Charlottesville City Market
Corner of First St. and Water St.,
Downtown Charlottesville
Contact: Stephanie Anderegg-Maloy
(434) 970-3371
www.charlottesvillecitymarket.com
April – October, Saturdays
7 am – 12 pm

Crozet Farmers Market
Parking lot of Crozet United Methodist Church
Contact: Al Minutolo
(434) 823-1092
aminutolo@embarqmail.com
May 3 – October 18, Saturdays
8 am – 12 pm

Earlysville Farmers Market
4167 Earlysville Road
Buck Mtn Episcopal Church
in Parish Hall Parking Lot
Earlysville
Contact: Wendy Russo
(434) 996-8313; (434) 978-2058
earlysvillefarmersmkt@embarqmail.com
May 1 – Mid October, Thursdays 4-7 pm

Farmers in the Park
Meade Park on Meade Avenue
Charlottesville
Contact: Stephanie Anderegg-Maloy
(434) 970-3371
www.charlottesvillecitymarket.com
May – September, Wednesdays from 3 – 7 pm

Fluvanna Farmers Market
1735 Thomas Jefferson Pkwy
Pleasant Grove Park
Palmyra
Contact: John Thompson
(434) 591-1950
jthomp75@vt.edu
www.fluvannafarmersmarket.web.com
April – October, Tuesdays 2-6 pm

Greene County Farmers Market
Greene County Technical Education Center, Route 33, Stanardsville
Contact: Bob Buchholder
(434) 882-1324
info@greeneva.com
www.greeneva.com
June 21 – September 20, Saturdays 8-11 am

Heritage Harvest Festival
Charlottesville, VA, September 12-13
Visit www.pecva.org/events to check for events throughout the season!

Visit www.facebook.com/BuyFreshBuyLocal.PEC

MINERAL

Town of Louisa Farmers Market
213 E Main Street, Louisa
Contact: Mark Bailey
louisamarket@gmail.com
(540) 967-1600
Saturdays, Memorial Day–Labor Day

Mineral Farmers Market
In the large field across from the Mineral Town Park on Louisa Avenue
Contact: Becky Vigon
(540) 854-7626
info@mineralmarket.org
www.MineralMarket.org
May 3–October 25, Saturdays 8 am – 1 pm, Rain or Shine

NELSON

Nelson Farmers Market-Nellysford
Route 151, under the big white tent
Downtown Nellysford
Contact: Ro Holland
(434) 244-2399
nelsonfarmersmarketmanager@gmail.com
www.nelsonfarmersmarketmanager@gmail.com
April 12–October, Saturdays 8 am – 1 pm

Find Local Food, Join the Conversation
www.facebook.com/BuyFreshBuyLocal.PEC

Region Festivals

Loudoun Spring Farm Tour
Loudoun County, VA, May 17-18
Edible Fest
Orange, VA, August 9
Loudoun’s Main Street Agriculture
Loudoun Heritage Farm Museum, Loudoun, VA, August 10
Epicurian Virginia
Leesburg, VA, August 29–September 1
Taste of the Mountains
Madison, VA, August 30
Heritage Festival
Charlottesville, VA, September 12-13

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Farmstand Ferments and New Moon Naturals

by Paula Combs

Sitting less than 100 yards from gardens and a variety of fruit trees on a farm in Charlottesville, I met with Dawn Story, founder of New Moon Naturals and Farmstand Ferments. Story tells me that she grew up in the Virginia Piedmont, and she was raised by a family who appreciated nature and a healthy diet.

“I’ve always been drawn to plants, and I started to learn about their properties and health benefits from a young age,” explains Story.

In 1998, as a trained herbalist, Story founded New Moon Naturals, which sells herbal medicines, teas, and elixirs. She sources as much locally as possible, and she collaborates with local partners, such as Sharondale Farm, located 12 miles outside of Charlottesville. Sharondale Farm provides mushrooms that Story blends with herbs and spices to create lush Mushroom Tea.

While managing New Moon Naturals and conducting herbal health consultations, Story decided that overall diet should have more of an emphasis in her efforts, so she began to focus on the fermentation of foods.

What started as a small venture at farmers’ markets, quickly blossomed into Farmstand Ferments, which took off in 2010. Now, Story provides customers with live and raw, naturally-fermented foods and beverages such as sauerkraut, kimchi, pickles, kefir, water kefir sodas and kombucha cultures, which are created with sustainably-grown, fresh ingredients from local farms.

“Fermented foods are an ancient form of preservation, and they are probiotic and loaded with vitamins and enzymes, which help with your digestion and immunity,” says Story.

Story sources her ingredients from farmers who use techniques such as no or low spray, crop rotation, soil building and other regenerative agricultural practices. “From Madison to Richmond, we work with farmers,” explains Story. “Sourcing our ingredients as close to home as possible preserves small family farms, contributes to our region’s food security, reduces our dependence on fossil fuels and creates long-lasting and symbiotic relationships with folks we honor and trust.”

Both New Moon Naturals and Farmstand Ferments products are available at a variety of locations such as select Whole Foods stores, farmers’ markets and local grocery stores. They are also available through special orders.
Brookville Restaurant

By Paula Combs

Harrison Keevil and his wife, Jennifer, opened Brookville in the summer of 2010 with a goal to provide patrons with as many local ingredients as possible. Their menu proudly states, “The most locally sourced restaurant in all of Virginia.” All plates feature as many local ingredients as possible. Their experimental gardens, Brookville is strong and experimental restaurants, to do experimental gardening on a 5,000 square foot plot of land and Pasture restaurants, to do experimental gardening on a 5,000 square foot plot of land

Their menu changes almost daily, and the community is apparent. “Farmers do the hard work, and it’s my responsibility to not mess it up. It’s up to me to make their hard work shine through [the food].” When they’re unable to source locally, for such things as salt, the couple purchases the ingredients from small local purveyors in town, so the money still goes back into the community.

Keevil has recently teamed up with Jason Alley, co-owner and executive chef of Comfort and Parcure restaurants, to do experimental gardening on a 5,000 square foot plot of land on a farm in Manakin-Sabot, located between Richmond and Charlottesville. Keevil still plans to source from his suppliers. He sees this project as a way to experiment with local produce such as old Virginia heritage seeds.

“We’ll plant some things to see what works, and see what doesn’t work,” said Jennifer. From regional markets and farms to experimental gardens, Brookville is strong and true in their efforts to provide fresh, quality local food to the Charlottesville community.

WHAT IS A CSA?
A CSA is a farm that grows for a group of families. Members join before the season begins and receive a weekly basket of farm products.

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As I sit with them at a charming wooden table adorned with mason jars, their 15-month-old daughter scampers around us giggling and pointing towards the pleasantly tall windows that overlook historic Main Street.

Keevil is the executive chef while Jennifer is the front of the house manager. “Our team really believes in what we’re doing,” said Keevil, proudly. The couple’s ultimate goal is for Brookville to become the most locally sourced restaurant in all of Virginia.

Their menu changes almost daily, and the recipes are inspired by what is new and fresh at the market. Jennifer explains, “In the summer, we tend to have a lot of vegetables; and in the winter, dishes can be more meat-centric.”

One of the summer favorites for customers is a “shortstack” of squash pancakes covered in maple syrup. “We take inspiration from Italy, France, Northern California—basically whatever I want to cook and tastes good,” said Keevil. With every topic I address, Keevil’s deep respect for farms and his desire to give back to the community is apparent. “Farmers do the hard work, and it’s my responsibility to not mess it up. It’s up to me to make their hard work shine through [the food].” When they’re unable to source locally, for such things as salt, the couple purchases the ingredients from small local purveyors in town, so the money still goes back into the community.

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Congratulations to our 2013 Community/School Garden winners!

$500 Hillside Hawks
Vegetable Garden, Louisa
Belle Meade School Garden, Rappahannock

$300 Earlysville Forest
Community Garden, Albemarle
Millwood Community Garden, Clarke

Urban Agriculture Collective of Charlottesville

4H Fox’s Garden, Culpeper

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Buying local gives you freedom of choice for your family’s health and nutrition.

Locally grown & produced foods are exceptionally fresh, delicious and abundant.

Buying local protects the environment.

Buying local supports endangered family farms and strengthens the local economy.

Buying local protects open space and farmland.

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**Spring Frittata**

by Jessica Palmer

One of our favorite recipes to make with our fresh CSA eggs is a quick and easy frittata—it's simple to throw together eggs and milk with whatever vegetables you have in the fridge. All of these ingredients can be found through your local farmers. Enjoy!

### Spring Frittata Recipe

**Ingredients**
- 2 medium potatoes, diced into ½ inch cubes
- ½ cup whole local milk
- 2 eggs
- 1 medium onion
- 2 green onions, sliced
- 2 cups leafy greens
- 2 green onions, sliced
- 2 eggs
- 1 medium onion
- 2 green onions, sliced
- 2 cups leafy greens
- 2 green onions, sliced
- 2 eggs
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- 2 eggs
- 1 medium onion
- 2 green onions, sliced
- 2 cups leafy greens
- 2 green onions, sliced
- 2 eggs

**Instructions**

1. Melt butter in a 10-inch skillet over medium heat. Add potatoes and mushrooms, cook for 10-15 minutes until browned. Carefully not to let them burn! Reduce the heat if needed.
2. Sprinkle green onion and leafy greens over potato mixture, cover with lid to wilt the greens.
3. Pour egg mixture evenly over vegetables, top with cheese, and place skillet in oven for 15 minutes.
4. Sprinkle green onion and leafy greens over potato mixture, cover with lid to wilt the greens.
5. Pour egg mixture evenly over vegetables, top with cheese, and place skillet in oven for 15 minutes.
The Piedmont Environmental Council (PEC) is a non-profit grassroots organization supported by people who care about the Piedmont.

PEC is a wonderful place—by protecting beautiful and historic landscapes, building great communities, promoting local farms and food, restoring natural resources, and connecting people with nature.

We are pleased to have helped citizens protect nearly 369,000 acres in our nine-county region with voluntary conservation easements—one of the most dramatic private land conservation success stories in America.

Check out our website if you want to:
- learn about local and sustainable farming
- protect land
- build wildlife habitat where you live—from butterfly gardens to vass preserves
- make your home more energy efficient
- browse community events that can help you live more sustainably—or just get outdoors
- get involved in the issues shaping your local community

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Find us on Twitter: @piedmontviron
Find us on Facebook: www.facebook.com/pecva

Conservation Supporter

Business Opportunities in our Local Food Economy

There are many opportunities to help build our local food system. Think about investing in or operating a local business. Check out these suggestions:

1. Work on a farm
2. Help farms find seasonal labor
3. Glean seconds or surplus crops from farm fields and use to create value-added products
4. Help farms develop their marketing strategies: product labeling, online presence, etc.
5. Assist farms in record-keeping and accounting
6. Open a local-only store
7. Help create infrastructure to process meat, dairy, or produce
8. Develop distribution routes and coordinate product delivery to restaurants and retailers

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