

Fall 2010

HAMPTON ROADS

BUY FRESH BUY LOCAL

WWW.BUYLOCALHAMPTONROADS.ORG

VA BEACH, CHESAPEAKE, NORFOLK, PORTSMOUTH, SUFFOLK, THE EASTERN SHORE
ISLE OF WIGHT, SOUTHAMPTON AND SURRY COUNTIES



Why Buy Local?

You care about supporting your community and economy. If every Hampton Roads family spent just \$10 a week on local food it would equate to 1.37 billion dollars a year being kept in our area.

Tradition is important to you. Hampton Roads has longstanding farming and fishing communities. Supporting this tradition ensures that the next generation will get to enjoy it as well.

You're concerned about the environment. Buying local produce is environmentally friendly. The average supermarket vegetable travels about 1500 miles from farm to table. That's a lot of fossil fuels and emissions for a carrot.

You want to make sure that farms stay farms. Between 2002 and 2007 about 500,000 acres of farmland in Virginia was lost to development. We can't have local food without local farms.

You're being health conscious. Local food is fresher and often has been treated with fewer chemicals than supermarket produce. This means safer, more delicious and nutritious food for you and your family.

Buy Fresh Buy Local Hampton Roads

is a volunteer organization that is part of a national nonprofit effort to promote locally grown and produced products. Our goal is to keep our community healthy, save small family farms, help the local economy and preserve our environment. Use this guide to find the farms, watermen, markets and restaurants that offer the freshest, most delicious seasonal produce. Connect with us online at www.buylocalhamptonroads.org, on Facebook and Twitter or email us at bfbhr@gmail.com.



Markets & Co-Ops

Chesapeake Farmers Market

Chesapeake City Park
900 Greenbrier Pkwy
Chesapeake, VA 23320
Info: (757) 382-6348 (Ag Dept.)
www.chesapeake.va.us, go to
Agriculture Dept. Fruits, vegetables,
ornamental plants, herbs, eggs. Buy
directly from local farmers!
Market is open June 12 - Nov. 24
Wed. - Sat. 8 am - 1 pm
Sunday 11 am - 4 pm

Coastal Farms Co-Op

13199 Poor House Road
Windsor, VA 23487
(757) 416-8790
coastalfarms.luluslocalfood.com
Members shop online directly from over
25 different local Virginia family-owned
farms. Place custom orders to get what
you want & on your own schedule.
Pick-up sites throughout South
Hampton Roads.

Five Points Community Farm Market

2500 Church Street
Norfolk, VA 23504 (757) 640-0300
www.5ptsfarmmarket.org
Fresh, seasonal fruits & vegetables,
specialty products & baked goods. Enjoy
our Café and special events.
See website for schedule.
Open: Wed. - Friday 11 am - 7 pm,
Sat. 9 am - 5 pm, Sunday. 11 am - 5 pm.

The Heritage Store

314 Laskin Road
Virginia Beach, VA 23451
www.heritagestore.com
Organic foods and health products. Health
Food Market, Café & Organic Juice Bar.
Classes, Books & Gifts.
See our website for info & event schedule.
Open Daily.

Old Beach Farmers Market

620 19th Street @ Cypress Avenue
Virginia Beach, VA 23451
(757) 428-5444
www.oldbeachfarmersmarket.com
Vendors with fresh produce, naturally raised
meats, sensible seafood & more.
A Virginia Green certified event.
Follow us on Facebook & Twitter!

Portsmouth Olde Towne Farmers Market

Court Street, off High St.
Portsmouth, VA 23704
(757) 537-9482
agraham11@cox.net
Vendors with fresh produce, baked goods,
naturally raised meats & seafood.
Open May - Nov.
First Fridays open evenings 6 - 8 pm
First & Third Saturdays 9:30 - 11 am
Extra days: July 21 and August 28, 9:30 - 11 am

Holiday Items Available



Pick Your Own

Quail Cove Farms Market

13254 Machipongo Lane
Machipongo, VA 23405
(757) 678-1275
www.quailcovefarms.com
Organic farm & warehouse
delivering natural meats & eggs,
cheeses, butters & produce.
Visit our website for info.

Red Mill Green Market

Red Mill Commons Shopping Center
Virginia Beach, VA 23456
Vendors with fresh produce, baked
goods, naturally raised meats,
seafood, and pet friendly vendors.
Saturdays 8 am - 12 pm.
Memorial Day weekend - Sept.

Taste Unlimited

213 36th Street
Virginia Beach, VA 23451
(757) 425-3011
www.tasteunlimited.com
Offering specialty foods from Hampton
Roads and throughout VA--including VA
wines, premium peanuts, Edwards' of
Surry ham, and more. See our website for
all six locations and online gifts.
Open all year. Mon. - Sat.



Virginia Beach Farmers Market

3640 Dam Neck Road
Virginia Beach, VA 23453
(757) 385-4395
www.vbgov.com/farmersmarket
Unique shopping with fresh produce,
restaurant, bakery, meats, seafood,
candy, organics, dairy, florist, gifts & more.
Seasonal specialties. Check website for
monthly & weekly events. Follow us on
Facebook and Twitter too.
Open all year.

Virginia Garden Organic Grocery


3640 Dam Neck Road
Virginia Beach, VA 23453
(757) 427-0378
at the VB Farmers Market
www.vagarden.com
Extensive selection of fresh, naturally grown
fruits & vegetables from our farm and local
growers, organic foods & natural health
products. Exclusive retailer of Polyface farm
meats. Open all year. Mon-Sat 10am- 7pm

Why not Wednesdays Farmers Market

Commerce Street
Virginia Beach, VA 23462
Adjacent to The Sandler Center
Outdoor Plaza
www.sandlercenter.org
(757) 385-2787
Enjoy live music & fresh food from our
local farms!
Every Wednesday, 4-8 pm May - Sept.



What is a CSA?

Community Supported Agriculture (CSA) is a way for consumers to buy local, seasonal food directly from a farmer. Farmers offer a certain number of "shares" to the public. Typically the share consists of a box of vegetables, but other farm products may be included like meats, flowers, herbs, eggs and bread. Interested consumers purchase a share (aka "membership" or "subscription") and in return receive a box of seasonal produce each week throughout the farming season. This helps create steady income for the farm and provides the shareholder with fresh, local produce all season. Farms usually start taking applications in the fall and winter, so check the listing for the  symbol.



Fruit & Vegetable Growers

Farms and Markets are often seasonal. Call or check websites for open dates.

Batten Bay Farm

24545 Miller Lane
Carrollton, VA 23314
(757) 238-3334
www.battenbayfarm.com
All natural produce & cut flower farm located 5 miles south of the James River Bridge. Visit our website for info and updates.



Bay Breeze Farms

1076 Sandbridge Rd
Virginia Beach, VA 23456
(757) 721-3288
Strawberries & farm fresh produce. Open May 1 - Labor Day Monday - Saturday 9 am - 6 pm Sundays 9 am - 5 pm

Bright's Produce

643 Princess Anne Road
Virginia Beach, VA 23457
(757) 426-7832
Fall vegetables available at the farm. Christmas tree sales (weekends only) starting Nov. 27 Call for info & directions.



Broken Arrows Farm

25590 Bows and Arrows Rd.
Zuni, VA 23898
(757) 242-6800
www.brokenarrowsfarm.com
Fresh seasonal vegetables grown naturally. Sold at Farm & markets. Visit our website for info.

Brookdale Farm Virginia Beach

PYO Strawberries: 2060 Vaughan Rd.
Produce Market: 1300 Princess Anne Rd.
Virginia Beach, VA 23457
(757) 721-0558
www.brookdale-farm.com
PYO strawberries will be ready in April. School trip reservations now accepted for fall & spring. Registrations for spring 2011 CSA starts in Jan. Visit our website for info & updates.



Brookdale Farm Chesapeake

2133 Mt. Pleasant Rd.
Chesapeake, VA 23322
(757) 721-0558
www.brookdale-farm.com
PYO pumpkins at the farm. Weekends in Oct. U-shell popcorn, corn stalks, ornamental corn, straw bale, apple butter, pumpkin butter, salsas & more. Horse-draw hayrides & children's play area. Visit our website for info & updates.



Cindy's Produce

2385 Harpers Road
Virginia Beach, VA 23453
(757) 427-2346
Pumpkins available in Oct. Christmas trees available Nov. 26. Stand open daily 10 am - 6 pm.



Clarke Farm

3831 Bruce Road
Chesapeake, VA 23321
(757) 484-6000
www.clarkefarm1.com
A family farm located in Western Branch. Home grown vegetables picked fresh all season. Stand open daily 9 am - 6 pm. Visit website for updates & info.

Clayhill Farms

5165 Mineral Spring Road
Suffolk, VA 23438
(757) 613-3741
http://sites.google.com/site/clayhillfarmscsa
Fresh, farm grown fruits & vegetables. Open-ended CSA memberships. Check our Facebook page for updates!



College Run Farms

2051 Alliance Road
Surry, VA 23883
(757) 294-3970
www.collegerunfarms.com
Seasonal fruits & vegetables May - Oct. Pick-your-own Pumpkins in Oct. Call for daily hours.



Cotton Plains Farm, Inc

696 Cherry Grove Rd. N.
Suffolk, VA 23432
(757) 255-4724
Prepaid CSA subscriptions only. June, July & August. 40+ crops. Call for pickup day and locations.



Cromwell's Produce

3116 New Bridge Rd
Virginia Beach, VA 23456
(757) 721-6226
www.cromwellsproduce.com
PYO & fresh-picked strawberries, peas, salad greens & more. Sweet corn, tomatoes, summer vegetables and cut flowers. See website for info.



Cullipher Farm Market

1444 Princess Anne Road
Virginia Beach, VA 23456
(757) 721-7456
www.cullipherfarm.com
PYO, fresh-picked & naturally grown strawberries. Fresh, seasonal fruits, vegetables & cut flowers. Open mid-April to Labor Day.



Faith Farms

2170 Joshua Lane
Suffolk, VA 23434
(757) 620-8677
U-Pick & pre-picked strawberries. Last week April - May. Monday - Saturday 7:30 am - 7 pm.



Flanagan Farm

1880 N. Muddy Creek Road
Virginia Beach, VA 23456
(757)-426-5585
www.flanaganfarm.com
May - Pick your own fresh strawberries. Pre-picked berries & summer vegetables at our stand. Call for hours or visit website.



Flip Flop Farmer

Bruce Henley
3244 New Bridge Road
Virginia Beach, VA 23457
(757) 426-9908
Fresh farm raised fruits & vegetables. PYO Strawberries available in the Spring. Closed Fall/Winter.



Full Quiver Farm

2801 Manning Road
Suffolk, VA 23434
(757) 539-5324
www.fullquiverfarm.com
Naturally raised fresh fall greens & seasonal produce. Deliveries available. See website for info & updates.



Henley's Farm Market

1801 Princess Anne Rd
Virginia Beach, VA 23456
(757) 426-6869
www.henleyfarms.com
Pumpkins & fall ornaments available thru Oct. Open daily 8 am - 6 pm



Henley's Farm

3484 Charity Neck Road
Virginia Beach, VA 23457
(757) 426-7501
www.henleyfarms.com
Pick your own pumpkins, ornaments & fall greens thru Nov. Christmas trees in Dec. Open daily 9am-5pm. Visit the web for info.



Mattawoman Creek Farms

4103 Barlow Creek Lane
Eastville, VA 23347
(757) 678-5731
www.MattawomanCreekFarms.com
Certified Organic Produce 100% grown on the farm See website for CSA info & where to buy.



New Earth Farm & Compost Co.

2280 London Bridge Road
Virginia Beach, VA 23456
(757) 427-6515
www.newearthfarm.org
Now taking names for Spring 2011 CSA. Email truehome0802@yahoo.com with contact info. Members will be contacted in Feb with payment details. See website for fall farm hours & info.



Oliver Farms

18222 Longview Dr
Smithfield, VA 23430
www.oliverproduce.com
(757) 255-4563
Family operated. We take pride in our produce hand-picked fresh daily for our on-farm stand. Sign up at our website for news & updates.



Pickett's Harbor Farms

2497 Pickett's Harbor Drive
Cape Charles, VA 23310
(757) 331-4552
www.pickettsharborfarms.com
Seasonal fruits & vegetables. Fresh, Eastern Shore cultured clams. Open year round. Call for dates & hours.

Poor John's Farm

914 Dominion Blvd.
Chesapeake, VA 23323
(757) 485-3656, 485-7743
Fresh picked, seasonal fruits and vegetables. Call for info.

Pungo Blueberries

3477 Muddy Creek Road
Virginia Beach, VA 23456
(757) 721-7434
PYO blueberries & thornless blackberries. Fresh elephant garlic. Jams & jellies, and our special elephant garlic vinegar. Call for open dates and hours.



Pungo Naturals

1813 Gum Bridge Road
Virginia Beach, VA 23457
(757) 449-8838
Naturally grown heirloom fruits, vegetables, herbs. No chemical pesticides or fertilizers. Now taking names for Spring 2011 CSA. Call for info. Sales: Old Beach Farmers Mkt & on farm by appt.



Quail Cove Farms

13254 Machipongo Lane
Machipongo, VA 23405
(757) 678-1275
www.quailcovefarms.com
Certified organic sweet potatoes. Delivering organic & natural foods to food co-ops and food groups. Open year-round. Mon. - Sat.

Salem Berry Farm

1763 Salem Road
Virginia Beach, VA 23456
(757) 818-3156
Pick Your Own Strawberries. Fresh Seasonal Vegetables. Open daily 8 am - 6 pm during the season.



Shockley Farms

23184 Seaside Road
Cape Charles, VA 23310
(757) 331-1487
www.shockleyfarms.com
Fresh, farm-raised fruits & vegetables. Farm stand open dawn to dusk, May 1 - Dec. 25. Visit our website for info and updates.

Skipper Farms

3640 Dam Neck Road
Virginia Beach, VA 23454
(757) 368-0355
Family farm providing local produce picked fresh daily. We avoid chemicals. Located at the VB Farmers Market.



Spence Farm

3080 Benefit Road
Chesapeake, VA 23322
(757) 619-8398
Produce stand featuring fresh fall greens & vegetables from family owned & operated farm. Open through Christmas. Call for info.

Stoney's Produce

1065 First Colonial Road
Virginia Beach, VA 23454
(757) 496-8795
www.stoneysproduce.com
Mums, pansies, seasonal fruits & veggies, pumpkins, fall ornaments, Christmas trees, wreaths, gourmet foods and gifts. See website for info.



Vaughan Farms Produce

1258 Princess Anne Road
Virginia Beach, VA 23457
(757) 615-4888
www.vaughanfarmsproduce.com
PYO and fresh picked strawberries & vegetables, cage-free eggs & more. Sustainable heritage farm. Check website for hours, CSA info & updates.



Whaleyville Farms

6132 Whaleyville Blvd
Suffolk, VA 23438
757-986-2355
www.whaleyvillefarms.com
Family farm offering a full line of fruits & vegetables grown without chemical insecticides or herbicides. Visit our website for CSA info & updates.



Specialty Items

Bees Knees Apiaries

1145 Rodgers Street
Chesapeake, VA 23324
(757) 620-0945
Raw honey and propolis from chemical-free bee colonies, beeswax candles & soaps. Call for hours.

Dave & Dee's Homegrown Mushrooms

30683 Peachtree Ave.
Sedley, VA 23878
(757) 569-7500
www.daveanddeesmushrooms.com
Oyster mushrooms, fresh & dried. Seasonal local produce. Open all year.

Edgehill Farms

7483 Rosebud Lane
Eastville, VA 23310
(757) 768-7235
Fresh picked lilies & bouquet flowers all year. Open Mon - Sat. 8 am - 4 pm

Hubbard Peanut Company

30275 Sycamore Ave
Sedley, VA 23878
(800) 889-7688
www.hubspeanuts.com
Hubs home cooked Virginia peanuts - a delicious local tradition. Visit our store Mon - Friday 9 am - 5 pm or order online. Join us on Facebook too.

Fresh Batch Jams

(757) 641-4425
www.freshbatchjams.com
"Virginia's Finest" home made jams made with high quality fruit, sourced from local farms whenever possible. Visit our website or call for ordering info.

Gum Tree Farm

1900 Pocatoy Road
Chesapeake, VA 23322
(757) 421-9700
www.gumtreefarm.com
"Virginia's Finest" wool roving, lambskins and sheeps milk soaps. Visit our website or call for ordering info.

Linda's Garden

1436 Campbell's Landing Road
Virginia Beach, VA 23457
(757) 426-6488
www.lindasgarden.com
All natural herb seasoning blends, herb jellies and white wine herb vinegars. Visit our website for more information.

Nuby Run Bee Farm

19613 Orbit Road
Windsor, VA 23487
(757) 357-5810
Honey fresh from our hives. Home grown garlic, jerusalem artichokes. Please call ahead.

Roost Flowers & Designs

(Formerly Bay Bay Flowers)
757-615-3502
www.roostflowers.com
We provide floral designs for weddings, events, shipping and local delivery using the unique varieties of blooms from our sustainable flower farm.

Seasons Best Candy & Bakery

Virginia Beach Farmers Market
3640 Dam Neck Road, Bldg. 37
Virginia Beach, VA 23453
(757) 368-0117
Jams & jellies, pickles & relishes & candies. Sweet breads & biscuits. Pumpkin rolls, sweet potato pies, and home cooked local collards in the fall. Call to order.

Tasha's Own Goats Milk Soap

4188 Gum Bridge Ct.
Virginia Beach, VA 23457
(757) 721-9687
www.tashasown.blogspot.com
Hand-crafted goats milk soap made from our own milk with all natural oils, butters & herbs. Now at local markets & shops. Homesteading classes. See website for info.



Virginia Soaps & Scents

5924 Spivey Run Road
Suffolk, VA 23438
(757) 986-3377
Handcrafted and soy based soaps, lotions & other bath and body products. Laundry soap from local lard sources.

Watkins Bee Farm & Kiwi Orchard

121 Wade Cove Lane
Knotts Island, NC 27950
beelady1952@aol.com
(757) 563-2275
Honey, beeswax soaps & candles. Fresh kiwifruit from Nov - Jan. Call or email for availability & ordering.

Zuni Tree & Alpaca Farm

19362 Tomlin Hill Dr.
Zuni VA 23898
(757) 242-4780
A choose & cut-your-own Christmas Tree Farm. Pines, Cypress, Spruce & Firs. Greens & wreaths. Weekdays 12 pm - 5 pm, Weekends 9 am - 5 pm. Open Nov 26 - Dec 24.



Vineyards & Orchards

Chatham Vineyards

8232 Chatham Road
Machipongo, VA 23405
(757) 678-5588
www.chathamvineyards.net
Family owned & operated vineyard, and winery at 400-year old Chatham Farm. Visit our website for tour info and special events.

Blackwater Vineyards

4280 Blackwater Road
Virginia Beach, VA 23457
(757) 421-9161
www.blackwatervineyards.com
Pick-your-own Muscadine and Scuppernong grapes starting in Sept. Driving detour now in effect. Call for directions & hours.

Holly Grove Vineyards

6404 Holly Bluff Drive
Franktown, VA 23354
(757) 442-2844
www.hollygrovevineyards.com
Award winning, handcrafted wines created from locally grown grapes. Visit our website for information on our wines & winery.

Martin Orchard, Vineyard & Winery

213 Martin Farm Lane
Knotts Island, NC 27950
(252) 429-3542
www.martinvineyards.com
PYO fall apples, pumpkins and scuppernong grapes thru Nov. Winery open for tastings thru December. Call for dates & hours.

Broken Arrows Farm

25590 Bows and Arrows Rd.
Zuni, VA 23898
(757) 242-6800
www.brokenarrowsfarm.com
Grass-fed only beef, pastured poultry & eggs. Turkeys available now through the holiday season. Visit our website for info & updates!

Cherrystone Aqua Farm

1588 Townfield Drive
Cheriton, VA 23316
(757) 331-1208
www.littleneck.com
Next to Cherrystone campground. Visit our website for info.

Full Quiver Farm

2801 Manning Road
Suffolk, VA 23434
(757) 539-5324
www.fullquiverfarm.com
Pasture-raised, all natural poultry, eggs, pork, beef & more. Cowshares available. Order online or call to order your Thanksgiving turkey! Visit our website for info & updates.

Lynnhaven Oyster Company

2605 Moss Road
Virginia Beach, VA 23451
(757) 435-8740
www.lynnhavenoystercompany.com
Fresh Lynnhaven Oysters. Available at the Old Beach Farmers Market

Meat & Seafood

Dodson's Old Town Seafood Company

Eastville, VA 23347
www.oldtownseafood.com
(757) 442-0618
Fresh local clams & oysters. Place your oyster orders now for Thanksgiving & Christmas. Order through email oldtownseafood@gmail.com

Shellfish Company

3323 Shore Drive
Virginia Beach, VA 23451
(757) 481-7512
www.bubbasseafoodrestaurant.com
Freshly caught local seasonal fish and shellfish available at our store and next door at Bubba's Seafood Restaurant. Visit our website for info & updates.

Shire Farms

17379 Woodland Dr.
Windsor, VA 23487
(757) 255-4088
www.virginiashirefarms.com
Farm raised chicken, duck, rabbit, pork and lamb. Farm fresh eggs. Visit our website for more info.



Uncle Chuck's Seafood & Produce

3640 Dam Neck Road,
Virginia Beach, VA 23453
(757) 406-3702
Fresh shellfish & seafood. Local greens, eggs & honey. Visit us at the VB Farmers Market

Welton's Seafood Market

940 Laskin Road
Virginia Beach, VA 23451
(757) 428-6740
110 E 17th Street
Norfolk, VA 23517
(757) 622-2702
Two locations. Fresh local fish & seafood. Call for Info.

Windhaven Farm

17381 Pope Swamp Trail
Windsor, VA 23487
(757) 209-1095
www.windhavennaturalangusbeef.com
Our family-run farm has been raising cattle for over 40 years. All natural beef, antibiotic & hormone free. We also offer free-range pork. Visit our website for more info.

Call now to reserve your holiday meats!

BUY FRESH BUY LOCAL

Hampton Roads

WWW.BUYLOCALHAMPTONROADS.ORG

To obtain copies or to be listed in this guide
Please email us at BFBLHR@gmail.com

Guide to Seasonal Availability

January	Tuna (NC), Wild Harvest Oysters
February	Tuna (NC), Wild Harvest Oysters
March	Rockfish, Shad Roe from local Indian tribes, Tuna (NC), Wild Harvest Oysters
April	Asparagus, Cabbage, Carrots, Collards, Kale, Leeks, Spinach, Strawberries, Flounder, Tuna (NC), Wild Harvest Oysters
September	Apples, Black-eyed Peas, Broccoli, Butter Beans, Cabbage, Cantaloupe, Collards, Eggplant, Figs, Grapes (Scuppernong & Muscadine), Green Beans, Kale, Leeks, Okra, Onions, Peppers, Potatoes, Pumpkins, Radishes, Raspberries, Spinach, Summer Squash, Sweet Potatoes, Tomatoes, Watermelon, Wax Beans, Winter Squash, Zucchini, Crabmeat, Croaker, Jimmy-Crabs, Shrimp (NC), Softshell Crabs, Speckled Trout, Spot, Tuna (NC), Wild Harvest Oysters, Turkey
October	Apples, Broccoli, Brussels Sprouts, Cabbage, Collards, Grapes (Scuppernong & Muscadine), Green Beans, Kale, Leaf Lettuce, Leeks, Mustard, Onions, Peaches, Peppers, Potatoes, Pumpkins, Radishes, Raspberries, Spinach, Sweet Potatoes, Turnips, Winter Squash, Crabmeat, Croaker, Rockfish, Speckled Trout, Spot, Tuna (NC), Wild Harvest Oysters, Turkey
November	Apples, Broccoli, Brussels Sprouts, Cabbage, Collards, Endive, Grapes (Scuppernong & Muscadine), Kale, Kiwi, Leaf Lettuce, Leeks, Mustard, Pumpkins, Spinach, Sweet Potatoes, Turnips, Winter Squash, Crabmeat, Flounder, Rockfish, Speckled Trout, Tuna (NC), Wild Harvest Oysters, Turkey
December	Carrots, Collards, Kale, Kiwi, Leeks, Sweet Potatoes, Clams, Flounder, Rockfish, Tuna (NC), Wild Harvest Oysters, Turkey
Year-Round	Honey, Mushrooms, Peanuts, Wine, Beef, Pork, Ham, Chicken, Eggs, Clams, Aquaculture Oysters

Restaurants / Caterers

These restaurants have committed to using local foods in their dishes whenever possible. Please let them know that you appreciate their support for local growers and ask them about their farm sources!

Boot Local Kitchen & Wine Bar
123 West 21st Street
Norfolk, VA, 23517
www.insidetheboot.com
(757) 627-2668
Virginianess to the maxims. We work closely with local farmers and artisans to develop regional character in our menu.

Burton's Grill
741 First Colonial Road
Virginia Beach, VA 23451
(757) 422-8970
www.burtonsgill.com
Featuring seasonally inspired, high quality food and wine in a comfortable setting.

Coastal Grill
1427 N. Great Neck Road
Virginia Beach, VA 23454
(757) 496-3348
www.coastalgrill.com
We have been involved with supporting local fisheries & produce farms for the past 20 years! We support Buy Fresh Buy Local HR!

Crackers Little Bar Bistro
4226 Granby St.
Norfolk, VA 23504
http://www.littlebarbistro.com
(757) 640-0200
Neighborhood Bistro serving fresh tapas.

Croc's 19th Street Bistro
620 19th Street
Virginia Beach, VA 23451
www.crocs19thstreetbistro.com
(757) 428-5444
Virginia Green and Sensible Seafood Restaurant Partner. Home to the Old Beach Farmers Market and Green Drinks VA Beach.

Doc Taylor's Restaurant
207 23rd St.
Virginia Beach, VA 23451
(757) 425-1960
www.doctaylors.com
Serving locals lunch and breakfast daily.

Eastville Inn
16422 Courthouse Road
Eastville, VA 23347
www.eastvilleinn.com
(757) 678-5745
Serving fresh foods & wines from local farms & wineries and from our own garden.

eat: an american bistro
4005 Atlantic Avenue
Virginia Beach, VA 23451
www.eatbistro.net
(757) 965-2472
An innovative spin on American food.

Eurasia
960 Laskin Road
Virginia Beach, VA 23451
www.eurasiavb.com
(757) 422-0184
Serving dishes from around the world, with the freshest produce and vegetables from local independent farmers.

Hot Tuna
2817 Shore Drive, corner of Great Neck Rd.
Virginia Beach, VA 23451
www.hottunavb.com
(757) 481-2888
Specializing in locally caught seafood, fresh produce and Virginia wines.

Pasha Mezze
350 West 22nd Street
Norfolk, VA 23517
www.pashamezze.com
(757) 627-1318
Mediterranean cuisine - dedicated to the essential earthy concepts of organic food production, sustainable agriculture and supporting small local farms.

ShoreBreak Pizza
2941 Shore Drive
Virginia Beach, VA 23451
www.shorebreakvb.com
Phone: 757-481-9393
Family friendly fresh local cuisine. Your game is always on.

Sweetwater Cuisine
www.sweetwatercuisine.com
(757) 403-7073
We cater custom-created, healthy menus featuring Virginia's finest locally grown produce and meats.

Tautog's Restaurant
205 23rd St.
Virginia Beach, VA 23451
www.tautogs.com
(757) 422-0081
Our menu has been developed with consideration of local tastes and bias, personal health issues & environmental impact concerns.

Terrapin Restaurant
3102 Holly Road
@ Pinewood Square
Virginia Beach, VA 23451
www.terrapinvirginiabeach.com
(757) 321-6688
Always working to explore and preserve our fine Virginia heritage food-ways.

The Cellars Restaurant
4001 Church Point Road
Virginia Beach, VA 23455
(757)460-2657
Seasonal vegetables from our own garden and products from other local sources. Open for dinner Wed-Sat, 5pm-10pm. Call for reservations.

The Heritage Café & Organic Juice Bar
314 Laskin Road
Va Beach, VA 23451
(757) 428-0500
www.heritagestore.com
Homemade daily specials featuring seasonal produce grass fed meats, antioxidant smoothies, organic juice & wheat grass bar, vegan, gluten-free & vegetarian specialties.

Todd Jurich's Bistro
150 W Main St, Suite 100
Norfolk, VA 23510
www.toddjurichsbistro.com
(757) 622-3210
We take great measures to utilize small farmers who practice natural and ecologically sound agriculture.

Vintage Kitchen
Elizabeth River @ milemarker Zero
999 Waterside Drive
Norfolk, VA 23502
www.vintage-kitchen.com
(757) 625-3370
We use only the freshest possible, highest quality ingredients. Our philosophy is to support and be supported by local farmers and artisans.

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Virginia Beach, VA 23451
www.zoesvb.com
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Hampton Roads #1 Platinum Plate winner!

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www.farmtofeastweek.com

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David Kamer, Esq.
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www.kaufCAN.com

Greener Results
www.greenerresults.com

Herb Society of America -- Tidewater Unit
http://tinyurl.com/Herb-Society-Tidewater

Kitchen Barn
Quality cooking tools
www.kitchenbarnonline.com

Lynnhaven River Now
www.lynnhavenrivernow.org

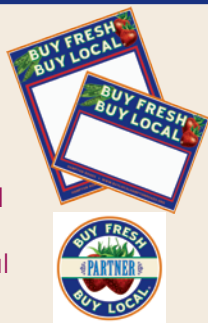
Sensible Seafood
http://www.eartheasy.com/eat_sensible_seafoods.htm

Virginia Cooperative Extension
www.ext.vt.edu



Look for the label & Taste the Difference!

Enjoy delicious, fresh, locally grown foods and help strengthen our local economy by purchasing foods marked with the Buy Fresh Buy Local label at farms, markets and stores.



Support Buy Fresh Buy Local!

I would like to support the Buy Fresh Buy Local Campaign,

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Kate Wilson

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Maureen Aylward
Robyn Bailey
David Banks & Marsha Whittier
Theresa Barbalas
Mrs. Carter Bernert
Linda Bouchard
Rachel Burns
Catherine Cashman
Debra & Alex Chako
Chizuko Chambers
Carol Chewing
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