

2010-2011 Directory

CENTRAL ILLINOIS

**BUY FRESH
BUY LOCAL**®

WWW.ILSTEWARDS.ORG • 217.528.1563

Connecting you with fresh, locally grown food

Bloomington Area

Use this directory to find and contact farmers' markets, family farms, and businesses that serve or sell locally grown products in and near Bloomington, Illinois.

What is BFBL Central Illinois?

BFBL is a network of local growers and producers, restaurants, retail outlets, farmers' markets, distributors and others who are working together to make fresh, healthy and delicious locally produced foods available in our community. The Springfield hub includes Sangamon and surrounding counties. BFBL has expanded to cover the Bloomington, IL area and the Champaign-Urbana, IL area. Learn more at www.ilstewards.org.



How you can support BFBL Central Illinois:

- **VOLUNTEER**
Help us spread information about BFBL at local events or offer your time and expertise to a BFBL project.
- **DONATE**
Make a donation in any amount to the Heartland Local Food Network (www.hlfn.org) to be used for BFBL events and materials.
- **BE A "VOCAL LOCAL"**
Tell others why buying local is important to you and encourage them to do the same.

Heartland Local Food Network, Inc.

In order to promote a vibrant community and personal well-being, the Heartland Local Food Network (HLFN) will use public outreach, community partnerships, and policy education to foster a dynamic local food system that is:

- **Sustainable:** HLFN embraces responsible practices that are ecologically and economically sound, including activities that reflect stewardship for the land and create opportunities for family-owned or community-based farms.
- **Local:** HLFN supports a food network that is as local as possible. This approach strengthens the connection between producers and consumers, allows more money and resources to remain in the region, adds character to area businesses and the community as a whole, and helps residents appreciate the land and natural processes while reducing the environmental effects of food production.
- **Accessible:** HLFN recognizes the importance of informed personal choice and social justice in creating a diverse, thriving community. Its activities will help consumers understand social issues related to food and economics, work to increase access to healthy local food for all area residents, and use food as a vehicle for social and cultural growth.

ILLINOIS STEWARDSHIP ALLIANCE

Illinois Stewardship Alliance is a statewide membership organization for sustainable agriculture and local food systems. We want to encourage you to get to know where your food comes from and how it was grown. You'll get exceptional taste and support local farmers. Get connected to your food and feel good about what you eat. We hope this directory helps you locate good, locally-produced foods. ISA promotes the establishment of ecologically sound, economically viable and socially responsible local food systems through policy development, advocacy and education.

For more information, contact ISA at 217-528-1563 or visit our website at www.ilstewards.org.



HOLIDAY FARMER'S MARKET



Thanksgiving Farmers' Market

U.S. Cellular Coliseum
Bloomington, IL
Saturday November 20, 2010
10:00 a.m. - 2:00 p.m.
www.downtownbloomington.org/20/274.html

Shop for your holiday meal and treat your family and friends to a "local Thanksgiving" this year as part of the last farmers' market of the year, the "Thanksgiving Farmers' Market." Meet your local producers and discover the bounty of the late season harvest. An indoor version of the Farmers' Market just in time for your holiday meal planning! The Thanksgiving Farmers' Market is celebrating its third year at the U.S. Cellular Coliseum.

RETAIL

Common Ground Grocery

516 N Main Street, Bloomington, IL 61701
Mon.-Fri. 9 a.m.-6 p.m.; Sat. 9 a.m.-4 p.m.; Sun. 12 p.m.-4 p.m.
309-829-2621; commongroundgrocery@hotmail.com
www.commongroundgrocery.com
Common Ground Grocery is a locally-owned natural and organic foods grocery, we have been located in downtown Bloomington, IL since 1978 and have been proudly supporting local foods since our beginning. We presently carry local grain, flour, popcorn, eggs, cheese and produce.

Naturally Yours Grocery

Roger Hutchinson
1503 E College Avenue, Normal, IL 61761
Mon.-Sat. 9 a.m.-9 p.m.; Closed Sunday
309-452-3456; organicgrocery@hotmail.com
www.naturallyyoursgrocery.com
We are Central Illinois' largest health food store. We feature all organic and natural products with local meat, cheese, milk, bread and produce. We have Illinois' largest selection of vitamins and supplements.

Robert's Seafood Market

Brian Aiello
1615 W Jefferson Street, Springfield, IL 62702
Mon.-Sat. 9:30 a.m.-6 p.m.
217-546-3089; info@robertsseafoodmarket.com
www.robertsseafoodmarket.com
Robert's Seafood Market has been providing Central Illinois with the freshest and largest selection of seafood for over 95 years. Proud to be locally owned and in its third generation, Robert's Seafood also offers local produce, meats, cheese and baked goods, in addition to a large variety of hard-to-find products. Known for our knowledgeable staff, we are always ready to serve you and your family.

BFBL SUPPORT



Thank you for local food

DISTRIBUTORS

Sysco Central Illinois Inc.

PO Box 620, Lincoln, IL 62656
217-735-6201; robert.robby@roberts.sysco.com
www.syscoci.com
Sysco Central Illinois is committed to supplying our food service customers with the best quality and widest assortment of locally grown and produced products in Central Illinois.



RESTAURANTS

Destihl

Manny Martinez; Jason Bratcher

318 S. Towanda Avenue, Normal, IL 61761

Mon - Thurs 11:00a.m.-10:00pm; Fri & Sat 11am-11pm; Sun 11am-9pm; Weekend Brunch Sat & Sun 11am-2pm
309-862-2337; mmartinez@destihl.com; jbratcher@destihl.com

www.destihl.com

DESTIHIL is a 'gastrobrewery': artisans of food and beer. DESTIHIL creatively combines and reinvents flavors from America's melting pot using both traditional techniques and contemporary, ethnic/global twists, utilizing many locally raised products and from-scratch cooking. Its brewery handcrafts many beer styles, utilizing classic traditions and new craft brewing ingenuity.

Kelly's Bakery & Café

Kelly Mathy

113 N Center Street, Bloomington, IL 61701

Mon.-Fri. 7 a.m.-6 p.m.; Sat. 7 a.m.-2 p.m.

309-820-1200; kelly@cookiesbykelly.com

www.kellysbakeryandcafe.com

Kelly's Bakery & Café is located in Downtown Bloomington. We are supporters of local farmers, using local produce whenever possible. Our collection of homemade quiche, sandwiches, soups and salads often use ingredients straight from Downtown Bloomington's Saturday Farmers' Market.

Maldaner's Restaurant and Catering

222 S 6th Street, Springfield, IL 62701

Lunch: Mon.-Fri. 11 a.m.-2:30 p.m.

Dinner: Tues.-Thurs. 5 p.m.-9 p.m.; Fri.-Sat. 5 p.m.-9:30 p.m. (10 p.m. for dessert)

217-522-4313; steve@maldaners.com

www.maldaners.com

Since 1884, Maldaner's has been hailed as one of Springfield's best restaurants. Located in historic downtown Springfield, Maldaner's warm and welcoming setting is a perfect place for chef/owner Michael Higgins to show off his American, regional and Mediterranean flavors, using local and regional ingredients. Maldaner's is a supporter of Springfield's farmers' markets.

Medici

Joshua Huddleston

120 W. North Street, Normal, IL 61761

Uptown Normal

Sunday through Monday: 11-9; Tuesday through Thursday: 11-10; Friday and Saturday: 11-11

309-452-6334; medicinormal@gmail.com

www.medicinormal.com

Medici is an independently owned restaurant and bakery with items made fresh and made to order. Reservations and walk-in guests accepted.

Ross Isaac

1710 S MacArthur Boulevard, Springfield, IL 62704

Mon.-Sat. 5 p.m.-9:30 p.m.

217-744-7677; eat@rossisaac.com

www.rossisaac.com

Ross Isaac features American cuisine with a global influence, a casual, swanky atmosphere and a superb, boutique wine list. We are currently using produce from Veenstra's Vegetables, Suttill's Garden, Ropp Jersey Cheese, Gregory Orchard, and Garrett Farms. Menu items change daily, call ahead for reservations.

The Garlic Press Market Café & Bakery

Jackie Pope-Ganser

106 W North Street, Normal, IL 61761

Uptown Normal

Mon-Fri: 7am-7pm; Sat: 930am-7pm; Sun: 11am-4pm

309-452-0987; info@thegarlicpress.com

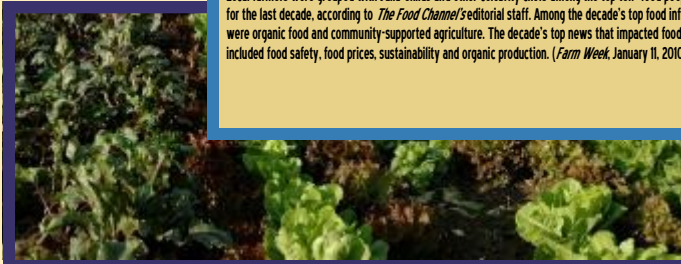
www.thegarlicpress.com

What sets The Garlic Press apart is our diverse deli-style menu featuring seasonal ingredients, locally grown and organic whenever possible. Fresh, made-from-scratch sandwiches, soups, salads, entrees, pies, cakes cookies and more. Prepared daily in small batches to ensure quality and taste. Sometimes ethnic, sometimes classic American, but always the best we can offer! Breakfast, lunch, early dinner and carryout catering.



FOOD FACT: Local Farmers Make Decade's Top Foods List

Local farmers were grouped with Julia Childs and other celebrity chefs among the top ten "food people" list for the last decade, according to *The Food Channel's* editorial staff. Among the decade's top food influences were organic food and community-supported agriculture. The decade's top news that impacted food included food safety, food prices, sustainability and organic production. (*Farm Week*, January 11, 2010)



FARMERS

Ackerman Certified Organic Farm

Ron and Angie Ackerman
29087 North 2850 East Road, Chenoa, IL 61726
Farmers' Market, Store/Retail, On-Farm
815-945-5722; ronnga@verizon.net

We have a small but very unique family farm. We became certified organic in 1988 with corn, soybeans, wheat, oats and hay. In 2000, we added organic produce, herbs, and edamame soybeans. We now have the most organic herbs in the area and are the only farm that grows organic edamame soybeans. We also produce, clean and sell whole wheat berries as well as whole wheat and soy flour, and corn meal from our own grains. Thank you for supporting organic!

Afterthought Farm

Thomas Vavrik and Vicki Boliard
882 N 1700 East Road, Owaneco, IL 62555
Farm Stand, Farmers' market or By Appointment/7 Days
217-824-7833; vicb66@gmail.com
www.afterthoughtfarm.com

We are a small dairy goat farm located outside of Taylorville. We raise French Alpine Dairy Goats and produce goats' milk lotions, goats' milk soaps, grow produce, raise all natural pasture-raised poultry and more. Visit our website to see what we can offer your family! We are a farm you can trust!

Appleridge Produce Farm

Keith Kuerth
1121 Boulder Drive, Gridley, IL 61744
Farm Stand, CSA, Farmers' market, Restaurant, Institution
309-533-8220; keithappleridge@aol.com

Our farm is located 2 miles east of Gridley IL. For three generations, our family has farmed at this location. We have been in produce production for 11 years and now are up to 15 acres. We grow fresh, healthy produce at a reasonable price. Stop by or give us a call at 309-533-8220.

AquaRanch

404D E. Lincoln, Flanagan, IL 61740
Farmers' Market, Store/Retail, Restaurant, Drop Points
815-796-2978; kat@aquaranch.com
www.aquaranch.com

Aquaponics is the combination of aquaculture (raising fish) and hydroponics (raising plants with nutrient rich water) in the same water system. It is the symbiotic cultivation of plants and aquatic animals in a recirculating environment. At AquaRanch we raise our own tilapia. We have a year round supply of fresh naturally grown tilapia which we sell either whole or as filets. We compliment this with organic certified site-grown mint, gourmet lettuce, basil, and a variety of other seasonal vegetables and herbs. Add that to our signature Sweet Basil Vinaigrette or Lemon Basil Vinaigrette dressing and you can set your next dinner table with ease. When you think AquaRanch—think fresh and healthy!

The Barnyard Dance

Phyllis Bardonski
20382 N 1300 East Road, Hudson, IL 61738
CSA, Farmers' market, Some delivery, On farm
309-531-1347; barnyard-business@usa.net
www.barnyarddance.com
Specializing in free range, organically raised chickens and eggs. Some vegetables.

Basil's Harvest

Erin Meyer
117 W. Main Street, Elmwood, IL 61517
CSA, Farmers' market, Store/Retail, Wholesale
309-370-6441; erinmeyer@basilsharvest.com
www.basilsharvest.com
Basil's Harvest creates gourmet products and family recipes, utilizing local and organic ingredients. I am building a network of local farmer's that can grow key ingredients for Basil's Harvest.

Bear Creek Farm and Ranch

Matt and Deb Daniels
754 E 1100 N Road, Palmer, IL 62556
Farmers' market, CSA, Grocery Stores/Retail, Restaurants
217-899-0002, 217-899-8713; bearcreekbelgian@hughes.net
www.bearcreekfarmandranch.com

We have operated in an all natural, sustainable manner since we purchased our farm in April of 1997. We do not use hormones, antibiotics or chemicals on our products, which include: pasture-raised chickens, heritage turkeys and eggs, grass-fed beef, vegetables, fruit, sprouts, herbs and flowers. We also have Belgian draft horses and draft mules.

Brown's Produce Market

David and Kathy Brown
304 Brown Street, Bloomington, IL 61704
Farmers' market, Farm Stand, Stores/Retail, CSA
Open May through Oct.; Mon.-Fri. 9 a.m.-6 p.m., Sat.-Sun. 9 a.m.-5 p.m.
309-829-2676 (May-Oct.), 309-530-7093 (all year); browns80@msn.com
We are a family owned 20-acre truck farm that has been in business for 30 years. We grow a wide variety of produce, but our "Peaches n Cream" Sweet corn is our specialty! We are expanding into growing more cut flowers for market and produce stand.

Catalpa Grove Farm

Trent Sparrow
8400 S. Ward Road, Dwight, IL 60420
CSA, Farmers' market, Store/Retail
815-584-1920; catalpagrove@aol.com
On Catalpa Grove Farm we raise dairy goats and sheep. We do not use any growth hormones. Our animals are fed grain and hay and have access to pastures. We have a large selection of lamb and goat meat cuts for sale. We do sell meat at Naturally Yours Grocery, Normal, IL. We also sell our meat at the Downtown Bloomington Farmers' Market which runs from mid May to the end of October. We make handmade soap from the goat's milk. The soap can also be found at Naturally Yours Grocery. We also have a large garden of chemical free heirloom vegetables which we sell at the Farmers' Market and through our CSA.

Crump Family Gardens

Bryan or Bob and Joann
10396 E. 2100 North Road, Carlock, IL 61725
Farm Stand, Farmers' Market
309-376-5281; crumpcarlock@aol.com
www.crumpfamilygardens.com

We grow a large variety of vegetables including cabbage, potatoes, squash, cantaloupe, eggplant, sweet corn, tomatoes, peppers, onions, green beans, cucumbers, peas, and much more. We offer 'u-pick' strawberries. Our greenhouse is home for hanging baskets, herb and vegetable plants for early spring sales.

Dearing Country Farms

Brad Dearing
16410 N 800 E Road, Bloomington, IL 61705
3 miles west of Bloomington/Normal, turn left on 800 E Rd.
Farmers' Market, Farm Stand, Stores/Retail, Restaurants, CSA
309-963-4932; farms@dearingdesigns.com
www.dearingcountryfarms.com

We are a small, family-owned and operated organic farmstead. We grow and harvest an abundance of seasonal produce, trees, fruit, berries, melons, flowers, herbs, and specialize in raising cage-free, pastured chickens for meat and eggs. Our products can be purchased directly from the farm, from local farmers' markets and at several health food stores. We follow USDA Organic Program standards and are members of Certified Naturally Grown.

Decatur is Growing Gardeners

Camilla McKinney
1611 Florian Avenue, Decatur, IL 62526
Farmers' Market, Donations
217-494-8154; cmckinney@igrc.org
Our mission is to enrich and nourish the Decatur/Macon County community by helping those who are hungry and want to work to grow their own food, especially those who are socially, developmentally or economically challenged. Some of this produce goes to local farmers' markets and some goes to donations to those in need.

Epiphany Farms Enterprise Inc.

Ken Myszka
23676 800 N Road, Downs, IL 61736
On north side of road 3 miles from US-150 junction
Farmers' Market, CSA, Farm Tours, Educational Presentations
309-378-2403; info@epiphanyfarms.com
www.epiphanyfarms.com

Epiphany Farms Enterprises uses a "farm to fork" concept that practices sustainable (beyond organic) and environmentally-friendly techniques. Our goal is to bring a better understanding of food, health and well-being to people's lives while leaving the land a better place for future generations.

FARMERS

Garret Hydroponics

RoseMary Garret
39276 St. Highway 107, Chambersburg, IL 62323
On highway 107 north of Perry, IL
Farm Stand, Farmers' Market
217-491-0570

We have been growing hydroponic tomatoes for over 30 years. We also have cucumbers and basil. We are glad to serve the Central Illinois region with fresh produce early in the season for our local farmers' markets.

Henry's Farm

Henry Brockman
432 Grimm Road, Congerville, IL 61729
CSA, Farmers' Market
henhirok2@netscape.net
www.henrysfarm.com

We raise over 600 varieties of vegetables on 12 acres. We use no synthetic fertilizers, herbicides or pesticides and strive to farm in a manner that is good for the soil, for the farm, for our customers and for the world.

Homestead Harvests

Eric Marshall
14861 Enterprise Road, Heyworth, IL 61745
Direct Sales— Grass-fed beef now available
309-287-7933, eric5899@yahoo.com
www.homesteadharvests.com

Homestead Harvests provides locally grown food using sustainable practices. We strive to benefit our customers and the community by growing grass-fed beef in an environmentally friendly way, providing organically grown tree fruits/nuts and allocating a portion of the food grown to those in need.

Indian Creek Beef Farm

Jim Burrus
2095 Arcadia Road, Jacksonville, IL 62650
Farmers' Market, Stores/Retail, On-Farm
217-886-2552, indiancreek3@yahoo.com

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

Kilgus Farmstead

Matt and Paul Kilgus
21471 E 670 N Road, Fairbury, IL 61739
One mile south of Fairbury on First St.
Farmers' Market, Stores/Retail, Restaurants, Institutions
Mon.-Sat.: 7 a.m.—6 p.m. (Farmstead Store)
815-692-6080, kilgusfarmstead@gmail.com
www.kilgusfarmstead.com

Kilgus Farmstead is the only on-farm single source bottling creamery in Central Illinois. Kilgus Dairy is home to 40 Jersey cows. We produce whole, two percent, skim and chocolate milk, as well as heavy cream, half-and-half and yogurt. We also produce our own soft serve ice cream. We invite people to come watch us bottle milk or visit the Farmstead for a tour anytime.

Living Water Farms Inc.

Denise Kilgus
29695 E. 100 North Road, Strawn, IL 61775
Stores/Retail, Restaurants, Wholesale
815-848-2316; info@livingwaterfarms.net
www.livingwaterfarms.net

Living Water Farms is a family-owned year-round hydroponic greenhouse situated in the farmland of Central Illinois. We grow our products in a chemical-free and sustainable environment. Our 6000 square feet of growing space is comprised of numerous salad greens, basil, cress, petit and micro-greens, sprouts, cucumbers & edible flowers.

Meadowbrook Organic Farm

Brad Halbrook
PO Box 644, Shelbyville, IL 62565
Farm Stand, Farmers' Market, Stores/Retail - By Appointment
217-454-3535; halbrook@consolidated.net

Our farm is located 1.5 miles south of the Lake Shelbyville Dam. We were certified organic in 2006. We offer vegetables, small fruits, pastured eggs and grass-fed angus beef.

Mitchell Farms Produce

Bill Mitchell
#5 Marvin Gardens, Bloomington, IL 61701
Farmers' Market
309-846-8947; wmitche8489@gmail.com

Located in Central Illinois, Mitchell Farms Produce has been growing sweet corn, melons, strawberries and a variety of other fresh produce for the past ten years. Find us at your local Bloomington or Springfield Farmers' Markets.

Look for the
Buy Fresh Buy Local
label to find locally produced
foods in restaurants, grocery
stores, farm stands, farmers
markets and more.



Organic Pastures

Marilyn Wettstein
669 County Road 1800 E, Eureka, IL 61530
Farm Stand, Farmers' Market, CSA
309-467-6006; orgpas@mtco.com

A fourth generation family farm raising certified organic beef, pork, lamb, chickens, seasonal turkeys and chickens for eggs. We chose a farming method that improves and builds the soil surrounding the plants and animals by using responsible, sustainable growing and production methods to help preserve a better balance between nature and our environment.

O'Rourke Family Farms

Carrie O'Rourke
22193 E 600 North Road, Downs, IL 61736
Farmers' Market
309-660-2360, ourourkes@dtnspeed.net

Raising fresh produce sustainably and with organic methods, we bring the finest varieties of common and specialty crops available to local customers. Emphasizing rich color, flavor, nutritional value, and diversity in our variety selections. Known for our specialty/new potatoes.

O'Rourke Family Gardens

Mark or Rita O'Rourke
10833 N 2400 East Road, Downs, IL 61736
Farmers' Market, Pick your own
Mark - 309-838-5932 Rita 309-530-7226; morourke@ctechinternet.com

Located in rural Downs - family owned - raising home grown vegetables, strawberries, and blackberries. Growing many different varieties of potatoes and sweet potatoes. Call ahead or pick your own.



FOOD FACT:

"Illinois was blessed with rich soil and abundant farmland, yet the state imports more than 90 percent of its food. Farmland is largely used to grow corn and soybeans for export," according to a 2008 article in the *State Journal-Register*. Eating locally not only keeps the economic benefits local, but it aids in connectedness throughout the community, healthy eating habits and environmental

FARMERS

PrairieErth Farm

Dave Bishop
2047 2100 Street, Atlanta, IL 61723
Three miles south of Atlanta, IL - Take exit 140 off I-55
Farmers' Market, Stores/Retail, Restaurants, Institutions
217-871-2164; dave@prairieerthfarm.com
www.prairieerthfarm.com

PrairieErth Farm is a diversified organic farm producing corn, soybeans, oats, alfalfa hay, pastured beef and poultry. We also grow vegetable crops for local markets. Our vegetables, meats, and eggs can be purchased on the farm or at organic stores in the communities of Peoria, Springfield, Bloomington, Champaign, Clinton and Lincoln.

Prairie Fruits Farm & Creamery

Leslie Cooperband
4410 N. Lincoln Avenue, Champaign, IL 61822
Farm Stand, Farmers' Market, Stores/Retail, Restaurants, Community Goat-Share Program
217-643-2314; prairiefruits@gmail.com
www.prairiefruits.com

We are Illinois' first farmstead creamery. We milk goats and make cheese from our goats' milk as well as sheep milk purchased from an Amish Dairy. Our dairy and our cheeses are certified "Animal Welfare Approved." We have a certified organic fruit orchard, including tree fruits and berries. We offer "Dinners on the Farm" from May through November.

Ropp Jersey Cheese

Carol and Ken Ropp
3676 Ropp Road, Normal, IL 61761
Farmers' Market, Farm Stand, CSA, Stores/Retail, Restaurants, Institutions
309-452-3641; carol@roppcheese.com
www.roppcheese.com

Ken Ropp is a 6th generation dairy farmer, and we invite you to visit our farm and learn first hand how fine quality cheeses are made. Explore our grounds and pet our pure bred Jersey calves. The whole family pitches in to keep our business running smoothly. Vegetarian enzymes and vegetarian rennet are used to make the all natural cheeses.

Stewards of the Land, LLC

Marty Travis
2959 N 2100 E Road, Fairbury, IL 61739
CSA, Farmers' Market, Store/Retail, Restaurant, Institution
815-692-3336; info@stewardsoftheland.com
www.stewardsoftheland.com

The Stewards of the Land is a group of 25 small family farms with the mission to create, maintain and support the family farm - to help them become and remain both sustainable and profitable, and to provide the same opportunity for future generations. The Stewards provide fresh, healthy, chemical-free foods of the highest quality directly to the tables of those who have a deep sense of appreciation for the connection to the land. We are committed to a sustainable future for our families, our land and our communities.

Sutill's Garden

Ron Sutill and Jacque Sutill-Simpson
2201 Groth Road, Springfield, IL 62703
Farmers' Market, Farm Stand, Stores/Retail, Restaurants
Mon.-Sat.: 8 a.m. - 5:30 p.m.; Sun.: 8 a.m. - 3 p.m.
217-744-9379; farmmom0520@yahoo.com

We are a four-generation farm with the fifth generation currently in training. We have a greenhouse and a garden and we are open April through November.

TJ's Pastured Free Range Poultry

Tim and Julie Ifft
2773 N. 1500 E. Road, Piper City, IL 60959
Farmers' Market, Store/Retail, Restaurant
815-686-9200; tj4@maxwire.net

TJ's offers all-natural, free-range chicken and turkey products, along with farm-fresh eggs. Our poultry is pasture-raised on chemical-free grass and alfalfa, giving them plenty of room to roam, fresh air and a healthy way to live and grow. No antibiotics used and are fed an all-natural diet containing no animal by-products.

Triple S Farms

Stan and Ryan Schutte
RR #1 Box 122A, Stewardson, IL 62463
Six miles west of Neoga, IL
Farmers' Market, Stores/Retail, Restaurants - By appointment
217-343-4740; stan@triplesfarms.com
www.triplesfarms.com

Our goal is to raise the best-tasting and highest-quality meats and produce without using harmful drugs or chemicals. Our slogan is "We Grow Taste." All of our vegetables and pastures are Certified Organic and all of our animals have been drug free since 1998. We are family owned and operated. All our poultry is free range - we use no GMO grains.

Twin Oak Meats

Tom and Amy Ifft
11197N 2300E Road, Fairbury, IL 61739
Farmers' Market, Store/Retail, Restaurant, Home delivery
815-692-4215; twinoakmeats@maxwire.net
www.twinoakmeats.com

Locally raised pork products on our own farm from birth to finish. No growth hormones are used. Hogs are raised in a non-confined environment. We have a large selection of all-natural products, including our homemade sausages. We sell both retail and wholesale.

Vincent Family Farm

Todd Vincent
8133 Hendrickson Road, Rochester, IL 62503
Farmers' Market, Farm Stand, Stores/Retail
217-306-4058; vincentfamilyfarm@gmail.com
We are a family farm and all family members participate in our production. We use only sustainable methods of farming. We also enjoy educating others on the importance of healing the land.

Walkabout Ranch Produce

Linda Gerlach
#9 Sangamon Bluffs Road, Mansfield, IL 61854
Farmers' Market, Wholesale
217-762-9962; walkaboutranch@yahoo.com

Walkabout Ranch is a small family-run business that has been in operation since 2005. We follow organic practices. We raise asparagus, tomatoes, peppers and a variety of herbs, and a small amount of blueberries, wild blackberries and other fruits and vegetables as available.

White Chimney Farm

Larry Shawback
817 Lynn, Washburn, IL 61570
Farmers' Market
309-657-8531; tudd@mchsi.com
www.whitechimneyfarm.org

My goal is to grow and offer all naturally grown heirloom vegetables from organic seed whenever possible. No pesticides, traditional fertilizers used. Certified Naturally Grown certification pending.

Who Knows Produce

Tim Ryan
PO Box 9466, Springfield, IL 62701
Farmers' Market
217-522-4313; imtryan@hotmail.com
I will be growing vegetables, herbs and flowers for anyone interested in fresh, local produce grown without artificial chemicals, fertilizers, pesticides, etc.



Don't miss the **NEW Farm Experience Tour Series** where you can connect with the farmers and the land producing your local food! Visit www.hlfn.org for more information.

Thank you directory sponsors!

Coffee Hound

April Fritzen
407 N. Main St., Bloomington, IL
205 W. North St., Normal
Mon.-Sat.: 6:30am-6pm; Sun.: 8am-5pm
309-827-7575; coffeehound@coffeehound.net
www.coffeehound.net

Coffee Hound custom roasts each coffee and tailors flavors to meet each coffee's needs. Overseeing all roasting operations is our roastmaster, Steve Fritzen. Steve is responsible for selecting the freshest and highest quality coffee, and then carefully roasting each batch to bring out its intrinsic qualities. It is Coffee Hound's mission to always set ethical practices that meet or exceed prices set by the Fairtrade Standard. We want sustainability for the earth and the farmers who work so hard!

Spence Farm Foundation

Marty Travis
2959 N 2100 E Road, Fairbury, IL 61739
815-692-3336; info@spencefarmfoundation.org
www.spencefarmfoundation.org

Spence Farm foundation is a 501(c)3 not-for-profit educational foundation with the mission of teaching the art, history and practice of small sustainable family farming across America. Located on the oldest family farm in Livingston County, the foundation sponsors educational programs for all ages, including workshops for students, farmers, educators and chefs.

FOOD FACT: *Seasonal Produce is Key to Healthy Diet*—If more people shopped for their food at farmers' markets, eating the fruits and vegetables as they become ripe each season, they would discover how good fresh produce can be—they would be inspired to cook with these ingredients—they would meet the CDC guidelines for nutrition, according to Dr. Preston Maring of Kaiser Permanente's Oakland hospital.
(Eating in Season: A Recipe for Life by Lisa Cosentino, eatinproff.com)

Clinton Farmers and Artisans Market

Elizabeth Burns
101 E. Main St. Clinton, IL 61727
Mr. Lincoln's Square in Downtown Clinton, IL
Saturdays May through Oct. 8 a.m.—Noon
217-935-9107; aroundaboutacrea@gmail.com
www.cafamil.com

We are celebrating ten years of locally produced and crafted items. Fresh and locally grown fruits and vegetables are our specialty. All Illinois producers are welcome and we have special rates for market members. See our website for a monthly events calendar.

Downs Village Market

Carol Hiebert
306 N Seminary, Downs IL 61736
Southwest Edge of Downs just north of the railroad tracks
Wednesdays June through September 4 - 6 pm
309 378-4223; marketmaster610@gmail.com; marketmaster610@gmail.com

Downtown Bloomington Farmers' Market

Jennifer Mullinix
106 W. Monroe, Bloomington, IL 61701
Downtown on the square at Jefferson and Main
Sat.: 7:30 am-12pm; May 15 - Oct. 30; Thanksgiving Market at U. S. Cellular Coliseum Sat., Nov. 20, 10am-2:00pm
309-829-9599; farmersmarket@downtownbloomington.org <http://www.downtownbloomington.org/index.php?id=6>
This producer-only market offers a diverse selection of local, sustainably produced farm products - meats, cheeses, vegetables, eggs, herbs, grains, plants, and cut flowers - as well as baked goods, prepared foods, and fine arts. Musical performances, museums, cafes, restaurants, and shops create a festive atmosphere for meeting friends. Link cards accepted.

Uptown Normal Trailside Market

Becky Strack
108 E. Beaufort, Normal IL 61761
E. Beaufort between Linden and Circle
3:30 p.m.-6 p.m.
309 454 9556; bstrack@normal.org
www.normal.org

The Uptown Normal Trailside Market is open 3:30 p.m.-6 p.m. every Tuesday beginning June 1, 2010 through September 14. A wide variety of local and out of state fruits, vegetables, flowers and baked goods are available. Visit the market and take a stroll through the beautiful, new, Uptown Normal Business District.

Urbana's Market at the Square

Lisa Bralts
400 S Vine Street, Urbana, IL 61801
Corner of Illinois St and Vine St in downtown Urbana, IL
Every Saturday morning beginning May 1 through Nov. 6 from 7 a.m.—Noon
217-384-2319; ljbbralts@city.urbana.il.us
www.city.urbana.il.us/market

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



2010

LOCAL Flavors

BUY FRESH BUY LOCAL
CENTRAL ILLINOIS

Farm fresh food at central Illinois' finest restaurants

A meal series bringing the bounty of locally produced food to central Illinois' most innovative restaurants. At each of the Local Flavors events, participating restaurants will offer menu options highlighting fresh, seasonal, locally produced foods. These events may require reservations so be sure to check HLFN.org for more information.

Local Flavors Events—Bloomington/Normal

Friday, May 28—Kelly's Bakery & Café
Tuesday, June 22—Medici
Saturday, June 26—Kelly's Bakery & Café
Tuesday, July 20—Medici
Thursday, July 22—Rosie's Pub
Saturday, July 31—Kelly's Bakery & Café
Saturday, August 28—Kelly's Bakery & Café
Tuesday, August 31—Medici
Tuesday, September 21—Medici
Saturday, September 25—Kelly's Bakery & Café
Tuesday, October 19—Medici
Sundays—Coffee Hound features Local Quiche

For more information on these events, including menus, sign up for Heartland Local Food Network's email list by sending an email to hlfn@hlfn.org OR by contacting the participating restaurants:

Kelly's Bakery & Café, 113 N. Center Street, Bloomington, 309-820-1200, www.kellysbakeryandcafe.com

Medici, 120 W. North Street, Normal, 309-452-6334, www.medicinormal.com

Rosie's Pub, 106 E. Front Street, Bloomington, 309-827-7019

Coffee Hound, 407 N. Main Street, Bloomington, 309-827-7575 & 205 W. North Street, Normal, 309-454-7575, www.coffeehound.net

Don't miss the NEW Farm Experience Tour Series where you can connect with the farmers and the land producing your local food! Visit www.hlfn.org for more information.



For more information contact
Illinois Stewardship Alliance
217.528.1563 or
isa@ilstewards.org



Buy Fresh Buy Local Central Illinois is a program of Illinois Stewardship Alliance. BFBL Central Illinois is part of a national network of BFBL chapters, founded by FoodRoutes Network, with 73 chapters nationwide and growing...



HEARTLAND LOCAL FOOD NETWORK

Sustainable. Local. Accessible.