



featuring local farms, stores, restaurants and other outlets

eat well guide

inauguration 2009: from chicago

www.EatWellGuide.org

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Welcome to the Eat Well Guide!

Eat Well Guide® is a free online directory of thousands of family farms, restaurants, and other outlets for fresh, locally grown food. Originally a database of sustainably-raised meat and dairy producers, its listings have expanded to include farmers' markets, CSA programs, partner organizations, water-conscious ratings and vegetarian eateries. Visitors can search by location, keyword or category to find good food, download customized guides, or plan a trip with the innovative mapping tool [Eat Well Everywhere](#). Eat Well is also home to [The Green Fork blog](#) and the free print and online book [Cultivating the Web: High Tech Tools for the Sustainable Food Movement](#).

[The Green Fork Blog](#), the official "good food feed" of the Eat Well Guide, showcases the voices and values of the sustainable food movement, reporting on a diverse range of topics, from [farm worker rights](#) to [how to cook squash blossoms](#). We're even making videos! We welcome your voices too, so don't be shy--email us at blog@eatwellguide.org to share or suggest a story.

For more information, or to suggest a listing to the Eat Well Guide, please call 212-991-1858 or email info@eatwellguide.org.

www.eatwellguide.org

inauguration 2009: from chicago guide: bakers



Fox and Obel

401 E. Illinois Street, Chicago, IL 60611

Tel: 312-379-0133

Contact: Polly Peters

feedback@fox-obel.com

<http://www.fox-obel.com/index.asp>

Our Market, Cafe and Catering are built around the love of great food and the people who are passionate about everything they create, every day. So step inside and see, smell, touch and taste the best the world has to offer.

Haymaker Farmers' Market

Franklin Ave. , between College & Summit Sts., Kent, OH 44240

Tel: 330-678-5748

Contact: Fritz Seefeldt

kentmarket@neo.rr.com

<http://haymakermarket.com/>

Established in 1992, Haymaker Farmers' Market is a cooperatively managed munil farmers' market for growers and bakers in the north east Ohio area. The market is located within Kent's downtown historical district. Our season runs from early June through the end of October. Hours are from 9:00 am-1:00 pm every Saturday. This year the market began featuring performances by local musicians as part of the "Music and the Market" series. For information about becoming a vendor or taking part in the music program, please contact Fritz Seefeldt at kentmarket@neo.rr.com or call 330-678-5748.

Fresh cut and live flowers, hand crafted soaps, preserves, jams and jellies, prepared and ready to eat foods.

Red Hen Bakery

1623 N.Milwaukee, 500 W. Diversey, Chicago, IL, 60614, Chicago, IL 60647

Tel: 312-433-0436

Contact: Rose Picchietti

www.rosep1623@yahoo.com

<http://www.redhenbread.com>

Red Hen Bread was born in 1996 with a simple philosophy, "bake great bread", the way they used to. They are as committed to our craft as the Romans were back in 168 BC when they formed the Bakers Guild, one of the oldest guilds known to man. It is also why they use only the finest ingredients we can find and produce all of their products, (350 different types of bread alone) by hand. Red Hen breads and pastries are natural, mouthwatering works of art. They are so proud of our products that they have two outlet stores in Chicago so that they may share them with as many people as possible.

inauguration 2009: from chicago guide: bakers



Trax's Farm

528 Trax Rd, Finleyville, PA 15332

Tel: 412-835-3246

<http://www.traxfarms.com/>

Trax Farms was established by Lewis Trax in 1865 and has been operated by the Trax family for six generations.

Welcome to Trax Farms, "Your place in the country since 1865!" Our mission is to sell quality products in a relaxed country environment and provide exceptional customer service so that customers truly believe this is their store. So sit back, relax, and browse our Website and you will see what makes Trax Farms a unique and fulfilling shopping experience. We hope to see you soon!

We own 325 acres of land.

We currently employ 155 to 175 people.

95,000 square feet of sales space.

We can accommodate 400 cars in our parking lot.

Zuzanna's Bakery

1377 East 41st Street, Cleveland, OH 44103

Tel: 216-361-9079

Contact: Susanna Dzejachok

A mail-order bakery where items are baked to order and shipped as soon as they cool. My bakery is made using locally grown, natural, or organic ingredients when possible.

Fruit pies, cookies, sweet rolls, and more! All pie crust handmade. I use real vanilla extracted with organic alcohol, organic flour when available, and free-range eggs from Blooming Patches Farm (see Eat Well Guide directory). Fairly traded, organic coffee locally roasted to order is reasonably priced and available at the Market only. All scraps and coffee grounds cold composted and available for purchase.

The fruit in my pies makes its way to you in many different ways. The apples and peaches I use are from my father's prolific trees, or purchased at markets and local farms. The rhubarb I either grow myself or purchase from local Amish farmers. The black and red raspberries, strawberries, blackberries, blueberries, and cherries are all picked at nearby farms.

One order per address, please. Orders are sent by Priority Mail on Mondays and Tuesdays. Place your order by 5pm on Monday for Tuesday shipping. Place your order by 5pm on Saturday and get a free five-inch pie, my choice of flavors. Holiday shipping: Express orders ONLY will be accepted from December 16-December 25.



Fox Hollow Farm

21804 Woodfield Road, Gaithersburg, MD 20882

Tel: 301-330-0165

Fax: 310-963-1234

sscuderi01@aol.com

<http://www.foxhollowfarm.org>

Sharing our love of farming with our neighbors and guests here at Fox Hollow is our passion. We strive daily to create a peaceful and harmonious environment that our friends, animals and plants can thrive in. Our farm is completely natural. We are not yet organic but we do not feed our animals growth hormones or feeds that are supplemented in any way. We love our animals so that when they are sick we do treat them but in the least invasive way possible. Vegetables and fruits grown on our farm are treated the same way. We create a healthy soil that the plants can thrive in without using pesticides. Our long term goal is to create a farm where you can visit us and our animals and where you will have the opportunity to purchase fresh-from-the-farm healthy and tasty things to eat.



bar cento

mcnulty's bier markt
1948 West 25th Street, Cleveland, OH 44113
Tel: 216/344-9943
Fax: 216/274-9744
Contact: sam mcnulty
sam.mcnulty@gmail.com
<http://www.barcento.com>

Bar Cento has created dishes with Roman recipes and utilized the freshest local and organic ingredients. The menu includes brick-oven modern and traditional pizzas, house-cured salume and antipastos, Belgian beer steamed mussels, and award-winning pommes frites.

Bar Cento has been voted Cleveland's Best Pizza.

The Ambiance

Bar Cento complements the international flavor of McNulty's Bier Markt, a Belgian beer bar right next door on West 25th Street, in Cleveland's eclectic Ohio City. Food is served haute-rustic style in a lively dining room warmed by treasures we discovered in Northeast Ohio and around the world. The polished bar was crafted from wood reclaimed from an Amish barn built in the 1800s. Design touches include artwork from Southeast Asia and drapery from Peru. See if you can find the Laotian lamp made from cow dung, somewhere in the Bier Markt.

We Just Don't Like to Close

Open 365 days a year from 4:30pm until to 2:30am



Fox and Obel

401 E. Illinois Street, Chicago, IL 60611

Tel: 312-379-0133

Contact: Polly Peters

feedback@fox-obel.com

<http://www.fox-obel.com/index.asp>

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Stanley's Market

3302 Stickney Ave, Toledo, OH 43608

Tel: 419-726-4347

Fax: 419-7263720

Contact: Joe Zychowicz

MrStanley@stanleysmarket.com

<http://www.StanleysMarket.com>

Stanley's Market offers many locally produced fine meat products, produce and grocery items.

We proudly serve Ohio Signature Beef, raised in Ohio and finished without use of antibiotics. Ohio signature beef is dry aged for superior flavor and texture. Our full service meat counter also includes Daisyfield hams, bacon and smoked products.

Stanley's Market also produces and sells a variety of Polish delicacies. Including the only Polish Kielbasa made in North Toledo's Polish Village. Taste our Tradition. Stanley's Market Since 1932.

The Organic Butcher

6712 Old Dominion Drive, McLean, VA 22101

Tel: 703-790-8300

Contact: Don Rosen

don@theorganicbutcher.com

<http://www.theorganicbutcher.com/>

A cut-to-order, traditional butcher shop, The Organic Butcher features a full line of sustainably-raised and certified organic meats. Most of these meats are locally-sourced from small, Virginia-based family farmers that raise their animals with care in humane, pastured settings.

As many of the product offerings change from week to week, the meat listing below is just a sampling of the store's inventory at any one time—some selections may not always be certified organic, but they'll definitely be all-natural, and every so often other items may be entirely grass-fed. It's also worth mentioning that if something isn't carried in-store, such as an exotic or hard-to-find item like ostrich or game meats, the staff would be more than happy to place a special order.



The Organic Butcher is relatively new—it opened in November 2005—but it is already generating quite the buzz around the NOVA/D.C. area and is gathering a loyal base of customers who rave about the excellent, high quality meats. • Drop by and check it out for yourself Tuesday through Saturday from 10 a.m. to 6 p.m. and Sunday from 11 a.m. to 5 p.m. Closed Mondays.

Aside from meats, The Organic Butcher also carries seafood, wine, and cheeses. A second store is located in Charlottesville on 416 West Main Street.

inauguration 2009: from chicago guide: caterers



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Green Monkey

1325 S State Street, Chicago, IL 60605

Tel: 3122965953

Fax: 8662268460

Contact: Jason Weedon

postittojason@gmail.com

<http://greenmonkeycatering.com>

The Green Monkey features natural and organic foods for child day cares facilities, pre schools, birthday parties and sustainable retail products. Delivered to chicagoland area.

Limelight Organic

2000 N. Racine, Chicago, IL 60614

Tel: 773-883-3080

Fax: 773-883-3090

inquiry@limelightcatering.com

<http://www.limelightcatering.com/organic.html>

Limelight "Organic" seeks the finest products to reach their goal of "Flavor and Freshness." Their commitment to honest products has led to the creation of LIMELIGHT "Organic". With LIMELIGHT "Organic" their mission to offer the best available seasonal products obtained from a diverse range of local suppliers. They only partner with producers who honor sustainable agriculture, promoting more flavorful and healthier living and ensuring the quality of what they prepare. LIMELIGHT "Organic" supports family farms in Michigan, Indiana and Wisconsin and are proud of their connection to Chicago's Green City Market.

inauguration 2009: from chicago guide: co-ops



Bethesda Community Food Co-op

6500 Seven Locks Road, Cabin John, MD 20818

Tel: 301-320-2530

Fax: 301-320-9463

Located just inside the beltway, northwest of D.C., Bethesda Community Co-op has been serving the Cabin John area for over thirty years. While it shares the general area with several other health food stores and cooperatives, it is one of the oldest and largest, offering up a large amount of all-natural and organic goods and groceries. Meat products include the usual selections, such as beef, chicken, pork, and turkey, but also includes harder to find items, like bison and ostrich.

The co-op offers paid-membership and volunteer opportunities. Non-members are permitted to shop there.

Hours of operation are 8:30am to 9pm, Monday through Saturday, and 8:30am to 8pm, Sunday.

Frankferd Farms Food

717 Saxonburg Blvd, Saxonburg, PA 16056

Tel: 724.352.9500

Fax: (724) 352-9510

<http://www.frankferd.com>

Frankferd Farms Foods grew out of a desire to work at home with our family to raise and sell organic food. Twenty years have passed and our businesses, like our children, are growing. The Frankferd Farms family now includes our OCIA certified organic farm and flour mill and the retail showroom located within our warehouse. We're part of a larger family of farmers, processors, distributors, and consumers who, working together, create an alternative, organic-oriented food system. Our suppliers range from large whole foods operations to local neighborhood bakers and tortillas chip makers. We serve customers from neighboring families and country stores to big city co-ops, bakeries and institutions. We believe that by being a part of this ever growing food system we contribute to the long term, sustainable health of our planet. We thank all of you who have chosen to share in this effort with us.

Haymaker Farmers' Market

Franklin Ave. , between College & Summit Sts., Kent, OH 44240

Tel: 330-678-5748

Contact: Fritz Seefeldt

kentmarket@neo.rr.com

<http://haymakermarket.com/>

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am-1:00 pm every Saturday. This year the market began featuring performances by local musicians as part of the "Music and the Market" series. For information about becoming a vendor or taking part in the music program, please contact Fritz Seefeldt at kentmarket@neo.rr.com or call 330-678-5748.

Fresh cut and live flowers, hand crafted soaps, preserves, jams and jellies, prepared and ready to eat foods.

Kent Natural Foods Co-op

151 E. Main Street, Kent, OH 44240

Tel: 330-673-2878

Contact: Fred Pierre

janel1600@aol.com

<http://kentnaturalfoods.org/>

Kent Natural Foods Coop has been committed to providing the Kent area community with all-natural, chemical and additive free foods since 1971. At Kent Natural Foods, we can accommodate any special diets including allergies, and gluten and wheat-free needs. Anything is possible at Kent Natural Foods where our motto is "Food for People, Not for Profit; Community Before Business."

Kent Natural Foods carries bulk items, nuts, seeds, additive-free cereals, gluten and wheat free products, coffee, tea, vitamins, supplements, local and organic produce, and much more. As far as dairy is concerned, Kent Natural Foods carries a variety of organic and local dairy products all of which are rBGH-free. Kent Natural Foods also carries eggs from a local farm. Kent Natural Foods is a member-owned cooperative and make sure to visit our website if interested in becoming a member. Store hours are Monday through Saturday 10 a.m. to 6:30 p.m. and Wednesday from 10 a.m. until 7 p.m.

LEAF - Lakewood Earth and Food Community

Lakewood, OH 44107 Contact: Dan Slife

leafcommunity@gmail.com

<http://www.leafcommunity.org>

Lakewood Earth and Food Community is dedicated to the development of a more sustainable, healthful and economically viable community through environmentally responsible actions producing broad access to the purchasing, growing and trading of fresh, local foods, knowledge and culture.

Phoenix Earth Food Co-Op

1447 W Sylvania Ave., Toledo, OH 43612

Tel: 419-476-3211

info@phoenixcoop.com/

<http://www.phoenixcoop.com/>

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The Phnix Earth Food Co-op is devoted to promoting and meeting high nutritional and environmental standards. The co-op is open to the public and supplies the community with bulk grains, produce from a variety of local farmers, home-made breads, and all-natural pastas.



LEAF - Lakewood Earth and Food Community

Lakewood, OH 44107 Contact: Dan Slife

leafcommunity@gmail.com

<http://www.leafcommunity.org>

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Whitehaven Community Garden

Whitehaven Park, Washington, DC 20007 whitehaven.garden@gmail.com

It's a community garden!

Bench Farms, St. Rte. 2

9151 Jerusalem Rd., Curtice, OH 43412

Tel: 419-836-9443

Contact: Cindy Bench

davidbench@buckeye-access.com

<http://www.benchfarms.com>

Run by David and Cindy Bench, our family farm dates back over two generations and covers nearly 400 acres. Each April, we open up our Greenhouse to bring you the finest treasures from our well-established plant collection, including many exotic, hard-to-find plants, geraniums and roses. Beginning mid-July, we run a Roadside Market with the freshest vegetables from our fields, including David's famous sweet corn and our heirloom tomatos. We also visit the Perrysburg Farmer's Market each Thursday starting in May to offer our plants and produce. You can visit the Grainary—a unique country gift store located in our big white barn that sells antiques and homemade crafts. This year, we are launching a CSA vegetable subscription program through the help of our subsidiary Shared Legacy Farms in Elmore.

Bertrand Farm

Niles, MI 49120

Tel: 269-684-8049

Contact: Therese Zimmerman-Niermier

Bertrand Farm is an educational farm that strives to educate all ages about responsible agricultural practices. We run a cooperative CSA during the growing season where by members are involved in all stages of production, from ordering seed to harvesting and preserving. Each membership shares equally in the financial and labor committment for the season. This year the cost of a full membership is \$150. and the work commitment is 3 hours per week. The farm is divided into 10 work areas, by crop, with at least two memberships per area. The harvest is divided equally among members at harvest time each work day. Quantities are grown for preserving produce as well. It is the responsibility of the member to harvest their own large quantities outside regular work hours.

CSA at Crown Point

3220 Ira Road, Akron, OH 44333

Tel: 330-668-8992

Contact: Tim and Beth Knorr

crownpt@crownpnt.org

<http://www.crownpnt.org/>

Fresh and Local CSA

Rt 230 and Flowing Springs Road, PO Box 3047, Shepherdstown, WV 25443

Tel: 304-876-3382

Contact: Allan Balliett

info@freshandlocalcsa.com

<http://www.freshandlocalcsa.com>



Full Circle Farm and CSA

1323 Bethel Church Rd, Latrobe, PA 15650
Tel: 724-593-7041
Contact: Liz, Dave and Andy
farmfolk@lhtc.net

Harvest Valley Farms

125 Ida Lane, Valencia, PA 16059
Tel: 724-443-5869
Fax: 724-443-5869
Contact: Art
kings5@nauticom.net
<http://www.harvestvalleyfarms.com>

Harvest Valley Farms is a small diversified family farm located near Pittsburgh, PA. Our mission is to sustain our community and farm by growing the highest quality produce using the least amount of pesticides and synthetic fertilizers possible.

We farm 135 acres of sustainable vegetables. We have a 330 member CSA and a growing farm market.

LEAF - Lakewood Earth and Food Community

Lakewood, OH 44107 Contact: Dan Slife
leafcommunity@gmail.com
<http://www.leafcommunity.org>

Lakewood Earth and Food Community is dedicated to the development of a more sustainable, healthful and economically viable community through environmentally responsible actions producing broad access to the purchasing, growing and trading of fresh, local foods, knowledge and culture.

Old Sauk Trail CSA

26110 Helen Rd., Sturgis, MI 49091
Tel: 269 659-7481
Contact: Peter Robertson
agropraxis.inmi@yahoo.com

From well tended land, seasonal produce is harvested and delivered to local residents. For a 20 week season members enjoy produce raised with organic methods. Small fruits are included when they are in season.

One of the guiding principles of the farm is to produce our food with a minimal carbon footprint.

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Fossil fuels and power equipment are minimized. Compost and mulching materials are generated on the farm.

Please contact us about CSA share availability or with interest in other vegetable/produce for sale.

Rock Valley Run CSA Farm

Rock Valley Run Greenhouse
16989 Valley Road, Auburn Township, OH 44023
Tel: 440-669-4013
Contact: Kathy Franks
rockvalleyrun@yahoo.com
<http://www.rockvalleyrunvpweb.com>

CSA farm taking subscriptions for fresh locally grown produce, herbs and flowers. Pesticide free produce and free range chicken eggs. Annuals, groundcovers and succulants.

Shared Legacy Farms CSA

3701 S. Schultz-Portage Rd., Elmore, OH 43416
Tel: 419-862-3576
Contact: Kurt Bench
bench76@hotmail.com
<http://www.sharedlegacyfarms.com>

Shared Legacy Farms of Elmore offers a variety of delicious local produce through our 18-week CSA vegetable/fruit subscription service (June 15-October 12, 2009). We offer a Standard Vegetable Share for 680, and a Fruit Specialty Share for 385 that includes local fruits grown by neighboring farms. Visit our website to download a registration form: sharedlegacyfarms.com. Average size of a share each week is equivalent to 2 large paper grocery sacks, and is enough to serve a family of four for a week. Pick up locations are at the Perrysburg Farmers' Market on Thursdays, Bench Farms in Curtice on Fridays, and Shared Legacy Farm in Elmore on Wednesdays. Members also receive a weekly newsletter featuring a vegetable of the week, recipes to try, tips for preparing or storing your produce, and general news about the farm. You'll also be invited to special farm events throughout the season.

The Farmer's Wife

Henry Family Farms
606 Columbiana Rd., Bessemer, PA 16112
Tel: 724 6678436
Contact: Margaret Henry
maggie.henry@gmail.com

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Touch the Earth Farm

11707 Walnut Point Rd, Hagerstown, MD 21740

Tel: 301-223-8206

Contact: Danielle Conger

info@touchtheearthfarm.com

<http://www.touchtheearthfarm.com>

Touch the Earth Farm is a small, family-run farm on a rolling five and a quarter acres in the fertile Great Valley region of Maryland.

Our goals are simple: to produce wholesome food sustainably; to nourish ourselves, our community, and our planet; to help preserve biodiversity; and to raise our animals naturally and humanely.

BREED CONSERVANCY: Featuring carefully selected livestock from the American Livestock Breed Conservancy list of rare and critical breeds once valued by backyard farms, now threatened by factory farming, including chicken, turkey, duck, goose, goat and swine.

BIODIVERSITY: Specializing in heirloom varieties of herbs, fruits and vegetables and seed preservation along with quality, non-GMO hybrid favorites.

Tree and Leaf CSA

40120 Bond Street, Waterford, VA 20197

Tel: 540-882-9656

Contact: Georgia O'Neal and Zachariah Lester

info@treeandleafcsa.com

<http://treeandleaffarm.com/>

Tree and Leaf is dedicated to tending the balance of its farm's natural ecosystem. Our intensive sustainable growing practices are designed to reflect nature rhythms through out the seasons. The farm is located in Loudoun County Virginia. We grow a diverse selection of vegetables, herbs, and flowers. We currently have a 21 week CSA (Community Supported Agriculture) which services our local Loudoun County community and the Mount Pleasant neighborhood in Washington D.C. We can also be found on Thursdays at the Purcellville, VA farmers market, in Washington D.C. on Saturdays at the Mount Pleasant and U-Street markets, and on Sundays at Dupont Circle market.



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Niles, MI 49120

Tel: 269-684-8049

Contact: Therese Zimmerman-Niermier

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Cooking Fresh, Cooking Local.

Stonecrest Farms

6108 Mondell Road, Sharpsburg, MD 21782

Tel: 301-991-0265

Contact: Meredith Poffenberger

meredith@stonecrestfarms.com

Cooking Fresh, Cooking Local is a TV cooking show promoting many local farms, businesses and wineries in the four-state area of Pennsylvania, Maryland, West Virginia and Virginia. The chef host of the show is Karl Brown. Chef Karl demonstrates how to prepare easy, delicious meals using fresh, local ingredients. Cooking Fresh, Cooking Local airs Sundays 3:30pm to 4:00pm on WJAL TV68 beginning Sunday, May 4th, 2008.

LEAF - Lakewood Earth and Food Community

Lakewood, OH 44107 Contact: Dan Slife

leafcommunity@gmail.com

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My Organic Garden

Washington, DC 20008

Tel: 202.368.9070

Contact: Joshua Wenz

info@myorganicgardendc.com

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<http://www.myorganicgardendc.com>

We specialize in full-service organic gardens, custom designed, planted and maintained for you all season long.

With our service, you can be involved as little or as much as you like. Learn how to grow a successful sustainable organic garden, or just choose what you'd like planted and enjoy the weekly harvest of veggies, herbs, and flowers.

Don't wait to experience the pride and convenience of growing organic produce right in your own yard!

Serving the Washington, D.C. metropolitan area.



'R' Family Farm

925 Hoffmaster Road, Knoxville, MD 21758
Tel: 301-834-7420
Contact: Sandi Roberts
sandir@hotmail.com

A Rare Breed

Andrea Minicozzi
45 Messenger Farm Lane, Hedgesville, WV 25427
Tel: 304.270.8154
Contact: Andrea Minicozzi
local@arare-breed.net
<http://www.arare-breed.net>

Small sustainable farm producing heritage breeds. Certified Naturally Grown lamb and eggs. Fiber products produced from Black Welsh Mountain Sheep. Other products include heritage pork, chicken and turkey.

Al's Organic Vegetables

368 S. Fremont Rd, Coldwater, MI 49036
Tel: (517) 238-2786
Contact: Allan and Kate Weilnau

Al's Vegetables are 100% Certified Organic by Ohio Ecological Food and Farm Alliance. Allan Weilnau has been farming all his life and the current farm has been up and running for over a decade. His daughter Kate, a former nutrition student, joined him at the farm 5 years ago. Together they grow nearly all vegetables that can be grown in the southern area of Michigan but specialize in exotic and heirloom produce. The farm also has a small orchard which produces apples, pears, sour cherries, and several berries. Their farming practices are truly sustainable.

Allan Balliett

207 W. High Street, POB 3047, Shepherdstown, WV 25443
Tel: 304-876-3382
Fax: 304-876-3382
Contact: Allan Balliett
igg@igg.com

Chickens are raised on grassy pasture, within a "feathernet;" an electrified fence that protects them from predators, but from which they are protected from intense shock by their feathers. Cattle graze on rotational open pasture, and the farm is in the process of bringing the hogs out to open pasture.



Basket of Life Farm

14309 S. Boone Rd, Columbia Station, OH 44028 Contact: Eric Walters
basketoflifefarm@yahoo.com
<http://basketoflifefarm.com/>

Bear Hollow Farm

8561 Bear Hollow Road, Apple Creek, OH 44606
Tel: 330-698-0340
Contact: Paul & Colleen Yoder

Poultry on Bear Hollow Farm have access to grassy pasture, within a floorless pen that is moved daily on the pasture. Specializing in Cornish White Mountain broilers, make sure to place your order ahead of time with the farm!

Bench Farms, St. Rte. 2

9151 Jerusalem Rd., Curtice, OH 43412
Tel: 419-836-9443
Contact: Cindy Bench
davidbench@buckeye-access.com
<http://www.benchfarms.com>

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Bit of Earth Farm

8916 Shank Road, Litchfield, OH 44253

Tel: 330-667-7647

Contact: Laura Weldon

bitofearthfarm@gmail.com

<http://www.bitofearthfarm.com/>

Here on our small farm we work together as a family. We raise plants and animals in simple partnership with nature. We are blessed to live close to the land and offer sustainable products to our buyers. This site offers information about our farm and much more. Please take a stroll through these pages.

"If we do not permit the Earth to produce beauty and joy, it will in the end not produce food either."

-Joseph Wood Krutch

Blackberry Meadows Farm

7115 Ridge Road, Natrona Heights, PA 15065

Tel: 724-224-8140

Contact: Jack & Dale Duff

blackberry1@comcast.net

<http://www.blackberrymeadows.com>

Blooming Patches Farm

14518 Ravenna Road RTE44, Newbury, OH 44065

Tel: 440-564-5596

Contact: Barbara Foose

patcheshdtrk@netzero.net

Blue Jaye Farm Inc.

9790 Liberty Road, Twinsburg, OH 44087

Tel: 330-425-3276

Contact: Michelle Jaye

info@bluejayefarm.com

Breychaks Blue Egg Farm

P.O. Box 933, Columbia Station, OH 44028

Tel: 440-667-0551

Contact: Kathy Breychak

blueeggfarmer@aol.com

<http://www.blueeggfarm.com>



Brunty Farms

2198 Myersville Rd., Akron, OH 44312

Tel: 330-785-4313

Contact: Ron and Jeffrey Brunty

poultry@bruntyfarms.com

<http://www.bruntyfarms.com>

Cairdeas Druim LLC

109 South Detroit Street, LaGrange, IN 46761

Tel: 260-463-2151

Contact: Richard Muntz

Cherry Glen Farm

Cherry Glen Cheese Company

16120 Barnesville Rd., Boyds, MD 20841

Tel: 301-428-3599

Contact: Diane Kirsch

dkirsch@cherryglenfarm.com

<http://www.cherryglengoatcheese.com>

We are a true farmstead farm that hand-makes 2 fresh goat cheeses: Chevre and Ricotta and 5 varieties of soft-ripened cheeses: Monocacy Silver, Ash, Chipotle, Gold and Crottin. We are available at local retailers and cheese shops, such as, Whole Foods, MOM's, and Cheesetique. We are also at several Farmer's Markets. For a complete listing check out our website.

Chicago Honey Co-op

2000 W. Carroll St. # 30, Chicago, IL 60612

Tel: 773-848-2246

Contact: Michael Thompson

honeycoop@gmail.com

<http://www.chicagohoneycoop.com>

The Chicago Honey co-op does more than just produce wonderful honey. They also provide job training for the under employed and work along side the Chicago nonprofit Growing Home. They have been producing their honey for the last three years at their North Lawndale neighborhood location. The co-op brings its natural honey to various markets around the city including, The Chicago Green City Market, Oak Park Farmers Market, and the Logan Square Market. Honey is also available at certain specialty shops and is utilized by several small businesses. Plus they have a really modern, chic, and unique logo....Check it out!

Creme de la Crop, Inc.

208 N. 250 W., Valparaiso, IN 46385

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Tel: 219-921-1831
Contact: Leann Landgrebe-Stephens

CSA at Crown Point

3220 Ira Road, Akron, OH 44333
Tel: 330-668-8992
Contact: Tim and Beth Knorr
crownpt@crownpt.org
<http://www.crownpt.org/>

Double R Farm

Amish Country Soaps & Sundries
9766 Yoder Road SW, Sugarcreek, OH 44681
Tel: 330-852-4996
Contact: Christine Moore
mjmcmmm@msn.com

Douglas Fry Farm

66605 N. Lakeview, Sturgis, MI 49091
Tel: 269-651-9289
Contact: Douglas Fry

We run a 71-acre farm on which we grow our own organic grains to be fed to our livestock. We raise organic chickens and eggs, and our beef and pork are pasture-raised.

Drew Family Farms

231 E 1200 N, Chesterton, IN 46304 Contact: Jay Drew
jay@drewfamilyfarms.com
<http://www.drewfamilyfarms.com>

Small, sustainable market farm featuring heirloom and old-world varieties including tomatoes, lettuce, squash, herbs, flowers, and berries.

We are not an organic grower although we do follow traditional and organic methods. We use absolutely NO synthetic chemicals on our produce and will resort to organic certified pesticides only during a rare outbreak (Usually pyrethrin or diatomaceous earth). We fertilize our crops using only compost and manure, and when starting seeds indoors we will use an organic certified seaweed extract.

We believe that our growing methods and produce will meet if not exceed your expectations for



healthy, authentic foods.

ErReR Hill Farms

499 Riggs Road, 422 Riggs Road, Somerset, PA 15501, Friedens, PA 15541

Tel: 814-445-4440

Fax: 814-445-4440

Contact: Shahira Hoffman, Ruth

<http://www.errer.com>

Farmstead Ltd.

6523 Township Rd 346, Millersburg, OH 44654

Tel: 330-674-7679

Contact: DeVon and Mabel Miller

Farmstead Foods are produced by a grass farmer located among the rolling hills of Ohio's Amish heartland. The guidelines we use to produce our foods go beyond organics. We hold ourselves to even higher standards than organics. We use no chemical fertilizers, pesticides, herbicides, growth hormones, antibiotics and other conventional man-made synthetics in raising our products. Grass farming appeals to all the senses: pleasant sights, pleasant sounds, pleasant smells. It heals and regenerates. Greens in the diet completely change the nutritional profile!

We invite you to put a face to your food sources and experience the peace of mind that comes with knowing where the food you eat comes from and how it was raised. Deliveries to your area may be possible with minimum purchase. Call today for a free Farmstead Foods catalogue; leave your address on the answering machine. Please, no calls on Sunday.

Fox Hollow Farm

21804 Woodfield Road, Gaithersburg, MD 20882

Tel: 301-330-0165

Fax: 310-963-1234

sscuderi01@aol.com

<http://www.foxhollowfarm.org>

Sharing our love of farming with our neighbors and guests here at Fox Hollow is our passion. We strive daily to create a peaceful and harmonious environment that our friends, animals and plants can thrive in. Our farm is completely natural. We are not yet organic but we do not feed our animals growth hormones or feeds that are supplemented in any way. We love our animals so that when they are sick we do treat them but in the least invasive way possible. Vegetables and fruits grown on our farm are treated the same way. We create a healthy soil that the plants can thrive in without using pesticides. Our long term goal is to create a farm where you can visit us and our animals and where you will have the opportunity to purchase fresh-from-the-farm healthy and tasty things to eat.



Fresh and Local CSA

Rt 230 and Flowing Springs Road, PO Box 3047, Shepherdstown, WV 25443

Tel: 304-876-3382

Contact: Allan Balliett

info@freshandlocalcsa.com

<http://www.freshandlocalcsa.com>

Friendship Farms

Deeds Road and Route 130, P.O. Box 505 Pleasant Unity, PA 15676 (mailing), Lycippus, PA 15676

Tel: 724-423-8727

Fax: 724-423-6727

Contact: Joseph and Naomi Costello

fsf@wpa.net

<http://www.friendshipfarms.com>

Our Farm, Native Plant Nursery, and Natural Bread Bakery, are located in the Laurel Highlands, in Westmoreland County, Pennsylvania. A visit to our picturesque farm will take you back to a time when you could buy your meat directly from a farmer or smell homemade bread baking in a hearth oven. Here you will see a working, productive family farm. Our cows can be seen grazing peacefully in the fields with their calves. Acres of hay and grain, grown with sustainable methods, blanket the landscape. Visitors can also stroll through our native plant nursery and learn about trees, shrubs, and grasses native to Southwestern Pennsylvania. Friendship Farms is home to three generations of our family; Mrs. Naomi Costello, her sons Mike and J, J's wife, Adele, and their five children: Rebecca, Jy, twins Sarah and Jessica, and little Hannah. The farm is also a playground for our dogs, cats, horses, chickens, and a variety of wildlife.

Full Circle Farm

P.O. Box 97, Tuscarora, MD 21790

Tel: 301-874-3427

Contact: Peggy & Kevin Oyarzo

fullcirclefarm@netzero.net

Full Circle Farm and CSA

1323 Bethel Church Rd, Latrobe, PA 15650

Tel: 724-593-7041

Contact: Liz, Dave and Andy

farmfolk@lhtc.net

Gerber's Poultry

5889 Kidron Road, PO Box 206, Kidron, OH 44636

Tel: 330-857-2731

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Fax: 330-857-1841
tgerber@gerbers.com
<http://www.gerbers.com>

Gerber Poultry was founded in 1952 when Dwight and Melva began processing chickens that were grown on the family farm. Thriving in the center of Ohio's Amish Country, Gerber chickens are now grown and cared for by members of the local Mennonite and Amish farm families. Gerber chickens are inside during the winter for protection, but have free reign of the coop indoors. The chickens receive no hormones or antibiotics and are not fed any animal by products. Gerber Poultry is available year round and its fresh chicken products include whole birds, specific parts and boneless, skinless breasts and thighs. Gerber Poultry chicken is found in many fine grocers throughout Ohio.

Gooseberry Hill Farm

470 Pittsburgh Street, New Derry, PA 15671
Tel: 724-694-5981
Contact: Johanna Sheppard

Grazy Days Ranch

827 Moravia Rd, New Galilee, PA 16141
Tel: 724-730-5380
Contact: John lamb
lajt@comcast.net
<http://www.grazydaysranch.com>

Provides grassfed beef and goats as well as naturally pastured heritage pork.

Green Vista Farm

8200 Lattasburg Rd., Wooster, OH 44691
Tel: 330-263-7978
Contact: jonathan Berger
jdjddberger@gmail.com
<http://www.greenvistafarm.com>

Green Vista Farm is a 100% grass fed to finish certified organic beef farm located in northeast Ohio. All our cattle are pasture raised from birth to finish with dry forage supplemented as weather requires. We offer gourmet grass fed beef by the hanging weight as whole carcass, half, split half and natural ground beef by the pound. We use no artificial fertilizers, hormones, or pesticides. We encourage people to visit our farm to see firsthand their local source of grassfed beef.

Groff's Content

14930 Bollinger Road, Rocky Ridge, MD 21778
Tel: 301-447-6148



Contact: Julie & Bob Bolton
jtbolton@myexcel.com

Growing Home

1325 S. Wabash Avenue Suite 205 , Chicago, IL 60605

Tel: 312-435-8601

Fax: 312-435-0198

Contact: Larry O'Toole and Harry Rhodes

hrhodes@growinghomeinc.org, lotoole@growinghomeinc

<http://www.growinghomeinc.org>

Growing Home operates an innovative transitional employment program based in Chicago for homeless and low-income people. Their three farm sites—two on Chicago's south side and one outside the city in Marseilles, IL—act as literal and figurative classrooms as program participants learn job- and life-skills as well as gain valuable hands-on experience with organic agriculture. So if you are looking to volunteer on a farm and work towards social reform contact Growing Home.

Gunthorp Farms

0435 N 850 E, LaGrange, IN 46761

Tel: 260-367-2708

Contact: Greg

hey4hogs@kuntrynet.com

Pasture raised pork, chicken and duck. Raised without antibiotics, no animal byproducts, no hormones. USDA inspected processing plant at the farm. Retail store at the farm opening late fall 07.

Gunthorp's Pasture-ized Pork & Poultry

0435 N. 850 East, LaGrange, IN 46761

Tel: 219-367-2708

Contact: Greg & Lei Gunthorp

hey4hogs@kuntrynet.com

I farm about 100 acres, 65 of my own and 35 of my parents. Our farm is profitable because we are utilizing pasture ground that wouldn't be used otherwise. Four hundred acres of cornfields are available for gleaning by our sow herd in the fall. Fifty plus acres of interseeded clover following wheat is available in late July. These are important facts to understand farrowing time selection on our farm. On a true grass farm, without the availability of excess crop acreage at portions of the year, I would combine a seasonal hog operation (once a year farrowing) with a primary sheep or cow grazing operation. Pigs would make an excellent addition to a farm for pasture renovation. Pigs can be extremely rough on pasture. Why not use unrung pigs on poor pasture instead of a plow? Then just level and reseed. Fertility would be taken care of by rotational grazed pigs. But our operation makes the most dollars for us with our available land, labor, and equipment.

I thought I would answer some questions on breeding, gestating, farrowing, weaning, finishing, sorting, fencing and watering. I am a firm believer that there wouldn't be a confinement hog industry today if we had big fence chargers, rolls of black plastic pipe, and 4-wheelers back in the fifties. Every problem that buildings create could be cured by pasture. I know because I have a partially slatted building that sets empty because I can't afford the death loss in it!

Respiratory problems and tail biting are non-existent on a pastured pork operation. My definition of a pastured pork operation: pigs raised on grass, legumes, standing crops, or any other ground cover. Operations with hogs on bare ground are outside operations. These operations exchange feed for building costs! I virtually eliminate building costs and lower feed costs. Stocking rates are important to maintain pastures. 8-10 sows per acre are reasonable sow stocking density in our area. Market hog rates vary from 75 to 15 depending on their weight. Alfalfa hay yields are 4-5 tons per acre in our area. Of course Management Intensive Grazing can move these stocking rates up and also helps with rooting.

H3 cattle company

204 South Street, Cassopolis, MI 49031 Contact: Tony Hebron
thebron@att.net

Harding Farms

12329 Woodsboro Road, Thurmont, MD 21788
Tel: 301-845-7916
Fax: 301-845-7916
Contact: Kelly & Anita Harding
hrdingfrms@aol.com

Hartzler Family Dairy

5454 Cleveland Rd, Wooster, OH 44691
Tel: 330-345-8190
hartzlerdairy@cs.com
<http://www.hartzlerfamilydairy.com/>

(<http://www.hartzlerfamilydairy.com>) Hartzler Family Dairy produces unique all-natural, cream-top milk, country style roll butter and home-made ice cream! With an on-farm Ice Cream Shoppe you can stop by and sample some of the fresh, delicious ice creams made right in Wayne County. <P Group and bus tours of the farm are available for a minimum of 15 people. The cost is \$3 per person and includes a one dip ice cream cone. The tours are available Monday through Friday 9 a.m. to 5 p.m. You can also take a virtual tour of the farm and processing plant. For more information on tours, call Janis at (330) 345-8190. Visit their (<http://www.hartzlerfamilydairy.com>) website for more information or sign up for œHartzler Happenings,• a periodic email newsletter that notifies loyal patrons and friends new purchasing outlets, products and special events happening at Hartzler Family Dairy!



Harvest Hills Farm

5834 Ely Rd, Wooster, OH 44691
Tel: 330-262-4123
Contact: Deb Gray
harvesthillsfarm@embarqmail.com
<http://www.harvesthillsfarm.com>

Our family raises dairy goats, and free range meat chickens. We also make all natural goat milk soap and lotion from our milk.

Harvest Valley Farms

125 Ida Lane, Valencia, PA 16059
Tel: 724-443-5869
Fax: 724-443-5869
Contact: Art
kings5@nauticom.net
<http://www.harvestvalleyfarms.com>

Harvest Valley Farms is a small diversified family farm located near Pittsburgh, PA. Our mission is to sustain our community and farm by growing the highest quality produce using the least amount of pesticides and synthetic fertilizers possible.

We farm 135 acres of sustainable vegetables. We have a 330 member CSA and a growing farm market.

Hawkeye Garlic Farm

13720 Hackett Rd., Apple Creek, OH 44606
Tel: 330-857-2589
marthachip@hotmail.com
<http://www.hawkeyegarlic.com>

Specializing in gourmet garlic we grow over fifty varieties from 16 different countries of origin on our small Ohio Amish Country Homestead. Starting with heirloom and organic seed sources we continue each year to add to the quality and quantity of our garlic. While we do not grow on a scale large enough to justify the cost of organic certification we are dedicated to high standards of sustainability. We do not sell anything that we would not eat ourselves or sell to our next door neighbor. Whether you are interested in growing your own fresh garlic or buying direct from farmers like us you can be assured of quality as we plant, weed, harvest and clean every bulb by hand. Whether you are a loyal customer from the past following us onto the web or new to us we thank you for your interest and will do everything in our power to help you find what you are looking for. We harvest the beginning of July, let it cure and are ready to ship mid August. Hope you enjoy!

Healthy Springs Eco-Foods

8667 Jordan Road, Fairplay, MD 21733

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Tel: 301-582-6180
Contact: Gilson Eby

Healthy Springs Eco-Foods sells pasture raised chicken, turkey, eggs, beef, and pork. Poultry is available fresh or frozen May through November. Products are available on the farm. Poultry is raised on pasture without added antibiotics or hormones.

Hedgeapple Farm

3735 Buckeystown Pike, P.O. Box 237, Buckeystown, MD 21717
Tel: 301-662-7638
Contact: Ryan Bapst, Manager; John S. Jorgensen, President
HAFANGUS@aol.com

Hedgeapple Farm sells naturally-raised angus beef. Freezer beef is available in wholes, halves, and split halves. Products are available on the farm. The cows are fed no growth hormones or antibiotics. The farm has been certified as humane under the Free Farmed label by the Humane Society of the US.

Heritage Acres

3105 Portage Rd, Niles, MI 49120
Tel: 269-687-2698
Contact: Steve & Rhonda Hicks

Holterholm Farms

5619A Holter Road, Jefferson, MD 21755
Tel: 301-371-4255
Contact: Ron & Kathy Holter
ronaldholter@aol.com

Holterholm Farms is a seasonal, pasture-based farm in the heart of scenic Middletown Valley. We sell pasture-finished beef from Jersey steers, available in the fall. We farm naturally with no herbicides, pesticides, hormones, or antibiotics. Visitors are always welcome to see how the Lord has blessed us through farming within the boundaries that He created when He created the earth. Holterholm Farms is also listed in Future Harvest-CASA's Amazing Grazing! Directory.

Hurry Burry Farm

3911 Garfield Rd., Smithsburg, MD 21783
Tel: 301-576-2224
Contact: Mindy Cawley
farm@hurryburry.com
<http://www.hurryburry.com>

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Welcome to Hurry Burry Farm. We are a small-scale, pasture-based family farm practicing sustainable agriculture in the Catoclin Mountains. Hurry Burry raises grass-fed rabbits, chickens, turkeys (pre-ordered holiday sales only) goats and pigs. There are no medications, antibiotics, growth hormones, synthetic vitamins, injected flavorings or any other unnatural additives put into our animals. The basis of their diet is pasture grass, flora, hay, grains and un-medicated feed. We strive for a holistic and balanced approach to raising and caring for our livestock and treat our animals humanely and respectfully.

All of our sales and marketing is done direct to you, the consumer. We do not sell through grocery stores, only fresh off the farm. Delivery is available in a limited area. We encourage visits to the farm to see the animals. However, we have several working dogs that watch over and protect our animals, so for the safety of you and our animals, we ask that you give us some notice so that we are certain someone will be there to greet you - not just the dogs.

J. Michel Farms

107 Harvest Lane, Butler, PA 16002
Tel: 724-284-1556
Fax: 806-398-0529
Contact: Jeff and Jenn Michel
jennifer@jmichelfarms.com
<http://www.jmichelfarms.com>

Jamison Farm

171 Jamison Lane, Latrobe, PA 15650
Tel: 800-237-5262
Fax: 724-837-2287
Contact: John and Sukey
john@jamisonfarm.com
<http://www.jamisonfarm.com>

The rolling Appalachian foothills are home to John & Sukey Jamison and their flock of sheep and lambs. There the sheep frolic and nibble on bluegrass and white clover nine months out of the year; and only in the winter are they hand-fed hay and corn. Their 100% natural diet and lifestyle yield meat that is lean, firm, tender, delicate and pink, free of hormones, antibiotics, herbicides and insecticides.

The Jamison's picturesque 210-acre farm produces some 5,000 lambs annually, which are destined for great cooks at home and the finest chefs and restaurants in the world.

Jehovah-Jireh Farm

19815 Martinsburg Road, Dickerson, MD 20842
Tel: 301-349-4721

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Contact: Myron & Cathy Horst
mhorst@jehovahjirehfarm.com
<http://www.jehovahjirehfarm.com/>

Jehovah-Jireh Farm has delicious, pasture-raised chickens, turkeys, lamb and beef, and wonderful fresh brown eggs rich in omega-3s. In addition to pasture, we feed the poultry a certified organic feed. We use no antibiotics, hormones, vaccines, synthetic vitamins, etc.

Our farm is family-operated and is located in the peaceful countryside near Dickerson, Montgomery County, Maryland. We are approximately one hour from Washington, D.C., and 30 minutes from Rockville, Gaithersburg, and Frederick, Maryland. Jehovah-Jireh Farm is also listed in Future Harvest-CASA's Amazing Grazing! Directory.

Kretschmann Farm

257 Zeigler Road, Rochester, PA 15074
Tel: 724-452-7189
Contact: Don & Becky Kretschmann
kman2@earthlink.net

Legacy Manor Farm

17758 Bakersville Road, Boonsboro, MD 21713
Tel: 301-432-0267
Contact: Katherine Ecker
staff@legacymanorfarm.com
<http://legacymanorfarm.com/>

Lindavista Mexican Grill

2747 West 63rd Street, Chicago, IL 60629
Tel: 773-776-6322

The meat is Zabiha Halal Certified and also organic. The proprietor is a Latino Muslim who also owns a farm. Halal Food.

Lock Farm

10703 Coppermine Road, Woodsboro, MD 21798
Tel: 301-845-6944
Contact: Mary & John Poffenbarger
poffmaj@fred.net

Lock Farm sells chickens, eggs, pork, and beef. Pork and beef are sold, frozen, in individual cuts or in wholes and halves. Products are available on the farm.



Many Rocks Farm

5127 Mt. Briar Road, Keedysville, MD 21756

Tel: 301-432-7296

Contact: Jeanne Dietz-Band

info@manyrocksfarm.com

<http://www.manyrocksfarm.com/index.html>

Matre Manoeuvre Farm

28290 Great Cove Rd., Ft. Littleton, PA 17223

Tel: 717-987-3745

Contact: Althea & William Wagman

awwagman@pa.net

Milcreek Farm

37964 Long Lane, Lovettsville, VA 20180

Tel: 540-822-4181

Contact: Don & Tylee Ulmer

milcrk@aol.com

<http://milcrk.mewebdesigns.com/>

Mildreds' Daughters Urban Farm

1100 Normahill Drive, Pittsburgh, PA 15201

Tel: 412-999-4209

Contact: Barbara Kline & Randa Shannon

<http://www.growpittsburgh.org/mildredsDaughters.html>

Misera's Organic Farm

135 Minter Rd., Butler, PA 16001

Tel: 724-865-2424

Contact: Steve Misera

steve.misera@gen-world.com

We are a family farm consisting of 80 acres. About 40 acres of crops, 30 acres of pasture, with the remaining in woods and farmstead. Our grains are certified organic. We have pastured poultry that is fed organic feed. We do not use any hormones or antibiotics in our chickens, beef and pork. We sell directly to consumers but would also sell to interested restaurants. We also plan on getting into vegetables in the near future.

We sell pastured poultry as whole or cut up birds, fresh or frozen. Our beef is Black Angus and is sold by the half or quarter (half of a half) and is sold cut, wrapped, and frozen. Our pork is sold by the half or whole and is also cut, wrapped and frozen. We also have some certified organic blueberries

and raspberries.

Our products are sold at the farm. Our chickens are available in the summer and early fall months. Pork is available in the fall, and the beef is available in the early spring. We prefer that you order the chicken by late spring or early summer, pork must be ordered by late spring and beef must be ordered by late summer. We do on occasion have extra available at processing time but do not guarantee it.

Nick's Organic Farm

Potomac
8565 Horseshoe Lane, Potomac, MD 20854
Tel: 301-983-2167
Contact: Nick Maravell
nickmaravell@comcast.net

Omega Meats

11415, Pollock Road, Grand Rapids, OH 43522
Tel: 419-392-6868
Contact: Lindsay Graham
lgraham57@metalink.net

Omega Meats produces grass fed beef and free range chickens on an organic pasture. The chickens are fed certified organic feed. We believe everyone should know the farmer growing their food.

Palmatier Farms

159 Log Road, Bronson, MI 49028
Tel: 517-819-8353
Contact: Kurtis Mayer

Pat West

5500 Mount Carmel Church Road, Keedysville, MD 21756
Tel: 301-432-2880
Contact: Pat West
patcwest@erols.com

Patowmack Farm

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42461 Lovettsville Road, Lovettsville, VA 20180
Tel: 540-822-9017
Fax: 540-822-4310
Contact: Beverly Morton Billand
Patowmackfarm@megapipe.net
<http://www.patowmackfarm.com/>

Patowmack Farm, an organic producer, began in 1986. It grew from our love for good and healthful food, the farming lifestyle and nature. Pronounced PAT-O-MACK, it was named after George Washington's trading company and the American Indians located in the area. Patowmack Farm sits high on a hill overlooking the Potomac River - one of the most spectacular views in all of the Loudoun Valleys.

Beverly was previously a health professional until she became a full-time farmer. Chuck is a city planner. He combines farming and consulting. As with most organic farmers, we developed our skills through long hours of research, practice and observations.

We were both raised in the city. Bev's grandparents owned a small dairy farm, while Chuck learned about organic gardening from his father. These experiences helped to shape our choice of becoming organic farmers. We began with fresh herbs and vegetables. Next, we made our own jams, herbal vinegars, pestos and salsa from what we grew. We added a farm market, pick-your-own blackberries and raspberries, a nature walk, gift baskets, and gourmet dinner events.

Our organic culinary products are part of the œVirginia's Finest• program and we have organic eggs from our free range chickens. We hope that you will join us in our adventure. Come visit us at the farm or call us at (540) 822-9017.

Patowmack Farm is also home to œ http://www.patowmackfarm.com/?page_id=11 Dinner in the Garden•, an elegant, fine-dining experience featuring the modern European cuisine of Chef Christian. Chef and farmer collaborate to create menus featuring their own organic fruits, vegetables and herbs just harvested from the fields, organic or natural meats, sustainable fish and fine cheeses and wines. The heated glass conservatory, open air tent and gazebo offer incredible views of the Potomac River while dining in a unique and elegant atmosphere.

Riehm Farm Nutritional Food and Tourism

7244 N. State Rte 53, Tiffin (between Tiffin and Fremont), OH 44883
Tel: 4199924392
Contact: Diane Riehm
riehtm farms@yahoo.com
<http://www.funacres.net>

Your dinner plate begins on our small, sustainable family farm of rich black swamp soils in Seneca County following the strict earth friendly standards. We raise food according to guidelines our forefathers followed many years ago. They're grown in a manner that exceeds organic methods and nutritionally "tested" to show you.

No harsh chemicals, hormones, antibiotics, food additives, or harsh fertilizers ever pass through our crops or animals. Our fruits, vegetables, and beef have acquired glowing reviews from some of

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Ohio's chefs, farmers' markets, and local consumers.

Spring, Summer, and Fall CSA (Community Supported Agriculture) packages include 7-11 different types of fresh picked fruits and vegetables every week. Drop off points in Sandusky, Tiffin, and Findlay.

We encourage you to visit our retail store located north of Tiffin on Rte. 53 open mid. May - November. Look for us on Thursdays at the Findlay Farmers' Market and Fremont Farmers' Market monthly.

Rock Valley Run CSA Farm

Rock Valley Run Greenhouse
16989 Valley Road, Auburn Township, OH 44023
Tel: 440-669-4013
Contact: Kathy Franks
rockvalleyrun@yahoo.com
<http://www.rockvalleyrunvpweb.com>

CSA farm taking subscriptions for fresh locally grown produce, herbs and flowers. Pesticide free produce and free range chicken eggs. Annuals, groundcovers and succulants.

Roots

Fremont, OH 43420
Tel: 419-332-6843
Contact: Mark
kpasso@usa.com

Roseland Organic Farms

27427 M-60 West, Cassopolis, MI 49031
Tel: (269) 445-87
Contact: John & Merrill Clark
macmerrill@aol.com
<http://www.roselandorganicfarms.com>

Roseland Organic Farms is a large family-owned certified organic farm operated by John and Merrill Clark. Along with their two sons, Toby and Lincoln Clark, who also live on the farm, they are modern pioneers in organic farming in the Michigan area.

Roseland Organic farms is presently certified by Indiana Certified Organic (ICO) and was originally certified from 1985 to 1998 by Organic Growers of Michigan (OGM). Exceeding all organic certification standards, including the Federal Organic Food Production Act of 1990, Roseland beef has been selected by hundreds of customers for their ordering.



Roseland organic beef is sold at the small on-farm market direct to customer by the cut or by a half/quarter and frozen meat cuts are shipped across the country via UPS “ 32 lb. minimum. All of our meats are USDA inspected in a small family owned processing plant. No parasiticides, antibiotics, hormones or growth regulators are used; No insecticides or herbicides are used on any of our farms and 100% certified organic feed are fed to the animals.

Ruth Ann's Garden Style Beef

11051 Renner Road, Woodsboro, MD 21798

Tel: 301-898-7006

Contact: Steve & Ruth Ann Derrenbacher

gardenstylebeef@msn.com

Ruth Ann's Garden Style Beef sells Angus grass-fed beef. Beef is available in whole, half, and split-half bulk packages as well as by the cut. Bulk quantities are picked up, frozen and cryopacked in see-through packaging, from the processor in Mt. Airy. Individual cuts and ground beef are available for pick up at the farm. The animals are grass-fed with no added hormones or antibiotics.

Sarver's Hill Farm

CSA

RR#9 Box 463, Old Route 66, Greensburg, PA 15601

Tel: 724-834-2334

Contact: Paul Sarver

psarverfarm@aol.com

Scherf Farms

7059 N. 600 West, Michigan City, IN 46360

Tel: 219-873-0816

Fax: 219-872-2988

Contact: Peter Scherf

scherfs@analog-dr.com

<http://scherffarms.com/>

Scherf Farms features naturally raised beef, pork , chicken and farm fresh eggs. We believe the best way to produce top quality meats is by using only the most natural and most humane farming methods. Our animals never receive growth hormones or unnecessary medications. Our animals have plenty of pasture for grazing and exercise, the way nature intended. Growing things naturally ds have drawbacks, we can only grow a certain number of animals at one time so as not to overcrowd the pastures. This means the supply of fresh naturally raised meat may be limited. To ensure the farm fresh meat you desire is available we recommend pre-ordering. NATURALLY GROWN, NATURALLY GOOD!



Scherf Farms

7059 N. County Road 600 West, Michigan City, IN 46360

Tel: 219-873-0816

Contact: Peter Scherf

Scherf Farms features naturally raised beef, pork, chicken and farm fresh eggs. We believe the best way to produce top quality meats is by using only the most natural and most humane farming methods. Our animals never receive growth hormones or unnecessary medications. Our animals have plenty of pasture for grazing and exercise, the way nature intended.

Shady Hill Farms, Ltd.

11510 Music Street, Newbury, OH 44065

Tel: 440-796-4592

Contact: Benjamin Calkins

bcalkins@spiethbell.com

<http://www.ShadyHillFarms.com>

Shared Legacy Farms CSA

3701 S. Schultz-Portage Rd., Elmore, OH 43416

Tel: 419-862-3576

Contact: Kurt Bench

bench76@hotmail.com

<http://www.sharedlegacyfarms.com>

Shared Legacy Farms of Elmore offers a variety of delicious local produce through our 18-week CSA vegetable/fruit subscription service (June 15-October 12, 2009). We offer a Standard Vegetable Share for 680, and a Fruit Specialty Share for 385 that includes local fruits grown by neighboring farms. Visit our website to download a registration form: sharedlegacyfarms.com. Average size of a share each week is equivalent to 2 large paper grocery sacks, and is enough to serve a family of four for a week. Pick up locations are at the Perrysburg Farmers' Market on Thursdays, Bench Farms in Curtice on Fridays, and Shared Legacy Farm in Elmore on Wednesdays. Members also receive a weekly newsletter featuring a vegetable of the week, recipes to try, tips for preparing or storing your produce, and general news about the farm. You'll also be invited to special farm events throughout the season.

Shari's Berries and Garden, LLC

12210 Abbott Road, Hiram, OH 44234

Tel: 330-569-7882

Contact: Shari Keefe

sharisberries@windstream.net

<http://sharisberriesandgarden.com>

Selling fruit, flowers, and plants. Blackberries and red raspberries when in season, appointments taken for PYO or order pre-picked. Cut flowers, potted perennials and shrubs sold from greenhouse

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or at area farmer's markets.

Silver Creek Farm

7097 Allyn Rd., Hiram, OH 44234

Tel: 330-569-3487

Contact: Molly & Ted Bartlett

silvrcef@aol.com

Skyemoor Farm

40101 Highland View Lane, Paeonian Springs, VA 20129

Tel: 540-882-4872

Contact: Will Stewart

v_stewart@earthlink.net

Skyemoor Farm is a family owned and run small sheep farm, raising lambs on pasture. All our meat is free of antibiotics and hormones. Raw and processed wool is available.

Smiling Meadow Farm

8194 Helman Road, Waynesboro, PA 17268

Tel: 717-762-5593

Contact: Arnold and Esther Diller

Smits Farms

3437 E. Sauk Trail, Chicago Heights, IL 60411

Tel: 708-758-1244

Contact: Carl Smits

smitsfarms@juno.com

<http://www.smitsfarms.com>

We are involved in the City of Chicago Farmer's Markets from May-October. We go to 7 Chicago markets per week and 1 suburb market per week. For more information on the City of Chicago Farmer's Markets visit www.cityofchicago.org/specialevents where you can find location of markets, market times and what the season for each market is. At market we sell cut bunches of herbs, potted herbs, vegetables and fall mums. Herbs: Basil, Rosemary, Marjoram, Oregano, Tarragon, Sage, Catnip, Thyme, Chives, Garlic Chives, Spearmint, Peppermint, Mint, Lemon Grass, Curly Parsley, Flat Parsley, Dill, Cilantro, Fennel, Arugala, Lemon Balm and Lavender. Vegetables: Zucchini, Cucumbers, Pickles, Tomats and Corn.

Snake Hill Farm,L.P.

17900 S. Park Blvd., Shaker Heights, OH 44120 Contact: Louis Rorimer and Family



LouisR9707@aol.com

Springtime Hill Highlands

Springtime Hill Farm, 453 Hampton Rd., Mill Run, PA 15464

Tel: 724-455-3919

Fax: 724-455-3919

Contact: Terri Springer

btspring@lhtot.com

We raise and sell registered Highland cattle. Our grassfed beef is USDA inspected and sold by whole, half or split half. 100% veg.feed, no routine antibiotics, no added hormones, pasture raised, non-confined, heritage breed.

Starr Valley Farm

4531 Melwood Road, Leechburg, PA 15656

Tel: 724-845-6327

Contact: John & Margie Starr

starrvalleyfarm@alltel.net

<http://www.localharvest.org/farms/M15511>

Our Certified Organic family farm is in Allegheny Township, Westmoreland County. We are 35 miles NE of Pittsburgh, PA (Pennsylvania) near Apollo / Vandergrift / Lower Burrel.

We breed and raise 100% grass fed Hereford-Angus Beef Cattle which rotationally graze our 15 pastures through the growing season and eat our organic hay all winter. The result is slow grown, healthy, flavorful beef.

We dry age all of our beef for 21 days and sell the final product in mixed increments of 1/8 of an animal, which amounts to ~40 lb box. This 40 lb box of beef has about 8-9 lbs of steaks (approx 2 NY Strips, 2 Fillet Mignons, 1 Sirloin, a few Short ribs, and 2 Delmonicos), about 6-9 lbs of roasts (chuck, rump or top round) and the balance of the tastiest lean ground beef you have ever had in ~1 lb pkgs.

Stonecrest Farms

6108 Mondell Road, Sharpsburg, MD 21782

Tel: 301-432-4663

Contact: Brian & Meredith Poffenberger

meredith@stonecrestfarms.com

Consistently tender, delicious beef. All natural Angus beef raised on 600 lush acres just 2 miles from historic Antietam Battlefield in Sharpsburg, Maryland. The Poffenberger family has been farming in the Sharpsburg area since 1732. Stonecrest Farms sells delicious and tender natural beef by the

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whole, side, split side quarter and various gift packages for your freezer. No hormones. No steroids. No dyes. No preservatives. USDA inspected. Dry-aged and flash frozen. Vacuum sealed for extended freshness. Will ship in the USA.

Strawberry Hill Farm Ltd.

24514 Township Road 167, Fresno, OH 43824

Tel: 740-545-7828

Contact: Ron and Mary Meyer

Sweetbriar Farm

11213 Parkman Road, Garrettsville, OH 44231 Contact: Janet Hahn

Sweetbriar Farm is an unofficial cooperative of a handful of small farmers that includes the Hahn family and several neighbors. Altogether, Sweetbriar Farm raises a good amount of all-natural, pasture-raised meats, including chicken, goat, lamb, beef, and pork. Weather permitting, the animals are raised outdoors year-round on certified organic pastures and are fed a steady diet of all-natural grains and grasses. Meats are available from the farm and the Peninsula Farmers' Market. Customers should call ahead of time to schedule an appointment or to request a meat brochure. Aside from meat, the farm also produces maple syrups and treats; goat's milk soaps, lotions, and candles; and herbal products. These Sweetbriar Farm products are available at several local retail stores and also by mail order.

Sycamore Farm Dorpers

67407 Sycamore Road, North Liberty, IN 46554

Tel: 574-656-3357

Contact: Bill MacKenzie

dillnbee@yahoo.com

Sycamore Spring Farm

6003 Elmer Derr Road, Frederick, MD 21703

Tel: 301-788-6980

Contact: Carol Rollman

sycamorespring@comcast.net

Natural, sustainable-pasture based homestead farm in Frederick Maryland. Heritage breed animals include; Scottish Highland cattle for the finest in grass fed beef. Goats for meat and milk, spring lambs, chickens and eggs. Narragansett Turkeys, Muscovy ducks, Giant Dewlap Taulose Geese and rabbits. Sustainable farming practices are top priority. We encourage farm visits to see how our food is grown and raised. We encourage and educate others to realize the enormous benefits to our health, our economy and our environment by buying LOCAL from sustainable small family farms.



Terra Vista Farm

6987 S.R.534, W. Farmington, OH 44491

Tel: 330-889-2121

Contact: Tony Defranco

The Farmer's Wife

Henry Family Farms

606 Columbiana Rd., Bessemer, PA 16112

Tel: 724 6678436

Contact: Margaret Henry

maggie.henry@gmail.com

The Indoor Garden

4459 W. Division St, Chicago, IL 60651 Contact: Brian Gorman

The Indoor Garden has been growing organic sprouts in Chicago since 1987. Their indoor facility is located in an 8,000-square-foot facility located near Midway Airport on the South Side of Chicago. The Indoor Garden specializes in the cultivation of over a dozen types of sprouts, including beans, greens, and grasses. Their lineup features mini- sprouts of alfalfa, clover, broccoli, and onion. They also sell heartier bean sprouts of adzuki, garbanzo, lentil, and soy seeds. Perhaps their most popular crops are the trays of sunflower, snow pea, and wheatgrass sprouts for cuttings.

The Shepherd's Fold

13306 Co. Rd. 100, Big Prairie, OH 44611

Tel: 330-496-3143

Contact: Joseph & Marion Yoder

Touch the Earth Farm

11707 Walnut Point Rd, Hagerstown, MD 21740

Tel: 301-223-8206

Contact: Danielle Conger

info@touchtheearthfarm.com

<http://www.touchtheearthfarm.com>

Touch the Earth Farm is a small, family-run farm on a rolling five and a quarter acres in the fertile Great Valley region of Maryland.

Our goals are simple: to produce wholesome food sustainably; to nourish ourselves, our community, and our planet; to help preserve biodiversity; and to raise our animals naturally and humanely.

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BREED CONSERVANCY: Featuring carefully selected livestock from the American Livestock Breed Conservancy list of rare and critical breeds once valued by backyard farms, now threatened by factory farming, including chicken, turkey, duck, goose, goat and swine.

BIODIVERSITY: Specializing in heirloom varieties of herbs, fruits and vegetables and seed preservation along with quality, non-GMO hybrid favorites.

Touch the Earth Farm

11707 Walnut Point Rd., Hagerstown, MD 21740

Tel: 301-223-8206

Contact: Danielle Conger

info@touchtheearthfarm.com

<http://touchtheearthfarm.com>

Touch the Earth Farm is a small, family-run farm on a rolling five and a quarter acres in the fertile Great Valley region of Maryland.

At Touch the Earth Farm you'll find only natural, wholesome food nourished through sustainable methods. No sub-therapeutic medication or hormones for our animals, no animal by-products or GMO's in our animals' feed, no synthetic pesticides or fertilizers on crops or pastures, no genetic modification of our feed, seeds or produce—that's our pledge.

Towns Edge Farm

46 Springer Road, Ligonier, PA 15658

Tel: 724-238-2637

Fax: 724-238-3284

Contact: Debby Snyder

dsnyder46@verizon.net

Direct farm sales of pastured poultry, cage-free eggs, fresh turkey, beef, and pork.

Trax's Farm

528 Trax Rd, Finleyville, PA 15332

Tel: 412-835-3246

<http://www.traxfarms.com/>

Trax Farms was established by Lewis Trax in 1865 and has been operated by the Trax family for six generations.

Welcome to Trax Farms, "Your place in the country since 1865!" Our mission is to sell quality products in a relaxed country environment and provide exceptional customer service so that customers truly believe this is their store. So sit back, relax, and browse our Website and you will see what makes Trax Farms a unique and fulfilling shopping experience. We hope to see you soon!



We own 325 acres of land.
We currently employ 155 to 175 people.
95,000 square feet of sales space.
We can accommodate 400 cars in our parking lot.

Tree and Leaf CSA

40120 Bond Street, Waterford, VA 20197
Tel: 540-882-9656
Contact: Georgia O'Neal and Zachariah Lester
info@treeandleafcsa.com
<http://treeandleaffarm.com/>

Tree and Leaf is dedicated to tending the balance of its farm's natural ecosystem. Our intensive sustainable growing practices are designed to reflect nature rhythms through out the seasons. The farm is located in Loudoun County Virginia. We grow a diverse selection of vegetables, herbs, and flowers. We currently have a 21 week CSA (Community Supported Agriculture) which services our local Loudoun County community and the Mount Pleasant neighborhood in Washington D.C. We can also be found on Thursdays at the Purcellville, VA farmers market, in Washington D.C. on Saturdays at the Mount Pleasant and U-Street markets, and on Sundays at Dupont Circle market.

Turnin' Back Time Farm

17123 Co Rd 6, Montpelier, OH 43543
Tel: 419-212-1583
Contact: Kevin Miller

Wild Rose Farm

2412 U.S. Route 30, Hookstown, PA 15050
Tel: 724-573-1145
Contact: Rose Marie Kendall

Willow Springs Farm

2169 Menchtown Road, Everett, PA 15537
Tel: 814-735-4557
Contact: Kate Pruitt and Dale Thomsen
willowsp@pennswoods.net

Willow Springs Farm has been farmed for 13 years without artificial chemicals of any kind. In trying to farm in harmony with nature, we raise everything on native pasture with the seasons. We are committed to preserving our land as well as raising healthy, quality food for ourselves and others.

We raise sheep, chickens, and rabbits. Currently we have a limited supply of aged raw sheep milk

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cheese (cracked pepperjack) pastured chickens (frozen) and rabbit. Our rabbits are currently raised in a building, but we are working on a pasture growing system for this summer. Our lambs are raised on pasture, no grain. Our sheep milk is produced entirely from pasture. Due to cost and availability, our chickens do receive non-organically grown feed, but with no hormones or antibiotics, and are moved to fresh pasture 1-2 times daily.

Processing of all products is done by hand by local small family operations. Fresh products are available from June through October by pre-order. Frozen chicken, rabbit, and lamb are available year round. Call, write or e-mail for price and availability. We will ship, but love to have our customers visit to share the beauty of our farm.

Windwood Hollow Farm

14018 State Route 49, Edon, OH 43518

Tel: 419-272-2579

Contact: Billy Hug

Windwood Hollow Farm is a small farm that raises Highland Cattle and turkeys. Windwood Hollow Farm is a member of the Midwest Highland Cattle Association and prides itself on its heritage, grass-fed beef. Please call to place an order.



14 & U Farmers Market

14 & U Streets, NW, Sidewalk plaza outside the Reeves' Center, Washington, DC 20009

Tel: (703) 328-6559

Contact: Robin Shuster

marketsandmore@gmail.com

<http://www.14andufarmersmarket.com/>

Time of Year: June - November, Days of Week/Hours: June - November

Ambridge Farmers Market

St. Mary's Church Parking Lot, Ambridge, PA 15003

Tel: (724) 846-1116

Contact: Dennis Harble

Time of Year: May - December; Days of Week: Thursday, 4:00 P.M. - 6:00 P.M.

Arlington County Farmers Market

Intersection of N. Courthouse Rd. and N. 14th St., Adgacent to the Arlington County Courthouse

Parkin, Arlington, VA 22210

Tel: 703-228-6400

Contact: Any Help

<http://www.arlingtonfarmersmarket.com>

Time of Year: January - December, Days of Week/Hours: Saturday 8am-Noon

Ashburn Farmers Market

87th & Kedzie Ave. (8700S - 3200W), Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Saturday, 7:00 A.M.-2:00 P.M. Accepts: WIC SFMP

Austin Farmers Market

Madison and Central, Emmet Academy, Parking lot, Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: July - October; Day of Week/Hours: Saturday, 7:00 A.M.-2:00 P.M. Accepts: WIC SFMP

Bardane Country Market

8001 Charles Town Rd., Shenandoah Junction, WV 25442

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Tel: (304) 725-1100
Contact: Marry Frances Hockman
<http://www.yorkhill-wv.com>

Time of Year: April - December; Days of Week: Sunday- Saturday, 10:00 AM- 5:00 PM. Accepts: WIC

Beaver County Courthouse Market

Beaver County Courthouse, Beaver, PA 15009
Tel: (724) 846-1116
Contact: Dennis Harble

Time of Year: May - December; Days of Week: Saturday, 10:00 A.M. - 1:00 P.M.

Beaver Falls Farmers Market

8th Avenue, Beaver Falls, PA 15010
Tel: (724) 846-1116
Contact: Dennis Harble

Time of Year: January - December; Days of Week: Monday, 4:00 P.M. - 6:00 P.M.

Bench Farms, St. Rte. 2

9151 Jerusalem Rd., Curtice, OH 43412
Tel: 419-836-9443
Contact: Cindy Bench
davidbench@buckeye-access.com
<http://www.benchfarms.com>

Run by David and Cindy Bench, our family farm dates back over two generations and covers nearly 400 acres. Each April, we open up our Greenhouse to bring you the finest treasures from our well-established plant collection, including many exotic, hard-to-find plants, geraniums and roses. Beginning mid-July, we run a Roadside Market with the freshest vegetables from our fields, including David's famous sweet corn and our heirloom tomatoes. We also visit the Perrysburg Farmer's Market each Thursday starting in May to offer our plants and produce. You can visit the Grainary—a unique country gift store located in our big white barn that sells antiques and homemade crafts. This year, we are launching a CSA vegetable subscription program through the help of our subsidiary Shared Legacy Farms in Elmore.

Bethesda Farmers' Market

Norfolk Ave. & Woodmont Ave., Bethesda, MD 20814
Tel: (301) 215-6660
Contact: Customer Service
<http://www.bethesda.org/bethesda/farmers/Bethfarmers.htm>

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Time of Year: May- October, Days of Week/Hours: Tuesday and Saturday, 10:00 a.m.- 2:30 p.m.

Beverly Farmers Market

95th Street & Longwood (9500S-1821W), Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Sunday, 7:00 A.M.- 2:00 P.M. Accepts: WIC SFMP

Blissfield Farmers Market

325 W. Adrian Street, Behind Frosty Boy on US-223, Blissfield, MI 49228

Tel: (517) 447-3028

Contact: Marv Schrock

Time of Year: June - October; Day of Week/Hours: Tuesday, 8:00 a.m. -1:00 p.m.

Bronzeville Farmers Market

30th & Dr. Martin Luther King Dr. (3000S - 400E), Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October Accepts: WIC SFMP

Buchanan Farmers Market

122 Days Avenue, One block south of Front Street, Buchanan, MI 49107

Tel: (269) 695-3291

Contact: Michelle Klarich

Time of Year: May - October; Day of Week/Hours: Saturday, 8:00 a.m. - 1:00 p.m.

Butler County Farmers Market

Shore Street, Butler, PA 16001

Tel: (724) 282-2411

Contact: Perry Ray

Days of Week: Monday & Wednesday, 3:00 P.M. - 6:00 P.M

Cassopolis Farmers Market

Disbow Street, Shoreline of Stone Lake, Cassopolis, MI 49031

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Tel: (269) 445-8175
Contact: Callie Covey

Time of Year: June - September; Day of Week/Hours: Saturday, 8:30 a.m. - 12:30 p.m.

Chester Farmers Market

Chester Municipal Building Parking Lot, Chester, WV 26034
Tel: (304) 654-3805
Contact: Leanne Moorman
<http://www.ext.wvu.edu/hancock/>

Time of Year: July - October; Days of Week: Thursday, 3:00 PM- 6:00 PM. Accepts: WIC

Chester Farmers Market

Chester Municipal Building Parking Lot, Chester, WV 26034
Tel: (304) 654-3805
Contact: Leanne Moorman
<http://www.ext.wvu.edu/hancock/>

Time of Year: July - October; Days of Week: Thursday, 3:00 PM- 6:00 PM. Accepts: WIC

Chevy Chase Farmers Market

5701 Broad Branch Rd , Lafayette Elementary School, Washington, DC 20015 Contact: Haroun Hallack
<http://www.redbudfarm.com>

Time of Year: April - November, Days of Week/Hours: Saturday, 9 a.m. - 1 p.m.

City Parks Farmers Market I

Brownsfield Road & Parkfield Street , Carrick Shopping Center, Carrick, PA 15122
Tel: (412) 442-6523
Contact: Eric Van
http://www.city.pittsburgh.pa.us/parks/html/farmers_market.html

Time of Year: May - November; Days of Week: Wednesday, 3:30 P.M. - 7:30 P.M.

City Parks Farmers Market II

South 18th St. at Carson, South Side, Pittsburgh, PA 15219
Tel: (412) 442-6523
Contact: Eric Van

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http://www.city.pittsburgh.pa.us/parks/html/farmers_market.html

Time of Year: May - November; Days of Week: Tuesday, 3:30 P.M. - 7:30 P.M.

City Parks Farmers Market III

East Liberty, Penn Circle West, Pittsburgh, PA 15219

Tel: (412) 422-6523

Contact: Eric Van

http://www.city.pittsburgh.pa.us/parks/html/farmers_market.html

Time of Year: May - November; Days of Week: Monday, 3:30 P.M. - 7:30 P.M.

City Parks Farmers Market IV

East Ohio Street & Cedar Avenue , North Side East Park, Pittsburgh, PA 15219

Tel: (412) 442-6523

Contact: Eric Van

http://www.city.pittsburgh.pa.us/parks/html/farmers_market.html

Time of Year: May - November; Days of Week: Friday, 3:30 P.M. - 7:30 P.M.

City Parks Farmers Market IV

City-County Building - Grant Street , Downtown Pittsburgh, Pittsburgh, PA 15219

Tel: (412) 442-6523

Contact: Eric Van

http://www.city.pittsburgh.pa.us/parks/html/farmers_market.html

Time of Year: May - November; Days of Week: Friday, 10:00 A.M. - 2:00 P.M.

City Parks Farmers Market V

Bulter and Baker Streets , Downtown Pittsburgh - Highland Park, Pittsburgh, PA 15219

Tel: (412) 442-6523

Contact: Eric Van

http://www.city.pittsburgh.pa.us/parks/html/farmers_market.html

Time of Year: May - November; Days of Week: Thursday, 3:30 P.M. - 7:30 P.M.

Clarendon Farmers Market

Clarendon Metro Park, Arlington, VA 22201

Tel: 703-812-8881

<http://www.clarendon.org/farmers.html>

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Time of Year: May - October, Days of Week/Hours: Wednesday, 3:00 PM- 7:00 PM

Cleveland Miles Farmers Market INC

28560 Miles Road, Cleveland, OH 44139

Tel: (440) 248-5222

<http://www.milesfarmersmarket.com>

Coit Road Farmers Market

15000 Woodworth Road, East Cleveland, OH 44112

Tel: (216) 249-5455

Contact: Kevin Scheuring

Time of Year: January - December, Day of Week/Hours, Wednesday, 12:00 noon- 5:30 P.M.

Columbia Heights Farmers Market

14th & Irving Streets, NW , Columbia Heights Metro Stop, Washington, DC 20009

Tel: (202) 232-7503

Contact: David McIntire

Time of Year: May - October, Days of Week/Hours: Saturday, 8:30 a.m. - 1:30 p.m.

Columbia Pike Home Grown Market

Columbia Pike & S. Walter Reed Drive, Arlington, VA 22204

Tel: (703) 892-2776

Contact: CPRO

http://www.columbiapikepartnership.com/MARKET/index_E.html

Time of Year: May-November, Days of Week/Hours: Sunday, 9am-1pm

Coraopolis Farmers Market

Presbyterian Church parking lot, Coraopolis, PA 15108

Tel: (724) 774-2380

Contact: Dennis Harble

Time of Year: July - October; Days of Week: Monday, 4:00 P.M. - 6:00 P.M.

Countryside Farmers Market

6050 Riverview Road, Peninsula, OH 44264

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Tel: (330) 657-2538
Contact: Sharon Halkovics

Time of Year: June - October, Day of Week/Hours, Saturday, 9:00 A.M.- 1:00 P.M

Countryside Farmers Market

80 Exchange Street, Akron, OH 44308
Tel: (330) 657-2538
Contact: Sharon Halkovics

Time of Year: June - October, Day of Week/Hours, Thursday, 3:00 P.M.- 7:00 P.M.

Countryside Farmers Market

80 Exchange Street, Akron, OH 44308
Tel: (330) 657-2538
Contact: Sharon Halkovics

Time of Year: June - October, Day of Week/Hours, Thursday, 3:00 P.M.- 7:00 P.M.

Coventry Village Farmers Market

Corner of Coventry Rd and Euclid Hts Blvd., Cleveland Hts, OH 44118
Tel: (216) 932-3322
Contact: Myra Orenstein

Time of Year: June - October, Day of Week/Hours, 6:00 P.M.- 9:00 P.M.

Daley Plaza Chicago Farmers Market

Washington & Dearborn, Daley Plaza, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: May - September; Day of Week/Hours: Thursday, 7:00 A.M.- 3:00 P.M. Accepts: WIC
SFMP

DC Farmers Market

1309 5th Street, NE, Washington, DC 20002
Tel: (202) 547-3142
Contact: Lew McKinney
http://www.pps.org/great_public_spaces/one?public_place_id=224

Time of Year: January - December , Days of Week/Hours: Sunday, 7 a.m. - 2 p.m.; Tuesday -
Thursday, 7 a.m. - 5:30 p.m.; Fridays - Saturdays, 7 a.m. - 6:30 p.m.



Dietrich's Farm Market

3910 Avon Lake Road, Litchfield, OH 44253

Tel: (330) 725-5275

Contact: Jane Dietrich

Time of Year: July, Day of Week/Hours, 10:00 A.M.- 6:00 P.M.

Dunning-Eli's Farmers Market

Eli's Cheesecake Company parking lot, City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Thursday, 7:00 A.M.-2:00 P.M. Accepts: WIC SFMP

DuPont Circle Freshfarm Market

20th & Q St. NW, In the adjacent parking lot of PNC Bank, Washington, DC 20036

Tel: (202) 362-8889

Contact: Ann Yonkers/Bernadine Prince

info@freshfarmmarket.org

http://www.freshfarmmarket.org/markets/dupont_circle.html

Time of Year: Year-Round, Days of Week/Hours: Regular season (April to December 2007): Sunday, 9 am to 1 pm. Winter Hours (January to March 2007): 10 am to 1 pm

East Holmes Market

3824 SR 39, Millersburg, OH 44654

Tel: (330) 893-7225

Contact: Noah Raber

Time of Year: April - October, Day of Week/Hours, Thursday, Friday & Saturday, 9:00 A.M.- 5:00 P.M.

East Liberty Farmers Market

North Beatty & Ansley Streets, East Liberty, PA 15206

Tel: (724) 898-1670

Time of Year: January - December; Days of Week: Saturday, 5:00 A.M. - 1:00 P.M.

Eastern Market Outdoor Farmers Market

225 7th Street, Between C Street & North Carolina Ave. SE, Washington, DC 20003

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Tel: (301) 622-9300
Contact: Brian Cook
bkcook@siterealtygroup.com
<http://www.easternmarket.net/index.php?id=farmersline>

Time of Year: Year-Round, Days of Week/Hours: Saturday-Sunday 8 a.m. - 6 p.m.

EBT USDOT Farmers Market

1200 M Street, SE, Washington, DC 20003
Tel: (202) 366-8932
Contact: Carolyn Pemberton
Carolyn.pemberton@dot.gov

Time of Year: June - November, Days of Week/Hours: Tuesday, 10 a.m. - 4 p.m.

Edgewater Farmers Market

Thorndale & Broadway (2000N - 700W), City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October Accepts: WIC SFMP

Elkhart Community Farmers Market

YMCA/YWCA parking lot, Elkhart, IN 46517
Tel: (219) 875-5273
Contact: Ron Martin

Everedy Square & Shab Row Farmers

Downtown, East and East Church Streets, Frederick, MD 21701
Tel: (301) 898-3183
Contact: Wendy Barth
<http://www.frederickfarmersmarkets.com/>

Time of Year: June- October, Days of Week/Hours: Thursday, 3:00 p.m.- 6:00 p.m.

Farmers Coop Market of East Liberty

344 N. Sheridan Ave. , Pittsburgh, PA 15206
Tel: (724) 478-4361
Contact: Timothy Hilerman

Time of Year: January - December; Days of Week: Saturday, 5:00 P.M. 1:00 P.M.

inauguration 2009: from chicago guide: farmers markets



Farmers Market

241 S. Beaver Street, Wooster, OH 44691

Tel: (330) 263-5207

Contact: Susan Kelly

Time of Year: June - October, Day of Week/Hours, Thursday, 7:30 A.M.- 12:00 noon

Farmers Market

South Elkhart Street-across from the post, Wakarusa, IN 46573

Tel: (219) 862-4344

Contact: Wakarusa Chamber of Commerce

Time of Year: May - September, Days of Week/Hours: Saturday, 8:00 a.m.-12:00 noon

Farmers Market at Jilbert Winery

1496 Columbia Rd, Valley City, OH 44280

Tel: (216) 781-4120

Contact: David Jilbert

Time of Year: June - September, Day of Week/Hours, Saturday, 9:00 A.M.- 1:00 P.M.

Farms Produce Auction

SR 241, Millersburg, OH 44654

Tel: (330) 674-7661

Contact: Jim Mullett

<http://www.mthope.com>

Time of Year: April - November, Day of Week/Hours, Monday, Tuesday, Thursday & Friday, 10:00 A.M.

Farmstand at CHSAS

3851 W. 111th St., Chicago High School for Agricultural Science, Chicago, IL 60655

Time of Year: July - September; Day of Week/Hours: Monday-Saturday, 10:00 A.M.-5:00 P.M.

Federal Plaza Farmers Market

Federal Plaza at Adams & Dearborn (230 S-50 W), City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: May - October; Day of Week/Hours: Tuesday, 7:00 A.M.- 3:00 P.M. Accepts: WIC SFMP



Foggy Bottom Farmers Market

2400 I Street, NW, Between New Hampshire & 24th St., NW, Washington, DC 20037

Tel: (202) 362-8889

Contact: Ann Yonkers

info@freshfarmmarket.org

http://www.freshfarmmarket.org/markets/foggy_bottom.html

Time of Year: April - November, Days of Week/Hours: Wednesday, 2:30 to 7 pm

Forest Park French Market

405 North Wabash, Unit 3009, Northwest corner of Madison & Circle, Chicago, IL 60611

<http://www.bensidounusa.com>

Time of Year: May - October; Day of Week/Hours: Saturday, 8:00 A.M.-1:00 P.M.

Fort Detrick Farmers' Market

In front of Bldg. 549, library & cafeteria, Frederick, MD 21701

Tel: (301) 846-1956

Contact: Market Master

Time of Year: June- October, Days of Week/Hours: Tuesday, 11:00 a.m.- 1:30 p.m.

Fox Hollow Farm

21804 Woodfield Road, Gaithersburg, MD 20882

Tel: 301-330-0165

Fax: 310-963-1234

sscuderi01@aol.com

<http://www.foxhollowfarm.org>

Sharing our love of farming with our neighbors and guests here at Fox Hollow is our passion. We strive daily to create a peaceful and harmonious environment that our friends, animals and plants can thrive in. Our farm is completely natural. We are not yet organic but we do not feed our animals growth hormones or feeds that are supplemented in any way. We love our animals so that when they are sick we do treat them but in the least invasive way possible. Vegetables and fruits grown on our farm are treated the same way. We create a healthy soil that the plants can thrive in without using pesticides. Our long term goal is to create a farm where you can visit us and our animals and where you will have the opportunity to purchase fresh-from-the-farm healthy and tasty things to eat.

Garfield Park Farmers Market

Garfield Park, North of Conservatory, City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602

<http://www.cityofchicago.org>

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Time of Year: June - October

Gately/Pullman Farmers Market

111th & Cottage Grove (111000S - 800E), City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Wednesday, 7:00 A.M.- 2:00 P.M. Accepts: WIC SFMP

Geauga Family Farm Market

4645 Mayfield Rd., South Euclid, OH 44121

Tel: (216) 291-0771

Contact: Cheryl McNulty

Time of Year: July, Day of Week/Hours, Saturday, 10:00 A.M.- 7:00 P.M.

Geneva French Market

NW Corner of South & 4th St., Chicago, IL 60611 <http://www.benisdounusa.com>

Time of Year: May - October; Day of Week/Hours: Sunday, 9:00 A.M.-2:00 P.M.

Georgetown Market in Rose Park

26th & O Street, NW, Washington, DC 20007

Tel: (202) 333-4946

Contact: Ann Yonkers/Bernadine Prince

Time of Year: April - October, Days of Week/Hours: Wednesday, 4 - 7 p.m.

Glascocock's Produce Farmers Market

5381 Highland Ridge, South Fairfax, Berkeley Springs, WV 25401

Tel: (304) 258-1431

Contact: Mark Glascocock

Time of Year: May - October; Days of Week: Friday & Saturday, 12:00 PM- 5:00 PM. Accepts: WIC

Glen Ellyn Farmers Market

400 Main St. Adjacent to Giesche Shoe, Chicago, IL 60611 <http://www.benisdounusa.com>

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Time of Year: May - October; Day of Week/Hours: Friday, 8:00 A.M.-1:00 P.M.

Greenfield's Farmers Market

904 Winchester Ave., Martinsburg, WV 25401

Tel: (304) 263-6225

Contact: David R. Greenfield

Time of Year: June - November; Days of Week: Monday-Saturday, 9:00 AM- 5:00 PM.

Greensburg Downtown Farmers Market I

Harold Zion Lutheran Church, Greensburg, PA 15601

Tel: (724) 834-2334

Contact: Paul Sarver

Time of Year: May - November; Days of Week: Thursday, 3:30 P.M. - 6:00 P.M.

Greensburg Downtown Farmers Market II

West 2nd Street, Greensburg, PA 15601

Tel: (724) 834-2334

Contact: Paul Sarver

Days of Week: Thursday, 4:00 P.M. - 6:00 P.M.

H Street Freshfarm Market

624 H Street, NE, Parking lot directly across from the H Street Self, Washington, DC 20002

Tel: (202) 362-8889

Contact: Ann Yonkers

info@freshfarmmarket.org

http://www.freshfarmmarket.org/markets/h_street.html

Time of Year: May - November, Days of Week/Hours: Saturday, 9 a.m. - 12 p.m.

Hagerstown City Farmers' Market

25 W. Church St., Hagerstown, MD 21740

Tel: (301) 739-8577

Contact: Susie Salvagni

<http://www.hagerstownmarket.org>

Time of Year: January- December, Days of Week/Hours: Saturday, 5:00 a.m.- 12:00 noon



Haymaker Farmers' Market

Franklin Ave. , between College & Summit Sts., Kent, OH 44240

Tel: 330-678-5748

Contact: Fritz Seefeldt

kentmarket@neo.rr.com

<http://haymakermarket.com/>

Established in 1992, Haymaker Farmers' Market is a cooperatively managed munil farmers' market for growers and bakers in the north east Ohio area. The market is located within Kent's downtown historical district. Our season runs from early June through the end of October. Hours are from 9:00 am-1:00 pm every Saturday. This year the market began featuring performances by local musicians as part of the "Music and the Market" series. For information about becoming a vendor or taking part in the music program, please contact Fritz Seefeldt at kentmarket@neo.rr.com or call 330-678-5748.

Fresh cut and live flowers, hand crafted soaps, preserves, jams and jellies, prepared and ready to eat foods.

Haymaker Farmers' Market

Franklin Ave. at College St., Between College & Summit Sts, Kent, OH 44240

Tel: 330-678-5748

Contact: Fritz Seefeldt

kentmarket@neo.rr.com

<http://haymakermarket.com/>

Established in 1992, Haymaker Farmers' Market is a cooperatively managed munil farmers' market for growers and bakers in the north east Ohio area. The market is located within Kent's downtown historical district. Our season runs from early June through the end of October. Hours are from 9:00 am-1:00 pm every Saturday. This year the market began featuring performances by local musicians as part of the "Music and the Market" series. For information about becoming a vendor or taking part in the music program, please contact Fritz Seefeldt T kentmarket@neo.rr.com.

Hempfield Farmers Market

Route 66, Greensburg, PA 15601

Tel: (724) 834-2334

Contact: Paul Sarver

Time of Year: May - November; Days of Week: Saturday, 9:00 A.M. - 12:00 Noon

Heritage Park Farm Stand

5200 Foote Street, NE, Heritage Green and the Riverside Center, Washington, DC 20009

Tel: (202) 462-7275

Contact: Steve Coleman

WashingtonParks@aol.com

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<http://www.localharvest.org/farmers-markets/M6491>

Time of Year: May - October , Days of Week/Hours: Saturday, 10 a.m. - 1 p.m.

Highland Farmers Market

Corner of Highway and Kennedy Ave., Highland, IN 46322

Tel: (219) 838-0114

Contact: Pam Baldin

<http://www.highlandparks.org>

Hillsdale Farmers Market

County Fairground, Hillsdale, MI 49242

Tel: (517) 437-2424

Contact: Deb Lindemann

Time of Year: January - December; Day of Week/Hours: Saturday, 8:00 a- 2:00 p.m.

Holmes County Farmers Market

224 N. Clay Street, St. Millersburg, OH 44654

Tel: (330) 674-5035

Contact: Emilie Mann

Time of Year: June - October, Day of Week/Hours, Tuesday, 9:00 A.M.- 12:30 P.M.

Homewood Farmers Market

17951 Dixie Highway (St. Joseph's parking, Homewood, IL 60430

<http://www.homesweethomewood.com>

Time of Year: July - October; Day of Week/Hours: Saturday, 8:00 A.M.-2:00 P.M.

Hyde Park Farmers Market

Cul-de-sac at Harper Court, 52nd Pl. &, Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October Accepts: WIC SFMP

Kamm's Corners Farmers' Market

West 168th and Lorain Avenue, Cleveland, OH 44111

inauguration 2009: from chicago guide: farmers markets



Tel: 216-252-6559
Fax: 216-252-6500
info at [kammscorners.com](http://www.kammscorners.com)
<http://www.kammscorners.com/farmersmarket.html>

Sundays 10:00 am- 2:00 pm

A Sunday destination and much more than a traditional farmers market, the Kamm's Corners Farmers Market features entertainment, health education and cooking demonstrations to attract local and regional interest.

Each week the selection of locally grown produce, breads and baked goods, cheese, honey, jams and jellies, herbs and flowering plants changes as the seasons bounty comes in from area farms and kitchens.

“Locally grown” entertainment is also a hallmark of the market, with a variety of quality area musicians and other entertainers appearing each week. [Click here for entertainment schedule.](#)

The market also features weekly chef demonstrations by local and regional restaurant chefs, cooking school gurus, and neighborhood gourmet cooks. Most chef demonstrations take place at 11 a.m.

LaGrange Community Farmers Market

East Spring Street, LaGrange, IN 46761
Tel: (219) 463-3914
Contact: Ardala Hepler

Lake Shore East Farmers Market

220 North Park Drive, Chicago, IL 60602 <http://www.cityofchicago.org>

Laurel Mall Farmers Market

Laurel Mall, Connellsville, PA 15425
Tel: (724) 626-0160
Contact: Shirley Humberston

Time of Year: July - November; Days of Week: Tuesday, 10:00 A.M. - 4:00 P.M.

Lawndale Farmers Market

Greenshaw & Homan (1100S - 3400W), Chicago, IL 60602
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October Accepts: WIC SFMP



Lawrence County Farmers Market

Towne Mall, New Castle, PA 16101
Tel: (724) 654-5593
Contact: Janet Falotico
<http://www.lawrencecountychamber.com>

Time of Year: May - October; Days of Week: Friday, 7:00 A.M. - 12:00 Noon

LEAF - Lakewood Earth and Food Community

Lakewood, OH 44107 Contact: Dan Slife
leafcommunity@gmail.com
<http://www.leafcommunity.org>

Lakewood Earth and Food Community is dedicated to the development of a more sustainable, healthful and economically viable community through environmentally responsible actions producing broad access to the purchasing, growing and trading of fresh, local foods, knowledge and culture.

Leesburg Farmers Market

Virginia Village Shopping Center, Leesburg, VA 20176
Tel: (703) 777-0426
Contact: Judy Stroske
<http://www.loudounfarms.org>

November thru April; 9am til noon
May thru October; 8am til noon

Ligonier Country Market

Loyalhanna Watershed Property, One half mile west of Downtown Ligonier, Ligonier, PA 15658
Tel: (724) 238-6702
Contact: Jim Mikula
<http://www.ligoniercountrymarket.com/>

Time of Year: May - September; Days of Week: Saturday, 7:00 A.M. - 12:00 Noon

Lincoln Park Farmers Market

Lincoln Park High School parking lot, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: May - October; Day of Week/Hours: Saturday, 7:00 A.M.-2:00 P.M. Accepts: WIC SFMP

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Lincoln Square Chicago Farmers Market

City parking lot adjacent to Brown Line station, Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Tuesday, 7:00 A.M.-2:00 P.M. Accepts: WIC SFMP

Lisle French Market

Downtown Lisle-Main & Burlington, Chicago, IL 60611 <http://www.benisdounusa.com>

Logan Square

Southeast corner of Logan Blvd. & Milwaukee, Chicago, IL 60602 <http://www.cityofchicago.org>

Time of Year: June - October; Day of Week/Hours: Sunday, 11:00 A.M.-4:00 P.M.

Lombard French Market

St. Charles Road one block east of Main St., Chicago, IL 60602 <http://www.benisdounusa.com>

Time of Year: May - October; Day of Week/Hours: Saturday, 8:00 A.M.-1:00 P.M.

Lovettsville Farmers Market

Rte. 287, Game Protective Association, Lovettsville, VA 20180

Tel: (703) 777-0426

Contact: Warren Howell

<http://www.loudounfarms.org>

Time of Year: May-October, Days of Week/Hours: Tuesday, 4:00 PM-7:00 PM

Main Street Wooste, Inc.

N. Market Street Quad., Wooster, OH 44691

Tel: (330) 262-6222

Contact: Sandra C. Hull

Time of Year: June - October, Day of Week/Hours, Saturday, 8:00 A.M.- 12:00 noon

Mainstreet Association's Farmers Market

8th & Washington Streets, Michigan City, IN 46360

Tel: 800/622-1309

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Contact: Janet Kostielney
info@mcmainstreet.com
<http://www.mcmainstreet.com>

The Mainstreet Association sponsors the Farmer's Market every Saturday from May through October on the corner of 8th and Washington Streets in Michigan City. Open from 8am until Noon, the Farmer's Market (just one block east of Lighthouse Place Premium Outlet Center) features locally-grown fruits and vegetables in season as well as craft items, flowers, and herbs.

McKeesport Farmers Market

Lyle Boulevard, McKeesport, PA 15130
Days of Week: Friday, 12:00 Noon - 4:30 P.M.

McLean Farmers Market

1659 Chain Bridge Rd., Lewinsville Park, McLean, VA 22101
Tel: (703) 642-0128
Contact: Sandra Reichert

Time of Year: May-November, Days of Week/Hours: Friday 8:30am-12:30pm

Medina County Farmers Market

Historic Medina Square, Medina, OH 44256
Tel: (330) 725-4911
Contact: David Civittolo

Time of Year: June - October, Day of Week/Hours, Saturday once each month

Michelangelo's Flea & Farmers Market

Rural Delivery 1, Box 211, Edingurg, PA 16116
Tel: (724) 654-0382

Days of Week: Sunday, 6:30 A.M. - 3:00 P.M.

Michigan City Farmers Market

8th & Washington Streets, Michigan City, IN 46360
Tel: (219) 874-3647
Contact: Ed Kis



Middletown Farmers Market

South Church Street, across from the Firehouse, Middletown, MD 21740

Tel: (301) 371-9202

Contact: Mary Garwood

Time of Year: June- September, Days of Week/Hours: Thursday, 3:00 p.m.- 6:00 p.m.

Mill Race Center Farmers Market

2d & Washington Streets, Goshen, IN 46527

Tel: (219) 533-7936

Contact: Beth Neff

<http://www.millrace.com>

Mokena French Market

Southeast corner of Wolf Rd. & Front St., Chicago, IL 60611 <http://www.bensidounusa.com>

Time of Year: April - October; Day of Week/Hours: Saturday, 8:00 A.M.-2:00 P.M.

Monroeville Farmers Market

Gateway High School, Monroeville, PA 15140 Contact: Monroeville Alliance Club

Time of Year: April - November; Days of Week: Saturday, 9:00 A.M.- 12:30 P.M.

Montgomery Farm Women's Co-op Market

7155 Wisconsin Avenue, Between Willow & Leland Streets, Bethesda, MD 20814

Tel: (301) 652-2291

Contact: Barbara Johnson

http://pages.montgomerycountymd.com/events/montgomery_market.htm

Time of Year: January- December, Days of Week/Hours: Wednesday & Saturday, 7:00 a.m.- 3:00 p.m.

Moon Farmers Market

main parking lot near park office at Moon Park, Moon Park, Moon Township, PA 15108

Tel: (412) 262-1703

Contact: Lance Welliver

<http://www.moontwp.com>

Time of Year: July - October; Days of Week: Tuesday, 3:00 P.M. - 6:00 P.M.



Morgan Park Farmers Market

Shiloah M.B. Church lot, 92nd & Ashland, Chicago, IL 60602
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Wednesday, 7:00 A.M.-2:00 P.M. Accepts: WIC SFMP

Mount Lebanon Farmers Market

733 Washington Road, Pittsburgh, PA 15228
Tel: (412) 344-7623

Days of Week: Wednesday, 4:00 P.M. - dusk

Mount Pleasant Farmers Market

Mount Pleasant between Park and Lamont, NW , Lamont Park, Washington, DC 20009
Tel: (703) 328-6559
Contact: Robin Shuster
robin.shuster@verizon.net
<http://www.localfood.info>

Time of Year: May - November, Days of Week/Hours: Saturday, 9 a.m. - 1 p.m.

Mt. Hope Auction

8076 SR 241, Mt. Hope, OH 44660
Tel: (330) 674-6188
Contact: Steve Mullett

Time of Year: April - November, Day of Week/Hours, Wednesday, 10:00 A.M.

Museum of Contemporary Art/Streeterville Market

On MCA Plaza, Chicago & Mies van der Rohe, Chicago, IL 60602 <http://www.cityofchicago.org>

Time of Year: June - October; Day of Week/Hours: Tuesday, 10:00 A.M.-6:00 P.M.

Near North Farmers Market

Division & Dearborn Streets (1200 N-50 W), Chicago, IL 60602
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Saturday, 7:00 A.M.-2:00 P.M. Accepts: WIC SFMP

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Nettelhorst French Market

Corner of Broadway & Melrose St., Chicago, IL 60611 <http://www.bensidounusa.com>

Time of Year: April - November; Day of Week/Hours: Saturday, 8:00 A.M.-2:00 P.M.

New Morning Farmers Market

36th Street & Alton Place, NW , Sheridan School, Washington, DC 20008

Tel: (814) 448-3904

Contact: Jim Crawford

jim@newmorningfarm.net

<http://www.newmorningfarm.net>

Time of Year: June - March, Days of Week/Hours: Saturday, 8 a.m. - 1 p.m.; Tuesday, 4:30 - 8 p.m.

North Center Farmers Market

Belle Plain/Damien/Lincoln (4100N - 2000N), Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Saturday, 7:00 A.M.- 2:00 P.M. Accepts: WIC SFMP

North Halsted Farmers Market

Faith Tabernacle Church parking lot, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Saturday, 7:00 A.M.-2:00 P.M. Accepts: WIC SFMP

North Royalton Farmers Market

Memorial Park State Rd, North Royalton, OH 44133

Tel: (440) 582-8855

Contact: Lisa Uffman-Kirsch

Time of Year: July - October, Day of Week/Hours, Wednesday, 2:00 P.M.- 6:00 P.M.

North Union Farmers Market

Arthur Ave. Extension, Cleveland, OH 44120

Tel: (216) 751-7656

Contact: Jay Griffith

Time of Year: July - October, Day of Week/Hours, 11:00 A.M.- 3:00 P.M.

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North Union Farmers Market

16800 Chagrin Blvd., Shaker Heights, OH 44120

Tel: (216) 751-7656

Contact: Donita Anderson

Time of Year: January - March, Day of Week/Hours, Saturday, 9:00 A.M.- 12:00 noon

North Union Farmers Market

E. Bound & W. Bound Shaker Blvd. & Shaker Square, Shaker Heights, OH 44120

Tel: (216) 751-7656

Contact: Donita Anderson

Time of Year: April - December, Day of Week/Hours, 8:00 A.M.- 12:00 noon

North Union Farmers Market

6975 Ridge Road, Steams Farm, Parma, OH 44129

Tel: (216) 751-7656

Contact: Helen Cherry

Time of Year: July - September, Day of Week/Hours, 10:00 A.M.- 2:00 P.M.

North Union Farmers Market

Crocker Rd and Market St, Westlake, OH 44145

Tel: 216-751-7656

Contact: Donita Anderson

Time of Year: April - November, Day of Week/Hours, 9:00 A.M.- 1:00 P.M.

O'Malia Farmers Market

747 New River Street, Plains, PA 15213

Tel: (717) 824-0490

Days of Week: Daily, 9:00 A.M. - 6:00 P.M.

Oak Lawn Farmers Market

North Parking Lot of Village Hall, Oak Lawn, IL 60453 <http://www.oaklawn-il.gov>

Time of Year: June - October; Day of Week/Hours: Wednesday, 7:00 A.M.-2:00 P.M.



Orr's Farm Market

682 Orr Dr., Martinsburg, WV 25402

Tel: (304) 263-1163

Contact: Vicki Orr

Time of Year: July - November; Days of Week: Monday-Saturday, 8:00 AM- 6:00 PM.

Orrville Farmers Market

315 W. Market St., Orrville, OH 44667

Tel: (330) 682-0317

Contact: Darrin Wasniewski

Time of Year: June - October, Day of Week/Hours, Wednesday, 2:00 P.M.- 6:00 P.M.

Palos Heights Farmers Market

Tiffany Square Shopping Center, 119th & Harlem Ave, Palos Heights, IL 60463

Time of Year: June - October; Day of Week/Hours: Wednesday, 7:00 A.M.-1:00 P.M.

Park at Jackson & Wacker Farmers Market

311 South Wacker St., Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Thursday, 7:00 A.M.-3:00 P.M. Accepts: WIC SFMP

Penn Quarter Freshfarm Market

North end of 8th St., NW, Between D & E Streets, Washington, DC 20004

Tel: (202) 362-8889

Contact: Ann Yonkers

info@freshfarmmarket.org

http://www.freshfarmmarket.org/markets/penn_quarter.html

Time of Year: April - November, Days of Week/Hours: Thursday, 3 p.m. to 7 p.m.

Perrysburg Farmer's Market

Louisiana Ave., Downtown Historic Business District, Perrysburg, OH 43551

Tel: 419-874-9147

Contact: Sandy and Laurie

director@perrysburgchamber.com

<http://www.visitperrysburg.com/farmers.html>

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This market of local farmers and craftsmen meets in historic downtown Perrysburg on Louisiana Avenue. Hours: Thursdays from 3-8 PM during the summer months.

Plaza Farmers Market

Heights Plaza Shopping Center, Natrona Heights, PA 15065
Tel: (412) 353-2061

Days of Week: Tuesday & Friday, 8:00 A.M. - 12:00 Noon

Plaza Farmers Market

Heights Plaza Shopping Center, Freeport, PA 16229 Contact: Suzan McCullough

Time of Year: July - October

Potomac Presbyterian Church Farmers' Market

10301 River Rd., behind church parking lot, Potomac, MD 20854
Tel: (301) 590-2830
Contact: Jeremy Criss
<http://www.montgomerycountymd.gov>

Time of Year: June- October, Days of Week/Hours: Thursday, 1:00 p.m.- 4:30 p.m.

Printer's Row Farmers Market

Dearborn & Polk (36W - 800S) Parking lot, Chicago, IL 60602
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October Accepts: WIC SFMP

Prudential Plaza Farmers Market

Prudential Building Plaza, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Tuesday, 7:00 A.M.-3:00 P.M. Accepts: WIC SFMP

Rockville Farmers' Market I

Corner of Rte. 28 & Monroe St., in the Parking Lot, Rockville, MD 20850
Tel: (240) 314-8604
Contact: Andrew Klee

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<http://www.rockvillemd.gov/events/farmers.htm>

Time of Year: May- October, Days of Week/Hours: Saturday, 9:00 a.m.- 1:00 p.m.

Rockville Farmers' Market II

E. Montgomery at Maryland Ave., In front of Regal Theater, Rockville, MD 20850

Tel: (240) 314-8604

Contact: Andrew Klee

<http://www.rockvillemd.gov/events/farmers.htm>

Time of Year: June- October, Days of Week/Hours: Wednesday, 11:00 a.m.- 2:00 p.m.

Rogers Community Auction & Open Market

45625 S.R. 154, Rogers, OH 44455

Tel: (330) 227-3233

Contact: Kenneth Baer

Time of Year: January - December, Day of Week/Hours, Friday, 7:30 A.M.- 12:00 noon

Sarvers Hill Farmers Market

Route 66, Greensburg, PA 15601

Tel: (724) 834-2334

Contact: Paul Sarvers

Time of Year: May - November; Days of Week: Thursday, 3:00 P.M. - 6:00 P.M.

Seaway Farmers Market

87th Langley (8700 S.-645 W.) Seaway, National Bank, Chicago, IL 60602

<http://www.cityofchicago.org>

Time of Year: June - September; Day of Week/Hours: Wednesday, 9:00 A.M.-2:00 P.M.

Shore Bank Farmers Market

Shore Bank Parking lot, 70th & Jeffery, Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Wednesday, 7:00 A.M.-2:00 P.M. Accepts: WIC SFMP

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South Chicago

83rd & Marquette (Chief Nomo's Oasis), Chicago, IL 60602 <http://www.cityofchicago.org>

Time of Year: July - October; Day of Week/Hours: Saturday, 7:00 A.M.-2:00 P.M.

Tecumseh Farmers Market

302 E. Chicago Blvd at Oneida, Tecumseh, MI 49288

Tel: (517) 451-8063

Contact: John & Barbara Mulcahy

Time of Year: May - October; Day of Week/Hours: Saturday, 9:00 a.m. - 1:00 p.m.

The Great Frederick Fair Farmers' Market

797 E. Patrick St., Frederick, MD 21701

Tel: (301) 663-5895

Contact: Bob Fogle

Time of Year: January- December, Days of Week/Hours: Saturday, 8:00 a.m.- 2:00 p.m.

Three Rivers Farmers Market

Parking lot west of West Michigan Avenue, Three Rivers, MI 49093

Tel: (269) 273-1075

Contact: Joe Bippus

<http://www.threeriversmi.org>

Time of Year: May - October; Day of Week/Hours: Saturday, 8:00 a.m. - 12:00 Noon

Toledo Outdoor Farmers Market

525 Market Street, Toledo, OH 43602

Tel: (419) 255-6765

Contact: Louise Mikesell Wireman

Time of Year: May - December, Day of Week/Hours, Monday-Friday, 8:00 A.M.- 4:00 P.M.

Trax's Farm

528 Trax Rd, Finleyville, PA 15332

Tel: 412-835-3246

<http://www.traxfarms.com/>

Trax Farms was established by Lewis Trax in 1865 and has been operated by the Trax family for six



generations.

Welcome to Trax Farms, "Your place in the country since 1865!" Our mission is to sell quality products in a relaxed country environment and provide exceptional customer service so that customers truly believe this is their store. So sit back, relax, and browse our Website and you will see what makes Trax Farms a unique and fulfilling shopping experience. We hope to see you soon!

We own 325 acres of land.

We currently employ 155 to 175 people.

95,000 square feet of sales space.

We can accommodate 400 cars in our parking lot.

Tremont Market

777 Starkweather, Corner of Starkweather and Professor, Cleveland, OH 44113 tremontmarket@yahoo.com

<http://www.tremontfarmersmarket.com/>

Sundays 10:00 am - 2:00 pm June 22 through October 26

The mission of the Tremont Farmers' Market is threefold: to preserve the connection between local growers & artisans and the consumer; to educate consumers about the benefits of preserving local agriculture and using local products; and to serve the Tremont neighborhood by providing fresh, high quality, locally grown produce as well as by providing an environment that fosters social gathering and interaction.

Twin Springs Fruit Farm

2300 Cathedral Ave. NW , All Souls Episcopal Church, Washington, DC 20008

Tel: (717) 334-4582

Contact: James Frazee

jamesdfrazee@hotmail.com

<http://www.twinspringsfruitfarm.com>

Time of Year: May - December, Days of Week/Hours: Saturday, 8:30 a.m.-12:30 p.m.

Twinsburg Farmers Market

Church Street, Twinsburg, OH 44087

Tel: (330) 963-6311

Contact: Dottie Oliver

Time of Year: July - September, Day of Week/Hours, Thursday, 3:00 P.M.- 7:00 P.M.

USDA Farmers Market

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12th St. & Independence Ave., USDA parking lot, Washington, DC 20250
Tel: (202) 720-8317
Contact: Velma Lakins
http://www.ams.usda.gov/farmersmarkets/USDA_markets.htm

Time of Year: June - October, Days of Week/Hours: Friday, 10 a.m. - 2 p.m.

Valparaiso Farmers Market

Porter County Courthouse, Valparaiso, IN 46384
Tel: (219) 464-8332
Contact: Glennas Kueck

Time of Year: June - August, Days of Week/Hours: Tuesday & Thursday, 7:30 a.m.-1:00 p.m.

Villa Park French Market

On Park Blvd., West side of Ardmore Ave., Chicago, IL 60611 <http://www.bensidounusa.com>

Time of Year: April - October; Day of Week/Hours: Sunday, 8:00 A.M.-1:00 P.M.

Ward 17 Farmers' Market

Corner of West 65th and West Clinton, Bethany Presbyterian Church, Cleveland, OH 44102
Saturdays 9:00 am - 1:00 pm July 5 through September 27

Washington County Farmers' Market

Prime Outlets Blvd., Off of Sharpsburg Pike, Hagerstown, MD 21740
Tel: (301) 733-4551
Contact: Pearl Martin

Time of Year: June- September, Days of Week/Hours: Wednesday 3:00 p.m. - 6:00 p.m. & Saturday, 10:00 a.m.- 1:00 p.m.

Wayne County Arts & Crafts Guild

50 Riffel Rd., Wooster, OH 44691
Tel: (330) 345-5962
Contact: Faye Blough

Time of Year: March - November, Day of Week/Hours, Daily, 9:00 A.M.- 4:00 P.M.



Wayne County Arts and Crafts Guild

Greenbriar Conference Center/ 50 Riffel Road, Wooster, OH 44691

Tel: (330) 263-4638

Contact: Debra Merillat

Time of Year: March - November, Day of Week/Hours, 9:00 A.M.- 4:00 P.M. (mostly crafts)

West Frederick Farmers Market

110 Baughman's Ln., Behind Medical Center, Frederick, MD 21701

Tel: (301) 898-3183

Contact: Wendy Barth

Time of Year: May- November, Days of Week/Hours: Saturday, 10:00 a.m.- 1:00 p.m.

Western Star Acres

3800 S. Medina Line Road, Wadsworth, OH 44281

Tel: (330) 336-4386

Contact: Gary Hahn

Time of Year: June - November, Day of Week/Hours, Monday-Saturday, 9:00 A.M.- 6:00 P.M.

Wheaton Farmers Market

SW Corner of Scott & Seminary St., Chicago, IL 60611 <http://www.bensidounusa.com>

Time of Year: June - October; Day of Week/Hours: Thursday, 8:00 A.M.-1:00 P.M.

Wheaton French Market

Municipal Parking Lot #3, corner of Main & Liberty, Chicago, IL 60611 <http://www.bensidounusa.com>

Time of Year: April - November; Day of Week/Hours: Saturday, 8:00 A.M.-2:00 P.M.

Wicker Park/Bucktown Farmers Market

Wicker Park & Damen Streets, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Sunday, 7:00 A.M.-2:00 P.M. Accepts: WIC
SFMP

Wilkinsburg Farmers Market

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Ross Street, Wilkinsburg, PA 15221
Tel: (724) 339-1709
Contact: Clark Walter

Days of Week: Monday & Thursday, 3:00 P.M. - 6:30 P.M.

Wilmette French Market

Metra Parking Lot-Green Bay and Central, Chicago, IL 60611 <http://www.bensidounusa.com>

Time of Year: April - October; Day of Week/Hours: Saturday, 8:00 A.M.-1:00 P.M.

Wooster City Farmers Market

241 S. Beaver St., Wooster, OH 44691
Tel: (330) 263-5207
Contact: Larry Miller
<http://www.mainstreetwooster.org>

Time of Year: July - October, Day of Week/Hours, Thursday, 7:30 A.M.- 12:00 noon

Wooster Downtown Farmers Market

Public Square, Wooster, OH 44691
Tel: (330) 262-6222
Contact: Karen Kalamaras
<http://www.mainstreetwooster.org>

Time of Year: June - October, Day of Week/Hours, Saturday, 8:00 A.M.- 12:00 noon



Against the Wind Ranch Natural Beef

24235 Burnt Hill Road, Clarksburg, MD 20871

Tel: 301-775-9494

Contact: John Chaney

againstthewind@att.net

<http://www.againstthewindranch.com>

(<http://www.againstthewindranch.com>" Against the Wind Ranch Natural Beef was developed in response to an ever-increasing demand for a healthy, natural source of beef for private buyers. Our objective is to produce wholesome, great tasting beef from animals raised in natural and humane conditions. We raise our beef in our two locations: Clarksburg, MD and McDowell, VA.

Our beef has been "Certified Humane," which means that it:

*Meets the Humane Farm Animal Care Program Standards, which include nutritious diet without antibiotics, or hormones, animals raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.

For more information on the Certified Humane/Humane Farm Animal Care Program (in association with the Humane Society and the ASPCA), go to the link on our

(http://www.againstthewindranch.com/naturalbeef_againstthewind.php" website.

Our Standards:

• Beef is "Certified Humane" • Feed is free of animal proteins • No use of hormones or steroids • Cattle are pasture raised and grass-fed • No unnecessary antibiotics • All beef is dry-aged for 14-21 days • Beef is processed only at USDA "Certified Humane" Approved Facilities

Our beef can be ordered by the Whole Beef, Half Beef or Quarter Beef (split side) or in our New 20 Pound Natural Beef Sample Packs. All beef is sold frozen and vacuum-sealed. We will provide handling instructions when you place your order. Beef can be ordered locally (MD & VA) or shipped anywhere in the U.S. A <http://www.againstthewindranch.com/paypal.php> downloadable order form is available on our website. Please call us for ordering instructions.

Jamison Farm

171 Jamison Lane, Latrobe, PA 15650

Tel: 800-237-5262

Fax: 724-837-2287

Contact: John and Sukey

john@jamisonfarm.com

<http://www.jamisonfarm.com>

The rolling Appalachian foothills are home to John & Sukey Jamison and their flock of sheep and lambs. There the sheep frolic and nibble on bluegrass and white clover nine months out of the year; and only in the winter are they hand-fed hay and corn. Their 100% natural diet and lifestyle yield meat that is lean, firm, tender, delicate and pink, free of hormones, antibiotics, herbicides and insecticides.

The Jamison's picturesque 210-acre farm produces some 5,000 lambs annually, which are destined for great cooks at home and the finest chefs and restaurants in the world.



Jehovah-Jireh Farm

19815 Martinsburg Road, Dickerson, MD 20842

Tel: 301-349-4721

Contact: Myron & Cathy Horst

mhorst@jehovahjirehfarm.com

<http://www.jehovahjirehfarm.com/>

Jehovah-Jireh Farm has delicious, pasture-raised chickens, turkeys, lamb and beef, and wonderful fresh brown eggs rich in omega-3s. In addition to pasture, we feed the poultry a certified organic feed. We use no antibiotics, hormones, vaccines, synthetic vitamins, etc.

Our farm is family-operated and is located in the peaceful countryside near Dickerson, Montgomery County, Maryland. We are approximately one hour from Washington, D.C., and 30 minutes from Rockville, Gaithersburg, and Frederick, Maryland. Jehovah-Jireh Farm is also listed in Future Harvest-CASA's Amazing Grazing! Directory.

Manna Storehouse

43565 State Route 303, LaGrange, OH 44050

Tel: 440-355-5826

Fax: 440-355-5831

Contact: Jackie or Katie Stowers

mannastorehouse@alltel.net

<http://www.mannastorehouse.com>

Manna Storehouse is a family-run organic food cooperative and retail store dealing with many local farmers and producers. All products, including the meat, have no antibiotics, growth hormones, chemicals, food dyes or other man-made additives.

The retail store is open Tuesday through Thursday from 10 a.m. to 7 p.m.; Friday from 10 a.m. to 2 p.m.; and Sunday from 11 a.m. to 4 p.m.

Orders placed online, by phone or by email are due each Wednesday, and are available for pick up the following Tuesday-Friday. Delivery is also available; call for more information and pricing.

Roseland Organic Farms

27427 M-60 West, Cassopolis, MI 49031

Tel: 269-445-8769

Contact: John/ Merrill

MacMerrill@aol.com

<http://www.roselandorganicfarms.com/>

This 1,800-acre farm was certified organic by Indiana Certified Organic (ICO) in 1999, but the Clark family's dedication to organic farming began long before. In 1985, the farm was certified by the Organic Growers of Michigan. Roseland Organics Farms grows squash, beans, tomatoes, pumpkins, peppers, strawberries and other fresh produce, as well as watercress, paw paw, and various grasses. They keep about 300 head of cows for beef and, something rather unique, raise



largemouth pond bass in their own sequestered pond...

Stanley's Market

3302 Stickney Ave, Toledo, OH 43608

Tel: 419-726-4347

Fax: 419-7263720

Contact: Joe Zychowicz

MrStanley@stanleysmarket.com

<http://www.StanleysMarket.com>

Stanley's Market offers many locally produced fine meat products, produce and grocery items.

We proudly serve Ohio Signature Beef, raised in Ohio and finished without use of antibiotics. Ohio signature beef is dry aged for superior flavor and texture. Our full service meat counter also includes Daisyfield hams, bacon and smoked products.

Stanley's Market also produces and sells a variety of Polish delicacies. Including the only Polish Kielbasa made in North Toledo's Polish Village. Taste our Tradition. Stanley's Market Since 1932.

The SuperMarket Coop

1012 14th Street, NW Suite 1100, C/o Rural Coalition, Washington, DC 20005

Tel: 202-628-7160

Fax: 202-628-7165

Contact: Amy Ard

aard@ruralco.org

<http://www.SuperMarketCoop.com>

The fair trade SuperMarket Coop was organized as an alternative model of trade based on shared social justice and environmental values. Fair trade principles ensure that farmers and craftspeople get a fair price for their labor and are able to sell their product at a profit. Participants also have access to training and other support services. A wide variety of food and crafts are available on line at <http://www.SuperMarketCoop.com> SuperMarket Coop.



Chicago Honey Co-op

2000 W. Carroll St. # 30, Chicago, IL 60612

Tel: 773-848-2246

Contact: Michael Thompson

honeycoop@gmail.com

<http://www.chicagohoneycoop.com>

The Chicago Honey co-op does more than just produce wonderful honey. They also provide job training for the under employed and work along side the Chicago nonprofit Growing Home. They have been producing their honey for the last three years at their North Lawndale neighborhood location. The co-op brings its natural honey to various markets around the city including, The Chicago Green City Market, Oak Park Farmers Market, and the Logan Square Market. Honey is also available at certain specialty shops and is utilized by several small businesses. Plus they have a really modern, chic, and unique logo....Check it out!

FRESHFARM Markets

P.O. Box 15691, Washington, DC 20003

Tel: 202-362-8889

Fax: 202-244-2131

Contact: Bernadine (Bernie) Prince

info@freshfarmmarket.org

<http://www.freshfarmmarket.org>

The mission of <http://www.freshfarmmarket.org> FRESHFARM Markets is to build and strengthen the local food movement in the Chesapeake Bay region. FRESHFARM Markets uses its six farmers' markets to create vibrant urban and community places, to provide economic opportunities for farmers, and to showcase the Chesapeake Bay region's agricultural bounty. Through these efforts FRESHFARM Markets supports over 50 regional farmers and over 5,000 acres of farmland. The aim of FRESHFARM Markets is to create a sustainable urban-rural partnership that brings the blessings of healthy local food to our communities and sustains the working landscapes that feed us.

FRESHFARM Markets six producer-only markets include:

- Dupont Circle
- Foggy Bottom
- H Street
- Penn Quarter
- Silver Spring
- St. Michaels

Please visit the <http://www.freshfarmmarket.org/markets.html> FRESHFARM Market website for the specific schedules of each.

You can join the delicious revolution to change the way we eat--one fork at a time. With your <http://www.freshfarmmarket.org/joinus.html> FRESHFARM Markets membership, you will receive priority notification on special events and a weekly email notification about market and industry

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news. Your membership will help FRESHFARM Markets to manage and organize the markets, to open new markets, and to expand the opportunities for farmers in the Chesapeake Bay region. Basic membership is \$25, but gifts of any amount are appreciated. FRESHFARM Markets will not sell or exchange your name with other organizations.

Farmers interested in selling products directly to the public, chefs looking to give cooking demonstrations at the markets, or volunteers hoping to lend a hand with weekly market tasks should consult the FRESHFARM Markets website for applications and contact information.

Future Harvest - CASA

Washington, D.C.

DC 20037

Tel: 410-549-7878

Fax: 410-549-9778

fhcasa@verizon.net

<http://www.futureharvestcasa.org/>

Based out of Eldersburg, Maryland, Future Harvest-CASA is a network of farmers, agricultural professionals, landowners and consumers living and working in the Chesapeake region. Future Harvest-CASA promotes profitable, environmentally sound and socially acceptable food and farming systems that work to sustain communities.

Future Harvest-CASA is a nonprofit organization that was created as a result of the successful achievements of the Future Harvest Project that was established in 1994. On September 9, 1998, Future Harvest-Chesapeake Alliance for Sustainable Agriculture was officially incorporated as an independent organization and received nonprofit status on July 13, 1999.

Currently, FH-CASA has an ambitious agenda. We are working to:

- Explore new crops and new markets for farmers
- Create consumer demand for locally grown food
- Sponsor and organize conferences, field days and on-farm demonstrations
- Promote conservation and stewardship
- Disseminate information to farmers through newsletters, email and study circles

Everyone, including students, organizations, individuals, and families, is welcome to become a member of or make a tax-deductible contribution to Future Harvest-CASA to help support and promote profitable and sustainable farming in the Chesapeake Bay region!

Find your local sources for steaks, ground beef, leg of lamb, sausage, bacon, eggs, smoked hams, roasting chickens, handmade cheeses, goats-milk fudge, cheese-stuffed pasta, Thanksgiving turkeys, Christmas geese, and more—all fresh from the pasture—with Future Harvest-CASA's <http://www.futureharvestcasa.org/amazing.html> Amazing Grazing! Directory. This directory lists grass-based farms in Maryland, Virginia, and West Virginia that sell their products directly to consumers.



Growing Home

1325 S. Wabash Avenue Suite 205 , Chicago, IL 60605

Tel: 312-435-8601

Fax: 312-435-0198

Contact: Larry O'Toole and Harry Rhodes

hrhodes@growinghomeinc.org, lotoole@growinghomeinc

<http://www.growinghomeinc.org>

Growing Home operates an innovative transitional employment program based in Chicago for homeless and low-income people. Their three farm sites—two on Chicago's south side and one outside the city in Marseilles, IL—act as literal and figurative classrooms as program participants learn job- and life-skills as well as gain valuable hands-on experience with organic agriculture. So if you are looking to volunteer on a farm and work towards social reform contact Growing Home.

Growing Power

1741 N. Western Ave, Chicago, IL 60647

Tel: 773-486-6005

Contact: Erika Allen

chicagomarketbaskets@growingpower.org

<http://www.growingpower.org>

Our mission: Growing Power is a national nonprofit organization and land trust supporting people from diverse backgrounds, and the environments in which they live, by helping to provide equal access to healthy, high-quality, safe and affordable food for people in all communities.

Growing Power implements this mission by providing hands-on training, on-the-ground demonstration, outreach and technical assistance through the development of Community Food Systems that help people grow, process, market and distribute food in a sustainable manner. Growing Power's Chicago office officially opened in February of 2002 to manage resource development and the technical assistance needed to assist emerging Community Food Centers and urban and small farm projects in the metropolitan Chicago area. Notable projects include the following: Grant Park Urban Agriculture Potager; Fourth Presbyterian's Chicago Avenue Community Garden at Cabrini-Green;; The Jackson Park Community Garden and Education Center; the Farm-City Market Basket Program, which is distributed at Chicago area sites; the Chicago Food Policy Advisory Council, which represents over 175 diverse stakeholders who are creating food policy advisements for city, state and federal policy makers and sales of our produce at farmers' market participation and Chicago's Green City Market and El Conuco in Humboldt Park.

LEAF - Lakewood Earth and Food Community

Lakewood, OH 44107 Contact: Dan Slife

leafcommunity@gmail.com

<http://www.leafcommunity.org>

Lakewood Earth and Food Community is dedicated to the development of a more sustainable, healthful and economically viable community through environmentally responsible actions producing broad access to the purchasing, growing and trading of fresh, local foods, knowledge and culture.



My Organic Garden

Washington, DC 20008

Tel: 202.368.9070

Contact: Joshua Wenz

info@myorganicgardendc.com

<http://www.myorganicgardendc.com>

We specialize in full-service organic gardens, custom designed, planted and maintained for you all season long.

With our service, you can be involved as little or as much as you like. Learn how to grow a successful sustainable organic garden, or just choose what you'd like planted and enjoy the weekly harvest of veggies, herbs, and flowers.

Don't wait to experience the pride and convenience of growing organic produce right in your own yard!

Serving the Washington, D.C. metropolitan area.

Phoenix Earth Food Co-Op

1447 W Sylvania Ave., Toledo, OH 43612

Tel: 419-476-3211

info@phoenixcoop.com/

<http://www.phoenixcoop.com/>

The Phnix Earth Food Co-op is devoted to promoting and meeting high nutritional and environmental standards. The co-op is open to the public and supplies the community with bulk grains, produce from a variety of local farmers, home-made breads, and all-natural pastas.

Purple Asparagus

1824 W. Newport Ave., Chicago, IL 60657

Tel: 773-991-1920

Fax: 773-755-6045

Contact: Melissa Graham

info@purpleasparagus.com

<http://www.purpleasparagus.com>

Purple Asparagus is a non-profit organization dedicated to bringing families back to the table by promoting and enjoying all the things associated with good eating.

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By sharing food, we strengthen family and community ties, support local farmers and producers, gain respect for the earth and for the diversity of cultures all over it, and pass important traditions on to the next generation.

We seek to be a primary resource in our community for food-related activities, education and fun for families of all kinds.

Slow Food USA

Pennsylvania

PA 15122

Tel: 718-260-8000

info@slowfoodusa.org

<http://www.slowfoodusa.org/contact/index.html>

Slow Food U.S.A. is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America. By reviving the pleasures of the table, celebrating the diversity of earth's bounty, and using our tastebuds as our guides, Slow Food U.S.A. believes that our food heritage can be saved. The goal of Slow Food U.S.A. is to put the carriers of this heritage on center stage and educate its membership on the importance of these principles.

Slow Food U.S.A. oversees Slow Food activities in North America, including the support and promotion of the activities of all its 135 local chapters, each called a "convivium," that carry out the Slow Food mission on a local level. Each convivium advocates sustainability and bio-diversity through educational events and public outreach that promote the appreciation and consumption of seasonal and local foods and the support of those who produce them.

Slow Food convivia in Pennsylvania includes:

Central Pennsylvania

New Hope

Philadelphia

Pittsburgh

Susquehanna Heartland

Contact the Slow Food U.S.A. National Office to get specific convivium information.

Slow Food USA

Ohio

Cleveland, OH 44101

Tel: 718-260-8000

info@slowfoodusa.org

<http://www.slowfoodusa.org/contact/index.html>

(<http://www.slowfoodusa.org> Slow Food U.S.A. is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America. By reviving the pleasures of the table, celebrating the diversity of earth's bounty, and using our tastebuds as our guides, Slow Food

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Slow Food convivia in Ohio include

- Cleveland (Northern Ohio)
- Ohio River Valley

Contact the Slow Food U.S.A. National Office to get specific convivium information.

Slow Food USA

Illinois

IL 60601

Tel: 718-260-8000

info@slowfoodusa.org

<http://www.slowfoodusa.org/contact/index.html>

(<http://www.slowfoodusa.org> Slow Food U.S.A. is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America. By reviving the pleasures of the table, celebrating the diversity of earth's bounty, and using our tastebuds as our guides, Slow Food U.S.A. believes that our food heritage can be saved. The goal of Slow Food U.S.A. is to put the carriers of this heritage on center stage and educate its membership on the importance of these principles.

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Sustainable Agriculture Coalition

110 Maryland Ave. NE, Washington , DC 20002 awitteman@sustainableagriculturecoalition.org

<http://www.sustainableagriculturecoalition.org>

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The Sustainable Agriculture Coalition is a national alliance of farm, rural development, and conservation groups that organized in 1988 to affect federal agriculture policy. SAC member groups advance common positions to support small and mid-size family farms, protect natural resources, promote healthy rural communities, and provide nutritious and healthy food to consumers. By bringing grassroots perspectives to the table normally dominated by big business, SAC levels the playing field and gives voice to sustainable and organic farmers.

SAC's vision of agriculture is one where a safe, nutritious, ample, and affordable food supply is produced by a legion of family farmers who make a decent living pursuing their trade, while protecting the environment, and contributing to the strength and stability of their communities.

The Sustainable Agriculture Coalition:

- * gathers input from sustainable and organic farmers and ranchers, and from a diverse group of grassroots farm, rural, and conservation organizations that work directly with farmers;
- * develops policy through participatory issue committees that involve SAC member organizations and allies;
- * provides direct representation in Washington, D.C. on behalf of its membership to members of Congress and other federal administrative offices, such as USDA and EPA; and
- * builds the power of the sustainable agriculture movement by strengthening the capacity of its member groups to promote citizen engagement in the policy process.

Sustainable Agriculture Research and Education

(SARE)

1400 Independence Ave. SW, Washington, DC 20250

Tel: 202-720-6071

<http://www.sare.org/index.htm>

Since 1988, the Sustainable Agriculture Research and Education (SARE) program has helped advance farming systems that are profitable, environmentally sound and good for communities through a nationwide research and education grants program.

The program, part of USDA's Cooperative State Research, Education, and Extension Service, funds projects and conducts outreach designed to improve agricultural systems.

Weston A. Price Foundation

#106-380 4200 Wisconsin Avenue NW, Washington, DC 20016

Tel: 202-363-4394

Fax: 202-363-4396

info@westonaprice.org

<http://www.westonaprice.org>

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Dr. Weston Price, whose studies of isolated non-industrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that humans achieve perfect physical form and

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perfect health generation after generation only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats. The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism.

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Dine-In Diva - Your Personal Chef Service

Akron, OH 44313

Tel: 330-571-8214

Contact: Tamara Mitchell

dineindiva@neo.rr.com

<http://www.Dineindiva.com>

Personal Chef specializes in using fresh, seasonal, local ingredients. Available for preparation of meals in your home or for small parties. Vegetarian, Gluten Free, or any other special diet menus can be custom developed for your event.



312 Chicago

136 North LaSalle Street, Chicago, IL 60602

Tel: 312-696-2420

Fax: 312-236-0153

Contact: Chef Dean Zanella

dean.zanella@312chicago.com

<http://www.312chicago.com/>

Agraria

3000 K Street NW, Washington, DC 20007

Tel: 202-298-0003

Contact: Tom Prescott

<http://www.agrariarestaurant.com>

Agraria Restaurant is a family-farmer owned and sourced fine dining restaurant with contemporary American cuisine emphasizing seasonal dishes from across the country. By dining with us you are helping to support family farmers that proudly supply the food, "From Our Fields to Your Table™. Our slogan, æFrom Our Fieldsto Your Table,• builds upon that logo by promoting the combination of fresh product sourcing, operation and ownership; which ultimately describes and benefits family farmers.

American Harvest

13387 Smith Road, Middleburg Hts, OH 44130

Tel: 440-888-7727

This market has vitamins, herbs, a vegan deli, a juice bar, organic produce, grains, beans, nuts/seeds, meat and dairy alternatives, cruelty-free & planet-friendly cleaning products, vegetarian companion animal food, certified organic eggs and much more! Hours of operation are Monday through Saturday 9 am to 9 pm and Sundays from noon to 6 pm. American Harvest also has an all vegan cafe that closes an hour before store hours (Monday - Saturday at 8:00 p.m. and Sunday at 5:00 p.m.).

bar cento

mcnulty's bier markt

1948 West 25th Street, Cleveland, OH 44113

Tel: 216/344-9943

Fax: 216/274-9744

Contact: sam mcnulty

sam.mcnulty@gmail.com

<http://www.barcento.com>

Bar Cento has created dishes with Roman recipes and utilized the freshest local and organic ingredients. The menu includes brick-oven modern and traditional pizzas, house-cured salume and antipastos, Belgian beer steamed mussels, and award-winning pommes frites.

Bar Cento has been voted Cleveland's Best Pizza.

The Ambiance

Bar Cento complements the international flavor of McNulty's Bier Markt, a Belgian beer bar right next door on West 25th Street, in Cleveland's eclectic Ohio City. Food is served haute-rustic style in a lively dining room warmed by treasures we discovered in Northeast Ohio and around the world. The polished bar was crafted from wood reclaimed from an Amish barn built in the 1800s. Design touches include artwork from Southeast Asia and drapery from Peru. See if you can find the Laotian lamp made from cow dung, somewhere in the Bier Markt.

We Just Don't Like to Close

Open 365 days a year from 4:30pm until to 2:30am

Barn Stone Cafe

219 Hostetler Rd, Orrville, OH 44667

Tel: (330) 682-1400

Available at Website Page

<http://www.barnstonecafe.com>

Located in historic Orrville, OH, the Barn Stone Cafe serves up a tempting array of dishes for lunch and dinner. Our seasonal menu changes often and uses the best locally grown and produced products available. Stop in anytime for a taste of all the great foods Wayne County, Ohio has to offer.

Blackbird

619 West Randolph Street, Chicago, IL 60606

Tel: 312-715-0708

Contact: Donnie Madia

<http://www.blackbirdrestaurant.com>

Blackbird features seasonal American cuisine with French influences. The menu changes seasonally, and the restaurant works with two local organic produce co-ops to ensure their ingredients are as fresh and natural as possible. The menu features naturally raised meat and poultry, as well as organic free-range eggs and an artisanal cheese selection.

The culinary offerings of Chef Paul Kahan are right at home in the austere, yet serene, restaurant. The James Beard Best Chef of the Midwest in 2004, Chef Kahan's cooking is rooted in both French and American classics. Deconstructing the elements of a classical dish or food pairing, Paul builds something completely new and refreshing to consider and enjoy. As aesthetically pleasing as the space itself, the cuisine features contrasting flavors and the vibrant tastes of fresh seasonal ingredients from local farms.

Blackbird serves lunch Monday through Friday from 11:30 a.m. to 2 p.m. and dinner Monday

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through Thursday from 5:30 to 10:30 p.m.; Friday and Saturday from 5:30 to 11:30 p.m.

Blue Duck Tavern

1201 24th Street, NW, Washington, DC 20037

Tel: 202-419-6755

<http://www.blueducktavern.com>

Fresh produce and ingredients, arriving daily from local purveyors and artisans, are an integral part of the seasonal menus featured at the (<http://www.blueducktavern.com/gallery/blueduck/home.html>) Blue Duck Tavern. Each item on the menu is identified with the region of its origin, the farm where it was harvested or the waters where it was caught.

Blue Duck Tavern

24th&Mstreet, 1201 24th st, Washington DC, DC 20037

Tel: 202-419-6755

Fax: 202-419-6699

Contact: William Washington

manager@blueducktavern.com

<http://blueducktavern.com>

The Blue Duck Tavern, a contemporary neighborhood restaurant, invites its guests to gather and celebrate in good taste with a menu focusing on the freshest ingredients available from local purveyors and artisans. The menu notes every farm where the main ingredient for the dish was raised before its journey to the table. Dishes are genuine, time-honored and traditional -- slow roasting in wood embers, braising, preserving and smoking techniques bring the true flavors of America's great, simple and wholesome foods to the Blue Duck Tavern. The modern, masculine details of the restaurant's design by Tony Chi include polished glass, stainless steel, oak and maple for the interior, and for the exterior, the 16-foot-tall colonial doors. Tony Chi has created an elegant residential feel in the Blue Duck Tavern through the open staff pantry and kitchen, wood-burning oven and the showpiece Molteni range. Handcrafted furnishings and uncovered wood tables keep the restaurant warm and inviting.

Cafe St. Ex

1847 14th St NW, Washington, DC 20009

Tel: 202-265-7839

Contact: Mike Benson, Proprietor

mike@saint-ex.com

<http://www.saint-ex.com/>

In the 14th and U Street Corridors, Cafe Saint-Ex is a charming restaurant and lounge that integrates a classic bistro-cafe ambience with vintage aviation and travel motifs from the art deco era.

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Cafe Saint-Ex's menu is rooted in American Bistro style cuisine, and enhanced by international and seasonal influences. The mainstays of the menu are foods that comfort, while being superbly prepared using only the finest quality ingredients.

Charlie Trotters

816 West Armitage, Chicago, IL 60614
Tel: 773-248-6228
Fax: 773-248-6088
Contact: Charlie Trotter
info@charlietrotters.com
<http://www.charlietrotters.com>

Charlie Trotters offers highly personal cuisine combining impeccable products, French techniques and Asian influences. The menus offer set multi-course meals and the specials change daily. This restaurant strives to purchase only all-natural and organic products; however, it is not guaranteed that all ingredients fit these criteria. Reservations are required and it is necessary to book far in advance. We offer catering and private dining; please call or visit our website for details.

Hours:

Tuesday through Thursday, 6:00 p.m. - 10:00 pm
Friday - Saturday from 5:30 p.m. - 10:00 p.m.

CityZen

Mandarin Oriental Hotel
1330 Maryland Avenue SW, Washington, DC 20024
Tel: 202-787-6006
<http://www.mandarinoriental.com/hotel/535000039.asp>

According to the kitchen staff at CityZen, Pennsylvania is the true breadbasket of America, or of the restaurant at least. CityZen maintains close relationships with numerous farmers from the Keystone state, sourcing fresh produce, eggs, and all-natural meats, such as rabbit, venison, and lamb from small, sustainable operations. What can't be purchased directly from these farmers is oftentimes retrieved at local farmers' markets.

A relatively new restaurant, CityZen has already gathered an impressive amount of attention and accolades from the likes of the Restaurant Association of Metropolitan Washington D.C. (New Restaurant of the Year 2005), Bon Appetit ('Hot 50' list for top dining spots and '5 Chefs to Watch' for Chef Eric Ziebold), and Organic Style ('20 Fresh Places to Eat' 2005 Annual Restaurant Guide).

Dinner:

6pm-9:30pm(Tuesday-Thursday)
5:30pm-9:30pm(Friday & Saturday)

Bar:

5pm-11:30pm (Tuesday-Saturday)
Bar menu available after 5:30pm.



Coppi's Organic

1414 U St. NW, Washington, DC 20009

Tel: 202-319-7773

<http://www.coppisorganic.com/>

Equinox

818 Connecticut Avenue NW, Washington, DC 20006

Tel: 202-331-8118

<http://www.equinoxrestaurant.com/>

Local, all-natural ingredients do much to inform the menu at Equinox. As the restaurant's website says, œChef Gray uses fresh, organic ingredients grown within 100 miles of the restaurant whenever possible. The name Equinox depicts its commitment to seasonal cooking using products harvested in accordance with the environment and the earth's natural tempo.• This allegiance to seasonal, sustainably-raised products extends even further to gain Equinox a œCertified Humane• label by Humane Farm Animal Care.

Lunch is served Mon thru Fri 11:30 am - 2 pm. Dinner is served Mon thru Thurs 5:30 pm - 10 pm, Fri and Sat 5:30 pm - 10:30 pm, and Sun 5 pm - 9 pm.

<br

RESERVATIONS REQUESTED

Frontera Grill

455 North Clark St, Chicago, IL 60610

Tel: 312-661-1434

Fax: 312-661-1830

info@fronterakitchens.com

<http://www.fronterakitchens.com>

Good Natured

209 S. Raleigh St, Martinsburg, WV 25401

Tel: 304-262-9978

Fax: 304-262-9940

<http://goodnaturedllc.com>

A green general store and cafe.

Try to have products that are local, organic, and fair-trade.

Great Lakes Brewing Company

2516 Market Avenue, Cleveland, OH 44113

inauguration 2009: from chicago guide: restaurants



Tel: 216-771-4404
Contact: Executive Chef Kurt Steeber
kurts@greatlakesbrewing.com
<http://www.greatlakesbrewing.com>

To ensure that customers have an enjoyable dining experience, Executive Chef Kurt Steeber takes the greatest care in selecting and preparing food that is high quality, rich in flavor and grown in an environmentally responsible manner. In doing so, Great Lakes Brewing Company supports the efforts and practices of local farmers by using seasonal and regionally produced ingredients. As a result, GLBC strives to use ingredients that are all-natural, organic, free-roaming/free-range, and locally raised or produced. Great Lake Brewing Company purchases produce from Kentucky Gardens and Common Ground Garden. Both of these community farms are dedicated to urban gardening and farming, community development and public education. The gardens are managed by volunteers, including some regular GLBC staff, and produce a wealth of vegetables grown in an organic and sustainable environment.

Great Lakes Brewing Company is open Monday through Thursday from 11:30 a.m. to 10:30 p.m., with the bar open until midnight; Friday and Saturday from 11:30 a.m. to 11:30 p.m., with the bar open until 1 a.m. Closed on Sundays.

Hook

3241 M Street, Washington DC, DC 20007
Tel: 202 625 4488
Contact: Maggie assistant to chef Barton Seever
barton@hook.dc.com
<http://www.hookdc.com>

Sustainable Seafood and farm fresh produce

Hot Chocolate

1747 N Damen Avenue, Chicago, IL 60647
Tel: 773-489-1747
info@hotchocolatechicago.com
<http://www.hotchocolatechicago.com>

This is an urban cafe in Wicker Park owned by famous pastry chef Mindy Segal. She has been named the 'Best Pastry Chef in Chicago' and continues to woo Chicago restaurant goers with her timeless American desserts. The menu is a marriage of fresh, clever and savory dishes and inspired desserts using local products.

Lindavista Mexican Grill

2747 West 63rd Street, Chicago, IL 60629
Tel: 773-776-6322

The meat is Zabiha Halal Certified and also organic. The proprietor is a Latino Muslim who also owns a farm. Halal Food.

Lula Cafe

2537 North Kedzie Boulevard, Chicago, IL 60647

Tel: 773-489-9554

eat@lulacafe.com

<http://www.lulacafe.com/>

MK

868 North Franklin Street, Chicago, IL 60610

Tel: 312-482-9179

Fax: 312-482-9171

ksherman@mkchicago.com

<http://www.mkchicago.com/english/>

Mustard Seed Market & Cafe

Solon

6025 Kruse Dr #100, Solon, OH 44139

Tel: 440-519-3663

Contact: Margaret and Phillip Nabors

<http://www.mustardseedmarket.com/>

The Mustard Seed Cafe offers a delicious opportunity to experience fine-dining and fabulous natural and organic foods under one roof! At the Mustard Seed Cafe, no items are tainted by artificial flavorings or preservatives. Appealing to people with a variety of pallets, the extensive menu provides vegetarian and vegan options and caters to every diet restriction or preference. This innovative, new-American style cuisine is appealing to all guests! Whether it is for lunch, dinner, or Sunday brunch make sure to visit the Mustard Seed Cafe for daily specials, weekend music, and unique atmosphere! Hours of operation are Monday from 11 a.m. to 3 p.m., Tuesday through Thursday 11 a.m. to 8 p.m., Friday and Saturday from 11 a.m. to 9 p.m. and Sunday from 10:30 a.m. to 3 p.m.

Mustard Seed Market & Cafe

Montrose

3885 W. Market Street, Akron, OH 44333

Tel: 330-666-7333

Contact: Margaret and Phillip Nabors

<http://www.mustardseedmarket.com/>

The Mustard Seed Cafe offers a delicious opportunity to experience fine-dining and fabulous natural

and organic foods under one roof! At the Mustard Seed Cafe, no items are tainted by artificial flavorings or preservatives. Appealing to people with a variety of pallets, the extensive menu provides vegetarian and vegan options and caters to every diet restriction or preference. This innovative, new-American style cuisine is appealing to all guests! Whether it is for lunch, dinner, or Sunday brunch make sure to visit the Mustard Seed Cafe for daily specials, weekend music, and unique atmosphere! Hours of operation are Monday from 11 a.m. to 3 p.m., Tuesday through Thursday 11 a.m. to 8 p.m., Friday and Saturday from 11 a.m. to 9 p.m. and Sunday from 10:30 a.m. to 3 p.m.

Mustard Seed Market & Cafe

Montrose

3885 W. Market Street, Akron, OH 44333

Tel: 330-666-7333

<http://www.mustardseedmarket.com/>

œTogether we'll save the world, one bite at a time. • The Mustard Seed Market and Cafe is a full-service grocer committed to providing its customers and their friends and family with the finest quality organic and all-natural products. As the largest retail grocer in Northeast Ohio for natural and organic products, Mustard Seed Market and Cafe is a locally owned family business since 1981. They believe in helping families live healthier, fuller lives and succeed in doing so by providing quality, sustainable products to their loyal customers. No products at the Mustard Seed Market and Cafe contain artificial flavoring, coloring, preservatives, saccharine or aspartame. Meat and poultry are raised without antibiotics, hormones, nitrates and are not fed any animal by-products. The meat selection is also very diverse at The Mustard Seed market and Cafe, offering exotic choices such as all-natural ostrich and bison. <P Store hours are Monday through Thursday 9 a.m. to 9 p.m., Fridays and Saturdays from 9 a.m. to 10 p.m. and Sundays from 10 a.m. to 6 p.m. Make sure to stop by our Cafe or visit our Solon store!

Naha

500 North Clark Street, Chicago, IL 60610

Tel: 312-321-6242

Fax: 312-321-7561

Contact: Carrie Nahabedian

<http://www.naha-chicago.com/index.cfm>

At Naha's Chef Carrie's cooking style is a combination of her Armenian roots and a California lifestyle that she enjoyed during her years as executive chef for the Four Season's Santa Barbara and Beverly Hills properties. Naha's food and wine menus change seasonally and proudly supports local organic farmers and Chicago's Green City Market!

North Pond

2610 N. Cannon Drive, Chicago, IL 60614

Tel: 773-477-5845

<http://www.northpondrestaurant.com/>



Organic Bliss

3312 Secor Road, Toledo, OH 43606

Tel: 419.724.4888

Dine in or carry out. Offering organic and natural foods and refreshments. Deli and bakery.

Organic Bliss Deli and Bakery

3312 Secor Road, Toledo, OH 43606

Tel: 419-724-4888

Contact: Denise Yaghnam

nahizyaghnam@yahoo.com

Organic Bliss Deli and Bakery is a new locally owned and operated eatery specializing in wholesome natural foods and organic ingredients. We carry a variety of homemade offerings including sandwiches, rotisserie chicken, soups, salads, bakery items, fruit smoothies and veggie juice combos. We also have carry-out organic wines and beers. We strive to serve food that is free of chemicals, dyes, pesticides, unwanted additives, MSG, hormones, and antibiotics. Simply put, our food is organic bliss! We are open Mon. through Sat. 7:00 a.m. - 9:00 p.m. and Sun. 10:00 a.m. - 6:00 p.m. (breakfast, lunch, and dinner)

Patowmack Farm

Dinner in the Garden

42461 Lovettsville Road, Lovettsville, VA 20180

Tel: 540-822-9017

Fax: 540-822-4310

Contact: Beverly Morton Billand

Patowmackfarm@megapipe.net

<http://www.patowmackfarm.com/>

Enjoy an unforgettable evening savoring the modern European cuisine of Chef Christian. Chef and farmer collaborate to create menus featuring their own organic fruits, vegetables and herbs just harvested from the fields, organic or natural meats, sustainable fish and fine cheeses and wines. The heated glass conservatory, open air tent and gazebo offer incredible views of the Potomac River while dining in a unique and elegant atmosphere.

Enjoy elegant fine dining Thursday, Friday and Saturday beginning at 6:30 p.m. or join us for brunch on Saturday from 11:00 a.m. to 2:00 p.m. or Sunday from 11:00 a.m. to 3:00 p.m.

Thursday, Friday and Saturday, enjoy a four- or seven-course chef's choice tasting menu. A series of small focused courses allows the diner to experience an array of intense contrasting flavors.

Additionally, Thursday, Friday and Saturday offers a five-course prix fixe menu. Chef Christian offers his critically acclaimed modern European cuisine with crisp artistic plate presentation. A choice at each course and some lovely surprises are offered with this menu.

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The five-course menu will change monthly according to the seasons and may be revised based upon availability of product.

Saturday and Sunday brunch offers a time to relax and share with the family. Tour the farm, walk the nature trail or just sit back and enjoy the view. Enjoy a three-course menu and a champagne mimosa.

Patowmack Farm provides a perfect venue for a birthday celebration, romantic dinner, rehearsal dinner, bridal luncheon, corporate function or other special event.

Call or e-mail now for reservations for what <i>The Washington Post</i> calls a œvery different dining experience.•

Reservations are required 540-822-9017, e-mail: patowmackfarm@megapipe.net

Poste Moderne Brasserie

558 8th Street NW, Washington, DC 20004

Tel: 202-783-6060

Contact: Robert Weland, Daniel Bortnick (Chefs)

robert.weland@postebrasserie.com

<http://www.postebrasserie.com/>

Restaurant Nora

2132 Florida Ave, NW, Washington, DC 20008

Tel: 202-462-5143

<http://www.noras.com>

Ricciutis Restaurant

3308 Olney Sandy Spring Road, Olney, MD 20832

Tel: 301.570.3388

Fax: 301.570.5351

info@ricciutis.com

<http://www.ricciutis.com>

Ricciuti's menu features fresh, local and seasonal flavors. We take pride in using natural and organic ingredients, free-range beef and chicken, sustainable seafood, and produce and dairy from our local farmers.

Stone Soup Bistro

112 West German Street, Sheperdstown, WV 25443

Tel: 304-876-8477

info@stonesoupbistro.com

<http://www.stonesoupbistro.com>

When we realized our dream of opening a bistro was about to come true, we were faced with the task of coming up with a name that could express our vision for this restaurant. The name "Stone Soup" comes from a folk tale, said to have originated in France, which has passed through many generations and cultures. Through each culture and generation the "ingredients" in Stone Soup have remained the same. In this tale, a traveler, (or sometimes travelers), arrives in an impoverished town where food and togetherness is scarce. The traveler decides to make "stone soup", which begins as a boiling pot of water and a large stone, in the center of town. Soon, the curious villagers surround the traveler bearing whatever ingredient they can manage. Together, they make a delicious feast of soup that feeds the whole town. The inspiration for this tale is that in coming together to work toward a greater good, no one goes hungry. The inspiration for our restaurant is the hope that we can sustain togetherness by nourishing all who spend time with us here.

Stone Soup Bistro is open for lunch and dinner. Closed on Tuesday.

The Orchard Restaurant

45 N. Market Street, Frederick, MD 21701

Tel: 301-663-4912

Contact: Jim and Eileen Hickey

jim@theorchardrestaurant.com

<http://www.theorchardrestaurant.com>

Everything we serve at The Orchard is homemade using only fresh ingredients. We make all of our sauces and dressings from scratch and do all of our own baking. We are known for our whole wheat bread, our variety of stir-fries, our fresh salads with homemade dressings and for our desserts. We offer a number of chicken and seafood options on our menu as well as many vegetarian choices. We use some organic ingredients in our cooking and serve local organic produce during the summer months.

The Reef Restaurant

2446 18th Street, N.W., Washington, DC 20009

Tel: 202-518-3800

Fax: 202-518-8553

Contact: Brian Harrison

thereefdc@yahoo.com

<http://www.thereefdc.com>

Here at The Reef, we only serve free-range, organic meats and poultry, line-caught and sustainably harvested seafood, and mostly-organic produce. We strive to serve good, healthy food at affordable prices.

Hours:

Monday-Thursday 5:00PM-2:00AM

Friday-Saturday 5:00PM-3:00AM

Sunday 11:00AM-2:00AM

(Sunday Brunch served from 11:00AM-3:00PM)

The Restaurant at Patowmack Farm

42461 Lovettsville Rd., Lovettsville, VA 20180

Tel: 540 822-9017

Fax: 540 822-4310

Contact: Beverly Morton Billand

patowmackfarm@megapipe.net

<http://www.patowmackfarm.com>

Nourish your soul and excite your palate, savoring elegant organic modern European cuisine while enjoying a spectacular view of the Potomac River. Chef and farmer collaborate to create menus featuring organic fruits, vegetables and herbs just harvested from the fields combined with organic and natural meats, sustainable fish, small farmstead cheeses and fine wines. Whether regular dining, Thursday - Saturday evenings or Saturday & Sunday brunch; a wedding, rehearsal dinner, corporate or special event, we strive to exceed your dreams. Extraordinary moments with every detail given the utmost care.

Topolobampo

445 North Clark Street, Chicago, IL 60610

Tel: 312-661-1434

Fax: 312-661-1830

info@fronterakitchens.com

<http://www.fronterakitchens.com/home.html>

Victory's Banner

2100 W Roscoe St, Chicago, IL 60618

Tel: 773-665-0227

Fax: 773-665-0226

info@victorysbanner.com

<http://www.victorysbanner.com/index.htm>

Our breakfast menu is second to none, and we use free range eggs and pasture raised dairy products. We are a vegetarian restaurant located in Rosc Village. Try one of our ten varieties of omelets, or our cake-like French Toast. The lunch menu features wraps, soups and salads. Open for breakfast and lunch, Wednesday through Monday. <P One of the top rated breakfast houses in Chicago!

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American Harvest

13387 Smith Road, Middleburg Hts, OH 44130

Tel: 440-888-7727

This market has vitamins, herbs, a vegan deli, a juice bar, organic produce, grains, beans, nuts/seeds, meat and dairy alternatives, cruelty-free & planet-friendly cleaning products, vegetarian companion animal food, certified organic eggs and much more! Hours of operation are Monday through Saturday 9 am to 9 pm and Sundays from noon to 6 pm. American Harvest also has an all vegan cafe that closes an hour before store hours (Monday - Saturday at 8:00 p.m. and Sunday at 5:00 p.m.).

Apple Valley Natural Foods

Berrien Springs

9067 U.S. 31, Berrien Springs, MI 49103

Tel: 269-471-3131

<http://www.avnf.com>

The goal of Apple Valley Natural Foods is to support and promote principles for healthful living, including a diet made up largely of grains, nuts, and fresh vegetables. Apple Valley Natural Foods does not carry meat, though it has vegetarian meat products. It sells organic milk and eggs as well as dairy-free milk.

Bassett's Health Foods

4315 Heatherdowns Blvd., Toledo, OH 43614

Tel: 419-382-4142

Bassett's Market

3994 East Harbor Rd, Port Clinton, OH 43452

Tel: 419-734-6506

This is a traditional grocery store that sells a few health foods.

Hours:

Winter, Seven days per week, 6am to 11pm

Bassett's Westgate Health

3301 W Central Avenue, Toledo, OH 43606

Tel: 419-531-0334



Bench Farms, St. Rte. 2

9151 Jerusalem Rd., Curtice, OH 43412

Tel: 419-836-9443

Contact: Cindy Bench

davidbench@buckeye-access.com

<http://www.benchfarms.com>

Run by David and Cindy Bench, our family farm dates back over two generations and covers nearly 400 acres. Each April, we open up our Greenhouse to bring you the finest treasures from our well-established plant collection, including many exotic, hard-to-find plants, geraniums and roses. Beginning mid-July, we run a Roadside Market with the freshest vegetables from our fields, including David's famous sweet corn and our heirloom tomatoes. We also visit the Perrysburg Farmer's Market each Thursday starting in May to offer our plants and produce. You can visit the Grainary—a unique country gift store located in our big white barn that sells antiques and homemade crafts. This year, we are launching a CSA vegetable subscription program through the help of our subsidiary Shared Legacy Farms in Elmore.

Bethesda Community Food Co-op

6500 Seven Locks Road, Cabin John, MD 20818

Tel: 301-320-2530

Fax: 301-320-9463

Located just inside the beltway, northwest of D.C., Bethesda Community Co-op has been serving the Cabin John area for over thirty years. While it shares the general area with several other health food stores and cooperatives, it is one of the oldest and largest, offering up a large amount of all-natural and organic goods and groceries. Meat products include the usual selections, such as beef, chicken, pork, and turkey, but also includes harder to find items, like bison and ostrich.

The co-op offers paid-membership and volunteer opportunities. Non-members are permitted to shop there.

Hours of operation are 8:30am to 9pm, Monday through Saturday, and 8:30am to 8pm, Sunday.

Bonne Sante

1512 E 53rd Street, Chicago, IL 60615

Tel: 773-667-5700

Bonne Sante not only has a juice bar and a large selection of herbal remedies, but we also have a great selection of vegan foods and meat alternatives. We do not carry eggs or fresh meat, but we do offer organic milk and soy milk, frozen organic ground turkey, and frozen organic chicken patties or nuggets.

Hours:

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Monday thru Friday, 9:30 to 7

Saturday, 9:30 to 6

Sunday, 11:30 to 5

Capitol Hill Poultry

225 7th St SE, Washington, DC 20003

Tel: 202-544-4435

We carry pre-cut organic chicken, as well as whole organic chicken and usually organic whole turkey. Store hours are daily from 7 am to 6 pm.

Claudia's Natural Food Market

5644 Monroe St , Sylvania, OH 43560

Tel: 419-534-3343

Contact: Jim and Claudia Roscoe

claudiasmarket@sbcglobal.net

<http://www.claudiasmarket.com>

At Claudia's Natural Food Market and Deli, you will find a courteous, knowledgeable staff offering a pleasant and friendly environment. Come and enjoy our clean, bright store filled with thousands of natural and organic products. We stock our shelves with the highest quality products we can find that uphold our philosophy.

Check out our wonderful deli and juice bar, offering the finest in natural and organic food. You'll find delicious, freshly made vegetable juices and smoothies and a wide variety of salads, sandwiches and soups. Whether you're looking for vegetarian or vegan items or a good old fashioned sandwich made with free-range, hormone-free meat, we have it! Eat in or carry out available. It's food you can feel good about eating!

Hours:

Monday - Friday: 7:30 am - 9:00 pm

Saturday: 7:30 am - 8:00 pm

Sunday: 8:30 am - 7:00 pm

Coit Road Farmers' Market

corner of Coit and Woodworth, P.O. Box 603826, Cleveland, OH 44103

Tel: 216-249-5455

Contact: Elizabeth Schiros or Kevin Scheuring

market@coitmarket.org

<http://www.coitmarket.org>

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Market selling meats, poultry, and eggs, produce, baked goods, etc.

Common Market

5813 Buckeystown Pike, Frederick, MD 21704

Tel: 301-663-3416

Fax: 301-663-3575

cm@commonmarket.coop

<http://www.commonmarket.com/>

At the Common Market, we care about our community and our earth. Our goal is to increase community outreach, education and local support each year. As we grow so do our contribution to our community. We donate to local nonprofit organizations. We participate in many community events as well as hosting our annual Earth Day and Harvest Festival. We also buy local and support local farmers, producers and distributors. This environmentally friendly practice supports sustainable living.

The market features a variety of natural and organic produce, bulk, meat, and dairy products. Additionally, we carry environmentally friendly gifts and gadgets and wellness items such as books, body care items, and vitamins. Member-owners and working member-owners receive discounts.

The Common Market's produce department prides itself as being the community's best source for high quality, local, and organic produce. We stock nearly 1,005 certified organic fruits and vegetables; anything not certified is sustainably, locally, or regionally grown. To ensure that the highest possible quality standards are being upheld, our employees are trained to know the best handling and care practices for all of the individual items we carry. Moreover, we have long-standing relationships with farmers in the community and welcome new relationships everyday.

Due to the limited amount of space we have, our selection of meat varies. We have a list on the wall near the meat freezer that will let you know what we carry. Usual meat offerings include several organic and local options, including grass-fed beef, chicken, and turkey.

We carry many foods for special dietary needs and healthy eating, including vegetarian, vegan, wheat-free and dairy-free items. There are products that we can't stock due to our limited space, but we would be happy to help you place a special order for it.

At the Common Market we think that cheese should be eaten with everything! And we offer many different kinds of cheese from all around the world. In addition to the staples, we offer raw milk cheese, goat cheese, gourmet cheese and dessert cheese. From mild to strong flavors, we have cheese for everyone.

Co-op hours are Monday through Saturday, 9am to 9pm; and Sunday, 10am to 7pm.



Dewalts

Pittsburgh
1414 Potomac Ave., Pittsburgh, PA 15216
Tel: 412-561-1311
Contact: Mary Huntley

Dewalts

Butler
205 South Main Street, Butler, PA 16001
Tel: 724-287-3377
Fax: 724-287-3573

We have a small store with a big commitment to organic and naturally raised food. We have many different brands of meats, we also buy from a few local organic farms. Give us a call or just come down and check out our great selection.

Down to Earth

14678 State Road 23, Granger, IN 46530
Tel: 574-271-1497
Fax: 574-271-1472
Contact: Cindy and Steve Haney
earthsupplements@aol.com
<http://www.downtoearthinfo.com>

Down To Earth first opened their doors in February, 1995. Approximately 800 square feet, this original store was located in the old Granger feed mill. The store was started mainly because the owners were looking for a store in the area that carried organic baby food for their newborn son. Frustrated that there were no stores in the area, they opened Down To Earth. The store was founded on three principles: carry only top quality products, have a knowledgeable staff and provide outstanding customer service.

In August of 2002, Down To Earth moved into a new 4500 square foot location with a greatly expanded grocery section, organic produce, organic coffee and smoothie bar and, yes, organic baby food. A selection of organic or all-natural meats, sold frozen, is also available.

Store hours are Monday through Thursday from 8 AM to 8 PM; Friday from 8 AM to 7 PM; Saturday from 9 AM to 6 PM; and Sunday from 12 to 5 PM

East End Food Cooperative

7516 Meade St., Pittsburgh, PA 15208
Tel: 412-242-3598
Fax: 412-242-7723

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<http://www.eastendfoodcoop.com>

East End Food Cooperative, a member-owned business, exists to create, promote and sustain a healthy, strong and vibrant local community that serves the need for physical well-being, mutual respect, social connectedness and economic vitality while ensuring sustainability in the use of all resources toward this end. Everyone can shop here, but members get discounts.

Open seven days: 8:00 a.m. - 9:00 p.m. We have a large selection of organic local and naturally grown meats and other foods.

Food Community Coop

11702 Euclid Avenue, Cleveland, OH 44106

Tel: 216-791-3890

Contact: Molly Garfield

In business since 1969, Food Community Coop in Cleveland, Ohio has all your grocery needs! As a full-service grocer, Food Community Coop has organic produce, bulk herbs, supplements, gluten-free and vegan options, and fair-trade coffee and tea. Food Community Coop also has an in store deli offering tasty hot soups and sandwiches daily. Low-sodium bread and fresh squeezed juices are additional items that make Food Community Coop a unique and customer conscious grocer. Located in University Circle, please feel free to call with questions or stop in!

Fox and Obel

401 E. Illinois Street, Chicago, IL 60611

Tel: 312-379-0133

Contact: Polly Peters

feedback@fox-obel.com

<http://www.fox-obel.com/index.asp>

Our Market, Cafe and Catering are built around the love of great food and the people who are passionate about everything they create, every day. So step inside and see, smell, touch and taste the best the world has to offer.

Good Natured

209 S. Raleigh St, Martinsburg, WV 25401

Tel: 304-262-9978

Fax: 304-262-9940

<http://goodnaturedllc.com>

A green general store and cafe.

Try to have products that are local, organic, and fair-trade.



Hartzler Family Dairy Scoop Shoppe

5454 Cleveland Rd, Wooster, OH 44691

Tel: 330-345-8190

hartzlerdairy@cs.com

<http://www.hartzlerfamilydairy.com/product03.html>

(<http://www.hartzlerfamilydairy.com>" Hartzler Family Dairy in Wooster, Ohio, offers fine pasteurized milk, cheese, butter, & ice cream produced by pasture-raised, hormone & antibiotic-free cows. The Hartzler's Scoop Shoppe offers customers a selection of sandwiches, salads, sides, and of course, Hartzler Dairy milk and homemade ice cream in a

(<http://www.hartzlerfamilydairy.com/product02.html>" variety of delicious flavors. Call ahead to take your favorite hand-packed ice cream variety home with you! Visit the

(<http://www.hartzlerfamilydairy.com/product03.html>" Scoop Shoppe website for a full menu & list of ice cream flavors.

Health By Choice

1721 Lafayette Road, New Enterprise, PA 16664

Tel: 814-766-2273

Fax: 814-766-3649

hbc@cove.net

<http://www.healthbychoice.net>

Health By Choice is open Monday through Friday from 9-6 and Saturday from 9-3

Healthway Natural Foods

740 N. Foxcroft Avenue, Martinsburg, WV 25401

Tel: 304-263-7728

In 1977 Healthway Natural Foods was born. As a small family business with one location and a handful of employees, we embarked on a mission. Our philosophy was to provide our local community with the highest quality natural products, a friendly knowledgeable sales staff, and great value without compromising integrity or quality. Today with nine locations and over 70 employees we still adhere to the same high standards we began with. At Healthway you will find only 100% certified organic produce. Our foods do not contain artificial sweeteners or colors and are free of harmful preservatives. We carry over 150 bulk herbs, spices, dry fruits, nuts and seeds. All of our health and beauty aids are cruelty free(not tested on animals)and our vitamins and herbs are all backed by independent laboratory assays. At Healthway you will receive the finest quality products at the best value, everyday. That is our philosophy, and our promise.

Hillsdale Natural Grocery

31 N. Broad Street, Hillsdale, MI 49242

Tel: 517-439-1397

<http://members.tripod.com/~foodcoop/>

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A Member-Owned Co-operative since 1971--We are a non-profit, co-operatively run food store open to the public. Members receive a 5% discount , and working members (3hrs/month) receive a 15% discount.

Hours: M-Th 9 am - 6 pm; Fri 9 am - 6:30 pm; Sat 9 am - 5 pm

Hobart Health Foods

Cleveland

15001 Madison Avenue, Lakewood, OH 44107

Tel: 216-221-2633

Hobart Health Foods specializes in natural foods including vitamins and supplements, herb, juices, peanut butter, and other nutritionally sound items. Their store also has a cosmetics section, in addition to a small book department. Hobart Health Foods regularly carries sustainable all-beef burgers and is happy to place a specialized meat order for you! Call with questions and for store hours!

Kent Natural Foods Co-op

151 E. Main Street, Kent, OH 44240

Tel: 330-673-2878

Contact: Fred Pierre

janel1600@aol.com

<http://kentnaturalfoods.org/>

Kent Natural Foods Coop has been committed to providing the Kent area community with all-natural, chemical and additive free foods since 1971. At Kent Natural Foods, we can accommodate any special diets including allergies, and gluten and wheat-free needs. Anything is possible at Kent Natural Foods where our motto is "Food for People, Not for Profit; Community Before Business."
<P Kent Natural Foods carries bulk items, nuts, seeds, additive-free cereals, gluten and wheat free products, coffee, tea, vitamins, supplements, local and organic produce, and much more. As far as dairy is concerned, Kent Natural Foods carries a variety of organic and local dairy products all of which are rBGH-free. Kent Natural Foods also carries eggs from a local farm. <P Kent Natural Foods is a member-owned cooperative and make sure to visit our website if interested in becoming a member. Store hours are Monday through Saturday 10 a.m. to 6:30 p.m. and Wednesday from 10 a.m. until 7 p.m.

Kriegers Health Foods Market

615 Graham Rd, Cuyahoga Falls, OH 44221

Tel: 330-929-2929

<http://www.kriegersmarket.com/>

Grocery store with organic produce and poultry, as well as sustainable raised seafood.



Manna Storehouse

43565 State Route 303, LaGrange, OH 44050

Tel: 440-355-5826

Fax: 440-355-5831

Contact: Jackie or Katie Stowers

mannastorehouse@alltel.net

<http://www.mannastorehouse.com>

Manna Storehouse is a family-run organic food cooperative and retail store dealing with many local farmers and producers. All products, including the meat, have no antibiotics, growth hormones, chemicals, food dyes or other man-made additives.

The retail store is open Tuesday through Thursday from 10 a.m. to 7 p.m.; Friday from 10 a.m. to 2 p.m.; and Sunday from 11 a.m. to 4 p.m. Orders placed online, by phone or by email are due each Wednesday, and are available for pick up the following Tuesday-Friday. Delivery is also available; call for more information and pricing.

Maple Street Market

22 West Maple St., Chicago, IL 60610

Tel: 312-397-1501

Hours are Monday through Thursday from 8:30 a.m. to 8:30 p.m.; Friday from 8:30 a.m. to 8 p.m.; Saturday from 8 a.m. to 6:30 p.m.; and Sunday from 10 a.m. to 6 p.m.

Marshall Health Foods

5168 Warrensville Center, Maple Heights, OH 44137

Tel: 216-475-0344

Marshall Health Foods is a small store that specializes in herbs and vegetarian foods. They also offer locally grown, certified organic pork, chicken, and liver. Hours of operation are Monday through Friday 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 5 p.m.

Mish Farms Meats and Deli

80 Oak Road, Gibsonia, PA 15044

Tel: 724-449-6328

Mish Farms sells naturally raised -- no hormones or antibiotics -- beef, chicken and pork. Store hours are Monday through Friday 9 a.m. to 6 p.m. and Saturday 9 a.m. to 5 p.m.

Mustard Seed Market & Cafe

Solon

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6025 Kruse Dr #100, Solon, OH 44139
Tel: 440-519-3663
Contact: Margaret and Phillip Nabors
<http://www.mustardseedmarket.com/>

œTogether we'll save the world, one bite at a time. • The Mustard Seed Market and Cafe is a full-service grocer committed to providing its customers and their friends and family with the finest quality organic and all-natural products. As the largest retail grocer in Northeast Ohio for natural and organic products, Mustard Seed Market and Cafe is a locally owned family business since 1981. They believe in helping families live healthier, fuller lives and succeed in doing so by providing quality, sustainable products to their loyal customers. No products at the Mustard Seed Market and Cafe contain artificial flavoring, coloring, preservatives, saccharine or aspartame. Meat and poultry are raised without antibiotics, hormones, nitrates and are not fed any animal by-products. The meat selection is also very diverse at The Mustard Seed market and Cafe, offering exotic choices such as all-natural ostrich and bison. <P Store hours are Monday through Saturday 9 a.m. to 9 p.m. and Sundays from 10 a.m. to 7 p.m. Make sure to stop by our Cafe or visit our Montrose store!

Mustard Seed Market & Cafe

Montrose
3885 W. Market Street, Akron, OH 44333
Tel: 330-666-7333
<http://www.mustardseedmarket.com/>

œTogether we'll save the world, one bite at a time. • The Mustard Seed Market and Cafe is a full-service grocer committed to providing its customers and their friends and family with the finest quality organic and all-natural products. As the largest retail grocer in Northeast Ohio for natural and organic products, Mustard Seed Market and Cafe is a locally owned family business since 1981. They believe in helping families live healthier, fuller lives and succeed in doing so by providing quality, sustainable products to their loyal customers. No products at the Mustard Seed Market and Cafe contain artificial flavoring, coloring, preservatives, saccharine or aspartame. Meat and poultry are raised without antibiotics, hormones, nitrates and are not fed any animal by-products. The meat selection is also very diverse at The Mustard Seed market and Cafe, offering exotic choices such as all-natural ostrich and bison. <P Store hours are Monday through Thursday 9 a.m. to 9 p.m., Fridays and Saturdays from 9 a.m. to 10 p.m. and Sundays from 10 a.m. to 6 p.m. Make sure to stop by our Cafe or visit our Solon store!

My Organic Market

5273 Buckeystown Pik, Frederick, MD 21703
Tel: 240-566-1444
<http://www.myorganicmarket.com/>

MOM's mission is to provide the opportunity for people to help the environment and to improve their lives by using healthy, high quality, and environmentally friendly products. MOM's strives to accomplish this by focusing on discount prices, 100% organic produce, customer service, and a large selection of products.

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We carry vegetarian-fed free-range ground beef, as well as some organic free-range frozen turkey, organic free-range chicken (available in various cuts) and assorted organic deli meats. You can also find organic eggs and milk, as well as organic fruits, vegetables, supplements, alternative foods and much more.

Store hours are Mon - Fri 10 am - 9 pm, Sat 9 am - 8 pm, and Sun 10 am - 7 pm.

My Organic Market

3831 Mount Vernon Avenue, Alexandria, VA 22305

Tel: 703-535-5980

Contact: Adrian

<http://www.myorganicmarket.com/>

MOM's mission is to provide the opportunity for people to help the environment and to improve their lives by using healthy, high quality, and environmentally friendly products. All of their produce is 100% organic, and most of their meat is as well. They offer packaged and frozen meat and cold cuts.

MOM's is also a founding member of the Clean Energy Partnership (CEP), which organizes businesses to promote practical solutions for global warming and air pollution. For this reason, the electricity for the store comes from 100% wind power.

My Organic Market

Rockville

11711- D Parklawn Drive, Rockville, MD 20852

Tel: 301-816-4944

Contact: Steve Cielto, General Manager

stevec@myorganicmarket.com

<http://www.myorganicmarket.com/>

MOM's mission is to provide the opportunity for people to help the environment and to improve their lives by using healthy, high quality, and environmentally friendly products. MOM's strives to accomplish this by focusing on discount prices, 100% organic produce, customer service, and a large selection of products.

We carry vegetarian-fed free-range ground beef, as well as some organic free-range frozen turkey, organic free-range chicken (available in various cuts) and assorted organic deli meats. You can also find organic eggs and milk, as well as organic fruits, vegetables, supplements, alternative foods and much more.

Store hours are Mon - Fri 10 am - 9 pm, Sat 9 am - 8 pm, and Sun 10 am - 7 pm.



Nature's Bin

Lakewood
18120 Sloane Ave., Lakewood, OH 44107
Tel: 216-521-4600
<http://www.cornucopia-inc.org/>

Cornucopia and Nature's Bin are collaborating to create an extraordinary opportunity for individuals with mental retardation, developmental disabilities, and other serious and debilitating illnesses to attain the skills necessary for self-sufficiency. The training platform permits the opportunity for development in the produce, deli, bakery, grocery and customer service areas of Nature's Bin. The first Nature's Bin opened in Lakewood in November 1991, and began providing work skills training 45 individuals per year in this larger more complete facility. The number of trainees doubled with the opening of the second Nature's Bin in Cleveland Heights in August 1996. Nature's Bin now affords a medium for people to attain real-life work experience, providing more than 100 people with significant physical or mental disabilities learn basic work and social skills under the watchful eye of specially trained coaches and other full-time staff professionals. <P Nature's Bin is a full-service, natural and organic grocer that includes a complete selection of certified organic and all-natural foods, locally grown organic and all-natural produce, deli and bakery, wide variety of vitamin supplements as well as health and beauty items. Hours of operation are Monday through Friday 9 a.m. to 8 p.m., Saturday 9 a.m. to 7 p.m. and Sunday 9 a.m. to 6 p.m.

Nature's Cupboard

1806 E US Hwy 20, Michigan City, IN 46360
Tel: 219-874-2335

Nature's Way

Greensburg
796 Highland Ave., Greensburg, PA 15601
Tel: 724-836-3524

Oberweis Dairy

Schererville
725 Main St., Schererville, IN 46375
Tel: 219-322-8811
hdfeedback1@oberweisdairy.com
<http://www.oberweisdairy.com/>

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd ds get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with

antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

Oberweis Dairy

Lansing

17080 Torrence Avenue, Lansing, IL 60438

Tel: 708-418-3945

hdfeedback1@oberweisdairy.com

<http://www.oberweisdairy.com/>

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd ds get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m.

Potash Bros

State Street

875 North State Street, Chicago, IL 60610

Tel: 312-266-4200

Fax: 312-266-7875

<http://www.potashbros.com/>

We are a local grocery store serving Chicago since 1950. By now, we are experts at what we do. Please see our website for details on delivery and store pick-up.

Hours:

Monday through Saturday, 7am to 10pm

Sunday, 8am to 9pm



Potash Bros

Clark Street
1525 North Clark Street, Chicago, IL 60610
Tel: 312-337-7537
Fax: 312-337-5495
<http://www.potashbros.com/>

We are a local grocery store serving Chicago since 1950. By now, we are experts at what we do. Please see our website for details on delivery and store pick-up.

Hours:

Monday through Saturday, 7am to 10pm

Sunday, 8am to 9pm

Ritzman's Natural Health

120 High Street, Wadsworth, OH 44281
Tel: 330-335-2595

Ritzman's Natural Health is a full-service pharmacy with natural products including health and beauty supplies, herbs, gluten-free, lactose-free, and wheat-free items, as well as vegan and vegetarian foods. Offering a pasteurized but not homogenized, hormone and antibiotic free milk, Ritzman's Natural Health also has a Health Bar and massage parlor to completely satisfy its customers.

Seven Grains Natural Market

92 West Avenue, Tallmadge, OH 44278
Tel: 330-633-9999
Contact: Gina Krieger

Organic fruits and vegetables as well as wheat and gluten free foods. There is a large amount of all natural and organic foods to choose from.

Southtown Health Foods

2100 W 95th St, Chicago, IL 60643
Tel: 773-233-1856
sales@procomarketing.com
<http://www.southtownhealthfoods.com/cgi-bin/home>

Southtown Health Foods has been owned and operated by a family since 1948. We strive to offer a friendly environment and we love to help you select your products. Please ask us questions and we are more than happy to locate unfamiliar products for you.

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We offer a large variety of organic produce and health food items, health care and food preparation books, herbs, vitamins, and supplements. We also have a large selection of gluten free food products.

Before you leave, be sure to take a healthy refreshment break at our fresh vegetable juice bar.

Hours:

Monday through Saturday, 9:30 am to 5:30 pm

We're open late on Thursdays, until 8:00pm.

Stanley's Market

3302 Stickney Ave, Toledo, OH 43608

Tel: 419-726-4347

Fax: 419-7263720

Contact: Joe Zychowicz

MrStanley@stanleysmarket.com

<http://www.StanleysMarket.com>

Stanley's Market offers many locally produced fine meat products, produce and grocery items.

We proudly serve Ohio Signature Beef, raised in Ohio and finished without use of antibiotics. Ohio signature beef is dry aged for superior flavor and texture. Our full service meat counter also includes Daisyfield hams, bacon and smoked products.

Stanley's Market also produces and sells a variety of Polish delicacies. Including the only Polish Kielbasa made in North Toledo's Polish Village. Taste our Tradition. Stanley's Market Since 1932.

Sunrise Farm Mkt-Chesterton

371 Indian Boundry Rd, Chesterton, IN 46304

Tel: 219-926-8710

Sunrise Health Foods

17650 Torrence Avenue, Lansing, IL 60438

Tel: 708-474-6166

Herm and Lill Chapman opened Sunrise Health Foods in April of 1961 so that people could have better access to better quality foods. They stock only certified organic produce, and all-natural beef, chicken, and turkey. The store also carries grass-fed bison, cage-free eggs and dairy products from

pasture-raised cows.

The Organic Butcher

6712 Old Dominion Drive, McLean, VA 22101

Tel: 703-790-8300

Contact: Don Rosen

don@theorganicbutcher.com

<http://www.theorganicbutcher.com/>

A cut-to-order, traditional butcher shop, The Organic Butcher features a full line of sustainably-raised and certified organic meats. Most of these meats are locally-sourced from small, Virginia-based family farmers that raise their animals with care in humane, pastured settings.

As many of the product offerings change from week to week, the meat listing below is just a sampling of the store's inventory at any one time—some selections may not always be certified organic, but they'll definitely be all-natural, and every so often other items may be entirely grass-fed. It's also worth mentioning that if something isn't carried in-store, such as an exotic or hard-to-find item like ostrich or game meats, the staff would be more than happy to place a special order.

The Organic Butcher is relatively new—it opened in November 2005—but it is already generating quite the buzz around the NOVA/D.C. area and is gathering a loyal base of customers who rave about the excellent, high quality meats. • Drop by and check it out for yourself Tuesday through Saturday from 10 a.m. to 6 p.m. and Sunday from 11 a.m. to 5 p.m. Closed Mondays.

Aside from meats, The Organic Butcher also carries seafood, wine, and cheeses. A second store is located in Charlottesville on 416 West Main Street.

Timor Bodega

200 Rhode Island Ave NW, Washington, DC 20002

Tel: 202-588-5612

Contact: Kim Wee

kim@timordc.com

Timor is a new bodega in the Bloomingdale neighborhood of Washington, DC that specializes in local, organic dairy, meat and produce. Local farm produce delivered every Sunday by Truck Patch Farms. All dairy is from Trickling Springs Creamery (<http://www.tricklingspringscreamery.com>). All meat at the Bodega is purchased directly from local farms and stocked frozen.

Today's Market

612 Alleghany River Blvd, Oakmont, PA 15139

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Tel: 412-828-4244

Today's Market Sells health and nutrition related products, organic food, supplements, vitamins, and more.

Treasure Island

Claybourn

2121 N Claybourn, Chicago, IL 60614

Tel: 773-880-8880

<http://www.tifoods.com/>

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

Treasure Island

Broadway

3460 N Broadway St, Chicago, IL 60657

Tel: 773-327-3880

<http://www.tifoods.com/>

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

Treasure Island

Lake

680 N Lake Shore Dr., Chicago, IL 60611

Tel: 312-664-0400

<http://www.tifoods.com/>

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared

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foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

Treasure Island

Elm
75 W Elm St, Chicago, IL 60610
Tel: 312-440-1144
<http://www.tifoods.com/>

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

Treasure Island

Wells
1639 N Wells St, Chicago, IL 60614
Tel: 312-642-1105
<http://www.tifoods.com/>

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

Walt's Food Centers

South Holland
16145 S State St, South Holland, IL 60473

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Tel: 708-333-5500

<http://www.waltsfoods.com/waltsfoods/>

Walt's Foods is a 62 year old, family owned business. We try to offer a wide variety of products at affordable prices. Please ask us if you would like something we don't carry. We may be able to special order it for you.

Hours:

Monday through Saturday, 7am to 9pm

Walt's Food Centers

Homewood

2345 W 183rd St, Homewood, IL 60430

Tel: 708-957-1890

<http://www.waltsfoods.com/waltsfoods/>

Walt's Foods is a 62 year old, family owned business. We try to offer a wide variety of products at affordable prices. Please ask us if you would like something we don't carry. We may be able to special order it for you.

Hours:

Monday through Saturday, 7am to 9pm

Sunday, 10am to 6pm

Whole Foods Market

Gaithersburg

316 Kentlands Blvd., Gaithersburg, MD 20878

Tel: 301-258-9500

Fax: 301-670-3920

<http://www.wholefoods.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We obtain our products locally and from all over the world, often from small, uniquely dedicated food artisans. We strive to offer the highest quality, least processed, most flavorful and naturally preserved foods. Store Hours:

Monday-Saturday 8 a.m. to 9 p.m.

Sunday 8 a.m. to 8 p.m.

Whole Foods Market



Arlington
2700 Wilson Blvd., Arlington, VA 22201
Tel: 703-527-6596
Fax: 703-527-6568
<http://www.wholefoods.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis. Store hours: 8 a.m. to 10 p.m. seven days a week. Espresso Bar and Jamba Juice open 7 a.m.

Whole Foods Market

Lakeview
3300 N Ashland, Chicago, IL 60657
Tel: 773-244-4200
Fax: 773-244-4074
<http://www.wholefoods.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis. Store Hours: 8 a.m. to 10 p.m. seven days a week.

Whole Foods Market

Rockville
1649 Rockville Pike, Rockville, MD 20852
Tel: 301-984-4880
Fax: 301-816-1897
<http://www.wholefoods.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We obtain our products locally and from all over the world, often from small, uniquely dedicated food artisans. We strive to offer the highest quality, least processed, most flavorful and naturally preserved foods. Store Hours:
Monday-Saturday 8 a.m. to 9 p.m.
Sunday 8 a.m. to 8 p.m.



Whole Foods Market

Gold Coast

30 West Huron, Chicago, IL 60610

Tel: 312-932-9600

Fax: 312-932-9700

<http://www.wholefoodsmarket.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis. Store Hours: 8 a.m. to 10 p.m. seven days a week.

Whole Foods Market

Georgetown (Wisconsin)

2323 Wisconsin Avenue N.W., Washington, DC 20007

Tel: 202-333-5393

Fax: 202-333-5392

<http://www.wholefoods.com>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods. We obtain our products locally and from all over the world, often from small, uniquely dedicated food artisans. We strive to offer the highest quality, least processed, most flavorful and naturally preserved foods. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture.

Store hours 8 am - 10 pm daily

Whole Foods Market

Georgetown (P Street)

1440 P St. NW, Washington, DC 20005

Tel: 202-332-4300

Fax: 202-265-0061

<http://www.wholefoods.com>

To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We obtain our products locally and from all over the world, often from small, uniquely dedicated food artisans. We strive to offer the highest quality, least processed, most flavorful and naturally preserved foods. Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods.

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Store hours 8 am - 10 pm daily

Whole Foods Market

Tenley Town
4530 40th Street NW, Tenley Circle, Washington, DC 20016
Tel: 202-237-5800
Fax: 202-237-1115
asktenley@wholefoods.com
<http://www.wholefoods.com>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We obtain our products locally and from all over the world, often from small, uniquely dedicated food artisans. We strive to offer the highest quality, least processed, most flavorful and naturally preserved foods.

Store hours are 8 am - 10 pm Mon - Sat, and 8 am - 9 pm Sun.

Whole Foods Market

Pittsburgh
5880 Centre Avenue, Pittsburgh, PA 15206
Tel: 412-441-7960
Fax: 412-441-2907
<http://www.wholefoods.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis. Store hours: 8 a.m. to 10 p.m. seven days a week.

Whole Foods Market

University Heights
13998 Cedar Rd, University Heights, OH 44118
Tel: 216-371-5320
<http://www.wholefoodsmarket.com>

A 43,000 square foot Whole Foods Market, the world's leading retailer of natural and organic food, located in Cedar Center in University Heights at Cedar and Warrensville Center Roads. Guaranteed

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to tempt your taste buds and offer a shopping experience unlike any other in Ohio! Organic and fresh cut flowers. Fresh seafood. An old-style butcher shop. Over 300 cheeses offered. A self serve olive bar, antipasta bar, coffee bar with roaster, and over 1800 wines! Breads from sandwich to crusty European style baked fresh in store, plus tortes, muffins, pies, cakes, cookies and other delights!

Team of chefs make restaurant-quality take-out entrees and sides. Try two salad bars, hot bar, fresh & hot soups, and sushi made before your eyes. 18 seat Trattoria featuring hot Italian entrees, plus hearth-baked pizza. Take home or enjoy in the 80 seat cafe.

Natural and organic grocery items. Bulk section. As well natural body care, supplements, herbs and vitamins in Whole Body department.

Wiseway

2800 Claumet Ave, Valparaiso, IN 46383
Tel: 219-464-3571

*can special order certified organic beef

Yes! Organic Market

3425 Connecticut Avenue N. W., Washington, DC 20008
Tel: 202-363-1559

Yes! Organic Market is your one-stop health store. In addition to fresh organic whole free-range chicken and organic ground beef, they carry organic dairy products--milk, yogurt, cheeses-- organic free-range eggs, supplements, organic pantry goods and more.

Store hours are Mon - Sat 8 am - 9 pm, and Sun 8 am - 7 pm.

Yes! Organic Market

658 Pennsylvania Avenue SE, Washington, DC 20003
Tel: 202-546-9850

Yes! Organic Market is your one-stop health store. In addition to fresh organic whole free-range chicken and organic ground beef, they carry organic whole ham, organic dairy products--milk, yogurt, cheeses-- organic free-range eggs, supplements, organic pantry goods, fresh organic produce and more.

Store hours are Mon - Sat 8 am - 9 pm, and Sun 9 am - 7 pm.

inauguration 2009: from chicago guide: stores



Yes! Organic Market

1825 Columbia Road, Washington, DC 20009

Tel: 202-462-5150

This Yes! Organic Market carries organic milk, organic free-range eggs, organic fresh produce, vitamins and more. Open 9 am - 8 pm daily.

Yes! Organic Market

3809 12th street, NE, Washington, DC 20017

Tel: (202) 832-77

http://www.livingnaturally.com/retailer/store_templates/shell_id_1.asp?storeID=626D898C04BE4BD F91F7DE5E80E4133D

Yes! Organic Market is your one-stop health store. In addition to fresh organic whole free-range chicken and organic ground beef, they carry organic dairy products--milk, yogurt, cheeses-- organic free-range eggs, supplements, organic pantry goods and more.

Store hours are Mon - Sat 8 am - 9 pm, and Sun 8 am - 7 pm.



bar cento

mcnulty's bier markt
1948 West 25th Street, Cleveland, OH 44113
Tel: 216/344-9943
Fax: 216/274-9744
Contact: sam mcnulty
sam.mcnulty@gmail.com
<http://www.barcento.com>

Bar Cento has created dishes with Roman recipes and utilized the freshest local and organic ingredients. The menu includes brick-oven modern and traditional pizzas, house-cured salume and antipastos, Belgian beer steamed mussels, and award-winning pommes frites.

Bar Cento has been voted Cleveland's Best Pizza.

The Ambiance

Bar Cento complements the international flavor of McNulty's Bier Markt, a Belgian beer bar right next door on West 25th Street, in Cleveland's eclectic Ohio City. Food is served haute-rustic style in a lively dining room warmed by treasures we discovered in Northeast Ohio and around the world. The polished bar was crafted from wood reclaimed from an Amish barn built in the 1800s. Design touches include artwork from Southeast Asia and drapery from Peru. See if you can find the Laotian lamp made from cow dung, somewhere in the Bier Markt.

We Just Don't Like to Close

Open 365 days a year from 4:30pm until to 2:30am

Seasonal Guide: District of Columbia

Apples	x	x	x					x	x	x	x	x
Apricots							x					
Artichokes							x	x	x			
Arugula	x	x	x	x	x	x	x		x	x	x	x
Asparagus					x	x						
Basil				x	x	x	x	x	x	x	x	
Beans, Green						x	x	x	x	x		
Beans, Shelling									x			
Beets				x	x	x	x	x	x	x	x	
Blackberries							x	x				
Blueberries							x	x	x			
Bok Choy					x	x	x	x	x	x	x	
Broccoli						x	x			x	x	x
Broccoli Raab					x	x						
Brussel Sprouts									x	x	x	
Cabbage						x	x	x	x	x	x	x
Currants						x						
Carrots						x	x			x	x	x
Cauliflower									x	x	x	x
Celery								x	x	x	x	
Celery Root	x	x						x	x	x	x	x
Chestnuts										x	x	x
Cherries						x	x					
Cider	x	x	x					x	x	x	x	x
Cilantro				x	x	x	x	x	x	x		
Collards					x	x	x		x	x	x	x
Corn							x	x	x			
Cucumbers						x	x	x	x	x	x	
Dill					x	x			x	x		
Eggplant						x	x	x	x	x		
Fava Beans						x	x					
Fennel						x			x	x		
Figs							x	x				
Garlic							x	x	x	x	x	x
Gooseberries							x					
Kale	x	x	x	x	x	x			x	x	x	x
Kohlrabi						x	x	x	x	x	x	x
Lettuce	x	x	x	x	x	x	x	x	x	x	x	x
Lima Beans								x	x			
Melons							x	x	x	x		
Mesculin Mix	x	x	x	x	x	x	x	x	x	x	x	x
Mint						x	x	x	x	x	x	x
Mushrooms			x	x	x				x	x	x	
Nectarines							x	x				
Okra							x	x	x			
Onions					x	x	x	x	x	x	x	
Parsley					x	x			x	x	x	x
Parsnips									x	x	x	x
Peaches							x	x	x	x		
Pears								x	x	x	x	

Seasonal Guide



Seasonal Guide: Illinois

ILLINOIS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples						x	x	x	x	x	x	
Artichokes							x	x				
Asparagus				x	x	x						
Beans						x	x	x				
Bell Peppers							x	x	x	x	x	
Berries						x	x	x	x			
Cabbage					x	x	x		x	x	x	
Carrots						x	x	x	x			
Cauliflower								x	x	x		
Cherries					x	x	x					
Corn							x	x	x	x		
Cucumbers								x	x	x		
Eggplant						x	x	x	x	x		
Garlic						x	x	x	x	x	x	
Grapes							x	x	x	x		
Greens					x					x		
Herbs								x	x	x		
Horseradish						x	x	x	x	x	x	
Leeks					x	x	x	x				
Lettuce				x	x	x		x	x	x		
Melons						x	x	x	x			
Nectarines						x	x	x	x			
Okra						x	x	x	x			
Onions				x	x	x	x	x	x	x	x	
Peaches						x	x	x	x			
Peas				x	x	x	x	x	x	x	x	
Plums						x	x	x	x	x	x	
Potatoes						x	x	x	x	x	x	
Potatoes, Sweet								x	x	x	x	
Pumpkins								x	x	x	x	
Radishes					x	x	x	x	x	x		
Rhubarb					x	x	x	x	x	x		
Spinach				x	x	x			x	x	x	
Sprouts					x							
Squash					x	x	x	x	x	x	x	
Strawberries					x	x						
Tomatoes						x	x	x	x	x	x	
Turnips						x	x	x	x	x	x	

Data provided by: <http://www.agr.state.il.us/markets/WhatsInSeason.pdf>

Seasonal Guide



Seasonal Guide: Indiana

INDIANA	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Asparagus				x	x	x						
Broccoli						x	x	x	x	x	x	
Cabbage						x	x	x	x	x	x	
Cauliflower									x	x	x	x
Collards					x	x	x	x	x	x	x	
Cucumbers						x	x	x	x			
Eggplant							x	x	x	x		
Lima Beans							x	x	x	x		
Okra							x	x	x	x		
Onions						x	x	x	x			
Peas					x	x	x					
Peppers							x	x	x	x	x	
Potatoes							x	x	x	x		
Pumpkins									x	x	x	
Snap Beans						x	x	x	x	x		
Spinach				x	x	x						
Sweet Corn							x	x	x			
Tomatoes							x	x	x	x		
Apples							x	x	x	x		
Blackberries							x	x				
Blueberries						x	x	x				
Cherries						x						
Grapes								x	x			
Peaches, Nectarines							x	x	x			
Pears								x	x			
Raspberries							x	x	x			
Strawberries					x	x						
Herbs							x	x	x			

Data provided by: <http://www.pickyourrown.org/INharvestcalendar.htm>

Seasonal Guide



Seasonal Guide: Maryland

MARYLAND	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples								x	x	x		
Asian Pears								x	x	x		
Asparagus				x	x							
Beans						x	x	x	x	x		
Blackberries						x	x					
Blueberries							x	x				
Broccoli			x	x					x	x	x	
Cabbage			x	x					x	x	x	
Cantaloupes							x	x	x			
Cherries						x	x					
Cucumbers					x	x	x	x				
Eggplant							x	x	x			
Greens			x	x	x				x	x		
Herbs				x	x	x	x	x	x	x		
Nectarines						x	x					
Peaches					x	x	x	x				
Peas					x	x						
Peppers							x	x	x			
Potatoes					x	x	x					
Raspberries							x	x	x			
Rhubarb					x	x			x	x		
Pumpkins												
Squash						x	x	x	x	x		
Strawberries					x	x						
Sweet Corn								x	x			
Sweet Potatoes									x	x		
Tomatoes							x	x	x	x		
Watermelons								x	x	x		

Data provided by: <http://www.pickyourown.org/MDharvestcalendar.htm>

Seasonal Guide



Seasonal Guide: Michigan

MICHIGAN	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples	x	x						x	x	x	x	x
Apricots							x	x				
Blackberries								x	x			
Blueberries							x	x	x			
Cantaloupe								x	x			
Cherries, Red Tart							x					
Cherries, Sweet							x	x				
Grapes								x	x	x		
Melons								x	x	x		
Nectarines								x	x			
Peaches							x	x	x			
Pears								x	x	x		
Plums								x	x			
Raspberries							x	x	x			
Rhubarb					x							
Strawberries						x						
Asparagus					x	x						
Beans (snap, green, etc.)							x	x	x			
Beets								x	x	x		
Broccoli							x	x	x	x		
Brussel Sprouts										x	x	
Cabbage							x	x	x	x	x	
Carrots							x	x	x	x		
Cauliflower								x	x	x		
Celery							x	x	x	x		
Corn, Sweet								x	x			
Cucumbers (Pickling)								x	x			
Cucumbers							x	x	x			
Greens						x	x	x	x	x		
Eggplant							x	x	x	x		
Lettuce (head, leafy)						x	x	x	x	x		
Mushrooms	x	x	x	x	x	x	x	x	x	x	x	x
Onions							x	x	x	x	x	x
Onions, Green						x	x	x	x	x		
Parsnips									x	x		
Peas, Sugar Snap						x						
Peppers						x	x	x	x	x		
Potatoes	x	x	x				x	x	x	x	x	x
Pumpkins									x	x		
Radishes						x	x	x	x	x		
Rutabagas									x	x	x	
Spinach						x	x	x	x	x		
Squash (yellow, zucchini)							x	x	x			
Squash (butternut, acorn)									x	x	x	x
Tomatoes							x	x	x			
Turnips						x	x	x	x	x	x	

Seasonal Guide



Seasonal Guide: Ohio

OHIO	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Asparagus				x	x	x						
Broccoli						x	x	x	x	x		
Cabbage						x	x	x	x	x	x	
Cauliflower									x	x	x	x
Collards						x	x	x	x			
Cucumbers						x	x	x	x			
Eggplant							x	x	x	x		
Lima Beans							x	x	x	x		
Okra							x	x	x	x		
Onions						x	x	x	x			
Peas					x	x	x					
Peppers							x	x	x	x	x	
Potatoes							x	x	x	x		
Pumpkins									x	x		
Snap Beans						x	x	x				
Squash						x	x	x	x			
Spinach				x	x	x						
Sweet Corn							x	x	x			
Tomatoes							x	x	x	x		
Apples							x	x	x	x		
Blackberries							x	x				
Blueberries						x	x	x				
Cherries						x	x					
Grapes								x	x			
Peaches, Nectarines							x	x	x			
Pears								x	x			
Raspberries							x	x	x			
Strawberries					x	x						
Herbs							x	x	x	x		

Data provided by: <http://www.pickyourown.org/OHharvestcalendar.htm>

Seasonal Guide



Seasonal Guide: Virginia

VIRGINIA	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples							x	x	x	x	x	
Asparagus				x	x							
Blackberries							x	x				
Blueberries						x	x	x				
Broccoli									x	x	x	
Cantaloupes							x	x				
Cucumbers						x	x	x	x	x		
Grapes								x	x	x		
Green Beans						x	x	x	x	x		
Green Peppers							x	x	x	x	x	
Greens/Spinach			x	x	x	x						
Nectarines							x	x				
Peaches							x	x				
Pumpkins									x	x		
Raspberries						x		x	x	x		
Squash						x	x	x	x	x		
Strawberries					x	x						
Sweet Corn							x	x				
Tomatoes							x	x	x	x		
Watermelons							x	x	x			

Data provided by: <http://www.vdacs.virginia.gov/vagrown/chart.shtml>

Seasonal Guide



Seasonal Guide: Pennsylvania

PENNSYLVANIA	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Asparagus				x	x	x						
Broccoli						x	x	x	x	x	x	
Cabbage						x	x	x	x	x	x	
Cauliflower									x	x	x	x
Collards					x	x	x	x	x	x	x	
Cucumbers						x	x	x	x			
Eggplant							x	x	x	x		
Lima Beans							x	x	x	x		
Okra							x	x	x	x		
Onions							x	x	x	x		
Peas					x	x	x					
Peppers							x	x	x	x	x	
Potatoes							x	x	x	x		
Pumpkins									x	x		
Rhubarb					x	x						
Snap Beans						x	x	x				
Squash						x	x	x	x			
Spinach				x	x	x						
Sweet Corn							x	x	x			
Tomatoes							x	x	x	x		
Apricots							x					
Apples							x	x	x	x		
Blackberries							x	x				
Blueberries						x	x	x				
Cherries						x	x					
Grapes								x	x			
Peaches, Nectarines							x	x	x			
Pears								x	x			
Plums							x	x				
Raspberries							x	x				
Strawberries					x	x						
Herbs							x	x	x	x		

Data provided by: http://www.fieldtoplate.com/downloads/pa_veggies.pdf



With thousands of listings of farms, markets, restaurants and other producers of locally-grown, sustainably-produced food throughout North America, the Eat Well Guide will lead you to fresh, healthy food near you.



www.EatWellGuide.org

find good food *local sustainable organic*
info@eatwellguide.org | tel: 212 991 1858 | fax: 212 726 9160

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