Organic, pasture fed beef. Organic wheatberries and whole wheat flour. Wheatberries and whole wheat flour. (Sponsored by Chesapeake)
END OF THE ROAD FARM
5850 cr 12, ambers, ok 73001
mr. charles horn • 580-832-2974
rt 3, box 48 a, cordell, ok 73632
HORN ORGANIC FARMS
• 405-485-9711 • ssheid@yahoo.com • 405-249-2808
kyle and tracy mcgovern • mcgovernfarm@aol.com
5700 east Franklin rd, norman, ok 73026
all to enjoy!
grass or grain fed beef, poultry and eggs!
susan mcghee • mcgheelimousins@BrightOK.net
• 405-258-0386
MCGHEE EGGS
1 2 4
• 405-250-3380
McGOVERN FARM
Shake in your feed, poultry and pork, aged cage free and hormone free. Our chickens run free around the farm and lay green and brown eggs all to enjoy! Our eggs shipped twice a week. Box 48, norman, ok 73069.
Cathy and Tracy Mcgovern • mcgovernfarm@OKemail.com • 405-249-2808
McGORE LAND AND CATTLE COMPANY
SEMION LONGHORNS
All natural grassed, hormone-free, livestrong beef
Mark and Jillian Warden • 918-362-5643 • 205-672-7011 • www.dogwoodbeef.com
• 405-288-0492
lynette lamascus • llFiddler@aol.com
840 nw 12, norman, ok 73072
organic! Dips, rubs, teas and herbs!
ms. Netties Herbs Spices And Teas
spice mixes are hand made and organic! Spices, teas, snacks and herbs & spices. Come see us at the Norman Farmers Market.
640 nw 12, norman, ok 73069
lynette lambuck • lynyette@gmail.com
• 405-1149
NEWELL PRODUCE
Home grown tomatoes, watermelons, canteloupes, egg and other veggies.
P.O. box 178, nichols, ok 73064
mike green • okладad2000@yahoo.com
• 405-969-3053
mike green • okладad2000@yahoo.com
321 thunderBird, crescent, ok 73028
unique and delicious sneaky pete salsa.
Certified organic vegetables and Papaw’s GREEN MARKET ENTERPRISES
14096 cr 3590, ada, ok 74820
commercial kitchen.
Organic certified grains, baked goods and GOLDEN GRAIN FARMS
1 4 • georgerichtmeyer@georgesapiary.com
GEORGE’S APiARY
• 405-872-8385
george richtmeyer • 405-872-8385
321 thunderBird, crescent, ok 73028
unique and delicious sneaky pete salsa.
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unique and delicious sneaky pete salsa.
The Oklahoma Farm to School Program began in 2004 with Oklahoma-grown agriculture member farms located in schools.

The Oklahoma Farm to School Program includes schools:
- Bethel, Bishop McGuiness, Blanchard, Chandler, Clinton, Commerce, Dewey, Dickson, Edmond, El Reno, Jones, Liberty, McAlester, Mld Grv, Midwest, Mooreland, Morristown, Newcastle, Norman, Goldale, Okarche, Oklahoma City, Oklahoma State University, OSU-OKC, Paul Valley, Piedmont, Ponca City, Pond Creek, Putnam City, Rosary School, Sequoyah (Shawnee), Shawnee Mission, Tecumseh, Tyrone, Oklahoma State University, OSU-OKC, Pauls Valley, Piedmont, Ponca City, Pond Creek, Putnam City, Rosary School, Sequoyah (Shawnee), Shawnee Mission, Tecumseh, Tyrone, University of Oklahoma, University of Science and Arts of Oklahoma, and Webber.

FARM TO SCHOOL
Oklahoma Farm to School aims to get Oklahoma-grown food on the cafeteria trays of school children. It encourages farmers to sell produce to schools and encourages students to buy part of their fresh fruits and vegetables from Oklahoma farmers, along with other local, healthy farm products. For more information, contact: Chris Richter, 405-922-2106. Schools in the State of Oklahoma can also participate in the Oklahoma Farm to School program. For more information, contact: Bethel, Bishop McGuiness, Blanchard, Chandler, Clinton, Commerce, Dewey, Dickson, Edmond, El Reno, Jones, Liberty, McAlester, Mld Grv, Midwest, Mooreland, Morristown, Newcastle, Norman, Goldale, Okarche, Oklahoma City, Oklahoma State University, OSU-OKC, Paul Valley, Piedmont, Ponca City, Pond Creek, Putnam City, Rosary School, Sequoyah (Shawnee), Shawnee Mission, Tecumseh, Tyrone, University of Oklahoma, University of Science and Arts in Oklahoma, and Webber.

PRODUCERS KEY
Farms with fruits and vegetables to be picked by the customer during the growing season for each item. (See Seasons Chart on page 11.) Additional Producers list includes producers who do not have pick-your-own operations.

COUNTRY COTTAGE PRIMITIVES
Lavender Farm
Lavender products, handmade gifts, and workshops.
17206 Walker Rd, Shawnee, OK 74801
918-273-5294
www.countrycottageprimitives.com

CREEK FEED CREEK FEED
Farms and businesses for feed for livestock.
1767 E 294 Rd Blanchard, OK 73010
918-929-3050
www.creekeepco.com
WINERIES & VINEYARDS
These wineries produce wine from Oklahoma-grown grapes. There are many other Oklahoma wineries using out-of-state grapes.

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>Redbud Ridge Vineyard and Winery</td>
<td>7311 E State Hwy 9, Norman, OK 73026</td>
<td>405-525-3013</td>
<td><a href="http://www.prairiegypsies.com">www.prairiegypsies.com</a></td>
</tr>
<tr>
<td>The Vineyard at Indian Creek</td>
<td>RT 2 Box 174, Ringwood, OK 73768</td>
<td>580-883-4919</td>
<td><a href="http://www.indiancreekvillage.com">www.indiancreekvillage.com</a></td>
</tr>
<tr>
<td>Whirlwind Winery, LLC</td>
<td>PO Box 22, Fay, OK 73646</td>
<td>1-866-258-1903</td>
<td><a href="http://www.tidalschool.com">www.tidalschool.com</a></td>
</tr>
</tbody>
</table>

There are many other Oklahoma wineries using out-of-state grapes.

TAP WATER
We encourage you to use your local tap water source whenever possible rather than wasting your money on the purchase of bottled water. Bottled water often costs 2,000 times more than your tap water and is subject to fewer regulatory standards.

STOREFRONTS
These stores regularly stock Oklahoma produce, meats, and/or value-added products. Look for signage identifying locally grown foods, or ask, “What’s local?”

<table>
<thead>
<tr>
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<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crescent Market</td>
<td>4049 NW 23RD AVE, OMAHA, NE 68111</td>
<td>402-391-1362</td>
<td><a href="http://www.thecrescentmarket.com">www.thecrescentmarket.com</a></td>
</tr>
<tr>
<td>Forward Foods</td>
<td>115 S MAIN ST, NORMAN, OK 73069</td>
<td>405-321-1012</td>
<td><a href="http://www.thecrescentmarket.com">www.thecrescentmarket.com</a></td>
</tr>
<tr>
<td>The Health Food Center</td>
<td>7301 S PENN AVE, OKC, OK 73159</td>
<td>405-681-6060</td>
<td><a href="http://www.thehealthfoodcenter.com">www.thehealthfoodcenter.com</a></td>
</tr>
<tr>
<td>Red Dirt Emporium and Marketplace</td>
<td>202 N MAIN, SHAWNEE, OK 74801</td>
<td>405-273-4320</td>
<td><a href="http://www.reddirtemporium.com">www.reddirtemporium.com</a></td>
</tr>
<tr>
<td>Simply Oklahoma</td>
<td>109 S DIVISION, GUTHRIE, OK 73044</td>
<td>405-524-4203</td>
<td><a href="http://www.vzds.com">www.vzds.com</a></td>
</tr>
</tbody>
</table>

Fostering relationships among farmers, consumers and like-minded organizations and programs.

Assisting local growers and farm businesses to communicate their positive economic, environmental and social impacts in the community.

Stimulating our local economy by encouraging more purchases from our independent family farmers and businesses.

Making it easier to find and purchase nutritious, locally grown food and agricultural products.

Enhancing our local food and farm economies, improving health, and revitalizing rural and urban communities by:

- Strengthening our local food and farm economies.
- Improving health.
- Revitalizing rural and urban communities.
- Making it easier to find and purchase nutritious, locally grown food and agricultural products.
- Stimulating our local economy by encouraging more purchases from our independent family farmers and businesses.
WHY USE LOCALLY GROWN FOOD?

- Eating local means more money for the local economy. A dollar spent locally generates twice as much income for the local community.
- Locally grown produce is fresher. Produce that you purchase at your local farmers market has often been picked within 24 hours of your purchase.
- Local food just plain tastes better. Every food toils that was picked within 24 hours.
- Locally grown fruits and vegetables have longer to ripen. Because the produce is handled less, locally grown fruit does not have to be "lugb... it’s fresh and ripe.
- Eating local is better for air quality and pollution prevention than eating organic. The miles that non-local organic foods travel create environmental damage that outweighs the benefit of buying organic.
- Buying local food keeps us in touch with the seasons. Seasonal fruits are at their peak, and...are the most abundant as well as the least expensive.
- Buying locally grown food is fodder for a wonderful story. Whether it’s the farmer who brings local apples to market or the baker who makes local bread, learning about the story behind your food is such a powerful part of enjoying a meal.
- Eating local protects us from bio-terrorism. Food with less distance to travel from farm to plate has less susceptibility to harmful contamination.
- Local food translates to more variety. Farmers selling locally grown try small stops of different varieties of fruits and vegetables that would... never make it to a large supermarket.
- Supporting local food providers encourages responsible land development. When you buy local, you give those with local open space... an economic reason to keep their land in production and undeveloped.
These establishments and services are committed to using seasonal, locally produced foods on their menus. It takes special effort for them to support local farmers and create menu items featuring locally grown foods. Dine in or give them a call to see what’s local, and be sure to tell them you saw their listing in this Food Guide. Many of your favorite local foods restaurants also cater. Be sure to request locally-produced foods for your event. Also, asking for local ingredients at your other favorite restaurants will help encourage those proprietors to buy fresh and local.

Caterers

ASTERPI’S KITCHEN
Scratch kitchen, free-range, cruelty-free, grassfed beef; local, fair trade, organic and vegan options.
BY APPOINTMENT ONLY, NORMAN
ASTERPSKITCHEN@GMAIL.COM • 701-8226 • WWW.IWIX.COM/ASTERPSKITCHEN/HOME

AUNT PITTYPAT’S CATERING
Raising the event standard in Oklahoma for over 30 years.
1515 N PORTLAND, OKC
APP1515@COXNET.NET • 942-4000
• WWW.AUNTPITTYPATS CATERING.COM

EARTH ELEMENTS MARKET & BAKERY
Supporting our local food system with wholesome menus, vegetarian and/or free-range, grassfed meats.
9600 PECAN TREE CIR, LEXINGTON
EARTHELEMENTSFARM@YAHOO.COM • 872-3722
• WWW.EARTHELEMENTSFARM.COM

KAM’S KOOKERY
Catering with local (non-CAFO) beef, pork, poultry, buffalo and dairy. Guilford Gardens produce and herbs.
2834 GUILFORD LANE, OKC
405-7312 • KAMALAGAMBLE@ME.COM
• WWW.KAMS KOOKERY.COM

MOTHER’S CATERING
Special events design business integrating whole food with presentation by a certified nutritionist.
439 ELM AVE, NORMAN
CATERINGMOM@COX.NET • 360-6230

THE PRAIRIE GYPSIES
Catering in Oklahoma City since 1979, our fresh and frozen food is prepared daily in our OKC kitchen.
415 NW 30TH, OKC • 525-3013
FOOD@PRAIRIEGYPSIES.COM
• WWW.PRAIRIEGYPSIES.COM

THE TASTING ROOM
Catering with exquisite culinary combinations from award winning Chef Kurt Fleischfresser and his team.
4322 N WESTERN AVE, OKC
SCOTT@WESTERNCONCEPTSDINING.COM
• 604-3015 • WWW.THETASTINGROOMOKC.COM

Buy Fresh Buy Local Central Oklahoma is a project of the Kerr Center for Sustainable Agriculture, in partnership with the Oklahoma Sustainability Network, Sustainable OKC, Oklahoma DEQ and Oklahoma Sierra Club. Together we’re working to strengthen the local food system in Central Oklahoma. These organizations are a part of the FoodRoutes Network, a national nonprofit providing technical support to community-based groups working to improve regional markets for locally grown foods. Visit www.foodroutes.org to learn how FoodRoutes is reintroducing Americans to their food. These partners disclaim any liability for the products or services offered in this guide.

PARTNERS & SPONSORS:
THANK YOU! We would like to say a special thanks to our steering committee and to all those who have supported this work:

KAR
OSN
OKLAHOMA SUSTAINABILITY NETWORK
TRANSITION OKLAHOMA CITY
THE Y
OKLAHOMA DEPARTMENT OF ENVIRONMENTAL QUALITY

WWW.BUYFRESHBUYLOCALOK.COM

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