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from

The Mountain City Masonic Lodge #67
And Demolay
Lexington, Virginia



Rockbridge Grown
PO Box 87
Lexington, VA 24450



Special Thanks to local artist, Deborah Russell,
for the Cover Art for this Directory
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LOCAL FOODS DIRECTORY



ROCKBRIDGE GROWN
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Why Local Foods?



- **Taste the difference**
 - local food is fresher and tastes better. It's picked at the height of ripeness and gets to you fresher than food shipped across the country or from across a sea.
- **Safeguard your family's health**
 - knowing where your food comes from, and how it's grown, helps you minimize unhealthy additives that may be in other food products.
- **Strengthen our local economy**
 - buying local food keeps our dollars circulating in our community, supporting the local economy in many ways.
- **Supporting family farms**
 - a much larger portion of your food dollar goes directly to the local farmer. Farming is a Rockbridge County tradition. Supporting our farmers provides all manner of benefit to the community.
- **Protecting our environment**
 - local food doesn't travel far, reducing the carbon dioxide emissions and packaging required to ship food long distances.

Rockbridge Grown

Rockbridge Grown is a citizens' effort organized in May 2007 to encourage the production and consumption of local foods and other agricultural products and services in the area.

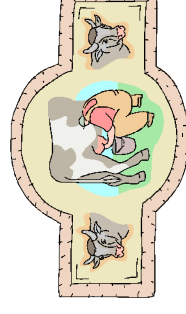
The Mission Statement: Rockbridge Grown is committed to promoting the sustainable production and consumption of local agricultural products in order to nourish regional economic, environmental, and physical health.

If you would like to participate in this effort, contact Tara Miller (staramiller@hotmail.com) or call 463-9370) to be added to the mailing list.

Sources of Information about local food issues

- www.farmfoody.org
- www.vabf.org/about.php
- www.slowfoodusa.org
- www.eatwellguide.org
- www.localharvest.org
- www.sustainabletable.org
- www.foodroutes.org
- www.foodandwaterwatch.org/food

Animal, Vegetable, Miracle by Barbara Kingsolver
The Omnivore's Dilemma by Michael Pollan
In Defense of Food by Michael Pollan



- **Wade's Mill**

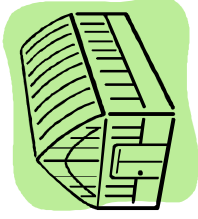
Stone ground flour and meals
Gift Shop on premise

Georgie and Jim Young

55 Kennedy- Wade's Mill Loop
Raphine, VA 24472

www.wadesmill.com

540-297-9582



- **Fancy Hill Plants**

Heirloom plants, garden supplies

Dave Frazier

3211 S. Lee Hwy., Glasgow 24555

(6 miles south of Lexington on Rt. 11)

540-463-9108

Available on site Thursday – Sunday

- **Mountain View Farm Greenhouses**

Vegetable plants, herbs and eggs

Annual and perennial bedding plants

Signe Lewis

16 McCurdy Lane, Rockbridge Baths

540-348-5091

www.mountainviewfarm.biz

- **Briar Patch Farm**

Anita Mason

Poultry, Free Range Eggs

Available at Healty Foods Co-op and Bath County

Farmers Market

540-261-8047

Call for more information

This directory is not complete. The volunteers that make up the Rockbridge Grown task force have done their best to collect information on as many area producers as possible. If you are not listed in the directory, or know of someone who should be listed but is not, contact Linda Wilder at lindawilder@gmail.com or 540-460-3898 to receive a survey that will lead to inclusion in the next edition of the directory.



There are lots of wonderful producers in the area. Some of the listed producers use sustainable farming practices which may or may not include antibiotic free, no-added-hormones, pesticide-free, herbicide-free, minimal fossil fuel use, organic, biodynamic or other natural growing methods. Consumers are encouraged to ask their local growers directly about their individual practices, and to inquire of local retailers and restaurants what standards they require of their suppliers.

The Sources

There are a number of ways to access local foods:

- Farmers' Markets
- Community Supported Agriculture (CSA)
- Direct from the producer
- Local Rockbridge Retailers

The following pages list the names, addresses and specific details about our local producers and how and where to find their products. We encourage producers not included to contact Rockbridge Grown to make sure they are in the next edition of the guide.

Farmers' Markets: There are several area farmers' markets selling local meats, produce and other specialty products. More are forming each season. The following are the most local:

- ***Lexington Farmers' Market***

Wednesdays, 8:00 – 1:00

Jefferson Street parking lot behind the Southern Inn Restaurant

- ***Orchardside Farm Farmers' Market***

Carol Smyer

Saturdays, May 3 – September 27

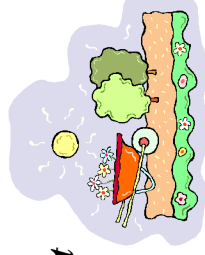
9:00 – 5:00

273 Raphine Road, Raphine

540-348-5220 or 540-348-5550

- ***Buena Vista Saturday Market***

Tailgate market Saturday mornings



- ***Lexington Coffee Roasting***

Award winning, certified organic coffees, roasted locally

Available at Lexington Coffee Shop and the

Southern Inn and at www.lexingtoncoffee.com

462-3990 **Coffee can be ordered/shipped via the website**

- ***Gatherings***

Rabbit meat and Homespun Yarn

Sherri Huffer

540-248-6904

Available at Lexington Farmers' Market

- ***Soothing Herbals***

Chin Velasquez

Organic skin care, aromatherapy

628 Rockbridge Alum Springs Rd

Goshen VA 24439.

Cell 540-460-2722

Home 540-997-9242

www.soothingherbals.com

info@soothingherbals.com

- ***The Herbery***

Culinary and ornamental herbs, ornamentals

Stephanie and Peter Louquet

540-348-1331

louquet@rockbridge.net

Available at Lexington Farmers' market, Orchardside Farmers' market and at the farm
(Call to arrange a visit)

● **Lexington Valley Vineyard**

Wine
Calvin and Janet Hale
80 Norton Way, Rockbridge Baths
540-462-2974
www.lexingtonvalleyvineyard.com
Available at the vineyard

● **Saunders Brothers Farm Market**

Peaches, Locally Grown Products
2717 Tye Brook Highway
Piney River, Virginia 22964
Products available at the Farm Market
434-277-5455

● **Rachel's Own Honey**

Honey
540-463-5076
Available at Lexington Farmers' Market, local
retail outlets and at the farm
Call for more information

● **Orchardside Farm**

Blackberries and Raspberries
Carole Smyer
9:00 – 5:00
273 Raphine Road, Raphine
540-348-5220 or 540-348-5550
Available at the Farm



CSA (Community Supported

Agriculture) is a farm operation that sells “shares” to individuals who in return receive the fruits of the farm's bounty throughout the growing season. Each week, during the growing season, members receive a bag of in-season produce. Farms generally welcome and sometimes require members' involvement in the CSA operation. Our Local CSA is:

Cherry Ridge Organic Farm

2715 Walkers Creek Road
Middlebrook, VA 24459
<http://www.gopherwine.com/CherryRidgeFarm.htm>
cherryridgefarm@gmail.com
540-348-5107
David Beebe



Retail Outlets

There are a number of retail outlets that sell locally grown foods. Some are exclusively local, some exclusively organic, some provide a mix of all types. Feel free to ask the proprietor where the foods they sell come from and how they are grown.

Healthy Foods Co-op

110 West Washington Street, Lexington
540-463-6954

- Seasonal local food in the store year round
- Counter Culture Café in the store serves local food seasonally
- Friday afternoon farmers' market on the porch

Co-operative farmers' market, beginning in June

Retail, Continued

Dave's Produce

14 Quarry Lane
Lexington, VA 24450

- North side of 60 East
- Next to Midland Trail Shopping Center
- Locally grown seasonal local produce

Layne's Grocery

9 Reservation Loop
Glasgow, VA 24455
540-463-7170

- On Rt. 11, south of Lexington (5-6 miles)
- Locally grown seasonal produce and meats

Cool Spring Organic Market

800 South Main Street
Lexington, VA 24450

Offering a full array of natural and organic foods including

- Produce
- Gluten free foods
- Wine/beer
- Meat, poultry, seafood
- Dairy and cheese
- Groceries, bread, bulk food



• *Virginia Gold Orchard*

Asian Pears, Raw Honey, Pear marmalade, Jujube
Youngsuk and Paul Estabrook
540-291-1481

On farm/online/mail order
www.viriniagoldorchard.com

• *Dickie Brothers Orchard*

Apples and Peaches

John Bruguere
434-277-5516

www.dickiebros.com

Available through Cavalier Produce, Lexington
Farmers' Market and on-site (pick your own
available)

• *Whistle Creek Apiaries*

Honey, Beeswax, Compost

Garrett Moore
540-463-1556

ghmoore@hughes.net

Available at Healthy Foods Co-op and
from the farm (**call to arrange visit**)

• *Rockbridge Vineyard*

Wine

Jane and Shep Rouse
540-377-6204

35 Hillview Lane, Raphine

www.rockbridgevineyard.com

Available at the vineyard or online and at local
retailers and restaurants



- **White Rock Manor**

- **Icelandic breed sheep and lamb**

- Rosanna McMillan
 - 897 White Rock Rd.
 - Lexington, VA 24450
 - 540-464-5006
 - jrmcmillan@rockbridge.net

- **Call or e-mail for purchase arrangements**

- **Mountain Run Farm**

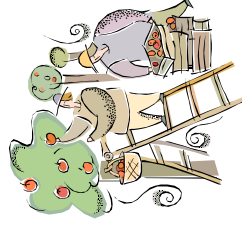
- Ben and Carly Coleman

- Grass fed beef, pastured pork, chicken and turkey, eggs, catfish

- Big Island, VA 24526

- Available at The Well (Bedford), The Health Nut (Lynchburg) and through the farm

- www.mountainrunfarm.com
 - 434-299-5193



Specialty Products

- **Ingleside Trout Farm**

- Rainbow Trout (stocking or catch your own)

- Sweet Corn

- Charlie and Linda Leech

- 540-464-9760 or 540-463-9760

- Available from the farm, delivery available

Direct from the producer (Farmgate):

There are a number of local farmers who sell their meat, cheese, eggs and produce directly to the consumer from their farms, at Healthy Foods Co-op and other local markets or at local farmers' markets. If you would like to buy directly from the farmer, check their distribution sources and preferred method of contact before you drop by.

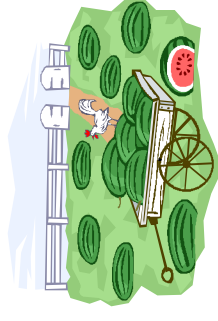
Selling Multiple Products

- **Paradox Farm**

- Eggs, Herbal Iced Tea, Fruits and Vegetables, Canned and Baked Goods, Seedlings
 - Mitch Wapner

- paradoxfarm@earthlink.net

- Available at Lexington Farmers' Market and Healthy Foods Co-op



- **Glass View Farm**

- Vegetables, Lamb
 - Marshall and Teresa Glass
 - 540-291-1784

- **Call for ordering information**

- **Virginia Mountain Maple Products**

- Seasonal vegetables, eggs, rabbits, chicken, maple syrup and maple candy

- Rob and Judie Nelson

- 540-463-6668

- Available at the farm, Healthy Foods Co-op, Lexington Farmers' Market, Mail order **Call to arrange visit**

• ***Hidden Creek Farm***

Seasonal vegetables, beef, eggs, dairy goats, Irish Dexter cattle
The Short Family
540-885-1906
Available at local grocers or at the farm.
Call to arrange visit

• ***Wayne Reese***

Produce, Honey
540-348-5778 or 540-570-5778
Available at Orchardside Farmers' Market or at the farm **Call to arrange visit**

• ***Richwood Farms***

Produce, Jellies, Relish, Pickles
Joan Whitesell
540-348-5084
Available at Lexington Farmers' Market and at the farm **Call to arrange visit**

• ***Brambleberry Farm***

Produce, Eggs, Grass-fed beef and goats
Donna Janeczko
540-473-1585
brambleberryfarm.biz
brambleberryfarm@gmail.com
Available at the farm or on-line **Call to arrange visit**

• ***Cowpasture River Farm***

Eggs, seasonal vegetables
Ed Walters
540-862-2162/**Call to arrange purchase**



• ***Milkbarn Meadow***

Tom Stanley
Milkbarn Meadow freezer lamb
540-463-6578
Call for purchase arrangements

• ***Frank Patterson***

Lamb
540-348-4124
Call for purchase arrangements

• ***Eco Friendly Foods***

Multi species processing, Pasture Pure meat
Bev Eggleston
540-297-9582
www.ecofriendly.com
Call for purchase arrangements

• ***Jan Nau***

Beef, sheep, eggs, certified milk tester
540-261-3837
farmerjan70@hotmail.com
Call for purchase arrangements

• ***Shallow Creek Farm***

Beef, lamb, eggs
Mike Bezok
540-448-0456, 540-377-9755
Call for purchase arrangements

• ***Creekside Farm***

David Clark and Cheryl Branibar
Lamb
540-463-4426, **call for purchase arrangements**



• **Springburn Farm**

Lamb, eggs
Richard Davis
540-463-6777
dunoon@ntelos.net
Available at the farm and Healthy Foods Co-op
Call to arrange visit, call prior to July for lamb

• **Potter Beef**

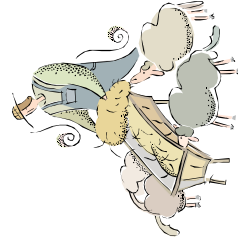
Beef, Whole, Side, Quarters
Charlie and Joan Potter, Chas Potter
540-463-3639
Call for purchase arrangements

• **House Mountain Finnsheep**

Lamb and wool
Joe and Naomi Smith
540-463-6062
Available at the farm **Call to arrange visit**

• **Polyface Farm**

Salad Bar Beef, Pigaerator Pork, Pastured
Poultry (Eggs, Broilers, Turkeys), Forage-
Based Rabbits, Forestry Products
Joel Salatin
43 Pure Meadows Lane
Swoope, VA 24479
540-885-3590
www.polyfacefarms.com
On-farm sales (call ahead)



• **Fox Ridge Farm**

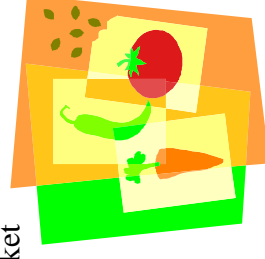
Don Huffman
Seasonal Produce, fruit, honey, homemade jams,
jellies
1196 White Rock Road
540-463-1186
Available at Lexington Farmers Market

• **Green Hill Farm**

Ted and Katherine Brush
Seasonal vegetables and fruit, honey
540-463-9346
Available at Cool Springs Market, Dave's
Produce, Orchardside Farmer's Market

Seasonal Produce

• **Blue Hills Farm**
Seasonal Vegetables
Joe Rorer
540-460-7168
Available at the farm **Call to arrange visit**



• **Swisher's Farm**

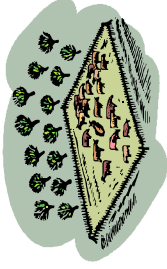
Produce – Pick your own
Larry Swisher
540-348-5144 or 540-348-5132
Available at the farm **Call to arrange visit**

• **Stone House Farm**

Fruit and Vegetables
Brendan and Susan Perry
540-997-0536
Available through Healthy Foods Co-op

• **Sunflower Flats**

Seasonal vegetables, garlic, berries, edible flowers
Steve and Jo Parent
540-463-6954
Available at Healthy Foods Co-op



• **Peaceful Thyme Farm**

Seasonal vegetables, berries, herbs, cut flowers
Joy Evans
540-348-6382
Available at Orchardside Farmers' Market

• **Snakefoot Farm**

Produce
Tony Corazza
540-463-4493
Available at the farm or Healthy Foods Co-op
Call to arrange visit



• **Cedarford Farm**

Produce (onions, horseradish)
Eugene Browning
540-463-6367
Available at Lexington Farmers' Market

• **Sky Hill Farm**

Seasonal vegetables, cooking herbs and cut flowers
Fred and Phyllis Fevrier
540-348-1515
Available at Healthy Foods Co-op or at the farm
Call to arrange visit

• **Janet's Garden**

Herbal Beauty Products, Specialty Produce
Janet Ripley and Rik Hale
Available at Lexington Farmers' Market
540-292-3015, 540-337-0979

• **Twin Springs Farm**

Berries, lettuce, variety of produce
Gary Scott (Shipman, VA)
434-263-6868
twinspringsfarm@ceva.net
Available at Nellysford Farmer's Market and
Lexington Farmers' Market

Beef, Pork, Lamb, Eggs, Cheese

• **Mountain View Farm Products**

Beef, eggs, cheese
Fred and Christie Huger
85 Marmac Lane
Fairfield, VA 24435
540-460-4161
drnkmlk2@yahoo.com



Products also available through:
Lexington Farmers' Market
Orchardside Farmers' Market
Cherry Ridge CSA
Staunton Farmers' Market
Healthy Foods Co-op
At the farm (**call to arrange visit**)