There are so many labels on the products you buy these days, and “USDA Certified Organic” is one of them. But what does it really mean to be organic?

**What is ORGANIC?**

*When you see this label on your products, it means that it was grown to specific standards. These standards include:*

- No pesticides, herbicides, synthetic fertilizers, or Genetically Modified Organisms (GMOs).
- Yearly farm inspections and audits.
- Land that’s been free of all prohibited chemicals for at least 3 years.
- A commitment to good farming practices including the use of cover crops, crop rotation, and maintaining biodiversity.
Organic practices reduce the risk of cancer, antibiotic resistance, or other diseases in our bodies by removing harmful synthetic chemicals from our food.

**HUMAN HEALTH**

Organic agriculture is more beneficial to people and our planet. Here’s how:

**WATER POLLUTION**

Organic agriculture doesn’t use synthetic fertilizers that can run off into waterways, causing algae to bloom and suffocate aquatic life.

**CLIMATE CHANGE**

Organic farming emphasizes soil health, which traps carbon and keeps it from entering the atmosphere.

**BIODIVERSITY**

Using a greater variety of plants to naturally manage agriculture supports wildlife like bees, birds, bats, and more.

Organic farms are better for the whole community? According to research conducted by Penn State University, counties with organic hotspots (areas of high organic agricultural activity that neighbor other areas with high organic activity) have 1.3 percent lower poverty rates and $2,000 higher median household incomes on average. The same effects are not found in areas of high conventional agriculture.
Our 333-acre experimental organic farm in Kutztown, Pennsylvania conducts pioneering research, provides educational opportunities, and serves as a resource for consumers regarding the difference between conventional and organic agriculture and its effect on human and environmental health.

Rodale Institute and the organic movement was born in the Lehigh Valley and continues to thrive here – that’s why we’re excited to bring our research and knowledge to this community and across the globe.

Rodale Institute has been researching organic agriculture for over 70 years, and we’ve never wavered in our passion, dedication, and focus on growing the organic movement.

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If you want to help and can’t get out to the farm, consider making a tax-deductible donation to Rodale Institute. Your gift helps us support organic agriculture across the world.

WANT TO GET INVOLVED WITH RODALE INSTITUTE?
Here’s How:

VISIT
Self-guided walking and audio tours are available year-round at no charge for individuals and groups who would like to explore the farm at their own pace.

LEARN
We offer one-day educational workshops at our Kutztown main campus on topics like organic gardening, backyard composting, pastured hog production, and more!

CELEBRATE
Rodale Institute hosts great family-friendly events year-round, including Earth Day celebrations, Fall on the Farm, and organic plant sales. Come get your hands dirty with us!

VOLUNTEER
Volunteers are a driving force behind what we do. We have a variety of volunteer opportunities including events, administration, store management, or garden.

DONATE
If you want to help and can’t get out to the farm, consider making a tax-deductible donation to Rodale Institute. Your gift helps us support organic agriculture across the world.
We know that buying organic food can seem inaccessible for some communities. That’s why we focus our Agriculture Supported Communities (ASC) program on urban areas that do not have easy access to affordable, high-quality fresh food—known as food deserts. We prioritize these communities in order to ensure that the benefits of organic food are accessible to every family, not just those who are able to visit an organic grocery store or farm stand.

**OUR AGRICULTURE SUPPORTED COMMUNITIES PROGRAM OFFERS:**

- A weekly box of fresh, organic food from June to November
- Vegetable or meat shares available
- “Pay-As-You-Go” pricing: No upfront commitment
- Local pickup locations in Allentown, Kutztown, or Reading
- Payment options including EBT cards, WIC and SNAP benefits

Rodale Institute’s ASC program also offers training opportunities for aspiring organic farmers.

ASC internships provide hands-on training in organic agricultural practices and focus on how to get the best quality food to communities that are often overlooked by the organic system. Interns are paid and receive housing and organic produce.

**Visit Our ALLENTOWN FARMERS MARKET**

You don’t have to be a member to get fresh, organic food. Visit our Farmers Market at the Allentown YMCA every Saturday 9am – 1pm, June to October. Try produce from the farm and bread, cheese, honey, and more from local organic farmers.
Rodale Institute pioneered the organic movement right here in the Lehigh Valley, and we’ve been watching it grow for over 70 years. Interested in finding out more about organic farms in the area? We’ve compiled a list of USDA Certified Organic farms to help you get started.

**ANCHOR RUN CSA**
2578 2nd St. Pike, Wrightstown, PA 18940

*Sells:* Vegetables, fruits, herbs

*How to buy:* CSA options

(215) 598-7040
anchorruncsa@gmail.com
anchorrunfarm.com

**BAREFOOT BOTANICALS**
Doylestown, PA

*Sells:* Medicinal and culinary herbs

*How to buy:* squareup.com/store/barefootbotanicals
info@barefootbotanicals.net
barefootbotanicals.net

**BLOOMING GLEN FARM**
98 Moyer Rd., Perkasie, PA 18944

*Sells:* Vegetables, fruits, flowers, herbs

*How to buy:* Farm stand, CSA options, Headhouse and Wrightstown Farmers Markets
215-257-2566
info@bloomingglenfarm.com
bloomingglenfarm.com

**CROOKED ROW FARM AND MARKET**
3245 Route 309, Orefield, PA

*Sells:* Seasonal vegetables, wholesale herbs and pasture-raised eggs

*How to buy:* Farm market (see website for hours), CSA options
610-417-6982
Liz.m.wagner@gmail.com, @thefarmerliz
(Facebook, Twitter, Instagram)
crookedrowfarmampa.com

**GREEN ALCHEMY FARM**
1375 Saucony Rd., Kutztown, PA 19530

*Sells:* Handmade body care products from sunflower oil, goat’s milk, and beef tallow

*How to buy:* Visit website for purchasing info
610-683-3882
greenalchemyfarm@gmail.com
greenalchemyfarm.com

**HERSHERGER HERITAGE FARM**
1614 Ridge Rd., Sellersville, PA 18960

*Sells:* Pasture-raised poultry, grass-fed beef, pastured pork, pasture-raised eggs

*How to buy:* Farm Market, CSA options, Yardley, Doylestown, Perkasie, and Bryn Athyn Farmers Markets
215-500-7301
hershfarm@gmail.com
hhf.farm

**JACK’S FARM**
1370 W. Schuylkill Rd., Pottstown, PA 19465

*Sells:* Vegetables, herbs, fruit, and flowers

*How to buy:* Farm stand, CSA options, Phoenixville and Upper Merion Farmers Markets
jack@jacksfarm.net
jacksfarm.net

**OH PRODUCE!**
8891 Kings Hwy., Kempton, PA 19529

*Sells:* Hydroponic microgreens

*How to buy:* Visit website for retail locations
610-756-6602
Sfelker@ptd.net
ohproduce.net
OLEY VALLEY ORGANICS
3071 W. Philadelphia Ave., Oley, PA 19547
Sells: Strawberries, asparagus, garlic, and seasonal vegetables
How to buy: Farm market
484-755-4208
info@oleyvalleyorganics.com
facebook.com/oleyvalleyorganics

PEACE TREE FARM LLC
295 Park Dr. W., Kintnersville, PA 18930
Sells: Culinary, ornamental, and medicinal organic herbs and vegetables
How to buy: Visit website for retail locations
info@peacetreefarm.com
(610) 847-8152
peacetreefarm.com

SALVATERRA’S GARDENS
9044 Mountain Rd., Alburtis, PA 18011
Sells: Vegetables
How to buy: Easton and Coopersburg Farmers Markets, various retail locations, CSA options
(610) 682-0542
info@savaterrasgardens.com
salvaterrasgardens.com

SPRING CREEK FARMS
3880 N. Church St., Wernersville, PA 19565
Sells: Beef, chicken, dairy products
How to buy: Farm Market, Upper Merion Farmers Market
610-678-7629
springcreekstrickerfarms.com

TAPROOT FARM
66 Kemmerer Rd., Shoemakersville, PA 19555
Sells: Fruits and vegetables
How to buy: CSA options, Chestnut Hill, Ambler, and Christ Church Farmers Markets
610-657-1927
farmers@taprootfarmpa.com
taprootfarmpa.com

THE GOOD FARM
8112 Church Rd., Germansville, PA 18053
Sells: Vegetables, berries, flowers, herbs
How to buy: CSA options
484-262-0675
farmers@goodfarmcsa.com
goodfarmcsa.com

Want to learn more about organic farms in the region?
Visit the United States Department of Agriculture Organic Integrity Database at organic.ams.usda.gov to find certified organic farms near you.
Meet A Local Organic Farmer:

Q&A WITH SPRING CREEK FARMS

Forrest Stricker is the fourth-generation owner of Spring Creek Farms, a certified organic and grass-fed dairy and poultry farm in Wernersville, PA.

TELL US ABOUT YOURSELF.
HOW LONG HAVE YOU BEEN FARMING?
My name is Forrest Stricker, married to Barbara. We have two sons and daughters-in-law and four grandchildren. I run a family farm and I’ve been farming since 1978. Spring Creek Farms is a dairy farm; we sell wholesale and retail chickens and raw milk, eggs, beef, cheese, and butter.

WHY DID YOU DECIDE TO GO CERTIFIED ORGANIC?
Because we wanted to produce healthier food and we wanted to take better care of the land. I didn’t want to use chemicals anymore. I didn’t want to handle them, and I didn’t want to expose my family to them. Herbicides, pesticides, they’re all “-icides.” They’re all killers, which means they also kill good things. So, I want to farm the healthy way, the regenerative way. Farming should enhance life, not destroy life.

Organic food is the best and healthiest food. We are stewards of the land. Organic is about life—it’s talking about life in the soil and the plants. You have healthier plants and animals, which produces healthier food and healthier humans. I believe going organic is the best way to be a steward of what God has given us.

HOW ARE ANIMALS RAISED ORGANICALLY?
I’ll start with what we don’t give them—we don’t give them hormones, we don’t give them antibiotics, they are not on any kind of chemical feeds, everything has to be certified organic. Organic animals also must be raised outside, not confined, with access to fresh pasture.

WHAT CAN MEMBERS OF THE PUBLIC DO TO SUPPORT THE ORGANIC MOVEMENT?
Buy organic and buy from local farmers. Vote with your food choices to help support organic farmers.

WHERE CAN CONSUMERS FIND YOUR PRODUCTS?
They can buy them right on the farm at 3880 N. Church St., Wernersville, PA and we sell at the Upper Merion Farmers Market in King of Prussia. We also provide our milk to Valley Milkhouse Cheeses—those cheeses have won first or second place in competitions.

Responses have been edited for length and clarity.

Milk from Spring Creek Farms is used to make Valley Milkhouse Cheese, sold at the Rodale Institute Farmers Market. Visit us Saturdays June to October at the Allentown YMCA to sample this and other great organic products.

Funding for organic food guide was made possible by the U.S. Department of Agriculture’s (USDA) Agricultural Marketing Service through grant number AM1701000XXG098. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.