

www.buyfreshbuylocalcentralillinois.org

217-528-1563



YOUR GUIDE TO THE FRESHEST LOCAL FOOD IN CENTRAL ILLINOIS



## **ABOUT THIS GUIDE**

In an effort to create a robust source of information where central Illinois residents can find local food, Illinois Stewardship Alliance established the Buy Fresh Buy Local Central Illinois Chapter in 2005. This directory features farms that have pledged to use sustainable practices and farmers markets, restaurants, retailers, institutions, and distributors that pledge to source locally whenever possible. Members of this chapter are not inspected or certified by Buy Fresh Buy Local Central Illinois and all information is self-reported. We encourage you to always ask questions and form a relationship with local farmers and businesses in order to better understand where your food comes from and how it was raised.

For more information about the Buy Fresh Buy Local Central Illinois chapter, upcoming events, a virtual map, and the stories behind local farms and businesses, visit www.buyfreshbuylocalcentralillinois.org

## THIS GUIDE IS BROUGHT TO YOU BY



**The Buy Fresh Buy Local Central Illinois chapter**, a program of Illinois Stewardship Alliance, is a local foods campaign to connect central Illinois 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. To date there are over 75 chapters in 20 states. Visit <a href="https://www.buyfreshbuylocalcentralillinois.org">www.buyfreshbuylocalcentralillinois.org</a> to learn more about the Central Illinois chapter.



**Illinois Stewardship Alliance** cultivates local food and farm systems that are economically viable, environmentally sustainable and socially just. We advocate for fair food and farm policies on the state and federal level, work to connect farmers and eaters, and provide education and resources to help farmers implement environmentally sustainable practices. Our members span the state and include farmers, eaters, businesses, and organizations that care about local food, clean water, and the health and the well-being of Illinois communities. For more information, or to join the Alliance, go to www.ilstewards.org or call us at 217-528-1563.



# THANK YOU TO OUR SPONSORS





## \$2500 Rosaceae (Rose) Family

apples, peaches, apricots, nectarines, plums, strawberries, blackberries, raspberries, pears





## BlueCross BlueShield of Illinois



## \$500 Nightshade Family

peppers, tomatoes, potatoes, eggplant, tobacco, tomatillo

















YMCA OF GREATER SPRINGFIELD





## \$1000 Brassica Family

horseradish, cabbage, cauliflower, broccoli, kohlrabi, kale, turnips, radish,





## \$250 Cucurbit Family

cucumber, melons, watermelon, summer, squash, pumpkin, gourds, winter squash











## \$100 Friend

Those we care for, respect, and trust





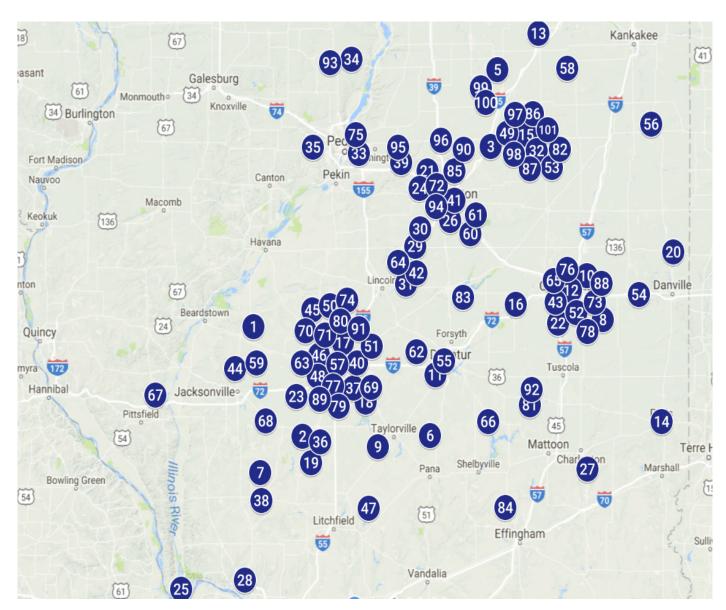






## 🗢 FIND A FARM NEAR YOU 🥏

The numbered locations correspond to farms that are listed on the following pages of this directory. For sake of clarity, map locations are approximate. For an interactive map of Buy Fresh Buy Local Members with exact locations, visit <a href="https://www.buyfreshbuylocalcentralillinois.org">www.buyfreshbuylocalcentralillinois.org</a>





## Why Buy Local?

When you buy local you not only get 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 farmers are a vibrant part of our local landscape, culture, and community, and when you buy from them, you are insuring they will remain on the land, growing wholesome food for generations to come.

Look for the Buy Fresh Buy Local logo at a farm, farmers market, restaurant or retailer near you!



## FIND A LOCAL FOOD BUSINESS NEAR YOU 🗢

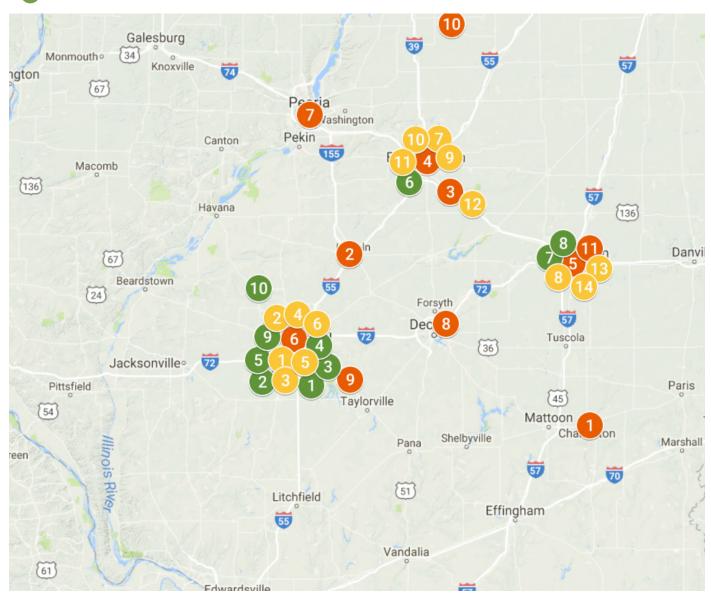


Farmers Markets

Restaurants

**Retailers & Processors** 

The numbered locations correspond to local food businesses across central Illinois that have pledged to source locally. For sake of clarity map locations are approximate. For an interactive map of Buy Fresh Buy Local Members with exact locations, visit www.buyfreshbuylocalcentralillinois.org



**1500 miles:** That's the average number of miles that food travels before it reaches your grocery shelf. It typically spends 4-7 days in travel and must be picked before it is ripe, comprpomising freshness, nutrition, and flavor.

95%: 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:** If every household in Illinois dedicated just \$10 of their weekly grocery budget towards products raised in our state, \$47 million would be re-invested in the Illinois economy EACH week.

**17.4 cents:** The decline of rural Illinois towns and villages parallels the decline of the farmers' share of each dollar spent on food, from over 40 cents in the 1960s to just today. Buying direct from farmers insures that they receive every penny.

**1.25 million farmers:** The U.S. family farm industry has witnessed the loss of 1.25 million farms since the early 1960s, that means less family farms living in our communities and more industrial farming and big corporations controlling the food system. Buying from local farmers insures they stay on the land, feeding our communities for generations to come.

## 🔷 PRODUCT KEY 🥏





















Vegetables

Fruite

Flowers

Herbs

Honey

Beef

Dork

Lamb/Goat

Chialian

Turkey









Additional Products: Bison, Birdseed, Craft Beer, Chirstmas Trees, Grains, Maple Syrup, Mushrooms, Wine, Wool

## FARMING PRACTICES KEY 9

Chemical Free: Produce is grown without the use of synthetic chemicals, pesticides, or herbicides.

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.

Animal Welfare Approved: Animal Welfare Approved (AWA) is a food label for meat and dairy products that come from farm animals raised to the highest animal welfare and environmental standards. The standards are more rigorous than organic standards and animals on AWA certified farms have continual access to pasture or range, as well as the opportunity to perform natural and instinctive behaviors essential to their health and well-being.

Non-GMO Feed: All feed given to animals is from non-GMO products

Organic Feed: All feed given to animals was raised using organic practices

Sub-Therapeutic Antibiotic Free: All meat is technically "antibiotic free." Antibiotic usage is regulated by the USDA and animals that receive antibiotics must go through a withdrawal period for a specified amount of time before slaughter in order to insure that the antibiotics are no longer present in their system. Sick animals, just like sick humans, sometimes need antibiotics to recover, and therefore the use of antibiotics in livestock in and of itself is not necessarily a bad thing. The problem is that livestock and poultry can receive antibiotics for many other reasons besides the treatment of illness, including growth promotion and disease prevention, both tactics often used by large-scale facilities where close quarters leads to the outbreak of more disease. Antibiotics given in low doses to almost all animals on a farm are referred to as "sub-therapeutic antibiotics" and they can increase antibiotic resistance and lead to the development of superbugs. For the purpose of this directory, "Sub-Therapeutic Antibiotic Free" refers to the practice of only using antibiotics to treat illness when absolutely necessary and following USDA guidelines for withdrawal periods.

Steroid & Hormone Free: The US Food and Drug Administration (FDA) has not approved any growth hormones for use in raising pigs and poultry for food, therefore all pork and chicken is "hormone free." However added hormones, sometimes called steroids, are allowed in cattle, sheep, and dairy production to promote growth or increase milk production. For the purpose of this directory, "Steroid & Hormone Free" refers to the practice of raising livestock without any added hormones.

100% Grass-fed: This label applies to beef and lamb. Most cattle and lamb are grass-fed for the majority of their lives and then fed grain for the last 60-120 days to increase fat and protein and add weight. For meat to be labeled "100% grass-fed," animals must be fed an exclusive diet of grass and forage plants only, with no grain or by-products.

Pasture-raised: Animals are raised outdoors with constant access to fresh-growing, palatable vegetation and shelter for evenings and inclement weather. However, it does not necessarily mean the animal ate only grass or forages.

Rotational Grazing: An environmentally beneficial farming practice in which livestock are regularly rotated to fresh pastures at the right time to prevent overgrazing and optimize grass growth.

Outdoor Access: Animals are raised indoors in barns or sheds but have access to outdoor space.

Cage Free: Animals are raised indoors but are able to move freely within the indoor space.

## SALES AVENUES KEY 🗢

Direct sales through call or email: Farmers that list "Direct sales through call or email" are amenable to making arrangements for on-farm pickup or delivery of products. Call or email the farmer directly to learn what's available, quantities, and prices.

Farmers Market: For many farmers, farmers market sales are a large portion of their income for the year and an easy way for customers to shop for locally-grown food. Call or email the farmer directly to learn which farmers markets they attend.

CSA: Community Supported Agriculture (CSA) shares are a means of supporting local farms and getting farm-fresh products throughout the growing season. Buy a "share" in the harvest up front at the beginning of the season, and receive your shares periodically throughout the growing season. CSA shares vary widely between farms. Some offer pick-up at their farm, while others offer pick-up at certain drop-off points, and still others offer home delivery. Shares may include everything from produce to meat, eggs, cheese, and other farm products depending on the farm and may be available weekly, bi-weekly, or monthly. Buyers clubs and email subscription ordering are a subset of CSA in which farmers may send out a periodic product list and customers can select and order products from that list. These often do not require an up front investment on the part of the customer.

Wholesale: Farmers that sell wholesale have regularly occurring contracts or sales orders with restaurants, institutions, and/or distributors and can provide delivery services.

Farm Shop: Farmers with a farm shop have a physical store on their property where customers can come to select and purchase products. Some farm shops are seasonal while others are open year round. It's always best to call ahead for store hours and product availability.

Online Ordering: Farmers with online ordering systems have webstores where customers can purchase products for shipping or delivery.



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## ► FARMS →

#### 1.4 Lees Farm

Mitch Cave Virginia, IL 62691 217-883-3048 mitchcave1@yahoo.com facebook.com/4leesfarm



Chemical Free, Non-GMO Feed, Sub-Therapeutic Antibiotic-Free, Steroid & Hormone-free, Pasture Raised, Rotational Grazing, 100% Grass Fed Direct sales through call or email, Farmers Markets, Wholesale, CSA, Farm Shop

We are a fourth-generation family farm located near Virginia, Illinois, raising pastured pork, 100% grass fed only beef, pasture raised chickens for eggs and meat, and honey. We provide our customers with high quality meat and eggs that are healthy and nutritious. New for 2017 - heritage breed red wattle pork! We also grow a large variety of produce using only organic methods. All products are available from our on-farm store or at farmers markets in downtown Springfield, at the state fairgrounds, Jacksonville farmers market downtown, First Sunday Midwest Bazaar in Petersburg, or weekly delivery to Springfield on Tuesdays.

#### 2. Acbees Apiaries

Arvin Pierce Waverly, IL 62692 217-638-6371 rvnpirc51@gmail.com acbees.org



Chemical Free, (Treatment-free beekeeping) Farmers Markets

We have been keeping honeybees treatment-free since 2003. I sell honey at farmers markets as well as promote and teach sustainable beekeeping through mentoring and educational presentations.

#### 3. Ackerman Certified Organic Farm

Ron and Angie Ackerman Chenoa, IL 61726 815-945-5722 ronnga@frontier.com facebook.com/Ackerman-Certified-Organic-Farm-More-233110203467/





Grains Certified Organic Direct sales through call or email, Farmers Markets, Wholesale

Our farm has been in the family now 93 years and has been certified organic now 30 years. We believe in a wholistic approach to farming. We believe in growing and increasing organic matter in the soils for healthy plants and people. We offer whole wheat flours, corn meal, and rolled oats at the Downtown Bloomington Farmers Market, as well as wholesale purchasing.

#### 4. All Season's Farm

Jill Rendleman Cobden, IL 62902 618-308-0217 jillrendleman@aol.com allseasons-farm.com



Certified Organic, Non-GMO Feed, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised Direct sales through call or email, Farmers Markets, Wholesale, CSA, Online ordering

All Season Farm grows restaurant quality vegetables and fruit with exceptional taste. Spring fed irrigation, select heirloom varieties, and close attention to our soils makes for produce that is densely nutritious and pleasing to the palate. Our small scale farming practices are low carbon and USDA Certified Organic by MOSA.

#### 5. Antiquity Oaks LLC

Deborah Niemann-Boehle Cornell, IL 61319-9445 815-358-2450 deborah@antiquityoaks.com



Goat Milk Soap
Chemical Free, SubTherapeutic Antibiotic
Free, Steroid & Hormone
Free, Pasture Raised,
Rotational Grazing
Direct sales through call
or email, Wholesale,
Online ordering

We produce vegetables, fruit, eggs, and meat (pork, lamb, goat, chicken, and turkey). Everything is sold directly to the consumer. 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. We sell whole animals directly to consumer for pick up at our processor.

#### 6. August Creek

Andrea Sloan Assumption, IL 62510 217-820-1414 andrea@augustcreek farm.com augustcreekfarm.com



Chemical Free, (Organic Practices Non-Certified) Farmers Market, CSA, Farm Shop

August Creek Farm is a two acre CSA vegetable farm located outside Assumption, Illinois that services the Decatur area. We follow organic farming methods that are beneficial for both our bodies and the environment.

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

## FARMS 🗢



Providing customized marketing strategies, holistic brand management, effective social media development, content curation, and creative support services for start-ups. non-profits & farmers markets.







#### 7. Backwoods Berry Farm

Dale and Becky Conrady Hettick, IL 62649 217-436-2510 bconrdy8@hotmail.com facebook.com/ backwoodsfarms95



Direct sales through call or email

We are a family friendly farm located in central Illinois. We offer U-pick and picked orders for seasonal items including asparagus, strawberries, blueberries, blackberries, and peaches. Please call ahead for availability!

#### 8. Bane Family Meats

David Bane Sidney, IL 61877 217-722-2188 davidpbane@aol.com banefarm.com



Non-GMO Feed, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised, **Rotational Grazing** or email, Wholesale, CSA,

We are a Champaign County farm family with a dedication to sustainable agriculture, and the highest quality meat and poultry products. We take special care in the selection, humane rearing and processing of our chicken, turkey, beef, lamb and pork to provide are grown on diverse forage pastures at our farm. NO pesticides or synthetic fertilizers are applied to our pastures; NO antibiotics or growth promoters are added to our animal feeds. Our livestock feeds are purchased from local feed mills, are custom blended to our specifications, and contain NO genetically modified ingredients. Our animals are transported by us to local, federally-inspected processing facilities. Fresh products processed to your specifications are available with prior arrangements. To place online orders visit www. cufarmers.com

#### 9. Bear Creek Farm and Ranch

Matt and Debbie Daniels Palmer, IL 62556 217-899-0002 bearcreekbelgian@hughes.net facebook.com/Bear-Creek-Farm-and-Ranch-105450492861526



We are an all natural sustainable farm. We do not use chemicals. We raise grass fed beef, belted Galloway cattle. We raise vegetable, fruits, herbs, flowers & sell plants. We also have a certified kitchen & make prepared foods & baked goods. We currently sell at the Taylorville Farmers Market & off the farm.

#### 10. Blue Moon Farm, LLC

Jon Chemiss Urbana, IL 61802 217-643-2031 bluemoonfarmurbana@gmail. com bluemoonfarm.biz



At Blue Moon Farm, our goal is simple: produce the most beautiful, best tasting produce possible using only organic methods. Our 20-acre organic vegetable farm grows quality produce for Urbana's farmer's market, grocery stores, and local restaurants. We are committed to the collective project of implementing farming practices that promote the health and well-being of the land we grow on and the people who eat our food. Buying locally leads to more accountability between the farmer and the eater and that relationship is important to us. For online ordering visit www.cufarmers.com

"When one tugs on a single thing in nature, he finds it attached to the rest of the world." - John Muir

## ► FARMS ►

#### 11. Bowman Rabbitry

David Bowman Decatur, IL 62521 217-412-8180 dabrbo@yahoo.com



Steroid & Hormone Free, Sub-Therapeutic Antibiotic Free Direct sales through call or email, Wholesale

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 herd replacements and show competition. Lesser animals are destined for quality commercial herd replacements, and those remaining animals are genuine meat animals. Call to place an order for pick-up.

#### 12. Brackett Farm

Bob Brackett Champaign, IL 61820 217-898-7638 Brackett-CSA@comcast.net bracketfarmcsa.com



Chemical Free Direct sales through call or email, Farmers Markets, Wholesale, CSA

We grow almost 50 different types of fruits and vegetables, and have done so using organic methods since 1985, serving the Champaign/Urbana area through our Brackett-CSA and Urbana's Market At The Square, with some sales to restaurants and grocery stores. All 4 of our sons have been involved in the business over these many years, and 2 of them are now the main workers on the farm with their father, with friends helping out whenever I can afford their help. Our goal is to grow the most diverse selection of nutritious, delicious food we possibly can. We specialize in fruit (10 different types) with a large selection of veggies on the side.

#### 13. Brian Severson Farms, Inc.

Brian Severson Dwight, IL 60420 815-584-1850 brian@qualityorganic.com qualityorganic.com Grains, Flour
Certified Organic
Direct sales through
call or email, Farmers
Markets, Wholesale, CSA,
Online Ordering

From "Seed to Store", all done on our farm. We raise, clean and process certified organic wheat, oats, food corns, popcorn and buckwheat into organic stone ground flour, meal, rolled oats as well as the cleaned whole grains. We enjoy working with individuals, chefs, retailers, and wholesale buyers.

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

#### 14. Burning Oak Farm

Ron and Debra George Paris, IL 61944 217-251-5595 ron.burningoakfarm@gmail. com burningoakfarm.com



We are a small certified naturally grown farm near Paris, IL. We specialize in organically outdoor raised pork, meat poultry, and grass fed beef. We also grow commercial elderberries. Our goal is producing healthy food for a healthy community.

#### 15. Cascade Poultry and Eggs

JoEllen Gehring Fairbury, IL 61739 815-692-4897 gehring@frontier.com



Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Outdoor Access, Cage Free Direct sales through call or email, Wholesale

We raise cage free chicken meat and offer free range brown eggs. All steroid, hormone, and sub-therapeutic antibiotic free.

#### 16. Caveny Farm

Betsy Barnick Monticello, IL 61856 217-762-7767 bourbonredturkey@gmail.com cavenyfarm.com



Sub-Therapeutic
Antibiotic Free, Steroid &
Hormone Free, Pasture
Raised
Direct sales through call
or email, Wholesale,
Online Ordering

Caveny Farm is a family-owned business located just noth of Monticello, Illinois. With more than 30 years of experience, the farm focuses primarily pasture raised poultry and Katahdin lamb, a variety known for its exceptionally mild flavor. With the help of three generations, Caveny Farm is a steward of the land and is committed to raising the highest quality meats. For more information or to order online, visit www. cavenyfarm.com

#### 17. Choice Roots

Kyle DeWeese Sherman, IL 62684 217-546-5834 kyle@choiceroots.com choiceroots.com



Chemical Free Direct sales through call or email, Farmers Markets, Wholesale, Online Ordering

Choice Roots helps the concerned consumer in the greater Springfield area acquire ethically grown produce. This is achieved through the Old Capitol Farmers Market, local fine dining establishments, my website, and on my farm. My efforts are all geared toward being an additional source of truly fresh, local food for all those trying to eat right.

## FARMS 🤝

#### What goes around. Comes around.



Investing in the future isn't about what you get to keep. It's about what you choose to give away. **Proud to Support Our Community** 

**MEMBER FDIC** 

HICKOR POINT BANK

HICKORYPOINTBANK COM

CHAMPAIGN

DECATUR

PEORIA

SPRINGFIELD

#### Clear Creek Cattle Co.

Scott McKinsey Rochester, IL 62563 660-605-2054 smckinseycutting@aol.com clearcreekcattle.co



Chemical Free, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed

Clear Creek Cattle Co. produces the highest quality, 100% grass-fed beef from cattle raised in Illinois on the best of native grasslands and improved pastures. We take great pride in handling our cattle humanely and with great respect. We do not use any artificial fillers, grains, antibiotics, hormones, or chemicals of any kind.

#### 19. Cloyd's Apples & Honey

Barb Hunt Macoupin, IL 62690 217-965-4697



We sell apples and honey and homemade apple butter and jams at the Old Capitol Farmers Market in Springfield.

#### 20. Creaking Tree Farm

Christine Blinstrub and Jim Alvin, IL 61811 708-951-6099 creakingtreefarm@aol.com facebook.com/ creakingtreefarmalvinil



We are a small family owned vegetable farm located in Alvin, IL. Our main crop is German Hardneck Garlic, along with fruit, berries, vegetables & pumpkins when in season. Garlic scapes are ready in May (limited time) and our clove garlic is generally ready at the end of July. We use only natural fertilizers and soil amendments, we sell on farm and deliver locally. Spring of 2018 we will be adding Maple Syrup to our list of available items. Please call ahead for availability on all of our products.

#### 21. Crump Family Gardens

Bryan, Bob, or Joann Crump Carlock, IL 61725 309-376-5281 crumpcarlock@aol.com crumpfamilygardens.com

 $\Theta \ominus \ominus \bigcirc$ Markets, Wholesale, Farm Shop

We grow fruits and all types of vegetables on our familyowned farm. Our farm store is open 7 days a week. We sell at local farmers markets. Our greenhouse is open in April for locally raised plants and beautiful hanging baskets.

#### 22. Curtis Orchard

Champaign, IL 61822 217-359-5565 info@curtisorchard.com curtisorchard.com



This 80-acre entertainment farm features u-pick apples & pumpkins, a modern country store, award-winning honey, café & bakery, petting zoo, pony rides, inflatable slide & obstacle course, mazes, wagon rides and group tours. Open seasonally.

July 20 - October 31, Monday – Saturday: 9am–6pm, Sunday: 11am-6pm

November 1 - December 23, Monday – Saturday: 9am-

5:30pm, Sunday: 11am—5pm December 24 - July 19: Closed except by appointment.

"You are what you eat, so don't be cheap, fast, easy, or fake"
- Unonymous







#### 23. Danenberger Family Vineyards

Susan Danenberger New Berlin, IL 62670 217-488-6321 susan@dfv-wines.com danenbergerfamilyvineyards. com

Artisan winery w/ a Modern Twist: Award-winning

Cabernet Franc & red blends in Central IL. Our labor in the vineyard ends in a moment that can be taken and shared with others. When you visit Danenberger Family Vineyards, you will enjoy memorable experiences that stimulate and engage the senses. Our passion for grapes, wine and food is a part of our lifestyle, and we love to share it.

#### 24. Dearing Country Farms

**Brad Dearing** Bloomington, IL 61705 309-963-4932 farms@dearingdesigns.com dearingcountryfarms.com



Chemical-free, Non-GMO Feed, Organic feed, Steroid & Hormone Free, Sub-Therapeutic Antibiotic Free, Pasture Raised, 100% Grass Fed Direct sales through call or email, Farmers Markets, Wholesale, CSA, On-farm store, Online

We are a small family owned/operated farmstead, growing and harvesting an abundant of healthy foods. We raise chickens for meat and eggs, beef cattle, goats for milk and meat and grow a full variety of seasonal produce, trees, fruit, berries, melons, flowers, grasses, nuts and herbs. Products can be purchased directly from off the farm, local farmers markets, and at several health food stores. We offer a year round CSA opportunity as well as a monthly seafood pickup from our farm as we travel to the Florida panhandle to gather fresh gulf seafood!

#### 25. Eberlin's Orchard

Aaron Eberlin Golden Eagle, IL 62036 618-954-9654 acropservice@yahoo.com facebook.com/eberlins. orchard



Direct sales through

We've been raising & selling Calhoun County peaches for 25 years. We raise several freestone varieties from late June to late August.

#### 26. Epiphany Farms

Ken Myszka Bloomington, IL 61701 309-828-2323 ken@epiphanyfarms.com epiphanyfarms.com



Chemical Free, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised, **Rotational Grazing** Wholesale, Online Ordering, CSA

Epiphany Farms is a diversified farm that uses regenerative natural farming practices. Located in Central Illinois, we are pioneering a new food system by blending our farm and restaurants to create one self-sustaining organism. Designed and operated by our chefs, Epiphany Farms is the inspiration and key source of vegetables, pork, chicken, eggs, and fungi for our three Central Illinois restaurants.

#### 27. First Fruits Homestead

Lauren Calandrilla and Jessica Sweitzer Charleston, IL 61920 217-348-0348 firstfruitshomestead@gmail. firstfruitshomestead.org



GMO, Pasture Raised,

First Fruits Homestead was founded by Jerry and Lauren Calandrilla and Owen and Jessica Sweitzer back in 2015. Our four acre garden with its numerous varieties of fruits and vegetables sustain our CSA (Community Supported Agriculture) and sales at Coles County Farmers' Markets. In addition to the garden, we raise an assortment of animals ranging from a herd of mini cows to flock of ducks, from a cluck of chickens to a mess of children-- all of which support the growth of the garden. We use organic practices although we are not certified. Farming is an amazing way to give, and our CSA and farmers market sales also support our giving to local food pantries, first responders, and other organizations. In 2017 we donated over 2,500 pounds worth of food, or 16% of what we grew.

#### 28. Fortschneider's Orchard

Todd Fortschneider Godfrey, IL 62035 618-402-5579 fortx4@gmail.com facebook.com/Fortschneiders-Orchard-1909081142685464



Markets, Wholesale

I grow peaches, nectarines, apples, sweet corn, black berries, tomatoes, and pumpkins in Brussels in Calhoun Country. I take my produce to the Springfield Farmers Market, Jerseyville Farmers Market and Alton Farmers Market. I also sell at the St. Charles Farmers Market in Missouri.



## 29. Funks Grove Heritage Fruits & Grains

Jeff Hake and Katie Funk McLean, IL 61754 508-633-4323 funksgrovehfg@gmail.com facebook.com/funksgrovehfg Syrup, Grains
Chemical Free
Direct sales through call
or email, Wholesale,
Farm Shop, Online
Ordering

We are a new farm in historic Funks Grove, Illinois, growing specialty fruits and grains. We are operated jointly by Jonny Funk, Katie Funk, and Jeff Hake, and work closely with Funks Grove Pure Maple Sirup. We intend to carry on the tradition of the Funk family and cultivate the best of what central Illinois has to offer using sustainable practices. Our products can be ordered via Funks Grove Pure Maple Sirup. A list of our products can be viewed on their website at www. funkspuremaplesirup.com and you can order by calling the shop at (309) 874-3360

#### 30. Funks Grove Pure Maple Sirup

Debby or Stephen M. Funk Shirley, IL 61772 309-874-3360 info@funkspuremaplesirup.com funkspuremaplesirup.com yrue maple syrup and syrup Products A naturally pure product Direct sales through call or email, Farm Shop

Funks Grove Pure Maple Sirup was first sold commercially starting in 1891. Stephen (Mike) Funk is the fifth generation to produce pure maple sirup in the Funks Grove.

#### 31. Gail's Pumpkin Patch

Gail Apel-Sasse Beason, IL 62512 217-447-3409 gail@gailspumpkinpatch.com gailspumpkinpatch.com



Our family owned patch in Logan County offers over 60 varieties of pumpkins, gourds, apples, honey, crafts, cider, donuts, and baked goods. Ride the barrel train or popcorn wagon to pick your own popcorn. Toddler maze, barn yard games, goats, chickens, and rabbits. Free admission.

#### 32. Garden Gate Farm

Beth and Doug Rinkenberger Fairbury, IL 61739 815-848-3518 dougrink68@icloud.com facebook.com/Garden-Gate-Farm-1618223548434970/

Grains
Chemical Free, Non-GMO
Feed, Organic feed, SubTherapeutic Antibiotic
Free, Steroid & Hormone
Free, Pasture Raised
Direct sales through
call or email, Farmers
Markets, Wholesale

Pastured, non-gmo turkey, Chemical Free produce and non-gmo cornmeal and grits located in Fairbury, IL. We welcome visitors to come and see the farm!

#### 33. GITM Foundation

Kim Keenan East Peoria, IL 61611 gitm@mtco.com 309-96-3790 www.believegitm.com



Our not-for-profit foundation serves predominantly low income families by offering double value incentives on SNAP benefits through our Mobile Fresh Food Van. CSA is offered to all familes and business in the Tri-County Region to improve consumption of locally-grown fruits and vegetables.

#### 34. Grandma & Grandpa's Farm, LLC

Ginger & Tony Malek Sparland, IL 61565 309-213-0242 maleks@grandmagrandpasfarm. com grandmagrandpasfarm.com



Chemical Free, Non-GMO Feed, Organic feed, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised, Rotational Grazing Direct sales through call or email, Farmers Markets, CSA

Grandma & Grandpa's Farm is a 4th generation farm which sustainably raises vegetables, fruit and herbs as well as pasture raised chickens for both meat and eggs using organic methods. We sell only what we raise ourselves and are located about 30 minutes North of Peoria, IL.



## 8am - 12pm | SATURDAYS Logan County Fairgrounds

#### NOW thru September 30

Indoor, Producer-Only Farmers Market offering health screenings,
Power of Produce Club for 5-12 year olds, free cooking demos,
free fitness classes and more!

Visit TheALMHMarket.org for details!

## ► FARMS ←

#### 37. Harvest & Blooms Farm

Garrick & Violeta Veenstra Rochester, IL 62663 217-565-1141



viosaldana@yahoo.com & hello@harvestandblooms.com harvestandblooms.com

Harvest & Blooms Farm provides fresh, high quality flowers, vegetables, fruits and herbs for our on-farm CSA (Community Supported Agriculture), farmer's markets, restaurants and specialty stores in Central Illinois. We also focus on growing and designing flowers for weddings and special events. Our flowers reflect seasonal blooms, accentuating the beauty of the growing season. We work hard to create a balance that fosters the farm as a whole, living organism which sustains itself and in return feeds our growing family of customers

#### 38. Healing Acres Farm and Greenhouse

Mark Moore or Cindy Hatton Chesterfield, IL 62630 217-361-6826 healingacresfarm@gmail.com cjh61@live.com healingacresfarm.blogspot. com



Chemical-free, Non-GMO Feed, Steroid free, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised, Rotational Grazing, 100% grass fed Direct sales through call or email, Farmers Markets, Wholesale, CSA, Online Ordering

At Healing Acres Farm, humane and sustainable practices, preserving heritage breeds, education and local attention are our primary focus. We believe that "Fresh is good, local is better, and healthy is best!" We do our best to provide nutrient dense Food to heal you too. To join our online ordering list featuring a weekly email with a current list of products, prices, and drop off location, subscribe on our website.

#### 39. Henry's Farm

Henry Brockman Congerville, IL 61729 henbcarlo@gmail.com brockmanfamilyfarms/henrysfarm



Certified Organic Direct sales through call or email, Farmers Markets, Wholesale, CSA

We raise over 600 varieties of organic vegetables on 12 acres. We strive to farm in a manner that is good for the soil, for the farm, for our customers, and for our world.

#### 40. Honey Creek Farm

Tressa Hoffman Springfield, IL 62707 217-652-6517 tressa.hoffman@yahoo.com facebook.com/ HoneyCreekFarmSpringfield



Vegetables, fruits, flowers and herbs grown Chemical Free. Honey is available when the honey bees decide to spend time in the hive producing their tasty honey. Fill free to contact us or look us up at Facebook to keep in touch with the items we have available during the growing season.

#### 41. Honey Pimp Apiaries

Tom Pankonen Bloomington, IL 61704 630-728-1400 HoneyPimpApiairies@gmail.com facebook.com/ HoneyPimpApiaries



We strive to pick locations, land owners, and flower sources to place our hives to ensure the highest quality and purest products for our customers. Our goal is to provide honeybees, queens, honey and hive products from hives managed with organic compliant practices. We're not organically certified at this time.

#### 42. Huelskoetter Pork

Larry & Vicki Huelskoetter Beason, IL 62512 217-737-4051 huelskoetterpork@gmail.com hpork.com



Steroid & Hormone Free Direct sales through call or email, Farmers Markets, Wholesale

Since 1972, Huelskoetter Pork Farm has been family owned and operated by Larry and Vicki Huelskoetter. Huelskoetter Pork is your source for locally grown and processed pork products. Our animals are IL Department of Agriculture and USDA inspected, steroid, animal by-product, and growth hormone free, and 100% guaranteed. Huelskoetter Pork is Pork Quality Assured III 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. We invite you to get to know us and try our delicious pork meat products.

"Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness." -Thomas Jefferson



## 94. Legacy of the Land Farmer Cooperative

Amy Randazzo Bloomington, IL 309-825-9687 market.thelegacyoftheland.com

Vegetables, Fruit, Herbs Chemical Free Wholesale, Farmers Markets, CSA, Online Ordering

Legacy of the Land, LLC, is a group of family farms straddling McLean, Woodford and Livingston counties. We formed in the winter of 2012 to provide a business, educational and community network that makes small-scale, sustainable farming a viable livelihood for more Central Illinois farm families. We raise our animals and grow our crops with care and are committed to providing chemical free, non-GMO products to our customers. We work collaboratively to meet the demands of individuals and wholesale buyers in our community.

We offer a few ways to purchase our harvest. Restaurants, dining services, grocers and other wholesale buyers can sign up through our online ordering system. Individuals can sign up for our Harvest Share CSA Program. Individuals can also find our harvest at Mika's Bistro in Eureka, Tri-County Food Hub in East Peoria, Hendrick House in Champaign, Common Ground in Urbana, and Common Ground in Bloomington. And of course, we encourage you to contact our farmers directly to see what they have in store.

Our farmers are free to operate their own individual businesses through farmers market stands, CSAs, and farm stores. We strive to make sure our farmers keep their individual identities while empowering them to reach a wider range of consumers.

#### 95. Sunny Lane Farm

Teresa Brockman
Eureka, IL 61530
309-231-4484
sunnylanearonia@gmail.com
brockmanfamilyfarming.
com/teresas-farms

Fruit, Herbs, Garden Starts Chemical Free Farmers Markets, Wholesale, CSA, Online Orderina

Legacy of the Land member farm. Sunny Lane Farm is a very small, but very diverse farm in Eureka, IL. We use Chemical Free practices to grow 20 kinds (almost 80 varieties) of fruit, about 30 kinds of herbs, and over 200 varieties of garden plant starts.

#### 96. Jane's Farm

Jane Mahalick Wilson El Paso, IL 309-966-3790 jemahalick@gmail.com facebook.com/Janes-Farm-1414913415469758 Vegetables, Eggs Chemical Free, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Outdoor Access, Cage Free

Jane's Farm, located outside of El Paso is a member of Legacy of The Land, a group of local family farms. We've grown fresh produce for over 10 years & added laying hens to the family last year. It's our hope you enjoy our produce & eggs, as much as we love growing/raising happy chickens!

#### 97. Grani's Acres

Amy Randazzo Fairbury, IL 61739 309-825-9687 granisacres@aol.com granisacres.com

Vegetables, Flowers, Honey, Eggs Chemical Free, Non-GMO Feed, Pasture Raised Direct sales through call or email, Farmers market, Wholesale, CSA, Online Orderina

We started farming in 2012, wanting to do something that people could appreciate. People appreciate good food! We are committed to farming practices that result in quality over quantity. We take wholesale orders online at www. market.thelegacyoftheland.com

#### 98. Millie's Corner Farm

Beth Steffen Fairbury, IL 61739 815-692-4830 beth@steffenbunch.com Vegetables, Honey, Eggs, Chicken Chemical Free Direct sales by call or email Farmers Market

Millie's Corner is a small, family owned and operated farm specializing in fresh, Chemical Free produce and eggs.

#### 99. Jones Country Garden

Chad Jones Pontiac, IL 61764 815-358-2585 jonescountrygardens@ yahoo.com jonescountrygardens.com Vegetables, Flowers, Herbs, Pork, Eggs, Chicken Chemical Free, Non-GMO Feed, Sub-Therapeutic Antibiotic Free, Steroid & Hormone free, Pasture Raised

## ► FARMS ►

Jones Country Gardens is a small diversified family farm. Our produce is raised in a sustainable manner free of synthetic fertilizers and chemicals. We also have chickens, eggs, and pork that are pasture raised and are hormone, antibiotic, and GMO free. Our produce eggs and meat are available on our home farm in rural Pontiac and at Cliff's Market in Metamora Illinois.

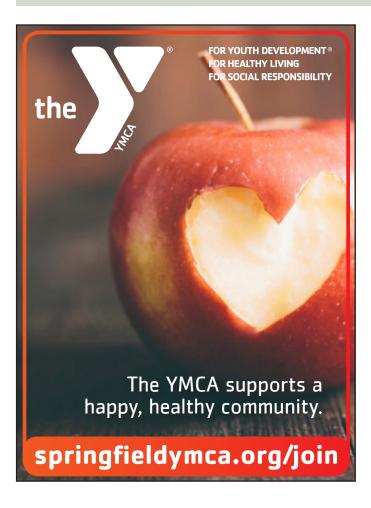
#### 100. Carroll's Timber Edge Farm

Graymont, IL 61743 815-410-4948 facebook.com/ carrollsfarm.com Vegetables, Fruit, Flowers, Herbs Chemical Free Direct sales through call or email, Farmers market, CSA, Wholesale,

We've managed a large family garden for over 25 years. Acting upon our desire to share this healthy goodness and bounty with others, in 2012 we enlarged the garden. Interns, high school students and adults work alongside us learning how to grow fresh, chemical free produce. Our vegetables, fruit, and flowers are grown on naturally rich virgin pasture and prairie soil protected by the timber edge along Rooks Creek near Pontiac.



Amy Randazzo and family of Grani's Acres smile in front of their farmers market booth at the Downtown Bloomington Farmers Market.



#### 35. Greengold Acres

Cheryl Harden Hanna City, IL 61636 309-565-7811 farmerwebb@excite.com facebook.com/greengoldacres



Our farm is surrounded by hundreds of acres of woods so we have no worries of chemical drift or GMO infiltration. We have followed sustainable and organic practices since 1985. Our animals forage and live chemical and hormone free. Their water source is from natural springs on the land. We raise bees for our orchard, several berry plants, and clover fields, which are especially good for our honey!

#### 36. Greenthoughts Garden

Amy Andrews Virden, IL 62690 217-204-4021 greenthoughtsgarden@yahoo. com greenthoughtsgarden.com Herbal Soaps and Personal Care Products Direct sales through call or email, Farmers Markets, Online Ordering

I believe in a hands on, chemical free approach to raising herbs and produce creates a healthier environment and healthier plants, which in turn creates healthier people, and healthier products. I create products from these plants! I offer herbal soaps, balms, oils, dried herbs, herbal crafts and live plants for sale. My goal is to inspire others to use herbs to add a little joy to their everyday life!

## **◆**FARMS **◆**

#### 43. Illinois Willows

Kent Miles Seymour, IL 61875 217-778-8312 illinoiswillows@aol.com illinoiswillows.com Decorative branches
Direct sales through
call ore email, Farmers
Markets, Wholesale, CSA

We are a Specialty Cut Flower Grower 10 miles west of Champaign, IL.Product year round, Flower CSA and Buyers Club. Farmers Markets, Wholesale, Retail and Commercial design.

#### 44. Indian Creek Beef Farm

Jim and Mary Burrus Jacksonville, IL 62650 217-473-5529 indiancreek3@yahoo.com



Certified Organic, 100% Grass Fed Direct sales through call or email, Farmers Markets

We are a family farm offering 100% Grass Fedand grass-finished Angus beef and pastured poultry. We are certified organic and raise our animals in a healthy, clean environment with a antural diet of lush, nutritious grass. We provide our customers with high quality meat that is healthy and nutritious.

#### 45. Indian Creek Farmstead

John Lyons Petersburg, IL 62675 217-899-3327 lyonsjohn66@gmail.com indiancreekfarmstead.com



Indian Creek Farmstead is a 100 acre Agritainment Business and Pumpkin Farm. Restored farm buildings are available for Weddings, Special Events. Wagon Rides, Country shop, Food and Entertainment. We grow corn, soybeans, wheat, pumpkins, apples, broom Corn. Coming to Indian Creek Farmstead will be a REAL FARM experience.

#### 46. Jefferies Orchard

Pam Jefferies Springfield, IL 62707 217-487-7582 Jefferiesorchard23@yahoo.com jefferies-orchard.com



Jefferies Orchard is 5 miles north of Springfield, Illinois off Route 29, featuring picked-daily, in-season produce beginning with asparagus and rhubarb in the spring. Pick-your-own crops: strawberries, tart cherries, and blueberries. Apples, peaches, plus garden vegetables:from sweet corn in July to winter squashes in November, and everything in between.

"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

#### 47. John & Emma's Place

Jon and Emma Klingenberg Butler, IL 62015 217-313-8301 klingenberg@consolidated.net facebook.com/Jonand-Emmas-Organic-Vegetables-and-Grass-Fed-Beef-167277476632532/



We specialize in grass-fed beef and organically grown vegetables and herbs. We have a greenhouse and grow a wide variety of vegetable and herbs, including many Asian varieties.





WWW.SITKASALMONSHARES.COM

## ► FARMS ►

## CHAMPAIGN FARMERS MARKET

Double Link benefits up to \$20 every week, plus Triple Link Tuesday on the second Tuesday of every month (get up to \$40 extra to spend on fresh produce)

Fruits, vegetables, honey, flowers, fish, baked goods, olive oil, balsamic vinegar, jams, and more direct from the farmer

Tuesdays 3:30-6:30pm in the parking lot by Neil & Main in Downtown Champaign through the end of October

Learn more at TheLandConnection.org/market



#### 48. Jubilee Farm

Sister Sharon Zayac New Berlin, IL 62670 217-787-6927 jubilee.farm@comcast.net jubileefarm.info



Ministry of Dominican Sisters of Springfield. We have 164 acres preserved for habitat. Open from 9am to dusk year round Monday - Friday. Closed 4pm Saturday though noon Sunday. Walking trails, labyrinth, weaving lessons, cooking classes. We sell herb and (limited) vegetable seedlings mid-April through mid-September.

#### 49. Kilgus Farmstead

Matt Kilgus Fairbury, IL 61739 815-692-6080 kilgusfarmstead@gmail.com 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.

#### 50. Knob Hill Livestock Co.

Landon Kirby or Jamie Greenview, IL 62642 217-638-2950 jamie@knobbhilllivestock.com www.knobhilllivestock.com



Sub-Therapeutic
Antibiotic Free, Steroid &
Hormone Free, Outdoor
Access, Rotational
Grazing
Direct sales by call or
email, Farmers Markets,
Wholesale

Knob Hill Livestock is a third generation livestock farm located in rural Greenview. The Kirby family has been raising State Fair Champion lamb for over 25 years. Specializing in locally raised lamb that is all natural, no steroids, hormones or antibiotics.

#### 51. Krone Farms Produce

Ellie Tarr Riverton, IL 217-899-8431 ekrone92@yahoo.com facebook.com/ KroneFarmsProduce



Our small family operation started 15 years ago, selling sweet corn off the farm. In 2012 we began selling a variety of vegetables and pumpkins off the farm and at local farmers market. Continuing to specialize in growing sweet corn and striving to provide quality tasting produce to our customers.

#### 52. The Mulberries Farm & Orchard

MJ Walker Homer, IL 61821 217-722-9366 mulberriesfarm@gmail.com



We are small organic vegetable and apple farm dedicated to building fertility and resiliency in east central Illinois. Contact us early if you're interested in the CSA. We reach capacity quickly.

#### 53. Living Water Farms Inc.

Denise Kilgus Strawn, IL 61775 815-848-2316 info@livingwaterfarms.com livingwaterfarms.com



Living Water Farms is a family farm started in 2008, growing chemical-pesticide free produce year round. We specialize in lettuces, kale, wheatgrass, sunflower shoots, pea shoots, pea tendrils, cress, arugula & a variety of microgreens. You can find our produce in your local Schnucks, Hy-Vee, Dierberg's or Wholefoods Market!

## **◆**FARMS **◆**

#### 54. Ludwig Farmstead Creamery

Penny VanVactor Fithian, IL 61844 217-260-1953 sales@ludwigfarmstead creamery.com penny@ludwigfarmstead creamery.com ludwigfarmsteadcreamery.com



Pasture Raised, Certified Humane Wholesale, Farm Shop

The word Artisan refers to a skilled craft worker who makes things by hand. That is just what we do here at Ludwig Farmstead Creamery. We take great care in crafting our cheese and then nurturing it through the aging process. The end result is great tasting cheese that makes your taste buds dance! All milk is supplied from our own Holstein cows. We are Certified Humane. We love our cows and they love us!

#### 55. McGrath's Plants And Produce

Josh McGrath Decatur, IL 62526 217-855-7190 mcgrathfarms@yahoo.com facebook.com/mcgrathfarms



We are a small sustainable farm on the west side of Decatur. We grow an assortment of vegetables that we sell at the Saturday Produce Market in Decatur. We are also beekeepers, selling our honey when available. Check our Facebook page for availability.

#### 56. Moore Family Farm

Diann Moore Watseka, IL 60970 815-432-6238 moorefamilyfarm.com



Chemical Free, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised, 100% Grass Fed (beef & lamb)

Direct sales through call or email, Wholesale, CSA

Moore Family Farm uses sustainable farming practices on their farm. The farm uses old fashion hands-on care. Their regenerative farm includes many of their livestock and gardening interest, such as, grass fed beef and lamb, Pasture Raised heritage breeds of pork, Pasture Raised chicken for meat and eggs. We can be found full season at Urbana Market at the square or direct from farm buying groups.

"The Earth does not belong to us, we belong to the Earth."

- Chief Seattle

#### 57. Mushroom Farmacy

August Jones Springfield, IL 62702 217-299-4578 augustj77@gmail.com Mushrooms Chemical-free Direct sales through call or email, Farmers Markets

Entrepreurs Gus Jones of Small Axe Market Gardens and Ben Kruger of Beaver Creek Woodworks have come together to create the Mushroom Farmacy. Our goal is tor provide Springfieldians a variety of fresh, choice mushrooms every Saturday morning at the Old State Capitol Farmers Market. Hope to see you there!

#### 58. Naturally Special Farms

Matthew and Brenda Davies Buckingham, IL 60917 815-419-5620 naturally.special@yahoo.comfacebook.com/naturallyspecialfarms



Livestock feed
Chemical Free, Non-GMO
Feed, Sub-Therapeutic
Antibiotic Free, Steroid &
Hormone Free, Pasture
Raised, Rotational
Grazing, 100% Grass Fed
Direct sales through
call or email, Farmers
Markets, Wholesale

We are a first generation Family Farm raising plants and animals as close to the way God intended as possible. No confinement, no chemicals, no GMO, no compromise. Find us at a nearby farmers market or email/text to place orders for pick up or home delivery.

#### 59. Oak Tree Farms

Chad Wallace Ashland, IL 62612 217-371-5513 oaktreeorganics1@gmail.com facebook.com/oaktreeorganics



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.

#### 60. O'Rourke Family Farms

Carrie O'Rourke
Downs, IL 61736
309-660-9115
carrie.orourke@gmail.com
facebook.com/
ORourkeFamilyFarms

Popcorn
Direct sales through call
or email, Wholesale,
Farm Shop

Small sustainable family farm in south-central McLean County. We raise fresh produce for the local community, using only non-gmo varieties with emphasis on flavor, nutrient density, and deep colors.

## ► FARMS →

# "The greatest fine art of the future will be the making of a comfortable living from a small piece of land" - Abraham Lincoln

#### 61. O'Rourke Family Gardens

Mark or Rita O'Rourke Downs, IL 61736 309-838-5932 ofamilygardens@gmail.com facebook.com/ orourkefamilygardens



Farm fresh eggs and produce, including sweetcorn, green beans, tomatoes and so much more. Available at the Downs Village and Bloomington Farmers Markets. Pick up eggs and produce in season throughout the year on the farm located 8 miles of east of Bloomington.

#### 62. Over the Rainbow Farm, Inc.

Lori and Roy Roberts Niantic Central, IL 62551 217-306-6214 robertsgal@sbcglobal.net <u>overtherainbowfarminc.</u> <u>csasignup.com</u>



Over The Rainbow Farm is a small family farm just north of Niantic, IL. Roy and Lori Roberts offer community supported agriculture (CSA) shares of 6-10 seasonal produce items or more each week including berries, beans, tomatoes, onions, garlic and much more! Weekly shares are delivered during their growing season to Decatur, IL on Thursday evenings and Saturday mornings or may be picked up at the farm! We have a Decatur farm stand on Saturday mornings as well.

#### 63. Parkes Family Produce

John Parkes Pleasant Plains, IL 62677 217-971-6412 217-331-3697 parkesj49@yahoo.com parkesfamilyproduce.com



We are a family farm that takes pride in producing high quality produce, pork, cage-free chicken, chicken and duck eggs, and honey. Our family has been farming for over 100 years. We have a small farmstand on our property where we sell our products as well as products from several other local producers, including lamb, turkey, and dairy products for a truly one-stop shop.

#### 64. PrairiErth Farm

Katie and Hans Bishop Atlanta, IL 61723 309-824-0484 katie@prairierthfarm.com prairierthfarm.com



We're a 300 acre USDA Certified Organic family farm located in Atlanta, Illinois. We raise a diverse selection of vegetables, garden plants, fruit, cows, heritage breed pigs, chicken for eggs, and grains. Our farm is centered around the idea of diversity, soil health and lasting relationships with our community

## 65. Prairie Fruits Farm and Creamery, LLC

Leslie Cooperband Champaign, IL 61822 217-643-2314 prairiefruits@gmail.com prairiefruits.com



Prairie Fruits Farm & Creamery is Illinois' first farmstead & artisan creamery. Established in 2005, they have been raising dairy goats and producing small-batch, hand-crafted cheeses for over a decade. They sell their products at farmers' market and through their Cheese & Gelato CSA. They also have a farm store called "The Real Stand." Prairie Fruits Farm has a small organic fruit orchard and hosts farm to table meals and other agritourism activities.

#### 66. Prairie Hill Blueberry Farm

Barbara Kieft Bethany, IL 61914 217-665-3935 info@prairiehillblueberryfarm. com prairiehillblueberryfarm.com



U-pick. Spend an hour or a day in a beautifully landscaped park-like setting. Five varieties from mid-June through July. As you pick, sample to your hearts content to find your favorite varieties.

## ► FARMS →

#### 67. R & R Hydroponics

Rose Mary Garrett Chambersburg, IL 62323 217-653-5108 rjmartin@hughs.net facebook.com/pikecounty107



Cage Free
Direct sales through
call or email, Farmers
Markets, Wholesale,
Farm Shop

Raising vegetables hydroponicly. We sell at local farmers markets. We use very little or no chemicals, insecticides, etc. We have been in business over 30 years.

#### 68. Ready Farm Market

Cathy or Randy Walls Franklin, IL 62638 217-370-7456 readyfarm@yahoo.com facebook.com/ wildbirdhousepeople



Markets, Farm Shop

We are a family farm in business since 1992. We offer fresh honey, brown eggs, a variety of ecologically friendly house plants. We have all natural grass hay, alfalfa and straw available. During the growing season we offer naturally grown vegetables and wild fruits. We are good stewards of the land and wild life, limiting our carbon foot prints as much as possible.

#### 69. Red Barn Heritage Farm

Joe Bartletti Mechanicsburg, IL 62545 217-415-7157 jbart02s@yahoo.com facebook.com/ RedBarnHeritageFarm



Non-GMO Feed, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised

Located on a historic farmstead in rural Sangamon County, Red Barn Heritage Farm proudly raises American Guinea Hogs. Offering cuts, whole and half animals.

#### 70. Red Gate Farm, LLC

Sean or Danielle Londrigan Petersburg, IL 62675 217-501-4234 manager@redgatefarmllc.com redgatefarmllc.com



Chemical Free, Non-GMO Feed, Organic feed, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed Direct sales through call or email, CSA

Craft Beer

Red Gate Farm, LLC is a small, family farm, focused on being good stewards of God's creation. We raise a wide variety of produce and meat animals, using natural, sustainable methods. In addition, we offer a variety of tours, classes, and clinics. Please visit our website for additional information.

#### 71. Rolling Meadows Brewery & Farm

Caren Trudeau Cantrall, IL 62625 217-899-7239 rmbrewery@gmail.com rollingmeadowsbrewery.com

Rolling Meadows is a farmhouse brewery located in Cantrall, Illinois, just minutes north of the Abraham Lincoln Capitol Airport. We make beer using our own water, fruits, grains, and hops which are grown and foraged on our farm and our neighbor's orchard. Our brewer transforms these field and foraged ingredients into truly local and premium artisanal beer and cider. Rolling Meadows Brewery has twice been a winner of the Good Foods Award for RMB Abe's Ale and RMB Barrel Aged Abe's Ale. We are always striving to create the taste and character (terroir) of our farm on the Sangamon River in Central Illinois.



Located just a short 10 minute drive outside of Springfield, Parkes Family Produce is your local choice for food that is truly fresh from the farm. Stop by our farm stand for fresh produce, eggs, pork, chicken, and beef raised on our farm, as well as amish baked goods. Pre-order amish turkeys with us in the fall. Summer Hours, June - August Monday - Friday 10am - 6pm, Saturday, 9am - 4pm Fall Hours, September - May Monday - Friday 3pm - 6pm, Saturday, 9am - 4pm



#### 72. Ropp Jersey Cheese

Ken Ropp Normal, IL 61761 309-452-3641 ken@roppcheese.com roppcheese.com



Steroid & Hormone Free, Sub-Therapeutic Antibiotic Free, Pasture Raised, Cage Free, Grass Fed Grain Finished Direct sales through call or email, Wholesale, Farm Shop

We are a 7th generation family farm with an emphasis on registered Jersey cattle and cheesemaking. Feel free to stop by our on-farm store, see the cheese process, or play with the animals.

#### 73. Ruhter Bison LLC.

David Ruhter Urbana, IL 61802 217-778-9858 david.ruhter@ruhterbison.com ruhterbison.com Bison Pasture Raised, 100% Grass Fed Direct sales through call or email, Farmers Markets

Ruhter Bison is a family owned and operated business in Urbana, Illinois. We started in 2011 with the idea that bison could both restore native habitat and be a locally sourced alternative to beef. Our bison are 100% grass fed and finished on pastures that provide homes for native wildlife and plants.

#### 74. Rustic Red Poultry and Produce

Sonja Solomonson Mason City, IL 62664 317-525-1847 rusticredpoultry@gmail.com facebook.com/Rustic-Red-Poultry-and-Produce-1495520077345703



Wool Non-GMO Feed, Pasture Raised Direct sales through call or email

A sole proprietorship, this farm has been in the family since 1852 specializing in conservation breeding of heritage chickens, ducks, geese, and turkeys. Naturally brooded, pasture raised poultry and eggs, and organically raised produce.

#### 75. Schaer's Farm Market

Larry & Bonnie Schaer East Peoria, IL 61661 309-698-2234 b.schaer@mch facebook.com/ schaersfarmmarket Christmas trees
Minimal chemicals
applied on as-needed
basis.
Direct sales through call
or email, Farm Shop

For five decades Schaer's farm market has been providing homegrown produce to the Peoria area. We specialize in pick-your-own strawberries, melons, tomatoes, sweet corn, pumpkins, and Christmas trees. For details on our seasonal produce, see our Facebook page at Schaer's Farm Market.

#### 76. Second Nature Honey

Maggie Wachter Urbana, IL 61803 217-722-8513 maggiewachter@yahoo.com facebook.com/Second-Nature-Honey-164298890291073



Gourmet honey produced 100% naturally in central Illinois

#### 77. Small Axe Market Gardens

Gus Jones
Springfield, IL 62702
217-299-4578
augustj77@gmail.com
facebook.com/
smallaxemarketgardens



Small Axe Market Garden is located on the north side of Springfield, IL. The land has been used to grow food for my family for over one hundred years. My great grandpa settled on this spot because after tasting dirt from other locations across town he decided, "this dirt will grow good potatoes". We grow fruits like heirloom tomatoes and peppers, and vegetables, such as scallions, radish and lettuce mix. We operate a small Community Supported Agriculture program, attend a weekly farmers market, and sell to a few chefs in town.

#### 78. Sola Gratia Farm

Traci Barkley and Hunter DiFonso Urbana, IL 61801 217-367-1189 solagratiacsa@gmail.com solagratiacsa.com



Sola Gratia Farm is a community-based farm dedicated to producing locally-grown, high-quality, natural produce. Produce is grown following organic practices for our Community Supported Agriculture (CSA) program, local farmers markets, the Common Ground Food Coop, several restaurants, and for donations to local hunger assistance programs. 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. Sola Gratia Farm donates at least 10 percent of its produce to the Eastern Illinois Foodbank and other hunger abatement programs in East Central Illinois. Both full and partial shares are available as well as add-ons including bread, fruit, honey, mushrooms, eggs, and meat. We grow 50 different kinds of vegetables and nearly 125 different varieties. Shares of produce can also be purchased for donation.

## → HOW TO BUY A WHOLE ANIMAL

Buying whole animals 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? Certified organic or conventional? How about a heritage livestock breed? There are a lot of options!

#### **Common Terms**

**Live weight/ On the hoof:** this refers to the actual weight of the animal while it is alive. A typical grass-fed cow weighs about 1000lbs.

**Hanging weight:** Once the animal is slaughtered the skin, head, non-usable organs, hooves and all other inedible parts are removed, and the carcass is hung to age. The weight of the carcass that remains is referred to as the "hanging weight," which is usually around 60% of the live weight. The hanging weight of a typical 1000lb grass-fed cow is about 600lbs

**Take home/Boxed/Retail weight:** After hanging and aging, the animal is processed into individual retail cuts. The weight after this process is called the "boxed", "take home", or "retail" weight. The retail weight will be significantly less than the hanging weight. Typically, the retail weight is about 60% of the hanging weight, so if you've got a cow with a hanging weight of 600lbs, your actual retail weight will be close to 360lbs. However, the percentage varies based on a number of factors including:



Heritage breed grass-fed beef from Healing Acres Farm and Greenouse

- **Bone-in vs. boneless** This will dramatically affect yield; the more boneless cuts that are made, the lower the retail weight. It will not however significantly affect the actual amount of meat you receive.
- The amount of fat remaining on the meat cuts The retail weight will vary based on how much surface fat the cutter leaves on the cuts. More fat means a higher retail weight.
- Leanness of ground meat If the ground meat is made very lean the yield will be less than if the ground is made with a higher percentage of fat. Again, a higher percentage of fat means a higher retail weight.

#### What does it cost?

Because the retail weight varies depending on how the animal is processed, most farmers set the price/lb on the hanging weight. For example, a typical grass-fed cow weighs about 1,000 lbs. on the hoof, which yields about 600 lbs. of hanging weight. If you purchase half a cow, you will be purchasing 300lbs of the hanging weight, which will yield about 180lbs of retail weight. If the farmer charges \$6.00/lb on the hanging weight, that will cost you \$1800 (300lbs x \$6.00) for approximately 180lbs of actual retail cuts, or an average of \$10.00/lb on the retail weight (\$1800/180lbs). This price applies to every cut, so one pound of ground beef will cost the same as one pound of steak.



**Additional fees** 

When a farmer takes an animal to the butcher, they are charged a couple of different fees, including:

- A slaughter fee or kill fee
- Cut & wrap (cutting and packaging your meat)
- Processing (making any of the cuts into bacon, sausage, jerky, etc.).

Many farmers will include the slaughter fee and cut and wrap fee in the price of the hanging weight, and you will be asked to pay any additional processing fees if you would like to create special value-added products, like bacon. But not every farmer does it that way. It's always good to ask your farmer up front what is included in the hanging weight price, and how much processing typically costs.

## HOW TO BUY A WHOLE ANIMAL

## How long will my purchase last?

Here you have to do a little math. If you have a family of 4, and you eat beef twice a week, and at each meal, each family member eats .5lb of beef (a typical serving size), then you'll use an average of 4lbs of beef each week. At that rate, a half cow with a retail weight of 180lbs would last your family approximately 45 weeks (or almost an entire year!).

## How much freezer space do I need?

As a general guide, 100lbs of meat (about 1/4 of a typical beef cow) will take up a full 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 cow.



Bison from Rhutor Bison

#### **Pros and Cons**

#### **Pros**:

- **Transparency:** Buying direct from a farmer gives you the opportunity to choose meat that was raised in a way that aligns with your values.
- Long-term savings: When you buy in bulk (quarters, halves and wholes) you're paying the same price per pound regardless of the cut. That means you pay the same price for ground beef as you do for filet mignon!
- **Customize it!** You get to choose your favorite cuts. Thinly sliced ribeyes for sandwhiches or thick ribeye steaks? Showstopping bone-in leg of lamb or an easy weeknight boneless leg roast? You decide! Your farmer can help walk you through the best options to serve your needs.
- That personal touch: When you buy meat in bulk, you have the opportunity to form a relationship with a local farmer and keep your food dollars in your local community.

#### Cons

- **Up-front investment**: Buying whole, half, and quarter animals requires a hefty up-front investment.
- Paying for parts unknown: In addition, you'll also be paying for cuts of meat you might not necessarily purchase otherwise---like liver, kidneys, and tongue. Knowing how to use all of the different cuts might require a little creativity or research, and some trial and error. Luckily there are lots of resources and recipes at your fingertips on the internet!



#### How do I get started?

Look for the beef, pork, lamb and goat icons to find farmers who are raising and selling meat products, or check out the index at on page 7 of this guide. Read each farmer's 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 shop around and see what fits your needs.

Pastured Pork from Sugar Grove Family Farms

## ► FARMS ►

#### 79. Suttill's Gardens

Ron and Jacque Suttill-Simpson Springfield, IL 62703 217-744-9379 farmmom0520@yahoo.com facebook.com/suttills.gardens



Suttill's Gardens is a 100+ year farm started by my great grandmother. We use sustainable farm practices. We grow lots of unique produce from spring through fall.

#### 80. T. Hodgson Produce

Ted Hodgson Williamsville, IL 62693 217-341-4666 njhodgson@casscomm.com



Direct sales through call or email, Farmers Markets, Wholesale

Our family produce farm is over 100 years old. Our produce is picked and delivered fresh daily specializing in sweet corn, cantaloupes, and watermelons.

#### 81. The Great Pumpkin Patch and the 200 Acres

Mac Condill Arthur, IL 61911 217-543-2394 thepatch@the200acres.com the200acres.com Pumpkins, Squash, and Gourds Farm Shop

The 200 Acres is a 5th 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 - October 31st, seven days a week.

"A society grows great when
old men plant trees whose
shade they know they shall
never sit in."
- Greek Proverb

#### 82. Timberfeast

Mark Brady & Katie Kennedy Chatsworth, IL 60921 Farm: 708-606-9414, Katie: 815-228-2311 Farm@Timberfeast.com timberfeast.com



Onine Ordering

Timberfeast is a new farm in Chatsworth, Illinois offering the highest-quality Pasture Raised meats. Our products include fresh organic-fed pastured poultry and eggs, pastured pork, pastured goat, grass-fed beef, and grass-fed lamb. Young farmers Mark Brady and Katie Kennedy raise animals on the woodland pastures of Mark's family's sixth generation farm in Central Illinois.

## 83. Triple M Farms: Mariah's Mums and More, LLC

Greg and Mariah Anderson Clinton, IL 61727 217-898-0706 mariahandgreg@ mariahsmums.com triplemfarms.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.

#### 84. Triple S Farms

Stan and Ryan Schutte Stewardson, IL 62463 217-343-4740 stan@triplesfarms.com triplesfarms.com



Antibiotic Free, Steroid & Hormone Free, Pasture-Raised, Rotational Grazing, Non-GMO Feed Direct sales through call or email, Farmers Markets, Wholesale, Online Ordering

Triple S Farms, established in 1980, is family-owned and operated. We raise our animals humanely on our Certified Organic pastures - they just have that one bad day!



#### 101. Down at the Farms, LLC

Marty Travis and Will Travis Fairbury, IL 815-848-2271 mandk@thespencefarm.com

All products: Vegetables, Fruit, flowers, Herbs, Honey, Beef, Pork, Lamb, Goat, Eggs, Chicken, Turkey, Duck, Rabbit, Dairy, Grains Chemical Free, Non-GMO, Pasture-Raised
Wholesale

Down at the Farms, LLC is a farmer-to-farmer marketing and delivery service based outside of Fairbury, IL. We represent over 60 of the finest farms in Central Illinois to chefs, grocers, individuals and institutions. Farms retain their identity and are able to showcase their unique products to a large audience. We operate as a "food hub," but are so much more as we work with nice people to create community and cooperation between farmers in the area. Our growers produce a wide variety of product using chemical free or certified organic practices, pastured livestock and non GMO seed. Our weekly deliveries to Chicago and downstate restaurants have helped to put Central Illinois farms on the map. Our goal is to continue to offer these opportunities for small and beginning farmers and to reach an ever wider audience.

Ackerman Organic Farm Always Somethin' Farm

Besgrove Farm

Black Sheep Food Initiative

Calico Garden

Carroll's Timber Edge Farm

Carroll's Timber Edge of Cook Farm Cow Creek Farm Crooked Row Farm D&S Heritage Farms Deercreek Organics Eden's Harvest Farm Epiphany Farms Inc Farmer in Odell Grani's Acres Gray Farms

Grazin Haven Farms Green Acres Farm Gunther's Swamp Farm Hammons Black Walnuts

Hazelnut Farm Healthy Harvest Henry's Farm Honey Milk Grove Ifft Family Gardens J&B Country Living Farm

Jane's Farm

Jones Country Gardens

Joyful Acre

Living Water Farms
Mill at Janie's Farm
Millie's Corner Farm
Mushrooms for Earth
Old Dixie Pastures
Pittman's Maple Syrup
Prairie Fruits Farm and Creamery

Prairie Grove Cattle Co.

Prairierth Farm

Rendezvous Ridge Sancken Hill Top Farm Sandy Springs Farm

SBG Farm

Silver Line Ranch
Silver Maple Farm
Small Acres Too
Spartan Valley
Spence Farm
Staff of Life Farms
Sylvan Acres
The Seasonal Plate
The Sprout House
TJ's Free Range Poultry
TW Farms

Verdant Acre Windmill Acres Windy Knoll Produce



Marty and Will Travis of Down at the Farms, LLC pose in front of loading truck on their farm that they use to deliver locally grown farm-fresh produce across Illinois.

## ► FARMS →

#### 85. Troyer Family Gardens

Cathy Troyer
Hudson, IL 61748
309-275-0008
cathytroyer1@gmail.com
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.

#### 86. Twin Oak Meats

Tom and Amy Ifft Fairbury, IL 61739 815-692-4215 twinoakmeats@maxwire.net www.twinoakmeats.com



Sub-Therapeutic
Antibiotic Free, Steroid &
Hormone Free, Outdoor
Access
Direct sales through call
or email, Wholesale,
Online Ordering

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 sausage. We sell both retail and wholesale.

#### 87. Wildgrain Farms LLC

Kent Fehr Fairbury, IL 61739 309-431-6260 kent@wildgainfarms.com wildgrainfarms.com Birdseed

We are a small family farm that produces Premium Black Oil Sunflower Seed for wild bird feeding.

#### 88. Willow Creek Farm

Traci Lipps Urbana, IL 61820 217-840-1986 tracilipps@yahoo.com willowcreekfarmcu.com



Non-GMO Feed, Pasture Raised, Rotational-Grazing Direct sales through call or email, Wholesale

Willow Creek Farm is a sustainable, farm-to-table venue. The farm lies on 37 acres. It's a working farm: cows, chickens, goats, horses, and sheep range in rotational pasutres. We have a small greenhouse and a large garden area. We also have 12 honeybee hives.

#### 89. Willow City Farm

Tara Davlin Holcomb Springfield, IL 62711 217-899-4562 info@willowcityfarm.com willowcityfarm.com



Non-GMO Feed, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised, Rotational Grazing, Grass Fed Grain Finished and 100% Grass Fed Direct sales through call or email, Farmers Markets, Wholesale, CSA, Farm Shop, Online Ordering

Willow City Farm is a family-owned diversified farm. We raise beef, pork, lamb, goat, poultry, and eggs. Our products have no hormones added or daily antibiotics administered, ever. Our animals are sustainably & humanely raised & processed, always. We also raise alpaca and sell their luxurious fibers, yarns, and other handmade products. Stop by our farm store or place orders online. We also offer free delivery.



## ► FARMS ►

#### 90. Witzig Farm Meats

Roger & Elaine Witzig Gridley, IL 61744 309-747-3330 witzigfarmmeats.com



Non-GMO Feed, Organic Feed, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, Pasture Raised (cattle), 100% Grass Fed Direct sales through call or email, Wholesale

Witzig Farm Meats is a 1899 Centennial Homestead and Certified Organic Grain Farm. Our red Angus and Red Devon cattle are 100% grass fed and finished, rasied and grazed, birth to finish, on organic forages for high quality grass-fed beef. Our hogs are humaneraised-farrowed in pens and finished in large pens bedded with straw. They are sub-therapeutic antibiotic free from birth to finish and fed an all vegetarian, non-GMO diet. No growth homrones, no steroids, no animal by-products. Our packaged meats are all natural, preservative free, and MSG free, with organic curing and seasoning. Our bratwurst and sausages are sugar free with organic seasonings. We also sell whole beef cows, 1/2 and 1/4 beef cows, and whole hogs. Available via: the Witzig Farm Store (call for service), local farmers markets, Naturally Yours Grocery (Peoria, IL), and Common Ground (Bloomington, IL).

#### 93. Broad Branch Farm

Anita and Brian Poeppel Wyoming, IL 61491 309-231-9290 broadbanchfarm@gmail.com www.broadbranchfarm



Certified Organic, Chemical Free, Non-GMO Feed, Sub-Therapeutic Antibiotic Free, Steroid & Hormone Free, 100% Grass Fed, Rotational Grazing, Pasture-Raised CSA, Online Ordering

Broad Branch Farm is a Certified Organic, pasture-based vegetable and livestock farm near Peoria, IL. Our farm produces food using no pesticides, no GMO's, no synthetic inputs, no antibiotics or growth hormones for our pastured livestock and vegetables. Our beef is strictly grass fed and grass finished. No grain, ever. We offer FREE HOME DELIVERY our food year-round including CSA shares from June - November. Our online stores include our own vegetables, meat, eggs, flowers and herbs. We also offer extras from other outstanding local and organic farms including cheese, olive oil, nuts, raw ferments and more.

#### 91. Wolf Creek Farm LLC

Deb Flannery Williamsville, IL 62693 219-405-7904 debsgarden@mac.com info@wolfcreekfarmllc.com wolfcreekfarmllc.com



We provide wholesale specialty vegetable crops. Our seasonal availability includes: cabbages, carrots, heirlooms, sweet peppers, onions, winter squash, and more. Available planting per buyer request (1-10 acres per buyer). We use naturally pollinator and environmentally friendly practices. We are Illinois Small Business Set-Aside Program registered (SBSP) and are invested in being a conscientious food business. We donate our excess product to charity food kitchens, shelters, and animal protection projects. On farm visits by appointment only.

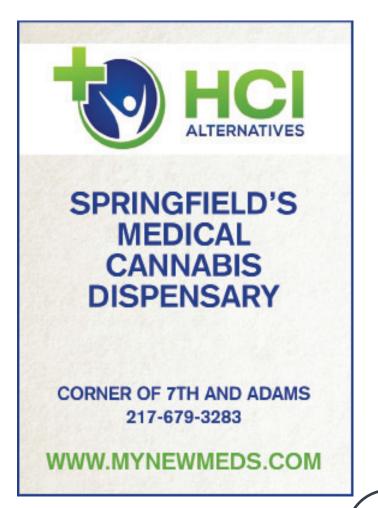
#### 92. ABC Shop

Sheldon Raber PO Box 225 – 2294 CR 1800E Arthur, IL 217–543–2655 abcshop@agapemail.com



Customers depend on us for locally grown, top quality, fresh produce. In season from April to Thanksgiving. We also bring in southern IL peaches and fruit and early season vegetables. On Wednesdays and Saturdays in July and August visit our stand at Danville Gardens Too at 1413 N. Prospect in Champaign.

Shop hours: Monday, Thursday, Saturday 9am — Sunset; Tuesday, Friday 1pm — Sunset; Wednesday 9am — 6pm; Sunday Closed.



## **→** FARMERS MARKETS **→**

#### 1. 18th Street Farmers Market

Steve Runyon Charleston, IL 61920 scrunyon@consolidated.net facebook.com/18thstreet farmersmarket We accept SNAP SNAP Match Program Debit/Credit Tokens Food Bank Pickup

The 18th Street Farmers Market offers fresh local produce, flowers/plants, honey products, hand crafted items, and home-baked goods. This Saturday only market also offers Music at the Market, Yoga at the Market, and Chef at the Market.

3rd Saturday of May - Last Saturday of September: 8am-12pm

## 2. The Abraham Lincoln Memorial Hospital Farmers Market

Lynne Metz Lincoln, Il 62656 217-605-5701 metz.lynn@mhsil.com thealmhmarket.org Producer-Only We accept SNAP SNAP Match Program Debit/Credit Tokens

Financially supported by Abraham Lincoln Memorial Hospital to promote fresh food and health, the market features extensive marketing, robust health-focused programming, vendor incentives, and a wllness experience unlike anything else in Central Illinois. May-October, Saturdays: 8am-12pm

#### 3. Downs Village Market

Margaret Kelyin Downs, IL 61736 309-378-4396 marketmaster610@gmail.com villageofdowns.org/downsvillage-market.htm

Downs Village Market was established in 2003 and features about 20 vendors offering local and select regional produce, meats, baked goods, honey, plants, flowers, quality crafts, and handmade items. We offer a large variety of goods for sale, friendly vendors, Master Gardener advice, convenient parking and weekly musical entertainment. Visit us this summer! June-September, Wednesdays: 4pm-6pm

## 4. Downtown Bloomington Farmers' Market

Catherine Dunlap Bloomington, IL 61701 309-434-2295 cdunlap@cityblm.org downtownbloomington.org/ farmers-market Producer Only We accept SNAP SNAP Match Program Debit/Credit Tokens Food Bank Pickup

This producer only market offers a diverse selection of local and sustainably produced farm products-- meats, cheeses, vegetables, eggs, herbs, grains, plants, as well as baked goods, prepared foods, fine arts, and education opportunities. Live music, cafes, restaurants,

restaurants, shops and galleries enhance the market experience.

May-October, Saturdays: 7:30am-12pm.

## 5. The Land Connection Champaign Farmers' Market

Sarah Simeziane Champaign, IL 61820 217-840-2128 sarah@thelandconnection.org thelandconnection.com/market Producer Only We accept SNAP SNAP Match Program Food Bank Pickup

The Land Connection is a farmer training organization who works to train and support new and sustainable farmers and connect the community with local food. With the Champaign Farmers Market we seek to make local food more available to everyone and support local farmers by providing them with an additional mid-week sales opportunity.

Mid May-October, Tuesdays: 3:30pm-6:30pm

#### 6. The Old Capitol Farmers Market

Deborah Cavanaugh-Grant Springfield, IL 62701 217-528-1563 deborah@ilstewards.org facebook.com/ oldcapitolfarmersmarket Producer Only We Accept SNAP SNAP Match Program Debit/Credit Tokens

The Old Capitol Farmers Market is a producer-only farmers market located in the heart of downtown Springfield. It is managed through a partnership between Downtown Springfield Inc, Illinois Stewardship Alliance, and the Springfield Area Arts Council. In addition to 50+ vendors throughout the season, the Market also hosts weekly chef demos, family fitness activities, live music, food trucks, and other prepared food vendors featuring local ingredients.

May-October, Wedsnesday and Saturdays: 8am-12:30pm

## 7. The Peoria Riverfront Farmers Market

Sharon Gramm Peoria, IL 61602 309-671-5555 info@peoriariverfront.com visitdowntownpeoria.com Producer Only We accept SNAP SNAP Match Program Food Bank Pickup

The RiverFront Market is a producers-only market featuring 70 – 80 vendors each week. Located in the 200 Block of Water Street, the market offers local produce, meats, eggs, cheeses, baked goods, fresh flowers and more. Local art and live music are featured each week. Join us on the first and third Saturdays of each month for our popular "Chopped" Farmers' Market Style Cooking Contest. Recipes and samplings available on second and fourth Saturdays. Please see our website for a complete list of entertainment.

Mid May-September, Saturdays: 8am -12pm

## FARMERS MARKETS

## 8. Richland Community College Saturday Produce Market

Deanna Koenigs Decatur, IL 62521 217-875-7200 dkoeneigs@richland.edu facebook.com/RichlandStudentFarms Debit/Credit Tokens

Local vendors sell their fruits, vegetables, plants, baked goods and artisan crafts. From 'seed to market' the students at Richland obtain practical experience in all aspects of operating a community-based small farm business, including the operation of the Student Farms Booth

June-September, Saturdays: 8am -12pm

#### 9. Rochester Library Farmers Market

Carole Strick
Rochester, IL 62563
217-498-8454
rochesterlibraryfarmersmarket
@gmail.com
facebook.com/62563Rochester
PublicLibraryFarmersMarket

Local farmers market that provides a community-based atmosphere where vendors provide produce, homemade items, and locally-raised meats. Our mission is to enhance the quality of life which fosters social gatherings and interaction.

Late May-October, Saturdays: 8am-12pm

#### 10. Streator Downtown Farmers Market

Curt Bedei Streator, IL 61364 815-257-6807 streatormarketmanager@gmail.com facebook.com/ streatordowntownfarmersmarket/

The Streator Farmers Market provides a direct producer-to-consumer market opportunity. This would include healthy, local, fresh foods and other "hand-crafted" items to the community and surrounding areas to encourage commerce, entertainment, and promote agri-toursim for the city of Streator. June-October, Saturdays: 9am-1pm

#### 11. Urbana's Market at the Square

Urbana, IL 61801 217-384-2319 urbana@urbanaillinois.us urbanamarket.org/ Producer Only We accept SNAP Food Bank Pickup

Food Bank Pickup

Urbana's Market at the Square is a producer-only market offering locally-grown fresh produce, plants, flowers, prepared foods, baked goods, arts and crafts, performance, and much more.

May-November, Saturdays; 7am-12pm

#### Winter Farmers Markets

Holiday and Winter Markets are a growing trend in Central Illinois! These off-season markets help farmers earn additional income during the winter months and give communities greater access to fresh, locally-grown food. Check with your local farmers market to learn about off-season markets in your area and to gather updated information on dates, times, and locations for the markets listed below, as these may vary from year to year.

**ALMH Holiday Farmers Market** 

Managed by Abraham Lincoln Memorial Hospital Lincoln Park District 1400 Railer Way, Lincoln, IL Date TBD, 5pm -8pm

#### Downtown Bloomington Thanksgiving Market

Managed by the City of Bloomington Grossinger Motors Arena (formerly the U.S. Cellular Coliseum) 101 S. Madison St., Bloomington, IL The Saturday before Thanksgiving, 10am -12pm

#### **Downtown Bloomington Indoor Markets**

Managed by the City of Bloomington Grossinger Motors Arena (formerly the U.S. Cellular Coliseum) 101 S. Madison St., Bloomington, IL Third Saturday of every month, December - April: 10am -12pm

#### Springfield Holiday Farmers Markets

Managed by Illinois Stewardship Alliance Indoors on the State Fairgrounds, Springfield, IL Third Saturday of November and December, 9am -1pm

#### **Springfield Winter Farmers Markets**

Managed by Illinois Stewardship Alliance Third Presbyterian Church, 1030 S. 7th St., Springfield, IL Fourth Saturday, January- April: 9 am - 12pm

#### Streator Light Up Holiday Market Downtown Streator

Date TBD, 10am - 10pm

#### Urbana Market in the Square-Holiday Edition Managed by the City of Urbana 201 Lincoln Square in downtown Urbana, IL Saturdays, November-December, 8am - 1pm

Urbana Market in the Square - Spring Edition
Managed by the City of Urbana
201 Lincoln Square in downtown Urbana, IL
Second and Fourth Saturdays, January-April: 8am - 1pm

## **◆**RESTAURANTS ◆

#### 1. American Harvest Eatery

Chefs Aurora and Jordan Coffey 3241 W lles, Springfield, IL 217-546-8300 americanharvesteatery@gmail.com americanharvesteatery.com

American Harvest Eatery is a locally owned restaurant that has been in operation for 6 years now. It is our mission to provide our guests with a meal comprised of locally grown items that have been manipulated in house to create the freshest and most thoughtful cuisine. From our salads to our cocktails we do not cut any corners and always strive to provide our guests with a product that highlights locality, sustainability, and seasonality. Sunday: 10am-3pm, Monday: Closed, Tuesday-Saturday: 11am-2:30pm and 5pm-10pm

#### 2. Augie's Front Burner

Chef August Mrozowski 109 S 5th, Springfield, IL 217-544-6979 augiesfrontburner@gmail.com augiesfrontburner.com

Augie's Front Burner is located in historical downtown Springfield and strives to serve the freshest local meats, vegetables , fruits, grains, and dairy. The owner, Augie was raised on farm to table items and continues stay true to his roots by serving his customers with the same quality of food that he was raised on.

Lunch: Monday-Friday 11am-2:30pm, Dinner: Monday-Saturday 5pm-10pm

#### 3. Pease's at Bunn Gourmet

Bob Bunn 2941 Plaza Drive, Springfield, IL bob.bunn@bunn.com 217-793-1840 bunngourmet.com

Bunn Gourmet and Pease's Candy Store, two family-owned business operations that have been "Local Since Lincoln," have joined forces under Pease's at BUNN Gourmet™. Located at The Gables in Springfield, the venue offers locally sourced selections including the finest quality confections from Pease's, fresh quiche from Incredibly Delicious, locally raised USDA Prime and Choice beef from the Bunn Family Quarter B Farm and a wide variety of interesting beverages including locally roasted coffee from Custom Cup and the Bean Counter.

Mon-Thurs: 7am-9pm, Fri-Sat: 7am-10pm, Sun: 10am-5pm

#### 4. Cooper's AlleySide & StrEATside Bistro

Chef Justin Cooper and Kendra Cooper 3115 E Sangamon, Springfield, IL 217-836-2657 info@cooperstreatside.com cooperstreatside.com

We are a local food truck and restaurant sourcing local ingredients. We focus on using the freshest ingredients when available. Chef Cooper is the 7th generation from a family farm in Williamsville. He takes pride in sourcing directly from the farmer. He understands that fresh is best.

Sunday-Monday 11am-8pm, Tuesday-Thursday 11am- 9pm, Fri-Sat 11am-9:30pm

#### 5. Engrained Brewery & Restaurant

Owner Brent Schwoerer 1120 W. Lincolnshire Blvd., Springfield, IL 217-546-3054 info@engrainedbrewery.com engrainedbrewery.com

Engrained Brewing Company is a locally owned micro-brewery and farm to table restaurant. Brewed onsite, our beer lineup is crafted to bring friends together with a broad range of styles. Our menu features fresh and affordable food from local family farms. Our brewmaster is always crafting fresh new brews to give you a unique experience with every visit. Gather at Engrained for a drink with friends, a family dinner, or special event at your own local brewpub!

Sun: 9am-9pm, Mon-Wed: 11am-9pm, Thurs-Sat: 11am-close

#### 6. Maldaner's Restaurant

Chef Michael Higgins 222 S 6th St, Springfield, IL 217-522-4313 steve@maldaners.com 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 showoff his American, regional and Mediterranean flavors, using local and regional ingredients. Maldaner's is a supporter of Springfield's farmer's markets. *Monday-Friday 11am-9pm, Sat 5:30-9pm* 

#### 7. Piatos Organic Food Nanny

Chef Kelly Lamb 300 S. Broadway, Urbana, IL 217-344-9015 info@piatocafe.com piatocafe.com

Piatos Organic Food Nanny is a meal delivery Service in which individuals purchase monthly membership shares. Shares then entitle members to their "share" of the two meals our kitchen prepares each week made with locally sourced ingredients. Monday-Friday 7:30am-2pm

#### 8. Timpones Restaurant

Chef Jim Takantjas 710 S Goodwin, Urbana, IL 217-344-7619 jct1876@gmail.com, timpones-urbana.com

Timpones is a renowned for its ever changing daily menu. Our philosophy of cooking, which is based on the best quality ingredients we can purchase; fresh, ripe, seasonal, and organic raw materials. We are also dedicated to the common interest of the environment and use of organic ingredients whenever possible.

Monday-Thursday 11am-9pm, Friday 11am-10pm, Saturday 5pm-10pm

## RESTAURANTS

#### **DESTIHL Restaurant & Brew Works**

Director of Restaurant Operation, Anna Ober-Sutton asutton@destihl.com

DESTIHL was founded on the promise of supporting flavor and boycotting bland. We opened our first gastrobrewpub™ (DESTIHL Restaurant & Brew Works) in Normal, Illinois, in November 2007. A second location in downtown Champaign, Illinois, was later added in April 2011. Our menu focuses on bold flavors that pair well with a wide array of innovative beers for every palate. Our commitment is grounded upon an inventive approach to classic American-inspired pub fare and global cooking and brewing traditions.

#### 9. DESTIHL Restaurant & Brew Works- Normal

Chef Jacob Sartin 318 S. Towanda Ave., Normal, IL 309-220-9901 destihl.com

Mon-Thurs 11am-10pm., Fri-Sat 11am-11pm, Sun. 11am-9pm

#### 10. DESTIHL Restaurant & Brew Works- Champaign

Chef Chris Alwes 301 N. Neil St., Champaign, IL 217-356-0301 destihl.com

Mon-Thurs 11am-10pm., Fri-Sat 11am-11pm, Sun. 10am-9pm

#### 11. The Beer Hall at DESTIHL Brewery

Chef Jacob Sartin 1200 Greenbriar Dr., Normal IL 309-862-2337 destihl.com

11am-8:30pm

The new home of DESTIHL Brewery opened in May 2017 with a larger production brewery space and a 6,300 sq. ft. beer hall featuring the bold flavors of DESTIHL's beer and food. Guests of The Beer Hall will experience a mix of self and full-service in a communal setting, inside the long, open, brick-walled hall, while enjoying the same family-friendly atmosphere as the gastrobrewpubs™. The bar in The Beer Hall not only highlights DESTIHL beer, but also adventurous beer-based cocktails and brewed on-site craft sodas and ciders. Tours of the brewery are available. Tickets can be purchased at destihl.com *Mon-Thurs: 11am-9:30pm, Fri-Sat: 11am-10:30pm, Sun:* 

**Epiphany Farms Hospitality Group** 

Epiphany Farm Hospitality Group is pioneering a new food system frontier consisting of multiple farms and restaurants working together to create one self-sustaining organism.

#### 12. Anju Above

Stu Hummel, 220 E Front St, Bloomington, IL 309-828-8704 contact@epiphanyfarms.com epiphanyfarms.com/anju

Anju Above's menu features classic Neapolitan pizzas, sushi crafted for the Midwestern palate, Asian dumplings, and a modern, interactive bar. Our purpose is to blend internationally inspired small dishes with socially responsible farming techniques to create a fast and fun, farm fresh experience for our guests.

Mon-Thurs: 11am-10pm, Fri-Sat: 11am-11pm, Sun: 11am-9pm

#### 13. Epiphany Farms Restaurant

Ken Myszka 220 E Front St, Bloomington, IL 309-828-2323 contact@epiphanyfarms.com epiphanyfarms.com

We are pioneering a new food system frontier, by blending our farm and restaurant, Epiphany Farms Restaurant, to create one, self-sustaining organism. Every day we strive to produce something not only that customers enjoy, but also believe in.

Tues-Thur 4pm-9pm, Fri-Sat 4pm-10pm, Sun-Mon Closed

#### 14. Old Bank

Ken Myszka 201 E Center St., LeRoy, IL 309-468-0112 contact@oldbankrestaurant.com epiphanyfarms.com/oldbank

Old Bank Restaurant & Bar features Midwestern classics, made-from-scratch, using ingredients grown on the Epiphany Farms 10 miles away. "Where You Can Bank on Good Food" Tues-Fri: 4pm-9pm, Sat: 3pm-9pm, Sun:10am-8pm, Fri-Sat: Bar open until 10pm



## Are you up for the challenge?

During the month of September we challenge you to spend \$20 a week on locally-grown food. It's that simple! When you sign up you'll receive weekly recipes and inspiration, updates on local food and farm events in your area, opportunities to win great local prizes, and more!

Sign up at: www.buyfreshbuylocalcentralillinois.org

## RETAILERS & PROCESSORS

#### 1. Food Fantasies

Lyndsay Grawey 1512 Wabash Ave., Springfield, IL 217-793-8009 foodfanta@gmail.com foodfantasies.com

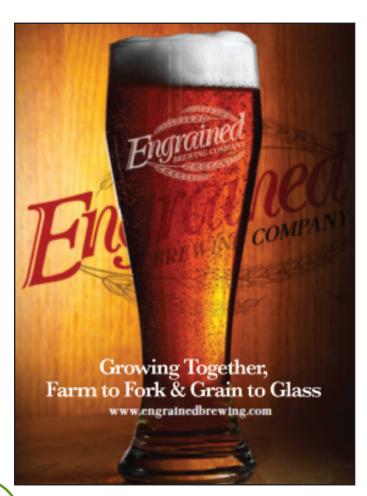
Food Fantasies has been serving Springfield and surrounding areas since 1989. We are a local and independently owned business that specializes in natural and organic foods. We source from local farms when possible for meats, eggs, dairy, and natural health and beauty care. We also carry a large assortment of bulk herbs and spices, and stock a wide range of natural supplements and essential oils. We also carry a variety of allergen-friendly, vegan, and vegetarian options. Monday-Friday: 9am-8pm, Saturday: 9am-6pm, Sunday: 10am-5pm

#### 2. Humphrey's Market

Hope Humphrey 1821 South 15th Street Springfield 217-544-7445 humphreysmarket@sbcglobal.net humphreysmarket.com

A family owned and operated market since 1932 specializing in premium meats, fresh produce and specialty grocery. We sell both retail and wholesale with delivery available.

Monday-Friday: 7am-6pm, Saturday 7am-5pm, Sunday Closed



#### 3. Milk and Honey Fresh Market

Jenny Loftus 413 E. Adam St., Springfield, IL jennyloftus81@gmail.com facebook.com/milkandhoneyfresharket

Coming soon! Fresh produce and herbs grown on location in our indoor garden, along with meat, dairy, bread, canned goods, beer, and wine.

Mon-Fri: 9am-9pm, Sat: 9am-5pm, Sun: Closed

#### 4. Robert's Seafood Company

Brian Aiello 1615 W. Jefferson St., Springfield, IL 217-546-3089 baiello@robertsseafoodmarket.com robertsseafoodmarket.com

We are a locally owned and independently operated, 4th generation retail food store. We specialize in fresh seafood, meats, produce, dry goods and much more, incorporating locally grown, raised, or produced products. We believe the food experience should nourish the body as well as the soul! *Monday-Friday: 9:30am-6pm, Saturday: 9am-5pm, Sunday: Closed.* 

#### 5. The Farmstand by Willow City Farm

Tara Holcomb 731 S Durkin Dr. Suite D, Springfield, IL 217-899-4562 info@willowcityfarm.com willowcityfarm.com

Willow City Farm now has a retail location in Springfield. You can now purchase WCF meats & alpaca products, plus clean, locally grown products from many other local farmers and artists.

Mon-Fri: 10am-6pm, Sat: 10am-5pm (except during far mers market season when you can find us at the Old Capitol Farmers Market from 8am-12:30pm. On those Saturdays, the shop is open 2pm-5pm.)

#### 6. Green Top Grocery

Michael Pennington 921 E. Washington St., Bloomington, IL 309-306-1523 michael@greentopgrocery.com greentopgrocery.com

Green Top Grocery is a full service grocery store created by owners to reflect the values of our owners, including the support of local producers and the local economy. Green Top Grocery opened in the spring of 2017 and provides a one stop shop for your local food shopping.

Seven days a week: 8am-9pm

## RETAILERS & PROCESSORS •



#### 7. Common Ground Food Coop

Gary Taylor
Lincoln Square Village, 300 S. Broadway Ave, Urbana, IL
gm@commonground.coop
gary.taylor@commonground.coop
217-352-3347

commonground.coop
We're a full service, cooperatively owned grocery store, which
means we're owned by members of the community (like you!)
who buy shares. We're passionate about naturally delicious,
sustainable local food—and that's just the beginning! Anyone
can shop here and enjoy all the services we offer- from our
delicious salad bar to our robust cooking classes!

Seven days a week: 8am-10pm

#### 8. Hendrick House

Diane McNattin 904 W Green St., Champaign, IL 217-365-8004 diane@hendrickhouse.com hendrickhouse.com

Created in 1956 to house University of Illinois students, Hendrick House has grown into a multi-faceted food service provider This family-owned and operated business provides exceptional, fresh and local food to residents, guests and catering clients at the University of Illinois and throughout Champaign Urbana. Menus are written with fresh, local and sustainability in mind by chef's that work with our full-time farmer/chef for the freshest ingredients possible. Since we can not grow everything ourselves, we support local business and farmers by purchasing eggs, poultry, beef, pork, cheese, dairy and produce. 7 days a week, 5am-midnight

#### **Processors**

#### 9. Magro's Meat and Produce

Tracy or Tony Magro 3150 Stanton Ave Springfield 217-679-3161 magrosmeat@outlook.com magrosprocessing.com

Magros Meat & Produce is a local meat processor that sells locally sourced meat and produce and is also a full grocery store.

Monday-Saturday: 9am-6pm, Sunday 10am-3pm

#### 10. Petersburg Poultry Processing

Cavan Sullivan 1215 E. Clary Street 217-546-3054 petersburgpoultry@gmail.com pppoultry.com

Petersburg Poultry Processing is located in Petersburg, IL. We humanely process, under USDA inspection, chickens, turkeys, pheasants, and waterfowl. We offer custom processing, and are always looking for farmers to help grow our specialty brands. Online scheduling is available.

Monday-Friday: 6am-2pm







## Heal With Us.

We combine Traditional Chinese Medicine and current scientific knowledge to offer an array of traditional and modern treatments to accommodate the needs of our patients. Find out what we can do to heal you.



716 South Second Street, Springfield 217-544-8118 acuintegrative.com



Illinois Stewardship Alliance is a statewide non-profit organization whose mission is to cultivate a local food and farm system that is economically viable, environmentally sustainable, and socially just.



To join Illinois Stewardship Alliance or support our work visit: www.ilstewards.org