

# Inside the BOX



*Give yourself the gift of healthy, locally sourced eating with a CSA Membership! A share you purchase from an area farmer keeps on giving to you both- throughout the growing season and more!*

## WHAT IS A CSA?

Community Supported Agriculture programs—CSAs—offer the opportunity to buy shares in local farms and receive a portion of the harvest. Multiple farms and farmers' cooperatives in the Western Pennsylvania area offer pick up either on-site or at various locations, a few even with home delivery.

Various packages, many with numerous optional add-ons, are available. Some farms offer different size packages, and many offer multiple installment choices.

Payment plans vary, and in some cases, you can even get a discount by spending a few hours volunteering on the farm, getting your hands in the dirt and learning what the process is all about.

Visit the website of farms near you and learn about everything they have to offer!

### KEY



### Blackberry Meadows Farm



full share 20 weeks; half share option  
Natrona Heights, North Side,  
Squirrel Hill

[blackberrymeadows.com](http://blackberrymeadows.com)

### Lone Oak Farm



full share 18 weeks; half share option  
mix and match package options  
Marion Center

[loneoakfarmpa.com](http://loneoakfarmpa.com)

### Northwest PA Growers Co-Op



full share 24 weeks; half share option  
Butler, Grove City, Hermitage,  
Meadville, Mercer, New Castle, Oil  
City, Slippery Rock  
— home delivery in some areas for  
an additional fee

[nwpagrowers.com](http://nwpagrowers.com)

### Penn's Corner Farm Alliance



multiple package options from 6 to 32  
weeks  
Pittsburgh, Aspinwall, Bridgeville,  
Clarion, Cranberry, Erie, Homestead,  
Monroeville, Moon, Ross, Sewickley,  
Wexford, Zelienople

[pennscorner.com](http://pennscorner.com)

### Tiny Seed Farm



full share 20 weeks; half share option  
small or large

Lawrenceville, Troy Hill, Highland  
Park, Aspinwall, Squirrel Hill,  
Bellevue, Bloomfield, Sewickley, Mt  
Lebanon, North Side, Allison Park  
— home delivery in some areas for  
an additional fee

[tinyseedfarmphg.com](http://tinyseedfarmphg.com)

### Who Cooks For You Farm



full share 23 weeks; small, medium, and  
large

half share 12 weeks; small only  
5 week spring subscription  
7 week fall subscription  
self-select option

Pittsburgh, Allegheny County,  
Armstrong County, Butler County,  
Beaver County

[whocooksforyoufarm.com](http://whocooksforyoufarm.com)

### Harvest Valley Farm



full share 20 weeks; half share option  
regular and large  
self-select option  
Gibsonia

[www.harvestvalleyfarms.com](http://www.harvestvalleyfarms.com)

### Sarver's Hill Farm



full 20 or 24 week shares  
work exchange discounts available  
Sarver, Latrobe

[sarverhillfarm.org](http://sarverhillfarm.org)

### Burch Farms Country Market and Winery



full share 22 weeks; half share option  
North East, additional pick-up  
locations TBA

[burchfarmscountrymarketandwinery.com](http://burchfarmscountrymarketandwinery.com)

### Dillner Family Farm



full share 20 weeks; half share option  
small full share only; large either  
duration

Gibsonia, Mount Lebanon, Bellevue,  
Squirrel Hill, Point Breeze, Wexford

[www.dillnerfamilyfarms.com](http://www.dillnerfamilyfarms.com)

### Freedom Farms



multiple customizable options

Valencia, Bloomfield, Aspinwall,  
Butler, Tarentum, Allison Park

[freedomfarmspa.com](http://freedomfarmspa.com)

### Mother Earth Farm



multiple customizable options  
Indiana

[motherearthfarmpa.com](http://motherearthfarmpa.com)

### Blueming Gardens



twice-monthly shares with flexible  
subscriptions

Centre & Huntingdon Counties

[blueminggardensfarm.weebly.com](http://blueminggardensfarm.weebly.com)

### Edible Earth Farm



multiple customizable options

Pittsburgh, Sewickley, Grove City

[edibleearthfarm.com](http://edibleearthfarm.com)

### Pond Hill Farm



full share 20 weeks; half share option  
small (full share only) or large  
flower share 4 weeks

Bellevue, Slate Lick, Butler

[pondhillfarmstore.com](http://pondhillfarmstore.com)

### Post Apples Farm



full share 22 weeks; half, quarter, eighth  
share options

work exchange discounts available

Erie, PA; Jamestown, NY

[postapples.com](http://postapples.com)

### Brenckle's Farm



full share 22 weeks; half share option  
friend or family sizes

Zelenople, Cranberry, Franklin Park,  
Pittsburgh

[brencklesfarm.com](http://brencklesfarm.com)

### Dream Thyme Farm



full share 20 weeks

Northwest Pittsburgh area

[dreamthymefarm@gmail.com](mailto:dreamthymefarm@gmail.com)

### Garfield Community Farm



full share 18 weeks; half share option  
spring share 6 weeks

work exchange discounts available

Garfield

[garfieldfarm.com](http://garfieldfarm.com)

### Haffey Family Farm



full share 20 weeks; half share option  
individual or family

Bellevue, Chippewa, Beaver,  
Cranberry, Harmony, Oakmont

[haffeyfamilyfarm.com](http://haffeyfamilyfarm.com)

### Healthy Harvest Farm



full share 22 weeks; half share option  
self-select

Bellefonte

[healthyharvestfarmcsa.com](http://healthyharvestfarmcsa.com)

### Mason Farms



full share 18 weeks

small, medium, and large

Erie, Lake City, Edinboro

[masonfarms.com](http://masonfarms.com)

### Old Road Farm



yearly egg shares, 2 or 4 dozen monthly  
meat share specifics in progress

Mount Lebanon, Strip District,  
Washington

[theoldroadfarm.com](http://theoldroadfarm.com)

### Stone Church Acres



full share 20 weeks; half share 10 weeks

Finleyville

[stonechurchacres.com](http://stonechurchacres.com)

## EATING FRESH AND LOCAL, WITH YOUR CSA AND BEYOND

Eating locally is eating seasonally. Greens, asparagus, and berries bring the newness of spring, and a hint of what's to come. Summer warmth means tomatoes, corn, zucchini, and melons, perfect for making the most out of the weather with cookouts and picnics. As the temperatures drop in autumn, get cozy and hearty with potatoes, greens, and squash.

The abundance of harvest can continue through preservation, and it's easier than you might think. Check out our website for groups offering short workshops or ongoing instruction- there's plenty of fantastic local resources for hands-on experience with canning, fermenting, drying and freezing- they're a great way to learn and a fun activity for yourself, family, or group of friends!

Many neighborhoods have weekly Farmers' Markets with not only fresh fruits, vegetables, and herbs, but baked goods, cheese, sauces and prepared foods. Browsing them is a wonderful way to supplement your CSA allotment, get ideas for meals, and spend a leisurely morning or afternoon.

The best restaurants, from small coffeehouses to award-winning fine dining spots, are committed to using regionally sourced elements whenever possible. Some have well-established partnerships with farmers, informing what both sides create in mutually beneficial relationships- benefitting diners as well! Locally owned and operated spots tend to focus most on local ingredients, so patronizing these is a multi-level way to support your own community!

### FARMTOTABLEPA.COM

Farm2TablePGH FTTPittsburgh farm2tablepgh  
 @farmtotablebuylocal449 @FTT\_Pittsburgh

### Strawberry Lane Produce



full share 18 weeks

small, medium, large options

Conneaut, other areas TBA

[facebook.com/StrawberryLaneProduce](https://facebook.com/StrawberryLaneProduce)

### Blue Goose Farm



full share 16 weeks; half share option

Indiana, Ebensburg, Nicktown,  
Altoona, Johnstown

[bluegoosefarmstore.com](http://bluegoosefarmstore.com)