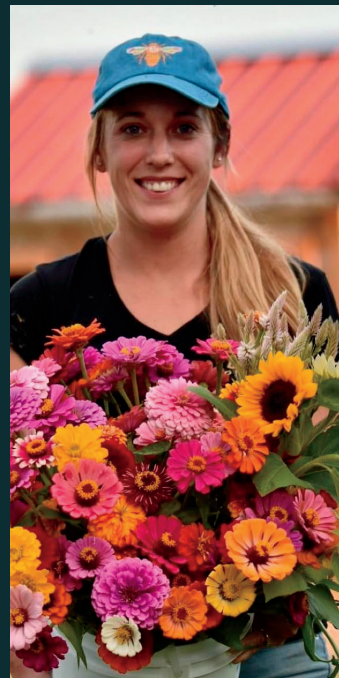


Inaugural Edition

2023

# Shop Local Guide

Connecting Farmers, Businesses, & Families



ANNUAL  
*Shop Local Map*  
INCLUDED

Compiled By Frederick County Homesteaders

## FREDERICK COUNTY, VIRGINIA



# WITH GRATITUDE WE DEDICATE THIS FIRST EDITION TO OUR COMMUNITY.

Dear Reader,

Welcome. What you hold in your hands is far more than just a guide to shopping local in Frederick County. It is a tribute to the countless families- the faces- behind agriculture in our community. Many of whom have worked the land with bare hands to reap a bounty they generously share with us, their neighbors, friends, and family. Farming is among the most noble of professions; it is the "trade upon which all others depend" (Rory Groves, Durable Trades).

As a Realtor®, my perspective on the farming industry is unique. While I recognize the complexities of our current housing market; the limited supply, increased demand, and rising rates are rightfully concerning. Yet this is juxtaposed against the reality that our farmland, once lost, cannot be replaced. We cannot make more land. We cannot replace springs, rivers, valleys, or pastures. This truth may not concern you presently, as it may a farmer, but I assure you it should. The pages you hold in your hands are filled with stories from the families who feed our community. They work around the clock- the farm doesn't sleep. They sacrifice vacations, holidays, and weekends to ensure their crops are harvested on time and their livestock is tended to. While it is easy to forget where the produce on our grocery store shelves comes from, I hope that this guide will serve as a reminder to you that our farmers do not forget. It is their efforts that keep us fed and nourished, that allow for memorable meals around the table surrounded by loved ones.

We at Frederick County Homesteaders hope that this guide will serve as a connection between families and the farmers who feed them. It is one small step in our commitment to revitalize agriculture in Frederick County. We invite you on this journey with us and encourage you to get to know your local farmer again! The URL provided on the front cover of our guide will take you to our webpage. There, you'll be able to explore opportunities to further support our vision through membership or sponsorship. We greatly appreciate your willingness to partner with the Frederick County Homesteaders in this capacity.

Lastly, I would like to take the opportunity to extend my sincerest thanks to the Frederick County Homesteaders Advisory Board. Rhonda Donadieu, Caleb Fahnstock, Everitte Finch, and Dayna Geraghty, thank you for being a light to our community and a constant reminder of the many blessings we share here in Frederick County, Virginia.

Below, you will find an outline of how best to take advantage of all this guide has to offer. The table of contents contains topical information on categories ranging from canning resources to livestock sales and processing to more traditional options such as farm markets and country stores. The Shop Local Directory and Map serve as a resource for you to identify nearby local options for food grown by our farmers while the business index provides contact details for our sponsors and local farms that may not have been featured in the pages listed but are equally as important in meeting the needs of our community.

We encourage you to explore the pages and seek out the faces behind each farm! If, as you read this guide, a farmer comes to mind who would benefit from being featured in our next edition, we ask that you share this copy with them. Finally, thank you for supporting the Frederick County Homesteaders this Farm Crawl Season!

*Sincerely,*

**SAMANTHA ARMEL, FOUNDER  
THE FREDERICK COUNTY HOMESTEADERS**

Photo Credit: JTR Photography  
Farm Featured: West Oaks Farm



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Photo Credit: Geraghty's MicroFarm

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# SINCEREST THANKS TO OUR SPONSORS:

## BUMPER CROP SPONSORS

*First Light Financial*  
*Solenberger's Hardware*  
*Back to Basics Farm*  
*Signet Marketing*  
*West Oaks Farm Market*  
*Winchester Metals*

## HARVEST SPONSORS

*Geraghty's Micro Farm*  
*Homestead Farm at Fruit Hill Orchard*  
*Willow Moon Farm*  
*Homestead Harvest Non-GMO Feed*  
*Kilmer & Associates*  
*Heritage Group Real Estate*  
*Freedom Ag & Energy Cooperative*  
*Frogale Lumber*  
*Dwayne Dillow, Virginia Farm Bureau*  
*Fox Urban Farms*  
*S. H. Smith Company*  
*Sweet to the Soul Honey*  
*Gentle Harvest*  
*Glass Doctor*  
*Gores Meats*  
*Realty FC*  
*DeHaven's Butchering*  
*Clean Water of Virginia*

## SOW SPONSORS

*Carter Hall Farm*  
*Brett Payne, Virginia Farm Bureau*  
*Ross Lehman, Integrity Home Mortgage*  
*Raccoon Hill Farm*

## SEED SPONSORS

*Briar Farmstead*  
*Wild Feather Farm*  
*Jim's Welding*  
*Maple Springs Anderson Farm*  
*Old Cedar Farmstead*  
*LinkFit Personal Training*  
*TNT Acres*  
*Five Roots Farm*  
*TNT Powerwashing*  
*Shenandoah Refrigeration*  
*TNT Landscaping*  
*Dozer Pharms*  
*Spring Valley Farm Market*  
*Laura's Lemons*  
*Shenandoah Primitives*  
*The Ivy Chest Floral & Decor*

*Production Team:*

Frederick County Homesteaders

Photo Credit: Simple Gifts Farmstead

# BACK TO BASICS FARM

WE BELIEVE IN RAISING HEALTHY, NUTRITIOUS FOOD THAT IS FEEDING THE SOIL AS IT IS BEING FED BY THE SOIL. WE USE GOD'S CREATION AS OUR GUIDE AND FARM THE WAY WE FEEL GOD INTENDED.



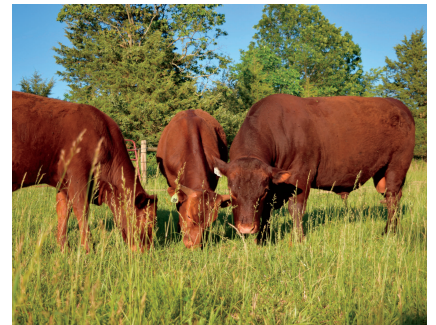
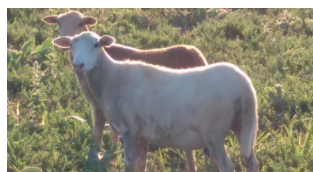
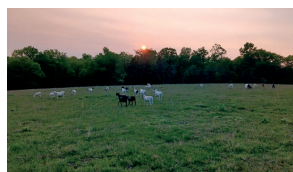
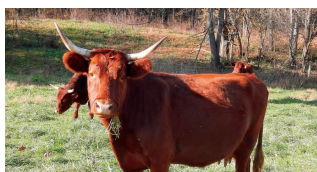
*Caleb & Jaime Fahnestock  
Grass-Fed & Grass Finished- as it should be.*

### GRASS FINISHED BEEF, LAMB, & PASTURED POULTRY

Raised and finished on grass alone. We use a mix of native forages and utilize intensive grazing practices to bring you a well marbled and highly nutritious meat. We breed Red Devon cattle to promote and use the best grass finishing heritage breed. We breed and raise Katahdin sheep to produce a mild flavored lamb enjoyed by all. We raise Cornish Cross to get plump succulent chickens that are great for roasting, barbecuing, making soups, and broths. Sold as whole birds ranging from 3.5 - 7 pounds.

### SUSTAINABLE FARMING

Grass fed has a natural, earthy flavor that is more pronounced than grain finished. It is naturally leaner than grain-fed beef. It is also loaded with other natural minerals and vitamins. Plus it's a great source of CLA (conjugated linoleic acid) a fat that reduces the risk of cancer, obesity, diabetes, and a number of immune disorders. We believe your food should be affordable, healthy, and delicious. We offer a variety of options to meet your family's needs which include: bulk sales in whole, half, or quarter options, curated meat boxes, and individual sales. Orders can be placed online, or contact us by phone or email.



Pick Up Hours:  
By Appointment Only

Delivery Hours:  
Wednesday 8AM-1PM

Contact Us:  
(540) 974-5263  
back2basicsfarm.com  
backtobasicsfarmb2b@gmail.com

B2B is a small family farm. We are proud to provide grass fed and finished beef and lamb. As well as pasture roaming chicken fed with Non GMO-free feed. We love to educate people on the way we farm and why we believe it is so good. Follow us on Facebook for monthly specials, receive tips, and updates!



Photo Credit: Geraghty's MicroFarm

# FARM TO COMMUNITY

## CSAs, CROP BOXES, & MORE!

Community Supported Agriculture (CSA) is the best way to support your local farmer, if you're looking to purchase on a regular basis. CSA's originated in Japan in the 1960's - to help others have a better understanding of where their food came from. The United States adapted this concept in the 1980's. Essentially, members of a farmers local community purchase a share in order to guarantee farm fresh products (whether that's produce, meat, eggs, baked goods, etc.) on a predetermined time frame.

There are several farms in Frederick County that have different types of CSA memberships to meet your needs. We've compiled a list of participating farms and homesteads offering the very best in local produce, meat, eggs, and dairy in keeping with our mission to connect farm to community!

### CSAS AND CROP BOXES

#### Old Cedar Farmstead

Bi-Weekly CSA Baskets May-Aug & Sep-Dec  
Seasonal Veggies, Eggs, Whole Chicken, & more. Pick up 2nd & 4th Friday of the month. See Business Index Page 33 for details.

#### Geraghty's MicroFarm

See page 16 for details...

*Our sought-after CSA is an expert blend of classic flavors and tasty alternatives hand-selected weekly just for you!*

#### Homestead Farm at Fruit Hill Orchard

See page 10 for details...

*Weekly produce bundle to delight your taste buds and ignite your inner chef! Offered seasonally.*

#### West Oaks Farm Market

See page 06 for details...

*Our Seasonal crop box is back! Let us take the guess work out of your grocery list with our assortment of fruits, veggies, and local staples perfect for all palates.*



Photo Credit: Old Cedar Farmstead

## EVENTS & DETAILS

Contact: (540) 539-8175  
 Website: westoaksfarm-market.com  
 Located: 4305 Middle Road Winchester VA

### *BBQ, Brews, and Bluegrass*



Date: July 8th  
 West Oaks Farm Market

### *Peaches and Beaches Festival*



Date: Aug. 5th & 6th  
 Details: Pick your own peaches will also begin around this time, follow us on FaceBook to receive the latest updates & happenings on the farm!

### *West Oaks Crop Box*



Details: June 6th-Fall Harvest  
 No Preorder Necessary Tues-Sat Pick Ups  
 Prices Vary from \$25-\$35 Per Week

### *Friday Nights at West Oaks*



Beginning Friday May 12 5PM-10PM  
 \$10 Admission after 5PM | Farm Market Open



# WEST OAKS Farm Market

The Snapp Family

11th Generation Farming at it's best!

#### About Us:

We are a family-owned and operated agribusiness that has been tilling our land since the early 1700's after receiving our deed from Lord Fairfax. Our farm has been passed down through the family for 10 generations and we are humbled to continue the farming legacy. We are one of the few farms in Frederick County, Virginia that is GAP certified. Our GAP (Good Agricultural Practices) certification ensures our production and handling procedures are performed as recommended by the U.S. Department of Agriculture guidelines. Here at West Oaks Farm, we have acres of fruit trees including apples, peaches, cherries, plums, & nectarines as well as fields of vegetables including sweet corn, tomatoes, peppers, cucumbers, & a WHOLE lot more! All of this produce grows to peak ripeness before being harvested, packed, and delivered to you! Join our weekly Crop Box program and have nutritious and delicious fruits and vegetables coming straight from our farm to your table! We also raise cattle, pigs, & sheep, all with the best care that we could possibly give them!

Farming is not just a job to us; it is a way of life. Joe and Mary Snapp, owners and operators of West Oaks Farm, have a passion for farming, community, and providing the best life possible for their three children.

We encourage you to stop by the Market with your family. During the Spring and Summer months, take advantage of our many outdoor activities such as cut your own flowers, you pick produce, and Friday Nights at West Oaks. We offer other opportunities for our community to learn about agriculture through our field trip programs and more! Here at West Oaks, we are all family. We couldn't do all of this without the hard work of everyone on our team! Thank you for supporting our Farm!





Photo Credit: The Homestead Farm at Fruit Hill Orchard

# CANNING IN *Frederick County*

## CLASSES & RESOURCES

### Canning Safety & Support:

For pressure dial gauge inspections contact the local Frederick Co. Extension Office.

Phone: (540) 665-5699

Canning Classes: Solenberger's Hardware Canning Classes Are Back! See page 08 for the class schedule. All classes will start at 10AM and last for approximately 2 hours. Registration is easy. Call (540) 662-3457 to register. All classes are limited to 25 participants. Please only register if you can attend the class. These classes are sought out and we don't want to turn away those who are eager to learn self-sufficiency. **THANK YOU!**

**SOLEBERGER'S HARDWARE**



Photo Credit: Geraghty's MicroFarm

## INGREDIENTS & SUPPLIES

### Solenberger's Hardware

Referred to fondly by locals as the 'Homesteader's Paradise', Solenberger's proudly holds the *largest* canning and preserving selection in the state of Virginia. Stop in to get your cannin' fix, today!

### LOCAL PRODUCE PURCHASES FOR CANNING:

#### Homestead Farm at Fruit Hill Orchard

Produce Offered: tomatoes, peaches, apples, beans & more

#### Spring Valley Farm Market:

Produce Offered: strawberries, blueberries, peaches, apples, tomatoes, green beans, & more

#### West Oaks Farm Market:

Produce Offered: strawberries, blueberrie, peaches, apples, tomatoes, green beans, & more



# SOLENBERGER'S HARDWARE

JOHN AND PATTI SOLENBERGER

DO UNTO OTHERS AS YOU WOULD HAVE THEM DO UNTO YOU



**YES, YOU CAN!  
SOLENERBERGER'S HARDWARE  
CANNING CLASSES:**

**SATURDAY JULY 1, 2023 10:00AM**

**ARE YOU READY FOR CANNING SEASON?**

Join us for a fun, informative class on getting ready for canning season. We'll learn how to organize our kitchen and canning utensils so we are ready to can when the harvest begins. We'll also do a hands-on demonstration of whatever fruit is freshest, canning it in class for future eating. We will use our Mrs. Wages mixes during this class. It will be a fun way to sample the variety of seasoning mixes that we stock.

**SATURDAY SEPTEMBER 30, 2023 10:00AM**

**EVERYTHING APPLE CANNING CLASS.**

Join us as we share how to make apple butter, apple sauce, freeze dried apples, apple pie filling and apple syrup. This class will give you ideas for a variety of ways to use the abundant apple harvest that we enjoy here in the Shenandoah Valley. We'll show you how we choose to preserve our favorites and we'd love for you to bring your favorite apple recipe to share too!

**SATURDAY AUGUST 5, 2023 10:00AM**

**PRESERVING PEACHES CANNING CLASS.**

We are pulling out our favorite recipes to share just in time for peach season. Should you can or freeze your bulk peaches? We'll share our tips and recipes for peach pie filling, peach jam and peach syrup and the many ways you can enjoy your peach harvest throughout the winter months. We promise this class will be delicious!

**SATURDAY OCTOBER 28, 2023 10:00AM**

**YES, YOU CAN USE A PRESSURE CANNER!!!**

Pressure canning meat and low acid fruits and veggies. In this class we will explain the difference between water bath canning and pressure canning. We will prepare a stew using meat and vegetables and pressure can it for the class. We'll show you the process and let you see the results. We will be using the Presto Electric Digital Pressure Canner and teaching you how easy it is to use.

**WHO WE ARE**

Solenberger's Hardware was started in 1888 as a wagon and farm implements store. Our founder John S. Solenberger was handicapped from a very young age and had to use crutches or a cane to walk. He never let his disability define him. While his siblings worked the farm he learned to take care of the wagons and animals. The knowledge he acquired was used to start this business. While today we no longer sell wagons and farm implements our sales associates go above and beyond in their knowledge of plumbing, electrical, hardware, tools, lawn and garden, paint, sporting goods, housewares and birding. Solenberger's Hardware began at a time when the norm was self-sufficiency. We desire to help our customers return to that lifestyle. Our staff provides the knowledge and know how to get there no matter where you are on your homesteading journey. We'd love to serve you! Come see us.





Photo Credit: The Homestead Farm at Fruit Hill Orchard

# FRUITS, VEGETABLES ORCHARDS & YOU-PICK

## FRUITS & VEGETABLE PRODUCERS

The Homestead Farm at Fruit Hill Orchard  
*Blackberries, Raspberries, Vegetables, & Herbs*

Geraghty's Micro Farm  
*Vegetables, Herbs & Seasonal CSA*

Willow Moon Farm  
*Strawberries, Vegetables, & Herbs*

West Oaks Farm Market  
*Strawberries, Blueberries, Vegetables, & Herbs*

Spring Valley Farm Market  
*Strawberries, Blueberries, & Vegetables*

TNT Acres  
*Blueberries*

## LOCAL ORCHARDS

Homestead Farm at Fruit Hill Orchard  
*Apples, Peaches*

West Oaks Farm Market  
*Apples, Cherries, Peaches, Plums, & Nectarines*

Spring Valley Farm Market  
*Apples, Peaches, & Pears*

## FLOWER FARMS & CUT YOUR OWN

Dozer Farms  
*Dahlias, Cut Your Own*

Homestead Farm at Fruit Hill Orchard  
*Sunflower & Flower Fields, Cut Your Own*

Simple Gifts Farmstead  
*Cut Your Own - By Appointment*

West Oaks Farm Market  
*Cut Your Own*

Willow Moon Farm  
*Speciality Flowers, Cut Your Own*

## YOU-PICK

Homestead Farm at Fruit Hill Orchard  
*Blackberries*

West Oaks Farm Market  
*Strawberries, Pumpkin Patch*

TNT Acres  
*Organic Blueberries, By Appointment*

**DETAILS & EVENTS**

2502 N. Frederick Pike Winchester VA 22603  
 Hours: Wed-Sat: 10-5 | Thurs: 10-9 | Sun: 12-4  
 thehomesteadfarmatfruitorchard.com

*Bluegrass on the Farm*



Details: Bluegrass on the Farm  
 Thursdays | June 29 - Nov 2nd | 7PM-9PM  
 Country Dinner served 6PM-7PM  
 Music is free | Bring a lawn chair

*Sunflower Festival*



Date: Sept. 9th, 2023  
 Tickets: Online or at the Door  
 Enjoy: Sunflower Field, live music, hand-dipped ice cream, kids games/face painting, 50+ local vendors, food trucks, & flower picking (not included with ticket)

*Seasonal Produce Bundle*



Produce Bundle: Like a CSA, we have a weekly produce bundle that includes our homegrown produce along with other store goods (ex: meat, canned goods, honey, etc.)

*Farm Market*



Time: 10AM-2PM  
 Dates: Every Saturday Starting July 1st 2023  
 Details: Fresh farm produce, goods, & crafts produced by local farmers and vendors.



**THE HOMESTEAD FARM**



*At Fruit Hill Orchard*

*Emily Warren & Katherine Solenberger  
 Organically Grown Non-GMO Produce*

**OUR STORY**

The Homestead Farm at Fruit Hill Orchard was established in 2016. Owners Katherine Solenberger and daughter, Emily Warren, opened this farm market to offer homegrown, healthy and local produce to their neighbors or folks passing through. The Homestead Farm has been in the Solenberger family for five generations. Great-great grandfather James Thwaite began growing apples here in the mid 1800's and the family has continued the tradition of large-scale commercial apple production to this day formerly known as Fruit Hill Orchard.

**ROOTED TRADITIONS**

Our family starts apple harvest season by making applesauce using Lodi apples. Lodi apples are a tart, early season apple that makes a delicious, tangy applesauce unlike any other. Bessie Smalts Solenberger (Mama Bee) has continued her family's tradition of making applesauce that has been passed down through the generations and shares this tradition with her daughter, Katherine Solenberger and granddaughter, Emily Warren. Lodi applesauce is served at every family gathering and many cherished memories have been made while making and eating "Mama Bee's" applesauce.

# FOX URBAN FARMS

FOX URBAN FARMS, IS A HYDROPONIC CONTAINER FARMING VENTURE SERVING THE CITY OF WINCHESTER, VA WITH HYPER-LOCAL, FRESH, DELICIOUS LETTUCES, LEAFY GREENS, MICRO-GREENS, HERBS, AND EDIBLE FLOWERS YEAR-ROUND.

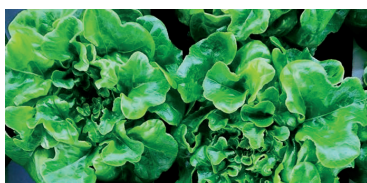


*John & Ann Fox  
Hyper-local, Fresh, Delicious, & Nutritious*

## HYDROPONIC PRODUCE

We grow many varieties of Lettuces, Leafy Greens, Herbs, Micro-Greens, and Edible Flowers. All of our products are grown without pesticides and herbicides. Our products are hyper-local and will go directly from the farm to the customers on the same day. We also work with local restaurants, caterers, bakers, breweries, cideries, meaderies, and distilleries to provide specialty and hard to find products, both consistently and reliably.

Fox Urban Farms is a Vertical Hydroponic Farm. Hydroponic farming utilizes nutrient rich water instead of soil to grow products. Our farms grow products vertically in order to maximize the small footprint of our units. Each of the units has 320 square feet and can produce the same yield as a traditional 2 1/2 acre plot of land. That's over 5 acres of products in 640 square feet. Controlled environmental agriculture is a technology-based approach to food production. The aim of CEA is to provide protection from the outdoor elements and maintain optimal growing conditions year-round throughout the development of the crops.



Fox Urban Farms exists to increase local fresh food options in an urban setting and mitigate increasing food supply chain and quality issues.

Orders: Online store opens on Wednesday evening for pick up Saturday

Follow us on social media for updates & tasty recipes from Ann!

Connect:  
(540) 486-4905  
@foxurbanfarms  
foxurbanfarms.com  
Eatlocal@foxurbanfarms.com  
1001 S. Loudoun St Winchester VA

# MEAT, DAIRY, EGGS, & HERDSHARES

WE'VE GOT BEEF. LITERALLY. OUR FARM FRIENDS HAVE BEEN WORKING HARD RAISING QUALITY PRODUCTS YOU'LL BE PROUD TO SERVE AT SUPPER TIME.

## Back to Basics Farm

Our friends at B2B Farm offer a mouth-watering assortment of farm fresh beef, lamb, & poultry options that'll make your taste buds tingle. See details see page 04.

## Briars Farmstead

These folks no punches when it comes to offering wholesome pasture raised chicken, eggs, pork, and grass fed & finished beef. They also have affordable herdshare options, making them an all in one stop...See page 33 on the Business Index.

## Carter Hall Farm

Carter Hall specialize in raising Heritage Breeds Livestock: Berkshire Pigs, Hog Island Sheep, American Milking Devon Cattle, & Nigerian Dwarf Goats. For details see Business Index on page 33.

## DeHaven's Butchering

With over 30 years of experience raising & butchering Black Angus and Hereford lines, Carl has perfected his craft. He offers quarters, halves, & whole options for all to enjoy. Details on page 19.

## Geraghty's Micro Farm

From pastured chicken & pork to tasty cuts of beef the folks at Geraghty's offer something for everyone! Check out page 16 for all the details.

## Willow Moon Farm

More than just a green thumb, try their pastured eggs, pork, & more. Available for pick up from their self-service farm stand. Details on page 14.

## Wild Feather Farm

Open on Saturdays, stop in and sample their assortment of eggs, cheese, milk, and meat such as chicken, pork, or beef! See the Business Index on Page 34 for details.

## Raccoon Hill Farm

Look no further for your raw milk herdshares and pastured brown eggs. Learn more on page 33.

## Five Roots Farm

Self service farm stand open for your convenience from dawn to dusk. They've got your eggs, bread, jam and free books! See the Business Index on page 33 for details.

## Old Cedar Farmstead

Need meat, eggs and produce? Ask about their farm baskets! Goat milk shares for those interested in milk or cheeses. See page 33 for details.

## Hidden Pines Homestead

Take dinner to the next level with Coturnix Quail! Quail eggs are also available for purchase. See page 33 for details.



Photo Credit: Top and Middle- Geraghty's Micro Farm  
Bottom- Old Cedar Farmstead

# FEED, SUPPLIES, PLANTS, & GARDENING

FROM SEED STARTS TO CHICKEN FEED,  
WE'RE SPILLING THE TEA ON ALL THINGS  
HOMESTEADY-ISH BELOW:



Photo Credit: Top Homestead Harvest, Middle Homestead Farm at Fruit Hill Orchard, Bottom, Solenberger's Hardware

## FEED, SUPPLIES, PLANTS, & GARDENING:

### Freedom Ag & Energy Cooperative

From chicken feed to seed starts the folks at Freedom Ag have what you need and then some! For additional details see page 30.

### Homestead Harvest Non-GMO Feed

Ain't no business like the feed business. Who better to craft the perfect blend of wholesome ingredients for your animals than 7th Generation Farmers who use it themselves? Check out our pals at Homestead Harvest on page 30 to learn more.

### Spring Valley Farm Market

Our friends over the mountain don't hold back when it comes to planting season! You'll find an assortment of flowers and veggies just outside their farm market during planting season. See the Business Index on page 34 for details.

### Solenberger's Hardware

From gardening to beekeeping supplies Solenberger's Hardware is a one-stop shop for all your homesteading needs this season. For details see page 08.

### The Homestead Farm at Fruit Hill Orchard

Our friends at the Homestead Farm are a one-stop shop for organic gardening in Fred. Co. Not sure what you need? Be sure to ask our pal, Emily, she's a wealth of knowledge for all things farm related. See page 10 for more details!

### West Oaks Farm Market

If you'd been farming since before the formation of our nation you'd be considered an expert too. Our friends at West Oaks have a wide selection of local plants that'll make your garden shine this season! See page 06 for details.

### Wild Feather Farm

Free-spirited and full of spunk, our friends at Wild Feather Farm are an official seed supplier of Sunrise Farms feeds. For details see Business Index Page 34.

### Willow Moon Farm

Known for her green thumb Sara has cultivated a masterpiece of Certified Naturally Grown fruits, veggies, and herb starts that are the perfect addition to any garden. See page 14 for details.

**SIGNIFICANT DATES & EVENTS**

1570 Ebenezer Church Rd Gore, VA 22637

**Self Service Farm Stand**

Daily | Dawn - Dusk | Opening July 1st  
Offering: Specialty flowers, Certified Naturally Grown eggs and plants. Pick up location for online orders and subscriptions.

**Chicken Processing Workshop**

Late Summer 2023

**Herbalism 101**

Learn more about herbal properties and how to utilize their benefits, old fashioned lard soap making.

**Slow, Farm-Made Skincare**

Our products are handcrafted with the purest & freshest ingredients. We work with whole plant matter, infusing the medicinal herbs into organic oils & butters for 8+ weeks. We take these infusions & create our herbal creams, lotions, toners, salves, goats milk soaps & much more.



WILLOW *Moon Farm*



Sara & Brian  
*From our Farm to your Home*

**WHO WE ARE**

We are Sara and Brian with Willow Moon Farm. Our homesteading journey began in 2016 when I (Sara) was on a mission for a healthier way of living. What started as creating my own organic skincare products, blossomed into much more over the years. With a passion for farming and transparency, Willow Moon Farm offers farm-made herbal infused skincare products, specialty flowers, pasture raised Non-GMO Kunekune pork, chicken, eggs and plant starts. Through regenerative and humane practices, we raise our livestock with the utmost care from start to finish. All of our meat and eggs are antibiotic free and hormone free. We believe "How it's raised matters". We are the first and only farm to be Certified Naturally Grown in Frederick County. We take pride in providing the community with the healthiest farm products possible. We also offer quality breeding stock from our herd of Kunekune pigs and Nigerian Dwarf goats. Send us an email if you'd like more information and how to get on our waitlist.

When you support our small farm, you are supporting ethical farming and a family business, thank you!

We will be offering samples of our specialty pork at the farm crawl along with exclusive farm tours and sharing you entire operation.

# FARM

## MARKETS, STANDS, & COUNTRY STORES

*"Agriculture is the oldest and most central activity in human history." -Rory Groves, Durable Trades*

### FARM STANDS

#### Five Roots Farm

Self-Service Farm Stand Open Daily Pastured duck & chicken eggs, baked goods, jams, sheep's milk soaps, handcrafted gifts, & more. See Business Index for details.

#### Willow Moon Farm

Self Service Farm Stand Open Daily Dawn-Dusk Specialty flowers, Certified Naturally Grown eggs and plants. Pick up location for online orders and subscriptions. See page 14 for details.

### FARM MARKETS

#### Wild Feather Farm

Open Sat 10AM-3PM Fruits, veggies, meats, & more. See Business Index for details.

#### West Oaks Farm Markets

Open Daily Local produce, dry goods, and more. See page 06 for details.

#### Spring Valley Farm Market

Open Daily | Fresh fruits, veggies, eggs, meat, & dairy. See Business Index for details.

#### Geraghty's Micro Farm

Sun 12PM-4PM Hand-selected options from our farm to your table. See page 16 for details.

### COUNTRY STORES

*One of the few remaining country stores in the county, The Homestead Farm at Fruit Hill Orchard is blazing the trail in an effort to revitalize agriculture in our valley. A melody of old and new, their Farm provides locals a taste of down home tradition mixed with modern farm practices.*

#### The Homestead Farm at Fruit Hill Orchard

Considered both a farm market & country store our seasonal opening is June 24th, 2023. Shop our homegrown produce, other local farm goods, and food. Check out our farm page 10 for details on our upcoming Homestead Farm Market Saturdays!



Photo Credit: Top- Geraghty's Farm Market, Middle- Five Roots Farm, Bottom- The Homestead Farm at Fruit Hill Orchard





## SIGNIFICANT DATES & EVENTS

### Geraghty's Market

EVERY SUNDAY 12 - 4  
1659 APPLE PIE RIDGE ROAD

### Geraghty's Micro Farm CSA

<https://www.gmicrofarm.com/>  
Produce, Pasture Raised Chicken, Farm  
Fresh Eggs  
Early June-Late October

### 2nd Annual Customer Appreciation Day

1659 Apple Pie Ridge Rd Winchester, VA  
Date: August 20th | Time: 12PM-4PM

### Chicken Processing Workshops

When: 07.04.23 & 08.12.23. | Time: 10AM-1PM  
Description: From where to source your  
chicks, what meat breeds are available, care  
from day one to harvest, to humanely  
processing them. You will leave with the skills  
to do it yourself, documents to reference for  
the future, and one fresh pasture raised  
chicken to enjoy.



# GERAGHTY'S *MicroFarm*



Josh & Dayna Geraghty

Get to know your local farmer again.

## WHO WE ARE

Originally, our goal was to educate others by sharing our day-to-day successes and struggles in hopes that we could inspire others to grow their own food. That goal hasn't ended, but we realized there was a need to do more. We knew this may not be an option for others which is why we decided to start providing our local community with high quality, farm fresh products.

Unless you grow your own food or personally know your local farmer it's impossible to truly know what you're eating. Looking to have farm fresh products weekly, but don't have the means to grow it yourself? Leave that part to us.

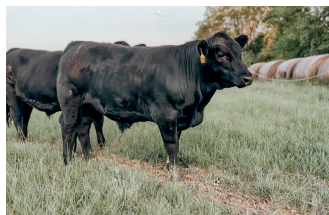
When we started Geraghty's Micro Farm, our goal was to provide our family meals that came solely from our property. Let us give you the same opportunity to experience how fresh, home grown food differs from what you pick up at the local grocery store.

We are very transparent with how we raise our livestock and grow your food. Each and every animal enjoys the benefits of being rotationally grazed out on pasture. They are raised on locally sourced, whole grain, GMO free feeds from [Homestead Harvest](#), located in Clear Spring, MD.

A question we commonly receive is *what is a Micro Farm* and what exactly qualifies us as one?

When starting our homestead originally, we realized we are on a rather small footprint compared to the other farms around us. Which resulted in needing to maximize every square foot of our property and we wanted to give our farm a name to set us a part from larger farms.

We are adamant about showing others that you can do a lot with a little. It just takes good management skills. We rotationally graze all our animals, which in turn allows us to always have lush pasture readily available for them with each move. What used to be our front yard has turned into a space we grow food.



# SWEET TO THE SOUL HONEY



ANNETTE, SETH, & JAIME ARE LONG-TIME FREDERICK COUNTY LOCALS TURNED BEEKEEPERS WHO DISCOVERED THE SWEET SUCCESS THAT COMES WITH HARD-WORK & A LITTLE PRACTICE. THEY SPECIALIZE IN PRODUCING THE VERY BEST IN LOCAL HONEY WHICH CAN BE PURCHASED ONLINE OR IN PERSON.



*Annette, Seth, & Jaime McManigle  
Meadowbrook Farm, Middletown Virginia*

**ABOUT US:**

Sweet to the Soul Honey was born out of a desire to provide local honey for our family and community. After several years of trial and error we finally have a growing apiary. Our hard work and financial investment is paying off. We sell all of our honey locally through our Facebook page, at Solenbergers True Value Hardware and Shaffers BBQ. Here at Sweet to the Soul Honey we are incredibly fascinated by the workings of a bee hive! Bees are such intricate and complex creatures that proof of intelligent design is undeniable. Each bee has its role in the hive and works for the survival of entire hive. The role of the ever important queen as well as the foragers, nurse bees, guard bees and drones create a community that are dependent upon unity for survival. The importance of bees to the world outside the hive is also fascinating. Though there are other pollinators, honey bees are the only ones that produce honey and pollen in such abundance that we can collect it for our use and still leave them all they need. Here at Sweet to the Soul Honey we harvest honey three times a season. We typically hold a "bring your own jar" honey sale at the farm a week after we harvest honey. Our honey varies in color depending on the available sources of nectar at different times throughout the spring and summer. We have berries, fruit trees and an annual garden on our property for our own consumption and these busy bees increase pollination for maximum yield.



Connect:  
(540) 533-1706  
FB: @sweettothesoulhoney  
Email: sttshoney239@gmail.com  
239 Klines Mill Rd, Middletown, VA

"Kind words are like honey, sweet to the soul and health to the body."  
-Proverbs 16:25

BYOJ dates - Typically the end of May, end of June and end of August. Check our Facebook page for details. We will post there when we have an onsite sale.



# SPECIALTIES

## & ARTISANAL FAVORITES



Photo Credit: Willow Moon Farm

### APIARIES & LOCAL HONEY

The Homestead Farm at Fruit Hill Orchard  
see page 10 for details

Sweet to the Soul Honey  
see page 17 for details

Carter Hall Farm

See Business Index page 33 for details

### FOOD & BEVERAGES

Laura's Lemons

See Business Index page 33 for details

### HANDMADE GOODS

Maple Springs Anderson Farm

See Business Index page 34 for details

Shenandoah Primitives

See Business Index page 34 for details

Simple Gifts Farmstead

See Business Index page 34 for details

Five Roots Farm

See Business Index page 33 for details

Willow Moon Farm

See Page 14 for details

Carter Hall Farm

See Business Index page 33 for details

Watchman Stove

See Page 24 for details

The Ivy Chest Floral & Decor

See Business Index page 34 for details

### SPECIALTY CHEESES

Old Cedar Farmstead

See Business Index page 33 for details



# DEHAVEN'S *Butchering*

*Carl DeHaven*  
*Butcher, Farmer, & Family Man*

## COMMUNITY TIES

Carl DeHaven has lived in Frederick County for over 60 years. He's a Butcher, a Farmer, a Family Man, and he loves being all of those! He owns and manages 300+ acres around Frederick County where he raises Registered Black Angus and Registered Herefords. Folks can choose either of those or what he calls a British Cross that combines the best traits of both.



## WHAT HE OFFERS

Carl's farm offers both Grain-fed and Grass-fed beef, all bred, born, raised, and processed on farm, as well as all meat cut to order per his customer's specific requests in Quarters, Halves, or Whole. You can bring your own cow, pig, or lamb into DeHaven's Butchering for processing as well!

Carl DeHaven has more than 30 years of Butchering Experience, and he's certain that he can provide a much higher quality product than you can buy in the supermarket! Give Carl a call at 540-247-8542 and let him know what you'd like! DeHaven's Butchering is located at 360 N. Hayfield Rd Winchester, VA 22603.



Photo Credit: Back to Basics Farm

# LIVESTOCK SALES AND PROCESSING

## PROCESSING

### DeHaven's Butchering

See Page 19 for details...

With over 30 years of experience, DeHaven's Butchering offers custom processing services for quarters, halves, or whole options.

### Gentle Harvest Custom Processing

See page 31 for details...

With an emphasis on regenerative practices and sustainability, Gentle Harvest serves the local farming community with Certified Humane® and USDA Organic Butchering and custom livestock processing.

### Gore's Custom Slaughter & Processing

See page 31 for details...

With an emphasis on quality service, attention to detail, and heart for their community there's a reason why Gore's Custom Slaughter & Processing remains a cornerstone of our farming community.

## LIVESTOCK SALES

### Geraghty's MicroFarm

See page 16 for details...

Their award-winning Kunekune pigs aren't just for show! Don't forget to ask about their mentorship program.

### Willow Moon Farm

See page 14 for details...

Their renowned goat's milk skincare line isn't all they are known for! ADGA-registered Nigerian Dwarf Goats and Kunekune pigs are also bred and raised for purchase through their farm.



Photo Credit: Geraghty's MicroFarm

# FREDERICK COUNTY SHOP LOCAL DIRECTORY

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## Farm Markets, Stands, & Country Stores

- Carter Hall Farm...1
- Five Roots Farm...2
- Geraghty's MircoFarm...3
- Spring Valley Farm Market...4
- The Homestead Farm at Fruit Hill Orchard...5
- West Oaks Farm Market...6
- Willow Moon Farm...7
- Wild Feather Farm...8

## Feed, Supplies, Plants, & Gardening

- Homestead Harvest Non-GMO Feed...9
- Freedom Ag & Energy Cooperative...10
- TNT Landscaping...11

## Fruits, Vegetables, Orchards, & You Pick

- Dozer Farms...12
- TNT Acres...13
- Simple Gifts Farmstead...14
- Willow Kreek Farm...15

## Hardware, & Equipment

- Frogale Lumber...16
- Solenberger's Hardware...17

## Livestock Sales & Processing

- DeHaven's Butchering...18
- Gentle Harvest Custom Processing...19
- Gore's Fresh Meats, Custom Slaughter & Processing...20

## Meat, Dairy, Eggs, & Herdshares

- Back to Basics Farm...21
- Briars Farmstead...22
- Raccoon Hill Farm...23
- Old Cedar Farmstead...24
- Hidden Pines Homestead...25

## Specialties & Artisanal Favorites

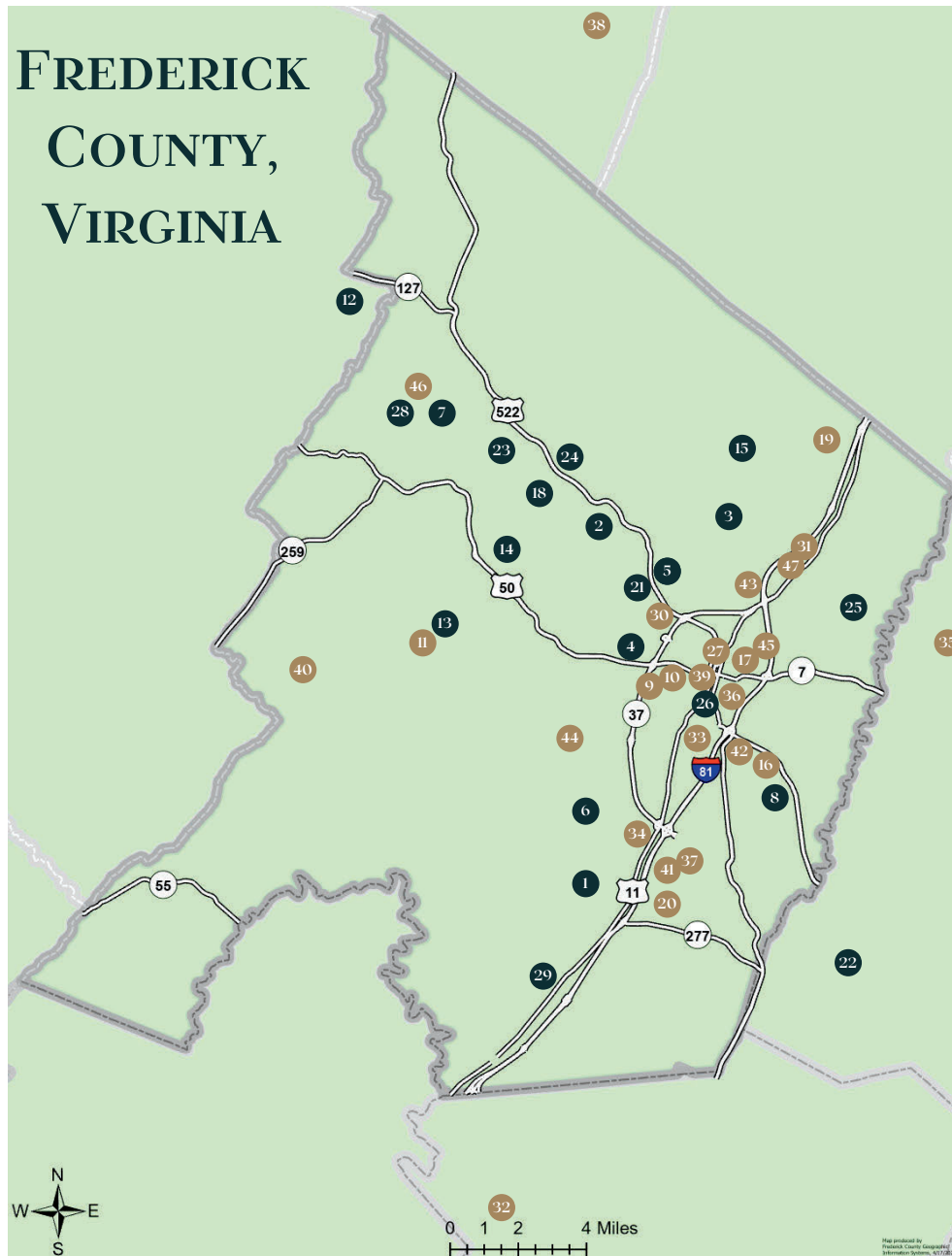
- Fox Urban Farms...26
- Laura's Lemons...27
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- Sweet to the Soul Honey...29
- Shenandoah Primitives...30
- Watchman Stove...31

## Services & Trades

- Brett Payne, VAFB Insurance...32
- Clean Water of Virginia...33
- Dwayne Dillow, VAFB Insurance...34
- First Light Financial...35
- Glass Doctor of Winchester...36
- Heritage Group Real Estate...37
- Jim's Welding...38
- Kilmer & Associates...39
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- Ross Lehman, Integrity Home Mortgage...42
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- TNT Powerwashing...46
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"PURSUING THE ROOTED LIFE IS MORE THAN JUST GROWING FOOD OR GETTING HEALTHY OR SAVING MONEY. THE ROOTED LIFE IS ABOUT CULTIVATING ABUNDANCE AND WELLNESS AND JOY. IT'S ABOUT PEACE AND PURPOSE- THE ELEMENT OF LIFE IS CRITICAL."- JUSTIN RHODES  
THE ROOTED LIFE

# FREDERICK COUNTY SHOP LOCAL MAP



**HOW TO USE THE MAP & DIRECTORY:**

All Farms and Supplementary Farm Related Locations such as Markets, Stands, Country Stores, etc. are identified by their corresponding Directory number and BLUE pin. Our sponsors and agriculturally related services can be identified by their corresponding Directory number and GOLD Pin.



Photo Credit: Winchester Metals

# HARDWARE & EQUIPMENT SERVICES & TRADES

## HARDWARE & EQUIPMENT

**Frogale Lumber**  
The best in lumber supply.  
See page 28 for details...

**Solenberger's Hardware**  
135 years of quality service from experts in  
Hardware & Supply. See page 08 for details...

## LOCAL TRADES

**Jim's Welding**  
Welding Services, See Business  
Index on Page 33 for details...

**Shenandoah Refrigeration**  
Heating, Cooling, & Ventilation Services,  
See Business Index Page 34 for details...

**S.H. Smith Company**  
Adding value to homes...Valuing people.  
Renovation services. See page 28 for details.

**TNT PowerWashing**  
Power washing specialists.  
See Business Index Page 34 for details...

**Winchester Metals.**  
Experts in Steel Distribution &  
Manufacturing See Page 24 for details...

**Glass Doctor of Winchester**  
Glass Services for Home, Auto, & Business.  
See page 32 for more details.

## NEARBY SERVICES

**Brett Payne, VAFB Insurance**  
Insurance for home, auto, farm, &  
business. See page 33 for details...

**Clean Water of Virginia**  
Offering clean water solutions for home  
and business. See page 32 for details...

**Dwayne Dillow, VAFB Insurance**  
Specializing in Farm & Agribusiness  
ventures, Auto, Home, Business, and Life  
Insurances. See page 29 for more details...

**First Light Financial**  
High-quality financial planning and client  
services for all. See page 25 for more details...

**Heritage Group Real Estate**  
Making Real Estate Simple.  
See page 26 for more details...

**Kilmer & Associates**  
Personalized financial guidance for the  
individual & business. See page 29 for details...

**Signet Marketing**  
Screen Printing & Embroidery Experts.  
See page 27 for details...

**Ross Lehman, Integrity Home Mortgage**  
Mortgage Loan Originator NMLS ID  
#1736860 See Page 34 for details...

**Realty FC**  
It's not a transaction. It's a relationship.  
See page 26 for additional details.

**LinkFit Personal Training**  
In home, in gym, outdoors, all ages  
See Business Index Page 33 for details...





# WINCHESTER *Metals*

*WinchesterMetals.com*

*Our team is passionate about metalworking, and we love nothing more than helping people bring their projects to life. We're proud to be a part of the community, and we're always here to help.*

Winchester Metals, a third-generation business, has a long and proud tradition. Our origins reach back to 1917. We are a family-owned, local company. The friendly and knowledgeable staff at Winchester Metals leverages our collective experience and expertise, helping clients achieve their goals, regardless of the scope of the particular project. Services include: Precision Braking , Mitsubishi 8K Fiber laser w/automation, Precision/Production Sawing, Plasma and Bevel Cutting, Robotic Welding (2 now in production), Dragon Plasma Tube/Pipe Cutting System, Structural Fabrication, Other services...



## THE WATCHMAN STOVE

[WWW.THEWATCHMANSTOVE.COM](http://WWW.THEWATCHMANSTOVE.COM)

The most well-built, efficient and rugged rocket stove on the market is The Watchman Stove. This outdoor, wood burning stove is the perfect meeting of campfire and grill. Made from heavy gauge steel and hand welded, this stove will last for generations. Steaks, stir fry, veggies, or cast iron skillet cooking, The Watchman Stove has you covered.



# FIRST LIGHT *Financial*

Mike Danjczek & Kristen Money  
FirstLightFinancialPlanning.com

*Our vision is to give people access to high quality financial planning and client service. Regardless of their net worth, we aspire to give our clients a guiding light to follow.*

We believe that everyone has a path to financial freedom but not every family's path is the same. We do not believe in a one size fits all approach when it comes to your financial plan. We are committed to a planning process that will shed light on the path that our clients need to follow. We believe that trust comes from transparency and honesty. We do not side step the tough conversations but address them with you. As your financial planners we will come alongside you and guide you on the path to your personal success.



## OUR SERVICES

With a combined experience of almost 40 years in the financial industry, our expertise brings a unique insight to our industry. Kris and Mike started working together in 2018. Quickly recognizing the need for personalized financial planning and advanced client service, they created a client experience that leverages each of their individual strengths and industry experience. By focusing on the best interests of their clients, with a shared vision for the highest quality of financial planning and client service, they began to build deep and impactful relationships, and thus founded First Light Financial Planning.



# REALTY FC



Broker & Owner, Chris Hild

Licensed in VA, & WV  
640 Warrior Dr #105, Stephens City VA 22655  
Visit Us: RealtyFC.com Call: (540) 931-0144

At Realty FC we understand this is one of the largest transactions you may encounter for yourself and/or your family. Which is why we put so much attention into each small detail throughout the process. You won't find our professionalism with just any broker. At the same time, Realty FC believes in growing as a family. What sets us apart from others is building and maintaining lasting relationships with each one of our clients, well after closing. Our commitment to you is to ease the stress and take some pressure off your shoulders as you navigate through each step. Our goal is to make the process enjoyable. We value the trust you put into Realty FC and hope your experience is so smooth you return for all your future needs and refer your friends and family to us.

# HERITAGE GROUP REAL ESTATE

(540) 664-5104 | samarmelfc@gmail.com  
640 Warrior Dr #105 Stephens City, VA 22655  
VA & WV Licensed Realtor® | Broker Chris Hild



Samantha Armel, REALTOR®  
heritagehomesofwinchester.com

At Heritage Group Real Estate, we believe every home matters. As our namesake suggests our focus is on cultivating relationships with those we serve to better support them throughout the real estate process. We take growing our community seriously, and believe legacies are built at home. Through attention to detail, intentional planning, and asking the right questions, we ensure our clients are equipped to thrive- wherever life takes them.





# SIGNET Marketing

Veteran Owned Business  
Visit Us: [Signetmktg.com](http://Signetmktg.com)

*Customized solutions, creative visuals, and experienced staff take your idea from design to powerful brand. We will give you products that reflect who you are and the pride you take in your work.*

Since 1987, we have partnered with our clients to help them tell their stories. We believe that each of you deserves products that exude pride in who you are and what you do—whether you're a family screening tees for your annual reunion or a corporation embroidering logos for a retreat. We have seen the capability of well-screened tees, colorful vehicle wraps, and logoed mugs to build confidence in who you are, what you do, and what you offer your community. To that end, we pursue excellence in all we do so you can continue to excel in all you do.



## OUR HISTORY

Signet Marketing's story begins in 1987 in a single warehouse off of Route 7 in Winchester, Virginia. Then known as Signet Screen Printing and Embroidery, the growing company added additional services, more warehouses, and even hired our longest employed person. Our office manager, Cathie Levi, started working for us in 1989, and you can still catch her in the front office today! Signet eventually grew to our current location on Fort Collier Road. Then in 2006, current owners Richard and Darlene Kent purchased Signet. Their son Steven Kent operates outside sales and son David Kent serves as VP of Operations. In 2017, Signet rebranded to Signet Marketing due to the numerous products and services we now offer! Through Signet's hard work, we can partner with many community organizations and local businesses in the Northern Shenandoah Valley and Northern Virginia regions. We're proud to be a family run business and bring that pride into everything we do. We're also a veteran owned business, so we understand the high value of loyalty and commitment. This impacts both our customer relationships and our staff relationships. Each and every member of our team plays a key role in our success: including our 4-legged mascot, Pepper!



# FROGALE

# Lumber



## HOURS & LOCATION

Location: 119 Arbor Court, Winchester VA  
Web: Frogalelumber.com | Phone: (540) 678-4522  
Hours: Mon-Fri 7:00 AM - 2:30 PM | Sat-Sun CLOSED

## WHO WE ARE

Frogale Lumber has been providing quality lumber to Frederick County for over 60 years. As a dedicated family-run business they pride themselves on quality service and expert advice. Concentrating on decking, windows, doors, and trusses their selections tower above those of their competitors. Their heart for giving back has made Frogale Lumber a cornerstone of our community.



**Additional Supplies:** Lumber, Engineered Wood, Plywood & OSB, Building Materials, Composite Decking, Doors, Moulding & Trim

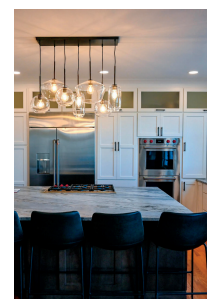
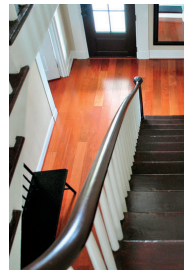
# S.H. SMITH & Company

## HOURS & LOCATION

Phone: (540) 486-4828 | Web: shsmithcompany.com  
Location: 5867 Cedar Creek Grade Winchester, VA 22602

## WHO WE ARE

Adding value to homes...VALUING PEOPLE.  
We're a locally owned and operated company that values honesty and integrity in all aspects of our business, and stands behind our work. We specialize in a variety of home improvement and home repair projects, from kitchen and bathroom remodels to smaller handyman-related tasks. Our services are customized to the individual project, paying close attention to the details of each project that we're involved with. We look forward to building long-term relationships with our clients and guarantee your satisfaction! We value people while adding value to their home!



**Additional Information:** Licensed & Insured. Completing projects that include home renovations – including barns, additions, fire/water restoration, decks/screened porch/patio, new build.



Photo Credit: Top- Geraghty's Micro Farm

# KILMER & ASSOCIATES



Call: (540) 678-9497  
Visit Us: [kilmercpa.com](http://kilmercpa.com)  
120 S Stewart Street, Winchester VA 22601

For years, Kilmer & Associates, CPA, P.C. has been providing quality, personalized financial guidance to local individuals and businesses. Our Winchester, VA CPA firm's expertise ranges from basic tax management and accounting services to more in-depth services such as audits, financial statements, and financial planning. We are one of the leading CPA firms in and throughout Winchester. By combining our expertise, experience and the team mentality of our staff, we assure that every client receives the close analysis and attention they deserve. Our dedication to high standards, hiring of seasoned tax professionals, and work ethic is the reason our client base returns year after year.

## DWAYNE DILLOW VIRGINIA FARM BUREAU INSURANCE



**Dwayne Dillow**  
(540) 869-8650

(Be sure to mention Your Friend For Life, Dwayne)

Excellent Customer Service in my #1 Priority!!  
Insurance Agent with Virginia Farm Bureau Insurance. Specializing in Farm (including Agribusiness ventures), Auto, Home, Business, and Life Insurances.

Customer Review:

*"While searching for home, vehicle, farm & life insurance I quickly realized there were little to no companies that could check off each box. After working with Dwayne for 6 years now, I can confidently say he is extremely knowledgeable in each of these areas & is always willing to go the extra mile to have the coverage we need, at an affordable price. I am constantly referring individuals to him, that's how pleased we are with the service we receive."*

Connect: [www.vafb.com](http://www.vafb.com)  
Email: [dwayne.dillow@vafb.com](mailto:dwayne.dillow@vafb.com)  
Stop In: 125-300 Prosperity Drive, Winchester, VA 22602



Photo Credit: Top-Five Roots Farm  
Bottom- Dehaven's Butchering

# FREEDOM AG & Energy Cooperative



## OUR HISTORY

Freedom Ag & Energy is a farmer-owned cooperative with locations in Maryland, Virginia and West Virginia each with a rich tradition of serving the agriculture & energy needs of their communities. When you come to Freedom Ag & Energy, you'll see we are so much more than a farm store. In addition to our traditional ag business Stop by and say hi to our friendly and familiar faces!

## HOURS & LOCATION

Location: 447 Amherst St Winchester, VA 22601  
 Web: FreedomAgandEnergy.com | Phone: 540.662.0375  
 Hours: Mon-Fri 7:30AM-6PM | Sat 7:30AM-4PM | Sun CLOSED

Additional Services: Bulk Feed Delivery or Pick Up, Seed for Production Farms, Feed & Farm Supplies Delivery, 24/7 Fuel Pump, Heating Oil Delivery, Propane Delivery, On & Off Road Desiel Delivery

# HOMESTEAD HARVEST

## Non-Gmo Feeds

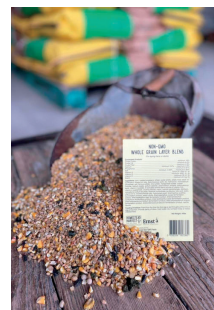
### OUR HISTORY

Homestead Harvest makes premium whole grain Non-GMO Feeds for chickens, pigs, goats, sheep, and cows on their family's farm in Western Maryland. Their Non-GMO feeds, made with zero byproducts, are nutrient dense with minerals, probiotics, essential oils, herbs, and other natural supplements. The Non-GMO Grains used in their feeds go through limited processing, feed blending techniques to ensure the optimum quality feeds for their customers.

Straight from the farmers.

### HOURS & LOCATION

Web: hhfeeds.com | Email: josh@hhfeeds.com  
 Hours: Mon-Fri 8AM-5PM | Sat 8AM-12PM | Sun CLOSED  
 Location: 13646 Broadfording RD Clear Spring, MD 21722



PROUDLY MADE ON OUR 7TH GENERATION FAMILY FARM.

Feeds Offered: Poultry & Fowl, Swine, Ruminants and Grazers, Non-GMO Grains, Custom Feeds & More!



# GORE'S



FRESH MEATS AND CUSTOM  
 SLAUGHTER & PROCESSING INC.  
 PROUDLY SERVING THE SHENANDOAH  
 VALLEY FOR OVER 60 YEARS. VISIT US  
 AT GORESMEATS.COM.

### WHO WE ARE:

In 1961, Fred Gore recognized a need within the farming community. He and his father "Pop", were among many farm families in the area to butcher their animals outdoors, exposed to the elements. These farmers would work against the clock to butcher, cut, and package meat in as short amount of time as possible. Understanding the needs of their fellow farmers and recognizing the necessity, Gore's Custom Slaughter and Processing Inc was born. Dedication and trust are two words synonymous with the Gore family legacy in Frederick County. They continue to serve our community through custom processing and have expanded their operations to provide fresh cuts of beef and pork out of their Stephens City Butcher Shop, Gores Fresh Meats. The same characteristics that first opened the doors to their Custom Slaughter and Processing facility continue to be displayed through the generations. The Gore Family provides education and outreach through field trips and FFA fundraisers for our local youth alongside quality service for all.

# GENTLE HARVEST

CUSTOM PROCESSING. LOCATED IN  
 WINCHESTER, VA. CALL (540)722-2082  
 OR VISIT US ON FACEBOOK  
 @GHCUSTOMPROCESSING.



### WHO WE ARE:

Gentle Harvest serves the local farming community with Certified Humane® and USDA Organic butchery and custom livestock processing. We take the utmost pride in processing and dry aging animals for our local farmers because we know the best meat is grown locally. As a sister company to Ayrshire Farms, our family of brands prides itself on sustainable, regenerative practices that honor the land, the animals, and our communities.





# GLASS DOCTOR *of Winchester*



## HOURS & LOCATION

Phone: (540) 931-0865

Visit Us Online: [glassdoctor.com/winchester](http://glassdoctor.com/winchester)

In Person: 130 Millwood Ave. Winchester VA 22601



## WHO WE ARE

Originally established in 1962 as a single shop in Seattle, Washington Glass Doctor offers complete glass repair, replacement, and services nationwide. Their Frederick County location provides support to both residential and commercial industries. From headlights to green houses- Glass Doctor has you covered!

**Additional Services:** Window Repair, Double Pane Windows, Custom Glass Solutions, Emergency Services, Windshield Repair, Auto Glass Care, Windshield Protection Plan, Advance Measurement, Industry Solutions

# CLEAN WATER *Of Virginia*

## WHO WE ARE

“Always giving people more than what they expect,” this is our standard. For more than 65 years, we have upheld our mission while providing residential and commercial water treatment solutions throughout Virginia and West Virginia. Today, we continue to offer unsurpassed service to our community expanding beyond basic water softeners and water conditioners to offer state-of-the-art water refiners, reverse osmosis drinking water systems, carbon filtration, dichlorination, and a host of water purifiers for residential and commercial usage.

## HOURS & LOCATION

Phone: (540) 667-1644 | Web: [cleanwaterva.com](http://cleanwaterva.com)

Hours: Mon-Fri 8:30am-4:30pm, Sat & Sun Closed

Location: 12 Hope Dr , Winchester, VA, United States, 22601



**Solutions:** Water Softeners, Whole Home Filtration, Drinking Water Systems, Free Water Testing, Smelly Water, PFOS/PFAS, Business Services include Commercial Water Treatment and Salt Delivery Services

# Seed & Sow Sponsor

## BUSINESS INDEX

### BRIARS FARMSTEAD 01

Matthew Szechenyi  
Phone: (540) 664-8005  
Email: BriarsFarmsteadBoyceVA@gmail.com  
Herdshares, pastured beef, pork, chicken, & eggs.  
Rotational grazing practices & grass fed/finished meats.

### CARTER HALL FARM 03

Mike & Carrie Brady  
Website: CarterHallFarm.net | Historic Family Farm  
Specializing in American Heritage Breeds Livestock:  
Berkshire Pigs, Hog Island Sheep, American Milking  
Devon Cattle, Nigerian Dwarf Goats, Chickens, Bees

### FIVE ROOTS FARMS 05

Website: fiverootsfarm.com  
Address: 1080 Old Bethel Church Rd Winchester, VA  
Self-Service Farm Stand open daily. Pastured duck  
and chicken eggs, jams and butters, handmade gifts,  
and baked goods (Saturdays only). We raise sheep,  
ducks, geese, and chickens.

### JIM'S WELDING 07

AWS Certified Welder  
30+ Years Experience | Licensed & Insured  
Contact: (304) 671-4269 | Website: JimsWelding.org  
Portable, emergencies, steel, stainless steel and  
aluminum repairs and fabrication, rail and trailer  
fabrication, sandblasting

### LINKFIT PERSONAL TRAINING 09

Personal Training  
Email: info@link2fitness.com | Phone: (540) 336-5445  
Offers: In home, In Gym, Outside, Group Fitness, All  
Ages, Functional Training, Spartan Coach, Nutrition

### OLD CEDAR FARMSTEAD 11

(540) 664-4927 | OldCedarFarmstead@gmail.com  
Pick up 2nd & 4th Friday of the month.  
Bi-Weekly CSA Baskets | May-Aug & Sep-Dec  
Seasonal Veggies, Eggs, Whole Chicken, and more.

### BRETT PAYNE 02

Brett Payne, VA Farm Bureau Insurance  
840 N Commerce Ave. Front Royal, VA 22630  
Online: vafb.com/agent/brettpayne  
Phone: (540) 660-4116 | Email: brett.payne@vafb.com  
Local Agent for Farm, Home, Auto, Business & Life Insurance

### DOZER PHARMS 04

Allison & Johnathan Geiger  
Website: dozerfarmsflowers.com  
Address: 4564 Smokey Hollow Rd Bloomery WV 26817  
First generation farm specializing in growing dahlias  
and produce using natural and regenerative practices.

### HIDDEN PINES HOMESTEAD 06

(540) 664-4927 | hiddenpinehomestead@gmail.com  
We are a small homestead raising coturnix and  
raising/showing rabbits. All our birds are fed non-  
gmo feed. We offer eating eggs, live birds and  
processed birds as they are available. We also offer  
show quality Mini Rex rabbits for show and pet.

### LAURA'S LEMONS 08

Phone: (540) 409-8683 | Email:  
lauraslemonsstand@gmail.com  
Laura's Lemon's is a fresh & handcrafted lemonade stand.  
Organic Infused Flavors. Made with Love & Lemons.

### MAPLE SPRINGS ANDERSON FARM 10

Contact: maplespringsandersonfarm@gmail.com  
Address: 2030 Ebenezer Church Road Winchester VA  
Specializing in Nigerian Dwarf goats, and handmade  
bath & body products using goats milk from our farm.

### RACCOON HILL FARM 12

Mike & Janel Horst  
Phone: (540) 542-9384  
Email: RaccoonHillFarm@gmail.com  
Offering: Cow shares & Brown Pastured Chicken Eggs

# *Seed & Sow Sponsor* BUSINESS INDEX

ROSS LEHMAN 13

Integrity Home Mortgage #208516  
Loan Officer: Ross Lehman NMLS #1736860  
Contact M: (717) 201-0873 | O: (540) 504-7119  
Address: 122 Pilot Circle Winchester, VA 22602

SHENANDOAH PRIMITIVES 14

Website: shenandoahprimitives.com  
Specializing in furniture & crafts made from recycled barn wood materials, our focus on environmental consciousness is a core belief.

SHENANDOAH REFRIGERATION 15

Contact: (540) 678-4933 | shenref@shenref.com  
362 Welltown Road Winchester VA 22603  
Commercial Refrigeration, Commercial HVAC, Ice Machines, & Residential HVAC Specialists.

SPRING VALLEY FARM MARKET 16

2454 Northwestern Pike, Winchester, VA  
Hours: Mon-Sat 9AM-5PM | Sun 9AM-4PM  
Variety of fruits, vegetables, local honey, meats, dairy, eggs, canned goods & specialty items.

SIMPLE GIFTS FARMSTEAD 17

Michael & Rhonda Donadieu  
100 Simple Gifts Ln Winchester, VA 22603  
(304) 676-2948 | SimpleGiftsFarmstead.com  
Flower Farm by appointment only. Pick what you like, pay what you like.

TNT ACRES 18

Trae & Nicole Tinsman  
(540) 327-1805 | 640 Back Mountain Rd Winchester, VA  
Organic Blueberry Farm with about 450 trees to pick from three different varieties of blueberries! Call, Message, or check out our Facebook Page about hours and updates on when the blueberries will be ready for picking!

TNT LANDSCAPING 19

(540) 533-4222 | tntlandscaping11@gmail.com  
Winchester born & raised family owned business.  
Call or message to receive a complimentary quote for your lawn care & landscaping needs.

TNT POWERWASHING 20

Brain Steele, Licensed & Insured  
(540) 974-4497 | tntpowerwashing.com  
Residential & Commercial, 15+ years experience

THE IVY CHEST FLORAL & DECOR 21

(703) 906-2801 | Theivychest.com  
11 E Boscawen St Winchester VA 22601  
Traveling Florist, Event/Wedding Decorator & Planner, & Event/Wedding Décor Rental

WILD FEATHER FARM 22

WildFeatherFarm.com  
1163 Airport Rd, Winchester, VA  
We take pride in growing & raising NON-GMO foods for your family. Open Saturdays 10AM-3PM

WILLOW KREEK FARM 23

Sam & Heather Calkins  
Phone: (540) 533-5282 Facebook: Willow Kreek Farm  
Offering: Sweet Corn (July) & Other Veggies

"YOU, AS A FOOD BUYER,  
HAVE THE DISTINCT  
PRIVILEGE OF PROACTIVELY  
PARTICIPATING IN SHAPING  
THE WORLD YOUR CHILDREN  
WILL INHERIT." - *Joel Salatin*



FREDERICK COUNTY HOMESTEADERS