

LOCAL FOODS WEEK AUGUST 1ST TO 7TH

A week long 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 how to eat locally year-round. Get details about the Farm Tour and purchase your pass in advance!

FARM TOUR AUGUST 7TH, 12:30PM - 5:00PM

A unique opportunity to see where your food is from and meet the people who grow and raise it.

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.
- Finish the day by seeing what a chef can do with the products from the farms you've visited! Eat out at one of our Partner restaurants - bring your Farm Tour Pass for some special deals.

What is Sustainable Agriculture?

Sustainable agriculture refers to a food 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.

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.



CENTRE COUNTY BUY FRESH BUY LOCAL® CAMPAIGN:

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 or call 814-349-9856.

Look for our logo and you'll find locally sourced products year-round. And check out another way to stay connected - Join the Good Food Neighborhood!



For more information, visit www.BuyLocalPA.org.

OUR PARTNERS

For more information, visit www.BuyLocalPA.org/centre

SUMMER MARKETS

WINTER MARKETS

<p>Saturdays</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> 7am to 12pm </div> <div style="text-align: center;"> 9am to 1pm </div> <div style="text-align: center;"> 10am to 2pm </div> </div> <p>Tuesdays</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> 11:30am to 5:30pm </div> <div style="text-align: center;"> Local Stuff by Local Folks 2pm to 6pm </div> </div> <p>Fridays</p> <div style="text-align: center;"> 11:30am to 5:30pm </div>	<p>Saturdays</p> <div style="text-align: center;"> 10am to 1pm </div> <p>Tuesdays</p> <div style="text-align: center;"> Local Stuff by Local Folks 2pm to 6pm </div> <p>Fridays</p> <div style="text-align: center;"> 11:30am to 5:30pm </div>
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LOCAL FOODS WEEK:
August 1st to 7th
FARM TOUR:
August 7th 12:30pm-5:00pm



Pennsylvania Association for Sustainable Agriculture
PO Box 419, Millheim PA 16854
www.pasafarming.org

Contact us at 814-349-9856 or buyfreshcc@pasafarming.org



Farm Tour: August 7th
12:30am-5:00pm

BM BEAR MEADOWS FARM
 265 Bear Meadows Road
 Boalsburg, PA 16827
 322E, turn right on Bear Meadows Rd. Go approx 3/4mi, driveway on the left. Look for the farm's sign. Visit the happy cows (Animal Welfare Approved farm) of a grass-based dairy with their friends the Guinea hens and chickens. Tour a modern milking parlor, a spring house prepared to defend against the Native Americans, an early 1800s barn and pastures.
raw milk and eggs while they last

BF BEILER FAMILY FARM
 225 Ross Hill Road
 Spring Mills, PA 16875
 45E, 3.7mi past 144. Turn left onto Ross Hill Rd at Jersey Shore Bank. Farm is 1/2mi on the left. Tour this grass-based, family operated dairy farm including pastures and cows, chickens and portable chicken coops, milking parlor, and cheese plant. Enjoy free samples of food produced on the farm.
raw dairy, cheese, beef, pork, chicken, and produce

CG COMMON GROUND
 176 Zuck Road
 Spring Mills, PA 16875
 322E past Boalsburg and Tusseyville. Look for PA SPCA on your left. One mile past SPCA turn right onto Mt Back Road. Make first left onto Zuck Road. Tour this 82-acre certified organic farm that produces fruits, vegetables, plants, wool and lamb. See our beautifully trellised tomatoes, cucumbers and beans. We also have hoop house production and fruit trees - peaches are ripe for the pickin! Discuss organic management of soil, weeds and pests, and learn techniques you can try out in your own garden. You'll see rare 4-horned Jacob sheep, Boer goats, a Great Pyrenees stock guarding dog, border collie and friendly horses for kids to pet and learn about.
ready to eat food and beverages; farm products - fresh organic fruit and vegetables (whatever's in season), plants

DEMETER'S GARDEN
 203 Chestnut Street
 Spring Mills, PA 16875
 322E approx. 10 miles to left onto Rt 144N. Travel 50 yds and turn right on Chestnut Street (across from gas station). Demeter's Garden is 1/2 mile on left. Demeter's Garden/Lost Hollow Honey specializes in small fruit and unusual produce. We grow raspberries, gooseberries, currants, bush cherries, beach plums, okra, black-eye peas, dry beans, hops and sweet sorghum. This year we have established an espalier apple orchard. We also raise sheep and sell lamb and honey.
raw honey, jams and jellies made from our fruit, granola sweetened with honey or sorghum syrup, okra and black-eye peas if the season is early; frozen lamb may be available

EF ECOSOPHY FARM
 123 Blue Heron Drive
 Woodward, PA 16882
 45E to right on Bower Hollow Road (the first paved road on the right; approx. 1/2 mile east of Aaronsburg). Follow to the stop sign at the T. Turn left and pass three houses and a trailer on the left, turn left on Blue Heron Drive. Cross the bridge and turn left between two large stones. Park on left around the equipment buildings. See a highly diverse, low input small farm with gardens, an orchard, bees, maple sugar stand, cold frames, blueberries and chickens. A seed garlic operation brings in operating capital (we grow 9000+ garlic plants/season). You will also see the beginnings of a winter CSA program being built this year, featuring a hybrid straw bale potting shed with attached wood and passive solar heated greenhouse.
seed grade and food grade gourmet garlic - three varieties: German Red, Music (two hardnecks in bulbs only), and Kettle River Giant (a softneck in bulbs and braids)

FG FOX HILL GARDENS
 1035 Fox Hill Road
 State College, PA 16803
 Take Fox Hollow Road ~2.3 miles north from Park Avenue intersection (at Beaver Stadium) toward University Park Airport. Gardens are on right side, sign at entrance. Fox Hill Gardens, a nursery specializing in native plants, is nestled on a mostly wooded 2.5 acre tract. We have built the nursery growing and sales areas within the natural setting, as well as substantially developed, permanently planted display gardens. We also have several water garden features.
full selection of trees, shrubs, and perennials (over 500 varieties)

TG THE GARDEN
 778 Old Fort Road
 Centre Hall, PA 16828
 45E to the Route 144 intersection (at Old Fort). Turn right at the light and go 1/2 mile. The Garden is on the left. You will be amazed by how much you can grow on 2 acres. Walk through our beautiful perennial rows and herb garden. See where your food is grown - and shop The Garden.
seasonal fruit and vegetables, herbs and cut flowers

GE GOOT ESSA
 351 Wise Road
 Howard, PA 16841
 64N; 10 miles outside of Pleasant Gap and 1 mile north of Hublersburg. Turn right onto Wise Rd. Visit this small dairy farm with horses, ponies, cows, and calves. Watch cows take showers to stay cool. Peer into a cave where cheeses go to age - but don't stay too long.
samples of 9 cheeses and 5 fudges; apple butter and two types of mustard; gift baskets for any occasion featuring homemade foods

GG GREENMORE GARDENS CSA
 193 Eagle Field Road
 Port Matilda, PA 16870
 322W to exit 68 (Grays Woods/Waddle) then take the next right. Travel approx 3 mi to a blinking yellow light at Exxon; turn left onto Rt. 550. After church on right, turn right on Eagle Field Road. Park in grassy area along right side of gravel driveway. Walk up drive and take left. We are a CSA growing a wide variety of herbs and vegetables. You will see our gardens and our beautiful view of Mt. Nittany. We may have pick-your-own cherry tomatoes during the tour.
U-Pick veggies and late summer vegetables

MY MT. NITTANY VINEYARD AND WINERY
 300 Houser Road
 Centre Hall, PA 16828
 322E to Boalsburg, left onto 45E for 1.7mi. Left onto Linden Hall Rd (look for a blue winery sign). Follow signs to the end of Houser Road. Enjoy the breath-taking view of Tussey Mountain from Centre County's first vineyard. The 5-acres feature 7 varieties of grapes and beautiful grounds with picnic tables near the fish pond. Sample wine and get 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. wine

OM OVER THE MOON FARM
 190 View Drive
 Rebersburg, PA 16872
 Take Rt. 45 to light at Old Fort. Turn left on Rt. 144. Go to light in Centre Hall. Turn right on Church St./Rt. 192. Go approx. 17 miles to View Dr., 2 miles past the town of Rebersburg. Turn left onto View Dr. Farm is the second farm house on the right. Over the Moon Farm is a 26 acre farm with certified organic hay fields and pasture, dairy heifers, pastured chickens, turkeys and pigs. Also honey bee hives from Half Acre Farm are located on the farm. Children will be able to gather eggs from the Eggmobile, see young chickens and turkeys and harvest garden wonders.
sausage - Smoked Andouille, Smoked or Fresh Chorizo, Savory, Hot or Mild Italian, Breakfast, and Natural Smoked; ground beef - loose or patties; bacon - no-nitrate regular or Canadian"

PH PIPER HILL FARM
 980 Forest Avenue
 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 in the Medicine Wheel or pyramid. Kids will enjoy baby ducks, calves, young meat chicks and peachicks. New this year...young white peacocks!
beef; chicken; turkey; eggs; peacock feathers; organic feed

PP THE PIPER'S PECK
 1667 Valley View Road
 Bellefonte, PA 16823
 From Park Ave, turn left onto Fox Hill Rd. Bear left on to Bernel Rd. Turn right at stop sign on to Rt. 550. Turn left onto Fillmore Rd. Turn right at the stop sign onto Valley View Rd. Travel approx. 2 mi. Turn left into driveway directly across from 35 mph sign. Visitors to The Piper's Peck farm will see several varieties of hot peppers, sweet peppers, and tomatoes being grown in the open field. This year, we are experimenting with row covers called chenilles to increase warmth for the peppers. You will also have a chance to see various forms of alternative energy systems in progress. Anyone who wishes may pick a bagful of hot peppers to take home!
salsas and hot pepper jellies including Black Bean Salsa, Golden Salsa, Hot Pepper Jelly, and Raspberry-Chipotle Preserves

SB SPRING BANK ACRES
 531 Millheim Narrows
 Rebersburg, PA 16872
 322E to 45E for 20mi, turn left at light in Millheim onto 445N. Go 2 1/2 mi. Farm is on the right. Enjoy a visit to an Amish family's grass-based diverse farm with dairy cows, draft horses, composting pigs and chickens. Learn what it means for a dairy to be grass-based, see farm animals up close, taste homemade ice cream, feed the pigs, take a horse-drawn hay ride and hold baby chicks.
homemade ice cream, cheese, yogurt, and more

SM STONE MEADOW FARM
 190 Quarry Road
 Woodward, PA 16882
 Rt 45E through Aaronsburg. Turn right onto Quarry Rd (just past the garage with a Pennzoil sign). Farm is on left just past Lydia's Lane (at the sharp S-curve). Learn what it takes to make cheese at this grass-based dairy that produces raw milk cheddar, Colby and Swiss cheeses in house, as well as beef products. Sustainable practices include rotational grazing, stream bank fencing, and cattle crossings. Tour the milking facilities, cheese plant, cheese cave, and 1800s barn. Cheese samples available.
beef and cheese

TF TAIT FARM
 179 Tait Road
 Centre Hall, PA 16828
 322E from State College for 7mi. Farm is on the right hand side of the road about 1 mile past the entrance to Tussey Ski Mountain. Tait Farm offers a diversity of enterprises including our Harvest Shop & Greenhouse, 10 acres of organic vegetable production, Christmas trees and basset hound dogs.
variety of fresh produce, farm-made specialty foods and other local products; show case of the work of over 50 local artisans; greenhouse offers a great selection of seasonal plants, pots and statuary

TO TRIANGLE ORGANICS
 5799 Penns Valley Road
 Aaronsburg, PA 16820
 322E to 45E. Approx. 2 miles east of Aaronsburg. Farm is on the left. Visit this organic dairy farm with Jersey cows, pigs, chickens, ducks, horses, cats and kittens. Visitors are welcome to feed the ever-hungry pigs and get up close with the calves, ducklings and maybe even piglets!
raw milk, cottage cheese, sour cream, butter, pork, beef, and eggs; some fermented vegetables and other food items

WF WAY FRUIT FARM
 2355 Halfmoon Valley Road
 Port Matilda, PA 16870
 322W to exit 68 (Grays Woods/Waddle) then take the next right. Travel approx 3 mi to a blinking yellow light at Exxon; turn left onto Rt. 550. Travel 5 mi on Rt. 550 to our farm. Entrance on the right. Way Fruit Farm, in the last year, has undergone a very large expansion. In this expansion we have doubled the size of our apple coolers, we have tripled the size of our salesroom and added a deli, bakery and cafe with seating for 40 for breakfast and lunch. We have added many items to our sales area a complete gift/home decor area, bulk foods, "Little Italy" Italian foods area and local beef, pork and cheeses. Visitors will receive a tour of the packing facility and coolers and be given a tour of the retail facilities. The kids can play in the corn "box" inside and on the wooden tractor outside. You can come for breakfast or lunch and enjoy a day in the country.
peaches, sweet corn and many other seasonal items; bakery items - cinnamon rolls, pies, cookies, whoopie pies; full breakfast menu and salads, sandwiches and soups for lunch

YA YOUNG AMERICAN GROWERS AT TWO BARN FARM
 119 Sinking Creek Road
 Spring Mills, PA 16875
 Follow Rt. 45E from Boalsburg approx. 8-10 miles to Rt. 144S. Turn right on Rt. 144S (at Snappy's on the corner). Drive approx. 1.7 miles and take a left onto Sinking Creek Road. Farm is the first house on the left with the big red barn, goats and white dogs. Husband and wife owned and operated small farm and nursery featuring goats, perennials and Christmas wreaths in-season. Visitors will learn how Christmas trees from local tree farms help keep goats naturally healthy, how goats are a "green" option to brush control and a how to propagate perennials. Visitors can observe Livestock Guardian Dogs and Llamas in action and understand how they help to protect our goats. Kids will enjoy feeding and interacting with kid goats.
pastured goat meat (cut, wrapped and frozen); shade perennials; pre-orders taken for Christmas wreaths for pickup or delivery during the first week of December

