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
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
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](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.*

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<thead>
<tr>
<th>Vegetable</th>
<th>Harvest Period</th>
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<td>Beans, Lima</td>
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<td>Broccoli</td>
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<td>Brussels Sprouts</td>
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<td>Cabbage</td>
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<td>Carrots</td>
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<td>Cauliflower</td>
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<tr>
<td>Cucumbers</td>
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<td>Eggplant</td>
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<td>Garlic</td>
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<td>Greens</td>
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<td>Horseradish</td>
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<td>Kohlrabi</td>
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<td>Lettuce</td>
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<td>Okra</td>
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<td>Onions, Dry</td>
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<td>Onions, Green</td>
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<td>Peppers, Hot</td>
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<td>Pumpkins</td>
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<td>Radishes</td>
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<td>Rhubarb</td>
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<td>Turnips</td>
<td>Early May-Mid December</td>
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## Harvest Calendar for Fruits

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<td>Blackberries</td>
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<td>Cantaloupe</td>
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<td>Cherries</td>
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<td>Pears</td>
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<td>Raspberries, Black</td>
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<td>Strawberries</td>
<td>Mid May-September 1</td>
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<td>Watermelon</td>
<td>June 1-November 1</td>
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</tbody>
</table>
**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  

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**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:  

- Beef, Pork, Lamb or Buffalo (frozen of course)  
- Pecans or Walnuts (they are online)  
- BBQ Saucels (WC MO has the best!)  
- Sodas (old time treats)  
- Salsa (goes great with those chips)  
- Baked Goods & Desserts (order ahead of time)  
- 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)
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
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 (Shiitake, 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 a 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 member-
ship 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
Daviess 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!
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

Henry County

Want to preserve your fruits and vegetables for later use?

Extension Nutritionists in West-Central Missouri have began 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
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@amigon.com, www: Amigon.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).
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
Kansas City Market (FM) The City Market
20 East 5th Street, Kansas City, MO 64106
816-842-1271
Email: dconnors@cwbkc.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, mak-
ing it a healthy choice for today’s family. It’s what you buy when you want gourmet at home.

Patty Pan Squash Skillet

<table>
<thead>
<tr>
<th>1/2 C Onion (diced)</th>
<th>1/2 C Bell Pepper (chopped)</th>
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</thead>
<tbody>
<tr>
<td>2 C Patty Pan Squash (cubed)</td>
<td>2 Medium Tomatoes (quartered)</td>
</tr>
<tr>
<td>2 TB Butter</td>
<td>1 TB White Sugar</td>
</tr>
<tr>
<td>1/4 tsp Black Pepper</td>
<td>1 tsp Salt</td>
</tr>
<tr>
<td>1 tsp Flour</td>
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</tbody>
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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)**
Ericka 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

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**Cucumber Dip**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2 Med. Cucumbers (peeled, seeded &amp; chopped)</td>
<td>2 Green Onions (sliced thin)</td>
</tr>
<tr>
<td>1/2 C Plain Yogurt</td>
<td>2 TB Lemon Juice</td>
</tr>
<tr>
<td>1 TB Vinegar (White or Cider)</td>
<td>Fresh Dill to taste (chopped)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Sugar</td>
<td>1 TB</td>
</tr>
<tr>
<td>Corn Starch</td>
<td>2 TB</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>2 TB</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 1/4 C (red or black)</td>
</tr>
<tr>
<td>Orange zest</td>
<td>1 TB</td>
</tr>
</tbody>
</table>

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 Innoculated 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
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.
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 1-70 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, port & 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
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

Greentown Orchard (U)
Corner of Greentown 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 1-70 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, Chardonel, 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

<table>
<thead>
<tr>
<th>Farm Name</th>
<th>Address</th>
<th>Contact Information</th>
<th>Products</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ostermeyer Farm</strong></td>
<td>Robert Ostermeyer, 28 Ussery Dr, Lexington, MO 64067, 660-259-4124</td>
<td>Phone: 660-259-4124</td>
<td>Beans, sweet corn, cucumbers, eggplant, okra, onions, peppers, tomatoes and melons</td>
<td>Farm Hours: call ahead. Farmers’ Markets: Saturday Mornings-Blue Springs Farmers’ Market</td>
</tr>
<tr>
<td><strong>PG Farms</strong></td>
<td>Geri Ransdall, 359 S Main St, Mayview, MO 64071, 660-237-4492</td>
<td>Phone: 660-237-4492</td>
<td>Lettuce, radishes, kohlrabi, cabbage, peas, beans, beets, carrots, turnips, potatoes, onions, cucumbers, zucchini, tomatoes, apples, pears, peaches and cherries</td>
<td>Call ahead. Farmers’ Markets: Tuesday Evenings-Lafayette County Farmers’ Market and Saturday Mornings-Blue Springs Farmers’ Market</td>
</tr>
<tr>
<td><strong>Panther Creek Farm (U), (O)</strong></td>
<td>Kevin &amp; Lori Brunkhorst, 31919 Hwy PP, Concordia, MO 64020, 660-463-2767</td>
<td>Website: <a href="http://www.panthercreekfarms.biz">www.panthercreekfarms.biz</a></td>
<td>Blackberries, blueberries, raspberries, grass-fed beef &amp; natural pork (sold by the 1/2 or 1/4)</td>
<td>Call ahead for picking schedule. Farmers’ Markets: Saturday Mornings-Blue Springs Farmers’ Market and Wednesday Evenings-39th Street Farmers’ Market, KCMO</td>
</tr>
<tr>
<td><strong>Peacock Farms (CSA)</strong></td>
<td>Betty Mendenhal, 12589 Salem Cemetery Road, Higginsville, MO 64037, 660-584-2526</td>
<td>Email: <a href="mailto:peacockf@ctcis.net">peacockf@ctcis.net</a></td>
<td>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 &amp; quail eggs, strawberries, sweet cherries, blueberries, raspberries, blackberries, peaches, a variety of apples, cinnamon jelly and baked goods</td>
<td>Call ahead. Farmers’ Markets: Lafayette County Farmers’ Market Tuesdays evenings and City Market of KCMO on Saturdays</td>
</tr>
<tr>
<td><strong>Peters Market</strong></td>
<td>20 Miles East of Lexington on Hwy 24 and 1 mile East on Hwy 65</td>
<td>Email: <a href="mailto:petersmkt@hotmail.com">petersmkt@hotmail.com</a></td>
<td>Peaches, apples, fruit butters, farm produce, pecans, nuts, honey, sorghum and more</td>
<td>Mid-July through Thanksgiving Monday-Saturday 8am-5pm and Sunday Noon-5pm</td>
</tr>
<tr>
<td><strong>Peters Orchards, Inc</strong></td>
<td>1400 Washington, Waverly, MO</td>
<td>Phone: 660-493-2291</td>
<td>Apples, breads, fruit pies, jams, jellies and more</td>
<td>Mid-August to mid-November, Monday-Friday 8am-5pm.</td>
</tr>
<tr>
<td><strong>Rasa Orchards (R)</strong></td>
<td>19510 Garr Road, 8 miles East of Lexington on Hwy 24</td>
<td>Email: <a href="mailto:rasaorch@myturbonet.com">rasaorch@myturbonet.com</a></td>
<td>Apples, peaches, pears, pumpkins, squash, nectarines, fresh vegetables and herbs, honey, liquid or creamed flavored honey, jellies, jams, apple butter</td>
<td>Seasonal roadside market, opens mid-July thru mid-November. Hours: 8:30am-5:30pm, Sunday 10am-5:30pm</td>
</tr>
<tr>
<td><strong>Schreiman Orchards (R)</strong></td>
<td>Jim &amp; Judy Marshall, 18 Miles East of Lexington on Hwy 24, 660-493-2477</td>
<td>Email: <a href="mailto:rasaorch@myturbonet.com">rasaorch@myturbonet.com</a></td>
<td>Peaches, apples, breads, fruit pies, jams, jellies and more</td>
<td>Open Mid June through October</td>
</tr>
</tbody>
</table>
**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), Chardonel (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, Chardonel, 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
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

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**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
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, weeding 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 Emerson
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
**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

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### Quick ‘N Fresh Ideas for Nuts

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

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

To make the difference between good and extra special, sprinkle hot cereal with chopped nuts or add them to 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  

**The Organic Way (O), (CSA)**  
Denise Trimner, 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

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**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

**WEDNESDAY**

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

**Independence Farmers’ Market & Crafts (Jackson County - page 15)**
7am-1pm

Lafayette County Farmers’ Market (Lafayette County - page 25)
4:30pm-7pm
Starting May 12th-August 15th
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

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**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.

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**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.