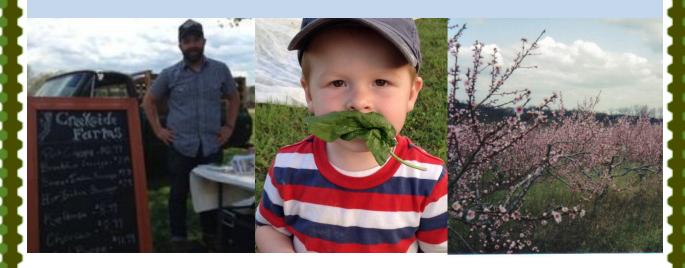


West Virginia Buyer-Grower Directory

Eastern Panhandle Foodshed - Spring 2015



Compiled by the **West Virginia Food & Farm Coalition** for the WVFMA Eastern Panhandle Farm Gathering www.wvfoodandfarm.org

Table of Contents – Eastern Panhandle Buyer-Grower Directory

How To Use This Directory	3
Producers	
Triple B Farm	4
Moon On The Mountain Farm	5
Glasscock's Produce	6
Mock's Greenhouse & Farm	7
Lyle C Tabb and Sons, Inc.	
Roxley Farms	g
Kitchen's Farm Market, LLC	10
Ripon Lodge Farm	11
Lyle C. Tabb & Sons, Inc	12
Brightside Acres	13
Quicken Farms	14
Lyle C. Tabb & Sons, Inc	15
Tochnoma Farm	16
Morgan's Grove Market	17
Shepherd's Whey Creamery	
Mayfair Farm	
Steel House Farm	20
Buyers	
Grant Co. Schools	
Lost River Trading Post	
Mountanside Restaurant	
Fresh Feast on the Farm	
Tucker County Schools	
Pendleton County Schools	
Canal House Cafe	
Panorama At The Peak – A Local Foods Restaurant	
Community Garden Market	
Berkeley County Schools	30

How To Use This Directory

A strong local food system is built on foodshed relationships. In this directory are the pieces of the puzzle – it's up to you to put them together.

For Buyers

Your menu is the strongest control you have over your business. The **best information you** can give a farmer will include *amount of a* product, how much you require per week, and what specification requirements the product must have.

For example, you might look at your menu and sales data and determine that during the month of August, you purchase 15# of romaine lettuce per week, washed, cut and dried.



By understanding and sharing this information, you create economic opportunities for farmers, and marketing opportunities for yourself – people love to eat local food, and they want to know if you're sourcing locally!

When talking to farmers in this directory and at this conference, think about specific volumes of products you need. While you may think that your volumes are too large for a single farmer to meet, this creates an opportunity for West Virginia farmers to begin organizing production plans together to meet demand.

For Farmers/Producers

Good communication and having a consistent product are your best friends in building relationships with volume sales purchasers. As you look at the opportunities for local sales in this directory, think about what kinds of questions you can ask these businesses. What types and how many pounds of vegetables do you purchase per week? If the answer is larger than what you can plan for, then it might be time to start talking with other farmers with the goal of production planning as a group to meet the demand.

It's important to know **how much your product is worth**. What is the process you go through to price your products? How much did your inputs cost, and how much does your time cost? Ideally, this is represented in your price – which may vary depending on what market you are targeting. Read more here:

http://www.cias.wisc.edu/farmertools14/3-prepare-your-business/setting-prices- for-various-markets.pdf

Triple B Farm

Stephanie Baker	
2354 Freeland Rd	304-771-1124
Middlebourne, West Virginia, 26149	simplefood1124@gmail.com
Tyler County	www.stephanies.towergarden.com

"Our mission is to provide a source of locally grown produce and beef on a small scale to local people and businesses that are looking to raise the quality on what they are eating and serving to others! We will have better than organic produce available this year from our aeroponic gardens. We can also show you how to have your own farmers market in any surroundings for less than \$10/week."

Farm Information:

2 Acres in production

My farm practices are: **Grass-fed / Pastured, Natural, Uncertified Organic, Heritage & Heirloom, Aeroponic**

Our food quality certifications are: None

My farm produces:

Asparagus	Bok Choy	Hot Peppers	Cucumbers	Dark Leafy Greens	Green Beans
Hay	Lettuce	Mushrooms	Onions	Salad Greens	Summer Squash
Sweet Peppers	Cherry Tomatoes	Tomatoes	Winter Squash	Swiss Chard	Beef Cattle

Animal product details: 7-10 yearling calves for sale each year

I could produce these for sale in the future:

Celery

	Does your farm make deliveries?	No	
	Delivery details:	Local drop off points will be determined early spring	
۱		(Tyler/Wetzel County will be the primary area). Other	l
۱		arrangements can be made for bulk delivers within 50	l
į		miles of our farm.	ŀ
ı	I am interested in learning more about	Yes	l
ı	partnering with other farmers near me to create		l
ı	production plans that meet volume sales		l
	demands that I cannot meet alone:		J
	I currently sell product at:	Farm Stands, Individuals	
	In the future, I want to sell product at:	Restaurants, Institutions (Hospitals, Schools, etc),	l
		Grocery Chains, Farm Stands, Farmers Markets,	ľ
		Cooperatives or Distributors that will re-sell products	

Moon on the Mountain Farm

Patricia Stephenson	
2927 Warm Springs Rd	304-876-6675
Shenandoah Junction, West Virginia, 25442	seekingpatricia@gmail.com
Jefferson County	www.moononthemountain.com

"Moon on the Mountain is a woman owned and operated farm in the Shenandoah Valley producing sustainably grown, restaurant quality fruits and vegetables, eggs from pasture raised chickens, fine fleece (Merino and alpaca) for hand spinners, and farm crafts."

Farm Information:

8 Acres in production

My farm practices are: Grass-fed / Pastured, Natural, Uncertified Organic, Heritage & Heirloom
Our food quality certifications are: Liability Insurance

My farm produces:

Apples	Asparagus	Beets	Berries	Broccoli	Cabbage
Carrots	Hot Peppers	Cucumbers	Dark Leafy Greens	Dry Beans	Eggplant
Garlic	Green Beans	Green Onions	Hay	Herbs	Cover Crops
Leeks	Lettuce	Melons	Okra	Onions	Peaches
Peas Potatoes		Radishes	Blueberries	Salad Greens	Shallots
Spinach	Summer Squash	Sweet Peppers	Sweet Potatoes	Cherry Tomatoes	Tomatoes
Winter Squash	Chicken Eggs	Sheep	Alpaca	Bread (Cottage)	Amish-Style Noodles
Granola	Artesian Crackers	Spice Rubs	Dried Herbs	Handmade Soaps	

Mushrooms	Cheese	Jams/Jellies/Sauces	Pickles	Salsa	l

Does your farm make deliveries?	Yes
Delivery details:	\$60 within 20 mile radius of 25442. I use a plug in
	Prius for deliveries. The farm runs on solar and so does the car.
I am interested in learning more about	Yes
partnering with other farmers near me to	
create production plans that meet volume	
sales demands that I cannot meet alone:	
I currently sell product at:	Restaurants, Farm Stands, CSA
In the future, I want to sell product at:	Restaurants, Farm Stands, Farmers Markets, CSA

Glascock's Produce

Mark and Laura Glascock	
5381 Highland Ridge Road	304-258-1431
Berkeley Springs, West Virginia, 25411	glascockpro@yahoo.com
Morgan County	glascocksproduce.com

"I, Mark Glascock II, was named WV Soil Conservation Farmer of the Year 2011. My wife, Laura, and I are third generation farmers and a "Grow Your Own" company using conventional and sustainable methods to enjoy making a living growing healthy products while improving soil health and providing safe practices to the environment, in hopes of educating future generations. We welcome you to have a happy, healthy and safe growing season. Our motto: "We grow what we sell and we sell what we grow.""

Farm Information:

50 Acres in production
My farm practices are: Conventional / No Certifications
Our food quality certifications are: Liability Insurance

My farm produces:

Apples	Asparagus	Beets	Broccoli	Brussels Sprouts	Cabbage
Carrots	Cauliflower	Sweet Corn	Hot peppers	Cucumbers	Dark Leafy Greens
Dry Beans	Eggplant	Garlic	Green Bans	Green Onions	Herbs
Lettuce Heads	Melons	Mushrooms	Onions	Peaches	Peas
Potatoes	Radishes	Blueberries	Salad Greens	Spinach	Summer Squash
Sweet Peppers	Sweet Potatoes	Turnips/Parsnips	Winter Squash	Cherry Tomatoes	Tomatoes
Lamb	Ducks	Pickles (Off-Site Certified Facility)	Apple Cider	Jams/Jellies/Sauces (Off-Site Certified Facility)	

Animal product details: 25 Khaki Campbell Duck

,	Does your farm make deliveries?	No
)	Delivery details:	
•	I am interested in learning more about	Yes
•	partnering with other farmers near me to	
)	create production plans that meet volume	
)	sales demands that I cannot meet alone:	
)	I currently sell product at:	Farmers Markets
•	In the future, I want to sell product at:	Farmers Markets

Mock's Greenhouse & Farm

Paul Mock	
70 Tanglewood Ln.	304-283-9419
Berkeley Springs, West Virginia, 25411	info@mocksgreenhouse.com
Morgan County	www.mocksgreenhouse.com

[&]quot;Provide locally grown year round produce"

Farm Information:

64,000 sq. ft. Greenhouse in production

My farm practices are: Heritage & Heirloom, Hydropnic

Our food quality certifications are: GHP/GAP Certified (Produce), Liability Insurance

My farm produces:

Berries	Hot Peppers	Cucumbers	Dark Leafy Greens	Green Beans	Lettuce Heads
Salad Greens	Spinach	Ginger	Cherry Tomatoes	Tomatoes	Watercress
Assorted Herbs					

	Does your farm make deliveries?	Yes
	Delivery details:	\$250 min order. 150 mile radius. We have several straight box reefer units for delivery. USDA GAP certified
	I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Not sure
1	I currently sell product at:	Restaurants, Institutions (Hospitals, Schools, etc), Grocery Chains, Farmers Markets, Cooperatives or Distributors that will re-sell products
1	In the future, I want to sell product at:	Restaurants, Institutions (Hospitals, Schools, etc), Grocery Chains, Farmers Markets, Cooperatives or Distributors that will re-sell products, CSA

Lyle C Tabb and Sons, Inc.

Lyle Tabb, IV	
1040 Old Leetown Pike	304-582-9396
Kearneysville, West Virginia, 25430	lyletabb@hotmail.com
Jefferson County	https://facebook.com/LyleCTabbSonsInc

"We are a fifth-generation family farm in Jefferson County, WV that is committed to improving our sustainability through resource conservation practices and nutrient recycling. We offer hormone and antibiotic-free beef and non-GMO grains, including corn, right off of the farm, as well as multiple recycling services and products."

Farm Information:

1800 Acres in production:

My farm practices are: Conventional / No Certifications

Our food quality certifications are: None

My farm produces:

Corn (Grain)	Нау	Cover Crops	Soy	Wheat	Barley
Beef Cattle					

Animal product details: Beef herd: 450 animals

Does your farm make deliveries?	No
Delivery details:	
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Not sure
I currently sell product at:	Farm location
In the future, I want to sell product at:	Cooperatives or Distributors that will re-sell products

Roxley Farms

Chris and Evie Lotze	
2231 Old Leetown Pike	304-728-7928
Kearneysville, West Virginia, 25430	roxleyfarms@citlink.net
Jefferson County	www.roxleyfarms.com

"We poroduce all natural beef that is fed only grass or alfalfa. Our motto is "No corn or grain, ever!"
We now produce most of our own hay, so we know what our animals eat; more important, we know what they don't eat. We sell by the retail cut; we are too small to sell sides or quarters. We grow raspberries that meet the requirements for the USDA organic label, but we are not yet certified. We are proud of what we produce, and we are pleased to show our farm to interested visitors with appointments "

Farm Information:

65 Acres in production

My farm practices are: Grass-fed / Pastured, Natural, Uncertified Organic, No corn or grain for cattle.

Our food quality certifications are: USDA-Inspected (Meats), Liability Insurance, West Virginia Beef
Quality Assurance Program (Oct. 2004)

My farm produces:

Berries	Chicken	Beef Cattle
berries	(Eggs)	beer Cattle

Animal product details: 25 Beef Cattle. Chickens for eggs: a dozen plus a rooster

Does your farm make deliveries?	Yes
Delivery details:	We deliver to our customers who are members of our "Community Supported Beef" (CSB) program, which is similar to the well-known CSA activities of other farmers. We also deliver to local restaurants who serve our beef. We make no deliveries beyond 30 miles from our farm.
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Not sure
I currently sell product at:	Restaurants, CSA, We call our CSA a CSB.
In the future, I want to sell product at:	Restaurants, Institutions (Hospitals, Schools, etc)

Kitchen's Farm Market, LLC

Carla Kitchen	
1025 Kitchen's Orchard Road	304-274-1994
Falling Waters, West Virginia, 25419	cjkitchen1994@gmail.com
Berkeley County	http://www.kitchensfarmmarket.com

"Kitchen's Orchard & Farm is a 2008 West Virginia State Conservation Farm Winner. The orchard consists of 150+ acres of apple, peach, plum, apricot, and nectarine trees with 50 different varieties available. All fruits and vegetables grown on the orchard are naturally grown using IPM management and mating disruption to reduce the need for chemical pesticides. Vegetables and fruits available when in season are apples, peaches, apricots, tomatoes, cucumbers, peppers, squash, and sweet corn just to name a few, see our fruits and vegetables pages for more information. The farm is dedicated to the all natural raising of over 145 head of cows and calf that are available for sale to individuals and at livestock market. Family owned since 1956 the newest addition to this way of life is the Kitchen's Farm Market located at 1025 Kitchen Orchard Rd in Falling Waters, WV. The market features the fruits and vegetables grown on their farm, flowers and vegetable plants (in season), and all natural products from Trickling Springs of Chambersburg PA and McCutcheon's all natural items."

Farm Information:

266 Acres in production

My farm practices are: Grass-fed / Pastured, Natural, Conventional / No Certifications

Our food quality certifications are: USDA-Inspected (Meats), Liability Insurance

My farm produces:

	Broccoli	Brussels Sprouts	Cabbage	Carrots	Cauliflower	Sweet Corn
	Corn (Grain)	Hot Peppers	Cucumbers	Dark Leafy Greens	Eggplant	Green Beans
	Green Onions	Нау	Cover Crops	Melons	Mushrooms	Okra
ı	Onions	Peaches	Peas	Radishes	Spinach	Soy
	Summer Squash	Sweet Peppers	Cherry Tomatoes	Tomatoes	Wheat	Winter Squash
1	Nectarines	Plums	Apricots	Beef Cattle		

Animal product details: About 145 head

Does your farm make deliveries?	No
Delivery details:	
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Not sure
I currently sell product at:	Farm Stands
In the future, I want to sell product at:	Restaurants, Institutions (Hospitals, Schools, etc), Farm Stands, Farmers Markets

Ripon Lodge Farm

Archibald Morgan	
2547 Berryville Pike, PO Box 130	304-725-6670
Rippon, West Virginia, 25441	Rusty2002@frontiernet.net
Jefferson County	NA

"Ripon Lodge Farm is a small family farm raising quality hay for the local horse market & purebred Angus cattle with both calves & beef for sale in season. The farm is as close to sustainable as possible. Our cattle are born & raised on the farm. They are naturally raised with no hormones or chemicals & fed our own hay & barley."

Farm Information:

194 Acres in production:

My farm practices are: Grass-fed / Pastured, Natural, Conventional / No Certifications

Our food quality certifications are: USDA-Inspected (Meats)

My farm produces:

Hay	Barley Grain	Barley Malt	Chickens (Eggs)	Beef Cattle	
-----	--------------	-------------	--------------------	-------------	--

Animal product details: Purebred Angus cattle approximately 30 head of producing cows. Barnyard flock of chickens of about 20.

I would be interested in producing these for sale in the future:

Wine/Alcoholic Beverages

Does your farm make deliveries?	No
Delivery details:	
I am interested in learning more about	Not sure
partnering with other farmers near me to	
create production plans that meet volume	
sales demands that I cannot meet alone:	
I currently sell product at:	local referred customers
In the future, I want to sell product at:	stay with appreciative customers

Lyle C. Tabb & Sons, Inc.

Lyle Tabb	
1040 Old Leetown Pike	304-582-9396
Kearneysville, West Virginia, 25430	lyletabb@hotmail.com
Jefferson County	https://www.facebook.com/LyleCTabbSonsInc?fref=ts

[&]quot;Antibiotic-free and hormone-free grass/grain fed beef, non-GMO yellow corn, wheat, soy, rye, and hay."

Farm Information:

900 Acres in production

My farm practices are: Natural, Non-GMO

Our food quality certifications are: Inspected at processor

My farm produces:

Corn	Sou	Wheat	Buo	Beef Cattle	
(Grain)	Soy	wneat	Rye	beer Cattle	

Animal product details: Beef cattle: 400-500

Chicken	Chicken
(Eggs)	(Meat)

Does your farm make deliveries?	No
Delivery details:	Beef sold on the hoof and delivered to processor of your choice. Grain and other products sold by individual customer specifications.
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Yes
I currently sell product at:	Direct farm sales
In the future, I want to sell product at:	Direct farm sales

Brightside Acres

Dawn Baldwin Barrett	
P.O. Box 283	304-520-9595
Bartow, West Virginia, 24920	dawn@brightsideacres.com
Pocahontas County	www.brightsideacres.com

"Brightside Acres is a non-certified organic producer of vegetables, fruits, herbs, and eggs that we sell through our CSA, Pocahontas County Produce on the Move! As the manager of the CSA, we also purchase organically-grown produce from other area growers. Our West Virginia Wildgrown herbal teas and gourmet fruit preparations are available on-line and at select retail locations."

Farm Information:

3 Acres in production

My farm practices are: Uncertified Organic, Traditional Appalachian Methods, Foraged Products
Our food quality certifications are: Liability Insurance

My farm produces:

Apples	Beets	Berries	Broccoli	Cabbage	Carrots
Cauliflower	Sweet Corn	Cucumbers	Green Beans	Green Onions	Herbs
Grapes	Onions	Peas	Potatoes	Radishes	Blueberries
Salad Greens	Shallots	Spinach	Summer Squash	Sweet Peppers	Cherry Tomatoes
Tomatoes	Winter Squash	Chicken (Eggs)	Jams/Jellies/Sauces (Cottage)	Herbal Tea	

Animal product details: 15 chickens

Brussels	Celery
Sprouts	Celely

Does your farm make deliveries?	Yes
Delivery details:	I use my own pickup truck to deliver to two CSA member pick-up locations. I also make deliveries to restaurants. Last season I sometimes drove as much as 200 miles in a day. Last year's fee was a 10% upcharge on the amount of the order.
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Yes
I currently sell product at:	Restaurants, Institutions (Hospitals, Schools, etc), CSA
In the future, I want to sell product at:	Grocery Chains, Cooperatives or Distributors that will re-sell products

Quicken Farms

Ed Morgan	
5187 Heidi Cooper rd	304-668-6164
Shanks , West Virginia, 26761	quickenfarm@gmail.com
Hampshire County	quickenfarm.com

[&]quot;We are a diversified operation with a grass base. We raised goats, sheep, cattle and hogs. We pasture everything when we can including the sows."

Farm Information:

142 Acres in production

My farm practices are: Grass-fed / Pastured

Our food quality certifications are: USDA-Inspected (Meats), Liability Insurance

My farm produces:

	Asparagus	Beets	Broccoli	Cabbage	Carrots	Cauliflower
١	Corn (Grain)	Hot Peppers	Cucumbers	Green Beans	Green Onions	Hay
	Melons	Onions	Peas	Potatoes	Radishes	Summer Squash
ı	Sweet peppers	Cherry Tomatoes	Tomatoes	Turnips/Parsnips	Beef Cattle	Pigs
	Goat	Lamb	Chickens (Eggs)			

Animal product details: Chickens for eggs: 100 , Chicken for meat: 25, Cattle: 26, Hogs: 100,

Sheep: 34, Goats: 93

Berries	Rhubarb	Brussels Sprouts	Celery	Sweet Corn	Dark Leafy Greens
Dry Beans	Eggplant	Garlic	Grapes	Herbs	Leeks
Lettuce Heads	Blueberries	Rabbits	Chickens (Meat)	Fish	

Does your farm make deliveries?	Yes		
Delivery details:	We include delivery in our whole hog prices. And also offer hauling of livestock for 2.50 a loaded mile in our 20 livestock trailer or for smaller runs we have a regular pickup with slide in racks for 2.00 a loaded mile. Delivery of meat and carcasses we have a chevy s-10 with a custom build insulated box.		
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Yes		
I currently sell product at:	Restaurants, Farm Stands, Farmers Markets		
In the future, I want to sell product at:	Institutions (Hospitals, Schools, etc)		

Lyle C. Tabb & Sons, Inc.

Jane Tabb			
922 Old Leetown Pike	304-725-4325		
Kearneysville, West Virginia, 25430	vinemont@frontiernet.net		
Jefferson County	none		

"Our family farm, now in its 5th generation, produces excellent quality steers. All animals are raised on the farm on our feed and are antibiotic and hormone free. Finished steers are available year round and will be delivered to a local butcher of your choice guaranteeing fresh and delicious beef for your family."

Farm Information:

1100 Acres in production
My farm practices are: Antibiotic and Hormone free
Our food quality certifications are: Liability Insurance

My farm produces:

Beef Cattle

Animal product details: Approx. 500 head of Angus cows, calves & steers. Usually have 12-20 in the steer finishing pen at one time and have "finished" steers for sale year round.

Does your farm make deliveries?	Yes		
Delivery details:	We make deliveries in the sense that we deliver the steer to the local butcher of your choice and there is not charge. The buyer is responsible for picking up the packaged beef and paying the butcher.		
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	No		
I currently sell product at:	individuals		
In the future, I want to sell product at:	Restaurants, Institutions (Hospitals, Schools, etc)		

Tochnoma Farm

Tony and Chris Baker			
HC 71 Box 189B, Tochnoma Lane	304-496-8288		
Augusta, West Virginia, 26704	tochnomafarms@hotmail.com		
Hampshire County	www.tochnomafarm.weebly.com		

"We are a sustainable family farm that strives to be a good steward with what God has given us. We endeavor to produce products that are grown organically and to produce lamb that is pastured raised and antibiotic and hormone free for an all natural high quality freezer meat sales."

Farm Information:

5 Acres in production:	
My farm practices are: Grass-fed / Pastured, Natural, Uncertified Organic	
Our food quality certifications are: USDA-Inspected (Meats)	

My farm produces:

Asparagus	Beets	Berries	Rhubarb	Carrots	Hot Peppers
Cucumber	Dark Leafy Greens	Garlic	Green Beans	Herbs	Okra
Onions	Radishes	Salad Greens	Spinach	Summer Squash	Sweet Peppers
Cherry Tomatoes	Tomatoes	Turnips/Parsnips	Chickens (Eggs)	Lambs	Bread (Cottage)

Animal product details: 7 breeding ewes

Does your farm make deliveries?	Yes
Delivery details:	We deliver locally to the Romney Farmers Market located on Route 50 at the Valley Health Wellness Center parking lot on Saturdays from May to October.
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Yes
I currently sell product at:	Farmers Markets, at the farm
In the future, I want to sell product at:	Restaurants, Cooperatives or Distributors that will re-sell products

Morgan's Grove Market

Peter S Corum		
3988 Kearneysville Pike	3042832467	
Shepherdstown, West Virginia, 25443	petercorum@gmail.con	
Jefferson County	www.morgansgrovemarket.com	

"Morgan's Grove Market: An Agricultural Campus and Healthy Living Collaborative. Morgan's Grove Market is positioned to facilitate the merging of two of the fastest growing markets: local food and healthcare. Our focus is on fostering health, environmental and economic sustainability in our communities, by providing the consumer a convenient place to learn how to improve their personal health and the entrepreneur an incubator that eliminates barriers to entry into the food and health industry. Come celebrate our opening day on May 2nd from 9am until 1pm Experience the synergy between good food and good health, between a vibrant community and its merchants, between the quest for a healthy lifestyle and the resources needed to get there."

Farm Information:

10 Acres in production

My farm practices are: Animal Welfare Approved (certified), Certified Naturally Grown, Grass-fed / Pastured, Natural, Uncertified Organic, USDA Certified Organic, Conventional / No Certifications, Heritage & Heirloom, Traditional Appalachian Methods, Forest Farming, Foraged Products

Our food quality certifications are: GHP/GAP Certified (Produce), USDA-Inspected (Meats), Liability Insurance

My farm produces:

	Asparagus	Beets	Berries	Rhubarb	Broccoli	Cabbage
	Carrots	Sweet Corn	Hot Peppers	Cucumbers	Dark Leafy Greens	Dry Beans
	Eggplant	Hay	Herbs	Leeks	Lettuce Heads	Mushrooms
'	Onions	Peaches	Peas	Potatoes	Radishes	Blueberries
1	Salad Greens	Shallots	Spinach	Sprouts	Summer Squash	Sweet Peppers
1	Sweet Potatoes	Beef Cattle	Tomatoes	Turnips/Parsnips	Cherry Tomatoes	Chickens (Eggs)
۱	Pigs	Turkey	Fish	Lamb	Dairy Cattle	Deer
	Chickens (Meat)	Rabbits	Jams/Jellies (Cottage)	Salsa (Cottage)	Cheese (Cottage Produced)	Bread (Cottage)

Does your farm make deliveries?	No
Delivery details:	
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Yes
I currently sell product at:	Restaurants, Grocery Chains, Farm Stands, Farmers Markets, Cooperatives or Distributors that will re- sell products, CSA
In the future, I want to sell product at:	Institutions (Hospitals, Schools, etc), Grocery Chains

Shepherd's Whey Creamery

Suzanne Behrmann	
825 Jenny Wren Drive	304-283-5203
Martinsburg, West Virginia, 25404	seedlings@earthlink.net
Berkeley County	shepherdswheycreamery.com

"Shepherd's Whey Creamery is a family owned and operated farmstead Goat dairy and Creamery crafting a variety of fresh, bloomy rind and aged goat cheese as well as yogurt and bottled milk, with the milk from our small herd of purebred French Alpine Dairy Goats. All our cheese is made in our Grade A certified Creamery and sold at area farmer's market, to local restaurants and caterers and right from the farm. We practice sustainable farming methods, do not feed medicated feeds, hormones or routine antibiotics and are in the process of transitioning to an all GMO free supplemental grain ration."

Farm Information:

45 Acres in production:
My farm practices are: Grass-fed / Pastured, Natural
Our food quality certifications are: Liability Insurance

My farm produces:

Dairy Goats Cheese

Note: The on farm creamery is certified for processing grade A dairy products.

Animal product details: 35-40 Animals

Does your farm make deliveries?	Yes
Delivery details:	We deliver to local restaurants on a weekly or biweekly basis
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Yes
I currently sell product at:	Restaurants, Farm Stands, Farmers Markets, CSA
In the future, I want to sell product at:	Restaurants, Farm Stands, Farmers Markets, CSA

Mayfair Farm

Eugene Nowak	
310 Mission Lane	304-229-3457
Bunker Hill, West Virginia, 25413	farmers4lifewv@aol.com
Berkeley County	facebook page: Mayfair Farm

"Mayfair Farm grows a widely diversified selection of fruits and vegetables. Strawberries, blueberries, blackberries, red and black raspberries, sweet and tart cherries, peaches, apples, and all vegetables with the exception of sweet corn are available at both retail and bulk prices. We also grow numerous varieties of greens and root vegetables for winter sales. Our goal is to provide food that both looks good and tastes good. Our primary criterion for variety selection is flavor."

Farm Information:

35 Acres in production
My farm practices are: sustainable
Our food quality certifications are: Liability Insurance

My farm produces:

my farm produces.					
Apples	Asparagus	Beets	Berries	Rhubarb	Broccoli
Brussels Sprouts	Cabbage	Carrots	Hot peppers	Cucumber	Dark Leafy Greens
Dry Beans	Eggplant	Garlic	Grapes	Green Beans	Green Onions
Herbs	Cover Crops	Leeks	Melons	Onions	Peaches
Peas	Potatoes	Radishes	Blueberries	Spinach	Summer Squash
Sweet Peppers	Sweet Potatoes	Popcorn	Tomatoes	Cherry Tomatoes	Turnips/Parsnips
Winter Squash	Sweet & Tart Cherries	Walnuts	Cut Flowers	Chickens (Eggs)	Apple Cider
Berry & Fruit Juices	Bread (Cottage)	Jams/Jellies/Sauces (Cottage)			

Animal product details: 150 laying hens

Does your farm make deliveries?	Yes
Delivery details:	Deliveries are handled on a case by case basis, determined by time availability and total amount of the order.
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Not sure
I currently sell product at:	Restaurants, Farmers Markets, farm sales
In the future, I want to sell product at:	Restaurants, Farm Stands, farm sales

Steel House Farm

Timothy Yates	
446 Broomgrass Way	304-582-5707
Gerrardstown, West Virginia, 25420	tryates@live.com
Berkeley County	None yet

[&]quot;Producer of pastured meats and eggs. Our Boilers and Layers are fed freshly milled (on site) GMO-Free feed and are hormone and antibiotic free."

Farm Information:

100 Acres in production:

My farm practices are: Grass-fed / Pastured, Natural, Uncertified Organic

Our food quality certifications are: None

My farm produces:

Hay Cover Crops	Chickens (Eggs)	Beef Cattle	
-----------------	--------------------	-------------	--

I would be interested in producing these for sale in the future:

Lamb

Does your farm make deliveries?	Yes
Delivery details:	Can arrange for delivery in Berkeley County.
I am interested in learning more about partnering with other farmers near me to create production plans that meet volume sales demands that I cannot meet alone:	Yes
I currently sell product at:	On Farm
In the future, I want to sell product at:	Restaurants, Institutions (Hospitals, Schools, etc), Farm Stands, Farmers Markets, Cooperatives or Distributors that will re-sell products, CSA

Grant Co. Schools

Contact: Tamera Gossard	
204 Jefferson Avenue	304-257-1011 Ext 19
Petersburg, West Virginia, 26847	tgossard@k12.wv.us
Grant County	grantcountyschools.org
We are an Institution (Hospital, School, Etc)	

"Grant County Schools is committed to utilizing food product from our local farms in support of our local farmers. We will continue to strive to enhance our relationships in the future as it is good for our students and good for our farmers."

Local Purchasing Information

Local Farenasing morniadon				
Currently, I purchase from a distributor that carries local products				
My biggest concerns about local purchasing are:	Inconsistent quantity, Inconsistent quality, Price, Seasonality of produce is hard to integrate into conventional procurement, Sourcing different products from multiple farmers takes too much time			
I prefer to purchase products that are:	USDA-Inspected (Meats)			
I am REQUIRED to only purchase products that have:	USDA-Inspected (Meats)			
Are detailed records about purchasing amounts from previous seasons available?	Yes			
If a farmer wanted to provide you with locally grown products, they should	Contact ahead of planting season.			

I am interested in sourcing this locally and can provide data for weekly volume during the growing season:

Apples	Berries	Beef	Pork	

I am interested in sourcing this locally and volume is not important to me:

Beets	Broccoli	Cauliflower	Cucumber	Dark Leafy Greens	Garlic
Green Onions	Herbs	Lettuce Heads	Melons	Mushrooms	Onions
Peaches	Salad Greens	Spinach	Sweet Potatoes	Cherry Tomatoes	Tomatoes
Winter Squash	Eggs				

I am not interested in sourcing these locally:

		,			
Asparagus	Brussels Sprouts	Cabbage	Carrots	Celery	Corn
Dry Beans	Eggplant	Grapes	Green Beans	Hot Peppers	Leeks
Okra	Peas	Rhubarb	Shallots	Sprouts	Turnips/Parsnips
Chicken (Meat)	Turkey	Fish	Deer	Bread	Rabbit
Cheese	Coleslaw	Jams/Jellies	Salsa	Sauerkraut	

Lost River Trading Post

Contact: Paul Yandura	
295 E. Main Street	304874-3300
Wardensville, West Virginia, 26851	paul@lostrivertradingpost.com
We are a farmers market	lostrivertradingpost.com

"Lost River Trading Post is a modern mountain general store featuring over 150 local artisans, crafters, woodworkers and consigners that allow us to fill every corner of our 5,000sf showroom. We also have an espresso bar and from-scratch bakery and are always searching for great new local foods and items. We carry an ever-changing selection of dry goods including gluten-free and organic selections. And, we carry local or seasonal products when available."

Local Purchasing Information

Currently, I do not currently purchase local products but am interested in exploring that option.				
My biggest concerns about local purchasing are:	Inconsistent quantity, Sourcing different products from multiple farmers takes too much time			
I prefer to purchase products that are:	GHP/GAP Certified (Produce), USDA Certified Organic, Certified Naturally Grown, Grass-fed / Pastured, Locally made food products			
I am REQUIRED to only purchase products that have:	Not Applicable			
Are detailed records about purchasing amounts from previous seasons available?	Not yet.			
If a farmer wanted to provide you with locally grown products, they should	Contact us immediately so we can create a plan for buying.			

I am interested in sourcing this locally and volume is not important to me:

ram interested in sourcing this locally and volume is not important to me.					
Apples	Asparagus	Beets	Berries	Broccoli	Brussels Sprouts
Cabbage	Carrots	Cauliflower	Celery	Sweet Corn	Cucumber
Dark Leafy Greens	Dry Beans	Eggplant	Garlic	Grapes	Green Beans
Green Onions	Herbs	Hot peppers	Leeks	Lettuce Heads	Melons
Mushrooms	Okra	Onions	Peaches	Peas	Potatoes
Radishes	Spinach	Summer Squash	Sweet Potatoes	Tomatoes	Turnips/Parsnips
Winter Squash	Strawberries	Eggs	Bread	Cheese	Jams/Jellies/Sauces
Wine/Alcoholic Beverages	Pickles	Salsa	Sauerkraut		

MountainSide Restaurant

Contact: Fank Trujillo	
91 Sugar Hollow Rd. suite C	304-258-2242
Berkeley Springs , West Virginia, 25411	bswv30@yahoo.com
Morgan County	www.mountainsiderest.com
We are a Restaurant	

[&]quot;Mountainside Restaurant and Georgies Pizza has been serving our local community with quality food and service since 1996. We are now located on Sugar Hollow Rd in Mountainside Plaza with Mountainside Restaurant."

Local Purchasing Information

Currently, I purchase from a distributor that carries local products				
My biggest concerns about local purchasing are:	Inconsistent quality, Price			
I prefer to purchase products that are:	GHP/GAP Certified (Produce), USDA-Inspected (Meats)			
I am REQUIRED to only purchase products that have:	GHP/GAP Certified (Produce), USDA-Inspected (Meats), Products with Liability Insurance			
Are detailed records about purchasing amounts from previous seasons available?	Yes			
If a farmer wanted to provide you with locally grown products, they should	Just Talk to me			

I am interested in sourcing this locally and volume is not important to me:

Tan interested in sourcing this locally and volume is not important to me.					
Asparagus	Berries	Broccoli	Cabbage	Carrots	Cauliflower
Celery	Dark Leafy Greens	Dry Beans	Garlic	Grapes	Herbs
Hot Peppers	Lettuce heads	Melons	Onions	Potatoes	Sweet Peppers
Sweet Potatoes	Tomatoes	Eggs	Beef	Turkey	Fish
Pork	Bread	Cheese	Coleslaw	Jams/Jellies	Salsa
Sauerkraut	Wine/Alcoholic Reverages				

Fresh Feast on the Farm

Contact: Jane Tabb				
922 Old Leetown Pike	304.725.4325			
Kearneysville, West Virginia, 25430	vinemont@frontiernet.net			
Jefferson County	FreshFeastontheFarm.com			
We are a Farm Stand				

[&]quot;Fresh Feast on the Farm is a unique caterer business that features dining experiences highlighting delicious, locally produced foods served in beautiful farm settings throughout Jefferson County, West Virginia."

Local Purchasing Information

Currently, I purchase directly from a farmer				
My biggest concerns about local purchasing are:	Inconsistent quantity, Sourcing different products from multiple farmers takes too much			
	time			
I prefer to purchase products that are:	USDA-Inspected (Meats)			
I am REQUIRED to only purchase products that	Not Applicable			
have:				
Are detailed records about purchasing amounts	No			
from previous seasons available?				
If a farmer wanted to provide you with locally	send me contact info, what products they have			
grown products, they should	to offer and when they are available.			

I am interested in sourcing this locally and volume is not important to me:

Tan interested in sourcing time result, and versing time is not important to me.						
Apples	Asparagus	Beets	Berries	Broccoli	Cabbage	
Cauliflower	Sweet Corn	Grain Corn	Cucumbers	Dark Leafy Greens	Grapes	
Green Onions	Green Beans	Melons	Onions	Peaches	Peas	
Potatoes	Radishes	Salad Greens	Shallots	Spinach	Summer Squash	
Sweet Peppers	Sweet Potatoes	Cherry Tomatoes	Tomatoes	Winter Squash	Chicken	
Eggs	Beef	Pork	Turkey	Fish	Salsa	
Wine/Alcoholic						

Wine/Alcoholic Beverages

Tucker County Schools

Contact: Jonathan Hicks			
100 Education Ln.	304-478-2771		
Parsons, West Virginia, 26287	jrhicks@k12.wv.us		
Tucker County	www.tuckercountyschools.com		
We are an Institution (Hospital, School, Etc)			

"OUR VISION -We believe all individuals can learn and achieve success. -We believe all individuals have the right to be provided with a safe, caring and welcoming environment. -We believe all individuals have the right to be treated with respect and dignity. -We believe it is the responsibility of all stake holders including the community, school personnel, parents, and the students themselves to increase student achievement levels."

Local Purchasing Information

Currently, I purchase directly from a farmer	Currently, I purchase directly from a farmer				
My biggest concerns about local purchasing are:	Inconsistent quantity, Price, Seasonality of produce is hard to integrate into conventional procurement				
I prefer to purchase products that are:	GHP/GAP Certified (Produce), USDA-Inspected (Meats)				
I am REQUIRED to only purchase products that have:	USDA-Inspected (Meats)				
Are detailed records about purchasing amounts from previous seasons available?	yes				
If a farmer wanted to provide you with locally grown products, they should	Contact the county FS Director directly and have discussions about availability of products, cost and delivery expectations. Also, purchasing procedures.				

I am interested in sourcing this locally and volume is not important to me:

	•	•	•		
Apples	Asparagus	Beets	Berries	Broccoli	Brussels Sprouts
Cabbage	Carrots	Cauliflower	Celery	Sweet Corn	Grain Corn
Cucumbers	Dark Leafy Greens	Dry Beans	Eggplant	Garlic	Grapes
Green Beans	Green Onions	Herbs	Hot Peppers	Leeks	Lettuce Heads
Melons	Mushrooms	Okra	Onions	Peaches	Peas
Potatoes	Radishes	Rhubarb	Salad Greens	Shallots	Spinach
Sprouts	Summer Squash	Sweet Pepper	Sweet Potatoes	Cherry Tomatoes	Turnips/Parsnips
Winter Squash	Chicken	Eggs	Beef	Pork	Turkey
Bread	Cheese	Coleslaw	Jams/Jellies/Sauces	Pickles	Salsa
Sauerkraut					

I am not interested in sourcing this locally

Eich	Lamb	Dobbit	Door	Mino/Alcohol
Fish	Lamb	Rabbit	Deer	Wine/Alcohol

Pendleton County Schools

Contact: Lorna Judy	Contact: Lorna Judy			
58 Walnut Street	304-358-2207 ext 122			
Franklin, West Virginia, 26807	ljudy@k12.wv.us			
Pendleton County	www.pendletoncountyschools.com			
We are an Institution (Hospital, School, Etc)				

[&]quot;Pendleton County Schools provides nutritious breakfasts and lunches each school day for students. Lunch includes a Garden Bar at each school."

Local Purchasing Information

Currently, I purchase from a distributor that carries local products			
My biggest concerns about local purchasing are:	Seasonality of produce is hard to integrate into conventional procurement		
I prefer to purchase products that are:	GHP/GAP Certified (Produce), USDA-Inspected (Meats)		
I am REQUIRED to only purchase products that have:	GHP/GAP Certified (Produce), USDA-Inspected (Meats), Products with Liability Insurance		
Are detailed records about purchasing amounts from previous seasons available?	No. But can provide estimates.		
If a farmer wanted to provide you with locally grown products, they should	Contact me when planning crop production. Or contact be before harvest, with enough time to work out purchasing details.		

I am interested in sourcing this locally and volume is not important to me:

Berries	Cucumbers	Grapes	Melons	Onions	Peaches
Potatoes	Radishes	Summer Squash	Sweet Peppers	Cherry Tomatoes	Tomatoes
Beef					

I am not interested in sourcing these locally:

Asparagus	Beets	Broccoli	Brussels Sprouts	Cabbage	Carrots
Cauliflower	Celery	Sweet Corn	Dark Leafy Greens	Dry Beans	Eggplant
Green Beans	Herbs	Hot peppers	Leeks	Lettuce Heads	Okra
Peas	Rhubarb	Salad Greens	Chicken	Eggs	Pork
Turkey	Fish	Rabbit	Deer	Bread	Cheese
Coleslaw	Jams/Jellies	Pickles	Salsa	Sauerkraut	Wine/Alcohol

Canal House Cafe

Contact: Laura Dimbylow		
1226 West Washington St	304-279-5822	
Harpers Ferry, West Virginia, 25425	Info@canalhousecafe.com	
Jefferson County	www.canalhousecafe.com	
We are a Restaurant		

[&]quot;An eclectic farm-to-table restaurant serving local and sustsinably sourced wholesome food, simply and thoughtfully prepared."

Local Purchasing Information

Currently, I purchase directly from a farmer				
My biggest concerns about local purchasing are:	Inconsistent quantity			
I prefer to purchase products that are:	USDA Certified Organic, Certified Animal Welfare Approved, Certified Humane, Certified Naturally Grown, Grass-fed / Pastured			
I am REQUIRED to only purchase products that have:	Grass-fed / Pastured			
Are detailed records about purchasing amounts from previous seasons available?	Yes.			
If a farmer wanted to provide you with locally grown products, they should	Contact us asap.			

I am interested in sourcing this locally and can provide data for weekly volume during the growing season:

Chicken	Eggs	Beef	Pork	Turkey	Fish
Lamb	Deer	Bread	Cheese		

I am not interested in sourcing these locally:

Apples	Asparagus	Beets	Broccoli	Brussels Sprouts	Cabbage
Carrots	Cauliflower	Celery	Sweet Corn	Grain Corn	Cucumbers
Dark Leafy Greens	Dry Beans	Eggplant	Garlic	Grapes	Green Beans
Green Onions	Herbs	Hot peppers	Leeks	Lettuce Heads	Melons
Mushrooms	Okra	Onions	Peaches	Peas	Potatoes
Radishes	Rhubarb	Salad Greens	Shallots	Spinach	Sprouts
Summer	Sweet	Cherry	Tomotoos	Turning / Doroning	Winter
Squash	Peppers	Tomatoes	Tomatoes	Turnips/Parsnips	Squash

Panorama at the Peak - A Local Foods Restaurant

Contact: Patti Miller		
P.O. Box 98	304-258-0050	
Berkeley Springs, West Virginia, 25411	panoramaatp@gmail.cor	
Morgan County	http://panoramaatthepeak.com/	
We are a Restaurant		

[&]quot;Panorama at the Peak IS a Local Foods Restaurant. We're in business to promote and support the Local Food Value Chain in WV's Eastern Panhandle and our larger region. Local is our priority, organic is our backup. The Jackpot: Local and Organic!"

Local Purchasing Information

Currently, I purchase directly from a farmer	
My biggest concerns about local purchasing are:	Inconsistent quantity, Price, Seasonality of produce is hard to integrate into conventional procurement, Sourcing different products from multiple farmers takes too much time
I prefer to purchase products that are:	USDA-Inspected (Meats), Certified Animal Welfare Approved, Certified Humane, Certified Naturally Grown, Grass-fed / Pastured
I am REQUIRED to only purchase products that have:	USDA-Inspected (Meats), USDA Certified Organic
Are detailed records about purchasing amounts from previous seasons available?	yes - with meat, poultry eggs. Produce is a little harder to track but I can usually ballpark each item
If a farmer wanted to provide you with locally grown products, they should	Tell me what they grow - and give me a couple week"s notice before the harvest so i can get it integrated into our menu when it's compatible and affordable.

I am interested in sourcing this locally and can provide data for weekly volume during the growing season:

Apples	Berries	Carrots	Celery	Lettuce Heads	Potatoes
Salad Greens	Spinach	Tomatoes	Winter Squash	Chicken	Eggs
Beef	Pork	Turkey	Fish	Lamb	Deer
Bread	Cheese	Wine/Alcohol			

I am interested in sourcing this locally and volume is not important to me:

	•	•	•		
Asparagus	Beets	Brussels Sprouts	Cabbage	Cauliflower	Sweet Corn
Cucumbers	Dark Leafy Greens	Dry Beans	Garlic	Grapes	Green Beans
Green Onions	Herbs	Hot Peppers	Leeks	Melons	Mushrooms
Okra	Onions	Peaches	Radishes	Rhubarb	Shallots
Summer Squash	Sweet Peppers	Sweet Potatoes	Cherry Tomatoes	Nuts	Pasta

Community Garden Market

Contact: Tim Newton			
148 North Washington Street	304-258-8300		
Berkeley Springs, West Virginia, 25411	tl.newton@frontier.com		
Morgan County	communitygardenmarket.com		
We are a Grocer			

[&]quot;At Community Garden Market we provide our community with Organic, Natural, and Non GMO foods at competitive prices. Our goal is to make healthy food accessible for everyone."

Local Purchasing Information

Local Purchasing information				
Currently, I purchase directly from a farmer				
My biggest concerns about local purchasing are:	Inconsistent quantity, seasonal redundancy			
I prefer to purchase products that are:	GHP/GAP Certified (Produce), Certified Animal Welfare Approved, Certified Humane, Certified Naturally Grown, Grass-fed / Pastured			
I am REQUIRED to only purchase products that have:	USDA-Inspected (Meats), In general our food that comes from distributors meets industry standards. Any of the above products would have to be produced in a suitably licensed kitchen in order for us to sell it.			
Are detailed records about purchasing amounts from previous seasons available?	No. Our store is small so our purchasing is more intuitive and driven by customer demand.			
If a farmer wanted to provide you with locally grown products, they should	The difficulty we embrace with locally grown produce is this. We have two types of customers. Those that grow their own and those that shop at our local farmers market. So when a producer has a particular product on hand so does everyone else. Also our store is located in a small demographic, so we don't actually sell a great volume of produce. For us a local meat chicken would be best.			

I am interested in sourcing this locally and can provide data for weekly volume during the growing season:

Sweet Corn	Garlic	Onions	Tomatoes	Eggs	Beef
Pork	Fish	Lamb			

I am interested in sourcing this locally and volume is not important to me:

Challata	Chickon

Berkeley County Schools

Contact: Tracy Heck			
401 S. Queen Street	304-267-3500		
Martinsburg, West Virginia, 25401	theck@k12.wv.us		
Berkeley County	Berkeleycountyschools.org		
We are a Institution (Hospital, School, Etc)			

[&]quot;Berkeley County Schools is a sponsor for the USDA National School Lunch and Breakfast Programs."

Local Purchasing Information

Currently, I purchase from a distributor that carrie	es local products
My biggest concerns about local purchasing are:	quantity
I prefer to purchase products that are:	GHP/GAP Certified (Produce)
I am REQUIRED to only purchase products that	Liability insurance
have:	
Are detailed records about purchasing amounts	yes- required part of bid
from previous seasons available?	
If a farmer wanted to provide you with locally	find out what produce we use on a consistent
grown products, they should	basis and then speak to the distributor that we
	currently have a bid.

I am interested in sourcing this locally and can provide data for weekly volume during the growing season:

Apples	Berries	Carrots	Celery	Sweet Corn	Grain Corn
Cucumbers	Dark Leafy Greens	Grapes	Melons	Mushrooms	Peaches
Potatoes	Radishes	Salad Greens	Spinach	Sprouts	Sweet Peppers
Cherry Tomatoes	Tomatoes				

I am not interested in sourcing these locally:

	Asparagus	Beets	Broccoli	Brussels Sprouts	Cauliflower	Dry Beans
	Eggplant	Garlic	Green Beans	Green Onions	Herbs	Hot Peppers
	Leeks	Lettuce Heads	Okra	Onions	Peas	Rhubarb
	Shallots	Summer Squash	Sweet Potatoes	Turnips/Parsnips	Winter Squash	Chicken
	Eggs	Beef	Pork	Turkey	Fish	Lamb
	Rabbits	Deer	Bread	Cheese	Coleslaw	Jams/Jellies
	Pickles	Salsa	Sauerkraut	Wine/Alcohol		