



**KANSAS CITY FOOD CIRCLE  
2015 DIRECTORY**

**LOCAL, ORGANIC AND  
FREE RANGE FARMERS**



**KCFOODCIRCLE.ORG**



## KANSAS CITY FOOD CIRCLE

Supporting a Local, Sustainable Food System.

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### WHO WE ARE

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

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

### WHAT WE DO

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

### IN THIS DIRECTORY YOU'LL FIND

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

### WHY EAT LOCAL, ORGANIC & FREE RANGE?

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

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

## DEFINITION OF TERMS

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

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

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

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

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

## KC FOOD CIRCLE’S LEVELS OF ASSURANCE

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

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

What does that mean for you?

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

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

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

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

## OUR FARMER PLEDGES

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

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

Please see the following page to read our Farmer Pledges.

## THE KC FOOD CIRCLE PLEDGES:

The KC Food Circle requires all of our Member Farmers to sign the following pledges.

### PLANT AND MUSHROOM FARMERS PLEDGE

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

#### I PLEDGE:

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

### ANIMAL FARMERS PLEDGE

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

#### I PLEDGE:

- To house the animals on my farm in outdoor pastures and/or pens with breed-appropriate shelter and bedding material available (temporary exceptions for medical treatment and breeding are allowed)
- To provide living conditions that will support the normal behavior and social interactions of each species on my farm so that the animals will thrive and to reduce the incidence of injury, stress, and disease
- To only use antibiotics, parasiticides, and other pharmaceutical drugs therapeutically in response to disease, infestation, or injury
- To never use synthetic growth promotants; this includes, but is not limited to, hormone treatments such as rBGH injections in dairy cows and implants in beef cattle as well as subtherapeutic antibiotics and arsenic in feed

- To never provide commercial feed that contains domestic animal byproducts; this includes, but is not limited to, animal waste, meat, blood, bones, hair, hooves, and feathers (fishmeal approved for use in organic agriculture is permitted)
- To never use conventional herbicides and/or synthetic fertilizers on my pastures and/or hayfields
- To ensure that any meats, dairy products, poultry, eggs, fish, and/or value-added products I sell from other local farms were produced in accordance with this pledge

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

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

## GMOS AND THE FOOD CIRCLE

The vegetable farmers in our organization don't use any GMO seeds and many of our animal Farmers don't use GMO grain to feed their livestock. GMO refers to genetically modified organisms, in this case, corn, soybeans, and alfalfa commonly used for animal feed. However, we know that sourcing organic, non-GMO animal feed is a complicated process that depends not just on the availability of the grain but on the size and location of a farm, the type of animal raised, the infrastructure needed to process feedstock as well as equipment and storage on any given farm. This is a wide variety of problems with an even wider variety of solutions. Without a one-size-fits-all solution available to our member farmers, we have chosen not to require non-GMO feed for livestock in 2015. However, we are implementing the first stages of the KCFC Three-Year GMO-Free Transition Plan (including a GMO-Free Feedstock Project) that will continue to support our existing members but that will require all our members to use only non-GMO feed for livestock starting in 2017. As always, getting to know your farmers is the best way to gain confidence about where your food is coming from and how it is grown.

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

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



## COMMUNITY SUPPORTED AGRICULTURE (CSA)

is a unique, direct partnership between eaters and farmers. Members normally join a CSA at the beginning of the calendar year, reserving a spot and paying for at least part of the season up front. This helps to provide a guaranteed market and income to the farmer. The farmer

then provides a weekly share of fresh, seasonal, organically grown vegetables, fruits, herbs, eggs and/or meat during the growing season. Both partners share in the risks and rewards of small-scale farming, from weather worries to bumper crops.

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

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

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

## ON-FARM SALES

On-farm sales give you the opportunity to go right to the farm to see where and how your food is grown. Farmstands can be great fun for both kids and adults alike and helps to remind us all that food comes from the land, not the supermarket. Home Delivery is less common, but some of our Farmer-members will take orders by phone, e-mail, or regular mail and deliver right to your door.

## RETAIL GROCERS & MARKETS

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

## RESTAURANTS

Restaurants are another way to eat local, organic, and free-range. Our Eat Local & Organic! Dining card provides a one-time 10% discount for KCFC eater members at 15 area restaurant that serve local, organic, and free-range food. See page 13 of this directory or visit [www.kcfoodcircle.org/dining-card-restaurants](http://www.kcfoodcircle.org/dining-card-restaurants) for restaurant information and for instructions on how to join the KC Food Circle.

## EATING LOCAL AND ORGANIC ALL YEAR

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

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

## BUYING FREE RANGE MEAT

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

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

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

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

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

## FEATURED ORGANIC FARMERS' MARKETS

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

### BADSEED FUNKY FRIDAY NIGHT FARMERS MARKET

1909 McGee, Kansas City, MO 64108  
[www.badseedkc.com](http://www.badseedkc.com)

**HOURS:** Fridays, 4 – 9pm,  
May 1 – Nov 20, 2015  
Fridays, 4 – 8pm,  
Dec 4, 2015 – Feb 26, 2016

**Special Markets include:** our bountiful Pre-Thanksgiving Market on Nov. 20th and our ever-festive Holiday Market on Dec. 18th!  
[SNAP EBT + Double-\$-Value Beans & Greens]

### BROOKSIDE FARMERS' MARKET

63rd & Wornall, KCMO (Border Star School Parking Lot)  
[www.brooksidefarmersmarket.com](http://www.brooksidefarmersmarket.com)  
[facebook.com/BrooksideFarmersMarket](https://facebook.com/BrooksideFarmersMarket)

**HOURS:** Saturday 8am -1pm,  
April 18 - October 31, 2015  
November 7 - 21, 2015

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

### IVANHOE FARMERS' MARKET

Nutter Ivanhoe Neighborhood Center – 3700 Woodland, KCMO 64109  
[www.growninivanhoe.org](http://www.growninivanhoe.org)

**HOURS:** Friday, 5-7 pm  
June 19 - September 25

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

### KC ORGANICS & NATURAL MARKET AT MINOR PARK

Just East of Holmes on Red Bridge Road (about 111th St.), Kansas City, MO  
[www.KCOrganics.com](http://www.KCOrganics.com)

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

### NILES GARDEN MARKET

1911 E 23rd Street (east of Downtown, close to Garfield Ave) KCMO  
[www.organoill.org](http://www.organoill.org)

**HOURS:** Tuesdays, 4pm to 6pm  
opening June 3

[SNAP EBT Accepted]

### NILES/CLYMER COLLABORATIVE PRODUCE MARKET

Clymer Community Center – 13th & Highland, KCMO

**HOURS:** Mondays, 4pm - 6pm.

[SNAP EBT Accepted]

### TROOSTWOOD YOUTH GARDEN MARKET

5142 Paseo, Kansas City, MO 64110  
[www.TroostwoodYouthGarden.info](http://www.TroostwoodYouthGarden.info)

**HOURS:** Friday nights 3:00pm – 7:00pm Saturdays 9:00am – 2:00pm  
May through November

[SNAP EBT+ Double Value Beans and Greens]

### WALDO FARMERS' MARKET

1 Block East of Wornall on 79th St (303 W. 79th Street, KCMO)  
[www.waldofarmersmarketkc.com](http://www.waldofarmersmarketkc.com)  
[facebook.com/waldofarmersmarket](https://facebook.com/waldofarmersmarket)

**HOURS:** Wednesdays, 3pm – 7pm  
May – Oct

[SNAP EBT Accepted]

## OTHER FARMERS MARKETS

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

## FEATURED RETAILERS

The list of retailers that sell products from our member farmers is ever-growing. These stores exhibit a public and sustained commitment to sourcing from our farmers. Please visit our website at [www.kcfoodcircle.org/featured-retailers/](http://www.kcfoodcircle.org/featured-retailers/) to get the most recent list of retailers and information on each one. Thank you for supporting the retailers who support our farmers.

## QUESTIONS TO ASK ANY GROWER AT A FARMERS MARKET

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

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

## EAT LOCAL & ORGANIC! EXPOS

Our largest annual events - the Eat Local & Organic! Expos - are held every spring and attract several thousand people each year who are looking for a connection with the farmers who produce their food. Our 100 small family farmers showcase their organic and free-range produce, meat, and seedlings, and have Community Supported Agriculture subscription (CSA) sign-ups.

## BECOME A MEMBER OF THE KC FOOD CIRCLE

Becoming an eater member of the Kansas City Food Circle will give you the tools you need to eat local all year long. And it will help support our mission and our farmers. With your membership you will have access to discounts and invitations to farm events, food classes, and much more. You will also receive the Eat Local and Organic Dining Card, which grants you a one-time 10% discount at many of the best sustainably sourcing restaurants in the KC area. For details and to become a member, visit our website or email us at [membership@kcfoodcircle.org](mailto:membership@kcfoodcircle.org).

## EAT LOCAL & ORGANIC! DINING CARD

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



## 2015 RESTAURANTS

- Affäre
- blue bird bistro
- canihaveabite
- Café Gratitude
- Conveniently Natural
- Eden Alley
- The Farmhouse
- Justus Drugstore
- Local Pig Brasserie
- Pigwich
- Renee Kelly's Harvest
- The Rieger Hotel
- Room 39
- Story.
- Webster House

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

# KANSAS CITY FOOD CIRCLE 2015 DIRECTORY

KCFOODCIRCLE.ORG

## KC FOOD CIRCLE FARMERS


















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

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



## PRODUCE & PRODUCT KEY

Use this key to quickly find what the farms sell.

 <b>GRAIN</b> <i>unprocessed grain</i>	 <b>FISH</b>	 <b>BEEF</b>
 <b>EGGS</b>	 <b>CSA</b>	 <b>BISON</b>
 <b>DAIRY</b>	 <b>FRUITS</b>	 <b>LAMB</b>
 <b>NUTS</b>	 <b>VEGETABLES</b> <i>includes herbs</i>	 <b>GOAT</b>
 <b>MUSHROOMS</b>	 <b>HONEY</b>	 <b>PORK</b>
 <b>VALUE ADDED</b> <i>flour, sauces, preserves, and baked goods, etc.</i>	 <b>POULTRY</b>	



ORGANIC

CERTIFIED NATURALLY GROWN

## INDEX

On almost every single page of this directory you will find **fruits** and **vegetables**, **eggs**, **CSAs**, **beef**, **poultry**, **pork**, **value added products** and **dairy products**. But for some of the less common categories as well as for the certified organic and the certified naturally grown farms, you may use this helpful index to go right to the pages you need.

Our website has the most updated info, not to mention some helpful search functions. If you still need help finding what you need, just let us know.

**GRAIN:** 22, 25, 26, 27, 28, 29, 31, 37, 40

**HONEY:** 18, 22, 23, 26, 33, 34, 35, 36, 42

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**NUTS:** 20, 23, 33

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## 2LFARMS



Cheryl Glidewell  
23970 131st Street  
Leavenworth, KS 66048  
888-282-9518  
cglidewell@2lfarms.com  
www.2lfarms.com

**SPECIALTY ITEMS:** grass-fed beef, fruits, jellies, jams, farm-to-table dinners  
**WHERE TO BUY:** at the farm, online

100% grass-fed beef, garden specialty items, and events. We offer gourmet whole cow ground beef and provide convenient online ordering. We grow an extensive variety of heirloom and hybrid vegetables and culinary herbs using only natural fertilizers and bug control. Our famous pear and apple butters and blueberry and raspberry glazes and each of our farm-to-table dinners features our grass-fed beef and garden produce.

## ADAMS' OSAGE RIDGE ARONIA COMMUNITY FARM



Joel and Kathy Adams  
18103 E Courtney Atherton Rd.  
Independence, MO 64058  
816-255-6261 | www.oracfarm.com  
joel@oracfarm.com | kathyaherbs@yahoo.com

**SPECIALTY ITEMS:** aronia berries, blackberries, fruits, vegetables, herbs, elderberries  
**WHERE TO BUY:** at the Farm

We grow high-antioxidant berries like Native American black chokeberry (aronia berries) and their companion berries: elderberries, blackberries, currants, blueberries, and raspberries with herbs, fruits and veggies, on the south ridge of the Missouri River. Land once home of the Osage and Hopewell. These berries have many known health benefits and have many waiting to be discovered. Our high tunnel allows us to grow year around.



## ANTIOCH URBAN GROWERS



Mark Samborski  
2727 NE 44th St. Kansas City, MO 64117  
816-699-4953  
marksamborski123@gmail.com  
www.antiochurbangrowers.com

**SPECIALTY ITEMS:** organic, heirloom plants; tomato plants; fruits; greens; kale; aquaponics  
**WHERE TO BUY:** at the greenhouse (Mon-Sat, 9am-6pm, starting April 3), select farmers markets in KC

We focus on Urban and small space gardening. We commit to using organic soil, organic and heirloom seeds when available. All vegetable and edible flowers are pesticide and GMO free. Our attractions include aquaponics, fruit trees, Italian grapes/figs and ten acres to expand our vision of sustainable urban living.

## BARHAM CATTLE COMPANY & FAMILY FARM



Kenny Barham  
16600 NE 128th St Kearney, MO 64060  
816-628-4567  
barhamcattleco@embarqmail.com  
www.barhamcattleco.com

**SPECIALTY ITEMS:** naturally raised beef, chickens, and eggs  
**WHERE TO BUY:** at the farm, Liberty Farmers Market

We avoid antibiotics or growth hormones. Our cattle are fed on grass and given a locally grown GMO-free grain supplement. You can buy by the cut, quarter, half or whole beef. Our chickens are raised on grass in movable pens pioneered by Joel Salatin and always have grass, fresh air and sunshine. We also offer free range eggs. Our laying hens are supplemented with GMO-free feed, and we are transitioning our broilers to GMO-free feed. Visitors are always welcome.

## BATES' HILLTOP TROQUE GARDEN



Max Bates  
72017 643 Ave. Stella, NE 68442  
402-883-0262 | bhtgardens@gmail.com  
bhtgardens.weebly.com

**SPECIALTY ITEMS:** tomatoes, herbs, CSA, eggplant, greens, using hugelkultur  
**WHERE TO BUY:** CSA (in Overland Park and Olathe), Nemaha County Farmer's Market

Produce that is 1500 miles fresher! We are an eco-market garden situated on 11.5 acres of land with more than 10,000 square feet of raised beds and high tunnels all working towards deriving a comfortable subsistence from the smallest area of soil. Since 1988 we have been selling tomatoes and melons, which our customers claim are the world's best!

## BAUMAN'S CEDAR VALLEY FARMS



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

**SPECIALTY ITEMS:** chicken, turkey, duck, grass-fed beef, eggs  
**WHERE TO BUY:** at the farm, Green Acres Market

Cedar Valley Farms is a family farm that produces eggs, chicken, turkey, and duck which are fed all-natural feeds. No added hormones or antibiotics. Our beef is 100% grass-fed. All animals are fed organically-grown grass and hay. Come visit the farm and see how our family is committed to raising quality food for you. We provide USDA poultry processing and use Bauman's Butcher Block for beef processing. Coming in 2015: GMO-free livestock and poultry feed!

## BE LOVE TOO FARM



Andrea and Steve Myers  
21310 Evening Star Rd. Edgerton, KS 66021  
913-526-5255 andrea@BeLoveToo.com  
www.facebook.com/belovetoo

**SPECIALTY ITEMS:** wheatgrass, sunflower sprouts, pea sprouts, vegetables  
**WHERE TO BUY:** Cafe Gratitude KC and other restaurants, weekly farm stand at Cafe Gratitude, BADSEED Winter Farmers Market

Be Love Too Farm is a sustainable-practice farm in Edgerton, KS, producing high quality, nutritious, vegetables including sweet potatoes, winter squash, onions, kale, cabbage, collard greens, cucumbers, jalapenos, bell peppers, beets, radishes, daikon radishes, zucchini, okra. We also offer wheatgrass, sunflower shoots and pea shoots.

## BEAR CREEK FARMS



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

**SPECIALTY ITEMS:** herbs, flowers, plants, heirloom tomatoes  
**WHERE TO BUY:** at the farm, Whole Foods, Door-to-Door Organics

Certified organic vegetables, fruits, herbs, and flowers. Organic vegetable and herb plants, and ornamental plants for your garden. We specialize in heirloom varieties, with more than 5000 varieties of heirloom tomatoes!

## BENEDICT BUILDERS FARM



Calvin and Laura Benedict  
474 NE 951 Knob Noster, MO 65336  
660-563-3309 (no sunday calls)

**SPECIALTY ITEMS:** herbs, flowers, soap, cheese, grass-fed beef, vegetables, pork, eggs, chicken  
**WHERE TO BUY:** CSA, Waldo Market and KC Organics Market

Our 100% grass-fed beef uses our rotational grass-only grazing system. We sell aged cheeses from our Jersey cow's milk. Our free-range hens and broiler chickens are moved each day to fresh grass, fed a non-GMO grain ration, plus the grass and bugs they eat. Our pastured pork is raised outside on dirt lots. No artificial growth hormones and no routine antibiotics are given. Our vegetables, flowers, and herbs are naturally grown. CSA subscriptions are available for two sessions during the season.

## BEVERLIN'S LITTLE PIECE OF PARADISE



Lonnie and Claudia Beverlin  
28005 W. 295th St. Paola, KS 66071  
816-305-1656

**SPECIALTY ITEMS:** Pork, poultry, eggs, dairy  
**WHERE TO BUY:** at the farm, delivery by arrangement

We are a small family farm in Paola, Kansas. Our farm features pastured Berkshire Pork, Red Ranger pastured chickens and eggs, pastured holiday turkeys, Katahdin grass-fed lambs, and Jersey dairy products.

## BLACK DOGS FARM



Barbara and Bryan Ritter  
351 230th Street Garland, KS 66741  
620-223-2702 | blackdogsfarm12@gmail.com  
www.blackdogsfarm.net

We take pride in being a family owned farm in Garland, Kansas supplying free range eggs, honey from our very own hives, and wool and lamb from our Shetland sheep. Our products are available at our farm.

**SPECIALTY ITEMS:** Raw honey, fresh dairy  
**WHERE TO BUY:** at the farm, delivery by arrangement

## BLUE DOOR FARM



Laura Christensen  
10024 W 55th St Merriam, KS 66203  
816-805-0362 | bluedoorfarm@gmail.com

Located in Kansas City, KS, we love growing beautiful, healthy, delicious vegetables! We offer a wide selection of vegetables, including heirloom and open-pollinated varieties. We also offer certified organic vegetable and flower transplants for home gardeners. Farm visits, volunteer hours and apprenticeships through the Growing Growers program are possible; contact us to set up a visit.

**SPECIALTY ITEMS:** Certified organic vegetables, garden transplants, heirloom tomatoes.  
**WHERE TO BUY:** Brookside Farmers Market, CSA (Tuesday deliveries to home or office)

## BORGMAN'S DAIRY FARM



Janet Smith  
777 NW 131 Highway Holden, MO 64040  
816-732-4880 | info@borgmansdairyfarm.com  
www.borgmansdairyfarm.com

Borgman's Dairy farm is a Grade A goat farm and creamery in Johnson County, MO. Borgman's is committed to making great tasting artisan goat milk products for the entire region. Borgman's flagship product is called Cajeta, a goat milk caramel sauce manufactured entirely on the farm in a Missouri state milk board certified facility.

**SPECIALTY ITEMS:** cajeta, fresh chevre, custom goat cheese  
**WHERE TO BUY:** Hen House

## BOSSIES BEST / VB FARMS, LLC



Nancy Vogelsberg-Busch  
896 15th Rd. Home, KS 66438  
785-799-3737 | nancyvb@bluevalley.net  
www.BossiesBest.com

Our family has farmed organically in Kansas for more than 135 years. We have grass-fed, smoked, beef hot dogs and fresh ground beef available year round and grain-fed custom cut beef in season by the quarter, half, or whole. Our delicious hot dogs and hamburgers are available at several Kansas stores. We encourage and invite people to visit our farm to see why organic is best! Buy the Best - Bossie's Best.

**SPECIALTY ITEMS:** organic hot dogs, organic ground beef, organic beef  
**WHERE TO BUY:** select Kansas grocery stores (visit our website for current locations)

## BREAD OF LIFE BAKERY/SWEET SISTERS GLUTEN FREE



Kathy Crowther/Amanda Holmes  
206 Main St. P.O. Box 9  
Stewartsville, MO 64490 | 816-668-6534  
BreadOfLifeOrganicBakery@yahoo.com  
www.BreadOfLifeBakery.net

We specialize in a wide variety of whole grain baked goods (including vegan). We bake with certified organic fresh ground wheat grown by Geiger Farms of Robinson, KS and KCFC member, Soaring Eagle Farms of Edgerton, KS. Some of our baked goods are sweetened with local honey from Busy Bee Acres of Odessa, MO. We also have a line of gluten-free "Sweet Sisters" baked goods available from our new bakery just around the corner.

**SPECIALTY ITEMS:** gluten free bread; vegan, organic baked goods  
**WHERE TO BUY:** farmers markets (Badseed, Brookside, City Market), Nature's Pantry, Cosentino's and many stores in the KC area

## BREEZY HILL FARM



Art and Debra Ozias  
62 SW 58 Hwy. Centerview, MO 64019  
660-656-3409 | www.Breezy-Hill-Farm.com

A Missouri Century Farm with grass-finished beef and dairy cows. We use no vaccines, no commercial wormers or hormones. No grain is ever used at any stage in producing our excellent and healthy beef. Our beef is aged for two weeks to ensure the maximum tenderness and flavor. We sell wholes, halves, and split-halves and have a limited supply. We only sell what we raise.

**SPECIALTY ITEMS:** beef, dairy products  
**WHERE TO BUY:** free delivery within 100 miles (beef only)

## BUDS AND BERRIES/WISELY FARMS



Gayle Beachner and Lynda Huenefeld  
Adrian, MO 64730  
816-345-0361  
www.facebook.com/budsandberriesproduce

Buds and Berries/Wisely Farms boasts thousands of berry plants, including blackberries, blueberries, black raspberries, red raspberries, yellow raspberries, and strawberries. We also grow asparagus, peas, peppers, lettuce, tomatoes, squash, a variety of cucumbers, green beans, concord grapes, and more. U-pick is open May through the end of the growing season (by appointment only). Ask about our CSA!

**SPECIALTY ITEMS:** berries, vegetables, pears, apples, and grapes  
**WHERE TO BUY:** CSA, u-pick on the farm by appointment, City Market

## CAMP CREEK FARMS



Rick and Cindy Newson  
29050 W. 127th Street Olathe, KS 66061  
913-884-6374 | rwn45@embarqmail.com

A small family farm west of Olathe that offers farm fresh eggs and poultry. We feed our hens a non-GMO, soy- and corn-free feed that is high in Omega 3 which adds to the nutritional value of each and every egg. The hens free range on our 10 acre farm. Our eggs are available throughout the year at the farm. You can rest assured that you are getting the freshest eggs with the highest quality in taste and nutrition.

**SPECIALTY ITEMS:** soy- and corn-free non-gmo eggs, stewing hens, and heritage breed turkeys  
**WHERE TO BUY:** at the farm, Olathe Farmers' Market

## CAMPO LINDO FARMS, INC



Jay and Carroll Maddick  
2390 SE 228th Street Lathrop, MO 64465  
816-740-3625 | clf@grm.net  
/www.campolindofarms.com

**SPECIALTY ITEMS:** pasture raised chickens, eggs  
**WHERE TO BUY:** numerous select restaurants and retailers (visit our website for the complete list)

We are a 280 acre family farm that began growing chickens and eggs (and kids) in 1995. The kids are almost grown but the chickens and eggs still keep us busy. We raise, process and deliver all natural, free range chicken to KC. Our chicken is certified as Step 4: Pasture Based by the Global Animal Partnership. We also sell eggs in partnership with an Amish family in Lamar, MO.

## CATHERINE'S NATURALLY GROWN VEGETABLES AND HERBS



Kansas City, KS 66104 | 913-287-729

**SPECIALTY ITEMS:** specialty garlic, heirloom tomatoes, herbs, strawberries, black raspberries  
**WHERE TO BUY:** at the farm (by appointment only)

No chemical pesticides and herbicides are used. We grow several varieties of spring lettuce, arugula, other unusual vegetables, as well as fresh culinary herbs. We have thousand of bulbs of heirloom garlic, varieties of flavorful and rare heirloom tomatoes, and we are anticipating a bumper crop of strawberries and black raspberries!

## CHAPMAN CREEK CATTLE CO.



Clark Duffy  
1501 SW Boswell Ave. Topeka KS 66604  
758-220-9898 | clark\_duffy@cox.net  
www.kansasgrassfedbeefcompany.com

**SPECIALTY ITEMS:** grass fed beef, beef by the side, free delivery  
**WHERE TO BUY:** at the farm, free delivery

Our mission is to provide our customers with the highest quality beef, certified grass fed/grass finished by the American Grassfed Association. That means you can be assured our cattle have never received antibiotics or hormones and are finished on our native pastures near Abilene and Topeka. Our cattle are never fed grain or live in a feedlot environment. We sell all of our beef by the side.

## CHESTNUT CHARLIE'S ORGANIC TREE CROPS



Charles NovoGradac and Deborah Milks  
P.O. Box 1166 Lawrence, KS 66044  
785-841-8505 | nuts2sell@aol.com  
www.ChestnutCharlie.com

**SPECIALTY ITEMS:** chestnuts, pecans, paw-paws, walnuts  
**WHERE TO BUY:** at the farm, by mail, Lawrence Farmers Market, select KC area supermarkets

A local experiment and demonstration orchard of permanent tree crops grown under low-till, low-input and organic management. We specialize in fresh chestnuts and are also developing select northern pecans and walnuts, and native pawpaws. Ask about our weekend U-pick events!

## CITY BITTY FARM



Greg and Jennifer Garbos  
9615 Grandview Road KC, MO 64137  
816-444-7330 | info@citybittyfarm.com  
www.citybittyfarm.com | www.smallFarmTools.com

**SPECIALTY ITEMS:** vegetables, herbs, flowers, microgreens  
**WHERE TO BUY:** at the farm, restaurants

Proudly focused on "all things small," we specialize in growing micro greens year-round for area restaurants and events. Micro greens are edible plants grown in organic soil and harvested while young for maximum nutrition. Some of the micro greens we grow include leeks, peas, kale, mustard, beets, cilantro, arugula, sorrel, and purple cabbage.

## COBINSTEINZ FARM



John Cobine  
10765 W. 239th St. Bucyrus, KS 66013  
913-341-8772 | cobinsteinz@gmail.com

**SPECIALTY ITEMS:** heirloom and artisan vegetables, fruits, salsa, pickles, eggs  
**WHERE TO BUY:** at the farm, by appointment

A vegetable farm that focuses on sustainable practices with an emphasis on heirloom and unique varieties. Established in 1996, we were the first to introduce multiple varieties of heirloom tomatoes to the KC area. We have 200 varieties of tomatoes, 100 varieties of peppers, okra, melons, cucumbers, artisan squash, mushrooms, red salsa, green salsa, fresh cold pak pickles, hot, dill, and original and much more!

## DANJO FARMS



Dan and Joanne Nelson  
1210 Private Rd. 2717 Moberly, MO 65270  
573-823-5452  
www.danjo farms.com

**SPECIALTY ITEMS:** berries, fruit, baked goods, chicken, turkey, vegetables, pork, beef, lamb  
**WHERE TO BUY:** CSA, City Market

A family farm devoted to treating our animals humanely, using deep organic methods and being sustainable land stewards. We grow heirloom herbs, vegetables, fruit. Join our CSA to get a fresh-picked farmshare full of vegetables, fruit, eggs, bakery goods, value-added products and meats. Only 300 memberships are being offered! We are a multi-farm based CSA as we cannot do this all alone. We source verify all of our offerings for you from our Missouri companion farmers.

## DAVID'S PASTURE



David Kesten  
696 NE County Rd. Cc Concordia, MO 64020  
816-633-2411 | david@davidspasture.com  
www.davidspasture.com

**SPECIALTY ITEMS:** Non-GMO fed eggs, poultry, turkeys, pork, and beef  
**WHERE TO BUY:** at the farm, Natural Grocers, The Country Cupboard, in Lone Jack, restaurants, Brookside Farmers Market

David's Pasture, a small Missouri local-market farm with a big cultural impact! Our farm is family-owned and multi-generational. In adopting the techniques of Joel Salatin and Polyface, Inc, our farm is sustainable, and pasture-based. We sell eggs, poultry, turkeys, pork, and beef. The feed we use is strictly local, non-GMO grains, with minerals and probiotics.

## FAIR SHARE FARM



Rebecca Graff and Tom Ruggieri  
18613 Downing Road Kearney, MO 64060  
816-721-4456 | rebecca@fairsharefarm.com  
www.fairsharefarm.com

**SPECIALTY ITEMS:** CSA, sauerkraut, fermented foods, strawberries, vegetables  
**WHERE TO BUY:** CSA, BADSEED Winter Farmers Market, The Sundry

In 2003, we began growing organic fruits and vegetables on Rebecca's family farm in Clay County, MO. We focus on building the soil through biological farming methods, including extensive cover cropping. The heart of the farm is the 150 families that join us in our efforts through our CSA. We are building a kitchen at the farm that will be used for the fermenting of our vegetables into krauts and kimchis. We invite you to join the Fair Share Farm CSA and eat local and organic every week of the growing season.

## FARM2FORK RANCH



Greg and Stephanie Pankou  
19371 Burke Rd. Rock Port, MO 64482  
816-261-8029 | farm2fork.ranch@yahoo.com  
www.farm2forkranch.com

**SPECIALTY ITEMS:** raw honey, flavored honey, longhorn beef, specialty pork, lamb  
**WHERE TO BUY:** at the farm, delivery

We are a family run farm in the northwest corner of Missouri. We hand raise longhorn cattle, dorper sheep, mini pigs, and a variety of chickens. We host Homesteading skills classes at the Nature Center in St. Joseph, MO. You know your banker and your mailman. Why not know your farmer?

## FARRAR FAMILY FARM KC



Faith Farrar  
14999B NE County Rd. 5313 Adrian, MO 64720  
farrarfamilyfarmkc@gmail.com  
www.farrarfamilyfarmkc.com

**SPECIALTY ITEMS:** grass-fed beef, pasture raised chicken, free-range eggs  
**WHERE TO BUY:** at the farm, pick-up locations in Raymore and Kansas City (email for details), Raymore Farmers Market

As a small family farm we are dedicated to providing you with the healthiest and best tasting grass-fed beef, pasture raised poultry, and free-range eggs. We plan on adding pork this summer!

## FRUITFUL HILLS CSA



Aaron Martin  
12346 Atlas Rd. Meadville MO 64659  
816-217-8115 | christinelstephan@gmail.com

**SPECIALTY ITEMS:** salad crops, specialty melons, fruits, heirloom tomatoes, vegetables, eggs, beef, pork, chicken, and dairy  
**WHERE TO BUY:** CSA (Columbus Park, Prairie Village, Lenexa), at the farm (by appointment), Gladstone Farmers Market

Farmers in our community of small, horse-powered family farms work together to supply a 24-week CSA with fresh vegetables, including same-day-harvested salad crops, specialty melons, fruits, and heirloom tomatoes. Pastured eggs, beef, pork, and chicken, and dairy are offered separately. We use natural and sustainable farming methods, focusing on integrity, quality and variety.

## GASPER FAMILY FARM



Pete Gasper  
Fort Scott, KS 66701  
913-723-3838 | farmer1@gasperfarm.com  
www.gasperfarm.com

**SPECIALTY ITEMS:** soy-free eggs, raw honey, hard and soft cheeses, butter, kefir, yogurt, milk, fermented drinks, heirloom vegetables, heritage pork and beef, pastured poultry, 100% grassfed dairy  
**WHERE TO BUY:** CSA, delivery (KC, Overland Park, Olathe, Lawrence, Louisburg, Ottawa and more), at the farm by appointment, order online

Weekly KC deliveries of dairy products, pastured 100% grass-fed heritage beef, 100% grassfed dairy, pastured poultry, pastured heritage pork, soy-free eggs, heirloom vegetables, raw honey, hard and soft cheeses, butter, kefir, yogurt, milk, fermented drinks, herbs. Healthy, happy animals fed an organic diet without drugs/chemicals. Honest, no-compromise production of awesome tasting, health building, nutrient-dense food.

## GIBBS ROAD FARM - CULTIVATE KANSAS CITY



Farm Manager: Joshua Smith  
Executive Director: Katherine Kelly  
4223 Gibbs RD Kansas City KS 66106  
(913) 831-2444 | josh@cultivatekc.org  
www.cultivatekc.org/farms/gibbsroad

**SPECIALTY ITEMS:** herbs, honey, certified organic vegetables, fruit  
**WHERE TO BUY:** CSA, Brookside Farmer's Market, restaurants

Gibbs Road Farm is a two-acre, certified organic production and training farm in Kansas City, Kansas growing more than 50 different vegetables, fruits, and herbs. Look for us at the Brookside Farmers Market on Saturdays and find our produce on the menus of many fine local restaurants. We also have a 40-member, 39-week year round CSA.

## GOLDEN RIDGE FARMS



Bruce and Cindy Silvest  
24960 Earnest Rd. Osawatomie, KS 66064  
913-898-6201 | GoldenRidgeFarms@aol.com  
www.KSPecans.com

**SPECIALTY ITEMS:** pecans, jams, jellies, sugar free jam, peaches, apricots, apples, plums, and pears, blackberries, strawberries, raspberries  
**WHERE TO BUY:** On the farm

We raise pecans, peaches, apricots, plums, pears, blackberries, raspberries and strawberries without the use of sprays. We are planting more pecan trees and replanting grasses on formerly row-cropped land. Pecans can be purchased year-round. We have many flavors of glazed pecans; we also make jams and jellies from the fruit we grow, all available regular or sugar free.

## GOLDEN RULE MEATS



Mark Curtis  
Walker, MO 64790 64790  
www.GoldenRuleMeats.com

**SPECIALTY ITEMS:** grass fed beef (all animals were born and raised on grass/clover pastures!)  
**WHERE TO BUY:** at the farm, City Market, delivery

Located in the heart of the Cherokee Prairie Region in West Central Missouri. Our soils were developed under hundreds of years of native prairie vegetation cover, making it perfect to produce the high quality forage needed to produce juicy grass finished beef. Our line of Black Angus was genetically selected to finish and marble on forage alone. We feed no grain, antibiotics, or growth promotants of any kind, producing all the health benefits that only 100% grass finished can provide.

## GOOD 'N GREEN FARM



Nancy Noyes-Ward  
799 E 1150 Road Baldwin City, KS 66006  
785-409-9303 | moesart3@yahoo.com

**SPECIALTY ITEMS:** free-range eggs, herbal tinctures, medicinal salves, fresh herbs, cut flowers, heirloom peppers, specialty greens, goats milk soap, old world poultry breeds, catering (vegan and special dietary)  
**WHERE TO BUY:** at the farm (please check back for new and expanding retail outlets)

Good 'n Green Farm (formerly Southern Exposure Farm) has moved from Brown Co. to Douglas Co. Please excuse our "transition dust" as we get settled. We offer mixed vegetables, including heirloom and specialty, eggs, flowers, herbal products, and goat milk soap. Our hope is to have summer and fall CSA shares available this year.

## GREEN DIRT FARM



Jacqueline Smith and Sarah Hoffmann  
P.O. Box 74 Weston, MO 64098  
816-386-2156 | info@GreenDirtFarm.com  
www.greendirtfarm.com

**SPECIALTY ITEMS:** cheese, artisan cheese, yogurt  
**WHERE TO BUY:** Badseed Farmers Market,  
select Hy-Vee stores

We make our own farmstead sheep's milk cheeses and yogurt by hand on our farm using milk from our own gently raised, grass-fed ewes. The grasses and legumes in our carefully tended pastures give our artisan cheeses and yogurts a unique richness and lovely depth of flavor that is unique to our farm.

## GREEN GATE FAMILY FARM



Katie Nixon and Ken Barber  
RR 71 Box 1168 Wheatland, MO 65779  
816-809-5074 | greengatefamilyfarm@gmail.com  
www.greengatefamilyfarm.com

**SPECIALTY ITEMS:** mushrooms, vegetables,  
blueberries, rhubarb, asian pears, persimmons,  
duck eggs  
**WHERE TO BUY:** Brookside Farmers Market,  
winter delivery, restaurants

Our small diversified certified organic farm is located in the S.W. part of Missouri. We started farming in 2010, and became certified organic in May 2014. The farm is balanced between intensive vegetable and fruit production, woodland, pasture for livestock and poultry, and protected stream.

## HAPPY TRACKS



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

**SPECIALTY ITEMS:** Icelandic lamb  
**WHERE TO BUY:** at the farm

Our farm is committed to providing premium, antibiotic-free meat from one of the oldest heritage breeds of sheep in the world. Taste the difference, you'll be pleasantly surprised at the buttery texture and mild flavor of this sheep that is virtually unchanged since its days in the wilds of Iceland over 2000 years ago.

## HERITAGE ACRES FARM



Jacki Prettyman  
2425 Wagon Road Fort Scott, KS 66701  
620-235-9444 | jdprettyman@ckt.net

**SPECIALTY ITEMS:** heirloom tomatoes, eggs,  
non-gmo sweet corn  
**WHERE TO BUY:** at the farm, CSA, Overland  
Park Farmers Market, restaurants

We are a small family farm that believes in growing nutrient dense, all natural produce using sustainable methods. We are growing America's future naturally.

## HOMESPUN HILL FARM



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

**SPECIALTY ITEMS:** grass-fed lamb  
**WHERE TO BUY:** on the farm

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

## HOMESTEAD HILL FARM AND NURSERY



Sherry Lambert  
26 NE 80th Street Spickard, MO 64679  
660-485-6368 | bigfamilyboss@yahoo.com  
www.homesteadhillfarming.com

**SPECIALTY ITEMS:** shrubs, pasture raised  
chicken, heirloom tomatoes  
**WHERE TO BUY:** at the farm, CSA

Our mission is to provide wholesome, sustainable, enjoyable food. We work harmoniously with nature to grow quality, vegetables, fruit, eggs and meat to supply other families. Our nursery plants are grown with the same wholesome, sustainable practices we grow our food with.

## IWIG FAMILY DAIRY



Tim and Laurel Iwig  
3320 SE Tecumseh Rd. Tecumseh, KS 66542  
785-379-9514 | iwigdairyfarm@sbcglobal.net  
www.llovelwig.com

**SPECIALTY ITEMS:** dairy products, cream,  
ice cream  
**WHERE TO BUY:** at the Farm, at Iwig Dairy  
Stores in Topeka and Lawrence, Door-to-Door  
Organics, Baldwin City Market, Ice and  
Olives in Topeka

Healthy, happy cows make higher quality milks, cream, butter and ice cream. You are welcome to tour the farm, call for reservations or come visit and shop at our store. Bring a cooler, and take home the yummiest milk and ice cream!

## J.T. BLANTON AND SONS



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

**SPECIALTY ITEMS:** non-GMO corn, flax,  
peas, beans, flour  
**WHERE TO BUY:** on the farm

We are restoring an 80-acre farm to sustainable food production with 20 acres currently in open pollinated corn, flax, field peas, edible beans, hard red wheat, and buckwheat and 50 acres of pasture. We offer non-GMO corn, flax, field peas, edible beans, hard red wheat, buckwheat, black-eye peas, pinto beans, kidney beans, ground wheat, rye, oat, buckwheat flour.

## JACKIE AND THE BEANSTALK MARKET FARM



Jackie Palmer  
Kansas City, MO  
816-237-1984  
jackiechanmo@yahoo.com

**SPECIALTY ITEMS:** root vegetables, greens,  
lettuce, flowers  
**WHERE TO BUY:** Waldo Farmers Market

We are a 5 acre urban farm, and we can't wait to serve our neighbors! We are an urban market garden east of KC. We use only sustainable gardening methods to grow a variety of root vegetables and greens such as chard, lettuce, kale, and others. We are also growing flowers such as Zinnia, Bachelors Button, Dianthus, Scabiosa, and more.

## JANZEN FAMILY FARM



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

**SPECIALTY ITEMS:** flour, bread, grass-fed beef  
**WHERE TO BUY:** at the farm, Harvey County Farmers market in Newton, KS; Green Acres Markets and Natural Grocers in Wichita, the Chop Shop, on-farm mill store (call first)

We are working hard to produce distinctive, delicious food from healthy, pastured animals and rich soil – the kind of food unavailable in typical stores. Try it! Its taste and quality will keep you coming back! We sell 100% grass-fed beef and also offer certified organic wheat and stone ground flour in 5#, 10# & 50# bags.

## KARBAUMER FARM



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

**SPECIALTY ITEMS:** Heirloom lettuces, heirloom tomatoes, raw honey, eggs.  
**WHERE TO BUY:** at the farm, restaurants, Green Acres, Local Pig

Bring your table closer to the farm. Powered only by draft horses, we grow vegetables for families, small grocers, and restaurants. No tractors and no chemicals. We also provide honey from our bees; chicken and duck eggs from free-ranging poultry. We offer horse-drawn buggy rides for scheduled events. Get our produce and eggs right here at the farm; our vegetables are often harvested that very morning. Watch our website to see what's ready for harvest. Contact us before you come out and we'll have your produce ready for you.

## KC BUFFALO CO., LLC



Peter and Susan Kohl  
2201 East 203rd Street Belton, MO 64012  
816-322-8174 | KCBuffaloCo@sbcglobal.net  
www.KCBuffalo.com

**SPECIALTY ITEMS:** Buffalo  
**WHERE TO BUY:** City Market, our ranch shop, nationwide shipping

BUFFALO! USDA all natural free-range. The original health food for the enlightened consumer. We are your local producer in the Kansas City area. Gift certificates and local delivery available based on order size. Buy buffalo by the pound, the side or on the hoof.

## LAKE FARM



Danny Meisinger  
20425 Apple Ridge Rd. Spring Hill, KS 66083  
913-592-3915  
spinningearthpottery@planetkc.com

**SPECIALTY ITEMS:** hay, prairie hay  
**WHERE TO BUY:** at the farm

The Lake Farm grows a prairie hay mix, mostly blue stem with some clover. We have 96 acres, half of which is a nature preserve and the other half is the hay field.

## LANDERIA FARM



Kathy Landers  
11395 Gardner Rd. Olathe, KS 66061  
785-393-6693 | kathy.landerson@gmail.com  
www.landeria.weebly.com

**SPECIALTY ITEMS:** gouda, swiss, jack cheddar, french style bloomed cheese (an ashed pyramid, a bloomed heart, and a brandied chestnut leaf wrapped round), chevre  
**WHERE TO BUY:** on the farm, Lawrence, Overland Park, and City Farmers Markets.

Landeria Farm is a Grade A Goat Dairy and Micro Creamery Specializing in the production of both pressed and bloomy cheeses aged in our subterranean cave. We make three types of hard cheese, three types of French style bloomed cheese and seven types of fresh chevre complete our offerings.

## LIBERTY HILL FARM



Lisa Siegfried  
198 NW 701 Centerview, MO 64019  
lisa@libertyhill.farm | (660) 238-3244  
www.libertyhill.farm

**SPECIALTY ITEMS:** pastured pork, pastured broiler chickens, grass fed/finished beef.  
**WHERE TO BUY:** On the farm

We are a family farm east of Lee's Summit off of 50 highway. We produce pastured broiler chickens, pastured pork, and grass finished beef. Our chickens and hogs are on a ration of non-gmo grain; hogs finished in the timber. We provide a members-only you-pick vegetable garden. In 2015, we will be opening an on-farm retail store. In the fall, we will also be offering a yearly subscription to a monthly butcher box which will be available at the store for pick up. We value local food and a local economy.

## LUCKY STAR FARMS



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

**SPECIALTY ITEMS:** grass fed/Grass Finished Beef, Heritage Breed Pastured Pork and Poultry, Eggs, Jersey Dairy  
**WHERE TO BUY:** at the farm, GreenAcres Market – Briarcliff Village, delivery

We graze our cattle spring, summer, and early fall on our lush, never plowed, tallgrass pastures. We feed them our own organically grown alfalfa hay with Bromegrass, clovers and prairie hay in the winter. Meat is processed at a USDA certified processor and vacuum packed in BPA free packaging and flash frozen for excellent quality and taste. We use registered Angus Bulls with superior characteristics to achieve steakhouse quality marbling. We also raise antibiotic- and hormone-free pastured heritage breed turkey, chicken and eggs, and heritage breed pork. They are fed only non-GMO grain we grow ourselves and certified organic grains! You never sacrifice flavor and tenderness when you choose Lucky Star.

## M&M GARDENS



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

**SPECIALTY ITEMS:** organically grown veggies  
**WHERE TO BUY:** Ivanhoe Farmers' Market, Northeast Farmers' Market

M&M Gardens is a farm business in Historic Northeast KCMO using organic methods to grow vegetables on vacant lots around Northeast KCMO.

## MARIE'S ALPACA ACRES



Marie Blankenship  
P.O. Box 344 Carbondale, KS 66414  
785-250-5545 | info@mariesalpacaacres.com  
www.mariesalpacaacres.com

Specializing in registered huacaya and suri alpacas, we create beautiful clothing items and hand dye our yarns. We have clothing items for everyone (men, women, & children). We have a variety of clothing and craft items in natural and dyed colors.

**SPECIALTY ITEMS:** hats, scarves, shawls, headbands, blankets, gloves, socks, boot warmers, yarn, roving, raw wool, garden fabric, manure  
**WHERE TO BUY:** online

## METTENBURG FARM



Al and Roxanne  
1824 Nevada Rd Princeton, KS 66078  
785-242-2156 | mettenburgfarm@gmail.com  
www.mettenburgfarm.com

Our rocky farm is good for growing one thing: grass, especially native tallgrass prairie. Since 1973, generations of our Simmental x Angus cattle have been adapting perfectly to this sea of grass and wildflowers, flanked by 50 acres of oak-hickory woodland. No preventative antibiotics or growth hormone implants are used on our livestock. Our lean and flavorful grass-fed beef is recognized as Certified Artisan Beef. Non-GMO feed available for sale.

**SPECIALTY ITEMS:** grass-fed beef, certified artisan beef, non-gmo feed  
**WHERE TO BUY:** at the farm, online, delivery

## MINE CREEK FARM



Art and Susan Brown  
23515 East 1200 Road Pleasanton, KS 66075  
913-325-9473 | MineCreekFarm@gmail.com  
www.minecreekfarm.com

Mine Creek Farm strives to be a diverse, sustainable farm on the prairie of Kansas. As we grow, you can depend on us for quality meats, veggies, soft fruits and apple orchard. We are considering the Blue Valley Farmers Market at 135th and Hwy 69. Delivery of pastured poultry to the city two to three times a week.

**SPECIALTY ITEMS:** mixed salad greens, romaine lettuces, radishes, carrots, spinach, green beans, peppers, celeriac, blackberries, melons, corn

**WHERE TO BUY:** CSA, possibly Blue Valley Farmers Market, delivery

## MJ RANCH



Mel and Joyce Williams  
3105 Wild Horse Rd. Lawrence, KS 66044  
785-865-2503 | MJRanch66044@gmail.com  
www.MandJRanch.com

We invite you to try 100% grass fed angus beef at its finest! MJ Ranch is certified by the American Grassfed Association! It is the grass, without any grain, that our cattle dine on that makes this the healthiest beef you can eat.

**SPECIALTY ITEMS:** grass fed angus beef  
**WHERE TO BUY:** delivery, at the farm, pickup from processor, Checkers and Hy-vee Health Market in Lawrence

## MOON ON THE MEADOW



Jill Elmers  
1515 E 11th Street Lawrence, KS 66046  
785-393-8372 | JElmers@moononthemeadow.com  
www.commonharvestcsa.com

A certified organic farm on the east side of Lawrence, inside city limits. We grow vegetables, herbs, fruits, and fresh ground flour made from our heirloom wheat. All products are available at the Lawrence Farmers Market and through our CSA program. Check out our month by month guide and pickup location directions online!

**SPECIALTY ITEMS:** vegetables, herbs, fruits, and fresh ground heirloom wheat flour  
**WHERE TO BUY:** CSA (KC at 75th and State Line & Lawrence at KU campus), Lawrence Farmers Market

## MTO-SA-QUA FARM



Jackie Keller  
2222 SW Glick Rd. Topeka, KS 66614  
785-633-4621 | Kellerjackie99@gmail.com

Certified Organic crops since 2004 by OCIA International. Red clover and red clover/grass mix hay in 1200-1400 lb. big round, web-wrapped bales. Grains produced in 2015 are soybeans and feed corn. Delivery available (limited quantities).

**SPECIALTY ITEMS:** red clover, hay, soybeans, corn  
**WHERE TO BUY:** at the farm, delivery

## MY NEIGHBOR STEVE



Steve Pierce  
824 New Hampshire Lawrence, KS 66006  
steve@MyNeighborSteve.com  
www.myneighborsteve.com

I grow a variety of vegetables- lettuces, spinach, salad greens, some root crops, and summer and winter squash. Also tomatoes, basil, garlic, cilantro, and peppers that I grow to go into my pasta sauces and salsa.

**SPECIALTY ITEMS:** lettuce, spinach, salad greens, root crops, squash, tomatoes, basil, garlic, cilantro, peppers, pasta sauce, salsa  
**WHERE TO BUY:** Door-to-Door Organics, The Merc, Checkers, Iwig's in Lawrence and Baldwin City, Lawrence Farmers Market

## NATURE'S CHOICE BIODYNAMIC FARM



Fred and Helen Messner  
6120 South 169 Hwy St. Joseph, MO 64507  
816-596-3936 | FGMessner@yahoo.com

Nature's Choice Biodynamic Farm is a third generation working farm with a GAP food safety plan, transitioning to certified organic, using holistic/homeopathic practices. We offer 40 vegetable varieties plus one acre of premium U-pick blackberries.

**SPECIALTY ITEMS:** blackberries, u-pick, vegetables, tomatoes, sugar snap peas, kale, new Zealand spinach, beets, herbs  
**WHERE TO BUY:** at the farm, City Market (stall 12, 13, and 14)

## NEW ROOTS FOR REFUGEES



Meredith Walrafen  
Kansas City, KS 66101  
www.newrootsforrefugees.org

**SPECIALTY ITEMS:** heirloom tomatoes, Asian greens

**WHERE TO BUY:** more than 15 farmers markets around KC

Juniper Gardens Training Farm is the home of New Roots for Refugees, an incubator training farm program that empowers newly arrived refugees to start their own small farming businesses. Farmers grow familiar ethnic vegetables as well as a wide variety of vegetables popular in the US.

## OLD WOOD FARM



David Nelson  
16955 NW River Road Waldron, MO 64092  
(816)728-7300 | ecocircledn@gmail.com

**SPECIALTY ITEMS:** tomatoes, peppers, kale, onions, garlic

**WHERE TO BUY:** at the farm, Parkville Farmers Market

We grow organic vegetables on our 11 acres of Missouri River bottom. We believe that each human being has the right to chemical free water and food, and grow a variety of vegetables and some fruits.

## OUR MAKER'S ACRES



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

**SPECIALTY ITEMS:** pastured eggs, beef, dairy, chicken, deodorant, bug repellent, vegetables

**WHERE TO BUY:** at the farm, Kearney buying club, North KC, South KC, Independence (call for details)

For 33 years we have enjoyed farming, raising 10 children and growing in harmony with God's creation. We have Jerseys and goats for fresh dairy, Angus for beef, 100+ hens for eggs, and hundreds of chickens for fryers all on pasture, using IMPRO colostrum-whey products as immune enhancements. We make natural deodorants and insect repellents. We also sell Fertrell and other organic/natural fertilizers and minerals.

## PARKER FARMS NATURAL MEATS



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

**SPECIALTY ITEMS:** grass-fed beef, lamb, chicken, eggs

**WHERE TO BUY:** at the farm (by appointment), Badseed Market, Green Acres Market, Local Pig, CSA (year-round delivery: Westport, Overland Park, Liberty and North Kansas City)

We raise all of our livestock just as God intended. No antibiotics, growth hormones, or animal byproducts are in our feed. Our grass fed beef is never supplemented with grain. Katahdin lambs are born on green pastures in the spring and are 100% grassfed. Laying hens and broiler chickens live in the pastures with green grass under their feet. Hogs live outdoors on dirt and are supplemented with non-GMO corn and soybeans. Available in bulk or retail cuts.

## PARKS PASTURE PORK



Darrell Parks  
1001 East 26th Ave Manhattan, KS 66502  
785-539-1930 | parkspasturepork@gmail.com

**SPECIALTY ITEMS:** pork, non-GMO grain

**WHERE TO BUY:** at the farm, Manhattan Farmers Market

We raise certified organic feed and organically grown hogs. Our sows farrow in insulated huts out on pasture and the resulting pigs are finished free range on land that has grown organic corn or sweet corn the year before. Fresh air, sunshine, and good management keep hogs healthy and growing here, on acreage that has been producing hogs since 1978. You can order half and whole hogs that we will deliver to a processing plant.

## PAT AND RACHEL'S GARDENS



James Leek  
28485 W 119th St. Olathe, KS 66061  
913-271-6840 | jamesleek@turnkeymail.com  
www.patandrachelsgardens.com

**SPECIALTY ITEMS:** organic sweet corn, tomatoes, cucumbers

**WHERE TO BUY:** at the farm, The Merc, CSA (Overland Park and Lawrence)

100% USDA certified organic farm in Olathe. We have a CSA and sell to wholesalers. Our vegetables and greens can be purchased from the Merc in Lawrence. Our greens and roots are major components in Hilary's Eat Well veggie and root burgers sold through Whole Foods.

## PEACOCK FARMS



Betty Mendenhall  
12589 Salem Cemetery Rd, Higginsville, MO 64037  
660-584-2526 | PeacockF@ctcis.net  
www.PeacockFarmsMo.com

**SPECIALTY ITEMS:** eggs, strawberries, blackberries, vegetables

**WHERE TO BUY:** midtown KCMO, City Market (stalls 15-16)

We offer chemical free vegetables and fruits, free range eggs. No GMOs in our feed. Our fruits are the best! See us at the City Market, Stalls 15 & 16. Better yet, enjoy the pick of the crop and join our CSA program, May - Oct. Produce picked fresh day of delivery. Limited number of shares are available, so reserve early!

## PEARLY GATES ORGANIC SOAPERY INC. & GARDENS



Nancy Gordon  
7000 Sycamore Ave Kansas City, MO 64133  
816-353-3602 | gardens@pearlygatessoap.com  
www.PearlyGatesSoap.com

**SPECIALTY ITEMS:** herbs, heirloom, micro-greens, nutritional grasses, edible flowers, organic soap, raw foods, eggs

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

We've been farming organically since 1980 and making soaps/bath care products since 1985. We expanded our business to include nursery stock in 2008. We also offer organic spring veggies, summer fruits and veggies and herb complete sampler gardens in a flat each spring while supplies last.



## PICOLET RANCH - OATIE BEEF



Dallas and Lacey Picolet  
551 S. 1200 Rd. Dwight, KS 66849  
785-482-3268 | oatiebeef@gmail.com  
www.oatiebeef.com

**SPECIALTY ITEMS:** Oat finished beef, broth bones, jerky, summer sausage, dog bones and pet food, tallow or fat

**WHERE TO BUY:** at the farm, The New Olathe Market, Downtown Topeka Farmers Market, Downtown Manhattan Farmers Market, restaurants, Hermans Meat (Topeka), People's Grocery (Manhattan), The Cottage House (Council Grove), delivery (by appointment)

We are a small, family farm dedicated to providing heart healthy beef. We finish our animals on oats, alfalfa, and straw. We are confident that you will taste the difference! No hormones, no antibiotics or implants, and non-GMO feed.

## PINWHEEL FARM



Natalya Lowther  
1480 N. 1700 Rd. Lawrence, KS 66044  
785-979-6786 | natalyalowther@hotmail.com  
www.pinwheelfarm.org

**SPECIALTY ITEMS:** Forage fed lamb and mutton; heirloom tomatoes; wide range of salad and cooking greens; new potatoes all summer; sweet potatoes; handspun hand-knit wool yarn items; sheep milk soap and other tallow products; machine washable sheep skins.

**WHERE TO BUY:** at the farm, Downtown Lawrence Farmer's Market, restaurants, delivery

Pinwheel Farm welcomes visitors by appointment, for workshops/lessons, and at Open Farm Days. We adore volunteers...it's a labor of love! We produce oodles of minimally-tilled, non-irrigated, pesticide-free vegetables, herbs, and fruit; forage-fed lamb and wool; machine washable sheep skins, sheep milk soap. We collaborate with Beakhouse Hens to provide specialty hatching eggs, chicks, and breeding stock for backyard poultry enthusiasts, as well as eating eggs.

## PLAYHAVEN FARM LLC



Bobbi Walker  
3194 Oakwood Dr. Napoleon, MO 64074  
816-304-3317 | bobbi@playhavengreen.com  
www.playhavenfarm.com

**SPECIALTY ITEMS:** corn free eggs, soy free eggs, wheat free eggs, heritage chicken, grass-fed/finished beef, aronia berries

**WHERE TO BUY:** at the farm, delivery, pick up from processor

PlayHaven Farm is located East of KC, a few miles north of I-70, offers shares of belted Galloway grass-fed/finished beef, pastured chickens and eggs fed NO corn, soy or wheat! We also have aronia berries, nuts, and honey all raised in sustainable ways without the "icides." New and existing client-friends are always welcome to visit (by appointment, please)! My website abounds with information about the farm and this journey into the world of healthy food (and sustainable building). As a person with multiple food allergies, I am dedicated to providing food that people like me can eat without fear.

## PRAIRIE BIRTHDAY FARM LLC



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

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

**WHERE TO BUY:** at the farm, delivered into Kansas City (by arrangement)

Small scale perma/polyculture; dispersed and intercropped; no synthetic poisons. Limited quantities of the following varieties are seasonally available: edible flowers (36+), fruit (25+), herbs (40+), vegetables (15+), wild/naturalized greens (18+), eggs (duck & chicken), honey. Bounty is sold to area residents (by arrangement) and chefs. Ask your server who locally supplies the chef's ingredients. Let them know you want them to support local producers.

## PROVIDENCE FARMS



Gerry and Lisa Newman  
223 SW 30th Ave Trenton, MO 64683  
660-635-0038 | providencefarmsofmo@gmail.com  
www.providencefarmsofmo.com

**SPECIALTY ITEMS:** Healthy, wholesome fruits and vegetables harvested fresh daily, range from asparagus to zucchini.

**WHERE TO BUY:** CSA (Historic Downtown Liberty Farmers Market), online select stores, restaurants

We are a Certified Naturally Grown farm who farms organically to improve both our soil and our food. Our farm is owned and operated solely by our family. We specialize in CSAs that we deliver to the Kansas City area to both corporate businesses and families. Shares may include carrots, cauliflower, broccoli, cabbage, lettuce, turnips, beets, strawberries, peaches, scallions, greens, tomatoes, berries, onions, melons, sweet corn, green beans, potatoes, sweet potatoes, winter squashes, cucumbers, apples. Fresh picked flavor has no competition!

## QUITE CONTRARY FARMSTEAD



Dani Hurst Brown  
4300 Arlington Ave. Kansas City, MO 64133  
785-331-6633 | dhurst33@gmail.com  
Find us on Facebook

**SPECIALTY ITEMS:** CSA, eggs, vegetables, ethically foraged foods

**WHERE TO BUY:** CSA drop locations, select stores and restaurants

We are a fledgling farm just 15 minutes from downtown KC. We are passionate about growing and raising incredible edibles, and dedicated to doing so through sustainable and restorative practices. We use organic growing methods, and incorporate permaculture techniques whenever possible, but find that sweat and tears also make for a surprisingly effective fertilizer. We offer a 22-week CSA; shares are limited, so act fast!

## RACHEL'S ORGANIC VEGETABLES



Eleanor Hoffman  
27091 W. 143rd St. Olathe KS 66061  
913-856-4211 | lninwvr@aol.com

**SPECIALTY ITEMS:** vegetables, herbs, flowers, berries

**WHERE TO BUY:** at the farm

Rachel's Organic Vegetables is a new farm using organic methods. We grow a large variety of vegetables and herbs (tomatoes, sweet and hot peppers, lettuce, cabbage, asparagus, garlic, onions, carrots, beets, beans) and cut flowers. We also grow raspberries, blueberries, blackberries, and strawberries. We grow a variety of herbs, basil, thyme, rosemary, lavender, sage, italian parsley, oregano, cilantro and culantro.

## RED RIDGE FARMS



Ami Zumalt  
978 NW 1101 Road Odessa, MO 64076  
816-690-7161 | jaaazfarms@gmail.com  
www.redridgefarms.wordpress.com

**SPECIALTY ITEMS:** raw honey, organic vegetables, heirloom tomatoes, micro greens, spinach, winter produce, lettuce, sweet peppers, hot peppers, winter squash, parsnips, eggs, beef, pork, chicken, lamb, pickles

**WHERE TO BUY:** Brookside Farmers Market, Downtown Lee's Summit Farmer's Market, City Center Square at 1100 Main on Thursdays, limited delivery

You can pick up pre-ordered items and CSA shares at our farm in Odessa, MO. We are a certified organic produce farm, growing 70 different veggies, herbs, a few fruits, and cut flowers. We have a full service CSA (supplementing eggs and meat from other like-minded farmer-neighbors). We began this adventure 7 years ago, and continue to adjust what we bring to market as we grow and adapt to our customers' needs.

## RED TEAM FARM



Colin Douthit  
4189 Eds Rd. Odessa, MO 64076  
913-669-7285 | redteamfarm@gmail.com  
www.redteamfarm.com

**SPECIALTY ITEMS:** heritage beef, grass-fed beef, pastured poultry, pastured egg, non-GMO feed  
**WHERE TO BUY:** at the farm

We are a young family farm that prides itself on the highest quality pastured chicken, grass fed beef, and pastured eggs. All our animals are raised without hormones or antibiotics. We strive to heal the land and raise the best food possible for you! We also offer the full line of Thayer Feed for all animals. Both organic and non-GMO feed is available.

## ROLLING PRAIRIE FARMERS ALLIANCE



Paul Conway  
25476 183rd St. Leavenworth, KS 66048  
913-775-2559 | PConway@WildBlue.net  
www.RollingPrairie.net

**SPECIALTY ITEMS:** meat, eggs, vegetables, fruit  
**WHERE TO BUY:** CSA (Roeland Park, KS; Johnson County Community College; Lawrence, KS)

Rolling Prairie is the oldest operating midwestern vegetable cooperative! CSA Vegetable subscription service. We deliver a weekly bag of fresh, seasonal vegetables and fruit, all local-grown, to four pick up sites. Meat and eggs are also available.

## ROOT DEEP URBAN FARM



Sherri Harvel  
19th & College Kansas City, MO 64127  
816-745-2028 | rootdeep79@gmail.com  
www.rootdeepurbanfarm.com

**SPECIALTY ITEMS:** fruits, vegetables, culinary herbs  
**WHERE TO BUY:** at the farm, CSA (Westport, KCMO)

Root Deep uses organic principles for growing fruits, vegetables and herbs. Applying composts, mulches, and cover crops to build and maintain soil health.

## SANDIA PASTURED MEATS



R. Colby Layton  
4844 Indiana Road Ottawa, KS 66006  
913-730-MEAT (6328)  
sandiapasturedmeats@gmail.com  
www.SandiaPasturedMeats.com

**SPECIALTY ITEMS:** soy and corn free eggs, pork, lamb, chicken, dairy goats; heritage breeds  
**WHERE TO BUY:** at the farm, CSA, delivery, farmers markets (see Facebook and Twitter for updates), Cottin's Hardware (Lawrence), Badseed (KCMO)

A family farm raising pigs, lamb, dairy and meat goats, sheep, chickens, eggs, rabbits, fruit, vegetables, and mushrooms within the pastures and woods. Supplemental organic GMO-free grains without corn and without soy is provided to meet nutritional requirements. We never use hormones or non-therapeutic antibiotics nor use synthetic herbicides or pesticides.

## SCHENKER FAMILY FARMS



Kevin and Cherie Schenker  
Box 48 1231 W. 510 Ave. McCune, KS 66753  
620-632-4470 | info@schenkerfarms.com  
www.schenkerfarms.com

**SPECIALTY ITEMS:** Grass-fed beef, pork, poultry, lamb  
**WHERE TO BUY:** online, CSA, delivery, Door-to-Door Organics, Natural Grocers, Nature's Own Health Market and Whole Foods.

Enjoy juicy, flavorful grass-fed beef, pork, poultry and lamb without added hormones, steroids, antibiotics, or GMO's. Our livestock is Animal Welfare Approved/Global Animal Welfare Certified and Certified Naturally Grown, specialty grass fed with pride in Kansas. All meats are USDA inspected and e. coli tested.

## SERENDIPITY FARM - ORCHARD



Lydia Dailey  
12780 Jantzen Lane Platte City, MO 64079  
816-786-3302 | lydia.dailey@hotmail.com  
www.serendipityfarmandorchard.com

**SPECIALTY ITEMS:** asparagus, tomatoes, corn, soy free eggs, apples, Asian pears  
**WHERE TO BUY:** At the farm, Leavenworth Farmer's Market.

It is our hope to become your grower of choice for organically grown, non-GMO, heirloom fruits (apples, asian pears) and vegetables (like asparagus, corn, heirloom tomatoes) along with soy free eggs!

## SHARE-LIFE FARMS



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

**SPECIALTY ITEMS:** organic eggs, CSA, vegetables, small fruits  
**WHERE TO BUY:** at the farm, CSA, Blue Springs Farmers Market, Columbia Downtown Farmers Market.

We are a certified organic vegetable, small fruit, and CSA farm that has been certified since 2004. We also offer certified organic cage free eggs. We offer a unique weekly pay CSA delivered to KC and Columbia, MO. We can supply restaurants and schools. Internships and volunteers are welcome. Call ahead for farm tours, which are always welcome.

## SKYVIEW FARM & CREAMERY



Bill and Sheri Noffke  
22722 E. 800 Rd Pleasanton, KS 66075  
913-352-8727 | GodsAcre@ckt.net  
www.SkyviewFarm.net

**SPECIALTY ITEMS:** goat cheese, dairy cheese, dairy, beef, eggs, body care products

**WHERE TO BUY:** at the farm, Badseed, select restaurants, The Sundry, The Better Cheddar, Somerset Ridge Vineyard and Winery

We are a family-owned and operated farm located on 80 acres about 50 miles south of Kansas City. We recently completed our Grade A creamery where we milk our jersey cows and alpine goats, make cheeses, and age them in our underground cheese "cave."

## SMALL BARN FARM



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

**SPECIALTY ITEMS:** raw honey

**WHERE TO BUY:** at the farm Olathe Farmer's Market

We are city family that went country in 2009. Currently we have some of the best local honey around. Feel free to check out website [www.smallbarnfarm.com](http://www.smallbarnfarm.com).

## SMOKY HILLS FARM



Dotty and Kevin Sharp  
RR1 Box 57B Drexel, MO 64742  
816-332-0932 | smokyhillfarm@gmail.com  
www.smokyhills.farm

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

**WHERE TO BUY:** The Sundry, The Greener Life Market, Spirit of Health, Local Roots Market, Bulk It, The Overland Park Arboretum, Foxfire Herbs, The Lancaster General Store/Middlecreek Winery

At Smoky Hills Farm we lovingly handcraft all natural soaps, salves, balms, butters, and other body care creations, along with candles and green house cleaning products. Most products begin with ingredients grown, raised or wildcrafted on our farm. The rest are sustainably sourced, locally where possible.

## SNIKTA FARM, LLC



Adam and Bree Atkins  
1047 NW Hwy N Blairstown, MO 64726  
816-560-2741 | snikta.farm@yahoo.com

**SPECIALTY ITEMS:** Heirloom tomatoes, heirloom yellow watermelons, purple potatoes, salad mixes, greens, radishes, hot peppers, tomatillos, and are expanding into orchard fruits.

**WHERE TO BUY:** Lees Summit Farmers Market

We are an all natural / biodynamic farm growing vegetables with focus on heirlooms and fun varieties. We grow blue tomatoes, yellow watermelons, purple potatoes, salad mixes, greens and are expanding into orchard fruits.

## SOARING EAGLE FARMS / ACME GRAIN



Lee and Cindy Quaintance  
20900 Edgerton Rd. Edgerton, KS 66021  
913-710-2847 | soaringeagleorganic@gmail.com  
www.ACMEGrain.com

**SPECIALTY ITEMS:** organic wheat berries, organic wheat, organic feed

**WHERE TO BUY:** at the farm

We have custom organic calf and chicken feed available year-round and will custom mix feed for other livestock. Product orders taken by phone (preferred), email, direct farm sales by appointment. Soaring Eagle Farms is a local dealer of Super Gro Fertilizers & mineral supplements, and feed additives. We offer Thayer Organic and non-GMO feed.

## SPRING CREEK FARM



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

**SPECIALTY ITEMS:** beets, carrots, sweet corn, cucumbers, garlic, gourds, green beans, heirloom tomatoes, herbs, lettuce, salad greens, sweet potatoes, melons, onions, potatoes, okra, squash, tomatoes

**WHERE TO BUY:** CSA, The Merc, Lawrence Farmers' Market, Cottin's Hardware

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 varieties of the tastiest local produce available using organic and sustainable farming methods. Most of our varieties are heirlooms, with our heaviest production in melons (including french charentais), 15 varieties of tomatoes, and sweet potatoes. Also pasture-raised eggs, and free-range chicken and turkey. You'll love what we bring to your table! An 18-week CSA with deliveries to Baldwin and Lawrence, KS.

## STONY CREST URBAN FARM



Roger Kube and Diane Hershberger  
87th & Garfield Kansas City, MO 64132  
816-510-8132 | stonycrest@sbcglobal.net  
www.stonycresturbanfarm.com

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

**WHERE TO BUY:** Waldo Farmer's Market, Brookside Farmers' Market, Bad Seed Friday Night Farmer's Market, Nature's Own Health Market, The Sundry, Howards Cafe, restaurants

We grow a full range of USDA certified organic vegetables year-round with an emphasis on colorful, artisan cultivars for adventurous cooks and eaters. Our organic standards improve biodiversity, conserve natural resources and build healthy soils. We have a Locavore Reward Program for customer appreciation. We are available to provide a farmer's market experience for special events.

## SYNERGISTIC ACRES



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

**SPECIALTY ITEMS:** Pasture Raised heritage Pork, 100% Grass-fed Beef, Pastured Eggs, Free Range Chicken, Heritage Breed Turkeys  
**WHERE TO BUY:** at the farm, delivery(Lenexa, KS)

We raise animals in a system of continual improvement for the animals and the land. We focus on heritage breed animals because their old-world genetics allow them to live in harmony with the land and thrive in natural environments. Our goal is to connect the KC community with the food they eat. We believe that when people see alternatives to modern-day livestock farming, they will choose the more humane and sustainable methods. We welcome you to come out to the farm.

## TALLGRASS DAIRY



Brenda Wright  
8376 NE 256th Street Lathrop, MO 64465  
816-284-0698 | info@tallgrassdairyandmeat.com  
www.tallgrassdairyandmeat.com

**SPECIALTY ITEMS:** fresh dairy, grass-fed beef, pastured pork  
**WHERE TO BUY:** at the farm, weekly drop-off location in Liberty, Missouri

Tallgrass Dairy & Meat is a sustainable and diversified farm nestled on the once ubiquitous Tallgrass Prairie of northwest Missouri. We offer dairy products from Brown Swiss cows, grass-fed Gelbvieh beef and Berkshire pork. We are a non-GMO, antibiotic-free, hormone-free farm.

## THE ELDERBERRY MAN



Lewis and Tammy Tolly  
Creighton, MO 64739  
816-773-8177 | lewistolly@hotmail.com

**SPECIALTY ITEMS:** elderberry juice  
**WHERE TO BUY:** KC Organics, Raymore, Belton, and Waldo farmers markets

We have two acres of elderberry bushes that we grow using organic methods. We hand-harvest the berries to make our delicious elderberry jellies, jams, and syrups. Of course, our elderberry juice is very popular in the winter months!

## THE URBAN FARMING GUYS



Jason Fields, Candy Fields, Claudia Bartoli  
1121 Myrtle Avenue Kansas City, MO 64127  
203-837-7502 | bartoli@susqu.edu  
www.theurbanfarmingguys.com

**SPECIALTY ITEMS:** aquaponics, tilapia, worm castings, compost, heirloom tomatoes, okra, spinach, collard greens, swiss chard, rainbow chard, lettuce, peppers, jalapeno, bell, raspberries, watermelon, strawberries, kale, cherry tomatoes  
**WHERE TO BUY:** Waldo Farmers Market

The Urban Farming Guys non profit (501c3) mission is to establish sustainable communities in the most difficult and overlooked places. It begins with local food and water security, alternative energy, and local economic resilience. We put the most innovative, accessible, low tech and reproducible solutions for self-sustaining community into the hands of everyday people so they can THRIVE in any economy. We are putting them to the test in the inner city of KC's Lykins Neighborhood.

## TRAMMELL TREASURES MUSHROOM FARM



Matt Trammell  
703 SW 361st Rd. Warrensburg, MO 64093  
779-875-4927 | mtram24@hotmail.com  
www.trammelltreasures.com

**SPECIALTY ITEMS:** Rose Oyster, Italian Oyster, Golden Oyster, Grey Dove Oyster, White Oyster, Pohu Oyster, Lion's Mane Mushrooms  
**WHERE TO BUY:** Overland Park Farmer's Market, Hen House stores (coming soon), Nature's Own Health Market, restaurants

We are a family run gourmet mushroom farm. We do not simply just grow mushrooms here, we educate our customers on where their food comes from. Workshops held here at the farm teach people how to garden with edible mushrooms and inoculate logs with mushroom spawn. We also supply inoculated mushroom logs and grow kits for people to grow their own mushrooms.

## TREE BY THE SEA FARMS



Chris and Suzanne Seagren  
6680 Scott Road Pleasanton, KS 66075  
913-707-8357 | TreeByTheSeaFarms@gmail.com  
www.TreeByTheSeaFarms.com

**SPECIALTY ITEMS:** mushrooms  
**WHERE TO BUY:** at the farm, farmer's markets (TBD), delivery to KC, to restaurants

We are a small diversified farm just south of Pleasanton, KS. We are committed to producing wholesome food that nourishes more than just the body. This year we are focusing on oyster mushrooms, but look for additional culinary and medicinal mushrooms in the future.

## TROQUE FARMS



Frank Kuhnert  
31710 E. Oakland School Rd. Buckner, MO 64016  
816-215-9925 | Troquefarms@aol.com  
www.TroqueFarms.net

**SPECIALTY ITEMS:** Beef, Dairy, Eggs, Pork, Poultry, fertilizer, feed  
**WHERE TO BUY:** at the farm, delivery (call for details)

A sustainable agriculture farm providing free-range eggs; pork; dairy products; and pasture finished beef. We have organic fertilizer and feed supplements available. Our farm is open to the public.

## TWO SISTERS FARM



Caroline Eddinger  
347 N 1925th Rd. LeCompton, KS 66050  
785-550-4149 | caroline@twosistersfarmllc.com  
www.twosistersfarmllc.com

**SPECIALTY ITEMS:** lettuce, chicken eggs, duck eggs  
**WHERE TO BUY:** The Merc, Hy-Vee, Checkers, Hen House Market, Overland Park Farmers Market, restaurants

A small family-run farm located west of Lawrence. Our lettuce is grown in a hydroponic greenhouse. We also have a free range flock of ducks and chickens and offer multi-colored dozens of eggs.

## UP FROM THE GROUND FARM



Gale Smith  
Gridley, KS 66852  
620-203-8359  
upfromthegroundfarm@yahoo.com

**SPECIALTY ITEMS:** cantaloupe, cucumbers, tomatoes, broccoli, basil, arugula and spinach.

**WHERE TO BUY:** at the farm  
(please call for details)

We grow a variety of vegetables and greens including cantaloupe, cucumbers, tomatoes, broccoli, basil, arugula and spinach. We built our farm to be truly off the grid using a combination of solar and wind power. We are also a horse ranch and the horses contribute to our fertile success.

## URBAVORE URBAN FARM



Brooke Salvaggio & Daniel Heryer  
5500 Bennington Ave. Kansas City, MO 64129  
brooke@badseedkc.com  
www.badseedkc.com

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

**WHERE TO BUY:** BADSEED Farmers' Market, City Market

URBAVORE is a biologically diverse farmstead 5 miles east of the Plaza. This 13 acre edible oasis brings organic growth, sustainable life, and creative solutions to the heart of KC. Holistic "no-till" farming methods build rich soil and produce nutrient-dense foods for the community. You can look forward to an array of heirloom vegetables, juicy organic strawberries, peaches, herbs, and multi-colored eggs.

## WELLS FAMILY FARMS



Kim Wells  
4009 State Highway UU King City, MO 64463  
660-783-2930 | K.Wells@WellsFamilyFarms.com  
www.WellsFamilyFarms.com

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

**WHERE TO BUY:** at the farm, Brookside Farmers Market

We raise 100% grass fed, Certified Organic Cattle. We have chickens/eggs and harvest wild berries and mushrooms from our land. We have a huge organic garden with many lovely veggies and herbs each year.

## WHERE THE REDFEARN GROWS NATURAL FARM



Dave and Sheri Redfearn  
26355 E Bundschu Rd. Independence, MO 64056  
816-509-8664 | dave.redfearn@gmail.com  
www.redfearnfarm.com

**SPECIALTY ITEMS:** Specialty vegetables, farm fresh eggs, raw honey, dairy products (both cow and goat)

**WHERE TO BUY:** CSA (at the farm, Lee's Summit, and Liberty, MO)

We are a family farm committed to growing healthy food in an environmentally responsible fashion. Our CSA provides a large variety of vegetables, from arugula to zucchini, and farm fresh eggs, cow and goat milk, raw honey. If you live in the KC area, we'd love to be your farmers too!

## WINDHAVEN FARMS



Kristen Wolf  
Kansas City, MO  
913-485-2261 | windhavenfarmskc@gmail.com  
www.windhavenfarmskc.com

**SPECIALTY ITEMS:** pastured raised beef, chicken, pork, eggs

**WHERE TO BUY:** Online buying club

Selling local, hormone free animals to restaurants and our meat buying club members. We have specific farms that we source each animal from and sell beef, pork, chicken, rabbit and raw pet food. Each one of our farms has a longstanding relationship with us that is built on a commitment to happy, healthy animals raised in a sustainable way.

## WOLF CREEK FAMILY FARM



Karin Velez  
23901 S. Cowger Rd. Peculiar, MO 64078  
816-738-4076  
farmfresh@wolfcreekfamilyfarm.com  
www.wolfcreekfamilyfarm.com

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

**WHERE TO BUY:** Raymore Farmers Market, Lee's Summit Farmers Market, Waldo Farmers Market, Harrisonville Market on the Square

A small family farm focused on fresh, sustainably grown produce and naturally raised meat and eggs. We use methods that preserve the integrity of the land, raise animals in a humane manner, and provide wholesome, chemical-free food for our customers. We believe food is fresher, more nutritious and more able to sustain itself as a system if produced close to where it's consumed.

## WOODLAND HERITAGE FARMS LLC



Brenda McIn  
24700 227th St. Leavenworth, KS 66048  
913-250-0075 | my1suziq@gmail.com

**SPECIALTY ITEMS:** heritage pork, forest raised pork, pastured pork

**WHERE TO BUY:** at the farm, delivery

Our farm is about 80% woodland, lending itself perfectly to naturally raised heritage breeds of pigs. We are currently working on our rotational grazing system through pasture and forest. They have access to locally grown non-GMO feed and are given chopped garlic, rosemary, diatomaceous earth and apple cider vinegar to support their immune function and keep them parasite free. No hormones or antibiotics are given routinely. Pork available for pre-sale by quarters, halves and whole.

## WOOD MOOD GARDENS



Curtis and Alex Wood  
20987 Hwy 20 Higginsville, MO 64037  
660-641-1113/660-641-2554  
woodmood@ctcis.net

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

**WHERE TO BUY:** at the farm, Brookside Farmers Market

Wood Mood Garden is a small, locally owned, family operated, certified organic farm. Certified organic since 1994, Wood Mood Garden has been selling fruit and vegetables at Brookside Farmers' Market since in 2003. We also grow pastured-raised beef, chickens, and eggs!

## THANK YOU TO OUR EXPO BENEFACTORS



Homestead Hill  
Farm & Nursery





**HEALTHY SOIL = HEALTHY FOOD = HEALTHY PEOPLE**  
**KANSAS CITY FOOD CIRCLE**

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



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