Natural Awakenings Dallas –Fort Worth Metroplex Edition

North Texas Farmers' Market Guide July 2015



Includes Farms and Community Supported Agriculture Programs (CSA)

-Please Pull Out and Use as Handy Reference-

orth Texans are blessed to live in the midst of a fresh food haven; surrounded by abundantly productive working farms and numerous access options such as CSAs, organic food delivery companies, natural and organic food restaurants and delivery services and a rapidly expanding natural and organic food infrastructure.

The fruits, vegetables, and meat you purchase at the farmers' market are the freshest and tastiest available. You will find authentic homemade goods that you simply cannot find in any grocery store corporation. In addition to enjoying each season's flavor, you will be supporting local farmers, protecting the environment, promoting humane treatment of animals, and nourishing yourself in the best way possible. At the farmers' market, you have the chance to connect with your community and know where your food comes from.

Bedford Farmers Market

This family owned business carries fresh produce, tamales, local honey, grass fed beef, fresh salsa, hormone free chicken, and other options. They're opened Monday through Saturday at 8a.m-7p.m and Sunday at 10a.m-6p.m.

2824 Brown Trail, Bedford, TX 76021 (817) 358-9510 www.BedfordFarmersMkt.com

Coppell Farmers Market

Open April 4th through November 21st, this weekly Saturday market runs rain or shine. From fish, dairy products, meat, soap, dog biscuits, fruit, vegetables, candles, empanadas, and more, there are plenty of vendors to browse through. All produce comes from a 150 mile radius of Coppell.

768 West Main St, Coppell, TX 75019 (972) 304-7043 www.CoppellFarmersMarket.org

Collin County Farmers Market

Open Saturdays through October 31, This hyper-local market hosts 25, plus vendors, with all local produce, poultry cheese, meet, eggs, coffee, honey, bread and artisan products.

Murphy City Hall Complex 206 N. Murphy Rd, Murphy, TX 75094 (972) 679-0698 www.CollinCountyFarmersMarket.org

by Sabrina White

Cox Farms Market

Sunday at 9a.m-6p.m.

This family owned and operated grocery store provides all natural goods and seasonal produce from local farmers at a reasonable price. They're open Monday through Saturday at 8a.m-7p.m and

1026 S Main St, Duncanville, TX 75137 (972) 283-8851

778 Fort Worth Ave, Dallas, TX 75208 (214) 748-8851

www.CoxFarmsMarket.com

Cowtown Farmers Market

Open year-round on Saturdays at 8a.m-12pm and Wednesdays as well through the summer, this market has been around for more than 30 years. Everything is grown or made 150 miles of Fort Worth. Raw honey, fruits, vegetables, grass fed meats, flowers, herbs, artisan baked goods, cow and goat milk, tamales, and bath and body products are just some of the goods you will find here.

3821 Southwest Blvd, Fort Worth, TX 76116 (817) 229-8875 www.LocalHarvest.org/cowtown farmers-market-M16695



Dallas Farmers Market

In the heart of downtown Dallas, the market offers local produce, natural meats, cheeses, eggs, artisan foods and baked goods, and handmade crafts. On Thursdays evenings there is live music, beer, wine, and food. They're closed Tuesday and Wednesday, but open Monday and Saturday at 8a.m-5p.m, Thursday 4p.m-9p.m, and Friday and Sunday 10a.m-5p.m.

1010 South Pearl Expwy, Dallas, TX 75201 (214) 664-9110 www.DallasFarmersMarket.org

Denton County Farmers Market

From June to September on Tuesdays, Thursdays, and Saturdays this market is open from 7a.m-sellout. Here you can find tomatoes, peppers, potatoes, okra, watermelon, peaches, cantaloupe, honey dew melon, and more.

420 W. Sycamore, Denton, TX 76201 (810) 946-0008 www.DentonFarmersMarket.com

Denton Community Market

The producer-only farmers market and art market features live music, activities for children, local produce, food trucks and vendors, local artists, and more. This fun and lively market is open every Saturday at 9am-1pm from April 4th through November 28th.

317 W. Mulberry St, Denton, TX 76201 (972) 536-3145 www.DentonMarket.org





Eden's Organic Garden Center

Held on a working, urban farm, the farmer's market sells produce in which each of the local farmers and ranchers use all natural and organic approved methods, fertilizers, herbicides, and pesticides. You will also find sourdough baked goods, homemade jams, dried herbs, fair trade coffee, unfiltered honey, gardening products, and natural pet food. They're open April through December from 9a.m-noon on 1st,3rd, and 5th Saturdays.

4710 Pioneer Rd., Balch Springs, TX 75180 (214) 348-3336 www.EdensOrganicFarm.com

Fairview Farms Market Place

Open Tuesday-Sunday at 9a.m-6p.m, the market has tomatoes, cucumbers, strawberries, melons, asparagus, grapes, cabbage, apples, pears, onions and more fresh produce.

113 Prairie Rd, Plano, TX 75074 (972) 884-0480 www.Fairview-Farms.com/farmers market.html

Four Seasons Markets

Established to develop a European style, the two markets provide a place for ranchers, farmers, specialty food produces, and craftsmen to interact with consumers in a colorful atmosphere. The Fairview market runs from March through October on Saturdays at 10a.m-3p.m and Sundays at 11a.m-3p.m, while the Richardson market runs year-round on Saturdays at 9a.m-2p.m.

677 W. Campbell Rd, Richardson, TX 75080 113 Prairie Rd, Fairview, TX 75069 (972) 884-0480 www.FourSeasonsMarkets.com

Frisco Rotary Farmers Market

Open May through mid October every Saturday from 8a.m-1pm or sell out, the growing market contains baked breads, meat from local ranchers, fresh corn on the cob, vine-ripened tomatoes, peaches, juicy melons, roasted coffee, arts and crafts, soaps and more from several vendors.

6048 Frisco Square Blvd, Frisco, TX 75034 (972) 885-9419 or (972) 829-5706 www.FriscoRotaryFarmersMarket.com

Georgia's Farmers Market

Carrying grounded or whole bean coffees, an assortment of teas, over a hundred trail mixes, seasonal fruits and vegetables, local honey, and a wide bread selection, here you may find everything on your grocery list. The store is open at 8a.m-6p.m, Monday through Saturday and 9a.m-5p.m on Sundays.

916 E 15th St, Plano, TX 75074 (972) 516-4765 www.GeorgiasFarmersMarket.com/ aboutus.htm

Good Local Markets

From March through December, they attract growers and artists from a 150 mile radius of the community. They present some of the region's finest makers of clothes, jewelry, furniture, toys, and art. The Lakeside and White Rock location open at 8a.m-1p.m, with Lakeside on the 1st and 3rd Saturday and White Rock on the 2nd and 4th. The Vickery Meadow location is opened at 10a.m-3p.m every Sunday.

Lakeside-9150 Garland Rd, Dallas, TX 75218 White Rock-702 N. Buckner Blvd, Dallas, TX 75218 Vickery Meadow-5803 E. Northwest, Dallas, TX 75231 379-7097 www.GoodLocalMarkets.org

Grand Prairie Farmers Market

Located in Market Square, the market offers locally grown produce, granola, tamales, salsas, pasta, sweets, eggs, honey, soap, candles, and more. Open late March through mid-December every Saturday from 8a.m-1p.m.

120 West Main St, Grand Prairie, TX 75050 (972) 237-4599 www.GPTX.org/farmersmarket

Grapevine Farmers Market

Some of the regular vendor items include: pickles, gluten free pastries, goat milk bath and body products, organic cotton honey, olive oils and vinegars, tamales, beef jerky, nuts, cheeses, free-range chicken, and other natural meats. They're open April 9th through October 17th, Thursday through Saturday at 8a.m-4p.m.

325 S Main St, Grapevine, TX 76051 (817) 793-8634 www.FarmersMarketOfGrapevine.com





For More Information Contact:
Kirk Lovett at Kirk@EventiveMarketingSolutions.Com

Ham Orchards

Picked peaches, cider made with fresh fruits, or homemade pies are available to take home. You can also try their award winning soft serve ice cream made with their own peaches and strawberries. Jarred products, pecans, and locally grown produce can also be found inside. Starting mid May through Mid August, operating hours are Monday through Saturday at 9a.m-5p.m.

11939 Co Rd 309, Terrell, TX 75161 (972) 524-2028 www.HamOrchard.com

Keller Farmers Market

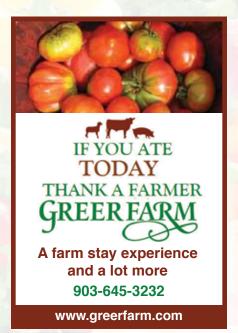
Every Saturday from May to late October. the market has fresh produce, meats, salsas, live music, chef demonstrations, health presentations, pet products, crafts, and more choices to choose from. They open at 8a.m-noon, and all vendors sell Texas made products and original art

1100 Bear Creek Pkwy, Keller, TX 76244 (682) 593-3507 www.KellerFarmersMarket.com

Little Elm Farmers Market

Starting May 9th through October 17th, every Saturday morning at 8am-noon, consumers can browse through vendors that carry locally grown fruits and vegetables and specialty foods. There will also be arts and crafts, live music, cooking demonstrations, and other activities.

2700 Eldorado Pkwy, Little Elm, TX 75086 (972) 731-3299 www.LittleElmTX.us/index.aspx?nid=895



McKinney's Farmers Market

Previously ranked the #1 farmers market in Texas, they have local fed beef and free range chicken, specialty food items, art, live music, face painting, and pony rides every Saturday from 8a.m-12p.m.

315 S Chestnut St, McKinney, TX 75069 (972) 562-8790 www.ChestnutSquare.org/farmers-market/

The Merry Berry Farm

For just \$10 a gallon, you pick your own organic blackberries. They're open three days a week: Monday and Thursday at 5p.m-8p.m and Saturday at 8a.m-12pm. Call to make sure berries are ripe and still available.

4608 Shepherd Lane, Balch Springs, TX 75180 (972) 286-2287 www.TheMerryBerryFarm.farmvisit.com

Ridgmar Farmers Market

This is a year-round market that carries fruit, vegetables, jams, peanuts, and plants. They're open daily from 8a.m-8p.m.

900 Alta Mere Dr, Fort Worth, TX 76116 (817) 246-7525 www.FarmersMarketOnline.com fm/RidgmarFarmersMarket.html

Rosemeade Market & Greenhouse

This market and greenhouse is stocked with variety of plants, seasonal fruits and vegetables, and natural and organic foods. They're open 7 days a week, Monday through Saturday at 8a.m-8p.m and Sundays at 9a.m-7p.m.

3646 E Rosemeade Pkwy, Carrollton, TX 75287 (972) 306-2899 www.RoseMeademMarket.com

Rufe Snow Farmers Market

The small independent market hand picks their produce based on color, taste, and nutritional value. The produce comes in daily, and they have several gluten free products. You will also find unique Texas hand made items. Monday through Saturday they're open from 8a.m-8p.m and Sundays 9a.m-8p.m.

6871 Rufe Snow Dr, Fort Worth, TX 76148 (817) 281-4313 www.RufeSnowMarket.com

Saint Michael's Farmers Market

The market is from 8a.m-noon, every Saturday, rain or shine, through August 29th. Farmers and growers practice natural, sustainable, organic techniques, and the products come from a 150 mile radius of Dallas County. Special items such as baked goods, cheeses, tamales, meats, and pastas can also be found.

8011 Douglas Ave, Dallas, TX, 75225 (214) 363-5471 www.SaintMichaelsMarket.com

The Market Place DFW

The Mesquite location is opened every 2nd Saturday from April through October and the Garland location is opened every 3rd Saturday from April through September. At 9a.m-2p.m, the market supports local growers, artists, craftsmen, and merchants.

120 W Main St, Mesquite TX 75149 108 N 6th S, Garland TX 75040 (469) 275-9616 www.TheMarketPlaceDFW.com

Uptown Farmers Market At West Village

Every Saturday morning until October at 8a.m-12p.m, the market does not only have vendors who grow or produce their own food within a 150 mile radius of Dallas, but also food trucks parked along Lemmon avenue and live music.

(214) 883-9982 www.UpTownDallas.net/whats-new/calendar/ uptown-farmersmarket-at-west-village



Waxahachie Farmers Market

From April to October, the market has locally grown produce, plants, spices, eggs, jams and jellies, jewelry, pottery, clothing, and other foods and décor items. They're open Saturdays at 8a.m-1p.m.

410 S Rogers St, Waxahachie, TX 75165 (469) 309-4111

www.Waxahachie.com/Departments/DowntownDevelopment DowntownFarmersMarket





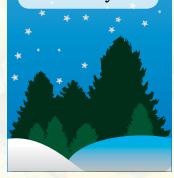
Seasonal Produce Guide

WINTER:

Honeydew
Beets
Broccoli
Cabbage
Cauliflower
Greens
Spinach

Sweet Potatoes
Turnips
Tomatoes

Cilantro Parsley



SPRING:

Blackberries
Grapefruit
Broccoli
Beets
Cabbage
Cauliflower
Carrots
Greens
Spinach
Potatoes
Sweet Potatoes
Turnips
Tomatoes
Cilantro



SUMMER:

Blackberries Blueberries Strawberries Honeydew Peaches Pears Plums

Melons Carrots

Beets Corn

Cucumbers

Figs Greens Onion

Peppers Potatoes

Squash

Sweet Potatoes Turnips Tomatoes

> Cilantro Herbs Parsley

FALL:

Apples Grapefruit Honeydew **Pears Peanuts** Pumpkin **Beets** Corn Cucumbers Greens Onion **Peppers Potatoes Sweet Potatoes** Squash Spinach **Turnips Tomatoes**

Farms and Community Supported Agriculture programs (CSA)



This is a certified naturally grown suburban microfarm that grows flowers, herbs, speciality vegetables, fruits, and free range chicken eggs. Earthworms, seeds, and popcorn are some of the other items available for purchase. The farm is committed to nurturing their soil and practicing permaculture principles. You can sometimes find them at the Dallas Farmers Market, or you can contact them for CSA or pickup details.

Garland, TX (214) 684-9809 www.LocalHarvest.org/asteri-acres-M66379

Barking Cat Farm

The small specialty farm uses organic methods to grow over 200 types of vegetables, fruits, herbs, and flowers. They never use GMO seeds, and they specialize in growing flowers that are normally not imported or shipped. You can become a member of their CSA program in the Fall of 2015 to receive their produce and herbs weekly. You can contact them through their website.

201 Laurence Drive PMB 201, Heath, TX 75032 www.BarkingCatFarm.com

Bonton Farms

The urban farm was created to supply local and organic produce to restore health, provide employment, and ignite hope in South Dallas. Their garden carries a wide selection of vegetables such as red onions, jalapeños, beets, grape tomatoes, and carrots. Raw and natural honey, goat milk for a variety of products, and free range chicken eggs can also be found on the farm. Products are offered at farmers markets and on the farm itself. Check their Facebook page for details on selling locations.

6906 Bexar St, Dallas, TX 75215 (469) 400-9601 www.BontonFarms.com

Broken Arrow Ranch

The ranch provides high quality freerange venison, antelope, wile boar, and other wild animal meat. Their animals are field harvested from over 150 different ranches located in central and south Texas. You can place an order online to have it delivered or you can pick it up Monday through Friday at 8a.m-5p.m.

3296 Junction Hwy, Ingram, TX 78025 (830) 367-5875 www.BrokenArrowRanch.com

Buck Creek

This third generation family farm uses an artisan approach while using sustainable farming and ranching practices. While raising their free range and grass fed beef they use no grain, hormones, antibiotics, or pesticides. Their pastured pork is truly caught wild near the surrounding counties, therefore have never had antibiotics or hormones. They offer their meat via the internet, phone, email, the Little Elm Farmers Market, Friso Farmers Market, and McKinney Farmers Market.

Paducah, TX (806) 683-2590 www.BuckCreek.com

Burgundy Pasture Beef

Producing high quality grass-fed beef, they naturally raise their cows on their pastures located in north Texas. They never use hormones or anything artificial. Other products such as pork, lamb, chicken, and honey from local farms are also available to be purchased through their website. They deliver in Dallas and Fort Worth areas and ship in and out of Texas, but you can also pick up your order at Burgundy Boucherie or Burgundy's Local-Grass Fed Meat Market & Grill. You will also find their meat at Celebration Restaurant, Fireside Pies, Potager Cafe, and Start, The Sunflower Shoppe, and Urban Acres.

800 S McDuff St, Grandview, TX 76050 (817) 866-2247 www.BurgundyPastureBeef.com

Eden's Organic Garden Center

The urban farm grows everything using sustainable non-certified organic methods and non GMO. They grow both vegetables and fruits on the farm and are currently accepting applications for CSA delivery. On market day, every 1st, 3rd, and 5th Saturday at 9a.m-noon, local farmers and ranchers come together to sell their goods. On Saturdays you will find an assortment of items such as bread, coffee, honey, herbs, plants, and more.

4708-10 Pioneer Road, Balch Springs, TX 75180 (214) 348-3336 www.EdensOrganicFarm.com

Frankie's Fresh Foods

The family owned farm located in Fort Worth grows a variety of vegetables in a greenhouse year round. Depending on the season, you can purchase cucumbers, eggplant, peppers, tomatoes, broccoli, cabbage, cauliflower, kale, lettuce, and more. Contact them through email for current produce availability and delivery locations. Like them on Facebook for news on farmers market locations. Fort Worth, TX

frankiesfreshfoods@live.com www.LocalHarvest.org/frankies-freshfoods-M60034

Green Acres Family Farm

The small farm mainly grows and raises their food for personal consumption, but they often have an overflow of products. They raise their animals on pasture with non-medicated, non-GMO, and non-soy feed. They do not use any chemical herbicides or pesticides. Items available include eggs, chickens, lamb, beef, herbs, compost, vanilla extract, soap, flowers, and more. They are opened every Saturday, but you must make an appointment by phone or email.

410 Estelle Lane, Lucas, TX 75002 (972) 359-9207 sandra_green@sbcglobal.net www.GreenFamFarm.blogspot.com

Homestead Farms

Using an all natural and environmental friendly approach, the farm produces raw goat milk, grass fed beef, eggs, and produce. The farm also sells different meats and products from local farms and companies. In addition, you may find pork, poultry, lamb, raw honey, soap, pickles, jams, kombucha, salsa, nuts, olive oil, and more available to purchase. They are opened Tuesday through Saturday from 10a.m-6p.m, but they don't take any reservations or pre-purchases.

4160 Keller Hicks Road, Fort Worth, TX 76244 (817) 431-4277 mfarris@homestead-farms.net sfarris@homestead-farms.net www.Homestead-Farms.net

Hudspeth Farm

They use all natural methods of production for their grass and soils and don't use any growth promoters or antibiotics on their animals. You can purchase their chicken, beef, pork, and eggs through their website or at Greenling DFW, Saint Michael Farmers Market, Patina Green Market, Farm to Fork, Green Grocer, Herbs & More, Homestead Farms, and Grapevine Farmers Market. You can also try their meat at restaurants such as Cafe 43, Magnolia Cheese Co, Asador Restaurant, and Into The Glass.

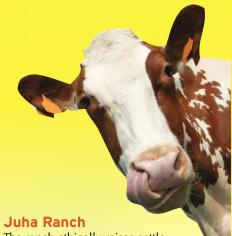
841 Colwell Road, Forestburg, TX 76239 (940) 964-2315 www.HudspethFarm.com

Jacob's Reward Farm

They offer premium wool, alpaca rovings and yarn, eggs that are soy free and contain no GMO's, farm tours for groups and families, crochet or knitting tutoring, and livestock. Their 2015 fiber CSA shares are sold out, but you can be put on the waiting list. Retail sales are by appointment through phone or email.

4308 Church Ln, Parker, TX 75002 (214) 284-9218 ctelisak@gmail.com www.JacobsReward.com





The ranch ethically raises cattle, chicken, pigs, and lamb to provide high quality meat and eggs. They don't use hormones or antibiotics and use controlled grazing practices. They also train and sell horses and train working ranch dogs. You can purchase their products at the Dallas Farmers Market, Lakeside Farmers Market, and White Rock Local Market, or you can place an order online and pick up your items at the ranch.

8098 NW CR 2080, Barry, Texas 75102 (903) 695-2684 juharanch@gmail.com www.JuhaRanch.com

Paca D'Lites Alpaca Ranch

Here you can purchase alpacas, yarn, chicken eggs, duck eggs, and other products. Their free range chickens have access to over 4 acres and are fed non-GMO and non-soy products. They solely use organic materials and don't use any pesticides or chemicals on their pastures. You can contact them through phone or email them through their website.

3603 Hogge Drive, Parker, TX 75002 (972) 442-0110 www.PacaDLites.com/index.html

Pure Land Organic

Occupying 28 acres in Mckinney, the father-daughter team provides a wide variety of organic produce. You can find their products at Coppell Farmers Market, White Rock Local Market, Green Grocer, Patina Green Home and Market, Green House Market, Hibiscus, Fearing's, and other locations. They supply to fine restaurants, caterers, grocers, and chefs.

McKinney, TX (214) 794-1228 www.PureLandOrganic.com

Rehoboth Ranch

The family raises naturally healthy and delicious meats, dairy products, and eggs. They sell lamb, beef, chicken, pork, and grande A raw goat milk on forages from pastures uncontaminated by pesticides, herbicides, and artificial fertilizers. They are open for on-farm sales on Tuesday, Thursday and Saturday year round, but you must preorder online and call before pickups. They also sell their products at the Dallas Farmers Market, Coppell Farmers Market, and McKinney Farmers Market. Join them for a free tour of the ranch every first Tuesday of the month.

2238 County Road 1081Greenville, Texas 75401 (903) 450-8145 www.RehobothRanch.com

The Log House Farm

The chicken ranch provides a natural environment for their hens to produce colorful and nutritious eggs. The pasture raised chickens mainly eat clovers, herbs, grasses and bugs supplemented by Texas produced non-GMO feed. Call or text to make an appointment to pickup eggs by the dozen at the farm.

7814 Forney Rd, Dallas, TX 75227 (469) 454-8564 www.LocalHarvest.org/the-log-housefarm-M50371

We over Me Farm at Paul Quinn College

Paul Quinn College decided to convert their football field into an organic farm in order to help transform the health and well-being of communities located in south Dallas. They offer healthy and affordable produce and educate others to care for their bodies, environment, and community. They welcome volunteers, group tours for \$25, and field trips for \$7.00 per participant. As of now you can purchase collard greens, beets, purple top white globe turnips, cilantro, basil, and eventually carrots and tomatoes too. To order you send an email mentioning the desired items and quantities, and a staff member will contact you with a potential pick up time.

3837 Simpson Stuart Road, Dallas, TX 75241 (214) 379-5457 pqcfarm@pqc.edu www.WeOverMeFarm.com

