

## PARTICIPATING SUPPLIERS



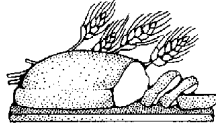
### **Arlington's Natural Meats**

9001 Ring Rd  
Westover, MD  
Candy Anderson (410) 651-1791

Offers natural beef and pork products, forage-based fed with no growth hormones, steroids, antibiotics or metabolic enhancers at the Berlin and Easton farmers' markets.

### **DelVecchio's Bakery**

Rt 54 Bayville Shopping Cntr  
Fenwick Island, DE 19958  
(302) 436-9618



Family owned and operated bakery featuring popular homemade loaves, including breads flavored with cheese and spices.

### **RiseUp Coffee Drive Thru**

529 Riverside Drive  
Salisbury, MD 21801  
(877)-4-RiseUp



Proudly serving, sustainable, fair trade, organic coffee, shade-grown by small farmer cooperatives.



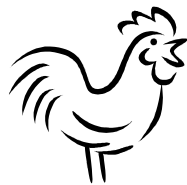
### **Longridge Gardens**

Terry Jordan  
(410) 677-0795

Selling fresh cut flowers and herbs at Easton and Berlin farmers' markets.

### **Waterview Foods**

20108 Nanticoke Road  
Nanticoke, MD  
(410) 873-3346  
Tom Hubric



Family farm selling fresh, free-range brown eggs and crabmeat.

*Know your farmer;  
know your food.*

*Just as every river has a watershed,  
every community has a  
foodshed.*

Foodsheds are food economies formed by connecting local food producers with consumers. They promote sustainable farming practices, local food distribution, and ultimately, a community focused on one of our basic rights and responsibilities: a safe, just, and sustainable food supply.

### **Creating the Delmarva Foodshed Alliance**

The Lower Eastern Shore Sustainable Organic Network (LESSON) is a 501(c)3, non-profit organization whose mission is to build a regional food supply by supporting local producers who use sustainable and organic farming techniques and by expanding public awareness of the economic and environmental benefits of buying locally produced food. We are also committed to helping local families in need access local, organic produce through our Medora Harvest Fund. We are partnered with Provident Organic Farm and University of Maryland Cooperative Extension and supported by the Community Foundation (Salisbury) and the Town Creek Foundation (Easton).

LESSON

5210 River Circle, Quantico, MD 21856  
[www.livingontheveg.org](http://www.livingontheveg.org)



**5<sup>th</sup> Annual Autumn  
Wine Festival  
Pemberton Park,  
Salisbury, MD  
October 20-21, 2007**

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All proceeds benefit the Lower Eastern Shore Sustainable Organic Network (LESSON) and our efforts to build a safe, sustainable, local food system.

# MINIMIZE YOUR FOODPRINT!

Come for the wine and stay for dinner.

Support Delmarva's family farmers, fishermen, and independently-owned restaurants, especially those using sustainable practices that promote environmental stewardship. As a demonstration of just how delicious this can be, LESSON, the Lower Eastern Shore Sustainable Organic Network, is pleased to present: The Local Ladle.

Area farmers and fishermen have collaborated with regional culinary talents to serve us a mouthwatering variety of soups made with ingredients from within 100 miles of Salisbury, Maryland. Each bowl of soup is served with locally made, bakery fresh bread and can be followed with a cup of freshly brewed, fair trade, organic coffee.

Have a soup bowl with some coffee and experience just how good 'going local' can be!

Eating locally not only helps our family farmers but also builds our local economy and reduces our environmental impact. Studies show the typical Caesar salad travels 3,000 miles to reach your dining room table, giving "Meals-on-Wheels" on a whole new meaning in terms of fossil fuel consumption. LESSON shows it can be easy and fun to lighten our carbon footprint.

It's simple, nutritious and downright delicious

## EAT LOCAL FOOD!!

### PARTICIPATING RESTAURANTS

**Restaurant Local at the Tidewater Inn**  
101 East Dover Street  
Easton, MD 21601  
(410) 822-1300

**Café Azafrán**  
109 West Market Street  
Lewes, DE 19958  
(302) 644-4446

**Vinny's La Roma**  
934 South Salisbury Boulevard  
Salisbury, MD 21801  
(410) 742-2380

**Solstice at the Atlantic Hotel**  
2 North Main Street  
Berlin, MD 21811  
(410) 641-3589

**The Globe**  
12 Broad Street  
Berlin, MD 21811  
(410) 641-0784

**The Palette**  
104 West Green Street  
Snow Hill, MD 21863  
(410) 632-0055

**Boonies Restaurant and Bar**  
21438 Nanticoke Road  
Tyaskin, MD 21814  
(410) 548-7879

*A perfect pairing with Maryland wines*

### PARTICIPATING SUPPLIERS

#### Provident Organic Farm

20980 Nanticoke Road (Rt 349)  
Bivalve, MD 21814 [www.providentfarm.com](http://www.providentfarm.com)  
Jay Martin (410) 873-2942

More than twenty years of organic farming expertise makes seasonal organic produce available through CSA (Community Supported Agriculture) shares and at Easton, Berlin, MD and Lewes, DE farmers' markets.



#### Greenbranch Organic Farm

4973 Nutters Cross Road  
Salisbury, MD 21804  
Ted Wycall (443)783-3495

Farm uses no synthetic chemicals and is transitioning to organic. Visit the farm stand or Maryland farmers' markets in Salisbury, Princess Anne, and Berlin, or Bethany Beach, Delaware.

#### Council Farms

Rt 50, Cordova, MD (5 miles north of Easton)  
Chip Council (410) 822-8213

Conventional grain grower with farm stand, featuring home-grown seasonal fruits and vegetables.

#### Sea Born Seafoods

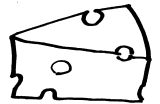
Cory and Kerry Harrington  
(410) 430-7143



Father and son-operated vessel in west Ocean City that harvests sea bass with some by-catch of lobster, stone crabs, and ling cod. Challenged by regulations, some needed and some senseless, their livelihood is often on the brink of extinction.

#### Chesapeake Bay Farms

8905 Logtown Road  
Berlin, MD 21811 (410) 629-1997



The only remaining dairy in Worcester County, MD, produces milk, butter, ice cream, and cheeses.



#### Lewes Dairy, Inc

660 Pilottown Road  
Lewes, DE 19958 (302) 645-6281

Third generation, family-run business whose milk comes from farmers within 30 miles to produce milk ranging from non-fat to heavy cream.