

# Local Foods Week: August 1<sup>st</sup>–8<sup>th</sup>

A weeklong celebration showcasing local farmers, markets, and restaurants that support our regional food system.

Come out to the Farmers Markets for fresh products, live music, cooking demos, kids activities and more! Stop by the Buy Fresh Buy Local booth to learn more about the Farm Tour and how to eat locally year-round.

## Saturday, August 1<sup>st</sup>

Millheim Farmers Market

Saturdays from 9am to 1pm  
American Legion Pavilion, Rt. 45

## Tuesday, August 4<sup>th</sup>

Boalsburg Farmers Market

Tuesdays from 2pm to 6pm  
PA Military Museum

## Downtown Tuesday Farmers Market

Tuesdays from 11:30am to 5:30pm  
Locust Lane

## Friday, August 7<sup>th</sup>

State College Downtown

Farmers Market

Fridays from 11:30am to 5:30pm  
Locust Lane

## Saturday, August 8<sup>th</sup>

Bellefonte Farmers Market

Saturdays from 7am to 12pm  
Alleghany St. and Howard St.

Farm Tour 12:30pm to 5:00pm

4<sup>th</sup> ANNUAL  
CENTRAL PENNSYLVANIA  
**FARM TOUR**  
& LOCAL  
FOODS  
WEEK  
2009

## Buy Fresh Buy Local® Partners



## Local Foods Week & Farm Tour Sponsors



**LOCAL FOODS WEEK:**  
AUGUST 1<sup>st</sup> – 8<sup>th</sup>

**FARM TOUR:**  
AUGUST 8<sup>th</sup>  
12:30 pm – 5:00 pm



PO Box 419, Millheim PA 16854  
814-349-9856 www.pasafarming.org

FARM TOUR  
MAP INSIDE

## What is Sustainable Agriculture?

Sustainable agriculture refers to a food and production and distribution system that is environmentally sound, economically viable, and community focused. To support a sustainable food system, purchase from local farms that use practices such as integrated pest management (IPM) to reduce pesticide use, rotational grazing to recycle nutrients into the soil, or other farming practices that work in harmony with nature.

## About PASA

Centre County Buy Fresh Buy Local® (BFBL) is a project of the Pennsylvania Association for Sustainable Agriculture (PASA). PASA is a nonprofit, member based organization dedicated to promoting profitable farms that produce healthy food for all people while respecting the natural environment. For more information & to learn more about our programs, visit [www.pasafarming.org](http://www.pasafarming.org) or call 814-349-9856.

## Goals of the Farm Tour

Our goal is to connect you with farms in Centre County offering the best in healthy, sustainably raised foods. We hope your experience will leave you with an understanding of how critical a local food system is to preserving the beautiful agrarian landscape of rural Centre County.

331239 FARM TOUR ADMISSION \$10 per car \$3 per bike 331239

1239 Purchase a pass at the first farm you visit and use the same pass to access additional farms on the tour. 331239



## Tips for Taking the Tour

- Bring a cooler! Products that need to be chilled will be for sale.
- Plan to visit 3 to 4 farms since you'll spend time taking tours and traveling.
- Wash your hands after you touch any animals. Make sure kids wash their hands too!

- Leave your pets at home.
- Do not visit farms before 12:30pm or after 5:00pm.
- Remember that you are guests on the farms. Be courteous and do not enter private homes unless invited to do so.



# Farms

## BEILER FAMILY FARM

225 Ross Hill Rd  
Spring Mills, PA 16875

Rt. 45E go 3.7 miles after crossing Rt. 144 in Centre Hall, turn left onto Ross Hill Road (at Jersey Shore Bank). Farm 1/2 mile on left.

Tour this grass-based, family-operated dairy farm including pastures and cows, chickens and portable chicken coops, milking parlor, and cheese plant. Free samples of food produced on the farm. **Pastured poultry, eggs, beef, pork, cheeses, and other dairy products for sale.**

## COMMON GROUND ORGANIC FARM

127 Zuck Road  
Spring Mills, PA 16875

Take Rt. 322E approximately 12 miles from State College to Mountain Back Road, turn right. Take first left onto Zuck Road; stay left to end at farm.

Certified organic farm with vegetables, lamb, hay, and intensive gardens and greenhouse. Follow a tree-lined wildflower trail through meadows to spectacular views of the valley. Tour the raised beds and trellises for tomatoes, beans, and cucumbers. Try your hand at leading sheep or grooming a horse. Pick your own vegetables and flowers while they last. Children can enjoy digging for potatoes. **Vegetables, lamb and wool, along with ready-to-eat food and beverage for sale.**

## DEMETER'S GARDEN

203 Chestnut Street  
Spring Mills, PA 16875

Take Rt. 322E to the town of Potters Mills. Take a left onto Rt. 144N, then immediate right on to Chestnut Street (before Entwaw House). Farm is 1/2 mile on left. Specialty fruit and produce farm with many beehives growing berries, currants, okra and experimental black-eyed peas. Tour black-eyed pea test plots and a new planting of hops – learn about issues of growing hops in this area. Jam making demo at 2pm. Depending on crop maturity sample black-eyed peas and okra! **Jams, jellies and honey for sale.**

## FULL CIRCLE FARM

132 Goodhart Road  
Spring Mills, PA 16875

Take Rt. 322E, approximately 12 miles. Turn left onto Red Mill Road. Go right at first stop sign, then first left onto Goodhart Rd. First farm on the right.

Small, certified organic, diversified family farm featuring small-scale produce, cut flower gardens, cows, heritage turkeys, chickens, sheep, and pigs in a movable pig-tractor! Enjoy feeding fish in the pond. **Holiday farm-photo cards and micro-greens for sale.**

## FIEDLER FARM

167 Applebutter Rd.  
Aaronsburg, PA 16820

Rt. 45E 4 miles past the town of Millheim. Turn left on Fiedler Road (look for garage with Pennzoil sign), 2nd driveway on left.

Small-scale vegetable and grass-fed livestock operation. High tunnel is used for season extension of greens and much of the fieldwork is done with horse power. Farm features a working blacksmith shop, yurt with scenic views, moveable chicken pens, and a full summer kitchen. **Artistic hand-forged items, veggies, pork, chickens, and eggs for sale.**

## GOOT ESSA FARM

351 Wise Road  
Howard, PA 16841

Rt. 64E, 10 miles north of Pleasant Gap. Go 1 mile through the town of Hublersburg. Turn right onto Wise Road. Farm is near base of mountain. Get a first-hand look at a small dairy with horses, ponies, cows and calves. Watch how cows take "showers" to stay cool. **Gift baskets featuring farm cheese, mustards, and fudge, along with whoopee pies, apple butter and jellies for sale.**

## PENN STATE HIGH TUNNEL RESEARCH AND EDUCATION FACILITY

Gate H, Russel E Larson Ag. Center  
Rt. 45W, Rock Springs, PA

Rt. 26W (College Ave) to Rt. 45W. Continue past flashing light in Pine Grove Mills 5 miles to Russell E Larson Ag. Center. Left at Gate H, follow paved drive to first left onto gravel drive. Take guided tours of the facility including 35 high tunnels (four certified organic) with an array of small fruits, specialty vegetables, culinary herbs, greens, and cut flowers. Observe the layouts of each high tunnel using flat culture, raised beds, and permanent raised beds. Check out the new moveable high tunnel on wheels!

## JULIAN WOODS COMMUNITY

215 Julian Woods Lane  
Julian, PA 16844

Rt. 322W to Alt. Rt. 220N, about 2 miles past town of Julian, turn left onto Julian Woods Lane, follow lane up hill to greenhouses. Visit this intentional community of 12 homes using alternative wastewater treatment system – where all household wastewater enters greenhouses and is recycled back for toilet and garden water! Greenhouses are used to grow market flowers and vegetables. Tour the greenhouses & water system, observe the laying hens and take a swim in the pond (kids must be accompanied by adult swimmer). **Delicious pastured meats for sale.**

## MOUNTAINHOME FARM

605 Sengle Lane  
Julian, PA 16844

Rt. 322W to Alt. Rt. 220N about 8 miles past Julian and Gliderport, turn left on Dix Run Rd (if you get to Unionville, you're gone too far). Go 1/2 mile on Dix Run Rd, turn right onto Sengle Lane, 1 mile to farm.

Nestled in the foothills of the Allegheny Mountains, this secluded 100+ acre blueberry and sheep farm is surrounded by forest and beauty. Sample blueberries and learn about rotational grazing for grass-fed sheep.

## MACNEAL ORCHARDS AND SUGAR BUSH

7088 Brush Valley Road  
Rebersburg, PA 16872

Travel 45E to Old Fort, left onto 144N. Right onto Rt. 192E 23 miles, 8 miles past Rebersburg. Pass "Livonia" sign, 1/10 miles past sales shop to lane, on the right across from a church.

Family owned and operated orchard, cider press, and maple sugaring operation. Tour the apple storage and cider press, an orchard, and the sugarhouse and maple woods to learn about maple sugaring. Visit with a backyard flock of chickens, turkeys, and guinea fowl, as well as some bunnies and a Dalmatian dog and her pups. **Maple syrup, early apples, and possibly a few peaches for sale.**

## MT. NITTANY VINEYARD AND WINERY

300 Houser Road  
Centre Hall, PA 16828

Rt. 322E to Boalsburg. Left on Rt. 45E for 1.7 miles to Linden Hall Road, look for blue winery sign. Follow signs (three more turns) to end of Houser Road. Centre County's only vineyard, with breath-taking views across valley to Tussey Mountain. Property features a 5-acre vineyard growing 7 varieties of grapes and beautiful grounds with picnic tables near fishpond. Sample wine and enjoy a behind the scenes tour of the working winery, which produces over 60,000 bottles of award winning wine annually. Last tour at 4:30pm.

## OVER THE MOON FARM

190 View Drive  
Reberburg, PA 16872

Travel Rt. 192E 2 miles past the town of Rebersburg. Turn left onto View Drive, go to second farm. Certified organic, grass-based animal farm, including chickens, hens, turkeys, ducks, pigs, and cows. Visit cattle in the pastures, throw treats to happy pigs, hold baby chicks, collect eggs, enjoy a walk through the vegetable garden, and sample prepared farm products. **Delicious pastured meats for sale.**

**Farm Tour: August 8<sup>th</sup>**  
**12:30 pm – 5:00 pm**

## PIPER HILL FARM

980 Forest Ave.  
Bellefonte, PA 16823

Rt. 26N, turn right onto Forest Ave just before the I-80 underpass. Go 1 mile to second driveway on left, straight up hill.

Stop by this peaceful farm where chickens, ducks, peacocks, goats, turkeys, and cows live in harmony. Walk the Chartres Labyrinth, or sit with the Native American Medicine Wheel or Pyramid. Kids will enjoy baby ducks, calves, young meat chicks and peachicks! **Eggs, beef, peacock feathers for sale; pre-orders taken for meat chicken, fall beef, and fresh Thanksgiving turkeys.**

## THE PIPER'S PECK

1667 Valley View Road  
Bellefonte, PA 16823

From Beaver Stadium, take Fox Hollow Road to "Y" and bear left onto Burnell Road. At Rt. 550 turn right. Take first left onto Filmore Road. At stop sign, turn right onto to Valley View Road and travel 2 miles. Driveway is on the left as you round curve.

Tour the pepper patch and the kitchen where salsas and hot pepper jellies are made from the on-site pepper farm, enjoy tasting samples, and take home some fresh hot peppers. See some alternative energy projects in progress, including solar panels and an outdoor furnace. **Salsas, jellies, fudge and cold drinks for sale.**

## PENN STATE COMMUNITY GARDEN

Porter Rd  
University Park, PA 16802

Rt. 26E (College Ave) just out of downtown State College, left onto Porter Rd. Look for the gravel parking lot at the Center for Sustainability on the right just before Medlar Stadium. Learn about the new community garden containing 98 plots planted, maintained, and harvested by students, community members, and families. Get ideas for laying out your own back-yard garden and check out the produce varieties and sustainable techniques being used in each plot to combat weeds, promote growth, and build soil quality.

## SPRING BANK ACRES

531 Millheim Narrows  
Rebersburg, PA 16872

Rt. 322E to Rt. 45E. Go approximately 20 miles, turn left at light in Millheim onto Rt. 445N/Millheim Narrows. Go 2 miles to farm on the right. Grass based diverse farm with dairy cows, horses, composting pigs, chickens and geese. Learn about grass-based farming, see cows and draft horses up close, and hold baby chicks. **Homemade ice cream, cheese, yogurt and more for sale.**

## SHAVER'S CREEK ENVIRONMENTAL CENTER

3400 Discovery Rd.  
Petersburg, PA 16669

Rt. 26W (College Ave) to Rt. 45W. Left at light in Pine Grove Mills onto Rt. 26, follow over Tussey Ridge. 2 miles from top of ridge, turn right at Charter Oak Rd. (signs for Stone Valley Recreation Area & Shaver's Creek). After 1.8 miles turn left onto Red Rose Rd. Go 1/4 mile and take right fork (Discovery Rd). Explore Discovery Rooms with reptiles and amphibians, tour Raptor Center with "Meet the Birds of Prey" shows at 2pm and 4pm, walk the network of trails and boardwalks over wetlands and non-commercial forest farming plots, visit native and medicinal plant gardens, bird feeding areas, and maple syrup harvest and processing stations. **Bookstore and gift shop with items for sale.**

## STONE MEADOW FARM

190 Quarry Road  
Woodward, PA 16882

Rt. 45E 4 miles past the town of Millheim. Turn right on Quarry Road (look for garage with Pennzoil sign), go about 1 mile, third farm on left. Grass-based dairy and beef, marketing raw milk cheddar, Colby and swiss cheeses made on premises. Sustainable practices include rotational grazing, stream bank fencing, and cattle crossings. Tour the milking facilities, cheese plant, cheese cave, and 1800's barn. Cheese tasting. **Beef and cheese for sale.**

## SANDY RIDGE FARM

801 Penns Creek Rd  
Spring Mills, PA 16875

Rt. 322E to Rt. 45E. Go about 16.5 miles, turn right on Paradise Road, follow for 2 miles to stop sign. Turn right onto Penns Creek Rd. Farm is 1 mile on right. A remarkable, 200 year old double bridge barn contains a shop where original wooden furniture is built. Learn from Centre County Farmland Trust about farmland preservation, tour the perennial garden, small fishpond, see colts frolic in the pasture, take a ride in an open-air buggy (weather permitting), and enjoy the Farmland Preservation Artists painting demonstrations. **Fresh vegetables, kettle pot stew, baked goods and select perennials for sale.**

## TRI-ACRES PRODUCE

135 Fox Gap Road  
Rebersburg, PA 16872

Travel Rt. 192E 3.5 miles past the town of Rebersburg. Turn right on Fox Gap Road to first farm on the left. Known for their delicious baked goods and scenic open valley views, come to this farm to pick your own tomatoes (while supplies last) and pet the dogs and horses. **Potatoes, tomatoes, zucchini, peppers, and baked goods for sale.**

## TAIT FARM

179 Tait Road  
Centre Hall, PA 16828

Located 7 miles east of State College on Rt. 322, 1/2 mile past Tussey Ski Mountain on the right. Certified organic, 8-acre fruit & vegetable farm with a greenhouses, dog kennel, and on-farm retail store. Enjoy a self-guided tour of the produce fields and 1837 barn. Sample a multitude of Tait Farm foods. **Perennials, herbs, specialty food products, local art, jewelry, pottery and more for sale.**

## TRIANGLE ORGANICS

5799 Penns Valley Road  
Aaronsburg, PA 16820

Rt. 45E, 4 miles past the town of Millheim. Farm on the left, before Cemetery Road. Certified organic, grass-based dairy farm specializing in dairy cows, horses, pigs, and chickens. Farm tour includes a look at pigs, calves, chickens, ducklings, and horses in pasture. **Cheese, raw milk, and other farm products for sale.**

## WAY FRUIT FARM

2355 Halfmoon Valley Road  
Port Matilda, PA 16870

Rt. 322W, turn left onto Buffalo Run Rd/Rt. 550S. Travel 5 miles on Rt. 550S to white building on right – apple trees on left. This family orchard has been in business since 1826. Check out the brand new energy efficient apple coolers, remodeled bakery/café, and local specialty food market. Tour the totally remodeled market, take a walk in the orchards, and kids take a spin on a wooden farm tractor. **Peaches, beef, pork, cheeses, sandwiches, sweet corn, and fresh baked goods for sale.**

