

TO GO

A pullout from *h*, the magazine of The Heinz Endowments: essentials for every health-minded foodie—lists, resources, websites, rankings

33



PITTSBURGH FARMERS MARKETS

Below is a list of farmers markets in Pittsburgh. Visit the Pennsylvania Association for Sustainable Agriculture's website www.buylocalpa.org for farmers markets statewide.

Bloomfield Farmers Market

Immaculate Conception School
Cedarville Street &
Friendship Avenue
Pittsburgh, PA 15224
Thursdays, 3:30–7:30 p.m.

Carrick Farmers Market

Carrick Shopping Center
Brownsville Road &
Parkfield Street
Wednesdays, 3:30–7:30 p.m.

Dormont Farmers Market

Dormont Pool
Banksville Road
Dormont, PA 15216
Mondays, 4–7 p.m.

Downtown Pittsburgh Farmers Market

City-County Building
414 Grant St.
Pittsburgh, PA 15222
Fridays, 10 a.m.–2 p.m.

East Liberty Farmers Market

Penn Circle West
Pittsburgh, PA 15206
Mondays, 3:30–7:30 p.m.

Farmers@Firehouse

2216 Penn Ave., Strip District
Pittsburgh, PA 15222
Saturdays, 9 a.m.–1 p.m.

Farmers at Phipps

Phipps Conservatory
Schenley Park Drive
Pittsburgh, PA 15213
Wednesdays, 2:30–6:30 p.m.

Farmers Market Cooperative of East Liberty

344 N. Sheridan Ave.
Pittsburgh, PA 15206
Saturdays, 5 a.m.–noon

Forest Hills Farmers Market

Forest Hills Presbyterian Church
1840 Ardmore Blvd.
Forest Hills, PA 15221
Fridays, 4–7 p.m.

Green Tree Farmers Market in the Park

Green Tree Park
895 Greentree Rd.
Green Tree, PA 15220
Thursdays, 4–7 p.m.
(May 20–end of June) and
4–7:30 p.m. (July–Oct. 28)

Market Square Farmers Market

Market Square, Downtown
Forbes Avenue & Market Place
Pittsburgh, PA 15222
Thursdays, 10 a.m.–2 p.m.

Monroeville Lions Farmers Market

Gateway High School
3000 Gateway Campus Blvd.
Monroeville, PA 15146
Saturdays, 9 a.m.–noon

Mt. Lebanon Lions Farmers Market

United Lutheran Church
975 Washington Rd.
Mt. Lebanon, PA 15228
Wednesdays, 4–7 p.m.

Mt. Lebanon Uptown Farmers Market

600–750 Washington Rd.
Mt Lebanon, PA 15228
Saturdays, 9 a.m.–2 p.m.

North Side Farmers Market

Allegheny Commons
East Ohio Street & Cedar Avenue
Pittsburgh, PA 15212
Fridays, 3:30–7:30 p.m.

Oakland Farmers Market

Sennott Street between
Atwood Street & Meyran Avenue
Pittsburgh, PA 15213
Fridays, 3:30–6:30 p.m.

Pittsburgh Public Market

Smallman Street, Strip District
Pittsburgh, PA 15222
Fridays, 9 a.m.–7 p.m.
Saturdays, 9 a.m.–5 p.m.
Sundays, 10 a.m.–4 p.m.
(year round)

Pittsburgh Whole Foods Farmers Market

5880 Centre Ave.
Pittsburgh, PA 15206
Last Wednesday of each
month, 4–7 p.m.

St. James Farmers Market

200 Walnut St.
Sewickley, PA 15143
Saturdays, 9 a.m.–1 p.m.

South Side Farmers Market

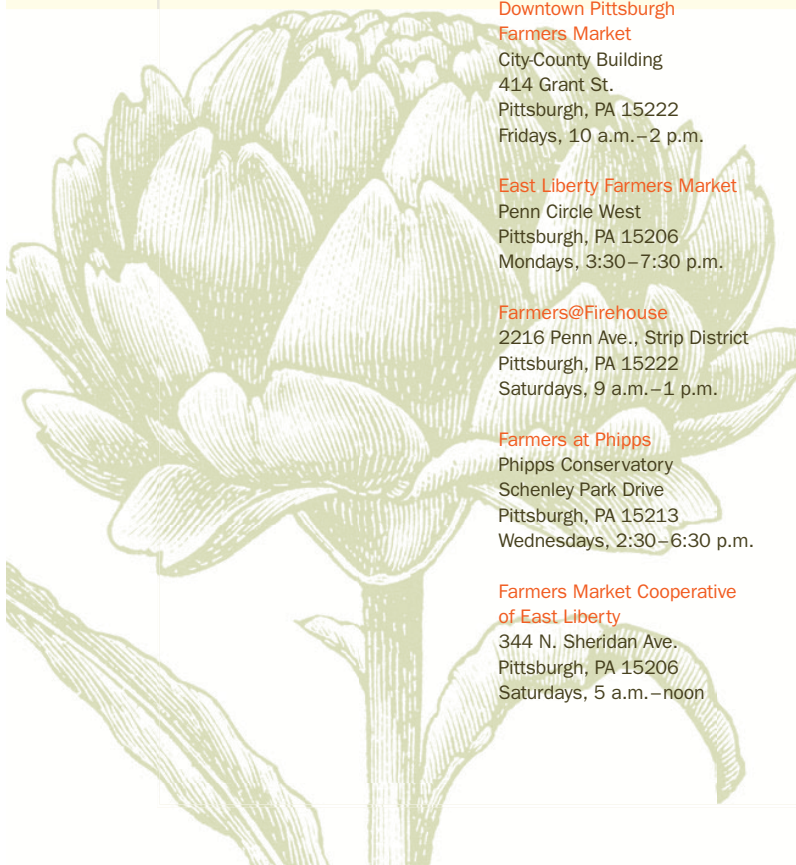
20th & Sidney streets
Pittsburgh, PA 15203
Tuesdays, 3:30–7:30 p.m.

Upper St. Clair Lions Farmers Market

Westminster Presbyterian Church
2040 Washington Rd.
Upper St. Clair, PA 15241
Thursdays, 3–7 p.m.

Wilksburg Farmers Market

Ross & South avenues
507 South Ave.
Pittsburgh, PA 15221
Thursdays, 3–6 p.m.





RESOURCES



BOOKS & MAGAZINES

Anticancer: A New Way of Life
by David Servan-Schreiber, M.D.,
Ph.D.; Viking Penguin, 2008

**Child Obesity: A Parent's Guide
to a Fit, Trim, and Happy Child**
by Goutham Rao, M.D.;
Prometheus Books, 2006

**Feeding Baby Green: The
Earth-Friendly Program for
Healthy, Safe Nutrition During
Pregnancy, Childhood, and
Beyond**

by Alan Greene, M.D.;
Jossey-Bass, 2009

Food Rules: An Eater's Manual
by Michael Pollan;
Penguin Books, 2009

**Organic Manifesto:
How Organic Farming Can
Heal Our Planet, Feed the
World, and Keep Us Safe**
by Maria Rodale;
Rodale Books, 2010

Organic Gardening magazine
Rodale Inc.;
www.organicgardening.com

Prevention magazine Rodale Inc.;
www.prevention.com

**Starting and Strengthening
Farmers' Markets in Pennsylvania**
2nd Edition, www.rural.palegislatre.us/FarmMkt.pdf

A Shopper's Guide to Pesticides

Developed by the Environmental Working Group

Even small doses of pesticides and other chemicals found on fruits and vegetables can cause lasting damage, especially during fetal development and early childhood. By being informed, you can minimize the amount of pesticides that you and your family are consuming.

Analysts at the Environmental Working Group developed this guide based on data from nearly 96,000 tests for pesticide residues on produce. Nearly all of the studies used to create these lists assumed that you rinse or peel fresh fruits and vegetables—but rinsing only reduces pesticides; it does not eliminate them. And while peeling helps, you lose valuable nutrients in the produce's skin. The best approach is to eat a varied diet, rinse all produce and buy organic when possible.

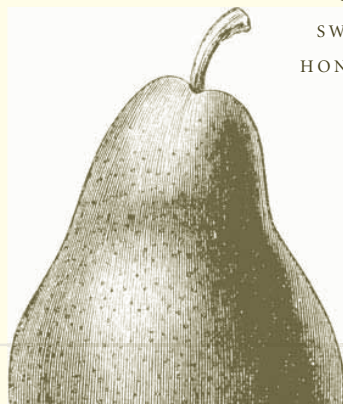
These lists will help you choose which fruits and vegetables to buy organic so that you can lower your dietary pesticide load.

DIRTY DOZEN BUY THESE ORGANIC (WORST FIRST)

CELERY
PEACHES
STRAWBERRIES
APPLES
BLUEBERRIES
NECTARINES
BELL PEPPERS
SPINACH
KALE
CHERRIES
POTATOES
GRAPES (IMPORTED)

CLEAN FIFTEEN LOWEST IN PESTICIDES (BEST FIRST)

ONIONS
AVOCADOS
SWEET CORN
PINEAPPLES
MANGOS
SWEET PEAS
ASPARAGUS
KIWIS
CABBAGE
EGGPLANT
CANTALoupES
WATERMELONS
GRAPEFRUITS
SWEET POTATOES
HONEYDEW MELONS



WEBSITES

The Center for Food Safety
www.centerforfoodsafety.org

Eat Well Guide
www.eatwellguide.org

Earth Pledge's Farm to Table
www.earthpledge.org/f2t/more-about-farm-to-table

Environmental Working Group
www.ewg.org

**Greater Pittsburgh Community
Food Bank**
www.pittsburghfoodbank.org

Grow Pittsburgh
www.growpittsburgh.org

Will Allen's Growing Power, Inc.
www.growingpower.org

Local Harvest
www.localharvest.org

**National Sustainable
Agriculture Coalition**
www.sustainableagriculture.net

**Pennsylvania Association for
Sustainable Agriculture (PASA)**
www.pasafarming.org

**Pennsylvania Department
of Agriculture**
www.agriculture.state.pa.us

Slow Food Pittsburgh
www.slowfoodpgh.com

**Sustainable Agriculture Research
and Education (SARE)**
www.sare.org