



Bringing the Farm HOME

We are lucky to live in a place that can provide nutritious, locally grown food. Make the most of it by signing up for a “share” of local harvests delivered in a CSA “box”. You’ll be glad you did!

WHAT IS A CSA?

In a CSA (consumer supported agriculture), customers pay for “shares” and receive a percentage of the products harvested from local farms. Shares are available from farms and farm cooperatives throughout Western PA. Customers pick a designated site such as a home, business, or church for pickup. CSAs have gained popularity over the years and farms have responded by offering a variety of options:

- Weekly, bi-weekly, or monthly shares
- Small and large shares
- Organic or certified naturally grown
 - Dietary concerns such as vegan or gluten-free shares
 - Customized orders
- Paying weekly or as you order

FARMTOTABLEPA.COM

Farm2TablePGH FTTPittsburgh

@FTT_Pittsburgh farm2tablepgh

@farmtotablebuylocal449

ALLEGHENY COUNTY

Blackberry Meadows
blackberrymeadows.com

Blue Goose Farm
bluegoosefarmnicktown.com

Brenckle’s Organic Farm & Greenhouse
brencklesfarm.com

Cherry Valley Organics
cherryvalleyorganics.com

Dillner Family Farms
dillnerfamilyfarms.com

Dream Thyme
facebook.com/dreamthymefarm

Footprints Farm
footprintsfarm.com

Harvest Valley Farms
harvestvalleyfarms.com

Haffey Family Farm
www.haffeyfamilyfarm.com

Northwest PA Growers Cooperative
nwpagrowers.com

The Family Cow
yourfamilyfarmer.com

Who Cooks For You Farm
whocooksforyoufarm.com

ARMSTRONG COUNTY

Five Elements Farm
fiveelementsfarm.com

Who Cooks For You Farm
whocooksforyoufarm.com

BEAVER COUNTY

Conforti Family Farm
confortifamilyfarm.com

Dillner Family Farms
dillnerfamilyfarms.com

Haffey Family Farm
www.haffeyfamilyfarm.com

The Family Cow
yourfamilyfarmer.com

BLAIR COUNTY

Blue Goose Farm
bluegoosefarmnicktown.com

Friends Farm
facebook.com/friendsfarmmarket

BUTLER COUNTY

Brenckle’s Organic Farm & Greenhouse
brencklesfarm.com

Dream Thyme
facebook.com/dreamthymefarm

Five Elements Farm
fiveelementsfarm.com

Freedom Farms
freedomfarmspa.com

Haffey Family Farm
www.haffeyfamilyfarm.com

Harvest Valley Farms
harvestvalleyfarms.com

Northwest Pennsylvania Growers Cooperative
nwpagrowers.com

The Family Cow
yourfamilyfarmer.com

CAMBRIA COUNTY

Blue Goose Farm
bluegoosefarmnicktown.com

CRAWFORD COUNTY

Link's Heritage Farm
linksheritagefarm.com

Northwest Pennsylvania Growers cooperative
nwpagrowers.com

Plot Twist Farm
plottwistfarm.com

Strawberry Lane Produce
harvie.farm/profile/strawberry-lane-produce

HOW TO MAKE THE MOST OF YOUR CSA

The key to eating locally is to make a commitment to eat seasonally. Eat greens, asparagus, and berries in spring. You can then progress to tomatoes, corn, zucchini, and melons throughout the summer. Move on to autumn crops, such as potatoes, more greens, and squash in the fall.

Summer is the time to preserve the harvest. A simple internet search will provide direction and know-how for canning, fermenting, drying and freezing your favorite summer produce. Buy a few extra quarts of blueberries each week and freeze them. You will be rewarded in mid-winter when you're mixing your local food smoothies. The farm stands and stores, farmers' markets and retail stores that sell these local products are located throughout Allegheny County.

Farmers' markets typically run once a week for about four hours at a time. Ask your favorite restaurant if they buy from local farms. If you notice specials that contain seasonal ingredients, they are most likely getting these from a local producer. Lastly, start a garden and grow your own food! The easiest plants and some of the most delicious are tomatoes and basil. You will be rewarded with the freshest tasting ingredients.

ERIE COUNTY

Burch Farms
burchfarmscountrymarketandwinery.com

Mason Farms
masonfarms.com

Oberrath Farms
oberrathfarms.com

Post Apples Farm
postapples.com

FAYETTE COUNTY

Footprints Farm
footprintsfarm.com

Sarver's Hill Farm & CSA
sarverhillfarm.org

The Family Cow
yourfamilyfarmer.com

FULTON COUNTY

Farm Of Peace
farmofpeace.com

INDIANA COUNTY

Blue Goose Farm
bluegoosefarmnicktown.com

Lone Oak Farm
www.loneoakfarmpa.com

The Family Cow
yourfamilyfarmer.com

MERCER COUNTY

Dream Thyme
facebook.com/dreamthymefarm

Edible Earth Farm
www.edibleearthfarm.com

Northwest Pennsylvania Growers Cooperative
nwpagrowers.com

SOMERSET COUNTY

Blue Goose Farm
bluegoosefarmnicktown.com

The Ranch At Weatherby
Localharvest.org/the-ranch-at-weatherby-M82837

VENANGO COUNTY

Northwest Pennsylvania Growers Cooperative
nwpagrowers.com

Plot Twist Farm
plottwistfarm.com

TIPS FOR BUYING A CSA SHARE

1. **Share!** Share a "share" with a friend or family member.
2. **Drop!** Pick a drop site convenient to your home or work.
3. **Cook!** Use fresh ingredients each week to make meals at home.
4. Farms may add a site if there is a minimum of 10-15 customers.
5. Many CSAs provide recipes that incorporate a week's harvest.
6. CSAs are not always produce-based.
7. Some have meat, cheese, eggs, flowers, and other products made from farmed produce or livestock. Other CSAs work cooperatively with each other to supply their shareholders' needs. This might mean that a CSA provides produce, meat, eggs, and flowers while other products are brought in through other farmers.

WASHINGTON COUNTY

Cherry Valley Organics
cherryvalleyorganics.com

Stone Church Acres
stonechurchacres.com

The Family Cow
yourfamilyfarmer.com

The Old Road Farm CSA
www.theoldroadfarm.com

WESTMORELAND COUNTY

Footprints Farm
footprintsfarm.com

Sarver's Hill Farm & CSA
sarverhillfarm.ne

