

Local Foods – Think globally, act locally

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What are the benefits of eating locally grown foods?

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Eating locally benefits the regional economy, your health, and environment. Many small farms produce all-natural or organic crops, and use sustainable farming practices. This creates food with fewer chemicals and hormones, which is good for you and good for the environment. Local food does not have to travel hundreds, if not thousands, of miles to reach you, which not only provides you with fresher food, but cuts down on CO2 emissions from shipping.

Learning more about food production is an added advantage. By getting to know your local farmers, you can learn more about what you eat, and the amount of work and resources that go into what you set on your table.

Food for thought:

The average American lives **60** miles from an apple orchard, but the apples sold in most grocery stores travel **1700** miles to get there.

With typical grocery store food, approximately **3.5** cents of each dollar goes to the farmer. When you buy food from a farmers' market or farm stand, approximately **80-90** cents of each dollar goes to the farmer.

Where Can I Find Local Foods?

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It is becoming easier to buy all-natural and organic foods in grocery stores. While Trader Joe's focuses on natural and organic foods, Farm Fresh, Ukrop's, Kroger, and Food Lion have sections dedicated to these products. However, it still can be difficult to find locally grown food in grocery stores. Try looking for the "Virginia's Finest" and "Virginia Grown" labels.



Organic and all-natural foods are free of pesticides, hormones, and chemicals frequently used in agriculture. These foods are a healthy choice for you and the environment. However, when buying organic products, consider where they come from. Many local farms produce all-natural foods but do not have the means to pursue organic certification. Think about the benefits of buying an apple from a nearby orchard versus an organic apple from halfway around the globe. Locally grown produce is often more beneficial, because of the economic advantage to the farmer and the smaller carbon footprint.

Want to eat *really* local?

Grow a garden! Start small, with a few herbs and vegetables and see how it grows from there. You can use your yard waste and food scraps to make compost, rather than using artificial fertilizer.

Websites with more information

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www.ediblechesapeake.com

www.viriniagrown.com

www.vaapples.org

www.viriniaseafood.org

www.eatwild.com

www.localharvest.org

www.pickyourown.org

Farmers' Markets

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Farmers' Markets are an easy way to get a variety of local food all in one location. Fresh produce and food is available, often along with local crafts and artwork. This is a great time to get to know the farmers in your area and learn about their farming practices.

Gloucester

(new for 2008 season)

Susanna Wesley United Methodist Church on Rt 17

Saturdays, 9am-1pm

2008 schedule: 1st and 3rd Sat, May-Oct; Nov 15th, Dec 6th

Hampton

<http://www.downtownhampton.com/farmersmarket>

Carousel Park, 602 Settlers landing Rd

(757)727-1271

Saturdays, 9am-1pm

2008 schedule: May 10, May 17, weekly in June; July 12, 19, 23; Aug 2, 9, 16, 23; weekly in Sept

Mathews

<http://mathewsfarmersmarket.googlepages.com/home>

Court Green in downtown Mathews

Saturdays, 9am-1pm

Weekly, April-Nov

Newport News

28th Street and Jefferson Ave

(757)247-2351

farmmkt@cl.newport-news.va.us

Summer: Wednesday-Friday 10am-6pm, Saturday 9am-6pm

Winter: Friday 10am-5pm, Saturday 9am-5pm

Norfolk

<http://www.5ptsfarmmarket.org/>

2500 Church St at 26th St

Wednesday-Friday 11am-7pm, Saturday 9am-5pm, Sunday 11am-5pm

Richmond

<http://www.richmondgov.com/econdev/farmersmarket/default.htm>

Corner of 17th St and Main St

Thursdays 8:30am-2pm, Saturdays 9am-4pm

Williamsburg

www.williamsburgfarmersmarket.com

Merchants Square on Duke of Gloucester St,
Saturdays, 8am-12pm

2008 schedule: May 3rd – Oct 25th, Nov 22nd, Nov29th, Dec 13th (Nov& Dec Markets -
8:30am-12:30pm)

Yorktown

www.yorkcounty.gov/riverwalk/market.htm

Saturdays, 8:00am-12:00pm at Riverwalk Landing by the Coleman Bridge

2008 schedule: May 17th, June 14th, June 28th, weekly July 12th-Aug 23rd, Sept 13th,
Sept 27th, Oct 11th, Nov 15th, Dec 13th (Nov & Dec Markets - 8:30am-12:00pm)

Pick Your Own

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Many farms offer a variety of seasonal crops that you can pick. This is beneficial to the farm because it cuts down on paid labor, which results in good prices for your produce. While picking produce is most commonly associated with berries and fruits, there are other crops available as well. Many of these farms will operate a farm stand so that you can also purchase pre-picked or pre-made products. This is another great time to talk to the farmers about their practices.

Brentwaters Farm

1083 Circle Dr, Rt 600, Mathews
(804)725-5839

Open July – August

Pick your own and pre-picked spray-free blueberries, pure wool yarn, wool/wood crafts. Classes in spinning, weaving, dying, knitting and basket weaving also available.

Bush Neck Farms

1502 Bush Neck Rd, Williamsburg, VA
(757)258-0114

Open Mon-Sat 8am-5pm, April - Nov

Pick your own apples, blueberries, asparagus, sweet corn, peaches, and pumpkins

College Run Farms

<http://www.collegerunfarms.com/home.html>
2051 Alliance Rd, Surry, VA 23883
(757)294-3498

Open daily 7am-7pm, May – October

Pick your own strawberries, sweet corn, butter beans, pumpkins, gourds, other pre-picked fruits and veggies available for sale

Drewry Farms

542 Strawberry Lane, Wakefield, VA 23888
(757)899-3636

Open daily 7am-7pm, July-August

Pick your own blueberries and blackberries

Eastfields Farms

85 Preston Pt Rd, Mathews, VA 23109
(804)725-3948

eastfields@rivnet.net

Open Fri – Sun 8am-2pm

Pick your own spray-free blueberries, farm raised clams and oysters. Aquaculture tours available by appointment

Hidden Brook Farm

100 Skillman Drive, Toano, VA 23168
(757)561-1477

Open daily, call for hours

Pick your own and pre-picked blackberries and raspberries, pre-picked vegetables

K&J Farms

1191 Haven Beach Rd

(804)725-5366

www.kandjfarms.com

Asparagus sold from farm stand, and on truck on Main St Mathews

Woods Orchard

183 E Mercury Blvd, Hampton, VA

(757)722-2873

Open Mon-Fri 9am-6pm, Sat 8am-5pm

Pick your own peaches, pre-picked peaches, produce, jams & cider

Community Supported Agriculture

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Community Supported Agriculture (CSA) is a system in which subscribers buy into a local farm and receive a share of the harvest. Some farms have weekly or seasonal subscriptions, in which a flat rate is paid and members pick up their food at a designated location. Other CSAs ask that, along with paying for a subscription, members volunteer some of their time to work on the farm. As the name suggests, a CSA fosters community involvement, as subscribers share the “risk” of crop yields along with the farmers. This is a great way to learn more about farming and take some time to get your hands dirty.

Ceo Maidin Feirm

8636 Merry Oaks Ln, Toano, VA 23168

(757)566-0009

CMFeirm@aol.com

Certified Naturally Grown heirloom, traditional and rare vegetables, flowers and herbs. CSA subscribers can pick up produce at the Sacred Grounds café in Toano or the Daily Shake in Lightfoot.

Dayspring Farm

HCR 74, Box 2885, Cologne, VA 23037

(804)785-9401

Maloney@3bubbas.com

Variety of vegetables, herbs, berries, melons, flowers and eggs

Holly Hill Organic Farm

2179 Water View Rd, Water View, VA 23180

(804)758-3639

Certified Naturally Grown and organic vegetables, herbs, fruits, eggs and flowers. Greenhouse grown vegetables in the off seasons.

Buying Clubs

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RealFood

realfoodwilliamsburg@gmail.com

Buying club organized by W&M students, food from several local farms offered on a weekly basis.

Meat/Dairy

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Full Quiver Farm

www.fullquiverfarm.com

2801 Manning Road Suffolk, VA 23434

(757) 539-5324

Provides raw milk (cow share program), free range poultry & eggs, grass-fed beef, natural pork, seasonal organic veggies. Sells at Yorktown Farmers' Market and has buying club.

Holly Grove Farm

www.hollygrovefarm.com/

13081 Corinth Rd Ivor, VA 23866

(757)373-2643

Dairy cow share program, beef share program, all hormone-free and antibiotic-free

Winn Family Farms

244 Winnaway Lane, Rich Square, NC

(888) 933-9466

Grass Fed lamb and beef, all hormone-free and antibiotic-free

SunnySide Up Farms

www.egroups.com/group/SunnySide_Up_Farm

588 Bowlers Rd, Tappahannock, VA 22560

(804)443-1010

Poultry, pork, veal. All hormone-free and antibiotic free

Brittany Farms

2300 Edgeview Lane, Midlothian, VA 23113

(804)739-0565

Grass fed beef, using all natural fertilizer and without herbicides.

Idyll Acres Farms

www.freewebs.com/idyllacres/

823 Pump Rd, Brookneal, VA 24528

Eggs, poultry, goat's milk

Buffalo Creek Farm

www.forestfed.com

327 Rodeo Ln, Dillwyn, VA 23936

(434)938-9721

Free-range pork

Gryffon's Aerie

www.gryffonsaerie.com

8205 James Madison Highway, Gordonsville, VA 22942

(540)967-5632

Grass-fed beef, pork, milk, available at Granma T's and Health Trails in Newport News

Farm Stands

Ware Neck Produce

6682 Main Street, Gloucester Courthouse

(804)694-0708

Open March - Christmas Eve, Mon.-Sat. 9 am to 6 pm

Country farm market featuring fresh local fruits, vegetables, flowers, specialty items and seasonal delights. Holiday decorations, wreaths and Christmas trees.

Restaurants/Stores/Grocery

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The Boot

www.insidetheboot.com

123 21st St, Norfolk

(757)627-2668

Restaurant specializing in fresh local foods. Menu changes seasonally to accommodate fresh crops.

Farm Fresh

www.farmfreshsupermarkets.com

Rt 17 in Grafton and Rt 17 in Hayes

Open 6am-12pm

Grocery store with good selection of natural & organic food

Granma T's

www.mygranmat.com

4161 William Styron Square, North Newport News

757.594.9868

Open Mon-Sat 10am-6pm

Health food store, with natural and organic foods, as well local meats from Gryffon's Aerie

Health Trails

10848 Warwick Blvd, Newport News

(757) 596-8018

Organic and herbal health store, sells local meats from Gryffon's Aerie

The Peanut Shop

www.thepeanutshop.com

414 Prince George St, Williamsburg

(757)229-3908

Open Jan-Feb 9:30am-7pm

March-May 9:30am-9pm

Jun-Dec 9:30am-10pm

VA peanuts and peanut products, jams, sauces, etc

Short Lane Ice Cream

6721 George Washington Mem Hwy, Gloucester, VA 23061

(804)695-2999

Ice Cream made on-site

Trader Joe's

www.traderjoes.com

12551 Jefferson Ave, Newport News

Open 9am-9pm

Grocery store focusing on all-natural and organic foods, many vegetarian foods

Ukrop's

www.ukrops.com

Williamsburg

Locally owned grocery store, good selection of all-natural and organic foods

Whitley's Peanuts

www.whitleyspeanut.com

Rt 17 in Hayes, and 1351 Richmond Rd, Williamsburg

(804)642-1975 and (757)229-4056

VA peanuts and peanut products, processed in Hayes

Wineries/Breweries

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Legend Brewing Co

www.legendbrewing.com

321 W 7th St, Richmond

(804)232-3446

Brewery tours, Sat 1pm. Brewery and Pub with live music

St. George Brewing Co

www.stgeorgebrewingco.com

(757)865-BEER

204 Challenger Way, Hampton

Williamsburg Alewerks

www.williamsburgalewerks.com

(757)220-3670

189-B Ewell Rd, Williamsburg

Open Mon-Sat 12-5:30pm

Brewery tours and tasting daily at 3pm. Call to reserve space - \$5.

Williamsburg Winery

www.williamsburgwinery.com

5800 Wessex Hundred, Williamsburg

(757)229.0999

Open April-October: Sat 10am-6pm, Sun 11am-6pm

November-March: Sat 10am-5pm, Sun 11am-5pm

Daily winery tours and tastings. Tickets can be purchased online or in-store for \$8, or \$30 for a reserve wine tasting. 50+ acres of vineyards

Festivals

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Pungo Strawberry Festival

<http://www.pungostrawberryfestival.info/>

May 24th and 25th, 2008

1776 Princess Anne Road, Virginia Beach, VA 23456

Pie eating contest, strawberry bake-off, entertainment, parade, livestock show and sale, pig races, and art show, along with plenty of strawberries to eat

Pork, Peanut & Pine Festival

<http://www.toursurryva.com/pppfestival.html>

July 19-20, 2008

Chippokes Plantation State Park, Surry, VA

A celebration of livestock, agriculture and forestry, with artisans, music, and food.

Carytown Watermelon Festival

<http://www.carytown.org>

August 10, 2008

Carytown, Richmond, VA

Food, arts and crafts.

Annual Bay Seafood Festival

<http://www.kiwsrotary.org/pages.asp>

September 5, 2008

Belle Isle State Park, Kilmarnock, VA

Seafood and live music

West Point Crab Carnival

<http://www.westpointvachamber.com/crab%20carnival.htm>

October 3-4, 2008

West Point, VA

Seafood, arts & crafts, 8k run, parade

Central Virginia Pork Festival

<http://accashriners.com/news.asp?ID=4>

October 16, 2008

RIR on Strawberry Hill, Richmond, VA

All you can eat pork, hosted by the Shriners

Poquoson Seafood Festival

<http://www.poquosonseafestival.com/>

October 17-19, 2008

Poquoson Municipal Park, Poquoson, VA

Carytown Wine Festival

<http://www.carytownwinefestival.com/>

October 5, 2008
Carytown, Richmond, VA
Wine, food, and live music

Town Point Virginia Wine Festival

<http://www.festeventsva.org/>

October 18-19, 2008

Town Point Park, Norfolk, VA

Virginia wine, food and music