Local. AVAILABILITY

Apples: August - March Apple Cider: October - December Asian Pears: September - December Basil/Herbs: Year Round Blackberries: June - August Broccoli: August - November & April - June Cabbage: June - November Cantaloupes: July - September Cucumbers: June - October Sweet Corn: July - September Eggplant: June - October Greens: March - January Hydro Lettuce: Year Round Microgreens: Year Round Mushrooms: Year Round Nectarines: July - August Peaches: July - August Peppers: June - October Pumpkins & Gourds: August - October Squash: June - October Strawberries: April - May Sweet Potatoes: September - March Tofu: Year Round Tomatoes (All Varieties): July - October Watermelons: July - September

Visit the "Market Reports" section of our website for weekly updates on availability.



#### [Established in 2000] APPALACHIAN SUSTAINABLE HARVEST

Appalachian Harvest is a social enterprise that Appalachian Sustainable Development started to provide tobacco farmers, who were losing their subsidies, with an alternative source of income. Appalachian Sustainable Development taught these farmers how to grow certified organic produce, helped them to obtain certification and established large wholesale markets.

#### [ESTABLISHED IN 2000] BLENHEIM ORGANIC GARDENS

Blenheim Organic Gardens is part of Blenheim Farm, a 400-acre farm long associated with the Washington family in Westmoreland County. Blenheim farm was established by George Washington's family in the 18thcentury and is protected with conservation easements that preserve its historic character. The vegetables they grow are chosen for their beauty and flavor, of which includes lettuce mixes, elephant garlic, spring onions, tomatoes, basil, green beans, black eye peas, sweet potatoes and specialty eggplants.

#### [ESTABLISHED IN 1986] CEE FARMS

Phil Colson and Lester Erlemeier of Cheriton, Virginia established C&E Farms in 1986. These two men were the pioneers of hydro-cooling green beans, setting a new industry standard. Their innovation, along with a dedication to quality and service, has made their beans a top choice. C&E Farms processes more than 750,000 bushels of beans annually off of 5,000 acres.

WE GROW: CORN SQUASH PUMPKINS

#### HILLSVILLE 276.24343

640

WE GROW: BROCCOLI PEPPERS CABBAGE TURNIPS WINTER SQUASH

#### DUFFIELD 276 . 24244\_2

MECHANICSVILLE 804.23116 We Grow: Hanover Tomatoes Squash Greens

#### [ESTABLISHED IN 1976] CASSELL FARMS

Casell Farms started out in 1976 as a small farm with a low acerage of tomatoes and peppers. Over the years, the operation has grown to include numerous crops. At the present time, Cassell Farms produces approximatly 130 acres of fruit and vegetable crops.

# [ESTABLISHED IN 1940] CAVIN FARMS

Cavin farms is a 4th generation family farm. They currently operate 600 acres of owned and leased land in Rose Hill, Virginia. They raise beef cattle and grow corn, burley tobacco, and other conventional produce. They have been phasing out tobacco production and transitioning to primarily produce. Five years ago, they started with 1/2 acre of broccoli and an acre of pumpkins. In 2015 they grew to 16 acres of produce. They are currently looking at expanding their produce selection even more.

#### [ESTABLISHED IN 1931] CEDAR POINT FARM

Cedar Point Farm is a small third-generation family farm in Hanover County, Virginia, consisting of approximately 45 acres. Cedar Point has been familyowned and operated since 1931. The Kirby family is committed to its mission statement to produce safe, quality locally grown vegetables, which are delivered directly to their buyers within hours of picking from the fields.

WE GROW: BROCCOLI RASPBERRIES CABBAGE BRUSSEL SPROUTS

#### **DOE HILL** 540.24433

WE GROW: Blackberries Raspberries Grapes

#### VERNON HILL 434.24597

WE GROW: PEACHES NECTARINES APPLES CHERRIES



#### [ESTABLISHED IN 2011] CHURCH HILL PRODUCE

After getting married in 2010, Michael and Kari Sponaugle leased an 8.3-acre cornfield from a neighbor, purchased a transplanter and black plastic mulch layer and got to work. In 2016, they closed one of their farm stands and started making investments for the transition to wholesale production. Since then, they have established a relationship with the Local Food Hub for weekly bulk deliveries of broccoli, cabbage, cauliflower and Brussels sprouts.

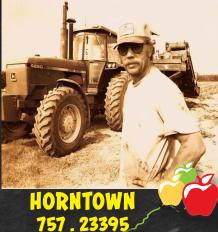
# [ESTABLISHED IN 1988] COLE BERRY FARM

Cole Berry Farm is a 105-acre farm located in Halifax County, Virginia. It was established in 1988 and is farmed by Joey and Jeff Cole. Cole Berry Farm produces blackberries, raspberries and grapes. Their berries are picked daily, forced air cooled, stored and delivered at 31 to 34 degrees.

### [ESTABLISHED IN 1912] CROWN ORCHARDS

"Charlottesville's Tastiest Tradition" since 1912 for four generations, Crown Orchard Company has been one of Central Virginia's most prolific fruit growers, boasting seven major orchards spread over a 15-mile radius. Owned and operated by the Chiles family, the company has many acres of peaches, nectarines, cherries and apples.







We Grow: Pumpkins squash

#### [Established in 1952] DODD'S ACRES

Dodd's Acres has been managed by Robert Dodd and his wife Jane for 40 years. This 350-acre farm is located in Mechanicsville, Virginia. The Dodds grow strawberries, yellow squash, zucchini, eggplant, Hanover tomatoes, cherry tomatoes, grape tomatoes, tomatillos, roma tomatoes, bell peppers, hot peppers, cubanelle peppers, turnips and assorted greens.

# [ESTABLISHED IN 1876] DUBLIN FARMS

Dublin Farms has always been at the forefront of innovation in the Virginia potato industry. They were the first to fumigate fields to reduce nematode and disease pressure, and the first to build large cooling rooms (18 trailer loads) to eliminate field heat and increase shelf life of fresh market potatoes. Their 25,000 sq. ft. facility is filled with the latest packing and grading equipment. Everything they do from start to finish - from planting to packing - is done to exceed industry standards to ensure the customer receives only the highest quality.

# [ESTABLISHED 200 YEARS AGO] ELSEA FAMILY FARM

Is a family farm located in Castlewood, Virginia. Heath and Katy Elsea with their daughter Clara and son Charlie grow squash and pumpkins. The land has been in the family for over 200 years, and is currently owned by Katy's aunt. They wish to incorporate their growing children into the work on the farm, and decided to venture out into the world of vegetable production. They got their "toes wet" growing 2 acres of pumpkins. This will be their 3rd year in vegetable production.



#### [Established in 2013] FRESH20 GROWERS

Fresh2Growers' 12-acre greenhouse in Stevensburg, Virginia is a family-owned operation. Located 50 miles Southwest of Washington, DC, they serve as a local produce grower for the Mid-Atlantic region. Their mission is to grow and offer the best quality produce to the local market at a competitive price so that more consumers can enjoy locally-grown products.

### ESTABLISHED IN 2017 GARRETT FARMS INC.

Garrett Farms Inc. was purchased in 1945 by Douglas L. Garrett as a feed and cattle farm, but the years saw a change to summer vegetables. The farm was sold in 1984 to Buddy Hill, Douglas' grandson, who had been selling his vegetables since 1963. Moving forward, 2017 will see a new start for Garrett Farms Inc. as they seek to broaden their wholesaling capabilities through GAP certification. They aim to provide top quality produce to most of southwest Virginia.

### [ESTABLISHED IN 1902] HANOVER PLANT & VEGETABLE FARM

This farmhouse, originally known as Oakdale, was built in 1902. In this historic house, they used to have a post office in their kitchen! It's true. In the early 1900's the old Farrington Post Office sold stamps and sent packages as part of the rural "Star" postal route. By 1935 the roads in Hanover had improved to the point that rural postage stops closed. Members of the Sears family have lived in the property's century-old farmhouse for four generations. Today, the Sears family and their dedicated team focuses on serving your Garden, Farm & Fun! needs – just when you need them the most!



#### WE GROW: WATERMELONS

#### MECHANICSVILLE 804.23116



#### WE GROW: ATHENA CANTALOUPES BELL PEPPERS CUCUMBERS

#### DELTAVILLE 804 . 23043

#### WE GROW: PUMPKINS



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### [ESTABLISHED IN 1918] HANOVERTOWN FARM

Hanovertown Farm is located in Mechanicsville and was bought by George Rice's grandfather in the 1900's. George's father then bought it from his grandfather. George is the 3rd generation to farm the land with dozens of nieces and nephews of the 4th generation helping out today. Watermelons have been grown on the farm since colonial times. The Hanovertown site is on the registry of Historical Places.

# [ESTABLISHED IN 1924] HEART SEVENTEEN

Heart Seventeen Produce Inc. at Riverdale Farms is a third-generation family farm located along the shores of the Rappahannock River and the Chesapeake Bay. Heart Seventeen specializes in Athena cantaloupes, green bell peppers and vine-ripened tomatoes. All of the crops are packed and ready to deliver just hours after being harvested by hand.

### [ESTABLISHED IN 1928] HICKORY FLATS PUMPKIN PATCH

The Hickory Flats Pumpkin Patch is a three family enterprise. William Fannon and his two daughters, Beth Shell and her husband Walter, and Amy Fannon have been growning pumpkins for Appilachian Harvest for two years. The farm has been in the family since 1928 and had primarily been in production of corn, hay, soybean, and burley tobacco. Currently, ten acres of the farm will be dediated to the pumpkin production.





HILLSVILLE 276 . 24343



WE GROW: SQUASH GREENS CABBAGE CUCUMBERS TOMATOES

#### [ESTABLISHED IN 1988] JC BEAN SPROUTS

Jay Wu and his family have been growing sprouts in Virginia since 1983, starting out with a small operation in Springfield, Virginia. Today, Jay grows alfalfa and bean sprouts in a state-of-the-art, computer-controlled facility that he built from the ground up. With the help of his wife and son, his new operation allows Jay to harvest sprouts every day of the year.

### [Established in 1907] KIRBY FARMS

Managed by Kevin Kirby, a fourth-generation farmer in Hanover County, Virginia, Kirby Farms supplies us with yellow squash, zucchini squash, green peppers, cucumbers, cabbage, mustard greens, collard greens, sweet potatoes, Hanover tomatoes and watermelons. We are proud to support local farmers like Kevin and we will continue to provide our customers with the best in local produce.

# [ESTABLISHED IN 1989] LIGHT FAMILY FARM

Although James Light wasn't raised in a "farming family," he was interested in being a farmer since his childhood. He started farming in high school and was mentored by a local farmer who taught him the ropes. He caught on and began farming for himself. James passed on his passion for agriculture to his young children, who are there to help him on the farm.





#### WE GROW: WATERMELONS CORN SQUASH









### [ESTABLISHED IN 2013] MALCOMES MARKET GARDEN

This farm was established by Daniel's great-grandfather about 100 years ago. In 2016, they purchased some wild and beautiful land on Christian's Creek in Staunton. Healthy soil makes tasty vegetables! Working to maintain healthy soil is a high priority at Malcolms Market Garden and they incorporate many sustainable practices into their system. They take growing food seriously and are always conscience that the produce they are growing will feed their family as well as yours.

### [ESTABLISHED IN THE 1950's] MARKS FARM

Marks Farms is owned and operated by Mike and Bob Marks in Capron, Virginia. Originally farmed by Mike and Bob's father, Bobby Marks, and their uncle, Paul Marks, the farm produces a variety of crops including peanuts, cotton, corn, soybeans and wheat. Today, watermelons are grown with row crops on Marks Farm.

#### [ESTABLISHED IN 1992] MOUNTAIN VIEW ORCHARD

Tony Cheng liked Asian pears but couldn't find any in local markets that he liked, so he decided to grow his own. And now he grows a lot of them. Tony and his family run Mountain View Orchard in Stafford County. Tony tends the trees he and his family planted on his 350-acre farm that's been in his family for twenty years.



WINCHESTER 540.22601

### [Established in 2001] NEW DAY FARMS

New Day Farms operates in a large greenhouse that enables Ed to grow great-tasting organic produce year round. Their mission is to give people an easy, delicious way to add high-value nutrition to their daily diet. They have spent 15 years developing their specialized organic growing methods. Their most important area of focus has been finding the best ways to enrich the soil with the full range of trace minerals to ensure that vital nutrients important for good health are available in their microgreens.

### [ESTABLISHED IN 1988] NEWMARKET PLANTATIONS

Newmarket Plantation was a royal land grant from the King of England in 1726. Newmarket Plantation is a 450-acre family owned and operated farm located in Caroline County, Virginia. It has been in vegetable production since 1998 and produces beets, broccoli, cabbage, greens, peppers, summer squash, sweet corn, tomatoes, turnips, and watermelons.

### [ESTABLISHED IN THE 1920'S] OLD HOME ORCHARD

Phil Glaize operates 650 acres in Frederick and Shenandoah county. The climate and soil of the northern Shenandoah Valley are ideally suited for apple production. Glaize Apples originally grew apples for both the processing and fresh markets, but now concentrates on producing the highest quality possible for customers ranging from supermarkets to schools. Phil, third generation, has maintained the operation since 1985.



#### CARROLL COUNTY 276.24244



WE GROW: "ORGANIC" HEIRLOOM TOMATOES ZUCCHINI TURNIPS

### [ESTABLISHED IN 1984] **PICKPENNY PRODUCE**

Pickpenny Produce is a first generation herb and produce farm established in 1984. In 2004, Pickpenny Produce moved to a larger farm in the village of Locustville, Virginia. The new farm is 75-acres with 45 acres under cultivation. Pickpenny's emphasis is on herbs. The farm also grows specialty vegetables including bunched beets, leeks, Napa cabbage, Bok Choy, squash and turnips.

# [ESTABLISHED IN 2011] POOR VALLEY FARMS

John Straw bought a 36-acre farm in Carroll County after graduating High School. He had been around vegetable production his whole life and that was all he ever wanted to do. Pumpkins have always been his favorite crop to grow, so that is what he started out with. His new wife Bailey also works on the farm. Together, with John's dad, they now grow peppers and cauliflower and are looking at other crops in the future.

### [Established in 1930's] **R & L FARMS**

R & L Farms is located in Scott County, Virginia. The farm was established in the 1930's and has been the home of a variety of agriculture production of organic herbs, and organic vegetables. Logan worked on the family farm since age 10, and managed the family farm since age 16. Now, Logan and her fiancé, Roger Garrett run R & L Farms on the same soil that her great, great grandparents once farmed to provide a living and healthy food for their children and family.



#### [ESTABLISHED IN 2015] RED SUN FARMS

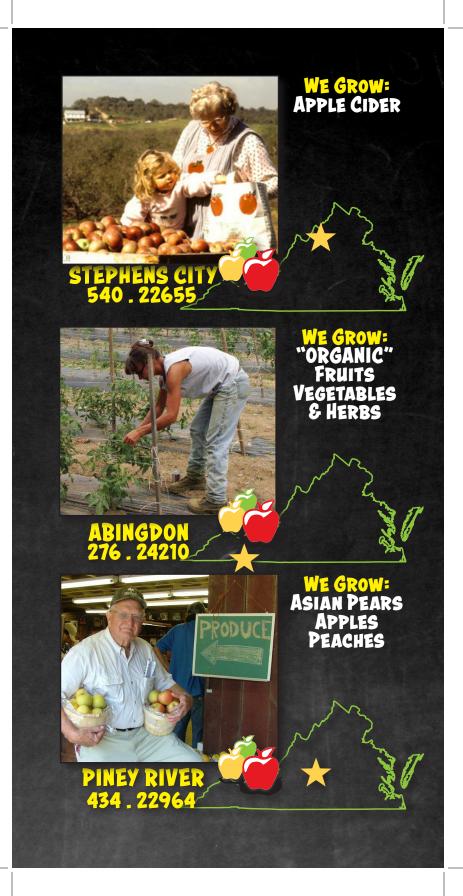
Red Sun Farms offers non-GMO greenhouse-grown quality and freshness to retailers and consumers year-round. Red Sun Farms' seed varieties are produced by seed supply partners through centuries-old practices of grafting and seed selection, resulting in none of their farms employing the use of GMO seeds. They grow numerous non-GMO tomato varietals, seedless cucumbers, sweet bell peppers and eggplant.

# [ESTABLISHED IN 1835] RIVERSIDE FARMS

Riverside Produce Farm is located in King William county, Virginia. They provide fresh produce to local markets in Washington D.C, Maryland, and Virginia. They are focused on providing a superior locally-grown product in an environmentally conscious manner that preserves the soil, water, and land for future generations.

# [ESTABLISHED IN 2002] RIVERSTONE FARM

Situated in the Blue Ridge Mountains of Floyd County, Virginia, Riverstone Organic Farm is blessed with a span of fertile, flat river bottom land unusual for this area. The farm has been in cultivation for over a century. The river bottom land is perfect for organic vegetable production. With 12 acres in production and an active team of experienced farmers they are able to create quality nutritious food for our neighbors and regional consumers.



#### [ESTABLISHED IN THE 1940's] RINKER ORCHARDS

At Rinker Orchards, they focus on what they know best, and work hard to bring their best to you. Rinker Orchards, Inc. is a third generation apple orchard nestled in Frederick County, Virginia. They produce ten types of apples that are grown in this region, including Ida Reds and Golden Delicious apples. They also produce 100% natural Rinker's Apple Cider: no sugar, no added water, no preservatives.

# [ESTABLISHED IN THE 1960's] ROBIN ROBBINS FARM

This 13-acre farm was established 50 years ago. In 2002 it was taken over by Dave, Robin and their daughters, Leanna, Logan and Allison. Dave and Robin work with their daughters to maintain the family farm and keep theirdaughters engaged with their "roots." The Robbins' Family Farm has been certified organic since 2003 and takes pride in providing local, organic, fresh produce to their customers.

### [ESTABLISHED IN 1915] SAUNDERS BROTHERS

In 1915 five brothers, Will, Massie, Doc, Dick, and Sam Saunders sat around the dinner table discussing the future. They realized that by pooling their money earned from years of raising calves and selling apples, they could start a business. Even after 100 years in operation, they continue to stand by the principles established by the original brothers back in 1915: faith, trust, and, most importantly, family.





#### HILLSVILLE 276 . 24343\_



#### CHURCHVILLE 540.24421

#### [ESTABLISHED IN 2015] SION HOUSE FARM

Sion House Farm is a 9,300 square foot hydroponic greenhouse in Virginia's Northern Neck that is owned and operated by Justin and Jamie McKenney and Justin's father, Jack McKenney. The land upon which the greenhouse sits has been in Justin's family since the early 1900's and can be dated back to the original "Mt. Sion", the 18th century boyhood home of Cyrus Griffin, who later became President under the Articles of Confederation from 1788-1789.

### [ESTABLISHED IN 2002] SNAKE CREEK

Snake Creek Farms is owned and operated by J.C. Banks in Hillsville, Virginia. J.C.'s family has been farming land in Southwest Virginia for more than 100 years. Snake Creek Farms was formed in 2002 and the cooler days and nights are perfect for growing corn, potatoes, cabbage and greens.

### [ESTABLISHED IN 2013] STOVERSHOP GREENHOUSE

After 2 years of renovation, this greenhouse started growing Hydroponic lettuce in vertical towers. With the addition of a packaging facility, media mixing room and three additional gutter connect houses, they now cover a 1/2 acre of property. They grow three different types of leaf lettuce - red, green and romaine - with the ability to harvest an average of 70,000 heads a month. All lettuce is hand picked and hand packaged. As a family, they pride themselves on growing what they believe to be one of the best single leaf lettuces available.



# CUMBERLAND 804.23040-



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540 -

#### **WE GROW:** ADDLES NECTARINES PEACHES CHERRIES

GROW: ATOES squash

PEPPERS



WE GROW: SOYBEANS WE MAKE: TOFU Soyfoods

### [ESTABLISHED IN 1975] SUNNYSIDE FARM

Family owned and operated, Sunnyside Farms dates back to 1889 when it started as a cattle, hog and field crop farm. Sunnyside transitioned to an all vegetable farm in 1988. Three generations of the French family are involved in the daily operation of Sunnyside Farms. The French family is committed to quality and prides itself in producing safe, healthy, local produce.

### [ESTABLISHED IN 1918] TURKEY KNOB APPLE ORCHARD

The folks at Turkey Knob Apples are very proud of the apples they produce and stand by their product 100%. Their fruit is grown in family-owned orchards, in Shenandoah and Rockingham Counties in the beautiful Shenandoah Valley of Virginia. They let their fruit tree-ripen in their orchards, and that gives them every opportunity to lock in the most nutrients and taste they possibly can.

### [ESTABLISHED IN 1967] TWIN OAKS COMMUNITY

Twin Oaks is an intentional community in rural central Virginia, made up of around 100 adults and children. Since the community's beginning in 1967, their way of life has reflected their values of cooperation, sharing, equality and ecology. Since 1991, Twin Oaks has produced fresh tofu and other soyfoods for sale in the region.



### [Established in 2005] WAYNE'S PRODUCE

Wayne Grizzard got the farming bug when he was eighteen years old. He asked his grandfather if he could farm 2 acres of land, the next year he asked for 10 acres. By the fifth year, Wayne was farming the 100 acres that has been in his family for three generations. Wayne's main crop is butter beans, but he has an interest in specialty produce. You can find a variety of unique squashes and other colorful vegetables at his farm stand in Emporia.

### [ESTABLISHED IN 1938] WENGER GRAPE FARMS

The Wenger family has been growing grapes in the Shenandoah Valley of Virginia since before the Civil War. Today, Dave and Mim Wenger continue the family tradition with their daughter and son-in-law, Wendy and Mark Hochstedler - third generation at Wenger Grape Farms in Augusta County, Virginia. The first Concord grapes were planted at the farm's current location in 1938.

#### [ESTABLISHED IN 1967] WHISTLE CREEK APIARIES

Whistle Creek Apiaries has been a family owned and operated business since 1967. The honey they produce by their bees is raw, natural and unprocessed. Whistle Creek has over 150 hives to produce local honey all around Rockbridge County, Virginia.

#### We're Your Source for Fresh!

Our distribution centers are designed to keep food safe and fresh. Our main distribution center is located in Ashland Virginia, this facility features:



