<u>Washington Metro Menu Area</u> <u>Fresh and Local Product Sources</u>

- Arugula and Dandelion (in Tuscany Mix) -Leone Produce, NJ
- Beans- C&E Farms, Cheriton VA
- Cucumbers- Saniford Farms, NC
- Squash- Parker Farms, VA

Maryland

Artisan & Multigrain Breads from Uptown Bakers, MD <u>http://www.uptownbakers.com/</u>¹ Seasonal Seafood Specials from the Chesapeake Bay Spices from McCormick & Co., MD <u>http://www.mccormickcorporation.com/</u> All Natural Turkey from Salisbury, MD Gluten Free Sausage from MD <u>http://www.nickssausage.com/home.cfm</u> Certified Angus Beef from AM Briggs, Washington DC <u>http://www.ambriggs.com/</u>

Pennsylvania

All Natural Milk/Dairy from Kreider Farms, PA <u>http://www.kreiderfarms.com/</u>² Farm Fresh Eggs from Martin Farms, Lancaster, PA <u>http://www.martinseggs.com/</u>³

Virginia

Local Roasted Coffee from Greenberry, Charlottesville, VA<u>http://www.greenberrys.com/</u> Produce from Parkers Farms, VA <u>http://www.parkerfarms.net/</u> Chicken from Harrisonburg, VA

Beer and Wine

Beer from Old Dominon, VA <u>http://www.olddominion.com/</u> Beer from Star Hill, VA <u>http://www.starrhill.com/</u> Wine from Chateau Morrisette Winery, VA <u>http://www.chateaumorrisette.com/</u> Wine from Barboursville Vineyards, VA <u>http://barboursvillewine.net/winery/</u> Wine from Horton Vineyard, VA <u>http://hortonwine.com/</u>

Silver Diner makes special arrangements with the farmers themselves to ensure Fresh and Local Product Availability.

¹ Uptown Bakers features a Master Baker that only uses farm fresh eggs in his 100% trans fat free, handmade breads. They deliver 7 days a week to ensure freshness.

² Present day Kreider Farms has been running and producing fresh dairy products since 1972. They protect their cows from rbst hormones.

³ Martin's farm fresh eggs have been feeding Lancaster County for just less than a halfcentury.