Directory of Local Sources for Grass-fed Meat, Poultry and Dairy Products in DE, MD, VA and WV

Photo by Edwin Remsberg
Grazing brings you amazing food!

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

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

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

Cover inset photos, left to right: Patuxent Harvest Farm, Photo taken by Jimmy DeToto, One Per Marketing Group; Sarver Heritage Farm, Photo taken by Robert Doering; Sarver Heritage Farm, Photo taken by Robert Doering; Bean Hollow Grassfed, Photo taken by Mike Sands
Here are some great reasons to consider making local, grassfed products part of your diet.

1. Safe and Nutritious Food

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

- Less fat
- Fewer calories
- More omega-3 fatty acids
- More conjugated 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 accrue when animals are raised without growth hormones, antibiotics, or pesticides. For more information on the health benefits of grassfed products, see eatwild.com.

DISCLAIMER: Information included in this directory is based on statements made directly by the producer. Future Harvest CASA has not independently verified these statements, nor does it endorse or guarantee listed products.
2. Support for Local Farms and Farmers

Your food purchases can have a big impact on the landscape around you. The number of small, family-run farms, a cherished part of our landscape in the Chesapeake Bay region, has seriously declined over the past three decades. The good news: Recently, we have seen a comeback in some communities. Since the first printing of Amazing Grazing in 2005, the number of farms listed has more than tripled!

This is due to you, the consumer. Not only does your purchase from a local farm help preserve agriculture in our region, it connects you to your neighbors who grow food, and builds the economy that supports us all.

Animals raised in a conventional system eat grain that is often grown with fertilizers, herbicides, and pesticides. Conventionally tilled cropland is also susceptible to soil erosion and nutrient and chemical runoff. In addition, raising grain for feed often requires a significant fossil fuel investment to produce and transport the grain. In contrast, raising animals on grass substantially reduces or eliminates the reliance on these row crops.

Grass-based systems maintain cover on land, reducing or eliminating erosion and runoff. Additionally, the grazers in this directory rarely use herbicides, insecticides, or chemical fertilizers.

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Luckily for consumers in the Chesapeake region, hundreds of grazers in DE, MD, VA, and WV offer pastured products directly to the public. We hope you enjoy them and the satisfaction that comes from supporting local, family-run grass-based farms. Bon appetit!
Rotational Grazing, Soil Health, and Water Quality

Rotational grazing is a farming method where grass eating animals are moved to new pastures every 1-2 days to allow grazed fields to “rest” for up to 30 days. This improves soil health by building the organic matter in pastures. It also helps maintain permanent, diverse vegetative cover, which reduces soil erosion and acts as a temperature buffer, shading the soil during extreme heat and providing a blanket during extreme cold.

This buffering effect is important because moderate soil temperatures provide better habitat for microorganisms, which break down plant material providing additional organic matter. A teaspoon of soil holds more individual organisms than there are people on Earth! Increased organic matter combined with tunnels created by earthworms and other organisms enables water to infiltrate. Biological activity also provides microbial “glues” that hold the soil together.

Consider a corn field with 1-2% organic matter compared to the 5% often seen in permanent pastures: Every 1% increase can absorb an additional 32,000 gallons of water per acre. This helps the Chesapeake Bay by reducing water and nutrient runoff from fields. It also improves farm profitability by making these soils more drought tolerant and much higher in nutrients, and thus able to produce more pasture forage for grazing animals.

In this directory, look for this symbol indictating those farms that report they raise beef, lamb, goat, or bison on 100% grass after weaning from mother’s milk.
100% GRASS
C & J Farms, Inc.
Jody & Carlton Jones
3174 Woodland Ferry Road
Seaford, DE 19973
Sussex
Jody & Carlton Jones 302-629-8194 jojo17117@aol.com
C&J Farms is a family farm that raises Black Angus cattle that are grass-fed and finished. Cattle are never fed grain or given growth hormones, antibiotics, or implants. Pastures are free of chemical fertilizers, pesticides and herbicides. All beef is aged, vacuum packed and frozen and is offered by the sample pack (30 lbs.), the 1/4, and by the 1/2.

100% GRASS
Grass Works Meat Farm
David & Andy Jones
3006 Woodland Ferry Road
Seaford, DE 19973
Sussex
grassworksmeatfarm.com 302-858-1439 grassworksmeatfarm@gmail.com
Grass Works Meat Farm specializes in pastured heritage pork, broilers, goat meat, and eggs.

Tappahanna Creek Farms
Josh & Toni Thompson
19098 County Seat Highway
Georgetown, DE 19947
Sussex
Tappahanna Creek Farms specializes in pastured heritage pork, broilers, goat meat, and eggs.

100% GRASS
En-Tice-Ment Farm Raised Meats
Deana Tice
231 Polling House Road
Harwood, MD 20776
Anne Arundel
tenicementfarmraisedmeats.com 443-336-8492 enticementstables@msn.com
En-Tice-Ment Raised Meats is not an organic operation but it is all done naturally. The beef and sheep are pasture-raised. The pigs love their spacious pen with lots of mud and the 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, hormones, and other additives that are unnatural. We offer farm raised meats in both small and large quantities.

100% GRASS
Maryland Sunrise Grassfed Beef
Matt & Megan Fry
100 Dairy Lane
Gambrills, MD 21054
Anne Arundel
mdsunrisefarm.com 443-243-5163 mdsunrisebeef@gmail.com
Building upon a rich agricultural tradition, MD Sunrise Farm offers a green agricultural oasis to its suburban neighbors. Beef from our own Black Angus cattle raised on our Gambrills farm is available. 100% grass-fed Black Angus beef is available to purchase on the whole, half or quarter. All orders custom cut and vacuum packaged at USDA certified facility, dry aged 7-14 days, frozen. Orders taken year round.
Van Alstine Seafood & Farm
John Van Alstine  
P.O. Box 465  
Shady Side, MD 20764  
Anne Arundel  
443-223-3433  
johnvanalstineseafood@gmail.com
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.

Albright Farms
Tom Albright  
15630 Old York Road  
Monkton, MD 21111  
Albright Farms has its own breeding herd of Angus cattle that are grass-raised and grain-finished. No byproducts, hormones, or antibiotics are used. Although the farm is not organic, we have always followed practices considered to be sustainable. Chickens are pastured and moved to new grass daily. Frozen chicken is available for sale nearly year-round. Fresh turkeys are available by order for Thanksgiving.

Ferguson Family Farm
Lynne Ferguson  
3443 Beckeleysville Road  
Parkton, MD 21120  
Ferguson Family Farm is a family farm with an emphasis on producing delicious, highly nutritious foods. All animals are free range and receive no growth hormones, antibiotics, or appetite stimulants. Products include free-range Heritage Berkshire pork, 100% grass-fed (corn-free) Angus Beef, fresh brown eggs, pastured roaster chickens, turkeys and Muscovy ducks. Order early for holiday turkey or duck to assure availability.

Gunpowder Bison & Trading Co.
Trey Lewis  
1270 Monkton Road  
Monkton, MD 21111  
GBT bison meat is raised naturally on the farm. No hormones or feed additives are used and all processing is done under USDA inspection. Bison meat is dry-aged for a premium product.

Liberty Delight Farms
Shane Hughes  
1633 Oakland Road  
Reisterstown, MD 21136  
We are an all-natural meat producer that provides the freshest beef, pork, chicken, rabbit, eggs and more. Our livestock is pasture grazed and raised naturally without the use of antibiotics, growth hormones or growth stimulants. Purchases can be made via our farmer’s market page or online. We offer the options of pick up at our farm or home delivery on larger orders.
Springfield Farm
Lilly & David Smith, Valerie & Doug Lafferty, Catherine Webb
16701 Yeoho Road
Sparks, MD 21152
Springfield Farm is a diversified pasture-based free-range livestock and produce farm. We offer natural (no antibiotics, no chemicals, no growth stimulants) eggs, chicken, turkey, duck, goose, grass-fed and grass-based beef, pork, grass-fed lamb, rabbit, vegetables, glass bottled grass-fed dairy and ice cream. We offer restaurant deliveries and a family friendly farm you can walk at your leisure (after a safety orientation) to observe operations and make purchases Friday, Saturday and Sunday 10 AM - 5:30 PM.

Monnett Farms
Benson & Jamie Tiralla
136 West Dares Beach Road, Suite 101
Prince Frederick, MD 20678
Monnett Farms is a diversified livestock farm producing grass-fed and pasture-raised meats. The farm is owned by Benson and Jamie Tiralla. We sell grass-fed beef, lamb, and goat, as well as pasture-raised pork and eggs.

Windy Willow Farm
Debbie & Dale Jones
421 Clyde Jones Road
Sunderland MD 20689
Windy Willow Farm sells free-range, grass-fed beef and lamb, cage-free eggs, and pork. No artificial hormones, steroids, additives or feedlots are used. All meat is USDA inspected and vacuum sealed without preservatives or dyes.

A Note to Chefs & Caterers
Many producers are pleased to accommodate the special needs of chefs, restaurants and caterers. Feel free to contact them directly. If you can’t find a producer that can meet your needs, please contact Future Harvest CASA at futureharvestcasa@gmail.com.
Nice Farms Creamery
Robert Miller
25786 Auction Road
Federalsburg, MD 21632
We are an intensively pastured dairy with 120 acres of permanent pasture on our 201-acre farm. We have an on-farm creamery that produces creamline dairy products.

Chestnut Creek Farm
Jan & Jeff White
3610 Baker Road
Westminster, MD 21157
Pasture-raised Katahdin and Dorper lamb, Black Angus beef, Heritage pigs including Gloucester-shire Old Spots and Berkshire turkeys for Thanksgiving.

Evermore Farm
John & Ginger Myers
150 Rockland Road
Westminster, MD 21158
Grass-based, family farm that raises animals in pasture without the use of growth hormones or antibiotics. We are USDA inspected, meat frozen and vacuum packaged. Available year round at farm and through CSA Protein shares. Seasonal Farmers Markets.

Gravel Springs Farms
Paul Sorenson
3401 Lowman Lane
Union Bridge, MD 21791
Certified organic and sustainable.

Green Akeys Family Farm
Michael Akey
2301 Cross Section Road
Westminster, MD 21158
Green Akeys is a small, diversified family farm that raises grass-fed beef, grass-fed lamb, and pastured poultry. We offer a vegetable CSA, a meat CSA, and we have farm fresh eggs. We belong to Slow Food USA, the American Pastured Poultry Producers Association (Mike is a board member), Belted Galloway Society, Katahdin Hair Sheep International, PASA, Future Harvest CASA, and the American Grassfed Association.
**Lovell Cattle Company**  
Jack Lovell  
232 South Springdale Road  
New Windsor, MD 21771  

Lovell Cattle Company sells 100% grass-fed beef in wholes and halves. Animals are born and raised on a family farm. They are given free range on pastures certified organic by the state of Maryland and are fed certified organic minerals. No growth hormones are used. Product can be picked up frozen from the processors in either Mount Airy, Maryland or Mount Joy, Pennsylvania.

**Schuler Real Properties**  
Dr. Ronald D. Schuler DVM  
3140 Halter Road  
Westminster, MD 21158  

Grass-fed beef.

**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.

**Wagon Wheel Ranch**  
Brian Schiner  
661 W. Watersville Road  
Mt. Airy, MD 21771  

Grass-based farm that raises animals in pasture without the use of growth hormones or antibiotics. Products include grass-fed beef, lamb, goat, free-range pork, chicken and eggs. Products are sold at Whole Foods, Mom’s, and the Common Market.
### 100% GRASS

#### Bohemia Lea Farm
Cal Hurtt  
P.O. Box 220  
Warwick, MD 21912  
 bohemialea.com  
410-275-2715  
cal@bohemialea.com

At Bohemia Lea Farm, our animals are happy and healthy because they are raised ethically and naturally, like they were meant to live. To raise the healthiest animals possible, using our land responsibly, we commit to the following practices: we never use antibiotics or growth hormones and we feed our animals locally sourced feed and they forage on pasture and woods.

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

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

#### Flying Plow Farm
Sarah Rider & Tom Paduano  
96 C. Johnson Farm Lane  
Rising Sun, MD 21911  
 flyingplowfarm.com  
443-686-9786  
flyingplowfarm@gmail.com

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

#### Locust Point Farm
Janet Sensenig  
430 Locust Point Road  
Elkton, MD 21921  
 rentals@locustpointequipment.com

Our angus beef is 100% grass-fed and antibiotic-free.

#### Rumbleway Farm
Mark & Robin Way  
592 McCauley Rd.  
Conowingo, MD 21918  
 rumblewayfarm.com  
410-658-9731  
RumblewayFarm@hotmail.com

Rumbleway Farm sells chicken, turkey, rabbit, beef, pork and goats. Beef and pork is available all year round in individual cuts as well as bulk. Chickens are processed fresh on the farm from April to October, with turkeys ready for Thanksgiving. Animals are vaccine-free and raised naturally on certified-organic pasture with no added hormones or synthetic vitamins.
<table>
<thead>
<tr>
<th>Farm Name</th>
<th>Contact Person</th>
<th>Address 1</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oak Grove Farm</td>
<td>Courtney Davis</td>
<td>3875 Oak Grove Place, Nanjemoy, MD 20662</td>
<td>301-246-4126</td>
<td><a href="mailto:oakgrovefarmmd@gmail.com">oakgrovefarmmd@gmail.com</a></td>
</tr>
<tr>
<td>Zekiah Farms, LLC</td>
<td>Charles</td>
<td>P.O. Box 784, Bryntown, MD 20617</td>
<td>240-216-4065</td>
<td>zekiahfarms.com</td>
</tr>
<tr>
<td>Pop's Old Place</td>
<td>Darlene Goehringer</td>
<td>4657 Skinners Run Road, Hurlock, MD 21643</td>
<td>410-924-1646</td>
<td><a href="mailto:popsoldplace@gmail.com">popsoldplace@gmail.com</a></td>
</tr>
<tr>
<td>S.B. Farms, Inc.</td>
<td>Bill &amp; Shirley Edwards</td>
<td>7010 Hynson Road, Hurlock, MD 21643</td>
<td>410-754-5821</td>
<td>sbfarmsinc.com</td>
</tr>
<tr>
<td>Country Pleasures Farm</td>
<td>Eric &amp; Lori Rice</td>
<td>6219 Harley Road, Middletown, MD 21769</td>
<td>301-371-4814</td>
<td><a href="mailto:countrypleasuresfarm@gmail.com">countrypleasuresfarm@gmail.com</a></td>
</tr>
</tbody>
</table>

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

Zekiah Farms, LLC raises livestock because of our two sons. We wanted to rear our children on a farm, pass on our love for the land, teach them a strong work ethic, and provide quality and healthy food. Our boys joined 4H, started raising livestock projects; those projects have expanded into Zekiah Farms meats. Remember, we won’t feed your family anything we won’t feed ours.

Pop’s Old Place raises rare breed livestock and poultry. We have chosen the breeds we raise with much consideration on flavor and the hardiness of the animal to survive on pasture. We are proud to offer a quality of healthy farm fresh meats that is far superior to anything you can purchase at a supermarket. Please call before coming to the farm.

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

Country Pleasures Farm sells certified organic, grass-fed Angus beef. The USDA-inspected, frozen beef is available by the cut, by the box or by the quarter. Products are available on the farm or (for an extra cost) can be shipped.
Full Cellar Farm
Kip Kelley
3901 Lander Road
Jefferson, MD 21755

Full Cellar Farm grows fresh vegetables, herbs, cut flowers and pastured poultry, pork and eggs. Though not certified organic, we aim to grow the prettiest and tastiest food for our local community in a way that leaves the farm healthy and productive for future generations. You can find us at area farmers markets, CSAs and local food hubs.

Grazy Days Family Farm
Leah Mack
Libertytown, MD

We offer soy-free eggs (also corn-free eggs) from heritage hens ranging unhampered across acres of meadows and forest. We feed sprouted, local, certified organic feed as well as Fertrell’s cold-processed fishmeal for extra protein to the layers. We never use pesticides, herbicides, antibiotics, or other toxic chemicals. We carefully avoid GMOs. We also offer soy-free, pastured, heritage pork for pre-order. 100% grass-fed gourmet beef available summer of 2015 from heritage Rotokawa Red Devon and Irish Dexter steers.

Groff’s Content Farm
Julie & Bob Bolton
14930 Bollinger Road
Rocky Ridge, MD 21778

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, MD. The animals are raised without added hormones or antibiotics on certified organic pasture.

Hedgeapple Farm
Dr. Scott M. Barao, Executive Director
Ryan Bapst, Farm Manager
3760 Buckeystown Pike
Buckeystown, MD 21717

Hedgeapple Farm is a non-profit beef cattle operation that conducts applied agricultural and marketing research for the benefit of beef producers in the region. Natural, grass-fed Black Angus beef is sold in whole and half, and in 50 pound boxes. Market hours: Thursday 12-5, Friday 12-6, and Saturday 10-4.
Holterholm Farms
Ron, Kathy & Adam Holter
5619A Holter Road
Jefferson, MD 21755
Holterholm Farms is a small certified organic family farm. Cattle are rotationally grazed on diverse pastures containing in excess of 30 different species of grasses, legumes and forbes. Cattle never receive grain. Beef is available in the late fall by the whole, half or split half (1/4). Laying hens rotate on the same pastures as the cows and eggs are available at the farm. Pasture finished lamb available.

Miolea Organic Farm
Carolyn Biggins
5301 Doubs Road
Adamstown, MD 21710

Nick’s Organic Farm
Nick Maravell
2733 Buckeystown Pike
Adamstown, MD 21710
Nick’s Organic Farm raises tender delicious Black Angus grass-fed beef, pastured chicken and turkey, and free-range eggs. Beef, poultry, and eggs are Certified Organic. Dry aged, USDA inspected, frozen beef is available in wholes, halves, quarters, eighths, and cuts. Also available are beef sausages, jerky and ground beef, in addition to organic poultry feed, hay, straw, grains, and cover crop seeds.

Open Book Farm
Mary Kathryn & Andrew Barnet
6600 Roy Shafer Road
Middletown, MD 21769
We manage our animals with three goals in mind: happy animals, healthy land, and healthful food. Continual rotation onto fresh, green pasture helps us work toward all three.

Persistence Run Farm
Bill & May-Lin Adams
10171 Masser Road
Frederick, MD 21702
Our mission is to establish a community-based farm where Mother Nature and environmentally sound agricultural practices meet. We breed and raise registered Belted Galloway beef cattle as well as Berkshire pigs through the summer months. Our all natural grass-fed beef and pastured non-GMO pork are available by the cut in our on-farm market. We also have non-GMO, cage free eggs available.
Pipedream Farm
Mark & Renee Billadeau
3875 Oak Grove Place
Middletown, MD 21769
pipedream_farm@yahoo.com

Pipedream Farm sells pasture-raised Katahdin lamb. We take reservations for freezer lamb (whole or half) between July and August. Lamb is custom processed at a local USDA inspected butcher for customer pick up between October and December.

Rights of Man Farm
Carol Myers
9120 Ball Road
Ijamsville, MD 21754
info@rightsofmanfarm.com

We raise beef cattle, goats, pigs and chickens and grow organic vegetables. Our beef cattle are grass-fed and finished and along with our goats are raised on organic grasses and hay. We sell frozen beef, pork, chicken and goat, organic brown eggs and veggies from our farm store and at local farmers’ markets. The farm store is open Saturdays from 9-6 and Wednesdays from 4-7.

Select State & National Farm & Farmers Market Listings
marylandsbest.net
wvfarm2u.org
somarylandsogood.com
futureharvestcasa.org
buylocalvirginia.org
localharvest.org
virginiagrown.com
eatwild.com
wvfarmers.org
Photo: Evensong Farm

Ruth Ann’s Garden Style Beef
Steve & Ruth Ann Derrenbacher
11051 Renner Road
Woodsboro, MD 21798
gardenstylebeef@msn.com

We sell Angus grass-fed beef. Beef is available in whole, half and quarter bulk packages as well as by the cut. All bulk beef is picked up -- frozen and cryo-packed in see-through packaging -- from the processor in Mt. Airy in June and December by order only. Individual cuts and ground beef may be available for pick up at the farm throughout the year based on availability. The animals are grass-fed and finished with no added hormones or antibiotics.
## 100% GRASS

<table>
<thead>
<tr>
<th>Farm Name</th>
<th>Owners</th>
<th>Location</th>
<th>Contact Details</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Pastures Farm</td>
<td>Tom Garnett &amp; Brooke Henley</td>
<td>Middletown, MD</td>
<td>6801 Mountain Church Road, 202-213-4927, <a href="mailto:springpasturesfarm@gmail.com">springpasturesfarm@gmail.com</a></td>
<td>We produce grass-fed and grass-finished beef while restoring farmland through rotational grazing, sequestering more carbon than we remove from our farm. We sell frozen beef by the side or by the individual cuts.</td>
</tr>
<tr>
<td>Summer Creek Farm</td>
<td>Rick Hood</td>
<td>Thurmont, MD</td>
<td>15209 Mud College Road, 301-271-9399, <a href="mailto:farmer@summercreekfarm.com">farmer@summercreekfarm.com</a></td>
<td>Summer Creek Farm features grass-fed certified organic chickens selling eggs only, no meat. Summer Creek Farm also sells certified organic vegetables.</td>
</tr>
<tr>
<td>Whitmore Farm</td>
<td>Will Morrow</td>
<td>Emmitsburg, MD</td>
<td>10720 Dern Road, 202-270-4137, <a href="mailto:info@whitmorefarm.com">info@whitmorefarm.com</a></td>
<td>Whitmore Farm is a grass-based farm specializing in lamb, chicken, pork, eggs, and seasonal vegetables.</td>
</tr>
<tr>
<td>ZigBone Farm Retreat</td>
<td>Marijke Torfs</td>
<td>Sabillasville, MD</td>
<td>6612 Harbaugh Road, facebook.com/ZigboneFarmRetreat, <a href="mailto:zigbonefarmretreat@gmail.com">zigbonefarmretreat@gmail.com</a></td>
<td>Zigbone Farm Retreat is a 100-acre farm in Maryland’s Catoctin Mountains. In addition to selling cuts of lamb and goat when available, we rent our naturally built retreat center for events and workshops.</td>
</tr>
<tr>
<td>Backbone Food Farm</td>
<td>Max &amp; Katharine Dubansky</td>
<td>Oakland, MD</td>
<td>530 Lynndale Road, 301-334-5633, <a href="mailto:kdubansky@iceweb.net">kdubansky@iceweb.net</a></td>
<td>Backbone Food Farm produces and sells organic chicken and eggs. The animals are raised without added hormones or antibiotics.</td>
</tr>
<tr>
<td>Blackberry Ridge Farm</td>
<td>Bob &amp; Sharon Kazary</td>
<td>Grantsville, MD</td>
<td>13556 Westernport Road, 301-895-5604</td>
<td>Grass-fed beef, lamb, pastured chicken, turkey and eggs, raised without added hormones or antibiotics on chemical-free pastures. Please call ahead to pre-order. Beef and lamb are butchered at a USDA facility, frozen and cryo packed. Products are available at the farm or from the processor. Deliveries within Allegany and Garrett Counties can be arranged.</td>
</tr>
</tbody>
</table>
Deer Creek Beef
Nancy Ann Sayre
424 N. Main Street
Bel Air, MD 21014
Deer Creek Beef is proudly produced and sold by a partnership of third- and fourth-generation farmers deeply committed to conservation and sustainable agriculture. Angus beef is rotationally grazed and finished on locally-grown corn, and processed in two small family-owned (federally inspected) plants. No added hormones or antibiotics are used. Products include frozen beef, beef jerky, and heat-and-serve barbecue.

Grand View Farm
Nick Bailey
1939 High Point Road
Forest Hill, MD 21050
Grand View Farm is a multispeciated, pasture-based farm. Our grass-fed only cattle are rotated around the pastures followed by our egg layer chickens in a symbiotic, soil-building relationship that mimics nature. The pigs inhabit the wooded areas and pastures of the farm and are also rotated. Broiler chickens are in floor-less “chicken tractors” that are moved daily to a fresh patch of grass.

Cashmere Rose Farm
Chase Ridgely & Barb Haigwood
P.O. Box 263
Glenelg, MD 21737
We are a holistically managed, biodynamic farm (USDA Certified Organic). Grass-finished beef, rotationally grazed. Also offering pork and poultry (free-ranged and pasture-raised). The Finksburg Farm is also home to the Savory Institute of the Chesapeake Hub.

Clark’s Farm
Martha Clark
10500 Clarksville Pike
Ellicott City, MD 21042
We sell grass-fed and finished beef. Our cattle enjoy pasture and hay throughout the year and are raised without synthetic hormones, steroids, unnecessary antibiotics or animal byproducts. The beef may be purchased at the Clark’s Elioak Farm store at 10500 Clarksville Pike whenever the petting farm is open (April 1 to early November, Tuesdays through Sundays, 10am-5pm). It is available by calling 410-730-4049 other times.
Heritage Hill Farm
Keith Ohlinger  
2790 Florence Road
Woodbine, MD 21797
Heritage Hill Farm raises heritage breed livestock in a pasture-based system.

Crow Farm
Judy Crow  
12441 Vansant Corner Road
Kennedyville, MD 21645
Antibiotic and hormone free grass-fed beef. Rotationally grazed.

Springfield Lamb
Bill & Cindy Bankhead  
21500 Reeses Corner Road
Rock Hall, MD 21661
Our farm has prize-winning flocks of 150 Romney ewes and 125 Lincoln ewes on the beautiful Eastern Shore of Maryland. We sell our pasture-raised, grain-finished lamb products by the cut. Lamb may be purchased at farmers’ markets in Baltimore, MD, Chestertown, MD, and Lewes, DE. Call for details.

St. Brigid’s Farm
Robert Fry & Judy Gifford  
12247 Locust Grove Road
Kennedyville, MD 21645
Milk from outstanding registered Jersey cows is marketed through cooperative Land O’ Lakes. Grass-fed Jersey beef and veal is sold directly to individuals and restaurants. Local residents are able to purchase steaks, roasts, burgers or chips directly from the farm. Ask about our monthly subscription series.
100% GRASS

Fox Hollow Farm
Stephanie Rohrer-Scuderi
21804 Woodfield Road (Rt. 124)
Gaithersburg, MD 20882
Our farm has been family-owned since 1985 and has never used any chemicals or 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.

Jehovah-Jireh Farm
Myron & Cathy Horst
7033 Ed Sears Road
Dickerson, MD 20842
Jehovah-Jireh Farm sells chicken, turkey, eggs and lamb. The poultry is fed certified organic feed and are let out on pasture where they get grass, fresh air, and exercise. The lamb is 100% grass-fed and is sold by the individual cut on the farm. Eggs are sold in a number of health food stores in the D.C. metropolitan area. Check website for locations.

Nick’s Organic Farm
Nick Maravell
8565 Horseshoe Lane
Potomac, MD 20854
Nick’s Organic Farm raises tender delicious Black Angus grass-fed beef, pastured chicken and turkey, and free-range eggs. Beef, poultry, and eggs are Certified Organic. Dry aged, USDA inspected, frozen beef is available in wholes, halves, quarters, eighths, and cuts. Also available are beef sausages, jerky and ground beef, in addition to organic poultry feed, hay, straw, grains, and cover crop seeds.

Rocklands Farm
Greg Glenn
14531 Montevideo Road
Poolesville, MD 20837
Beef, pork, lamb, chicken & eggs are available at our on-farm market & winery. Our meats & eggs are Pasture-Based, Grass-Fed & Grass-Finished, Free-Range, Humanely-Raised, Non-GMO, Organic (non-certified) & Nutrient-Dense. We raise our livestock through holistic-high-density-multi-species-rotational-grazing.
Shepherd’s Hey Farm
Langstaff Family
24020 Old Hundred Road
Dickerson, MD 20842
Shepherd’s Hey Farm
Montgomery
301-908-9332
shepersdsheyfarm@gmail.com
We work 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). Lambs are processed (slaughter-custom butcher-vacuum seal-freeze) at a local USDA inspected facility.

Woodbourne Creamery at Rock Hill Orchard
John & Mary Fendrick
28600 Ridge Road
Mt. Airy, MD 21771
Woodbourne Creamery at Rock Hill Orchard
Montgomery
rockhillorchard.com
240-207-3732
info@rockhillorchard.com
Woodbourne Creamery at Rock Hill Orchard milks a small herd of registered Guernsey cattle using a DeLaval Voluntary Milking System. Our Guernseys are rotationally grazed on 60 acres of pasture that has not been treated with pesticides or fertilizers for more than 5 years. This grass makes up the vast majority of their food. Their milk is a beautiful golden color from all the extra beta-carotene that Guernseys put into their milk. We pasteurize our Golden Guernsey milk using a low temperature/long time vat. We do not homogenize it, so the butterfat in the milk remains intact. Our chocolate milk is made with pure cane sugar and cocoa and other all-natural ingredients. Our products are sold in our year-round on-farm market as well as at several farmers markets. We are in the process of having our ice cream and farmstead cheese approved for sale by the DHMH. Look for it in our store soon!

Bald Eagle Farm
Yates Clagett
17011 River Airport Road
Brandywine, MD 20613
Bald Eagle Farm
Prince George’s
240-417-1523
yates.clagett@md.nacdnet.net
Black Angus beef on 100% grass. Meat is dry-aged 2 weeks and sold in quarters.

Cabin Creek Heritage Farm
18235 Clagett Landing Road
Upper Marlboro, MD 20774
Cabin Creek Heritage Farm
Prince George’s
cabincreekheritagefarm.com
301-430-0170
info@cabincreekheritagefarm.com
Cabin Creek Heritage Farm is a sustainable, pasture-based family farm. We raise our animals in their natural environment, without the use of hormones, antibiotics, or pesticides.

Clagett Farm
Michael Heller
11904 Old Marlboro Pike
Upper Marlboro, MD 20772
Clagett Farm
Prince George’s
clagettfarm.org
301-627-4662
clagettfarm@cbf.org
Clagett Farm offers grass-fed Red Angus beef sold in lateral quarters, vacuum-packed for spring and fall sales only (for tenderness).
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 grass-fed or vice-versa! Determine what’s important to you and talk to producers about their farming methods to decide what best meets your needs.

Good Fortune Farm
Michael Klein
18001 Horsehead Road
Brandywine, MD 20613

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.

Hard Bargain Farm
Eileen Watts & Justin Beavan
2001 Bryan Point Road
Accokeek, MD 20607

Hard Bargain Farm is an environmental education facility and a working farm situated on 330 acres along the Potomac River opposite George Washington’s Mount Vernon estate. We sell 100% grass-fed beef, pastured broilers, and pastured eggs. Grass-fed beef from Hard Bargain Farm is available year round on a “first come, first served” basis. We sell free-range chicken broilers and cage-free, farm-fresh eggs, brown and blue-green, by the dozen.

Longview Farm
Penelope Breese & Steven McIlvane
1511 Bryan Point Road
Accokeek, MD 20607

We raise Berkshire pigs, grass-fed cattle, eggs, heirloom tomatoes and salad greens. Our Angus cows are born, bred, and naturally raised on our rotationally grazed pastures, followed by our hens. Our Berkshires are rotated in woodlands. Our chickens and pigs eat non-GMO feed. No antibiotics, hormones, growth supplements, no animal by-products, chemicals, or pesticides are used. Member of Slow Food DC & Southern Maryland Meats.

P.A. Bowen Farmstead
Brian Wort, Farm Manager/
Amy McCurdy, Sales Manager
15701 Dr. Bowen Road
Brandywine, MD 20613

We are an integrated, multi-species, pasture-based farm. Our animals work symbiotically to heal and build our soil, and to produce high-quality foods that heal and nourish our bodies.
**Cedar Run Cattle**  
Lew Dodd  
320 John Powell Road  
Sudlersville, MD 21668  
Queen Anne’s  
cedarruncattle.com  
410-556-6728  
sales@cedarruncattle.com

We raise our beef cattle and sell USDA inspected, naturally fed, dry aged beef to retail customers, neighbors and friends. Our beees are raised and finished on native pasture (grass-fed & finished). We do not use growth hormones, growth stimulants, artificial or antibiotic feed additives. We also raise hogs, meat chickens and egg layers, and turkeys. All of our poultry is free range.

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

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

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

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

**Glen Mary Grassfed**  
J.D. Schmidt  
46788 Glen Mary Farm Lane  
Park Hall, MD 20667  
St. Mary’s  
glenmarygrassfed.com  
240-298-4120  
jd@glenmarygrassfed.com

We practice holistic grazing in the style of pioneers such as Allan Savory and Ian Mitchell-Innes. Our animals have year-round access to an array of free choice minerals, and while we are working towards grazing year-round, their diets are occasionally supplemented with hay silage over the winter months. We do not use antibiotics or growth hormones.

**Chapel’s Country Creamery**  
Holly Foster  
10380 Chapel Road  
Park Hall, MD 20667  
Talbot  
chapelscreamery.com  
410-822-3761  
info@chapelcreamery.com

We are Maryland’s first producers of Raw Milk Cheese. Chapel cheese and yogurts start with fresh raw milk produced on our family’s Grade A dairy farm in Maryland. Our dairy herd of 40+ Jersey Cows graze on clover and ryegrass, producing our high quality milk, rich in cream. The milk is all natural and contains no synthetic hormones, antibiotics, or chemical compounds. We turn our milk into handcrafted cheeses and yogurts.
Stillwater Farm
Herb Gronin
Oxford, MD 21654
herbgronin@gmail.com

At Stillwater Farm, we naturally graze our Katahdin hair sheep without the use of injections and antibiotics and rotationally graze them on our 44 acres of lush green pasture. It is a peaceful place with four ponds and it has many trees for shade so the sheep and lambs can get out of the hot afternoon sun.

Cool Brook Farm
Sheldon Shank
20026 Lehman's Mill Road
Hagerstown, MD 21742
sheldonshank@juno.com

We offer brown eggs from pastured hens as well as pastured chicken.

Corner Oaks Farm
Mike Drake
17112 Powell Road
Sharpsburg, MD 21782
mikedrake12@gmail.com

Selling Thanksgiving and Christmas turkeys.
Evensong Farm
Julie Stinar
18502 Burnside Bridge Road
Sharpsburg, MD 21782
We raise heritage breed animals on pasture and in the woods. Primarily Red Devon Cattle, Old Spot and Large Black hogs, Freedom Ranger poultry, and a mixed flock of laying hens.

Green Acres Farmstead
Curvin & Glennis Eby
19534 Reidtown Road
Hagerstown, MD 21742
Green Acres Farmstead offers beef raised naturally. Calves nurse their mothers until weaned, and then are fed all the high quality pasture they can eat along with pure water, fresh air, and warm sunshine. No growth hormones or antibiotics.
Healthy Springs Eco-Foods
Gilson Eby  
8673 Jordan Road  
Fairplay, MD 21733  
Washington  
301-582-6180
We sell chicken, turkey, and eggs. Poultry is available fresh or frozen May through November. Products are available on the farm. Poultry is raised on chemical-free pasture without added antibiotics or hormones. Grass-fed beef and pork is sold by volume and by the cut. Meat is vacuum-packed and frozen. Raw milk is also available through herd-shares from pastured dairy cows.

Many Rocks Farm
Jeanne Dietz-Band  
5127 Mount Briar Road  
Keedysville, MD 21756  
Washington  
301-432-7296
Selling goat meat, Mulefoot pork, heritage ducks, chicken, and eggs.

Martin’s Meadow Poultry
Rufus Martin  
18220 Mansfield Road  
Keedysville, MD 21756  
Washington  
301-491-8604
Martin’s Meadow poultry specializes in pastured chicken and holiday turkeys.

Mountain Valley Acres
Darel & Melisa Myers  
2216 Rohrersville Road  
Knoxville, MD 21758  
Washington  
301-432-5841
dmmyers.4@juno.com
Mountain Valley Acres offers Cornish Cross broilers that are pastured in a portable shelter that is moved every day for fresh grazing. The chickens are processed as whole birds, cleaned and bagged, ready to be picked up same day fresh, or next day fresh frozen for your convenience.

Peace Hollow Farm
Myron & Janet Martin  
Knoxville, MD  
Washington  
301-432-2974
myjan9@juno.com
Mouth-watering 100% grass-fed beef, dry-aged for 2 weeks. Sold by the cut, by quarters, or on the hoof.
<table>
<thead>
<tr>
<th>Maryland</th>
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<tbody>
<tr>
<td><strong>100% GRASS</strong></td>
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<tr>
<td>Shagbark Mountain Cattle</td>
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<td>John &amp; Laura Sexton</td>
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<tr>
<td>Knoxville, MD 21758</td>
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<tr>
<td>We raise Black Angus and Simmental cattle and St. Croix sheep. They are pastured on over 200 acres of clover, brome and orchard grass naturally without hormones or chemical fertilizers. Grass-fed beef and lamb are sold from an office located in Maryland. A small family-run butcher shop processes the meat, which is USDA inspected and vacuum packed for freshness and freezer life.</td>
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<tr>
<td><strong>100% GRASS</strong></td>
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<td>Stoner Family Farms, LLC</td>
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<td>Dick Stoner</td>
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<td>Sharpsburg, MD 21782</td>
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<td>John D. Stoner, DVM and Dick Stoner raise grass-fed beef utilizing rotational grazing and environmental “best practices,” including CREP stream valley buffers and little or no herbicides and pesticides. The cows do not receive growth hormones or antibiotics (except sick animals). The farm sells whole, half and quarters of beef as well as live calves each fall. Visit or call for more information.</td>
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<tr>
<td><strong>100% GRASS</strong></td>
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<td>Windmill Meadows Farm</td>
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<td>Jacob Horst</td>
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<td>Hagerstown, MD 21742</td>
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<tr>
<td>We sell grass-fed beef, milk-fed pork, grass- and milk-fed veal, pastured chicken, and brown eggs. All livestock are raised without antibiotics and hormones. Pastured chicken is available fresh or frozen, whole or cut. All other meats are vacuum-packed and frozen. Products are available by volume and cuts at the farm and at three Smart Farmers Markets: George Mason University, Centreville, and Purcellville, VA. Drop-off points can be arranged on volume orders. On January 1, 2015, our dairy will be selling Certified Organic milk to Trickling Springs Creamery. The raw milk cheese will be made with organic milk but the processor is not organic so it will not be labeled as such.</td>
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<tr>
<td><strong>100% GRASS</strong></td>
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<tr>
<td>Barren Creek Alpacas</td>
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<td>Tamara Schnoor</td>
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<tr>
<td>Mardela Springs, MD 21837</td>
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<tr>
<td>All produce and eggs are organically grown. Alpacas are grass-fed and their dung is used on trees and plants around our farm. The alpaca fleece is shorn and used to make clothing and yarn.</td>
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</tbody>
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Groundworks Farm
Margaret Evans Brown
8284 Gumboro Road
Pittville, MD 21850

At Groundworks Farm, our animals are free to move around on pasture, and live like animals should. Our egg layers move around to different areas of pasture and free range from our Eggmobile trailer. Our pasture-raised chickens move around in open-floored “chicken tractors.” Our pigs are moved regularly to fresh pasture or woods where they dig, root, munch and fertilize. Groundworks Farm sells pastured eggs, broilers, pork, lamb, and beef. Our lamb and beef are 100% grass-fed. All of our products are sold through our CSA program. Contact us for more information on our year-round CSA options.

Birds Eye View Farm
Carole Morison
2909 Byrd Road
Pocomoke City, MD 21851

Transitioned industrial broiler production to pasture raised egg farm. Our hens are on pasture from 4 weeks on. They are heritage breed chickens and are fed no antibiotics or animal by-products.
Grass farms in Delaware, Maryland, Virginia and West Virginia

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.
Grass farms in Delaware, Maryland, Virginia and West Virginia
Perennial Roots Farm
Stewart Lundy
P.O. Box 538
Accomac, VA 23301
Perennial Roots Farm
Stewart Lundy
P.O. Box 538
Accomac, VA 23301

We raise heritage animals on our farm specifically selected for their foraging traits. Our goal is to
feed as little grain as possible to all our animals, instead encouraging a perennial grass-based diet.
All our animals are kept on pasture and rotated, allowing us to fertilize the soil, improving the land
instead of depleting it. 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.

Farfields Farm
Carter Wallace
Afton, VA

100% grass-fed beef and certified organic soy-free eggs.

Gryffon’s Aerie
Ramona & Collins Huff
4803 Mount Air Farm
Crozet, VA 22932

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

Majesty Farm
Kathryn Russell
3539 Red Hill School Road
North Garden, VA 22959

We raise mixed beef and dairy cattle, and a herd of mixed dairy and meat goats, sheep, chickens,
and ducks. All beef cattle, sheep and meat goats are pastured on pesticide- and herbicide-free
grasses. No hormones or unnecessary antibiotics are used. The meat is processed and dry-aged
locally by a USDA-inspected facility. Pastured beef is sold by the quarter, half, or whole, and pas-
tured chevon and lamb by the half or whole for delivery in June and October. Chicken and duck
eggs, herbs, and pastured poultry are available seasonally. Raw dairy is offered through goat and
cow share programs.
Quarters Farm
Bill McCaskill
5112 Dick Woods Road
Charlottesville, VA 22903
100% GRASS
wbmccaskill@juno.com, quartersfarm@gmail.com

Quarters Farm is a continuous grass-fed cattle farm established in 1952. Products include British White and Angus beef, 100% grass-fed Katahdin sheep, 100% grass-fed Saanen dairy goats, and pastured eggs. Cut flowers are available in the summer, along with greenhouse grown houseplants and orchids.

Avery’s Branch Farms
Joy Alexander
5350 Cedar Lane
Amelia, VA 23002
100% GRASS
averysbranchfarms@yahoo.com

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

Tucker Family Farms
Bill & Claudia Tucker
713 Indian Creek Road
Amherst, VA 24521
100% GRASS
bill@tuckerfamilyfarms.com

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 hormone free. Tucker Family Farm “Farm to Family” (F2F) beef is produced on our farm with the grass that grows right here. We bring to you over twenty-five years of experience and a commitment to the care of our animals and the land on which they are raised.

Charis Eco-Farm
Guy & Sue Freesen
3081 Shutterlee Mill Road
Staunton, VA 24401
100% GRASS
charisfarm@yahoo.com

We raise pasture raised cows, pigs, goats, sheep, chicken, duck, and seasonal turkeys/geese. We are non-certified organic, but essentially practicing organic care.
Heartland Harvest Farm
James & Miriam Showalter
85 Curry Road
Mt. Solon, VA 22843
Heartland Harvest sells beef, pork, lamb, turkey, chicken, hard red wheat berries, flour and eggs. The turkey is seasonal; all other products available year around.

Polyface, Inc.
Joel Salatin
43 Pure Meadows Lane
Swoope, VA 24479
Polyface Farm is a family owned, multi-generational, pasture-based, beyond organic, local-market farm that sells beef, pork, chicken, eggs, turkey and rabbit. Product is available at the farm Monday-Saturday or through buying clubs throughout Virginia and the D.C. Metro area.

Big R Farm
P.O. Box 511
Moneta, VA 24121
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.

EcoFriendly Foods LLC
3397 Stony Fork Road
Moneta, VA 24121
EcoFriendly Foods offers a line of grass-fed beef, pork, chicken, lamb, goat, and rabbit. Meats certified humane, antibiotic free, hormone free, herbicide and pesticide free. Product is available at the processing facility and market outlet store in Moneta, as well as the FreshFarm Market Dupont Circle, Arlington Farmers’ Market, Union Market, & Grandin Village Community Market. Products are also distributed through home buying clubs in Washington DC, Virginia, Maryland and North Carolina.

Mountain Run Farm
Ben & Carly Coleman
2734 Charlemont Road
Big Island, VA 24526
We offer humanely-raised, all natural, premium meats. Cattle are 100% grass-fed 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 our Duroc hogs) are available at the farm.
Babes in the Wood (Buffalo Creek Farm)  
Bill & Kimberly Jones  
327 Rodeo Lane  
Dillwyn, VA 23936  
reachus@mountainrunfarm.com

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

Idyll Acres Farm  
David & Stephanie Sloper  
823 Pump Road  
Brookneal, VA 24528  
Sloper74@aol.com

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

Meadow Creek Dairy  
Helen Feete  
6724 Meadow Creek Road  
Galax, VA 24333  
mcd@ls.net

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

Brittany Farms  
Margie Davis  
2300 Edgeview Lane  
Midlothian, VA 23113  
margie.davis@verizon.net

Brittany Farms raises grass-fed beef in the foothills of the Blue Ridge Mountains. Cattle roam a family farm that has not 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.

Briars Farmstead  
Matt & Ruth Szechenyi  
2535 Pyletown Road  
Boyce, VA 22620  
briarsfarmstead@gmail.com

Briars Farmstead offers pastured pork, chicken, free-range eggs, and 100% grass-fed beef. Pork is available in half or whole (cut to your request). Chicken can be picked up whole, fresh or frozen, May-November. Thanksgiving and Christmas turkeys available.
Smith Meadows Organic Meats
Forrest Pritchard
568 Smithfield Lane
Berryville VA 22611

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

The Chapel Hill Farm
Joe Henderson
P.O. Box 797
Berryville VA 22611

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

Croftburn Farm
Margaret Campbell
16190 Germanna Highway
Culpeper, VA 22701

We raise all-natural Black Angus beef, lamb, and pastured eggs. We also offer fresh and cured sausages as well as charcuterie. Fleeces, wool, yarn, and sheepskins are also available, as well as honey and some seasonal heritage vegetables. The business focuses on producing high quality meat from animals that have been born, raised, and finished in the pasture. Beef and lamb are grain-finished, although some are raised with no grain. Animals do not receive hormones, unnecessary antibiotics, or any feed that contains animal by-products. Whole and half beef, and whole lambs which are custom cut are available. Individual cuts of lamb and beef are also available. Meat can be delivered to Fredericksburg, as well as northern Virginia and the Washington area.

Pannill’s Gate Farm
Scott & Patty Johnson
25325 Old Office Road
Culpeper, VA 22701

100% grass-fed beef. Buy by the half or cut. Pickup and delivery available.
Dolce Vita Farm
Kerry Giannotti
P.O. Box 43
Sutherland, VA 23885
Dolce Vita Farm raises grass-fed beef and pastured pork, naturally, without the use of steroids, hormones, antibiotics or any other chemicals. Rainbow Trout is also offered in season (March, April & May). Meats are sold at the local farmers’ market (Petersburg Farmers’ Market, 7am–12 noon Saturdays, May thru October; and 9am–noon Saturdays, November thru April) and also directly from the farm. Product is sold by the whole, half or cuts by the pound.

Sunny Side Up Farm
Lori & Pearce Gardner
558 Bowlers Road
Tappahannock, VA 22560
Sunny Side Up Farm provides pastured chickens six months of the year (during warm weather) with sales on the farm and at area farmers’ markets, including Fredericksburg, Richmond 17th St., West Point, and Irvington. Pearce and Lori Gardner also raise pastured turkeys for Thanksgiving, pastured geese for Christmas, and pastured pork and rose veal. All the animals are fed Fertrell’s supplements and feed formulas, which contain no antibiotics, hormones, or animal by-products. All grains used are certified non-genetically modified.

Ayrshire Farm
Alex Bryan
21846 Trappe Road
Upperville, VA 20184
Ayrshire Farm in Upperville, VA, was not only the first Virginia farm to be certified both organic and humane, but also the first farm in the nation to generate Certified Humane veal calves. We raise heritage breed livestock and poultry and are deeply committed to maintaining the health and well being of the land, animals, and humans. All crops and livestock contribute to the overall vitality of the farm by means of sustainable farming methods, including rotational grazing, extensive composting, and humane husbandry practices.

Home Farm Store (Ayrshire Farm)
21846 Trappe Road
Upperville, VA 20184
Home Farm Store is Ayrshire Farm’s gourmet retail shop, and offers USDA certified organic, certified humanely raised and handled, pasture-based meat and poultry. Home Farm Store 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.
Hollin Farms
Tom Davenport
11324 Pearlstone Lane
Delaplane, VA 20144
Hollin Farms is a three-generation family farm that specializes in grass-fed, grain-finished natural beef (throughout the year), fescue-free hay for horses, and pick-your-own strawberries, peaches, tomatoes, and sweet corn.

Mount Airy Farms
Michael Quick
Upperville, VA
Mount Airy Farms is a three-generation family farm that specializes in grass-fed, grain-finished natural beef (throughout the year), fescue-free hay for horses, and pick-your-own strawberries, peaches, tomatoes, and sweet corn.

Over The Grass Farm
Margaret Rhodes
3370 Whitewood Road
The Plains, VA 20198
Over The Grass Farm produces grass-finished beef and lamb. Beef is dry-aged and available by the half, quarter or individual cut. Lamb available by whole, half or individual cut. No grain, hormones or antibiotics. Meat is processed at a USDA inspected facility, frozen and vacuum packed. Raw milk available through cowshare program. Year round production from gardens, orchard, and greenhouses.

The Bright Farm
Larry & Debbie Bright
794 Spanglers Mill Road
Floyd, VA 24091
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.

Weathertop Farm
Cedric & Sarah Shannon
963 Eanes Road NE
Check, VA 24072
We are a small family-owned and operated farm dedicated to holistic sustainable animal husbandry, land stewardship, soil conservation, and composting. Our main business is raising and selling pastured chickens, rabbits, pigs, turkeys, and eggs. No antibiotics or hormones are used, and all livestock eat from pasture that is free of pesticides, herbicides, and synthetic fertilizers.
128 100% GRASS

Tender Grass Farm
Brian Bowen/David Maren
3313 Floyd Highway
North Floyd, VA 24091
Tender Grass Farm is a small family farm that raises and sells grass-fed beef, and pastured chicken, pork and eggs. The farm practices Management Intensive Grazing with their beef herd. Animals never receive vaccinations, antibiotics, parasiticides or any chemical-based minerals. No petro-chemical fertilizers, herbicides or pesticides are ever used on Tender Grass Farm’s pastures.

129 Beatrix Farm
Dave & Regina Farinholt
615 Ritenour Hollow Road
Middletown, VA 22645
Beatrix Farm raises pastured pigs, chickens and turkey on a large chemical-free farm. Cornish Cross birds are raised in clean, bright, open-air brooders and are either day-ranged or kept in movable, floorless pens where they have sunshine, protection, and access to forage. Pens are moved once or twice daily and all animals are fed a non-GMO, non-medicated grower ration feed in addition to the variety of grasses.

130 Golden Farm Inc.
Sue Golden
207 Boyers Mill Lane
Middletown, VA 22645
Golden Farm produces and sells all-natural, free-range, grass-fed beef. Angus and Angus-cross product is dry-aged two weeks and is available in individual frozen cuts. Contact the farm via telephone or email to arrange product delivery.

131 Hedgebrook Farm
Shannon Triplett
690 Shady Elm Road
Middletown, VA 22645
Hedgebrook Farm sells pasture-raised beef, lamb, goat, turkeys, whole chicken and eggs. Raw milk is available through a cow boarding program, from its certified Grade A dairy. Products are picked up on the farm. Weekly delivery is available in northern VA. The animals are given no hormones or antibiotics.
From birth to finish, the animals at Shadow Chase Farm are raised on the farm and are 100% grass-fed. Animals are free of growth hormones and preventative antibiotics. Products include grass-finished beef, pasture-raised pork, and pastured eggs, as well as a variety of value-added products including hot dogs, various pork/beef sausages, jerky, and beef sticks. Products are available at the Blacksburg Farmers Market, Mikies 7th Restaurant in Newport, and from the farm. Beef available by the whole, split half, family pack, and by the individual cut.

Brookview Farm is a certified organic farm that raises grass-fattened cattle. Farm market is open every Saturday (year round) from 9 a.m.-1 p.m. to purchase grass-fed beef and honey, as well as pork products and free-range eggs. Customers may sign up for a weekly email of products available and events on the farm (check website for more information).

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

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.

Chicama Run is a small family-run farm featuring heirloom vegetables from May to October, free range eggs year round, grass-fed Angus beef and lamb, pasture-raised heritage pork, seasonal turkeys, goat, and chicken.
George’s Mill Cheese  
Molly & Sam Kroiz  
11861 George’s Mill  
Lovettsville, VA 20180  
georgesmillcheese.com  
571-442-7444  
georgesmillcheese@gmail.com

Georges Mill Farm is a small family farm in Lovettsville, Virginia. We produce handmade artisanal cheeses using milk from our herd of Alpine dairy goats. Stop by our farm store to pick up some delicious cheese, then come up and meet the goats!

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

We graze cows, pigs, and chickens on minerally-rich pastures. We offer all of our products through a unique Whole-Food Diet Community Supported Agriculture (CSA) program, including 100% grass-fed beef, pastured pork, chicken, and eggs; dairy from our low-grain milking herd, as well as vegetables, fruits, grains, and flours, all grown without pesticides. We do not sell any of our products outside of our CSA program.

Stoneybrook Farm Market  
Matt Scott  
15245 Ashbury Church Road  
Hillsboro, VA 20132  
info@stoneybrookfarm.org

We sell our own organic produce, pasture-fed meats, and dairy products as well as local fruits. Many of our products are organic. Our breads, pies, and other treats are made in our own bakery.

Sunny Knoll EcoFarm  
Sarah Greenleaf  
Lovettsville, VA  
sunnyknollecofarm.com  
sarah@sunnyknollecofarm.com

Sunny Knoll EcoFarm raises grass-fed 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. We sell quality breeding stock, artisanal food, and premium fiber.

Willowsford Farm  
Mike Snow  
23595 Founders Drive  
Ashburn, VA 20148  
willowsfordfarm.com  
571-297-6900  
info@willowsfordfarm.com

Willowsford Farm is 300 acres in grass, forest, and vegetables. Livestock is raised on pasture and without hormones or antibiotics or GMO feeds. We use organic farming practices and no synthetic fertilizers or pesticides.
Woodtrail Graziers
John Bailey
19643 Woodtrail Road
Round Hill, VA 20141
Woodtrail Graziers offers 100% grass-fed beef from its closed herd of Belted Galloway (“Beltie”) cattle that rotationally graze Woodland’s 70-acre farm. To diversify land utilization for sustainability and insect control, also free-ranged are a closed herd of Tamworth pigs, meat chickens, laying chickens, turkeys, goats, and rabbits (new for 2010). Chemical-free pasture is certified by Naturallygrown.org to be free of artificial fertilizers, pesticides and herbicides.

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

Zion Farm
Dan, Tiffani, & Chris Fedick
39069 Frye Farm Road
Lovettsville, VA 20180
Zion Farm is nestled in the Blue Ridge Mountains of Loudoun County in a German settlement named Lovettsville, VA. Our 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 we raise. Zion Farm is a family owned and operated farm. We desire to leave this farm better than we found it. We aim not only to be sustainable, but to create and regenerate abundance. We are specializing now with our pastured poultry including Freedom Ranger and Cornish Cross breeds.

Wolf Creek Farm
John Whiteside
4345 Wolftown-Hood Road
Madison, VA 22727
Wolf Creek Farm is a family-owned and -operated farm producing grass-fed natural beef using sustainable farming practices. No chemical fertilizers, herbicides, or pesticides are used, and soils support a mixture of grasses and legumes for year-round, rotational grazing. A local, artisanal, USDA-inspected abattoir is employed for humane slaughter. Meat is dry-aged for 21-28 days.
Lovers Retreat Farm & Dairy  
Cynthia C. Wilson  
P.O. Box 1188  
Saluda, VA 23149  
Saluda, VA 23149  
Lovers Retreat Dairy produces fine farmstead goat cheeses from a small herd of Nubian goats. Grade A dairy sells chevre, feta, camembert and other varieties of cheeses at farmers’ markets, gourmet shops, etc. Cheese and free-range chicken eggs are also available at the farm store in Saluda (OASIS, Inc.).

100% GRASS

Big Oak Angus Beef  
Jerry & Margaret Smith  
4425 Old Rough Road  
Riner, VA 24149  
Big Oak Angus Beef sells completely grass-fed beef raised on chemical-free pastures. Beef is available frozen and vacuum-sealed in wholes, halves, and split halves. Products are available on the farm year round. Product is also available at the Roanoke Natural Foods Coop.

Cedar Ridge Farm  
Kendall Harris  
3237 Vicker Switch Road  
Christiansburg, VA 24073  
Cedar Ridge Farm sells chicken and beef. Beef is available in a variety of cuts, or by the quarter. Products are sold directly on the farm.

100% GRASS

Ellett Valley Beef Co.  
Guille Yearwood  
575 N. Franklin St.  
Christiansburg, VA 24073  
Beef cattle raised in Ellett Valley near Blacksburg continuously since 1975. The farm produces tasty, wholesome grass-fed beef for the local market in a sustainable and humane fashion. Pure Red Devon seedstock cattle also featured.

The Abundant Seed Trade School  
Greg Smith & Kim Earhart  
2808 Glade Road  
Schuyler, VA 22969  
We are a farm/school in Nelson County, VA working with homeschool children in the area. The farm supports the school. Our school is based on the barter/trade system where the families that participate in the school have the option to trade their time and/or items that the school needs in order for their children to participate, and the teachers get paid with a CSA share of produce that the students sow and harvest into pay for their education.
Frog Hollow Farm
Joann Karnes  
1108 Pounding Branch Road  
Afton, VA 22920  
froghollow155@gmail.com

Take a leap to Frog Hollow where we strive to keep the heritage of farm life and produce grown as organically as possible without certification. We have happy chickens and pigs.

River Oak Farm
Adam Aucoin  
173 Woodson Road  
Lowesville, VA 22967  
info@riveroakfarm.com

We raise premium pasture-raised products in the foothills of the Blue Ridge Mountains. Products are also available by appointment at our in-farm store. We also sell at the Nelson County Farmers Market April-November.

Spruce Creek Farms
John & Jade Sonne  
Massies Mill, VA  
sprucecreekfarms.com  
434-277-5234

Spruce Creek Farms is a small, family owned and operated farm in beautiful Nelson County, Virginia. Our mission is to produce pure, wholesome food for ourselves, our families, and neighbors. The farm is owned and operated by the Sonne Family.

Border Springs Farm
Craig Rogers  
P.O. Box 58  
Patrick Springs, VA 24133  
info@borderspringsfarm.com  
276-952-5485

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.

Running River Ranch
Peter & Patricia Houchin  
P.O. Box 146  
Critz, VA 24082  
runningriverranch.com  
276-957-1915  
hihgnrg2@aol.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.
Our Fathers Farm
The Jack Fuhrmann Family
2664 Deer View Road
Gretna, VA 24557

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

Autumn Grove Farm
Kendall Blitarakis & Bill Riggan
221 Ligontown Road
Farmville, VA 23901

Autumn Grove Farm specializes in pasture-raised beef.

Mount Vernon Farm
Cliff Miller
206 Mount Vernon Lane
Sperryville, VA 22740

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

Touchstone Farm
Alan Zuschlag
140 Touchstone Lane
Amissville, VA 20106

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

True Ewe Farm
Kim Duty
727 Zachary Taylor Highway
Flint Hill, VA 22627

True Ewe Farm is a small, seasonal, grass-based sheep farm producing natural, grass-fed lamb and artisan farmstead sheep’s milk cheeses. Sustainable and humane agricultural practices are employed and animals are not given antibiotics, growth-promoting hormones or animal byproducts. Custom-cut lamb is available in the spring and the fall.
<table>
<thead>
<tr>
<th>Virginia</th>
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<tbody>
<tr>
<td><strong>100% GRASS</strong></td>
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<tr>
<td><strong>Bean Hollow Grassfed</strong></td>
</tr>
<tr>
<td>Michael Sands</td>
</tr>
<tr>
<td>P.O. Box 219</td>
</tr>
<tr>
<td>Flint Hill, VA 22627</td>
</tr>
<tr>
<td>100% grass fed lamb. All animals are raised on high quality pasture. Mob grazing (with cattle and sheep) is practiced with high intensity rotations.</td>
</tr>
</tbody>
</table>

| **Glen Eco Farm** |
| Marlin Burkholder | Rockingham |
| 10943 Willis Creek Road | 540-833-8802 |
| Linville, VA 22834 |  |
| Glen Eco Farm sells pasture-raised eggs. Eggs are available at the farm and at the Harrisonburg Farmers’ Market. Eggs and beef are also available through the farm’s CSA program. |

| **Roffey Cattle Company** |
| David Roffey | Russell |
| 3261 Hayters Gap Road | roffeycattlecompany.com |
| Elk Garden, VA 24260 | 276-889-2929 |
| dr133@bellsouth.net & roffeycattlecompany@yahoo.com |  |
| 100% GRASS |
| **Harper Farms** |
| Paul Harper | Scott |
| 258 Leopard Drive | 423-534-3098 |
| Gate City, VA 24251 | Paulhar50@hotmail.com |
| Beef cattle are born and raised on the farm without growth hormones or antibodies associated with growth or muscle development. Grass-finished beef is available by the side or individually wrapped cuts. All meat is USDA inspected. |

<p>| <strong>Rich Valley Grazers</strong> |
| Will Clark | Smyth |
| 1506 Valley Road | 276-780-0178 |
| Saltville, VA 24370 | <a href="mailto:will@rvgrazers.com">will@rvgrazers.com</a> |
| 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. |</p>
<table>
<thead>
<tr>
<th>100% GRASS</th>
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<tr>
<td><strong>Holly Grove Farm</strong></td>
</tr>
<tr>
<td>David Crane</td>
</tr>
<tr>
<td>13081 Corinth Road</td>
</tr>
<tr>
<td>Ivor, VA 23866</td>
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Raw milk available through the farm's cow share program. 100% grass-fed beef available.

<table>
<thead>
<tr>
<th><strong>Earth's Echo Farm</strong></th>
<th>Stafford</th>
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</thead>
<tbody>
<tr>
<td>Gini &amp; Robert Greenlaw, Robbie Thomas</td>
<td>earthsechofarm.com</td>
</tr>
<tr>
<td>960 Kings Highway</td>
<td>540-246-1645</td>
</tr>
<tr>
<td>Fredericksburg, VA 22405</td>
<td><a href="mailto:robert.greenlaw@earthsechofarm.com">robert.greenlaw@earthsechofarm.com</a></td>
</tr>
</tbody>
</table>

Earth's Echo Farm was founded in 2014 as a family-owned and -operated business that utilizes multi-generational farmland to produce sustainable and high-quality food, mirroring the evolved ways of the natural world. 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, organic, soy-free grain. They look to expand into beef and pork production in the near future.

<table>
<thead>
<tr>
<th><strong>Full Quiver Farm</strong></th>
<th>Suffolk City</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alison, Scott &amp; Morgan Wilson</td>
<td>earthsechofarm.com</td>
</tr>
<tr>
<td>960 Kings Highway</td>
<td>540-246-1645</td>
</tr>
<tr>
<td>Fredericksburg, VA 22405</td>
<td><a href="mailto:scott.wilson@fullquiverfarm.com">scott.wilson@fullquiverfarm.com</a></td>
</tr>
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</table>

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<table>
<thead>
<tr>
<th><strong>Garden Mountain Farm</strong></th>
<th>Tazewell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mike &amp; Rebecca Hubbard</td>
<td><a href="mailto:rhubbard@gardenmountain.com">rhubbard@gardenmountain.com</a></td>
</tr>
<tr>
<td>840 Banks Ridge Road</td>
<td>276-472-2511</td>
</tr>
<tr>
<td>Tazewell, VA 24651</td>
<td></td>
</tr>
</tbody>
</table>

Garden Mountain Farm sells turkey, chicken, eggs, beef, pork and lamb. The animals are raised without added hormones or antibiotics. Beef, lamb and pork are available in wholes, halves, quarters or individual cuts. Pork sausage is also available. Products are available on the farm in southwestern Virginia, or at the Roanoke City, Blacksburg and Tazewell Farmers’ Markets.
Weatherbury Station
Gordon & Charlotte Whitted
RR 3, Box 767
Tazewell, VA 24651
gsw@weatherburystation.com
Weatherbury Station sells lamb, chicken and eggs. Animals are raised without antibiotics or hormones. Lamb is available fresh or frozen in wholes, halves or individual cuts. Chickens are available fresh or frozen. Products are available on the farm or at the Tazewell, VA or Winston-Salem, NC farmers’ markets.

Grandview Farm
Carl King
12093 Toole Creek Road
Abingdon, VA 24210
Grandview Farm sells grass-finished lamb. The meat is available, frozen, in wholes, halves, and individual cuts. Products are available on the farm and at a local farmer’s market.

Highland 3-D Farms
Tommy & Martha Carlisle
3293 Crockett’s Cove Road
Wytheville, VA 24382
Highland 3-D Farms raises grass-fed beef, broilers, lambs and laying hens. No antibiotics or hormones are fed to the animals, and no synthetic chemicals of any kind are applied or given to the animals and pastures.
173
West Virginia

100% GRASS

Back Creek Bend Farm
John Gonano
6274 Hedgesville Road
Hedgesville, WV 25427
Berkeley
grassfedbeefwv.com
304-867-4368
john@grassfedbeefwv.com

We are a family-owned and operated farm located on the historic Snodgrass Tavern farmstead.
Our family has been stewards of this little piece of heaven since 1868. Our mission is to provide the
local community with quality foods that are compatible with Our Maker’s Natural Order. To achieve
this, we are committed to using humane and sustainable practices.

Shepherd’s Whey Creamery
Suzanne Behrman
825 Jenny Wren Drive
Martinsburg, WV 25404
Berkeley
shepherdsway.com
304-283-5203
seedlings@earthlink.net

We run a farmstead micro-dairy and creamery. Our milk comes from a small herd of purebred
French Alpine dairy goats in our Grade A certified milking parlor. The milk is then carried to our
Grade A certified creamery where it is crafted into soft and aged artisan cheese and yogurt. We
also bottle a limited supply of our fresh goat milk. Our herd is kept on open (herbicide-free & pes-
ticide-free) pasture and are fed high protein hays and a mixed whole grain ration during milkings.
The goats DO NOT receive any hormones or medicated feeds or supplements in their diet.

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

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

Mike Pierson Farm
Mike Pierson
2709 Blue Knob Road
Maysel, WV 25133
Clay
jmpierson77@hotmail.com
304-587-2318
Mike Pierson Farm is a small, family-owned farm raising Angus, grass-fed cattle, using no growth
hormones or low-level antibiotics. Sides, whole beef and occasionally lean hamburger are avail-
able. Beef is processed in a local, state-inspected facility; aged 14 days; cut to customer specifica-
tions; vacuum sealed and then frozen. Orders can be picked up at the processor or the farm, or can
be delivered within a 150-mile radius for a fee.
100% GRASS

Cedar Dawn Farm
Rachel & Mike Moran
Route 1, Box 293-T
Alderson, WV 24910
Cedar Dawn Farm offers pastured-raised goat and beef meats.

Milligan Creek Farms
Joanna & Scott Kiddle
RR 2, Box 273
Lewisburg, WV 24901
Milligan Creek Farms raises 100% grass-fed beef.

Sarver Heritage Farm
Robert & Jewell Doering
Route 2, Box 285
Ronceverte, WV 24970
Sarver Heritage Farm is a 3rd generation 100% grass-fed beef farm on 250 acres of rolling hills in the Organ Cave area of WV. Our beef is USDA inspected, USDA 100% grass-fed, AGA 100% grass-fed, and available by the cut at all HealthSmart Stores, The Alderson Food Hub, at the farm and nationwide through our Online Store. We offer split sides, half, and whole beef from the farm only; prices based on hanging weight, pre-order/deposit required. Please see our web site for details. These folks have limited space – in order to respect that, we ask that if you’re serious about your beef, you research us (and others where applicable) on such sites as AmericanGrassfed.Org, EatWild.com, ArtisanBeefInstitute.com, FaceBook.com and SarverHeritageFarm.com.

Swift Level
Tootie Jones
RR 2 Box 269 Herns Mill Road
Lewisburg, WV 24901
At Swift Level beef cattle are grass-fed and free of antibiotics and hormone implants. Pasture is chemical, pesticide and herbicide-free.

Church View Farm
Steven & Ruth Martin
HC 64, Box 2027
Romney, WV 26757
Church View Farm features a Katahdin sheep flock and broiler chickens raised in pastured pens. We also offer a wide variety of vegetables and small fruits.
Parting Ridge Farm
Kent & Lisa Shipe
2655 Crab Run Road
Mathias, WV 26812
ggrassfedwv@hardynet.com

Parting Ridge Farm provides grass-fed Angus beef without the use of routine antibiotics or growth hormones. Cattle are raised on chemical-free pasture. Also available is grass-fed lamb, which is raised at a nearby farm that also uses sustainable agriculture practices. Beef front quarters, hind quarters, and halves are available for pickup in Harrisonburg, VA in a family owned, state-inspected processing facility. Lamb is sold whole. Everything is custom cut and wrapped to your specifications, then frozen. Product is available each fall.

Glory Ridge Farm
Joseph & Elizabeth Rogers
2148 Aplin Ridge Road
Gay, WV 25244
gloryridgewv@gmail.com

Glory Ridge Farm is a small family farm in the Mid-Ohio-Valley region of West Virginia. We are completely committed to raising unique breeds that are flavorful and educating our customers on the importance of conserving these heritage breeds of livestock. We are dedicated to a pasture-based, grass-fed operation without the rampant use of GMO grains or antibiotics.

Weed Knob Farm
Peter Lizon
RR 1, Box 213
Le Roy, WV 25252
farm@weedknob.com

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

Southwood Farm Forge
Eric & Catharine Johnson
251 Southwood Drive
Kearneysville, WV 25430
swoodfarmforge@outdrs.net

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

Sycamore Spring Farm
Peter Vila
137 Hinton Road
Kearneysville, WV 25430
pvila@shepherd.edu

We sell 100% grass-fed beef and lamb.
West Virginia

100% GRASS

Tudor Hall Farm Market
Bill Grantham
6280 Middleway Pike (Rt. 51)
Kearneysville, WV 25430
Jefferson
304-279-6833
tudorhallfarm@gmail.com

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

100% GRASS

WVU Organic Research Farm
William Bryan
Box 6106
Morganstown, WV 26506
Monongalia
caf.wvu/pisc/organic
304-293-6256
wbryan@wvu.edu

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

Shady Grove Duck Farm
John & Caroline Snyder
1602 Nile Road
Summersville, WV 26651
Nicholas
304-872-4212
shadygroveduckfarmwv@gmail.com

Shady Grove Duck Farm raises pastured ducks, chickens, turkeys, and eggs.

100% GRASS

Evans Knob Farm
Kathy & Reid Evans
Route 4, Box E40E
Bruceton Mills, WV 26525
Preston
evansknobfarm.com
304-379-2002
evansknob2000@yahoo.com

Evans Knob Farm sells grass-fed lamb, poultry, and eggs. Animals receive no additional hormones or antibiotics. Vacuum-packed product is sold in halves, wholes and individual cuts directly from the farm. Delivery is available within a thirty-mile radius of the farm. Also offered is romney wool, yarn, and finished pieces. Certified organic vegetables are marketed at the farm’s CSA and at the Morgantown Farmers’ Market.
Round Right Farm
Sunshine & Steve Vorigtigern
145 Dream Field Lane
Terra Alta, WV 26764
Round Right Farm is pleased to raise completely grass-finished happy cows on our farm. Our cattle begin life on Sisler Farm, a nearby diversified conventional farm. Since we purchased them as yearlings, they do not qualify as full organic beef. However, we have made sure that no antibiotics or 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 our Black Angus and Hereford cattle arrive at the farm in the spring, they eat only organic pasture and organic mineral salt. Throughout the year, we have rotated them to prime pasture on a schedule that is conducive to great health for the animal, as well as the pasture.

Working H Farms
Terry Hardesty
17 Reckarts Mill Road
Terra Alta, WV 26764
Working H Farms specializes in naturally raised grass fed beef, pork, and free-range poultry and eggs. Our livestock is raised without antibiotics, growth hormones or other drugs. Our pastures are fertilizer and chemical free and we rotate stock daily to ensure an excellent supply of rich lush grass for our livestock’s enjoyment and health. The resulting meat products are full of flavor and slightly leaner than grain finished livestock. Our natural meat products have no artificial coloring, flavoring, preservatives or other artificial ingredients.

Still Waters Farm
Diane Curley
652 Allen Run Road
Sistersville, WV 26175
Still Waters Farm sells lamb and beef. Animals are raised on chemical-free pastures with free access to sea kelp and sea salt. Animals receive no growth hormones or artificial feed additives. Meat is processed and sold in individual packages. Certain medicinal and culinary herbs, also grown organically, are available.

Ridge View Farm
Suzanne & James Dietz
1260 Keller Lane
Williamstown, WV 26187
Ridge View Farm sells natural, grass-fed beef by the individual cut, frozen and vacuum packed, or by the whole, half or quarter animal. Products are available on the farm, and lean ground beef is carried in a local health food store. Free delivery is available in Wood County, WV. All animals are raised from birth on the farm with no hormones, antibiotics or commercial feed. Animals are finished on grass in an intensive grazing program.
Become a Future Harvest CASA 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
- E-newsletter with notices of regional events, profiles of local food heroes, and the latest sustainable agriculture news
- Joining a community of like-minded farmers, foodpreneurs, and food lovers in the Chesapeake foodshed

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**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 Shawan Road, Suite 1, Cockeysville, MD 21030. You can also sign up online at futureharvestcasa.org. Questions? Please email us: futureharvestcasa@gmail.com.
MEMBERSHIP FORM

/ ballotbox Agritourism

Phone: Address:

Farm/Business/Organization: Chesapeake foodshed

• Joining a community of like-minded farmers, foodpreneurs, and food lovers in the
• E-newsletter with notices of regional events, profiles of local food heroes, and the latest
• Workshop learning, and networking
• Steeply discounted admission to our annual conference, 3 full days of hands-on and

Questions? Please email us:

Please mail your completed form and an enclosed check (made payable to “Future Harvest CASA”)

/ ballotbox Business (up to 3 employees receive membership benefits): $500/year

/ ballotbox Family (up to 3 family members receive membership benefits): $70/year

/ ballotbox Student (must present student ID): $25/year

/ ballotbox Diversified

Membership Options

YES           NO

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Future Harvest CASA’s mission is to provide education, networking, and advocacy to help build a sustainable Chesapeake foodshed, where food flows from farm and fishery to table in ways that strengthen farming and the regional food economy; protect our land, water, and air; and provide healthy, nutritious food that sustains the region’s communities and cities.

We offer programming for farmers on the latest innovations in sustainable agriculture, as well as education for their customers—chefs, wholesalers, grocery stores, individual consumers—on how to source locally and sustainably raised food. Our Foodshed Field School provides in-the-field programing throughout the year, our Beginner Farmer Training Program provides an intensive, one-year training immersion program for new farmers, and our annual Cultivate the Chesapeake Foodshed conference in January brings together more than 600 farmers, chefs, advocates, and foodies for 3 days of learning, networking, and good cheer.

Future Harvest CASA is a membership organization. Members not only receive steep discounts on all programming, but also voting rights at our annual Membership Meeting. Please join us!

The Maryland Grazers Network is a group of farmers and farm conservation professionals who have organized to help farmers and the Chesapeake Bay. The Network provides 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. 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.