

**Mary Ann Flaherty Ford  
Start Smart Program Graduate**

*“Farm Fresh Express is one piece in an international puzzle of adventurous entrepreneurs who are hoping to show that capitalism and ecological sustainability are not mutually exclusive goals.”*



Mary Ann (right) and Pam Nelson (left), her business partner, founded Farm Fresh Express to deliver a full range of organically or sustainably grown, local foods to homes and businesses throughout the Philadelphia metropolitan area. Farm Fresh Express won “Most Sustainable Business” through WORC’s Women and Company® Microenterprise Boost Program administered by the Association for Enterprise Opportunity with funds from Citibank. Mary Ann and Pam plan to grow their delivery business by opening an adjacent retail store featuring fresh produce and new products.