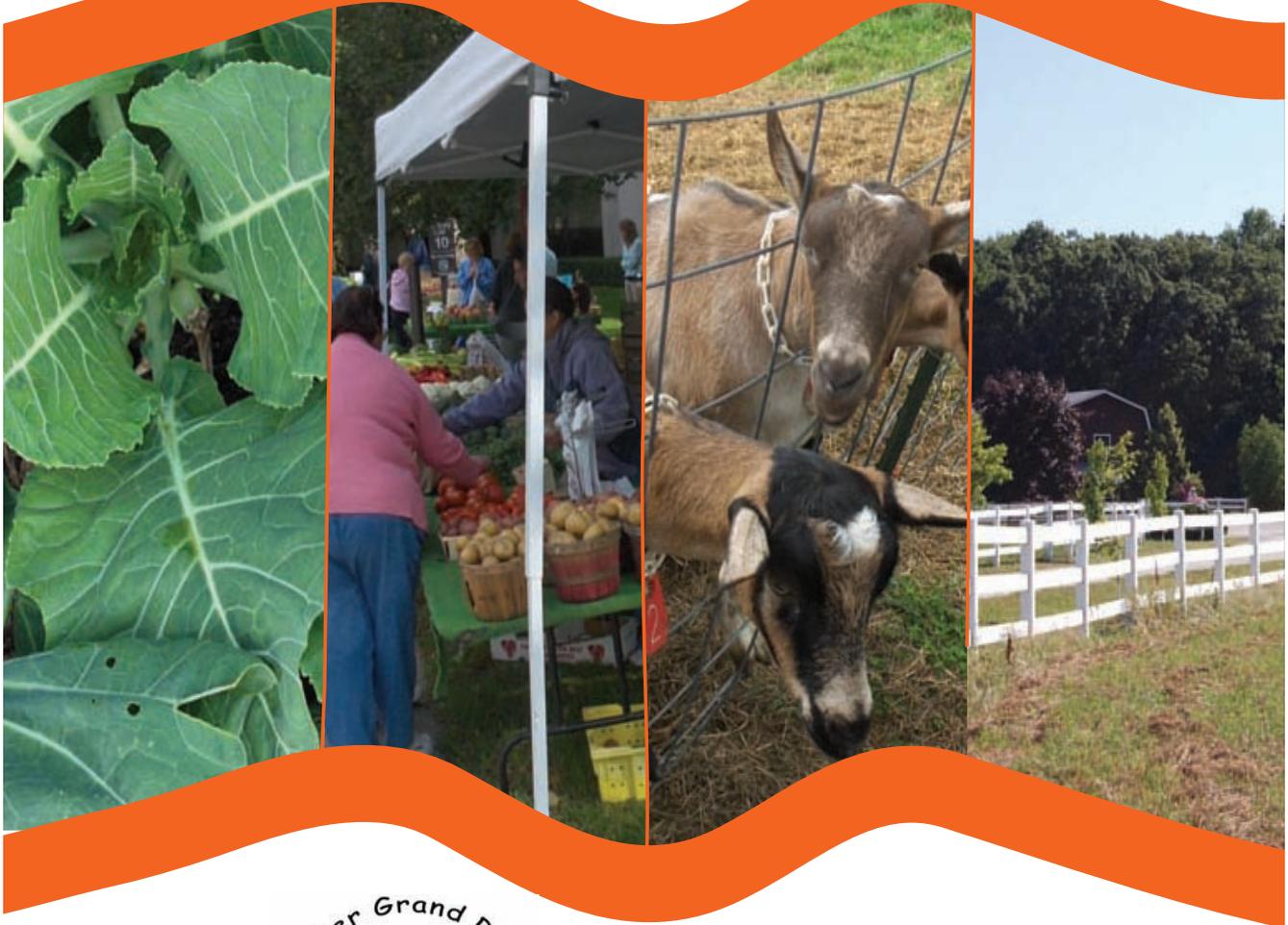


WEST MICHIGAN

**FRESH**

GUIDE TO LOCAL FOOD

2011



presented by the

**GREATER GRAND RAPIDS  
FOOD SYSTEMS COUNCIL**

# FROM MICHIGAN DEPARTMENT OF AGRICULTURE DIRECTOR KEITH CREAGH

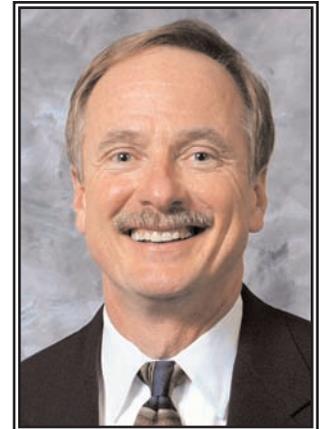
Michigan is a state rich in agriculture history and farming tradition. The impact of Michigan agriculture on our state's economy is \$71.3 billion and growing. Further, our unique landscape produces more than 200 commodities, making us second in the nation for agricultural diversity.

Buying locally directly supports our farmers, food processors, and our state's economy. In fact, if every household spent just \$10 per week of their grocery budget on local foods, we'd keep more than \$37 million each week circulating in Michigan.

With "West Michigan FRESH, a Guide to Local Food," you can easily locate that wide selection of available fresh and healthy produce.

On behalf of the Michigan Department of Agriculture & Rural Development, I'd like to thank the Greater Grand Rapids Food Systems Council, and the many retailers and agricultural producers, for supporting Michigan agriculture through the production of this directory.

Keith Creagh, Director  
Michigan Department of Agriculture & Rural Development



## SPECIAL THANKS FOR SUPPORT...

**Kent County Health Department**

**Our Kitchen Table**

**Access/GRACE Hunger Walk** - for the opportunity to participate in Hunger Walk and receive funds to work on linking fresh healthy food and lower-income people

**Tom Cary of Groundswell Community Farms** who did the bulk of the work this year and other years, and without whom this guide would not happen

**Sarah Gurkink** who volunteered her time to contact farmers and restaurants for the Guide

**Cynthia Price** who has again volunteered her time to take the listings, ad materials and other content and create the attractive publication you are reading...

...And to all the great organizations who are taking important steps to build local food systems in West Michigan – many of whom are advertisers in this guide.



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# WELCOME BACK!

This is the fifth time that the Greater Grand Rapids Food Systems Council has published the *West Michigan FRESH! Guide to Local Food*, and we are happy to be back after a few-year break. Whether this is the first time you've seen it or you're a regular user, we want to welcome you back to your source for great healthy food grown and produced locally.

The listings are still growing in every category, as more and more people seek out local, fresh, nutritious and delicious food, and more farms and markets emerge to meet the need. This year, we have simplified the number of categories, and hope you have no trouble finding what you need.

Visit [www.foodshed.net/foodguide](http://www.foodshed.net/foodguide) for an on-line version of *West Michigan FRESH! Guide to Local Food*, and for the most current and detailed information. Please call the farms and markets listed first if you have questions about products or location.

We encourage you to patronize and support the advertisers in this guide. They are on the front lines of the local food movement, a rapidly-growing force for changing the way we grow our food, get our food, and think about our food.

We would like to thank all of the partners who made this guide possible, including all the volunteers who help promote and distribute it. We cannot say enough about the devotion of Tom Cary, former non-profit programs administrator and now farmer, who has spearheaded every guide we have published, and put countless hours of his own time into this edition.

If this is your first "taste" of the guide, please read the informational pages to get a feel for the changes in the air and why we feel they're needed. Also, feel free to visit our web site, [www.foodshed.net](http://www.foodshed.net), for more information about food systems projects and philosophy.

For those wanting multiple copies for your organization, business or community – or to suggest locations to make the guide available, please contact us. Also, if you know of farms, markets or other business that should be in the guide, please let us know, including contact information if you have it.

If you've already joined the crowd of consumers and activists demanding fresh, local food raised by farmers you know and feel comfortable with, please feel free to contact us to let us know what you think about the guide ~ call 616-916-9823 or e-mail [byrontc@gmail.com](mailto:byrontc@gmail.com) or [skyprice@gmail.com](mailto:skyprice@gmail.com).

Either way, the Food Systems Council welcomes you back!

This guide made possible by funding from our sponsors, listing fees and advertising.  
Thanks to the many volunteers and partners who have helped us connect with area farmers, markets and establishments, and distribute the guide broadly across our community.

*Listings are based on supplied copy and the Greater Grand Rapids Food Systems Council makes no investigation of claims.*

# 10 REASONS TO BUY LOCAL

## **1. Locally-grown, freshly-picked food tastes better.**

Studies have shown that the average distance food travels from farm to plate in the United States is 1,500 miles, and may take a week or more to get to its destination, losing vitality and flavor as time passes.

## **2. Local produce tends to have more nutritional value.**

The longer the time from harvesting produce to eating it, the greater the trend for sugars to turn into starches, plant cells to shrink, and nutrients to be diminished.

## **3. Buying local spurs economic growth.**

Economists use the term “local multiplier” to indicate that if you spend a dollar locally, it circulates locally, positively impacting 3-7 different local businesses before it leaves the area. That same dollar spent at a national or multi-national chain has very little positive impact on the local economy.

## **4. Local food preserves diversity.**

In the modern industrial agricultural system, varieties are chosen primarily for qualities that create long shelf life in a store. Local farms selling directly to you tend to grow and raise many more varieties of vegetables, fruits, and animals - with the result that they are able to extend the growing season, satisfy many different customers, and bring back flavors and a heritage threatened with being lost forever.

## **5. You know the farmer and can find out easily how the food was raised.**

Local growers provide what you want your families to eat. You can find out about their farming practices, for example, if you are looking for natural/organic growing methods or humane treatment of animals.

## **6. Local food supports local farm families.**

Local farmers (who typically get only about ten cents of every dollar spent on food) selling directly to consumers cut out the middleman and get full retail price for their food - which means farm families can afford to stay on the farm, producing food for our future.

## **7. Local food builds community.**

Knowing the farms and the land they're on gives you insight into the seasons, the weather, and the miracle of raising food. Often, local buying gives you access to a farm where you and your children and grandchildren can share the experience of learning about nature and agriculture.

## **8. Local food preserves open space.**

The many benefits of open space provided by farms will last as long as farmers can afford to stay on the land. When you buy local food, you are doing something proactive to preserve the agricultural landscape.

## **9. Local food keeps your taxes in check.**

Farms contribute more in taxes than they require in services, whereas suburban development costs more than it generates in taxes, according to several Michigan and national studies.

## **10. Local food tends to be free of genetically engineered seed.**

Surveys show time and time again that many American consumers do not trust genetically modified foods. Family farmers generally agree, and, when direct-marketing, have an incentive to avoid GE seed.

These reasons are adapted in part from 2001 *Growing for Market*

SEASONAL AVAILABILITY

		JAN.	FEB.	MAR.	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.
Apples	8/15-2/28												
Apricots	7/1-8/15												
Berries (black)	8/1-9/15												
Blueberries	7/13-9/15												
Cantaloupe	8/7-9/20												
Cherries (red tart)	7/1-7/31												
Cherries (sweet)	7/1-8/31												
Grapes	9/1-10/15												
Melons (watermelon, muskmelon)	8/10-frost												
Nectarines	8/20-9/10												
Peaches	7/15-9/20												
Pears	8/20-10/31												
Plums	8/6-9/20												
Raspberries	7/1-7/31, 8/25-9/30												
Rhubarb	5/1-5/31												
Strawberries	6/7-6/30												
Asparagus	5/1-6/30												
Beans (snap, green, etc.)	7/1-9/30												
Beets	8/1-10/20												
Broccoli	7/10-10/15												
Brussels Sprouts	10/1-11/15												
Cabbage	7/1-10/31												
Carrots	7/20-10/31												
Cauliflower	8/1-10/31												
Celery	7/1-12/31												
Corn (sweet)	8/1-9/21												
Cucumbers (for pickles)	8/1-9/15												
Cucumbers (salad)	7/7-9/21												
Greens	6/1-10/10												
Eggplant	7/1-10/31												
Lettuce (head, leafy)	6/15-9/15												
Mushrooms (limited supply)	All year												
Onions	8/25-1/31												
Onions (green)	6/15-9/30												
Parsnips	9/1-10/15												
Peas (sugar)	6/1-6/30												
Peppers	6/15-10/15												
Potatoes (white)	8/1-3/31												
Pumpkins	9/15-10/31												
Radishes	6/15-10/31												
Rutabagas	9/15-11/30												
Spinach	6/15-10/15												
Squash (yellow, zucchini)	7/15-9/15												
Squash (butternut, acorn)	9/15-12/31												
Tomatoes (cherry, roma, slicers)	8/10-10/15												
Turnips	6/10-11/15												
Bedding Plants	5/1-6/30												
Cheese, Milk, Eggs, Meat & Dried Beans	All Year												
Christmas Trees	11/25-12/25												
Cider (apple)	9/6-12/31												
Dill	7/1-7/31												
Evergreens, Ornamentals	3/15-10/31												
Field-grown cut flowers	6/15-9/30												
Greenhouse-grown plants and flowers	All Year												
Herbs	All Year												
Honey	All Year												
Jams and Jellies	All Year												
Maple Syrup	All Year												

Provided in cooperation with Michigan State University Extension Service.

# GREATER GRAND RAPIDS FOOD SYSTEMS COUNCIL

## *Restoring connections to food, place and community...*

The Greater Grand Rapids Food Systems Council revamped our mission statement in 2008 to indicate our strong commitment to a community-based food system. Since our inception in 2001, we have brought together individuals, organizations, and agencies in the areas of farming, environment, consumerism, hunger prevention, retail food, nutrition and diet, education, food processing, sustainable agriculture, faith, and health, as well as government and planning entities, to work toward that goal in the areas of food production, distribution, consumption and recycling.

Also in 2008, we became our own 501(c)(3) non-profit organization. We thank West Michigan Environmental Action Council for incubating and nurturing us from our early beginnings until that time.

Our current activities include: the South East Area Farmers' Market, now in two locations (see page 8), where we partner with the Kent County Health Department and Our Kitchen Table to bring healthy, affordable food to the South East side of Grand Rapids; community gardens/urban agriculture work – building a community garden network, supporting (formerly managing) the Perkins Garden, acting as fiduciary and holding liability insurance for other gardens, working with partners on gardens around West Michigan, and helping link gardens and food pantries; policy (developing agriculture planning strategies for urban areas and the region, working on the Federal Farm Bill, and linking with partners for local, state and Federal advocacy such as farmland preservation programs and anti-genetic engineering work); education (conferences, an education series, presentations at related conferences and exhibits, TV/radio shows); and publication of this food guide, starting in 2005 – despite a 3-year hiatus since our last publication, we are committed to continuing to get the word out.

We partner with many, many people and organizations, but have most recently been privileged to work with Our Kitchen Table on the social justice Food Diversity Project.

**Help us work for change!** The food system belongs to all of us and all of us have to act - to advocate, to buy and ask for local food, to garden, to share what we know and learn what others can teach, and join together in making change happen. Change will depend on passionate people to help plan and take action. We need people to help research, educate, reach out to the community, work on the projects above, and to reflect community-based food systems principles in their actions. We need financial and participatory support. If you are interested in helping in any way, please get in touch with us. For further information or to volunteer, e-mail [skyprice@gmail.com](mailto:skyprice@gmail.com) or [ggrfsc@gmail.com](mailto:ggrfsc@gmail.com), call Tom Cary at 616-916-9823 or Cynthia Price at 231-670-6059.

Please consider becoming a member. For a membership form, please see page 41.

Another way to learn more about what we are doing and who we are is to visit our web site at [www.foodshed.net](http://www.foodshed.net).

**SATURDAYS**

9 am - 1 pm

**GARFIELD  
PARK**

334 Burton SE

**SOUTH EAST AREA**



**FARMERS' MARKET**

**FRIDAYS**

2:00 - 7:00 pm

**GERALD R  
FORD  
SCHOOL**

851 Madison SE

**WE ACCEPT EBT/SNAP CARDS and Project FRESH!**

**NEW THIS YEAR - DOUBLE UP FOOD BUCKS**

**Double your EBT card purchases on fruits and vegetables**



**HEALTH  
DEPARTMENT**  
*Caring today for a healthy tomorrow*

**Proud sponsor** - in collaboration with

Greater Grand Rapids Food Systems Council and Our Kitchen Table

—HEALTH INFORMATION AND COOKING DEMONSTRATIONS—

*For more information call 616-570-0218*

Fulton Street Farmers Market



*Great Food  
Close to Home*

Open TUE, WED, FRI, SAT 8-4  
May thru X-mas

1147 East Fulton  
Grand Rapids MI 49503  
fultonstmarket.org  
616-454-4118

A Collaboration with the City of Grand  
Rapids and the Midtown Neighborhood  
Association

*FARM Fresh to You Since 1922!*

# WEST MICHIGAN **FRESH** GUIDE TO LOCAL FOOD



Enjoy the market bustle at these wonderful places where farmers from around the area gather and you can find the freshest farm-raised food.

## **100 Mile Market**

507 Harrison (between Ransom & Kalamazoo Ave.)  
Kalamazoo, MI 49007 - Kalamazoo County  
Chris Broadbent 269.342.5686  
market@peoplesfoodco-op.org www.peoplesfoodco-op.org  
Open June 15 - Oct. 27 Wednesday afternoons. Food produced within 100 miles of Kalamazoo, provides opportunities for food to create connections between our diverse communities.

## **Ada Village Farmers' Market**

The Community Church, 7239 Thornapple River Dr.  
Ada, MI - Kent County  
Bob Kullgren: 616.897.4550 - or Kay Hart  
adafarmersmarket@gmail.com www.adafarmersmarket.com  
Open June 21-Sept. 27th ; Tuesdays Noon - 6pm

## **Allegan Farmers' Market**

Corner parking lot at Water and Cutler St.  
Allegan, MI - Allegan County  
269.686.1102 www.cityofallegan.org/market.php  
Rich Klingenberg: 269.673.3456 griswoldauiditorium@charter.net  
Open Early May thru Oct; Thursdays 8am-2pm

## **Allendale Farmers' Market**

6101 Lake Michigan Dr. (Heritage Towne Sq Parking Lot - North side of Lake Michigan Dr.)  
Allendale, MI - Ottawa County  
616.892.2632 Amy Millard aacc@allendalechamber.org  
www.allendalechamber.org  
June - Sept.; Tuesdays & Fridays 11am - 4pm

## **Allendale - Grand Valley State University Farmers Market**

Allendale Campus, Lot F  
Allendale, MI - Ottawa County  
Wednesdays, 10 am-1:30 pm June 8-Sept. 28 (no market Aug. 31)  
Kay Hart or Sue Sloop at 616.331.2215

## **Battle Creek Farmers' Market**

Corner of McCamley & Jackson (Festival Market Square )  
Battle Creek, MI - Calhoun Co.  
269.968.3448 Jan Lawson AFHG@ctsmail.net  
www.battlecreekfarmersmarket.com  
June-Oct; Wednesdays and Saturdays 9am-1 pm. Free parking for market patrons. Project Fresh, EBT cards and Double Up Food Bucks accepted.

## **Bellevue Farmers' Market**

Washington Park, Downtown Bellevue  
Bellevue, MI - Eaton Co.  
Jan Lawson 269.968.3448 AFHG@ctsmail.net  
www.battlecreekfarmersmarket.com  
June-Oct; Thursdays, 4 - 7pm.

## **Big Rapids Farmers' Market**

226 N. Michigan St. (in parking lot by Big Rapids Furniture)  
Big Rapids, MI - Mecosta County  
Mark Gifford 231.592.4035 dtbrfm@ymail.com  
May 6 - Oct 21; Tuesdays 1pm-6pm, Fridays 8am-2pm

## **Byron Farmers' Market**

8350 Byron Center Ave., NE - 84th St. & Byron Center Ave. (Set back NE corner at Pathways Ministries)  
Byron Center, MI - Kent County  
Ava Grover: 616.293.1019 www.kentcwc.com  
Open May 2- Oct 31; Saturdays 8am-1pm.  
Project Fresh and EBT cards accepted

## **Caledonia Farmer's Market**

9944 Cherry Valley Ave. SE, N. of 100th St on E side at Caledonia Plaza  
Caledonia, MI 49316 - Barry County  
Jim Martin 616.318.3688 or Kathy Nestell wb4u@hughes.net  
http://www.caledoniafarmersmarket.org  
Saturday May 14 through October 29 from 9 a.m. to 1 p.m., rain or shine

## **Coopersville Farmers' Market**

Wednesdays - DDA Pavilion N. behind shops on Main St.: 8am-1pm  
Fridays - Veterans Memorial Park on W. Randall St.: 2pm - 7pm  
Coopersville, MI - Ottawa County  
Cindy Timmerman 616.997.5164  
ctimmerman@cityofcoopersville.com www.coopersville.com/events#fm  
May-October Project Fresh accepted

## **Fremont Farmers' Market**

Along Dayton St. downtown in the Marketplace Pavillion  
Fremont, MI - Newaygo County  
231.924.0770 info@fremontcommerce.com  
Jul - mid Oct ; Tuesdays 3:30pm - 6:30pm & Saturdays 8am-1pm  
Not held during the National Baby Food Festival  
Accept Project Fresh

**Grand Haven Pier Farmers' Market**

Next to Chinook Pier on Harbor Dr and 1st street  
Grand Haven, MI - Ottawa County  
616.842.4910 Kristin Klempel  
June-Oct; Wednesdays & Saturdays 8am-2pm

**Grand Rapids – Centerpointe Mall Farmers Market**

3665 28th Street SE (corner of 28th Street and East Beltline)  
Grand Rapids, MI 49512 – Kent County  
Contact: 616.949.2550 May – October; Fridays, noon - 6 p.m.  
This seasonal open air market features vendors offering a wide range of products are locally grown or produced.

**Grand Rapids - Fulton St. Farmers' Market**

1147 East Fulton St. NE (Just west of corner Fulton & Fuller)  
Grand Rapids, MI - Kent County  
Melissa Harrington 616.454.4118  
info@fultonstreetmarket.org www.fultonstreetmarket.org  
We are Grand Rapids oldest and largest farmers market. Come down and visit us. Open May - til Christmas; Tuesdays, Wednesdays Fridays & Saturdays 8am-3pm. Winter market Saturdays, January – April 10am – 1pm. Project Fresh, EBT (SNAP) and Double Up Food Bucks accepted. See ad page 6.

**Grand Rapids – MapleCreek Farmers Market**

2000 32nd Street  
Grand Rapids, MI 49508 – Kent County  
616.452.5900 mjohnd@lssm.org www.MapleCreek.Org  
May 5–October 27 Every Other Thursday from 9 a.m. to noon

**Grand Rapids - Plainfield Township's Farmers' Market**

4411 Plainfield Ave (Next to Fire Hdqtrs)  
Scott Harvey, Market Manager 616.364.8466  
Thursday's from 2pm – 7pm; mid June - October  
EBT and Double Up Food Bucks accepted

**Grand Rapids - South East Area Farmers' Market**

Two locations: 334 Burton Street Southeast (At Garfield Park)  
June- Nov.; Saturdays 9am-1pm  
Gerald R. Ford Middle School, 851 Madison Ave. SE  
June-Nov.; Fridays 2-7pm  
Grand Rapids, MI - Kent County  
Yvonne Woodward 616.570.0218  
Project Fresh, EBT and Double Up Food Bucks accepted at both

**Grand Rapids - Spectrum Health Farmers Market (Blodgett Hospital)**

1840 Wealthy St. SE Grand Rapids, MI 49506 - Kent County  
Parking Lot E, near the Wealthy Street hospital entrance  
Josh Miller 616.391.5125 www.spectrumhealth.org/farmers-market  
Dates: June 21, July 19, Aug. 16, Sept. 20 and Oct. 18, 11 a.m.-4 p.m.

**Grand Rapids - Spectrum Health Farmers Market (Medical Center)**

Crescent Park, near junction of Crescent St and Bostwick Ave.  
Grand Rapids, MI 49503 - Kent County  
Contact: Josh Miller 616.391.5125

www.spectrumhealth.org/farmers-market

Dates: June 7, July 5, Aug. 2, Sept. 6 and Oct. 4, 11 a.m.-4 p.m.

**Grand Rapids – Wealthy Street (St. Mary's) Farmers' Market**

431 Cass Street (near Wealthy & Jefferson)  
Grand Rapids, MI 49503 - Kent County  
Sheryl Lozicki 616-685-6300 lozickis@trinity-health.org  
May 19 - October 13: Thursdays 8 a.m. to 2 p.m.  
www.facebook.com/freshfarmergr  
We make healthy habits delicious. Starter plants, produce, herbs, cheese, eggs, coffee, tea, honey, granola, baked goods and more.

**Grand Rapids - West Side Farmers' Market**

Alpine at 11th St (City View Church)  
Grand Rapids, MI - Kent County  
616.451.0150 Nola Steketeer  
May - Oct.; Thursdays 10 a.m. -6:30 p.m.  
Project Fresh accepted. Ask about Sat. market day.

**Grand Rapids – YMCA Farmers' Market**

75 Lake Michigan Drive NW  
Grand Rapids, MI 49504 – Kent County  
Emily Martin 616.855-9600 emartin@grymca.org www.grymca.org  
Thurs 3pm – 7pm: June - September Project Fresh, Bridge (SNAP) and Debit cards, and Double Up Food Bucks accepted.

**Grandville Farmers' Market**

North of the Grandville Library, 4055 Maple St. SW  
Grandville, MI - Kent County  
616.531-3030  
May – mid Oct., Tuesdays - 8am-1pm - No crafts

**Greenville Farm & Home Market**

Along M-57 at Veterans Park,  
Greenville, MI - Montcalm County  
Gae Donovan-Wolfe 616.754.5697 gae@greenvillechamber.net  
July-Oct., Tues. & Fri. 8am-12noon, Thurs. 4pm-7pm  
www.greenvillemi.org

**Hastings Tyden Park Farmers' Market**

East side of Barry County Courthouse  
Hastings, MI - Barry County  
Valerie Byrnes hastingsmarketmaster@gmail.com 269.945.2454  
www.localharvest.org/farmers-market/MI5690  
May-Oct.; Saturdays 9 am-1 pm;  
Project Fresh and EBT accepted

**Holland Municipal Farmers' Market**

End of 8th Ave. (East of Civic Center between Pine & Maple)  
Holland, MI - Ottawa County  
616.355.1138 Candy Todd info@hollandfarmersmarket.com  
www.hollandfarmersmarket.com  
Open mid May – mid Dec.; Wednesdays & Saturdays 8am-4pm  
Ample parking spaces, public rest rooms, street performers and food court available. Every Saturday demonstrations are given by Master Gardeners or local chefs

### Howard City Farmers' Market

Edgerton & Ensley St. (at Old Depot, downtown)  
Howard City, MI - Montcalm County  
231.937.5570 Mary Roush, Mkt Coordinator  
www.howardcity.org  
May 9 -Early Fall, Saturdays 9 am-1 pm

### Hudsonville Farmers'/Crafters' Market

3302 Prospect (in Farmers' Co-op parking lot)  
Hudsonville, MI - Ottawa County  
616.662.3411 Gina Compagner gcompagner@fcelevator.com  
Open first Wednesday of June thru Oct.; Wednesdays 8am-2pm

### Ionia Farmers' Market

N.E. corner of W. Adams & S. Steele in Pavillion  
Ionia, MI - Ionia County  
616.527.1420 Linda Cutis ddadirector@city-ionia.mi.us  
www.ci.ionia.mi.us  
Jul - Oct.; Wednesdays 3pm-7pm & Saturdays 9am-1pm  
Project FRESH accepted

### Kalamazoo - 4th Friday Farmers Market

1521 Gull Road in Kalamazoo, Michigan  
269.226.5608  
Fridays, 11 am - 2 pm: May - September

### Kalamazoo - Banks St. Farmers' Market

1204 Banks Street  
Kalamazoo, MI - Kalamazoo County  
269.337.8899 Mary Ann Ampersee  
May & Nov.: Saturdays only;  
June-Oct.: Tuesdays, Thursdays & Saturdays 7am-2pm;  
Project Fresh, EBT accepted. Find us on Facebook.

### Kalamazoo - Bronson Winter Farmers' Market

601 John Street  
Kalamazoo, MI - Kalamazoo County  
269.341.6307  
Fridays, 10:30 am - 2 pm: November - April  
This is a wintertime indoor market.

### Kalamazoo - Indoor Flea and Farmers' Market

2900 Lake St. (Kalamazoo County Expo & Fairgrounds)  
269.383.8761 aleld@kalcouny.com  
Tuesdays & Wednesdays 7am-1pm, Oct. - April

### Kalamazoo - Texas Township Farmers' Market

7110 West Q Avenue in Kalamazoo, Michigan  
Donna McClurkan 269.375.1591  
Saturdays, 8am - noon: May - October

### Lake Odessa Fair, Farm, Garden, Flea Market

4th Ave at the Fairgrounds  
Lake Odessa, MI 48849  
Janet Thomas 616-902-0620  
Fridays 9 a.m. - 5 p.m., Saturdays - 9 a.m. - 1 p.m.; May - October

### Lowell Farmers' Market

2011 W. Main St. (in Tractor Supply parking lot)  
Lowell, MI - Kent County  
Dave & Betty Deans 616.897.9186 david.betty.deans@gmail.com  
Thursdays 12:30-6 p.m.; June - Sept.  
www.lowellchamber.org (click on "farmers market")

### Metro Health Farmers' Market

5900 Byron Center Ave SW (Main St. in the Metro Health Village)  
Wyoming, MI - Kent County  
Paul Ripley 616.252.6097 paul.ripley@metrogr.com  
www.metrohealth.net/livehealthy/farm-market  
Thurs. 9 a.m. - 1 p.m., May - Sept.  
Project FRESH & EBT accepted

### Middleville Farmers' Market

100 Main St. (next to Village Hall)  
Middleville, MI - Barry County  
Alex Decess 269.795.3385 middlevilleclerk@charterinternet.com  
May 1 - October 16 Friday 7 a.m.-2 p.m.

### Montague Farmers' Market

4511 Church St. (Corner of Church Street & Waters Street)  
Montague, MI - Muskegon County  
Matt Miller 231.893.1155 cityofmontague@aol.com  
8 am-12 noon Saturdays May-Oct.; Wednesdays 8am - 12 noon mid-  
June - Oct.

### Muskegon Farmers' Market

700 Yuba Street or Seaway at Eastern St.  
Muskegon, MI - Muskegon County  
Lori Gomez-Payne 231.722.3251 muskfarmermkt@frontier.com  
www.muskegon-mi.gov/cityservices/departments/leisure/farmmarket.asp  
Open May-Nov. Tues., Thurs. & Sat. 6am-3pm; Saturday market con-  
tinues Thanksgiving to Christmas; Project FRESH & EBT accepted

### Muskegon Heights Farmers' Market

Corner of Center and Baker Sts., 2600 Baker St.  
Muskegon Heights, MI - Muskegon County  
Mike Smith 231.739.3378  
May-before Christmas, Wed., Fri. & Sat., 7 a.m. - 6p.m.

### Newaygo Farmers Market

Brooks Park (downtown)  
Newaygo, MI - Newaygo County  
info@NewaygoNaturally.com 231.652.3068  
July - early Oct Fridays 2pm - 7pm Project Fresh accepted

### Otsego City Farmers' Market

M-89 & Kalamazoo St.  
Otsego, Michigan 49078  
Steve Lick 269.694.6880 director@otsegochamber.org  
May-Oct., Saturdays 8 a.m. - 1 p.m.

**Park Township Farmers Market**

Community Center, 1286 Ottawa Beach Rd., near Ottawa  
County Fairgrounds  
Barb Burmeister 616.738.4233 bburmeister@parktownship.org  
Fridays 8 a.m. - 3 p.m. late May - mid September

**Portland Farmers' Market**

At the Old Red Mill on Waters St,  
Portland, MI 48875  
517.647.4604  
May-Sept., Saturdays 8 a.m. - noon Project Fresh accepted

**Rockford Farmers' Market**

South Squire Street parking lot  
Rockford, MI - Kent County  
Kim McKay 616.866.1537  
June- Oct., Sat. 8 a.m.-1 p.m.

**Saugatuck-Douglas Green Market**

400 Culver Street  
Saugatuck, MI - Allegan County  
Howard VanderBeck 269.857.2399 info@sc4a.org  
June - early Oct ; Mon 8am-2pm & Fridays 3 - 7pm; Jul. - Aug.

**Solon Township Farmer's Market**

15185 Algoma Ave., just north of 18 Mile Rd., Cedar Springs, MI  
Linda Badgerow 616.696.1718 adminasst@solontwp.org  
Saturdays, 9am - 2pm: May - September  
This is a new seasonal open air market featuring "real farmers, real  
produce and a real good time."

**South Haven Farmers' Market**

546 Phoenix St. (Under the pavilion in the Huron Street parking lot  
behind Dyckman Park)  
downtown South Haven MI  
269.409-1444 info@southhaventfarmmarket.com  
www.southhavenfarmmarket.com  
May - Oct.; Wed & Sat 8 am to 2 pm

**Sparta Farmers' Market**

73 Union St. (Behind Choice Bank)  
Sparta, MI - Kent County  
616.887.2454 ddadirector@spartami.org  
www.spartami.org ("downtown market" link)  
Wednesdays 2 p.m.-6:30 p.m.  
Project Fresh, EBT and Double Up Food Bucks accepted

**Spring Lake Farmers' Market**

On Church Street East of the Library  
Spring Lake, MI - Ottawa County  
Kristin Klempel 616.842.4910  
June - October, Thursdays 9 a.m.-2 p.m.

**Springfield Farmers' Market**

503 Military Ave. by Begg Park  
Springfield MI 49037  
Kris Vogel 269.965.2354 kvogel@springfieldmich.com  
Wed. 12-5 p.m. Jun - Oct. and Sat. 8 a.m.-1 p.m. May - Nov.  
Beautiful flowers/plants, fresh fruits & vegetables, scrumptious  
baked goods, meats, eggs, jams & jellies, maple syrup, salsa, relish,  
spices, bulk items, crafts & much more! Space available.  
Project FRESH and FOOD STAMPS accepted

**Stanwood Produce Auction**

6376 140th Ave. (between 5 Mile & Pierce - 4 mi. SE of Stanwood)  
Stanwood, MI 49346  
Dan Miesel 616.307.4379 stanwoodproduceauction@gmail.com  
Mondays 4pm July 18-Sept. 12; Tuesdays 11am July 12, Sept. 20-Oct.  
4; Wednesdays 11am July 20-Sept. 14, Oct. 19 & 26; Fridays 11am  
July 1-Oct. 14  
Local Michigan produce sold in large lots, auction style, at wholesale  
prices. All bidders are welcome. Simple, easy and affordable.

**Sweetwater Local Foods Market**

Hackley Heart of the Lakes, Harvey St. near US31 and Pontaluna  
Rd. intersection Muskegon, MI - Muskegon County  
Diana Jancek Mkt Manager 231.893.3937 dijaan@charter.net  
www.sweetwaterlocalfoodsmarket.org  
Year-Round Market - Every Sat. 9 a.m.-1 p.m.: May - thru Dec.  
Every Other Sat. 9 - 1pm Jan. - April indoors.  
We accept EBT/Bridge cards.

**Walker Farmers' Market**

Rylee's Ace Hardware at 4300 Remembrance Rd  
Walker, MI - Kent County  
616.453-7741  
Mid July - Mid Sept. ; Sat. 8 a.m. - 1 p.m.

**Westward Market**

18138 Lane Ave  
North Muskegon, MI 49445 - Muskegon County  
Stephanie Smith 231.557.6845  
Wednesdays & Saturdays - 8 a.m. - 6 a.m.; February - June

**Zeeland Main Place Market**

Main St. between Elm & Church  
Zeeland, MI - Ottawa County  
616.772.2494 annb@zeelandchamber.org  
June - August; Mondays 5 - 7:30 p.m.

# WEST MICHIGAN **FRESH** GUIDE TO LOCAL FOOD



Community Supported Agriculture (CSA) is a unique partnership between families and farmer(s) where “members” purchase shares of food for the season or the year in advance. This allows income for the farmer before the growing season and an assurance for members of good food grown for them.

## **Abronia Acres Organic Farm**

Tom and Betsy Judge  
1976 - 112th Ave., Otsego, MI 49078  
269.694.9669 abronia1@juno.com

Abronia Acres Organic Farm is a small family-operated Certified Organic farm using organic practices certified by OCIA. We currently offer produce and eggs through our CSA. Organic beef and chicken available seasonally. CSA hares available on farm, and in Plainwell, Kalamazoo and possibly Caledonia if enough interest.

## **Avalon Farms Homegrown/Share of the Farm CSA**

Larry and Brigitte Leach  
14302 East OP Ave., Climax, MI 49034  
269.746.4648 afhg@ctsmail.com  
www.avalonfarmshomegrown.net

We offer Michigan grown vegetables, fruit and a variety of other Michigan products grown by our friends and delivered to your door, ~ or pick up at community drops or at the farm. We are at the Battle Creek, Kalamazoo, Bellevue, Vicksburg, & VA Medical Center farmers' markets.

## **Bear-Foot Farm**

58080 40th Street, Paw Paw, MI 49079  
(269) 657-6693 <http://www.localharvest.org/farms/M25764>  
Certified through Global Organics. Growing vegetables from A-Z and apples in the fall. Grass fed beef and pork and free range eggs also available. Sold at Kalamazoo Farmers Market, CSA and farm sales with appointment.

## **Blandford Nature Center Farm**

Aaron Snippe  
1715 Hillburn Ave NW Grand Rapids, MI 49504  
616.735.6240 asnippe@blandfordnaturecenter.org  
<http://blandfordnaturecenter.org/farm>

We grow a diverse variety of vegetables and heirlooms for our CSA members and a market stand using sustainable growing practices. We also offer community garden plots as well as educational opportunities for the local community.

## **Blue Dog Greens**

130 Hastings Ct. Bangor, MI 49013 269.650.3602  
dennis@bluedoggreens.com <http://bluedoggreens.com/>  
Nestled aside the Black River in Van Buren county is Blue Dog Greens Farm. We are Dennis and Genevieve and our Blue Heeler, Eva. We grow a wide range of certified organic produce

on about 7 acres per year for our summer and winter CSA, farmer's markets, restaurants, and health food stores.

## **Carmody Farm**

Kathleen Carmody 616.677.3181  
16179 - 16th Avenue, Marne, MI 49435  
Our farm has been Certified Organic for 38 years. CSA and on-farm sales for vegetables. On farm sales and u-pick strawberries.

## **D & M Farm**

Deb & Mike Frankenberger 231.834.5204  
17190 Bailey Rd Bailey, MI 49303  
dmfarmcsa@gmail.com www.dandmfarm.com  
We offer a range of fruits and vegetables from our farm. We have on farm pick-up or pick from our display at the Muskegon or Fulton St. (Grand Rapids) farmers' markets. We offer full and half shares and shares that include and allowance for canning. CSA is July - October.

## **DeLano Farm (Kalamazoo Nature Center)**

Pete Robertson  
Dalton Tool Barn Marketplace at 555 West E Ave., Kalamazoo 269.381.1574 ext. 26 probertson@naturecenter.org  
As a CSA shareholder, you receive the finest from the farm. CSA is economical and your direct source for in-season produce. DeLano Farms organic growing methods provide fresh nutrient dense-foods and the market-style pick-up encourages member to try new foods along with their core items.

## **Diversity Farm**

Atlee Yoder 231.937.7812  
14750 6 Mile Road, Morley, MI, 49336  
Our focus is on growing a variety of vegetables, medicinal and cooking herbs and salad greens and would like to start a CSA with 10 families. We use integrated pest management and are naturally grown with minimal pesticides and insecticides.

## **Earthkeeper Farm**

Rachelle & Andrew Bostwick 616.403.0526  
12062 Fruit Ridge Ave. Kent City, MI 49330  
rachelle@earthkeeperfarm.com www.earthkeeperfarm.com  
USDA Stellar Certified organic and biodynamic fruits and vegetables. We value biodiversity, a balanced farm ecosystem, and a commitment to a local food system. Visit us at the Ada and Rockford farmers' markets. CSA shares available.

### Earthscape/Full Circle Farm

Bill & Patrice Bobier  
4220 E. Loop Rd. Hesperia, MI 49421  
231.861.2234    earthscapfarm@gmail.com  
earthscapfarm.blogspot.com

We have been growing food on this farm using organic methods since 1972. We sell beef by the quarter, pork by the half, roasting chickens, eggs and vegetables. We have a 50 member CSA & sell at The Sweetwater Local Foods Market.

### Eaters' Guild Farm

Lee & Laurie Arborial 269.427.0423  
26041 C.R. 681 Bangor, MI 49013  
contact@eatersguild.com    www.eatersguild.com  
A diverse vegetable farm, certified organic with offerings by CSA, wholesale, retail, restaurants, and the South Haven, Holland, and Saugatuck markets.

### Edible Acres

Karen Grossman 616.648.0110  
2690 Rusco Rd Kent City, MI 49330  
Karen@edibleacres.com    www.edibleacres.com  
Welcome to Edible Acres, where our goal is to provide you an opportunity to enjoy local, delicious fresh vegetables, shared weekly by your own farmers! A 40 acre CSA Farm located in Kent City, MI, just 20 miles north of Grand Rapids. We are a family owned and family run CSA dedicated to providing food in a way that's healthier for you and our community.

### Eighth Day Farm

Jeff Roessing 616.393.6856  
P.O. Box 2151, Holland, MI 49422  
eighthdayfarm@hotmail.com    www.eighthdayfarm.com  
We offer a wide variety of vegetables and herbs through our CSA and at the new Park Township Farmers Market. Through our CSA we provide larger quantities of the popular staples such as beans, cucumbers, greens and lettuces, onions, peppers, summer squash and tomatoes.

### Fat Blossom Farm

Jacob & Liz Quincy Laurie Smith 269.870.5210  
2086 20th St Allegan, MI 49010  
info@fatblossom.com    www.fatblossom.com  
Fat Blossom Farm is a small organic farm in Allegan. In addition to our CSA and farmers markets, we will be hosting fun events all season long, including: Garlic Festival, Enchanted Forest Festival, Family Camping Weekend and Autumn Festival.

### Funny Farm Organic Produce

James & Barbara Loe 231.834.8643

13181 Centerline Grant, MI 49327  
funnyfarm@riverview.net  
www.funnyfarmorganicproduce.com  
Certified Organic farm since 1998, second generation farmers. This farm has been in the family since 1960, raising huge amounts of fresh veggies, offering CSA, at the Grand Rapids Wealthy (St. Marys) Farmers Market and the Muskegon Farmers Market 2 days/week, wholesale to Health Food stores, Certified Organic.

### Grandson's Gardens

Russ & Jen Tiles  
Winnans St. West Olive, MI 49460  
616 644-3205    grandsonsgardens@gmail.com  
www.grandsonsgardens.com  
We are a growing small family farm in West Olive just outside Grand Haven. We grow a wide array of vegetables and fruits including many heirloom and gourmet varieties. Our vegetables are grown Certified Naturally Grown and we practice IPM (low spray) with our fruits.

### Grand Valley State University CSA

Levi Gardener, Sustainable Agriculture Project Manager  
539 Luce St. Allendale, MI 49401  
616.331.7366    gardnele@gvsu.edu  
Facebook "GVSU Farm Club"  
Starting CSA in 2011 as a trial open only to GVSU affiliates as part of the GVSU Sustainable Agriculture Project - a collaboration between students, faculty, and staff to experience sustainable agriculture on the Grand Valley State University Allendale Campus. Contact for 2012 season.

### Green Wagon Farm

Chad Anderson  
9124 E. Fulton N.E. Ada, MI 49301  
616-540-5072    chad.anderson40@gmail.com  
On Facebook at Green Wagon Farm  
Green Wagon is a farm shaped to offer the highest quality food to its eaters (customers) through responsible stewardship of the land and the fostering of relationships between eater, farmer, and farm. Our farm produces a large variety of pesticide-free and heirloom vegetables. The farm is currently pursuing organic certification. While this is important our most valued certification comes from our eaters.

### Groundswell Community Farm

Katie Brandt and Tom Cary  
6527 Quincy St. Zeeland, MI 49464  
616.885.7776    groundswellfarmer@gmail.com  
www.groundswellfarm.org  
We grow a great diversity of certified organic vegetables (just about everything but sweet corn). Join our CSA with drop-offs in Holland & Grand Rapids. Visit us Saturdays at the Fulton Street Farmers Market or pick up our produce at any Harvest Health store.

### Happy Hen Farm

Chad Kruithoff  
2257 28th St Allegan, MI 49010  
269.686.2825

Egg CSA. We raise free range Happy Hens for delicious all natural eggs. Our hens are allowed to roam freely never stuck in a cage. Never given any GMO's or antibiotics. Free range farm fresh chicken eggs have a higher content of Omega-3.

### Improvisational Farmer LLC

Will Hart & Julie Cowie  
991 62nd Street Saugatuck & South Haven  
269.214.1227 julie@improvfarmer.com  
www.improvfarmer.com

At Improvisational Farmer LLC ~we make it up as we grow, cooking jams, sauces, pesto, and other delectable products made with locally grown fruit and vegetables. Find us at the South Haven Farmer's market most Saturdays...or get on our email list.

### Kismet Farm and Bakery

Chris and Mari Reijmerink  
1776 68th St. Fennville, MI 49048  
269.857.9998 kismetorganics@yahoo.com  
www.kismetorganics.com

Offering seasonal certified organic fruits & vegetables and a bakery starting in late summer/fall 2011. Retail and CSA and U-pick. Contact us for details.

### Lake Village Homestead Farm

Roger Ulrich/Tony Kauffman  
7943 S. 25th Street Kalamazoo, MI 49048  
269.323.3629 info@lakevillagehomestead.org  
www.lakevillagehomestead.org

A non-profit farm dedicated to the teaching and modeling of sustainable agriculture. Associate memberships and animal-owner food shares available. Community garden, grass-fed beef, pastured hogs, free-range chickens and more. Agriculture that supports the community.

### KlineKrest Organic Produce Farm

Lyons, MI - See "Fruit and Vegetable" section

### Little Flower Farm & Eden Farm

Chiara Dowell  
14352 McClain, Gowan, MI 49326  
littleflowerfarmcsa@gmail.com  
www.littleflowerfarmcsa.blogspot.com

CSA farm shares in Grand Rapids and Greenville. We offer 18 weeks of sustainably grown veggies & June strawberries with a weekly newsletter. Also available: free-range eggs, pastured pork, lamb, broiler chickens, and chevre shares. We are your family's family farm! See ad page 38.

### Maggies Farm

Ryan Doran-Fisher  
5139 Polk Rd. Remus, MI 49340  
989.954.0536

Maggie's Farm was created by a group of friends with a desire

to build stronger community relationships while focusing on healthy, nutrient dense foods and got started was through a community supported agriculture, providing fresh seasonal produce to individuals who purchase a "share" of the farm.

### Maple Valley Farms

Matt and Angela Kuncaitis and Family  
2902 Amble Rd. Coral, MI 49322  
616.566.8481 angela@maplevalleyfarms.net  
www.maplevalleyfarms.net

Starting July 12, 2011 and every Tuesday or Wednesday there after you can pick up your CSA order at the farm (Tuesdays) between 5:30-7 pm, or Wednesdays at the Grand Rapids drop off point. Your order will start small and gradually build and then wind down ending the week of September 15, 2011.

### Melody Bee Farm

Melody Nobel  
8650 52nd St. SE Ada, MI 49301  
616.862.3771  
www.melodybeefarms.com

Leave the growin' to Melody Bee Farms so you can realize "our garden-to-your-table" deliciously nutritious fresh fruits and vegetables. We also raise a large variety of farm goods including honey, maple syrup, fresh, free-range eggs, poultry & beef (in season).

### Mud Lake Farm, LLC

Kris & Steve VanHaitsma  
3411 Ottogan St. Hudsonville, MI 49426  
616.890.7867 info@mudlakefarm.com  
www.mudlakefarm.com

Growing tasty colorful hydroponic lettuces, herbs and micro-greens year-round for families and restaurants in West Michigan. We grow primarily in three biomass- and geothermally-heated greenhouses. No pesticides - pests are managed with beneficial insects. Contact us for pricing and delivery options. See ad page 38.

### Peach Ridge Farms

Todd Quick  
4350 Peach Ridge Ave. Grand Rapids, MI 49544  
616.647.9043 chickens@peoplepc.com  
Facebook - Peach Ridge Farms

Full line of basic fruits and vegetables grown by organic methods. Fresh from our fields to your table.

### Quarterline Farm Market CSA

Mark Richey  
6184 Quarterline Road Spring Lake, MI 49456  
231.798.4079  
http://www.localharvest.org/csa/M43585

We are offering a very limited CSA this year. If you would like to be a guinea pig and provide weekly feedback so we can develop our CSA for 2012 please contact us for the details. Runs August - September.

### Sand Hill CSA

Scot Miller & Jenn Seif  
Wayland Twp. 49348  
269-792-9183 sandhillcsa@gmail.com  
<http://www.sandhillcsa.blogspot.com> Meat shares of pork, chicken, turkey, eggs and more.

### Schuler Farms / Grow It Garden Services

Gerriane Schuler  
8222 Thornapple River Dr SE Caledonia, MI 49316  
616 891 7716 <http://www.growitgardenservices.com>  
Your CSA basket will include a variety of seasonal vegetables May - October. These baskets can be customized if supply allows. We offer delivery of products for a small fee. We sell weekly on Saturdays at the Caledonia Farmer's Market.

### Scobey's Produce

Bill and Rose Scobey  
387-139th Ave. Wayland, MI 49348  
269.792.9216 RMScobey@yahoo.com  
Buy Local and Eat Local. 33 years experience growing and selling high quality produce. Farm sales on Fri, from 3 to 5 pm. U-pick and orders by appointment. Visit us at the Kalamazoo Farmers Market from 7am-2pm on Tuesday, Thursday and Saturday.

### Shalom Farm

Kirk Laskowski  
6238 Unity Lane Fennville, MI 49408  
269-236-5518 kirkkaskowski@i2k.com  
<http://www.localharvest.org/csa/M34553>  
All members will be receiving shares of organically grown produce from June through October from our farm. Harvest shares will probably begin once per week at the start of the season, and increase to twice per week during the late summer & early fall months.

### SkyLine Meadows Farm

Caroline Machesky  
5972 115th Ave. Fennville, MI 49408  
269-236-0943  
We offer just about all varieties of vegetables, a wide selection of herbs, many Heirloom vegetables - we feel it is important to save and preserve these seeds from the past. Our farming practice is natural... we do not use pesticides and chemicals. We also offer fresh eggs and chicken.

### Swier Family Farm

Christopher Swier  
640 E 18 Mile Rd. Remus, MI 49340  
989-382-5436 swierfamilyfarm@yahoo.com  
<http://swierfamilyfarm.wordpress.com/>  
For 18 weeks, June through September you will receive a 4 - 12 pound assortment of fresh vegetables. The quantity and variety will change seasonally. We practice organic methods, and are Certified Naturally Grown. All the food is grown by us on our farm. Also offering honey, mushroom and pork shares.

### Terre Verde Farm

Richard & Tammy Vispi  
1342 109th Ave Otsego, MI 49078  
marchslpad@aol.com [www.terreverdefarm.webs.com](http://www.terreverdefarm.webs.com)  
We have a vegetables CSA, a small orchard, raise meat chickens & turkeys, have a good sized laying flock, have a few dairy goats. Contact us for opinions or advice about gardening, goats, chickens, and sustainable farming. We offer classes on cheese making, gardening, winemaking and more.

### Trillium Haven Farm

Michael VanderBrug & Anja Mast  
1300 Maplewood Dr. Jenison, MI 49428  
616.457.5822 [trilliumhaven@earthlink.net](mailto:trilliumhaven@earthlink.net)  
[www.trilliumhavenfarm.com](http://www.trilliumhavenfarm.com)  
Trillium Haven Farm's vision is feeding the greater Grand Rapids area - mind, body & soul. To that end, our produce is available Saturdays during the growing season at the Fulton Farmers' Market; seasonally at Forest Hills Foods and the Six One Six at JW Marriot restaurant & Reserve restaurant and through our "Cooking Collaborative" CSA. See ad page 21.

### The Urban Ranch

Lisa Rose Starner  
1440 Holborn NW Grand Rapids, MI 49504  
616-666.0384 [lisa.rose.starner@gmail.com](mailto:lisa.rose.starner@gmail.com)  
[burdockandrose.tumblr.com](http://burdockandrose.tumblr.com)  
One acre urban microfarm located on Grand Rapids' West side. Permaculture gardens feature over 70 plants that are used for both local food and herbal medicine. Offering an herbal CSA, wildcrafted and culinary herbs, and herbal formulations. Classes and consultations also available. See ad page 34.

### Visser Farms LLC

Doug & Phil Visser  
10791 Blair St. Zeeland, MI 49464  
616.875.8559 [lindsey@visserfamilyfarms.com](mailto:lindsey@visserfamilyfarms.com)  
[www.visserfamilyfarms.com](http://www.visserfamilyfarms.com)  
We grow a wide variety of fruits and vegetables and raise eggs too. We offer CSA year-round, u-pick strawberries & raspberries. We go to several area farmers' markets and sell to area restaurants. For more detailed information check out our website.

### Wild Wood Family Farm

Justin Heyboer  
7970 Snow Avenue Alto, MI 49302  
616-868-8400 [info@wildwoodfamilyfarms.com](mailto:info@wildwoodfamilyfarms.com)  
[www.wildwoodfamilyfarms.com](http://www.wildwoodfamilyfarms.com)  
We offer 120 different types of vegetables. Members of the farmshare will receive weekly distributions of produce from early June to mid-October. Many of our greenhouse grown crops may be ready by the end of May. The quantity and variety of each week's share will vary from week to week and month to month based on the time of year and the weather.

# WEST MICHIGAN **FRESH** GUIDE TO LOCAL FOOD



Over the next pages, you will find many of the area's growing number of on-farm fruit and vegetable stands and markets. Visit them and get great fresh food, and discover West Michigan's diversity of products, history and landscape as a bonus.

## **Abronia Acres Organic Farm**

(Otsego) See "CSA" section.

## **Apple-A-Day Farm**

Ron & Shirley Bush

53392 38th Ave. Bangor, MI 49013

269.674.7127 sjones@btc-bci.com

[www.appleadayfarm.com](http://www.appleadayfarm.com)

U-Pick sweet cherries (black & Rainier), peaches and apples - Delicious (red & yellow), Golden Supreme, Jonathon, Jonee, Ida Red, McIntosh, Rome, Spy, Winter Banana, and Granny Smith (October). Call for current information.

## **AppleSchram Organic Orchard**

1300 Mt Hope Hwy Charlotte MI 48813

517.649.8957

<http://www.localharvest.org/farms/M14264>

We are a diversified 40-acre farm featuring our apples along with vegetables, and pastured pork. We are Certified Organic (GOA). You can find us at the Allen Street and Lansing City Markets and our on-farm store.

## **Avalon Farms Homegrown**

(Climax) See "CSA" section.

## **Barden's Farm Market**

412 Blue Star Highway South Haven, MI 49090

269.637.2880 <http://www.bardensfarmmarket.com/>

Farm market featuring our own home grown strawberries and all variety of cut flowers and vegetables - specializing in sweet corn and green beans. We also offer: locally grown hanging baskets and bedding plants; locally grown fruit in season - cherries, blueberries, peaches, apples. Open May through October.

## **Bear-Foot Farm**

(Paw Paw) - See "CSA" section.

## **Blandford Nature Center Farm**

Aaron Snippe

1715 Hillburn Ave NW Grand Rapids, MI 49504

616.735.6240 [asnippe@blandfordnaturecenter.org](mailto:asnippe@blandfordnaturecenter.org)

<http://blandfordnaturecenter.org/farm>

We grow a diverse variety of vegetables and heirlooms for our CSA members and a market stand using sustainable growing practices. We also offer community garden plots as well as educational opportunities for the local community.

## **Big Dan's U-Pick'em and Farm Market**

Dan Klug

65980 66th Ave. Hartford, MI 49057

269.621.4037 [dans@bigdans.com](mailto:dans@bigdans.com) [www.bigdans.com](http://www.bigdans.com)

Farm market offers large selection of MI, in-season produce. U-Pick apples, peaches and pumpkins. Free wagon rides on weekends in Sept. and Oct. Picnic areas & restrooms. Apple cider, caramel apples, ornamental gourds, fall squash, pumpkins and mums starting in mid September.

## **Blok Orchard**

6365 4 Mile Rd NE. Ada, MI 49301

616.676.1153 [alblok2@yahoo.com](mailto:alblok2@yahoo.com)

<http://www.blokorchard.com>

Blok Orchard offers a variety of home-grown quality fruits (Peaches, Plums, Melons, and more), and vegetables (Tomatoes, Peppers, Cauliflower, Broccoli, and more). Apples (Honeycrisp, Gala, McIntosh, Ida Red, Jonagold, Golden Delicious, Empire, Fuji, Mutsu, etc). Plus "specialty items" such as breads, jams, trees, etc..

## **Blue Dog Greens**

(Bangor) See "CSA" section

## **Blueberry Heritage Farm / The Berry Bunch**

13871 Blair Street Holland, MI 49424

616.399.1677 [wayne.keil@sbcglobal.net](mailto:wayne.keil@sbcglobal.net)

<http://www.berry-bunch.com>

Third generation blueberry and cranberry farm producing quality home-grown fruit now with certified organic blueberries. Find us at the Fulton St Market and at our on-farm store - "The Berry Bunch" market- open April - Dec. 7 days a week. Our store also carries produce and preserved goods. See ad page 34.

### Bob Alt Farm

6955 N. Division Comstock Park, MI 49321  
616.784.1676 altbob@att.net

We raise fruits & vegetables - specializing in strawberries, raspberries, apples & pumpkins. You can find us at the Fulton Street Farmers' Market or contact us for wholesale purchasing.

### Boetsma Produce Farm

5787 - 64th Ave. Hudsonville, MI 49426  
616.875.7582

Our farm is family owned and operated, bringing you flowers and fresh fruits and vegetables that we raise. See us at Fulton St., Holland and Hudsonville farmers' markets.

### Bowerman Blueberries

Kassie Grasmanis  
15793 James St. Holland, MI 49424  
616.399.0567 info@realblueberries.com  
www.realblueberries.com

Family owned and operated blueberry farm since 1954. Fresh blueberries, raspberries, strawberries, garden veggies, and more Michigan-made products including: preserves, syrups, honey, mixes, smoothies, donuts, pie, bread, ice cream and more!

### Brechting Farms

1307 6 Mile Road NW Comstock Park, MI 49321-8330  
616.784.0771 Facebook - "Brechting Farms"

Visit a 140-year-old centennial family farming tradition. We have homegrown fruits and vegetables in season. Our specialties are apples, cabbage, potatoes, ethnic peppers, summer and winter squashes. We also have U-pick items.

### Brickyard Farms

Val Lane and Kim Sanwald  
7579 CKS Trail Cloverdale, MI 49035  
(269) 623-5167

www.brickyardfarms.com Find us on Facebook.  
Sustainable, no-spray vegetables and plants. Garlic. Natural soaps and lip balms too.

### Carmody Farms

(Marne) See "CSA" section.

### Cedar Valley Farm & Packaging

2530 E. 136th Grant, MI 49327  
231.834-7172

We are a small family-run fruit farm offering wholesale prices to everyone. Delivery available to area markets August - November.

### Cinzori Farms

10506 F Drive South Ceresco MI 49033  
269.979-2760 cinzori@triton.net

Facebook - "Cinzori Farms: Certified Organic"  
OCIA certified (1985). 60 acres of vegetables & herbs. 60+ varieties of culinary herbs. 50+ varieties of heirloom tomatoes. Royal Oak, Meridian Farmer's Markets, People's Food Co-op, and Whole Foods. Buyer's Clubs welcome. Farm sales by appointment.

### CJ Veggies

1153 96th Ave. Zeeland MI 49464  
616.784.0459/(616) 834-3382  
charles.johnson.1123@gmail.com

Charles Johnson and his wife Judy are full-time farmers who have just over an acre of farmland in Zeeland. They grow a wide variety of certified organic vegetables available at the Holland Farmers' Market, restaurants and retail.

### Country Girl Gardens

(North Muskegon) See "Meat & Dairy" section

### D & M Farm

(Bailey) See "CSA" section

### Darley Scholtens

4531 E. 120th Grant, MI 49327  
616.262.4182

Summer produce from the farm - specializing in green beans, tomatoes, sweet corn and watermelon.

### DeKleine Cherry Orchard

1887 32nd Avenue Hudsonville, MI 49426  
616.896.8453 info@dekleineorchards.com  
http://www.dekleineorchards.com

DeKleine Orchards is a family-run farm, selling u-pick and picked sweet and tart cherries in July and chestnuts in the fall.

### DeLange's Redberry Farm

Dale and Lisa DeLange  
5723 Port Sheldon Hudsonville, MI 49426  
616.875.6026 dlredberryfarm@gmail.com  
http://www.redberryfarm.info

We are a family that raises strawberries (June) and raspberries (September - October) - all grown with a minimum of synthetic sprays and an emphasis on a balanced and healthy environment. Fruit is available, both pick-your-own and ready-picked at our farm market. Please call ahead for availability.

### Diamond View Farm

(White Cloud) See "Meat & Dairy" section.

### **Diemers Winter Gardens**

11941 Port Sheldon Rd. Holland, MI 49424  
616.875.8929

We have homegrown greenhouse tomatoes, seedless cucumbers, spring flowers, hanging baskets & fall mums. Find us at the Grand Haven, Rockford, Grandville, Allegan and Saugatuck markets.

### **Earthkeeper Farm**

Rachelle & Andrew Bostwick  
12062 Fruit Ridge Ave. Kent City, MI 49330  
616.403.0526 rachelle@earthkeeperfarm.com  
www.earthkeeperfarm.com

USDA Stellar Certified organic and biodynamic fruits and vegetables. We value biodiversity, a balanced farm ecosystem, and a commitment to a local food system. Visit us at the Ada and Rockford farmers' markets. CSA shares available.

### **Earthscape/Full Circle Farm**

(Hesperia) See "CSA" section.

### **Eaters' Guild Farm**

Lee and Laurie Arboreal  
26041 C.R. 681 Bangor, MI 49013  
269.427.0423 contact@eatersguild.com  
www.eatersguild.com

A diverse vegetable farm, certified organic with offerings by CSA, wholesale, retail, restaurants, and the South Haven, Holland, Saugatuck & Ann Arbor Roadhouse markets.

### **Ed Dunneback & Girls Farm Market**

3025 Six Mile Road NW Grand Rapids, MI 49544  
616.784.2820 dunnebackfruit@aol.com  
<http://www.dunnebackfarm.com/> also on Facebook

We are a family-owned and operated farm market located on the NW side of Grand Rapids, MI open from May through October. We have fruits and vegetables available in season, both already-picked or u-pick, a bakery, soups, pulled-pork sandwiches, ice cream cones, shakes and sundaes.

### **Edible Acres**

(Kent City) See "CSA" section.

### **Eighth Day Farm**

Jeff Roessing  
P.O. Box 2151 Holland, MI 49422  
616.393.6856 eighthdayfarm@hotmail.com  
www.eighthdayfarm.com

We offer a wide variety of vegetables and herbs through our CSA and at the new Park Township Farmers Market. Through our CSA we provide larger quantities of the popular staples such as beans, cucumbers, greens and lettuces, onions, peppers, summer squash and tomatoes.

### **Fat Blossom Farm**

(Allegan) See "CSA" section.

### **Fox Creek Farm**

Jerry and Cait Johnson  
4411 East Pontaluna Rd. Fruitport, MI 49415  
231.638.0769

We are a small family farm practicing natural, biointensive mini-farming since 1995, using rotational grazing and planting. We plant our own saved heirloom and open-pollinated seeds and sell heirloom vegetable seedlings. We raise 'heritage breeds' of poultry, turkey, geese, ducks, goats and pigs.

### **Frozen Creek Farm**

Paul Geer  
5959 Cannonsburg Rd. Belmont, MI 49306  
616.874.6460 <http://frozencreekfloral.com>  
Produce in Season. Acres of flowers, herbs, pumpkins. We make our own herbal dips/seasonings, gourmet soups; also we custom roast coffee. Dried flowers and gifts at Farm House.

### **Fruit Acres Farm Market & U-pick**

3452 Friday Road Coloma, MI 49038  
269.468.5076 peaches@parrett.net  
www.fruitacresfarms.com

We grow big, black sweet cherries, sour pie cherries, sweet juicy Freestone peaches, crisp juicy apples & sweet corn on our family farm since 1846. Apple cider in fall, free fruit samples, all with friendly customer service. U-pick, playground, picnic area and hayrides most weekends.

### **Fruit Ridge Hayrides**

Nancy & Kirk Briggs  
11966 Fruit Ridge Ave. Kent City, MI 49330  
616.887.5052 fruitridgehayrides@msn.com  
www.fruitridgehayrides.com

Horse drawn hayrides in the heart of orchard country. Make us your fall destination for u-pick apples and pumpkins, huge corn maze, pony rides, children's activities, donuts and cider and a petting zoo. Groups and schools welcome. Wheelchair accessible wagons.

**Fryear's Little Red Market**

John Fryear  
6740 Fruit Ridge NW Grand Rapids, MI 49544  
616.784.2730

We grow a wide variety of vegetables & fruits - tomatoes, squash, pumpkins, sweet corn & more; also pears, raspberries, apples, etc. Apple varieties include Honeycrisp, Jonagold, Northern Spy and many more. Family owned and operated over 100 years.

**Funny Farm Organic Produce**

James & Barbara Loe  
13181 Centerline Grant, MI 49327  
231.834.8643 funnyfarm@riverview.net  
www.funnyfarmorganicproduce.com  
Certified Organic farm since 1998, second generation farmers. This farm has been in the family since 1960, raising huge amounts of fresh veggies, offering CSA, at the Grand Rapids Wealthy (St. Marys) Farmers Market and the Muskegon Farmers Market 2 days/week, wholesale to Health Food stores.

**Grandson's Gardens**

(West Olive) See "CSA" section.

**Green Gardens Community Farm**

8319 White Rabbit Road Battle Creek, MI 49017  
269.589.6603 trent@greengardensfarm.com  
www.greengardensfarm.com  
Serving the Battle Creek area, Green Gardens Community Farm's mission is to sustainably grow topnotch produce, sell it at a fair price, and build strong community relationships with our customers.

**Groundswell Community Farm**

(Zeeland) See "CSA" section.

**H&W Farms**

13375 Belding Road Belding, MI 48809  
616.691.8802 info@hwfruitfarms.com  
http://www.hwfruitfarms.com/  
Family farm started in 1970. Open year-round M-Sat. 9am-5:30pm. We grow cherries, apples, and blueberries available at our store along with dried fruits, honey, preserves, maple syrup, zoye oil, flax seed, pies, cherry concentrate and more.

**Ham Family Farm**

72nd Ave. Allendale, MI 49401  
Facebook - Ham Family Farm  
Ham Family Farm grows a wide variety of fruits and vegetables for the Grand Rapids, Grand Haven, and Allendale

Farmer's Markets. We have a strong commitment to practicing sustainable agriculture & are interested in supplying local restaurants with seasonal produce.

**Harmony Gardens Community Resource Center**

Diana Jancek  
6543 Hancock Rd. Montague, MI 49437  
231.893.3937 dijaan@charter.net  
Find us on Facebook

We are taking a new path to benefit the surrounding community. In addition to raising produce for the Sweetwater Local Foods Market, Harmony Gardens CRC is now offering high quality, sustainably raised vegetable plants for sale and to donate in support of area community gardens - buy one - donate one. Help us help others raise their own food.

**Heritage Farms Market**

1858 S. Maple Island Rd. Fremont, MI 49412  
231.854.FARM (3276) heritagecz@ncats.net  
www.heritagefarmsandmarket.com  
We sell a variety of in-season produce grown right here at Heritage Farms. We also have a bakery and offer a large selection of jams, jellies and locally produced honey and maple syrup. Country Dairy milk and cheeses and soft serve ice cream.

**Hill Bros. Orchards & Cider Mill**

Jime & Arlene Hill  
6159 Peach Ridge Ave. NW Grand Rapids, MI 49544  
616.784.2767 hillbros.orchards@gmail.com  
Apple cider available year round. Family-owned and operated since 1843. Award winning apple cider made on the farm. Apples, jams, jellies, and farm market items available. "Specializing in fresh apple cider."

**Hillside Heirlooms**

209 W. Jefferson St. Augusta, MI 49012  
269.731.4924 fleming@tds.net  
Small family gardens specialize in organically grown heirloom varieties of tomatoes and lettuces. Listed member of Seed Savers Exchange.

**Homrich's Under the Pines**

Dave & Loretta Homrich  
6103 Alpine Ave. Comstock Park, MI 49321  
616.784.1020 underpines@att.net  
Facebook - Under The Pines Farm Market  
Fresh fruits and vegetables in season. Bridge card and project fresh accepted. Open mid-July until mid-November. On west side of M37 (Alpine) just past 7 mile NW of Grand Rapids.

### Hyatt Family U-Pick Blueberries

Bob & Mary Hyatt  
6082 Zellar Rd. Whitehall, MI 49461  
231.893.8965 rhyatt8965@aol.com  
Friendly, small (2 acres of blueberries), beautiful area close to Duck Lake State Park and Michigan Adventure Park. One mile S of Whitehall (White Lake exit of US31 and go W to Zellar Rd.) 5 varieties of berries. U-pick only. Closed Sundays.

### Integrity Organic Farms

David Jansma  
344 N. Ionia Rd. Vermontville, MI 49096  
517.726.0630 info@integrityorganicfarms.org  
www.integrityorganicfarms.org  
We are a small family farm and have been certified organic since 2004 through OCIA for our row crops and vegetables. We raise free-range chickens offering eggs. We also have maple syrup.

### Irvine Blueberries

Anne Barnett  
8172 66th Ave. Hudsonville, MI 49426  
616.895.4538 invineblueberries@gmail.com  
www.irvineblueberries.com  
We grow non-certified organic blueberries. We have u-pick and pre-picked berries at our farm in Hudsonville. We strictly follow all organic practices and are just 20 minutes from Grand Rapids. Please visit our website or follow us on Facebook.

### Kemperman's Blueberries

Kerrie Kemperman  
1587 W. 32nd St. Fremont, MI 49412  
231.924.0317  
<http://www.localharvest.org/farms/M38400>  
Small, family owned, U-pick blueberry farm in rural environment. We have Patriot, Blueray, Bluecrop, Jersey, and Rubel varieties. Picking is mid-July through mid-August. Call ahead at beginning and end of season to make sure we have berries as the season varies.

### Kendall's Blueberries

Kirt & Lori Kendall  
2124 Coburn Rd. Hastings, MI 49058  
269.945.3735 Loriberryblue@kendallsblueberries.com  
www.kendallsblueberries.com and on Facebook  
We are a family-owned and operated farm. Our plants are naturally grown. We have about 7 acres of u-pick bushes located in a country setting. Our hours are all days, all day-

light. Picking is mid-July through mid-August. Become a friend on Facebook for notifications.

### Kirklín Farms

7894 East ML Ave. Kalamazoo, MI 49048  
269.345.2665 kirklínhortent@aol.com  
We grow vegetables including sweet corn, peppers, heirloom tomatoes, eggplant, squash, melons, green beans, pumpkins. Perennial plants and fresh flowers. Sales at farm Aug thru Oct and at Kalamazoo Farmers Market Saturdays May - October.

### Kismet Farm and Bakery

Chris and Mari Reijmerink  
1776 68th St. Fennville, MI 49408  
269.857.9998 kismetorganics@yahoo.com  
www.kismetorganics.com  
Offering seasonal certified organic fruits & vegetables and a bakery in late summer/fall. Retail and CSA and U-pick. Contact us for details.

### Klackle Orchards

11466 West Carson City Rd. Greenville, MI 48838  
616.754.8632 www.klackleorchards.com/  
We invite you to enjoy a day in the country! We offer apples, pumpkins, cider, caramel apples, fudge, donuts, pies, bagels, wagon rides and farm activities, picked locally grown fruits & vegetables July - Oct. and Upick apples and pumpkins Sept.- Oct..

### KlineKrest Organic Produce Farm

1067 Somer Road; Lyons, Michigan 48851  
616.902.1587 or 989.855.2536 Larry.E.Kline@gmail.com  
www.klinekrestcertifiedorganicproduce.onlinewebshop.net  
Open Mon-Fri at 9 AM Jun1 thru mid Nov.  
We may have what you want or can custom grow it. Our certified organic produce farm has traditional and unique fruits, nuts and berries, herbs and a variety of produce. We sell at Ionia Farmers' Market, U-pick and CSA shares.

### Krupp Farms

Paul & Nancy Krupp  
8025 Krupp Ave. Comstock Park, MI 49321  
616.887.8271 Paul@kruppfarms.com  
www.kruppfarms.com  
Since 1916, Krupp Farms has raised strawberries, and more recently, asparagus and raspberries on our fourth generation farm located 7 miles north of Grand Rapids. We employ many ecologically friendly practices that results in produce with wonderful flavor.

**L&L Bull LLC**

16530 Hall Rd. Casnovia, MI 49318

616.675.4288 llbullor@sbcglobal.net

Family-owned and operated. Animals free of hormones and antibiotics. We sell strawberries, raspberries, blueberries, sweet cherries, peaches, apples, and a wide variety of vegetables (in season). Brown eggs and Angus beef. Call for availability.

**Lake Village Homestead**

(Kalamazoo) See "CSA" section

**Maggies Farm CSA**

(Remus) See "CSA" section

**Magicland Farms**

Tom and Annemarie Fox

4380 S. Gordon Fremont, MI 49412

231.652.2368 info@magiclandfarms.com

www.magiclandfarms.com

Our season starts in June with strawberries and ends around Thanksgiving with apples, winter squash and decorative stuff including hand-made crafts. Subscribe for our email newsletter to keep updated.

**Midwest Saskatoon Project**

Sarah Lutz

14749 Meyer Rd. Bear Lake, MI 49614

231.383.2971 On Facebook

www.saskatoonprojectmidwest.com

Saskatoons are a brand new berry crop for the US with orchards planted in Michigan and other states. The berries are higher in antioxidants than blueberries as well as fiber and potassium, plus they taste great! They can be used in jams and jellies, pies and baked goods, beer, wine, sauces, chutneys, etc..

**Moelker Orchards & Farm Market**

Tom &amp; Bonnie Moelker

9265 Kenowa Ave SW Grand Rapids, MI 49534

616.453.2585 tbmoelker@att.net

www.moelkerorchards.com

Since 1907, the Moelker family has been growing fruit on the same farm just west of Grand Rapids, Michigan. Quality has always been our hallmark. We grow a wide variety of tree fruits including apples, peaches, pears, plums and cherries. Come visit our Farm Market.

**Morrison Orchards**

6128 S. Maple Island Rd. Fremont, MI 49412

231.924.6924

<http://www.localharvest.org/farms/M11375>

We only sell what we grow ourselves and pick fresh daily. Seasonally available sweet cherries, tart cherries, sweet corn, peaches and apples. Owned by the same family for over 140 years.

**Mud Lake Farm, LLC**

Kris &amp; Steve VanHaitsma

3411 Ottogan St. Hudsonville, MI 49426

616.890.7867 info@mudlakefarm.com

www.mudlakefarm.com

Growing tasty colorful hydroponic lettuces, herbs and micro-greens year-round for families and restaurants in West Michigan. We grow primarily in three biomass- and geothermally-heated greenhouses. No pesticides- pests are managed with beneficial insects. Contact us for pricing and delivery options. See ad page 38.

**Nodding Thistle Farm**

697 Eaton Rd. Nashville, MI 49073

517.852.1593

We offer a wide variety of produce – certified organic since 1984. Specialize in Heirloom tomatoes. Find our products at Ann's Health Foods in Hastings and the Lansing Farmers' Market.

**North Ridge Berries**

S. Afton &amp; J. Byma

3555 20 Mile Rd. Kent City, MI 49330

616.675.5919

Blueberries, raspberries and currants. U-pick or ready pick available. Open 8am – 8pm M-F and 8am – 3pm Sat. Opening date approx July 5th Call to make sure.

**Orchard Hill Farm**

2934 68th St. SE Caledonia, MI 49316

616.868.7229

We welcome families and children from 10am - 6pm daily. We have many animals to see and pet. We sell goats and lambs. Our farm market features eggs, maple syrup, honey and cider year round. We have vegetables, apples, 15 varieties of pumpkins and squash in season.

Healthy Farms=Healthy Food=Healthy People=Healthy Communities



**If It's At Speyer's Market It's Fresh!**  
*(we mean...really fresh)*

Deeply Rooted in Down-Home Tradition and Service. We Take Pride in Bringing Beauty to Your Home the Old Fashioned Way.

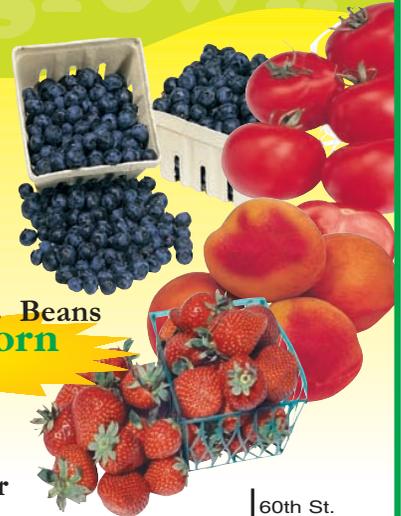
Open Mon.-Sat.  
9-6

**Family Owned & Operated  
We Proudly Offer:**

- Quality Flowers
- Quality Produce
- Garden Supplies

Tomatoes Peaches Beans  
**Best Sweetcorn  
In Town**

May 1st  
Thru  
Mid October



**Farm Market**  
6484 Eastern Ave. SE  
**455-7390**



SP21880



Trillium Haven Farm

**NEW THIS YEAR:**  
*Public cooking/canning classes!*



For full event listing and registration,  
click on "Farm Calendar" at [www.trilliumhavenfarm.com](http://www.trilliumhavenfarm.com)

**A. W. Overhiser Orchards**

Allan & Kim Overhiser  
6405 109th Ave. South Haven, MI 49090  
269.236.6312 awo@i2k.com  
www.overhiserorchards.com

Overhiser Orchards has been farming for almost 150 years. We offer U-pick and we-pick tart and sweet cherries, apricots, peaches, nectarines, pears, plums and apples. Visit our kids petting zoo and let them enjoy the animals. We have a farm stand with fresh vegetables, free-range eggs and more.

**Palmbo's Farm Market**

5728 Chicago Dr. Zeeland, MI 49464  
616-875-8002 bpalmbo08@centurytel.net  
Farm-fresh produce, with home grown goodness. Friendly, knowledgeable staff can assist with our many varieties of seasonal fruits & vegetables.

**Paulson's Pumpkin Patch**

11164 W. Belding Rd. Belding, MI 48809  
616.794.0922 pppmarket@sbcglobal.net  
Roadside market in season. Fresh produce - Apples, Peaches, Plums, Raspberries, Grapes, Pumpkins, Squash, Sweet Corn, Melons, Watermelon, Gourds, Tomatoes, Ornamental Corn. Free hayride on Sunday afternoons.

**Pleasant Hill Farm**

John VanVoorhees & Joan Donaldson  
5859 124th Ave. Fennville, MI 49408  
269.561.2850 mail(at)pleasanthillblueberryfarm.com  
www.pleasanthillblueberryfarm.com  
Certified organic for over thirty years - blueberries, peaches and other fruit. U-pick or frozen berries year-round.

**Post Farms**

Merrill Post  
9849 Myers Lake Ave. NE Rockford, MI 49341  
616.874.7569 Facebook - "Post Farms"  
Vegetables, pumpkins, 7 kinds of berries and many flowers. We have a U-pick as well as a farm stand on site. We are at the Rockford market. In business 20 years with 30 acres of production. Stand opens around 4th of July.

**Potter Orchards**

9616 68th Ave. Allendale MI 49401  
616.293.8678 potterorchards@hotmail.com All of the fruits and vegetables that we sell are homegrown, without exception. We will never carry out-of-state produce. That is our promise to you. Along with the fruits and vegetables, we now grow perennials and annuals.

**Rasch Cherries**

Mike & Lisa Rasch  
17751 - 40th Ave. Conklin, MI 49403  
616.899.2611 or 893.2611 raschcherries@gmail.com  
Facebook - Rasch Cherries  
Black sweet and sour cherries. U-pick/We-pick. Free pitting available on sour cherries. New this year - fresh baked cherry products. Come out and enjoy "nature's candy." Great family fun. Don't forget your camera.

**Red Willow Farms**

9510 Babcock Rd. Bellevue, MI 49021  
269.763.2721  
A diverse vegetable farm using naturally grown practices that is also a Standardbred Horse Breeding Farm with a flock of birds producing farm fresh eggs.

**Richmond Farm Produce**

Jonathan Wenger  
10450 Richmond Rd., Belding, MI 48809  
616.307.6124  
www.richmondfarmproduce.com  
Beginning farm based on the love of agriculture and an effort to stay away from conventional sprays, use cover cropping and composting. Produce at Ada, Fulton St. and Plainfield markets.

**Ridgeview Acres LLC**

Sandra Haney  
1475 116th Ave Otsego (Martin), MI 48078  
269.664.5551 sandrahaney@hotmail.com  
Oh So Sweet - Grown in Peat. Blueberries known for special flavor - Customers even come from other states. Farm market co-operative - Fruits, vegetables & more. Easy to find - 1-1/2 miles W off US 131 Exit 55 between Grand Rapids and Kalamazoo.

**Riverbend Farms**

Bret Morgan  
15 72nd St South Haven, MI 49090  
269.637.3505 riverbend@i2k.com  
www.greatberries.com  
Raspberries & Blackberries. U-pick, Fresh-picked from June - October. Great berries, beautiful field, conveniently located at I-196 Exit 22 in South Haven. Open 7 days. Pears in August, Chestnuts in October. Clean restrooms. Call ahead for crop report.

### Sandy Bottom Berries

Lucy Chisholm  
11555 Sandy Bottom Road NE Rockford, MI 49341  
616.225.9376 sandybottomberries@juno.com  
www.sandybottomberries.homestead.com  
Family friendly U-Pick blueberries, currents & raspberries.  
Limited quantity of u-pick tart cherries. The farm opens  
approx. July 1 for raspberries. Farm hours: Tues-Fri. 9am -  
7pm, Sat. 9am - 4pm, Sun. Noon - 4pm. Closed Mondays.

### Schaeffer Shack Farm

520 E. Francis St. Hastings, MI 49058  
269.818.7555 / (269) 945-1933  
<http://www.localharvest.org/farms/M15589>  
Wide variety of produce, raspberries and blackberries will be  
available in season. Pumpkins, Indian corn, pop corn,  
gourds and corn shocks are available starting Sept. Also fresh  
eggs; we raise chickens & rabbits free of hormones, antibi-  
otics or steroids.

### Schuler Farms/Grow It Garden

(Caledonia) See "CSA" section

### Schwallier's Country Basket

1185 - 9 Mile Rd. NW Sparta, MI 49345  
616.785.9896 apples@schwalliers.com  
www.schwalliers.com  
Schwallier's Country Basket is pleased to bring you family  
fun and healthy and delicious food in a friendly atmosphere.  
We specialize in apple varieties, especially the HONEY-  
CRISP! Stop in to enjoy apples, fresh donuts, homemade  
pies, cider, and other treats! Lots of fun for the kids.

### Scobey's Produce

Bill and Rose Scobey  
387-139th Ave. Wayland, MI 49348  
269.792.9216 RMScobey@yahoo.com  
Buy Local and Eat Local. 33 years experience growing and  
selling high quality produce. Farm sales on Fri, from 3 to 5  
pm. U-pick, CSA and orders by appointment. Visit us at  
the Kalamazoo Farmers Market from 7am-2pm on Tuesday,  
Thursday and Saturday.

### Seedling Farm

6717 111th Ave  
South Haven, MI 49090  
info@seedlingfruit.com www.seedlingfruit.com  
We are an 81-acre orchard with 1000's of trees, and over 75  
varieties of apples, peaches, pears, plums, nectarines, apri-  
cots, cherries and more. We are not organic, but we practice

Integrated Pest Mangement and are committed to sustain-  
able practices while maintaining the highest quality of fruit.

### Shalom Farm

(Fennville) See "CSA" section

### Shigley Hill Farm Market

17 S Squires Street Sq. Rockford, MI 49341  
616.866.7706  
Farm fresh fruits in season. Jams, jellies, honey. Many vari-  
eties of apples including Honeycrisp. Homemade pies and  
gifts.

### Silver Rain Farm

10488 Vanburen Rd. Portland, MI 48875  
517.647.4510 [www.localharvest.org/farms/M12352](http://www.localharvest.org/farms/M12352)  
Heirloom tomato plants-many varieties- special orders wel-  
come! Pepper and eggplant starts. Hardneck and softneck  
garlic varieties. Garlic braids. Assorted garlic packs.  
Heirloom tomatoes.

### Solstice Farm LLC

15585 Fruit Ridge Kent City, MI 49330  
616.675.7641 nyblad@sbcglobal.net  
[www.solsticefruitfarm.com](http://www.solsticefruitfarm.com) also on Facebook  
Born out of Nyblad Orchards Solstice Farms is one of  
Michigan's premier apple, sweet and tart cherry farms. We  
grow a wide variety of fruit sold at stores and restaurants  
across the country.

### Speyers Farm Market

Bob Speyer  
6484 Eastern Ave. SE Grand Rapids, MI 49508  
616.455.7390  
Deeply Rooted in Down-Home Tradition and Service. We  
Take Pride in Bringing Beauty to Your Home the Old  
Fashioned Way. We specialize in tomatoes, peaches, beans  
and sweet corn. Open M-Sat. 9Am - 6pm. See ad page 21.

### Square Nail Farm

2437 118th Avenue Allegan, MI 49010  
269.673.2325 mark@squarenailfarm.com  
[www.squarenailfarm.com](http://www.squarenailfarm.com)  
Square Nail Farm is a family run farm growing orchard fruits  
and garden fresh vegetables. Stop by our farm stand for fresh  
picked produce or visit with the farmer about what is in sea-  
son. Open daily from dawn to dusk in season.

### Terre Verde Farm

(Otsego) See "CSA" section

### **Trillium Haven Farm**

Michael VanderBrug & Anja Mast  
1391 Maplewood Dr. Jenison, MI 49428  
616.457.5822 trilliumhaven@earthlink.net  
www.trilliumhavenfarm.com

Trillium Haven Farm's vision is feeding the greater Grand Rapids area – mind, body & soul. To that end, our produce is available Saturdays during the growing season at the Fulton Farmers' Market; seasonally at Forest Hills Foods and the Six One Six at JW Marriot restaurant & Reserve restaurant and through our "Cooking Collaborative."

### **Visser Farms LLC**

Doug & Phil Visser  
10791 Blair St. Zeeland, MI 49464  
616.875.8559 lindsey@visserfamilyfarms.com  
www.visserfamilyfarms.com

We grow a wide variety of fruits and vegetables and raise eggs too. We offer CSA year-round, u-pick strawberries & raspberries. We go to several area farmers' markets and sell to area restaurants. For more detailed information check out our website.

### **Wells Orchards**

Scott, Tom & Kurt Wells  
0-8993 Kenowa Ave. SW Grand Rapids, MI 49534  
616.453.3927 wellsorchards@gmail.com  
www.wellsorchards.com

A family owned and operated farm with over 125 years' tradition of growing fruit including – apples, peaches, pears, sweet cherries, plums, nectarines, and apricots. Also for fall we have a pumpkin patch and corn maze for the kids & fresh apple cider. Open all winter.

### **Wild Wood Family Farm**

(Alto) See "CSA" section for details.

### **Woodland Enterprises, Inc.**

Dennis VanderKooi  
10821 Pierce St. Zeeland, MI 49464  
616.875.8853 woodlandberries@gmail.com  
www.woodlandberries.com

Bringing quality fruit from our family to yours since 1957. Great u-pick blueberries; earlier than most in Holland. Ready picked blueberries (order ahead), raspberries & strawberries. Located on Pierce between 104th & 112th. Call or visit our website for seasonal hours.

# WEST MICHIGAN **FRESH** GUIDE TO LOCAL FOOD



Looking for locally-raised beef, poultry, lamb, eggs or other dairy products fresh off the farm? Wanting to find locally-crafted cheeses? Or other products, such as wine made from fresh local sources? Here you will find some of the best sources in and around West Michigan.

## **Abronia Acres**

(Otsego) See "CSA" section

## **Angelus Farms**

7798 Wingeier Alto, MI 49302

616.868.7339 [www.theangelusfarms.com](http://www.theangelusfarms.com)

Cow share program; grass-fed beef; milk-fed pork; organic eggs. All animals pastured and grassfed. No hormones, antibiotics, soy, or animal products.

## **Asher Acres Farm and Bakery**

2608 18 mile Rd. Tekonsha, MI, 49092

517.617.7171 or 517.617.7174 [jsschreur@aol.com](mailto:jsschreur@aol.com)

[www.asheracres.com](http://www.asheracres.com)

Fresh eggs, grass fed beef, dairy/meat goats, dairy cow, goat/cow shares. Licensed bakery has fresh baked goods year around.

## **Autumn Acres**

Rich and Tammy Tullar

4351 Division St. Wayland, MI 49348

616.877.4801 [autumnacres@charter.net](mailto:autumnacres@charter.net)

[www.autumn-acres-farm.com](http://www.autumn-acres-farm.com) Goat shares available from their herd of registered LaMancha and Alpine dairy goats. They have owned goats for over 30 years and pride themselves in the health and quality of their animals.

## **Barren Clay Poultry**

Dave & Steve Boeve

4576 139th Ave Hamilton, MI 49419

269.751-7017

Brothers Steve and David Boeve have diversified their pastured Holstein beef herd by introducing naturally raised broilers to their centennial family farm. Based on pre-orders. All chickens are fully dressed, vacuum packed, and ready for your oven with no additives or preservatives.

## **Bear-foot Farm**

(Paw Paw) See Fruit & Vegetable section.

## **The Belson Farm**

Zandra Belson

269-758.3202

7286 Barryville Rd Nashville, MI 49073

We are a small family farm raising meat chickens, meat rabbits, beef, vegetables, red raspberries, asparagus, apples and pears for our family. We sell the extra produce and take special orders. We raise chickens and rabbits to order. Handcrafted natural soap is also made on the farm.

## **Black Shadow Angus**

John Vander Meulen

5968 112th Street Howard City, MI 49329

616.636.5814

Premium pasture lazed and grazed Angus cattle. Natural minerals are by free choice for herd health, but no additives or growth hormones. We are a three generation family farm 30 miles north of Grand Rapids on Michigan's "west coast." We invite you to visit.

## **Bosserd Family Farm**

14721 Verona Road Marshall, MI 49068

269.781.4905

Store open 10am - 6pm. Mon-Sat. 10am-5pm Sun.

Bosserd Family Farm offers a full range of beef products from cattle grown right here in Marshall. Our herd of corn-fed cattle is raised without hormones or feed-added antibiotics in a natural, no-stress environment. Orders year-round.

## **Buggy Ridge Farms**

Edmore, MI 48829

989.763.0001 [jim@buggyridge.com](mailto:jim@buggyridge.com)

[www.buggyridge.com](http://www.buggyridge.com)

Locally raised 100% grass fed beef, goats and free range eggs. We sell live animals delivered to the processor of your choice. Animals are raised on pasture with no antibiotics or hormone implants. Call for more information.

## **Buth's Greenvale Farm Dairy**

Denny Buth, Roger Breen

6383 Leonard St. Coopersville, MI 49404

231.638.3103

Family-owned dairy farm since the 1930's producing vat pasturized milk (not homogenized) butter, and some 19 varieties of cheeses. We have been providing fresh dairy products "direct from farm to you" for over 75 years. Open Saturdays 10am - 4pm.

## West Michigan FRESH Guide to Local Food

**Clear Creek Farms**

4924 Hill Rd. Bellevue, MI 49021  
269.763.9134

We are a small farm and we love our animals. We raise free range chickens, Heritage breed turkeys and dairy goats. We offer for sale: goats' milk, eggs, chickens, and turkeys. We also welcome people who want a tour, to see baby animals, or try milking a goat.

**CloverDale Farms**

11375 South 37th Street Scotts, MI 49088  
269.626.0030 travisbartholomew@att.net

All natural pork, beef, and chicken. No chemicals or hormones. 100% pasture fed beef and eggs. Non-GMO feeds used. Farm tours upon request.

**Coach Stop Farm**

Connie Schaftenaar & Darrell VandeHoef  
3755 72nd Avenue Zeeland, MI 49464  
616.772.4660 conni@coachstopfarm.com  
www.coachstopfarm.com

We provide naturally raised lamb, Berkshire pork, chicken and farm fresh brown eggs. No pesticides, herbicides used on pasture areas, no antibiotics or growth hormones. We maintain spam-free email lists to advise interested people of availability and pricing, so contact us to be added to our lists.

**Country Girl Gardens**

4669 Lorenson Rd. North Muskegon, MI 49445  
231.766.5976 lundell04@gmail.com

<http://sites.google.com/site/countrygirlgardens/>  
Country Girl Gardens specializes in naturally grown brown eggs, poultry, pork, vegetables and fresh cut flowers. Our poultry and hogs receive no antibiotics or hormones. We use no pesticides or herbicides in our gardens. Visit our roadside stand and pre-order poultry and pork.

**Country Winds Farm Goat Share Creamery**

John & Mary Windemuller  
4711 64th Avenue Zeeland, MI 49464  
616.875.8732 countrywinds@centurytel.net  
www.countrywindsfarm.com

We are a goat share farm supplying raw goat milk for your use. We also offer instructions for the use of the goat milk including kefir butter and goat cheese. Our goats are raised on a chemical-free natural diet.

**Crane Dance Farm**

P.O. Box 141 Middleville, MI 49333  
(616) 293-1091 cranedancefarm@voyager.net  
www.cranedancefarm.com

Grass-based, sustainable, regenerative, humane, happy. Chemical and hormone free. Heritage breeds, pastured pork

and poultry. All year availability of pork, chicken & eggs; seasonal available grass-fed lamb, fowl, and eggs. Delicious, nutritious, life-giving food.

**Creswick Farms**

Andrea & Nathan Creswick  
6500 Rollenhagen Ravenna, MI 49451  
616.837.9226 contactus@creswickfarms.com  
www.creswickfarms.com Facebook - Creswick Farms

Your local source for true and essential meats, eggs, sausages and bacon! Produced right here in Michigan! Dedicated to raising healthy, happy animals - lovingly cared for, which provide high energy, nutritious & delicious food sources for health conscious individuals.

**Crooked Tree Ranch**

9091 Cottonwood Avenue Howard City, MI 49329  
231.937.5911 also on [www.realmilk.com](http://www.realmilk.com)

Milk share program available. Also sell pastured beef, pork & chicken, free-range eggs, honey & cheese.

**Diamond View Farm**

Tom & Sue Cotton  
3002 N Mundy Ave. White Cloud, MI 49349

231.689.5859 tscotton@ncats.net  
Our family farm offers high-quality grassfed beef without hormones, antibiotics, or pesticides. We raise pastured chickens, pigs, and a three acre market garden. Although not certified organic, we have used natural farming methods for 25 years. Experience real food!

**Dogwood Farm**

10385 Wilson Avenue SW Byron Center, MI 49315  
616.878-7961 Barbara@dogwoodfarm.net  
www.dogwoodfarm.net

A small herb & goat farm. Home to Dancing Goat Creamery and Udderly Wonderful Soap. We believe in sustainable, organic agriculture and ethical treatment of farm animals. Goats are vegetarians. No drugs used. Artisanal goat cheese & milk soap.

**Earthscape/Full Circle Farm**

(Hesperia) See "CSA" section

**Egypt Valley Angus**

orders@egyptvalleyangus.com  
www.egyptvalleyangus.com

Egypt Valley Angus has been raising cattle in West Michigan since 1965 as VanDriel family farm, located in Cannon Township. Our animals live on our untreated pastures eating grass. During the winter they are fed hay, also from untreated fields.

### Evergreen Lane Farm & Creamery

Cathy Halinski  
1824 66th St. Fennville, MI 49408  
269-543-9900

[www.evergreenlanefarm.com](http://www.evergreenlanefarm.com)

Evergreen Lane Farm & Creamery is a licensed Grade A dairy and artisan creamery. We make a variety of goat's milk cheeses from the milk of our own herd and also cheese from Jersey cow's milk that we obtain from a local, family owned dairy. The 2011 season has begun; we are open Wednesday-Sunday 10am to 4pm through October. Visitors are welcome!

### Farm Country Cheese House

7263 West Kendaville Rd.  
Lakeview, MI 48850  
989.352.7779 [info@farmcountrycheese.com](mailto:info@farmcountrycheese.com)  
[www.farmcountrycheese.com](http://www.farmcountrycheese.com)

Sourced from small Amish cow herds near our facility. The cows are naturally raised, grass fed and antibiotic free, with absolutely no artificial hormones introduced in their diet. We make over 20 traditional and distinctive varieties of cheese. Open Mon-Sat. from 9am to 5pm.

### The Fish Monger's Wife, LLC

231.730.3327 [thefishmongerswife@frontier.com](mailto:thefishmongerswife@frontier.com)  
[www.thefishmongerswife.net](http://www.thefishmongerswife.net)

A proud provider of Great Lakes Whitefish, harvested from Lake Michigan by The Monger and his family with live trap nets. The Wife then brings the catch to market. We also smoke all of our own fish in a well aged smokehouse.

### Fox Creek Farm

(Fruitport) See "Fruit & Veg." section

### Good Life Dairy, LLC

Andy & Dennise Wright  
4520 E. Filmore, Hart, MI 49420  
231.873.3737 [adwright@hetpenny.net](mailto:adwright@hetpenny.net)

Goat and cow shares available; animals are organically raised and cared for, no antibiotics, no growth hormones, no pasteurization, no homogenization, no chemicals. Pastured April - Nov., hay in winter. Fed minimal certified organic grains. Other organic, pastured meat and poultry products available.

### Gora Farm

Nancy and Linus Heibel  
2879 144th Ave. Dorr, Michigan 49323,  
616.896.8418 [gorafarm@hotmail.com](mailto:gorafarm@hotmail.com)

Provide goat shares to those wishing to drink organic raw goat milk from their own goats. They raise their own grain and hay for their animals. They have over 35 years of organic gardening experience and offer fresh strawberries and produce in season, free-range eggs and turkeys.

### Graham House Sugarbush

12152 Cascade Road Lowell, MI 49331  
616-897-0479 [stollerned@postpro.net](mailto:stollerned@postpro.net)  
[www.syrupandeggs.110mb.com](http://www.syrupandeggs.110mb.com)

Graham House Sugarbush is a small farm only 20 minutes from downtown Grand Rapids in Lowell, Michigan. We specialize in maple syrup production, brown eggs and pork—all produced with natural methods on our local farm with our own hands.

### Grassfields LLC

14238 60th Ave. Coopersville, MI 49404  
(616) 997-8251 [grassfieldscheese@gmail.com](mailto:grassfieldscheese@gmail.com)  
[www.grassfieldscheese.com](http://www.grassfieldscheese.com)

Grassfields LLC is a rotationally grazing farm in west Michigan. We make and sell organic, raw-milk cheeses from our own cows' milk. We also raise and sell grassfed beef, pork, lamb, chicken turkey and fresh brown eggs. Green Pastures cowshare program is also a part of our farm.

### Green Pastures

Jesse & Betsy Meerman  
616.997.1306 [migreenpastures@gmail.com](mailto:migreenpastures@gmail.com)  
[www.migreenpastures.com](http://www.migreenpastures.com)

In 1991, Grassfields, LLC adopted intensive grazing methods of the dairy herd and in spring of 2005, Green Pastures was initiated in order to provide families with fresh, unprocessed milk through a milk-share program. The herd and land are certified Organic.

### Grice Farms

Fred and Wendy Grice  
528 W. Garfield Rd. Rothbury, MI 49452  
231.861.5535

Our farm consists of 350 acres of organically certified pasture and hay, along with a 60 head herd of beef cattle. Our herd consists of registered Angus and Belgian Blue cattle and are raised for both breeding stock and edible beef sales. Sold in halves or whole at \$4.00/lb..

### Heikes Farm

Vicksburg, MI 49097  
269.649.1019 [noniheikes@hotmail.com](mailto:noniheikes@hotmail.com)  
[www.localharvest.org/farms/M14428](http://www.localharvest.org/farms/M14428)

Heikes Farm features grassfed lamb and beefaloe and pigs for slaughter. Limited numbers of raw and processed Finn-cross fleeces are available. We also offer pesticide-free blueberries and quality hay.

**Howard City – Unknown**

231.937.5911

Got Milk? All Natural No Chemicals. Buy a Herd Share. As a share owner, you can get farm fresh Dairy Products. Healthy, Life-Giving, Fresh Raw Milk.

**Integrity Farm**

(Vermontville) See “Fruit &amp; Veg.” section

**Kaercher Farm**

Maury &amp; Nancy Kaercher

5859 East E Ave Kalamazoo, MI 49004

269.343.5137

In the beef business for over 50 years raising mostly Black Angus cattle. Our cow/calf operation consists of approximately 30 mamma cows along with their calves. All of our animals have been born and raised on our farm, grazing half the year and on hay the other half.

**L & L Bull LC**

(Casnovia) – See “Fruit &amp; Vegetable” section

**Lake Village Homestead Farm**

Roger Ulrich/Tony Kauffman

7943 S. 25th Street Kalamazoo, MI 49048

269.323.3629 info@lakevillagehomestead.org

www.lakevillagehomestead.org

A non-profit farm dedicated to the teaching and modeling of sustainable agriculture. Associate memberships and animal-owner food shares available. Community garden, grass-fed beef, pastured hogs, free-range chickens and more. Agriculture that supports the community.

**LowStar Farms**

Tom &amp; Kitty Lower

1581 Kelsey Hwy Ionia, MI 48846

616.527.6469 tomlower@sbcglobal.net

www.localharvest.org/farms/M11489

LowStar Farms is a certified organic farm growing organic grass hay and lowfat, grass fed Highland Beef.

**Lubbers Family Farm**

Karen &amp; Jeff Lubbers

862 Luce Street SW Grand Rapids, MI 49534

616.453.4257 info@lubbersfarm.com

www.lubbersfarm.com

Family owned and sustainably farmed since 1995. We offer whey-fed pork, grass-fed beef, aged farmstead and artisan cheeses and fermented whole-grain breads. Home of Cowslip Creamery & Little Rooster Bread Company

**Melody Bee Farms**

(Ada) See “CSA” section

**MOO-ville Creamery**

5875 South M-66 Nashville, MI 49073

517.852.9003 www.moo-ville.com

MOO-ville Quality Creamery offers Non-BST, pasteurized cream line (non-homogenized) milk and homemade ice cream in assorted and seasonal flavors. Also ground beef, cheese curds & butter. Summer & Fall Hrs - M-Sa. 9am - 10pm. See website for further info.

**Mud Lake Farm**

(Hudsonville) See ad page 38.

**My Pork**

Lawrence Near

1495 West Woodrow Road, Shelby MI 49455

231.861.PORK (7675) lawrencenear@gmail.com

Since 2006. Family-favorite cuts come individually vacuum sealed. No hormones or antibiotics are ever used. GMO-free starting 2011. Choose 200 pound, 100 pound, 50 pounds orders. Order in March & receive by Thanksgiving—guaranteed.

**Newaygo Shepherds Farm**

Salle Haverkamp

5465 Ferris Ave. Newaygo, MI 49337

231.924.3466

www.localharvest.org/newaygo-shepherds-farm-M42537

Newaygo Shepherd’s Farm produces vegetables, grassfed sheep, primarily-grassfed goats, pastured turkeys and chickens/eggs. The manure and bedding from the animals fertilizes the vegetables that are sold in local farmer’s markets by “Salle’s Garden.”

**Nichols Farm**

Daren Nichols

9555 North 6th St. Kalamazoo, MI 49009

269.382.6401

We sell hormone free, naturally raised beef, turkeys and chicken, sell campfire wood and garden manure.

**Oak Row Angus Cattle**

Doug, Amanada &amp; Ryan Powell

3248 Powell Hwy. Ionia, MI 48846

616.437.6565 www.oakrowangus.com

Oak Row Angus Cattle is a 6th generation farm raising purebred Angus Cattle on pasture in season or fed our own hay and grains off season. We use no antibiotics or artificial growth implants. We utilize no till cropping, erosion control and permanent, rotational pastures.

**Otto’s Chicken**

5622 Whitneyville Rd. Middleville, MI 49333

269.795.7696 www.ottoschicken.com

Growth promotant, antibiotic, hormone-free chicken, processed on-site. Whole roosters, boneless, skinless breasts and thighs, chicken bratwurst and sausage. Retail direct to customers at farm store. Find us at Kalamazoo Farmers Market.

### Otto's Turkey Farm

7640 W. State Road Middleville Michigan 49333  
269.795.3738 [www.ottoturkeyfarm.com](http://www.ottoturkeyfarm.com)  
Tues - Fri 9:00 - 5:00; Sat. 9am - 1pm  
Tom Otto Turkey Farm raises antibiotic and growth hormone free turkeys. This 6th generation farm has been raising turkeys for over 20 years endeavoring to be good stewards of the land and making turkey a healthy meat you can eat everyday, all year long.

### Pekel's Farm

Tim & Denice Pekar  
2599 10th Street Shelbyville, MI 49344  
269.672.7318  
[www.localharvest.org/pekels-farm-M38674](http://www.localharvest.org/pekels-farm-M38674)  
We are a small, local farm, raising beef cattle naturally, without growth hormones and chemicals. We have humanely handled, content, pastured Angus, Angus-cross, and Hereford beefers whose diets are mostly grass and hay and supplemented with some corn and occasional apples.

### Psalms Songs Dairy Goats

Peyton Family  
6655 Fish Rd. Shelby, MI 49455  
231.861.0456  
Goatshares as well as fresh eggs, meat goats, mulch and manure for your garden (you dig), and other seasonal farm products. Seven miles east of Silver Lake, and halfway between Muskegon and Ludington.

### Real Food Organic Farm

Ben Bylsma  
3422 76th St SE Caledonia, MI 49316  
616.541.5541 [ben@realfoodfarm.net](mailto:ben@realfoodfarm.net) [www.realfoodfarm.net](http://www.realfoodfarm.net)  
We raise pastured chickens that are fed organic feed. They are moved to fresh pasture daily. We also grow greenhouse tomatoes and mixed produce and have eggs available for purchase at our farm. We're only 20 minutes from downtown GR!

### Regan Family Farm

near M-6 and US131, Byron Center MI  
616.878.6056 [tkregan10@gmail.com](mailto:tkregan10@gmail.com)  
We offer goat milk shares from our herd of Alpine and LaMancha dairy goats fed quality hay and mix of natural grain products from local farmers. No steroids, hormones or additives are used. Also goat cheese, goat milk ice cream, fresh brown eggs fresh bread upon request. Please call ahead.

### Rolling K Farm

State Rd. Hastings, MI 49058  
269.908.3453  
Eggs & slaughter pigs.

### Running Rooster Farm

616.642.6666, [nanygoat@gmail.com](mailto:nanygoat@gmail.com)  
'Goatshare' group on Facebook,  
A small, sustainable family farm. Milk goats browse free range pasture, and are fed organically grown, GMO free grain with no soy. They use organic growing practices on the entire farm. Also available: Meat goats, broiler chickens, turkeys & vegetables.

### S & S Lamb

Pierre & Sharon Schierbeek  
4020 W. Blue Road McBain, MI 49657  
231.826.4400 [sandslamb@yahoo.com](mailto:sandslamb@yahoo.com)  
[www.localharvest.org/s-s-lamb-llc-M16531](http://www.localharvest.org/s-s-lamb-llc-M16531)  
Our family farm is 3 generations old! We raise lamb, beef, pork, poultry and laying hens for eggs. All our animals are raised on pasture. We do not use any chemicals, hormones, or unnecessary antibiotics. From our farm to your table. Enjoy!

### Sand Lilly Farms

Mark Ludwig  
5920 115th Ave. Fennville, MI 49408  
616.240.7135 [markludwig@hotmail.com](mailto:markludwig@hotmail.com)  
[www.sandlilyfarms.com](http://www.sandlilyfarms.com)  
Our goals: Quality meat, sustainability & humane treatment. We raise beef cattle and chickens. The cattle feed on a diet of pasture/grass and a small amount of sweet feed. No growth hormones or antibiotics are used. Our chickens free range on pasture.

### Scheaffer Shack Farm

(Hastings) See "Fruit & Veg." section

### Second Wind Farm

John Miesel  
14660 4-Mile Rd. Morley, MI 49336  
231.823.8002 [jmiesel869@gmail.com](mailto:jmiesel869@gmail.com)  
Pastured meat chickens available fresh July - Oct. & frozen while supplies last. Eggs from free-range hens. Goats (Boer & Fainters) for meat, pets or breeding. All products grown without GMOs, hormones, pesticides, herbicides, or antibiotics. Fertrell dealer.

### Shady Rock Farm

Hastings MI 49058  
269.945.1269 [waltonkim@hotmail.com](mailto:waltonkim@hotmail.com)  
Meat goats.

**Shady Side Farm**

Mike & Lona Bronkema  
13275 Blair St. Holland, MI 49424  
616.786.3827  
www.shadysidefarm.blogspot.com

Shady Side Farm is a family-owned farm focused on sustainability. We raise freezer lamb, dry beans, grain and wool. MAEAP and organically certified, Shady Side Farm strives to raise healthy food for animals and people while caring for the soil.

**Six S Dairy LLC**

Brent and Jenny Skelonc  
9374 21 Mile Rd. Sand lake, MI 49343  
616-636-8755 SixSdairy@yahoo.com  
www.sixsdairy.com

We are a small, local, family owned and operated farm raising all natural pastured chicken and turkey, free range eggs, grass fed tender beef, grass fed pork, grass fed lamb and grass fed cabrito (goat meat) & hand made soap. All pasture and hay is organic. Just north of Grand Rapids.

**Step-N-Tyme Farm**

Carmen Bartholomew  
Scotts, MI 49088  
269.626.0105 sbartholomew@cs.com  
Step-N-TymeFarm.com

Cowshare program from pasture grazed cows. Pasture grazed beef, buffalo, pig, chickens, turkeys and eggs are also available. No hormones, antibiotics or -cides used with any animal on the farm. They also sell meat rabbits.

**The Adela Rose**

Jay & Ardith Turpin  
282 108th St. Caledonia, MI 49316  
616.528.0543 jay@theadelarose.com  
www.theadelarose.com

Pasture raised grass-fed beef, farm fresh eggs, pork, chicken, fruit, and vegetables. Raised/grown without antibiotics, growth hormones, or pesticides. Preservative-free bacon and sausage. Registered Belted Galloway heifers and Registered English Shepherd puppies for sale as available.

**The Pelican Ranch**

Matt Froehle (Marketing & Sales)  
48 N. Stone Rd  
Fremont, MI 49412  
231.928.0503 matt@pelicanranch.net  
www.pelicanranch.net

We carry the finest, highest quality beef available. All of our animals are pasture raised and finished slowly to insure that our beef is of the proper tenderness and consistency. Our All Natural beef has no feed antibiotics, no steroids, no arti-

ficial ingredients. Also sell composted manure.

**Two Thumbs Ranch**

Ginny Stine  
9450 Jones Rd. Bellevue, MI 49021  
269.763.3844 ginnystine@peoplepc.com  
www.2thumbsranch.com

Naturally, humanely-raised beef, lamb, pork & poultry. No feed lots - No growth hormones. Free-range eggs Locally-raised, cruelty-free. We raise happy critters out in the grass. Come and tour our farm so you can get to know the farmers.

**White Velvet Frozen Yogurt**

3940 W Centre Avenue, Portage, MI 49024  
269.323.3224 On Facebook  
http://www.whitevelvetfrozenyogurt.com

Mon - Sat 11am - 10 pm Sun: 12 pm - 8 pm

To make and serve you the most incredibly delicious frozen yogurt taste sensation that you have ever experienced. Ever. Incredibly delicious artisanal tart froyo, handcrafted with real yogurt, made from the milk of happy grass-fed Michigan cows!

**Wildwood Wholistic Arts**

Mike and Amanda Jones  
231.937.4581  
wildwoodwholisticarts@hotmail.com

Raise healthy, pastured Saanen, Alpine, and Nubian goats. Not certified, but fed organic grain and good quality hay. Also have organic herbal products available. Located off M-82, 4 miles west of 31.

**Young Earth Farm**

Dave & Tena Warkentien  
45301 Valley Rd. Decatur, MI 49045  
269.423.8763 youngearthfarm@hotmail.com

Locally and naturally raised beef, pork & poultry. Local, family-owned processors. All bacon & sausages are nitrate & MSG free. Open at home 5 - 8 pm or call for other arrangements.

# WEST MICHIGAN **FRESH** GUIDE TO LOCAL FOOD



Below are some of the area's restaurants well-known for their efforts to use and promote locally raised foods while providing some of the area's great dishes. Support them and ask other restaurants to follow their lead so this list can continue to grow.

## **Amore Trattoria**

5080 Alpine Ave. Grand Rapids, MI 49544  
616.785.5344 amoretrattoria@hotmail.com  
www.amoretrattoriaitaliana.com

Our goal as a restaurant is to promote the Slow Food Movement an international movement that strives to preserve traditional and regional cuisine and promotes farming of plants, seeds and livestock characteristics of the local ecosystem.

## **Awesome Chocolates**

Henry Klok  
128 S. Main St. Wayland, MI 49348  
616.581.9690 henryklok@yahoo.com  
Open M-F 6am - 6pm, Sat. 8am - 1pm  
Awesome Chocolates deliciously made in my home town of Wayland Michigan in the kitchen of the Daily Brews Coffee Café. They are made in small batches, hand made, hand dipped in chocolate one piece at a time. The name "Awesome Chocolates" says it all. See ad page 39.

## **Bar Divani**

15 Ionia Ave. SW, Grand Rapids, MI 49503  
(616) 774-9463 info@bardivani.com  
www.bardivani.com  
Grand Rapids premier restaurant/wine bar. Proudly serving fresh, sustainable and, whenever possible, local products. The best Happy Hour in town!

## **Bartertown Diner & Roc's Cupcakes**

6 Jefferson, in Grand Rapids, MI 49503  
ryan@bartertowngr.com www.bartertowngr.com  
Bartertown Diner will be a vegi/vegan/raw, worker owned and operated diner. The goal of the restaurant is to promote fresh, local ingredients along with a positive, fair working environment. Roc's Cakes will also be operating out of the space, featuring vegan cupcakes and other treats.

## **The Biscuit**

450 S. Washington St. Holland, MI 49423  
616.396.1005 www.thebiscuitcafe.com  
Tue. - Fri 7am - 2pm; Sat & Sun 8am - 2pm  
For Breakfast or Lunch, we aim to please with meals prepared from scratch using natural, unprocessed ingredients

found locally when possible. We offer a variety of favorites, as well as original creations inspired by old family recipes and American regional cuisines.

## **Bistro Bella Vita**

44 Grandville Ave. SW Grand Rapids, MI 49503  
616.222.4600 info@bistrobellavita.com  
www.bistrobellavita.com on Facebook  
Big-city dining in our restaurant's casual atmosphere with the freshest natural cuisine available. All our dishes prepared from scratch using local, chemical-free ingredients for a fresh experience hard to find at restaurants. See ad page 32.

## **Blue House Bistro**

Chef AngieK  
220 W. 8th St. Holland, MI 49423  
616-355-1994 ChefAngieK@BlueHouseBistro.net  
www.bluehousebistro.net on Facebook  
The restaurant features the best Neo-American Creole Fusion style cuisine in West Michigan - delicious small plates, hand crafted soups, fresh salads, gourmet pizza, and delectable desserts using seasonal, farm fresh, locally sourced, and organic ingredients in every dish whenever possible.

## **Brewery Vivant**

925 Cherry St. SE, Grand Rapids, MI 49506  
616.719.1604 www.breweryvivant.com  
The core of Brewery Vivant passions: 1) Our love of the tradition of the Belgian & French styles of beers, 2) Devotion to using local sources for ingredients, Environmental Integrity, Social Equity, and Economic Viability and 3) Sharing the result.

## **Brick Road Pizza**

1017 Wealthy St. SE Grand Rapids, MI 49506  
www.brickroadpizza.com on Facebook  
We are family owned and operated. Our restaurant advocates the use of locally produced food and goods. We pride ourselves on our wide variety of gourmet pizzas which we make to order your way, using the best meats and cheeses, including "free range". We also offer a range of vegan options.



Creating extraordinary dining experiences is our specialty. We love food, dining and everything local. By supporting our local farmers, which we've done for 14 years now, we believe we serve up a better community and a better product.

Farm-to-Plate Local Experts • Sustainable Practices  
Creative Cuisine • Superior Beverage • Exceptional Service



bistrobellavita.com  
(616) 222-4600



thegreenwell.com  
(616) 808-3566



groverestaurant.com  
OPENING AUGUST 2011



essencerestaurantgroup.com



## Heffron Farms

Belding - 7724 Ashley Ave. 616.794.2527

Grand Rapids - Plainfield Plaza, 3150 Plainfield Ave. 616.363.4175

Wyoming - Clyde Park Plaza, 5316 Clyde Parke Ave. 616.534.4414

Cascade - Cascade Plaza, 6809 Cascade Rd. 616.464.1899

Dennis Heffron

After 3 generations of "family farm experience" Heffron Farms invites you to visit our farm markets. Here you will find a fine selection of naturally grown meats raised without the use of growth hormones or animal byproducts, packaged without preservatives or dyes. Our beef, pork, turkey and chicken are grain fed and vacuum packaged to ensure a healthy, tasty, high quality product you will be proud to serve your family and friends.

### City Vu Bistro

61 East 7th St. Holland, MI 49423  
616-796-2114 info@cityflatshotel.com  
www.cityflatshotel.com/cityvu

Welcome to downtown Holland's premier destination for rooftop dining and affordable elegance. Our menu changes with the seasons and uses fresh local ingredients whenever possible. Whether your passion is red wine or green design, there's something for everyone at the top.

### The Electric Cheetah

Cory DeMint, Executive Chef  
1015 Wealthy St. SE Grand Rapids, MI 49506  
616.617.6452 www.theelectriccheetah.com

Simple, fresh, local seasonal specials, homemade pies, 30 soups/month hand cut fries and sweet potato fries. Open lunch and dinner.

### Everyday People Cafe

11 Center St. Douglas, MI 49406  
269.857.4240 On Facebook  
www.everydaypeoplecafe.com

New American fare served in a casual upbeat atmosphere. Emphasis on locally sourced fresh foods, thoughtfully prepared and professionally served with warmth & a smile.

### Food Dance Café

401 E. Michigan Ave. Kalamazoo, MI 49007  
269.382.1888 www.fooddancerestaurant.com

It is important to us to not only know where our food comes from but who's producing it. We're fixated on finding honest-to-goodness fruits, vegetables, meat and eggs that come from the farm, not the factory. We bring this together to build a menu of thoughtfully constructed great tasting American food. We trust you'll find a common thread of quality in all we do. See ad page 36.

### Gaia Café

209 Diamond Ave. SE  
Grand Rapids, MI 49506  
(616) 454-6233

A vegetarian restaurant serving breakfast, lunch and dinner. We strive to use local and Michigan products when we can. Open 8am - 8pm Tuesday - Friday, and 8am - 3pm Saturday & Sunday. Closed Monday.

### The Green Well

924 Cherry St. SE Grand Rapids, MI 49504  
616.808.3566 on Facebook  
www.thegreenwell.com

Creative, cutting-edge cuisine, slow-cooking techniques; natural, scratch fare with the area's best seasonal produce and

ingredients, draught beers & local microbrews and carefully selected wine menu. Certified LEED® building, smoke-free with an emphasis on local vendors. See ad page 32.

### Grove

919 Cherry, Grand Rapids, MI 49506  
www.groverestaurant.com on Facebook

Grove will bring earth to table with modern, authentic cuisine featuring our Essence hallmarks: impeccable service and fresh, natural ingredients sourced from local, family and sustainable farms. Coming August 2011. See ad page 32.

### Heritage Restaurant (GRCC)

Angus Campbell  
151 Fountain NE Grand Rapids, MI 49503  
616.234.3700 on Facebook  
www.grcc.edu/heritage

The Secchia Institute for Culinary Education, as a leader in Culinary Arts, highlights locally grown and sourced products on this menu. It is our responsibility to do so, and to include this commitment in our students' learning. Tues - Fri: 11:15 am - 12:30 pm 5:30 pm - 7:30 pm

### Making Thyme Kitchen

Karen & Ken Bryan  
962 Cherry St. SE Grand Rapids, MI 49506  
616.406.8511 info@makingthymekitchen.com  
www.makingthymekitchen.com

Offering ready-to-cook entrees, soups and sides, fresh salads, and baked sweets. Made from scratch with whole foods, local produce and locally raised meats, fish and shrimp. Available fresh in our store or for delivery.

### Marie Catrifs of Grand Rapids

Marie Catrib  
1001-1003 Lake Dr. SE Grand Rapids, MI 49506  
616.454-4020 info@mariecatrifs.com

An eclectic mix of entrées, Mediterranean salads and baked goods and more. A great place with great food, especially daily specials (in season) from area farmers. Monday thru Friday 7am-8pm, Saturday 8am-4pm.

### Mia & Grace Bistro & Bakery

Jeremy and Jamie Paquin  
1133 3rd St. Muskegon, MI 49441  
231.725.9500 info@miaandgrace.com  
www.miaandgrace.com On Facebook

Seasonal, farm-to-table cuisine inspired by local ingredients. Mia & Grace supports local farms, growers, and owner-operated businesses.

Grand Rapids Grown

the Urban Ranch Since 1951

Organic microfarm

Over 70 plants for food and herbs

herbal CSA, special orders, classes, consultations

Email: lisa.rose.starner@gmail.com Phone: 616.666.0384

Web: burdockandrose.tumblr.com

Lisa Rose Starner  
Owner, Farmer, Herbalist

Our Online Farmer's Market

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COOP  
michigan

[www.westmichigancoop.com](http://www.westmichigancoop.com)

Blueberry Heritage Farms

HOLLAND, MICHIGAN 49423

0-13871 Blair St.  
Holland, MI 49424  
616.399.1683

Wayne Kiel, President

wayne.kiel@sbcglobal.net www.berry-bunch.com

Third generation blueberry and cranberry farm producing quality home-grown fruit - now with Certified Organic blueberries. Find us at the Fulton Street Market and our on-farm store "The Berry Bunch," open April-Dec. 7 days/week. Family-owned and operated. We offer a variety of fresh local fruit and vegetables, preserves, toppings, salsas, chocolate covered fruit and fresh roasted organic coffee. Gift baskets, shipping.

NATURE'S MARKET

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organic produce & groceries supplements

Natural & Organic Deli

Theresa Hoerig & Diane Slayer  
Proprietors

naturesmarket@sbcglobal.net

616.394.5250

616.394.0395 fax

1013 S. Washington  
Holland, MI 49423

naturesmarketholland.com

M-F: 8am-7pm Sat: 8am-6pm Sun: Closed

### Notos Old World Dining

Mary, Tony, Santina, Tom and Joann Noto  
6600 28th St. SE Grand Rapids MI 49546  
616.493.6686 opentable@notosoldworld.com  
www.notosoldworld.com

Fine dining, casually elegant, locally owned and operated, fresh-made dishes of primarily local produce and meats and no preservatives. Banquets to 700, wine cellar dining, full bar service with Award-Winning Italian wine list.

### The Republic

45 S. Division Avenue  
Grand Rapids, MI 49503  
616.608.6465 shane@rockwellsgrandrapids.com  
A restaurant and bar inspired by the growing Grand Rapids arts community. California-influenced cuisine features pasta, steaks, and seafood as well as extensive shared plate selections. Multi-level with seasonal outdoor seating.

### Reserve

201 Monroe NW, Grand Rapids, MI 49503  
616.855.WINE (9463) info@reservegr.com  
www.reservegr.com  
Inspired by the fundamental relationship between food & wine, our menu offers enticing possibilities for your palate. With a menu to raise your glass to, savor every moment that comes with each bite.

### Rockwell's Kitchen & Tap

45 Division Avenue S.W. Grand Rapids, MI 49503  
616.608.6465 shane@rockwellsgrandrapids.com  
A new American-inspired restaurant and pub offering a casual atmosphere with a wide selection of modern comfort foods. Two stories with outdoor seating in the warmer months.

### Salt of the Earth

114. E. Main Fennville, MI 49408  
269.561.7258 info@saltoftheearthfennville.com  
www.saltoftheearthfennville.com on Facebook  
Salt of the Earth is a rustic American eatery and bakery in downtown Fennville offering a menu of house made entrees, shared plates, wood fired pizzas, pastas, and creative desserts; a bar stocked with spirits, wines and Michigan craft beer.

### San Chez Bistro

Grand Rapids MI 49503  
616.774.8272 cindy@sanchezbistro.com  
SanChezBistro.com  
We feature the freshest and finest locally sourced ingredients, prepared to order by San Chez' legendary staff. Offering breakfast, lunch and dinner - 7 days a week. Come try our Spanish cuisine with an accent on green!

### Six One Six (JW Marriott Grand Rapids)

235 Louis Campau NW Grand Rapids, Michigan 49503  
sixonesix@jwgr.com  
www.ilove616.com

The JW Marriott signature restaurant, six.one.six, offers sophisticated urban ambience, palate-pleasing cuisine, wines and cocktails. six.one.six. takes its cuisine seriously. Dedicated to the concept of buying local, the chef's pantry is bursting with locally grown ingredients, some of which are picked just a few feet away at the JW Chef's Garden.

### Two Chicks & An Oven

Amy Sherman & Dana Wilmer  
616.458.0707 or 616.813.8142 sherm8@sbcglobal.net  
We will consult with you and help you with all your food and party needs. We create wedding cakes and provide on-site cooking. Two Chicks will provide courses that are all vegetarian, vegan, local or organic or more traditional fare, as you desire. We also offer cooking class parties.



Healthy Groceries Healthy Vitamins Healthy Answers.

Grand Rapids – 1944 Eastern Ave. SE

616.245.6268

Cascade – Cascade & 28<sup>th</sup> St. 616.975.7555

Hudsonville – 4150 32<sup>nd</sup> Ave. 616.896.6630

[www.harvesthealthfoods.com](http://www.harvesthealthfoods.com)

Mon. - Sat. Eastern (9am-7pm),

Mon. - Sat. Cascade/Hudsonville (9am-8pm)

We are a full line natural foods store. We carry natural and organic foods, organic produce, vitamins and minerals, herbs, teas and spices. We specialize in foods for specific allergies along with books on health and nutrition. We are known for our customer service for over 60 years.

## Stanwood Produce Auction



A dynamic wholesale auction house

Your source for Locally Grown Farm Fresh Produce!

**6376 140th Ave.  
Stanwood, MI 49346**

2011 Auction Dates

Mondays @ 4 pm July 18, 25, August 1, 8, 15, 22, 29, Sept. 5, 12

Tuesdays @ 11 am July 5, 12, Sept. 20, 27, Oct. 4, 11

Wednesdays @ 11 am July 20, 27, Aug. 3, 10, 17, 24, 31, Sept. 7, 14, Oct. 19, 26

Fridays @ 11 am July 8, 15, 22, 29, Aug. 5, 12, 19, 26, Sept. 2, 9, 16, 23, 30, Oct. 7, 14

**SPECIAL Pumpkin Sale Tues. Sept. 27**

*"Buy Local Eat Local"*

Ask about our order buyer service where you do not have to be present to buy!

Auction Manager Daniel Miesel

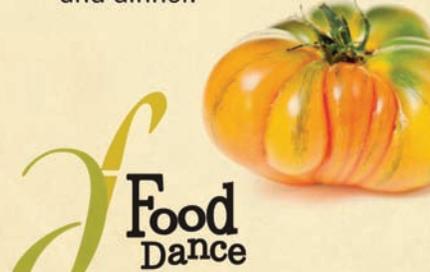
**616-307-4379**

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

## LOCAL FARMERS ARE OUR SECRET INGREDIENT.

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John & Mary Windemuller

4711 64th Avenue

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616-875-8732

[countrywinds@centurytel.net](mailto:countrywinds@centurytel.net)

[www.countrywindsfarm.com](http://www.countrywindsfarm.com)

# WEST MICHIGAN **FRESH** GUIDE TO LOCAL FOOD



Here are some special places in our West Michigan cities and towns where you can find a selection of products from local and Michigan farms just around the corner from where you are, six & seven days a week.

## **Anne's Health Food**

103 W State St, Hastings, MI 49058  
269.945.0875 [www.anneshealthfood.com](http://www.anneshealthfood.com) (and Facebook)  
Since 1998, we have been providing Hastings and area residents with the finest natural and organic foods and products available. Educated staff always on hand to assist, and the strictest quality standards. Local: eggs, produce in season, and meats. M - F 9 am -7 pm, Sat 9 am -5 pm.

## **Art of the Table**

Amy Ruis, owner  
606 Wealthy St. SE, Grand Rapids, MI 49503  
616.301.1885 [www.artofthetable.com](http://www.artofthetable.com) (and Facebook)  
Mon-Fri 10am - 8pm, Sat 9am-8pm. Closed Sun.  
Art of the Table specializes in specialty foods, artisan beer and wines and table top accessories. We have become a destination for our unique "family produced" food and beverage products, superior customer service and ever fresh inventory of color and taste.

## **Forest Hills Foods**

Jeff VandenBerg, Owner  
4668 Cascade Rd. Grand Rapids, MI 49546  
616.949.0240  
[www.foresthillsfoods.com](http://www.foresthillsfoods.com) and on Facebook  
Full service grocery store providing fresh seasonal produce, cheese and other products from local and Michigan farms and food artisans. Working with such farms as Trillium Haven Farm, Bos Farm, Englesma Farm, Dogwood Farm, Dykema Farms, Gold Coast Farm & others.

## **Franks Market**

750 W. Fulton St. Grand Rapids, MI 49504  
616.454-2706  
We specialize in homemade kielbasa, custom cut steaks. Carry perogies made in Michigan.

## **Geukes Market**

500 North High Street, Middleville, MI 49333 ·  
(269) 795-3767 On Facebook  
Family owned and operated freezer meat store. 13 freezers

retail products to choose from, including fruit and cheeses. Custom slaughter and processing available; call for appointment. Mon.-Fri. 7 am-Noon, 1 pm-5:30 pm; Sat. 7 am - 12:00 pm

## **Grand Central Market & Deli**

57 Monroe Center, Grand Rapids, MI 49503  
616.454.5300 [grandcentralmarketgr@yahoo.com](mailto:grandcentralmarketgr@yahoo.com)  
[www.grandcentralmarketgr.com](http://www.grandcentralmarketgr.com)  
The Grand Central Market is a full-service urban market and deli with a wide selection of groceries, gourmet goods, produce, wine and beer and natural goods.

## **GrowCo Garden Supply**

1042 Michigan NE Grand Rapids, MI 49503  
616.454.6900 [store@4hydroponics.com](mailto:store@4hydroponics.com)  
[www.4hydroponics.com](http://www.4hydroponics.com)  
Garden supply business specializing in organic nutrients and pest controls, hydroponics systems, and more. Full supply of organic seeds.

## **Harvest Health Foods (3 area stores)**

Grand Rapids - 1944 Eastern Ave. SE 616.245.6268  
Cascade - Cascade & 28th St. 616.975.7555  
Hudsonville - 4150 32nd Ave. 616.896.6330  
[www.harvesthealthfoods.com](http://www.harvesthealthfoods.com)  
Mon. - Sat. Eastern (9am-7pm),  
Mon. - Sat. Cascade/Hudsonville (9am-8pm)  
We are a full line natural foods store. We carry natural and organic foods, organic produce - much of it local or Michigan. We carry vitamins, minerals, herbs, teas and spices. Specialize in foods for specific allergies & books on health and nutrition. We are known for our customer service for over 60 years. See ad page 36.

## **Health Hutt 1, 2, & 3**

(#1) Muskegon - 3112 Henry St. 231.739.1568  
(#2) Grand Haven - 700 Washington Ave. 616.846.3026  
(#3) Muskegon - 1519 E. River Rd. 231.744.0852  
[info@healthhutt.net](mailto:info@healthhutt.net) [www.healthhutt.net](http://www.healthhutt.net)  
Natural Food and Supplemental Retail Stores carrying natu-

# NOURISH

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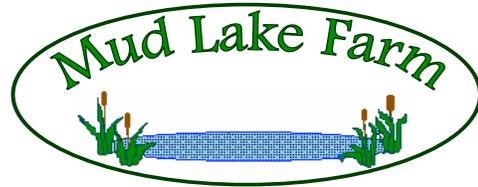
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Cafe



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Steve & Kris Van Haitma 616.890.7867  
[mudlakefarm@yahoo.com](mailto:mudlakefarm@yahoo.com) [www.mudlakefarm.com](http://www.mudlakefarm.com)  
Year-round source for hydroponic lettuce and herbs  
Members of our "Salad CSA" get fresh lettuce weekly year-round. Also  
supply area restaurants/specialty stores.



Know your Farmer...Love your Food.

**GET IN THE  
GUIDE!**

**SEE  
PAGE 45**



Sign up for our farm shares / 18 Weeks of Sustainably Grown Vegetables & Berries  
\*Free-Range Eggs \*Fresh Chevre \*Lamb, pork, & broilers  
email us for application and info: [littleflowerfarmcsa@gmail.com](mailto:littleflowerfarmcsa@gmail.com)  
[www.littleflowerfarmcsa.blogspot.com](http://www.littleflowerfarmcsa.blogspot.com)

ral, local and organic foods, supplements, herbs, bulk, customer service with knowledgeable and helpful staff.

### The Health Store

Mike Stephens  
100 S. Lafayette St., Greenville, MI 48838  
616.225.8340

We sell a variety of all natural products including gluten free, low carb and a variety of supplements like diet aids and vitamins, as well as herbs, teas and natural cosmetics. We purchase juice, honey, eggs and jams from local sources.

### Healthy Basics

Rod & Pam Knepper  
576 N. State St., Ionia, MI 48846  
616.902.3082 M - F 10am - 5pm

A family owned Natural and Organic Health food store carrying gluten free products, non-dairy items, vitamins, herbs, essential oils, Bach Flower Essence, homeopathic remedies, and more. Home of Ionia Natural Foods Coop. We carry local produce in season, and local/organic beef, eggs and poultry.

### Heffron Farms (4 locations)

Dennis Heffron  
Belding - 7724 Ashley Ave. 616.794.2527  
Grand Rapids - 3150 Plainfield Ave. 616.363.4175  
Wyoming - 5316 Clyde Parke Ave. 616.534.4414  
Cascade - 6809 Cascade Rd. 616.464.1899

With 3 generations of "family farm experience." Visit our farm markets and find a fine selection of local, naturally grown meats raised without growth hormones or animal byproducts, packaged without preservatives or dyes - beef, pork, turkey and chicken. We also carry many more local and Michigan food products. See ad page32.

### Kingma's Market & Butcher Shoppe

(616) 363-7575  
2225 Plainfield Avenue NE, GrandRapids MI 49505  
www.kingmasmarket.com (Kingma's Butcher Shop on FB)  
A family owned and operated retailer providing much local fresh produce, baked goods, and other grocery items. An extensive list of cheese varieties, gourmet coffee, a deli, groceries, a butcher shop, dairy, micro-brew beers, wines and a lawn and garden center.

### Lewandoski Market

1107 Walker NW, Grand Rapids, MI 49504  
(616) 454-2281  
Local meats from Holland's Filmore Meats. We make a vari-

ety of our own sausages & smoked meats.

### The Meat Market

Steve Gemmen  
11404 68th Avenue, Allendale, MI 49401  
616.895.7178  
Carry local eggs, breads and cheeses and fresh meats from local farms. Offer custom processing.

### Montello Meat Market

Tony and Tina Larson  
746 Michigan Ave Holland, MI 49423  
616.392.2253 tony@montellomeatmarket.com  
<http://www.montellomeatmarket.com>  
An old-fashioned butcher shop featuring locally raised, grass fed, Hormone & Antibiotic free Dry Aged beef, along with pork, lamb, and veal; 19 hand-stuffed brats and sausages!

### Natural Health Food Center

269.342.9459  
nhealthcenter@aol.com  
www.naturalhealthfoodcenter.com  
4610 W Main St, Kalamazoo, MI 49006  
Carry and extensive variety of local produce, eggs, local bakery items & local grains. Do not carry meats.

### Nature's Market

Theresa Hoerig & Diane Slayer  
1013 S. Washington St. Holland, MI 49423  
616.394.5250 (Find us on Facebook)  
www.naturesmarketholland.com  
Family-owned health food store specializing in natural and organic foods and nutritional supplements. See ad page 34.

### Nelson's Farm Market

469 W. 112th, Grant, MI 49327  
(231) 834-8441  
Mon - Sat 9am-6pm, Sun Noon-5pm Homegrown fruits and vegetables in season.

### Ninth Bridge Market

Georgia Gietzen, Proprietor  
496 Ada Dr. Ada, MI 49301  
(616) 676-9249  
A specialty store with a knowledgeable staff and a strong commitment to locally sourced products, including an extensive beverage selection. Now to include Ninth Bridge Kitchen & Catering and two new shops - Ninth Bridge Bakery (at 7277 Thornapple River Dr.), and Ninth Bridge Coffee (in the old Starbucks in Ada).

**Nourish Organic Market**

Sheri Rop  
634 Wealthy St. SE, Grand Rapids, MI 49503  
Find us on Facebook  
[www.nourishorganicmarket.com](http://www.nourishorganicmarket.com)

The little food market with the big idea – simply nourishing food! Food should be truly nourishing. No poisons, no chemicals, no industrial processing, no factory farming. Just utterly honest food that nourishes you and me, and our earth. Choose from a gorgeous array of amazingly delicious, seriously healthy, beautifully handcrafted foods. See ad page 38.

**Panacea's Health Store**

4320 14 Mile Road, Rockford, MI 49341  
(616) 866-7100 [panaceasbuyersclub@yahoo.com](mailto:panaceasbuyersclub@yahoo.com)  
[www.panaceasnaturalfoods.com](http://www.panaceasnaturalfoods.com) on Facebook  
Natural and organic foods, vitamins and supplements. Have a buyers club and offer fresh breads. Will be seeking to purchase from local sources whenever possible.

**Peoples Food Co-op of Kalamazoo**

Heather Crull  
507 Harrison St. Kalamazoo, MI 49007  
269.342.5686 [outreach@peoplesfoodco-op.org](mailto:outreach@peoplesfoodco-op.org)  
[www.peoplesfoodco-op.org](http://www.peoplesfoodco-op.org)

We are a consumer-owned cooperative grocery store, bringing a full array of natural products and healthful foods to the community at reasonable prices. You'll find high quality, whole foods at People's with a focus on locally grown and organic. Open everyday 7am – 9pm

**Quarterline Farm Market**

6184 Quarterline, Spring Lake, MI 49456  
231.798.4079 on Facebook  
Mon., Wed. and Fri. 8am - 6pm, Thurs. - 8pm, Sat. 9am - 1pm

We have vegetable and herb plants for your garden. We also have green beans, salad greens, cucumbers, radishes and summer squash available fresh from our greenhouse. Conveniently located just east of the Lakes Mall off US 31 and Sternberg Rd. East in Fruitport Twp.

**Sawall Health Foods**

Linda, Mark & Noreen Sawall  
2965 Oakland Dr., Kalamazoo, MI 49008  
269.343.3619 [healthfood@aol.com](mailto:healthfood@aol.com)  
[www.sawallhf.com](http://www.sawallhf.com) on Facebook  
Mon-Sat 9am-8pm, Sun 10am-6pm

Largest/most complete natural food store in SW Michigan. Sawall's 75th year. Supported local business and producers since our beginning. Certified organic produce, local meats, local bake goods, bulk foods, bulk herbs & eggs. Vitamins, herbs, supplements & protein powders. Large body care area.

**Sobie Meats, LLC**

3919 Remembrance Rd, Walker, MI 49534  
616.453.7201 [www.sobiemeats.com](http://www.sobiemeats.com)  
Retail meat market featuring locally raised beef and pork. Locally raised meats are hormone and steroid free. The same applies to our chicken, Country Dairy products, eggs and cheese. We make our own sausages and do our own smoking.

**Utopian Market Place**

Sü Smith & Bear Yovino  
8832 Water St., Montague, MI 49437  
231.894.9530 [service@utopianmarketplace.com](mailto:service@utopianmarketplace.com)  
[www.utopianmarketplace.com](http://www.utopianmarketplace.com) On Facebook  
Relaxed, hometown atmosphere – over 80 bulk bins containing grains, granola, beans, coffee and more. Specialize in wholesome groceries, grass-fed beef/chicken/dairy, quality nutritional supplements, wheat/gluten free products, fresh organic fruit and vegetable juices. Locally made crafts.

**West Michigan Co-op**

1111 Godfrey SW, Ste. S250 Grand Rapids, MI 49503  
Corner of Hall and Godfrey  
(616) 951-3287 [membership@westmichigancoop.com](mailto:membership@westmichigancoop.com)  
[www.westmichigancoop.com](http://www.westmichigancoop.com) On Facebook  
Year-round volunteer-run on-line farmers' market offering products from more than 35 area farms and local product businesses. On-line ordering with a market-style pickup. Started in 2006 now with 500 members and growing!  
See ad page 34.

**The West Michigan Food Collective**

[wmfoodcollective@gmail.com](mailto:wmfoodcollective@gmail.com)  
[www.facebook.com/wmfood](http://www.facebook.com/wmfood)  
The West Michigan Food Collective is about bringing a grocery store to SW Grand Rapids that is for the community and by the community. We want to represent you; your choices, your passions, your ideas. Join the movement today.

## JOIN THE GREATER GRAND RAPIDS FOOD SYSTEMS COUNCIL

# The community-based food systems movement is growing, and we wouldn't want to do it without you!

The Greater Grand Rapids Food Systems Council is both part of a “growing” national movement and completely dedicated to building a local, self-reliant food community - and we could use your help!

Please consider a membership or an additional gift.

Name \_\_\_\_\_

Affiliation, if any \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Best way to get in touch with you? \_\_\_\_\_

\$15 Regular     \$10 Student, fixed income     \$50 Supporting partner

\$100 Champion     \$\_\_\_\_\_ other

Are you interested in volunteer opportunities?  YES  NO

Return form to: GGRFSC, 7144 Ransom, Zeeland, MI 49464

For more information  
call (616) 916-9823, (231) 670-6059, or e-mail [skyprice@gmail.com](mailto:skyprice@gmail.com).

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This year's West Michigan FRESH Guide to Local Food has more than 340 listings and will reach over 50,000 people in print form and in an electronic, searchable format. It spans a 12-county area in West Michigan. To get listed in the next edition of the guide, contact Tom Cary at 616-916-9823, email [foodguideads@gmail.com](mailto:foodguideads@gmail.com), or fill out the form below and send to: GGRFSC Local Food Guide, 3144 Ransom, Zeeland MI 49464.

Please call for sizing information if you want to send in an ad, which should be in PDF format.

*We will contact you with final pricing, and to finalize your ad information.*

Name of Business \_\_\_\_\_ Contact Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Web site \_\_\_\_\_

Farm     Farmers' Market     Restaurant/Caterer     Retail     Other

Current rates (subject to change): \$35 (for simple alphabetical listing, name and contact info plus 35 word description), \$125 (full color 1/4 page ad), \$200 (full color 1/2 page ad), \$350 (full color full page ad) – 1/4, 1/2 and full page ads include reference listing in categories if applicable. We also offer additional underwriting opportunities; if interested please call or email the above.

# WEST MICHIGAN **FRESH**

## GUIDE TO LOCAL FOOD

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ALL THE LOCAL FOOD SUPPORTERS  
WHO HAVE MADE THIS GUIDE POSSIBLE  
OVER THE YEARS

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Food Systems Council

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