

# FLAVOR OF LOCAL FOODS



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](http://www.foodcircles.missouri.edu)

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UNIVERSITY OF MISSOURI  
 Extension

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### Spring 2008

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 incentives 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; decreases the number of miles by as much as 1,300 miles! Thus, your food gets to you in a more timely and TASTIER manner.

This publication contains a number of farms and farmers' markets in the area that have farm-fresh goods. A harvest calendar has been included to assist you in determining when season-sensitive products are available.

Continue to check our website at [www.foodcircles.missouri.edu](http://www.foodcircles.missouri.edu) 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 conform to local health ordinances and issues regarding taxation of products. We encourage you to learn for yourself the advantages of buying direct from 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](http://www.foodcircles.missouri.edu)

## **OTHER SOURCES FOR LOCALLY GROWN FOODS**

### **AgriMissouri** [www.agrimissouri.com](http://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 businesses. The database is searchable by product, company or location.

### **Kansas City Food Circle** [www.kcfoodcircle.org](http://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](http://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](http://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.

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 products can also be purchased. For consumer convenience, this guide also denotes the following types of farm operations:

- ◆ **Agri-Tourism** (Ag) enables 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) or U-Pick operations are located on individual farms and are usually associated with fruits and berries. Harvest your own produce at it's 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** (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](http://www.foodcircles.missouri.edu)**

The dates on this and the next page are general listings of harvest times for fruits and vegetables grown in Missouri. *The harvest time of some fruit or vegetable crops may be altered with the use of greenhouse or hoop house structures or with the use of season extending products such as row covers. Harvest times may also be affected because of weather, pests or disease. If you are seeking a harvest time it may be useful to contact the producer of the product directly.*

## HARVEST CALENDAR FOR VEGETABLES

|                  |  |
|------------------|--|
| Artichokes       | Mid July-September 1                                   |
| Asparagus        | Early March-July 1                                     |
| Beans, Lima      | July 1-Mid October                                     |
| Beans, Snap      | June 1-November 1                                      |
| Beets            | May 1-December 1                                       |
| Broccoli         | May 1-August 1 and September 1-Mid December            |
| Brussels Sprouts | May 1-Early June                                       |
| Cabbage          | May 1-Mid August and Mid September-Mid November        |
| Carrots          | June 1-October 1                                       |
| Cauliflower      | May 1-Mid July and September 1-December 1              |
| Cucumbers        | May 1-November 1                                       |
| Eggplant         | June 1-November 1                                      |
| Garlic           | Mid June-December 1                                    |
| Greens           | May 1-June 1   |
| Horseradish      | June 1-December 1                                      |
| Kohlrabi         | Mid May-July 1 and Mid September-November 1            |
| Leeks            | May 1-September 1                                      |
| Lettuce          | April 1-July 1 and September 1-December 1              |
| Okra             | June 1-November 1                                      |
| Onions, Dry      | May 1-December 1                                       |
| Onions, Green    | April 1-Late November                                  |
| Peas, Green      | April 1-December 1                                     |
| Peas, Southern   | Early July-Early November                              |
| Peppers, Bell    | Early July-Late November                               |
| Peppers, Hot     | Early July-Late November                               |
| Popcorn          | Early August-Late December                             |
| Potatoes         | Early June-Late December                               |
| Pumpkins         | Early July-Early December                              |
| Radishes         | Early May-Early November                               |
| Rhubarb          | Early May-Early November                               |
| Spinach          | Early March-Mid June and Early September-Late December |
| Squash, Summer   | Early May-Early November                               |
| Squash, Winter   | Early July-Late December                               |
| Sweet Corn       | Early June-Early October                               |
| Sweet Potatoes   | Early August-Mid December                              |
| Tomatoes         | May 1-Mid November                                     |
| Turnips          | Early May-Mid December                                 |

## HARVEST CALENDAR FOR FRUITS

|                    |                         |
|--------------------|-------------------------|
| Apples             | June 1-December 1       |
| Apricots           | June 1-Early July       |
| Blackberries       | June 1-Early September  |
| Blueberries        | June 1-Early October    |
| Cantaloupe         | June 1-November 1       |
| Cherries           | Mid May-Early July      |
| Gooseberries       | May 1-Mid July          |
| Grapes, Table      | July 1-November 1       |
| Grapes, Wine       | Late July-November 1    |
| Nectarines         | Mid June-Late September |
| Peaches            | June 1-October 1        |
| Pears              | July 1-Late November    |
| Plums              | Mid June-November 1     |
| Raspberries, Black | June 1-Mid July         |
| Raspberries, Red   | June 1-November 1       |
| Strawberries       | Mid May-September 1     |
| Watermelon         | June 1-November 1       |

## Bates County

### **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

### **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

417-395-4242, 660-679-1220 or 660-464-0163

Products: Natural and flavored pecans, almonds, cashews, peanuts, Amish-made cheese & jerky, fudge, dip & cheese ball mixes, BBQ sauces, variety of fresh produce, honey, sorghum, jams and jellies, crafts and cookbooks

Hours: 9-5 (winter), 9-6 (spring, summer and fall), extended hours during summer and pecan season

### **Gift Giving Ideas**

During the next gift giving season spend less time stressing about what to get and instead send your family or friends a great tasting Missouri product.

You can find bottled or packaged Missouri grown products at a number of retail stores ready for shipping. A number of farms in this publication offer online shopping and shipping options. If you are still having trouble, log onto the AgriMissouri website at [www.agrimissouri.com](http://www.agrimissouri.com) for listings of products that will travel well.

Here are just a few of the Missouri products that would make a well-rounded gift basket:

- |                               |                     |
|-------------------------------|---------------------|
| ❖ Beef, Pork, Lamb or Buffalo | ❖ Various Cheeses   |
| ❖ Pecans or Walnuts           | ❖ Wines & Beers     |
| ❖ BBQ Sauces                  | ❖ Jams & Jellies    |
| ❖ Sodas                       | ❖ Chips             |
| ❖ Salsa                       | ❖ Syrups & Molasses |
| ❖ Baked Goods & Desserts      | ❖ Snack Foods       |

any many more items

## Cass County

### **The Berry Patch (U)**

Tom & Penny Willis, 25509 State Line Road, Cleveland, MO 64734, 816-618-3771 or 816-658-3663

Website: [theberrypatchonline.com](http://theberrypatchonline.com)

Products: Strawberries, blueberries, blackberries and frozen berries

Hours: Tuesday & Thursday 10-7, Saturday 8-Noon

### **Good Life Gardens**

Roger Toomey, 39001 E 323rd St, Creighton, MO 64739, 816-773-8561 or 816-716-4906

Email: [goodlifegardens@juno.com](mailto:goodlifegardens@juno.com)

Products: Pumpkins, squash, gourds, fall bouquets, spray millet, bird seed

Farm Hours: Call ahead

### **John Riffle Farms**

John & Jean Riffle, 22010 Riffle Road, Pleasant Hill, MO 64080, 816-540-2928, fax 816-540-3131

Email: [jjriffleangus@webtv.net](mailto:jjriffleangus@webtv.net)

Products: Sweet corn, potatoes, okra, zucchini, onions, squash, lettuce, tomatoes, radishes, cauliflower, peaches and more.

Cass County and farm and office located 4 miles south of Pleasant Hill on Highway 7 to 219th Street, 2 miles east to Riffle Road, right or south to first house on the west side of the road.

Wholesale accounts delivery weekly

### **Johnson Farms Plants and Pumpkins**

Jeanne Johnson, 17701 S. State Rte. D or 177th & Holmes Rd, Belton, MO 64012, 816-331-1067

Website: [www.johnsonfarms.net](http://www.johnsonfarms.net)

Email: [johnsonfarms1006@sbcglobal.net](mailto:johnsonfarms1006@sbcglobal.net)

Hours: Seasonally adjusted: Spring - Mon-Sat 9-6 pm; Sundays 11-5 pm; Fall-Retail: Mon-Sun 9-6 pm, Farm Fun 12-6 pm, School tours only 9-noon.

Products: Full-service greenhouse and educational center. Spring: bedding plants, trees and shrubs, hanging baskets and planters, custom planting. Fall: U-pick pumpkin patch, farm animal corral, fall mums, concessions and more.

### **KC Buffalo**

Peter & Cathy Kohl, 2201 E 203rd St., Belton, MO 64012, 816-322-8174

Hours: Wed, Thur & Fri 10am-6pm, Sat 10am-5pm

Website: [www.kcbuffalo.com](http://www.kcbuffalo.com)

Products: USDA Processed Buffalo cuts and products-ground buffalo

Saturday Mornings: City Market, KCMO

Retail Locations: Nature's Pantry, Indep., Cosentino's Brookside Market, Green Acres Market and McGonigle's Meat Market

### **ShroomHeads (O)**

Tena Bellovich, 12301 E 264th St, Freeman, MO 64746, 816-966-9446

Email: [tena@shroomheads.com](mailto:tena@shroomheads.com)

Website: [www.shroomheads.com](http://www.shroomheads.com)

Products: Organic & Naturally Grown Mushrooms (Shitake, Wood Ears, Maitake, Oyster, Chanterelles and Lions Mane), heirloom corn, tomatoes, peppers, garlic & herbs and blackberries

Farmers' Markets: KC Organics & Natural Farmers' Market Saturday mornings May through October and Grand Court

Farmers' Market at 107th & Wornall Rd Saturdays from 10am until 1pm throughout the year

### **Timberline Farms (O)**

Cobern Schrock, 32906 E 283rd St, Garden City, MO 64747

Products: Organic sorghum syrup, soybeans, buckwheat and hay, all-natural beef

Farmers' Markets: Harrisonville & Belton

## Clay County

### **Carolyn's Country Cousins (Ag), (R)**

Carolyn Raasch, 17607 NE 52nd St, Liberty, MO 64068, 816-781-9196

Web: [www.carolynscountrycousins.com](http://www.carolynscountrycousins.com)

Products: Sweet corn, pumpkins, squash, honey, apple & peach butter, crafts, cookbooks and more, 50 acre pumpkin patch open in the fall.

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

Email: [tom@fairsharefarm.com](mailto:tom@fairsharefarm.com) or [rebecca@fairsharefarm.com](mailto:rebecca@fairsharefarm.com)

Website: [www.fairsharefarm.com](http://www.fairsharefarm.com)

Products: arugula, beets, broccoli, cabbage, carrots, cauliflower, celeriac, cucumbers, eggplant, fennel, various greens, green beans, green onions, kale, kohlrabi, leeks, lettuces, okra, onions, peas, peppers, potatoes, radishes, rhubarb, rutabaga, shallots, sorrel, spinach, squashes, swiss chard, heirloom tomatoes, tomatillo, turnips and various herbs

We sell exclusively to our CSA, however, extra produce is occasionally for sale as listed on our Bulk List (see our Members Services web page).

Other CSA Products: Eggs & meat in conjunction with Parker Farms. Bread shares in conjunction with Bread of Life Bakery.

Farm Hours: Call ahead

CSA Pick-up Locations: Liberty, Bad Seed Market (in the Crossroads area of KCMO) and on-farm

### **Liberty Area Farmers Market (FM)**

Buddy Raasch

17607 NE 52nd St, Liberty, MO 64068, 816-781-9196

Email: [raaschew@mindspring.com](mailto:raaschew@mindspring.com)

Website: [www.libertyfarmersmarket.com](http://www.libertyfarmersmarket.com)

Products: Sweet corn, green beans, tomatoes, potatoes, pumpkins, squash, cabbage, peas, lettuce, beets, carrots, okra, eggplant, and more, apples, peaches, berries, bedding plants, shrubs and cut flowers

Hours: Wed 7-1 Hwy 152 & 291 next to Crowley Furniture

### **Community Supported Agriculture or CSAs**

Thinking of new ways to tap into your area's supply of fresh foods? Investigative 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 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 CSA farm today.

## Clay County

### **Liberty Corn Maze (Ag)**

Errie Raasch and Bernie Raasch, 17607 Ne 52nd St, Liberty, MO 64068, 816-781-9196  
 Web: [www.libertycornmaze.com](http://www.libertycornmaze.com)

### **Nine Shoes Farm**

Karen Whedon, 5150 SE Barnesville Rd, Lawson, MO 64062, 816-695-3491  
 Website: [www.nineshoesfarm.com](http://www.nineshoesfarm.com)

Products: Green beans, sweet corn, tomatoes, zucchini, summer squash, sweet peas, grapes, raspberries, blackberries, over 26 varieties of jams and jellies including Apple-Cider Cinnamon, Jalapeno, Pineapple-Kiwi-Lime and many more made from locally grown fruits and vegetables.

Farm Hours: Call ahead

Farmers' Markets: Zona Rosa, Parkville and North Kansas City

### **North Kansas City Farmers' Market (FM)**

Cheryl Melton, 1902 Swift, North Kansas City, MO 64116, 816-472-7700

Email: [Cheryl@nkcbusinesscouncil.com](mailto:Cheryl@nkcbusinesscouncil.com)

Website: [www.nkcbusinesscouncil.com](http://www.nkcbusinesscouncil.com)

Products: Sweet corn, tomatoes, lettuces, potatoes, melons, eggs, emu meat, beef and more

Hours: Fri-7-Noon, located at Caboose Park at 715 Armor Rd in North Kansas City, MO

### **Prairie Birthday Farm**

Linda Hezel, Kearney, MO 64060, 816-781-9654

Email: [lindahezel@aol.com](mailto:lindahezel@aol.com)

Products: Heirloom vegetables, herbs, edible flowers, berries, brambles and edible wild fruits

Farm Hours: Call ahead or email to receive notice of available produce

Volunteer apprenticeships available through Kansas State Growing Growers Program, [www.growinggrowers.org](http://www.growinggrowers.org)

### **Pumpkin Pancakes**

1/2 C oats, uncooked  
 2 eggs  
 1/2 C pumpkin puree  
 1 tsp baking powder  
 1/2 C whole-wheat flour  
 2 TB wheat germ

1 C buttermilk  
 1 TB vegetable oil  
 1/3 C milk, low-fat or skim  
 1/2 tsp cinnamon  
 1/3 C all-purpose flour  
 1 TB sugar

Combine oats and buttermilk and let stand for 15 minutes to soften. Mix eggs, oil, pumpkin and milk and blend. Combine all dry ingredients 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

## Clinton County

### **Bread of Life (O), (R)**

Glenn & Kathy Crowther, 206 Main-PO Box 9, Stewartville, MO 64490, 816-669-1344

Website: [www.breadoflifebakery.net](http://www.breadoflifebakery.net)

Email: [breadoflifeorganics@yahoo.com](mailto:breadoflifeorganics@yahoo.com)

Products: wheat bread, spelt bread, cinnamon rolls, granolas, cookies, dipping sauces, pizza crusts and all products feature locally grown, organic, fresh ground wheat. 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 Freshair Fare, Provisions and more

### **Campo Lindo Farms**

Jay & Carol Maddick, 2390 SE 228th St, Lathrop, MO 64465, 816-740-3625

Email: [clf@grm.net](mailto:clf@grm.net)

Products: All-Natural Chicken and Eggs

Farm Hours: call ahead

Saturday Mornings: Parkville Farmers' Market

Retail Locations: 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.

### **Paradise Locker Meats (R)**

Teresa & Mario Fantasma, 405 W 208th St, Trimble, MO 64492

816-370-6328

Website: [www.paradisemeats.com](http://www.paradisemeats.com)

Email: [paradiselockermeats@centurytel.net](mailto: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: 9am-6pm Monday-Friday and 9am-3pm Saturday, closed Sundays and Holidays

### **Shatto Milk Company (Ag), (R)**

Leroy Shatto, 9406 N Hwy 33, Osborn, MO 64474, 816-930-3862

Website: [www.shattomilkcompany.com](http://www.shattomilkcompany.com)

Products: No additional hormones-added skim, 1%, 2% and whole white milk, chocolate, strawberry, root beer, banana, and orange dream flavored milks as well as butter, cream and half and half

Farm Store: M-F 8-6, Sat 8-4, Sun 9-4

Retail Locations in/near KC: Price Chopper, Hy-Vee, Wild Oats, Whole Foods, Nature's Pantry and other independence grocers

### **Ask Questions**

As you shop your local grocery store, farmers' market or farm or roadside stand, don't forget that your food buying experience can be improved by asking a few simple questions that will lead you to the perfect solution.

Here are some questions to help you:

Where is this product grown and who does the growing?

When was this product picked?

What qualities do you feel are important in picking out one of your products?

Do you have any ideas on how to prepare this product?

Can you freeze, can or dry this product?

Just asking a few questions can give you meal ideas, teach you how to preserve your foods or help you avoid a purchase that will go uneaten.

## Daviess County

### **Rains Natural Meats (R)**

David Rains & Steve Rains, 23795 260th Rd, Gallatin, MO 64640, 660-663-3674

Web Address: [www.rainsnaturalmeats.com](http://www.rainsnaturalmeats.com)

Email: [rainsmeat@gallatinmo.net](mailto:rainsmeat@gallatinmo.net)

Products: Hormone & antibiotic free, USDA inspected natural beef, natural pork, natural lamb, natural bratwurst, sausage and hot dogs, frog legs, catfish, jerky and grill seasonings, various cheeses. Custom processing available-call for details.

Store Hours: Mon-Fri 9-5:30, Sat 9-1:30, shipping available

### **Songbird Creek Farm (O)**

Esther Hughes, 21401 Harbor Ave, Jameson, MO 64647, 660-828-4167

Email: [estherh@hughes.net](mailto:estherh@hughes.net)

Products: Assortment of vegetables

Farm Hours: Call ahead

Saturday Mornings: City Market, KCMO

## Restaurants and Grocery Stores

A number of area restaurants and grocery stores carry locally grown and produced products. Don't forget to ask your waiter or produce manager about them during your next visit.

## Henry County

### **Clinton Farmers' Market (FM)**

Mary Shatswell, 417-644.2968

Email: circle\_s\_ranch@yahoo.com

Products: Eggplant, beans, okra, tomatoes, squash, cucumbers, peppers, sweet corn, watermelon, eggs, farm-raised shrimp, 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 near the Corner of Hwy 13 & Hwy 18 in Clinton-right on your way to the Lake of the Ozarks

Products: Sweet corn, tomatoes, squash, peppers, peaches and more

Hours: Friday Evenings: 4-sellout, Saturday Mornings: 7-sellout

### **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) chickens, Cornish hens, USDA hog sausage, grass-fed beef (whole or sides), ducks, geese & turkey (*ask about heritage breeds*); chicken, goose & duck eggs; 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

### 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

## Jackson County

### **39th Street Community Market (FM), (O)**

39th & Genessee, KC MO, 64111, 816-507-8698 (Near KU Medical Center) regular music events and activities are also scheduled-see the website

Jessica Ratliff, Market Manager

Website: [www.39thStreetMarket.com](http://www.39thStreetMarket.com)

Products: Organic vegetables (from A-Z), fruit, free range meat and other goodies

Hours: Wednesdays 5-8pm, May 7-Oct 8

### **Bad Seed Farm (O)**

Brooke Salvaggio, 1210 Bannister Rd, Kansas City, MO 64114, 913-522-3458

Email: [badseedfarm@hotmail.com](mailto:badseedfarm@hotmail.com)

Website: [www.badseedfarm.com](http://www.badseedfarm.com)

Products: Heirloom vegetables, edible flowers, culinary herbs, a variety of confectionary delights, dried flower & herb arrangements, recipe books

Farm Hours: Call ahead-visitors welcome

Farmers' Markets: 39th Street Farmers' Market-Wed, The Ugly Tomato '2nds' farmers' Market at 1909 McGee Friday evenings in Crossroads

### **Beacon Complex Market Farmers' Market (FM)**

Debbie Crow, Market Manager, 816-926-3039

Location: Beacon Complex, 6501 Beacon Drive, KCMO 64133

Products: Fruit, eggs, honey, cut flowers, bakery items and bedding plants

Tuesday Mornings: 10:30-1:30 (June 10-Sept 30)

### **Berries & More (U)**

Mary Yates, 505 W Lone Jack-Lee's Summit Rd, Lone Jack, MO 64070, 816-697-3400

Products: 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 11th & Main

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 in 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.

## Jackson County

### **East Wind Gardens (O)**

Bruce & Maureen Branstetter and Timothy Walters, Independence, MO, 816-254-6233

Email: eastwindgardens@sbcglobal.net

Products: USDA Certified Organic Vegetables & Herbs, cut flower bouquets, and more

Wednesday Evenings: 39th St. Farmers' Market

Saturday Mornings: Brookside Farmers' Market & Drumm Farm on Lee's Summit Road in Independence

### **Farmers' Community Market at Brookside (FM), (O)**

Products: Vegetables, hormone and antibiotic-free beef, herbs, fruit, edible and cut flowers, free range chicken eggs, organic freshly prepared artisan food and baked goods including vegan and gluten-free items, organic hand-crafted soap & locally hand-made crafts

Location: Border Star Montessori School at 63rd & Wornall-Look for the white tents

Hours: Saturday 8am-1pm April 14-Oct 13

### **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 and Saturday Mornings: 7-1

### **Kansas City Market (FM)**

Deb Connors, Market Manager, 816-842-1271

Email: dconnors@cwkbk.com

Website: [www.thecitymarket.com](http://www.thecitymarket.com)

Location: 5th & Walnut in downtown KCMO

Products: Fruit, meats, herbs, fresh cut flowers, grains, baked goods, eggs, dairy, salsas and much more

Saturday Mornings: 6-4 (Mar-Oct 31) and 7-4 (Nov-Mar), Sunday Mornings: 8-4

### **KC Organics & Natural Farmers' Market (FM), (O)**

Peter Stauffacher, Market Manager, 816-444-3663

Website: <http://www.kcorganics.com>

Email: kcorganics@yahoo.com

Products: Fruit, free-range meats, herbs, fresh cut flowers, grains, baked goods, free-trade coffee, eggs, mushrooms, soaps, raw honey, eco-products and much 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  
May 3-Oct 18

### **What are Heirlooms?**

If you frequent farmers' markets you have probably seen signs advertising a variety of heirloom products. Have you ever wondered what an heirloom food really is?

Heirloom varieties of fruits and vegetables are actually cultivars, or varieties that were commonly grown years, decades, even centuries again.

For a variety of reasons these cultivars are not typically grown in large-scale production and may be more difficult to find in the seed section of your local nursery, hardware or grocery store. Instead, growers of heirloom varieties may rely on seed-saving techniques, handing down seeds through families or marketing seeds via the internet or growers networks. If you are curious as to where you can find heirloom seeds, start by asking your favorite heirloom gardener.

## Jackson County

### **Lee's Summit Farmers' Market (FM)**

Sandy Kilkenny, Market Manager, (816) 246-6598

Website: [www.downtownls.org](http://www.downtownls.org)

Products: Vegetables, fruit and more

Location: Historic Downtown corner of 2nd & Douglas

Wednesday Mornings: 7-sellout and Saturday Mornings: 7-sellout

### **Root Deep Urban Farm (CSA)**

Sherri Harvel, PO Box 300683, Kansas City, MO 64130, 816-277-9990

Email: [rootdeepurbanfarm@copper.net](mailto:rootdeepurbanfarm@copper.net)

Products: Organic & sustainably grown vegetables, herbs and native plants

Farmers' Markets: 39th Street Community Market, 39th & Genesee, KCMO every Wednesday from May-October.

### **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](http://www.sibleyorchards.com)

Products: 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](mailto:thetownshends@gmail.com)

Web: [www.townshendsenglishgarden.com](http://www.townshendsenglishgarden.com)

Products: Heirloom vegetables, herbs, flowers, bedding plants, and more

Farm Hours: Call ahead

### **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

### **VanWalsh Gardens (O)**

Kelly Vandendaele, 9905 NE Vrooman Dr, Kansas City, MO 64161, 816-510-7724

Website: [www.vanwalshgardens.com](http://www.vanwalshgardens.com)

Products: Native perennials, hosta, daylilies, lots of native plants and blackberry jam

Farmers' Markets: City Market-KCMO-Sat., North Kansas City Market-Fridays

## Johnson County

### **Aldridge Acres**

10999 Hwy 50, Knob Noster, MO 65336, 660-747-8929

Products: Chicken & turkey, pork and eggs

Farmers' Markets: Tuesday Evenings: Lafayette County Farmers' Market & 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: USDA Prime-Choice Meats, Cured Meats, Sausages and catering. Processing services available.

Store Hours: 8am-5pm

### **Benedict Builders Farm**

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

Products: Completely grass-fed beef, no added growth hormones or antibiotics, pastured and free-range chicken, mild, lean pork sausage in 1# packages or as fully cooked Brats and Polish and brown eggs

Farm Hours: Call ahead

Farmers' Markets: Brookside Farmers' Market Saturdays April-October 8am-1pm

### **Breezy Hill**

Art Ozias, 62 SW Hwy 58, Centerview, MO 64019, 660-909-1633

Email: aozias@gmail.com

Products: Grass-finished beef sold in wholes, 1/2 side or 1/4s, free range poultry and milk products

Store Hours: Call ahead

### **Buckeye Acres (U)**

Counts Family, 91 NE 600, Warrensburg, MO 64093, 660-747-8929

Products: Black raspberries, cherries, strawberries, red raspberries, blackberries, jams, jellies and cut flowers

U-Pick Blackberry Farm Hours: Call ahead for picking schedule

Farmers' Markets: Lafayette County Farmers' Market and Warrensburg Farmers' Market

### **Burden Farms**

Gary & Gloria Burden, 842 SW 725th Rd, Holden, MO 64040, 816-732-6584

Products: Sweet Corn

Farm Hours: call ahead

Farmers' Markets: Wednesday Morning: Warrensburg Farmers' Market & Saturday Mornings: Holden & Warrensburg Farmers' Markets

### **Chilled Blueberry Soup**

4 1/2 C blueberries, fresh or frozen

1 1/2 tsp lemon juice

2 TB low-fat yogurt, plain

1 1/2 C pineapple juice, unsweetened

3/4 tsp vanilla extract

Place 3 C blueberries, vanilla, pineapple and lemon juice 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 teaspoon of yogurt.

Recipe source: University of Missouri & Missouri Department of Agriculture

## Johnson County

### **Coon Creek Farm**

Ken & Sharon Jackson, 150 SW 500 Rd, Warrensburg, MO 64093, 660-429-2199

Products: Culinary Herbs-Parsley, Basil, Sage, Oregano,

Thyme, Cilantro and many more; farm-fresh eggs (eggs are available year-round) and endangered Colonial Spanish Horses

Farm Hours: Call ahead

Farmers' Markets: Warrensburg Farmers' Market

### **Deans Produce**

Allan & Sandy Dean, 431 SW 1201 Rd, Holden, MO 64040, 816-732-6464

Products: 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: Natural grass-fed beef; Candied Jalapeños; breads, cakes and cookies; all-natural soap & body products

Farm Hours: call ahead

Farmers' Markets: Holden Farmers' Market

### **Fetch 'n Honey Farm**

Barbara Fetchenhire, 387 SE 171 Rd, Warrensburg, MO 64093, 660-747-6406

Products: Honey, flavored-infused honey, soaps, body butters and much more.

Farm Hours: Call ahead

Retail Location: Powell Gardens Gift Shop

### **Glover Farm**

Roy Glover, 571 SW 601, Centerview, MO 64019, 660-238-3178

Products: Strawberries and assorted vegetables

Farm Hours: call ahead

Farmers' Markets: Holden Farmers' Market

### **Hidden Valley Produce**

Kerben & Jana Gehman, 441 NW 400 Rd, Warrensburg, MO 64093, 660-747-4131

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

Farm Hours: 9-5

Farmers' Markets: Independence Farmers' Market

### **Hill Valley Acres**

Bill & Jan Evans, 114 NE 500, Warrensburg, MO 64093, 660-747-5238

Products: Blackberries, asparagus, green beans, eggplant, broccoli, cucumbers, lettuces, tomatoes, strawberries, blackberries, gooseberries, raspberries, pie crusts, pies, cakes, cookies, breads and special orders available

Farm Hours: call ahead

Farmers' Markets: Warrensburg Farmers' Market

### **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.

Source: University of Missouri & Missouri Department of Agriculture

## Johnson County

### **Holden Farmers' Market (FM)**

Jo Ann Alpert, Market Manager, 816-597-3353  
 Email: info@holdenmarket.com  
 Website: www.holdenmarket.com  
 Products: Assorted vegetables, fruit, baked goods and more  
 Location: City Park, South of Hwy 58  
 Saturday Mornings: 7-Noon June through September

### **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: Assorted vegetables in season; hay  
 Farm Hours: call ahead  
 Wednesday Mornings: Lee's Summit Farmers' Market & Saturday Mornings: Lee's Summit Farmers' Market

### **The Mixing Bowl (R)**

Julia Brubaker  
 383 NW 501, Centerview, MO 64019, 660-429-2466  
 Products: Cinnamon rolls, cookies, pies, breads and more. Products are preservative-free.  
 Store Hours: Thur-Sat 10-6  
 Farmers' Markets: Lee's Summit Farmers' Market

### **Montserrat Vineyards (W)**

Phil & Kelly Weinberger, 104 NE 641, Knob Noster, MO 65336, 660-747-0466  
 Wines: Chambourcin, Mont Blanc, Tramonto, Damifino, Tre'Belle, Felicita, Norton, Mead. FREE wine tasting daily  
 Farm Hours: open daily 10:30 AM –Sunset Tuesday-Sunday; live music and entertainment on Saturday nights, May-Sept.  
 (please no outside food or beverages).

### **Siegfried Farms**

Scott & Lisa Siegfried, 198 NW 701 Rd, Centerview, MO 64019, 660-909-3244  
 Products: Whole, sides and quarters of Beef and sweet corn  
 Farm Hours: call ahead

### **Shawnee Farms**

John & Judy Williams, 1222 NW 201, Chilhowee, MO 64733, 660-885.8411  
 Products: 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

### **RKS Farms**

Sue Stropes, 189 SW Hwy 2, Chilhowee, MO 64733  
 660-653-4467 or 816-405-9545  
 Email: sue.stropes@gmail.com  
 Website: www.rskfarms.com  
 Products: Grass-fed beef (1/4, 1/2 and whole, by order), goat meat (by order), chicken (by order) and brown & white eggs  
 Farm Hours: Call ahead

## Johnson County

Farmers Markets: Holden and Warrensburg

### **Van-Aker Orchard (R)**

Randy VanWey, 521 NW UU Hwy, Centerview, MO 64019, 660-747-5894

Email: vanworch@kcweb.net

Products: Asparagus, blueberries, raspberries, blackberries, peaches, apricots and apples

Farm Hours: Call ahead for availability and hours

Farmers' Markets: Warrensburg Farmers' Market

### **Warrensburg Farmers' Market (FM)**

Jessica Thomas, 109 N Holden St, Warrensburg

Email: behm@cmsu1.cmsu.edu

Website: www.warrensburg.net

Products: Assorted vegetables and fruits

Location: Corner of Holden St and North St

Hours: Saturday Mornings 7-Noon

### **Wilpars Farm**

Guy & Vickie Parsons, 106 NW 400, Warrensburg, MO 64093, 660-747-8082

Email: vjpars@embarqmail.com

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

Farm Hours: Call ahead

## Lafayette County

### **Adams Farm**

Dan Adams, 1127 Dover Depot Rd, Dover, MO 64022, 660-259-3419

Products: Watermelon, cantaloupe, berries, cucumbers, broccoli, zucchini & more

Farm Hours: call ahead

Farmers' Markets: Tuesday Evenings: Lafayette County Farmers' Market & Tue. & Sat. Mornings: Independence Farmers' Market

### **Allen Gardens**

Tom & Sheree Allen, 19493 Long Grove Rd, Higginsville, MO 64037, 660-584-5361

Email: tea@ctcis.net

Products: Red & black raspberries, cherries, apricots, gooseberries, radishes, okra, squash, spinach, green beans, lettuces, zucchini, potatoes, onions, beets, Swiss chard, turnips, sweet potatoes, hot & sweet peppers, cucumbers, 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

Email: info@almameats.com

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, Sun 12-6

### **Beckner Orchards**

RR1 Box 392, Wellington, MO 64097, 816-934-8149

Products: Peaches, sweet corn & asparagus

Farm Hours: Call ahead

### **Breezy Acres Farms**

Marilyn & Charles Cole, 608 W 29th St, Higginsville, MO 64037, 660-584-2898

Products: Blackberries, cherries, peaches, apricots, apples, strawberries, cucumbers, eggplant, okra, onions, tomatoes and more

Farm Hours: call ahead

Farmers' Markets: Tuesday Evenings: Lafayette County Farmers' Market & Saturday Mornings: Warrensburg Farmers' Market

### **Butterfly Fields**

Jeff & Terrie Shepherd, 1093 NW 850 Rd, Odessa, MO 64076, 816-529-3427

Products: Corn, zucchini, squash, cucumbers, potatoes, okra, beets, green beans, tomatoes, onions, peppers, chives, oregano, marjoram, tarragon, rosemary, mint, dill, parsley, cantaloupe and more

Farm Hours: call ahead

Farmers' Markets: Blue Springs Farmers' Market

## Orchards & U-Picks

Orchards and u-pick operations offer customers an opportunity to reconnect to the food that they are eating and the land that it is grown on.

Families can take the opportunity to participate in a day of fun, out-door activity and instill healthy eating habits in children. Young and old alike can be reminded of what really grows on trees, shrubs, bushes and plants.

So, the next time you are looking for a fun, outdoor activity, or a side trip on your next vacation, visit a local orchard or u-pick farm.

## Lafayette County

### County Line Pumpkin Patch

Clyde & Rebecca Burchett, 20371 Hwy YY, Higginsville, MO 64037, 660-584-3879

Email: ugotit@ctcis.net

Products: In the summer we offer tomatoes, peppers, squash & sweet corn. In the fall we have pre-picked or pick-your-own pumpkins from the end of September through the end of October. We also sell winter squash, small decorative gourds, broom corn, corn shocks, Indian corn, large green gourds and dried gourds.

Directions: We have a stand at our home which is on the corner of Hwy 13 and YY. Located between Higginsville and Warrensburg right on Highway 13 at the (Lafayette-Johnson) County Line Road which is YY. You can go North on 13 Hwy out of Warrensburg about 10 miles or South off of I-70 about 5 miles.

### Fahrmeier Bros. Produce (U)

Bret Fahrmeier & Brandon Fahrmeier

9364 Mitchell Trail (Hwy 24 W of Lexington, exit Howe Rd), Lexington, MO 64067

816-934-2472 (farm), 816-289-2496 (Bret) or 330-701-3210 (Brandon)

Email: fahrmeierbros@msn.com

Products: Produce from A-Z, red raspberries and pumpkins in the fall

U-Pick Farm Hours: call ahead for picking schedule or to schedule farm or educational tours

Hours: M-Sat 10-5

Farmers' Markets: Overland Park Farmers' Market (Wed) and City Market, KCMO (Sat & Sun)

### Fahrmeier Farms

Lynn & Donna Fahrmeier, 13305 Flournoy School Rd, Wellington, MO 64097

660-934.8651

Email: lfahrmeier@msn.com

Products: Katahdin Sheep (call for pricing)

Farm Hours: Call ahead

### Five Oaks Tree Farm (U)

Bob & Carolyn Rauch, 2 Miles North of I-70 on Hwy 13 toward Higginsville, 660-584-7375

Email: fiveoakshoneytreefarm@yahoo.com

Products: Christmas trees—Scotch Pine, White Pine & Spruce with free stand drilling, needle shaking and bagging; locally produced Locust, Clover/Wild Flower and comb honey

Hours: Weekends after Thanksgiving from 9 AM-5 PM

Farmers' Markets: Blue Springs Farmers' Market (honey sales only)

Retail Locations: (Honey only) Sibley Orchard, Gordon's Orchard, Osceola Cheese Store, Rasa's, Schreiman's and 20 other locations, call for details

### The Garden Cart (G)

Russ & Diane Erdman, 29775 Three Groves Rd, Alma, MO 64001, 660-674-2653

Located 3 miles North of Alma on Highway 23

Products: Bedding plants, vegetable plants, hanging baskets, perennials

Open early April 9-6 daily and Sunday 1-5, Open May 9-7 daily and Sunday 1-5, close for the season the 1st weekend of June

### Quick 'N Fresh Ideas for Fruit

For a tasty ending to your summer meal, try a fresh-grilled peach or pear. Lightly brush olive oil onto a halved peach or pear. Grill each side for just a few minutes and serve with a dollop of low-fat ice cream.

## Lafayette County

### **Greenton Orchard (U)**

Corner of Greenton Rd & Barkertown Rd, Odessa, MO 65661, 816-230-7484

Products: 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: Peaches & apples, various varieties of conventional and organic vegetables, 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

Website: [www.danalirob.com](http://www.danalirob.com)

Products: Free-range chicken & turkey, yogurt, goats milk, goat butter, goat cream and cheeses and free-range eggs

Farm Hours: call ahead

Farmers' Markets: Saturday Mornings: Troost Community Market

### **M and S Market (R)**

Sherri & Matt Thorp, 21246 Mobly Landing, Waverly, MO 64096, 660-493-2615

Location: Three miles East of Dover on Hwy 24 or 8 miles West of Waverly on Hwy 24. Please watch for signs.

Email: [mattandme2@myturbonet.com](mailto:mattandme2@myturbonet.com)

Products: Sun-ripened peaches and assorted garden produce

Farm Hours: 8-6 daily mid-July to 1st of Sept.

### **New Oak Vineyards (W)**

Tim & Barbara Gasperino, 11644 Flournoy School Rd, Wellington, MO 64097, 816-240-2391

Website: [www.newoakvineyards.com](http://www.newoakvineyards.com)

Products: 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

### **Ostermeyer Farm**

Robert Ostermeyer, 28 Ussery Dr, Lexington, MO 64067, 660-259-4124

Products: Beans, sweet corn, cucumbers, eggplant, okra, onions, peppers, tomatoes and 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: Lettuce, radishes, kohlrabi, cabbage, peas, beans, beets, carrots, turnips, potatoes, onions, cucumbers, zucchini, tomatoes, apples, pears, peaches and cherries

Farm Hours: call ahead

Farmers' Markets: Tuesday Evenings-Lafayette County Farmers' Market and 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](http://www.panthercreekfarms.biz)

Email: [kevlor@centurytel.net](mailto:kevlor@centurytel.net)

Products: Blackberries, blueberries, raspberries, 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 and Wednesday Evenings-39th Street Farmers' Market, KCMO

## Lafayette County

### **Peacock Farms (CSA)**

Betty Mendenhal, 12589 Salem Cemetery Road, Higginsville, MO 64037, 660-584-2526

Email: peacockf@ctcis.net

Products: 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, a variety of squashes, chicken & quail eggs, strawberries, sweet cherries, blueberries, raspberries, blackberries, peaches, a variety of apples, cinnamon jelly and baked goods

Farm Hours: Call ahead

Farmers' Markets: Lafayette County Farmers' Market Tuesday evenings and City Market of KCMO on Saturdays

### **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: 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: 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

### **Schreiman Orchards (R)**

Jim & Judy Marshall, 18 Miles East of Lexington on Hwy 24, 660-493-2477

Products: Peaches, apples, breads, fruit pies, jams jellies and more

Open 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 and eggs

Farm Hours: Call ahead

Farmers' Markets: Blue Springs Farmers' Market and Columbia Farmers' Market @ the ARC.

CSA is delivered to Eastern Kansas City and Columbia

### **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, 22807 E. Highway 24, Dover, MO 64022, 660-259-3010

Wines: Norton (dry red), Chardonel (semi-dry white), Lafayette Red (semi-sweet red), Cannonball Red (sweet red), Frontier Lady (semi-sweet white)

Grapes: We grow Norton, Chardonel, Catawba, Vignoles, St. Vincent and Niagara

Hours: Wednesday-Saturday noon-6 PM, Sunday 1-6 PM

Retail Location: 100 South Lynn, Dover, MO 64022

### **Western Hills Produce**

Alice & Marvin Huenefeld, Wellington, MO

816-934-2549

Hours: By appointment, please call ahead for availability

Products: Free range eggs, vegetables, berries, some fruits, jams with sugar or Stevia. No antibiotics, pesticides or growth hormones.

Farmers' Markets: 39th St. Farmers' Market, KCMO

## Lafayette County

### **Wood Mood Gardens (O)**

Jim & Mary Wood, 20987 Hwy 20, Higginsville, MO 64037, 660-584-3552

Email: woodmood@ctcis.net

Products: Organically raised beef & chicken, vegetables (asparagus to zucchini), and strawberries

Farmers' Markets: Community Farmers' Market at Brookside and Lafayette County Farmers' Market

## Platte County

### **Aldridge's Apple Man Orchard (Ag)**

Curt Aldridge, 10455 County Rd N, Platte City, MO 64079, 816-330-3448

Products: Apples (u-pick), peaches, cherries, strawberries, raspberries, blackberries, gooseberries, U-pick pumpkin patch, apple butter, honey, hay rides, school tours, parties, weddings, receptions and more

Hours: September-October M-F 9:30-1, Saturday 10-5, Sunday 12-5 or by appointment

### **CriKat Farms (O)**

Kathy Plant, 10220 Baker Rd, Platte City, MO 64079, 816-560.9285

Website: [www.crikatfarms.com](http://www.crikatfarms.com)

Products: Free-range chickens & eggs and Vermilizer (all-natural worm tea for soil amendments)

Farm Hours: Call ahead

Saturday Mornings: Brookside Farmers' Market

### **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](http://www.greendirtfarm.com)

Email: [sarah\\_hoffmann@greendirtfarm.com](mailto:sarah_hoffmann@greendirtfarm.com)

Products: Grass-fed lamb, 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 & Colleen Gerke

16905 Jowler Creek Rd, Platte City, MO 64079, 816-935-9471

Website: [www.jowlercreek.com](http://www.jowlercreek.com)

Email: [info@jowlercreek.com](mailto:info@jowlercreek.com)

Products: Dry Wines: Norton, Semi-Sweet Wines: Vingnoles, Critter Cuvee, Butterfly Blush, Traminette, Sweet/Dessert Wines: Norton Port, Late-Harvest Vignoles

Winery Hours: By appointment only – call ahead

### **Karbaumer Farm (O), (CSA)**

Klaus and Lee Karbaumer, 12200 Hwy 92, Platte City, MO 64079, 816-270-2177

Products: Assorted organic heirloom tomatoes & lettuce, assorted other organically raised vegetables, organically grown peaches & apples, free-range eggs

Farm Hours: Any time

Our CSA is full for 2008. We have a waiting list for 2009. We sell our produce directly from the farm as well.

### 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 Missouri 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 research for Missouri and Midwestern grape producers. The institute is housed at the University of Missouri's College of Agriculture, Food and Natural Resources.

## Platte County

### **Parkville Farmers' Market**

Contact: Ida Lake 816-450-8810

Location: English Landing Park, Hwy 9 to downtown Parkville, MO

Email: [lmj@embarqmail.com](mailto:lmj@embarqmail.com)

Products: Free-range chickens & eggs, lamb, assorted fruits and vegetables, local honey & honey by-products, beef & pork, goat's milk soap, heirloom vegetables, jams and jellies from homegrown fruits, homemade baked breads & sweet rolls, dip seasonings & beer bread mixes, elk meat/jerky/sticks, blueberries/blackberries (in season), fudge (all varieties), flowering plants, mums, potted herbal plants (common & uncommon), pumpkins, gourds and pasta (many flavors)

Hours: Wednesday afternoons 2-6pm (might change due to weather) and Saturday mornings 6am-sellout

### **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

Products: Assorted vegetables and free-range eggs

Farm Hours: open to customers

Saturday Mornings: 7-10:30 AM, 2nd Sat of May-Sept 29

### **Pirtle Winery (W)**

Pirtle Family, 502 Spring St, Weston, MO 64098, 816-640.5728

Website: [www.jowlercreek.com](http://www.jowlercreek.com)

Email: [info@jowlercreek.com](mailto:info@jowlercreek.com)

Products: Wines: Chambourcin, Mellow Red, Premium Port, Seyval and Weston Bend White Meads: Traditional, Effervescent, Blackberry, Evening Honey, Peach and Raspberry Fruit Wines: Apple, Blackberry, Effervescent Blackberry, Blueberry, Effervescent Blueberry, Cherry, Effervescent Cherry, Peach, Raspberry and Effervescent Raspberry

Winery Hours: Mon-Sat 10-6, Sun 11-6

### **Pleasant Pasture Farms**

Mike & Mindy Juhnke, 22395 Hwy DD, Dearborn, MO 64439, 816-790-3108

Website: [www.pleasantpasturefarms.com](http://www.pleasantpasturefarms.com)

Email: [info@pleasantpasturefarms.com](mailto:info@pleasantpasturefarms.com)

Products: No added hormones & antibiotic-free beef, pork & chicken and free-range eggs

Farm Hours: call ahead or order via website

Saturday Mornings: Weston Farmers' Market & New Market Farmers' Market

### **Pumpkins, Etc. (U)**

Kathy & Bill Wright, 10701 Farmers Lane, 15650 Hwy HH, Platte City, MO 64079, 816-858-5758

Website: [www.pumpkinsetc.com](http://www.pumpkinsetc.com)

Email: [pumpkins-etc@excite.com](mailto:pumpkins-etc@excite.com)

Products: Home-made fudge and we grow over 7,000 mums and asters. Also, herbs, tomatoes, Walla Walla onions, winter squash, gourds and much more; U-pick-pumpkins, and enjoy the free haystack and two hay-bale mazes. Group visits, schools, etc need to be scheduled

Farm Hours: 2nd weekend of Sept thru Oct 31 10 AM to 6 PM daily

Saturday Mornings: Parkville Farmers' Market

Tuesday Evenings: Zona Rosa Farmers' Market

Retail Locations: 10701 Farmers' Lane, Platte City, MO. We're East of Platte City between HH and 92 Hwy

### Quick 'N Fresh Ideas for Grapes

For a delicious one-course summer dinner, add chilled grapes to your favorite pasta, chicken or seafood salad. Serve with a crusty bread or roll.

Recipe source: University of Missouri & Missouri Department of Agriculture

## Platte County

### **Riverwood Winery (W)**

David & Ginah Naatz, 22200 Hwy 45 N, Weston, MO 64098

www.riverwoodwinery.com

Email: owner@riverwoodwinery.com

Products: Wines: Dry Reds & Whites, Semi-Sweets, Sweet Red & Whites, 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: Apples, U-pick pumpkin patch, apple butter, sorghum, honey, Indian corn, gourds and more

Winery Hours: Wed-Sat 11-5, Sun 12-5

### **Weston Farmers' Market**

Mary Beverlin

Email: marybev48@yahoo.com

South end of Main Street, Weston, MO, 816-640-5500

Products: Assorted seasonal vegetables, assorted seasonal fruit and 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

Website: www.westonredbarnfarm.com

Email: westonredbarnfarm2000@yahoo.com

Products: Peaches and apples, pumpkins & assorted vegetables

Events: Fall Festival, hayrides, corn & prairie trail mazes, pony rides, 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**

Contact Person: Ali Guilfoil, 8640 N. Dixson Ave., KC MO, 816-587-8180

Email: aguilfoil@steiner.com

Website: www.zonarosa.com

Products: Fresh produce, honey, homemade fudge, breads, pies, jams, plants, herbs, handmade soaps, lotions, eggs, organic certified produce, candles, bread mixes, dip mixes and more!

Hours: Every Tuesday from 4-8pm, June-September

Market located in the cool covered breezeway between Victoria's Secret & Hot Topic

## Ray County

### **Parker Farms (CSA)**

Tom & Paula Parker, 43602 Hwy F, Richmond, MO 64085, 816-470-3276

Email: [parkerfarms@peoplepc.com](mailto:parkerfarms@peoplepc.com)

Products: Grass-fed beef and Katahdin lamb, pasture-raised chickens and pork; free-range eggs

Other Farm Services: CSA meat & egg shares in conjunction with Fair Share Farm

Farm Hours: Call ahead

Locations: We make several monthly deliveries into KC, just call for details

### **Rayville Baking Company (O), (R)**

VanTill Family, 202 W 3rd St., Rayville, MO

Email: [vtillian@acesmo.us](mailto:vtillian@acesmo.us)

Web: [www.rayvillebaking.com](http://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

bread, rolls, danish and cakes; various seasonal vegetables, various seasonal fruit; 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

### **Tips for Purchasing Locally-Raised Meats**

Purchasing locally-raised meat and poultry products is a great way to get a quality product, keep your food purchasing dollars in your local community, support local farmers and decrease the use of natural resources required to move, process 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 side or whole carcass remember to plan ahead for freezer space and storage.

If you are unfamiliar with certain cuts, ask how you can prepare them and incorporate them into your family's meals.

Remember, the more questions you ask, the more familiar and satisfied with the product you are likely to be.

## St. Clair County

### **Bear Creek Farm**

Jim & Robbins Hail, Osceola, MO, 417-282-5894

Email: robbinshail@hotmail.com

Products: Certified organic heirloom tomatoes and over 100 varieties of vegetables & herbs; vegetable transplants and herb plants

Farm Hours: Please call

Saturday Mornings: Brookside Farmers' Market

Retail Locations: Whole Foods and Wild Oats

### **Gordon's Orchard (R)**

Bob & Peg Gordon, Intersection of Hwy 13 & SE 250, Osceola, MO, 417-646-8889

Website: [www.gordonsorchard.com](http://www.gordonsorchard.com)

Email: bobandpeg@dishmail.net

Products: Apples, peaches, nectarines, cherries, pears, strawberries, blackberries, melons, asparagus, sweet corn, tomatoes, pumpkins, cider and much more

Farm Hours: Daily

Saturday Mornings: Kansas City Farmers' Market, Olathe Farmers' Market & Overland Park Farmers' Market

### **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 pancake, waffle, cookie, cake, quick bread and muffin batters.

Recipe source: University of Missouri & Missouri Department of Agriculture

### **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

## Vernon County

### **Coffman's Produce & Custom Smoking**

Pat and Shanda Coffman, Rt 1 Box 75, Richards, MO 64778, 417-927-3475 or 417-684-1289

Products: Tomatoes, zucchini, corn, pumpkins, turnips, 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

### **Missouri Northern Pecans (O), (R)**

Drew Kimmell, 3400 Industrial Parkway, Nevada, MO 64772

Email: marketing@mopecans.com

Website: www.mopecans.com

Products: Certified-Organic and conventional pecans

Store Hours: Monday-Friday 9-5

Retail Locations: In the KC Area: Hy-Vee, Hen House, Price Chopper, Woods, Troque Farms, IGA, Farrans Deli, Whole Foods Market. In Lawrence: Community Merchantile.

### **The Organic Way (O), (CSA)**

Dan & Denise May, Rt. 1 Box 104, Milo, MO 64767, 417-944-2818

Email: danddmay@aicon.net

Website: www.theorganicwayfarm.com

Products: heirloom varieties of tomatoes, beans, beets, broccoli, cabbage, cauliflower, celery, cucumbers, carrots, radishes, egg-plant, garlic, gourds, herbs, lettuce, onions, peppers, potatoes, radishes, summer and winter squash, sweet corn, turnips, peas and more; cantaloupe, watermelon, strawberries, blackberries, peaches, pears, cherries and apples; eggs, chicken, beef, pork, goat, tomato sauce & juice, apple sauce, sour kraut, chow chow, canned beets, plant starts, bedding flowers, jellies and more.

Farm Hours: Wednesday and Friday 4-6 PM

Farmers' Markets: Overland Park Farmers' Market

### **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 350oF for 30 minutes or until filling sets—an inserted knife should come out clean when set.

Recipe source: University of Missouri & Missouri Department of Agriculture

### **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 minutes. 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