Natural Awakenings
Dallas Metroplex Edition
North Texas Farmers’ Market Guide
July 2017

Come to the Organic Experts

Urban Farmers, Homesteaders, and Organic Gardeners shop at Marshall Grain because we are dedicated to making you a successful organic gardener.

- Native, drought-tolerant plants
- Eco-safe organic gardening supplies
- Locally sourced fruit & vegetable starts
- Wholistic pet food & supplies
- Expert advice

Call today: 817-416-6600

Includes Farms, Community Supported Agriculture Programs and Garden Centers

Please Pull Out and Use as a Handy Reference All Year Long
Buying produce and goods locally supports family farmers, protects the genetic diversity of crops and reduces environmental impact. Less travel time often equates to richer, more nutrient-dense and tastier fruits and veggies. Buying locally inspires creativity, community sharing and gratitude toward food that is often lost in big box stores and major grocery chains. Individuals in the Dallas-Fort Worth Metroplex are afforded an abundance of opportunities to unite with farmers, connect with the soil and savor the flavors and colors of the season. Whether someone is looking for a juicy organic tomato, a beautiful Texas native flower or a hand-crafted piece of jewelry, the below farms, garden centers and farmers markets can accommodate.

**Bedford Farmers Market**
This family-owned business carries fresh produce, tamales, local honey, grass-fed beef, fresh salsa, hormone-free chicken and more. The market is open Monday through Saturday from 8 a.m. to 7 p.m. and Sunday from 10 a.m. to 6 p.m.

2824 Brown Trail, Bedford 817-358-9510
*BedfordFarmersMkt.com*

**Coppell Farmers Market**
Open through November 19, this weekly market runs rain or shine every Saturday from 8 a.m. to noon. Products include candles, bakery items, dog biscuits, dairy, eggs, salmon, berries, honey, plants, flowers and more. All produce is grown within a 150-mile radius of Coppell.

768 W. Main St., Coppell 972-304-7043
*CoppellFarmersMarket.org*

**Corsicana Brick Street Farmers Market**
This market is seasonal, open air and producer-only, with all products made and grown within a 150-mile radius. Products include meats, fruits, vegetables, honey, eggs and more. Hours of operation are Saturdays 8 a.m. to noon from April to November.

Corner of N. 12th St. and W. 5th Ave., Corsicana 903-229-7505
*Bit.ly/28Ylvjv*

**Cox Farms Market**
This fourth-generation, family-owned and operated grocery store provides all natural goods and seasonal produce from local farmers at a reasonable price. The market is open Monday through Saturday from 8 a.m. to 7 p.m. and Sunday from 9 a.m. to 6 p.m.

Duncanville- 1026 S. Main St., Duncanville 972-283-8851
Dallas- 778 Fort Worth Ave., Dallas 214-748-8851
*CoxFarmsMarket.com*

**Cowtown Farmers Market**
Open year-round on Saturdays 8 a.m. to noon. This market has been around for more than 30 years and is a member of Go Texan and North Texas Farmers Market Association. Fruits, vegetables, micro-greens, grass-fed meats, cheese, flowers, herbs, artisan baked goods, tamales and bath and body products are available for purchase.

3821 SW Blvd., Fort Worth *viFarmersMarket@gmail.com* *CowtownMarket.com*

**Dallas Farmers Market**
In the heart of downtown Dallas, the Dallas Farmers Market is cultivating a healthy lifestyle through The Market, a food hall with eateries and shops, and The Shed, the farmers market in an open air shed. The Market is open daily from 11 a.m. to 7 p.m., with some shops opening earlier and staying open later. The Shed offers local produce and natural meat, honey and eggs directly from farms and ranchers, along with food artisans. The Shed is open Fridays 10 a.m. to 3 p.m.; Saturdays from 9 a.m. to 5 p.m.; and Sunday from 10 a.m. to 5 p.m.

920 S. Harwood, Dallas 469-607-5899
*DallasFarmersMarket.org*

**Denton County Farmers Market**
From June to September on Tuesdays, Thursdays and Saturdays this market is open from 7 a.m. to sellout. Find tomatoes, peppers, potatoes, okra, onion, watermelon, peaches, cantaloupe, honey dew melon and more.

420 W. Sycamore, Denton 817-946-0008
*DentonFarmersMarket.com*

**Denton Community Market**
317 W. Mulberry St., Denton 972-536-3145
*DentonMarket.org*
Eden’s Organic Garden Center
This market is the first and only all organically and locally raised farmer direct market. A range of fresh organic produce is available. The market is open April through December 6 from 9 a.m. to noon on the first, third and fifth Saturdays.

4710 Pioneer Rd., Balch Springs
214-348-3336
EdensOrganicFarm.com

Fairview Farms Market Place
3312 N. Central Expwy., Plano
972-422-2500
Fairview-Farms.com/Farmers-Market

Farmers Branch Farmer Market
This market features locally grown produce, honey, soaps, lotions, candles, beef jerky, beef, chicken eggs, essential oils, artisan crafts and more. Also enjoy live music and food trucks on select weekends. Hours of operation are Saturdays 9 a.m. to 1 p.m. weekly from April 1 to October 28.

12700 Denton Dr. Farmers Branch
972-919-2602
FarmersBranchMarket.com

Farm to Fork, LLC
This year-round market sells local grass-fed beef and lamb, wild salmon, organic produce, pastured eggs, local raw honey, juices, gluten-free goods, organic potato chips, supplements and more. Delivery available. Hours of operation are 10 a.m. to 6 p.m., Monday through Friday and Saturday 9 a.m. to 6 p.m.

2001 W. Mayfield Rd., Arlington
682-549-9369
FarmToForkFoods.com

Four Seasons Markets
Established to develop a European style, the market provides a place for ranchers, farmers, specialty food producers and craftsmen to interact with consumers in a family-friendly atmosphere. The market runs on Saturdays year-round. Check website for rotating location and time.

FourSeasonsMarkets.com

Frisco Rotary Farmers Market
4th St. between Main and Elm, Frisco. 972-829-5706
FriscoRotaryFarmersMarket.com

Georgia’s Farmers Market
916 E. 15th St., Plano
972-516-4765
Facebook.com/GeorgiasFarmersMarketPlano

Grand Prairie Farmers Market
Located in Market Square, the market offers locally grown produce, tamales, salsas, pasta, sweets, eggs, honey, soap, candles and more. Open late March through mid-December every Saturday from 8 a.m. to 1 p.m.

120 W. Main St., Grand Prairie
972-237-4599
gptx.org/FarmersMarket

Grapevine Farmers Market
This market in the heart of downtown Grapevine sells pickles, gluten free pastries, goat milk, bath and body products, organic cotton, honey, olive oils and vinegars, tamales, beef jerky, nuts, cheeses, free-range chicken and other natural meats. They’re open April through October, Thursday through Saturday from 8 a.m. to 4 p.m.

325 S. Main St., Grapevine
817-793-8634
FarmersMarketOfGrapevine.com

Ham Orchards
This market has been operating since 1979 and consists of 100 acres containing five orchards, with approximately 10,000 peach trees and a variety of additional fruit trees. Picked peaches, cider made with fresh fruits, or homemade pies are available to take home. Visitors can also try the markets award-winning soft serve ice cream made with their own peaches and strawberries. Starting mid May through mid August, hours of operation are Monday through Saturday from 9 a.m. to 5 p.m.

11939 CR 309, Terrell
972-524-2028
HamOrchard.com

Keller Farmers Market
Every Saturday from May to late October, the market has fresh produce, meats, salsas, live music, chef demonstrations, health presentations, pet products, crafts and more. All vendors sell Texas made products and original art pieces. From May to October, hours of operation are Saturdays from 8 a.m. to noon.

1100 Bear Creek Pkwy., Keller
682-593-3507
KellerFarmersMarket.com

McKinney’s Farmers Market
Previously ranked the number one farmers market in Texas, they have local fed beef and free-range chicken, pasta, baked goods, sauce, wine, flowers, old-fashioned candy, ice cream, art, live music and face painting every Saturday at Chestnut Square from 8 a.m. to noon and every Thursday at Adriatica from 3 p.m.

Chestnut Square- Corner of Anthony and McDonald, McKinney
Adriatica- Corner of Virginia Pkwy and Adriatica, McKinney
972-562-8790
ChestnutSquare.org/FarmersMarket
North Richland Hills Farmers Market
For more than 10 years, this market has been carrying local products that support Texas farmers. Items for sale include produce, canned goods, candy, nuts, pottery and plants. Hours of operation are 8 a.m. to 7 p.m. Monday through Saturday and 9 a.m. to 6 p.m. Sunday.

7700 David Blvd., N. Richland Hills
817-428-7075
NRHFarmersMarket.com

Paul Quinn Market
The Paul Quinn Market brings fresh food and fun to a federally recognized food desert. Stop by the market and take a tour of the football-field-turned-farm that provides fresh, healthy, affordable food options to under-sourced communities. Thursdays from March to December, 3 to 7 p.m.

3837 Simpson Stuart Rd., Dallas
972-379-7097
GoodLocalMarket.org

Ridgmar Farmers Market
This is a year-round indoor market that carries fruits, vegetables, jams, peanuts, flowers and plants. Hours of operation are Friday through Saturday 8 a.m. to 8 p.m. and Sundays through Thursday 8 a.m. to 7 p.m. year-round.

900 State Hwy. 183 N., across from Ridgmar Mall, Fort Worth
817-246-7525
FarmersMarketOnline.com/fm/RidgmarFarmersMarket.html

Rockwall Farmers Market
Since 2008, this market has provided fresh produce and specialty foods such as grass-fed meats, fresh baked artisans breads, farm eggs, seafood, honey, jams, pasta, tamales and more to the community. Local talent plays live music every week. Hours of operation are 8 a.m. to noon from May until September.

101 Rusk St., Rockwall
214-796-5148
RockwallFarmersMarket.org

Rosemeade Market and Greenhouse
This market and greenhouse is stocked with variety of plants, seasonal fruits, local meals, dairy, vegetable and natural and organic foods. Their plant farm now consists of nearly 130 greenhouses and covers nearly 30 acres, growing high-quality bedding plants right inside the Dallas city limit. The market is open seven days a week, Monday through Saturday 8 a.m. to 7 p.m. and Sunday 9 a.m. to 7 p.m.

3646 E. Rosemeade Pkwy., Dallas
972-306-2899
RosemeadeMarket.com

Rufe Snow Farmers Market
This small independent market hand-picks their produce based on color, taste and nutritional value. The fruits and veggies comes in daily, and several of the market’s gluten-free partners are non-GMO verified. You will also find unique Texas handmade items. Hours of operation are Monday through Saturday from 8 a.m. to 8 p.m. and Sunday from 9 a.m. to 8 p.m.

6871 Rufe Snow Dr., Fort Worth
817-281-4313
RufeSnowMarket.com

Saint Michael’s Farmers Market
The market is from 8 a.m. to noon every Saturday, rain or shine, through September. Farmers and growers practice natural, sustainable and organic techniques, and all products come from a 150-mile radius of Dallas County. Special items include baked goods, cheeses, tamales, meats and pastas.

All Angel’s Episcopal Church
8011 Douglas Ave, Dallas
FarmersMarket@SaintMichael.org
SaintMichaelsMarket.com

The Market Place DFW
The Mesquite location is opened every second and fourth Saturday from April through October, and the Garland location is opened every third Saturday from April through October. The market supports local growers, artists, craftsmen and merchants. Hours of operation are 9 a.m. to 2 p.m.

Mesquite-
120 W. Main St., Mesquite
Garland-
108 N. 6th St., Garland
469-275-9616
TheMarketPlaceDFW.com

Tyler Street Market
Enjoy the best of local farmers, food artisans and arts and crafts; and a special holiday market in December. Saturdays March-December, 8 a.m. to 1 p.m.

909 W. 9th St., Dallas
972-379-7097
GoodLocalMarket.org

Waxahachie Farmers Market
From April to October, the market has locally grown produce, plants, spices, eggs, jams and jellies, jewelry, pottery, clothing and other foods and décor items. The market is open Saturdays from 8 a.m. to 1 p.m.

410 S. Rogers St., Waxahachie
469-309-4000
Waxahachie.com/Departments/DowntownDevelopment/DowntownFarmersMarket

White Rock Market
This is the spot for local produce, artisan foods and crafts, and community. It is close to the Arboretum, Little Forest Hills and Casa Linda. Saturdays March-December from 8 a.m. to 1 p.m.

9150 Garland Rd., Dallas
972-379-7097
GoodLocalMarket.org
### TEXAS PRODUCE AVAILABILITY CHART

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackberries</td>
<td>May-July</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td>May-July</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>December-March</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chinese Cabbage</td>
<td>January-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Cabbage</td>
<td>Year-Round</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red Cabbage</td>
<td>January-May</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savoy Cabbage</td>
<td>January-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cantaloupes</td>
<td>May-July; October-November</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>May-October</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>November-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>December-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Cucumbers</td>
<td>April-December</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pickling Cucumbers</td>
<td>April-December</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dandelions</td>
<td>November-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapefruit</td>
<td>October-May</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Onions</td>
<td>May-October</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greens</td>
<td>October-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honeydew</td>
<td>May-July; October-November</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td>April-October</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Year-Round</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td>November-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>November-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>March-August</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Onions</td>
<td>March-August</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oranges</td>
<td>September-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Field Peas</td>
<td>April-December</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>April-August</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>June-September</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pecans</td>
<td>October-January</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Peppers</td>
<td>May-December</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Peppers</td>
<td>May-June, August-December</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Persimmons</td>
<td>August-November</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>April-September</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkins</td>
<td>September-November</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td>November-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td>April-December</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>August-May</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>May-November</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greenhouse Tomatoes</td>
<td>Year-round</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turnips</td>
<td>Year-round</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watermelons</td>
<td>May-November</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td>April-November</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Contact us online at countryworkforce.com
Purchase at the Four Seasons Farmer’s Market’s in Richardson, Hebron and Flower Mound and Cox Farm’s Market in Duncanville.

Meet Your Natural Match

**On Our Newly Upgraded Website**

We invite you to join and experience a truly conscious, loving, dating environment with amazing members.

Summer is here; be proactive by joining today. Your natural match is waiting to meet you!

Try for FREE at NaturalAwakeningsSingles.com
Farms and Community Supported Agriculture programs (CSA)

Asteri Acres
This is a certified naturally-grown suburban micro-farm that grows flowers, herbs, specialty vegetables, fruits and free-range chicken eggs. Earthworms and seeds are also available for purchase. The farm is committed to nurturing their soil and practicing permaculture principles. Asteri Acres can sometimes be found at Dallas Farmers Market, or customers can contact them for CSA or pickup details.

Garland
Asteriagency11@gmail.com
Facebook.com/AsteriAcres/

Barking Cat Farm
W. Tawakoni
Info@barkingcatfarm.com
BarkingCatFarm.com

Bonton Farms
This urban farm was created to supply local and organic produce to restore health, provide employment and ignite hope in South Dallas. The garden carries a range of produce including tomatoes and collards. Raw and natural honey, free range chicken eggs and more can also be found on the farm. Products are offered at farmers markets and at the farm itself. The website has details on selling locations.

6905 Bexar St., Dallas
972-379-8979
BontonFarms.com

Buck Creek
This third-generation family farm uses an artisan approach while using sustainable farming and ranching practices. While raising their free-range and grass-fed beef they use no grain, hormones, antibiotics or pesticides. They offer their meat via Internet, phone and email, as well as at the Little Elm Farmers Market and McKinney Farmers Market.

CR 233, Paducah
806-683-2590
BuckCreek.com

Cold Springs Farm and CSA
This farm provides quality heirloom, rare and commercially extinct fruits and veggies using organic and sustainable production practices. Free-range eggs and honey are also available.

1504 Cold Springs Rd., Weatherford
NaturallyGrownGoodStuff@coldspringsfarmcsa.com
ColdSpringsFarmCSA.com

Comeback Creek Farm
Family-owned and operated, Comeback Creek Farm is located 100 miles east of Dallas. They raise from seed all the plants they grow, many of which are specialty heirloom or hybrid varieties. They supply a handful of select restaurants in the Dallas area with their high-quality, organically-grown vegetables, and sell to the public through their CSA. Learn more via email or their website.

ComebackCreek@gmail.com
ComebackCreek.com

Deep Roots CSA
This CSA provides customers with produce from Chandler Family Farm, Gopher Knoll Farm, and Highway 19 Produce and Berries, all of which use organic methods free from pesticides and genetically modified seeds. Choose from one of the many pickup locations on their website.

903-910-5663
Deeprootsfarmers@gmail.com
DeepRootsCSA.net

Eden’s Garden CSA Farm
This farm has provided non-GMO and non-certified/traditional organic produce that is grown without synthetic pesticides/herbicides or fertilizers to the community for more than 10 years. The farm is currently accepting applications for their CSA. One hundred percent percent of yearly membership fees go directly to support the farm. Members have an opportunity to visit and pick produce. Work share opportunities are available. Visits are by appointment only.

214-348-3336
EdensOrganicGardenCenter.com
Elizabeth Anna Farm & Garden Market
This city farm provides flowers, Texas native plants, herbs, fruit and veggie plants, organic and heirloom seeds, organic fertilizers, green cleaning products, specialty food items and more. Consumers also have the opportunity to join their CSA or choose from a range of classes related to farming. They offer shares of their (and their partners’) harvests to the public. Hours of operation are Thursday, Friday and Saturday from 9 a.m. to 5 p.m. CSA pickup is on Fridays after noon and Saturdays all day.

2825 8th Ave., Fort Worth
817-922-0930
ElizabethAnna.net

Farmhouse Delivery
Farmhouse Delivery serves Dallas, Austin, San Antonio and Houston with the highest-quality, sustainably-produced food from local Texas farmers and ranchers. Products include fruits, veggies, dairy, eggs, baked goods, prepared food, pantry staples and more. Join the Farmhouse Delivery Super Club today.

Info@FarmhouseDelivery.com
FarmhouseDelivery.com

Found Penny Farm
Found Penny Farm specializes in 100 percent organic homemade bread. They bake their whole wheat and sprouted grain loaves with fresh, home ground wheat for the freshest, most wholesome ingredients. Available at a variety of farmers markets around town or at their location. To learn more, visit the website.

CR 4710, Commerce
FoundPennyFarm.com

Frankie’s Fresh Foods
This husband and wife duo grow produce and make their own pickles. Produce is harvested once ripe to ensure freshness. The pickles are made using cucumbers and peppers directly from their farm. The pickles are available in three varieties: Gourmet Dill, Fiery Dill and Bread and Butter.

Clearfork Farmers Market, 4801 Edwards Ranch Road, Fort Worth
LocalHarvest.org/Frankies-Fresh-Foods-M60034

Good Earth Organic Farm
Since 1984, this family farm has served consumers throughout Dallas and North Texas. The farm provides organic produce, grass-fed pasture-raised lamb, grass-fed beef, organic pecans and more. All plants, pastures and livestock are not treated with pesticides, herbicides or other toxic chemicals. Farm visits are available by appointment via call or text only.

8571 FM 272, Celeste
903-496-2070
GoodEarthOrganicFarm.com

Green Acres Family Farm
This small farm grows and raises their food for personal consumption, but they often have an overflow of products. They raise their animals on pasture with non-medicated, non-GMO and non-soy feed. They do not use any chemical herbicides or pesticides. Items available include eggs, chickens, lamb, beef, herbs, compost, vanilla extract, soap, flowers, and bread and cakes from partner Found Penny Farm. They are open every Saturday, but visitors must make an appointment by phone or email.

Sandra_Green@SBCGlobal.net
GreenFamFarm.Blogspot.com

Jacob’s Reward Farm
4308 Church Ln., Parker
214-284-9218
JacobsReward.com

Nash Farm
Purchased by Thomas Jefferson
Nash in 1859, this historic landmark brings history to life through exhibits, interpretive programs and touchable displays. The farm grounds are open for self-guided tours during regular business hours. Admission is free.

626 Ball St., Grapevine
817-410-3185
Grapevinetexasusa.com/nash-farm

Paca D’Lites Alpaca Ranch
972-442-0110
Alpacas@pacadlites.com
PacaDLites.com

SqueezePenny Sustainable Farm
Small family farm in rural Collin County that has been serving the local community with organic produce for more than 30 years. Call or check Facebook for more information about joining their CSA.

3723 CR 412, McKinney
972-838-3869
Facebook.com/SqueezePenny-Sustainable-Farm-140866852082

Village Farms
Village Farms features greenhouse grown produce, yielding the best variety of fruits and vegetables. The produce is Texas-grown and GMO-free; and the cutting-edge, environmentally friendly and highly sustainable greenhouse farming enables them to grow more food naturally, 365 days a year. Call or visit the website to learn more.

877-777-7718
VillageFarms.com

Walnut Creek Farm
This farm features all-natural produce, beef and chicken from the Dallas/Fort Worth area, for the Dallas/Fort worth area. They are now accepting CSA members. To eat local, ultra-fresh and foods that are high in nutritional value, call or visit the website today. You can also visit Walnut Creek Farm Monday through Friday from 8 a.m. to 4 p.m.

6521 Asher Rd., Alvarado
817-783-3588
WalnutCreekFarmTexas.com
Garden Centers

Brumley Gardens
For nearly 30 years, Brumley Gardens has provided clients in the Lake Highlands area with a range of plants including annuals, perennials, trees, shrubs, vegetables, herbs, bulbs, house plants and more. The garden also has an extensive variety of organic products. Spring and summer hours are Monday through Saturday 9 a.m. to 6 p.m. and Sunday 9 a.m. to 5 p.m.

10540 Church Rd., Dallas
214-343-4900
BrumleyGardens.com

Bruce Miller Nurseries
This nursery has provided a wide variety of gardening products to the Dallas Metroplex and East Texas community since 1969. Items for purchase include flowers, trees, shrubs and vegetables directly from growers. Organic soil building products and insecticides are also available. Spring and summer hours are Monday through Saturday 8 a.m. to 6 p.m. and Sunday 10 a.m. to 5 p.m.

1000 E. Beltline Rd., Richardson
972-238-0204
BruceMillerNursery.com

Calloway’s Nursery
This garden center is a recipient of Best Garden Center by D magazine. The managers are master certified nursery professionals by the Texas Nursery and Landscape Association. Products include roses, shrubs, vines, trees, ground cover, fertilizers, soil amendments and a variety of colorful garden plants and flowers. Open daily from 9 a.m. to 7 p.m.

7410 N. Greenville Ave., Dallas
214-363-0522
Calloways.com/Location/Greenville

Earth Kind Services
This lawn top dressing company provides organic and pet-friendly seeding, mulch and compost products. Delivery service is available. Lawn leveling and sodding is also available. The company is a member of Keep Denton Beautiful. Clients may call to schedule a free estimate.

469-744-0281
EarthKindServices.com

The Greenery
This company has been serving the community since 1987. The garden has more than eight acres of pottery, iron yard art, Native Texas plants, trees and rock pallets. The staff have more than 100 years of combined experience, and include certified nursery professionals, three plant science graduates and a licensed irrigator. A range of organic products and compost products are available. Summer hours are Monday through Saturday from 8 a.m. to 6 p.m.

3671 N. Highway 77, Waxahachie
972-617-5459
TheGreeneryTX.com

Green’s Produce and Plants
Since 1969, this nursery has been providing fresh crops from the country. The garden center houses a range of annuals, perennials, fruit trees, ornamental grasses, succulents, cacti, mulch, organic potting soil and organic fertilizers. Hours of operation are Monday through Saturday 8 a.m. to 7 p.m. and Sunday 8 a.m. to 6 p.m.

3001 W. Arkansas Ln., Arlington
817-274-2435
FarmersMarketArlingtonTX.com

Happy Gardens Organic Landscaping
This full-service Fort Worth company provides organic landscaping, designing, building and maintenance. Memberships include Texas Nursery and Landscape Association and Association of Professional Landscape Designers. The landscape professionals can be contacted via phone or email.

Info@HappyGardens.net
817-921-3639
HappyGardens.net

Living Earth
This company provides organic mulch, sand, gravel, rock, stone, soil and more. For more than 20 years, the business has also reused and recycled tree limbs, brush, leaves and grass clippings. Green roof services are also available.

972-869-4332
LivingEarth.net

Maestro-Gro
This company has been providing organic fertilizers and natural products since 1987. The products are found in more than 75 lawn and garden/nursery retailers throughout the area. All ingredients are safe, natural and non-toxic. The company can be contacted via phone.

613 Colorado St., Justin
940-648-5400
Maestro-Gro.com
Marshall Grain Co.
This nursery provides organic gardening supplies, plants, landscaping, pet supplies and more. The company has been a part of the Fort Worth gardening community since 1914. Hours of operation are Monday through Friday from 9 am to 6 pm, Saturday 8 am to 6 pm and Sunday 10 am to 6 pm.
3525 William D. Tate Ave., Grapevine
817-416-6600
MarshallGrain.com

Nicholson-Hardie Nursery & Garden Center
This nursery has been offering locals the best plants, products and garden gifts since 1899, with their signature expert service. Gardening materials include perennials, annuals, shrubs/trees, water features, vegetable/herbs and environmentally safe gardening remedies.
5060 W. Lovers Lane, Dallas
214-357-4674
Nicholson-Hardie.com

North Haven Gardens
Since 1951, this garden center has provided Texas Natives, edibles, pottery, succulents, gifts, perennials, roses, and more. A range of garden education classes and workshops are available for beginners and advanced gardeners alike. Yoga classes are also available. The center recently opened a cafe with farm-fresh food, as well. Hours of operation are Monday through Saturday 9 a.m. to 6 p.m. and Sunday 10 a.m. to 5 p.m.
7700 Northaven Rd., Dallas
214-363-5316
NHG.com

Redenta’s
This company has been providing organic gardening and landscape design since 1992. Items for sale include plants, perennials, herbs, roses, annuals, shrubs, trees, native plants, 100 percent organic soil amendments and more.
2001 Skillman St., Dallas
214-823-9421
Redentas.com

Rohde’s Organic Plant Nursery
This nursery specializes in all-organic native plants, fertilizers, pest control, bird feed, pet foods, and lawn and tree care. Organic maintenance, landscaping design and installation services and a range of Texas Native plants are available. Hours of operation are Monday through Saturday from 8:30 a.m. to 5 p.m. and Sunday from 10 a.m. to 5 p.m.
1651 Wall St., Garland
972-864-1934
BeOrganic.com

Ron’s Organic Dynamics
All plants, trees and shrubs at this garden center are organically-grown and tended to. Wind chimes, gifts and candles are also available. The company owner is a Texas certified landscape professional, certified arborist, master certified nursery professional, licensed irrigator, licensed pesticide applicator and member of Texas Nursery and Landscape Association. Hours of operation are 8 a.m. to 6 p.m.
1820 S. Beltline Rd., Mesquite
972-329-4769
OrganicDynamics.com

Ruibals Plants of Texas
Ruibals plant farm comprises nearly 130 greenhouses and covers almost 30 acres, growing the highest-quality bedding plants inside the Dallas city limit. Products and services include locally grown bedding plants, perennials, pottery, statuary, planting services, deliveries and even produce. Visit one of their four Dallas locations.
Farmers Market- 601 S. Pearl Expwy., Dallas
Lakewood- 7219 E. Grand, Dallas
Rosemeade Market- 3646 Rosemeade Pkwy., Dallas
Ruibals.com

Schmitz Garden Center
1616 Arrowhead Dr., Flower Mound 972-539-5350
SchmitzGardenCenter.com

Shades of Green
7401 Coit Rd., Frisco
972-890-9820
ShadesOfGreenInc.com

Walton’s Garden Center
This garden center has been serving the community since 1986. Products include organic fertilizers, organic plant food, organic soils, organic mulch and organic insect, disease and animal control. Popular services include arbor construction, outdoor living, outdoor kitchens, planting, and irrigation. Hours of operation include Monday through Saturday 8:30 a.m. to 6 p.m. and Sunday 11 a.m. to 5 p.m.
Dallas Arboretum, 8652 Garland Rd., Dallas
214-321-2387
WaltonsGarden.com

Weston Gardens
For more than 30 years, this garden center has provided a range of plants and design services. Products include Texas natives, antique roses, perennials, shrubs, trees, wines, ornamental grasses and more. Spring to Fall hours are Monday through Friday 10 a.m. to 6 p.m., Saturday 9 a.m. to 6 p.m. and Sunday noon to 5 p.m.
8101 Anglin Dr., Fort Worth
817-572-0549
WestonGardens.com
Maria Rodale Helps Organic Farmers Succeed
by Randy Kambic

Author, gardener and corporate executive Maria Rodale continues to add luster to an unparalleled family commitment to organic food, sustainability and healthy living covering three-quarters of a century. As CEO and chairman of Rodale Inc., she oversees the publishing of books (An Inconvenient Truth; The South Beach Diet; Eat This, Not That!), magazines (Women’s Health, Men’s Health, Prevention and Organic Gardening) and naturally healthy living websites.

Her grandfather, J. I. Rodale, pioneered the American organic movement in 1942 by launching Organic Farming and Gardening magazine. In 1947, he founded the Soil and Health Association, which later became the Rodale Institute, a nonprofit educational and advocacy organization, of which Maria is a board member. The influence of her 2011 book Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe remains strong.

What is the status of the organic farming industry?
As a whole, it has seen great growth, in large part due to increasing demand resulting from consumer awareness. In 2015, organic was a $43 billion industry in the U.S., with Millennial households leading the way. Still, only 5 percent of all food consumed in the U.S. is organic (produce 13 percent), while less than 1 percent of our farmland is certified organic, which spurs imports. So the opportunity to help encourage new organic farmers and transition conventional farmers is significant. The Rodale Institute invests as much time on education and outreach as on research to help organic farmers be profitable.

How else does the Institute help the industry?
We conduct cutting-edge research in organic agriculture to study and test natural strategies to combat pests, diseases and weeds. Growing organic isn’t solely about what you don’t do, such as using pesticides and genetically modified seeds. It also proactively focuses on benefiting soil health by using compost, cover crops, crop rotations and reduced tillage. As we refine these “regenerative agriculture” methods, we share them with farmers so they can increase their productivity and success.

We are expanding our research in nutrient density. The Institute works to understand the difference in nutrient levels, such as proteins, vitamins and minerals, in organic and conven-
tional foods and how farmers can grow nutrient-packed food.

**What new programs or initiatives are particularly exciting?**

Launched in 1981, our Farming Systems Trial is the longest-running North American research project comparing organic versus conventional grains such as corn and soybeans; it has allowed us to compare yields, water and energy use, soil organic matter, nutrient density, profitability and other factors. In 2016, we introduced our Vegetable Systems Trial, a side-by-side comparison for organic versus conventional produce. We expect organic management practices that improve soil health can enhance nutrient density in vegetables and so benefit farmers’ lives and eating habits worldwide.

In 2016, we launched the Organic Farmers Association (OrganicFarmers Association.org), creating a valuable information exchange and unified voice for domestic certified organic producers. This national membership organization focuses on policy issues, including the Farm Bill, subsidy programs, animal welfare standards and contamination from conventional farm fields.

**Can the public provide input to the 2018 Farm Bill?**

President Trump’s proposed “skinny” budget seeks to gut many federal programs, including those designed to protect the environment, so we need to urge elected representatives to stand up for organic farmers as the new bill develops. Historically, heavily funded commodity crop interests fight against assistance programs that encourage low-income people to buy healthy foods.

Organic agriculture made strides in the 2014 Farm Bill, which provided increased support for the U.S. Department of Agriculture’s National Organic Program, crop insurance, organic research and organic certification cost-sharing programs. To help meet surging demand for organics, it’s important to support initiatives like the Conservation Reserve and Transition Initiatives programs that provide resources for farmers to move from synthetic chemical farming to organic methods.

**Besides healthier food, what other benefits of organic farming have convinced late adopters to convert?**

Healthy soil, full of billions of beneficial microorganisms, is a major by-product of regenerative organic farming. Organic farming creates diverse, healthy ecosystems that protect wildlife. However, any agricultural model that’s fixated on yields at the expense of soil health will incur a steep price as those farms won’t remain productive for future generations.

Regenerative organic farming facilitates storage of carbon in the ground, making it integral to addressing the climate crisis. *Organic Manifesto* makes the case plain; to optimize your own and the planet’s health—buy, grow and eat organic food.

Randy Kambic is a freelance writer and editor in Estero, FL, and regular contributor to Natural Awakenings.

---

**eco brief**

**Summer Water-Saving Tips**

Here are a few ways to save North Texas water in the summertime while maintaining a beautiful lawn.

- Call the city water provider for a free irrigation system check-up. In Dallas, call 214-670-3155 or visit SaveDallasWater.com. In Fort Worth, call 817-392-8740 or visit FortWorthTexas.gov/savefwwater/irrigation/residential-evaluation.

- Change sprinkler controllers to create a cycle and soak program with three-minute run times for pop-up head zones and multiple start times to ensure the water does not run off on sidewalks or driveways. Most controllers will allow three or more start times. They also normally have an A, B and C program button for up to nine different start times.

- Use two to four inches of mulch in shrub beds and lower the watering times for the beds if they are on their own separate zone.

- Mow high. Raise the deck on the lawn mower. Do not remove more than one-third of the length of the lawn (leaf blade).

- Use a mulching lawn mower to add nutrients back into the yard for free.

- Consider installing low-maintenance, “Texas-scape” landscaping.

For more information visit LandscapeWaterManagement.com or call 972-979-3996. See ad, page 31.
Eating Vegan on the Road
Clever Ways to Eat Healthy Anywhere
by Judith Fertig

Traveling can be tricky for those trying to eat a plant-based diet, especially on long stretches of highway. More than 33 percent of Americans, or 100 million-plus people, are eating vegan/vegetarian meals more often, even if they do not adhere to a strict plant-based lifestyle, concluded a 2011 Harris Interactive study commissioned by the Vegetarian Resource Group. Here is what the discerning traveler can do when hunger strikes.

Start by looking for vegan pit stops before you go. Identify a plant-friendly restaurant group, such as Dr. Andrew Weil’s True Food Kitchen (now in 12 states), and then Google for their locations. Smartphone apps such as Finding Vegan and Happy Cow help point the way to vegan-friendly restaurants around the world.

This month, Natural Awakenings asked three savvy travelers how they manage plant-based eating wherever they go.

For Dustin Harder, eating well on the road is a matter of research and preparation. He is the New York City-based chef/host of the online program The Vegan Roadie, with 100 U.S. restaurant visits and counting and now seeking crowdfunding for its third season, set in Italy. Harder has learned to investigate his dining options ahead of time, and always packs a travel-size, high-speed blender, lots of trail mix and his favorite condiments of sriracha (bottled hot sauce) and nutritional yeast.

“You can locate great vegan restaurants in surprising places if you search online before you travel,” he says, listing Viva Vegeria and La Botanica, in San Antonio, Texas, and The Red Fern, in Rochester, New York, among his finds. Where vegan restaurants are scarce, he turns to plant-based options at Chipotle Mexican Grill and Panera Bread. His DIY hotel-room cuisine favorites are a Hotel Smoothie, Banushi (banana sushi) and Pizzadilla, a cross between a pizza and a quesadilla, “cooked” in aluminum foil using a hotel iron and ironing board.

Matt Frazier, a runner and co-author of the No Meat Athlete Cookbook, recently went on the road for a self-funded book tour. Not only had he left his high-powered blender back home with his family in Asheville, North Carolina, he was on a tight budget. “The trick that has helped me not just survive, but thrive on the road is eating fresher, more whole and more raw,” he says. He recommends filling up on kale, broccoli, cauliflower, cabbage, nuts and seeds, berries, beans, onions and mushrooms.

Lindsay S. Nixon, author of The Happy Herbivore Guide to Plant-Based Living and related cookbooks, has traveled from her home in Los Angeles across the country and around the world, finding plant-based foods wherever she goes. “Almost every city has a Thai or Italian restaurant where you should be able to find something on the menu or adapt a dish to stick with plants,” she says. “You might have to get a little creative. I once asked for salsa and a plain, baked potato; not a bad combo, as it turns out.”

Wherever we find ourselves, we can still find healthy ways to eat.

Judith Fertig writes cookbooks and foodie fiction from Overland Park, KS. Connect at JudithFertig.com.
Vegan DIY Room Service
by Dustin Harder

such as baby spinach or kale
1 banana, peeled, or another favorite
soft, peeled fruit

Put the water, greens and banana in a
high-speed, travel-sized blender and
blend until smooth.

Recipes courtesy of VeganRoadie.com.

Pizzadilla

Yields: 1 serving

1 large tortilla of choice (whole wheat
or GMO-free corn)
½ cup Daiya vegan mozzarella shreds
2 Tbsp onion, chopped
2 Tbsp green pepper, chopped
¼ cup pizza sauce or marinara,
store-bought
Shredded fresh basil for garnish
(optional)
Field Roast Grain Meat Italian Sausage
(optional)
Large piece of aluminum foil
Iron and ironing board

Preheat hotel or travel iron; the linen
setting works well.
While the iron is preheating, place
tortilla on a square of aluminum foil
large enough to enclose the tortilla.
Sprinkle half the cheese on one half
of the tortilla, top with peppers and
onions, spoon over the marinara and
sprinkle with the remaining cheese.
Fold the other half over the toppings,
and then fold the foil over the entire
Pizzadilla, completely closing the
edges of the foil.
Place the foil packet on the ironing
board and the iron on the foil packet.
Iron it out to flatten slightly and then
leave iron on the foil packet for 2 min-
utes, flip and repeat. Open foil, cut the
Pizzadilla in half and it’s ready to eat.

Hotel Smoothie

Yields: 1 serving

1 cup filtered water or apple juice
Handful or two of tender, baby greens,
DIG THE DEALS
FROM THE ORIGINAL ORGANIC NURSERY IN NORTH TEXAS.

Now through July 31st, take 20% off our entire line of organic GreenSense® products. That's everything from DE, Lava Sand to Aunt Rohde's Compost Tea. And, all 1 gallon perennials are 20% off! Stop in and check out our selection of Native plants, trees, and shrubs, or, to discuss all of your organic lawn care and maintenance needs.