



We are a group of local food advocates building an extensive directory of farms that deliver to the Saint Louis metropolitan area. Our hope is that by highlighting local farmers and describing their agricultural practices we can add value to the foods they market and broaden the support of the Saint Louis foodshed.

We see the directory as a tool to expose farmers to new markets and to help consumers find new sources of locally grown food.



Saint Louis Farm to Table Food Loop

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3 Girls and a Tractor

Vegetables | Fruits and Nuts | Value Added - Honey, Preserves etc.

Location:

17234 Boeuf Island Rd.
Marthasville, MO 63357

Growing Practices:

Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management

Where to Buy:

Washington, Wright City and Lake St. Louis farmers' markets. Fair Shares CCSA in St. Louis. Direct from the farm on Hwy 94 between Marthasville & Treloar.

Contact:

Girlsandatractor@aol.com

About the Farm:

John & Shari Kopmann along with daughters Jamie, Sara & Katie raise a variety of produce on their family farm on the Missouri River bottoms between Marthasville and Treloar. Sweet corn, tomatoes, cucumbers, summer & winter squash, pumpkins, eggplant, peppers, cantaloupe, seeded and seedless watermelons including heirloom varieties such as Moon & Star and Black Diamond, specialty melons, pecans, honey and more! We are very active in the Farm to School Program to share the goodness of fresh fruits and vegetables with children who may not get that opportunity at home.

We are conventional farmers who eat everything we grow! We implement IPM and various practices to keep chemical use to a minimum. Produce we bring to market is picked within 24 hours of market. Know your Farmer, Know your Food!

Bellews Creek Farm

Vegetables

Location:

8095 Highway BB
Hillsboro, MO 63050

Growing Practices:

Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management, Synthetic Pesticide-Free

Where to Buy:

Direct on farm; Fair Shares CCSA and Local Harvest Grocery in St. Louis.

Contact:

636-274-7236
pnkraut@aol.com

About the Farm:

As of 2014 we have been farming for 22 years. We were formerly certified organic with OCIA. We are not currently certified, but still grow to organic standards. We grow dry beans, popcorn, winter squash, sweet peppers, jalapeno/chipotle peppers, as well as other vegetable crops.

The farm is close to Cedar Hill in the Bellews Creek Valley.

Benne's Best Meat

Meat | Poultry | Eggs | Vegetables

Location:

850 South Breeze
Weldon Spring, MO 63304
(St. Charles County)

Growing Practices:

GMO-Free Seeds, Synthetic Herbicide-Free,
Synthetic Pesticide-Free
Antibiotic Free, GMO-Free Feed, Grass-Fed
with Grain Supplementation, 100% Grass-Fed,
Heritage Breed, Hormone Free, Pastured

Where to Buy:

Direct from our farm in Weldon Spring,
Missouri

Contact:

636-486-6024
jolene@bennesbest.com

About the Farm:

At Benne's Best Meat, you buy direct from a family farm where the animals are well-cared for, the water runs pure, and the food is all natural.

We specialize in raising natural pork, beef and poultry that is free of sub-therapeutic antibiotics and artificial growth hormones.

Benne's offers both 100% natural-fed beef (non-GMO corn) and Heritage-breed pork year round. The beef and pork are available by the half-side or by individual cuts. 100% grass-fed ground beef is also available.

We grind our own feed using only non-GMO corn for our free-range meat birds (chickens and turkeys). Our antibiotic-free, hormone-free, free-range chicken eggs are collected fresh every day.

Turkeys and hams for the Holidays are typically pre-ordered by our customers.

In the summer and fall, we offer a select variety of pesticide-free, naturally-grown heirloom produce from our multiple gardens and high-tunnel.

Located in St. Charles County on Highway 94 (between Highways 64/40 and Mid-Rivers Mall Drive), Ron and Jolene Benne's farm is one of the last surviving farms in the area. A true family farm of eight generations, the 127-acre spread has been in Jolene's family since 1801.

Blue Heron Orchard

Vegetables | Fruits and Nuts | Value Added - Honey, Preserves etc.

Farm Location:

32974 220th Street
Canton, MO 63435

Growing Practices:

Certified Organic, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management.

Where to Buy:

In St. Louis: Schlafly Farmers
Market/Maplewood, Local Harvest Grocery,
Smoke House Market, Fair Shares CCSA

Contact:

Dan Kelly
573-655-4291 (main) or 217-430-9132 (cell)
blueheronorchard@centurytel.net

About the Farm:

It is a sad commentary that we are the only certified organic apple orchard in Missouri (IDALS: Iowa Department of Agriculture & Land Stewardship). Growers and consumers have been led to believe (mostly through the extension service) that it is not possible! We beg to differ. Every year we sell and process our crop to deliver the most safe and healthful apples and value-added products to conscientious consumers and find that we reach farther every year. Our greatest enjoyment is learning about what we are doing and presenting the results for your table. Apples are our primary focus, but it does not keep us from producing an array of certified organic vegetables and herbs while enhancing environmental quality.

Centennial Farms & Orchard

Vegetables | Fruits and Nuts | Value Added - Honey, Preserves etc.

Location:

199 Jackson Street
Augusta, MO 63332

Growing Practices:

Crop Rotation, Cover Cropping, GMO-Free Seeds, Integrated Pest Management, Permaculture

Where to Buy:

In St. Louis: Tower Grove Farmers Market, Schlafly Farmers Market/Maplewood, Fair Shares CCSA

Contact:

636-228-4338
centfarmaug@aol.com

About the Farm:

Our farm was established in 1821 as a tobacco farm. It has been in our family since 1854 and the sixth generation lives and works on the farm. We planted our first orchards in 1968 and now have about 1500 apple trees and 300 peach trees. We also grow blueberries, blackberries and strawberries along with vegetables. We sell through a farm market, farmers' markets and pick-your-own.

Chopping Block Farm

Meat | Poultry | Dairy | Eggs | Vegetables | Fruits and Nuts | Value Added -
Honey, Preserves etc.

Location:

3406 McMullin School Rd.
DeSoto, MO 63020

Growing Practices:

GMO-Free Seeds, Heirloom Varieties,
Integrated Pest Management, Permaculture,
Synthetic Herbicide-Free, Synthetic
Pesticide-Free, Antibiotic Free, Biodynamic,
Grass-Fed with Grain Supplementation, 100%
Grass-Fed, Heritage Breed, Hormone Free,
Intensive Rotational Grazing, Pastured

Where to Buy:

DeSoto Farmers Market; direct from the farm

Contact:

choppingblockfarm@yahoo.com

www.facebook.com/ChoppingBlockFarm

About the Farm:

We are a local hobby farm specializing in pasture-raised poultry. We currently offer quail, game birds, chickens, the eggs of anything that lays them and pasture-raised rabbits. We work with local restaurants to provide custom "menus" and never use antibiotics, hormones, steroids or synthetics in our meats. Our greens, veggies and fruits are grown by the same caring and natural standards.

Circle B Ranch, LLC

Meat | Value Added - Honey, Preserves etc.

Location:

RR 2 Box 2824
Seymour, MO 65746

Growing Practices:

Antibiotic Free, Antibiotics administered only in response to illness, Certified Humane Raised & Handled, Grass-Fed with Grain Supplementation, Heritage Breed, Hormone Free, Pastured

Where to Buy:

In Springfield: Greater Springfield Farmers Market, Hy-Vee, Harter House on Eastgate and Republic Road, all Mama Jeans locations.
In St. Louis: Clayton Farmers Market, Local Harvest Grocery, Fair Shares CCSA.

Contact:

417-683-0271
marina@circlebranchpork.com

About the Farm:

Circle B Ranch is a family owned Berkshire/Kurabota Pork Hog farm. Marina and John relocated from Branchburg, NJ in September 2009 to the lush and rolling hills of the Ozark Mountains. They originally owned a small hobby farm where John raised turkeys, ducks and chickens for their own consumption. They were ahead of their time since they fed their animals feed that did not contain unnecessary hormones or antibiotics. This practice and belief has been continued on their Missouri farm. John and Marina are passionate about food and firmly believe that an animal's welfare is very important to the taste and the appearance of the meat which is why Marina and John make such a significant effort in the natural and humane raising and handling of their Heritage hogs.

John and Marina did extensive research on what type of farming would work best on the 90 acres they purchased in Seymour, concluding that the property would be conducive to the natural hog environment. There was never any discussion how they would bring up their Berkshire and Red Wattle Hogs. They breed, farrow and raise the hogs the natural way--providing the freedom to graze on the lush pastures and to roam in the woods eating acorns and nuts.

John built the layout of the farm to comply with the HFAC (Humane Farm Animal Care) Standards for Pigs. Appreciating healthy, naturally and humanely raised food, and passionate about the welfare of their animals, John and Marina feel Certified

Humane is a good fit for their farm and hogs.

City Seeds Urban Farm

Vegetables | Value Added - Honey, Preserves etc.

Location:

2200 Pine St.
St. Louis, MO 63103

Growing Practices:

Biointensive, Crop Rotation, Cover Cropping,
GMO-Free Seeds, Heirloom Varieties,
Integrated Pest Management, Synthetic
Herbicide-Free, Synthetic Pesticide-Free

Where to Buy:

Farm stand at Bell Garden
3815 Bell Ave., St. Louis, MO 63108

Contact:

Rachel Deffenbaugh (Farm Manager)
2211 Washington Ave.
St. Louis, MO 63103
314-588-9600 ext. 109
rachel@gatewaygreening.org

About the Farm:

City Seeds Urban Farm is a partnership between Gateway Greening and numerous other St. Louis nonprofits, including the St. Patrick Center. We grow 20+ different vegetable crops on a 2.5 acre lot in downtown St. Louis. The farm is used as a teaching tool for St. Patrick Center clients participating in our therapeutic horticulture program and our job training program. If you are interested in learning more, please visit our website: www.gatewaygreening.org.

Cock and Bull Farms

Meat | Poultry | Eggs | Fruits and Nuts

Location:

12100 Hoyt-Monken Road
Highland, IL 62249

Growing Practices:

Antibiotic Free, Biodynamic, Grass-Fed with Grain Supplementation, Heritage Breed, Hormone Free, Intensive Rotational Grazing, Pastured

Where to Buy:

In Illinois: Edwardsville Farmers Market.
In St. Louis: Fair Shares CCSA

Contact:

cockandbullfarms@yahoo.com

About the Farm:

Our chickens are raised locally in a CAGE-FREE environment. They spend most of their day outside grazing in the pasture, with their choice of grass or grain. We NEVER feed or inject our chickens with hormones, steroids, or antibiotics, and we believe that it is this combination of sun, unrestricted movement, and grass/grain fodder that gives our chickens their amazing flavor and consistency. We hope you enjoy our chicken as much as we do.

EarthDance

Vegetables | Fruits and Nuts

Location:

233 S. Dade Ave.
Ferguson, MO 63135

Growing Practices:

Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management, Permaculture, Synthetic Herbicide-Free, Synthetic Pesticide-Free

Where to Buy:

In St. Louis: Ferguson & Tower Grove farmers' markets.

Contact:

314-521-1006
earthdancefarms@gmail.com
farm@earthdancefarms.org

About the Farm:

EarthDance operates an organic farm school on the historic Mueller Farm in Ferguson (North St. Louis County), considered to be the oldest organic farm in Missouri. Using sustainable growing techniques, EarthDance grows over 75 varieties of vegetables, fruits, and herbs. In addition to offering a 50-share Community Supported Agriculture (CSA) program, we sell at the Tower Grove and Ferguson Farmers Markets on Saturday mornings and sell our veggies to a number of local restaurants, institutions, food trucks, and grocers.

EarthDance, a nonprofit organization, offers a part-time Organic Farming Apprenticeship for individuals interested in learning how to farm; many of our graduates currently operate their own farming enterprises in and around the St. Louis region. We also offer farm tours, classes, and volunteer opportunities to groups of all ages, and we welcome you and your group out to the farm!

Fresh Pasture Farms

Meat | Poultry | Eggs | Vegetables | Value Added - Honey, Preserves etc.

Location:

1931 Kropp Rd.
Millstadt, IL 62260

Growing Practices:

Crop Rotation, GMO-Free Seeds, Heirloom Varieties, No-Till, Synthetic Herbicide-Free, Synthetic Pesticide-Free, Antibiotic Free, Biodynamic, GMO-Free Feed, Hormone Free, Intensive Rotational Grazing, Pastured

Where to Buy:

Oak Grove Farm and Market in Edwardsville, IL

Contact:

618-719-1983

Info@freshpasturefarms.com

About the Farm:

Here at Fresh Pasture Farms we raise all of our chickens, turkeys and pigs on pasture. Chickens and turkeys are rotated daily to a fresh pasture spot. This gives them fresh pasture daily and gets them out of yesterday's excrement. They also get Non-Gmo feed ration that is also corn and soy free. We take pre-orders for our chickens and turkeys and have eggs year round. Pigs are rotated weekly to a fresh pasture and a section of woodland. This gives them the opportunity to root, eat grass, find bugs and a natural shade spot on the warmer days of summer.

Pigs are available by the whole or half and cuts of pork in our farm store. We custom graze cattle which are rotated twice a day. They prepare the grass for the chickens, while fertilizing the pastures. Our farm store is open Tuesdays 1pm-7pm and Saturdays 9am-1pm.

Frontwards Farm

Poultry | Eggs | Vegetables | Value Added - Honey, Preserves etc.

Location:

2735 S. Rocky Comfort Rd.
Makanda, IL
37.5717791, -89.1165011

Growing Practices:

Biointensive, Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, No-Till, Permaculture, Synthetic Herbicide-Free, Synthetic Pesticide-Free, Antibiotic Free, Biodynamic, Grass-Fed with Grain Supplementation, Heritage Breed, Hormone Free, Intensive Rotational Grazing, Pastured.

Where to Buy:

CSA delivery, Schlafly Farmers Market/Maplewood

Contact:

618-713-5016

jason@frontwardsfarm.com

www.frontwardsfarm.com

www.facebook.com/pages/Frontwards-Farm/137360722965294

About the Farm:

Frontwards Farm has been family-owned/operated since it was founded in 2005. Each year we've expanded our operation, which currently includes produce, pastured poultry & eggs, and culinary mushrooms, all sustainably raised. In January 2014 we added Rocky Comfort Foods, a line of locally sourced value-added products.

Though we are not currently certified, everything is raised according to organic standards. We never use GMOs, synthetic fertilizers, pesticides, herbicides, antibiotics or growth hormones. Our practices sustain living soil with abundant beneficial microbes/insects, and pastures that nurture pollinators. Cover cropping, composting, and crop/livestock rotation build soil fertility and mine nutrients that would otherwise remain trapped deep below, unavailable to crops. Heavy mulching and drip irrigation preserve precious water during long summer days. Currently we are developing an on-site, closed-loop feed system, to be implemented in May 2014.

We are co-founders of a new farmer-owned, multi-farm CSA (Soil Shares CSA, also listed here) which currently delivers to Maplewood, where our farm has a stand at the Schlafly Farmers Market. All products are available for special events and occasions through our website or FB pages. Farm visits are always welcome.

Goatsbeard Farm

Dairy

Location:

Harrisburg, MO

Growing Practices:

Antibiotics administered only in response to illness, Intensive Rotational Grazing

Where to Buy:

Columbia (MO) Farmers Market. In St. Louis: Local Harvest Grocery, Whole Foods, Fair Shares CCSA, Local Chef Stl, Stellina Pasta, Nathalie's

Contact:

www.facebook.com/pages/Goatsbeard-Farm/369617146463844

About the Farm:

Small pasture-based goat dairy in central Missouri, producing flavorful, healthy goat cheeses from the milk of our own 50 goats. Cheese is regularly brought in to stores such as Local Harvest Grocery and Whole Foods in St. Louis and CSA providers Fair Shares and Local Chef. Restaurants include Stellina Pasta and Nathalie's. The Saturday Columbia Farmers Market is our "storefront" for finding our whole line of cheeses.

Hart Apiaries

Fruits and Nuts | Value Added - Honey, Preserves etc.

Location:

3738 Highway 47
Lonedell, MO 63060

Growing Practices:

We use conventional fertilizers but not every year; synthetic pesticide free.

Where to Buy:

Direct; CDR Naturals in Bourbon; Natural Health and Home in Festus

Contact:

636-629-5814

berries@hartapiaries.com

About the Farm:

We produce honey and beeswax and have a U-Pick blueberry farm.

Honey – We produce wildflower honey. We do travel to St. Louis several times a week so if you would like to order honey and schedule a time and place to pick up your order, contact us to schedule a time and place.

Beeswax – We produce a limited amount of beeswax. We sell it in various sized blocks (i.e. 1 ounce and 1 pound). We have some very small sizes for lip balm makers but we don't usually keep a lot on hand in any given size. We sometimes have beeswax candles.

Blueberries - We do not use pesticides on the blueberries but we do use conventional fertilizers. Our season is usually early June through mid July. Check our website during the season for picking days and times.

Other activities and projects - We have a small paw paw orchard that is just beginning to produce. Farm tours are available outside of blueberry season. Please contact us to schedule a tour.

We started beekeeping because my wife said that I needed a hobby. We started with blueberries because we could not find enough for our own needs locally.

Herbs en' route

Vegetables

Location:

34 Plum Creek
Farmington, MO 63640

Growing Practices:

Integrated Pest Management

Where to Buy:

In St. Louis: Schnucks Markets, Local Harvest
Grocery.

Contact:

herbsenroute@gmail.com

About the Farm:

Herbs en' route is a small, family-owned wholesale business located in Farmington, Missouri. Our production is field and container grown fresh basil. Herbs en' route basil is grown and harvested year round. We pre-package our product into clamshells and deliver to local stores. We practice organic techniques but do not carry the organic label.

Thank you for choosing fresh, local products.

Hodiamont Streetcar Farm

Vegetables | Fruits and Nuts

Location:

5176 Cates Ave
St. Louis, MO 63108

Growing Practices:

Biointensive, Crop Rotation, Cover Cropping,
GMO-Free Seeds, Heirloom Varieties, No-Till,
Permaculture, Synthetic Herbicide-Free,
Synthetic Pesticide-Free

Where to Buy:

On-site through the CSA

Contact:

314-780-1441
hodiamontstreetcarfarm@gmail.com
5126 Cates Ave, St. Louis, MO 63108

About the Farm:

Hodiamont Streetcar Farm is a new urban farm CSA, located near the Central West End in the City of St. Louis. Our pricing is based on a gift-economy model: if you sign up, we present you your food as a gift, and it is up to you how you decide to show your gratitude: you can pay less, as much, or more than market price, or pay in other ways than money: helping on the farm, trading other goods or services, etc.

Our growing practices are as sustainable as we can be, the produce is picked fresh before CSA pick-up, and we strive to use as little fossil fuel as possible.

HSF was founded by St. Louis native Brian Blosser in 2013, after four years of apprenticing on other organic farms.

La Vista Farm

Vegetables

Location:

4350 Levis Lane
Godfrey, IL 62035

Growing Practices:

Crop Rotation, Cover Cropping, Heirloom Varieties, Synthetic Herbicide-Free, Synthetic Pesticide-Free

Where to Buy:

We deliver to restaurants. Direct through the CSA (u-pick).

Contact:

314-757-0576

About the Farm:

La Vista CSA offers about 100 different varieties of fresh, great-tasting, vegetables, herbs, and a steady supply of colorful cut flowers throughout our growing season.

Our Mission:

La Vista serves as a source of renewal for human, social and physical health by providing healthy and nutritious food, by the building of a diverse community, and through the practice of social justice. We demonstrate a model for diversified, sustainable, small-scale community supported agriculture through responsible stewardship of the land.

We respect the soil, water and air through organic methods of growing, by conserving water and by reducing fossil fuel emissions into the air. We are a CSA farm that also sells specialty crops, such as watermelon radishes, to restaurants.

Lee Farms, LLC

Meat | Eggs | Vegetables

Location:

39358 Pin Oak Church Rd
Truxton, MO 63381

Growing Practices:

Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management, Hormone Free, Intensive Rotational Grazing, Pastured.

Where to Buy:

St. Louis: Whole Foods Galleria, Whole Foods Town & Country, Lake St Louis Farmers Market, Fair Shares CCSA.

Contact:

www.facebook.com/leefarms

314-954-0551

rusty@leefarms.net

About the Farm:

Lee Farms, LLC is owned and operated by Rusty and Teresa Lee, along with our children, William, age 11 and Dora Lynn, age 8. We represent the 3rd and 4th generations to cultivate crops and raise livestock on our Warren County, Missouri farm, just west of St. Louis. We select the best varieties of vegetables for both regional growing conditions and fresh-picked flavor. Our produce is carefully hand-harvested to allow for peak quality, ripeness and taste. Our family is passionate about what we grow, how we grow it, and making it available for your family. Check us out on facebook, www.facebook.com/leefarms

Live Springs Farm

Meat | Eggs

Location:

Carrollton, IL 62016

Growing Practices:

Antibiotic Free, Biodynamic, GMO-Free Feed, 100% Grass-Fed, Heritage Breed, Hormone Free, Intensive Rotational Grazing, Pastured

Where to Buy:

St. Louis: Tower Grove Farmers Market, Schlafly Farmers Market/Maplewood, Fairshares CCSA, Harvest Restaurant. Illinois: Downtown Springfield Farmers Market, Land of Goshen Farmers Market in Edwardsville, Food Fantasies, Naturally Springfield, Green Earth Grocery in Edwardsville, Three Rivers Community Farm CSA, Riverbend Roots Farm CSA, Community Supported Garden at La Vista CSA. Direct from Live Springs Farm buying clubs in Edwardsville, IL and Ferguson, MO.

Contact:

customerservice@livespringsfarm.com

217-942-5060

About the Farm:

Live Springs Farm is a 610-acre biodynamic farm outside of Carrollton, Illinois, seven miles from the Illinois River. A diversified farming operation in response to the diverse landscape of the farm and the desire to work in cooperation with natural systems which demand diversity and flexibility, our farm is devoted to biodynamic and organic farming practices, treating our livestock humanely, helping revitalize rural landscapes and economies, educating consumers about food and farming, and producing healthy, wholesome food. Our farm has been in production, selling direct to consumers, since 2009. The farm is just in its infancy in terms of production. We are continually learning and integrating and thus adding new food products.

Currently we raise and sell 100% grassfed/grass-finished beef, pasture/woodland-raised heritage breed pork, pasture-raised specialty breed chicken and eggs. We are very devoted to the highest quality in all of our products thus we seek out specific breeds that work well with our farm location and grassfed goals, use "Holistic Planned Grazing" practices which include intensive grass rotations for all of our animals, and work closely with processing facilities to make sure our end products end up wholesome without unnecessary additives. We are firmly committed to absolutely no genetically modified feeds thus we raise some of our own cereal grains on the farm and purchase other feedstuffs for our hogs and chickens in bulk and then make all of our own custom feed rations here on the farm.

M & T Farms LLC

Dairy

Location:

1613 Tschappler Rd.
Owensville, MO 65066

Growing Practices:

Antibiotic Free, GMO-Free Feed, Grass-Fed with Grain Supplementation, Hormone Free, Intensive Rotational Grazing, Pastured, rBST-Free

Where to Buy:

Local Harvest Grocery in St. Louis; Nature Girls in Rolla; Clovers Natural Market in Columbia, farmers markets in New Haven and Rolla.

Contact:

573-437-2699

Tblatch123@yahoo.com

About the Farm:

We produce farmstead artisan cheese from our historic farm. We also host guests in our bed and breakfast. We are a working dairy farm where people can experience a true look at how our cheese is produced from cow to plate. Our B&B is known for large rooms and a great stay.

Meramec Bison Farm, LLC

Meat

Location:

2127 Dent County Rd 5390
Salem, MO 65560
(about 13 miles SE of Salem)

Growing Practices:

Antibiotic Free, Grass-Fed with Grain
Supplementation, Hormone Free, Pastured

Where to Buy:

In St. Louis: Fair Shares CCSA, Local Harvest
Grocery, Connie's Green Grocery, Bailey's
Range, Cafe Osage.

Contact:

bison@fidnet.com

About the Farm:

Meramec Bison Farm is located at the headwaters of the Meramec River in south central Missouri near the town of Salem. It consists of 760 acres of pasture and forest and is divided into three separate units for rotational grazing. About 400 acres is under a conservation easement with the Ozark Regional Land Trust. This is a family-owned and operated farm which was started in 1993 with Bison being the only animal we raise. Our animals are on grass except for a few days before they are processed. We do not give any medicine to our animals except a de-wormer for internal parasites. We sell mostly to health food stores, restaurants and individuals. Our love for Bison and the land are what motivates us.

Mossy Creek Farm

Fruits and Nuts | Value Added - Honey, Preserves etc.

Location:

689 Harmony Grove Rd
Troy, MO 63379

Growing Practices:

Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management., Synthetic Herbicide-Free, Synthetic Pesticide-Free

Where to Buy:

Lake St. Louis Farmers Market

Contact:

sdubois42@hotmail.com

sales@mossycreekfarm.com

www.facebook.com/pages/Mossy-Creek-Farm/139478506207052

About the Farm:

Mossy Creek Farm is a cut flower farm, but we also grow heirloom tree fruit, blackberries and strawberries. We have 7+ bee hives for natural honey.

We sell fresh-cut flower bouquets at the Lake St. Louis Farmers market and to wholesale and retail florists. We also sell bulk flowers for DIY brides. Our floral design team can also create wedding and special event center pieces and bouquets as requested. We only use locally grown flowers from our farm. We are pesticide and herbicide free.

Murray's Orchard

Fruits and Nuts | Value Added - Honey, Preserves etc.

Location:

Crooked Creek Road
Mozier, Illinois 62070

Calhoun County, Illinois
Take ferry across Mississippi River from
St. Charles, MO

Growing Practices:

Cover Cropping, GMO-Free Seeds, Integrated
Pest Management

Where to Buy:

In St. Louis: Tower Grove Farmers Market,
Schlafly Farmers Market/Maplewood,
Freddies Grocery Store, Local Harvest
Grocery, Fields Foods

Contact:

314-330-0060

About the Farm:

Started orchard in 2002 with my husband. In 2005 he passed away and I have been farming by myself since then. I love to find new and different peach and apple cultivars to bring to the public. Cultivars that are exceptional in taste, color and texture. Produce is picked "tree ripened" for maximum flavor. Produce is also developed into value-added products in our homemade jams, jellies, salsas, chutneys and butters using all natural ingredients and no preservatives.

New Roots Urban Farm

Vegetables

Location:

1832 Hogan Street
St. Louis, MO 63106

Growing Practices:

Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management, No-Till, Permaculture

Where to Buy:

Visiting the farm, North City Farmers Market,
Whitaker Concert Series at St Louis Place Park

Contact:

newrootsurbanfarm@gmail.com

About the Farm:

New Roots Urban Farm is an anarchist collective of friends getting together to grow our own food and provide food for our neighbors. We believe in cooperation and having fun while we grow deeper in our values of sustainability, education and food security. Originally the first urban farm in St Louis, we believe we are still paving the way in innovative growing practices and community building.

Nolte Hills Nursery

Vegetables | Value Added - Honey, Preserves etc.

Location:

1082 Highway 100
Morrison, MO 65061

Growing Practices:

Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management

Where to Buy:

Columbia Farmers Market; Fair Shares CCSA in St. Louis

Contact:

nnolte@centurytel.net
www.facebook.com/pages/Nolte-Hills-Nursery/357811880914730

About the Farm:

We grow year around. Heated greenhouses are used from October through March. These are heated with a renewable resource wood chip furnace; we burn material that would be called waste product at the sawmill. In winter we have red slicers and heirloom tomatoes, cucumbers regular and English cucumbers, Carman peppers, kale, lettuce, and bok-choi.

We also use high tunnel greenhouses to raise strawberries and greens.

Outdoors, we have 10 acres in cultivation. We concentrate on fall crops as our main product. This would include broccoli, brussel sprouts, cauliflower, cabbage, rutabagas, spinach, radish, kohlrabi, Chinese cabbage, turnips, winter squash, pie pumpkins, and celeriac.

During the summer we raise specialty peppers heirloom tomatoes, red slicers, cantaloupe, cucumbers, sweet potatoes. Along with these items we raise a large assortment of onions-- Walla Walla, Candy, Tropea, and Cipolli. We deliver once-- sometimes twice--a week to the St. Louis area.

Our City Farm

Poultry | Dairy | Eggs | Vegetables | Fruits and Nuts | Value Added - Honey, Preserves etc.

Location:

4539 Delmar Blvd.
St. Louis, MO 63108

Growing Practices:

Biointensive, Certified Naturally Grown, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management, Antibiotic Free, GMO-Free Feed, Grass-Fed with Grain Supplementation, Heritage Breed, Hormone Free, Pastured

Where to Buy:

St. Louis: Tower Grove Farmers Market, City Seeds Market

Contact:

314-282-5290
info@ourcityfarm.com
7529 Ahern Ave.
St. Louis, MO 63130

About the Farm:

Our City Farm grows a stunning variety of heirloom produce and raises heritage chickens which lay rich, farm-fresh eggs as well as pastured poultry that is steroid-free and antibiotic-free. We employ proven, sustainable growing practices that benefit the soil allowing us to produce restaurant-quality produce without pesticides, fungicides or synthetic fertilizers.

Ozark Berry Farm, LLC

Fruits and Nuts

Location:

552 Lick Creek
Leasburg, MO 65535

Growing Practices:

Integrated Pest Management

Where to Buy:

In St. Louis: Webster Groves Farmers Market
and Schlafly Farmers Market/Maplewood.
Direct at our farm.

Contact:

alan@ozarkberryfarm.com

About the Farm:

We sell blueberries and elderberries, primarily U-Pick at the farm. We also propagate and sell native plants.

Ozark Forest Mushrooms LLC

Mushrooms | Vegetables | Value-added gourmet products

Location:

HCR 62 Box 460
Salem, MO 65560

Growing Practices:

Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Permaculture, Synthetic Herbicide-Free, Synthetic Pesticide-Free

Where to Buy:

St. Louis: Schlafly Farmers
Market/Maplewood, Tower Grove Farmers
Market, Local Harvest Grocery, Fair Shares
CCSA.

Contact:

nicola@ozarkforest.com
www.timberfarmsthesinks.com

About the Farm:

Ozark Forest Mushrooms is a family farm located near Salem in Shannon County, MO. For 25 years we've grown shiitake mushrooms and three varieties of oyster mushrooms. We practice sustainable forestry and growing methods in our fields and greenhouse which is heated by spent shiitake logs. A recently installed mobile greenhouse has expanded our supply of specialty greens and vegetables. Our certified kitchen enables us to make a unique variety of value added mushroom and gourmet food products: hot sauces, mushroom soy sauce, pestos and truffle butters, dried mushrooms and tomatoes, elderflower cordial, preserves and pickled products. In collaboration with the University of Missouri through a recent SARE grant, we have planted a Burgundy Black truffle orchard.

We also offer an Agritourism guesthouse which includes a tour of our mushroom enterprise.

Ozark Mountain Creamery

Dairy

Location:

Mountain Grove, MO

Growing Practices:

Integrated Pest Management, No-Till, Antibiotic Free, Grass-Fed with Grain Supplementation, Hormone Free, Pastured, rBST-Free

Where to Buy:

A complete list is on our [website](#), but we are in several Schnucks stores and Fair Shares CCSA in St. Louis; Schnucks, Gerbes, Hy-Vee in Columbia and Jefferson City; Country Mart/Town & Country in towns along Hwy 44 & 63; Mama Jeans Natural Foods, Hy-Vee, Dillons, and Homegrown Foods in Springfield, Missouri; and other stores

Contact:

417-926-3276

ozarkmtncreamery@yahoo.com

About the Farm:

Ozark Mountain Creamery is owned by the Fry Family. All the milk used is from Fry Dairy, which utilizes natural farming practices. We grow 90% of what is fed to our cows, which is GMO-free, pesticide-free, and fertilized from our lagoon. We do give antibiotics as a last resort, but the cow is taken "off-line" until she tests free of any antibiotics.

We are the ONLY vat pasteurization plant in the state of Missouri. Vat pasteurization pasteurizes at a lower temperature but for a longer time. At the lower temperature, more nutrients, flavor, and enzymes are left intact. The enzymes aid in digestion, making our milk a great option for those that are lactose intolerant. Our website is www.ozarkmtncreamery.com, if you'd like to read more about our farm, creamery, and family.

Prairie Fruits Farm

Dairy

Location:

4410 North Lincoln Ave.
Champaign, IL 61822

Growing Practices:

Antibiotic Free, Antibiotics administered only in response to illness, Grass-Fed with Grain Supplementation, Hormone Free, Intensive Rotational Grazing, Pastured, rBST-Free

Where to Buy:

Fair Shares CCSA in St. Louis. Restaurants and shops around Illinois, farmers markets in Urbana and Green City Market in Chicago

Contact:

Leslie Cooperband and Wes Jarrell, Owners
217-643-2314
prairiefruits@gmail.com

For Wholesale Product Inquiries:
Sarah Hess, Wholesale Accounts Manager
prairiefruitswholesalecheese@gmail.com
217-840-4097

About the Farm:

We are Illinois' first farmstead creamery, using the milk from our own herd of goats to make most of our cheeses. We started milking 25 goats in 2005 and today we milk about 60 Nubian and La Mancha does. Our herd and dairy are "Certified Animal Welfare Approved," a third-party humane treatment and sustainability program that is considered the gold standard of livestock production certifications.

We emphasize pasture-based livestock production. We are a seasonal dairy, milking and making cheese from March to December. Our cheeses are European inspired, but we strive to capture the terroir of the prairie in many of our cheeses. We are passionate about showcasing the riches of our prairie soils, from our fruits to our goats' milk.

Reckamp Farm

Meat | Eggs | Vegetables | Value Added - Honey, Preserves etc.

Location:

10866 State Highway OO
Wright City, MO 63390

Growing Practices:

Certified Naturally Grown, Integrated Pest Management, No-Till, Antibiotic Free, Certified Humane Raised & Handled, Hormone Free

Where to Buy:

Direct from the farm in Wright City. At Dressels Pub in St. Louis.

Contact:

636-673-2332

reckampfarms@aol.com

About the Farm:

We take great pride in producing only top quality products from our farm. The family has been farming this farm since 1953.

Rendleman Orchards, Inc.

Vegetables | Fruits and Nuts

Location:

9680 State Highway 127 N
Alto Pass, IL 62905

Growing Practices:

Crop Rotation, Cover Cropping, No-Till

Where to Buy:

Shop N Save, Dierbergs, Schnucks

Contact:

618-893-2771

info@rendlemanorchards.com

www.facebook.com/RendlemanOrchards

About the Farm:

Nestled in the hills of Southern Illinois' Shawnee National Forest is Rendleman Orchards. Since 1873, Rendleman Orchards has been committed to growing and shipping quality peaches, nectarines, apples and vegetables to the commercial produce markets throughout the Midwest.

During our harvest season, which runs from June to December, Rendleman Orchards also offers retail packages of our best quality farm-fresh, tree-ripened peaches, nectarines and apples along with a wide selection of other fruits and vegetables, as well as jams, jellies, pickled items, baking and soup mixes, ciders, salsas, snack mixes, candles, linens, apple cider donuts, apple gift boxes, in season, and specialty food gift baskets!

We're located on the Shawnee Hills Orchard Trail just a short, scenic drive from St. Louis, Carbondale, IL and Cape Girardeau, MO on Illinois Route 127, 11 miles south of Murphysboro and one mile north of Alto Pass, IL. Stop by and pick up a peck, bushel or truckload of our quality hand-picked fruits.

Root 66 Farm

Eggs | Vegetables | Value Added - Honey, Preserves etc.

Location:

2814 Old State Road A
Festus, MO 63028

Growing Practices:

Biointensive, Crop Rotation, Cover Cropping,
GMO-Free Seeds, Heirloom Varieties,
Integrated Pest Management

Where to Buy:

Local Harvest Grocery; direct with pick up in
Central West End or on farm in Festus, MO

Contact:

root66farm@gmail.com
www.facebook.com/root66farm

Kate Ryder 314-707-4496
ryderkate@msn.com

Paul Schjetnan 314-488-9126
paul.schjetnan@gmail.com

About the Farm:

ROOT 66 Farm was started by Kate Ryder and Paul Schjetnan, a wife-husband team eager to revive economically and environmentally sound farming traditions. Paul's family farmed for generations in New Mexico. Industrialized agriculture finally drove them off the land in the late 1980s, when Paul was born. Paul has a background in science and strives to rekindle his family's ties to farming. Kate is a public health nutritionist and works with the community to alleviate food insecurity and promote access to healthy foods. We're addicted to growing, cooking, sharing and eating good food. Anybody is welcome to visit our farm. Thank you and continue to seek out local and transparent farmers!

Sassafras Valley Farm

Meat | Poultry | Value Added - Honey, Preserves etc.

Location:

1590 Highway N
Morrison, MO 65061

Growing Practices:

Antibiotic Free, Biodynamic, Certified Humane
Raised & Handled, Grass-Fed with Grain
Supplementation, Hormone Free, Pastured,
rBST-Free

Where to Buy:

Seasonally in St. Louis at Fair Shares CCSA and
Local Harvest Grocery.

We currently sell most of our geese through
our web site at www.sassafrasvalleyfarm.com
along with locally sourced veal and caviar from
our Gasconade County neighbors.

Contact:

Robert Cunningham
314-276-6795
robertrdcn@mac.com

Connie Cunningham
866-684-2188
acermay@aol.com

About the Farm:

In 1983, Patty Cunningham, our mother and a well-known regional artist and sculptor, purchased the 80-acre property and converted the barn into a studio. She operated her business until retiring in 1998. During this time, the terraces and fields were used primarily to crop hay.

In 2006, at the age of 82, Patty finally had to give up the weekly process of hitching up the “brush hog” and mowing 10 acres of yard. This happily coincided with her youngest daughter, Connie, deciding to relocate her landscape design business from Chicago.

That first Thanksgiving in 2006, as we were sitting around the table having a “free range, organic turkey” that we had purchased in St. Louis, conversation turned to what would be the best use for the property and elaborate farm building infrastructure. Cooking a “Christmas Goose,” had long been a family tradition. However, finding a goose even in high-end specialty markets was frequently difficult. Geese do not thrive in confinement, they need “personal space” and are always getting into mischief. Due to their nature, they are not a popular commercial crop.

We had 40 acres of pasture virtually untouched by cultivation, free of herbicide or chemical treatments, with ample fresh water from two springs, a 3-acre spring fed lake, and an artesian well. These conditions seemed optimized for raising free-range geese in an environmentally sensitive fashion.

Seven Springs Dairy

Meat | Dairy | Value Added - Honey, Preserves etc.

Location:

3315 County Rd 65
Bellevue, MO 63623

Growing Practices:

Antibiotics administered only in response to illness, Biodynamic, Grass-Fed with Grain Supplementation, 100% Grass-Fed, Hormone Free, Intensive Rotational Grazing, Pastured

Where to Buy:

Hanley's Meat Market, Farmington Farmers Market, direct from dairy.

Contact:

573-315-9466

jeannejohnson@yahoo.com

About the Farm:

Seven Springs Dairy is home to 50+ East Friesian and Lacaune Dairy Sheep. One of only two certified Sheep Dairies in Missouri. Products include fresh sheep milk, both raw and pasteurized; artisan cheeses, fresh and aged; Dorper meat sheep lambs for market. We also produce custom cheeses for wineries and restaurants.

The Farm at Kraut Run

Meat | Eggs | Vegetables

Location:

4354 Wilson Rd.
Wentzville, MO 63385

Growing Practices:

Certified Naturally Grown, Crop Rotation, Cover Cropping, GMO-Free Seeds, Heirloom Varieties, Integrated Pest Management, No-Till, Permaculture, Synthetic Herbicide-Free, Synthetic Pesticide-Free

Where to Buy:

CSA at farm; Lake St. Louis Farmers Market

Contact:

farmatkrautrunCSA@gmail.com

About the Farm:

Chris Wimmer has owned and operated the farm for over 25 years. Ryan Smith partnered with Chris in 2011 to grow the operation. We maintain a small-scale sustainable farming operation that produces pork products, chicken & duck eggs, and vegetables of all varieties. All of our products are Certified Naturally Grown and we adhere to the strictest standards of sustainability.

We grow in permanent raised beds and maintain the highest quality soil. The vast majority of our work is done by hand and we only fertilize with our own hand-made compost.

Our livestock are all raised on pasture with a small amount of supplemental organic grain. We strive for a high level of diversity on our farm and enjoy the variation in the day-to-day work that this brings.

Three Spring Farms

Meat | Poultry | Eggs

Location:

1097 PCR 330
Perryville, MO 63775

Growing Practices:

Antibiotic Free, Grass-Fed with Grain
Supplementation, 100% Grass-Fed, Hormone
Free, Pastured

Where to Buy:

In St. Louis: Kirkwood Farmers Market, Local
Harvest Grocery, Planet Health. Direct: from
farm in Perryville, MO or remotely in Webster
Groves, MO

Contact:

info@threespringfarms.com

About the Farm:

Three Spring Farms is located about 80 miles south of St. Louis in Perryville, MO. We sell grass-fed beef, pastured chicken, eggs, and turkeys. We only feed our calves grass and hay. We do not give them grain or other food products. We do not give them any hormones and we have only given individual animals antibiotics when they got sick, which is very rare. We are members of the American Grassfed Association, and we will be seeking "Process Verification" this year to earn an official stamp of grass-fed approval.

We would be happy to show you, or anyone else, the farm anytime it is mutually possible. We are proud of the way we treat the cattle and we enjoy showing it off.

Todd Geisert Farms

Meat | Vegetables

Location:

4851 Old Highway 100
Washington, MO 63090

Growing Practices:

Certified Naturally Grown, Crop Rotation, No-Till, Antibiotic Free, Certified Humane Raised & Handled, Heritage Breed, Hormone Free, Intensive Rotational Grazing, Pastured

Where to Buy:

In St. Louis: Local Harvest Grocery, Fair Shares CSA, Green Bean Delivery, and Winslow's Home. Other locations in Washington, MO, Lake St. Louis, Ellisville, Marthasville, Kirkwood and Webster Groves. See a full list of locations online at:

www.toadspigs.com/where-to-buy!.html

Contact:

314-791-6941

toadspigs@yahoo.com

PO Box 1293

Washington, MO 63090

www.toadspigs.com

About the Farm:

Since 1916, there has been little change to the way hogs have been raised on the Geisert Farm, just east of Washington, MO. Pigs are farrowed in "A" frame houses in fields that previously had a crop harvested from it the season before. Today, grain is delivered by modern equipment rather than by horse, but when it comes to tending to the herds, it is still done by hand... many hands. Several generations can be found out in the field helping with sorting and feeding of the pigs, just as it was done over 90 years ago.

Triple Creek Farm

Vegetables | Fruits and Nuts | Value Added - Honey, Preserves etc.

Location:

3691 Highway B
Berger, MO 63014

Growing Practices:

Crop Rotation, Cover Cropping, Heirloom Varieties, No-Till, Synthetic Herbicide-Free, Synthetic Pesticide-Free

Where to Buy:

Direct at farm; Hermann Farmers Market; Country Cottage Restaurant in Thayer, Mo.; Eat Here St. Louis LLC

Contact:

manne@fidnet.com
573-834-5057

About the Farm:

Phil and Margie have been living, playing and growing at Triple Creek Farm for over 8 years. Triple Creek Farm is located in Franklin County, Missouri on 42 acres, just a mile from the Missouri River. Phil and Margie have been raising bees for 10 years and sell all the honey they can rob! They grow fruits, berries, vegetables and quality horse hay. TCF is involved with the local food circle, researching the best healthy natural practice and uses clean untreated seeds when available. TCF is also a member of the local seed bank and encourages using heirloom seeds. Margie and Phil sell their products locally and wholesale to restaurants. TCF has just added a new high tunnel and a Lord Burnham antique glass greenhouse.

Berger Guesthouse LLC is located on the property and Margie and Phil invite farm stay activities. We share our harvest with our guests and teach them what we know. Things are always blooming, growing and changing at the farm. Many surprises await you at Triple Creek Farm in Berger, Missouri.

Troutdale Farm

Fish

Location:

12726 Troutdale Lane
Gravois Mills, MO 65037

Growing Practices:

Antibiotic Free, Hormone Free

Where to Buy:

In St. Louis: Local Harvest Grocery,
Smokehouse Market, Fair Shares CCSA

Contact:

573-372-1900

About the Farm:

We are a small farm with a natural spring where we raise our own trout and prepare them for restaurants and a few stores. We deliver weekly to the St. Louis area. We do not use drugs, growth hormones or color additives in our feed.

Wilfarm

Eggs | Vegetables | Fruits and Nuts

Location:

1002 Highway 19
Hermann, MO

Growing Practices:

Biointensive, Crop Rotation, Cover Cropping,
Heirloom Varieties, Integrated Pest
Management, Permaculture, Synthetic
Herbicide-Free

Where to Buy:

In Hermann and in Columbia.

Contact:

wilfarmeventually@gmail.com

www.wilfarm.org

573-252-4935

About the Farm:

Wilfarm: always something happening and
nothing going on on 18 acres.

Growing a mixed bag of fruits, eggs, flowers
and vegetables, because we can. Low stress
tolerance. We prefer the customer picking:
honor system and road side stand.

Hoeing hens instead of herbicides. Better
local and natural than organic and
over-the-road. Come by sometime.

Yellow Tree Farm

Vegetables | Fruits and Nuts | Value Added - Honey, Preserves etc.

Location:

615 S. Old Highway 141
Fenton, MO 63026

About the Farm:

Urban farmer turned farmer

Growing Practices:

Biointensive, Crop Rotation, Cover Cropping,
GMO-Free Seeds, Heirloom Varieties,
Synthetic Herbicide-Free, Synthetic
Pesticide-Free

Where to Buy:

In St. Louis: Local Harvest Grocery, Fields
Foods

Contact:

314-482-9203

Justin@yellowtreefarm.com

2637 Minnesota Ave., Apt 2S
St. Louis, MO 63118

Growing Practices Terms & Definitions

Animal Welfare Approved: This non-profit grants its certification to independently-owned family farms that raise their animals outdoors on pasture. Antibiotic use is allowed only for illness. Certification is not granted to producers who use growth hormones and requires animals be rendered insensible to pain prior to slaughter.

Antibiotic Free: No antibiotics were used over the animal's lifetime.

Biodynamic: Emphasis is placed on the holistic development and interrelationships of the soil, plants and animals as a self-sustaining system. There is a certification process to use the biodynamic label.

Biointensive: A small-scale production system that fosters healthy soils, conserves space and requires low inputs, while maximizing yields and increasing sustainability and overall soil health.

Cage Free: (Poultry) Animals are not caged up and have access to outdoor space.

Certified Humane Raised and Handled: Growth hormones are prohibited and animals are raised on a diet without antibiotics. Antibiotics can be used in the treatment of sick animals. Access to clean and sufficient food and water and a safe, healthful living environment is also required from birth through slaughter. Producers also must comply with environmental standards.

Certified Naturally Grown: Farmers do not use synthetic herbicides, pesticides, fertilizers, antibiotics, hormones, or genetically modified organisms. CNG livestock are raised mostly on pasture and with space for freedom of movement. Feed must be grown without synthetic inputs or genetically modified seed.

Community Supported Agriculture (CSA): A contract under which shareholders pay an upfront fee to the farmer who then, in return, provides a share of each week's harvest during the growing season. Both partners share the risks and rewards of small-scale farming, from unpredictable weather to bumper crops.

Conventional: How most American farms have operated over the past 50-plus years. Commercial chemical, synthetic fertilizers, pesticides and herbicides are used.

Cover Cropping, Crop Rotation: These growing methods help replenish soil nutrients and renew

fertility, prevent erosion and reduce weeds, pests and disease.

Free Range: (Poultry) Animals are allowed access to the outdoors.

Genetically Modified Organisms (GMO): Plants and animals whose genetic material has been altered using genetic engineering techniques in a lab. This technology is highly controversial on ethical, environmental and food safety grounds.

Heirloom Varieties: Growing heirloom varieties helps to preserve genetic diversity by ensuring that these unique plant varieties do not become extinct. Heirloom seeds have been passed down for generations and are treasured for their unique and delicious flavors, textures and stories.

Heritage Breeds: Traditional animal breeds raised by farmers before industrial agriculture drastically reduced breed variety.

Hormone Free: Growth hormones are not used to force an animal to gain weight, increasing incidences of disease and leading to the routine prescription of antibiotics. Hormones are not permitted in chicken or hog production.

Integrated Pest Management (IPM): The practice of using pesticides strategically and sparingly, alongside other techniques like nurturing greater diversity. Growers use the most economical means causing the least possible hazard to people, property and the environment.

Intensive Rotational Grazing: The use of several pastures with one being grazed while the others are rested, allowing the vegetation to renew energy reserves, rebuild shoot systems, and deepen root systems.

No Till: An agricultural technique that minimizes or eliminates plowing, keeping soil disruption to a minimum. No Till farming increases the amount of water and organic matter (nutrients) in the soil and decreases erosion.

Organic: To be certified “organic” by the USDA, farmers use sustainable growing practices, do not use synthetic drugs, synthetic fertilizers or synthetic pesticides, irradiation or genetic engineering, artificial growth regulators, antibiotics, food additives or human sewage sludge as fertilizer. Many farmers follow organic practices but choose not to be certified.

Pastured/Grass-Fed: Applies to cattle, poultry, and other herd animals. Animals eat pasture during

the warm months and hay and silage during the colder months throughout their lives. Don't be misled by "grass-fed" meat--these animals all start out eating grass.

"100% Grass-Fed and Finished" refers to the animals eating only grass, wild plants, dried hay, and silage throughout their lives.

"Grain finished" means animals ate forage (see above) until the final month(s) when they were "finished" on grain.

"Grain supplemented" means the cows are fed a mixture of pasture grasses, hay and grain throughout their lives.

Permaculture: The design and creation of self-sustaining, agriculturally productive systems which have the diversity, stability and resilience of natural ecosystems. Permaculture design incorporates a diversity of species and interrelations between species, and allows for the continuous evolution that occurs in nature.

Synthetic Herbicide-Free: No synthetic herbicides are used on crops.

Synthetic Pesticide-Free: No synthetic pesticides are used on crops.