



WESTERN PENNSYLVANIA LOCAL FOOD GUIDE 2021





The Ultimate Guide to Pittsburgh Farmers Markets



Spring is officially here, and that means one thing - Pittsburgh Farmers Markets are coming back!

SATURDAYS

SEWICKLEY FARMERS MARKET

Every Saturday,
April 10 - Nov. 20
Hours: 9:00 a.m. - 1:00 p.m.
Location: St. James Parking Lot, 200 Walnut St., Sewickley, PA.

The Farmers Market at St. James Church of the Divine Redeemer Parish features vendors that sell meat, locally-grown fresh vegetables, local honey, organic farms products, pierogies, pasta.

THE TERMINAL FARMERS MARKET

Every third Saturday of the month starting April 17 - October 16
Hours: 9:00 a.m. - 1:00 p.m.
Location: The Terminal in the Strip District, between the 18-20 Street Passageways

The newly-opened Terminal in the Strip District is launching a brand new farmers market on the third Saturday of every month from April through October. Each market will feature local farmers and artisans, such as Cherry Valley Organics, City Grows, Kingfly Spirits, The Pickled Chef, Primrose Farm and more.

BEAVER FARMERS MARKET

Every Saturday,
April 24 - Nov. 27
Hours: 10:00 a.m. - 1:00 p.m.
Location: Beaver Courthouse Parking Lot, 4th & Market Streets.

One of five Beaver County Markets open this season, including markets in Ambridge, Beaver Falls, Chippewa and New Brighton. They feature locally-grown agricultural products including plants, fruits, vegetables, meats, eggs and honey, along with wine, baked goods, hot prepared meals, bagels and breads.

FARMERS MARKETS OF GREENSBURG

Every Saturday,
April 24 - November
Hours: 9:00 a.m. - Noon
Location: Lynchfield Recre-

ation Park & Rt 66N

Offering local produce, breads, eggs, plants, cookies, salsa.

BRADDOCK FARM STAND

Saturdays starting April 24
Hours: 9:00 a.m. - 1:00 p.m.
Location: 1000 Braddock Avenue, Braddock

From Grow Pittsburgh, the Braddock Farm Stand features their own locally-grown produce. Grow Pittsburgh markets accept Farmer's Market Nutrition Program checks, EBT/SNAP payments, and Food Bucks. Produce is priced affordably or on a sliding scale.

BLOOMFIELD SATURDAY MARKET

Every Saturday,
May 8 - Nov. 20
Hours: 9:00 a.m. - 1:00 p.m.
Location: 5050 Liberty Avenue

The market features fresh fruit, vegetable, and locally-made goods. Vendors include Freedom Farms, Who Cooks for You Farm, Sturges Orchards, Cutting Root Farm and Apothecary, Old Time Farm, Twin Brook Dairy, Paul Family Farms, and Sol Patch Garden. The Bloomfield Saturday Market also hosts a winter market from December through March on the first and third Saturday of each month. The market is a program of Bloomfield Development Corporation.

MONROEVILLE LIONS FARMERS' MARKET

Every Saturday,
May 8 - Nov. 20
Hours: 9:00 a.m. - 12:00 p.m.
Location: Monroeville Community Park, 2399 Tilbrook Road.

Vendors selling local produce, baked goods, meats and preserves. Vendors in the past have included: Pitland, Paul's Apple Orchard, McKinney Family Farm, Larry Musser's Produce, Mish Meats, McElhinny Farm, Ruk's Preserves and Harvest Valley Farms and Bushy Run Winery.

LIGONIER COUNTRY MARKET

Saturdays starting May 15
Hours: 8:00 a.m. - 12:00 p.m.

Location: West Main Street & Route 30, Ligonier

Offering all kinds of fresh picked produce, flowers, farm beef, poultry and eggs, specialty breads, pastries, hot cooked foods, honey, maple syrup, jewelry, purses, country crafts and much more.

BUTLER CITY FARMERS MARKET

Saturdays,
May 29 through October
Hours: 8:00 a.m. - 1:00 p.m.
Location: 205 S. Chestnut Street, Butler

The Butler City Farmers Market takes place in an open-air space, featuring local produce, baked goods, crafts and more.

ELLWOOD CITY FARMERS MARKET

Every Saturday,
June 5 - October 9
Hours: 8:00 a.m. - 12:00 p.m.
Location: Beaver Avenue Municipal Parking Lot, 500 Block of Beaver Avenue, Ellwood City, PA

Part of the Ellwood City Revitalization (ECR) project, the Ellwood City Farmers Market features locally-grown fruits and vegetables, along with flowers, baked goods, snacks, live music and kids activities.

SWISSVALE FARMERS MARKET

Every Saturday,
June 5 - October 30
Hours: 9:00 a.m. - 1:00 p.m.
Location: 2036 Noble Street
You'll find locally-grown produce, baked goods, prepared foods, plus a variety of hand-made crafts and gift items. Vendors include: Jodikinos Farms, Growing Groceries PGH, Catchfly Gardens, Pitland, Great Harvest Bread, Sugar Mama's Sweets and Treats and Just Harvest. Live music is also at the market.

FARMERS MARKET COOPERATIVE OF EAST LIBERTY

Every Saturday
Hours: 5:00 a.m. to 12:00 p.m.
Location: 344 Sheridan Avenue
The Farmers Market Cooperative of East Liberty is the city's only

year-round market operation, offering locally-grown meat, fresh produce and more.

SUNDAYS

CITY OF PITTSBURGH SQUIRREL HILL

Sundays, May 16 - Nov. 21
***no market July 4**
Hours: 9:00 a.m. - 1:00 p.m.
Location: Beacon/Bartlett parking lot

Features farm-fresh fruits, vegetables, meats, cheese and baked goods. All City of Pittsburgh farmers' markets accept food stamps (SNAP), credit and debit cards as part of Just Harvest's Fresh Access program, where food stamp shoppers will receive a special match at the farmers markets.

CARNEGIE FARMERS MARKET

Every Sunday
July 11 - Sept. 26
Time: 12:00 p.m. - 3:00 p.m.
Location: East Main Street between Broadway and Mary Streets in Carnegie
Featuring vendors such as Primrose Farm, D&O Wine Cellars, Hey Taboulli, and Mediterra Bakehouse. The Carnegie Farmers Market is also participating in Just Harvest's Fresh Access program this year.

MONDAYS

BEAVER FALLS FARMERS MARKET

Every Monday,
May 3 - November 22
Hours: 3:30 p.m. - 6:30 p.m.
Location: The market is in the parking lot behind Brodhead Apartments, 712 12th Street, Beaver Falls
Features fruits and vegetables, baked goods, meat, honey, fresh-cut flowers and bedding plants. Vendors change regularly, and include Enon Country Gardens, Oakspring Farm, and PJ's Deli.

CITY OF PITTSBURGH EAST LIBERTY

Mondays,

May 10 - November 22

***no market May 31 and September 6**

Hours: 3:00 p.m. - 7:00 p.m.
Location: N. Euclid Ave. & Broad St.

Features farm-fresh fruits, vegetables, meats, cheese and baked goods. All City of Pittsburgh farmers' markets accept food stamps (SNAP), credit and debit cards as part of Just Harvest's Fresh Access program, where food stamp shoppers will receive a special match at the farmers markets.

ROBINSON FARMERS MARKET AT HOLY TRINITY

Every Monday, starting May 24 - October
Hours: 3:00 p.m. - 7:00 p.m.
Location: Holy Trinity, 5718 Steubenville Pike, McKees Rocks
Features produce, dairy, ice cream, hummus, wine, whiskey, kettle corn, shaved ice, honey, baked goods, pasta, coffee, pressed juice, smoothies, goat cheese, gyros, jerky, olive oil, bread, and more.

ZELIENOPLE-HARMONY FARMERS MARKET

Every Monday,
June 7 - October
Hours: 3:30 p.m. - 7:00 p.m.
Location: Zelenople Community Park
Fresh fruits, vegetables from McKinney Family Farm, along with a rotating list of vendors, such as Awesome Acres, Becky's Baked Goods, Belle Fleur Gardens, The Enchanted Olive and Harkins Mill Wines.

TUESDAYS

BETHEL PARK FARMERS MARKET

Every Tuesday,
May 4 - Sept. 28
Hours: 3:00 p.m. to 7:00 p.m.
Location: South Park VIP Parking Lots, directly off Corrigan Drive.
Offering fresh produce and baked goods, like cookies and breads, along with items like gyros, sal-

ads, sandwiches, hummus, milk, cheese, yogurt and more.

LAWRENCEVILLE FARMERS MARKET

Every Tuesday,
May 18 - Dec. 14
Hours: 4:00 p.m. - 7:00 p.m.
Location: Arsenal Park, between 39th and 40th Streets, and between Butler and Penn Streets.

The Lawrenceville Farmers Market will feature vendors such as Harvest Valley Farms, Sturges Orchards and Wildom Farm.

CHIPPEWA FARMERS MARKET

Every Tuesday from May 4 - November 23
Hours: 4:00 p.m. - 7:00 p.m.
Location: Chippewa United Methodist Church 2545 Darlington Road, Beaver Falls
Features locally-grown plants, fruits and vegetables, along with food products like biscotti, baked goods, and hot prepared meals. Hosted by Beaver County Farmers Markets.

LATROBE FARMERS MARKET

Every Tuesday from June 1 - September 28
Hours: 12:00 p.m. - 4:00 p.m.
Location: Legion Keener Park
Latrobe's farmers market features local vendors with produce, baked goods, popcorn, crafts and more.

NEW BRIGHTON FARMERS MARKET

Every Tuesday, from June through October
Hours: 4:00 p.m. - 7:00 p.m.
Location: 515 Avenue & 12st Street, New Brighton, PA
Hosted by Beaver County Farmers Markets, features fresh fruit, vegetables, plants, baked goods, and prepared foods.

WEDNESDAYS

CITY OF PITTSBURGH CARRICK DAIRY DISTRICT

Every Wednesday,
May 12 - November 24

Hours: 3:00 p.m. - 7:00 p.m.

Location: Carrick Dairy District, 1529 Brownsville Road
Features farm-fresh fruits, vegetables, meats, cheese and baked goods. All City of Pittsburgh farmers' markets accept food stamps (SNAP), credit and debit cards as part of Just Harvest's Fresh Access program, where food stamp shoppers will receive a special match at the farmers markets.

ROSS TWP. FARMERS MARKET

Every Wednesday from May 12 through October
Hours: 3:00 p.m. - 7:00 p.m.
Location: St. John's Evangelical Lutheran Church parking lot, 920 Perry Hwy.

Vendors will include farms and greenhouses, prepared foods, baked goods, and local businesses. Vendors include Leeper Meats, Yvonne's Handmade Pasta, Mazur's Greenhouse & Farm, Sam's Gyros, Daugherty Orchards, Yoder's Amish Baked Goods, Colombino Farms and The Flame BBQ.

MOON TOWNSHIP FARMERS MARKET

Every Wednesday
June 2 - October 27
Hours: 3:00 - 6:30 p.m.
Location: Moon Park, 1350 Joe DeNardo Way, Coraopolis
The Moon Township Farmers Market is a producer-only market, and all vendors grow or make at least 75% of their own products for sale. Vendors in 2021 will include Graeter's Ice Cream, Tree Cup Tea, Tommy's Jerky, Butler Maple Farms, Wigle Whiskey, Mediterra Bakery, Simmons Farm and more.

MT. LEBANON LIONS FARMERS MARKET

Every Wednesday
June 2 - October
Hours: 4:00 p.m. - 7:00 p.m.
Location: Mt Lebanon United Lutheran Church at 975 Washington Rd in Mt. Lebanon
Find local produce, fresh-baked breads and other food products. Vendors in previous years have included Mediterra Bakehouse,

Markets across western Pennsylvania will be opening in the coming weeks, offering local produce, fresh-baked breads, sweet treats, prepared foods, flowers, and more.

As we have in years past, we've rounded up a day-by-day guide to all of the markets that we could find. This year, we're excited to partner with the Pittsburgh Food Policy Council and Farm to Table Western PA on our 2021 list, featuring more markets than we ever have before.

Select farmers markets accept food stamps (SNAP), credit and debit cards as part of Just Harvest's Fresh Access program. The Fresh Access program enables shoppers to use their food stamps, as well as credit and debit cards, to buy fresh, nutritious, and locally-grown food. Food Bucks give Fresh Access food stamp shoppers extra money to spend on fruits and vegetables. You can find the most updated information on which markets accept food stamps, Food Bucks, SNAP benefits and more here.

Markets that accept SNAP through Just Harvest's Fresh Access program:

- Bloomfield • Monroeville
- Swissvale • Squirrel Hill,
- Carnegie • East Liberty
- Forest Hills • Lawrenceville,
- Carrick • Bellevue
- Market Square • Wilkinsburg
- North Side

Dillner's Family Farm, Nellie's Middle Eastern Foods, Paul's Orchard, Logan Family Farm, Salsa Sam's, LVIV European Pierogies, Dock to Table Seafood, Costello Honey, Sand Hill Berry Farm, Bad Azz BBQ and Next 7 Organic Farm.

PETERS TOWNSHIP FARMERS MARKET

Every Wednesday, June 2 – October 27
Hours: 4:00 p.m. – 7:00 p.m.
Location: St. David's Episcopal Church, 905 E. McMurray Rd., Venetia, PA.

Vendors in previous years have included City Fresh Pasta, Cherish Creamery, Fresh From the Farm Juices, Hello Hummus, Jose Quiroz Farm, Kern Farms, Loafers Bread, Logan Family Farms, the Olive Tap, P3 Grain Free, the Pie Place, Simmons Farm, Swopes Honey, Wild River Kettle Korn, Wu's Shaved Ice, Bad Azz BBQ, Pitland, Wood Stoked Oven Pizza and Caustelot Creamery. In 2021, the market will bring back live music, and on-site dining.

BELLEVUE FARMERS MARKET

Every Wednesday, June 2 – October 27
Hours: 3:00 p.m. – 7:00 p.m.
Location: Bayne Park, 34 North Balph Avenue, Bellevue, PA
A variety of fresh, locally-grown food as well as hand-crafted items sourced from local ingredients.

HAMPTON TOWNSHIP FARMERS MARKET

Every Wednesday, June 2 – October 13
Hours: 3:00 – 7:00 p.m.
Location: Community Park, 3101 McCully Road, Allison Park
The Hampton Township Farmers Market will have local produce, honey, baked goods, spices, and much more. Keep an eye out for occasional food truck days throughout the season, too.

MIDWEEK MARKET AT SOUTHSIDE WORKS

Every other Wednesday, starting July 14 through October
Hours: 3:00 p.m. – 7:00 p.m.

Location: The Town Square Area of SouthSide Works
SouthSide Works is launching a mid-week farmers and artisan market with Buy Fresh Buy Local of Western PA and I Made It! Market beginning in July. The Midweek Market will be open to the public, and will offer popular prepared foods vendors, local produce, meat, cheese, dairy, and wares from local artists. The market will also feature live music.

THURSDAYS

SHILOH FARM STAND

Thursdays starting April 22
Hours: 2:30 – 6:30 p.m.
Location: 7209 Thomas Blvd.
From Grow Pittsburgh, the farm stand at Shiloh features their own locally-grown produce. Grow Pittsburgh markets accept Farmer's Market Nutrition Program checks, EBT/SNAP payments, and Food Bucks. Produce is priced affordably or on a sliding scale.

AMBRIDGE FARMERS MARKET

Every Thursday, May 6 through November 18
Hours: 4:00 p.m. – 7:00 p.m.
Location: St. Mary's Byzantine Catholic Church, 624 Park Road, Ambridge
Features fruits and vegetables, baked goods, meat, honey, fresh-cut flowers and bedding plants. Hosted by Beaver County Farmers Markets.

MARKET SQUARE DOWNTOWN FARMERS MARKET

Every Thursday, May 13 – October 23
Hours: 10:00 a.m. – 2:00 p.m.
Location: Market Square
The Downtown Market Square Farmers Market has been a summertime staple for more than 15 years. Over 30 weekly vendors sell fresh fruit, vegetables, organic milk and cheese, honey, breads, cakes, fresh-pressed juices, and other homemade food products are available for sale in Market Square every Thursday. The market also includes free afternoon concerts from 11:30 a.m. to 1:30

p.m., and special events, like a free bulb giveaway during the first market of the season from Western PA Conservancy.

WASHINGTON MAIN STREET FARMERS MARKET

Every Thursday, May 20 – October
Hours: 3:00 p.m. – 6:00 p.m.
Location: 139 S. Main Street, Washington, PA.
Now in its 18th year, the Washington Main Street Farmers Market offers fresh, locally-grown produce, including organic options, meat, eggs, dairy products, breads, pastas, salsas, and other prepared foods. Live music is also scheduled for more weeks. In the past, vendors have included BadAzz BBQ, Bread Spreads by Susan, Conover Organic Farms, Headacres Farm, Jodikinos Farms, Kern's Farm, Peanut Butter Bones and more. For every \$1 of SNAP benefits redeemed at the market, benefit holders will receive \$2 in tokens to spend at the market.

MURRYSVILLE FARMERS MARKET

Every Thursday, June 3 – September 30
Hours: 3:00 p.m. – 7:00 p.m.
Location: Murrysville VFC Field, 3235 Sardis Road, Murraysville, PA
The Murrysville Farmers Market offers local produce vendors, baked goods, pantry items, dairy products, fresh flowers and plants, honey and herbs, and hot foods, such as wood-fired pizzas, food trucks, and also live entertainment.

VERONA FARMERS MARKET

Every Thursday, June 3 – November 18
Hours: 2:00 – 7:00 p.m.
Location: 736 E. Railroad Avenue, Verona
At the Verona Farmers Market, find local produce, sweets, artisan products and more. Vendors include Chocolate Moonshine, Schramms Farms and Orchards, Crafted Creations, Gary's Gourmet Produce, Caruso Farms, Carter Farms and more.

WILKINSBURG THURSDAY MARKET

Every Thursday, June 17 – October 14
Hours: 4:00 p.m. – 6:00 p.m.
Location: Harold Young, Sr. Parklet, 700 block of Penn Avenue, Wilkinsburg
The Wilkinsburg Thursday Market offers fresh, locally grown produce, homemade preserves, baked goods, prepared foods and more. The Market accepts EBT/SNAP payments, and Food Bucks. Produce is priced affordably or on a donation basis.

FRIDAYS

THE ORIGINAL FARMERS MARKET (BRIDGEVILLE AREA)

Every Friday in May starting May 7, then open every Monday, Wednesday and Friday starting in June.
Hours: Starting at 5:30 p.m.
Location: 151 Parks Road, McDonald, PA
Vendors include Bayer Farm, Simmons Farm, Janoski Farms, George Bartkus Cheese, Debbie's Deluxe Cookies & Cakes, Tim Wu Shaved Ice, Victoria's Fudge-A-Licious, and more!

CITY OF PITTSBURGH NORTH SIDE

Every Friday, May 14 – November 19
Hours: 3:00 p.m. – 7:00 p.m.
Location: Allegheny Commons Park, East Ohio St. & Cedar Ave.
Features farm-fresh fruits, vegetables, meats, cheese and baked goods. All City of Pittsburgh farmers' markets accept food stamps (SNAP), credit and debit cards as part of Just Harvest's Fresh Access program, where food stamp shoppers will receive a special match at the farmers markets.

FOREST HILLS FARMERS MARKET

Every Friday, May 21 – October 29
Hours: 4:00 p.m. – 7:00 p.m.
Location: Forest Hills Presbyterian Church parking lot,

1840 Ardmore Blvd., Forest Hill, PA.
Features home grown produce, baked goods, and unique products for sale. Previous vendors have included: Cherish Creamery, Bates & Hayes Concessions, Billy's Country Smokehouse, Harvest Valley Farms, Hello Hummus, Logan Family Farms, Monroe's Coffee, McElhinny Farm, Olive & Marlowe, Pasta Bill, Sandhill Berries, and Wood Street Bread Company.

CRANBERRY TOWNSHIP FARMERS MARKET

Every Friday, June 4 – October 1
Hours: 3:00 – 7:00 p.m.
Location: Cranberry Township Municipal Center Front Parking Lot, 2525 Rochester Road, Cranberry Township
The Cranberry Twp. Farmers Market will feature special events on select market days throughout the season. The market provides everything from fresh fruit and produce, artisan gifts, baked goods, live music, food trucks, and hour hours featuring local brews and libations.

FARMERS MARKET AT THE BLOCK NORTHWAY

Every Friday, June 4 – October 29
Hours: 3:00 p.m. – 7:00 p.m.
Location: The Block Northway, near DSW Shoe Warehouse in the South Atrium, Upper Level
Market vendors include farmer's market sellers, artisan booths, food trucks, live music and more.

MONONGAHELA FARMERS MARKET

Every Friday from June 11 – October 29
Hours: 3:00 p.m. – 6:00 p.m.
Location: Set up on the side street that runs along the side of Chess Park in Monongahela's Main Street District
Previous vendors have included: Aunt Kims Jellies, Gimme Some Sugar cupcakes, Jimmy's Italian Ice, Sam's Gyro, Harden Farm, Triple B Farm, and more!

Green Grocer

The Greater Pittsburgh Community Food Bank's Green Grocer mobile farmers market provides fresh food options at affordable prices at 20 different market stops in 20 different neighborhoods. Everyone is welcome to shop at the market, and Green Grocer accepts multiple forms of payment, including SNAP/EBT and FMNP & SFMNP checks. Green Grocer runs from April 1 – November.

2021 SCHEDULE:

1st & 3rd Mondays

11:00 – 12:00 p.m. Spring Hill, Three Rivers Manor, 125 Rhine Place, Pittsburgh, PA 15212
1:30 – 2:30 p.m. Millvale, Yetter's Candy parking lot, 504 Grant Ave, Pittsburgh, PA 15209
3:30 – 4:30 p.m. Sharpsburg, Sharpsburg Community Library, 1212 Main St, Pittsburgh, PA 15215

2nd & 4th Mondays

11:00 – 12:00 p.m. Mt Oliver, Clock Tower, Brownsville Road & Hays Ave., Mt. Oliver, PA 15210
1:30 – 2:30 p.m. Clairton, Family Dollar parking lot, 533 Miller Ave., Clairton, PA 15025
3:30 – 4:30 p.m. Glassport, Glassport Honor Roll Park, 440 Monongahela Ave., Glassport, PA 15045

1st & 3rd Tuesdays

11:00 – 12:00 p.m. Woods Run, Carnegie Library of Pittsburgh – Woods Run, 1201 Woods Run Ave, Pittsburgh, PA 15212
1:00 – 2:00 p.m. Oak Hill, UPMC Matilda H. Theiss Health Center, 373 Burrows St., Pittsburgh, PA 15213
3:30 – 4:30 p.m. Rankin, A Child's World Daycare Center, 300 Rankin Boulevard, Rankin, PA 15104

2nd & 4th Tuesdays

11 – 12:00 p.m. East Hills, East Hills Community Center, 2291 Wilner Dr., Pittsburgh, PA 15221
1:00 – 2:00 p.m. Lincoln-Larimer-Belmar, Corner of Lincoln Ave. & Lemington Ave., 1433 Lincoln Ave., Pittsburgh, PA 15206
3:30 – 4:30 p.m. Hill District, Centre Heldman Plaza, 1850 Centre Ave., Pittsburgh, PA 15219

1st & 3rd Thursdays

11:00 – 12:00 p.m. Homewood, Alma Illery Medical Center, 7227 Haimilton Avenue, Pittsburgh, PA 15208
1:30 – 2:30 p.m. East Pittsburgh, Across from East Pittsburgh Community Center, 509 Bessemer Ave., East Pittsburgh, PA 15112
3:30 – 4:30 p.m. Wilmerding, Wilmerding Apartments on Station St., 314 Commerce St., Wilmerding, PA 15148

2nd & 4th Thursdays

11:00 – 12:00 p.m. McKees Rocks, 5 Generation Bakers, 1100 Chartiers Ave., McKees Rocks, PA 15136
1:00 – 2:00 p.m. Sheraden, Pavilion, Hillsboro St. & Sheraden Blvd. Pittsburgh, PA 15204
3:30 – 4:30 p.m. Northview Heights, 533 Mt. Pleasant Rd., Pittsburgh, PA 15214

1st & 3rd Fridays

11:00 – 12:00 p.m. Monview Heights, 48 Midway Dr., West Mifflin, PA 15122

2nd & 4th Fridays

11:00 – 12:00 p.m. Duquesne, Route 837 & Grant Ave., 35 Grant Ave, Duquesne, PA 15110

Local Food Drop Sites

ALLEGHENY COUNTY

BLACKBERRY MEADOWS
www.blackberry Meadows.com

BLUE GOOSE FARM
www.bluegoosefarmnicktown.com

BRENCKLE'S ORGANIC FARM & GREENHOUSE
www.brencklesfarm.com

CHERRY VALLEY ORGANICS
www.cherryvalleyorganics.com

DILLNER FAMILY FARMS
www.dillnerfamilyfarms.com

DREAM THYME
www.facebook.com/dreamthyme-farm/

EDIBLE EARTH FARM
www.edibleearthfarm.com

FOOTPRINTS FARM
www.footprintsfarm.com

HARVEST VALLEY FARMS
www.harvestvalleyfarms.com

HARVIE FARMS PITTSBURGH
www.harvie.farm

MEDIUM RARE FOODS
www.mediumrarefoods.com

NORTHWEST PA GROWERS COOPERATIVE
www.Nwpagrowers.com

THE FAMILY COW
www.yourfamilyfarmer.com

THE MARKETPLACE AT EMERALD VALLEY
Themarketplacevfs.square.site

WHO COOKS FOR YOU FARM
www.whocooksforyoufarm.com

ARMSTRONG COUNTY

FIVE ELEMENTS FARM
www.fiveelementsfarm.com

WHO COOKS FOR YOU FARM
www.whocooksforyoufarm.com

BEAVER COUNTY

CHERRY VALLEY ORGANICS
www.cherryvalleyorganics.com

CONFORTI FAMILY FARM
www.confortifamilyfarm.com

DILLNER FAMILY FARMS
www.dillnerfamilyfarms.com

MEDIUM RARE FOODS
www.Mediumrarefoods.com

THE FAMILY COW
www.yourfamilyfarmer.com

BLAIR COUNTY

BLUE GOOSE FARM
www.bluegoosefarmnicktown.com

FRIENDS FARM
www.facebook.com/friendsfarm-market

BUTLER COUNTY

BRENCKLE'S ORGANIC FARM & GREENHOUSE
www.brencklesfarm.com

DREAM THYME
www.facebook.com/dreamthyme-farm/

FIVE ELEMENTS FARM
www.fiveelementsfarm.com

FREEDOM FARMS
www.freedomfarmspa.com

HARVEST VALLEY FARMS
www.harvestvalleyfarms.com

MEDIUM RARE FOODS
(South Butler)
www.mediumrarefoods.com

NORTHWEST PENNSYLVANIA GROWERS COOPERATIVE
www.nwpagrowers.com

THE FAMILY COW
www.yourfamilyfarmer.com

CAMBRIA COUNTY

BLUE GOOSE FARM
www.bluegoosefarmnicktown.com

CRAWFORD COUNTY

LINK'S HERITAGE FARM
www.lisksheritagefarm.com

NORTHWEST PENNSYLVANIA GROWERS COOPERATIVE
www.nwpagrowers.com

PLOT TWIST FARM
www.plottwistfarm.com

STRAWBERRY LANE PRODUCE
harvie.farm/profile/strawberry-lane-produce

ERIE COUNTY

BURCH FARMS
www.burchfarmscountrymarketandwinery.com

MASON FARMS
www.Masonfarms.com

POST APPLES FARM
www.postapples.com

FAYETTE COUNTY

FOOTPRINTS FARM
www.footprintsfarm.com

SARVER'S HILL FARM & CSA
www.sarverhillfarm.org

THE FAMILY COW
www.yourfamilyfarmer.com

FULTON COUNTY

FARM OF PEACE
www.farmofpeace.com

INDIANA COUNTY

BLUE GOOSE FARM
www.bluegoosefarmnicktown.com

THE FAMILY COW
www.yourfamilyfarmer.com

MERCER COUNTY

DREAM THYME
www.facebook.com/dreamthyme-farm

EDIBLE EARTH FARM
www.Edibleearthfarm.com

NORTHWEST PENNSYLVANIA GROWERS COOPERATIVE
www.nwpagrowers.com

SOMERSET COUNTY

BLUE GOOSE FARM
www.bluegoosefarmnicktown.com

VENANGO COUNTY

NORTHWEST PENNSYLVANIA GROWERS COOPERATIVE
www.nwpagrowers.com

PLOT TWIST FARM
www.plottwistfarm.com

WASHINGTON COUNTY

CHERRY VALLEY ORGANICS
www.cherryvalleyorganics.com

THE MARKETPLACE AT EMERALD VALLEY
www.themarketplacevfs.square.site

EDIBLE EARTH FARM
www.Edibleearthfarm.com

HARVIE FARMS
www.harvie.farm

STONE CHURCH ACRES
www.stonechurchacres.com

THE FAMILY COW
www.yourfamilyfarmer.com

WESTMORELAND COUNTY

FOOTPRINTS FARM
www.footprintsfarm.com

MEDIUM RARE FOODS
(Irwin & Murrysville)
www.mediumrarefoods.com

SARVER'S HILL FARM & CSA
www.sarverhillfarm.net



What is a CSA?

Fresh Eating for Summer

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 pick up.

CSAs have gained popularity over the years and farms have responded by offering a variety of options:

- Weekly, bi-weekly or monthly shares
- Small and large shares
- Organic or Certified Naturally Grown
- Dietary concerns such as vegan or gluten-free shares
- Customized orders
- Paying weekly or "as you order"
- Tips for Buying a CSA "Share"
- Share! - Share a "share" with a friend or family member.
- Drop! - Pick a drop site convenient to your home or work.
- Farms may add a site if there is a minimum of 10 - 15 customers.
- Cook! - Use fresh ingredients each week to make meals at home.
- Many CSAs provide recipes that incorporate that week's harvest.

We are lucky to live in a place that can provide nutritious, locally grown food. Buying farm fresh products and preparing them at home is a healthy alternative to eating preservatives.

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