

FOOD RESOURCES

Baltimore Area Community Supported Agriculture (CSA) Organizations

(note: info on prices is from 2009)

Calvert Farm (410)658-3914 (150 shares) \$450/season
Calvert's Gift Farm (410) 472-6764 (50 shares) \$400/season Cromwell
Valley (410) 880-2428 (127 shares) \$500/yr or \$300 ½
One Straw Farm (410) 343-1828 (1000 shares) \$525/yr
Pheasant Hill Farm (410) 215-7173 (410 shares) \$500/yr or \$300 ½
Spoutwood Farm (717) 235-6610 (delivers to Baltimore-Cockeysville & Roland
Park) (105 shares) \$420 medium, \$640 lg. share
Kayam Farm at Pearlstone in Reisterstown (410) 429-4400 ext. 237 \$400 + 30
volunteer hours
Visit www.localharvest.org for more details

List of Natural Foods/Health Foods/Organic Foods Stores in Baltimore area

O.K. Natural Food Store	11 W. Preston St. (410) 837-3911
Green Earth Natural Food Market	823 N. Charles St. (410)752-1422
Wen's Food	901 S. Carey St. (410) 837-6000
Sunsplash Natural Foods-Less	7006 Reisterstown Road (410) 486-0979
Health Concern	28 W. Susquehanna Ave (410) 828-4015
The Natural Market	2149 York Rd. (410) 560-3133
One Source America	4615 Hollins Ferry Road (Halethorpe) (410)536-7630
Nature's Pantry Whole	7948 Harford Rd. (410) 882-5551
Health LLC	6302 Falls Road (Pikesville)(410)337-8887

Baltimore Area Farms

Albright Farms

3505 Sweet Air Road, Phoenix MD 21131
(410) 329-3269

www.albrightfarms.net

Beef, chicken, turkey, produce

Ferguson family Farm, 3443 [Beckleyville Road, Parkton MD](#) 21120. (410) 343-1236.

Website: <http://www.fergusonfamilyfarm.com>. Eggs, chickens, pork, turkey

Two Oceans True Foods, Inc/ Carriage House Farms - 1704 Hillside Road Stevenson,
Maryland 21153. Phone: 410-415-5846. Fax: 410-415-5846. Email: gclark@tosfish.com .
Offering chicken, turkey and eggs from animals raised outdoors on pasture without synthetic
hormones or antibiotics. Also offering frozen and portioned sustainable seafood.

Check out other area farms at: <http://www.eatwild.com/PRODUCTS/maryland.html>

Resources

Johns Hopkins Center for a Livable Future, www.jhsph.edu/clf . Much information about how our eating habits affect our environment and our health.

www.foodtrader.org Maryland's online farmers' market. Connects consumers with farmers and producers. Click "Available" and list of goods and edibles comes up.

Physicians Committee for Responsible Medicine (PCRM) has a lot of information on line on food policy. www.pcrm.org . PCRM also will email out a vegetarian "Recipe of the Week". Sign up at www.pcrm.org.

Edible Chesapeake – information on eating locally. www.ediblechesapeake.com .

Food Democracy Now. A grassroots movement initiated by farmers, writers, chefs, eaters and policy advocates working to create a new food system capable of meeting the changing needs of American society as it relates to food, health, animal welfare and the environment.

www.fooddemocracynow.org .

Resurgence Magazine – all about Ethical Eating. Some articles are free downloads.

www.resurgence.org/magazine

Food First Institute for Food and Development Policy, co-founded by Frances Moore Lappé.

www.foodfirst.org .

Other Resources used in TUUC 4-week Ethical Eating course:

Omnivore's Dilemma by Michael Pollan

Menu for the Future, Northwest Institute

Tomorrow's Table: Organic Farming, Genetics, and the Future of Food by Pamela C. Ronald and Raoul W. Adamchak

Nickel and Dimed by Barbara Ehrenreich

Food First Institute for Food and Development Policy, (www.foodfirst.org)

"Unhappy Meals" by Michael Pollan *NYTimes* Jan. 28, 2007

"Public health implications of meat production and consumption" Polly Walker, Pamela Rhubart-Berg, Shaw McKenzie, Kristin Kelling and Robert S. Lawrence, Center for a Livable Future, JHU Bloomberg School of Public Health

"Fast Food, Race/Ethnicity, and Income; a geographic analysis," *American Journal of Preventive Medicine* by Jason P. Block, MD, MPH; Richard A Scribner, MD, MPH; and Karen B. DeSalvo, MD, MPH-Tulane & Louisiana State

"Why Take Food Seriously?" by Mark Bittman, *NYTimes Magazine*, October 9, 2008

"Deconstructing Dinner" by David Kamp, *NYTimes* Book Review, April 23, 2006