

PRIMARY PLANT-BASED STAPLES

of the Shenandoah Valley

FRUITS & VEGETABLES

Tomatoes
Onions/Chives
Peppers
Asparagus
Carrots
Potatoes
Yams
Rhubarb
Celery
Parsnips
Rutabaga
Beets
Lettuce/Cabbage/Spinach
Kale
Blueberries
Strawberries
Blackberries
Elderberries
Figs
Apples
Pears
Concord Grapes
Mulberries
Wineberries
Raspberries
Pawpaw
Squashes/Pumpkins/Cucumbers

CULINARY & MEDICINAL HERBS

Roses (*Rosa* spp.)
Tulsi/Holy Basil (*Occimum sanctum*)
Raspberry Leaf (*Rubus idaeus*)
Grape Leaf (*Vitis vinifera*)
Redbud Buds (*Cercis canadensis*)
Pine Needles (*Pinus strobus*)
Elderberry/Flower (*Sambucus nigra*)
Chickweed (*Stellaria media*)
Chicory Root (*Chichorium intybus*)
Sage (*Salvia officinalis*)
Oregano (*Origanum vulgare*)
Thyme (*Thymus vulgaris*)
Cilantro (*Coriandrum sativum*)
Rosemary (*Rosmarinus officinalis*)
Lavender (*Lavendula* spp.)
Golden Rod (*Solidago* spp.)
Lemon Balm (*Melissa officinalis*)
Dandelion (*Taraxicum officinalis*)
AND SOOOOO MANY MORE!

GRAINS & FLOURS

Oats
Corn
Wheat
Barley
Rye
Soy
Buckwheat

NUTS, SEEDS & BUTTERS

Sunflower
Hemp
Hazelnuts
Walnut
Acorns
Pecans
Chestnut
Peanuts
Flax

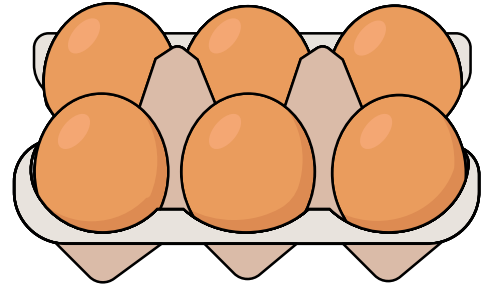
MISCELLANEOUS

Maple syrup
Mushrooms
Honey
Apple Cider Vinegar
Salt

PRIMARY ANIMAL BASED STAPLES

of the Shenandoah Valley

Grassfed, Organic Beef
Organic, Free-Range Chicken
No-Spray, Foraged Pork
Organic, Free-Range Eggs
Grassfed, Organic Butter
Grassfed, Organic Milk
No Spray Cheeses



SHENANDOAH VALLEY FRIENDLY SUB-OUT LIST

IMPORTED/UNSUSTAINABLE /INHUMANELY PRODUCED

coffee

cane sugar

chocolate/cocoa/cacao

olives/olive oil
coconuts/coconut oil
avocados/avacado oil
almonds/almond oil

dates

bananas

cloves
vanilla
cinnamon
nutmeg

lemons
limes
oranges

black pepper
curry spices

VALLEY FRIENDLY ALTERNATIVES

chicory root & hazelnut

Highland county maple syrup
Local Raw Honey

roasted chicory root

sunflower seeds/oil
peanut seeds/oil

figs

pawpaw

tulsi leaf

apple cider vinegar

locally grown peppers
chili powder

WHERE TO FIND BIOREGIONAL FOODS & PRODUCTS

Gathered Threads Herb and Vegetable Farm

1127 Jenny's Creek Rd,
Roseland, VA 22967
herbs, vegetables, ferments
& kits

Radical Roots Community Farm

Keezeltown, VA
Products at The Friendly
City Co-op and Rockingham
Co-op
herbs & vegetables

Kate's Natural Products

451 University Blvd Ste A,
Harrisonburg, VA 22801
herbs & natural products

Moon Maiden's Delights A Mindful Bakery

Charlottesville, VA
gluten free, non-toxic, non-
processed sugars, plant
based baked goods

Friendly City Food Co-op

1127 Jenny's Creek Rd,
Harrisonburg, VA
fruits, vegetables, eggs,
meats, cheeses

The Blackberry Herbarium

@Great.Full Goods in Agora
Markets Harrisonburg, VA
22801

herbs, Sunflower Oil, Apple
Cider Vinegar & herbal
products

Harrisonburg Farmers Market

ALL THE THINGS!

Highland County Maple Syrup

try the Maple Festival in
March!
Friendly City Food Co-op

Polyface Farm

Swoope, VA
grassfed meats and milks,
eggs