

Places to Help Stay on Track with Healthy Eating

Adams County Farmers' Markets

17 On The Square

17 Lincoln Square
Gettysburg, PA 18325
(717) 339-0017

info@17onthesquare.com

Season: Year Round
Hours: call for info

Barbours Fruit Market

4045 Chambersburg Road
Biglerville, PA 17307
(717) 677-89409
Season: Memorial Day – November
Mon – Fri: 9 – 5; Sat & Sun: 10 - 5

Beechwood Orchards Farm Market

984 Carlisle Road
Biglerville, PA 17307
(717) 677-6536
Season: June – November
Daily 9 - 5

Boyer's Nursery And Orchards, Inc.

405 Boyer Nursery Road
Biglerville, PA 17307
(717) 677-8558
sales@bovernurseries.com
Mon – Sat: 7 – 5; Sun 12 – 5

Brownvalley Farms

295 Hickory Road
Littlestown, PA 17340
(717) 359-5084
Season: Apr - November
Mon – Sat: 9 – 5

Buttercup Farm Market, Inc.

1246 route 194 North
Abbottstown, PA 17301
(717) 259-6594
www.buttercupmarket.com
lreichart@buttercupmarket.com
Season: Apr – Dec
Mon – Fri: 8 – 6; Sat: 8 – 5; Sun 11 – 5

Canter Berry Tails Apple Ranch

989 Center Mills Road
Aspers, PA 17304
(717) 677-8900
www.farmstay.us
Open: Daily 9 - 5

Caprine Delight Goat Dairy

1778 Chambersburg Road
Gettysburg, PA 18325
(717) 334-3263
Mon – Fri: 8 – 8 PM; Sun 12:30 – 8

Countryside Gardens

2440 Baltimore Pike
Gettysburg, PA 17325
(717) 334-8321
www.countrysidegardens-nursery.com
Season: Apr – Dec
Mon – Sat: 9 – 5 PM

Donaldson Farm Market

3345 Fairfield Road
Gettysburg, PA 17325
(717) 642-8477
Season: Apr – May & Sept – Dec
Thur – Sat 11 – 7PM
Season: Jun – Aug
Tue – Sat: 11 – 9 PM

Gettysburg Farmers' Market

Lincoln Square
Gettysburg, PA 17325
Season: May – Oct
Saturdays: 7 – Noon

Gray Wolf Plantation

350 Forest Drive
New Oxford, PA 17350
(717) 624-7204
www.graywolfplantation.com
Season: Sept – Oct
10 – 7 PM

Highfield Hollow Farm

150 Hill Top Road
Gardners, PA 17324
(717) 528-4825
www.highfieldhollow.com
bopeeppat@netrex.net
Season: Year Round
Hours: Call for more info

Historic Round Barn And Farm Market

298 Cashtown Road
Biglerville, PA 17307
(717) 334-1984
<http://www.roundbarngettysburg.com/>
Season: Year Round
Hours: Open every day 9 – 5

Hoffman's Farm Market

5200 Hanover Road
Hanover, PA 17331
(717) 677-9492
Season: May – Oct
Mon – Sat: 10 – 6; Sun 12 – 5

Hollabaugh Bros., Inc.

545 Carlisle Road
Biglerville, PA 17307
(717) 677-9494
www.hollabaughbros.com
info@hollabaughbros.com
Season: May – Dec – call for hours

Honda Acres Farm Market

170 Honda Road
Littlestown, Pa 17340
(717) 359-5429
Season: Apr – Nov
Thur& Fri: 9 – 4; Sat 9 – 2

KJM Farm And Gardens

55 Gablers Road
Aspers, PA 17304
(717) 677-8679
Season: Open Daily
Hours: Call for more info

Kimes Cider Mill

171 Church St.
Bendersville, PA 17306
(717) 677-7539
www.kimescidermill.com
kimescid@cvn.net
Season: Aug – May
Mon – Fri 7 – 4

Kuhn Orchards

P.O. Box 95
1041 Old Rte. 30
Cashtown, PA 17310
(717) 334-2722
Season: Apr – Jul
Mon – Sat: 9 – 5

Martis Broad Valley Orchard

1934 Wenksville Road
Biglerville, PA 17307
(717) 677-4131
www.broadvalleyorchard.com
Season: Call for more info

McDannell Fruit Farm And Market

Rte 234 West
Biglerville, PA 17307
(717) 677-6922
Season: Jul – Nov
Hours: 9 – 5

Orchards

Rte 15
York Springs, PA 17372
(717) 528-8321
Season: Jun – Nov
Hours: Call for more info

Quaker Valley Orchards And Guest House

315 Quaker Valley Road
Biglerville, PA 17307
(717) 677-7351
www.quakervalleyorchards.com
quakervalleyorchards@yahoo.com

Season: Year Round
Hours: Call for more info

Sandoes Fruit Market

304 Carlisle Road
Biglerville, PA 17307
(717) 677-8310
Season: Year Round
7 – 5 PM

Swartz's Pumpkin Patch

232 N. High Street
Biglerville, PA 17307
(717) 677-0831
Lcswartz-chris@embarqmail.com

Season: Jun – Oct
Hours: Call for more info

Terrapin Station Herb Farm

1795 Cranberry Road
York Springs, PA 17372
(717) 528-8402
www.tsherbfarm.com

Season: Year Round
Hours: Call for more info

The Peters Orchards

10540 Carlisle Pike
Gardners, PA 17324
(717) 528-4380
Season: Year Round
Daylight Hours

Valley Enterprises

1091 Fairfield Station Road
Fairfield, PA 17320
(717) 642-5432
Season: Year Round
Mon – Fri: 9 – 5

Woerner's Orchards

1140 Carrolls Tract Road
Orrtanna, PA 17353
(717) 642-5230
Season: Jun – Dec.
Daily 9 - 5

**York County Farmers'
Markets**

runner's Produce Stand

47 N. Beaver Street
York, PA 17401
(717) 843-2996

**Market & Penn Street Farmers'
Market**

380 Market Street
York, PA 17401
(717) 848-1402
Season: Year Round
Tues, Fri, & Sat: 6 -3

New Eastern Market

201 Memory Lane
York, PA 17402
(717) 755-5811
Season: Year Round / Fri: 10 - 7

Barefoot Farm

6621 Bluebird Lane
Dover, PA 17315
(717) 292-1390
Season: May – October
Mon & Tue: 10 am – dark;
Thurs & Fri: 10 am – dark
Sat: 10 am - 2

Bentzel's Orchard

21 North Lewisberry Road
Dillsburg, PA 17019
(717) 766-5160
Season: July – November
Mon - Sat: 9 am – 5 pm

Chestnut Sands Blueberry Farm

137 Butter Road
York, PA 17404
westludc@worlnet.att.net
(717) 266-7347
Season: June-July-August-
September-May
Hours: call for hours

**Davis Soft Ice Cream and Farm
Market**

39 N. York Road
Dillsburg, PA 17019
(717) 697-8152
Season: July – September
Hours: Call for more information

Forge Hill Orchards

135 Blossom Drive
Mt. Wolf, PA 17347
(717) 266-1206
Season: May - October
Mon – Sat: 9 – 4; Sun 12 – 4

Haring Tree Farm

1705 Valley Road
Etters, PA 17319
Lsharing62@aol.com
(717) 938-6669
Season: Day after Thanksgiving –
December
Hours: call for more information

Jacoby Gardens and Mowing

241 Old Cabin Hollow Road
Dillsburg, PA 17019
(717) 432-8137
mjacoby67@mac.com
Season: April – October
Mon – Sat: 8 - 8

Paulus Orchards

522 East Mount Airy Road
Dillsburg, PA 17019
www.paulusorchards.com
paulus@pa.net
(717) 432-2544
Season: August – December
Mon thru Sat 9 – 5; Sun 12 – 4

Stoney Run Acres

130 Stoney Run Road
Dillburg, PA 17019
hlmrbomberger@aol.com
(717) 432-4228
Season: May – November
Hours: call for hours

Triple “A” Dwarf Acres

365 Forge Hill Road
Manchester, PA 17345
Tada365@aol.com
(717) 266-4624
Season: July – November
Hours – call for appointment

Whitecomb’s Produce

2410 Roosevelt Ave.
York, PA 17408
(717) 767-4742

Wolf’s Fruit Farm

998 South Mountain Road
Dillsburg, PA 17019
Kwolf63@netzero.net
(717) 432-3382
Season: Open year round
Mon – Sun: 7 am – 8 pm

Dietz Produce

5974 Lincoln Highway
York, PA 17406
www.localharvest.org/farms/M3920
dietzfarm@gofairtrade.net
(717) 318-7082
Season: Late may – Late October
Mon – Sat: – 9 – 5

Fitz’s Farm Market

510 Windsor Road
York, PA 17402
(717) 755-5729
Season: May – October
Mon – Sat: 9 - 6

**Flinchbaugh’s Orchard & Farm
Market**

110 Ducktown Road
Hellam, PA 17406
www.flinchbaughorchard.com
enjoy@flinchbaughorchard.com
(717) 252-2540
Season: April – December
Mon – Fri: 8 – 6; Sat: 8 - 4

Lehman’s Roadside Market

529 Cool Springs Road
Wrightsville, PA 17368
(717) 801-8806
Season: May – Oct
Mon – Sat: 10 – 7

Prescott’s Patch

4648 Druck Valley Road
Hellam, PA 17406
(717) 840-4080

Tom & Marty Druck Farm

62 Skunk Hollow Lane

York, PA 17406

druckhome@juno.com

(717) 252-1670

Season: May – Thanksgiving

Mon – Sat: 9 – 6

Barton's Fruit Farm

20199 Barrons Road South

Stewartstown, PA 17363

www.bartonsfruitfarm.com

info@bartonsfruitfarm.com

(717) 993-2494

Season: April to December

Mon - Fri: 8 – 6; Sat: 8 – 5; Sun: 10 – 5

Blevin's Fruit Farm

1622 W. Liberty Road

Stewartstown, PA 17363

(717) 993-2885

Season: June – October

Mon – Fri: 8 – 7; Sat 8 - 5

Season: Aug – Oct

Mon – Fri: 8 – 7; Sat 8 – 5; Sun 11– 5

Season: Nov – Dec

Mon – Sat: 9 - 5

Brogue Hydroponics

11620 Smith Hollow Road

Brogue, PA 17309

<http://agmpa.psu.edu/businesses/214>

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bnnkilgore@wmconnect.com

(717) 927-9216

Season: Year Round

Mon - Fri: 7 – 6; Sat: 10 - 4

Brown's Orchards And Farm Market

8892 Susquehanna Trail South

Loganville, PA 17342

www.Brownsorchards.com

nonaandstan@suscom.net

(717) 428-2036

Season: Year Round

Mon – Sat: 8 – 8; Sun: 11 – 6

Buck Crossing Farm

174 Deer Road

Fawn Grove, PA 17363

(717) 382-1378

Season: May – Oct.

Mon – Sun: 9 - Dusk

Charles Ilye's Family, Inc.

1181 Bucktail Lane

York, PA 17403

(717) 792-2743

Season: May – October

Mon – Fri: 8 – 6; Sat: 8 - 3

Common Ground Farms

1200 Impounding Dam Road

Hanover, PA 17331

www.localharvest.org/farms

healthyveggy@yahoo.com

(717) 451-4421

Season: May – October

Tue, Thurs, Sat: 9 -5

Dallastown Open Aire Farmers Market

Corner of North Walnut & Maple Streets

Dallastown, PA 17313

(717) 927-9502

Open-Air/Seasonal/Friday: 9 - 4

Dave's Produce

976 Stoneybrook Road
New Freedom, PA 17349
Johndeer52003@aol.com
(717) 818-4895
Season: May to October
Mon – Fri: 6 – 9; Sat: 5:30 am – 10
pm; Sun: 9 – 7

**Farmer's Daught Gift & Garden
Showplace**

351 W. Railroad St.
Shrewsbury, PA 17361
M_shaub@yahoo.com
(717) 235-3309
Season: call for more info
Mon – Sat: 9 – 5; Sun 11 - 5

Fitz Brother's Farm

2670 Springwood Road
York, PA 17402
(717) 741-0246
Season: April – October
Mon – Fri: 9 – 6

Goodling Fruit Farm

226 S. Main Street
Loganville, PA 17342
(717) 428-2305
Season: June – March
Mon – Sun: 9 – 7

Hanover Farmers Market

210 E. Chestnut St
Hanover, PA
(717) 637-3877
Season: Open every Sat 6 – noon

J-Mar Farms

South George Street
York, PA
(717) 741-4491
Season: Apr – Oct
Mon – Sat: 9 - 6

Kenmar Farms

335 Indian Rock Dam Road
York, PA 17403
Kenmarfarms335@comcast.net
(717) 741-0708
Season: Apr to Dec; call for hrs Jan
to March
Mon – Fri: 9 – 6; Sat: 9 - 4

Knight's Family Farm

6900 Cannery Road
Hanover, PA 17331
(717) 632-8838
Season & Hours: Call for more info

Lehman's Orchards

1918 Powder Mill Road
York, PA
(717) 741-3704
Season: May – Nov
Mon – Sat: 8 – 7

Lonesome Pine Farm

18245 Webb Road
Stewartstown, PA 17363
(717) 993-2834
Season: Year Round
Mon, Wed – Sun: 10 - 5

Maple Lawn Farms, Inc.

2885 New Park Road
New Park, PA 17352
www.maplelawnfarms.com
paulmc@maplelawnfarms.com
(717) 382-4878
Season: Mid-June to Nov. 1
Mon – Sat: 8 – 6

Miller Plant Farm

430 Indian Rock Dam Road
York, PA 17403
millerplantfarm@aol.com
(717) 741-2631
Season: March – December
Mon – Fri: 8 – 5; Sat 8 – 12

Perrydell Dairy Farm

90 Indian Rock Dam Road
York, PA 17403
tdeperry@peoplepc.com
(717) 741-3485
Season: Year Round
Mon – Sat 7 – 9pm; Sun 11 – 6

Swamp Fox Farms, Inc.

13541 Country Club Road
Glen Rock, PA 17327
www.Swampfoxfarms.com
Swampfoxfarms4@aol.com
(717) 235-8712
Season: March – December
Hours: Please call

The Markets At Shrewsbury

12025 Susquehanna Trail South
Glen Rock, PA 17327
www.marketsatshrewsbury.com
aherst@marketsatshrewsbury.com
(717) 235-6611

Raab Fruit Farm

209 Fruitlyn Drive
Dallastown, PA 17313
(717) 244-7157
Season: April – November
Hours: Call for information

Shaw Orchards

21901 Barrens Road South
Stewartstown, PA 17363
www.shaworchards.com
shaw@cyberia.com
(717) 933-2974
Season: late May – Thanksgiving
Mon thru Fri 8 – 6; Sat 8 - 5

Spoutwood Farm

4255 Pierceville Road
Glen Rock, PA 17.27
www.spoutwood.com
spoutwood@supernet.com
(717) 235-6610
Season: April – November
Mon – Sun: 9 – 5

McGregor's Garden

39 Creek Road
East Berlin, PA 17316
danthemarketman@earthlink.net
(717) 308-9893
Season: May – October
Mon, Tues, Wed, Thurs, 9 – 6;
Fri & Sat, 9 - 5

Morningstar Marketplace

5309 Lincoln Highway
Thomasville, PA 17364
(717) 791-1919
Open: Saturdays and Sundays

Healthy Eating Websites

<http://www.nutrition.gov>

<http://www.eatbetteramerica.com>

<http://www.fastfoodbook.com/>

<http://www.mayoclinic.com/health/food-and-nutrition/NU99999>

<http://www.fruitsandveggiesmorematters.org>

<http://www.mypyramid.gov/>

www.eatright.org

<https://familyhistory.hhs.gov/fhh-web/home.action>
<https://familyhistory.hhs.gov/fhh-web/home.action>

<http://health.discovery.com/tools/calculators/basal/basal.html>
<http://health.discovery.com/tools/calculators/basal/basal.html>

<http://www.hsph.harvard.edu/nutritionsource/>

Weight Loss Groups

Healthy You

YWCA

320 E. Market St.

York, PA 17401

Registration is required - Cost: \$15

(717) 851-3500 or 1-800-840-5905

Expanded Foods & Nutrition Education Program

112 Pleasant Acres Rd.

County Annex Building - Suite J

York, PA 17402

(717) 840-7408

Jenny Craig

www.jennycraig.com

1-800-597-JENNY

Memorial Hospital

325 South Belmont Street

York, PA

Sandy – (717) 239-0712

Nutritional Counseling

Memorial Hospital

(717) 849-5507

Nutritional Education Center of York

Sherwood Plaza

332B N Main St.

P.O. Box 154

York New Salem, PA 17371

<http://www.necoy.com>

nutrition@necoy.com

(717) 718-5033

Overeaters Anonymous

<http://www.oa.org/index.htm>

(505) 891-2664

Personalized Weight Loss Programs

Dr. Kevin B. Owens

Chiropractic Athletic Center

1785 Loucks Rd.

York, PA 17408

<http://www.chiropracticathleticcenter.com>

(717) 767-4151

TOPS

<http://www.tops.org/>

(414) 482-4620

**Aligning Forces
for Quality** | Improving Health & Health Care in Communities
Across South Central Pennsylvania

An initiative of Healthy York County Coalition and the Robert Wood Johnson Foundation.

TOPS

St Matthew's Lutheran Church (TOPS #PA 0088)
839 W Market St.
York, PA 17401
Mon: 5:30-7:00 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl

Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris

Allentown, PA
(610) 791-3712

TOPS

West York Missionary Church (TOPS #PA 0552)
1497 W Philadelphia St.
York, PA 17404
Wed: 6:00-6:30 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl

Red Lion, PA
(717) 244-6284
COORDINATOR: Julie A Mokris

Allentown, PA
(610) 791-3712

TOPS

Manor Care (TOPS #PA 0193)
100 W Queen St.
Activity Room
Dallastown, PA 17313-2133
Mon: 6:30-7:00 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl

Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris

Allentown, PA
(610) 791-3712

TOPS

Grace Lutheran Church (TOPS #PA 0927)
220 N Charles St.
Red Lion, PA 17356
Mon: 6:30-7:00 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl

Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris

Allentown, PA
(610) 791-3712

TOPS

St Peter's Church (TOPS #PA 1128)
1708 Seitzville Rd.
Lower Level
Seven Valleys, PA 17360
Thur: 5:45-6:30 PM (weigh-in/meeting times)
Area Captain: Henry C Reinoehl

Red Lion, PA
(717) 244-6284
Coordinator: Julie A Mokris

Allentown, PA
(610) 791-3712