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Dear Lindsay,

Woah Nelly. Winter may have been slow and cold, but June has come hurtling at us like one big blast of blazing sunshine, and its bringing with it a whole mess of good things to keep you (and me!) busy. Farmers' Markets across the state are in full swing, gardens are in full-bloom, and to top it off, we're kicking off our first set of Local Flavors farm-to-table lunches on June 3rd and dinners on June 19th. Hang on to your horses because June is going to be a wild and wonderful ride.

Local Flavors Lunch Menus, June 3rd

They're here! They're finally here! Come get a taste of Central Illinois during the first round of Local Flavors lunches on **Tuesday, June 3rd** in Bloomington-Normal, Springfield, Champaign-Urbana, and Peoria. Check out the top-notch restaurants below and their menus chock-full of fresh, delicious produce straight from Central Illinois farmers.

Bloomington-Normal: [The Garlic Press Market Cafe](#)



The Garlic Press Market Café

Arugula and Shaved Radish Salad with Vinaigrette

(Arugula from Garden Gate Farm and Radishes from Spence Farm)

Pork and Potato Dumplings with Roasted Green Garlic and Spinach

(Pork from Garden Gate Farm, green garlic from Spence Farm, spinach from Drake Farm)

Nettle Herb Soup

(Nettle from Spence Farm)

Sorrel and Egg Bakes with Goat Cheese

(Sorrel and eggs from Jane's Garden and goat cheese from Prairie Fruits Farm and Creamery)

Grilled Asparagus with Pickled Onions

(Asparagus from Jane's Garden and onions from Spence Farm)

On a daily basis you can find the following local food items being used at the Garlic Press Market Café

Artisan breads made with grains from Spence Farms

Salad greens from Living Water Farms

Yogurt from Windcrest Creamery

Cheese from Marcoot Creamery



Sources:

[Garden Gate Farm](#): Arugula, Pork

[Spence Farm](#): Radishes, Green Garlic, Nettle, Onions

Jane's Garden: Asparagus, Sorrel, and Eggs

Drake Farm: Spinach

[Prairie Fruits Farm and Creamery](#): Goat cheese

Springfield: [Engrained Brewing Company](#)



Get all three courses for \$18,
or purchase the courses individually

First Course \$4

Cream of Asparagus Soup featuring asparagus from the farmers market and made with fresh cream from Rob Lee Farms (Carlock, IL) (the farm Engrained's owner Brent grew up on)

Second Course \$12

Grilled Pork Medallions with a Bacon Chutney featuring pork from Ropp Jersey Cheese (Normal, IL)
Spring Onion & Kale Risotto Cake featuring spring onions from Veenstra's Vegetables (Rochester, IL) and kale from Parkes Family Produce (Pleasant Plains, IL)

Third Course \$6

Strawberry Shortcake featuring fresh strawberries from Parkes Family Produce (Pleasant Plains, IL)

Sources

[Ropp Jersey](#): Pork medallions and bacon

[Parkes Family Produce](#): Kale and Strawberries

Rob Lee Farms: Cream

[Veenstra's Vegetables](#): Spring onion

Champaign-Urbana: [Milo's Restaurant](#)

milo's

Local Flavors Lunch: Tuesday, June 3, 2014

~ Blue Moon Farm greens with farm fresh crispy egg, grilled asparagus and basil vinaigrette

10-

~ Frittata with farm fresh eggs, Blue Moon Farm kale and rapini. Served with Blue Moon Farm greens and basil vinaigrette

12-

~ Gibson City Meat's grilled pork tenderloin sandwich with avocado mayonnaise, pickles and mustard served with Blue Moon Farm greens and sweet potato fries

14-

~ Prairie Fruit Farms goat cheese strudel served over Blue Moon Farm greens with basil vinaigrette

12-

~ Obdulio's homemade gelato made with Kilgus Farmstead milk and local berries



5-



Sources:

[Blue Moon Farm](#): greens, eggs, asparagus, kale, rapini

[Gibson City Meats](#): pork

[Prairie Fruit Farms](#): goat cheese

[Kilgus Farmstead](#): Milk

Peoria: [Apple's Bakery and Gluten Free Kitchen](#)



Menu options for June 3rd.

House Salad with assorted greens and fresh radishes

Spinach Bisque Soup

Spinach Swiss Quiche

Egg Salad Croissant with bed of greens

Chicken Salad Croissant with bed of greens

Rhubarb Custard Tarts
(depending on rhubarb availability from Broad Branch Farms)

Sources:

[Hartz Produce](#): Greens, Spinach, green onions, radishes

[Lori's Layers](#): Eggs

[Broad Branch Farm](#): Chicken and hopefully rhubarb.

Share to Win!

To kick off our first Local Flavors event on Tuesday, June 3rd, we'll be awarding a \$25 gift certificate to **each** of the four restaurants listed above. All you have to do is go to the [Buy Fresh Buy Local facebook page](#). Once there, **comment on and share** the Local Flavors flyer corresponding to your city of choice, and voila! You'll be entered for your chance to win! The winner will be chosen by 5:00 p.m. tonight. Help us spread the word and start sharing

today.



Farm-fresh lunches and dinners at your favorite restaurants June - October

SPRINGFIELD 2014

LUNCHES

June 3 Engrained Brewing Company
 July 1 Ill Tomasso's Italian Bistro
 August 6 Incredibly Delicious
 September 2 La Calla
 October 7 Danenberger Family Vineyards

DINNERS

June 19 American Harvest Eatery
 July 17 Augie's Front Burner
 August 14 Arlington's
 September 18 TBA
 October 16 Maldaner's Restaurant

CHAMPAIGN-URBANA 2014

LUNCHES

June 3 Milo's Restaurant
 July 1 Pizza M.
 August 6 Pekara Bakery and Bistro
 September 2 Common Ground Food Co-op
 October 7 The Urbana Butcher Shop

DINNERS

June 19 Escobar's Restaurant
 July 17 Plato Cafe
 August 14 Bacaro Wine Lounge
 September 18 Destihl Restaurant & Brew Works
 October 16 Big Grove Tavern

BLOOMINGTON-NORMAL 2014

LUNCHES

June 3 The Garlic Press Market Cafe
 July 1 Destihl Restaurant & Brew Works
 August 6 A. Renee Wine Cafe
 September 2 Kelly's Bakery
 October 7 Biaggi's Ristorante Italiano

DINNERS

June 19 Lancaster's Restaurant
 July 17 Station Two Twenty
 August 14 The Tavern at the Park Regency Hotel
 September 18 Reality Bites
 October 16 Anju Above

PEORIA 2014

LUNCHES

June 3 Apple's Bakery
 July 1 Fresh Table
 August 6 One World Cafe
 September 2 New Amsterdam Bar & Restaurant
 October 7 TBA

DINNERS

June 19 The Creek
 July 17 Hearth
 August 14 Maxine's on Main
 September 18 Edge by Dustin Allen
 October 16 Rizzi's on State

Be sure to call participating restaurants for reservations as they may fill up quickly.



For more information: www.ilstewards.org

BFBL Welcomes our Newest Members!

The Buy Fresh Buy Local campaign welcomes its newest members since the start of 2014. Be sure to read all about them on their websites, or even better, go for a visit!

Jefferies Orchard

Pam Jefferies
1016 Jefferies Rd.
Springfield, IL 62707

217-487-7582
jefferiesorchard23@yahoo.com

Fresh local produce, picked in season: asparagus, rhubarb, u-pick berries, sweet corn, tomatoes, peaches, apples, melons, squash, peppers, eggplant, pumpkins and gourds

Product Availability: Farm Stand, Humphrey's Market, Maldaner's Restaurant, Augie's Front Burner

Open: Monday thru Saturday: 9 a.m. to 6 p.m., Sunday: 10 a.m. to 5 p.m.

www.Jefferies-Orchard.com

<https://www.facebook.com/pages/Jefferies-Orchard/156100327860979>

Mulberry Lane Farm

Helen E. Aardsma
414 N. Mulberry Street
Loda, IL 60948

217-386-2690
helen@mulberrylanefarm.com

We are a family run organic/sustainable farm where we sell organic vegetables and fruit. We also 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.

Open: Monday-Saturday 8:00 a.m.-8:00 p.m.

Product Availability: U-pick, Farmstand, Store/Retail,

www.MulberryLaneFarm.com

Sola Gratia Farm

Traci Barkley
2200 South Philo Rd.
Urbana, IL 61801

217-367-1189
solagratiacsa@gmail.com

Sola Gratia Farm is a community-based farm enterprise dedicated to producing locally-grown, high-quality, natural produce. Responding to the Gospel, the Farm is committed to helping those who lack adequate food resources by donating ten percent of its produce to support regional hunger programs. The Farm promotes healthy lifestyles and community building through education, service, and outreach programs.

Open: 8 a.m. - 6 p.m. M-F, Weekend times vary.

Product Availability: Farm-Stand, CSA, Urbana Farmers' Market, Common Ground Food Co-op, Various Restaurants

www.solagratiafarm.org

<https://www.facebook.com/solagratiafarm>

Lincoln Farmers' Market

Vicki Hum and Doug Fink

106 S. Jefferson St.

Lincoln, IL 62656

217-732-6962

Vicki.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. Open: Wednesday, June- August 8 a.m.-12 p.m; Saturdays May- October 8 a.m.- 12 p.m.; Logan Court Highrise Market occurring once a month from 12-2 p.m. June 4th, July 2nd, August 4th, Sept 3rd, and October 3rd.

Junction City Farmers' Market

5901 N Prospect Rd.

Peoria, IL 61614

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!

Open: Wednesdays 3:30 p.m. to 7:00 p.m. Saturdays 8:00 am- 1:00 pm. June 18th through September

<https://www.facebook.com/junctioncity.farmersmarket>

Danenberger Family Vineyards

Susan Danenberger

12341 Irish Rd.

New Berlin, IL 62670

217-0488-6321

susan@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.

Product Availability: Our Winery, American Harvest Eatery, Island Bay Yacht

Club, Norb Andy's, Market on Koke Mill.

www.dfv-wines.com

www.facebook.com/danenbergerfamilyvineyards

Summer Shindig

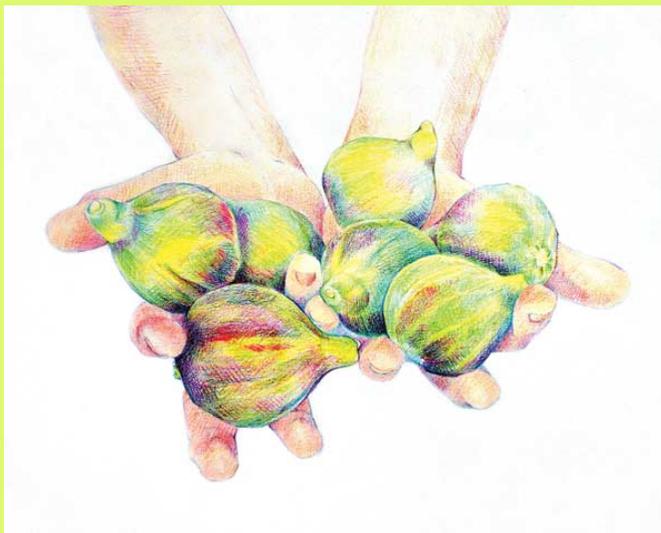
Illinois Stewardship Alliance (ISA), hosts of Local Flavors and the Buy Fresh Buy Local campaign, is throwing a party. As a thank you to all of our current member for thier dedicated support throughout the year, ISA will be hosting a Summer Shindig at [Danenberger Family Vineyards](http://www.danenbergerfamilyvineyards.com). With free food, music, local libations, and of course, excellent company, what's not to love? Mark your calendars because this will be one event you won't want to miss. Not an ISA member, but you don't want to miss out on the fun? Membership starts at just \$15. [Join Today!](#)



Eating Rich, Living Poor: How Local Food Can Change Your Health and Your Life

Unemployed and diagnosed with celiac disease, Melissa Welters must go

gluten-free on a shoe-string budget. What follows is a heart-warming journey back to health, both in body and soul, through the discovery of local foods. The short essay, *Eating Rich, Living Poor*, is a must-read for anyone wanting to learn more about the healing power of food.



"It started disastrously. Three bare months before my partner and I moved, at the start of the worst economic downturn since the Great Depression, I was diagnosed with celiac disease. There was no cure, only a strict diet to be followed. No more gluten, which meant wheat, rye, or barley. Those three ingredients seemed to be in everything. No cookies, no crackers, no soups, no bread, no pasta, no potpies. Nothing. I couldn't even add soy sauce to

my stir fry. It was winter and the cold was already taking a toll on me. Long, cloudy months lowered my spirits. Winter cut through my jacket and bit at my bones. It felt like starvation."

[Read more](#)

Barbacoa Beef Cheek Tacos with Pickled Radishes

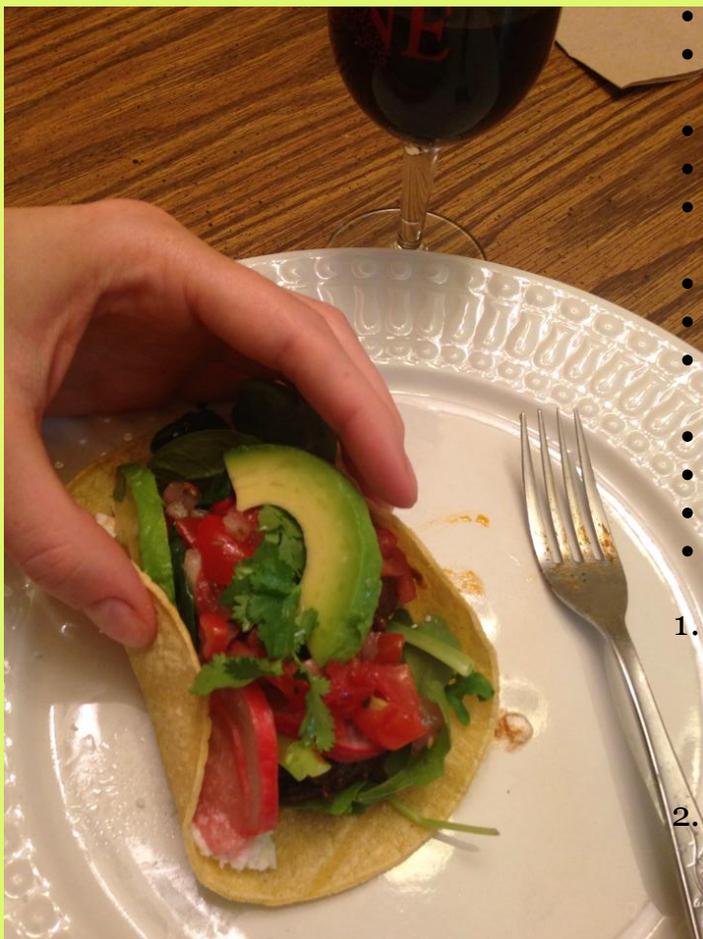
Cinco de Mayo may have come and gone, but that doesn't mean you can't enjoy these scrumptious (gluten-free) Beef Cheek Tacos all year long. That's right, you heard me, Beef Cheeks. You know, as in that plump, rosy part of your face with cute little dimples. Well turns out, they're pretty good eating. Now I know what you're thinking...cow face? You want me to eat cow face? Well yes. And if you think about it a little bit longer, face cheeks actually sound a lot more appetizing than your usual cuts of beef which come from another "cheeky" area. So if you don't mind eating...ahem..butt cheeks (eye of round, rump roast, top sirloin, round steak) why not give face cheeks a try? Also, once you learn this recipe, you can now officially say that you know how to prepare beef cheeks, and that could be a very handy survival skill, which will give you a leg up during the zombie apocalypse. Just saying.

Barbacoa Beef Cheek Tacos

Serves 6-8 (depends how many tacos each person can eat!)

Barbacoa Beef Cheeks:

- 2 1/2 pounds beef cheeks (I purchase mine from [Triple S Farms](#))
- 4 cloves garlic
- 1 tablespoon natural peanut butter
- 1 ancho chili (or 2 teaspoons ground ancho chili)



- 1 teaspoon instant espresso
- 2 tablespoons olive oil (plus 2 more for cooking)
- 1 tablespoon honey
- 2 teaspoons cumin
- 1 teaspoon smoked sweet paprika
- 1 handful fresh cilantro
- 1 teaspoon salt
- 1/2-1 cup chicken or beef broth
- 3 limes
- 1 avocado
- corn tortillas
- fresh cilantro

1. Clean and trim the cheeks (I didn't do any trimming as I had a pretty lean cut.) Put them in a container that you can marinate them in.
2. Remove the stem and seeds from the ancho, cut it up into chunks and rehydrate in a little water (I stick it in a ramekin and microwave for

30 seconds. Alternately, you can use ground ancho)

3. Peel and chop the garlic. Put everything from the garlic to the salt in the food processor (including the water from the chili) and blend into a paste. Toss the paste with the cheeks and marinate for several hours or better yet overnight.
4. When it's time to cook, toss your beef cheeks into a slow cooker. Use the broth to rinse the rest of the marinade into the slow cooker as well, then squeeze the juice of 3 limes in. Cooking on low for 3 1/2 hours, adding more broth if it dries up.
5. Alternately: Bake at 275 in a dutch oven for 3 1/2 hours - turn the cheeks over once or twice while they cook and if the liquid dries up add a bit more broth
6. When the cheeks are fall-apart tender, use 2 forks to pull the meat apart in the pan so that it mixes in with all of that fatty juicy goodness.
7. To serve - heat 2 corn tortillas. Fill with barbacoa, a slice of avocado, feta cheese, and fresh cilantro. The original recipe suggested serving these tacos with pickled onions, but radishes are in season and pickled radishes, with their peppery bite, are absolutely delish with this dish. The recipe is below. Serve and enjoy!!

Pickled Radishes:

- 1 bunch radishes, about 1 pound
- 1 cup vinegar (apple cider, rice wine, champagne, red wine)
- 1/2 cup cold water

- 1-2 tablespoons honey or granulated sugar
- 2 teaspoons sea salt
- 1 clove garlic, sliced



1. Thinly slice the radish bulbs (or julienne or quarter depending on preference) and place them in a jar. In a small saucepan combine the vinegar, cold water, honey/sugar, sea salt, and the garlic. Stir to combine, bring to a boil, and then remove from the heat.

2. Pour the vinegar mix into the jar. Place the lid on the jar. Allow the radishes to sit until cool. Refrigerate until ready to use, up to 10 days.

Makes 2 cups pickled radishes

Beef Cheek Taco recipe courtesy [Triple S Farms](#). You can find Triple S Farms selling their local, chemical free,

pastured beef at Urbana Market at the Square on Saturdays and the Downtown Springfield Farmers' Market on Wednesdays.

New Westside Farmers' Market Opening in Springfield

With the opening of the Westside Farmers' Market on Sunday, June 8th, Springfield residents will have even more ways to find great local produce. Make it a Sunday fun day at the market and head out for their opening day!



Market Hours
JUNE 8 -
SEPTEMBER 14
 Sundays 11am- 2pm

KNIGHTS OF COLUMBUS 364
 PARKING LOT
 2200 MEADOWBROOK
 CORNER OF ILES & MEADOWBROOK

Westside Farmers Market sponsored by Knights of Columbus 364

Local Food and Farm Events



To view the full calendar of events, click on the calendar image at left.

6/1 - Be Old Fashioned, Eat Organic! - Rock Springs Conservation Area, - 3939 Nearing Lane - Decatur, IL - 2pm - 3pm

Join well-known garden volunteer, Marge Evans, for a free program, Be Old-Fashioned, Eat Organic, on Sunday, June 1 at 2pm. Come to the Homestead Prairie Farm Stage at Rock Springs Conservation Area in Decatur, as she shows you how to grow an heirloom vegetable garden using organic methods.

<http://maconcountyconservation.org/events/be-old-fashioned-eat-organic/>

6/2 - Good Agricultural Practices Webinar - 6pm-8pm

The U of I Extension will be hosting the Good Agricultural Practices Webinar Series every Monday from June 2-June 23, 2014 from 6pm-8pm. The webinar is designed to provide information to growers on how to keep produce safe from production to the market.

<https://web.extension.illinois.edu/registration/?RegistrationID=9627>

6/2 - Farm Dreams Workshop - Danville, IL - 6pm-7pm

Have you ever dreamed of starting your own farm business? Farm Dreams is an interactive workshop designed to help you learn what it takes to do just that. Participants meet experienced sustainable farmers, learn about different successful farm enterprises, and ask questions about the genesis and development of local sustainable farm businesses.

<http://thelandconnection.org/farmers/farm-dreams-workshops>

6/3 - Local Flavors Lunches

It's the kickoff of the first Local Flavors Lunches! Enjoy farm-fresh fare from your favorite restaurants across Central Illinois by visiting the following restaurants for lunch on June 3rd: Engrained Brewing Company in Springfield, The Garlic Press Market Cafe in Bloomington-Normal, Apple's Bakery in Peoria, and Milo's in Champaign-Urbana.

Local Flavors is a farm-to-table series connecting Illinois growers and producers with local restaurants. The series opens new markets for local growers, gives restaurants an opportunity to work with local growers while receiving high quality products, and gives diners a taste of Central Illinois.

<http://www.ilstewards.org/local-food-promotion/local-flavors/>

6/3 - Garden Gate to Dinner Plate Workshop - Bloomington, IL - 6pm-8pm

Do you wish to sell your delicious baked goods or jams and jellies at an Illinois Farmers Market? If so, you won't want to miss this free program Tuesday, June 3, 2014 from 6 to 8:00 p.m. at the University of Illinois Extension McLean County Office located at 402 N. Hershey, Bloomington, IL 61704. There is no fee for the workshop, but pre-registration is required by June 2, 2014. Questions? Feel free to contact the McLean County office at 309-663-8306.

https://web.extension.illinois.edu/state/calendar_event.cfm?ID=65433

6/5 - Foodie Wine Trip of Sustainable Farms and Vineyards - Springfield, IL - 8:30am-3:30pm

Join us for our upcoming Foodies/Wine Trip - Local, Sustainable! Includes tour of local farms and vineyards, as well as lunch and a wine blending experience captured in your very own take-home bottle!

<http://www.llcc.edu/commed/CommunityEducation/tabid/989/Default.aspx>

6/8 - Westside Farmers' Market Opening Day- Springfield, IL- 11am-2pm

The new Westside Farmers' Market will be held every Sunday 11am-2pm from June 8th- September 14 at the Knights of Columbus Parking Lot on 2200 Meadowbrook, at the corner of Isles and Meadowbrook in Springfield.

6/9 - Good Agricultural Practices Webinar - 6pm-8pm

The U of I Extension will be hosting the Good Agricultural Practices Webinar Series every Monday from June 2-June 23, 2014 from 6pm-8pm. The webinar is designed to provide information to growers on how to keep produce safe from production to the market.

<https://web.extension.illinois.edu/registration/?RegistrationID=9627>

6/16 - Good Agricultural Practices Webinar - 6pm-8pm

The U of I Extension will be hosting the Good Agricultural Practices Webinar Series every Monday from June 2-June 23, 2014 from 6pm-8pm. The webinar is designed to provide information to growers on how to keep produce safe from production to the market.

<https://web.extension.illinois.edu/registration/?RegistrationID=9627>

6/19- Local Flavors Dinners!

It's the kickoff of the first Local Flavors Dinners. Enjoy farm-fresh fare from your favorite restaurants across Central Illinois by visiting the following restaurants for dinner on June 3rd: American Harvest in Springfield, Lancasters in Bloomington-Normal, The Creek in Peoria, and Escobar's in Champaign-Urbana.

Local Flavors is a farm-to-table series connecting Illinois growers and producers with local restaurants. The series opens new markets for local growers, gives restaurants an opportunity to work with local growers while receiving high quality products, and gives diners a taste of Central Illinois.

<http://www.ilstewards.org/local-food-promotion/local-flavors/>

6/21 - ISA Tabling at Peoria Riverfront Market - 7am-12pm

Come see ISA at Peoria's Riverfront Market! We will be there from 7am-12pm providing information to Peoria residents and selling ISA T-shirts and cookbooks for \$20!

<http://www.peoriariverfront.com/?section=15>

6/22 - ISA Summer Shindig - New Berlin, IL - 3pm-6pm

We love our members. We do! And as a token of appreciation for all their dedication and support, we're throwing a Summer Shindig! Join us at [Danenberger Family Vineyards](#) for an evening of local food and libations, live music, and great company. The event is FREE for members and \$10 for non-members, so grab your friends, family, party hats and meet us there!

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

6/22 - Logan Ag. Flavors - Taste of Logan County Ag farmers - Lincoln, IL - 2pm-5pm

Come out and try various products of Logan County Farmers at the Farm Bureau Building in Lincoln! 120 South McLean Street.

6/23 - Agritourism Intensive Workshop - Champaign, IL - Mon-Wed - 9am-2pm

Join us at Prairie Fruits Farm and Creamery in Champaign, IL to explore the practices, marketing, economics, and legal issues surrounding agritourism in a three-day intensive training event. A limited number of spots on the Tuesday farm tour day will be open to the general public.

<http://thelandconnection.org/farmers/farmer-training-intensives/agritourism>

6/23 - Good Agricultural Practices Webinar - 6pm-8pm

The U of I Extension will be hosting the Good Agricultural Practices Webinar Series every Monday from June 2-June 23, 2014 from 6pm-8pm. The webinar is designed to provide information to growers on how to keep produce safe from production to the market.

<https://web.extension.illinois.edu/registration/?RegistrationID=9627>

6/26 Herb Gardening Workshop-Lincoln Land Community College-9am-12pm

The workshop is being held in the Workforce Careers Center at the LLCC-Springfield campus, 5250 Shepherd Road. The hands-on workshop is designed for individuals looking for ideas, inspiration, and practical strategies to design and plant an herb garden. Workshop instructor Deborah Lee, owner of Four Winds Farm in Quincy and former president of the Illinois Herb Association, will focus on a variety of herbs grown for culinary uses and healthful applications.

<http://www.llcc.edu/greencenter>

6/29 - Sugar Grove Family Farms Tour - Greenvew, IL - 10am-2pm

Sugar Grove Family Farms is a fourth generation family farm. Chase Sanert, the youngest generation, is in his second year of operating the farm using beyond USDA Organic standards. The farm raises 100% grass-fed and finished beef, and heritage pork and pastured chicken on grass with supplemented GMO-free grain in natural environments for happy, healthy animals.

http://slowfoodspringfield.org/?ai1ec_event=673&instance_id=

6/29 - Soil in the City Conference - Chicago, IL - Mon-Wed - 7am-6pm

The theme of this conference is "restoring our available urban land and optimizing local resources, while protecting environmental and human health and enhancing socio-cultural dialogue." The conference will focus on three themes: (i) Urban Gardening, (ii) Green Infrastructures, and (iii) Greening Brownfields.

<http://www.iweasite.org/Conferences/SoilCity.html>

Have an event that should be included on our event lineup? Email Molly at molly@ilstewards.org

2013-2014 Buy Fresh Buy Local Directory Available Now!

Going to a Local Flavors meal is just one way to enjoy the food grown right here in central Illinois. Other ways include buying the vegetables, meat, eggs, and fruit directly from the farmers themselves, checking out new restaurants with a commitment to local food, and visiting farmer's markets and local retailers where farm-fresh fare is sold. Check out our updated Buy Fresh Buy Local Central Illinois Directory for new farms, new restaurants and new producers in the area.

[Click here](#) to download a PDF of the directory.



Get Involved

Donate

ISA is a non-profit organization. Your donations help us to continue our work in promoting local foods, fair policies, and conservation agriculture.

[Donate Now](#)

Become a Member

Be part of an Alliance of consumers, farmers and other local food system stakeholders working to increase production and consumption of local foods in Illinois

[Learn More](#)

Spread the word!

When you send this email to a friend, like us on Facebook, follow us on Twitter, or connect with us on LinkedIn, you are helping to increase awareness about local food causes in your community. Be a part of the movement and spread the word!



Forward to a Friend

Quick Links

[Buy Fresh Buy Local Central Illinois](#)

[Local Flavors](#)

[ISA Membership](#)

[Buy Fresh Buy Local on Facebook](#)

We hope to see you soon!

Sincerely,

Molly Gleason
Illinois Stewardship Alliance | 217-528-1563
isa@ilstewards.org | www.ilstewards.org
230 Broadway, Suite 200
Springfield, IL 62701

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