

## WELCOME TO MEET YER EATS 2017!

Market Central's 9th annual farm tour is being held for the first time on Memorial Day, and features 5 new farms and 6 returning favorites.

**"Every time we eat we participate in farming". "Farming is basic to human existence and the root of human civilization, and has the greatest capacity to hurt or heal humankind's planetary nest. So even if you don't farm yourself, you should know something about it."**

-Joel Salatin, Forrest Pritchard

While you visit these Central Virginia farms: connect to the land, people, and creatures that bring fresh food, plants and flowers to the City Markets; enjoy farm-fresh products; hear stories of farmers and their families and the challenges/rewards of being a farmer; learn about sustainable techniques, the superior health and nutritional value of locally produced goods; and pick up tips for things that you can grow or make at home. Enjoy and appreciate all that these farms have to offer. We can't wait to hear about your experience as you Meet Yer Eats.

### HOW TO TAKE THE TOUR:

- Go on line at [www.meetyereats.wordpress.com](http://www.meetyereats.wordpress.com), read the farm program descriptions,
- Follow the links to the farms for more detail.
- Determine which locations, programs, times and activities will suit your group.
- Count on spending about an hour to 1.5 hours per farm visit.
- Plan your route, and follow the tour tips below to prepare.
- Buy your car pass stickers on line or at City Market or Farmers in the Park.



### TOUR TIPS:

**Dress:** The tour is held rain or shine—dress appropriately. We recommend sturdy, closed-toe shoes, hats and sun-screen. Leave the perfume behind so as not to attract insects.

**Food:** Bring water bottles. Picnic food and a blanket are welcome. Many of the farms will sell food, and/or partner with market prepared food vendors (see farm tour descriptions). Some cash and a cooler will help you buy and store purchases.

**Facilities:** check farm tour descriptions for bathroom facility availability. If there is none, take advantage of convenience store restrooms along the way.

**Directions:** If you are using GPS, be sure the route matches the directions given by the farmer. Trust the directions of the people who live there- GPS is not always right in these rural areas.

**Pets:** Please, no pets.

**Hours:** Stick to farm tour hours. Respect these private homes—please don't arrive early or late.

**Pictures:** Please do take pictures and share!

**Additional Information:** Check our website for more information, up-dates, announcements or late-breaking news.

### NOW WHAT: How to keep enjoying and promoting local food:

**Communicate:** on Facebook, Market Central Website, twitter, or in person. Market Central would love to hear your feedback about the tour, the market, or other local food topics. Learn and share information from movies, books, articles, research, and organizations like the Farmers Market Coalition. Talk to vendors. Share recipes. Take our poll at [www.marketcentralonline.org](http://www.marketcentralonline.org) when the tour is over.

**Shop:** continue to support the Farmers Market, shops, restaurants and purveyors. Go to [Foodwaze.com](http://Foodwaze.com), a Meet Yer Eats sponsor, to find restaurants that serve local food. Try new foods, take some canning and cooking classes. Visit other farmers markets when traveling and share what you observe.

**Grow:** Grow some local food yourself!

**Support:** Support your farmers market, your vendors, politicians who support the market, and Market Central, your non-profit farmers market advocate.



# Meet Yer EATS

**MONDAY, MAY 29, 2017**

**10AM to 4PM**

**11 Farms!**

**\$15 in advance**

**[facebook.com/MeetYerEats](https://www.facebook.com/MeetYerEats)**

**[meetyereats.wordpress.com](http://meetyereats.wordpress.com)**

*Proudly Supported By:*





# Meet Yer EATS

marketcentralonline.org

## 1 RADICAL ROOTS COMMUNITY FARM

3083 Flook Lane  
Keezletown, VA 22832  
540-269-2228  
info@radicalrootsfarm.com



Radical Roots Farm catalyzes positive change by growing high quality, organically grown vegetables, educating about permaculture & sustainable agriculture and living this vision.

**Directions:** Take I-81 North to Exit 247a/33 East. Turn LEFT at the first light on Linda Lane. Go 1 mile and turn LEFT at roundabout on Smithland North. Go 1/2 mile and turn RIGHT on Old Furnace Road. Go 3 miles and turn LEFT on Indian Trail. Go 1/2 mile and take first RIGHT on Minnie Ball. Go 1 mile and turn LEFT onto Mountain Valley. Go 1/2 mile and take first LEFT on Flook Lane (gravel road). Go 1/3 mile and the farm is the first driveway on the RIGHT. Please park near the greenhouse.

## 2 SHADY LANE FAMILY FARM

159 Shady Lane  
Free Union Va 22940  
434.985.2532  
shadylff@gmail.com



A second generation farm with 7 greenhouses in production for vegetables, herbs, strawberries, and ornamental plants, Shady Lane endeavors to show real beauty in our ornamentals and healthy practices in our vegetable operation.

**Directions:** From Charlottesville, take Barracks Rd. west for 4.5 miles. Turn RIGHT and follow 601/Free Union Road for 11 miles. In Boonesville turn RIGHT and follow 810 for 1.5 miles. Turn LEFT onto 628 and continue for 1.5 miles. Turn RIGHT onto 614/ Broken Back Mountain and farm is on the LEFT. Park at the greenhouse.

## 3 BRIGHTWOOD VINEYARD & FARM

1202 Lillard's Ford Road  
Brightwood, VA 22715  
(540) 717-2165  
svidal@hughes.net



Diversified family farm: laying hens, meat goats, and sheep. A variety of Certified Organic berries, vegetables, herbs and a wide range of elderberry and elderflower products.

**Directions:** Rt. 29 North for 27 miles. RIGHT on Rt. 629/Lonnie Burke Rd. RIGHT on Rt. 607/ Lillard's Ford Rd. Go 1.9 miles, farm is on the LEFT just before Robinson River. Mail Box #1202

## 4 FORREST GREEN FARM

2317 Evergreen Road  
Louisa, VA 23093  
Phone: (540) 967-1165  
Cell: (434) 882-2648  
www.forrestgreenfarm.com



A small family farm near Zion Crossroads, committed to supplying the best naturally and ecologically-grown medicinal and culinary herb plants, vegetables, grass-fed beef, pastured chicken eggs, pastured poultry, and horse hay.

**Directions:** Take 64 to Exit 136/Zion Crossroads. Turn RIGHT onto Rt. 15 South. One mile to the stoplight and turn LEFT on Rt. 250E. Go 4 miles then turn LEFT onto Rt. 626/Evergreen Rd. Go 2 miles and driveway is on the LEFT.

## 5 GRUBBY GIRL @ MEETING HOUSE FARM

1749 Rock Quarry Road  
Louisa, VA 23093  
540-270-5229  
amanda@grubbygirl.com



Makers of hand-crafted soaps, salts, oils, and scrubs using all-natural botanicals in Central Virginia on Meeting House Farm.

**Directions:** Take Rt. 64 East to Exit 136 (Rt 15). Turn RIGH at the top of the exit (15S). Go 0.4 miles to the light, Turn LEFT on Rt. 250 East. Go 1 mile and turn LEFT on Poindexter Rd (Rt 613). Go about 3.3 miles, you will pass Prospect Hill Inn on your Left, Rock Quarry Rd is the next road on the RIGHT. Turn RIGHT on Rock Quarry Rd. Go about 1 mile, Meeting House Farm is on the RIGHT.

## 6 MODESTO FARMS

952 Rolling Rd. S.  
Scottsville, VA 24590  
434-989-6290  
modestofarms@gmail.com



A fourth generation family farm with seven greenhouses, Modesto grows without chemicals and was awarded the Thomas Jefferson Soil and Water District Clean Water award.

**Directions:** From Charlottesville take Rt. 20 South. After PVCC Turn LEFT on Rt. 53 East. In 3 miles, bear RIGHT on James Monroe Parkway. Take LEFT on Rt. 620 (a sharp turn up the hill). Stay on Rt. 620 until you reach the green houses on LEFT.

## 7 NEW ROOTS FARM

410 Old Lynchburg Road  
Charlottesville, VA 22903  
434-979-7772 x 155  
NewRoots.Cville@rescue.org



An 8.6-acre urban farm operated by the International Rescue Committee where refugee and immigrant families grow farm favorites and a wide variety of staple crops from around the globe.

**Directions:** Head South on Ridge Street. Ridge becomes 5th Street, then 5th Street Extended. Cross over I 64. Turn RIGHT onto Old Lynchburg Road (you will see signs for Region Ten). Destination is on the RIGHT, just after the 64 overpass and just before the Park and Ride sign. Please park at Azalea Park.

## 8 BELLAIR FARMS

5375 Bellair Farm  
Charlottesville, Va 22902  
(434) 262-9021  
bellairfarm@gmail.com



On 900 beautiful acres just south of Charlottesville, Bellair's goal is to connect member families to the land, their food, and their farmer. Fifty different types of vegetables, fruit, and flowers are grown under strict adherence to organic standards.

**Directions:** From Charlottesville, South on Route 20. Go 9 miles then turn LEFT on 627/Carter's Mountain Road. Quick RIGHT on Rt. 708/ Secretary's Road. Farm is 2 miles on the RIGHT. Follow signs for Barn.

## 9 SWEET GREENS

291 Coles Rolling Rd  
Scottsville, VA 24590  
(843) 327 3959  
(843) 327 2437  
info@sweetgreensfarm.com



Sweet Greens Farm grows high quality vegetables and cut flowers with the philosophy of growing clean, nutritious food and beautiful, long lasting blooms while building the soil and creating a healthy environment for plants, animals and humans.

**Directions:** Go South on Route 20 for 12 miles. Turn LEFT at the Keene intersection onto Rt. 712/Coles Rolling Rd. Drive 1.5 miles and turn LEFT onto Rt. 713/ Glendower Rd, quick RIGHT to get back onto Rt. 712/ Coles Rolling Rd. In 1.5 miles our farm will be on your RIGHT.

## 10 HUNGRY HILL FARM

89 Williamstown Road  
Shipman VA 22971  
434-263-5336  
info@hungryhillhoney.com



Located in beautiful Nelson County, Hungry Hill specializes in honey, shiitake mushrooms, and is a resource for beekeeping supplies.

**Directions:** From US-29 S drive to Lovingsston. Turn RIGHT on VA-56 E in Lovingsston. Go about 4.5 miles and turn right on State Rte. 647. In 2 miles take a slight RIGHT on State Route 722. Go approximately 2 miles to the destination, 89 Williamstown Road.

## 11 HOG HAVEN FARM

4701 Payne Road  
Columbia, VA 23038  
434-964-7070  
earth\_bound@hotmail.com



A family farm raising heritage breed, AWA approved, pasture rotated pigs and selling a full range of USDA packaged cuts and hot food featuring their pork made with all local and/or organic ingredients.

**Directions:** From 64, take exit 148 for Shannon Hill Road. Drive about 4 miles South to corner of Shannon Hill & Payne Road on LEFT.

