

Inside the BOX



Give yourself the gift of healthy, locally sourced eating with a CSA Membership! A share you purchase from an area farmer keeps on giving to you both- throughout the growing season and more!

WHAT IS A CSA?

Community Supported Agriculture programs—CSAs—offer the opportunity to buy shares in local farms and receive a portion of the harvest. Multiple farms and farmers' cooperatives in the Western Pennsylvania area offer pick up either on-site or at various locations, a few even with home delivery.

Various packages, many with numerous optional add-ons, are available. Some farms offer different size packages, and many offer multiple installment choices.

Payment plans vary, and in some cases, you can even get a discount by spending a few hours volunteering on the farm, getting your hands in the dirt and learning what the process is all about.

Visit the website of farms near you and learn about everything they have to offer!

KEY



Blackberry Meadows Farm



full share 20 weeks; half share option
Aspinwall, Bloomfield,
Natrona Heights, Squirrel Hill

blackberrymeadows.com

Northwest PA Growers Co-Op



full share 24 weeks; half share option
Butler, Grove City, Hermitage,
Meadville, Mercer, New Castle,
Zelienople, Slippery Rock
— home delivery in some areas for
an additional fee

nwpagrowers.com

Tiny Seed Farm



spring and winter CSA; full choice CSA;
delivery throughout Pittsburgh and
Cranberry, pickup at Kretschmann
Organic Farm in Rochester
Lawrenceville, Troy Hill, Highland
Park, Aspinwall, Squirrel Hill,
Bellevue, Bloomfield, Sewickley, Mt
Lebanon, North Side, Allison Park
— home delivery in some areas for
an additional fee

tinyseedfarmphg.com

Harvest Valley Farm



full share 22 weeks; half share option
regular and large
pickup in Gibsonia

www.harvestvalleyfarms.com

Who Cooks For You Farm



full share 23 weeks; small, medium, and
large
half share 12 weeks; small only
5 week spring subscription
7 week fall subscription
self-select option

Pittsburgh, Allegheny County,
Armstrong County, Butler County,
Beaver County

whocooksforyoufarm.com

Sarver's Hill Farm



full 20 or 24 week shares
work exchange discounts available
Greater Greensburg area

sarverhillfarm.org

Burch Farms Country Market and Winery



full share 20 weeks; half share option
North East, additional pick-up
locations TBA

burchfarmscountrymarketandwinery.com

Dillner Family Farm



full share 20 weeks; half share option
small full share only; large either
duration

Gibsonia, Mount Lebanon

www.dillnerfamilyfarms.com

Freedom Farms

multiple customizable options

Valencia, Bloomfield, Aspinwall,
Butler, Tarentum, Allison Park

freedomfarmspa.com

Mother Earth Farm

multiple customizable options

Indiana

motherearthfarmpa.com

Blueming Gardens

twice-monthly shares with flexible
subscriptions

Centre & Huntingdon Counties

blueminggardensfarm.weebly.com

Edible Earth Farm

multiple customizable options

home delivery in Greater Pittsburgh
area, Grove City

edibleearthfarm.com

Pond Hill Farm

multiple options for produce shares,
plus 4-week flower programs in May
and September

Bellevue, Butler, Freeport,
Kittanning, Saxonsburg, Sewickley,
and more to come

pondhillfarmstore.com

Post Apples Farm

full share 22 weeks; half, quarter, eighth
share options

work exchange discounts available
Erie, PA; Chautauqua County

postapples.com

Garfield Community Farm

full share 18 weeks; half share option
spring share 6 weeks

work exchange discounts available
Garfield

garfieldfarm.com

Haffey Family Farm

full share 20 weeks; half share option
individual or family

Bellevue, Chippewa, Beaver,
Oakmont, Pine Township

haffeyfamilyfarm.com

Healthy Harvest Farm

full share 22 weeks; half share option
self-select

Bellefonte, State College

healthyharvestfarmcsa.com

Mason Farms

full share 18 weeks
small, medium, and large

Erie, Lake City, Edinboro

masonfarms.com

Old Road Farm

raw milk; yearly egg shares, 2 or 4
dozen monthly; meat share specifics in
progress

Bethel Park, Mount Lebanon,
Pittsburgh, Washington, some home
delivery

theoldroadfarm.com

Stone Church Acres

20 week small or large shares, 10 week
large share

Finleyville

stonechurchacres.com

Strawberry Lane Produce

full share 18 weeks
small, medium, large options

Conneaut, other areas TBA

facebook.com/StrawberryLaneProduce

Blue Goose Farm

full share 15 weeks; 7-week share option
Indiana, Ebensburg, Nicktown,
Altoona, Johnstown

bluegoosefarmstore.com

EATING FRESH AND LOCAL, WITH YOUR CSA AND BEYOND

Eating locally is eating seasonally. Greens, asparagus, and berries bring the newness of spring, and a hint of what's to come. Summer warmth means tomatoes, corn, zucchini, and melons, perfect for making the most out of the weather with cookouts and picnics. As the temperatures drop in autumn, get cozy and hearty with potatoes, greens, and squash.

The abundance of harvest can continue through preservation, and it's easier than you might think. Check out our website for groups offering short workshops or ongoing instruction- there's plenty of fantastic local resources for hands-on experience with canning, fermenting, drying and freezing- they're a great way to learn and a fun activity for yourself, family, or group of friends!

Many neighborhoods have weekly Farmers' Markets with not only fresh fruits, vegetables, and herbs, but baked goods, cheese, sauces and prepared foods. Browsing them is a wonderful way to supplement your CSA allotment, get ideas for meals, and spend a leisurely morning or afternoon.

The best restaurants, from small coffeehouses to award-winning fine dining spots, are committed to using regionally sourced elements whenever possible. Some have well-established partnerships with farmers, informing what both sides create in mutually beneficial relationships- benefitting diners as well! Locally owned and operated spots tend to focus most on local ingredients, so patronizing these is a multi-level way to support your own community!

FARMTOTABLEPA.COM

Farm2TablePGH FTTPittsburgh farm2tablepgh

@farmtotablebuylocal449 @FTT_Pittsburgh

Pittsburgh Pastures

once a month, May-October
pickup at Cranberry, Greentree,
Hampton, Lawrenceville,
Monongahela and Pine Township
farmers markets

pittsburghpastures.com