

Bethesda, MD Chapter

Local Sources for Pasture Raised Meat and Poultry and Organic Produce

Local Markets:

- Bethesda Coop – 6500 Seven Locks Rd, Cabin John, MD 20814; 301-320-2530;
www.bethesdacoop.org
One of the oldest natural food stores in the area. Excellent selection of organic produce. Large selection (both organic and non-organic) of bulk grains, legumes, nuts, seeds, dried fruits, local raw honey, and non-irradiated spices. Local pastured eggs, artisan cheeses, biodynamic and organic wines, local brewery beers. Wide, fun assortments of gifts, cards and books. Natural skin care, cleaning, and supplement sections.
- My Organic Market - 5566 Randolph Rd, Rockville, MD 20852, 301-816-4944
(one of several locations); <https://momsorganicmarket.com/rockville/>
Excellent selections of organic produce (local clearly labeled), bulk legumes, grains, nuts, non-irradiated herbs & spices, nut-butters, honey, olive oil and detergents. Sprouted breads, non-homogenized organic milk, local pastured eggs, local pastured meats, raw pet food, biodynamic and organic wines, local brewery beers. Large natural skin care, cleaning, and supplement sections. Small vegetarian eatery and juice bar.
- Roots Market – 16800 Georgia Ave, Silver Spring, MD 20832; 301-774-1344 (one of two locations); <https://rootsmkt.com/>
Excellent selection of organic produce. Bulk grains, legumes, nuts, seeds, dried fruits, nut butters, and non-irradiated spices. Artisan cheeses, biodynamic and organic wines, local brewery beers. Natural skin care, cleaning, and supplement sections. Hot & cold food bars.
- Takoma Park Silver Spring Coop – 201 Ethan Allen Rd, Takoma Park, MD; 301-891-2667;
<https://tpss.coop/>
Excellent selections of organic produce; bulk legumes, grains, nuts, dried fruits, non-irradiated herbs & spices, nut-butters, and honey. Local pastured eggs, non-homogenized milk, artisan cheeses, biodynamic and organic wines, local brewery beers. Natural skin care, cleaning, and supplement sections.
- Village Green Apothecary – 5415 W Cedar Ln, Bethesda, MD 20814; 301-530-0800;
<https://myvillagegreen.com/>
Custom compounding and pharmacy. Large array of natural supplements, skin care products, and health related books.
- Wholefoods – 11355 Woodglenn Dr, Rockville, MD 20852; 301-984-4880 (one of many locations);
<https://www.wholefoodsmarket.com/stores/rockville> Large produce section (mix of organic and non-organic). Local pastured eggs; locally raised lamb & pork; local cheeses.

Local Farms for quality meat, poultry, eggs:

- Ashire Farm – 21846 Trappe Rd., Upperville, VA 20184; 540-592-7018;
<http://www.ayrshirefarm.com/AyrshireFarm/AFHome.html> **sold at MOM's**
Beef, pork, poultry (chicken, turkey and duck), produce. Certified organic farm, specializing in rare and endangered breeds of livestock, and heirloom fruits and vegetables

- Fields of Athenry – 7 W. Washington Street, Middleburg VA 20118; 703-300-5765; <http://www.fieldsofathenryfarm.com/>
Beef, chicken, pork, eggs, broth, cheese, honey, butter. Animals raised in open air pastures, with free-range access to good, nutrient rich vegetation. Absolutely no steroids, hormones, or preservatives are given to them. Select products sold at MOMs.
- Fox Hollow Farm – 21808 Woodfield Road, Gaithersburg, MD 20882; 301-330-0165; <http://www.foxhollowfarm.org/> Lamb, beef, pork, sheep, goat, chicken and turkey, raw honey, and baked goods. Dairy products from Greenfield organic dairy. “Our farm is completely natural. We are not yet organic, but we do not feed our animals growth hormones or feeds that are supplemented in any way. Vegetables grown on our farm are treated the same way. We create a healthy soil that the plants can thrive in without pesticides.”
- Freedom Valley Farm – 2523 Bradenbaugh Road, White Hall, MD 21161; 443-752-4338; <https://freedomvalleyfarmmd.com/>
Pastured chicken, turkey, and pork; 100% grass-fed beef; eggs; honey. Bulk ordering available. Shop at the farm, get delivered to office or home, or [set up a local buying club](#).
- Garrett Park Farm Mkt, located by the Garrett Park PO/train station (run by Chicano Sol Farm <https://www.chicanosolfarm.com/>) Winter hours 10 am – 1 pm, rest of the year 9 am – 1 pm. Produce mostly all organic. Raw milk cheeses. Beef, pork, and chicken from Orchid Breeze Farm. Eggs from Hares Valley Growers (pastured, but not non-GMO). Good quality meats, poultry and eggs. And lots more. They also offer a CSA.
- Meadow Breeze Farm – located in Lancaster County, PA, Operates via a buying club and delivers down this way to over 20 local drop off sites every other week. Jersey Dairy Cows, Red Devon Beef Cattle, Hogs, Lamb/Sheep, Goats, Chickens, Muscovy Ducks. Rotationally managed pasture, no grain feed ever (only grass and hay), no GMOs. 200+ products offered including meats, REAL dairy, eggs, cheeses, honey, maple syrup, nuts, organic produce boxes, fermented vegetables and drinks, etc. If interested, send an email to Carissa at meadowbreezeclub@gmail.com.
- Miller’s Bio Farm – 523 Valley Road, Quarryville, PA 17566, 717-786-7195 ext. 0, <https://millersbiofarm.com/>
Various delivery options – home, UPS, group pick up. Regenerative farming. Ruminants 100% grass-fed. All animals pasture raised, outside, fed soy-free diet. Soil and products contain **NO** hormones, steroids, antibiotics, drugs, synthetic fertilizers, GMOs. Products include produce, eggs, REAL dairy, beef, lamb, goat, chicken, turkey, pork, seafood, and artisan products.
- Nick’s Organic Farm – 8565 Horseshoe Lane, Potomac, MD 20854; 2733 Buckeystown Pike, Adamstown, MD 21710; 301-983-2167; <http://www.nicksorganicfarm.com/>
100% grass-fed beef (born and raised on the farm) and pastured poultry. Summer and fall orders, bulk and individual; Thanksgiving turkeys; eggs year-round (Potomac, Buckeystown, and at Bethesda Coop). Animals receive no hormones, animal by-products, or GMO’s. Also sell, hay, straw, poultry feeds, stone ground heirloom cornmeal and popcorn. Buckeystown Farm Tour 3rd weekend of October.

- Orchid Breeze – Ortana, PA; 717-253-1354; 717-642-9732;
<http://www.orchardbreezefarm.com/index.html>
“pasture raised 100% certified Berkshire pork, chicken, lamb, beef, eggs and turkey”
Available locally at Garrett Park Farm Market, Kensington Farm Market, and Olney Farmer’s and Artist Market
- P.A. Bowen Farmstead (Sally Fallon’s Farm) – 15701 Dr Bowen Rd, Brandywine, MD 20613; 301-579-2727; <https://pabowenfarmstead.com/>
100 % soy-free chicken, eggs, pork and beef. Raw pet milk. Raw milk blue and cheddar cheeses.
Farm store hours Thurs-Sat 10-6 or by appointment. Walking Farm Tour Saturdays at 11 am; reservations required. Drop off site in Bethesda (6620 81st Street, Cabin John, MD 20818).
Register through [FarmMatch](#).
- Polyface Farm, Inc. (Joel Salitan’s farm) – 43 Pure Meadows Ln, Swoope, VA 24479-2032; 540-885-359; <http://www.polyfacefarms.com/>
Salad bar beef; pigaerator pork; pastured chickens, turkeys and eggs; and forage-based rabbits.
Individual cuts and bulk orders. Deliveries to various sites in the area 1x/mo March – Nov. Contact me (Karen) if interested and I will send you an invitation to register with their buying club. Group Farm Tours available.
- Wagon Wheel – 661 West Watersville Road, Mt. Airy, MD, 21771; 443-271-6850
Free range naturally raised animals. Beef, chicken, duck, eggs, duck, goat, lamb, turkey. Select products sold at MOMs and Wholefoods.
- Wholesome Nova <http://wholesomenova.org/index.html>
Private buying club (annual membership required). Weekly, Thursday deliveries to Rockville, MD (and No. VA). REAL dairy, beef, pork, chicken, eggs, and more from pastured animals. Products are from one farm. No chemicals, hormones, antibiotics/drugs, or GMOs given to his animals; he offers soy free, nitrate free, and sugar free products. His herd is mostly Jersey-breed cows; they are completely grass-fed and certified A-2. He also provides goat milk as well as other farm food products. Yearly Farm Day picnic at the farm where you can meet the farmer and his family and see this beautifully maintained farm and happy animals.

For a list of all farm markets in Montgomery County, visit:

<https://www.montgomerycountymd.gov/AgServices/agfarmersmarkets.html>

CSA’s: in our area:

Big White Barn - <http://www.bigwhitebarn.com/>

Chicano Sol Farm - <https://www.chicanosolfarm.com/>

Even Star Farm - <http://evenstarfarm.bigcartel.com/category/csa>

Karl’s Farm - <http://karls-farm.com/>

Lancaster Farm Fresh - <https://lancasterfarmfresh.com/>

One Acre Farm - <https://www.oneacrefarm.com/>

Plow and Stars Farm - <http://www.plowandstarsfarm.com/>

Red Wiggler Farm - <http://normansfarmcsa.csasignup.com/members/types>

Rockland Farm - <https://www.rocklandsfarmmd.com/join-our-csa>

Spiritual Food CSA - <http://www.spiritualfoodcsa.org/>

The Wheeler Farm - <https://www.thewheelerfarm.com/>

Think Globally... Shop Locally

10 REASONS TO BUY DIRECT FROM THE FARM...

- 1) Locally grown food tastes and looks better. The crops are picked at their peak, and farmstead products like cheeses and are hand-crafted for best flavor. Livestock products are processed in nearby facilities and typically the farmer has direct relationship with processors, overseeing quality - unlike animals processed in large industrial facilities.
- 2) Local food is better for you. The shorter the time between the farm and your table, the less likely it is that nutrients will be lost from fresh food. Food imported from far away is older and has traveled on trucks or planes, and sat in warehouses before it gets to you.
- 3) Local food preserves genetic diversity. In the modern agricultural system, plant varieties are chosen for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there is limited genetic diversity in large-scale production. Smaller local farms, in contrast, often grow many different varieties of crops to provide a long harvest season, an array of colors, and the best flavors. Livestock diversity is also higher where there are many small farms rather than few large farms.
- 4) Local food is safe. There's a unique kind of assurance that comes from looking a farmer in the eye at farmers' market or driving by the fields where your food comes from. Local farmers aren't anonymous and they take their responsibility to the consumer seriously.
- 5) Local food supports local families. The wholesale prices that farmers get for their products are low, often near the cost of production. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their food - which helps farm families stay on the land.
- 6) Local food builds community. When you buy direct from a farmer, you're engaging in a time-honored connection between eater and grower. Knowing farmers gives you insight into the seasons, the land, and your food. In many cases, it gives you access to a place where your children and grandchildren can go to learn about nature and agriculture.
- 7) Local food preserves open space. When farmers get paid more for their products by marketing locally, they're less likely to sell farmland for development. When you buy locally grown food, you're doing something proactive to preserve our working landscape. That landscape is an essential ingredient to other economic activity in the state, such as tourism and recreation.
- 8) Local food keeps taxes down. According to several studies by the American Farmland Trust, farms contribute more in taxes than they require in services, whereas most development contributes less in taxes than the cost of required services. Cows don't go to school, tomatoes don't dial 911.
- 9) Local food benefits the environment and wildlife. Well-managed farms provide ecosystem services: they conserve fertile soil, protect water sources, and sequester carbon from the atmosphere. The farm environment is a patchwork of fields, meadows, woods, ponds and buildings that provide habitat for wildlife in our communities.
- 10) Local food is an investment in the future. By supporting local farmers today, you are helping to ensure that there will be farms in your community tomorrow. That is a matter of importance for food security, especially in light of an uncertain energy future and our current reliance on fossil fuels to produce, package, distribute and store food.