Connecting Farms and People

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

www.buylocalhamptonroads.org
bfbhr@gmail.com
Finding Local Produce Throughout the Year

We are fortunate to live in a temperate climate and an area ripe with farmers and growers offering local produce throughout the year. Beginning with the delicate choices of spring produce, we glide into the sultry bounty of summer, the hearty offerings of fall, and finishing the year with the winter warriors of plants that can handle the bitter cold. With a bit of education and planning we can all enjoy local produce in our cooking and menus no matter the season.

Farmers markets or visits to local farms give us direct access to fresh produce. You can find a list of farmers markets throughout Hampton Roads at buylocalhamptonroads.org.

Many grocers in the area also regularly stock local produce. Get to know the produce managers at your favorite stores to investigate local choices.

Another easy option is to purchase a share in a Community Supported Agriculture program, also known as a CSA. In these programs you pay the farmer up front for future weekly harvest shares. The farmer has money to purchase seeds and plants and you are guaranteed a variety of seasonal produce. Many farmers offer year-round CSAs and convenient delivery or pick up options.

Table of Contents

Markets and Co-Ops ........................................................................................................................................ pages 4,5
Fruit and Vegetable Growers ....................................................................................................................... pages 6,7
Guide to Seasonal Availability .................................................................................................................... pages 8,9
Restaurants and Caterers ........................................................................................................................ pages 10
Meat and Seafood ......................................................................................................................................... page 12
Vineyards & Specialty Items ....................................................................................................................... page 14
Our Supporters .............................................................................................................................................. pages 15,16
Many of us do well choosing healthy produce at the grocery store. But how much do we think of how far those vegetables may have travelled to get to the store? Vegetables and fruits begin losing valuable vitamins and minerals quickly after harvest. Fresh produce is more nutritionally dense, and since it hasn’t used much fossil fuel to travel, its distribution does not contribute significantly to global carbon emissions. Also, most locally available produce is grown on smaller farms, not on farms with massive monocultures. Smaller farms with greater plant diversity require minimal pest control intervention, whether the farm is certified organic or not. Choosing local produce is casting a vote for the support of our local growers and economy, a vote for better nutrition for our dollars spent, and a vote for sustainable practices that benefit the whole planet.

We can cast even more votes beyond the produce aisle. Meat and egg production can be more closely aligned with nature when animals are allowed to graze and eat their natural diet. When cows and chickens are pastured, and when pigs are allowed to live in their natural habitats instead of in overpopulated enclosures, the meat, eggs, and milk they provide is richer in omega-3s and higher in Vitamin E. When we vote for pastured meat, eggs, and milk we are voting for better nutrition for our dollars and voting for a cruel-free system for raising animals. In addition, supporting local fisheries and educating ourselves on sustainable fishing and clam and oyster farming practices is a vote for fisheries and farmers who help to keep our fish populations healthy and our waterways clean. This is another vote that directly impacts our community with global effects.

Our voting choices get a bit trickier when we purchase processed foods. With the prevalence of inexpensive sweeteners and fillers that hide behind multiple pseudonyms, educating ourselves on where our food comes from is imperative. For example, if your values are to buy non-GMO, or organic processed foods, read your labels clearly. And better yet… cast a crucial vote with your fork for products that use local or regional ingredients or if it is important to your family, organically grown ingredients. Better yet, make these food items yourself or buy from local companies to control the ingredients. Michael Pollan, famous food author and sustainability spokesperson, stated, “We can eat whatever we want as long as we make it ourselves.” Most of us are not going to try to make a homemade Twinkie.
Markets & Co-Ops

Backroad Producemarket
Corner of Back Road and Centerville Tpk.
Chesapeake, VA 23322
757-235-5764
Seasonal produce such as sweet corn, melons, squash, potatoes, butter beans, pumpkins, kale and collards.
Open daily, May - September 9am-12pm.

Chapman’s Produce and Gifts
3640 Dam Neck Rd.
Virginia Beach, VA 23453
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. March-December, open daily 10-5. January and February, M-F 10-5.

Chesapeake Farmers Market (three locations)
Chesapeake City Park
900 Greenbrier Parkway
Chesapeake, VA 23322
Battlefield Park South
120 Reservation Rd.
Chesapeake, VA 23322
Western Branch Community Center
4437 Portsmouth Blvd.
Chesapeake, VA 23321
Info: (757) 382-6348 (Ag Dept.) www.cityofchesapeake.net, go to 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 Sat June 18 - Nov. 23
Wed & Sat 8am - 1pm
Western Branch 8am - 1pm Sat only.

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.

Eco Trends
3157 Virginia Beach Blvd #107
Virginia Beach, VA 23452
(757) 200-5600
www.green757.com
Featuring locally handcrafted gifts and delicacies as well as fair trade and eco-friendly products.
Open Tues-Wed, 11am-3pm
Thurs 12pm-6pm
Fri-Sat 11am-3pm

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. 5 & 19; Dec 3 & 17 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 - August, 9am-12pm.

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-Oct, Sat. 8am-noon
Nov-April, 3rd Sat. 9am-noon.

Onancock Market
Corner of Market St. & Ames St.
Onancock, VA 23417
(757) 710-2028
www.onancockmarket.com
The Onancock Market provides a venue for local farmers, watermen and artisans to offer their fresh, seasonal, and locally grown and manufactured products and qualified art directly to residents and visitors.
Saturdays, May 7-21, 9am-12pm; May 28-September 3, 8am-12pm; September 10-October 29, 9am-12pm; November 19 (Holiday Market) 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-Sat, 10am-6pm;
Sun noon-5pm.
Closed Monday and Tuesday.

Portsmouth Olde Towne Farmers Market
Court Street, off High St.
Portsmouth, VA 23704
(757) 397-6395
www.porstmouthfarmersmarket.com
Fresh produce, baked goods, jams & jellies, eggs, poultry, meats, seafood, crafts.
Every Sat, May 7-Dec. 17 9am - 1pm.
Special markets on our website and Facebook.

Smithfield Farmers Market
524 N. Main St.
Smithfield, VA 23434
(757) 514-4130
www.smithfield-fun.com
Seasonal, locally grown fruits & vegetables, baked goods, organically raised poultry, fresh eggs & milk. A variety of artisan-crafted goods.
April 30 - November 19
Saturdays 9am-1pm.

Taste (six locations)
4097 Shore Drive
Virginia Beach, VA 23455
757-464-1566
1554 Laskin Road, Suite 110
Virginia Beach, VA 23451
757-425-1858
717 N Eden Way #600
Chesapeake, VA 23320
757-424-4583
5911 Harbor View Boulevard Suite 100
Suffolk, VA 23435
757-967-0895
3603 Pacific Avenue
Virginia Beach, VA 23451
757-422-3399
6464 Hampton Boulevard
Norfolk, VA 23508
757-623-7770
tasteonline
Virginia peanuts, homemade cheese spreads & our famous house dressing. A great selection of VA wines, specialty foods & gifts.
Open daily. See website for hours.

Three Ships Coffee
607 19th St.
Virginia Beach, VA 23451
www.threeshipscoffee.com
info@threeshipscoffee.com
Coffee roasted in-house, baked goods and food from locally and ethically sourced ingredients. Also come to our new local food market to buy produce, eggs, mushrooms, and more.
Open Tues-Sat 7am-12pm
Sun 9am-12pm

Coastal Farms Co-Op
(757) 416-8790
coastalfarms@rocketmail.com
coastalfarms.luluslocalfood.com
Members shop online directly from 50 plus 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.
Virginia Beach Farmers Market
3640 Dam Neck Rd.
Virginia Beach, VA 23453
(757) 385-4388
www.vbgov.com/farmersmarket
Fresh produce, restaurant, bakery, meats, seafood, candy, organics, dairy, florist, gifts & more. Seasonal specialties. Check website for weekly & monthly events.
Open daily, all year. Follow us on Facebook and Twitter.

Westside Produce and Provisions
5015 Colley Avenue
Norfolk, VA 23508
(757) 962-1961
http://www.facebook.com/westsideproduceprovisions
Fresh foods from local producers. Seasonal fresh produce, seafood, grass-fed beef, free-range pork, baked goods, honey, jams, smoked meats, cheese, eggs, chocolate, VA wine, and craft beers.
Open Tues-Sat 10am-6pm; Sun 11am-5pm; closed Mondays.

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
Fruit & Vegetable Growers

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

Bay Breeze Farms
1076 Sandbridge Rd.
Virginia Beach, VA 23456
(757) 689-1505
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.

Bergey’s Breadbasket Produce
2207 Mt. Pleasant Rd.
Chesapeake, VA 23322
(757) 546-9225
www.bergeysbreadbasket.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 holidays. Call for hours and availability. Look for both locations.

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; until 7pm in the summer.

Bright’s Produce and Christmas Trees
643 Princess Anne Rd.
Virginia Beach, VA 23457
757-353-2914
jwafb1964@gmail.com
Seasonal: May peas, onions, corn, green beans, squash, butter beans, peppers, melons, tomatoes, greens, pumpkins. Christmas Trees. Open daily dawn-dusk, April - November. Christmas Trees: Saturday after Thanksgiving until sold out.

Brookdale Farm - Chesapeake
2133 Mt. Pleasant Rd.
Chesapeake, VA 23322
(757) 721-0558
www.brookdalefarm.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 availability. Look for both locations.

Brookdale Farm - Virginia Beach
2060 Vaughan Rd.
Virginia Beach, VA 23457
(757) 721-0558
www.brookdalefarm.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 availability. Look 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.

Clyde’s Produce
2385 Harpers Rd.
Virginia Beach, VA 23453
(757) 427-2346
Local fruit, veggies, honey, jam and jellies, flowers, fresh flowers, eggs, butter, cheese and fall decor, Christmas trees and much more! Open Daily May-Dec. 10-6.

Clarke Farm
3837 Bruce Road
Chesapeake VA 23321
(757) 484-6000
A family farm located in Western Branch with seasonal produce and U-pick blueberries. Stand is open May 1- Nov. 30. Mon-Sat 9 am - 6 pm. Visit Facebook for updates.

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

Culinary Confetti
Chesapeake, VA
www.CulinaryConfetti.com
contact@culinaryconfetti.com
Urban farm specializing in microgreens production. We also grow custom crops for local restaurants and caterers. Proudly committed to sustainable and regenerative farming practices. We sell at farmers markets or deliver. Visit our website and follow us on Facebook for the latest information.

Cullipher Farm Market (two locations)
1444 Princess Anne Rd.
Virginia Beach, VA 23456
(757) 426-9908
www.cullipherfarm.com
Virginia Beach, VA 23457
3244 New Bridge Rd.
Virginia Beach, VA 23457
772 Princess Anne Rd.
Virginia Beach, VA 23453
1065 First Colonial Road
Virginia Beach, VA 23454
(757) 721-7456
www.cullipherfarm.com
Fresh fruits & veggies, cut flowers, honey, canned and baked goods. Check website for details. Three off-site markets. Summer and Fall CSA plans.

Cullipher Berry Patch
772 Princess Anne Rd.
Virginia Beach, VA 23457
www.cullipherfarm.com
PYO Strawberries. Check website for hours.

Drewry Farms
541 Strawberry Lane
Wakefield, VA 23888
(757) 899-3636
www.drewryfarms.com
U-pick and pre-picked blueberries, raspberries, blackberries, 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.

Flanagan Farm
1880 N. Muddy Creek Rd.
@ corner of Princess Anne Rd.
Virginia Beach, VA 23456
(757) 426-5585
flanagan_farm@msn.com
Seasonal produce, honey, eggs, pumpkins and specialty jars. U-pick strawberries and pumpkins. Stand open late April-October. Check Facebook for updates and hours.

Flip Flop Farmer
Bruce Henley
3244 New Bridge Rd.
Virginia Beach, VA 23457
(757) 426-9908
Fresh farm-raised fruits & vegetables, PYO strawberries available in the spring. Open 8am-6pm daily during the season.

Golden Eagle Alpaca Farm
2505 Pittmantown Rd.
Suffolk, VA 23438
(757) 438-2997
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  
jrpx28.wix.com/hickoryridgefarm  
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**  
Strawberries - Chesapeake  
2800 Tyre Neck Rd.  
Chesapeake, VA 23321  
(757) 435-2085  
lilleyfarms@mindspring.com  
(757) 435-2085  
Chesapeake, VA 23321  
2400 Tyre Neck Rd.  
Strawberries - Chesapeake  
Lilley Farms  
Please call ahead for hours and availability.

**Lilley Farms**  
Strawberries - Suffolk  
Bennetts Pasture Rd.  
1 mile south of Route 17  
Suffolk, VA 23453  
(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.  
Visit us on Facebook.  
Please call ahead for hours and availability.

**Mattawoman Creek Farms**  
4103 Barlow Creek Lane  
Eastville, VA 23347  
(757) 678-5731  
www.MattawomanCreekFarms.com  
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.

**Mount Pleasant Farms**  
2201 Mount Pleasant Rd.  
Chesapeake, VA 23322  
(757) 482-0739  
www.mountpleasantfarms.com  
Tree ripened peaches from our orchard, farm fresh 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.

**Neighborhood Harvest**  
5398 Turlington Rd.  
Suffolk, VA 23434  
757-809-3577  
www.theneighborhoodharvest.com  
Greenhouse grown lettuce and greens delivered to your door!  
Office hours Monday-Thursday 9:30 am - 3:00 pm  
CSA

**New Earth Farm and Compost Co.**  
1885 Indian River Rd.  
Virginia Beach, VA 23456  
(757) 373-3219  
www.newearthfarm.org  
Seasonal all-natural produce, U-pick strawberries, pasture raised eggs, honey, gardening & cooking classes, organic compost, seeds, bedding plants, and fruit trees.  
Open Sat. from 10-5. Check our website and friend us on Facebook.

**Oliver Farms Produce**  
18222 Longview Dr.  
Smithfield, VA 23430  
757-255-4563  
www.oliverproduce.com  
May - strawberries; Summer- sweet corn, butter beans, edamame, crowder peas, green beans; Fall- collards, broccoli, cabbage.  
Call or visit Facebook or website for details.

**Perennial Roots Farm**  
23421 Decorsim Street  
Accomac, VA 23301  
www.perennialroots.com  
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.

**Pungo Blueberries, Etc.**  
3477 Muddy Creek Rd.  
Virginia Beach, VA 23456  
(757) 721-7434  
PYO blueberries & thornless blackberries. Jams & jellies, and our special elephant garlic vinegar.  
Open early July-August.  
Mon, Wed, Fri, Sat 7am-7pm.

**Quail Cove Farms**  
12435 Machipongo Lane  
Machipongo, VA 23405  
(757) 678-7783  
www.quailcovefarms.com  
Certified Organic sweet potatoes.  
Free range eggs, seasonal produce, greens, turnips.  
Open Year Round  
Mon-Fri 9am-5pm.  
Visit website for updates.

**Salem Berry Farm**  
1763 Salem Rd.  
Virginia Beach, VA 23456  
(757) 818-3156  
salemberryfarm@gmail.com  
Pick your own strawberries. Fresh seasonal vegetables.  
Open 8am-6pm daily during the season. Follow us on Facebook.

**Skipper Farms - Virginia Beach**  
Virginia Beach Farmers Market  
3640 Dam Neck Road  
Virginia Beach VA 23453  
(757) 368-0355  
www.skipperfarms.com  
Naturally grown fresh fruits and veggies from our fields. Plants, flowers, eggs, honey, jams, herbs, cider. Winter, Summer and Fall CSA Plans. Open daily, March - Dec. 9am-6pm. Visit website for other locations.

**Spence Farm**  
3080 Benefit Rd.  
Chesapeake, VA 23322  
(757) 619-8398  
Chesapeake, VA 23322  
3080 Benefit Rd.  
Produce stand featuring fresh vegetables in season from a family owned & operated farm. Open in May. Call for info.

**Vaughan Farms Produce**  
1258 Princess Anne Rd  
Virginia Beach VA 23457  
(757) 615-4888  
vaughanfarmsproduce@yahoo.com  
A Land Grant family farm. PYO & fresh picked homegrown seasonal veggies, flowers & herbs. Chicken & duck eggs.  
Visit Facebook for hours and CSA info.
Guide to Seasonal Availability in Hampton Roads

### Spring

**March**
- 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

**April**
- Asparagus, Cabbage, Carrots, Collards, Kale, Leeks, Lettuce, Spinach, Strawberries, Flounder, Tuna (NC), Wild Harvest Oysters; daffodils, Dutch iris, ranunculus, tulips

**May**
- 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

### Summer

**June**
- 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, cornflower, cosmos, gladiolas, tuberose

**July**
- Beets, Blackberries, Blueberries, Butter Beans, Cantaloupe, Cucumbers, Eggplant, Figs, Green Beans, Grapes (seedless & 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, dahlia, daisy, gladiolas, iris, hydrangea, larkspur, lavender, oriental lily, scabiosa, Sweet William, sunflowers, yarrow, zinnias

**August**
- Apples, Beets, Blackberries, Blueberries, Butter Beans, Cantaloupe, Eggplant, Figs, Grapes (seedless & 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, cornflower
### Fall

**September**
- Apples, Black-eyed Peas, Broccoli, Butter Beans, Cabbage, Cantaloupe, Collards, Eggplant, Figs, Grapes (Scuppernong & 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

**October**
- Apples, Broccoli, Brussels Sprouts, Cabbage, Collards, Grapes (Scuppernong & 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

**November**
- Apples, Broccoli, Brussels Sprouts, Cabbage, Collards, Endive, Grapes (Scuppernong & 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

### Winter

**December**
- 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

**January**
- Beets, Cabbage, Carrots, Collards, High Tunnel Greens such as Kale, Lettuce, Onions, Sweet Potatoes, Tuna (NC), Wild Harvest Oysters

**February**
- Beets, Cabbage, Carrots, Collards, High Tunnel Greens such as Kale, Lettuce, Onions, Sweet Potatoes, Tuna (NC), Wild Harvest Oysters

### Year-Round
- Honey, Mushrooms, Peanuts, Wine, Beef, Pork, Ham, Chicken, Eggs, Clams, Aquaculture Oysters
Restaurants & Caterers

1608 Crafthouse
1608 Pleasure House Rd.
Virginia Beach, VA 23455
(757) 965-4510
www.1608crafthouse.com
1608 Crafthouse offers a menu built from sustainable, local products from the Mid-Atlantic region. We also offer an extensive craft beer menu focusing on local and regional offerings.

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) 425-8877
www.baladicafe.com
Nutritionally balanced and fresh Mediterranean cuisine. Visit our website for weekly inspired events.

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

Blue Seafood & Spirits
2181 Upton Drive, Suite 240
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
Seasonal menu featuring items from local suppliers & our own garden. Open for dinner Tues. - Sat. Call for reservations.

Citrus (two locations)
2265 West Great Neck Road
Virginia Beach, VA 23454
www.citrusvb.com
(757) 227-3333
357 North Great Neck Road
Virginia Beach, VA 23454
757-222-9555
Serving fresh, local, seasonal produce and homemade menu items, daily specials and desserts. We feature fresh, local seafood and are a Sustainable Seafood member.

Croc’s 19th Street Bistro
620 19th Street
Virginia Beach, VA 23451
(757) 428-5444
www.croc19streetbistro.com
Local, seasonal produce and seafood. Celebrate nearly ALL of our ingredients from local sources.

Cuisine & Company
2648 Quality Ct.
Virginia Beach, VA 23454
(757) 428-6700
www.cuisineandcompany.com
Full service off premise catering and picnic parties. Café dining for lunch available seasonally at Marina Shores in Virginia Beach Waterside. Call for info.

The Cutting Edge Café
1434 5am’s Drive, 102
Chesapeake, VA 23320
www.thecuttingedgecafe.com
(757) 389-5754
A family owned café serving Modern-American bistro-style sandwiches, soups and salads.

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

FMC Garden Café
5511 Faris St
Norfolk, VA 23513
(757) 351-1636
www.fullmetalchef.com
We provide a Fresh, Local, Sustainable dining experience. We go out of our way to shop as local as possible and deliver a seasonal menu designed to help our community and environment.

Fruitive
1624 Laskin Road, Suite 740
Virginia Beach, VA 23451
(757) 351-0559
www.fruitive.com
The focus at Fruitive 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.

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.

The Landing at West Neck
750 Virginia Beach Blvd.
Virginia Beach, VA 23456
(757) 301-9604
www.thelandingvb.com
www.westneckcatering.com
We provide a Fresh, Local, sustainable seafood experience. Featuring locally sourced seafood, seasonal ingredients from biodynamic farms.

The Shanty
33 Marina Road
Cape Charles, VA 23310
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
Hand tossed, made-from-scratch pizza, award winning burgers and seasonally inspired seafood, huge salads & sandwiches.

Simple Eats
3152 Shore Drive
Virginia Beach, VA 757-962-3676
www.simpleeatsvb.com
Open for breakfast and lunch and featuring local, fresh “farm to table” dishes, locally roasted coffee, various local beers, and wines from across the state of Virginia.

Tappit Local
264 Granby Street
Norfolk, VA 23510
(804) 698-4499
www.tappitlocal.com
Seasonal produce, seasonal seafood. Mon.-Fri., 11:00am-2pm and Sat. and Sun., 9am-2pm

Terrapin Restaurant
3102 Holly Road,
Suite 514 @ Pinewood Square
Virginia Beach, VA 23451
(757) 321-6688
www.terrapienvb.com
Casual yet elegant, serving contemporary American cuisine. Proudly supports independent, local farmers by featuring fresh, seasonal products.

Todd Jurich’s Bistro
150 W. Main Street
Suite 100, Norfolk, VA 23510
(757) 622-3210
www.toddjurichsbistro.com
We take great measures to use small farmers & producers who practice natural and ecologically sound agriculture.

Tradewinds
2800 Shore Dr.
Virginia Beach, VA 23451
(757) 481-9000
www.tradewindsrestaurant.com
Elegant dining in a casual atmosphere. Tradewinds offers fresh local items as regular menu items and daily specials. Spectacular view of the Bay. Deck dining in season.

Tubby’s Tavern
2224 Virginia Beach Boulevard, Suite 113
Virginia Beach, VA 23454
(757) 498-4499
www.Tubby’sTavern.com
Seasonal produce, seasonal seafood.

Yummy Goodness Catering & Community Kitchen
317 Village Rd., Suite 106
Virginia Beach, VA 23464
(757) 962-1000
www.yummygoodnesscatering.com
Fresh, Local, Yummy. Catering & Hampton Roads’ first Community Kitchen, open year-round. Call or visit our website for more info. Also available through Coastal Farms Co-op.

Zoe’s Restaurant
713 19th St.
Virginia Beach, VA 23451
(757) 432-3636
www.zoeonsvb.com
Featuring a monthly changing menu using the freshest in local seasonal seafood and produce.
One walk through the kitchen of Terrapin restaurant and you immediately know what values chef/owner Rodney Einhorn incorporates into his artful cooking. The walk-in refrigerator is stocked with bins of produce from local farms. You’ll find local oysters and wild venison, house pickled vegetables, and house made cheeses and crème fraîche.

In the pantry of the restaurant’s “make it from scratch” kitchen there is only one lone shelf with a handful of simple staples, including stone-ground flour from a local mill. Terrapin celebrates their tenth anniversary of operation this year and so does Einhorn as a pioneer of the local food movement.

Driven by a search for superior taste and freshness, Einhorn reached out to local farms and producers years before it was a common practice in our community. By developing relationships with farmers and their families he could not only support them and boost the local economy, but he could feel great about the product he presented to his customers and the process involved. Quality was the catalyst, but the benefit to the environment and his customers has been the payoff.

Growing up in Great Bridge, Einhorn was influenced by his grandparents and their forty acre farm. He saw the value and pride of growing your own and watched his grandmother can and put away food. Today he mirrors that with his own canning and preserving style to counterbalance the lean growing months of winter.

Einhorn has even found a way to use the excess produce of farmers in decadent fruit sorbets, which he sells at the Old Beach Farmers market. Einhorn was one of the first vendors at the market and today at his booth he continues to sell his house-baked sourdough bread, fresh mozzarella, and granola from a recipe he developed in his days as a private chef in Aspen.

The menus at Terrapin are driven by the season and what is available locally. Instead of planning dishes and then ordering ingredients, this process is flipped on its head and what is available locally inspires the creation of the restaurant’s seasonal menu.

Einhorn is eager to pay it forward in openly encouraging other chefs and restaurants in the area to support the same farmers and growers he has researched. While he is apt to mentor other restaurateurs in the value of buying locally, his delicious, unique dishes and successful sustainable restaurant stand on its own as an inspiring model.
Meat & Seafood

Broken Arrows Farm
25590 Bows and Arrows Rd.
Zuni, VA 23898
(757) 242-6800
www.brokenarrowsfarm.com
Grass-fed only beef, pastured poultry and eggs. Holiday turkeys. Visit our website for info & updates.

Cartwright Family Farms
3977 Muddy Creek Rd.
Virginia Beach, VA 23457
(757) 477-6293
www.cartwrightfamilyfarms.com
Sustainable family farm humanely raising heritage breed registered Berkshires, Ossabaw Island hogs, and Berkshire/Ossabaw cross. Farrow to Finnish. Whole, half, and quarter hogs, and pre-packaged cuts available. Non-GMO. Call or 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.fullquerierfarm.com
All natural non-GMO pasture-raised chicken, pork, grass-finished beef. Thanksgiving turkeys and country brown eggs. Honey. 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
Sewansecastor 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 raising heritage chicken, ducks, pigs and rabbits on pasture and forage. No herbicides or pesticides. Eggs, meat, and whole/half pork shares. Call or visit website for details.

Ludford Brothers 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.

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.
We have the best shellfish at our fingertips right here in Hampton Roads. We live in the heart of the oyster and clam industry in Virginia, a win-win situation for us all. In the past 20 years, oyster production has increased by leaps and bounds on the Eastern Shore and in the Lynnhaven River. In 2014, the oyster harvest in Virginia was the largest since 1987. Virginia leads the nation in clam production with the Eastern Shore being the center of the industry.

Watermen are working to bring back clamming to the Lynnhaven. Year round we can dine on steamed clams fresh from nearby waters. We can enjoy serving a platter of regional oyster for taste tests. So be sure to ask your server or your fishmonger where your shellfish comes from before you order. Make sure it’s local.

We can thank aquaculture, along with folks everywhere who work to keep Virginia waters clean, for our overflowing shellfish plates. In aquaculture, watermen start with ‘seeds’ of baby oysters and clams. Aqua farmers have control over the size of the shellfish they harvest and in the case of oysters even on how they are shaped with a deep bottom shell that rests nicely on a restaurant half-shell platter. With aquaculture, watermen are creating a sustainable industry and they are not overharvesting wild stock.

In addition, oysters and clams are nature’s vacuum cleaners. As filter feeders, oysters and clams clean the water and help keep it healthy for other yummy seafood to thrive and for humans to enjoy!

Lynnhaven River Now operates an oyster shell recycling program in Virginia Beach. “Recycle your oyster and clamshells and help build more oyster reefs. Look for recycling bins at the locations listed below.

**Oyster and clamshell recycle locations**

Lynnhaven River NOW office, Brock Environmental Center, 3663 Marlin Bay Dr, Virginia Beach, VA 23455. (On a wooden platform near the parking lot entrance from Marlin Bay Dr,)

VA Aquarium in the Satellite Parking Lot, 717 General Booth Blvd. (This is the parking lot ACROSS General Booth Blvd. from the main Aquarium building.)

Welton’s Seafood, 940 Laskin Road

Virginia Beach Landfill, 1989 Jake Sears Road, ask for directions at the gate.

Satellite Lynnhaven River NOW office, 1608 Pleasure House Rd, Virginia Beach, Virginia 23455
Specialty Items

The Bakery at Riverside Farm
Cape Charles, VA
(757) 331-4777
www.thebakeryatriverichesfarm.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) 513-3479
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.

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.

Fresh Batch Jams
PO Box 15727
Chesapeake, VA 23322
(757) 641-4425
info@freshbatchjams.com
“Virginia’s Finest” homemade jams made with high quality fruit, sourced from local farms whenever possible. Gifts & wedding party favors available. Visit website or call to order.

Hubbard Peanut Company
30275 Sycamore Avenue
Sedley, VA 23878
(800) 889-7688
www.hubspeanuts.com
Hubs home-cooked Virginia peanuts - a delicious local tradition. Store open Mon - Fri 9am - 5pm and special Saturdays during the holidays, or order online. Updated and special hours on Facebook.

Give. Treat. Love.
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.

Chatham Vineyards
9232 Chatham Road
Machipongo, VA 23405
(757) 678-5588
www.chathamvineyards.com

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

Vineyards & Orchards

Virginia Soaps & Scents
5924 Spivey Run Road
Suffolk, VA 23438
(757) 368-0117
Retro candies, specialty pies, cakes, desserts and sweet breads. Savory items such as herb breads, tomato and chicken pot pies, homemade soups and collards. Open year round, everyday.

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Linda’s Garden
1436 Campbell’s Landing Road
Virginia Beach, VA 23457
(757) 426-6488
www.lindasgarden.com
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.

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Virginia Beach, VA 23457
www.lindasgarden.com
Visit website or call for info.

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Sedley, VA 23878
(800) 889-7688
www.hubspeanuts.com
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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
It's all about community!

Become a Member of Buy Fresh Buy Local Hampton Roads.

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 garden. 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 100s**: $100 - $249
- **Celebrities**: $20 - $99

To become a member, click on the Get Involved, Become a Member 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.

### Members

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<th>Heirlooms</th>
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<td>Fine Family Fund of the Hampton Roads Community Foundation</td>
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<td>Captain &amp; Mrs. J. Bramble</td>
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<td>Joan and Macon Brock</td>
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<td>Deborah Kassir</td>
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<td>Emi &amp; Gregory Ostrander</td>
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<td>Lynn &amp; Pete Schultz</td>
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<td>Jo Ann &amp; Buzzy Hofheimer</td>
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<td>Congressman and Mrs. Scott Rigell</td>
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<td>Amy Neff</td>
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<td>Daryl Nemo</td>
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<td>Mike &amp; Jane Cullipher</td>
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<td>Women’s Club of Tidewater</td>
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<td>Windhaven Farm</td>
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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