



featuring local farms, stores, restaurants and other outlets

# eat well guide

## illinois



[www.EatWellGuide.org](http://www.EatWellGuide.org)

## Illinois guide



Welcome to the Eat Well Guide!

Eat Well Guide® is a free online directory of thousands of family farms, restaurants, and other outlets for fresh, locally grown food. Originally a database of sustainably-raised meat and dairy producers, its listings have expanded to include farmers' markets, CSA programs, partner organizations, water-conscious ratings and vegetarian eateries. Visitors can search by location, keyword or category to find good food, download customized guides, or plan a trip with the innovative mapping tool [Eat Well Everywhere](#). Eat Well is also home to the free print and online book [Cultivating the Web: High Tech Tools for the Sustainable Food Movement](#).

For more information, or to suggest a listing to the Eat Well Guide, please call 212-991-1858 or email [info@eatwellguide.org](mailto:info@eatwellguide.org).

[www.eatwellguide.org](http://www.eatwellguide.org)

### **Bleeding Heart Bakery**

1955 W. Belmont Ave., Chicago, IL 60657

Tel: 773-327-6934

info@thebleedingheartbakery.com

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

local, sustainable, punk rock pastry

### **Chicago's Downtown Farmstand**

66 E. Randolph Street, Chicago, IL 60601

Tel: 312-742-8419

Downtown.Farmstand@cityofchicago.edu

<http://www.chicagofarmstand.com>

Chicago's Downtown Farmstand, located at 66 East Randolph Street, opened in October 2008. The Farmstand's promise - local, delicious, and edible - is fulfilled by hundreds of products, all from within 250 miles of Chicago.

Local doesn't just mean locally grown - in addition to sustainably grown fresh fruits, vegetables and herbs in season (including many organic items), Chicago's Downtown Farmstand features a broad selection of edibles produced throughout the region. Each day, a wide range of dairy products, condiments, seasonings, preserves, breakfast favorites, baked goods, and other items arrive at our location.

### **Floriolen Bakery**

1220 W. Webster Ave, Chicago, IL 60622

Tel: 773.883.1313

Contact: Sandra Holl

sandra@floriolen.com

<http://www.floriolen.com>

Although this bakery is in the mode of finding a retail space in the near future. For now, one can find their wonderful baked goods and breads at the Chicago Green City Market on Wednesdays and Saturdays. The Bakery utilizes all local fruits and vegetables from the farmer's at the Green City Market. They also incorporate local flour, butter, and other dairy products whenever possible, and any other ingredient from a further destination is organic. Check them out at the market and hopefully we will see a full fledged operation in the near future.

### **Fox and Obel**

401 E. Illinois Street, Chicago, IL 60611

Tel: 312-379-0133

Contact: Polly Peters

feedback@fox-obel.com

<http://www.fox-obel.com/index.asp>

Our Market, Cafe and Catering are built around the love of great food and the people who are passionate about everything they create, every day. So step inside and see, smell, touch and taste the best the world has to offer.

### **Honey Cafe**

Modern Comfort Food  
499 N. Main Street, Glen Ellyn, IL 60137  
Tel: 630-469-0000  
honey@honeycafe.net  
<http://www.honeycafe.net/>

Restaurant using local produced and meat to recreate classic comfort food.

### **Hoosier Mama Pie Co.**

1411 W. Chase Ave, Chicago, IL 60626  
Tel: 773-758-2076  
Contact: Paula Haney  
paula@hoosiermamapie.com  
<http://www.hoosiermamapie.com>

The Hoosier Mama Pie Company is a new artisanal bakery striving to be a great “old” pie company. We make our pies by hand with the best ingredients we can find.

### **Red Hen Bakery**

1623 N. Milwaukee, 500 W. Diversey, Chicago, IL, 60614, Chicago, IL 60647  
Tel: 312-433-0436  
Contact: Rose Picchietti  
rosep@redhenbread.com  
<http://www.redhenbread.com>

Red Hen Bread was born in 1996 with a simple philosophy, “bake great bread”, the way they used to. They are as committed to our craft as the Romans were back in 168 BC when they formed the Bakers Guild, one of the oldest guilds known to man. It is also why they use only the finest ingredients we can find and produce all of their products, (350 different types of bread alone) by hand. Red Hen breads and pastries are natural, mouthwatering works of art. They are so proud of our products that they have two outlet stores in Chicago so that they may share them with as many people as possible.

### **Saturday Produce Market**

One College Park, Decatur, IL 62521  
Tel: 217-875-7211 ext. 562  
Contact: David McLaughlin  
dmclaugh@richland.edu

The Saturday Produce Market is student-run and an integral part of the Richland Student Farms. The market provides area-wide consumers with fresh, locally grown foods while supporting rural and urban independent farmers. The students obtain practical experience in all aspects of operating a community-based small farm business from seed to market.

The market will run from June 5 through October 16, 2010. Operating hours are 7 am to 12 pm, rain or shine. Partiting vendors will be the Richland Student Farms, student farmers, local independent farmers, and local Amish vendors with baked goods, cheese, candy and fudge.

We will also be partiting in CSA in 2011.

## illinois guide: bakers



### **Sweet Cakes Bakery**

935 N. Damen Ave., Chicago, IL 60622

Tel: 773-773-5771

info@sweetcakeschicago.com

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

### **Sweet Dreams Organic Bakery & Cafe**

1107 Waukegan Rd. , Glenview, IL

Tel: 847-657-1092

Fax: 847-657-0369

<http://sweetchdreamsorganicbakery.com/>

We are a family owned business that believes in Organic as a way of life. We are dedicated to bringing the best organic baked goods and savory items to the north shore. All of our products contain only the highest quality certified organic ingredients that meet or exceed the National Organic Program regulations set forth by the USDA. We strive to use fair trade and locally produced goods whenever possible.

Our café fare is simple and satisfying. All of our sandwiches, soups and salads are made from scratch. Our bakery offerings are quite extraordinary. We specialize in hand pulled strudel, European pastries, elegant cakes and cookies. We also offer a wide variety of vegan and gluten free sweets. We make beautiful and delicious birthday and special occasion cakes to order. Check out our on-line cake brochure and cake pictures in our photo gallery to get an idea of what we can do to make your next special occasion even more so.

The environment of our café is relaxed and comfortable. We invite you to come in and stay for a bit. Have a cup of coffee, a little something sweet, relax by the fire place and take a respite from the daily grind. We are kid friendly and offer a children's menu, along with games to play while you eat with your kids. We also provide free wi-fi for those who need to stay connected to their outside world.

So, we cordially invite you to come visit us and experience the organic difference for yourself!

### **The Bleeding Heart Bakery**

2018 W. Chicago Ave., Chicago, IL 60622

Tel: 773-278-3638

Fax: 773-278-3634

Contact: Michelle Garcia

[www.pastryforpeace@hotmail.com](mailto:www.pastryforpeace@hotmail.com)

<http://www.thebleedingheartbakery.com>

This bakery is the wonderful combination of punk rock, organic and local ingredients, and talented bakers. It stands as one of the only bakeries to be 100% certified organic.

Seasonality is something which is highly valued by its owners thus the menu items reflect what is available from local growers. One can visit the bakery for more than wonderful pastries and breads, light lunch and dinner fare is also available. The bakery also sells produce, honey, DIY crafts, and



jams.

### **The Chicago Diner**

3411 North Halsted, Chicago, IL 60657

Tel: 773-935-6696

Contact: Mickey Hornick

[feedback@veggiediner.com](mailto:feedback@veggiediner.com)

<http://www.veggiediner.com>

The Chicago Diner, est. 1983

All vegetarian, mostly vegan menu.

Award Winning Veggie Brunch from \$5.99.

Dine in, Carry out, Vegan Bakery.

### **Uncle Billy's Bakery**

Cornucopia Natural Foods and Fine Cheeses

83 S. Seminary St., Galesburg, IL 61401

Tel: 309-342-3111

[slyon\\_cornucopia@seminarystreet.com](mailto:slyon_cornucopia@seminarystreet.com)

<http://www.seminarystreet.com/cornucopia/>

Flour ground on the premises and everything made from scratch - from whole-grain artisan breads to classic French baguettes, plus Danish, cookies, muffins, cakes, and pies.

Hours:

Mon - Sat: 7-6

Sun: 7-4

### **Whole Foods**

South Loop

1101 S. Canal St, Suite 107, Chicago, IL 60607

Tel: 312-435-4600

<http://www.wholefoodsmarket.com/stores/southloop/>

## Illinois guide: butchers



### **City Provisions Deli and Catering**

1826 West Wilson Street, Chicago, IL 60640

Tel: 773-293-2489

Fax: 773-293-2481

Contact: Cleetus Friedman

[info@cityprovisions.com](mailto:info@cityprovisions.com)

<http://www.cityprovisions.com>

Their mission is to serve and to get involved with the community, raising the standard for service, food quality and overall event experience-from planning and attending to completion and follow up. They are committed to providing creative recipes using local, sustainable and organic foods. The goal of their supper clubs and farm dinners are to enlighten, educate and entertain. From their process to connecting their Clients with the origin of their food sources, the City Provisions Supper Club is a monthly event focusing on seasonality, celebrating the fruits of the season

### **Fox and Obel**

401 E. Illinois Street, Chicago, IL 60611

Tel: 312-379-0133

Contact: Polly Peters

[feedback@fox-obel.com](mailto:feedback@fox-obel.com)

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South Loop

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Tel: 312-435-4600

<http://www.wholefoodsmarket.com/stores/southloop/>

## Illinois guide: caterers



### **Artfully Delicious**

1523 N Campbell Ave, Chicago, IL 60622

Tel: 773-426-4413

Contact: Chris or Melissa

[melissa@artfullydelicious.com](mailto:melissa@artfullydelicious.com)

<http://www.artfullydelicious.com>

Coming from a background in visual art, I view food on many levels. Immaculate and precise presentation intertwine with a taste conjured from a knowledge of ingredients and knowing all the rules of culinary art well enough to break them time and time again.

Classically trained in French technique, I enjoy creating and drawing from every culture. I also specialize in vegan and vegetarian dietary needs while also working within frames ranging from the traditional to the most odd of fusion. Every dish can be tailor made to fit your taste down to the last spice.

I love cooking and it's my passion. If you find yourself at a loss of time to prepare fresh, homecooked meals for yourself or your family, allow me to take the reins of your stove and dazzle you time and time again!

### **Busy People Inc**

4401 N. Ravenswood, across from Billy's Store, Chicago, IL 60640

Tel: 847-748-2560

Fax: 954-599-4948

Contact: Jane Lane

[info@busypeopleinc.com](mailto:info@busypeopleinc.com)

<http://www.busypeopleinc.com>

From chefs visiting your home weekly to organic meals delivered weekly to your home, office, even your yoga studio, Busy People Inc. has a variety of different catering options. Busy People Inc. works directly with local organic farms and source their ingredients from the Chicago land's best natural food stores.

### **Chow**

116 West Park Avenue, Elmhurst, IL 60126

Tel: 630-530-8647

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

Our menu is create fresh every day, from Tuesday through Saturday. Ours chefs source the finest and freshest ingredients, setting the stage for a bountiful feast each day.

### **City Provisions Deli and Catering**

1826 West Wilson Street, Chicago, IL 60640

Tel: 773-293-2489

Fax: 773-293-2481

Contact: Cleetus Friedman

[info@cityprovisions.com](mailto:info@cityprovisions.com)

<http://www.cityprovisions.com>

## illinois guide: caterers

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### **Cousin's Incredible Vitality**

3038 West Irving Park Rd, Chicago, IL 60618

Tel: 773-478-6868

info@cousinsiv.com

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

Cousin's Incredible Vitality has been created to evolve the vegan/living foods, around the world. It is a vortex to a higher consciousness and an epicenter that focuses on transformational living and healing through organic life giving foods, workshops, specified programs and services.

Our mission is to exude love, gratitude and blissfulness during your entire experience at the Cousin's Incredible Vitality. We encourage participation, transformation & raising consciousness and awareness in the world. Our blessed oasis of growth, truth & possibility welcomes all. Live and love in the moment!

We provide loving and professional service with a flair of Cousin's IV's promise that we will go beyond your expectations. Our offering includes beautiful buffets, plated table service, and passed hor d'oeuvres. Our food is organic and is largely sourced from local merchants and farmers.

### **Fox and Obel**

401 E. Illinois Street, Chicago, IL 60611

Tel: 312-379-0133

Contact: Polly Peters

feedback@fox-obel.com

<http://www.fox-obel.com/index.asp>

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### **Fraiche Kitchen**

Chicago, IL

Tel: 312-618-8500

Fax: 312-284-5373

Contact: Dennis Ryan & Megan Munitz

cooking@fraichekitchen.com

<http://www.fraichekitchen.com>

Fraiche Kitchen is a new concept in sustainability and culinary education. Created by Dennis Ryan and Megan Munitz, a dynamic culinary duo of a crusading farmers' market expert and a gourmet chef, Fraiche Kitchen works to increase awareness and access to local, seasonal, sustainable food by making it fun, simple, and delicious.

## Illinois guide: caterers



Through cooking lessons in your home, seminars at work, and workshops at school, Fraiche Kitchen is committed to spreading the word about sustainability. Fun, dynamic, and interactive, they get you excited about healthy eating and living sustainably. Encouraging good eating practices and empowering you with the knowledge and enthusiasm to make delicious healthy food choices, Fraiche Kitchen teaches you the lingo, how to shop, and how to have fun cooking! Through their non-profit, Fresh Connections, they work to educate all of Chicagoland about the value and importance of sustainability. Join Fraiche Kitchen in having fun, eating well, and making a difference!

### **Get me Greg's Online Catering**

1103 W. Grand Ave., Chicago, IL 60622

Tel: 312-666-4466

Contact: Stan Hanson

[info@getmegregs.com](mailto:info@getmegregs.com)

Greg Christian, Chicago's Conscious Caterer, is on a mission to nourish with inventive, natural and organic cuisine that will have an impact on the health of the population and a deep regard for the preservation and protection of our planet.

Greg Christian Catering and Events seeks out the finest natural and organic ingredients from local farmers, who nurture their treasures with a deep regard for the earth.

### **Gourmet Gorilla Inc.**

Local and Organic Food For Kids

1629 North Halsted , Chicago, IL 60614

Tel: 877-219-3663

Fax: 866-226-8460

Contact: Jason Weedon

[info@gorillakids.com](mailto:info@gorillakids.com)

<http://www.gourmetgorillainc.com>

Not Just Another School Lunch.

Gourmet Gorilla provides hot meals, bagged lunches and snacks in schools, camps and retail settings. Our meals are prepared daily using the finest local and organic ingredients and tried and tested kid friendly recipes that meet and exceed USDA, Illinois Board of Education and Chicago Board of Education Guidelines. We obtain all of our produce from certified organic purveyors, our meats are free range, grass fed and all natural, and they have not been subjected to artificial growth hormones and antibiotics, or artificial preservatives. We observe a strict Non GMO policy, and are a peanut-free facility.

### **Green Monkey**

1325 S State Street, Chicago, IL 60605

Tel: 866-GMONKEY

Contact: Jason Weedon

[info@greenmonkeycatering.com](mailto:info@greenmonkeycatering.com)

<http://greenmonkeycatering.com>

## illinois guide: caterers

The Green Monkey features natural and organic foods for child day cares facilities, pre schools, birthday parties and sustainable retail products. Delivered to chicagoland area.

### **Limelight Organic**

2000 N. Racine, Chicago, IL 60614

Tel: 773-883-3080

Fax: 773-883-3090

[inquiry@limelightcatering.com](mailto:inquiry@limelightcatering.com)

<http://www.limelightcatering.com/organic.html>

Limelight "Organic" seeks the finest products to reach their goal of "Flavor and Freshness." Their commitment to honest products has led to the creation of LIMELIGHT "Organic". With LIMELIGHT "Organic" their mission to offer the best available seasonal products obtained from a diverse range of local suppliers.

They only partner with producers who honor sustainable agriculture, promoting more flavorful and healthier living and ensuring the quality of what they prepare. LIMELIGHT "Organic" supports family farms in Michigan, Indiana and Wisconsin and are proud of their connection to Chicago's Green City Market.

### **Monogramme Events & Catering**

15 East Ayres, Hinsdale, IL 60521

Tel: 773-991-1920

Fax: 773-755-6645

Contact: Melissa Graham

[melissa@monogrammeevents.com](mailto:melissa@monogrammeevents.com)

<http://www.monogrammeevents.com>

Seasonal, handcrafted cuisine meets sophisticated high-end design at Monogramme Events & Catering. Monogramme's mission is to provide market-driven fare with an urbane flair.

Offering a tailor-made philosophy with an emphasis on artisanal foodstuffs, Monogramme designs an event based on ingredients that are at the peak of their season. Nearly every item is made in-house using local, organic and sustainable products.

There are no set menus. Monogramme focuses instead on a client's personal style and personality infusing it into an event. With an expertise and interest in organic and local foods, Monogramme brings together the highest quality ingredients with artful techniques.

### **Plated Creations**

Chicago, IL

Tel: 312-320-9855

[info@platedcreations.com](mailto:info@platedcreations.com)

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

## illinois guide: caterers



### **Sunday Dinner**

2415 W. Leland Ave # 1, Chicago, IL 60625

Tel: 773-878-2717

Contact: Joshua Kulp, Christine Cikowski, Jason Stern

[info@sundaydinnerchicago.com](mailto:info@sundaydinnerchicago.com)

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

Private dining, catering, and gourmet prepared foods made with seasonal, local and sustainable ingredients.

### **The Garlic Press Market Cafe**

106 North Street, Normal, IL 61761

Tel: 309-452-0987

[cafe@thegarlicpress.com](mailto:cafe@thegarlicpress.com)

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

What sets us apart is our diverse and changing menu on a daily basis featuring seasonal ingredients, locally grown, and organic when possible. In the spring and summer we offer light and refreshing items, but in cooler months you'll see heartier fare to warm the soul. What you'll always enjoy are dishes made with the freshest ingredients...sometimes ethnic, sometimes comfort food, but always the best we can offer.

## illinois guide: co-ops



### **Angelic Organics**

1547 Rockton Road, Caledonia, IL 61011

Tel: 815-389-2746

Fax: 815-389-3106

[csa@angelicorganics.com](mailto:csa@angelicorganics.com)

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

Angelic Organics is dedicated to creating and forwarding an economically viable, sustainable, Biodynamic farm which nurtures its soil, plants, animals, and community of workers and enlivens the connection between people and the source of their food. We are committed to providing the freshest, most vibrant food possible to our customers.

### **Common Ground Food Co-op**

Animal Welfare Approved Listing

300 S Broadway Suite 166, Lincoln Square Village, Urbana, IL 61801

Tel: 217-352-3347

Fax: 217-352-2214

[comments@commonground.coop](mailto:comments@commonground.coop)

<http://commonground.coop/>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery:

<http://www.prairiefruits.com>

### **Dill Pickle Food Coop**

3039 W Fullerton, Chicago, IL 60647

Tel: 773-252-2667

Fax: 773-2273455

[info@dillpickle.coop](mailto:info@dillpickle.coop)

<http://www.dillpickle.coop>

The Dill Pickle is a cooperatively owned and governed neighborhood grocery store that aims to provide sustainable, local, and organic goods at an affordable price in Chicago's Logan Square neighborhood.

### **Duck Soup Co-op**

129 East Hillcrest, Dekalb, IL 60115

Tel: 815-756-7044

[ducksoupcoop@tbc.net](mailto:ducksoupcoop@tbc.net)

<http://www.ducksoupcoop.com>

Incorporated in 1974 as a not-for-profit entity, Duck Soup was originally a member only, pre-order buying club. As the Coop grew, we were able to operate as a storefront outlet where purchases could be made from stock inventory. In 1990, the membership voted to open the store to the public as well as members.

### **Neighborhood Co-op Grocery**

Murdale Shopping Center, 1815 West Main Street, Carbondale, IL 62901

Tel: 618-529-3533

Fax: 618-529-0172

Contact: Lisa Smith

## illinois guide: co-ops



[lisa@neighborhood.coop](mailto:lisa@neighborhood.coop)  
<http://www.neighborhood.coop>

A full service grocery store, bakery & deli.

### **Newleaf Natural Grocery**

1261 W. Loyola Ave, Chicago, IL 60626  
Tel: 773-743-0400  
Fax: 773-743-4115  
Contact: Sarah Stone & Steve Parkes  
[email@newleafnatural.net](mailto:email@newleafnatural.net)  
<http://www.newleafnatural.net>

Locally owned natural food store in Rogers Park, near Loyola University. Dedicated to sustainable agriculture and local farms. Sells free range/antibiotic free meats and eggs, organic produce, fair trade coffee, bulk goods and grocery. Also features an organic cafe w/sandwiches and baked goods.

### **Pembroke Farmers Cooperative**

P.O. Box 582, Hopkins Park, IL 60944  
The Pembroke Farmers Cooperative was created in 1999 by a small group of farmers, the Illinois Cooperative Extension Service, USDA, and several other entities. The only co-op in Kankakee County, Pembroke's thirty or so farmers produce mostly specialty crops and pasture-raised poultry. Farmer members are largely African-American, all use chemical-free growing methods, and some are certified organic...Today, Pembroke Farmers Cooperative sells their wares at numerous farmers' markets, health food stores, and restaurants.

### **South Suburban Food Co-op**

21750 Main Street, Matteson, IL 60443  
Tel: 708-747-2256  
[info@southsuburbanfoodcoop.com](mailto:info@southsuburbanfoodcoop.com)  
<http://www.southsuburbanfoodcoop.com/>

A co-op where member/owners participate in running the organization.

Purpose:

To establish and maintain a cooperative means of obtaining and distributing goods at low cost to its owners/members, all on a not-for-profit basis.

What Does That Mean?

All owners/members are responsible for the success of the co-op. Whether it is regularly shopping, putting out stock, mopping floors, promoting the SSFC at special events or attending meetings, everyone must do their "chores" for the "family" to function well.

What Our Owners/Members Say About The SSFC:

"I always learn something from my fellow shoppers - I like real food - and it's a fun and friendly

place." - B.B.

"The warm feeling when I shop, a true sense of family for me. The managers are wonderful and - very helpful - they really care. This has actually become part of my social life. The atmosphere is unique. It's my store." - J.H.

### Check Us Out:

Everyone is welcome to visit the SSFC during normal business hours. We have guest passes available in order for you to make a purchase, however only one per household per year will be accepted. Membership/Ownership is required for additional opportunities to buy products including local, organic, wheat free, vegan, gluten free, and other health-conscience merchandise. If you too like the atmosphere and want to live a "greener" lifestyle, stop by.

## illinois guide: coffee shops



### **Boocoo**

1823 Church Street, Evanston, IL 60201

Tel: 847-864-4330

[myspace.com/boocooevanston](http://myspace.com/boocooevanston)

<http://www.boocoo.org/cafe.html>

Boocoo proudly serves Just Coffee - 100% organic fair trade coffee. Visit their site to learn more about this great company and their mission.

Cafe Hours (as of 3/1/10)

Monday - Wed: 8am - 8pm

Thursday - 8am - 12am (open late for Tango dance)

Friday: 11am - 11pm (open late for Drum Circle)

Saturday: 10am - 4pm

Sunday: closed

### **Kramer's Health Food Shoppe**

230 South Wabash Avenue, Chicago, IL 60604

Tel: 312-922-0077

Organic health products with a small cafe inside.

### **Whole Foods**

South Loop

1101 S. Canal St, Suite 107, Chicago, IL 60607

Tel: 312-435-4600

<http://www.wholefoodsmarket.com/stores/southloop/>

## illinois guide: community gardens



### **Garden of Hope Community Garden**

1419 North 17th Street, Belleville, IL 62226

Tel: 618-233-7159

Fax: 618-233-7159

Contact: Michelle Parsons

wpcpastor@sbcglobal.net

<http://www.17thst.org>

We are a community garden serving the 17th Street Neighborhood in Belleville, IL. There are approximate 17-10X10 plots available for rent, April-November. Two beds are raised, with more planned. Also have fruit trees, berries, grapes, and herb garden. "Neighbors and Friends" plot tended by volunteers is available for gleaning throughout the harvest season. Space available for non-profit groups. Currently seeking a Garden Program Director.

### **Goebbert's Pumpkin Farm and Garden Center**

40 W. Higgins Rd., South Barrington, IL 60010

Tel: 847-428-6727

<http://www.pumpkinfarms.com/SBarrington.html>

The Goebbert family has been in the farm market business for 57 years.

### **AAA Organics**

Prairie Crossing Farm, PO Box 681146, Schaumburg, IL 60168

Tel: 847-414-9530

Contact: Mike Andre

aaaorganics@gmail.com

What is a CSA Program? It is Community Supported Agriculture.

Members purchase a subscription to the produce a farm plans to grow for the season. As a member you will pay a set price at the beginning of the season. In exchange, you will receive a weekly share of the farms harvest.

Advantages:

-Fresh, locally grown vegetables

-Better Taste and Variety (than the grocery store)

-AAA Organics practices sustainable agriculture designed to produce organically grown field crops with no use of chemicals or pesticides

### **Broad Branch Farm**

Rural Route 1, Box 44, Wyoming, IL 61491

Tel: 309-695-2051

Contact: Anita & Brian Poeppel

soapsuds@a5.com

[http://www.broadbranchfarm.com/about\\_the\\_farm.htm](http://www.broadbranchfarm.com/about_the_farm.htm)

Broad Branch Farm is located in north central Illinois about 20 miles north of Peoria and is owned and operated by Anita & Brian Poeppel. Although not Certified Organic, we are a chemical free farm producing clean food. The farm grows a wide variety of vegetables especially salad greens, pastured meat chickens, pastured eggs, grass-fed beef and pork. Chickens are raised on chemical free pasture and certified organic grain. Beef is grass fed only. No antibiotics or growth stimulants. Our food is offered through our Community Supported Agriculture (CSA) program with pickup at the farm, Peoria, Peoria Heights, and Naperville. In 2009 we are offering shares for vegetables, eggs, and meat. Check out our website for more details about the farm, growing practices, homemade granola, and Anita's FarmTherapy natural body care.

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condiments, seasonings, preserves, breakfast favorites, baked goods, and other items arrive at our location.

### **Erehwon Farm**

41W202 Whitney Road, St. Charles, IL 60175

Tel: 630-485-9963

Contact: Tim Fuller

[tim@erehwonfarm.com](mailto:tim@erehwonfarm.com)

<http://www.erehwonfarm.com>

Tim Fuller and Beth Propst grow a wide variety of vegetables and fruits on six acres in St. Charles, Illinois, without herbicides and pesticides, but with enthusiastic help from Bucky the farm dog. Customer favorites include sugar snap peas, salad mix, spicy greens mix, spinach, Asian braising greens, heirloom tomatoes, tasty cucumbers, patty pan squash, sweet cherry tomatoes, broccoli, melons, sweet corn, celery, okra, raspberries, strawberries, and asparagus...Our produce is available at farmers' markets in Elgin, St. Charles, and Batavia and through a CSA program delivered to Lombard, Wheaton, and Elgin. ..We are an open farm; you can come visit any time and see what we are doing. We have a great crew of volunteers who come out and help, bring waste for our compost pile, and share recipes. It's turning into a real community of people who share similar interests.

### **Freedom Organix**

8406 Maxon Road, Harvard, IL 60033

Tel: 847-910-1160

Contact: Cindy

[info@freedomorganix.com](mailto:info@freedomorganix.com)

<http://www.freedomorganix.com>

We're Unique!

Freedom Organix is unique. We are one of the few CSA's that offer more than just vegetables. In addition to your vegetable share (which also includes herbs and flowers) you can also choose to add shares of:

- \* Eggs
- \* Free Range Chicken (New in 2010)
- \* Free Range Heritage Turkeys

Our members also get first option on our fantastic Grass Fed Beef. We offer our beef in full, halves, and quarters. [Click here for more information on the health benefits of Grass Fed Beef.](#)

Want to know more about us?

Read our Newsletter.

Find out what's being born, what's growing, what we're doing, and what's making us happy here at the farm in our November 2009 Newsletter. [Click here to read.](#)

Arrange a visit:

We are always happy to share our farm with our customers. We just ask that you let us know in

advance when you'd like to visit.

### **Gourmet Gorilla Inc.**

Local and Organic Food For Kids  
1629 North Halsted , Chicago, IL 60614  
Tel: 877-219-3663  
Fax: 866-226-8460  
Contact: Jason Weedon  
info@gorillakids.com  
<http://www.gourmetgorillainc.com>

Not Just Another School Lunch.

Gourmet Gorilla provides hot meals, bagged lunches and snacks in schools, camps and retail settings. Our meals are prepared daily using the finest local and organic ingredients and tried and tested kid friendly recipes that meet and exceed USDA, Illinois Board of Education and Chicago Board of Education Guidelines. We obtain all of our produce from certified organic purveyors, our meats are free range, grass fed and all natural, and they have not been subjected to artificial growth hormones and antibiotics, or artificial preservatives. We observe a strict Non GMO policy, and are a peanut-free facility.

### **Green Earth Farm**

8308 Barnard Mill Rd., Richmond, IL 60071  
Tel: 815-403-7735  
Contact: Scott and Kathy Mor  
kathy@greenearthfarm.org  
<http://www.greenearthfarm.org>

Green Earth Farm is a CSA providing organically grown heirloom vegetables, herbs, and fruit on a small family owned and operated farm.

Free Range Chickens, Ducks, Geese, and Heritage Turkeys all raised on pasture. All fed organic feed, no hormones, animal products or antibiotics.

Chickens are Plymouth rocks, and Rhode Island reds and whites. Free range Brown eggs with Omega 3 added value(feed is supplemented with flax seed).

CSA runs from May to the end of October.

### **Harvest Moon Farms**

Chicago, IL  
Tel: 773-472-7950  
Contact: Jennifer Borchardt  
info@harvestmoon-farms.com  
<http://www.harvestmoon-farms.com>

Harvest Moon is a 20-acre certified organic farm in west central Wisconsin's Driftless region on the South fork of the Bad Axe River. The land is incredibly fertile and high in natural organic matter which means the tastiest, most nutritious food grows here. For the 2009 season we are introducing

the newly formed Harvest Moon Farms Producers Guild. Our guild is comprised of 6 area farms growing Certified Organic and Certified Naturally Grown produce. Creating the Guild will help us better serve our clients and CSA shareholders by offering larger quantities and more varieties. It also serves the farms by allowing us to share resources and collaborate on transportation and distribution, which, in turn, reduces our collective carbon footprint. We offer a full and half share weekly CSA program, retail and restaurant sales, urban vegetable gardening consulting and design services, and customized growing programs for chefs and food service professionals.

### **Heritage Prairie Market and Educational Center**

2N308 Brundige Road, Elburn , IL 60119

Tel: 630-443-8253

Contact: Sarah Harmon

info@hpmfarm.com

<http://www.hpmfarm.com>

In April 2007, Bronwyn Weaver and Bob Archibald opened Heritage Prairie Market on their family farm. Their vision is to provide the widest range of the freshest, most delicious local foods available, and to create an environment that inspires healthier eating and living habits.

We look forward to seeing you at Heritage Prairie Market and introducing you to our farmers and local artisans who supply our store. Our market is the heart of our small farm, with all you need to stock your kitchen with wholesome goodness. This grocery store has local and organic food products ranging from dairy and fresh eggs to beef, chicken, pork to honeys and vinegars.

Late in 2007 Heritage Prairie Farm began a new system of farming, designed to enable a small farm like ours to produce food during all four seasons.

We encourage you to take a walk around our farm if you visit our store. With a system of movable greenhouses, Heritage Prairie is on the cutting edge of high-production, low-acreage food growing in the upper Midwest. Our farmers are always willing to take a moment to describe the projects we are in the middle of.

Whether you have a morning to wander about or need to get in and out quickly for eggs and milk, Heritage Prairie Market is a refreshing change from the strip mall grocery stores.

We're open weekdays from 9am to 6pm, Saturdays 9am to 4pm, and Sundays from noon to 4pm. We also offer a CSA in conjunction with Erehwon Farm.

### **Holesinger Farm**

13211 East Canyon Road, Stockton, IL 61085

Tel: 815-985-1093

Contact: Steve

stvhlsr@hotmail.com

Small farm with fresh raw milk, honey, eggs and veggies. Open 10am-6pm. Closed Wednesdays. Customers must bring their own containers and pick up at the farm for fresh raw milk. Milk is from grass fed pastured Brown Swiss with no bovine growth hormones. It has very good butterfat/cream content. Great for making cheese and butter. There is no bulk tank at this farm. There is currently one cow and milk is not mixed from multiple cows.

### **La Vista Community Supported Agriculture**

4350 Levis Lane, Godfrey, IL 62035

Tel: 618-467-2104

Contact: Danette Watt or Eric Stevens

[garden@lavistacsa.org](mailto:garden@lavistacsa.org)

<http://www.lavistacsa.org/>

La Vista CSA offers about 65 varieties of fresh vegetables and herbs and a steady supply of colorful cut flowers throughout our growing season mid-May to mid-November.

On average, each weekly distribution provides a vegetable-loving diet for two adults or a vegetable-supplemented diet for a family of four.

### **Margie's Grass Kickin' Chicken, LLC**

8709 Elevator Road, Roscoe, IL 61703

Tel: 815-742-0008

Contact: Margaret Nelson

[margieschickens@verizon.net](mailto:margieschickens@verizon.net)

<http://www.margieschickens.com>

#### **MARGIE'S - WHO WE ARE**

Hi! Let me introduce ourselves. We're Margie and Mark. Like you, we enjoy quality food that isn't laden with chemicals, pesticides or antibiotics. We are dedicated to sustainable agriculture with quality over quantity. We want to share with you the finest meats and vegetables that we enjoy.

Our pigs and chickens are raised on pasture where they get many nutrients naturally. They eat grass, have room to move around, and get lots of fresh air. They also receive a corn/soybean ration which is grown locally and supplemented with organic minerals. Unlike commercial livestock, they are not given animal by-products, or antibiotics.

Our vegetables come from either organic or untreated seeds. When spraying is necessary, we only use those that are organically approved. Our livestock provide us with all the natural fertilizer.

### **Mom's Farms, Inc.**

406 Grover Street, Joliet, IL 60433

Tel: 815-726-1331

Contact: Moriah Aldarondo

[mom@momsfarms.com](mailto:mom@momsfarms.com)

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

We have a 1 acre vegetable farm in Lockport and a 1 acre apple/pear orchard in Yorkville. We sell at the Homer Glen and Lockport Farmers Markets as well as CSA shares and home/business delivery. We grow a wide variety of vegetables and herbs.

### **Montalbano Farms**

## illinois guide: csa

12424 River Road, Plano, IL 60545  
Tel: 630-882-8008  
Contact: Christina  
christina@montalbanofarms.com  
<http://www.montalbanofarms.com>

Montalbano Farms is a small acreage certified vegetable and herb farm serving the Chicago area. You will find us at the Logan Square Farmers Market on Sundays from June through October. In addition to our market stand, we also run a 20 week community supported agriculture program. We are committed to using sustainable, organic agricultural practices on our farm. Please visit our website for more information about our farm and CSA program.

### **PCSA: Prairieland Community Supported Agriculture**

Prairieland CSA, PO Box 1404, Champaign, IL 61824  
Tel: 217-355-6279  
Contact: Anna Barnes  
pcsa@annabarnesmedia.com  
<http://www.prairienet.org/pcsa/pcsa.htm>

Prairieland CSA is an East Central Illinois CSA program in collaboration with Moore Family Farms of Watseka, Illinois. PCSA is one of a handful of community supported agriculture programs in the state. Unlike most CSAs, PCSA was started by community members who wanted to strengthen ties between themselves and local farmers. Since 1994, PCSA has operated as a non profit organization matching consumers with local farmers growing produce without pesticides and synthetic fertilizers. Before the growing season begins, PCSA shareholders sign agreements with local farmers who agree to grow crops and bring them to neighborhood locations each week during the growing season. Shareholders receive an average of dollar amount of produce each week. However, the volume of their produce resembles a bell curve. Shareholders also receive information on how to prepare and store their produce, as well as information about the farms and membership activities such as farm tours, potlucks, volunteer workdays, and community education and outreach efforts.

### **Ridgeview Farm**

RR2 Box 343, Shelbyville, IL 62565  
Tel: 309-251-7226  
Contact: John Chambers  
Ridgeview.Produce@gmail.com

Ridgeview Farm is a small family farm specializing in a wide range of vegetables, raspberries, and blueberries. We follow organic practices, but are not certified organic. We nourish the soil, so the soil can grow the healthiest, best tasting, freshest produce you can buy.

We offer a CSA with both Full- and Half-shares. In 2011, the CSA will run from the week of May 16 through the end of September. Shares may be picked up at the farm, or delivered directly to your home.

We also sell at the Shelbyville Farmers' Market, Tuesdays from 4-6pm.

### **Sandhill Organics**

32140 North Harris Road, Grayslake, IL 60030  
Tel: 847-548-4030

## Illinois guide: csa



Fax: 847-548-4030  
info@sandhillorganics.com  
<http://sandhillorganics.com/>

Sandhill Organics farm is located in the heart of Prairie Crossing, a conservation community in suburban Grayslake, Illinois. Matt and Peg farmed in Wisconsin for four years prior to moving to Prairie Crossing in the spring of 2004. Sandhill Organics specializes in growing a wide variety of certified organic vegetables, herbs and flowers...Our produce and flowers are available at Chicago's Green City Market, the Oak Park Farmers' Market and the Prairie Crossing Farm Market. We also sell direct to consumers through our CSA (Community Supported Agriculture) membership program.

### **Saturday Produce Market**

One College Park, Decatur, IL 62521  
Tel: 217-875-7211 ext. 562  
Contact: David McLaughlin  
dmclaugh@richland.edu

The Saturday Produce Market is student-run and an integral part of the Richland Student Farms. The market provides area-wide consumers with fresh, locally grown foods while supporting rural and urban independent farmers. The students obtain practical experience in all aspects of operating a community-based small farm business from seed to market.

The market will run from June 5 through October 16, 2010. Operating hours are 7 am to 12 pm, rain or shine. Partiting vendors will be the Richland Student Farms, student farmers, local independent farmers, and local Amish vendors with baked goods, cheese, candy and fudge.

We will also be partiting in CSA in 2011.

### **The Family Patch**

4240 E. 2225 Rd., Sheridan, IL 60551  
Tel: 815-498-4740  
Contact: David Smith  
familypatchveg@yahoo.com

The Family Patch is a five acre farm in Sheridan, Illinois that David and Lurelda Smith have been nurturing for two years along with two other families. The farm raises a wide variety of vegetable and herbs and an assortment of fruits. Although the farm is not certified at this time, the farmers of The Family Patch use organic practices in growing their produce...David and Lurelda grow for a local market in Ottawa, Illinois and have a CSA with delivery locations in Sugar Grove, Northbrook, Ravenswood (Chicago), Oak Brook and Oak Park, Illinois.

### **Torps' Half-acre Harvest**

10200 Button Rd, Hebron, IL 60034  
Tel: 847-587-5441  
Contact: Ann Torp  
anntorp@comcast.net

Torps' Half-acre Harvest is committed to healing our food system and to building community by using sustainable and efficient growing methods to help improve access to fresh and nutritious food.

To meet our customers' day to day produce needs while also preserving crop diversity, we grow a combination of common and familiar produce items as well as interesting heirloom varieties not generally found in grocery stores.

We believe that building a local food system will make a positive difference on the environment, our collective health, the economy and our communities. By increasing the number of small farmers growing in sustainable ways and selling to local markets, we can help to restore the vitality of the land; increase the nutritional value of the food we eat; keep our food dollars in our region and teach people where their food comes from.

### **True Nature Foods**

6034 N Broadway St, Chicago, IL 60660

Tel: 773-465-6400

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

True Nature Foods, one of the original health food stores in Chicago, has been serving dedicated customers for over 23 years. With a strong commitment to local farms and organic produce, True Nature is now expanding its store with increasing demand for higher quality, naturally grown foods. We are the volunteer drop of site for three local CSA (community supported agriculture) farms. Come check out the full selection of meats and dairy. Pasture raised meats mean extremely fresh and more nutritious.

### **Walkup Heritage Farm & Garden**

5215 Walkup Road, Crystal Lake, IL 60012

Tel: 815-459-7090

Contact: Michael

[mjwalkup@ameritech.net](mailto:mjwalkup@ameritech.net)

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

Walkup Heritage Farm & Gardens in Crystal Lake, Illinois is steeped in history. Except for a brief period of time, the farm has been in the Walkup family since 1835. Michael Walkup has renewed farming on five acres of the land and to celebrate the long history of the farm, grows only heirloom and native plants that could have been found prior to 1900.....The heirloom produce and landscaping plants can be purchased at the farm's roadside stand and the produce is available with a CSA subscription.

### **Wellhausen Farms**

PO Box 1602, Wheaton, IL 60187

Tel: 630-231-2350

Fax: 630-510-2206

Contact: Jim

[Wellhausengroup@aol.com](mailto:Wellhausengroup@aol.com)

<http://wellhausengroup.com>

We grow great food following organic standards, and using sustainable practices. Fifty two types of fruits, and veggies. Harvested by hand, and delivered to your front door the next day. We deliver to members homes in Du Page county. Everyone should know where their food comes come. Now you can too!



### **City Provisions Deli and Catering**

1826 West Wilson Street, Chicago, IL 60640

Tel: 773-293-2489

Fax: 773-293-2481

Contact: Cleetus Friedman

[info@cityprovisions.com](mailto:info@cityprovisions.com)

<http://www.cityprovisions.com>

Their mission is to serve and to get involved with the community, raising the standard for service, food quality and overall event experience-from planning and attending to completion and follow up. They are committed to providing creative recipes using local, sustainable and organic foods. The goal of their supper clubs and farm dinners are to enlighten, educate and entertain. From their process to connecting their Clients with the origin of their food sources, the City Provisions Supper Club is a monthly event focusing on seasonality, celebrating the fruits of the season

### **Common Threads**

500 N. Dearborn Suite 530, Chicago, IL 60654

Tel: 312-329-2501

Fax: 312-277-9517

Contact: Eleanor Leichenko

[eleanor@commonthreads.org](mailto:eleanor@commonthreads.org)

<http://www.commonthreads.org>

We are Common Threads. We teach low-income children to cook wholesome and affordable meals because we believe that through our hands-on cooking classes we can help prevent childhood obesity and reverse the trend of generations of non-cookers, while celebrating our cultural differences and the things people all over the world have in common.

### **Fraiche Kitchen**

Chicago, IL

Tel: 312-618-8500

Fax: 312-284-5373

Contact: Dennis Ryan & Megan Munitz

[cooking@fraichekitchen.com](mailto:cooking@fraichekitchen.com)

<http://www.fraichekitchen.com>

Fraiche Kitchen is a new concept in sustainability and culinary education. Created by Dennis Ryan and Megan Munitz, a dynamic culinary duo of a crusading farmers' market expert and a gourmet chef, Fraiche Kitchen works to increase awareness and access to local, seasonal, sustainable food by making it fun, simple, and delicious.

Through cooking lessons in your home, seminars at work, and workshops at school, Fraiche Kitchen is committed to spreading the word about sustainability. Fun, dynamic, and interactive, they get you excited about healthy eating and living sustainably. Encouraging good eating practices and empowering you with the knowledge and enthusiasm to make delicious healthy food choices, Fraiche Kitchen teaches you the lingo, how to shop, and how to have fun cooking! Through their non-profit, Fresh Connections, they work to educate all of Chicagoland about the value and importance of sustainability. Join Fraiche Kitchen in having fun, eating well, and making a difference!

### **Garfield Farm Museum**

PO Box 403, LaFox , IL 60147

Tel: 630-584-8485

info@garfieldfarm.org

<http://www.garfieldfarm.org/>

The Garfield Farm Museum and Inn, listed in the National Register of Historic Sites, is a 281-acre farmstead 40 miles west of Chicago and 5 miles west of Geneva, Illinois. Offering farm tours, seminars, school group programs, and internships, the museum promotes America 's prairie farm heritage with rare breed livestock shows, heirloom garden products and seeds, and collections of antique farm tools. View their Calendar of Events website for other educational, family, and entertainment events.

### **Gourmet Gorilla Inc.**

Local and Organic Food For Kids

1629 North Halsted , Chicago, IL 60614

Tel: 877-219-3663

Fax: 866-226-8460

Contact: Jason Weedon

info@gorillakids.com

<http://www.gourmetgorillainc.com>

Not Just Another School Lunch.

Gourmet Gorilla provides hot meals, bagged lunches and snacks in schools, camps and retail settings. Our meals are prepared daily using the finest local and organic ingredients and tried and tested kid friendly recipes that meet and exceed USDA, Illinois Board of Education and Chicago Board of Education Guidelines. We obtain all of our produce from certified organic purveyors, our meats are free range, grass fed and all natural, and they have not been subjected to artificial growth hormones and antibiotics, or artificial preservatives. We observe a strict Non GMO policy, and are a peanut-free facility.

### **Graffiti and Grub**

5923 S. Wentworth, Chicago, IL 60621 info@graffitiandgrub.com

<http://www.graffitiandgrub.com>

Brainchild of LaDonna Redmond and Wil Seegars, Graffiti and Grub is a healthy, sustainable, local food experience for the hip hop generation, a community-based solution to the issue of food deserts.

Bringing in a major chain grocery store isn't enough to fix public health issues in communities lacking access to healthy food options. In addition to providing fresh choices to the community, Graffiti and Grub aims to serve as a community wellness center, providing wellness education, forums, and fun.

### **Heritage Prairie Market and Educational Center**

2N308 Brundige Road, Elburn , IL 60119

Tel: 630-443-8253

Contact: Sarah Harmon

info@hpmfarm.com

<http://www.hpmfarm.com>

## illinois guide: educational centers



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Whether you have a morning to wander about or need to get in and out quickly for eggs and milk, Heritage Prairie Market is a refreshing change from the strip mall grocery stores.

We're open weekdays from 9am to 6pm, Saturdays 9am to 4pm, and Sundays from noon to 4pm. We also offer a CSA in conjunction with Erehwon Farm.

### **Organic School Project**

1103 W. Grand Ave., Chicago, IL 60622

Tel: 312-275-6800

Contact: Joesphine Lauer

[joesphine@organicschoolproject.org](mailto:joesphine@organicschoolproject.org)

<http://www.organicschoolproject.org/>

Organic School Project (OSP) provides school age children with a mindful foundation for a healthy lifestyle through wellness programming initiatives, expressed through a three-part mission: Grow: OSP reconnects our children to their food source through school and community organic gardens. Teach: OSP teaches our children nutrition, mindfulness, and environmental stewardship through an integrated curriculum and wellness workshops.

Feed: OSP feeds our children More Positive Foods through the school food service system. OSP meals are made-from-scratch, organic, natural and sourced locally when seasonally available.

### **Saturday Produce Market**

One College Park, Decatur, IL 62521

Tel: 217-875-7211 ext. 562

Contact: David McLaughlin

[dmclaugh@richland.edu](mailto:dmclaugh@richland.edu)

The Saturday Produce Market is student-run and an integral part of the Richland Student Farms. The market provides area-wide consumers with fresh, locally grown foods while supporting rural and urban independent farmers. The students obtain practical experience in all aspects of operating a community-based small farm business from seed to market.

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We will also be partiting in CSA in 2011.

### **The Prairie Crossing Learning Farm**

The Prairie Crossing Conservation Community, 32400 N. Harris Rd, Grayslake , IL 60030

Tel: 847-548-5400

Contact: Nicole Jain Capizzi, Program and Farm Manager

[infocenter@prairiecrossing.com](mailto:infocenter@prairiecrossing.com)

<http://www.prairiecrossing.com/pc/site/index.html>

The Prairie Crossing Learning Farm is a non-profit enterprise that works with students and volunteers to grow certified organic fruits and vegetables and raise a flock of 300 laying hens on a 3-acre farm. The farm works closely with two local schools to provide outdoor, experiential, farm-based education programs. They also offer field trips, farm tours, summer camp programs, and on-going volunteer opportunities. Organic eggs, honey, and seasonal produce are available for purchase at the Learning Farm.

### **The Talking Farm**

1566 Oak Avenue, Evanston, IL 60201 Contact: Linda Kruhmin

[info@thetalkingfarm.org](mailto:info@thetalkingfarm.org)

<http://www.thetalkingfarm.org/>

As "the farm with something to say," The Talking Farm provides access to fresh and locally-grown food, job training and environmental education through the operation of an agricultural enterprise. Its vision includes both a physical space to grow food for sale to the community, as well as the educational and knowledge-sharing activities that emerge from the operations of an urban, organic farm dedicated to establishing sustainable food security for the Evanston/Skokie community. The Talking Farm is a 501(c)(3) nonprofit organization and all donations are tax-deductible as allowed by law.

Beyond growing nutritious food, how can an urban farm enhance a community?

We see a myriad of community enhancement opportunities: Education, jobs and job training, vocational internships, economic development via local food processing, and promotion of nutrition and health education for children and adults. The Talking Farm's education and knowledge-sharing activities involve both learning and doing. Many skills are needed in any farm and all are marketable and can help adults and youth find gainful employment or start their own businesses. Our vision is to develop programs in the following major activity areas:

Agricultural production (i.e., farming, farm operations, soil management, community/home gardening, etc.)

Food preparation, processing and preservation (i.e., reclaiming competence in skills required to support good nutritional habits)

Beneficial entrepreneurship (i.e., providing knowledge, collaboration and resources to develop new



## illinois guide: educational centers

sustainable-food-system ventures, including marketing, small business management, food distribution systems)

Cultural appreciation (i.e., harvest festivals, potlucks, and ethnic food fests)

Fresh from the farm - Right here in our community!

### **Whole Foods**

South Loop

1101 S. Canal St, Suite 107, Chicago, IL 60607

Tel: 312-435-4600

<http://www.wholefoodsmarket.com/stores/southloop/>

### **3-W Meats**

3809 Marshall Ave., Mattoon, IL 61938

Tel: 217-258-6327

Contact: Vince Welsh

Vince Welsh raises all his hogs on the farm, from baby to adult, so it is easy to know where all his delicious pork meat comes from. His products include whole or half fresh or cured hams, bacon, ground pork and burgers, sausage and breakfast links, baby back, spare and country style ribs, various loin chops and shoulder roasts and steak.

The hogs are raised with no hormones, no antibiotics, no vaccinations and no genetically modified feed. All the corn fed to the hogs is raised on the home farm.

Please call for prices and availability.

### **AAA Organics**

Prairie Crossing Farm, PO Box 681146, Schaumburg, IL 60168

Tel: 847-414-9530

Contact: Mike Andre

aaaorganics@gmail.com

What is a CSA Program? It is Community Supported Agriculture.

Members purchase a subscription to the produce a farm plans to grow for the season. As a member you will pay a set price at the beginning of the season. In exchange, you will receive a weekly share of the farms harvest.

Advantages:

- Fresh, locally grown vegetables
- Better Taste and Variety (than the grocery store)
- AAA Organics practices sustainable agriculture designed to produce organically grown field crops with no use of chemicals or pesticides

### **Afterthought Farm**

882 North 1700 East Road, Owaneco, IL 62555

Tel: 17-824-7833

Contact: Vicki Boliard

vicki@afterthoughtfarm.com

<http://www.afterthoughtfarm.com>

Here at Afterthought Farm we truly believe in what we do. We raise a small herd of French Alpine Dairy Goats. We use the milk to make cheeses, yogurts, lotions, soaps, and body washes. We offer cheese making workshops where you can come to the farm and use our fresh goats milk to make some of the tastiest cheeses. Our raw milk is available for orphaned animals or pet use.

We grow all our own herbs (comfrey, st. johns wart, lavender, chickweed, etc.) and infuse them with the oils we use for our cosmetic line which brings us our muscle rubs, herbal salves, therapeutic soaps, lotions, Hemp oil lip balms, and a great assortment of other homemade quality products that truly work. Our Goat Milk Lotions come in over 30 different fragrances, our Goat Milk Soaps come

## illinois guide: farmers

in over 50 different fragrances. Once you use our products you will love them.

This year Afterthought Farm will be raising meat birds and we will be feeding all our birds organic feed from a local mill. We take pride in what our goats and chickens are fed. All our birds are free range and we will have Chickens available by May. Our Laying chickens consist of Arucana , Wellsummers, Rhode Island Reds, Plymouth Barred Rocks, and Cuckoo Marans.

Also Available this year will be fresh grown produce. We will bring you all the great produce grown locally and with no chemicals. Our secret will be our wonderful goat manure compost. Along with our hard work and care we can bring some of the juiciest vegetables and fruits to the farmer's markets we will be partitioning with this Season.

You can contact us anytime to learn more about what we are doing on the farm. Also we will be at the Pawnee Farmer's Market(Pawnee, Illinois) every Tuesday evening, Old Capitol Farmer's Market(Springfield, Illinois) every Wednesday morning, State Fair Grounds Farmer's Market(Springfield, Illinois) every Thursday evening, Pana Farmer's Market(Pana, Illinois) every Friday evening, and Old Capitol Farmer's Market(Springfield, Illinois) every Saturday morning. Come out to see us and get a chance to try our products and learn more on what we are doing. At Afterthought Farm we believe in bringing you a product that is all-natural. We take pride in knowing that we can bring other people the same quality that we would want for ourselves. We eat and use all our own products/foods, as who wants something from someone if they wouldn't use them itself.

### **Americana Farms**

2268 E 2250 N RD, Carlock, IL 61725

Tel: 309-376-2606

Contact: Mark Willsey

yolkfolk@americanafarms.com

<http://www.americanafarms.com>

Americana Farms - Farm fresh cage free all natural eggs. We have brown eggs from Red Star Hens, White Eggs from Leghorns and Blue Eggs from Americana Hens.

### **Angelic Organics**

1547 Rockton Road, Caledonia, IL 61011

Tel: 815-389-2746

Fax: 815-389-3106

[csa@angelicorganics.com](mailto:csa@angelicorganics.com)

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

Angelic Organics is dedicated to creating and forwarding an economically viable, sustainable, Biodynamic farm which nurtures its soil, plants, animals, and community of workers and enlivens the connection between people and the source of their food. We are committed to providing the freshest, most vibrant food possible to our customers.

### **Antiquity Oaks**

2700 North Rd, P.O. Box 181 , Cornell, IL 61319

Tel: 815-358-2450

Contact: The Boehles

info@antiquityoaks.com  
<http://www.antiquityoaks.com/index.html>

On Antiquity Oaks, most manure falls in the pasture, where it fertilizes the grass. We have never used any commercial fertilizer in our pasture, yet we grow a thick field of lush grass, which feeds our animals. Manure from the barn is composted for the garden, creating a rich fertilizer naturally. On a diversified farm, everything works in symbiosis, meaning that together, everyone achieves more than what anyone could achieve alone.

### **Arnold's Farm**

997 Salem Rd., Elizabeth, IL 61028  
Tel: 815-858-2407  
Fax: 815-858-2407  
Contact: Tom and Jessica Arnold  
Arnoldfarm@juno.com  
<http://www.arnoldsfarm.com/>

Arnold's Farm is an environmentally friendly Centennial Family Farm direct marketing grain- and grass-finished beef, chicken, pork, turkey, and lamb to health conscience consumers. Pasture based system. No antibiotics, growth hormones, animal by-products, or GMO corn given or used in feed. Meats not irradiated. Processing done at USDA inspected plants. Located in beautiful Jo Daviess County of Northwestern Illinois. Direct sales at farm by appointment or by scheduled delivery to the Chicago area. Individual cuts, quantity packages, and sides/whole animals available. All meats packaged in easy to use portions.

### **Audis Acres Natural Farm**

601 Little Rock Road , Plano, IL 60545  
Tel: 815-488-8606  
Contact: Ed and Audi Wonsowski  
ed@audisacres.com  
<http://www.audisacres.com/index.html>

We will continue to pay particular attention to the needs of each and every vegetable, making it the most tasteful and delicious edible you have ever encountered... "Our Business is Growing!"

### **Bauer Custom Meats**

1231 2000 N Ave, PO Box 237 , Mineral, IL 61344  
Tel: 309-288-5110  
Contact: Anthony and Sandy Bauer  
info@bauercustommeats.com  
<http://www.bauercustommeats.com/index.html>

Bauer Custom Meats offers a variety of natural, pasture-raised meats for sale. We value an animal raised in a clean environment, as well as in a respectful and humane manner. Our animals are allowed to live similarly as they would in nature, not crowded in feedlots and fed unnaturally high levels of grains and concentrates.

We are dedicated to principles which sustain and enrich our environment. We believe in supporting local products, businesses and family farms.

Our animals are:

Never fed antibiotics

Never fed growth hormones

Never implanted with hormones

### **Bedinger Sheep Farm**

Animal Welfare Approved Listing

9743 N. 1130 E., Catlin, IL 61817

Tel: 217-427-2341

shpsht@gmail.com

<http://www.ewepoo.com>

Offers Animal Welfare Approved sheep breeding stock.

### **Biver Farms**

7307 Pin Oak Road, Edwardsville, IL 62025

Tel: 618-656-9082

Fax: 618-656-9082

Contact: Brett Palmier or Keith Biver

<http://simplegoodandtasty.com/directory/biver-farms>

### **Blue Schoolhouse Farm**

550 County Road 1625 E, Congerville, IL 61729

Tel: 309-467-9228

Contact: Bill Davison

[blueschoolhouse@yahoo.com](mailto:blueschoolhouse@yahoo.com)

<http://blueschoolhousefarm.blogspot.com/>

### **Broad Branch Farm**

Rural Route 1, Box 44, Wyoming, IL 61491

Tel: 309-695-2051

Contact: Anita & Brian Poeppel

[soapsuds@a5.com](mailto:soapsuds@a5.com)

[http://www.broadbranchfarm.com/about\\_the\\_farm.htm](http://www.broadbranchfarm.com/about_the_farm.htm)

Broad Branch Farm is located in north central Illinois about 20 miles north of Peoria and is owned and operated by Anita & Brian Poeppel. Although not Certified Organic, we are a chemical free farm producing clean food. The farm grows a wide variety of vegetables especially salad greens, pastured meat chickens, pastured eggs, grass-fed beef and pork. Chickens are raised on chemical free pasture and certified organic grain. Beef is grass fed only. No antibiotics or growth stimulants.

## Illinois guide: farmers



Our food is offered through our Community Supported Agriculture (CSA) program with pickup at the farm, Peoria, Peoria Heights, and Naperville. In 2009 we are offering shares for vegetables, eggs, and meat. Check out our website for more details about the farm, growing practices, homemade granola, and Anita's FarmTherapy natural body care.

### **Brookwood Farm**

5901 River Road , Cherry Valley , IL 61016  
Tel: 815-985-5053  
Contact: John Logli  
j\_logli@msn.com  
<http://brookwoodfarm.net/>

Brookwood Farm is a Certified Naturally Grown producer of vegetables, herbs, and flowers located in Cherry Valley, Illinois. We are a member of First Hand Harvest CSA and provide our customers with a 20 week share of locally grown chemical free produce. For information visit First Hand Harvest.

CNG is a non-profit alternative certification program tailored for small-scale, direct-market farmers using natural methods. Brookwood farm strictly uses all natural growing methods that meet or exceed national organic standards.

### **Buckingham Branch Farm**

16617 Covington Road, Okawville, IL 62271  
Tel: 618-967-9966  
Contact: Janice Gaubatz  
janice.gaubatz@netwitz.net

Eggs - year-round  
Various produce in the growing season

### **Caveny Farm**

1999 N. 935 E. Rd, Monticello, IL 61856  
Tel: 217-762-7767  
Contact: John Caveny  
soilsteward@prairieinet.net  
<http://www.cavenyfarm.com/index.html>

Caveny Farm raises poultry, beef and lamb. Heritage breeds of turkeys, ducks and geese are our mainstay. We are proud to be part of the Slow Food movement, particularly Slow Food Chicago. Continue your visit of Caveny Farm by clicking on the tabs.

Our birds are raised in pastures that grow grasses, clovers and amaranth. All of our poultry are fed custom formulated feed to compliment the nutrients found in our pastures. Corn, soybeans and soybean meal along with vitamins and minerals are the only ingredients in our feed.

### **Cedar Valley Sustainable Farm**

1985 N. 3609th Road, Ottawa, IL 61350

## Illinois guide: farmers



Tel: 815-431-9544  
Contact: Jody Osmund  
cdrvalleyfarm@gmail.com  
<http://cedarvalleysustainable.com/>

We raise our and animals in ways that nurture and respect nature's systems.

### **Chicago Honey Co-op**

2000 W. Carroll St. # 30, Chicago, IL 60612  
Tel: 773-848-2246  
Contact: Michael Thompson  
honeycoop@gmail.com  
<http://www.chicagohoneycoop.com>

The Chicago Honey co-op does more than just produce wonderful honey. They also provide job training for the under employed and work along side the Chicago nonprofit Growing Home. They have been producing their honey for the last three years at their North Lawndale neighborhood location.

The co-op brings its natural honey to various markets around the city including, The Chicago Green City Market, Oak Park Farmers Market, and the Logan Square Market.

### **Chicago's Downtown Farmstand**

66 E. Randolph Street, Chicago, IL 60601  
Tel: 312-742-8419  
Downtown.Farmstand@cityofchicago.edu  
<http://www.chicagofarmstand.com>

Chicago's Downtown Farmstand, located at 66 East Randolph Street, opened in October 2008. The Farmstand's promise - local, delicious, and edible - is fulfilled by hundreds of products, all from within 250 miles of Chicago.

Local doesn't just mean locally grown - in addition to sustainably grown fresh fruits, vegetables and herbs in season (including many organic items), Chicago's Downtown Farmstand features a broad selection of edibles produced throughout the region. Each day, a wide range of dairy products, condiments, seasonings, preserves, breakfast favorites, baked goods, and other items arrive at our location.

### **Circle G Gourmet Beef**

14804 Perkins Rd., Woodstock, IL 60098  
Tel: 815-382-7852  
Contact: Bruce Gerloff  
greatbeef@sbcglobal.net

Farm raising natural grass-fed beef.

### **DarnFar Ranch**

Cr-1900 N & Cr-1375 E, Brownstown, IL 62418  
Tel: (618) 427-33

## illinois guide: farmers

Contact: Tammie and Robert Rogers  
darnfar@frontiernet.net  
[http://www.darnfar.com/NEW/Ranch\\_Services.htm](http://www.darnfar.com/NEW/Ranch_Services.htm)

Our lambs are raised on pasture grasses, outdoors in the sunshine with the freedom to forage naturally. On occasion we will augment their forage with whole grains (usually locally grown corn). This is especially true when we have lambs during the winter months. But, it is more typical for us to have lambs during seasons when we can take advantage of the pastures. We never use pesticides or herbicides on their forage. We do not use hormones or antibiotics as food additives. We do not feed animal based protein products. Our lamb ends up being naturally lean, tender, mild tasting and wholesome. We think it's important to know where your food comes from.

A whole lamb is \$125 and delivery is 30 cents/mile to and from the processor of your choice. You will also have to pay the processor. The fee will vary depending upon how you want your lamb butchered. You may also pick up your lamb at the ranch and deliver it to the processor yourself. Please call or email to order.

### **Diamond Grove Cattle**

18281 E, 700N, Bloomington, IL 61704  
Tel: 309-378-4492  
Contact: Charlie and Kathy Sheetz

Diamond Grove Cattle are pastured lean Limousin cattle that are raised without the use of antibiotics. Though they are free to graze on the fields, their diet is supplemented with local cracked corn that was raised for human consumption, minerals, and local alfalfa hay. Our beef is sold in quarters and halves and is generally available from spring through fall. Please call to order your beef; it can be picked up frozen at the packer.

### **Dickman's Family Farm**

6480 S 14000 W Rd, Herscher, IL 60941  
Tel: 815-426-2154  
Contact: JoAnn & Dennis Dickman  
djdickman@netzero.net  
<http://www.dickmans.net>

Our farm is located about 75 miles southwest of Chicago. We have been farming for over 41 years, and during that time, we have learned the value of knowing what goes into your food. Our poultry, eggs, and beef are all-natural and raised on pastures and in the sunlight to ensure the happiest animals and best tasting product. We have also supplied fresh, super-sweet, multi-colored sweet corn to local markets for over 15 years.

To find out more about our fresh farm products, visit our website.

### **Edens Harvest Farm**

14254 E. 3000 North Rd., Blackstone, IL 61313  
Tel: 815-586-4797  
Contact: Thomas and Janet Jablonski  
thomas@edensharvestfarm.com  
<http://www.edensharvestfarm.com/>

## Illinois guide: farmers



We specialize in Huacaya Alpacas and Naturally Grown Vegetables. As proud members of "Stewards of the Land, LLC", we sell directly from our farm, at farmer's markets and our vegetables are featured at fine restaurants like Frontera's Grill and Mado's in Downtown Chicago.

### **Erehwon Farm**

41W202 Whitney Road, St. Charles, IL 60175

Tel: 630-485-9963

Contact: Tim Fuller

[tim@erehwonfarm.com](mailto:tim@erehwonfarm.com)

<http://www.erehwonfarm.com>

Tim Fuller and Beth Propst grow a wide variety of vegetables and fruits on six acres in St. Charles, Illinois, without herbicides and pesticides, but with enthusiastic help from Bucky the farm dog. Customer favorites include sugar snap peas, salad mix, spicy greens mix, spinach, Asian braising greens, heirloom tomatoes, tasty cucumbers, patty pan squash, sweet cherry tomatoes, broccoli, melons, sweet corn, celery, okra, raspberries, strawberries, and asparagus...Our produce is available at farmers' markets in Elgin, St. Charles, and Batavia and through a CSA program delivered to Lombard, Wheaton, and Elgin. ..We are an open farm; you can come visit any time and see what we are doing. We have a great crew of volunteers who come out and help, bring waste for our compost pile, and share recipes. It's turning into a real community of people who share similar interests.

### **Erisman Farm**

781 Highway 51, Pana, IL 62557

Tel: 217-226-4050

Not too far southeast of Springfield sits Erisman Farm, a certified organic, family operation raising pork and beef. The beef, which is mostly Angus based, is available completely grass fed or as both grass and grain fed. The grain is, of course, certified organic. The pork is not certified organic, but it is raised under organic standards. Customers pick up their orders at the clean, reliable, local processing plant, where beef is available on the hoof, whole, half, or quarter. Erisman farm also grows certified organic food grains.

### **Farm Direct Black Angus**

8n840 Lakin Road, Maple Park, IL 60151

Tel: 877-FOR-FDBA

Contact: Mark and Linda Schramer

[sales@farmdirectblackangus.com](mailto:sales@farmdirectblackangus.com)

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

The Schramer family takes pride in raising hormone-free and humanely cared for beef. Their herd is free-ranging with easy access to water and shelter. With only 200 head, the Schramers emphasize quality over quantity, in order to bring happy customers the best beef they have ever tasted.

### **Farm Girl Organics**

32400 North Harris Rd, Grayslake, IL 60030

Tel: 773-414-6552

Contact: Katie Williams & Kate Rowe

[farmgirlorganics@gmail.com](mailto:farmgirlorganics@gmail.com)

## Illinois guide: farmers

Katie Williams and Kate Rowe discovered a shared passion for providing healthy vegetables to their neighbors, families and friends during the summer of 2006 while working at a small organic farm in the Western Suburbs.

'It would be beautiful to be part of a community where we could donate the vegetables and food, and other members could donate their services. It would be nice to work with a school and provide an educational component about farming and growing vegetables. That would be very nice in one of the neighborhoods in Chicago that's deprived of grocery stores and fresh vegetables. It would be nice to have the kids work outside.'

'In farming, we are really trying to nurture the soil, water, animals, and all of the different life forms and ecosystems that are necessary and a part of our growing system. We are doing it as responsibly, carefully, and compassionately as we can.'

### **Farmer Sam**

37510 N Fairfield Road, Lake Villa, IL 60046 Contact: Sam Yeiter  
farmersam@farmersam.com  
<http://farmersam.com/>

Farmer Sam raises eggs, chickens and turkeys on pasture. He is also planning on dabbling in pork this summer.

### **First Fruits Produce Co.**

101 N Lombard, Mahomet, IL 61853  
Tel: 217-586-1333  
info@firstfruitsproduce.com  
<http://www.firstfruitsproduce.com/page.home>

We are sustainable farm produce growers. One of our thoughts is, if it's a vegetable and it can be grown in Illinois, then we will probably want to grow it at some point in time. Sustainable farming means that we try very hard to keep the poison out of your food and the healthy stuff in. We incorporate many organic products during the operation and growing season, leaning more heavily on the organic than the commercial side. If it is to go into your mouth, we believe that it should be clean and wholesome and of value to your body. We also offer in our store many of the organic products that we use on the farm.

### **Flying S Farm**

17594 E. 500th Ave, Palestine, IL 62451  
Tel: 618-586-2488  
Contact: Penny Shaw  
penny@flying-s.com  
<http://www.flying-s.com>

Flying S is a family farm in East Central Illinois devoted to taking care of the land and animals. Management Intensive Grazing practices are used to produce naturally healthy grass fed beef. This spring we plan to raise and sell pastured chickens too. If you care about what you're eating call (618) 586-2488 or email [beef@flying-s.com](mailto:beef@flying-s.com) to place your order. Thanks for supporting your local farmer.

### **Forth's Home Raised Beef**

5605 South Willow Road, Stockton, IL 61085

Tel: 815-947-2841

Contact: Jim and Michelle Forth

looneytunefarms@mwci.net

The Forths raise cattle for beef year-round on their farm in northwestern Illinois, just off of the Muddy Plum River. The cattle are raised outdoors and fed a mixture of farm-grown corn, silage, and hay. Beef is available in a variety of packages and cuts, including 1lb. ground beef packages, 5 different cuts of roasts, 6 different cuts of steaks, and in wholes, halves, and quarters. Price lists are available and delivery can be arranged. Customers are free to drop by the farm to pick up orders, but it would be nice to call ahead of time.

### **Frankfort Country Market**

Oak St & Kansas St, Frankfort, IL 60423

Tel: 815-954-9788

Fax: 708-248-5292

Contact: Merrill Marxman

merrill@marxmanag.com

<http://www.frankfortcountrymarket.org>

The Frankfort Country Market strives to promote a healthier society by offering a traditional open-air market featuring fresh, farm-raised products from local producers and enjoyable educational community events.

Come to historic downtown Frankfort, a scenic, small-town setting that allows you to 'take it outside,' and get to know your growers. The Frankfort Farmers Market is open year round and located along the beautiful Waterfront on Sunday mornings rain or shine, 10 to 2, April through October.

### **Freedom Organix**

8406 Maxon Road, Harvard, IL 60033

Tel: 847-910-1160

Contact: Cindy

info@freedomorganix.com

<http://www.freedomorganix.com>

We're Unique!

Freedom Organix is unique. We are one of the few CSA's that offer more than just vegetables. In addition to your vegetable share (which also includes herbs and flowers) you can also choose to add shares of:

- \* Eggs
- \* Free Range Chicken (New in 2010)
- \* Free Range Heritage Turkeys

Our members also get first option on our fantastic Grass Fed Beef. We offer our beef in full, halves, and quarters. [Click here](#) for more information on the health benefits of Grass Fed Beef.

Want to know more about us?

Read our Newsletter.

Find out what's being born, what's growing, what we're doing, and what's making us happy here at the farm in our November 2009 Newsletter. [Click here to read.](#)

Arrange a visit:

We are always happy to share our farm with our customers. We just ask that you let us know in advance when you'd like to visit.

### **Freeman Bros Ranching**

1861 Arcadia Road, Jacksonville, IL 62650 [info@freemanbrosranching.com](mailto:info@freemanbrosranching.com)  
<http://www.freemanbrosranching.com/>

Freeman Bros. Ranching provides 100% natural, grass fed beef. Our cattle are bred and raised as nature intended, with no vaccinations, antibiotics, or implants. The diet of our cattle consists of a variety of cool and warm season grasses and legumes, and complimented by an organic mineral program designed specifically for our pastures.

We have developed a breed of cattle that optimizes efficiency and productivity in a grass environment. We are ranchers dedicated to the efficient production of wholesome grass finished beef through the practical application of the fundamental laws of Nature.

### **Garden Offerings**

40W610 Freeman Rd, Huntley, IL 60142  
Tel: 847-428-0381  
Contact: Nancy Kapelak  
[gardenofferings@comcast.net](mailto:gardenofferings@comcast.net)

According to the Green City Market's website: Nancy Kapelak always enjoyed gardening on the nine acre plot behind her home, but she got serious about growing flowers after her youngest child left for college. Now she is flying high, with a 24-acre garden filled with woodies, berry bushes and flowering trees. "My aunt says when I die and go to heaven, I will be disappointed," she says. "How could you not enjoy life when you are in a field of flowers every day?" Nancy and her daughter Heidi Ong, her oldest child, are a team, working together in field and market. On request, the duo fashions flowers into custom-made bouquets.

### **Garfield Farm Museum**

PO Box 403, LaFox , IL 60147  
Tel: 630-584-8485  
[info@garfieldfarm.org](mailto:info@garfieldfarm.org)  
<http://www.garfieldfarm.org/>

The Garfield Farm Museum and Inn, listed in the National Register of Historic Sites, is a 281-acre farmstead 40 miles west of Chicago and 5 miles west of Geneva, Illinois. Offering farm tours, seminars, school group programs, and internships, the museum promotes America 's prairie farm heritage with rare breed livestock shows, heirloom garden products and seeds, and collections of antique farm tools. View their Calendar of Events website for other educational, family, and

entertainment events.

### **Gebhart Farms**

2147 N 1400 E Rd, Edinburg, IL 62531

Tel: 217-325-3250

Contact: Paul Gebhart

gebhart@chipsnet.com

Gebhart Farm is a wonderful farm in Edinburg run by the head of the Organic Crop Improvement Association, Paul Gebhart. Originally a conventional farm, Gebhart made the transition towards organic farming when he realized that not only can conventional farming be harmful to the environment, but it can be dangerous to your family and to consumers as well. Gebhart Farms now offers organic legumes, corn, pork, and poultry and would be happy to take your order.

### **Geh Day Farms**

17930B Scenic Bluff Road, Mount Carroll, IL 61053

Tel: 815-244-2697

Fax: 815-244-3015

Contact: Teresa Dusek

bigcows@grics.net

Geh Day Farms has been around for over 25 years and is an 850 acre chemical free farm. Each of their over 250 registered pasture-raised hereford cows are chemical and antibiotic free. If you are interested, please contact them for further details.

### **Genesis Growers**

8373 E. 3000 S. Road , St. Anne , IL 60964

Tel: 815-953-1512

Contact: Vicki Westerhoff

genesisgrowers@comcast.net

Genesis Growers farms 20 acres of land about an hour straight south of Chicago. When you talk about produce, Genesis Growers has probably got it. They grow more than 60 varieties of vegetables, including—to name a mere few—broccoli, cantaloupe, potatoes, watermelon, sugar snap peas, bell peppers, cucumbers, and green onions. Salad greens are a specialty—lettuces, mesclun, arugula, dandelion, kale, sorrel, among others.

Not to mention a passel of herbs that includes basil, cilantro, horseradish, parsley, and rosemary, as well as numerous flowers and bedding plants.

### **GFC Beef**

34273 210th Ave, Pittsfield, IL 62363

Tel: 217-285-6487

info@gfcbeef.com

<http://www.gfcbeef.com>

Natural Beef for sale: We produce healthy, lean beef without compromising tenderness, natural juices, or flavor. Tender steaks and roasts with savory flavor make each meal special. Our beef is raised without the aid of hormones, steroids, or feed antibiotics. Purchase by the pound, eighth,

## illinois guide: farmers

quarter, half, whole, or custom order.

### **Goebbert's Pumpkin Farm and Garden Center**

40 W. Higgins Rd., South Barrington, IL 60010

Tel: 847-428-6727

<http://www.pumpkinfarms.com/SBarrington.html>

The Goebbert family has been in the farm market business for 57 years.

### **Green Earth Farm**

8308 Barnard Mill Rd., Richmond, IL 60071

Tel: 815-403-7735

Contact: Scott and Kathy Mor

[kathy@greenearthfarm.org](mailto:kathy@greenearthfarm.org)

<http://www.greenearthfarm.org>

Green Earth Farm is a CSA providing organically grown heirloom vegetables, herbs, and fruit on a small family owned and operated farm.

Free Range Chickens, Ducks, Geese, and Heritage Turkeys all raised on pasture. All fed organic feed, no hormones, animal products or antibiotics.

Chickens are Plymouth rocks, and Rhode Island reds and whites. Free range Brown eggs with Omega 3 added value(feed is supplemented with flax seed).

CSA runs from May to the end of October.

### **Green Earth Institute Farm**

10S404 Knoch Knolls Road, Naperville, IL 60565

Tel: 630-664-5681

Contact: Steve Tiwald

[info@greenearthinstitute.org](mailto:info@greenearthinstitute.org)

<http://www.greenearthinstitute.org>

Our farm is located in south Naperville, Illinois. We are leasing from The Conservation Foundation, a regional not-for-profit land and watershed protection organization. The 60 acre McDonald Farm was donated to the Foundation in 1992 by Lenore McDonald, and the Foundation now uses the farmhouse for its offices.

European settlement of the land in the vicinity of the McDonald Farm began in the 1830s, but Native Americans lived in this area for thousands of years before the Europeans came. Native artifacts have been found along the banks of the West Branch of the DuPage River, which runs just southeast of the farm. The post-1830s history of the farm may be found at The Conservation Foundation website [here](#).

For 2009 we are using approximately 14 acres to grow organic vegetables, while a prairie plant nursery occupies another acre, and our cover crops, including alfalfa and red clover, are growing on the remainder of the 50 tillable acres.

Our vegetables are marketed through our community-supported agriculture program, or CSA.

### **Green Valley Farm**

1494 S. Irish Hollow Rd., Galena, IL 61036

Tel: 815-777-6008

Fax: 815-777-6016

Contact: Howard Fiedler

sophie@greenvalleyfarm.com

<http://www.greenvalleyfarm.com/farm.shtml>

Howard Fiedler has been raising European Fallow Deer for 15 years on his 400 acre farm. About 150 deer roam 120 acres of pasture. The deer receive a small amount of corn to supplement their grass and hay diet, and are not fed any hormones or antibiotics. Howard takes excellent care of his animals. All venison is processed by a local USDA processor. The venison is available in a wide variety of cuts; you can also purchase a whole or half animal. Please call to place an order which can be picked up on the farm.

### **Greengold Acres**

11623 W. Greengold Rd., Hanna City, IL 61536

Tel: 309-565-7811

Contact: Scott and Cheryl Webb

farmerwebb@excite.com

Our farm is located in Central Illinois and surrounded by hundreds of acres of woods, therefore, we have no worries of chemical drift or GMO infiltration. We have followed organic practices on our farm since 1985 and will never change these practices. Our land has 90 acres of pasture for grazing and several small fields with various clovers for the animals to eat. We have an ever growing orchard and berry patch for the bees to pollinate. The land has a flowing stream running through it which allows the animals a pure water source from several natural springs that feed into it year-round.

Grass fed angus beef, heritage turkeys, free-range chickens and brown fertile eggs are available all year. We also raise rabbits.

### **Grimm Acres**

Animal Welfare Approved Listing

PO Box 148/RR1 Box 25, Albion, IL 62806

Tel: 618-445-1896

susan.grimm12@gmail.com

Offers Animal Welfare Approved eggs, pork, beef, and goat meat and dairy.

Call or email for information on purchasing.

Grimm Acres farm in Albion, Illinois is home to Animal Welfare Approved Buckeye and Black Jersey Giants chickens, guinea hogs, Oberhasli dairy goats, fainting goats, and Dexter beef cattle. Robert and Susan Grimm are the farmers. Both retired now from the military, they work towards breeding and raising heritage livestock.

All of their breeds were chosen from the American Livestock Breeds Conservancy. In addition they have a continually evolving set of farming practices designed to keep their land productive and healthy. Susan explains, "We use multi-species grazing to make the most use of the small amount

## illinois guide: farmers

of pasture we have and as part of our parasite control program. We also use intensive rotational grazing to help break the parasite cycle.” In the future, look for the Grimms' roadside farm stand.

### **Grimm Acres, Diversified**

RR1, PO Box 97, Albion, IL 62806

Tel: 618-445-1673

Contact: Robert Grimm

robert.grimm1@us.army.mil

Small family owned farm selling pasture raised eggs from Buckeye hens.

### **Growing Home**

1325 S. Wabash Avenue Suite 205 , Chicago, IL 60605

Tel: 312-435-8601

Fax: 312-435-0198

Contact: Larry O'Toole and Harry Rhodes

hrhodes@growinghomeinc.org, lotoole@growinghomeinc

<http://www.growinghomeinc.org>

Growing Home operates an innovative transitional employment program based in Chicago for homeless and low-income people. Their three farm sites—two on Chicago's south side and one outside the city in Marseilles, IL—act as literal and figurative classrooms as program participants learn job- and life-skills as well as gain valuable hands-on experience with organic agriculture. So if you are looking to volunteer on a farm and work towards social reform contact Growing Home.

### **Harvest Hills Farm**

Animal Welfare Approved Listing

4062 South Rodden Road, Hanover, IL 61041

Tel: 815-591-3645

dr.karen.omara@gmail.com

<http://www.harvesthillsfarm.org>

Visit website or call for information on ordering Animal Welfare Approved full or half steers.

### **Harvest Moon Farms**

Chicago, IL

Tel: 773-472-7950

Contact: Jennifer Borchardt

info@harvestmoon-farms.com

<http://www.harvestmoon-farms.com>

Harvest Moon is a 20-acre certified organic farm in west central Wisconsin's Driftless region on the South fork of the Bad Axe River. The land is incredibly fertile and high in natural organic matter which means the tastiest, most nutritious food grows here. For the 2009 season we are introducing the newly formed Harvest Moon Farms Producers Guild. Our guild is comprised of 6 area farms growing Certified Organic and Certified Naturally Grown produce. Creating the Guild will help us better serve our clients and CSA shareholders by offering larger quantities and more varieties. It also serves the farms by allowing us to share resources and collaborate on transportation and distribution, which, in turn, reduces our collective carbon footprint. We offer a full and half share weekly CSA program, retail and restaurant sales, urban vegetable gardening consulting and design

services, and customized growing programs for chefs and food service professionals.

### **Hasselmann Family Farms**

Animal Welfare Approved Listing  
23706 Harmony Rd, Marengo, IL 60152  
Tel: 847-525-3590  
hasselmannfarm@gmail.com  
<http://www.hasselmannfamilyfarm.com>

Hasselmann Family Farms produces Animal Welfare Approved pork and eggs. Please call or visit the website for purchasing information.

As a small boy on his grandfather's mushroom farm, with only a few goats, chickens, and pigs, Scott Hasselmann began dreaming of a farm of his own. Today he lives a two hour drive from the city and raises grassfed laying hens, pigs, cattle, and a dozen sheep with his wife Nena and their two children Georgie and Alexia. Scott and Nena just began their farm four years ago, and still feel they're in the start-up phase. In fact, they met in Nicaragua after Scott finished serving in the Peace Corps as an agricultural volunteer and lived there for over a year before returning to the States.

Scott admits that he has loved animals his whole life. After reading books on running a farm Scott and Nena became inspired and moved to rural Illinois with their first child. And they decided to do things differently. Hasselmann Family Farms' products are special because of the family's commitment to keeping animals on pasture and to providing a healthy, local product to the community and Chicago environs. They have found that people at the farmer's market are extremely interested in and appreciative of how the animals are cared for and raised. Scott explains, "It's a win-win situation. They get healthy, humanely raised food that is good for the rural economy and we get to stay on our farm."

### **Hazzard Free Farm**

5111 Ahrens, Pecatonica, IL 61063  
Tel: 815-289-1431  
Contact: Andrea Hazzard  
andywildcountry@msn.com  
<http://firsthandharvest.com/>

Hazzard Free Farms produces beautiful natural produce, herbs, and flowers. Our food feeds bodies, our philosophies feed minds and our farm will feed your soul.

Heirloom tomatoes, extraordinary greens, and unusual varieties. Classic, European and Asian. A cooks delight... we inspire and enchant!

We also have cut flowers! We view growing organic produce as a challenge and an opportunity to educate ourselves and others. Our tools are the network of farmers that strive to grow food and raise animals responsibly. We draw our knowledge from such diverse areas as Permaculture, Biodynamics, Organics, Historical, and Cultural farming practices.

Looking forward to seeing you!

### **HeartRich Ostrich**

Rubber Neck Ranch

9691 Cedarville Road, Davis, IL 61019

Tel: (815) 629-20

heartrich1@aol.com

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

We at HeartRich Ostrich believe in the wholesome goodness of our products, from our "Free Range" ostrich meat products to our fine ostrich leather. We raise our own ostriches from eggs and we pick who finishes any of our products. That way we have the final say in what we sell as finished products. We are two separate producers combining to give our customers the best products and services available at competitive prices. Our ostrich meat is "free range" fed. No antibiotics or steroids are given to any of our birds. Our meat is USDA slaughtered and then individually packaged in vacuum packages and frozen for freshness.

### **Heritage Prairie Market and Educational Center**

2N308 Brundige Road, Elburn , IL 60119

Tel: 630-443-8253

Contact: Sarah Harmon

info@hpmfarm.com

<http://www.hpmfarm.com>

In April 2007, Bronwyn Weaver and Bob Archibald opened Heritage Prairie Market on their family farm. Their vision is to provide the widest range of the freshest, most delicious local foods available, and to create an environment that inspires healthier eating and living habits.

We look forward to seeing you at Heritage Prairie Market and introducing you to our farmers and local artisans who supply our store. Our market is the heart of our small farm, with all you need to stock your kitchen with wholesome goodness. This grocery store has local and organic food products ranging from dairy and fresh eggs to beef, chicken, pork to honeys and vinegars.

Late in 2007 Heritage Prairie Farm began a new system of farming, designed to enable a small farm like ours to produce food during all four seasons.

We encourage you to take a walk around our farm if you visit our store. With a system of movable greenhouses, Heritage Prairie is on the cutting edge of high-production, low-acreage food growing in the upper Midwest. Our farmers are always willing to take a moment to describe the projects we are in the middle of.

Whether you have a morning to wander about or need to get in and out quickly for eggs and milk, Heritage Prairie Market is a refreshing change from the strip mall grocery stores.

We're open weekdays from 9am to 6pm, Saturdays 9am to 4pm, and Sundays from noon to 4pm. We also offer a CSA in conjunction with Erehwon Farm.

### **Higher Calling Farm**

## Illinois guide: farmers



P.O. Box 23, New Douglas, IL 62074  
Tel: 618-488-6615  
Contact: Tim or Tori Tilton  
info@highercallingfarm.com  
<http://www.highercallingfarm.com>

Small family farm that raises pastured poultry, free-range eggs, grass-fed goat meat, milk and cheese. Our dairy goats are fed a very small amount of grain during lactation. We do not use any routine antibiotics on large animals and no antibiotics at all on poultry. We do not use growth hormones. All our animals have free day-time access to graze on pasture that is untreated.

### **Holesinger Farm**

13211 East Canyon Road, Stockton, IL 61085  
Tel: 815-985-1093  
Contact: Steve  
stvhlsr@hotmail.com

Small farm with fresh raw milk, honey, eggs and veggies. Open 10am-6pm. Closed Wednesdays. Customers must bring their own containers and pick up at the farm for fresh raw milk. Milk is from grass fed pastured Brown Swiss with no bovine growth hormones. It has very good butterfat/cream content. Great for making cheese and butter. There is no bulk tank at this farm. There is currently one cow and milk is not mixed from multiple cows.

### **Howling Hounds Farm**

2734 Cottage Hill Road, Compton, IL 61318  
Tel: 630-802-1869  
Contact: Nicole Kedzie  
howlinghoundsfarm@gmail.com  
<http://www.howlinghoundsfarm.com>

EGGS: free range all natural chicken eggs, hormone and antibiotic free.

CHICKEN: All natural whole chickens, USDA inspected, all natural feed, no hormones or antibiotics.

RABBIT: all natural rabbit meat. The healthiest meat known to man. No hormones or antibiotics.

CHEMICAL FREE PRODUCE: various heirloom varieties, fruits and vegetables. seasonal.

### **Indian Creek Farm**

2095 Arcadia Road, Jacksonville, IL 62650  
Tel: 217-473-5529  
Fax: 217-886-2552  
Contact: Jim Burrus  
indiancreek3@yahoo.com

Indian Creek Farm is a family farm in central Illinois offering 100% grass-fed Angus beef and pastured poultry. We are certified organic and raise our animals in a non-stressed, natural environment with clean air, clean water, plenty of sunshine and a natural diet of lush, nutritious grass. We use no antibiotics or synthetic hormones. We randomly submit beef samples for testing at Utah State University to quantify the higher levels of Omega 3's and CLA in our beef. We pride ourselves on providing our customers with high quality meat that is healthy, nutritious, lean and rich

tasting.

### **Indian Trail Produce Farm Co, LLC**

9326 E 2300 St., Kewanee, IL 61443

Tel: 309-852-2571

Contact: Peggy Hanson Ron Wallace

indiantrailfarm@bwsys.net, r\_wallace49@hotmail.com

We are producers of organic vegetables and Christmas Trees. We grow mixed greens all year in our greenhouses. In summer our crops expand to the outdoors. We grow heritage vegetables in the garden including San Marzano Tomatoes, Charantais Melons.

We also grow Cousa which is a middle eastern zucchini type squash. Our customers receive a weekly newsletter via E-Mail and place orders with us via E-Mail. Customers pick up their orders at a convenient pick up point. Interested parties should request our weekly newsletter by E-mail.

### **Ioerger Family Farm**

2853 County Road 1700 North, Minonk, IL 61760

Tel: 309-264-5945

yegs@a5.com

<http://familyfarmed.org/oldsite/ioerger.html>

The Ioergers' land has been in their family for over 150 years, with Lowell, Janet and crew farming it for the past twenty-five. This lively operation grows 15 acres of organic produce that includes numerous vegetables along with strawberries, apples, and variety of raspberries. The Ioergers keep hogs and chickens and manage to fit in some corn, wheat and soybeans, too...We sell food directly at our farm and are also at the Oak Park Farmers' Market..

### **Irish Grove Farms, Inc.**

9027 Best Road, Pecatonica, IL 61063

Tel: 815-742-6781

Contact: Jackie

comepifa@aol.com

<http://www.irishgrove.blogspot.com>

Irish Grove is a 4th generation farm in the rolling hills of Northern Illinois, specializing in grass-fed meats and eggs.

The farm is managed organically and products are sold directly to consumers.

### **Iyabo Farms**

P.O Box 582, Hopkins Park, IL 60944

Tel: 815-944-5891

Contact: Johari

Johari Cole and her family farm forty-five acres about 75 miles south of Chicago near the Indiana border. Iyabo Farms' land has been in the Cole family for twelve years. The family grows a range of fresh produce including kale, greens, melons, tomatoes, beans, peas and lettuce. ..Iyabo Farms sells its products through the Pembroke Farmers Cooperative at the Austin farmers' market in

southern Chicago, in select Chicago health food stores and restaurants, and at Kankakee County farmers' markets..

### **Jeff and Carol Bond Farm**

1386 Pleasantview Rd., Washburn, IL 61570

Tel: 309-696-0498

Contact: Jeff and Carol Bond

Jeff and Carol Bond raise and sell antibiotic and hormone free beef, pork, and goat. The animals are hand fed and treated well. The farm's focus is on beef, with large cuts available.

### **Jena Martin's Meat & Poultry**

216 W. Crawford, Paris, IL 61944

Tel: 217-822-7501

Contact: Jena Martin

Supplier of hormone and antibiotic free beef, pork and poultry.

### **Joy of Illinois Farm**

1689 CR 400 E, RR 3, Champaign, IL 61822

Tel: 217-863-2758

Contact: Les & Penny Gioja

"At Joy of Illinois Farm, we are blessed to be stewards of 6 acres of the richest, blackest, deepest soil on earth." - Penny Gioja, farmer

For 11 years, the Gioja family has been committed to sustainable, humane farming and educating local consumers about the importance of small sustainable farms such as their own. Joy of Illinois, a 6 acre farm in Champaign, Illinois, offers a wide variety of products including pasture-raised cornish rack broiler chickens, stewing hens, geese, heritage bronze turkeys, lamb, veal, dairy goat kids, live ducks, and honey. Capons should be available soon. Joy of Illinois animals are free of synthetic hormones and antibiotics. Fresh pasture-raised raw cow's milk and eggs are available in-season through a weekly share program. Please call ahead for details.

Though the Giojas have chosen to live "internet free", they can be contacted by phone or snail mail for more information. Penny Gioja is also locally famous for her written weekly farm diary update (available to customers and shareholders), which detail the trials, tribulations, and of course, the joys of running a small farm. Please note that Joy of Illinois offers farm pick-up only. Call ahead for more information on seasonally available products.

### **Kaeb Farms**

333568 E 750N, Arrowsmith, IL 61722

Tel: 309-727-1172

Contact: Merlin Kaeb

Kaeb beef is produced without the use of antibiotics or hormones. The cattle are pastured and then transitioned gradually to corn stock, silage, and oats as well as hay and a protein supplement free of animal by-products. The cows are finished in feed lots and then sold in whole, quarters, or halves from July to October. If you would like more information, please contact Merlin Kaeb.

### **Kauffman Turkey Farm**

8519 Leland Road, Waterman, IL 60556

Tel: 815-264-3470

Contact: Robert Kauffman

[hoka@indianvalley.com](mailto:hoka@indianvalley.com)

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

Kauffman Turkey Farms is one of the last remaining independent family owned and operated turkey farms in the country. Kauffman Turkey Farm has been providing fresh dressed turkeys to the Northern Illinois area for over 70 years. The turkeys are grown from one day of age until they are dressed in the farm's federally inspected plant. We raise our birds with the emphasis on quality. No cages, no hormones, no constant feeding of antibiotics for growth promotion. This means that the turkeys grow more slowly and develop a richer flavor and denser texture. Turkeys are free to eat insects and are given additional protein through fish meal.

### **Kickapoo Valley Farms**

9932 West Grange Hall Rd., Princeville, IL 61559

Tel: 309-243-9268

Contact: Brad Guidi

[brad.guidi@worldnet.att.net](mailto:brad.guidi@worldnet.att.net)

[http://kickapoovalleydairygoats.com/about\\_the\\_farm.htm](http://kickapoovalleydairygoats.com/about_the_farm.htm)

Over the past thirty years, Brad Guidi has remained devoted to the land and sustainable agriculture, observing organic standards as he raises a diversified assortment of crops and animals.

His chickens are pasture-raised and approximately 300 birds should be available for purchase beginning in July. Whole chickens are \$4/lb. while individual chicken parts/cuts are \$3/lb.

The turkeys come in several varieties. Brad raises the commercial broad breasted whites and a mixture of heritage breeds, including Narragansetts, Blue Slates, and Bourbon Reds. The broad breasted white are pastured, yet the heritage birds are not as Brad says they are simply too wild for that sort of thing. Brad notes that a 5 to 6 foot fence does nothing to keep these lively birds from getting away and he already has to wear a hard hat and face mask to catch them. Turkeys are sold for \$4/lb. Hens are usually around 9lbs. and toms are about 15lbs.

Aside from birds, Brad also grows a wide range of organic vegetables, especially tomatoes. A 20-week CSA program is available beginning in mid-May with half shares costing \$300 and whole shares \$500. Products are also sold at the new Peoria Riverfront Market"located along the Illinois River in downtown Peoria"every Saturday from 8am to noon, from the first Saturday in June to the last Saturday in September. The market is strictly reserved for Illinois-based goods and services and features farmers, artists, and much more.

### **Kinnikinnick Farm**

21123 Grade School Rd, Caledonia, IL 61011

Tel: 815-292-3288

Contact: David Cleverdon

[kinnikinnickfarm@yahoo.com](mailto:kinnikinnickfarm@yahoo.com)

## Illinois guide: farmers

Kinnikinnick Farm began years ago in Chicago. It was a dream that Susan and I shared with each other. The dream became a reality in 1994 when we started a small half acre garden on some rolling farmland overlooking the north branch of the Kinnikinnick Creek in northern Illinois.

Now Kinnikinnick Farm is an established, certified, organic farm that sells produce directly to Chicago chefs and farmers market customers. The farm grows a wide variety of greens, heirloom tomatoes, root crops, and seasonal vegetables starting with asparagus and snap peas in the Spring and ending with butternut squash and sun-chokes in the Fall. We are particularly fond of Italian varieties. Many of our seeds come from small seed companies in Italy.

You can find us every Wednesday in Chicago at the Green City Market in Lincoln Park and every Saturday at the Evanston Farmers Market, corner of University Place & Oak Ave.

### **Kuipers Family Farm**

1N318 Watson Rd., Maple Park, IL 60151

Tel: 815-827-5200

Fax: 815-827-4100

Contact: Bev

<http://www.kuipersfamilyfarm.com>

230 acres of fall festivities on the farm! The season begins each Labor Day weekend when the orchard opens for apple picking. Each Sat. and Sun. thru October customers can pick their own fresh, crisp apples right from the tree, while the aroma of fresh apple cider donuts, home-baked pies, fudge, pasteurized apple cider and hand-spun caramel apples from The Orchard Shop and Bakery (open Tues-Sun) lingers in the air. Browse the many specialty food and gift items too.

Mid-September the west side of the farm opens for some down-on-the-farm-fun like The Corn Maze: 5 acres of Illinois corn boasts over 2 miles of twists, turns and clues. Stop by the Pumpkin Farm for hayrides, farm animals, haunted forest, jumping pillows, pumpkin picking and much more. Visit the Barn Store and Cafe too! Nov. and Dec. is dedicated to the holidays with pies, specialty foods and gifts and of course, cut your own Christmas trees. Visit our web site for exact dates, times and additional info.

### **Lamb of God Farm**

7S027 Jericho Road, Big Rock, IL 60511

Tel: 630-556-9665

Contact: Scott and Donna Lehrer

[info@esthersplacefibers.com](mailto:info@esthersplacefibers.com)

<http://www.esthersplacefibers.com/logf.html>

Scott and Donna Lehrer, together with their children Natasha (18) and Eric (15), farm thirteen acres in Big Rock, Illinois, about an hour west of Chicago. The Lehrers have been farming this land for five years. Lamb of God Farm produces specialty fruit and vegetable crops of all kinds—they are known for being unique. They'll offer 152 varieties for the 2005 season, most of them heirlooms. The Lehrers have over 160 chickens that they keep for eggs. They also produce wool and goats' milk and grow oats, field corn and hay... We sell our products at area farmers markets, through a produce subscription service, and on the farm, by appointment.

## illinois guide: farmers



### **Laura Lane Lambs**

7437 Laura Lane, Edwardsville, IL 62025

Tel: 618-692-6353

Contact: Ross & Jeannie Williams

rwilymz@hughes.net

Lamb for your freezer, \$175/hd includes butchering.

Ewes for your pasture. Price depending on weight/breeding status.

Unbleached, undyed yarn, machine processed, \$3/oz.

Jelly for your pantry.

Our butcher lambs are grass/hay fed, and are given 1/3C of corn/oat/soy as a treat. Okay, as a bribe to get them to come into the barn. Cheviot is a smaller breed, and they have dressed out at between 35 and 60 pounds at 10 months; package weight is about 1/3 less. This means between \$5 and \$7 per pound. Butcher lambs available from late fall while supplies last.

Our cheviot ewes were bred to be independent and need almost no assistance in lambing -- and they resent it when we try! Perfect for a do-it-yourself flock of lawn mowers.

Ewes available from after weaning until early-winter.

Our wool is sheared annually by a local shearer and processed by Stonehedge Fiber Mill in East Jordan MI -- a small, family farm-run fiber processing mill. No dyes or bleaches are used, no chemical softeners or perfumed soaps. Cheviot wool washes off-white, not dingy gray.

Our jellies are made from the mint patch behind our garage, apples and mulberries from our own trees, and fresh strawberries mostly from Michigan u-pick farms. Elderberries are wild-picked. Each batch made on the kitchen stove just the way Grandma did it - well, MY Grandma, anyway.

A note on the farm itself: We started with a 5AC "yard" that I couldn't mow, so we built a barn, fenced in the back 2+AC and got a horse. He nibbled and the new pasture got overgrown. So we refenced and got 3 ewes and a ram. They keep it down. We're now up to 5 breeding ewes and our ram, and are enjoying the heck out of it.

Because we're so small we can call ourselves "organic", but the truth of the matter is, to be NON-organic would mean we'd have to buy chemicals and apply them ... and that's just too much like work. Not to mention, we don't want to spend the money. They eat the grass, that's all we want.

They get bigger and hairier, that's what you want.

Coming soon: Our own blackberries for blackberry jelly and black-apple jelly - incredibly good. Our own blueberries for whatever we can do with them. Hazelnuts for same.

### **Lavista Subscription Farm**

4350 Levis Lane, Godfrey, IL 62035

Tel: 618-467-2104

Contact: Kris Larson

garden@lavistacsa.org  
<http://www.lavistacsa.org>

The Community Supported Garden at La Vista is a four-acre organic vegetable farm serving 200 families through a Community Supported Agriculture program. The farm is entering its 5th season providing seasonal vegetables, herbs, small fruits and flowers to its members. The farm operates as a project of the Oblate Ecological Initiative on the grounds of the Oblate Fathers Novitiate in Godfrey, IL.

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### **Little Bit Farm**

1542 W Polk, Charleston, IL 61920  
Tel: 217-348-1406  
Contact: Kathie Lawrence  
Kathie@littlebitfarm.net  
<http://www.littlebitfarm.net/index.htm>

At Little Bit Farm, lamb and beef are raised on pasture without hormones or antibiotics. While they are free to wander and graze the fields, their diet is supplemented with grain, and in the winter, they get hay as well. Eventually, the animals are delivered to a butcher in Oakland, IL for slaughter, and if you are interested, the meat can be picked up there. Please contact farm for details.

### **Local Growers' Network**

215 E. Main Street, Galesburg, IL 61401  
Tel: 309-335-2744  
Fax: 847-239-6735  
Contact: Julie Haugland  
lgnfarmstand@yahoo.com

We have brought together growers in a coordinated effort to add value to crops and improve market exposure with a vision of ensuring fairness and providing better opportunities for small family farmers. By growing fruits and vegetables in a sustainable manner and by producing value-added products, we aim to offer high-quality local foods to the local portion. Through weekly emails, we create a "virtual supermarket" of local vegetables, fruits, herbs, meats and eggs that are available to folks looking to invest their food dollars in their own community. Our customers are looking for fresh food of high quality that doesn't have to travel many miles to their tables. Our growers also participate in a farmer's market, sell wholesale to area restaurants and to Knox College Dining Services.

### **Lubbert Farm**

1427 North 2250th Avenue, Mendon, IL 62351  
Tel: 217-936-2445  
lubbert@adams.net

Lubbert Farm raises all-natural, pastured turkey, chicken, Suffolk lamb, and eggs. The lambs are

## illinois guide: farmers

principally grass fed, but do receive a small amount of grain, as do the chickens and turkeys. All the grain is derived from crops grown directly off the farm, so there are absolutely no animal by-products in the feed. Lamb is available from September to November, while chicken should be available from March to October. Turkeys are only supplied for the holiday season. Be sure to order your turkey early, as the birds raised for the 2004 holiday season sold out by March 2004. Sign up for the Lubbert Farm mailing list and newsletter to keep up-to-date on available products.

### **Luna Farm**

8801 State Route 162, Troy, IL 62294  
Tel: 618-667-8203  
Contact: Kristine & Greg Brown  
lunafarm@sbcglobal.net  
<http://www.lunaherbco.com/lunafarm.html>

A small family farm that raises free-range eggs and pasture raised goats for milk. We do not use antibiotics or growth hormones and treat any health issues with herbs when necessary. All of our animals have day-time access to untreated pasture. Our goats are fed a ration of grain during lactation to ensure enough protein for good production of milk.

### **M's Organic Farm**

14101 W. Washington Street, Woodstock, IL 60098  
Tel: 815-338-8148  
Contact: M.  
msorganicfarm@juno.com  
<http://msorganicfarm.com/about/>

We specialize in Greens (arugala, lettuces, chards. Asian greens for stir fries and cabbages) as well as herbs (dried and live), greens, tomatoes, peppers, sunflowers and more. We also create Pestos, Sauces and Granolas.

### **Margie's Grass Kickin' Chicken, LLC**

8709 Elevator Road, Roscoe, IL 61703  
Tel: 815-742-0008  
Contact: Margaret Nelson  
margieschickens@verizon.net  
<http://www.margieschickens.com>

### **MARGIE'S - WHO WE ARE**

Hi! Let me introduce ourselves. We're Margie and Mark. Like you, we enjoy quality food that isn't laden with chemicals, pesticides or antibiotics. We are dedicated to sustainable agriculture with quality over quantity. We want to share with you the finest meats and vegetables that we enjoy.

Our pigs and chickens are raised on pasture where they get many nutrients naturally. They eat grass, have room to move around, and get lots of fresh air. They also receive a corn/soybean ration which is grown locally and supplemented with organic minerals. Unlike commercial livestock, they are not given animal by-products, or antibiotics.

Our vegetables come from either organic or untreated seeds. When spraying is necessary, we only use those that are organically approved. Our livestock provide us with all the natural fertilizer.

### **Mize Farm**

Animal Welfare Approved Listing  
42 South Dorchester Road, Bunker Hill, IL 62014  
Tel: 618-585-4452  
andymize@gmail.com

Call for information on purchasing Animal Welfare Approved beef.

### **Mom's Farms, Inc.**

406 Grover Street, Joliet, IL 60433  
Tel: 815-726-1331  
Contact: Moriah Aldarondo  
mom@momsfarms.com  
<http://www.momsfarms.com/>

We have a 1 acre vegetable farm in Lockport and a 1 acre apple/pear orchard in Yorkville. We sell at the Homer Glen and Lockport Farmers Markets as well as CSA shares and home/business delivery. We grow a wide variety of vegetables and herbs.

### **Montalbano Farms**

12424 River Road, Plano, IL 60545  
Tel: 630-882-8008  
Contact: Christina  
christina@montalbanofarms.com  
<http://www.montalbanofarms.com>

Montalbano Farms is a small acreage certified vegetable and herb farm serving the Chicago area. You will find us at the Logan Square Farmers Market on Sundays from June through October. In addition to our market stand, we also run a 20 week community supported agriculture program. We are committed to using sustainable, organic agricultural practices on our farm. Please visit our website for more information about our farm and CSA program.

### **Moore Family Farm**

2013 N. 1950 East Road, Watseka, IL 60970  
Tel: 815-432-6238

The farm's 100 acres are comprised of 60 acres of tillable land and 40 acres of timber. Between 15-18 acres are dedicated to vegetable and fruit production, and the Moores also produce a myriad of meat and poultry products. The assortment includes grass-fed beef, lamb, and pasture-raised Tamworth pork. On the poultry side there are chickens (for both meat and eggs), turkeys, Holiday pasture-raised Bourbon Red Turkeys, and, uniquely, 100 ducks for eggs. No animals are raised in conventional confinement...We sell our produce through the Prairieland CSA of Champaign, IL; visit the website for details. Products are also available at food coops and Bacaro restaurant in Champaign, IL.

### **Muller's Lane Farm**

9767 Hickory Hills Rd, Rock Falls, IL 61071  
Tel: 815-625-2607  
Contact: Cyndi & Paul Muller  
mullerslanefarm@coiinc.com

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

### **NA-DA FARM**

2423 South Woodlawn Road, Esmond, IL 60129

Tel: 815-384-3012

Fax: 815-384-3214

Contact: JASON KLASKE

NADAFARMFAMILY@AOL.COM

<http://nadafarmlife.com/>

### **Natural Farm Stand**

3016 Route 173, Richmond, IL 60071

Tel: 815-678-7072

Contact: Gary Gauger and Sue Rekenenthaler

tomatos@mc.net

Natural Farm Stand has been in Gary Gauger's family since 1923, and not once have pesticides or herbicides been used on the land. Gary has farmed the land since 1975, and was joined by his wife, Sue Rekenenthaler in 1997. Natural Farm Stand specializes in heirloom tomatoes, but also grows a vast array of vegetables including peppers, potatoes, beets, carrots, onions, summer and winter squash, tomatoes, lettuce, pumpkins, leeks and garlic. ..You can purchase our products directly at our farm and at the Woodstock, Crystal Lake, and Grayslake Farmers Markets. Our produce is certified naturally grown.

### **Nichols Farm and Orchard**

2602 Hawthorn Rd, Marengo, IL 60152

Tel: 815-568-6782

Contact: Lloyd Nichols

nicholsfarm@aol.com

<http://www.nicholsfarm.com>

This family farm has been around since 1978. Our farming philosophy centers around sustainability and all of our produce is non-certified organic. With over 200 acres, the farm cultivates over 1,000 varieties of fruits, vegetables, and plants. We produce a lot of varieties of apples and potatoes (including specialty varieties) in addition to vegetables ranging from asparagus to zucchini.

You can find us at the main Chicago Farmers' Markets, such as the one in the Federal Plaza and the one at Indian Oaks Park.

### **O'Rourke Family Farm**

33647 E 500 North Rd, Arrowsmith, IL 61722

Tel: 309-722-9208

Contact: Brian and Carrie O'Rourke

orourkes@dtntspeed.net

## illinois guide: farmers

A small family operation, O'Rourke Family Farm sustainably raises pastured chickens, ducks, geese, and turkeys for meat and eggs. The farm also grows a wide variety of produce, including strawberries, spinach, lettuces, other greens, radishes, beets, onions, beans, peas, broccoli, potatoes, garlic, tomatoes, peppers, squashes, melons, sweet potatoes and more. Fresh parsley, dill, sage, cilantro, basil, and other herbs are available in season.

While not certified organic, everything, from the eggs to the herbs, is raised under organic standards. All poultry are fed USDA-certified organic feed, which is grown on a local farm. The O'Rourkes plan to pursue organic certification for some portion of their farm in the near future.

Products are sold direct to customers from the farmstead, at the LeRoy and Normal farmers markets, and by CSA [eggs and poultry]. Eggs should be available from March to November, but may be available year-round. Chicken is usually available in batches from May to November/December. Ducks and geese can be purchased in September and November. And turkeys are available in the late summer and for the holidays. The O'Rourkes raise the conventional broad breasted white turkeys and several heritage breeds, including Blue Slates, Bourbon Reds, Calicos, and Lavenders. Customers should call ahead of time to place their name on the list and to also subscribe for an upcoming e-newsletter which will carry information on availability and ordering.

Located in east central Illinois, O'Rourke Family Farm is accessible to several Illinois metropolitan areas. It is approximately 30 minutes from Bloomington, 40 minutes from Champagne, 1 hour outside of Springfield, and 2 hours south of Chicago.

### **Oak Grove Organics**

2645 E. Co. Rd. 1300, Carthage, IL 62321

Tel: 217-357-1167

Contact: Tony/ Sheila

[oakgrove@adams.net](mailto:oakgrove@adams.net)

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

Oak Grove Organics is a ten-year-old farm run by Tony and Sheila Huls. Situated in very west-central Illinois-in fact less than 20 miles from the Iowa border-the Huls family farms 290 acres. We raise cows for both grass-fed organic beef and for dairy. Both dairy products and beef are sold right at the dairy. You can also order by phone for delivery by mail. Ground beef is on hand nearly all the time, and other cuts are sold as available.

### **Oberweis Dairy**

North Aurora

951 Ice Cream Drive, North Aurora, IL 60542

Tel: 630-801-6131

[hdfeedback1@oberweisdairy.com](mailto:hdfeedback1@oberweisdairy.com)

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the

## illinois guide: farmers

highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Naperville

2879 95th Street, Suite 155, Naperville, IL 60564

Tel: 630-922-7756

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Bolingbrook

230 N. Weber Road, Bolingbrook, IL 60440

Tel: 630-759-5557

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where

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the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store hours are Monday through Thursday 9 a.m. to 10:00 p.m., Friday through Saturday 9 a.m. to 11:00 p.m., and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Bloomingtondale

338 W. Army Trail Road, Bloomingtondale, IL 60108

Tel: 630-924-3020

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m.

### **Open Range Products**

14081 Berglund Rd, PO Box 726, Pecatonica, IL 61063

Tel: 815-239-1217

Contact: Kathy Spataro

The farm has been family operated for 28 years and continues to raise natural meats, poultry, and eggs, including beef, lamb, pork, and goat. Ducks and geese are available for the holidays. Please call for hours and information on farm tours. Products are available for pick up and delivery. Products are also available at the Edgebrook Farmers' Market.

### **Organic Pastures**

Rt 1, Eureka, IL 61530

Tel: 309-467-6006

Contact: Larry and Marilyn Wettstein

orgpas@mtco.com

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

Organic Pastures offers certified organic beef, pork, lamb, chicken, and turkey that were raised on pastures free of synthetic chemicals. The animals' feed is supplemented with OCIA certified organic non-GMO grains (corn, roasted soy, wheat, oats, rye, alfalfa, and flax). Their CSA provides an economical way to provide customers with an assortment of cuts of organic beef every month. A typical share might be two pounds of ground beef, a pound of stew meat, a pound of New York Strip steaks, and a sirloin tip roast. Every month's share is slightly different, but will always include a good

variety of cuts. CSA members may also put in special requests to buy other organic meats, such as a lamb or a holiday turkey or ham. If you are interested in joining their CSA, please contact them for further information.

### **Oriana's Oriental Orchard**

8429N. Harding Ave, Skokie, IL 60076

Tel: 847-673-9175

Contact: Oriana Kruszewski

asianpear@isp.com

Oriana Kruszewski began growing Asian pears in her Skokie backyard more than 10 years ago because she found store-bought varieties bland and too expensive. Soon out of space, she bought 40 acres in northwestern Illinois, and now grows 20 varieties of pears from China, Japan and Korea, plus hybrids developed in the United States. Oriana has recently added 11 varieties of black currants to her roster of crops.

In an effort to raise 100 percent organic fruit, she selects disease-resistant strains, paints the tree trunks white with latex paint to discourage borers and moths from laying eggs, and prunes out the dense canopy to allow light and ventilation to retard mold and other fungus. She picks fruit when ripe and takes it directly to the Market. "Our orchard was never intended to be commercial," says Oriana, who grew up Hong Kong. "It's a hobby that got out of hand."

### **Paul & Joey Bane**

1062 CR 2125 E, Sidney, IL 61877

Tel: 217-688-2797

Contact: Paul & Joey Bane

eatit88@aol.com

<http://banefamilymeats.com/aboutus.htm>

The Bane family raises natural, free-range heritage turkey breeds, chicken, lamb, and pork. If you are interested, please call or e-mail to place your order. All products can be delivered or purchased at the farm.

### **PCSA: Prairieland Community Supported Agriculture**

Prairieland CSA, PO Box 1404, Champaign, IL 61824

Tel: 217-355-6279

Contact: Anna Barnes

pcsa@annabarnesmedia.com

<http://www.prairienet.org/pcsa/pcsa.htm>

Prairieland CSA is an East Central Illinois CSA program in collaboration with Moore Family Farms of Watseka, Illinois. PCSA is one of a handful of community supported agriculture programs in the state. Unlike most CSAs, PCSA was started by community members who wanted to strengthen ties between themselves and local farmers. Since 1994, PCSA has operated as a non profit organization matching consumers with local farmers growing produce without pesticides and synthetic fertilizers. Before the growing season begins, PCSA shareholders sign agreements with local farmers who agree to grow crops and bring them to neighborhood locations each week during the growing season. Shareholders receive an average of dollar amount of produce each week. However, the volume of their produce resembles a bell curve. Shareholders also receive information on how to

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prepare and store their produce, as well as information about the farms and membership activities such as farm tours, potlucks, volunteer workdays, and community education and outreach efforts.

### **Pembroke Farmers Cooperative**

P.O. Box 582, Hopkins Park, IL 60944

The Pembroke Farmers Cooperative was created in 1999 by a small group of farmers, the Illinois Cooperative Extension Service, USDA, and several other entities. The only co-op in Kankakee County, Pembroke's thirty or so farmers produce mostly specialty crops and pasture-raised poultry. Farmer members are largely African-American, all use chemical-free growing methods, and some are certified organic...Today, Pembroke Farmers Cooperative sells their wares at numerous farmers' markets, health food stores, and restaurants.

### **Phil's Fresh Eggs**

Forreston, IL 61030 [info@philsfreshheggs.com](mailto:info@philsfreshheggs.com)

<http://www.philsfreshheggs.com>

Forty years ago, Phil Wubbena pioneered the idea that cage-free, better fed hens produce a tastier egg. His humane concerns and healthier feeding methods were years ahead of today's consumer preferences for food that is produced closer to nature's simple ways. Phil's original mission hasn't changed one bit, and his son Rod maintains the family legacy of 100% cage-free, naturally-fed chickens at the original farm in Forreston, Illinois.

Unlike other specialty egg companies, Phil's grows and roasts its own corn and soybeans for chicken feed and then combines these grains with the Certified Free Farmed Eggs highest-quality natural ingredients such as alfalfa and kelp. Phil's never compromises its standards with less expensive feed or ingredients, which is why people always enjoy a consistently wholesome flavor in our eggs.

Phil's Fresh Eggs can be found in large grocery chains as well as natural food stores around the Midwest.

### **Pine Row Farm**

11449 Havenswood Rd, Roscoe, IL 61073

Tel: 815-623-5919

Contact: Don Larson

[pinerowfarm@hotmail.com](mailto:pinerowfarm@hotmail.com)

<http://www.pinerowfarm.net/>

Pine Row Farm is located 3 miles east of Roscoe, Illinois on Elevator Rd.

We have: eggs from pasture raised chickens and dairy goat products year round. Also, Certified Naturally Grown produce in season.

We currently market our products off the farm, through First Hand Harvest LLC,

### **Plapp Family Organics**

23544 McQueen Road, Malta, IL 60150

Tel: 815-825-2589

Contact: Adrian  
ajplapp@aol.com

The Plapp family has been farming their land in Malta, Illinois for well over a century. The original 160-acre plot has been in the family since 1895 and has since expanded to 650 acres, of which 150 acres are rented from a neighbor. Plapp Family Organics produces a range of meat and grain products...You can purchase our products at our farm, at restaurants and bakeries, and at Chicago Green City Market in the winter.

### **Plow Creek Farm**

1900 Bottom Road (C.R. 23), Tiskilwa, IL 61368

Tel: 815-646-4882

Contact: Jim Foxvog

farm@plowcreek.org

<http://www.plowcreek.org/farm/index.htm>

Plow Creek Farm is your source in north central Illinois for fresh U-Pick strawberries, blueberries, blackberries, and raspberries. We also grow seedless watermelon and a wide variety of vegetables, including tomatoes and sweet corn. We are located in Tiskilwa, Illinois -- 8 miles south of Princeton.

### **Prairie Crossing Farm**

32400 N. Harris Rd, Grayslake, IL 60030

Tel: (847) 548-40

Contact: Shawnee Elmore / Linda Wiens

prairiecrossingfarm@prairiecrossing.com

<http://prairiecrossing.com/farm/index.php>

One of Prairie Crossing's longest traditions is the Prairie Crossing Organic Farm. The Farm, a certified organic farm situated on 90 acres in the heart of the Prairie Crossing community, has raised and sold vegetables, herbs, fruits, flowers, and eggs to Prairie Crossing homeowners and the public since 1993.

Year after year, it has successfully produced flavorful tomatoes, gourmet salad greens, crunchy carrots, potatoes, raspberries, and much more, while providing a welcoming, informal gathering place for friends and newcomers.

### **Prairie Fruits Farm**

4410 North Lincoln Ave, Champaign, IL 61822

Tel: 217-643-2314

Contact: Leslie Cooperband and Wes Jarrell

prairiefruits@gmail.com

<http://www.prairiefruits.com>

Prairie Fruits Farm, LLC is your source for locally-produced, organic, fresh and flavorful fruit and sustainably produced cheese. We are the first farmstead cheese facility in Illinois. We raise our Nubian and La Mancha goats on locally produced high quality hay and pasture. Only their milk goes into our cheeses. On just seven acres of rich prairie soil in the heart of Central Illinois, we have begun to transform the landscape from cash grain agriculture to diversified perennial fruit trees and

berries and goat pastures.

Besides producing and selling our products, our goals are to promote and build locally based food systems. We strive to educate our community about organic and sustainable agriculture and the connections between food production and consumption.

### **Prairie Fruits Farm & Creamery**

Animal Welfare Approved Listing  
4410 N. Lincoln Ave., Champaign, IL 61822  
Tel: 217-643-2314  
prairiefruits@gmail.com  
<http://www.prairiefruits.com>

Offers Animal Welfare Approved goat cheese.

Call or email for information on purchasing.

### **Prairie Grove Farms**

125 N. 1st St., DeKalb, IL 60115  
Tel: 815-754-0880  
Contact: Carol Mueller  
info@prairiegrovesfarms.com  
<http://www.prairiegrovesfarms.com/>

You make smart decisions about lifestyle choices for you and your family because you know it's important. You exercise. Manage your money well. Recycle. And do your part to make Earth a better place to live for your kids - and theirs. So, when it comes to feeding your family, you aren't about to compromise.

At Prairie Grove Farms, we don't think you should have to. That's why we invite you to "Taste a better way" - with 100% Natural Pork products that fit your lifestyle by delivering the delicious taste and health benefits you demand.

### **Prairie Pure Cheese**

P.O. Box 805, Belvidere, IL 61008  
Tel: 1-866-9CHEEZE  
Contact: Brian Gerloff  
www.seneca@interaccess.com  
<http://www.prairiepurecheese.com>

Prairie Pure Cheese was formed in July 2004 as a partnership between three families in Belvidere, Illinois. We work with a small cheese plant in southern Wisconsin-Edelweiss Town Hall Dairy, Monticello, Wisconsin. Our first batch of cheese was available in September of 2004, and was marketed and sold in seasonal outlets across Illinois. To date, approximately 15,000 pounds of cheese has been sold.

Todd and Brenda Aves milk approximately 90 cows on the family farm south of Belvidere. The farm has been in the Aves family for over 100 years.

Dale and Lisa Fitzgerald come from many generations of dairy farmers. Their 80-cow herd, just outside of Belvidere, is consistently one of the top-producing herds in northern Illinois.

Brian and Carole Gerloff of Woodstock are the third set of partners. Brian is the herd veterinarian for the two dairy farms. He grew up on a dairy farm in the Woodstock area that has been in the Gerloff family for more than 100 years.

We at Prairie Pure Cheese work with a Master Cheesemaker and his own recently renovated cheese plant. This plant and process combines state of the art technology with traditional skill and care to produce artisanal cheeses of top quality. Our milk is transported to the cheese plant where it is stored in its own silo overnight.

Early the next morning, it is processed as its own batch into our cheese, so in less than 24 hours, the milk is harvested and manufactured into cheese. Our partners take the utmost care in producing quality milk from their dairy herds, which is reflected in the taste and quality of our cheese.

Our cows are fed well balanced diets using primarily homegrown grains and forages. The cows have access to pasture, although they are not fed only pasture or grazed intensively. The quality of the milk is determined by the quality of the diet, and the care with which the cows are milked.

### **Prairie View Cheese**

26097e 3100n rd., Chenoa, IL 61726

Tel: 1-309 287-81

Contact: Gerald Poppe

grppoppe@verizon.net

We are a third generation dairy. Last spring we decided that we needed to take our high quality milk one step closer to the consumer. So was born Prairie View Cheese. Our milk is taken to the Zivney cheese plant at Minonk II. There it is transformed into a true artesen cheese in small vats, the old world way. We have integrated rotational grazing into our management this year to improve the nutritional value of the milk. The milk and cheese has a distinctive sweet taste.

### **Prairierth Farm**

2047 2100 Road, Atlanta, IL 61723

Tel: 217- 648-2164

Contact: Bishops

prairiewriter@abelink.com

Dave and Amy Bishop have been farming their 300-acre farm for about 25 years. Located in the center of Illinois about 160 miles from downtown Chicago, the Bishops operate a diversified farm and raise a bit of about everything. Prairierth crops include corn, soybeans, oats, alfalfa and grass hay, and a large assortment of vegetables. They also have 25 pasture-raised beef cattle and about 750 chickens each summer for meat and eggs...Our products can be bought right at the farm and at natural food stores in Bloomington, Champaign, Springfield, and Arthur, Illinois.

### **Providence Ridge Farm**

3595 West Scioto Mills Road , Freeport, IL 61032

Tel: 815-713-1911

Contact: Joel or Danna Lynam

joelanddannalynam@providenceridgefarm.com

<http://providenceridgefarm.com>

Here at Providence Ridge Farm, we will strive to give that good old-fashioned personal attention and care to both our products and customers not often seen or experienced in the superstores or large corporations. We will work hard to produce products that are beneficial to both your health and enjoyment.

Our mission is to provide you with fresh, quality all natural products both from our animals and the earth that have been raised as nature intended; free from pesticides, hormones, and antibiotics. We will implement and demonstrate agricultural practices in order to create an economically viable operation that supports, sustains, and enhances all life, and to market and sell products derived from such in the local market.

We provide fresh chicken, turkey, duck, and goose eggs from early spring to late fall, broiler chicken ready to go in the summer, and free range turkey, duck, and goose in the fall season.

### **Putz Family Farm**

2890 N 1700 East Rd., Martinton, IL 60951

Tel: 815-428-7419

Contact: Sheryl Putz

[atcar5@hughes.net](mailto:atcar5@hughes.net)

We are a small, family farm that raises pastured chickens for eggs. The chickens are not fed any hormones, antibiotics or drugs. Our feed is made locally, and the chickens have access to the outdoors everyday so the can free-range on our acreage.

We sell "rainbow" eggs, from our various breed chickens, that vary in size from large to jumbo, but each carton has a total weight of an extra-large carton. We also sell hatching eggs and live chickens on request, as well as organically grown apples and pears.

### **R Farm**

25873 State Hwy 3, Dow, IL 62022

Tel: 618-466-5950

Fax: 618-466-7850

Contact: Walter Gregory

[rpizzafarm@sbcglobal.net](mailto:rpizzafarm@sbcglobal.net)

R Farm is a pizza farm. What's a pizza farm? Well, as the picture shows, it's a circular stretch of land cut into four sections much like a pizza. Each "slice" is used to raise one type of animal or crop. Products include a wide range of produce from asparagus to zucchini, plus beef, pork, chicken, turkey, baked goods, candies, jams, jellies, and education tours. The animals and produce are raised to organic standards and the farm is awaiting certification next year. There is an on-farm shop

that serves freshly-made, delicious pizza, which is of course infused with R Farm's wholesome, farm-grown and raised ingredients.

Hours: Daily from 9:00am to 4:30pm.

### **Reverence Gardens**

west of 2919 E IL Rte 173, Richmond, IL 60071

Tel: 847-445-6642

Contact: Christine Pado

reverencegardens@gmail.com

<http://www.reverencegardens.com/index.php>

### **Rissman Organic Farm**

10330 State Route 23, Waterman, IL 60556

Tel: 815-264-3487

Contact: Rissmans

rissmanorganics@msn.com

Joel and Adela Rissman rent 300 acres that sit in north central Illinois about 65 miles from the heart of Chicago. The land has been in the Rissman's family since 1959, and Joel and Adela have farmed it for the past fourteen years. The Rissmans' crops include sorghum, soybeans, flax, barley, wheat, oats and hay, and they also sell bars of soap, liquid soap, shampoo, dog biscuits and honeycomb beeswax candles. They raise beef, turkeys, and chickens for both eggs and meat.

### **Rock Creek Gardens**

18907 Covell Rd., Morrison, IL 61270

Tel: 815-499-4521

Contact: Emil Bohach

ebohatch@rockcreekgardens.com

<http://www.rockcreekgardens.com>

Rock Creek Gardens offers pasture-raised chicken and eggs. A Certified Naturally Grown farm, Rock Creek does not feed their birds antibiotics, hormones, artificial food additives, preservatives, animal by-products or fillers. Instead, the flock enjoys sunshine, fresh air, plenty of exercise and socializing with their chicken friends. Pastured chicken is available seasonally, from late spring through early fall. Eggs are available year round. Happy Chickens are Tasty Chickens!

### **Rolling Goose Farm**

855 N. 1800 E. Rd, Loda, IL 60948

Tel: 217-386-9777

Contact: Dr. Christopher Blunt

RollingGoose@aol.com

We specialize in purebred, registered Icelandic sheep, and have raw wool and finished yarn from the flock available in a variety of natural colors.

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We also have chicken eggs available nearly year-round, with duck eggs and goose eggs available seasonally (usually in the spring). All of our poultry are free-range or pastured, and are fed locally-grown feed that is free of steroids, hormones, and antibiotics.

We are a small farm that is largely focused on production for our own family, but hope to offer a wider selection of products to the public in the future.

### **Ruhl's Ranch**

22 Knox Road 465N, Abingdon, IL 61410

Tel: 309-337-9131

Contact: Rick or Becky Ruhl

RickandBecky@ruhlsranch.com

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

A small, diversified family farm, Ruhl's Ranch specializes in producing hormone/antibiotic free meats and free-range eggs. All meat is processed by local butchers and is available seasonally at local farmers' markets or year-round from the farm. Call for prices and availability.

### **Sandhill Organics**

32140 North Harris Road, Grayslake, IL 60030

Tel: 847-548-4030

Fax: 847-548-4030

info@sandhillorganics.com

<http://sandhillorganics.com/>

Sandhill Organics farm is located in the heart of Prairie Crossing, a conservation community in suburban Grayslake, Illinois. Matt and Peg farmed in Wisconsin for four years prior to moving to Prairie Crossing in the spring of 2004. Sandhill Organics specializes in growing a wide variety of certified organic vegetables, herbs and flowers...Our produce and flowers are available at Chicago's Green City Market, the Oak Park Farmers' Market and the Prairie Crossing Farm Market. We also sell direct to consumers through our CSA (Community Supported Agriculture) membership program.

### **Sandy Pine Elk Farm**

28139 Hahnman Road, Deer Grove, IL 61243

Tel: 815-438-6044

Fax: 815-438-7041

Contact: J.C. Henrekin

jc\_henrekin@yahoo.com

The Henrekin family would like to invite you out to our Elk Farm to enjoy a day of country living. Wagon rides will take you up to the elk area to see some of the largest bulls in the country. We have some of the top ranked bulls in the Midwest. These magnificent animals can have antlers up to 4 feet tall. The herd numbers at about 23 bulls, 8 cows, and 4 calves. Browse through our "North Woods" gift store where you'll find elk meat, elk cookbooks, elk furniture, aspen furniture, candles, rugs, baskets, and much more.

Elk brats, summer sausage, ground, and prime cuts available. Enjoy an elk burger at the Chuck

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Wagon Concession Stand or wander through our 7 acre corn maize. There is plenty to enjoy at this unique farm.

### **Sangamon Valley Cattle Company**

5128 Stagecoach Road, Pleasant Plains, IL 62677

Tel: 217-487-7664

info@svgrassfedbeef.com

<http://www.svgrassfedbeef.com>

You'll find the best locally produced farm-direct meats at Sangamon Valley Cattle Co. Meats raised naturally on our family farm just minutes West of Springfield, IL.

Our cattle and lambs are selected to prosper on high quality grass, fresh air and sunshine without the need for artificial growth hormones, antibiotics or chemical additives.

Pasture finishing by rotational grazing on lush grass-legume fields produces superior quality meats naturally high in flavor, omega-3 fatty acids, CLA and vitamin E.

Pasture raised meats are healthier, more flavorful and nutritious. We take pride in producing healthy foods from healthy animals the old-fashioned way.

### **Saturday Produce Market**

One College Park, Decatur, IL 62521

Tel: 217-875-7211 ext. 562

Contact: David McLaughlin

dmclaugh@richland.edu

The Saturday Produce Market is student-run and an integral part of the Richland Student Farms. The market provides area-wide consumers with fresh, locally grown foods while supporting rural and urban independent farmers. The students obtain practical experience in all aspects of operating a community-based small farm business from seed to market.

The market will run from June 5 through October 16, 2010. Operating hours are 7 am to 12 pm, rain or shine. Partiting vendors will be the Richland Student Farms, student farmers, local independent farmers, and local Amish vendors with baked goods, cheese, candy and fudge.

We will also be partiting in CSA in 2011.

### **Shoal Creek Farm**

151 Johnson Lane, Raymond, IL 62560

Tel: 217-229-3571

Contact: Floyd Johnson

fjohnson@consolidated.net

Floyd Johnson grows certified organic yellow corn, light hilum soybeans, soft red winter wheat, oats and rye. He also raises poultry for meat and eggs and is looking forward to adding lamb to his organic meat products. He currently has about 500 chickens on the farm...Floyd is always looking

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for new markets for his products and wants to sell his meat directly to consumers. Interested customers should give the farm a call.

### **Smits Farms**

3437 E. Sauk Trail, Chicago Heights, IL 60411

Tel: 708-758-1244

Contact: Carl Smits

smitsfarms@juno.com

<http://www.smitsfarms.com>

We are involved in the City of Chicago Farmer's Markets from May-October. We go to 7 Chicago markets per week and 1 suburb market per week. For more information on the City of Chicago Farmer's Markets visit [www.cityofchicago.org/special](http://www.cityofchicago.org/special) events where you can find location of markets, market times and what the season for each market is. At market we sell cut bunches of herbs, potted herbs, vegetables and fall mums.

Herbs: Basil, Rosemary, Marjoram, Oregano, Tarragon, Sage, Catnip, Thyme, Chives, Garlic Chives, Spearmint, Peppermint, Mint, Lemon Grass, Curly Parsley, Flat Parsley, Dill, Cilantro, Fennel, Arugala, Lemon Balm and Lavender. Vegetables: Zucchini, Cucumbers, Pickles, Tomatoes and Corn.

### **Sonrise Farms**

1384 E 3000 N Rd., Penfield, IL 61862

Tel: 217-595-5603

Contact: Dan and Diane Hesterberg

sonrisefarmsinfo@gmail.com

<http://www.sonrisefarms.net/>

Sonrise Farms provides grassfed beef, pastured chickens and turkeys, barn-raised pork, and brown eggs from free-range hens. The beef is available in November while the broiler chickens are sold from June through December and are available fresh or frozen. Also, we make sure that the turkeys are ready in time for Thanksgiving. Eggs are available year round just please call first to make sure we're not sold out. If you are interested in purchasing from us, contacts us and you can pick up all of our products at our farm. Call to be included on the mailing list.

### **Stodden Farm**

1378 CR 700E, Trilla, IL 62469

Tel: 217-246-0536

Contact: Charles Stodden

Farm Fresh Brown Eggs from Free Range Hens.

### **Stuckmeyer Farm**

8940 Trolley Road, Columbia , IL 62236

Tel: 618-939-9100

Contact: Diane Stuckmeyer

Locally produced plants and produce. They also provide potted house and outdoor decorative plants, hanging baskets, etc.

### **Teresa's Fruit and Herbs**

302 W. Sunny Lane, Eureka, IL 61530

Tel: 309-467-4251

Contact: Teresa Santiago

Teresajeans@cs.com

We grow just about every type of fruit that will grow in Illinois, including strawberries, red, black and gold raspberries, blackberries, blueberries, melons, ground cherries, apples, pears, peaches, aronias, and grapes. Best of all, our methods are totally organic. If you are interested, our CSA members pick up their fruit in Bloomington and we sell at the Evanston Farmer's Market. Also, limited farm pick-up is available on Tuesdays where you can try our delicious goat milk & chicken eggs, produced without the use of hormones or antibiotics.

### **The Beatty Family Farm**

7968 E. Maize Rd., Ridott, IL 61067

Tel: 815-449-2750

Fax: 815-449-2750

Contact: Chris Beatty

4beattys@aeroinc.net

The Beatty Family Farm is centrally located in northern Illinois between Chicago and Galena. We offer a wide variety of products for your one stop shopping experience.

Our products are naturally home grown with loving care for the animals as well as the environment. We believe that livestock should not be confined to small concrete feedlots, but open to natural pastures. Our luscious pastures are seeded with indigenous native grasses and legumes. All of our animals are free from hormones, growth stimulants, antibiotics, and animal byproducts. We do not use chemical fertilizers, herbicides or pesticides on our pastures.

Fine meats currently available are: pastured poultry (chickens & turkeys), lamb, and cabrito (young goat). We also have raw goats milk, fresh produce, an heirloom nursery, and open range layers which produce fresh eggs of all colors. Upon customer requests, game birds are also available.

Here at The Beatty Family Farm, we take pride in, and enjoy making sure that each customer is fully satisfied. We believe that our products should be the best quality that we can provide to you. It is our desire that every order be fulfilled with a smile, from our green pastures to your family table. Feel free to request more information or place an order via telephone or e-mail.

### **The Family Patch**

4240 E. 2225 Rd., Sheridan, IL 60551

Tel: 815-498-4740

Contact: David Smith

familypatchveg@yahoo.com

The Family Patch is a five acre farm in Sheridan, Illinois that David and Lurelda Smith have been nurturing for two years along with two other families. The farm raises a wide variety of vegetable and herbs and an assortment of fruits. Although the farm is not certified at this time, the farmers of

## Illinois guide: farmers



The Family Patch use organic practices in growing their produce...David and Lurelda grow for a local market in Ottawa, Illinois and have a CSA with delivery locations in Sugar Grove, Northbrook, Ravenswood (Chicago), Oak Brook and Oak Park, Illinois.

### **The Farm**

34 E. 63rd St, Westmont, IL 60559

Tel: 630-960-3965

Fax: 630-960-4002

thefarm.westmont@gmail.com

<http://www.thefarmwestmont.com>

Seasonal Produce Stand, open from early/mid-July until October 31st. Has in-season, local, fresh produce including picked the same day sweetcorn, tomatoes, and a variety of other vegetables and fruit.

### **The Indoor Garden**

4459 W. Division St, Chicago, IL 60651 Contact: Brian Gorman

The Indoor Garden has been growing organic sprouts in Chicago since 1987. Their indoor facility is located in an 8,000-square-foot facility located near Midway Airport on the South Side of Chicago. The Indoor Garden specializes in the cultivation of over a dozen types of sprouts, including beans, greens, and grasses. Their lineup features mini- sprouts of alfalfa, clover, broccoli, and onion. They also sell heartier bean sprouts of adzuki, garbanzo, lentil, and soy seeds. Perhaps their most popular crops are the trays of sunflower, snow pea, and wheatgrass sprouts for cuttings.

### **The Meat Goat**

2709 Pueblo Dr, McHenry, IL 60051

Tel: 815-703-4222

Contact: Jeff Witte

jeff@themeatgoat.com

<http://www.themeatgoat.com>

The Meat Goat works with Otter Creek Organic Farm in Spring Green, WI to bring their products to Chicagoland through home delivery and farmers markets.

At Otter Creek, healthy soils and healthy animals are our top priority-you cannot have one without the other. The beautiful clean grasses of Otter Creek's organic fields are the pastures where 180 farmstead Holsteins graze. Our Certified Organic cheddars taste like the seasons-they are made locally with pride by the Master Cheese-maker at prize-winning Cedar Grove Cheese. We are honored that our cheeses bear the Master Mark: Wisconsin's highest appellation for cheese.

### **The Prairie Crossing Learning Farm**

The Prairie Crossing Conservation Community, 32400 N. Harris Rd, Grayslake , IL 60030

Tel: 847-548-5400

Contact: Nicole Jain Capizzi, Program and Farm Manager

infocenter@prairiecrossing.com

<http://www.prairiecrossing.com/pc/site/index.html>

The Prairie Crossing Learning Farm is a non-profit enterprise that works with students and volunteers to grow certified organic fruits and vegetables and raise a flock of 300 laying hens on a

3-acre farm. The farm works closely with two local schools to provide outdoor, experiential, farm-based education programs. They also offer field trips, farm tours, summer camp programs, and on-going volunteer opportunities. Organic eggs, honey, and seasonal produce are available for purchase at the Learning Farm.

### **The Resource Center City Farm**

1244 North Clybourn, Chicago, IL 60627 [cityfarm@resourcecenterchicago.org](mailto:cityfarm@resourcecenterchicago.org)  
<http://www.resourcecenterchicago.org/70thfarm.html>

City Farm produces an assortment of fresh produce and is particularly noted for its many varieties of prized heirloom tomatoes...City Farm is located on the corner of Division and Clybourn, straddling the divide between the Gold Coast and the remaining Cabrini Green buildings. We sell at the farmstead and plan to attend multiple markets in the city.

### **The Talking Farm**

1566 Oak Avenue, Evanston, IL 60201 Contact: Linda Kruhmin  
[info@thetalkingfarm.org](mailto:info@thetalkingfarm.org)  
<http://www.thetalkingfarm.org/>

As "the farm with something to say," The Talking Farm provides access to fresh and locally-grown food, job training and environmental education through the operation of an agricultural enterprise. Its vision includes both a physical space to grow food for sale to the community, as well as the educational and knowledge-sharing activities that emerge from the operations of an urban, organic farm dedicated to establishing sustainable food security for the Evanston/Skokie community. The Talking Farm is a 501(c)(3) nonprofit organization and all donations are tax-deductible as allowed by law.

Beyond growing nutritious food, how can an urban farm enhance a community?

We see a myriad of community enhancement opportunities: Education, jobs and job training, vocational internships, economic development via local food processing, and promotion of nutrition and health education for children and adults. The Talking Farm's education and knowledge-sharing activities involve both learning and doing. Many skills are needed in any farm and all are marketable and can help adults and youth find gainful employment or start their own businesses. Our vision is to develop programs in the following major activity areas:

Agricultural production (i.e., farming, farm operations, soil management, community/home gardening, etc.)

Food preparation, processing and preservation (i.e., reclaiming competence in skills required to support good nutritional habits)

Beneficial entrepreneurship (i.e., providing knowledge, collaboration and resources to develop new sustainable-food-system ventures, including marketing, small business management, food distribution systems)

Cultural appreciation (i.e., harvest festivals, potlucks, and ethnic food fests)

Fresh from the farm - Right here in our community!

### **Thistlebrae Farm**

640 Klemman Drive, Clinton, IL 61727

Tel: 217-935-2044

Contact: Dean & Becky Adams

thistle@a5.com

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

Our small herd of hearty Scottish Highland cows is pasture raised but also enjoys a supplemental feed of local grain (corn, oats, and roasted soybeans) and hay in the winter. The cattle are fed grain out on pasture 90 days prior to processing. We also have a large flock of pastured broiler chickens, including heritage breeds such as Australorp, Welsummer, and Silver Laced Wyandotte. We also raise some hearty Tamworth pigs, ducks, and free-range poultry eggs.

None of our animals are treated with antibiotics or hormones and they never consume animal by-products in their feed. If you are interested, our products are sold by quarters or halves (or mixed) on a seasonal basis. Call ahead of time for availability. You can find us at the Clinton Farmers and Artisans' Market from the first Saturday in May through to the 2nd Saturday in October. Or, you can pick up our products at the farm.

### **Tierney Farms**

11532 Rt. 173, Capron, IL 61012

Tel: 815-569-2277

Contact: Alan Tierney

foxindian@hotmail.com

Tierney farms raises all-natural goat, sheep, and lamb. We sell the whole animal and will arrange for shipment to the packaging plant. We have our best selection in the Spring. Call for hours.

### **Tiny Greens**

2314 N. High Cross Rd, Urbana, IL 61802

Tel: 217-328-9367

Contact: Bill Bagby

williambagby@juno.com

<http://www.tinygreens.org>

Tiny Greens is a unique organic farm located in the flatlands of central Illinois. Bill Bagby started growing sprouts using hydroponics in 1986. After 7 years he decided to become a certified organic grower, building a new, eco-friendly building to grow sprouts, as well as baby micro-greens.

Tiny Greens now grows more than 16 varieties of sprouts and baby micro-greens. Our most popular items are still mung beans and alfalfa sprouts. Some others are red clover sprouts, sunflower greens and ocean water-grown wheatgrass. Everyday new seeds are planted, sprouts are moved and washed, plants need to be picked, packed, and shipped. The operation runs year-round.

The farm is certified by the Global Organic Alliance, which helps with finding a supply of organic seeds, which can be surprisingly hard to acquire. We grow the seeds in compost that we create ourselves, made of a mixture of year old wood chips and leftover sprouts. We have never had to find

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an outside source for compost. As long as you keep the sprouts healthy, there is no need for using chemicals. Healthy growing materials also mean an end product that is higher in vitamins, minerals and enzymes.

During the outdoor growing season, we also produce a bounty from our herb beds and vegetable gardens for sale at farmers' markets in Urbana and Chicago.

### **Tomahnous Farm**

480 CR 2500 N, Mahomet, IL 61853

Tel: 217-586-5632

Contact: Lisa and Eric Haynes

lhaynes@prairienet.org

<http://www.tomahnousfarm.org/>

Tomahnous Farm grows a wide variety of certified organic fruits, veggies, herbs, and flowers and offers u-pick, share pick, and pick to order on most items. The farm also features 18 varieties of garlic. The livestock (cattle, ducks, geese, heritage turkeys, chickens, and goat) are hormone and antibiotic free and are rotationally grazed. Much of the feed is certified organic or transitional. Contact them soon to sign up for next year's CSA and egg shares. Fresh goat milk is also available on-site. Product availability listed on website. Tomahnous Farm sells at Urbana Farmers' Market.

### **Top O' the Hill Farm**

4320 Doty Rd, Woodstock, IL 60098

Tel: 815-260-1520

Contact: Mary Keisling

marykeisling@hotmail.com

Top O' the Hill Farm is a small family farm dedicated to raising poultry in a natural and healthy manner. Our Heritage Turkeys are free to roam and graze on grass, clover and insects. We supplement with a Certified Organic feed that is customized to their specific stage of development. They are not given hormones or antibiotics.

We do not use pesticides or fertilizer. Our birds are happy birds. And we would be happy to share them with you. We have a limited number of fresh and frozen available for Thanksgiving.

### **Torps' Half-acre Harvest**

10200 Button Rd, Hebron, IL 60034

Tel: 847-587-5441

Contact: Ann Torp

anntorp@comcast.net

Torps' Half-acre Harvest is committed to healing our food system and to building community by using sustainable and efficient growing methods to help improve access to fresh and nutritious food. To meet our customers' day to day produce needs while also preserving crop diversity, we grow a combination of common and familiar produce items as well as interesting heirloom varieties not generally found in grocery stores.

We believe that building a local food system will make a positive difference on the environment, our

collective health, the economy and our communities. By increasing the number of small farmers growing in sustainable ways and selling to local markets, we can help to restore the vitality of the land; increase the nutritional value of the food we eat; keep our food dollars in our region and teach people where their food comes from.

### **Trail's End Organic Farm**

20001 Putnam Co. 500 N. Ave., Putnam, IL 61560

Tel: 815-437-2606

Contact: Janet Morse

trailsend56@yahoo.com

Trail's End Organic Farm, a third generation family farm located 4 miles west of Putnam, Illinois in the Crow Creek valley is owned and operated by Greg and Janet Morse. We have been certified organic since 1992. Our grass-fed cattle are a Scottish Highland/Black Angus cross which ensures lean, flavorful beef, and the meat is USDA Certified Organic. We sell by halves and quarters. We feel very fortunate to be able to live in a beautiful place and to interact with nature every day. We're dedicated to protecting the environment and setting an example of land stewardship.

### **Triple S Farm**

RR #1 Box 122A, Stewardson, IL 62463

Tel: 217-895-3652

Fax: 217-895-3652

Contact: Stan Scott Schutte

triplsfarm@rr1.net

Stan Scott Schutte has been farming his 200 acres in south central Illinois for 30 years and his farm slogan says it all: "We Grow Taste." At Triple S Farm the goal is to raise the best tasting, highest quality meats and produce without using drugs and chemicals. All the pastures are certified organic and all the animals are drug free since 1998. The produce is certified organic, the poultry is free range and no GMO grains are used. ..The Schuttes also like to grow good times at their farm. They invite people to visit the farm for a tour or camping out at the pond...Most of the meats and produce are sold at Farmers Markets, on-farm sales and through buying clubs. Triple S also sells to restaurants and wants to expand home delivery sales.

### **Tuthill Farm**

2229 Maine St., Quincy, IL 62301

Tel: 217-257-1236

Fax: 217-222-4923

Contact: Jonathan Tuttle

info@tuthillfarm.com

<http://www.tuthillfarm.com>

Tuthill Farm, a family farm in west central Illinois, offers wholesome lamb, beef and pork raised naturally in a non-stressed, clean environment with a natural diet of good lush grasses. In other words as close to how their Creator intended as possible. Our animals don't receive any artificial hormones, animal byproducts or antibiotics. We raise Icelandic sheep, White Park cattle and Large Black hogs "Heritage breeds known for their gourmet taste and pasturing ability. Breeding stock is available. Our meat is processed in a local USDA inspected butcher shop. Our beef and lamb is dry aged. All of our meat is hand double-wrapped in high quality natural, no chemicals freezer paper

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and quick-frozen. Our meat is available in bundles or by the cut. Tuthill Farm meat is available online, on the farm, in local stores and is featured on the menus of local restaurants. I also have a small advertising agency and I would love to help other farmers/ranchers market themselves, their products and the overall concept better.

### **Twin Oak Meats**

11197 N 2300 East Rd., Fairbury, IL 61739

Tel: 815-692-4215

Contact: Tom and Amy Ifft

orders@twinoakmeats.com

<http://www.twinoakmeats.com>

We are Tom and Amy Ifft, owners of Twin Oak Meats. Our retail pork business specializes in high-quality, growth-hormone-free pork products and meat cuts. We started our business in 1999, having found a great demand for these types of pork products.

We start by raising all of the pork that we sell, so that we have control from start to finish. We raise a Duroc-Yorkshire crossbred hog which yields a very lean pork product with excellent taste and quality. Our hogs are raised in outside lots and are fed a corn/soybean meal ration. No animal by-products are used in our feeds, and no growth hormones or steroids are used in the production and growing of our pork. The pigs are given antibiotics only when first born, to prevent against disease, but are weaned off shortly after birth.

We have home delivery available within McLean and Livingston counties, with Bloomington-Normal about four or five days a week. All products are kept in a refrigerated truck so that they remain completely frozen for delivery.

### **Undesser Turkey Farm**

10292 Galena Rd., Bristol, IL 60512

Tel: 630-553-5888

Contact: Rick and Ann Undesser

orders@undesserturkeyfarm.com

<http://undesserturkeyfarm.com/>

Undesser Turkey Farm raises all-natural turkeys and chickens.

### **Wachter Farms**

1880 1700th Ave, Lincoln, IL 62656

Tel: 217-871-0666

Contact: Susan Wachter

susan@wachterfarms.com

<http://www.wachterfarms.com>

Wachter Farms sells produce that is grown on the premises. We have approximately 4 acres of produce from May through October. We will sell on the farm and at the Lincoln Farmer's Market.

### **Walkup Heritage Farm & Garden**

5215 Walkup Road, Crystal Lake, IL 60012

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Tel: 815-459-7090  
Contact: Michael  
mjwalkup@ameritech.net  
<http://www.walkupheritagefarm.com/>

Walkup Heritage Farm & Gardens in Crystal Lake, Illinois is steeped in history. Except for a brief period of time, the farm has been in the Walkup family since 1835. Michael Walkup has renewed farming on five acres of the land and to celebrate the long history of the farm, grows only heirloom and native plants that could have been found prior to 1900.....The heirloom produce and landscaping plants can be purchased at the farm's roadside stand and the produce is available with a CSA subscription.

### **Wellgreen Farm**

23274 east 800 North Road, Downs, IL 61736  
Tel: 309-378-2124  
Contact: Marjorie Gilmore  
wellgreenfarm@frontier.com  
<http://www.wellgreenfarm.com>

All of our beef is farm raised, corn fed beef, all natural without harmful growth hormones or antibiotics. Because we don't operate as a huge feed lot, our quantities of freezer beef is limited and must be ordered in advance. Through special arrangements with these local meat lockers, Marjorie is able to offer half or quarter sides of beef. Also, you may select specialty cuts which may be ordered.

### **Wellhausen Farms**

27W061 St.Charles Rd., Wheaton, IL 60188  
Tel: 630-231-2350  
Contact: James Wellhausen  
thefarm@wellhausengroup.com  
<http://www.wellhausengroup.com/>

Welcome to Wellhausen farms, bringing fresh locally grown vegetables from our farm to your doorstep every week! Although we are not certified, we do follow organic standards. We are a small family owned and operated organization focused on providing our members with a fun and unique experience in eating healthy.

### **Wellhausen Farms**

PO Box 1602, Wheaton, IL 60187  
Tel: 630-231-2350  
Fax: 630-510-2206  
Contact: Jim  
Wellhausengroup@aol.com  
<http://wellhausengroup.com>

We grow great food following organic standards, and using sustainable practices. Fifty two types of fruits, and veggies. Harvested by hand, and delivered to your front door the next day. We deliver to members homes in Du Page county. Everyone should know where their food comes come. Now you can too!

### **Wettstein Organic Farm**

2100 US Hwy 150, Carlock, IL 61725

Tel: 309-376-7291

Contact: Dennis and Emily Wettstein

central.illinois.living@gmail.com

<http://central-illinois.blogspot.com/2007/09/wettsteins-organic-farm-carlock.html>

Dennis, Emily, and their eight children are part of a small but growing group who are changing the way that food is produced. They are acting on a personal belief that modern farming is degrading the soil and the health of people and animals. Their organic practices are a response to the growing concern over environmental issues, but they also embody a second ideal: the revitalization of small family farms. Dennis explains that modern conventional farmers need over 1000 acres to make an adequate income. Farmers working with sustainable techniques may cut that acreage down by using fewer expensive inputs, such as chemical fertilizers, herbicides, and pesticides. They also get a premium for their organic products and so are able to make a decent income. Dennis and Emily farm 180 acres of corn, soybeans, wheat, oats, and pasture, which they use primarily to feed their chickens, hogs, sheep, and cattle. The demand for organic meat allows him to sell everything he raises at a good price. If you are interested, please note that the beef can be pre-ordered and individual beef or pork packages and other meats may be purchased on farm or at certain sites in the Chicago area - call for further information. Also, heritage turkeys for Thanksgiving must be pre-ordered in January.

### **Whispering Pines Premium Beef**

2276 County Rd. 3200 N, Gifford, IL 61847

Tel: (866) 310-23

Fax: 217-568-7619

Contact: Armin Hesterberg

sales@whisperingpinesbeef.com

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

Our Belgian Blue cattle are not confined to barns but are not forced to stay on the open range all winter without protection. We offer our cattle plenty of room to roam and exercise as well as buildings to protect them from inclement weather. Furthermore, we never administer antibiotics or growth hormones, and there are no animal by-products in the cattle's feed. They are fed only plant based proteins (no urea based proteins), are finished on a balanced diet of corn, added protein, vitamins, and minerals, and prior to that, they eat all the grain or alfalfa hay they want. Our meat is available at retailers in the Champaign-Urbana area, at a small retail outlet in Gifford, and through our web site.

### **Willow Lea Stock Farm**

9615 Barber Lane , Woodstock, IL 60098

Tel: 815-648-4210

Fax: 815-648-4454

Contact: Michele Aavang

aavang@stans.net

<http://willowlea.com>

We raise beef cattle the old-fashioned way, without the use of antibiotics, added growth hormones, steroids, or implants. Our cattle graze on pasture land as the seasons permit, and are also fed home-grown hay and home-grown non-GMO grain.

Our cattle are humanely raised on our family farm, which has been in the family since the 1840's. We utilize Black Angus and Limousin genetics in our herd for lean, tasty beef. Our beef is processed at a nearby USDA inspected facility, and individual cuts are sold at local Farmers' Markets or year-around by appointment. Whole, half, or quarters of beef are also available for those with freezer space.

### **Wind Ridge Herb Farm**

466 Quail Trap Rd, Caledonia, IL 61011

Tel: 815-885-1444

Fax: 815-885-4875

Contact: Liz Fiorenza

windridgeherbs@aol.com

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

At Wind Ridge Herb Farm, we are dedicated to bringing you the highest quality products. We grow over 400 varieties of culinary and medicinal herbs without the use of chemical fertilizers.

The herbs produced by Wind Ridge Herb Farm are Certified Naturally Grown. We carry only natural products with no artificial dyes, preservatives, or additives. We personally harvest, inspect, dry, and package the herbs in order to guarantee quality and freshness.

We carry a complete line of herbal soaps, lotions, ointments, salves, oils, essential oils, aromatherapy quality potpourri, garden accents, and antiques. In addition, we also offer herbal teas, dips, and vinegars, which are all made with organic ingredients and are custom blended with taste and health in mind.

Our garden is available for meetings, tours, groups and catered lunches. Our lunches are provided for groups of 8 or more, and include a garden tour. We can accommodate up to 70 guests. Think of Wind Ridge Herb Farm as the destination for your next garden group, red hat ladies society, or school trip!

### **Windy Hill Farm**

R. R. 2, Kewanee, IL 61443

Tel: 309-853-4081

Contact: Burt and Nanette Walker

mckenzie0810@yahoo.com

<http://walkerwindyhillfarm.com/>

We are located just a few miles from Kewanee, Illinois and near Black Hawk College East Campus. Please call us to schedule a visit and for directions to the farm.

### **Yordy Turkey Farm**



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2000 S Main, Morton, IL 61550

Tel: 309-263-2891

<http://www.yordyturkey.com>

For over 70 years, Yordy Turkey Farm has strived to produce the highest quality fresh turkey available. Our turkeys are 100% natural with no added preservatives. All birds are raised without hormones or antibiotics and are fed only grain grown on the farm. To ensure the highest quality fresh turkey, we sell them exclusively from our farm. You can purchase your holiday turkey at Yordy Turkey Farm by either visiting our store or by calling us.

## illinois guide: farmers markets



### **61st Farmer's Market**

Animal Welfare Approved Listing

6100 S Blackstone Ave, Chicago, IL 60637 [info@experimentalstation.org](mailto:info@experimentalstation.org)

<http://www.experimentalstation.org/farmers-market>

Ellis Family Farms (<http://ellisfamilyfarm.com/>) sells Animal Welfare Approved eggs at this farmers market.

### **Addison Farmers Market**

One Friendship Plaza, Addison, IL 60101

Tel: 630-693-7553

Time of Year: June - September

### **Alton Farmers and Artisans Market**

Downtown Alton, 3rd St. Parking lot, Alton, IL 62002

Tel: 618-463-1016

[info@altonmarketplace.com](mailto:info@altonmarketplace.com)

<http://www.altonmarketplace.com>

Time of Year: June - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Andersonville Farmers Market**

Animal Welfare Approved Listing

Berwyn between Clark and Ashland, Chicago, IL 60640 [market@andersonville.org](mailto:market@andersonville.org)

<http://www.andersonville.org/events/andersonville-farmers-market>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery: <http://www.prairiefruits.com>. Located in the Waipouli Beach Resort.

### **Anna Farmers Market**

330 S. Main , Anna Chamber of Commerce, Anna, IL 62906

Tel: 618-833-2525

[uccc@shawneelink.net](mailto:uccc@shawneelink.net)

<http://www.shawneeheartland.com>

Time of Year: June - October; Day of Week/Hours: Tuesday, 7 am - 12 pm.

### **Ashburn Farmers Market**

87th & Kedzie Ave. (8700S - 3200W), Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Saturday, 7 am - 2 pm.

Accepts: WIC SFMP

### **Aurora Farmers Market**

Aurora Transportation Center, 233 N., Aurora, IL 60505

Tel: 630-844-4731

[ljungles@aurora-il.org](mailto:ljungles@aurora-il.org)

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<http://www.aurora-il.org>

Time of Year: June - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Aurora West Farmers Market**

Westminster Presbyterian Church Parking, Aurora, IL 60506 [ljungles@aurora-il.org](mailto:ljungles@aurora-il.org)

<http://www.aurora-il.org>

Time of Year: July - September

### **Austin Farmers Market**

Madison and Central, Emmet Academy, Parking lot, Chicago, IL 60602

Tel: 312-744-0565

<http://www.cityofchicago.org/specialevents>

Time of Year: July - October; Day of Week/Hours: Saturday, 7 am - 2 pm.

Accepts: WIC SFMP

### **Ava Farmers Market**

Main St. & Fifth, Smysor Park, Gazebo, Ava, IL 62907

Tel: 618-426-3641

### **Barrington Farmers Market**

248 W. Lincoln Avenue, Lake Cook Rd. & South Cook St., Barrington, IL 60010

[mmyren@sbcglobal.net](mailto:mmyren@sbcglobal.net)

<http://www.barringtonfarmersmarket.org>

Time of Year: June - October

### **Bartlett Farmers Market**

228 S. Main Street, Intersection of S. Bartlett Rd. & Stearns Rd., Bartlett, IL 60103

Tel: 630-837-0800

Fax: 630-837-7168

<http://www.village.bartlett.il.us/fmarket.html>

Time of Year: June - September; Day of Week/Hours: Friday, 2 - 6 pm.

### **Batavia Farmers Market**

2 E. Wilson Street, Waters St., Between Wilson & First St., Batavia, IL 60510

Tel: 630-761-3528

[sue@downtownbatavia.com](mailto:sue@downtownbatavia.com)

<http://www.downtownbatavia.com>

Time of Year: June - October

### **Belleville Old Town Market**

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2608 East B Street, 400 Block of East Main, Belleville, IL 62221  
Tel: 618-235-3310  
Contact: Dave Donley  
dldonley@aol.com

Time of Year: May - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

Accepts: WIC SFMP

### **Benton Farmers Market**

215 N. Central, Northeast Corner of the Square, Benton, IL 62812  
Tel: 618-439-6113  
jeduck@verizon.net

Time of Year: May - October

### **Berwyn Farmers Market**

3300 S. Grove Avenue, Municipal Lot, Berwyn, IL 60402  
Tel: 708-788-8100  
marybethe@berwyn.net  
<http://www.berwyn.net>

Time of Year: May - September; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Beverly Farmers Market**

95th Street & Longwood (9500S-1821W), Chicago, IL 60602  
Tel: 312-744-0565  
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Sunday, 7 am - 2 pm.

Accepts: WIC SFMP

### **Bloomington Downtown Farmers Market**

200 West Monroe, On the Square, Bloomington, IL 61701  
Tel: 309-829-9599  
Fax: 309-829-9925  
farmersmarket@downtownbloomington.org  
<http://www.downtownbloomington.org/index.php?id=6>

Time of Year: May - October

Accepts: SFMP

### **Bolingbrook Farmers Market**

Boughton Rd. and Janes Ave., Promenade Shopping Mall, Bolingbrook, IL  
Tel: 815-954-9788

## illinois guide: farmers markets



Fax: 708-248-5292  
Contact: Merrill Marxman  
merrill@marxmanag.com

Everything you expect to find and much more!

### **Bond County Farmers Market**

Corner of Third and Franklin at Shank Real Estate, Greenville, IL 62246  
Time of Year: May - October; Day of Week/Hours: Wednesday & Saturday, 7 am - 12 pm.

### **Bronzeville Farmers Market**

30th & Dr. Martin Luther King Dr. (3000S - 400E), Chicago, IL 60602  
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October

Accepts: WIC SFMP

### **Buckingham Branch Farm**

16617 Covington Road, Okawville, IL 62271  
Tel: 618-967-9966  
Contact: Janice Gaubatz  
janice.gaubatz@netwitz.net

Eggs - year-round  
Various produce in the growing season

### **Bureau County Farmers Market**

Princeton's Darius Miller Park, Princeton, IL 61356  
Tel: 815-875-6468  
bcfb@comcast.net  
<http://www.welcometobureaucounty.com/events/201005-farmer-s-market>

Time of Year: May - October; Day of Week/Hours: Tuesday & Saturday, 8:30 am - 2 pm.

### **Canton Farmers Market**

Jone Park, downtown square, Canton, Lewistown, IL 61542 <http://www.extension.uiuc.edu/fulton>

Time of Year: June - September; Day of Week/Hours: Saturday, 7 am - sellout.

### **Carbondale Farmers Market**

Westown Mall  
Westown Mall, Carbondale, IL 62920  
Time of Year: April through November  
Day of Week/Hours: Saturday, 8:00 A.M.-12:00 noon

### **Carbondale Farmers Market**

## Illinois guide: farmers markets



### On the Square

111 S. Illinois Ave., Town Square East parking lot, Carbondale, IL 62901  
<http://www.carbondalemainstreet.com>

Time of Year: May - October

### Carthage Farmers Market

500 Main St., Courthouse Square, Carthage, IL 62321  
Tel: 217-357-2188  
[david.ard@il.usda.gov](mailto:david.ard@il.usda.gov)

Time of Year: May - September; Day of Week/Hours: Monday, 2:30 - 5:30 pm.

### Charleston Farmers Market

410 6th Street, On the Square in Charleston, Charleston, IL 61920  
Tel: 217-345-8018  
[rocsblackfront@consolidated.net](mailto:rocsblackfront@consolidated.net)

Time of Year: June - October; Day of Week/Hours: Wednesday, 6 pm - sellout.

Accepts: WIC

### Chicago's Downtown Farmstand

66 E. Randolph Street, Chicago, IL 60601  
Tel: 312-742-8419  
[Downtown.Farmstand@cityofchicago.edu](mailto:Downtown.Farmstand@cityofchicago.edu)  
<http://www.chicagofarmstand.com>

Chicago's Downtown Farmstand, located at 66 East Randolph Street, opened in October 2008. The Farmstand's promise - local, delicious, and edible - is fulfilled by hundreds of products, all from within 250 miles of Chicago.

Local doesn't just mean locally grown - in addition to sustainably grown fresh fruits, vegetables and herbs in season (including many organic items), Chicago's Downtown Farmstand features a broad selection of edibles produced throughout the region. Each day, a wide range of dairy products, condiments, seasonings, preserves, breakfast favorites, baked goods, and other items arrive at our location.

### Clinton Area Farmers & Artisans Market

Clinton Town Square, Clinton, IL 61727 <http://www.clintonillinois.com>

Time of Year: May - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

### Colonial Village Farmers Market

Newburg Road & Alpine Road, Rockford, IL 61108  
Time of Year: May - October; Day of Week/Hours: Friday, 9 am - 1 pm.

### Country Club Hills Farmers Market

4100 W. 183rd St., Country Club Hills, IL 60478

## Illinois guide: farmers markets



Tel: 708-206-2163  
kmcilvain@countryclubhills.org

Time of Year: June - October; Day of Week/Hours: Saturday, 8 am - 2 pm.

### **Country Fair Farmers Market**

Country Fair Shopping Center Lot, Champaign, IL, Tuscola, IL 61953  
Time of Year: June - October; Day of Week/Hours: Wednesday, 7 am - 12 pm.

### **Crystal Lake Farmers Market**

Woodstock Street & Main Street, Crystal Lake, IL 60014  
Tel: 815-479-0835  
<http://www.downtowncl.org>

Time of Year: June - October; Day of Week/Hours: Saturday, 8:30 am - 1:30 pm.

### **Cuba Farmers Market**

East Side of the Cuba City Square, Lewistown, IL 61542  
Tel: 309-785-5093  
cityofcuba@yahoo.com  
<http://www.extension.uiuc.edu/fulton>

Time of Year: June - September; Day of Week/Hours: Wednesday, 7 am - 12 pm.

### **Daley Plaza Chicago Farmers Market**

Washington & Dearborn, Daley Plaza, Chicago, IL 60602  
Tel: 312-744-3315  
<http://www.cityofchicago.org/specialevents>

Time of Year: May - September; Day of Week/Hours: Thursday, 7 am - 3 pm.  
Accepts: WIC SFMP

### **Danville Farmers Market**

Kresge Park, Danville, IL 61832  
Time of Year: June - October; Day of Week/Hours: Wednesday & Saturday, 6 am - sellout.

Accepts: WIC SFMP

### **Dearing Country Farms**

16410 N. 800 E, Bloomington, IL 61704  
Tel: 309-963-4932  
Contact: Brad Dearing  
farms@dearingdesigns.com  
<http://www.dearingdesigns.com/farm/>

Brad Dearing is the owner of Dearing Country Farms where his 30 acres of land produce an abundant variety of healthy foods for local customers to buy. He raises about 300 chickens for meat and organic eggs and grows a full variety of seasonal produce, tree fruit, berries and melons. Other products include flowers, wheatgrass, nuts and herbs...Dearing Country Farms products can be

## illinois guide: farmers markets



purchased at the farm and also at local farmers markets.

### **Decatur Farmers Market**

Central Park, Decatur, IL 62525 <http://www.downtowndecatur.com>

Time of Year: June - October; Day of Week/Hours: Saturday, 8 am to 12 pm.

### **Deerfield Farmers Market**

Deerfield Rd. & Robert York Ave., Deerfield, IL 60015

Tel: 847-945-5000

[farmersmarket@deerfield.il.us](mailto:farmersmarket@deerfield.il.us)

[http://www.deerfield.il.us/residents/farmers\\_market/default.aspx](http://www.deerfield.il.us/residents/farmers_market/default.aspx)

Time of Year: June - October; Day of Week/Hours: Saturday, 7 am - 12:30 pm.

### **Division Street Farmers' Market**

Animal Welfare Approved Listing

50 W. Division St, Chicago, IL 60610

[http://www.explorechicago.org/city/en/things\\_see\\_do/event\\_landing/events/mose/near\\_north\\_farmers.html](http://www.explorechicago.org/city/en/things_see_do/event_landing/events/mose/near_north_farmers.html)

On Division btwn. State & Clark. Saturdays.

Ellis Family Farms (<http://ellisfamilyfarm.com/>) sell their Animal Welfare Approved Eggs.

### **Dixon Farmers Market**

Hay Market Square Park at Highland 7 3rd St., Dixon, IL 61021

Tel: 815-284-3306

Time of Year: July - October; Day of Week/Hours: Wednesday & Saturday, 7 am - 12 pm.

### **Downers Grove Farmers Market**

Main Street Metro Station, Downers Grove, IL 60515

Tel: 630-968-8400 ext. 212

[judyellertson@ymcachgo.org](mailto:judyellertson@ymcachgo.org)

<http://www.indianboundaryymca.org>

Time of Year: June - October; Day of Week/Hours: Saturday, 7 am to 12 pm.

### **Downs Village Market**

214 S. Seminary St., Downs, IL 61736

Tel: 309-378-4223

Time of Year: June - September; Day of Week/Hours: Wednesday, 4 - 6 pm.

### **Downtown Bloomington Farmers' Market**

Animal Welfare Approved Listing

Main and Jefferson, Bloomington, IL 61701

Tel: 309-829-9599

[farmersmarket@downtownbloomington.org](mailto:farmersmarket@downtownbloomington.org)

## illinois guide: farmers markets



<http://www.downtownbloomington.org/index.php?id=6>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery:  
<http://www.prairiefruits.com>

### **Downtown Normal Trailside Farmers**

On the Square, Normal, IL 61701

Tel: 309-829-9599

<http://www.downtownbloomington.org>

Time of Year: May - October; Day of Week/Hours: Saturday, 6:45 - 11 am.

### **Du Quoin Farmers Market**

127 N Division St, Du Quoin, IL 62832 Contact: Martha Morgenstern

Time of Year: May - October; Day of Week/Hours: Saturday, 7:30 am - 12 pm.

### **Dunning-Eli's Farmers Market**

Eli's Cheesecake Company parking lot, City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602

Tel: 773-308-7025

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Thursday, 7 am - 2 pm.

Accepts: WIC SFMP

### **East Moline Farmers Market**

1112 42nd Avenue, East Moline, IL 61244

Tel: 815-778-4984

[rvi@aol.com](mailto:rvi@aol.com)

<http://www.eastmoline.com/farmersmarket.cfm>

Time of Year: May - October; Day of Week/Hours: Wednesday & Saturday, 8 am - 12 pm.

### **Edgebrook Farmers Market**

Edgebrook Shopping Center, Rockford, IL 61107

Tel: 815-871-1557

Contact: Sheryl Brennan

[brennan48@charter.net](mailto:brennan48@charter.net)

Time of Year: May - October; Day of Week/Hours: Wednesday, 8 am - 12 pm.

Accepts: WIC

### **Edgewater Farmers Market**

Thorndale & Broadway (2000N - 700W), City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602

## illinois guide: farmers markets



Tel: 773-561-6000  
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October

Accepts: WIC SFMP

### **Edwards County Farmers Market**

Southeast corner of square, Courthouse Square, Albion, IL 62806  
Tel: 618-445-2934

Time of Year: July - September; Day of Week/Hours: Friday, 11 am - 3:30 pm.

### **Elk Grove Village Farmers Market**

Biesterfiled Rd. & Wellington Ave., Elk Grove Village, IL 60007  
Tel: 847-437-9494  
[doneil@elkgroveparks.org](mailto:doneil@elkgroveparks.org)  
<http://www.elkgroveparks.org/farmersmarket.asp?id=1078>

Time of Year: June - September; Day of Week/Hours: Wednesday, 7 am - 1 pm.

### **Evanston's Farmers Market**

University Street & Oak Ave., Evanston, IL 60201  
Tel: 847-448-8138  
Contact: Zollie Webb  
[zwebb@cityofevanston.org](mailto:zwebb@cityofevanston.org)  
<http://www.cityofevanston.org/evanston-life/farmers-market/>

Time of Year: May - November; Day of Week/Hours: Saturday, 7:30 am - 1 pm.

### **Fairgrounds Farmers Market**

1392 Knox Highway 9, Knoxville, IL 61448  
Tel: 309-289-2714  
Contact: Tom Collopy  
[lgfarmstand@yahoo.com](mailto:lgfarmstand@yahoo.com)  
<http://www.KnoxFair.com>

The Fairgrounds Farmers Market will open for seasonal operation, exact dates to be determined each year. For the 2010 season, the Market will be open Saturdays May 1st thru September 25th from 8:30 am to 12:30 pm. When produce is most bountiful, June 16th thru September 22nd, the Market will also be open Wednesdays from 3:30 pm to 7:30 pm. The Market will be located the majority of days in the parking lot at the Knox County Fairgrounds at 1392 Knox Highway 9, Fairgrounds, IL 61448. When the Fairgrounds has events scheduled that conflict with the Market, the Market will move to James Knox Park in downtown Knoxville. This is a local, producer-only market with local being defined as Knox and its surrounding counties. Our Market strives to bring you healthy, local food and artisanal bounty, plus activities and fun for the whole family. Our goal is to operate a vibrant farmers market that contributes to the success of local food growers and producers and strengthens our food economy.



### **Farmers Market on Historic N 1st St**

N 1st Street, Champaign, IL 61820 Contact: Wendy Langacker  
farmersmarket.on.northfirst@gmail.com  
<http://thefarmersmarketonhistoricn1st.blogspot.com/>

Vibrant and diverse downtown farmers market featuring cooking demonstrations using vendors fresh fixings.

### **Farmers Market On The Square**

NE Central Park Plaza, Jacksonville, IL 62650  
Tel: 217-245-6884  
Contact: Judy Tighe, Executive Director  
info@jacksonvillemainstreet.com  
<http://www.jacksonvillemainstreet.com>

Jacksonville Main Street hosts this weekly afternoon farmers market on the downtown Central Park Plaza. Market days are Wednesdays from 4-7pm, May through October.

The Market On The Square features locally grown produce, herbs, plants, homemade baked goods, local honey, gourmet popcorn, and much more! This event is FREE for vendors to participate! Please support Jacksonville Main Street and the local growers and producers by patronizing this market and buying local!

### **Farmstand at CHSAS**

3851 W. 111th St., Chicago High School for Agricultural Science, Chicago, IL 60655  
Tel: 773-535-2500  
Contact: David Gilligan

Time of Year: July - September; Day of Week/Hours: Monday-Saturday, 10 am - 5 pm.

### **Federal Plaza Farmers Market**

Federal Plaza at Adams & Dearborn (230 S-50 W), City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602  
Tel: 312-744-0565  
<http://www.cityofchicago.org/specialevents>

Time of Year: May - October; Day of Week/Hours: Tuesday, 7 am - 3:00 pm.

Accepts: WIC SFMP

### **First Market in Mahomet**

Main St., across from the Fire Station, Mahomet, IL 61853  
Tel: 217-586-1333  
nancy@firstfruitsproduce.com  
<http://www.firstfruitsproduce.com>

Time of Year: May - October; Day of Week/Hours: Wednesday, 3 - 6 pm.

### **Flora Farmers Market**

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122 N. Main Street in the Library Lawn, Flora, IL 62839 <http://www.florachamber.com>

Time of Year: June - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Flossmoor Farmers Market**

1000 Sterling Avenue, Flossmoor, IL 60422

Tel: 708-798-3600

[millenm@flossmoorlibrary.org](mailto:millenm@flossmoorlibrary.org)

Time of Year: June - October; Day of Week/Hours: Friday, 8 am - 12 pm.

### **Forest Park French Market**

405 North Wabash, Unit 3009, Northwest corner of Madison & Circle, Chicago, IL 60611

Tel: 773-779-7772

<http://www.bensidounusa.com>

Time of Year: May - October; Day of Week/Hours: Saturday, 8 am - 1 pm.

### **Frankfort Country Market**

Oak St & Kansas St, Frankfort, IL 60423

Tel: 815-954-9788

Fax: 708-248-5292

Contact: Merrill Marxman

[merrill@marxmanag.com](mailto:merrill@marxmanag.com)

<http://www.frankfortcountrymarket.org>

The Frankfort Country Market strives to promote a healthier society by offering a traditional open-air market featuring fresh, farm-raised products from local producers and enjoyable educational community events.

Come to historic downtown Frankfort, a scenic, small-town setting that allows you to 'take it outside,' and get to know your growers. The Frankfort Farmers Market is open year round and located along the beautiful Waterfront on Sunday mornings rain or shine, 10 to 2, April through October.

### **Galena Farmers Market**

Commerce St. by Old Market House in Galena, Galena, IL 61036

Tel: 815-777-1838

Time of Year: May - October; Day of Week/Hours: Saturday, 7 am to 12 pm.

### **Galesburg Farmers Market**

Railroad Museum parking lot, Galesburg, IL 61401

Tel: 309-464-1035

Time of Year: May - September; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Garfield Park Farmers Market**

Garfield Park, North of Conservatory, City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602

## illinois guide: farmers markets



Tel: 312-456-7079  
dmyles@usequities.com  
<http://www.cityofchicago.org>

Time of Year: June - October

### **Gately/Pullman Farmers Market**

111th & Cottage Grove (111000S - 800E), City Hall, Room 806, 121 N. LaSalle Street, Chicago, IL 60602

Tel: 312-744-0565  
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Wednesday, 7 am - 2 pm.

Accepts: WIC SFMP

### **Geneva Green Market**

75 North River Lane, Geneva, IL 60134

Tel: 630-208-9321

Fax: 630-208-9321

Contact: Karen C Stark

[karcryo@mac.com](mailto:karcryo@mac.com)

<http://www.genevagreenmarket.org>

Every Thursday from June 4 through October 26, 2009 from 7 a.m. to 1 p.m., locally grown, minimally processed produce and products will be available from the Geneva Green Market to chefs, foodies and everyday people.

### **Geneva Green Market**

Animal Welfare Approved Listing

75 N River Lane, Geneva, IL 60134

Tel: 630-377-0373

[info@genevagreenmarket.org](mailto:info@genevagreenmarket.org)

<http://www.genevagreenmarket.org/>

Offers Animal Welfare Approved pork and eggs from Hasselmann Family Farms:

<http://www.hasselmannfamilyfarm.com>

### **Gibson City Farmers Market**

City Hall parking lot, Gibson City, IL 60936

Tel: 217-784-5872

[janet@217\)784-5872gcpd.net](mailto:janet@217)784-5872gcpd.net)

<http://www.gibsoncityillinois.com>

Time of Year: May - October; Day of Week/Hours: Saturday, 7:00 am - sellout

### **Glen Ellyn Farmers Market**

400 Main St. Adjacent to Giesche Shoe, Chicago, IL 60611

Tel: 312-575-0286

## illinois guide: farmers markets



ccbcec@sbcglobal.net  
<http://www.glenellynchamber.com/farmers.php>

Time of Year: May - October; Day of Week/Hours: Friday, 8 am - 1 pm.

### **Glencoe French Market**

Wyman Green off Village Ct. between Park & Hazel, Chicago, IL 60022  
<http://www.benisdounusa.com>

Time of Year: June - October

### **Glenview Farmers Market**

Jackman Park, Glenview, IL 60025  
Tel: 847-343-2238  
Contact: Karen Diener  
[karen@unliketea.com](mailto:karen@unliketea.com)  
<http://www.GlenviewWomenofToday.org>

Time of Year: July - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Goebbert's Pumpkin Farm and Garden Center**

40 W. Higgins Rd., South Barrington, IL 60010  
Tel: 847-428-6727  
<http://www.pumpkinfarms.com/SBarrington.html>

The Goebbert family has been in the farm market business for 57 years.

### **Golconda Farmers Market**

Courthouse lawn, Golconda, IL 62938  
Tel: 618-683-6246  
[admin@mainstreetgolconda.net](mailto:admin@mainstreetgolconda.net)

Time of Year: May - September; Day of Week/Hours: Saturday, 7 am - 12 pm.

### **Grayslake Farmers Market**

Downtown Grayslake, Slusser Street at, Grayslake, IL 60030  
Tel: 847-289-7138  
Fax: 847-557-9119  
<http://www.grayslakefarmersmarket.com>

Time of Year: June - October; Day of Week/Hours: Wednesday, 3 - 7 pm.

Accepts: WIC SFMP

### **Green City Market**

1750 N Clark St., Chicago, IL 60614  
Tel: 773-880-1266  
Fax: 773-880-1262  
[admin@chicagogreencitymarket.org](mailto:admin@chicagogreencitymarket.org)

## illinois guide: farmers markets



<http://www.chicagogreencitymarket.org/>

The Chicago Green City Market is Chicago's premiere farmers market with a focus on sustainability and locally grown produce. It also features local farmers and acclaimed local chefs, loads of organic produce, and one of the loveliest outings of the summer.

The Green City Market's Mission is:

- To improve the availability of a diverse range of high quality foods.
- To connect local producers and farmers to chefs, restaurateurs, food organizations and the public.
- And, to support small family farms and promote a healthier society through education and appreciation for local, fresh, sustainably raised produce and products.

For information regarding the market's vendors and/or the chefs and restaurants that support the Market by participating in its events and/or purchasing its products, visit the Green City Market's website.

NOTE: The Green City Farmers Market has two locations during the year. It opens outside in Lincoln Park for the summer, and then, in November, it moves indoors until spring arrives again.

Summer Location: In Lincoln Park, just a bit northeast of the intersection of Clark and LaSalle. The organizers peg it as just east of 1750 N. Clark.

See website for the address of Green City Market's Administrative Office.

### **Green City Market**

Animal Welfare Approved Listing  
1750 North Clark Street, Chicago, IL 60614  
Tel: 847 835-2240  
[admin@chicagogreencitymarket.org](mailto:admin@chicagogreencitymarket.org)  
<http://www.chicagogreencitymarket.org>

Ellis Family Farms sells Animal Welfare Approved eggs (<http://ellisfamilyfarm.com/>).

Prairie Fruits Farm & Creamery sells Animal Welfare Approved goat cheese ([www.prairiefruits.com](http://www.prairiefruits.com)).

Becker Lane Organic Farm sells Animal Welfare Approved pork at this farmers market ([www.beckerlaneorganic.com](http://www.beckerlaneorganic.com)).

### **Green Market, Glen Carbon**

Miner Square, Glen Carbon, IL 62034  
Tel: 618-920-6306  
Contact: Rae Liening  
[greenmarket.glencarbon@gmail.com](mailto:greenmarket.glencarbon@gmail.com)  
<http://www.greenmarketglencarbon.org/>

## illinois guide: farmers markets



Launched in May 2010, Glen Carbon's Green Market aims to provide area residents and chefs the opportunity to get the freshest local goods available during this year's growing seasons. As the demand for locally-sourced goods increases, we continue to encourage gardeners and farmers to consider our market as a means to meet the demand. Current vendors are offering fresh-cut herbs, free-range chicken and eggs, locally-grown produce, potted plants, seasonal honey, berries, farm-raised beef and pork, and goat milk products. Beginning in July a rotation of events will be hosted including complementary food demonstrations, live accoustics, and other child-related events hosted by the Glen Carbon Public Library. Feel free to contact us with questions or visit one of our various web connections. We look forward to seeing you this summer!

### **Harvest Moon Farms**

Chicago, IL

Tel: 773-472-7950

Contact: Jennifer Borchardt

info@harvestmoon-farms.com

<http://www.harvestmoon-farms.com>

Harvest Moon is a 20-acre certified organic farm in west central Wisconsin's Driftless region on the South fork of the Bad Axe River. The land is incredibly fertile and high in natural organic matter which means the tastiest, most nutritious food grows here. For the 2009 season we are introducing the newly formed Harvest Moon Farms Producers Guild. Our guild is comprised of 6 area farms growing Certified Organic and Certified Naturally Grown produce. Creating the Guild will help us better serve our clients and CSA shareholders by offering larger quantities and more varieties. It also serves the farms by allowing us to share resources and collaborate on transportation and distribution, which, in turn, reduces our collective carbon footprint. We offer a full and half share weekly CSA program, retail and restaurant sales, urban vegetable gardening consulting and design services, and customized growing programs for chefs and food service professionals.

### **Heart of Illinois Amish Country's Downtown Farmers Market**

106 E. Progress , Downtown, Arthur, IL 61911

Tel: 217-543-2181

amishem@TheVillaAndShoesToo.com

<http://www.illinoisamishcountry.com>

Time of Year: July - August; Day of Week/Hours: Saturday, 8 am - 12 pm.

Accepts: WIC SFMP

### **Heritage Prairie Market and Educational Center**

2N308 Brundige Road, Elburn , IL 60119

Tel: 630-443-8253

Contact: Sarah Harmon

info@hpmfarm.com

<http://www.hpmfarm.com>

In April 2007, Bronwyn Weaver and Bob Archibald opened Heritage Prairie Market on their family

farm. Their vision is to provide the widest range of the freshest, most delicious local foods available, and to create an environment that inspires healthier eating and living habits.

We look forward to seeing you at Heritage Prairie Market and introducing you to our farmers and local artisans who supply our store. Our market is the heart of our small farm, with all you need to stock your kitchen with wholesome goodness. This grocery store has local and organic food products ranging from dairy and fresh eggs to beef, chicken, pork to honeys and vinegars.

Late in 2007 Heritage Prairie Farm began a new system of farming, designed to enable a small farm like ours to produce food during all four seasons.

We encourage you to take a walk around our farm if you visit our store. With a system of movable greenhouses, Heritage Prairie is on the cutting edge of high-production, low-acreage food growing in the upper Midwest. Our farmers are always willing to take a moment to describe the projects we are in the middle of.

Whether you have a morning to wander about or need to get in and out quickly for eggs and milk, Heritage Prairie Market is a refreshing change from the strip mall grocery stores.

We're open weekdays from 9am to 6pm, Saturdays 9am to 4pm, and Sundays from noon to 4pm. We also offer a CSA in conjunction with Erehwon Farm.

### **Herrin Farmers Market**

Bank of Herrin parking lot, Herrin, IL 62948

Time of Year: May - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Hinsdale Farmers Market**

Garfield Ave. parking lot, Hinsdale, IL 60521

Tel: 630-323-3952

janet@hinsdalechamber.com

Time of Year: June - October; Day of Week/Hours: Monday, 7 am - 1 pm.

### **Homegrown Chicago Farmers Market**

2626 W. Division Street, Chicago, IL 60622

Time of Year: July - November; Day of Week/Hours: Saturday, 12 -3 pm.

### **Homer Glen Farmers Market**

159th & Bell Rd., Homer Glen, IL 60491

Tel: 815-954-9788

Fax: 708-248-5292

Contact: Merrill D. Marxman

merrill@marxmanag.com

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

Sears Essentials parking lot

159th and Bell Rd.

Saturdays, 2 p.m. - 5 p.m.

June 12 - October 9



### **Homewood Farmers Market**

17951 Dixie Highway (St. Joseph's parking, Homewood, IL 60430

Tel: 708-206-3375

<http://www.homesweethomewood.com>

Time of Year: July - October; Day of Week/Hours: Saturday, 8 am - 2 pm.

### **Howling Hounds Farm**

2734 Cottage Hill Road, Compton, IL 61318

Tel: 630-802-1869

Contact: Nicole Kedzie

[howlinghoundsfarm@gmail.com](mailto:howlinghoundsfarm@gmail.com)

<http://www.howlinghoundsfarm.com>

EGGS: free range all natural chicken eggs, hormone and antibiotic free.

CHICKEN: All natural whole chickens, USDA inspected, all natural feed, or hormones or antibiotics.

RABBIT: all natural rabbit meat. The healthiest meat known to man. No hormones or antibiotics.

CHEMICAL FREE PRODUCE: various heirloom varieties, fruits and vegetables. seasonal.

### **Hyde Park Farmers Market**

Cul-de-sac at Harper Court, 52nd Pl. &, Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October

Accepts: WIC SFMP

### **Jacksonville Farmers Market at Lincoln Square**

Lincoln Square, 901 Morton Ave., Chapin, IL 62628

Tel: 217-245-7589

[vorbeck@csj.net](mailto:vorbeck@csj.net)

<http://www.jaxfresh.org>

Time of Year: May - October; Day of Week/Hours: Tuesday, Thursday & Saturday, 7 am - 12 pm.

### **Jacksonville Main Street**

Farmers Market On The Square

Northeast Central Park Plaza, Jacksonville, IL 62650

Tel: 217-479-4038

Contact: Beth Racey

[info@jacksonvillemainstreet.com](mailto:info@jacksonvillemainstreet.com)

<http://www.jacksonvillemainstreet.com>

Jacksonville Main Street sponsors this weekly afternoon market every Wednesday from 4pm-7pm, May through October.

Products include fresh vegetables and fruit, baked goods, popcorn, herbs, locally produced honey, and more!

## illinois guide: farmers markets



Non-profits and community organizations may also sponsor market dates and have information booths.

### **Joliet City Center Farmers Market**

Van Buren and Chicago Streets, Joliet, IL 60432

Tel: 815-774-6066

cam.barnett@jolietdowntown.com

<http://www.jolietdowntown.com>

Time of Year: June - September; Day of Week/Hours: Friday, 8 am - 1 pm.

### **Kankakee County Farmers Market I**

Downtown Kankakee, Schuyler Ave. & Merchant St., Kankakee, IL 60901

Tel: 815-933-0462

bill.kdc@gmail.com

<http://www.downtownkankakee.com/farmers.html>

Time of Year: May - October; Day of Week/Hours: Saturday, 9 - 11 am.

Accepts: WIC SFMP

### **LaGrange Farmers Market**

Harris Ave. & Sixth Ave., LaGrange, IL 60525

Tel: 708-387-7550

info@westsuburbanchamber.org

<http://www.westsuburbanchamber.org>

Time of Year: May - October; Day of Week/Hours: Thursday, 7 am - 1 pm.

### **Lake Bluff Farmers Market**

Village Green at Center and Scranton Ave., Lake Bluff, IL 60044

Tel: 847-283-6882

Time of Year: June - October; Day of Week/Hours: Friday, 7 am - 12 pm.

### **Lake Shore East Farmers Market**

220 North Park Drive, Chicago, IL 60602

Tel: 312-744-0565

Contact: Yescenia Mota

ymota@cityofchicago.org

<http://www.cityofchicago.org>

### **Land of Goshen Farmers Market**

Downtown Edwardsville, on St. Louis Street, Edwardsville, IL 62025

Tel: 618-307-6045

marketmaster@goshenmarket.org

<http://www.goshenmarket.org>

## Illinois guide: farmers markets



Time of Year: May - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Lawndale Farmers Market**

Greenshaw & Homan (1100S - 3400W), Chicago, IL 60602  
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October

Accepts: WIC SFMP

### **Lawrence County Farmers Market**

West side of courthouse square, Lawrenceville, IL 62439 <http://www.lawrencecountyillinois.com>

Time of Year: May - October; Day of Week/Hours: Tuesday & Friday, 6 am to 12 pm.

### **Libertyville's Main St. Farmers Market**

Cook Park, Libertyville, IL 60048  
Tel: 847-680-0336  
Fax: 847-680-0370  
[manager@libertyvillefarmersmarket.org](mailto:manager@libertyvillefarmersmarket.org)  
<http://www.libertyvillefarmersmarket.org>

Time of Year: June - October; Day of Week/Hours: Thursday, 7 am - 1 pm.

### **Lincoln Farmer's Market**

316 S. Kickapoo St., Scully Park, Lincoln , IL 62656  
Tel: 217-871-0666  
Contact: Susan Wachter  
[lincolnfarmproduce@yahoo.com](mailto:lincolnfarmproduce@yahoo.com)  
<http://www.lincolnfarmersmarket.org>

May 1 through October 30, 2010.

Wed. 4pm-6pm and Sat. 7am-12noon.

Lincoln Farmer's Market is a fun and friendly market that offers fresh local produce, roasted coffee beans, fresh baked goods, homemade dog biscuits, handmade crafts, and other local items.

### **Lincoln Park Farmers Market**

Lincoln Park High School parking lot, Chicago, IL 60602  
Tel: 312-744-0565  
<http://www.cityofchicago.org/specialevents>

Time of Year: May - October; Day of Week/Hours: Saturday, 7 am - 2 pm.

Accepts: WIC SFMP

### **Lincoln Park High School Farmers Market**

Animal Welfare Approved Listing  
2001 North Orchard Street, Chicago, IL 60614

## illinois guide: farmers markets



Tel: 312-744-3315

<http://www.cityofchicago.org/specialevents>

Animal Welfare Approved chicken eggs from Ellis Family Farms available Saturdays from June to October 30 - [www.ellisfamilyfarm.com](http://www.ellisfamilyfarm.com)

### **Lincoln Square Chicago Farmers Market**

City parking lot adjacent to Brown Line station, Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Tuesday, 7:00 A.M.-2:00 P.M.

### **Lockport Farmers Market**

1 S State Street, Lockport, IL 60441

Tel: 815-954-9788

Fax: 708-248-5292

Contact: Merrill D. Marxman

[merrill@marxmanag.com](mailto:merrill@marxmanag.com)

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

Downtown along Rt. 7

Mondays, 3 p.m. - 7 p.m.

June 14 - October 11

Sponsored by Lockport Chamber of Commerce

### **Logan Square Farmers' Market**

Southeast corner of Logan Blvd. & Milwaukee, Chicago, IL 60602

Tel: 773-489-3222

Fax: 773-489-3760

<http://www.logansquarefarmersmarket.org>

Time of Year: June - October; Day of Week/Hours: Sunday, 11 am - 4 pm.

### **Main Street Dekalb Farmers Market**

1 Block South of Lincoln Hwy. 1 Rt 38,, Palmer Cart, Dekalb, IL 60115

Time of Year: June - October; Day of Week/Hours: Thursday, 1:00 - 6:00 pm.

### **Main Street Paris Farmers Market**

222 North Main St, Southside of the square, Paris, IL 61944

Tel: 217-463-2611

[mainstparis@joink.com](mailto:mainstparis@joink.com)

Time of Year: June - September; Day of Week/Hours: Saturday, 8:00 A.M.-12:00 noon

### **Manteno Farmers Market**

Division and Main, Manteno, IL

Tel: 815-954-9788

Fax: 708-248-5292

Contact: Merrill Marxman

[merrill@marxmanag.com](mailto:merrill@marxmanag.com)

## Illinois guide: farmers markets



<http://merrillsmarkets.com>

Time of Year: July - October; Day of Week/Hours: Thursday, 2:00 P.M.-6:00 P.M.

### **Marion Farmers Market**

507 W. Main, Senior Citizens Parking Lot, Marion, IL 62959

Tel: 618-998-1959

[werskie@yahoo.com](mailto:werskie@yahoo.com)

Time of Year: May - October; Day of Week/Hours: Wednesday, 6 - 10 am.

### **Market at the Square**

Animal Welfare Approved Listing

Illinois and Vine Streets, Urbana, IL 61801

Tel: 217-384-2444

[ljbralts@city.urbana.il.us](mailto:ljbralts@city.urbana.il.us)

<http://urbanaininois.us/market>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery:

<http://www.prairiefruits.com>

### **McHenry Farmers Market**

Corner of Pearl and Court Streets, McHenry, IL 60050

Tel: 815-363-2159

[bhobson@cl.mchenry.il.us](mailto:bhobson@cl.mchenry.il.us)

Time of Year: June - September; Day of Week/Hours: Thursday, 3:30 - 7:30 pm.

### **McLeansboro Farmers Market**

Courthouse Square, McLeansboro, IL 62859

Tel: 618-643-3416

[hamilton\\_co@uiuc.edu](mailto:hamilton_co@uiuc.edu)

Time of Year: May - October; Day of Week/Hours: Tuesday, 8 am - 12 pm.

### **Mendota Farmers Market**

700 Block of Main St., downtown Mendota, Mendota, IL 61342

Tel: 815-538-4047

[dpadams@insightbb.com](mailto:dpadams@insightbb.com)

<http://www.mendota.il.us>

Time of Year: July - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Midtown Farmers Market**

1126 Second Avenue, Rockford, IL 61104

Tel: 815-713-7720

Contact: Jeanine Miller

[jeaninepmiller@gmail.com](mailto:jeaninepmiller@gmail.com)

<http://www.rockfordcoop.org>

## Illinois guide: farmers markets



Specialty crops grown from within a 50 mile radius every Friday afternoon. 2010 season starts 22 May 2010 from 3 - 7 p.m. in the parking lot across from Nicholson Hardware in Rockford's Midtown District. Fresh food from farm to family!

### **Mokena French Market**

Front Street & Wolf Rd., Mokena, IL 60448

Tel: 630-784-0862

Contact: Leslie Cahill

[bensidoun@yahoo.com](mailto:bensidoun@yahoo.com)

<http://www.mokena.org/index.asp?NID=57>

For centuries, markets where individual vendors sell food, clothing, books and flowers have been a central feature of European life. You can now experience this Cultural Event in the Chicago Southland region. Enjoy the best of the Midwest from local vendors!

Every Saturday- beginning April 26, 2008 - October 25, 2008 from 8:00 am - 1:00 pm in the Front Street Metra Lot (Front Street & Wolf Road).

### **Monmouth Farmers Market**

West Boston Ave. & North Main Street (corner lot), Monmouth, IL 61462

Tel: 309-734-3181

Time of Year: May - October; Day of Week/Hours: Friday, 7 am - 12:30 pm.

### **Monroe County Farmers Market**

Thursday

Ace Hardware parking lot, Columbia IL, Evansville, IL 62242

Tel: 618-281-6150

Contact: Dennis Franke

Time of Year: April - October; Day of Week/Hours: Thursday, 3:00 P.M.-Dusk

### **Monroe County Farmers Market**

Saturday

Mill Street by Courthouse in Waterloo IL, Evansville, IL 62242

Tel: 618-853-4181

Time of Year: April - October; Day of Week/Hours: Saturday, 7:30 A.M.-12:00 noon

### **Monticello Main Street Farmers Market**

State and Livingston Streets, Monticello, IL 61856

Tel: 217-762-3661

[lindam@monticellopro.net](mailto:lindam@monticellopro.net)

<http://www.monticellomainstreet.org>

Time of Year: June - October; Day of Week/Hours: Thursday, 3 - 6pm.

### **Morgan Park Farmers Market**

Shiloah M.B. Church lot, 92nd & Ashland, Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

## Illinois guide: farmers markets



Time of Year: June - October; Day of Week/Hours: Wednesday, 7 am - 2 pm.

Accepts: WIC SFMP

### **Mt. Carroll Farmers Market**

West side of Courthouse on Main Street, Mt. Carroll, IL 61053

Tel: 815-244-2171

[jhutch@grics.net](mailto:jhutch@grics.net)

<http://www.mount-carroll.il.us>

Time of Year: May - October; Day of Week/Hours: Saturday, 7 am - 12 pm.

### **Mt. Morris Farmers Market**

105 S. Mckendrie Ave., Oregon, IL 61061

Tel: 815-734-4927

Time of Year: June - August; Day of Week/Hours: Wednesday, 4:30 - 7:30 pm.

### **Mt. Vernon Growers Market at Times**

22972 E. Rush, Times Square Shopping Center, Mt. Vernon Rd., Bluford, IL 62814

Time of Year: May - October; Day of Week/Hours: Tuesday & Friday, 6 am - 6 pm.

### **Murphysboro Farmers Market**

City Administration Building at 12th St., Murphysboro, IL 62966

Tel: 618-687-3732

[mainst@murphysboro.com](mailto:mainst@murphysboro.com)

Time of Year: May - October; Day of Week/Hours: Tuesday, 1 - 6:30 pm.

### **Museum of Contemporary Art/Streeterville Market**

On MCA Plaza, Chicago & Mies van der Rohe, Chicago, IL 60602 <http://www.cityofchicago.org>

Time of Year: June - October; Day of Week/Hours: Tuesday, 10 am - 6 pm.

### **Naperville Farmer's Market**

Animal Welfare Approved Listing

200 E 5th Ave., Naperville, IL 60563

Located at the Fifth Avenue Station parking lot, Jun 6 - Oct 31, on Saturday from 7 am - 12 pm. Ellis Family Farms (<http://ellisfamilyfarm.com/>) sells Animal Welfare Approved Eggs.

### **Naperville Farmers Market**

200 E. 5th Ave., 5th Avenue Station, Naperville, IL 60563

Tel: 630-369-5638

Contact: Kathy Mortensen

[fifthmail@aol.com](mailto:fifthmail@aol.com)

Open air market sponsored by local and regional farmers. Fresh fruits, vegetables, perennials, honey, baked goods, and so much more are for sale. Over 30 vendors display their goods.

The market is open every Saturday, beginning the 1st weekend of June through the last Saturday of October, rain or shine! Other unique products and services include knife sharpening and shrimp and seafood driven up from Texas.

### **Nashville Chamber of Commerce Market**

South side of Courthouse, Nashville, IL 62263 <http://www.nashvillechamber@sbcglobal.net>  
<http://www.agr.state.il.us/agrihappenings/events/index.php?com=detail&elD=84543&month=08&year=2010>

Time of Year: May - November; Day of Week/Hours: Thursday, 7:00 A.M.-12:00 noon; Mondays from 4:30-6:30.

Accepts: WIC SFMP

### **Natural Farm Stand**

3016 Route 173, Richmond, IL 60071

Tel: 815-678-7072

Contact: Gary Gauger and Sue Rekenenthaler  
[tomatos@mc.net](mailto:tomatos@mc.net)

Natural Farm Stand has been in Gary Gauger's family since 1923, and not once have pesticides or herbicides been used on the land. Gary has farmed the land since 1975, and was joined by his wife, Sue Rekenenthaler in 1997. Natural Farm Stand specializes in heirloom tomatoes, but also grows a vast array of vegetables including peppers, potatoes, beets, carrots, onions, summer and winter squash, tomatoes, lettuce, pumpkins, leeks and garlic. ..You can purchase our products directly at our farm and at the Woodstock, Crystal Lake, and Grayslake Farmers Markets. Our produce is certified naturally grown.

### **Near North Farmers Market**

Division & Dearborn Streets (1200 N-50 W), Chicago, IL 60602  
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Saturday, 7 am - 2 pm.

Accepts: WIC SFMP

### **Nettelhorst French Market**

Corner of Broadway & Melrose St., Chicago, IL 60611

Tel: 630-784-0862

<http://www.bensidounusa.com>

Time of Year: April - November; Day of Week/Hours: Saturday, 8 am - 2 pm.

### **North Center Farmers Market**

Belle Plain/Damien/Lincoln (4100N - 2000N), Chicago, IL 60602

<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Saturday, 7 am - 2 pm.



Accepts: WIC SFMP

## **North End Commons Farmers Market**

City lot at Latham and King Streets, Rockford, IL 61103  
Tel: 815-968-5555

Time of Year: May - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

## **North Halsted Farmers Market**

Faith Tabernacle Church parking lot, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Saturday, 7 am - 2 pm.

Accepts: WIC SFMP

## **North Riverside Farmers Market**

2401 DesPlaines Ave. parking lot next to fire stat, Riverside, IL 60546  
Tel: 708-369-4573

Time of Year: June - October; Day of Week/Hours: Saturday, 8 am - 1 pm.

## **Northcenter Farmers' Market**

Animal Welfare Approved Listing

North Center Town Square, 4100 N. Damen, Chicago, IL 60618

[http://www.explorechicago.org/city/en/things\\_see\\_do/event\\_landing/events/mose/north\\_center\\_farmers.html](http://www.explorechicago.org/city/en/things_see_do/event_landing/events/mose/north_center_farmers.html)

Saturdays from 7am - 1pm

Ellis Family Farms (<http://ellisfamilyfarm.com/>) sell their Animal Welfare Approved eggs.

## **Northfield Farmers Market**

Happy Road South of Winnetkaa Rd., Northfield, IL 60093

Tel: 847-441-1848

[info@northfieldchamber.org](mailto:info@northfieldchamber.org)

<http://www.northfieldchamber.org>

Time of Year: June - October; Day of Week/Hours: Saturday, 7:30 am - 12 pm.

## **Oak Lawn Farmers Market**

North Parking Lot of Village Hall, Oak Lawn, IL 60453

Tel: 708-499-7738

<http://www.oaklawn-il.gov/Left-Menu/Special-Events-%281%29/Farmers-Market.aspx>

Time of Year: June - October; Day of Week/Hours: Wednesday, 7 am - 2 pm.

## **Oak Park Farmer's Market**

Animal Welfare Approved Listing

460 Lake St, Oak Park, IL 60302

## illinois guide: farmers markets



Tel: 708-358-5780  
farmersmarket@oak-park.us  
<http://www.oak-park.us/farmersmarket>

Ellis Family Farms (<http://ellisfamilyfarm.com/>) sell Animal Welfare Approved eggs at this farmers market.

Prairie Fruits Farm & Creamery also (<http://www.prairiefruits.com>) sell Animal Welfare Approved goat cheese.

### **Oak Park Farmers Market**

SE corner of Lake & Elmwood Streets, Oak Park, IL 60302  
Tel: 708-358-5780  
farmersmarket@oak-park.us  
<http://www.oak-park.us/farmersmarket/>

Time of Year: June - October; Day of Week/Hours: Saturday, 7 am - 1 pm.

### **Old Dundee Farmers Market**

319 N. River Street, East Dundee, IL 60118  
Tel: 847-742-3432  
<http://www.dundeepot.com>

Time of Year: May - October; Day of Week/Hours: Saturday, 7 am - 2 pm.

### **Olde Schaumburg Centre Farmers Market**

190 S. Roselle Road, Town Square, Schaumburg, IL 60193  
Tel: 847-923-3855  
<http://www.villageofschaumburg.com>

Time of Year: June - October; Day of Week/Hours: 7 am - 1 pm.

### **Oregon Farmers Market**

304 S. 5th Street, Oregon, IL 61061  
Tel: 815-732-3101  
debbie@oregonpark.org

Time of Year: June - September; Day of Week/Hours: Saturday, 7:30 am - 12 pm.

### **Ottawa Area Chamber of Commerce Farmers Market**

Washington Square downtown, Ottawa, IL 61350  
Tel: 815-433-0084  
info@ottawachamberillinois.com

Time of Year: May - October; Day of Week/Hours: Saturday, 8 am - 12:30 pm.

### **Palatine Farmers' Market**

Animal Welfare Approved Listing  
Palatine Train Station, Palatine, IL 60067 <http://www.palatine.il.us/news/default.aspx?ArticleId=17>

## Illinois guide: farmers markets



Offers Animal Welfare Approved pork and eggs from Hasselmann Family Farms:  
<http://www.hasselmannfamilyfarm.com>

### **Palatine French Farmers Market**

Train Station, Wood & Smith Streets, Palatine, IL 60067 <http://www.palatine.il.us>

Time of Year: June - October; Day of Week/Hours: Saturday, 7 am - 1 pm.

### **Palos Heights Farmers Market**

Tiffany Square Shopping Center, 119th & Harlem Ave, Palos Heights, IL 60463

Tel: 708-846-8826

Contact: Donna Ondriska

[cookin4upcs@aol.com](mailto:cookin4upcs@aol.com)

Time of Year: June - October; Day of Week/Hours: Wednesday, 7 am - 1 pm.

### **Palos Park Women's Club Farmers Market**

123rd & 88th Ave., Palos Park, IL 60464

Tel: 708-448-5580

[helgaful@sbcglobal.net](mailto:helgaful@sbcglobal.net)

<http://www.palospark.org/farmersmarket.htm>

Time of Year: June - October; Day of Week/Hours: Friday, 8 am - 12:30 pm.

### **Park at Jackson & Wacker Farmers Market**

311 South Wacker St., Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Thursday, 7 am - 3 pm.

Accepts: WIC SFMP

### **Park Forest Farmers Market**

Orchard and Main Street, Park Forest, IL 60466

Tel: 708-748-1118

[dcarreras@vopf.com](mailto:dcarreras@vopf.com)

<http://www.villageofparkforest.com/index.php?src=events&srctype=profile&refno=12066&category=Downtown&PHPSESSID=2028d6>

Time of Year: May - October; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Park Ridge Farmers Market**

Prairie Ave., south of the Metra Train Station, Park Ridge, IL 60068

Tel: 847-318-5217

[http://www.parkridge.us/farmers\\_market/](http://www.parkridge.us/farmers_market/)

Time of Year: June - October; Day of Week/Hours: Saturday, 7 am - 1 pm.

### **Paxton Farmers Market**

249 North Market Street, Paxton, IL 60957 <http://www.paxtonil.com>

## illinois guide: farmers markets



Time of Year: June - October; Day of Week/Hours: Saturday, 7 am - 12 pm.

### **Pekin Downtown Farmers Market**

Capitol Street-Courthouse Square, Pekin, IL 61554

Tel: 309-353-3100

mainstreet@gric.net

<http://www.pekinmainstreet.com>

Time of Year: July - September; Day of Week/Hours: Thursday, 4:30 - 6:30 pm.

### **Peoria Metro Centre Market**

4700 N. University- Metro Mall, Peoria, IL 61614

Tel: 309-692-6690

Contact: Jason Fuller

[jason@shopmetrocentre.com](mailto:jason@shopmetrocentre.com)

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

Day of Week/Hours: Monday-Saturday, 8 am - 2 pm.

Accepts: WIC SFMP

### **Peoria Riverfront Market**

Liberty Park, Peoria Riverfront, Peoria, IL 61602

Tel: 309-671-5555

[info@peoriariverfront.com](mailto:info@peoriariverfront.com)

<http://www.peoriariverfront.com>

Time of Year: June - September; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Polo Chamber of Commerce Farmers**

101 E. Mason St., Polo, IL 61064

Tel: 815-946-2654

[polo@essex1.com](mailto:polo@essex1.com)

Time of Year: July - October; Day of Week/Hours: Thursday, 3:30 - 6 pm.

### **Pontiac Farmers Market**

Courthouse Square on Washington St., Pontiac, IL 61764

Tel: 815-844-6692

Time of Year: June - September; Day of Week/Hours: Saturday, 7 - 11 am.

### **Prairie Crossing Farmers' Market**

Prairie Crossing Farm, 1/2 mile north of Rt., Grayslake, IL 60030

Tel: 847-548-4062 x 12

Contact: Linda Wiens

[lwiens@prairiecrossing.com](mailto:lwiens@prairiecrossing.com)

<http://www.prairiecrossing.com>

## illinois guide: farmers markets



Time of Year: June - October; Day of Week/Hours: Saturday, 9:00 A.M.-1:00 P.M. Accepts: WIC

### **Printer's Row Farmers Market**

Dearborn & Polk (36W - 800S) Parking lot, Chicago, IL 60602  
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October

Accepts: WIC SFMP

### **Prudential Plaza Farmers Market**

Prudential Building Plaza, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Tuesday, 7 am - 3 pm.

Accepts: WIC SFMP

### **Quincy Historic District Farmers Market**

Washington Park, Ursa, IL 62376  
Tel: 217-964-2207

Time of Year: May - September; Day of Week/Hours: Tuesday & Saturday, 7 am - 1 pm.

Accepts: WIC SFMP

### **Rantoul Chamber of Commerce Farmers Market**

Parking lot of Country Tyme Lanes (Rt. 136 East), Rantoul, IL 61866  
Tel: 217-893-3323  
[dir@pdnt.com](mailto:dir@pdnt.com)

Time of Year: June - November; Day of Week/Hours: Friday, 7 am - 1 pm.

### **Ravinia Farmers Market**

Dean Ave. (Between St. John's & Roger Williams Ave, Highland Park, IL 60035  
Tel: 847-432-5570  
[joeytony@comcast.net](mailto:joeytony@comcast.net)

Time of Year: June - October; Day of Week/Hours: Wednesday, 7 am - 1 pm.

### **Richland County Farmers Market**

Olney City Park, Olney, IL 62450  
Tel: 618-393-3255

Time of Year: June - October; Day of Week/Hours: Tuesday & Friday, 2:30 - 6 pm.

### **Ridgeview Farm**

RR2 Box 343, Shelbyville, IL 62565

## Illinois guide: farmers markets



Tel: 309-251-7226  
Contact: John Chambers  
Ridgeview.Produce@gmail.com

Ridgeview Farm is a small family farm specializing in a wide range of vegetables, raspberries, and blueberries. We follow organic practices, but are not certified organic. We nourish the soil, so the soil can grow the healthiest, best tasting, freshest produce you can buy.

We offer a CSA with both Full- and Half-shares. In 2011, the CSA will run from the week of May 16 through the end of September. Shares may be picked up at the farm, or delivered directly to your home.

We also sell at the Shelbyville Farmers' Market, Tuesdays from 4-6pm.

### **Rochelle Farmers Market**

518 4th Ave., Oregon, IL 61061  
Tel: 815-562-4986

Time of Year: June - September; Day of Week/Hours: Thursday, 2 - 6 pm.

### **Rushville Main Street Farmers Market**

Central Park Square, Rushville, IL 62681  
Tel: 217-322-3689  
racc\_mst@frontiernet.net  
<http://www.rushville.org>

Time of Year: June - September

### **Saturday Produce Market**

One College Park, Decatur, IL 62521  
Tel: 217-875-7211 ext. 562  
Contact: David McLaughlin  
dmclaugh@richland.edu

The Saturday Produce Market is student-run and an integral part of the Richland Student Farms. The market provides area-wide consumers with fresh, locally grown foods while supporting rural and urban independent farmers. The students obtain practical experience in all aspects of operating a community-based small farm business from seed to market.

The market will run from June 5 through October 16, 2010. Operating hours are 7 am to 12 pm, rain or shine. Partiting vendors will be the Richland Student Farms, student farmers, local independent farmers, and local Amish vendors with baked goods, cheese, candy and fudge.

We will also be partiting in CSA in 2011.

### **Seaway Farmers Market**

87th Langley (8700 S.-645 W.) Seaway, National Bank, Chicago, IL 60602  
<http://www.cityofchicago.org>

Time of Year: June - September; Day of Week/Hours: Wednesday, 9 am - 2 pm.

## illinois guide: farmers markets



### **Shore Bank Farmers Market**

Shore Bank Parking lot, 70th & Jeffery, Chicago, IL 60602  
<http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Wednesday, 7 am - 2 pm.

Accepts: WIC SFMP

### **Skokie Farmers Market**

5127 Oakton Street, Skokie, IL 60077  
Tel: 847-933-8224  
[terry.oline@skokie.org](mailto:terry.oline@skokie.org)  
<http://www.skokie.org>

Time of Year: June - October; Day of Week/Hours: Sunday, 7:30 am - 12:45 pm.

Accepts: WIC

### **South Chicago Farmer's Market**

83rd & Marquette (Chief Nomo's Oasis), Chicago, IL 60602 <http://www.cityofchicago.org>

Time of Year: July - October; Day of Week/Hours: Saturday, 7 am - 2 pm.

### **Springfield Country Market**

1610 Wabash Ave, Springfield, IL 62704  
Tel: 217-793-6800  
<http://www.springfieldcountrymarket.com/>

We offer a wide selection of meats, cheeses, vegetables, fruits, frozen items, seasonal items and much more!

We sell many local products such as Opal's Candies, Ray's Chili, Coz's Pizza, Stevie's Dressing and others.

We offer wholesale prices for restaurants and bulk purchases.

### **Springfield Old Capital Farmers Market**

Adams Street, Between 3rd & 5th Sts., Springfield, IL 62701  
Tel: 217-544-1723  
<http://www.downtownspringfield.org/market.htm>

Time of Year: May - October; Day of Week/Hours: Wednesday & Saturday, 8 am - 1 pm.

Accepts: WIC SFMP

### **Stark County Farmers Market**

Downtown Wyoming, Toulon, IL 61483  
Tel: 309-286-7481  
[starkcfbmanager@agviewfs.com](mailto:starkcfbmanager@agviewfs.com)

## Illinois guide: farmers markets



Time of Year: June - October; Day of Week/Hours: Thursday, 4 - 7 pm.

### **Steeleville Farmers Market**

107 West Broadway, Steeleville, IL 62288  
Tel: 618-965-3800

Time of Year: May - October; Day of Week/Hours: Saturday, 7:30 - 11:30 am.

Accepts: WIC

### **Streator North Bloomington Street Farmers Market**

1215 N. Bloomington St., State Route 23, Streator, IL 61364  
Tel: 815-672-4181

Time of Year: April - October; Day of Week/Hours: Thursday, Friday, Saturday & Sunday, 8 am - 12 pm.

### **Streeterville Farmers Market**

Animal Welfare Approved Listing

220 East Chicago Avenue, Chicago, IL 60611

[http://www.explorechicago.org/city/en/things\\_see\\_do/event\\_landing/events/mose/museum\\_of\\_contemporary.html](http://www.explorechicago.org/city/en/things_see_do/event_landing/events/mose/museum_of_contemporary.html)

On the Museum of Contemporary Art Plaza. Tues from 7am-3pm

Ellis Family Farms (<http://ellisfamilyfarm.com/>) sell their Animal Welfare Approved eggs.

### **Sugar Grove Farmers Market**

Johnshield's Elementary South Parking Lot, Sugar Grove, IL 60554

Tel: 630-466-1014

[patdangraceffa@msn.com](mailto:patdangraceffa@msn.com)

<http://www.facebook.com/sgfarmersmarket>

Time of Year: June - September; Day of Week/Hours: Saturday, 8 am - 12 pm.

### **Taylorville Farmers' Marketplace**

Downtown Taylorville, East side of Square, Taylorville, IL 62568

Tel: 815-895-3456

[tvillemainst@consolidated.net](mailto:tvillemainst@consolidated.net)

<http://www.downtowntaylorville.com>

Time of Year: May - September; Day of Week/Hours: Saturday, 9 am - 1 pm.

### **The Land of Goshen Community Market**

Animal Welfare Approved Listing

St. Louis St and N. Main St, Edwardsville, IL 62025

Tel: 618-307-6045

[marketmaster@goshenmarket.org](mailto:marketmaster@goshenmarket.org)

<http://www.goshenmarket.org/>

Offers Animal Welfare Approved beef from Mize Farm.

### **The Meat Goat**

2709 Pueblo Dr, McHenry, IL 60051

Tel: 815-703-4222

Contact: Jeff Witte

jeff@themeatgoat.com

<http://www.themeatgoat.com>

The Meat Goat works with Otter Creek Organic Farm in Spring Green, WI to bring their products to Chicagoland through home delivery and farmers markets.

At Otter Creek, healthy soils and healthy animals are our top priority-you cannot have one without the other. The beautiful clean grasses of Otter Creek's organic fields are the pastures where 180 farmstead Holsteins graze. Our Certified Organic cheddars taste like the seasons-they are made locally with pride by the Master Cheese-maker at prize-winning Cedar Grove Cheese. We are honored that our cheeses bear the Master Mark: Wisconsin's highest appellation for cheese.

### **The Prairie Crossing Learning Farm**

The Prairie Crossing Conservation Community, 32400 N. Harris Rd, Grayslake , IL 60030

Tel: 847-548-5400

Contact: Nicole Jain Capizzi, Program and Farm Manager

infocenter@prairiecrossing.com

<http://www.prairiecrossing.com/pc/site/index.html>

The Prairie Crossing Learning Farm is a non-profit enterprise that works with students and volunteers to grow certified organic fruits and vegetables and raise a flock of 300 laying hens on a 3-acre farm. The farm works closely with two local schools to provide outdoor, experiential, farm-based education programs. They also offer field trips, farm tours, summer camp programs, and on-going volunteer opportunities. Organic eggs, honey, and seasonal produce are available for purchase at the Learning Farm.

### **Tinley Park Farmers Market**

Metra Station 173rd & Oak Park Ave., Tinley Park, IL 60477

Tel: 708-532-9260

evonstrophy@aol.com

Time of Year: June - September; Day of Week/Hours: Saturday, 7 am - 12 pm.

### **Union County Farmers Market**

330 S. Main , Union County Chamber of Commerce, Anna, IL 62906

### **Villa Park French Market**

On Park Blvd., West side of Ardmore Ave., Chicago, IL 60611

[http://www.invillapark.com/resident\\_information/community\\_programs/frenchmarket.asp](http://www.invillapark.com/resident_information/community_programs/frenchmarket.asp)

Time of Year: April - October; Day of Week/Hours: Sunday, 8:00 A.M.-1:00 P.M.

### **Village of Lake Bluff Farmers Market**

## illinois guide: farmers markets



East Center Ave. Corner of Center &, Lake Bluff, IL 60044 <http://www.lakebluff.org>

Time of Year: June - October; Day of Week/Hours: Friday, 7 am - 12 pm.

### **Village of Orland Park Farmers Market**

Village Center Complex, Orland Park, IL 60462

Tel: 708-403-6140

[pvlazny@orland-park.il.us](mailto:pvlazny@orland-park.il.us)

<http://www.orland-park.il.us/CivicAlerts.aspx?AID=328&ARC=775>

Time of Year: June - October; Day of Week/Hours: Friday, 7:30 am - 1 pm.

### **Watseka Farmers Market**

First Trust & Savings Bank parking lot, Watseka, IL 60970

Time of Year: July - October; Day of Week/Hours: Saturday, 7 am - 12 pm.

### **Wauconda Farmers Market**

West side of Main St. in front of the Village, Wauconda, IL 60084

Tel: 847-526-5580

[debra.o@waucondachamber.org](mailto:debra.o@waucondachamber.org)

<http://www.waucondachamber.org>

Time of Year: June - October; Day of Week/Hours: Thursday, 3 - 7 pm.

### **Wayne County Farmers Market**

Courthouse Square & the old Wal-Mart parking lot, Fairfield, IL 62837

Time of Year: June - September; Day of Week/Hours: Wednesday & Saturday, 7 am - 12 pm.

### **Wednesday Weekday Market**

440 meadows Rd. North, Kennedy Dr. & Blockbuster Parking lot, Bourbonnais, IL 60914

### **Wheaton Farmers Market**

SW Corner of Scott & Seminary St., Chicago, IL 60611

Tel: 630-784-0862

<http://www.bensidounusa.com>

Time of Year: June - October; Day of Week/Hours: Thursday, 8:00 A.M.-1:00 P.M.

### **Wicker Park/Bucktown Farmers Market**

Wicker Park & Damen Streets, Chicago, IL 60602 <http://www.cityofchicago.org/specialevents>

Time of Year: June - October; Day of Week/Hours: Sunday, 7 am - 2 pm.

Accepts: WIC SFMP

### **Wilmette French Market**

Metra Parking Lot-Green Bay and Central, Chicago, IL 60611

Tel: 312-575-0286



## illinois guide: farmers markets

<http://www.bensidounusa.com>

Time of Year: April - October; Day of Week/Hours: Saturday, 8 am - 1 pm.

### **Winfield Farmers Market**

Prairie Trail Center Shopping Center parking, Winfield, IL 60190

Tel: 630-682-3712

[winfieldchamber@sbcglobal.net](mailto:winfieldchamber@sbcglobal.net)

<http://www.winfieldchamber.biz>

Time of Year: June - October; Day of Week/Hours: Wednesday, 7 am - 1 pm.

### **Woodstock Farmers Market**

Woodstock Town Square, Woodstock, IL 60098

Tel: 815-338-5164

<http://www.woodstockfarmersmarket.org>

Time of Year: May - October; Day of Week/Hours: Tuesday & Saturday, 8 am - 1:30 pm.

### **Blackwing Healthy Meats**

17618 W. Edwards Road, Antioch, IL 60002

Tel: 847-838-4888

Fax: 847-838-4899

roger@blackwing.com

<http://www.blackwing.com>

Blackwing offers a wide range of all-natural and certified organic meats. The all-natural meats include ostrich, bison, elk, and venison, while the chicken and beef are certified organic. The bison, elk, ostrich, deer, and beef are raised in pastured settings while the chickens are raised in large, open-spaced shelters with access to the outdoors. None of the animals are supplemented with hormones, antibiotics, or animal by-products. Most of the animals receive a grass-based diet that is supplemented with a grain mixture of barley, organic snow peas, alfalfa, and flack seed. All Blackwing products can be purchased through their website.

### **Busy People Inc**

4401 N. Ravenswood, across from Billy's Store, Chicago, IL 60640

Tel: 847-748-2560

Fax: 954-599-4948

Contact: Jane Lane

info@busypeopleinc.com

<http://www.busypeopleinc.com>

From chefs visiting your home weekly to organic meals delivered weekly to your home, office, even your yoga studio, Busy People Inc. has a variety of different catering options. Busy People Inc. works directly with local organic farms and source their ingredients from the Chicago land's best natural food stores.

### **CE Zuercher**

Animal Welfare Approved Listing

7415 N. St. Louis Ave., Skokie, IL 60076

Tel: 847-324-0400

Fax: 847-324-0396

web@zuercher.biz

<http://www.zuercher.biz/>

Wholesale food distributor that offers Animal Welfare Approved goat cheese from Consider Bardwell Farm

([www.considerbardwellfarm.com](http://www.considerbardwellfarm.com))

### **Das Foods**

581 Bonner Road, Wauconda, IL 60035

Tel: 224-715-9289

Fax: 800-861-1336

Contact: Katie Das

katie@dasfoods.com

<http://www.dasfoods.com/index.asp>

Katie Das started Das Foods in 2006 in Chicago, IL. Katie's original vision was to introduce others to

## illinois guide: online shopping



wonderful gourmet salts that she has located all over the world. The first line of products that Das Foods introduced was a line of six gourmet cooking and finishing salts. Katie was excited to promote her new line and signed up to participate for a World of Chocolate philanthropic event in November 2006, organized by the AIDS Foundation of Chicago.

When Katie found out that she was accepted as a vendor for the event she was ecstatic. That's when she suddenly realized that as name suggests, World of Chocolate is a celebration of sweets and most of all, chocolate. Never fear: as resourceful as ever, Katie has dug up an old recipe for the caramels with Fleur De Sel French sea salt that was given to her by an inn keeper in Guerande, France. The idea behind making caramels was to showcase Fleur De Sel sea salt, which is traditionally used in caramels from Brittany. After two months of kitchen experimentation, Das Caramelini Caramels were born!

Katie presented four flavors of caramels (Classic, Chocolate and Walnut, Orange and Honey and Lemon and Honey) each small piece crowned with Fleur De Sel to the crowd and the caramels were an overnight success.

Since 2006 Katie has expanded the line to include eight unique and indulgent flavors.

All caramels use only natural and sustainable ingredients such as Midwestern cream, butter and honey all procured from small farmers. She also donates 10% of profits to AIDS Foundation of Chicago and collaborates with the Foundation on many events each year.

### **First Fruits Produce Co.**

101 N Lombard, Mahomet, IL 61853

Tel: 217-586-1333

info@firstfruitsproduce.com

<http://www.firstfruitsproduce.com/page.home>

We are sustainable farm produce growers. One of our thoughts is, if it's a vegetable and it can be grown in Illinois, then we will probably want to grow it at some point in time. Sustainable farming means that we try very hard to keep the poison out of your food and the healthy stuff in. We incorporate many organic products during the operation and growing season, leaning more heavily on the organic than the commercial side. If it is to go into your mouth, we believe that it should be clean and wholesome and of value to your body. We also offer in our store many of the organic products that we use on the farm.

### **GFC Beef**

34273 210th Ave, Pittsfield, IL 62363

Tel: 217-285-6487

info@gfcbeef.com

<http://www.gfcbeef.com>

Natural Beef for sale: We produce healthy, lean beef without compromising tenderness, natural juices, or flavor. Tender steaks and roasts with savory flavor make each meal special. Our beef is raised without the aid of hormones, steroids, or feed antibiotics. Purchase by the pound, eighth, quarter, half, whole, or custom order.



### **Glacier Beef**

20780 Carroll Road, Morrison, IL 61270

Tel: 888-207-9777

Fax: 815-772-2668

A cooperative of Illinois-based farmers, Glacier Farms produces high-quality, beyond organic, and Certified Humane beef. Glacier Farms' producers are the same family farmers whom, generations ago, would bring their cattle to the Chicago Stockyards.

Illinois Beef has a long and proud tradition, producing some of the world's finest quality beef. Glacier Beef is now the standard bearer for that tradition. Being raised locally means being fed with home grown forages and grains. And it means never encountering a beef product that isn't from around here. There is no concern about "imported" beef when purchasing Glacier Beef. In fact, you are welcome to visit these local, Illinois Glacier Beef producers, arrange a visit by calling (888) 207-9777.

The Glacier Beef process combines high-quality Illinois producers, antioxidant inclusion, superior breeding, age and source identification, exceptional management practices and just-in-time harvesting techniques. Cattle are individually tracked, measured, recorded, and entered into a database designed to expedite product and process improvements. With these features, you can order a Glacier Beef product, enter its tracking code into our website, and find complete, detailed information about how and where it was raised.

Glacier Beef also features a Residue testing program to ensure its beef products are free of detectable levels of pesticides, steroids, herbicides & antibiotics. The net result of all these efforts is tenderer, more flavorful, all-natural, value-added beef, which has earned Glacier Beef and its family farmers both brand recognition that takes them beyond Organic.

Glacier Beef's overriding goals are: first, to distance and distinguish their beef products from the overall commodity beef markets, and secondly, to establish its primary market to local consumers in the Chicago-land area. In the very near future, customers in Chicago will not only be able to order cuts and packages of beef and pork, but also prepared meals that can accommodate a range of special dietary needs.

Aside from beef, Glacier Farms also offers a prime pork product raised by small, Illinois family farmers who, like the cattle producers, observe strict standards of animal husbandry and environmental stewardship.

### **Gourmet Popcorn**

3830 N Clark Street, Chicago, IL 60613

Tel: 773-549-6622

Fax: 773-549-6164

Contact: Estelle Kenney

[william.sands@theoceanagency.com](mailto:william.sands@theoceanagency.com)

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

## Illinois guide: online shopping



Gourmet popcorn, Corporate gift baskets, and a wide selection of assorted snacks and gifts.

### **Harvest Hills Farm**

Animal Welfare Approved Listing  
4062 South Rodden Road, Hanover, IL 61041  
Tel: 815-591-3645  
dr.karen.omara@gmail.com  
<http://www.harvesthillsfarm.org>

Visit website or call for information on ordering Animal Welfare Approved full or half steers.

### **Irv & Shelly's Fresh Picks**

5625 W Howard Street, Nilas, IL 60714  
Tel: 847-410-0595  
Fax: 847-410-0596  
Contact: Shelly Herman  
shelly@freshpicks.com  
<http://www.freshpicks.com>

Irv & Shelly's Fresh Picks offers year-round home delivery in the Chicago area of local and organic produce, meat, dairy, eggs, baked goods and more. You can order online anytime to choose the specific items you want, or opt for a Fresh Picks Box that is automatically delivered to your door weekly or bi-weekly.

### **Lamb of God Farm**

7S027 Jericho Road, Big Rock, IL 60511  
Tel: 630-556-9665  
Contact: Scott and Donna Lehrer  
info@esthersplacefibers.com  
<http://www.esthersplacefibers.com/logf.html>

Scott and Donna Lehrer, together with their children Natasha (18) and Eric (15), farm thirteen acres in Big Rock, Illinois, about an hour west of Chicago. The Lehrers have been farming this land for five years. Lamb of God Farm produces specialty fruit and vegetable crops of all kinds—they are known for being unique. They'll offer 152 varieties for the 2005 season, most of them heirlooms. The Lehrers have over 160 chickens that they keep for eggs. They also produce wool and goats' milk and grow oats, field corn and hay...We sell our products at area farmers markets, through a produce subscription service, and on the farm, by appointment.

### **Mint Creek Farm**

1693 E. 3800 N. Road, Stelle, IL 60919  
Tel: 815-256-2202  
Fax: 815-256-2210  
Contact: Harry Carr  
www.hcarr@mintcreekfarm.com  
<http://www.mintcreekfarm.com>

Mint Creek Farm is located near Stelle, in east-central Illinois. Their sheep thrive on the lush green prairie pastures spring, summer, fall, and most of the winter. The lambs are never placed in feed lots, never given hormones. Raised with thoughtful care by their shepherds, Mint Creek lamb is

## Illinois guide: online shopping



mild-flavored, tender, and tasty. Grass is good for the sheep and therefore the sheep is good for you. The product is lean, tender and full of love. One can order online.

### **Moore Family Farm**

2013 N. 1950 East Road, Watseka, IL 60970  
Tel: 815-432-6238

The farm's 100 acres are comprised of 60 acres of tillable land and 40 acres of timber. Between 15-18 acres are dedicated to vegetable and fruit production, and the Moores also produce a myriad of meat and poultry products. The assortment includes grass-fed beef, lamb, and pasture-raised Tamworth pork. On the poultry side there are chickens (for both meat and eggs), turkeys, Holiday pasture-raised Bourbon Red Turkeys, and, uniquely, 100 ducks for eggs. No animals are raised in conventional confinement...We sell our produce through the Prairieland CSA of Champaign, IL; visit the website for details. Products are also available at food coops and Bacaro restaurant in Champaign, IL.

### **Natural Direct**

37-D Stonehill Road, Oswego, IL 60543  
Tel: 630-551-7878  
Contact: Scott Dickinson  
customerservice@naturaldirect.com  
<http://www.naturaldirect.com>

We serve Chicago's western suburbs by delivering the freshest local organic produce right to your door. We do home delivery of produce and meats that we pick up from our local organic growers. Quality, sustainability, and freshness is very important to us. Please visit our website [www.NaturalDirect.com](http://www.NaturalDirect.com) to see if delivery is available in your area. Feel free to email us at [customerservice@naturaldirect.com](mailto:customerservice@naturaldirect.com) or call us at 630-551-7878 with any questions.

### **Oak Grove Organics**

2645 E. Co. Rd. 1300, Carthage, IL 62321  
Tel: 217-357-1167  
Contact: Tony/ Sheila  
[oakgrove@adams.net](mailto:oakgrove@adams.net)  
<http://www.oakgroveorganics.com/>

Oak Grove Organics is a ten-year-old farm run by Tony and Sheila Huls. Situated in very west-central Illinois-in fact less than 20 miles from the Iowa border-the Huls family farms 290 acres. We raise cows for both grass-fed organic beef and for dairy. Both dairy products and beef are sold right at the dairy. You can also order by phone for delivery by mail. Ground beef is on hand nearly all the time, and other cuts are sold as available.

### **Pastoral Artisan**

Loop  
53 East Lake St, Chicago, IL 60601  
Tel: 312-658-1250  
Fax: 312-658-1251  
[Pastoral@pastoralartisan.com](mailto:Pastoral@pastoralartisan.com)

In a world of mass produced products stacked high on shelves in supermarkets, superstores and

## illinois guide: online shopping

wholesale clubs, there is still a time and place for small batch, high-quality, handcrafted products sold in an intimate environment with the most attentive and thoughtful service. Somehow artisan products like cheese, bread and wine, which hail from the land in some of the most beautiful places on Earth deserve to be showcase, cared-for and sold someplace that reflects their special roots - PASTORAL!

Daily 10:30 am - 8 pm

### **Pastoral Artisan**

Lakeview

2945 N. Broadway, Chicago, IL 60657

Tel: 773-472-4781

Fax: 773-472-4782

Pastoral@pastoralartisan.com

<http://www.pastoralartisan.com>

In a world of mass produced products stacked high on shelves in supermarkets, superstores and wholesale clubs, there is still a time and place for small batch, high-quality, handcrafted products sold in an intimate environment with the most attentive and thoughtful service. Somehow artisan products like cheese, bread and wine, which hail from the land in some of the most beautiful places on Earth deserve to be showcase, cared-for and sold someplace that reflects their special roots - PASTORAL!

Hours Tuesday-Friday 11 am- 8 pm

Saturday 11 am-7pm

Sunday 11 am - 6 pm

Closed Mondays

### **The Fresh Market**

Wilmette

3232 Lake Avenue Ste 150 , Wilmette, IL 60091

Tel: 847-251-4261

<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

Our stores convey the atmosphere of an old world European market, all under one roof, where you can visit an array of departments: our old-style butcher shop and fish market, bakery, produce and floral stands, and delicatessen. Feel free to help yourself to a sample of freshly brewed coffee while you stroll down the wide aisles of our store. The open air feel of our market presents a feast for the senses as colors and fragrant smells fill the atmosphere and classical music plays wafts through the

air. Our staff is on hand to answer all your food questions and to talk about the day's fresh offerings. You will find it refreshing to have all of your perishables available unpackaged, allowing you to select just what you want. We accept checks and most major credit cards and will cheerfully carry your groceries to your car.

### **The Fresh Market**

Peoria

2601 West Lake Avenue , Peoria, IL 61615

Tel: 309-679-2000

<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

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### **The Fresh Market**

Normal

200 N. Greenbriar Drive , Normal, IL 61761

Tel: 309-888-4192

<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

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just what you want. We accept checks and most major credit cards and will cheerfully carry your groceries to your car.

### **The Fresh Market**

Lake Forest

850 Western Ave , Lake Forest, IL 60045

Tel: 847-482-0643

<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

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### **The Fresh Market**

Kildeer

20771 N. Rand Road , Kildeer, IL 60047

Tel: 847-719-1305

<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

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### **The Fresh Market**

Geneva

718 Commons Drive , Geneva, IL 60174

Tel: 630-845-4095

<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

Our stores convey the atmosphere of an old world European market, all under one roof, where you can visit an array of departments: our old-style butcher shop and fish market, bakery, produce and floral stands, and delicatessen. Feel free to help yourself to a sample of freshly brewed coffee while you stroll down the wide aisles of our store. The open air feel of our market presents a feast for the senses as colors and fragrant smells fill the atmosphere and classical music plays wafts through the air. Our staff is on hand to answer all your food questions and to talk about the day's fresh offerings. You will find it refreshing to have all of your perishables available unpackaged, allowing you to select just what you want. We accept checks and most major credit cards and will cheerfully carry your groceries to your car.

### **The Meat Goat**

2709 Pueblo Dr, McHenry, IL 60051

Tel: 815-703-4222

Contact: Jeff Witte

[jeff@themeatgoat.com](mailto:jeff@themeatgoat.com)

<http://www.themeatgoat.com>

The Meat Goat works with Otter Creek Organic Farm in Spring Green, WI to bring their products to Chicagoland through home delivery and farmers markets.

At Otter Creek, healthy soils and healthy animals are our top priority-you cannot have one without the other. The beautiful clean grasses of Otter Creek's organic fields are the pastures where 180 farmstead Holsteins graze. Our Certified Organic cheddars taste like the seasons-they are made locally with pride by the Master Cheese-maker at prize-winning Cedar Grove Cheese. We are honored that our cheeses bear the Master Mark: Wisconsin's highest appellation for cheese.

### **Timber Creek Farms Organics**

P.O. Box 606, Yorkville, IL 60560

Tel: 630-553-1119

Fax: 815-652-7504

Contact: Rita Fru

[sales@tcfororganics.com](mailto:sales@tcfororganics.com)

<http://www.tcfororganics.net>

Home delivery serving Illinois from the northern border to Peoria, Southern Wisc, NW Indiana, west to Iowa. USDA Certified Organic produce, meats, dairy, bakery and frozen, plus access to

## illinois guide: online shopping



extensive grocery line. NO Membership Fee, NO commitments

### **Chicago Honey Co-op**

2000 W. Carroll St. # 30, Chicago, IL 60612

Tel: 773-848-2246

Contact: Michael Thompson

honeycoop@gmail.com

<http://www.chicagohoneycoop.com>

The Chicago Honey co-op does more than just produce wonderful honey. They also provide job training for the under employed and work along side the Chicago nonprofit Growing Home. They have been producing their honey for the last three years at their North Lawndale neighborhood location.

The co-op brings its natural honey to various markets around the city including, The Chicago Green City Market, Oak Park Farmers Market, and the Logan Square Market.

### **Duck Soup Co-op**

129 East Hillcrest, Dekalb, IL 60115

Tel: 815-756-7044

ducksoupcoop@tbc.net

<http://www.ducksoupcoop.com>

Incorporated in 1974 as a not-for-profit entity, Duck Soup was originally a member only, pre-order buying club. As the Coop grew, we were able to operate as a storefront outlet where purchases could be made from stock inventory. In 1990, the membership voted to open the store to the public as well as members.

### **FamilyFarmed.org**

7115 W. North Ave, #504, Oak Park, IL 60302

Tel: 708-763-9920

Fax: 708-763-9925

Contact: Jim Slama

jimslama@sustainusa.org

<http://www.familyfarmed.org/>

FamilyFarmed.org supports the growth of a regional food system in the Midwest by establishing markets for many organic and sustainable family farms in Illinois, Indiana, Iowa, Michigan, Minnesota, Wisconsin, and beyond. FamilyFarmed.org is a website, food label, and EXPO that supports Midwestern organic farmers by connecting them with consumers and commercial buyers. It supports sustainable economic development, builds community, and contributes to a healthy environment by encouraging people to buy food from local producers.

### **Fraiche Kitchen**

Chicago, IL

Tel: 312-618-8500

Fax: 312-284-5373

Contact: Dennis Ryan & Megan Munitz

cooking@fraichekitchen.com

<http://www.fraichekitchen.com>

Fraiche Kitchen is a new concept in sustainability and culinary education. Created by Dennis Ryan and Megan Munitz, a dynamic culinary duo of a crusading farmers' market expert and a gourmet chef, Fraiche Kitchen works to increase awareness and access to local, seasonal, sustainable food by making it fun, simple, and delicious.

Through cooking lessons in your home, seminars at work, and workshops at school, Fraiche Kitchen is committed to spreading the word about sustainability. Fun, dynamic, and interactive, they get you excited about healthy eating and living sustainably. Encouraging good eating practices and empowering you with the knowledge and enthusiasm to make delicious healthy food choices, Fraiche Kitchen teaches you the lingo, how to shop, and how to have fun cooking! Through their non-profit, Fresh Connections, they work to educate all of Chicagoland about the value and importance of sustainability. Join Fraiche Kitchen in having fun, eating well, and making a difference!

### **Garfield Farm Museum**

PO Box 403, LaFox , IL 60147

Tel: 630-584-8485

info@garfieldfarm.org

<http://www.garfieldfarm.org/>

The Garfield Farm Museum and Inn, listed in the National Register of Historic Sites, is a 281-acre farmstead 40 miles west of Chicago and 5 miles west of Geneva, Illinois. Offering farm tours, seminars, school group programs, and internships, the museum promotes America 's prairie farm heritage with rare breed livestock shows, heirloom garden products and seeds, and collections of antique farm tools. View their Calendar of Events website for other educational, family, and entertainment events.

### **Geneva Green Market**

75 North River Lane, Geneva, IL 60134

Tel: 630-208-9321

Fax: 630-208-9321

Contact: Karen C Stark

karcryo@mac.com

<http://www.genevagreenmarket.org>

Every Thursday from June 4 through October 26, 2009 from 7 a.m. to 1 p.m., locally grown, minimally processed produce and products will be available from the Geneva Green Market to chefs, foodies and everyday people.

### **Gourmet Gorilla Inc.**

Local and Organic Food For Kids

1629 North Halsted , Chicago, IL 60614

Tel: 877-219-3663

Fax: 866-226-8460

Contact: Jason Weedon

info@gorillakids.com

<http://www.gourmetgorillainc.com>

Not Just Another School Lunch.

Gourmet Gorilla provides hot meals, bagged lunches and snacks in schools, camps and retail

## illinois guide: organizations

settings. Our meals are prepared daily using the finest local and organic ingredients and tried and tested kid friendly recipes that meet and exceed USDA, Illinois Board of Education and Chicago Board of Education Guidelines. We obtain all of our produce from certified organic purveyors, our meats are free range, grass fed and all natural, and they have not been subjected to artificial growth hormones and antibiotics, or artificial preservatives. We observe a strict Non GMO policy, and are a peanut-free facility.

### **Growing Home**

1325 S. Wabash Avenue Suite 205 , Chicago, IL 60605

Tel: 312-435-8601

Fax: 312-435-0198

Contact: Larry O'Toole and Harry Rhodes

hrhodes@growinghomeinc.org, lotoole@growinghomeinc

<http://www.growinghomeinc.org>

Growing Home operates an innovative transitional employment program based in Chicago for homeless and low-income people. Their three farm sites—two on Chicago's south side and one outside the city in Marseilles, IL—act as literal and figurative classrooms as program participants learn job- and life-skills as well as gain valuable hands-on experience with organic agriculture. So if you are looking to volunteer on a farm and work towards social reform contact Growing Home.

### **Growing Power**

1741 N. Western Ave, Chicago, IL 60647

Tel: 773-486-6005

Contact: Erika Allen

chicagomarketbaskets@growingpower.org

<http://www.growingpower.org>

Our mission: Growing Power is a national nonprofit organization and land trust supporting people from diverse backgrounds, and the environments in which they live, by helping to provide equal access to healthy, high-quality, safe and affordable food for people in all communities.

Growing Power implements this mission by providing hands-on training, on-the-ground demonstration, outreach and technical assistance through the development of Community Food Systems that help people grow, process, market and distribute food in a sustainable manner.

Growing Power's Chicago office officially opened in February of 2002 to manage resource development and the technical assistance needed to assist emerging Community Food Centers and urban and small farm projects in the metropolitan Chicago area. Notable projects include the following: Grant Park Urban Agriculture Potager; Fourth Presbyterian's Chicago Avenue Community Garden at Cabrini-Green; The Jackson Park Community Garden and Education Center; the Farm-City Market Basket Program, which is distributed at Chicago area sites; the Chicago Food Policy Advisory Council, which represents over 175 diverse stakeholders who are creating food policy advocacy for city, state and federal policy makers and sales of our produce at farmers' market participation and Chicago's Green City Market and El Conuco in Humboldt Park.

### **Healthy Dining Chicago**

## Illinois guide: organizations



934 West Fry St #2E, Chicago, IL 60622  
Tel: 312-666-9979  
Contact: Laura Bruzas  
HealthyDining@aol.com  
<http://www.HealthyDining.org>

Healthy Dining Chicago (HDC) is an all-volunteer-produced community newsletter launched in 2003 to get the message out about the benefits of conscious eating. Each issue is chock-full of bite-size, easy-to-digest articles, shopping tips, product reviews, healthy dining suggestions, quick recipes, local resources and more.

### **Illinois Stewardship Alliance**

P.O. Box 648, Rochester, IL 62563  
Tel: 217-498-9707  
Fax: 217-498-9235

[isa@illinoisstewardshipalliance.org](mailto:isa@illinoisstewardshipalliance.org)

<http://translate.google.com/translate?hl=en&sl=ja&u=www.illinoisstewardshipalliance.org/&ei=tn4WTPXDMYO88gaqyPiZCg&sa=X&oi=translate&ct=result&resnum=1&ved=0CBYQ7gEwAA&prev=/search%3Fq%3Dillino>

Illinois Stewardship Alliance (ISA) is a statewide grassroots organization headquartered in Rochester, Illinois that promotes a safe & nutritious food system, family farming, and healthy communities by advocating diverse, humane, socially just, ecologically sustainable production & marketing practices.

Organized originally as the Illinois South Project in 1974, ISA has been committed to preserving the rural communities of Illinois by organizing family farmers, consumers, policy makers and environmental leaders in support of sustainable agriculture & family farms.

These goals are accomplished through:

- Educating the public on the importance of local food system through the Healthy Food/Healthy Community initiative•
- Bringing together representatives from urban and rural interests to advocate for fair prices and locally-grown, healthy food throughout Illinois•
- Holding factory livestock operations accountable for impacts to neighbors and natural resources, and to the local economy•
- Developing changes in policies to regulate the industrial agricultural industry and minimize the detriment to the environment•
- Promoting research and systems that benefit family farms, not corporate farms•
- Assisting grassroots groups in strategy development, organizing responses around key actions, and working through the bureaucratic process•
- Organizing over 2,400 Illinois hog farmers in the successful national effort to defeat the pork check off•
- Partnering statewide, regionally and nationally with like-minded organizations to promote preservation of the independent family farm, promote sustainable agriculture practices in state and

## Illinois guide: organizations



federal farm policy and raising public awareness of the impacts of factory farming on rural economics, rural lifestyles, and on land, air and the water resources. •

### **Midwest Organic Farmers Cooperative**

100 A S. Lafayette Street, Newton, IL 62778

Tel: 618-783-4601

Contact: Bonnie Wagner

mofc20@msn.com

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

The Midwest Organic Farmers Cooperative is farmer-owned, 86 members strong and growing. Their mission is to help producers get the best prices available for the certified organic grains, soybeans and forages they grow.

### **Organic School Project**

1103 W. Grand Ave., Chicago, IL 60622

Tel: 312-275-6800

Contact: Joesphine Lauer

josephine@organicschoolproject.org

<http://www.organicschoolproject.org/>

Organic School Project (OSP) provides school age children with a mindful foundation for a healthy lifestyle through wellness programming initiatives, expressed through a three-part mission: Grow: OSP reconnects our children to their food source through school and community organic gardens. Teach: OSP teaches our children nutrition, mindfulness, and environmental stewardship through an integrated curriculum and wellness workshops.

Feed: OSP feeds our children More Positive Foods through the school food service system. OSP meals are made-from-scratch, organic, natural and sourced locally when seasonally available.

### **Pembroke Farmers Cooperative**

P.O. Box 582, Hopkins Park, IL 60944

The Pembroke Farmers Cooperative was created in 1999 by a small group of farmers, the Illinois Cooperative Extension Service, USDA, and several other entities. The only co-op in Kankakee County, Pembroke's thirty or so farmers produce mostly specialty crops and pasture-raised poultry. Farmer members are largely African-American, all use chemical-free growing methods, and some are certified organic... Today, Pembroke Farmers Cooperative sells their wares at numerous farmers' markets, health food stores, and restaurants.

### **Purple Asparagus**

1824 W. Newport Ave., Chicago, IL 60657

Tel: 773-991-1920

Fax: 773-755-6045

Contact: Melissa Graham

info@purpleasparagus.com

<http://www.purpleasparagus.com>

Purple Asparagus is a non-profit organization dedicated to bringing families back to the table by

## Illinois guide: organizations

promoting and enjoying all the things associated with good eating.

By sharing food, we strengthen family and community ties, support local farmers and producers, gain respect for the earth and for the diversity of cultures all over it, and pass important traditions on to the next generation.

We seek to be a primary resource in our community for food-related activities, education and fun for families of all kinds.

### **Saturday Produce Market**

One College Park, Decatur, IL 62521

Tel: 217-875-7211 ext. 562

Contact: David McLaughlin

dmclaugh@richland.edu

The Saturday Produce Market is student-run and an integral part of the Richland Student Farms. The market provides area-wide consumers with fresh, locally grown foods while supporting rural and urban independent farmers. The students obtain practical experience in all aspects of operating a community-based small farm business from seed to market.

The market will run from June 5 through October 16, 2010. Operating hours are 7 am to 12 pm, rain or shine. Partiting vendors will be the Richland Student Farms, student farmers, local independent farmers, and local Amish vendors with baked goods, cheese, candy and fudge.

We will also be partiting in CSA in 2011.

### **Slow Food**

City's Edge (Chicago suburbs)

Chicago , IL 60175 countrygardencook@sbcglobal.net

<http://www.slowfoodusa.com>

Slow Food USA is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America through programs and activities dedicated to Taste Education, Defending Biodiversity and Building Food Communities. Slow Food USA believes that pleasure and quality in everyday life can be achieved by slowing down, respecting the convivial traditions of the table and celebrating the diversity of the earth's bounty. From the spice of Cajun cooking to the delicious simplicity of produce at a farmers' market; from animal breeds and heirloom varieties of fruits and vegetables to handcrafted wine and beer, farmhouse cheeses and other artisanal products; these foods are a part of our cultural identity. They reflect generations of commitment to the land and devotion to the processes that yield the greatest achievements in taste.

These foods, and the communities that produce and depend on them, are constantly at risk of succumbing to the effects of the fast life, which manifests itself through the industrialization and standardization of our food supply and degradation of our farmland. By reviving the pleasures of the table, and using our taste buds as our guides, Slow Food USA believes that our food heritage can be saved. Our goal is to put the carriers of this heritage on center stage and educate our membership about the importance of these principles. We hope you will join us.

Slow Food USA oversees Slow Food activities in North America, including the support and promotion of the activities of more than 170 chapters that carry out the Slow Food mission on a local

level. Each chapter offers educational events and public outreach that promote taste education, that advocate sustainability and biodiversity and that connect producers and "co-producers."

### **Slow Food**

Chicago

Chicago, IL 60558 [info@slowfoodchicago.org](mailto:info@slowfoodchicago.org)

<http://www.slowfoodchicago.org>

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### **Slow Food**

Goose Creek

Goose Creek, IL [info@slowfoodusa.org](mailto:info@slowfoodusa.org)

<http://www.slowfoodusa.com>

Slow Food USA is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America through programs and activities dedicated to Taste Education, Defending Biodiversity and Building Food Communities. Slow Food USA believes that pleasure and quality in everyday life can be achieved by slowing down, respecting the convivial traditions of the table and celebrating the diversity of the earth's bounty. From the spice of Cajun cooking to the delicious simplicity of produce at a farmers' market; from animal breeds and heirloom varieties of fruits and vegetables to handcrafted wine and beer, farmhouse cheeses and other artisanal products; these foods are a part of our cultural identity. They reflect generations of commitment to the land and devotion to the processes that yield the greatest achievements in taste.

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### **Slow Food**

Springfield

Springfield, IL 62561 [dglosser@insightbb.com](mailto:dglosser@insightbb.com)

<http://www.slowfoodusa.com>

Slow Food USA is a non-profit educational organization dedicated to supporting and celebrating the food traditions of North America through programs and activities dedicated to Taste Education, Defending Biodiversity and Building Food Communities. Slow Food USA believes that pleasure and quality in everyday life can be achieved by slowing down, respecting the convivial traditions of the table and celebrating the diversity of the earth's bounty. From the spice of Cajun cooking to the delicious simplicity of produce at a farmers' market; from animal breeds and heirloom varieties of fruits and vegetables to handcrafted wine and beer, farmhouse cheeses and other artisanal products; these foods are a part of our cultural identity. They reflect generations of commitment to the land and devotion to the processes that yield the greatest achievements in taste.

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### **The Land Connection**

1227 Dodge Ave., Suite 200, Evanston, IL 60202

Tel: 847-570-0701

Fax: 847-570-0711

Contact: Linda Kruhmin

[info@thelandconnection.org](mailto:info@thelandconnection.org)

<http://www.thelandconnection.org/>

The Land Connection Foundation (TLC) is a grassroots, central-Illinois-based, 501(c)3 educational non-profit organization. TLC has a broad mission -- "from the soil to the supper table" -- that involves saving farmland at risk of loss to sprawl; training new and transitioning farmers\*; and linking the growers and eaters of local sustainably raised foods (see <http://www.illinoisfarmdirect.org>). TLC's goal is to cultivate a sustainable food system by cultivating healthy farms, healthy food, and healthy communities.

## Illinois guide: organizations

Terra Brockman, executive director of The Land Connection, grew up in central Illinois, then lit out for the bright lights of big cities, working in Japan for five years, and New York City for eight. She returned to her family's farm in 2001 and was part of the grassroots group that founded The Land Connection. Terra knows that Illinois has some of the best farmers and farmland in the world. Although local food infrastructure must be rebuilt, and farmer and consumer awareness raised, she and The Land Connection are revitalizing the local food system by helping farmers raise delicious, healthy food in a way that is good for the air, water, soil, and all living things.

\* Farmers, supporters, and staff from The Land Connection will jointly administer the Central Illinois Farm Beginnings Program with Deborah Cavanaugh-Grant and Leslie Cooperband of the University of Illinois. The co-administrators of the program serve under the guidance and pleasure of the Central Illinois Farm Beginnings program Steering Committee and its member farmers.

### **The Prairie Crossing Learning Farm**

The Prairie Crossing Conservation Community, 32400 N. Harris Rd, Grayslake , IL 60030

Tel: 847-548-5400

Contact: Nicole Jain Capizzi, Program and Farm Manager

[infocenter@prairiecrossing.com](mailto:infocenter@prairiecrossing.com)

<http://www.prairiecrossing.com/pc/site/index.html>

The Prairie Crossing Learning Farm is a non-profit enterprise that works with students and volunteers to grow certified organic fruits and vegetables and raise a flock of 300 laying hens on a 3-acre farm. The farm works closely with two local schools to provide outdoor, experiential, farm-based education programs. They also offer field trips, farm tours, summer camp programs, and on-going volunteer opportunities. Organic eggs, honey, and seasonal produce are available for purchase at the Learning Farm.

### **Whole Foods**

South Loop

1101 S. Canal St, Suite 107, Chicago, IL 60607

Tel: 312-435-4600

<http://www.wholefoodsmarket.com/stores/southloop/>

## illinois guide: personal chefs



### **Amanda Skrip - Natural Foods Chef + Wellness Coach**

2956 N Lincoln Ave., Chicago, IL 60657

Tel: 312-823-5751

Contact: Amanda

amanda.skrip@gmail.com

<http://www.amandaskrip.com>

Amanda works with clients to transform their relationship with food and health. Her chef services focus on local, seasonal, and organic products.

### **Artfully Delicious**

1523 N Campbell Ave, Chicago, IL 60622

Tel: 773-426-4413

Contact: Chris or Melissa

melissa@artfullydelicious.com

<http://www.artfullydelicious.com>

Coming from a background in visual art, I view food on many levels. Immaculate and precise presentation intertwine with a taste conjured from a knowledge of ingredients and knowing all the rules of culinary art well enough to break them time and time again.

Classically trained in French technique, I enjoy creating and drawing from every culture. I also specialize in vegan and vegetarian dietary needs while also working within frames ranging from the traditional to the most odd of fusion. Every dish can be tailor made to fit your taste down to the last spice.

I love cooking and it's my passion. If you find yourself at a loss of time to prepare fresh, homecooked meals for yourself or your family, allow me to take the reins of your stove and dazzle you time and time again!

### **City Provisions Deli and Catering**

1826 West Wilson Street, Chicago, IL 60640

Tel: 773-293-2489

Fax: 773-293-2481

Contact: Cleetus Friedman

info@cityprovisions.com

<http://www.cityprovisions.com>

Their mission is to serve and to get involved with the community, raising the standard for service, food quality and overall event experience-from planning and attending to completion and follow up. They are committed to providing creative recipes using local, sustainable and organic foods. The goal of their supper clubs and farm dinners are to enlighten, educate and entertain. From their process to connecting their Clients with the origin of their food sources, the City Provisions Supper Club is a monthly event focusing on seasonality, celebrating the fruits of the season

### **Fraiche Kitchen**

Chicago, IL

Tel: 312-618-8500

Fax: 312-284-5373

## illinois guide: personal chefs



Contact: Dennis Ryan & Megan Munitz  
cooking@fraichekitchen.com  
<http://www.fraichekitchen.com>

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### **Gourmet Gorilla Inc.**

Local and Organic Food For Kids  
1629 North Halsted , Chicago, IL 60614  
Tel: 877-219-3663  
Fax: 866-226-8460  
Contact: Jason Weedon  
info@gorillakids.com  
<http://www.gourmetgorillainc.com>

Not Just Another School Lunch.

Gourmet Gorilla provides hot meals, bagged lunches and snacks in schools, camps and retail settings. Our meals are prepared daily using the finest local and organic ingredients and tried and tested kid friendly recipes that meet and exceed USDA, Illinois Board of Education and Chicago Board of Education Guidelines. We obtain all of our produce from certified organic purveyors, our meats are free range, grass fed and all natural, and they have not been subjected to artificial growth hormones and antibiotics, or artificial preservatives. We observe a strict Non GMO policy, and are a peanut-free facility.

### **Harvest Moon Farms**

Chicago, IL  
Tel: 773-472-7950  
Contact: Jennifer Borchardt  
info@harvestmoon-farms.com  
<http://www.harvestmoon-farms.com>

Harvest Moon is a 20-acre certified organic farm in west central Wisconsin's Driftless region on the South fork of the Bad Axe River. The land is incredibly fertile and high in natural organic matter which means the tastiest, most nutritious food grows here. For the 2009 season we are introducing the newly formed Harvest Moon Farms Producers Guild. Our guild is comprised of 6 area farms growing Certified Organic and Certified Naturally Grown produce. Creating the Guild will help us better serve our clients and CSA shareholders by offering larger quantities and more varieties. It

## illinois guide: personal chefs



also serves the farms by allowing us to share resources and collaborate on transportation and distribution, which, in turn, reduces our collective carbon footprint. We offer a full and half share weekly CSA program, retail and restaurant sales, urban vegetable gardening consulting and design services, and customized growing programs for chefs and food service professionals.

### **GFC Beef**

34273 210th Ave, Pittsfield, IL 62363

Tel: 217-285-6487

info@gfcbeef.com

<http://www.gfcbeef.com>

Natural Beef for sale: We produce healthy, lean beef without compromising tenderness, natural juices, or flavor. Tender steaks and roasts with savory flavor make each meal special. Our beef is raised without the aid of hormones, steroids, or feed antibiotics. Purchase by the pound, eighth, quarter, half, whole, or custom order.

### **Sangamon Valley Cattle Company**

5128 Stagecoach Road, Pleasant Plains, IL 62677

Tel: 217-487-7664

info@svgrassfedbeef.com

<http://www.svgrassfedbeef.com>

You'll find the best locally produced farm-direct meats at Sangamon Valley Cattle Co. Meats raised naturally on our family farm just minutes West of Springfield, IL.

Our cattle and lambs are selected to prosper on high quality grass, fresh air and sunshine without the need for artificial growth hormones, antibiotics or chemical additives.

Pasture finishing by rotational grazing on lush grass-legume fields produces superior quality meats naturally high in flavor, omega-3 fatty acids, CLA and vitamin E.

Pasture raised meats are healthier, more flavorful and nutritious. We take pride in producing healthy foods from healthy animals the old-fashioned way.

### **Karyn's on Green**

130 South Green Street, Chicago, IL 60607  
Tel: 312-226-6155  
Fax: 312-226-6156  
Contact: Karyn Calabrese  
greeninfo@karynraw.com  
<http://www.karynsongreen.com/default.htm>

Contemporary. Stylish. Vegan. With delicious food and a vibrant bar scene, Karyn's on Green is making vegan sexy in the midst of Chicago's traditional Greektown neighborhood. Serving lunch, dinner and drinks seven days a week in an atmosphere so chic you'll forget it's good for you... and the planet.

### **312 Chicago**

136 North LaSalle Street, Chicago, IL 60602  
Tel: 312-696-2420  
Fax: 312-236-0153  
Contact: Chef Dean Zanella  
dean.zanella@312chicago.com  
<http://www.312chicago.com/>

Alive with robust flavor and convivial spirit, 312 Chicago stands out as one of the city's favorite restaurants. Our ideal Chicago Loop location, inviting atmosphere and authentic Italian cuisine come together for memorable meals in the heart of the city. Adjacent to Hotel Allegro Chicago and Encore Liquid Lounge, 312 Chicago bustles with vibrancy and showcases the innovative and classic creations of Italian-born Chef Luca Corazzina. From flavorful bar bites to full Italian feasts, satisfy your senses at our awarded restaurant.

### **Amitabul**

6207 N. Milwaukee Ave., Chicago, IL 60646  
Tel: 773-774-0276  
<http://www.amitabulvegan.com/>

Only the finest freshest vegetables, coming fresh from the farmer's market, find their way into our kitchen. Once there, they are cooked to bring out the true flavors of authentic Buddhist Healing Vegan Cuisine.

Our menu offers a wide selection of dishes using both traditional and modern recipes that appeal to all tastes. Diners' entrees are made vegetarian-style

So welcome to our kitchen!

### **Aria**

200 North Columbus Dr, Chicago, IL 60601  
Tel: 312-444-9494  
<http://www.ariachicago.com/>

A New World Asian Experience.

Fed a macrobiotic diet as a kid, chef Noah Bekofsky grew up as the son of hippies in the Pacific Northwest. While he now serves (and eats) meat, his respect for sustainable, locally farmed organic produce never waned.

His upscale versions of international comfort food, like shrimp and chicken pad thai and lobster spring rolls, are stuffed with the wares of Green City Market farmers. Bekofsky also runs a regular "shop with the chef" tour at Green City, where he teaches regular folks how to pick out and cook the incredible produce available.

### **Bacaro**

113 N. Walnut St., Champaign, IL 61820  
Tel: 217-398-6982  
Fax: 217-353-7444  
Contact: Thad Morrow  
bacaro@thadmorrow.com  
<http://www.bacarowinelounge.com/>

Italian restaurant that uses eggs and meat from pasture grazed animals and poultry, the finest and freshest ingredients to be found, and a care for healthful eating in exquisite dishes.

### **Bistro Campagne**

4518 N Lincoln Ave, Chicago, IL 60625  
Tel: 773-271-6100  
Fax: 773-271-7322  
Contact: Michael Altenberg  
manager@bistrocampagne.com  
<http://www.bistrocampagne.com>

Bistro Campagne is a warm and friendly neighborhood restaurant in the tradition of a true French bistro. Opened in summer of 2002 by Chef Michael Altenberg, Bistro Campagne immediately became a favorite of the Lincoln Square residents as well as diners from all over the city & suburbs.

Chef Altenberg offers a seasonally changing menu of classic bistro fare that is based on the best ingredients he can find. His commitment to organic agriculture leads him to seek products from local organic farmers throughout our midwestern growing season, and even from organic farms on the west coast throughout winter.

"Campagne" means "countryside", and so our name symbolizes our deep connection to the land that yields our food. Our statement of purpose is expressed on our menu and in all that we do:

Bistro Campagne is committed to the use of organic food products and strongly supports the sustainable, low impact agriculture movement.

### **Blackbird**

619 West Randolph Street, Chicago, IL 60606  
Tel: 312-715-0708

Contact: Donnie Madia  
info@blackbirdrestaurant.com  
<http://www.blackbirdrestaurant.com>

Blackbird features seasonal American cuisine with French influences. The menu changes seasonally, and the restaurant works with two local organic produce co-ops to ensure their ingredients are as fresh and natural as possible. The menu features naturally raised meat and poultry, as well as organic free-range eggs and an artisanal cheese selection.

The culinary offerings of Chef Paul Kahan are right at home in the austere, yet serene, restaurant. The James Beard Best Chef of the Midwest in 2004, Chef Kahan's cooking is rooted in both French and American classics. Deconstructing the elements of a classical dish or food pairing, Paul builds something completely new and refreshing to consider and enjoy. As aesthetically pleasing as the space itself, the cuisine features contrasting flavors and the vibrant tastes of fresh seasonal ingredients from local farms.

Blackbird serves lunch Monday through Friday from 11:30 a.m. to 2 p.m. and dinner Monday through Thursday from 5:30 to 10:30 p.m.; Friday and Saturday from 5:30 to 11:30 p.m.

### **Blackbird**

Animal Welfare Approved Listing  
619 W. Randolph Street, Chicago, IL 60606  
Tel: 312-715-0708  
info@blackbirdrestaurant.com  
<http://www.blackbirdrestaurant.com>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery (<http://www.prairiefruits.com>).

### **Blind Faith Cafe**

535 Dempster Street, Evanston, IL 60201  
Tel: 847-328-6875  
Contact: David Lipschutz  
bfcafe@sbcglobal.net  
<http://www.blindfaithcafe.com>

Blind Faith Cafe is a vegetarian cafe and bakery offering many delicious and creative options for breakfast, lunch and dinner. Several vegan options are available. Smoothies are made fresh to order and delicious breads, cookies, cakes and pastries are available in the bakery.

### **Borrowed Earth Cafe**

970 Warren Avenue, Downers Grove, IL 60515  
Tel: 630-795-1729  
borrowedearthcafe@gmail.com  
<http://www.borrowedearthcafe.com/>

Borrowed Earth Cafe offers delicious raw vegan food, smoothies, juices, and a tempting array of desserts.

Come in to eat and enjoy our unique, environmentally friendly atmosphere--multi-colored bamboo floor, no VOC paint, waterfall, hip music, and interesting art. It's like the food channel, we have an open kitchen so you can watch your food being made as well as two overhead tv monitors that let you see the chefs in action.

All food is made-to-order, but is also available for carry out or in weekly or monthly food boxes.

### **Browntrout**

4111 N. Lincoln Ave., Chicago, IL 60618

Tel: 773-472-4111

info@browntroutchicago.com

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

Browntrout is a comfortable, casual fine-dining experience. We can seat 70 people in our dining room comfortably. We have a large central communal table for large groups.

We now have a full Beer and Wine list. We will always welcome BYOB with a \$20 cork fee (no corkage fee for bottle vintages older than 10 years). Classic Cocktails coming soon.

We grow all our own herbs in our rooftop garden and we use sustainably farmed and/or organic products whenever possible. All our seafood comes from natural waters or sustainable farms. Our meats are all grass-fed free range animals.

### **Buckingham Branch Farm**

16617 Covington Road, Okawville, IL 62271

Tel: 618-967-9966

Contact: Janice Gaubatz

janice.gaubatz@netwitz.net

Eggs - year-round

Various produce in the growing season

### **Burrito Beach - Illinois Center**

Animal Welfare Approved Listing

233 N. Michigan Ave., Chicago, IL 60601

Tel: 312-861-1986

Fax: 312-861-3825

gs@burritobeach.com

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

Serves Animal Welfare Approved beef from American Grassfed Beef. For more information please visit [www.americangrassfedbeef.com](http://www.americangrassfedbeef.com)

### **Burrito Beach - LaSalle**

Animal Welfare Approved Listing

19 S. LaSalle, Chicago, IL 60603

Tel: 312-861-1986

Fax: 312-861-3825  
gs@burritobeach.com  
<http://www.burritobeach.com/>

Serves Animal Welfare Approved beef from American Grassfed Beef. For more information please visit [www.americangrassfedbeef.com](http://www.americangrassfedbeef.com)

### **Burrito Beach - O'Hare International Airport**

Animal Welfare Approved Listing  
5600 N. Mannheim Rd, Terminal 3-H/ K Apex Food Court, Chicago, IL 60666  
Tel: 773-462-0190  
Fax: 773-462-0195  
gs@burritobeach.com  
<http://www.burritobeach.com/>

Serves Animal Welfare Approved beef from American Grassfed Beef. For more information please visit [www.americangrassfedbeef.com](http://www.americangrassfedbeef.com)

### **Burrito Beach - Ogivly Train Station**

Animal Welfare Approved Listing  
500 W. Madison, Chicago, IL 60661  
Tel: 312-446-1828  
Fax: 312-446-1829  
gs@burritobeach.com  
<http://www.burritobeach.com/>

Serves Animal Welfare Approved beef from American Grassfed Beef. For more information please visit [www.americangrassfedbeef.com](http://www.americangrassfedbeef.com)

### **Burrito Beach - Streeterville**

Animal Welfare Approved Listing  
200 E. Ohio, Chicago, IL 60611  
Tel: 312-335-0668  
Fax: 312-335-1815  
gs@burritobeach.com  
<http://www.burritobeach.com/>

Serves Animal Welfare Approved beef from American Grassfed Beef. For more information please visit [www.americangrassfedbeef.com](http://www.americangrassfedbeef.com)

### **Burrito Beach - Union Station**

Animal Welfare Approved Listing  
210 S. Canal, Chicago, IL 60606  
Tel: 312-575-9749  
Fax: 312-575-9750  
gs@burritobeach.com  
<http://www.burritobeach.com/>

Serves Animal Welfare Approved beef from American Grassfed Beef. For more information please visit [www.americangrassfedbeef.com](http://www.americangrassfedbeef.com)

### **Buzz Cafe**

905 S. Lombard Avenue, Oak Park, IL 60304

Tel: 708-524-2899

[thebuzz@thebuzzcafe.com](mailto:thebuzz@thebuzzcafe.com)

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

Buzz Cafe opened in August 1998. We are conveniently located in Oak Park, within the Harrison Street Arts District. In addition we are located next to the CTA Blue Line (Austin/Lombard stop) and Austin exit of the Eisenhower Expressway. Buzz Cafe is a landmark business that incorporates music, art, food and great coffee. We embrace grassroots community activities, and participate in many local events. The Maychruk family owns and operates the business, and quite often you will catch the owners, Laura and Andrew or their daughters Lydia and Irene dashing from one end to the other. We offer a diverse menu, serving breakfast, lunch and dinner, including an extensive selection of organic foods, daily specials, desserts as well as our special Tuesday evening œFamily Dinner Night•. We enjoy serving the Oak Park community, so please come by and savor our coffee and grab a bite to eat.

We are expanding our menu with more and more pasture-raised meats including beef, pork and eggs from a local farm. Check our specials menu for organically grown produce coming soon.

### **Campagnola**

815 Chicago Avenue, Evanston, IL 60202

Tel: 847-475-6100

Fax: 847-475-3950

Contact: Steven Schwartz or Michael Altenberg

[bistrocampagne1@sbcglobal.net](mailto:bistrocampagne1@sbcglobal.net)

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

At Campagnola, Chef Michael Altenberg is devoted to using all-natural and organic meats in his "country-style" Italian cooking. His menu is peppered with mouth-watering entrees like wood-grilled Muscovy duck with organic vegetables and leg of lamb with braised baby artichokes and green lentils.

Altenberg's commitment to serving fresh, regional products accounts for his use of certified organic pork, chicken and duck from local farmers, all-natural lamb, and organic beef. Sometimes, the menu features all-natural, pasture-raised wild boar. Altenberg, who opened the restaurant with owner Steven Schwartz in 1996, has given courses in organic cooking to residents in the past, and his curriculum vitae includes stints at Avanzare, Cassis and Montparnasse.

### **Charlie Trotters**

816 West Armitage, Chicago, IL 60614

Tel: 773-248-6228

Fax: 773-248-6088

Contact: Charlie Trotter

[info@charlietrotters.com](mailto:info@charlietrotters.com)

<http://www.charlietrotters.com>

Charlie Trotters offers highly personal cuisine combining impeccable products, French techniques and Asian influences. The menus offer set multi-course meals and the specials change daily. This

restaurant strives to purchase only all-natural and organic products; however, it is not guaranteed that all ingredients fit these criteria. Reservations are required and it is necessary to book far in advance. We offer catering and private dining; please call or visit our website for details.

Hours:

Tuesday through Thursday, 6:00 p.m. - 10:00 pm

Friday - Saturday from 5:30 p.m. - 10:00 p.m.

### **Chipotle Mexican Grill**

230 W. Monroe

230 W. Monroe Street, Chicago, IL 60606

Tel: 312-727-0054

Fax: 312-727-0062

Contact: Scott Robinson

<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Algonquin

412 S. Randall Road, Algonquin, IL 60102

Tel: 847-458-1030

Fax: 847-458-1034

Contact: Bari Baskin

<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Arlington Heights

338 E. Rand Road, Arlington Heights, IL 60004

Tel: 847-392-8328

Fax: 847-392-8348

Contact: Scott Robinson

<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Barrington Road

2558 W. Schaumburg Road, Schaumburg, IL 60194

Tel: 847-839-8580

Fax: 847-839-8581

Contact: Bari Baskin

<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Beverly

2302 W. 95th Street, Chicago, IL 60643  
Tel: 773-239-7363  
Fax: 773-239-7626  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Bloomington  
396 W. Army Trail Road, Bloomington, IL 60108  
Tel: 630-893-2108  
Fax: 630-893-3619  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Bloomington Hills  
305 North Veterans Parkway Suite 101, Bloomington, IL 61704  
Tel: 309-661-7850  
Fax: 309-664-1609  
Contact: Todd Shock  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Bolingbrook  
274 S. Weber Road, Bolingbrook, IL 60490  
Tel: 630-759-9359  
Fax: 630-759-9379  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Brickyard  
2640 N. Narragansett Ave., Chicago, IL 60639  
Tel: 773-745-3912  
Fax: 773-745-4671  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Broadway

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3181 N. Broadway, Chicago, IL 60657  
Tel: 773-525-5250  
Fax: 773-525-5254  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Champaign  
528 East Green Street, Champaign, IL 61820  
Tel: 217-344-0466  
Fax: 217-344-7549  
Contact: Todd Shock  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Clybourn Commons  
2000 N. Clybourn, Chicago, IL 60614  
Tel: 773-935-5710  
Fax: 773-935-5531  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Damen Avenue  
1733 N. Damen, Chicago, IL 60647  
Tel: 773-772-5713  
Fax: 773-772-5870  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Deerfield  
675 Deerfield Rd., Deerfield, IL 60015  
Tel: 847-948-7902  
Fax: 847-948-7909  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

DeKalb NIU

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1013A West Lincoln Highway, DeKalb, IL 60115  
Tel: 815-756-3715  
Fax: 815-756-3785  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Diversey  
610 W. Diversey, Chicago, IL 60657  
Tel: 773-281-1492  
Fax: 773-281-3610  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Division  
1166 N. State, Chicago, IL 60611  
Tel: 312-654-8637  
Fax: 312-654-8640  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Elmhurst  
139 York Road, Elmhurst, IL 60126  
Tel: 630-834-0932  
Fax: 630-834-2961  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Evanston  
711 Church Street, Evanston, IL 60201  
Tel: 847-425-3959  
Fax: 847-425-3958  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Fox Valley

848 N. Route 59, Aurora, IL 60504  
Tel: 630-851-3271  
Fax: 630-851-6234  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Franklin & Lake  
233 W. Lake St., Chicago, IL 60606  
Tel: 312-263-6230  
Fax: 312-263-1873  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Geneva  
1441 S. Randall Road, Suite D, Geneva, IL 60134  
Tel: 630-208-7430  
Fax: 630-208-7431  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Glen Ellyn  
695 Roosevelt Road, Glen Ellyn, IL 60137  
Tel: 630-469-4035  
Fax: 630-469-4390  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Glenview  
2341 Willow Road, Glenview, IL 60025  
Tel: 847-724-8580  
Fax: 847-724-8575  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Highland Park

1849 Green Bay Road, Highland Park, IL 60035  
Tel: 847-433-6453  
Fax: 847-433-6912  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Jackson  
10 E. Jackson, Chicago, IL 60604  
Tel: 312-566-0308  
Fax: 312-566-0309  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Kenmore  
1025 W. Belmont, Chicago, IL 60657  
Tel: 773-348-5388  
Fax: 773-348-5970  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Kildeer  
20505 N. Rand Road, Kildeer, IL 60047  
Tel: 847-438-3835  
Fax: 847-438-3597  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

La Grange  
1 So. La Grange, La Grange, IL 60525  
Tel: 708-588-9630  
Fax: 708-588-9631  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Madison & LaSalle

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10 S. LaSalle St, Chicago, IL 60603  
Tel: 312-977-0506  
Fax: 312.977.0513  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

State & Madison  
8 E. Madison, Chicago, IL 60602  
Tel: 312-629-3662  
Fax: 312-629-4766  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Michigan & Wacker  
316 N. Michigan Avenue, Chicago, IL 60601  
Tel: 312-578-0950  
Fax: 312-578-0967  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Naperville Riverwalk  
22 E. Chicago Ave, Naperville, IL 60540  
Tel: 630-718-9420  
Fax: 630-718-9421  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Oak Lawn  
6230-b West 95th Street, Oak Lawn, IL 60453  
Tel: 708-529-2100  
Fax: 708- 599-6971  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Oak Park

1132 W. Lake Street, Oak Park, IL 60301  
Tel: 708-524-8211  
Fax: 708-524-8221  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Oakbrook  
18 W 050 22nd Street, Oakbrook Terrace, IL 60181  
Tel: 630-627-6610  
Fax: 630-627-5639  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Ontario  
291 E. Ontario, Chicago, IL 60611  
Tel: 312-587-7753  
Fax: 312-587-7763  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Orchard  
2256 N. Orchard Ave., Chicago, IL 60614  
Tel: 773-935-6744  
Fax: 773-935-6773  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Orland Park  
15240 S La Grange Rd, Orland Park, IL 60462  
Tel: 708-403-3258  
Fax: 708-403-3386  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

River North

6 W. Grand Avenue, Chicago, IL 60611  
Tel: 312-828-0613  
Fax: 312-828-0825  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Rockford  
751 S. Perryville Road, Rockford, IL 61108  
Tel: 815-397-8688  
Fax: 815-397-7525  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Rogers Park  
6600 N. Sheridan Road, Chicago, IL 60626  
Tel: 773-465-9281  
Fax: 773-465-9294  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Rolling Meadows  
1211 Golf Road, Rolling Meadows, IL 60008  
Tel: 847-439-2530  
Fax: 847-439-4354  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Rosemont  
7020 Mannheim Road, Rosemont, IL 60018  
Tel: 847-299-9201  
Fax: 847-299-9212  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

South Elgin

348 Randall Road, South Elgin, IL 60177  
Tel: 847-931-4172  
Fax: 847-931-4389  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

St. Charles  
3821 E. Main Street, St. Charles, IL 60174  
Tel: 630-587-9033  
Fax: 630-587-2553  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Streets of Woodfield  
601 N. Martingale Rd., Schaumburg, IL 60173  
Tel: 847-517-8670  
Fax: 847-517-8671  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Tinley Park  
15980 S. Harlem Avenue, Tinley Park, IL 60477  
Tel: 708-407-7500  
Fax: (708) 444-0524  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Touhy  
5373 Touhy Ave, Skokie, IL 60077  
Tel: 847-763-1580  
Fax: 847-763-1585  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Vernon Hills

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375 N. Milwaukee Ave., Vernon Hills, IL 60061  
Tel: 847-478-0883  
Fax: 847-478-1346  
Contact: Scott Robinson  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Warrenville  
28251 Diehl Road, Warrenville, IL 60555  
Tel: 630-836-0016  
Fax: 630-836-1767  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

West Dundee  
201 N. Eighth Street, West Dundee, IL 60118  
Tel: 847-426-2183  
Fax: 847-426-2237  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Westmont  
300 E. Ogden Avenue, Westmont, IL 60559  
Tel: 630-920-1890  
Fax: 630-920-8841  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Wheaton  
811 Butterfield Rd Suite 101, Wheaton, IL 60187  
Tel: 630-588-9728  
Fax: 630-588-9738  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Wheeling

1572 West Lake Cook Road, Wheeling, IL 60090  
Tel: 847-520-6353  
Fax: 847-520-6416  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Willowbrook  
7173 Kingery Highway, Willowbrook, IL 60527  
Tel: 630-560-7900  
Fax: 630-455-0126  
Contact: Bari Baskin  
<http://www.chipotle.com>

### **Chipotle Mexican Grill**

Fairview Heights  
6415 North Illinois Street, Fairview Heights, IL 62208  
Tel: 618-398-6655  
Fax: 618-398-8013  
Contact: Zach Kirk  
<http://www.chipotle.com>

### **Chow**

116 West Park Avenue, Elmhurst, IL 60126  
Tel: 630-530-8647  
<http://www.chowtogo.com/>

Our menu is create fresh every day, from Tuesday through Saturday. Ours chefs source the finest and freshest ingredients, setting the stage for a bountiful feast each day.

### **City Provisions Deli and Catering**

1826 West Wilson Street, Chicago, IL 60640  
Tel: 773-293-2489  
Fax: 773-293-2481  
Contact: Cleetus Friedman  
[info@cityprovisions.com](mailto:info@cityprovisions.com)  
<http://www.cityprovisions.com>

Their mission is to serve and to get involved with the community, raising the standard for service, food quality and overall event experience-from planning and attending to completion and follow up. They are committed to providing creative recipes using local, sustainable and organic foods. The goal of their supper clubs and farm dinners are to enlighten, educate and entertain. From their process to connecting their Clients with the origin of their food sources, the City Provisions Supper Club is a monthly event focusing on seasonality, celebrating the fruits of the season

### **Copperblue**

580 E. Illinois St., Navy Pier , Chicago, IL 60611

Tel: 312-527-1200

<http://www.cooperbluechicago.com>

Copperblue is an intimate, fine dining, French-Mediterranean restaurant featuring the flavors of Southern France, Northern Italy and Spain. Accentuating the elegant cuisine is a focused, all European wine list.

By design, Copperblue is centered on personal service and is built to deliver to clientele everything they want, and nothing they don't. The ability to know the guest's favorite foods, wine, server, table or even their preferred scotch, allows Copperblue to serve from a position of strength.

Vendors: The City Farm, Gunthorp Farm, Iron Creek Farm, Green Acres, Kinnikinnick Farm, Chicago's Green City Market, Swan Creek Farm, and Shooting Star Farm.

### **Cousin's Incredible Vitality**

3038 West Irving Park Rd, Chicago, IL 60618

Tel: 773-478-6868

[info@cousinsiv.com](mailto:info@cousinsiv.com)

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

Cousin's Incredible Vitality has been created to evolve the vegan/living foods, around the world. It is a vortex to a higher consciousness and an epicenter that focuses on transformational living and healing through organic life giving foods, workshops, specified programs and services.

Our mission is to exude love, gratitude and blissfulness during your entire experience at the Cousin's Incredible Vitality. We encourage participation, transformation & raising consciousness and awareness in the world. Our blessed oasis of growth, truth & possibility welcomes all. Live and love in the moment!

We provide loving and professional service with a flair of Cousin's IV's promise that we will go beyond your expectations. Our offering includes beautiful buffets, plated table service, and passed hor d'oeuvres. Our food is organic and is largely sourced from local merchants and farmers.

### **Crust**

2506 W Division, Chicago, IL 60622

Tel: 773-235-5511

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

The midwest's first certified organic restaurant.

### **Duke's Alehouse and Kitchen**

110 North Main Street, Crystal Lake, IL 60014

Tel: 847-356-9980

Contact: Zak

[zak@thedukeabides.com](mailto:zak@thedukeabides.com)

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

Upscale-casual gastro-pub featuring local and organic cuisine, an extensive beer list featuring Belgian Brews and American Craft Ales, and live entertainment Thursday through Sunday.

### **Ear Wax**

1561 N Milwaukee Ave., Chicago, IL 60622

Tel: 773-772-4019

<http://earwax-cafe.com/>

Enjoy a great vegetarian meal and the wonderful ambiance at this unique spot in a neighborhood worth exploring. In addition to their seitan ruben being delicious they also have the best veggie burgers around!

### **Emilio's Sunflower Bistro**

30. S La Grange Road, Harris Avenue, Chicago, IL 60525

Tel: 708-588-9890

[chefs@sunflowerbistro.com](mailto:chefs@sunflowerbistro.com)

Sunflower Bistro is a compilation of ideas, experiences and culinary aspirations of Chefs Chris, Mary, and Emilio, owner of the popular Emilio's Tapas in the Chicago area. Their menu is extremely eclectic and uses a variety of international ingredients, while still appealing to the American palate. They try to use as many organic and local ingredients as possible.

### **Firefly Grill**

1810 Mid America Avenue, Effingham, IL 62401

Tel: 217-342-2002

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

Firefly Grill is a modern roadhouse restaurant located on the shores of Kristie Lake. Chef Niall Campbell and his wife Kristie own and operate this oasis of American fresh cuisine in the heart of the Midwest.

Firefly's menu changes daily and boasts fresh seafood, oak fired steaks and brick oven pizzas. Firefly uses local ingredients whenever possible and fresh herbs and vegetables straight from their very own garden!

### **Flying Saucer**

1123 North California Ave, Chicago, IL 60622

Tel: 773-342-9076

Extensive use of local and sustainable products - they put a flier on your table every day listing what local products they're using that day and where they get them.

### **Frontera Grill**

455 North Clark St, Chicago, IL 60610

Tel: 312-661-1434

Fax: 312-661-1830

[info@fronterakitchens.com](mailto:info@fronterakitchens.com)

<http://www.fronterakitchens.com>

### **Frontera Grill**

Animal Welfare Approved Listing  
445 North Clark Street, Chicago, IL 60654  
Tel: 312-661-1434  
Fax: 312-661-1830  
info@rickbayless.com  
<http://www.rickbayless.com/restaurants/grill.html>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery:  
<http://www.prairiefruits.com>

### **Glen Prairie Fine Food & Drink**

Local Flavor  
1250 Roosevelt, Glen Ellyn, IL 60137  
Tel: 630-613-1250  
Fax: 630-613-1245  
Contact: Mark Imburgia  
mimburgia@glenprairie.com  
<http://www.glenprairie.com>

With the intent to respect the environment and promote environmentally sustainable practices, Glen Prairie Fine Food and Drink is a local farm-sourced fine dining restaurant featuring contemporary American cuisine. The cuisine emphasizes hearty meat, pasta and seasonal dishes utilizing meats, poultry and produce farmed locally or from across the country from farms practicing sustainable farming methods.

Our restaurant celebrates the joy of artisanal cooking. Even the takeout containers are compostable and made from sugarcane rather than petroleum-based plastics. Glen Prairie's menu is designed to emphasize seasonal ingredients to showcase a variety of American flavors.

The restaurant team shops local farmers' markets in Glen Ellyn and Lombard, Illinois as well as The Farm (stand) in Westchester, Illinois twice a week to source fresh ingredients.

### **Green Zebra**

1460 West Chicago Ave. , Chicago, IL 60642  
Tel: 312-243-7100  
Fax: 312-226-3360  
info@greenzebrachicago.com  
<http://www.greenzebrachicago.com/>

The wood-burning flatbread oven is not the only fire burning at this Wicker Park restaurant. Owner Michael Altenberg is creating a benchmark for sustainable businesses by going for a ICO-certified 95% organic restaurant. Even the Italian sausage flatbread and the B. in the B.L.T. flatbread are pesticide- and hormone-free. The T-shirts the servers sport are made of either organic cotton or recycled from thrift stores and brought to Humboldt Park's Co-op Image for vegetable-dye silk screening. Check out the wine list for more eco-friendly options.

### **Handlebar**

2311 W North Ave., Chicago, IL 60647  
Tel: 773-384-9546  
Fax: 773-384-3320  
Contact: Josh  
<http://handlebarchicago.com/>

Handlebar is now open for Breakfast & Lunch starting at 10am daily. Come sample some of our daytime favorites like Biscuits & Gravy, Huevos Diablos and the always reliable Breakfast Burrito. We serve brunch until 2pm weekdays and 3pm on the weekend.

### **Hannah's Bretzel**

Michigan Avenue  
233 N Michigan Ave, Chicago, IL 60601  
Tel: 312-621-1111  
[info@hannahsbretzel.com](mailto:info@hannahsbretzel.com)  
<http://www.hannahsbretzel.com/>

There are sandwiches. And there are über sandwiches. This is our Organic Grass Fed Sirloin sandwich. We make it with certified organic grass fed sirloin that is free of antibiotics, growth hormones, nitrates or sulfates on our organic bretzel baguette. Then we add tasty Swiss Gruyère cheese, organic vine tomatoes, organic spring mix, organic onions and finish it with our own horseradish aioli. Low in fat, saturated fat, sodium and high in Vitamin A, C and calcium this is what we call a better beef sandwich. Another tasty expression of our leadership in organic ingredients, whole grain nutrition and environmentally friendly business practices.

### **Hannah's Bretzel**

Washington Street  
A 180 W Washington St, Chicago, IL 60602  
Tel: 312-621-1111  
[info@hannahsbretzel.com](mailto:info@hannahsbretzel.com)  
<http://www.hannahsbretzel.com/>

There are sandwiches. And there are über sandwiches. This is our Organic Grass Fed Sirloin sandwich. We make it with certified organic grass fed sirloin that is free of antibiotics, growth hormones, nitrates or sulfates on our organic bretzel baguette. Then we add tasty Swiss Gruyère cheese, organic vine tomatoes, organic spring mix, organic onions and finish it with our own horseradish aioli. Low in fat, saturated fat, sodium and high in Vitamin A, C and calcium this is what we call a better beef sandwich. Another tasty expression of our leadership in organic ingredients, whole grain nutrition and environmentally friendly business practices.

### **Hannah's Bretzel**

Dearborn Street  
131 S Dearborn St, Chicago, IL 60603  
Tel: 312-621-1111  
[info@hannahsbretzel.com](mailto:info@hannahsbretzel.com)  
<http://www.hannahsbretzel.com/>

There are sandwiches. And there are über sandwiches. This is our Organic Grass Fed Sirloin sandwich. We make it with certified organic grass fed sirloin that is free of antibiotics, growth hormones, nitrates or sulfates on our organic bretzel baguette. Then we add tasty Swiss Gruyère

cheese, organic vine tomatoes, organic spring mix, organic onions and finish it with our own horseradish aioli. Low in fat, saturated fat, sodium and high in Vitamin A, C and calcium this is what we call a better beef sandwich. Another tasty expression of our leadership in organic ingredients, whole grain nutrition and environmentally friendly business practices.

### **Harvest Moon Farms**

Chicago, IL

Tel: 773-472-7950

Contact: Jennifer Borchardt

info@harvestmoon-farms.com

<http://www.harvestmoon-farms.com>

Harvest Moon is a 20-acre certified organic farm in west central Wisconsin's Driftless region on the South fork of the Bad Axe River. The land is incredibly fertile and high in natural organic matter which means the tastiest, most nutritious food grows here. For the 2009 season we are introducing the newly formed Harvest Moon Farms Producers Guild. Our guild is comprised of 6 area farms growing Certified Organic and Certified Naturally Grown produce. Creating the Guild will help us better serve our clients and CSA shareholders by offering larger quantities and more varieties. It also serves the farms by allowing us to share resources and collaborate on transportation and distribution, which, in turn, reduces our collective carbon footprint. We offer a full and half share weekly CSA program, retail and restaurant sales, urban vegetable gardening consulting and design services, and customized growing programs for chefs and food service professionals.

### **Heartland Cafe**

7000 N. Glenwood Ave., Chicago, IL 60626

Tel: 7743-465-800

Fax: 773-465-6663

fatback@aol.com

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

Come for the food, stay for the entertainment. For starters, it's mostly vegetarian (some fish, poultry, buffalo), whole grain, healthy fare. Beyond the menu, there's live music, poetry nights, political events, a radio show, performance space, the General Store, an athletic organization, the Red Line Tap bar, and more.

### **Honey Cafe**

Modern Comfort Food

499 N. Main Street, Glen Ellyn, IL 60137

Tel: 630-469-0000

honey@honeycafe.net

<http://www.honeycafe.net/>

Restaurant using local produced and meat to recreate classic comfort food.

### **Hot Chocolate**

1747 N Damen Avenue, Chicago, IL 60647

Tel: 773-489-1747

info@hotchocolatechicago.com

<http://www.hotchocolatechicago.com>

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This is an urban cafe in Wicker Park owned by famous pastry chef Mindy Segal. She has been named the 'Best Pastry Chef in Chicago' and continues to woo Chicago restaurant goers with her timeless American desserts. The menu is a marriage of fresh, clever and savory dishes and inspired desserts using local products.

### **June Restaurant**

4450 N. Prospect Rd. Ste. S1 , Peoria Heights, IL 61616

Tel: 877-682-5863

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

Junes features Modern American cuisine from chef/owner Josh Adams, melding the best of the season with progressive techniques to highlight ingredients at their peak. The ingredient-driven menu pays homage to many of the regional farmers Adams' has developed relationships with and changes frequently throughout the season.

### **Karyn's**

1901 N. Halsted, Chicago, IL 60614

Tel: 312-255-1590

Fax: 312-255-1592

Contact: Karyn Calabrese

[karyninfo@karynraw.com](mailto:karyninfo@karynraw.com)

<http://www.karynraw.com>

At Karyn's, we are committed to using only whole fresh foods (organic) whenever possible. We create fresh delicious and high quality meals that are high in fiber and low in fat.

For over 20 years I have been teaching and counseling individuals and running workshops showing people the practical, holistic ways to improve their lives, conveying the importance of food choices and how to prepare these tasty nutritious foods for themselves at home.

I believe we should prepare our foods to nurture and sustain our bodies. In our busy, stress-filled lives, we aren't always able to give priority to ourselves. Consistency is the key to making healthy lifestyle changes. Let us help you maintain that consistency with our Living Food Menu.

If you would like to learn how to prepare healthy foods or, perhaps, need a little inspiration to go further in your personal health journey, classes and workshops are given throughout the year.

Here's to your health and happiness!

Karyn

### **Kramer's Health Food Shoppe**

230 South Wabash Avenue, Chicago, IL 60604

Tel: 312-922-0077&#8206;

Organic health products with a small cafe inside.

### **Loving Hut**

5812 N Broadway, Chicago, IL 60660

Tel: 773-275-8797

[chicago@lovinghut.us](mailto:chicago@lovinghut.us)

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<http://lovinghut.us/chicago/>

Loving Hut was created with a vision that all beings could live in peace, love and harmony with each other and the planet. Loving Hut chain restaurants are newly opening around the world. It is an invitation to gourmet cuisine made with wholesome vegan ingredients, offering an accessible starting point for those making the noble transition to a plant-based diet.

### **Lula Cafe**

2537 North Kedzie Boulevard, Chicago, IL 60647

Tel: 773-489-9554

[eat@lulacafe.com](mailto:eat@lulacafe.com)

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

### **LUXBAR**

18 E. Bellevue Pl., State St. , Chicago, IL 60611

Tel: 312-642-3400

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

LUXBAR is everybody's, everyday access to casual elegance. A bar you could visit everyday. A comfortable room with natural elegance, familiar faces and warm, friendly, ambiance. A place to make you feel there's no other place you'd rather be. The menu features feel good foods created with fresh, natural ingredients. You can always find something on this menu. It is our intention to utilize local produce, natural, organic products and identity assured meats & seafood in our preparations whenever possible.

### **Mista Pizza**

2931 N Broadway, Chicago, IL 60657

Tel: 773-698-6688

[info@mistapizza.com](mailto:info@mistapizza.com)

<http://www.mistapizza.com>

Napoli-style, cracker crust pizza is their specialty. They also feature salads, lasagna and wraps. Everything is made fresh with organic ingredients. Even when all organic ingredients are not available, they guarantee ingredients with no added hormones, antibiotics, or pesticides.

### **MK**

868 North Franklin Street, Chicago, IL 60610

Tel: 312-482-9179

Fax: 312-482-9171

[ksherman@mkchicago.com](mailto:ksherman@mkchicago.com)

<http://www.mkchicago.com>

we believe:

at our core, we're just a mom and pop establishment.  
that food is a metaphor for the good things in life.  
there's no substitute for live charcoal.  
that ingredients are more important than recipes.

in honoring thy farmer.  
in sauces and history.  
forced formality is for fakers.  
our wine list rocks.  
if you're not enjoying yourself, neither are we.  
that a room full of people dressed for dinner is a thing of beauty.  
that visual art makes great foreplay.  
in understated elegance and sensual minimalism.  
that excellence and consistency are our middle names.

we believe in withstanding the test of time.

### **Naha**

500 North Clark Street, Chicago, IL 60610  
Tel: 312-321-6242  
Fax: 312-321-7561  
Contact: Carrie Nahabedian  
<http://www.naha-chicago.com/index.cfm>

At Naha's Chef Carrie's cooking style is a combination of her Armenian roots and a California lifestyle that she enjoyed during her years as executive chef for the Four Season's Santa Barbara and Beverly Hills properties.

Naha's food and wine menus change seasonally and proudly supports local organic farmers and Chicago's Green City Market!

### **Nana**

3267 S. Halsted St., Chicago, IL 60608  
Tel: 312-929-2486  
[info@nanaorganic.com](mailto:info@nanaorganic.com)  
<http://www.nanaorganic.com>

Family-owned, organic restaurant. We source organic ingredients from farmers, producers, and vendors who meet and maintain USDA National Organic Program standards. The products we use are free of synthetic preservatives, growth hormones, genetically modified ingredients, including pesticides. We support the ethical treatment of animals, promote sustainability and buy local whenever possible.

### **Niche**

14 South Third Street, Geneva, IL 60134  
Tel: 630-262-1000  
Contact: Jeremy Lycan  
[info@nichegeneva.com](mailto:info@nichegeneva.com)  
<http://www.nichegeneva.com>

Niche is an elegant restaurant in downtown Geneva that serves delightful cuisine based on the seasonality of ingredients. The Chef, Jeremy Lycan, proves his love for local ingredients by doing demonstrations at the weekly Green Market in Geneva.

The Sommelier Jody Richardson, is also concerned with local, in the sense that all of the wines available are American and all of the producers are small scale vineyards. The dining room seats people, thus the food comes out with much attention to detail. If looking for a wonderful dining experience that also supports local farmers, go to Niche and savour each bite.

### **Nightwood**

2119 S. Halsted Street., Chicago, IL 60616

Tel: 312-526-3385

[eat@nightwoodrestaurant.com](mailto:eat@nightwoodrestaurant.com)

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

Welcome. We invite you to join us in Pilsen - at our open kitchen, on our patio, in our wine room, with the warmth and fragrance of applewood scenting the air.

Spit roasted chicken, whole slow cooked pork, squash grilled over the open flame, a simple bowl of perfect fruit and sorbet. Hand in hand with the best farmers and craftspeople of the Midwest, we cook with bold simplicity and care. We are looking forward to seeing you soon.

### **North Pond**

Animal Welfare Approved Listing

2610 N. Cannon Drive, Chicago, IL 60614

Tel: 773-477-5845

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

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery (<http://www.prairiefruits.com>) and Animal Welfare Approved beef from American Grassfed Beef ([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **One Sixtyblue**

1400 W. Randolph St., Ogden Ave. , Chicago, IL 60607

Tel: 312-850-0303

<http://www.onesixtyblue.com/default.htm>

A modern restaurant located on the edge of Chicago's trendy Market District has maintained a reputation as one of Chicago's premier dining destinations since first opening its doors in late 1998. Granted three-stars from the Chicago Tribune and three and

### **Piatto Ristorante Italiano**

5304 West Devon Avenue, Chicago, IL 60646

Tel: 773-467-2000&#8206;

[royaloaks@piattoristorante.com](mailto:royaloaks@piattoristorante.com)

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

Get a little high on supporting a restaurant that supports organic farming even as you carbo-load. All the pastas on the menu are 100% organic, and many of the veggies in your salads and sides are, too. You will even find some organic reds and whites on the wine list.

### **Poag Mahone's**

Animal Welfare Approved Listing

333 South Wells, Chicago, IL 60604 [info@poagmahone.com](mailto:info@poagmahone.com)

<http://www.poagmahones.com/poag/poagmahone.html>

Serves Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO ([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

Poag Mahone's Carvery and Ale House is a staple of the Chicago dining scene, known for its commitment to green practices and charming saloon aesthetic. Located in historic downtown Chicago, the restaurant has made a name for itself through its sustainable philosophy - and tasty burgers. Made with Animal Welfare Approved beef from American Grassfed Beef, Poag Mahone's legendary burger has been named as one of the best burgers in America by Oprah Winfrey, and GQ magazine declared Poag Mahone's as serving one of the "Top Twenty Burgers You Must Eat Before You Die."

The person behind the burger is Dan Rosenthal, owner-operator of the Rosenthal Group which owns Poag Mahone's -- along with the Sopraffina Marketcafe and the Michelin-rated Trattoria No. 10 (also in Chicago). All three restaurants are part of the Green Chicago Restaurant Co-op, an organization dedicated to greening the Chicago restaurant community through green purchasing assistance, educational initiatives, and the "Guaranteed Green" certification program. High animal welfare is part of Rosenthal's definition of "green," and he is proud to be serving meat that bears the AWA label. "There's no question that the treatment of animals is one of the top priorities that we're seeking in the continuation of our purchasing program," says Rosenthal. He adds, "It's not only the humane treatment of the animal, but what the animal is fed and what impact the farming system has on the environment and the quality of the meat people are consuming. AWA certification gives us the total package."

### **Prairie Fire**

215 N Clinton St , Chicago, IL 60661

Tel: 312-382-8300

Fax: 312-382-7300

<http://www.prairiefirechicago.com/index.php>

Prairie Fire serves seasonal, innovative American comfort food in a convenient location in the near west Loop. Two blocks from the Ogilvie Metra terminal and steps from the CTA Clinton Street Street Station, Prairie Fire provides a comfortable and welcoming space for Lunch, Dinner and Weekend Brunch. We offer valet service for all meals served, and can provide a private space for your special events.

### **Prairie Grass Cafe**

601 Skokie Blvd, Northbrook, IL 60035

Tel: 847-205-4433

Fax: 847-433-9440

Contact: David Klaskin

[dkwins@hotmail.com](mailto:dkwins@hotmail.com)

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

Prairie Grass Cafe is an upscale Northbrook, Illinois restaurant serving lunch and dinner daily. They

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source as much as their produce as possible seasonally and locally, and you can view a list of the farms they partner with on their website.

### **Prasino**

93 South LaGrange Ave., LaGrange, IL 60525

Tel: 708-469-7058

Fax: 708-469-7627

<http://www.eatgreenlivewell.com>

Prasino is committed to promoting organic agriculture and supporting local growers and artisanal food producers whenever possible. We are committed to lowering greenhouse gases through the use of sustainable building materials and reducing energy consumption by incorporating high efficiency technology. We will strive to bring you fresh, healthy and affordable food and juice and are committed to making your time with us enjoyable. So don't be surprised if we stop by to say hello and we welcome you to do the same. From our family to yours 'Eat Green Live Well.'

### **Scotty's Lakehouse**

10158 Brooks School Rd, Fishers, IL 46037

Tel: 317-577-2900

Contact: Lauren Fiedler

[lfiedler@scottysbrewhouse.com](mailto:lfiedler@scottysbrewhouse.com)

<http://www.scottyslakehouse.com>

Scotty's Lakehouse is a locally owned restaurant that prides its self on getting a majority of it cooking materials from local farmers, therefore keeping the majority of the revenue in the state. Lakehouse specializes in upscale burgers and fries.

### **South Water Kitchen**

Animal Welfare Approved Listing

225 N. Wabash Avenue, Chicago, IL 60602

Tel: 312-236-9300

Fax: 312-960-8538

[bob.bracy@southwaterkitchen.com](mailto:bob.bracy@southwaterkitchen.com)

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

Offers Animal Welfare Approved pork and eggs from Hasselmann Family Farms:

<http://www.hasselmannfamilyfarm.com>

### **Terragusto**

340 W. Armitage Av., Chicago, IL 60614

Tel: 773-248-2777

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

Specializes in local and organic gourmet dishes.

### **The Bad Apple**

4300 N. Lincoln Ave., Chicago, IL 60618

Tel: 773-360-8406

Fax: 773-360-8403

Contact: Ronny

info@badapplebar.com  
<http://www.badapplebar.com/>

Burgers made from hormone free all natural beef by famed butcher Pat LaFrieda. All homemade organic condiments and salad dressings.

### **The Bleeding Heart Bakery**

2018 W. Chicago Ave., Chicago, IL 60622  
Tel: 773-278-3638  
Fax: 773-278-3634  
Contact: Michelle Garcia  
[www.pastryforpeace@hotmail.com](mailto:www.pastryforpeace@hotmail.com)  
<http://www.thebleedingheartbakery.com>

This bakery is the wonderful combination of punk rock, organic and local ingredients, and talented bakers. It stands as one of the only bakeries to be 100% certified organic.

Seasonality is something which is highly valued by its owners thus the menu items reflect what is available from local growers. One can visit the bakery for more than wonderful pastries and breads, light lunch and dinner fare is also available. The bakery also sells produce, honey, DIY crafts, and jams.

### **The Bristol**

Animal Welfare Approved Listing  
2152 N Damen Ave, Chicago, IL 60647  
Tel: 773-862-5555  
[info@thebristolchicago.com](mailto:info@thebristolchicago.com)  
<http://www.thebristolchicago.com/>

Offers Animal Welfare Approved pork and eggs from Hasselmann Family Farms:  
<http://www.hasselmannfamilyfarm.com>

### **The Chicago Diner**

3411 North Halsted, Chicago, IL 60657  
Tel: 773-935-6696  
Contact: Mickey Hornick  
[feedback@veggiediner.com](mailto:feedback@veggiediner.com)  
<http://www.veggiediner.com>

The Chicago Diner, est. 1983  
All vegetarian, mostly vegan menu.  
Award Winning Veggie Brunch from \$5.99.  
Dine in, Carry out, Vegan Bakery.

### **The Counter Burger**

Chicago  
666 W Diversey Parkway, Chicago , IL 60614  
Tel: 773-935-1995  
Fax: 773-935-1997

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lincolnpark@thecounterburger.com  
<http://www.thecounterburger.com>

Step into The Counter® and you're greeted with a clipboard and an extensive list of fresh mouth-watering ingredients that allow you to build your own gourmet burger. Our 312,120+ different burger combinations make every burger as unique as each customer. Rarely is the same burger made twice in one day.

Anti-Established in 2003, The Counter® is the 21st century's bold answer to the classic burger joint. Ushering in a fresh era of industrial decor, today's music, cold beer, unique wines, cocktails, and burger options that are only limited by your imagination.

Market Selection features locally sourced and sustainable Protein, Cheese, Topping, Sauce and Bun choices from our local chefs and customers.

Fresh 100% natural Angus Beef, hormone and antibiotic free. Humanely raised and handled.

### **The Garlic Press Market Cafe**

106 North Street, Normal, IL 61761  
Tel: 309-452-0987  
cafe@thegarlicpress.com  
<http://www.thegarlicpress.com/>

What sets us apart is our diverse and changing menu on a daily basis featuring seasonal ingredients, locally grown, and organic when possible. In the spring and summer we offer light and refreshing items, but in cooler months you'll see heartier fare to warm the soul. What you'll always enjoy are dishes made with the freshest ingredients...sometimes ethnic, sometimes comfort food, but always the best we can offer.

### **Topolobampo**

445 North Clark Street, Chicago, IL 60610  
Tel: 312-661-1434  
Fax: 312-661-1830  
info@fronterakitchens.com  
<http://www.fronterakitchens.com/home.html>

Award-winning chef-restaurateur, cookbook author, and television personality Rick Bayless has done more than any other culinary star to introduce Americans to authentic Mexican cuisine and to change the image of Mexican food in America.

Rick is fourth generation in an Oklahoma family of restaurateurs and grocers. From 1980 to 1986, after studying Spanish and Latin American Studies as an undergraduate, and doing doctoral work in Anthropological Linguistics at the University of Michigan, Rick lived in Mexico with his wife, Deann, writing his now-classic *Authentic Mexican: Regional Cooking From The Heart of Mexico* (William Morrow, 1987). The New York Times's legendary Craig Claiborne hailed this work as the "greatest contribution to the Mexican table imaginable."

### **Trattoria 225**

225 West harrison, Oak Park, IL 60304

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Tel: 708-358-8555  
Contact: Craig Charlton  
craig@trattoria225.com  
<http://www.trattoria225.com>

Trattoria 225 is a full service restaurant and bar featuring rustic Italian dining . They offer wood-fired pizza, fresh salads, house-made pastas and a variety of artisan gelato. They strongly believe in supporting local producers and using organic products whenever possible.

Their mission is simple..... to provide you, your family and friends with a fantastic, affordable meal that incorporates quality, organic, local and sustainable products in a space that is warm, inviting and fun.

### **Tweet**

5020 N. Sheridan Rd., Foster St. , Chicago, IL 60607  
Tel: 773-728-5576  
MichelleFire@BigChicks.com  
<http://www.tweet.biz/>

Our goal at Tweet is to prepare and serve, with love, the freshest, hormone-free, antibiotic-free, organic when possible eggs, dairy, vegetables and fruits, subject to market availability. Pasture pork and beef also subject to availability.

### **Two Brothers Tap House**

30w315 Calumet Ave., Warrenville, IL 60555  
Tel: 630-393-2337  
Contact: Jim Ebel  
jim@twobrosbrew.com  
<http://www.twobrotherstaphouse.com>

Two Brothers Tap House is a full service brewpub restaurant. We use organic meats, the highest quality produce, and everything is fresh house made! We serve Two Brothers' beers and sodas as well as an impressive selections of high end craft and artisan beers from around the world. For the non-beer drinkers or a just a change of pace, the Tap House has top Quality wines and spirits too. There is something for the whole family!

### **Uncommon Ground**

1401 W Devon Ave, Chicago, IL 60660  
Tel: 773-465-9801  
Fax: 773-929-0805  
info@uncommonground.com  
[http://www.uncommonground.com/pages/devon\\_home/35](http://www.uncommonground.com/pages/devon_home/35).

We are Chicago's first certified organic roof top farm. We use seasonal, locally produced, family farmed & organic products whenever possible. And we also offer nightly music.

### **Vie**

4471 Lawn Ave., Western Springs, IL 60558  
Tel: 708-246-2082  
Contact: Chef Paul Virant

## Illinois guide: restaurants



celebratingvie@yahoo.com  
<http://www.vierestaurant.com>

Vie serves contemporary American food, using the freshest ingredients possible, harvested at the peak of ripeness. The menu changes often, since Vie takes seasonality very seriously, and nearly all of the produce and meat served are sourced from local, sustainable farms. The setting is clean and modern, letting the bright, fresh flavors of Chef Paul Virant's cuisine instead paint the room. Vie is also the first restaurant in Western Springs to serve alcohol since Prohibition!

Vie serves dinner from 5 to 10 p.m. Monday through Thursday; 5 to 11 p.m. Friday and Saturday. Reservations are recommended. Private dining for groups of 25 or less is available. Vie also hold periodic specially themed dinners; check the website for a current calendar.

### **Vie**

Animal Welfare Approved Listing  
4471 Lawn Ave, Western Springs, IL 60558  
Tel: 708-246-2082  
Fax: 708-246-2668  
<http://www.vierestaurant.com/>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery:  
<http://www.prairiefruits.com>

### **XOCO**

449 North Clark Street , Chicago, IL 60654  
Tel: 312-334-3688  
[info@rickbayless.com](mailto:info@rickbayless.com)  
<http://www.rickbayless.com/restaurants/xoco.html>

If Topolo pampers and Frontera dances, then XOCO rocks. Though the word is Mexican slang for “little sister” (from the ancient Aztec language), there's nothing little about XOCO's big, bold Mexican marketplace flavors. Open early, late and closed on Sundays and Mondays, this quick-service cafe from Rick and Deann Bayless proffers contemporary expressions of Mexico's most beloved street food and snacks: hot-from-the-fryer churros and flaky empanadas; frothy Mexican hot chocolate (ground from Mexican cacao beans right in our front window!); warm, crusty tortas (Mexican submarine sandwiches); and made-to-order caldos (meal-in-a-bowl soups) that feature everything from roasted vegetables to seafood to pork belly.

### **320 Store**

320 N. Court St., Rockford, IL 61102

Tel: 815-965-2313

Contact: Jan Honeycut

<http://www.facebook.com/pages/Rockford-IL/320-Store/122027327822716>

Small local market selling fresh organic fruits and vegetables, organic foods, free range eggs, and nuts. Some products are locally raised.

### **A Way Of Life Natural Foods**

9359 Milwaukee Avenue, Niles, IL 60714

Tel: 847-966-5565

<http://awayoflifefood.com>

All-natural turkey is available for thanksgiving. Customers are more than welcome to place an order for any type of product, including meats, that may not be carried in-store.

### **Abbey Brown Soap Artisans**

1162 W. Grand Ave, Chicago, IL 60622

Tel: 312-738-2290

Contact: Deborah Kraemer

[debkraemer@ameritech.net](mailto:debkraemer@ameritech.net)

<http://www.abbeybrown.com>

This Chicago soap maker focuses on the use of artisanal methods to create elegant and natural bath products. The handmade soaps are created in a small batch method which utilizes 50% olive oil in a "cold kettle" process which goes back to the soap making traditions of ancient Greece. Many of the herbs and other ingredients of the soaps are provided by local growers in the Chicagoland and outlying areas. Therefore you can scrub, bubble, and relax while supporting your local farming community at the same time!

### **Andys Fruit Ranch**

4733 N Kedzie, Chicago, IL 60625

Tel: 773-583-2322

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

A small grocery store that carries eggs, veal, chicken, pork, lamb among other produce items.

### **Apple Valley Natural Foods**

Westmont

806 E. Ogden Ave., Westmont, IL 60559

Tel: 630-789-2270

<http://www.avnf.com>

The goal of Apple Valley Natural Foods is to support and promote principles for healthful living, including a diet made up largely of grains, nuts, and fresh vegetables. This store does not carry meat or dairy though it has vegetarian meat products and dairy-free "dairy" products. The eggs are from a local farmer.

### **Bonne Sante**

## Illinois guide: stores



1512 E 53rd Street, Chicago, IL 60615  
Tel: 773-667-5700  
livehealthy@bonnesantehealthfoods.com  
<http://bonnesantehealthfoods.com/default.aspx>

Bonne Sante not only has a juice bar and a large selection of herbal remedies, but we also have a great selection of vegan foods and meat alternatives. We do not carry eggs or fresh meat, but we do offer organic milk and soy milk, frozen organic ground turkey, and frozen organic chicken patties or nuggets.

Hours:

Monday thru Friday, 9:30 to 7

Saturday, 9:30 to 6

Sunday, 11:30 to 5

### **CE Zuercher**

Animal Welfare Approved Listing  
7415 N. St. Louis Ave., Skokie, IL 60076  
Tel: 847-324-0400  
Fax: 847-324-0396  
web@zuercher.biz  
<http://www.zuercher.biz/>

Wholesale food distributor that offers Animal Welfare Approved goat cheese from Consider Bardwell Farm

([www.considerbardwellfarm.com](http://www.considerbardwellfarm.com))

### **Cheese & Crackers**

Animal Welfare Approved Listing  
1715 West Kirby Avenue, Champaign, IL 61801  
Tel: 217-778-8475  
bart@crackerscheese.com  
<http://www.crackerscheese.com/>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery:  
<http://www.prairiefruits.com>

### **Chicago's Downtown Farmstand**

66 E. Randolph Street, Chicago, IL 60601  
Tel: 312-742-8419  
Downtown.Farmstand@cityofchicago.edu  
<http://www.chicagofarmstand.com>

Chicago's Downtown Farmstand, located at 66 East Randolph Street, opened in October 2008. The Farmstand's promise - local, delicious, and edible - is fulfilled by hundreds of products, all from within 250 miles of Chicago.

Local doesn't just mean locally grown - in addition to sustainably grown fresh fruits, vegetables and herbs in season (including many organic items), Chicago's Downtown Farmstand features a broad selection of edibles produced throughout the region. Each day, a wide range of dairy products, condiments, seasonings, preserves, breakfast favorites, baked goods, and other items arrive at our location.

### **Choices Natural Market**

6551 E. Riverside Blvd., Rockford, IL 61114

Tel: 815-282-1861

Contact: Karen King

info@choicesorganic.com

<http://www.choicesnaturalmarket.com>

Choices Natural Market carries everything that a conventional grocery store carries, except at Choices it's organic. All the meats are from local, sustainable farms that raise their animals on pasture without the routine use of hormones or antibiotics. The same can be said for the eggs and select dairy products. The store also features a wide range of organic and all-natural groceries, such as grains, produce, pasta, and baby food. Plans are in place to include a more extensive selection of meat products, such as lamb and bison, in the near future.

Store hours are 9am to 7pm, Monday through Thursday; 9am to 8pm Friday; 9am to 5pm, Saturday; and 11am to 5pm Sunday.

### **Chow**

116 West Park Avenue, Elmhurst, IL 60126

Tel: 630-530-8647

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

Our menu is create fresh every day, from Tuesday through Saturday. Ours chefs source the finest and freshest ingredients, setting the stage for a bountiful feast each day.

### **City Provisions Deli and Catering**

1826 West Wilson Street, Chicago, IL 60640

Tel: 773-293-2489

Fax: 773-293-2481

Contact: Cleetus Friedman

info@cityprovisions.com

<http://www.cityprovisions.com>

Their mission is to serve and to get involved with the community, raising the standard for service, food quality and overall event experience-from planning and attending to completion and follow up. They are committed to providing creative recipes using local, sustainable and organic foods. The goal of their supper clubs and farm dinners are to enlighten, educate and entertain. From their process to connecting their Clients with the origin of their food sources, the City Provisions Supper Club is a monthly event focusing on seasonality, celebrating the fruits of the season

### **Claybank Natural Foods**

228 E. Main St., Olney, IL 62450

## Illinois guide: stores



Tel: 618-843-1150  
Contact: Barbara Jennings  
Claybank@shawneelink.net

Natural and organic foods, supplements, and seasonal produce

### **Common Ground Food Co-op**

Animal Welfare Approved Listing  
300 S Broadway Suite 166, Lincoln Square Village, Urbana, IL 61801  
Tel: 217-352-3347  
Fax: 217-352-2214  
comments@commonground.coop  
<http://commonground.coop/>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery:  
<http://www.prairiefruits.com>

### **Common Ground Food Cooperative**

300 S Broadway , Suite 166 , Urbana, IL 61801  
Tel: 217-352-3347  
Fax: 217-352-221  
Contact: Jacqueline Hannah  
jacqueline@commonground.coop  
<http://www.commonground.coop>

Common Ground Food Co-op (CGFC) is a non-profit grocery store with a heavy emphasis on local and organic foods. Its slogan is "food for people, not for profit".

Owned and operated by its members, CGFC has been providing the Urbana-Champaign area with fresh, wholesome food for almost 30 years. While it is located on the University of Illinois campus, the co-op is not affiliated with the school but it is very much integrated into the community.

CGFC features an impressive variety of locally-sourced, certified organic products, particularly dairy, eggs, and produce (in season). Many of the dairy products, including the milk, butter, and buttermilk, come from an organic, family farm located just down the road in western Illinois. A handful of nearby farmers provide organic, pasture-raised eggs. During the growing season, customers can rely on a fresh bounty of Illinois-grown fruits and vegetables. Aside from these items, CGFC also carries fresh-baked bread, cookies, and treats and fair trade and organic coffees.

All are welcome to shop at CGFC, although membership is encouraged, especially for frequent customers. Members submit a one-time equity payment that is returned upon departure.

CGFC is open everyday: Monday through Friday, noon to 8pm; Saturday and Sunday, noon to 6pm.

### **Common Grounds Natural Food Store**

516 N. Main St, Bloomington, IL 61701

## illinois guide: stores



Tel: 309-829-2621

<http://www.commongroundgrocery.com>

Because we believe in the connection between the food we eat and a healthy body, Common Ground Grocery is committed to providing the healthiest food available: a wide variety of minimally-processed whole foods which do not contain preservatives and/or artificial coloring or flavoring.

Because we recognize the connection between the food we eat and the health of our environment and community, we are committed to offering organic products, preferably those grown, manufactured, or produced locally.

And because we believe that the food we eat in Bloomington, IL, affects the lives of people all over the world, we are committed to GMO disclosures, socially responsible manufacturers, fairly-traded goods, and environmentally sound business practices.

Monday - Friday 9:00 am to 6:00 pm

Saturdays through October 31 7:30 am to 4:00 pm

Saturdays after October 31 9:00 am to 4:00 pm

Sundays 12 noon to 4:00 pm

### **Country Nutrition Inc**

645 W Pershing Rd, Decatur, IL 62526

[http://www.countrynutritionstore.com/retailer/store\\_templates/shell\\_id\\_1.asp?storeID=35D54D95DC16440C95E479ACBB70A13D](http://www.countrynutritionstore.com/retailer/store_templates/shell_id_1.asp?storeID=35D54D95DC16440C95E479ACBB70A13D)

Country Nutrition is here to provide you with the finest quality fresh, natural, organic and whole foods, nutritional products, body care products and health information in a fun, comfortable, clean, safe environment.

Make us your doorway to total health twenty-four hours a day, seven days a week, all year long!

### **Cousin's Incredible Vitality**

3038 West Irving Park Rd, Chicago, IL 60618

Tel: 773-478-6868

[info@cousinsiv.com](mailto:info@cousinsiv.com)

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

Cousin's Incredible Vitality has been created to evolve the vegan/living foods, around the world. It is a vortex to a higher consciousness and an epicenter that focuses on transformational living and healing through organic life giving foods, workshops, specified programs and services.

Our mission is to exude love, gratitude and blissfulness during your entire experience at the Cousin's Incredible Vitality. We encourage participation, transformation & raising consciousness and awareness in the world. Our blessed oasis of growth, truth & possibility welcomes all. Live and love in the moment!

We provide loving and professional service with a flair of Cousin's IV's promise that we will go

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beyond your expectations. Our offering includes beautiful buffets, plated table service, and passed hor d'oeuvres. Our food is organic and is largely sourced from local merchants and farmers.

### **Crystal Lake Health Foods**

25 E. Crystal Lake Ave., Crystal Lake, IL 60014

Tel: 815-459-7942

clhealth@yahoo.com

<http://www.clhfs.com/index.html>

Crystal Lake Health Foods is a traditional health food store. We carry as much local food as possible and offer extremely friendly service. All our meat is frozen; we carry salmon, halibut, and organic pork and turkey.

Hours:

Monday thru Wednesday and Friday 9 to 6

Thursday 9 to 7

Saturday 9 to 5

Sunday CLOSED

### **Curds & Whey Cheese Shop**

11 North 5th St., Inglenook Pantry, Geneva, IL 60134

Tel: 630-377-0373

Contact: Deb and Rob Murphey

rob@curdsandwheycheesecompany.com

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

Rob and Debb Murphey decided to start their cheese shop four years ago when they realized the St. Charles market that they had helped to revive had no cheese vendor. Their passion for sustainability, community, and of course for cheese, all came together to create this wonderful business. The couple seeks out nearly all local cheeses from Wisconsin and other surrounding Midwest states. A couple of their cheeses such as Parmigiano Regiano are imported from Europe. All their cheeses are researched in detail and many times as Rob stated, "we even know the specific cows the milk came from!" Every cheese has a story, of its maker, its cows, its origin. If you want cheese with a lot of passion, stop in the Curds & Whey Cheese Shop at Inglenook Pantry or see them at one of the seven markets they attend through the season.

### **Dee Jay's**

Grand Food Center Glenco

341 Hazel Ave, Glenco, IL 60022

Tel: 847-835-2842

Fax: 847-835-0179

We are a traditional grocery store that offers a wide selection of fresh meats in our deli and a variety of organic products throughout our store. We are large enough to serve you and small enough to care.

Hours:

7am to 9pm daily

### **Duck Soup Co-op**

129 East Hillcrest, Dekalb, IL 60115

Tel: 815-756-7044

[ducksoupcoop@tbc.net](mailto:ducksoupcoop@tbc.net)

<http://www.ducksoupcoop.com>

Incorporated in 1974 as a not-for-profit entity, Duck Soup was originally a member only, pre-order buying club. As the Coop grew, we were able to operate as a storefront outlet where purchases could be made from stock inventory. In 1990, the membership voted to open the store to the public as well as members.

### **Elliott Bock**

3540 Payson Rd, Quincy, IL 62305

Tel: 217-223-5310

Contact: Lori Tuttle

[ltuttle@elliottbock.com](mailto:ltuttle@elliottbock.com)

<http://www.elliottbock.com>

Elliott Bock is a retail store that is hard to define. Located in an 1800's renovated brick farmhouse on the edge of Quincy, Elliott Bock has something for everyone, making it a destination spot for tourists and natives alike.

You enter into what we call a coffee and tea kitchen that serves organic and fair-trade coffee and tea as well as locally-baked products and light lunch.

The next stop is our natural food market featuring organic and locally-raised foods and beverages. Our natural food market products include items like sheep and goat cheeses, Sandhill Farm Sorghum, cold Steaz and Switch sodas, Honest teas and Jean's Kitchen products. Best of all our natural food market features locally-raised and clean Tuthill Farm meat.

The rest of the house is devoted to original art and designs like our custom, original cards and pillows, vintage and new home accessories, personal care products like locally-made soaps and lounge areas to hang out with friends or by yourself. The house and grounds are available for hosting parties or events.

Please check our calendar often to see upcoming events at Elliott Bock.

### **First Fruits Produce Co.**

101 N Lombard, Mahomet, IL 61853

Tel: 217-586-1333

[info@firstfruitsproduce.com](mailto:info@firstfruitsproduce.com)

## Illinois guide: stores



<http://www.firstfruitsproduce.com/page.home>

We are sustainable farm produce growers. One of our thoughts is, if it's a vegetable and it can be grown in Illinois, then we will probably want to grow it at some point in time. Sustainable farming means that we try very hard to keep the poison out of your food and the healthy stuff in. We incorporate many organic products during the operation and growing season, leaning more heavily on the organic than the commercial side. If it is to go into your mouth, we believe that it should be clean and wholesome and of value to your body. We also offer in our store many of the organic products that we use on the farm.

### **Food Fantasies**

1512 W Wabash Ave, Springfield, IL 62704

Tel: 217-793-8009

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

Originally a gourmet food store, Fantasy Foods was transformed into a health food store in 1989. Our store seeks to offer high quality products at reasonable prices combined with good customer service. We offer a wide variety of products and are more than happy to assist you in selecting your purchases. To top it off, we have an in-store bakery, where bread is baked daily from scratch. Our bakery uses all natural, organic, and local ingredients, to create a fine array of natural breads to suit anyone's tastes.

Hours:

Monday through Friday, 9am to 8pm

Saturday, 9am to 6pm

Sunday, 12pm to 4pm

### **For The Good Of It**

3135 W Jefferson Street, Joliet, IL 60435

Tel: 815-744-7659

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

We are a nutrition store, offering supplements and organic foods, that has been serving Joliet for 29 years. Nutritional consulting also is available.

Hours:

Monday 9:30am to 7:00pm

Tuesday - Friday 9:30am to 6:00pm

Saturday 9:30am to 5:00pm

### **Fox and Obel**

401 E. Illinois Street, Chicago, IL 60611

Tel: 312-379-0133

Contact: Polly Peters

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feedback@fox-obel.com  
<http://www.fox-obel.com/index.asp>

Our Market, Cafe and Catering are built around the love of great food and the people who are passionate about everything they create, every day. So step inside and see, smell, touch and taste the best the world has to offer.

### **Fruitful Yield**

Bloomingtondale

154 S Bloomingtondale Rd., Town Square of Bloomingtondale, Bloomingtondale, IL 60108

Tel: 630-894-2553

Fax: 630-894-0206

[bloomingtondale@fruitfulyield.com](mailto:bloomingtondale@fruitfulyield.com)

<http://www.fruitfulyield.com>

Fruitful Yield stores' product mix include foods that are organic, natural, wheat-free, or have a lower carb content, in order to serve the special needs of those with dietary restrictions. Managers participate in community events in order to inform consumers about their low-cost health services such as nutrition counseling. Staff members have lobbied Congress on industry related issues and have urged customers to join these efforts. The stores feature public lectures in order to have a voice in the public debate on natural foods and supplements. Fruitful Yield employees are trained by clinical nutritionists on staff and by outside educators.

Store hours are 9:30 a.m. to 8 p.m. Monday through Friday; 9:30 a.m. to 5 p.m. Saturday; and 10 a.m. to 3 p.m. Sunday.

### **Fruitful Yield**

Darien

2159 75th St., Darien, IL 60561

Tel: 630-969-7614

Fax: 630-969-7635

[darien@fruitfulyield.com](mailto:darien@fruitfulyield.com)

<http://fruitfulyield.com>

Fruitful Yield stores' product mix include foods that are organic, natural, wheat-free, or have a lower carb content, in order to serve the special needs of those with dietary restrictions. Managers participate in community events in order to inform consumers about their low-cost health services such as nutrition counseling. Staff members have lobbied Congress on industry related issues and have urged customers to join these efforts. The stores feature public lectures in order to have a voice in the public debate on natural foods and supplements. Fruitful Yield employees are trained by clinical nutritionists on staff and by outside educators.

Store hours are Monday through Friday from 9:30 a.m. to 8 p.m.; Saturday from 10 a.m. to 6 p.m.; and Sunday from 11 a.m. to 5 p.m.

### **Fruitful Yield**

Elmhurst

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214 N York Rd., Elmhurst, IL 60126  
Tel: 630-530-1445  
Fax: 630-530-9456  
elmhurst@fruitfullyield.com  
<http://www.fruitfullyield.com>

Fruitful Yield stores' product mix include foods that are organic, natural, wheat-free, or have a lower carb content, in order to serve the special needs of those with dietary restrictions. Managers participate in community events in order to inform consumers about their low-cost health services such as nutrition counseling. Staff members have lobbied Congress on industry related issues and have urged customers to join these efforts. The stores feature public lectures in order to have a voice in the public debate on natural foods and supplements. Fruitful Yield employees are trained by clinical nutritionists on staff and by outside educators.

Store hours are Monday through Friday from 9:30 a.m. to 8 p.m.; Saturday from 9:30 a.m. to 5 p.m.; and Sunday from noon to 5 p.m.

### **Fruitful Yield**

Highland Park  
149 Skokie Valley Rd., Crossroads Shopping Center, Highland Park, IL 60035  
Tel: 847-831-0460  
Fax: 847-831-0445  
sales@fruitfullyielddirect.com  
<http://www.fruitfullyield.com>

This location of Fruitful Yield doesn't stock meat, eggs or dairy, but it hosts a local farm once a month to sell meat and dairy in the store. This store will also order organic eggs and milk at the customer's request. Contact the store for more details.

Store hours are Monday through Wednesday from 10 a.m. to 6 p.m.; Thursday from 10 a.m. to 7:30 p.m.; Friday and Saturday from 10 a.m. to 6 p.m.; and Sunday from noon to 5 p.m.

### **Fruitful Yield**

Lombard  
229 W Roosevelt Rd., Sportsmart Plaza, Lombard, IL 60148  
Tel: 630-629-9242  
Fax: 630-629-9244  
lombard@fruitfullyield.com  
<http://www.fruitfullyield.com>

Fruitful Yield stores' product mix include foods that are organic, natural, wheat-free, or have a lower carb content, in order to serve the special needs of those with dietary restrictions. Managers participate in community events in order to inform consumers about their low-cost health services such as nutrition counseling. Staff members have lobbied Congress on industry related issues and have urged customers to join these efforts. The stores feature public lectures in order to have a voice in the public debate on natural foods and supplements. Fruitful Yield employees are trained by clinical nutritionists on staff and by outside educators.

Store hours are Monday through Friday from 9:30 a.m. to 8 p.m.; Saturday from 9:30 a.m. to 6 p.m.; and Sunday from 11 a.m. to 5 p.m.

### **Fruitful Yield**

Aurora West

1957 W Galena Blvd., Aurora, IL 60506

Tel: 630-897-3490

Fax: 630-897-0407

[sales@fruitfullyield.com](mailto:sales@fruitfullyield.com)

<http://www.fruitfullyield.com>

Fruitful Yield stores' product mix include foods that are organic, natural, wheat-free, or have a lower carb content, in order to serve the special needs of those with dietary restrictions. Managers participate in community events in order to inform consumers about their low-cost health services such as nutrition counseling. Staff members have lobbied Congress on industry related issues and have urged customers to join these efforts. The stores feature public lectures in order to have a voice in the public debate on natural foods and supplements. Fruitful Yield employees are trained by clinical nutritionists on staff and by outside educators.

Store hours are 9:30 a.m. to 8 p.m. Monday through Friday; 9:30 a.m. to 6 p.m. Saturday; and noon to 5 p.m. Sunday.

### **Fruitful Yield**

Aurora East

4334 E Fox Valley Center Drive, Fox Valley Mall, Aurora, IL 60504

Tel: 630-585-9200

Fax: 630-585-9300

[foxvalley@fruitfullyield.com](mailto:foxvalley@fruitfullyield.com)

<http://www.fruitfullyield.com>

Fruitful Yield stores' product mix include foods that are organic, natural, wheat-free, or have a lower carb content, in order to serve the special needs of those with dietary restrictions. Managers participate in community events in order to inform consumers about their low-cost health services such as nutrition counseling. Staff members have lobbied Congress on industry related issues and have urged customers to join these efforts. The stores feature public lectures in order to have a voice in the public debate on natural foods and supplements. Fruitful Yield employees are trained by clinical nutritionists on staff and by outside educators.

Store hours are 9:30 a.m. to 8:30 p.m. Monday through Friday; 9:30 a.m. to 6 p.m. Saturday; and 11 a.m. to 5 p.m. Sunday.

### **Fruitful Yield**

Schaumburg

130 W Golf Rd., Schaumburg, IL 60195

Tel: 847-882-2999

Fax: 847-882-3066

## illinois guide: stores



schaumburg@fruitfullyield.com  
<http://www.fruitfullyield.com>

Fruitful Yield stores' product mix include foods that are organic, natural, wheat-free, or have a lower carb content, in order to serve the special needs of those with dietary restrictions. Managers participate in community events in order to inform consumers about their low-cost health services such as nutrition counseling. Staff members have lobbied Congress on industry related issues and have urged customers to join these efforts. The stores feature public lectures in order to have a voice in the public debate on natural foods and supplements. Fruitful Yield employees are trained by clinical nutritionists on staff and by outside educators.

Store hours are Monday through Friday from 9:30 a.m. to 8 p.m.; Saturday from 9:30 a.m. to 5:30 p.m.; and Sunday from 11 a.m. to 4 p.m.

### **Fruitful Yield**

South Elgin  
360 Randall Rd, Kohl's Center, South Elgin, IL 60177  
Tel: 847-888-0100  
Fax: 847-697-5245  
[sales@fruitfullyielddirect.com](mailto:sales@fruitfullyielddirect.com)  
<http://www.fruitfullyield.com>

Fruitful Yield stores' product mix include foods that are organic, natural, wheat-free, or have a lower carb content, in order to serve the special needs of those with dietary restrictions. Managers participate in community events in order to inform consumers about their low-cost health services such as nutrition counseling. Staff members have lobbied Congress on industry related issues and have urged customers to join these efforts. The stores feature public lectures in order to have a voice in the public debate on natural foods and supplements. Fruitful Yield employees are trained by clinical nutritionists on staff and by outside educators.

Store hours are Monday through Friday from 9:30 a.m. to 8 p.m.; Saturday from 10 a.m. to 6 p.m.; and Sunday from 11 a.m. to 5 p.m.

### **Fruitful Yield**

Berwyn  
7003 W Cermak Rd., Cermak Plaza, Berwyn, IL 60402  
Tel: 708-788-9103  
Fax: 708-788-9159  
[berwyn@fruitfullyield.com](mailto:berwyn@fruitfullyield.com)  
<http://www.fruitfullyield.com>

Fruitful Yield stores' product mix include foods that are organic, natural, wheat-free, or have a lower carb content, in order to serve the special needs of those with dietary restrictions. Managers participate in community events in order to inform consumers about their low-cost health services such as nutrition counseling. Staff members have lobbied Congress on industry related issues and have urged customers to join these efforts. The stores feature public lectures in order to have a voice in the public debate on natural foods and supplements. Fruitful Yield employees are trained by clinical nutritionists on staff and by outside educators.

Store hours are 9 a.m. to 8 p.m. Monday through Friday; 9 a.m. to 6 p.m. Saturday; and 11 a.m. to 5 p.m. Sunday.

### **Goodness Greeness Organic Produce**

5959 S Lowe Ave, Chicago, IL 60621

Tel: 773-224-4411

<http://www.goodnessgreeness.com>

Goodness Greeness is the Midwest's leading source for fresh, organic produce and the largest privately held organic distributor in the country.

Founded in 1991 by CEO Robert Scaman and his brothers, Rodney and Rick, Goodness Greeness employs over 60 people at their warehouse in the Englewood neighborhood of Chicago.

The company directly supplies over 300 stores that include the regions largest supermarkets and independent retailers.

Goodness Greeness is committed to supplying its customers with the finest organic food from around the world, while at the same time furthering its purchases from the Midwest's small-scale organic farmers.

Goodness Greeness has developed a private label brand of regional organic food, including a new Fresh Cut product line, which is being distributed throughout the Midwest.

### **Gourmet Popcorn**

3830 N Clark Street, Chicago, IL 60613

Tel: 773-549-6622

Fax: 773-549-6164

Contact: Estelle Kenney

[william.sands@theoceanagency.com](mailto:william.sands@theoceanagency.com)

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

Gourmet popcorn, Corporate gift baskets, and a wide selection of assorted snacks and gifts.

### **Graffiti and Grub**

5923 S. Wentworth, Chicago, IL 60621 [info@graffitiandgrub.com](mailto:info@graffitiandgrub.com)

<http://www.graffitiandgrub.com>

Brainchild of LaDonna Redmond and Wil Seegars, Graffiti and Grub is a healthy, sustainable, local food experience for the hip hop generation, a community-based solution to the issue of food deserts. Bringing in a major chain grocery store isn't enough to fix public health issues in communities lacking access to healthy food options. In addition to providing fresh choices to the community, Graffiti and Grub aims to serve as a community wellness center, providing wellness education, forums, and fun.

### **Grand Food Center**

606 Green Bay Road, Winnetka, IL 60093

Tel: 847-446-6707

Fax: 847-446-9050

Contact: Rick Pasquini

[rickp@grandfoodcenter.com](mailto:rickp@grandfoodcenter.com)

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

We are a traditional grocery store that offers a wide selection of fresh meats in our deli and a variety of organic products throughout our store. We are large enough to serve you and small enough to care.

Hours:

Monday - Saturday: 7:00 a.m. - 9:00 p.m.

Sunday - 7:00 a.m. - 8:00 p.m.

### **Green Earth Grocery**

441 South Buchanan Street , Edwardsville, IL 62025

Tel: 618-656-3375

Fax: 618-656-3281

Contact: Janel Ellsworth

[greenearth@livingnaturally.com](mailto:greenearth@livingnaturally.com)

<http://www.greenearthgrocer.com>

Green earth grocer is a 20 year old health food market that carries organic foods and healthful supplements. We do not carry any meat.

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We also have sandwiches, soups, marinated tofu, wraps, veggie burgers and pasta available in our Deli. You can eat at the counter or relax in our seating area. The Deli is open from 11 am to 5 pm Monday through Friday, 11 am to 4 pm on Saturday, and closed on Sunday.

Hours:

Monday through Friday, 9am to 7pm

Saturday, 9am to 5pm

Sunday, 12pm to 5pm

### **Green Grocer Chicago**

1402 W. Grand Ave., Chicago, IL 60642

Tel: 312-624-9508

Contact: Cassie Green

[info@greengrocerchicago.com](mailto:info@greengrocerchicago.com)

<http://www.greengrocerchicago.com>

Green Grocer Chicago, located at 1402 W Grand Ave, features organic and locally produced foods, as well as some unique specialty items. Through extensive research, we have gathered the most

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delicious, healthiest and indulgent foods possible! We work closely with Midwestern farmers and producers to provide our customers the freshest food available while supporting our local economy. By choosing primarily to work with Midwestern sources, we get to know our food providers, our food tastes better, and we are able to reduce harmful CO2 emissions by eliminating the need for long distance transportation. With locally produced foods everyone wins, especially you, our customers!

They also sell small-batch, hand-crafted ice cream, donuts, scones; goats' milk soaps; small-batch dressings and vinaigrettes; fresh sandwiches, breads, cookies, and much more.

### **Here's Health**

704 S Northwest Highway, Barrington Center, Barrington, IL 60010  
Tel: 847-381-4210

Store hours are Monday through Thursday from 9 a.m. to 8 p.m.; Friday from 9 a.m. to 6 p.m.; Saturday from 9:30 a.m. to 6 p.m.; and Sunday from noon to 5 p.m.

### **Heritage Natural Foods**

1317 6th Avenue, Moline, IL 61265  
Tel: 309-764-1912  
<http://www.heritagenaturalfoods.com/>

Our grocery selection is second to none in providing the Quad Cities with the finest in healthy food options. Whether you're in the market for an organic frozen pizza, organic tomatoes or a gluten free grocery item Heritage has what you're looking for! We pride ourselves on offering the finest products available for your healthy lifestyle. We have supplements, herbs, grocery items, health & beauty, bulk foods, books, appliances, protein powders, athletic performance, essentials oils, baby, pet and household items.

Our friendly, knowledgeable staff will assist you in your every health need. We have a family like atmosphere with a sincere interest in your health. All our products are 100% guaranteed with your money back with receipt and store credit without receipt if not fully satisfied. If you cannot find what you're looking for we will find an alternative to your request.

Hours:

Monday, Wednesday, Friday 9-5:30

Tuesday, Thursday, 9-6:30

Saturday, 9-5

### **Heritage Prairie Market and Educational Center**

2N308 Brundige Road, Elburn, IL 60119  
Tel: 630-443-8253  
Contact: Sarah Harmon  
[info@hpmfarm.com](mailto:info@hpmfarm.com)  
<http://www.hpmfarm.com>

In April 2007, Bronwyn Weaver and Bob Archibald opened Heritage Prairie Market on their family farm. Their vision is to provide the widest range of the freshest, most delicious local foods available,

## illinois guide: stores

and to create an environment that inspires healthier eating and living habits.

We look forward to seeing you at Heritage Prairie Market and introducing you to our farmers and local artisans who supply our store. Our market is the heart of our small farm, with all you need to stock your kitchen with wholesome goodness. This grocery store has local and organic food products ranging from dairy and fresh eggs to beef, chicken, pork to honeys and vinegars.

Late in 2007 Heritage Prairie Farm began a new system of farming, designed to enable a small farm like ours to produce food during all four seasons.

We encourage you to take a walk around our farm if you visit our store. With a system of movable greenhouses, Heritage Prairie is on the cutting edge of high-production, low-acreage food growing in the upper Midwest. Our farmers are always willing to take a moment to describe the projects we are in the middle of.

Whether you have a morning to wander about or need to get in and out quickly for eggs and milk, Heritage Prairie Market is a refreshing change from the strip mall grocery stores.

We're open weekdays from 9am to 6pm, Saturdays 9am to 4pm, and Sundays from noon to 4pm. We also offer a CSA in conjunction with Erehwon Farm.

### **Highland Nutrition**

320 Walnut, Highland, IL 62249  
Tel: 618-654-9017

We offer minerals, natural vitamins, organic & macrobiotic foods, books, and herbs. We carry a large selection of organic cheese and yogurt and we offer whole, ground, and sliced frozen meats.

Hours:

Monday through Friday, 9 to 7

Saturday, 9 to 5

Sunday, 11 to 5

### **J.D. Mills Food Co.**

635 Chicago Ave., Evanston, IL 60202  
Tel: 847-491-0940  
[http://www.taichigreentea.com/P\\_JD\\_Mills.html](http://www.taichigreentea.com/P_JD_Mills.html)

Supplier of organic eggs and dairy.

### **Jason's Deli**

6260 W 95th Street , Oak Lawn, IL 60453  
Tel: 708-233-0368  
Fax: 708-233-0564  
<http://www.jasonsdeli.com/restaurants/il/oaklawn/60453/iol>

## Illinois guide: stores

Jason's Deli uses organic ingredients when possible, when dining-in, we were given re-usable glasses for our drinks, and silverware (not plastic). It is a family friendly establishment with reasonable prices and great food!

### **Kankakee Natural Foods**

1035 Mulligan Dr #2, Bradley, IL 60915

Tel: 815-933-6236

<http://www.kankakeenaturalfoods.com>

We are a small health food store that carries a small selection of frozen, organic meats. We always have ground beef and a few cuts of chicken and turkey.

Hours:

Monday-Thursday and Saturday, 9am to 5:30pm

Friday, 9am to 7pm

Sunday, Closed

### **Karyn's**

1901 N. Halsted, Chicago, IL 60614

Tel: 312-255-1590

Fax: 312-255-1592

Contact: Karyn Calabrese

[karyninfo@karynraw.com](mailto:karyninfo@karynraw.com)

<http://www.karynraw.com>

At Karyn's, we are committed to using only whole fresh foods (organic) whenever possible. We create fresh delicious and high quality meals that are high in fiber and low in fat.

For over 20 years I have been teaching and counseling individuals and running workshops showing people the practical, holistic ways to improve their lives, conveying the importance of food choices and how to prepare these tasty nutritious foods for themselves at home.

I believe we should prepare our foods to nurture and sustain our bodies. In our busy, stress-filled lives, we aren't always able to give priority to ourselves. Consistency is the key to making healthy lifestyle changes. Let us help you maintain that consistency with our Living Food Menu.

If you would like to learn how to prepare healthy foods or, perhaps, need a little inspiration to go further in your personal health journey, classes and workshops are given throughout the year.

Here's to your health and happiness!

Karyn

### **Kramer's Health Food Shoppe**

230 South Wabash Avenue, Chicago, IL 60604

Tel: 312-922-0077&#8206;

## Illinois guide: stores



Organic health products with a small cafe inside.

### **KT's General Store**

831 W. Prospect, Kewanee, IL 61483

Tel: 309-856-5083

Fax: 309-856-5083

Contact: Terry Huff/Karen Taylor

karter@bwsys.net

<http://www.ktsgeneralstore.bizhosting.com/>

We are a very friendly natural foods store that carries organic produce and bulk foods. Please ask if you are interested in special order and mail order. The owner gathers eggs from his own chickens daily and sells them for one dollar per dozen.

Hours:

Tuesday - Friday: 10 am - 5 pm

Saturday: 10 am - 2 pm

### **Life Spring Health Foods & Juice Bar**

3178 N Clark St. , Chicago, IL 60657

Tel: 773-327-1023

Life Spring Health Foods & Juice Bar in Chicago, Illinois has more than 7000 health items in stock to ensure that everyone who enters our store leaves with something to make their life better.

We carry complete vitamins, herbs/minerals, sports nutrition, fresh juices, wheat grass, carrots, and vegetables, supplements.

Since 1977, near the dawn of our society's current health focus, we pioneered the importance of selling additional health items beyond fruits and vegetables. A happy, long life depends on how we fuel our bodies, and with Life Spring, you're sure to stock up on the essentials. Call us today for more information or come in to experience the immediate effects of a healthy diet.

### **Lil's Dietary Specialty Shop**

2738 W. 111 St., Chicago, IL 60655

Tel: 773-239-0355

Fax: 773-239-0357

<http://www.lilsdietary.com>

Lil's is a family owned business that treats everyone like family. We are not a health food store or a supermarket. We are a special diet food shop. We are a provider of medically necessary food.

We offer selections in pastas, frozen foods, cookies, crackers, baking and flour mixes, breads, sauces, cereals, etc. We are continually searching for the special request of our customers. If it is out there we will find it!

Lil's Dietary Specialty shop is a DSCC provider.

### **Marion Street Cheese Market**

Animal Welfare Approved Listing  
100 S. Marion Street, Oak Park, IL 60302  
Tel: 708-725-7200  
Fax: 708-725-7210  
dine@marionstreetcheesemarket.com  
<http://www.marionstreetcheesemarket.com/>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery:  
<http://www.prairiefruits.com>

### **Metropolis Coffee**

5545 N. Clark St., Chicago, IL 60640  
Tel: 773-338-4904  
Fax: 773-338-4908  
tony@metropoliscoffee.com  
<http://www.metropoliscoffee.com>

Local father and son owned artisan roasteria and cafe in heart of Chicago's Edgewater neighborhood. Fair trade prices for farmers' harvest. EXCELLENT coffee and locally available!

### **Mindful Meals**

250 N. Evergreen Ave., Arlington Heights, IL 60004  
Tel: 847-398-7480  
Fax: 847-398-7481  
Contact: Christina Olson or Diane Miller  
info@mindfulmealskitchen.com  
<http://www.mindfulmealskitchen.com>

Mindful Meals is an organic and all-natural meal assembly business. Customers select eight or more family sized entrees from the menu, which is posted online and changes often. Then, the customer can schedule a time to come in (either alone or with a group of friends) and assemble their own quick and easy meals to take back home. Each entree serves 4 to 6 people, so most entrees can be split in half, thus giving smaller families double the number of meals. Each customer will leave with food for the entire week, either to be served right away or frozen for later!

All ingredients used in Mindful Meals are all-natural or organic, without chemicals, preservatives or additives. In a time when most people have no idea what ingredients are in their food, Mindful Meals gives families the opportunity and assistance to once again cook from scratch, using healthy, wholesome ingredients. A personal chef service, for those who'd prefer to pick up their meals already pre-assembled, is also available.

### **Natural Food & Nutrition**

422 Madison Ave, Charleston, IL 61920  
Tel: 217-345-1130

## Illinois guide: stores



Fax: 217-345-1131  
dk@n-f-n.com

NATURAL FOOD & NUTRITION is a family-owned health food store in Charleston, IL. We have a great selection of vitamins and herbs, specialty food, natural health and beauty products, greeting cards, and many gift ideas.

### **Natural Gourmet**

2225 S Neil St, Champaign, IL 61820  
Tel: 217-355-6365  
<http://www.naturalgourmetfoods.com/>

We have frozen beef, pork, chicken, and turkey available in several cuts. Most of our stock is organic and we try to purchase the freshest products possible. Please ask our knowledgeable staff if you would like to know more about our products. Hours: Monday through Saturday, 9am to 6pm.

### **Naturally Yours**

4700 N University St, Peoria, IL 61614  
Tel: 309-692-4448  
<http://www.naturallyyoursgrocery.com>

We are central Illinois' largest health food store, locally owned and operated with a friendly hometown atmosphere. You will receive the highest quality products and information from our knowledgeable staff. We offer a wide variety of frozen meats, but our selection changes frequently. To make things easy for you, we offer special orders and shipping to your home. Please call for more information.

Hours:

Monday through Saturday, 9am to 9pm

### **Nature's Pantry**

112 W. Main Street, Rockton, IL 61072  
Tel: 815-624-8663

Our ability to grow food for others, started by our family simply producing too much naturally grown food, that we couldn't use ourselves. We had a hayrack that we would display our hours of hard work on, and locals from the area would stop by the farm and take what they wanted and would even make change out of an old coffee can. (On your honor of course)

Well every year the demand for our good old wholesome, healthy food, grew, and grew. Four years ago we finally gave in and added something more than a couple of hayracks, we built on the farm a little stand area that was enclosed. But the demand still grew.

The following two years that have come after proved we had to do something different. We have really seen the demand and need for good wholesome food grow. We now have an actual storefront

## illinois guide: stores

just a half-mile from the farm in which the entire farm raised produce is stored.

It is amazing that out of a tremendous amount of hard work, we are still producing for the family, but it is now the family of Nature's Pantry Health Foods, Inc. from our ground to your table. Please stop by when you get a chance, Our Family Welcomes Yours!

### **Neighborhood Co-op Grocery**

Murdale Shopping Center, 1815 West Main Street, Carbondale, IL 62901

Tel: 618-529-3533

Fax: 618-529-0172

Contact: Lisa Smith

[lisa@neighborhood.coop](mailto:lisa@neighborhood.coop)

<http://www.neighborhood.coop>

A full service grocery store, bakery & deli.

### **New Vitality Health Foods**

9177 West 151st Street, Orland Park, IL 60462 <http://www.newvitalityhealthfoods.com>

New Vitality Health Foods, Inc. is here to provide you with the finest quality fresh, allergy free, natural, organic and whole foods, nutritional products, body care products and health information.

When you walk into New Vitality Health Foods, Inc., you are taking a step towards your physical self, as well as building a friendship with those who work here. Make us your doorway to total health, twenty-four hours a day, seven days a week all year long!

### **Newleaf Natural Grocery**

1261 W. Loyola Ave, Chicago, IL 60626

Tel: 773-743-0400

Fax: 773-743-4115

Contact: Sarah Stone & Steve Parkes

[email@newleafnatural.net](mailto:email@newleafnatural.net)

<http://www.newleafnatural.net>

Locally owned natural food store in Rogers Park, near Loyola University. Dedicated to sustainable agriculture and local farms. Sells free range/antibiotic free meats and eggs, organic produce, fair trade coffee, bulk goods and grocery. Also features an organic cafe w/sandwiches and baked goods.

### **Nutrition Network**

187 Geneva Road, Winfield, IL 60190

Tel: 630-871-1620

If you want to support a friendly, local store, shop here. We are a small, but extremely accommodating natural food store. We offer frozen, organic ground beef and whole or cut all-natural chicken. We take holiday orders for frozen turkey. <P'

Hours:

## illinois guide: stores

Monday through Friday, 9:30 to 8

Saturday, 9:30 to 5:30

Sunday, 11 to 5

### **Oberweis Dairy**

Oak Park

124 North Oak Park Avenue, Oak Park, IL 60301

Tel: 708-660-1350

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Downers Grove

60 Ogden Avenue, Downers Grove, IL 60515

Tel: 630-810-1270

hdfeedback1@oberweisdairy.com

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

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### **Oberweis Dairy**

Elgin  
400 A. South Randall, Elgin, IL 60123  
Tel: 847-697-5750  
hdfeedback1@oberweisdairy.com  
<http://www.oberweisdairy.com/>

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m.

### **Oberweis Dairy**

Orland Park  
7202 159th Street, Orland Park, IL 60462  
Tel: 708-429-7220  
hdfeedback1@oberweisdairy.com  
<http://www.oberweisdairy.com/>

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Elmhurst  
1018-20 S. York Road, Elmhurst, IL 60126  
Tel: 630-782-0141  
hdfeedback1@oberweisdairy.com  
<http://www.oberweisdairy.com/>

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### **Oberweis Dairy**

Oswego

2274 Route 30, Oswego, IL 60543

Tel: 630-906-6455

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Glen Ellyn

651 Roosevelt Road, Glen Ellyn, IL 60137

Tel: 630-858-0234

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to

## illinois guide: stores

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### **Oberweis Dairy**

Palos Park

13030 S. LaGrange Road, Palos Park, IL 60464

Tel: 708-361-5742

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Glenview

967 Waukegan Road, Glenview, IL 60025

Tel: 847-729-8700

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the

## illinois guide: stores

problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m.

### **Oberweis Dairy**

Park Ridge  
101-103 S. Northwest Highway, Park Ridge, IL 60068  
Tel: 847-692-9840  
hdfeedback1@oberweisdairy.com  
<http://www.oberweisdairy.com/>

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### **Oberweis Dairy**

Hoffman Estates  
1405 Palatine Road, Hoffman Estates, IL 60195  
Tel: 847-776-1987  
hdfeedback1@oberweisdairy.com  
<http://www.oberweisdairy.com/>

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m.

### **Oberweis Dairy**

Rolling Meadows  
1735 Algonquin Road, Rolling Meadows, IL 60008

## Illinois guide: stores

Tel: 847-290-9222

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Joliet

2200 Route 59, Joliet, IL 60544

Tel: 815-254-6739

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m.

### **Oberweis Dairy**

Schaumburg

30 South Roselle Road, Schaumburg, IL 60193

Tel: 847-534-0544

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an

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### **Oberweis Dairy**

Lake Zurich

684 S. Rand Road, Lake Zurich, IL 60047

Tel: 847-550-9000

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m.

### **Oberweis Dairy**

Addison

1600 W. Lake Street, Addison, IL 60101

Tel: 630-285-9980

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests

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### **Oberweis Dairy**

Lansing

17080 Torrence Avenue, Lansing, IL 60438

Tel: 708-418-3945

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m.

### **Oberweis Dairy**

Western Springs

929 Burlington Avenue, Western Springs, IL 60558

Tel: 708-784-0200

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Arlington Heights  
9 East Dundee Road, Arlington Heights, IL 60004  
Tel: 847-368-9060  
hdfeedback1@oberweisdairy.com  
<http://www.oberweisdairy.com/>

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### **Oberweis Dairy**

McHenry  
2318 Richmond Road, McHenry, IL 60050  
Tel: 815-344-0101  
hdfeedback1@oberweisdairy.com  
<http://www.oberweisdairy.com/>

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### **Oberweis Dairy**

Wheaton  
811 E. Butterfield Road, Suite 119, Wheaton, IL 60187  
Tel: 630-665-0000  
hdfeedback1@oberweisdairy.com  
<http://www.oberweisdairy.com/>

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### **Oberweis Dairy**

Bartlett

925 South Route 59, Bartlett, IL 60103

Tel: 630-372-1633

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m. The store is located on east side of Route 59, across from the Home Depot, close to the intersection of Route 59 and Stearns.

### **Oberweis Dairy**

Mount Prospect

80 E. Northwest Hwy, Mount Prospect, IL 60056

Tel: 847-577-6100

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When

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### **Oberweis Dairy**

North Aurora

951 Ice Cream Drive, North Aurora, IL 60542

Tel: 630-801-6131

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Naperville

2879 95th Street, Suite 155, Naperville, IL 60564

Tel: 630-922-7756

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your

## illinois guide: stores

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### **Oberweis Dairy**

Bolingbrook

230 N. Weber Road, Bolingbrook, IL 60440

Tel: 630-759-5557

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store hours are Monday through Thursday 9 a.m. to 10:00 p.m., Friday through Saturday 9 a.m. to 11:00 p.m., and Sunday 10 a.m. to 10:00 p.m.

### **Oberweis Dairy**

Bloomington

338 W. Army Trail Road, Bloomington, IL 60108

Tel: 630-924-3020

hdfeedback1@oberweisdairy.com

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

Oberweis Dairy milk comes from small to medium sized independent family farmers (producers) who work exclusively for Oberweis Dairy. The average herd size is about 80 cows. To become an Oberweis Dairy producer, farmers must meet strict quality guidelines. Individual producer's milk is tested to ensure that our quality criteria are being maintained. Oberweis Dairy pays its producers the highest quality premiums in the area. Dairy cows are never force fed hormones or antibiotics. When a cow in the milking herd does get sick, which is certainly normal, our producers take special care to nurse that animal back to health, including the use of antibiotics. At the time a cow is treated with antibiotics, it is removed from the milking herd and not allowed to return until its milk no longer tests positive for the presence of antibiotics. Dairy cows are never confined and are fed grains free of animal by-products. Tankers pick up milk daily from our farms and deliver to our dairy plant where the milk is pasteurized, homogenized and bottled in half-gallon glass bottles. When you return your bottles to our store, we then wash, sterilize and re-use our bottles rather than contribute to the problem of overflowing landfills. Store Hours are Monday through Saturday from 9 a.m. to 10:00 p.m. and Sunday 10 a.m. - 10:00 p.m.

### **Old Time Meat & Deli Shop**

2018 South Neil Street, Champaign, IL 61820

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Tel: 217-351-9123  
Fax: 217-351-9189  
store@oldtimemeatanddeli.com  
<http://www.oldtimemeatanddeli.com/>

Old Time Meat & Deli shop features a variety of all-natural and kosher meats, along with an assortment of other organic foods. The free-range chickens are sold whole, but the butcher is happy to cut them up into parts at customers' request.

Store Hours  
Monday - Saturday, 10am - 6pm

**Organica Vitamin & Health Food**  
289 North Barrington Rd, Streamwood, IL 60107  
Tel: 630-872-2000  
<http://www.myorganica.com>

We offer a few frozen, organic meats as well as organic dairy and eggs. If you are interested in meat that is better and more full-flavored, we have weekly delivery from a local Amish farm. Please call for details. <P'

Hours:

Monday through Friday, 10 to 8

Saturday, 10 to 6

**Pastoral - Chicago French Market**  
Animal Welfare Approved Listing  
131 North Clinton, Chicago, IL 60661  
Tel: 312-454-2200  
Fax: 312-454-2201  
pastoral@pastoralartisan.com  
<http://www.pastoralartisan.com/>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery (<http://www.prairiefruits.com>) and Animal Welfare Approved goat cheese from Consider Bardwell Farm ([www.considerbardwellfarm.com](http://www.considerbardwellfarm.com))

**Pastoral - Lakeview**  
Animal Welfare Approved Listing  
2945 N. Broadway, Chicago, IL 60657  
Tel: 773-472-4781  
Fax: 773-472-4782  
pastoral@pastoralartisan.com  
<http://www.pastoralartisan.com/>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery (<http://www.prairiefruits.com>) and Animal Welfare Approved goat cheese from Consider Bardwell Farm ([www.considerbardwellfarm.com](http://www.considerbardwellfarm.com))

### **Pastoral - Loop**

Animal Welfare Approved Listing  
53 East Lake St, Chicago, IL 60601  
Tel: 312-658-1250  
Fax: 312-658-1251  
pastoral@pastoralartisan.com  
<http://www.pastoralartisan.com/>

Offers Animal Welfare Approved goat cheese from Prairie Fruits Farm & Creamery (<http://www.prairiefruits.com>) and Animal Welfare Approved goat cheese from Consider Bardwell Farm ([www.considerbardwellfarm.com](http://www.considerbardwellfarm.com))

### **Pastoral Artisan**

Loop  
53 East Lake St, Chicago, IL 60601  
Tel: 312-658-1250  
Fax: 312-658-1251  
Pastoral@pastoralartisan.com

In a world of mass produced products stacked high on shelves in supermarkets, superstores and wholesale clubs, there is still a time and place for small batch, high-quality, handcrafted products sold in an intimate environment with the most attentive and thoughtful service. Somehow artisan products like cheese, bread and wine, which hail from the land in some of the most beautiful places on Earth deserve to be showcase, cared-for and sold someplace that reflects their special roots - PASTORAL!

Daily 10:30 am - 8 pm

### **Pastoral Artisan**

Lakeview  
2945 N. Broadway, Chicago, IL 60657  
Tel: 773-472-4781  
Fax: 773-472-4782  
Pastoral@pastoralartisan.com  
<http://www.pastoralartisan.com>

In a world of mass produced products stacked high on shelves in supermarkets, superstores and wholesale clubs, there is still a time and place for small batch, high-quality, handcrafted products sold in an intimate environment with the most attentive and thoughtful service. Somehow artisan products like cheese, bread and wine, which hail from the land in some of the most beautiful places on Earth deserve to be showcase, cared-for and sold someplace that reflects their special roots - PASTORAL!

Hours Tuesday-Friday 11 am- 8 pm  
Saturday 11 am-7pm  
Sunday 11 am - 6 pm  
Closed Mondays

### **Pembroke Farmers Cooperative**

P.O. Box 582, Hopkins Park, IL 60944

The Pembroke Farmers Cooperative was created in 1999 by a small group of farmers, the Illinois Cooperative Extension Service, USDA, and several other entities. The only co-op in Kankakee County, Pembroke's thirty or so farmers produce mostly specialty crops and pasture-raised poultry. Farmer members are largely African-American, all use chemical-free growing methods, and some are certified organic...Today, Pembroke Farmers Cooperative sells their wares at numerous farmers' markets, health food stores, and restaurants.

### **Polson's Natural Food**

960 Main St, Antioch, IL 60002

Tel: 847-395-0461

[http://www.taichigreentea.com/\\_Polsons\\_Natural\\_Foods.html](http://www.taichigreentea.com/_Polsons_Natural_Foods.html)

- Herbs
- Vitamins
- Health & Beauty
- Dry Fruits & Nuts
- Organic vegetables & Fresh Fruits
- Tea
- Spices

### **Potash Bros**

State Street

875 North State Street, Chicago, IL 60610

Tel: 312-266-4200

Fax: 312-266-7875

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

We are a local grocery store serving Chicago since 1950. By now, we are experts at what we do. Please see our website for details on delivery and store pick-up.

Hours:

Monday through Saturday, 7am to 10pm

Sunday, 8am to 9pm

### **Potash Bros**

Clark Street

1525 North Clark Street, Chicago, IL 60610

Tel: 312-337-7537

Fax: 312-337-5495

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

We are a local grocery store serving Chicago since 1950. By now, we are experts at what we do. Please see our website for details on delivery and store pick-up.

Hours:

## illinois guide: stores

Monday through Saturday, 7am to 10pm

Sunday, 8am to 9pm

### **Provenance Food and Wine**

Logan Square

2528 N. California Avenue, Chicago, IL 60647

Tel: 773.384.0699

Fax: 773.384.8699

info@provenancefoodandwine.com

<http://www.provenancefoodandwine.com>

An independently owned, neighborhood specialty shop, Provenance Food & Wine showcases affordable everyday wines (most between \$10-\$25), many from boutique and/or bio-dynamic producers; small-batch beers; artisanal cheeses; seasonal fresh produce; Red Hen breads; Heartland meats, frozen shrimp & fish; fresh & dried pasta, sauces, and many other high-quality products. In other words, it's a place to shop for your evening's dinner, when you need quick & elegant appetizers for your guests, a great bottle of wine to take to your neighborhood BYOB restaurant, or a gourmet gift basket. Our stock of cheeses, beers, and wines are ever-changing, to bring you many of the world's wonderful things. We are always searching for and bringing in new things for you to try!

Stop by one of our two locations and we'll help you select a great bottle of wine, compose a beautiful gift basket, or put together that cheese plate that will dazzle everyone!

### **STORE HOURS**

Mon: 12p-8p

Tues-Sat: 12pm-9pm

Sun: 12pm-7pm

We will be selling cheese at the Logan Square Farmer's market on Sundays from 10a-2p from June thru October.

### **Provenance Food and Wine**

Lincoln Square

2312 W. Leland Avenue, Chicago, IL 60625

Tel: 773.784.2314

Fax: 773.784.2318

info@provenancefoodandwine.com

<http://www.provenancefoodandwine.com>

An independently owned, neighborhood specialty shop, Provenance Food & Wine showcases affordable everyday wines (most between \$10-\$25), many from boutique and/or bio-dynamic producers; small-batch beers; artisanal cheeses; seasonal fresh produce; Red Hen breads; Heartland meats, frozen shrimp & fish; fresh & dried pasta, sauces, and many other high-quality products. In other words, it's a place to shop for your evening's dinner, when you need quick & elegant appetizers for your guests, a great bottle of wine to take to your neighborhood BYOB restaurant, or a gourmet gift basket.

Our stock of cheeses, beers, and wines are ever-changing, to bring you many of the world's wonderful things. We are always searching for and bringing in new things for you to try!

Stop by one of our two locations and we'll help you select a great bottle of wine, compose a beautiful gift basket, or put together that cheese plate that will dazzle everyone!

### STORE HOURS

Tues-Fri: 12pm-8pm

Sat: 11am-8pm

Sun: 12pm-7pm

Mon: CLOSED

Lincoln Square will be open from 10a-8p on Tuesdays from June-October during the Lincoln Square Farmer's Market Season.

### **Pure Nature's Gift**

2412 WEST Devon Ave. , Chicago, IL 60659

Tel: 773-338-9926

[info@purenaturesgift.com](mailto:info@purenaturesgift.com)

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

Pure Nature's Gift is all about Natural Herbal, homeopathic medicines and natural personal care products.

Our goal is to help people to get benefited from nature's gift. We carry top of the line pure herbal products exactly the way nature created. No harsh chemicals, no additives and no side effects. It's a healthy lifestyle.

### **Schnucks**

Animal Welfare Approved Listing

1615 Camp Jackson, Cahokia, IL 62206 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO

([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

2642 Charles St., Rockford, IL 61108 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO

([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

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Animal Welfare Approved Listing  
1810 Harlem Rd., Loves Park, IL 61111 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing  
3150 N. Rockton Avenue, Rockford, IL 61103 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing  
6410 E. State St., Rockford, IL 61108 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing  
975 South Glidden Annie Rd., DeKalb, IL 60115 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing  
1301 Savoy Plaza Center, Savoy, IL 61874 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing  
1750 Bradford Ln., Normal, IL 61761 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing  
1129 West Broadway, Centralia, IL 62801 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

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1001 Court Street, Pekin, IL 61554 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO ([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

915 W. Main, Carbondale, IL 62901 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO ([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

4800 N. University, Peoria, IL 61614 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO ([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

200 N. Vine., Urbana, IL 61802 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO ([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

1911 Sangamon Ave., East Springfield, IL 62702 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO ([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

2801 Chatham Rd., Springfield, IL 62704 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO ([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

Champagin, IL 61821 Contact: 109 N. Mattis Ave.

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

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO ([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

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1701 East Empire St., Bloomington, IL 61701 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

3100 Madison Avenue, Granite City, IL 62040 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

2712 Godfrey, Godfrey, IL 62035 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

110 Carlyle Plaza Dr., Belleville, IL 62221 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

150 Waterloo Commons Dr., Waterloo, IL 62298 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

2511 State St., East St. Louis, IL 62205 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO  
([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

2222 Troy Rd., Edwardsville, IL 62025 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO

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([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

72 Airport Plaza, Bethalto, IL 62010 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO

([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

2811 Homer Adams Pkwy., Alton, IL 62002 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO

([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

625 Lincoln Hwy., Fairview Heights, IL 62208 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO

([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

5720 North Belt West, Belleville, IL 62226 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO

([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

2665 N. Illinois Street, Swansea, IL 62226 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO

([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

### **Schnucks**

Animal Welfare Approved Listing

501 Belt Line Rd., Collinsville, IL 62234 <http://www.schnucks.com/>

Sells Animal Welfare Approved beef from American Grassfed Beef in Doniphan, MO

([www.americangrassfedbeef.com](http://www.americangrassfedbeef.com))

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### **Seeds of Change Natural Foods**

2320 Saint Vincents Ave, La Salle, IL 61301

Tel: 815-224-5894

### **Soup to Nuts**

716 W. State Street, Geneva, IL 60134

Tel: 630-232-6646

Fax: 630-232-6659

info@souptonutsgeneva.com

<http://www.souptonutsgeneva.com>

Soup to Nuts is dedicated to providing quality natural products to assist in and educate our customers towards achieving their personal and family's wellness goals.

We believe that health is a function of the quality of what we put into our bodies, our minds, and our hearts. We consider it essential to not only provide quality vitamins, supplements, and food products, but to assist our customers in educating themselves and making good choices in maintaining their bodies.

This store reflects our personal commitment to our own and our community's health and healing.

Hours:

Monday through Friday, 9 am to 7pm

Saturday, 9am to 6pm

Sunday, 11am to 5pm

### **South Suburban Food Co-op**

21750 Main Street, Matteson, IL 60443

Tel: 708-747-2256

info@southsuburbanfoodcoop.com

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

A co-op where member/owners participate in running the organization.

Purpose:

To establish and maintain a cooperative means of obtaining and distributing goods at low cost to its owners/members, all on a not-for-profit basis.

What Does That Mean?

All owners/members are responsible for the success of the co-op. Whether it is regularly shopping, putting out stock, mopping floors, promoting the SSFC at special events or attending meetings, everyone must do their "chores" for the "family" to function well.

### What Our Owners/Members Say About The SSFC:

"I always learn something from my fellow shoppers - I like real food - and it's a fun and friendly place." - B.B.

"The warm feeling when I shop, a true sense of family for me. The managers are wonderful and - very helpful - they really care. This has actually become part of my social life. The atmosphere is unique. It's my store." - J.H.

### Check Us Out:

Everyone is welcome to visit the SSFC during normal business hours. We have guest passes available in order for you to make a purchase, however only one per household per year will be accepted. Membership/Ownership is required for additional opportunities to buy products including local, organic, wheat free, vegan, gluten free, and other health-conscience merchandise. If you too like the atmosphere and want to live a "greener" lifestyle, stop by.

### **Southtown Health Foods**

2100 W 95th St, Chicago, IL 60643

Tel: 773-233-1856

[sales@procomarketing.com](mailto:sales@procomarketing.com)

<http://www.southtownhealthfoods.com/cgi-bin/home>

Southtown Health Foods has been owned and operated by a family since 1948. We strive to offer a friendly environment and we love to help you select your products. Please ask us questions and we are more than happy to locate unfamiliar products for you.

We offer a large variety of organic produce and health food items, health care and food preparation books, herbs, vitamins, and supplements. We also have a large selection of gluten free food products.

Before you leave, be sure to take a healthy refreshment break at our fresh vegetable juice bar.

### Hours:

Monday through Saturday, 9:30 am to 5:30 pm

We're open late on Thursdays, until 8:00pm.

### **Stanley's Fruit and Vegetables**

1558 N. Elston Avenue, Chicago, IL 60622

Tel: 773-276-8050

Stanley's has developed a rather favorable reputation as the place to shop for low-priced, certified organic, fresh fruits and vegetables. Customers excitedly speak of recent trips to Stanley's where



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they walked away with cases of organic produce for less cost than an equal amount of conventional groceries.

Aside from organic greens and fruits, Stanley's also boasts an impressive selection of organic dairy products, including yogurt, cheeses, milk, and more. The store also features organic eggs and an entire section devoted to nuts, trail mixes, and dried fruits.

### **Strawberry Fields**

306 W Springfield Ave, Urbana, IL 61801

Tel: 217-328-1655

Fax: 217-328-1574

general@strawberry-fields.com

<http://www.strawberry-fields.com>

Strawberry Fields Natural Food Store is an independent, family-owned business that has been serving the Central Illinois community since 1974.

We are a full-service grocery, bakery and cafe that also offers an astounding variety of organic produce, vitamins, supplements and natural body care products.

We have a full service deli with a great selection of sandwiches and soups. Our bakery makes a large variety of breads fresh daily using only whole-wheat, organic flour. Call the day before so we can set aside a loaf for you.

Hours:

Monday through Saturday, 7am to 8pm

Sunday, 10am to 6pm

The Cafe' stops serving 15 minutes prior to closing time.

### **Sunrise Health Foods**

17650 Torrence Avenue, Lansing, IL 60438

Tel: 708-474-6166

<http://www.sunrise2you.com>

Herm and Lill Chapman opened Sunrise Health Foods in April of 1961 so that people could have better access to better quality foods. They stock only certified organic produce, and all-natural beef, chicken, and turkey. The store also carries grass-fed bison, cage-free eggs and dairy products from pasture-raised cows.

### **Sunrise Health Foods**

3203 Vollmer Rd., Flossmoor, IL 60422 <http://www.sunrise2you.com>

Welcome to Sunrise2you.com, I promise that your experience at Sunrise Health Foods will reflect the values that our store was founded on by my mom and dad.

These values are Health, Integrity and Education. We search the world over for the best available

products in every department. I won't put anything on our shelves that I would not happily feed to my own family.

### **Sunset Foods**

Highland Park  
1812 Green Bay Rd, Highland Park, IL 60035  
Tel: 847-432-5500  
<http://www.sunsetfoods.com/>

We are small enough to get to know you and large enough to stock an outstanding selection of food, liquor, floral and other items at competitive prices. This was our original location, but we now have stores in Northbrook, Lake Forest, and Libertyville.

We reach out to our customers by loading their groceries, publishing a quarterly magazine for them, providing complimentary cooking and nutrition classes and offering to special order products that are not on the shelf.

Hours:

Monday - Saturday 7AM - 8PM

Sunday - 8AM - 8PM

### **Sunset Foods**

Lake Forest  
825 S Waukegan Rd, Lake Forest, IL 60045  
Tel: 847-234-8380  
<http://www.sunsetfoods.com/>

We are small enough to get to know you and large enough to stock an outstanding selection of food, liquor, floral and other items at competitive prices. This was our original location, but we now have stores in Northbrook, Highland Park, and Libertyville.

We reach out to our customers by loading their groceries, publishing a quarterly magazine for them, providing complimentary cooking and nutrition classes and offering to special order products that are not on the shelf.

Hours:

Monday - Saturday 7AM - 8PM

Sunday - 8AM - 8PM

### **Sunset Foods**

Libertyville  
1451 W Peterson, Libertyville, IL 60048  
Tel: 847-573-9570  
<http://www.sunsetfoods.com/>

We are small enough to get to know you and large enough to stock an outstanding selection of food,

## illinois guide: stores

liquor, floral and other items at competitive prices. This was our original location, but we now have stores in Northbrook, Lake Forest, and Highland Park.

We reach out to our customers by loading their groceries, publishing a quarterly magazine for them, providing complimentary cooking and nutrition classes and offering to special order products that are not on the shelf.

Hours:

Monday - Saturday 7AM - 9PM

Sunday - 8AM - 9PM

### **Sunset Foods**

Northbrook

1127 Church St, Northbrook, IL 60062

Tel: 847-272-7700

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

We are small enough to get to know you and large enough to stock an outstanding selection of food, liquor, floral and other items at competitive prices. This was our original location, but we now have stores in Liberty Ville, Lake Forest, and Highland Park.

We reach out to our customers by loading their groceries, publishing a quarterly magazine for them, providing complimentary cooking and nutrition classes and offering to special order products that are not on the shelf.

Hours:

Monday - Saturday 7AM - 8PM

Sunday - 8AM - 8PM

### **Sweetgrass Market**

1742 W Golf Road, Mt Prospect, IL 60056

Tel: 847-956-1939

[info@sweetgrassmarket.com](mailto:info@sweetgrassmarket.com)

<http://sweetgrassmarket.com>

We are a small health food store, but we are willing to order anything we don't have in stock. Sweetgrass market has fresh, organic produce, a variety of other organic goods, and a fair amount of gluten-free products. All of our meat is frozen; we have whole or cut chicken and cut or ground beef. <P'

Hours:

Monday through Friday, 9:30 to 8:30

Saturday, 9:30 to 6

Sunday, 10 to 5

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### **The Art of Eating Well**

Lonore Plaza / 7136 Dempster, Morton Grove, IL 60053

Tel: 847-966-9406

<http://www.artofeatingwell.com>

Hours:

Mon-Thu 10 a.m. - 8 p.m.

Fri 10 a.m. - 7 p.m.

Sat 11 p.m. - 5 p.m.

### **The Common Ground Natural Foods**

516 N. Main Street, Bloomington, IL 61701

Tel: 309-829-2621

[info@commongroundgrocery.com](mailto:info@commongroundgrocery.com)

<http://www.commongroundgrocery.com>

A natural foods store that recognizes the connection between the food we eat and the health of our environment and community. Committed to offering organic products, preferably those grown, manufactured, or produced locally.

### **The Fresh Market**

Wilmette

3232 Lake Avenue Ste 150 , Wilmette, IL 60091

Tel: 847-251-4261

<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

Our stores convey the atmosphere of an old world European market, all under one roof, where you can visit an array of departments: our old-style butcher shop and fish market, bakery, produce and floral stands, and delicatessen. Feel free to help yourself to a sample of freshly brewed coffee while you stroll down the wide aisles of our store. The open air feel of our market presents a feast for the senses as colors and fragrant smells fill the atmosphere and classical music plays wafts through the air. Our staff is on hand to answer all your food questions and to talk about the day's fresh offerings. You will find it refreshing to have all of your perishables available unpackaged, allowing you to select just what you want. We accept checks and most major credit cards and will cheerfully carry your groceries to your car.

### **The Fresh Market**

Peoria

2601 West Lake Avenue , Peoria, IL 61615

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Tel: 309-679-2000  
<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

Our stores convey the atmosphere of an old world European market, all under one roof, where you can visit an array of departments: our old-style butcher shop and fish market, bakery, produce and floral stands, and delicatessen. Feel free to help yourself to a sample of freshly brewed coffee while you stroll down the wide aisles of our store. The open air feel of our market presents a feast for the senses as colors and fragrant smells fill the atmosphere and classical music plays wafts through the air. Our staff is on hand to answer all your food questions and to talk about the day's fresh offerings. You will find it refreshing to have all of your perishables available unpackaged, allowing you to select just what you want. We accept checks and most major credit cards and will cheerfully carry your groceries to your car.

### **The Fresh Market**

Normal  
200 N. Greenbriar Drive , Normal, IL 61761  
Tel: 309-888-4192  
<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

Our stores convey the atmosphere of an old world European market, all under one roof, where you can visit an array of departments: our old-style butcher shop and fish market, bakery, produce and floral stands, and delicatessen. Feel free to help yourself to a sample of freshly brewed coffee while you stroll down the wide aisles of our store. The open air feel of our market presents a feast for the senses as colors and fragrant smells fill the atmosphere and classical music plays wafts through the air. Our staff is on hand to answer all your food questions and to talk about the day's fresh offerings. You will find it refreshing to have all of your perishables available unpackaged, allowing you to select just what you want. We accept checks and most major credit cards and will cheerfully carry your groceries to your car.

### **The Fresh Market**

Lake Forest  
850 Western Ave , Lake Forest, IL 60045  
Tel: 847-482-0643  
<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

Our stores convey the atmosphere of an old world European market, all under one roof, where you can visit an array of departments: our old-style butcher shop and fish market, bakery, produce and floral stands, and delicatessen. Feel free to help yourself to a sample of freshly brewed coffee while you stroll down the wide aisles of our store. The open air feel of our market presents a feast for the senses as colors and fragrant smells fill the atmosphere and classical music plays wafts through the air. Our staff is on hand to answer all your food questions and to talk about the day's fresh offerings. You will find it refreshing to have all of your perishables available unpackaged, allowing you to select just what you want. We accept checks and most major credit cards and will cheerfully carry your groceries to your car.

### **The Fresh Market**

Kildeer

20771 N. Rand Road , Kildeer, IL 60047

Tel: 847-719-1305

<http://www.freshmarket.com>

Local produce selection.

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

Our stores convey the atmosphere of an old world European market, all under one roof, where you can visit an array of departments: our old-style butcher shop and fish market, bakery, produce and floral stands, and delicatessen. Feel free to help yourself to a sample of freshly brewed coffee while you stroll down the wide aisles of our store. The open air feel of our market presents a feast for the senses as colors and fragrant smells fill the atmosphere and classical music plays wafts through the air. Our staff is on hand to answer all your food questions and to talk about the day's fresh offerings. You will find it refreshing to have all of your perishables available unpackaged, allowing you to select just what you want. We accept checks and most major credit cards and will cheerfully carry your groceries to your car.

### **The Fresh Market**

Geneva

718 Commons Drive , Geneva, IL 60174

Tel: 630-845-4095

<http://www.freshmarket.com>

Local produce selection.

## illinois guide: stores

Inviting...comfortable...convenient. Our stores evoke different responses for every customer. Maybe you enjoy our daily sampling and the opportunity to warm up with a cup of coffee while you shop. Or maybe you expect the great service our butcher provides each time you hand-select your meat and seafood. Whatever the reason you shop TFM, our stores boast a warm friendly atmosphere and an accommodating staff.

Our stores convey the atmosphere of an old world European market, all under one roof, where you can visit an array of departments: our old-style butcher shop and fish market, bakery, produce and floral stands, and delicatessen. Feel free to help yourself to a sample of freshly brewed coffee while you stroll down the wide aisles of our store. The open air feel of our market presents a feast for the senses as colors and fragrant smells fill the atmosphere and classical music plays wafts through the air. Our staff is on hand to answer all your food questions and to talk about the day's fresh offerings. You will find it refreshing to have all of your perishables available unpackaged, allowing you to select just what you want. We accept checks and most major credit cards and will cheerfully carry your groceries to your car.

### **The Healthy Nut**

449 Market Place Drive, Freeburg, IL 62243

Tel: 618-539-6888

The Healthy Nut is a health food store with locations in Freeburg and Chester Illinois. We sell the complete line of NOW Foods, as well as Pomology, Health Direct, and Gluten Free food products.

We are adding items to our online shopping cart weekly sometimes daily as well as informational articles on how to use the products that we sell in your every day life.

We invite you to check out our site and our BLOG coming July 1st, 2007. You will be able to tell us about how you are using health products for a healthier life as well as any tips and tricks you might have for better health and motivation to stay healthy.

### **Trader Joe's**

Algonquin

1800 South Randall Road, Algonquin, IL 60102

Tel: 847-854-4886

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

17 W. Rand Road, Arlington Heights, IL 60004

Tel: 847-506-0752

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

1942 West Fabyan Parkway #222, Batavia, IL 60510

Tel: 630-879-3234

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

44 E. Ontario St., Chicago, IL 60611

Tel: 312-951-6369

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 10pm

### **Trader Joe's**

3745 North Lincoln Avenue, Chicago, IL 60613

Tel: 773-248-4920

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 10pm

### **Trader Joe's**

1840 North Clybourn Avenue #200, Chicago, IL 60614

Tel: 312-274-9733

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 10pm

### **Trader Joe's**

122 Ogden Ave., Downers Grove, IL 60515

Tel: 630-241-1662

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products

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contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

680 Roosevelt Rd., Glen Ellyn , IL 60137

Tel: 630-858-5077

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

1407 Waukegan Road, Glenview, IL 60025

Tel: 847-657-7821

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

25 North La Grange Road, La Grange, IL 60525

Tel: 708-579-0838

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and

## illinois guide: stores

offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

735 W. Route 22, Lake Zurich, IL 60047

Tel: 847-550-7827

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

44 West Gartner Road, Naperville, IL 60540

Tel: 630-355-4389

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

127 Skokie Blvd., Northbrook, IL 60062

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Tel: 847-498-9076

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

483 N. Harlem Ave., Oak Park, IL 60301

Tel: 708-386-1169

<http://traderjoes.com/index.html>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

14924 S. La Grange Road, Orland Park, IL 60462

Tel: 708-349-9021

<http://traderjoes.com/index.htm>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Trader Joe's**

190 North Northwest Highway, Park Ridge, IL 60068  
Tel: 847-292-1108  
<http://traderjoes.com/index.htm>

Trader Joe's is a grocery store franchise that offers high-quality natural products at low prices, and offers unconventional and interesting products, as well as everyday basics.

Trader Joe's boasts organic produce, dairy, meats, whole grains, dry goods and cleaning products, as well as vegetarian, vegan and gluten-free food items. All Trader Joe's private label products contain NO artificial flavors, colors or preservatives; NO MSG; NO added trans fats; and are sourced from non-genetically modified ingredients.

Visit your local Trader Joe's to indulge in interesting, upscale products at terrific low prices.

Trading Hours: 9am - 9pm

### **Treasure Island**

Claybourn  
2121 N Claybourn, Chicago, IL 60614  
Tel: 773-880-8880  
[services@tifofoods.com](mailto:services@tifofoods.com)  
<http://www.tifofoods.com/>

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

### **Treasure Island**

Broadway  
3460 N Broadway St, Chicago, IL 60657  
Tel: 773-327-3880  
[services@tifofoods.com](mailto:services@tifofoods.com)  
<http://www.tifofoods.com/>

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

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Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

### **Treasure Island**

Lake

680 N Lake Shore Dr., Chicago, IL 60611

Tel: 312-664-0400

services@tifofoods.com

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

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

### **Treasure Island**

Elm

75 W Elm St, Chicago, IL 60610

Tel: 312-440-1144

services@tifofoods.com

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

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

### **Treasure Island**

Wells

1639 N Wells St, Chicago, IL 60614

Tel: 312-642-1105

services@tifofoods.com

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

Come visit us. Along with your every day grocery needs, we offer a large selection of prepared foods, a salad bar, an olive bar, and a fresh made peanut butter station. Organic products are not a large part of what we offer, but we are more than happy to assist you in finding what you need.

Hours:

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Monday through Friday, 7am to 10 pm

Saturday and Sunday, 7am to 9pm

### **True Nature Foods**

6034 N Broadway St, Chicago, IL 60660

Tel: 773-465-6400

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

True Nature Foods, one of the original health food stores in Chicago, has been serving dedicated customers for over 23 years. With a strong commitment to local farms and organic produce, True Nature is now expanding its store with increasing demand for higher quality, naturally grown foods. We are the volunteer drop of site for three local CSA (community supported agriculture) farms. Come check out the full selection of meats and dairy. Pasture raised meats mean extremely fresh and more nutritious.

### **True Nature Foods**

6034 North Broadway, Chicago, IL 60660

Tel: 773-465-6400

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

### **Vitalia Natural Foods**

401 South Banker Street, Effingham, IL 62401

Tel: 217-342-5483

We stock products in categories including Organic Dairy, Fresh Produce, Vitamins, Gluten Free, Vegan Groceries, Books, Natural Herbs, and Sports supplements.

We're on the corner of Banker and Fayette in Effingham, IL and we're open Monday thru Friday, 9AM-5:30PM and Saturday 9AM-5:00PM.

Our on-call nutritionist is available for appointments and general questions. Let us assist you with fresh meal ideas and natural alternatives to conventional products.

Monthly newsletter and free samples daily. We offer a 10% case discount and we offer weekly ordering on items we do not stock. We encourage your suggestions and requests to help our store grow. Family owned and operated for a friendly atmosphere. Stop in and see us soon!

### **Vitamins 'N More**

1627 N. Alpine Rd., Rockford, IL 61107 <http://vitaminsnmorerockford.com/>

Largest independent nutritional supplement & Health Food store in Winnebago County featuring Premium Brands and the capability of ordering your favorite specialty products.

Centrally located just off North Alpine Road in the Shops of Edgebrook.

We feature a full line of Wheat & Gluten free products.

### **Walt's Food Centers**

Frankfort  
685 N. Lagrange Rd., Frankfort, IL  
Tel: 815-469-2111  
customerservice@waltsfoods.com  
<http://www.waltsfoods.com>

Walt's Foods is a 62 year old, family owned business. We try to offer a wide variety of products at affordable prices. Please ask us if you would like something we don't carry. We may be able to special order it for you.

Hours:

Monday through Saturday, 7am to 9pm

Sunday, 10am to 6pm

### **Walt's Food Centers**

South Holland  
16145 S State St, South Holland, IL 60473  
Tel: 708-333-5500  
<http://www.waltsfoods.com/waltsfoods/>

Walt's Foods is a 62 year old, family owned business. We try to offer a wide variety of products at affordable prices. Please ask us if you would like something we don't carry. We may be able to special order it for you.

Hours:

Monday through Saturday, 7am to 9pm

### **Walt's Food Centers**

Homewood  
2345 W 183rd St, Homewood, IL 60430  
Tel: 708-957-1890  
<http://www.waltsfoods.com/waltsfoods/>

Walt's Foods is a 62 year old, family owned business. We try to offer a wide variety of products at affordable prices. Please ask us if you would like something we don't carry. We may be able to special order it for you.

Hours:

Monday through Saturday, 7am to 9pm

Sunday, 10am to 6pm

### **Walt's Food Centers**

Tinley Park

16039 S. Harlem Ave, Tinley Park, IL 60477

Tel: 708-532-5550

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

Walt's Foods is a 62 year old, family owned business. We try to offer a wide variety of products at affordable prices. Please ask us if you would like something we don't carry. We may be able to special order it for you.

Hours:

Monday through Saturday, 7am to 9pm

Sunday, 10am to 6pm

### **Walt's Food Centers**

Crete

1100 E Exchange Ave, Crete, IL 60417

Tel: 708-672-3270

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

Walt's Foods is a 62 year old, family owned business. We try to offer a wide variety of products at affordable prices. Please ask us if you would like something we don't carry. We may be able to special order it for you.

Hours:

Monday through Saturday, 7am to 9pm

Sunday, 10am to 6pm

### **Whole Foods**

Sauganash

6020 N Cicero Ave, Chicago, IL 60646

Tel: 773-205-1100

### **Whole Foods**

South Loop

1101 S. Canal St, Suite 107, Chicago, IL 60607

Tel: 312-435-4600

<http://www.wholefoodsmarket.com/stores/southloop/>

### **Whole Foods Market**

Lincoln Park  
1000 W North Avenue, Chicago, IL 60622  
Tel: 312-587-0648  
Fax: 312-587-0606  
<http://www.wholefoods.com>

We first opened our doors in 1992. In our early days, our commitment to natural and organic foods surprised people. We like to think we opened many people's eyes to the potential of better, more natural food and a more enlightening shopping experience. Over the past ten years, our customers, the community and our store has grown. We continue to be committed to delighting our customers with organic and natural foods, great customer service and a positive shopping experience. Store hours: 8 a.m. to 10 p.m. seven days a week. Call for holiday hours.

### **Whole Foods Market**

Deerfield  
760 Waukegan Road, Deerfield, IL 60015  
Tel: 847-444-1900  
Fax: 847-444-1231  
<http://www.wholefoods.com>

Whole foods began in Texas in 1980. Now we are one of the leading natural and organic food stores. All of our meat is available fresh; please ask if you would like a custom cut. We are committed to quality and offering the best products available. Our meat is guaranteed hormone free, antibiotic free, and vegetarian fed. <P>Hours:

8am to 10pm, seven days per week

### **Whole Foods Market**

Wheaton  
151 Rice Lake Square, Wheaton, IL 60187  
Tel: 630-588-1500  
Fax: 630-588-0292  
<http://www.wholefoods.com>

If you have a passion for great tasting quality food, you will be thrilled to visit our fabulous store. We offer 40,000 square feet of the freshest natural and gourmet foods in the area. We have the widest selection of natural and organically grown foods and carry many products made from artisan producers. Be sure to visit during one of our special events for great food and fun! Check out the calendar of events for the current happenings. We are a store unique in character, philosophy and spirit. If you are curious or unfamiliar with any of our products, let our team members help you, they provide personalized customer service! Whole Foods Market Wheaton is your one stop shopping for all the best things for you and your family. We look forward to seeing you in the near future. Store Hours:

Monday through Saturday, 8:00 a.m. “ 10:00 p.m. and Sunday, 8:00 a.m. “ 9:00 p.m. Holiday hours are varied and posted.

### **Whole Foods Market**

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Evanston  
1111 Chicago Av, Evanston, IL 60202  
Tel: 847-475-9492  
Fax: 847-475-9497  
Contact: Armand DiCianni  
<http://www.wholefoodsmarket.com>

Back in 1980, Whole Foods started out with one small store in Austin, Texas. Today, we're the world's leader in natural and organic foods, with more than 270 stores in North America and the United Kingdom.

Who are we? Well, we seek out the finest natural and organic foods available, maintain the strictest quality standards in the industry, and have an unshakeable commitment to sustainable agriculture.

Around here, we often talk about our mission in terms of Whole Foods - Whole People - Whole Planet. Basically, we think these elements all play a huge role in our success.

**Whole Foods** - We search for the highest quality, least processed, most flavorful and natural foods possible because we believe that food in its purest state - unadulterated by artificial additives, sweeteners, colorings and preservatives - is the best tasting and most nutritious food there is.

**Whole People** - Our people are our company. They are passionate about healthy food and a healthy planet. They take full advantage of our decentralized, self-directed team culture and create a respectful workplace where people are treated fairly and are highly motivated to succeed.

**Whole Planet** - We are committed to helping take care of the world around us, and our active support of organic farming and sustainable agriculture helps protect our planet. And while we assist our global neighbors through our Whole Planet Foundation's micro-lending operations, we also step out the back door of each of our stores to support food banks, sponsor neighborhood events and donate to local non-profit groups.

### **Whole Foods Market**

Lakeview  
3300 N Ashland, Chicago, IL 60657  
Tel: 773-244-4200  
Fax: 773-244-4074  
<http://www.wholefoods.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis. Store Hours: 8 a.m. to 10 p.m. seven days a week.

### **Whole Foods Market**

Willowbrook  
201 W. 63rd Street, Willowbrook, IL 60514

## Illinois guide: stores



Tel: 630-655-5000  
Fax: 630-655-5005  
<http://www.wholefoods.com>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis. Store hours: 8:00 a.m. to 10:00 p.m. seven days a week.

### **Whole Foods Market**

Gold Coast  
30 West Huron, Chicago, IL 60610  
Tel: 312-932-9600  
Fax: 312-932-9700  
<http://www.wholefoodsmarket.com/>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis. Store Hours: 8 a.m. to 10 p.m. seven days a week.

### **Whole Foods Market**

Hinsdale  
500 East Ogden Ave, Hinsdale, IL 60521  
Tel: 630-986-8500  
Fax: 630-986-8588  
<http://www.wholefoodsmarket.com>

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

### **Whole Foods Market**

Palatine  
1331 North Rand Road, Palatine, IL 60074  
Tel: 847-776-8080  
Fax: 847-776-8083  
<http://www.wholefoods.com>

## Illinois guide: stores



Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis. Store hours: 8 a.m. to 9 p.m. seven days a week.

### **Whole Foods Market**

River Forest

7245 Lake St., River Forest, IL 60305

Tel: 708-366-1045

Fax: 708-366-1044

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

Founded in 1980 as one small store in Austin, Texas, Whole Foods Market® is now the world's largest retailer of natural and organic foods, with 162 stores in North America and the United Kingdom. To date Whole Foods Market remains uniquely mission driven: We're highly selective about what we sell, dedicated to stringent Quality Standards, and committed to sustainable agriculture. We believe in a virtuous circle entwining the food chain, human beings and Mother Earth: each is reliant upon the others through a beautiful and delicate symbiosis.

We are at the corner of Lake and Harlem about 20 miles west of the downtown Chicago Loop. Accessible by highway, CTA (Chicago Transit Authority's Green Line) and Metra.

### **Whole Foods Market**

3640 N Halsted, Chicago, IL 60613

Tel: 773-472-0400

Contact: Bob Ordinario

[bob.ordinario@wholefoods.com](mailto:bob.ordinario@wholefoods.com)

<http://wholefoodsmarket.com>

### **Whole Foods Market**

Animal Welfare Approved Listing

30 West Huron St, Chicago, IL 60654

Tel: 312-932-9600

<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved beef from American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing

3640 N Halsted St, Chicago, IL 60609

Tel: 773-472-0400

<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved beef from American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
3300 N. Ashland Ave, Chicago, IL 60657  
Tel: 773-244-4200  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approve beef from American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
1550 N. Kingsbury Street, Chicago, IL 60642  
Tel: 312-587-0648  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved beef from American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
6020 N Cicero Ave, Chicago, IL 60646  
Tel: 773-205-1100  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved beef from American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
1101 S. Canal St, Suite 107, Chicago, IL 60607  
Tel: 312-435-4600  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved beef from American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
760 Waukegan Rd, Deerfield, IL 60015  
Tel: 847-444-1900  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved beef from American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
1640 Chicago Ave, Evanston, IL 60201  
Tel: 847-733-1600  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved grassfed beef from American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing

## Illinois guide: stores



1111 Chicago Ave., Evanston, IL 60202  
Tel: 847-475-9492  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved beef from American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
500 E. Ogden Ave., Hinsdale, IL 60521  
Tel: 630-986-8500  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
2607 W. 75th Street, Naperville, IL 60565  
Tel: 630-579-7700  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
840 Willow Road, Suite M, Northbrook, IL 60062  
Tel: 847-205-5353  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
1331 North Rand Rd, Palatine, IL 60074  
Tel: 847-776-8080  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
7245 Lake St, River Forest, IL 60305  
Tel: 708.366.1045  
<http://www.wholefoodsmarket.com>

Ask for Animal Welfare Approved American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
151 Rice Lake Square, Wheaton, IL 60189  
Tel: 630-588-1500

## illinois guide: stores

<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved American Grassfed Beef

### **Whole Foods Market**

Animal Welfare Approved Listing  
201 63rd St, Willowbrook, IL 60527  
Tel: 630-655-5000  
<http://www.wholefoodsmarket.com>

Offers Animal Welfare Approved American Grassfed Beef

### **World Harvest Foods**

Animal Welfare Approved Listing  
519 E. University Avenue, Champaign, IL 61820  
Tel: 217-356-4444  
[mohammad@worldharvestfoods.com](mailto:mohammad@worldharvestfoods.com)  
<http://www.worldharvestfoods.com/>

Offers Animal Welfare Approved cheese from Prairie Fruits Farm & Creamery:  
<http://www.prairiefruits.com>



### **FishGuy Market**

4423 N Elston Ave, Chicago, IL 60630

Tel: 773-283-7400

Contact: Bill Dugan

bill@fishguy.com

<http://fishguy.com/catch.htm>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

### **Fortune Fish Company**

1068 Thorndale Ave, Bensenville, IL 60106

Tel: 630-860-7100

Fax: 630-860-7400

Contact: Mark Palicki

info@fortunefishco.net

<http://www.fortunefishco.net/>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

### **Golden Ocean Seafood**

2355 S Blue Island Ave, Chicago, IL 60608

Tel: 773-0847-1700

Fax: 773-847-1717

info@goldenoceanseafood.com

<http://goldenoceanseafood.com>

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin (USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods). Please note: Golden Ocean Seafood's mahi and Pacific halibut are by advance order only.

### **Rubino's Market**

735 W Lake St, Chicago, IL 60661

Tel: 312-258-0020

This vendor offers seafood recommended on the Food and Water Watch Smart Seafood Guide, but may also carry other items. Be sure to always confirm the catch method and country-of-origin



## **illinois guide: wholesale**

(USA only!) when making a purchase to ensure that you receive the correct product. (Some suppliers may offer both domestic and imported options or seafood caught using a number of different catch methods).

# Seasonal Guide



## Seasonal Guide: Illinois

ILLINOIS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Apples						x	x	x	x	x	x	
Artichokes							x	x				
Asparagus				x	x	x						
Beans						x	x	x				
Bell Peppers							x	x	x	x	x	
Berries						x	x	x	x			
Cabbage					x	x	x		x	x	x	
Carrots						x	x	x	x			
Cauliflower								x	x	x		
Cherries					x	x	x					
Corn							x	x	x	x		
Cucumbers								x	x	x		
Eggplant						x	x	x	x	x		
Garlic						x	x	x	x	x	x	
Grapes							x	x	x	x		
Greens					x					x		
Herbs								x	x	x		
Horseradish						x	x	x	x	x	x	
Leeks					x	x	x	x				
Lettuce				x	x	x		x	x	x		
Melons						x	x	x	x			
Nectarines						x	x	x	x			
Okra						x	x	x	x			
Onions				x	x	x	x	x	x	x	x	
Peaches						x	x	x	x			
Peas				x	x	x	x	x	x	x	x	
Plums						x	x	x	x	x	x	
Potatoes						x	x	x	x	x	x	
Potatoes, Sweet								x	x	x	x	
Pumpkins								x	x	x	x	
Radishes					x	x	x	x	x	x		
Rhubarb					x	x	x	x	x	x		
Spinach				x	x	x			x	x	x	
Sprouts					x							
Squash					x	x	x	x	x	x	x	
Strawberries					x	x						
Tomatoes						x	x	x	x	x	x	
Turnips						x	x	x	x	x	x	

Data provided by: <http://www.agr.state.il.us/markets/WhatsInSeason.pdf>



The **Eat Well Guide** offers free resources, maps and directories for finding fresh, locally grown and sustainably produced food in the United States and Canada. [eatwellguide.org](http://eatwellguide.org)

local  
sustainable  
organic

FIND GOOD FOOD

[info@eatwellguide.org](mailto:info@eatwellguide.org) | tel: 212 991 1858 | fax: 212 726 9160

Here are other ways **GRACE Communications Foundation** works for a healthier and more sustainable world:



sustainable table

**Sustainable Table** advocates for and celebrates local sustainable food. Consumers, students, concerned citizens and others can find a wealth of information and access resources (including free downloadable presentation kits) on food-related issues, and help build community through food.

[SustainableTable.org](http://SustainableTable.org)



**The Meatrix** films are award-winning humorous satires (translated into over 30 languages) about the dark origins of industrial food production.

[TheMeatrix.com](http://TheMeatrix.com)



**H2O Conserve** offers tools to help you make water conservation a part of your everyday life. Check out the Water Footprint Calculator to estimate your water use and learn how to reduce it. [H2OConserve.org](http://H2OConserve.org)



**Network for New Energy Choices** promotes policies that ensure safe, clean and environmentally responsible energy options. [NewEnergyChoices.org](http://NewEnergyChoices.org)



GRACE is also home to **EcoCentric**, our sometimes cheeky but very serious cutting-edge blog about sustainable food, water and energy issues.

[EcoCentricblog.org](http://EcoCentricblog.org)

GRACE

**GRACE Communications Foundation** highlights the interconnection of food, water and energy – and supports common sense approaches to meeting environmental challenges. [gracelinks.org](http://gracelinks.org)