

CENTRAL ILLINOIS

BUY FRESH BUY LOCAL[®]

www.buyfreshbuylocalcentralillinois.org

217-528-1563

2015-2016

Farms
Farmers Markets
Restaurants
Retailers
And More

YOUR GUIDE TO THE FRESHEST LOCAL
FOOD IN CENTRAL ILLINOIS

How this Guide Works



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

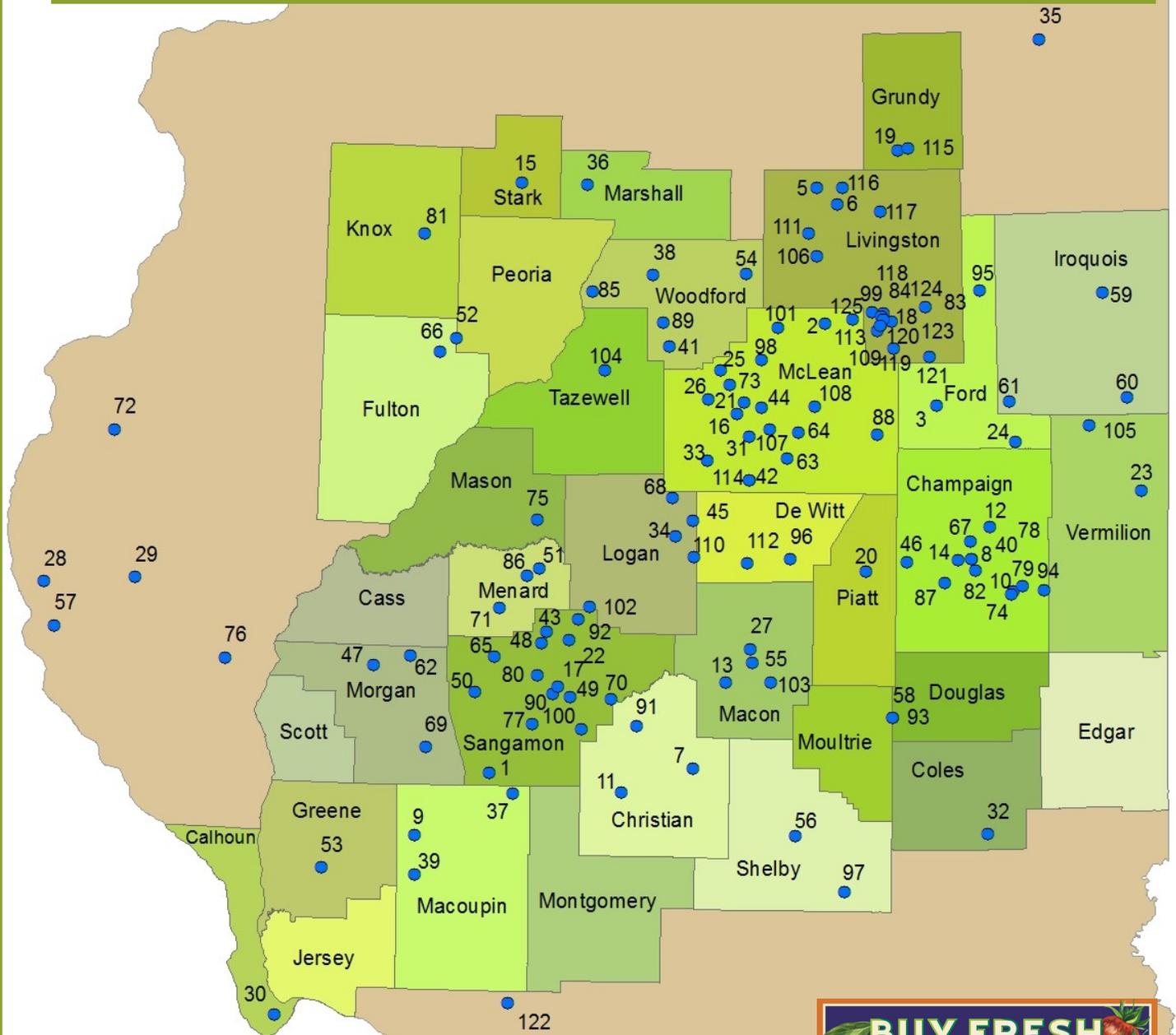
University of Illinois Extension is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of Illinois' 102 counties – and far beyond. Through learning partnerships that put knowledge to work, U of I Extension's programs are aimed 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.

Find A Farm Near You

The map below highlights the counties that are part of the Buy Fresh Buy Local Central Illinois chapter. The numbered locations correspond to farms that are part of the Buy Fresh Buy Local and Central Illinois Sustainable Farming Network, which are both listed on the following pages of this directory. Note: Map locations are approximate.



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.



Fruit



Honey or Syrup



Meat



Flowers



Vegetables



Dairy



Eggs



Herbs

1. ACBees Apiaries

Arvin Pierce
16813 Lowder Rd.
Waverly, IL 62692
(217) 638-6371
colnrvn@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, Cristaudo'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
michellproksa@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 61319
(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@autumnberryinspired.com
www.autumnberryinspired.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*

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).*

17. Bunn Gourmet

Bob Bunn
1400 Stevenson Dr.
Springfield, IL 62703
(217) 585-7838
bob.bunn@bunn.com
www.bunnsgourmet.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*

"Let food be thy medicine, and medicine be thy food." - Hippocrates

14. Brackett Farm

Bob Brackett
611 W. Union St.
Champaign, IL 61820
(217) 898-7638
Brackett-CSA@comcast.net
www.brackettfarmcsa.com



Though not certified, we have been growing by the organic method outside of Champaign, IL since 1985. We grow strawberries, raspberries, gooseberries, 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*

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*

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*

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*

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.



ILLINOIS
STEWARDSHIP
ALLIANCE 

“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 Jiim
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*



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-5:30*

35. Gettin' There Farm LLC.

Mike Danielczyk
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

Buying Meat Farm Direct

Buying meat in bulk direct from the farm allows you to choose the quality of meat that you like, as well as how it was raised, fed, finished, and even cut and packaged. We are lucky in central Illinois as there are many choices: grass-fed or grain-finished? Organic or natural? How about a heritage livestock breed? There are a lot of options!

Should I buy a whole, half, quarter or a meat box?

Consider the following factors before choosing what to buy:

- What types of cuts do you eat the most? Steaks, roast, ground meats, etc.
- How much freezer space do you have?
- How much meat does your family consume on average? Do you eat meat 7 nights a week, or just here and there?
- How much are you comfortable spending?

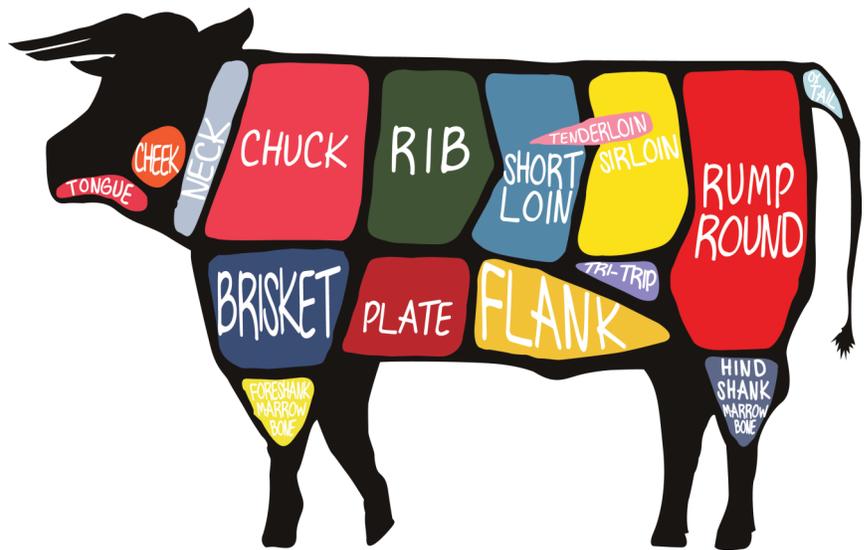
How much freezer space do I need?

As a general guide, 50 lbs. of meat (about 1/8 of a typical beef cow) will take up half of the freezer in the average home refrigerator. A chest or upright freezer might be a good option if you are thinking of buying a quarter or half a beef. Remember that beef is best stored no more than 9-12 months (3-4 months for ground beef), to maintain freshness. It can be stored longer but the quality will diminish over time.

What does it cost?

Buying meat in bulk will save you money compared to buying individual cuts at the grocery store or farmers market. When you buy in bulk (quarters, halves and wholes) you're paying the same price per pound regardless of cuts: that means you pay the same price for ground beef as you do for filet mignon! To estimate the costs, take into consideration the following:

- How much does the animal itself cost? Most producer charge based on the "hanging weight", the weight of the carcass after inedible parts have been removed.



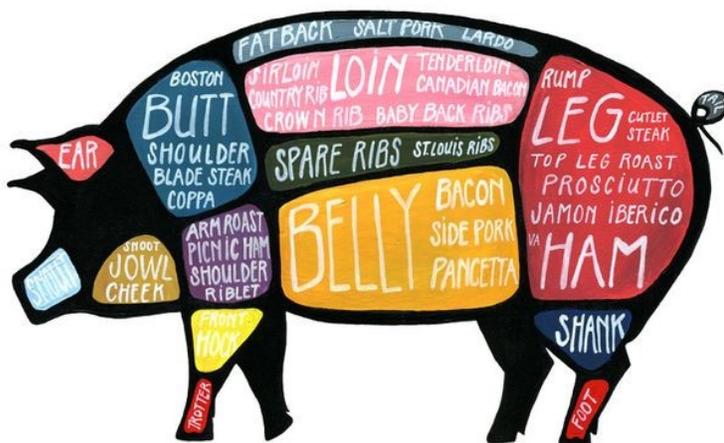
- For example, a typical steer weighs about 1,200 lbs which yields about a 730 lbs of carcass (referred to as "hanging weight"), which will yield about 490 lbs. of cut meat.
- How much is the processing? This will depend on which processing plant a producer uses and your processing requests. There are 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 roasts, steaks, 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



Source: High Desert Food and Farm Alliance and Oregon State University Extension Office.

Livestock Lingo

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.



Free-Range Chickens from Seven Sisters Farm



Pastured pork from Sugar Grove Family Farms

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.

Backwoods Berry Farm

Strawberries, peaches, blueberries, blackberries
Hettick, IL. (217) 436-2510

Creaking Tree Farm

Various veggies.
Alvin, IL. (708) 951-6099

Gail's Pumpkin Patch

Pumpkins, gourds, apples, corn.
Beason, IL. (217) 447-3409

Jefferies Orchard

Berries
Springfield, IL. (217) 487-7582

Loerger Farms

Flowers
Minonk, IL. (309) 620-2620

Mill Creek Farm

Pumpkins.
Quincy, IL. (217) 222-8430

Mulberry Lane Farm

Strawberries, blueberries, black raspberries.
Loda, IL. (217) 386-2690

O'Rourke Family Gardens

Various veggies, strawberries, blackberries, potatoes, sweet potatoes
Downs, IL. (309) 838-5932

Prairie Fruits Farm and Creamery, LLC

Fruits
Champaign, IL. (217) 643-2314

The 200 Acres and The Great Pumpkin Patch

Pumpkins, squash, gourds
Arthur, IL. (217) 543-2394

Sunny Lane Farm/Teresa's Fruit and Herbs

Aronia berries.
Eureka, IL. (309) 231-4484

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. Heirloomious Farm

Shea Belahi
Urbana, IL 61801
heirloomiousfarm@gmail.com
www.heirloomiousfarm.com



At Heirloomious 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/pagHarvests/207710419269124



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) 728-1400
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 restaurant*

"To forget how to dig the earth and tend the soil is to forget ourselves" - Mahatma Gandhi

46. Illinois Willows

Kent Miles
1477 C. R. 200 East
Seymour, IL 61875
217-778-8312
illinoiswillows@aol.com
www.illinoiswillows.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
Carrollton, IL 62016
(217) 942-5060
customerservice@livespringsfarm.com
www.livespringsfarm.com



Live Springs Farm is a 610 acre diversified farm using biodynamic grazing 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



Legacy of the Land, LLC

Legacy of the Land, LLC is a group of family farms based in Central Illinois. Our mission is to provide a business, educational and community network that makes small-scale, sustainable farming a viable livelihood for more Central Illinois farm families. We sell products collectively through our online market.
<http://market.thelegacyoftheland.com/>

105. Carrol's Timber Edge Farm

Chuck Carrol
 9635 E 1800 North Road
 Graymont, IL 61743
 (815) 510-8790
ckcarroll79@gmail.com
www.localharvest.org/carrolls-timber-edge-farm-M61960



Our vegetables, fruit, and herbs are grown on naturally rich virgin pasture and prairie soil along the timber's edge by Rooks Creek. We are firm believers in locally produced food that benefits both the farmer and consumer and has no negative impact on the environment. Available via: Legacy of the Land Farmer Co-op, CSA, Farmers markets, Sales to restaurants, institutions, and retailers

106. Cook Farm

Dylan Cook
 10702 N. 1900 East Rd.
 Bloomington, IL 61705
 (309) 530-9902
dylanrcook@gmail.com
www.cook-farm.com



We raise vegetables, herbs, melons, and transplants without the use of fungicides, synthetic fertilizers or chemicals of any kind. We raise a healthy mix of vigorous hybrids and hard to find heirlooms, and do not use any GMO seeds. We raise vegetables, melons, and herbs. Available via: Legacy of the Land Farmer Co-op, CSA, Farmstand on Towanda Barnes Road, Bloomington Farmer's Market, Sales to restaurants, institutions, and retailers

107. Four Sisters Farm

Zeb Wyant
 26804 E 1500 North Rd.
 Ellsworth IL
 (309) 531-3326
foursistersfarms@yahoo.com
<https://www.facebook.com/foursistersfarms>



Zeb Wyant, his wife Samantha and girls – Ali, Gretchen, Charly, and Billy, manage the farm. Although the farm is close to home, after most long work days, his family prefers to stay in a camper that is kept on the farm. His hope is to continue moving from conventional farming into more natural farming while growing his interests in fruit production. Available via: Legacy of the Land Farmer Co-op, Sales to restaurants, retailers, institutions

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

“Agriculture 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://thelegacyoftheland.com/index/#/jubilee-farms/>



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, retailers, and institutions*

112. Millie's Corner Farm

Beth Steffen
4650 N 2020 East Rd.
Fairbury IL 61739
815-848-8331
beth@steffenbunch.com
www.thelegacyoftheland.com/millies-corner-farm



Millie's Corner Farm in rural Fairbury, Illinois, is a small family-owned and operated farm specializing in fresh produce, eggs, and poultry. Our chemical-free, naturally fertilized produce includes heirloom variety peppers, beets, green beans, and kale. Our brown eggs come from our own flock of free-range hens. Happy hens produce delicious eggs! We also raise broiler chickens that are grass fed. Both our hens and our broilers are supplemented with a Non-GMO feed. The produce, meat, and eggs from our family farm are not only healthier for you, but they taste great too! *Available via: Legacy of the Land Farmer Co-op*

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 methods in a sustainable manner with a community driven purpose. Their personal journey started years ago, by taking an honest look at their family's health. Growing up overweight created blinders 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 change. The Turners moved back to Illinois and like their families had done for decades in central Illinois, they decided to start farming. For 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, retailers, and institutions*

54. Loerger Farms

Lowell and Janet Loerger
2853 County Road 1700 North
Minonk, IL 61760
(309) 620-2620
yegs@a5.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 Roegge
2833 S 48th, Quincy, IL 62305
(217) 222-8430
roegge@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)*



WHAT'S A CSA?

A CSA, or Community Supported Agriculture, is a great way to support your local farmer and get your fill of farm-fresh produce. Buy a "share" in a local farm at the beginning of the season to help farmers cover the up-front cost of seeds and equipment, and get a "share" of the harvest weekly throughout the season. It's win-win! Know your farmer, know your food, and sign up for a CSA this year. Check out the farms in this guide to find a CSA near you.

63. O'Rourke Family Farms

Brian & Carrie O'Rourke
22193 E. 600 North Rd.
Downs, IL 61736
(309) 660-9115
orourkes@dtnspeed.net
www.facebook.com/ORourkeFamilyFarms



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 ar known for specialty/new potatoes, rhubarb, and heirloom seedlings. *Available via: Naturally Yours Grocery (Normal), Downs Village Market, Farm-stand: Wed. and Thurs.*

64. O'Rourke Family Gardens

Mark or Rita O'Rourke
10833 N. 2400 East Rd.
Downs, IL 61736
Mark (309) 838-5932
Rita (309) 530-7226
ofamilygardens@gmail.com



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*

65. Parkes Family Produce

John Parkes
9248 State Route 125
Pleasant Plains, IL 62677
217-331-3697
parkesj49@yahoo.com
www.parkesfamilyproduce.com



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*

66. Prescott's Farm - Petal Song Apiaries

Linda Prescott
20009 E. County Highway 17
Canton, IL 61520
(309) 369-4368
petalsongapiaries@yahoo.com



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.

67. Prairie Fruits Farm and Creamery, LLC

Leslie Cooperband
4410 N. Lincoln Ave.
Champaign, IL 61822
(217) 643-2314
prairiefruits@gmail.com
www.prairiefruits.com



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)*

***"Cheese—milk's leap
towards immortality"
- Clifton Fadiman***

68. PrairiErth Farm

Dave, Hans, and Katie Bishop
2047 2100 St.
Atlanta, IL 61723
(309) 824-0484
hans@prairierthfarm.com
www.prairierthfarm.com



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*

69. Ready Farm Market

Cathy or Randy Walls
2869 Woodson Franklin Rd.
Franklin, IL 62638
(217) 370-7456
readyfarm@yahoo.com
www.birdhousepeople.com



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
jbart02s@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/rusticred>



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) 483-8385
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
siftt@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) 848-2316
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)*

Stewards of the Land, LLC continued

121. North Avoca Farm
Alma Meister-Augsburger
22216 E 1400 North Rd
Livingston, IL



Wonderfully fresh fruits, vegetables, herbs, and pea tendrils grown the natural way. Available via: *Stewards of the Land Farmer's Market in Fairbury, Sales to restaurants in Champaign, Bloomington, Peoria and Chicago*

122. Spence Farm
Kris, Marty and Will Travis
2959 N. 2100 East Rd.
Fairbury, IL 61739
(815) 692-3336
mandk@thespencefarm.com
www.thespencefarm.com



Settled in 1830, Spence Farm is the oldest family farm in Livingston county. We provide delicious chemical free produce to chefs in Central Illinois as well as downtown Chicago. This year we have over 50 acres of food production, featuring many rare and endangered heirloom varieties. Available via: *Sales to restaurant*

123. Sylvan Acres
Greg and Jill Stoller
29207 E 900 North Rd.
Forrest, IL 61741
(815) 657-8900
www.stewardsoftheland.com



We're beginning our second year as members of Stewards of the Land group but have been gardening for 40 years. Available via: *On-farm sales (call for pick-up), Sales to restaurants*

124. Windy Knoll Produce
Brian or Kara Stoller
29835 N. 3360 East Rd.
Chenoa, IL 61726
(815) 848-7222
bkstoller@maxwire.net



Windy Knoll Produce mainly grows chemical-free produce for sale to Chicago restaurants. The main crop is tomatoes. The farm also sells lettuce and spinach locally. Available via: *Farmers market, Sales to restaurants and retail*

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
Andy Heck and Gus Jones
312 N. Bruns Ln.
Springfield, IL 62702
Andrew Heck: (217) 891-3570
Gus Jones: (217) 299- 4578
prairiecityfarmllc@gmail.com
https://www.facebook.com/PrairieCityFarm



Small Axe Market Gardens is a unique urban farm with a rural feel. We utilize cover cropping, crop rotations, and composting to grow a large assortment of natural/biologically grown produce, flowers, and herbs. Available via: *CSA, Old Capitol Farmers' Market, Sales to restaurants and retail*

81. Smiling Frog Farm
Robert and Julie Haugland
1612 East Knox Road 1550 North
Dahinda, IL 61428
(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*

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

83. Spence Farm Foundation

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

84. 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/114748295211314



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*

85. Sugar Grove Family Farm

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

86. 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*

87. 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 market, On-farm sales by appointment*

88. 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*

89. 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*



Sugar Grove Family Farms

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) 358-2450

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) 436-2510

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
Carlock, IL. (309) 376-5281

Eberlins Orchard

Seasonal. Monday-Friday 8am-5pm.
Saturday and Sunday 10am-5pm
Golden Eagle, IL. (618) 883-2025

Funks Grove Pure Maple Sirup

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

Gail'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) 251-9612

Honey Creek Farm

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

Jefferies Orchard

Seasonal. Monday- Saturday 9am-6pm,
Sunday 10am-5pm
Springfield. (217) 487-7582

Jones Country Garden

On farm in Pontiac. April-October.
Monday-Saturday 9am-5pm
Cliff's Market location in Metamora:
April-October. Daily 9am-5pm
(815) 674-9585

Jubilee Farm

Seasonal. Monday-Friday 9am-3pm
New Berlin, IL. (217) 787-6927

Kilgus Farmstead

All year, Monday-Saturday 8am-6pm
Fairbury, IL. (815) 692-6080

Living Water Farms Inc.

Year Round. Monday-Friday 8am-5pm
Strawn, IL. (815) 848-2316

Mari- Mann Herbs

Year Round. Monday-Saturday 9am-5pm,
Sunday 12 noon-5pm
Decatur, IL. (217) 429-1555

Mill Creek Farm

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

Mulberry Lane Farm

March-October. Monday-Saturday 8am-8pm
Loda, IL. (217) 386-2690

O'Rourke Family Gardens

May-October. Friday, 9am- 6pm.
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, Saturday 9am-12 noon
May-October. Monday-Friday 10am-5pm,
May-September. Wednesday 4pm-6pm
Champaign, IL. (217) 643-2314

R&R Hydroponics

May-August. 24/7. Honor system
Chambersburg, IL. (217) 491-0570

Ready Farm Market

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

Red Barn Heritage Farm

May 1st- November 1st. Saturday and Sunday
9am-3pm
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 Pork Ranch LLC

Open year round. Monday, Tuesday,
Wednesday, Friday and Saturday 10-5.
Closed Thursdays and Sundays.
Chatsworth, IL. (815) 635-3414

Suttill's Gardens

Seasonal. Monday-Saturday 8am-5:30pm,
Sunday 8am-3pm
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 web-
site for specific times.
Hudson, IL. (309) 275-0008

Twin Oak Meats

Year round. Monday-Saturday 7am-7pm
Fairbury, IL. (815) 692-4215

90. 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*

94. TJ's Pastured Free Range Poultry

Tim and Julie Ifft
2773 N. 1500 East Rd
Piper City, IL 60959
(815) 686-9200
tji4@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 2009, 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*

“ WHEN ONE TUGS ON A SINGLE THING IN NATURE, HE FINDS IT ATTACHED TO THE REST OF THE WORLD.” - JOHN MUIR

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*

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*

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*

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*



Sola Gratia Farm Market Stand

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



Springfield Holiday Farmers Market



An Eater's Manifesto

Eat food. Not too much. Mostly plants.

Do all your eating at a table.

Eat slowly.

Try not to eat alone.

Have a glass of wine with dinner.

Don't eat anything your grandmother wouldn't recognize as food.

Avoid food products containing ingredients that are unfamiliar, unpronounceable, or more than five in number.

Shop the peripheries of the supermarket and stay out of the middle.

Don't get your fuel from the same place your car does.

Pay more, eat less.

Eat well-grown foods from healthy soils.

Eat wild foods when you can.

Cook, and if you can, plant a garden.

-Michael Pollan

Downtown Bloomington Farmers Market

Tricia Stiller
106 W. Monroe
Bloomington, IL 61701
(309) 829-9599
marketing@downtownbloomington.org
www.downtownbloomington.org

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.

Lincoln Farmers' Market

Vicki Hum and Doug Fink
106 S. Jefferson St.
Lincoln, 62656
(217) 732-6962
Vickie.Hum@illinois.gov

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.

"YOU CAN'T BUY HAPPINESS, BUT YOU CAN BUY LOCAL, AND THAT'S KIND OF THE SAME THING!" - ANONYMOUS

Downs Village Market

Carol Hiebert
P.O. Box 154
Downs, IL 61736
(309) 378-4223
marketmaster610@gmail.com

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.

Illinois Products Farmers Market

Luke Sailer
P.O. Box 19427
Springfield, IL 62794
(217) 785-4873
kristi.jones@illinois.gov
www.illinoisproductmarket.com

The Illinois Products Farmers' Market is a night market sponsored by the Illinois Department of Agriculture and Springfield Clinic. Products must be produced or processed in Illinois. Products range from organic and non-organic produce, pasta, baked goods, jams and jellies, meat and poultry, eggs and Illinois wine. LINK cards and WIC/Farmers' Market Nutrition Program coupons are accepted at the market. Commodities Pavilion Illinois State Fairgrounds, Thursdays, May through October, 4pm-7pm.

Junction City Farmers Market

5901 N Prospect Rd.
Peoria, IL 61614
www.facebook.com/junctioncityshoppingcenter

Stop by our Farmers' Market on Wednesdays during our Walk On Wednesday Events and on Saturdays where you can enjoy local, fresh produce, live cooking demonstrations from Chef Dustin Allen, owner of Edge by Chef Dustin Allen, local artists displaying and selling their artwork, outdoor yoga with The Yoga Projekt, and more! June-September Wednesdays 3:30-7pm. Saturdays 8am-1pm.

Old Capitol Farmers Market

Ann Frescura
3 West Old State Capitol Plaza, Suite 15
Springfield, IL 62702
(217) 544-1723
ann@downtownspringfield.org
www.downtownspringfield.org

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.

Peoria Riverfront Market

Sharon Gramm
200 Block of Water Street
Peoria, IL 61602
info@peoriariverfront.com
(309) 671-5555
www.peoriariverfront.com

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.

Saturday Produce Market

Deanna Koenigs
One College Park-Richland Community College
Decatur, IL 62521
(217) 875-7211 ext 442
dkoenigs@richland.edu

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.

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@urbanaininois.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.
 Visit. www.streator.org for dates and details.



PrairieErth Farm Market Stand

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

Spring (April-May)	Summer (June-Aug.)	Autumn (Sept.-Nov.)	Winter (Dec.-March)
Asparagus	Cucumber	Carrots	It's best to eat storage crops and preserved produce from the fall harvest over the winter:
Lettuce	Eggplant	Cabbage	
Spinach	Beans	Gourds	Apples
Kale	Peppers	Greens	
Spring Onions	Tomatoes	Beans	Onions
Rhubarb	Summer Squash	Potatoes	
Radishes	Zucchini	Pumpkins	Potatoes
Peas	Sweet Corn	Winter Squash	
Strawberries	Berries	Apples	Winter Squash
	Cherries	Pears	
	Melons	Plums	Greens produced in high tunnels
	Peaches	Onions	
	Kohlrabi	Beets	
	Broccoli	Brussel Sprouts	



FOR MORE INFORMATION AND PROGRAMS ABOUT EATING SEASONALLY, GARDENING, NUTRITION AND WELLNESS, FOOD PRESERVATION, LOCAL FOODS, AND SMALL FARMING, VISIT WEB.EXTENSION.ILLINOIS.EDU



— **Bloomington-Normal** —

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.*

— **Peoria Area** —

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

— **Springfield** —

American Harvest Eatery

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

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

Engrained Brewing Company and Restaurant

Brent Schwoerer
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.*

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*

— **Champaign-Urbana** —

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*

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-10PM, Fri 11am-11pm, and Saturday 10am-11pm*

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: Moday-Thursday 11am-10pm, Friday and Saturday 11am-11Ppm, 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

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

Timpone's

Jim Takantjas 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 11:30 am-9pm. Friday 11:30am-10pm, Saturday 5-10pm*

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*

"There cannot be good living where there is not good drinking."

- Benjamin Franklin

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!



**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



Retail/Grocery

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 Food Co-op

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-8Ppm, 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*

Naturally Yours Grocery
 1503 College Ave
 Normal, IL 61761
 (309) 452-3456
 d.dirks@naturallyyoursgrocery.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. *Mon-Sat 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
 gjtm@mtco.com
 www.believegjtm.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.robby@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

ILLINOIS STEWARDSHIP ALLIANCE



LOCAL FOOD MATTERS

Illinois Stewardship Alliance is a statewide non-profit organization that promotes environmentally sustainable, economically viable, socially just, local food systems through policy development, advocacy, and education.

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 local and sustainably grown foods for our land, our families, and our communities.

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