



**KANSAS CITY FOOD CIRCLE  
2014 DIRECTORY**

**LOCAL ORGANIC & FREE RANGE  
FOOD PRODUCERS**



**KCFOODCIRCLE.ORG**



# KANSAS CITY FOOD CIRCLE

Developing a Local, Sustainable Food System.

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## WHO WE ARE

Welcome to the Kansas City Food Circle's (KCFC) Directory of Local Organic and Free-range Food Producers. The KCFC promotes the development of a community food system that will nourish the present generation while empowering future generations to nourish themselves.

We provide an alternative to the conventional agricultural system, which is dependent on farming practices that are destructive to our personal health and to the environment. Our work centers on making connections between area growers who agree to meet our organic produce or animal standards and people who want to eat delicious, healthy, locally grown food. We are a 100% volunteer run and membership and donation funded non-profit. Our membership forms are on our web site at [www.kcfoodcircle.org](http://www.kcfoodcircle.org).

## WHAT WE DO

- Educate the public about the health and ecological benefits of a small-scale, local, organic and free-range food system
- Increase the demand for locally grown organic and free-range foods
- Help small family farmers to earn a fair living and stay on the land

## IN THIS DIRECTORY YOU'LL FIND

A list of our producer-members, their contact information, and details about the foods they produce. If you would like someone from the KC Food Circle to speak to your organization, send an e-mail to [coordinators@kcfoodcircle.org](mailto:coordinators@kcfoodcircle.org).

## WHY EAT LOCAL, ORGANIC & FREE RANGE?

A walk through the produce section of a supermarket might leave you thinking we can have all kinds of delicious and nutritious fruits and vegetables year-round, at least until you actually bite into that January strawberry from South America. These days, most produce in supermarkets comes from California, Florida, and other states with longer growing seasons. Often it is shipped from other countries thousands of miles away. This is true even in the spring, summer, and fall, when local fruits and vegetables are available. In order to survive journeys of over a thousand miles, most produce are varieties that have been bred for durability rather than flavor and nutrition. Most produce is picked before it can ripen naturally because ripe fruits and vegetables are more easily damaged in transit and rot more quickly. Unripened produce, however, hasn't yet reached its peak of flavor and nutrient content. Moreover, fruits and vegetables begin losing nutrients as soon as they're harvested, so more time spent in transit means less nutritious food.

In the Kansas City area, local lettuce usually becomes available in late April, new potatoes are first available around the end of May, the earliest field tomatoes ripen in late June (greenhouse varieties are often available earlier), and sweet corn only gets to be "sweet" about the beginning of July. Strawberries, raspberries, blackberries, and blueberries each have growing seasons of a few weeks to a couple of months during the summer, depending on the weather. Peaches come on a bit later, and apples and pears ripen as the signs of autumn appear. Eating more locally grown foods also means eating more in tune with the seasons. While this entails not being able to eat whatever you want, whenever you want, it also means never having to suffer the culinary disappointment of biting into a mushy, flavorless tomato. Perhaps most importantly, farmers growing for local markets are much more likely to grow varieties that were bred for flavor and nutrition rather than durability and a long shelf life.

## DEFINITION OF TERMS

**LOCAL** – The KCFC defines local as being within 120 miles of Kansas City, although we allow some exceptions to qualifying rural producers due to their limited marketing options.

**ORGANIC** – a form of agriculture that relies on techniques, such as crop rotation, green manure, & compost, to build soil fertility biologically, and strictly limits the use of manufactured fertilizers, synthetic pesticides, artificial growth regulators, antibiotics, food additives, GMOs, or human sewage sludge. See our Levels of Assurance section for more info.

**FREE RANGE** – a system of animal husbandry designed to provide a healthy environment suited to the natural behavioral needs of farm animals. The USDA legally defines “Free Range” or “Free Roaming” for labeling purposes as where producers demonstrate to the Agency that poultry is allowed access to the outside. We don’t think this goes far enough, so we have expanded this concept in our animal farmers pledge.

**COMMUNITY SUPPORTED AGRICULTURE (CSA)** – is a unique, direct partnership between eaters and farmers in the form of a seasonal subscription to a farm. See the CSA section for a detailed description.

**GENETICALLY MODIFIED ORGANISMS (GMO)** – plants and animals whose genetic material has been altered using genetic engineering techniques in a lab. GMOs are the source of genetically modified foods. In agriculture, genetically engineered crops are created to resist pests, herbicides, or harsh environmental conditions. This technology is highly controversial on ethical, environmental and food safety grounds, and there is a movement to require labeling of any food containing GMO material. Other common references are genetically engineered (GE) & genetically modified (GM).

## KC FOOD CIRCLE’S LEVELS OF ASSURANCE

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

1. **USDA Organic Certification**
2. **Certified Naturally Grown**
3. **KC Food Circle Member Producer Pledge**

### WHAT DOES THAT MEAN FOR YOU?

1. **USDA Organic:** Some KCFC member producers hold USDA Organic (NOP) certification. As a label, certified organic has been legally defined by the USDA ([www.ams.usda.gov/AMSv1.0/nop](http://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. The certification process can be prohibitively expensive for small producers. This has led to the use of some alternative means of assurance.

**2. Certified Naturally Grown (CNG):** One alternate type of organic certification is Certified Naturally Grown ([www.naturallygrown.org](http://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 producers are Certified Naturally Grown.

**3. KC Food Circle Member Producer Pledge:** KCFC promotes many small producers and has developed a system of written pledges for our members that relies on the good faith of producers 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 producers. Our pledges are also very similar to USDA organic with certain differences outlined below. All KCFC member producers have completed and signed our Producer 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.*

## OUR PRODUCER PLEDGES

Our Producer Pledges only apply to the practices our farmers use to grow food, not to the methods used to produce any value-added processed foods they may sell (such as breads, jams, salsas, sausages, etc.). While we are committed to promoting organic agriculture, we recognize the economic and logistical difficulties inherent in running a small farm while society continues to subsidize and promote large-scale, petrochemical agriculture. Consequently, we consider exceptions to the Pledges on a case-by-case basis. If a producer has been granted an exception, that information will be on their KCFC web page.

For more information, contact [coordinators@kcfoodcircle.org](mailto:coordinators@kcfoodcircle.org).

We also require our farmers to note whether they buy and/or distribute food products which they do not grow and to list their sources. However, in most cases we cannot verify the standards under which those other products are produced, and you should talk directly with that farmer.

Please see the following page to read our Producer Pledges.

# THE KC FOOD CIRCLE PLEDGES:

The KC FOOD Circle requires all of our Member Producers to sign the following pledges.

## 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 applied to treated seeds), and other biocides that have been approved for use by the National Organic Program of the U.S. Department of Agriculture
- 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 resell from other local farms were produced in accordance with this pledge.

## ANIMAL FARMERS PLEDGE

We can only be healthy if the meat, poultry, eggs, and milk we eat come from healthy animals. 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 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 each 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

- 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)
- 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 from other local farms were produced in accordance with this pledge

**BOTH OF OUR PLEDGES INCLUDE THE FOLLOWING LANGUAGE:**

- Do you intend to sell or distribute products that you do not grow yourself?  
YES / No (CIRCLE ONE) *(if YES, list details and farm names below and notify us if your plans for “buy-in” change during the season)*
- By signing this pledge, you consent to allow visits by appointment to your farm/ garden by members of the KC Food Circle Coordinating Committee as well as the individuals and families who buy from you.

**GMOS AND THE FOOD CIRCLE**

The vegetable farmers in our organization don't use any GMO seeds and many of our meat producers don't use GMO grain to feed their livestock. GMO refers to genetically modified organisms, in this case, corn, soybeans, and alfalfa commonly used for animal feed. However, we know that sourcing organic, non-GMO animal feed is a complicated process that depends not just on the availability of the grain but on the size and location of a farm, the type of animal raised, the infrastructure needed to process feedstock as well as equipment and storage on any given farm. This is a wide variety of problems with an even wider variety of solutions. Without a one-size-fits-all solution available to our member growers, we have chosen not to require non-GMO feed for livestock in 2014. However, we are implementing the first stages of the KCFC Three-Year GMO-Free Transition Plan (including a GMO-Free Feedstock Project) that will continue to support our existing members but that will require all our members to use only non-GMO feed for livestock starting in 2017. As always, getting to know your growers is the best way to gain confidence about where your food is coming from and how it is grown.

**THE BASICS OF BUYING LOCAL, ORGANIC & FREE RANGE**

The availability of locally grown foods in our area increases every year as more farmers and eaters realize the many benefits of eating local, organic, and free-range. Here are some of the ways you can buy locally grown foods. Farmers Markets are open-air outlets where anywhere from a few to dozens of farmers/producers regularly gather throughout the growing season to sell their fruits and vegetables, meats, eggs, dairy foods, and other items.



## 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:

- Where are your drop off locations or distribution points?
- What quantity of produce can I expect to receive from week to week?
- 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?

**Go online for more info - [www.kcfoodcircle.org/csa](http://www.kcfoodcircle.org/csa).**

## ON-FARM SALES

On-farm sales give you the opportunity to go right to 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. Home Delivery is less common, but some of our producer-members will take orders by phone, e-mail, or regular mail and deliver right to your door.

## RETAIL GROCERS & MARKETS

Retail Grocers and Markets make it easy and convenient to buy locally grown foods because they're open year-round and throughout the week. Though most of our members only sell direct, a few do market through natural food stores and supermarkets (*Whole Foods, Nature's Own, and Nature's Pantry* are examples). Please check individual listings for details.

## RESTAURANTS

Restaurants are another way to eat local, organic, and free-range. Our Eat Local & Organic! Dining card provides a one-time 10% discount for KCFC eater members at 13 area restaurant that serve local, organic, and free-range food. See page 14 of this directory or visit [www.kcfoodcircle.org/restaurants/diners-card](http://www.kcfoodcircle.org/restaurants/diners-card) for restaurant information and for instructions on how to join the KC Food Circle.



## EATING LOCAL AND ORGANIC ALL YEAR

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 late fall, winter, and early spring. Fortunately, there are ways to stretch your supply over the year. 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/](http://www.uga.edu/nchfp/) or visit the K State and University of Missouri extension offices for more resources: [www.johnson.ksu.edu](http://www.johnson.ksu.edu) (Nutrition and Health) and <http://extension.missouri.edu> (Nutrition and Health).

## BUYING FREE RANGE MEAT

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

- The entire purchase price goes to the farmer.
- You get highly nutritious, delicious meat from farmers you know.
- You avoid the cruel, unhealthy, and destructive system of industrial meat production.

Buying beef, pork, lamb, bison, poultry and other meats this way is vastly different from the meat counter at your local supermarket and might take some adjustment to your meal planning. Most of our farmers produce seasonally on a small scale and have limited marketing outlets. They usually sell only frozen meat because it's not feasible for them to sell all the meat they produce before it spoils. Producers prefer to sell beef and pork by the half (side) or quarter, but sometimes offer a bundle of mixed cuts in 20-25 pound lots. They are processed in facilities that have been inspected by the state and/or federal government and come in marked butcher paper or labeled plastic. Many producers sell at farmers' markets by the individual cut. Some poultry producers prefer to sell fresh chicken at the farm on the day of slaughter, but you can also pick up frozen whole or half-chickens from the farm at other times. Some sell through retail grocers and to restaurants.

If you choose to buy meat in bulk, you may find it worthwhile (and necessary) to purchase a small freezer to ensure adequate storage space. One cubic foot of freezer space will accommodate 35-40 pounds of cut and wrapped meat (slightly less if the meat is packaged in odd shapes). Buying meat in bulk can save you substantial money over time, but does require a significant initial investment. Splitting a large order with one or more other households can help make this cost more manageable.

Some of our farmers use feeding methods that result in very lean meats in comparison to most supermarket meats, and so different cooking methods are required for best results. This is often the case with meats from grass-fed and pastured animals. Please ask the farmers you buy from for tips on how best to prepare the meats they sell.

## FEATURED ORGANIC FARMERS' MARKETS

Our region is fortunate to have a number of Farmers Markets that only accept vegetable and fruit farmers who attest to using organic methods. The farmers at these markets who produce meat, eggs, and dairy products agree to avoid the use of synthetic growth hormones and sub-therapeutic antibiotics. The managers or representatives of the markets write the market listings below, and the KC Food Circle, being an all-volunteer organization, does not certify each market's standards and practices. For additional information, please contact the market directly. This listing is also available at [www.kcfoodcircle.org/markets](http://www.kcfoodcircle.org/markets).

### **BADSEED FUNKY FRIDAY NIGHT FARMERS MARKET**

1909 McGee, Kansas City, MO 64108

[www.badseedkc.com](http://www.badseedkc.com)

**HOURS:** Fridays, 4 – 9pm,

May 2 – Nov 21, 2014

Fridays, 4 – 8pm,

Dec 6, 2014 – Feb 27, 2015

### **[SNAP EBT + Double-\$-Value Beans & Greens]**

Located in the Crossroads Art District of downtown KC, the BADSEED Market is dedicated to providing the "conscious consumer" with nutritious and delicious foods grown sustainably (and with LOVE) in the immediate community. The Friday Night Farmers' Market offers a plethora of local-organic delights including colorful fruits and veggies, baked goods, gourmet mushrooms, goat cheese, eggs and free-range meats. Come on down and greet your farmer! Together we can build community and collective consciousness through the universal pleasure that comes from eating GOOD FOOD.

### **BROOKSIDE FARMERS' MARKET**

63rd & Wornall, KCMO

(Border Star School Parking Lot)

[www.brooksidefarmersmarket.com](http://www.brooksidefarmersmarket.com)

[facebook.com/BrooksideFarmersMarket](https://www.facebook.com/BrooksideFarmersMarket)

**HOURS:** Saturday 8am -1 pm,

April 20 - November

### **[SNAP EBT + Double-\$-Value Beans & Greens]**

The Brookside Farmers' Market has satisfied Kansas City's appetite for local and organic for over 10 years! Each Saturday you will find just-picked, farm-fresh vegetables and herbs, bright flowers, delicious meat from grass-fed animals, eggs from free-range chickens,

handmade products for home and body, freshly prepared breads and baked goods including vegan and gluten-free items, the famous Brookside Breakfast Burritos and a place to sit and visit. People from all over the metro area come to Brookside to enjoy the relaxed neighborhood flavor of the market and to shop from multiple growers/producers who are USDA Certified Organic. All our farmers use organic, sustainable and cruelty-free practices. A majority of our vegetable vendors grow on urban farms located in the KC metro area. No vendor travels more than 100 miles to come to market. Plus, no food or other items are sold that are not grown or produced by the persons you will meet in each vendor tent. Know Your Farmer – Know Your Food!

### **KC ORGANICS & NATURAL MARKET AT MINOR PARK**

Just East of Holmes on Red Bridge Road

(about 111th St.), Kansas City, MO

[www.KCOrganics.com](http://www.KCOrganics.com)

**HOURS:** Saturdays, 8am -12:30pm,

May 4th - October 12th

Come visit us in the park! Our family farmers offer organic produce that is fresh-picked and locally grown, natural specialty, free-range and heritage breed meats, honey, mushrooms, edible flowers, herbs, grains, artisan breads, cereals and pies, fresh eggs, freshly-brewed "FT" coffee & more. We continue to pioneer ECO-PRODUCTS, with the highest organic-content hand-made bar soaps & body care items, woodcrafts, candles, artisan natural-stone custom jewelry, and much more. We are a "Fair Trade" Market, with occasional Gourmet Chefs demos featuring KC's up

and coming talent and Live and Local "Organica Music." We host a Holiday Market on Dec 13 - see our web site for details.

### **NILES GARDEN MARKET**

1911 E 23rd Street (east of Downtown, close to Garfield Ave) KCMO

[www.organotill.org](http://www.organotill.org)

**HOURS:** Tuesdays, 4pm to 6pm

Official opening is June 3, 2014

**[SNAP EBT Accepted]** Niles Garden is an educational and tranquil garden site located on the Niles Home for Children campus. Niles uses organic no-till practices on garden beds however makes no certification claim for that practice. The intent is for Niles to serve as a model for beginning gardeners to learn sustainable urban agricultural techniques. The produce market benefits Niles and other community youth who work the garden.

### **NILES/CLYMER COLLABORATIVE PRODUCE MARKET**

**[SNAP EBT Accepted]** Is located at Clymer Community Center 13th & Highland in KCMO. It opens the last week of May and runs weekly on Monday afternoons from 4 - 6 PM. This community market offers a variety of vegetables.

### **TROOSTWOOD YOUTH GARDEN MARKET**

5142 Paseo, Kansas City, MO 64110

Mary Wright (816)444-5788

[www.TroostwoodYouthGarden.info](http://www.TroostwoodYouthGarden.info)

**HOURS:** Friday nights 3:00pm -

7:00pm Saturdays 9:00am - 2:00pm

May 23rd through November 29, 2014

### **TROOSTWOOD YOUTH GARDEN MARKET CONT.**

**[SNAP EBT+ Double Value Beans and Greens]** Neighborhood youth are providing fresh and healthy vegetables from A to Z. All foods are grown on-site using organic methods. Please call if you have questions.

### **WALDO FARMERS' MARKET**

1 Block East of Wornall on 79th St

(303 W. 79th Street, KCMO)

[www.waldofarmersmarketkc.com](http://www.waldofarmersmarketkc.com)

[facebook.com/waldofarmersmarket](https://facebook.com/waldofarmersmarket)

**HOURS:** Wednesdays, 3pm - 7pm

May 7 - Oct. 1

**[SNAP EBT Accepted]** The Waldo Farmers' Market features USDA Certified Organic and non-certified sustainably grown vegetables, meats, eggs, cheese and honey, plus artisan breads, jams, transplants (spring), flowers, herbs and sweet treats produced as close as 4 miles from the market to no more than 100 miles away. Vegetable and meat vendors are required to be USDA Certified Organic or members of the Kansas City Food Circle and abide by the KCFC farmers' pledges. The market is conveniently located for after-work stops, shoppers on tight time schedules, bikers and walkers using the adjacent Trolley Track Trail and neighbors out for a stroll. The market is very kid-friendly and welcoming to pets on leashes. A substantial portion of vendor fees are donated to Habitat for Humanity's ReStore, the market's host. Contact the Market Managers or more info: [stonycrest@sbcglobal.net](mailto:stonycrest@sbcglobal.net) or call (816) 304-2517.

## **OTHER FARMERS MARKETS**

Some of our farmers sell their products at other markets that do not require all producers to attest to using organic or free-range methods. If our growers' Directory listings indicate that they sell at one of these other markets, you can either ask the farmer or look up the market's location and hours on the national Local Harvest website at [www.LocalHarvest.org/farmers-markets/](http://www.LocalHarvest.org/farmers-markets/)

## FEATURED RETAILERS

THESE ARE RETAILERS WHO EXHIBIT A PUBLIC AND SUSTAINED COMMITMENT TO SOURCING FROM OUR MEMBER GROWERS.

# Howard's

ORGANIC FARE & VEGETABLE PATCH

### HOWARD'S ORGANIC FARE AND VEGETABLE PATCH

[www.howardskcmo.com](http://www.howardskcmo.com)

Hospital Hill, 900 E. 21st St. KCMO

Is a unique membership grocery, connecting local producers and consumers through a commitment to **ORGANIC, FAIR TRADE, AND HUMANELY RAISED GOODS**.

As a member of Howard's you will have 24/7, year-round access to the store providing you with good food. Visit [www.howardskcmo.com](http://www.howardskcmo.com) for info on becoming a member and for a list of farmers.



### THE LOCAL PIG

[www.localpig.com](http://www.localpig.com)

Alex Pope

2618 Guinotte Ave KCMO, 64120

(816)200-1639

Email: [thelocalpigkc@gmail.com](mailto:thelocalpigkc@gmail.com)

OPEN DAILY: 10:30am – 7:30pm

We make it easy to make it local. The Local Pig is KC's only full-line **BUTCHER SHOP** dedicated to locally sourced products and humanely raised meats. We are an old-world style artisanal meat cutting and sausage shop. We carry a full line, including **BEEF, PORK, CHICKEN, DUCK, TURKEY, QUAIL, RABBIT, LAMB AND GOAT**, specializing in ready to cook roasts and steaks from these happy animals as well as enticing burgers and sausages with familiar and exotic seasonings. Everything that comes from our shop is hormone, steroid and antibiotic free. Happy animals make a superior meat product. We offer a selection of local **HONEY AND NUTS** and our own house blends of premium **SPICES AND SEA SALT**. Special orders are welcome. Everyone should have access to natural meats, so we accept the Supplemental Nutrition Assistance Program (**SNAP**).



### PARADISE LOCKER MEATS

[www.ParadiseMeats.com](http://www.ParadiseMeats.com)

[www.ParadiseLockerMeats.com](http://www.ParadiseLockerMeats.com)

Teresa & Mario Fantasma

405 W Birch St, Trimble, MO 64492

Store (816)370-6328 F (816)357-1229

[info@ParadiseMeats.com](mailto:info@ParadiseMeats.com)

Paradise Locker Meats is a USDA slaughter and processing facility. All slaughter is done under humane and animal welfare guidelines. We process local and naturally raised animals under USDA for resale as well as custom work for family farms. We also have a retail storefront in which we carry items including **BEEF, PORK, LAMB, POULTRY, SEAFOOD, DAIRY, EXOTIC/GAME**, and in-house **SMOKED AND CURED PRODUCTS** using as much locally raised animals as possible.

## QUESTIONS TO ASK ANY GROWER AT A FARMERS MARKET

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

- Do you grow all of the food products you sell?
- Is your produce organically grown?
- Do you use any synthetic pesticides (insecticides, herbicides & fungicides) or chemical fertilizers?
- When did you pick your produce?
- Is it ready to eat today?
- How do you wash and store your products?
- Do you have a clean water supply?
- How do you cool your produce? (sweat leads to rot.)
- Are your animals given access to the outdoors?
- How are your animals confined?
- Do you use antibiotics, hormones, or arsenic to promote the growth of the animals on your farm?
- What do you feed your animals? Do you use genetically modified grains or GMO products?
- Do you welcome visitors to your farm?

## EAT LOCAL & ORGANIC! EXPOS

Our largest annual events - **THE EAT LOCAL & ORGANIC! EXPOS** - are held every spring and attract several thousand people each year who are looking for a connection with the farmers who produce their food. Our 90 small family farmers showcase their organic and free-range produce, meat, and seedlings, and have Community Supported Agriculture subscription (CSA) sign-ups. **OUR EXPOS ARE USUALLY HELD THE LAST SATURDAY IN MARCH AND THE FIRST SATURDAY IN APRIL.**

## EAT LOCAL & ORGANIC! DINING CARD

The Eat Local & Organic! Dining Card entitles you, as a member of the Kansas City Food Circle, to a one-time 10% discount on your bill at some of the best sustainably sourcing restaurants in the Kansas City Area. They were invited to join our program because of their public commitment to sourcing ingredients from local, organic, free-range farmers. [www.kcfoodcircle.org/restaurants/diners-card/](http://www.kcfoodcircle.org/restaurants/diners-card/)

### HERE ARE OUR 2014 RESTAURANTS:

- blue bird bistro
- Café Gratitude
- Canihaveabiteinc.com
- Conveniently Natural
- Eden Alley
- Füd
- Justus Drugstore
- Renée Kelly's Harvest
- Room 39
- Smokin' Fresh Streetside BBQ
- Story
- The Farmhouse
- The Rieger



**10% OFF**  
*KC's best locally sourced  
restaurants!*

# KANSAS CITY FOOD CIRCLE 2014 DIRECTORY

KCFOODCIRCLE.ORG

## KC FOOD CIRCLE PRODUCERS

**KNOW YOUR GROWER** (*Disclaimer*) Aside from requiring a small membership fee, the KC Food Circle has no financial interest in any of our producer-members. Our producers agree to meet our production standards by signing our Producer's Pledges. They write their own listings for this Directory. As an all-volunteer organization, KCFC lacks the resources to inspect and certify their growing and animal treatment practices or to verify any other claims, nor can we guarantee our producers' product quality or performance. If you have questions about any particular term in a listing, please contact the producer directly.

The Food Circle's mission is to provide people the information they need to build relationships based on trust with those who produce their food. We add growers and update year-round. More detailed information about our producers is found online at:  
**[www.KCFoodCircle.org/growermembers](http://www.KCFoodCircle.org/growermembers)**



## PRODUCE & PRODUCT KEY

Use this key to quickly find what the farms sell.



GRAIN  
*unprocessed grain*



CSA



BEEF



EGGS



FRUITS



BUFFALO, LAMB  
and GOAT



DAIRY



VEGETABLES  
*includes herbs*



PORK



NUTS



HONEY



POULTRY



MUSHROOMS



VALUE ADDED  
*flour, sauces, preserves,  
and baked goods, etc.*



FISH

## 2LFARMS



Cheryl Glidewell and Terri Melling  
23970 131st Street  
Leavenworth, KS 66048  
(888)282-9518  
info@2lfarms.com  
www.2lfarms.com

2LFarms offers **100% GRASS-FED BEEF, SPECIALTY GARDEN PRODUCTS AND FARM-TO-TABLE DINNER EVENTS**. No grain is used for our cattle and calves. They feed on rotationally grazed pastures, and alfalfa and brome hay in winter. Pastures are fertilized with manure only. No growth implants, hormones, antibiotics, vaccines, commercial wormers or pesticides. Beef can be purchased by small bundles, sides, or wholes. This year we are also offering **GOURMET WHOLE COW GROUND BEEF** with convenient online ordering. We also grow a variety of **HEIRLOOM AND HYBRID VEGETABLES AND CULINARY HERBS**. Our garden products include our famous Pear and Apple butters, as well as Blueberry and Raspberry glazes. From May-September, our **FARM-TO-TABLE DINNER EVENTS** feature our beef and produce on a unique menu created for the evening by a local area chef. Check our website for details. You deserve the best natural food, and 2LFarms can provide it for you!

## 4 D ACRES, INC. EVERYTHING EMU



Mike and Dee Martin  
PO Box 1218, Louisburg, KS 66053  
H (877)837-4119 C (913)271-1832  
F (209)790-1832  
info@4DAcre.com  
www.4DAcresEmuOil.com

4 D Acres is a small family farm located near Louisburg, KS. **EMU**, a low-fat, healthy red meat (similar in taste to high quality beef), and free-range **CHICKENS** are naturally raised without the use of medication or growth hormones. Both the emu and the chickens have access to fresh green grass on pasture and are supplemented with locally grown grains.

**EMU OIL** is an all-natural, moisturizing oil with properties (moisturizing, transdermal, anti-inflammatory), used by the aborigines of Australia in their native medicine. We are proud to bring you the very best, backed by a 30-day money back guarantee. Check out our website for tradeshow, farmers' markets, and locations where we are going to be.

## A&B HOMECOMING BEEF LLC



Glenn and Jane Ann Varner  
303 NE Hwy 2, Leeton, MO 64761  
(660)221-1918  
sales@abhomecomingbeef.com  
www.abhomecomingbeef.com

We offer **100% GRASSFED AND FINISHED BEEF**. No grain is used for our home-born and raised free-range cattle and calves. They feed on the grass from our rotationally grazed pastures including 17 acres of warm season grasses. Alfalfa and hay are fed in winter. Pastures are fertilized naturally. No growth implants, hormones, or antibiotics are used. We will be selling at Brookside Market on Saturdays. Hope to see you there!

## ADAM'S OSAGE RIDGE ARONIA BERRY COMMUNITY FARM



Joel and Kathy Adams  
18103 E Courtney Atherton Rd.  
Independence, MO 64058  
816-255-6261  
joel@oraclfarm.com  
www.alpharaw.com

We grow the high-antioxidant Native American **BLACK CHOKEBERRIES** (Aronia Melanocarpa), on the south ridge of the Missouri River; land once the home of the Hopewells and Osages. As a berry known for its contributions to improved mitochondrial health, the little known Aronia berry is making a comeback. We also grow a variety of **VEGETABLES, HERBS, ELDERBERRIES, and BLACKBERRIES** in season. With our high tunnel, Seasons begin earlier and end later for some vegetables.



## BARHAM CATTLE COMPANY AND FAMILY FARM



Kenny Barham  
16600 NE 128th St  
Kearney MO, 64060  
H (816)628-4567 C (816)365-2445  
barhamcattleco@embarqmail.com  
www.barhamcattleco.com

Naturally raised **BEEF** and **CHICKENS**. We avoid antibiotics and growth hormones. Our cattle are fed on grass and given a locally grown **GMO-FREE** grain supplement. We take great pride in our cattle. You may purchase it by the cut, quarter, half or whole beef. We are at the Liberty farmers market on Saturdays. We offer a Fall **CSA** for 6 months. Visitors are always welcome. **CHICKENS** are raised without antibiotics or growth hormones on grass in movable pens pioneered by Joel Salatin. Our chickens always have grass, fresh air and sunshine. We also offer free range **EGGS**. Our hens are housed at night and let out in the morning to run, pick, scratch and enjoy free ranging. Our laying hens are supplemented with **GMO-FREE FEED**, and we are transitioning our broilers to GMO-free feed. We are committed to raising a healthy quality product for your family and mine. We know what we are feeding so you know what you are eating. Check our website and Facebook.

## BAUMAN'S CEDAR VALLEY FARMS



John and Yvonne Bauman  
24161 NW Kentucky Rd.  
Garnett, KS 66032  
(785)448-2239  
baumanscvf@pcfreesmail.com

Cedar Valley Farms is a family farm that produces **PASTURE-RAISED EGGS, CHICKEN, TURKEY, & DUCK**, which are fed all-natural feeds. **NO ADDED HORMONES OR ANTIBIOTICS**. Our **BEEF IS 100% GRASS-FED**. All animals are fed organically-grown grass and hay. Come visit the farm and see how our family

is committed to raising quality food for you. Cedar Valley Farms now provides USDA Poultry Processing.

## BE LOVE TOO FARM



Steve and Andrea Myers  
159 E. 2400th Rd.  
Edgerton, KS 66021  
(913)526-5255  
www.belovetoo.com

Be Love Too Farm is a sustainable farm created in 2011 (in partnership with Café Gratitude KC) in Edgerton, KS, producing high quality, nutritious, non-certified organic **VEGETABLES, HERBS, WHEAT GRASS, AND SPROUTS FOR CAFE GRATITUDE KC**. Farmers Steve and Andrea Myers have created Be Love Too Farm from a commitment to fulfilling dreams for themselves and others. The Cafe Gratitude community has deeply impacted the farmers' lives and this farm is one way for them to share their gifts with the world. Beyond growing food to impact the health and vitality of humans and the Earth, Be Love Too is a community farm. We welcome visitors and invite you to join us in our monthly farm dinners, our volunteer days, or at the Cafe enjoying a bountiful meal. For more information visit us at [www.facebook.com/belovetoo](http://www.facebook.com/belovetoo), or [www.cafegratitudekc.com](http://www.cafegratitudekc.com).

## BEAR CREEK FARMS



Robbins, Jim, and Lonnie Hail  
12595 NE 50 Road  
Osceola, MO 64776  
(417)282-5894  
RobbinsHail@hotmail.com

**CERTIFIED ORGANIC VEGETABLES, FRUITS, HERBS, AND FLOWERS. ORGANIC VEGETABLES, HERBS, AND ORNAMENTAL PLANTS** for your garden. We specialize in **HEIRLOOM VARIETIES**, with more than **500 VARIETIES OF HEIRLOOM TOMATOES**. Our gourmet and heirloom vegetables are available at Whole Foods and Door to Door Organics.

## BENEDICT BUILDERS FARM



Calvin and Laura Benedict & Daughters  
474 NE 951, Knob Noster, MO 65336  
H (660)563-3309 – NO SUNDAY CALLS

We are a local farm family that produces drug free, artificial-hormone-free **MEAT, EGGS, VEGETABLES, HERBS, CUT FLOWERS, AND SOAP**. We also sell aged **CHEESES** from delicious Jersey cow's milk. Our **BEEF** is completely **100% GRASS-FED** using rotational grazing. No artificial growth hormones, no routine antibiotics and no grain are given to our cows. Our hens and **BROILER CHICKENS** are free range on our pastures, moved each day to fresh grass, and are fed a **NON-GMO** grain ration, as well as the grass and bugs they eat. Our pastured **PORK** is raised outside, on dirt lots, with deep bedding at farrowing time, and no growth hormones or antibiotics are given. Our vegetables, flowers, and herbs are grown without chemical sprays or fertilizers. We do not use **GMO** seed, & follow organic practices. **CSA** subscriptions are available for two (2) twenty-week sessions during the growing season. Our soap is made from organic oils, our herbs and essential oils. Treat your skin well! We believe healthy, happy animals and veggies benefit the environment, the farmers who manage them and the consumers who eat them. If you believe this also, we invite you to try our products.

## BEVERLIN'S LITTLE PIECE OF PARADISE

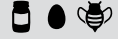


Lonnie Beverlin  
28005 W. 295th St., Paola, KS 66071  
(816)213-1318

We are a small family farm in Paola, Kansas. Our farm features pastured **BERKSHIRE PORK, RED RANGER PASTURED CHICKENS, PASTURED HOLIDAY TURKEYS, FREE-RANGE EGGS, KATAHDIN GRASSFED LAMBS, AND JERSEY DAIRY COWS**.

We sell wholes or halves or by the cut. We pride ourselves on the care and quality of our animals and believe that access to grass, sun, and bugs makes the difference you can taste. All of our animals are raised without the use of hormones or antibiotics.

## BLACK DOGS FARM



Bryan and Barbara Ritter  
351 230th St. Garland, KS 66741  
913-636-4892  
blackdogsfarm12@gmail.com  
<http://blackdogsfarm.net/>

We take pride in being a family owned and operated farm in Garland, Kansas supplying **FREE RANGE EGGS**, fresh **HONEY** from our very own hives, and **WOOL** from our beautiful **SHETLAND SHEEP**. On our 80-acre farm, we have sheep, chickens, hogs, bees, a cow and calf, fruit trees and of course our rescued dogs!

## BLUE DOOR FARM CSA



Laura Christensen  
Kansas City, KS  
(816)805-0362  
bluedoorfarm@gmail.com

Blue Door Farm is a certified organic vegetable farm in Kansas City, KS. We love growing beautiful, healthy, delicious vegetables! We offer a wide selection of **VEGETABLES**, including **HEIRLOOM** and **OPEN-POLLINATED** varieties, at the Brookside Farmers Market on summer Saturdays, the BADSEED market winter Friday evenings and through a **CSA** program with Tuesday delivery to homes and offices. We also offer certified organic vegetable and flower **TRANS PLANTS** for home gardeners. Contact us for farm visits, volunteer hours and apprenticeships through the Growing Growers program.

## "BOSSIE'S BEST" VB FARMS, LLC



Nancy Vogelsberg-Busch  
896 15th Rd, Home, KS 66438

(785)799-3737  
nancyvb@bluevalley.net  
www.BossiesBest.com

**USDA CERTIFIED ORGANIC BEEF.** We are a family that has farmed organically in Kansas for more than 135 years. We have **GRASS FED SMOKED ORGANIC BEEF HOTDOGS AND FRESH GROUND BEEF** available year round and **GRAIN FED CUSTOM CUT ORGANIC BEEF IN SEASON BY THE QUARTER, HALF OR WHOLE.** Our delicious hotdogs and hamburger are available retail in frozen foods at several Kansas stores; please visit our website for locations. We encourage and invite people to visit our farm to see why organic is best! Buy the Best - Bossie's Best.

## BREAD OF LIFE BAKERY



Glenn & Kathy Crowther  
206 Main St./PO Box 9  
Stewartsville, MO 64490  
Bakery (816)669-1310  
H (816)675-2248 F (816)669-1345  
BreadOfLifeOrganicBakery@yahoo.com  
www.BreadOfLifeBakery.net

Bread of Life Bakery specializes in a wide variety of **WHOLE-GRAIN BREADS** and **SNACKS.** We also offer **VEGAN BAKED GOODS.** We bake with **CERTIFIED ORGANIC FRESH GROUND WHEAT** grown by Geiger Farms of Robinson, KS and KC Food Circle member, Soaring Eagle Farms/ACME Grain of Edgerton, KS. Some of our baked goods are sweetened with local honey from Busy Bee Acres of Odessa, MO. We also have a line of **GLUTEN-FREE** "Sweet Sisters" baked goods available from our new bakery just around the corner. Find our baked goods at BADSEED Farmers' Market, KC City Market, Nature's Pantry, Cosentino's Brookside Market, Farmers' Community Market – Brookside, and other stores in the KC area.

## BREEZY HILL FARM



Art Ozias  
62 SW 58 Hwy, Centerview, MO 64019  
H (660)656-3409 C (660)909-1633

AOzias@gmail.com  
www.Breezy-Hill-Farm.com

Breezy Hill Farm is a Missouri Century Farm. A family farm since the 1860s, we have **GRASS-FINISHED BEEF** and **DAIRY COWS.** We use no vaccines, no commercial wormers or hormones. No grain is ever used at any stage in producing our excellent and healthy beef. We dry age our beef for two weeks to ensure the maximum tenderness and flavor. We only sell wholes, halves, and split-halves and have a limited supply. We only sell what we raise. We offer free delivery within 100 miles (beef only). Please see the slide shows on our web site.

## BUDS AND BERRIES



Gayle Beachner and Lynda Huenefeld  
Adrian, MO  
(660)200-5324 (Gayle)  
(660)888-6248 (Lynda)  
www.facebook.com/  
budsandberriesproduce

Buds and Berries, operated by sisters, are "natural" growers, using only USDA National Organic Program approved substances when necessary. Buds and Berries boasts thousands of berry plants, including: a large variety of **BLACKBERRIES, BLUEBERRIES, BLACK RASPBERRIES, RED RASPBERRIES, YELLOW RASPBERRIES, AND STRAWBERRIES.** We also grow **ASPARAGUS, PEAS,** a large variety of **PEPPERS,** several varieties of **LETTUCE, TOMATOES, CHERRY TOMATOES,** several varieties of **ZUCCHINI** and **SQUASH, CUCUMBERS, PICKLING CUCUMBERS, LEMON CUCUMBERS, GREEN BEANS, PEARS, APPLES, and CONCORD GRAPES.** We plan to open a "you pick" farm in 2014. You can find us at the following farmers' markets: The City Market downtown Kansas City on Saturdays and Sundays, April through November; Lee's Summit Farmers' Market in Lee's Summit, MO, Wednesdays and Saturdays, April through November.

## CAMP CREEK FARMS



Rick Newson  
29050 W 127th Street  
Olathe, Ks 66061  
913-884-6374  
rwn45@embarqmail.com

Camp Creek Farms is a small family farm producing all natural, pasture raised **EGGS** and **CHICKENS**. Our 10-acre farm is situated about five miles west of Olathe and 30 miles south-west of Kansas City. We began as a hobby farm about 20 years ago & have grown into a thriving Animal Welfare Approved (AWA), laying hen operation. Our flock consists of a variety of traditional breeds, which lay diversely colored, great tasting, and highly nutritious eggs. We are Animal Welfare Approved because our practices and beliefs of humanely raised poultry without hormones or antibiotics produce a quality product parallel those of the AWA. Camp Creek Farms' eggs are available at the Olathe Kansas Farmers' Market April through October, and from the farm all year long. We are proud of our production practices and welcome visitors to the farm. Like us on Facebook at [www.facebook.com/campcreekfarms](http://www.facebook.com/campcreekfarms) or email us with any questions.

## CAMPO LINDO FARMS



Jay and Carol Maddick  
2390 SE 228th St., Lathrop, MO 64465  
(816)740-3625  
CLF@grm.net  
[www.CampoLindoFarms.com](http://www.CampoLindoFarms.com)

Products: **CHICKEN & EGGS**, some **LAMB**.  
Restaurants that support us: American Restaurant, Aixois, Aixois Brasserie, Blue Bird Bistro, Bluestem, Classic Cup Cafe, Evolve, Hilton President, Indian Hills Country Club, Julian, Justus Drugstore, Kansas City Club, Makers Mark, Marriott Downtown, Michael Smith, Milburn Country Club, Mission Hills Country Club, Pierpont's, River Club, Room 39 (Mission Hills and 39th St.), Story., The Rieger, YaYa's. Grocers that offer our

chickens and eggs: Cosentino's Brookside Market, Cosentino's Downtown Market, Cosentino's Price Chopper (Brookside, 95th & Mission, Liberty), Hy-Vee in Liberty at 95th & Mission, Hy-Vee in Gladstone, Hy-Vee in Shawnee, Local Pig (chickens only), Nature's Own (eggs only), Nature's Pantry, Whole Foods (both locations), Green Acres (eggs only).

## CATHERINE'S "NATURALLY GROWN" VEGETABLES & HERBS



Catherine  
Kansas City, KS 66104  
(913)287-7295

Our vegetables and herbs are grown without chemical pesticides and herbicides, giving each customer **SAFER FOODS** at no extra cost. We grow varieties of spring **LETTUCE, ARUGULA** and many other vegetables throughout the season, as well as fresh **HERBS (BASIL, PARSLEY, baby DILL, and MINT), GARLIC** and **ONIONS**. We grow in our fields many varieties of the most flavorful **TOMATOES** including many **HEIRLOOM TOMATO** varieties. Your satisfaction is our pleasure in growing healthier and more nutritious vegetables. Find us at the Merriam Farmers' Market (KS) on Saturdays.

## CHAPMAN CREEK CATTLE CO



Clark Duffy  
1501 SW Boswell Ave.  
Topeka, KS 66604  
758-220-9898  
clark\_duffy@cox.net  
[www.kansasgrassfedbeefcompany.com](http://www.kansasgrassfedbeefcompany.com)

Our mission is to provide the highest quality **100% GRASSFED BEEF**, certified by the American Grassfed Association, to our customers. You can be assured our cattle have never received antibiotics or hormones and are finished on our native pastures near Abilene and Topeka. Our cattle are never fed grain or live in a feedlot environment. All of our beef is dry-aged and processed to your specifications, individually, at Farview Farms Meats in Topeka, KS. We sell all of our beef by the side. We take orders year-round and provide a special

pricing for cattle that are processed for delivery in the spring and fall each year. We provide **FREE DELIVERY** in the metro Kansas City, northeast, and central Kansas area. Please see our website or contact us if you would like more information. Stay Slim/Be Healthy. Eat Grassfed Beef.

### CHESTNUT CHARLIE'S ORGANIC TREE CROPS



Charles NovoGradac & Deborah Milks  
PO Box 1166, Lawrence, KS 66044  
(784)841-8505  
Nuts2Sell@aol.com  
www.ChestnutCharlie.com

Chestnut Charlie's is a local experiment and demonstration orchard of permanent tree crops grown under low-till, low-input and organic management. We specialize in fresh **CHESTNUTS**, but are also developing select northern **PECANS & WALNUTS**, & native **PAWPAWS**. U-pick chestnuts on weekends, mid-September to mid-October, or purchase chestnuts by mail, Lawrence Farmers Market, or select KC area natural foods stores & supermarkets. Check our website for availability. Farm visits by appointment. We hire local pickers in fall. Certified Organic yearly, since 1998.

### CITY BITTY FARM



Greg & Jennifer Garbos  
9615 Grandview Road  
Kansas City, MO 64137  
(816)444-7330  
info@citybittyfarm.com  
greg@smallfarmtools.com  
www.citybittyfarm.com

Proudly focused on "all things small," we specialize in growing **MICRO GREENS** year-round for area restaurants and events. City Bitty Farm micro greens are edible plants grown in organic soil and harvested while young for maximum nutrition. Some of the varieties we grow on a micro scale include **LEEKS, PEAS, KALE, MUSTARD, BEETS, CILANTRO, ARUGULA, SORREL, AND PURPLE CABBAGE**. At our 2-acre

location just inside Kansas City's I-435 loop, we also seasonally grow **CHERRY TOMATOES, MINI MELONS, CARROTS, PIE PUMPKINS, SWISS CHARD, BEETS, AND MORE**.

### DANJO FARMS



Dan & Joanne Nelson  
1210 Private Road 2717  
Moberly, MO 65270  
(573)823-5452  
danjofarms@gmail.com  
www.danjofarms.com

We are a Certified Naturally Grown and Animal Welfare Approved family farm devoted to treating our animals humanely, using deep organic methods and being sustainable land stewards. We enjoy growing **HEIRLOOM HERBS, VEGETABLES, BERRIES AND FRUIT**. We provide you with nutritiously superior produce and farm products to sustain your families daily needs. Join our **CSA** to get your fresh-picked farm share of **VEGETABLES, FRUIT, BERRIES, EGGS, BAKERY GOODS, value-added products and MEATS**. Our 300 memberships are going fast! We are a multi-farm based **CSA**. We source verify all of our offerings for you from our Missouri companion farmers. We will have lots vegetables, herbs, cut flowers, berries and fruit in season to buy at our farm stands and local farmers markets we attend weekly. Natural **PORK**, pastured **CHICKEN, LAMB, GRASS-FED BEEF** and free range **TURKEY** will be available as well as our **RISE N' SHINE BAKERY** items! Stop by and see us neighbors - you'll be glad you did! Find us at City Market in KCMO year round!

### DAVID'S PASTURE



David Kesten  
696 NE County Road CC  
Concordia, MO 64020  
(816)226-8040  
info@davidspasture.com  
www.davidspasture.com

Our farm is family-owned and multi-generational. In adopting the techniques of Joel Salatin and Polyface, Inc, our farm is sustainable, pasture-based,

and beyond organic. We sell **EGGS, CHICKEN, TURKEYS, PORK, AND BEEF.** The feed we use is strictly local, **NON-GMO** grains, with minerals and probiotics. We take pride in bringing you Pure Foods from Pure Pastures. You can find our products at Nature's Pantry in Independence, MO or at the farm. Visit our website and like us on Facebook. Our farm is always open, so come on by.

## FAIR SHARE FARM



Rebecca Graff and Tom Ruggieri  
18613 Downing Road  
Kearney, MO 64060  
(816)320-3763  
Rebecca@FairShareFarm.com  
www.FairShareFarm.com

As we begin our 11th season, we welcome you to join Fair Share Farm **CSA.** As a community of farmers and eaters, we work together to grow, harvest, distribute, and eat the freshest, most-nutritious, colorful, and flavorful produce possible. Our fields are filled with a wide assortment of **VEGETABLES, FRUITS AND HERBS,** including **HEIRLOOM VARIETIES.** We offer a 24-week regular season CSA from mid-May to mid-October. (Our 31 week extended season is full for 2014.) We offer four options for picking up your share: at the farm, at a member's home in Liberty, MO, at the BADSEED Market, and in Brookside. Members also assist with CSA administration as part of our Core Group. Check out our web site and blog ([www.fairsharenews.blogspot.com/](http://www.fairsharenews.blogspot.com/)) for more info.

## FRUITFUL HILLS CSA



Aaron Eugene Martin  
12346 Atlas Rd.  
Meadville, MO 64659  
CSA Coordinator: Christine Stephan  
(A CORE group volunteer)  
816-217-8115  
christinelstephan@gmail.com  
Farm Manager: Michael Frantz

Farmers in our community of small, horse-powered family farms are working together to provide shares for a 24 week

CSA. From mid-May to mid-November, we supply a weekly share of **FRESH VEGETABLES,** including same-day-harvested **SALAD CROPS, SPECIALTY MELONS,** and **HEIRLOOM TOMATOES.** **PASTURED EGGS** and **MEATS** are offered separately. We use natural and sustainable farming methods, focusing on integrity, quality and variety. This year we are adding **DAIRY** and **PORK.** Dairy will be on a week to week ordering process. The first time you order dairy you will be required to sign a contract, which is due to state laws about milk. Pick up CSA shares in Columbus Park, Prairie Village, Lenexa, Garmin (employees only) or Children's Hospital Association (employees only) on Wednesday evenings. Download a copy of the CSA application or mail the Farm Manager, Aaron Martin.

## THE GARDENS AT EIGHTY ACRES



Andy Wolff, Land Steward  
Kahla Rowan, Property & Farm Manager  
Ryan Stubby, Grower  
28013 167th Street  
Leavenworth, KS 66048  
www.eightyacres.net

At Eighty Acres, we have a deep passion for **FRUITS, VEGETABLES, CULINARY & MEDICINAL HERBS,** all foods grown using organic growing methods and ethically wild crafted from meadows and forest. We are expanding to include **MUSHROOMS** and woodland gardens. We deliver to our **CSA** customers on Fridays at The Farmer's Market at Eighty Acres and on Saturdays at Brookside Farmer's Market. We have several u-pick **FLOWER** gardens that are open to the public during our hours of operation, 9:00 a.m. - 5:00 p.m. daily.

## GASPER FAMILY FARM



Pete and Susan Gasper  
11184 Antioch RD #167  
Overland Park, KS 66210  
(913)723-3838  
farmer1@gasperfarm.com  
www.GasperFarm.com

Gasper Family Farm is a small, diversified family farm near Fort Scott, Kansas. We produce **GRASS-FED BEEF, PORK, CHICKEN, DUCK, AND GOOSE** from healthy pastured animals and grow heirloom **VEGETABLES**. We raise **DAIRY COWS**. Our goal is to provide natural, great tasting, nutrient-dense food that builds health and restores the environment. We do this by raise our animals and vegetables as God intended by working with nature, instead of against it, and forgoing the use of chemicals. We have **MEAT** and **DAIRY CSA'S**. We deliver monthly to Overland Park and Lawrence and weekly to Olathe and Lawrence. We sell on the farm, at farmers markets and deliver to drop-off sites. We are committed to following, and often quite exceed, organic standards. It is our practice and commitment that if something we provide falls short of our or KCFC's high standards for whatever reason we'll disclose it in the price list and usually talk about it in the newsletter as well. We seek complete transparency to our eaters about our production practices.

### GIBBS ROAD FARM - CULTIVATE KC



4223 Gibbs Road KCKS, 66106  
 Farm Manager: Alicia Ellingsworth  
 Alicia@cultivatekc.org  
 Executive Director: Katherine Kelly  
 Katherine@cultivatekc.org  
 (913)831-2444  
 www.CultivateKC.org

Gibbs Road Farm is a two-acre, certified organic production and training farm in Kansas City, Kansas growing more than 50 different **VEGETABLES** and **HERBS**. Look for us at the Brookside Farmers Market on Saturdays and find our produce on the menus of many fine local restaurants. We also have a 40-member year-round **CSA** program. Gibbs Road Farm is the original farm-site of Cultivate Kansas City, a non-profit organization that promotes small-scale community based, entrepreneurial farming in the metropolitan area.

### GOLDEN RIDGE FARMS



Bruce & Cindy Silvest  
 24960 Earnest Rd.  
 Osawatomie , KS 66064  
 H (913)898-6201 C (913)406-9440  
 GoldenRidgeFarms@aol.com  
 www.KSPecans.com

We raise **PECANS**, our fruit trees (**PEACHES, APRICOTS, APPLES, PLUMS, AND PEARS**) and **BERRIES** (blackberries/raspberries/strawberries) without the use of sprays. We are planting more pecan trees and replanting grasses on formerly row-cropped land. Pecans can be purchased year-round. We have **GLAZED PECANS IN CINNAMON SUGAR, FRENCH VANILLA, BUTTER RUM, AND CARAMEL FLAVORS**. We also make **JAMS AND JELLIES** from the fruit we grow on our farm. The glazed pecans, jams, and jellies are all available **REGULAR OR SUGAR-FREE**.

### GOLDEN RULE MEATS



Mark Curtis  
 Walker, MO 64790-9198  
 Home: (855) 875-5068  
 Email: info@goldenrulemeats.com  
 Web: http://GoldenRuleMeats.com

Golden Rule Meats is located in the heart of the Cherokee Prairie Region in West Central Missouri. Our soils were developed under hundreds of years of native prairie vegetation cover, making it highly suitable to produce the high quality forage needed to produce juicy **GRASS FINISHED BEEF**. Our line of Black Angus was genetically selected to finish and marble on forage alone. We feed no grain, antibiotics, or growth promotants of any kind. All animals were born and raised on grass/clover pastures producing all the health benefits that only **100% GRASS FINISHED BEEF** can provide. My USDA inspected meat is sold at the farm, and at The City Market in downtown Kansas City. Deliveries are made to the Kansas City metro area every Saturday.

## GRASS VIEW ACRES



Eugene Martin  
12346 Atlas Rd  
MeadvilleMO64659  
660-938-4291  
christinelstephan@gmail.com

At Grass View Acres, you are a partner in sustaining a local food system. Vote with your dollars for the best quality foods in your own backyard. By supporting our pasture-raised products you keep your food dollar in your community and sustain family farms. We have maintained a **GRADE-A DAIRY** since 2006, first in Pennsylvania and now here in Missouri. We manage our 80 acre farm using organic methods. We provide **DAIRY PRODUCTS, CREAM, BUTTER, YOGURT and CHEESE**. Dairy customers must sign a contract. Also **EGGS, CHICKEN**(whole or parts) and **PORK**, which are fed all-natural **NON-GMO** feeds. Our products are available via the Fruitful Hills CSA, on the farm, and Wednesdays at the Gladstone Farmers Markets in May – Oct, or contact us to order. We have numerous drop sites in the KC area.

## GREEN DIRT FARM, LLC



Jacqueline Smith and Sarah Hoffmann  
P.O. Box 74, Weston, MO 64098  
info@GreenDirtFarm.com  
www.GreenDirtFarm.com

We make our own **FARMSTEAD SHEEP'S MILK CHEESES** and **YOGURT** by hand on our farm using milk from our own **GENTLY RAISED, GRASS-FED EWES**. Our **ANIMAL WELFARE APPROVED** farm is located in the scenic Missouri River bluffs outside Weston. The grasses and legumes in our carefully tended pastures give our artisan cheeses and yogurt a unique richness and lovely depth of flavor not found anywhere else. Also 100% **GRASS-FED LAMB** of unsurpassed quality, tenderness, and flavor. Come visit us at The **BADSEED** Market on Fridays and at other area farmers' markets from May through November. Please visit our webs site for details about our farmers' market schedule.

You may also visit us at the farm during our event season for Cheese Appreciation Events, Farm Table Dinners and Cheese Kitchen tours; see <http://bit.ly/W1EI5h> for details and ticket information. We look forward to seeing you!

## GREEN GATE FAMILY FARM, LLC



Katie Nixon and Ken Baker  
RR1 Box 1168, Wheatland, MO 65779  
Ken: (304)807-0336  
Katie: (816)809-5074  
greengatefamilyfarm@gmail.com  
www.greengatefamilyfarm.com

Our small diversified farm is located in the southwestern part of Missouri. We started farming in 2010, and have been slowly expanding our operation. We became certified organic in May 2013, which is part of the way we look after the land we farm and live on. The farm is balanced between intensive **VEGETABLE** and **FRUIT** production, woodland, pasture for **LIVESTOCK** and **POULTRY**, and protected stream. Our 2800 sq. ft. high-tunnel greenhouse started production in 2014. We produce **CHICKEN, DUCK, and GOOSE EGGS**, and sustainably produced **VEGETABLES** and **FRUIT**.

## HERB'N GARDENER



Lew Edmister  
921B W 17th Street KCMO, 64108  
(816)842-4432  
herbngardener@kc.rr.com

Lew's urban farm consists of two large city lots in the Westside neighborhood of KCMO that he has greatly improved by using only natural fertilizers, soil amendments, companion and interplanting practice and natural pest controls. Lew also bakes rustic sourdough **BREADS** in his own clay oven to sell through his CSA and at farmers' markets. Lew specializes in **SALAD & BRAISING GREENS, KALES, COLLARDS, NUMEROUS HERBS, HEIRLOOM TOMATOES, FRENCH FILET & POLE BEANS, SCALLIONS, SHALLOTS, BULB FENNEL, MELONS, CUCUMBERS AND HEIRLOOM WHITE CORN**. CSA members get priority. To



sign up give Lew a call! Lew sells at BADSEED Market and in the courtyard at 17th and Belleview, KCMO.

## HERITAGE ACRES FARM

Jacki Prettyman  
2425 Wagon Rd, Ft Scott, KS 66701  
H (620) 857-4275 C (620) 235-9444  
jprettyman@ckt.net

Heritage Acres Farm is a small, family-owned and operated produce farm in northern Bourbon County, Kansas. We raise and sell **HEIRLOOM** and **GOURMET VEGETABLES**, and with the addition of our new high tunnels we are expanding all-year produce. Our vegetable garden is Certified Naturally Grown (CNG) and we grow in a sustainable manner by using composted manures and vegetable matter, mulching, rotating crops, see saving, etc. We also have free-range **EGGS** for sale. Our produce is sold through our corporate and family **CSAS**, Farmers' Markets, and retail outlets. Heritage acres also has a state-certified kitchen where we use our produce to make and sell all natural products such as jams, salsa, pasta sauce, ketchup, breads, and more. Please call or email us for more details.

## HOMESPUN HILL FARM

Debbie Yarnell  
137 E. 1400 Rd  
Baldwin City, KS 66006  
(785)979-3077  
HomespunHillFarm@yahoo.com  
www.HomespunHillFarm.com

Healthy Farming for Our Soils! Healthy Foods for Your Soul! **GRASS-FED LAMB** offered as whole frozen, available fall and spring of the year. Join our growing list of families who enjoy our sweet and mild-flavored protein source, produced on 100% grass pastures.

## IWIG FAMILY DAIRY

Tim and Laurel Iwig  
3320 SE Tecumseh Road  
Tecumseh, KS 66542  
iwigdairyfarm@sbcglobal.net

www.llovelwig.com  
Three retail stores:  
At the Farm: 785-379-9514  
Iwig Dairy Store: 724 SW Gage Blvd., Topeka, KS 785-228-1697  
Iwig Dairy Local Foods Market: 622 North 2nd Street, Lawrence, KS 785-856-4944  
For Home Deliveries: Door to Door Organics 1-888-484-1501 or www.doortodoororganics.com

Since 1910, the Iwig family has been producing **LOCAL DAIRY PRODUCTS**. Our milk travels 70 feet from cows to bottles and under 50 miles to your table, always produced less than 48 hours before delivery in our stores. Our low temperature pasteurization process preserves the naturally occurring bacteria and enzymes, unlike the typical ultra-pasteurized process. Our dairy products are free of rbST, injectable hormones, and any antibiotics. We bottle our milks and cream in reusable and recyclable glass bottles to preserve the exceptionally delicious flavor and respect the environment. They also do not contain any toxic chemicals such as BPA. Our Holstein and Jersey cows all have names and are raised and treated with love and care on our family farm. Healthy, happy cows make higher quality dairy products. You are welcome to tour the farm, call the farm store for reservations or come visit and shop at our farm store. Bring a cooler, and take home the yummiest milk and ice cream!

## J.T. BLANTON AND SONS

Todd Blanton  
Princeton, MO  
(641)745-9199  
jtblanton@iowatelecom.net

We are restoring an 80 acre farm to sustainable food production with 20 acres currently in **NON-GMO** open pollinated corn, flax, field peas, edible beans, hard red wheat, and buckwheat and 50 acres of pasture. We use only organic approved fertilizers and otherwise employ intensive crop rotation, high density timed grazing, and green manure crops to maintain fertility. We are building a processing 25

plant to offer cleaned **WHOLE GRAINS, BLACK EYED PEAS, PINTO BEANS, AND KIDNEY BEANS, FLAX, GROUND WHEAT, RYE, OAT, AND BUCKWHEAT FLOUR.** We are also growing an open-pollinated, high-carotene **"ORANGE CORN"** developed at Purdue University. Call the farm for details. Other Products: Open pollinated (OP) white corn meal, OP orange corn meal, OP yellow corn meal, Hard Red Winter wheat berries, Rolled Hull-less Oats.

## JANZEN FAMILY FARM



Norm Oeding, Manager  
15076 NW 180th St.  
Newton, KS 67114  
(316)799-2670 (316)799-2585  
normo@elbingks.com  
www.JanzenFamilyFarms.com

We sell **100% GRASS-FED BEEF** from our farm near Newton, Kansas. We also offer **CERTIFIED ORGANIC CHEMICAL-FREE WHEAT AND STONE GROUND FLOUR** products for sale in 5#, 10# & 50# bags. We make regular deliveries to the Lawrence, Kansas area.

## JOE L FARMS



Joe Louderback  
16526 Varner Rd  
Mayview, MO 64071  
660-584-2169  
JLouder82@ctcis.net  
www.JoeLFarms.net  
www.facebook.com/joe.louderback.5

Specializing in true **PASTURED PORK** between purebred Berkshires & Duroc crosses. Our hogs are raised with plenty of love and care. They receive a cookie each night which they will sit for. We use high quality genetics to make sure our customers receive the top quality meat. See our website for ordering information.

## K.C. BUFFALO CO., LLC



Peter and Susan Kohl  
2201 East 203rd Street  
Belton, MO 64012

H (816)322-8174 C (816)808-5051  
F (816)322-6818  
KCBuffaloCo@sbcglobal.net  
www.KCBuffalo.com

**BUFFALO!** USDA all natural free-range. The original health food for the enlightened consumer. We are your local producer in the Kansas City area. Find us at the City Market of Kansas City or at our ranch shop. Nationwide shipping. Gift certificates and local delivery available based on order size. Buy buffalo by the pound, the side or on the hoof.

## KARBAUMER FARM



Klaus and Lee Karbaumer  
12200 Missouri 92 Hwy  
Platte City, MO 64079  
(816)270-2177  
KarbaumerFarm@yahoo.com  
www.KarbaumerFarm.com

"Bring your table closer to the farm!" Our farm is powered by huge draft horses and no tractors. We grow organically and use **NO CHEMICALS**, not even those organically approved. Our diversified farm uses sustainable practices for the health of our animals, our soil and the planet we all share. We provide **ORGANICALLY -GROWN VEGETABLES, HONEY, CHICKEN & DUCK EGGS** from our free-ranging pastured chickens and ducks. Our 2014 Farm Guild plan combines a **CSA** model with our farm market, which allows members a choice in the variety and quantity of produce they take home. Weekly harvest announcements and a monthly "Report to Shareholders" are included. Guild families may join us for farm events which may include an **EATERS' EGG HUNT, BONFIRES, & HORSE-DRAWN WAGON & BUGGY RIDES.** We have a huge cider press available to members for juicing their apples and grapes and designated canning and food dehydration equipment for loan to members. We sell to restaurants, a small health foods grocery store and to individual families. See our website for more information. Come see how your food is grown and meet the farmers who grow it.

## LANDERIA FARM



Kathy Landers  
Olathe, KS 66061  
(785)393-6693  
kathy.landerson@gmail.com  
www.facebook.com/landeria.farm

Landeria Farm is a **GRADE A GOAT DAIRY & MICRO CREAMERY** Specializing in the production of both pressed and bloomy cheeses aged in our subterranean cave. We make 3 types of hard cheese; Swiss, Jack Cheddar, and Gouda. We make 3 types of French style bloomed cheese; an ashed pyramid, a bloomed heart, and a branded chestnut leaf wrapped round. 7 types of fresh chèvre complete our offerings. Find us at the Lawrence Saturday farmers market, the Wednesday and Saturday Overland Park Market, and the Saturday and Sunday City Market.

## THE LITTLE FLOWER FARM



Stacey Johnson  
McLouth, KS 66054  
F (913)796-6120  
happycatholicmom@hotmail.com  
www.kansasgoatmilksoap.com

We are a small family farm located just north of Lawrence in northeastern Kansas. We raise **CHICKENS** and **DAIRY GOATS** on our 40 acres, along with growing many of our own fruits and vegetables. In addition to drinking the rich, sweet milk from our goats, we make **YOGURT, CHEESE, & WONDERFUL SOAP**. We are also honored to help conserve approximately 15 acres of Tallgrass Prairie.

## LUCKY STAR FARMS



Randy and Tonia Rupe  
Eureka, Kansas 67045  
(620)583-6776  
luckystarfarm@gmail.com  
www.luckystargrassfedbeef.com

**100% GRASS FED BLACK ANGUS DRY AGED BEEF**, of Kansas. We've been ranching since 1979 and made the switch to GRASS FED in 2005 because we care

about the sustainability of our land, our food systems, the Kansas ranching and farming lifestyle, our animals and your health! **NO ANTIBIOTICS OR HORMONES**. We feed our own **ORGANICALLY GROWN ALFALFA HAY** with Brome grass, clovers and prairie hay in the winter months. We never use chemical fertilizers, pesticides or herbicides. Meat is processed in Kansas at a USDA certified processor and vacuum packed in BPA free packaging and flash frozen for excellent quality and taste. The superior Angus characteristics in our herd achieve excellent steakhouse quality marbling. **ANTIBIOTIC & HORMONE FREE PASTURED HERITAGE BREED TURKEY, CHICKEN, EGGS, & PASTURED HERITAGE BREED PORK** now available (fed only local **NON-GMO** grain we grow ourselves and certified organic grains!) Available in KC at Green Acres Market - Briarcliff Village. Monthly Deliveries to KC Metro area. Or give us a call and come visit our on-farm store!

## MJ RANCH LLC



Mel and Joyce Williams  
3105 Wild Horse Rd.  
Lawrence, KS 66044  
H (785)865-2503 C (785)766-2776  
MJRanch66044@gmail.com  
www.MandJRanch.com

We invite you to try **100% GRASS-FED ANGUS BEEF** at its finest! MJ Ranch is certified by the American Grassfed Association! It is the **GRASS**, without any grain, that our cattle dine on that makes this the healthiest beef you can eat. **WE TAKE PRIDE** in raising only authentic beef; never using any hormones, sub-therapeutic antibiotics, pesticides, or herbicides on our pastures. All cattle are born and raised on our Ranch and are rotated to different pastures simply by calling to them. In winter our own hay is rolled out on the pastures. Our cattle always receive humane treatment (per our certification by Animal Welfare Approved.) MJ Ranch welcomes visitors. Contact us about delivery, sales at the Ranch, stores currently selling our beef, or about picking up 1/4's, 1/2's, or wholes at our USDA processor in DeSoto, KS.

## MARIE'S ALPACA ACRES



Marie Blankenship  
P.O. Box 344 Carbondale KS, 66414  
(785)633-6902  
[www.mariesalpacaacres.com](http://www.mariesalpacaacres.com)

Marie's Alpaca Acres specializing in ARI registered quality **ALPACAS**, **ALPACA CLOTHING** and **ALPACA CRAFT ITEMS**. Alpaca is nature's miracle fiber, being three times warmer than sheep wool, hypoallergenic and available in a variety of natural colors! We have products to suit everyone on your list: men, women, children and babies. We offer **HATS, SCARVES, GLOVES, SOCKS, BOOTWARMERS, YARN, ROVING, RAW WOOL, GARDEN FABRIC** and much more! Easy ordering through our website or by phone for local pickup when available. Try alpaca! You'll LOVE it! Also, alpaca manure makes a wonderful compost and is available on request.

## METTENBURG FARM



Al & Roxanne Mettenburg  
1824 Nevada Rd., Princeton, KS 66078  
(785)242-2156  
[MettenburgFarm@gmail.com](mailto:MettenburgFarm@gmail.com)  
[www.mettenburgfarm.com](http://www.mettenburgfarm.com)

**100% GRASS-FED BEEF AND LAMB, PASTURED POULTRY, FREE-RANGE EGGS, HERITAGE PORK; NON-GMO GRAINS.** Our rocky farm is good for growing one thing: grass, especially native tall grass prairie. Since 1973, generations of our Simmental x Angus cattle have been adapting perfectly to this sea of grass and wildflowers, flanked by 50 acres of oak-hickory woodland. No preventative antibiotics or growth hormone implants are used. Our lean and flavorful grass-fed beef is recognized as Certified Artisan Beef. Grain supplements fed to pigs and chickens include non-GMO corn, wheat and barley raised on our nearby fields. We have added a hydroponic grass system to assure quality forage supplies through winter and times of drought. Animals are processed locally & all beef is dry-aged. We offer several

packages as well as selected individual cuts. Convenient online ordering and payment, plus delivery throughout the area. Bring the kids out for a real farm visit. We can also supply of non-GMO grain for sale to other producers.

## MTO-SA-QUA FARM



Jackie Keller  
2222 SW Glick Rd.  
Topeka, KS 66614  
785-633-4621  
[Kellerjackie99@gmail.com](mailto:Kellerjackie99@gmail.com)

Certified Organic crops since 2004 by OCIA International. **RED CLOVER** and **RED CLOVER/GRASS Mix HAY** in 1200-1400 lb. big round, web-wrapped bales. Grains produced in 2014 are **WHEAT, TRITICALE** and **CORN**. Can deliver 3 bales per trip and up to 350 bushels of grain per trip.

## MOON ON THE MEADOW



Jill Elmers  
1515 E 11th Street  
Lawrence, Kansas 66046  
Farm: 785-749-1197  
Wk: 913-529-9425  
[JElmers@MoonOnTheMeadow.com](mailto:JElmers@MoonOnTheMeadow.com)  
[www.commonharvestcsa.com](http://www.commonharvestcsa.com)

Moon on the Meadow farm is a certified organic farm located on the east side of Lawrence, just inside the city limits. We grow a wide variety of **VEGETABLES, HERBS**, small **FRUITS**, and fresh ground **FLOUR** made from our **HEIRLOOM WHEAT**. All products are available at the Lawrence Farmers Market and through our CSA program which has pickups in Lawrence, Kansas City (75th and State Line), and Topeka.

## MY NEIGHBOR STEVE



Steve Pierce  
821 King St.  
Baldwin City, KS 66006  
785-594-2475  
[hello@MyNeighborSteve.com](mailto:hello@MyNeighborSteve.com)  
<http://www.myneighborsteve.com>

Following organic standards, I grow a variety of vegetables – lettuces, spinach, salad greens, some root crops, and summer and winter squash. Tomatoes, basil, garlic, cilantro, and peppers go into my **PASTA SAUCES AND SALSA**, which are available through Door to Door Organics in Kansas City, and at The Merc, Checkers, and IWIG's in Lawrence and Baldwin City, Kansas.

### NATURE'S CHOICE BIODYNAMIC FARM



Fred & Helen Messner  
6120 South 169 Highway  
St. Joseph, MO 64507  
(816)596-3936  
FGMessner@yahoo.com

Nature's Choice biodynamic Farm is a third generation working farm with a GAP food safety plan, Certified Organic transition, using holistic/homeopathic practices. We offer 40 **VEGETABLE** varieties plus one acre of premium **U-PICK BLACKBERRIES**. Find us at the Saturday K.C. City Market in stall 12, 13, and 14. Weekly wholesale deliveries are available.

### NEW ROOTS FOR REFUGEES



Meredith Walrafen  
Catholic Charities  
2220 Central Avenue KCKS, 66102  
O (913)906.8981 F (913)621.7066  
C (913)909.1027  
mwalrafen@catholiccharitiesks.org  
www.newrootsforrefugees.org

New Roots for Refugees is a sustainable urban training farm designed to help refugees start farm businesses. We grow a mix of **TRADITIONAL AND ETHNIC VEGETABLES**, and emphasize soil health and fertility. We never use synthetic fertilizers or toxic pesticides. With 17 different farmers selling at 13 different area markets, our produce is available for sale at Farmers Markets throughout the KC metro area. **CSA** members build a partnership with one farmer and pick up vegetables from the same farmer every week. The eater gets to know who is cultivating their food, and the refugee-farmer is able to interact more long-term

with English-speaking Americans. You are welcome to visit the farm and spend time working alongside your farmer! See our website for more info.

### OUR MAKER'S ACRES



Greg and Francine Molner  
19745 Forum Rd., Purdin, MO 64674  
(660)244-3636

For 33 years in Wisconsin and North Carolina, and now Missouri, we have enjoyed farming and raising 10 children and **PRODUCE** in harmony with God's creation. We have Jersey **DAIRY** cows and dairy goats, Angus for **BEEF**, 100+ hens for **EGGS**, and hundreds of chickens for **FRYERS** all on pasture, with only organic practices, using **IMPRO** colostrum-whey products as immune enhancers. We make natural **DEODORANTS** and **INSECT REPELLENTS**. We are also a source for **FERTR ELL** and other organic/natural fertilizers and minerals. Our produce and products are available on farm, and through a Buying Club in the Kearney, North and South Kansas City, and Independence areas. Call us for details!

### PARKER FARMS NATURAL MEATS



Tom and Paula Parker  
43602 Hwy. F, Richmond, MO 64085  
(816)470-3276  
ParkerFarms@peoplepc.com  
www.ParkerFarmsMeats.com

**GRASSFED BEEF, Katahdin LAMB, PORK, FREE RANGE EGGS & PASTURED CHICKEN.** We raise all of our livestock just as God intended. No antibiotics, growth hormones, or animal byproducts in our feed. Our cows are 100% grass-fed to achieve the healthiest human food possible. Our lambs are born on green pastures in the spring and are also 100% grassfed. Our laying hens and broiler chickens live in the pastures with green grass under their feet. Our hogs live outdoors on dirt and are supplemented with corn and soybeans. We sell in bulk or by retail cuts at the 29 farm or by delivery to select metro

locations. All meat, except our chicken, is USDA-inspected and visitors are always welcome. We also offer a **YEAR-ROUND MEAT & EGG CSA**. Call for details or directions.

## PARKS PASTURE PORK



Darrell Parks  
1001 East 26th Ave  
Manhattan, KS 66502  
Farm: 785-539-1930  
Cell: 785-770-2835  
parkspasturepork@gmail.com

Our farm is a diverse, certified organic farm raising **PASTURE PIGS, CEREAL CROPS, LEGUMES,** and a few **VEGETABLE CROPS**. Most cereal crops we grow are used to finish our pigs that are farrowed on pasture in insulated huts. Fresh air, sunshine, organically raised feed and all outdoor pens makes happy healthy pigs and truly better tasting pork. I sell at the Manhattan Farmers Markets or you can contact me to buy direct from the farm. Just about every imaginable cut is available. You can buy bundles, or we will deliver hogs to a processing plant for half or whole hog purchase. Also in season we sell sweet corn and may at times have other vegetables for sale. We try to be good stewards of this beautiful Kansas River Valley land that we've been lucky enough to farm since 1977.

## PEACOCK FARMS



Betty Mendenhall  
12589 Salem Cemetery Rd,  
Higginsville, MO 64037  
H (660)584-2526 C (816)726-3405  
PeacockF@ctcis.net  
www.PeacockFarmsMo.com

We are a sustainable ag. grower. We offer chemical free **VEGETABLES** and **FRUITS, FREE RANGE EGGS** and **DUCK EGGS**. Our fruits are the best. See us at the City Market every Saturday from 7-2pm – Stalls 15& 16. Enjoy the pick of the crop and join our **CSA** program, May 9th thru Oct 3rd. It is a 22 week program with fresh fruit

almost every week with **STRAWBERRIES**. \$425 for the season, may be made in 2 payments. \$75.00 extra per season for home delivery. Deliveries south of the river on Thursdays. Pick up at 39th and Genessee on Thursday @ 5pm. Home deliveries North of the river are Saturday @ 3pm. All produce picked fresh day of delivery. Limited # of CSA shares are available, so reserve early!

## PEARLY GATES ORGANIC SOAPERY & HOMESTEAD



Nancy Gordon  
7000 Sycamore Ave, KCMO 64133  
(816)353-3602  
Nancy@PearlyGatesSoap.com  
www.PearlyGatesSoap.com

Ours is a one-acre operation, in KC MO just off of 435-south & Gregory exit. We've been farming organically since 1980 and making soaps & bath care products since 1985. We also offer organic spring veggie, summer fruits and veggies and herb complete sampler gardens in a flat for only \$37 each, (great for the small urban gardener) each spring while supplies last. We offer "You Pick" CSA shares at our farm, and include an organic full size seasonal bath care product each month with your pickings. We grow many specialty **VEGETABLES, HERBS, FRUITS (HEIRLOOM & HYBRID), MICRO-GREENS, NUTRITIONAL GRASSES FOR JUICING, & EDIBLE FLOWERS FOR USE IN OUR ORGANIC SOAPS/BATH & BODY CARE PRODUCTS** and for sale all seasons. We also grow many cut flowers. We focus on crops good for raw food eating. We sell at KC Organics & Natural Market at Minor Park in KCMO on Saturdays, from May-October and at Raw Food Festivals and other markets. E-mail us for more info.

## PINWHEEL FARM



Natalya Lowther and Matt Schwabauer  
Lawrence, KS  
(785)979-6786 (785)393-7301  
natalyalowther@hotmail.com  
schwabauer@gmail.com  
www.pinwheelfarm.org

Pinwheel Farm was established to ensure the preservation of 10+ acres of Class 1 agricultural soil in the Kaw River Valley just north of North Lawrence. A happy side effect is that we produce oodles of minimally-filled, non-irrigated, pesticide-free **VEGETABLES, HERBS and FRUIT; FORAGE-FED LAMB and WOOL; machine washable SHEEP SKINS, SHEEP MILK SOAP**, and many other products. 2014 marks the debut of our collaboration with Beakhouse Hens to provide specialty hatching eggs, chicks and breeding stock for backyard poultry enthusiasts. Pinwheel Purchase Cards—our CSA alternative—let you budget your local food (etc.) dollars in advance and support the farm, while getting a 10% bonus for any amount you pre-pay. Find us Saturdays at the Downtown Lawrence Farmer's Market or call to find us at the farm. We adore volunteers...it's a labor of love!

### PLAYHAVEN FARM LLC



Bobbi Walker  
3194 Oakwood Drive  
Napoleon, MO 64074  
816-304-3317  
bobbi@playhavengreen.com  
<http://www.playhavenfarm.com>

Located East of Metro KC, a few miles north of I-70. I welcome new client-friends (by appointment, please)! My website abounds with farm information and this journey into healthy food and sustainable building. Come visit the farm to enjoy a little nature when you pick up your food. As a person with multiple food allergies, I am dedicated to providing food that people like me can eat without fear. **EGGS** from pastured hens are fed NO corn, soy, wheat and antibiotics are pasture-raised. Preorder a live chicken and we will humanely process it for you at no additional cost. Native varieties of **BLACKBERRIES and ARONIABERRIES**. In 2014, I will be 'cow-pooling' our first grass-fed/finished Belted Galloway steer. Contact me to reserve your share. I am expanding into **TREE FRUITS and NUTS**, in addition to **VEGETABLES, HONEY** and other

bee products. All raised in sustainable ways without the 'icides' (insecticides, pesticides, herbicides). I want to be your local farmer! Request an order form and then make an appointment to visit the farm and let me know what else I can plant/ raise for you!

### PRAIRIE BIRTHDAY FARM



Linda Hezel and Richard Moore  
Rural Clay County, Missouri  
Flavor@PrairieBirthdayFarm.com  
(816)781-9654  
[www.PrairieBirthdayFarm.com](http://www.PrairieBirthdayFarm.com)  
<http://exquisitesprouts.wordpress.com>  
twitter: @PB\_Farm  
<http://www.growinggrowers.org/host-farms.html>

Our small farm produces a wide range of exquisitely flavored healthy food without the use of chemical fertilizers or pesticides. We sell to restaurants and from the farm (by arrangement). Send an email to receive notices of product availability. Volunteer educational apprenticeship opportunities are available. Across the growing season the following are available in limited quantities: **HERITAGE AND WILD TREE FRUITS** (apple, pears, persimmon, plum, etc.), domestic and wild **BRAMBLES and BERRIES** (Concord grapes, currants, etc.), **HEIRLOOM VEGETABLES and GREENS** (tomatoes, Jerusalem artichokes, etc.), **HERBS and EDIBLE FLOWERS, WILDFLOWER HONEY, and EGGS** (pastured heritage breed duck and chicken).

### PROVIDENCE FARMS



Gerry and Lisa Newman  
223 SW 30th Ave.  
Trenton, MO 64683  
660-635-0038  
providencefarmsofmo@gmail.com  
<http://www.providencefarmsofmo.com>

Our family farm strives to grow healthy food to make healthy people. We are Certified Naturally Grown and use only organic methods. We sell primarily at Farmers Markets but provide an

abundant supply of winter produce in our winter **CSA** November- February. We grow every **VEGETABLE** imaginable, fresh cut **FLOWERS**, brown chicken **EGGS** and juicy, ripe **STRAWBERRIES** in summer. We have a passion for farming and endeavor to always improve! Our children all farm with us and we couldn't do it without them. We don't consider those who purchase our vegetables just our "customers", we try to develop a real relationship with you. You are important to us! Check our website for Farmers Market locations.

### RACHEL'S ORGANIC VEGETABLES



Eleanor Hoffman  
27091 W. 143rd St, Olathe, KS 66061  
H (913)856-4211 C (816)804-6813  
LNINWVR@aol.com

Rachel's Organic Vegetables is a new farm using organic methods. We grow a large variety of **VEGETABLES** and **HERBS**, ie: **TOMATOES, SWEET AND HOT PEPPERS, LETTUCE, CABBAGE, ASPARAGUS, GARLIC, ONIONS, CARROTS, BEETS, BEANS, BELGIAN ENDIVE, POTATOES & CUT FLOWERS**. We also grow **RASPBERRIES, BLUEBERRIES, BLACKBERRIES & STRAWBERRIES**. Because I love to cook we grow a variety of **HERBS, BASIL, THYME, ROSEMARY, LAVENDER**, age, italian **PARSLEY, OREGANO, CILANTRO** and **CULANTRO**.

### RED RIDGE FARMS



Ami and Jim Zumalt  
978 NW 1101 Rd., Odessa, MO 64076  
H/F (816)690-7161  
C (816)694-4432  
jaaaz@embarqmail.com

We grow about 600 crops of about 80 different **VEGGIES, FRUITS, FLOWERS** and **HERBS** all year on our **CERTIFIED ORGANIC** farm, including **STRAWBERRIES, MICRO GREENS** and heirloom **TOMATOES**. We offer a unique **CSA** program that prides itself on being

flexible. Also find us at Brookside Farmers Market, Downtown Lee's Summit Farmers Market, KC Organics and Natural Market, and City Center Square at 1100 Main.

### ROCKY CREEK VALLEY FARM CSA



Elizabeth and Gary Wenig  
37009 W. 156th Street  
Rayville, MO 64084  
(816)853-0440  
lizzy@rcvfarm.com  
www.rockycreekvalley.com  
www.rcvfarm.blogspot.com  
www.facebook.com/rockycreekvalleyfarm  
www.youtube.com/rockycreekvalleyfarm

Since 2009 we have been restoring an abandoned 40 acre farm to carve out a dream. Rocky Creek Valley Farm is an agricultural and educational center that promotes environmentally friendly systems with sustainable farming. We strive to produce nutrient dense **VEGETABLES, BERRIES**, culinary and medicinal **HERBS**. We are dedicated to preserving **HERITAGE** and **HEIRLOOM** plants, exploring traditional techniques (that have been obscured and vilified by modern technology) by employing deep composting, earthworm vermiculture and natural weed and pest control and the natural rearing of animals. We offer CSA's, herb classes, tours and children's classes. May thru Oct. we are at BADSEED market (KCMO) .

### ROLLING PRAIRIE FARMERS ALLIANCE



c/o Paul Conway  
25476 183rd St., Leavenworth, KS 66048  
(913)775-2559  
PConway@WildBlue.net  
www.RollingPrairie.net

CSA vegetable subscription service. We deliver a weekly bag of fresh, seasonal **VEGETABLES AND FRUIT**, all locally-grown, to four pick-up sites. These are: The Roeland Park Community Center, Roeland Park, KS; Johnson County Community College – In



Lawrence, The Community Mercantile; Lawrence Memorial Hospital. **MEAT AND EGGS** are available.

### S & J HERBS AND HEIRLOOMS



Stacey Schulz and Jeff Hunter  
7514 Raines Rd.  
Liberty, MO 64068  
(816)407-9778  
(816)500-1448 Stacey  
(816)863-8516 Jeff  
staceyschulz@yahoo.com  
wsubbfan@yahoo.com

We are getting set for our 8th growing season; the 4th one in our Liberty location. Our beds are filled with an assortment of **PERENNIAL** and **ANNUAL VEGETABLES** including **HEIRLOOM** varieties. We also provide **HERBS, FRUITS,** and **FLOWERS** for cutting. Come find us Wednesdays at the Liberty Feldman's parking lot from 7 am- noon and in the Gladstone Hy-Vee parking lot Wednesday afternoons from 2pm - 6pm.

### SAKS RIDGE CATTLE COMPANY



Steve and Kathy Smith  
P.O. Box 161  
500 N. Borgman Rd.  
Buckner, MO, 64106  
816-650-5282

We are proud to offer free range **POULTRY**, both **EGGS** and **MEAT** and **DAIRY** from our grassed Jersey Cows. We also offer 97% lean beef from our registered Scottish Highland cattle. All of our livestock are fed **NON-GMO** feeds including locally grown hays and alfalfa. Our farm is open to the public on Wednesdays and by appointment. Delivery is also available.

### SCHENKER FAMILY FARMS



Kevin & Cherie Schenker  
1231 W 510 Ave, McCune, KS 66753  
(620)632-4470  
Info@SchenkerFarms.com  
www.SchenkerFarms.com

Enjoy juicy, flavorful **BEEF, PORK, POULTRY & LAMB** without added hormones, steroids, antibiotics, and other things found in supermarket meats. Our livestock is Animal Welfare Approved and Certified Naturally Grown, humanely raised, specialty grass fed with pride in Kansas. All meats are USDA inspected and e. coli tested. Beef harvested at 800-900 lbs. & dry-aged 14 days for maximum tenderness. **RAW CLOVER HONEY, JELLIES, JAMS, RELISHES, SALSA & PICKLES** now available. Savor exceptional meat at a great price! **Bundles, quarters, halves & whole BEEF, LAMB & PORK AVAILABLE. PASTURED POULTRY GIFT BASKETS, HOME / OFFICE DELIVERY & SHIPPING** available. **WEEKLY DELIVERIES** in the KC area. Try our **CSA** with delivery in the KC Metro, Topeka, St. Joseph, Lawrence & Warrensburg areas. Credit/debit cards accepted. Find us at the Overland Park Farmers Markets on Saturdays during the Market Season. We also supply Door to Door Organics and Natures Pantry. Let us supply your corporate CSA!

### SHARE-LIFE FARMS



Jim and Rose Thomas Jr.  
21302 185th Rd., Marshall, MO 65340  
(660)886-3936  
sharelifefarm@gmail.com  
www.sharelifefarm.com

We are **CERTIFIED ORGANIC** since 2004. CSA memberships delivered to the KC Metro and Columbia, MO. **VEGETABLE, SMALL FRUIT, AND ORGANIC CAGE FREE EGG CSA** available. Weekly sales at the Blue Springs Farmers Market or at the Columbia Downtown Farmers Market. Internships and volunteers are welcome. Call ahead for farm tours, which are always welcome. Located one hour from both Blue Springs and Columbia.

## SIMPLE FOOD



Angela Rothweiler  
12780 Jantzen Lane  
Platte City, MO 64079  
913-660-6282  
grenergirl@gmail.com

All organic in the Northland! Holistically raised on high rotation organic lamancha dairy goats free from soy, corn, wheat and gluten, vaccines, antibiotics, and chemical wormers provide delicious **DAIRY, YOGURT, CHEESE, AND KEFIR**. A well-established orchard provides heirloom varieties of **APPLES** and **PEARS**, as well as other organic seasonal produce, farm tours, u-pick days, and even a cider making day. Pastured, high rotation chickens produce soy free organic **EGGS**.

## SKYVIEW FARM & CREAMERY



Bill and Sheri Noffke  
22722 E. 800 Rd  
Pleasanton, KS 66075  
H (913)352-8727 C (913)710-0587  
GodsAcre@ckt.net  
www.SkyviewFarm.net

We are a family-owned and operated farm located on 80 acres about 50 miles south of Kansas City. We recently completed our new creamery where we milk our **JERSEY COWS** and **ALPINE GOATS**, make **CHEESES**, and age them in our underground cheese "cave." Our animals are raised on pasture and fed a minimal amount of non-GMO grains. Our raw, natural rind cheeses are available from our farm store and The Better Cheddar, Dean and Deluca, Fritz's Superior Sausage Co., Howard's Organic Fare, HyVee on State Line Road in Prairie Village and 135th and antioch, Renee Kelly's harvest, the Farmhouse, Somerset Ridge Vineyard and Winery, the Walso Farmer's Market, and the Badseed Market. We also have **GRASS-FINISHED BEEF**, free-range **EGGS**, pasture-raised whey-fed **PORK**, and grass-fed **LAMB** available. Visit our website and take a video tour, then sign up for our weekly email newsletter.

## SMOKY HILLS FARM



Dotty and Kevin Sharp, Drexel, MO  
(816)332-0932  
smokyhillfarm@gmail.com  
www.smokyhillfarm.info

Smoky Hills Farm is a quiet oasis located 8 miles SE of Drexel, MO . We provide an oasis where families can gather for a time out. A place where they can connect with their roots, learn a new skill, get in touch with where their food comes from, rejuvenate their souls, walk a trail, share a meal and reconnect. In addition to teaching **SUSTAINABLE** lifestyle skills we sell a multitude of products made and/or grow on our homestead. Check our website often as those items will change seasonally and include **SEASONAL PRODUCE, CULINARY** and **MEDICINAL HERBS, EGGS**, broiler **CHICKENS**, lotions, soaps and salves, jams and jellies, household cleaning products and occasionally baked goods. We use organic, sustainable practices and our animals are all living on pasture and supplemented when necessary with certified organic grains. We are open Wednesday through Saturday for visitors, but please call or email before coming out.

## SNITKA FARM, LLC



Adam & Bree Atkins  
Blairstown Mo  
816-377-3893  
snikta.farm@yahoo.com  
www.facebook.com/SniktaFarmllc

We are an all natural / biodynamic farm 60 miles south of Kansas City. Snikta is backwards for Atkins and as backwards farmers we practice methods that were in place before the introduction of chemicals and stripping the land of its natural benefits. We believe in sustainable growing practices and are **GMO-free** and **poison-free**. With a focus on creating our own sprays and fertilizers naturally from our own farmland, we work hard in creating a full-circle environment for our farm and animals. We feature mostly **HEIRLOOM VEGETABLES** and **FRUIT** with

RARE and hard to find **VARIETIES** as a staple. We also make our own all natural **SOAPS** with rain water & **HERBS** from our farm and 100% essential oils for you and your K-9 buddy. We are at the Lees Summit Farmers market on Saturdays from 7am - sellout, April - October.

### SOARING EAGLE FARMS ACME GRAIN



Lee & Cindy Quaintance  
20900 Edgerton Rd., Edgerton, KS 66021  
(913)893-6797  
Contact@ACMEGrain.com  
www.ACMEGrain.com

**CERTIFIED ORGANIC RED AND WHITE WHEAT BERRIES, BUCKWHEAT & SORGHUM (MILO). CERTIFIED ORGANIC WHOLE-GRAIN FLOURS: WHITE WHEAT, RED WHEAT, BUCKWHEAT & SORGHUM** (sorghum is used for many **GLUTEN-FREE** baking and cooking purposes). We have **CUSTOM ORGANIC CATTLE & CHICKEN FEED AVAILABLE YEAR-ROUND**, and we will **CUSTOM-MIX FEED** for other livestock, as needed. We have a limited supply of Natural Range **BROILER CHICKENS**. Product Orders taken by phone (preferred), e-mail, fax (phone first), direct farm sales (phone first). Soaring Eagle Farms is a **LOCAL DEALER OF SUPER GRO OF IOWA, INC. FERTILIZERS & MINERAL SUPPLEMENTS, FEED ADDITIVES, AND PROGRAMS** for Sustainable and/or Organic Ag Production.

### SOUTHERN EXPOSURE FARM CSA



Nancy Noyes-Ward  
P.O. Box 145  
1408 130th Street, Horton, KS 66439  
C (785)991-1038  
www.twitter.com/SE\_Farm\_CSA  
Facebook: Southern Exposure Farm (CSA)

Our family farm offers subscriptions to our CSA. Typical season of a full-array of in-season **VEGETABLES, FRUITS**, and **HERBS** runs April 1 through November 1. Season extensions during November 1 - April 1 are limited in quantity, and consist

of storage crops, **MIXED GREENS**, and **EGGS**. We pasture-raise **CHICKENS** and **TURKEY**. Free-range egg production. Small-scale meat production. Our resident Herbalist formulates high-quality medicinal tinctures and salves. We have **DAIRY GOATS** and produce **CHEESE** and **SOAPS** from our herd of Oberhasli dairy does. We also can provide specialty catering, including vegan, and other dietary considerations. Artisan breads baked on-site by Peace of Bread Bakery. Please contact for CSA rates and other questions.

### SPRING CREEK FARM



Stephanie Thomas  
1841 N. 150 Rd.  
Baldwin City, KS 66006  
(785)633-5292  
SpringCreekCSA@yahoo.com

At Spring Creek Farm near Baldwin City, we believe that food is at its best when it's fresh and natural. We specialize in produce grown using organic and sustainable methods. Amazing tasting **POTATOES** including Austrian Fingerlings, Yukon Gold and Kennebec; the sweetest red and yellow **CANDY ONIONS**, cucumbers, arugula, green beans, **HEIRLOOM TOMATOES, MELONS, SWEET CORN & SWEET POTATOES**. Find our quality food at The Merc in Lawrence, finer restaurants in Lawrence and KC. You'll love what we bring to your table!

### STONY CREST URBAN FARM



Rodger Kube & Diane Hershberger  
8740 Brooklyn, KCMO, 64132  
(816) 304-2517  
stonycrest@sbcglobal.net  
www.stonycresturbanfarm.com

We grow a full range of **USDA CERTIFIED ORGANIC VEGETABLES** year-round with an emphasis on unusual, colorful, and artisan cultivars for adventurous cooks and eaters. USDA Certification assures that our farming practices are held to the highest standard. That and our extremely local delivery make us proud of our small carbon footprint. April through November, we participate in the Brookside Farmers' Market and

the Waldo Farmer's Market which are within 5 miles of our farm. October through April, customers can choose their favorite vegetables through our Cool Seasons(TM) CSA, an on-line farm store. We don't have a problem with an organic inspector coming onto our property, so you are welcome, too. We put our money where Your Mouth is! The health of our customers is too important.

## SYNERGISTIC ACRES



Jeff and Laura Hamons  
21733 Iliff Rd., Parker, KS 66072  
(913)735-4769  
www.synergisticacres.com  
jeff@synergisticacres.com

Synergistic Acres is a diverse farm just south of Kansas City providing pastured raised **CHICKEN, PORK, TURKEY, EGGS** and **BEEF** to Kansas City eaters. We raise animals peacefully in natural environments, where they enjoy natural forages while restoring health to the land and sustaining our family and yours. We focus primarily on **HERITAGE BREED** animals because their old-world genetics allow them to thrive in natural environments and have been raised for centuries for outstanding nutritional and taste characteristics, before corporate influences changed breeding to be about profit. We closely manage the farm to grow the best grass possible without any artificial inputs. We welcome you to come out to the farm and see how the animals are raised. It's your choice, it's your food. Go to our website for order forms specific to each product.

## TALLGRASS DAIRY AND MEAT



8376 NE 256th Street  
Lathrop, Missouri 64465  
816-284-0698  
info@tallgrassdairyandmeat.com  
www.tallgrassdairyandmeat.com

Tallgrass Dairy & Meat is a sustainable and diversified farm nestled on the once ubiquitous Tallgrass Prairie of northwest Missouri. We are located near Lathrop,

Missouri, about 20 miles north of Kansas City. We offer **DAIRY** products from **BROWN SWISS COWS, GRASS-FED GELBIEH BEEF** and **BERKSHIRE PORK**. We are a **NON-GMO**, antibiotic-free, hormone-free farm. Our animals are raised outside and rotated through fresh grass and legume pastures. Clean living conditions and proper diet ensure healthy animals and high quality meat and dairy. Orders may be picked-up at the farm or at our weekly dropoff location in Liberty, Missouri. We can add a nearby KC metro drop-off location with enough interest. Visit our website for more information, to see pictures taken around the farm, or to schedule a visit.

## THREE FORKS FARM



Sarah Dehart and Jessie Bishop  
5419 Bennington Ave  
Kansas City, MO 64129  
816.343.8703(jessi)  
703.999.3910  
sarah@threeforksfarm.com  
jessi@threeforksfarm.com

Three Forks Farm grows a wide variety of **VEGETABLES** and **CULINARY AND MEDICINAL HERBS** in our Kansas City market garden, and as the season comes along we hope to also bring **FRUIT** and **FREE RANGE EGGS**. We grow a multitude of **HEIRLOOM** and **OPEN-POLLINATED VARIETIES** in order to encourage biodiversity on our farm and **SEED SAVING** for the future. We employ organic practices like no-till and no-spray methods on our veggie plots and are gently coaxing our tired urban soil to better health by using composted chicken manure, compost, cover cropping and heavy straw mulch. Community health is as important to Three Forks Farm as soil health, so we have teamed up with a nearby not-for-profit, Teen Challenge Kansas City, to offer educational and volunteer opportunities to the at-risk, teen women in their program. You can find our produce at the Waldo Farmers Market and featured at the Webster House restaurant. Visit our Facebook page and follow us on Twitter for more details on how and what we're growing!

## TRAMMELL TREASURES MUSHROOM FARM



Matt and Nora Trammell  
701 SW 361st Rd  
Warrensburg, MO 64019  
779-875-4927  
407-694-2700  
mtram24@hotmail.com  
<http://www.trammelltreasures.com/>

This is the beginning of a great adventure for us. Our farm now includes a house and workshop and some outbuildings on 20 acres. We are so excited to be closer to doing everything we want to do. Our farm is located a few minutes south of Warrensburg, one hour from KC on Highway 50. In 2014 we will be at the Overland Park Farmers Market on Wednesdays and Saturdays as well as the Sedalia Area Farmers Market on Fridays. Visit Renee Kelly's Harvest in Shawnee to taste our mushrooms. Would your restaurant or store like to carry our mushrooms or products? Use our online contact form and we will get back to you ASAP! For now we specialize in Oyster mushrooms, Brown, Blue, Gray, White, Pink, or Yellow depending on the season. We are looking to add Shiitakes, Lion's mane and other mushrooms as time and resources permit this year.

## TROQUE FARMS



Frank Kuhnert  
31710 E Oakland School Rd.  
Buckner, MO 64016  
C (816)215-9925  
Troquefarms@aol.com  
[www.TroqueFarms.net](http://www.TroqueFarms.net)

Ours is a sustainable agriculture farm providing free-range **EGGS; PORK; DAIRY PRODUCTS;** and pasture finished **BEEF.** We have **ORGANIC FERTILIZER AND FEED SUPPLEMENTS** available. Our farm is open to the public.

## TWO SISTERS FARM



Caroline Eddinger  
347 N 1925th Rd, LeCompton, KS 66050  
Farm (785)550-4149  
(785)887-9902

[caroline@twosistersfarmllc.com](mailto:caroline@twosistersfarmllc.com)

Two Sisters Farm is a small family-run farm located just west of Lawrence, Kansas. Our main product, **LETTUCE**, is grown in a hydroponic greenhouse. We also have a free range flock of ducks and chickens and offer multi-colored dozens of **EGGS.** You can purchase our lettuce in Lawrence at The Merc, Hy-Vee and Checkers or in Kansas City at Nature's Own Market. You can also find us at the Overland Park farmers market in season. Enjoy our lettuce at 715, the Oread, Julian, Michael Smith, blue bird bistro, Fud, Webster, House, Story, and Harvest every day. Contact us for more details.

## UP FROM THE GROUND OFF GRID FARM



Gridley, KS  
Gale:620-203-8359  
Karen:620-203-8592  
[Southforkcowboy@yahoo.com](mailto:Southforkcowboy@yahoo.com)

Using organic and sustainable practices we grow a variety of **VEGETABLES** and **FRUITS, CHICKENS, EGGS, TURKEYS,** and **GRASS-FED BELTED GALLOWAY BEEF.** Our turkeys and meat chickens are supplemented with certified organic feed in addition to being moved to range on fresh grass twice daily. We are converting our layers to organic feed also, and our egg layers are free range. We built our farm to be truly off the grid using a combination of solar and wind power. Tours are available by appointment only. Wholesale purchases are available.

## URBAVORE URBAN FARM

(A Project of BADSEED)



Brooke Salvaggio & Daniel Heryer  
5500 Bennington Ave, KCMO, 64129  
BADSEED Market:  
1909 McGee, KCMO, 64108  
[Brooke@BADSEEDKC.com](mailto:Brooke@BADSEEDKC.com)  
[Dan@BADSEEDKC.com](mailto:Dan@BADSEEDKC.com)  
[www.BadSeedKC.com](http://www.BadSeedKC.com)

Welcome to URBAVORE - a biologically diverse farmstead in the heart of Kansas! 37

## URBAVORE URBAN FARM CONT.

City, just 5 miles east of the Country Club Plaza. This 13 acre edible oasis brings organic growth, sustainable life, and creative solutions to a city neighborhood. We use holistic "no-till" farming methods to build rich soil and produce nutrient-dense foods for the community. We grow an extensive variety of **HEIRLOOM VEGETABLES** and **HERBS** as well as **SEASONAL BERRIES** and **FRUITS** from our **HERITAGE ORCHARDS**. New for spring 2014 - **STRAWBERRIES** grown organically in compost enhanced soils, the best you've ever tasted!! Other products include free-range **EGGS** from our flock of heritage breed laying hens. Our chickens are on pasture 100% of the time. Their diet of grass and juicy bugs is supplemented with certified organic grains (GMO FREE!). Our farm products are available every Friday night at the **BADSEED** (our very own Farmers' Market located in the Crossroads Arts district in downtown KC) May thru November. We can also be found at the historic City Market on Saturday mornings mid May thru November. Please visit our website for more detailed information about our products and sustainable growing practices.

## WELLS FAMILY FARMS



Steve & Kim Wells  
4009 St Hwy UU, King City, MO 64463  
H / Fx (660)783-2930  
(660)562-7892  
Info@WellsFamilyFarms.com  
www.WellsFamilyFarms.com

Wells Family Farms is proud to offer our **CERTIFIED ORGANIC GRASSFED BEEF!** We are Animal Welfare Approved. We also have bug repellent, diatomaceous earth, a variety of **BERRIES, NUTS, TEAS** and a new **PET FOOD** line. We have more than 600 acres certified with more in transition. Our beef is sold locally at the Farmers Community Market at Brookside as well as online through our website and straight from the farm. Free Delivery 100 miles from the farm and throughout the KC Area.

## WHERE THE REDFEARN GROWS



Dave and Sheri Redfearn  
26355 E Bundschu Road  
Independence, MO 64056  
816-457-1223  
dave@redfearnfarm.com  
www.redfearnfarm.com

Our farm is in Independence, just north of Blue Springs off Hwy 7 where we grow all sorts of **VEGETABLES** and **BERRIES, FRUIT TREES, NATIVE BERRIES, HONEY, EGGS** and **GOATS** all through organic methods. Our 24-week CSA season offers generous vegetable shares with flexible pricing options to fit every need. We focus on variety and include more than 100 varieties of vegetables including more than a dozen types of specialty tomatoes. We are on a mission to introduce the midwest to the delights and health benefits of asian greens and many overlooked vegetables like Jerusalem artichokes and fennel. A family-friendly environment with **GOATS, CHICKENS** and **DUCKS** gives members time to see what we mean by naturally grown. We build the soil through locally sourced organic compost and manure and strive to improve habitat for wildlife and beneficial insects. Our guinea hens roam the fields in search of squash bugs and cucumber beetles and our bees gently hover over the flowers and the fruit trees in search of nectar. See our website for vegetable-rich recipes and info on local food and healthy eating.

## WINDWALKER FARM



Joan and Jim Vibert  
1981 Indiana Rd.  
Ottawa, KS 66062  
785-746-8885  
joan@windwalkerfarm.com  
www.windwalkerfarm.com

We grow organically and were certified for many years. We offer a **26-WEEK CSA** beginning in May and ending in October. We sell at the Ottawa, Kansas Farmers Market and make a weekly delivery into Johnson County.

Our offerings include a full range of seasonable **VEGETABLES** and free-range **EGGS**. Our members choose the produce they wish to have each week in response to our weekly email. They simply email their order in every Tuesday and receive their choices every Saturday.

**WOLF CREEK  
FAMILY FARM, LLC**



Arcenio and Karin Velez  
23901 S. Cowger Road  
Peculiar MO 64078  
farmfresh@wolfcreekfamilyfarm.com  
www.wolfcreekfamilyfarm.com

Wolf Creek Family Farm is a small family farm focused on organically, sustainably grown **VEGETABLES** and **FRUITS** along with naturally grown **MEATS** and **FREE-RANGE EGGS**. We grow a wide variety of **HEIRLOOM PRODUCE**, **HERBS**, and **PLANTS** and raise our **PORK**, and **CHICKEN** in a way that is healthy for the animal and healthy for you. We consider ourselves your personal family of farmers. Our **CSA PROGRAM** runs from May through October, available for pick up at three locations. Please see our website for more information.



**HEALTHY SOIL = HEALTHY FOOD = HEALTHY PEOPLE**

**KANSAS CITY FOOD CIRCLE**

The Kansas City Food Circle has been connecting Kansas City area eaters with local, organic, and free-range food producers for more than 20 years. We are a 100% volunteer driven, membership and donation-financed organization created to promote the development of a permanently sustainable local food system. As a part of Heart of America Action Linkage, a 501(c)(3) not-for-profit corporation in Missouri, we serve the greater Kansas City area (eaters and growers in Missouri, Kansas, and nearby communities in Nebraska and Iowa) providing an alternative to the conventional agricultural system, which is dependent on practices that are unhealthy for both our personal well being and for the living world of which we are part.



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[WWW.KCFOODCIRCLE.ORG](http://WWW.KCFOODCIRCLE.ORG)

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