

Northeast
Family Farming
Spring 2024



Here Comes the Sun

When Tony and I drive around in late winter to interview amazing local farmers for the spring issue, we take in the mud-caked roads and guardrails, the haggard leafless trees, bent under the pressure of ice and wind. We look out the windows and pass by the fields, woods and byways that are the same uniform color: mud brown. It's the color of depression, isn't it? We asked ourselves sometimes, *why do people live here?!* There's something about February and March in NEPA that makes you feel like you're never going to see green ever again. Now, it's been a mild winter, but it's a winter that marches. Ever. On. Am I right? I bet I could look back on the last two years' spring issues and find that I wrote the same thing. I promise I didn't copy and paste.



I think it's the drudgery of winter that makes it so exciting to see that first vibrant neon green bud. You wait and you wait, and then it comes so quickly. Before you know it, the warmer days grow more frequent than the cold ones, and little things start to poke up out of the snow. When you pass by the farms, there are tiny cows and tiny sheep, drinking mother's milk, more easily recognizable due to the lack of mud that just hasn't penetrated their new fleece and flank yet. And then there's crocuses and daffodils, and before you know it, your new chicks are in their brooder and you're thinking about your spring planting dates.

There's a big feeling that's hard to wrap up neatly in words, but I've felt it my whole life and never more than in the turning from winter to spring. It's the feeling of the warm sun hitting our skin, the smell of mud starting to thaw. It's the thing that keeps drawing me back down to the garden and begging Tony for more animals to care for. In the maddening rush of a modern world, there's something in us that still desperately longs for simplicity. For me, it's where I find myself talking to God and thanking Him for all the things He created. It's like when I give my nieces and nephews a present and enjoy watching them play with it.



So, I really hope you stand out in the sun that first spring-y day, close your eyes and take a deep breath and absolutely ENJOY it to the fullest. I know that's where I'll be when it comes!

James 1:17

Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow.



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Cover photography courtesy of Abigail Shaeffer
Content © Northeast Family Farming LLC Spring 2024

*Connecting communities to their local farmers
and preserving agricultural traditions.*

Meet your editors...and Remus

Tony LoSchiavo



Tony grew up in Southern Maryland and started out his professional career working in engineering for government contractors. He met Liz in 2016 and asked her to marry him that same December (spoiler alert - she said yes).

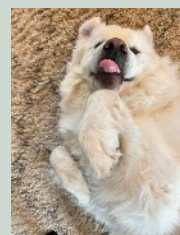
Tony now works for the Montrose Bible Conference in maintenance and loves every minute. He loves metal detecting and big ice cream cones with rainbow sprinkles. When he closes his eyes every night, he sees tractors.

Liz LoSchiavo

Liz grew up in Montrose, PA. She went away to Liberty University and earned a Bachelor of Arts in English, specializing in literature and writing. Currently she works at Montrose Bible Church as Ministry Assistant. She was pretty psyched when Tony asked her to marry him and loves being his wife! Liz dreams in flowers and likes to make super challenging and weird recipes in her kitchen, and then spends a good deal of time trying to convince others to try them.



Remus LoSchiavo



Remus was born in North Carolina on a beautiful sheep farm. He was being trained to be a Livestock Guardian Dog and was supposed to guard the LoSchiavo chickens. Currently he likes to chase them because they move funny. He sleeps inside and

eats peanut butter out of a Kong toy and begs for belly rubs. He may have failed as a farm dog, but he's an ace at fetching rubber chickens, drooling on furniture, and hating black and white cats.

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Twining Seasons Farm

Photos courtesy of the Twining Seasons Farm

If you know me, or if you've read the biography at the beginning of this magazine, you know how I feel about flowers. And that is why I am always excited to learn about flower farms right near us. When Nick & Jessica Twining reached out to us via email, I couldn't wait to learn more. And now we're excited to share more with you in this feature!

Tell us about Twining Seasons Farm. When did you begin, and what was the inspiration to start a flower farm in Northeast PA?

Hi! We're Nick and Jessica Twining, and we own Twining Seasons Farm LLC in Friendsville. We started growing specialty cut flowers in 2021. When we realized that a large percentage of cut flowers in the USA are imported, we saw the need for fresh, local bouquets. We moved our farm to Northeast PA last season in order to be closer to family. We were previously farming on rented and borrowed land, and we were so thrilled to find this property just two miles down the road from Nick's parents. We want our daughter to grow up close to grandparents and enjoy time outdoors. We are passionate about locally grown food and flowers.



What are your goals for the farm?

We chose farming because we want to work outside close to nature and to have a flexible schedule that allows for homeschooling our daughter. We are excited to grow gorgeous quality blooms in order to share beauty with our community.

When we learned that imported flowers often come heavily sprayed and grown with questionable employment practices, we knew that we had to grow flowers. We are passionate about caring for the earth in our farming practices and about positively impacting our community with our work. We are starting to offer wedding florals this summer in addition to the beautiful farmers market bouquets and CSA Flower Bouquet Subscription that we offer. We are hoping to expand our offerings in the future to include spring flowers such as tulips and ranunculus as well as fall flowers including heirloom chrysanthemums. We are still working to set up infrastructure, and we're looking forward to getting a hoop house set up in the near future. We also hope to share the beauty of our farm through open-farm days and workshops in the future.

What have you been doing throughout the winter months to prepare your fields for flowers?

This past fall, we seeded a cover crop of rye and triticale. This has been growing all winter and will hopefully continue to grow this spring. We are working towards a no-till model. We plan to mow the cover crop in the spring, leaving the roots to break down in the soil to help with drainage and leaving the mowed plants as mulch to help with weed suppression. We plan to continue to use other cover crops in the spring and summer to help with weeds and to increase

What varieties of flowers do you grow?

We grow a wide variety of heirloom and cottage-garden favorites—snapdragons, sunflowers, dahlias, zinnias, cosmos, rudbeckia, yarrow, feverfew—over 100 different varieties.

What is your personal favorite flower, either that you grow, or you just love?

While it's hard to pick a favorite flower, Nick loves big, beautiful sunflowers. Jessica loves the multi-petal blooms of zinnias and dahlias.

What are you most looking forward to this spring as you plant and prepare?

This time of year has us looking forward to seeing the field full of colorful blooms. Last summer we focused on installing a deer fence around our flowers, so this season will be our first without deer in the garden. We also have a very wet property and a clay layer which makes some parts of our garden slow draining. We're trying some new techniques this season including in-ground raised beds, cover cropping, additional mulching and initial broadforking. We're hoping that these techniques will increase organic matter in the soil and improve soil health. We're excited to see how these steps impact the flowers this year.





What do the months of March and April have in store for you as you plant?

We started our first seeds for this season at the end of January and beginning of February. We use soil blocking for our seed starting because it decreases plastic usage without the need for plastic inserts. While creating the soil blocks involves some time and effort at the beginning of the season, it makes transplanting out easier as we don't have to try to carefully get the seedlings out of each cell. In March and April we harden off these baby plants by gradually exposing them to the outdoors and then we transplant these cold-hardy plants out into the garden under row cover. At the same time, we start the warmer-season crops by seed, giving them a couple of months to grow in the relative warmth of the basement under shop lights, so they'll be ready to transplant out in May and June. In addition to planting flowers by seed, we also plant dahlia tubers. And we are working on increasing our perennial flowers. We have started some perennials by seed this year, and—a first for our farm—we've ordered a few flats of perennial plugs to arrive this spring.

Tell us about your CSA. How can folks partake in that?

This year we're focusing on growing our Flower Bouquet Subscription, which is our farm's version of CSA (Community Supported Agriculture). We are thrilled to have more local business partners this season. You can sign up for a subscription and pick-up a weekly bouquet of fresh seasonal blooms at a location that is convenient for you, including these fabulous places: St. Joe's Winery in Friendsville, Old Barn Market in Binghamton, and Baking By Numbers in Owego. We are still working on finalizing a few more pick-up locations, so more to come!

Tell us about your farmers' markets - where can folks find your beautiful flowers?

We sell our blooms at the Vestal Farmer's Market on Saturdays from 9am-1pm, June-October.

What is the best way for customers to hear from you and connect with you?

Sign up for email updates on our website. You can also follow us on Instagram or Facebook @TwiningSeasonsFarm

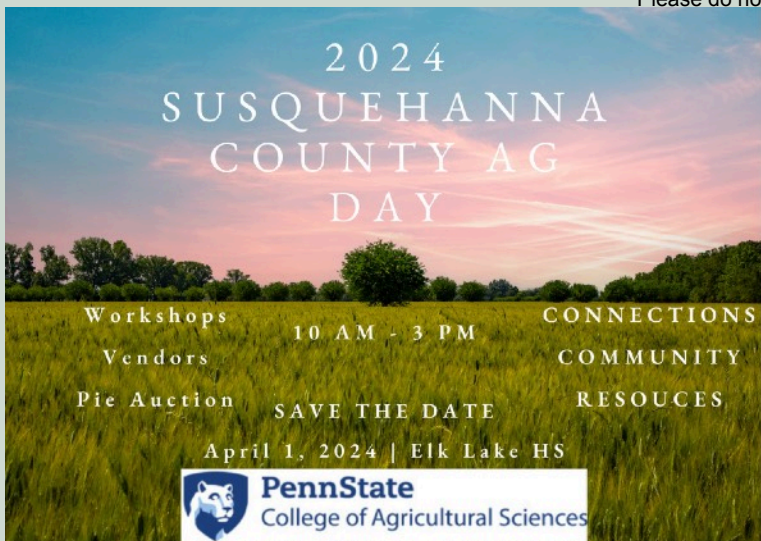
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Photos courtesy of the Penn State Extension Office

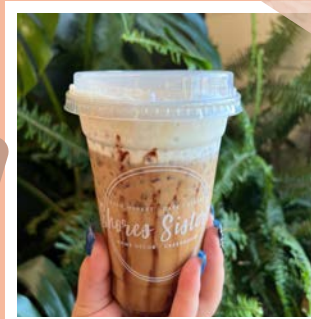
Save the date for a celebrated annual event in Susquehanna County – Ag Day returns for the 34th year on Monday, April 1, 2024, from 10:00 am to 3:00 pm, held at the Elk Lake High School. The event is free and open to the public. Hosted by Penn State Extension, Ag Day provides an opportunity for farmers, homeowners, and landowners to grow and share during a day of social connectivity, educational presentations, and a vendor expo. Over 75 agriculture-related businesses and organizations will be on hand, as well as Penn State Extension program staff and volunteers. Visit the “health alley,” bid on locally baked pies, and save room for ice cream! Classroom workshop topics include Soil Sampling Basics, Farm Safety, Creating Pollinator-Friendly Gardens, Pond Management, Growing Blueberries, Riparian Buffers, Forest Health Update, Importance of Testing Well Water, Tips for Successful Seed Starting, Small Woodlot Projects for Wildlife, and more! Lunch is included for those who pre-register. For registration information or to learn how your business can become a vendor, please contact the Penn State Extension office in Susquehanna County at 570-278-1158 or tmm7135@psu.edu.



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(visit our website page below to see options!)

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This is a three day weekend camp that gives a glimpse of the horse camp experience!

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We also have job opportunities available in both full time and summer staff positions. If you or somebody you know would be interested in these positions, please contact us at thebarn@threespringsministries.org

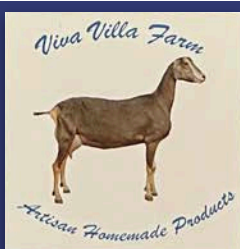
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Feature Family Farmers

Mud Pond Farm

Photos courtesy of Mud Pond Farm

One of the absolute best parts of writing and editing this magazine, if not the very best part, is the people we meet. Along the way, we've had the great blessing of meeting the kindest and most hardworking of folks. And some of you have been with us from the very beginning. There was a time when we had no hard copy of the magazine to show to people, we just approached a few folks with our idea, desperately asking if they'd consider advertising so we could actually print the thing!

One of those individuals who was excited about the idea from the very beginning, and encouraged us greatly, even before we were able to cover his county in the magazine, was Benjamin Rust of Mud Pond Farm. So now that we're able to spread our reach to Lackawanna County and cover Dalton, PA, we are privileged to share all that Mud Pond Farm offers with all of you!

Every time we visit Mud Pond, it seems they are hard at work on something new, and I was surprised to learn about all the different ways they've served their community with everything from agro-tourism offerings to USDA butcher services to meat birds. Mud Pond has done it all, it seems. And now, they've entered into a new phase in their business of honing in on their main areas of expertise and striving hard to perfect those processes for their customers. Along the way, they've learned a lot, and they have a lot to teach us. My note-taking during our interview was half to write this article, and half selfish, as I learned a great deal I wanted to incorporate into our own growing processes on the farm. But, let's not get ahead of ourselves!

Benjamin Rust and his family and staff run Mud Pond Farms, a beautiful 50 acre piece of land they purchased in 2012 when they moved here from Factoryville. "I grew up on a dairy farm," Ben said, "and farming is in my blood. We wanted land. We had young children and we wanted them to grow up on the farm." The first crop on the farm was strawberries! "We planted 25,000 strawberries on black plastic. We didn't spray them, so there was a lot of work involved. We cut the runners of all of those plants by hand, had help from our neighbors and put the kids on it too," Ben shared. After strawberries, they added blueberries to their offerings, and featured a U-Pick with their berries seasonally. One of the biggest draws is the natural, no spray, no pesticide way these berries are cultivated, ensuring customers get the cleanest product right from the farm.

I loved learning more about the strawberries as it's something I grew up planting with my dad on a very small scale, and would love to incorporate on our farm for ourselves. Ben taught us that strawberries are very susceptible to diseases and pests, so they would undertake the laborious process of rotating the entire plot and letting the previous plot rest. A ton of work, indeed - but this helps them ensure their berries are top notch, which is important to Mud Pond, and appreciated by their customers as the strawberries sell out every year they're offered!



So after the berries, Ben explained that they started raising Berkshire pigs, and then Wagyu! Both of these animals were chosen for their reputation as premium breeds, the quality and flavor profiles of their meat being a cut above the rest. And then one thing just led to another, as it usually goes with farming! They did pumpkins in the fall and explored the agro-tourism world. And they added pasture-raised birds. They'd push the birds out into the pumpkin fields when the season was over, to pick at the leftover pumpkins, as the seeds are a natural dewormer and feeding on the gourds grew healthy, great-tasting birds.

I asked Ben the same questions I ask just about everyone - the blessings and the challenges. "I like working with my family," Ben shared, "so we can all be together. And I like making food! It makes me happy to be able to be part of the farming community and be a help and support to them." As far as



the challenges, Ben shared that quality control and perfecting of processes with differing variables that come into the butchering world can be daunting. But it's a process that continues to provide quality food to the community, which is of great importance. Ben shared that Mud Pond is just grateful to be part of that link in the local farming community, which helps folks connect to their food source and understand that connection.

Like Mud Pond Farm, we appreciate being part of that network, helping the communities in NEPA find their local farms, enjoy what they do, and learn from them. We've learned a great deal from Ben and his family at Mud Pond, and we look forward to learning more from them in the days to come. If you'd like to visit the farm store, or experience the U-Pick berry season, check out Mud Pond's website for more information: www.mudpondfarm.com

But when the demand for their beef grew and they were struggling to get slots at the butcher, they had the idea of adding a butcher shop to their services at Mud Pond Farms. The butcher shop was built in 2018. "It was slow getting started," Ben explained, "and then COVID hit. People were buying more bulk meat as scarcity hit." But like anything worth doing, Ben described, "the learning curve was steep. But we had really good teachers and help. It just takes time to establish that trust and credibility."

In addition to the custom butcher shop and USDA added in last year, Mud Pond now operates a farm store on the property as well. This allows them to bring in local animals, harvest them, and make them available to the immediate surrounding area. They're open every day and offer, as well as typical cuts, snack sticks, kielbasa, bacon, sausages, and Italian cured meats. Tony and I can attest to the amazing smell of the Italian meats as they hang curing as soon as you walk in the front door.





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Third Kingdom Mushrooms

During our time at the Dalton Farm to Family Festival, we found ourselves parked next to the amazing Third Kingdom Mushrooms. We hovered over their booth and eavesdropped on all their conversations because we had to learn as much as we could about what they do! We know you'll be just as excited as we were.

First of all - tell us about your farm and your history!

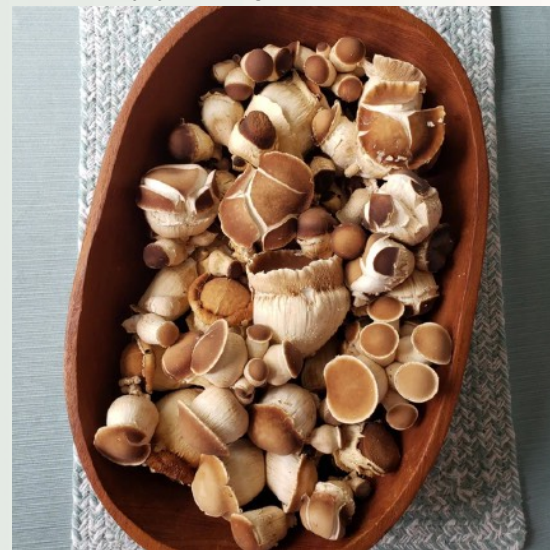
Well, George and I both have a wild background, as in, spending a lot of time in the woods, hiking and foraging. George grew up in the Wallenpaupack area and spent a lot of time outdoors; he had an early interest in wildlife biology and especially mushrooms. I was a city kid who was lucky enough to have neighbors who gardened and foraged and allowed me to tag along on their family foraging adventures. The idea of foraging wild foods, mushrooms especially, really fascinated me. We spent a lot of time in the woodland campus of Keystone College foraging together while we were at school there. George's degree is in Wildlife Biology and he minored in Organic Chemistry and Micro Biology. We have always spent time in the woods foraging and had an interest in growing at home kits with our children. When kids came along, the mushroom farm idea kind of took a back burner. When our son Gabe was a Sophomore in high school during the Pandemic in 2020 he showed interest in learning the scientific process of growing mushrooms in cultivation. He had a left over biology kit he just couldn't see tossing out. George offered to walk him through the steps of starting a mushroom culture from spore print to creating a food source that would allow the mushrooms to reach the fruiting stage. He really enjoyed the process and made a comment that he could pursue this as a career. He was our catalyst to actively start growing mushrooms in a commercial setting. George's skills and education along with our son's interest to learn the process really compelled us to continue and grow and develop. My background in retail and restaurants gave me a unique position where I was able to use those tools to help us grow our customer base both wholesale and retail. Recently, our daughter Evie stepped up to join the team as our market sales representative which allowed us to join some local markets and develop a relationship with our retail customers. It is awesome to have the ability to work with our now young adult children to grow our farm together. Everyone has their position and works well each playing to our strengths. We are very fortunate to have great kids who share our passion.

Tell us about the varieties you grow! What are your favorites?

We have a large variety of mushrooms in our culture library, about 35 plus! We have several types of Oyster mushroom, all which grow in different temperature ranges and have different characteristics, colors, etc. We also have some traditional cap and stem type mushrooms such as Shiitake, Beech, Poplar, Chestnut and Namako as well as others. We also grow some mushrooms that have more medicinal uses such as Lions Mane, Cordyceps, Turkey Tail and are working on some other strains in our culture trial program. If they do well we will add them to the mix! What are our favorites? Hmm, well flavor wise I think Lions Mane is high on the list. It's just such a versatile mushroom that can be used in so many ways. Chestnut is another favorite as it has a nutty flavor and has a crisp crunch even when cooked. I think all four of us would agree that our most favorite strains are the 2 we wild harvested and cultivated into our culture program. We have a spring and summer strain called White Evie Oyster harvested by George and Evie on her birthday so we named the strain after her. The second strain is our Golden Crown Winter Oyster that was harvested on

Christmas day at my parent's house so we named it after its color and my parents' street. It is really awesome to be able to harvest a mushroom in the wild and then create a culture from it that we can grow and share with our customers that they won't find from any other mushroom farm anywhere. The more we grow our mushrooms and learn from them and how they can help us, the more we want to expand our varieties. Besides being delicious, a lot of mushrooms have health benefits unlike any other organisms on earth. They are a great protein substitute and many will take the flavors of whatever seasonings you cook them with. Mushrooms can be taken as a vitamin supplement in an extract, tea, or powder form. There are even some mushroom powders being turned into coffee! We will eventually come up with our own mushroom coffee blend, but for now we like to use our dual extracts in our teas and coffee for our extra mushroom boost.

Photos courtesy of Third Kingdom Mushrooms



Our favorite recipe is definitely our Cream of Mushroom Soup

It's super simple, yet full of flavor and can be made with really any mushroom. It can also be made with vegan cream for a vegan friendly option.

4-6 cups Black Pearl King Oyster (or any)
Mushroom clean and chopped (even mix it up with a variety)
4 tbsp. butter (or vegan butter)
32 oz. Chicken, beef or vegetable stock (canned or homemade)
1-2 cups of heavy cream (or vegan cream)
I use a generous 2 cups
1/4 cup cold water
1/4 cup corn starch or equivalent Xanthan gum for thickening.

Sauté the chopped mushrooms in half the butter for 15 minutes (hardier mushrooms like Hen will take 20-30 minutes). In a large pot, combine the stock, cream and remaining butter. Bring to a simmer, stirring occasionally. When the mushrooms are done, take 1/4 of the cooked mushrooms and puree with an immersion blender or food processor until fine. Add all the mushrooms and the puree to the stock and cream mixture and bring to a boil. Mix together cold water and cornstarch until smooth. Slowly add to the boiling soup, stirring constantly until thick. You can make more cornstarch and cold water mixture if needed to reach desired thickness. Add salt and pepper to taste.



Most people are totally unfamiliar with the way a mushroom grows, myself included. It's not a seed you grab from a pouch, poke into the soil and out pops a mushroom. Educate us - how do mushrooms grow? How do you grow different varieties? Where do you grow them?

Mushrooms are so interesting to grow; the wild thing about them is that the part we eat, the fruiting body, is actually the reproductive organ of the mushroom. Mind Blown. Mushrooms start from a spore, a tiny microscopic speck, that leaves the mushroom from its gills or pores. It lands anywhere the winds take it, and if conditions are right, it will grow! The spore spreads and creates mycelium which is the main body of the mushroom. Depending on the type of mushroom it might grow on soil, wood, decaying matter or poop! The mushrooms we grow mainly grow on wood with a nutrient blend that we add to help the mushrooms grow from the mycelium. Some mushrooms like White Button and Portobello grow on a manure and soil mix which can be very stinky so we don't grow those in our current system. We grow our mushrooms on blocks, which are basically artificial logs and we create a cut in the block to simulate a tree break where air gets in to tell the mushrooms it's time to produce fruit! Our farm is not like your typical farm in any way; our mushroom farm is completely indoors. Climate, light and air filtration controlled tents make up our mushroom "farm." Although we do have the ability to control temperature, we do not rely on temperature heavily and only adjust subtly so that we can grow a wider variety of mushrooms throughout the year with the changing seasons in our system. The chefs and customers really seem to enjoy the change in the varieties we have.



Where can folks find your products?

Right now we are at the UNC Carbondale Farmers Market on Thursdays from 1 to 6 pm, and South Side Farmers Market on Saturdays from 10am to 1pm. Both of these markets are year round. We will be at the Kennedy Park Vendor Markets when Forest City holds those, as well as some other community events we look forward to attending this year. We are proud to be in our second year of working with Mike and Liz at Endless Roots Farm providing mushrooms through their online CSA. We also supply dried mushrooms and extracts at The Familiar in Forest City, and are in the works with Cable's General Store for our products there. We work with a lot of great restaurants in the area, Alter House, Maximum Zen, AV, Bar Pazzo, Rikasa, Peculiar Market, Glenmaura, Marianacci's, The Beaumont Inn and Best Cigar Pub just to name a few. You can find the complete list on our website and links to check out their menus! We are always looking to expand our client base and get involved with the community so there are definitely other locations and products we are working on.

Tell us about tinctures, and the mushroom products that folks aren't familiar with.

There are a few ways you can get all the benefits of the mushrooms without just eating a ton of them. One of the ways we like to get our mushroom nutrients is through extracts. We make our own dual extracts in house from mushrooms we grow, with the exception of Chaga, which we forage. The dual extracts are a 2 stage process that derives all the beneficial compounds from the mushrooms into a liquid form which can be taken by itself

or in a drink. Each extract has its own health benefits, with some crossover between types of mushrooms. Those benefits include general immune boosters, muscle and nerve repair and maintenance and even cancer fighting properties. Another way people take them is in a Mushroom coffee. Mushroom coffees are made from a powder form, similar to what is put into supplement capsules; however the powder coffees tend to be hydrophobic. The powder doesn't absorb into the water but will sink or float instead, so you don't always get all the nutrients when they're sitting at the bottom of your cup. We get a lot of requests for a mushroom coffee, and we have some ideas to develop something that would be more user friendly. While the FDA doesn't support the use of mushrooms and many herbs for helping ailments, there are many studies available to show the benefits of adding mushrooms to your diet and regimen to ward off various ailments and afflictions. We always suggest that people do their own research and talk to their doctors before adding a new supplement to their daily vitamins.

What would you suggest for someone who wants to try their hand at growing their own mushrooms?

There are at-home grow kits available online and in some stores; we don't have an at home kit out right now but they're on the list. If the request picks up, we would definitely make that happen. We always suggest that if you're going to get an at-home kit, do research and buy one from a reputable source so you know what you are getting. The kits are a lot of fun and how we started experimenting. Our kids loved checking on their kits each day. Having the ability to watch them grow and pick them just like you would pick a veggie from your garden is a lot of fun. We definitely wouldn't recommend growing a lot of kits in a home setting unless you have a room or location where you can separate them from your main living space. A small amount, like 2 or 3 blocks is fine, but mushrooms drop a ton of spores once they fully fruit, and if you don't have proper ventilation and filtration those spores can get all over everything and into your lungs. Some people get allergy-like symptoms from heavy spores, so definitely research, research, research and good ventilation!

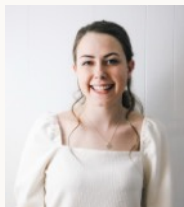
How can folks shop from you, learn from you, and follow you online?

Our current location is not open to the public, but you can find us at the farmers markets, through Endless Roots Farm online CSA, and check in through our website, www.3rdkingdommushrooms.com and follow us on Facebook and Instagram. We have a foraging program coming up in May with the Mountain View Garden Club, which you can check out on their website. This program, along with some others they have throughout the year, are open to the public. We will have some other mushroom walk and foraging events scheduled once the weather warms up a little bit. There is always something we are working on, cooking up or foraging, so definitely check in!



Natural Egg Dyes

Our cover photographer Abbi Shaeffer happens to be an incredibly talented food blogger as well over on instagram as @juniper_kitchen. Last year, she shared a beautiful article about natural egg-dyes on our website and we just had to share it! Photo credit is copyright Abbi Shaeffer.



To keep things simple, I chose three types of dye for this project: red cabbage, avocados, and turmeric. I've also seen people use walnuts, acorns, red beets, and onion skins. I used both brown eggs and white eggs, as brown eggs will result in deeper jewel tones while white eggs produce pastel colors. Don't be afraid to experiment when you try this for yourself! Try mixing up the amount of time you allow the eggs to soak and even combining different colors to get new results. In the end, you'll end up with a pretty rainbow of naturally-colored eggs with which to decorate your home.

Red Cabbage

For this dye, I took an entire head of red cabbage and diced it into small pieces. After combining these pieces with the water, I let them simmer for an hour and then soak overnight. In the morning, I divided the dye into three parts. One part I left just as is for a light blue. To another part, I added four tablespoons of vinegar to make a reddish pink. For the final part, I added five tablespoons of baking powder to make a deep green teal. This last shade was definitely my favorite, and it definitely turned out the best on both white and brown eggs. I only soaked the teal eggs for a few hours before they were very pigmented. The plain red cabbage made a very light blue, only visible on the white egg even after being soaked overnight. The vinegar and cabbage didn't seem to work at all, though I've seen other tutorials where it did result in a fuchsia color. I played around with the lengths I let the eggs soak for a range of colors, from dark to light. I love the ombre of teal colors this created!

Avocado

Like many other people, I was surprised to learn that the skins and pits of avocados release a peach-pink colored dye when boiled and soaked. The color is very faint, and only really showed up on the white eggs. I took the pits and skins, made sure they were nice and clean, and then simmered them for two hours. I then let them soak overnight, and in the morning, the dye was a pretty orange pink. Vinegar helps the dye to affix better to the eggs, so after adding it, I soaked white eggs most of the afternoon and overnight. They came out a pastel colored pink-peach.

Turmeric

Turmeric is great for dyeing anything, as evidenced by the bright yellow spoon in my kitchen reserved solely for curry making. White eggs soaked in turmeric overnight come out a bright, pretty yellow, and the brown eggs came out more of an orange. The turmeric doesn't need to soak as long as the other dyes, so I just boiled the water, stirred in the spice and vinegar, and then let the eggs sit overnight. Like the avocado, the vinegar helps the dye to affix better to the egg. Once I had all three colors, I put a few of the eggs in multiple different dye jars to get light greens as well. These golden colored eggs are definitely among my favorite from the process!

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DELIVERED FRESH



www.DeliveredFresh.Store

Under the Moonlite



Alpacas and garlic. What on earth could those two things have in common? Well, on a beautiful farm in Ulster, PA, lies the answer to that question. And what a great pairing it is! I met Karen of Under the Moonlite Alpaca & Garlic Ranch LLC on the wonderful world of Facebook. We connected over the beautiful crocheted alpaca fiber products she was advertising. I messaged her and purchased a soft white hand crocheted head wrap, perfect for those early morning winter Remus walks. We began chatting about all they do and started purchasing their garlic through Deliveredfresh.store and realized - we gotta do an article!

We finally got over to Ulster to sit down with Ron and Karen after winding through the backroads of Bradford county. We pulled up in their drive past immaculately kept stables and barns filled with fuzzy alpacas craning their necks to check us out. Under the Moonlite's animals were certainly tucked in cozy and safe. Karen was kind enough to start our interview with a tour to see them. There aren't just alpacas to visit! We talked to the goats, the sweet donkeys, the gentle horses and vociferous guinea hens.

Karen walked us into the showroom to see her display of handcrafted hats, scarves and blankets. The fiber from the rescue herds is transformed into gloves, socks, bootliners and dryer balls all made in America. She also sells beautiful Peruvian alpaca fiber sweaters, super soft leggings and an assortment of other fiber crafts. After seeing all they had to offer, I couldn't wait to sit down with Karen and Ron and ask them some questions about their farm.



"We moved up from Jersey in 2010 and lived in a camper on the property," Karen explained. "I had lived in a small lot in New Jersey previously and originally from Brooklyn." So the sprawling hilly land came as a bit of a shock. "We lived in that camper for eight months while we built the house and it was cold,"

Karen laughed. "A friend gave me a big red wool sweater to get me through, but we quickly discovered Ron was allergic to sheep's wool." And that...is where the idea for alpacas came from. Many folks with wool allergies find that alpaca fiber causes them no problem as it is hypoallergenic, natural wicking and warmer than wool without the itch! So in came the alpacas that next August. It started with a herd of six. Then they rescued a herd of seven, then a herd of ten, and so on. At one point they had 40 alpacas on the property.

What surprised me was that they don't all mill around in the same shared space as other livestock do. Alpacas are a herd species with one animal taking the role of a leader of a small herd. Alpacas

can be friendly, as Karen explained, but there are risks involved with overly handling them, or trying to raise one on its own without a herd. "Two guard while one sleeps," Karen explained. "They operate within a hierarchy system and need each other to guard because they can't protect themselves." With rescues from different places it was easier to keep them in separate enclosures on the farm as each herd arrived at Under the Moonlite. Every critter has its own name and story. They're beautiful animals with a lot of personality, and soft luxurious fiber.

Karen sends her fiber to a mill in Massachusetts where it is washed, carded, and spun into socks, gloves, boot liners, dryer balls and yarn. I asked if she'd ever consider spinning her own wool and she laughed; "there just aren't enough hours in the day right now." Karen explained that most of her time goes into professional "poo scooping!" But that is where the garlic comes in, amazingly enough.





Karen explained that, because they are required to have a manure management plan, they decided to use this requirement to their advantage. "Alpacas poop five pounds per day and they use a common pile. It's super high in nitrogen and because it's in one pile, it's easy to transfer right to the garden." This gave them the perfect opportunity to experiment with gourmet garlic. The varieties of garlic offered are just as exciting as the unique animals on the property. They sell six different types - three spicy and three medium. Bonus, when you purchase garlic either on their website or

through Deliveredfresh.store, you receive helpful and interesting information about everything they offer and what makes each flavor different than the next. (You'll also often find cute alpaca coloring pages in the Delivered Fresh bags.)

If all of that wasn't enough, we learned that Under the Moonlite Alpaca acts as a Harvest Host, which is a service for folks to stay overnight in their RVs at farms, wineries, and other local businesses (learn more at harvesthosts.com). Their beautiful farm is enjoyed by folks from all over the country and rightly so. You can enjoy Under the Moonlite Alpaca & Garlic Ranch by attending their annual "Naked Alpaca Party," the weekend after mother's day. Come and watch as the alpacas are sheared and enjoy breakfast and lunch. (Let them know you're attending). Use the opportunity to learn about these great animals and shop the fiber showroom too.



You'll find Karen at the farm at this event or you can stop by and visit her at one of the many fiber art shows she exhibits at. Be sure to learn more about them via their Facebook page, instagram or contact them at underthemoonlitealpaca@gmail.com.



Photos courtesy Under the Moonlite Alpaca & Garlic Ranch LLC

Your Local Farm Directory

Bradford County

Continued

Greener Pastures

Troy, PA
Steve & Nicole Harris
www.greenerpasturesfarm.net
570-337-0815
pastured pork, poultry, grass-fed
beef, plants, produce, pumpkins,
maple syrup, hay

Grown Food LLC

Gillett, PA
Tim & Liz Owen
www.grownfood.com
570-423-6612
seasonal vegetables and a variety of
sustainably grown mushrooms

Lake Edge Seeds & Trees

Brian Moyer
Towanda, PA
570-265-0470
moyerbrian@gmail.com
nut trees, fruiting shrubs, fodder
trees for livestock and more

Norway Ridge Angus

Paul & Stacy Fusco
Wyalusing, PA
570-721-2425
paul@nrangus.com
www.nrangus.com
naturally raised Black Angus beef,
Forest Raised Pork, Tallow Balm, raw
honey, pastured eggs

Small Dog Orchard

Craig, Wanda, Jake & Cody Lezak
East Smithfield, PA
570-574-6298
smalldogorchard@gmail.com
Small Dog Orchard on Facebook
12 varieties of apples grown on a
trellis system. Pick-your-own, pre-
picked, orchard tours
& delicious cider

Southview Station

Jessica Newman
585-261-5434
SouthViewStation@outlook.com
www.southviewstation.com
grass-fed cows and sheep, pastured
pork and poultry

WindStone Landing Farms

David & Marla Nowacoski
Columbia Cross Roads, PA
570-596-4470
dnowacoski@gmail.com
wslfarms.com
quality pastured pork, chicken and
turkey, eggs, vegetables, jams, salsas,
soups, pickles

Lackawanna County

3rd Kingdom Mushrooms

Geo & Jen
Vandling, PA
570-955-0808
3rd.kingdom.mushrooms@gmail.com
3rdkingdommushrooms.com
3rd Kingdom Mushrooms on Facebook
locally grown and harvested
mushrooms

Clum Family Farm

Jerry & Orna Clum
Scott Township, PA
570-677-7268
ornaclum1@gmail.com
honey, maple syrup, kid goats, eggs,
educational farm tours, freeze-dried
vegetables, fruit & herbs, chicken
processing

Endless Roots Farm

Mike & Liz Krug
Waverly, PA
570-687-4311
endlessrootsfarm@gmail.com
endlessrootsfarmpa.com
Fresh local sustainably grown produce
and CSA memberships

Mud Pond Farm

The Rust Family
Dalton, PA
570-222-6328
rust2401@gmail.com
mudpondfarm.com
Mud Pond Farm on Facebook
U-Pick farm and butcher shop, Wagyu
beef, farm store

Susquehanna County

A. Joy Swiss

Little Meadows, PA
Abbie Evans
a.joyswiss@yahoo.com
A. Joy Swiss on Facebook
Raw Milk

Albert C. Shaulis

Montrose, PA
Albert & Rachele Shaulis
tweetyburdz@yahoo.com or
beefcow10@icloud.com
570-934-2833
grass fed, grain finished quarter,
half, whole beef

Amy Boot

Montrose, PA
snoylany@hotmail.com
570-396-2043 (text or call)
quality farm fresh eggs

Susquehanna County

Continued

Barbour Farms

Jim & Kim Barbour
Hallstead, PA
607-435-0830
barbourfarms.com
Raw A2A2 grass-fed milk, organic/
sustainable vegetables & pumpkins.
Raising grass-fed American Aberdeen
beef.

Bennett Farms

Brandon & Adele Bennett
New Milford, PA
570-947-4056
Bennettfarms.biz
local beef, pork, and equine services

Burke Farms LLC

Bill & Becky Burke
Meshoppen, PA
570-240-0714 or 570-240-5485
wb.burkefarmsllc@gmail.com
whole, half or quarter beef and
individual cuts and packages

C. Birchard Farm

Chapin Birchard
Birchardville, PA
607-321-9298
U.S. Inspected Individual retail beef. Call
or text for meat order.

Carlin Farm (4 Seasons Farm Market)

Gerald & Tina Carlin
Meshoppen, PA
570-240-5094
4seasonsfarmmarket@gmail.com
4seasonsfarmmarket.com
wide variety of fresh produce and
pasture-raised beef

Carlton Farms

Jennie & Richard
Montrose, PA
570-396-0886
info@carltonfarms.net
carltonfarms.net
certified organic produce, pastured
lamb, fire-tonic, pestos and CBD
products
beef and hay

Castiglione Family Farm

Heather Castiglione
Montrose, PA
Grass-fed beef, free range non-GMO eggs
dcastiglione111@gmail.com

Back Achers Farm

Sue & Aaron Bullock
Rome, PA
570-247-2940
backachersfarm@epix.net
backachers-farm.weebly.com
pastured pig & poultry, 100% grass-fed
beef, organic seasonal produce and
maple syrup

Backroad Creamery

Ulster, PA
570-404-0664
backroadcreamery@gmail.com
www.backroadcreamery.com
quality artisan cheeses

Bluebird Ridge Farms

The Ashby Family
Milan, PA
www.bluebirdridgefarms.com
pastured grass-fed beef, veal, chicken
and Berkshire hogs

Bohlayer's Orchards

David & Heather Loomis
Troy, PA
570-297-2480
www.bohlayersorchards.com
heather@bohlayersorchards.com
quality Romeldale sheep and wool
products

Brush & Bramble Farm

Laceyville, PA
570-721-0522
www.brushandbramblefarm.com
brushandbramblefarm@gmail.com
goat milk soap, scrubs & body care

Dirt Road Herbals

Gillett, PA
Dirt Road Herbals on Facebook
dirtroadherbals@yahoo.com
Natural herbal remedies, lotions, salves
and other botanical products

Edsell's Greenhouse

Wyalusing, PA
seasonal: May - Mid June
570-744-1960
Edsell's Greenhouse on Facebook
hanging baskets, annual flowers, pre-
planted containers, vegetable plants
and herbs

Bradford County

Your Local Farm Directory

Susquehanna County Continued

Clodhopper Farm

Pete & Eliza Comly
Springville, PA
570-965-2201
clodhopper@epix.net
clodhopperfarm.com
pasture-raised chicken, turkey and
eggs, grass-fed beef and natural pork

Corbin Family Farms

David Corbin
Hop Bottom, PA
570-396-6105
djc005@lvc.edu
locally sourced, naturally and
sustainably grown beef and lamb. Beef
Quality Assurance certified.

Endless Mountains Ranch

Paul & Emily Travis
Hallstead, PA
607-205-0361
info@endlessmtnsranch.com
www.endlessmtnsranch.com
@endlessmtnsranch
quality pastured pork and poultry

Ellsworth Farm

Samantha Ellsworth
Montrose, PA
910-352-0929
Ellsworth Farm on Facebook
organic, non-gmo homegrown plants
and flowers

Evelyn Adams

Montrose, PA
570-982-3702 (text only)
local fresh eggs

Fernhall Estate & Woolery

The Balfour Family
Clifford, PA
fernhallestade.com
events & historic wilderness retreat,
merino wool

Frolicking Feathers Flower Farm

Paige Frystack
Montrose, PA
607-727-6096
@frolickingfeathersflowerfarm
Frolicking Feathers Flower Farm on
Facebook
U-Pick fresh-cut flowers and events

Susquehanna County Continued

Hepler Beef

The Hepler Family
Hallstead, PA
570-465-3921
cshepler@nep.net
Hepler Beef on Facebook
Raising grass finished or grain
finished beef. Available in quarter,
half, or whole

Hog Haven Farm

Larry & Eileen Traver
Montrose, PA
570-665-8177
pork & beef, pasture raised, fed
certified non-GMO

Homestead Herbs & Tea

Megan Carey
Friendsville, PA
homestead_herbs@yahoo.com
Homestead Herbs on Facebook &
Instagram
Homemade loose leaf tea, herbs,
salves, tinctures & chapsticks

Jill's Happy Bees

Kate & Chuck Castrogiovanni
Montrose, PA
570-396-0311
Jill's Happy Bees on Facebook
honey, nuc boxes, and wax-dipped bee
boxes

LaRue's Farm Market

Ben & Renee LaRue
Montrose, PA
570-934-2618
laruesfarm.com
seasonal home-grown vegetables and
meats

Legacy Farm/Lauer Farm

Springville, PA
John Krayestki
570-575-0284
beef and hay

Magpie Pines Homestead

Kingsley, PA
Scott & Tammy Davies
480-427-5535 or 480-689-0184
magpiepineshomestead@gmail.com
Non-GMO, pasture raised, unclassified
duck eggs

Marcho's Florist and Greenhouses

Susquehanna, PA
570-756-2616
marchosgreenhouses.com
florist, greenhouse, dahlia farm

Parrish Family Farm

Karen & Guy Parrish
South Montrose, PA
607-759-8201
karen.glparrish@frontier.com
home-grown quality beef

Susquehanna County Continued

Marcho's Florist and Greenhouses

Susquehanna, PA
570-756-2616
marchosgreenhouses.com
florist, greenhouse, dahlia farm

Parrish Family Farm

Karen & Guy Parrish
South Montrose, PA
607-759-8201
karen.glparrish@frontier.com
home-grown quality beef

Phillips Farm

Tyler & Katie Dewitt
Kingsley, PA
607-759-8201
@farm.phillips
Phillips Farm on Facebook
Family-owned self-serve farm stand

Rocky Ridge Farm

Rob & Hannah Squier
Brooklyn, PA
845-258-0742
rocky-ridgefarm.com
grass-fed beef, pork & chicken

Russell Farms

Mike Russell
Brackney, PA
@russellfarms
russell-farm.com
year round farm store, CSA, and u-pick
apple orchard

Si's Sow & Steer

Silas Lewis
Montrose, PA
570-278-4533
sisowsteer@gmail.com
@sisowsteer
Si's Sow & Steer on Facebook
fresh homegrown pork and beef

Spear Family Farm

Frederick Spear
Hallstead, PA
570-396-8440
spearfamilyfarm@gmail.com
spearfamilyfarm.com
goat milk soap and lotions, produce
(chicken & duck eggs, seasonal veggies),
and livestock sales

Susquehanna County Continued

Trinity Angus, LLC

Edward & Dr. Rebekah Burke & Family
Brackney, PA
570-840-7376
trinityangus@gmail.com
www.trinityangus.com
veteran-owned family farm offering
hormone and antibiotic-free Angus
beef for your freezer and/or local
business. Also offering embryos and
bulls to help build a healthy Angus
herd.

Viva Villa Farm

Jill Kutz
Friendsville, PA
h-570-553-4280, c-607-237-6053
jill.kutz24@gmail.com
www.VivaVillaFarms.com
Lamancha Dairy Goats, Icelandic sheep,
Great Pyrenees puppies, Artisan
homemade products, bath & body,
honey, maple syrup & wool items

Windy Willow Homestead

Montrose, PA
Mark & Stephanie Rozelle
srozelle@live.com
570-309-7955
@windywillow.homestead
registered Nigerian Dwarf goats,
chickens, ducks, turkeys, quail, meat
rabbits, herbs and produce

Tioga County

B&S Farm

Bryant & Shayna Painter
Westfield, PA
570-439-2956
Local non-classified organic pastured
eggs

Blair Creek Farm, LLC

Kyle & Courtney Rouse
Little Marsh, PA
Blair Creek Farm, LLC on Facebook
570-439-0525
Pasture raised chicken (whole birds or
cuts by the pound), grass-fed, grain
finished beef by the half, quarter, or
cuts buy the pound, free-range brown
eggs, fresh, never frozen pasture-raised
Thanksgiving turkeys, mixed grass hay
in small squares and round bales

Hillstone Farms

Todd & Jessica Webster
Wellsboro, PA
hillstonefarms@gmail.com
farm market store, Angus beef,
pastured pigs & chickens

Tioga County

Continued

Miller's Purely Maple

Dale & Melanie Miller
Wellsboro, PA
570-724-7907
www.millersmaple.com
Quality maple products sold year-round

New View Farm

9578 N Elk Run Rd, Mansfield, PA
570-549-3545
newviewfarminfo@gmail.com
New View Farm on Facebook
vegetables, gourmet blend lettuce and
pastured eggs, using aquaponic & soil
based growing

Northwood Homestead

Scott & Hannah Kroll
Mainesburg, PA
northwoodtunis@gmail.com
raising Tunis Sheep for meat and fiber,
growing dahlias for market bouquets
and tuber sales

Painter Family Farm

Clinton & Maria Painter
Westfield, PA
814-367-5675
paintersorganiclivestock@gmail.com
organic pasture-raised eggs, pork,
lamb, goat, chicken & turkey

Strange Acres Registered Angus

Michelle Strange
Mainesburg, PA
570-404-1429
cow/calf operation - bulls for sale all
year. Registered and non-registered
available

Westfield Flower Co.

Westfield, PA
470-441-3695
westfieldflower.com
Westfield Flower Co. on Facebook
westfieldflower@gmail.com
Fresh-cut, locally grown PA flowers

Wyoming County

Avery Mountain Bines & Twine

Joe Mitchell & Paul Robinson
Tunkhannock, PA
570-335-2403 (prefer text message)
averymountain@yahoo.com
fresh hops

Black Barn Homestead

Nolan & Autumn Maxwell
Nicholson, PA
570-914-8994
Black Barn Homestead on Facebook
Pickled quail eggs in mild, cajun and
ginger rosemary flavors, pickled
vegetables, switchel and shrub

Wyoming County

Continued

Brown Hill Farms

The Brown Family
Tunkhannock, PA
570-241-8430
brownhillfarms@gmail.com
brownhillfarms.com
seasonal tulip & sunflower fields,
pumpkin patch and local produce
stand

Brown's Locust Grove Farm

Dennis & Cody Brown
Tunkhannock, PA
570-690-7532
570-240-0582
Brown's Locust Grove Farm on
Facebook
family farm that grows corn, soybean,
oat, and wheat crops, as well as high
quality hay and straw. We also raise all
natural beef cattle. All our beef is
raised from start to finish locally in PA.

Cedar Ridge Highlands

David & Skyler McCoy
Tunkhannock, PA
843-422-0950
cedaridgehighlands@gmail.com
pastured poultry, grass-fed beef, garlic
and vegetables

Redfield Farm

Falls, PA
570-614-6697
redfieldfarmpa.com
beautiful daylilies in a full spectrum of
colors, varieties and bloom times

Rock "N" K Farm

Josh & Elena Kuwaye
Meshoppen, PA
607-206-1036
KuwayeJosh@yahoo.com
grass fed, grain finished beef by the
whole, half or quarter

The Posy Plot

Ashlee Butkiewicz
Lake Winola, PA
570-709-5102
ashleedoss@gmail.com
the-posy-plot-llc.square.site
@theposyplot on Instagram
seasonal cut flowers, offering bouquet
subscriptions and workshops

Rowlands Pennsylvania Produce

Falls, PA
570-561-4093
Rowlands Pennsylvania Produce on
Facebook
Hydroponic-pesticide-free lettuce and
herbs

Wyoming County

Continued

Whistle Pig Pumpkin Patch

The Field Family
Noxen, PA
570-298-0962
stacy@whistlepiggumpkin.com
whistlepiggumpkin.com
U-pick farm offering strawberries,
raspberries, blueberries, tomatoes,
peppers, elderberry, pumpkins,
gourds, as well as fall family
activities

Wilson Farm

Tunkhannock, PA
Lynn
570-836-3289
grass-fed lamb and poultry, wool,
Texel breeding stock

Should your farm be in our directory?

We'd love to list your
farm and grow our
directory to help our
community learn
where to find quality
home-grown products!
Please contact us via
our website so we can
connect with you and
list your family farm
for free!



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