@aol.com

Open daily year round. Sells on-site Mon. - Sat. 8:00 a.m. - 6:00 p.m. No license needed.

Fee fishing in pond or stream and live trout delivery to your pond.

#### Holsinger Homeplace Farms

2957 Holsinger Road in Broadway

www.holsingerhomeplacefarms.com

James & Amanda Holsinger

540-908-2299

holsingerhomeplacefarms@gmail.com

Sells on-site by appointment, by phone/e-mail, through website

Grass-fed Galloway beef, pastured pork, and eggs from free-range hens.

### SHENANDOAH

#### Beatrix Farm

1811 Tea Berry Road in Toms Brook

Dave & Regina Farinholt

540-305-4980

www.facebook.com/beatrixfarmva

beatrixfarm@gmail.com

Sells on-site by appointment. Delivery available.

Pastured chickens, eggs, pork, turkeys.

#### Cannon Hill Farm

224 Cannon Hill Road in Mt. Jackson

Gary Lantz 540-477-3817

canhill@shentel.net

Sells to restaurants, on-site by appointment.

Certified Organic beef, alfalfa hay, and small grains.

#### Country Rhodes Farm

107 Woodville Road in Maurertown

Judy & David Rhodes 540-325-3768

www.countryrhodesfarm.com

luvscows@shentel.net

Sells to restaurants & caterers, at farmers markets, and by phone/e-mail.

Grain-fed, hormone-free beef and pork, herds shares, goats by the head, butchering hogs and beef by the quarter and half.

#### J & L Green Farm

4176 Swover Creek Road in Edinburg

Jordan & Laura Green 540-333-1468

www.jlgreenfarm.com

jlgreenfarm@yahoo.com

Sells on-site, through buying clubs, and at farmers markets.

100% grass-fed beef & lamb, pork, chicken & turkeys.

#### Master's Touch Farm

P.O. Box 328 in Strasburg

Michelle Brouse 540-233-0417

masterstouchfarm@yahoo.com

Sells at farmers markets. Offers delivery.

Organic eggs, laying and meat chickens, organic herbs, some produce, raw goat milk shares and related products.

#### Rendezvous Farm

539 Job Lane in Basye

Allen and Peggy "Peep" Easterly

540-856-9000

www.RendezvousHobbyFarm.com

www.Facebook.com/RendezvousFarm

RendezvousFarm@yahoo.com

Sells to restaurants & caterers, at farmers markets, by phone/e-mail.

Rendezvous Farm sells free-range, pastured chicken and eggs, Cornish game hens, quail, rabbit, quail eggs and Shelties (all without hormones, steroids and antibiotics).



**WARREN****Blue Ridge Meats**

2391 Guard Hill Road in Middletown  
540-636-6050

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

"Local Only" fresh meat case every Friday and Saturday processed in-house by a farmer with whom we have a personal relationship.

**Gore's Fresh Meats & Deli**

383 Fairfax Pike in Stephens City  
540-869-1129

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

Open Mon. - Fri. 10:00 a.m. - 6:00 p.m., Sat. 10:00 a.m. - 2:00 p.m.

Butcher & deli shop offering sausage, ground beef, steaks, chops, cheeses, deli meats, scrapple, bacon.

**Liberty Farm**

12 Lockhart Lane in Bentonville  
Mark Wastler 540-683-0108

[www.libertyfarmva.com](http://www.libertyfarmva.com)  
[info@libertyfarmva.com](mailto:info@libertyfarmva.com)

Sells on-site and at farmers markets.

25 kinds of vegetables, eggs, and beef finished on grass and legume pasture.

**Merrymoon Farm**

1207 Cauthorn Mill Road in Middletown  
Patricia Dowell

540-896-2739

[www.merrymoonfarm.com](http://www.merrymoonfarm.com)  
[pldowell@gmail.com](mailto:pldowell@gmail.com)

Sells on-site, by appointment, and at farmers markets.

Merrymoon Farm is a small family farm where we raise heritage breed cattle, sheep and pigs. Our animals are pastured, free ranged and raised in a humane, loving, low stress environment. We don't use steroids or antibiotics. Sell by the whole, half, family pack, custom cut.

Scottish West Highland beef, Gloucestershire Old Spot pork, Tamworth/Cross pork, Katahdin sheep & lamb.

**WINCHESTER****Skyview Acres**

2737 Senseny Road in Winchester  
Greg Mauzy

540-247-8585

[www.skyviewacres.blogspot.com](http://www.skyviewacres.blogspot.com)  
[skyviewfarming@yahoo.com](mailto:skyviewfarming@yahoo.com)

Sells on-site by appointment, at Cristina's Café and Clarke County Farmers Markets

Grass-raised, grass-finished beef, pasture-raised chicken, Cornish hens and rabbits, acorn fed heritage pork.

**FARMSTANDS & ORCHARDS****AUGUSTA / STAUNTON****Stuarts Draft Farm Market**

2964 Stuarts Draft Highway,  
Stuarts Draft

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

540-337-1686

Open April-Dec 23: Monday - Saturday 9:00 a.m. - 7:00 p.m., Sunday 12:00 - 5:00 p.m.

Sells on-site and to restaurants. Carries a full line of fresh produce emphasizing local produce in season. Stocks G.A.P. certified produce. Discounts for churches, schools, non-profits and senior citizens. Also stocks eggs, country ham and sidemeats, jams, pickles, bar-b-q sauces, and more.

Seasonal produce, eggs, country ham and sidemeats, jams, pickles, bar-b-q sauces.

**BOTETOURT****Bryant Orchards**

233 Blacksburg Road in Fincastle  
540-537-2013

Peaches available late June through August, apples September through November.

Apples, peaches, and other seasonal produce.

**Ikenberry Orchards**

2557 Roanoke Road in Daleville

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

540-992-2448

Open year round: Mon. - Sat. 9:00 a.m. - 5:00 p.m., Sun. 12:00 p.m. - 5:00 p.m.

Peaches, seasonal produce, apples.

**CLARKE****Mackintosh Fruit Farm**

1608 Russell Road in Berryville

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

540-955-2161

Open year round, 8:00 a.m. - 6:00 p.m. daily

Berries, brambles, apples, peaches.

**Nalls Farm Market**

4869 Harry Byrd Highway in Berryville

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

540-955-0004

Open April through December 25, 8:00 a.m. - 7:00 p.m. daily.

Here at Nalls Farm Market David brings local produce from the farms to our shelves within a 2 hour drive.

Dennis & Neva's local 100% pure honey, Edwin's homegrown tomatoes, Harmon's peaches, Joe's corn, Mark's watermelons, John's apples, Steven's cantaloupes, Walter's fresh-picked basil and Lena's free range eggs.

**FREDERICK****Cline's Farm L.P., L.L.P.**

920 Hopewell Road in Clearbrook

U-Pick strawberries available mid-May through mid-June. Peaches: several different varieties (white & yellow) available mid July through Labor Day. Apples: several varieties of apples available Labor Day through November.

Open Mon. - Fri. 9:00 a.m. - 5:30 p.m., Sat. 9:00 - 4:00 p.m., Closed Sun.

Strawberries, peaches, apples

**Richard's Fruit Market**

6410 Middle Road in Middletown

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

540-869-1455

Open June - November: Mon. - Sat. 8:30 a.m. - 6:00 p.m., Sun. 10:00 - 6:00 p.m.

Peaches, tomatoes, jams & jellies.

**Rinker Orchards**

1156 Marlboro Road in Stephens City

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

540-869-1499

Pick Your Own Apples: Labor Day - Columbus Day Rinker's Apple Cider: Sept. 15 - Dec. 20

Open 10:00 a.m. - 6:00 p.m. daily.

U-Pick apples, local honey, apple butter and our famous apple cider.

**Shawnee Springs Market**

6656 North Frederick Pike in Cross Junction

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

540-888-4164

May - December Open 8:00 a.m. - 7:00 p.m. daily.

Fresh baked pies, jams, jellies, apple cider, cherry apple cider, salsa, canned peaches, pickles, dressings, produce.

**Shen-Val Farm Market**

2180 Fairfax Pike in White Post

[www.shen-val.com](http://www.shen-val.com)

540-869-1758

April - Dec. 23

Summer hours: Open 9:00 a.m. - 6:00 p.m. daily Winter hours: Thurs. - Sun. 9:00 - 6:00

Beef, poultry, strawberries, asparagus, cherries.

**PAGE****Willow Grove Farm Market**

17768 Honeyville Road in Timberville

540-896-7582

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

April - June: Open Mon. - Sat. 8:00 a.m. - 6:00 p.m.; Sept. - Dec.: Call for hours.

Over 25 varieties of apples, sweet cider, pumpkins, plants, honey, jams, jellies, apple butter, candies, gifts and more.

Open Tues., Wed., Thurs., Sat. 10:00 a.m. - 6:00 p.m., Fri. 11:00 a.m. - 7:00 p.m., Sun.: 2:00 p.m. - 6:00 p.m.

Pasture-raised chicken, grain/grass-fed beef, local pork & lamb.

**ROCKBRIDGE / LEXINGTON****Mountain Meadow Farm**

126 Calf Pasture Lane in Goshen  
Ben Peart 540-997-5141

[sales@mtnmeadowfarm.com](mailto:sales@mtnmeadowfarm.com)

Sells on-site by appointment.

100% grass-fed beef. Wholes, halves, quarters, and 35 lbs. "boxed" beef available.

**Virginia Gold Orchard**

100 Asian Pear Way in Natural Bridge

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

540-291-1481

Asian pears

**ROCKINGHAM / HARRISONBURG****Garden Fresh Produce**

201 Friedens Church Road in Mt. Crawford

540-433-2547

Sells at farmstand (May - Oct), at Shenandoah Valley Produce Auction

Offers a variety of seasonal produce.

**Liskey Sweet Corn**

4617 South Valley Pike in Harrisonburg  
540-434-2196

Sweet corn available mid-July through August. Pumpkins available in October.

Sweet corn, melons, pumpkins.

**Ryan's Fruit Market**

18651 North Mountain Road in Timberville

540-896-2181

Open Mon. - Fri. 9:00 a.m. - 5:00 p.m., Sat. 9:00 a.m. - 3:00 p.m.

Peaches available mid-July through early September. Apples available August through mid-November.

**Showalter's Orchard & Greenhouse**

17768 Honeyville Road in Timberville  
540-896-7582

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

April - June: Open Mon. - Sat. 8:00 a.m. - 6:00 p.m.; Sept. - Dec.: Call for hours.

Over 25 varieties of apples, sweet cider, pumpkins, plants, honey, jams, jellies, apple butter, candies, gifts and more.

**Turkey Knob Apples**

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

Burkholder Fruit Market:

4762 Mt. Clinton Pike in Harrisonburg  
Turkey Knob Offices: 17581 Mechanicsville Road in Timberville

Burkholder Fruit Market: 540-867-5631

Turkey Knob Offices: 540-896-3079

Burkholder Fruit Market: Opens Sept. 26

Turkey Knob Offices: Open Year Round;

Burkholder Fruit Market: Wed. - Fri.: 9:00 - 5:30 p.m., Sat.: 8:00 a.m. - 2:00 p.m.

Turkey Knob Offices: Mon. - Fri.: 8:00 - 4:30 p.m.

Our apples are grown in our family-owned orchards, in Shenandoah and Rockingham Counties in the beautiful Shenandoah Valley of Virginia.

Jonagold, Gala, Granny Smith, Empire, Golden Delicious, & Red Delicious

**SHENANDOAH****Mowery Orchard**

24247 Senedo Road in Woodstock

540-459-8645

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

April - December 23: Open Mon. - Sat. 9:00 a.m. - 6:00 p.m., Sun. 9:00 a.m. - 5:00 p.m.

January - March: Open Fri. - Sun.

We are a small family-run farm that has been in operation since 1985. We have our own apple/peach orchard and grow our own vegetables to sell at the market. Many varieties of pumpkins, gourds, mums in the fall as well as Christmas trees, handmade wreaths, swags, centerpieces. of locally grown plants and fresh produce.

Fresh seasonal fruit, produce, honey, cheeses, eggs, jams, jellies, hanging baskets, herbs, bedding plants, and perennials.

**Paugh's Orchard**

5591 Senedo Road in Quicksburg

540-740-8028

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

Apples, peaches, strawberries, and fruit butters.

**Woodbine Farm Market**

5199 John Marshall Highway in Strasburg

540-465-2729

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

April - December 23:

April - October: Open Daily, 10:00 a.m. - 6:00 p.m.

November - December: Call for hours.

Seasonal fruits & vegetables, meat, bakery items, jams & jellies.

**WINCHESTER****Apple Tree Market**

2454 Northwestern Pike in Winchester  
540-662-8754

[www.facebook.com/appletreefarmmarket](http://www.facebook.com/appletreefarmmarket)

May - December: Open Mon. - Sat.

10:00 a.m. - 6:00 p.m., Sun. 10:00 a.m. - 4:00 p.m.

Local farm fresh produce (in season), gourmet dog treats, local honey, jams and jellies, homemade fudge, baked goods, homemade salsas, flowers, herbs, and lots more! Local pastured beef and Trickling Springs dairy now available.

**Linda's Mercantile & Farm Market**

2502 North Frederick Pike, Winchester  
540-535-7336

[www.lindasmercantile.net](http://www.lindasmercantile.net)

Open year round: Mon. - Sat. 10:00 a.m. - 7:00 p.m., Sun.: 12:00 p.m. - 6:00 p.m.

Family-owned and operated farm, shopfront and bakery. We grow tomatoes, squash, corn, cucumbers, cantaloupe, watermelon, apples, and peaches.

**Marker Miller Orchards, Farm Market & Bakery**

3035 Cedar Creek Grade in Winchester

540-662-1391

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

June - October: Open Mon. - Fri. 9:00 a.m. - 6:00 p.m., Sat. 9:00 a.m. - 5:00 p.m. (In September and October, also open on Sun. from 12:00 p.m. - 5:00 p.m.)

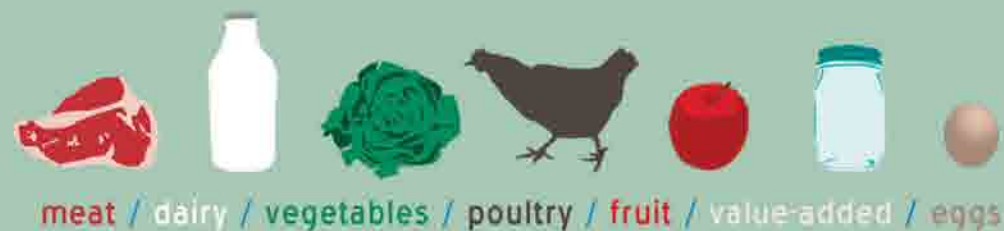
November: Open Mon. - Fri. 9:00 a.m. - 5:00 p.m., Sat. 9:00 a.m. - 4:00 p.m.

Dec: Open Fri. 9:00 a.m. - 5:00 p.m., Sat. 9:00 a.m. - 4:00 p.m.

A Century Farm offering a variety of fresh fruits and vegetables available in our market and for pick-your-own. We have a large selection of jams and jellies, fruit wines, honey and no sugar added items.

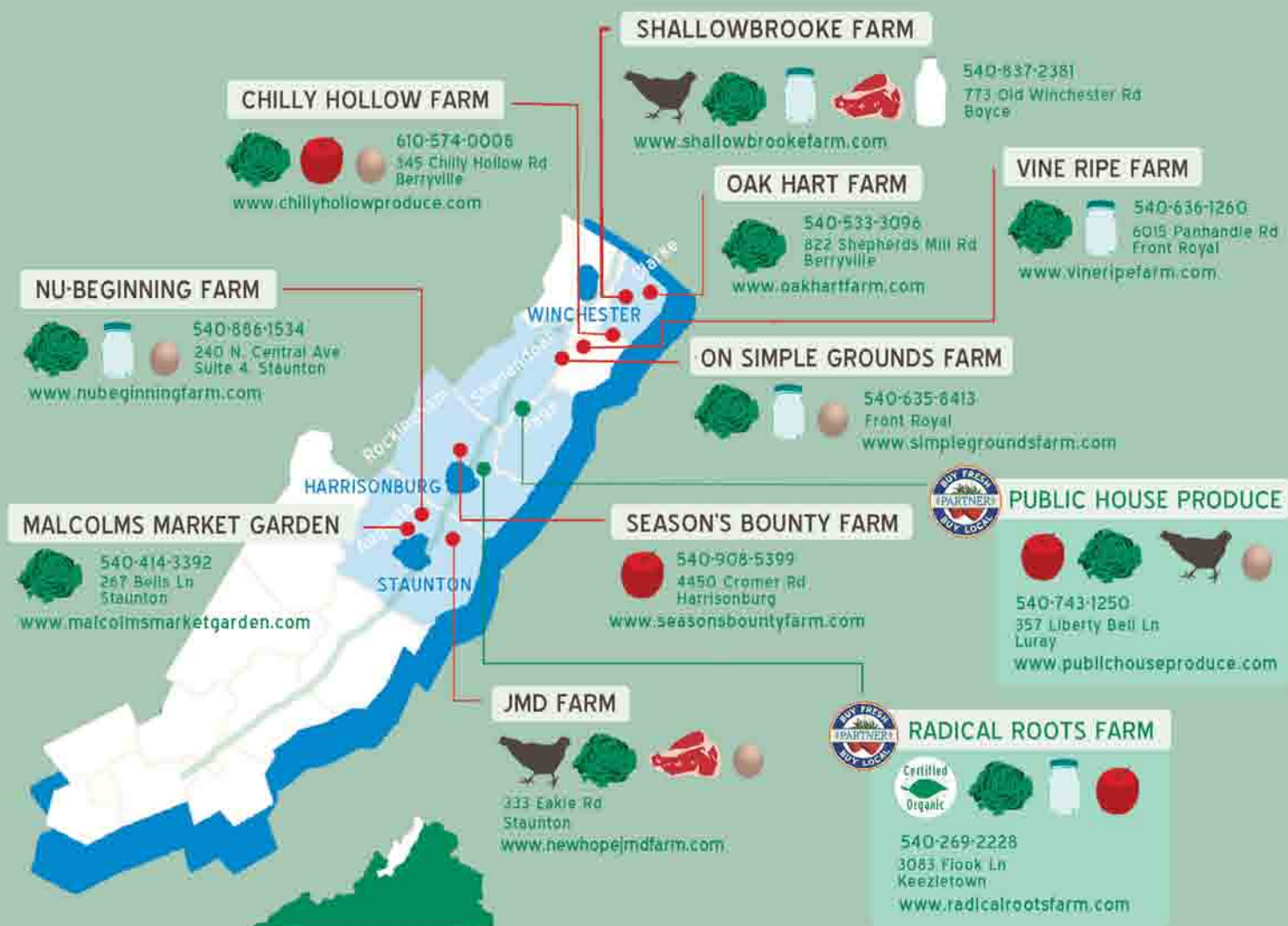
Seasonal produce; Pick-your-own red raspberries, blackberries, peaches, green beans, tomatoes, apples, and pumpkins.





# COMMUNITY SUPPORTED -AGRICULTURE-

Community Supported Agriculture (CSA) is a rewarding partnership between a farm and a family where consumers receive all-natural, sustainably grown produce while knowing exactly how, where and by whom it was grown. In a CSA, a farmer pre-sells "shares" of the farm's upcoming harvest. Consumers benefit by receiving local, freshly-harvested produce, while the farm is able to continue its mission of growing sustainable produce.



Infographic by Katelyn Bredeman

## Virginia Farm Market

1881 North Frederick Pike in Winchester  
540-665-8000

Mid-April - Thanksgiving: Open 8:00  
a.m. - 6:00 p.m. daily

Apples, peaches, and bakery items.

## West Oaks Farm Market

1107 Cedar Creek Grade in Winchester  
540-662-6622

Open year round; Mon. - Sat. 9:00 a.m.  
- 6:00 p.m., Sun. 12:00 p.m. - 4:00 p.m.

Apples, beef, and bakery items.



## PRODUCE

### AUGUSTA

#### 2 Pond Farm

300 Craig Shop Road in Mount Sidney  
Kin Austin 540-234-9045

2pondfarm@gmail.com  
www.facebook.com/2pondfarm

Sells on-site by appointment, to  
grocers/food co-ops, through website.

Vegetables, eggs, fresh turkeys.

#### 4L Farm

1041 Patton Farm Road in Stuarts Draft  
John & Maggie Liptrap 540-932-7866

4liptrap@telos.net

Sells on-site by appointment.

Open mid-June through August, Mon. - Sat.

#### Circle M Farms

130 Vance Road in Bridgewater  
Dorothy Miller

dorothymiller@isp.com

Sells on-site by appointment.

Produce, beef, and herbs.

#### Flower Fields

5466 Lee Jackson Highway in Raphine  
Susan Roepke 540-849-8026

www.flowerfields.webs.com  
sdw\_r@yahoo.com

Sells on-site & at Staunton Farmer's Market.

Produce, eggs, and cut flowers.

## Meadow Run Gardens

29 Long Meadow Road in Fishersville

Ronnie & Roxice Crickenberger

540-910-0349

www.meadowrunggardens.com  
ronnie@meadowrunggardens.com

Summer: Mon. - Fri. 10:00 a.m. - 6:00 p.m.,  
Sat. 9:00 a.m. - 6:00 p.m., Closed Sun.

Winter (Nov. through Mar.): Mon. - Fri. 10 -  
5, Sat. 9-5, Closed Sun.

Sells on-site, online/mail order, at  
Fishersville Farmers Market and at  
Shenandoah Valley Produce Auction

Winter squash, carrots, dry beans.

## Snow Spring Farm

1146 Campbells Hollow Road in  
Middlebrook

Peg Davis 540-885-6706

safarmersmarket.com/Vendors/Davis.htm  
Pegdavis4@aol.com

We sell at the Staunton/Augusta  
Farmers Market on Saturdays, April  
through November.

Specializing in asparagus and rhubarb,  
free range eggs, and cut flowers.

## Wheatland Farms

304 Cattleman Road in Swoope  
540-337-7589

piedm40@wildblue.net

Sells on-site by appointment, to  
grocers/restaurants

Vegetables and small fruits grown in  
ecologically friendly methods.

## FREDERICK

### Echo Ridge Farm & Nursery

620 Chapel Road in Middletown  
Theodora Rezba, Owner

540-539-9135

www.echoridgefarm.org  
echoridge@earthlink.net

Sells to restaurants & caterers, by  
phone/e-mail.

Chemical and pesticide-free salad greens,  
heirloom tomatoes, peppers.

## LEXINGTON

### Fox Ridge Farm

1196 White Rock Road in Lexington  
Don & Kathy Huffman, Owners

540-460-8561

huffy@rockbridge.net

Sells at Lexington & Bath Farmers  
Markets on Saturdays from 8:00 a.m. -  
12:00 p.m.

Radishes, beans, tomatoes, beets, chard,  
lettuce, cucumbers, cabbage, squash,  
peaches, apples, pears, plums, honey, and  
jams.

## PAGE

### Long Acres Farm

1777 Longs Road in Luray  
Jeff Jennings 540-743-7416

towm@shentel.net

Sells at Page County Farmers Market  
and on-site by appointment.

Long Acres is a 100-cow/calf  
stocker facility, poultry facilities with  
capacity for 13,000 breeder hens,  
and cultivating 500 acres of corn,  
soybeans, hay, alfalfa, pasture, and  
timber.

Sweet corn, watermelons, seasonal  
produce.

### Mighty Oak Farms

P.O. Box 334 in Stanley  
Rebecca Weagle 540-778-4777

mightyoakfarms@aol.com

Sells at farm wagon on Main Street  
and Route 340 in Luray on Fridays  
and Saturdays from 9:00 a.m. - 5:00  
p.m. and at Front Royal Farmers  
Market on Thursdays and Saturdays.

Farm fresh produce, homemade butter,  
fresh milk, homemade cheese, fresh  
brown eggs, homemade pies.

### Public House Produce

357 Liberty Bell Lane in  
Luray

David Sours 540-743-1250

www.publichouseproduce.com  
dsours@embarq.com

CSA, sells at Luray/Page Farmers  
Market, at Shen. Valley Produce  
Auction, to restaurants.

Over 80 varieties of fresh produce,  
pasture-based heritage chicken and  
free range brown eggs. Our goal is to  
provide our community with high-  
quality local produce from a source  
you can trust.

Seasonal fruits & vegetables, farm fresh  
brown eggs, pasture-raised "Freedom  
Ranger" broilers.

## ROCKBRIDGE

### Stone House Farm

2509 Brattons Run in Goshen  
Brendan Perry 540-997-0536

stonehousefarm@hughes.net

Sells at Rockbridge Farmers Market,  
through CSA, to restaurants, and to  
Healthy Foods Co-op

Lettuce, baby lettuce mix, and early  
hoophouse crops.



**Sunflower Flats Farm**  
40 Sunflower Lane in Lexington  
Steve & Jo Parent 540-463-9451  
jsparent@bpl.coop  
Sells at Rockbridge Farmers Market,  
to restaurants, and to grocers/co-ops.  
*Seasonal fruits and vegetables.*

## ROCKINGHAM

**Avalon Acres**  
13433 Shepherd Lane in Broadway  
Lorinda Palin 540-896-1283  
mail@avalonfarmva.com  
*Salad mix, herbal teas, and eggs.*

**Little Abe Farm**  
7886 Harpine Hwy., Linville  
Kent & Melinda Armentrout  
540-578-4240

marmmentrout@rockingham.k12.va.us  
Sells at Broadway Farmers Market,  
to restaurants, Shen. Valley Produce  
Auction

*Tomatoes, Cantaloupes, Sweet Corn*

**Massanutten Produce**  
Brandon Carper  
5375 Spotswood Trail, Penn Laird  
540-810-0990

Sells on-site. Shen Valley Produce  
Auction

*Heirloom tomatoes (several varieties),  
sweet corn, Peaches*

**Montezuma Produce**  
4765 Ottobine Road in Dayton  
Rodney Showalter 540-879-3999  
Sells on-site, at Shen. Valley Produce  
Auction.

*Strawberries, tomatoes, and sweet  
corn.*

**Mulberry Hills Farm**  
6442 Cross Keys Road in Mt.  
Crawford  
Jeff & Angela Phillips 540-234-9408  
www.mulberryhillsfarm.com  
pumpkinlady@earthlink.net  
Sells on-site  
Open daily September 1 - October  
31, from Dawn to Dusk  
*Pumpkins, gourds, and straw.*

**Portwood Acres**  
6125 Lawyer Road in Port Republic  
Evan Showalter 540-271-2145  
portwoodgardens@gmail.com

Sells on-site by appointment, at  
Harrisonburg Farmers Market and at  
Shenandoah Valley Produce Auction.  
*Sweet corn, fall broccoli, and romanesco.*

## Radical Roots Farm

3083 Flook Lane in Keezletown  
Dave & Lee O'Neill  
www.radicalrootsfarm.com  
info@radicalrootsfarm.com  
CSA, sells on-site, at farmers markets.  
Certified Organic vegetable, herb and  
fruit farm located in Keezletown,  
VA. We catalyze positive change by  
growing high quality, organically grown  
vegetables, educating about permaculture  
& sustainable agriculture and living this  
vision. Come find us at the Harrisonburg  
and Charlottesville farmer's markets  
every Saturday.  
*Certified Organic vegetables, herbs, &  
spring transplants*

## Valley Farming

3131 Koogler Road in Dayton  
Clifford S. Rohrer 540-879-9689  
Sells on-site by appointment, to grocers  
& at Shen. Valley Produce Auction.  
*Potatoes, cabbage, onions.*

## Valley Harvest

6711 Cross Keys Road in Mt. Crawford  
Jeremy Houff  
Sells on-site (Mon. - Fri. 3:00 - 6:00  
p.m., Sat. 10:00 a.m. - til)  
During Pumpkin Season, open 7 days a  
week during daylight hours.  
*Bi-color sweet corn, melons, u-pick  
pumpkins*

## Wayside Produce

5098 John Wayland Highway in Dayton  
Andrew Mason 540-879-9556  
Sells on-site, at farm stand, at farmers  
markets, to restaurants, and at the  
Shenandoah Valley Produce Auction.  
*Tomatoes, lettuce, pastured brown eggs.*

## Wildwood Gardens

3565 Wildwood Drive in Keezletown  
Rich McDonough 540-879-9556  
doveofonelove@aol.com  
Sells at Harrisonburg Farmers Market.  
*Bee pollen, tomatoes, and seasonal  
produce.*

## SHENANDOAH

**Fairview Oaks Farm**  
3974 Alonzo Road in Maurertown  
Kathy Hepner 540-459-2257  
www.fairviewoaksfarm.com  
kathhep@shentel.net

Sells at Woodstock Farmers Market,  
and on-site by appointment. Local  
home delivery available.

*Pastured poultry, goat meat, eggs, and  
seasonal produce.*

## Valley Creekside Farm

1328 St. Davids Church Road in  
Fort Valley  
Cecilia Colglazier, Owner  
540-933-6787  
www.valleycreeksidefarm.com  
cecilia1400@gmail.com  
Sells at farmers markets, by phone/e-  
mail, and sells eggs at farm year round.  
Specialty grower of unique heirloom  
fruits and vegetables. Also sells free-range  
chicken eggs.  
*Heirloom tomatoes, french filet beans, french  
fingerlings, European Disiree potatoes.*

## WARREN

**Mountain Laurel Montessori School**  
155 Biggs Drive in Front Royal  
Susan Holmes 540-636-4257  
mountainlaurelmontessori.org  
mlmfarmschool@earthlink.net  
Sells on-site, at Front Royal farmers market  
*Eggs, pork, and seasonal produce.*

## PRODUCE AUCTION

### ROCKINGHAM

**Shenandoah Valley Produce  
Auction, LLC**  
1540-879-2211, 540-820-4347 (No Sunday  
Calls, please)  
2839 Lumber Mill Road, Dayton  
Jeff Heatwole, Market Manager,  
jeff.svpa@gmail.com  
www.svproduceauction.com  
Apr.-Nov., Most Tues. & Fri. (subject to  
change)

*"The Auction Where You Can Buy or Sell"*  
Apples, Broccoli, Cabbage, Cantaloupe,  
Cauliflower, Cherries, Cucumbers, Green  
Beans, Sweet Corn, Watermelons, Zucchini,  
Rhubarb, Potatoes, Pumpkins, Gourds,  
Squash, Ornamental Corn, Fall Mums,  
Spring Flowers



## VINEYARDS

### BOTETOURT

**Blue Ridge Vineyard**  
1027 Shiloh Drive in Eagle Rock  
Barbara Kolb 540-798-7642  
www.blueridgevineyard.com  
vines@blueridgevineyard.com  
Sells on-site and at farmers markets.  
Open Thurs. - Mon. 12:00 p.m. - 5:00 p.m.  
*Riesling, Cabernet Franc & Gewurztraminer  
wines, nature trails for hiking.*

### Virginia Mountain Vineyards

4204 Old Fincastle Road in Fincastle  
Marie Gibbs 540-473-2979  
www.vmvines.com  
info@vmvines.com  
Red and white grapes available  
September through October.  
Open Wed. - Sun. 12:00 p.m. - 6:00 p.m.

### CLARKE

**Veramar Vineyard**  
901 Quarry Road in Berryville  
Jim Bogaty 540-955-5510  
www.veramar.com  
jamesbogaty@veramar.com  
Tasting room open year round daily  
12:00 p.m. - 5:00 p.m. (Sat. until 6:00  
p.m., Summer Fridays until 9:00 p.m.  
*Winemaker Justin Bogaty hand crafts  
each wine. Winemaker's degree from the  
University of California at Davis Wines.*

### PAGE

**Wisteria Farm & Vineyard**  
1126 Marksville Road in Stanley  
Moussa Ishak 540-742-1489  
www.wisteriavineyard.com  
wisteriavineyard@comcast.net  
*Working farm & vineyard, Romney sheep,  
free-range poultry*

### ROCKBRIDGE / LEXINGTON

**Rockbridge Vineyards**  
35 Hill View Lane in Raphine  
www.rockbridgevineyard.com  
"All Virginia. All the Way" - Grapes for  
their own wines and locally produced  
cheeses.  
Open Tues. - Sat. 10:00 a.m. - 6:00 p.m.,  
Sun. & Mon. 12:00 p.m. - 5:00 p.m.

### ROCKINGHAM / HARRISONBURG

**Cross Keys Vineyard**  
6011 East Timber Ridge Road in Mt. Crawford  
540-234-0505  
www.crosskeysvineyard.com

### SHENANDOAH

**Cave Ridge Vineyard**  
1476 Conicville Road in Mt. Jackson  
Katrina Hudy 540-477-2585  
www.caveridgevines.com  
caveridgevines@caveridge.com  
*Riesling, Viognier, Chambourcin, Cab. Franc,  
Fossil Hill (red blend), Syrah, Traminette.*

### WAYNESBORO

**Wenger Grapes**  
4094 Stuarts Draft Highway in  
Waynesboro  
540-943-4956  
www.wengergrapes.com  
wengergrapes@telos.net  
*U-pick grapes available around 9/1*



## MILK & DAIRY

### AUGUSTA / STAUNTON

**A Better Way Farm & Goat Dairy**  
839 East Side Highway in Waynesboro  
Kathy Mullins, Owner 540-440-1129  
www.abetterwayfarms.com  
abetterwayLLC@hotmail.com  
Sells on-site and at farmers markets  
We raise Nigerian Dwarf goats and are a  
state-certified dairy. We offer a variety of  
goat cheeses, goat milk gelato and goat's  
milk for pets. We are also starting a goat  
share program. Please contact us if you are  
interested.  
*Goat Cheese, Goat's Milk, Gelato, Goats Milk.*

### ROCKBRIDGE / LEXINGTON

**Mountain View Farm  
Products**  
85 Marmac Lane in Fairfield  
Christie Huger 540-460-416  
www.mountainviewfarmproducts.com  
drnkmlk2@yahoo.com  
Sells on-site, at farmers markets  
(including Staunton, Harrisonburg, Valley  
Forge, Charlottesville)  
*USDA inspected beef and pork, cheese,  
butter, ice cream.*

### SHENANDOAH

**Green Haven Farm Cheeses**  
3456 St. Luke Road in Woodstock  
Billy & Pam Green, Owners  
540-459-3783  
ghfarm@shentel.net  
Sells to grocers/food co-ops, restaurants  
& caterers, and at farmers markets.  
*Goat Cheeses: 5 flavors of fresh soft  
cheeses, 3 flavors of Cheddar style cheeses,  
and Feta.*

### Holy Cow Delivery

9280 John Marshall Highway in Lebanon  
Church  
Samantha Stern 540-465-4742  
www.hollycowdelivery.com  
hollycowdelivery@gmail.com  
Offering home deliveries on Saturdays.  
Also sells at Freight Station Farmers  
Market in Winchester.  
*Fresh, local produce, meat, dairy, free range  
eggs, lamb, beef, and pork No hormones  
and no antibiotics.*

## HONEY & SYRUP

### HIGHLAND

**Back Creek Farms**  
8551 Upper Back Creek Road in Monterey  
Valerie & Pat Lowry, Owners  
540-499-2302  
www.welcometobackcreek.com  
backcreek@mac.com  
Sells on-site, to grocers/food co-ops,  
by phone/e-mail, at Evelyn's Pantry in  
Monterey, at Virginia Made in Staunton  
and by appointment.  
*Maple syrup made the traditional way over  
wood fires and maple candy in Highland  
County, VA.*

### ROCKINGHAM / HARRISONBURG

**Mud-E Acres**  
4071 Zion Church Road in Broadway  
James & Crystal Epley 540-896-8938  
www.facebook.com/mud-eacres  
cgmepley@hotmail.com  
Sells on-site, by phone/e-mail, through  
website, and at our on-site farm store.  
Farm store open on Fridays from 12:00 -  
6 Customers can call ahead with orders.  
*Pure, raw, local honey. Beehives, nucs, queens,  
seasonal produce, pastured poultry (chickens,  
ducks, turkeys, quail), eggs.*



**Pure & Simple Farm**

5387 Smith Creek Rd., New Market  
540-421-6345  
Stuart & Inger Brown. 540-740-8807  
www.pureandsimplefarm.com  
honey@shentel.net  
Sells on-site by appt., at farmers markets  
Honey, Berries, Soap

**HERBS****AUGUSTA / STAUNTON****Harvest Thyme Herbs**

95 Chestnut Ridge Road in Staunton  
Deirdre Armstrong 540-324-0151  
www.harvestthymeherbfarm.com  
harvestthymeherbs@gmail.com  
Sells at farmers markets, to Staunton's  
Shenandoah Hops and Lexington's  
Farm To You.

Culinary herbs, specialty produce,  
microgreens and edible flowers in season.

**CLARKE****Tadpole Acres Gardens**

439 Frogtown Road in  
Bluemont  
Dianna Curry, Owner 540-955-3490  
tadpoleacres@aol.com  
Sells at Clarke County Farmers Market,  
from the farm on Thursdays (April  
through June and September &  
October)  
LVHMA in Purcellville in Saturdays May -  
June 8:00 a.m. - 12 p.m.  
CCFMA in Berryville on Saturdays May -  
December 8:00 a.m. - 12 p.m.  
Culinary Herbs (plants & fresh cut), dried  
herbal blends, lavender (dried & fresh  
cut), and baby ginger in September &  
October.

**FREDERICK****Sunflower Cottage Herb Farm**

150 Ridgemont Road in Middletown  
540-869-8482

www.sunflowercottage.net  
info@sunflowercottage.net

Herbs, veggie plants, and other edibles.  
Herbal products (including jellies, salts,  
salsa, soaps, etc. from our gardens), and tea.

**ROCKINGHAM / HARRISONBURG****White Oak Lavendar Farm**

5060 Newcomer Lane in Harrisonburg  
540-421-6345  
www.whiteoaklavender.com  
Sells on-site, u-pick

Organic lavender farm.

**SPECIALTY PRODUCTS/FOOD ARTISANS****AUGUSTA / STAUNTON****Wade's Mill**

55 Kennedy-Wade's Mill Loop, Raphine  
Jim & Georgie Young 540-348-1400  
www.wadesmill.com  
wadesmill@embarqmail.com  
Sells On-Site, Online/Mail Order, Grocers,  
Farmstands, Restaurants.

White/Whole Wheat Bread Flour, White/  
Yellow Corn Grits, Pancake Mixes.

**ROCKBRIDGE / LEXINGTON****Paradox Farm**

86 Moores Creek Road in Lexington  
Mitch Wapner, Owner 540-463-9234  
paradoxfarm@earthlink.net

Sells to grocers/food co-ops, to restaurants  
& caterers, through CSA, at farmers  
markets, through Rockbridge Farmers  
Alliance, and at Healthy Foods Co-op.

Organically grown produce, fruit, and  
preserves.

**ROCKINGHAM / HARRISONBURG****Staff of Life Bread Company**

Abbey Whetzel, Owner and Baker  
www.staffoflifebread.com  
abbeythebaker@gmail.com

Sells at farmers markets

An artisanal baking company specializing  
in European-style breads. We use  
traditional techniques to maximize the  
flavor and quality of the bread.

Artisanal breads, rolls, breadsticks.

**Ville View Enterprises, Inc.**

1826 Ridge Road in Bridgewater  
David W. Showalter

www.milkcowboarding.com  
information@villeview.com  
Sells on-site and offers delivery.

Offering herd share, herd care products, soil  
amendments, and cleaners selected to improve  
the farm, milk quality, and family wellness.

**SHENANDOAH****Shenandoah Spice Company**

3177 Riverview Drive in Toms Brook  
Josh Burrows  
www.shenandoahspicecompany.com  
info@shenandoahspicecompany.com

Hand blended fresh gourmet herbs and spices.

**Terry the Cookie Man**

1328 Saint Davids Church Road in Fort Valley  
Terry Smith 703-868-7839  
www.terrythecookieman.com  
terrychirpwood@aol.com

Sells at farmers markets, by phone/e-mail,  
and through website.

Have taken a love of baking and sharing it  
with everyone, winning multiple awards  
and "Best in Shows" at local county fairs.

Lemon Pound Cake, Toll House Cookie,  
Triple Chocolate Brownie.

**WARREN****Tony T's Apple Farm & Kitchen**

P.O. Box 1776, Front Royal  
Tony Tringale. 540-622-2612

www.apple-farm.com  
tony@apple-farm.com

Sells at farmers markets, by phone/e-mail.

Apple dumplings, Orange/Walnut Cake,  
and GLUTEN-FREE Mini-Cupcakes.

**OTHER****AUGUSTA / STAUNTON****Sarah's Garden**

P.O. Box 51 in Crimora  
Sarah Snead 540-649-2040  
walkingstickphoto@hotmail.com  
Sells at farmers markets

Bedding plants, including herbs, perennials,  
groundcovers. Seasonal produce including  
garlic, edamame, tomatillos.

**Black Bear Composting**

Eric Walter 888-666-4172  
blackbearcomposting.com  
info@blackbearcomposting.com

Organics recycling, composting and compost  
products for Charlottesville, Staunton, and  
Waynesboro.

**Countryside Organics**

801 2nd Street in Waynesboro  
Bill Ahrens 888-699-7088

www.countrysideorganics.com  
info@countrysideorganics.com

Sells on-site. Offers delivery Mon. - Fri.  
8:30 a.m. - 5:00 p.m. Monthly truck runs  
within 130-mile radius of Waynesboro.

Soy-Free Certified Organic feeds, Free-  
Choice minerals for livestock, Thorvin Kelps,  
Redmond Salts, and Humates.

**Grains of Sense**

4-240 North Central Avenue in Staunton  
Tom Hayman 540-885-5167  
www.grainsofsense.com

contact@grainsofsense.com

Fresh, hand-roasted USDA Certified  
Organic, Certified Fair Trade & VA Finest  
coffees, roasted in small casts. For  
complete list of venues, please check  
our website www.grainsofsense.com or  
contact us by e-mail.

Organic, Fair Trade & Virginia's Finest  
coffees, and teas.

**CLARKE****Twisted Oak Flower Farm**

912 White Post Rd., White Post  
Peggy Duvall 540-837-2562

www.twistedoakflowerfarm.blogspot.com  
twistedoakflowers@gmail.com

Find us at the Clarke County Farmers  
Market or contact us directly to make  
special arrangements.

Seasonal cut flowers

**ROCKBRIDGE / LEXINGTON****Flower Fields**

5466 Lee Jackson Highway, Raphine  
Susan Roepke 540-849-8026

flowerfields.webs.com  
sdw\_r@yahoo.com

Sells on-site and at Staunton/Augusta  
Farmers Market

Cut flowers (by the bucket, bouquets, & full  
scale wedding service) Produce, Eggs

**House Mountain Finnsheep**

1765 Jacktown Road in Lexington  
Naomi Smith 540-463-6062

Sells on-site by appointment.

Fleece for spinning, lamb for freezer.

**ROCKINGHAM / HARRISONBURG****Lucas Roasting Company**

461 Lindsay Avenue in Broadway  
Troy and Jennica Lucas, Owners  
540-908-1290

www.lucasroasting.com  
info@lucasroasting.com

Sells to grocers/food co-ops, to  
restaurants & caterers, through mail order  
and website.

Freshly Roasted Coffee On-Site Coffee/  
Espresso Service Private Label Branding.

**Ostlund Christmas Tree Farm**

6876 Kieffer Road in Singers Glen  
Buffy Ostlund 540-746-0302

bostlund@roccobuiding.com

Sells on-site by appointment.

Christmas Trees

**SHENANDOAH****Cabin Creek Roasters**

4515 Swover Creek Road in Edinburg  
Monty Ruckman  
www.cabincreekroasters.com  
sales@cabincreekroasters.com

Coffee Roaster that has 14 single-origin/4 blends  
of coffee from around the world delivered fresh  
roasted to your door.

Fresh roasted upon order from 8:00 a.m. - 4:00  
p.m. daily.

**Country Gardens**

Rhonda Stevenson 540-436-3746  
herbs@shentel.net

Sells on-site and at farmers markets

Vegetable starter plants, cut flowers, fresh  
cut herbs.

**Natural Art Garden Center**

27358 Old Valley Pike in Toms Brook  
Lynne Phillips 540-436-3130

www.naturalartgardencenter.com  
eatmoreapples@aol.com

Retail center for all of your gardening needs.

**WAYNESBORO****Troyer Nursery**

66 Conner Road in Waynesboro  
Kenneth Troyer 540-932-7363

kenneth@troyernursery.com

Sells on-site, Mon. - Sat. 8:00 a.m. - 5:00 a.m.

Seasonal produce, Pick Your Own  
Strawberries

**U-PICK****AUGUSTA / STAUNTON****Middle River Farms**

1744 Weyers Cave Road in Grottoes  
540-249-5430

www.middleriverfarms.com  
strawberries.pumpkins.fun@gmail.com

Sells on-site: U-Pick or Order Ahead  
Strawberry Season Hours: Mon. - Sat. 7:30  
a.m. until Picked Out, Closed Sunday.

U-Pick strawberries, free-range poultry,  
eggs, local cheese, local produce, flowers.

**HIGHLAND****Church Hill Produce**

Church Hill Road in Doe Hill  
Michael & Kari Sponaugle, Owners  
540-396-3639

Find us on Facebook

U-pick strawberries available during  
strawberry season. Also sells at farmstand  
and at Highland County farmers market.

Farmstand open Tuesdays in Monterey  
4:00 p.m. - 7:00 p.m.

This farm was started in the summer of  
2011 as a way to supply fresh produce to  
our small Highland community. With  
an aging population and the younger  
generations commuting for work, many  
people enjoy preserving home grown foods  
but have little time or the means to do so.  
We enjoy providing quality produce for our  
customers.

Strawberries, tomatoes, potatoes.

**PAGE****Double O Farm**

323 South McDaniel Lane in Shenandoah  
Candy & Phil Olsen

Sells at farmers markets

Strawberries, blackberries, peaches,  
nectarines, apples, plums, pears, sweet  
potatoes, vegetables, pumpkins, fall mums.

**SHENANDOAH****Deauville Farm**

7648 Crooked Run Road in  
Basye

Gail Rose, Owner  
540-856-2130

www.doevillethemovie.com  
deerl@shentel.net

Sells on-site, through U-pick (Fri., Sat.,  
Sun., Mon. 10:00 a.m. - 4:00 p.m.)

Formerly a deer farm, Doeille now  
produces old-time varieties of veggies.

Tomatoes, peppers, salad greens.

**Swover Creek Farms**

4176 Swover Creek Road  
in Edinburg

Lynn St.Clair 540-984-8973  
www.swovercreekfarms.com

swover@shentel.net  
Sells on-site, through U-pick, and at  
farmers markets, including Woodstock  
Farmers Market..

Check website for hours.

We are a PYO farm growing blueberries  
and various cane berries. We also make  
Farm Crafted Sausages and Bologna from  
local meat.

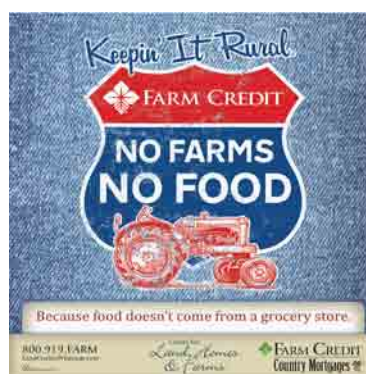
Farm-crafted sausages and bologna, fresh  
blueberries and various cane berries.





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