

FRESH FOODS FROM OKLAHOMA FAMILY FARMS



2010-11 GUIDE
CENTRAL OKLAHOMA

Farmers Markets

KEY

- 100% OK Grown
- SNAP

Farmers markets are places where Oklahoma vendors regularly gather to sell the farm products they raised and/or made. These markets offer shoppers a wide variety of fresh locally grown fruits, vegetables, herbs and plants—straight from the farm. Many markets also have farm-fresh eggs, flowers and handcrafted items. Some have meats, cheeses, honey and a variety of healthy foods. Farmers markets provide family farmers a reliable place to sell the fruits of their labor directly to the public. Visit a farmers market near your work or home and get to know your farmer and your food. Markets designated as “OK Grown” are committed to sell only products grown or raised in Oklahoma. Markets accepting the Access Oklahoma card through the DHS SNAP program are marked with a barcode.



Produce from W-Bar-M at the OSU-OKC Farmers Market Wednesdays at Chesapeake.

Producers [A TO Z]

Located throughout Oklahoma, local producers grow and raise their own products for customers to purchase. There is a wide variety of items to choose from. Please refer to the key for which specific items are being sold by the vendor.

KEY

- Dairy/Eggs
- Fruits/Vegetables
- Herbs/Plants
- Honey
- Meat
- Nuts/Grains
- Poultry
- Soil Amendments
- Pick Your Own
- Value-Added/Processed

BLANCHARD FARMERS MARKET

April thru Oct · Sat 7:30am–noon
222 S MAIN ST, BLANCHARD · DEV VALLENCOURT
485-2943

CHICKASHA FARMERS MARKET

May thru Nov · Tue and Sat 7am–noon
7TH ST & CHICKASHA AVE, CHICKASHA · CHAMBER OF COMMERCE · 224-5040

EASTERN OKLAHOMA COUNTY FARMERS MARKET

June thru Oct · Sat 8am–noon
2001 N HARPER, CHOCTAW · BERNIE NAUHELMER
FINANCE@CHOCTAWCITY.ORG · 290-8198

EDMOND FARMERS MARKET

June thru Sept · Sat and Wed 8am–1pm

FALL GARDEN AND PRODUCE MARKET

October · Sat 9am–1pm

SPRING GARDEN AND PRODUCE MARKET

April thru May · Sat 9am–1pm
2ND ST JUST WEST OF BROADWAY, EDMOND
SUMMER.TERRELL@EDMONDOK.COM · 359-4630
HTTP://EDMONDOK.COM/PARKS/FMP/FARMERSMARKET

EL RENO FARMERS MARKET

June thru Sept · Sat and Wed 8am–noon
100 S CHOCTAW, EL RENO · CODIE FINNIGAN
CODIELEE@COX.NET · 262-8888

GUTHRIE FARMERS AND CRAFTERS MARKET

June thru Sept · Sat 8am–noon
WENZ AND HARRISON AVE, GUTHRIE
MARY COFFIN · MARY@GUTHRIEOK.COM · 282-1947

LOVELY DAY FINE ART, PLANTS AND FARMERS MARKET

May thru Oct · Tue 3:30pm–7:30pm
2616 N SHARTEL, OKC · JANICE MONTGOMERY
521-9947

MID-DEL FARMERS MARKET

May thru Nov · Sat 8am–11am and Tue 4:30pm–8:00pm
7209 SE 29TH ST, MIDWEST CITY · BOB DAVIS
732-7677 · HTTP://MDFMA.ORG/DEFAULT.ASPX

MIDTOWN MARKET AT SAINTS

May thru Oct · Fri 2:30pm–7:00pm
NW 9TH AND WALKER, OKC · URBAN AGRARIAN · MATTHEW BURCH · 615-5797
INFO@UAOKLAHOMA.COM

MUSTANG KIWANIS FARMERS MARKET

June thru Aug · Sat 8am–11am
470 W HWY 152, MUSTANG · CHRISTIE SCOTT
QUESTIONS@MUSTANGCOMMUNITYGARDEN.COM
831-0797

NOBLE FARMERS MARKET

May thru Oct · Sat 8am–1pm
304 S MAIN (CITY HALL), NOBLE · ROBIN STEAD
872-0100

NORMAN FARMERS MARKET

April thru Oct · Sat and Wed 8am–noon
615 E ROBINSON, NORMAN · SHARON HARROLL
CCFB@SBCGLOBAL.NET · 360-4721

OLD TOWN FARMERS MARKET

May thru Oct · Sat 8am–1pm and Thur 4pm–8pm
301 S HOWARD, MOORE · TERESA SMITH
TSMITH@CITYOFMOORE.COM · 793-4332

OSDH WELLNESS FARMERS MARKET

May thru growing season · Fri 11am–1pm
OKLAHOMA STATE DEPARTMENT OF HEALTH (OSDH)
1000 NE 10TH ST, OKC · TRESSA MADDEN
TRESSAM@HEALTH.OK.GOV · 271-5243

OSU-OKC FARMERS MARKET

Year Round · April thru Oct Sat 8am–1pm;
Winter hours 10am–1pm
400 N PORTLAND, OKC · CHERYL CAMP
CACAMP@OSUOKC.EDU · 945-3358

OSU-OKC FARMERS MARKET

(Sponsored by Chesapeake)
May thru Sept · Wed 2:30pm–7pm
1120 NW 63RD ST, OKC · CHERYL CAMP
CACAMP@OSUOKC.EDU · 945-3358

POTTAWATOMIE COUNTY CO-OP FARMERS MARKET

May thru Oct · Sat and Wed 10am–2pm
HWY 177 AND HARDESTY RD, SHAWNEE
BRANNON MCDUGAL · 788-0038

TUTTLE FARMERS MARKET

May thru Sept · Sat 8am–11:30am
SW 2ND AND MAIN ST, TUTTLE · CRYSTAL NEASBITT
CRYSTAL@TUTTLEFARMERSMARKET.COM · 222-0470

URBAN AGRARIAN LOCAL FOODS MARKET

Year Round · Sun 11am–3pm
“VEGGIE VAN” AT NW 23RD & HUDSON, OKC
June thru Sept · Sat · 8am–1pm
EDMOND FARMERS MARKET (SEE COLUMN 1)
May thru Oct · Fri 2:30pm–7pm
MIDTOWN MARKET AT SAINTS (SEE COLUMN 2)
MATTHEW BURCH · INFO@UAOKLAHOMA.COM · 615-5797

WOMEN IN AGRICULTURE

Memorial Day to Labor Day · Fri 9am–1pm and Sat 8:30am–12:30pm
1701 N MARTIN LUTHER KING, OKC · TAMMY STEELE
317-8110 · (OR 92-0348 MARY)
INFO@OKWOMENINAG.ORG



URBAN AGRARIAN

URBAN AGRARIAN OFFERS CUSTOMERS THE ABILITY TO LIVE OFF OF THE LAND, EVEN IF THEY LIVE IN THE CITY.

Urban Agrarian (UA) is a local food distributor founded in 2008. UA buys food directly from producers across the state and sells it to restaurants and customers at weekly markets in the Oklahoma City metro. UA is also working with the Oklahoma Department of Agriculture, Food, and Forestry's Farm to School Program.
www.uaoklahoma.com
info@uaoklahoma.com

AKIN ACRES

Hormone-free grassfed beef. Fresh raw goat and cow milk, pasteurized eggs and farm field trips. Come milk a cow or goat!
19901 COKER RD, TECUMSEH, OK 74873
FREDRICK AND JERI AKIN · 405-598-6307
FREDRICKJER@AKINACRES.NET
WWW.AKINACRES.NET

ANICHINI-MOORE RANCH AND FARM

Join our CSA and find us through the OK Food Cooperative.
1302 17TH ST, WOODWARD, OK 73801; RR 1, BOX 171, GO WEST ON OKLAHOMA AVE (HWY 412) TO SOUTH ON 34TH ST, PROCEED 6 MILES TO WEST 1 MILE ON EW 46 THEN 1/2 MILE SOUTH ON NS 200 GATE EAST SIDE OF NS 200 · KATHY MOORE
ANICHINIMOORE@HOTMAIL.COM · 580-256-0657

BAILEY'S NURSERY

Nursery plants, trees, hanging baskets, annuals, perennials and combination pots. Pickled or raw okra, dill pickles, chowchow relish, pecans, produce custom orders on all products.
357233 E HWY 62, PRAGUE, OK 74864
RUDY BAILEY · JOAN_0233@YAHOO.COM · 405-567-0233

BARKER AND FRIENDS

Natural healthy pet treats. No preservatives or salt.
2601 NORTHAMPTON PL, OKC, OK 73120
SUSAN BERBERET · 405-242-3240
SUSAN@BARKERANDFRIENDS.COM
WWW.BARKERANDFRIENDS.COM

BARLEY'S GARDEN PATCH

Visit us at the Norman farmers market or the OK Food Cooperative.
4774 E TECUMSEH RD, NORMAN OK 73026
ELIZABETH NICHOLS · ENICHOLS73@YAHOO.COM
405-360-6715 · WWW.BARLEYSGARDEN.COM

BELLA GARDENS

4805 W 14TH ST, SULPHUR, OK 73086
APRIL HICKS · 405-207-1810
APRIL.BELLAGARDENS@GMAIL.COM

BERRY CREEK FARM

Certified organic produce, u-pick strawberries, peaches and grapes...call before you visit!
1021 S TYLER AVE, BLANCHARD, OK 73010
LARRY HOCKING · 405-659-3879
BERRYCREEKFARM.OK@GMAIL.COM
WWW.BERRYCREEKFARM.US

BRIARBERRY FARMS

Fresh and frozen wild blackberries.
12501 MAGUIRE RD, SLAUGHTERVILLE, OK 73068
DAVID NORDHAL · BRIARBERRYFARM@GMAIL.COM
405-706-1683 · WWW.BRIARBERRYFARM.COM

CALVAN'S FEATHERED FRIENDS/ G-J ALL NATURAL BEEF

Happy free-range chickens that lay multi-colored eggs.
RT 4 BOX 109, OKEMAH, OK 74859
CALVAN & GREG PARKER · 405-590-2822
JERRI.PARKER@CROMWELLOK.COM

CATTLE TRACKS

Organic, pasture-fed beef. Organic wheatberries and whole-wheat flour.
201 VOTECH DR, FAIRVIEW, OK 73737
JOHN AND GOSNEY · 580-227-3452
CATTLETRACKS@JOHNSFARM.COM
WWW.JOHSNFARM.COM

CHRISTIAN CHEESE

13TH & AIRPORT RD, KINGFISHER, OK 73750
GEORGE · CHRISTIANCHSE@PLDI.NET
405-375-6711
HTTP://PROSITES-GXTIAN.HOMESTEAD.COM



These free-range chickens will be ready for market in a couple of months.

COLE FARMS, LLC

PO BOX 142, PERKINS, OK 74059
FRED COLE · COLEFARM@BRIGHTOK.NET
405-612-4360

COTTONWOOD FARMS

Come visit us at the El Reno and Edmond farmers markets for naturally grown produce and heirloom tomatoes.
112 LONGVIEW DR SW, PIEDMONT, OK 73078
RON AND CAROLYN TODD
COTTONWOODFARMS@YMAIL.COM · 405-830-2910

CROSS TIMBERS FARM

Visit our website to see our full range of products, including fresh, raw goat milk and free-range chickens.
3286 E VET MEM HWY, BLANCHARD, OK 73010
LISA LUSBY · CROSSTIMBERFARM@PLDI.NET
405-485-6075 · WWW.CROSSTIMBERSFARMS.COM

EARTH ELEMENTS FARM

9630 PECAN TREE CIR, LEXINGTON, OK 73051
APRIL HARRINGTON · 405-872-3722
EARTHELEMENTSFARM@YAHOO.COM



Fresh peppers from Berry Creek Farm at the OSU-OKC Farmers Market.



A variety of value-added foods are available at local farmers markets.

Producers [CONTINUED]

END OF THE ROAD FARM

1885 CR 1280, AMBER, OK 73004
MR. MICAH MCCARTY · MICAHMCCARTY@MAC.COM
405-613-4824
📞 📧 📍

FULKS PRODUCE

Watermelon, squash, and tomatoes.
PO BOX 295, PAOLA, OK 73074
DANIEL FULKS · 405-449-3127
📞

GEORGE'S APIARY

8861 RED CEDAR CIR, NOBLE, OK 73068
GEORGE RICHTMEYER · 405-872-8385
GEORGERICHTMEYER@GEORGESAPIARY.COM
📞

GOLDEN GRAIN FARMS

Organic certified grains, baked goods and commercial kitchen.
14096 CR 3590, ADA, OK 74820
LIBBY FAULKNER · 580-436-1558
📞 📧

GREEN MARKET ENTERPRISES

Certified organic vegetables and Papaw's unique and delicious sneaky pete salsa.
321 THUNDERBIRD, CRESCENT, OK 73028
MIKE GREEN · OKLADAD2000@YAHOO.COM
405-969-3053
📞 📧



Plasticulture demonstration in Oklahoma vegetable production.



Baby pigs roam the pasture. Unlike most commercially raised pigs, these have never been in a farrowing crate.

HAPPY RABBIT ACRES

We offer many heirloom varieties grown chemical-free and as sustainable as possible!
8209 E ROCK CREEK RD, NORMAN, OK 73026
JOHN THOMAS · AURORATHELBINE@GMAIL.COM
405-570-5223
📞

HARDESTY CHEESE

ROUTE 1, BOX 44A, HARDESTY, OK 73944
RUSSELL GIFT · CHEESE@HARDESTYCHEESE.COM
580-361-2254
📞

HARVESTIME BREAD

Artisan bakery. Enjoy heart-healthy whole-grain breads.
10404 HARVESTIME LN, EDMOND, OK 73025
PAT KELLEY · PATKELLEY11@SBCGLOBAL.NET
405-359-3636 · WWW.HARVESTIMEBREAD.COM
📞

HAYNES HOMEGROWN

860 CHOCTAW VISTA, CHOCTAW, OK 73020
LEISA HAYNES · 405-390-0738
📞

HILLTOP NATURAL PRODUCE LLC

512 SHAWNEE ST, NORMAN, OK 73071
TOM CLOTE · SALLIEMSW@AOL.COM · 405-321-3727
📞



Raw, local honey is a delicious natural sweetener.

HOME GROWN VEGGIES

27811 PORTLAND AVE, BLANCHARD, OK 76010
STEVEN SHEID · SSHEID@YAHOO.COM
405-485-9711
📞 📧

HONEY HILL FARM

Selling to individuals, restaurants and stores. We have several sizes of liquid honey and five flavors of creamed honey!
2501 CEDAR OAK DR, EDMOND, OK 73013
JERRY AND LOGAN · 405-341-5499
LOGANHONEYHILLFARM@SBCGLOBAL.NET
📞

HORN ORGANIC FARMS

RT 3, BOX 48 A, CORDELL, OK 73632
MR. CHARLES HORN · 580-832-2974
📞 📧

KS&A ORCHARDS

International award winning bleu cheese farm and dairy tours, with grassfed hormone-free lamb, sausage and snack sticks.
PO BOX 234, COMANCHE, OK 73529
KIM MCGARR · FOXMIKE@PLDI.NET · 580-439-2751
WWW.KSAORCHARDS.COM
📞 📧 📍

LASLEY FAMILY FARMS

Spanish peanuts and products grown on our family farm.
PO BOX 415, EAKLY, OK 73033
LOYD LASLEY · PEANUTS@HINTONET.NET
405-447-6495 · WWW.LASLEYPEANUTS.COM
📞 📧

LITTLE RED BARN ORCHARD

We grow fruits and vegetables without pesticides! Visit us at the OK Food Cooperative.
PO BOX 721622, NORMAN, OK
RICKY PALMER · 405-447-6495
LITTLEREDBARNORCHARD@YAHOO.COM
📞

McGHEE EGGS

RT 3, BOX 785 CHANDLER, OK 74834
SUSAN MCGHEE
MCGHEELIMOUSINS@BRIGHTOK.NET
405-258-0386
📞

McGOVERN FARM

Grass or grain-fed beef, poultry and pork, raised cage free and hormone free. Our chickens run around the farm and lay green and brown eggs for all to enjoy!
5700 EAST FRANKLIN RD, NORMAN, OK 73026
KYLE AND TRACY MCGOVERN · 405-249-2808
MCGOVERNFARM@AOL.COM
📞 📧

McGUIRE LAND AND CATTLE COMPANY SEMKIN LONGHORNS

All-natural, grassfed and hormone-free longhorn beef.
6650 JOHN WAYNE RD, PERRY, OK 73077-9101
MATT AND MELANIE MCGUIRE, CHARLENE SEMKIN
MCGUIRERANCH@GMAIL.COM · 405-742-4351
WWW.MCGUIRELCC.COM
📞 📧

McLEMORE PUMPKIN FARM

Retail and wholesale pumpkins and gourds. Pick your own pumpkins and enjoy baby farm animals!
RT 1 BOX 65, COLONY, OK 73021
AQUILLA MCLEMORE · MCLEMORE@HINTONET.NET
405-929-7328
WWW.MCLEMOREPUMPKINFARM.COM
📞 📧

MURPHY FARMS LLC

Visit us at the Lawton farmers market! Restaurant buyers welcome.
RT. 1 BOX 330, HASTINGS, OK 73548
ELIZABETH MURPHY · 580.439.2263
MURPHYFARMSLLC@HOTMAIL.COM
WWW.MURPHYFARMSORCHARD.COM
📞

MS. NETTIES HERBS, SPICES AND TEAS

All products are handmade and organic! Dips, rubs, teas and herbs/spices. Come see us at the Norman farmers market.
840 NW 12, NORMAN, OK 73072
LYNETTE LAMASCUS · LLFIDDLER@AOL.COM
405-288-0492
📞 📧

NEWELL PRODUCE

Home-grown tomatoes, watermelon, cantelope, eggs and other veggies.
PO BOX 178, MINCO, OK 73059
CHRIS NEWELL · MATER-MAN@ATT.NET
405-639-1144
📞 📧 📍

OLD ROUTE 66 VEGETABLE FARM

1817 LAKESHORE DR, YUKON, OK
BOB HARPER · BOBHARPERJR@YAHOO.COM
405-202-8478 (H) OR 405-820-0884 (M)
RSVP@LIVE.COM
📞 📧 📍

OM GARDENS

Gourmet mushrooms at metro farmers markets, The Earth, Native Roots Market, Forward Foods OKC, OK Food Coop. We load mushroom compost year-round. Call in advance.
900 84TH AVE SE, NORMAN, OK 73026
JACKI AND STEVE MORTON · OMGARDENS@GMAIL.COM
405-413-5649 · WWW.OKLAHOMAMUSHROOM.COM
📞



Farm fresh produce growing in an Oklahoma field.

PRODUCERS KEY

- 🥛 Dairy/Eggs
- 🌰 Nuts/Grains
- 🍎 Fruits/Vegetables
- 🐔 Poultry
- 🌿 Herbs/Plants
- 📦 Soil Amendments
- 🍯 Honey
- 👤 Pick Your Own
- 🍖 Meat
- ➕ Value-Added/Processed

VALUE-ADDED FOODS

Made in Oklahoma products featuring locally grown ingredients. Several other listings for this category are included in the Producers list.



BRIARBERRY FARM

Granola, cereal and wild blackberries.
12501 MAGUIRE RD, NOBLE, OK 73068
DAVID NORDAHL · DAVID@BRIARBERRYFARM.COM
706-1683 · WWW.BRIARBERRYFARM.COM/

COCINA SAN PASQUAL

Salsa and frozen entrees.
312 E HERT AVE, PERKINS, OK 74059
LEAH E. AUFILE · BLOOMINBOTANICALS@JUNO.COM
547-5125

KELLEY'S BAKED GOODS

Jellies, bean salad, salsa and baked goods made from as many local ingredients as possible.
4009 KOERNER DR. N.E., PIEDMONT, OK 73078
PAM KELLEY · 373-3896

PRAIRIE GYPSIES

Frozen items, baked goods, jams/jellies and salad dressings.
411 NW 30TH, OKC, OK 73118
B.J. WHITE · FOOD@PRAIRIEGYPSIES.COM
525-3013 · WWW.PRAIRIEGYPSIES.COM



SNIDER FARMS PEANUT BARN

Peanut butter and flavored peanuts.
ROUTE 3 BOX 384, HOLLIS, OK 73550
PEANUTBARN@PLDI.NET · 580-688-2526
WWW.SNIDERFARMSPEANUTBARN.COM

VALLEY VIEW PECAN CO.

Confections with native pecans.
15704 VALLEY VIEW RD, SHAWNEE, OK 74801
JOSH · PECANSFORYOU@YAHOO.COM · 273-0106
WWW.VALLEYVIEWPECANS.COM

EARTH ELEMENTS



April Harrington established Earth Elements Farm with the goal to build a sustainable farm producing herbs, vegetables and fruits. Earth Elements Farm grows certified organic produce and prepares value-added products with a wide range of Oklahoma food. Earth Elements Market & Bakery focuses on crop preservation and reduction of crop waste. Utilizing seconds and surplus of locally produced ingredients, Earth Elements produces an extensive line of baked goods, canned goods, dehydrated products, frozen ingredients and ready-to-eat casseroles and entrees. Currently, Earth Elements works with 24 Oklahoma producers and prepares more than 300 different products, with an average of 44% of the ingredients coming from Oklahoma producers. Products are sold at a variety of Oklahoma farmers markets, the OK Food Cooperative and local stores, such as Crescent Market in Oklahoma City. www.earthelementsfarm.com, 9600 Pecan Tree Circle, Lexington, OK 73051, earthelementsfarm@yahoo.com, 405-872-3722.



Producers [CONTINUED]

ORGANIC GARDENS

Heirloom tomatoes are our specialty! Unique variety of herbs and plants. Come see us at the Edmond and OSU-OKC farmers markets.

7401 BRITTON NE, EL RENO, OK 73036
JOHN LEONARD · OGFARM@GMAIL.COM · 405-243-7638
🍅 🌿

PASTIES AND PIES

Visit us at the Edmond or Saints farmers markets. Preorders are available by email.

207 BENTON RD, EDMOND, OK 73034
ANGELA JONES · PASTIESANDPIES@HOTMAIL.COM
405-509-6438
🍷 🍷 🍷 🍷

PEACH CREST FARM

10219 HWY 177, STRATFORD, OK 74872
SUSAN BERGEN · SBERGEN1@COX.NET · 405.650.0804
WWW.PEACHCRESTFARM.COM
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PICK OF THE PATCH

Visit us at the OSU-OKC farmers market through spring.

7100 N FRISCO RD, YUKON, OK 73099
MARGIE BAGLEY · 405-795-7232
🍷



Grassfed, hormone-free beef from Rose Ranch.

PINK ROSE FARM

Free-range, no animal by products, organic practices.

32292 RATTLESNAKE HILL RD, MACOMB, OK 74852
TERESA FRANKLIN · FRANKLINASINBEN@YAHOO.COM
405.598.2574
🍷

REJOICE FARMS

12201 S CZECH HALL RD, YUKON, OK 73009
HARRY DEUPREE · HARRY.DEUPREE@SBCGLOBAL.NET
405-376-3883
🍷

RENRIK'S FARM AND GARDEN

PO BOX 488, CHICKASHA, OK 73023
RENEE PEARCE · RENRICK@EARTHLINK.NET · 405-204-1822
🍷 🍷 🍷 🍷

RESSLER FARMS

Pasture-raised, grassfed beef, poultry and eggs raised using humane and sustainable production models.

2325 N POST RD, ALCADIA, OK 73007
LARRY RESSLER · FATSTREET1@AOL.COM · 405-640-2722
🍷 🍷 🍷 🍷

ROSE RANCH

Hormone-free grassfed beef. Our cattle are raised the way nature intended: "Let them eat grass!" Rose Ranch Rhode Island Reds. Eggs lovingly laid by the happiest hens in Jones, America!

11813 E HEFNER RD, JONES, OK 73049
VICKI ROSE · VICROSE@ROSERANCHJONES.COM
405-399-2820 · WWW.ROSERANCHJONES.COM
🍷 🍷 🍷 🍷

ROWDY STICKHORSE

Certified Organic.
7220 S 174TH, DOUGLAS, OK 73733
PAULETTE RINK · STICKHORSE@PLDI.NET · 580-336-1830
WWW.ROWDYSTICKHORSE.COM
🍷 🍷 🍷



Certified organic flowers from Sunrise Acres.

HERBS, PLANTS AND CUT FLOWERS

Several other listings for this category are included throughout the Producer section.

CRESTVIEW FARMS

Vegetables and herbs.
5521 N DOUGLAS BLVD, ALCADIA, OK 73007
SUSAN GRAFF · CRESTVIEW2@SBCGLOBAL.NET
823-2430

HIGH TIDES AND GREEN FIELDS

Vegetables and herbs.
2292 OLD HWY 62, BLANCHARD, OK 73010
DEV VALLENCOURT · HIGHTIDESOK@GMAIL.COM
485-2943

SANDY CREEK PECANS

Oklahoma native pecans grown on our family farm. We believe in sustainable farming. Known for our cinnamon pecans.

6558 E CEDAR RD, MILBURN, OK 73450
NELLIE GARONE · 580-443-5518
SANDYCREEKPECANS@HOTMAIL.COM
WWW.SANDYCREEKPECANS.COM
🍷 🍷

SOUTHERN PLAINS PASTURES

100% all-natural grassfed beef and pastured poultry with no antibiotics!

RT 2 BOX 76, GEARY, OK 73040
JAN LAKE · LAKEJG@PLDI.NET
580-623-5127
🍷 🍷

OKIE-ORCHIDS

Orchids.
6100 WHISPERING GROVE DR, OKC, OK 73169
BRIAN TRUONG · OKORCHIDS@GMAIL.COM
261-6673

SKYRIDGE FARM

Herbs, geraniums, tomatoes, peppers.
1413 SKYRIDGE, JONES, OK 73049
MONICA ARNDT · INFO@SKYRIDGEFARM.NET
699-2600

SPENCER'S ORCHARD

5528 N PEEBLY RD, HARRAH, OK 73045
JAMES SPENCER · 405-454-3471
🍷 🍷

SUNBERRY ORCHARD

5665 N LUTHER RD, HARRAH, OK 73045
RICK AND DEANNE DYE · 405-454-1415
SUNBERRYORCHARD@YAHOO.COM
🍷 🍷

SUNRISE ACRES

Certified Organic.
2459 COUNTRY RD 1228, BLANCHARD, OK 73010
ROBERT AND BARBARA STELLE · 405-392-2680
SUNRISEACRES@PLDI.NET · WWW.SUNRISEACRES.MYPLDI.NET
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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 schools to buy part of their fresh fruits and vegetables from Oklahoma farmers, along with other local, healthy farm products. For more information, contact: Chris.Kirby@oda.state.ok.us or 405-522-2106.

Schools in or near the central Oklahoma area currently in the Oklahoma Farm to School program include: Bethel, Bishop McGuiness, Blanchard, Chandler, Clinton, Comanche, Dewey, Dickson, Edmond, El Reno, Jones, Liberty, Mason, Mid-Del, Millwood, Mooreland, Morrison, Newcastle, Norman, Oakdale, Okarche, Oklahoma City, Oklahoma State University, OSU-OKC, Pauls Valley, Piedmont, Ponca City, Pond Creek-Hunter, Putnam City, Rosary School, Sequoyah (Shawnee), Stillwater, Tecumseh, Tyrone, University of Oklahoma, University of Science and Arts in Oklahoma and Wellston.

PRODUCERS KEY

- 🥛 Dairy/Eggs
- 🍎 Fruits/Vegetables
- 🌿 Herbs/Plants
- 🍯 Honey
- 🍖 Meat
- 🌾 Nuts/Grains
- 🐔 Poultry
- 📦 Soil Amendments
- 👤 Pick Your Own
- ➕ Value-Added/Processed

SURBECK FARMS

2440 FOX LN BLANCHARD, OK 73019
STEVE SURBECK · SURBECKFARMS@PLDI.NET
405-392-4553
🍷 🍷 🍷

SWINGING GATE FARM

Goat milk from the farm. Call or email for availability.
5901 98TH AVE NE, NORMAN, OK 73026
CINDY STERLING · TIM.CINDY@ATT.NET
405-563-1201
🍷 🍷

THE CHICKEN SHANTY EGG FARM

Happy free-range chickens!
1182 W CENTER RD, GOLDSBY, OK 73093
MS. CAROL WYATT · CWYATT@DILLARDGROUP.COM
405-623-7613
🍷

THOMAS ORCHARD

11 varieties of peaches. Call for availability.
25313 ROSELAWN RD, BLANCHARD, OK 73010
ROBERT THOMAS · BRT@PLDI.NET · 405-306-3164
🍷

TWO TOMATOES VEGGIES

Visit us at the OSU-OKC farmers market.
9510 LAKE DR, PIEDMONT, OK 73078
PHILLIP YOUNG · PYOUNG@PLDI.NET · 405-373-2367
🍷

W BAR M SHEEP AND WOOL

Heirloom, chemical-free vegetables available at OSU-OKC farmers market. Pasture-raised, hormone-free lamb, venison, chicken and turkey. Visit www.okcmetro.locallygrown.net
PO BOX 52, WHEATLAND, OK 73097
WAYNE JESKO · WBARMWOOL@AOL.COM · 405-323-0619
WWW.WBARMWSHEEPANDWOOL.COM
🍷 🍷 🍷 🍷

WAGON CREEK CREAMERY

100% grassfed dairy beef and veal.
RT 1 BOX 124, HELENA, OK 73741
RON AND BARBARA CRAIN
RONCRAIN@KANOKLA.NET · 580-496-2447
WWW.WAGONCREEKCREAMERY.COM
🍷 🍷 🍷

WICHITA BUFFALO COMPANY AT SANDY SPRINGS FARM

We offer grassfed all-natural buffalo and beef to restaurants, individuals, stores and farmers market customers.
28580 HWY 37, HINTON, OK 73047
JAMES STEPP · JAMES@SANDYSRINGSFARMS.COM
405-542-6015 · WWW.SANDYSRINGSFARMS.COM
🍷 🍷

WINDEATER ACRES

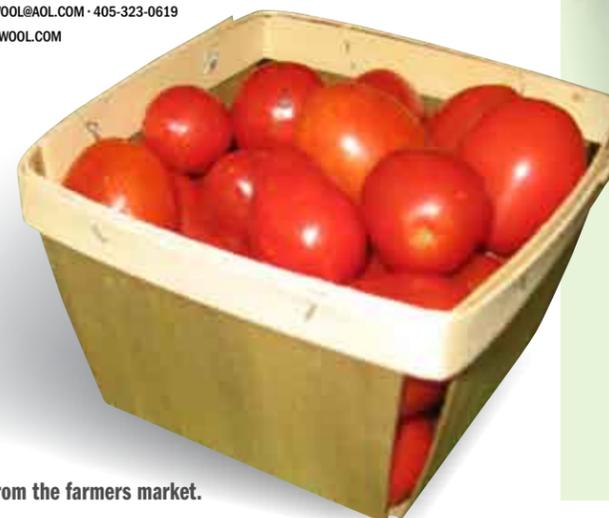
Farm-fresh duck eggs.
8500 HELEN RD, JONES, OK 73049
DEBORAH WILLIS · WINDEATEROK@GMAIL.COM
405-399-3113
🍷 🍷

WONDER ACRES

528 E SUERA TERRACE, MUSTANG, OK 73064
JASPER AND GLORIA PHIPPS · 405-376-4393
GLORIAPHIPPS@COX.NET
🍷

WORM FARM

We have red wiggler worms, castings and worm tea!
6215 CREST DR, GUTHRIE, OK 73044
SELENA HECKLER · WWW.WORMSOLUTIONS.COM
SHECKLER@WORMSOLUTIONS.COM
405-822-7591
📧



Ripe tomatoes from the farmers market.



PICK YOUR OWN

Farms with fruits and vegetables to be picked by the customer during the growing season (See Seasons Chart on page 11). Additional pick-your-own sites are listed in the Producer section.

COUNTRY COTTAGE PRIMITIVES LAVENDER FARM

Lavender products, handmade gifts and workshops.
17206 WALKER RD, SHAWNEE, OK 74801
DEBBIE SEATON · 275-3238
DEBSAANGEL@AOL.COM
WWW.COUNTRYCOTTAGELAVENDER.COM

CRESTVIEW INC. FARMS

Seasonal produce and herbs.
5521 N DOUGLAS, ALCADIA, OK 73007
SUSAN GRAFF · CRESTVIEW2@SBCGLOBAL.NET
823-2430
WWW.CRESTVIEWORGANICFARMS.NET

CRIPPLE CREEK FARMS

Honey.
250 CRIPPLE CREEK DR, GUTHRIE, OK 73044
RANDY BRADY · 590-2562
CRIPPLECREEKFARMS@WILDBLUE.NET
WWW.CRIPPLECREEKFARMS.NET

DEMI ROSA RANCH AND VINEYARD

Grapes.
32998 TIME CORNER RD, WANETTE, OK 74878
LORIE MALONE · LORIE@DEMIROSA.COM
899-4627 · WWW.DEMIROSA.COM

ORR FAMILY FARM

Fish, pumpkins and fun attractions.
14400 S WESTERN, OKC, OK 73170
SHANAIN KEMP · INFO@ORRFAMILYFARM.COM
799-3276 · WWW.ORRFAMILYFARM.COM

Producers [CONTINUED]

WINERIES & VINEYARDS

These wineries produce wine from Oklahoma-grown grapes. There are many other Oklahoma wineries using only out-of-state grapes.

INDIAN CREEK VILLAGE WINERY

RT 2 BOX 174, RINGWOOD, OK 73768
JENNY AND CHRIS LEWIS · INDIANCREEK@PLDL.NET
580-883-4919 · WWW.INDIANCREEKVILLAGE.COM

REDBUD RIDGE VINEYARD AND WINERY

7301 E STATE HWY 9, NORMAN, OK 73026
TOM KNOTTS · REDBUDRIDGE@SBCGLOBAL.NET
405-321-WINE · REDBUDRIDGEWINERY.COM

REDLAND JUICE COMPANY

10851 BRYANT RD, LEXINGTON, OK 73051
JILL STICHLER AND KATHY BATES · 405-527-9181
INFO@REDLANDJUICE.COM
WWW.REDLANDJUICECOMPANY.COM

STABLERIDGE VINEYARDS

2016 W HWY 66, STROUD, OK 74079
ERIN COLEMAN · STABLERIDGEWINERY@YAHOO.COM
918-968-2568 · WWW.STABLERIDGEVINEYARDS.COM

TIDAL SCHOOL VINEYARD

54560 W HWY 16, DRUMRIGHT, OK 74030
GARY SCHROEDER · CHNDR@BRIGHTOK.NET
866-258-1903 · WWW.TIDALSCHOOL.COM

WHIRLWIND WINERY, LLC

PO BOX 22, FAY, OK 73646
BRAD STINSON · WHIRLWINDWINERY@HOTMAIL.COM
580-623-1012 · WWW.WHIRLWINDWINERY.COM



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?"

CRESCENT MARKET

Mon thru Sat 9am-6:30pm
6409 AVONDALE DR, NICHOLS HILLS, OK 73116
842-2000 · INFO@THECRESCENTMARKET.COM
WWW.THECRESCENTMARKET.COM

DODSON'S

Mon thru Fri 9am-7pm · Sat 9am-5pm
1305 36TH AVE NW, NORMAN, OK 73032
329-4613 · INFO@DODSONSHEALTHFOOD.COM
WWW.DODSONSHEALTHFOOD.COM

THE EARTH

Mon thru Fri 9am-8pm · Sat 9am-6pm
Sun 11am-5pm
309 S FLOOD AVE, NORMAN, OK 73069
364-3551

EPICUREAN'S PANTRY

Mon thru Fri 10am-6:30pm · Sat 10am-4pm
1333 N SANTA FE AVE, EDMOND, OK 73003
471-5777 · LEAH@EPICUREANSPANTRY.COM
WWW.EPICUREANSPANTRY.COM

FORWARD FOODS (NORMAN)

Tue thru Sat 10am-8pm · Sun and Mon 1pm-6pm
123 E MAIN ST, NORMAN, OK 73069
321-1007 · WWW.FORWARDFOODS.COM

FORWARD FOODS (OKC)

Mon thru Sat 10am-8pm
Sun 1pm-6pm
5123 N WESTERN AVE, OKC, OK 73118
879-9937 · WWW.FORWARDFOODS.COM

GOURMET GALLERY

Mon thru Fri 10am-6pm
Sat 10am-5pm
1532 S BLVD, EDMOND, OK 73013
715-3663 · INFO@THEGOURMETGALLERY.COM
WWW.THEGOURMETGALLERY.COM

THE HEALTH FOOD CENTER

Mon thru Sat 9am-8pm · Sun noon-6pm
7301 S PENN AVE, OKC, OK 73159
681-6060 · INFO@THEHEALTHFOODCENTER.COM
WWW.THEHEALTHFOODCENTER.NET

LA BAGUETTE BAKERY AND DELI

Mon thru Thurs 8am-10pm · Fri and Sat 8am-11pm · Sun 9:30am-2:30pm
7408 N MAY AVE, OKC, OK 73116
840-3047 · INFO@LABAGUETTEBISTRO.COM
WWW.LABAGUETTEBISTRO.COM

LA BAGUETTE BUTCHER

Mon thru Sat 9am-7pm
7408 N MAY AVE, OKC, OK 73116
840-3047 · INFO@LABAGUETTEBISTRO.COM
WWW.LABAGUETTEBISTRO.COM

MAIN FRUIT MARKET

Mon thru Sat 9am-5:30pm
730 E MAIN ST, SHAWNEE, OK 74801
273-4320

NATIVE ROOTS MARKET

Mon thru Fri 9am-9pm · Sat 9am-7pm
Sun 11am-7pm
132 W MAIN ST, NORMAN, OK 73069
405-310-6300 · SARA@NATIVEROOTSMARKET.COM
WWW.NATIVEROOTSMARKET.COM

THE PRAIRIE GYPSIES

Mon thru Fri 10am-6pm · Sat 10am-4pm
415 NW 30TH ST, OKC, OK 73118
525-3013 · FOOD@PRAIRIEGYPSIES.COM
WWW.PRAIRIEGYPSIES.COM

RED DIRT EMPORIUM AND MARKETPLACE

Mon thru Sun 10am-10pm
115 E CALIFORNIA, OKC, OK 73104
415-6779 · INFO@REDDIRTEMPORIUM.COM
WWW.REDDIRTEMPORIUM.COM



SIMPLY OKLAHOMA

Wed thru Sat 10am-6pm · Sun 11am-4pm
108 S DIVISION, GUTHRIE, OK 73044
260-1558 · SIMPLYOKLAHOMA@YAHOO.COM
WWW.SOARTGALLERY.COM

VZDS

Mon thru Sat 11am-6pm
4200 N WESTERN, OKC, OK 73118
524-4203 · MUSIC@VZDS.COM · WWW.VZDS.COM

oklahomafoodco-op



The co-op is similar to a monthly, online farmers market where local farmers, food producers and artisans connect with customers. Orders are delivered to more than 40 distribution sites across the

state on the third Thursday of every month. All items sold through the co-op are made or grown in Oklahoma, including meats, dairy items, eggs, honey, produce, baked goods, frozen meals, soap, clothing, garden

items and more. New members are always welcome. There is a one-time membership fee of \$51.75. www.oklahomafood.coop · customer@oklahomafood.coop · 405-605-8088

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.



BUY FRESH BUY LOCAL CENTRAL OKLAHOMA

Strengthening our local food and farm economy, improving health, and revitalizing rural and urban communities by:

- 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.
- 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.

These caterers are committed to using seasonal, locally produced foods for their customers when it is available. It takes special effort for them to support local farmers by purchasing their locally grown foods and creating dishes around them. Give them a call to request locally produced foods for your event, and be sure to tell them you saw their listing in this Food Guide. Many of your favorite local foods restaurants also cater, so please check our Restaurant section, too.

Caterers

ASTERPI'S KITCHEN

Scratch kitchen, free-range, cruelty-free, grassfed beef; local, fair trade, organic and vegan options.

BY APPOINTMENT ONLY, NORMAN
 ASTERPISKITCHEN@GMAIL.COM · 701-8226
 WWW.WIX.COM/ASTERPISKITCHEN/HOME

AUNT PITTYPAT'S CATERING

Raising the event standard in Oklahoma for over 30 years.

1515 N PORTLAND, OKC
 APP1515@COXINET.NET · 942-4000
 WWW.AUNTPITTYPATSCATERING.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
 KAMALAGAMBLE@ME.COM · 409-7312
 WWW.KAMSKOOKERY.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
 FOOD@PRAIRIEGYPSIES.COM · 525-3013
 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



KAM'S KOOKERY AND GUILFORD GARDENS

The philosophy at Kam's Kookery is twofold: to celebrate the joy of eating and living well. Their catering operations support sustainable agriculture by purchasing from local growers at farmers markets and because seasonal, local, and organically grown ingredients taste better. Much of their produce is grown onsite in Guilford Gardens.

Kam's Kookery and Guilford Gardens have been a huge part of the founding of Oklahoma City's own Slow Food Convivium. They have participated in many events that have showcased local growers and producers. Visit the OKC Convivium website at www.slowfoodokc.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:



WWW.BUYFRESHBUYLOCALOK.COM

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