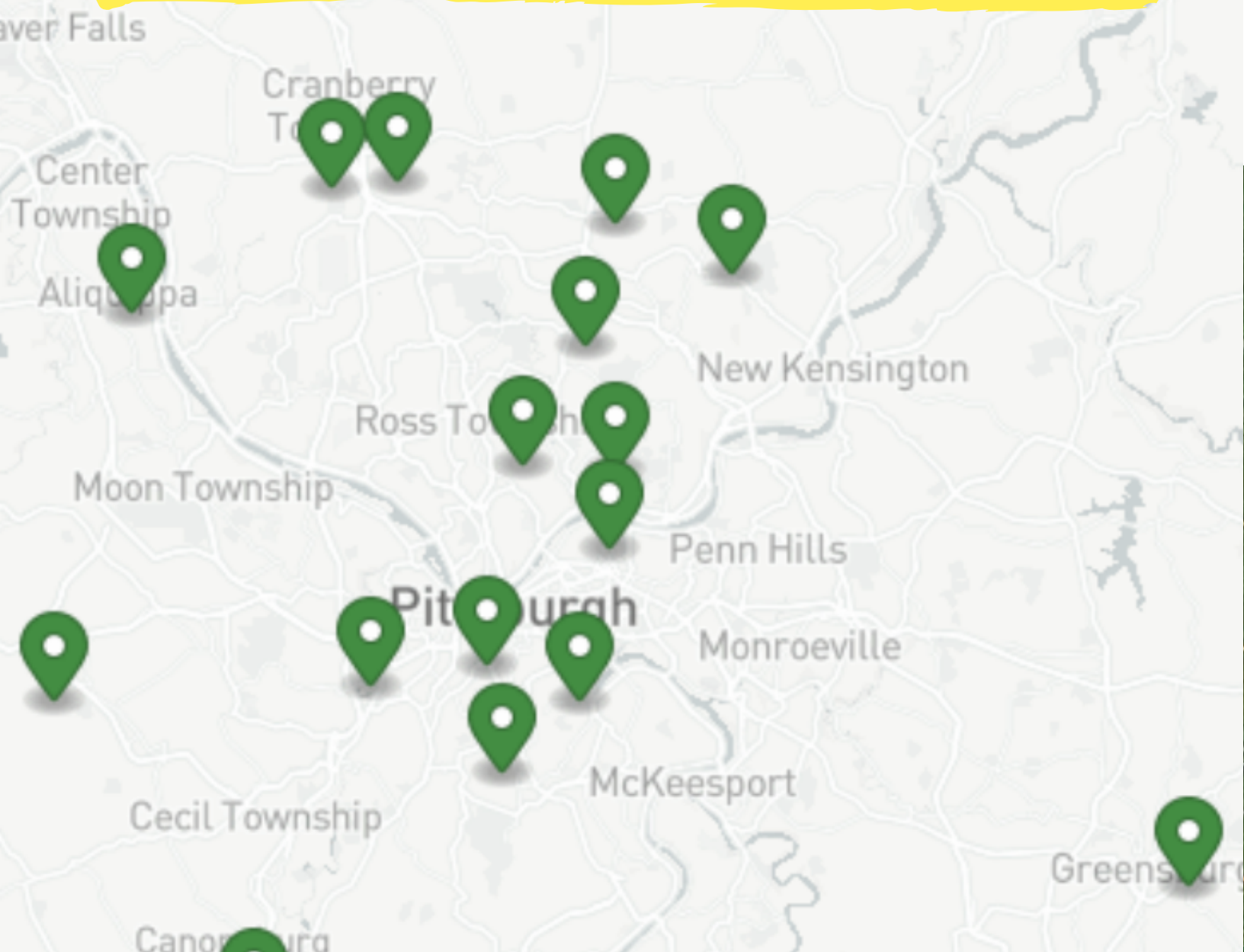


Pittsburgh's Local Food Cheatsheet



An insider's guide to
supporting regional farmers
while living in the city

Presented by **HARVIE**



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Why support a local food economy?

1. Flavor

There is nothing that compares to a local tomato. Local food is often fresher given the shorter distance it has to travel between farm and consumer.

2. Support your neighbor

Producers receive a larger percentage of the consumer food dollar when we buy local. In some cases, researchers have shown a **7x difference** between the local supply chain and the conventional wholesale supply chain. Building a local food economy helps individual businesses in Pittsburgh thrive.

3. Local Economy-

Spending money on local food at restaurants and grocers has **2X** the impact on the local economy as spending it on non-local food. Not only does local food support individual businesses, but it impacts the entire economy of a region.

4. Sustainability

Local does not necessarily equal more sustainable practices but many local producers emphasize sustainability in their operations. Local farms have the ability to pivot quickly to adjust to what consumers want.





Farmers' Markets

A farmers' market is a great way to support local while having a fun outing. Many of the markets have music, food trucks, and the ability to meet the people who grow your food.

East Liberty Farmers' Market

The Monday night stop for locally grown food, flowers, baked goods, and snacks.

Location: Parking lot at Station Street and N. Euclid Avenue

Times available: Mondays 3pm to 7pm

Squirrel Hill Farmers' Market

Featuring farm-fresh fruits, vegetables, meats, cheese and baked goods.

Location: Parking lot at Beacon and Bartlett

Times Available: Sundays 9am to 1pm, May 15 - November 20

North Side Farmers' Market

Fill up a bag with farm-fresh produce before taking a walk in the park.

Location: Allegheny Commons at East Ohio and Cedar Avenue

Times Available: Fridays 3 - 7 p.m, May 20 - November 18

Market Square Farmers' Market

Find 30 vendors selling everything from cakes to fresh-pressed juice.

Location: Market Square downtown

Times Available: Thursdays 10 a.m – 2 p.m, May 12 – October 27

Bloomfield Farmers' Market

The only place you'll want to shop on a Saturday – don't miss the pupusas!

Location: Parking lot at 5050 Liberty Avenue

Times Available: Saturdays, 9 a.m.- 1 p.m. May 7th – November 19th

Lawrenceville Farmers' Market

Look for fresh produce, baked goods, and locally-made wares!

Location: Arsenal Park

Times Available: Tuesdays, 3 p.m. - 7 p.m., May 17 - November 22

Mt. Lebanon Uptown Market

This market has everything from farm-fresh veggies to cheese.

Location: Uptown Business District on Washington Road

Times Available: Saturdays, 9 a.m. to 12 p.m., May 14 - Oct. 29





Farm Stands

Every once in a while it's good to get out of the city, visit a farm, and buy some local goodies.

Soergel Orchards

Location: 2573 Brandt School Rd, Wexford, PA 15090

Hours: 9am - 6pm

From Downtown: 21 minutes

Known for: Apples and apple cider but carries everything from pickles to all kinds of produce, deli and bakery items. Soergel's uses IPM growing practices.

Trax Farms Market

Location: 528 Trax Rd, Finleyville, PA 15332

Hours: 10 am - 6 pm

From Downtown: 35 minutes

Known for: Fall pumpkin patch

Shenot Farm & Market

Location: 3754 Wexford Run Rd, Wexford, PA 15090

Hours: 10 a.m. - 5 p.m.

From Downtown: 22 minutes

Known for: Sweet corn, apples, apple cider, peaches, jams, and a wide variety of vegetables.



Integrated Pest Management (commonly known as IPM) is the sustainable method of farming Soergel's has used for many years. With IPM farming, every farming method, option, and theory is considered (both conventional and organic), and spray materials are applied only when the benefits outweigh the costs and yield the best possible results as well as the most value from the product. Soergel's uses the IPM method as opposed to strictly following organic farming methods because they feel it is the most well-rounded, beneficial to the land & produce, and results in the best product.

Triple B Farms

Location: 823 Berry Lane, Monongahela, PA 15063

Hours: Open June - December

From Downtown: 47 minutes

Known for: Pick your own Berries, Pumpkins, Flowers, and Apples (in the fall), PASA Member

Freedom Farms

Location: 795 Pittsburgh Rd, Butler, PA 16002

From Downtown: 39 minutes

Hours: 9:30 AM to 5:30 PM

Known For: Donut shop, meats, canned products, eggs, and produce

As a member of PASA (PA Association for Sustainable Agriculture), Triple B Farms believes in sustainable farming for a healthier life. PASA's mission is promoting profitable farms that produce healthy food for all people while respecting the natural environment.



Local Groceries

The easiest way to consistently support your local food economy.

Harvie is a weekly grocery service that specializes in bringing the best-sourced food to your door. They emphasize small and local producers, products made with sustainable practices, and food that tastes unlike anything you've ever tried. Each week, members shop a list of 475+ products to restock their kitchens.

Looking for a way to support the local food economy easily into your weekly schedule? Harvie is the best way to support a true local food economy right here in Pittsburgh.



Additional Resources

Farm to Table 2022 Local Food Guide

[This guide](#) is updated each year and covers Allegheny and the surrounding counties.

Local Business Directory via Sustainable Pittsburgh

[This directory](#) includes all local businesses in Pittsburgh. Sort by farms or food to find local businesses.

CRAFT map of producers in PA-OH-WV

[This interactive map](#) highlights all of the producers in our region. You can search by type of production and see how many farms are in each area.

SW PA Support Farms and Markets

[This site](#) tells the stories of the regions farmers, includes recipes, and a map of producers.

Harvie Blog

The [Harvie blog](#) has in depth interviews with local producers covering their operations, philosophies, and the people behind your food.

Who to Follow

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