



## LOCAL FOOD GUIDE

FARMERS MARKETS  
FARMERS & GROWERS  
MAPLE & HONEY  
RETAIL MARKETS  
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WINERIES & WINEMAKING SUPPLIES  
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OTHER

SERVING LACKAWANNA  
MONROE, PIKE  
AND WAYNE COUNTIES  
OF PENNSYLVANIA







## ABOUT THIS GUIDE



This Local Food Guide is a product of the Buy Fresh Buy Local (BFBL) Northeast Region Chapter, your connection to the freshest and most delicious local food. The program is an initiative of The University of Scranton Small Business Development Center (SBDC), which provides one-on-one consulting and educational programs to clients, including agricultural and food-related businesses, in eight northeastern Pennsylvania counties. BFBL is a consumer education program and a partner of FoodRoutes Network, a national nonprofit organization that provides technical support to community-based groups that are working to strengthen regional markets for locally grown foods.



To learn how FoodRoutes is reintroducing Americans to food visit [www.foodroutes.org](http://www.foodroutes.org).

To become a member of BFBL, visit [www.scrantonsbdc.com/bfbl](http://www.scrantonsbdc.com/bfbl).



## KEY



### Buy Fresh Buy Local Northeast Region Partner

Partners aim to make it easier for consumers to find, choose and appreciate great local foods, not to mention, support the farmers and lands which produce them.



### Certified Organic

Organic is a labeling term that indicates the food or agricultural product has been produced through approved methods. The USDA organic seal indicates the product is certified organic and has 95% or more organic content. For multi-ingredient products, such as bread or soup, if the label claims that it is made with specified organic ingredients, you can be confident that those ingredients are organic.



### Community Supported Agriculture

A direct connection between farmers and consumers. Farmers gain the security of knowing they have been paid for a portion of the harvest and the local community participates in how and where their food is grown.



### PA Preferred

According to the Pennsylvania Department of Agriculture, members are licensees, meaning that they are licensed to use the Program's registered logo: a Blue keystone with a gold checkmark. Products bearing the logo have been grown, harvested and, if applicable, processed in Pennsylvania.

## FROM THE EDITOR

My name is Catherine Appell and I am a senior with a Business Administration major and Human Resources minor at The University of Scranton. Since becoming the Buy Fresh, Buy Local Intern for The University of Scranton Small Business Development Center, I have learned more about local foods in the Buy Fresh Buy Local Northeast Region and surrounding areas.

### Why buy local?

Locally grown and produced foods from the Northeast Region are fresh, delicious and abundant. Buying these locally grown foods supports the Northeast Region's economy and many of our family farms. Buying locally grown and produced foods allows you to choose food from farmers you know and trust. I think it is very important for people, especially children, to be educated and appreciate locally grown foods. It is also important to support the "mom and pop" farmers and stores which sell these foods in the area. Consumers must be well educated when buying their produce and my hope is that this publication will persuade or further confirm the importance of buying local produce items from vendors. I hope that you find this Local Food Guide informative when buying locally grown foods.

~Catherine

THE UNIVERSITY OF  
**SCRANTON**  
A JESUIT UNIVERSITY

*This Local Food Guide made possible thanks to the support from a University of Scranton Diversity Initiatives Grant.*

## FARMERS MARKETS

### LACKAWANNA COUNTY

**Carbondale Business Association Farmers' Market**  
Main Street (Memorial Park)  
Carbondale, PA 18407  
Bernadette Lepre, (570) 282-0538  
[leprepeach@echoes.net](mailto:leprepeach@echoes.net)

Open Tuesdays, Thursdays and Fridays from 11am until 3pm.

**Cooperative Farmers' Market of Scranton**  
900 Barring Avenue  
(Providence Road exit off of the Scranton Expressway)  
Scranton, PA 18508  
Paul Brace, (570) 961-8251  
[www.coopfarmersmarket.com](http://www.coopfarmersmarket.com)

Celebrating 74 years, this is a producers only market. You can find a wide variety of freshly picked, locally grown vegetables, fruits, herbs and flowers. Also baked goods, meat and eggs. Open until Thanksgiving on Mondays, Wednesdays and Fridays. Opens at noon.

**Essential Eating Farmers' Market**  
515 Northern Boulevard  
(Route. 6/11 at Layton Rd.)  
Clarks Summit, PA 18411  
Janie Quinn, (570) 586-1557  
[www.essentialeating.com](http://www.essentialeating.com)



Offering organic and sustainable local foods, such as eggs, maple syrup products, meats, fruits, vegetables and sprouted flour artisan breads. Open May through November on Thursdays and every other Thursday, year round. For more information please visit [FaceBook.com/essentialeatingfarmersmarket](https://www.facebook.com/essentialeatingfarmersmarket).



**South Side Farmers' Market**  
159 Cedar Avenue  
(Scranton Iron Furnaces)  
Scranton, PA 18505  
Jill Murrin, (570) 346-6203 ext. 16  
[jmurrin@uncnepa.org](mailto:jmurrin@uncnepa.org)



Offering fresh, locally grown produce, herbs, meats and eggs. Open July through October on Saturdays from 10am until 2pm. Visit [www.facebook.com/southsidefarmersmarket](http://www.facebook.com/southsidefarmersmarket).

**West Side Farmers' Market**  
Corner of Price Street & North Main Avenue (Allen Park)  
Scranton, PA 18504  
Karin Foster, (570) 878-7368  
[info@hydeparkwatch.org](mailto:info@hydeparkwatch.org)



Open June 24 through September 24 on Tuesday evenings from 4pm until dusk.

### MONROE COUNTY

**Dansbury Farmers' Market**  
Intersection of Kistler and Analomink Streets (Miller Park)  
East Stroudsburg, PA 18301  
Cheryl Whitby, (570) 460-1452  
[TopCrops83@yahoo.com](mailto:TopCrops83@yahoo.com)

Offering locally grown, seasonal produce and products. Open May 22 through October 30 on Wednesdays from 8am until 12:30pm.

**Monroe Farmers' Market**  
925 Ann Street  
(next to American Ribbon Factory)  
East Stroudsburg, PA 18301  
Cheryl Whitby, (570) 460-1452  
[www.MonroeFarmersMarket.com](http://www.MonroeFarmersMarket.com)

Celebrating over 30 years of locally grown, seasonal produce and products. Open May 4 through October 26 on Saturdays from 8am until 12pm.

### WAYNE COUNTY

**The Cooperage Farmers' Market**  
1030 Main Street  
Honesdale, PA 18431  
Doni Hoffman, (570) 253-2020  
[www.TheCooperageProject.org](http://www.TheCooperageProject.org)

Experience a vibrant and friendly gathering of exemplary local producers and enthusiastic consumers. Shop for a wide variety of fresh, local products and enjoy a farm-to-table meal from the Market Cafe. Open June through October on Wednesdays, from 4pm until 7pm. Open November through May on Saturdays from 11am until 2pm.



## FARMERS/GROWERS

### LACKAWANNA COUNTY

**D & W Farm**  
2345 Milwaukee Road  
Clarks Summit, PA 18411  
Walter Wilmot, (570) 587-5638

A small family farm selling produce, vegetables and apples at their farm and at area markets. Open from July through October on weekends. Phone orders accepted.

**Jim's Farm Produce**  
RR #3 Box 21  
Dalton, PA 18414  
Jim, (570) 563-2258  
[schirg225@frontiernet.net](mailto:schirg225@frontiernet.net)

A local, family-run farm in West Abington Township, with over 40 years experience in growing a large variety of vegetables, fruits and hydroponic lettuce. Also, a 40 year member of the Co-Operative Farmers Market of Scranton-located at stall #9-10 and 11.





## LACKAWANNA COUNTY CONTINUED

**The Great Produce Experience**  
2002 Sunset Road, PO Box 62  
La Plume, PA 18440  
Jessica or Adam, (570) 335-0240



A variety of produce, honey, canned goods, maple syrup and cut-your-own flowers, salad and herbs. Open daily from 9am until 8pm.

**Pallman Farms**  
1511 Summit Lake Road  
Clarks Summit, PA 18411  
Bruce/Brian Pallman, (570) 587-3258  
pallmanfarms@comcast.net



Growers of fresh, pick-your-own strawberries. Season runs from mid June to early July. Also, growers and processors of fresh, dressed turkeys and capons for Thanksgiving and Christmas holidays (retail and wholesale).

**Spring Hills Farm**  
500 Kennedy Creek Road  
Dalton, PA 18414  
(570) 563-1871 or (570) 563-2640  
www.springhillsfarm.org



20 years of multi-generation organic farming practices. Includes cut-your-own Christmas trees, blueberries, Jacob Shup wool/yarn, maple syrup, etc. Pond House is available for stays/retreats. Sugar House is open Thanksgiving through Christmas from 8am until dusk.

**Walker Farm**  
28 Hamlin Highway  
Moscow, PA 18444  
David Walker, (570) 689-2075

Fresh vegetables! Savings on bulk orders. Also selling hay at our century old farm on route 590 in Hollisterville. Open July through November.

## MONROE COUNTY

**Annie's Acres**  
168 Brink Road  
Saylorsburg, PA 18353  
Annie Blackwell, (610) 357-3583  
www.AnniesAcresFarm.com



A small, family farm where natural farm fresh eggs and organically grown produce are grown the old-fashioned way - without the use of chemicals or pesticides.



**Borger Farms**  
540 Silver Spring Boulevard  
Kunkletown, PA 18058  
Jeffery Borger, (484) 809-4503  
Bfarms@ptd.net



Grain-fed beef, grass-fed beef, sweet corn, and free range chicken eggs. Open all summer, seven days a week, from 9am until 6pm.

**Gould's Produce and Farm Market**  
829 Frable Road  
Brodheadsville, PA 18322  
Ann Gould, (570) 992-5615  
www.gouldsproduce.com



Family owned farm in business for 50-plus years. Offering pick-your-own strawberries, apples, cider, eggs, canned goods and all types of fruits and vegetables. Open May 1 through November 30 from 9am until 6pm.

**Heckman Orchards**  
2940 Route 115  
Effort, PA 18330  
Lynn Heckman, (570) 629-1191  
HeckmanOrchards.com



Offering farm fresh fruits and vegetables. Pick-your-own is available for strawberries, tart cherries, apples and pumpkins. Open May 1 through November 30 from 9am until 6pm.

**Josie Porter Farm**  
6514 Cherry Valley Road  
Stroudsburg, PA 18360  
Heidi Secord, (570) 992-0899  
cvcsa@ptd.net  
www.josieporterfarm.com



Farm stand, buying club, winter farm market, garlic products, vegetables, some fruits and eggs. A wide variety of healthy, whole foods from local and regional sources too! WIC and EBT accepted for CSA shares and Buying Club purchases. Also offering farm tours, workshops, festivals, demonstrations and educational activities. Visit website for hours.

**Top Crops Produce**  
177 Farmers Ridge Road  
East Stroudsburg, PA 18301  
Cheryl Whitby, (570) 460-1452  
TopCrops83@yahoo.com

Vegetables, berries, fruit, cut flowers, herbs, bakery, jams, jellies, pickles, hydroponic lettuce and more! Weekday purchases by appointment only. Visit us at the Dansbury and Monroe Farmers Markets.

**Werkheiser Farm**  
173 Old Mill Road  
Tannersville, PA 18372  
Susan & Harold Werkheiser, (570) 460-1625  
werkfarm@ptd.net

Seasonal produce including tomatoes, fresh picked sweet corn, cucumbers, zucchini, honey and flowers. Open Mother's Day through October 31, Monday through Friday, from 10am until 6pm.



## WAYNE COUNTY

**Breezy Meadow Bunnies**  
224 Diehl Road  
Damascus, PA 18415  
Francie Brown, (570) 224-6987  
francie@ptd.net

Silver Fox rabbits, black and blue breeding stock for sale. Excellent mothers with large litters. Gentle and docile in nature. Recognized as an endangered heritage breed.

**Fox Hill Farm**  
297 Fox Hill Road  
Honesdale, PA 18431  
Katharine Brown, (570) 647-9476  
www.FoxHillFarmExperience.com

Small farm using sustainable practices to produce fresh cut flowers, grass fed beef and pastured poultry. On-site events and weddings. Cottage rentals too. Please call or email for an appointment.



## WAYNE COUNTY CONTINUED

**Klim's Orchard**  
477 Keystone Road  
Lake Ariel, PA 18436  
Alex Klim, (570) 698-6981

Grower of apples and producer of cider. Apples are picked fresh, when they mature. Open September through June, Friday through Sunday, from 11am until 5pm.

**Matt's Farm Market**  
788 Hamlin Highway  
Lake Ariel, PA 18436  
Matthew Shaffer, (570) 840-7782  
olli770@yahoo.com



100% homegrown produce.

**Vailland Farm and Nursery**  
185 Cochecton Turnpike  
Honesdale, PA 18431  
Jay L. Vail, (570) 224-4579  
VLjaybird@aol.com

Old-fashioned farm stand featuring delicious vegetables and fruits. Nursery and stitchery too. Open 24 hours. Participates at the Country Farm Market in Honesdale.

**Wahoo Enterprises LLC**  
169 Galilee Road  
Tyler Hill, PA 18469  
Jim & Carol Rutledge, (570) 224-6583  
info@jandcawards.com



Fresh picked, homegrown, seasonal fruits and vegetables. Hanging baskets, potted plants and vegetables, along with homemade fudge and ice cream. Open daily from June 16 through September 5 from 11am until 9pm.

**Yatsonsky Farm Market**  
1009 Owego Turnpike  
Honesdale, PA 18431  
Julie Yatsonsky, (570) 488-5683  
YatsonskyFarms@yahoo.com



Featuring homegrown and local vegetables and fruits, homemade ice cream, maple syrup, beef, a corn maze and u-pick pumpkin patch. Open May through October, daily. Visit us at the Wayne County Farmers Market on Saturday mornings.



## MAPLE & HONEY

### LACKAWANNA COUNTY

**Burke's Maple**  
1313 Crystal Lake Road  
Carbondale, PA 18407  
Dennis & Lisa Burke, (570) 222-4075  
burkesmaplesyrup@hotmail.com  
www.burkesmaplefarm.com



100% pure, all-natural maple syrup and maple products including maple glazed walnuts, maple candy, maple sugar and maple cream. May be purchased year round. Shipping available.

### WAYNE COUNTY

**Nebzydowski Maple Farm**  
8 Maple Avenue  
Pleasant Mount, PA 18453  
Tom & Sharon Nebzydowski, (570) 448-2386



Customer friendly business producing 100% pure maple syrup from sap harvested from family owned maple trees. Sold at local businesses and may be purchased year round from our sugarhouse. Call ahead for directions and availability.

**Shemanski Maple Syrup**  
35A Belmont Street  
Waymart, PA 18472  
Ron Shemanski, (570) 351-5074  
shemanskimaple@yahoo.com  
www.ShemanskiMaple.com



Producing a variety of maple products in addition to maple syrup. If it's made from maple, we have it! Sugar house and gift shop are open for tours year round.



## RETAIL MARKETS

### LACKAWANNA COUNTY

**Cloe & Company**  
410 South State Street  
Clarks Summit, PA 18411  
Donna Czarkowski, (570) 587-2563  
www.facebook.com/cloecompany



A brick and mortar shoppe with a passion for local artists, Pennsylvania preferred farmers and grass-roots USA manufactured wares. Open Tuesday through Thursday, 10am until 4:30pm and on Wednesdays until 7:30pm.

**Essential Eating Sprouted Foods**  
P.O. Box 771  
Waverly, PA 18471  
Janie Quinn, (570) 586-1557  
info@essentialeating.com  
www.essentialeating.com



Certified organic, sprouted 100% whole grain flours. Sprouted pastas, cereals and pretzels. Using local grain as first source and NEPA mill. Visit our online store!

**Everything Natural**  
426 South State Street  
Clarks Summit, PA 18411  
Barry Kaplan, (570) 586-9684  
www.EverythingNaturalPA.com

A full-line natural food store featuring many local products like jewelry, pottery and hand-crafted wares. Organic produce, fruits, coffee, raw milk, cheese, butter, eggs, maple syrup, honey and even some meats and local supplements.





## MONROE COUNTY

**Shawna Farm - Shawnee Inn & Golf Resort**  
 1 River Road  
 Shawnee on Delaware, PA 183560  
 Jennifer Borden, (570) 424-4000  
 www.Shawneelnn.com

A 30,000 square foot farm supplying produce, herbs, cut flowers, beehives for honey, maple syrup and craft beers. Available at our seasonal market on our grand lawn Tuesdays, from 4pm until 8pm. Tours also available.

## PIKE COUNTY

**Dutch's Market**  
 1564 Route 507  
 Greentown, PA 18426  
 John Otway, (570) 676-3373  
 ebo127@aol.com  
 www.shursavemarkets.com

Supermarket selling locally grown produce when in season, like corn, beans, squash, apples, pumpkins and more! Raw milk also available year round.

## WAYNE COUNTY

**Mill Market**  
 Hawley Silk Mill, Suite 111  
 Hawley, PA 18428  
 Chamonix Kinimaka, (570) 390-4440  
 www.MillMarketPA.com

Offers local products from source to consumer, all in support of a sustainable local economy. Visit our website for hours.



## RESTAURANTS & BAKERIES

### WAYNE COUNTY

**Cocoon Coffee House and Catering Company**  
 Hawley Silk Mill  
 Hawley, PA 18428  
 Jeanne Genzlinger, (570) 226-6130  
 www.CocoonCoffeeHouse.com

Features affordable, fresh, "every day" food made with care from local farm ingredients. Visit our website for hours.

**Glass Wine Bar & Bistro**  
 120 Falls Avenue  
 Hawley, PA 18428  
 Jeanne Genzlinger, (570) 226-2993  
 www.LedgesHotel.com

Unique restaurant/bar featuring local farm products. Visit our website for hours.

**The Settlers Inn**  
 4 Main Avenue  
 Hawley, PA 18428  
 Jeanne Genzlinger, (570) 226-2993  
 www.TheSettlersInn.com

A delicious, chef-owned, farm-to-table restaurant - all in support of our community's small farming traditions. Visit our website for hours.

## WINERIES & WINEMAKING SUPPLIES

### LACKAWANNA COUNTY

**Capra Collina Winery**  
 132 Constitution Avenue  
 Jessup, PA 18434  
 Gregg Betti, (570) 489-0489  
 www.CapraCollinaWinery.com

Locally produced red, white and fruit wines. Wine making supplies available too!

**Maiolatesi Wine Cellars**  
 32 Cabernet Drive  
 Scott Township, PA 18447  
 Sal Maiolatesi, (570) 254-9977  
 www.SaltheWineGuy.com

Winery and tasting room. Wines sold by glass and bottle. Wine-related merchandise too! Visit our website for hours.

## CREAMERIES

### MONROE COUNTY

**Cranberry Creek Farm**  
 112 Henrys Crossing Road  
 Cresco, PA 18326  
 Jeffery Henry, (570) 595-7748  
 www.CranberryCreekFarm.com

Goat dairy making fresh and aged cheeses. Yogurt and raw milk too. We only use non-soy organic feed. Open weekly, dawn to dusk.

### WAYNE COUNTY

**Calkins Creamery**  
 288 Calkins Road  
 Honesdale, PA 18431  
 Emily Montgomery, (570) 729-8103  
 www.calkinscreamery.com

Soft/hard raw milk cheese, raw honey, whey-fed pork and pastured beef. Specializing in fine, artisan cheeses, using only the freshest milk possible from our own registered Holstein.



## DAIRY

### LACKAWANNA COUNTY

**Schlittler Farm**  
 31 Schlittler Farm Road  
 Spring Brook Township, PA 18444  
 Liz, (570) 842-1743  
 liznchuck@verizon.net

Fourth generation family farm providing farm fresh foods. Beef, dairy, eggs, poultry (seasonal). PA permit to sell raw milk, grass hay, locally milled feeds and free-range poultry.



## OTHER

### LACKAWANNA COUNTY

**Essential Eating Lifestyle & Cooking School @ Lackawanna College**  
 P.O. Box 771  
 Waverly, PA 18471  
 Janie Quinn, (570) 586-1557  
 info@essentialeating.com  
 www.essentialeating.com

Offering cooking classes featuring real whole foods, where to find them locally and how to prepare them simply. Visit web site for year round class schedule and registration.

**Hyde Park Community Garden**  
 Corner of Jackson Street and North Bromley Avenue  
 Scranton, PA 18504  
 Karin Foster, (570) 878-7368  
 info@hydeparkwatch.org

A blighted playground has been transformed into a flourishing community garden! Join our efforts to educate and mentor, create pride and ownership and produce a sustainable food source.

**Shalom Scranton**  
 840 Harrison Avenue  
 Scranton, PA 18510  
 Jane Risse, (570) 344-9186  
 www.ShalomScranton.org

Join our non-profit organization as we build a sustainable community by creating opportunities for education and healthy living through horticulture, organic gardening, healthy cooking classes, demonstrations and the sale of our very own produce.

### WAYNE COUNTY

**Delaware Highlands Mushroom Society**  
 77 Whitmore Road  
 Damascus, PA 18415  
 Nathaniel Whitmore, (845) 418-6257  
 www.dhms.weebly.com

A mushroom enthusiasts club offering edible walks, cultivation workshops and more!



## Cooperative Farmers Market of Scranton

900 Barring Avenue  
 (Providence Road exit off of the Scranton Expressway)  
 Scranton, PA 18508

Paul Brace, (570) 961-8251  
 cooperativefarmersmarket@gmail.com  
 www.coopfarmersmarket.com

**Mondays, Wednesdays and Fridays**  
 Opens at noon  
 Open until Thanksgiving!

- Braces Orchard
- Broyan Farm
- Bartholome Farm
- Charlie Miller Farm
- Covered Wagon
- Beta Bread
- Farmer Bucky
- Harford Farm and Flower Market
- Hellers Orchard
- Hopkins Farm
- Indian Ovens Farm
- Jerry Michaels
- Jim Vasky
- Jim's Farm Produce
- Lor-El Farm
- Mark Phillips
- Millers Orchard
- Montrose Produce
- Mountain Road Farm
- Pinery
- Shadyhill Farm
- Sugarloaf Herb Farm



IT'S TIME...

**TO START YOUR OWN  
FOOD BUSINESS AT THE  
KITCHEN INCUBATOR  
AT CTTC**

A shared-use,  
licensed  
commercial  
kitchen with  
state-of-the-art  
equipment

Carbondale Technology Transfer Center  
10 Enterprise Drive, Carbondale, PA 18407  
P: 570-282-1255 E: paul@cttc.org



**SEASONALITY OF FRUITS AND  
VEGETABLES IN PENNSYLVANIA**



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Apples												
Asparagus												
Beans (lima)												
Beans (snap)												
Beets												
Blackberries												
Blueberries												
Broccoli												
Cabbage												
Cantaloupe												
Carrots												
Cauliflower												
Celery												
Cherries (tart)												
Cherries (sweet)												
Cucumbers												
Corn (sweet)												
Eggplant												
Lettuce												
Mushrooms												
Nectarines												
Onions												
Peaches												
Pears												
Peas												
Peppers												
Plums												
Potatoes												
Pumpkins												
Raspberries												
Spinach												
Squash (summer)												
Squash (winter)												
Strawberries												
Tomatoes												
Turnips												
Watermelon												



**Small Business Development Center  
The University of Scranton**

*Helping businesses start, grow, and prosper.*

**Providing  
Free and Confidential  
Small Business Consulting  
and  
Quality Training Programs in**

*Bradford, Lackawanna,  
Monroe, Pike, Susquehanna, Tioga,  
Wayne, and Wyoming Counties*

570.941.7588  
www.scrantonsbdc.com



facebook.com/scrantonsbdc



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