

## KANSAS CITY FOOD CIRCLE MEMBERSHIP

The Kansas City Food Circle is building a community food system, in which farmers, eaters, chefs, and grocers know and trust each other. Our network enables us to share our knowledge and experience while we work together promoting the benefits of locally-grown organic and free range foods. We cooperate in nourishing each other today while seeking to sustain the ability of future generations to nourish themselves through healthy farming practices.

We are an all-volunteer, grassroots organization and are primarily supported by member donations. We would be happy to have you join us in our work. Members receive our annual *Directory* when published as well as our *Update* newsletter three or four times a year.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email\* \_\_\_\_\_ Phone \_\_\_\_\_

Yes, save some paper – send all correspondence to my email address\*

No, send me paper copies of event notices and *Update* newsletters

*\*We will not sell or share your contact information. Please help us increase our reliance upon electronic communications to reduce our mailing costs and paper consumption.*

I would like to help with (please circle): Tabling, Outreach (churches, PTAs, etc.), Expo, Fundraising, Serve on sub-committee, Other \_\_\_\_\_

I am enclosing payment for yearly dues of \$ \_\_\_\_\_  
(\$20 individual, \$30 family, \$10 low income member)

I would like to make an additional donation in the amount of \$ \_\_\_\_\_  
to help with the annual Farmers' Expos.

Make checks payable to Heart of America Action Linkage and return to  
KC Food Circle, P.O. Box 45195, KC MO 64171

The KC Food Circle is a Project of Heart of America Action Linkage,  
a not-for-profit 501(c)(3) organization.



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**www.KCFoodCircle.org**  
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## 2010 DIRECTORY

OF LOCAL ORGANIC AND FREE RANGE  
FOOD PRODUCERS

*Developing a Local, Sustainable Food System*

## Who We Are

Welcome to the Kansas City Food Circle's (KCFC) *Directory of Local Organic and Free Range Food Producers*. The KCFC was created to promote the development of a community food system that will nourish the present generation of Kansas Citizens without degrading the ability of future generations to nourish themselves. We provide an alternative to the conventional agricultural system, which is dependent on farming practices that are destructive not only to our personal health but also to the rest of the community of life. Most of our work centers on making connections between area growers who agree to meet our organic produce or free range animal standards and people who want to eat delicious, healthy, locally-grown food.

## What We Do

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

Beginning on page 7 of this Directory, you'll find an updated list of our producer-members, which provides details about the foods they produce, how to buy from them, and their contact information. In addition, if you would like to learn about the benefits of eating locally-grown organic and free range foods, plus get some helpful hints on how to get started, you'll find that information in the final section.

If you would like someone from the Food Circle to speak to your organization, send us an e-mail through our website: [www.KCFoodCircle.org](http://www.KCFoodCircle.org)

We are primarily supported by member donations and would be happy to have you join us in our work, whether through contributions of money, time, or both. Our membership form is on the back cover of this *Directory*.

## Why we promote local organic and free range agriculture

It becomes increasingly clear each year that the conventional agriculture system is not only unsustainable but terribly unhealthy. It's highly-dependent on oil, natural gas and coal as energy sources and relies on fertilizers, insecticides, herbicides and other biocides that are made from petroleum. These practices pollute the air, water and soil and emit large amounts of greenhouse gases in the process.

Given what climate scientists are telling us about the dangers of rising concentrations of greenhouse gases in the atmosphere, we're convinced that we need to reduce greenhouse gas emissions to prevent dangerous climate disruption. We're also aware of the growing body of evidence that global oil production will peak and begin to decline in the foreseeable future. If this happens, the price of everything made from oil will rise dramatically, destabilizing the conventional agriculture system, and there may eventually be supply shortages.

In addition, North American natural gas prices are highly volatile and may lead to price increases for the nitrate fertilizers conventional farmers depend on, which

## Tips for Buying Meat Direct

Purchasing meat directly from the farm has many benefits for both the farmers and the eaters:

- The entire purchase price goes to the farmer.
- You get high-quality, delicious meat from farmers you can get to know over time.
- You avoid the cruel 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 it will take some adjustment. Consider:

1. Most of our farmers produce seasonally on a small scale and have limited marketing outlets. Consequently, they sell only frozen meat because it's not feasible for them to sell all the meat they produce before it spoils.
2. Producers prefer to sell beef and pork by the half (side) or quarter, but sometimes they offer a bundle of mixed cuts in 20-25 pound lots. These are processed in facilities that have been inspected by the state and/or federal government and come in marked butcher paper or labeled plastic. Some sell at farmers' markets by the individual cut.
3. 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, as well.
4. If you choose to buy meat in bulk, you may find it worthwhile 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).
5. Buying meat in bulk can save you substantial money over time, but it requires a significant initial investment. Splitting a large order with one or more other households can help make this more manageable.
6. 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.

**Restaurants** are a wonderful way to spread the word about the benefits of locally-grown organic and free range foods to people who aren't already aware of them, and we are fortunate to have several restaurants in the KC area that place a high priority on using such foods. *Due to space constraints, we are not including a list of restaurants here. Go to [www.KCFoodCircle.org/restaurants/](http://www.KCFoodCircle.org/restaurants/) for our always incomplete listing.*

### Eating Locally and In-Season

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, or is shipped in 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 comes from varieties that have been bred for durability rather than flavor and nutrition. Most produce is also picked before it's truly ripe because ripe fruits and vegetables are more easily damaged in transit and rot more quickly. Unripe 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 KC region, 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 (though they also freeze well), peaches come on a bit later, and apples and pears ripen as the signs of Autumn appear.

Consequently, eating more locally-grown foods also means eating more in tune with the seasons. But, while this entails not being able to eat whatever you want, whenever, it also means never having to suffer the culinary disappointment of biting into a dry, 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.

### Extend the Produce Growing Season

The availability of fresh, locally-grown organic produce in the KC area varies considerably over the course of a year. We have a great abundance of vegetables plus some fruits during the late spring, summer and early fall, then very little during the late fall, winter, and early spring. Fortunately, there are ways to balance the supply out over the year for those who are inclined to do so. You can learn how to can, dehydrate, and freeze vegetables and fruits to enjoy year-round. If you'd like to know more, please check out the website of the National Center for Home Food Preservation at: [www.uga.edu/nchfp/](http://www.uga.edu/nchfp/)

are synthesized using natural gas. Consequently, we think we need to dramatically reduce the amounts of oil, natural gas, and coal we use to produce our food. Re-localizing our food system around small organic and free range farms will help us do that.

### What is organic and free range agriculture?

As originally intended, "organic" refers to a comprehensive method for producing food that has been developed over time. It also refers to the movement that has arisen among growers who practice organic agriculture and the eaters who support them. Organic growers who are true to these original values strive to work with the processes of the living world rather than to overrule them.

**Healthy Soil = Healthy Plants = Healthy People** - organic agriculture is based on this principle. Consequently, organic plant growers work to build soil fertility biologically, not relying on inputs of a few essential synthetic fertilizers as conventional growers do. While organic standards allow some use of carefully-selected insecticides and herbicides, it is still best to avoid using these inputs as much as possible. For more details, see our *Plant and Mushroom Farmers Pledge* on page 27.

Because it has been difficult for small animal farmers to source organically-grown feed, we've never required our farmers to use it, though we encourage them to do so and are working to make that easier. Also, we think the complete prohibition of antibiotic use in the USDA Organic standards—even for sick animals—is too strict. Consequently, we have adopted the term "free range" to describe the animal treatment standards our farmers must agree to meet. You may have seen this term used elsewhere but were unsure about what it means.

The U.S. Department of Agriculture legally defines "free range" for use on food labels this way: *"FREE RANGE or FREE ROAMING: Producers must demonstrate to the Agency that the poultry has been allowed access to the outside."* **We don't think that goes nearly far enough.** For details on our animal standards, see our *Animal Farmers Pledge* on page 27. *Every bite you take can be a vote for the development of a food system that will sustain us without degrading the life support systems of the planet if you choose to eat organic and free range foods.*

### Farmers Pledges

We require all our farmer-members to sign Farmers Pledges (**See page 27-28**). These Farmers Pledges only apply to the farming practices they use on their farms, **not** to the farming practices used to produce any off-farm ingredients in the processed foods they may sell (such as breads, jams, salsas, sausages, etc.). Also, one of our members, Paradise Locker Meats, is exclusively a retail store, not a farm, so they are not required to sign any Pledges.

While we are committed to promoting organic agriculture, we also 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 standards described in these Pledges on a case-by-case basis. To see if a particular farm has been granted any exceptions, go to [www.KCFoodCircle.org/growermembers/](http://www.KCFoodCircle.org/growermembers/)

## Organic Farmers' Markets

The people of Kansas City are fortunate to have access to a number of Farmers Markets that only accept vegetable and fruit farmers who attest to using organic methods. In addition, 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. Note that these market listings are written by managers or representatives of the markets, and the Food Circle, being an all-volunteer organization, is unable to evaluate or certify each market's standards and practices. For additional information about these issues or to find out what is meant by any particular term in a market's listing, please contact the market directly with your questions.

### **BADSEED Funky Friday Night Farmers Market**

1909 McGee, Kansas City, Missouri 64108 ~ [www.badseedfarm.com](http://www.badseedfarm.com)

**Fridays, 4:30 - 9:00 pm, May 7<sup>th</sup>, 2010 – Feb 25<sup>th</sup>, 2011**

Located in the Crossroads Arts District of downtown KC, BADSEED is a truly unique food experience. Join us every Friday at the funkier Farmer's Market in town and get your hands on Local Organic Delights including succulent and exotic greens, colorful veggies, aromatic herbs, transplants, flowers, goat cheese, free-range meats and eggs, delicious baked-goods, wholesome breads, and more!!! We feature live music and art on "First Fridays", and we host "Urban Homesteading" Classes & Workshops @ BADSEED throughout the season: Learn to live OFF the grid IN the grid through an on going series of classes focused on traditional & alternative skills for sustainability, self-sufficiency, and quality of life. Classes include things like: Traditional Canning & Preserving // Home Beer Brewing // Backyard Farming // Herbal Medicine Making, and more! For full class descriptions and schedule visit our web site.

### **Farmers' Community Market at Brookside**

Located at the Border Star Montessori School - 63rd and Wornall Road, KCMO Look for the White Tents - [www.FarmersCommunityMarket.com](http://www.FarmersCommunityMarket.com)

**Saturdays, 8 am to 1 pm, April 17 - October 2**

Dedicated to providing a wide selection of organic and sustainably- raised local food, the Farmers' Community Market has a lively mix of local and certified organic farmers with farm-fresh vegetables, herbs, bright flowers, and delicious meats, eggs, artisan and farmstead cheeses. Our farmers use sustainable and humane practices to produce hormone and antibiotic-free meats and truly free-range chicken eggs. The market also features locally roasted, organic and fair trade coffee, freshly prepared breads and baked goods (including vegan and gluten-free items), and the famous Brookside Breakfast Burritos. Organic, hand-crafted soap and artists with locally handmade crafts complement the market. Join us Saturdays for live music, children's activities, earth-friendly educational fun, chef's demos and great food. **7th Annual Heirloom Tomato Festival – July 24.** Visit our web site for more dates & details.

### **KC Organics & Natural Market at Minor Park & at Park Place**

*"Uniquely nestled in a beautiful park, On the grass and Under the trees!"*

## Questions to Ask on First Contact with a Grower at a Farmers Market:

- Do you grow all of the food products you sell?
- Is your produce organically-grown? (See page 3 of this Directory)
- Are your animals given access to the outdoors? How are they confined?
- Do you use antibiotics, hormones, or arsenic to promote the growth of the animals on your farm?
- Do you welcome visitors to your farm?

**Community Supported Agriculture (CSA)** is a unique 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, either helping with harvesting or distributing the food. Others deliver right to your door.

Each CSA is unique, so be sure to learn the specifics. If you are interested in joining a CSA, ask the farmer about the following:

- What quantity of produce can I expect to receive from week to week?
- What is the payment schedule?
- Is the produce grown using organic farming methods? (See page 3)
- Does your CSA include any meat, milk, poultry, or eggs?
- Do you welcome visitors on the farm?

Go online for more info from **Kansas City CSA Coalition ~ [www.KC-CSAC.org](http://www.KC-CSAC.org)**

**On-Farm Sales** give you the opportunity to go right to the farm to see for yourself where and how your food has been grown. This can be great fun for 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. See individual listings for farms that deliver or simply ask.

**Retail Grocers** 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 retail stores. Please check individual listings for details.

- 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

**NOTE: Both of our pledges include the following language:**

If you employ any practices or chemicals on your farm that may not comply with the above standards, please describe them here so the Coordinating Committee can evaluate them for possible exceptions (please print clearly and attach additional information if necessary):

\_\_\_\_\_  
Signature                  Printed Name                  Farm Name                  Date

*This pledge will be posted at [www.KCFoodCircle.org](http://www.KCFoodCircle.org) and you are encouraged to display it when selling direct to the public at farmers markets or other venues. 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.*

*The Kansas City Food Circle is working to foster our transition to a sustainable community food system. In order to do this, we promote organic growing methods, but we also recognize the economic and logistical difficulties inherent in running a small farm while the larger society continues to subsidize and promote large-scale, petrochemical agriculture.*

## How to Buy Locally

### Peas & Carrots of Buying Locally

The availability of locally-grown foods in KC has been increasing from year-to-year as more farmers and eaters realize their benefits. Here is a list of some of the ways you can buy locally-grown foods, followed by more detailed information about each:

- Farmers Markets**
- Community-Supported Agriculture (CSA)**
- On-Farm Sales**
- Home Delivery**
- Retail Grocers**
- Restaurants**



**Farmers Markets** are typically 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. Please refer to Pages 4-5 for more information on where to find the many farmers markets in the KC area.

Just East of Holmes on Red Bridge Road (about 111th St.), Kansas City, MO  
**Saturdays, 8am-12:30pm, May 1st-October 16th - [www.KCOrganics.com](http://www.KCOrganics.com)**  
 Our family farmers offer organic produce, fresh-picked and locally-grown, natural specialty and Heritage meats, honey, mushrooms, edible flowers, herbs, grains, artisan breads, cereals and pies, fresh eggs, freshly-brewed “FT” coffee & more. We pioneer ECOPRODUCTS, with the highest organic-content handmade bar soaps & body care items, woodcrafts, candles, artisan natural-stone custom jewelry, and more. We are a “Fair Trade” Market, with occasional chefs demos and music. We host a Special INDOOR “Holiday Market” in December at Notre Dame de Sion High School (Dec 11th, 2010 — 9am to 2pm), at 106th & Wornall

***New! Visit our second location:***

**KC Organics- at Park Place** - Distinctly located in Barkley Square at Park Place, amidst a Special collection of Local Shops, Restaurants, and Boutiques 1-mile South of I-435 on Nall, enter on 117th (just North of AMC 20 theatre)

**Wednesdays, 10am-2pm, May 12th-October 13th**

'The Farmer's Market in downtown Leawood'

**Westport Plaza Farmers' Market** ~ [www.FarmersMarketKC.org](http://www.FarmersMarketKC.org)

Westport Rd. at Wyoming St., KCMO ~ in the North-West corner parking lot.

**Wednesdays, 4:30 - 7:30pm, May 5<sup>th</sup> – Oct 6<sup>th</sup>**

Stop by after work and talk with your local farmers. Organic and sustainably grown vegetables and fruit, free range meat and other goodies are available. If you live in the area, stroll on over and bring your kids! Regular music events and children's activities are also scheduled. Call 913-432-4101 for specific dates, or check on our web site.

**Troost Community Market** ~ [www.TroostMarket.org](http://www.TroostMarket.org)

Boulevard & Troost Ave ~ 816-797-1327 [Claudia@TroostMarket.org](mailto:Claudia@TroostMarket.org)

**Saturdays, 9:00 a.m. - 1:00 p.m., June - September**

Ours is a Saturday morning market for local organic foods in midtown Kansas City, offering fresh fruits and vegetables, mainly grown by urban farmers along the Troost Corridor. Look for blackberries, peaches, carrots, tomatoes, peppers, beans and peas, Jerusalem artichokes, herbs of all kinds, including the most fragrant mints in the area for your mint tea and much, much more. Meat from the fabulous KC Buffalo Company rounds out our fruits & vegetables for a balanced and delicious diet. We use sustainable/earth friendly methods for growing all our produce. Call to request a space in our community gardens or a table at market.

**Troostwood Youth Garden Market**

5142 Paseo, Kansas City, MO 64110 ~ 816-444-5788

**[www.TroostwoodYouthGardenMarket.info](http://www.TroostwoodYouthGardenMarket.info)**

[Managers@TroostwoodYouthGardenMarket.info](mailto:Managers@TroostwoodYouthGardenMarket.info)

**Friday nights, 5 - 8 PM and Saturdays, 8 am to 2 pm, May thru October**

Neighborhood youth are providing fresh and healthy vegetables from A to Z. All foods are grown on-site using organic methods. We are also members of the JJ Farms. Come to our **GREEN NEIGHBORHOOD FESTIVAL** in May. See our web site for details and other dates. Please call if you have questions.

## Other Farmers Markets

Some of our farmers sell their products through other markets in the KC region that do not require 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/)

## Local Food Co-operatives

The Kansas City Food Circle encourages eaters to coordinate, in motivated groups, to buy locally-produced organic and free-range foods in-season, and in *bulk*. See this web page, [www.kcfoodcircle.org/resources/model-buying-club](http://www.kcfoodcircle.org/resources/model-buying-club) - our Model for a Local Food Buying Club.

## The Squash Blossom Co-op

Squash Blossom Food Cooperative is devoted to ensuring health in the heartland by developing a food system that strengthens our regional community and economy. The purchasing power of local eaters is combined to form a member-owned business focused on healthy, sustainable & locally grown food. Farmers, shoppers, institutions and local food buying clubs make up the membership of the coop.

Buying a share in the Co-op makes you a voting member. Members pay no fee to shop using an online ordering system. Members receive a yearly patronage refund in proportion to their spending. Members can sell back their share if they no longer want to participate. Non-members can also order but must pay a charge with each invoice.

Go to [www.SquashBlossomCoop.org/shop/](http://www.SquashBlossomCoop.org/shop/) for more information about the Squash Blossom Coop, or e-mail [Steve@SquashBlossomKC.org](mailto:Steve@SquashBlossomKC.org)

## Retail Markets

Natural food stores and supermarkets are one option for KC Food Circle member-producers to sell their produce and meat. However, most member-producers sell directly to eaters through farmers markets and CSAs.

**Buy Fresh Buy Local. Good Natured Family Farms (GNFF)** is an alliance of over 150 local family farms within 200 miles of the KC metro area. GNFF alliance members sell their locally grown foods in partnership with Hen House Markets and Balls Price Chopper Supermarkets. GNFF locally grown foods include all natural and organic beef, free-range chicken, pastured heritage pork, range bison, free-range eggs, farm fresh fruits and vegetables, farm fresh milk, farmhouse cheese, local honey, heritage turkeys, certified organic tofu, and local artisan all natural spices and finishing sauces by local Chef Mark Alan. Good Natured Family Farms is sold under the 'Buy Fresh Buy Local' campaign. Some of the GNFF alliance members use organic production methods while other GNFF alliance members meet the BFBL Credibility and Integrity Assurance Standards which includes environmental and social responsibility requirements. The KCFC encourages eaters to connect with and learn more about the products and practices of the GNFF Alliance. For more information see [www.GoodNatured.net](http://www.GoodNatured.net) or [www.HenHouse.com](http://www.HenHouse.com) or contact Diana Endicott at the farm 620-939-4933. This summer, Hen House Markets will host their 4th annual Good Natured Family Farms Growers Alliance CSA from May 29 through September 25, 2010.

## Our Farmers Pledges

### Plant and Mushroom Farmers Pledge

Understanding that we must first build and then preserve healthy soil in order to grow healthy fruits, vegetables, grains, legumes, and mushrooms, 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

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

I pledge:

- To house 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)

**BUFFALO, CHICKEN & BEEF.** We are very excited to offer permanent and portable high tunnels that are incredibly strong and economical. Full service installation is included in the package. We also can fully install other manufactured high tunnels. In addition, we provide many other farm services such as digging and cleaning ponds, terraces, constructing metal out buildings and farm implements.

**The Little Muddy**

Robert W. Jones 816-225-7344  
108 SE Greystone Dr.  
Lee's Summit, MO 64063  
misterjones@kc.rr.com  
See: Little Muddy on LocalHarvest, MySpace & FaceBook  
The Little Muddy is a farm, an organic garden - an IDEA. We bring produce from the country to your table. Our farm is in Knob Noster & our urban garden is in Lee's Summit. We offer **WHEAT GRASS, ORGANIC SPROUTS & NATURALLY GROWN VEGETABLES** in season. Join our pick & choose, year-round **CSA**. Pick up is at the Lee's Summit Farmer's Market on Wednesday's & Saturdays during the season. Call me for more information.

**Troque Farms**

Frank Kuhnert & Rennie Graves  
31710 E Oakland School Rd.  
Buckner, MO 64016  
Hm: 816-650-9307  
Cell: 816-215-9925  
Troquefarms@aol.com  
**www.TroqueFarms.net**  
Ours is a sustainable agriculture farm that raises **PASTURED CHICKENS FOR MEAT & EGGS; HOLIDAY TURKEYS; DAIRY PRODUCTS; GRASSFED BEEF & LAMB.** We have **ORGANIC FERTILIZER & FEED SUPPLEMENTS** available.



Our farm is open to the public.

**Wells Family Farms**

Steve & Kim Wells ~ 660-562-7892  
4009 St Hwy UU, King City, MO 64463  
Home & FAX 660-783-2930  
Info@WellsFamilyFarms.com  
**www.WellsFamilyFarms.com**  
Wells Family Farms is proud to offer the following products from our farm. Our **CERTIFIED ORGANIC GRASS-FED BEEF.** We also have Bug Repellant, Diatomaceous Earth, & **BERRIES, NUTS, and TEAS.** We have over 600 acres certified, with more in transition. Our beef is sold locally at: Farmers Community Market at Brookside, 39th St. Community Market, Squash Blossom KC Coop, KC Organics Farmers Markets, Online through our website. Also, available at the Farm. Free Delivery 100 mi. from the farm & throughout the KC area.

**Western Hills Produce**

Alice & Marvin Huenefeld  
Wellington, MO ~ 816-934-2549  
Products: **FREE-RANGE EGGS, VEGETABLES, BERRIES, some FRUITS, HERBS, JAMS** with sugar or stevia. Wood-turned items from trees raised on our farm & turned by Marvin. We use no antibiotics, pesticides or growth hormones. We sell at the 39th Street Farmers' Market, the BADSEED Farmers Market & to restaurants.



**KC Food Circle Producers Directory**

**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 Farmers Pledges. They also write their own listings for this Directory. Being an all-volunteer organization we do not have 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 what is meant by 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 many of our producers is found online at: **www.KCFoodCircle.org/growermembers**

**4 D Acres, Inc.**  
**Everything Emu**

Mike and Dee Martin  
PO Box 1218  
Louisburg, KS 66053-1218  
Hm: 877-837-4119 Cell: 913-271-1832  
Fx: 209-790-1832 info@4DAcres.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, trans-dermal, 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**

Glenn & Jane Ann Varner  
303 NE Hwy 2, Leeton, MO 64761  
Phn 660-221-1918

Sales@ABHomecomingBeef.com  
**www.ABHomecomingBeef.com**  
We offer **100% GRASSFED and FINISHED BEEF.** No grain is used at any time for our cattle and calves. They feed on the grass from our rotationally grazed pastures including warm season grasses. Alfalfa and hay are fed in winter. Pastures are fertilized naturally with manure only. No growth implants, hormones, antibiotics or pesticides are used. You deserve the best food. Call and come visit us to see how we are trying to provide it for you.

**A Few Good Plants**

Stuart Pollack ~ 417-876-7139  
7595 S.W. Highway DD  
El Dorado Springs, Missouri 64744  
Seeds@AFewGoodPlants.com  
**www.AFewGoodPlants.com**  
We raise and sell **SWEET POTATO SLIPS, multiplier ONIONS, and HEIRLOOM STRAWBERRY** plants at our nursery near El Dorado Springs, Missouri. We also raise many **VEGETABLES** for SEED, including tomatoes, peppers, beans, melons, cucumbers, chard, and peanuts. We successfully grew many varieties last summer suited to container gardening, and seeds for these varieties are now



available. In 2010 we will be testing non-grain vegetables including squash, rutabaga, nettles, and chicory to see which varieties are useful for feeding to homestead and backyard chickens (*details on our web pages*).

### **BADSEED Farm**

Brooke Salvaggio  
& Daniel Heryer  
1909 McGee St  
KCMO 64108  
913-522-3458



Brooke@BADSEEDfarm.com  
[www.BadSeedFarm.com](http://www.BadSeedFarm.com)

BADSEED is a haven for organic growing, sustainable living, & creative thinking. We grow an extensive variety of **HEIRLOOM VEGETABLES** noted for their unique appearance and extraordinary flavor, as well as an array of **CULINARY/ MEDICINAL HERBS & EDIBLE FLOWERS**.

BADSEED is a non-certified, beyond organic operation dedicated to respecting both the health of the individual and the environment. It is our aim to build community and collective consciousness through the universal pleasure that comes from eating good food. Visitors are always welcome on the farm for tours or at the BADSEED headquarters located in the Crossroads (downtown K.C.) for a fabulous night out with the farmers every Friday night at our "funky" Farmers Market! **Our CSA (Community Supported Agriculture) shares are sold out for 2010.**

### **Bauman's Cedar Valley Farms**

John and Yvonne Bauman  
24161 NW Kentucky Rd  
Garnett, KS 66032 785-448-2239  
Cedar Valley Farms is a family farm that produces **PASTURE-RAISED EGGS, CHICKEN, TURKEY, DUCK** which are fed our special blend of all-natural grains and organic vitamins

that we mix ourselves. **NO ADDED HORMONES OR ANTIBIOTICS**. Our **LAMB & BEEF IS 100% GRASS-FED**, and we have **GRASS-BASED JERSEY DAIRY COWS**. All animals are fed certified organic grass and hay. Come visit the farm and see how our family is committed to raising quality food for you. Class and group tours available. Cedar Valley Farms now provides **Certified ANCO Poultry Processing**, and we are a local dealer of **Fertrell products - organic fertilizer and feed supplements available**.

### **Bear Creek Farms**

Robbins & Jim Hail ~ 417-282-5894  
12595 NE 50 Rd, Osceola, MO 64776  
RobbinsHail@hotmail.com  
**CERTIFIED ORGANIC VEGETABLES, FRUITS, HERBS & FLOWERS. ORGANIC VEGETABLES, HERBS & ORNAMENTAL PLANTS** for your garden. We specialize in **HEIRLOOM VARIETIES**, especially **500 VARIETIES OF HEIRLOOM TOMATOES**. Come see us this spring at Farmers' Community Market at Brookside. Our gourmet and heirloom vegetables are available at Whole Foods, Door to Door Organics, the Kansas City Country Club, & at other fine restaurants in the K.C. area.

### **Beau Solais Mushroom Farm**

Rick & Anita Hanks  
Hughesville, Missouri  
816-405-5607  
RAHanks3@yahoo.com  
Beau Solais prides itself on providing the freshest **OYSTER MUSHROOMS** possible to some of K.C.'s finest restaurants. We started delivering our mushrooms in August of 2005. We have three varieties of oyster mushrooms: Yellow, Brown and Grey.



785-633-5292  
SpringCreekCSA@yahoo.com  
At Spring Creek Farm near Baldwin City, we believe that food is at its best when it is fresh and natural. We grow about 90 different varieties of the tastiest local produce available using organic and sustainable farming methods. Almost all of our varieties are **HEIRLOOMS**, with our heaviest production in **MELONS (including FRENCH CHARANTAIS), 15 VARIETIES OF TOMATOES, & SWEET POTATOES**. Also **FREE RANGE EGGS**. We offer a 19 week **CSA** with deliveries to Baldwin & Gardner. You can also find our produce at The Merc and Wheatfield's in Lawrence, and at the Saturday Downtown Lawrence Farmers Market. We are working toward organic certification. You'll love what we bring to your table!

### **Strawberry Lane Farm**

Lewis and Marie Kamphefner  
510 NE Jade Lane  
Trenton, MO 64683  
Home/Fax 660-485-6473  
Kampy@grm.net  
[www.StrawberryLaneFarm.com](http://www.StrawberryLaneFarm.com)  
Strawberry Lane Farm is a **CERTIFIED ORGANIC VEGETABLE, FRUIT, AND GRAIN FARM**. We have 16 years growing experience and this is our 6th year of **CSA**. We deliver to homes and offices in the K.C. Metro areas and have on-farm pick up. We will add delivery areas as needed. Delivered shares are \$550. On-farm pick up is \$500. We offer full shares from May to October, depending on weather. We take requests for specific fruit and vegetables and will try to grow what our members want. All of our produce is organic, certified through OneCert of Lincoln, Nebraska. We are far enough from the city that we do not require our members to

help with work on the farm. We include **FREE RANGE HEN'S EGGS** in the CSA shares and offer a weekly email newsletter to members.  
**Stony Crest Urban Gardens**  
Rodger Kube & Diane Hershberger  
8740 Brooklyn, K.C., MO 64132  
(816) 304-2517  
stonycrest@sbcglobal.net  
Vegetables, perennials and fresh cut flowers grown with sustainable organic practices on a 7-acre property developed in 1907 for a summer home along the trolley line. We sell at the new Gladstone Market, NE 70th & Locust (Sat 7 am – Noon & Wed 3 – 7 pm) and the Bannister Federal Complex Market (95th & Troost). We are also committed to offering fresh vegetables to the urban core neighborhood in which we live. We sell at a neighborhood stand at 85th and Paseo each week during the growing season.

### **Sugar Creek Buffalo & Natural Meats**

Jerry Donner  
38510 Rockville Rd  
La Cygne, KS 66040  
913-377-4516 ~ 913-207-2540  
DonnerServices@Yahoo.com  
[www.SugarCreekBuffalo.com](http://www.SugarCreekBuffalo.com)  
[www.donnersistices.com](http://www.donnersistices.com)  
The Donner family has raised buffalo for 20-plus years. We have been supplying Steve's Meat Market (De Soto, KS) for over 15 years. Our buffalo roam in their natural environment on pasture carefully maintained and tailored to their needs. 100% of hay and 80% of supplemental feed is grown on the ranch using no pesticides and sustainable methods. All animals are hormone and antibiotic free and humanely raised. In addition to **PACKAGED FREE-RANGE BUFFALO CUTS** we are offering **CSA** shares. The shares will include



**HEIRLOOM PRODUCE.** We utilize biodynamic methods and sustainable companion planting practices. We are open to giving homestead tours and samplings. You may even come out for some chores. Yes, you can feed my animals. Please bring all organic vegetable/fruit scraps, raisins, crackers or bread. Our dairy goats favor beet tops and bananas; they will even eat the peel. I also make yogurt, cheese, and kefir. Weekly deliveries made to Olathe, KS.

**Skyview Farm**

Bill & Sheri Noffke  
22722 E. 800 Rd  
Pleasanton, KS 66075  
Hm: 913-352-8727 Cell: 913-710-0587  
GodsAcre@ckt.net  
**www.SkyviewFarm.net**

We are a diverse family-owned farm located on 80 acres about 50 miles south of Kansas City. **GRASSFED & FINISHED BEEF, PASTURE-RAISED CHICKEN, TURKEYS, DAIRY** and free-range **EGGS. ALL FEEDGRAINS ARE ORGANIC.** No feedlots, growth hormones, or chemical pour-overs. Weekly delivery to Overland Park. Sign up for our newsletter on the web for information on product availability.

**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 **BEEF & 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.

**Soul & Soil Rainbow Gardens**

Beverly Pender  
3337 Webster Ave, K.C., KS 66104  
Hm: 913-321-9341 Cell: 913-238-4754  
SoulAndSoilRainbowGardens@Yahoo.com

Soul & Soil Rainbow Gardens is passionate about our produce as our name states! We grow some of the best **VEGETABLES AND FRUIT** in the metro area of Kansas City, Kansas. All food is grown under the organic method. No pesticide or sprays, all-natural. We specialize in **HEIRLOOM TOMATOES AND OTHER VEGETABLES**. With our new **CSA** program in 2010, we are also selling **ORGANICALLY RAISED FREE-RANGE CHICKENS** and **EGGS**. We are an urban-based community farm, serving the elderly and community for over 10 years. Our markets include: Green Market (Wed), Merriam Market (Sat), and North K.C. Market (Fri). We are located near I-635 & Leavenworth Rd. Our only goal is to provide affordable, nutritious, wholesome food for you and your family.

**Spring Creek Farm**

Stephanie Thomas  
1841 N. 150 Rd.  
Baldwin City, KS 66006



We also started growing **MICROGREENS** and over 20 varieties of **HEIRLOOM TOMATOES** in the summer. You can visit us at the 39th Street Community Market on Wednesday evenings in the summer or you can find our mushrooms at these fine restaurants: 1924 Main, Blue Bird Bistro, Bluestem, City Tavern, Classic Cup, Eden Alley, Grand Street, JJ's, JP Wine Bar, Lidia's, Milano's, Pierponts, Pizza Bella, Room 39, Room 39 at Mission Farms, Starker's Reserve, Swizzle, Thomas, Tresore Mare, Trio, Webster House, and the River Club.

**"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 over 130 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 / Josiah's Garden**

Glenn & Kathy Crowther  
206 Main St./PO Box 9  
Stewartsville, MO 64490  
Bakery 816-669-1344  
Farm 816-675-2248 Fx 816-669-1345

BreadOfLifeOrganicBakery@yahoo.com  
**www.BreadOfLifeBakery.net**  
Bread of Life Bakery specializes in a wide variety of **WHOLE-GRAIN BREADS & SNACKS**. We also offer **VEGAN BAKED GOODS**. We bake with **CERTIFIED ORGANIC FRESH GROUND WHEAT** grown by Geiger Farms of Robinson, KS and 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. Watch for the new line of **GLUTEN-FREE 'Sweet Sisters'** baked goods, *coming soon!* 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. Our farm also offers free range **TURKEYS, CHICKENS, EGGS**, & pesticide-free **VEGETABLES** grown by Josiah. Come visit our farm & bakery anytime.

**Breezy Hill Farm**

Art Ozias  
62 SW 58 Hwy  
Centerview, MO 64019  
Hm: 660-656-3409 Cell: 660-909-1633  
AOzias@gmail.com



**www.Breezy-Hill-Farm.com**  
Breezy Hill Farm is a Missouri Century Farm affiliated with **CERTIFIED NATURALLY GROWN** (www.NaturallyGrown.org) and also listed on www.EatWild.com. A family farm since the 1860s, we have **GRASS-FINISHED BEEF, DAIRY COWS, FREE RANGE ORGANIC-FED EGGS**, and **FREE RANGE FRYER CHICKENS** on a contract basis. 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 three

weeks to insure 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.

### Bryant Family Farm

Your Farm Hands:

Tom & Dana · Sarah · Nathan · Jonathan · Rachael · Samuel  
913-682-6811 ~ Leavenworth, Kansas  
tom@bryantfamilyfarm.com

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

Operating since 2000, Bryant Family Farm is a family-owned and operated farm in Leavenworth County, Kansas. We strive to provide Christ-centered service in all areas of our lives and business. We produce a healthier alternative to commercially-produced **MEAT, EGGS** and other products and we desire to educate others in healthier eating, all for the glory of God. We produce 100% **GRASS-FED BEEF**, all-natural broiler **CHICKEN & TURKEY**, pastured **PORK**; we also maintain **DAIRY GOATS** and a **JERSEY COW**. We also have **WHEAT** and various **GRAINS**. We look forward to serving you!

### Burnett's Heritage Farms

The Burnett Family

3100 NW Winchester Rd.  
Cameron, MO 64429 816-575-2798  
We are a fourth-generation family farm focused on organic practices and sustainable agricultural methods. We are a seasonal operation and offer our products April-November. Pastured on 100% organically-produced grass, our Jersey & Jersey-cross **DAIRY COWS** are rotationally grazed and given fresh grass daily - NO GRAIN.

**ORGANICALLY-PRODUCED PORK**-our hogs are raised outdoors on

organically produced grain rations & harvested at 250 lbs, live weight.

**ORGANICALLY-PRODUCED BROWN EGGS** -The ladies are allowed to free-range as they are rotated through the pastures with the dairy herd. **ORGANICALLY-PRODUCED FRYING CHICKENS & TURKEYS**. Roaming free, these birds are raised on fresh grass and sunshine! All the poultry diets are supplemented with organically produced feed. All products may be picked up at the farm by appointment.

### Campo Lindo Farms

Jay & Carol Maddick  
2390 SE 228th St.  
Lathrop, Missouri 64465  
816-740-3625 - CLF@grm.net  
[www.CampoLindoFarms.com](http://www.CampoLindoFarms.com)  
Know where your food comes from. Consistent quality, All-Natural & Farm Fresh! **FREE RANGE CHICKENS & EGGS. THANKSGIVING TURKEYS; BEEF & LAMB BY PIECE OR SIDE.** Poultry processed on farm w/USDA inspection. Restaurants carrying Campo Lindo: American Restaurant, Blue Bird Bistro, Bluestem, Carriage Club, City Tavern, Classic Cup Cafe, Hallbrook Country Club, JP Wine Bar, Kansas City Club, Lidia's, Michael Smith, Pierpont's, R-Bar & Grill, River Club, Room 39 (in Westport & Mission Hills), Starker's Reserve, Westside Local, and YiaYia's. Available at the following stores: Cosentino's Brookside & Downtown Markets; Cosentino's Price Choppers in Liberty, MO, at 95th & Mission and in Brookside; Green Acres; Hy-Vee at State Line & 72nd; Mother Nature's Health Food Market in Liberty; Whole Foods, and Nature's Pantry in Independence.

locally-grown, to four pick-up sites. These are the Roeland Park Community Center (Roeland Pk, KS), Johnson County Community College, and, in Lawrence, the Community Mercantile and Local Burger. **MEAT & EGGS** are available.

### Root Deep Urban Farm

Sherri Harvel ~ 816-924-3523  
3219 E 19<sup>th</sup> St, KCMO  
RDUF@copper.net  
[www.RootDeepUrbanFarm.com](http://www.RootDeepUrbanFarm.com)  
Root Deep is an urban farm, located in east K.C., using organic and sustainable practices to grow **PRODUCE (VEGETABLES AND HERBS)** for markets & a small **CSA**. CSA membership runs from May to August. Markets include: **39th Street Community Market (KCMO)**, Wed 4:30-7:30, Apr-Oct.

### Run Aground Farm

Phil Pisciotta  
3620 S. Ketterman Rd  
Oak Grove, MO 64075  
816-510-2060 Direct  
816-690-6001 Office/Fax  
phil@freshfoodexpress.com  
[www.freshfoodexpress.com](http://www.freshfoodexpress.com)  
**CUSTOM GROWN VEGETABLES** ~ In Transition to Organic Certification for the 2010 season, specializing in Mediterranean varieties, **HERBS & HEIRLOOM TOMATOES** grown specifically for flavor. Available to consolidate deliveries in a 100 mile Radius of KCMO.

### Schenker Family Farms

Kevin & Cherie Schenker  
1231 W 510 Ave, McCune, KS 66753  
620-632-4470  
Info@SchenkerFarms.com  
[www.SchenkerFarms.com](http://www.SchenkerFarms.com)  
Enjoy juicy, flavorful **BEEF, PORK AND LAMB** without added hormones, steroids, antibiotics, and other things

found in supermarket meats. Our livestock is Animal Welfare Approved & Certified Naturally Grown, humanely raised, specialty grass fed with pride in Kansas. All meats are USDA inspected & e. coli tested. Beef harvested at 800-900 lbs. & dry-aged 14 days for maximum tenderness. **RAW CLOVER HONEY, JELLIES, JAMS (REG. & SUGAR-FREE), RELISHES, SALSA & PICKLES** now available. Savor exceptional meat at a great price! Bundles, quarters, halves & whole **BEEF, LAMB, & PORK** available. Limited Fall Availability: **PASTURED TURKEY. Gift Baskets, HOME / OFFICE DELIVERY & SHIPPING** available. **WEEKLY DELIVERIES** in the KC area.

### Share-Life Farms

Jim & Rose Thomas ~ 660-886-3936  
21302 185<sup>th</sup> Rd, Marshall, MO 65340  
We are **CERTIFIED ORGANIC** by OneCert. We offer **CSA** memberships delivered to the KC Metro & Columbia, MO. We have been a **VEGETABLE & FRUIT** produce CSA farm for eleven years. **ORGANIC CAGE-FREE EGGS** offered for sale. We are aware and try to meet the needs of the chemical sensitive. Visit us weekly at either the Blue Springs Farmers Market or at the Columbia Downtown Farmers Market. We are always willing to consider farm internships and welcome volunteer opportunities. Call ahead for on-farm visits, which are always welcome.

### Simple Food

Angela Rothweiler  
New Lancaster Rd  
Paola, KS 66071  
C 913-660-6282 Farm 913-548-3942  
grenergirl@gmail.com  
[www.localharvest.org/farms/M32512](http://www.localharvest.org/farms/M32512)  
We are an organic homestead providing an excess of **FREE-RANGE CHICKEN EGGS, DAIRY GOATS, &**

Eating food grown with loving care, from our place on Earth, our community, is your Primary Health Care System. Platte Prairie Farms is an Urban Farm nestled in the loess bluffs and rich creek bottoms of K.C.'s Northland. We use **NO-TILL/Minimal Till, BIODYNAMIC** methods to produce healthy Bio-Ecstatic **FRUITS, BERRIES, VEGETABLES, FLOWERS, HERBS & BAMBOO** in-season for K.C. families. For the 2010 season we offer 30 family CSA shares. Call for an *In Your Yard CSA* design consultation. We will transform your yard into a productive part of our local secure food system. We employ Permaculture techniques to replace lawns & unsustainable landscaping with fruits, vegetables and native plantings. Red worms & compost also available.

#### Pure Prairie Organic Farm / Pure Prairie Natural Foods

Jim Rowh ~ 108 E Washington St  
Norton, KS 67654 ~ 785-877-3610  
pureprairie@hotmail.com  
[www.PurePrairieFoods.com](http://www.PurePrairieFoods.com)  
Certified Organic since 1992 by OCIA International. Producer of **ORGANIC MELONS**; canteloupe, watermelons, **TOMATOES**, butternut, acorn & spaghetti **SQUASH** in-season (July-December). **CERTIFIED ORGANIC WHEAT BERRIES** (hard white winter wheat) and **WHEAT FLOUR** (stone-ground w/granite stones) in bags or 5-gallon buckets. Other grains milled to order. Mail-orders Welcome.

#### R & W Dexter Farm Raised Beef

Gary Skinner [www.RWDexterCattle.com](http://www.RWDexterCattle.com)  
419 127th Terr, Fort Scott, KS 66701  
gskinner@ckt.net ~ 620-547-2516  
The Dexter breed of cattle is originally from Ireland. They are smaller than most other breeds. If you are looking for a smaller cuts in **BEEF**, Dexter is

your choice. It is lean, tender and tasty, the perfect quantity, quality and economy for the family freezer. Our Dexters are **GRASS-FED, HORMONE-FREE**, raised in a small-farm stress-free environment with an open-sided shelter for very hot, cold or rainy weather. Meat from grass-fed animals has 2 to 6 times more beneficial omega-3 fatty acids than meat from grain-fed cattle. Our small-farm stock is limited, so please order ahead to avoid disappointment.

#### Raytown Community Garden at the Rice Tremonti Homestead

Rachel Fracassa, Megan Grimwood & Diana Par-Due 816-695-1136  
8801 E 66th St, Raytown, MO 64133  
raytowncommunitygarden@gmail.com  
[www.RaytownCommunityGarden.com](http://www.RaytownCommunityGarden.com)  
We have a small raised-bed garden at the Rice-Tremonti Homestead. We grow a variety of **VEGETABLES, HERBS, & WILDFLOWERS**. All produce is grown naturally and sustainably without the use of pesticides or herbicides. All of our seeds are **HEIRLOOM VARIETIES**, including Forellenschluss Speckled Lettuce and Red Fig Tomato (both considered endangered varieties), Atomic Red Carrot, Black Beauty Eggplant, Chinese Five Color Pepper, Burgundy Okra, and an array of herbs and wildflowers. RCG sells produce at the Lee's Summit Farmers' Market on Saturday mornings.

#### Rolling Prairie Farmers Alliance

c/o Paul Conway  
913-727-6121  
25476 183rd St  
Leavenworth, KS 66048  
PConway@wildblue.net  
[www.RollingPrairie.net](http://www.RollingPrairie.net)  
**CSA** vegetable subscription service. We deliver a weekly bag of fresh, seasonal **VEGETABLES & FRUIT**, all



#### Catherine's "Naturally Grown" Vegetables & Herbs

No Chemicals Used  
Catherine Pavicich  
Kansas City, KS 66104 913-287-7295  
Our vegetables and herbs are grown without chemical pesticides & herbicides, giving each customer **SAFER** foods at no extra cost. We grow varieties of spring **LETTUCE, ARUGULA** & 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. Look for us every Wednesday and Saturday in the middle south side of the Overland Park Market. Your satisfaction is our pleasure in growing healthier & more nutritious vegetables.

#### 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](http://www.ChestnutCharlie.com)  
Chestnut Charlie's is a local experiment and demonstration plantation 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.

#### The Curious Canine

Kay Peoples ~ 816-830-1703  
Kansas City, MO  
[www.TheCuriousCanine.com](http://www.TheCuriousCanine.com)  
We make locally-sourced, **FREE-RANGE MEAT TREATS FOR DOGS**. We make 3 all meat products: Liver Chips, Bison Bites and Chicken Chips. We make 2 products that begin with meat and are blended with organic grains. These are: Beef or Bison "Brownies" and Beefy "Biscotti." There is nothing sweet or sugary about our treats. The primary ingredient is always, The Meat. Available at Brookside Farmer's Market & (via mail-order) on the web.

#### Crum's Heirlooms

Deb & Jim Crum  
16211 Stillwell Rd  
Bonner Springs, KS 66012  
Hm:913-422-1630  
Fx 913-422-1630  
Deb's Cell 913-302-8540  
Jim's Cell 913-706-5531  
[CrumNob@sunflower.com](mailto:CrumNob@sunflower.com)  
Our farm is located five miles west of Bonner Springs, Kansas, in southern Leavenworth County. We are a two-person operation except during large seasonal projects when we enlist the help of family and friends. We are committed to using sustainable agriculture practices using organic growing methods. Our goal is to educate and promote healthy eating by providing a large selection of unique **HEIRLOOM TOMATOES, VEGGIES & HERBS**. We are supported by many of KC's fine independent restaurants who serve our fresh produce. Come visit us at the Parkville, MO Farmers Market on Saturday & the Downtown Lawrence Farmers Market on Tuesday.

### Dodge City Beef, LLC

Heidi Hullman Davis  
30215 NE 20th Ave  
Pratt, Kansas 67124  
Phn: 866-805-9900  
FAX: 620-672-5776  
DodgeCityBeef@gmail.com  
**www.DodgeCityBeef.com**

Our company, Dodge City Beef, raises our own "all natural" beef from our Black Angus cattle herd. Our beef are dry aged for flavor & tenderness; they are not mass processed, but hand-cut & fed an all-natural diet. Purchase our beef from Heidi at our Dodge City Beef store ~ 11115 Johnson Drive, Shawnee, KS ~ Ph. 913-221-1022.

### Drumm Farm Garden

Bruce and Maureen Branstetter  
Timothy Walters  
3210 Lee's Summit Rd.  
Independence, MO 64055  
Hm. 816-254-6233 Cell 816-286-6325  
Bruce@DrummFarm.org  
**www.DrummFarm.org**

**CERTIFIED ORGANIC, LOCALLY GROWN.** We're committed to providing beautiful and unique **HEIRLOOM VEGETABLES, FRUITS & HERBS**. We also have an extensive **CUT FLOWER** selection and **READYMADE BOUQUETS** at our markets. You can find us seasonally on Saturdays at Drumm Farm and at the Farmers Community Market in Brookside - also at the 39th St. Community Market on Wed. evenings. Looking forward to seeing you!

### Fair Share Farm

Rebecca Graff & Tom Ruggieri  
18613 Downing Road  
Kearney, MO 64060 - 816-320-3763  
Rebecca@FairShareFarm.com  
**www.FairShareFarm.com**  
We welcome you to join the Fair Share Farm **CSA**: an eclectic community of eaters and farmers

whose goal is to grow, distribute, and eat the freshest, most-nutritious, colorful, and flavorful produce possible. We are committed to organic farming practices. Our fields are filled with a wide assortment of **VEGETABLES, FRUIT, AND HERBS, including HEIRLOOM VARIETIES.** The **CSA** season runs mid-May through October (24 weeks). We offer three options for picking up your share: at the farm, at a member's home in Liberty, MO, or at the BADSEED Market. Check out our website for more info.

### Foxfire Farm

Tammy Crandell ~ 913-837-1475  
7195 W 327th St, Louisburg, KS 66053  
foxfirefarm77@yahoo.com  
**www.foxfirefarmks.com**  
**www.foxfireherbal.com**

Foxfire Farm is a 77-acre farmstead that is dedicated to using sustainable and organic practices. The established 15 to 20 acre 'You Pick' **SWEET CORN** operation and 75 member **CSA** are our main focus. We grow a wide range of **ORGANIC, NON-GMO VEGETABLES & FRUITS** and concentrate on **HEIRLOOMS & OPEN-POLLINATED FAVORITES.** We have **FREE-RANGE EGGS, DIARY GOATS** and **DAIRY COWS.** Our animals are hormone and antibiotic free and are lovingly raised on carefully maintained pasture and in their natural environments. We also grow and wild-craft **MEDICINAL & CULINARY HERBS** and offer many value added products. Our **CSA** members also have access to the farm and can experience farm life, such as the catch and release fishing pond, milking the goats, petting and playing with the other animals and first to harvest from the earliest sweet corn. We also will be offering homesteading and herbal workshops.

chickens live in the pastures with green grass under their feet. Our hogs live outdoors on dirt and are supplemented with corn and soybeans. Products are available in bulk or retail cuts at the farm or by delivery to select metro locations. All meat, except chicken, is USDA-inspected and visitors are always welcome. Call for details or directions. We also offer a **YEAR-ROUND MEAT & EGG CSA.**

### Peacock Farms

Betty Mendenhall  
12589 Salem Cemetery Rd,  
Higginsville, MO 64037  
Hm. 660-584-2526 Cell:816-726-3405  
PeacockF@ctcis.net  
**www.PeacockFarmsMo.com**

We are a sustainable ag. grower. We offer chemical free **VEGETABLES & FRUITS, FREE RANGE EGGS & DUCK EGGS.** Our fruits are the best. See us at the City Market every Saturday from 7-3pm - Stalls 15 16 17. Or, better yet, enjoy the pick of the crop and join our **CSA** program, May 6 thru Oct 2. It is a 22 week program with fresh fruit almost every week & **STRAWBERRIES** all summer. \$425 for the season, may be made in 2 payments. \$60.00 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, Inc. & Gardens

816-353-3602  
Nancy Gordon  
7000 Sycamore Ave  
KCMO 64133  
Gardens@PearlyGatesSoap.com  
**www.PearlyGatesSoap.com**  
Pearly Gates Organic Soapery/Farm



is a small one-acre operation, in KCMO, just off of 435-South & Gregory. We have been farming organically since 1980, with a new **CSA in 2010**, & we are working toward certification. We moved to our present location in 2000. We grow many specialty, unusual, and hard to find **VEGETABLES, HERBS, FRUITS** (annuals and perennials), **MICRO-GREENS, NUTRITIONAL GRASSES FOR JUICING**, and **FLOWERS** for use in the manufacturing of our **ORGANIC SOAPS/BATH AND BODY CARE PRODUCTS**, and for sale all seasons. We focus on growing crops that are good for raw food eating. We sell at the KC Organics & Natural Market at Minor Park in K.C.; and at KC City Market from May-October.

### PJ's Mushroom Farm *(was PJ's Emporium)*

Paul & Judy Miller ~ 816-824-0335  
Leeton, MO ~ yopjmillier@hughes.net  
816-824-0335 ~ We purchase inoculated mushroom blocks from a Certified Organic supplier and place them in our growing trailer & cellar. There we water & harvest & get them to market as fresh as possible. We grow **SHITAKE & OYSTER MUSHROOMS.** We also have over 100 laying hens that produce wonderful, fresh, brown **FREE-RANGE EGGS.** We do our best to **REUSE, RECYCLE & RE-PURPOSE our RESOURCES.**

### Platte Prairie Farm & EcoSystems Management

Steve Mann 816-3520-9213  
Sarah Shmigelsky 816-665-0485  
5223 N Merrimac, KCMO 64151  
Steve@PrairieTrading.com  
Sarah@PrairieTrading.com  
**www.PrairieTrading.com**

and **FREE-RANGE EGGS**. We grow a wide variety of **HEIRLOOM PRODUCE, HERBS, & FLOWERS** and raise our **PORK, CHICKENS & TURKEYS** 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.

### The Organic Way Farm

Denise Trimner  
28475 S. E Hwy, Milo, MO 64767  
Home: 417-944-2818  
Cell: 417-321-0851  
TheOrganicWayFarm@Live.com  
**www.TheOrganicWayFarm.com**  
Pesticide free/natural, **FRUITS (BERRIES, APPLES & PEARS), VEGETABLES A to Z**, specializing in **HEIRLOOM TOMATOES. CHICKENS, BEEF, EGGS, CHEESE & DAIRY**. We use no synthetic chemicals on our produce or land, all animals are pastured and not fed any hormones or antibiotics. **CSA PACKAGES AVAILABLE FOR 2010**, with weekly drop-offs in the Waldo/Brookside area of KCMO, Leawood area of KS. For groups of 20 or more we will deliver CSA packages to you. Processed foods are also available such as sauerkraut, jellies, fruit juices, apple sauce, tomato sauce, spaghetti sauce, tomato juice and many more. Produce available at many fine restaurants in the KC area.

### Panther Creek Farms

Kevin & Lori Brunkhorst  
31919 Highway PP - P.O. Box 34  
Concordia, MO 64020 660-463-2767  
KevLor@centurytel.net  
All Natural **BELGIAN BLUE BEEF**. No growth hormones or antibiotics used. Heart-healthy. Lower in fat and

cholesterol. Tender and juicy. One of the best-eating beefs in town. All natural **PORK** and **PASTURED ANTIBIOTIC-FREE CHICKEN. VEGETABLE** produce in-season, **BLACKBERRIES & HONEY**.

### Paradise Locker Meats

Teresa & Mario Fantasma  
P.O. Box 36, Trimble, MO 64492  
Store: 816-370-6328  
Cell: 816-935-5656 Fx: 816-357-1229  
ParadiseLockerMeats@centurytel.net  
**www.ParadiseMeats.com**  
We are a Processor of free range pork, lamb, and locally raised beef. We are a retailer of locally raised beef products, free range chicken, fresh pork, and many smoked products. We ship Heritage Breed Pork, both locally and nationally for Heritage Foods USA. We sell Campo Lindo chicken, and process lamb for Green Dirt Farms. We are USDA inspected and our locally-produced meats are labeled with the name of the producer. We are Humane Slaughter certified with USDA, Animal Welfare, and Certified Humane. Our retail store is just 5 miles north of Smithville, MO.

### 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 are in our feed. Our grassfed beef is not supplemented with grain in order to produce 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

### Fruitful Hills CSA

Michael Frantz - Farm Manager  
760 NE 48th Ave, Trenton, MO 64683  
Kate Barsotti - CSA Marketer (A CORE Group Volunteer)  
516A Gillis, Kansas City, MO 64106  
816-471-1661 Kate@FruitfulHills.com  
Several farmers in our community of small, horse-powered, family farms are working together to provide shares for a **CSA**. Running 20 weeks, from June to mid-October, we will supply a weekly share of **FRESH VEGETABLES**, including ice-chilled **SALAD CROPS** and **HEIRLOOM TOMATOES. EGGS & MEATS** will be offered separately. Pick up shares at the farm or in downtown K.C., MO, on Thursday evenings. If you find enough subscribers in your area, we will be happy to consider additional pickup locations for a small delivery fee. For a free brochure and CSA application, write to the Farm Manager, Michael Frantz, or see **www.FruitfulHills.com**

### Gasper Family Farm

Pete & Susan Gasper  
21600 Golden Rd,  
Linwood, Ks. 66052 913-723-3838  
farmer1@gasperfarm.com  
**www.GasperFarm.com**  
Gasper Family Farm is a small, diversified family farm near Lawrence, Kansas. We produce **GRASS-FED BEEF, PORK, CHICKEN & DUCK** from healthy pastured animals. We raise **JERSEY DAIRY COWS**. We are also growing **VEGETABLES**. Our goal is to provide natural, health-building food for local families. We raise our animals and vegetables as God intended by working with nature instead of against it. This makes for a healthier environment and yields tastier food that is better for you! We sell on the farm, at farmers markets and deliver to drop-off sites.

### Golden Ridge Farms

Bruce & Cindy Silvest  
24960 Earnest Rd.  
Osawatomie, KS 66064  
Hm: 913-898-6201 Cell: 913-406-9440  
GoldenRidgeFarms@aol.com  
**www.KSPecans.com**  
We raise **PECANS**, our fruit trees (**PEACHES, APRICOTS, APPLES, PLUMS, AND PEARS**) and **BLACKBERRIES** 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 CAMEL 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**.

### Green Dirt Farm, LLC

Jacqueline Smith & Sarah Hoffman  
P.O. Box 74, Weston, MO 64098  
Cell: 816-824-7784  
Jacque@GreenDirtFarm.com  
Sarah@GreenDirtFarm.com  
**www.GreenDirtFarm.com**  
Life is too short to eat grocery store cheeses! Green Dirt Farm, LLC invites you to try our **HANDCRAFTED ARTISANAL SHEEP CHEESES** created with milk from our very own **PASTURED** ewes. You can be assured of a richness and depth of flavor unique to the rolling bluffs of Weston, MO. Also on the menu is **100% GRASS-FED LAMB** which is of unsurpassed quality, tenderness, and flavor. Come visit us at the Farmers' Community Market at Brookside, the KC City Market, and Overland Park Market on Wednesdays. We look forward to meeting you!

### Green Hills Harvest

Barb & Kerry Buchmayer  
14649 Highway M  
Purdin, MO 64674  
GHHarvest@juno.com  
660-244-5858



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

Try the great tasting **CERTIFIED ORGANIC DAIRY PRODUCTS** from our local family farm, now available in returnable glass! Our herd is free range and **PASTURE-BASED**. Our dairy products are available at: Marsh's Sun Fresh, Whole Foods, Green Acres Market, and the Community Mercantile in Lawrence, KS. Welcome back . . . to the past!

### Harmony Farms

Marvin Musick ~ Ph. 816-309-4300  
PO Box 494, Odessa, MO 64076  
MarvinMusick@GMail.com  
[www.HarmonyMeats.com](http://www.HarmonyMeats.com)

Harmony Farms is a family farm located about 5 miles south of Odessa, MO. Our main product is **GRASS FED/GRASS FINISHED BEEF** which we produce ourselves and in partnership with local growers. We also sell **FREE RANGE CHICKEN & PASTURED PORK**. Our animals spend their lives on fresh pasture. New paddocks each day simulate natural conditions as closely as possible, which means much healthier meat. Our meat is much higher in Omega 3's and CLA's which help fight heart disease and cancer. We never feed antibiotics or give growth hormones. Our specialty is selling quarters and halves of beef and pork bundles directly to individuals, year-round. You can also find our products at Nature's Pantry in Independence, MO, at K.C. farmers markets, local Hy-Vee stores or on our E-commerce website. Any questions, give us a call @ 816-309-4300.

### Heritage Acres Farm

Jacki Prettyman jdprettyman@ckt.net  
2425 Wagon Road  
Fort Scott, KS 66701  
H (620) 857-4275 C (620) 235-9444  
Heritage Acres Farm is a small, family-owned and operated produce farm in northern Bourbon County, KS. We raise and sell mainly **HEIRLOOM & GOURMET VEGETABLES**, but we are currently expanding into **RASPBERRIES & BLACKBERRIES**. Our vegetable garden is Certified Naturally Grown (CNG) and we grow in a sustainable manner. Our produce is sold through our corporate CSA (Mercy Health Systems, Fort Scott, KS), the Fort Scott Farmers' Market (in Skubitz Plaza ~ Wed & Sat ~ 7am to 11am), at the Pittsburg Farmers' Market on Saturday mornings, & at a local grocer. We also offer homemade breads, jams, salsa, ketchup & cheese from our state-licensed kitchen. Heritage Acres partners with Baker Creek Seed by growing out **HEIRLOOM SEEDS**.

### Hess Ranch

John & Susie Hess ~ 660-679-0041  
RR 5 Box 408A, Butler, MO 64730  
susihess@hotmail.com  
**GRASS-FED, FREE RANGE, ALL NATURAL BEEF from PASTURED CATTLE**. Our Angus/Hereford cross beef are high-quality, hand-raised, 2-year-old calves from registered breeding stock, fed grass, clover and natural mineral supplements. No corn or grain is fed, no hormones are implanted, no antibiotics fed. Our pastures are shady and spring-fed creeks flow through them with plenty of room to roam. The local processor in Clinton, MO will dry age the USDA-inspected, select grade beef 21 days for maximum flavor and tenderness, then custom-cut and hand wrap it as you like it. No irradiation or chemicals

delivery, let us know. We're just starting a CSA for bread.

### Moon on the Meadow

Jill Elmers  
1515 E 11th Street  
Lawrence, Kansas 66046  
Farm 785.749.1197 Wk 913-269-4672  
JElmers@MoonOnTheMeadow.com  
[www.MoonOnTheMeadow.com](http://www.MoonOnTheMeadow.com)  
Moon on the Meadow is an organic vegetable farm just on the edge of the east city limit of Lawrence. We farm three acres of a wide variety of **VEGETABLES, HERBS**, and some **SMALL FRUIT**. We sell our products at the Downtown Lawrence Farmers' Market and a CSA with drop-offs in Topeka, Kansas City, and Lawrence.

### My Neighbor Steve's

#### Totally Amazing Pasta Sauce

Steve Pierce  
821 King Street  
Baldwin City, KS 66006  
785-594-2475  
Steve@MyNeighborSteve.com  
[www.MyNeighborSteve.com](http://www.MyNeighborSteve.com)  
**ORGANIC TOMATO & BASIL PASTA SAUCE**. Original Italian recipe made with organically-grown local tomatoes, basil, and garlic. Light sauce with exceptionally fresh flavor - grown, cooked, and jarred locally. Available at Baldwin City Market; The Merc in Lawrence; Hy-Vees in Lawrence, Kansas City, and Independence; and Cosentino's Market in Brookside, McGonigle's, Better Cheddar, The Casbah in Lawrence, and Merriam Organic Market.



### 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 is a **BIODYNAMIC**

farm producing over 40 varieties of **VEGETABLES** using holistic and homeopathic practices-going beyond organic. See us at stalls 12, 13 & 14 at the KC City Market. Deliveries to select restaurants & health shops.

### New Earth Gardens

John & Karen Lopez ~ 816-625-0248  
2735 Smokey Ridge Rd  
Bates City, MO 64011  
newearthgardens@yahoo.com  
[www.newearthgardens.org](http://www.newearthgardens.org)  
Come learn along with us, to live more naturally with our environment while eating incredible fresh organically grown fruits and vegetables. Open in the spring of 2010, we will provide organically grown fruits & vegetables. We have a traditional farm store option available, but we encourage family and individuals to experience the joy of picking their own. Experience with your family how food can be grown. See nature as it creates everything. Its a never-ending learning experience. New Earth Gardens is dedicated to connecting families to the natural origin of their foods, in a spirit of gratitude and abundance. We encourage families to come and select their own produce, each week of the season, picking from over 50 vegetables, berries & herbs through our U-Pick option. Memberships are offered for those wishing to commit to the enjoyment of fresh, organically-grown produce, all summer long. Visit our web site or call for details.

### NV Ranch ~ www.nvranch.info

Karin and Arcenio Velez  
7708 E. 235th Street,  
Peculiar, MO 64078 ~ 816-779-5059  
farmfresh@nvranch.info  
NV Ranch is a small family farm focused on organically, sustainably grown **VEGETABLES & FRUITS** along with naturally grown MEATS

**100% GRASS FED BLACK ANGUS DRY AGED BEEF**, Pasture-Raised in the Tall Grass Flint Hills of Kansas. We've been in the ranching business 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, and your health! Our beef contains NO ANTIBIOTICS and NO HORMONES, all raised right here at home, grazing spring, summer and early fall on our lush tall grass, never-plowed pastures of Greenwood County Kansas. We feed them our own ORGANICALLY-GROWN ALFALFA HAY, with Brome grass, clovers and prairie hay in the winter months. Visit our web site for more information & how to buy our beef ~or call the ranch. NEW FOR SUMMER 2010!! **ANTIBIOTIC-FREE PASTURED CHICKEN AND EGGS!**

### **M & J Ranch**

Mel and Joyce Williams  
3105 Wild Horse Rd.  
Lawrence, KS 66044  
Hm 785-865-2503 Cell: 785-766-5226  
MJRanch66044@hughes.net  
**www.MandJRanch.com**  
We invite you to try **100% GRASS-FED & GRASS-FINISHED BEEF** at its finest! It is the GRASS, without any grain, that our cattle dine on that makes this the healthiest beef you can eat. All cattle are born and raised on our ranch. We rotate them on pasture all year simply by calling to them. In winter our own hay is rolled out on the pastures. We take pride in raising only authentic beef; never using any hormones, sub-therapeutic antibiotics, pesticides or herbicides on our pastures. Your beef can always be traced back to our family herd by a numbering system. Buy our beef at the Merc, HyVee, & Checkers in Lawrence, KS. Contact us re delivery,

pick up at the ranch or a USDA processor in DeSoto when purchasing 1/4s, 1/2s, or wholes.

### **Maier's Farm**

Tim Maier  
2365 Oregon Rd  
Ottawa, KS 66067  
Hm: 785-242-5638 Fax: 785-242-6417  
Cell: 785-241-2828  
Tim@MaiersFarm.com  
**www.MaiersFarm.com**  
We offer naturally raised **VEGETABLES (ASPARAGUS-ZUCCHINI), POULTRY** (free range **CHICKENS & EGGS** available year round), **PORK & BEEF (PASTURE AND GRAINFED). NO MINIMUM; FREE DELIVERY!** Monthly home deliveries all year round. Member of Rolling Prairie Farmers Alliance CSA.

### **Meadowlark Acres**

Suzanne Frisse  
5830 West 167th Street  
Stilwell, KS 66085  
913-681-5004  
**www.meadowlark-acres.com**  
Here in picturesque Stilwell, Kansas, we grow hot peppers, ornamental peppers, tomatoes of all shapes and colors, herbs and flowers galore. Come harvest time, usually around Labor Day, we begin preserving the veggies into jelly, relish, dips and marinades. All natural with no preservatives, Meadowlark Acres goods are picked, triple washed, seeded, and slow-cooked in small batches, usually no more than 6 jars to a batch. Being a small farm allows us to keep a close eye on our crops and maintain a high level of quality control in the kitchen. We deliver Fresh, Artisan Breads to Fairway/Plaza area Saturdays; Leawood/OP on Sundays. If you live in a different neck of the city and have a couple of friends who would also like

are used in the packaging. We strive for high quality, lean, tender beef. Supply is limited so call early to reserve your quarter of beef. 2010 price \$2.50 per pound, plus processing.

### **Hidden Hills Farms**

Jennifer Charlson & Damon Hill  
PO Box 1154, Smithville, MO 64089  
816-365-3305  
Jennifer@hiddenhillsfarms.com  
**www.HiddenHillsFarms.com**  
Hidden Hills Farms is a membership driven, four-season farm that specializes in traditional, nourishing, farmstead foods in a CSA format. Our farm produces **100% GRASS FED BEEF and LAMB, PASTURE RAISED, HERITAGE, PORK, CHICKEN, TURKEY, & EGGS** with NO CORN or SOY ever fed. Our program also offers organically produced, **HEIRLOOM PRODUCE & 100% GRASS FED DAIRY** products. Our family farm focuses on soil health (we only use our own compost and we do not use any synthetic pesticides, herbicides or chemical fertilizers), good plant and animal genetics (we use heirloom seeds and heritage or older genetics for our livestock), and a low stress environment (our Jersey cows get to raise their own calves instead of us bottle feeding them) to raise your food. Please visit our website for more of our farming standards, philosophies, and membership details.

### **Homespun Hill Farm**

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

Healthy Farming for Our Soils! Healthy Foods for Your Soul! We provide **GRASSFED BEEF AND LAMB, PASTURED CHICKENS AND HOLIDAY TURKEYS**. Available on Saturdays at the Downtown Lawrence Farmer's Market, at the Local Burger Restaurant display freezer 7 days a week, and at our 4th Saturdays monthly delivery to Olathe site (119th and Strang Line Rd). We also sell in bulk -1/4's and 1/2's. Join in on our Meat Subscription CSA Adventure for a smorgasbord of monthly bundles of awesome meats and an opportunity to receive great grass-fed steaks for \$7.75/lb! CSA available all Year!

### **Huns Garden**

Pov Huns  
H. 913-671-7316  
C. 913-961-1561  
Farm: 4730 Metropolitan Ave, KC, KS  
Mail: 5440 County Line Road,  
Kansas City, KS 66106  
HunsGarden@hotmail.com  
**www.HunsGarden.com**  
Huns Garden is an all-natural farm operated by Pov and Chaxamone Huns. We grow a wide variety of specialty **VEGETABLES, HERBS & FRESH CUT FLOWERS**. Huns Garden is in the hills of the Argentine community in urban K.C., Kansas. We produce **SPECIALTY VEGETABLES** that have medicinal value, as well as other Asian greens that are hard to find. Huns Garden serves a diverse customer base including immigrants from Africa, the Middle East, South America, the Caribbean, Asia and the Pacific Islands, as well as locals interested in healthy eating. We sell our vegetables at the City Market in KCMO from late-April thru mid-November. We offer pick up of both full and partial **CSA** shares on Wednesday evenings.



### Iwig Family Dairy

Tim Iwig (785) 379-9514  
3320 SE Tecumseh Rd  
Tecumseh, Ks. 66542

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

[iwigdairyfarm@sbcglobal.net](mailto:iwigdairyfarm@sbcglobal.net)

Since 1910, the Iwig family has been raising healthy cows and producing delicious, **HIGH QUALITY MILK** for Kansas families. In 2004, Tim and Laurel took the family dairy farm to the next level with the opening of its dairy production, bottling and retail service, providing bottled milk to grocery stores throughout Kansas. And not just any milk, but the highest quality milk available. Iwig Family Dairy is owned & run by a multi-generational family farm operation in Tecumseh, KS.



### Janzen Family Farms

Norm Oeding, Manager

15076 NW 180th St., Newton, Ks  
67114 ~ 316-799-2670 316-799-2585  
[normo@elbingks.com](mailto:normo@elbingks.com)

[www.JanzenFamilyFarms.com](http://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. Please check

out our website and contact us for

more info.

### JJ Farms CSA

John & Judy Kaiahua

8531 East 81st Terrace

Raytown, MO 64138 ~ 816-356-3938

Natural fruits: **APPLES, PEARS AND**

**RHUBARB**. Natural produce:

**TOMATOES, SWEET PEPPERS,**

**BOTH GREEN AND COLORED**

**ROOT CROPS, LETTUCE, GREEN**

**BEANS AND POTATOES. CSA**

**subscriptions available for 2010.**



### K.C. Center for Urban Agriculture & the Kansas City Community Farm

4223 Gibbs Road, K.C., KS 66106

Farm Manager: Alicia Ellingsworth,

[Alicia@kccua.org](mailto:Alicia@kccua.org)

Executive Director: Katherine Kelly,

[Katherine@kccua.org](mailto:Katherine@kccua.org)

Assoc. Director: Daniel Dermitzel,

[Daniel@kccua.org](mailto:Daniel@kccua.org)

913 831-2444 [www.KCCUA.org](http://www.KCCUA.org)

KCCUA promotes the production and consumption of fresh, local produce by

growing urban farmers who are an

active part of healthy neighborhoods

in Greater Kansas City. We run the

KC Community Farm, a CERTIFIED

ORGANIC farm on two-plus acres in

KCK, where we grow a wide selection

of VEGETABLES AND HERBS. You'll

find our produce at the Farmers'

Community Market at Brookside

(KCMO), and Wednesdays at

Overland Park Farmers Market; we

also have a 35 member CSA program.

### Karbaumer Farm

Klaus and Lee Karbaumer

12200 Missouri 92 Hwy

Platte City, MO 64079 816-270-2177

[KarbaumerFarm@yahoo.com](mailto:KarbaumerFarm@yahoo.com)

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

"Bring Your Table Closer to the Farm!"

**ORGANICALLY-GROWN**

**VEGETABLES** including many

**HEIRLOOM VARIETIES, HONEY &**

**EGGS** from free-grazing hens are

available through farm purchase. Our

farm is powered by Belgian draft

horses, no tractors. We use **NO**

**CHEMICALS**, not even those

organically approved. We endorse

sustainable practices for the health of

our animals, our soil and the planet we

share. **CSA** families join us for

several farm events, bonfires and

horse-drawn wagon and buggy rides.

**See web site for full "Farm Table"**

**CSA details.** We have a huge cider

press and small farm pond stocked

with catfish. CSA Members receive

Report to Shareholders newsletter;

borrow CSA canning & food

dehydrating equipment; and help their

children plant their own vegetables in

our "Rows to Grow" garden patch.

Visitors welcome. Come see how your

food is grown and meet the farmers

who grow it.

### KC Buffalo Co., LLC

Peter & Cathy Kohl

2201 East 203rd Street

Belton, MO 64012

Hm:816-322-8174

Cell:816-898-8174 Fx:816-322-6818

[KCBuffaloCo@sbcglobal.net](mailto:KCBuffaloCo@sbcglobal.net)

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

Who says only chicken is finger

lickin'? We've found a new way to

go...it's **BUFFALO!** USDA all natural

free-range. The original health food for

the enlightened consumer. We are

your local producer in the K.C. area.

Find us at the City Market of K.C. 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.

### Kickin Bull Ranch

Ron & Diane Ruppert

14681 126th Road

Hoyt, KS 66440

Cell: 785-248-3218

Home/Fax: 785-986-6260

[Beef@KickinBullRanch.com](mailto:Beef@KickinBullRanch.com)

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

We have the best-tasting **BEEF**. We

create a low-stress environment for a

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natural, no-GMO, high-protein feed.

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free of weeds without the use of

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beef is aged for enhanced tenderness

& flavor. If you purchase in bulk, half,

or whole, please order 4-6 weeks in

advance. Delivery available. We

supply Free Range Beef to the

American Restaurant-KCMO; & the

Topeka Natural Food COOP. See us

at the Merriam Farmers Market-

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### Lone Star Lake Bison Ranch

Terri Gibbs

588 N. 300 Rd, Overbrook, Ks 66524

785-594-2926 [LSLBison@yahoo.com](mailto:LSLBison@yahoo.com)

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

Where great taste and great nutrition

meat! Our family-owned working

bison ranch has a proud tradition of

providing a natural, healthy

environment for its inhabitants, the

American Bison. We advocate the

benefits of producing **100% GRASS-**

**FED**, locally produced and processed

**BISON MEAT** containing no added

hormones or antibiotics. Thus we can

ensure that the food we produce is

safe and trusted. Step back in time

and visit our Bison Country Store, built

with recycled barn materials to

resemble an old-fashioned general

store. Our buffalo thrive on native

grass and serve as the main

attraction. The store is open daily

from 9 am to 6 pm daily and is

conveniently located on Sante Fe Trail

(Hwy 56) 12 miles west of Baldwin

City. Our products are available at the

Lawrence Farmers Market, April

through November. For more info or

to arrange delivery give us a call.

Group tours are welcome.

### Lucky Star Farms

Randy & Tonia Rupe

Lucky Star Farms ~ 620-583-6776

Eureka, Kansas 67045

[luckystarfarm@gmail.com](mailto:luckystarfarm@gmail.com)

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

