

My Virginia Plate

Meet the Virginia farmers who fill your plate.

“Make half of your plate fruits and vegetables.”



In operation since 1946, Miller Farms was run as a dairy farm until 2003. Miller Farms Market now grows and sells a wide variety of fresh fruits and vegetables from strawberries, raspberries, and blackberries to eggplants, tomatoes, and cabbage. They also offer pick-your-own berries, pumpkins, and Christmas trees. This farm family is passionate about farming and wants to sustain their land for future generations so they practice farming methods such as companion planting, no till, and plasticulture.

Jo Ann Miller and son, Ben Miller -
Miller Farms
Spotsylvania

“At least half of all the grains you eat should be whole grains.”



Billy Dawson has grown corn, wheat, and other grains on his farm for years.

In addition to selling feed to local stores, he also provides his food-grade crops for manufacturers nationwide.

In fact, his corn is used to make the tortilla strips in Campbell's Tortilla soup.

Billy Dawson -
Grain Farmer and owner
Bay's Best Feed
Northumberland

“Try to get 3 servings of dairy each day.”

Dairy farming is a 365-day-a-year job, because the cows have to be milked twice a day, every day. The 3 generations of Eastview Farm believe in cow comfort, because “the more comfortable the cow, the more productive that cow is.”

Cousins Taylor and Matt Nuckols -
Eastview Farm, Hanover



“Make half of your plate fruits and vegetables.”



Dublin Farms is a leader in the Virginia potato industry and traces its origins to the mid-1870s. Potatoes have been grown on various parts of this farm each year since 1876. In addition to potatoes, Dublin Farms produces corn, soybeans, wheat, and green beans. Innovative measures are used to produce the best possible product while maintaining healthy land. Auto-steer technology is used to maximize field production and reduce the overuse of pesticides and fertilizers.

David Hickman -
Dublin Farms
Accomack

“Protein is an essential building block for growth.”



Margaret Ann is a 6th generation cattle farmer in Rockbridge County. Her family's farm, Smith Farms, is family owned and operated, just like 98% of the farms in Virginia. While on the farm, the cattle graze on grass, receive supplemental grains to balance their diets, have unlimited water, and plenty of natural shelter from bad weather.

Margaret Ann Smith -
Smith Farms
Rockbridge

