

Lehigh Valley **ORGANIC FOOD GUIDE**

HOW TO EAT ORGANICALLY & WHAT YOU NEED TO KNOW



RODALE
INSTITUTE™



What is **ORGANIC?**

There are so many labels on the products you buy these days, and “USDA Certified Organic” is one of them. But what does it really mean to be organic?



When you see this label on your products, it means that it was grown to specific standards. These standards include:



No pesticides, herbicides, synthetic fertilizers, or Genetically Modified Organisms (GMOs).



Yearly farm inspections and audits.



Land that’s been free of all prohibited chemicals for at least 3 years.



A commitment to good farming practices including the use of cover crops, crop rotation, and maintaining biodiversity.

WHY SHOULD YOU CARE?

DID YOU KNOW

Organic farms are better for the whole community? According to research conducted by Penn State University, counties with organic hotspots (areas of high organic agricultural activity that neighbor other areas with high organic activity) have 1.3 percent lower poverty rates and \$2,000 higher median household incomes on average. The same effects are not found in areas of high conventional agriculture.

Organic agriculture is more beneficial to people and our planet. Here's how:

HUMAN HEALTH

Organic practices reduce the risk of cancer, antibiotic resistance, or other diseases in our bodies by removing harmful synthetic chemicals from our food.

WATER POLLUTION

Organic agriculture doesn't use synthetic fertilizers that can run off into waterways, causing algae to bloom and suffocate aquatic life.

CLIMATE CHANGE

Organic farming emphasizes soil health, which traps carbon and keeps it from entering the atmosphere.

BIODIVERSITY

Using a greater variety of plants to naturally manage agriculture supports wildlife like bees, birds, bats, and more.



OUR STORY

Healthy
SOIL

=

Healthy
FOOD

=

Healthy
PEOPLE



Rodale Institute has been researching organic agriculture for over 70 years, and we've never wavered in our passion, dedication, and focus on growing the organic movement.

Our 333-acre experimental organic farm in Kutztown, Pennsylvania conducts pioneering research, provides educational opportunities, and serves as a resource for consumers regarding the difference between conventional and organic agriculture and its effect on human and environmental health.

Rodale Institute and the organic movement was born in the Lehigh Valley and continues to thrive here – that's why we're excited to bring our research and knowledge to this community and across the globe.

WANT TO GET INVOLVED WITH RODALE INSTITUTE?

Here's How:

VISIT

Self-guided walking and audio tours are available year-round at no charge for individuals and groups who would like to explore the farm at their own pace.

LEARN

We offer one-day educational workshops at our Kutztown main campus on topics like organic gardening, backyard composting, pastured hog production, and more!

CELEBRATE

Rodale Institute hosts great family-friendly events year-round, including Earth Day celebrations, Fall on the Farm, and organic plant sales. Come get your hands dirty with us!

VOLUNTEER

Volunteers are a driving force behind what we do. We have a variety of volunteer opportunities including events, administration, store management, or garden.

DONATE

If you want to help and can't get out to the farm, consider making a tax-deductible donation to Rodale Institute. Your gift helps us support organic agriculture across the world.

ORGANIC FOR ALL

We know that buying organic food can seem inaccessible for some communities. That's why we focus our Agriculture Supported Communities (ASC) program on urban areas that do not have easy access to affordable, high-quality fresh food—known as food deserts.

We prioritize these communities in order to ensure that the benefits of organic food are accessible to every family, not just those who are able to visit an organic grocery store or farm stand.

Visit Our **ALLENTOWN FARMERS MARKET**

You don't have to be a member to get fresh, organic food. Visit our Farmers Market at the Allentown YMCA every Saturday 9am – 1pm, June to October. Try produce from the farm and bread, cheese, honey, and more from local organic farmers.

OUR AGRICULTURE SUPPORTED COMMUNITIES PROGRAM OFFERS:

- A weekly box of fresh, organic food from June to November
- Vegetable or meat shares available
- “Pay-As-You-Go” pricing: No upfront commitment
- Local pickup locations in Allentown, Kutztown, or Reading
- Payment options including EBT cards, WIC and SNAP benefits

Rodale Institute's ASC program also offers training opportunities for aspiring organic farmers.

ASC internships provide hands-on training in organic agricultural practices and focus on how to get the best quality food to communities that are often overlooked by the organic system. Interns are paid and receive housing and organic produce.



Lehigh Valley ORGANIC FARMERS GUIDE

Rodale Institute pioneered the organic movement right here in the Lehigh Valley, and we've been watching it grow for over 70 years. Interested in finding out more about organic farms in the area? We've compiled a list of USDA Certified Organic farms to help you get started.



ANCHOR RUN CSA

2578 2nd St. Pike, Wrightstown, PA 18940

Sells: Vegetables, fruits, herbs

How to buy: CSA options

(215) 598-7040

anchorruncsa@gmail.com

anchorruncsa.com

BAREFOOT BOTANICALS

Doylestown, PA

Sells: Medicinal and culinary herbs

How to buy: squareup.com/store/barefootbotanicals

info@barefootbotanicals.net

barefootbotanicals.net

BLOOMING GLEN FARM

98 Moyer Rd., Perkasie, PA 18944

Sells: Vegetables, fruits, flowers, herbs

How to buy: Farm stand, CSA options,

Headhouse and Wrightstown Farmers Markets

215-257-2566

info@bloomingglenfarm.com

bloomingglenfarm.com

CROOKED ROW FARM AND MARKET

3245 Route 309, Orefield, PA

Sells: Seasonal vegetables, wholesale herbs and pasture-raised eggs

How to buy: Farm market (see website for hours), CSA options

610-417-6982

Liz.m.wagner@gmail.com, @thefarmerliz

(Facebook, Twitter, Instagram)

crookedrowfarmpa.com

GREEN ALCHEMY FARM

1375 Saucony Rd., Kutztown, PA 19530

Sells: Handmade body care products from sunflower oil, goat's milk, and beef tallow

How to buy: Visit website for purchasing info

610-683-3882

greenalchemyfarm@gmail.com

greenalchemyfarm.com

HERSHBERGER HERITAGE FARM

1614 Ridge Rd., Sellersville, PA 18960

Sells: Pasture-raised poultry, grass-fed beef, pastured pork, pasture-raised eggs

How to buy: Farm Market, CSA options, Yardley,

Doylestown, Perkasie, and Bryn Athyn Farmers Markets

215-500-7301

hershfarm@gmail.com

hhf.farm

JACK'S FARM

1370 W. Schuylkill Rd., Pottstown, PA 19465

Sells: Vegetables, herbs, fruit, and flowers

How to buy: Farm stand, CSA options,

Phoenixville and Upper Merion Farmers Markets

jack@jacksfarm.net

jacksfarm.net

OH PRODUCE!

8891 Kings Hwy., Kempton, PA 19529

Sells: Hydroponic microgreens

How to buy: Visit website for retail locations

610-756-6602

Sfelker@ptd.net

ohproduce.net

OLEY VALLEY ORGANICS

3071 W. Philadelphia Ave., Oley, PA 19547

Sells: Strawberries, asparagus, garlic, and seasonal vegetables

How to buy: Farm market

484-755-4208

info@oleyvalleyorganics.com

facebook.com/oleyvalleyorganics

PEACE TREE FARM LLC

295 Park Dr. W., Kintnersville, PA 18930

Sells: Culinary, ornamental, and medicinal organic herbs and vegetables

How to buy: Visit website for retail locations

info@peacetreefarm.com

(610) 847-8152

peacetreefarm.com

SALVATERRA'S GARDENS

9044 Mountain Rd., Alburtis, PA 18011

Sells: Vegetables

How to buy: Easton and Coopersburg Farmers Markets, various retail locations, CSA options

(610) 682-0542

info@salvaterrasgardens.com

salvaterrasgardens.com

SPRING CREEK FARMS

3880 N. Church St., Wernersville, PA 19565

Sells: Beef, chicken, dairy products

How to buy: Farm Market, Upper Merion Farmers Market

610-678-7629

springcreekstrickerfarms.com

TAPROOT FARM

66 Kemmerer Rd., Shoemakersville, PA 19555

Sells: Fruits and vegetables

How to buy: CSA options, Chestnut Hill, Ambler, and Christ Church Farmers Markets

610-657-1927

farmers@taprootfarmpa.com

taprootfarmpa.com

THE GOOD FARM

8112 Church Rd., Germansville, PA 18053

Sells: Vegetables, berries, flowers, herbs

How to buy: CSA options

484-262-0675

farmers@goodfarmcsa.com

goodfarmcsa.com

Want to learn more about organic farms in the region?

Visit the United States Department of Agriculture Organic Integrity Database at organic.ams.usda.gov to find certified organic farms near you.





Meet A Local Organic Farmer:

Q&A WITH SPRING CREEK FARMS

Forrest Stricker is the fourth-generation owner of Spring Creek Farms, a certified organic and grass-fed dairy and poultry farm in Wernersville, PA.

TELL US ABOUT YOURSELF. HOW LONG HAVE YOU BEEN FARMING?

My name is Forrest Stricker, married to Barbara. We have two sons and daughters-in-law and four grandchildren. I run a family farm and I've been farming since 1978. Spring Creek Farms is a dairy farm; we sell wholesale and retail chickens and raw milk, eggs, beef, cheese, and butter.

WHY DID YOU DECIDE TO GO CERTIFIED ORGANIC?

Because we wanted to produce healthier food and we wanted to take better care of the land. I didn't want to use chemicals anymore. I didn't want to handle them, and I didn't want to expose my family to them. Herbicides, pesticides, they're all "-cides." They're all killers, which means they also kill good things. So, I want to farm the healthy way, the regenerative way. Farming should enhance life, not destroy life.

Organic food is the best and healthiest food. We are stewards of the land. Organic is about life—it's talking about life in the soil and the plants. You have healthier plants and animals, which produces healthier food and healthier humans. I believe going organic is the best way to be a steward of what God has given us.

HOW ARE ANIMALS RAISED ORGANICALLY?

I'll start with what we don't give them—we don't give them hormones, we don't give them antibiotics, they are not on any kind of chemical feeds, everything has to be certified organic. Organic animals also must be raised outside, not confined, with access to fresh pasture.

WHAT CAN MEMBERS OF THE PUBLIC DO TO SUPPORT THE ORGANIC MOVEMENT?

Buy organic and buy from local farmers. Vote with your food choices to help support organic farmers.

WHERE CAN CONSUMERS FIND YOUR PRODUCTS?

They can buy them right on the farm at 3880 N. Church St., Wernersville, PA and we sell at the Upper Merion Farmers Market in King of Prussia. We also provide our milk to Valley Milkhouse Cheeses—those cheeses have won first or second place in competitions.

Responses have been edited for length and clarity.



Milk from Spring Creek Farms is used to make Valley Milkhouse Cheese, sold at the Rodale Institute Farmers Market. Visit us Saturdays June to October at the Allentown YMCA to sample this and other great organic products.



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