10th Annual FARM TO TABLE PITTSBURGH Local Food Conference

March 18 & 19, 2016
at the David L. Lawrence Convention Center
Without you, we wouldn't be here!

Thank you to our guests and the following sponsors:

**Follow the event on Social Media #10thFTT**

- Farm to Table Pittsburgh
- @farm2tablepgh
- @FTT_Pittsburgh

Our 10th Annual Conference happens to coincide with the Pittsburgh Bicentennial celebration. Learn more on our website and use **#pgh200** on social media!

Thank you to PAEYC for sponsoring teachers to receive free ACT 48 credits!
Greetings Local Food Lovers,

Welcome to our 10th Annual Local Food Conference! We couldn’t have dreamt of how awesome this event would become back in 2007. Ever since we dove into the local food world we’ve learned a lot about the relationships we have with our food, our farmers, and our neighbors – the good and the bad.

We’ve learned to reach out to this great network of attendees, exhibitors, and sponsors to try to forge a new path. What started simply as a way to support our employee wellness program morphed into a food revolution!

Local Food in Pittsburgh is more accessible now than ever, but we still have work to do. Local businesses are launching new products, some old favorites are gone, and we are here for the next two days to get an objective view of what direction we’re headed.

Speak up and ask questions! Share your ideas! We’re moving forward together! Stop by the registration desk or the American HealthCare Group exhibit table to find out how you can get involved.

Event Schedule

Maps Available at Registration Desk.

Friday, March 18, 2016

10am-5pm ............ Exhibit Hall Open (see page 20 for list)
10:30am .............. Speakers & Demo Sessions Start (see page 5)
3:30pm .............. Last Session Starts
5 - 8pm ............. Friday Night Food Tasting & Concert (see page 9)

Saturday, March 19, 2016

8am-10am ............ Farm Fresh Breakfast (see page 11)
9am-10am ............ Yoga (see page 12)
9:30 - 10am .......... Burgh Bits & Bites Private Tour (see page 11)
10am-5pm ............ Exhibit Hall Open (see page 20 for list)
10:30am .............. Speakers & Demo Sessions Start (see page 12)
3:30pm .............. Last Session Starts
4 - 6pm .............. Farm to Flask Craft Mixology Event (see page 18)
So close, you can taste it.

We are honored to partner with over 100 local farms.

Giant Eagle is pleased to support Farm to Table.
Speaker Schedule

Room Location Markers

- **Carrot Room**: Concourse A (entrance)
- **Tomato Room**: Room 333
- **Sunflower Room**: Room 334 (upstairs)
- **Cucumber Stage**: Stage A
- **Hot Pepper Stage**: Stage B (exhibit hall)
- **Broccoli Room**: Alcove A (past entrance)

Maps Available at Registration Desk.

Friday, March 18, 2016

Exhibit Hall Open All Day, 10am - 5pm

10:30 am

- **Addressing Access to Healthy Options**
  Marie Fontelo, Live Well Allegheny
  *Consumer Knowledge Track, Room 333*

- **Soil Health for the Home Gardener to the Farmer**
  Monica Pape, The Fertrell Company
  *Farm Science Track, Room 334*

- **Vintage Eating for Vibrant Health**
  Jennifer Calihan, Eat The Butter
  *Whole Body Track, Alcove A*

- **Know Your Farmer - Let’s Start A Discussion**
  Alisa Fava-Fasnacht, Emerald Valley Artisans
  *Consumer Knowledge Track, Stage A Exhibit Hall*

- **Cold-Process Soap Making DIY Demo**
  Eryn Hughes, Apothecary Muse
  *DIY Demo Track, Stage B Exhibit Hall*
Friday, March 18, 2016

11:30 am

School Gardens: From the Ground Up
Molly McHolme & Paul Pagoda, Grow Pittsburgh
Teacher Track, Room 333

Edible Landscapes: Forging New Opportunities for Budding Horticulturalists
Gary Baranowski & Bridget Kennedy-Riske, Bidwell Training Center
Farm Science Track, Room 334

Making Herbal Salves
Claire Orner, Quiet Creek Herb Farm
Whole Body Track, Alcove A

Clearing the Confusion on Functional Beverages & Designing Your Own
Carla Addison, Fresh Fix
DIY Demo Track, Stage A Exhibit Hall

Kids Cook
Liz Gore, Greater Pittsburgh Community Food Bank
Little Locavores Track, Stage B Exhibit Hall

12:30 pm

Game On! Fighting Childhood Obesity at School
Deanna Philpott, Action For Healthy Kids
Teacher Track, Room 333

Organic Certification - Dispelling the Myths, Misconceptions, and Confusion Associated with the Transition to Organic Certification
Eric Hanson, Baystate Organic Certifiers
Farm Science Track, Room 334

Local Foods as Medicine: How to find better moods, clear skin and natural thyroid support at your farmers' market
Ali Shapiro, Health Coach
Whole Body Track, Alcove A

Tai Chi: What It Is, How To Do It
Marc Black, Black Mountain Spirit School of Chinese Kung Fu
Whole Body Track, Concourse A Entrance
ATTENTION LOCAL FOOD ENTREPRENEURS!!

Are you a baker, caterer, specialty food producer, personal chef, cart vendor or food truck owner looking for a low cost licensed kitchen? Our shared-use commercial kitchen may be perfect space for you, whether you are just starting out on this path or are looking to expand and grow your business.

www.republicfoodenterprisecenter.org

Friday, March 18, 2016

1:30 pm

Shiitake Mushrooms - The How & Why
Rusty Orner, Quiet Creek Herb Farm
Consumer Knowledge Track, Room 333

Botany for Gardeners
Sarah Meiss, California University of PA
Farm Science Track, Room 334

The Beauty of Essential Oils
Claire Orner, Quiet Creek Herb Farm
Whole Body Track, Alcove A

Veggie Sushi Rolls Your Kids Will Love to Pack for Lunch
Stephanie Nardiello, American HealthCare Group
DIY Demo Track, Stage A Exhibit Hall

Edible Wild Mustrooms and How to Prepare Them
John Plischke, Good Mushrooms Bad Mushrooms
DIY Demo Track, Stage B Exhibit Hall

Speaker Schedule
Friday, March 18, 2016

2:30 pm

- **Pawpaw: In Search of America’s Forgotten Fruit**
  Andrew Moore, Author, Pawpaw: In Search of America’s Forgotten Fruit
  Consumer Knowledge Track, Room 333

- **Restoring Foodsheds...One Blade of Grass at a Time**
  Michael Wright, Big Horn Ranch
  Farm Science Track, Room 334

- **The Confusion of “Local” and “Organic” in the Wine Industry**
  Deb Mortillaro, Palate Partner
  Mixology Track, Alcove A

- **The long lost art of bread making in the Appalachian mountains**
  Susan Brown & Jenny Bardwell, Salt Rising Bread
  DIY Demo Track, Stage A Exhibit Hall

3:30 pm

- **Introduction to Crowdfunding for Food and Agriculture Businesses**
  Emily Keebler & Deirdre Kane, Kiva & 52nd Market Street
  Farm Science Track, Room 333

- **Yes, I want to help in the labeling effort in PA**
  Karen Stark, GMO Free PA
  Consumer Knowledge Track, Room 334

- **Monongahela Rye and Bringing Terroir Back to Spirits**
  Jill Steiner, Wigle Whiskey
  Mixology Track, Alcove A

- **Buying, Using and Loving Farmstead Dairy Products (and Why It’s so Important)**
  Megan Whitmer & Nathan Holmes, Family Farms Creameries
  Consumer Knowledge Track, Stage A Exhibit Hall

Follow the conference on Social Media #10thFTT
Friday Night Food Tasting & Concert

5-8pm, Registration Separate from Conference

Join us from 5-8pm on Friday evening after the conference ends for an intimate gathering of farm exhibitors and like-minded locavores. This relaxed get together features local food, wine, and beer samples. Experience live and local music from Slide Worldwide.

Visit the registration desk to see the exhibitor menu and to purchase registration.

About the Music
Slide Worldwide

“We’re equipped to play the full spectrum of world music which is where the name Slide Worldwide comes from.

We also know how to party! Our sound is deeply rooted in Soul, R & B, HipHop & House music. Most of the great R & B, Funk & Soul bands from James Brown to Earth, Wind & Fire & Stevie Wonder had bands made up of mostly Jazz musicians & we are continuing that tradition today!”
Connecting the people of Southwestern Pennsylvania to the outdoors since 2001

Join us on any one of our activities:

- Hiking
- Biking
- Specialty Hikes
- Rock Climbing
- Geocaching
- Team Building
- Kayaking
- Snowshoeing
- Cross Country Skiing
- Educational Hikes
- Family Friendly Outings
- Tyke Hikes

Our mission:
Venture Outdoors is a nonprofit organization dedicated to connecting everyone to the benefits of outdoor recreation throughout Southwestern Pennsylvania. We provide a variety of activities that inspire an active lifestyle, promote the region's unique amenities, highlight its excellent quality of life, and foster a greater appreciation for the environment.
Saturday Farm Fresh Breakfast

8 am - 10 am, Registration Separate from Conference
Get to know your farmer on a more personal level! Share a farm fresh breakfast with exhibitors and hear from speakers as you wake up and smell the coffee.

8:30 am

Roses are Red and Edible too!
Denise Schreiber, Edible Flowers
DIY Demo Track, Stage B Exhibit Hall

9:30 am

Great Starts: Healthful Breakfasts
Crystal Baldwin & Laura Maydak, MS, RD, LDN, Market District
DIY Demo Track, Alcove A

Purchase Registration from the Registration Desk.

Thank You to these companies for the ingredients used to prepare our Farm Fresh Breakfast.

Burgh Bits & Bites Private Tour

9:30 am, Registration Separate from Conference

Now you can get a sneak preview of the exhibitors before the doors open on Saturday morning!
Enjoy the Farm Fresh Breakfast and then tour the Exhibit Hall Floor.

Purchase Registration from the Registration Desk.
Speaker Schedule

Room Location Markers

Carrot Room
Concourse A
(entrance)

Tomato Room: Room 333
Sunflower Room: Room 334
(upstairs)

Cucumber Stage
Hot Pepper Stage
(exhibit hall)

Broccoli Room
Alcove A
(past entrance)

Maps Available at Registration Desk.

Saturday, March 19, 2016

Exhibit Hall Open All Day, 10am - 5pm

10:30am, 11:30am, 1pm

Experience the Power of the Labyrinth
Dorit Brauer, Live Your Best Life
Whole Body Track, Concourse A Entrance

11am - 2pm

2nd Annual Project Lunch Tray Final Round
Katie Schratz, Community Kitchen Pittsburgh
Consumer Knowledge Track, Concourse A Entrance
Come check out our program at FTT Project Lunch Tray 2016. Teams of students from 15 area schools have been paired with professional Chef Mentors to create healthy, delicious and kid-friendly school lunch recipes in an exciting two-part competition. Join us in Concourse A from 11:00am - 2:00pm.
Saturday, March 19, 2016

8:00 am

VIP Yoga + Beer
Fitt + Brew Gentlemen, Registration Separate
Whole Body Track, Concourse A Entrance

10:30 am

Feeding Your Gluten-Free Family - Balancing Nutrition Without Breaking the Bank
Amy Macklin, Gluten Free Roots
Consumer Knowledge Track, Room 333

Honeybees are Adapting to Protect Themselves, Mite Biting Behavior
Jeff Berta, Always Summer Herbs
Farm Science Track, Room 334

Introduction to Fresh Mozzarella: Hand Pulling and Recipe Inspirations
Robin Sambol & Logan Brenneman, Savor Fresh Catering by JPC
DIY Demo Track, Alcove A

Real Food by the Season: Inspiring Ingredients for Spring
Kathy Parry, Your Real Food Coach
DIY Demo Track, Stage A Exhibit Hall

Starting Seedlings from Home and Paper Pot Making
Alyssa Crawford, North Hills Community Outreach
Little Locavores Track, Stage B Exhibit Hall
Saturday, March 19, 2016

11:30 am

Lawns are for Losers - How Compost can Change Your Life
Jeff Newman, Steel City Soils
Farm Science Track, Room 333

Integrating Wellness Programming
Liz Kanche, American HealthCare Group
PA Women in Agriculture Network (PaWAgN) Track, Room 334

Reversing Tooth Decay and Controlling Periodontal Disease with Whole Foods and a Healthy Life Style
Mark Buzzatto, nutraDentist
Whole Body Track, Alcove A

Homemade Green Cleaning Products - Eliminating Toxins from the Home
Rachel & Curtis Radke, Naturally Clean
Whole Body Track, Stage A Exhibit Hall

Living More Human: Global Thinking for Nutrition & Agriculture
Justin Heinle, More Human
Farm Science Track, Stage B Exhibit Hall

12:30 pm

Gut Health
Ilona Berkoben, MD, IHB Consulting
Whole Body Track, Room 333

HealthCare 101
Erin Hart, American HealthCare Group
PA Women in Agriculture Network (PaWAgN) Track, Room 334

Sugar, Inflammation and Owning Your Nutrition
Courtney Daylong, Health/Nutrition Coach
Whole Body Track, Alcove A

The No-Waste Kitchen
Leah Lizarondo, 412 Food Rescue
DIY Demo Track, Stage A Exhibit Hall

School Assembly in Action: Super Fun Local Food Challenge
Susan Lee, American HealthCare Group
Little Locavores Track, Stage B Exhibit Hall
Saturday, March 19, 2016

1:30 pm

Labeling for the Conscientious Consumer
Katie Yanchuk, Animal Welfare Approved
Consumer Knowledge Track, Room 333

1 LOCAL: Serving Up Local Food Accountability
Jessy Swisher, Pennsylvania Association for Sustainable Agriculture (PASA)
Consumer Knowledge Track, Room 334

Elimination Diet 101: Using Food as Medicine
Julie Cerrone, Just a Good Life
Whole Body Track, Alcove A

Urban Hen Keeping
Jana Thompson, Pittsburgh Pro-Poultry People
Farm Science Track, Stage A Exhibit Hall

Don’t Fight Fat: Easy Ways to Substitute “Good” Fats for Bad Fats
Marcy Fulton, Snack Attack
Little Locavores Track, Stage B Exhibit Hall

From pickles to pigs, first business to farmstand, Trellis Legal LLC provides legal and business services to non-profits, businesses, and citizens devoted to local agriculture and ecologically minded development.

Let us sweat the small stuff while you build something great, call us today at 607-592-1502
trellispgh.com
Saturday, March 19, 2016

2:30pm

Farm Brewing from Ground to Glass
Brian Sprague, Sprague Farm & Brew Works
Consumer Knowledge Track, Room 333

PASA’s Plans for Building the SOIL
Franklin Egan, Pennsylvania Association for Sustainable Agriculture (PASA)
Farm Science Track, Room 334

Grow Your Own Sprouts, Microgreens and Wheatgrass for the most powerful nutrition anytime of the year.
Janet McKee, SanaView Farms
DIY Demo Track, Alcove A

Cheese Tasting & DIY Demo
Dan Jacobs, Kings Pearl Cheese
DIY Demo Track, Stage A Exhibit Hall

How to Grow... Hip-hop Style
Dee Jay Doc Harrill, Fresh Camp
Little Locavores Track, Concourse A Entrance

3:30pm

Funding a Regional Food System: Advancing Innovations in How We Grow, Move, and Eat Local Food
Nicole Kielkucki, Ideas Foundry
Consumer Knowledge, Room 333

The Why and How of Raw Milk Kefir Smoothies & Ice Cream
Edwin Shank, The Family Cow
DIY Demo Track, Room 334
Saturday, March 19, 2016

FARM TO FLASK

4-6pm, Registration Separate from Conference

Get a taste of our region’s local distilled spirits at the Farm to Flask craft mixology event on Saturday, March 19, the last day of the 10th annual Farm to Table Pittsburgh Conference.

Enlightened Healing Energy
Elaine Alker, EEM-AP
Advanced Energy Healer

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Southwestern Pennsylvania Commission
Indiana University of Pennsylvania

SPC-IUP’s Government Procurement and Technical Assistance Center (PTAC) program helps hundreds of companies in the region with their efforts to market to and contract with federal, state and local government agencies. SPC provides one-on-one counseling and training with an emphasis on small businesses with minority, female or service-disabled veteran owners to help facilitate their participation in the government marketplace. All of our PTAC services are free of charge.

If you’d like to learn more about our free PTAC services and pursuing opportunities in the government marketplace, please contact one of our counselors below:

Dave Pinkosky, Development Specialist
Southwestern Pennsylvania Commission
412-391-5590 ext. 308
dpinkosky@spcregion.org

Jamie Colecchi, Community Assistance Manager
Southwestern Pennsylvania Commission
412-391-5590 ext. 325
djolecchi@spcregion.org

Ron Moreau, Program Manager
Indiana University of PA
724-357-7824
rfmoreau@iup.edu

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Allegheny City Farms LLC
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412-716-9399

Allegheny County Health Dept.
WIC - Live Well Allegheny
Pittsburgh, PA
412-716-9399

American HealthCare Group
Pittsburgh, PA
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Marion, VA
717-412-1701

Apothecary Muse
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412-345-3502

Auburn Meadow Farm
West Middlesex, PA
412-600-5826

Baystate Organic Certifiers
N. Dighton, MA
401-835-2210

Exhibitor List
Exhibit Hall Open All Day: 10am-5pm

- Raw Milk from Grass-fed Jersey Cows
- Lacto-fermented Foods
- Soy-free Pastured Eggs, Chicken & Turkey
- Artisan Raw Cheeses
- Grass-fed Butter & Cream
- Grass-fed Beef
- Garden Herbs & Produce
- Woodland Pork
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“Every single one of the faculty members, whether I had them in class or not, were like *How can I help, what can I do, if you need to talk, we’ll set up a meeting.* They’ve been really helpful in helping me do the things I wanted to do in my community.”

Leland Scales, *MAFS ’16*

Watch the full video at [falk.chatham.edu/foodstudies](http://falk.chatham.edu/foodstudies)
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Big Horn Ranch Grass-Fed & Meats CSA
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Burnt Cabins Grist Mill LLC
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CARE (Communities Alliance for Responsible Eco-Farming)
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412-365-1386

Christian W. Klay Winery
Chalk Hill, PA
724-439-3424

City of Bridges Chiropractic
Brentwood, PA
412-881-4488

Clarion River Organics
Sligo, PA
412-589-9276

Community Kitchen Pittsburgh
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412-708-0189

Cutco Cutlery
Olean, NY
724-944-0854

Dillner Family Farm
Gibsonia, PA
724-444-6594

East End Food Co-Op
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412-242-3598

EcoJarz
Freeville, NY
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Family Farm Creameries
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Farm to Table Pittsburgh
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Farm Truck Foods
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Fellowship Foods
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Franklin Inn Mexican Restaurant
Pittsburgh, PA
412-366-4140

Freedom of Choice in Health and Nutrition
Verona, PA
412-828-9542

Fresh Camp
Cleveland, OH
216-269-9208

GMO Free PA
724-591-3174

Goat Rodeo Farm and Dairy
Allison Park, PA
412-406-7336

GOODLife Juices LLC
Pittsburgh, PA
412-523-7274

Greater Pittsburgh Community Food Bank
Duquesne, PA
412-460-3663x400

Green Mountain Energy
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Guidant Health
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*Pittsburgh, PA*  
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Naturally Clean  
*McMurray, PA*  
412-996-9164

Natures Intentions  
*East Syracuse, NY*  
203-505-9593

North Hills Community Outreach  
*Pittsburgh, PA*  
412-307-0069 x 3311

Oasis at Bird in Hand  
*Ronks, PA*  
717-288-2154

Oilio LLC  
*Pittsburgh, PA*  
412-208-5958

Old Time Farm  
*Stoneboro, PA*  
814-786-7687

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*Pittsburgh, PA*  
412-362-1942

PA Preferred  
*Harrisburg, PA*  
717-705-9511

Pasture Perfect Beef  
*Grove City, PA*  
814-786-7384

**Pathways to SmartCare**  
*Pittsburgh, PA*  
412-563-8800

Penn’s Corner Farm Alliance  
*Pittsburgh, PA*  
724-840-1672

Pennsylvania Association for Sustainable Agriculture (PASA)  
*Bakerstown, PA*  
412-365-2985

Pittsburgh Alkaline Water  
*Pittsburgh, PA*  
412-498-5272

Pittsburgh Chicks In The Hood  
*Pittsburgh, PA*  
412-441-4975

Pittsburgher Highland Farm  
*Pittsburgh, PA*  
412-720-0675

Pittsburgh’s Original Sports Sauce  
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Be a #FoodRescueHero
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Follow Farm to Table Pittsburgh on Facebook to stay up to date throughout the year!
Thank you to all of our guests, exhibitors, and sponsors! Farm to Table Pittsburgh wouldn’t be the same without you!

Save the Date!
2017 Conference:
March 24 & 25, 2017
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Republic Food Enterprise  
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724-246-1536

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Allegheny County  
724-991-1567  
1stgenfarms@gmail.com

Big Horn Ranch  
Warren County  
bighornmeats@gmail.com

Blackberry Meadows Organic Farm  
Allegheny County  
724-226-3939

Brenckle’s Organic Farm and Greenhouses  
Butler County  
724-774-2239

Butter Hill Farm  
Allegheny County  
412-969-5657

Christoff’s Green Houses & Farm  
Allegheny County  
412-221-9275

Churchview Farm  
Allegheny County  
412-496-5623

Clarion River Organics  
Clarion County  
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Conforti Family Farms  
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Edible Earth Farm  
Forest County  
814-303-9663  
mail@edibleearthfarm.com

Five Elements Farm  
Armstrong County  
724-575-0317  
fiveelementsfarm@yahoo.com

Locavore’s  
Local Food Guide  
Business Directory for Local Food

This information is maintained on our website and may not be current. Please contact the business before you go to visit them! Submit your listing for free online. Email corrections to mdouble@american-healthcare.net
CSA's Community Supported Agriculture

Freedom Farms
Butler County
724-586-5551

Fresh from the Vines
Crawford County
814-763-4606

Glade Run Adventures, CNG
Butler County
724-452-4453 x1236

Harvest Valley Farms
Butler County
724-816-0853

Harvest View Farm and Market
Butler County
724-282-8038

Kretschmann Organic Farm & CSA
Beaver County
724-272-8139

Leicher Family Farm
Butler County
724-445-2471

Lengel Brothers’ Farm & Market
Mercer County
724-967-1789

Mason Farms
Erie County
814-774-8592

Matthews
Washington County
724-263-5183

McConnells’ Farm
Beaver County
724-375-9568
mcconnell1787@gmail.com

Morris Farm USDA Organic
Westmoreland County
412-370-3206

Northwest Pennsylvania Growers Cooperative
Mercer, Lawrence, Venango,
Butler County
724-662-1231
amy@nwpagrowers.com

Nu-Way Farm
Mercer County
724-588-3376

Peace by Piece Farm on Boyd Run
Erie County
814-969-8345

Penns Corner Farm Alliance
Allegheny County
412-363-1971
412-586-7577

Providence Acres Farm
Somerset County
814-267-6641
pafarm@gmail.com

Pittsburgh Restaurant Week
Allegheny County
412-586-4727
info@pittsburghrestaurantweek.com

Slow Cooked Pittsburgh
412-657-0274
slowcookedpittsburgh@gmail.com

The Teed Farm
Erie County
814-756-4671
gatteed@windstream.net

Three Sisters Farm and Nursery
Mercer County
724-376-2797
defrey@bioshelter.com

Villa Maria Farm
Lawrence County
724-964-8920-x-3385

Who Cooks For You Farm
Armstrong County
814-256-3858
whocooksforyoufarm@gmail.com

Wigle Whiskey Distillery
Allegheny County
412-224-2827
jill@wiglewhiskey.com

Yellow Creek Farm
Butler County
412-603-1974
bobandjoann@yellowcreekfarm.com

Events

'Burgh Bits & Bites Food Tour
Allegheny County
866-736-6343
info@burghfoodtour.com

Farm to Table Pittsburgh
Allegheny County
412-563-8800
ehart@american-healthcare.net

Harvest Tasting
Allegheny County
412-563-8800
ehart@american-healthcare.net

Distilleries

Boyd & Blair Potato Vodka
Allegheny County
412-486-8666
info@boydandblair.com

CJ’s Spirits
McKean County
814-837-1500
cjspirits@gmail.com

Maggie’s Farm Rum
Allegheny County
412-709-6480

Wigle Whiskey
Allegheny County
412-224-2827

Local Cheese!
GoatRodeoCheese.com
Allison Park, PA
412-406-7336

Farmers Markets

Ambridge Farmers Market
Beaver County
724-495-9618

Ambrose Farmers Market
Butler County
724-360-5055
Beaver Falls Farmers Market
Beaver County
724-495-9618

Beaver Farmers Market
Beaver County
724-495-9618

Beechview Citiparks - Farmers Market
Allegheny County

Bellevue Farmers Market
Allegheny County

Bethel Park Farmers Market
Allegheny County

Bloomfield Citiparks - Farmers Market
Allegheny County

Blue Goose Farm
Cambria County
814-948-7188

Brady’s Run Farm Market
Beaver County
724-846-1030

Bridgeville Farmers Market
Allegheny County

Bridgewater Farmers Market
Beaver County
724-336-0501

Brownsville Farmers Market
Fayette County

Butler Farm Market
Butler County
724-486-2194

Carrick Citiparks - Farmers Market
Allegheny County

Charleroi Farmers Market
Washington County
724-483-6011

Chippewa Farmers Market
Beaver County
724-495-9618

Clarion County Farmers Market
Clarion County

Cochranton Farmers Market
Crawford County

Connellsville Farmers & Artists Market
Fayette County

Coraopolis Farmers Market
Allegheny County

Corry Farm Market
Erie County

Cranberry Farmers Market
Allegheny County

Deener’s Farmers Market
Butler County
724-452-7944

Derry: Keystone Farmers Market
Westmoreland County

Dormont Farmers Market
Allegheny County

DuBois Farmers Market
Clearfield County

Johnstown Farmers Market
Cambria County

Sharon Farmers Market
Mercer County

Citiparks - Farmers Market
Allegheny County

Downtown: Market Square Farmers Market
Allegheny County

E.E.D.C. Farmers Market
Allegheny County

East Liberty Citiparks - Farmers Market
Allegheny County

East Liberty: Farmers Market Cooperative
Allegheny County

———

Experience the other side of Southside...

Luxury 1 bedroom apartments from $1440 per month.

Walking distance to riverfront trails and Southside’s business and entertainment district.

3030 South Water Street Pittsburgh, PA 15203  p: (412) 488-3474
<table>
<thead>
<tr>
<th>Market Name</th>
<th>County</th>
</tr>
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<tbody>
<tr>
<td>East Palestine Farmers Market</td>
<td>Columbiana</td>
</tr>
<tr>
<td>Ellwood City Farmers Market</td>
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<tr>
<td>Farm Market Association of Central Westmoreland</td>
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<tr>
<td>FARMERS AT PHIPPS</td>
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<tr>
<td>Farrell Farmers Market</td>
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<tr>
<td>Father Ryan Arts Center Farm Stand</td>
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<tr>
<td>Fencerow Farmers Market</td>
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<td>Greensboro Farmers Market</td>
<td>Greene</td>
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<td>Greensburg: Downtown Farmers Market</td>
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<tr>
<td>Greensburg: Farmers Market at Lynch Field</td>
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<td>Harmony Farmers Market</td>
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<td>Jarosinski Farms</td>
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<td>Marburger Farm Dairy</td>
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<td>Masontown Market in the Park</td>
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<td>McDonald Trail Station Farmers Market</td>
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<td>Monongahela Farmers Market</td>
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<td>Monroeville Lions Farmers Market</td>
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<td>Morgantown Farmers Market</td>
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<td>Mount Pleasant Farmers Market</td>
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<td>Mt. Lebanon Lions Farmers Market</td>
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<td>New Stanton Turnpike Plaza Farmers Market</td>
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<td>North East Farmers Market</td>
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<td>North Side Citiparks- Farmers Market</td>
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<td>Ohio Valley Farmers Market</td>
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<td>Olde Town Grove City Farmers Market</td>
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<td>Perryopolis Flea Market Farmers Market</td>
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<td>Pick-Your-Own Berries and Pumpkins</td>
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<tr>
<td>Pleasant Hills Lions Farmers Market</td>
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<tr>
<td>Pulaski Flea and Farmers Market</td>
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</tr>
<tr>
<td>Pittsburgh’s Local Food Guide</td>
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</tr>
</tbody>
</table>
Pittsburgh’s Local Food Guide

**Ross Farmers Market**
Allegheny County
412-616-1251

**Ross Twp. Farmers’ Market at St. John’s Church**
Allegheny County
412-303-1322
mazursgreenhouse@msn.com

**Sarver: Buffalo Church Farmers Market**
Perry County

**Saxonburg Farmers Market**
Butler County

**Schmucker Family**
Clarion County

**Scott Farmers Market**
Allegheny County

**Scootdale Rite Aid**
Fayette County

**Sewickley Farmers Market**
Allegheny County
412-262-4839

**Shenot Farm Market**
Allegheny County
724-935-2542

**Silver Wheel Farm**
Butler County
724-735-4054

**Slippery Rock Community Farmers Market**
Butler County

**Somerset County Farmers Market**
Somerset County

**South East Erie Farmers Market**
Erie County

**South Side Citiparks- Farmers Market**
Allegheny County

**Springs Farmers Market**
Somerset County

**St. James Farmers Market**
Allegheny County
412-262-4839

**State College Downtown Farmers Market**
Centre County
farmermarketscfr@gmail.com

**Steubenville Farmers Market**
Jefferson County

**Tarentum Farmers Market**
Allegheny County

**The Original Farmers Market**
Fayette County

---

** Farms **

**Tionesta Farmers Market**
Forest County

**Titusville Farmers Market**
Crawford County

**Uniontown Farmers Market**
Fayette County

**Upper St. Clair Lions Farmers Market**
Allegheny County
412-835-6630

**Vandergrift Farmers Market**
Westmoreland County

**Verona Farmers Market**
Allegheny County
412-721-0943

**Warren Farmers Market**
Warren County

**Washington Crown Center Farmers Market**
Washington County

**Washington Main Street Farmers Market**
Washington County

**Waynesburg Farmers Market**
Greene County

**Waynesburg Greene Growers Farmers Market**
Greene County

**Weirton Farmers Market**
Hancock County

**Wellsville Farmers Market**
Brooke County

**West End Johnstown Farmers Market**
Cambria County

**West View Market**
Allegheny County

**Whitehall Farmers Market**
Allegheny County

**Wilkinsburg Farmers Market**
Allegheny County
724-452-0931
jennifer@wilkinsburgcdc.org

**Bedillion Honey Farm**
Washington County
724-747-4645
route18farm@hotmail.com

**Davis’s Farm**
814-948-9202
davissfarm@yahoo.com

**Destiny Hill Farm**
Washington County
724-222-3015
info@destinyhill.com

**Enon Valley Garlic**
724-336-0501
rosiestid@gmail.com

**Fellowship Foods**
Beaver County
412-596-0264
bethany@fellowshipfoods.com

**Goodness Grows Farm**
Butler County
724-316-4175
goodnessgrowsfarm@gmail.com

**Harmony Hill Farm Grass Fed Beef**
Butler County
724-789-7634
pgweakland1@aol.com

**Healcrest Urban Farm**
Allegheny County
info@healcresturbanfarm.com

**Jamison Farm**
Westmoreland County
724-834-7424
sukey@jamisonfarm.com

**Laurel Vista Farms**
814-443-2415
rita@weststream.net

**Le-Ara Farms**
Armstrong County
724-545-6433
lwilson101@windstream.net

**Liberty Farm**
Allegheny County
412-526-0472
libertyfarm1817@gmail.com

**Local Produce and Local Produce in a Jar**
Somerset County
412-523-1825
laurelivistafarms@yahoo.com

**Logan Family Farm**
Westmoreland County
724-875-1472

**Matthews Family Farm**
724-239-2118
info@matthewsfamilyfarm.com

**Maxwell-Thompson Family Farms**
Allegheny County
412-906-0020
maxwelthompsonfamilyfarms@gmail.com
Food Producers

Building New Hope
Allegheny County
412-421-1625
buildnewhope@verizon.net

Emerald Valley Artisans
Washington County
724-323-3324

Old Linn Run Coffee Bean Roastery
Westmoreland County
724-238-9102
oldlinnrunroastery@hotmail.com

The Happy Vegan
Allegheny County
724-612-9021
sharon@thehappyvegan.com

Local Food Supporters

Allegheny County Health Department/ WIC Program
Allegheny County
412-350-5801
cjanesko@achd.net

American HealthCare Group
Allegheny County
412-563-8800
ehart@american-healthcare.net

Baystate Organic Certifiers
401-835-2210
ehanson@baystateorganic.org

Media

Edible Allegheny Magazine
Allegheny County
412-431-7888
jtumpson@whirlpublishing.com

Locavore for Life
locavoreforlife@gmail.com

Love & Wild Honey
Allegheny County
loveandwildhoney@gmail.com

On The Menu
Allegheny County
412-441-4864
haigh@verizon.net

Pittsburgh Post-Gazette
412-263-1930
bbatz@post-gazette.com

Table Magazine
Allegheny County
412-661-6106

The Brazen Kitchen
412-329-8889
leah@brazenkitchen.com
Restaurants

Sustainable Pittsburgh Restaurant
- 52nd Street Market
- Bella Sera Catering
- Bluebird Kitchen
- Bocktown Beer and Grill
  Allegheny County
  412-788-2333
  chris@bocktown.com
- Bullfrog Brewery
  570-505-4460
  skoch18@aol.com
- Butcher and the Rye
  Allegheny County
  412-391-2752
- Cafe Phipps
  Allegheny County
  412-622-6915
  visitorservices@phipps.conservatory.org
- Casbah
- Chateau Cafe & Cakery
- Crested Duck Charcuterie
  Allegheny County
  412-892-9983
- David L Lawrence Convention Center
- Dinette
- Element Cafe
  Butler County
  724-282-2044
  Whatscooking@pcelementcafe.com
- Embody Natural Health
  Allegheny County
  412-600-3088
  aimee@embodynaturalhealth.com
- extraVEGANza Pgh
- Family Farm Creameries
- Franktuary
  Allegheny County
  412-523-6226
  megan@franktuary.com
- Girasole
  Allegheny County
  412-682-2130
  girasolepgh@verizon.net
- Habitat Restaurant
  Isabela on Grandview
  Allegheny County
  412-431-5882
  alan@isabelaongrandview.com
- Juice Heaven LLC
  Allegheny County
  412-758-3269
  cecilyrouman@me.com
- Kickback Pinball Cafe
  La Prima Espresso Company
  Allegheny County
  412-565-7070
- Legacy Cafe, LLC
  Lidia’s Italy Pittsburgh
  Allegheny County
  412-552-0150
- Mama Rosa’s Restaurant and Sauce Kitchen
  Butler County
  724-287-7315
  mamarosas@zoominternet.net
- McCormick & Schmick’s Seafood & Steaks
  412-432-3260
- Meat & Potatoes
  Allegheny County
  412-325-7007
- Namaste’ Center for WellBeing
  814-715-1181
  maryellen2319@windstream.net
- North Country Brewing Company
  724-794-2337
  digger@northcountrybrewing.com
- Off The Hook
  724-719-2877
  info@offthehookfish.com
- Osteria 2350
  Allegheny County
  412-281-6595
- Pastitsio
  Allegheny County
  412-586-7656
  sbournias360@gmail.com
- Peter’s Pub
  Piccadilly Artisan Yogurt and Creamery
  Allegheny County
  412-983-6343
  rose.lyllian@gmail.com
- Piccolo Forno
  Allegheny County
  412-622-0111
- Pizza Care
  Quiet Creek Herb Farm & School of Country Living
  County
  814-849-9662
  quietcreek@windstream.net
- Randita’s Grill
  724-822-8677
  RanditasGrill@gmail.com
- Red Oak Cafe
  Round Corner Cantina
  Allegheny County
  412-904-2279
  info@roundcornercantina.com
- Rowdy BBQ Take-Out & Catering
  Allegheny County
  412-882-6788
  rowdybbq@verizon.net
- S&D Cafe
- Scratch food & beverage
- Senti
- Sorrento’s Pizza Roma
- Souper Bowl
- Square Cafe
- Stagioni
  Allegheny County
  412-586-4738
  stagioniph@gmail.com
- Steel Cactus
- Sushi Fuku
- Tamari
  Allegheny County
  412-325-3435
  info@tamari.phg.com
- Tender Bar & Kitchen
- The Allegheny Wine Mixer Wine Bar and Tap Room
  Beaver County
  412-252-2337
  email@alleghenywinemixer.com
- The Pittsburgh Juice Co
- The Porch at Schenley
  Allegheny County
  412-687-6724
  info@theporchschenley.com
- The Supper Club at the Greensburg Train Station
  Westmoreland County
  724-691-0536
dsdrriggers@comcast.net
- The Umbrella Cafe
- Thin Man Sandwich Shop
  Allegheny County
  412-586-7370
  thinmansandwichshop@gmail.com
- Twisted Thistle Farm-to-Table Dinner
  Armstrong County
  724-236-0450
  info@twisteditthistlepa.com
- Wesley’s Delicatessen and Catering

You can find the local food guide on our website!
FarmToTablePA.com

Retail Stores

- Bedner’s Farm Market
  Allegheny County
  724-926-2541
Retail Stores

Brenckle’s Farms & Greenhouses
Allegheny County
412-821-2566

Cider House Farm Market
Butler County
724-504-6162
Mary@ciderhousemarket.com

DJ’s Butcher Block
412-621-3100

East End Food Co-op
Allegheny County
412-242-3598 x-103
hrackett@eastendfood.coop

Eden’s Market - A Gluten Free Emporium
Allegheny County
412-343-1802
edensdownunder@yahoo.com

Eichner’s Farm Market and Greenhouses
Frankferd Farms Foods, Inc.
724-352-9500
orders@frankferd.com

Galante Gourmet Foods
Allegheny County
412-528-1780
tgalante@galantegourmet.com

Janoski’s Farm and Greenhouse
Clinton County

McGinnis Sisters Special Food Stores
412-860-7874
noreen@mcginnis-sisters.com

Mediterra Bakehouse
Allegheny County
412-490-9130
aundrea@mediterrabakehouse.com

Mish Farms Meat Market
Allegheny County
724-449-6328

Natural Bakery and Farm Store
Westmoreland County
412-238-9102
oldlinnrunroastery@hotmail.com

Old Linn Run Coffee Bean Roastery
724-238-9102
oldlinnrunroastery@hotmail.com

Palumbo’s Meat Market
Mercer County
724-376-4535
palumbos1@gmail.com

Soergel Orchards Farm Market & Garden
Allegheny County
724-935-1743

Standing Chimney
Butler County
724-336-5223
mary@standingchimney.com

The Enchanted Olive
Allegheny County
724-473-0017
enchantedolive@gmail.com

The SpringHouse
Washington County
724-228-3339
springhousefamilymarket@gmail.com

Thoma Meat Market
Allegheny County
724-352-2020
thomameat@zoominternet.net

Whole Foods Market Pittsburgh
Allegheny County
412-441-7960

Whole Foods Market Wexford
Allegheny County
724-940-6100

Wholesome Living Marketplace
Somerset County
814-623-8800
wholesomelivingmarketplace@gmail.com

Wooden Nickel Buffalo Farm
Erie County
814-734-2833

Zest Wishes
Allegheny County
412-512-5917
bigfish@zestwishes.com

Country Wines
Allegheny County
412-821-2337

D’Andrea Wine & Liquor Imports
Allegheny County
412-241-9000

Enoteca Diana Ltd
Allegheny County
412-341-9463

Fine Wine & Good Spirits
Dauphin County
717-783-7637
ra-lbpawineandspirits@pa.gov

J&D Cellars
Washington County
724-579-9897
jndcellars@hotmail.com

Johnson Estate Winery
Chautauqua County
716-326-2191

Kavic Winery
Allegheny County
412-279-9463
kavicwinery@verizon.net

Mount Nittany Vineyard & Winery
Centre County
814-466-6373
sales@mtnittanywinery.com

Mt. Nittany Vineyard & Winery
Centre County
814-466-6373
linda@mtnittanywinery.com

R Wine Cellar
Pittsburgh County
412-562-9463
info@Rwinecellar.com

The Winery At Wilcox
Wilcox County
412-490-9590
info@wineryatwilcox.net

Wineries

Arsenal Cider House & Wine Cellar Inc.
Allegheny County
412-260-6968
wine@arsenalciderhouse.com

Briar Valley Vineyards & Winery
Bedford County
814-623-0900
briarvalley@embarqmail.com

Castle Wines PA
Allegheny County
412-364-0800
castlewines@verizon.net

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