

The Guide to Eating Well and Doing Good Around Columbia, Missouri

This guide aims to be inclusive of all who are producing, processing and selling locally grown foods around Columbia, MO., but it's hard to catch everyone! We apologize in advance for any folks we inadvertently left out. We are continuing updating this listing. Please contact Sharon at 573-882-3776 to be included. Please help us get the most up-to-date listing possible! This copy was updated on Jan/2009.

Farmers' Markets:

Columbia Farmers Market

The Columbia Farmers Market was established 29 years ago. It is the oldest market in the city, operating Mondays and Wednesdays from 4-6 pm and Saturdays from 8 a.m. to noon. The Monday and Wednesday markets last from May to October, with the Saturday market going from Mid March to Mid-November. The market is located at 1701 West Ash St., next to the Activities and Recreation Center at the intersection of Ash and Clinkscapes.



For regular emails about events at the Columbia Farmers' Market, building project updates from Sustainable Farms and Communities, related community announcements and opportunities to volunteer, please email: informationcafe@yahoo.com or visit with Victoria at the Information Cafe any Saturday morning at the Columbia Farmers' Market. You can also find a map at: http://farmersmarket.missouri.org/detail_map.html. Most Saturdays there are music groups and community activities scheduled along with the market. To volunteer at the market, contact the market manager at: columbia_farmers_market@yahoo.com to visit their website go to: <http://farmersmarket.missouri.org>.

Boone County Farmers Market

The Boone County Farmers Market started in 2003. Its motto is "Always fresh, always local." The market operates Monday and Wednesday from 4-6 p.m., and Saturday from 9 a.m. to 1 p.m. The Monday and Wednesday markets last from May through September, with the Saturday market starting the first Saturday in April and ending the last Saturday in October. The Market is located at the Boone County-Columbia Health Dept. parking lot, 1005 W. Worley St., Columbia, MO.

<http://www.boonecountyfarmers.com/about.htm>

Coyote Farm and Home Market

An open air facility open seasonally from April – October, Thursday's from, 4:00 p.m. – 7:00 p.m. Many local food items and merchandise from local craftsman. Located at 106 Maple Street, Ashland, MO 65010. For more information email Zach Rippetto at zrippeto@earthlink.net or call 573-657-6129, 573-489-0928.

Hallsville Farmers Market

This market started in 2007. The market operates on Tuesday's from 4-6:30 p.m., May – September. The market is located in the parking lot at Sassafras Moon, just 100 feet from the intersection of Route B and Hwy. 124. Additional parking is available at the City Hall on the south side of Hwy 124. The mailing address is P.O. Box 284, Hallsville, MO 65255. For more information contact Christa Smith at smithchrista@umsystem.edu or call 573-696-3254(home) or 573-881-6205(cell).

Grocery Stores & Specialty Shops:

Clovers Natural Foods and Clovers Natural Market

Clovers is the oldest health food store in Columbia, and specializes in securing locally produced products. They have a variety of organic foods, health foods, vitamins, beauty products, natural and sustainably raised meats and dairy products, breads and other great things. Both stores are open seven days a week. You can find them at:

2100 Chapel Plaza Ct. #A, 573-445-0990 and 2012 E. Broadway, 573-449-1650

Danjo Farms Country Store

An "All Missouri" Country Store located on the farm with lots of Missouri value-added farm products, produce, local beef, pork, lamb and chicken, bedding plants, milk, butter, eggs and cheese. They also carry honey, jams, jellies, BBQ sauce, molasses, pickles, bee pollen, hand-made soaps, and Watkins products including vanilla, black pepper and cinnamon. Serving as local coordinators for the UNFI natural food coop in the greater Moberly area with over 10,00 organic and natural products! Hours are Tuesday through Saturday 10 am to 6 pm. For more information visit their web site at www.localharvest.org/farms/M5020 or e-mail danimal1960@sbcglobal.net Call 660-263-1043 or 573-823-5452. The farm is located at 1210 Private Road 2717, Moberly, MO 65270

Eastgate Foods

Located at 2006 E Broadway, carries locally grown meats and some other foods. Contact them at (573) 449-1000. Also, **Schnucks** and **Gerbes** carry a limited amount of locally produced foods.

Hoss's Market & Rotisserie

Located at 1010A Club Village Dr, Hoss's features a wide array of hard to find products, and locally-produced meats. They are a Neighborhood Contemporary Market that stresses the highest quality food made with strictly fresh ingredients, and specialize in Home Cooked Meals for dine in or take home, plus delicious Rotisserie Chickens. They are open from Monday to Saturday from 10 am to 8:30 pm. Contact them at (573) 815-9711.

Hy-Vee Grocery Store

This employee-owned chain retails a wide array of locally grown products. Make sure you check in the natural foods section for cheeses, organic milk, eggs, meats, and breads. You might also check out their organic produce in the produce aisle, or eat a breakfast sandwich prepared with Patchwork Family Farms pork. Open 24 hours a day, seven days a week. Hy-Vee is located at 3100 West Broadway.

Moniteau County Foods

Located at 56378 East Splice Creek Road, Woolridge, MO 65287, just west of Columbia, located in the beautiful foot hills of the Missouri River, Moniteau County Foods has been serving the area for 25 years. They specialize in natural and organic groceries, personal care products, and supplements. Contact Patti Vonder Harr, at 1-660-849-2546 or email: splice.creek@c-magic.com

Patchwork Family Farms

Located at 1108 Rangeline Street, you can buy great tasting, natural pork products from the offices of the Missouri Rural Crisis Center. They are open from 9 am to 5 pm Monday through Friday and can be reached at 573- 449-1336. You can also check out their website at: patchworkfamilyfarms.org or email them at patchwork@morural.org



Peace Nook

Your one stop source of information on sustainable living, including finding sustainable food! Located at 804-C E. Broadway, the store features a limited variety of locally and sustainably produced foods. The Blue Planet Buying Club also operates from this location. Contact them at 875-0539.

Schnucks Supermarket

Located at 1400 Forum Blvd. at Stadium in Columbia and also at 1801 Missouri Blvd. in Jefferson City. This supermarket carries a wide array of locally grown products such as eggs, melons, pumpkins, honey, etc. You can contact them at 573-446-2800.

Summerfield Garden, Gifts & Landscaping

Summerfield started over 25 years ago as a full service landscaping company and have now expanded to include a retail shop. They offer gift baskets, mulch, flower arrangements, wreaths, herbed vinegars, and much more. Many of their unique great gifts are made by Missouri craftspeople. Their merchandise changes seasonally with locally grown produce, holiday greenery and fun, garden accessories. They can be located in The Market Place Shops, 1100 Business Loop 70 West, in Columbia. Contact them at 573-447-1150.

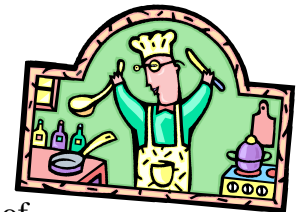
The Root Cellar

Walker Claridge and Kimberly Griffin own this Missouri Grocery that specializes in providing Missouri grown products, including naturally raised, hormone free meats. This is your source for in-season produce, processed products, meats, eggs, dairy, bread and flowers. Now offering a new service similar to a CSA the Root Cellar now has a **Local Farm COOP** – New in 2009, share in store savings by purchasing packages which feature items from over 100 farms. The store is located downstairs at 814 A. East Broadway. You can contact them at 573-443-5055.

Bakeries and Restaurants:

All Occasion Cakes by Amy-

This home based bakery business in Columbia provides cakes made with all organic ingredients. Owner, Amy Beverley will also make cakes for customers with allergies and those who can not have sugar (diabetic and sugar-free). She is happy to try and accommodate your special needs; so everyone may not feel left out of delectable desserts. Please visit her website at www.youoccasioncakes.com and you can call her at (573) 874-9450.



Annie's Breads-

Located in Boone County, Annie's Breads is comprised of a sister team providing six tasty, nutritious varieties of whole wheat breads and three fantastic cinnamon roll variations made from freshly milled chemical free flour and other quality ingredients. You can find their goods at Sho-Me Farms market, Clovers Natural Market locations, Columbia Farmers Market and Super Suppers. For inquiries or special orders, call Annie at (573) 442-3838, 8001 S. Barry Rd., Columbia, MO 65201.

Bread Box Bakery-

Located in Cooper County, this Italian bakery specializes in freshly made olive oil pasta, using 100% semolina and 100% organic whole wheat. We feature spaghetti, fettuccine, penne, and linguine. You can visit their stand at the Columbia Farmers Market or contact Judy Wylie in Pilot Grove, MO (660) 834-2253

Celtic Wyndes Farm & Shoppe-

Located in Boone County, the Celtic Wyndes Farm & Shoppe offers a variety of fresh, home-made pies, breads and other baked goods, along with packaged soup, dip, and dessert mixes. They make and sell their own herb marinade mix, rubs and other blends. They are more than happy to help you with special occasions

such as birthdays, anniversaries, graduation, baby shower, etc. Terri has been creating wedding cakes and other specialty items since 1981. Visit Terri & Paige McHugh, Brian & Matthew Rickard at the Hallsville Farmers Market, where they also offer fresh produce, fruit and plants (in-season). For more information, you may contact Terri at (573) 289-3127, or Brian at (573) 289-5908, or email at: Celtic_Wndes_Farm@yahoo.com.

Nobis Farms-

Located in Monroe County, Nobis Farms offers fresh, home-made pies and baked goods, along with farm-fresh eggs and produce in-season. You can visit their stand at the Columbia Farmers Market. For more information, contact Barb Nobis, 13357 Monroe Rd 611, Paris, MO 65275, (573) 685-2348

Shepherdsfield Bakery-

Located in Callaway County, this bakery offers assorted breads, rolls, muffins, pies, cookies and waffles. Flour and pancake mix also available. All products made with organic grains and flours. Whole wheat and rye berries are stone ground at the bakery. Several items are available at the Columbia Farmers Market and have some products available at Clovers in Columbia. You can contact Thomas P. Mahaney at (573) 642-1439, 777 Shepherdsfield Road; Fulton, MO 65251

Uprise Bakery-

Located in Boone County, Uprise Bakery offers wonderful breads and savory/sweet pastries made from organic flours and locally produced products such as sandwiches, soups and salads, including Patchwork Farms pork and Goatsbeard Farm cheese. Visit them at their new location in The District at 10 Hitt St., Columbia, MO 65201. They are open Monday-Saturday 7 a.m. – 6:00 p.m. Their baked goods are available at various locations around the community and you can also find us at the Columbia Farmers Market. Contact them at 573-256-2265 (bakery) 573-445-2592 (home). Or email ron@ragtagfilm.com

There are a lot of great restaurants in Columbia, and quite a few serve locally produced foods. The chefs at **The Wine Cellar and Bistro, Murry's, Main Squeeze** (vegetarian), **Sycamore, Upper Crust, Uprise Bakery**, all take a great deal of time with their food choices and support a lot of local farmers. A number of restaurants feature Patchwork Family Farms pork or one other locally produced food items on their menu. These include: **Addison's, Booche's, Boone Tavern, Broadway Diner, Café Berlin, Chris McDs., The Heidelberg, Harpo's, Hy-Vee Grocery, Jack's Gourmet, Les Bourgeois, Lucy's, Sake Bistro and Bar, Sub Shop, Teller's, Tony's Pizza, Flat Branch Brew Pub** and even some of the dining halls on the University of Missouri campus. Please ask your server about what kinds of products are from local farmers, because not everything is!

Ragtag Cinema features independent films – some with a food focus – and serves Missouri beers and wines, with locally produced cheese, brats and bread. Check them out at: <http://www.ragtagfilm.com/> and find them at 10 Hitt St. Telephone them at 443-4359.

And for up to date information visit “Healthy Foods for Healthy Kids Coalition” at www.healthfoods4healthykids.org. They are a coalition of thoughtful, committed citizens with the goal of improving the access of healthy meals at our homes, schools, and in our community. They work to improve our children's nutrition and to create nutrition education programs that support a lifetime of healthier behaviors.



Farmers, Farm Stands, U-Picks and Other Fun Things:

Community Supported Agriculture Farms (CSAs):

Community Supported Agriculture is a way to involve both the consumer and the farmer in the seasons of the farm, sharing the risk and the rewards. Most CSAs in Mid-Missouri operate as subscription services where a person or household becomes a member and pays a membership fee. A member receives a basket of seasonally available fresh veggies every week from Mid-May through the end of October. By paying in advance, members are able to help farmers secure seeds and other supplies, and to reduce the uncertainties of selling at farmers' markets. Columbia offers several farms that are CSAs.



Danjo Farms – Dan & Joanne Nelson

We are a "Certified Naturally Grown" sustainable, family farm which grows in season vegetables, nuts, berries, fruit, and meats. We have quarter, half and full CSA farmshares available weekly from May to November. Our pick-up points are Ashland Farmers Market on Thursdays, Danjo Farms in Moberly on Fridays, and at the Columbia Farmers Market and Columbia Swap Meet on Saturdays. You can also add on eggs, fruit and or berries to your CSA farmshare annually. For more information go to our web site at www.localharvest.org/farms/M5020 or e-mail us at danimal1960@sbcglobal.net Call 660-263-1043 or 573-823-5452. The farm is located at 1210 Private Road 2717, Moberly, MO 65270

Fertile Crescent Farm – Guy Clark

Community Supported Agriculture (CSA) doing deliveries from April into November. Produce available at Columbia Farmers' Market from mid-March to the Saturday before Thanksgiving. Extremely wide range of vegetables, fruits, and cut flowers. Specialize in garlic, salad mixes, extra-tasty varieties of all your favorite produce. Contact Guy Clark at (573) 875-2730 (home) or (573)268-3174 (cell), 721 East Calvert Hill Rd., Columbia, MO 65202. Check out my website at: guyclark@fertilecrescentfarms.com and our members site <http://members.socket.net/~guyclark/index.html>. Sell at the Columbia Farmers Market and check <http://fertilecrescentfarms.typepad.com/forkandknife/>

Phil's Garden – Phil Stewart

All the produce you can use fresh, twenty-five – thirty kinds of vegetables, berries and melons, selected by you on Monday or Wednesday, 4:00 p.m. – 6:00 p.m. at 5250 C.R. 311, Fulton, MO 65251. You select the amounts and types from my tables – your choice, not mine. In late October and November pickup will be Saturday morning. Call us at 573-642-7627.

Pick and Pick – Sam and Deanna Pickering

Treat yourself to an outing! Come to a 10-acre "plantation" located in a beautiful setting within a few minutes of the city of Columbia or the city of Ashland where you'll find very good fruits and vegetables growing. During the spring, summer and early fall, the plantation is open for business. If you enjoy fresh air, fresh berries, and fresh vegetables, come see us. If you like picking your own food right from the garden, this is the place for you. If you want to show your children or grandchildren where food really comes from, we'll help you. You like fresh-from-the-vine fruit and vegetables, but don't have time to pick them yourself? Let us know how much you want and when you need it. We'll pick for you and have it ready for you to pick up. Check out our website: www.pickandpick.com, Contact us by calling the farm 573-999-4036, or business 449-8031, but better yet, come visit us at 5910 Rangeline Rd., Columbia, MO 65201.

Pierpont Farms

This year, having found a source for slower growing birds developed from heritage breeds specifically for pasture rearing, we are offering poultry similar to that of the “Label Rouge” found in Europe. They take 12-15 weeks to reach a full size of 3-5 lbs. These birds are especially flavorful with a more textured (not tough) meat. They will generally have elongated breasts, longer legs, thinner skin and less fat than commercial breeds. They are fed custom rations made from natural ingredients mixed by a local feed mill and get as much as 30% of their nutritional needs from insects, grass and other greens. They are great tasting, antibiotic free, hormone free and humanely raised! Our CSA also offers an extensive list of crops with over 45 selections of vegetables and fruits. We are located just 1 mile south of the Pierpont Store on the way to Easley and the Katy Trail at 8810 South Route N. Call us at 573-499-9851 or email

Angela@pierpontfarms.com or visit our website at www.pierpontfarms.com

Rainbow Produce—Rick Goodman

Locally grown produce items available through our CSA include tomatoes, sweet & hot peppers, onions, summer & winter squash, potatoes, lettuce, cabbage, green beans, broccoli, beets, garlic, kale, basil and cucumbers. I’m located at 10853 Smith Hatchery Road, Columbia, MO 65230 and you can call (573) 657-4694 or email rckgoodman@yahoo.com

Seasons Greens - Rex Roberts

Share’s will feature a good variety of typical vegetables with 6-8 items a week and also an exchange table if you want more choices. The season will last 25 weeks. From April through October. Members may pick up their shares at the Columbia Farmers’ Market on Saturday mornings from 8 to noon. For more information contact Rex at 660-287-0520. Farm is located in Sedalia, MO.

Share-Life Farms - Jim Thomas Jr.

Offering a wide variety of common vegetables, some Asian vegetables, sweet sorghum and organic-fed eggs and pastured poultry. They have been chemical and pesticide free since 1991. Besides selling at the Columbia Farmers’ Market and area grocery stores, they have developed a CSA membership operation. Contact Jim for more information, with members accepted throughout the year. The farm will offer delivery on large orders and trade work for produce. (660) 886-3936 (home) | (660) 886-3566 (work) | (660) 815-0729 (cell), Rt. 2 Box 134; Marshall, MO 65340

Terra Bella

Share the harvest from our farm. Each week you will pick up a bag or two, depending on your purchase, of vegetables, fruits and herbs. You can even add a weekly delivery of wild and heirloom flowers. We are committed to ensuring you that there are no chemical fertilizers, pesticides or herbicides used anywhere on our farm. Our seeds are open-pollinated and/or heirloom seeds. We never use GMO seed. In 2006 we will be harvesting asparagus, heirloom tomatoes, cucumbers, salad greens, peppers, onions, green beans, garlic, potatoes, kale and much more, as well as berries and small fruit, herbs and a wide variety of flowers. All deliveries will be to a central location to you, such as Fulton, Columbia and Jefferson City. We will gladly discuss payment arrangements. Call Meghan or Danny at (573) 387-4949.

Farm Stands and U-Pick Operations:



Binder’s Hilltop Apple and Berry Farm – Sandy Binder

An apple orchard and a berry farm that also produces garden vegetables, fresh cut and dried flowers, honey, hand milled soaps, homemade honey whole wheat breads, sugar-free jams, jellies, and apple butter. Sandy carries approximately 30 health food products and sugar free cookbooks. **The Orchard is open for U-Pick: Monday -Friday: 8 a.m.-dusk , Saturdays: 2 p.m. to dusk; Sundays 10 a.m. to dusk or by appointment.** Families are welcome to "U-Pick." The trees are dwarf, and most all of the apples are easy to reach. Their first apple of the season is a large red dessert apple called William’s Pride. Other varieties throughout the

season include (Galas , Jonamac, Empire, Ultra Earli, Superior Red Delicious, Ultra Gold, Enterprise, Rome, York , Fuji , Granny Smith, Jonalicious, Red Free, Blushing, Macintosh, and Jonathan.) You can visit them at the Columbia Farmers Market. The farm is located at: 24688 Audrain Rd. 820, Mexico, MO 65265, 573-581-1415. applesandalpacas@ktis.net Website www.applesandalpacas.com

Home Grown Paradise—Charlie & Jo Veta Deimeke

Our 15,000 organic strawberry plants are grown in a combination of perlite and vermiculite. The unique hydroponic stands allow you to pick your own with no bending and no kneeling. With a minimum of 22% sugar content in each berry, we truly offer a little bit of paradise! www.homegrownparadise.com hours are Sunday: 1:00 PM-4:00 PM; Monday: Closed; Tuesday/Thursday: 8:00 AM-6:00 PM; Wednesday/Friday: 8:00 AM-2:00 PM Saturday: 8:00 AM-4:00 PM. 3705 County Rd. 257, Fulton, MO 65251 (573) 642-5066

Missouri Highland Farm— Mary Brauch

Asparagus, blueberries, soap and jams.U-pick and wholesale. (660) 849-2387 (home) | (660) 849-2544 (work) 17071 Garrett Road; Jamestown, MO 65046

Murphy Orchard— Shannon and Dawna Cape

Open June through November, leading with strawberries and peaches and wrapping up with apples. The season includes blackberries, blueberries, tomatoes, grapes, pumpkins, and seasonal vegetables. Non-pasteurized pure apple cider is pressed on-site in the fall, while apple cider slushies are available all season. U-pick apples begin approximately September 20. The “Apple House” also includes a bakery, crafts, and a full line of fruit products ranging from apricot preserves to apple salsa. Located at 17135 US Hwy 60; Seymour, MO 65746. Phone (417) 935-2270 for more information. MurphyOrchard.com

Sho-Me Farms—Don & Marylou Mayse and Jerome & Kelly Grethen

On farm store. Offering Hormone-free beef, which according to Kansas State University, is 6 times higher in Omega 3's because the cattle are finished on generous portions of ground flax seed. While you are there you might also pick up some eggs, poultry, local jams and maybe even some flowers. Sho-Me Farms Market is open at the farm Friday 2-6 p.m. & Saturday 10 a.m.-2 p.m. and is sold at Covers in Columbia, HyVee in Columbia, & HyVee at Lake of the Ozarks. You can also purchase from us at the Columbia Farmers Market. Please call us at: (573) 449-4250 (home) | (573) 881-0835 (cell) website: <http://www.shomefarms.com> email: donmayse@msn.com, 8090 E. Highway AB; Columbia, MO 65201

Walk-About Acres—Art & Vera Gelder

Honey, creamed honeys (assorted flavors), beeswax candles, bedding plants, perennials, bee keeping equipment, Grow Native and field trips. Retail store on-site and deliveries available. You can also visit them at the Columbia Farmers Market. (573) 474-8837 walkaboutacres@agristar.net 6800 N. Kircher Road; Columbia, MO 65202.

Naturally Raised Meats, Poultry, Fish, Eggs and Dairy Products:

Benji's Grass-fed Lamb - Benji Bockting

In the rolling hills of Howard County, family farmer Benji Bockting raises delectable pastured lamb. Benji's carefully selected ewes produce healthy lambs that thrive on pasture, resulting in a healthful tasty product for your family. Lambs are available seasonally and delivered to your choice of locker. Custom sheep shearing is also available. My address is 1812 Hwy DD, Fayette, MO 65248 and you can call 660-248-3006 or email bockting4@hotmail.com

Birch Cove Natural Meats - David Coplen and Carol Fulkerson

We have lean, delicious lamb for direct market sales. The lamb can also be purchased at The Root Cellar in Columbia. We deliver in Columbia. We can be reached at 573-642-7746. Our address is 4702 Birch Cove Drive, Fulton, MO 65251. lotsasheep2001@yahoo.com

Bonne Femme Farm LLC - Mike Knoll

Look for Mike a little later in the season at the Columbia Farmers Market. For the 2008 growing season he is planning to have 30-40 varieties of heirloom tomatoes and 20-25 varieties of heirloom sweet and chili peppers, along with several varieties of melons, some flowers, and herbs. You can contact him at (573)449-6755 or (573)881.3644 or email smknoll@socket.net.

Carmack Elk & Buffalo Farm—Rick & Diane Carmack

Visit our farm for Elk meat products, buffalo meat products and Velvet Antler Supplement for Better Health. You can also find our products in Columbia at HyVee, Clovers and The Root Cellar and enjoy our burgers at the Trailside Café in Rocheport. Our farm is located at 242 County Road 315; Glasgow, MO 65254 and you can contact us at (660) 338-2393 (phone) | (660) 338-2314 (fax).

Covered-L Farm—Steve & Sherry Landers

Grass-fed beef that is hormone and antibiotic-free and raised in an environmentally friendly manner. Independent research confirms that our beef has significantly more beneficial CLA essential fatty acid than feedlot beef. Individual grass-fed beef cuts are available at The Root Cellar, and both Clover's stores. Individual cuts, quarters, halves and whole beeves are available directly from us wholesale at the farm. Package delivery in the local area at retail. (573) 682-5536; cvrdfarm@centurytel.net; 18700 Adams Rd. Centralia, MO 65240

Country Neighbors Speciality Meats—Laura B. Korte

Fresh, wholesome meat and poultry available for on farm pickup year round. We also offer free range chicken and turkey, real outdoor raised pork, and Chevon goats. Our animals always have access to fresh air and sunshine and we mix our own feed to ensure quality. We do not use routine antibiotics or hormones. Fell free to call, write or email Laura B. Korte, 202 S. Cleveland, Fayette, MO 65248, 660-248-2730; dirthogfarmer@hotmail.com

Crocker Farms— Jim & Deanna Crocker

Jim & Deanna have been farming since 1976, following in the footsteps of their fathers and were voted the 2004 Boone County Farm Family! They sell natural pork (Duroc/Hampshire/Yorkshire – three way cross bred) which are raised in open lots without antibiotics and growth promotants. Corn fed to the pigs is raised on their farm and protein is provided from another small local farmer. Their pork is processed by a state inspected locally owned locker plant. They carry all cuts of pork sold by the package or ¼, ½ or whole pig, with your choice of cuts are also available. You can locate them at the Columbia Farmers' Market on Saturday's between 8:00 a.m. – 12:00 noon or call (573) 682-5605 (home) (573) 819-3860 (cell) jimcrocker99@hotmail.com; 14400 N. Route Z, Centralia, MO 65240.

Dwyer Family Farm – Christopher, Taylor & Bryan Dwyer

Visit us at the Columbia and Hallsville Farmers Markets where we sell farm fresh pork, lamb, and eggs. This season we will be growing pumpkins, watermelons, and sweet corn. Our farm is located at 14535 N. Level Rd., Hallsville, MO 65255 (573)696-0828

Goatsbeard Farm—Ken & Jennifer Muno

Offering delicious artisan cheeses made from the fresh milk of their own pasture-grazing goats. Cheeses made from both pasteurized and raw (un pasteurized) goat milk. Featuring plain, pepper, herb garlic and chipotle; marinated; Walloon, feta and blue cheese. Located at the Columbia Farmers Market, Clover, HyVee and Root Cellar stores and used in delicious recipes by several local chefs and also sold at various locations around the state of Missouri. Contact at :

(573) 875-0706, kjmuno@tranquility.net <http://www.goatsbeardfarm.com/>
11351 Callahan Creek Road; Harrisburg, MO 65256

Greystone Farm—Tim & Julie Walker

Grassfed meats: beef, pork, chicken (stewers) and turkeys. Processed foods available later in season as well as some plants. We are located at the Columbia Farmers Market and our meats are also available at a lower

The Best Cheese!

price on the farm on certain dates. Please call for more information. (660) 248-3949 They are located at 901 County Road 425; Fayette, MO 65248. Email is: grestonefarm@netscape.com
The Walkers helped establish the Katy Trail Slow Food convivium.

Harrison Valley Farms – John & Kim Harrison

Hormone-free beef for sale by the 1/4, 1/2 and whole sections. Our polled Herefords are naturally-raised and gently handled. Our finishing practices combine access to good pastures, unmedicated feed that is free of ionophores, and a stress-free environment. The finished product is tender and well-marbled. Customized orders are available--we typically process in January, February, June, July, August and December. Pre-cut sections may also be purchased based on availability. A deposit is kindly requested when a customized order is placed. We are located at 5199 County Rd 351, Fulton, MO 65251 and you can call us during the day at 573-642-8988 or in the evening and on weekends at 573-642-1154. Our fax number is 573-642-4673 and you can email us at mailmorekh@socket.net

Martz Farm - Kevin & Fay Martz

We are a full season vendor at the Boone County Farmers market, offering eggs, lamb and beef
Our farm is located at 6789 E. Palmer Road , Columbia, MO 65202 Tel: 573-474-0405, e-mail: kmartz@socket.net

Missouri's Best Beef, Inc. Co-Operative—Ron McNear, President CCO

All true natural beef; no hormone's antibiotics or chemicals of any kind. Born, raised, feed, processed and source identified by Co-Op members. Available as whole, half, quarter, boxed or vacuum-packed, frozen, trade-marked labeled case ready custom cuts. Rt. 1, Box 149, Koshkonong, MO 65692. Call: 417-867-8501 or email Ron at rnmcnear@ortrackm.missouri.org

M & K Ranch—Mark & Karla Uthlaut

Naturally-raised Missouri lamb and goat meat cuts. Lamb cuts: we are currently offering are legs (boneless and bone-in), racks, loin chops, cubed, shanks, brats, ground, and summer sausage. We will sell lamb by the whole lamb, 1/2, 1/4 or the specific cuts. We offer naturally-raised goat by the whole. We also have available 100 percent homegrown wool in the form of fleeces, rovings, batting, yarn and tanned pelts. 367 Highway N., Montgomery City, MO 63361; (573) 564-6117 (home) | (573) 564-2680 (work) | (573) 220-5242 (cell)
mkuthlau@ktis.net muthlaut@heartlandfarmfoods.com booneslickharvest@ktis.net

Nobis Farms – Barb Nobis

Offering baked goods, EGGS, and produce at the Columbia Farmers Market. My farm is located at:13357 Monroe Rd 611, Paris, MO 65275, (573) 685-2348 home in Monroe County.

Rancho Deluxe - John and Ashley Ernst

Our herd of Shorthorn/Angus cows and calves are raised in large, grassy pastures on our Boone County farm. We use no antibiotics or meat by-products in our supplements, nor do we use growth hormones.

Grass is the mainstay of their diet, not grain. We sell halves, quarters and cuts of our grass fed beef. We also sell veal from Jersey calves who have been raised on pasture, by their mother's sides, drinking rich Jersey milk and eating grass. Veal is available on a limited basis as sides and cuts. We also sell honey and eggs. On farm sales and delivery available. (573) 445-5621, 9552 McQuitty Lane, Harrisburg, MO 65256;

ashleyernst@centurytel.net

Sellmeyer Farm – Greg & Tammy Sellmeyer

We have been raising & selling produce at Farmers' Market since 2000. In 2007 we expanded to the Columbia Farmers' Market. We raise fruit, vegetables, eggs, herbs & more. Our farm is at 7208 State Road C., Fulton, MO 65251. You can call us at (573)642-1376 or email: gsellmeyer@ktis.net

Share-Life Farms – Jim Thomas, JR. and Rose Thomas

We have been certified organic since 2004, growing organically since 1994. We are well known for our seven varieties of potatoes, but raise a variety of vegetables. We also sell certified organic eggs. CSA shares are also available, delivered to the Columbia Farmers Market on Saturdays. Look for our products at Main Squeeze, Cafe Berlin, and Clovers Natural Foods. Share-Life Farms location is: Route 2 Box 124, Marshall, MO 65240. You can call them at: (660)886-3936 (home), (660)815-0729(cell) or (660)886-3566 (work).

Sho-Me Farms—Don & Marylou Mayse and Jerome & Kelly Grethen

Stop by the farm and visit our store. You will most likely walk in and smell fresh baked bread in the oven and be surrounded by coolers filled with our Hormone-free beef, which according to Kansas State University, is 6 times higher in Omega 3's because the cattle are finished on generous portions of ground flax seed. While you are there you might also pick up some eggs, poultry, local jams and maybe even some flowers. Sho-Me Farms Market is open at the farm Friday 2-6 p.m. and Saturday 10 a.m.-2 p.m. and is sold at HyVee Health Market, Columbia, HyVee Health Market, Lake of the Ozarks and Clovers in Columbia. You can also purchase from us at the Columbia Farmers Market. Please call us at: (573) 449-4250 (home) | (573) 881-0835 (cell) website: <http://www.shomefarms.com> email: donmayse@msn.com, 8090 E. Highway AB; Columbia, MO 65201

Stanton Brothers—Dustin & Austin Stanton

Located at the Columbia Farmers Market. Stanton Brothers offer local Boone County eggs from chickens raised on their own grass and home-grown grains. Their business is part of their FFA and 4H projects. Their truly fresh eggs are laid the week of the sale. Their farm is located in Boone County at 21101 N. Tri-City Lake Rd., Centralia, MO 65240, (573)682-2842.

Stropes Farm – Sue & Ray Stropes

Sue and Ray Stropes live on a 240-acre grass farm, southwest of Warrensburg, MO Grass-Fed Beef and Cornish-cross chickens. Beef is sold by the package, half or whole with or without USDA inspection-customer preference. Although not certified organic, no pesticides, herbicides, growth hormones, or antibiotics are used and only minimum vaccinations. In addition, they raise a small amount of Cornish-cross chickens using the pasture poultry method (the flock is moved across a pasture every day). The chickens are processed by the local Amish and a small amount is available for sale. As with the beef, the taste is delicious and the poultry are antibiotic free. The farm is located at 189 SW State Rt. 2., Chilhowee, MO 64733, Johnson County. You can email sue.stropes@gmail.com, call 816-405-9545 or visit their website at www.rskfarms.com

Susie's Grassfed Meats – Susie Everhart

Susie owns and operates a small family farm on the prairie of north central Missouri. She has been raising sheep since 1989, and is the third generation of her family to raise livestock in the area. Her interest in sustainable grass-based meat production led to her application for a Missouri Sustainable Agriculture Demonstration Award for a project entitled, "Increasing the Profitability of my Sheep Enterprise through Rotational Grazing and Producing Snack Sticks High in Omega-3 and CLA." Since receiving that award she started the marketing arm of her operation, Susie's Grass Fed Meats. There are no artificial colors, flavors or preservatives and the gyros flavored lamb snack sticks are made from 100% grass fed American lamb. These animals are not fed antibiotics or implanted with hormones. There is no MSG and they are also available in nitrate free. Susie's products are offered for sale at the Columbia Farmers Market and you can also order from her website. Her family farm is located at 11001 Monroe Rd 959, Madison, MO 65263. Contact by phone: 573-682-3275 or call toll free 888-817-9891. Her email is grassfedmeats@gmail.com or you can check out her website at www.susiesgrassfedmeats.com

Timber Hill Farm – Margot McMillen and Howard Marshall.

We raise veal, lamb and beef on diverse pasture, using no pasture treatments or factory feeds. Our animals live in family groups and we never inoculate or medicate the animals we sell as meat. We use no antibiotics or hormones at all and insist that the animals are humanely butchered and the meat packaged with minimal packaging. Call us at 573-642-6226 or email margotmcm@socket.net

Todd Farm, LLC—Dave Todd

Farm fresh eggs, perennials, pears in the fall, and registered Black Angus. Call (573) 642-6464, 2080 County Road 334; Fulton, MO 65251 or email toddfarm@socket.net

Troutdale Farm—Merrit and Dennis Van Landuyt

We sell Rainbow Trout raised in Ozark spring water. We feature three cuts of fresh rainbow trout: whole fish, whole without head, and boneless fillet. All fish is packed on ice at market, ready to take home. Fresh

fish is never frozen, although frozen is available. You can find our booth at the Columbia Farmers Market and our trout are served at several local restaurants. We are located at 12726 Troutdale Lane, Gravois Mills, MO 65037, (573)372-1900 and make sure to visit our website www.troutdalefarm.com or visit us in person at the farm.

Volkman Family Farm – Matt and Paul Volkman (and family)

All production is considered to be "All Natural" and raised in a grass based system. Those items include farm eggs, pasture broilers, stewing hens, heritage turkeys, beef, goat and in-season vegetables such as sweet corn, pumpkins, gourds and tomato. All items are of highest quality as well as reasonably priced. You can learn more at Volkmanfarms.webs.com or by phoning 660-848-2012. Most production is sold prior to delivery so be sure and call ahead. Ask for them by Name at Clovers Market Columbia, C&R Markets Fayette, Snoddy' Store New Franklin, Vintage Hill Farms Franklin.

Vegetables * Fruits* Flowers * Honey * Jams * Jellies * Nuts * Mushrooms

AHHA Farms—Jennifer Hess & Keith Anderson

Tomatoes, peppers, gourds, eggplant, okra, hot peppers, pumpkins, onions, cut flowers. Free delivery, discounts on quantities. (573) 441-8308 eltigre80@hotmail.com

A Heaven Scent—Carolyn M. Anderson & Bill Atterberry

Fragrant flowers including sweet pea, peony, tuberose, mock orange, honeysuckle, glads, iris, native phlox, foxglove, yarrow, celosia, zinnia, sunflowers, transcanthia. Fresh cuts for special occasions, celebrations, parties, anniversaries, and birthdays. Weekly subscriptions \$25 in a vase. Columbia Farmers' market Saturdays weekly with special deliveries on Wednesday by pre-order. Tuberose available July to November (or first frost). Peony available April 15-20 to June 1. Other fragrant flowers in season. (573) 823-7456 P.O. Box 13, Clark, MO 65243

Anderson Produce —Rhonda & Kenny Anderson

Located at the Boone County Farmers Market. No listing information available.

Barnicle Farms—Tony and Lorraine Barnicle

We were introduced to pickled walnuts at the home of a friend in London in 1981.

Since returning to Missouri we have been experimenting and now offer a product from the many black walnut trees that grow on Barnicle Farms. We offer several delicious recipes on our website:

www.BarnicleFarms.com and you can place orders there or contact us at 573-498-3465. Our farm is located at 381 Old Ten Mile Rd. Mary's Home, Eugene, MO., 65032

Bennett's Berries & Baskets—Gene & Marilyn Bennett

Offering bedding plants, hanging baskets, containers, geraniums and possibly vegetables. We are summer vendors at the Boone County Farmers Market. We are located at 8101 S. Bennett Drive, Columbia, MO 65201 and you can call us at (573) 442-0579 or email: hebb24@mizzou.edu

Binder's Hilltop Apple and Berry Farm – Sandy Binder

Out in the country 5 miles east of Mexico sits a unique business, an apple orchard and a berry farm that also produces garden vegetables, fresh cut and dried flowers, honey, hand milled soaps, homemade honey whole wheat breads, sugar-free jams, jellies, and apple butter. Sandy carries approximately 30 health food products and sugar free cookbooks. **The Orchard is open for U-Pick: Monday -Friday: 8 a.m.-dusk , Saturdays: 2 p.m. to dusk; Sundays 10 a.m. to dusk or by appointment.** Families are welcome to "U-Pick." Bring your children, camera, and a blanket. The trees are dwarf, and most all of the apples are easy to reach. Their first apple of the season is a large red dessert apple called WILLIAM'S PRIDE. Other varieties throughout the season include GALAS , JONAMAC, EMPIRE, ULTRA EARLI, SUPERIOR RED DELICIOUS, ULTRA GOLD, ENTERPRISE, ROME, YORK , FUJI , GRANNY SMITH. They also have a few JONALICIOUS, RED FREE, BLUSHING, MACINTOSH, and JONATHAN. These five varieties are in limited quantities. If

you can't make it to the farm, maybe you can visit them at the Columbia Farmers Market around the last week of July when their apple trees begin producing. The farm is located at: 24688 Audrain Rd. 820, Mexico, MO 65265, 573-581-1415. applesandalpacas@ktis.net Check out our website at www.applesandalpacas.com

Bonne Femme Honey Farm—Jacques Laboile

Vendor at Columbia Farmers Market featuring Honey, candles, beeswax and pollen. 2901 Northland Dr., Columbia, MO 65202 (573-214-0632).

Chert Hollow Farm – Eric & Joan Reuter

We grow a wide range of fresh heirloom produce and culinary herbs for sale in and around Columbia, Missouri. The farm is managed according to organic principles, and we plan to be certified organic by 2009. We live by the same principles we farm by: sustainable practices, conservation of resources, and support for our local economy. Visit our website at www.cherthollowfarm.com to learn more about our products, methods, and the farm's natural setting. You can also visit us at the Columbia Farmers Market, or call (573)474-0989 or email contactus@cherthollowfarm.com

Dennis, Barbara and Haley Nobis

537) 685-2348, 13357 Monroe Rd 611, Paris, MO 65275; Vendor at the Columbia Farmers Market

Duzan, Kenny

Spinach, lettuce, onions, broccoli, cauliflower, cabbage, cucumbers, squash, eggplants, tomato, peppers, cantaloupe, turnips, green beans. All top quality products. Available at Columbia Farmers' Market, retail and Schnuck's. (573) 449-8116 (home) | (573) 355-4843 (work) | 999-6996 (cell) kennysduzan@yahoo.com
9255 E. Turner Farm Rd.; Columbia, MO 65201

Dwyer Family Farm – Christopher, Taylor & Bryan Dwyer

Visit us at the Columbia and Hallsville Farmers Markets where we sell farm fresh pork, lamb, and eggs. This season we will be growing pumpkins, watermelons, and sweet corn. Our farm is located at 14535 N. Level Rd., Hallsville, MO 65255 (573)696-0828

Farmer Jones Plant & Produce - Terry Jones

(573) 445-0322, 700 E. Calvin Dr., Hartsburg, MO 65039; Vendor at the Columbia Farmers Market

Eden Edibles—Bryan De Valdivia & Family

Naturally grown vegetables. (573) 641-5533 (home) | (573) 228-2122 (cell) bryan@edenedibles.com
<http://edenedibles.com> 22611N. Route F; Clark, MO 65243

Fertile Crescent Farms—Guy Clark

I have gardened without the use of artificial fertilizers and pesticides since 1991. In fact, I do not even use a lot of products accepted by organic standards. I grow Garlic * Shallots * Onions * Leeks * Green Onions * Sweet Corn * Popcorn * Okra * Sweet Potatoes * Eggplant * Cherry Tomatoes * Tomatoes * Hot Peppers * Sweet Peppers * Potatoes * Green Beans * Dry Beans * Peas * Purple-Hulled Peas * Pumpkins * Cucumbers * Melons * Cantaloupe * Summer Squash * Winter Squash * Lettuce * Spinach * Mesclun * Mustard Greens * Chard * Broccoli * Cabbage * Cauliflower * Radish * Beets * Turnips * Herbs * Pears * Plums * Apples * and more than 30 different varieties of cut flowers through my CSA, cut flower subscriptions and the Columbia Farmers Market. Our farm is located at 721 E. Calvert Hill Road, Columbia, MO, 65202. (573)268-3174. Visit the website at www.fertilecrescentfarms.com

Gieringer's Produce—Jeanette & Herman Gieringer

We have Tasty, Healthy, Fresh Fruits and Vegetables available at the Columbia Farmer's Market. Our bounty includes: sweet corn (bi-color) sugar snap peas, many varieties of tomatoes, sweet onion, tender okra, eggplant, green beans, cucumbers, peppers, beets, lettuce, spinach, potatoes and sweet potatoes. Fruits are: red and black raspberries, blackberries, strawberries, Asian pears and peaches. Apple varieties include: Honey Crisp, Liberty, Red Delicious, Gala and Freedom. We also have pumpkins and watermelon. (888) 745-6138, Glasgow, MO

Grand Valley Farms—Tom, Paula, KD & Becca Burkhart

Agri-Missouri Pecan Gift Baskets, pecan candy mixes (Wild Berry, Caribbean, Berry Breeze, Bourbon River, Regular, Swiss Mocha, & French Vanilla), snack mixes (Health "Nut", Seven Seas, Grand River, Spicy Cha-cha, Popcorn Tiger Tails, Tumbleweeds, Pralines). Delivery available. (660) 388-6514 (home), (660) 788-1770 (cell), 1036 Morningside Drive; Salisbury, MO 65281

gvalley@cvalley.net <http://www.grandvalleyfarms.com>

Hampton's Hilltop Orchard—Carol & Donald Hampton

The Hampton's own and operate a small family orchard just west of Higbee, MO. Each and every part of their operation is still done by hand. Their apples have a unique flavor because the soil has not been turned over in more than fifty years. You can find them at the Columbia Farmers Market. Their contact information is: 1010 DR 2490, Higbee, MO 65257, phone (660)456-7616 and (660)456-7261.

Harvesters – Dorothy Canote

Offering herbs, produce and cut flowers at the Columbia Farmers Market. Feature market gardens specializing in culinary and medicinal herbs, produce, and cut flowers. Not 'certified' organic but produce, flowers, and herbs are grown 'naturally' using sustainable practices and without the use of synthetic herbicides and pesticides other than natural plant extracts. 17401 N. Rt. F., Harrisburg, MO 65256, (573) 875-5469, (573) 289-1809. Email Dorothy at dcanote@tranquility.net

Heartland Family Nursery – Janice and Jerry Schnerenberg

Common and hard-to-find herbs, heirloom vegetables including tomatoes and peppers, and bedding plants. You can visit their booth at the Columbia Farmers Market. Their farm is located at 1795 E. Hiway MM, Ashland, MO 65010, 573-657-2562, herbsjs@msn.com

Heirloom Acres – Thom and Renate Kirk

Offering over 700 varieties of high quality open pollinated and heirloom vegetable, herb and flowers seeds as well as asparagus crowns, strawberry plants, rhubarb starts and horseradish roots! We have also expanded our selection of organic heirloom seed potatoes and organic herb plants in addition to scores of new tools, books and growing aids. Check out our wonderful catalog and on-line store at

www.heirloomacresseeds.com. We also offer quality garden supplies and many other items chosen to meet the needs of anyone who cherishes gardening or the blessings of God's Earth. We founded Heirloom Acres in 1999 as a seemingly natural outgrowth of our love of growing things and being with others who love growing things, too. We are a family owned and operated business. Our four daughters are actively involved and are learning the values of hard work, honest reward and fresh produce! All of our seeds are open pollinated and untreated unless specified otherwise in the description. Our seeds are not certified organic unless noted. (573) 491-3001, kirk@heirloomacresseeds.com, P.O. Box 194, New Bloomfield, Mo. 65063

Missouri Highland Farm - Mary Brauch

Offering Pesticide Free asparagus, blueberries, blackberries, and handcrafted Poison Ivy soap. U-pick available just south of Boonville @ Jamestown. in June and July. We have a booth at the Columbia Farmers Market. Our address is 17071 Garrett Road, Jamestown, MO 65046 and you can contact us at:(660) 849-2544 (farm); (660) 849-2544 (work) berries_marylou@hotmail.com or visit our website:

www.missourihighlandfarm.com

Hunters Emerald Isle—John Hunter

I am a full season vendor at the Boone County Farmers Market and offer many bold and beautiful annuals. I am located at 4805 Hinkson Creek Rd., Columbia, MO (573) 474-8336.

Isbell Valley Quality Produce—William & Mary Stokes

We sell Asparagus, horseradish root, gooseberries, blackberries, rhubarb, jellies at the Columbia and Boone County Farmers Markets. You can contact us at: (573) 897-3353, 1054 Highway C; Bonnots Mill, MO 65016 mstokes@osagecon.missouri.org

MaMa Jo's Gourmet Honey Mustard – Jo Meyer

MaMa Jo has been using the same exact recipe to make mustard for family and friends since 1980. Her Honey Mustard is still lovingly made a batch at a time, using only the finest ingredients. This product is distributed by SPK Foods, LLC, 610 Jefferson St., Jefferson City, MO 65101. Email donandjo@socket.net or call (573)636-5762.

Phil's Garden—Phil & Pat Stewart

Phil is a full-time farmer with a CSA and also offers a wide variety of berries, melons, and vegetables at the Columbia Farmers Market where he has been a vendor since 1998. He pays careful attention to soil quality, managing the trace minerals and overall soil health to ensure his produce has a high nutritional value. Growing food is his passion, and he also enjoys meeting and talking to consumers. Contact Phil to inquire about CSA possibilities. Call, write or email: (573) 642-7627 (home) | (573) 239-2105 (farm), 5250 County Rd. 311; Fulton, MO 65251. pstewartlc@hotmail.com

Rainbow Produce—Rick Goodman

Providing locally grown produce available in season at the Boone County Farmers Market. Featured produce items are Tomatoes, sweet & hot peppers, onions, summer & winter squash, potatoes, lettuce, cabbage, green beans, broccoli, beets, garlic, kale, basil and cucumbers. I'm located at 10853 Smith Hatchery Road, Columbia, MO 65230 and you can call (573) 657-4694 or email rckgoodman@yahoo.com

Red Bird Hill Apple Orchard—Leemer G. Cernohlavek

Apples and pears. (573) 642-8706 (home/farm), (573) 882-3252 (work)

leemer@socket.net <http://members.socket.net/~leemer>

Roanoke Farm, Ltd—David & Sandi Kottman

Providing locally grown produce available in season at the Columbia Farmers Market or at the farm. Featured items are superb sweet corn, green beans, tomatoes, melons, peppers, onions, pumpkins, and squash along with a variety of other vegetables. We are located at 1692 County Road 2080, Armstrong, MO 65230 and you can call us at (660) 273-2491 or email roanokefarmer@socket.net

Ron's Fresh Vegetables – Ron Anderson

Sweet corn, stir peas, radish, lettuce, beets, carrots, turnips, green beans, tomatoes, green peppers, cantaloupe, watermelons, cucumbers, onions, sweet potatoes, okra, asparagus, pumpkins and eggplant. Discounts on volume purchases. Free delivery with an order of \$15 or more. (573) 445-5260 1009 Plymouth Drive; Columbia, MO 65203

Sandy Creek Farm—Ronda & Randy Thiessen

Spring – Cherries, peaches; Summer – Peaches, apples, pears; Fall – Peaches, pears, apples. Full season vendor at the Boone County Farmers Market. Located at 5283 87 Highway, Franklin, MO 65250, call (660) 848-2004, or email: rthiessen@undata.com

Seasons - Rex & Garland Roberts

Offering chemical and pesticide-free produce, natural homemade bath products and soy wax candles at the Columbia Farmers Market. Contact them at: Route 2; Box 62, Marshall, MO 65340, (660) 886-6877 (H); (660) 335-6341 (W); cell: Garland (660) 287-0521 (cell:Rex-660-641-1508 seasonsbygarland@yahoo.com

Sellmeyer Farm – Greg & Tammy Sellmeyer.

Greg & Tammy have been raising & selling vegetables, fruit, herbs and eggs 2000. In 2007 they expanded to the Columbia Farmers' Market. We raise fruit, vegetables, eggs, herbs & more. You can contact them in Callaway County at: 7208 State Road C., Fulton, MO 65251, (573)642-1376. gsellmeyer@ktis.net

Share-Life Farms—Rose & Jim Thomas Jr.

Certified organic since 2004, growing organically since 1994. Share-Life Farms is well known for their seven varieties of potatoes, and a variety of vegetables. They also sell certified organic eggs. CSA shares are also available, delivered to the Columbia Farmers Market on Saturdays. Look for their products at Main Squeeze, Cafe Berlin, and Clovers Natural Foods. Wide variety of common vegetables, some Asian vegetables, sweet sorghum and organic-fed eggs and pastured poultry. (660) 886-3936 (home), (660) 886-3566 (work), (660) 815-0729 (cell). Rt. 2 Box 134; Marshall, MO 65340

Shrock's Greenhouse - Lyle Shrock

Floral

Shrock's offers many bedding plants, decorative plant containers, and hanging baskets early in the season, along with a wide variety of produce during the summer. They have a booth at the Columbia Farmers Market. Their farm is located at 32481 HWY HH, Smithton, MO 65350 (660) 827-4862, (660) 676-4842.

Sim's Garden—Sim Hildebrand

Sim has a stand at the Columbia Farmers Market and grows oriental vegetables including: Chinese cabbage, hot peppers, cucumbers, oriental lettuce, spinach, sweet cantaloupe, turnips, oriental eggplants and oriental mustard greens. She also grows beets, green beans, pickles, cucumbers and fesh dill. You may call and ask to pick up fresh produce from her after the market closes in fall. (573) 234-2691 1910 Sycamore Hills; Columbia, MO 65202

Stanton Brothers—Dustin & Austin Stanton

Offering local Boone County eggs from chickens raised on their own grass and home-grown grains. The business is our FFA and 4H projects. We sell truly fresh eggs that are only laid the week of the sale. We appreciate your business. Our farm is located at 21101 N. Tri-City Lake Rd., Centralia, MO 65240, (573)682-2842 home phone.

Strawberry Hill Farms—Gary, Joyce & Steven Sapp

Offering bedding plants, vegetable plants, tomatoes, potatoes, peppers, zucchini, squash and cucumbers. A full season vendor at the Boone County Farmers Market. Strawberry Hill Farms is located at 3770 E. Hwy 163, Columbia, MO 65201. Phone (573) 449-1631, email: shsapp@yahoo.com

Sunrise Shiitake Farm, LLC—Heather and Don Willman

Organically grown shiitake mushrooms, oyster mushrooms and other seasonal mushroom varieties. Organic wheatgrass sold live in flats or juiced fresh or frozen in convenient 2oz shots. Natural, hand made pet treats called "Healthy Bones" made with chlorophyll. Our mushrooms and wheatgrass can be found fresh at the Columbia Farmers' Market, Clovers Natural Foods grocery stores, The Root Cellar grocery store, Main Squeeze Natural Foods Cafe, Sycamore Restaurant, Wine Cellar and Bistro, Uprise Bakery, and many others. These fine local establishments are all located in beautiful downtown Columbia, fondly called "The District" by those who call Columbia home! We are located at: 12761 South Andrew Sapp Rd., Ashland, MO 65010 and you can reach us at (573)-657-1497, email: sunrise_shiitake@hotmail.com or check us out at: www.localharvest.org/farms/M13553

Sunny Acres Farm, LLC - Bob Teerlinck

"Chemical Free - Naturally!" Vegetables, herbs and strawberries. U-pick strawberries when available and canning tomatoes by arrangement. Beginning in March, you can also find us at the Columbia Farmers Market. Our farm is located at 1750 S. Rangeline Rd., Columbia, MO. 65201. Phone: (573) 442-9324 or email me at sunnyacresfields@centurytel.net

Taste of the Kingdom – Julie and Mark Price

We bring you Award Winning family farm products from an enchanting Kingdom in America 's Heartland, the Kingdom of Callaway . Yes, we live in a real Kingdom, where the sun shines on family farms as we take pride in our role as caretakers of God's country, combining the wisdom and guidance of our elders with the latest technology to continue family farming into the 21st century. Our mission is to make all natural, value-added, ready-to-serve products using produce from local family farms. We apply organic methods of farming to ensure quality produce which we use in making products for our customers who want great homemade taste and easy to prepare food. You can call 1-888-592-5080 or check us out at:

Thatcher Farm—Ed

Offering tomatoes, berries, watermelon, cantaloupe, beans, zucchini, etc from Mid June-October at the Boone County Farmers Market. email: thated@netzero.net

The Salad Garden - Dan Kuebler

The Salad Garden is a locally owned certified organic farm located in Ashland and provides a wide variety of quality vegetables. We sell at the Columbia Farmers Market and also to local restaurants in Columbia, MO. We welcome anyone interested in visiting our farm to contact us so we can arrange for you to come out and see all the great things that we are doing. Contact Dan by phone or email at 573-657-1125;

dkuebler@yahoo.com

The Summit Rose, Inc—William & Brenda Essen

Offering Annuals, perennials, house plants, vegetable plants, herb plants, shrubs, mums, pumpkins. A full season vendor at the Boone County Farmers Market. The Summit Rose, Inc. is located at 10885 Old Us Hwy 54, Holts Summit, MO 65043. Contact William or Brenda at 573-896-9547, email:

SummitRose@netzero.net

The Veggie Patch—Jim, Paula, Deanna Thies & Jana Porter

A large variety of produce including: green beans, sweet corn, tomatoes, pumpkins, summer & winter squash, watermelon, turnips, beets, radishes, lettuce, spinach, peas, cucumbers, potatoes, onions, sweet potatoes, strawberries, rhubarb, asparagus, cherries, cabbage, broccoli, eggplant, peppers, cantaloupe, kohlrabi, plants, herbs, carrots, okra. A full season vendor at the Columbia Farmers Market. We are located on 702 Sixth Street, Glasgow, MO 65254. Contact us by phone or email: 573-338-2471; jthies@tnp.more.net

Todd Farm, LLC—Dave Todd

Farm fresh eggs, perennials, pears in the fall, and registered Black Angus. (573) 642-6464, 2080 County Road 334; Fulton, MO 65251

Victorian Gardens of Williamsburg - Janice Gray

Tomatoes, chili peppers (Caribbean Red II, Big-n-Ugly, Serrano del Sol and Anaheim), okra, sage, oregano, thyme, cilantro, sweet basil, flowers, green beans and melons. (573) 254-3807 (home) | (573) 220-6932 (cell) janwenthom@ktis.net 4202 County Road 172; Williamsburg, MO 63388

Volkman Family Farm – Matt and Paul Volkman (and family)

All production is considered to be "All Natural" and raised in a grass based system. Those items include farm eggs, pasture broilers, stewing hens, heritage turkeys, beef, goat and in-season vegetables such as sweet corn, pumpkins, gourds and tomato. All items are of highest quality as well as reasonably priced. You can learn more at Volkmannfarms.webs.com or by phoning 660-848-2012. Most production is sold prior to delivery so be sure and call ahead. Ask for them by Name at Clovers Market Columbia, C&R Markets Fayette, Snoddy' Store New Franklin, Vintage Hill Farms Franklin.

Walk-About Acres – Vera & Art Gelder

Selling their honey, jams, prepared foods and honey ice cream at the Columbia Farmers' Market at the far west end on the left. You can visit their observation hive, watch the bees work and enjoy the tasty honey ice cream while you enjoy some of the live music and entertainment at that are of the market. You are also invited to take a walk at Walk-About Acres, a small, diversified farm with a big emphasis on honeybees. They are located at 6800 North Kircher Roa, 65202 in Columbia, MO. Call (573)474-8837 or (573)823-0288 or visit their website at: <http://walk-aboutacres.net> or inquire by email at walkaboutacres@agristar.net

Wilby's Firehouse Foods LLC—Bob Wilbers

Back in 1988, the crew at Station 3 in Jefferson City were making home-made egg rolls. Bob went to work to develop decent mustard to go along with the meal. Since that time, the mustard evolved into its present recipe. The mustard became a regular holiday gift stirred up in the home kitchen for friends and family until 2005, when he had it commercially bottled by Ott's Food Products in Carthage, Missouri (known for its Ott's Salad Dressing). Bob is now able to offer Wilby's Honey Mustard to a larger audience through retailers, grocers, and distributors. You will find this spectacular honey at the Schnuck's grocery store in Columbia. For recipe's and additional information, check out the website at www.wilbysfirehouse.com. You can also contact Bob at 7115 Loesch Rd., Jefferson City, MO 65109 or call 573-496-3909.

Wilson's Garden Center—Chuck Bay

Chuck farms in Boone County and sells edible plants, ground cover, herbs and more at the Columbia Farmers Market.

Wolf's Point Studio—Diana Denman

House plants, perennials, some produce, some herbs, jewelry and pottery. (660) 849-2582

devadwolf@c-magic.com 3770 Main St.; Jamestown, MO 65046

This guide aims to be inclusive of all who are producing, processing and selling locally grown foods in the Columbia area, but it's hard to catch everyone! We apologize in advance for any folks we inadvertently left out. We are continuing updating this listing. Please contact Sharon Naylor at 573-882-3776 to be included. Please help us get the most up-to-date listing possible! Portions of this copy were updated on March/2009.



Produced by the Food Circles Networking Project

204 Gentry Hall ♦ Columbia, MO 65211

Tele: 573-882-3776 ♦ Fax 573-882-5127

www.foodcircles.missouri.edu

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