



Run By

Trent Jackson

Distance Traveled

7.1 miles to Good Foods Grocery

Location

Manchester district in the City of Richmond

Crops & Produce

We grow raw wheatgrass, pea shoots and array of microgreens including radish, spicy mustard, broccoli and a salad mix.

 [@lilsproutsmicrogreens](https://www.facebook.com/lilsproutsmicrogreens)

 [@lilsproutsmicrogreens](https://www.instagram.com/lilsproutsmicrogreens)

 www.lilsproutsmicrogreens.com



Story of Our Farm

I am a first-generation farmer. My interest in growing food started in high school when I was introduced to the concept of looking at food as medicine. I started doing research on what crops I could grow in a small space and came across the idea of microgreens. Soon after, I built a greenhouse in my mother's backyard and my business grew from there by attending farmers markets and providing local chefs with smaller specialty greens. I am a student at Virginia Commonwealth University studying Environmental Entrepreneurship. My goal is to take specific assumptions around business, design principles, and the environment and bridge the gap between humans and the environment through food. I plan to use this study to change the way we see and interact with our food and food waste.

Our Farming Practices

Our products are locally grown indoors year-round in a 1000 sq ft old tobacco warehouse urban farm! Greens are grown under high impact indoor grow lights. We use organic soil mix and organic and non-GMO seeds in our production. We grow greens based on the demand of our customers on a weekly basis, which allows us to reduce the amount of waste that comes from our farm. We grow greens in 93-95% less time and without the need for fertilizer, pesticides, or energy-demanding transport from farm to table. After our greens have been harvested, we compost our flats. We currently use a municipal water source, but our further development plans are to implement filtering rain barrel irrigation to the warehouses that surround our farm. Microgreens use 158-236 times less water than nutritionally equivalent mature vegetables in fields. We take pride in educating the local area about the benefits of eating locally sourced foods. Our connection with where our food comes from increases our appreciation for it and has taught us respect for food's footprint. We love brainstorming ways in which we can build a more holistic and productive food system around us here in Richmond. We want to expand people's palates and show that fresh, farmed food can grow in an urban landscape.





Run By

Lee and Dave O'Neill

Distance Traveled

116 miles to Good Foods Grocery

Location

Keezletown, VA in the beautiful Shenandoah Valley

Crops & Produce

We grow Certified Organic vegetables, herbs and nursery plants.

 [@radicalrootsfarmva](https://www.facebook.com/radicalrootsfarmva)

 [@radicalrootsfarmva](https://www.instagram.com/radicalrootsfarmva)

 www.radicalrootsfarm.com



Story of Our Farm

I (Lee) am a third generation Virginia farmer farming on “new to us” land in the Shenandoah Valley. After graduating college, my now husband and I worked on farms on the west coast, Baja Mexico, New Zealand and Australia. We returned home and started the farm in 2000. It has grown and evolved over the years but our mission remains the same: Radical Roots Farm catalyzes positive change by growing high-quality and organically grown vegetables, educating about permaculture & sustainable agriculture, and practicing what we teach. We are a family farm and have been educating future farmers through an apprenticeship program for the last 16 years with over 50 graduates!

Our Farming Practices

We are USDA Certified Organic and GAP Certified. We focus on building soil and growing the healthiest garden transplants. This starts with a compost based, organic potting mix and utilizing compost tea to nourish our plants. We utilize pest exclusion for many crops (row cover and netting) and rotate crops to maximize diversity.





Run By
Charlie Maloney and Family

Distance Traveled
60 miles to Good Foods Grocery

Location
Colonge, VA

Crops & Produce
We grow a large assortment of vegetables including tomatoes, beans, new potatoes, cucumbers, peppers, sugar snap peas, broccoli, lettuce, green soybeans, spinach, oriental greens, pac choi, cabbage, summer and winter squash, cantaloupes, watermelons, eggplant, radishes, garlic, onions, kale, turnips, sweet potatoes, cooking greens, kohlrabi, Chinese cabbage, swiss chard, collards, salanova lettuce mix, and salad mix (arugula and mixed Asian greens).

 [@dayspringfarmcsa](https://www.facebook.com/dayspringfarmcsa)

 [@dayspringfarmcsa](https://www.instagram.com/dayspringfarmcsa)

 www.dayspringfarm.org



Story of Our Farm

Dayspring Farm was established in 1987. I (Charlie) am a second generation farmer. I grew up on a small, diversified farm on the Eastern Shore of Maryland. The farm supplied many crops, including tomatoes for the local cannery. As the youngest of six children, I manned the two-acre tomato patch at 13 years old! It prepared me well for my future work. We started a small CSA (Community Supported Agriculture) in 1991 with around 20 members that has gradually grown to a current membership of 250+. We are proud to be one of the oldest CSA's in the state. I was also recently recognized as the "2016 Virginia Small Farmer of the Year."

Our Farming Practices

We regard building healthy soil as the foundation for responsible, sustainable agriculture. We operate based on the principles of good, ecological sustainable agriculture. In accordance with this, the farm uses compost and natural soil amendments for fertilization, cover crops, natural pest control and crop rotation. We do not use pesticides, herbicides, or fungicides. Though we follow organic practices, our crops are not USDA certified.





Run By

Sean Sheppard, Kara Siewers, and Blair Doucette

Distance Traveled

17 miles to Good Foods Grocery

Location

Glen Allen, VA

Crops & Produce

We grow a diverse mix of vegetables with some herbs, flowers, and fruits as well.

 [@woodsidefarmsva](https://www.facebook.com/woodsidefarmsva)

 [@woodsidefarmsva](https://www.instagram.com/woodsidefarmsva)

 www.woodsidefarms.net

- CHICKAHOMINY FALLS -

woodside farms

EST.



2018

Story of Our Farm

We are a 10-acre farm connected to Chickahominy Falls, a 55+ active adult community. Although many members of the development are active participants in on-goings of the farm, members of the greater Richmond community are as well. You do not need to be a Chickahominy Falls homeowner to participate with Woodside Farms as a CSA member, farm stand customer, or volunteer. Our farm stand hours are Wednesdays from 4-7pm and Saturdays from 8am-12pm.

Our Farming Practices

We are a Certified Naturally Grown Farm which follows the same national standards used for Organic certification. We do not use any synthetic inputs. The pesticides and fungicides we use are approved under CNG standards. Other strategies we use to manage pests and diseases include, but are not limited to, crop rotation, mechanically removing pests, foliar sprays with fish emulsion, and maintaining well ventilated and pruned beds.





Run By

Bruce and Katherine
Johnson

Distance Traveled

60 miles to Good Foods
Grocery

Location

Louisa, VA

Crops & Produce

We raise grass-fed beef
and lamb, and
pastured/woodlot pork.

 [@dragonflyfarms](https://www.facebook.com/dragonflyfarms)

 [@dragonflyfarms](https://www.instagram.com/dragonflyfarms)

 www.dragonflyfarms.com



Story of Our Farm

Katherine and I (Bruce) started Dragonfly Farms in 2007 in western Hanover County when we purchased our first farm. We began with two steers, three bred cows and an open heifer. We directly marketed the grass-fed steers the next year and have been growing our herd since then. We've worked hard on cattle genetics and grazing management, producing cattle that can truly finish on grass alone, while taking care of and improving our environment. We are building topsoil, creating wildlife habitat, sequestering atmospheric carbon and improving water quality. In 2017, we moved our home and business to Louisa County and are currently grazing more than 400 acres. We also offer camping on our farm. Katherine is an equine vet and boards retired and lay-up horses, and owns a veterinary rehabilitation business.

Our Farming Practices

Our beef and lamb are completely grass-fed and grass finished. Our pigs are on pasture and woodlots and are fed a local non-gmo grain. Our 2020 pork is peanut finished. We do not use synthetic fertilizers, herbicides or insecticides.





POLYFACE
THE FARM OF MANY FACES



Run By

The Salatin Family

Distance Traveled

115 miles to Good Foods
Grocery

Location

Swoope, VA

Crops & Produce

Beef, pork, chicken, turkey, rabbit, lamb, and eggs. We do have gardens but they are mostly for us. We preserve all of our own food for the winter with our gardens and sell or donate extras.

 [@polyfacefarm](#)

 [@polyfacefarm](#)

 www.polyfacefarms.com

Story of Our Farm

In 1961, William and Lucille Salatin moved their young family to Virginia's Shenandoah Valley, purchasing the most worn-out, eroded, abused farm in the area near Staunton. Using nature as a pattern, they and their children began the healing and innovation that now supports three generations. They planted trees, built huge compost piles, dug ponds, moved cows daily with portable electric fencing, and invented portable sheltering systems to produce all their animals on perennial prairie polycultures. Today the farm arguably represents America's premier non-industrial food production oasis. Believing that the Creator's design is still the best pattern for the biological world, the Salatin family invites like-minded folks to join in the farm's mission: to develop emotionally, economically, environmentally enhancing agricultural enterprises and facilitate their duplication throughout the world. The Salatins continue to refine their models to push environmentally-friendly farming practices toward new levels of expertise.

We live with the rhythm of the seasons. No lights in the hoopouses for the chickens in the winter. We slow down when nature does and in the spring we awake to start a new season! We feed each animal by hand. We see them and care for them every day. Every animal. Every day. We are proud to be stewards of earth and its animals and treat them with respect and the best of care.

Our Farming Practices

We call our products "Beyond Organic," however we are not a certified organic farm. All of our products are Antibiotic free, Free Range, and Grass-Fed and we never use any pesticides, herbicides or fungicides. Our beef is grass fed only as cows are herbivores. The other animals are fed gmo free/organic grains on top of being free range in the pastures.





Run By

Brad and Lyndsay Constable

Distance Traveled

65 miles to Good Foods Grocery

Location

Buckingham County, VA

Crops & Produce

We grow a diverse mix of vegetables with some herbs and fruits as well. Many of the varieties we grow are heirlooms. Our main considerations in the varieties we choose are flavor, reliability and consistency. We support local seed companies and grow several varieties of CBDA Hemp from Colorado seed in our unique blend of Farm grown worm castings and Organic Alfalfa and soil. The flowers are steeped for 6-8 weeks in olive oil or alcohol to Cold Infuse all available Turpines and Cannabinoids. This is the main ingredient for our Balm, Oil and Tincture.

 [@crumptownfarm](https://www.facebook.com/crumptownfarm)

 [@crumptownfarm](https://www.instagram.com/crumptownfarm)

 www.crumptownfarm.com



Story of Our Farm

We bought our farm in 2012 after managing the farm at Yogaville, VA for 4 years. Farming in this region for over 12 years has been a bountiful learning experience that we are grateful for and continue to enjoy. We sincerely approach our farm as a partner, not a commodity, and the food we grow as medicine for healthy living. We think the flavor and quality speak for themselves.

Our Farming Practices

We consider our farm as Beyond Organic as we use techniques and inputs that go far and above the National Organic standards. We use our farm-made Compost, Cover crops, Biodynamic preps and Organic Alfalfa pellets as our main source of fertilizers. We do not use CAFO (confined animal feed operations) fertilizers. Our main method of weed control is manual weeding by hand and with implements. We do not use plastic mulch. We also make an effort to improve the environment by using extensive cover cropping which sequesters carbon from the atmosphere and provides plantings for beneficial insects. The pesticides we use are not synthetic and are approved for Organic use, but we use them as sparingly as possible, allowing time for nature to find a balance before we use them.





Run By
Tina and Tom Weaver

Distance Traveled
75 miles to Good Foods
Grocery

Location
Madison County, VA

Crops & Produce
We offer a fine array of
exceptional pork products,
including pork chops, pork
roasts, and spare ribs,
available in limited supply
and customized for your
specific needs.

 [@papaweaver](#)

 www.papaweaver.com



Story of Our Farm

Our farm is the only one in our immediate area producing pork at our level of production. We are currently focusing on expanding sales of our hand raised, all-natural, locally grown meat. The goal of our businesses is to produce, process, and sell our Papa Weaver's Pork branded products as the area's highest quality cuts of pork and processed sausages. We sell our products locally through retailers and wholesalers; our products are stocked at a number of local stores, and available on the menus of local restaurants. The farm has been in our family for seven generations, throughout which time pigs have always been a staple on our farm. We have spent years building our reputation through careful focus on local foods and producing a hand-raised, all-natural pork product. We created our Papa Weaver's Pork brand to differentiate our family farm's pork from our other farm products and to make our pork products stand out from those of other producers. We believe in superior care for our livestock, and we believe that care creates a superior product.

Our Farming Practices

Papa Weaver's Pork Products are guaranteed to be FREE of preservatives, additives, chemicals, hormones, and antibiotics. We raise our animals with home grown feed, fresh air, proper nutrition, and a healthy environment. By having control of the quality of feed, genetics, and a safe healthy environment, we can guarantee a product that is safe, healthy, and extremely delicious. Our animals receive no growth hormones, and we work with a humane, USDA inspected, high-capacity butcher to process our animals into high-quality cuts and a variety of flavorful sausage





Run By

David Hunsaker and
Barbara Hollingsworth

Distance Traveled

19 miles to Good Foods
Grocery

Location

Hanover County, VA

Crops & Produce

We grow tomatoes,
chiles, and herbs. We
also make custom spice
blends.

 [@villagegardenrva](https://www.facebook.com/villagegardenrva)

 [@villagegardenrva](https://www.instagram.com/villagegardenrva)

 yourvillagegarden.com

village garden

Story of Our Farm

My partner Barbara Hollingsworth and I started the Village Garden RVA farm, located on 10 acres in Hanover County, in 2011. Both of us were active in family farming in childhood. We specialize in growing very diverse varieties of tomatoes, chilies, and herbs. The area under cultivation only occupies about an acre, but produces thousands of pounds of field grown heirloom tomatoes during the season, and exotic chilies/tropicals year-round in our large, geodesic dome greenhouse. The remainder of the farm is preserved as a riparian sanctuary for birds and other wildlife, with a nearly mile long walking trail along the sandy banks of Kersey Creek, which serves as the farm's northern boundary. Our farm won the "Best Producer" award in 2018, given by Richmond Magazine based upon nominations from the central Virginia area restaurant/food community. We were nominated again for 2020 though the awards were cancelled due to Covid. Village Garden RVA has vended at South of the James, the area's largest farmer's market, since 2012. The farm also provides specialty items for the local beer scene, and we have been featured in magazine articles and TV/videos including Richmond Magazine, Virginia Living, 50 Plus, Dine, The Virginia Farm Bureau, "Flip My Food" with Chef Jeff Henderson of CW, and The Food Network. We love inspiring you with diverse foods and a healthy dose of inspiration--passion is our #1 ingredient!

Our Farming Practices

We follow organic practices but are not certified. We use only compost, minerals and natural inputs such as fish emulsion.





Run By

Amy Hicks and George Ferguson

Distance Traveled

50 miles to Good Foods Grocery

Location

Charles City, VA

Crops & Produce

We grow an amazingly diverse selection of specialty vegetables and cut flowers, specializing in high quality produce varieties with exceptional flavor- from arugula to zucchini – we grow it all!

 [@amysorganicgarden](https://www.facebook.com/amysorganicgarden)

 [@amysorganicgarden](https://www.instagram.com/amysorganicgarden)

 amysorganicgarden.com



Story of Our Farm

Amy's Garden has been growing and selling organic produce and cut flowers since 1995. What began as an ambitious backyard garden quickly blossomed into a full time farming career for husband and wife team Amy Hicks & George Ferguson. Amy's Garden is located on 70 acres in Charles City County, Virginia on a historic farm property known as Rural Shades.

Our Farming Practices

The farm has been USDA Certified Organic since 2000. We never use herbicides, harmful pesticides or synthetic fertilizers. As organic farmers, we understand that the key to healthy crops is a vibrant, nurtured soil. Our goal is to continually improve and build soil life by utilizing soil nourishing cover crops, organic mulches and crop rotation, which help keep the land healthy and productive for future generations. Permanent plantings of flowering plants provide a vital source of food and nectar to insects and wildlife that make the farm their home. This unique set of strategies allows the farm to integrate farm production with longer-term environmental goals, guided by the principles of organic regenerative agriculture.





Run By

Amanda Montgomery

Distance Traveled

2-7 miles from Good Foods Grocery

Location

Midlothian, VA

Crops & Produce

We produce beautiful and lovingly grown seedlings and cut flowers, some of which are edible!



[@hummingbirdflowerco](https://www.facebook.com/hummingbirdflowerco)



[@hummingbirdflowerco](https://www.instagram.com/hummingbirdflowerco)



[hummingbirdflowerco.com](https://www.hummingbirdflowerco.com)



Story of Our Farm

I am a first generation farmer, though my grandparents grew and raised much of what my dad and his brothers ate. I started growing herbs for restaurants in my front yard in 2015 and things evolved over the years to include herb salts and cut flowers. I started growing at Bright Acres Daylilies in 2018 and have been able to grow so much more than I ever imagined. Today, I grow cut flowers for floral designers, have a bouquet subscription, a farm stand, and sell through River City Flower Exchange. I currently have two growing sites. One is my front yard in Bon Air and the other is Bright Acres Daylilies in Midlothian.

Our Farming Practices

I grow with as few inputs as possible. If I need to use anything, I use organic management practices which include loads of observation. I don't do anything without really trying to understand what is going on and what needs to be done about it. We use neem oil, yellow sticky traps, and insecticidal soap for pesticides. For fertilizing, we use seaweed emulsion and foliar sprays that we make ourselves using plants like comfrey.





Run By
Jenny and Paul Maloney

Distance Traveled
39 miles to Good Foods
Grocery

Location
King William, VA

Crops & Produce
We grow specialty cut
flowers, foliage, and textural
elements.

 [@windhavenfarmflowers](https://www.facebook.com/windhavenfarmflowers)

 [@windhavenfarmflowers](https://www.instagram.com/windhavenfarmflowers)

 www.windhavenfarm.org



Story of Our Farm

I (Jenny) am a first generation farmer. My husband, Paul is a 3rd generation farmer. I was introduced to farming at my in-laws' farm, Dayspring Farms. Dayspring Farm is primarily a vegetable CSA (Community Supported Agriculture) Farm, but offered their subscribers a flower share where they could get a bouquet of flowers every week with their produce bags. At Dayspring I learned how to truly grow flowers. I learned the basics of crop planning, seed starting, planting, cultivation, harvesting, and bouquet making. After a few years of working for them, Charlie and Miriam told me that they were not going to continue growing flowers at Dayspring. Their son, and my husband, Paul Maloney immediately offered to till up every inch of our small property and turn it into a flower farm! Now we are going into our 8th growing season. We have been welcomed into the cut flower market by local florists, grocers and CSA programs and we are so incredibly grateful. Our little flower farm got a big upgrade in 2021. We moved to a new location in King William County, and after years of planning, and two years preparing the new land with cover crops, planting perennials such as peonies, we are excited for this new venture! We are so excited to share all of the beauty of fresh blooms with you. Thanks for choosing to support local and sustainably grown flowers.

Our Farming Practices

We are a sustainably grown farm. We only use OMRI approved pesticides and fungicides, and then only when absolutely necessary. We prefer to manage pests and soils in sustainable ways to prevent the outbreak of pests and diseases before resorting to sprays. No herbicides.





Run By

The Alexander and Stolfus Families

Distance Traveled

86 miles to Good Foods Grocery

Location

Charlotte Courthouse, VA

Crops & Produce

We produce Jersey cow, 100% A2 certified, non-gmo, raw milk through our herdshare program. In states where direct sale of raw (unpasteurized) milk is not permissible, people purchase a share in a cow and pay a farmer to board and milk their cow so that they can have access to real milk. We also supply our shareholders with raw milk butter, colostrum and yogurt.



www.averysbranchfarms.com



Story of Our Farm

As a couple, married in 1987 and blessed with six children, we have always been deeply committed to raising a generation of hard-working, productive young adults. In 2007, the opportunity presented itself for Tim to retire and work alongside our children in a family-based business. While considering what that business might be, we decided to canvass the Richmond area to see if anyone might be interested in participating in a cow share program. Our older sons already had interests in sustainable, organic agriculture and we were familiar with cow share programs through family friends.

Since we had no background in agriculture, we learned everything by reading books about natural, organic, sustainable farming. With the enthusiasm and dedication of our older children, we quickly added to the farm the availability of poultry and pork. Our children willingly sacrificed in so many ways to ensure the success of the farm, and are now an integral part of the farm's continued success.

By the time the farm was two years old, we had outgrown the small piece of land we owned and realized we would either need to limit the number of families we serve or locate another farm on which to grow. We moved in on June 20, 2009 to our new farm and acclimated to life in a 100 year old house with no air conditioning and only one bathroom that would be shared by our eight family members. We sent word out to our farm customers who have since become family friends, telling them that we would be relocating and renovating an abandoned farm so that we could continue to grow and provide more families with fresh milk and wholesome meats, and they came and helped us!

As the children have continued to grow up, marry, and move away, we have become more aware than ever how difficult dairy farming can be with only a small crew. The Stolfus family, with 10 children and a generational legacy of working hard, agreed to join us in 2020. They have been such a blessing to us as they handle milking and bottling, and we take care of deliveries, customers, and herd care when needed.

Although our days on the farm are physically exhausting, they are incredibly fulfilling. We hope you will sense the joy that you have brought into our family's life by allowing us to be your local, sustainable farmers. It is our pleasure serving you.

Our Farming Practices

Avery's Branch Farms is a sustainable, all natural, non-gmo, farm using NO pesticides, herbicides or fungicides on pastures where cows graze freely all day every day.





Run By
John and Melinda Lapp

Distance Traveled
45 miles to Good Foods
Grocery

Location
Farmville, VA

Crops & Produce
We grow pasture raised, soy
and GMO free eggs

f [@HiddenAcreFarms](https://www.facebook.com/HiddenAcreFarms)

 hiddenacrefarmstead.com



Story of Our Farm

My wife Melinda and I (John) both grew up on family farms. In 2019 we started our own farm in Farmville, VA with nutrition in mind. We strive to bring you the best quality soy free and GMO free eggs. Our products are free of antibiotics, hormones and pesticides. Our mission is to build relationships by providing the most nourishing and delicious eggs to our customers.

Our Farming Practices

Hidden Acre Farms is a family operated farm that raises our hens on free range pasture. Our hens have the advantage of sunshine, fresh air and woodland just as nature intended. With access to a wide variety of woods and pasture our flock of chickens can forage and roam as much as they like. The result is a delicious egg low in calories and rich in protein. From our farm to your table, our eggs are nature's perfect food.





Run By

Oliver and Michelle
Alexander

Distance Traveled

37 miles to Good Foods
Grocery

Location

Amelia Court House, VA

Crops & Produce

Eggs

 authenticityfarms.com



Story of Our Farm

We started our farm in 2016 when, after years of wanting to reach restaurants and grocery stores with natural foods, we got an opportunity to do just that. At the time I (Oliver) was working for my parents farm, Avery's Branch. With a background in multi-species holistic farming I had always wanted to partner with restaurants and grocery stores to offer the same life-giving products we had always offered to our customers. We started delivering and it was a big hit. Soon we had to increase our flocks to accommodate the demand. We are committed to serving our customers the highest quality products. We will continue to offer our same natural products to families throughout Virginia while also providing some of Richmond's finest restaurants and grocery stores. We thank you for being part of the story by supporting our farm.

Our Farming Practices

Our hens are raised on free range in the open air on grass with access to GMO-free feed. We never use antibiotics.





Run By
Ash Carr-Hobson

Distance Traveled
18 miles to Good Foods
Grocery

Location
Mechanicsville, VA

Crops & Produce
We produce a wide range of specialty cut flowers, Western and Ayurvedic medicinal herbs, and vegetables for seed production that are adapted for the Southeast.

 [@hazelwitchfarm](https://www.instagram.com/hazelwitchfarm)

 www.hazelwitchfarm.com



HAZEL WITCH
farm

Story of Our Farm

Hazel Witch Farm is a woman-run farm started in 2018 to offer field-grown medicinal herbs, flowers, and bioregionally adapted seed for central VA. I am a first-generation farmer who began growing in pots on window sills and tiny Fan neighborhood row house yards before falling down the farming rabbit hole that has landed me on a 6-acre perch above the Chickahominy River in Hanover County. HWF exists on a collaborative farm space, sharing land with 3 other growers in an effort to grow community and reduce barriers to farming. We offer blooms for weddings, holds workshops on the farm, and in early 2021 I will become a parent and add a farm kid to the crew!

Our Farming Practices

We use low till methods, people-powered tools, low plastic inputs, plant positive pest management, with a focus on regionally acquired amendments, OMRI approved applications, and as many open-pollinated and heirloom crop selections as possible. We make a special effort to source seeds from other small producers, and buy amendments as locally as possible to reduce carbon emissions. We believe in fair working conditions, and pays a living wage to crew members. We focus on creating healthy soil and growing strong and resilient varieties to reduce the need for pesticides and fungicides in the first place. After this first course of action, we start with the smallest force possible, utilizing handpicking, water sprays, and soapy water. Any other applications are OMRI certified and include Korean Natural Farming preparations, naturally occurring bacteria in the soil such as BT, and diatomaceous earth. The goal is to help nurture a balanced ecosystem that self regulates and includes both predators and prey, rather than a sterile environment.





Run By
Katherine Schofield

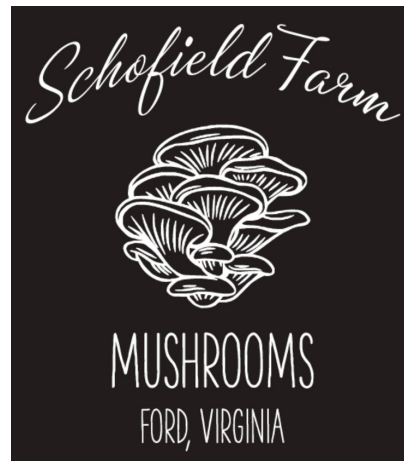
Distance Traveled
50 miles to Good Foods
Grocery

Location
Ford, VA

Crops & Produce
We produce a wide range of specialty cut flowers, Western and Ayurvedic medicinal herbs, and vegetables for seed production that are adapted for the Southeast.

 [@schofiefarm](#)

 schofieldfarm.weebly.com



Story of Our Farm

We started Schofield Farms in 2014. We started very small, only growing about 10-20 pounds of oyster mushrooms per week. From the start, we have used only natural materials with no chemical sprays or additives. We eventually obtained two shipping containers and outfitted them with insulation, climate control and humidification. We also purchased a greenhouse for growing shiitake mushrooms. My husband, Paul and I have consistently used sustainable practices to keep our environmental footprint low. We are both avid environmentalists (we run a big chunk of the farm on a solar power system and have an electric delivery vehicle). We use our spent mushroom blocks mixed with biochar and our own sheep/chicken manure in our garden to grow other crops as well. As a result of gaining more experience and equipment to refine the growing process, we have been able to expand to offer hundreds and hundreds of pounds of mushrooms to more and more customers in Virginia.

Recently, we started selling ready to fruit mushrooms blocks for commercial growers. We also provide a mentoring service to other local farmers to help them add mushrooms to their market tables.

Our Farming Practices

Mushrooms grow fast, so we are constantly moving mushroom blocks in and out of buildings and different grow rooms. The way we grow makes it so no pesticides are needed. If by chance we get an outbreak of some pest, we just pull out the bags, clean rooms with water and start again. We use naturally grown and organic practices, but we are not certified. All of our mushrooms are treated the same in regards to pesticides - they are all grown inside, with natural practices. The only difference is how much humidity or temperature each variety of mushrooms needs to mature.





Run By
Katherine & Ralph Herman

Distance Traveled
94 miles to Good Foods
Grocery

Location
Roseland, VA

Crops & Produce
Culinary & Medicinal Herbs
sold fresh or dried in teas,
spices, herbal remedy kits,
herbal body products, or in
bulk bags, vegetables,
fermented sauerkrauts,
kimchis, salsas, & more!



Story of Our Farm

Gathered Threads is a small family farm-based business located on 6 acres in Nelson County, Virginia. The inspiration and hard work behind our eclectic little farm comes from Katherine Herman, who has spent 10 years as a vegetable grower in the northern Virginia Valley, and Central VA area before venturing to start off on her own. Her interest in farming began while she lived and worked in Tanzania as a Peace Corps Volunteer 2001-03. Returning home, Katherine sought an apprenticeship on a small scale, sustainable vegetable farm. She discovered Tree and Leaf Farm, which she would call home for 8 years. Through farming at Tree and Leaf, she developed an enduring appreciation for and connection to plants of all kinds. After Tree & Leaf Farm, Katherine moved to the Valley to be farm manager at Radical Roots Farm. She spent 2 years there while finishing up school at Sacred Plant Traditions, a center for herbal studies in Charlottesville, VA. While at Radical Roots and at Sacred Plant Traditions, Gathered Threads began to take shape in Katherine's head. We remain focused on both perennial and annual plants, including herbs, vegetables, flowers, fruits, shrubs, and trees, filling the gaps in the local markets as needed.

Our Farming Practices

Though not yet certified organic, we are personally dedicated to growing all plants sustainably without the use of any pesticides, insecticides, or chemical fertilizers. Our crops are sustainably grown. We use certified organic compost, practice crop rotation, cover cropping and use row covers for pest management.

 [@gatheredthreadsllc](https://www.facebook.com/gatheredthreadsllc)

 [gatheredthreadsllc.com](https://www.gatheredthreadsllc.com)





Run By
Eddie & CJ Isbell

Distance Traveled
29 miles to Good Foods
Grocery

Location
Hanover County, VA

Crops & Produce
We specialize in Grass-Fed
Beef, Pasture Raised Pork,
Free Range Poultry, Eggs, and
specialty Non-GMO grains
including corn, wheat, rye
and popcorn.

 [@keenbellfarm](https://www.instagram.com/keenbellfarm)

 [@keenbellfarm](https://www.facebook.com/keenbellfarm)

 www.keenbellfarm.com



Story of Our Farm

Established in 1951, we are a 3rd generation family farm located in western Hanover County, VA. We are working to educate our customers on the importance of small family farms and the relationship between the farmer and consumer - we sell directly to our customers with a motto of "Farm Fresh from our Family to Yours." We strive to incorporate our farm into the community and invite the community to be part of the farm. With that comes the responsibility of running an environmentally friendly, sustainable, and socially acceptable business, which we work hard to do every day. We take pride in the land that we have been provided and want to ensure that it will be here to provide for the next generation and beyond. We have been recognized on several occasions for our sustainable agriculture practices including: The 2016 Virginia Forage Producer of the Year from the VA Forage and Grasslands Council, the 2019 Legacy Farm Award for Hanover County, and the 2020-2021 Virginia Farmer of the Year. We provide outreach with many groups to encourage and share the benefits and experiences with sustainable agriculture.

Our Farming Practices

We use Free-range, Grass-fed, non-GMO, Regenerative Practices, and all our livestock are raised beyond Organic Standards. We focus on the health of our soil, using the individual livestock, forages, and crops as tools to manage the soil health and biology. No pesticides, herbicides, fungicides are used on any animal, forage, or crop that is in the food chain of production for market. If an animal is in need of life saving or comfort measures such as to provide for proper animal husbandry, organic treatments would be first utilized. This is not a usual occurrence with the rotational nature of our production, utilizing the sun and rest as nature's sanitizer.



CONISTON HALL FARM

Story of Our Farm

Coniston Hall is the name of the grand Victorian home that was built in 1904. Coniston Hall Farm refers to the 400 acre farmland split about half woodland and half cropland. The farm is located about 55 miles southwest of Richmond in Lunenburg County. In 2010, Violet and Paul Liles ventured into production of produce in high tunnel greenhouses with the installation of 5 greenhouses.

Our Farming Practices

Our mission is to produce the finest, best-tasting, most nutritious produce possible without the use of harmful chemicals. With successive plantings we are able to supply fresh produce from June to as late as December. Meticulous detail is paid to proper nutrition of the plants and health of the soil in order to deliver the best produce attainable.

Run By

Violet and Paul Liles

Distance Traveled

55 miles to Good Foods
Grocery

Location

Lunenburg, VA

