A GUIDE TO LOCALLY GROWN AND RAISED FOODS IN WEST-CENTRAL MISSOURI (BATES, CASS, CLAY, HENRY, JACKSON, JOHNSON, LAFAYETTE, PLATTE, RAY, VERNON AND ST CLAIR COUNTIES)

FOR A MORE COMPLETE LISTING OF LOCALLY GROWN FOODS IN WEST-CENTRAL MISSOURI GO TO

www.foodcircles.missouri.edu
Spring 2007

The purchasing of fresh, locally grown and produced fruits, vegetables, meats, eggs and dairy can offer you the highest quality and finest flavors of food imaginable. After eating a fresh, locally grown product you will become more aware of the impact that seasonality of food products has on quality, taste and overall eating enjoyment.

Buying fresh, locally grown and produced foods assists in the support of our local economies by keeping our food purchasing dollars in our local communities. This provides incentive for food producers to continue farming and retailers to source additional locally grown and produced goods.

Purchasing from local farmers decreases the number of miles that your food travels to get to you; decreasing the number of miles by as much as 1,300 miles! Decreasing the amount of resources used to transport foods from across the nation or from around the globe.

These local purchases can also provide you the opportunity to get to know your food producers, encourage the asking of questions regarding products and practices and provide connections back to the farm that so many of us desire.

Continue to check our website for an up-to-date listing of your area food producing farms.

Please remember that the University of Missouri is not in a position to evaluate or guarantee the food products listed in this directory. However, all of these producers have established businesses selling to the public. It is their responsibility to confirm to local health ordinances and issues regarding taxation of products. We encourage you to learn for yourself the advantages of buying direct from a local farmers, to build a relationship and trust, as well as learn more about the way each farmer raises their crops so you are able to make informed and healthy choices for you and your family.

www.foodcircles.missouri.edu
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[www.foodcircles.missouri.edu](http://www.foodcircles.missouri.edu)
Farms, farmers’ markets, retailers and u-picks have been listed in the county in which they are located and also indicate other locations, such as farmers’ markets, grocery stores, restaurants or road-side stands where product can also be purchased. For consumer convenience this guide also denotes the following types of farm operations:

• **Agri-Tourism Farm (Ag)** enable consumers to visit a working farm or agricultural business operation for enjoyment, education or active involvement in the activities of the farm operation. Many farms offer festival-like atmospheres that the entire family can enjoy.

• **Farmers’ Markets (FM)** enable farmers to bring produce and other products to sell at a common location. Variety is often diverse, so individual items are not listed. At many farmers’ markets, demand is high, so plan to arrive early.

• **Greenhouses (G)** sell crops that need protection from winter cold, such as bedding plants, vegetable transplants, house plants and cut flowers. Most greenhouses have plants and/or produce available for sale year-round.

• **Organic (O)** growers may or may not be affiliated with any organic growers association. Many growers will use organic practices but choose not to become certified. These folks may not then be able to legally call themselves organic. For this reason it is important to talk with the grower about his/her cultural practices.

• **Pick-your-own (U)** operations are located on the individual farm, and are usually associated with fruits and berries. Harvest your own produce at its peak freshness.

• **Roadside stands (R) or on-farm retail operations** are usually located on the farm or close by. Some are small markets offering a wide variety of items.

• **Winery (W)** operations sell bottled wines that are often produced from grapes grown in local vineyards. Check ahead to see if the winery offers tastings.

• **Community Supported Agriculture farms (CSA)** farms charge a fee for membership that entitles subscribers to a weekly share of fresh food grown on the farm. Plan ahead and join a CSA in the fall before membership fills up.

For a complete and up-to-date listing of locally grown foods, agri-tourism destinations and wineries in the West-Central region of Missouri or for information on other local food guides for other areas of Missouri please visit:  
www.foodcircles.missouri.edu
Pecans & More, LLC
Jay & Charlotte Payne
Rt 3 Box 191 (1 1/2 Miles S of Rich Hill on Hwy 71)
Rich Hill, MO 64779
(660) 679.1220 or (660) 464.0163

Products:
- **Nuts**: Natural and Flavored Pecans
- **Vegetables**: variety of fresh produce
- **Other Farm Products**: Honey, Sorghum, Jams and Jellies

Farm Hours:
- 10-4:30 7 days a week, extended hours during summer and pecan season
- **Saturday Mornings**: Parkville Farmers’ Market
- **Retail Locations**: Hen House (sold under Good Natured Family Farms label), Blue Bird Bistro,

Bates County Produce
3 Miles after the Hwy A & Hwy PP intersection
Rich Hill, MO 64779

Products:
- **Vegetables & Fruit**: Assorted Variety
- **Eggs**: Farm-Fresh Eggs

Store Hours: closed Sunday

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**Quick ‘N Fresh Ideas for Nuts**

Add nuts to homemade trail mix to give tired hikers a much needed energy boost.

For the flavor of fall, sprinkle baked squash, sweet potatoes or apples with chopped nuts.

To make the difference between good and extra special—sprinkle hot cereal with chopped nuts or add them to pancakes, waffle, cookie, cake, quick bread and muffin batters.

*Recipe source: University of Missouri & Missouri Department of Agriculture*
**Good Life Gardens**
Roger Toomey  
39001 E 323rd St  
Creighton, MO  64739  
(816) 773.8561 or (816) 716.4906  
**Products:**  
Vegetables: Pumpkins, Squash, Gourds  
Other Farm Products: Fall Bouquets, Spray Millet, Bird Seed  
**Farm Hours:** call ahead  

**ShroomHeads (O)**  
Tena Bellovich  
12301 E 264th St  
Freeman, MO  64746  
(816) 966-9446  
**Email:** tena@shroomheads.com  
**Web:** www.shroomheads.com  
**Products:**  
Vegetables: Organic & Naturally Grown Mushrooms (Shitake, Wood Ears, Maitake, Oyster, Chanterelles and Enoki), Heirloom Corn, Tomatoes, Peppers and Garlic & herbs  
Fruit: Blackberries  
**Saturday Mornings:** KC Organics & Natural Farmers’  

**Timberline Farms (O)**  
Cobern Schrock  
32906 E 283rd St  
Garden City, MO  64747  
**Products:**  
Vegetables & Grains: Organic Sorghum Syrup, Soybeans, Buckwheat and Hay  
Meats: All-Natural Beef  
Farmers’ Markets: Harrisonville & Belton  

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**Mushrooms**  
Familiarizing yourself with the various varieties of edible mushrooms will assist you in differentiating mushroom varieties by their flavors.  

Add fresh, whole mushrooms to your kabobs or sauté fresh, sliced mushrooms for an added touch to steaks, chicken or omelets.  

Mushrooms are best when used within several days of their purchase. To prolong the shelf-life of fresh mushrooms do not wash them until ready to use. Store in the refrigerator in a porous paper bag.  

To clean, gently wipe mushrooms with a damp cloth or vegetable brush to remove soil. Wash with cold water and pat dry and incorpo-
Carolyn’s Country Cousins (Ag), (R)
Carolyn Raasch
17607 NE 52nd St
Liberty, MO  64068
(816) 781.9196
Web: www.carolynscountrycousins.com
Products:
Vegetables-Sweet Corn, Pumpkins, Squash and more.
50 acre pumpkin patch open in the fall.
Other Farm Products: Honey, Apple and Peach Butter,
Crafts, Cook Books and much more
Pumpkin Patch and Country Store Hours: open 10-7
(Sept 17-Oct 31)
Saturday Mornings: Liberty Farmers’ Market

Fair Share Farm (CSA), (O)
Rebecca Graff & Tom Ruggieri
18613 Downing Rd
Kearney, MO  64060
(816) 320.3763
Website: www.fairsharefarm.com
Products:
Vegetables: Arugula, Beets, Broccoli, Cabbage, Carrots,
Cauliflower, Celeriac, Cucumbers, Eggplant, Fennel,
Greens-variuous, Green Beans, Green Onions, Kale,
Kohlrabi, Leeks, Lettuces, Okra, Onions, Peas, Peppers,
Potatoes, Radishes, Rhubarb, Rutabaga, Shallots, Sorrel,
Spinach, Squashes, Swiss Chard, Tomatoes-heirloom,
Tomatillo, Turnips and various herbs
Other CSA Products: Eggs & Meat in conjunction with
Parkers Farms
Farm Hours: call ahead
CSA Pick-up Locations: Liberty, 39th St Farmers’ Market
and on-farm

Liberty Corn Maze (Ag)
Errie Raasch and Bernie Raasch
17607 Ne 52nd St
Liberty, MO  64068
(816) 781.9196
Web: www.libertycornmaze.com
Products:
Corn Maze
Maze Hours: September 1, 2007

Pumpkin Pancakes
1/2 C Oats, uncooked
1 C Buttermilk
2 Eggs
1 TB Vegetable Oil
1/2 C Pumpkin, puree
1/3 C Milk, low-fat or skim
1 tsp Baking Powder
1/2 tsp Cinnamon
1/2 C Whole-Wheat Flour
1/3 C All-Purpose Flour
2 TB Wheat Germ
1 TB Sugar

Combine oats, buttermilk and let stand for 15 minutes to soften.
Mix eggs, oil, pumpkin and milk and blend. Combine all dry in-
dredients and mix with egg mixture. Add oats and buttermilk and
blend until batter is smooth. Add
extra milk if too thick. Bake
on lightly greased griddle.

Recipe source: University of Missouri &
Missouri Department of Agriculture
Clay County

Liberty Farmers’ Market (FM)
Carolyn Raasch
17607 NE 52nd St
Liberty, MO 64068
(816)781.9196
Website: www.libertyfarmersmarket.com
Products:
Vegetables: Sweet Corn, Green Beans, Tomatoes, Potatoes, Pumpkins, Squash, Cabbage, Peas, Lettuce, Beets, Carrots, Okra, Eggplant, and more
Fruit: Apples, Peaches and Berries
Other Farm Products: Bedding Plants, Shrubs and Cut Flowers
Hours: Sat 7-1 Liberty Square
Wed 7-1 Hwy 152 & 291 next to Crowley Furniture

North Kansas City Farmers’ Market (FM)
Cheryl Melton
1902 Swift
North Kansas City, MO 64116
(816)472.7700
Email: Cheryl@nkcbusinesscouncil.com
Website: www.nkcbusinesscouncil.com
Products:
Vegetables: Sweet Corn, Tomatoes, Lettuces, Potatoes and more
Fruit: Melons
Meats and Eggs: Eggs, Emu Meat, Beef
Hours: Fri-7-Noon, located at Caboose Park at 715 Armor Rd in North Kansas City, MO

Prairie Birthday Farm
Linda Hezel
13318 Plattsburg, Rd
Kearney, MO 64060
(816) 781.9654
Email: lindahezel@aol.com
Products:
Vegetables: Heirloom vegetables, Herbs, Edible Flowers
Fruits: Berries, Brambles and Edible Wild Fruits
Farm Hours: call ahead
Saturday Mornings: Parkville Farmers’ Market
Retail Locations: Hen House (sold under Good Natured Family Farms label), Blue Bird Bistro,
**Bread of Life (O), (R)**
Glenn & Kathy Crowther
206 Main-PO Box 9
Stewartsville, MO  64490
(816) 669-1344
Website: www.breadoflifebakery.net
Email: breadoflifeorganics@yahoo.com

**Products:**
**Bakery Items:** Wheat Bread, Spelt Bread, Cinnamon Rolls, Granolas, Cookies, Dipping Sauces, Pizza Crusts and All products feature locally grown, organic, fresh ground wheat.
**Farm Products:** Free-range Chicken and Eggs, pesticide-free Vegetables and Honey

**Bakery Hours:** call ahead for hours
**Retail Locations:** Whole Foods, Nature’s Pantry, Cosentino’s Brookside Market, Hen House Grocery Stores, Green Acres, Rainbow Natural Foods, Wild Oats, A to Z Freshfai.re, Provisions and more

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**Campo Lindo Farms**
Jay & Carol Maddick
2390 SE 228th St
Lathrop, MO  64465
(816)740.3625
Email: clf@grm.net

**Products:**
**Meats:** All-Natural Chicken and Eggs
**Farm Hours:** call ahead
**Saturday Mornings:** Parkville Farmers’ Market
**Retail Locations:** Aixiois, American Restaurant, Blue Bird Bistro, BlueStem, Café de Amis, Carriage Club, Cassis, City Tavern, Classic Cup Café, 40 Sardines, Kansas City Club, Lidia’s, Pangea’s Café, Room 39, Starker’s Reserve, Hen House (sold under Good Natured Family Farms label), Cosentino’s Brookside market, Cosentino’s Price Choppers at 95th & Mission, Brookside and Woods Chapel Rd, Hy-Vee Stores at State Line & 72nd, 135th & Antioch and in St Joseph, Mother Nature’s and Nature’s Pantry.

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**Paradise Locker Meats (R)**
Teresa & Mario Fantasma
405 W 208th St
Trimble, MO  64492
(816) 370.6328
Website: www.paradisemeats.com
Email: paradiselockermeats@centurytel.net

**Products:**
**Meats:** featuring locally-raised, pastured Pork, Lamb (Green Dirt Farm) and Chicken (Campo Lindo Farms) as well as heritage breeds of Pork (Heritage Foods, USA) and much more
**Fresh Meat Products:** 8 varieties of Kielbasa, Italian Sausages, Summer Sausage and more all made with Old-World family recipes.
**Custom Processing:** USDA-inspected facility, call for pricing
**Store Hours:** open daily

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**Shatto Milk Company (Ag), (R)**
Leroy Shatto
9406 N Hwy 33
Osborn, MO  64474
(816) 930.3862
Website: www.shattomilkcompany.com

**Products:**
**Dairy:** no additional hormones-added Skim, 2% and Whole Milk, Butter and flavored Milks
**Farm Store:** M-F 9-6, Sat 8-4, Sun 9-4
**Retail Locations in/near KC:** Pricechopper, Hy-Vee, Wild Oats, Whole Foods, Nature’s Pantry and Sheridan’s Lattes and Custard
Community Supported Agriculture or CSAs

Thinking of new ways to tap into your area’s supply of fresh foods. Investigate Community Supported Agriculture farms, better known as CSAs.

CSAs offer members the opportunity to increase their connection to food production. In return for a pre-determined membership fee, members share the risks (weather, pests, drought, etc) with farmers. In return, members receive an allotted amount of the farm’s bounty and create a community connected to agriculture and food.

CSA members may also find added benefit in joining. A fresh supply of season produce may increase your consumption of healthy vegetables and fruits. Membership may inspire you to cook a greater variety of foods. CSA membership can also develop a more educated food consumer. Members become familiar with food production and may even have the chance to get plant, weed or harvest some of their own foods.

To find out more information about the options and opportunities of joining a CSA contact a
Clinton Farmers’ Market (FM)
Mary Shatswell
Email: circle_s_ranch@yahoo.com
(417) 644.2968
Products:
Fresh Vegetables: Eggplant, Beans, Okra, Tomatoes, Squash, Cucumbers, Peppers, Sweet Corn, Watermelon
Eggs
Meats & Fish: Farm-raised Shrimp
Other Products: Cut Flowers, Jams, Jellies and more
Farm Hours: Tuesdays 2-6 PM and Saturdays 7-Noon
Location: North side of the Courthouse Square, downtown Clinton, MO

Golden Valley Farmers’ Market (FM)
In Clinton
Products:
Vegetables—Sweet Corn, Tomatoes, Squash, Peppers and more
Fruit—Peaches
Location: Near the Corner of Hwy 13 & Hwy 18 in Clinton-right on your way to the Lake of the Ozarks
Friday Evenings: 4—sellout
Saturday Mornings: 7—sellout

Freezer Ideas for Tomatoes
Tomato skins toughen in the freezer and should be removed before tomatoes are frozen whole or sliced.

Frozen tomatoes can be added to soups, stews and sauces without being thawed.

Recipe source: University of Missouri & Missouri Department of Agriculture

Henry County

Miller’s Kitchen (R)
Freeman & Miriam Miller
1115 SE 1300 Rd
Windsor, MO  65360
Products:
Vegetables—various variety
Meats—Beef, Pork, Chicken
Farm Hours:

Oak Springs Farm
Martin & Kathy O’Dell
881 NE 801 Rd
Calhoun, MO
(660)694.2550 or (660) 723.1171
Email: oaksprings@socket.net
Products: (limited anti-biotic usage)
Meats—Chickens, Cornish Hens, USDA Hog Sausage, Grass-Fed Beef (whole or sides), Ducks, Geese & Turkey. Ask about Heritage Breeds
Eggs: Chicken, Goose & Duck
Live Animals: Goats, Kids, Geese, Chickens, APHA Paint Horses
Vegetables: Tomatoes, Sweet Corn, Peppers, Squash, Pumpkins and Gourds
Farm Hours: call ahead
Tuesday Afternoon: Clinton Farmers’ Market

Henry County

www.foodcircles.missouri.edu
39th Street Farmers’ Market (FM), (O)
Jessica Ratliff, Market Manager
(816) 507-8698
Products:
Vegetables, Fruit and Free-Range Meats
Location: 39th Street & Genessee, KCMO
Wednesday Evenings: 5-8 PM

Bad Seed Farm (O)
Brooke Salvaggio
1210 Bannister Rd
Kansas City, MO 64114
(913) 522.3458
Email: coolweathercat@hotmail.com
Products:
Vegetables: Heirloom vegetables, edible flowers, culinary herbs
Baked Goods: variety of confectionary delights
Other Farm-Made Goods: Dried Flower & Herb Arrangements, Recipe Books
Farm Hours: call ahead-visitors welcome
Wednesday Evenings: 39th Street Farmers’ Market – Wed
The Ugly Tomato ‘2nds’ farmers’ Market at 1909 McGee Friday evenings in Crossroads

Bannister Federal Complex Market (FM)
Debbie Crow, Market Manager
(816) 926.3039
Products:
Vegetables, Fruit, Eggs, Honey, Cut Flowers, Bakery Items and Bedding Plants
Location: Bannister Federal Complex at Troost & 92nd St, KCMO
Tuesday Mornings: 10:30-1:30 (June 14-Sept 27)

Berries & More (U)
Mary Yates
505 W Lone Jack-Lee’s Summit Rd
Lone Jack, MO 64070
(816) 697.3400
Products:
Berries: Blueberries
Farm Hours: Monday & Friday 7-Noon, Wednesday 4 PM-Dark

Blue Springs Farmers’ Market (FM)
Wayne Stoll, Market Manager
(660) 394-2432
Products:
Beef, Berries, Eggs, Vegetables (various variety), Baked Goods and Fruits (various variety)
Location: Old Downtown Blue Springs-corner of Saturday Mornings: 8-Noon

Brookside Farmers’ Market (FM), (O)
Timothy Walters, Market Chair
(816) 254-6233
Products:
Organic Products only: Beef, Poultry, Eggs, Vegetables (various variety), Baked Goods, Berries, Sauces, Pasta, and much more
Location: Border Star Montessori School lot at 63rd St & Wornall Rd, KCMO
Saturday Mornings: 8-1

Preserving Blueberries
Pack blueberries is moisture-proof wrap and place in refrigerator immediately to maintain peak quality. Wash blueberries just before using—not before storage in the refrigerator.

Blueberries can be stored in a freezer at 0°F for about one year.
Bynum Winery (W)
Bynum Family
13520 S Sam Moore Rd
Lone Jack, MO 6070
(816) 566-2240
Products:
Wine
Farm Hours: M & W 12—4PM, Tue, Thur, Fri-Sun 12—5:30PM

East Wind Gardens (O)
Bruce & Maureen Branstetter, Timothy Walters
Independence, MO 64055
(816) 254-6233
Email: eastwindgardens@sbcglobal.net
Products:
Vegetables— USDA Certified Organic Vegetables & Herbs
Cut Flowers— Bouquets, etc
Wednesday Evenings: 39th St. Farmers’ Market
Saturday Mornings: Brookside Farmers’ Market & Drumm Farm on Lee’s Summit Rd in Independence

Guinette Urban Youth Farm (O)
Deborah White
407 Tracy St
Kansas City, MO 64106
(816) 777.2930
Email: dwhite@hakc.org
Products:
Vegetables: various seasonal produce
Farm Hours: 8-5 Monday-Friday in the complex

Independence Farmers’ & Craft Market (FM)
Mike Vieth, Market Manager
(816) 650.3233
Products:
Vegetables, Fruit, Flowers, Herbs, and more
Location: Truman Road & Main Street in Historic Downtown Independence, MO
Wednesday Mornings: 7-1
Saturday Mornings: 7-1

Freezer Ideas for Tomatoes
Tomato skins toughen in the freezer and should be removed before tomatoes are frozen whole or sliced.

Frozen tomatoes can be added to soups, stews and sauces without being thawed.

Recipe source: University of Missouri & Missouri Department of Agriculture
Jackson County

Kansas City Market (FM)
Deb Connors, Market Manager
(816) 842-1271
Email: dconnors@cwbkc.com
Website: www.kc-citymarket.com
Products:
Vegetables, Fruit, Meats, Herbs, Fresh Cut Flowers, Grains, Baked Goods, Eggs, Dairy, Salsas and much more
Location: 5th & Walnut in downtown KCMO
Saturday Mornings: 6-4 (Mar-Oct 31), 7-4 (Nov-Mar)
Sunday Mornings: 8-4

KC Organics & Natural Farmers’ Market (FM), (O)
Peter Stauffacher, Market Manager
(816) 444-3663
Email: korganics@yahoo.com
Products:
Vegetables, Fruit and Free-Range Meats, Herbs, Fresh Cut Flowers, Grains, Baked Goods, Free-Trade Coffee, Eggs and more
Location: Minor Park just E of Holmes on Red Bridge Road, KCMO (1 mile S of I-435 at Holmes)
Saturday Mornings: 8-12:30

Lee’s Summit Farmers’ Market (FM)
Sandy Kilkenny, Market Manager
(816) 246-6598
Website: www.downtownls.org
Products:
Vegetables, Fruit and more
Location: Historic Downtown corner of 2nd & Douglas
Wednesday Mornings: 7—sellout
Saturday Mornings: 7—sellout

Root Deep Urban Farm (CSA)
Sherri Harvel
PO Box 300683
Kansas City, MO 64130
(816) 838-3277
Email: rootdeepurbanfarm@planetkc.com
Products:
Organic & Sustainably Grown Vegetables, Herbs, Native Plants

Sibley Orchards & Cider Mill (R) (U)
Pat Farrell & Family
3717 N Buckner-Tarsney Rd (Hwy BB) 1 mile N off Hwy 24
Buckner, MO 64088
(816) 650.5535
Website: www.sibleyorchards.com
Products:
Apples, Apples, Peaches, Cider Pumpkins, Vegetables, Nuts, Honey, Jellies & Jams, Hayrides and more
U-Pick Farm Hours: call ahead for picking schedule
Farm Stand Hours: 10-6 daily

Townshend’s English Garden (O)
Simon Townshend
6609 Ralston Ave
Raytown, MO 64133
(816) 737-0804
Email: thetownshends@gmail.com
Web: www.townshendsenglishgarden.com
Products:
Heirloom Vegetables, Herbs, Flowers, Bedding Plants, and more
Farm Hours: call ahead

Freezer Ideas for Peaches

Frozen peaches used raw in fruit salad or compotes are best served with a few ice crystals still remaining. If completely thawed, they will become mushy.

Recipe source: University of Missouri & Missouri Department of Agriculture
Troost Farmers’ Market (FM)
Robert Taylor, Market Chair
(816) 561.5371
Products:
Fruit: (vary by season), Vegetables: (vary by season) and Jams and Jellies
Location: Corner of Linwood St & Troost St, KCMO
Saturday Mornings: 9-1

Troostwood Youth Garden (O), (FS)
Ericka Wright
5142 Paseo Blvd
Kansas City, MO 64110
(816) 444-5788
Products:
Vegetables (from A-Z)
Farm Hours: Saturday 8-2 or call ahead

Troque Farms (O)
Frank Kuhnert & Lorene Raves
31710 E Oakland School Rd
(816) 650-9307
Products:
Vegetables, Eggs, Pature-Raised Chicken & Turkey, Grass Fed Beef & Lamb, Fresh Produce, Dairy and Organic Fertilizer
Farm Hours: open to the public

VanWalsh Gardens (O)
Kelly Vandendaele
9905 NE Vrooman Dr
Kansas City, MO 64161
(816) 510.7724
Website: www.vanwalshgardens.com
Products:
Vegetables: Tomatoes, Green Beans, Asparagus, Onions, Basil, Parsley, Thyme, Oregano, Chives and more
Fruits: Strawberries & Blackberries
Perennial Plants: Native Perennials, Hosta, Daylilies and Ferns
Farmers’ Markets: City Market-KCMO-Sat. North Kansas City Market-Fridays

Gazpacho
2 Large Tomatoes, peeled & cored
1 Large Cucumber, halved
1 Green Pepper, halved & seeded
1 Medium Onion, peeled & halved
3 C Tomato Juice
1/3 C Red Wine Vinegar
1 TB Vegetable or Olive Oil
1/4 tsp Hot Pepper Sauce
1/4 tsp Salt
1/8 tsp Black Pepper
3-4 Cloves Garlic, minced

In a blender or food processor, puree 1 tomato, half of the cucumber, green pepper and onion and 1 C tomato juice. Pour puree into a large bowl and add the remaining tomato juice, vinegar, oil pepper sauce, salt, pepper and garlic. Cover and refrigerate at least 2 hours. Chop the remaining vegetables, cover and refrigerate until serving time. Just before serving, stir chopped vegetables into the puree. Served chilled.

Recipe source: University of Missouri & Missouri Department of Agriculture
A Little Muddy Farm
Robert W Jones
661 SW 23 Hwy
Knob Noster, MO 65305
(816) 377.8370
Email: misterjones@kc.rr.com
Website: www.knobnoster.info

Products:
Vegetables—assorted vegetables in season
Hay
Farm Hours: call ahead
Farmers’ Markets:
Wednesday Mornings: Lee’s Summit Farmers’ Mkt
Saturday Mornings: Lee’s Summit Farmers’ Mkt

Aldridge Acres
10999 Hwy 50
Knob Noster, MO 65336
(660) 747-8929

Products:
Chicken & Turkey
Pork
Eggs
Farm Hours:
Farmers’ Markets:
Tuesday Evenings: Lafayette County Farmers’ Mkt
Saturday Mornings: Warrensburg Farmers’ Market

Alewel’s Country Meats (R)
Randy Alewel
911 N Simpson Dr
Warrensburg, MO 64093
(800) 353.8553
Email: alewels@sprintmail.com
Website: www.country-meats.com

Products:
Meats—USDA Prime-Choice Meats, Cured Meats, Sausages and catering. Processing services available.
Store Hours: 9-6

Benedict Builders Farm
Calvin & Laura Benedict
474 NE 951
Knob Noster, MO 65336
(660) 563-3309

Products:
Beef—completely grass-fed, no added growth hormones or antibiotics
Chicken—Pastured and Free-Range
Pork—mild, lean sausages that include tenderloin & ham cuts
Eggs—brown
Farm Hours: call ahead
Farmers’ Markets:
Saturday Mornings: Brookside Farmers’ Market

Buckeye Acres (U)
Counts Family
91 NE 600
Warrensburg, MO 64093
(660) 747-8929

Products:
Strawberries
Red Raspberries
Jams & Jellies
Dried Flowers & Flower Arrangements
U-Pick Farm Hours: call ahead for picking schedule
Farmers’ Markets:
Tuesday Evenings: Lafayette County Farmers’ Mkt
Saturday Mornings: Warrensburg Farmers’ Market

Buckstead Farms
Kevin & Darlene Buckstead
905 SW 1301
Holden, MO 64040
(816) 732-4986

Products:
Cracked Corn
Sunflower Seeds & Mixtures
Wild Bird Seed Mixtures
Farm Hours: call ahead
Coon Creek Farm
Ken & Sharon Jackson
150 SW 500 Rd
Warrensburg, MO  64093
(660)429.2199
Products:
Vegetables: Culinary Herbs-Parsley, Basil, Sage, Oregano, Thyme, Cilantro and many more
Eggs-Farm-Fresh
Livestock: Endangered Colonial Spanish Horses
Farm Hours: call ahead
Farmers’ Markets: Saturday Mornings: Warrensburg Farmers’ Market

Breezy Hill
Art Ozias
62 SW Hwy 58
Centerview, MO  64019
(660)909.1633
Email: aozias@gmail.com
Products:
Meats—Grass-Finished Beef sold in wholes, 1/2 side or 1/4s
Store Hours: call ahead

Bristle Ridge (W)
98 NE 641
Knob Noster, MO  65336
(660) 422-5646
Products:
Wine—Seyval Blanc, Mont Rose’, Burgundy, Sauterne, Diamond, Montserrat Red, deChaunac, Villard Noir, Hard Cider and Seyval Blanc
Farm Hours: Jan-Mar: Tue-Sat 10-5, Sun 11-5
Apr-Dec: Mon-Sat 9-8, Sun 11-8

Corn Soufflé
2 TB Margarine
4 TB Flour
1/2 tsp slat
1 C Milk
3/4 C Corn, well drained
2 TB Green Pepper
3 Egg Yolks, beaten
3 Egg Whites, stiffly beaten

Thick White Sauce: In top of double boiler, melt margarine. Add flour and salt, stirring until smooth. Add milk and cook until thick.

Add corn and pepper to hot sauce. Stir in egg yolks. Remove sauce from heat and fold in egg whites. Pour mixture into an ungreased 1/12-quart casserole. Set in a pan of hot water and bake at 350°F until firm (approx. 45-60 min.)

Test by inserting a sharp pointed knife in the center-if it comes out clean, the soufflé is done.

Recipe source: University of Missouri & Missouri Department of Agriculture

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www.foodcircles.missouri.edu
Deans Produce
Allan & Sandy Dean
431 SW 1201 Rd
Holden, MO  64040
(816) 732.6464

Products:
Vegetables—Green beans & assorted produce

Farm Hours: call ahead or stop by

Farmers’ Markets:
Saturday Mornings:  Holden Farmers’ Market
Tuesday Afternoons:  Downtown Holden

Farmhouse Soaps
Lisa Wright
1396 SW 100 Rd
Holden, MO  64040
(816)732.3337
Email: lisa_marie_wright@yahoo.com

Products:
Gourmet Foods—Candied Jalapeños
Baked Goods—Breads, Cakes and Cookies
Body Products—All-Natural soap & body products

Farm Hours: call ahead

Farmers’ Markets:
Saturday Mornings: Holden Farmers’ Market

Freezer Ideas for Green Beans

Before freezing, green beans need to be blanched to destroy the enzymes that cause flavor and color changes during storage.

Package in moisture-proof bags or containers for freezer storage.

Recipe source: University of Missouri & Missouri Department of Agriculture

Glover Farm
Roy Glover
571 SW 601
Centerview, MO  64019
(660) 238.3178

Products:
Fruit—Strawberries
Vegetables—Assorted Vegetables

Farm Hours: call ahead

Farmers’ Markets:
Saturday Mornings:  Holden Farmers’ Market

Hidden Valley Produce
Kerben & Jana Gehman
441 NW 400 Rd
Warrensburg, MO  64093
(660) 747-4131

Products:
Vegetables: Greenhouse-raised Tomatoes, Green Beans and Sweet Corn

Farm Hours: 9-5

Farmers’ Markets:
Saturday Mornings:  Independence Farmers’ Market

www.foodcircles.missouri.edu
4 County Produce Auction
Windsor Produce Growers

Products:
Vegetables & Fruits: Peppers, Cucumbers, Strawberries, Green Beans, Zucchini, Sweet Corn, Ornamental Corn, Gourds and more
Melons-watermelon & cantaloupe/muskmelon
Flowers-bedding plants, cut flowers, dried flowers, mums and more
Location: 1 Mile North of Windsor on Hwy WW
April—Every Thursday
May—June—Tuesday & Friday
July—August—Tuesday, Thursday & Friday Evening
September—October—Tuesday & Friday

Hill Valley Acres
Bill & Jan Evans
114 NE 500
Warrensburg, MO 64093
(660) 747-5238

Products:
Blackberries
Vegetables—Asparagus, Green Beans, Eggplant, Broccoli, Cucumbers, Lettuces, Tomatoes
Fruit—Strawberries, Blackberries, Gooseberries and Raspberries
Baked Goods—pie crusts, pies, cakes, cookies, breads and special orders available
Farm Hours: call ahead
Farmers’ Markets:
Saturday Mornings: Warrensburg Farmers’ Market

Holden Farmers’ Market (FM)
JoAnn Noland, Market Manager
(816) 597-3353
Email: info@holdenmarket.com
Website: www.holdenmarket.com

Products:
Assorted Vegetables, Fruit, Baked Goods and more
Location: City Park, S of Hwy 58
Saturday Mornings: 7-Noon

Montserrat Vineyards (W)
Phil & Kelly Weinberger
104 NE 641
Knob Noster, MO 65336
(660) 747-0466

Products:
Wine—Chambourcin, Mont Blanc, Tramonto, Damifino, Tre’Belle, Felicita, Norton, Mead
Farm Hours: open daily 9:30 AM –Sunset

Jordon Foods (R)
Marion Jordon
1800 Irish Lane (Hwy 50 Outer Road)
Knob Noster, MO 65335
(800)559.4479
Website: www.jordonfoods.com

Products:
Popcorn—prepackaged, loose and bulk
Sauces—BBQ,
Seasonings—Popcorn & Rubs
Store Hours: 9-4 M-F

The Mixing Bowl (R)
Julia Brubaker
383 NW 501
Centerview, MO 64019
(660) 429.6633

Products:
Bakery Items—Cakes, Cookies, Pies, Breads and more.
Products are made with Honey as a sweetener to limit sugar content and are preservative-free
Store Hours: Thur-Sat 10-6
Farmers’ Markets:
Saturday Mornings: Lee’s Summit Farmers’ Market

www.foodcircles.missouri.edu
RKS Farms
Sue Stropes
189 SW Hwy 2
Chilhowee, MO  64733
(660) 653-4467 or (816) 405-9545
Products:
Beef—grass-fed
Chicken—by order only
Eggs—brown & white
Farm Hours: call ahead

Siegfried Farms
Scott & Lisa Siegfried
198 NW 701 Rd
Centerview, MO  64019
(660) 909.3244
Products:
Meats—Whole, Sides and Quarters of Beef
Vegetables—Sweet Corn
Farm Hours: call ahead

Shawnee Farms
John & Judy Williams
1222 NW 201
Chilhowee, MO  64733
(660) 885.8411
Products:
Vegetables—Sweet Corn & assorted veggies
Farm Hours: call ahead
Farmers’ Markets:
Friday Evening: Golden Valley Farmers’ Market in Clinton
Saturday Mornings: Golden Valley Farmers’ Market in Clinton

Harvest Soup

1/4 C Onion, chopped
1/2 C Celery, diced
1/2 C Carrots, sliced
1/2 C Potatoes, diced
1/2 C Cabbage, shredded
1/2 C Turnips, diced
1 TB Parsley, fresh & chopped
1/2 C Green Beans
1/2 tsp Basil, dried
1/8 tsp black pepper
1 Bay Leaf
1 1/2 C boiling water
1 lb of Tomatoes, diced or 16 oz can

Add all ingredients except tomatoes to boiling water. Cover and boil gently for 15 min. Add tomatoes. Continue cooking until vegetables are tender, about 20 minutes. Remove bay leaf and serve with grated Parmesan cheese.

Recipe source: University of Missouri & Missouri Department of Agriculture
Johnson County

Van-Aker Orchard (R)
Randy VanWey
521 NW UU Hwy
(660) 747-5894

Products:
Fruit—Blueberries, Raspberries, Blackberries, Peaches, Apricots and Apples

Farm Hours: call ahead for availability and hours
Saturday Mornings: Warrensburg Farmers’ Market

Warrensburg Farmers’ Market (FM)
Jessica Thomas
109 N Holden St
Warrensburg
(660)
Email: behm@cmsu1.cmsu.edu
Website: www.warrensburg.net

Products:
Assorted Vegetables and Fruit
Location: Corner of Holden St and North St
Wednesday Mornings:
Saturday Mornings: 7-Noon

Wilpars Farm
Guy & Vickie Parsons
106 NW 400
Warrensburg, MO 64093
(660) 747-8082
Email: vparsons@earthlink.net

Products:
Beef—no added growth hormones or antibiotics, Sold in whole, half or quarters

Farm Hours: call ahead

Tips of Purchasing Locally-Raised Meats

Purchasing locally-raised meat and poultry products are a great way to get a quality product, keep your food purchasing dollars in your local community, support local farmers and decrease the natural resources required to move, processes and market the product.

It is important to plan ahead—so call your meat supplier and discuss the details of the purchase.

Discuss production methods to familiarize yourself with the product and its qualities.

Ask who the farmer uses for processing and if the processor is a Missouri or USDA licensed processing facility. Discuss how you want the product cut and how much of each cut you can expect.

If you are purchasing a quarter, half or whole carcass remember to plan ahead for freezer space and storage.

Unfamiliar with certain cuts, ask how you can prepare them and incorporate them into our family’s meals.

Remember, the more questions you ask, the more familiar and satisfied with the product you are likely to be.
Adams Farm
Dan Adams
1127 Dover Depot Rd
Dover, MO 64022
(660) 259-3419

Products:
Fruit: Watermelon, Cantaloupe & Berries
Vegetables: cucumbers, broccoli, zucchini & more
Farm Hours: call ahead
Farmers’ Markets:
Tuesday Evenings: Lafayette County Farmers’ Mkt
Tue. & Sat. Mornings: Independence Farmers’ Mkt

Allen Gardens
Tom & Sheree Allen
19493 Long Grove Rd
Higginsville, MO 64037
(660) 584.5361
Email: tea@ctcis.net

Products:
Fruit: Red & Black Raspberries, Cherries, Apricots and Gooseberries
Vegetables—Radishes, Okra, Squash, Spinach, Green Beans, Lettuces, Zucchini, Potatoes, Onions, Beets, Swiss Chard, Turnips, Sweet Potatoes, Hot & Sweet Peppers, Cucumbers
Other Farm Products: Jams, Jellies and BBQ Sauce
Farmers’ Markets:
Saturdays Mornings: Blue Springs Farmers’ Market
Retail Locations: Piggly Wiggly and Alma Meat Market in Higginsville, McGonagle’s in KCMO

Alma Meats (R)
Jerry Bublitz
113 S Country Rd
Alma, MO 64001 (660) 674-2314
OR
Hwy 13 & I-70 (exit 49)
Higginsville, MO 64037 (660) 584-3336
Website: www.almameats.com

Products:
Locally produced Beef, Pork and Turkey and Sausages
Alma Store Hours: M-F 8-6, Sat 9-2
Higginsville Store Hours: M-Sat 9-6

Baltimore Bend Vineyard (W)
Livingston & Schmidt Families
27150 Hwy 24
Waverly, MO 64096
(660) 493-2861

Products:
Wine & Grapes—Cynthiana/Norton, Chambourcin, Chardonel, Cabernet Franc, Lizette, Rope Walk, Trey Blanc, Arrowhead Red, Just Peachy, Sweet Beginnings, Last Minute
Hours—Thu-Sat 11 AM—6 PM, Sun 1—6 PM, Mon—Wed by appointment

Beckner Orchards (U)
Wellington, MO 64097
(816) 934-8149

Products:
Fruit—apples and peaches
U-Pick Farm Hours: call ahead for picking schedule

Freezer Ideas for Raspberries
Select fully ripe, firm, well-colored berries for freezing.

Tray freeze unsweetened berries, pack loosely in freezer bags and use as you would fresh berries.

Use frozen raspberries as ‘ice cubes’ to chill lemonade or ice tea on hot summer days.

Recipe source: University of Missouri & Missouri Department of Agriculture
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**Breezy Acres Farms**  
Marilyn & Charles Cole  
608 W 29th St  
Higginsville, MO  64037  
(660) 584-2898  
**Products:**  
Fruit: blackberries, cherries, peaches, apricots, apples, strawberries  
Vegetables: cucumbers, eggplant, okra, onions, tomatoes and more  
**Farm Hours:** call ahead  
**Farmers’ Markets:**  
Tuesday Evenings: Lafayette County Farmers’ Mkt  
Saturday Mornings: Warrensburg Farmers’ Market

**Butterfly Fields**  
Jeff & Terrie Shepherd  
1093 NW 850 Rd  
Odessa, MO  64076  
(816)529.3427  
**Products:**  
Vegetables: Corn, Zucchini, Squash, Cucumbers, Potatoes, Okra, Beets, Green Beans, Tomatoes, Onions, Peppers, Chives, Oregano, Marjoram, Tarragon, Rosemary, Mint, Dill, Parsley and more  
Fruit: Cantaloupe  
**Farm Hours:** call ahead  
**Farmers’ Markets:**  
Saturday Mornings: Blue Springs Farmers’ Market

**Fahrmeier Bros. Produce (U)**  
Brett Fahrmeier & Brandon Fahrmeier  
9364 Mitchell Trail (Hwy 24 W of Lexington, exit Howe Rd)  
Lexington, MO  64067  
(816) 934.2472 or (330) 701.3210  
**Products:**  
Fruits & Vegetables: Produce from A-Z including u-pick Strawberries in the spring and Red Raspberries and Pumpkins in the fall  
Flowers: Cut and Greenhouse Flowers  
U-Pick Farm Hours: call ahead for picking schedule or to schedule farm or educational tours  
**Greenhouse Hours:** M-Sat 8-6:30, Sun 10-5  
**Farmers’ Markets:**  
Saturday Mornings: Overland Park Farmers’ Market  
Wednesdays: Overland Park Farmers’ Market

**Fahrmeier Farms**  
Lynn & Donna Fahrmeier  
13305 Flournoy School Rd  
Wellington, MO  64097  
(660)934.8651  
Email: lfahrmeier@msn.com  
**Products:**  
Meats-Katahdin Sheep (call for pricing)  
**Farm Hours:** call ahead

**Five Oaks Tree Farm (U)**  
Bob & Caroline Rauch  
2 Miles North of I-70 on Hwy 13 toward Higginsville  
(660) 584-7375  
fiveoakshoneytreefarm@yahoo.com  
**Products:**  
Christmas Trees—Scotch Pine, White Pine & Spruce with free stand drilling, needle shaking and bagging  
**Hours:**—weekends after Thanksgiving from 9 AM—5 PM  
**Farmers’ Markets:**  
Saturday Mornings: Blue Springs Farmers’ Market

**The Garden Cart (G)**  
Dianne & Russ Erdman  
29775 Three Groves Rd  
Alma, MO  64001  
(660) 674-2653  
**Products:**

**Greenhouse Hours:**

www.foodcircles.missouri.edu
**Greenton Orchard (U)**  
Corner of Greenton Rd & Barkertown Rd  
Odessa, MO  65661  
(816) 230-7484  
**Products:**  
Fruit—apples and peaches  
U-Pick Farm Hours: call ahead for picking schedule  
Directions: 3 Miles North of I-70 on Hwy 131 to Greenton Rd.

**Lafayette County Farmers’ Market (FM)**  
Betty Mendenhall, Market Master  
(660) 584-2526  
**Products:**  
Fruits (peaches & apples), Vegetables (various varieties of conventional and organic), Jams, Jellies, Baked Goods and much more  
Location: Farmers’ Market Pavilion in downtown Higginsville  
**Hours**—Tuesday Evenings 4-7PM

**Le Ferme du Bonheur**  
Doug & Danielle Schroeder  
22061 Poplar Rd  
Higginsville, MO  64037  
(660) 584-6460  
Email:  
Website: www.danalirob.com  
**Products:**  
Meat & Poultry: Free-Range Chicken & Turkey  
Dairy and Eggs: Yogurt, Goats Milk, Goat Butter, Goat Cream and Cheeses and Free-Range Eggs  
Farm Hours: call ahead  
Farmers’ Markets:  
Saturday Mornings: Troost Community Market

**MS Market (R)**  
Sherri & Matt Thorp  
21246 Mobly Landing  
Waverly, MO  64096  
(660) 493-2615  
**Products:**  
Fruit— Sun-ripened Peaches  
Vegetables- assorted garden produce  
Farm Hours: 8-6 daily mid-July to 1st of Sept.  
Farmers’ Markets:  
Tuesday Evenings: Lafayette County Farmers’ Market  
Saturday Morning: Marshall Market at old Wal-Mart

**New Oak Vineyards (W)**  
Tim & Barbara Gasperino  
11644 Flournoy School Rd  
Wellington, MO  64097  
(816) 240-2391  
www.newoakvineyards.com  
**Products:**  
Wine & Grapes—Cynthiana/Norton, Chambourcin, Chardonel, Cabernet Franc, Lizette, Rope Walk, Trey Blanc, Arrowhead Red, Just Peachy, Sweet Beginnings, Last Minute  
**Hours**—Wed-Fri Noon-6, Sat-Sun 10:30-6PM

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**Quick ‘N Fresh Ideas for Peaches**

Use pureed fresh peaches in fruit punch, milk-shakes and as a basting sauce to brush over grilled meat or poultry.

Peach halves are delicious barbequed. Sprinkle peaches with ginger and brown sugar, thread on skewers and grill until the sugar caramelizes. Serve with meat, fish or poultry.

For a quick breakfast make a Peach Slush: In a blender, whirl until smooth 1 C fresh peaches, 1/2 C milk 4 ice cubes and 1 C plain , lemon or vanilla yogurt. Pour into chilled glasses and garnish with a peach slice.

Recipe source: University of Missouri & Missouri Department of Agriculture

www.foodcircles.missouri.edu
Ostermeyer Farm
Robert Ostermeyer
28 Ussery Dr
Lexington, MO  64067
(660) 259.4124

Products:
Vegetables—Beans, Sweet Corn, Cucumbers, Eggplant, Okra, Onions, Peppers and Tomatoes
Fruit: Melons
Farm Hours: call ahead
Farmers’ Markets:
Saturday Mornings: Blue Springs Farmers’ Market

PG Farms
Geri Ransdall
359 S Main St
Mayview, MO  64071
(660) 237-4492

Products:
Vegetables—Lettuce, Radishes, Kohlrabi, Cabbage, Peas, Beans, Beets, Carrots, turnips, Potatoes, Onions, Cucumbers, Zucchini and Tomatoes
Fruit: Apples, Pears, Peaches and Cherries
Farm Hours: call ahead
Farmers’ Markets:
Tuesday Evenings: Lafayette County Farmers’ Mkt
Saturday Mornings: Blue Springs Farmers’ Market

Panther Creek Farm (U), (O)
Kevin & Lori Brunkhorst
31919 Hwy PP
Concordia, MO  64020
(660) 463-2767
Website: www.panthercreekfarms.biz kevlor@centurytel.net

Products:
Fruit—blackberries, blueberries, raspberries
Meats—Grass-fed Beef & Natural Pork (sold by the 1/2 or 1/4)
U-Pick Farm Hours: call ahead for picking schedule
Farmers’ Markets:
Saturday Mornings: Blue Springs Farmers’ Market
Wednesday Evenings: 39th Street Farmers’ Market, KCMO

Chilled Blueberry Soup
4 1/2 C Blueberries, fresh or frozen
1 1/2 C Pineapple Juice, unsweetened
1 1/2 tsp Lemon Juice
3/4 tsp Vanilla Extract
2 TB Low-Fat Yogurt, Plain

Place 3 C Blueberries, vanilla, and pineapple and lemon juices in blender and puree until smooth.

Divide into 6 bowls that have been chilled. Stir 1/4 C of the remaining blueberries into each bowl and top with a tsp of yogurt.

Recipe source: University of Missouri & Missouri Department of Agriculture

www.foodcircles.missouri.edu
Lafayette County

Peacock Farms (CSA)
Betty Mendenhal
12589 Salem Cemetery Road
Higginsville, MO  64037
(660) 584-2526
peacockf@ctcis.net

Products:
Vegetables: Lettuce Greens, Asparagus, Spinach, Radishes, Rhubarb, Swiss Chard, Herbs, Green Onions, Potatoes, Green Beans, Beets, Fresh Peas, Tomatoes, Cucumbers, Onions, Zucchini, Cabbage, Sweet Corn, Peppers, Eggplant and a Variety of Squashes
Eggs—Chicken & Quail
Fruit: Strawberries, Sweet Cherries, Blueberries, Raspberries, Blackberries, Peaches and Variety of Apples
Other Farm Products: Cinnamon Jelly and Baked Goods

Farm Hours: call ahead
Farmers’ Markets:
Tuesday Evening: Lafayette County Farmers’ Market
Saturday Mornings: City Market of Kansas City, MO

Peter’s Market (R)
Jim & Judy Marshall
20 Miles East of Lexington on Hwy 24 and 1 mile East on Hwy 65
(660) 493-2368

Products:
Fruit—Peaches, Apples, fruit butters, farm produce, pecans, nuts, honey, sorghum and more
Hours—July through Thanksgiving Mon—Sat 8 —5 and Sun Noon—5

Rasa Orchards (R)
Norman Rasa and Family
8 miles East of Lexington on Hwy 24
(660) 259-4228 or (660) 259-2938

Products:
Fruit—Peaches, Apples, squash, pumpkins, fruit butter, honey, sorghum, jams, nuts and cider
Hours—Mid June through Nov 1.  Mon—Sat 8:30 —5 and Sun 10—5:30

www.foodcircles.missouri.edu
Schreiman Orchards (R)
Jim & Judy Marshall
18 Miles East of Lexington on Hwy 24
(660) 493-2477
Products:
Fruit—Peaches, Apples, breads, fruit pies, jams jellies
and more
Hours—Mid June through October

Share-Life Farm (CSA)
Jim & Rose Thomas
Rt 2 Box 134
Marshall, MO 65340
(660) 886-3936
Products:
Organic Vegetables (asparagus to zucchini) & Berries,
Eggs, Pasture-Raised Poultry and Sorghum.
Farm Hours: call ahead
Farmers’ Markets:
Saturday Mornings: Blue Springs Farmers’ Market
and Columbia Farmers’ Market @ the ARC

Stoll’s Veggies
Wayne Stoll
26606 Hwy 20
Corder, MO 64021
(660) 641-2261
Email: veggie@ctcis.net
Products:
Sweet Corn & Greenhouse-Grown Tomatoes
Farm Hours: call ahead
Farmers’ Markets:
Saturday Mornings: Blue Springs Farmers’ Market

Terre Beau Vineyard (W)
PO Box 193
Dover, MO 64022
(660) 254-8377
Products:
Fruit—Grapes

Western Hills Farm
Alice Huenefold
12539 Flournoy School Rd
Wellington, MO 64097
(816) 934-2549
Products:
Fruit—strawberries, blackberries
Vegetables—assorted veggies & herbs
Jams & Jellies
Farmers’ Markets
Wednesday Evenings: 39th St. Farmers’ Market,
KCMO

Wood Mood Gardens (O)
Jim & Mary Wood
20987 Hwy 20
Higginsville, MO 64037
(660) 584-3552
woodmood@ctcis.net
Products:
Meats—Organically Raised Beef & Chicken
Vegetables—Asparagus to Zucchini
Fruit—Blackberries and Red Raspberries
Farmers’ Markets:
Tuesday Evenings: Lafayette County Farmers’ Mkt

www.foodcircles.missouri.edu
CriKat Farms (O)
Kathy Plant
10220 Baker Rd
Platte City, MO 64079
(816)560.9285
www.crikatfarms.com

Products:
Meats & Eggs: Free-Range Chickens & Eggs
Other Farm Products: Vermilizer (all-natural worm tea for soil amendments)
Farm Hours: call ahead
Saturday Mornings: Brookside Farmers’ Market

GreenAcres Market
Shannon Hoffmann
4175 N Mulberry Dr. (located in Briarcliff Village)
Kansas City, MO 64116
(816) 746.0010
Www.greenacres.com

Products:
A Missouri grocery market featuring Missouri-grown Vegetables, Fruits, Dairy, Meat Products, Deli Products and Floral Department
Store Hours: Mon-Sat 8-9, Sun 10-7

Green Dirt Farm, LLC
Sarah Hoffman Or Jacque Smith
PO Box 74
Weston, MO 64098
(816) 210.4362 or (816) 824.7784
Website: www.greendirtfarm.com
Email: sarah_hoffmann@greendirtfarm.com

Products:
Lamb-grass-fed, sold in frozen retail cuts or “locker lamb” in which you specify the cuts you want
Farm Hours: call ahead
Saturday Mornings: Parkville Farmers’ Market & Brookside Farmers’ Market

Jowler Creek Vineyard & Winery (W)
Jason & Coleen Gerke
16905 Jowler Creek Rd
Platte City, MO 64079
(816) 935.9471
Www.jowlercreek.com
Email: info@jowlercreek.com

Products:
Dry Wines: Norton,
Semi-Sweet Wines: Vingnoles
Sweet/Dessert Wines: Norton Port, Late-Harvest Vingnoles
Winery Hours: call ahead (the Winery will not be in full production until 2008)

Missouri Wines
Because of Missouri’s climate, native North American species of grapes that are cold-hardy have the best chance for survival.

In 1980, August, MO became the first designated Official Viticultural Area in the United States.

The Norton/Cynthiana is the official grape of Missouri.

The Institute for Continental Climate Viticulture & Enology, conducts assists producers and conducts research for Missouri and Midwestern grape producers. The institute is housed at the University of Missouri’s College of Agriculture, Food and Natural Resources.

Recipe source: University of Missouri & Missouri Department of Agriculture
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| **Karbaumer Farm (O), (CSA)**  
Klaus Karbaumer & Family  
12200 Hwy 92  
Platte City, MO 64079  
(816) 270.2177  
**Products:**  
Vegetables-assorted Organic Heirloom Tomatoes & Lettuce, assorted other organically raised vegetables  
Fruit-Organic Peaches & Apples  
Eggs-Free-Range Eggs  
**Farm Hours:** open to customers  
**Saturday Mornings:** Platte City Farmers’ Market & Weston Farmers’ Market | **Pirtle Winery (W)**  
Pirtle Family  
502 Spring St  
Weston, MO 64098  
(816) 640.5728  
www.jowlercreek.com  
Email: info@jowlercreek.com  
**Products:**  
Wines: Chambourcin, Mellow Red, Premium Port, Seyval and Weston Bend White  
Meads: Traditional, Effervescent, Blackberry, Evening Honey, Peach and Raspberry  
**Saturday Mornings:** Brookside Farmers’ Market  |
| **Parkville Farmers’ Market**  
Kathy Plant  
10220 Baker Rd  
Platte City, MO 64079  
(816) 560.9285  
www.crikatfarms.com  
**Products:**  
Meats & Eggs: Free-Range Chickens & Eggs  
Other Farm Products: Vermilizer (all-natural worm tea for soil amendments)  
**Farm Hours:** call ahead  
**Saturday Mornings:** Brookside Farmers’ Market |  |
| **Platte City Farmers’ Market**  
Mary Anne Brooks  
Rancho Grande Rest. Parking lot at the corner of I-29 and Hwy 92 in Platte City, MO  
(816) 790.3108  
www.pleasantpasturefarms.com  
Email: info@pleasantpasturefarms.com  
**Products:**  
Meats: No added hormones & antibiotic-free Beef, Pork & Chicken  
Eggs: Free-range Eggs  
**Farm Hours:** call ahead or order via website  
**Saturday Mornings:** Weston Farmers’ Market & New Market Farmers’ Market |  |
Platte County

Pumpkins, Etc. (U)
Kathy & Bill Wright
10701 Farmer Ln
Platte City, MO  64079
(816) 858.5758
Www.pumpkinsetc.com
Email: pumpkins-etc.com

Products:
Vegetables- Herbs, Tomatoes, Walla Walla Onions, Winter Squash, Gourds and much more
U-Pick- Pumpkins, and enjoy the free Haystack and two Haybale Mazes. Events can be scheduled ahead of time
Farm Hours: 2nd week of Sept thru Oct 31
Saturday Mornings: Parkville Farmers’ Market
Tuesday Evenings: Zona Rosa Farmers’ Market

Riverwood Winery (W)
David & Ginah Naatz
22200 Hwy 45 N
Weston, MO  64098
(816) 366-5437
www.riverwoodwinery.com
Email: owner@riverwoodwinery.com

Products:
Wines: Dry Reds & Whites, Semi-Sweets, Sweet Red & Whites
Fruit Wines: Apple and Blackberry
Grapes: Norton/Cynthiana, Cayuga White, Concord & French Hybrids
Winery Hours:  Wed-Sat 11-5, Sun 12-5

Vaughn Orchard & Country Store (U), (Ag)
David & Ginah Naatz
23200 N Hwy 273
Weston, MO  64098
(816) 386-2900

Products:
Fruit: Apples
Vegetables: U-pick Pumpkin Patch
Other Farm Products: Apple Butter, Sorghum, Honey, Indian Corn, Gourds and more
Winery Hours:  Wed-Sat 11-5, Sun 12-5

Platte County

Weston Farmers’ Market
Mary Beverlin
Email: marybev48@yahoo.com
South end of Main Street, Weston, MO
(816) 640-5500

Products:
Vegetables- assorted seasonal vegetables
Fruit- assorted seasonal fruit
Baked Goods-
Saturday Mornings: 7-Sellout, April 28-Sept 29

Weston Red Barn Farm (Ag), (R)
Steve Frey
16300 Wilkerson Rd
Weston, MO  64098
(816) 386-5437
www.westonredbarnfarm.com
Email: westonredbarnfarm2000@yahoo.com

Products:
Fruit: peaches and apples
Vegetables: pumpkins & assorted vegetables
Events: Fall Festival, Hayrides, Corn & Prairie Trail Mazes, Ponyrides, Bonfires
Weddings, Company & Church Picnics
Hours: Open April-November, M-Sat. 8-6, Sun 12-6
Call ahead to arrange group outings

Zona Rosa Farmers’ Market
Jason & Coleen Gerke
16905 Jowler Creek Rd
Platte City, MO  64079
(816) 935.9471
Www.jowlercreek.com
Email: info@jowlercreek.com

Products:
Dry Wines: Norton,
Semi-Sweet Wines: Vingnoles
Sweet/Dessert Wines: Norton Port, Late-Harvest Vingnoles
Winery Hours: call ahead (the Winery will not be in full production until 2008)
Parker Farms (CSA)
Tom & Paula Parker
43602 Hwy F
Richmond, MO 64085
(816)470.3276
Email: parkerfarms@peoplepc.com

Products:
Meats: Grass-Fed Beef and Katahdin Lamb, Pasture-Raised Chickens and Pork
Eggs: Free-Range Eggs
Other Farm Services: CSA Meat & Egg Shares in conjunction with Fair Share Farm
Farm Hours: call ahead

Rayville Baking Company (O), (R)
VanTill Family
202 W 3rd St.
Rayville, MO
Email: vtillian@accesmo.us
Web: www.rayvillebaking.com

Products:
Fresh-Made Sausages and Salamis: Bratwurst, Polish, Hot/Sweet Italian, Cajun, Sage or Maple Breakfast Sausages, Turkey-Apple Breakfast Sausage, Chorizo, Portuguese Linguica, Genoa, Mortadella, Craig’s Summer Sausage and Cabernet Summer Sausage
Baked Goods: Fruit and Cream Pies, Cheesecake, Artisan Breads, Rolls, Danish and Cakes
Vegetables: Various Seasonal Vegetables
Fruit: Various Seasonal Fruit
Other Farm Products: Cut Flowers, Jams and muffin mixes and box lunch delivery available
Store Hours: Tue-Sat 7:30-1 PM, Wed-Sat 5-9 PM
Farmers’ Markets: City Market in Kansas City, Liberty Farmers’ Market and Zona Rosa Farmers’ Market
**Bear Creek Farm**
Jim & Robbins Hail
Osceola, MO
(417) 282-5894
Email: robbinshail@hotmail.com

**Products:**
- **Vegetables:** Heirloom tomatoes, over 100 varieties of vegetables & herbs
- **Eggs:** Free-range eggs
- **Other Farm Products:** Cut Flowers, shrubs and flowering plants

**Farm Hours:** call ahead
Saturday Mornings: **Brookside Farmers’ Market**

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**Gordon’s Orchard (R)**
Bob & Peg Gordon
Intersection of Hwy 13 & SE 250
Osceola, MO
(417) 646.8889
Website: www.gordonsorchard.com
Email: bobandpeg@dishmail.net

**Products:**
- **Fruit:** Apples, Peaches, Nectarines, Cherries, Pears, Strawberries and Blackberries and Melons
- **Vegetables:** Asparagus, Sweet Corn, Tomatoes, Pumpkins and mush more
- **Other Farm Products:** Cider

**Farm Hours:** Daily
Saturday Mornings: **Kansas City Farmers’ Market,**
**Olathe Farmers’ Market & Overland Park Farmers’ Market**
Missouri Northern Pecans (O), (R)
Drew Kimmell
3400 Industrial Parkway
Nevada, MO  64772
Www.mopecans.com
Products:
Nuts: Certified-Organic Pecans
Store Hours: call ahead, Tues & Thurs 4-7
Retail Locations in/near KC: blue bird bistro, Hy-Vee Stores, Hen House Stores, Pricechopper Stores, Woods, Cosentino’s Market Place, Troque Farms, Sunfresh Stores, IGA Stores, Farrans Deli, Peculiar Spice Company, Bings Grocery,

Coffman’s Produce & Custom Smoking
Pat and Shanda Coffman
Rt 1 Box 75
Richards, MO  64778
(417) 927.3475 or (417) 684.1289
Products:
Vegetables: Tomatoes, Zucchini, Corn, Pumpkins and Turnips
Other Farm Products: Indian Corn, Corn Stalks and more
Meat Smoking: Custom Smoking & Catering (you buy it, we smoke it)
Store Hours: call ahead for pricing and to make an appointment

The Organic Way (O), (CSA)
Dan & Denise May
Rt 1 Box 104
Milo, MO  64767
(417) 944.2818
Email: danddmay@aicon.net
www.theorganicwayfarm.com
Products:
Vegetables: Heirloom Varieties of Tomatoes, Beans, Beets, Broccoli, Cabbage, Cauliflower, Celery, Cucumbers, Carrots, Radishes, Eggplant, Garlic, Gourds, Herbs, Lettuce, Onions, Peppers, Potatoes, Radishes, Summer & Winter Squash, Sweet Corn, Turnips, Peas and more
Fruits & Melons: Cantaloupe, Watermelon, strawberries, blackberries, peaches, pears, cherries and apples
Other Farm Products: Tomato Sauce & Juice, Apple Sauce, Sour Kraut, Chow Chow, Canned Beets, Plant Starts, Bedding Flowers, Jellies and more
Farm Hours: Wed. & Thur. 3-6 PM
Farmers’ Markets: Overland Park Farmers’ Market
Retail Locations in/near KC: blue bird bistro, Café Sebastienne, Capitol Grill, Circe, Classic Cup, Eden Alley, Frondizi’s, Grand Street Café, Indian Hills Country Club, joe d’s Lidia’s, Milano’s, Mission Hills Country Club, Oakwood Country Club, Room 39, Shiraz, Starker’s Reserve and The American Restaurant

Old Fashioned Pecan Pie
3 Eggs, beaten
3/4 C Sugar
1/2 C White Karo Syrup
1/2 C Dark Karo Syrup
1 C Missouri Pecans
1/2 C Margarine, melted
1 tsp Vanilla
1/4 tsp Salt
1 Pie Shell

Mix eggs, sugar, syrups, vanilla, salt and margarine together. Spread pecans on bottom of pie shell. Pour in filling.
Bake at 350°F for 30 min. or until filling sets-an inserted knife should come out clean when set.

Recipe source: Missouri Northern Pecan Growers, Nevada, MO
Other Sources for Locally Grown Foods

**AgriMissouri**
www.agrimissouri.com
The AgriMissouri Buyer’s Guide is a searchable database of Missouri attractions, experiences, food products, household products, farmers’ markets, retailers and restaurants who are members of the AgriMissouri program. Consumers can contact AgriMissouri members to purchase products or learn more about their business. The database is searchable by product, company or location.

**Kansas City Food Circle**
www.kcfoodcircle.org
Kansas City Food Circle is a non-profit organization that promotes the development of a permanently sustainable local food system. The KC Food Circle produces a yearly guide to KC area organic and environmentally sustainable farmers and farmers’ markets.

**Buy Fresh, Buy Local: Kansas City**
www.bridgingthegap.org
Buy Fresh, Buy Local: Kansas City is part of the national FoodRoutes marketing program to assist consumers in identifying food produced by local growers. In the Kansas City area the program is organized by Bridging The Gap.

**Local Harvest**
www.localharvest.com
Local Harvest is a website database of organic and sustainably grown foods in your area. Consumers can locate and purchase produce, grass-fed meats and other products.