

FARMERS' MARKETS DURING THE WEEK

(Visit them and talk to farmers - they may be willing to stop by your school and make deliveries!)



Brookland Farmers Market

Tuesdays, 4:00 to 7:00 pm.

May - October

10th & Otis Streets, NE, Washington, DC (under the bridge at the Brookland metro station)

Foggy Bottom

Wednesdays, 3 to 7 pm

Apr. 7 - Nov. 24

I St. NW (New Hampshire and 24th St. NW)

Georgetown: Rose Park

Wednesdays, 4-7 pm

May-October 31

Corner of 26th and O Streets, NW

Health & Human Services

Wednesdays, 2:30 to 6:30 pm

June 2 - Oct. 27

200 Independence Ave. SW

Penn Quarter

Thursdays, 3 to 7 pm

Apr. 1 - Dec. 23

8th St. NW (D and E Sts. NW)

U.S. Dept. of Agriculture Farmers Market

Fridays, 10 am - 2 pm

June-October

Whitten Building Parking Lot

12th St. & Independence Ave., SW, Washington, DC

U.S. Dept. of Transportation Farmers Market

Tuesdays, 10 am - 2 pm

May-November

1200 New Jersey Ave. SE (Navy Yard Metro), Washington, DC

White House

Thursdays, 3 to 7 pm

May 6 - Nov. 18

800 Block of Vermont Ave. NW

FOOD RESOURCES

Arganica Farm Club

Contact address: 8287 Seminole Trail, Ruckersville, VA 22968
Phone number: 1-202-683-6026, 1-800-213-1702

Arganica is Washington D.C.'s premier local-source food club providing year-round delivery direct to your doorstep once a week. Their aim is to bring you the best and widest selection of offerings from our local producer network, while saving you time, money and keeping you in touch with your food chain. They offer all five food groups from local farms and kitchens.

Cost for membership:

365 Club: 1 year (\$250)

Regular: 3 month (\$80) or 6 months (\$140),

Trial: 1 month (\$30)

Plus cost for individual food items.

Dairy Maid Dairy, Inc.

Contact: Jody Vona, Howard Schultze, 301-663-5114

Dairy Maid Dairy currently services 5 schools districts in the state of Maryland as well as many hospitals. The products they use US Public Health approved and meet all government standards. All milk is sourced from farms in Maryland and Virginia and is free of antibiotics and synthetic hormones.

Eastern Carolina Organics

www.easterncarolinaorganics.com

We market and distribute wholesale Carolina organic farm produce to retailers, restaurants and buying clubs. We think (heck, we KNOW) that a sustainable food system is based on providing fresh local fruit, vegetables, and herbs while protecting the environment. We're farmer-owned and we act like it. 80 percent of our sales go right back to our growers. Our customers get fresh organic veggies and fruits, along with the knowledge that they're enabling farmers to protect their family land.

Foothills Family Farms

www.foothillsfamilyfarms.org

Contact: 828-216-2966, info@foothillsfamilyfarms.org

Foothills Family Farms is a collection of small, family farms in the Foothills region of beautiful Western North Carolina. Our farmers come together to provide fresh, sustainably grown foods we can significantly contribute to a better quality of life for our farmers, consumers, neighbors and land. They have a variety of homegrown vegetables and pasture-raised meats.

Fresh and Local CSA

www.freshandlocalcsa.com

Contact: Allan Baillat, allan@freshandlocalcsa.com, 304-876-3382

To participate in a Fresh and Local CSA, you pay up-front for weekly deliveries of a variety of fresh, biodynamically raised vegetables throughout the growing season. They are interested to work with schools and school food service providers.

Fresh Start Catering

www.dccentralkitchen.org

Contact: Gregg Malsbary, gmalsbary@dccentralkitchen.org, 202-234-0707

Moving forward in 2010, DC Central Kitchen and Fresh Start Catering hope to partner with more schools on fresh and innovative meal programs while working to provide local foods through initiatives like crop gleaning and produce procurement.

Have Your Cake And Eat It Too!

www.haveurcaketoo.com

Contact: Lowry Martin, veggiecakes@aol.com, 240-441-6248

We are a bakery using 100% whole wheat in our muffins that meet the NSLP standards of 1 and 2 Bread and fruit component. Our products are all **natural** with no preservatives. We source veggies and fruit locally when possible.

Healthy Solutions - D.C. Produce Cooperative

www.groups.yahoo.com/group/dcproducecoop, www.producecoop.com

Contact: Tanikka Cunningham, nikka53@yahoo.com

The Cooperative provides local, fresh fruits and vegetables at better prices and quality than the markets or the store. Cooperative members sign up and pre-purchase produce boxes with a variety of items, or buy items individually. Orders are picked up every first and third week of the month year round. at locations in the Washington DC metro area.

Keany Produce

www.keanyproduce.com

Contact: Roy Cargiulo, roy@keanyproduce.com, 301-618-5430

For more than a quarter-century, our family has built a tradition of exemplary service by delivering an extensive selection of the freshest produce. They source from local farmers, and can work with schools to meet their needs.

Lancaster Farm Fresh Cooperative

www.lancasterfarmfresh.com

Contact: Liam Powers, liam@lancasterfarmfresh.com, 717-656-3533

We are a non-profit organic farmers' cooperative. We support the small family sustainable farmers in our region by providing marketing tools and transportation. We believe that small family farms are truly the way of a sustainable future. We work with over 31 schools in the Philadelphia region by providing healthy snacks on a weekly basis.

Mid-Atlantic Gleaning Network

www.midatlanticgleaningnetwork.org

Contact: Garret Hutsko, ghutsko@cox.net, 703-303-8179

A 501c3 Faith-based charitable organization whose mission is to fight hunger by harvesting fresh fruits and vegetables from farms and orchards. They have produce available for purchase through programs like gleaning, contract growing, and sponsored loads.

South Mountain Veggies

<http://www.southmountainveggie.com>

Contact: E-mail (preferred): Tony@southmountainveggie.com

Phone: 240-457-0993

South Mountain Veggies are a new and growing family business delivering fresh organic veggies and fruit from local farms in the area straight to your door. They work with several farms in the area (approx. 50 organic farms and growing) to offer you a wondrous variety of vegetables and fruit. They deliver year-round, delivering during the summer (June - Nov) 100% Local/Organic Fruits and Veggies and winter (Dec - May) 100% Organic Fruits and Veggies that come from a bit further, mixed with local green house goodies.

Trickling Springs Creamery

Contact: info@tricklingspringscreamery.com (717) 709-0711

Trickling Springs Creamery was established in 2001 and now process 150,000 lbs of milk per month. The creamery's focus is bringing high quality, certified Organic dairy products to their customers. All of their milk comes from local dairy farmers in Pennsylvania. Trickling Springs Creamery does wholesale to many local businesses and restaurants. Please contact them with any questions.

True Food Vending

Contact: Mark Suresh Schlanger, m.s.s@earthlink.net, 202-549-6621

True Food Vending supplies state of the art vending machines filled with healthy snacks and beverages for schools, institutions and government facilities. Our products are manufactured based on strict nutritional guidelines and are made from fruits, vegetables, nuts, seeds, whole grains and all natural sweeteners. We also provide nutrition education and taste-testing.

Tuscarora Organic Growers

Contact: info@tog.coop; 814-448-2173

Tuscarora is one of the oldest and largest organic produce cooperatives in the East Coast. TOG is a connection between their family farms and the buyers. Throughout their main growing season, they fax or e-mail availability lists to their customers twice a week. The lists include pricing, pack and supply information, as well as delivery dates and order deadlines.

Washington's Green Grocer

<http://www.washingtonsgreengrocer.com>

Contact: 301-333-3696; zeke@washingtonsgreengrocer.com

A unique home delivery service bringing you fresh organic produce, dairy, eggs and other scrumptious and healthy items to your doorstep. Produce can be ordered from week to week.

WEB TOOLS

D.C. Market Maker

<http://dc.marketmaker.uiuc.edu>

Contact: Dr. Calvin Lewis, clewis@udc.edu, 202-274-7136

Market Maker is an informational network that helps farmers access markets and consumers find locally grown products. It can help schools find fresh and locally grown food.

Food Shed Map

www.ecolocity.ning.com

Ecocity DC has created an interactive Google map with locations and information about local farms, CSA's, food cooperatives, gardens, etc. all around the Washington, DC area.

Food Trader

www.foodtrader.com

Contact: Joanne Throwe, jthrowe@umd.edu, 301-405-5036

Foodtrader is a virtual farmer's market that will connect both buyers and sellers with local food as soon as it is harvested.

Maryland's Best

www.marylandsbest.net

Maryland's Best is a website to help consumers find the best local products from Maryland farmers. They connect you with products ranging from produce, seafood, and specialty foods to grains and you-pick farms. They have a grower directory that lists farmers, their products, and their contact information as well.

OTHER SERVICES & SUPPORT

D.C. Farm to School Network

www.dcfarmtoschool.org

Contact: Andrea Northup, andrea@dcfarmtoschool.org, 202-526-5344

We are a coalition working to get more healthy, local and sustainable foods into D.C. schools. We can work with your school or food service vendor make farm to school work for you! We have a number of tools and resources on our website, hold meetings and events, distribute a monthly e-newsletter, and provide direct assistance.

Fruit and Vegetable Grower Association of Delaware

Contact: David Marvel, President, dmarvel@bwwonline.net, 302-381-4811

David is a watermelon grower and coordinates farm to school programs in Delaware. He has contacts with a number of Delaware growers interested to sell to D.C. schools.

Maryland Department of Agriculture

www.mda.state.md.us/mdfarmtoschool/index.php

Contacts: Mark Powell - Marketing and Agricultural Development,
PowellMS@mda.state.md.us, 401-841-5775

The Maryland Department of Ag knows Maryland growers either interested to sell to schools, or already selling to them in Maryland. Reach out to Mark and tell him your needs, and they'll connect you with MD growers and producers who can meet them.

Through The Kitchen Door

Contact: Daniel Nachtigal, nachtigal@rcn.com; Liesel Flashenberg

With a focus on in school lunch programs that cook from scratch, Through The Kitchen Door provides start up advice and consulting. We also conduct hands on cooking workshops for parents and students.

Virginia Cooperative Extension

Contact: Matthew Benson, mcbenson@vt.edu, 540-341-7961

Matt works with growers in Northern Virginia selling to VA schools, and is happy to connect Washington, DC schools with the local foods VA has to offer.

Virginia Food Policy Council

Contact: Christopher Carpenter, ccarpenter@wlu.edu, 540-458-8636

Chris is housed at Washington and Lee University, and works with a number of schools and growers in the Shenandoah Valley of Virginia to incorporate a variety of seasonal foods into school meals. He would love to help D.C. Schools as well.