Buy Fresh Buy Local

www.buyfreshbuylocalcentralillinois.org  217-528-1563

Farms
Farmers Markets
Restaurants
Retailers
And More

YOUR GUIDE TO THE FRESHEST LOCAL FOOD IN CENTRAL ILLINOIS
In an effort to create a robust source of information where consumers can find local food, the Buy Fresh Buy Local Central Illinois Chapter and Central Illinois Sustainable Farming Network have partnered to create the 2015-2016 Buy Fresh Buy Local Central Illinois Directory. This directory features farms that have pledged to use sustainable practices and farmers markets, restaurants, retailers, institutions, and distributors that have pledged to source locally whenever possible. When you purchase from any of the members listed in this directory, you can feel confident that you are supporting local businesses, a healthy environment, and a more just food system.

2015-2016 Buy Fresh Buy Local Partners and Programs

**Illinois Stewardship Alliance (ISA)** is a non-profit organization with members across the state who are re-building local food systems one seed at a time through community gardens, farm to school programs, sustainable agriculture and more. ISA promotes economically viable, environmentally sustainable and socially just local food systems through policy development, advocacy and education. Join the Alliance today! For more information go to www.ilstewards.org, call us at (217) 528-1563 or find us on Facebook.

**The Buy Fresh Buy Local Central Illinois chapter**, a program of Illinois Stewardship Alliance, is a local foods campaign to connect local farmers with community members, restaurants, retailers, and other local buyers. The Central Illinois chapter is part of a national network of Buy Fresh Buy Local chapters organized by FoodRoutes Network, LLC. To date there are over 75 chapters in 20 states. Visit www.foodroutes.org to learn how FoodRoutes is reintroducing Americans to their food, or visit www.buyfreshbuylocalcentralillinois.org to learn more about the Central Illinois chapter.

**Local Flavors**, a program of Illinois Stewardship Alliance, is a farm-to-table series held during the height of the growing season that connects Illinois producers with local restaurants. Participating restaurants prepare a daily special highlighting fresh, seasonal, locally sourced food. For more information about participating restaurants and a schedule of events, visit www.buyfreshbuylocalcentralillinois.org, email isa@ilstewards.org, or call 217-528-1563

**University of Illinois Extension** is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of Illinois’ 102 counties – and far beyond. Through learning partnerships that put knowledge to work, U of I Extension’s programs are aimed at making life better, healthier, safer and more profitable for individuals and their communities. The U of I Extension offers educational programs in five broad areas: healthy society; food security and safety; environmental stewardship; sustainable and profitable food production and marketing systems; and enhancing youth, family and community well-being. U of I Extension has 15 Local Food Systems and Small Farms (LFSSF) Educators working across the state to provide Illinois residents with information, resources, and support to local agriculture. For more information, go to web.extension.illinois.edu, call us at (217) 782-4617 or find us on Facebook (Local Food Systems and Small Farms).

**Central Illinois Sustainable Farming Network’s (CISFN)** mission is to promote the development of local food systems in Central Illinois through farmer support and training. This program network is organized by the U of I Extension. Network members are committed to sustainable farming and are willing to share knowledge and participate in learning opportunities. Visit www.cisfn.org to learn more.
The Buy Fresh Buy Local Central Illinois chapter helps YOU find farms, markets, restaurants and retailers where you can purchase local food. Visit www.buyfreshbuylocalcentralillinois.org for a complete listing of this directory online, along with pictures, virtual maps, recipes, and the latest news and events. And remember to look for the Buy Fresh Buy Local sign when you shop!
This directory lists members of both the Buy Fresh Buy Local Central Illinois chapter and the Central Illinois Sustainable Farming Network. To further help you in your search for fresh-from-the-farm products, use the icons below to easily identify the products that each farm grows or raises.

1. ACBees Apiaries
   Arvin Pierce
   16813 Lowder Rd.
   Waverly, IL 62692
   (217) 638-6371
colrnvn@royell.org
www.acbees.org

We have several yards in central Illinois, including Maldaner’s roof top and Illini Country Club. We’ve kept treatment-free bees for 11 years, selling raw and natural liquid honey and honeycomb. We also do educational presentations with our observation hive and photos at farmers markets, to groups and to schools. Available via: Old Capitol Farmers’ Market, Sales to restaurant

2. Ackerman Certified Organic Farm
   Ron and Angie Ackerman
   29087 N. 2850 East Rd.
   Chenoa, IL 61726
   (815) 945-5722
   ronnga@frontier.com

We became certified organic in 1988 with corn, soybeans, wheat, oats and hay. In 2000, we added organic produce, herbs, and edamame soybeans. We now have the most organic herbs in the area and are the only farm that grows organic edamame soybeans. We also produce, clean, and sell whole wheat berries and oat grouts. Thank you for supporting organic! Available via: Downtown Bloomington Farmers’ Market, Common Ground Grocery (Bloomington), Naturally Yours Grocery (Normal), Chicago Farm-stand Grocery, On-farm sales

3. Agape Acres, Home of Blossom’s Barn
   Ann Stoll
   1267 E 1200 North Rd.
   Melvin, IL 60952
   (217) 379-7633
   annstoll@blossomsbarn.com

Family operated homestead that produces grass-fed beef and dairy. We have both cow and goat milk available. We are not certified organic, but we do follow closely with organic guidelines in raising our produce and managing our livestock. We also have honey when available raised right here. Follow us on Facebook to know what we have available and what hours we operate @Agape-Acres-All-Natural-Grass-Fed-Beef. We have a lovely little storefront where you can pick up what is produced right here on our farmstead.

4. All Seasons Farm
   Jill Rendleman
   9535 US Hwy 51 North
   Cobden, IL
   (618) 308-0217
   jillrendleman@aol.com
   www.allseasons-farm.com

All Seasons Farm is a family owned Certified Organic vegetable and fruit grower located in the heart of Southern Illinois wine country. Our varieties are selected for taste and quality and are grown in nutrient rich soils irrigated by sweet spring water. We are known for our year round production of restaurant quality produce. All Seasons Farm harnesses nature’s energy through the use of rolling high tunnels, row covers, and other season extension practices. Available via: Online ordering, Carbondale Community Farmers Market, Cristauido’s Bakery, Neighborhood Co-Op, and Townsquare Market in Carbondale; Yellow Moon Café and Owl Creek Vineyard in Cobden
5. Ana and Betty's Garden
Michelle Proksa
9719 E. 3000 North Rd
Cornell, IL 61318
(815) 674-6952
michelleproksa@yahoo.com

Ana and Betty's Garden is a sustainable fruit and vegetable operation located 10 miles southeast of Streator. We have set aside one acre out of our family operation of traditional row crops to grow fruit and vegetables in a way that protects our natural resources. In our first year we were able to grow without the use of any chemicals. We are dedicated to staying small and serving our local community. By the time our grandchildren are working this land, we hope to have developed best conservation practices for the entire 68 acres. Available via: Streator Downtown Farmer's Market, Retail sales in Normal, Grant St. Grocery

6. Antiquity Oaks LLC
Deborah Niemann-Boehle
13128 E 2700 North Rd.
Cornel, IL 61318
(815) 358-2450
deborah@antiquityoaks.com
www.antiquityoaks.com

We have a CSA garden, fruit, eggs, and meat (pork, chicken, and turkey). We sell whole meat animals directly to consumers for pick-up at the processor. We use only sustainable growing practices. Our animals live on pasture where they get plenty of fresh air and sunshine, while having free access to shelter during bad weather. Availability via: CSA, Farm-stand, On-farm by appointment

7. August Creek Farm
Andrea Corzine
1414 N 2400 East Rd.
Assumption, IL 62510
www.AugustCreekFarm.com

August Creek Farm is a small farm located in the heart of rural Illinois. We use sustainable farming methods that are beneficial for both our bodies and for the environment. We specialize in growing delicious heirloom varieties of fruits and vegetables which you will not find at your local grocery store. We believe our passion for farming inspires a quality you can taste. Available via: CSA and Saturday Produce Market at Richland Community College

8. Autumn Berry Inspired
Dustin Kelly
2314 N. High Cross Rd.
Urbana, 61801
(217) 766-9228
dustin@autumnberrynspired.com
www.autumnberrynspired.com

We took a problem and made it delicious. We harvest the invasive autumn berry (Elaeagnus umbellata), process the fruit into value added products, and market this new superberry as a sustainable and green source of food and medicine. We make jam, dried fruit leather, ice cream, and supply the fruit puree as an ingredient to other food artisans. Available via: Online sales; Urbana Market at the Square, Common Ground Food Coop, World Harvest, and Great Harvest Bread Company in Champaign-Urbana; Common Ground in Bloomington; Dill Pickle Coop, Standard Market, and Artisanal Wilmette in Chicago

9. Backwoods Berry Farm
Dale and Becky Conrady
27244 Hettick Scottville Rd.
Hettick, IL 62649
(217) 436-2510
bcnrdy8@yahoo.com
backwoodsberryfarm.com

We are dedicated to providing top-quality, homegrown products in a family-friendly environment. We grow our own asparagus, strawberries and peaches. We also have a limited supply of blueberries and blackberries. All crops are available for U-pick, except for asparagus (by order only). Homemade pies, bakery items, jams and jellies are also available. Available via: Farm Stand (Hours vary, so please call ahead), Farmers’ Market, Apple Bam (Chatham), Market on the Square (Carlinville), Sales to restaurant and institution

10. Bane Family Meats
David Bane
1062 CR 2125E
Sidney, IL 61877
(217) 722-2188
davidpbane@aol.com

We are a Champaign County farm family with a dedication to sustainable agriculture, and quality meat and poultry products. All of our livestock are grown free-range at our farm. No pesticides or chemicals are applied to our pastures; no antibiotics or growth promoters are added to our animal feeds. Fresh products processed to your specifications are available with prior arrangements.

11. Bear Creek Farm and Ranch
Matt and Debbie Daniels
754 E. 1100 North Rd.
Palmer, IL 62556
(217) 899-8713 or (217) 899-0002
bearcreekbelgian@hughes.net
www.bearcreekfarmandranch.com

We have operated in an all-natural, sustainable manner since we purchased our farm in April 1997. We do not use hormones, antibiotics or chemicals on our products. Pasture-raised chickens, heritage turkeys & eggs, grass-fed beef, vegetables, fruit, sprouts, herbs and flowers. Available via: CSA, Old Capitol Farmers’ Market, Sales to retail and restaurant

12. Blue Moon Farm, LLC
Jon Cherniss
2184 County Road 1700 East
Urbana, IL 61802
(217) 643-2031
bluemoonfarmurbana@gmail.com
www.bluemoonfarm.biz

Blue Moon Farm is a 20-acre certified organic vegetable farm 10 miles north of Champaign-Urbana in what we affectionately call the “corn desert”. We grow over 40 different kinds of vegetables and 30 different kinds of tomatoes. Available via: Urbana's Market at the Square, Common Ground Food Co-op, Sales to restaurant and institution
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| 13. Bowman Rabbitry  
David Bowman  
5484 Mt. Auburn Rd.  
Decatur, IL 62521  
(217) 412-8180  
dabrbo@yahoo.com  

Rabbitry is the focus of my operation with a special focus on purebred Californian rabbits. Californians were an early “hybrid” of three common breeds, with the outcome being a consistent “ideal” animal for meat, fur, and production. My best animals are raised for foundation (herd) replacements and show competition, lesser animals are destined for quality commercial herd replacements, and those remaining animals are genuine meat animals. Available via: Direct-to-consumer sales (call or email). |
| 14. Brackett Farm  
Bob Brackett  
611 W. Union St.  
Champaign, IL 61820  
(217) 698-7638  
Brackett-CSA@comcast.net  
www.brackettfarmscsa.com  

Though not certified, we have been growing by the organic method outside of Champaign, IL since 1985. We grow strawberries, raspberries, goosberries, black currants, blackberries, blueberries, seedless grapes, apples and pears as well as more than 30 types of vegetables. Fresh, local, nutritious, delicious, safe goodies from pampered soil! We live and start our plants in Champaign and our farm is in Bondville, just west of Champaign 5 miles. Our CSA pick-ups are on Tuesdays from 4 to 7 pm. Available via: CSA, Farmers Market, Sales to restaurant |
| 15. Broad Branch Farm  
Brian and Anita Poeppel  
15848 Twp. Rd. 500 N.  
Wyoming, IL 61491  
(309) 695-2051  
broadbranchfarm@gmail.com  

We grow organic vegetables, pastured organic eggs, and pastured organic meat. All of our farm products are available exclusively through our farm’s CSA. |
| 16. Brown's Fresh Produce  
David and Kathy Brown  
304 Brown St.  
Bloomington, IL 61704  
(309) 530-7093  
Kathy@brownsproduce.com  
www.brownsproduce.com  

Est. in 1955, on our 20-acre vegetable farm in Bloomington, our family grows over 40 varieties of vegetables. We sell our produce at our retail farm-stand open 7 days a week and at the Downtown Bloomington Farmers Market every Saturday. Our “Peaches-n-Cream” sweet corn is a summer favorite for many families in our area! Available via: Farm Stand (July - October), CSA, Downtown Bloomington Farmers’ Market, Sales to retail |
| 17. Bunn Gourmet  
Bob Bunn  
1400 Stevenson Dr.  
Springfield, IL 62703  
(217) 585-7838  
ob.bunn@bunn.com  
www.bunngourmet.com  

Bunn Gourmet sells steaks/roasts, ground beef and all beef hot dogs derived from Black Angus cattle we raise in central Illinois. Our certified, 100% Black Angus cattle are raised on grass and grain with no growth hormones. The resulting USDA Prime and Choice steaks and roasts are also wet aged for 30 days. Available via: Sales to retail and restaurants, Internet ordering |
| 18. Cascade Poultry and Eggs  
JoEllen Gehring  
19433 E 800 North Rd  
Fairbury, IL 61739  
(815) 692-4897  
gehring@frontier.com  

We are a small family farm raising hormone and antibiotic free and cage free poultry and eggs. Available via: On-farm, CSA, Farmers Markets, South Pork Ranch, Central Lean, Kilgus Farmstead |
| 19. Catalpa Grove Farm  
Trent W. Sparrow  
8400 S. Ward Rd.  
Dwight, IL 60420  
(815) 325-4845  
catalpagrove@aol.com  
www.catalpagrovefarm.com  

We raise sheep, dairy goats and Berkshire hogs without the use of growth hormones and antibiotics. Our animals are fed grain and hay and have access to pastures. We make soap using the goat milk. We also have a large chemical-free garden of tomatoes, peppers, melons, and pumpkins. Available via: Restaurants in Chicago, Champaign and Effingham, and from Naturally Yours Grocery in Normal. We also sell wholesale |
| 20. Caveny Farm  
Connie Caveny  
1999 N. 935 East Rd.  
Monticello, IL 61856  
(217) 762-7767  
caveny1@prairienet.net  
www.cavenyfarm.com  

Caveny Farm is a small farm specializing in grass foraged animals, raised naturally with no antibiotics or hormones. We raise Bourbon Red turkeys, a tasty slow-growing heritage breed for fall and Katahdin lamb for spring. Available via: Farmers markets and on-farm. Please call ahead. Bourbon Reds purchased online may be picked up prior to Thanksgiving at Chicago's Green City Market, Elburn's Rustic Road Farm, and other locations/dates as shown on our website |

“Let food be thy medicine, and medicine be thy food.” - Hippocrates
Why Buy Local?

When you buy locally you not only get good food grown with love, but you support fair wages, the humane treatment of animals, the health of the environment, and the well-being of the local economy. Small family farms are a vibrant part of our local landscape, culture, and community, and when you buy local, you are insuring that they will remain on the land, growing wholesome food for generations to come.

Because Your Choices Matter

1500 miles
That's the average number of miles that food travels before it reaches your grocery store shelf. It typically spends 4-7 days in travel and must be picked before it is ripe. All of these factors compromise freshness, cost, and flavor.

95%
That's the percentage of food that Illinois imports. That means 95% of the money that Illinois residents spend on food is sent out of state instead of being kept in our local economies.

$47 Million
Check it out: if every Illinois household dedicated just $10 of their weekly grocery budget towards products raised in our state, a whopping $47 million would be re-invested in the Illinois economy.

Because You Can Make A Difference

Buying local is about more than how you spend your food dollars, it's about supporting what you value. When you buy local, you exercise your power to change our food system and create a world where land, animals, and people are treated with respect.

Raised with Care
“My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman, and a preacher, but every day, three times a day, you need a farmer.” - Brenda Schoepp

21. CHJ Umoja Family Gardens
Janet Zintambila
2100 US Highway 150
Carlock, IL 61725
(773) 979-1961
jzintambila@yahoo.com

CHJ Umoja Gardens specializes in white maize, African ethnic crops, and traditional American crops, including amaranth, greens, rapini, sweet potatoes, and peas. All crops are grown naturally without synthetic fertilizers or chemicals. Available via: On-farm sales, U-pick, Farmers Markets

22. Choice Roots
Kyle DeWeese
3989 Sherman Rd.
Sherman, IL 62704
(217) 494-0304
dewkroot@aol.com
www.choiceroots.com

Choice Roots helps the concerned consumer in the greater Springfield area acquire ethically grown produce. Choice Roots products can be found at the Old Capitol Farmers Market, local fine dining establishments, online ordering through the website, and via farm-stand on Sundays noon to 5pm. My efforts are all geared toward being an additional source of truly fresh, local food for all those trying to eat right.

23. Creaking Tree Farm
Christine or Jim
17148 2950 North Road
Alvin, IL 61811
(708) 951-6099
creakingtreefarm@aol.com

Creaking Tree Farm is located in Alvin, IL along the North Fork of the Vermilion River. We are new Illinois Farmers with 63 acres of woods and farmland. We grow our all-natural products in a chemical free and sustainable environment on 2 acres of our land. Our main crop is Hardy German Hardneck Garlic and Scapes. We also have apples, pears, peaches, cherry and plum trees, grapes and assorted berries in season. Available via: Farm-stand, U-pick (by appointment), Direct sales

24. Cow Creek Farm
Jeff Glazik
2112 E. 100N.
Paxton, IL 60957
(217) 841-4467
glazikjr6@illicom.net

25. Crump Family Gardens
Bryan or Bob and Joann
10396 E. 2100 North Rd.
Carlock, IL 61725
(309) 825-6743
crumpcarlock@aol.com
www.crumpfamilygardens.com

We grow a large variety of vegetables including cabbage, potatoes, squash, cantaloupe, eggplant, sweet corn, tomatoes, pepper, onion, green beans, cucumbers, peas and much more. We offer U-pick strawberries. Our greenhouse is home for hanging baskets, herbs and vegetable plants for early Spring sales. Available via: Farm Stand (May-Nov, Mon-Fri 9am-5:30pm, Sat-Sun 9am-7pm), Farmers markets at Peoria Metro Centre, DeKalb, Sycamore, Lincoln, and Normal

26. Dearing Country Farms
Brad Dearing
16410 N. 800 East Rd.
Bloomington, IL 61705
(309) 963-4932
farms@dearingdesigns.com
www.dearingcountryfarms.com

We are a small, family owned and operated farmstead using organic methods and growing an abundance of seasonal produce, trees, fruit, berries, melons, flowers, herbs. We specialize in raising cage-free, pastured chickens for meat and eggs, and beef. We are members of Certified Naturally Grown. Available via: On-farm sales. Downtown Bloomington Farmers’ Market, Common Ground Grocery, Food Fantasies, Strawberry Fields, Natural Gourmet, Sales to restaurant

27. DIGG (Decatur Is Growing Gardeners)/ Mercy Gardens
Olivia Heisner
The Good Samaritan Inn
920 N. Union St.
Decatur, IL 62522
(217) 620-9077
info@decaturdigg.org
www.decaturdigg.org

DIGG is a nonprofit urban farming organization that trains people to grow their own food and sell produce, especially those who are socially, developmentally or economically disadvantaged. Vegetables, fruits and herbs are sold at farmers’ markets, garden stands, and to restaurants and provided to food pantries. Available via: Sales to restaurants and institutions in the Decatur area as well as at the Macon County Health Department Farmers Market (1221 E Condit St. Decatur) on Wednesdays June-August from 11am-3pm, and at the Saturday Produce Market at Richland Community College

Antiqua Oaks, LLC
28. Dedert Quality Meats
David Dedert
2321 Boy Scout Rd.
Quincy, IL 62305
217-242-6775
dedertqm@hotmail.com

We specialize in locally raised pork. I use breeds known for their meat quality. I also believe in treating my animals like you treat your kids, if they get sick they get treated. *Available via: On-farm by appointment and Quincy Mall Farmers Market*

29. Derries Berries
Richard Derry
2050 N. 1500
Camp Point, IL 62320
(217) 430-3883

Asparagus, tomatoes, peppers, cucumbers, green beans, and blackberries. I like to grow natural with companion planting to control insects. *Available via: Quincy Mall Farmers Market*

30. Eberlins Orchard
Aaron Eberlin
RR1 Box 59.
Golden Eagle, IL 62036
(618) 883-2025
acropservice@yahoo.com

I've been raising peaches since 1988. We raise around 10 varieties starting in early July and ending in late August. We started raising tomatoes in 2010. *Available via: Farm Stand Monday-Friday 8am-5pm, Saturday-Sunday 10am-5pm, Urbana Market at the Square, Jacksonville Farmers Market*

31. Epiphany Farms
Margaret Davis
9591 N. 1540 East Rd.
Bloomington, IL 61701
(309) 828-2323
contact@epiphanyfarms.com
www.epiphanyfarms.com

Located just a few miles from downtown Bloomington, Epiphany Farms Enterprise (EFE) is a “Farm to Fork” concept that practices sustainable, beyond organic, environmentally friendly techniques. EFE harnesses ideas from a wide range of agricultural theories, such as permaculture and intensive pasture rotation, to cultivate a multitude of fruits, vegetables, herbs, and animals. We are pioneering a new food system frontier by blending our farm and restaurants to create one, self-sustaining organism. Firmly rooted within our Central Illinois community, we are actively engaged in reconnecting our neighbors to their food’s source, while nurturing a better understanding of food, health, and well-being. Every day we strive to produce something not only that customers enjoy, but also believe in. *Available via: Downtown Bloomington Farmer’s market, Farm-stand, CSA, Epiphany Farms Restaurant in Bloomington and Eataly in Chicago. Farm tours take place on Saturday afternoons and any other day by appointment*

32. First Fruits Homestead, NFP
Jerry Calandrilla
2436 N CR 1800 East
Charleston, IL, 61920
(217) 348-0348
firstfruitshomestead.org

At First Fruits Homestead, we believe in living life in a way that honors God and His intentions for creation. Our ducks and our variety of chickens roam freely around the farm. Our cows roam from pasture to pasture, freely grazing on fresh grass. Our garden provides naturally grown fruits and vegetables. No synthetic pesticides, herbicides, or fertilizers are used on the produce we grow. We work the ground by hand, sow by hand, reap by hand, and weed by hand. *Available via: CSA*

33. Funks Grove Pure Maple Sirup
Debby or Stephen M. Funk
5257 Old Route 66
Shirley, IL 61772
(309) 874-3360
info@funkspuremaplesirup.com
www.funkspuremaplesirup.com

Funks Grove is located 15 miles south of Bloomington. We tap 3000 trees and produce on average 1800 gallons of pure maple sirup. We generally open around the first of March and usually sell out by September. *Available via: Farm-stand open seasonally, Monday-Friday 9am-5pm, Saturday 10am-5pm, Sunday 1pm-5pm*

34. Gail’s Pumpkin Patch
Gail Apel-Sasse
1709 2000th Ave.
Beason, IL 62512
(217) 447-3409
gail@gailspumpkinpatch.com
www.gailspumpkinpatch.com

We offer over 50 varieties of pumpkins and gourds, corn, apples, Nate’s honey, donuts, Illinois cider, Abby’s baked goods, crafts, toddler maze, barrel train & goat lookout! Free admission. *Available via: Farm-stand, U-pick and We-pick, September 1 - October 31, Sunday-Friday 12:00-5:30pm, Saturday 10am-5:30pm*

35. Gettin’ There Farm LLC.
Mike Danieleczyk
6853 W. Steger Rd.
Frankfort, 60423
(708) 534-0984
Gettintherefarm@hotmail.com
Facebook.com/gettintherefarm

We are an all-natural, sustainable farm. We use no synthetic chemicals in any of our farming practices. We specialize in produce, eggs and honey with specialty breads and meats. Open 8am-5pm. *Available via: Chicago Heights Farmers market, Park Forrest Farmers market, The Cottage on Dixie restaurant in Homewood Illinois, On-farm sales*

“You are what you eat. so don’t be fast, cheap. easy, or fake”
- anonymous
For example, a typical steer weighs about 1,200 lbs which yields about a 730 lbs of carcass (referred to as “hanging weight”), which will yield about 490 lbs of cut meat.

How much is the processing? This will depend on which processing plant a producer uses and your processing requests. There are a couple of different fees: a slaughter fee or kill fee, cut & wrap (cutting and packaging your meat) and any value-added processing (making bacon, sausage, jerky, etc).

How much and what do I get?
How much meat you will get depends on several factors: size, weight, fat/muscle ratio, carcass age and cutting instructions. Livestock carcasses are often divided into sections known as primals. These are then cut into individual cuts: steaks, roast, ground meats, etc. The cuts that you get will depend on how much you buy and how the butcher is instructed to cut the primals. In the case of beef, you will most likely receive steak cuts (like new york strips, top sirloins or t-bones), braising and roasting cuts (like chuck roast, rump roasts and brisket), ground beef and miscellaneous items like soup bones and organ meats, if you request them. A half hog will include pork chops, spare ribs, pork shoulder, hocks, ham, ground pork or sausage and bacon. The great thing about buying a whole, half, or quarter animal is that you will receive a large variety of cuts that will allow you to experiment with different recipes and cooking techniques, so dinner is never boring!

Where do I start?
Look for the steak icon in this guide to find farmers who are raising and selling meat products. Read their listing to find out how they raise their livestock and contact them individually via phone or email for specific pricing and any other questions. There are many options to choose from, so
Buying meat direct from local farmers is a great way to support humane practices, but with all of the marketing terms out there, it’s easy to get lost in the lingo. Below are some typical terms used to describe how meat is raised and finished. Don’t be shy about asking questions when talking to a farmer or rancher and know that, no matter what you choose, there is no right or wrong way to buy local meat.

**Certified Organic:** Organic certification verifies that a farm or ranch complies with the U.S. Department of Agriculture (USDA) organic regulations and standards. Organic livestock standards address many factors including land and livestock management practices, feed, recordkeeping, medication and supplements.

**“Uses Organic Methods or Practices”:**
There are costs associated with achieving and maintaining organic certification. Some farmers and ranchers will advertise that they “use organic methods” or “follow organic practices” or are “beyond organic” without being certified as the organic certification may not make fiscal sense for their farm.

**Naturally raised:** This is a marketing standard established by the USDA. For producers to market their products as “naturally raised” they must produce livestock that has “been raised entirely without growth promotants, antibiotics (with limited exceptions like disease), and have never been fed animal by-products.”

**No antibiotics/No hormones:** This means the animal has never received either antibiotics or growth hormones.

**Grass-fed:** This label applies to beef. For meat to be labeled as “grass-fed,” cattle must be fed an exclusive diet of grass and forage plants only, no grain or by-products. Producers can choose to have their grass-fed operations certified: the USDA offers a grass-fed certification, along with organizations like the American Grassfed Association (AGA).

**Grain-finished:** This term also applies to beef. It usually means the animal was grass-fed for the majority of its life and then fed grain for the last 60-120 days (more or less, depending on the producer’s choice) to increase fat and protein in the diet, adding weight and intramuscular fat (marbling) to the animal.

**Pasture-raised:** This term often applies to hogs and chickens. Hogs and chickens cannot be exclusively “grass-fed”; they are omnivores (unlike cattle which are herbivores). Pasture-raised means the animal spent the majority of their life outdoors, on pasture. It does not mean the animal ate only grass or forages.

**Free-Range:** This term, very similar to “pasture-raised,” denotes a method of farming, where animals, for at least part of the day, are allowed to roam freely outdoors. The amount of time spent outdoors depends on the farm.

**Cage-Free:** Often referring to poultry and eggs, the term cage-free means that the birds are raised uncaged inside barns and allowed perches and nest boxes to lay their eggs. It does not necessarily mean that they are allowed access to the outdoors. This depends on the farm.

**Heritage Breed:** Traditional livestock breeds raised by farmers before the industrial revolution. They were bred over time to develop unique traits that make them particularly well-adapted to local environmental conditions.

*Source: High Desert Food and Farm Alliance and Oregon State University Extension Office*
U-Pick Farms

Looking for a fun date, family outing, or a chance to feel like a farmer for the day? Head out to one of the following U-pick farms and pick your own delicious seasonal goodies.

36. Grandma & Grandpa’s Farm, LLC
Ginger and Tony Malek
476 County Road 950 North
Sparland, IL 61565
(309) 213-0242
maleks@grandmagrandpasfarm.com
www.grandmagrandpasfarm.com

We are a 4th generation farm which sustainably raises produce & pasture raised chickens for both meat & eggs using organic methods. Part of our mission is to provide nutritious and sustainably raised food for our local community and be a friendly, fun, and educational farm to visit. We sell only what we raise ourselves. Available via: CSA, Sales to restaurant, Peoria Riverfront Farmer’s Market, Junction City Farmer’s Market, East Peoria Farmer’s Market, Unity Pointe/Methodist Atrium Farmer’s Market, and On-farm sales when pre-arranged

37. Greenthoughts Garden
Amy Andrews
332 N. Emmett
Virden, IL 62690
(217) 965-4754
greenthoughtsgarden@yahoo.com
www.greenthoughtsgarden.com

I raise native Illinois herbs and European herbs to make soaps, balms and oils. I offer dried culinary, medicinal and craft herbs, all raised & processed lovingly by hand. I believe healthy, chemical free herbs grown in a loving environment make much healthier herbal products! Available via: Old Capitol Downtown Farmers’ Market, Carlinville Market on the Square, Food Fantasies (Springfield)

38. Green Acres Herb Farm
Abby Harding
1675 County Road 1200 East
Lowpoint, IL 61545
(309) 251-9612
greenacresherbfarm@gmail.com
www.greenacresherbfarm.com

Green Acres Herb Farm was founded in 1990 by Don and Caroline Schertz on the family farm. We offer more than 400 varieties of herbs, flowers, and heirloom vegetables, including 40+ varieties of heirloom tomatoes. Come visit our on-site farm shop for plants, books, and a tour of our fields! Available via: CSA, Downtown Bloomington Farmers’ Market, Peoria Riverfront Farmers’ Market, Junction City Farmers’ Market in Peoria, Farm-stand: May-October, Tuesday-Saturday, 10am-5pm

“The greatest fine art of the future will be the making of a comfortable living from a small piece of land.”
~ Abraham Lincoln
“Eating is an agricultural act.” - Wendell Berry

39. Healing Acres Farm
Cindy and Mark
3123 Corral Lane
Chesterfield, IL 62630
(217) 522-4325
healingacresfarm@gmail.com
www.healingacresfarm.blogspot.com

At Healing Acres Farm, sustainable practices, preserving heritage breeds, education and local attention are our primary focus. We offer a large variety of sustainably grown, chemical free produce and micro-greens, and raise 100% grass-fed premium beef, lamb, goat, pastured pork, poultry and eggs. The majority of our animals are on the American Livestock Breeds Conservancy (ALBC) endangered list. Currently we raise Scottish Highland cattle (one of the oldest heritage breeds in the U.S.A), Tamworth hogs (with plans to add Large Blacks), and 4-5 heritage breeds of chickens with plans to add heritage turkeys in 2015. We do not treat our animals with hormones or antibiotics and we do not use chemicals on the land. We have approximately two and a half acres of garden area and 700 square feet under high tunnels. Our vegetables are organically grown and we use non-GMO seed, although we are not certified organic. Available via: CSA, Online farmer’s market (year round), Edwardsville Goshen Market on Saturday (May-Oct), and the Holiday Markets at the Illinois State Fairgrounds

40. Heirloominous Farm
Shea Belahi
Urbana, IL 61801
heirloominousfarm@gmail.com
www.heirloominousfarm.com

At Heirloominous Farm we are committed to bringing you heirloom produce rich in history and flavor. We have an all heirloom dedicated farm just north of Urbana, IL where we grow vegetables, herbs, and fruits, and also produce honey. You can find our products at Urbana’s Market at the Square, Common Ground Food Co-op, and a few restaurants in Urbana, IL. We also host a small CSA from mid-June until mid-October. Available via: CSA, Urbana’s Market at the Square, Common Ground Food Co-Op, Sales to restaurants and retailers

41. Henry’s Farm
Henry Brockman
432 Grimm Rd.
Congerville, IL 61729
henhiroko2@netscape.net
www.henrysfarm.com

We raise over 600 varieties of vegetables on 12 acres. We use no synthetic fertilizers, herbicides or pesticides and strive to farm in a manner that is good for the soil, for the farm, for our customers and for the world. Available via: CSA, Evanston Farmers’ Market

42. Homestead Harvests, LLC
Eric Marshall
14861 Enterprise Rd.
Heyworth, IL 61745
(309) 287-7933
eric5899@yahoo.com
www.facebook.com/HomesteadHarvests

Homestead Harvests LLC provides locally grown food using sustainable practices and is central Illinois’ only USDA Certified grass fed small producer. We strive to benefit customers by growing fruits, nuts, and beef. We raise the purebred Belted Galloway heritage breed. By not feeding any grain, grass fed beef contains the proper ratio of Omega-3 and Omega-6 fatty acids, is lower in fat and calories than conventionally raised meats, and higher in conjugated lineoleic acid and vitamins. Please e-mail to reserve a spot on the waitlist for future grass fed beef quarters. There is no cost or obligation to reserve a spot. The only way to ensure your food is high quality and animals are treated humanely is to visit the farm raising it. I host field days at the farm and am always available to provide a tour. Thank you for considering Homestead Harvests for your family’s food! Available via: Direct Sales

43. Honey Creek Farm
Tressa Hoffman
101 Trillium Ln.
Springfield, IL 62707
(217) 652-6517
tressa.hoffman@yahoo.com

We are dedicated to selling top quality natural (without chemicals) homegrown vegetables, honey, eggs, herbs, nuts, flowers, jams, jellies, and baked items that contain homegrown fruits and nuts at a reasonable price. I am also offering handmade natural (bee silk) lotions and bath products. Available via: Old Capitol Farmers Market in Springfield and Farm-stand: Monday-Thursday, 5-8pm

44. Honey Pimp Apiaries
Tom Pankonen
1814 Vladimir Drive
Bloomington, IL 61704
(630) 728-6517
HoneyPimpApiaries@gmail.com
https://www.facebook.com/HoneyPimpApiaries

Our goal is simple... provide the best honey, queen bees, NUC’s, and hive products money can buy! Zero chemical inputs, zero excuses! Available via: Downtown Bloomington Farmers Market, Sales to restaurants and institutions

45. Huelskoetter Pork
Larry & Vicki Huelskoetter
2322 2000th St.
Beason, IL 62512
(217) 737-4051
huelskoetterpork@gmail.com
www.hpork.com

Huelskoetter Pork is your source for locally grown and processed pork. All of our pork products are USDA inspected, steroid, animal by-product, and growth hormone free, and 100% guaranteed. Huelskoetter Pork is Pork Quality Assured Illinois certified. We sell pork products by animal quarters, halves, whole, and individual cuts. We offer free delivery to residents and businesses in DeWitt, Logan and McLean counties. Know where your food comes from! Available via: Downtown Bloomington Farmers’ Market, On-farm sales (call ahead), Sales to restaurants.
46. Illinois Willows
Kent Miles
1477 C. R. 200 East
Seymour, IL 61875
217-778-8312
illinoiswillows@aol.com
www.IllinoisWllows.com

Illinois Willows is a specialty cut flower farm located in east central Illinois (15 minutes west of Champaign). We have cut flowers, flowering and decorative branches year round depending on the season. We use sustainable growing practices in providing beautiful floral products. Illinois Willows has been a member of the Association of Specialty Cut Flower Growers (ASCFG) for 12 yrs. and past regional director of the Midwest region. Available via: CSA, Urbana Market at the Square, 3rd Sunday Market in Bloomington

47. Indian Creek Farm
Jim Burrus
2095 Arcadia Rd.
Jacksonville, IL 62650
(217) 886-2552
indiancreek3@yahoo.com

A family farm offering 100% grass-fed and grass-finished Angus beef and pastured poultry. We are certified organic and raise our animals in a healthy, clean environment with a natural diet of lush, nutritious grass. We provide our customers with high quality meat that is healthy and nutritious. Available via: On-farm sales, Farmers markets, Sales to retail

48. Jefferies Orchard
Pam Jefferies
1016 Jefferies Rd.
Springfield, IL 62707
(217) 487-7582
jefferiesorchard23@yahoo.com
www.Jefferies-Orchard.com

Fresh local produce, picked in season: asparagus, rhubarb, u-pick berries, sweet corn, tomatoes, peaches, apples, melons, squash, peppers, eggplant, pumpkins and gourds. Available via: Humphrey’s Market, Maldaner’s Restaurant, and Auggie’s Front Burner in Springfield, Farm Stand: Monday-Saturday 9am-6pm, Sunday 10am-5pm

49. Joe’s Garden
Joe Gardner
3470 Woodhaven Dr.
Springfield, IL 62712
(217) 529-7144
ejglab@aol.com

Lettuce mix, mesclun, herbs, cherry tomatoes, hot and sweet peppers, and cut flowers. No herbicides or pesticides used. Come see us at the downtown Springfield farmers’ market. Available via: Old Capitol Farmers Market

50. Jubilee Farm
Sharon Zayac, O.P.
6760 Old Jacksonville Rd.
New Berlin, IL 62670
(217) 787-6927
jubilee.farm@comcast.net
www.jubileefarm.info

Ministry of the Dominican Sisters of Springfield, Center for Ecology & Spirituality—Programs, tours, walking trails, labyrinth, spiritual direction, retreats, organically-grown (non-certified) herbs. Walking Trails open Monday - Friday 9am - Dusk. Closed 4pm Saturday to 12 Noon Sunday. Available via: Farm stand: Monday-Friday until 3pm

51. Knob Hill Livestock Co.
Landon Kirby
26513 Kirby Ave.
Greenview, IL 62642
(217) 638-2950
landon@knobhilllandscape.com
www.knobhilllivestock.com

Farm fresh, locally raised all natural lamb. Our stock has produced several state and national champions. Meaning, we are able to provide the highest quality product that is available. Whole, half, and quarter packages, as well as select cuts are available April-December. Available via: On-farm sales, Downtown Springfield Farmers Market, Roberts Seafood in Springfield, Maldaner’s restaurant and American Harvest Eatery in Springfield, Harvest Café in Delavan

52. Living Earth Farm
Anne Patterson
23707 E. Autumn Rd.
Farmington, IL 61531
(309) 251-6147
annep@livingearthfarm.com
www.livingearthfarm.com

I am a registered dietitian and market gardener with thirteen years of growing experience and twenty-six years as a registered dietitian. I grow fresh, chemical free produce, herbs, flowers, small grains and nuts. Emphasis is on heirloom flavors and food history celebrating my community's Italian heritage. The farm is a destination farm site for garden, culinary and environmental nutrition education. Consultant for food and garden programs and events. Available via: On-farm sales, Sales to restaurants

53. Live Springs Farm
Bobbi Sandwisch
R.R. 3 Box 167
Carrolton, IL 62016
(217) 942-5060
customerservice@livespringsfarm.com
www.livespringsfarm.com

Live Springs Farm is a 610 acre diversified farm using biodynamic farming practices as well as Holistic Planned Grazing to rotationally graze livestock on the farm. This allows Live Springs to produce incredibly nutritious meat and eggs while also improving the health of the farm’s soils and overall natural farm diversity. LSF raises heritage breed Berkshire hogs on pasture and in the woods, 100% grass-fed and grass-finished beef, and chickens on pasture for both meat and eggs. The pigs and chickens receive an all non-GMO feed ration mixed on farm. Live Springs offers farm tours twice per year. Meat and eggs are sold wholesale and retail. Available via: Old Capitol Farmers’ Market and other regional farmers’ markets, Sales to retailers including Food Fantasies, Sales to restaurants, Bulk whole/half animal sales
108. Grani's Acres
Amy Randazzo
21232 E 735 North Rd.
Fairbury, IL 61739
(309) 825-9687
granisacres@aol.com
http://www.granisacres.com/

Grani's Acres grows heirloom varieties of produce the old-fashioned way — without chemicals. Named in honor of owner Amy Randazzo’s grandparents. Available via: CSA, Bloomington Farmer’s Market, Naturally Yours in Bloomington, Sales to restaurants, retailers, and institutions

109. Jane’s Farm
Jane Mahalick Wilson
jemahalick@gmail.com
www.thelegacyoftheland.com/index/#/janes-farm/

Jane’s Farm, located outside of El Paso, IL, has been digging their fingers & toes into the fertile soil of Eastern Woodford County for over 10 years; growing fresh produce-free of chemical fertilizers, herbicides and pesticides. Since joining Legacy of The Land they have expanded their garden, added low tunnels to better protect their vegetables/herbs thus extending the growing season. They utilize earth-friendly sustainability practices that benefit the consumer, as well as the planet. It’s their hope you’ll enjoy their fresh produce, as much as they enjoy growing it! Available via: Legacy of the Land Farmer Co-op, Sales to restaurants, retailers, and institutions

110. Jones Country Garden
Chad Jones
22055 North 800 East Rd.
Pontiac, IL 61764
(815) 674-9585
jonescountrygardens@yahoo.com
www.jonescountrygardens.com

The farm adheres to OMRI growing standards, and specializes in flowers and ornamental pumpkins and gourds. Jones Country Gardens offers a charming country store with a variety of fun activities for the family in rural Pontiac. In addition to the products grown on the farm, the store also offers produce, pastured meats, and eggs. Available via: Legacy of the Land Farmer Co-op, Jones Country Garden Stores in rural Pontiac and Streator and at Cliff's Market in Metamora, CSA, Farmers markets

“Agroulture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness.”
- Thomas Jefferson
**Legacy of the Land, LLC continued**

111. Jubilee Farm
Cyndy Ash
9116 Texas Church Rd.
Clinton, IL
De Witt County
(217) 621-4068
cashswimming@gmail.com
http://thelastpages.blogspot.com/

Jubilee Farms, located several miles south of Clinton, is a diverse, small family farm home to alpacas, chickens, and an expanding fruit orchard. We grow a wide variety of produce, from asparagus to zucchini without the use of chemicals or artificial fertilizers. Jubilee Farms recognizes its part in the community to provide food to all, both to those with financial resources and without. It is in this spirit that we donate 1/7th of our proceeds to local food pantries. Available via: Legacy of the Land Farmer Co-op, Sales to restaurants.

112. Millie's Corner Farm
Beth Steffen
4650 N 2020 East Rd.
Fairbury, IL 61739
815-846-8331
beth@steffenbunch.com
www.thelastpages.blogspot.com

Millie's Corner Farm is a certified organic farm. We custom grow pastured chickens, turkeys, and eggs. Available via: Legacy of the Land Farmer Co-op, Sales to restaurants.

113. Sangha Farm
Justin Turner
Heyworth, IL
(404) 245-0371
justin_t6@hotmail.com
www.facebook.com/sanghafarms1

Simply put, Sangha means community. Sangha Farms uses organic farming methods in a sustainable manner with a community driven purpose. Their personal journey started years ago, by taking a healthy look at their family's health. Growing up overweight created blinding for Justin Turner. Even being diagnosed with hypertension at an early age didn’t cause any concern. Inevitably their family, livelihood, and Justin’s life would be at great risk, and something had to be done. The Turners moved back to Illinois and like their families had done for decades in central Illinois, they decided to start farming. The Turners, the idea of Sangha manifests itself in the form of clean, delicious, locally grown food that everyone can enjoy. Available via: Legacy of the Land Farmer Co-op, CSA, Bloomington Farmers Market, Sales to restaurants.

54. Loerger Farms
Lowell and Janet Loerger
2853 County Road 1700 North
Minonk, IL 61760
(309) 620-2620
yegs@5.com

We are a fourth-generation farm in Woodford County. We started producing vegetables for sale at local markets and wholesale in 2003 and have expanded our markets every year since. We now have produce, flowers, and beef. Available via: U-pick (flowers), Sales to restaurant and retail

55. Mari-Mann Herbs
Mike King
1405 Mari Mann Ln.
Decatur, IL 62521
(217) 429-1555
mking@marimann.com
www.marimann.com

Visit one of the county's oldest and largest herb farms. Recognized as an official Illinois Herb Garden. Now growing and selling fresh organic produce! Our unique health food store is open daily 9am-5pm, Monday-Saturday and 12 noon-pm on Sunday. Visit our tea-room, greenhouse, and various gardens. Luncheons, teas, and tours available year round. Available via: Farm-stand, Sales to retailers

56. Meadowbrook Organic Farm
Brad Halbrook
P.O. Box 644
Shelbyville, IL 62565
(217) 454-3535
bradhalbrook@me.com
www.meadowbrookorganicfarm.com

Our farm is located 1.5 miles south of the Lake Shelbyville Dam. We were certified organic in 2006. We offer vegetables and small fruits. Available via: On farm (by appointment), Urbana Market at the Square, Champaign Farmers Market, Shelbyville Farmers Market, and Illinois Products Farmers Market

57. Mill Creek Farm
Mike and Theresa Roege
2833 S 48th, Quincy, IL 62305
(217) 222-8430
roege@adams.net
www.millcreekfarmquincy.com

Mill Creek Farm has been growing fruits and vegetables in the Quincy area since 1995. We currently raise asparagus, greens, strawberries, sweet corn, tomatoes, peppers, cucumbers, melons, onions, green beans and other produce. We’re open weekends, beginning in late September and through October for pick your own pumpkins, corn maze, hay rides and more. Available via: Quincy Hy-Vee and County Market, Sales to restaurants, Farm-stand: 7am-7pm in season

58. Miller Family Farm
Eldon Miller
1680 CR 2000N
Arthur, IL 61911
(217) 543-4090

Miller Family Farm is a certified organic farm. We custom grow pastured chicken, turkey and feed all non-GMO grains with natural ingredients. We can have the poultry processed and packaged fresh or frozen and cut to your specifications. Available via: On-farm (call ahead), Sales to restaurant
59. Moore Family Farm
Diann Moore
2013 N. 1950 East Rd.
Watseka, IL 60970
(815) 432-6238
www.moorefamilyfarm.com

The Moore family use sustainable farming practices. On their regenerative farm they include many of their gardening and livestock interests, such as grass fed beef and Katahdin lamb, pasture raised Tamworth and Large Black pork, pasture raised chicken for meat, and free range eggs. Available via: On farm (by appointment), CSA, Farmers’ Markets, Sales to retailers and restaurants

60. Moraine View Farm
Phillip Schwartz
2807 E 300 N Rd.
Wellington, IL 60973
phil@moraineviewfarm.com
www.moraineviewfarm.com

I’m a sixth generation farmer from east-central Illinois. Currently my father and I work the farm together and are transitioning the farm to a more diversified organic operation. This year we will be obtaining our organic certification from MOSA (Midwest Organic Services Agency) for: a permanent pasture of eight acres that has been managed organically for many years; three acres of fresh market vegetables; and four acres of alfalfa/grass forage. Availability via: CSA, Milford Farmers Market, Urbana’ Market on the Square.

61. Mulberry Lane Farm
Helen E. Aardsma
414 N. Mulberry Street
Loda, IL 60948
217-386-2690
helen@mulberrylanefarm.com
www.MulberryLaneFarm.com

We are a family run sustainable farm selling organic vegetables and fruit. We have U-pick strawberries, blueberries, and black raspberries (black caps). We also sell strawberry and black raspberry jam. We have organic brown eggs and organic beef for sale as well. Our homeschooled children work on the farm. Available via: Sales to retailers, U-pick, and Farm-stand: Monday-Saturday 8am-8pm

62. Oak Tree Organics
Chad Wallace
2585 Literberry Prentice Rd.
Ashland, IL 62612
(217) 371-5513
oaktreeorganics1@gmail.com

We are a family owned and operated farm offering a large variety of vegetables, herbs, and fruit. We also offer pasture-raised eggs and pork sausage. Available via: On-farm sales, CSA, Farmers’ markets, Online market (email or call to sign-up)
Fresh produce raised sustainably with organic methods. We provide the finest varieties of common and specialty crops available to local customers an emphasize rich color, flavor, nutritional value, and diversity in our variety selections. We are known for specialty/new potatoes, rhubarb, and heirloom seedlings. Available via: Naturally Yours Grocery (Normal), Downs Village Market, Farm-stand: Wed. and Thurs.

Located in rural Downs - a family-owned farm raising home grown vegetables, strawberries, and blackberries. Growing many different varieties of potatoes and sweet potatoes. Call ahead or pick your own. Available via: Downtown Bloomington Farmers’ Market, Farm-stand, On-farm pickup during the evenings and weekends

We are a family farm that takes pride in producing high quality produce, pork, free-range chicken, chicken and duck eggs, and honey. Our family has been farming for over 100 years. Available via: Sales to restaurants, Farm-stand: June-August Monday-Friday, 10am-6pm and Saturday 9am-4pm. September-May: Monday, Wednesday, Friday 3-6pm and Saturday 9am-4pm

Prescott's Farm and Petal Song Apiaries is a 34-acre farm dedicated to sustainable farming. We grow a variety of vegetables, fruits, herbs, and flowers. We keep several colonies of bees on our farm and in a few other locations.

We are Illinois' first farmstead creamery. We raise milk goats and make several styles of goat milk cheese and gelato. Our dairy and our cheeses are "Animal Welfare Approved." We also have a fruit orchard, including tree fruits and berries. We offer slow food farm-to-table "Dinners on the Farm" from May through November, as well as spring breakfasts, and “third Friday evening pop-ups. We also offer educational tours and tasting trails. We have Cheese, Bread, and Gelato CSA with pick-ups in Bloomington-Normal and at our farm. We sell direct wholesale to restaurants, specialty food stores and grocery stores. Available via: Farm-stand, On-farm sales, Urbana’s Market at the Square, Old Capitol Farmers’ Market, Chicago Green City Market, The Land Connection’s Champaign Market, Common Ground Food Co-op, World Harvest, Schnucks (Urbana & Champaign)

We are a diversified Certified Organic farm producing grains, forages, vegetables, flowers, meats, and eggs. Beef and pork are available in quarters or halves. Available via: CSA’s in Lincoln and Bloomington, Downtown Bloomington Farmers’ Market, Farm-stand

We hand craft quality wren and blue bird houses as well as a variety of wild bird feeders. We can provide information on how to create your own wild bird habitat. You'll also find a selection of farm fresh grown produce, jar and comb honey, homemade jams and jellies along with fresh made breads and baked goodies. Call for availability. Available via: Farm-stand, Jacksonville Farmers Market at Lincoln Square, Illinois Products Farmers Market

"The Earth does not belong to us, we belong to the Earth.”
- Chief Seattle
70. Red Barn Heritage Farm
Joe Bartletti
11504 Buckhart Rd.
Mechanicsburg, IL 62545
(217) 415-7157
jbart02@yahoo.com

We grow vegetables, fruits, herbs, and wildflowers in the natural, old-fashioned way, without chemicals. Come see the historic nineteenth-century timber frame barn and pick up some naturally grown produce at this new roadside market! Available via: Farm-stand May-November, Old Capitol Farmers’ Market, Sales to retail and restaurant

71. Red Gate Farm, LLC
Sean or Danielle Londrigan
15276 New Salem Bluff Rd.
Petersburg, IL 62675
(217) 501-4234
manager@redgatefarmllc.com
www.redgatefarmllc.com

Red Gate Farm, LLC is a family farm, focused on being good stewards of God's creation. Our produce is raised GMO-free and chemical free. We often use heirloom and open-pollinated varieties of fruits and vegetables. We raise our meat animals naturally, without antibiotics, hormones, or any other type of chemical or pharmaceutical. Our meat sales include heritage pigs raised in the forest, Alpine Dairy Goats, grass fed/finished beef, meat rabbits, as well as pastured poultry including layers (eggs), cornish-cross broilers, and turkeys. In addition to meats, we offer a variety of homestead and self-sufficiency classes and clinics. Please visit our website for additional information and prices. Available via: On-farm sales direct-to-consumer

72. Renewal Acres
Rebecca Fischer
2233 Aldo Boulevard
Quincy, IL
2172282035
gardenbecky@gmail.com
www.renewalacres.com

Renewal Acres is a ten-acre farmstead in West Central Illinois with the goal of creating a healthy environment for bees, chickens, and people through sustainable gardening and farming practices. Available via: On-farm sales direct-to-consumer

73. Ropp Jersey Cheese
Carol and Ken Ropp
3676 Ropp Rd.
Normal, IL 61761
(309) 452-3641
carol@roppcheese.com
www.roppcheese.com

Ken Ropp is a sixth-generation dairy farmer. The Ropp’s invite you to visit their farm and learn first hand how fine quality cheeses are made. Explore the grounds, pet the pure bred Jersey calves. Vegetarian enzymes and vegetarian rennet are used to make the all-natural cheeses. We now have whey fed pork products and whole cow Jersey Beef. Available via: Farm-stand, CSA, Downtown Bloomington Farmers Market, sales to restaurants and retailers: Schnucks and Food Fantasies (Springfield), Common Ground and Friar Tuck (Urbana), Naturally Yours (Normal), Alwan Meats (Peoria), Common Ground (Bloomington)

74. Rush Creek Farms
Andrew and Jennifer Miller
1979 CR 1100 N
Sidney, IL 61877
(217) 688-2043
info@rushcreekfarms.com

Rush Creek Farms is a small sustainable farm located on the fertile prairie soils of east central Illinois. We established the fifteen-acre farm in 2005, taking cropland out of production and converting it to pasture for meat goat production. Our free-range laying hens roam over the farm and provide us with delicious brown eggs that have bright yellow “stand-up” yolks. Available via: On-farm sales

75. Rustic Red Poultry and Produce
Sonja Solomonson
30279 E CR 1250 N
Mason City, IL 62664
(317) 525-1847
sonjasolomonson@gmail.com
https://www.facebook.com/rusticcred

We raise heritage poultry and naturally grown produce on a family farm and sell Buckeye and Russian Orloff chicken eggs and American Buff goose eggs when in season. We sell through the Macomb Food Co-op and our on-farm stand. Check LocalHarvest.org for availability or contact directly. Available via: On-farm, Sales to retailers, Macomb Food Co-op

76. R & R Hydroponics
Rose Mary Garrett
39276 State Highway 107
Chambersburg, IL 62323
(217) 491-0570

We raise vegetables hydroponically and use very little or no chemicals or insecticides. We have been in business over 30 years. Available via: Farmers markets, Farm-stand: open 24/7 May through August- works on the honor system

77. Sally’s Fields
Sally McDaniel Smith
35 Chukar
Chatham, IL 62629
(217) 483-9385
info@sallysfields.com
www.sallysfields.com

We are a tiny family farm raising chemical free, sustainably-raised vegetables and fruit. Many heirloom varieties, including tomatoes, peppers, various greens, lettuce, cabbage, garlic, potatoes, squash, eggplant, and much more. Available via: Old Capitol Farmers’ Market on Saturdays, CSA with pickup in Springfield

78. Second Nature Honey
Maggie Wachter
613 W. Vermont
Urbana, IL 61801
(217) 722-8513
maggiewachter@yahoo.com

Gourmet honey produced 100% naturally in central Illinois. Available via: Sola Gratia Farm-stand (Urbana), Common Ground Food Co-op (Urbana), Lake’s Backyard Nature Place (Bloomington), St. Joseph’s IGA, CSA, Facebook orders
Stewards of the Land, LLC

The Stewards of the Land is a group of 25 small family farms with the mission to create, maintain and support the family farm -- to help them become and remain both sustainable and profitable, and to provide the same opportunity for future generations. The Stewards collaborate on products and resources to provide fresh, healthy, chemical-free foods of the highest quality directly to the tables of those who have a deep sense of appreciation for the connection to the land.

114. Brian Severson Farms
Brian Severson
8430 S. Dwight Rd.
Dwight, IL 60420
(815) 584-1850
brian@qualityorganic.com
www.qualityorganic.com

Family farmers in Grundy county Illinois since 1866. We raise food grade certified organic wheat, hull-less oats, heirloom popcorn and buckwheat. These grains are cleaned and processed on our farm into organic stone ground flour, meal, rolled oats as well as the cleaned whole grains. We also raise non-GMO (though not organic) yellow corn that we make into an inexpensive yellow corn meal. We enjoy working with individuals, chefs, retailers, and wholesale buyers. Available via: Online sales, Email sales, Green City Farmer’s market in Lincoln Park, Chicago

115. Eden’s Harvest Farm
Thomas and Janet Jablonski
14254 E. 3000 North Rd.
Blackstone, IL 61313
(815) 260-5236
janet@edensharvestfarm.com
www.localharvest.org/edens-harvest-farm-M5435

Small family farm growing a large variety of vegetables and fruit using natural methods, no synthetically produced fertilizers or pesticides. We sell off the farm by scheduled appointment. We also sell alpaca rovings and raw fleece. Visit Huacaya alpacas, Royal Palm turkeys and chickens while picking up your products. We also have alpacas for sale. Available via: On-farm sales

116. Farmer in Odell, LLC
Cheryl Zacek
17761 E 2900 North Road
Odell, IL 60460
www.farmerinodell.com

We are a tiny family farm. We sell Nubian goats, chicken, eggs from chickens & ducks, American Guinea hogs, homemade goat milk soap, lotion, and other bath & body products. At market we also sell baked goods, fruit preserves, and extra garden produce. Available via Dwight Farmers’ Market, Coco’s Sweet Shop in Dwight, On-farm by appointment

117. Garden Gate Farm
Beth Rinkenberger
6423 N. 2300 E.
Fairbury, IL 61739
(815) 692-3518
bethrink@hotmail.com
www.stewardsoftheland.com

100 years ago Garden Gate Farm began. Through the years it’s been a dairy and more recently a small sustainable family farm, including non-gmo, pastured meats. Turkeys and CSA farm boxes are available year round. We welcome tour groups and visitors. Call for an appointment. Available via: CSA drop-off locations in Bloomington and pick-up for local customers on our farm (purchasing and pick-up can also be made by appointment), Sales to restaurant and retailers, Springfield Holiday Farmers Markets

118. Ifft Family Gardens
Shirley Ifft
2212 N 2300 E. Rd.
Fairbury, IL 61739
(309) 377-2300
sifft@hotmail.com
www.stewardsoftheland.com

Ifft Family Gardens provides fresh fruits and vegetables grown in a chemical free environment. We also sell iced yeast rolls and caramel pecan rolls, coffee cakes, fresh fruit pies, cookies, bars, and jams. Available via: Fairview Haven Farmers Market at Fairview Haven Nursing Home in Fairbury, Sales through Stewards of the Land

119. Kilgus Farmstead
Matt Kilgus
6778 N. 2150 East Rd.
Fairbury, IL 61739
(815) 692-6080
kilgusfarmstead@gmail.com
www.kilgusfarmstead.com

We are the only on-farm bottling plant in central Illinois. We produce whole, 2%, skim and chocolate milk. We also have heavy cream and half & half. We also produce our own ice cream. We have soft-serve and containers of ice cream. We invite people to come watch us bottle milk or visit the farmstead for a tour anytime. Available via: Farmers’ Market, Sales to retail, restaurant, and institution, Farm-stand: Monday-Saturday 8am-6pm

120. Living Water Farms Inc.
Denise Kilgus
29695 E. 100 North Rd.
Strawn, IL 61775
(815) 848-5236
info@livingwaterfarms.net
www.livingwaterfarms.com

Living Water Farms is a family-owned year-round hydroponic greenhouse situated in the farmland of central Illinois. We grow our products in a chemical-free and sustainable environment. Our 9000 square feet of growing space is comprised of numerous living salad greens, mesclun, bibb, basil, cress, arugula, kale and various micro greens. Available via: Wholesale, Sales to retail and restaurant, On-farm (Monday-Friday 8am-5pm)
### Farms

#### 79. Seven Sisters Farm
**Cathe Capel**  
1123 County Road 2300 E  
Sidney, IL 61877  
cathe@7sistersfarm.com  
www.7sistersfarm.com

Seven Sisters Farm is a historic farmstead located near the Salt Fork River in eastern Champaign County. We raise Leicester Longwool sheep, heritage breed chickens, turkey, eggs and a variety of fruits and vegetables. We follow sustainable, organic, and humane farming practices. Wool from Leicester Longwool and Romney Marsh sheep available and can be custom spun and dyed to order - please contact us. Available via: Urbana's Market at the Square, Natural Gourmet (Champaign)

#### 80. Small Axe Market Gardens
**Robert and Julie Haugland**  
312 N. Bruns Ln.  
Springfield, IL 62702  
(309) 639-2470  
robert693@yahoo.com

We raise vegetables and eggs that are sold through the Local Growers Network to area restaurants, Knox College, and to customers of Julie's wine shop Vintages Tasting Room. We have plans to raise beef, hogs, and possibly water buffalo in the future. Available via: Vintage Tasting Room (Galesburg), Q's Café (Galesburg)

#### 81. Smiling Frog Farm
**Robert and Julie Haugland**  
1612 East Knox Road  
1550 North  
Springfield, IL 62702  
(309) 639-2470  
robert693@yahoo.com

We raise vegetables and eggs that are sold through the Local Growers Network to area restaurants, Knox College, and to customers of Julie's wine shop Vintages Tasting Room. We have plans to raise beef, hogs, and possibly water buffalo in the future. Available via: Vintage Tasting Room (Galesburg), Q's Café (Galesburg)

#### 82. Sola Gratia Farm
**Clay Yapp and Traci Barkley**  
2200 South Philo Rd.  
Urbana, IL 61801  
217-367-1189  
solagratiacsa@gmail.com  
www.solagratiacsa.com

Sola Gratia Farm is a community-based farm enterprise dedicated to producing locally-grown, high-quality, natural produce. Started by St. Matthew Lutheran Church and Faith in Place in 2012, this four-acre community farm is committed to helping those who lack adequate food resources. Members can join the CSA program and receive 24 weeks of local, chemical-free vegetables while helping to contribute to community hunger assistance. Shares may also be purchased for direct donation to the Eastern Illinois Foodbank. Sola Gratia Farm offers over 150 varieties of over 50 different vegetable crops. All of our inputs are derived from natural sources; we do not use any synthetic pesticides or fertilizers. Between 10-30% of everything we grow is donated to those in need in our community via hunger assistance programs. Available via: On-site farm-stand, CSA, Urbana Farmers' Market, Champaign Farmer's Market, Common Ground Food Co-op, Sales to restaurants and retailers

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“*Our food system belongs in the hands of many family farmers, not under the control of a handful of corporations*”  
- Willie Nelson
### Spence Farm Foundation

**Erin Meyer**  
2959 N. 2100 East Rd.  
Fairbury, IL 61739  
(309) 370-6441  
grow@spencelfarmfoundation.org  
www.spencelfarmfoundation.org

Spence Farm Foundation is a 501c3 not-for-profit educational foundation with the mission of teaching the art, history and practice of small sustainable family farming. Located on the oldest family farm in Livingston County, the foundation sponsors educational programs for all ages, including workshops for students, farmers, educators and chefs. By helping to connect the key elements of a healthy food system - Chefs, Healthcare, Educators, Farmers and Food Citizens - to one another, we support the principles and practices of cultivating a healthy food system.

### Spring Bay Farm

**Doug Day or Leslie Hiatt**  
1373 Spring Bay Rd.  
East Peoria, IL 61611  
(309) 822-9876  
www.facebook.com/pages/Spring-Bay-Farm/114746295211314

Located in the Illinois River Valley, we grow a variety of vegetables including heirloom tomatoes, sweet corn, green beans, potatoes, several varieties of garlic, and much more. We proudly grow Hearts of Gold heirloom cantaloupe (available in August). Member of the Good Earth Food Alliance.  
Available via: On-farm (call first), CSA, Farmers’ Markets, Sales to retail and restaurant

### Sugar Grove Family Farm

**Chase Sanert**  
20634 State Highway 29  
Greenview, IL 62642  
(217) 891-4962  
realfood@sugargrovefamilyfarms.com  
www.sugargrovefamilyfarms.com

We choose to raise our beef 100% grass fed and finished. Our pork and chicken are raised on pasture with supplemented organic/GMO-free grain in natural environments. By doing so we can raise happier, healthier animals and utilize their natural qualities and behaviors to promote a self-sustaining farm.  
Available via: On-farm sales, Online sales, Sales to restaurants and retail

### Sun Powered Food

**Greg Smith**  
3001 W. Old Church Rd.  
Champaign, IL 61822  
(217) 202-7490  
forshade@gmail.com  
sunpoweredfood.com

Healthy produce from healthy soil: soil health is elevated, nutrients naturally cycled, and diseases organically suppressed with crop rotation, ramial chipped wood, compost, and aged leaves, plus daily involvement of worms. We encourage nature’s system by intercropping flowering cover crops. Stop by for a visit, we are happy to share.  
Available via: CSA, Sales to restaurants and institutions

### Susan's Secret Garden

**Susan Lange**  
904 Courtland St. N.  
Saybrook, IL 61770  
(309) 475-9129  
susanssecretgarden@yahoo.com  
www.susanssecretgarden.com

Susan’s Secret Garden is an amazing little farm located in the city of shade and water. We grow early season bedding plants, herbs, and produce; make handmade rag rugs from frame and floor looms and homemade dog biscuits from scratch. We offer fresh eggs, chickens for meat, and goats. We grow/produce everything we sell! Know your farmer, know your food.  
Available via: Farmers markets, On-farm sales by appointment

### Sunny Lane Farm/Teresa's Fruit and Herbs

**Teresa Brockman**  
302 W. Sunny Ln.  
Eureka, IL 61530  
(309) 231-4484  
sunnylanearonia@gmail.com

We grow about 25 kinds of fruits, about 30 kinds of herbs and over 200 varieties of garden plant starts. Our aronia field is certified organic by GOA. The rest of the farm is not certified but uses no pesticides or chemical fertilizers.  
Available via: Farmers markets, On-farm by appointment

### Suttill's Gardens

**Ron and Jacque Suttill-Simpson**  
2201 Groth Rd.  
Springfield, IL 62703  
(217) 744-9379  
farmmom0520@yahoo.com

We are fourth generation farmers. The fifth generation is being trained. Greenhouse and garden are open April - Thanksgiving.  
Available via: Farm-stand Monday-Saturday 8am-5:30pm, Sunday 8am-3pm, Old Capitol Farmers’ Market, Illinois Products Farmers’ Market, Maldaner’s, American Harvest Eatery, Augie's Front Burner, Angela's A Taste of Italy, Sales to retail/restaurant
FARM STANDS

Where can you go to get local food straight off the farm? Check out the following locations that boast on-farm stores and stands where you can purchase fresh food even when the farmer’s markets aren’t in session.

Note: Some farm-stands are only open seasonally. It is wise to call ahead to confirm the hours of operation.

Antiquity Oaks LLC
Seasonal. Thursday 1-6pm. Call ahead.
Cornell, IL (815) 398-2450

Agape Acres Home of Blossom’s Barn
Seasonal. Open most days 9am-5pm.
Closed on Sunday.
Melvin, IL (217) 379-7633

Backwoods Berry Farm
May-August. Hours vary. Please call ahead.
Hettick, IL (217) 436-9510

Brown’s Fresh Produce
Produce market at 304 Brown St.
Bloomington, IL. Tuesday-Friday 10am-6pm.
Saturday and Sunday 9am-4pm
Bloomington, IL (309) 530-7093

Choice Roots
Seasonal. Sunday 12 noon - 5pm
Sherman, IL (217) 494-0304

Cook Farm
Seasonal. Date and times TBD. Call ahead or check website.
Bloomington, IL (309) 530-9902

Creaking Tree Farm
Seasonal. Saturday and Sunday 10am-4pm. Call ahead.
Alvin, IL (708) 951-6099

Crump Family Gardens
May-November. Monday-Friday 9am-7pm,
Saturday Sunday 9am-5:30pm
Carlisle, IL (309) 376-9281

Eberts Orchard
Seasonal. Monday-Friday 8am-5pm.
Saturday and Sunday 10am-5pm
Golden Eagle, IL (630) 883-2026

Funks Grove Pure Maple Syrup
March-August. Monday-Friday 9am-5pm,
Saturday 10am-5pm. Sunday 1pm-5pm
Shirley, IL (309) 874-3360

Gal’s Pumpkin Patch
September 1st- October 31, Sunday-Friday 12 noon-5:30pm, Saturday 10am-5:30pm
Beason, IL (217) 447-3409

Green Acres Herb Farm
May-October. Tuesday-Saturday 10am-5pm.
Lowpoint. (309) 261-9612

Honey Creek Farm
May 16- October 31. Monday-Friday 5-8pm
Springfield, IL (217) 652-6517

Jeffries Orchard
Seasonal. Monday- Saturday 9am-6pm,
Sunday 10am-5pm
Springfield, IL (217) 487-7592

Jones Country Garden
On farm in Pontiac. April-October.
Monday-Saturday 9am-5pm
Cliffs Market location in Metamora.
April-October. Daily 9am-5pm
(617) 674-9585

Julie’s Farm
Seasonal. Monday-Friday 9am-3pm
Bloomington, IL (217) 757-6927

Kilgus Farmstead
April-December. Monday-Saturday 9am-6pm
Straw, IL (217) 848-2316

Kilgus Farmstead
All year. Monday-Saturday 9am-6pm
Bloomington, IL (217) 692-6900

Living Water Farms Inc.
Year Round. Monday-Friday 8am-5pm
Kirkland, IL (217) 848-2316

Mari-Mann Herbs
Year Round. Monday-Saturday 9am-5pm,
Sunday 12 noon-5pm
Decatur, IL (217) 429-1155

Mill Creek Farm
Seasonal. Daily 7am-7pm
Quincy, IL (217) 222-8430

Mulberry Lane Farm
March-October. Monday-Saturday 8am-8pm
Lois, IL (217) 386-2690

O’Hara Family Gardens
May-October. Monday-Friday 9am-5pm
Downs, IL (309) 838-5932

Parkes Family Produce
June-August. Monday-Friday 10am-6pm and
Saturday 9am-4pm
September-May. Monday, Wednesday,
Friday 3-6pm and Saturday 9am-4pm
Pleasant Plains, IL (217) 331-3697

Prairie Fruits Farm and Creamery, LLC
Late March-April. Thursday 9am-12 noon
May-October. Monday-Friday 10am-5pm
May-September. Wednesday 4pm-6pm
Champaign, IL (217) 643-2314

R&R Hydroponics
May-August. 25-7. Honor system
Champaign, IL (217) 491-0570

Ready Farm Market
Open year round. 7 days a week.
10am-5pm
Franklin, IL (217) 370-7456

Red Barn Farm
May 1st- October 31. Saturday and Sunday
9am-5pm
Mechanicsburg, IL (217) 415-7157

Ropp Jersey Cheese
April-December. Monday-Saturday
9am-5:30pm
Normal, IL (309) 452-3641

Sola Gratia Farm
June-October. Thursdays 3-6pm
Urbana, IL (217) 367-1189

South Fork Ranch LLC
Open year round. Monday, Tuesday,
Wednesday, Friday and Saturday 10-5
Closed Thursdays and Sundays
Chatsworth, IL (815) 639-3414

Suttill’s Gardens
Seasonal. Friday-Saturday 8am-5:30pm,
Sunday 8am-5pm
Springfield, IL (217) 744-9379

The 200 Acres and The Great Pumpkin Patch
September 15 - October 31. 9am-6pm daily
The Homestead Bakery and The Homestead
Seeds are open year-round.
Monday-Saturday, 9-5.
Arthur, IL (217) 543-2394

Troyer Family Gardens
May-October. Times and days vary. Check website for specific times.
Hudson, IL (309) 275-0008

Twin Oak Meats
Year round. Monday-Saturday 7am-7pm
Fairbury, IL (815) 692-4215
Swinger Family Farm
Rob Swinger
2283 N. 1000 East Rd.
Edinburg, IL 62531
(217) 623-4288
swingerfarms@hotmail.com

Swinger Family Farm is a fourth generation 3500-acre operation growing primarily corn and soy beans. For the past 63 years we have maintained an Angus cow-calf operation. We currently produce all natural grass-fed beef. We also enjoy raising sweet corn and have a fruit orchard dating back to 1950. Available via: On-farms sales, Taylorville Farmers’ Market (late in season), Sales to restaurant.

91. T. Hodgson Produce
Ted Hodgson
208 W. McGrath
Williamsville, IL 62693
(217) 566-2039
njhodgson@casscomm.com

Our family produce farm is over 100 years old. Our produce is picked and delivered fresh daily, specializing in sweet corn, watermelons and cantaloupes. Available via: Old Capitol Farmers’ Market, Illinois Products Farmers’ Market, Jacksonville Farmers’ Market, Wholesale, Sales to retail and restaurant.

92. The 200 Acres and The Great Pumpkin Patch
Mac Condill
1749 CR 1900 N
Arthur, IL 61911
(217) 543-2394
thepatch@the200acres.com
www.the200acres.com

The 200 Acres is a sixth-generation family farm, consisting of The Great Pumpkin Patch, The Homestead Bakery, and The Homestead Seeds. As a whole we specialize in bringing diverse, high-quality produce, baked goods, and rare seed varieties to our visitors - with our peak season during harvest. The Great Pumpkin Patch grows over 300 varieties of pumpkins, squash, and gourds and is open Sept. 15th-Oct. 31st, 7 days a week. The Homestead Bakery and The Homestead Seeds are open year-round, Monday through Saturday, 9am-5pm. Available via: Farm-stand.

93. The Mulberries Farm and Orchard
MJ Walker and Wendy Heller
10,661 N. 150 East Rd.
Homer, IL 61849
(217) 722-9366
mulberriesfarm@gmail.com
www.themulberriesfarmandorchard.com

We are a two-acre farmstead with about 50 apple and fruit trees planted in 2010. Most are still maturing and meanwhile we are growing a variety of greens and other vegetables. Available via: CSA and Homer Farmer's Market every Wednesday afternoon starting at 5pm in beautiful, downtown Homer.

94. TJ's Pastured Free Range Poultry
Tim and Julie Ifft
2773 N. 1500 East Rd
Piper City, IL 60959
(815) 686-9200
tj4@maxwire.net

TJ’s offers all-natural, free-range chicken and turkey products, along with farm-fresh eggs. Our poultry is pasture-raised on chemical-free grass and alfalfa, giving them plenty of room to roam, fresh air and a healthy way to live and grow. No antibiotics used and fed an all-natural diet containing no animal by-products. Available via: Green City Market (Chicago), Naturally Yours Farmers’ Market (Normal), Naturally Yours Grocery, Sales to retailers and restaurant.

95. Triple M Farms: Mariah's Mums and More, LLC
Greg and Mariah Anderson
16727 Airport Rd.
Clinton, IL 61727
(217) 898-0706
mariahandgreg@mariahsmums.com
www.mariahsmums.com

We strive to produce the best possible plants and produce through viable based agricultural practices. We have grown mums since 2005, but now we are growing bedding plants, hanging baskets, cut flowers and fresh, healthy, and delicious produce, while providing a link to the farm where it is grown. Available via: On-farm sales, CSA.

96. Triple S Farms
Stan and Ryan Schutte
RR #1 Box 122A
Stewardson, IL 62463
(217) 343-4740
stan@triplesfarms.com
www.triplesfarms.com

Our goal is to raise the best tasting, highest quality meats and produce, without using harmful drugs or chemicals. Our slogan is "We grow taste." All of our pastures are Certified Organic and all of our animals have been drug free since 1998. All our poultry is free-range - we use no GMO grains. Available via: Buying Club (By appointment), Farmers’ market, Sales to restaurants.

97. Troyer Family Gardens
Cathy Troyer
17671 E. 2300 North Rd.
Hudson, IL 61748
(309) 275-0008
cathytroyer1@gmail.com
www.facebook.com/troyerfamilygardens

We are a family owned and operated produce business, selling only what we grow. Bicolor sweet corn is our specialty along with a variety of seasonal vegetables and fruits grown on our farms near Hudson. We also offer a variety of flower and vegetable plants in the spring. Available via: Seasonal farm-stand, Downtown Bloomington Farmer’s Market.

“WHEN ONE TUGS ON A SINGLE THING IN NATURE, HE FINDS IT ATTACHED TO THE REST OF THE WORLD.” - JOHN MUIR
98. Twin Oak Meats  
Tom and Amy Ifft  
11197N 2300E Rd.  
Fairbury, IL 61739  
(815) 692-4215  
twinoakmeats@maxwire.net  
www.twinoakmeats.com  
Locally raised pork products on our own farm from birth to finish. No growth hormones are used. Hogs are raised in a non-confined environment. We have a large selection of all-natural products, including our homemade sausages. We sell both retail and wholesale. Available via: Naturally Yours Farmers’ Market (Normal), Naturally Yours Grocery, Dill Pickle Co-op (Chicago), Pasta Puttana (Chicago), Heartland Meats (Mendota), Home delivery, Sales to restaurant, Farm-stand: Monday-Saturday 7am-7pm

99. Veenstra’s Vegetables Harvest and Blooms  
Garrick Veenstra  
6130 New City Rd.  
Rochester, IL 62663  
(217) 827-3931  
hello@harvestandblooms.com  
garrickveenstra@yahoo.com  
Harvest & Blooms Farm provides fresh, high quality flowers, vegetables, fruits and herbs for farmer’s markets, CSA, restaurants and specialty stores in Central Illinois. We are also happy to offer locally grown, specialty cut flowers for special events, florists and event designers. Our flowers reflect what blooms throughout each season. We offer flowers that are usually hard to ship or difficult to find in the market trade. At Harvest & Blooms Farm, we continue the traditional practices of nurturing the soil through natural and sustainable methods. Available via: On-farm by appointment April-November, CSA, Farmers markets, Sales to retailers and restaurants

100. Witzig Farm Meats  
Roger and Elaine Witzig  
28501 N. 2025 E. Rd.  
Gridley, IL 61744  
(309) 747-3330  
www.witzigfarmmeats.com  
Witzig Farm Meats is a centennial homestead and certified organic grain farm. We raise and graze Red Angus and Red Devon cattle on organic forages for high quality grass-fed beef. Our hogs are humane raised, farrowed in pens, and finished in large pens bedded with straw. They are antibiotic-free from birth to finish and fed an all vegetarian diet with non-GMO corn. No hormones. No steroids. No animal by-products. All packaged meats are Preservative Free. We also sell whole beef, 1/2 beef, and whole hogs. Available via: On-farm (call first), Sales to retailers, Farmers markets

101. Wolf Creek Farm LLC  
Debbie Flannery  
450 450th Ave.  
Williamsville, IL 62693  
(219) 405-7904  
info@wolfcreekfarmllc.com  
www.wolfcreekfarmllc.com  
Wholesale vegetable crops, GAP trained, on-farm procedure logs available for safety/sanitation/cold chain, on-farm visits by appointment. We raise onions, sweetcorn, pumpkins, squash, gourds, kale, carrots, heirlooms, root crops, greens, beans and more. Planting per buyer requests. Most crops companion intensively planted and grown with nature. No chemicals. Available via: Wholesale to restaurants and retailers

“A society grows great when old men plant trees whose shade they know they shall never sit in.” - Greek Proverb
102 Wren’s Gate Garden and Studio
Becky Newton
4342 Bentonville Rd.
Decatur, IL 62521
(217) 864-1325
beckynewton4342@gmail.com
www.wrensgate.com

Wren’s Gate Garden & Studio is a small family farm specializing in growing unique, uncommon and heirloom flowers. Located in Central Illinois amid vast corn fields, our gardens are bursting with flowers that reflect the season. From a hillside full of daffodils in the spring, to cheerful summer zinnias and magnificent dinner plate dahlias in the fall, we harvest only the best of what is blooming each day for bouquets and bulk flowers. “Just living is not enough... One must have sunshine, freedom, and a little flower.” Hans Christian Andersen. **Available via:** CSA, On-farm sales (call ahead), Pop-up stand, Wholesale to florists, Wethington’s Flowers and Gifts

103. Yordy Turkey Farm
Brent Yordy
2000 S. Main St.
Morton, IL 61550
(309) 263-2891
byordy@speednet.com
www.yordyturkey.com

100% natural turkey with no preservatives and no growth promoters. Our turkey are fed a non-GMO diet and raised on our own farm from one day old to market. They are processed in our own USDA inspected plant. **Available via:** Retail store at 2000 S. Main St. Morton, call to order ahead of visit

104. Zip-Ty-Acres
Fran Smith
7588 E State Route 9
Rankin, IL 60960
(217) 375-4311
Ziptyacres@gmail.com
www.ziptyacres.com

Growers of fine wools: Finn and cormo sheep, angora goats, and rabbit. Wool sold at every stage, raw to roving to yarn. **Available via:** On-farm sales, Online sales
### Farmers’ Markets

<table>
<thead>
<tr>
<th>Farmers Market</th>
<th>Location</th>
<th>Contact</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Downtown Bloomington Farmers Market</strong>&lt;br&gt;Tricia Stiller&lt;br&gt;106 W. Monroe&lt;br&gt;Bloomington, IL 61701&lt;br&gt;(309) 829-9599&lt;br&gt;<a href="mailto:marketing@downtownbloomington.org">marketing@downtownbloomington.org</a>&lt;br&gt;www.downtownbloomington.org</td>
<td></td>
<td>This producer-only market offers a diverse selection of local, sustainably produced farm products – meats, cheeses, vegetables, eggs, herbs, grains, plants, as well as baked goods, prepared foods, fine arts and educational opportunities. Live Music, cafes, restaurants, shops and galleries enhance the market experience. LINK cards accepted. Open every Saturday May-October, from 7:30am-12 noon.</td>
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<tr>
<td><strong>Lincoln Farmers’ Market</strong>&lt;br&gt;Vicki Hum and Doug Fink&lt;br&gt;106 S. Jefferson St.&lt;br&gt;Lincoln, 62656&lt;br&gt;(217) 732-6962&lt;br&gt;<a href="mailto:Vickie.Hum@illinois.gov">Vickie.Hum@illinois.gov</a></td>
<td></td>
<td>A local farmers’ market offering fresh fruits and vegetables as they mature and ripen, homemade crafts, baked goods, herbs, jams, jellies, relishes, and pickles. Visit us in Latham Park on the corner of Pekin and Kickapoo streets, Wednesday, June-August, 8am-12pm; Saturdays, May-October, 8am-12pm. Also check out the Logan Court Highrise Market occurring once a month from June through October. Email or call for more details.</td>
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<tr>
<td><strong>Downs Village Market</strong>&lt;br&gt;Carol Hiebert&lt;br&gt;P.O. Box 154&lt;br&gt;Downs, IL 61736&lt;br&gt;(309) 378-4223&lt;br&gt;<a href="mailto:marketmaster610@gmail.com">marketmaster610@gmail.com</a></td>
<td></td>
<td>We are a local farmers’ market, established in the Village of Downs in 2003. Our 20 vendors offer local and select regional produce, plants and flowers, meat, baked goods, crafts and homemade items. We offer a large variety of items for sale, friendly vendors, convenient parking, and weekly music/entertainment. Just off I-74 at the southwest edge of Downs by the railroad tracks on Wednesdays, June through Sep, 4pm-6pm.</td>
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<tr>
<td><strong>Peoria Riverfront Market</strong>&lt;br&gt;Sharon Gramm&lt;br&gt;200 Block of Water Street&lt;br&gt;Peoria, IL  61602&lt;br&gt;(309) 671-5555&lt;br&gt;<a href="mailto:info@peoriariverfront.com">info@peoriariverfront.com</a>&lt;br&gt;www.peoriariverfront.com</td>
<td></td>
<td>Peoria’s RiverFront Market features Illinois-grown produce, meats, eggs, cheeses, baked goods, and fresh flowers! Local artists join the Market with pottery, jewelry, blown glass, wood-turned items and much more. Enjoy live music and demonstrations each week. Every Saturday, mid- May through the end of September, 8am- 12pm.</td>
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<tr>
<td><strong>Old Capitol Farmers Market</strong>&lt;br&gt;Ann Frescura&lt;br&gt;3 West Old State Capitol Plaza, Suite 15&lt;br&gt;Springfield, IL 62702&lt;br&gt;(217) 544-1723&lt;br&gt;<a href="mailto:ann@downtownspringfield.org">ann@downtownspringfield.org</a>&lt;br&gt;www.downtownspringfield.org</td>
<td></td>
<td>Market is held Wednesdays and Saturdays, 8AM-12:30PM, on Adams St. between 5th and 2nd Streets. Features 50-plus vendors, plus local artisans and free entertainment. May 16 through Oct 27. On Adams St. between 5th St. and 2nd St., Wednesdays and Saturdays, 8am-12:30pm, the second week of May through October.</td>
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<tr>
<td><strong>Saturday Produce Market</strong>&lt;br&gt;Deanna Koenigs&lt;br&gt;One College Park&lt;br&gt;Decatur, IL 62521&lt;br&gt;(217) 875-7211 ext 442&lt;br&gt;<a href="mailto:dkoenigs@richland.edu">dkoenigs@richland.edu</a></td>
<td></td>
<td>The Saturday Produce Market is student run and is an integral part of the Richland Student Farms. The Market provides area-wide consumers with fresh, locally grown foods while supporting rural and urban independent farmers. The students obtain practical experience in all aspects of operating a community-based small farm business from seed to market. Saturdays, second week of June through October, 8am-12pm.</td>
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**“YOU CAN’T BUY HAPPINESS, BUT YOU CAN BUY LOCAL, AND THAT’S KIND OF THE SAME THING!”** - ANONYMOUS
Scully Park Farmers Market
Brian Crump
316 S. Kickapoo St.
Lincoln, IL 62656
(309) 825-6743
crumpcarlock@aol.com

Fresh produce and fresh baked goods from local growers and bakers. We are a small, friendly market and are always looking for more vendors. May-October: Wednesday 2:30pm-5:30pm and Saturday 7am-12 noon.

Streator Farmers Market
Curt Bedei
200 E. Main St.
Streator, IL 61364
(815) 257-6807
sdfarmar@hotmail.com
www.streator.org

Located in the heart of downtown Streator, the market is easily accessible by taking Route 23 South on Park St. or by taking Route 18 West on Main St. We are right on the corner where the two meet. The Streator farmers’ market provides a direct producer-to-consumer market opportunity. This includes healthy, local, fresh foods and other hand-crafted items for the community and surrounding area and also encourages commerce and entertainment while promoting agrotourism for the city of Streator. June-October, Saturday 9am-1pm

The Land Connection Champaign Farmers’ Market
310-330 N Neil St.
Champaign, IL 61820
(217) 840-2128
market@thelandconnection.org
info@thelandconnection.org
thelandconnection.org

This is the kind of market where you can do all your food shopping for the week – not just vegetables, but eggs, meat, and bread too. Because these things all have to be grown, raised or produced locally, the food available each week will change as the seasons change. May-October: Tuesdays 4-7pm

Urbana’s Market at the Square
Natalie M. Kenny Marquez
400 South Vine St.
Urbana, IL 61801
(217) 384-2319
nmkennymarquez@urbanaillinois.us
www.city.urbana.il.us/market

Urbana’s Market at the Square is a producer-only market offering locally-grown fresh produce, plants and flowers, prepared foods, baked goods, art and crafts, performance, and much more. It is located at the corner of Illinois and Vine Streets in downtown Urbana. On Saturdays, May through November, 7am-12 noon.

Winter/Holiday Markets

Shop for holiday meals and fine produce, turkeys, meats, wine, cheese, gifts and more! Stock up for the winter and keep your holidays local!

Springfield Holiday Farmers’ Markets
Artisan Building
Illinois State Fair Grounds, Springfield, IL
Once in November and once in December
Visit www.buyfreshbuylocalcentralillinois.org for dates and details.

McLean County Museum of History
Downtown Bloomington, IL
Every third Saturday, December through April
10am-12 noon.
Visit www.downtownbloomington.org for dates and details.

Bloomington Thanksgiving Farmers Market
US Cellular Coliseum
Downtown Bloomington, IL
The Saturday before Thanksgiving in November.
Visit www.downtownbloomington.org for dates and details.

Streator Holiday Farmers Market
The Saturday after Thanksgiving in November
9am-1pm.
Eat Seasonal & Local

Seasonal eating is all about eating what is growing here and now - local foods that are at PEAK FLAVOR and FRESHNESS.

Buying local CUTS OUT THE LONG DISTANCE food travels before it reaches your plate and SUPPORTS OUR SMALL FARMERS.

CHECK OUT THE UNIVERSITY OF ILLINOIS EXTENSION’S GUIDE TO EATING SEASONALLY.

<table>
<thead>
<tr>
<th>Spring (April–May)</th>
<th>Summer (June–Aug.)</th>
<th>Autumn (Sept.–Nov.)</th>
<th>Winter (Dec.–March)</th>
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<tbody>
<tr>
<td>Asparagus</td>
<td>Cucumber</td>
<td>Carrots</td>
<td>It's best to eat storage crops and preserved produce from the fall harvest over the winter:</td>
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<tr>
<td>Lettuce</td>
<td>Eggplant</td>
<td>Cabbage</td>
<td>Apples</td>
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<td>Spinach</td>
<td>Beans</td>
<td>Gourds</td>
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<td>Kale</td>
<td>Peppers</td>
<td>Greens</td>
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<td>Spring Onions</td>
<td>Tomatoes</td>
<td>Beans</td>
<td>Winter Squash</td>
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<td>Rhubarb</td>
<td>Summer Squash</td>
<td>Potatoes</td>
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<td>Radishes</td>
<td>Zucchini</td>
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<td>Peas</td>
<td>Sweet Corn</td>
<td>Winter Squash</td>
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<td>Strawberries</td>
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<td>Broccoli</td>
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FOR MORE INFORMATION AND PROGRAMS ABOUT EATING SEASONALLY, GARDENING, NUTRITION AND WELLNESS, FOOD PRESERVATION, LOCAL FOODS, AND SMALL FARMING, VISIT WEB.EXTENSION.ILLINOIS.EDU
Destihl
Carlos Rojas
3218 S. Towanda Ave.
Normal, IL 61761
(309) 862-2337
crojas@destihl.com
www.destihl.com

Destihl is a ‘gastro brewery’; artisans of food and beer. Destihl creatively combines and reinvents flavors from America’s melting pot using both traditional techniques and contemporary, ethnic/global twists, utilizing many locally raised products and from-scratch cooking. Its brewery handcrafts many beer styles. Hours: Monday-Thursday 11am-10pm, Friday-Saturday 11am-11pm, Sunday 11am-9pm. Weekend Brunch: Saturday-Sunday 11am-2pm

Epiphany Farms Restaurant & Anju Above
Margaret Davis
220 E. Front St.
Bloomington, IL 61701
(309) 828-2323
contact@epiphanyfarms.com
www.epiphanyfarms.com

Epiphany Farms Restaurant is committed to supporting, growing, and showcasing a thriving local food culture. Our “Farm to Fork” concept represents a concern for every step of the process linking the meal to the land that produced it. Anju Above promises to make Farm to Table dining more accessible by offering seasonally sensitive, locally grown cuisine in a fast and casual setting.

Anju Above: Lunch: Monday - Saturday 11am - 3pm, Dinner: Monday - Thursday 5pm - 10pm, Friday - Saturday 5pm - 11 pm
Epiphany Farms Restaurant: Tuesday - Thursday 4pm - 9pm, Friday - Saturday 4pm - 10pm

Jesse’s Grill
Chef Steve Meilinger
201 Broadway St.
Normal, IL 61761
(309) 862-9000 Ext 2025
steven.meilinger@jqh.com
www.marriottnormal.com

The chefs at the Marriott Bloomington Normal are focused on supporting the local community and its agriculture. We take pride in working hand in hand with the local farmers. We present local meats and dairy products on our menu year round and our wonderful fresh produce during prime growing seasons. We believe that great meals begin with great ingredients. Hours: 6:30am-10pm

Kelly's Bakery & Café
Kelly Mathy
113 N. Center St.
Bloomington, IL 61701
(309) 820-1200
kelly@cookiesbykelly.com
www.kellysbakeryandcafe.com

Kelly's Bakery & Café is located in Downtown Bloomington. We are supporters of local farmers, using local produce whenever possible. Our collection of homemade quiche, sandwiches, soups and salads often use ingredients straight from Downtown Bloomington’s Saturday Farmers’ Market. Hours: Monday-Friday 7am-6pm, Saturday 7am-2pm

Medici
120 W. North St.
Normal, IL 61761
(309) 452-6334
medicinormal@gmail.com
www.medicinormal.com

Focusing on maintaining a fresh and seasonal menu, Medici offers a little something for everybody including homemade fresh breads and 32 craft beers on tap. Hours: Sunday-Monday 11am-9pm, Tuesday-Thursday 11am-10pm, Friday-Saturday 11am-11pm.

The Garlic Press Market Café
Sarah B. McManus
106 W. North St.
Normal, IL 61761
(309) 452-0987
info@thegarlicpress.com
www.thegarlicpress.com

What sets The Garlic Press apart is our diverse, deli-style menu featuring seasonal ingredients, locally grown and organic whenever possible. Fresh, made-from-scratch sandwiches, soups, salads, entrees, pies, cakes, cookies and more. Prepared daily in small batches to ensure quality and taste. Breakfast, lunch, early dinner and carryout catering. Hours: Monday-Friday 7am-7pm, Saturday 9:30am-7pm, Sunday 11am-4pm.

En Season Restaurant
Kori Thompson
2900 W Main St.
Galesburg, IL 61401
(309) 343-0736
kori@sustainablebusinesscenter.com
enseasongalesburg.com

Born of the desire to promote local, sustainable agriculture and to improve community wellness and quality of life, En Season Restaurant provides a farm-to-table seasonal dining experience and various programs in collaboration with local businesses and organizations. Located on West Main St., between Thrushwood and Farm King. Hours: Wednesdays 11am-2pm Thursdays, Fridays, Saturdays 11am -2pm and 5pm-9pm.

Hearth Restaurant
Hugh Higgins
4604 N Prospect Rd.
Peoria Heights, IL 61616
(309) 686-0234
hughhiggins01@gmail.com
www.hearthpeoria.com

Comfort food with a touch of the south. Local farms sourced first and local artists too. Proteins are antibiotic and hormone free. Offering vegetarian options on the menu every day! Hours: Tuesday-Saturday, serving lunch at 11am and dinner at 5pm.

“People who love to eat are always the best people.”
- Julia Child
### Restaurants

#### Springfield

**American Harvest Eatery**
August Mrozowski and Jordan Coffey  
3241 W. Iles Ave.  
Springfield, IL 62711  
(217) 546-8300  
americanharvest2011@yahoo.com  
www.americanharvesteater.com

True to the Season, True to the Region ~ Our goal is to offer our guests a dining experience that uses only the freshest ingredients, sourced from local farmers right here in Illinois. American Harvest is all about the food, the guests, and the time we get to share together as a family. With a vast array of craft beers as well as handpicked wine list, we are sure to have the perfect drink to pair with your meal. Hours: Monday-Saturday 5pm-10Ppm

**Augie's Front Burner**  
August Mrozowski  
2 W. Old State Capitol Plz.  
Springfield, IL 62701  
(217) 544-6979  
augiesfrontburner@gmail.com  
www.augiesfrontburner.com

Augie's Front Burner supports locally grown produce and serves eclectic cuisine. Augie's menus will be market-driven from locally produced foods and will feature daily tasting menus. Hours: Lunch: Monday-Friday 11am-2:30pm, Dinner: Monday-Saturday 5pm-9:30pm

**Cooper's StrEATside Bistro**  
Justin Cooper  
7452 Lawn View Dr.  
Williamsville, IL 62693  
(217) 415-3852  
info@cooperstreatside.com  
www.cooperstreatside.com

Cooper's StrEATside Bistro is a Food Truck serving the Springfield, IL Capital Area, often frequenting the Old Capitol Farmers Market and Illinois Products Farmers Market. We focus on serving fresh local and seasonal ingredients when available. Available for Private Parties, Catering, Community & Business Events.

**Engrained Brewing Company and Restaurant**  
Brent Schweer  
1120 Lincolnshire Blvd  
Springfield, IL 62711  
(217) 546-3054  
info@engrainedbrewing.com  
www.engrainedbrewing.com

Engrained Brewing Company is a one of a kind locally-owned and operated restaurant and brewery located in Springfield, IL. We source from local farms as much as possible and are able to provide a locally based and natural dining experience. Hours: Monday – Saturday 11am-10pm, Sunday 9am-9pm.

**Big Grove Tavern**  
Jessica Gorin  
1 E. Main St. #101.  
Champaign, IL 61820  
(217) 239-3505  
jgorin@biggrovetavern.com  
www.biggrovetavern.com

Big Grove Tavern is a farm-to-table restaurant in Downtown Champaign, IL, featuring local and fresh seasonal comfort food in a warm and friendly environment. We have an extensive beer and wine list featuring many local breweries as well as carefully crafted classic and specialty cocktails. Eat, drink & think local. Hours: Sunday 10am-10pm, Monday-Thursday 11am-11pm, and Saturday 10am-11pm

#### Champaign-Urbana

**Driftwood Cocktail & Eatery**  
Ryan Lewis  
11 W Old Capitol Plaza Suite A  
Springfield, IL 62701  
(217) 572-1906  
driftwoodeatery@gmail.com  
www.driftwoodeatery.com

Small plate, seasonally focused restaurant, with a passion for using the best product we can get and letting it be the star of the meal. Located on the corner of 5th and Adams across from US Bank and the Old State Capitol. Hours: Lunch Tues-Friday: 11am-2pm, Dinner Tuesday-Thursday: 5-9:30pm, Friday-Saturday: 5-10pm, Closed Sunday and Monday.

**Maldaner’s Restaurant**  
Michael Higgins  
222 S. 6th St.  
Springfield, IL 62701  
(217) 522-4313  
steve@maldaners.com  
www.maldaners.com

Since 1886 Maldaner's has been hailed as one of Springfield's best restaurants. Located in historic downtown Springfield, Maldaner's warm and welcoming setting is a perfect place for Chef/Owner Michael Higgins to show off his American, regional and Mediterranean flavors, using local and regional ingredients. Hours: Monday 11am-2:30pm, Tuesday-Thursday 11am-9pm, Friday 11am-10pm, Saturday 5pm-10pm

**Bacaro Restaurant**  
Thad Morrow  
113 N. Walnut St.  
Champaign, IL 61820  
(217) 398-6982  
thad@thadmorrow.com  
www.bacarowinelounge.com

Chef/owner Thad Morrow opened Bacaro as a wine bar in November 2001. Originally offering Italian wines and a limited menu of crostini and panini, it soon grew into a restaurant offering pastas, risottos, and entrees. Bacaro's menu features thoughtful combinations of seasonal local produce, cheeses, meats, poultry, eggs, and polenta from local farms. Hours: Monday-Sunday 5pm-11pm

"One cannot think well, love well, sleep well, if one has not dined well." - Virginia Woolf
Restaurants

Destihl
Jason Sartin
301 N. Neil St.
Champaign, IL 61820
(217) 356-0301
Jsartin@destihl.com
www.destihl.com

Destihl is a ‘gastro brewery’: artisans of food and beer. Destihl creatively combines and reinvents flavors from America's melting pot using both traditional techniques and contemporary, ethnic/global twists, utilizing many locally raised products and from-scratch cooking. Its brewery handcrafts many beer styles. Hours: Monday-Thursday 11am-10pm, Friday and Saturday 11am-11pm, Sunday 10am-9pm, Weekend Brunch: Saturday & Sunday until 2pm

Piato Organic Food Nanny
Meagan or Kelly
300 S Broadway Ave.
Urbana, IL 61801
(217) 344-9015
info@piatocafe.com
www.piatocafe.com

We provide all organic, locally sourced meals to area residents, every Tuesday with a paid membership.

"Laughter is brightest where food is best." - Irish Proverb

Timpone’s
Jim Taktjas and Ray Timpone
710 S. Goodwin
Urbana, IL 61801
(217) 344-7619
www.timpones-urbana.com

Timpone’s celebrates the simple pleasures of Italian cooking in a welcoming, sophisticated and modern dining room. Authentic ingredient-driven, regionally inspired creations that are locally sourced when possible. Our farm to table philosophy matches the seasons for dishes that are refined and approachable. Beautifully prepared fish and meats, pasta, gourmet pizza, and desserts made in house each day serve as a canvas for fresh and seasonal ingredients. Timpone's respects traditions of Italy's authentic cuisine but can also offer a contemporary take on Italy's most beloved dishes. Hours: Monday-Thursday 11:30am-9pm, Friday 11:30am-10pm, Saturday 5-10pm

Urbana Country Club
Wes Robbins
100 W. Country Club Road,
Urbana, IL 61801
(217) 337-4232
wes@urbanacountryclub.com
www.urbanacountryclub.com

Urbana Country Club is a private club offering both golf and social memberships. Our executive chef Wes Robbins uses local cheese, produce, meat, and more in his take on modern American cuisine. For membership information contact Stephanie Skelton at (217) 344-8670 or stephanie@urbanacountryclub.com

Local Libations

Danenberger Family Vineyards
Susan Danenberger
12341 Irish Rd.
New Berlin, IL 62670
(217) 488-6321
susan@dfv-wines.com
www.dfv-wines.com

We are a fifth generation farm now growing grapes for our modern, boutique winery. Our labor in the vineyards ends in a moment that can be shared with others through our wine. We love supporting local. Our passion for grapes, food, and wine is part of our lifestyle and we love to share it. Open seasonally, Thursday/Friday: 1-6 pm, Saturday: 12-6 pm, Sunday 1-5:30 pm. Our wines are available via our winery, American Harvest Eatery, Island Bay Yacht Club, Norb Andy's, and The Market on Koke Mill in Springfield

Rolling Meadows Brewery
Caren Trudeau
3954 Central Point Road
Cantrall, IL 62635
(217) 725-2492
rmbrewery@me.com
www.rollingmeadowsbrewery.com

Rolling Meadows Brewery is a small production brewery at Rolling Meadows Farm. It began as an appreciation of good beer and a desire to create a fine product utilizing the abundance of natural resources on our farm. We have designed our brand drawing upon our collective experiences of brewing, farming and craftsmanship to create small batch beer in tune with the nuances of our farming tradition. We brew great beer, simply made! Together with several local restaurants and chefs we grow our own hops, vegetables, and grains enhancing the historic agricultural nature of our beer and its sense of place. We use our own artesian well water giving our beer a crisp finish. We produce small batches of beer inspired by the orchard, our hop yard, fruits, berries and the herbs growing in our area. We are proud of our brewery and happy to show you around so please call (217) 899 7239 or email rmbrewery@gmail.com for tours of our farm and brewery. Our beer, ABES’S ALE, LINCOLN,S LAGER and SPRINGFIELD WHEAT is available at grocery and liquor stores, farmers markets, and at the brewery. Ask for them at local bars and restaurants!

“There cannot be good living where there is not good drinking.”
- Benjamin Franklin
June–October
1st and 3rd Thursday
each month

Bloomington–Normal
Springfield
Champaign–Urbana
Peoria

Now you can find farm-fresh meals at your favorite restaurants during the Local Flavors farm-to-table restaurant series. For complete schedule of participating restaurants visit www.buyfreshbuylocalcentralillinois.org

How It Works:
Stop by any participating restaurant on their scheduled date during their regular business hours. Each restaurant will prepare a seasonal meal or menu item using ingredients sourced directly from central Illinois farmers. Order the Local Flavors special and savor the flavors of Illinois.

Dine Out!
For Local Flavors
Support small farmers
Support sustainable farming
Support local restaurants
Support the central Illinois economy
**ABC Shop**  
Sheldon Raber  
2260 CR 1800E Rd.  
Arthur, IL 61911  
(217) 543-2655  
abcshop@agapemail.com  

Customers depend on us for locally grown, top quality, fresh produce. In season from about April to December. Our educational supplies and puzzles store is open year round. We primarily support local central Illinois farmers for fresh produce, Illinois Products for processed vegetables. Illinois Where Fresh Is! Monday-Saturday 8:30am-5pm. Closed Sun.

**Common Ground Food Co-op**  
Lincoln Square Village  
300 S. Broadway Ave.  
Urbana, IL 61801  
(217) 352-3347  
comments@commonground.coop  
www.commonground.coop  

Common Ground is a cooperatively owned grocery store that promotes local and organic production, fosters conscious consumerism, and builds community. We are a full service grocery store with produce, bulk goods, a self-serve deli, frozen foods, cleaning products and more. We are open to the public - anyone can shop, and anyone can become an owner! Open every day 8am-9pm.

**Common Ground Grocery**  
Katha Koenes  
516 N. Main St.  
Bloomington, IL 61701  
(309) 829-2621  
commongroundgrocery@hotmail.com  
www.commongroundgrocery.com  

Common Ground Grocery, a locally owned natural and organic foods grocery, has been located in downtown Bloomington, IL since 1977. Proudly supporting local foods since our beginning, we presently carry local grain, flour, popcorn, eggs, cheese and produce. Monday-Friday 9am-6pm, Saturday 9am-4pm, Sunday 12pm-4pm. Summer Saturday 7:30am-5pm.

**Food Fantasies**  
Lyndsay Grawey or Caleb Smith  
1512 W. Wabash  
Springfield, IL 62704  
(217) 793-8009  
foodfanta@gmail.com  
www.foodfantasies.com  

Food Fantasies is a locally owned natural food grocery store specializing in healthy food, supplements and household products free of harmful chemicals and genetically modified ingredients. We feature local and organic produce, meat and dairy, as well as quality products from the natural industry's leading brands. We have been supporting local farmers and sustainable agriculture for over 20 years with a knowledgeable staff and affordable prices. Monday-Friday 9am-8pm, Saturday 9am-6pm, Sunday 10am-5pm.

**Green Top Grocery Cooperative**  
Katie Novak  
P.O. Box 1958  
Bloomington, IL 62701  
(309) 306-1523  
Katie@greentopgrocery.com  
www.greentopgrocery.com  

Green Top Grocery Cooperative is working to open a full service, community owned grocery store that will be located at 921 E. Washington Street. Green Top is committed to supporting local farmers, promoting a healthy community, paying fair wages, and supporting the local economy. Become an owner with one-time payment of just $200 and help make Green Top Grocery a reality in 2016.

**Humphrey's Market**  
Hope Humphrey-Walker  
1821 South 15th St.  
Springfield, IL 62703  
(217) 544-7445  
humphreysmarket@sbcglobal.net  
www.humphreysmarket.com  

Humphrey's Market is a family owned grocery store, retail/wholesale meat processor and produce distributor. Our focus is on quality and service in our meat market, deli and Luncheonette. Fresh fruits and vegetables are local when in season and we offer specialty foods, exotic meats and many Illinois products. Monday-Friday 7am-6pm, Saturday 7am-5pm, closed Sundays.
When you buy from a small mom or pop business, you are not helping a CEO buy a third vacation home. You are helping a little girl get dance lessons, a little boy get his team jersey, a family pay a mortgage, or a student pay for college.” - anonymous

Naturally Yours Grocery
4700 N. University-Metro Centre
Peoria, IL 61614
(309) 692-4448
nygrocery1988@gmail.com
www.naturallyyoursgrocery.com

Naturally Yours is Central Illinois’s largest health food store. We have two locations: Peoria and Normal, IL. We feature all organic and natural products with local meat, cheese, milk, bread and produce being featured. We have Illinois’s largest selection of vitamins and supplements. Monday-Saturday 9am-9pm

Robert's Seafood Market
Brian Aiello
1615 W. Jefferson St.
Springfield, IL 62702
(217) 546-3089
info@robertsseafoodmarket.com
www.robertsseafoodmarket.com

Robert's Seafood Market has been providing central Illinois the freshest and largest selection of seafood for over 95 years. Proud to be locally owned, in its third generation, Robert's Seafood also offers local produce, meats, cheese and baked goods, in addition to a large variety of hard-to-find products. Known for our knowledgeable staff, we are always ready to serve you and your family. Monday-Saturday 9:30am-6pm

Tri County Fresh Food Hub
Kim Keenan
4200 E. Washington St.
East Peoria, IL 61611
(309) 966-3790
gitm@mtco.com
www.believegitm.com

The Tri County Fresh Food Hub's mission is to bring locally grown fresh produce to families in Peoria, Tazewell and Woodford Counties. Families most specifically served are those residing in the food desert regions. CSA, Mobile Food Vans, Nutrition Education, Cooking Classes, green job skills training and research are initiatives created for this purpose. Hours: January - March by appointment only. April - October: Monday-Friday 8am-4pm. See website for Mobile Food Van schedule.

Institutions

Hendrick House
Diane Cooper
904 W. Green St.
Urbana, IL 61801
(217) 365-8004
dcooper@hendrickhouse.com
www.hendrickhouse.com

Hendrick House is a privately owned residence hall at the University of Illinois providing food service to University of Illinois students at over 30 locations throughout campus. It is the goal of the Hendrick House to support local growers and increase our sustainability efforts in the community. Hours: Variable

Distributors

Sysco Central Illinois Inc.
P.O. Box 620
Lincoln, IL 62656
(217) 735-6201
robert.robbie@cil.sysco.com
www.syscoci.com

Sysco Central Illinois is committed to supplying our food service customers with the best quality and widest assortment of locally grown and produced products in Central Illinois.

“You, as a food buyer, have the distinctive privilege of proactively shaping the future your children will inherit.”
- Joel Salatin

Radishes from Urbana's Market at the Square
Policy Development & Advocacy
As a grassroots organization, we listen to the needs of farmers and develop policies to grow the local food movement on both the state and federal level.

Conservation Education
Illinois Stewardship Alliance educates row crop farmers growing corn and soybeans about practices and programs they can utilize to conserve natural resources and be good stewards of the land.

Local Food Programs & Promotions
ISA connects farmers with new markets and educates the public on the importance of locally grown foods for our land, our families, and our communities.

To donate or support our work visit www.ilstewards.org