Amazing Grazing

A directory of local sources for grassfed meat, poultry and dairy products in DE, MD, VA and WVA

Photo: Nora Crist
2019 Photo Contest Entry
Can eating meat actually help the planet? These days that might sound counterintuitive, but raising animals on pasture can help curb climate change and improve water quality, helping to protect our environment and the Chesapeake Bay. And even better? Locally purchased grassfed products are nutritious and support your neighboring farms. As meat consumption reaches record levels, it’s more important than ever to choose the sustainable (and healthy) option: grassfed.

What is Grassfed?
Only one type of meat—that from ruminants, the term for animals that chew cud—can be 100% grassfed. Cattle, bison, goats and sheep all evolved to eat nearly entirely grass- and forage-based diets. Non-ruminants—pigs and poultry—can and will eat significant amounts of grass and forage but cannot thrive solely on grass-based diets and thus also eat a diet supplemented with grain.

The American Grassfed Association provides definitions for distinguishing between these types of diets for ruminants and non-ruminants. For ruminants, grass-based products are those where “grass and forage must be the feed source consumed for the lifetime of the ruminant, except for milk consumed prior to weaning.” For non-ruminants such as pigs and chickens, “grass and forage must be a significant feed source consumed for the lifetime of the animal.”

A Note to Chefs & Caterers
Many producers are pleased to accommodate the special needs of chefs, restaurants and caterers. Use this directory to contact them directly. If you can’t find a producer who can meet your needs, please contact Future Harvest at futureharvestcasa@gmail.com.

Disclaimer: Information included in this directory is based on statements made directly by the producer. Future Harvest has not independently verified these statements, nor does it endorse or guarantee listed products.
Good for You
Compared to products from primarily grain-fed animals, products from grassfed animals—meat, poultry, milk, yogurt, cheese and eggs—have been demonstrated to have a number of health benefits:

- Less fat
- Fewer calories
- More omega-3 fatty acids
- More conjugated linoleic acid (CLA)
- More beta carotene
- Lower occurrence of 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 cardiovascular 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 add up when animals are raised without growth hormones, antibiotics or pesticides. Animals raised on pasture, without any animal products in their diet, have a much lower risk of carrying E. coli and no risk of carrying bovine spongiform encephalopathy (BSE), also known as mad cow disease. For more information on the health benefits of grassfed products, see eatwild.com

Good for the Planet
Grass-based systems are the most sustainable type of animal agriculture. Industrial livestock farming relies on growing grain for animal feed, which is typically produced in farming systems that rely heavily on soil-eroding tillage and fossil-fuel-based fertilizers, herbicides and pesticides. It also confines large numbers of animals in small spaces, which can lead to manure leaking into groundwater and running off into nearby waterways.

In contrast, grass-based systems maintain plant cover on pastures, reducing or eliminating erosion and runoff. Methods like rotational grazing, where grass-eating animals are frequently moved to new pastures, allow fields to “rest,” build pasture organic matter and the “good” microbes that build healthy soil. Deeply rooted pasture grasses also draw carbon from the air down into the soil via photosynthesis, helping to offset carbon dioxide emissions that contribute to climate change. Grazing, and healthy soils in general, is a critical tool for helping to cool our warming planet!

Good for Farms
Farmers face a host of challenges, from competition in a globalized marketplace to increasingly erratic weather. The number of small, family-run farms, a cherished part of our Chesapeake Bay regional landscape, has seriously declined over the past three decades. Well-managed pasture helps improve farm profitability: healthy soils are more drought- and flood-tolerant and are higher in the nutrients needed to produce more forage for grazing animals.

Another key element of sustainable farms is you, the consumer. Your food purchases can have a big impact on the landscape around you, connecting you to your neighboring farmers and contributing to a vibrant local food economy. When you go grassfed you are preserving our region’s agrarian heritage, keeping working lands working and helping farmers thrive and...
provide fresh, nutritious food to our communities.

**So How to Go Grassfed?**

Local farmers are increasingly choosing to raise their livestock outdoors, on pasture, where the animals can browse freely. However, many factors affect whether a farm chooses to raise its ruminants on 100% grass or to include some grain in the diet. The simplest way to find out if an animal’s diet is primarily grass-based is to connect directly with a farmer. Visit futureharvestcasa.org to view the Amazing Grazing Directory, a resource for identifying and connecting with Chesapeake region farmers.

Use this directory to help find local sources for steaks, ground beef, leg of lamb, sausage, bacon, eggs, smoked hams, handmade cheese and even goat-milk fudge, Thanksgiving turkeys, Christmas geese and more—all fresh from the pasture and direct from the farmer to you. All the farms in this directory report their animals’ diets are primarily grass-based.

**Go to Farmers Markets**

Farmers markets offer the opportunity to speak directly with local farmers who produce your food. Farmers markets offer a high degree of choice, often including multiple producers of a variety of meats, dairy and poultry products, and the opportunity to select exactly the cuts of meat you want. And while you’re there, you can pick up fresh vegetables, fruits and other market essentials. Find a market near you with these guides:

- Maryland Farmers Market Association
- Buy Local Delaware: Farmers’ Markets Guide
- Virginia Farmers Market Association
- West Virginia Farmers Market Association
- Washington Post Guide to Farmers Markets in the Washington DC area

**Buy a CSA Share**

Community-supported agriculture (CSA) harvest subscription programs originated on vegetable farms, but more and more meat producers are offering options for consumers. In a CSA arrangement, a set amount of meat is paid for upfront by the consumer. This guarantees the producer a secure amount of income and benefits you with a supply of delicious meats over several months. CSAs may offer weekly, biweekly or monthly pickups, reducing your need for storage space. Meat is generally cut up into steaks, roasts, stew and ground meat, wrapped or vacuum-packed, and labeled. Farms sometimes offer “packages” of choice cuts of meat for those who just want an assortment of steaks and roasts.

**Join or Start a Buying Club**

Buying clubs are cooperative groups of people seeking to share a bulk purchase of whole, half or quarter animals. Why go bulk? Buying in quantity can be cheaper overall, save you trips to the grocery store, ensure you have meat on hand for longer periods and give you the chance to cook and enjoy a variety of meat cuts. Further, a buying club can connect you to like-minded people and introduce you to the grazers who grow your food.
How to Start a Buying Club

Want to start a Go Grassfed buying club? The following guide will help you create your own.

1) Learn the Landscape
Every buying club needs a leader who knows the basics.

• Find out what’s available in your area. Use the Amazing Grazing directory to find the farms near you. Reach out to the farmers to see if their offerings fit with your needs and expectations. Some may sell whole and half animals regularly, and fit right into your buying club model. (View the Amazing Grazing directory at www.futureharvestcasa.org.)

• Learn what types of animals are available wholesale. Do you want lamb and pork, or prefer beef? Can you find one farm with all the meats you’re interested in, or will you need to work with multiple farmers? Some farmers have different species available seasonally; others have multiple processing dates and have animals available year-round. Farmers typically sell whole, half and quarter animals.

• Learn which types of cuts are available. The types of cuts and numbers of those cuts available differ from species to species. Each animal yields only so many types of cuts, and the proportion will change depending on whether you want to purchase a whole, half, or quarter. Since a single cow yields only so many steaks, you’ll have the opportunity to cook new and varied cuts of meat. If you want to make a bulk purchase, consider asking for a “variety pack,” “sampler pack,” or a “farmer’s choice.”

• Understand the “cut sheet.” Farmers and butchers use cut sheets to divide up the parts of an animal into the end products. A certain percentage of a cow will always be ground beef, but the buyer (you!) might prefer a chuck roast over cubed stew meat, or as many T-bone steaks as possible. The farmer might ask your buying club to fill out the “cut sheet,” might provide you with a pre-filled sheet for editing, or might already have a standard set of cuts. Learn more about cut sheets, different cuts of meat, and how to cook them here: www.futureharvestcasa.org/resources.

• Learn the freezer space requirement buying club members would need for quarters, half, or whole animals. The rule of thumb is one cubic foot of freezer space for every 35–40 pounds of packaged meat. Will one person store all of the meat, or will each participant have enough freezer space?

• Ask your farmer the price range for quarters, half, and whole animals, and be prepared to share this with potential members. Bulk meat pricing varies based on the type of animal, production practices, and from animal to animal. When selling an entire animal, farmers typically price the meat one of three ways: a standard price per whole animal; a set price per pound for the carcass/hanging weight; or a set price per pound per final product weight. You may have to calculate the approximate price per pound; ask your farmer for guidance, and visit www.futureharvestcasa.org/resources for a more detailed explanation of wholesale pricing.

2) Recruit Members
Now that you have learned the basics of bulk buying, it’s time to recruit members. Consider how many members you want to engage in the buying club, then recruit from family and friends, via social media and email, and by posting on neighborhood and regional forums like nextdoor.com. Lay out the options: what types of meat are available and when; which cuts buyers can expect, and in what quantities; and a rough idea of cost and freezer storage requirements. Will you split the cuts and costs evenly? If certain members plan on purchasing a greater proportion of the animal, what process will you use to allocate the meat? Determine your process ahead of time.

3) Pick Up
With your club formed, place your order! Your farmer may deliver or you may need to pick up your bulk purchase from the farmer or the butcher. Plan to bring enough coolers to transport your meat home to your freezers. After pickup, meat should be stored in a freezer until you are ready to cook individual cuts.

4) Let’s Eat!
Now it’s time to enjoy your delicious bounty! Grassfed meats are leaner and cook differently than grain-fed meats. Encourage all club members to purchase a meat thermometer to cook grassfed meats to perfection. Learn more about grassfed meat cooking techniques and recipes below—bon appetit!

• www.americangrassfed.org/recipes
• www.adenafarms.com/blogs/healthyliving/best-way-to-cook-Grassfed-beef
• www.onlygrassfed.com/cooking-tips/recipes.html
100% GRASSFED

C & J Farms, Inc.  
Jody and Carlton Jones  
3174 Woodland Ferry Road  
302-629-8194  
Seaford, DE 19973  
jojo17117@aol.com
Sussex County
C & J Farms is a family farm that raises Black Angus cattle that are grassfed 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.), by the quarter, and by the half.

Dittmar Family Farms  
Zachary and Jenny Dittmar  
644 Paradise Alley Rd  
302-222-9948  
Felton, DE 19943  
dittmarfarms@gmail.com
Kent County
Dittmar Family Farms is a small, regenerative farm dedicated to providing quality, chemical free, naturally grown products. Sheep, cattle, dairy goats, laying hens and broilers are raised on pasture. CSA shares are available.

Grass Works Meat Farm  
Andy Jones  
3006 Woodland Ferry Road  
302-858-1439  
Seaford, DE 19973  
grassworksmeatfarm@gmail.com
Sussex County
Grass Works sells grassfed, grass-finished beef and lamb. Poultry is pasture raised and supplemented with non-GMO feed and includes Thanksgiving turkeys.

Sharon’s Natural Gardens  
8887 Blackbird Road  
302-846-2571  
Delmar, DE 19940  
mugwump9@verizon.net
Sussex County
Homestead growing a wide variety of foods, flowers and herbs, as well as some hens for eggs and sometimes meat and rabbits for meat and fur. Sharon’s has had 40 years of practicing organic and biodynamic methods here and making their own compost.

Tappahanna Creek Farms  
Josh and Toni Thompson  
19098 County Seat Highway  
302-841-0176 & 302-233-4301  
Georgetown, DE 19947  
tappahannacreek@gmail.com
Sussex County
Tappahanna Creek Farms specializes in pastured heritage pork, broilers, goat meat, and eggs.
Maryland

5 Cow Farm
1117 Greenspring Valley Road
Lutherville, MD 21093
Baltimore County
5 Cow Farm raises Hereford cattle on pasture in Lutherville. The beef is available through direct sales of quarters, halves and wholes.

Albright Farms
3505 Sweet Air Road
Phoenix, MD 21131
Baltimore County
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, added hormones, or antibiotics are used. Although the farm is not organic, practices considered sustainable are followed. 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.

Backbone Food Farm
530 Lynndale Road
Oakland, MD 21550
Garrett County
Backbone Food Farm produces and sells organic chicken and eggs and pasture-raised pork. The animals are raised without added hormones or antibiotics.

Birds Eye View Farm
2909 Byrd Road
Pocomoke City, MD 21851
Worcester County
Transitioned industrial broiler production to pasture-raised egg farm. Hens are on pasture from four weeks on. They are heritage breed chickens and are fed no antibiotics or animal by-products.

Bohemia Lea Farm
5224 Augustine Herman Highway
Cecilton, MD 21913
Cecil County
Animals are raised ethically and naturally, moving about in the open air, finding food, socializing, and living like they were meant to live. The farm believes chickens, pigs, and cows thrive on growing grass and natural forage. There is a rhythm to the seasons that helps animals be their most healthy and delicious. To raise the healthiest animals possible, using land responsibly, the farm never uses antibiotics or added growth hormones and feeds animals locally sourced feed, and animals forage on pasture and woods. Animals take longer to raise as the farm follows nature’s cycles.
Cabin Creek Heritage Farm
18235 Clagett Landing Road
Upper Marlboro, MD 20774
Prince George’s County
Cabin Creek Heritage Farm is a sustainable, pasture-based family farm in Upper Marlboro. The family raises woodland pork, pastured broilers, pastured layers, quail and rabbits in their natural environment, without the use of added hormones, antibiotics, or pesticides.

Calvert Farm
321 Chrome Road
Rising Sun, MD 21911
Cecil County
Calvert Farm sells free-range duck and chicken eggs and other seasonal products. Products are available on the farm or through a CSA.

Catoctin Mountain Farm
Sabillasville, MD 21780
Frederick County
Catoctin Mountain Farm strives to continually enhance their operations, to mimic nature, and to re-establish the symbiotic relationships that make for healthier and happier animals maintain the environment, and provide premium, all natural meats for customers. Livestock enjoy 240 acres in the scenic Catoctin Mountains. The sheep graze on pasture and the hogs root and snooze in the woods.

Cedar Run Cattle
320 John Powell Road
Sudlersville, MD 21668
Queen Anne’s County
Cedar Run raises their own beef cattle and sells USDA inspected, naturally fed, dry-aged beef to retail customers, neighbors and friends. Cattle are raised in fresh air, on native pasture, with salt, minerals and fresh water. They are also finished on pasture (grassfed and finished) to give the beef a rich flavor, plus health benefits. The farm does not use growth hormones, growth stimulants, or artificial or antibiotic feed additives. They also raise hogs, meat chickens, egg layers, and turkeys.

Chestnut Creek Farm
3610 Baker Road
Westminster, MD 21157
Caroline County
Pasture-raised Katahdin and Dorper lamb, Black Angus beef, Heritage pigs including Gloucestershire Old Spots and Berkshire turkeys for Thanksgiving.
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<th>Farm Name</th>
<th>Contact</th>
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<td><strong>100% GRASSFED</strong></td>
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<tr>
<td>Clagett Farm</td>
<td>Michael Heller</td>
<td>11904 Old Marlboro Pike</td>
<td>301-351-4940</td>
<td><a href="mailto:mheller@cbf.org">mheller@cbf.org</a></td>
<td>clagettgrassfed.wordpress.com</td>
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<td>Upper Marlboro, MD 20772</td>
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<td>Prince George’s County</td>
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<td>Beef and lamb are raised entirely on grass, with no use of antibiotics or added hormones. Animals have pasture available 365 days of the year. Cows are Red Angus crossed with Red Devons, and sheep are Katahdins. In addition to perennial pastures, the farm uses summer annuals to ensure the highest quality forage throughout the year to provide the highest quality meats.</td>
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<td>Clark’s Elioak Farm</td>
<td>Nora Crist</td>
<td>10500 Clarksville Pike</td>
<td>443-741-2412</td>
<td><a href="mailto:clarksbeef@gmail.com">clarksbeef@gmail.com</a></td>
<td>clarklandfarm.com</td>
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<td>Ellicott City, MD 21042</td>
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<td>Clark’s Elioak Farm raises and sells grassfed and finished beef. Cattle enjoy pasture and hay throughout the year and are raised without synthetic hormones, steroids, unnecessary antibiotics, or animal byproducts. Beef and pork can be purchased at Clark’s Elioak Farm Store year round. Hours vary by season, check the website or call to check current hours. 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.</td>
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<td><strong>Clear Spring Creamery</strong></td>
<td>Clare and Mark Seibert</td>
<td>14322 St. Paul Road</td>
<td>301-730-6539</td>
<td><a href="mailto:seibert@clearspringcreamery.com">seibert@clearspringcreamery.com</a></td>
<td>clearspringscreamery.com</td>
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<td>Clear Spring, MD 21722</td>
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<td>Clear Spring Creamery is Maryland’s first organic farmstead dairy processing facility. Creamline milk, chocolate milk, drinkable yogurt 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 the Maryland Department of Agriculture.</td>
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<td><strong>Cool Brook Farm</strong></td>
<td>Sheldon Shank</td>
<td>20026 Lehmans Mill Road</td>
<td>301-393-5410</td>
<td><a href="mailto:sheldonshank@juno.com">sheldonshank@juno.com</a></td>
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<td>Hagerstown, MD 21742</td>
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<td>Brown eggs are offered from pastured hens as well as pastured chicken.</td>
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<td><strong>Corner Oaks Farm</strong></td>
<td>Mike Drake</td>
<td>17112 Powell Road</td>
<td>240-675-5826</td>
<td><a href="mailto:mikedrake12@gmail.com">mikedrake12@gmail.com</a></td>
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<td>Sharpsburg, MD 21782</td>
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<td>Washington County</td>
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<td>Corner Oaks sells Thanksgiving and Christmas turkeys.</td>
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Country Pleasures Farm
6219 Harley Road
Middletown, MD 21769
Frederick County
Country Pleasures Farm sells certified organic, Grassfed 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.

Cottingham Farm
28038 Goldsborough Neck Road
Easton, MD 21601
Talbot County
The farm grows farrow to finish heritage hogs, who live their entire lives in family groups on the farm’s certified organic pastures. Hogs are fed supplemental organic vegetables, sprouts made from non-GMO grains, and supplemental conventional feed. The resulting pork is far superior to grocery store meat and is available at the farm Wednesday through Saturday (please call ahead) in retail cuts (chops, roasts, bacon, sausages, ribs, ground, hocks, pork belly, etc).

Crow Farm
12441 Vansant Corner Road
Kennedyville, MD 21645
Kent County
This 365-acre working farm includes 100 head of Angus beef, 12 acres of wine grapes, a farmstay B and B and a wine tasting room. Tasting room open each day from noon to 5 p.m.

Crystal Springs Farm
19200 Geeting Road
Keedysville, MD 21756
Washington County
The farm offers pastured pork and eggs. Animals are supplemented with locally milled grain.

Deer Creek Beef
424 N. Main Street
Bel Air, MD 21014
Harford County
Deer Creek beef is 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 barbecue.
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 and roasts.

See Page 5 for more information.

Eco-Goats
131 Indiantown Farm Lane
Centreville, MD 21617
Queen Anne’s County

Eco-Goats is a for-hire vegetation management team supervised by a licensed forester covering central Maryland and western Delaware. Visit the website for video and press.

En-Tice-Ment Farm Raised Meats
231 Polling House Road
Harwood, MD 20776
Anne Arundel County

En-Tice-Ment Farm Raised Meats is not an organic operation, but all is done naturally. Beef and sheep are pasture raised. Pigs love a spacious pen with lots of mud, and chickens are fed GMO-free grain. Pork and lamb are fed quality feeds from local feed mills or local farmers without the use of steroids, added hormones, and other additives. Farm-raised meats are offered in both small and large quantities. The meats can be bought in small cuts, quarters, halves, or whole.

Eder Farm Bill and Outi Denny
235 Nottingham Road 443-907-7244
Elkton, MD 21921 bill@ederfarm.com
Cecil County ederfarm.com

The farm buys calves as weanlings and raises and finishes them entirely on pasture. They follow all organic practices but are not certified as organic. During the growing season, cows are rotated daily on pasture. Soil is tested and supplemented to achieve optimal health. Organic hay is fed during winter, and the cows have year-round free choice minerals.

100% GRASSFED

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Bill and Outi Denny
443-907-7244
bill@ederfarm.com
ederfarm.com

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

Primarily a vegetable, fruit, and flower farm, Even’ Star free ranges 200 laying chickens. The owners believe in the ancient agricultural tradition of integrating small numbers of animals with many acres of pasture and vegetable production. The hens eat crops that aren’t pretty enough or fresh enough for human customers. They supply small amounts of manure that is spread in the winter to help the next season’s tomato plants thrive. The hens eat lots of insects and grubs, many of which would otherwise find the crops.

**Ferguson Family Farm**  
Lynne Ferguson  
3443 Beckelesvilles Road  
Parkton, MD 21120  
Baltimore County  
443-845-1554  
lynne@fergusonfamilyfarm.com  
fergusonfamilyfarm.com

Ferguson Family Farm emphasizes 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 percent grassfed (corn-free) Angus beef, fresh brown eggs, pastured roaster chickens, turkeys and Muscovy ducks. Order early for holiday turkey or duck to assure availability. Order form is available online.

**Flying Plow Farm**  
Sarah Rider and Tom Paduano  
96 C. Johnson Farm Lane  
Rising Sun, MD 21911  
Cecil County  
443-686-9786  
flyinplowfarm@gmail.com  
flyinplowfarm.com

Flying Plow Farm is a small-scale diversified farm. Key to the farm is the integration of vegetables, cattle, poultry, draft animals, pigs, and people to create a self-sustaining farm organism.

**Fox Hollow Farm**  
Stephanie Rohrer-Scuderi  
21808 Woodfield Road  
Gaithersburg, MD 20882  
Montgomery County  
301-330-0165  
stephanie@foxhollowfarm.org  
foxhollowfarm.org

The farm has been family owned since 1985 and has never used chemicals or added growth hormones. 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.

**Full Cellar Farm**  
Kip Kelley  
3901 Lander Road  
Jefferson, MD 21755  
Frederick County  
310-639-9711  
kip.kelley@gmail.com  
fullcellarfarm.com

Full Cellar Farm grows fresh vegetables, herbs, cut flowers and pastured poultry, pork and eggs on the scenic westward slopes of the Middletown Valley in Frederick County. Though not certified organic, the farm aims to grow the prettiest and tastiest food for the local community in a way that leaves the farm healthy and productive for future generations. Full Cellar is at area farmers’ markets, CSAs and local food hubs.
Maryland

Good Fortune Farm
18001 Horsehead Road
Brandywine, MD 20613
Prince George’s County

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.

100% GRASSFED

Good Run Farm
Westminster, MD
Carroll County

Good Run raises 100 percent grassfed beef, with no added growth hormones or antibiotics. Animals are always pastured and ethically raised.

Good Soil Farm, LLC
9736 Keysville Road
Emmitsburg, MD 21727
Frederick County

Good Soil Farm runs a vegetable CSA and sells eggs from pastured hens. They will offer pastured chickens and grassfed sheep. Regenerative agriculture is their model, as they seek to go beyond organic. It is the hope that Good Soil Farm be a place to build community as well as soil.
100% GRASSFED

**Maryland**

### 37
**Grand View Farm**
1939 High Point Road
Forest Hill, MD 21050
Harford County

**Nick Bailey**
410-937-2221
nick@grandviewfarming.com
grandviewfarming.com

GVF is a pasture-based holistic farm raising cattle, pigs and chickens. GVF provides beef, pork, poultry and egg products through an on-farm store as well as online ordering and home delivery.

### 38
**Grazy Days Family Farm**
12102 Coppermine Road
Union Bridge, MD 21791
Frederick County

**Leah Mack**
301-639-2027
1ecofarmer@gmail.com
grazydays.com

Grazy Days is a woman-owned and operated eco-farm raising 100 percent grassfed and finished beef and lamb on 85 acres in eastern Frederick County. The operation sells directly to the public from the farm by appointment. They carry 25-pound boxes of mixed cuts of beef and offer whole lambs and half steers custom cut on a seasonal basis.

### 39
**Green Acres Farmstead**
19534 Reidtown Road
Hagerstown, MD 21742
Washington County

**Curvin and Glennis Eby**
301-992-7785
duet4ever@localnet.com

A small, family-operated, organic, grassfed dairy offering grassfed beef as a byproduct of the dairy herd.

### 40
**Green Akeys Family Farm**
2301 Cross Section Road
Westminster, MD 21158
Carroll County

**Michael Akey**
greenakeys.com

Green Akeys is a small, diversified family farm located near Westminster. The family raises grassfed beef and lamb and pastured poultry. They offer a vegetable CSA, a meat CSA, and farm fresh eggs. They belong to Slow Food USA, the American Pastured Poultry Producers Association (board member), Belted Galloway Society, Katahdin Hair Sheep International, PASA, Future Harvest, and the American Grassfed Association. Their mission is to provide a healthy, sustainable alternative to conventionally farmed and raised products, and they encourage members to support all local agriculture.

### 41
**Groff’s Content Farm**
14930 Bollinger Road
Rocky Ridge, MD 21778
Frederick County

**Julie and Bob Bolton**
301-447-6148
jtbolton1958@gmail.com
groffscontentfarm.com

Groff’s Content sells pasture-raised and finished beef, 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. The animals are raised without added hormones or antibiotics on certified organic pasture.
Hard Bargain Farm
2001 Bryan Point Road
Accokeek, MD 20607
Prince George’s County

Hard Bargain Farm is an environmental education facility and working farm situated on 330 acres along the Potomac River opposite George Washington’s Mount Vernon estate. They sell 100 percent grassfed beef, pastured broilers, and pastured eggs. Grassfed beef is available year round on a first-come, first-served basis. The beef is processed at a USDA-certified slaughterhouse in Mount Airy in late fall. Most beef is sold by the quarter, but is available in smaller amounts during the year as long as it lasts. They also sell free-range chicken broilers. These young, meaty birds are raised on pasture and fed grain in chicken tractors. All chickens are cleaned and frozen on site. Also among available products are cage-free, farm-fresh eggs, brown and blue-green, by the dozen.

Hedgeapple Farm
3760 Buckeystown Pike
Buckeystown, MD 21717
Frederick County

Hedgeapple Farm raises cattle completely on natural pasture and hay. No antibiotics, feed additives or growth hormones are ever used. Wholesome nutrition is the hallmark of their grassfed beef.

Hensing’s Hilltop Acres
3394 Jennings Chapel Road
Woodbine, MD 21797
Howard County

A small, family farm located in Howard County, raising heritage breeds on pasture. Beef is 100 percent grassfed. Other animals are pastured but supplemented with non-GMO grains. Visit the website for more information.

Hole in the Woods Farm
36859 Hollyfield Lane
Chaptico, MD 20621
St. Mary’s County

At Hole in the Woods Farm and Meats, all cattle are born on the farm and raised for meat production. They guarantee meats are added hormone free, steroid free, antibiotic free, growth implant free, humanely raised, USDA inspected and approved, raised on site, and meet the high quality of standards as outlined in the Southern Maryland Meats Program. The farm purchases feeder pigs from reliable breeders and brings them to their facility to be fed out in a controlled manner.
Jehovah-Jireh Farm
7033 Ed Sears Road
Dickerson, MD 20842
Montgomery County
Jehovah-Jireh Farm sells certified organic, pastured eggs at area health food stores. Eggs can be found at at MOM's Organic Market in Frederick, Gaithersburg, Rockville, and College Park in Maryland and at the Merrifield MOM's in Virginia. Common Market (Frederick) and the Takoma Park Food Co-op also sell the eggs.

Kitchen Girl Farm
3311 Mt Zion Road
Upperco, MD 21155
Baltimore County
Heritage-breed laying hens are raised on pasture in mobile coops. They rotationally graze with other ruminants.

Liberty Delight Farms
1633 Oakland Road
Reisterstown, MD 21136
Baltimore County
Liberty Delight is an all natural livestock farm.

Locust Point Farm
430 Locust Point Road
Elkton, MD 21921
Cecil County
Angus beef from this operation is 100 percent grassfed and antibiotic and added hormone free. They offer beef by the pound, freezer combos, or by halves. Visit the website to see cuts offered and prices.
Longview Farm
1511 Bryan Point Road
Accokeek, MD 20607

Prince George’s County

Penelope Breese and Steven McIlvane
301-203-2874
longviewfarmdc.com

Longview Farm raises Berkshire pigs, grassfed cattle, eggs, heirloom tomatoes and salad greens. The Angus cows are born, bred, and naturally raised on rotationally grazed pastures, followed by the hens. The Berkshires are rotated in woodlands. The chickens and pigs eat non-GMO feed. No antibiotics, added hormones, growth supplements, animal by-products, chemicals, or pesticides are used. Member of Slow Food DC and Southern Maryland Meats.

Lovell Grass Fed Cattle Company
232 South Springdale Road
New Windsor, MD 21771

Carroll County

Jack Lovell
410-635-6161 or 504-931-9816
lovellbeef@gmail.com
lovellgrassfedcattlecompany.com

Lovell Grass Fed Cattle Company raises 100 percent grassfed beef available by the whole or the half. The Black Angus cattle are born and bred on the farm and roam free on organic pastures, which are certified by the state of Maryland. No added growth hormones are ever used, and the farm is certified by the American Grassfed Association. Beef is dry aged and custom cut at Wagner Meats in Mount Airy.

Lucky Lane Farm
19636 Graystone Road
White Hall, MD 21161

Baltimore County

Lynn Roberts
410-299-0486
luckylanefarm@gmail.com
luckylane.farm

The operation provides 100 percent grassfed lamb (available by the half or whole) from the Perendale flock (dual-purpose, rare in the United States). Lambs are typically available in December and February/March and are cut to specifications, vacuum sealed and flash frozen at a USDA-inspected facility. They also have fleeces (for handspinners) and machine-washable tanned lambskin pelts. Located half an hour north of Baltimore.

Monnett Farms
4830 Dennis Monnett Road
Prince Frederick, MD 20678

Calvert County

Benson and Jamie Tiralla
410-535-4357
benson@monnettfarms.com
monnettfarms.com

Monnett Farms is a diversified livestock farm producing grassfed and pasture-raised meats. The farm is owned by Benson and Jamie Tiralla, who sell grassfed beef, lamb, and goat, as well as pasture-raised pork and eggs. Visit the website for farmers’ market locations.
Maryland

**Mountain Valley Acres**

2216 Rohrersville Road  
Knoxville, MD 21758  
Washington County

Mountain Valley Acres offers Cornish Cross broilers that are pastured in a portable shelter 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 convenience.

**Nice Farms Creamery**

25786 Auction Road  
Federalsburg, MD 21632  
Caroline County

This 201-acre grazing dairy utilizes a rotational grazing system to produce high quality dairy products including fresh milk, yogurts, grassfed butter, and ice cream.

**Nick's Organic Farm**

8565 Horseshoe Lane  
Potomac, MD 20854  
Montgomery County

Nick's Organic Farm raises tender Black Angus grassfed cattle, certified organic pastured chicken and turkey processed on the farm, and certified organic pastured eggs. The farm utilizes an 8- to 12-year crop rotation and rotationally grazes animals across fields to continuously improve soil health and produce nutrient dense food. Also available are beef sausages, jerky and ground beef, chicken parts, heirloom food grade corn and cornmeal, organic poultry feeds, hay and straw. Visit the farm at the annual Buckeystown Farm Tour the third weekend in October. Contact the farm to join the mailing list to receive a reminder.

**Oak Grove Farm**

3875 Oak Grove Place  
Nanjemoy, MD 20662  
Charles County

Oak Grove Farm sells goats, live, to customers who want Grassfed meat with no additives. Call for availability and directions to the farm.
One Straw Farm
19718 Kirkwood Shop Road
White Hall, MD 21161
Baltimore County
One Straw Farm is a second-generation family farm in northern Baltimore County specializing in organic vegetables and pasture-raised heritage breed pigs. The animals are allowed to graze and have access to non-GMO feed and are never given added hormones or antibiotics.

Open Book Farm
6600 B Roy Shafer Road
Middletown, MD 21769
Frederick County
This operation is a pasture-based livestock and certified organic vegetable farm. Pigs, laying hens, turkeys, and meat chickens all live outside on rotationally grazed pasture, where they receive a non-GMO feed ration to supplement their grazing. Beef is 100 percent grassfed. None of the animals ever receive added hormones, antibiotics, or parasiticides.

P.A. Bowen Farmstead
15701 Dr. Bowen Road
Brandywine, MD 20613
Prince George's County
A biodynamic, multi-species, pasture-based farm featuring animals who work symbiotically to heal and build soil and to produce high-quality foods that nourish bodies: award-winning raw milk cheese; pastured poultry meat and eggs; woodlands-raised, whey-fed pork; and pastured beef. This traditional method of farming requires no external inputs of chemicals or fertilizer, retards growth of pathogenic organisms, and vastly improves the soil. They use no soy, corn or other GMOs in their own poultry/pork mixes of locally-sourced organic grains ground on the farm. Animals are exceptionally healthy and happy because they are allowed to be and act as they are meant to.

Pale Blue Dot Farm
Clinton, MD
Prince George’s County
Like their customers, this operation loves the planet and wants to nurture it, so they work to build healthy soil, use sustainable methods to manage flowers grown especially for you, and raise chickens to provide natural insect control and roam their nutritious grass pastures under blue skies and grey.
Patuxent Harvest
1910 Chimney Lane
St. Leonard, MD 20685
Calvert County
Patuxent Harvest is located in Calvert County near Solomons Island. The farm follows a nature-based practice for farming, believing that nature provides everything needed to have a successful and thriving farm. They do not use any synthetic or manmade products on any meat products. Added hormones, antibiotics, vaccines, chemicals and pesticides are never used. They offer both organic and 100 percent natural, non-GMO pastured pork, chicken and Thanksgiving turkey.

100% GRASSFED
Peace Hollow Farm
2148 Rohrersville Road
Knoxville, MD 21758
Baltimore County
Offering mouth-watering 100 percent grassfed beef, dry aged for two weeks. Sold by the cut, by quarters, or on the hoof.

Phoenix Farm
14307 Phoenix Road
Phoenix, MD 21131
Baltimore County
This is an all natural, pasture-based, small farm. The beef cattle are Hereford/Simmental crosses bred on a Carroll County farm and raised on the farm from young calves. They are pastured year round and are not treated with added hormones or antibiotics. The operators sell by the quarter, half or whole beef. Hens roam in open pasture and produce rich, orange-yolked eggs.

Pop’s Old Place
4657 Skinners Run Road
Hurlock, MD 21643
Dorchester County
Pop’s Old Place was established in 1909 and is a small Century Family Farm in Dorchester County raising rare breed livestock and poultry. The operation started raising animals and vegetables for their own consumption and now offer to the public. They chose the breeds with much consideration on flavor and the hardiness of the animal to survive on pasture. They offer farm fresh meats that are far superior to anything purchased at a supermarket. Call before coming to the farm.
**Porch View Farm, LLC**  
2790 Florence Road  
Woodbine, MD 21797  
Montgomery County

Porch View Farm, LLC, raises heritage breed animals in a pasture-based system.

**Progressive Farm, Inc.**  
Harwood, MD  
Anne Arundel County

All beef products on this farm are added hormone and steroid free. All steers have certification from birth they have not received any growth enhancers or added hormones. All steers are pasture raised and finished on grain and hay that is produced and harvested in house. This allows for control of the quality of the feed. Soybean meal is added into the feed only for protein. No animal by-products are ever used in the feed.

**Prosperity Acres**  
5811 Sunderland Court  
Sunderland, MD 20688  
Calvert County

Browsing Green Goats works with individual property owners, business owners, federal government agencies, state agencies and local municipalities. Goats are rented in Maryland, D.C. and Virginia.

**Rights of Man Farm**  
9120 Ball Road  
Ijamsville, MD 21754  
Frederick County

Rights of Man is a family-owned farm in Ijamsville (about 3 minutes from Urbana and 7 minutes from Frederick) raising beef cattle, goats, pigs and chickens and growing organic vegetables. The beef cattle are grassfed and finished and along with the goats are raised on organic grasses and hay. Pigs are pasture raised and fed an organic grain mix made by the farm. Chickens are cage free and organic and fed a similar organic feed as the pigs. They sell frozen beef, pork, chicken and goat, organic brown eggs, and vegetables from a farm store and at local farmers’ markets. The farm store is open Saturdays from 9 to 6 and Wednesdays from 4 to 7.
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 be processed in a certified organic slaughterhouse. The lack of slaughterhouses that can accommodate small farms for organic processing is often a limiting factor for local farms. Remember, too - organic does not equal Grassfed or vice-versa! Determine what’s important to you and talk to producers about their farming methods to decide what best meets your needs.
**Maryland**

**100% GRASSFED**

*St. Giles Farm*

7934 Quantico Road

Hebron, MD 21830

St. Mary’s County

St. Giles is a 95-acre farm in Hebron specializing in grassfed beef and pastured pork. We raise Dexter cattle and American Guinea hogs. Appointments necessary.

Jennifer and Jamie LeCates

443-783-5579

stgilesfarm@gmail.com

stgilesfarmstead.com

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*Sassafras Farm*

4991 Huntingtown Road

Huntingtown, MD 20639

Calvert County

In 2006, Sassafras Farm began buying and breeding cattle and in 2010 was a fully registered Angus herd. A family-owned and operated business, Sassafras Farm focuses on the superior genetics when breeding through artificial insemination and embryo transfer. They take pride in being a 100 percent natural raised beef operation where cattle do not receive added growth hormones or antibiotics. If you have never purchased locally grown, natural raised beef, let the farm help you in making a selection you will love. They also offer year-round private treaty bull and heifer sales. Contact them for more information.

443-532-0072 or 443-532-8985

sassafrasfarminc@gmail.com

sassafrasfarmmd.com

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*Savage Acres*

23301 Mount Ephraim Road

Dickerson, MD 20842

Montgomery County

This family operation raises a small herd of Holsteins, Jerseys and Ayrshires in Montgomery County’s Ag Reserve, and the farm has been in the family for several generations. They market very lean beef from the dairy herd. The dairy herd grazes year round on grass not treated with chemicals, and the herd is supplemented with some hay and distilled grains from area distillers and brewers. The operation also includes some crossbred beef and beef breeds and multiple breeds of pigs, which are fed milk from the dairy herd. Some Boer goats are marketed for breeding stock, and hay is for sale.

Kevin and Laurie Savage

301-525-1902

LaurieZSavage@aol.com

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Photo: Eder Farm
Schuler Real Properties  
Carroll County  

Maryland  
Dr. Ronald D. Schuler DVM  
410-840-9559  
mistycreekfarm@hotmail.com

Shagbark Mountain Cattle  
2725 Kaetzel Road  
Knoxville, MD 21758  

Washington County  
John and Laura Sexton  
301-834-9808  
shagbarkmtcattle@myactv.net

Shepherd’s Hey Farm  
24020 Old Hundred Road  
Dickerson, MD 20842  

Montgomery County  
Langstaff Family  
301-908-9332  
shepherdsheyfarm@gmail.com

Shepherd’s Hey Farm works to produce the highest quality lamb and wool products: pasture-raised, custom-butchered lamb and prime colored hand-spinning wool and other wool products (yarn and sheepskin pelts). They place the highest priority on health and welfare of the animals and that of the land, water resources, and local natural biodiversity. Because lambing is in January and February, young lambs receive free-choice alfalfa and grass hay and grain as well as their mother’s milk and are eased fully onto pasture as they are weaned and the fields green up. Lambs are processed (slaughter-custom butcher-vacuum seal-freeze) at a local USDA-inspected facility.

Spring Pastures Farm  
Frederick County  

100% GRASSFED  
Tom Garnett and Brooke Henley  
240-490-2058  
springpasturesfarm@gmail.com  
springpasturesfarm.com

A small family farm that produces grassfed and grass-finished beef while restoring the land through regenerative grazing. We sell frozen beef as individual cuts or custom-cut sides. On-farm store by appointment.

Springfield Farm  
16701 Yeoho Road  
Sparks Glencoe, MD 21152  

Baltimore County  
Valerie Lafferty  
410-472-0738  
mail@ourspringfieldfarm.com  
ourspringfieldfarm.com

Springfield Farm is a small, pasture-based family farm offering free-range/pastured eggs, poultry and meats. They do not use added hormones or antibiotics. Open year round, Fri/Sat/Sun from 11 a.m. to 5 p.m.
Maryland

Springfield Lamb
Rock Hall, MD 21661
Kent County
Bill and Cindy Bankhead
410-778-1682
springfieldlamb@aol.com
springfieldlamb.com
Springfield Farms of Kent County, Inc., began its history with sheep in 1976 when the owners went to an auction to buy a saddle and came home with three sheep. They now have prize-winning flocks of 150 Romney ewes and 125 Lincoln ewes in Kent County on the Eastern Shore between Rock Hall, on the Chesapeake Bay, and Chestertown, on the Chester River. They sell pasture-raised, grain-finished lamb products by the cut. Lamb may be purchased at farmers’ markets in Baltimore and Chestertown and Lewes, DE. Call for details.

St. Brigid’s Farm
12246 Locust Grove Road
Kennedyville, MD 21645
Talbot County
Robert Fry and Judy Gifford
443-480-1853
robertcfry@gmail.com
stbrigidsfarm.com
Milk from registered Jersey cows is marketed through the Land O’ Lakes cooperative. Grassfed Jersey beef and veal is sold directly to individuals and restaurants. Local residents are able to purchase steaks, roasts, burgers directly from the farm. Ask about monthly subscription series.

Stillwater Farm
Oxford, MD 21654
Talbot County
Herb Gronin
410-822-3761
herbgronin@gmail.com
At Stillwater Farm, Katahdin hair sheep naturally graze without the use of injections and antibiotics and rotationally graze on 44 acres of lush green pasture. It is a peaceful place with four ponds and many trees for shade so sheep and lambs can get out of the hot afternoon sun.

Stoner Family Farms, LLC
Sharpsburg, MD 21782
Washington County
Dick Stoner
301-613-5438
dick.stoner@outlook.com
localchesapeake.com
John D. Stoner, DVM, and Dick Stoner raise grassfed beef on their family farms near Sharpsburg, utilizing rotational grazing and environmental best practices, including CREP stream valley buffers and little or no herbicides and pesticides. The cows do not receive added growth hormones or antibiotics (except sick animals). The farm was started in 1978 with 29 brood cows and has been managed since then as a cow-calf operation. The herd was registered in 2011. The farm sells whole, half and quarters of beef as well as live calves each fall. Visit or call for more information.

Tamara’s Dairy Doe’s Delectables
502 James Street
Mardela Springs, MD 21837
Wicomico County
Tamara Schnoor
410-463-1982
tamarasdairydoes@yahoo.com
tamarasdairydoes.com
Tamara’s Dairy Doe’s Delectables is a small, organic farm business offering all-natural, hand-made bath and body products made from luxurious goat’s milk from animals raised on pasture.
The Farm at Glen Mary
46788 Glen Mary Farm Lane
Park Hall, MD 20667
St. Mary’s County

Glen Mary Farm is committed to providing customers with everything a local grassfed farm stands for. The operators practice holistic grazing in the style of pioneers such as Allan Savory and Ian Mitchell-Innes. This style of grazing maintains animal health and well-being, bolsters soil productivity, and establishes the necessary foundation for an ecologically and economically sustainable farming operation. Animals have year-round access to an array of free choice minerals, and while the farm is working toward grazing year round, their diets are occasionally supplemented with hay and silage over the winter months. They do not use antibiotics or added growth hormones.

Trossbach Family Meats
1821 St. Jerome’s Neck
Dameron, MD 20628
St. Mary’s County

Trossbach Family Meats was founded by the fifth-generation farmers of Trossbach Farms: JC, Mary, and Travis Trossbach. Mostly focusing on beef and pork, the business slowly expanded to chickens and seasonal turkeys. There are 25 breeding heifers and one bull, which are maintained throughout rotating pastures. Calves are born yearly and weaned at approximately 6 months to ensure no undue stress on their mothers. All cattle graze on grass/hay, along with ground feed mixed from the farm’s crops. Along with cattle, they also attain 20 sows that are bred by their personal boars. They strive for an average of approximately 120 piglets yearly. Piglets are introduced to feed at 20 days and weaned slowly to become independent of their mothers. Hogs are fed a mixture of farm crops used to create ground grain feed. Trossbach Family Meats does not use any antibiotics. Animals are processed by a USDA-inspected facility.

Wagon Wheel Ranch
661 W. Watersville Road
Mt. Airy, MD 21771
Carroll County

Grass-based farm that raises animals on pasture without the use of added growth hormones or antibiotics. Products include grassfed beef, lamb, goat, free-range pork, chicken and eggs. Products are sold at Whole Foods, MOM’s, and the Common Market.

Where Pigs Fly Farm
Centreville, MD 21617
Queen Anne’s County

The farm uses rotational grazing and regenerative farming practices to grow healthy soil, resulting in good, healthy food. The farm is not certified organic; however, they go beyond organic in all they do.
Windmill Meadows Farm
Hagerstown, MD 21742

Washington County

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

Windy Willow Farm
Sunderland, MD 20689

Calvert County

Windy Willow Farm sells free-range, grassfed 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.

Woodbourne Creamery at Rock Hill Orchard
28600 Ridge Road
Mount Airy, MD 21771

Calvert County

Woodbourne Creamery at Rock Hill Orchard milks a small herd of registered Guernsey cattle using a DeLaval voluntary milking system. Guernseys are rotationally grazed on 60 acres of pasture that has not been treated with pesticides or fertilizers for more than five years. This grass makes up the vast majority of their food. The milk is a golden color from extra beta-carotene that Guernseys put into their milk. They pasteurize the milk using a low temperature/long time vat and do not homogenize, so butterfat remains intact. Chocolate milk is made with pure cane sugar and cocoa and other all-natural ingredients. Products are sold in the year-round, on-farm market as well as at several farmers’ markets.

Van Alstine Seafood & Farm
P.O. Box 465
Shady Side, MD 20764

Anne Arundel County

My farm is pasture raised, with all animals on a plant-based diet and no antibiotics are used. Only the rabbits are not on a pasture-raised system, but follows the same practices otherwise.

Zekiah Farms, LLC
Waldorf, MD

Charles County

Zekiah Farms is a family-owned and operated farm providing local meat, seasonal fruit and vegetables, alongside many other locally sourced products. Products can be purchased on the farm or join the farm’s CSAs. Zekiah Farms offers a variety of high quality meats from livestock that are free of added hormones, steroids, and antibiotics. They pride themselves on raising superior, USDA-inspected meats, including dry-aged Black Angus beef, pork, lamb, and chicken. Animals are lovingly raised with daily hands on attention.
Numbers correspond to numbered entries in this directory.
An alphabetical index of farms is on page 53.
An index of farms by product is on pages 54-55.
farms in Delaware, Maryland, Virginia and West Virginia
7 Acres Farm
1832 N Seminole Trail
Madison, VA 22727
Madison County
From day one, birds are fed daily with locally grown, non-GMO feed. Around two to three weeks, they move out into pasture and are moved every day, where they enjoy fresh grass, air and sunshine. The grass and bugs they eat add more nutrition to their diet. Nutritious and flavorful birds are directly processed and packaged with care at the farm.

56 Hooves
19960 Foggy Bottom Road
Bluemont, VA 20135
Loudoun County
This herd of 20 goats are leased out to manage unwanted vegetation on private, park and protected land as an alternative to chemical herbicides. More than 20 goats available for targeted grazing, May through November. The goats manage unwanted vegetation on private, park, and protected land as an alternative to chemical herbicides throughout the growing season and overwinter at home on grass and hay. Registered American Dairy Goat Association (AGDA) breeder for Nubians and LaManchas, Spring availability. Goats’ milk soap available for purchase, please email, and at The Corner Store, Waterford, VA.

Autumn Grove Farm
221 Ligontown Road
Farmville, VA 23901
Prince Edward County
Beef cattle and heritage breed turkeys free range on 90 acres of pasture land without the use of any biosolid fertilization, nor do the animals receive any added growth hormones, steroids, or unnecessary antibiotics. The turkey grain supplement is custom blended, and several of the ingredients are organic certified. Both cattle and turkeys have 24-hour access to clean water supplied directly from underground wells. Pasture rotation is practiced, keeping pastures in good condition for grazing as well nutrient value. Beef and turkey are sold locally in central Virginia.

Avery’s Branch Farms
16923 Genito Road
Amelia, VA 23002
Amelia County
Avery’s Branch Farms is a sustainable, first-generation farm offering all-natural eggs, grassfed beef, and rich, creamy milk from Jersey cows through a cow boarding program. The Avery’s Branch Farms family looks forward to sharing their bountiful harvest with you and your family.

Ayrshire Farm
21846 Trappe Road
Upperville, VA 20185
Fauquier County
Ayrshire Farm was not only the first farm in Virginia to be both certified organic and certified humane, but the first farm in the country to raise Certified Humane veal. The health of humans, animals, and the earth is intertwined, so farming and environmental stewardship should be integrated. The farm’s mandate is to bridge the gap between traditional food production methods of the past and the future of regenerative agriculture.
**100% GRASSFED**

**Bean Hollow Grassfed**
15 Over Jordan Farm Lane
Flint Hill, VA 22627
Rappahannock County
103

A small (about 100 acres of grass), family-run, grassfed business raising Katahdin and Dorper hair sheep and growing out beef and pork on pasture. The operation includes a small on-farm store open seven days a week on a self-serve basis.

**Big Oak Angus Beef**
4425 Old Rough Road
Riner, VA 24149
Montgomery County
104

Big Oak Angus Beef sells completely grassfed beef raised on chemical-free pastures. Beef is available frozen and vacuum-sealed as quarters, halves, and wholes, as well as retail by the package. Products are available on the farm year round. Products are also available through eatwell.com.

**Big R Farm**
P.O. Box 511
Moneta, VA 24121
Bedford County
105

We produce pasture-raised beef, poultry, and eggs. Animals receive grain and hay only as a supplement when necessary and are raised humanely. Medications are only administered when necessary at the veterinarian’s recommendation. Homeopathic treatments are used when possible. Organically grown wheat, grains and pastas may also be available. Contact the farm for information on availability of products.

**Blue Ridge Center’s Mountain View Farm**
11611 Harpers Ferry Road
Purcellville, VA 20132
Loudoun County
106

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.

**Border Springs Farm**
P.O. Box 58
Patrick Springs, VA 24133
Patrick County
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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.
Virginia

100% GRASSFED

Bramble Hollow Farm
2108 Hutchens Road
Montvale, VA 24122
Patrick County
Since 2004, Bramble Hollow Farm has worked to improve soil fertility and production in the mountains of Bedford County. The farm uses managed livestock rotations, composts and manures, and other soil-building techniques to diversify the pasture-based operation, specializing in heritage breeds of cattle, pigs and poultry.

Briars Farmstead
2537 Vicker Switch Road
Boyce, VA 22620
Clarke County
Briars Farmstead offers pastured pork, chicken, free-range eggs, and 100 percent grassfed beef. Pork is available in half or whole (cut to request). Chicken can be picked up whole, fresh or frozen, May to November. Thanksgiving and Christmas turkeys available.

Brittany Farms
2300 Edgeview Lane
Midlothian, VA 23113
Chesterfield County
Brittany Farms raises Grassfed beef in the foothills of the Blue Ridge Mountains. Cattle roam a family farm that has not been treated with pesticides for decades. Cattle are fed natural forage and seasonal grasses and get their water from an artesian well. No steroids or synthetic growth hormones are used. Currently offered are both Angus and Devon mix.

Cedar Ridge Farm
3237 Vicker Switch Road
Christiansburg, VA 24073
Montgomery County
Cedar Ridge offers beef by the quarter that is organic and strictly grassfed. Red Poll is the chosen breed after considerable experience with several other breeds. It is one of the best available and is also considered rare by the American Livestock Breeds Conservancy. The farm’s support of this organization has continued for many years. Products are sold directly on the farm.

Croftburn Farm
16190 Germanna Highway
Culpeper, VA 22701
Culpeper County
Croftburn Farm is a family-owned and operated farm that raises Black Angus beef and lamb. They are committed to sustainable farming and producing all natural meats, direct marketing beef and lamb as custom cut, whole and halves.
Earth’s Echo Farm was founded in 2014 as a family-owned and operated business that utilizes multi-generational farmland to produce sustainable, high quality food. Earth’s Echo Farm was created with the intent of phasing out a 25-year history of leasing land to conventional monoculture row crop farmers and allow for a return to the land to raise foods in line with their ethics. Earth’s Echo Farm raises pastured eggs and pastured broiler chickens, supplemented with a diet of locally milled, certified non-GMO, herbicide- and pesticide-free grains. The farm specializes in grassfed and grass-finished beef in retail cuts or in bulk. Cattle are moved daily onto fresh pasture.

Dawson Farm Gap LLC is a veteran-owned, family farm that produces pasture-raised chicken, pork, beef, and Thanksgiving turkey utilizing all-natural, sustainable farming methods as well as Dawson Gap Naturals premium Non-GMO livestock feeds -- which are available along the East Coast. Their Thanksgiving turkey has been a featured menu item at a premiere, nationally recognized restaurant. Dawson Gap also helps train beginning farmers, and seeks to grow the local food economy. Store hours are Monday 1-6, Friday, 1-6, and Saturday 11-5 or by appointment.

Dolce Vita Farm raises grassfed beef and pastured pork, naturally, without the use of steroids, added hormones, antibiotics or any other chemicals. Rainbow trout is also offered in season (March, April and May). Meats are sold at the local farmers’ market (Petersburg Farmers’ Market, 7 a.m. - noon Saturdays, May through October; 9 a.m. - noon Saturdays, November through April) and also directly from the farm. Product is sold by the whole, half or cuts by the pound.

EcoFriendly Foods offers a line of grassfed beef, pork, chicken, lamb, goat, and rabbit. Meats are certified humane, antibiotic free, added hormone free, and herbicide and pesticide free. 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, Union Market, and Grandin Village Community Market. EcoFriendly food products are also distributed through home buying clubs in Washington D.C., Virginia, and Maryland.
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**Ellett Valley Beef Co.**

2072 Lusters Gate Road  
Blacksburg, VA 24060  
Montgomery County  
Guille Yearwood  
540-320-0739  
gyearwood@ellettvalleybeefco.com  
ellettvalleybeefco.com  

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

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**Farfields Farm**

40 Farfields Lane  
Afton, VA 22920  
Nelson County  
Carter Wallace  
408-219-9819  
carterwallace@gmail.com  
farfieldsfarm.com  

Farfields offers 100 percent grassfed beef and certified organic, soy-free eggs.

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**Fawn Crossing Farm**

4584 Fawn Crossing  
Bridgewater, VA 22812  
Rockingham County  
Bill Theiss  
540-828-2288  
bill@fawncrossingfarms.com  
fawncrossingfarms.com  

GOS heritage pasture-raised pork, goat milk, yogurt, cheeses, and Muscovy ducks are available from this small-scale breeder of purebred registered Nubian goats and US/UK GOS pigs and eggs. They also rent goats for land clearing. Visit the website, call or email for more information.

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**Full Quiver Farm**

2801 Manning Road  
Suffolk, VA 23434  
Suffolk County  
Alison, Scott and Morgan Wilson  
757-539-5324  
scott.wilson@fullquiverfarm.com  
fullquiverfarm.com  

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

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**Gentle Harvest**

8372 West Main Street  
Marshall, VA 20115  
Fauquier County  
Gentle Harvest is Ayrshire Farm’s gourmet retail shop, offering USDA certified organic, certified humanely raised and handled, pasture-based meat and poultry. Gentle Harvest is a traditional butcher and grazer that sells a variety of comestibles, including heritage breed meats and heirloom produce, many of which are from Ayrshire Farm and other local Virginia farms. They offer custom-cut and packaged products, as well as a full line of groceries, dairy and prepared foods. In addition to the retail location, products can be purchased online and are available for home delivery.

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George’s Mill Farm  
11873 George’s Mill Road  
Lovettsville, VA 20180  
Loudoun County  

Molly and Sam Kroiz  
571-442-7444  
georgesmillcheese@gmail.com  
georgesmillcheese.com  

Georges Mill is a small, family-operated farmstead dairy making fresh and aged cheeses from the dairy goat herd. The farm also raises pastured, whey-fed pork and pastured eggs. The farm is primarily pasture and browse based, but animals are supplemented with locally grown, non-GMO grains.

Glen Eco Farm  
10943 Willis Creek Road  
Linville, VA 22834  
Rockingham County  

Marlin Burkholder  
540-833-8802  
burkholders@glenecofarm.com  
glenecofarm.com  

Glen Eco Farm sells pasture-raised eggs, available at the farm and at the Harrisonburg Farmers’ Market. Eggs and beef are also available through the farm’s CSA program.

Gold Hill Blueberry Farm  
12290 Daffodil Lane  
Unionville, VA 22567  
Orange County  

Dwight and Susan Boston  
540-222-7954  
Goldhill7@att.net  
goldhillblueberryfarm.blogspot.com  

The farm raises natural, grassfed, dry-aged Angus and South Poll beef with low stress methods from birth to butcher. The family has farmed for over 170 years and now has the farm in a permanent conservation easement. Animals rotationally graze big bluestem, little bluestem, Indian grass, switch grass, clover and fescue, and the operation only sends well-finished cattle to be processed. Beef is free of added growth hormones, antibiotics, steroids, pesticides, chemical fertilizers and insecticides from ear tags, and biosolids have never been applied to the land.

Grandview Farm  
11424 Grandview Road  
Abingdon, VA 24210  
Washington County  

John, Barbara, Jennifer and Carl Kling  
276-628-6713  
grvwfarm@centurylink.net  

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

Grange & Grub  
14809 Purcellville Road  
Purcellville, VA 20132  
Washington County  

Miles and Justine Cowan  
540-668-9828  
dana@chicamarun.com  
grangeandgrub.com  

Formerly Chicama Run Farm, Grange & Grub Farm, run by the Cowan family, raises and sells grassfed, dry-aged, Black Angus beef, pasture-raised Berkshire and Mangalitsa pork, and goat, lamb, poultry, eggs and dairy. Any supplemental feed and minerals offered to the animals for optimal health are non-GMO.
### 100% GRASSFED

**Gryffon’s Aerie**  
4803 Mount Air Farm  
Crozet, VA 22932  
Albemarle County

Gryffon’s Aerie raises 100 percent grassfed American Milking Devon and Beef Devon cattle, Cotswold and Karakul sheep, and natural purebred Tamworth sows without the use of added hormones and unnecessary antibiotics. Pastures are herbicide and pesticide free. Beef is dry aged.

**Heartland Harvest Farm**  
85 Curry Road  
Mt. Solon, VA 22843  
Augusta County

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

**Heaven’s Hollow Farm**  
311 Locust Grove Church Road  
Orange, VA 22960  
Orange County

The family farm has been a cattle operation for nearly 70 years, raising Angus beef, pork, and eggs. The farm employs the use of rotational grazing, as well as perennial and annual forages to ensure the cattle have continuous access to fresh pasture. In an effort to increase sustainable practices, cattle and hogs are supplemented with grains from local farms and craft breweries, which in turn add flavor and tenderness to the “craft” beef and pork. Meats are available in retail packaging and/or whole and primal cuts by pre order. On-farm pickup is available Monday to Friday and delivery to multiple pick-up locations in Somerset and Orange. Local delivery within 15 miles of the farm and shipping throughout the continental United States is also available.

**Hedgebrook Farm**  
690 Shady Elm Road  
Winchester, VA 22602  
Frederick County

Hedgebrook Farm raises hormone-free, antibiotic-free, animal welfare approved, Jersey cows on organic certified pasture as well as heritage breed hogs: Tamworth and Large Black. Visit the website for more information and call to purchase meats.

**Hollin Farms**  
11324 Pearlstone Lane  
Delaplane, VA 20144  
Fauquier County

Hollin Farms is a three-generation family farm specializing in grassfed, grain-finished natural beef throughout the year, fescue-free hay for horses, and pick-your-own strawberries, peaches, tomatoes, and sweet corn.
Raw milk is available through the farm’s cow share program as well as 100% grassfed beef.

J&L Green Farm
4010 Swover Creek Road
Edinburg, VA 22824

Jordan and Laura Green
540-333-1867
orders@jlgreenfarm.com
jlgreenfarm.com

Jordan and Laura have farmed in the Shenandoah Valley since 2009. They offer pasture-raised chicken and turkey, forest-raised pork, and grassfed and grass-finished beef. In addition to selling at their farm store year round, J& L Green Farm offers nationwide shipping, home delivery, and delivery to drop sites all over Northern Virginia, Tidewater, and the Shenandoah Valley areas.

Kattle 1 Beef Company
95 Crossmolina Farm Lane
Washington, VA 22747

Theresa Wood
817-403-0496
Rancher@Kattle1Beef.com
kattle1beef.com

Kattle 1 Beef Company produces 100 percent grassfed, grass-finished, well-marbled beef. This meat is all natural and non-GMO and antibiotic, added hormone and grain free. The farm is located in Rappahannock County and is a member of the Virginia's Finest Program.

Keenbell Farm
18437 Vontay Road
Rockville, VA 23146

CJ Isbell
804-767-0530
keenbellfarm@gmail.com
keenbellfarm.com

A third-generation family farm located in western Hanover County and established in 1951, the operation specializes in grassfed beef, pasture-raised pork, free-range poultry, eggs, and specialty non-GMO grains. Striving to bring back the small farm and the relationship between the farmer and consumer, they sell direct.
100% GRASSFED

Kerry Knoll Farm
16089 Purcellville Road
Purcellville, VA 20132
Hanover County
Kathy Reynolds and Tom Golden
540-338-3399
tomgolden56@yahoo.com
kerryknollfarm.com
The farm offers grassfed lamb, eggs, and wool.

Living Pastures Farm
10120 Brown Moore Lane
Marshall, VA 20115
Fauquier County
Jonathan Elliott
703-989-3137
jonathan@livingpasturesfarm.com
livingpasturesfarm.com
The farm raises 100 percent grassfed beef, free of added hormones and antibiotics. They rotationally graze cattle, moving them at least once per day to fresh pasture, while building soil health. The beef is available in wholes, halves, and quarters and can be picked up at the farm or delivered to homes in increments that fit the freezer space.

Long Stone Farm
38212 Long Lane
Lovettsville, VA 20180
Loudoun County
Casey Wisch
540-454-2505
Info@longstonefarmva.com
longstonefarmva.com
Long Stone Farm is a small, diversified farming operation in Lovettsville that produces pastured pork, beef and chicken and duck eggs. They focus on raising livestock in managed grazing systems that promote soil and ecosystem health and strive to produce high-quality marbled meats and rich eggs. There is an on-site farm stand, and they sell to local restaurants and offer pork and beef shares.

Lovers Retreat Farm & Dairy
1495 Lovers Retreat Lane
Saluda, VA 23149
Middlesex County
Cynthia C. Wilson
804-758-5094
ccw@oonl.com
loversretreatfarm.com
Lovers Retreat Dairy produces farmstead goat cheeses from a small herd of Nubian goats. This Grade A dairy sells chevre, feta, camembert and other varieties of cheeses at farmers’ markets, gourmet shops, and more. Cheese and free-range chicken eggs are also available at the farm store in Saluda (OASIS, Inc.).

Mount Airy Farms
Upperville, VA
Fauquier County
Jodi Kinney
540-687-9790
mountairyfarms.com
Mount Airy Farm specializes in grassfed, grass-finished, humanely-treated, USDA organic beef. The beef is available by wholes, halves and quarters.
**Mountain Run Farm**
2734 Charlemont Road
Big Island, VA 24526
Bedford County

Mountain Run Farm is a family farm offering humanely-raised, all natural, premium meats. Cattle are 100 percent grassfed, and all other animals have a grass-based diet supplemented with necessary (non-GMO) grains to provide proper nutrition. Beef is aged 30+ days. Thirty-five cuts of beef and 20 cuts of pork (from their Duroc hogs) are available at the farm.

**Moutoux Orchard**
15290 Purcellville Road
Purcellville, VA 20132
Loudoun County

At Moutoux Orchard, cows, pigs, and chickens graze on minerally-rich pastures. The operation offers all products through a unique whole-food diet community supported agriculture (CSA) program, including 100 percent grassfed beef, pastured pork, chicken, and eggs. They feature a 100 percent grassfed milking herd, as well as vegetables, fruits, grains, and flours, all grown without pesticides. They do not sell any products outside the CSA program.

**Our Father’s Farm**
2664 Deer View Road
Gretna, VA 24557
Pittsylvania County

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

**Over The Grass Farm**
The Plains, VA
Fauquier County

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, added hormones or antibiotics. Meat is processed at a USDA-inspected facility, frozen and vacuum packed. Raw milk available through cow share program. Year-round production from gardens, orchard, and greenhouses.

**Pannill’s Gate Farm**
25325 Old Office Road
Culpeper, VA 22701
Culpeper County

100% GRASSFED beef available to buy by the half or cut. Pickup and delivery available.
Perennial Roots Farm
23345 Decormis Street
Accomack, VA 23301
Accomack County
Perennial Roots was founded as a homestead before a surplus led the owners to find outlets in local markets. In keeping with longevity and continuity, they raise heritage animals selected for foraging traits. The goal is to feed as little grain as possible to the animals, instead encouraging a perennial grass-based diet. Animals are kept on pasture and rotated, allowing them to fertilize the soil, improving the land instead of depleting it. Nothing goes to waste at Perennial Roots; whether it is vegetable scraps turned into compost or the manure the animals constantly put back into the soil. Perennial Roots sells pastured pork cuts, pastured lamb, pastured rabbit, and pastured eggs. The pigs and layers foraged diet is supplemented with certified organic, soy-free grain.

Polyface, Inc.
43 Pure Meadows Lane
Swoope, VA 24479
Augusta County
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 to Saturday or through buying clubs throughout Virginia and the D.C. Metro area.

Quarters Farm
5112 Dick Woods Road
Charlottesville, VA 22903
Albemarle County
Quarters Farm is a continuous grassfed cattle farm since 1952. Products include British White and Angus beef, 100 percent grassfed Katahdin sheep, 100 percent grassfed Saanen dairy goats, and pastured eggs. Cut flowers are available in the summer, along with greenhouse grown houseplants and orchids.

Rich Valley Grazers
1506 Valley Road
Saltville, VA 24370
Washington County
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.

River Oak Farm
173 Woodson Road
Lowesville, VA 22967
Nelson County
River Oak raises premium pasture-raised products in the foothills of the Blue Ridge Mountains. Products are also available by appointment at the on-farm store. They also sell at the Nelson County Farmers’ Market April to November.
Virginia

Roffey Cattle Company
3261 Hayters Gap Road
Elk Garden, VA 24260
Russell County
David Roffey
276-889-2929
dr133@bellsouth.net, roffeycattlecompany@yahoo.com
roffeycattlecompany.com

Running River Ranch
P.O. Box 146
Critz, VA 24082
Patrick County
Peter and Patricia Houchin
276-957-1915
higgnrg2@aol.com
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.

St. Gall Farm
7581 Blacksburg Road
Catawba, VA 24070
Roanoke County
Paul R. Hinlicky
540-384-6069
hinlicky@roanoke.edu
stgallfarm.com

A small family operation located between Roanoke and Blacksburg that rotationally grazes Dexter beef on about 20 acres of pasture, including native warm season grasses in the heat of summer. The farm also sells raw, lightly filtered wildflower honey.

Shadow Chase Farm
562 Olde Glade Trail
Newport, VA 24128
Giles County
Phil Mosser
540-544-7323
mosser@pemtel.net
shadowchasefarm.com

From birth to finish, the animals at Shadow Chase Farm are raised on the farm and are 100 percent grassfed. Animals are free of added growth hormones and preventive antibiotics. Products include grass-finished beef, pasture-raised pork, and pastured eggs, as well as a variety of value-added products, including hot dogs, 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.

Skyview Acres
Winchester, VA
Frederick County
Greg Mauzy
540-247-8585
skyviewfarming@gmail.com
skyviewfarming.com

A small family farm in the Northern Shenandoah Valley that specializes in pasture-raised meats including: Grassfed and finished beef; wood-raised, non-GMO pork; pasture-raised non-GMO poultry, Cornish hens and seasonal turkey. Free range, non-GMO eggs with limited availability. Products may be purchased in bulk, customized, and are also available through monthly meat CSA with deliveries in Northern Virginia.
**100% GRASSFED**

**Smith Meadows Organic Meats**
568 Smithfield Lane
Berryville VA 22611
Clarke County

Forrest Pritchard
540-955-4389
info@smithmeadows.com
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 grassfed 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, Columbia Pike, Falls Church, Clarke County, Reston, Takoma Park, Dupont Circle (D.C.) and Del Ray (Alexandria) markets.

**Stoneybrook Farm Market**
Hillsboro, VA
Loudoun County

Matt Scott
540-668-9067
info@stoneybrookfarm.org
stoneybrookfarm.org

This market sells their own organic produce, pasture-fed meats, and dairy products as well as local fruits. Many products are organic. Breads, pies, and other treats are made in the bakery.

**100% GRASSFED**

**Sunny Knoll EcoFarm**
Lovettsville, VA
Loudoun County

Sarah Greenleaf
sarah@sunnyknollecofarm.com
sunnyknollecofarm.com

Sunny Knoll EcoFarm raises grassfed heritage breed livestock, including Guernsey cows, Guernsey goats, Icelandic sheep, American Guinea hogs, cotton patch geese, silver Appleyard ducks, Narragansett turkeys, chickens, and livestock guardian dogs. The farm is soy-free and GMO-free. They sell quality breeding stock, artisanal food, and premium fiber.

**The Bright Farm**
794 Spanglers Mill Road
Floyd, VA 24061
Floyd County

Larry and Debbie Bright
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.

**The Chapel Hill Farm**
Clarke County

Joe Henderson
540-955-6367
chapelhill@randalllineback.org
rubyveal.com

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 added 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.
**The Chapman Farm, LLC**  
5474 Woodside Lane  
Bealeton, VA 22712  
Fauquier County  
A cow/calf beef producer also offering hay sales.

**Carla Jean Carmona-Chapman**  
540-439-8766  
thechapmanfarm@gmail.com

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**Tender Grass Farm**  
Rocky Mount, VA  
Franklin County  
100% GRASSFED  

Tender Grass Farm is a small family farm that raises and sells grassfed 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.

**Brian Bowen and David Maren**  
800-929-1785  
info@tendergrassfarm.com  
grassfedbeef.org

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**Touchstone Farm**  
140 Touchstone Lane  
Amissville, VA 20106  
Rappahannock County  
100% GRASSFED  

Touchstone Farm sells all-natural, grassfed lamb. All animals are grassfed 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 D.C. metropolitan area.

**Alan Zuschlag**  
540-973-6124  
alan@touchstonefarm.org  
touchstonefarm.org

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*Photo: The Chapman Farm, LLC*
True Ewe Farm
727 Zachary Taylor Highway
Flint Hill, VA 22627
Rappahannock County
True Ewe Farm is a small, seasonal, grass-based sheep farm producing natural, grassfed lamb and artisan farmstead sheep’s milk cheeses. Sustainable and humane agricultural practices are employed, and animals are not given antibiotics, added growth-promoting hormones or animal by-products. Custom-cut lamb is available in the spring and the fall.

Tucker Family Farms
34 Beard Road
Raphine, VA 24472
Rockbridge County
Located in central Virginia at the foothills of the Blue Ridge Mountains, Tucker Family Farms, a seventh-generation, family-run cattle farm, is pleased to offer Farm to Family beef that is pasture-raised, locally grown, and drug and added hormone free. Tucker Family Farm’s Farm to Family (F2F) beef is produced on the farm with the grass that grows here. They bring to you over 25 years of experience and a commitment to the care of animals and the land on which they are raised.

Valley Roots Farm
7180 Valley Pike
Middletown, VA 22645
Frederick County
Valley Roots Farm is a chemical-free, regenerative farm, focused on living soils and healthy ecosystems. They pride themselves on growing the highest quality produce and raising the happiest chickens, hogs, and cows. Improving the land is always top of mind, as they rotate all animals and produce throughout the year. All livestock is raised on pasture and fed all-natural non-GMO feed. All animals are antibiotic and added hormone free.

Vanguard Ranch Natural Gourmet
3427 Valentine Mill Road
Gordonsville, VA 22942
Orange County
All natural, sustainable, organic, and free-range animals are raised on this farm. Goat meat available.

Verdant Acres Farm
34 Beard Road
Raphine, VA 24472
Rockbridge County
A small, family farm dedicated to raising pastured lamb, chicken and eggs, as well as an organically grown CSA. The passion is to restore the health of community through wholesome and nourishing foods. Let this farm grow your family.
Weathertop Farm
963 Eanes Road NE
Check, VA 24072
Floyd County
Cedric and Sarah Shannon
540-651-2010
info@weathertopfarm.com
weathertopfarm.com

Weathertop Farm practices rotational grazing with all its animals. They offer pasture-raised chickens for meat and eggs, duck, pigs, turkeys, and 100 percent grassfed lamb. No antibiotics or added hormones are used, and all livestock eat from pasture free of pesticides, herbicides, and synthetic fertilizers. All products are available on farm, at local markets and whole/half lamb and pork by pre-order.

100% GRASSFED
Whiffletree Farm
8717 Springs Road
Warrenton, VA 20186
Fauquier County
Jesse Straight
540-229-5192
jessestraight@gmail.com
whiffletreefarmva.com

Started in 2009, Whiffletree Farm raises pastured poultry (chickens, eggs, and turkey), pork, and 100 percent grassfed beef, rotationally grazing all the animals to benefit the soil and pasture. They don’t use added hormones, antibiotics, or any chemicals on the land. They also source other great foods, including sourdough bread, raw honey, sauerkraut, kombucha, and more, from other local farms and businesses. They deliver from D.C. to Charlottesville to 17 (and growing) delivery locations.

Willowsford Farm
23595 Founders Drive
Ashburn, VA 20148
Loudoun County
Ashley Swensen
571-297-6900
farm@willowsfordfarm.com
willowsfordfarm.com

Willowsford Farm is a certified organic vegetable and livestock farm in Loudoun County. The farm is a creative, productive use of the green space within the Willowsford community that honors the area’s agricultural history. The CSA membership and on-site market are open to the public. Through farming, education, and land stewardship, they are building a model for intentional, sustainable, delicious eating. They sell their own pasture-raised pork, chicken, and eggs at the farm stand alongside beef, lamb, and turkey brought in from neighboring farms with equally high standards for pasture management and animal welfare. The on-site market is open May through November. They also offer pastured meats year-round through the CSA program.
Wolf Creek Farm
Madison, VA
Madison County

Wolf Creek Farm is a family-owned and operated farm producing grassfed 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 to 28 days.

Woodtrail Graziers
Round Hill, VA
Loudoun County

Woodtrail Graziers offers 100 percent grassfed beef from its closed herd of Belted Galloway 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, turkeys, and dairy goats. Chemical-free pasture is certified by Naturallygrown.org to be free of artificial fertilizers, pesticides and herbicides.

Yohanan Farm
Purcelville, VA
Loudoun County

Yohanan Farm is a small-scale, family farm in Purcellville. They raise pastured poultry in the most sustainable way. The farm does not use antibiotics, added growth hormones or confinement houses. To protect chickens from predation, they are sheltered by bottomless chicken tractors and moved to fresh pasture each day. The chickens consume the grass they live on, insects, and a custom blend of non-GMO grain and probiotics from a locally-sourced mill. The operators love the flavor, texture, and size of the whole roasters, instilling the confidence to bring them from farm to your table.

Zion Farm
39069 Frye Farm Road
Lovettsville, VA 20180
Loudoun County

Zion Farm is nestled in the Blue Ridge Mountains of Loudoun County in the German settlement of Lovettsville. The farm takes great care to go beyond organic and chooses to take into account design as a method of health for the plants and animals raised. Zion Farm is a family-owned and operated farm. The operators desire to leave the farm better than they found it and aim not only to be sustainable, but to create and regenerate abundance. They specialize in pastured poultry, including Freedom Ranger and Cornish Cross breeds.
Back Creek Bend Farm
6274 Hedgesville Road
Hedgesville, WV 25427

John Gonano
304-867-4368
john@grassfedbeefwv.com

Back Creek Bend Farm, Inc., is a family-owned and operated farm located on the historic Snodgrass Tavern farmstead in Hedgesville. The family has been stewards of this little piece of heaven since 1868. They are dedicated to continuing that tradition, even as farms all around disappear. The mission is to provide the local community with quality foods that are compatible with Our Maker’s Natural Order. To achieve this, they are committed to using humane and sustainable practices.

Cedar Dawn Farm
336 Flat Mountain Road
Alderson, WV 24910

Rachel and Mike Moran
304-772-4071
Mike.Moran@plumcreek.com

cedardawnfarm.wordpress.com

Cedar Dawn is a small family farm focusing on grazing and grassfed meats, including Kiko meat goats, Katahdin sheep, and Scottish Highland and Highland cross cattle. The farm finishes mostly Angus beef calves purchased from other local family farms. Meats are grass (forage) fed only, no grain, and produced without added hormones, regular antibiotic feeding or unnecessary chemicals. They are USDA inspected and certified antibiotic free. The farm feeds a balanced mineral program including natural kelp. Pastures are managed without herbicides or oil-based fertilizer.

Church View Farm
Box 2027
Romney, WV 26757

Steven and Ruth Martin
304-822-3878
churchviewfarmwv@gmail.com

Church View Farm features pasture-raised lamb, chicken and eggs.

Evans Knob Farm
Bruceton Mills, WV
Preston County

Kathy and Reid Evans
304-379-2002
evansknob2000@yahoo.com

evansknofbfarm.com

Evans Knob Farm sells grassfed 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 are Romney wool, yarn, and finished pieces. Certified organic vegetables are marketed at the farm’s CSA and at the Morgantown Farmers’ Market.

Martin’s Meadow Poultry
320 Winebriner Road
Martinsburg, WV 25404

Rufus Martin
301-491-8604

Martin’s Meadow poultry specializes in pastured chicken and holiday turkeys.
Milligan Creek Farms
183 Milligan Creek Lane
Lewisburg, WV 24901
Greenbrier County
Offering grassfed beef by the cut, with grain finishing by request. Always free of added growth hormones, steroids, unnecessary antibiotics and animal by-product feeds. Consumers know what they are getting, and it is local. Call or email for more information.

Parting Ridge Farm
2655 Crab Run Road
Mathias, WV 26812
Hardy County
Parting Ridge Farm provides grassfed Angus beef without the use of routine antibiotics or added growth hormones. Cattle are raised on chemical-free pasture. The farm has been in the family for over 100 years. Grassfed Angus beef provided by the quarter, half, or individual cut. They have provided quality, healthy beef to the tri-state area for over 29 years. As seasoned grassfed farmers, they believe in sustainable agriculture, low-impact farming, stream-side fencing, and rotational grazing. Kent has been keen on every aspect of grassfed farming. They use no added growth hormones and no routine antibiotics. Cattle are raised in lush meadows and extremely remote mountains in peaceful, chemical-free conditions.
<table>
<thead>
<tr>
<th>Farm Name</th>
<th>Contact Person</th>
<th>Phone</th>
<th>Email</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>100% GRASSFED</td>
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<tr>
<td>Possum Tail Farm</td>
<td>Brian and Jennifer Kahly</td>
<td>304-789-5556</td>
<td><a href="mailto:jenniferkahly@gmail.com">jenniferkahly@gmail.com</a></td>
<td>possumtailfarm.com</td>
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<tr>
<td>1771 Oak Grove Road</td>
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<tr>
<td>Terra Alta, WV 26764</td>
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<tr>
<td>Preston County</td>
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<tr>
<td>Certified Naturally Grown livestock on this farm are moved every day onto new pasture. No GMOs, added hormones, dewormers, antibiotics or vaccines are used on the farm. Possum Tail Farm farm is 100 percent powered by solar array.</td>
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<tr>
<td>100% GRASSFED</td>
<td>Suzanne and James Dietz</td>
<td>304-375-4989</td>
<td><a href="mailto:sbdietz@frontier.com">sbdietz@frontier.com</a></td>
<td>ridgeviewfarmbeef.com</td>
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<tr>
<td>Ridge View Farm</td>
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<tr>
<td>1260 Keller Lane</td>
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<td>Williamstown, WV 26187</td>
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<tr>
<td>Wood County</td>
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<tr>
<td>Ridge View Farm sells natural, grassfed 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. All animals are raised from birth on the farm with no added hormones, antibiotics or commercial feed. Animals are finished on grass in an intensive grazing program.</td>
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<tr>
<td>100% GRASSFED</td>
<td>Sunshine and Steve Voritigern</td>
<td>304-789-5887</td>
<td><a href="mailto:roundrightfarm@gmail.com">roundrightfarm@gmail.com</a></td>
<td>roundrightfarm.com</td>
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<tr>
<td>Round Right Farm</td>
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<tr>
<td>145 Dream Field Lane</td>
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<td>Terra Alta, WV 26764</td>
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<tr>
<td>Greenbriar County</td>
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<td>Round Right Farm raises completely grass-finished cows on the farm. The cattle begin life on Sisler Farm, a nearby diversified conventional farm. Since they are purchased as yearlings, they do not qualify as full organic beef. However, the farm ensures no antibiotics or added growth hormones were ever a part of their diet. They were raised on mother’s milk and conventional pasture during their first summer of life. During the winter, they were fed conventional hay and silage. Once the Black Angus and Hereford cattle arrive at the farm in the spring, they eat only organic pasture and organic mineral salt. Throughout the year, they rotate o prime pasture on a schedule that is conducive to great health for the animal, as well as the pasture.</td>
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<tr>
<td>100% GRASSFED</td>
<td>Robert and Jewell Doering</td>
<td>304-647-5482</td>
<td><a href="mailto:info@sarverheritagefarm.com">info@sarverheritagefarm.com</a></td>
<td>sarverheritagefarm.com</td>
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<tr>
<td>Sarver Heritage Farm</td>
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<td>3220 Seneca Trail South</td>
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<td>Ronceverte, WV 24970</td>
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<td>Greenbriar County</td>
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<tr>
<td>Sarver Heritage Farm is a third-generation, 100 percent grassfed beef farm on 250 acres of rolling hills in the Organ Cave area. Beef is USDA inspected, USDA 100 percent grassfed, AGA 100 percent grassfed, and available by the cut at Levels Depot in Hillsboro, at the farm and nationwide through the online store. We offer split sides, half, and whole beef from the farm only; prices based on hanging weight, pre-order/deposit required. Research the farm on such sites as AmericanGrassfed.Org, EatWild.com, ArtisanBeefInstitute.com, Facebook.com and SarverHeritageFarm.com.</td>
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</tbody>
</table>
Shepherd's Whey Creamery
Martinsburg, WV
Berkeley County
Suzanne Behrman
304-283-5203
seedlings@earthlink.net
shepherdswheycreamery.com
A small goat dairy crafting artisan goat cheese. They have goats available to sell in the spring and occasionally at other times of the year for breeding stock and meat.

Southwood Farm Forge
251 Southwood Drive
Kearneysville, WV 25430
Jefferson County
Eric and Catherine Johnson
304-876-7080
swoodfarmforge@outdrs.net
southwoodfarmforge.com
Southwood Farm Forge sells lamb, turkey and eggs. Lamb is pastured/grassfed, and turkeys are net-pen raised with plenty of sunshine and exercise.

Swift Level
Lewisburg, WV
Greenbriar County
Tootie Jones
304-661-6777
swiftlevel@gmail.com
swiftlevelfarm.com
At Swift Level, beef cattle are grassfed and free of antibiotics and hormone implants. Pasture is chemical, pesticide and herbicide-free.

Sycamore Spring Farm
Jefferson County
Peter Vila
304-580-6581
pvila@shepherd.edu
Beef and lamb on this farm are entirely grassfed and pasture raised in a rotational grazing system.
Tudor Hall Farm Market
Jefferson County

Tudor Hall Farm has been a Grantham family farm since 1763. In 1989, Bill and Phyllis Grantham diversified and started Tudor Hall Farm Market. Since then, they have provided the community with seasonal, sustainable produce as well as added hormone- and antibiotic-free beef, pork, and free-range eggs. All animals are treated with respect.

Watermark Farm
19419 South Fork Road
Milam, WV 26838
Hardy County

This farm is in the beautiful mountains of Milam, the perfect combination of fields, forest, and water, which gives the farm its name. The operators are pursuing a dream of farming and living more sustainably, combining love of nature and life to produce quality grassfed farm products and looking forward to growing the farm in the coming years.

Working H Farms
17 Reckarts Mill Road
Terra Alta, WV 26764
Preston County

Working H Farms specializes in naturally raised, grassfed beef, pork, and free-range poultry and eggs. Livestock is raised without antibiotics, added growth hormones or other drugs. Pastures are fertilizer and chemical free, and stock rotates daily to ensure an excellent supply of rich, lush grass for livestock’s enjoyment and health. The resulting meat products are full of flavor and slightly leaner than grain-finished livestock. These natural meat products have no artificial coloring, flavoring, preservatives or other artificial ingredients.
Become a Future Harvest Member!

- 40% discounts on year-round field programming: field days, tours, workshops, and more!
- Steeply discounted admission to our annual conference, 3 full days of hands-on and workshop learning, and networking
- Voting rights at our annual Membership Meeting
- Event volunteer opportunities, for further event discounts
- Joining a community of like-minded farmers, foodpreneurs, and food lovers in the Chesapeake foodshed

| Name: |  |
|——|——|
| Farm/Business/Organization: |  |
| Email: | Website: |
| Phone: | Address: |
| County: | Occupation: |
| Are you a beginning farmer (farming 10 years or less)? | YES | NO |

| Type of farming: |  |
|——|——|
| ☐ Agritourism | ☐ Diversified | ☐ Fruit/Vegetable | ☐ Livestock |
| ☐ Grains | ☐ Poultry | ☐ N/A |
| ☐ Other |  |

**Membership Options**

- ☐ Student (must present student ID): $25/year
- ☐ Individual: $45/year
- ☐ Family (up to 3 family members receive membership benefits): $70/year
- ☐ Non-profit or Farmer-Owned Business (up to 3 employees receive membership benefits): $150/year
- ☐ Business (up to 3 employees receive membership benefits): $500/year
- ☐ Lifetime Individual: $1,500
- ☐ Lifetime Non-Profit or Farmer-Owned Business: $1,500
- ☐ Permanent Business: $5,000

Please mail your completed form and an enclosed check (made payable to “Future Harvest CASA”) to: 1114 Shwan Road, Suite 1, Cockeysville, MD 21030. You can also sign up online at futureharvestcasa.org. Questions? Please email us: futureharvestcasa@gmail.com.
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The Amazing Grazing Directory and the Go Grassfed campaign were made possible by a grant from USDA-AMS and is a joint project of Future Harvest and the Maryland Grazers Network, with involvement from Edible DC, Central Farm Markets and the Maryland Farmers Market Association.

About Future Harvest
Future Harvest's mission is to advance agriculture that sustains farmers, communities, and the environment of the Chesapeake region. We work in MD, VA, WVA, DE and Washington D.C., with special focus on the Bay watershed. Since 1999, Future Harvest, an 800-member organization, has run year-round education programs for farmers and consumers. The Beginner Farmer Training Program (BFTP) aims to replenish our aging farmer population with a workforce trained in sustainability from the get-go, with roughly 80 trainees completing the program every year. The Field School uses farmer-to-farmer knowledge transfer and expert-led presentations to help farmers make fully informed production and marketing decisions for the long-term sustainability of their businesses, natural resources and communities. The Annual Conference, held every January, is the largest sustainable agriculture conference in the lower mid-Atlantic. FH’s Voice 4 Change program works collaboratively with others to advance policies and raise awareness of issues that will help advance our mission. FH also conducts On-Farm Research, a 7-10-year soil benchmarking study to help farmers better understand and share with others how their practices affect soil fertility. Special campaigns include the Go Grassfed multi-media and education campaign to step up supply and demand for pastured meat, dairy and other products; the Million Acre Challenge to advance regenerative agriculture in the region with a multi-year, multi-partner, multi-approach collaborative.

About the Mountains-2-Bay Grazing Network
M2B Grazing Network is a group of farmers and farm conservation professionals providing experienced beef, sheep, or dairy grazers to work as mentors with interested farmers. The Grazers network has a strong focus on both farm economics and water quality, emphasizing that improving soil quality and pastures can help farmers improve their bottom line. The Network assists these farmers with their marketing by connecting them with the growing consumer interest in pasture raised products. Many of these farmers are listed in this directory. Learn more at www.m2balliance.org.

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Photo: Edwin Remsberg Photography