



2010
12TH ANNUAL EXHIBITION OF FARMERS

Eat Local!

Recipes

*Kansas City Food Circle
is a nonprofit organization
that has connected local
eaters with local, organic,
free-range growers for over
20 years.*



www.KCFoodCircle.org



ABOUT US:

The Kansas City Food Circle is an all-volunteer, grassroots organization connecting local, organic and free-range growers with people who want to eat delicious, nutritious, locally grown food.

ABOUT YOU:

We give you a chance to meet the hardworking people who feed you every day: local farmers. Through our farmers expos, annual meetings, newsletters, workshops and recipes, we provide you with the knowledge, resources and opportunities to bring the goodness of healthy, natural, sustainable farming to your table. We hope you enjoy these recipes. Many are fresh-picked from the farm.

Bon Appétit.



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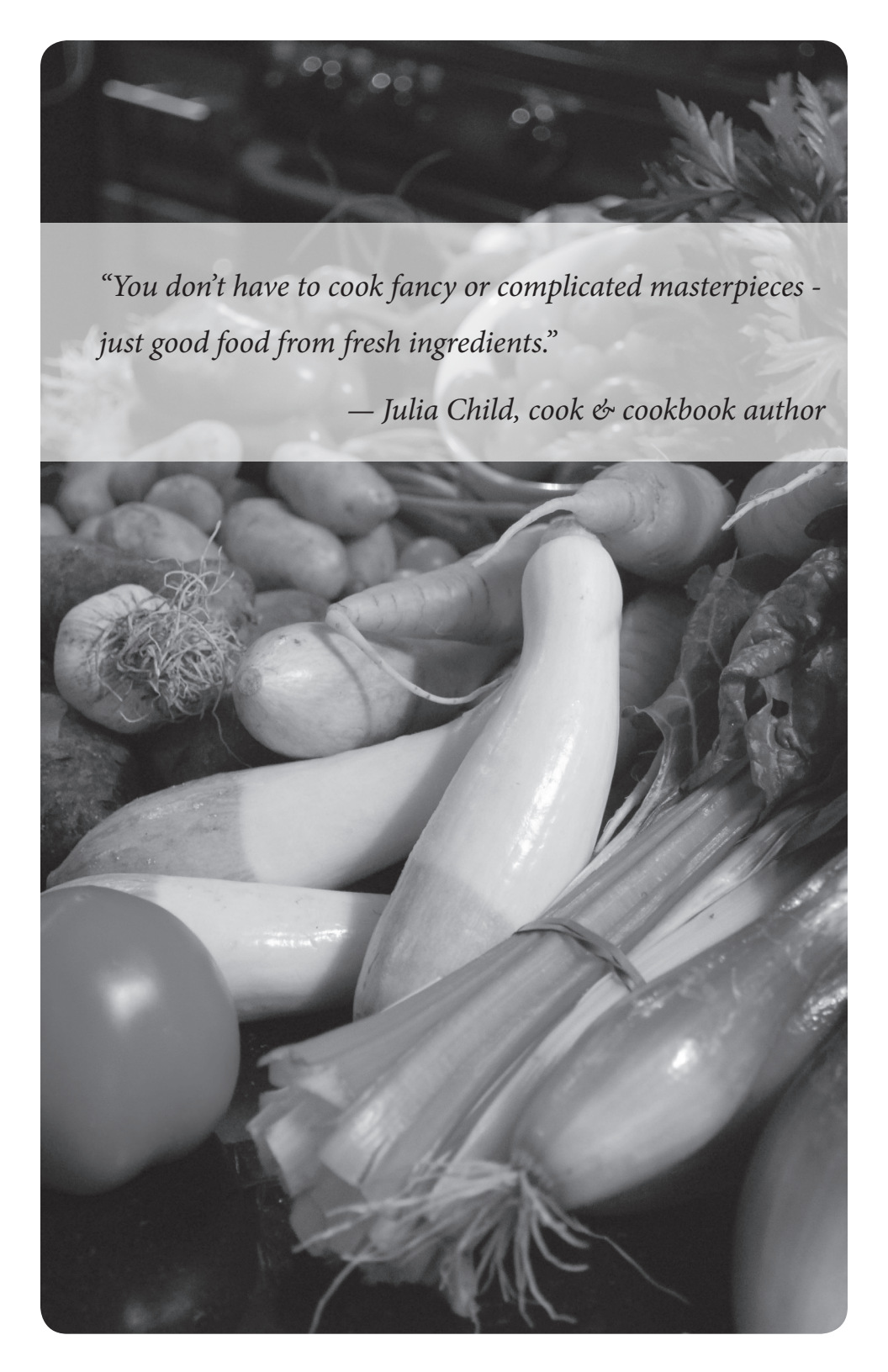
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“You don’t have to cook fancy or complicated masterpieces - just good food from fresh ingredients.”

— Julia Child, cook & cookbook author



Serve With Fresh Vegetables or Toasted Pita

SPINACH DIP

Makes 4 cups.

- Ingredients:**
- 1 large yellow onion, diced
 - 1-1/2 tablespoons olive oil
 - 1 tablespoon minced garlic
 - 1/2 teaspoon each of fennel seed, oregano, basil
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon black pepper
 - a pinch of chili flakes
 - 1/2 pound fresh, cleaned, de-stemmed spinach
 - 1 cup creamy cashew cheese (recipe on page 5)

Preparation: Sauté the first seven ingredients in a saucepan on medium heat until onions are translucent.

In a mixing bowl filled with spinach, add hot onion mix which will slightly wilt spinach.

Add 1 cup of creamy cashew cheese and blend in food processor or with immersion blender.

Submitted by *Eden Alley Restaurant, Kansas City, Mo., from their cookbook, Eden Alley Cookbook: Stir-Well to Heaven, www.edenalley.com/stirWell.*

Sweet and Gorgeous Looking
RASPBERRY SALSA

Makes 2 1/2 cups.

- Ingredients:**
- 2 cups fresh raspberries
 - 2 peaches, peeled and finely chopped
 - 1/2 cup red onion, minced
 - 1 or 2 hot peppers, seeded and finely minced
 - Juice of 1 lime
 - 1 tablespoon red wine vinegar
 - 1 teaspoon honey, turbinado or brown sugar
 - 1/4 teaspoon salt
-

Preparation: Combine all ingredients. Refrigerate for at least half an hour to allow flavors to blend.

Reprinted with permission from the Rolling Prairie Cookbook, copyright 1998 by Nancy O'Connor. This cookbook was inspired by the Rolling Prairie Farmers Alliance, a Kansas City Food Circle farmer member, www.rollingprairie.net. This Lawrence-area farmers cooperative offers CSA subscriptions of locally grown, organic produce with deliveries in the Kansas City metro area.

Great Vegan Substitute for Cream Cheese
CREAMY CASHEW CHEESE

Makes 2 cups.

- Ingredients:**
- 1-1/2 cups of raw cashews
 - 1/4 cup nutritional yeast
 - 1/2 teaspoon sea salt
 - 1 tablespoon agave nectar
 - 3/4 cup filtered water
-

Preparation: Start by soaking cashews in filtered water in refrigerator for at least 12 hours. Soaking the nuts ensures a creamy texture and reduces graininess. (Tip: Always keep cashews in water in the fridge for a quick cheese fix.)

Drain your soaked cashews and give a quick rinse. Place soaked cashews into food processor bowl and add yeast, sea salt, agave nectar and water.

Turn on your processor and set timer for 5 minutes. You can add more water for thinner consistency or less for thicker cheese.

Pull and let cool. Label, date and refrigerate.

Here's a variation that makes a great Mexican cheese spread for burgers, nachos and grilled cheeses. Before you blend your cheese, add 1/4 teaspoon each: chili powder, cumin, oregano and turmeric.

Submitted by Eden Alley Restaurant, Kansas City, Mo., from their cookbook, Eden Alley Cookbook: Stir-Well to Heaven, www.edenalley.com/stirWell.



SOUPS ■ SALADS

Almonds Give This Soup a Nice Meaty Flavor

CREAMY BUTTERNUT SQUASH SOUP

Makes 2 to 4 servings.

- Ingredients:**
- 1 butternut squash (about 1-3/4 lb.) with skin left on, cut into 2" cubes
 - 4-1/2 cups vegetable bouillon
 - 1/2 cup raw almonds
 - 1-1/2 teaspoon curry powder
 - 1/2 teaspoon sea salt
 - 1/8 teaspoon freshly ground black pepper
-

Preparation: Put squash and 3 cups of the bouillon in large pot. Bring to simmer over medium heat, then reduce heat. Cover and cook until squash is tender: 15-20 minutes. Remove from heat, and let squash cool in cooking water.

Using a slotted spoon, remove squash from pot. Peel squash, and set aside. Set aside pot of cooking liquid. Blanch almonds in boiling water for 30-60 seconds. Drain, and plunge almonds into cold water. Drain again and squeeze almonds between your fingertips to remove skins. Compost or discard skins.

Put blanched almonds and remaining 1-1/2 cups bouillon into blender. Blend until smooth, about 1 minute. Add cooked squash, curry, salt and pepper and process until smooth. Add squash mixture to pot of cooking liquid and bring just to simmer over medium heat. Serve hot.

Submitted by Spring Creek Farm, Baldwin City, Kan., springcreekcsa@yahoo.com, 785-633-5292. Spring Creek Farm offers organic produce with several heirloom varieties through CSA subscription (deliveries to Baldwin and Gardener). They also can be found at the Saturday Downtown Lawrence Farmers Market.

Quick and Easy
TOMATO AND FETA SALAD

Makes 2 to 4 servings.

- Ingredients:**
- Several ripe tomatoes, peeled and chopped
 - 1/2 red onion, finely chopped
 - 1/2 yellow or red sweet pepper, finely chopped
 - 1/4 cup chopped black olives
 - 1/4 cup feta cheese
 - 1/4 cup fresh basil, finely chopped
 - 1 tablespoon olive oil
 - Black pepper to taste
-

Preparation: Mix all ingredients and marinate in refrigerator for several hours. Serve chilled.

Words of wisdom: Don't leave the olives out or try to replace them with a salt shaker.

Submitted by Spring Creek Farm, Baldwin City, Kan., springcreekcsa@yahoo.com, 785-633-5292. Spring Creek Farm offers organic produce with several heirloom varieties through CSA subscription (deliveries to Baldwin and Gardener). They also can be found at the Saturday Downtown Lawrence Farmers Market.



MAIN DISHES

Lunch Anyone?

VEGGIE/CHICKEN WRAP

Makes 4 wraps.

- Ingredients:**
- 1 package of Bread of Life Piadina Spinach Wraps (4)
 - 4 cups of locally grown organic greens
 - 1/4 cup slivered almonds
 - 1/4 cup cranberries
 - 1/2 organic avocado, diced (whole avocado if adding no chicken)
 - 1 cup cooked organic chicken, diced (optional)
 - 1/2 cup organic Italian dressing or some other favorite salad dressing
-

Preparation: In a bowl, mix greens, almonds, cranberries, avocados, chicken and dressing. Toss to mix and fill Piadina wraps.

Piadinis are a bakery favorite. We have them as pizzas, burritos and wraps. Sometimes we have them plain with just olive oil and garlic salt.

Submitted by Bread of Life Bakery, Stewartville, Mo., www.BreadOfLifeBakery.net. Bread of Life Bakery offers a variety of breads and snacks baked with locally grown 100% organic, fresh ground wheat. Order items off their Web site or find their goods in select Kansas City retail stores and at area farmers markets.

Try Fresh Heirloom Tomatoes

OPEN-FACE ROASTED TOMATO SANDWICH

Makes 4 sandwiches.

- Ingredients:**
- 1 large tomato, cut into 4 thick slices
 - 4 slices of local, organic bread, like Bread of Life
 - 8 basil leaves
 - 1 teaspoon sea salt
 - 3 to 4 tablespoon extra virgin olive oil
 - 1/2 cup grated Parmesan cheese
-

Preparation: Place bread on an oven-proof rack and brush with olive oil. Place ingredients on bread as follows: 2 basil leaves, tomato slice, salt, cheese. Add any extra ingredients you want, such as olives or anchovies.

Bake at 375° for 10 to 15 minutes or until cheese is melted and browned.

Eat with a fork.

Submitted by Fair Share Farm, Kearney, Mo., www.FairShareFarm.com. Fair Share Farm offers a CSA subscription of fresh, organic produce and herbs to the greater Kansas City area, including Holt, Excelsior Springs, Gladstone, Liberty, and Lawson, Mo.

Grilled Cheese With a Twist

TASTY SUMMER "GRILL" CHEESE

Makes 1 serving.

- Ingredients:**
- 1/2 onion, sliced or chopped
 - 1/2 sweet pepper, sliced or chopped
 - Garlic and oyster mushrooms (to taste)
 - Two thick slices of Ciabatta
 - Slices of cheddar cheese (to taste)
 - Slices of goat cheese, like Green Dirt Farm (to taste)
 - Two or three slices of heirloom tomatoes
 - Greens, such as kale collards and chard (optional)
-

Preparation: Sauté onion and sweet pepper until caramelized. Add garlic and oyster mushrooms.

Grill Ciabatta on one side. Add slices of goat cheese and cheddar on the toasted side of the bread.

Layer heirloom tomatoes with caramelized onions, peppers, garlic and mushrooms between toasted slices. Add greens, if you like.

This is something I make in the summer months when I am busy and very tired. Just the thought of eating this sandwich gives me energy!

Submitted by Sherri Harvel, Root Deep Urban Farm, Kansas City, Mo., RDUF@copper.net, 816-277-9990. Root Deep uses organic and sustainable practices to grow vegetables and herbs for CSA subscriptions in the Kansas City area. They also can be found at the Farmers Community Market at Brookside and 39th Street Community Market in Kansas City, Mo.

Slow, Tender and Flavorful
BEEF BRISKET

Makes 8-10 servings.

- Ingredients:**
- 3 tablespoons liquid smoke
 - 1 teaspoon garlic powder
 - 1 teaspoon onion salt
 - 1 teaspoon celery salt
 - 1 (5-7 lb.) trimmed beef brisket
 - Worcestershire sauce
 - Ground black pepper
 - Barbeque sauce (optional)
-

Preparation: Combine liquid smoke, garlic powder, onion salt and celery salt. Pour mixture over meat and rub in. Put meat in gallon zip-lock bag and refrigerate over night. Place in crock pot, sprinkle meat with Worcestershire sauce and black pepper to taste. Cook on slow all day.

*Submitted by Breezy Hill Farm, Centerview, Mo., www.Breezy-Hill-Farm.com.
Breezy Hill Farm offers grass-finished beef, "real" milk, free-range and organic-fed eggs and free-range, organic-fed, non-GMO fryer chickens on a contract basis.*

Ready to Love Chard?

CHARD-WRAPPED CHICKEN

Makes 6 servings.

- Ingredients:**
- 1/4 cup olive oil
 - 2 tablespoons snipped fresh basil, oregano and/or chives
 - 1 clove garlic, crushed or minced
 - 1/4 teaspoon ground black pepper
 - 1/2 cup crumbled feta cheese
 - 6 medium skinless, boneless chicken breast halves
 - 6 Swiss chard leaves, stems trimmed
-

Preparation: Preheat oven to 375°. In a small bowl, combine olive oil, garlic, pepper and half of the herbs. Combine with feta cheese using the back of a spoon to mash it into a paste.

Top each chicken breast with some of the feta mixture, pressing firmly. Wrap center portion of each chicken breast with a Swiss chard leaf, leaving the ends exposed.

Place wrapped chicken breasts in a 3-quart rectangular baking dish. Bake covered in preheated oven 25-30 minutes, or until chicken is no longer pink. Cook another 5 minutes uncovered and sprinkle remaining herbs over it before serving.

Submitted by Spring Creek Farm, Baldwin City, Kan., springcreekcsa@yahoo.com, 785-633-5292. Spring Creek Farm offers organic produce with several heirloom varieties through CSA subscription (deliveries to Baldwin and Gardener). They also can be found at the Saturday Downtown Lawrence Farmers Market.

Use Juicy, Lean, Free-Range Beef
**BEEF WITH BROCCOLI
AND MUSHROOMS**

Makes 4 servings.

- Ingredients:**
- 1/3 cup soy sauce
 - 2 tablespoons cider vinegar
 - 3/4 teaspoon sugar
 - 1 beef bouillon cube
 - 1/3 cup hot water
 - 2 teaspoons cornstarch
 - 3 tablespoons oil
 - 2 large cloves garlic, peeled and halved
 - 3/4 lb. beef flank steak or round, cut 1/8" thick
 - 2-1/2 cups broccoli florets
 - 1-1/2 peeled broccoli stems, cut 1/8" thick
 - 1/4 lb. fresh mushrooms, sliced 1/8" thick
-

Preparation: Mix soy sauce, vinegar and sugar in a small bowl or measuring cup. In another bowl, mix bouillon cube, water and cornstarch. Assemble remaining ingredients.

In a large, heavy skillet or wok, heat 1-1/2 tablespoons oil over high heat. Add garlic and cook a few seconds. Add meat and stir fry 2 minutes until lightly browned. Remove meat and pan juices to a bowl. Discard garlic. Wipe out skillet or wok. Add 1 tablespoon oil, and when hot, add broccoli stems. Stir fry 2 minutes. Add 1/2 tablespoon oil, broccoli florets and mushrooms. Stir fry 2 minutes. Pour in meat and juices and soy-vinegar mixture. Cook 2 minutes. Stir in cornstarch mixture. Cook 2-3 minutes. Serve hot.

*S*ubmitted by Hess Ranch, Butler, Mo., SusiHess@hotmail.com, 660-679-0041.
The Hess Ranch offers all-natural beef from pastured cattle. Contact them to order.

Just Add Your Favorite Old World Toppings

RUSTIC SICILIAN "SUMMER-TIME"

PIZZA DOUGH

Makes 2 medium pizzas.

Ingredients:

- 1 package (2-1/4 teaspoons) dry active yeast
- 1/4 cup warm water (100° to 115°)
- 1 tablespoon local honey
- 3-3/4 cups whole wheat flour, like Acme Grain
- 1 cup cool water
- 1 tablespoon olive oil
- Pinch of salt

Preparation:

Dissolve yeast in warm water. Add honey and let sit for 5 minutes, until foamy. Put flour in large mixing bowl and make an indentation in the center for the wet ingredients.

Mix olive oil and salt with the cool water in its measuring cup. Pour olive oil mixture, then yeast mixture into flour and mix with a wooden spoon until a sticky ball begins to form. Transfer dough to a lightly floured surface. Knead vigorously for 8-10 minutes. Transfer dough to oiled bowl. Cover with moist towel. Place in a warm, draft-free spot and let rise until doubled, about 1 hour. Punch down dough and knead again on lightly floured surface for 3 minutes. Divide dough into 2 equal portions and roll into tight balls. Place on tray, cover with damp towel and let rest for several hours at room temperature, or overnight in refrigerator.

To form crusts, roll or stretch each ball into 12- or 14-inch circle. Add "summer-time" toppings such as roasted garlic, caramelized "Tropea" onions and grated goat cheese. Place on a preheated pizza stone/baking sheet at 475° for 12 minutes. Top with edible nasturtiums or purple ruffles basil.

Submitted by BADSEED Farm, Kansas City, Mo., www.BadSeedFarm.com. BADSEED Farm offers heirloom vegetables, culinary/medicinal herbs and edible flowers through CSA subscription or at their BADSEED Farmers Market, 1909 McGee, Kansas City, Mo.

Great Dish for Potluck Dinners

SLOW COOKER ENCHILADAS

Makes 4 to 6 servings.

- Ingredients:**
- 1 lb. ground beef
 - 1 cup chopped onions
 - 1/2 cup chopped green peppers
 - 1 can red kidney beans, rinsed and drained
 - 1 can black beans, rinsed and drained
 - 1 can diced tomatoes with green chiles, undrained (can use homemade salsa instead)
 - 1/3 cup of water
 - 1-1/2 teaspoons chili powder (less or more to taste)
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 2 cups (8 oz.) shredded cheese (any kind you like), use two different kinds and combine them
 - 6 flour or whole wheat tortillas
-

Preparation: Cook beef, onions and green peppers in skillet until beef is browned and vegetables are tender. Drain.

Add next 8 ingredients and bring to boil. Reduce heat. Cover and simmer 10 minutes. In slow cooker, layer about 3/4 cup beef mixture, one tortilla and enough cheese to cover tortilla. Repeat layers until ingredients are gone. Cover. Cook on low 5-7 hours or until heated through.

Try leftover chicken or ground lamb instead of beef. Serve with sour cream and guacamole.

Submitted by Parker Farms Natural Meats, Richmond, Mo., www.parkerfarms.com. Parker Farms Natural Meats offers grass-fed beef, Katahdin lamb, pork, free-range eggs and pastured chicken through CSA subscription in the Kansas City area. Bulk or retail cuts also are available at the farm or by delivery to select metro locations.



SIDES

Great Steamed or Caramelized
GREEN BEANS
WITH ASIAN FIVE SPICE POWDER

Makes 4 servings.

- Ingredients:**
- 1 lb. fresh green beans
 - 2 tablespoons olive oil
 - 2 cloves garlic, crushed and chopped
 - 2 teaspoons Asian five spice powder
 - 1 to 2 tablespoons butter
 - Pinch of salt
 - 3 tablespoons sunflower seeds
-

Preparation: Clean green beans by snapping off and discarding the stem end, and then snapping beans in two.

Steam beans for 5 to 10 minutes, or until tender but still crunchy.

Transfer to a bowl and mix with remaining ingredients. Serve hot.

You can also cook the beans by sautéing them in a skillet for 5 to 10 minutes over medium high heat until they start to caramelize a bit and then tossing with the remaining ingredients.

Submitted by Fair Share Farm, Kearney, Mo., www.FairShareFarm.com. Fair Share Farm offers a CSA subscription of fresh, organic produce and herbs to the greater Kansas City area, including Holt, Excelsior Springs, Gladstone, Liberty, and Lawson, Mo.

Topped With Toasted Hazelnuts
ROASTED BEETROOT
WITH FENNEL

Makes 2 servings.

- Ingredients:**
- 5 large beetroots
 - 1 tablespoon brown sugar
 - 1 teaspoon salt
 - 2 tablespoons fresh rosemary, chopped
 - 3 tablespoons olive oil
 - 1 bulb fennel
 - 3 blood oranges, segmented
 - 5 oz. hazelnuts, crushed and toasted
 - 1 handful dill, chopped
 - 2 tablespoons balsamic vinegar
 - 1/2 cup olive oil
 - Salt and pepper
-

Preparation: Preheat oven to 350°. Wash and trim beetroots at roots and stem ends, leaving 1 centimeter of root and stem. Do not peel. In small bowl, combine brown sugar, salt, rosemary and olive oil until well blended. Add whole beetroots and toss in oil mixture. Wrap each beetroot in foil and place in baking dish. Roast for about 1 hour until just tender. Peel beetroot by sliding off skin with your fingers, then cut into thick slices.

Trim tops and base of fennel bulb and cut in half. Remove wedge of tough core from each half by making a 'v' cut at center. Slice finely lengthwise.

Combine dill, balsamic vinegar, olive oil, and salt and pepper to taste. Whisk well until thick. Arrange beetroots on serving platter with the thinly sliced fennel and orange. Drizzle the dill vinaigrette and scatter hazelnuts on top.

Submitted by Huns Garden, Kansas City, Kan., www.HunsGarden.com. Huns Garden offers all-natural specialty vegetables, herbs, fresh-cut flowers and hard-to-find Asian greens through CSA subscription in the Kansas City area and at the City Market in Kansas City, Mo.



DESSERTS

Tastes Incredible

EASY CHERRY ALMOND PASTRY

Makes 4 to 6 servings.

- Ingredients:**
- 1 sheet puff pastry, thawed
 - 2 cups Schenker's Cherry Almond Preserves
 - 1 tablespoon real butter
 - 1/4 cup raw sugar crystals
-

Preparation: Unfold sheet of puff pastry on a cookie sheet. Rub with real butter. Spread Cherry Almond Preserves in middle, leaving room on the sides. Fold sides over and crimp to seal. Rub top with real butter. Sprinkle raw sugar crystals on top.

Bake 30-35 minutes, until golden brown. Serve warm from the oven with real whipped cream garnished with toasted almonds or ice cream.

Note: Individual pastries can be made by cutting puff pastry sheets into smaller squares and filling with 1 tablespoon Cherry Almond preserves each.

Submitted by Schenker Family Farms, 620-632-4470, NaturalBeef@hotmail.com. Schenker Family Farms offers all-natural beef, pork and lamb, as well as raw clover honey, jellies, jams (regular and sugar-free), relishes, salsa and pickles. They provide home and office delivery/shipping with weekly deliveries in the Kansas City area.

Serve Warm with Vanilla Ice Cream

APPLE TORTE

Makes 6 servings.

- Ingredients:**
- 2/3 cup flour
 - 1/2 teaspoon salt
 - 1 tablespoon baking powder
 - 2 eggs, beaten
 - 1 cup pecans, chopped
 - 1- 1/2 cup sugar
 - 2 teaspoons vanilla
 - 2 cups apples, peeled and diced
-

Preparation: Sift together flour, salt and baking powder. Mix together eggs, pecans, sugar and vanilla. Mix everything together, including apples.

Pour into 8" square, greased pan. Bake at 350° for 45 minutes.

*Submitted by Roena Haynie, Food Circle Coordinating Committee member.
This recipe is from her maternal grandmother, Roena Burtis Anderson.*

Great as a Holiday Gift
HOLIDAY TOFFEE

Makes 2 lbs. or 25 pieces.

- Ingredients:**
- 1 cup unblanched whole or sliced almonds
 - 1 cup organic butter
 - 1 cup sugar (we use organic evaporated cane juice)
 - 1/2 teaspoon vanilla
 - 1/4 teaspoon salt
 - 1 12 oz. package organic, semi-sweet chocolate pieces
 - 1/2 lb. organic walnuts, ground
 - 2 generous cups of almonds, finely ground or slivered
-

Preparation: Line baking sheet with foil. Arrange almonds in single layer over area measuring 12 x 7 inches; set aside.

Combine butter, sugar, vanilla and salt in heavy 2-quart saucepan. Cook over high heat, stirring constantly with wooden or stainless steel spoon until butter is melted. (Do not use aluminum pot or utensils.) Continue cooking and stirring for 5 to 7 minutes or until candy is color of unblanched almonds. Immediately pour candy, without scraping pan, over almonds, covering nuts. Let candy cool completely. Meanwhile, melt chocolate pieces in top part of double boiler, over hot (not boiling) water.

Break toffee into large pieces. Transfer top part of double boiler containing chocolate to work surface. Place ground walnuts in large bowl near chocolate. Using fork, dip each piece of toffee into melted chocolate, spreading chocolate over toffee in thin, even layer. Scrape off excess chocolate.

Using two forks, coat each piece of chocolate-covered toffee very lightly with ground walnuts. Place on foil or waxed paper to set. Break into serving size pieces. Store in tightly covered container in refrigerator.

Submitted by Bread of Life Bakery, Stewartsville, Mo., www.BreadOfLifeBakery.net. Bread of Life Bakery offers a variety of breads and snacks baked exclusively with locally grown 100% organic, fresh ground wheat. Order items off their Web site or find their goods in select Kansas City retail stores and at area farmers markets.

About This Booklet:

All recipes in this booklet come from the kitchens of our member farmers, dedicated volunteers and avid supporters. You can download a free, digital version from our Web site: www.kcfoodcircle.org.

To learn more about our member farmers and their products, please see our free *2010 KC Food Circle Directory of Organic and Free-Range Food Producers*, also available on our Web site or by calling 913-334-0556.

If you enjoyed these recipes, please let us know at kcfoodcircle@gmail.com or on our Facebook page.

Inside photos by Emily Akins, KCFC Coordinating Committee member.





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LOCAL ORGANIC FARMERS MARKETS:

- 39th Street Community Market
39th & Genessee, Kansas City, Mo.
www.39thStreetMarket.com
- BADSEED Funky Friday Night Farmers Market
1909 McGee, Kansas City, Mo.
www.BadseedFarm.com
- Farmers' Community Market at Brookside
63rd & Wornall, Kansas City, Mo.
www.FarmersCommunityMarket.com
- KC Organics & Natural Market at Minor Park
Red Bridge & 111th, Kansas City, Mo.
www.KCOrganics.com
- KC Organics & Natural Market at Park Place
117th & Nall, Leawood, Kan.
www.KCOrganics.com
- Troost Community Market
Linwood & Troost, Kansas City, Mo.
www.TroostMarket.org
- Troostwood Youth Garden
5142 Paseo, Kansas City, Mo.
www.KCFoodCircle.org/growers/troostwood/

CSA INFORMATION:

- Kansas City CSA Coalition, www.kc-csac.org
- 2010 KC Food Circle Directory of Organic and Free-Range Food Producers, www.kcfoodcircle.org/csa/
- Local Harvest, www.localharvest.org



