Amazing Grazing

Directory

Local Sources for Grass-fed Meat, Poultry, and Dairy Products in Delaware, Maryland, Virginia, and West Virginia

A publication of Future Harvest – A Chesapeake Alliance for Sustainable Agriculture

Grazing brings you amazing food!

The pastures of Chesapeake region farms are home to increasing numbers of livestock animals being raised the "new" old-fashioned way—outdoors, exercising naturally, and grazing on grass the way nature intended. Use this directory to help find local sources for steaks, ground beef, leg of lamb, sausage, bacon, eggs, smoked hams, handmade cheeses, goats' milk fudge, cheese-stuffed pasta, Thanksgiving turkeys, Christmas geese, and more—all fresh from the pasture and direct from the farmer to you!

Grazing animals feed on a variety of grasses and legumes as opposed to grain. Red clover and white clover, pictured here among many grass species, have the ability to take nitrogen out of the air and put it into the soil in a useable form for plants, greatly reducing the need for nitrogen fertilizer.

According to the American Grassfed Association (americangrassfed.org), grass-fed products from ruminants, which include cattle, bison, goats, and sheep, are "those food products from animals that have eaten nothing but their mother's milk and fresh grass or grass-type hay from their birth until harvest." For non-ruminants such as pigs and chickens, "grass should be a large part of their diets."

Many factors may affect whether a farm chooses to raise its ruminants on 100% grass or to include some portion of grain feeding. All the farms in this directory report their animals' diets are primarily grass-based.

Look for this symbol indicating those farms that report they raise their beef, lamb, goat or bison on 100% grass after weaning from mother's milk.

As consumers who take control of your food choices, you should feel free to ask any farmer about the methods used to acquire, breed, raise, feed and slaughter the animals they market in order to make the most informed purchase decisions for yourself and your family.

Here are some great reasons to consider making local, grass-fed products part of your diet.

1. Safe and Nutritious Food

Consumer concerns over food safety and quality are fueling demand for pasture-raised farm products. Animals raised on pasture, without any animal products in their diet, have no risk of carrying bovine spongiform encephalopathy (BSE), sometimes referred to as Mad Cow disease. In addition, research shows that grass-based products—meat, poultry, milk, cheese, eggs—have health benefits for consumers when compared with grain–fed animal products. Benefits include:

- less fat
- fewer calories
- more omega-3 fatty acids
- more Conjugated Lineolic Acid (CLA)
- more beta carotene

- a lower occurrence of potentially dangerous E. coli bacteria

Increased levels of CLA and omega-3 fatty acids have been linked with decreased risks of cancer, diabetes, some types of immune system disorders, and cardio-vascular disease. Lowering fat and calories can have a positive impact on cardiovascular health and obesity. Increased vitamin A, through beta-carotene, helps maintain healthy skin and vision. Additional health benefits accrue when animals are raised without growth hormones, antibiotics, or pesticides. For more information on the health benefits of grass-fed products, see eatwild.com.

2. Local Farms and Farmers

Your food purchases can have a big impact on the landscape around you. Small, family-run farms, a cherished part of our landscape in the Chesapeake Bay region, are being lost at an alarming rate. But farms can remain vital parts of our communities if you, the consumer, support them. The best way to support small farms is to buy their products and here's proof: since the first printing of this *Amazing Grazing* directory in 2005, the number of farms listed has more than doubled! More farms are selling meat from pastured animals directly to consumers like you. Not only does your purchase from a local farm help preserve agriculture in our region, it helps connect you to the landscape that surrounds you, to the neighbors who grow your food, and to the economy that supports us all.

3. Environmental Benefits

Animals raised in a conventional system eat grain that is often grown with fertilizers, herbicides and pesticides. Conventionally tilled cropland is also susceptible to soil erosion and nutrient and chemical runoff. In addition, raising grain for feed often requires a significant fossil fuel investment to produce and transport the grain. In contrast, raising animals on grass substantially reduces or eliminates the reliance on these row crops. Grass-based systems maintain cover on the land, reducing or eliminating erosion and runoff. Additionally, the grazers in this directory rarely use herbicides, insecticides, or commercial fertilizers.

Luckily for consumers in the Chesapeake Bay area, there are more than 120 grazers in Delaware, Maryland, Virginia, and West Virginia offering their pastured products directly to the public. These folks will be happy to discuss their offerings, suggest recipes and supply cooking tips. We hope you enjoy their products and the satisfaction that comes from supporting these local, family-run grass-based farms. Bon appetit!

Disclaimer

Information included in this directory is based on statements made directly by the producers; it is not independently verified by Future Harvest-CASA nor does it represent an endorsement by Future Harvest–CASA. Future Harvest–CASA supports local, grass-based farms, but we cannot guarantee specific products described in this listing.

DELAWARE

1 **C & J Farms, Inc.** Sussex
Jody & Carlton Jones
3174 Woodland Ferry Road
Seaford, DE 19973
302-629-8194
jojo17117@aol.com

C&J Farms is a family farm that raises Black Angus cattle that are grass-fed and finished. Cattle are never fed grain or given growth hormones, antibiotics, or implants. Pastures are free of chemical fertilizers, pesticides and herbicides. All beef is aged, vacuum-packed and frozen and is offered by the sample pack (30 lbs.), the 1/4, and by the 1/2.

MARYLAND

2 **Albright Farms** Baltimore
Tom Albright
15630 Old York Road
Monkton, MD 21111
410-329-3269
albrightfarmsinc@aol.com
www.albrightfarms.net

Albright Farms has its own breeding herd of Angus cattle that are grass-raised and grain-finished. All feed for the livestock is grown on the farm except for minerals, which are purchased. No byproducts, hormones or antibiotics are used. Although the farm is not organic, we have always followed practices now considered to be sustainable. Chickens are pastured and moved to new grass daily. Frozen chicken is available for sale nearly year-round. Fresh turkeys are available by order for Thanksgiving.

3 **Ferguson Family Farm** Baltimore
Lynne Ferguson
3443 Beckleysville Road
Parkton, MD 21120
410-343-1236
lgferguson@hughes.net
www.fergusonfamilyfarm.com

Ferguson Family Farm is a family farm with an emphasis on producing delicious, highly nutritious foods. All animals are free-range and receive no growth hormones, antibiotics, or appetite stimulants. Products include free-range heritage Berkshire pork, 100% grass-fed (corn-free) Angus beef, fresh brown eggs, pastured roaster chickens, turkeys and Muscovy ducks. Order early for holiday turkey or duck to assure availability.

4 **Gunpowder Bison & Trading Co.** Baltimore

Trey Lewis
1270 Monkton Road
Monkton, MD 21111
410-343-2277
trey@gunpowderbison.com
www.gunpowderbison.com

GBT bison meat is raised naturally on the farm. No hormones or feed additives are used and all processing is done under USDA inspection. Bison meat is dry-aged for a premium product.

5 **Springfield Farm** Baltimore

Lilly & David Smith
Valerie & Doug Lafferty
Catherine Webb
16701 Yeoho Road
Sparks, MD 21152
410-472-0738
mail@ourspringfieldfarm.com
www.ourspringfieldfarm.com

Springfield Farm (circa 1640) is a diversified pasture-based free-range livestock and produce farm operated by three generations living on the farm. Offerings include natural (no antibiotics, no chemicals, no growth stimulants) eggs, chicken, turkey, duck, goose, grass-fed and grass-based beef, pork, grass-fed lamb, rabbit, vegetables, glass bottled grass-fed dairy and ice cream. Restaurant deliveries are available in the Baltimore, Annapolis, and Washington metro area. A family-friendly farm you can walk at your leisure (after a safety orientation) to observe operations and make purchases Friday, Saturday and Sunday 10 AM – 5:30 PM (except major holidays).

6 **Windy Willow Farm** Calvert

Debbie & Dale Jones
421 Clyde Jones Road
Sunderland, MD 20689
410-286-3918
debbie@windywillowfarm.com
www.windywillowfarm.com

Windy Willow Farm sells free-range, grass-fed beef and lamb, cage-free eggs, and pork. No artificial hormones, steroids, additives or feedlots are used. All meat is USDA-inspected and vacuum-sealed without preservatives or dyes.

A Note on Buying Meat in Bulk

Beef, pork and lamb can often be purchased from local farms as whole, half, or quarter animals, or in individual cuts. Generally, no matter which quantity you buy, the meat is cut up into steaks, roasts, stew and ground meat, wrapped or vacuum-packed, and labeled. Buying in bulk generally allows the farmer to offer you a lower overall per-pound price. It also gives you the chance to cook and enjoy a variety of cuts of meat. Sometimes, bulk meat comes in boxes or you may need to bring your own cooler. Farms sometimes offer "packages" of choice cuts of meat for those who just want an assortment of steaks or roasts.

7 **Chestnut Creek Farm** Carroll
Jan & Jeff White
3710 Baker Road
Westminster, MD 21157
410-746-5768
chestnutcreekfarm@gmail.com
www.chestnutcreekfarm.com

Chestnut Creek Farm sells grass-fed lamb raised in a humane environment without steroids or antibiotics. Lamb is butchered at a USDA facility, quick frozen, and available in various sample packages or cuts to fit any size family. Also available are brown eggs from hens raised on pasture and antibiotic-free grain. Heritage turkey and Pekin duck are available on a limited and seasonal basis. A large variety of vegetables, flowers, herbs and soft fruits are offered through CSA memberships at the Carroll County Farmers' Market located at the Carroll County Agriculture Center, from mid-June through the first week in September. Products may also be picked up at the farm when ordered in advance.

8 **Green Akeys Family** Carroll
Michael Akey
2301 Cross Section Road
Westminster, MD 21158
www.greenakeys.com

Green Akeys is a small, diversified family farm located near Westminster, Maryland. We raise grass-fed beef, grass-fed lamb, pastured pork, and pastured poultry. We offer a vegetable CSA, meat CSA and we have farm fresh eggs. We belong to Slow Food USA, the American Pastured Poultry Producers Association (Mike is a Board member), Belted Galloway Society, Katahdin Hair Sheep International, PASA, Future Harvest CASA and the American Grassfed Association. Our mission is to provide a healthy, sustainable alternative to conventionally farmed and raised products. We encourage our members to support local agriculture, not only supporting our farm but all of the local farms in our area. We also want to raise our kids to understand where food comes from and how to live on a farm.

9 **Lovell Cattle Company** Carroll
Jack Lovell
232 South Springdale Road
New Windsor, MD 21771
410-635-6161
504-525-0208
jlovelljr@lovellandcompany.com

Lovell Cattle Company sells 100% grass-fed beef in wholes and halves. Animals are born and raised on a

family farm. They are given free range on pastures certified organic by the state of Maryland and are fed certified organic minerals. No growth hormones are used. Product can be picked up frozen from the processors in either Mount Airy, Maryland or Mount Joy, Pennsylvania.

10 **Schueler Real Properties** Carroll
Dr. Ronald D. Schueler DVM
3140 Halter Road
Westminster, MD 21158
410-840-9559
mistycreekfarm@hotmail.com

Grass-fed beef.

11 **Wagon Wheel Ranch** Carroll
Brian Schiner
661 West Watersville Road
Mt. Airy, MD 21771
443-271-6850
bschiner@aol.com
www.wagonwheelranch.org

Grass-based farm that raises animals in pasture without the use of growth hormones or antibiotics. Products include grass-fed beef, lamb, goat, free-range pork, chicken and eggs.

12 **White Rose Farm** Carroll
Sally Voris
5009 Teeter Road
Taneytown, MD 21787
410-756-9303
sally@whiterosefarm.com
www.whiterosefarm.com

White Rose Farm features free-range pork.

13 **Calvert Farm** Cecil
Pamela Stegall Roberts
321 Chrome Road
Rising Sun, MD 21911
410-658-3914
farmer@calvertfarm.com
www.calvertfarm.com

Calvert Farm sells free-range duck and chicken eggs and other seasonal products. Products are available on the farm or through a CSA.

Note to Chefs and Caterers
Many producers are pleased to accommodate the special needs of chefs, restaurants and caterers. Feel free to contact them directly. If you can't find a producer that can meet your needs, please contact Future Harvest-CASA at grazing@futureharvestcasa.org.

Visitors sample rabbit pot-pie at Rumbleway Farm.

14 **Rumbleway Farm** Cecil
Mark & Robin Way
592 McCauley Road
Conowingo, MD 21918
410-658-9731
contact@rumblewayfarm.com
www.rumblewayfarm.com

Rumbleway Farm sells chicken, turkey, rabbit, beef, pork and goats. Beef and pork are available all year round in individual cuts as well as bulk. Chickens are processed fresh on the farm from April to October, with turkeys ready for Thanksgiving. Animals are vaccine-free and raised naturally on certified organic pasture with no added hormones or synthetic vitamins.

15 **Oak Grove Farm** Charles
John Downs
3875 Oak Grove Place
Nanjemoy, MD 20662
301-246-4893
john.downs@md.nacdnet.net

Oak Grove Farm sells live goats to customers who want grass-fed meat with no additives. Call for availability and directions to the farm.

16 **S. B. Farms, Inc** Dorchester
Bill & Shirley Edwards
7010 Hynson Road
Hurlock, MD 21643
410-754-5821
bison95@directv.net
www.sbfarmsinc.com

S. B. Farms sells all natural bison (American Buffalo) meat. Bison are raised on grass pastures and are never fed growth stimulants, hormones, steroids or antibiotics. Meat is available in wholes or halves, as well as in cuts and burger patties. Jerky, sausages, ready-to-eat barbeque, sloppy joes, heart, liver, tongue and dog bones also available. All meat is USDA-inspected and dry-aged for 21 days before being cut, packaged and frozen.

17 **Country Pleasures Farm** Frederick
Eric & Lori Rice
6219 Harley Road
Middletown, MD 21769
301-371-4814
countrypleasuresfarm@gmail.com
www.countrypleasuresfarm.com

Country Pleasures Farm sells certified organic, grass-fed Angus beef. The USDA-inspected, frozen beef is available by the cut, by the box or by the quarter.

Products are available on the farm or (for an extra cost) can be shipped.

18 **Groff's Content Farm** Frederick
Julie & Bob Bolton
14930 Bollinger Road
Rocky Ridge, MD 21778
301-447-6148
jtbolton1958@gmail.com
www.groffscontentfarm.com

Groff's Content sells pasture-raised and finished beef, pork, lamb, holiday turkeys, whole chicken and free-range eggs. Beef and lamb are frozen and available in wholes, halves and split halves. Products are available at the farm and from the USDA-inspected processor in Emmitsburg, MD. The animals are raised without added hormones or antibiotics on certified organic pasture.

19 **Hedgeapple Farm** Frederick
Dr. Scott M. Barao, Executive Director
Ryan Bapst, Farm Manager
3760 Buckeystown Pike
Buckeystown, MD 21717
301-662-0226
sbarao@hedgeapplefarm.com
www.hedgeapplefarm.com

Hedgeapple Farm is a non-profit beef cattle operation that conducts applied agricultural and marketing research for the benefit of beef producers in the region. Natural, grass-fed Black Angus beef is sold in whole and half, and in 50-lb. boxes. Market hours: Thursday 12-5, Friday 12-6, and Saturday 10-4.

20 **Holterholm Farms** Frederick
Ron, Kathy & Adam Holter
5619A Holter Road
Jefferson, MD 21755-8508
301-371-4255
ronholter@comcast.net

Holterholm Farms is a small family farm in business since 1889 and certified organic since 2005. Nestled in the fertile, rolling Middletown Valley, cattle are rotationally grazed on diverse pastures containing in excess of 30 different species of grasses, legumes and forbes. Cattle never receive grain. Beef is available in the late fall by the whole, half or split half (1/4). Laying hens rotate on the same pastures as the cows and eggs are available at the farm.

Adam Holter leads a tour at Holterholm Farms.

Cows graze the hillsides at the Derrenbachers' farm in Woodsboro.

21 Nick's Organic Farm 100% GF — Frederick

Nick Maravell
2733 Buckeystown Pike
Adamstown, MD 21710
301-983-2167
nickmaravell@comcast.net

Nick's Organic Farm raises tender delicious Black Angus grass-fed beef, pastured chicken and turkey, and free-range eggs. Cattle are certified organic. Dry aged, USDA-inspected, frozen beef is available in wholes, halves, quarters, eighths, and cuts. Also available are beef sausages, jerky and ground beef, in addition to organic poultry feed, hay, straw, grains, and cover crop seeds.

22 Ruth Ann's Garden Style Beef 100% GF — Frederick

Steve & Ruth Ann Derrenbacher
11051 Renner Road
Woodsboro, MD 21798
301-898-7006
gardenstylebeef@msn.com

Ruth Ann's Garden Style Beef sells Angus grass-fed beef. Beef is available in whole, half and quarter bulk packages as well as by the cut. All bulk beef is picked up -- frozen and cryo-packed in see-through packaging -- from the processor in Mt. Airy in June and December by order only. Individual cuts and ground beef may be available for pick up at the farm throughout the year based on availability. The animals are grass-fed and finished with no added hormones or antibiotics.

23 Summer Creek Farm — Frederick

Rick Hood
15209 Mud College Road
Thurmont, MD 21788
301-271-9399
farmer@summercreekfarm.com
www.summercreekfarm.com

Summer Creek Farm features eggs (no meat) from grass-fed certified organic chickens. Summer Creek Farm also sells certified organic vegetables.

24 Whitmore Farm — Frederick

Will Morrow
10720 Dern Road
Emmitsburg, MD 21727
202-270-4137
info@whitmorefarm.com
www.whitmorefarm.com

Whitmore Farm is a grass-based farm, certified organic by the state of Maryland. Lamb, goat, pork, eggs, rabbit and seasonal vegetables are available.

25 **Backbone Food Farm** Garrett
Max & Katharine Dubansky
530 Lynndale Road
Oakland, MD 21550
301-334-5633
kdubansky@iceweb.net
www.backbonefarm.com

Backbone Food Farm produces and sells organic chicken and eggs. The animals are raised without added hormones or antibiotics.

26 **Deer Creek Beef** Harford
Nancy Ann Sayre
636 Thomas Run Road
Bel Air, MD 21015
410-322-2314, cell Karen Holloway: 410-838-6111
deercreekbeef@gmail.com
www.deercreekbeef.com

Deer Creek Beef is proudly produced and sold by a partnership of third- and fourth-generation farmers deeply committed to conservation and sustainable agriculture. Angus beef is rotationally grazed and finished on locally grown corn, and processed in two small family-owned (federally inspected) plants. No added hormones or antibiotics are used. Products include frozen beef, beef jerky, and heat-and-serve barbeque.

27 **Clark's Never Sell the Land Farm** Howard
Martha Clark
10500 Clarksville Pike
Ellicott City, MD 21042
410-730-0664
clarksbeef@gmail.com
www.clarklandfarm.com

Clark's Never Sell The Land Farm sells grass-fed and finished beef raised on our farm in Howard County. Our cattle enjoy pasture and hay throughout the year and are raised without synthetic hormones, steroids, unnecessary antibiotics or animal byproducts. The beef may be purchased at the Clark's Elioak Farm store at 10500 Clarksville Pike whenever the petting farm is open (April 1 to early November, Tuesdays through Sundays, 10 AM to 5 PM). It is available by calling 410-730-0664 other times. The beef is dry-aged for three weeks and processed at a USDA-approved facility. The beef is available frozen and vacuum-packed by the cut.

Judy Gifford surveys the herd at St. Brigid's Farm.

28 **St. Brigid's Farm** (100% GF) — Kent

Robert Fry & Judy Gifford
12247 Locust Grove Road
Kennedyville, MD 21645
410-648-5753
443-480-1853 (cell for Judy)
rcfry@stbrigidsfarm.com
www.stbrigidsfarm.com

St. Brigid's Farm, located on the scenic eastern shore of Maryland, is owned and operated by Judy Gifford and Robert Fry. Grass-fed Jersey beef and veal is sold directly to individuals and restaurants to offer consumers a delicious and healthy alternative to the options in the supermarket. Jersey veal is proudly offered on the menus of many regional restaurants, and local residents are able to purchase steaks, roasts, burgers or chips directly from the farm. New in 2010 is the St. Brigid's Medley of Meats purchasing system offering a monthly subscription series.

29 **Against the Wind Ranch** (100% GF) — Montgomery

John and Sarah Chaney
24235 Burnt Hill Road
Clarksburg, MD 20871
540-396-4751
againstthewind@att.net
www.againstthewindranch.com

Cattle at Against the Wind Ranch are pastured-raised and grass-fed. Their feed is free of animal proteins. No hormones, steroids or unnecessary antibiotics are used. Beef is "Certified Humane" and is processed at USDA approved facilities. All beef is dry-aged for 14-21 days. Meat is sold in wholes, halves, quarters and 20-lb sample boxes.

30 **Fox Hollow Farm** (100% GF) — Montgomery

Stephanie Rohrer-Scuderi
21804 Woodfield Road (Rt. 124)
Gaithersburg, MD 20882
301-330-0165
stephanie@foxhollowfarm.org
www.foxhollowfarm.org

Fox Hollow Farm has been family-owned since 1985 and has never used any chemicals or growth hormones on the animals or fields. Meats are USDA certified. Lamb and goat meat comes in family-sized portions. Free-range broiler chickens are raised throughout the year. Free-range turkeys are available during Thanksgiving. The farm market is open several days a week and sells eggs, meats, vegetables, goat cheese, raw honey, breads and pies. Orchard hay is available for animals.

31 **Jehovah-Jireh Farm** Montgomery
Myron & Cathy Horst
7033 Ed Sears Road
Dickerson, MD 20842
301-874-6181
mhorst@jehovahjirehfarm.com
www.jehovahjirehfarm.com

Jehovah-Jireh Farm sells chicken, turkey, eggs and lamb. The lamb is 100% grass-fed and is sold by the individual cut on the farm. In addition to pasture, the poultry is fed certified organic feed. Eggs are sold in a number of health food stores in the D.C. metropolitan area. Check website for locations.

32 **Nick's Organic Farm** Montgomery
Nick Maravell
8565 Horseshoe Lane
Potomac, MD 20854
301-983-2167
nickmaravell@comcast.net

See farm description under Frederick County.

33 **Bald Eagle Farm** Prince George's
Yates Clagett
17011 River Airport Road
Brandywine, MD 20613
240 417-1523
Yates.clagett@md.nacdnet.net

Black Angus beef on 100% grass. Meat is dry-aged 2 weeks and sold in quarters.

34 **Clagett Farm** Prince George's
Michael Heller
11904 Old Marlboro Pike
Upper Marlboro, MD 20772
301-627-4662
clagettfarm@cbf.org
www.clagettfarm.org

Clagett Farm offers grass-fed Red Angus beef sold in lateral quarters, vacuum-packed for spring and fall sales only (for tenderness).

35 **Good Fortune Farm** Prince George's
Michael Klein
18001 Horsehead Road
Brandywine, MD 20613
301-579-2105
mkleinm@msn.com

Good Fortune Farm sells chicken and turkey. Chickens are processed fresh on the farm from April to October, with turkeys ready for Thanksgiving. Animals are vaccine-free and raised naturally on certified organic pasture with no added hormones or synthetic vitamins.

36 **Longview Farm** Prince George's
Penelope Breese and Steven McIlvane
1511 Bryan Point Road
Accokeek, MD 20607
301-203-2874

Longview Farm sells eggs from hens fed natural feed containing no antibiotics or hormones. Deliveries are made to Capitol Hill in Washington. D.C. Grass-fed beef is also offered and is raised naturally on rotationally grazed pastures that are chemical and pesticide free. All animals are raised without antibiotics or hormones.

37 **Bluebird Meadows** St. Mary's
Lamar & Judy Gehman
39922 Williams Farm Lane
Loveville, MD 20656
301-475-5111

Bluebird Meadows sells pastured pork, beef, chicken, turkey, and eggs from pastured hens. Lamb, goat, and ducks are available on a limited basis. Products are available on the farm and are either fresh or frozen and vacuum-packed. Our animals are fed no hormones or antibiotics.

38 **Even' Star Organic Farm** St. Mary's
Christine Bergmark and Brett Grohsgal
48322 Far Cry Road
Lexington Park, MD 20653
301-866-1412
christine@evenstarfarm.org

Even' Star Organic Farm offers both a winter season and a summer season CSA of organic fruits, vegetables, and eggs from pastured hens. We have CSA deliveries to several farmers markets, and also sell to restaurants, universities and stores.

39 **Clear Spring Creamery** Washington
Clare & Mark Seibert
14322 St. Paul Road
Clear Spring, MD 21722
301-730-6539
cmpp1@juno.com
www.clearspringcreamery.com

Clear Spring Creamery is Maryland's first organic farmstead dairy processing facility. Creamline milk, chocolate milk, drinkable yogurt drinks in six flavors and several cheeses are available for purchase at several Washington D.C. area farmers' markets. Cows and processing facility are certified organic by MD Department of Agriculture.

40 **DaKaRoh Farm** Washington
Danny Rohrer
6853 Wheeler Road
Boonsboro, MD
301-432-8350
dakarohfarm@aol.com

DaKaRoh Farm offers beef, veal, lamb and goat, which are pastured and supplemented with hay and farm-raised grain. Chickens for meat and eggs range freely and receive farm-raised grain. Hogs are raised in an open-front shed with a specialized grain mix formulated to meet their nutritional needs.

41 **Green Acres Farmstead** 100% GF Washington
Curvin & Glennis Eby
19534 Reidtown Road
Hagerstown, MD 21742
301-992-7785
duet4ever@localnet.com

Green Acres Farmstead offers beef raised naturally. Calves nurse from their mothers until weaned, and then are fed all the high quality pasture they can eat along with pure water, fresh air, and warm sunshine. No growth hormones or antibiotics.

42 **Healthy Springs Eco-Foods** Washington
Gilson Eby
8673 Jordan Road
Fairplay, MD 21733
301-582-6180

Healthy Springs Eco-Foods sells chicken, turkey, and eggs. Poultry is available fresh or frozen May through November. Products are available on the farm. Poultry is raised on chemical-free pasture without added antibiotics or hormones. Grass-fed beef and pork is sold by volume and by the cut. Meat is vacuum-packed and frozen.

43 **Hidden Hollow Farm** 100% GF Washington
Hunter & Jim Wade
14145 Strite Road
Hagerstown, MD 21742
301-992-8336
contacthiddenhollow@gmail.com

Hidden Hollow Farm sells heart-healthy, pasture-raised meats and eggs from its on-farm store. Chickens are processed fresh on the farm April through October. Savory turkeys are available during Thanksgiving. Brown and multi-colored eggs are available year-round. Beef is available in whole, half, and quarter as well as by the cut beginning Fall 2010. Call or email the farm for availabilities of pastured pork, lamb, goat, and rabbit. No growth hormones, no synthetic fertilizers, no chemicals.

Gilson Eby with the moveable poultry pens at Healthy Springs Eco-Foods.

44 **Legacy Manor** Washington
Katherine Ecker
P. O. Box 149
Boonsboro, MD 21713
301-432-0267
katherine@legacymanorfarm.com
www.legacymanorfarm.com

Products include Angus beef, Rose veal, heritage breed pork and turkey, lamb, quail, broilers, capons and fresh chicken, duck, goose and quail eggs.

45 **Mountain Valley Acres** Washington
Darel and Melisa Myers
2216 Rohrersville Road
Knoxville, MD 21758
301-432-5841
dmmyers.4@juno.com

Mountain Valley Acres offers Cornish Cross broilers that are pastured in a portable shelter that is moved every day for fresh grazing. The chickens are processed as whole birds, cleaned and bagged, ready to be picked up same day fresh, or next day fresh-frozen for your convenience.

46 **Peace Hollow** Washington
Knoxville, MD
Myron and Janet Martin
301 432-2974
myjan9@juno.com

Mouth-watering 100% grass-fed beef, dry-aged for 2 weeks. Sold by the cut, by quarters, or on the hoof.

47 **Shagbark Mountain Cattle** Washington
John and Laura Sexton
2725 Kaetzel Road
Knoxville, MD 21758
301-834-9808
pvplumbing@truevine.net

Shagbark Mountain Cattle raises Black Angus and Simmental cattle and St. Croix sheep. They are pastured on over 200 acres of clover, broome and orchard grass naturally without hormones or chemical fertilizers. Grass-fed beef and lamb is marketed from an office located in Maryland, across the river from historic Harpers Ferry, West Virginia. In business since the 1800's, a small family-run butcher shop (located in Maryland) processes the meat, which is USDA-inspected and vacuum-packed for freshness and freezer life.

48 **Stoner Family Farms, LLC** Washington
Dick Stoner
7704 Dam #4 Road
Sharpsburg, MD 21782
301-713-5438
dickstoner@mris.com
www.localfoodmd.org

John D. Stoner, DVM and Dick Stoner raise grass-fed beef on their family farms near Sharpsburg, MD utilizing rotational grazing and environmental "best practices", including CREP stream valley buffers and little or no herbicides and pesticides. The farm was started in 1978 with 29 brood cows and has been managed since then as a cow-calf operation. The farm sells whole, half and quarters of beef as well as live calves each fall. Visit or call for more information.

49 **Windmill Meadows Farm** Washington
Jacob Horst
20801 Leiters Mill Road
Hagerstown, MD 21742
301-739-5258

Windmill Meadows Farm sells grass-fed beef, milk-fed pork, grass- and milk-fed veal, pastured chicken, and brown eggs. All livestock is raised without antibiotics and hormones. Pastured chicken is available fresh or frozen, whole or cut. All other meats are vacuum-packed and frozen. Products are available by volume and cuts at the farm and at three Smart Markets farmers markets: George Mason University, Centreville, and Purcellville, VA. Drop-off points can be arranged on volume orders.

VIRGINIA

50 **Gryffon's Aerie** Albemarle
Ramona and Collins Huff
4803 Mount Air Farm
Crozet, VA 22932
434-823-5725
info@gryffonsaerie.com
www.gryffonsaerie.com

Gryffon's Aerie raises 100% grass-fed American Milking Devon and Beef Devon cattle, Cotswold and Karakul sheep, and natural purebred Tamworth sows without the use of hormones and unnecessary antibiotics. Pastures are herbicide- and pesticide-free. Beef is dry-aged.

51 **Majesty Farm** Albemarle
Kathryn Russell
3539 Red Hill School Road
North Garden, VA 22959
434-293-8312

Majesty Farm is a small, family-owned farm that raises mixed beef and dairy cattle, and a herd of mixed dairy and meat goats, sheep, chickens, and ducks. All beef cattle, sheep and meat goats are pastured on pesticide- and herbicide-free grasses. No hormones or unnecessary antibiotics are used. The meat is processed and dry-aged locally by a USDA-inspected facility. Pastured beef is sold by the quarter, half, or whole, and pastured chevon and lamb by the half or whole for delivery in June and October. Chicken and duck eggs, herbs, and pastured poultry are available seasonally. Raw dairy is offered through goat and cow share programs.

52 **Quarters Farm** 100% GF Albemarle
Bill McCaskill
5112 Dick Woods Road
Charlottesville, VA 22903
434-293-6982
wbmccaskill@juno.com, quartersfarm@gmail.com
www.quartersfarm.com

Quarters Farm is a continuous grass-fed cattle farm since 1952. Products include British White and Angus beef, and pastured eggs. Cut flowers are available in the summer, along with greenhouse grown houseplants and orchids.

53 **Avery's Branch Farms** 100% GF Amelia
Joy Alexander
5350 Cedar Lane
Amelia, VA 23002
804-561-1930
averysbranchfarms@yahoo.com
www.averysbranchfarms.com

Avery's Branch Farms is a sustainable, multi-generational farm offering all-natural eggs, grass-fed poultry and beef, pastured pork, seasonal produce, and rich, creamy milk from their beautiful Jersey cows through their cowboarding program. The Avery's Branch Farms family looks forward to sharing their bountiful harvest with you and your family.

54 **Tucker Family Farms** 100% GF Amherst
Bill & Claudia Tucker
713 Indian Creek Road
Amherst, VA 24521
434-277-5059
WATucker@aol.com

55 **Charis Eco-Farm** Augusta
Guy & Sue Freesen
3081 Shutterlee Mill Road
Staunton, VA 24401
540-886-8486
charisfarm@yahoo.com

Charis Eco-Farm sells eggs, unique newer breeds of broiler chicken, rare-breed turkey (Bourbon Red), beef, pork and limited quantities of lamb. Beef is grass-finished and free of antibiotics and growth hormones. The pastures are chemical-free. Poultry is processed at the farm and sold fresh and frozen, whole and in parts. All meat products are USDA-inspected, sold (frozen) by the cut and are available at the Harrisonburg and Lexington VA farmers' markets or off the farm.

56 **Heartland Harvest Farm** Augusta
James & Miriam Showalter
85 Curry Road
Mt. Solon, VA 22843
540-885-7172
info@heartlandharvestfarm.com
www.heartlandharvestfarm.com

Heartland Harvest sells beef, pork, lamb, turkey, chicken, hard red wheat berries, flour and eggs. The turkey is seasonal; all other products available year around.

57 **Polyface, Inc.** Augusta
Joel Salatin
43 Pure Meadows Lane
Swoope, VA 24479
540-885-3590
540-885-5888 (fax)
www.polyfacefarms.com

Polyface Farm is a family owned, multi-generational, pasture-based, beyond organic, local-market farm that sells beef, pork, chicken, eggs, turkey and rabbit. Product is available at the farm Monday-Saturday or through buying clubs thoughout Virginia and the D.C. Metro area.

Joel Salatin directs his beef cattle to fresh grass at Polyface Farm.

58 **EcoFriendly Foods LLC** Bedford
3397 Stony Fork Road
Moneta, VA 24121
540-297-9582
866-326-3743
letsmeat@ecofriendly.com
www.ecofriendly.com

EcoFriendly Foods offers a line of grass-fed beef, pork, chicken, lamb and rabbit. Product is available at the federally inspected processing facility and market outlet store in Moneta. Product is also available at the FreshFarm Market Dupont Circle, Arlington Farmers' Market and Williamsburg Farmers' Market. EcoFriendly food products are also distributed through home buying clubs in Washington DC, Virginia, Maryland and North Carolina.

59 **Mountain Run Farm** Bedford
Ben and Carly Coleman
2734 Charlemont Road
Big Island, VA 24526
434-299-5193
reachus@mountainrunfarm.com
www.mountainrunfarm.com

Mountain Run Farm is a family farm offering humanely raised, all natural, premium meats. Cattle are 100% grass-fed and all other animals have a grass-based diet supplemented with necessary grains to provide proper nutrition. Beef is aged 40+ days. Thirty-five cuts of beef and 20 cuts of pork are available at the farm.

60 **Babes in the Wood** Buckingham
(Buffalo Creek Farm)
Bill and Kimberly Jones
327 Rodeo Lane
Dillwyn, VA 23936
434-938-9721
enquiries@forestfed.com
www.forestfed.com

Mixed breed Duroc boar and Tamworth sows roam and forage freely on 75 acres of woodland and pasture. The pigs also receive a ration of a locally made feed containing ground corn, minerals, and molasses. Piglet tails, ears and teeth are left intact to avoid stressing the animals. Antibiotics are administered only in extreme circumstances. Product is available whole or in cuts.

61 **Idyll Acres Farm** Campbell
David and Stephanie Sloper
823 Pump Road
Brookneal, VA 24528
434-376-9268
Sloper74@aol.com

Idyll Acres Farm is a small family farm that maintains a flock of pastured laying hens and a small flock of Nigerian Dwarf goats. The goats are fed primarily on pasture and supplemented with quality hay during the winter. Eggs are available at farmers' markets (seasonally) and year-round at the farm. Delivery of eggs available in Lynchburg. Whole processed chickens available May-Sept. Turkeys available in the fall. Raw milk offered through goat share program.

62 **Meadow Creek Dairy** — Carroll
Helen Feete
6724 Meadow Creek Road
Galax, VA 24333
276-236-4955
888-236-0622
mcd@ls.net
www.meadowcreekdairy.com

Meadow Creek Dairy sells US variants of European-style farmstead cheeses: Appalachian, Mountaineer, and Grayson. The cheese is sold in wedges and half, quarter and whole wheels. Products are available by mail order, and from specialty and upscale grocery stores across the country. The cheese is made only from unpasteurized milk from grazed Jersey cows. The Feetes run a licensed and inspected cheese plant, and avoid the routine use of hormones and antibiotics.

Cheesemaking is a family affair at Meadow Creek Dairy.

63 **Brittany Farms** 100% GF — Chesterfield
Margie Davis
2300 Edgeview Lane
Midlothian, VA 23113
804-379-0565
margie.davis@verizon.net

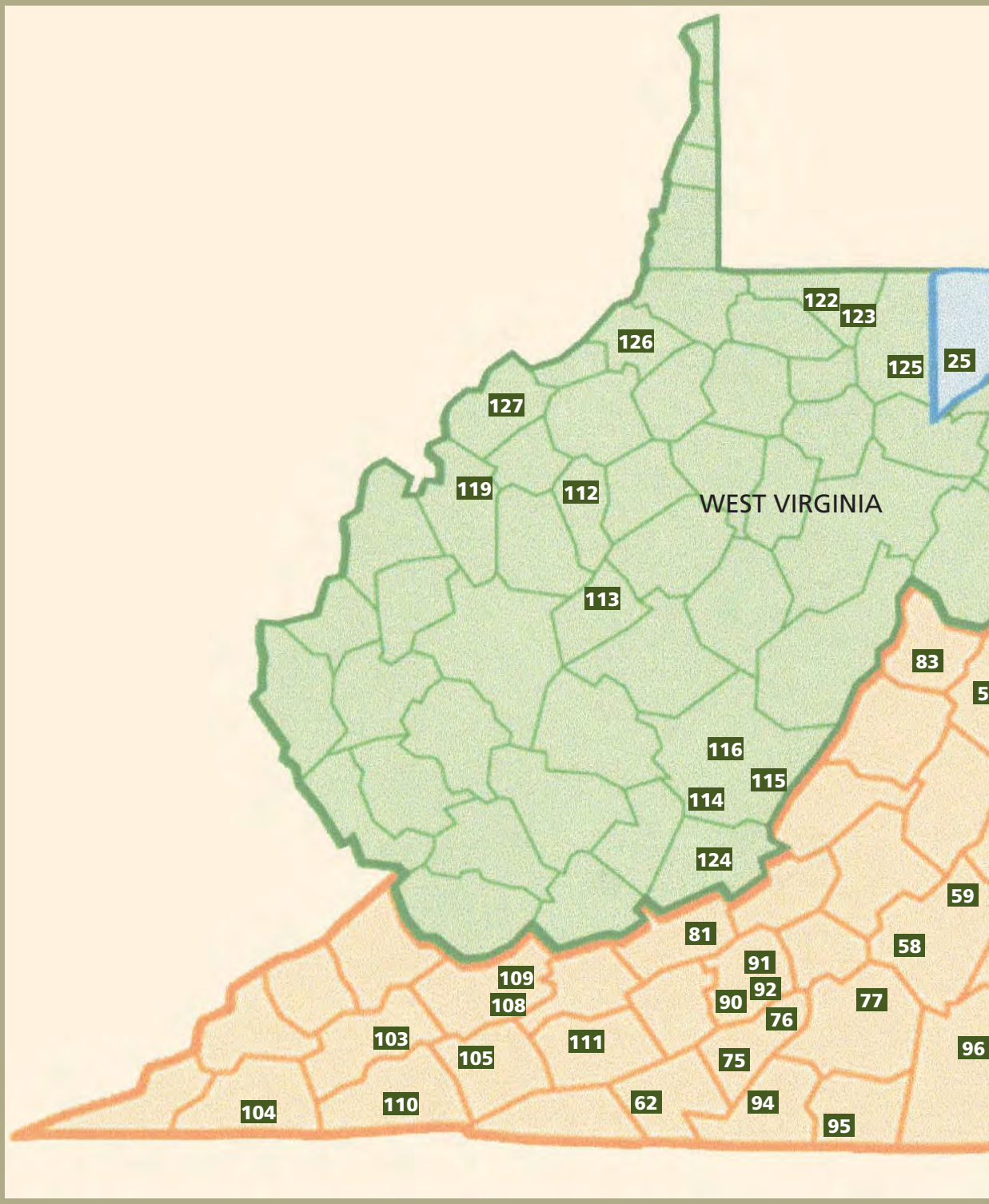
Brittany Farms raises grass-fed beef in the foothills of the Blue Ridge Mountains. Cattle roam a family farm that has not for decades been treated with pesticides. Cattle are fed natural forage and seasonal grasses and get their water from an artisian well. No steroids or synthetic growth hormones are used. Currently offered are both Angus and Devon mix.

64 **Briars Farmstead** 100% GF — Clarke
Matt and Ruth Szechenyi
2535 Pyletown Road
Boyce, VA 22620
540-837-2554
briarsfarmstead@gmail.com

Briars Farmstead offers pastured pork, chicken and 100% grass-fed beef. Pork is available in half or whole (cut to your request). Chicken can be picked up whole, fresh or frozen, May-November. Thanksgiving and Christmas turkeys available.

Grass Farms in Delaware, Mary

Numbers correspond to nu



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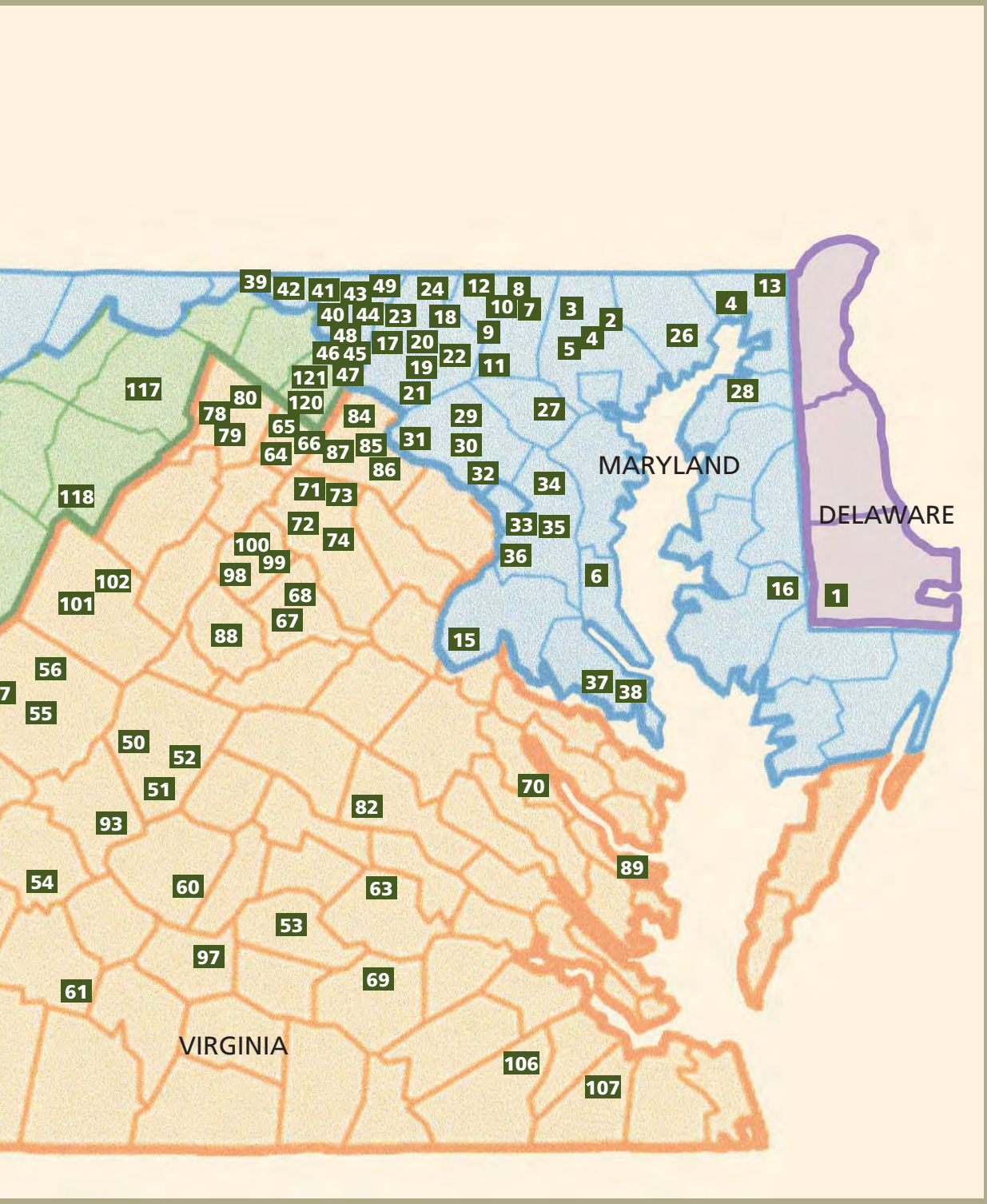

An index of farms by product is on pages 42-43.

65 **Smith Meadows Organic Meats** Clarke

Forrest Pritchard
568 Smithfield Lane
Berryville, VA 22611
877-955-4389
info@smithmeadows.com
www.smithmeadows.com

The animals at Smith Meadows Organic Meats are raised on chemical-free pastures -- always roaming on rotational pastures and no animal is ever confined. Products available are grass-fed beef, pork, lamb, and veal, pastured chickens and turkey, and free-range fresh eggs, as well as certified organic herbs, pastas and raviolis. Meat is available by the cut, frozen and vacuum-packed. Products are available on the farm, or at the Arlington Courthouse Market, Columbia Pike, Falls Church, Chevy Chase Market, Takoma Park, Dupont Circle (D.C.) and Del Ray (Alexandria) farmers' markets.

66 **The Chapel Hill Farm** Clarke

Joe Henderson
PO Box 797
Berryville, VA 22611
540-955-5580
chapelhill@randalllineback.org
www.randalllineback.org

The Chapel Hill Farm raises rare Randall Linebacks that are free-range and pasture-fed.The diet of calves is solely mother's milk and pasture, resulting in a flavorful, rose-red colored meat. No growth hormones or antibiotics are used on the animals. Meat from these animals are low in fat and calories and high in Omega-3's, vitamin E and CLA.

67 **Croftburn Farm** Culpeper

Margaret Campbell
16190 Germanna Highway
Culpeper, VA 22701
540-825-9044
croftburnfarm@gmail.com
www.croftburnfarm.com

Croftburn Farm raises all-natural Black Angus beef, lamb, and pastured eggs. Fleeces, wool, yarn, and sheepskins are also available, as well as honey and some seasonal heritage vegetables. The business focuses on producing high quality meat from animals that have been born, raised, and finished in the pasture. Beef and lamb are grain-finished, although some are raised with no grain. Animals do not receive hormones, unnecessary antibiotics, or any feed that contains animal by-products. Whole and half beef, and whole lambs which are custom cut are available.

Individual cuts of lamb and beef are also available. Meat can be delivered to Fredericksburg, as well as northern Virginia and the Washington area.

68 **Pannill's Gate Farm** Culpeper
Scott and Patty Johnson
25325 Old Office Road
Culpeper, VA 22701
540-423-1168
patty@pannillsgate.com

100% grass-fed beef. Buy by the half or cut. Pickup and delivery available.

69 **Dolce Vita Farm** Dinwiddie
Kerry Giannotti
PO Box 43
Sutherland, VA 23885
804-721-3256
dolcevitafarm@yahoo.com

Dolce Vita Farm raises grass-fed beef and pastured pork, naturally without the use of steroids, hormones, antibiotics or any other chemicals. Rainbow Trout is also offered in season (March, April & May). Meats are sold at the local farmers' market (Petersburg Farmers' Market, 7 am–12 noon Saturdays, May thru October; and 9 am–noon Saturdays, November thru April) and also directly from the farm. Product is sold by the whole, half or cuts by the pound.

70 **Sunny Side Up Farm** Essex
Lori & Pearce Gardner
558 Bowlers Road
Tappahannock, VA 22560
804-443-1010

SunnySide Up Farm provides pastured chickens six months of the year (during warm weather) with sales on the farm and at area farmers' markets, including Fredericksburg, Richmond 17th St., West Point, and Irvington. Pearce and Lori Gardner also raise pastured turkeys for Thanksgiving, pastured geese for Christmas, and pastured pork and rose veal. All the animals are fed Fertrell's supplements and feed formulas, which contain no antibiotics, hormones, or animal by-products. All grains used are certified non-genetically modified.

Gloucestershire Old Spot pigs, a heritage breed, have room to roam at Ayrshire Farm.

71 **Ayrshire Farm** Fauquier
Byron- 540 592 3303
21846 Trappe Road
Upperville, VA 20184
540-592-7018
orders@ayrshirefarm.com
www.ayrshirefarm.com

Ayrshire Farm in Upperville, VA, was not only the first Virginia farm to be certified both organic and humane, but also the first farm in the nation to generate Certified Humane veal calves. We raise heritage breed livestock and poultry and are deeply committed to maintaining the health and well being of the land, animals, and humans. All crops and livestock contribute to the overall vitality of the farm by means of sustainable farming methods, including rotational grazing, extensive composting, and humane husbandry practices. Products are available at our gourmet retail shop, the Home Farm Store, in Middleburg, VA, as well as other locations.

72 **Hollin Farms** Fauquier
Tom Davenport
11324 Pearlstone Lane
Delaplane, VA 20144
540-592-3701
tdaven@crosslink.net
hollinfarms.com

Hollin Farms is a three-generation family farm that specializes in grass-fed, natural beef (throughout the year), heritage Gloucestershire Old Spot pork, fescue-free hay for horses, and pick-your-own strawberries, peaches, tomatoes, and sweet corn.

73 **Mount Airy Farms** Fauquier
Michael Quick
Upperville, VA 20814
540-687-9790
www.mountairyfarm.com

Certified Organic, 100% Free-Range Angus beef humanely raised on over 800 acres of grass and clover. Cattle are born, bred, and raised on the farm. They offer grass-fed or free-choice grain-finished. Whole, half, or quarter steers. No GMO. Organic or standard processing.

74 **Over The Grass Farm** Fauquier
Margaret Rhodes
3370 Whitewood Road
The Plains, VA 20198
540-253-5228
info@overthegrassfarm.com
www.overthegrassfarm.com

Over The Grass Farm produces grass-finished beef and lamb. Beef is dry-aged and available by the half, quarter or individual cut. Lamb available by whole, half or individual cut. No grain, hormones or antibiotics. Meat is processed at a USDA-inspected facility, frozen and vacuum-packed. Raw milk available through cowshare program. Year-round production from gardens, orchard, and greenhouses.

75 **The Bright Farm** 100% GF — Floyd

Larry & Debbie Bright
794 Spanglers Mill Road
Floyd, VA 24091
540-745-5790
bright@swva.net

The Bright Farm sells chicken, turkey, beef and pork. The animals are raised without added hormones or antibiotics on chemical-free pastures. The beef and pork are sold vacuum-packed and frozen in individual cuts or wholes, halves or quarters. All products are available on the farm, and some are available at local health food stores.

76 **Weathertop Farm** — Floyd

Cedric and Sarah Shannon
963 Eanes Road NE
Check, VA 24072
540-651-2010
info@weathertopfarm.com
www.weathertopfarm.com

Weathertop Farm is a small family-owned and operated farm dedicated to holistic sustainable animal husbandry, land stewardship, soil conservation, and composting. The main business of Weathertop Farm is raising and selling pastured chickens, rabbits, pigs, turkeys, and eggs. No antibiotics or hormones are used, and all livestock eat from pasture that is free of pesticides, herbicides, and synthetic fertilizers.

77 **Tender Grass Farm** 100% GF — Franklin

Brian Bowen
605 Parkview Drive
Rocky Mount, VA 24151
540-334-5804
www.tendergrassfarm.com

Tender Grass Farm is a small family farm that raises and sells grass-fed beef, and pastured chicken, pork and eggs. The farm practices Management Intensive Grazing with their beef herd. Animals never receive vaccinations, antibiotics, parasiticides or any chemical-based minerals. No petro-chemical fertilizers, herbicides or pesticides are ever used on Tender Grass Farm's pastures.

78 **Beatrix Farm** Frederick
Dave and Regina Farinholt
615 Ritenour Hollow Road
Middletown, VA 22645
540-837-2926
beatrixfarm@gmail.com

Beatrix Farm raises pastured pigs, chickens and turkey on a large chemical-free farm. Cornish Cross birds are raised in clean, bright, open-air brooders and are either day-ranged or kept in movable, floorless pens where they have sunshine, protection, and access to forage. Pens are moved once or twice daily and all animals are fed a non-GMO, non-medicated grower ration feed in addition to the variety of grasses.

79 **Golden Farm Inc**. Frederick
Sue Golden
207 Boyers Mill Lane
Middletown, VA 22645
540-868-2389
smgolden@aol.com
www.goldenfarmva.com
Golden Farm produces and sells all-natural, free-range, grass-fed beef and eggs. Angus and Angus-cross product is dry-aged two weeks and is available in individual frozen cuts. Contact the farm via telephone or email to arrange product delivery.

80 **Hedgebrook Farm** Frederick
Shannon Triplett
690 Shady Elm Road
Winchester, VA 22602
540-869-4100
866-783-2681
shannon@hedgebrook.com
www.hedgebrook.com

Hedgebrook Farm sells pasture-raised beef, lamb, goat, turkeys, whole chicken and eggs. Raw milk is available through a cowboarding program, from its certified Grade A dairy. Products are picked up on the farm. Weekly delivery is available in northern VA. The animals are given no hormones or antibiotics.

81 **Shadowchase Farm** 100% GF Giles
Phil Mosser
562 Olde Glade Trail
Newport, VA 24128
540-544-7323
mosser@pemtel.net
www.shadowchasefarm.com

From birth to finish, the animals at Shadow Chase Farm are raised on the farm and are 100% grass-fed. Animals are free of growth hormones and preventative

antibiotics. Products include grass-finished beef, pasture-raised pork, and pastured eggs, as well as a variety of value-added products including hotdogs, various pork / beef sausages, jerky, and beef sticks. Products are available at the Blacksburg Farmers Market, Mikies 7th Restaurant in Newport, and from the farm. Beef available by the whole, split half, family pack, and by the individual cut.

82 **Keenbell Farm** Hanover
CJ Isbell
18437 Vontay Road
Rockville, VA 23146
804-767-0530
keenbellfarm@gmail.com
www.keenbellfarm.com

Third-generation natural farming operation specializes in 100% grass-fed beef and pastured pork. Animals spend 100% of their lives on pasture and are raised without antibiotics, hormones or steroids. All products are USDA-inspected, vacuum-packaged and frozen. No order is too big or too small. Offered are three kinds of sausage, bacon, bratwurst, pork chops, steaks, etc.

83 **Against the Wind Ranch, Inc.** Highland
John and Sarah Chaney
Route 654
McDowell, VA 24458
540-396-4751
againstthewind@att.net
www.againstthewindranch.com

Against the Wind Ranch Natural Beef program produces grass-fed beef from animals raised in natural and humane conditions. Feed is free of animal proteins. Hormones, steroids and unnecessary antibiotics are not used. All beef is dry-aged for 14-21 days, and processed only at USDA approved facilities.

84 **Blue Ridge Center's Mountain View Farm** Loudoun
Shawna DeWitt or Attila Agoston
11661 Harpers Ferry Road
Purcellville, VA 20132
571-271-2136
shawna_dewitt@yahoo.com
www.blueridgecenter.org

Mountain View Farm produces and sells pasture-raised lamb, chicken, and goat meat. Both meat and egg-laying chickens are raised on pasture and are fed all-organic, soy- and GMO-free feed, and are processed on-farm. All animals are raised on chemical-free pasture and have had no vaccines, antibiotics, or hormones. Milk products may also be available. Vegetables are available at 14th and U, or Penn Quarter markets in D.C.

85 **Chicama Run** Loudoun
Joseph and Dana Sacco
14809 Purcellville Road
Purcellville, VA 20132
540-668-9828
dana@chicamarun.com
www.chicamarun.com

Chicama Run is a small family-run farm featuring heirloom vegetables from May to October, free-range eggs year-round, grass-fed Angus beef and lamb, pasture-raised heritage pork, goat, and chicken.

86 **Moutoux Orchard** Loudoun
Rob Moutoux
15290 Purcellville Road
Purcellville, VA 20132
703-944-4813
moutouxorchard@yahoo.com
www.moutouxorchard.com

Lambs graze under fruit trees at Moutoux Orchard.

Moutoux Orchard grazes lambs on high quality forages for top quality 100% grass-fed lamb. Pasture is fertilized with trace minerals and manage a balanced fertility program with the goals of remineralizing the soil and producing nutrient dense, medicinal foods. All crops are grown without the use of pesticides. Chickens are fed certified organic grain. Also offered are fruits, vegetables and whole grains for milling to flour.

87 **Woodtrail Graziers** Loudoun
John Bailey
19643 Woodtrail Road
Round Hill, VA 20141
703-608-9151
woodtrailfarm@rstarmail.com
www.woodtrailgraziers.com

Woodtrail Graziers offers 100% grass-fed beef from its closed herd of Belted Galloway ("Beltie") cattle that rotationally graze Woodland's 70-acre farm. To diversify land utilization for sustainability and insect control, also free-ranged are a closed herd of Tamworth pigs, meat chickens, laying chickens, turkeys, goats, and rabbits (new for 2010). Chemical-free pasture is certified by Naturallygrown.org to be free of artificial fertilizers, pesticides and herbicides.

88 **Wolf Creek Farm** Madison
John Whiteside
4345 Wolftown-Hood Road
Madison, VA 22727
540-948-5574
info@wolfcreek-farm.com
www.wolfcreek-farm.com

Wolf Creek Farm is a family owned and operated farm producing grass-fed natural beef using sustainable farming practices. No chemical fertilizers, herbicides, or pesticides are used, and soils support a mixture of grasses and legumes for year-round, rotational grazing. A local, artisanal, USDA-inspected abattoir is employed for humane slaughter. Meat is dry-aged for 21-28 days. Certified by American Grass-fed Association.

89 **Lovers Retreat Farm & Dairy** Middlesex
Cynthia C. Wilson
P.O. Box 1188
Saluda, VA 23149
804-758-5094
ccw@oonl.com
www.loversretreatfarm.com

Lovers Retreat Dairy produces fine farmstead goat cheeses from a small herd of Nubian goats. Grade A dairy sells chevre, feta, camembert and other varieties of cheeses at farmers' markets, gourmet shops, etc. Cheese and free-range chicken eggs are also available at the farm store in Saluda (OASIS, Inc.).

90 **Big Oak Angus Beef** Montgomery
Jerry & Margaret Smith
4425 Old Rough Road
Riner, VA 24149
540-382-7284

Big Oak Angus Beef sells completely grass-fed beef raised on chemical-free pastures. Beef is available frozen and vaccum-sealed in wholes, halves, and split halves. Products are available on the farm year-round. Product is also available at the Roanoke Natural Foods Coop.

91 **Cedar Ridge Farm** Montgomery
Kendall Harris
3237 Vicker Switch Road
Christiansburg, VA 24073
540-382-1482

Cedar Ridge Farm sells chicken and beef. Beef is available in a variety of cuts, or by the quarter. Products are sold directly on the farm.

92 **Ellett Valley Beef Co.** Montgomery
Guille Yearwood
575 N. Franklin Street
Christiansburg, VA 24073
540-320-0739
gyearwood@ellettvalleybeefco.com
www.ellettvalleybeefco.com

Beef cattle raised in Ellett Valley near Blacksburg continuously since 1975. The farm produces tasty, wholesome grass-fed beef for the local market in a sustainable and humane fashion. Pure Red Devon seedstock cattle also featured.

93 **Davis Creek Farm** Nelson
Elizabeth Van Deventer
4670 Davis Creek Lane
Lovingston, VA 22949
443-263-5974
info@daviscreekfarm.com
www.daviscreekfarm.com

Free-ranging chickens enjoy the pasture at Davis Creek Farm.

Davis Creek Farm is a grass-fed livestock farm featuring Red Poll cattle (a rare, heritage breed) that are raised and finished on fresh pasture grass and hay, supplemented with certified organic alfalfa, kelp and natural minerals. Chickens are rotated every day to fresh pasture and are fed all-natural, locally milled grains. All products (vacuum-packed individual cuts, as well as bulk orders) are available direct from the farm, online, by delivery, and at at the Charlottesville and Nelson County Farmers' Markets.

94 **Border Springs Farm** Patrick
Craig Rogers
PO Box 58
Patrick Springs, VA 24133
276-952-5485
info@borderspringsfarm.com
www.borderspringsfarm.com

Border Springs Farm is a small family farm raising Katahdin and Texel sheep. We raise natural lamb on our pastures and do not sell any processed lamb which is ever treated with hormones or antibiotics.

95 **Running River Ranch** Patrick
Peter & Patricia Houchin
PO Box 146
Critz, VA 24082
276-957-1915
highnrg2@aol.com
www.runningriverranch.com

Running River Ranch raises grass- and legume-fed Highland Cattle, South African Boer Goats and Horned

Dorset Sheep, without the use of hormones, growth enhancers or antibiotics. A variety of vacuum-packed, USDA-inspected cuts are available for pick-up or delivery.

96 **Our Father's Farm** — Pittsylvania
The Jack Fuhrmann Family
2664 Deer View Road
Gretna, VA 24557
434-656-1188
info@ourfathersfarmva.com
www.ourfathersfarmva.com

Our Father's Farm is a small family farm providing pasture-raised beef, poultry, and eggs without the use of hormones, animal by-products, synthetic chemicals or antibiotics. Individual cuts and 45-lb. variety packs provided. Also available are all-natural fresh-baked goods and seasonal produce. Raw milk is supplied through herd-shares.

97 **Autumn Grove Farm** — Prince Edward
Kendall Bitzarakis and Bill Riggan
221 Ligontown Road
Farmville, VA 23901
434-315-5568
autumngrovefarm@verizon.net
www.autumngrovefarm.com

Autumn Grove Farm specializes in pasture-raised beef and Narragansett heritage breed turkeys.

98 **Mount Vernon Farm** 100% GF — Rappahannock
Cliff Miller
206 Mount Vernon Lane
Sperryville, VA 22740
540-987-9559
mtvfarm@verizon.net
www.mountvernonfarm.net

Mount Vernon Farm raises 100% grass-fed and grass-finished lamb, beef and pastured pork. Our cattle, sheep, and pigs are raised with sustainable, holistic, and humane methods. Animals are raised without the use of antibiotics or growth hormones. Cattle and sheep are grazed symbiotically as nature intended. Products are sold in buyers' clubs throughout Northern Virginia through The Local Flavor (www.farmbuyersclub.com) as well as Richmond and Charlottesville areas. Online order form is available at www.mountvernonfarm.net. See Facebook to keep up with farm events. On-farm store is open from 1-5 Fridays and Saturdays.

99 **Touchstone Farm** Rappahannock

Alan Zuschlag
140 Touchstone Lane
Amissville, VA 20106
540-973-6124
alan@touchstonefarm.org
www.touchstonefarm.org

Touchstone Farm sells all-natural grass-fed lamb. All animals are grass-fed on chemical-free pastures and raised without added hormones or antibiotics. Lamb is available in vacuum-sealed whole or half lamb packages, custom cut to customers' orders. Products can be picked up on the farm by appointment, or delivered for a small fee anywhere in the DC Metropolitan area.

100 **True Ewe Farm** Rappahannock

Kim Duty
767 Zachary Taylor Hwy
Flint Hill, VA 22627
540-675-3387

True Ewe Farm is a small, seasonal, grass-based sheep farm producing natural, grass-fed lamb and artisan farmstead sheep's milk cheeses. Sustainable and humane agricultural practices are employed and animals are not given antibiotics, growth-promoting hormones or animal by-products. Custom-cut lamb is available in the spring and the fall.

101 **Glen Eco Farm** Rockingham

Marlin Burkholder
10943 Willis Creek Road
Linville, VA 22834
540-833-8802
www.glenecofarm.com

Glen Eco Farm sells pasture-raised beef and eggs. Medication and antibiotics are avoided unless absolutely necessary. Beef is available frozen in halves or quarters through advanced order. Eggs are available at the farm and at the Harrisonburg Farmers' Market. Eggs and beef are also available through the farm's CSA program.

102 **Helbert's** Rockingham

Paul Helbert
12558 N. Valley Pike
Broadway, VA 22815
540-896-7107

Helbert's offers pasture-raised chicken, lamb and eggs. Lamb and eggs are available year-round, and chickens are available from May to October. Orders are picked up, fresh, at the farm on processing day or at the

Harrisonburg Farmers Market the following morning. Birds are never frozen or shipped out of state.

103 **Roffey Cattle Company** — Russell
David Roffey
3261 Hayters Gap Road
Elk Garden, VA 24260
276-889-1434
dr133@bellsouth.net
www.americandevon.com/roffey

104 **Harper Farms** 100% GF — Scott
Paul Harper
258 Leopard Drive
Gate City, WV 24251
423-534-3098
Paulhar50@hotmail.com

Beef cattle are born and raised on the farm without growth hormones or antibodies associated with growth or muscle development. Grass-finished beef is available by the side or individually wrapped cuts. All meat is USDA-inspected.

105 **Rich Valley Grazers** 100% GF — Smyth
Will Clark
1506 Valley Road
Saltville, VA 24370
276-780-0178
will@rvgrazers.com
www.rvgrazers.com

Rich Valley Grazers produces grass-finished beef and pastured pork. Beef is available in wholes, halves, quarters and individual cuts. Pork is available in wholes, halves and individual cuts.

106 **Holly Grove Farm** 100% GF — Southampton
David Crane
13081 Corinth Road
Ivor, VA 23866
757-373-2643
hollygrovefarm@juno.com
www.hollygrovefarm.com

Raw milk available through the farm's cow share program. 100% grass-fed beef available.

What About Organic?
In order to label meat organic, the animals must be raised eating certified organic feed (which can be either grass or grain) and they must be processed in a certified organic slaughterhouse. The lack of slaughterhouses that can accommodate small farms for organic processing means local farms who raise their animals organically may not be able to sell the meat with an organic label. And remember, organic does not equal grass-fed or vice-versa! Determine what's important to you and talk to producers about their farming methods to decide what best meets your needs.

107 **Full Quiver Farm** — Suffolk City
Alison, Scott & Morgan Wilson
2801 Manning Road
Suffolk, VA 23434
757-539-5324
scott.wilson@fullquiverfarm.com
www.fullquiverfarm.com

All natural pasture-raised chicken, pork beef, Thanksgiving turkeys, eggs and seasonal produce are available.

108 **Garden Mountain Farm** — Tazewell
Mike & Rebecca Hubbard
840 Banks Ridge Road
Tazewell, VA 24651
276-472-2511
rhubbard@gardenmountain.com
www.gardenmountain.com

Garden Mountain Farm sells turkey,chicken, eggs, beef, pork and lamb. The animals are raised without added hormones or antibiotics. Beef, lamb and pork are available in wholes, halves, quarters or individual cuts. Pork sausage is also available. Products are available on the farm in southwestern Virginia, or at the Roanoke City, Blacksburg and Tazewell Farmers' Markets.

109 **Weatherbury Station** — Tazewell
Gordon & Charlotte Whitted
RR3, Box 767
Tazewell, VA 24651
276-472-2535
gsw@weatherburystation.com
www.weatherburystation.com

Weatherbury Station sells lamb, chicken and eggs. Animals are raised without antibiotics or hormones. Lamb is available fresh or frozen in wholes, halves or individual cuts. Chickens are available fresh or frozen. Products are available on the farm or at the Tazewell, VA or Winston-Salem, NC farmers' markets.

110 **Grandview Farm** — Washington
Carl King
12093 Toole Creek Road
Abingdon, VA 24210
276-628-6713

Grandview Farm sells grass-finished lamb. The meat is available, frozen, in wholes, halves, and individual cuts. Products are available on the farm and at a local farmers' market.

111 **Highland 3-D Farms** Wythe
Tommy and Martha Carlisle
3293 Crockett's Cove Road
Wytheville, VA 24382
276-228-6338
Highland3dfarms@yahoo.com

Highland 3-D Farms raises grass-fed beef, broilers, lambs and laying hens. No antibiotics or hormones are fed to the animals, and no synthetic chemicals of any kind are applied or given to the animals and pastures.

WEST VIRGINIA

112 **Misty Mountain Farm** Calhoun
Michael & Diana Austin
5293 Left Fork Creek Road
Grantsville, WV 26147
304-354-9001
mistymtfarm@hughes.net
www.mistymtfarm.com

Misty Mountain Farm raises 100% grass-fed, heritage breed Dexter cattle, as well as seasonal, pastured chicken and turkey.

113 **Mike Pierson Farm** Clay
Mike Pierson
2709 Blue Knob Road
Maysel, WV 25133
304-587-2318
jmpierson77@hotmail.com

Mike Pierson Farm is a small, family-owned farm raising Angus, grass-fed cattle, using no growth hormones or low-level antibiotics. Sides, whole beef and occasionally lean hamburger are available. Beef is processed in a local, state-inspected facility; aged 14 days; cut to customer specifications; vacuum-sealed and then frozen. Orders can be picked up at the processor or the farm, or can be delivered within a 150-mile radius for a fee.

114 **Cedar Dawn Farm** Greenbrier
Rachel & Mike Moran
Rt. 1, Box 293-T
Alderson, WV 24910
304-772-4071
Mike.Moran@plumcreek.com

Cedar Dawn Farm offers pastured-raised goat and beef meats.

115 **Swift Level** Greenbrier
Tootie Jones
RR2 Box 269 Herns Mill Road
Lewisburg, WV 24901
304-661-6777
swiftlevel@earthlink.net
www.theswiftlevel.com

At Swift Level beef cattle are grass-fed and free of antibiotics and hormone implants. Pasture is chemical, pesticide and herbicide-free.

116 **West Wind Farm** Greenbrier
Martha Holdridge
Grassy Meadows, WV 24843
301-229-2813
martha@westwindfarm.biz
www.westwindfarm.biz

West Wind Farm produces "Mountain Pastured Beef" in Greenbrier County, WV and markets it primarily in MD. Custom-butchered wholes, halves or split-halves may be ordered for October delivery to three locations in MD (Bethesda, Accoceek and Owings Mills). Year-round 10-12 lb. mixed-cut packets and 2-lb hamburger patty packs are usually available. The Black Angus cattle are finished for 5-6 months on organically managed pastures supplemented only with kelp mineral mix and fed no grain, hormones or antibiotics.

117 **Church View Farm** Hampshire
Steven & Ruth Martin
HC 64, Box 2027
Romney, WV 26757
304-822-3878
churchviewfarm@frontiernet.net
www.churchviewfarm.info

Church View Farm features grass-fed beef, pork, free-range eggs plus vegetables and small fruits.

118 **Parting Ridge Farm** Hardy
Kent & Lisa Shipe
2655 Crab Run Road
Mathias, WV 26812
304-897-5136
grassfedwv@hardynet.com
www.grassfedwv.com

Parting Ridge Farm provides grass-fed Angus beef without the use of routine antibiotics or growth hormones. Cattle are raised on chemical-free pasture. Also available is grass-fed lamb, which is raised at a nearby farm that also uses sustainable agriculture practices. Beef front quarters, hind quarters, and halves are available for pickup in Harrisonburg, VA in a family

owned, state-inspected processing facility. Lamb is sold whole. Everything is custom cut and wrapped to your specifications, then frozen. Product is available each Fall.

119 **Weed Knob Farm** Jackson
Peter Lizon
RR1 Box 213
Le Roy, WV 25252
farm@weedknob.com
www.weedknob.com

Weed Knob Farm is a small, family farm producing "Beyond Organic" poultry (Blue Slate Turkeys, Barred Rock Fryers and Cornish X Broilers) and eggs entirely on pasture and only supplemented with OMRI certified supplements. Also raised are a heritage flock of goats. Seasonally offered goat meat and goat dairy products are available, along with free-range, all milk-fed Duroc pork.

120 **Southwood Farm Forge** Jefferson
Eric & Catharine Johnson
251 Southwood Drive
Kearneysville, WV 25430
304-876-7080
swoodfarmforge@outdrs.net

Southwood Farm Forge sells lamb, turkey and eggs. Lamb is pastured/grass-fed and turkeys are net-pen raised with plenty of sunshine and exercise.

121 **Tudor Hall Farm Market** Jefferson
Bill Grantham
6280 Middleway Pike (Rt. 51)
Kearneysville, WV 25430
304-725-3149 (home)
304-279-6833 (cell)
tudorhallfarms@frontiernet.net

Tudor Hall Farm raises English cross cattle, use Hereford Angus cross, the most efficient converters of grass into meat. These are good muscling cattle, which don't have a lot of fat, but enough marbling in the meat from the grass. Really good flavor.

122 **Mon Valley Farms** Monongalia
Dave, Eddy & Gordon Lawson
37 Hidden Valley Road
Morgantown, WV 26501
304-278-9878
monvalleyfarms@comcast.net
www.monvalleyfarms.com

Mon Valley Farms raises grass-fed beef without growth-stimulating hormones or antibiotics. Sustainable practices such as installing streamside fences and rotational grazing among pastures are utilized. Wholes, halves, quarters and individual cuts are available.

123 **WVU Organic Research Farm** Monongalia
William Bryan
Box 6106
Morgantown, WV 26506
304-293-6256
wbryan@wvu.edu
www.caf.wvu.edu/plsc/organic

The West Virginia University Organic Research Farm sells certified organic lamb during the fall season. The animals are 100% grass-fed and are raised without added hormones or antibiotics on certified organic pastures. The lamb is sold frozen as individual cuts. Blankets made from sheep wool are also available. Products are available in Morgantown. Pickup at the processor in MD is possible by appointment.

124 **Almost Heaven Farm** Monroe
Gary & Gail Norton
RR1, Box 212
Lindside, WV 24951
304-832-4141

Almost Heaven Farm offers broiler chickens, Cornish hens, turkeys, pork, and lamb, as well as free-range eggs.

125 **Evans Knob Farm** Preston
Kathy & Reid Evans
Rt. 4, Box E40E
Bruceton Mills, WV 26525
304-379-2002
evansknob@aol.com
www.evansknobfarm.com

Evans Knob Farm sells grass-fed beef, lamb, poultry, and eggs. Animals receive no additional hormones or antibiotics. Vacuum-packed product is sold in halves, wholes and individual cuts directly from the farm. Delivery is available within a thirty mile radius of the farm. Also offered is romney wool, yarn, and finished pieces. Certified organic vegetables are marketed at the farm's CSA and at the Morgantown Farmers' Market.

126 **Still Waters Farm** Tyler
Diane Curley
652 Allen Run Road
Sistersville, WV 26175
304-758-4246
stillwaterswv@yahoo.com

Still Waters Farm sells lamb and beef. Animals are raised on chemical-free pastures with free access to sea kelp and sea salt. Animals receive no growth hormones or artificial feed additives. Meat is processed and sold in individual packages. Certain medicinal and culinary herbs, also grown organically, are available.

127 **Ridge View Farm** Wood
Suzanne & James Dietz
198 B Keller Lane
Williamstown, WV 26187
304-375-4989
wvridgeviewfarm@hughes.net

Ridge View Farm sells natural, grass-fed beef by the individual cut, frozen and vacuum-packed, or by the whole, half or quarter animal. Products are available on the farm, and lean ground beef is carried in a local health food store. Free delivery is available in Wood County, WV. All animals are raised from birth on the farm with no hormones, antibiotics or commercial feed. Animals are finished on grass in an intensive grazing program.

Selected state and national organizations that list farmers markets and local farms:

marylandsbest.net

somarylandsogood.com

buylocalvirginia.org

virginiagrown.com

wvfarmers.org/buylocalwv

wvfarm2u.org

futureharvestcasa.org

localharvest.org

eatwild.com

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FUTURE HARVEST

A Chesapeake Alliance for Sustainable Agriculture

Founded in 1998, Future Harvest-A Chesapeake Alliance for Sustainable Agriculture (Future Harvest-CASA) is a non-profit organization that promotes profitable, environmentally sound and socially acceptable food and farming systems that work to sustain communities. Future Harvest-CASA is a network comprised of farmers, consumers, landowners, and agriculture professionals in the Chesapeake Bay region. For additional copies of this directory, or for more information about membership, publications or our Annual Conference, visit futureharvestcasa.org.

MARYLAND GRAZERS NETWORK

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