



## MEET OUR LOCAL FARMERS

We hope you've been enjoying the fresh produce and goods from our local farmers and artisans. This week, we want to introduce you to a few of the farmers we work with so that you can learn a little more about where your food comes from.



### SCHUYLER GREENS

Schulyer Greens is located in Schuyler, Virginia and is committed to growing the highest quality produce every day. They grow a variety of greens and lettuces without using any harmful chemicals, pesticides, or sprays. Their hydroponic growing system also recycles and reuses all nutrients and uses 40x less water than conventional, soil-grown produce.

### SAUNDERS BROTHERS FARM MARKET

Schulyer Greens is located in Schuyler, Virginia and is committed to growing the highest quality produce every day. They grow a variety of greens and lettuces without using any harmful chemicals, pesticides, or sprays. Their hydroponic growing system also recycles and reuses all nutrients and uses 40x less water than conventional, soil-grown produce.

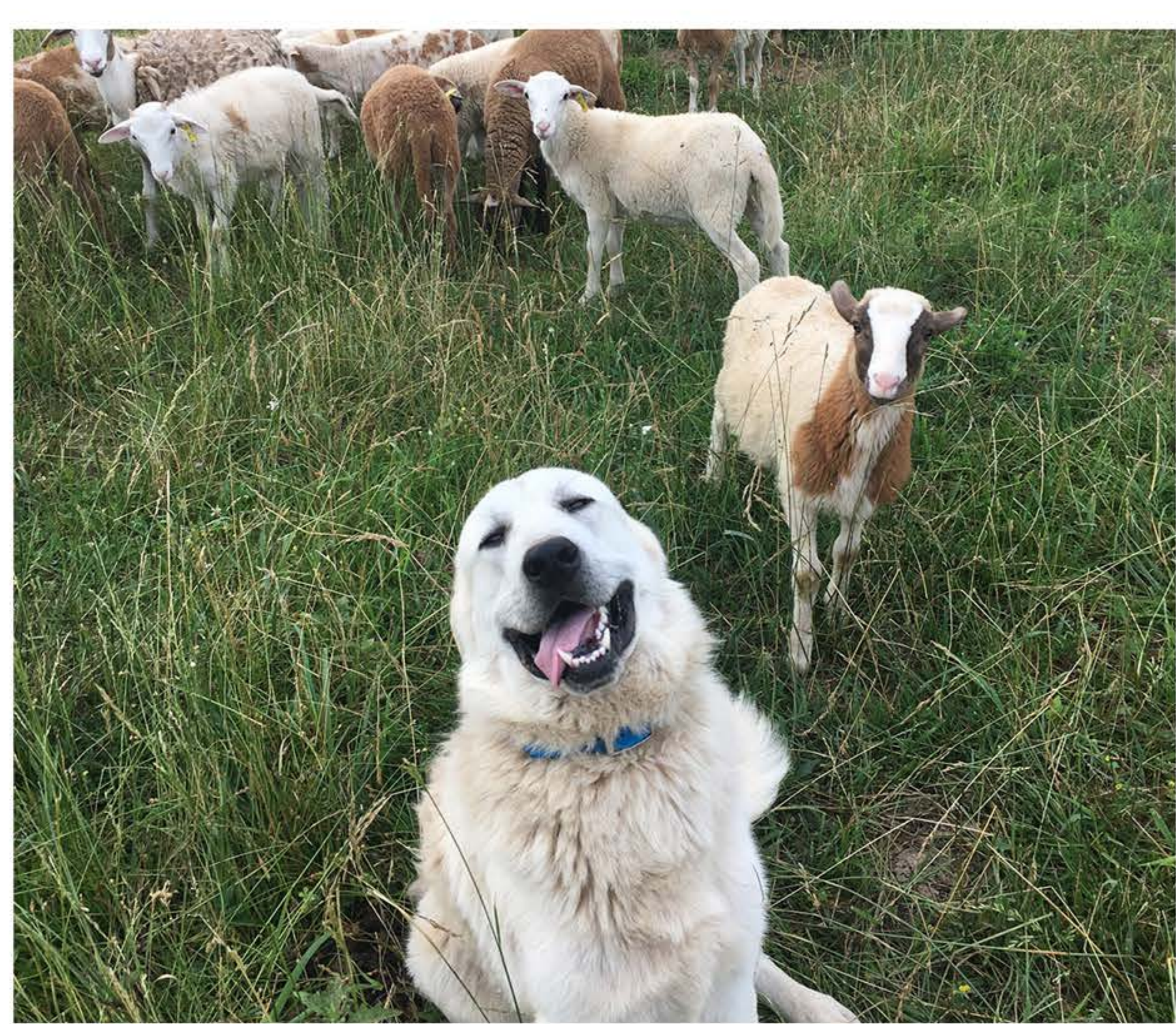
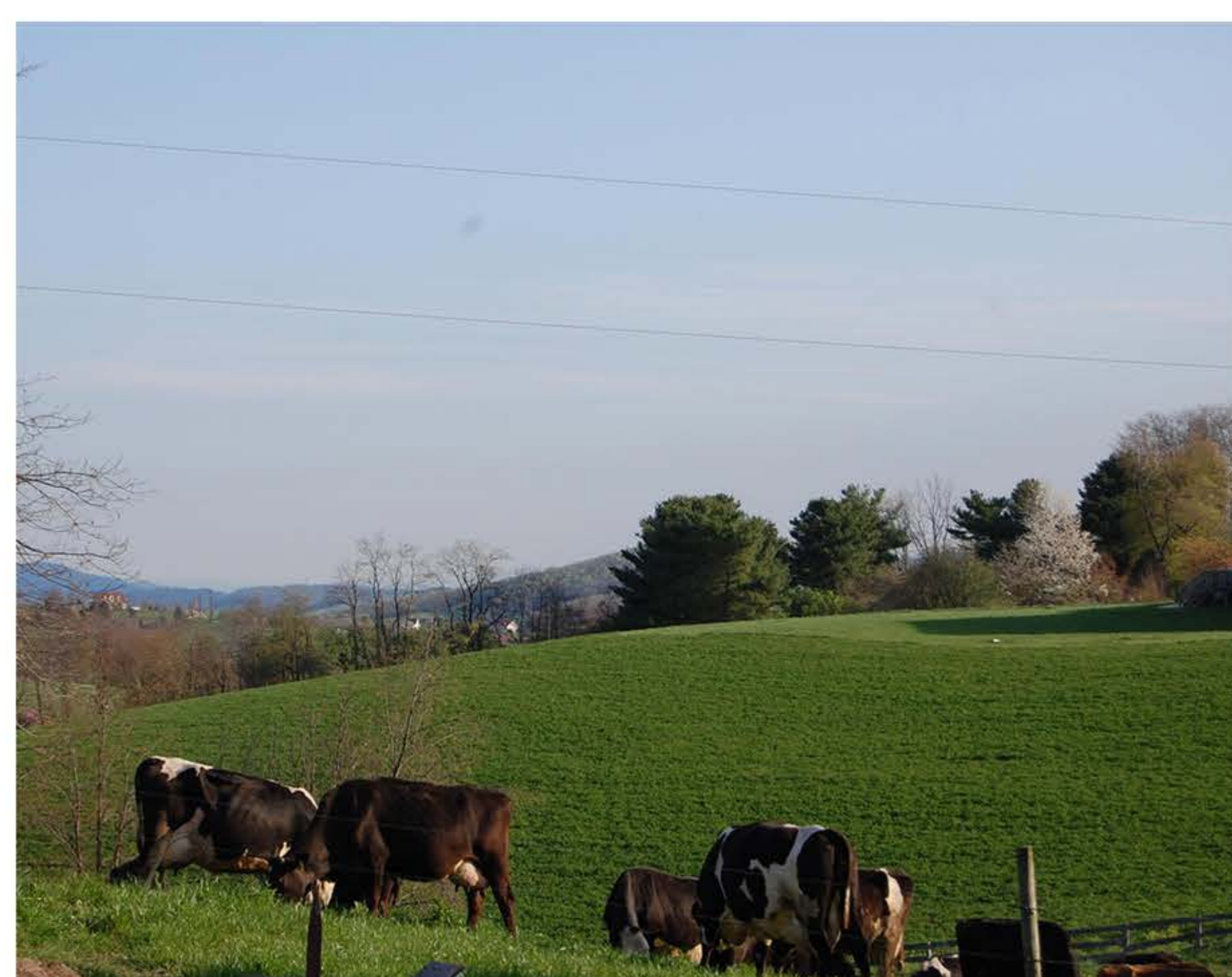


### OBERWEIS DAIRY

Oberweis Dairy dates back to 1927 and remains family-owned and operated today. Oberweis produces different types of milk, yogurt, butter, cheese, and more. They never use artificial growth hormones, they only provide milk that is free of antibiotics, and they're committed to treating their cows humanely.

### MOUNTAIN VIEW FARM

Mountain View Farm in Fairfield, Virginia crafts cheeses on-site using only milk from their own cows. They believe that sunshine, good soil, and happy cows make for the most delicious farmstead cheeses (and we agree)! Their cows enjoy being out in the pastures of the 250 acre farm and are never given any GMOs.



### HARMONY HILL FARM

Harmony Hill Farm, located in Scottsville, Virginia, raises all of their animals naturally and sustainably. This means that all of their processes mimic nature as much as possible; they never spray their fields with chemicals or fertilizers; and they never use GMOs or added hormones, so you can always feel good about their beef, pork, eggs, and more.

These are just a few farms that we work with. But Seasonal Roots actually helps support more than 150 Virginia and Maryland farms. And thanks to our 100+ Market Managers (aka Veggie Fairies) - who are mostly moms in our local community - we're able to deliver farm-fresh food straight to your door in as little time as possible. Thank you for choosing to join our local food community and for supporting our local economy!

