

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

Spring 2010

UNIVERSITY OF MISSOURI
 Extension

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Spring 2010

Get 'local' in 2010 by buying local...local Missouri-grown fruit, vegetables, meats, wines and value-added goodies, like jams and jellies. Taste the flavor of local foods by shopping farmers' markets, seeking out local products in grocery stores and in restaurants and exploring the community you live in by stopping by farmers' roadside stands.

See what the Taste of Local is all about.

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 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

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 businesses. 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 Food Routes 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.

Kansas City Community Supported Agriculture Coalition www.kc-csac.org

The KC-CSAC is an organization dedicated to bringing together local CSA farmers and eaters in the Kansas City metro area.

Definition of local food terms

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 using the term 'organic' must meet the terms described by the USDA National Organic Program which includes on-farm inspections and documents of support referred to as 'certification.' Many growers will use various organic practices but choose not to undergo certification. These farmers may not legally call their products 'organic' but may refer to products as raised using 'environmentally sustainable methods'. For this reason it is important to talk with the grower about his/her cultural practices. If you desire USDA Organic products ask to see a document of certification.
- ◆ **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

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: Assorted Variety Vegetables & Fruit, Farm-Fresh Eggs

Store Hours: closed Sunday

Hess Ranch

John or Susie Hess, Butler, MO

660-679-0041

All natural grass fed, free range beef, locally grown sides, quarter or bundles, hard cut and wrapped

For location, call phone number listed above.

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

Share your favorite locally food products with your friends and loved ones by making your next gift a locally produced Missouri food product.

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

- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ Beef, Pork, Lamb or Buffalo (frozen of course) ❖ Pecans or Walnuts (they are online) ❖ BBQ Sauces (WC MO has the best!) ❖ Sodas (old time treats) ❖ Salsa (goes great with those chips) ❖ Baked Goods & Desserts (order ahead of time) | <ul style="list-style-type: none"> ❖ Various Cheeses (try a local dairy) ❖ Wines & Beers (www.missouriwine.org) ❖ Jams & Jellies (shop a farmers' market) ❖ Chips (Missourians produce a few varieties) ❖ Syrups & Molasses (check on-farm stores) ❖ Snack Foods (beef or buffalo jerky) |
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Cass County

Baxter's Orchard (O)

28522 S Kauffman Road, Garden City, 816-862-8532 (5 miles south of Harrisonville on 7 Hwy South)

Products: Peaches, apples in season, vegetables, our own honey, jams and jellies

Hours: 9-5:30 Tuesday-Saturday and 11-5 Sunday

The Berry Patch (U)

Tom & Penny Willis, 22509 State Line Road, Cleveland, MO 64734

816-618-3771 or 816-658-3663

Website: theberrypatchonline.com

Products: blueberries, blackberries and frozen blueberries, blueberry jam, syrup, blueberry lemonade, blueberry plants, daylilies, gifts, honey, jams

Directions: From Kansas City, go south on 69 Hwy or Holmes Road (D Hwy) to 223rd Street, then to State Line Road, south to the patch.

Hours: Tuesday-Friday 7am-9pm, Saturday 7am-3pm

Winter Hours: Tuesday 7am-12noon, Saturday 7-12

Good Life Gardens

Roger Toomey, 39001 E 323rd St, Creighton, MO 64739

816-773-8561 or 816-716-4906

Email: goodlifegardens@juno.com

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

Farm Hours: Call ahead

John Riffle Angus Farms

John & Jean Riffle, 22010 Riffle Road, Pleasant Hill, MO 64080

816-540-2929, fax 816-540-3131

Email: jjriffleangus@webtv.net

Products: sweet corn, potatoes, okra, zucchini, green onions, squash, lettuce, spinach, tomatoes, radishes, beets, peaches, turnips, egg plant, square bales of straw, tomato cages 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 farm house on the west side of the road. Farm buildings are white with green roofs. Wholesale accounts delivered weekly.

Hours: open Saturdays 8am-5pm

Johnson Farms Plants and Pumpkins (Greenhouse) (FM) (W) (Ag)

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

Website: www.johnsonfarms.net

Email: johnsonfarms1006@sbcglobal.net

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

Hours: Seasonally adjusted: Spring - Mon-Sat 9-6 pm; Sundays 11-5 pm; Fall-Retail: Mon-Fri 12pm-6 pm, Saturday & Sunday 9am-6pm. School tours only Mon-Fri 9am-12pm.

Mama Trujillo's Foods, LLC (W)

Lonnie Trujillo, 27001 S. Grand River Road, Harrisonville, MO 64701

Lonnie@mamatrujillosfoods.com

Products: Mama Trujillo's Delicious Green Chile Sauce

Purchasing sites: Versailles Save-A-Lot, Versailles, MO; Stover G2M, Stover, MO; Pleasant Hill Save-A-Lot, Pleasant Hill, MO; Consentino's Price Chopper, Belton, MO; Consentino's Brookside Market, Kansas City, MO; Consentino's Price Chopper, 103rd State Line, MO; Consentino's Price Chopper, 937 NE Wood Chapel Road, Lee's Summit, MO; Consentino's Price Chopper; Raymore, MO; Belton Hy-Vee, Belton, MO; Langsford Landing Hy-Vee, Lee's Summit, MO; Lee's Summit West Hy-Vee, Cedar Creek, Lee's summit, MO; Consentino's Price Chopper (Greenwood), Lee's Summit, MO

Cass County

Pleasant Hill Farmers' Market (FM)

Lori Kays, 816-256-8889

First & Wyoming Streets in downtown Pleasant Hill, MO

Email: phillfarmersmarket@yahoo.com

We offer vegetables, fruit, mushrooms, honey, baked goods, and crafts

Every Saturday, June-September, 8am till sold out

KC BUFFALO

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

Website: www.kcbuffalo.com

Products: USDA Processed Buffalo cuts and products-ground buffalo

Saturday morning, City Market, Kansas City, MO

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

Retail Locations: Nature's Pantry, Independence, 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

Website: 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

Two Saucy Sisters

Harrisonville, MO, 816-898-3073

Email: 2saucysisters@comcast.net

Products: Barbeque Sauce

Description: Two Saucy Sisters is proud to carry on the great Kansas City Barbeque tradition of flavor, spice and that special extra ingredient that leaves families & guests coming back for more.

Sautéed Greens with Apples

2 TB Olive Oil 6 C Greens, chopped (Swiss Chard, kale, collards or beet tops)
1/2 tsp Coriander 3 Apples, peeled and chopped

In sa large skillet, heat oil, add greens and coriander. Toss to coat. Cover and let steam until limp, 5-10 minutes. Add chopped apples slices and sauté for 2 minutes. Serve warm.

Recipe source: University of Missouri

Clay County

Carolyn's Country Cousins (Ag), (R) (U Pick) (W) (FM)

Carolyn Raasch, 17607 NE 52nd St, Liberty, MO 64068

816-781-9196

Email: raaschew@mindspring.com

Web: 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: Sept. 19-Oct. 31—7 days a week, 10am—7pm, anytime by appt.

Farmers' Markets: Liberty Farmers' Market, Historic Liberty Downtown Farmers' Market, Parkville Farmers' Market, Blue Springs Farmers' Market.

Fair Share Farm (CSA), (O)

Rebecca Graff & Tom Ruggieri, 18613 Downing Rd, Kearney, MO 64060

816-320-3763

Email: tom@fairsharefarm.com or rebecca@fairsharefarm.com

Website: 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

Historic Downtown Liberty Farmers' Market (FM)

Patrick McDowell, Historic Liberty Square, Liberty, MO 816-914-7396

Web: www.historicdowntownliberty.org

Wide variety of fruits and vegetables, farm fresh eggs, cheeses, baked goods, prepared food items, crafts.

Hours: Saturdays, May - October 7am-12 noon

Community Supported Agriculture or CSAs

CSAs offer a great opportunity to try new fruits and veggies and, as they are delivered weekly, you have no reason to not eat those recommended daily allowances!

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 vegetable farmers (though other types of CSAs do exist). 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 as most include recipes. 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 or go to www.kc-csac.org

Clay County

Liberty Area Farmers Market (FM)

Buddy Raasch

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

Email: raaschew@mindspring.com

Website: 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

Liberty Corn Maze (Ag)

Errie Raasch and Bernie Raasch, 17607 NE 52nd St, Liberty, MO 64068, 816-781-9196

Web: www.libertycornmaze.com

22 acres of corn maze - largest in the state of Missouri

Hours: Sept. 4-Oct. 31st Fri. 5pm-10pm, Sat. 10am-10pm, Sun. 10am-5pm

Mr. Dell Foods, Inc

300 West Major, PO Box 494, Kearney, MO 64060

816-628-4644

Email: mrdell@uniteone.net

Web: www.mrdells.com

Products: Frozen Foods

Description: The unique ability to process and package potatoes with no additives or preservatives ensures that Mr. Dell's frozen products offer the true nutrition, and flavor of fresh products. No oils or sugars of any kinds are used in the processing of Mr. Dell's products. Additionally, Mr. Dell's uses no genetically modified products or seed (non-GMO). These unique processing secrets yield a final product that contains true potato taste; nothing more, nothing less.

Nine Shoes Farm

Karen Whedon, 5150 SE Barnesville Rd, Lawson, MO 64062

816-695-3491

Website: 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, 708 Armour Road (Caboose Park), North Kansas City, MO 64116

816-472-7700

Email: Cheryl@nkcbusinesscouncil.com

Website: www.nkcbusinesscouncil.com

Products: Fresh produce, bedding & flowering plants, fresh herbs, local honey, jams, jellies, cheeses, baked goods, emu products (meats, lotions & oils), prepackaged gourmet meals-in-a-bag, fresh flavored pastas, homemade tamales, chips and salsas, exotic fragrances for your bath, body and home, bath & beauty products, jewelry, candles, crafts and more.

Hours: Friday 7:00am—1pm, May 8 thru October 20, 2009

Prairie Birthday Farm

Linda Hezel, Kearney, MO 64060

816-781-9654

Email: lindahezel@aol.com

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

Volunteer apprenticeships available through Kansas State Growing Growers Program, www.growinggrowers.org

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

Clinton County

Campo Lindo Farms

Jay & Carol Maddick, 2390 SE 228th St, Lathrop, MO 64465

816-740-3625

Email: clf@grm.net

Web: www.CampoLindoFarms.com

Products: All-Natural Chicken and Eggs, Thanksgiving Turkeys, Beef & Lamb by piece or side.

Saturday Mornings: Parkville Farmers' Market

Farm Hours: call ahead

Retail Locations: Hen House (sold under Good Natured Family Farms label), Cosentino's Brookside Market, Cosentino's Price Choppers at 95th & Mission, Brookside, Liberty and Woods Chapel Rd, Hy-Vee Stores at State Line & 72nd, 135th & Antioch and in St Joseph, Mother Nature's and Nature's Pantry, Piropo's (BriarCliff).

Paradise Locker Meats (R)

Teresa & Mario Fantasma, 405 W Birch St, Trimble, MO 64492

816-370-6328

Website: www.paradisemeats.com

Email: paradiselockermeats@centurytel.net

A Full Retail Shop and Inspected Processing Facility

Available Retail Products include: Locally raised pastured Pork, Beef, Chicken and retail products.

Now Available: Paradise's own award-winning smoked meat products that are being featured in nationally-known retail locations

Specialty Items Include: 8 varieties of Kielbasa, Italian Sausages, Summer Sausage and more all made with Old-World Fantasma family recipes

Processing: USDA inspected facility and custom processing available, call for pricing (beef, chicken & more).

Store Hours: 9am-6pm Monday-Friday and 9am-3pm Saturday, closed Sundays and Holidays or order online.

Sage Moon Naturals (FM), (RS), (W)

Michael Bates, 13404 Cameron Road, Excelsior Springs, MO

816-628-0087

Email: Sage_Moon_Naturals@yahoo.com

Products: Seasonal Heirloom Produce, Heritage Breed Lamb-Whole, side and individual cuts, eggs, chicken, duck, goose

Specialty Items: Raw fleece, sheep hides, handmade quilts, handmade rugs

Hours: Call ahead for appointment

Shatto Milk Company (Ag), (R)

Leroy Shatto, 9406 N Hwy 33, Osborn, MO 64474

816-930-3862

Website: 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, cheese, ice cream.

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

Farm Store: Monday-Friday 8am-6pm, Saturday 8am-4pm, Sunday 9am-4pm

Windy Ridge Produce (FM)

Bill or Clara Hanks, 4850 SW Middle Road, 816-930-2175

Email: williamlhanks482@centurytel.net

Produce: tomatoes, cucumbers, eggplants, sweet bell peppers, hot peppers, watermelons, cantaloupes, pumpkins, summer squash, winter squash, cabbage.

Hours: Call ahead

Daviss County

Rains Natural Meats (R)

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

Web Address: www.rainsnaturalmeats.com

Email: rainsmeat@windstream.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: Monday-Friday 9am-5:30pm, Saturday 9am-12:00, shipping available

Songbird Creek Farm (O)

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

Email: estherh@hughes.net

Products: Organically grown vegetables and vegetable plants, meat, dairy or eggs, process foods, specialty items.

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, produce manager, dairy manager, meat department manager or general manager about them during your next visit. Sometimes an inquiry into where the products are located in the store will actually be the motivating factor for a store to begin sources locally grown and produced products. But, it doesn't work unless you ask!

Henry County

Clinton Farmers' Market (FM)

Jennifer Shadwick, 100 W. Jefferson, Clinton, MO 64735
660-885-4700

Email: fizzicians@hotmail.com, please contact for any information!

Location: Historic Downtown Clinton Square (North side of the square)

Products: We offer everything from apples to zucchini - crafts & much more.

Market Hours: April - October Every Tuesday 2pm to sellout & Saturday 7am to sellout.

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: oakspringsfarm@local.net

Web: www.oakspringsfarm.tripod.com

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

Want to preserve your fruits and vegetables for later use?

Extension Nutritionists in West-Central Missouri have begun to offer an increased number of food preservation classes through the area's 11 county region. Contact the following Nutritionists for more info on the next class:

Karen Elliott	(816) 482-5854 or elliottk@missouri.edu
Glenda Kinder	(816) 407-3490 or kinderg@missouri.edu
Lynda Johnson	(660) 584-3658 or johnsonl@missouri.edu
Susan Mills-Gray	(816) 380-8460 or mills-grays@missouri.edu

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

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

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

Amigoni Vineyards and Urban Winery (Ag)

Michael Amigoni, Centerview, MO

888-984-WINE

Email: Michael@amigoni.com, [www: Amigoni.com](http://www.Amigoni.com)

Products: USDA Inspected Meat, dairy or eggs, processed foods, specialty items, locally grown grapes for local wine.

Cabernet Franc, Cabernet Sauvignon, Chardonnay, Viognier, and Malbec.

Retail Outlets: Royal Liquor (KC), Lukas Liquor (KC), Berbiglias (KC), Justus Drugstore Restaurant (Smithville), PotPie Restaurant (KC), Room 39 (KC), Gomer Liquor (KC), JJ's Restaurant (KC) Happy Hour Liquor (Independence)

Tasting Room Hours: 4-7pm on Fridays, 1600 Genessee, Livestock Exchange Building, Kansas City in West Bottoms.

Azomite Mineral Products, Inc.

7406 NE 84th Terrace, Kansas City, MO 64157

816-415-1919

Email: information@azomite.com, Web: www.azomite.com

Products: Non-Food Products, Minerals and fertilizer

Description: Natural Trace Minerals—Over 70 Trace Minerals and Elements for soil Re-mineralization and Feed Additive (Anti-Caking Agent)

Azomite ® Micronized—For plant or animal use

Azomite ® Slow release—for plant use

Azomite ® Feed-Grit—For animal use

All products are safe for organic production and approved by OMRI (Organic Materials Review Institute) and certified Halal.

AZOMITE ® falls under General Recognized as safe (GRAS) FDS Classification.

Bad Seed Farm (O)

Brooke Salvaggio & Daniel Heryer, 1201 W. Bannister Rd, Kansas City, MO 64114, 913-522-3458

Email: brooke@badseedfarm.com

Website: www.badseedfarm.com

Products: Organically grown heirloom vegetables, culinary herbs and edible flowers

Farm Hours: Call or email ahead-visitors welcome

Farmers' Markets: Please come see us at our very own "funky" Friday Night Farmers Market at the BADSEED Storefront in downtown KC—1909 McGee, KCMO 64108

Bannister Federal Complex Farmers' Market (FM)

Sandra Dukes, 92nd & Troost, 816-926-3501

Produce and bakery items.

Open every Tuesday beginning June 16 thru Sept. 29th. 10:30am - 1:30pm

Barber Farm (U-pick)

Teresa Barber, Brookside Area, 816-516-1358

Email: barbertl@yahoo.com

Products: Fresh cut and dried flowers (over 50 varieties), lavender, custom dried flower arrangements and wreaths, fresh herbs, and vegetables. Teresa employs sustainable growing methods and does not use any chemical fertilizers, pesticides or weed killers. CSA subscriptions for herbs and flowers are still available (pick up arranged by appointment).

Jackson County

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 7am-Noon, Wednesday 5pm-8pm

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

Drumm Farm Garden

Independence, MO

816-286-6233

Email: bruce@drummfarm.org

Products: USDA Certified Organic vegetables and cut flowers

Hours: Saturday mornings at Farmer's Community Market at Brookside and 8:00 to 12:00 at the garden in Independence.

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

www.FarmersCommunityMarket.com

Dedicated to providing a wide selection of organic and sustainably-raised local food, the Farmers' Community Market has a lively mix of local and certified organic farmers with farm-fresh vegetables, herbs, and juicy sweet fruit, bright flowers, and delicious meats, eggs and farmstead cheeses. Our farmers use sustainable and humane practices to produce hormone and antibiotic-free meats and truly free-range chicken eggs. The market also features locally roasted, organic and fair trade coffee, freshly prepared breads and baked goods (including vegan and gluten-free items), and ready-to-eat breakfast foods. Organic, hand-crafted soap and artists with locally handmade crafts complement the market. Join us Saturdays for live music, children's activities and great food.

Opening Day: April 17th; Herb Festival: May 8th; Garden Festival: June 19; Heirloom Tomato Festival: July 24; Children's Festival: August 14; Fall Festival October 2nd.

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

Hours: April 17-Oct 23, Saturdays 8am-1pm

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

Herb Gathering Inc and Twelve Winds Tea Company

5742 Kenwood Avenue, Kansas City, MO 64110

816-523-2653

Email: Paula@herbgathering.com, Web: www.herbgathering.com

Products: Beverages, fresh herbs, pet toys, lavender dryer bags, hand crafted teas and silk scarves and pastel prints

Hours: Call ahead - wholesale and retail

Jackson County

Kansas City Market (FM) The City Market

20 East 5th Street, Kansas City, MO 64106

816-842-1271

Email: dconnors@cwbc.com, Website: www.thecitymarket.com and Facebook

The City Market is open year round, seven days a week with vendors setting up at the market on Saturdays 6am to 3pm, and Sundays 8am to 3pm. The City Market Vendors accept SNAP.

Products: Locally grown fruits and vegetables, bedding plants, vegetable plants, fresh herbs, house plants, cut flowers, cheeses, milk, farm fresh eggs, meats (buffalo, beef, lamb and chicken), pasta, jams and jellies, dressings, baked goods, fudge, honey, salsa, seasonings and handmade arts and crafts.

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

Downtown Lee's Summit Farmers' Market (FM)

Stacy Brandt, Events & Marketing Coordinator

816-246-6598

Email: events@downtownls.org, Website: www.downtownls.org

Products: fruit, vegetables, meat, baked goods, crafts, & more

Location: Corner of Second & Douglas Streets in downtown Lee's Summit

Wednesdays and Saturdays from 7:00am-sellout. The Market opens April 24th and runs through November 6th.

Old World Italian Foods

233 SW Greenwich #197, Lee's Summit, MO 64082

816-366-0038

Email: oldworlditalian@comcast.net

Products: Pasta Sauces

Description: We proudly produce Aunt Angie's spaghetti Sauce. It comes in a Sweet and Mild and Sweet and Spicy flavors.

Low in sugar, sodium, no cholesterol and rich in vitamin C and A. We use all natural ingredients for this premium sauce, making it a healthy choice for today's family. It's what you buy when you want gourmet at home.

Patty Pan Squash Skillet

1/2 C Onion (diced)	1/2 C Bell Pepper (chopped)
2 C Patty Pan Squash (cubed)	2 Medium Tomatoes (quartered)
2 TB Butter	1 TB White Sugar
1/4 tsp Black Pepper	1 tsp Salt
1 tsp Flour	

In a skillet, sauté onion and bell pepper in butter. Stir in flour, salt, pepper and sugar until completely incorporated with the melted butter. Add squash and tomatoes and cook until tender.

Recipe source: University of Missouri

Jackson County

Root Deep Urban Farm (CSA)

Sherri Harvel, 3217 East 19th Street, Kansas City, MO

816-924-3523

Email: rduf@copper.net, Website: www.rootdeepurbanfarm.com

Products: A variety of greens, potatoes, filet beans, beets, carrots, peas, cow peas, turnips, kohlrabi, tomatoes, peppers, eggplant and a selection of herbs.

Farmers' Markets: 39th Street Community Market, 39th & Genesee, KCMO every Wednesday 4:30pm - 7:30pm from early 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

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

Stephenson's Orchard & Fruit Market (R) (W)

Market: 16501 E. 40 Hwy, Independence, MO 64055

Market Phone: 816-373-4990

Office phone: 816-373-5138

Email: cider2@mindspring.com

Products: apple cider, fresh fruit, Amish jams, jellies, candies, sorghum, specialty jams, preserves, relishes, syrups, toppings, nuts (Missouri pecans in fall), apple butter, fruit-themed gifts

Description: Our cider is made from apples grown by local Missouri and Kansas growers, primarily from the St. Joseph, Waverly and Boonville areas. The cider is filtered clear and flash pasteurized. It is available in gallons, half-gallons and 16 ounce sport bottles. Our cider is available at our retail market and at many area grocery stores, distributed by the Kansas City AWG Warehouse.

Hours: 9:30am—5:30pm daily, mid-June through mid-November (9am-5pm November 1 to end of season)

The Slabs, LLP

405 N Carrico Drive, Lone Jack, MO 64070, 816-682-4166

Email: info@theslabs.com

Web: www.theslabs.com

Products: Barbecue Sauce, Flavorings/Seasonings

Description: We market:

The Slabs Pork Up Your Pork Rub

The Slabs Complete Your Meat BBQ Sauce

The Slabs Wow Up Your Cow Beef Rub

The Slabs Birds & Bones Chicken and Rib Rub

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

Troostwood Youth Garden (O), (FS)

Erica Wright, 5142 Paseo Blvd, Kansas City, MO 64110

816-699-1803

Products: numerous seasonal vegetables (from A-Z)

Hours: Wednesday 10am-7pm, Saturday 8am-3pm

Jackson County

Troque Farms

Rennie Graves, 31710 E Oakland School Road, Buckner, MO 64016
816-650-9307

Email: TroqueFarms.net, Website: Troquefarms@aol.com

Products: seasonal, raw honey, pasture raised chickens, beef, pork and lamb. No antibiotics or hormones. Full line of animal feed supplements and natural/organic fertilizers

Hours: 10am - 6pm (call ahead)

VinoGrad Winery (W)

501 S. Sterling, Sugar Creek, MO 64054, 816-836-5903

Email: paul@vinogradwinery.com

Web: www.vinogradwinery.com

Products: Barbecue Sauce, Gifts, Winery

Cucumber Dip

2 Med. Cucumbers (peeled, seeded & chopped)	2 Green Onions (sliced thin)
1/2 C Plain Yogurt	2 TB Lemon Juice
1 TB Vinegar (White or Cider)	Fresh Dill to taste (chopped)

Pulse all ingredients in a blender or food processor until smooth. Chill for at least 10 minutes. Serve with crunchy vegetables or slices of pita

Recipe source: University of Missouri Extension

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., (Junction 13&50 Hwy) Warrensburg, MO 64093

800-353-8553

Email: alewels@sprintmail.com, Website: www.alewels.com

Products: Frozen foods, gifts, USDA Inspected meats, cured meats, processed meats (sausages & jerky), Private labeling, fresh retail cuts

Store Hours: Monday - Saturday, 8am-5pm

Benedict Builders Farm

Calvin & Laura Benedict, 474 NE 951, Knob Noster, MO 65336

660-563-3309

Products: Completely 100% 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

660-656-3409

Email: aozias@gmail.com, www.breezy-hill-farm.com

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

Store Hours: Call ahead

Buckeye Acres (U)

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

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

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

Farmers' Markets: 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

Raspberry Sauce

1 TB White Sugar	2 TB Corn Starch
2 TB Orange Juice	1 1/4 C Raspberries (red or black)
1 TB Orange zest	

In small saucepan, mix sugar, cornstarch and orange juice. Stir in raspberries and orange zest. Cook over medium heat, stirring constantly until mixture boils for 1 minute. Serve over fresh peach halves or chill and serve with yogurt or ice cream.

Recipe source: University of Missouri

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), soy wax candles

Farm Hours: Call ahead

Farmers' Markets: Warrensburg Farmers' Market

Deans Produce (FM) (R)

Allan & Sandy Dean, 431 SW 1201 Rd, Holden, MO 64040

816-732-6464

Products: Green beans & assorted produce

To get to Farm: 1/4 miles on 1201 Rd. south of Lloyd's store. Gray trailer on east side with telephone tower just south in pasture.

Farm Hours: call ahead or stop by

Farmers' Markets: Holden Farmers' Market on Saturday Mornings & some Wednesday mornings when we have an excess of produce: 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, creamed honey, lip balm, leather sealer, all using hive by-products. Seasonal—Shiitake Mushrooms from Spawn Inoculated logs.

Farm Hours: Call ahead

Retail Location: Powell Gardens Gift Shop, Parker's Supermarket

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

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

Johnson County

Montserrat Vineyards (W)

Phil & Kelly Weinberger, 104 NE 641, Knob Noster, MO 65336, 660-747-WINE (9463)

Wines: Chambourcin, Mont Blanc, Tramonto, Damifino, Tre'Belle, Jolie Blonde, Norton, Mead. FREE wine tasting daily

Farm Hours: open daily 10:30 AM –Sunset Monday-Sunday; live music and entertainment on Saturday nights, May-Sept.

Available for corporate events, reunions, weddings, special occasions. Bed & Breakfast will be open soon.

(please no outside food or beverages).

Powell Gardens

1609 NW U.S. Highway 50, Kingsville, MO 64061, 816-697-2600

Email: czind@powellgardens.org

Web: www.powellgardens.org

Products: Community Harvest Festival, flavorings/seasonings, fresh vegetables and herbs, fresh fruit, gifts, botanical garden with food garden

Description: The Heartland Harvest Garden is a beautiful “edible landscape” that showcases food plants of every shape and size within distinct gardens, including a Quilt Garden with an overlook, a grape vineyard, kitchen garden and orchards.

Visitors will find something fresh-picked to sample everyday, and the food festivals will feature sweet corn, tomatoes, peppers and harvest foods. Chef demonstrations and tips for home gardeners are offered and a children’s garden has a tutti-frutti maze, a fun foods garden that explores the origin of candy flavors, sculptures for climbing and a worm dig.

RKS Farms

Sue or Rick Stropes, 189 SW Hwy 2, Chilhowee, MO 64733

816-405-9545 or 816-405-4966

Email: sue.stropes@gmail.com, Website: www.rskfarms.com

Products: Grass-fed beef (1/4, 1/2 and whole, by order), chicken (by order) and brown eggs, pastured pork, no growth hormones, no antibiotics, no grain for cattle

Farmers Markets: Lee’s Summit, Clinton

Farm Hours: anytime

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 (State Fair 1st and 2nd Place) & assorted veggies

Farmers’ Markets: Tuesday, 2pm-6pm and Saturday Mornings 7am-noon: Golden Valley Farmers’ Market in Clinton, MO

Farm Hours: call ahead

The Mixing Bowl

Julia Brubaker, 383 NW 501, Centerview, MO 64019

660-429-2466

50 West to 58 S, turn north at this crossroad on 501, go north 2.8 miles.

Products: Cinnamon rolls, cookies, pies, breads, farm fresh eggs, jams and more. Products are preservative-free.

Farmers’ Markets: Lee’s Summit Farmers’ Market

Store Hours: Thursday-Saturday, 8am-5pm

Johnson County

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

Farmers' Markets: Warrensburg Farmers' Market

Farm Hours: Call ahead for availability and hours

Warrensburg Farmers' Market (FM)

Jessica Rhodes, 111 N. Holden Street, Downtown Warrensburg, MO

Email: wmainst@embarqmail.com, Website: www.warrensburgmainstreet.com

Products: Assorted vegetables, fruits, honey, jams and jellies, homemade baked goods and crafts

Location: Corner of Holden and North Street in Downtown Warrensburg

Hours: Saturdays 7am-sellout and Wednesday 4pm-6pm.

Lafayette County

Adams Farm

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

Products: Watermelon, cantaloupe, berries, cucumbers, broccoli, zucchini, tomatoes, tomato plants, eggplant, spinach

Farm Hours: call ahead

Farmers' Markets: Blue Springs on Tuesday morning, Lafayette County Farmers' Market on Tuesday evening, Independence Farmers' Market on Wednesday and Saturday mornings.

Alma Farm Fresh 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

Baltimore Bend Vineyard (W)

27150 Hwy 24, Waverly, MO 64096, 660-493-0258

Baltimorebend2yahoo.com

www.baltimorebend.com

Products: Winery, Other, Grapes

Description: Dry, Semi Dry, Semi Sweet, Sweet, Fruit

Hours: call ahead

Beans & More

Norman Schmutz, 8970 Houx Rd, Mayview, 1 1/2 miles SW of Mayview, 660-237-4532 or 816-726-1707

Email: farmersdaughter@ctcis.net

Products: Green beans and more things if I can. No preservatives used! Fresh! Will deliver large quantities or pick up from field.

Available at Hy-Vee and Price Chopper

Beckner Orchards (O)

8560 Appletree Road, Lexington, MO 64067

816-934-8149

Products: Peaches, sweet corn & asparagus

Farm Hours: Monday-Saturday 8am-5pm, Sundays 12pm-5pm

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

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. Orchards are located in Cass, Platte, Lafayette and Jackson Counties just to name a few.

Lafayette County

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

Cornerstone Farm (CSA)

Heather Laudie, Higginsville, MO, 816-352-8201

Email: CornerstoneFarm@gmail.com

Products: Heirloom tomatoes, 6 types of cucumbers, 6 types of summer squash, 20 heirloom lettuces and peppers,

Hours: Call ahead

County Line Pumpkin Patch

Clyde & Rebecca Burchett, 20371 Hwy YY, Higginsville, MO 64037

660-584-3879

Email: scaryman@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.

Hours: 9am - 7pm Monday-Saturday and Sunday 1pm - 6pm. First of Summer picking usually beginning end of June

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 www.fahrmeierfarms.com

Products: Produce from A-Z, asparagus to zucchini that are grown in Missouri, red raspberries, blackberries & rhubarb. Farm fresh eggs available late in 2009, jams, jellies, salsa, wines from our own vineyard. USDA inspected meats—beef, pork & Meat goats, available on availability and special request.

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 (Sat) 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

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

Lafayette County

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 (spring season greenhouse)

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

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.

I-70 Farmers' Market (FM)

Odessa Outlet Mall, Odessa, MO

913-563-6846

Email: mom81549@yahoo.com

Products: Farmers' Market

Description: We have restricted our market to only locally grown produce and farm products, vendor produced crafts, jams, jellies and baked goods.

Located at the corner of Dryden and 2nd Street in Odessa, MO. Take either Odessa exit, Old 40 hwy to McDonalds and go south.

Hours: Saturday mornings 8-noon, and starting May 18th, Tuesdays 4:30pm-6:30pm.

Lafayette County Farmers' Market (FM)

Billy Miller, Market Master, Lexington, MO

660-259-7260

Products: vegetables, fruits, herbs and greens in season

Location: Bank Midwest parking Lot, Main Street & 13th St., Lexington, MO

Hours: 4:30pm-7pm every Wednesday, May 12 - August 15th

Le Ferme du Bonheur

Doug & Danielle Schroeder, 22061 Poplar Rd, Higginsville, MO 64037, 660-584-6460

Website: 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

Mother Earth Market (R) (Ag)

Becky, Matt and Sherri Thorp, 28133 Hwy 24, Waverly, MO 64096

660-493-2137

Products: Locally grown peaches, apples, and seasonal garden vegetables. Amish jam, jellies, and jarred goods

Location: 2.5 miles West of Waverly and 19 miles East of Lexington.

Farm Hours: Seasonal Hours, Call ahead

New Oak Vineyards (W)

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

Email: mail@newoakvineyards.com

Website: www.newoakvineyards.com

Products: Norton, Chambourcin, Chardonnay, New Oak Red, Giuseppe, Vino Rosa, Saint Vincent, New Oak Blush, Seyval, Vignoles, New Oak White, New Oak Peach, Apple, Sole Dolce

Hours—Wed-Sun 11-6pm

Lafayette County

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
 Email: 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

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

Peters Market

20 Miles East of Lexington on Hwy 24 and 1 mile East on Hwy 65
 660-493-2368
 Email: petersmkt@hotmail.com, Website: www.petersmarket.com
 Products: peaches, apples, fruit butters, farm produce, pecans, nuts, honey, sorghum and more
 Hours: mid-July through Thanksgiving Monday-Saturday 8am-5pm and Sunday Noon-5pm

Peters Orchards, Inc

1400 Washington, Waverly, MO
 660-493-2291
 Products: Apples
 Orchard Hours: mid-August to mid-November, Monday-Friday 8am-5pm.

Rasa Orchards (R)

19510 Garr Road, 8 miles East of Lexington on Hwy 24
 660-259-4228 (market #) or 660-259-2938
 Email: rasaorch@myturbonet.com
 Products: apples, peaches, pears, pumpkins, squash, nectarines, fresh vegetables and herbs, honey, liquid or creamed flavored honey, jellies, jams, apple butter
 Seasonal roadside market, opens mid-July thru mid-November.
 Hours: 8:30am-5:30pm, Sunday 10am-5:30pm

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

Lafayette County

Share-Life Farm (CSA)

Jim & Rose Thomas, 21302 185th Rd., Marshall, MO 65340

660-886-3936

Website: sharelifefarms.com

Products: Certified organic vegetables (asparagus to zucchini), berries and eggs

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

CSA at the Farm, Eastern KC and Columbia

Farm Hours: Call ahead

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

660-259-4077

Email: john@terrebeauvineyards.com, Web: www.terrebeauvineyards.com

Products: Wines: Norton (dry red), Chardonal (semi-dry white), Chambourlin (medium body) Lafayette Red (semi-sweet red),

Cannonball Red (sweet red), Frontier Lady (semi-sweet white), Giovanni (Semi-Sweet)

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

Retail Location: 100 South Lynn, Dover, MO 64022

Hours: Wednesday-Sunday noon-6 PM,

Winter Hours: Friday, Saturday, Sunday, 11am-5:30pm, January 1 to March 31

Three Trails Winery, LLC

Brandon Fahrmeier

9374 Mitchell Trail, Lexington, MO 64067, 330-701-3210

Hours: Call ahead

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.

Wood-turned items.

Farmers' Markets: 39th St. Farmers' Market, KCMO, Wednesdays 4:30pm-7:30pm.

Wood Mood Gardens (O)

Curtis Wood, 20987 Hwy 20, Higginsville, MO 64037, 660-584-3552

Email: woodmood@ctcis.net

Products: Organically raised asparagus, potatoes, tomatoes, eggs and more

Hours: Call ahead

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

Please visit our fan page on Facebook

Products: Free-range eggs seasonal organic heirloom veggies, herbs, flowers

Farmers' Markets: Zona Rosa on Tuesdays 3-5pm

Farm Hours: Call ahead

Green Dirt Farm, LLC (FM) (U) (W)

Jacqueline Smith, PO Box 74, Weston, MO 64098, 816-386-2156

Website: www.greendirtfarm.com

tony@greendirtfarm.com

Products: Grass-fed lamb, sold in frozen retail cuts or "locker lamb" in which you specify the cuts you want, eggs, sheeps milk cheese

Farm Hours: call ahead

Saturday Mornings: Brookside Farmers' Market, City Market, Overland Park, KS Farmers' Market

Jowler Creek Vineyard & Winery (W)

Colleen Gerke

16905 Jowler Creek Rd, Platte City, MO 64079, 816-858-5528

Email: info@jowlercreek.com

Products: Norton, Chambourcin, Vignoles, Traminette, Critter Cuvee, Butterfly Blush, Nort (Port-Style version of the Norton) Fresh-cut, u-pick herbs & dried herbs.

Winery Hours: Wednesday - Sunday 11am-5pm

Karbaumer Farm (CSA)

Klaus and Lee Karbaumer, 12200 Hwy 92, Platte City, MO 64079

816-270-2177

KarbaumerFarm@yahoo.com, Web: www.KarbaumerFarm.com

Products: Assorted organically grown heirloom tomatoes & lettuce; large variety of other organically grown vegetables, free-range eggs.

Description: Our farm is powered by Belgian Draft Horses; no tractors. CSA families join us for several farm events, bonfires and horse-drawn wagon and buggy rides. We have a huge cider press and small farm pond stocked with catfish. CSA members can borrow the program's canning and food dehydrating equipment, children and their parents can try their hand at growing vegetables in their own small rows on our farm in "Rows to Grow". Visitors welcome. Come see how your food is grown and meet the farmers who grow it.

Farm Hours: Any time. Farm vegetable and egg sales any time.

Did you know?

Because of Missouri's climate, native North American species of grapes that are cold-hardy have the best chance for survival and are the most productive.

In 1980, Augusta, Missouri became the first designated Official Viticulture Area in the United States (beating Napa!)

The Norton/Cynthiana is the official grape of Missouri.

The Institute for Continental Climate Viticulture & Enology conducts research for Missouri and Midwestern grape And wine producers. The institute is housed at the University of Missouri's College of Agriculture, Food and Natural Resources on the Columbia, MO campus.

Platte County

Parkville Farmers' Market (FM)

Contact: Shelley Oberdiek

816-330-3279

Email: farmersmarketmanager@yahoo.com

Products: Free-range chickens & eggs, lamb, assorted fruits and vegetables, local honey & honey by-products, heirloom vegetables, jams and jellies from homegrown fruits, homemade baked breads & sweet rolls, elk meat/jerky/sticks, blueberries/blackberries (in season), flowering plants, potted herbal plants, pumpkins, gourds.

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

Hours: Saturday mornings 7am-sellout - April 24 through October, and Wednesday afternoons 2-6pm beginning in June

Platte City Farmers' Market (FM)

Mary Anne Brooks, 2601 Running Horse Road, "Ranch & Home Farm Store"

Products: Fruits, vegetables, lamb, chicken, eggs, certified organic or ????. And handcrafted items.

Farm Hours: open to customers

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

Pirtle Winery (W)

Pirtle Winery, 502 Spring St, Weston, MO 64098, 816-640-5728

Website: www.pirtlewinery.com

Products: Wines: Chambourcin, Mellow Red, Premium Port, Seyval and Weston Bend White Meads: Traditional, Effervescent, Blackberry, Peach and Raspberry, Apple, Blueberry, Cherry, Chocolate Cherry, New Wines all the time.

Winery Hours: Monday-Thursday & Sunday 10am-6pm, Friday & Saturday 10am-7pm

Pumpkins, Etc. (U)

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

Website: www.pumpkinsetc.com

Email: 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

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) (R)

L.R. & Scott Vaughn, 23200 N Hwy 273, Weston, MO 64098, 816-386-2900

Products: Apples, U-pick pumpkin patch (Seasonal)

Hours: Call ahead

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

Weston Farmers' Market (FM)

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

Email: westonredbarnfarm2000@yahoo.com, Website: www.westonredbarnfarm.com

Products: peaches and apples, pumpkins & assorted vegetables, pick your own blackberries

Events: Fall Festival, hayrides, corn & prairie trail mazes, pony rides, bonfires, weddings, company & church picnics

Hours: Open May-August, Monday-Friday 8am-5pm, Sunday 12-5pm

Labor Day Weekend through Mid November Daily 8am-5pm

Call ahead to arrange group outings

Zona Rosa Farmers' Market (FM)

Contact Person: Brenda Noorbakhsh, 8640 N. Dixson Ave., KC MO, 64153

Email: Bnoorbakhsh@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!

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

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

Wanna eat more fruits and veggies?

Add a layer of fresh **spinach** to a pizza before cooking OR make your pizza European by adding a **salad** directly of top of a warm pizza!

Get creative with root vegetables (**turnips, carrots, beets, sweet potatoes, or parsnips**) by chopping them, tossing them lightly in olive oil, adding some herbs and baking them at 375 for about 20 minutes or until tender.

While you're grilling this summer, lightly brush an **apple, peach** or fresh **pineapple** with vegetable oil and grill it for a few minutes on each side. Serve for dessert. The same process works with **broccoli, cabbage** (sliced in thick slices) and even **lettuce** (half it, brush with olive oil and place on grill, sliced-side down, for 2 minutes).

Ray County

Fence Stile Vineyards & Winery (W)

31010 W. 124th Street, Excelsior Springs, MO 64024, 816-500-6465

Email: info@fencestile.com

Web: www.fencestile.com

Products: Beverages, candles, community harvest festival, educational farm, entertainment farm, flavorings/seasonings, gifts, non-food products, winery, vineyard

Description: Fence Stile Vineyards & Winery is a working vineyard where we grow several varieties of grapes and make affordable wine. We offer tastings, picnics, event space and music. From time to time, we also have planting parties, weed-ing parties and harvest parties. It is a great way to learn about growing grapes, making wine and appreciating wine.

Parker Farms (CSA)

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

Email: parkerfarms@peoplepc.com

Web: www.ParkerFarmsMeats.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@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; 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

Vantill Farms

Debbie Einerson

13986 Hwy C, Rayville, MO 64084, 816-776-2720

Web: www.vantillfarms.com

Products: Baked goods including, artisan breads, assorted cookies, rolls, danish and cakes, fruit pies and cheesecake.

Various seasonal vegetables, strawberries, various hanging baskets and patio flowers. We also have jams and jellies.

Box lunches and full catering is available. Pizza on the Patio every Friday night starting at 4:30pm-8:00pm

Store Hours are Tues-Sat 9:00am -6:00pm

Closed Monday and Sunday

Farmers' Markets: City Market in Kansas City and Richmond Missouri Farmers' Market

St. Clair County

Bear Creek Farm

Jim & Robbins Hail, 12595 NE 50 Road, Osceola, MO, 64766

417-282-5894

Email: robbinshail@hotmail.com

Products: Certified organic fruits, vegetables, flowers & herbs. Organic vegetable, herb and fruit transplants for your garden. We specialize in Heirloom varieties, with over 500 varieties of tomatoes.

Retail Locations: Whole Foods, Kansas City Country Club, and other fine restaurants, Wild Oats and door to door organics.

Farm Hours: Please call

Saturday Mornings: Brookside Farmers' Market

Gordon's Orchard (R)

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

Email: bkgorden@wildblue.net

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

Farm Hours: Daily 8am-5pm, Sunday 11am-5pm

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, 417-667-3501

Email: marketing@mopecans.com

Website: www.mopecans.com

Products: Pecans

Description: The native pecan grows wild in our area. Due to our shorter growing season, they are higher in monounsaturated oil, which gives them a sweeter flavor than the larger southern hybrids. We offer "Missouri Northern" conventional, pesticide-free pecans, certified 100% organic "American Native" pecan halves & pieces, and roasted & Salted 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 Mercantile.

The Organic Way (O), (CSA)

Denise Trimmer, 28475 S. E. Highway, Milo, MO 64767

417-944-2818

Email: theorganicwayfarm@live.com

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

Farmers' Markets: Webb City Farmers' Market, Lamar Farmers' Market

Farm Hours: Wednesday and Friday 4-6 PM

Old Fashioned Pecan Pie

3 eggs, beaten

1/2 C white Karo syrup

1 C Missouri pecans

1 tsp vanilla

1 pie shell

3/4 C sugar

1/2 C dark Karo syrup

1/2 C margarine, melted

1/4 tsp salt

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

Farmers' Market

MONDAY

Kansas City Market (Jackson County - page 16)

The City Market is open year round, seven days a week with vendors setting up at the market on Saturdays 6am to 3pm, and Sundays 8am to 3pm.

The City Market Vendors accept SNAP.

TUESDAY

Clinton Farmers' Market (Henry County - page 13)

2pm - sellout

April thru October

Bannister Federal Complex (Jackson County—page 14)

10:30am - 1:30pm

June thru September

Beacon Complex Market (Jackson County—page 15)

10:30am - 1:30pm

June thru September

Kansas City Market (Jackson County - page 16)

The City Market is open year round, seven days a week with vendors setting up at the market on Saturdays 6am to 3pm, and Sundays 8am to 3pm.

The City Market Vendors accept SNAP.

I-70 Farmers' Market (Lafayette County—page 25)

4:30pm - 6:30pm

Starting May 18th

Zona Rosa Farmers' Market (Platte County - page 30)

4pm - 8pm

June thru September

WEDNESDAY

Liberty area Farmers' Market (Clay County - Page 10)

7am-1pm

39th Street Community Farmers' Market (Jackson County - page 14)

5-8pm

May thru October

Independence Farmers' Market & Crafts (Jackson County - page 15)

7am-1pm

Kansas City Market (Jackson County - page 16)

The City Market is open year round, seven days a week with vendors setting up at the market on Saturdays 6am to 3pm, and Sundays 8am to 3pm.

The City Market Vendors accept SNAP.

Lafayette County Farmers' Market (Lafayette County - page 25)

4:30pm-7pm

Starting May 12th-August 15th

Farmers' Market

Lee's Summit Farmers' Market (Jackson County - page 16)

7am-sellout
April 24th—November 6th

Parkville Farmers' Market (Platte County - page 29)

2-6pm
Starting in June

Warrensburg Farmers' Market (Johnson County - page 22)

4pm-6pm

THURSDAY

Kansas City Market (Jackson County - page 16)

The City Market is open year round, seven days a week with vendors setting up at the market on Saturdays 6am to 3pm, and Sundays 8am to 3pm.
The City Market Vendors accept SNAP.

FRIDAY

North Kansas City Farmers' Market (Clay County - Page 10)

7am-1pm
May thru October

Golden Valley Farmers' Market (Henry County - page 13)

4pm-sellout

Kansas City Market (Jackson County - page 16)

The City Market is open year round, seven days a week with vendors setting up at the market on Saturdays 6am to 3pm, and Sundays 8am to 3pm.
The City Market Vendors accept SNAP.

SATURDAY

Pleasant Hill Farmers' Market (Cass County - page 8)

8am—sellout

Historic Downtown Liberty Farmers' Market (Clay County - Page 9)

7am-noon
May thru October

Clinton Farmers' Market (Henry County - page 13)

7am-sellout
April thru October

Golden Valley Farmers' Market (Henry County - page 13)

Hours?

Blue Springs Farmers Market (Jackson County - page 15)

8am-noon

Farmers' Community Market at Brookside (Jackson County - page 15)

8am-1pm
April 17th thru October 23rd

Independence Farmers' Market & Crafts (Jackson County - page 15)

7am-1pm

Farmers' Market

Kansas City Market (Jackson County - page 16)

The City Market is open year round, seven days a week with vendors setting up at the market on Saturdays 6am to 3pm, and Sundays 8am to 3pm.
The City Market Vendors accept SNAP.

Lee's Summit Farmers' Market (Jackson County - page 16)

7am-sellout
April 24th—November 6th

Holden's Farmers' Market (Johnson County - page 20)

7am-noon
June thru September

Warrensburg Farmers' Market (Johnson County - page 22)

7am-sellout

I-70 Farmers' Market (Lafayette County - page 25)

8am-noon
Starting May 18th

Parkville Farmers' Market (Platte County - page 29)

7am-sellout
April 24th - October

Platte City Farmers' Market (Platte County - page 29)

7am-10:30am
May thru September

Weston Farmers' Market (Platte County - page 30)

7am - sellout
April thru September

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.

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 types of food safety measures do you use when harvesting or storing products?

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.