LOCAL FOOD, FARM & OUTDOOR ATTRACTIONS



Found it.





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On the cover: Colonel Denning State Park, Scot Gordon; Bent Pine Alpaca Farm; Farmers on the Square, Courtesy of the Downtown Carlisle Association.

Great effort was expended collecting and verifying the information in this publication. However, we realize that conditions change and that some of the information may not be accurate. Users noting errors or omissions are urged to report them. Questions, comments or errors regarding the guide should be directed to Cumberland County Planning Department at (717) 240-5362

This guide was financed in part by the Cumberland Valley Visitors Bureau and Carlisle Are Health & Wellness Foundation.

things to do Roundtop Mountain Resort

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Waggoner's Gap Hawk Watch

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Ashcombe Farm & Greenhouses

The Cumberland Valley *Local Food, Farm & Outdoor Attractions* guide is a cooperative effort of the following organizations:



Cumberland County Planning Department 18 N. Hanover St. Third Floor

18 N. Hanover St, Third Floor Carlisle, PA 17013 • 717.240.5362 ccpa.net/planning Creative, printing & delivery by



53 W. South St, Suite 1 Carlisle, PA 17013 • 888.513.5130 visitcumberlandvalley.com

Local Food



Cumberland Valley is home to some of the finest agricultural land in Pennsylvania and the United States. One third of the County's land is considered "Prime Farmland" according to the Natural Resource Conservation Service.

Cumberland Valley Fast Facts:

- Cumberland County agriculture generates a total of \$129.5 M in cash receipts from the sale of agricultural crops and livestock products according to 2010 PA Agricultural Statistics.
- There are approximately 1,500 farms in varying sizes in the
- 156,000 acres (or 44%) of the County are in agricultural use.

Cumberland Valley's agriculture industry provides opportunities for residents and visitors to obtain local fruits, vegetables and other farm fresh products through our farmers markets, farm stands, CSAs and other retailers.

Benefits of Buying Local:

- Support a local economy and farms, keeping wealth within our region and creating jobs
- Higher nutrient levels retained in food and fuller flavor due to the foods reaching you faster
- Locally produced food is fresher than foods packed in trucks and shipped for several days
- Buying local provides an opportunity to meet the farmer and learn how your food is grown



Find trip ideas specifically focused on fresh foods and farmers markets on visitcumberlandvalley.com.

CC = Credit Cards Accepted ♦ = Events ¥ = Farm Attractions †† = Group Tours ♣ = Handicapped Accessible = PA Preferred = Pets Allowed III = Restaurant/Eatery III = Restrooms U-P = U-Pick your own

Description

DOWNTOWN MARKET

ell local seasonal produce, farm products, and other merchandise.				
Farmers on the Square 2A N. Hanover St, Carlisle 17013 farmersonthesquare.com HOURS: May-Nov: Wed 3pm-7pm		15+ Vendors - Seasonal Produce, Meats, Baked Goods, Eggs, Dairy Products, Flowers	⇔	
Broad Street Market 1233 N. Broad St, Harrisburg 17102 236-7923 I broadstreetmarket.org HOURS: Wed 7am-2pm, Thurs-Fri 7am-5pm, Sat 7am-4pm	•	40 Vendors - Produce, Meats, Baked Goods, Flowers, Plants, Crafts	& 111 ♦11 ♦11	
PA Open Air Farmers Market ndustrial Dr & Cameron St Harrisburg 17110 697-9617 HOURS: May-Nov: Tues & Fri 9am-6pm		Located in the PA Farm Show Complex parking lot. 20+ Vendors - Seasonal Produce	Ĕ. 111 ♦ †	
West Shore Farmers Market 900 Market St, Lemoyne 17043 737-9881 westshorefarmersmarket.com	•	50 Vendors - Produce, Meats, Preserves, Deli, Honey, Herbs, Crafts, Maple Products,	<u>ځ</u> ۱۱۱	

HOURS: Tues 8am-3pm, Fri 8am-7pm, Sat 8am-2pm	•	Maple Products, Baked Goods, Flowers, Eggs, Upscale Boutiques
Village Markets 2 Chestnut St, Newville PA 17241		Numerous Vendors -

331-7391 | bigspringeventcenter.com

HOURS: June-Aug: Sat 8am-1pm

HOURS: Mar-Dec: Sun 6am-2pm

Seasonal Produce & Crafts

COUNTRY MARKET

ae of town, in a villaae or rural settina where

dors sell local seasonal produce, farm products, and other merchandise.				
Carlisle Country Market 1446 Holly Pike, Carlisle 17015 254-6457 carlislecountrymarket.com HOURS: Shops: Thurs-Sat 7am-4pm; Farmers Market: Fri 7am-4pm, Sat 7am-2pm	•	30+ Vendors - Produce, Deli, Baked Goods, Flowers, Meats, Berries, Dairy Products, Pumpkins, Christmas Trees, Crafts, Tree Fruit	ill tili E CC	
Mountain Lakes Market 1800 Newville Rd, Carlisle 17015 258-5922 mtnlakesmarket.com HOURS: Mon-Fri 9am-6pm, Sat 9am-5pm	•	Multiple Vendors - Produce, Dairy Products, Eggs, Meats, Baked Goods	ĭ11 ↑ ↑	
Williams Grove Historical Steam Engine Association Farmers Flea Market 1 Steam Engine Hill, Mechanicsburg 17055 766-4001 WGHSEA.org HOURS: Sun Dawn-2pm	•	Multiple Vendors - Seasonal Produce, Flea Market Items	ĭ 1 ♦ † &\	
Williams Grove Park Market 1 Park Ave, Mechanicsburg 17055 766-7215 williamsgrove.com		Up to 200 Vendors - Seasonal Produce, Unique Treasures,	ĭ11 ÷l÷	

Crafts, Flea Market

Business Name	Open Year- Round	Description	Other	
ROADSIDE S	STAN	D		
A temporary structure that is open seasonally where local produce and farm products are sold directly to the consumer.				
Beltview Produce Park Dr & Lerew Rd Boiling Springs 17007 240-3012 HOURS: July-Sept: 10am-5pm daily		Vegetables, Pumpkins, Sweet Corn		
Garden Gate Farm Market 1560 W. Trindle Rd, Carlisle 17015 240-0855 HOURS: Spring-Fall: Mon, Tues, Thurs, Fri 9am-6pm, Sat 9am-5am		Vegetables, Tree Fruit, Homemade Baked Goods, Honey, Maple Syrup, Specialty Cut Flowers, Potted Flow- ers Made to Order, Hanging Baskets, Planters, Bedding Plants, Pumpkins, Melons, Berries, Cider	ڻ cc	
Punkin Point Farm 825 York Rd, Carlisle 17013 249-7969 HOURS: May-Nov: Open daily		Vegetables, Berries, Tree Fruit, Pumpkins, Eggs		
Wolf's Fruit Farm 998 S. Mountain Rd Dillsburg 17019 432-3382 HOURS: Open daily	•	Vegetables, Tree Fruit, Honey	₹	
Basehore Farms 6080 Creekview Rd Mechanicsburg 17050 691-9349 HOURS: June-Aug: Mon-Fri 9am-6pm, Sat 9am-5pm; Sept-Oct Mon-Fri 9am-6pm, Sat 9am-5pm, Sun 12-5pm		Vegetables, Flowers, Melons, Honey, Ber- ries, Tree Fruit, Crafts, Pumpkins, Cider, Goat Cheese, Baked Goods, Preserves	СС	
Windy Hill Orchard 1180 Highland Dr Mechanicsburg 17055 766-8509 HOURS: Sept-Nov: daily daylight hours		Tree Fruit		
Burkholder's Roadside Stand PA Route 233, between PA-11 & I-81 Newville 17241 776-3930 HOURS: Late May-Sept: Mon-Sat 9am-5:30pm		Vegetables, Melons, Berries, Tree Fruit, Pumpkins, Honey, Bedding Plants		
Kline Road Gardens 107 Kline Rd, Shippensburg 17257 532-3750 HOURS: Apr-Oct: Mon-Sat 7am-8pm		Vegetables, Melons, Honey, Berries, Tree Fruit, Pumpkins, Eggs		
Mt. Rock/Horst Orchards 328 Mt. Rock Rd, Shippensburg 17257 532-7795 HOURS: July-Nov: 9am-5pm daily		Tree Fruit m Attractions *** = Group	÷IŤ	

CC = Credit Cards Accepted \bigcirc = Events \forall = Farm Attractions $\dagger \dagger \dagger$ = Group Tours III = Restaurant/Eatery III = Restrooms U-P = U-Pick your own

Business Name

Open Year-Round

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COMMUNITY SUPPORTED AGRICULTURE (CSA)

A community of individuals who become shareholders in a farm operation, so the growers and consumers provide mutual support and share the risks and benefits of food production. Typically, CSA members purchase shares of the harvest in advance to cover the anticipated costs of the farm operation and farmer's salary. In return they receive freshly harvested produce throughout the growing season.

Fulton Farm, Fulton Center for Sustainable Living, Wilson College	
1015 Philadelphia Ave	
Chambersburg 17201	
264-4141 wilson.edu	

Produce, Free Range Eggs & Poultry, Honey, Flowers, Herbs, Meats, Certified Naturally Grown

Certified organic

SEASON: May-Nov: Please call ahead

Earth Spring Farm CSA 250 Old State Rd, Gardners 17324 805-7778 | earthspringcsa.com

available for purchase SEASON: May-Oct: Please call ahead from outside vendors.

Pretty Meadow Farm

151 Campbell Rd, Newport 17074 423-2333 | prettymeadowfarm.com

SEASON: Memorial Day-Thanksgiving: Please call ahead

Spiral Path Farm

538 Spiral Path Ln, Loysville 17047 789-4433 | spiralpathfarm.com

SEASON: May-Nov: Please call ahead

Shared Earth CSA

131 State Rd, Mechanicsburg 17050 697-0762 | sharedearthfarm.com

SEASON: May-Oct: Please call ahead

North Mountain Pastures

999 Markelsville Rd, Newport 17074 497-3496 | northmountainpastures.com

SEASON: Please call ahead

vegetables. Fruits, cheese, meat & eggs CC Vegetables, Baked Goods, Flowers, Preserves, Herbs, Pumpkins, Non-GMO Eggs, 100% Grass Fed Beef, Farm Stay

Flowers, Herbs Chicken, Turkey, Pastured Pork, Grass

Vegetables, Melons,

Organic, Permanently Preserved Farm

Vegetables, Melons,

Eggs, Dairy Products,

Berries, Certified

Fed Beef, Pastured Livestock, Free-Range Eggs & Poultry, Wool

FARM RETAIL

Local seasonal produce and farm products sold directly to the consumer from the farm. Typically, retail outlets are permanent structures that may be open year-round

Dairy

Windy Knoll Farm Market & Creamery

2685 Spring Rd Chambersburg 17201 | 264-2900 HOURS: Mon-Fri 8am-6pm,

Sat 8am-5pm; open later in summer please call for hours

Homemade Ice Cream, Fresh Produce, Deli Meats & Cheeses, Subs & Hoagies, Baked Goods, Homemade Soups & Salads, Bulk Foods, Fall Corn Maze

AREA CODE / I/					
Business Name	Open Year- Round	Description	Other		
Dairy co	ont.				
Stoner's Dairy Farm & Corn Maze 7678 Oellig Rd, Mercersburg 17236 328-3617 I stonersdairyfarm.com HOURS: April-May: (field trips & tours by appt.); Sept-Oct: Sat 10am-5pm, Sun 12pm-5pm (field trips & tours)		Homemade Ice Cream, Baked Goods, Eggs, Meat, Cheese, Seasonal Produce, Pastured Livestock, Corn Maze (Sept-Oct)	† †		
Otterbein Acres 10071 Otterbein Church Rd Newburg 17240 423-6689 HOURS: Mon-Sat Dawn-Dusk	•	Eggs (Free Range), Dairy Products, Chicken, Lamb, Pork, Beef	† †		
Fulton's Dairy 1910 Ritner Hwy Shippensburg 17257 776-3338 HOURS: Self-serve 24 hours	•	Dairy Products, Meats (ground beef, roasts, steaks), Pastured Livestock	††† ***		
Rockview Dairy 44 Kline Rd Shippensburg 17257 729-8642 HOURS: Mon-Sat 7am-7pm	•	Vegetables, Herbs, Berries, Eggs (Free- Range), Seasonal Flowers, Raw Milk, Beef (Pastured Livestock)			
Meats	5				
Lil' Ponderosa Enterprises 44 Ponderosa Rd, Carlisle 17015 245-2820 lilponderosabeef.com HOURS: Open year-round by appointment; Farm tours on request- weather permitting	•	Meats - Pure Bred Black Angus, Freezer Beef from Closed Herd, 100% Raised & Finished on Grass, No Antibiotic/Chemical, Pastured Livestock	† † †††		
The Country Butcher Shop, Inc. 286 McAllister Church Rd Carlisle 17015 249-4691 HOURS: Tues-Wed 9am-6pm, Thurs-Fri 9am-8pm, Sat 8am-5pm	•	Produce, Deli, Baked Goods, Meats, Honey, Herbs, Eggs, Dairy Products, Deer Processing, Catering Services			
BIJO Boer Goats 41 Oxford Rd, Gardners 17324 486-7697 bijoboergoat.com HOURS: By appointment	•	"Live on the hoof" Goats, Breeding, 4H/ FFA, Stock, Show Stock, Projects & Pets,			
Boiling Springs Farm					
boning opining	, . u. II	•			

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Boiling Springs Farm
C = Credit Cards Accepted ♦ = Events ♥ = Farm Attractions ††† = Group Tours

CC III = Restaurant/Eatery III = Restrooms U-P = U-Pick your own

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Other Business Name Description Meats cont. Strocks Enterprises, Inc. 729 Williams Grove Rd Specializing in ŧIŧ Mechanicsburg 17055 on-site charcoal 697-2824 | strocksmeats.com Ġ roasted meats. Fresh dressed turkeys at CC **HOURS:** Catering Year-Round; Fresh Thanksgiving & Turkey - Nov/Dec; April Easter Ham; 2 Christmas. Days prior to Thanksgiving, Christmas and Easter for retail meat sales Vegetables, Eggs, Painted Hand Farm Beef, Goat, Turkey, 3173 Jumper Rd, Newburg 17240 Humanely Raised 423-5663 | paintedhandfarm.com Veal, Pastured **HOURS:** Daily 9am-5pm Livestock Grass Fed Beef, Lamb, & Goat, **Pecan Meadow Farm** Chicken, Duck, 357 Newburg Rd Geese, Eggs, Free-Newburg 17240 | 423-5365 Range Eggs & Poultry, **HOURS:** By chance or appointment Baked Goods by order or chance Square Hollow Farm Pastured Goat Meat, 1367 Mountain Rd 4-H/FFA Project Newburg 17240 | 360-6396 Market Goats **HOURS:** By appointment Vegetables, Meats, Wil-Ar Farm Honey, Herbs, Tree 76 Parker Rd Fruit, Free Range Eggs ŤŤŤ Newville 17241 | 776-6552 and Poultry, Dairy Products, Pastured HOURS: Mon-Fri 8am-8pm Livestock Meats, (Lamb by ŧΙŧ **Bearlin Acres Farm** order only, Goat kid), 180 Mt. Ash Ln, Shippensburg 17257 Herbs, Berries, Wool, 530-3605 | bearlingcres.com Tree Fruit, Pastured ††† Livestock, PASA **HOURS:** By appointment Member **Nursery/Tree Farm Highland Gardens** 423 S.18th St, Camp Hill 17011 Plants, Flowers, Trees, ŧŀŧ 737-8633 | highlandgardens.org Patio Block, Tanbark, Ġ **HOURS:** Jan-Mar: Mon-Sat 9am-5pm; Fertilizers, Mulch, Apr (call); Dec: Mon-Fri 9am-8pm CC Garden Tools, etc. (Aug-Nov: until 7pm), Sat 8am-5pm, Sun 11am-5pm Brown's Garden Native Nursery, 1800 Newville Rd, Carlisle 17015 Landscaping Design, 713-8294 | brownsgarden.com Landscaping Products, Organic Food Club **HOURS:** Please call ahead **Liberty Farm** Crafts, Christmas Trees, Ġ 831 York Rd, Carlisle 17015 Wreaths, Garland, 919-4611 CC Pottery, Pin Style Tree Stands (Drilled), Tree **HOURS:** Nov-Dec: Friday after Thanks-Bags, Watering Elf

giving to Christmas Eve Daily 9am-8pm

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Business Name	Open Year- Round	Description	Other	
Nursery/Tree F	arm	cont.		
MacNamara Tree Farm & Nursery 25 Wagner Dr Carlisle 17015 609-4764 HOURS: Mon-Sat 8am-6pm	•	Trees, Landscape Products, Shrubs, Certified Naturally Grown, Planting Svcs & Delivery		
McCurdy's Tree Farm & Landscaping 127 Chestnut Grove Rd Dillsburg 17019 432-4017 mccurdystreefarm.com HOURS: Open year-round: hours vary	•	Christmas Trees, Farm Zoo (end of Nov- Dec), Stone, Tanbark, Mulch, Plants, Hayrides & Campfires, School Field Trips	€. † † ;;; ;;; ;;; ;;;	
Spring Garden Greenhouse 1137 S. Spring Garden St Carlisle 17015 218-9638 HOURS: Mar-June: Mon-Sat 9am-5pm		Bedding Plants, Vegetable Plants, Hanging Baskets, Planters, Perennials		
Ashcombe Farm & Greenhouses 906 W. Grantham Rd Mechanicsburg 17055 766-7611 ashcombe.com HOURS: Jan-Feb: Mon-Sat 9am-6pm; Mar-Dec: Mon-Sat 9am-8pm	•	Produce, Deli Items, Homemade Baked Goods, Flowers, Preserves, Honey, Herbs, Cider, Bedding Plants, Christmas Trees, Garden Center, Pumpkins	€. III † † CC	
Noggles Sweet Meadow 2171 Stumpstown Rd Mechanicsburg 17055 766-7750 HOURS: April-Oct: Mon-Sat (hours vary)		Bedding Plants, Herbs, Flowers, Vegetable Starts, Heirloom Varieties, Hearty Mums		
Conifer Hill Tree Farm 101 Conifer Rd Newville 17241 386-1739 HOURS: Open daily Black Friday through Christmas Eve: 9am-4:30pm		Christmas Trees, Evergreen Wreaths/ Greens U-P: Christmas Trees	U-P	
Newville Produce Farm & Greenhouses - Newville - See pg 11 for info.				
Woodlawn 3171 Ritner Hwy Newville 17241 776-5988 HOURS: Mar-Nov: Thurs-Fri 8am-5pm		Shade & Ornamental Trees		
Pine Haven Farm 1765 Pine Rd Newville 17241 486-5423 HOURS: Open Black Friday through Christmas Eve: Mon-Fri 10am-8pm, Sat-Sun 8am-8pm		Christmas Trees, Live Bulbs, Centerpieces, Wreaths, Greenery, Baskets, Burlap Ever- green Trees, Wagon Rides, School Groups U-P: Christmas Trees	† † ††† ₩ U-P	
Chestnut Grove Greenhouse 120 Chestnut Grove Rd Shippensburg 17257 532-3788 HOURS: April-June: Mon-Fri 8am-8pm, Sat 8am-5pm		Flowers, Herbs, Bedding plants	† †	
CC = Credit Cards Accepted = Events			lours	

	Open Year- Round		Other	
Business Name		Description	Ō	
Nursery/Tree F				
Maplewood Produce & Greenhouse - Shippensburg - See pg 11 for info. Produce				
Myers Farm Market 1369 Creek Rd Boiling Springs 17007 258-3893 HOURS: June-Oct: Mon-Sun 9am-7pm		Vegetables, Berries, Pumpkins		
Benders Potato and Produce Barn 1120 Lincoln Way East Chambersburg, 17201 264-6720 benderpotatoes.com HOURS: May-Dec: Mon-Fri 9am- 5:30pm, Sat 9am-4pm, Sun Closed		Produce, Potatoes, Honey, Spices, Snacks, Sugarfree Items, Candies, Jellies, Soup Mixes, Bulk Foods, Gifts, Flowers U-P: Strawberries	€. •II• CC U-P	
Fetters Brookside Market and Red Door Antiques 1452 Holly Pike Carlisle 17015 241-4300 HOURS: Mon-Sat 9am-6pm, Sun 10am-5pm	•	Homegrown Fruits & Vegetables, Bedding Plants, Fruit Baskets, Christmas Décor, Antiques, Crafts		
Strawberry Lane 604 S. Middlesex Rd Carlisle 17015 249-0916 HOURS: May-June & Aug-Sept: Mon-Fri 7:30am-6pm, Sat 7:30am-4pm		Strawberries, Sweet Corn, Pumpkins, Certified Naturally Grown U-P: Strawberries	U-P	
Paulus Orchards 522 E. Mt. Airy Rd, Dillsburg 17019 432-2544 paulusorchards.com HOURS: Jul-Feb: Main Season: Mon-Sat 9am-5pm Sun 11am-5pm. Hours change with season, check website		Vegetables, Deli Items, Baked Goods, Flow- ers, Meats (Sausage, Chicken, Beef), Frozen Meals, Preserves, Honey, Herbs, Berries, Cider, Bedding Plants, Tree Fruit, Christmas Trees, Pumpkins, Dairy Products, Eggs, Melons U-P: Pumpkins, Apples, Blueberries	III	
The Peters Orchards 10540 Carlisle Pike Gardners 17324 528-4380 HOURS: May-Nov 7am-7pm, Dec-Apr 8am-5pm daily	•	Vegetables, Pumpkins, Baked Goods, Mel- ons, Cider Preserves, Honey, Berries, Tree Fruit, Maple Products	₽ • • • •	
Strites Orchard Farm Market & Bakery 1000 Strites Rd, Harrisburg 17111 564-3130 stritesorchard.com HOURS: Mon-Fri 8am-7pm, Sat 8am-5pm	•	Produce, Preserves, Baked Goods, Honey, Herbs, Cider, Bedding Plants, Century Farm, Christmas Trees, Fall Corn Maze, Crafts, Dairy Products U-P: Strawberries, Blueberries, Blackberries, Raspberries, Pumpkins Sweet/Sour Cherries, Apples, Flowers	€. • † CC • • • • •	

AREA CODE 717 AREA CODE 717

Business Name	Open Year- Round	Description	Other						
Produce cont.									
Ashcombe Farm & Greenhouses - Mechanicsburg - See pg 8 for info.									
Mountain View Nursery 1101 Park Place Mechanicsburg 17055 776-4966 HOURS: July-Sept 15: Mon-Fri 8:30am-7:30pm, Sat 8:30am-5pm		Vegetables, Melons, Preserves, Honey, Cookies							
Oak Grove Farms 846 Fisher Rd, Mechanicsburg 17055 766-2216 oakgrovefarmsinc.com HOURS: Mon-Sat 8am-6pm	•	Produce, Eggs, Dairy Products, Maple, Jams, Products, Flowers, Bedding Plants, Baked Goods, CSA Available, Christmas Trees U-P: Strawberries, Peas, Raspberries, Beans	ტ. † † CC						
Paulus Farm Market 1229 S. York St, Mechanicsburg 17055 697-4330 I paulusfarmmarket.com HOURS: May-Oct: Mon-Fri 9am-7pm, Sat 9am-5pm, Sun 11am-4pm; Nov- Dec Mon-Sat 9am-5pm, Sun 11am- 4pm; Jan-April Thurs & Fri 9am-5pm, Sat 9am-3pm	•	Produce, Deli Items, Baked Goods, Corn Maze, Christmas Trees, Flowers, Meats, Preserves, Bedding Plants, Honey, Herbs, Cider, Dairy Products U-P: Flowers, Herbs, Pumpkins	€. † † CC ;; ††† */ U-P						
Beam's Blue Mountain Farm 13374 Lurgan Rd Newburg 17240 532-5537 HOURS: June-Oct: Mon-Fri 10am-6pm, Sat 8am-4pm		Vegetables, Baked Goods, Flowers, Eggs, Melons, Preserves, Honey, Berries, Cider, Tree Fruit, Crafts, Pumpkins U-P: Strawberries, Pumpkins	† † ⇔ U-P						
Esh's Produce 16417 Cumberland Hwy (PA Rte 997) Newburg 17240 532-3216 HOURS: Winter hours vary: Mon-Sat 7am-6pm	•	Vegetables, Melons, Berries, Tree Fruit, Preserves, Honey, Crafts, Quilts, Quilt Fabric, Free-Range Eggs & Poultry	÷IŤ						



Dickinson College Farm

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Other Description Business Name Produce cont. **Natures Nook Farm** 740 Shed Rd ŧİŧ Berries, Beef Newville 17241 | 776-5619 **HOURS:** Please call ahead **Newville Produce Farm & Greenhouses** Vegetables, Flowers, 379 Greenspring Rd (PA Rte 641) Newville 17241 | 776-7717 Melons, Honey, Herbs, †|† Berries, Bedding Plants, HOURS: Feb-Dec: Mon-Fri 9am-7pm, Tree Fruit, Pumpkins Sat 8am-5pm

Wil-Ar Farm - Newville - See pg 7 for info.

Horst Orchards Cherries, Peaches, 11132 Tanyard Hill Rd Plums, Pears, Apples, Orrstown 17244 | 532-2842 Sweet Corn HOURS: July-Oct: Mon-Fri 8am-8pm, **U-P:** Cherries Sat 8am-6pm, Sun 11am-5pm

Mt. Rock/Horst Orchard	s Roads	ide Stand		
Maplewood Produce & Greenhouse 8564 Olde Scotland Rd Shippensburg 17257 532-8973 HOURS: Mon-Sat 8am-7pm		Vegetables, Melons, Berries, Tree Fruit, Deli Items, Pumpkins, Preserves, Eggs, Dairy Products, Baked Goods (Fri. & Sat. Only), Honey, Flowers, Herbs, Bedding Plants, Cider, Seasonal Turkeys, Made-to-order Hoagies, Christmas Trees, Bulk Foods U-P: Strawberries, Pumpkins		
Toigo Orchards 750 S. Mountain Estates Rd Shippensburg 17257 532-4655 toigoorchards.com HOURS: June, Aug-Dec: Mon-Sat 8am-5pm; year-round online sales	• S S S S S S S S S	Vegetables, Melons, Pre- serves, Honey, Herbs, Berries, Cider, Free Range Eggs, Pumpkins, Homemade Salsa, Sauces & Butters, Certi- ied Naturally Grown U-P: Strawberries	∜ U-P	

Shippensburg Auction Center

Shippensburg 17257 | 532-5511

HOURS: Tues, Thurs & Fri 9am-sold out

1122 Ritner Hwy

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Wholesale - Fruit,

Shrubs, Pumpkins,

Vegetables, Flowers,

Mums, Corn, Christ-

mas Trees & Wreaths

U-P

Outdoor Recreation



Cumberland Valley PA offers a collection of outdoor experiences for nature enthusiasts, families and those looking to explore the beauty of this region.

Spend a day hiking our easily accessible trails, including day hikes on the famous Appalachian Trail, biking on a historic rail trail or floating down a water trail.

Cumberland Valley Fast Facts:

- The region is home to over 200 miles of trails to explore, including the midway point of the 2,180-mile Appalachian Trail.
- There are over 54,000 acres of outdoor opportunities to discover, including three state parks and two state forests.
- The area offers many spots for scenic vistas of the lush Valley including Waggoner's Gap Hawk Watch, where 20,000+ migrating raptors fly over each year.
- Water lovers can kayak or fly-fish along one of our PA Designated Scenic Rivers.

Suggested Trip Ideas:

- After a day hike, visit the only hiking museum in the country, the Appalachian Trail Museum, to hear fascinating stories and mingle with thru-hikers.
- Enjoy a beach day away from it all at Colonel Denning State Park's or Pine Grove Furnace State Park's lakeside beach area.
- Take in the panoramic view of the Valley on the patio of the Masland Mansion at Kings Gap Environmental Education Center.
- Pick up ingredients for the perfect picnic at one of our farmers markets and enjoy a picturesque lunch at Children's Lake.

Find more outdoor recreation trip ideas on visitcumberlandvalley.com.

Trail

IKAIL

Appalachian Trail

Appalachian Trail Conservancy Mid-Atlantic Regional Office 4 E. First St Boiling Springs 17007 appalachiantrail.org 258-5771

HOURS: Regional office open 8am-3:30pm, stop in for trail maps and parking information.

The Appalachian Trail (AT) is the longest footpath in the United States, following the Appalachian Mountains. The trail crosses 14 states, from Katahdin, Maine to Springer Mountain in North Georgia. Completed in 1937, the AT is the first National Scenic Trail created by the National Trail System Act of 1968. Thirty trail clubs and more than 6,000 volunteers maintain the trail. Cumberland Valley is the halfway point on the trail.

Information TRAILS

Miles of Trail in Cumberland Valley: 43 Total Trail Length: 2,180 miles, 229 miles in PA

Trail Surface: Dirt & Grass

Trail Slope: Easy to Moderate-Difficult

Trail Type: Out & Back Blazes: White

Foot travel only; no vehicles, bicycles or horses.

Trail Entrances with Parking (listed south to north):

- Arendtsville-Shippensburg Rd
- Pine Grove Furnace State Park
- Sheet Iron Roof Rd
- Whiskey Springs Rd
- Leidigh Rd
- ATC Mid-Atlantic Regional Office/ Boiling Springs
- York Rd/PA Rte 74
- Lisburn Rd
- Trindle Rd/PA Rte 641
- Bernheisel Bridge Rd/Scott Farm AT Work Center
- Sherwood Dr

*

Cumberland Valley Rail Trail cyrtc.org | 860-0444

The Cumberland Valley Rail Trail extends 11 miles from Shippensburg to Newville through pastoral farmland and historic towns. The trail follows the abandoned Cumberland Valley Railroad corridor. Trail enthusiasts can enjoy walking, jogging, bicycling, horseback riding and other non-motorized recreational uses.

Coming in 2012, enjoy new interpretative signage on the agricultural and Civil War heritage along the trail.

Miles of Trail: 11 total - 9.5 miles

developed

Trail Surface: Crushed Limestone & Paved (½ mile at Newville)

Trail Slope: Easy
Trail Type: Out & Back

Trail Entrances:

- Newville: 23 McFarland St, Newville 17241
 Parking and restrooms are available.
- Oakville: 401 Oakville Rd, Shippensburg 17257
 Parking and restrooms are available.
 Restrooms are located at the North Newton Township Park, ¼ mile northwest of the trail on Oakville Rd.
- Shippensburg: Shippensburg
 Township Park 304 Britton Rd,
 Shippensburg 17257
 Parking and restrooms are available.





Cumberland Valley Rail Trail

AREA CODE 717 AREA CODE 717

State Park Information

LOCAL PARKS

Cumberland Valley is home to over 100 local parks, for a complete listing check out Simply Moving: A Guide to Public Parks, Trails & Recreation Facilities in Cumberland and Perry Counties at ccpa.net/planning (Go to Open Space, Greenways & Parks)

STATE PARKS

Kings Gap Environmental **Education Center** 500 Kings Gap Rd, Carlisle 17015 | 486-5031

visitpaparks.com

Sitting astride South Mountain in southern Cumberland Valley, Kings Gap offers a panoramic view of the valley. The park consists of 2,531 acres of forest and is open to the public yearround from 8am to sunset.

Sixteen miles of hiking trails connect with three main day use areas: Pine Plantation Day Use Area, Pond Day Use Area and Mansion Day Use Area.

Park amenities include: 16 miles of Hiking Trails, Picnic Tables/Pavilions, Orienteering, Hunting, Dog Training, **Environmental Education & Training** Center





Kings Gap Environmental Education Center

Pine Grove Furnace State Park 1100 Pine Grove Rd Gardners 17324 | 486-7174 visitpaparks.com

Steeped in natural and historical features, the 696-acre Pine Grove Furnace State Park is in a beautiful mountain setting in southern Cumberland Valley.

Pine Grove Furnace features two lakes, 25-acre Laurel Lake and 1.7-acre Fuller Lake, a historic area and the Appalachian Trail.

Park amenities include: 4 miles of Hiking Trails, Biking, Picnic Tables/Pavilions, Swimming, Snack Bar, Boating (electric motors only), Fishing, Hunting, Dog Training, Ice-Skating, Cross-Country Skiing, Snowmobiling, Camping, Organized Group Tenting, Cabin Rental

The historic Ironmaster's Mansion is available for overnight accommodations and special event rentals









Colonel Denning State Park 1599 Doubling Gap Rd Newville 17241 | 776-5272 visitpaparks.com

Colonel Denning State Park, in north central Cumberland Valley, is in Doubling Gap, so named by the "S" turn where Blue Mountain doubles back on itself. This feature may be seen from the Doubling Gap Vista in adjacent Tuscarora State Forest.

14

The park has 273 acres of woodland and a 3.5-acre lake

Park amenities include: 3.5 miles of Hiking Trails, Equestrian Trail, Picnic Tables/Pavilions, Swimming, Orienteering, Fishing, Hunting, Dog Training, Ice-Skating, Cross-Country Skiing, Camping, Organized Group Tenting





🕹 = Handicapped Accessible 🍴 = Restrooms 🏖 = Pets Allowed 😥 = Events



Facility Information

STATE FOREST

Michaux State Forest

Forest District #1 10099 Lincoln Way East Fayetteville 17222 | 352-2211 dcnr.state.pa.us/forestry/stateforests/michaux.aspx For maps and more information.

The Michaux State Forest consists of over 85,000 acres in Cumberland, Adams and Franklin counties and offers many recreational pursuits. Michaux State Forest provides ample opportunities for both small game and deer hunting. There are also many miles of trout waters and numerous lakes and reservoirs to support warm water fishing.

130 miles of state forest roads are maintained for pleasure driving and sightseeing. Three State Parks -Caledonia, Pine Grove Furnace and Mont Alto - are located within Michaux State Forest boundaries.

Activities include: Primitive Camping, Hiking, Picnicking, Equestrian Trail, Sightseeing, Bicycling, Fishing, Boating, Hunting, Snowmobiling, Cross-Country Skiing

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Tuscarora State Forest

Forest District #3 4455 Big Spring Rd, Blain 17006 | 536-3191 dcnr.state.pa.us/forestry/stateforests/tuscarora.aspx For maps and more information.

The Tuscarora State Forest derives its name from the Tuscarora Mountain. The mountain, in turn, was named for the Tuscarora Indians, a tribe adopted by the Iroquois Nation and allowed to migrate to this region in about 1714.

Comprised of 91,165 acres, the Tuscarora State Forest is located in Cumberland, Franklin, Huntingdon, Juniata, Mifflin, and Perry counties. Three State Parks - Big Spring, Colonel Denning and Fowlers Hollow - are located within Tuscarora State Forest.

Activities include: Hiking, Picnicking, Sightseeing, Fishing, Fly-Fishing, Hunting, Snowmobiling, Cross-Country Skiing

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Appalachian Trail in Michaux State Forest

AREA CODE 717 AREA CODE 717

Facility Information

STATE GAME LANDS

State Game Lands #305, #230, #170 & #169

Pennsylvania Game Commission South Central Regional Office 8627 William Penn Hwy Huntingdon 16652 (814) 643-1831 pgc.state.pa.us There are four state game lands in Cumberland Valley. Encompassing approximately 4,500 acres, they offer a variety of opportunities for hunting, wildlife watching and hiking.

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EQUESTRIAN FACILITIES

Wishing Well Equestrian Center 1167 Doubling Gap Rd Newville 17241 732-1893 or 776-7121 wishingwellequestrian.com

HOURS: Open daily year-round

Everyone seven years of age and up can enjoy a guided horseback ride through 293 acres of scenic mountain trails along Cumberland Valley's gorgeous North Mountain. Choose beginner through advanced, and Western and English disciplines.

NATURE PRESERVES

Mount Holly Marsh Preserve

1 Lakeside Dr Mt. Holly Springs 17065 240-5362 ccpa.net/planning for a trail map

The Mount Holly Marsh Preserve is a 900-acre natural area along the rocky slopes of the South Mountain near Mount Holly Springs. The preserve consists of a 700-acre upland forest and a 200-acre marsh preserve. The Mount Holly Marsh Preserve is a perfect spot for hikers and nature lovers.

Waggoner's Gap Hawk Watch Waggoner's Gap Rd (Rte 74) Carlisle 17015 | 213-6880 waggap.com

This 125-acre hawk watching site is situated on the Kittatinny Ridge. The site is one of the best sites along the Kittatinny Ridge, with more than 20,000 raptors passing through every year.

16

The primary activity at the park is hiking and nature exploration. The preserve features approximately 7 miles of trail with terrain ranging from easy to difficult. Hunting is permitted in the upland forest, but not in the marsh preserve. Fishing is permitted along Mountain Creek. Mountain Creek has been designated "approved trout waters" and is stocked by the Pennsylvania Fish & Boat Commission.

Activities include: Birdwatching, Hiking, Hunting, Fishing, Fly-Fishing

Visitors can look forward to seeing a wide variety of migrating birds or just enjoy the scenic overlook. Seasonal Access-August 1 to December 31.

Activities include: Birdwatching, Hiking trail to viewing area, Portable Toilet

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Waggoner's Gap Hawk Watch

🕹 = Handicapped Accessible 🎁 = Restrooms 🌣 = Pets Allowed 🛟 = Events

■ Boating = Fishing

Facility Information

Charmina

Children's Lake

Front St/Rte 174
Boiling Springs 17007
705-7850 | fishandboat.com

Charming, scenic 7-acre lake with clear water that literally bubbles. The lake is spring-fed, stocked with trout and accommodates shallow-draft boats, canoes and electric motors. Take a stroll on Lovers Walk, admire historic buildings and gardens and feed the ducks.

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WATER RECREATION

Opossum Lake

Easy Rd/Opossum Lake Rd Carlisle 17015 | 705-7850 fishandboat.com opossumlakefriends.org

59-acre lake situated on a 274-acre property.

Park amenities include: Four Miles of Hiking Trails, Fishing, Bird Watching, Picnic Tables/Pavilion, Boating

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LeTort Spring Run

Carlisle 17013 245-0508 | letort.org **Stream info:** One of the finest limestone trout streams in the nation, known for large wild browns. Handicapped accessible fishing platform available at LeTort Park.

Trail info: 2.1 miles with a grass covered ballast surface.

♣ ♣ ☐ (†|† in LeTort Park)

Big Spring Creek Greenway Big Spring Rd, Newville 17241 705-7850 | fishandboat.com World famous limestone spring creek. 1.5 mile catch-and-release only flyfishing area.

Activities include: Fishing, Fly-Fishing, Bird Watching

4



Conodoguinet Creek

Facility Information

WATER TRAILS

Cumberland Valley has 3 designated water trails. Water trails are boat routes suitable for canoes, kayaks and other small watercrafts and have access points, boat launches and day-use sites.

Trail guides and maps can be found at ccpa.net/watertrails

Conodoguinet Creek Water Trail	Trail Length: 40 miles, Carlisle area to confluence with the Susquehanna River			
	Activities include: Fishing, Boating 🛂 🗖			
Yellow Breeches Creek Water Trail	Trail Length: 22 miles, divided into two trips due to several hazardous dams and the lack of approved access Activities include: Fishing, Fly-Fishing, Boating			
Susquehanna River Water Trail	Middle Section Trail Length: 51 miles, Sunbury to Harrisburg Lower Section Trail Length: 52 miles, Harrisburg to Mason Dixon Line			
	Activities include: Fishing, Boating 🗷 🗈			

Cumberland Valley is a fly-fisher's paradise with some of the world's most popular fly-fishing destinations - the scenic LeTort Spring Run, Yellow Breeches Creek and Big Spring Creek. LeTort Spring isn't for the faint of heart; if the copious reed beds and taxing currents aren't challenging enough, the wild brown trout here seem to be particularly wily. Yellow Breeches is beloved by anglers of every skill level, thanks to an abundance of trout and a mile-long catch-and-release section near



Boiling Springs, home to the one-stop fly-fishing shop, Yellow Breeches Outfitters. Seeking even more? Big Spring is legendary for being one of the finest brook trout streams in the nation. Need lessons? Log onto visitcumberlandvalley.com for fly-fishing guides.

GOLF

For a complete listing of golf courses in the Cumberland Valley, visit visitcumberlandvalley.com

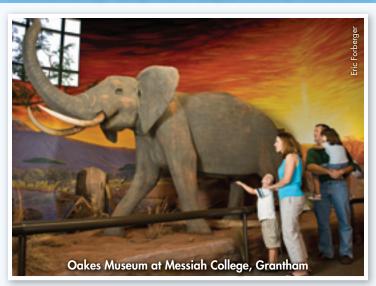
SOUTH MOUNTAIN GEOTRAIL smgeotrail.blogspot.com

The South Mountain GeoTrail connects Counties). Geocaching along the trail



🕹 = Handicapped Accessible 🎁 = Restrooms 🏶 = Pets Allowed 🛟 = Events **Ū** = Boating **□** = Fishing

Attractions, Fairs, Festivals, Events & Wineries



Cumberland Valley PA offers an assortment of unique farm attractions and annual events for you to enjoy our open spaces and learn about the importance of agriculture to the region. Farm attractions are sites on a farm that offer tours or activities for the visitor to experience.

Cumberland Valley Fast Facts:

- The Valley is the perfect place to stay and play if you want to discover the wineries the region has to offer for tours and tastings.
- Cumberland Valley is an all-season destination! There are seasonal attractions and events including ski resorts, fall food festivals, summer heritage and crafts events and outdoor opportunities to explore the spring blossoms.
- The Valley is home to many festivals celebrating agriculture from the Shippensburg Corn Festival, voted best one-day festival in PA, to the Pennsboro Pumpkin Fest, featuring a park full of events, live entertainment, food and more.

Suggested Trip Ideas:

- Pack up the little ones and explore the beautiful and gentle alpacas at the Bent Pine Alpaca Farm.
- Visit Hunter's Valley Winery for a true winery experience. Grab a bottle and enjoy a picnic with a beautiful view.
- Tour the world's largest gourd-crafting company, Meadowbrooke Gourds. You can also pick out and paint your own creation!
- Enjoy corn mazes, hay rides, pick-your-own pumpkins and more at our fall attractions.

Find more farm attraction trip ideas and events at visitcumberlandvalley.com

AREA CODE 717 AREA CODE 717

Pusings Nama	Open Year- Round	Description	Other	Pusiness Name	Spen ear- ound	Description	Other
Business Name ATTRACT		Description		Business Name ATTRACTION			U
Agricultural- and environmental-related to outdoor recreation fun.		nuseums and activities, c	and	PA Farm Show Complex & Expo Center 2300 North Cameron St		Host to the PA Farm Show, Eastern Sports	III E
Dickinson College Farm 553 Park Dr Boiling Springs 17007 245-1251		Farm Tours Available By Request	††† ¥	Harrisburg 17110 787-5373 www.pafarmshowcomplex.com	•	& Outdoor Show, agricultural shows, ro- deos, livestock stakes, Farmers' Market in the	† †
HOURS: By appointment only			Ġ			summer & more.	A
Bent Pine Alpaca Farm 65 Old Stonehouse Rd, Carlisle 17013 796-5949 bentpinealpacas.com	•	Fine Alpaca Fashion & Gift Items, Certified	†††	Appalachian Trail Museum Pine Grove Furnace State Park 1120 Pine Grove Rd, Gardners 17324		Exhibits designed to tell the stories of the founding, construc-	Ł
HOURS: Jan-Sept: By appointment only; Oct-Dec: Fri-Sun 12pm-5pm		Naturally Grown	¥	486-7174 atmuseum.org HOURS: Spring & Fall: Open weekends		tion, preservation, maintenance, protec-	† †
Celtic Knot Alpacas 1560 McClures Gap Rd, Carlisle 17015 418-9612 celticknotalpacas.com		Alpaca Fiber, Alpaca Yarn, Alpaca Knit & Woven items. Off-site		Labor Day-Memorial Day: Open daily 12-4pm		tion, & enjoyment of the Appalachian Trail.	171
HOURS: By appointment only		education.				10,000-square foot museum home to a	
Hayman Farms 450 Sherwood Dr, Carlisle 17015 226-6241 haymanfarms.com HOURS: Mid Sept to end of Oct:		Daytime: 40 min Hayride, 3-acre Corn Maze, Hay Maze, Wagon Rides, Grain Bins, Petting Zoo, Grain Sack Slide, Coloring Coop, Duck	t÷t	The Oakes Museum at Messiah College One College Ave Grantham 17027 769-1800 messiah.edu/oakes HOURS: Sat 1 pm-5 pm	•	museum nome to a collection of Smithsonian quality African & North American mammals, bird eggs, fish, seashells, minerals, insects & fossils.	€. † † CC †††
Fri-Sat 10am-5pm, Sun 11am-5pm, Open Columbus Day Evening 7pm-10pm: Hayrides & Haunted Hayrides by reservation only		Pump Race, Mums, Honey, Hay Bales & Corn Stalks & Concession stand; Evening: Haunted Hayrides U-P: Pumpkins	U-P ₩	Roundtop Mountain Resort 925 Roundtop Rd Lewisberry 17339 432-9631 skiroundtop.com	•	Activities: Skiing, Snowboarding, Snow Tubing, Revolution Paintball, Flying Leap Ropes Course, Mountain Adventures (Vertical Trek, OGO	ĭ 1 † † CC
Meadowbrooke Gourds, Inc. 125 Potato Rd, Carlisle 17015 776-6029 mbgourds.com	•	Hand-crafted gourds for all seasons. Paint your own gourd	€. † † CC	HOURS: Open year-round hours vary depending on the activity		Balls, Tree House Zips, Sky Ride, The Woods, Summer Tub- ing, Bumper Boats)	111
HOURS: Tues-Sat 10am-4pm	2	classes available.	****	Williams Grove Historical Steam Engine Association 1 Steam Engine Hill Mechanicsburg 17055 766-4001 I wghsea.org HOURS: Open for special events; please see website for more info		Dedicated to preservation of steam powered equipment. Week-long Steam Show & other special events throughout the year.	0
	,		nop	Renfrew Museum and Park 1010 E. Main St, Waynesboro 17268 762-4723 renfrewmuseum.org HOURS: Museum: mid-April to mid-Oct; Tues-Fri noon-4pm, Sat-Sun 1pm-4pm		Historic farmstead museum & 107-acre park.	† †
Hayman F	arms		Scot Gor	Agriculture & Industrial Museum 217 W. Princess St York 17403 846-6452 yorkheritage.org	•	Self-guided tour of agricultural artifacts & industrial exhibits	€. † † CC

846-6452 | yorkheritage.org

HOURS: Tues-Sat 10am-4pm

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CC = Credit Cards Accepted ♦ = Events 💆 = Farm Attractions ††† = Group Tours

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produced or used in York County.

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FAIRS, FESTIVALS & EVENTS

View the events calendar at **visitcumberlandvalley.com** for dates, details and a full list of events

JANUARY

FEBRUARY

APRIL

MΔY

JUNE

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Mason Dixon Fair Delta Six-day community fair.

AUGUST

Perry County FairNewport Five-day county fair.

SEPTEMBER



New Cumberland Apple Festival

OCTOBER

Cumberland County Farm Tour...........Various locations in Cumberland Valley 240-6500 | First Saturday in October



Cumberland County Farm Tour

Fall Furnace FestivalPine Grove Furnace State Park, Gardners Food, crafts, music, hayrides, educational programs, history tours & more.

AREA CODE 717			
Business Name	Open Year- Round	Description	Other
WINERI An establishment where wine is made, a purchase local wine and take tours.		itors can sample and	
Hauser Estate Winery 410 Cashtown Rd, Biglerville 17307 334-4888 hauserestate.com	•	Wine & Wine Tasting	ال ااا
HOURS: Mon-Sat 11am-5pm, Sun 12pm-5pm; closed first two weeks of Jan			₩
Tuscarora Mt. Winery 25 Lincoln Way West Chambersburg 17201 261-9463 tuscaroramtwinery.com	•	Wine & Wine Tasting	ار اا
HOURS: Tues-Thurs 10am-6pm, Fri-Sat 10am-8pm			₹
West Hanover Winery 7646 Jonestown Rd, Harrisburg 17112 (866) 383-8510 westhanoverwinery.net	•	Wine, Wine Tasting	ارا ااا
HOURS: Mon 2pm-6pm, Tues-Thurs 11am-6:30pm, Fri 11am-8pm, Sat 11am-5:30pm, Sun 11am-5pm		& Tours	**
Hunters Valley Winery Routes 11/15 at Rte 34, Liverpool 17045 444-7211 huntersvalleywines.com	•	Wine & Wine Tasting	ارا (CC
HOURS: Wed-Thurs & Sat 11am-5pm, Fri 11am-7pm, Sun 1pm-5pm			₹
Adams County Winery 251 Peach Tree Rd, Orrtanna 17353 334-4631 adamscountywinery.com	•	Wine, Wine Tasting & Tours	€. † † CC

HOURS: Sun-Sat 10am-6pm

Reid's Orchard and Winery 2135 Buchanan Valley Rd Orrtanna, 17353 | 677-7047 reidsorchardwinery.com

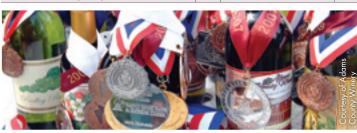
HOURS: Jan-May: Sat & Sun 12pm-5pm; June-Nov: Thurs-Sun 12pm-5pm; Dec: Fri-Sun 12pm-5pm

Preserves, Herbs, Berries, Cider, Bedding Plants, Tree Fruit, Wine, Hard Cider, Grapes, Gift Shop

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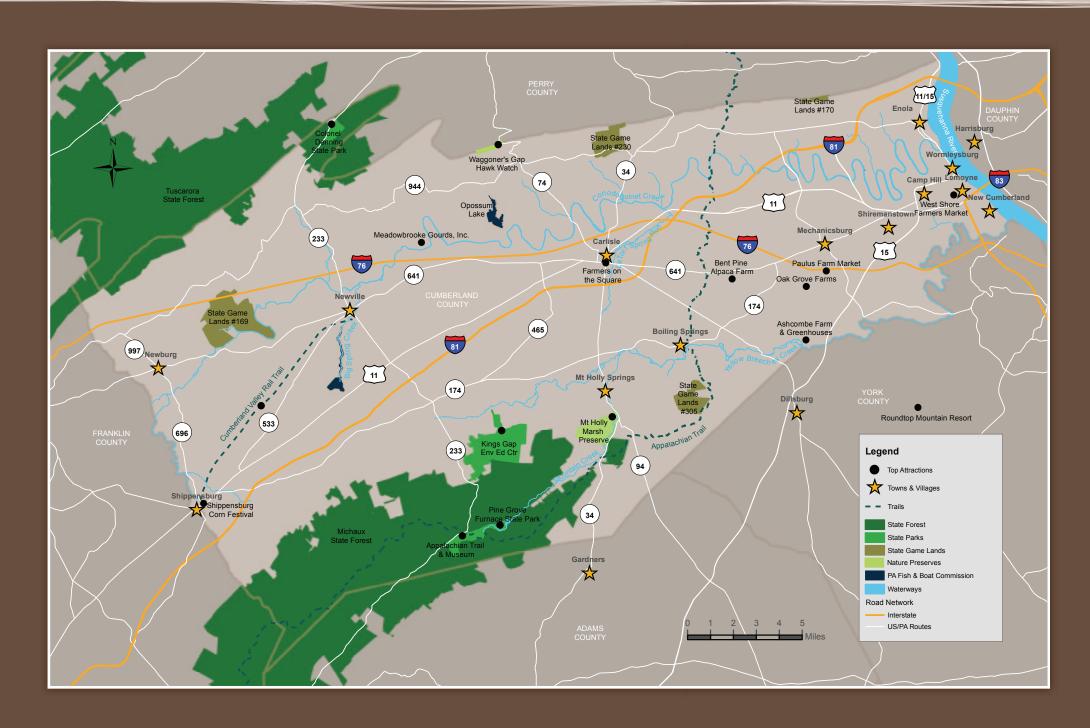
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Adams County Winery

cumberland Valley Da Map



Produce Availability by Month

Produ	ce	A	VQ	IIIC		Ш	y I	Jy	IV		III	
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
				FR	UITS	;						
Apples												
Apricots												
Blackberries												
Black Raspberries												
Red Raspberries												
Blueberries												
Cider												
Cantaloupe												
Cherry (Tart)												
Cherry (Sweet)												
Grapes												
Nectarines												
Peaches												
Pears												
Plums												
Strawberries												
Watermelons												
	Jan	Feb	Mar	Apr	May	lun	Jul	Aug	Sep	Oct	Nov	Dec
	Juli	100			TAB		J01	7 tog	оср	Oci	1404	DCC
^			V	EGE	IAD	TE9						
Asparagus												
Beans (Lima)												
Beans (Snap)												
Beets												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Celery												
Cucumbers												
Corn (Sweet)												
Eggplant												
Lettuce												
Mushrooms												
Onions												
Peas												
Peppers												
Potatoes												
Pumpkins												
Spinach												
Squash (Summer)												
Squash (Winter)												
Tomatoes												
Turnips												
Zucchini												



As a grantmaker, the **Carlisle Area Health & Wellness Foundation** strives to prevent chronic disease through programs and services that promote nutrition and physical activity. Our region's parks, trails and agricultural resources support good nutrition, a vibrant local economy and a healthy environment in which to be active.

Together with our many community partners, the Foundation is promoting the health of our young people through a **5210 PA Every Day** campaign. Embrace these daily goals to ensure your good health:

- 5 or more fruits and vegetables
- 2 hours or less of recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks

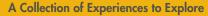
Join us by taking the **5210 Challenge Every Day** and visit us on the web at www.5210pa.org.

For more than a decade, the Carlisle Area Health & Wellness Foundation has promoted responsible health practices, identified and addressed health care needs and policies, and enhanced access to and delivery of health services. We target strategies that are proven to work, sustainable, collaborative and beneficial to our region's most vulnerable populations. Together, we are building a healthy community.



CARLISLE AREA HEALTH & WELLNESS FOUNDATION

www.cahwf.org



For trip ideas that weave all of these activities and more into fun journeys, go to **visitcumberlandvalley.com**.

- Explore corn mazes, hay and wagon rides.
- Visit a festival or fair.
- Hunt for treasure on the South Mountain Geotrail.



- Buy local produce at farmers markets and stands.
- Tour a winery.
- View scenic vistas on horseback.



- Hike the Appalachian Trail.
- Pick your own fruits, berries and flowers.

FIND US!



Located in History on High - The Shop 33 W. High St, Carlisle, PA 17013 (888) 513.5130 • visitcumberlandvalley.com