



York County

2023 - 2024
Local Food Guide

YORK COUNTY

BUY FRESH
BUY LOCAL

BUYFRESHBUYLOCALYORK.COM

What Is Buy Fresh Buy Local?



Buy Fresh Buy Local® (BFBL) is the premier trademark of the local foods movement in the United States. The BFBL York County Chapter was launched by the York County Agriculture Business Council in 2010 and evolved into an independent organization led by a volunteer executive committee. In 2018, the BFBL York County executive committee assumed an additional role — supporting efforts of the York County Food Alliance to build a healthy community where everyone has access to food produced in ways that protect and strengthen our environment and local economy.

OUR MISSION IS SIMPLE — to connect the people of York County to locally produced food and farm products through education on where to find locally grown products and why it's a great idea to do so, as well as promoting our Partners who have made a commitment to support farms in York County.

WHY BUY LOCAL? Beyond strengthening our local economy, supporting the endangered family farm, improving your family's health, and protecting the environment, local food picked at the peak of ripeness just tastes better!

Learn more about BFBL York County and become a Partner by visiting BuyFreshBuyLocalYork.com or calling **717-814-8141** today! Membership and a listing in this Food Guide are free.

The logo for Farm to City Dinner. It features a green silhouette of a house with a white tractor in front of it. Below the house, the text "FARM TO CITY" is written in green and orange, and "DINNER" is written in green. Below the text is an orange silhouette of a city skyline with a white fork and knife in the center. The date "10.8.23" is written in large black numbers. Below the date, the text "Tickets and details at FarmToCityYork.com" is written in black. The background of the entire block is a collage of various food items, including a salad, bread, and other dishes.

Table of Contents

Helpful Terms Used in This Guide	4	Roasting Fresh Vegetables Tips	24
Four Reasons to Buy Local Food	5	Fresh from the Farm Stand Recipes	25
Farmers' Market Nutrition Program: Seniors and WIC Participants	6	Classes	26
Markets Accepting Farmers Market Nutrition Program (FMNP) and Senior Farmers Market Nutrition (SFMNP) Checks	7	Farm-to-Table and Farm-to-School	26
Need Food?	8	Farm Tours and School Presentations	26
What's in Season?	9	Pick-Your-Own Farms	26
How to Shop a Farmers Market	10	Make Half Your Plate Fruits and Vegetables!	27
Support the York County Food System	10	Storing Fresh Fruits and Vegetables	28
"Quick-Freeze" Basics	11	Business Index	32
2023-2024 Buy Fresh, Buy Local® York Chapter Partners	12	Participating Index	33
Buy Fresh Buy Local® York County Map.....	20	Product Index	34
Eat a Rainbow of Colors	22		

About This Guide

This Local Food Guide includes detailed information for the 2023-2024 Buy Fresh Buy Local® York County Chapter Partners. The purpose of this Guide is to connect consumers to the freshest and most delicious local food and keep our family farms strong in York County. To be featured in this Guide, a business must sell food primarily grown by themselves or another York county farmer/grower, must provide a service or product that includes the use of locally grown or raised products, OR must offer menu items using ingredients grown on a local farm.

Again this year, there is a colored map (page 20) with icons showing Partner locations as well as farmers who participate in the Farmers' Market Nutrition Program (FMNP).

Use this Guide often to find new places to visit and support the local food movement.

Helpful Terms Used in This Guide

Certified Organic: The producer and their products have been U.S. Department of Agriculture-certified to follow ecological standards excluding the use of synthetic pesticides, herbicides, fertilizers, growth hormones, and routine antibiotics.

CSA: Community Supported Agriculture allows you to buy “shares” in a farm’s harvest in advance. Most CSA’s require an annual or quarterly buy-in and provide weekly deliveries or pick-ups of whatever vegetables (and sometimes fruit, eggs, meat, or flowers) are ready for market that week.

Farm Market: A retail outlet normally owned and operated by a farm unit, generally located on the farm and selling products produced by the farm.

Farmers Market: An established area where several farmers/growers gather on a recurring basis to sell a variety of fresh produce as well as other farm products.

Free Range: Method of farming where the animals are allowed to roam freely instead of being confined closely or caged. May apply to meat, eggs, or dairy.

Homegrown: A product was grown on the premises of the farm that is selling it.

Local: In this guide, “local” refers to farms located in York County.

Organic: Non-chemical farming and food processing. Farmers generally don’t use synthetic chemicals, genetically engineered seeds or products, growth hormones, or routine antibiotics in their farming practices.

Pasture Raised or Grass Fed: This meat, dairy, and poultry comes from animals raised primarily on a diet of freshly grazed pasture during the growing season and stored grasses (hay or grass silage) during winter months. Generally not given growth hormones or additives.

Raw: Generally refers to milk and dairy products that are not pasteurized or homogenized.

Roadside Stand: Generally is a seasonal, temporary structure located on or near a farm selling produce grown on the farm.

Sustainable: The farmer strives for harmony with the natural environment, and considers issues of human health, societal and economic well-being without sacrificing the ability to earn profit.

Four Reasons to Buy Local Food

#1 TASTE

Farm-fresh fruits and vegetables taste great because they are grown for flavor and picked at the peak of ripeness. Most produce sold in grocery stores, on the contrary, is grown to withstand long-distance travel and have a long shelf life.

#2 HEALTH

Locally grown food may be more nutritious. Fruits and vegetables grown on York County farms usually arrive at market within 24 hours of harvest, still full of nutrients. Products from grass-fed, pasture-raised livestock are often more flavorful and health enhancing.

#3 COMMUNITY

Visiting a BFBL Partner can contribute to a sense of community. Get to know the people who grow your food. Learn more about our local entrepreneurs. Enjoy time with family and friends!

#4 FAMILY FARMS

There's never been a more critical time to support our local farmers. Spending money on locally produced food and farm products helps ensure that family farms in York County continue to be profitable and available for future generations.



Farmers' Market Nutrition Program: Seniors and WIC Participants

The Farmers' Market Nutrition Program (FMNP) provides eligible seniors and WIC participants with checks to buy Pennsylvania-grown fresh fruit and vegetables from participating local farm markets. The checks are redeemable at eligible markets between June 1, 2023 and November 30, 2023. See page 7 for a list of markets.



This program is sponsored by the York County Area Agency on Aging and the Community Progress Council – WIC (Women, Infants and Children) office, in conjunction with the U.S. Department of Agriculture, the PA Department of Agriculture, and the PA Department of Health.

Seniors

Eligible seniors can get a one-time \$50 check per calendar year. To be eligible, seniors must be York County residents, be 60 years of age by December 31, 2023, and have a total gross annual 2023 household income at or below:

- o 1 person: \$26,973
- o 2 people: \$36,482
- o 3 people: \$45,991
- o 4 people: \$55,500

For more information and to find a list of locations that distribute checks, go to ycaaa.org and type in "Vouchers" in the box at the top of the page.

WIC Participants

Pregnant, breastfeeding, and postpartum women, AND children between the ages of 1 and 5 years are each eligible to get a one-time \$20 check per calendar year. To apply for WIC benefits, or ask questions about the FMNP vouchers, call 717-843-7942. PA WIC is funded by USDA. This institution is an equal opportunity provider.



Markets Accepting Farmers Market Nutrition Program (FMNP) and Senior Farmers Market Nutrition (SFMNP) Checks

Below is a list of farm markets in the Guide York County that accept FMNP and SFMNP checks. See the map on page 20 to find a market near you. Read its description in the Guide beginning on page 12 for the days/hours it is open. When you are at the farmers market, look for the FMNP signs to know which farm vendor will accept the checks. For a complete and an up-to-date list and to find of markets in York and surrounding other counties, visit www.pafmnp.pa.gov or download the app- PA FMNP Market Locator!

- ✿ Brown’s Orchards & Farm Market
- ✿ Dillsburg Farmers Market
- ✿ Flinchbaugh’s Orchard & Farm Market
- ✿ Ilyes Roadside Market
- ✿ Lutz Market Stand
- ✿ Maple Lawn Farms
- ✿ Miller Plant Farm
- ✿ New Eastern Market
- ✿ Penn Market
- ✿ Shaw Orchards
- ✿ Triple “A” Dwarf Acres
- ✿ York Fresh Food Farm



Need Food?

Below is a list of USDA nutrition assistance programs and other local resources to help families struggling to balance their budgets. To qualify for the programs in the chart below, gross monthly income must be *equal to or less than the amounts shown per household size* (income amounts as of October 2022). Contacts for these programs and other services are listed below.

Available Programs	Household Size 1	Household Size 2	Household Size 3	Household Size 4	Additional Member (Approx.)
Women, Infants & Children Program (WIC)	\$2,096	\$2,823	\$3,551	\$4,279	+\$728 each
Supplemental Nutrition Assistance Program (SNAP)/Food Stamps	\$2,266	\$3,052	\$3,840	\$4,626	+\$788 each
SNAP for 60+ or Disabled	\$2,000	\$2,700	Call 877-395-8930 for details		
Senior Box Program	\$1,473	\$1,984	Call 717-846-6435 x 202 for details		

- ▷ **Women, Infants & Children Program (WIC):** For details, call 717-843-7942 or visit pawic.com.
- ▷ **SNAP/Food Stamps:** To apply, visit Compass.state.pa.us. For information, call 1-800-991-0929. The Central PA Food Bank can help you apply over the phone. Call the toll-free Helpline Mon.-Fri. 8:00 a.m. – 4 p.m.: 1-877-999-5964 (Se habla Español).
- ▷ **Senior Box Program:** Once per month, income-eligible seniors (60+) can get a free package of healthy food. To sign up, call the York County Food Bank at 717-846-6435 x 209.
- ▷ **Food Pantry Appointment:** Find a food pantry near you by calling 211 or search online at Yorkfoodbank.org/Need-Food.
- ▷ **Emergency Food and Free Community Meals:** For a list of resources, visit www.211.org or call 211.
- ▷ **School Nutrition Programs:** Contact your local school or school district for more information.
- ▷ **Summer Meals for Kids & Teens:** To find a program near you, Text FOOD to 877-877 or call 1-866-348-6479.
- ▷ **Meals for Seniors:** The York County Area Agency on Aging coordinates the following services:
 - ▷ **Home delivered meals available to:** York County resident in a non-institutional setting, 60 years of age or older, have disability, which prohibits the individual from leaving his/her residence, living alone or with someone who also meets the above criteria. Contact the York County Area Agency on Aging at 717-771-9610.
 - ▷ **Congregate meals available at 14 York County Senior Centers to:** York County residents, 60 years of age or older. Senior Center contact information available at YCAAAA.org or 717-771-9610.

What's in Season?

Buying fruits and vegetables in season can lower the cost. Buying produce at a local market, fresh from the farm, adds to the freshness and taste! Below is a partial list of produce grown in Pennsylvania. *Keep in mind that some local farmers use growing methods like "hoop houses" to grow and harvest select produce for longer periods of time.*

Available Early Summer

Asparagus	Lettuce	Spinach
Artichokes	Peas	Strawberries
Cherries	Radishes	Swiss chard
Greens	Rhubarb	

Available Mid-Summer

Apricots	Cucumbers	Peaches
Beans	Eggplant	Peppers
Berries	Melons	Squash
Cantaloupe	Mushrooms	Tomatoes
Celery	Nectarines	Watermelon
Corn	Okra	

Available Late Summer through Fall

Apples	Kale	Pumpkins
Beets	Kohlrabi	Rutabagas
Broccoli	Leeks	Sweet Potatoes
Brussel Sprouts	Onions	Turnips
Carrots	Pears	Zucchini
Cauliflower	Plums	
Grapes	Potatoes	

How to Shop a Farmers Market

- ▷ **Come with cash.** Credit cards are generally not accepted, and not all vendors take personal checks.
- ▷ **Go early.** Arrive near opening time to enjoy the widest selection.
- ▷ **Or come late.** You may find some of the best deals near closing time.
- ▷ **BYOB:** Bring Your Own Bags. Many vendors keep costs low by not offering bags, so bring your own.
- ▷ **Pack a cooler.** If you're going to spend time at the market rather than hurrying home to the fridge, or if it's a really hot summer day, a cooler with ice helps keep perishable items fresh.
- ▷ **Think beyond fruits and veggies.** Many stands have fresh meats, jams, preserves, raw milk, eggs, cheeses, honey, flowers, and delicious prepared foods. Explore and enjoy!
- ▷ **Talk to the farmers.** Who better to ask how to prepare or store food than the person who grew it?
- ▷ **Give the kids a few bucks.** Let kids choose and purchase some items. Kids are more willing to eat healthy foods they pick out themselves, and it's a fun way to establish life-long healthy habits!

Support the York County Food System

- ☑ Start small. Spending just \$10 a week at a BFBL Partner can have a huge impact.
- ☑ Shop at a local market. Look for locally produced fruits, vegetables, honey, wine, meats, eggs, flowers, and more!
- ☑ Consider investing in a CSA (Community Supported Agriculture).
- ☑ Visit a local winery or distillery.
- ☑ Dine at restaurants that serve locally grown foods.
- ☑ Look for locally produced specialty products at markets or locally owned retailers.
- ☑ Get your hands dirty! Start your own garden, plant a row to share with others, and/or volunteer to teach a child how to grow veggies.
- ☑ Get involved! Help support efforts of the BFBL York County Chapter promote farm-fresh products, improve food access, and encourage Farm-to-Table activities. Learn more at BuyFreshBuyLocalYork.com or facebook.com/YorkCountyFoodAlliance

“Quick-Freeze” Basics

Freezing is a great way to save money and enjoy your favorite summertime fruits and vegetables throughout the fall and winter months. Berries, bell peppers, and onions are the easiest types of produce to freeze. Follow these three easy steps.

1. Prepare Produce
 - o For **berries**: Sort berries – throwing out moldy ones. Trim any soft spots off strawberries. Rinse the fruit and remove any leaves and stems.
 - o For **bell peppers**: Rinse and remove the stem and seeds; dice or slice into strips.
 - o For **onions**: Peel and cut yellow, white, or sweet onions into desired size – diced, chopped, or wedges.
2. Quick Freeze
 - o Spread prepared produce in a single layer on flat pans or baking sheets; and pat gently with paper towels to remove any excess moisture. Freeze until firm.
3. Package & Freeze
 - o Transfer firm produce to freezer-safe bags or containers and remove extra air. Label and date each package and return to the freezer.

Tips: Loosen and remove the amount of frozen product needed and return the rest to the freezer. | Add thawed berries to oatmeal, yogurt, cottage cheese and ice cream. | Add chopped onions and bell peppers to scrambled eggs and other cooked dishes like pasta sauce and soups. No thawing needed!

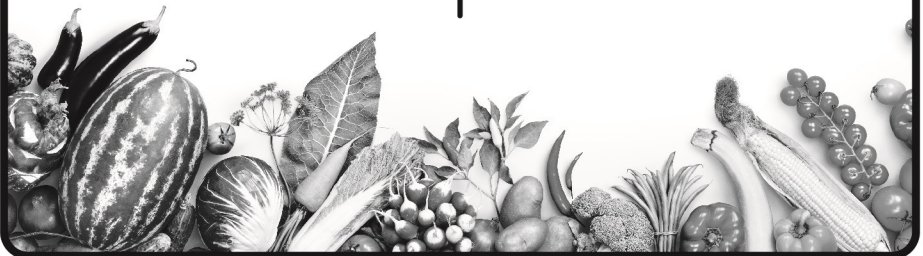
Shop with rabbittransit™

Mobile Produce Market

King Street Station
Downtown York
213 W. King Street
Fridays, 3:30-5:30 PM
June 8 through October 6

FREE Shuttles to GIANT

- East York (Tues., Thurs., Sat.)
- West York (Mon., Wed., Fri.)
- Visit rabbittransit.org for GIANT Shuttle departure times and locations



2023-2024 Buy Fresh, Buy Local® York Chapter Partners

ALLEGRO WINERY

4069 Vineyard Road,
Stewartstown, PA 17363
717-927-9148
allegrowines.com

OPEN: SUN NOON-5PM
MON-SAT 11AM-5PM

Allegro means “lively” in musical terms. Yet you won’t find us hosting festivals or big concerts. We don’t have breathtaking views or trophies. All we have is great wine. Seriously. More than two dozen wines ranging from dry to sweet.

BACK TO ROOTS PRODUCE

5309 Lincoln Highway, Thomasville, PA
17364
717-524-8475

OPEN: SAT, SUN 8AM-4PM

Back to Roots Produce is a family-owned and operated produce market located in Thomasville at Morning Sun Marketplace.

BAREFOOT FARM

6621 Bluebird Lane, Dover, PA 17315
717-292-1390
<https://barefootfarmdoverpa.wixsite.com/berries/pumpkins3>

OPEN: VARIOUS; SEE WEBSITE FOR HOURS AND DAYS

At Barefoot Farm, we love seeing that families enjoy their visit and their produce, whether picking strawberries, purchasing pre-pick, or savoring a fresh strawberry sundae. We also have raspberries and pick-your-own pumpkins.

BLUEBERRY HILL

571 Heffner Road, Red Lion, PA 17356
717-586-1131
OPEN: MON-SAT 8AM-1PM

See Facebook for evening hours.

Our season begins around July 4 and runs through early-mid August. Follow our Facebook page for updates @Blueberry Hill, Red Lion.

BRABBLE HILL FARM

4024 Krebs Road, Glen Rock, PA 17327
717-235-3984

CALL TO MAKE AN APPOINTMENT

Find us at New Freedom Farmer’s Market, Glen Rock Farmer’s Market, Market on Chocolate, Lancaster East Side Market, Glen Rock Arts and Brew Fest, HBG Flea.

BROWN’S ORCHARDS & FARM MARKET

8892 Susquehanna Trail South,
Loganville, PA 17342
717-428-2036
brownsorchards.com

OPEN: TUE-SUN 9AM-6PM

Our own fruits and local farmer vegetables, Bakery, Deli, Cafe and Coffee Bar, Greenhouse, gift baskets, gifts, pit BBQ, ice cream, wine shop. PYO, hayrides, tours, and more.

See Ad on page 27

CENTRAL FAMILY RESTAURANT

400 N. George Street, York, PA 17401
717-845-4478
Eatatcentral.com

OPEN: MON-SUN 7AM-9PM

Central Family Restaurant is located 1 mile from Route 30 and is within walking distance of Historic downtown York. We offer a variety of homemade specials and desserts.

2023-2024 Buy Fresh, Buy Local® York Chapter Partners

CENTRAL MARKET YORK

34 W. Philadelphia Street, York, PA 17401
717-779-8018

www.centralmarketnyork.com

OPEN: TUE, THU 7AM-2PM,
SAT 6AM-2PM

FIRST FRIDAYS: 5PM-9PM*

*VENDOR HOURS MAY VARY

Farmers market, built in 1888. Central Market's vendors include restaurants, farm stands, produce, meat, poultry and fish, gifts, and collectibles.

DEEP RUN FARMS

1176 Houston Lane, York, PA 17406
717-495-3666

OPEN: HOURS VARY, CALL FOR
INFORMATION

Family farm in Hellam, PA. Grass-based farming, grass-fed beef, pasture-raised pork. Pasture-raised broiler chickens and free-range eggs. All feeds used are certified organic/non-GMO.

DILLSBURG FARMERS' MARKET

Historic Dills Tavern, 227 N. Baltimore Street,
Dillsburg PA 17019

717-574-6219

<https://dillsburgfarmersma.wixsite.com/dbgfarmersmarket>

OPEN: MAY 6-NOV 25

SATURDAYS 8AM-NOON

Fresh homegrown and homemade produce and products raised and made within 50 miles of our market by the vendors who sell them.

CROSS CREEK FARM

3921 Krebs Road,
Glen Rock, PA 17327

717-235-4702

crosscreekfarma.com

CALL OR SEE WEBSITE FOR AN
APPOINTMENT

Custom sheds, unique garden structures, and full utility outbuildings. Wedding and event florist--sunflowers are our specialty! Floral design and event staging service.

DANIKA'S JARRED GOODS

Dover, PA
717-434-9512

danikacatering.com

Using old European recipes and locally grown products to create our jarred goods. We are farm to jar producers. All the vegetables we use come straight from a PA Preferred Farm.

DAWN'S MY FAVORITE DELI

3397 North George Street,
York, PA 17404
717-764-4461

myfavdeli.com

OPEN: MON-FRI 7AM-4PM,
SAT 7AM-2PM

Unique sandwiches that you are going to love. From breakfast to dessert, we're the finest in the Greater York area, and have been for more than 25 years.

FAMILY TREE FARM, LLC

4688 Dairy Road, Red Lion, PA 17356
717-332-6365

familytreefarm.com

OPEN: VISIT OUR WEBSITE OR FACE
BOOK PAGE FOR UP-TO-DATE
INFORMATION

Take time out and stop by to cut your own flowers and pick up some fresh-picked sweet corn and veggies at our roadside stand. PYO apples, pumpkins, and Christmas trees.

2023-2024 Buy Fresh, Buy Local® York Chapter Partners

FLINCHBAUGH'S ORCHARD & FARM MARKET

110 Ducktown Road, York, PA 17406
717-252-2540

flinchbaughsorchar.com

OPEN: JAN-MAR:

FRI 9AM-5PM,
SAT 9AM-4PM

APR-DEC:

MON-FRI 9AM-6PM
SAT 9AM-4PM

Fourth-generation family-run farm open year-round to serve our community as a hub for local foods. We enjoy connecting folks to their food source through various educational programs

See Ad on page 31

FORGE HILL ORCHARDS

135 Blossom Drive, Mt. Wolf, PA 17347
717-266-1206

www.forgehillorchards.com

OPEN: APR-DEC

MON-FRI 9AM-6PM
SAT 9AM-4PM

Family owned since 1935, we have PYO strawberries, cherries, and apples. Peaches, nectarines, apricots, plums, pears, pumpkins, local produce, and McCutcheon products are available in our salesroom.

FORNO BOVA LLC

York, PA
717-814-8128

FornoBova.com

Mobile wood fired pizza and catering.

FOUR SPRINGS WINERY

50 Main Street, Seven Valleys, PA 17360
717-428-2610

fourspringswinery.com

OPEN: FRI, SUN 1-5PM

SAT, 11AM-5PM

Visitors will find a blend of home-town-friendly and urban sophistication while they enjoy fruit-driven and full-bodied wines.

FOXWOOD RUN FARM

225 East Butter Road, York, PA 17404
717-814-8227

www.FoxWoodRunFarm.com

OPEN: SEASONAL, CALL OR EMAIL
TIM@FOXWOODRUNFARM.COM

We are a 100% additive-free poultry and meat producer. We provide eggs, pasture-raised chickens, goats' milk, and goat meat direct to consumers, and in select markets.

GINGRICH APIARIES, LLC

Dover, PA
717-292-1249

gingrichapiaries.com

Located in the rolling hills of South Central Pennsylvania, Gingrich Apiaries provides natural honey products.

See Ad on page 31

GODFREY BROS. MEATS, INC.

7137 Susquehanna Trail South, York, PA 17403
717-428-1602

www.godfreymeats.com

GodfreyMeats@gmail.com

OPEN: MON 9AM-5PM

TUE-FRI 7AM-5PM

NEW EASTERN MARKET

FRI 7AM-4:30 PM

SAT 7AM-2PM

Family owned butcher shop since 1936 offering local fresh and smoked meats, cheeses and lunchmeats. We are on Susquehanna Trail and New Eastern Market. Contact by phone or Facebook.

HIDDEN SPRINGS FLOWER FARM

6140 Lincoln Highway West, Thomasville, PA, 17364

717-451-4943

Hiddenspringsflowers.com

OPEN: SHOP--THUR-SAT 10AM-4PM

Our self-serve stand is open, weather permitting, during daylight hours (usually April through October).

2023-2024 Buy Fresh, Buy Local® York Chapter Partners

HIGHBOURNE DEER FARMS

7146 Highbourne Place Lane, Dallastown, PA 17313

717-428-2774

<https://highbourne.com>

OPEN: MON-FRI 9AM-4PM

We are committed to bringing you the finest in American farm raised venison products. Our USDA inspected Red Deer are raised with great care in regard to their nutrition & health.

HORN FARM CENTER FOR AGRICULTURAL EDUCATION

4945 Horn Road, York, PA 17406

717-757-6441

hornfarmcenter.org

OPEN: VARIES BY SEASON

Classes and workshops at the Horn Farm feature specific, hands-on ways to grow, prepare, and preserve food for ourselves and our community.

ILYES ROADSIDE MARKET

3356 Days Mill Road, York, PA 17408

717-968-6826

OPEN: MAY-OCT

MON-FRI 9AM-6PM

SAT 9AM-3PM

Serving the York area with fresh-from-the-farm produce and meat.

JOHN WRIGHT RESTAURANT

234 North Front Street, Wrightsville, PA 17368

717-271-0416

jwrpa.com

OPEN: SEE WEBSITE FOR HOURS

Enjoy casual dining in a restored warehouse along the Susquehanna River. The menus include fresh and locally produced foods.

KAREN'S KONFECTIONS

201 Memory Lane, York, PA 17402

717-676-9307

neweasternmarket.com

OPEN: FRI 6AM-6PM

I use locally grown corn and locally processed brown sugar and butter to make homemade caramel. I experiment with different extracts to create new flavors. I now also carry cheddar popcorn. Still handmade and packed by Miss Karen. Birthday Wedding Graduation Baby and any other party favors. Bushel and Half Bushel Baskets.

LEFT BANK RESTAURANT & BAR

120 North George Street, York, PA 17401

717-654-8368

leftbankyork.com

OPEN: WED-SAT 4PM -9PM

Every day, we work together to bring fresh, flavorful dishes to our guests, served by an attentive staff.

LEG UP FARMERS MARKET

3100 North George Street, York, PA 17406

717-893-5998

legupfarmersmarket.com

OPEN: MON-SUN 8AM-8PM

Leg Up Farmers Market is an All Natural Grocery Store that has many healthy, local, and organic options. We support Leg Up Farm, our therapy center for special needs children.

2023-2024 Buy Fresh, Buy Local® York Chapter Partners

LIVINGSTON FAMILY FARMS

4010 Colonial Road, Dover, PA 17315
717-655-1248

Livingstonfamilyfarms.com

OPEN: TUE 4-6PM, SAT 9-11AM

Open Daily by appointment and various Pop-Up Markets. See our Facebook Page for details! Angus cattle, Berkshire and crossovers pigs and sheep. Freezer beef, pork, and lamb upon request. Sweet corn, shelled corn, hay, straw, and mushroom soil. Call to arrange mushroom soil. Call or email for freezer meat information.

See Ad on page 31

LOCUST POINT CATTLE COMPANY

3205 West Canal Road, Dover, PA 17315
717-308-7534

locustpointcattlecompany.com

OPEN: CENTRAL MARKET YORK-
TUE, THU 9AM-2PM
SAT 8AM-2PM

OR CALL TO SCHEDULE AN
APPOINTMENT AT OUR FARM

Our family farm offers dry aged all-natural 100% grass-fed beef. We hold designations from Animal Welfare Approved as well as Certified Grassfed.

LOVE SOWN FAMILY FARMS & CHEF SERVICES

6519 Fair School Road, Glen Rock, PA 17327
410-227-0195

onlinefarmmarkets.com/love-sown-family-farms

OPEN: BY APPOINTMENT ONLY

Visit us at Glen Rock Train Stop Pop Up Market and Glen Rock Mill Inn Front Porch Pop Up Market.

LUTZ PRODUCE LLC

240 Springvale Road, Red Lion, PA 17356
717-873-1774

OPEN: JUN-OCT 8AM-DUSK

Local roadside stand with wholesale to stores and restaurants. Picked fresh daily. All varieties tomatoes, sweet corn, peppers, squash, eggplant, cucumbers, and honey.

MAIN STREET MARKETS

17 Main Street, Glen Rock PA, 17327
717-814-8183

mainstmarketglenrock.com

OPEN: MON-TUES BY APPOINTMENT
WED, FRI 2-7PM
THURS 10AM-7PM
SAT-SUN 9AM-5PM

A small-town grocery store that stocks the best in local, seasonal, and organic items. Fresh dairy, baked goods, produce and vegan fare delivered weekly.

See Ad on page 38

MAPLE LAWN FARMS

2885 New Park Road, New Park, PA 17352
717-382-4878

OPEN: MID-JUN-NOV 9
MON-SAT 8AM-6PM
SUN 1PM-7PM

Pick your own cherries, blueberries, peaches, apples, and pumpkins at Maple Lawn Farms! Family fun, school tours, and treats from the farm market make a great day trip.

2023-2024 Buy Fresh, Buy Local® York Chapter Partners

MARKETS AT SHREWSBURY

12025 Susquehanna Trail South,
Glen Rock, PA 17327
717-235-6611

MarketsatShrewsbury.com

OPEN: THU 9AM-5PM
FRI 9AM-7PM
SAT 8AM-4PM

A PA Dutch Market open year-round offering fresh produce, on-site Amish bakery, meats, and gluten free products. Many eateries and beautiful gift shops. Festivals and Events!

MILLER PLANT FARM

430 Indian Rock Dam Road, York, PA 17403
717-741-2631

millerplantfarm.com

OPEN: MAR-DEC
MON-FRI 9AM-6PM
SAT 9AM-4PM

MAY
MON-FRI 9AM-7PM
SAT 9AM-5PM

Miller Plant Farm is a century old family farm offering a full line of in-season vegetables and fruit. We also offer a CSA and attend New Eastern Market.

MORGAN PERI ORGANICS

Southern York County Glen Rock, PA
717-676-1080

welcomethisisafarmhouse.com

MT. AIRY ORCHARDS

522 East Mt. Airy Road, Dillsburg, PA 17019
717-432-2544

OPEN: JAN-APR
THU-SAT 9AM-6PM

MAY-DEC
MON-SAT 9AM-6PM
SUN NOON-6PM

Mt. Airy Orchards (formerly Paulus Mt Airy Orchards) is a family-owned farm and agri-tourism adventure in Dillsburg, Pennsylvania. With more than 150 acres of fruit trees, you can choose from over 25 varieties of apples, 7 varieties of peaches, as well as nectarines and plums. Spring and Summer means pick-your-own strawberries, blueberries, black raspberries, and blackberries! In the fall, visit the corn field maze or pick your own pumpkin.

NEW EASTERN MARKET CO., INC

201 Memory Lane, York, PA 17402
717-755-5811

neweasternmarket.com

OPEN: FRI 7AM-6PM

We are a Farmers Market built in 1955 by multiple investors, the majority being farmers with stands at the market. We still have some of the original stands in operation.

PENN MARKET

380 W Market Street, York, PA 17401
pennmarket.com

OPEN: YEAR-ROUND TUE, FRI, SAT
6:30AM-3PM

The oldest farmers market in York offering meat, fresh fruits and vegetables, plants, bakery, and restaurant. Free on-site parking on market days during market hours. Located in the WeCo neighborhood.

2023-2024 Buy Fresh, Buy Local® York Chapter Partners

PERRYDELL FARM AND DAIRY

90 Indian Rock Dam Road
York, PA 17403
717-741-3485
perrydellfarm.com

OPEN: MON-SAT 7AM-7PM
SUN 11AM-6PM

Not only do we sell our own farm fresh products in our store, we also offer a large selection of goods from our near-by neighbors. Items such as local honey, baked goods, and produce can be found all under our roof. Come visit our cows and their calves or pick up an ice cream cone at our store.

PRODUCE ON BROADWAY

1649 Broadway, Hanover PA
Markets at Hanover
223-278-0915
www.facebook.com/produceon-broadway

OPEN: THU-FRI 9AM-7PM
SAT 8AM-4PM

Produce on Broadway features a wide variety of seasonal product. Stop by weekly to see what's in.

ROCKELMAN'S NURSERY AND HERITAGE TREE FARM

2711 S. Queen Street, York, PA 17403
717-668-5073
rockelmansnursery.com

OPEN: CALL FOR HOURS

Since 1964, Rockelman's Nursery has offered trees (grown at our own tree farm), container shrubs, and perennials. Services include landscape design, installation, and maintenance.

SHAW ORCHARDS

21901 Barrens Road South
Stewartstown, PA 17363
717-382-8879
shaworchards.com

OPEN: LATE MAY-OCT 8AM-6PM
NOV 9AM-5PM

Located on the Mason Dixon Line for 107 years, offering our own fruits and locally grown vegetables. PYO berries in season and PYO apples and pumpkins on Saturdays in the fall.

SIWIK PRODUCE FARM

13638 Lebanon Church Road,
Felton, PA 17322
717-495-4087
siwikproduce.com

OPEN: CSA PICKUP MAY-OCT AT
FARM THU NOON-7PM OR AT
JOHN WRIGHT RESTAURANT
WED 4PM-7PM

We are a small, family-owned and operated farm in Felton. We grow USDA certified organic produce for our CSA program, Leg-Up Farm, and local restaurants. Our CSA program runs from the last week of May to the third week of October. Anyone wanting to visit the farm outside of pickup hours should call or email ahead of time.

SONNEWALD NATURAL FOODS

4796 Lehman Road, Spring Grove, PA 17362
717-225-3825
sonnewald.org

OPEN: TUE-THU 10AM-6PM
FRI 10AM-9PM
SAT 8AM-5PM

Family-owned grocer since 1955.



Get free and nutritious food for your family!

You may be eligible to receive free and nutritious food for your family through Community Progress Council's Women, Infants, and Children (WIC) program.

WIC provides supplemental food and nutrition education to new and expecting moms, chest/breast-feeding parents, and caregivers of children under 5 years old.

**Call 717-843-7942
or visit www.yorkcpc.org/wic to see
what WIC can do for you!**

¡Obtenga alimentos gratuitos y nutritivos para su familia!

Usted puede ser elegible para recibir alimentos gratuitos y nutritivos para su familia a través del programa Mujeres, Bebés y Niños (WIC).

WIC provee alimentos suplementarios y educación nutricional a las nuevas y futuras mamás, padres que amamantan y otros cuidadores de niños menores de 5 años.

**¡Llame al 717-843-7942 o visite
www.yorkcpc.org/wic para ver lo
que WIC puede hacer por usted!**

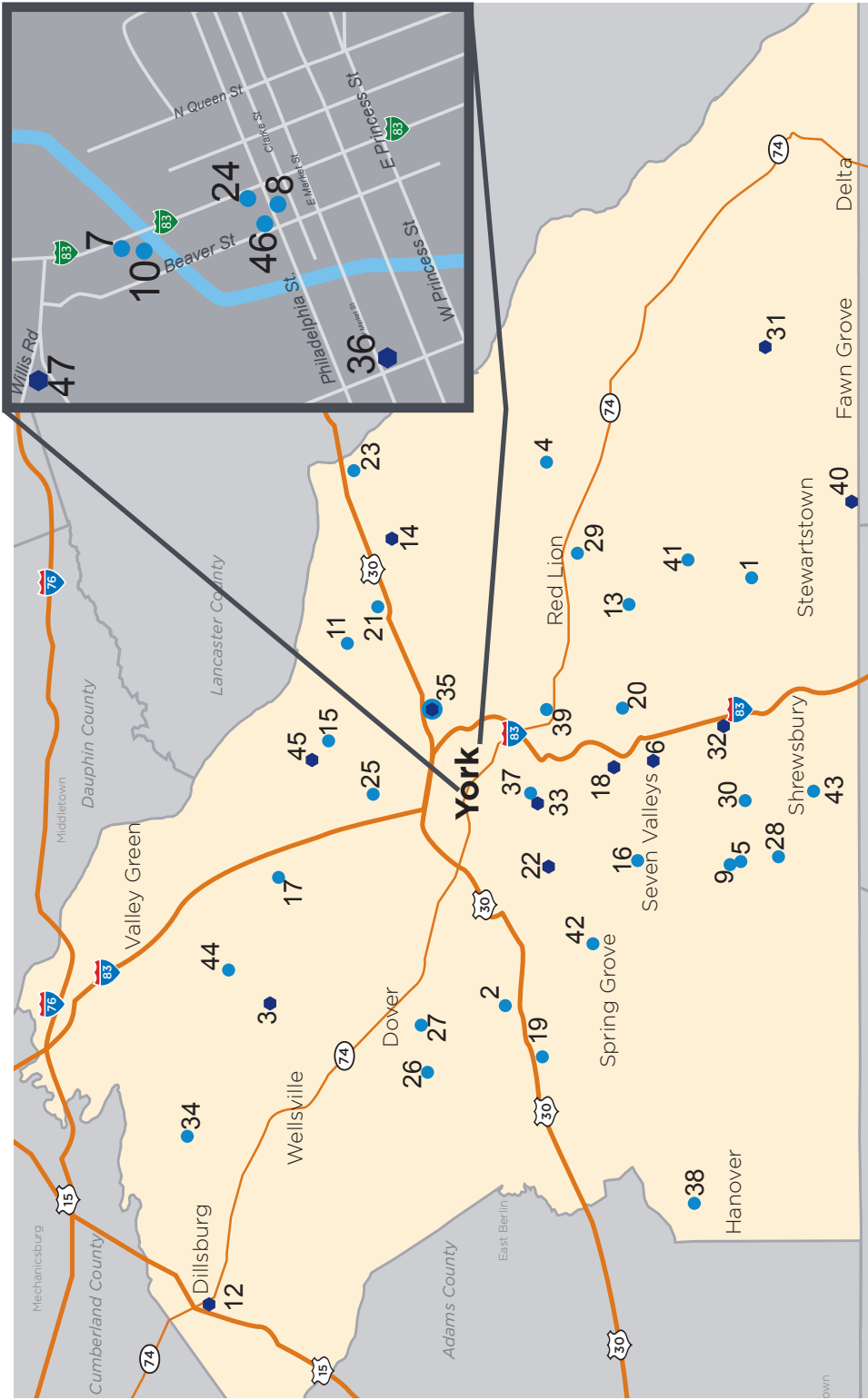


**COMMUNITY
PROGRESS
COUNCIL**

PROGRESS IS... one call away!

Whether your goal is to find a job with better pay, buy your first house, provide your family with healthy food, improve your credit, or enroll your child in early childhood education, CPC can help.

**Call today to connect with a Resource Navigator:
(717) 846-4600, select 0**



Buy Fresh Buy Local[®] York County Map

● BFBL York County Partner

◆ Partner accepts SFMNP & S/FMNP

- Partner not mapped; no company storefront

1	Allegro Winery
2	Back to Roots Produce
3	Barefoot Farm
4	Blueberry Hill
5	Brabble Hill Farm
6	Brown's Orchard & Farm Market
7	Central Family Restaurant
8	Central Market York
9	Cross Creek Farm
-	Danika's Jarred Goods
10	Dawn's My Favorite Deli
11	Deep Run Farms
12	Dillsburg Farmers' Market
13	Family Tree Farm, LLC.
14	Flinchbaugh's Orchard and Farm Market
15	Forge Hill Orchards
-	Forno Bova LLC
16	Four Springs Winery
17	Foxwood Run Farm
-	Gingrich Apiaries
18	Godfrey Bros Meat
19	Hidden Springs Flower Farm
20	Highbourne Deer Farms
21	Horn Farm Center for Agricultural Education
22	Ilyes Roadside Market
23	John Right Restaurant
35	Karen's Konfections

24	Left Bank Restaurant & Bar
25	Leg Up Farmers Market
26	Livingston Family Farms
27	Locust Point Cattle Company
28	Love Sown Family Farms & Chef Services
29	Lutz Produce
30	Main Street Markets
31	Maple Lawn Farms
32	Markets at Shrewsbury
33	Miller Plant Farm
-	Morgan Peri Organics
34	Mt. Airy Orchards
35	New Eastern Market Co.
36	Penn Market
37	Perrydell Farm & Dairy
38	Produce on Broadway
39	Rockelman's Nursery and Heritage Tree Farm
40	Shaw Orchards
41	Siwik Produce Farm
42	Sonnenwald Natural Foods
43	Spruce Hollow Gardens
44	Sunnyside Farm
44	Sunnyside Flowers
45	Triple "A" Dwarf Acres
46	Tutoni's
47	York Fresh Food Farms

Eat a Rainbow of Colors

To be sure you get all the nutrients you need for good health, eat a rainbow of colors. Health benefits from eating fruits and vegetables vary by color:

RED: Healthy heart and memory.

Red foods include apples, cranberries, grapes, pomegranates, raspberries, strawberries, watermelon, tomatoes, red grapefruit, radishes, radicchio, red peppers, and red onions.

ORANGE/YELLOW: Healthy immune system, vision, and heart.

Orange/yellow foods include apricots, sweet potatoes, pineapple, mangoes, oranges, apples, peppers, pumpkin, corn, lemons, cantaloupe, peaches, nectarines, and persimmons.

GREEN: Vision, strong bones, and teeth.

Green foods include kale, apples, grapes, kiwi, honeydew, avocado, broccoli, spinach, collards, okra, artichoke, zucchini, lettuce, celery, cucumber, beans, and asparagus.

PURPLE/BLUE: Healthy aging, heart, and memory.

Purple/blue foods include blackberries, plums, blueberries, figs, eggplant, purple cabbage, grapes, elderberries, and aronia berries.

WHITE: Healthy immune system, heart, and blood pressure.

White foods include bananas, cauliflower, mushrooms, onions, garlic, potatoes, white currants, white peaches, and white nectarines.



2023-2024 Buy Fresh, Buy Local® York Chapter Partners

SPRUCE HOLLOW GARDENS

1880 Spruce Road, New Freedom, PA 17349
717-309-3506

sprucehollowgardens.com

OPEN: MAY-OCT PRODUCE STAND,
CHECK WEBSITE FOR HOURS

We build our soil to keep our plants healthy and we grow a wide variety of different vegetables and fruits. Garlic is our specialty! We also offer free range, organic eggs.

SUNNYSIDE FARM

1865 York Road, Dover, PA 17315

sunnysidefarmpa.com

OPEN: FRI 5PM

We are an egg farm, providing beautiful, tasty eggs from our hens. Our flock is pasture raised year round, results are delicious eggs with those bright color yolks!

See Ad on page 38

SUNNYSIDE FLOWERS

1865 York Road, Dover, PA 17315

sunnysideflowerspa.com

sunnysideflowerspa@gmail.com

OPEN: FRI 5-7PM OR BY APPOINTMENT

Boutique Flower Farm designing for weddings and events.

See Ad on page 38

TRIPLE "A" DWARF ACRES

365 Forge Hill Road, Manchester, PA 17345
717-968-4267

facebook.com/AAADwarfAcres

OPEN: TUE, WED, FRI 11AM-5PM

SAT-SUN 10AM-2PM

CLOSED MON, THU

We are a family-owned orchard located in Manchester. We have tree-ripened fruit that we pick daily and sell at our farm stand along with produce, baked goods, and fresh cider.

TUTONI'S

108 N George Street, York, PA 17401
717-885-5169

tutonis.com

OPEN: CHECK WEBSITE FOR HOURS

Our menu of creative dishes and new spins on traditional Italian standards – rooted in our region's abundant agricultural scene – offer customers a dining experience they can't find anywhere else. We strive to pair top-notch service in a sophisticated-casual setting for a unique York, PA Italian restaurant experience.

YORK FRESH FOOD FARMS

150 Willis Road, York, PA 17404

717-424-2813

yorkfreshfoodfarms.org

York Fresh Food Farms, a nonprofit, grows vegetables using organic methods to increase access to affordable vegetables and increase healthy food choices in the City of York. York Fresh Food Farms operates a farm stand and a green shuttle bus customized into a farm-stand-on-wheel, with stops throughout the city. For up to date information about the weekly farm shares program and the Mobile Produce Market schedule, visit our website and follow us on Facebook @YorkFreshFoodFarm.

Roasting Fresh Vegetables Tips

If you don't like veggies or are looking for a new way of cooking your favorites... try roasting! Roasting vegetables helps to enhance their natural sweetness.

Basic roasting directions:

1. Preheat the oven to 350° to 375° for soft vegetables, 400° to 450° for root vegetables. Some recipes will call for even higher oven temperatures.
2. Cut vegetables into uniform shape and size.
3. Toss vegetables with canola or olive oil, about 1-2 teaspoon.
4. Season to taste with your choice of salt, pepper, garlic, spices, and/or herbs.
5. Place vegetables in a single layer on a sheet pan. Do not crowd the vegetables as this will cause them to steam.
6. Bake until vegetables are fork-tender, turning half way through cooking time—about 15-20 minutes for soft vegetables like zucchini and 25-30 minutes for root vegetables like carrots.

Try these combinations:

(add salt and pepper to taste)

- ▷ Asparagus and red bell peppers
- ▷ Broccoli and garlic with crushed red pepper
- ▷ Broccoli and green beans
- ▷ Butternut squash and apples with pumpkin pie seasoning
- ▷ Butternut squash and sweet onion with dried herbs de Provence
- ▷ Cabbage wedges and onion
- ▷ Carrots and red bell pepper with minced garlic
- ▷ Cauliflower and carrots with dried herbes de Provence
- ▷ Corn (sliced off the cob), zucchini, and red bell peppers
- ▷ Yellow squash, zucchini, and sweet onion
- ▷ Zucchini, mushroom, and onion with Italian seasoning



Fresh from the Farm Stand Recipes

SUMMER SAUCE

Ingredients:

- o 1½ tablespoons (T) oil
- o 2 garlic cloves, sliced
- o 1 can pureed or crushed tomatoes
- o 1 teaspoon dried basil
- o 1 teaspoon dried oregano
- o 1 eggplant, chopped-with the skin on
- o 1 onion, chopped
- o 1 zucchini, chopped-with the skin on
- o 1 cup mushrooms, chopped

Makes 6 servings

Directions:

1. Add ½ T oil to a medium pot over medium heat. Add garlic and cook until browned.
2. Add can of tomatoes, basil and oregano. Stir and bring to a boil. Lower heat and cook about 15 minutes.
3. In a large frying pan, heat remaining oil over medium heat. Add chopped vegetables and cook until vegetables become soft. Stir often.
4. Add tomato sauce to cooked vegetables and continue to cook over low heat for 15 minutes.
5. Serve over pasta or rice. Enjoy!
6. Refrigerate or freeze leftovers.

FARMERS MARKET SALAD

Ingredients:

- o 3 tomatoes
- o 1 small red onion
- o 3 peaches
- o 1 tablespoon apple cider vinegar
- o 1 tablespoon honey

Makes 6 servings | serving size: 1 cup

Directions:

1. Slice tomatoes, onion, and peaches.
2. In a bowl, combine all ingredients and stir.

Chill and serve.

Recipe adapted from *Alabama Cooperative Extension System: live well recipe farmers market salad*



PennState Extension

Nutrition Links:

Teaching people how to eat better for less!

For more recipes and to learn more about free Nutrition Links classes, scan the QR code, call 717-840-7408, or email: nutritionlinks@psu.edu

Who's eligible: Parents/guardians who receive WIC, SNAP, FMNP checks, or other government assistance.



Classes

Throughout the year, a variety of classes for children and adults are offered by local farms and related services in our area. Class topics include cooking, beekeeping, gardening, and wild edible foraging. Check the index in the back of the Guide (page 34) for a list of Partners that offer classes. Be sure to check their websites for class details.

Farm Tours and School Presentations

Did you know that many of the local farms and BFBL Partners offer tours of their facility or will come out to your school to make a presentation? For a listing, refer to the index on page 37 of this Guide. It's just one more way to help kids get to know their local farmers and support the local food movement!

Farm-to-Table and Farm-to-School

Buy Fresh Buy Local® and the York County Food Alliance encourage cafeteria managers and restaurant owners to get to know local farmers and find out what products they have available for sale.

BFBL also encourages schools to participate in National Farm to School Month celebrations in October — when thousands of schools, early care and education sites, farms, communities, and organizations across the country celebrate food education, school gardens, and lunch trays filled with healthy, local ingredients! For more information about farm-to-school activities, visit FarmtoSchool.org.

For suggestions about buying local products from BFBL Partners to serve in the cafeteria and/or offer as a taste test experience OR to request special promotional materials to help students and parents “Get to Know” BFBL Partner farmers, call a BFBL representative at 717-814-8141.

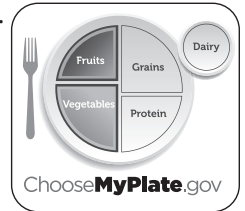
Pick-Your-Own Farms

Whether you call it pick-your-own, PYO, or U-pick, it's easy to find a farm in York County to pick strawberries, cherries, blueberries, peaches, apples, pumpkins, and more! PYO is often a great way to stretch your food dollar. Be sure to pick extra and freeze, dry, or can to enjoy the flavor of farm-fresh produce throughout the year. So bring your family and walk through the rows, pick your own food, take it home, and prepare it together! Check the index on page 37 of this Guide for a list of PYO farms.

Make Half Your Plate Fruits and Vegetables!

Be sure to choose a variety of colorful fruits and veggies, and prepare them in healthful ways: steamed, sautéed, roasted, or raw. Try these tips to help you eat plenty of veggies and fruits:

- ☑ Add seasonal fruit to leafy greens or baby spinach for a side salad.
- ☑ Add your favorite fruit to oatmeal, cereal, cottage cheese, or yogurt.
- ☑ Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup.
- ☑ Include a green salad with your dinner every night.
- ☑ Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- ☑ Include chopped onions, sweet peppers, zucchini, yellow squash, and/or tomatoes in pasta sauces or lasagna.
- ☑ Use shredded or pureed vegetables such as zucchini or carrots in pasta sauces or soups.
- ☑ Grill vegetable kabobs as part of a barbecue meal.



For more tips, go to choosemyplate.gov

A beautiful & delicious destination for 75 years!



Royce Images Photography



Kimberly Dean Photos

*Fresh Fruits & Veggies, Bakery, Deli, Gift Baskets,
Café & Coffee Bar, Gifts, Apple Cider, Fudge & Candy,
Greenhouse, Weddings, Allegro Wine Shoppe*

BROWN'S

8892 Susquehanna Trail South, Loganville PA



www.brownsorchards.com

Storing Fresh Fruits and Vegetables

For best flavor, store the fresh fruits and vegetables listed below using the helpful tips. Enjoy your purchase of locally grown farm-fresh produce throughout the year by preserving them. Learn how to freeze, dehydrate, or can your favorite and vegetables.

FRESH PRODUCE	STORING TIPS
Apples	Can be stored at room temperature, but they will last up to six weeks if refrigerated. Do not refrigerate in closed bags.
Asparagus	Refrigerate and use within two or three days. Wrap a moist paper towel around the stem ends, or stand upright in 2 inches of cold water.
Beets	Cut off most of the stems and greens and store unwashed in the refrigerator crisper for two to four weeks.
Berries	Refrigerate blueberries for up to two weeks or freeze unwashed berries. All other berries refrigerate for up to three days.
Broccoli	Refrigerate in a closed plastic bag for up to one week.
Cauliflower	Tightly wrap and refrigerate unwashed, head-down in the crisper drawer, away from fruit.
Cherries	Refrigerate, unwashed and loosely-packed in a plastic bag up to one week.
Corn	Refrigerate corn with husks up to three days. If the husk has been removed, place the corn in a plastic bag.
Cucumbers	Refrigerate up to one week in a sealed plastic bag in the refrigerator.
Eggplant	Store uncut and unwashed in a sealed plastic bag in the refrigerator for up to a week.
Green Beans	Refrigerate unwashed in plastic to prevent moisture loss and wilting.
Leafy Greens	Wrap bunches in slightly damp paper towels, and place in the refrigerator in a plastic bag with holes for air.
Melons	Keep whole melons in the refrigerator or a cool place for up to five days. Cut melon in an airtight container will last three to five days.
Peaches, Plums & Nectarines	Ripen at room temperature. Once ripened, store in a plastic bag in the refrigerator for up to five days.
Pears	Ripen at room temperature for two to three days. Once ripened, store in the refrigerator for up to one week.
Peppers	Store whole peppers in a sealed plastic bag in the refrigerator for up to one week.
Peas, Sugar Snap	Refrigerate, unwashed, in a plastic bag for up to one week.
Potatoes	Store potatoes away from sunlight in a plastic bag with holes or in a burlap bag.
Squash, Summer	Store in a plastic bag in the refrigerator for two to three days.
Tomatoes	Store unripened tomatoes at room temperature out of direct sunlight, stem down. Use within a few days.



THE MARKETS



AT HANOVER



Visit The Markets at Hanover for fresh produce, baked goods, local brews, distilled spirits, wine, mead, restaurants, boutiques, gifts, and more.



Our independent merchants feature handcrafted items, clothing, jewelry, unique gifts, home decor, and more. Enjoy everything from traditional to international eateries all in one convenient location.



Regular Hours of Operation

Select Eateries Open
11-2 on Wednesdays

Shop
Thursday & Friday 9-7
and Saturday 8-4



1649 Broadway, Hanover PA
717-646-1649

marketsathanover.com





Market Basket *of the month*

Make Half Your Plate Fruits & Vegetables!

The ***Market Basket of the Month*** program is a community-wide effort to help your family build a healthy meal that includes a variety of fruits and vegetables. Challenge your family to try the produce featured each month.

For simple serving tips and recipes, visit:
www.wellspan.org/marketbasket

This summer enjoy ***bell pepper*** – a yummy vegetable that can be eaten raw or cooked! Bell peppers are an excellent source of Vitamin C. In fact, one large red pepper has three times more Vitamin C than an orange.

Simple Serving Tips:

- ➔ Whisk finely chopped bell peppers with eggs before cooking scrambled eggs.
- ➔ Sauté chopped bell peppers, zucchini, onions, and a sprinkle of cumin in a small amount of oil. Eat as a side dish or add to your favorite enchilada, burrito, or quesadilla recipes.
- ➔ Enjoy sliced bell peppers for a snack or with lunch. Try dipping them in hummus.
- ➔ Toss sliced bell peppers in a marinade (try a low-fat balsamic or Italian salad dressing) and grill or roast until tender crisp. Try combining with other veggies, like zucchini, onions, and/or eggplant. They're delicious!
- ➔ Be creative! Add diced or chunks of bell peppers to your favorite dishes - pasta sauce, leafy green salads, cold pasta dishes, or kebab skewers.

Market Basket of the Month is coordinated by WellSpan Community Health and Engagement. For more information, call 717-851-3222.





Local
Honey



717-292-1249
Dover, PA



Livingston Family Farms
Dover, Pa

LOCALLY RAISED, USDA INSPECTED,
VACCUM SEALED & FROZEN

BEEF & PORK

Individual Cuts, Bundles,
Wholesale Halves & Quarters
Bologna, Smoked Cheese,
Variety of Canned Goods, Charcuterie

MEAT HOUSE

TUESDAY'S | 4 PM TO 6 PM

SATURDAY'S | 9 AM TO 11 AM

ADDITIONAL DAYS/ LOCATIONS
POSTED ON SOCIAL MEDIA & WEBSTIE
PICK-UP AVAILABLE DAILY



4010 Colonial Rd, Dover PA
Call/TEXT (717) 655-1248

livingstonfamilyfarms.com



FLINCHBAUGH'S

ORCHARD & FARM MARKET

110 Ducktown Rd | York Open Mon-Fri 9a-6p Sat 9a-4p
www.FlinchbaughsOrchard.com

Business Index

APIARY/BEEKEEPERS

Gingrich Apiaries, LLC.....	14
Horn Farm Center for Agricultural Education.....	15

BAKERIES

Brown's Orchards & Farm Market.....	12
Flinchbaugh's Orchard & Farm Market.....	14
Leg Up Farmers Market.....	15
Maple Lawn Farms.....	16
Main Street Markets.....	16
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Penn Market.....	17

BUTCHERS/MEAT

Deep Run Farms.....	13
FoxWood Run Farm.....	14
Godfrey Bros Meats, Inc.....	14
Highbourne Deer Farms.....	15
Leg Up Farmers Market.....	15
Livingston Family Farms.....	16
Locust Point Cattle Company.....	16
Markets at Shrewsbury.....	17
Penn Market.....	17
Sunnyside Farm.....	23

CSA

FoxWood Run Farm.....	14
Horn Farm Center for Agricultural Education.....	15
Miller Plant Farm.....	17
Siwik Produce Farm.....	18

DAIRY/CREAMERY

FoxWood Run Farm.....	14
Main Street Markets.....	16
Markets at Shrewsbury.....	17

FARMERS' MARKETS

Brabble Hill Farm.....	12
Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Leg Up Farmers Market.....	15
Markets at Shrewsbury.....	17
New Eastern Market Co., Inc.	17
Penn Market.....	17
Spruce Hollow Gardens.....	23

FARMS/MARKETS/STANDS

Back to Roots Produce	12
Barefoot Farms.....	12
Brabble Hill Farm.....	12
Brown's Orchards & Farm Market.....	12
Central Market York.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Gingrich Apiaries, LLC.....	14
Hidden Springs Flower Farm.....	14
Horn Farm Center for Agricultural Education.....	15
Ilyes Roadside Market.....	15
Livingston Family Farms.....	16
Locust Point Cattle Company.....	16
Lutz Produce LLC.....	16
Main Street Market.....	16
Maple Lawn Farms.....	16
Miller Plant Farm.....	17
Mt. Airy Orchards.....	17
Penn Market.....	17
Produce on Broadway.....	18
Rockelman's Nursery and Heritage Tree Farm	18
Shaw Orchards.....	18
Siwik Produce Farm.....	18
Spruce Hollow Gardens.....	23
Sunnyside Farm.....	23
Triple "A" Dwarf Acres.....	23
York Fresh Food Farms.....	23

FOOD PROCESSORS

Danika's Jarred Goods.....	13
----------------------------	----

FOOD TRUCKS

Forno Bova LLC.....	14
---------------------	----

GREENHOUSE/NURSERIES

Brown's Orchards & Farm Market.....	12
Horn Farm Center for Agricultural Education.....	15
Miller Plant Farm.....	17
Rockelman's Nursery and Heritage Tree Farm	18

Business Index (Continued)

GROCERS/RETAILERS

Brown's Orchards & Farm Market.....	12
Leg Up Farmers Market.....	15
Lutz Produce LLC.....	16
Miller Plant Farm.....	17
Penn Market.....	17
Sonnenwald Natural Foods.....	18

PICK-YOUR-OWN FARMS

Barefoot Farms.....	12
Blueberry Hill.....	12
Brown's Orchards & Farm Market.....	12
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Maple Lawn Farms.....	16
Mt. Airy Orchards.....	17
Shaw Orchards.....	18

RESTAURANTS/CATERERS

Brown's Orchards & Farm Market.....	12
Central Family Restaurant.....	12
Dawn's My Favorite Deli.....	13
Forno Bova LLC.....	14
John Wright Restaurant.....	15
Left Bank Restaurant & Bar.....	15
Leg Up Farmers Market.....	15
Lutz Produce LLC.....	16
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Penn Market.....	17
Tutoni's.....	23

WINERIES/DISTILLERIES

Allegro Winery.....	12
Four Springs Winery.....	14
Markets at Shrewsbury.....	17

Participating Index

CLASSES

Dawn's My Favorite Deli.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Horn Farm Center for Agricultural Education.....	15
Leg Up Farmers Market.....	15
Rockelman's Nursery Heritage Tree Farm.....	18
Sunnyside Farm.....	23

FARM TO TABLE/FARM TO SCHOOL

Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Godfrey Bros. Meats, Inc.....	14
John Wright Restaurant.....	15
Shaw Orchards.....	18
Sunnyside Farm.....	23
Triple "A" Dwarf Acres.....	23

FARM TOURS/SCHOOL PRESENTATIONS

Dillsburg Farmers' Market.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Maple Lawn Farms.....	16
Miller Plant Farm.....	17
Shaw Orchards.....	18
Sonnenwald Natural Foods.....	18
Sunnyside Farm.....	23
Triple "A" Dwarf Acres.....	23

SFMNP (SUMMER VOUCHERS FOR SENIORS AND WIC FAMILIES)

Barefoot Farm.....	12
Brown's Orchards & Farm Market.....	12
Central Market York.....	13
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Ilyes Roadside Market.....	15
Lutz Produce LLC.....	16
Maple Lawn Farms.....	16
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
New Eastern Market Co., Inc.....	17
Penn Market.....	17
Shaw Orchards.....	18
Triple "A" Dwarf Acres.....	23
York Fresh Food Farms.....	23

SNAP

Godfrey Bros. Meats, Inc.....	14
Leg Up Farmers Market.....	15
Penn Market.....	17
Siwik Produce Farm.....	18
York Fresh Food Farms.....	23

Product Index

AGRITAINMENT

Barefoot Farms.....	12
Brown's Orchards & Farm Market.....	12
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Maple Lawn Farms.....	16
Mt. Airy Orchards.....	17
Shaw Orchards.....	18

APPLES

Barefoot Farms.....	12
Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Ilyes Roadside Market.....	15
Leg Up Farmers Market.....	15
Maple Lawn Farms.....	16
Markets at Shrewsbury.....	17
Mt. Airy Orchards.....	17
Miller Plant Farm.....	17
Penn Market.....	17
Shaw Orchards.....	18
Sonnewald Natural Foods.....	18
Triple "A" Dwarf Acres.....	23

APRICOTS

Forge Hill Orchards.....	14
Shaw Orchards.....	18
Triple "A" Dwarf Acres.....	23

BAKERY

Brown's Orchards & Farm Market.....	12
Flinchbaugh's Orchard & Farm Market.....	14
Leg Up Farmers Market.....	15
Markets at Shrewsbury.....	17

BAKED GOODS

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Ilyes Roadside Market.....	15
Leg Up Farmers Market.....	15
Maple Lawn Farms.....	16
Miller Plant Farm.....	17
Penn Market.....	17
Shaw Orchards.....	18
Sonnewald Natural Foods.....	18
Triple "A" Dwarf Acres.....	23

BEDDING PLANTS AND SEEDLINGS

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Horn Farm Center for Agricultural Education.....	15
Leg Up Farmers Market.....	15
Love Sown Family Farms & Chef Services.....	16
Miller Plant Farm.....	17
Penn Market.....	17
Rockelman's Nursery and Heritage Tree Farm.....	18
Sonnewald Natural Foods.....	18

BEEF

Deep Run Farms.....	13
Leg Up Farmers Market.....	15
Locust Point Cattle Company.....	16
Main Street Markets.....	16
Markets at Shrewsbury.....	17
Penn Market.....	17
Sonnewald Natural Foods.....	18

BEESSWAX

Dillsburg Farmers' Market.....	13
Gingrich Apiaries, LLC.....	14
Horn Farm Center for Agricultural Education.....	15
Sonnewald Natural Foods.....	18

BERRIES

Barefoot Farms.....	12
Blueberry Hill.....	12
Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Ilyes Roadside Market.....	15
Maple Lawn Farms.....	16
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Mt. Airy Orchards.....	17
Penn Market.....	17
Shaw Orchards.....	18
Sonnewald Natural Foods.....	18
Spruce Hollow Gardens.....	23
Triple "A" Dwarf Acres.....	23

CATERER

Brown's Orchards & Farm Market.....	12
Dawn's My Favorite Deli.....	13
Forno Bova LLC.....	14
Leg Up Farmers Market.....	15
Penn Market.....	17

Product Index (Continued)

CHEESE

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Godfrey Bros. Meats, Inc.....	14
Ilyes Roadside Market.....	15
Leg Up Farmers Market.....	15
Markets at Shrewsbury.....	17
Penn Market.....	17
Sonnenwald Natural Foods.....	18

CHERRIES

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Markets at Shrewsbury.....	17
Penn Market.....	17
Shaw Orchards.....	18
Triple "A" Dwarf Acres.....	23

CHICKENS

Deep Run Farms.....	13
Dillsburg Farmers' Market.....	13
FoxWood Run Farm.....	14
Markets at Shrewsbury.....	17
Penn Market.....	17
Sonnenwald Natural Foods.....	18
Sunnyside Farm.....	23

CHRISTMAS TREES

Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Miller Plant Farm.....	17

CIDER

Barefoot Farms.....	12
Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Penn Market.....	17
Shaw Orchards.....	18
Sonnenwald Natural Foods.....	18
Triple "A" Dwarf Acres.....	23

COMMERCIAL KITCHEN

John Wright Restaurant.....	15
Left Bank Restaurant & Bar.....	15
Markets at Shrewsbury.....	17

DAIRY

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
FoxWood Run Farm.....	14
Godfrey Bros. Meats, Inc.....	14
Main Street Markets.....	16
Markets at Shrewsbury.....	17
Sonnenwald Natural Foods.....	18

DUCK

Markets at Shrewsbury.....	17
----------------------------	----

EGGS

Brown's Orchards & Farm Market.....	12
Deep Run Farms.....	13
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
FoxWood Run Farm.....	14
Godfrey Bros. Meats, Inc.....	14
Ilyes Roadside Market.....	15
Markets at Shrewsbury.....	17
Penn Market.....	17
Sunnyside Farm.....	23

FLOWERS

Brabble Hill Farm.....	12
Brown's Orchards & Farm Market.....	12
Cross Creek Farm.....	13
Dillsburg Farmers' Market.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Hidden Springs Flower Farm.....	14
Miller Plant Farm.....	17
Penn Market.....	17
Shaw Orchards.....	18
Spruce Hollow Gardens.....	23
Sunnyside Farm.....	23
Sunnyside Flowers.....	23

FREE RANGE EGGS

Deep Run Farms.....	13
Dillsburg Farmers' Market.....	13
Ilyes Produce Market.....	15
Leg Up Farmers Market.....	15
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Sonnenwald Natural Foods.....	18
Spruce Hollow Gardens.....	23
Sunnyside Farm.....	23

GRANOLA

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Markets at Shrewsbury.....	17
Sonnenwald Natural Foods.....	18

Product Index (Continued)

HERBS

Dillsburg Farmers' Market.....	13
--------------------------------	----

HONEY

Barefoot Farms.....	12
Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Gingrich Apiaries, LLC.....	14
Ilyes Roadside Market.....	15
Leg Up Farmers Market.....	15
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Penn Market.....	17
Shaw Orchards.....	18
Siwik Produce Farm.....	18
Sonnenwald Natural Foods.....	18
Triple "A" Dwarf Acres.....	23

ICE CREAM

Barefoot Farms.....	12
Brown's Orchards & Farm Market.....	12
Markets at Shrewsbury.....	17
Sonnenwald Natural Foods.....	18

JAM, JELLY, SALSA

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Maple Lawn Farms.....	16
Markets at Shrewsbury.....	17
Shaw Orchards.....	18
Sonnenwald Natural Foods.....	18
Triple "A" Dwarf Acres.....	23

LAMB

Dillsburg Farmers' Market.....	13
--------------------------------	----

MEAT/POULTRY

Deep Run Farms.....	13
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
FoxWood Run Farm.....	14
Godfrey Bros. Meats, Inc.....	14
Ilyes Roadside Market.....	15
Leg Up Farmers Market.....	15
Main Street Market.....	16
Markets at Shrewsbury.....	17
Penn Market.....	17
Sonnenwald Natural Foods.....	18
Sunnyside Farm.....	23

MILK

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Leg Up Farmers Market.....	15
Markets at Shrewsbury.....	17
Sonnenwald Natural Foods.....	18

NUT BUTTER

Brown's Orchards & Farm Market.....	12
Flinchbaugh's Orchard & Farm Market.....	14
Leg Up Farmers Market.....	15
Shaw Orchards.....	18
Sonnenwald Natural Foods.....	18

ORGANIC VEGETABLES

Brabble Hill Farm.....	12
Dillsburg Farmers' Market.....	13
Horn Farm Center for Agricultural Education.....	15
Morgan Peri Organics.....	17
Siwik Produce Farm.....	18
Sonnenwald Natural Foods.....	18
Spruce Hollow Gardens.....	23

PEACHES

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Ilyes Roadside Market.....	15
Maple Lawn Farms.....	16
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Mt. Airy Orchards.....	17
Penn Market.....	17
Shaw Orchards.....	18
Triple "A" Dwarf Acres.....	23

PLUMS

Dillsburg Farmers' Market.....	13
Forge Hill Orchards.....	14
Mt. Airy Orchards.....	17
Shaw Orchards.....	18
Triple "A" Dwarf Acres.....	23

PLUOTS

Triple "A" Dwarf Acres.....	23
-----------------------------	----

POLLEN

Sonnenwald Natural Foods.....	18
-------------------------------	----

Product Index (Continued)

PORK

Deep Run Farms.....	13
Dillsburg Farmers' Market.....	13
Leg Up Farmers Market.....	15
Markets at Shrewsbury.....	17
Penn Market.....	17
Sunnyside Farm.....	23

POTATOES

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Markets at Shrewsbury.....	17
Penn Market.....	17
Siwik Produce Farm.....	18
Sonnenwald Natural Foods.....	18

PUMPKINS

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
Maple Lawn Farms.....	16
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Mt. Airy Orchards.....	17
Penn Market.....	17
Shaw Orchards.....	18

SWEET CORN

Barefoot Farms.....	12
Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Ilyes Roadside Market.....	15
Lutz Produce LLC.....	16
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Penn Market.....	17
Shaw Orchards.....	18
Sonnenwald Natural Foods.....	18

SWEET POTATOES

Brown's Orchards & Farm Market.....	12
Dillsburg Farmers' Market.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Penn Market.....	17
Sonnenwald Natural Foods.....	18

TURKEYS

Markets at Shrewsbury.....	17
Penn Market.....	17
Sunnyside Farm.....	23

VEGETABLES

Back to Roots Produce.....	12
Brown's Orchards & Farm Market.....	12
Central Market York.....	13
Danika's Jarred Goods.....	13
Dillsburg Farmers' Market.....	13
Family Tree Farm, LLC.....	13
Flinchbaugh's Orchard & Farm Market.....	14
Forge Hill Orchards.....	14
FoxWood Run Farm.....	14
Ilyes Roadside Market.....	15
Leg Up Farmers Market.....	15
Love Sown Family Farm & Chef Services.....	16
Lutz Produce LLC.....	16
Main Street Markets.....	16
Markets at Shrewsbury.....	17
Miller Plant Farm.....	17
Penn Market.....	17
Shaw Orchards.....	18
Sunnyside Farm.....	23
Triple "A" Dwarf Acres.....	23
York Fresh Food Farms.....	23

WINE

Allegro Winery.....	12
Brown's Orchards & Farm Market.....	12
Four Springs Winery.....	14
Markets at Shrewsbury.....	17

Sunnyside Flowers

*Boutique Flower
Farm designing
for weddings and
events.*

sunnysideflowerspa.com
sunnysideflowerspa@gmail.com



We move our livestock
across our pastures to bring
you delicious:

Eggs Chicken
Beef Pork

Thanksgiving Turkey

We grow chemical free:

Vegetables
Cut flower bouquets

SUNNYSIDEFARM.PA.COM



Main St Market

WWW.MAINSTMARKETGLENROCK.COM

A small-town grocery store stocked
with the best in local, seasonal and
bulk items.

Fresh dairy, baked goods, produce
and vegan faire delivered weekly.

Host of Glen Rock Farmers Market
and other fun events and classes.



17 MAIN ST, GLEN ROCK, PA 17327
OPEN INDOORS 5 DAYS A WEEK



OPEN AIR FARMERS MARKET SUNDAYS 11AM-3PM
MAY 28 THROUGH OCTOBER 29

  @MAINSTMARKET.GLENROCK



10.8.23

Join us in the center of Beaver Street, just outside of Central Market House, on Sunday October 8th.

Music and laughter will fill the city as the community gathers to celebrate the harvest season and enjoy the feast!

Tickets and details at
FarmToCityYork.com



Proceeds benefit





You want the best for your family.

We do, too.

We believe everyone should receive the healthcare they need. That's why we provided nearly \$313 million in community benefits last year and partner with local organizations to improve the health of our communities.

**WellSpan is proud to support the
Buy Fresh Buy Local program.**

For help finding basic services
visit [HeretoHelpAll.org](https://www.heretohelpall.org), your
directory of community
resources in South Central PA.



Here To
HELP ALL