



## Whole & Healthy Food Resources in the Bucks County Area

### LOCAL FARMS

For organic grass fed beef, pastured chicken, raw milk & cheese and other animal products:

**Birchwood Farms**, Newtown, PA: [www.birchwoodfarmdairy.com](http://www.birchwoodfarmdairy.com)

**The Family Cow**, Chambersburg, PA: [www.yourfamilyfarmer.com](http://www.yourfamilyfarmer.com)

**Tussock Sedge Farm**, Blooming Glen, PA: [www.tussocksedgefarm.com](http://www.tussocksedgefarm.com)

For Fresh, Local & Organic Vegetables:

CSA (Community Supported Agriculture) Programs – CSAs are “shares” of a local farms vegetable and possibly fruit harvest. They are distributed each week and half shares are usually available for individuals and small families.

**Snipes Farm**, Morrisville, PA: [www.snipesfarm.com](http://www.snipesfarm.com)

**Anchor Run**, Wrightstown, PA: [www.anchorrunfarm.com](http://www.anchorrunfarm.com)

**Blooming Glen Farm**, Perkasie, PA: [www.bloomingglenfarm.com](http://www.bloomingglenfarm.com)

### FARMERS MARKETS

Farm Markets in Bucks County are organized through the Bucks County Foodshed Alliance, visit their website @ [www.buckscountyfoodshedalliance.org](http://www.buckscountyfoodshedalliance.org) for a market schedule. There is at least one farm market in Bucks County each day in the spring and summer.

**Wrightstown Farmers’ Market** – Wrightstown, PA: Saturdays 9 am-1 pm

**Langhorne Borough Farmers’ Market** – Langhorne, PA: Tuesdays 3 pm-6 pm

**Doylestown Farmers’ Market** – Doylestown, PA: Saturdays 7 am-Noon

**Playwicki Farm Farmers’ Market** – Feasterville, PA: Wednesdays 3 pm-6 pm

### HEALTH FOOD STORES

**Big Bear Natural Foods** – Langhorne, PA: [www.bigbearnaturalfoods.com](http://www.bigbearnaturalfoods.com)

**The Natural Foods Store** – Penndel, PA: [www.naturalfoodsstore.com](http://www.naturalfoodsstore.com)

**Bunn’s Natural Foods** – Southampton, PA: [www.bunnsnaturalfoods.net](http://www.bunnsnaturalfoods.net)

**Organnons Natural Market** – Wrightstown, PA: [www.organnons.com](http://www.organnons.com)

### FOOD CO-OPS

**Doylestown Food Co-op**: [www.doylestown.coop](http://www.doylestown.coop)

To find a farm, CSA, farm market or specific farm product in your area, visit: [www.localharvest.org](http://www.localharvest.org)

*This information is provided by Megan Sliwinski, Holistic Nutritionist @ Gorman Optimal Health Solutions. If you would like to learn how to transition your diet to local, seasonal farm food or to add farm resources, please contact Megan, 215.943.2584, [Megan@Gorman-Health.com](mailto:Megan@Gorman-Health.com). Visit our website at [www.gorman-health.com](http://www.gorman-health.com) for more health & nutrition information.*