Connecting Farms and People

VA BEACH, CHESAPEAKE, NORFOLK, PORTSMOUTH, SUFFOLK, THE EASTERN SHORE, KNOTTS ISLAND, ISLE OF WIGHT AND SURRY COUNTIES

www.buylocalhamptonroads.org
bfblhr@gmail.com
Know your Food

By Mary Reid Barrow

What does organic mean? What does local mean? How about all-natural, free range, cage free and all those other terms you see at farms and on food labels? So many descriptions and so few explanations.

Whether you are talking about fruits and vegetables or eggs and meat, most of these words sound good, but mean very little. The only term that has the backing of law is “Certified USDA Organic,” and that means you are buying an organic product produced by a farm or facility that complies with USDA regulations. Google “USDA Agricultural Marketing Service USDA Organic” to find out what regulations govern organic crops and livestock.

The other terms are in the eyes of the beholders. They mean what you think they mean and they also mean what the producers think they mean. And that’s rarely the same thing.

So the very best words to use are “know your farmer.”

Develop a relationship with your local farmer or farmers and you can trust them to answer your questions. You can visit the farm. You can see how they raise their crops and treat their animals. You can ask about their use of such things as pesticides and antibiotics.

Seafood can be confusing too. Wild caught? Farm Raised? Fresh or fresh frozen? Sustainable?

In the case of seafood, the same principle applies, “know your fishmonger.” Ask where the fish came from. Ask if it was frozen and then thawed.

Another help is the Sensible Seafood Guide from the Virginia Aquarium. Google “Sensible Seafood Virginia Aquarium.” Find the guide, designed to fit in your wallet, and download it to help you decide what to buy.

Buying fresh from local producers is the way to learn more about your food than a label will ever tell you.

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Mark your Calendars!

Upcoming fresh, local food events.

May 21, 2015: Sensible Seafood Fest, 7 to 10 p.m. at the Virginia Aquarium. www.VirginiaAquarium.com/ssf

May 2015: May is national strawberry month!

August 3-9, 2015: National Farmers Market Week
Come support our market partners!

September 20, 2015: Farm to Fork. Get your tickets starting in August! www.buylocalhamptonroads.org

October 2015: October is national seafood and national farm to school month

October 16, 2015: Food Day. www.foodday.org

What is a CSA?

Community Supported Agriculture (CSA) is a way for consumers to easily buy local, seasonal food directly from a farmer. Farmers offer a certain number of “shares” to the public. Typically the share consists of a box of vegetables, but other farm products may be included like meats, flowers, herbs, eggs and bread. Interested consumers purchase a share (aka “membership” or “subscription”) and in return receive a box of seasonal produce each week throughout the farming season. This helps create steady income for the farm and provides the shareholder with fresh, local produce all season. Some farms in Hampton Roads are now able to offer CSAs throughout the year. When you see the symbol, contact that farm about their next application due date.
Markets & Co-Ops

Chesapeake Farmers Market (two locations)
Chesapeake City Park
900 Greenbrier Parkway
Chesapeake, VA 23320
Battlefield Park South
120 Reservation Rd.
Chesapeake, VA 23322
Info: (757) 382-6348 (Ag Dept.)
www.cityofchesapeake.net, go to “Agriculture Dept.”
Fruits, vegetables, ornamentals, plants, herbs, eggs, honey, soaps, and more. Buy directly from local farmers!
Open June 20 - Nov 25,
Wed & Sat 8am-1pm

Coastal Farms Co-Op
(757) 416-8790
coastalfarms@rocketmail.com
http://coastalfarms.luluslocalfood.com
Members shop online directly from over 50 different local Virginia family-owned farms. Place custom orders to get what you want on your own schedule.
Pick-up sites throughout South Hampton Roads.

The Creative Wedge
630 Hilltop West Shopping Center
Virginia Beach, VA 23451
(757) 965-9030
www.thecreativewedge.com
Handcrafted gifts, American farmstead cheese, Virginia’s Finest products, local wine and craft beers.
Open Mon-Sat, 10am-6pm.
Follow us on Facebook.

Eco Trends
3157 Virginia Beach Blvd #107
Virginia Beach, VA 23452
(757) 200-5600
www.ecotrendsvb.com
Featuring locally handcrafted gifts and delicacies as well as fair trade and eco-friendly products.
Open Tues-Sat., 10:30am-6:00pm.

Farmers’ Fare at East Beach
4730 Hammock Lane
Norfolk, VA 23518
(757) 773-6813
www.farmersfaremarket.com
Local produce, meat, seafood, eggs, bread, cheese, ice cream, local honey, jams, pies and flowers.
Open Saturdays, May-Oct 9am-noon;
Nov 7 & 21; Dec 5 & 19 10am-1pm

LF Market
5800 Knotts Neck Road
Suffolk, VA 23435
www.lfmarketva.com
Seasonal produce, natural meat, eggs, jams and jellies, honey, locally sourced salts and seasonings, home cooked food items and hand crafted artisan goods.
Open Saturdays
May 2 - October 31, 9am-1pm

Old Beach Farmers Market
620 19th Street @ Cypress Ave.
Virginia Beach, VA 23451
(757) 428-5444
www.oldbeachfarmersmarket.com
Farmers and vendors with fresh produce, naturally raised meats, sensible seafood, cheese, baked goods & more. A Virginia Green certified farmers market.
Open May 2-16, Sat, 9am-noon.
May 23-October 31, Sat, 8am-noon
Fall/Winter/Spring, 3rd Sat, 9am -noon
Follow us on Facebook & Twitter!

Onancock Market
Corner of Market St. & Ames St.
Onancock, VA 23417
(757) 710-2028
www.onancockmarket.com
Local farmers, watermen, and artisans offering their fresh, seasonal, and locally grown and manufactured products & art.
Open Saturdays, May 2-16, 9am-noon,
May 23-Sept. 5, 8am-noon
Sept. 12-Oct. 31, 9am-noon,
Holiday Market Nov. 2, 9am-1pm

Organic Food Depot
4301 Commuter Dr. #105
Virginia Beach, VA 23462
(757) 467-8999
www.organicfooddepot.com
Organic and natural groceries, local produce, meats, eggs, breads, gluten-free baked goods, soaps and more.
See website for hours and availability.

Pendulum Fine Meats
820 Shirley Ave.
Norfolk, VA 23517
757-962-6990
www.pendulummeats.com
Regional, humanely raised beef, pork, lamb and chicken. 100% grass finished beef available. House-made sausage, bacon, smoked deli meats, and patés. Produce, chocolate, cookies, wine, beer and sandwiches too! We also operate a year round meat CSA.
Open Wed-Fri, 11am-7pm;
Sat 10am-6pm; Sun noon-5pm.
Closed Mondays

Portsmouth Olde Towne Farmers Market
Court Street, off High St.
Portsmouth, VA 23704
(757) 397-6395
www.portsmouthfarmersmarket.com
Fresh produce, baked goods, jams & jellies, eggs, poultry, meats, seafood, crafts.
Every Sat. May 1-Oct 31 9am - 1pm.
Every Sat. Nov.-Dec. 19, 10am-1pm.
Special markets on our website and Facebook.
New to buying local? Start small!

If every household in Hampton Roads spent just $10 a week on local food, $384.2 million dollars would be funneled back into our local economy. That’s no small potatoes! Here are a few tips on how to spend your $10 a week:

- Eating out? Choose a restaurant from this guide that sources locally and order a dish that highlights local ingredients.
- Pick up a bottle of Virginia-made wine and help support local vintners.
- Sign up for a CSA box. Most subscriptions come out to about $10-$20 a week, depending on size and variety.
- Make the farmers market part of your Saturday routine. When you buy in season, you get a lot of bang for your buck.
- Pamper yourself with hand-crafted goat’s milk soap or other natural body products that use local herbs and ingredients. They make great gifts too!
Fruit & Vegetable Growers

Farms and Markets are often seasonal. Call or check websites for open dates.

**Apple Berry Farm**
2601 West Landing Rd.
Virginia Beach, VA 23456
(757) 426-7390
U-Pick blueberries July & August. Call for availability and hours.

**Barnett Family Farms**
1600 Colonial Ave
Norfolk, VA 23517
barnettfamilyfarms.com
Small family farm in Colonial Place, Norfolk. A variety of produce is offered year round at our produce stand in Ghent. It is our passion to connect our community to safe, healthy, fresh and dependable food. Available year-round.

**Bay Breeze Farms**
1076 Sandbridge Rd
Virginia Beach, VA 23456
(757) 721-3288
Seasonal produce & strawberries, sweet corn, melons, squash, peas, green beans, tomatoes and more. Open May 1-Labor Day. Monday - Saturday 8:30 am-6 pm. Sundays 9 am-5 pm.

**Bergy’s Breadbasket Produce**
2207 Mt. Pleasant Rd.
Chesapeake, VA 23322
(757) 546-9225
www.bergysbreadbasket.com
Peas, potatoes, sweet corn, tomatoes, collards, carrots, fresh-cut flowers, spinach, lettuce, garlic and other fresh produce. Sales on-site, picked daily. Mon-Sat 9 am-6 pm and until 7pm in the summer.

**Blue Ridge Produce**
1505 Blue Ridge Rd.
Chesapeake, VA 23322
(757) 235-5764
Seasonal produce such as sweet corn, melons, squash, potatoes, butter beans, pumpkins, kale and collards. Local jams, jellies, soaps, and honey. Holiday greenery and Christmas trees. Open daily, 9am-6pm. May 1-December 25.

**Brookdale Farm - Chesapeake**
2133 Mt. Pleasant Rd.
Chesapeake, VA 23322
(757) 721-0558
www.brookdale-farm.com
U-pick strawberries, raspberries and may peas, potatoes and pumpkins. U-shell popcorn & summer farm stand with home-grown sweet corn and other produce, jams, salsas & more. Call for hours and avail. for both locations.

**Brookdale Farm - Virginia Beach**
2060 Vaughan Rd.
Virginia Beach, VA 23457
(757) 721-0558
www.brookdale-farm.com
U-pick strawberries & school field trips at Vaughan Rd. Summer farm stand at 1300 Princess Anne Rd. with home-grown sweet corn and other produce, jams, salsas and more. Call for hours and avail. for both locations.

**Build Your Food**
5709 Aura Dr.
Virginia Beach, VA 23457
www.buildyourfood.com
Permaculture-grown produce, herbs, eggs, and natural living products. Garden design and classes. Plants and seeds. Check our Facebook page or website for availability and hours.

**Charles Wenger Farms**
1881 Mt. Pleasant Rd.
Chesapeake, VA 23322
(757) 374-7876
Seasonal veggies, sweet corn, tomatoes, kale, collards, brown and green eggs. No Sunday sales. Stop by the stand or call ahead for availability.

**Cindy’s Produce**
2385 Harpers Rd.
Virginia Beach VA 23453
(757) 427-2346
Local fruit, veggies, honey, jam goods, flowers, veggie and herb plants, pumpkins, eggs, butter, cheese and fall décor, Christmas trees and much more! Open Daily May-Dec. 10-6.

**Cromwell’s Produce**
3116 New Bridge Rd.
Virginia Beach, VA 23456
(757) 721-6226
www.cromwell-farm.com
PYO strawberries, peanuts, and peas. Seasonal veggies: sweet corn, tomatoes, butterbeans, honey, flowers, Christmas trees. Open daily late April - December. Call or visit Facebook for hours.

**Cullipher Berry Patch**
772 Princess Anne Rd.
Virginia Beach, VA 23457
www.cullipherfarm.com
PYO blueberries, raspberries, strawberries, peanuts, and peas. U-pick Strawberries. Check website for hours.

**Cullipher Farm Market**
1444 Princess Anne Rd.
Virginia Beach, VA 23456
(757) 721-7454
www.cullipherfarm.com
Fresh fruits & veggies, cut flowers, honey, canned and baked goods. Check website for hours. Three off-site markets. Summer and Fall CSA plans.

**Cullipher Farm Market - Strawberry Lane**
772 Princess Anne Rd.
Virginia Beach, VA 23457
www.cullipherfarm.com
PYO blueberries, raspberries, strawberries, peanuts, and peas. U-pick Strawberries. Check website for hours.

**Drewry Farms**
341 Strawberry Lane
Wakefield, VA 23888
(757) 899-3636
www.drewryfarms.com
U-pick and pre-picked blueberries, raspberries, blackberries, strawberries, melons and seasonal produce. Natural beef, pork and eggs. Nightly stays at our Farm Inn! Find us on Facebook at Drewry Farms. Open Tues-Sun, May-August.

**Dwight Farms**
2505 Pittman Rd.
Norfolk, VA 23517
(757) 723-8656
www.dwightfarms.com
U-Pick strawberries, blackberries, sweet corn, and other veggies at the market at the farm. Christmas trees in season. Call for hours and availability. Visit website for updates.

**Flip Flop Farmer**
Bruce Henley
3244 New Bridge Rd.
Virginia Beach, VA 23457
(757) 425-9908
Fresh farm-raised fruits & vegetables, PYO strawberries available in the spring.
Open 8am-6pm daily during the season.

**Golden Eagle Alpaca Farm**
3848 Charity Neck Rd.
Chesapeake, VA 23322
www.goldeneaglealpacafarm.com
Seasonal produce, blackberries, peaches, blueberries and grapes. Alpaca clothing and eggs. Call for availability.

**Henley Farm & Market**
3484 Charity Neck Rd.
Virginia Beach, VA 23456
(757) 426-7501
www.henleyfarms.com
U-Pick and pre-picked strawberries, blackberries, sweet corn, and other veggies at the market at the farm. Christmas trees in season. Call for hours and availability. Visit website for updates.

**Hickory Ridge Farm**
2928 South Battlefield Blvd.
Chesapeake, VA 23322
(757) 560-6763
jrpx2@msn.com
Seasonal produce, strawberries (U-pick and pre-picked), local honey, local jam, pumpkins and fall activities, school field trips, birthday parties, and petting farm. Check our Facebook page for hours and updates.

**Lilley Farms**
2800 Tyre Neck Rd.
Chesapeake, VA 23321
(757) 435-2085
lilleyfarms@mindspring.com
PYO PYO PYO

**Lilley Farms Strawberries - Chesapeake**
2800 Tyre Neck Rd.
Chesapeake, VA 23321
(757) 435-2085
lilleyfarms@mindspring.com
PYO PYO PYO

**Lilley Farms Strawberries - Suffolk**
Bennett's Pasture Rd.
1 mile south of Route 17
Suffolk, VA 23433
(757) 435-2085 (off season)
U-pick and pre-picked strawberries on plastic - clean and easy picking. Raw, local honey, seasonal berries and Christmas greenery.
Mon-Sat, 8am-7pm.
Sun 10am-4pm, May-June.
Call ahead. Visit us on Facebook.
<table>
<thead>
<tr>
<th>Name</th>
<th>Address/Location</th>
<th>Contact Info</th>
<th>Website/Stores/Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mattawoman Creek Farms</td>
<td>4103 Barlow Creek Lane Eastville, VA 23347</td>
<td>(757) 678-5731</td>
<td><a href="http://www.MattawomanCreekFarms.com">www.MattawomanCreekFarms.com</a> 100% Certified Organic produce, all grown by us. Serving South Hampton Roads and the Eastern Shore. Year-round CSAs, markets and online sales. Visit our website and follow us on Facebook.</td>
</tr>
<tr>
<td>New Earth Farm &amp; Compost Co.</td>
<td>1885 Indian River Rd. Virginia Beach, VA 23456</td>
<td>(757) 536-6102</td>
<td><a href="http://www.newearthfarm.org">www.newearthfarm.org</a> Seasonal all-natural produce, U-pick strawberries, pasture raised eggs, honey, gardening &amp; cooking classes, organic compost, seeds, bedding plants, and fruit trees. Open Sat, from 10-5. Check our website and friend us on Facebook.</td>
</tr>
<tr>
<td>Pungo Blueberries, Etc.</td>
<td>3477 Muddy Creek Rd. Virginia Beach, VA 23456</td>
<td>(757) 721-7434</td>
<td>PYO blueberries &amp; thornless blackberries. Jams &amp; jellies, and our special elephant garlic vinegar. Open early July-August Mon, Wed, Fri, Sat 7am-7pm.</td>
</tr>
<tr>
<td>Quail Cove Farms</td>
<td>12435 Machipongo Lane Machipongo, VA 23405</td>
<td>(757) 678-7783</td>
<td>PYO blueberries &amp; thornless blackberries. Jams &amp; jellies, and our special elephant garlic vinegar. Open early July-August Mon, Wed, Fri, Sat 7am-7pm.</td>
</tr>
<tr>
<td>Mount Pleasant Farms</td>
<td>2201 Mount Pleasant Rd. Chesapeake, VA 23322</td>
<td>(757) 482-0739</td>
<td><a href="http://www.mountpleasantfarms.com">www.mountpleasantfarms.com</a> Tree ripened peaches from our orchard, eggs from our chickens, PYO garden and seasonal produce. Canned and baked goods from our kitchen and products from local crafters. Check us out on Facebook for events, pony rides, and year round store hours.</td>
</tr>
<tr>
<td>Perennial Roots Farm</td>
<td>23421 Decormis Street Accomac, VA 23301</td>
<td>(757) 678-7783</td>
<td><a href="http://www.perennialroots.com">www.perennialroots.com</a> Small diverse farm. Chemical-free seasonal heirloom vegetables. Free range organic fed rabbit and turkey, grassfed pork, gourmet mushrooms, chicken and duck eggs, raw honey, vegetable and herb plants. Biodynamic, no antibiotics or chemicals. Open 9am-5pm Monday- Friday.</td>
</tr>
<tr>
<td>Salem Berry Farm</td>
<td>1763 Salem Rd. Virginia Beach, VA 23456</td>
<td>(757) 818-3156</td>
<td><a href="mailto:salemberryfarm@gmail.com">salemberryfarm@gmail.com</a> Pick your own strawberries. Fresh seasonal vegetables. Open 8am-6pm daily during the season. Follow us on Facebook.</td>
</tr>
<tr>
<td>Skipper Farms - Virginia Beach</td>
<td>Virginia Beach Farmers Market 3640 Dam Neck Road Virginia Beach VA 23453</td>
<td>(757) 368-0355</td>
<td>Naturally grown fresh fruits and veggies from our fields. Plants, flowers, eggs, honey, jams, herbs, ciders. Winter, Summer and Fall CSA Plans. Open daily, March - Dec. 9am-6pm. Visit website for other locations.</td>
</tr>
<tr>
<td>Spence Farm</td>
<td>3080 Benefit Rd. Chesapeake, VA 23322</td>
<td>(757) 619-8398</td>
<td><a href="http://www.spencefarm.com">www.spencefarm.com</a> Produce stand featuring fresh vegetables in season from a family owned &amp; operated farm. Open in May. Call for info.</td>
</tr>
<tr>
<td>Stoney's Produce</td>
<td>1065 First Colonial Rd. Virginia Beach, VA 23454</td>
<td>(757) 496-8795</td>
<td><a href="http://www.stoneysproduce.com">www.stoneysproduce.com</a> Seasonal produce straight from our fields &amp; local farms. Fresh seafood, eggs, honey, jellies. Herbs, annuals, perennials. Open daily, April 10am-5pm; May-Oct. 9am-6pm; Nov. 10am-5pm. Call for info.</td>
</tr>
</tbody>
</table>
Aldo’s Ristorante
1860 Laskin Rd.
Virginia Beach, VA 23454
(757) 491-1111
www.aldosvb.com
Locally owned and seasonally inspired fresh Italian cuisine. We use local seafood and produce as available.

Baladi Mediterranean Café
626 Hilltop West Shopping Ctr.
Virginia Beach, VA 23451
(757) 425-8887
www.baladicafe.com
Nutritionally balanced and fresh Mediterranean cuisine. Bring your appetite and enjoy fresh Mediterranean food and fresh Mediterranean wine. Visit our website for weekly featured events.

Bay Local Eatery
2917 Shore Drive
Virginia Beach, VA 23451
baylocallvb.com
Local food from local farmers and watermen. Served fresh daily.

Blue Seafood & Spirits
2181 Upton Drive, Suite 420
Virginia Beach, VA 23454
(757) 689-5395
www.blueseafoodandspirits.com
A 60 seat, chef-owned and operated restaurant focused on serving the freshest possible seafood and produce available.

The Cellars Restaurant
4001 Church Point Road
Virginia Beach, VA 23455
(757) 460-2210
www.thecellarsvb.com
Restaurant
The Cellars
fresh, local seafood and are a Sensible Seafood member.

Cotton Southern Bistro
648 Grassfield Pkwy, Suite #12
Chesapeake, VA 23322
757-609-3156
1637 Hilltop West
Virginia Beach, VA 23451
757-609-3156
www.cottonsouthernbistro.com
Farm to fork ingredients with an emphasis on classical Southern comfort food with a modern twist. Sunday Jazz Brunch and other specials on the website.

Country Boys Barbeque
20 W. Windsor Blvd
Windsor, VA 23487
www.countryboysbbq.net
757-242-8108
Fresh hickory smoked hand pulled pork BBQ, ribs, chicken and brisket. Daily made from scratch sides and breads. Also, call for all your catering needs. Open Wed.-Sat., 11am-8pm

Croc’s 19th Street Bistro
620 19th Street
Virginia Beach, VA 23451
(757) 428-5444
www.croc19thstreetbistro.com
Fresh local American cuisine & fresh Mediterranean cuisine. The focus at Croc’s is to provide an environment that promotes a healthier and more vibrant community. As the first restaurant in Hampton Roads to be certified by the Green Restaurant Association, our plant-based menu features seasonal ingredients from bio-dynamic farms.

Hashi Food Truck
Serving breakfast and lunch
207 23rd St.
Virginia Beach, VA 23451
(757) 425-1960
www.citrusvb.com
2265 West Great Neck Road
Virginia Beach, VA 23454
(757) 227-3333
www.citrusvb.com
Serving fresh, local, seasonal produce and homemade menu items, daily specials and desserts. We feature fresh, local seafood and are a Sensible Seafood member.

Doc Taylor’s Restaurant
207 23rd St.
Virginia Beach, VA 23451
(757) 425-1960
www.doctaylors.com
Serving locally lunch and breakfast daily.

The Landing at West Neck
2484 North Landing Rd.
Suite #113
Virginia Beach, VA 23456
(757) 351-0559
www.foundersinn.com
757-366-5777
www.shorebreakvb.com
(757) 481-9393
www.shorebreakvb.com
Sensible Seafood Partner. Home cooked seafood, huge salads and watermen.

Eurasia
960 Laskin Road
Virginia Beach, VA 23451
(757) 422-0184
www.eurasiavb.com
Seasonally inspired American Cuisine.

Fruitive
1624 Laskin Road, Suite 740
Virginia Beach, VA 23451
(757) 428-6700
www.eurasiavb.com
An A Mediterranean-Anatolian restaurant that supports local farmers. Gluten-free, vegan and vegetarian options available.

Garden of Art and Cuisine at the Chrysler Museum
Full service off-premise catering
2265 West Great Neck Road
Virginia Beach, VA 23454
(757) 366-5777
www.cuisineandcompany.com
757-312-8688
www.terrapinvirginiabeach.com
Casual yet elegant, serving contemporary American cuisine. Proudly supports independent, local farmers by featuring fresh, seasonal products.

The Great Southern Bistro
340 West 22nd Street
Norfolk, VA 23517
(757) 672-1138
www.pashamezze.com
A Mediterranean-Anatolian restaurant that supports local farmers. Gluten-free, vegan and vegetarian options available.

The Shanty
33 Marina Road
Virginia Beach, VA 23451
www.shantyseafood.com
Local, sustainable seafood (crabs, clams, oysters & fish), local produce, and local beer in a relaxed environment.

ShoreBreak Pizza & Taphouse
2941 Shore Drive
Virginia Beach, VA 23451
(757) 481-9393
www.shorebreakvb.com
Serving fresh, local, seasonal produce and homemade menu items, daily specials and desserts. We feature fresh, local seafood and are a Sensible Seafood member.

The Shanty
33 Marina Road
Virginia Beach, VA 23451
www.shantyseafood.com
Local, sustainable seafood (crabs, clams, oysters & fish), local produce, and local beer in a relaxed environment.

Hot Tuna
2817 Shore Drive, corner of Great Neck Rd.
Virginia Beach, VA 23451
(757) 481-2888
www.hottunavb.com
Featuring only the freshest, seasonally inspired food in a casual atmosphere.

Swan Terrace
5641 Indian River Road
Virginia Beach, VA 23464
(757) 366-5777
www.foundersinn.com
New Virginia Cuisine. Great tasting, locally inspired dishes, featuring the season’s best. Call for reservations.

Cuisine & Company
2648 Quality Ct.
Virginia Beach, VA 23454
(757) 426-6700
www.cuisinedandcompany.com
Full service off-premise catering and picnic parties. Café dining for lunch available at Wisteria Café at the Chrysler Museum of Art and Cuisine at the Slover Library, Norfolk. Call for info.

Terrapin Restaurant
3102 Holly Road, Suite 514
Pinewoods Square
Virginia Beach, VA 23451
(757) 321-8688
www.terrapinvirginiabeach.com
Casual yet elegant, serving contemporary American cuisine. Proudly supports independent, local farmers by featuring fresh, seasonal products.

ShoreBreak Pizza & Taphouse
2941 Shore Drive
Virginia Beach, VA 23451
(757) 481-9393
www.shorebreakvb.com
Serving fresh, local, seasonal produce and homemade menu items, daily specials and desserts. We feature fresh, local seafood and are a Sensible Seafood member.

Pizza Meze Restaurant
340 West 22nd Street
Norfolk, VA 23517
(757) 672-1138
www.pashamezze.com
A Mediterranean-Anatolian restaurant that supports local farmers. Gluten-free, vegan and vegetarian options available.

The Shanty
33 Marina Road
Virginia Beach, VA 23451
www.shantyseafood.com
Local, sustainable seafood (crabs, clams, oysters & fish), local produce, and local beer in a relaxed environment.

Swan Terrace
5641 Indian River Road
Virginia Beach, VA 23464
(757) 366-5777
www.foundersinn.com
New Virginia Cuisine. Great tasting, locally inspired dishes, featuring the season’s best. Call for reservations.

Tradewinds
2800 Shore Dr.
Virginia Beach, VA 23451
(757) 481-9000
www.tradewindsrestaurant.com
Coastal Casual. At the intersection of Shore Dr. & Great Neck Rd. inside the Virginia Beach Resort & Conference Center.
These restaurants have committed to using local foods in their dishes whenever possible. Please let them know that you appreciate their support for local growers and ask them about their farm sources!

Tubby’s Tavern
2224 Virginia Beach Boulevard, Suite 113
Virginia Beach, VA 23454
757-498-4499
www.TubbysTavern.com
Seasonal produce, seasonal seafood.
Mon.-Fri., 11:00 am-2 am
Sat. and Sun., 9 am-2 am

The Whiskey Kitchen
2149 General Booth Blvd
Virginia Beach, VA 23454
www.thewhiskeykitchen.com
We let our passion for real food, craft beers, and exceptional service be our guide. We use local vendors, and amazing employees to create your dining experience.

Wrap-N-Roll: a local, fresh strEATery
(757) 639-6284
www.wrap-n-roll.com
Southeast VA’s premier mobile food strEATery serving gourmet wraps, zesty grilled meats and locally grown produce for healthier fast food alternatives. Contact us for catering. See website for more info and upcoming events. Follow us on Facebook and Twitter.

Yummy Goodness Catering & Community Kitchen
317 Village Rd., Suite 109
Virginia Beach, VA 23464
(757) 962-1000
www.yummygoodnesscateringco.com
Fresh. Local. Yummy.
Catering year-round. Call or visit our website for more info.

Zoe’s Restaurant
713 19th St.
Virginia Beach, VA 23451
(757) 437-3636
www.zoesvb.com
Featuring a monthly changing menu using the freshest in local seasonal seafood and produce.

THE ABUNDANCE OF SEAFOOD has been a culinary hallmark of Virginia since people began cooking there. From the Atlantic Ocean to the Chesapeake Bay and its tributaries, folks have long noted the variety and quality of local marine life. Captain Christopher Newport wrote in 1607:

The main river [James] abounds with sturgeon, very large and excellent good, having also at the mouth of every brook and in every creek both store and exceedingly good fish of divers kinds. In the large sounds near the sea are multitudes of fish, banks of oysters, and many great crabs rather better, in fact, than ours and able to suffice four men.

And in 1612, Captain John Smith recorded in his diary:

Of fish we were best acquainted with sturgeon, grampus, porpoise, seals, stingrays whose tails are very dangerous, bris, mullets, white salmon [rockfish], eels, lampreys, cat-fish, shad, perch of three sorts, crabs, shrimps, crevises, oysters, cockles, and mussels.

The harvesting and processing of seafood in Virginia is one of the oldest industries in the United States and one of the state’s largest; the Virginia Institute of Marine Science reports the annual economic impact to be more than a half billion dollars. Virginia commercial watermen annually harvest enough seafood to produce more than 1.2 million meals according to the Virginia Marine Products Board. Some 620,000 acres of water are harvested for more than 50 commercially valuable species including traditional offerings of blue crabs, clams, croaker, sea scallops, spot, striped bass [rockfish], and summer flounder. Nontraditional products, largely caught for sale to international markets, include Chesapeake ray, conch, eel, and monkfish.

- From Dishing Up Virginia by Patrick Evans-Hylton
www.PatrickEvansHylton.com
Meat & Seafood

Cartwright Family Farms
3977 Muddy Creek Rd.
Virginia Beach, VA 23457
757 477-6293
www.cartwrightfamilyfarms.com
Sustainable family farm humbly raising heritage breeds. Ossabaw Island Hogs and Berkshire/Ossabaw cross. Farrow to Finish. Whole, half, and quarter hogs, and pre-packaged cuts available. Visit website for details.

Cherrystone Aqua Farm
1588 Townfield Dr.
Cheriton, VA 23316
(757) 331-1208
www.littleneck.com
Clams, oysters in the shell and shucked. Visit our website for info.

Full Quiver Farm
2801 Manning Rd.
Suffolk, VA 23434
(757) 539-5324
www.fullquiverfarm.com
All natural pasture-raised chicken, pork, rabbit, grass-finished beef. Thanksgiving turkeys and country brown eggs. Open Fri and Sat 10am-5pm. Call for updates and events.

H M Terry Company, Inc.
5039 Willis Wharf Rd.
Willis Wharf, VA 23486
(757) 442-7006
www.hmterry.com
Sewanseacl brand seaside clams and oysters from Hog Island Bay, VA. Available year round. Visit our website for more info.

Johnson’s Blue Crabs
1087 Horn Point Rd.
Virginia Beach, VA 23456
krabs@cox.net
Blue crabs live, large right off the boat. Available for pick-up, home delivery, or restaurant delivery. Monday through Saturday 2pm-6pm.

La Caridad Farm
25087 Parksley Rd.
Parksley, VA 23421
www.lacaridadfarm.com
A family farm on the Eastern Shore of Virginia raising heritage livestock breeds on pasture to provide your family with locally produced meat and eggs. Visit our website for more info.

Ludford Brother’s Oyster Co.
(757) 663-6970
www.pleasurehouseoysters.com
Handcrafted oysters produced for market in a manner that promotes the reputation and health of the Lynnhaven River. Our Pleasure House Oysters are only available at Farm Markets and many fine Hampton Roads restaurants.

Lucky Duck Landing Farms
3612 West Neck Rd.
Virginia Beach, VA 23456
(757) 647-5970
luckyducklandingfarms@gmail.com
Fresh free range chicken & eggs. No hormones, pesticides, antibiotics, MSG or steroids. Quick frozen chickens available year round. Or for the freshest chicken, order in advance and pick-up the day we process. Mon-Fri, 8am-4:30pm.

Ludford Brother’s Oyster Co.
(757) 663-6970
www.pleasurehouseoysters.com
Handcrafted oysters produced for market in a manner that promotes the reputation and health of the Lynnhaven River. Our Pleasure House Oysters are only available at Farm Markets and many fine Hampton Roads restaurants.

Meadows End Farm
3010 Pope's Neck Rd.
Virginia Beach, VA 23456
(757) 487-7512
meadowsendfarm.com
All natural pork and beef. Visit website for more info.

Pleasant Pasture Farm
3173 Head River Rd.
Virginia Beach, VA 23457
(757) 204-4436
www.pleasantpasture.com
Slow-growing pastured poultry, pastured eggs, goat milk soap, seasonal pastured turkeys. Farm open 10am-2pm Saturdays. Call for availability and ordering.

Shellfish Company
3323 Shore Dr.
Virginia Beach, VA 23451
(757) 481-7512
Freshly caught local seasonal fish, crabs, shrimp, clams, oysters and much more. Call for hours and availability.

Uncle Chuck’s Seafood & Produce
Virginia Beach Farmers Market
3640 Dam Neck Rd., Suite 116
Virginia Beach, VA 23453
(757) 368-2141
cpmacin@aol.com
Scallops, shrimp, crabmeat, oysters, clams, calamari, catfish, flounder, monkfish, albacore tuna, tilapia and more. Thur-Fri 2-6pm; Sat 10am-6pm; Sun 11am-5pm.

Windhaven Farm
17381 Pope Swamp Trail
Windsor, VA 23487
(757) 209-1095
www.windhavennaturalangusbeef.com
All natural beef and Berkshire pork, antibiotic & hormone free. Grain & grass fed. Market open Sat. 9am-3pm. Visit our website for more info.
<table>
<thead>
<tr>
<th>Year-Round</th>
<th>Honey, Mushrooms, Peanuts, Wine, Beef, Pork, Ham, Chicken, Eggs, Clams, Aquaculture Oysters</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>Tuna (NC), Wild Harvest Oysters, Sweet Potatoes, High Tunnel Greens such as Kale, Collards, Lettuce, Cabbage, Onions, Carrots and Beets</td>
</tr>
<tr>
<td>February</td>
<td>Tuna (NC), Wild Harvest Oysters, Sweet Potatoes, High Tunnel Greens such as Kale, Collards, Lettuce, Cabbage, Onions, Carrots and Beets</td>
</tr>
<tr>
<td>March</td>
<td>Rockfish, Shad Roe from local Indian tribes, Tuna (NC), Wild Harvest Oysters, High Tunnel Greens such as Kale, Collards, Lettuce, Cabbage, Onions, Carrots and Beets: daffodils, grape hyacinth, ranunculus, tulips</td>
</tr>
<tr>
<td>April</td>
<td>Asparagus, Cabbage, Carrots, Collards, Kale, Leeks, Lettuce, Spinach, Strawberries, Flounder, Tuna (NC), Wild Harvest Oysters: daffodils, Dutch iris, ranunculus, tulips</td>
</tr>
<tr>
<td>May</td>
<td>Asparagus, Broccoli, Cabbage, Carrots, Collards, Endive, Kale, Leaf Lettuce, Leeks, May Peas, Onions, Radishes, Spinach, Strawberries, Sugar Snap Peas, Crabmeat, Gray Trout, Scallops, Softshell Crabs (late May), Tuna (NC); peonies, sweet pea, calla lily, asiatic lily, nigella, foxglove, roses</td>
</tr>
<tr>
<td>June</td>
<td>Beets, Blackberries, Carrots, Cucumbers, Eggplant, Green Beans, Lettuce, May Peas, Onions, Peaches, Peppers, Potatoes, Radishes, Strawberries, Sugar Snap Peas, Summer Squash, Swiss Chard, Turnips, Zucchini, Crabmeat, Gray Trout, Scallops, Shrimp (NC), Softshell Crabs, Spanish Mackerel, Tuna (NC), dahlias, daisy, lavender, ageratum, allium, amaranth, celosia, cockscomb, coneflower, cosmos, gladiolas, tuberose</td>
</tr>
<tr>
<td>July</td>
<td>Beets, Blackberries, Blueberries, Butter Beans, Cantaloupe, Cucumbers, Eggplant, Figs, Green Beans, Grapes (seedless &amp; Concord), Okra, Onions, Peaches, Peppers, Potatoes, Raspberries, Summer Squash, Sweet Corn, Swiss Chard, Tomatoes, Turnips, Watermelons, Wax Beans, Zucchini, Crabmeat, Scallops, Shrimp (NC), Softshell Crabs, Spanish Mackerel, Tuna (NC); agastache, amaranth, aster, bee balm, crocosmia, dahila, daisy, gladiolus, iris, hydrangea, larkspur, lavender, oriental lily, scabiosa, Sweet William, sunflowers, yarrow, zinnias</td>
</tr>
<tr>
<td>August</td>
<td>Apples, Beets, Blackberries, Blueberries, Butter Beans, Cantaloupe, Eggplant, Figs, Grapes (seedless &amp; Concord), Green Beans, Okra, Onions, Peaches, Peppers, Potatoes, Raspberries, Summer Squash, Sweet Corn, Tomatoes, Watermelon, Wax Beans, Zucchini, Crabmeat, Jimmy-Crabs, Softshell Crabs, Spanish Mackerel, Shrimp (NC), Tuna (NC), Turkey; zinnias, lisianthus, sunflowers, gomphrena, lavender, dahlias, aster, bee balm, coneflower</td>
</tr>
<tr>
<td>September</td>
<td>Apples, Black-eyed Peas, Broccoli, Butter Beans, Cabbage, Cantaloupe, Collards, Eggplant, Figs, Grapes (Scuppernong &amp; Muscadine), Green Beans, Kale, Leeks, Okra, Onions, Peppers, Potatoes, Pumpkins, Radishes, Raspberries, Spinach, Summer Squash, Sweet Potatoes, Tomatoes, Watermelon, Wax Beans, Winter Squash, Zucchini, Crabmeat, Croaker, Jimmy-Crabs, Shrimp (NC), Softshell Crabs, Speckled Trout, Spot, Tuna (NC), Wild Harvest Oysters, Turkey; dahlias, hydrangea, lavender, lisianthus, roses, sunflowers, zinnia</td>
</tr>
<tr>
<td>October</td>
<td>Apples, Broccoli, Brussels Sprouts, Cabbage, Collards, Grapes (Scuppernong &amp; Muscadine), Green Beans, Kale, Leaf Lettuce, Leeks, Mustard, Onions, Peaches, Peppers, Potatoes, Pumpkins, Radishes, Raspberries, Spinach, Sweet Potatoes, Turnips, Winter Squash, Crabmeat, Croaker, Rockfish, Speckled Trout, Spot, Tuna (NC), Wild Harvest Oysters, Turkey; celosia, cockscomb, dahlias, gomphrena, lavender, sunflowers, zinnias</td>
</tr>
<tr>
<td>November</td>
<td>Apples, Broccoli, Brussels Sprouts, Cabbage, Collards, Endive, Grapes (Scuppernong &amp; Muscadine), Kale, Kiwi, Leaf Lettuce, Leeks, Mustard, Pumpkins, Spinach, Sweet Potatoes, Turnips, Winter Squash, Crabmeat, Flounder, Rockfish, Speckled Trout, Tuna (NC), Wild Harvest Oysters, Turkey; dahlias, deciduous holly, zinnias</td>
</tr>
<tr>
<td>December</td>
<td>Carrots, Collards, Kale, Kiwi, Leeks, Sweet Potatoes, Clams, Flounder, Rockfish, Tuna (NC), Wild Harvest Oysters, Turkey, Sweet Potatoes, High Tunnel Greens such as Kale, Collards, Broccoli and Beets</td>
</tr>
</tbody>
</table>

www.buylocalhamptonroads.org | 2015/16 Hampton Roads Buy Fresh Buy Local Food Guide | 11
The Local Food Pyramid

Did you know you can have a balanced diet with local food alone? In Hampton Roads, our producers and farmers are providing foods from each of the sections of the USDA's MyPyramid.

**Grains:** Whole grains and complex carbohydrates should make up a good portion of your diet as they provide fiber, folic acid and other nutrients. In Virginia, granaries in the western part of the state are still grinding grains with stone mills. In Hampton Roads, local bread makers are baking artisan bread with wild caught yeast and local ingredients.

**Meats & Beans:** Local meats are more abundant than you might think. Grass-fed beef, which is lower in fat and higher in good-for-you Omega-3’s, is available from local farms, as is pastured pork. Free-range chickens are available through many local farms as are their delicious, protein-packed eggs.

**Vegetables:** Vegetables should make up a large part of your diet, and the more varied, the better. Eating vegetables when in season means they will be fresher and contain more nutrients and vitamins. Hampton Roads farmers are growing fresh produce year round, from tomatoes and cucumbers in the summer to beets and squashes in the fall to greens and onions in the winter.

**Fruits:** Fruits are nature’s candy, and lucky for us they are as nutritious as they are delicious. Hampton Road is famous for our late spring strawberries, mid-summer peaches and early fall muscadine and scuppernong grapes. To our west, the Shenandoah Valley is famous for its gorgeous fall apples and pears.

**Dairy:** Dairy products provide much-needed calcium and protein. While local pasteurized milk is not available in Hampton Roads, some dairy farmers do offer raw milk cow-shares, and local cheeses are being made with local goat’s milk.

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**Vineyards & Orchards**

**Chatham Vineyards**
9232 Chatham Road
Machipongo, VA 23405
(757) 678-5588
www.chathamvineyards.com
Vineyard and winery, established in 1999. Tasting room open to the public.
Open daily, Jun-Dec 10am-5pm. Jan - May, closed Tues & Wed.

**Martin Orchard, Vineyard & Winery**
213 Martin Farm Lane
Knotts Island, NC 27950
(252) 429-3542
or (757) 646-6637
www.martinvineyards.com
Specialty Items

The Bakery at Riverside Farm
Cape Charles, VA
(757) 331-4777
www.thebakeryatriversidefarm.com
TheBakeryatRiversideFarm@gmail.com
Delicious, country-style rustic breads made from simple ingredients including wild (yet friendly) Eastern Shore yeast. Specialty loaves, no added sugars, oils or artificial flavors or colors. Email to order. Visit us on Facebook.

Grassfield Cookies
(757) 513-5479
http://www.grassfieldcookies.com
Uniquely delicious and homemade, we specialize in providing Paleo-friendly, gluten and dairy-free cookies made with natural and organic ingredients. Our cookies are grain, egg, refined sugar and preservative free! Visit our website for more information and to order. We offer free local shipping.

Shady Goat Farm
Ivor, VA
(757) 373-1283
www.shadygoatfarm.com
Hampton Roads’ only goat cheese maker! Variety of chevres, plain and marinated feta, goat cheese chocolate-dipped truffles. Available at various farmers markets in South Hampton Roads, April through Dec. Visit website or Facebook for info.

Bees Knees Apiaries
1145 Rodgers Street
Chesapeake, VA 23324
(757) 620-0945
beeskneesapiaries@gmail.com
Raw, unprocessed local honey from chemical-free hives; creamed honey & comb honey available seasonally; beeswax candles, soap and cosmetics, propolis. Call or email for availability.

KDH Salt Rocks
(757) 335-1550
www.kdhsaltrocks.com
kdhsaltrocks@gmail.com
Hand harvested gourmet sea salt from the ocean water in Kill Devil Hills, NC. We blend our salt with locally grown spices and peppers. Available online and through area retailers.

Gum Tree Farm
1900 Pocatly Road
Chesapeake, VA 23322
(757) 421-9700
www.gumtreefarm.com

Linda’s Garden
1436 Campbell’s Landing Road
Virginia Beach, VA 23457
(757) 426-6488
www.lindasgarden.com
All natural seasoning blends, and white wine herb vinegars - “Virginia’s Finest.” Visit website or call for info.

My Vegan Sweet Tooth
3916 Virginia Beach Blvd.
Virginia Beach, VA 23452
www.myvegansweettooth.com
(757) 279-4789
An all vegan bakery offering fresh baked goods, including gluten-free and raw options. We use seasonal, local and homegrown products when available. Order online or stop by the store Monday-Saturday.

Three Ships Coffee Roasters
1703 Mediterranean Ave
Virginia Beach, VA 23451
www.threeshipscoffee.com
info@threeshipscoffee.com
Our Virginia Beach roastery and coffee bar’s baking program utilizes locally and ethically sourced ingredients. Visit website for info.

Hubbard Peanut Company
30275 Sycamore Avenue
Sedley, VA 23878
(800) 889-7688
www.hubspeanuts.com
Hubs home-cooked Virginia peanuts - a delicious local tradition.

Seasons Best Bakery & Candy
Virginia Beach Farmers Market
3640 Dam Neck Road, Suite 114
Virginia Beach, VA 23453
(757) 368-0117
Retro candies, specialty pies, cakes, desserts, and sweet breads. Savory items such as herb breads, tomato and chicken pot pies, cooked veggies and collards. Open year round, everyday.

Bake My Treats Love
http://givetreatlove.myshopify.com/ Hand-baked meat and dairy-free dog treats using local and organic ingredients. For every five bags purchased, we donate one bag to dogs in local shelters and rescue organizations. Available in stores and farmers markets. Visit us on Facebook!

KDH Salt Rocks
(757) 335-1550
www.kdhsaltrocks.com
kdhsaltrocks@gmail.com
Hand harvested gourmet sea salt from the ocean water in Kill Devil Hills, NC. We blend our salt with locally grown spices and peppers. Available online and through area retailers.

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www.lindasgarden.com
All natural seasoning blends, and white wine herb vinegars - “Virginia’s Finest.” Visit website or call for info.

My Vegan Sweet Tooth
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Virginia Beach, VA 23452
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info@threeshipscoffee.com
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Virginia Soaps & Scents
5924 Spyve Run Road
Suffolk, VA 23438
(757) 986-3377
www.va-soaps.com
Handcrafted soaps, lotions, salts, balms, laundry & haircare products, Virginia’s only soapmakers certified by the Handcrafted Soapmaker’s Guild. Visit website to see complete product line.

Plant-a-Row for the Hungry!
BFBLHR encourages you to plant an extra row in your garden for the hungry. Food donations can be made to the Chesapeake Master Gardeners “Plant a Row for the Hungry” program, Tuesdays from 9am-noon, June through September, at 310 Shea Drive, Chesapeake, VA 23322. Call or visit their website for more information:
757-382-6348 or www.cmgv.org
Food and community are intertwined. Often, our fondest memories take place around the dinner table with family, at a favorite restaurant with friends, or while tasting a strawberry ripe from a neighbor’s vine. Become an official member of our local food community by joining Buy Fresh Buy Local Hampton Roads.

As a Buy Fresh Buy Local Hampton Roads member, you become an integral part of the Hampton Roads community of farmers, retailers, restaurants, and consumers who value the economic, social, and environmental benefits of supporting local agriculture and local business.

Please consider donating at one of the following levels:

- **Heirlooms**: $1,000 & up
- **Mortgage Lifters**: $500 - $999
- **Golden Gems**: $250 - $499
- **Sweet 100’s**: $100 - $249
- **Celebrities**: $20 - $99

To become a member, click on the DONATE tab at buylocalhamptonroads.org, or send a check to PO Box 11678, Norfolk, VA 23517

We are a nonprofit 501 (c)(3). All donations are 100% tax deductible.
You don’t need a medical degree to know that the average American is not eating enough fresh fruits and vegetables. If the go-to vegetable in your home is the potato, then you are not alone. Thanks to french fries, potatoes are the #1 vegetable consumed by American children.

For most of us, a healthy diet includes four ½ cup servings of vegetables and one or two ½ cup servings of fruit every day. We’re forever telling kids to eat their veggies, but busy parents need to remember to eat their veggies too. Children notice when adults are not eating healthy foods alongside them.

Just because you don’t like a vegetable prepared one way doesn’t mean that you won’t like it prepared differently. My husband does not like raw cauliflower, but loves a roasted cauliflower soup. I hate the taste of cooked carrots, but I like raw carrots just fine.

Children’s tastes evolve, and even change dramatically around age five. About this time, children may suddenly like the taste of some foods that they previously labeled “disgusting” or “gross”. So young or old, always encourage a fresh taste before succumbing to the “Yuck! I don’t like it” excuse for not eating veggies.

If you don’t have it easily available, your kids are unlikely to eat it. While they are doing homework or watching TV, cut up some fruit or vegetables and place the plate in front of them. They will likely eat some of what you give them without even thinking about it, conflict-free vegetables!
Special Thanks to our Supporters!

Towne Bank
The Best Bankers. Hometown Banking.

Sentara

Northampton County
FARM BUREAU
VIRGINIA

Culinary Institute of Virginia
College of Culinary Arts of ECPI University

Coastal Cosmetic Dentistry

Virginia Grown

Uncle Bob's Self Storage

Centric Communications

Virginia Cooperative Extension
www.ext.vt.edu

Cullipher Farm
www.cullipherfarm.com

The developers of this guide do not have the capacity to independently verify all of the information presented here. Contributors to this guide are responsible for its content. Please let us know of any info you believe to be inaccurate.

www.buylocalhamptonroads.org
bfblhr@gmail.com