

WHOLESALE GUIDE TO LOCAL FARM PRODUCTS

2006



Serving food raised with care by local farmers provides our customers with a more nutritious and delicious product. We understand that our long term well-being is directly connected to the health of rural communities, good stewardship of the earth, and the vitality of our local economy. This is why we started the White Dog Cafe Foundation to share with other restaurants and stores what we have learned about buying from local farmers for over 20 years.

As founding director of our first project, Fair Food, Ann Karlen has assisted more than 50 area restaurants, caterers and retail stores to connect with local farmers. This guide is a compilation of the farms and businesses she has worked with during the past five years to bring fresh local produce and humanely raised meat and poultry to the urban marketplace.

Please use this guide and join with us in building a local food system that will serve the needs of our citizens and the generations to come.

Judy Wicks
White Dog Café
Philadelphia, PA

ABOUT THIS GUIDE AND FAIR FOOD

The Wholesale Guide to Local Farm Products is created by The Fair Food Project as a tool for chefs and other wholesale buyers to purchase local farm products and locally produced foods. The Guide provides a comprehensive list of regional family farms and food companies that market directly to restaurants and small retail stores in the Philadelphia area.

When we started Fair Food in January 2001, Philadelphia's Local Food Movement was in its infancy. I spent much of my time going door to door talking with chefs about buying from local farmers, and for many it was a new idea. Now, in 2006, interest in buying from local farmers is moving into the mainstream. With a strong commitment from chefs, grocers, and consumers, I now work in partnership with a wide network of farmers and wholesale buyers to support a regional food distribution system.

The family farms listed here are small businesses, just like most of the restaurants and stores that will utilize this guide. These "small-to-small" business relationships are critical to building a sustainable local economy in Pennsylvania. As a chef or store-owner, buying from local farmers puts your money to work locally and allows you to choose food from people you know and trust. Many local produce farmers grow a large assortment of unique varieties - ones that require extra care. The same is true for animal producers, who raise their animals in the way that nature intended - on pasture, with access to sunlight and space to move around.

Over the past year, we have expanded our Fair Food Farmstand in the Reading Terminal Market. We are now a permanent vendor, open Tuesday through Saturday from 8AM - 6PM year round. Selling ALL LOCAL produce, meat, cheese, dairy and value-added products, we invite you to use the Farmstand as a resource. Come visit us to see and sample local farm products from over 50 regional farmers and producers. Additionally, we are able to accommodate small wholesale orders for pick-up to help you access products from our wide network of growers and producers.

This guide is part of Fair Food's Restaurant Project. We offer one-on-one consultations to help chefs and store managers source local farm products. **Please contact us for a consultation about buying local farm products for your restaurant, store or catering company.** We also invite you to learn about Fair Food Membership. We provide a range of services including opportunities to promote your business as one that supports local farmers.

The Fair Food Project is a program of the White Dog Cafe Foundation. For more information about any of our programs, visit us on the web at www.whitedogcafe-foundation.org or contact us at (215) 386-5211 (office) 215-627-2029 (Farmstand) or ann@whitedog.com.

Ann Karlen

WHY BUY LOCAL

The local food system became real to me while living in the Sonora Desert in Arizona. I connected with a radical group of homeless advocates and environmentalists who were dumpster diving and going into the desert to pick saguaro and prickly pear fruits and into public parks to pick dates, olives, oranges, lemons, and limes. One of those radicals was a 10th generation Mennonite farmer who brought me back to Lancaster County as his wife -- along with 40 quarts of olives in brine that came with us to be used as Christmas presents.

His family and our neighbors taught me how to preserve foods through canning. By the end of that first summer back in Lancaster County, the basement was filled. Every shelf was full with peaches, pears, tomato sauce, ketchup, cherries, pickles, plums, and beets. That was 1999. When I stood back and looked at the bounty in the basement of our 200 year old farmhouse, I knew that we would make it through Y2K. I had a sense of security and connectedness never experienced before. It felt like I had won something and beat the system.

I was in charge of my own food supply!

After growing up on the outskirts of Philadelphia near Camden, New Jersey and watching the Garden State change, I saw how quickly farms can leave. I remember the last farm in our area to leave, replaced by houses, roads, and shopping malls.

My personal journey reflects what has gone on in our society. Eating healthy and caring about the environment became a passion of mine. I now understand the importance of the local food infrastructure and its relationship to the local economy. This understanding is increasingly shared by others, and our activities to reform the local food infrastructure are becoming more widespread. This Wholesale Guide to Local Farm Products is another example of these efforts, as it highlights the local growers and food producers available to the wholesale marketplace in Philadelphia.

We live in one of the most blessed and productive farm areas in the world, but our regional food infrastructure has been destroyed over the years with the globalization of our food supply. We have had limited access to the bounty from this region. A new generation has recognized this great loss, and we are rebuilding the local food system -- one farm and one activity at a time. I am honored to be a part of this movement.

Enjoy this guide, use it, and support the local producers listed here.

Viva la revolution!

Peggy Fogarty-Harnish
Scarecrow Hill Organic Farm
Ephrata, PA

THE IMPORTANCE OF BUYING LOCAL

As a chef, I view buying local as an obligation. Above all, it is an obligation to our customers to bring them the most flavorful, vibrant and nutrient-dense ingredients possible. It is also an obligation to help area farmers in their efforts to farm the land that has been part of our local history (and sometimes their family's history) for hundreds of years. All too often, when I talk with other chefs, the conversation is dominated by stories of this great fish they are getting from Hawaii or that perfect cheese from the Pyrenees, or how they have the best caviar. I would never deny that these things are important. However, when I ask them where they get their eggs and the reply is some large, multinational distributor "for only \$.90 a dozen", I have to laugh. Where do those eggs come from? I would challenge anyone to taste crême brulee, pasta, or an aioli made from farm fresh eggs versus others sent from afar, and tell me there is not a huge difference. Certainly a big enough difference to justify paying the \$.08 more per egg. Imagine the difference in a late summer peach cobbler, one made with tree ripened fruit that has yet to see a 38° walk-in refrigerator, so syrupy sweet that nothing but the those peaches and a good cobbler topping are needed. Now picture the other, with the peaches not quite great enough to stand on their own, so we add blackberries or put nuts in the topping and increase our cost.

Equally rewarding is the relationship your restaurant will have with the farmers and the land. We have seen first hand the excitement and joy our servers have to be a part of a restaurant that buys local. Our cooks tend not to waste as much when they know the farmer that grew the pepper or the eggplant. Many of the cooks in our area come from a culture that truly values the people that grow the food they eat. Maybe it's too extreme to think that the preservation of farming, especially in our agriculturally rich region, should be given just as much thought as the preservation of art or architecture. I don't think so, and countries with a food-rich culture don't either. It's time to fulfill our obligation to help people understand what food they are eating and where it comes from.

Sean Weinberg
Chef/Owner
Restaurant Alba



KEY TO SYMBOLS USED IN THIS GUIDE



Distributor



Pork



Produce



Chicken



Dairy



Eggs



Cheese



Lamb



Beef

Why Buy Local?

- Local produce tastes better and it's better for you.
- Local food supports local farm families and our local economy.
- Local food protects genetic diversity.
- Local food preserves open space, and supports a clean environment.
- Local food is about the future; by supporting local farmers today, you can help ensure that there will be farms in your community tomorrow.

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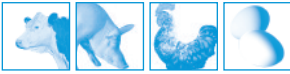


Fair Food is a program of the White Dog Cafe Foundation, which envisions a Local Living Economy in the Greater Philadelphia region – one that brings economic empowerment, environmental stewardship and prosperity to our communities through local business ownership. Our mission is to create, strengthen and connect locally owned businesses and farms committed to working in harmony with natural systems, providing meaningful living wage jobs, and supporting healthy community life. All businesses listed in this guide have been surveyed on their wholesale capabilities and availability. The White Dog Café Foundation is not responsible for errors, omissions, or misrepresentation with respect to the wholesale capacity of these businesses.”

Written, edited & compiled by the Fair food Project of The White Dog Café Foundation.
 Design & layout by Design for Social Impact, www.dfsi.org.

FARMER COOPS & DISTRIBUTORS

GREEN MEADOW FARM



717.442.5222 / fax: 717.442.5065
www.glennbrendle.com

130 South Mount Vernon Road
Gap, PA 17527 (Lancaster Co.)

Contact: Glenn Brendle

How to order: Product list faxed to customer on Monday, order placed on Tuesday by phone or fax

Delivery day: Thursday

Minimum order: \$50,
no minimum for first orders

Growing method:

- Produce: Mostly Chemical-free, some Low spray
- Beef: Grass fed, Hormone- and Antibiotic-free
- Pork: Non-confinement, Hormone- and Antibiotic-free
- Poultry: Pastured, Hormone- and Antibiotic-free
- Dairy: Grass-based

Green Meadow Farm grows and sells local farm products from their own farm and a network of neighboring farms in Lancaster County exclusively to the restaurant market. In addition to a full line of quality farm products, Green Meadow Farm is well known for their high level of customer service.

GREENSGROW FARM



215.427.2702 / fax: 215.427.2702
info@greengrow.org
www.greengrow.org

2501 East Cumberland Street
Philadelphia, PA 19125
(Philadelphia Co.)

Contact: Tom Sereduck

How to order: Product list faxed weekly, order by phone or email

Delivery day: Thursday

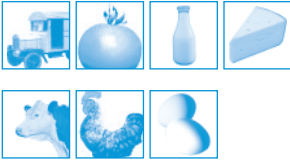
Minimum order: \$25

Growing method: Varied, from Chemical-Free to Conventional

Greengrow Farm, a 3/4-acre working farm in the Kensington section of Philadelphia, sells their own specialty produce, as well as a select variety of seasonal farm products such as asparagus, strawberries, and peaches, from a network of farms in southern New Jersey and south eastern Pennsylvania.

FARMER COOPS & DISTRIBUTORS

LANCASTER FARM FRESH



717.786.5424 / fax: 800.996.0383
orders@lancasterfarmfresh.com
www.lancasterfarmfresh.com

101 South Lime Street
Quarryville, PA 17566 (Lancaster Co.)

Contact: Casey Spacht

How to order: Phone, email, online

Delivery day: Tuesday (order by Saturday); Friday (order by Wednesday)

Minimum order: \$100

Growing method:

- Produce: Certified Organic
- Beef: Certified Organic
- Poultry: Pastured, Hormone- and Antibiotic-free
- Dairy and Cheese: Grass-based, Hormone-free

Experienced Amish and Mennonite farmers, Lancaster Farm Fresh is a coop dedicated to healthy families and

healthy land in Lancaster County. They offer their customers fresh, locally grown, organic produce and naturally raised farm products including poultry, dairy, cheese, eggs, and meat.

PARADISE ORGANICS



717.687.6370 / fax: 717.687.0441

33 South Belmont Road
Paradise, PA 17562 (Lancaster Co.)

Contact: Chris Petersheim

How to order: Product list faxed to customer on Saturday, orders placed Monday for Tuesday delivery; product list faxed to customer on Wednesday, orders placed Thursday for Friday delivery

Delivery day: Tuesday, Friday

Minimum order: 10-15 cases, depending upon location

Growing method: Certified Organic

Paradise Organics offers organic produce, eggs and dairy year round. When in season, most of the produce is locally grown.

From the Farm to the Plate?

- Most fresh fruits and vegetables produced in the U.S. are shipped from California, Florida and Washington.
- Fruits and vegetables shipped from distant states and countries can spend as many as seven to fourteen days in transit before they arrive in the supermarket.
- Most fruit and vegetable varieties sold in supermarkets are chosen for their ability to withstand industrial harvesting equipment and extended travel, not taste. This results in little variety in the plants grown.

Source: FoodRoutes Network

PRODUCE & HERBS

ARC GREENHOUSES



856.451.8800

www.arcgreenhouses.com

PO Box 191

Shiloh, NJ 08353 (Cumberland Co.)

Contact: Bruce Cobb

How to order: Call in order
at least 48 hours before delivery

Delivery day: Monday through Friday

Minimum order: None

Growing method: Hydroponic,
Pesticide-free

ARC Greenhouses grows a wide variety of micro greens and herbs, as well as head lettuces in 12 greenhouses on their farm in Shiloh, New Jersey.

BEECHWOOD ORCHARDS



717.677.6536

984 Carlisle Road

Biglerville, PA 17307 (Adams Co.)

Contact: Dave or Shawn Garretson

How to order: Phone

Delivery Days: Tuesday, Wednesday,
Saturday

Minimum Order: Negotiable

Growing Method:

Integrated Pest Management

Beechwood Orchards is a family owned farm operating in Adams County for over 100 years. They grow a wide variety of fruits including strawberries, cherries, raspberries, apricots, and many varieties of plums, peaches, and apples to name a few.

COUNTRY BARN



717.330.8401

countrybarnmkt@msn.com

365 Weaver Road

Lancaster, PA 17603 (Lancaster Co.)

Contact: Jim Stauffer

How to order: Phone, email

Delivery day: Saturdays, other days
possible

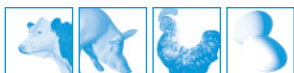
Minimum order: Negotiable

Growing method: Chemical-free.
Low spray

Country Barn grows vegetables and fruit, including chemical-free strawberries. In addition to a large variety of crops, they offer several pre-cut vegetables, and washed and trimmed spinach as value-added products.

PRODUCE & HERBS

GREEN MEADOW FARM



717.442.5222 / fax: 717.442.5065
www.glennbrendle.com

130 South Mount Vernon Road
Gap, PA 17527 (Lancaster Co.)

Contact: Glenn Brendle

How to order: Product list faxed to customer on Monday, order placed on Tuesday by phone or fax

Delivery day: Thursday

Minimum order: \$50, no minimum for first orders

Growing method: Mostly Chemical-free, some Low Spray

Green Meadow Farm grows produce specifically for the restaurant market. They offer a large variety of specialty crops in season, and micro greens and other greenhouse crops year round.

GREENSGROW FARM



215.427.2702 / fax: 215.427.2702
info@greengrow.org
www.greengrow.org

2501 East Cumberland Street
Philadelphia, PA 19125
(Philadelphia Co.)

Contact: Tom Sereduck

How to order: Product list faxed weekly, order by phone or email

Delivery day: Thursday

Minimum order: \$25

Growing method: Varied, from Chemical-free to Conventional

Greensgrow Farm, a 3/4-acre working farm in the Kensington section of Philadelphia, sells their own specialty produce, as well as a select variety of seasonal farm products such as asparagus, strawberries, and peaches, from a network of farms in southern New Jersey and south eastern Pennsylvania.

GUZIKOWSKI FARM



215.295.0306 / fax: 215.295.0306
myfarm@localnet.com

1205 Big Oak Road
Yardley, PA 19067 (Bucks Co.)

Contact: Sandy Guzikowski

How to order: Phone, fax, email

Delivery day: Varies weekly

Minimum order: \$100

Growing method: Integrated Pest Management, Chemical-free

The Guzikowski family has farmed their historic property in Bucks County since the early 1900s. Today, this farm is one of the few remaining in the community. They are committed to continue growing the best food using sustainable practices and offer a select variety of vegetables and herbs.

PRODUCE & HERBS

HILLVIEW FARM



610.367.9672

uhlerR@aol.com

136 Greshville Road
Boyertown, PA 19152 (Berks Co.)

Contact: Bob Uhler

How to order: Phone

Delivery Day: Negotiable

Minimum Order: Negotiable

Growing Methods: Chemical-free

Hill View Farm specializes in late-season raspberries under hoop houses, normally available from late August into November. They also grow beautiful yellow shallots entirely from seed, available beginning in August and until supplies run out.

LANCASTER FARM FRESH



717.786.5424 / fax: 800.996.0383

orders@lancasterfarmfresh.com

www.lancasterfarmfresh.com

101 South Lime Street
Quarryville, PA 17566 (Lancaster Co.)

Contact: Casey Spacht

How to order: Phone, email, online

Delivery day: Tuesday (order by Saturday); Friday (order by Wednesday)

Minimum order: \$100

Growing method: Certified Organic

Lancaster Farm Fresh distributes a wide variety organic produce to restaurants and retail stores in southeastern PA.

URBAN FARMING

Philadelphia is home to two urban farms located within the city limits, making it a national leader in urban agriculture. **Greensgrow Farm** is Philadelphia's first urban farm and a center for urban agriculture. Built on an abandoned brownfield site in Kensington, Greensgrow Farm operates a CSA and Farm Market and serves the Philadelphia restaurant community with products of their own and other local farms. **Somerton Tanks Farm** (STF) is located in far northeast Philadelphia on land owned by the Philadelphia Water Department. The farm produces over 50 types of high quality gourmet market vegetables and herbs on a 1/2-acre of land using bio-intensive farming methods.

PRODUCE & HERBS

LANDISDALE FARM



717.865.6220 / 717.304.9386

fax: 717.865.3324

landisdalefarm@juno.com

838 Ono Road

Jonestown, PA 17038 (Lebanon Co.)

Contact: Rachel Landis

How to order: Email

Delivery Days: Thursday, Saturday

Minimum Order: \$175

Growing Method: Certified Organic

Landisdale Farm specializes in sweet potatoes, yams, and heirloom tomatoes.

NEPTUNE FARM



856.935.3612

farm@neptunefarm.com

www.neptunefarm.com

723 Harmersville-Canton Road

Salem, NJ 08079 (Salem Co.)

Contact: Dick McDermott
& Torrey Reade

How to order: Phone, email

Delivery day: Negotiable. Also available through Albert's Organics.

Minimum order: \$150

Growing method: Certified Organic

Neptune Farm grows organic asparagus and blueberries, graded to Jersey Fresh standards by hand, and packaged appropriately in crates, clamshells and flats. Their asparagus season begins in mid-April and blueberries in mid-June.

PRODUCE & HERBS

OVERBROOK HERB FARM



215.699.7628

2213 Bethel Road
Lansdale, PA (Montgomery Co.)

Contact: Paul Tsakos

Delivery day: Thursday

How to order: Phone. Paul calls on Tuesday with product availability.

Minimum order: \$20

Growing method: Chemical-free

Overbrook Herb Farm has been a market garden for over 25 years. The farm produces a large number of specialty items in limited quantities, including 38 kinds of herbs, fresh figs, and alpine strawberries.

PARADISE ORGANICS



717.687.6370 / fax: 717.687.0441

33 South Belmont Road
Paradise, PA 17562 (Lancaster Co.)

Contact: Chris Petersheim

How to order: Product list faxed to customer on Saturday, orders placed Monday for Tuesday delivery; product list faxed to customer on Wednesday, orders placed Thursday for Friday delivery.

Minimum order: 10-15 cases, depending upon location

Growing method: Certified Organic

Paradise Organics offers organic produce year round. When in season, most of the produce is grown locally on their 15-acre farm in Lancaster, PA.

RED EARTH FARM



570.943.3460

reearthfarm@enter.net

1025 Red Dale Road.

Orwigsburg, PA 17961 (Berks Co.)

Contact: Michael Ahlert

How to order: Phone; Place order by 9:00 am prior to delivery

Delivery Day: Tuesday, Thursday

Minimum Order: \$75, willing to deliver smaller orders to regular customers

Growing Methods: Chemical-free

Red Earth Farm specializes in heirloom tomatoes, specialty peppers, and Asian cooking greens. They can grow custom specialty items for local restaurants if requests are placed in advance of the growing season.

PRODUCE & HERBS

SPIRAL PATH FARM



717.789.4433 / fax: 717.789.4030

Rob@spiralpathorganics.com

www.spiralpathfarm.com

538 Spiral Path Lane
Loysville, PA 17047 (Perry Co.)

Contact: Rob Amsterdam

How to order: Phone, email

Delivery day: Saturday,
other days possible

Growing method: Certified Organic

Minimum order: Negotiable

Spiral Path Farm is a Certified Organic family farm located near Loysville, PA. It has been under the care of Mike and Terra Brownback since 1978 offering a variety of organic vegetables, herbs and fruits on the farms 188 acres.

WOODLAND PRODUCE



856.447.3457

maurysheets@verizon.net

67 Westcott Station Road
Fairton, NJ 08320 (Cumberland Co.)

Contact: Maury Sheets

How to order: Phone, email

Delivery Day: Negotiable

Minimum Order: Negotiable

Growing Methods: Hydroponic,
Pesticide-free

Woodland Produce offers year-round, hydroponic greens and lettuce mix.

MUSHROOMS

OLEY VALLEY MUSHROOM



610.987.9849

14 Ridgewood Lane
Oley, PA 19547 (Berks Co.)

Contact: Joe & Angela Evans

How to order: Phone by
Monday afternoon

Delivery day: Wednesday

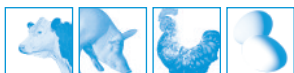
Minimum order: None

Growing method: Chemical-free

Oley Valley Mushroom, the only independent mushroom farm in southeastern Pennsylvania, grows shiitake and oyster mushrooms from September through May.

DAIRY PRODUCTS

GREEN MEADOW FARM



717.442.5222 / fax: 717.442.5065
www.glennbrendle.com

130 South Mount Vernon Road
Gap, PA 17527 (Lancaster Co.)

Contact: Glenn Brendle

How to order: Product list faxed to customer on Monday, order placed on Tuesday by phone or fax

Delivery day: Thursday

Minimum order: \$50, no minimum for first orders

Growing method: Mostly Chemical-free, some Low Spray

Green Meadow Farm distributes pasteurized milk, double cream and buttermilk, raw milk, goat milk, cultured butter and plain and flavored double-thick yogurt.

KINGFISHER FARM



717.361.0009

8969 Elizabethtown Road
Elizabethtown, PA 17022 (Lancaster Co.)

Contact: David Fisher

How to order: Phone

Delivery Day: Negotiable

Minimum Order: Negotiable

Growing Methods: Raw, Hormone- and Antibiotic-free, Grass-based
Kingfisher Farm bottles raw, hormone- and antibiotic-free milk on their farm in Lancaster County.

LANCASTER FARM FRESH



717.786.5424 / fax: 800.996.0383
orders@lancasterfarmfresh.com
www.lancasterfarmfresh.com

101 South Lime Street
Quarryville, PA 17566 (Lancaster Co.)

Contact: Casey Spacht

How to order: Phone, email, online

Delivery day: Tuesday (order by Saturday); Friday (order by Wednesday)

Minimum order: \$100

Growing method:
Grass-based, Hormone-free

Lancaster Farm Fresh offers a variety of dairy products including milk, yogurt, buttermilk, and cream among offers. Different size options are available.

DAIRY PRODUCTS

NATURAL BY NATURE



610.268.6962

www.natural-by-nature.com

PO Box 464

West Grove, PA 19390 (Chester Co.)

Contact: Jay Totman

Available through the following distributors: Albert's Organics, Four Seasons, Burris Logistics, Paradise Organics, United Natural Foods, and Rosenburger's Dairy

Growing method: Certified Organic

Natural By Nature is a dairy cooperative of farmers from Lancaster County. They offer a full line of dairy products including milk, cream, half & half, sour cream, ricotta cheese, whipped cream and whipped butter.

PARADISE ORGANICS



717.687.6370 / fax: 717.687.0441

33 South Belmont Road

Paradise, PA 17562 (Lancaster Co.)

Contact: Chris Petersheim

How to order: Product list faxed to customer on Saturday, orders placed Monday for Tuesday delivery; Product list faxed to customer on Wednesday, orders placed on Thursday for Friday delivery

Delivery day: Tuesday, Friday

Minimum order: 10-15 cases, depending on location

Growing method: Certified Organic

Paradise Organics distributes Natural By Nature organic dairy products.

PEQUEA VALLEY FARM



717.687.6592

116-D South Ronks Road
Ronks, PA (Lancaster Co.)

Contact: Abner & Jonas King

Available through: Lancaster Farm Fresh and Esh Foods

Pequea Valley Farm's plain and flavored yogurt is made with whole milk. They also make goat cheese.

SEVEN STARS FARM



610.935.1949 / fax: 610.935.8292
svenstrs@aol.com

501 West Seven Stars Road
Phoenixville, PA 19460 (Chester Co.)

Contact: Edie Griffiths

Available through the following distributors: Albert's Organics, United Natural Foods, Neshaminy Valley Natural Foods, Tree of Life

Growing method: Certified Organic

Seven Stars Farm uses milk from their Jersey-Guernsey herd to produce plain, maple, and vanilla whole milk yogurt. Plain and maple are also available in low fat. Their 350-acre farm located in Chester county is registered demeter biodynamic.

DAIRY PRODUCTS

SHELLBARK HOLLOW FARM



610.431.0786/ Fax: 610.431.0786
shellbarkhollow@aol.com
www.shellbarkhollow.com
942 Cornwallis Drive
West Chester, PA 19380 (Chester Co.)

Contact: Pete Demchur

How to order: Phone by Tuesday
for an end of the week delivery

Delivery day: Negotiable

Minimum order: \$50

Growing Method: Grass-based,
Hormone- and Antibiotic-free

Shellbark Hollow Farm is a small family
run business. They produce fresh goat
products including yogurt and keifer.

SWISS VILLA DAIRY



877.SWISSVL
311 Field Road
Lykens, PA 17048 (Dauphin Co.)

Contact: Steve Fisher

How to order: Milk is available
through Natural Acres Farm

Growing Method: Raw, Hormone- and
Antibiotic-free, Grass-based

Swiss Villa Dairy produces raw whole
milk on their farm in central Pennsylvania.
They use Brown Swiss cows, providing a
delicious, unique flavor, and bottle their
milk in nostalgic glass bottles.

LOCALLY PRODUCED YOGURT

Did you know that Stonyfield Farms owns Brown Cow yogurt? And that Groupe Danone, a \$14 Billion multinational food giant and maker of Dannon yogurt, has majority ownership of Stonyfield Farms? Getting the right information is not always easy when you are choosing what to buy.

Here in Southeastern PA, we have two independent, locally owned dairies that still milk their own cows and produce yogurt in small batches. Seven Stars Farm in Phoenixville (Chester Co.) uses milk from their Jersey-Guernsey herd to produce organic whole milk and low-fat yogurt, and Pequea Valley Farm in Ronks (Lancaster Co.) produces whole milk yogurt from the milk of organically-raised Jersey Gold cows. Both yogurts are available through local distributors.

CHEESE

GREEN MEADOW FARM



717.442.5222 / fax: 717.442.5065
www.glennbrendle.com

130 South Mount Vernon Road
Gap, PA 17527 (Lancaster Co.)

Contact: Glenn Brendle

How to order: Product list faxed to customer on Monday, order placed on Tuesday by phone or fax

Delivery day: Thursday

Minimum order: \$50, no minimum for first orders

Growing method: Grass-based, Hormone- and Antibiotic-free

Green Meadow Farm distributes locally produced cheeses including Cheddar, Swiss, Monterey Jack, and goat cheese.

HENDRICKS FARM



cell: 267.718.0219 / fax: 215.721.6114
Hendricksfarms@comcast.net

202 Green Hill Road
Telford, PA 18969 (Montgomery Co.)

Contact: Trent Hendricks

How to order: Phone, email

Delivery day: Thursday

Minimum order: Negotiable depending upon location

Growing method: Grass-based, Hormone- and Antibiotic-free, Chemical-free pasture

Hendricks Farm makes a wide variety of raw milk cheeses including: Gouda, Edam, Havarti, Bavarian Swiss, Farmstead Cheddar & Colby.

HIGHFIELD DAIRY



717.485.5792

268 Corner Road
Big Cove Tannery, PA 17212 (Fulton Co.)

Contact: John Marshall

How to order: Phone

Delivery day: Tuesday (May-Oct.); Thursday in winter

Minimum order: \$100

Growing method: Grass-based, Hormone- and Antibiotic-free

Highfield Dairy produces a wide variety of fresh and aged goat cheeses and a limited variety of raw cows milk cheeses. They also make goat's milk ice cream in several flavors and sorbets using organic and local fruit.

CHEESE

KINGFISHER FARM



717.361.0009

8969 Elizabethtown Road
Elizabethtown, PA 17022 (Lancaster Co.)

Contact: David Fisher

How to order: Phone

Delivery Day: Negotiable

Minimum Order: Negotiable

Growing Method: Raw, Hormone- and Antibiotic-free, grass-based

Kingfisher Farm produces a variety of raw cheeses aged a minimum of 60 days.

LANCASTER FARM FRESH



717.786.5424 / fax: 800.996.0383

orders@lancasterfarmfresh.com
www.lancasterfarmfresh.com

101 South Lime Street
Quarryville, PA 17566 (Lancaster Co.)

Contact: Casey Spacht

How to order: Phone, email, online

Delivery day: Tuesday (order by Saturday); Friday (order by Wednesday)

Minimum order: \$100

Growing method: Grass-based, Hormone- and Antibiotic-free

Lancaster Farm Fresh distributes raw cows milk cheeses, goat cheese, and other varieties, all produced by artisanal Lancaster County cheese makers.

LERAYSVILLE CHEESE FACTORY



570.744.2554 / fax: 570.744.1050

RR2 Box 71 A
LeRaysville, PA 18829 (Bradford Co.)

Contact: Jim Amory

How to order: Phone, fax

Delivery method: Shipped UPS

Minimum order: 20 pounds

Growing method: Hormone- and Antibiotic-free

LeRaysville Cheese Factory makes 5 traditional natural cheeses plus another half dozen flavored variations on these basic types. They purchase milk from a small producer co-op, and attribute winning numerous national prizes to their high quality milk.

CHEESE

SHELLBARK HOLLOW FARM



610.431.0786 / fax: 610.431.0786
shellbarkhollow@aol.com
www.shellbarkhollow.com
942 Cornwallis Drive
West Chester, PA 19380 (Chester Co.)

Contact: Pete Demchur

How to order: Phone by Tuesday
for an end of week delivery

Delivery day: Negotiable

Minimum order: \$50

Growing method: Grass-based,
Hormone- and Antibiotic-free

Shellbark Hollow Farm is a small family run business. They produce fresh goat products specializing in chevre- sharp, aged, fresh, and flavored.

SWISS VILLA DAIRY



877.SWISSVL
311 Field Rd.
Lykens, PA 17048 (Dauphin Co.)

Contact: Steve Fisher

How to order: Phone

Delivery Days: Tuesday,
Wednesday, Thursday

Growing Method: Raw, Hormone-
and Antibiotic-free, Grass-based

Swiss Villa Dairy produces raw cheese on their farm in central Pennsylvania.

“People literally drive in from all over the area because they have heard about our commitment to local growers and ranchers... and, of course, because their food tastes so damn good.”

*– Greg Salisbury, owner of Rx,
44th & Pine, Philadelphia*

BEEF, PORK & LAMB

BANNER FARM



215.723.0398
dougkogel@hotmail.com
724 Morwood Road
Telford, PA 18969 (Montgomery Co.)

Contact: Doug Kogel

How to order: Phone

Delivery day: Negotiable

Minimum order: None

Growing method: Hormone- and Antibiotic-free

Banner Farm raises Piedmontese cattle, praised for its lean and tender meat. They sell frozen in wholes, halves, quarters, and various cuts.

COUNTRY BARN



717.330.8401
countrybarnmkt@msn.com
365 Weaver Road
Lancaster, PA 17603 (Lancaster Co.)

Contact: Jim Stauffer

How to order: Phone, email

Delivery day: Saturday, possibly others

Minimum order: Negotiable

Growing method:

- Beef: Grass-fed, Hormone- and Antibiotic-free, Chemical-free pasture
- Pork: Pastured, Hormone- and Antibiotic-free, Non-confinement

Country Barn provides wholes, halves and quarters of beef and pork as well as various retail cuts.

COUNTRY TIME FARM



610.562.2090
countrytimefarm@msn.com
3017 Mountain Road
Hamburg, PA 19526 (Berks Co.)

Contact: Paul Crivelaro

How to order: Phone

Delivery day: Thursday

Minimum order: None

Growing method: Hormone- and Antibiotic-free

Country Time Farm raises pork for the restaurant and retail market. They offer all cuts of pork and some value-added products including sausage, pancetta, nitrate-free bacon and hotdogs, as well as whole suckling pigs.

FOUR STORY HILL FARM



570.224.4137
21 Four Story Lane
Honesdale, PA 18431 (Wayne Co.)

Contact: Sylvia Pryzant

How to order: Phone

Delivery method: FedEx

Four Story Hill Farm raises pure Berkshire pigs, in addition to prime dry aged beef and milk-fed veal. The animals are fed grain grown naturally, and their ration is made to order according to the specific needs of each breed.

BEEF, PORK & LAMB

GREEN MEADOW FARM



717.442.5222 / fax: 717.442.5065
www.glennbrendle.com

130 South Mount Vernon Road
Gap, PA 17527 (Lancaster Co.)

Contact: Glenn Brendle

How to order: Product list
faxed to customer on Monday,
order placed on Tuesday by
phone or fax

Delivery day: Thursday

Minimum order: \$50,
no minimum
for first orders

Growing method:

- Beef: Grass-fed, Hormone-
and Antibiotic-free
- Pork: Hormone- and
Antibiotic-free, Non-confinement

Green Meadow offers all cuts
of beef and pork.

HENDRICKS FARM



267.718.0219 / fax: 215.721.6114
Hendricksfarms@comcast.net

202 Green Hill Road
Telford, PA 18969 (Montgomery Co.)

Contact: Trent Hendricks

How to order: Phone, email

Delivery day: Thursday

Minimum order: Negotiable
depending upon location

Growing method:

- Beef and lamb: Grass-fed,
Hormone- and Antibiotic-free,
Chemical-free pasture
- Pork: Hormone- and
Antibiotic-free, Non-confinement

Hendricks Farm offers all meats
in a variety of cuts, available
fresh or frozen.

BEEF, PORK & LAMB

JAMISON FARM



800.237.5262 / fax: 724.837.2287
john@jamisonfarm.com
www.jamisonfarm.com

171 Jamison Lane
Latrobe, PA 15650 (Westmoreland Co.)

Contact: John & Sukey Jamison

How to order: Phone, fax, email

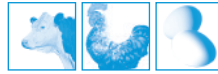
Delivery day: Shipped Airborne
Express, Tuesday through Saturday

Minimum order: None

Growing method: Grass-fed,
Hormone- and Antibiotic-free,
Chemical-free pasture

Widely known for their exceptional
quality lamb, Jamison Farm is the
only farm in the U.S. that both raises
and processes lamb in their own
USDA facility.

LANCASTER FARM FRESH



717.786.5424 / fax: 800.996.0383
orders@lancasterfarmfresh.com
www.lancasterfarmfresh.com

101 South Lime Street
Quarryville, PA 17566 (Lancaster Co.)

Contact: Casey Spacht

How to order: Phone, email, online

Delivery day: Tuesday (order by
Saturday); Friday (order by Wednesday)

Minimum order: \$100

Growing method: Certified Organic
Ground beef from Lancaster Farm
Fresh is Certified Organic.

“It is our desire to deepen our relationships with both local farmers and producers and our customers. One essential way of accomplishing this is to buy product from family-owned farms within a 150-mile radius of our store. This is our way of helping the community restore local economies.”

– Shirley Ayers, Martindale’s Natural Market

BEEF, PORK & LAMB

MEADOW RUN FARM



717.699.1316 / fax: 717.733.4279
meadowrunfarm@hotmail.com

727 Rettew Mill Road
Lititz, PA 17543 (Lancaster Co.)

Contact: Philip and Dorcas Landis

How to order: Phone, fax

Delivery day: Tuesday

Minimum order: \$150

Growing method:

- Beef & Lamb: Grass-fed, Hormone- and Antibiotic-free, Chemical-free pasture.
- Pork: Pastured, Hormone- and Antibiotic-free, Non-confinement.

Meadow Run Farm has built a loyal retail customer base through farmers' markets and started distributing to Philadelphia restaurants in 2001.

They offer individual retail cuts of pork, beef and whole lamb.

NATURAL ACRES MEATS



717.692.0923

175 Maple Drive
Millersburg, PA 17061 (Dauphin Co.)

Contact: Curtis Lenker

How to order: Phone or fax
by Sunday for Thursday delivery

Delivery day: Thursday

Minimum order: \$100

Growing method: Certified Organic,
Grass-Fed

Natural Acres uses mineral-rich balanced soil and organic, ecologically-sound farming practices to produce healthy organic foods and meats. They sell all cuts of beef in the Philadelphia region.

BEEF, PORK & LAMB

NEPTUNE FARM



856.935.3612

farm@neptune.com

www.neptunefarm.com

723 Harmersville-Canton Road
Salem, NJ 08079 (Salem Co.)

Contact: Dick McDermott
& Torrey Reade

How to order: Phone, email

Delivery day: Negotiable

Minimum order: \$150

Growing method: Certified Organic,
Grass-fed

Neptune Farm has been selling to restaurants for many years. They can work with chefs on special cuts and packaging of their meat. Animals available in wholes, halves, and 'sixths'.

Family Farms Are Struggling in America

- Family farms are an important part of the American tradition of self-sufficiency, forming the bedrock for communities across the U.S.
- Since 1935, the U.S. has lost 4.7 million farms. Fewer than one million Americans now claim farming as a primary occupation.
- Farmers in 2002 earned their lowest real net cash income since 1940. Meanwhile corporate agribusiness profits have nearly doubled (increased 98%) since 1990.
- Large corporations increasingly dominate U.S. food production. Four large firms control over 80% of beef slaughter, 59% of pork packing, and 50% of broiler chicken production.

Source: FoodRoutes Network

POULTRY & EGGS

COUNTRY BARN



717.330.8401

countrybarnmkt@msn.com

365 Weaver Road

Lancaster, PA 17603 (Lancaster Co.)

Contact: Jim Stauffer

How to order: Phone, email

Deliver Day: Saturday, possibly others

Minimum order: Negotiable

Growing method: Pastured,
Hormone- and Antibiotic-free,
Chemical-free pasture

Chickens available fresh June through
November and frozen year round. Turkeys
are also available at Thanksgiving.

DEEP SPRINGS FARM



215.256.9720 / fax: 215.256.6484

Andiesel400@yahoo.com

443 Stover Road

Harleysville, PA 19438 (Montgomery Co.)

Contact: Andrew Knechel

How to order: Email preferred

Deliver Day: Negotiable

Minimum order: \$150

Growing method: Pastured, Hormone-
and Antibiotic-free, Chemical-free pasture

Deep Springs Farm raises broiler chickens on
pasture in small pens that are moved daily,
yielding a healthy, low-fat, great tasting
chicken. Birds are available fresh March
through November, and frozen year
round. They also offer eggs from pas-
ture-raised hens.

POULTRY & EGGS

EBERLY POULTRY FARM



717.336.6440

www.eberlypoultry.com

1095 Mt. Airy Road
Stevens, PA 17578 (Lancaster Co.)

Contact: Tom Mikas

Available through these distributors: Albert's Organics, Blue Star Farms, Esposito's, D'Artagnan, W.E. Ryan

Growing method: Certified Organic
Founded by Levi Eberly in 1949 as a farmers' market in the Oley section of Philadelphia, Eberly Poultry Farm is now a processing plant offering Certified Organic chicken & turkey, free ranging, hormone & antibiotic free capons, geese, Moscovy duck, Cornish hens, and large roasters.

FOUR STORY HILL FARM



570.224.4137

21 Four Story Lane
Honesdale, PA 18431 (Wayne Co.)

Contact: Sylvia Pryzant

How to order: Phone

Delivery method: FedEx

Four Story Hill Farm raises heritage breed animals to order for restaurants in Philadelphia and New York. They raise pure Berkshire poultry, namely milk-fed poulardes, poussins and capons, as well as game birds. The animals are fed grain grown naturally, and their ration is made to order according to the specific needs of each breed.

GREEN MEADOW FARM



717.442.5222 / fax: 717.442.5065
www.glennbrendle.com

130 South Mount Vernon Road
Gap, PA 17527 (Lancaster Co.)

Contact: Glenn Brendle

How to order: Product list faxed to customer on Monday, order placed on Tuesday by phone or fax

Delivery day: Thursday

Minimum order: \$50, no minimum for first orders

Growing method: Pastured, Hormone- and Antibiotic-free

Free-range eggs, turkeys, and capons are available, as well as some value-added products including smoked turkey breast.

POULTRY & EGGS

HENDRICKS FARM



267.718.0219 / fax: 215.721.6114
Hendricksfarms@comcast.net
202 Green Hill Road
Telford, PA 18969 (Montgomery Co.)

Contact: Trent Hendricks

How to order: Phone, email

Delivery day: Thursday

Minimum order: Negotiable
depending upon location

Growing method: Pastured,
Hormone- and Antibiotic-free

Hendricks Farm offers roasting and
stewing chickens fresh and frozen year
round, as well as brown eggs.

LANCASTER FARM FRESH



717.786.5424 / fax: 800.996.0383
orders@lancasterfarmfresh.com
www.lancasterfarmfresh.com

101 South Lime Street
Quarryville, PA 17566 (Lancaster Co.)

Contact: Casey Spacht

How to order: Phone, email, online

Delivery day: Tuesday (order by
Saturday); Friday (order by Wednesday)

Minimum order: \$100

Growing method: Pastured,
Hormone- and Antibiotic-free

Lancaster Farm Fresh offers both organic
and free-range eggs, as well as whole
chickens and Peking duck.

POULTRY & EGGS

MEADOW RUN FARM



717.699.1316 / fax: 717.733.4279
meadowrunfarm@hotmail.com

727 Rettew Mill Road
Lititz, PA 17543 (Lancaster Co.)

Contact: Philip and Dorcas Landis

How to order: Phone, fax

Delivery day: Tuesday

Minimum order: \$150

Growing method: Pastured,
Hormone- and Antibiotic-free,
Chemical-free pasture

Meadow Run Farm offers chickens fresh in the spring and summer and frozen year round, as well as pastured eggs. Fresh turkeys are available at Thanksgiving.

NATURAL ACRES MEATS



717.692.0923

175 Maple Drive
Millersburg, PA 17061 (Dauphin Co.)

Contact: Curtis Lenker

How to order: Phone, fax
by Sunday for Thursday delivery

Delivery day: Thursday

Minimum order: \$100

Growing method: Certified Organic,
Pastured

Natural Acres sells Certified Organic chickens and eggs throughout the Philadelphia region.

PARADISE ORGANICS



717.687.6370 / fax: 717.687.0441

33 South Belmont Road
Paradise, PA 17562 (Lancaster Co.)

Contact: Chris Petersheim

How to order: Product list faxed to customer on Saturday, orders placed Monday for Tuesday delivery; Product list faxed to customer on Wednesday, orders placed on Thursday for Friday delivery

Delivery day: Tuesday and Friday

Minimum order: 10-15 cases,
depending upon location

Growing method: Certified Organic,
Pastured

HONEY/MAPLE SYRUP

E & M GOLD BEEKEEPERS

732.542.6528

emgold.beekeepers@verizon.net

www.emgoldbeekeepers.com

113 Hope Road

Tinton Falls, NJ 07724 (Monmouth Co.)

Contact: Mary Kosenski

How to order: Phone, email

Delivery day: Negotiable

Minimum order: None

E & M Gold Beekeepers produce many varieties of honey. Their Summer Garden, Spring Blossom, and Red Bank Raw varieties are made with the Russian Honey Bee (a species of bees particularly resistant to mites) using all natural methods without the use of miticides and acaricides.

ENDLESS MOUNTAINS

570.247.2550 / fax: 570.247.7376

RR 3 Box 3153

Rome, PA 18837 (Bradford Co.)

Contact: Phylann Russell

How to order: Phone, fax

Delivery day: Saturday

Minimum order: None

Endless Mountains Farm has 8,000 taps producing approximately 1,000 gallons of maple syrup a year using organic methods. Their maple syrup is available in decorative bottles or bulk.

EPLER FARMS

570.363.2064

byepler@epix.net

RR1 Box 51

New Albany, PA 18833 (Bradford Co.)

Contact: Scott and Becky Epler

How to order: Phone

Delivery: USPS

Epler Farms produces maple syrup and other maple products and offers a variety of bottling options including decorative glass bottles and plastic jugs.

WORCESTER HONEY FARM

610.584.6778

jimbobb@gct21.net

2011 Shearer Road

Lansdale, PA 19446

Contact: James Bobb

How to order: Phone, email

Delivery day: Negotiable

Minimum order: Negotiable

Worcester Farm offers 100% pure and local honey from apiaries ranging from Doylestown to Center City Philadelphia.

LOCALLY PRODUCED SPECIALTIES

CAPOGIRO GELATO

215.739.2006

www.capgirogelato.com

13th & Sansom Street

Philadelphia, PA (Philadelphia Co.)

Contact: Fawn Grant

How to order: Phone, order on Friday for Tuesday delivery, order on Tuesday for Friday delivery

Delivery day: Tuesday, Friday

Minimum order: Negotiable

The gelateria, located at 13th & Sansom, makes 27 flavors of gelato fresh every day. They use all natural ingredients, including milk from a local farm in Lancaster county.

CHILLY PHILLY ICE CREAM

215.510.1750

www.chillyphilly.com

7035 Greene Street

Philadelphia, PA 19119 (Philadelphia Co.)

Contact: Coleman Poses

How to order: Phone one week in advance

Delivery day: Wednesday

Minimum order: 3 gallon tub

Chilly Philly Ice Cream is manufactured in the traditional Philadelphia style - without eggs, with the vanilla specks visible, and with all natural ingredients. They slow cook their product before freezing, giving Chilly Philly a superior texture and flavor over flash-pasteurized ice creams. Ice cream is available in pints and 3 gallon tubs.

FRESH TOFU

610.433.4711 / fax: 610.443.5611

www.freshtofu.com

1101 Harrison Street

Allentown, PA 18103 (Lehigh Co.)

Contact: Gary Abramowitz

How to order: Phone

Minimum order: \$100

Available directly through Fresh Tofu Inc. or the following

distributors: Albert's Organics, Sunneen Health Foods, and Ed Wolff Ltd.

Fresh Tofu offers organic tofu and other value-added soy products such as Baked Tofu, and distributes locally-produced vegetarian foods including Ray's Seitan.

GILDA'S BISCOTTI

866.242.5640

info@gildasbiscotti.com

www.gildasbiscotti.com

1-3 Hires Avenue

Salem, NJ 08079 (Salem Co.)

Contact: Gilda Ann Doganiero

How to order: Phone, online at sales@gildasbiscotti.com. Orders normally filled within 4 days; allow 7 days in November and December

Delivery: UPS

Minimum Order: None

For the last 11 years, Gilda's Biscotti has produced artisan-style biscotti everyday in small batches, concentrating on maintaining the authenticity of this delicious Italian pastime. They have never used butter, oil, or artificial flavorings and now use local organic eggs from south Jersey.

LOCALLY PRODUCED SPECIALTIES

HELEN'S PURE FOODS

215.379.6433 / fax: 215.663.5340

301 Ryers Avenue
Cheltenham, PA 19012
(Montgomery Co.)

Contact: Richard Goldberg

How to order: Phone by
10:00 am Monday

Delivery day: Tuesday (Mainline,
South NJ), Wednesday (Center City and
W. Philadelphia), Thursday (Bucks Co.
and Central Jersey)

Minimum order: \$75

Helen's distributes vegetarian dips, salads, and sandwiches made with all natural ingredients. Their products are Kosher, Parve, and locally-made.

JOHN & KIRA'S (FORMERLY JUBILEE CHOCOLATES)

215.324.9222 / 800.747.4808
support@johnandkiras.com
www.johnandkiras.com

Contact: John Doyle & Kira Baker-Doyle

How to order: Phone, email, online

Delivery: UPS or courier

Minimum order: Negotiable

John & Kira's is a socially innovative chocolate company dedicated to making world-class confections and promoting positive social change, one chocolate at a time. They use fresh and sustainably grown flavors from local family farms. They are nationally known as a premiere gourmet chocolate company, both for their fresh confections and pioneering social mission.

RAY'S SEITAN

215.634.3361

1865 E. Ontario Street
Philadelphia, PA 19125 (Philadelphia Co.)

Available through Fresh Tofu Inc.,
Helen's Pure Foods, and Neshaminy
Valley Natural Foods.

Ray's Seitan specializes in high quality seitan, a low-fat, protein-rich meat substitute ideal for vegetarian meals.

S & C GOURMET FOODS

617.319.5630 / 610.800.1726
Fax: 215.827.5936

pickles@scgourmetfoods.com
www.scgourmetfoods.com

4119 Mantua Avenue
Philadelphia, PA 19104 (Philadelphia Co.)

Contact: Victor Mallet

How to order: Phone, fax; orders
made by Wednesday evening

Delivery Day: Saturday, Sunday

Minimum Order: 2 Cases

S & C is a local, Philadelphia-based specialty food company. They currently produce two varieties of pickles—regular and hot & spicy—both available in 32 ounce jars.

LOCALLY PRODUCED SPECIALTIES

SUMMER'S SALSA

484-620-0269

503-961-9454 fax

salsa@kitsummers.com

www.kitsummers.com/salsa

3538 West 12th Street

Trainer, PA 19061 (Montgomery Co.)

Contact: Kit Summers

How to order: Phone, email, fax

Delivery day: Negotiable

Minimum order: \$30

Summer's Salsa offers both sweet and hot salsa made with natural ingredients, fat and preservative free. When in season, the ingredients are locally grown, including tomatoes and peppers that Kit grows on his land in Delaware county.

WILLS VALLEY FARM

610.683.5540

tpbock@verizon.net

379 Dunkels Church Road

Kutztown, PA 19530 (Berks Co.)

Contact: Tim and Anne Bock

How to order: Phone, email

Delivery Day: Wednesday

Minimum Order: 1 case

Wills Valley Farm Products specializes in Certified Organic sauerkraut and other fermented vegetables, in addition to all natural jams, jellies, and condiments. All of these products are made in our registered kitchen one batch at a time using only the highest quality natural ingredients.

ORGANIC BAKED GOODS

NATURAL ACRES BAKERY

717.692.0923

175 Maple Drive
Millersburg, PA 17061(Dauphin Co.)

Contact: Curtis Lenker

How to order: Phone, fax by Sunday
for Thursday delivery

Delivery day: Thursday

Minimum order: None

Production method: Certified Organic

Natural Acres Bakery produces certified organic, wheat-free and dairy-free breads, muffins, cookies and granola.

SLOW RISE BAKERY

717.295.3706

314 Atkins Avenue
Lancaster, PA 17603 (Lancaster Co.)

Contact: Brian Hernon

How to order: Phone

Delivery day: Saturday

Minimum order:None

Production method: Made with organic ingredients

Slow Rise Bakery uses organic ingredients and an overnight poolish (slow rise) method to produce whole grain artisan breads.

STARBAR ORGANICS

267.259.1853

mary@starbarorganics.com
www.starbarorganics.com

2017 Green Street #3R
Philadelphia, PA 19130 (Philadelphia Co.)

Contact: Mary Rakowski

How to order: Phone, email, online

Delivery Day: Negotiable

Minimum Order: 1 dozen bars

Production Methods: Made with organic ingredients, Vegan

StarBar Organics is a handmade protein bar company located in Philadelphia, PA. Every batch is made and packaged by hand with great care to bring you the best tasting vegan protein bar. Their protein bars are made with only organic ingredients, are 100% vegan, and contain absolutely no dairy, wheat, hydrogenated oils, or refined sugars.

RESOURCES

ECOFISH

www.ecofish.com/restaurants
877.214.3474

340 Central Avenue
Dover, NH 03820

Contact: Reed McNamara

How to order: Phone

Delivery method: FedEx
overnight delivery

Minimum order: 25 lbs.

Ecofish works with an independent Seafood Advisory Board that investigates and oversees fisheries throughout the world. They offer a wide variety of sustainably harvested fish and seafood.

LINKS & GOOD THINGS TO KNOW ABOUT

www.buylocalpa.org

The website for the Pennsylvania Buy Local Campaign, including an on-line Philadelphia Local Food Guide, an online version of the Wholesale Guide to Local Farm Products, and other useful links.

www.sbnphiladelphia.org

The Sustainable Business Network helps local, independent businesses thrive while they build an economy that values people, planet and prosperity for all. They produce an annual directory of locally owned businesses; visit the website for a PDF version or to search the online marketplace of local goods and services.

www.farmtocity.org

Farm to City is a Philadelphia-based program whose goal is to unite communities, families, and farmers year-round through good locally grown food.

www.thefoodtrust.org

Based in Philadelphia, The Food Trust's mission is to ensure that everyone has access to affordable, nutritious food.

www.pasafarming.org

Pennsylvania Association for Sustainable Agriculture (PASA) is a nonprofit, membership-based organization working to improve the economic and social prosperity of Pennsylvania food and agriculture.

www.localharvest.com

An online national directory of family farms and farmers' markets. Restaurants can also be listed in the directory if they are buying from local farmers.

www.dinegreen.com

The Green Restaurant Association's mission is to create an ecologically sustainable restaurant industry. Their site includes a listing of green restaurants and an on-line store of environmentally friendly products and services for small businesses.













www.chefscollaborative.org

Chef's Collaborative is a national network of more than 1,000 members of the food community who promote sustainable cuisine by celebrating the joys of local, seasonal, and artisanal cooking.

www.whitedogcafeoundation.org

Detailed information about White Dog Café Foundation programs, the Fair Food Farmstand at Reading Terminal Market, how to get involved in the Brewer's Plate and the latest news. Learn about our board and staff, sign up for our e-newsletter, make an online donation or purchase tickets to one of our upcoming fundraising events.

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LOCAL FOODS WHOLESALE GLOSSARY

This glossary will help you understand the variety of terms used throughout this guide and by many farmers when describing their products.

Certified Organic - Food that has been USDA certified to be raised free of pesticides, hormones and pre-therapeutic antibiotics.

Chemical-free - Crops (including produce and animal feed) grown entirely without the use of chemicals.

Conventional Agriculture - A resource intensive agricultural system, relying heavily on machinery and chemicals to raise crops and livestock.

Farmer Coop - a group of farmers who are marketing and distributing their products together under the cooperative structure.

Free-range/Free-roaming - Animals that have been raised for all of their lives in systems where they may freely move about in an unrestrained manner.

Grass-fed (Grass-based) - Animals that have been raised entirely on grass and are fed little or no grain. This term applies specifically to ruminant animals like cows that are meant to eat grass.

Hormone- and Antibiotic-Free - Animals that have been raised without the use of growth hormones or sub-therapeutic antibiotics.

Hydroponic - A method of raising plants in a nutrient solution as opposed to soil.

Integrated Pest Management (IPM) - Using the best features of chemical, biological, and cultural controls in an overall pest control program in order to reduce use of chemicals.

Local/Locally Grown - Farm products raised within a 150-mile radius of Philadelphia.

Low spray - A method of spraying only when needed to prevent crop loss and do so in a responsible manner with usually the least toxic alternatives.

Non-confinement - Typically associated with hogs, this term indicates that the animal is not confined to a cage and can roam freely.

Pasture-raised (Pastured) - Animals that have never been confined to a feedlot or feeding floor and have had continuous and unconfined access to pasture throughout their lives.

Raw Dairy - Milk that has not been heated above a cow's highest healthy body temperature, has not been frozen, and has not been altered with any additives, chemicals, light or homogenization.

Sustainable Agriculture - A holistic method of agricultural production and distribution that strives to be ecologically sound, economically viable and socially just for present and future generations.

Value-Added Products - products, such as jam, jelly and pies, whose main ingredient is a farm product that has been processed in some way.

FAIR FOOD/BUY FRESH BUY LOCAL MEMBERSHIP

Promotion through:

- Listing in our very popular, annual Philadelphia LOCAL FOOD GUIDE (80,000 issues distributed)
- Joint Buy Fresh, Buy Local Advertising
- Buy Fresh, Buy Local Week of events and promotions
- Special marketing initiatives throughout the year
- Annual Yoga Living Journal Buy Local Listing
- Listing featured on multiple websites

Prioritized Consulting Services:

- Connect your business with local family farm products
- Tips on how to most effectively and efficiently work with local farmers
- In store/restaurant marketing assistance

Logo, Marketing Materials and Events:

- Buy Fresh Buy Local (BFBL) Toolkit including digital images and printed materials
- Wholesale Guide and Local Food Guides
- Invitations to participate in exclusive events
- Free and/or discounted attendance to events

There are currently 49 businesses benefiting from Buy Fresh Buy Local Membership. For more info, contact: John Smith, 215.386.5211 x103, john@whitedog.com.

Fair Food offers the following services to wholesale buyers:

The Restaurant Project: Consulting service

One-on-one consultations to help chefs, owners, and store managers source local farm products.

Buy Fresh Buy Local Campaign

Now in its 3rd year, this grass roots promotional and marketing campaign directs consumers to businesses that buy from local farmers. Ask us how you can make this campaign work for your business. Contact: John Smith, 215-386-5211 x103, john@whitedog.com.

Fair Food/Buy Fresh Buy Local Membership

Receive a host of member benefits including: Promotion of your business as a supporter of local farmers; Listing in the Philadelphia Local Food Guide, Priority Consultations, Buy Fresh Buy Local logo and marketing materials and much more!

Local Grower/Local Buyer Gathering and Local Food Expo

Fair Food provides the platform for local chefs and store owners to connect with local growers and food producers. At our bi-annual events, buyers can taste farm products and talk with farmers who sell to restaurants and retail stores.

Fair Food Farmstand

Located near the Arch and 11th St. entrance of the Reading Terminal Market, the Fair Food Farmstand carries a variety of fresh produce, humanely-raised meats, poultry, dairy, eggs and cheese from organic and sustainable farms throughout the southeast Pennsylvania region.

Farm Tours

Join Fair Food as we visit some of the farms that sell to restaurants and stores in the Philadelphia area and get a behind the scenes look at the inner workings of a family farm. Scheduled throughout the year.

Farm to Institution

Fair Food has embarked on a Farm-to-Institution Project, researching and building tools and infrastructure that will make local food more accessible to large-scale buyers.

For more information on any of these programs, contact Ann Karlen @ 215.386.5211 x101 or ann@whitedog.com



White Dog Cafe Foundation
3428 Sansom Street, 2nd Floor
Philadelphia, PA 19104

Buy Fresh Buy Local for Your Business Today
215.386.5211 • www.whitedogcafefoundation.org