



KANSAS CITY
FOOD CIRCLE
2017 DIRECTORY
OF FARMERS



KCFOODCIRCLE.ORG

LOCAL. ORGANIC. FREE-RANGE.



KANSAS CITY FOOD CIRCLE

Supporting a Local, Sustainable Food System.

WELCOME!

In this directory you'll find a list of our member farmers, their contact information, and details about the foods they produce and where you can buy them. If you would like a representative from the KC Food Circle to speak to your organization about how and why to eat local, organic, and free-range, e-mail **coordinators@kcfoodcircle.org**.

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ABOUT US

The Kansas City Food Circle is a 501c3 membership-driven organization, focused on the promotion of a of a sustainable local food system by connecting Eaters and local, organic, and free-range Farmers.

We connect people seeking sustainably and humanely raised food in the greater Kansas City area with the Farmers who grow it. By providing levels of support for our member farmers we are able to promote the health, environmental, and economic benefits of eating locally-grown organic and free-range foods.

How You Can Get Involved

- Join us by becoming a member (Farmers- you can join, too!)
- Come to our Spring Eat Local & Organic Expo or Holiday Pop-up!
- Shop at our Featured Organic Farmers Markets
- Learn how to find local, organic and free-range food.
- Give us your talents and time by volunteering

If you need additional assistance, email Coordinators@kcfoodcircle.org or call 816-895-2462.

WHY EAT LOCAL, ORGANIC & FREE RANGE?

A walk through the produce section of a supermarket might lead you to think you can have every kind of delicious and nutritious fruits and vegetables year-round, at least until you actually bite into that January strawberry from South America! Most supermarket produce is shipped in from California, Florida, or foreign countries thousands of miles away. These varieties have been bred for durability rather than flavor and nutrition found on local farms. If you chose to eat meat, you can be confident that our Farmers raise the animals in optimal, humane conditions.

Eating locally grown foods also means:

- fresher, healthier ingredients
- keeping your dollars here in the KC Metro
- supporting Farmers who care for our air, water, and soil
- helping small family farmers earn a fair living and stay on the land
- if you choose to eat meat, you nknow the animals were raised humanely

**WHAT IS
LOCAL?**

**Our Farmers are all located within 120 miles
of Kansas City.**

KC FOOD CIRCLE'S LEVELS OF ASSURANCE

When you buy local, organic, and free-range food from our member Farmers, you can rely on KCFC's three levels of assurance.

- 1. Organic Certification**
- 2. Certified Naturally Grown**
- 3. KC Food Circle Member Farmer Pledge**

What does that mean for you?

1. Organic: Some KCFC member farmers hold USDA Organic (NOP) certification. As a label, certified organic has been legally defined by the USDA (www.ams.usda.gov/AMSv1.0/nop). USDA Organic provides a high level of assurance for eaters concerning the avoidance of synthetic pesticides and fertilizers. It is based on detailed requirements and regular inspections by a qualified professional. There are other certifying agencies such as OneCert, QAI, etc. The certification process can be prohibitively expensive for small farmers. This has led to the use of some alternative means of assurance.

2. Certified Naturally Grown (CNG): One alternative type of organic certification is Certified Naturally Grown (www.naturallygrown.org). It is much like USDA Organic but relies on inspections by volunteers, usually other farmers, who fill out a form that is posted on the website so it can be easily viewed by eaters. Any exceptions to the standards are noted on this form. Some KCFC member farmers are Certified Naturally Grown.

3. KC Food Circle Member Farmer Pledge: KCFC promotes many small Farmers and has developed a system of written pledges for our members that relies on the good faith of Farmers and on the willingness of eaters to establish a relationship with their farmers to their own comfort level. The KCFC will only make inspections in response to credible and serious complaints from eaters or other KCFC Farmers. Our pledges are also very similar to USDA organic with certain differences outlined below. All KCFC member Farmers have completed and signed our Farmer Pledge.

Please note that it is difficult for small farmers to source organically grown feed, so we do not require our farmers to use it. We also think that the complete prohibition of antibiotic use in the USDA Organic standards – even for sick animals – is too strict.

GMOS AND THE FOOD CIRCLE

The produce farmers in our membership never use GMO seeds and many of our animal farmers use GMO-free or organically grown grain for livestock feed. GMO/GE refers to genetically modified organisms or genetically engineered foods. Common animal feed ingredients that have been genetically engineered include corn, soybeans, and alfalfa. We know that sourcing organic or GMO-free animal feed is a complicated process with many variables for each farm. Without a one-size-fits-all solution available to our member farmers, we have chosen not to require GMO-free or organic feed for livestock. However, we are implementing a long-term GMO-free Feed Transition Plan that will continue to support our existing members. New farmers coming into our membership since 2016 do not use GMO feed. As always, getting to know your farmer is the best way to gain confidence about where your food is coming from and how it is grown.

WHY DO WE SAY NO TO GMOS?

The KC Food Circle policy on GMO/GE crops is as follows:

- We understand that invention and patenting of the new organism and its application increases control of the food system by global corporations which challenges the success of small, local family farms.
- The lack of independent scientific research on the long-term impact of consuming GMO/GE modified foods is of huge concern.
- GE crops are just as dependent on fossil fuels to make fertilizers as conventional agriculture.
- GMO/GE crops are engineered to survive being sprayed with large amounts of pesticides which have been found in our drinking water.

FEATURED EVENTS

The best way to feel good about the food you buy is to get to know the people who grow it. We host two major events (in addition to farm dinners and tours) each year that allow you to get to know our farmers and the food they grow.

THE EXPO

Our largest annual event - the Eat Local & Organic! Expo - is held every spring and attracts several thousand people who are looking for a connection with the farmers who grow their food. Our family farmers showcase their organic produce, seedlings, and pastured meat, and many have Community Supported Agriculture subscription (CSA) sign-ups.

THE HOLIDAY POP UP

Held every Fall. We bring together the best local artisans and farm offerings for Kansas City's only 100% all-local holiday shopping event. From gifts to home goods to food for your table, this event has all you need to make your holiday a celebration of Kansas City.

OUR FARMER PLEDGES

Our Farmer Pledges only apply to the practices our farmers use to grow food, not to the methods used to produce any processed foods they may sell (such as breads, jams, salsas, sausages, etc.). We are committed to promoting organic agriculture, but we recognize the economic challenges of running a small farm in competition with subsidized, large-scale, petrochemical agriculture. We do consider exceptions to the Pledges on a case-by-case basis. If a farmer has been granted an exception, that information will be on their KCFC web page.

We require our Farmers to note whether they buy and/or distribute products which they do not grow themselves and to list their sources. If you have questions about how certain products are grown or produced we encourage you to talk with that Farmer directly.

ANIMAL FARMERS PLEDGE

Understanding that we can only be healthy if the meat, poultry, eggs, and milk we eat come from healthy animals, and believing that farm animals deserve to be allowed to perform behaviors essential to their well-being, we require all our animal farmers to sign this pledge.

I PLEDGE:

- To house ALL the animals on my farm in outdoor pastures and/or pens with breed-appropriate shelter and bedding material available (temporary exceptions for medical treatment and breeding are allowed)
- To provide living conditions that will support the normal behavior and social interactions of ALL species on my farm so that the animals will thrive and to reduce the incidence of injury, stress, and disease
- To only use antibiotics, parasiticides, and other pharmaceutical drugs therapeutically in response to disease, infestation, or injury
- To never use synthetic growth promotants; this includes, but is not limited to, hormone treatments such as rBGH injections in dairy cows and implants in beef cattle as well as subtherapeutic antibiotics and arsenic in feed, or substances such as ractomaphine in pigs.
- To never provide commercial feed that contains domestic animal byproducts; this includes, but is not limited to, animal waste, meat, blood, bones, hair, hooves, and feathers. Fishmeal approved for use in organic agriculture is permitted, as is dairy by-products like whey for pig feed
- To never use conventional herbicides and/or synthetic fertilizers on my pastures and/or hayfields
- To ensure that any meats, dairy products, poultry, eggs, fish, and/or value-added products I sell or distribute from other local farms were produced in accordance with this pledge

PLANT AND MUSHROOM FARMERS PLEDGE

Healthy fruits, vegetables, grains, legumes, and mushrooms come from building and maintaining healthy soil. We require all our plant and mushroom farmer-members to sign this pledge.

I PLEDGE:

- To enhance the health of the land I farm, prevent erosion, and limit losses due to crop diseases through such methods as: the proper application of manure and compost to the soil; planting “green manure” crops and nitrogen-fixing legumes; rotational plantings of complementary crops; drip irrigation; and fallowing
- To never use synthetic nitrogen, phosphorus or potassium fertilizers
- To reduce losses due to insects through such methods as: crop rotation and diversity; encouraging the presence of animals that prey on insects; and insect predator introduction
- To deal with unwanted plants in my fields through such methods as: cover-cropping, mulching, manual removal, tilling, and flame-weeding
- To only use fertilizers, insecticides, herbicides, fungicides (including those used on treated seeds), and other biocides that are on the U.S. Department of Agriculture National Organic Program’s “National List of Allowed and Prohibited Substances”
- To never use genetically engineered seeds
- To use potable water when washing produce
- To ensure that any fruits, vegetables, grains, legumes, mushrooms and/or value-added products I sell or distribute from other local farms were produced in accordance with this pledge

BEEKEEPERS PLEDGE

Healthy honey comes from properly managed, healthy hives. We require all our honey-selling beekeeper/farmer members to sign this pledge. In establishing this pledge, we use the guidelines established in the Certified Naturally Grown Apiary Standards (CNGAS) apiary as a general guide.

I PLEDGE:

- That the primary purpose of my hives is to collect local pollen and produce honey for local markets, not for mobile off-site crop pollination
- My hives will not be located on conventionally farmed land
- My hives will not be placed in low-lying and wet areas;
- They will receive a minimum number of hours of sunlight exposure
- To avoid using any CNGAS prohibited substances/chemicals to control disease
- To not import and use of any hive, harvest and honey processing component that has been in contact with any prohibited substance or may have been used in a biologically contaminated setting elsewhere
- To ensure that any honey, honeycomb, or beeswax I sell or distribute from other local farms were produced in accordance with this pledge

HOW DO I BUY LOCAL & ORGANIC?

Besides the great Farmers Markets in Kansas City, there are a huge variety of options for buying local, organic food!

COMMUNITY SUPPORTED AGRICULTURE (CSA)

is a unique, direct partnership between eaters and farmers. Members normally join a CSA at the beginning of the calendar year, reserving a spot and paying for at least part of the season up front. This helps to provide a guaranteed market and income to the farmer. The farmer then provides a weekly share of fresh, seasonal, organically grown vegetables, fruits, herbs, eggs and/or meat during the growing season. Both partners share in the risks and rewards of small-scale farming, from weather worries to bumper crops.

CSAs are a great way to get to know your farmer, your community, and your vegetables and fruits. Most provide information with each week's share to help you prepare those fresh vegetables you rarely eat. Some require participation several times a year, with either harvesting or distributing food. Others deliver right to your door. When evaluating CSAs, look for growers who have a distribution point convenient to your home or workplace. **Each CSA is unique**, so be sure to learn the specifics. If you are interested in joining a CSA, ask the farmer about the following:

- What quantity of produce can I expect to receive from week to week?
- Where are your drop off locations or distribution points?
- What is the payment schedule?
- Is the produce grown using organic farming methods?
- Does your CSA include any meat, milk, poultry, or eggs?
- Do you welcome visitors on the farm?



For more info visit <http://kcfoodcircle.org/csas-general-info/>.

ON-FARM SALES

On-farm sales give you the opportunity to visit the farm to see where and how your food is grown. Farmstands can be great fun for both kids and adults alike and helps to remind us all that food comes from the land, not the supermarket.

RETAIL GROCERS & MARKETS

Retail Grocers and Markets make it easy and convenient to buy locally grown foods. Please check individual farmer listings for details and visit www.kcfoodcircle.org/featured-retailers for a list of places to shop. You can also ask for local, organic, and free-range food at your local grocer.

RESTAURANTS

Restaurants are another way to eat local, organic, and free-range. There are several local restaurants that buy from our member farmers. Visit www.kcfoodcircle.org/restaurants for an up to date list.

BUYING PASTURED MEAT

Purchasing meat from the farm has many benefits for both you and the farmer:

- The entire purchase price goes to the farmer- no middleman!
- You get highly nutritious, delicious meat from farmers you trust
- You avoid the cruel, unhealthy, and destructive industrial meat production system

Buying local meats (including pork, lamb and poultry) is different than buying from the supermarket, and might take some adjustment to your meal planning. Did you know that meat is seasonal, too? It is sold frozen because it's not feasible for the farmers to sell all the meat they produce before it spoils. It is processed in facilities that have been inspected by the state and/or the USDA. Some poultry farmers prefer to sell fresh chicken at the farm on the day of processing. Grass-finished and pastured animals result in very lean meats in comparison to most supermarket meats, so different cooking methods are required for best results. Please ask your farmer for tips on how best to prepare the meats they sell.

If you choose to buy meat in bulk, consider purchasing small freezer. One cubic foot of freezer space accommodates 35-40 pounds of cut and wrapped meat. Buying meat in bulk can save you substantial money over time, but does require an up-front investment. Splitting a half or quarter of an animal with some friends would make it more cost manageable.

HOW DO I PRESERVE THE HARVEST?

The availability of fresh, locally grown organic produce in our area varies considerably over the course of a year. We have a great abundance of vegetables and some fruits during the late spring, summer and early fall, with less availability during the rest of the year. Fortunately, there are ways to stretch your supply. You can easily learn how to can, dehydrate, and freeze vegetables and fruits to enjoy year-round.

Visit the website of the National Center for Home Food Preservation at: www.uga.edu/nchfp/ or visit the K State and University of Missouri extension offices for more resources: www.johnson.ksu.edu (Nutrition and Health) and <http://extension.missouri.edu> (Nutrition and Health).

HOW DO I KNOW IF MY FAVORITE RESTAURANT IS SOURCING FROM LOCAL, ORGANICALLY-GROWING FARMERS?

1. Check our website kcfoodcircle.org/restaurants. We get this info from our farmers, so you can trust that's it's legit!
2. Look for signs posted throughout the restaurant, or on the menu. If they are naming the farms they buy from, it's with good reason.
3. Notice the seasonality of the menu. For example: if a Midwestern restaurant serves an heirloom tomato salad in January, you can be pretty sure those tomatoes aren't local!

FEATURED ORGANIC FARMERS' MARKETS

We are fortunate to have several Farmers Markets that require their vendors to grow using organic or sustainable methods. For an updating listing of the KCFC Featured Organic Farmers Markets visit www.kcfoodcircle.org/farmers-markets. Our member farmers sell at many other markets around town. For a comprehensive listing of area farmers markets visit www.kcfarmersmarkets.org

BROOKSIDE FARMERS' MARKET [SNAP EBT + Double-\$\$-Value Beans & Greens]
63rd & Wornall, KCMO (Border Star School Parking Lot)
www.brooksidefarmersmarket.com • facebook.com/BrooksideFarmersMarket

IVANHOE FARMERS' MARKET [SNAP EBT + Double-\$\$-Value Beans & Greens]
Nutter Ivanhoe Neighborhood Center 3700 Woodland, KCMO 64109
www.growninivanhoe.org

KC ORGANICS AT MINOR PARK
East of Holmes on Red Bridge Road (at about E. 110th St) KCMO (south of I-435)
KCOrganics@yahoo.com • 816-444-FOOD(3663)

WALDO FARMER'S MARKET [SNAP EBT + Double-\$\$-Value Beans & Greens]
1 Block East of Wornall on W 79th St (303 W 79th Street) @ HABITAT RESTORE
<http://www.waldofarmersmarketkc.com>
<http://www.facebook.com/waldofarmersmarket>
stonycrest@sbcglobal.net or (816) 304-2517.

RAYTOWN FARMER'S MARKET [SNAP EBT + Double-\$\$-Value Beans & Greens]
6210 Raytown Road (West of the Raytown Mid-Continent Public Library)
<https://www.raytownfarmersmarket.com>

You may find local, organic, or free-range Farmers at many farmer's markets in our region. We encourage you to ask these questions of any Farmer.

QUESTIONS TO ASK ANY FARMER AT A FARMERS MARKET

- Is your produce organically grown?
- How do you control insects?
- Is it ready to eat today?
- Are your animals given access to the outdoors?
- How are your animals confined?
- Do you use antibiotics or growth hormones?
- What do your animals eat?
- Can I schedule a visit to your farm?
- How do I cook this?

KANSAS CITY FOOD CIRCLE

2017 DIRECTORY

OF FARMERS

KNOW YOUR FARMER

Our mission is to provide you with the information you need to build relationships based on trust with those who produce your food. We add growers to our online Directory year-round. More detailed information about our farmers is found at: www.KCFoodCircle.org.

KC Food Circle has no financial interest in any of our farmer-members other than a small membership fee. Our farmers agree to meet our production standards by signing the Farmer's Pledges. They write their own listings for this Directory and their listing on our web site. We do not inspect/certify their growing and animal treatment practices nor verify any other claims. Nor can we guarantee our farmers' product quality or performance. If you have questions about any particular term in a listing, please contact that farmer directly.

PRODUCE & PRODUCT KEY

Use this key to quickly find what the farms sell.



GRAIN
unprocessed grain



CSA



BEEF



EGGS



FRUITS



BISON



DAIRY



VEGETABLES
includes herbs



LAMB



NUTS



HONEY



GOAT



MUSHROOMS



FLOWERS



PORK



PREPARED GOODS
flour, sauces, preserves,
and baked goods, etc.



HERBS



POULTRY



ANIMAL FEED



WHOLESALE


























FISH



DELIVERY








1. 2LFARMS - Leavenworth, KS		
2. ADAMS OSAGE RIDGE ARONIA COMMUNITY - Independence, MO	●	●
3. ANTIOCH URBAN GROWERS - Kansas City, MO		●
4. BACON ACRES - Nelson, MO 		
5. BARHAM FAMILY FARM - Kearney, MO		
6. BAUMAN'S CEDAR VALLEY FARMS - Garnett, KS		
7. BE LOVE TOO FARM - Edgerton, KS		●
8. BENEDICT BUILDERS FARM - Knob Noster, MO		●
9. BENJIE PETERSHEIM - Stanberry, MO		
10. BLACK DOGS FARM - Garland, KS		
11. BLUE DOOR FARM - Kansas City, KS 		●
12. BONNIE VIEW FARM - Kansas City, MO		●
13. BORGMAN'S DAIRY FARM - Holden, MO		
14. BOSSIE'S BEST / VB FARMS, LLC - Home, KS 		
15. BREEZY HILL FARM - Centerview, MO		
16. CAMPO LINDO FARMS, INC - LATHROP, MO		
17. CASA SOMERSET B&B AND ORGANIC FARM - Paola, KS		●
18. CATHERINE'S NATURALLY GROWN VEG & HERBS - Kansas City, KS	●	●
19. CHAPMAN CREEK CATTLE CO. - Topeka, KS		
20. CHESTNUT CHARLIE'S ORGANIC TREE CROPS - Lawrence, KS		
21. CITY BITTY FARM - Kansas City, MO		●
22. COBINSTEINZ FARM - Bucyrus, KS		●
23. D&N AG FARMS - Waverly, KS		
24. DAVID'S PASTURE - Concordia, MO		

																				
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25. FAIR SHARE FARM - Kearney, MO	●	●
26. FARM2FORK - Rock Port, MO	●	●
27. FARRAR FAMILY FARM - Adrian, MO		
28. FOOD LIFE JOY - Overland Park, KS	●	
29. FRUITFUL HILLS CSA - Meadville, MO	●	●
30. GREEN DIRT FARM - Weston, MO		
31. GREEN GATE FAMILY FARM - Wheatland, MO 	●	●
32. GREENE'S ACRE ORGANIC GARDENS - Lenexa, KS	●	●
33. HAPPY TRACKS FARM - Plattsburg, MO		
34. HOMESPUN HILL FARM - Baldwin City, KS		
35. HOMESTEAD HILL FARM & NURSERY - Spickard, MO	●	●
36. HOOVER'S HUMMINGBIRD HILL - Oak Grove, MO	●	●
37. HOPKINS NATIVES AND HEIRLOOMS - Kansas City, MO	●	
38. JT BLANTON & SONS/BRUSHY CREEK MILL & GRAIN - Princeton, MO		
39. JANZEN FAMILY FARM - Newton, KS		
40. K&B CATTLE COMPANY - Clinton, MO		
41. KARBAUMER FARM - Platte City, MO	●	
42. KC BUFFALO CO - Belton, MO		
43. LARKSMEADOW FARM - Pleasant Hill, MO 	●	●
44. LIBERTY HILL FARM - Centerview, MO	●	●
45. LINCOLN FAMILY RANCH - Garden City, MO		
46. LUCKY STAR FARMS - Eureka, KS		
47. M&M GARDENS - Kansas City, MO	●	
48. MESSNER FAMILY FARM - Kansas City, MO		























49. METTENBURG FARM - Princeton, KS		
50. MINE CREEK FARM - Pleasanton, KS	●	●
51. MJ RANCH - Lawrence, KS		
52. MOON ON THE MEADOW - Lawrence, KS 	●	●
53. NATURE'S CHOICE BIODYNAMIC FARM - St. Joseph, MO	●	●
54. NEW ROOTS FOR REFUGEES - Kansas City, KS	●	
55. NEW SONG FARM - Quenemo, KS		
56. OUR MAKERS' ACRES - Purdin, MO	●	
57. PARKER FARMS NATURAL MEATS - Richmond, MO		
58. PASTVINA ACRES - Smithville, MO		
59. PAT & RACHEL'S GARDENS - Olathe, KS 	●	●
60. PEACEFUL HILLS FARM - Grain Valley, MO		
61. PEARLY GATES SOAPERY & HOMESTEAD - Kansas City, MO	●	●
62. PEPPER BERRIES URBAN FARM - Independence, MO	●	●
63. PINWHEEL FARM - Lawrence, KS	●	●
64. PLAYHAVEN FARM - Napoleon, MO		●
65. PRAIRIE BIRTHDAY FARM - Clay County, MO	●	●
66. PROVIDENCE FARMS - Trenton, MO 	●	●
67. QUITE CONTRARY FARMSTEAD - Kansas City, MO	●	●
68. RED RIDGE FARMS - Odessa, MO 	●	●
69. RED TEAM FARM - Odessa, MO		
70. ROLLING PRAIRIE FARMERS ALLIANCE - Lawrence, KS	●	●
71. SCHENKER FAMILY FARMS - McCune, KS 		
72. SERENDIPITY FARM & ORCHARD - Platte City, MO	●	●

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73. SHARE-LIFE FARMS - Marshall, MO 	●	●
74. SIBLEYVILLE CACKLEBERRIES - Lawrence, KS	●	●
75. SKYVIEW FARM AND CREAMERY - Pleasanton, KS		
76. SMALL BARN FARM - Gardener, KS		
77. SMOKY HILLS FARM - Drexel, MO		
78. SNIKTA FARM - Blairstown, MO	●	●
79. STIRRING SOIL FARM - Berryton, KS	●	
80. STONY CREST URBAN FARM - Kansas City, MO 	●	●
81. STRANGER CREEK HERITAGE FARM - Tonganoxie, KS 	●	●
82. SYNERGISTIC ACRES - Parker, KS		
83. TROQUE FARMS - Buckner, MO		
84. TWO SISTERS FARM - Lecompton, KS	●	
85. URBAVORE URBAN FARM - Kansas City, MO	●	●
86. WALNUT CREST RANCH - Wellsville, KS		
87. WELLS FAMILY FARMS - King City, MO		●
88. WHERE THE REDFEARN GROWS - Independence, MO	●	
89. WINDHAVEN FARMS - Lees Summit, MO		
90. WOLF CREEK FAMILY FARM - Peculiar, MO	●	●
91. WOOD MOOD FARM - Higginsville, MO 	●	●

NOTES:

																				
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1. 2LFARMS

Cheryl Glidewell

Leavenworth, KS 66048

888-282-9518 | clglidewell@2lfarms.com

www.2lfarms.com

www.facebook.com/2LLFarmsGrassFedBeef

SPECIALTY ITEMS: 100% grass-fed beef, garden specialty items, and farm-to-table dinners, heirloom and hybrid vegetables, culinary herbs, pear and apple butters, blueberry and raspberry glazes.

WHERE TO BUY: on farm, online store

2. ADAMS' OSAGE RIDGE ARONIA COMMUNITY FARM

Joel and Kathy Adams

Independence, MO 64058

816-255-6261 | kathyaherbs@yahoo.com

SPECIALTY ITEMS: Duck and chicken eggs, heirloom tomatoes, aronia berries, elderberries, blackberries, red or black raspberries, gooseberries, currants, fruit trees, plants vegetables, flowers and herbs. Humus and compost.

WHERE TO BUY: Northeast Farmers Market, Antioch Urban Growers

3. ANTIOCH URBAN GROWERS

Mark Samborski

Kansas City, MO 64117

816-699-4953

marksamborski123@gmail.com

www.antiochurbangrowers.com

SPECIALTY ITEMS: organic, heirloom plants, non-gmo, tomato plants, fruits, greens, kale, aquaponics

WHERE TO BUY: We are excited to have our Greenhouses open to the public starting April 3rd Mon-Sat 9am - 6pm, and at select Farmer's markets around Kansas City.

4. BACON ACRES RANCH - CERTIFIED ORGANIC

Aaron Edman

Nelson, MO 65347

573-999-3751

Aaron.Edman@baconacresranch.com

SPECIALTY ITEMS: bacon, pork, ribs, roast, pork belly, salted pork, Tenderloin, heritage pork, Duroc, Large Black, Mulefoot, Fodder, Barley, Hams, summer sausage, lard.

WHERE TO BUY: Website for Delivery

5. BARHAM FAMILY FARM LLC

Kenny Barham

Kearney, MO 64060

816-628-4567

barhamcattleco@embarqmail.com

www.barhamcattleco.com

SPECIALTY ITEMS: Beef, chicken, eggs

WHERE TO BUY: On farm, Nature's Own, The Sundry, Renee Kelly's Harvest, Blue Bird Bistro, The Elms Resort and Spa, Morning Day Cafe, Affäre, Cowtown Cheesecake and Cafe, Liberty Farmer's Market

6. BAUMAN'S CEDAR VALLEY FARMS

John and Yvonne Bauman

Garnett, KS 66032

785-448-2239

SPECIALTY ITEMS: chicken, turkey, duck, grass-fed beef, eggs, pastured pork

WHERE TO BUY: at the farm, Green Acres Market

7. BE LOVE TOO FARM

Andrea and Steve Myers

Edgerton, KS 66021

913-526-5255 | andrea@BeLoveToo.com

www.facebook.com/belovetoo

SPECIALTY ITEMS: wheatgrass, sunflower sprouts, pea sprouts, sweet potatoes, squash, onions, kale, cabbage, greens, cucumbers, peppers, beets, radishes, zucchini, okra

WHERE TO BUY: We supply produce to Cafe Gratitude and other local restaurants. Call for an appointment to visit the farm.

8. BENEDICT BUILDERS FARM

Calvin and Laura Benedict
Knob Noster, MO 65336
660-563-3309 (no sunday calls)

SPECIALTY ITEMS: herbs, flowers, soap, cheese, grass-fed beef, vegetables, pork, eggs, chicken

WHERE TO BUY: CSA, Waldo Market and KC Organics Market

9. BENJIE PETERSHEIM

Benjie Petersheim
Stanberry, MO 66489
660-783-2411

SPECIALTY ITEMS: eggs, goat dairy, lamb

WHERE TO BUY: prearranged delivery to Kansas City or on the farm

10. BLACK DOGS FARM

Barbara and Bryan Ritter
Garland, KS 66741
620-223-2702 | blackdogsfarm12@gmail.com
www.blackdogsfarm.net

SPECIALTY ITEMS: Honey, hive share program, free range eggs, wool

WHERE TO BUY: On farm by appointment or delivery to KC.

11. BLUE DOOR FARM – CERTIFIED ORGANIC

Laura Christensen
Kansas City, KS 66203
816-805-0362 | bluedoorfarm@gmail.com

SPECIALTY ITEMS: Certified organic vegetables, garden transplants, heirloom tomatoes.

WHERE TO BUY: Brookside Farmers Market, CSA (Tuesday deliveries to home or office)

12. BONNIE VIEW KC

Steve and Justine Nienhiser
Kansas City MO 64137
816-797-4464 | www.bonnieviewkc.com
bonnieviewfarmkc@outlook.com

SPECIALTY ITEMS: Free Range Farm Fresh Eggs, Pastured Poultry, Pastured Pork, Fresh Goat dairy products

WHERE TO BUY: Our on-farm private buying club is open year round on Saturdays 9am to 5pm and by appointment during the week.

13. BORGMAN'S DAIRY FARM

Janet Smith
Holden, MO 64040
816-732-4880 | info@borgmansdairyfarm.com
www.borgmansdairyfarm.com

SPECIALTY ITEMS: Premium goat cheese, fresh dairy, cheesecake in a jar, cajeta

WHERE TO BUY: Local Hen House stores

14. BOSSIE'S BEST / VB FARMS, LLC – CERTIFIED ORGANIC

Nancy Vogelsberg-Busch
Home, KS 66438
785-799-3737 | nancyvb@bluevalley.net
www.BossiesBest.com

SPECIALTY ITEMS: organic hot dogs, organic ground beef, organic beef

WHERE TO BUY: Visit our web site

15. BREEZY HILL FARM

Art and Debra Ozias
Centerview, MO 64019
660-656-3409 | aozias@gmail.com
www.Breezy-Hill-Farm.com

SPECIALTY ITEMS: beef

WHERE TO BUY: On farm, free delivery within 100 miles

16. CAMPO LINDO FARMS, INC

Jay and Carroll Maddick
Lathrop, MO 64465
816-740-3625 | clf@grm.net
www.campolindofarms.com

SPECIALTY ITEMS: pasture raised chickens, eggs

WHERE TO BUY: numerous select restaurants and retailers (visit our website for the complete list)

17. CASA SOMERSET B & B AND ORGANIC GARDEN

Mike and Christine Hursey
Paola, KS 66071
913-557-9288 | mikehursey@hughes.net
www.casasomerset.com

SPECIALTY ITEMS: Honey, Heirloom and Ark of Taste Garlic, Heirloom and Ark of Taste Tomatoes.

WHERE TO BUY: On farm

18. CATHERINE'S NATURALLY GROWN VEGGIES & HERBS

913-287-7295
Kansas City, KS 66104

SPECIALTY ITEMS: garlic, tomatoes, vegetables, blackberries, strawberries, black raspberries, tuberose

WHERE TO BUY: On farm

19. CHAPMAN CREEK CATTLE CO.

Clark Duffy
Topeka, KS 66604
758-220-9898 | clark_duffy@cox.net
www.kansasgrassfedbeefcompany.com

SPECIALTY ITEMS: grass fed beef, beef by the side

WHERE TO BUY: On farm, free delivery

20. CHESTNUT CHARLIE'S ORGANIC TREE CROPS

Charles NovoGradac and Deborah Milks
Lawrence, KS 66044
785-841-8505 | nuts2sell@aol.com
www.ChestnutCharlie.com

SPECIALTY ITEMS: U-pick chestnuts, chestnuts, pecans, paw-paws, walnuts

WHERE TO BUY: On farm, by mail, Lawrence Farmers Market, select KC area supermarkets.

21. CITY BITTY FARM

Greg and Jennifer Garbos
Kansas City, MO 64137
816-444-7330 | info@citybittyfarm.com
www.citybittyfarm.com | www.smallFarmTools.com

SPECIALTY ITEMS: leeks, peas, kale, mustard, beets, cilantro, arugula, sorrel, purple cabbage, vegetables, herbs, flowers, microgreens

WHERE TO BUY: many restaurants in the metro area

22. COBINSTEINZ FARM

John Cobine
Bucyrus, KS 66013
913-341-8772 | cobinsteinz@gmail.com

SPECIALTY ITEMS: okra, melons, cucumbers, artisan squash, mushrooms, red and green salsa, fresh cold pack pickles, dill, eggs

WHERE TO BUY: On farm, by appointment. McGonigles Market during the season, Delivery within 20 miles of downtown Overland Park for a \$100 minimum order.

23. D&N AG FARMS

Darin Williams
Waverly, KS
785-423-5398 | dnagfarms@gmail.com

SPECIALTY ITEMS: pastured eggs, 100% grass-raised additive free lamb and beef additives. Non-GMO Feed

WHERE TO BUY: On the farm in Waverly, KS

24. DAVID'S PASTURE LLC

David Kesten
Concordia, MO 64020
816-633-2411 | david@davidspasture.com
www.davidspasture.com
SPECIALTY ITEMS: non-GMO, pasture raised,

chicken, turkeys, pork, free range eggs,
100% grass fed beef, lamb

WHERE TO BUY: On farm, Brookside Farmers Market, Natural Grocers and Terra Health Market in Independence, Roots Market in Grandview, and The Country Cupboard in Lone Jack. Restaurants: The Farmhouse, Homesteader Cafe, Charisse, Aixois Bistro, and Novel, in Kansas City, Heirloom Bakery in Brookside, and Chez Trappeur in Arrow Rock.

25. FAIR SHARE FARM

Rebecca Graff and Tom Ruggieri
Kearney, MO 64060
816-721-4456 | rebecca@fairsharefarm.com
www.fairsharefarm.com

SPECIALTY ITEMS: CSA, sauerkraut, fermented foods, herbs, tomatoes, potatoes, strawberries, vegetables

WHERE TO BUY: Fermented foods at The Sundry. CSA Distribution sites: On Farm, Liberty farmers market, and the Brookside farmers market

26. FARM2FORK RANCH

Greg and Stephanie Pankou
Rock Port, MO 64482
816-261-8029 | farm2fork.ranch@yahoo.com
www.farm2forkranch.com

SPECIALTY ITEMS: raw honey, flavored honey, longhorn beef, specialty pork, lamb

WHERE TO BUY: On farm, or by delivery

27. FARRAR FAMILY FARM KC

Faith Farrar
Adrian, MO 64720
farrarfamilyfarmkc@gmail.com
www.farrarfamilyfarmkc.com

SPECIALTY ITEMS: Grass-fed Beef, Turkey, Pasture Raised Chicken, Free-range eggs

WHERE TO BUY: On farm, or at one of our CSA pick-up locations in Raymore, Lee's Summit, the Plaza, or Lenexa.

28. FOOD LIFE JOY

Loralie Tangen
Overland Park, KS 66223
<http://foodlifejoy.com>
Ltangen1@earthlink.net

SPECIALTY ITEMS: vegetables, microgreens

WHERE TO BUY: Overland Park Farmers Market (Wed and Sat during the season), Overland Park Pavilion (every other Sat during the off season through advance orders), delivery to local restaurants

29. FRUITFUL HILLS CSA

Aaron and Martha Martin
Meadville, MO 64659
660-938-4291

SPECIALTY ITEMS: farmers in our community of small, horse-powered family farms work together to provide shares for a 24-week CSA. From mid-May to late Oct, we supply a weekly share of fresh vegetables, including same-day harvested salad crops, specialty melons, and heirloom tomatoes. Shares for pastured eggs, beef, pork, chicken, and cow and goat's dairy are offered separately.

WHERE TO BUY: Gladstone Farmers Market, Pick up CSA shares in Columbus Park, 525 Gillis St., KCMO, JOCO Central 5211 W 65th Place, Prairie Village, KS.

30. GREEN DIRT FARM

Eliza Spertus
Weston, MO 64098
816-386-2156 | info@GreenDirtFarm.com
www.greendirtfarm.com

SPECIALTY ITEMS: award winning sheep's milk cheeses

WHERE TO BUY: Our creamery in Weston, Select Hy-vee stores & farmers markets. See website for details.

31. GREEN GATE FAMILY FARM - CERTIFIED ORGANIC

Katie Nixon and Ken Barber
Wheatland, MO 65779
816-809-5074 | greengatefamilyfarm@gmail.com
www.greengatefamilyfarm.com

SPECIALTY ITEMS: mushrooms, vegetables, blueberries, rhubarb, asian pears, persimmons, duck eggs

WHERE TO BUY: Brookside Farmers Market, Winter delivery, Restaurants: Rye KC, Story, The Farmhouse, The Well

32. GREENE'S ACRE ORGANIC GARDENS

Steve Greene
Merriam, KS 66202
913-219-9681 | greenesacrekc@gmail.com
facebook.com/Greenes-Acre-Organic-Gardens

SPECIALTY ITEMS: corn, beans, squash, melons, cucumber, beets, tomatoes, bell peppers, hot peppers, carrots, greens, onions, garlic, radish and various herbs.

WHERE TO BUY: on the farm. Also at Renee Kelly's Harvest, Heirloom Bakery, The Sundry, Unbakery and Juicery, Plate. Opening our farm B&B in 2017!

33. HAPPY TRACKS FARM

Kim Lafolette
Plattsburg, MO 64477
816-539-0234 | www.happytracksfarm.com
icelandiclamb@happytracksfarm.com

SPECIALTY ITEMS: Icelandic lamb heritage breed gourmet lamb meat direct to chefs

WHERE TO BUY: The Farmhouse, The Antler Room, The Brown Palace Hotel (Denver)

34. HOMESPUN HILL FARM

Debbie Yarnell
Baldwin City, KS 66006
785-979-3077 | homespunhillfarm@yahoo.com
www.HomespunHillFarm.com

SPECIALTY ITEMS: 15+ years of producing tasty grass-fed and grass-finished beef and lamb.

WHERE TO BUY: On the farm

35. HOMESTEAD HILL FARM & NURSERY

Sherry Lambert
Spickard, MO 64679
660-485-6368 | bigfamilyboss@yahoo.com
www.homesteadhillfarming.com

SPECIALTY ITEMS: vegetables, fruit, eggs and chicken. Nursery plants, vegetable and herb starts, skin care products, bakery items, and jams and jellies. New dog treats!

WHERE TO BUY: On farm 6 days a week. Tues, Weds, Thurs, and Fri 8am to 7pm. Sat 8am to 5pm and Sun Noon to 4. Call for our CSA delivery destinations to the KC area.

36. HOOVER'S HUMMINGBIRD HILL

Dawn Hoover
Oak Grove, MO 64075
816-506-8201

SPECIALTY ITEMS: figs, ginger, tumeric

WHERE TO BUY: on farm, Liberty Farmers Market

37. HOPKINS NATIVES & HEIRLOOMS

Eric Hopkins
Kansas City, MO 64127
(816) 787-7179 | Ehopkins7961@gmail.com

SPECIALTY ITEMS: Missouri native wildflowers and native perennial fruit trees. We also grow organic veggies.

WHERE TO BUY: on the farm by appointment

38. J.T. BLANTON & SONS / THE BUSHY CREEK MILL & GRAIN CO.

Todd Blanton
Princeton, MO 64632
660-953-1020 | tater.blanton.63@gmail.com

SPECIALTY ITEMS: non-GMO corn, flax, field peas, edible beans, hard red wheat, buckwheat, black-eye peas, pinto beans, kidney beans, ground wheat, rye, oat, buckwheat flour. Symbiotic Strip Cropping System & On-Farm Grain Milling and Feed Mill.

WHERE TO BUY: On the farm, delivery to KC with minimum order

39. JANZEN FAMILY FARM

John Janzen
Newton, KS 67114
316-799-2685 | John@janzenfamilyfarms.com
www.JanzenFamilyFarms.com

SPECIALTY ITEMS: grass-fed beef

WHERE TO BUY: On farm, the Harvey County Farmers market in Newton, KS; Green Acres Markets and Natural Grocers in Wichita and the Chop Shop.

40. K&B CATTLE COMPANY

David Klahs
Clinton, MO 64735
www.kandbcattlecompany.com

SPECIALTY ITEMS: 100% grass-fed beef in a variety of packages

WHERE TO BUY: Delivery to the Kansas City and St Louis areas.

41. KARBAUMER FARM

Klaus and Lee Karbaumer
Platte City, MO 64079
816-270-2177 | karbaumerfarm@yahoo.com
www.karbaumerfarm.com

SPECIALTY ITEMS: Heirloom lettuces and tomatoes, raw honey, duck eggs.

WHERE TO BUY: On farm, The Sundry, Green Acres, The Local Pig Charcuterie

42. KC BUFFALO CO., LLC

Peter and Susan Kohl
Belton, MO 64012
816-322-8174 | KCBuffaloCo@sbcglobal.net
www.KCBuffalo.com

SPECIALTY ITEMS: ground buffalo, by the side, or whole. Steaks, sausages, roasts.

WHERE TO BUY: Online, ranch store, City Market farmers market in KC. Nationwide shipping

43. LARKSMEADOW FARM - CERTIFIED ORGANIC

Tom Byrne
Pleasant Hill, MO 64080
816-914-4001
phlarksmeadowfarm@gmail.com

SPECIALTY ITEMS: Ginger roots & stalks, Turmeric roots, stalks, leaves. Garlic, horseradish, potatoes, Beets, Spinach, Greens, Turnips, Broccoli, Cauliflower, Snow Peas, Basil, Cilantro, Strawberries, Pears, Heirloom Tomatoes, Snow Peas, Butternut Squash

WHERE TO BUY: Lee's Summit Farmers Market and Raymore Farmers Market

44. LIBERTY HILL FARM

Lisa Siegfried
Centerview, MO 64019
660-909-3244 | lisa@libertyhill.farm
www.libertyhill.farm

SPECIALTY ITEMS: Pastured chicken and pork (non-GMO), and grass-finished beef, better than organic.

WHERE TO BUY: The Farm Store at Liberty Hill 198 NW 701, Centerview, MO, Cafe Blackadder, Warrensburg, MO (They use our chicken)

45. LINCOLN FAMILY RANCH

Chris Lincoln
Garden City, MO 64747
816-739-2445 | farm@lincolnfamilyranch.com

SPECIALTY ITEMS: eggs, beef, lamb, dairy

WHERE TO BUY: on farm

46. LUCKY STAR FARMS

Randy & Tonia Rupe
2235 River Road Eureka, KS 67045
620-583-6776 | luckystarfarm@gmail.com
www.luckystargrassfedbeef.com

SPECIALTY ITEMS: 100% grass-fed/grass-finished beef, heritage breed pastured pork and poultry, seasonal eggs and Jersey dairy (new) *(Lucky Star Farms continues on next page)*

(LUCKY STAR FARMS CONTINUED)

WHERE TO BUY: Directly from us at the ranch store or find our products at all the GreenAcres Markets in KCMO (Briarcliff Village), Wichita and Oklahoma locations. We deliver bulk orders to your door!

47. M&M GARDENS

Jenna Wilkins
Northeast KCMO Kansas City, MO 64123
816-896-7078
MandMGardens@yahoo.com

SPECIALTY ITEMS: a variety of annual vegetables are grown on three vacant urban lots in Northeast KCMO

WHERE TO BUY: Northeast Farmers Market, Ivanhoe Farmers' Market

48. MESSNER FAMILY FARM

Rachael Messner and Erik Messner
Kansas City, MO 64114
816-877-5603 | messnerfamilyfarm@gmail.com

SPECIALTY ITEMS: beeswax, lip balm, and raw honey

WHERE TO BUY: Urban Provisions, Made in KC, Midcoast Modern, Westside Storey, Raygun, SouveNEAR, Craft Collective, Boulevard Gift Shop, Strawberry Swing Events

49. METTENBURG FARM

Al and Roxanne
Princeton, KS 66078
785-242-2156 | mettenburgfarm@gmail.com
www.mettenburgfarm.com

SPECIALTY ITEMS: grass-fed beef, certified artisan beef, non-gmo feed

WHERE TO BUY: at the farm, online, delivery

50. MINE CREEK FARM

Art and Susan Brown
Pleasanton, KS 66075
913-325-9473 | MineCreekFarm@gmail.com
www.minecreekfarm.com

SPECIALTY ITEMS: mixed salad greens, romaine lettuces, radishes, carrots, spinach, green beans, peppers, celeriac, blackberries, melons, corn, Berkshire pork, pastured chicken

WHERE TO BUY: Blue Springs Farmers Market. Poultry delivery to KC twice a week.

51. MJ RANCH

Mel and Joyce Williams
Lawrence, KS 66044
785-865-2503 | 785-766-5226
MJRanch66044@gmail.com
www.MandJRanch.com

SPECIALTY ITEMS: grass fed angus beef

WHERE TO BUY: On farm, delivery, pickup from processor, Checkers in Lawrence, and Hy-vee in Lawrence

52. MOON ON THE MEADOW - CERTIFIED ORGANIC

Jill Elmers
Lawrence, KS 66046
785-393-8372 | JElmers@moononthemeadow.com
www.commonharvestcsa.com

SPECIALTY ITEMS: 40-50 different varieties of vegetables, herbs, and small fruits. Organically grown cut flowers.

WHERE TO BUY: All products are available at the Lawrence Farmers Market and through our CSA program which has pick ups in Lawrence and Kansas City (75th and State Line).

53. NATURE'S CHOICE BIODYNAMIC FARM

Fred and Helen Messner
St. Joseph, MO 64507
816-596-3936 | FGMessner@yahoo.com
www.facebook.com/biodynamicfarm

SPECIALTY ITEMS: blackberries, u-pick, vegetables, tomatoes, sugar snap peas, kale, New Zealand spinach, beets, herbs

WHERE TO BUY: On farm, and Saturday in K.C. City Market in stalls 12, 13, and 14. Weekly wholesale deliveries are available.

54. NEW ROOTS FOR REFUGEES

Meredith Walrafen

Kansas City, KS 66101

913-909-1027

www.newrootsforrefugees.org

SPECIALTY ITEMS: A wide variety of common American staples (like carrots, tomatoes, cucumbers) and a mix of traditional vegetables from their home countries in Southeast Asia (like Thai Roselle, lemongrass, hot chilies, bitter melon). Each of the 16 New Roots farmers chooses their own mix of crops, so be sure to ask what they have available.

WHERE TO BUY: Overland Park, City Market, Waldo, Mission, Independence, Parkville, KCK Farmers Market at Catholic Charities, Merriam,

55. NEW SONG FARM

Jim and Patty Risch

Quenemo, KS 66528 | 785-746-8805

newsongfarm1@gmail.com

SPECIALTY ITEMS: pasture-raised heritage breed meats, pork, beef, lamb, turkey

WHERE TO BUY: Lawrence Farmers Market

56. OUR MAKER'S ACRES

Greg and Francine Molner

Purdin, MO 64674

660-244-3636

SPECIALTY ITEMS: Fresh cow and goat dairy products, beef, chickens, eggs, insect repellent, deodorant

WHERE TO BUY: On farm, and through a buying club in the Kearney, North and South KC, and Independence areas. Call for details!

57. PARKER FARMS NATURAL MEATS

Tom and Paula Parker

Richmond, MO 64085

816-470-3276 | ParkerFarm@peoplepc.com

www.ParkerFarmsMeats.com

SPECIALTY ITEMS: 100 % Grassfed Ground Beef is our #1 seller, also breakfast sausage without

preservatives is a favorite. It is a medium spice from our heritage breeds of outdoor hogs.

WHERE TO BUY: Bulk or retail cuts at the farm (by appointment) or by delivery to select metro locations. Green Acres Market, Local Pig. Deliveries to Westport, North KC, Liberty, and Overland Park, Crooked River Meats Market and Grill, 404 W Main, Richmond, MO.

58. PASTVINA ACRES FARM

David and Christy Borrowman

Smithville, MO 64089

816-605-0735

SPECIALTY ITEMS: True pastured pork, 100% grass-fed beef and lamb. Rotationally grazed pigs year round. Our lambs and cattle never receive grain. Pork and lamb are available year-round by the pound and seasonally as whole and half shares (lamb-fall, pork-spring and fall). Beef available by the pound in summer.

WHERE TO BUY: Smithville Farmers and Makers Market, on farm by appointment

59. PAT AND RACHEL'S GARDENS - CERTIFIED ORGANIC

James Leek

Olathe, KS 66061

913-271-6840 | jamesleek@turnkeymail.com

www.patandrachelsgardens.com

SPECIALTY ITEMS: organic sweet corn, tomatoes, cucumbers

WHERE TO BUY: The Merc, CSA, on farm

60. PEACEFUL HILLS FARM

Dan and Ava West

Grain Valley, MO 64029

262-960-9659 | dwcountrboy@gmail.com

www.peacefulhillsfarm.com

SPECIALTY ITEMS: Fresh dairy, hams from pastured pork, milk, eggs

WHERE TO BUY: Raytown Farmers Market in the summer season. Weekly delivery route to customers in the Kansas City area.

61. PEARLY GATES SOAPERY & HOMESTEAD

Nancy Gordon
Kansas City, MO 64133
816-353-3602 | gardens@pearlygatessoap.com
www.PearlyGatesSoap.com

SPECIALTY ITEMS: Organic tomatoes, and Other Fruits and Veggies, Assorted Micro-Greens, Organic Soaps, Bath & Body Care Products (e.g., organic exotic soaps, balms, body butters, soufflés, and scrubs

WHERE TO BUY: KC Organics & Natural Market, Raytown Farmers Market, raw food festivals and other markets

62. PEPPER BERRIES URBAN FARM

Bradford and Christine Williams
Independence, MO 64050
816-230-0007
preciouspetals64076@yahoo.com

SPECIALTY ITEMS: 26 different types of jams, jellies and preserves. We either grow it ourselves, buy from farmers within 50 miles or harvest in the wild. Try our Cucuzza Italian squash. We love it!

WHERE TO BUY: on farm, McLain's Bakery, McLain's Market, through KC Healthy Kids schools

63. PINWHEEL FARM

Natalya Lowther
Lawrence, KS 66044
785-979-6786 | natalyalowther@hotmail.com
www.pinwheelfarm.org

SPECIALTY ITEMS: grass-fed lamb, dry-farmed, low-till vegetables; edible flowers; wild-crafted foods

WHERE TO BUY: Saturdays at the Downtown Lawrence Farmers Market, on farm

64. PLAYHAVEN FARM LLC

Bobbi Walker
Napoleon, MO 64074
816-304-3317 | bobbi@playhavengreen.com
www.playhavenfarm.com

SPECIALTY ITEMS: grass-fed and -finished beef, aronia berries

WHERE TO BUY: Beef-pickup at the processor. Honey and fruits at the farm by appointment.

65. PRAIRIE BIRTHDAY FARM LLC

Linda Hezel
Clay County, MO
816-781-9654 | flavor@prairiebirthdayfarm.com
www.prairiebirthdayfarm.com

SPECIALTY ITEMS: flowers (edible & cut), fruit, herbs, vegetables, wild/naturalized greens, eggs (duck & chicken), honey, fruit woods for grilling/smoking

WHERE TO BUY: On farm or delivered into Kansas City (by arrangement). About a dozen area restaurants use our seasonal Farm produce. Ask your server who locally supplies the chef's ingredients. Let them know you want them to support local producers

66. PROVIDENCE FARMS

Gerry and Lisa Newman
Trenton, MO 64683
660-635-0038 | providencefarmsofmo@gmail.com
www.providencefarmsofmo.com

SPECIALTY ITEMS: We specialize in early spring strawberries, ground cherries and specialty fruits that are hard to find, and veggies.

WHERE TO BUY: Overland Park Farmer's Market, CSA through Hallmark, Garmin, Freeman Health Systems; Door to Door Organics; Whole Foods

67. QUITE CONTRARY FARMSTEAD

Dani Hurst Brown
Kansas City, MO 64133
785-331-6633 | dhurst33@gmail.com
facebook.com/quitecontraryfarmstead

SPECIALTY ITEMS: CSA and wide variety of culinary and medicinal herbs; responsibly foraged edibles and medicinal plants; beginning the journey into growing mushrooms and raising honey bees.

WHERE TO BUY: Customers can buy directly from the farm via our CSA program, as well as find our produce and eggs at markets and kitchens around Kansas City that are as passionate about local food as we are. Please contact us for details!

68. RED RIDGE FARMS - CERTIFIED ORGANIC

Ami Zumalt
Odessa, MO 64076
816-690-7161 | jaaazfarms@gmail.com
www.redridgefarms.wordpress.com

SPECIALTY ITEMS: Huge variety of vegetables, also gluten free baked goods, pickles, and meals made from local ingredients

WHERE TO BUY: Downtown Lee's Summit Market, Brookside Farmers Market, Flavor MKT: 1461 NW US Hwy 50, Holden MO 64040

69. RED TEAM FARM

Colin Douthit
Odessa, MO 64076
913-669-7285 | redteamfarm@gmail.com
www.redteamfarm.com

SPECIALTY ITEMS: Pastured raised meats

WHERE TO BUY: On farm. Come for a visit!

70. ROLLING PRAIRIE FARMERS ALLIANCE

Paul Conway
Leavenworth, KS 66048
913-775-2559 | PConway@WildBlue.net
www.RollingPrairie.net

SPECIALTY ITEMS: vegetables, fruits, meats, eggs

WHERE TO BUY: Johnson County Community College, the Mercantile in Lawrence, Lawrence Memorial Hospital, Blue Cross/Blue Shield Topeka and the VA in Topeka

71. SCHENKER FAMILY FARMS

Kevin and Cherie Schenker
McCune, KS 66753
620-632-4470 | info@schenkerfarms.com
www.schenkerfarms.com

SPECIALTY ITEMS: Grass-fed & grass-finished Beef, Pasture Raised Pork, Chicken & Lamb. No added nitrites/nitrates or MSG in anything.

WHERE TO BUY: online at www.schenkerfarms.com or on Facebook! You can also find us at Door to Door Organics, and Natural Grocers. Delivery & shipping available anywhere in the US & to most APO/FPO addresses! Corporate CSAs always available with free delivery.

72. SERENDIPITY FARM & ORCHARD

Lydia Dailey
Platte City, MO 64079
816-786-3302 | lydia.dailey@hotmail.com
www.serendipityfarmandorchard.com

SPECIALTY ITEMS: asparagus, apples, apple cider, Asian pears, heirloom tomatoes, heirloom sweet corn, sugar free applesauce, apple butter and apple cider jelly, soy free eggs

WHERE TO BUY: At the farm, Leavenworth Farmer's Market.

73. SHARE-LIFE FARMS - CERTIFIED ORGANIC

Jim and Rose Thomas Jr.
Marshall, MO 65340
660-886-3936
www.sharelifefarm.com

SPECIALTY ITEMS: organic eggs, CSA, vegetables, strawberries, blackberries, and raspberries.

WHERE TO BUY: On farm if they are within 30 miles of us, and weekly pick ups at the Columbia Downtown Farmers Market. Wholesale deliveries to Kansas City.

74. SIBLEYVILLE CACKLEBERRIES

Bob Bruce
Lawrence, KS 66046
913-205-9000
sibleyvillecackleberries@gmail.com

SPECIALTY ITEMS: vegetables, mushrooms, herbs, flowers, eggs

WHERE TO BUY: through Rolling Prairie CSA, Community Mercantile & Topeka Natural Food Coop

75. SKYVIEW FARM & CREAMERY

Bill and Sheri Noffke
Pleasanton, KS 66075
913-352-8727 | GodsAcre@ckt.net
www.SkyviewFarm.net

SPECIALTY ITEMS: Fresh dairy products, fresh cheese, ground beef, free range eggs.

WHERE TO BUY: on farm, Fair share farm CSA. Restaurants: Renee Kelly's Harvest, The Farmhouse, Somerset Ridge Vineyard and Winery, Nighthawk Winery, KC Wine Co., Heirloom Bakery, Mound City Butcher Block, Pleasanton & Mound City Food Fairs.

76. SMALL BARN FARM

Holly and Aaron Menning
Gardner, KS 66030
913-732-3457 | info@smallbarnfarm.com
www.smallbarnfarm.com

SPECIALTY ITEMS: raw, minimally filtered honey

WHERE TO BUY: Olathe Farmer's Market at the Community Center in season, The Olathe Winter Farmer's Market, Kansas City Pumpkin Patch and from our farm (appointment only).

77. SMOKY HILLS FARM

Dotty and Kevin Sharp
Drexel, MO 64742
816-332-0932 | smokyhillsfarm@gmail.com
www.smokyhills.farm

SPECIALTY ITEMS: soap, salve, balm, butter, lotion, skin care, baby care, candles, house cleaning, herbs

WHERE TO BUY: The Sundry - Crossroads District, KCMO; The Greener Life Market - Lee's Summit,

MO; Spirit of Health - Grandview, MO; Local Roots Market - Grandview, MO; Bulk It - Lenexa, KS; The Overland Park Arboretum - Overland Park, KS; Foxfire Herbs - Louisburg, KS; The Lancaster General Store/Middlecreek Winery - Louisburg, KS

78. SNIKTA FARM, LLC

Adam and Bree Atkins
Blairstown, MO 64726
816-560-2741 | snikta.farm@yahoo.com

SPECIALTY ITEMS: Heirloom tomatoes, heirloom yellow watermelons, purple potatoes, salad mixes, greens, radishes, hot peppers, tomatillos, orchard fruits

WHERE TO BUY: Lees Summit Farmers Market

79. STIRRING SOIL FARM

Chris Issinghoff and Tanea Bergstrom
Berryton, KS 66409
620-921-5967 | owner@stirringsoilfarm.com

SPECIALTY ITEMS: Pastured, Heritage Breed Pork, Biodynamically grown diverse vegetables, edible flowers

WHERE TO BUY: Downtown Topeka Farmers Market, on farm

80. STONY CREST URBAN FARM - CERTIFIED ORGANIC

Roger Kube and Diane Hershberger
Kansas City, MO 64132
816-510-8132 | stonycrest@sbcglobal.net
www.stonycresturbanfarm.com

SPECIALTY ITEMS: Artisan, Heirloom, Hybrid & Cherry Tomatoes (Snack Baskets & Salsa Baskets), Colorful Bell & Specialty Peppers, Multiple Varieties of Lettuce, Kale, Spring Greens, Garlic, Onions, Summer Squash, Winter Squash, Potatoes, Beans, Pumpkins, Blueberries, Strawberries, Herbs, Eggplant, Kohlrabi, Cabbage, Broccoli, Spinach

WHERE TO BUY: Waldo Farmer's Market, Brookside Farmers' Market
Corporate markets and special events.
Seasonally at Nature's Own Health Market,

The Sundry, and Terra Health Food Store.
Restaurants: Renee Kelly's Harvest, Eden Alley, CanIHaveABite, Heirloom Bakery, Affaire, Plate, Howard's Cafe, Ibis Bakery, The Homesteader Cafe. We also have a winter only CSA.

81. STRANGER CREEK HERITAGE FARM

Doug Doering
Tonganoxie, KS 66086
913-200-1807 | schfarm@hughes.net
www.strangercreekfarm.com

SPECIALTY ITEMS: Heirloom Tomatoes;
Strawberries; Peaches; Asparagus; Blackberries

WHERE TO BUY: Merriam Farmers Market (Sat, May - Oct; Weds, June - Sept); on farm, May-Nov - 9am - 3pm

82. SYNERGISTIC ACRES

Jeff and Laura Hamons
Parker, KS 66072
913-735-4769 | jeff@synergisticacres.com
www.SynergisticAcres.com

SPECIALTY ITEMS: Pasture Raised heritage Pork, 100% Grass-fed Beef, Pastured Eggs, Free Range Chicken, Heritage Breed Turkeys

WHERE TO BUY: We sell directly from the farm in addition to making weekly deliveries to Lenexa, KS.

83. TROQUE FARMS

Frank Kuhnert
Buckner, MO 64016
816-215-9925 | Troquefarms@aol.com
www.TroqueFarms.net

SPECIALTY ITEMS: free-range eggs; pork; dairy products; and pasture finished beef. Organic fertilizer and feed supplements.

WHERE TO BUY: On farm, or through our distribution business, Fresh Connect.

84. TWO SISTERS FARM

Ryan Eddinger
Lecompton, KS 66050
785-550-4149 | rjedding@hotmail.com
www.twosistersfarmllc.com

SPECIALTY ITEMS: lettuce, chicken eggs, duck eggs

WHERE TO BUY: The Merc, Hy-Vee and Checkers or in Kansas City at Hen House Market. Overland Park farmers market. Enjoy our lettuce at 715, Merchant's Pub, Novel, Julian, Michael Smith, FUD, Webster House, Story, and Harvest every day.

85. URBAVORE URBAN FARM

Brooke Salvaggio & Daniel Heryer
Kansas City, MO 64129
brooke@badseedkc.com | www.badseedkc.com

SPECIALTY ITEMS: GMO free eggs, heirloom tomatoes, strawberries, peaches, heirloom vegetables

WHERE TO BUY: Please visit our website for purchasing information

86. WALNUT CREST RANCH

Darren and Teri Unruh
Wellsville, KS 66092
913-219-4625 | WalnutCrestRanch.com
Wccc@walnutcrestranch.com

SPECIALTY ITEMS: Heritage beef and turkeys

WHERE TO BUY: At the farm, or drop off in KC

87. WELLS FAMILY FARMS

Kim Wells
King City, MO 64463
660-783-2930 | K.Wells@WellsFamilyFarms.com
www.WellsFamilyFarms.com

SPECIALTY ITEMS: Wild Berries, nuts, organic grass fed beef

WHERE TO BUY: On farm. Brookside Farmers Market. Free Delivery 100 miles from the farm and throughout the KC Area

88. WHERE THE REDFEARN GROWS NATURAL FARM

Dave and Sheri Redfearn
Independence, MO 64056
816-509-8664 | dave.redfearn@gmail.com
www.redfearnfarm.com

SPECIALTY ITEMS: Specialty vegetables,
farm fresh eggs, raw honey

WHERE TO BUY: CSA subscription, On farm
(Mondays) or at the Downtown Lee's Summit
Farmers Market (Saturdays)

89. WINDHAVEN FARMS

Kristen Wolf
Lee's Summit, MO 64081
913-485-2261 | windhavenfarmskc@gmail.com
www.windhavenfarmskc.com

SPECIALTY ITEMS: pastured raised beef,
chicken, lamb, eggs, rabbit

WHERE TO BUY: Buyer's Club: One drop spot
in Brookside and one in Parkville
Restaurants: Charisse, Novel, Donut Lounge, The
Westside Local, Howards.

90. WOLF CREEK FAMILY FARM

Karin Velez
Peculiar, MO 64078
816-738-4076
farmfresh@wolfcreekfamilyfarm.com
www.wolfcreekfamilyfarm.com

SPECIALTY ITEMS: Free-range eggs, free-range
chicken, pastured pork, heirloom tomatoes

WHERE TO BUY: Raymore Farmers Market,
Lee's Summit Farmers Market, Waldo Farmers
Market, Harrisonville Market on the Square. Boxed
shares can be picked up at the Raymore Farmers
Market on Tuesday afternoons, or the Lee's Summit
Farmers Market on Wednesday or Saturday
mornings.

91. WOOD MOOD GARDENS - CERTIFIED ORGANIC

Curtis and Alex Wood
Higginsville, MO 64037
660-641-1113 | 660-641-2554
woodmood@ctcis.net
www.facebook.com/WoodMoodGarden

SPECIALTY ITEMS: organic sweet corn, tomatoes,
asparagus, figs, strawberries, pears, honey, beef,
chickens, eggs

WHERE TO BUY: Brookside Market, Blue Bird
Bistro, Farmhouse, Howard's Organic Fare and
Vegetable Patch, The Classic Cup, Room 39, The
Rieger Hotel Grill Exchange, Remedy, Novel,
Room 39 Mission, Door to Door Organics, and
The Westside Local. We also sell to Nature's
Pantry and Natural Grocers.

NOTES: