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Welcome to Spring!

I love spring! I love the regeneration of my garden, the planting of seeds, wildflowers poking out of the forest floor and the feeling of lightness and joy in the air. Every creature and plant craves the warmth of sunshine and longer days!

We have lots to be joyful about at Local Table! We are starting our 9th year of business, but it feels like we are just getting started! This year will include lots of firsts for us—both in the magazine and on the website and also out and about within the community.

First, along with the Nashville Farmers' Market and WRLT's Team Green, we are hosting a Community Supported Agriculture (CSA) Fair on Wednesday, March 18, at the NFM. There are still lots of folks who are new to both local food and the CSA model and we want to help them find their own farmer! Only a decade ago there were only two CSAs in our area and now our Farm Guide lists 54 farms operating CSA programs in Middle Tennessee.

In early June, on Saturday, June 13, we're partnering with Short Mountain Distillery's new Stillhouse Restaurant to help them make merry and celebrate their opening. We're putting together a farm-to-table event to combine the riches of our area's local food and beverage (think moonshine!). Details are still in the works, but it's bound to be a warm, casual and felicitous gathering and we hope you can join us. Follow our Facebook page and sign up for our newsletter for more details!

My sweet husband and IT man extraordinaire, Dale Cox, has redone www.localtable.net and we are mobile-ready! Check out our new look—we're able to use many of the gorgeous photos we don't have space for in the magazine to shine a light on the people and land we all love so much. Along with new digital options for farmers and small businesses in the area, digital maven Dara Carson has joined our team to help us grow and expand Local Table's community.

Part of our reboot has been the addition of a new Farm-to-Table Restaurant Guide highlighting those restaurants and eateries who source many of their products from local producers. Not only will we run a list in each printed issue, but you can also go to localtable.net and click on Farm-to-Table Restaurant Guide to find out more information about a particular restaurant and who they use locally for produce and meat. It's a real commitment from a business perspective to make the decision to purchase locally—it means additional work and planning for the chef and his staff. So please support those establishments who are truly walking the walk!

In addition to the year-round farmers' markets, most of the community markets get underway this season; check out our farm listing guide to see when your market is opening and buy local!

Thanks for all of your support and please don't forget to mention to our advertisers that you saw them in Local Table!

See you at the market!

Lisa
Publisher

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Tavalin Tails' spring lambs
by Sarah Gilliam

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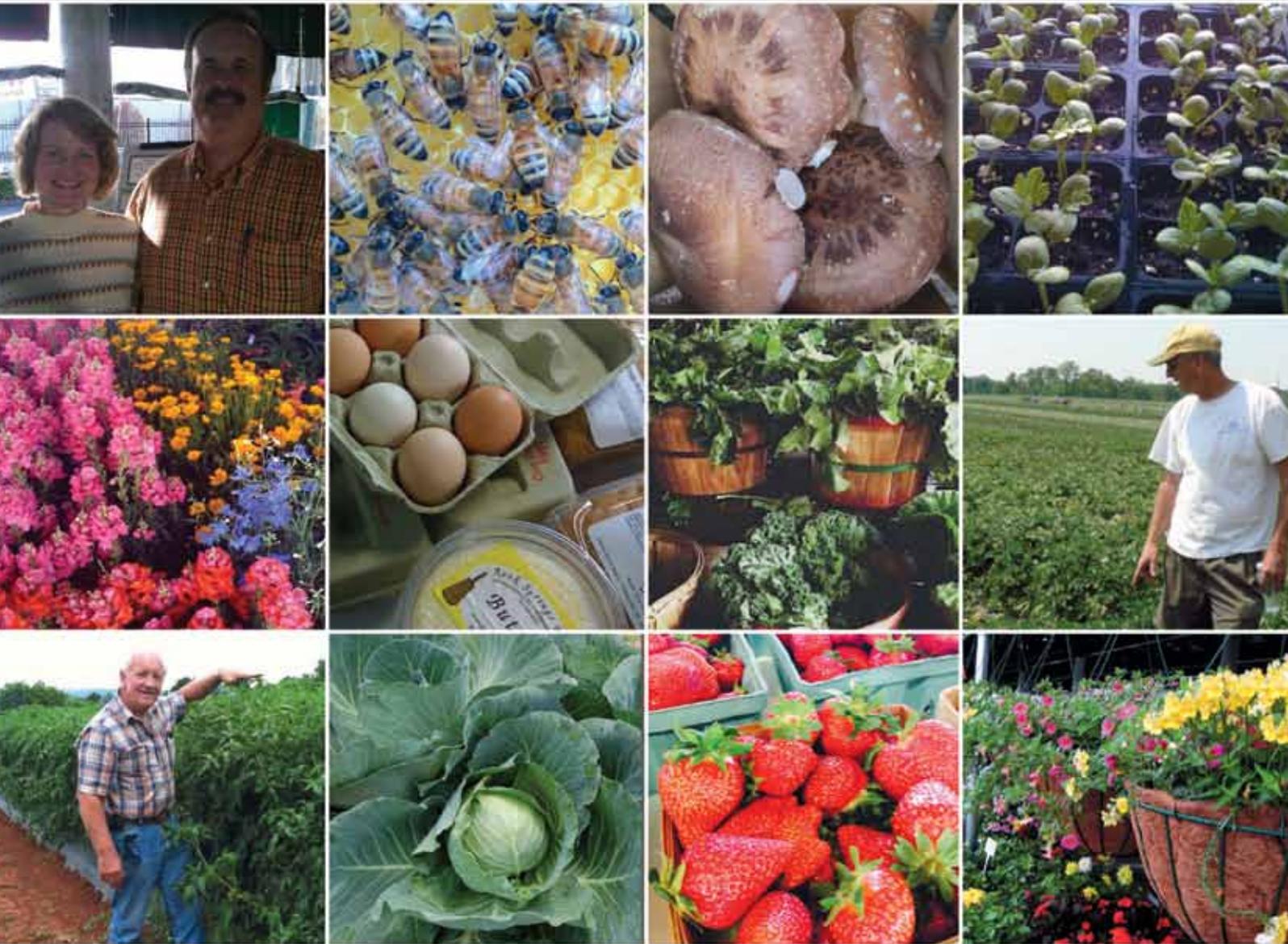
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STEP INTO *SPRING* AT THE PERENNIAL PLANT SOCIETY OF MIDDLE TENNESSEE'S ANNUAL PLANT SALE

by LINDA BREWER

After the harsh winds of winter, it's rewarding to look forward to springtime when flora and fauna awaken to bring delight to nature lovers everywhere. The hints of warmer weather urge gardening enthusiasts and newbies alike to begin garden and landscaping plans. To that end, one event not to miss this spring is the Tennessee garden lovers' event of the year, the Perennial Plant Society of Middle Tennessee's Annual Plant Sale, an admission-free, one-day-only event held at the Tennessee State Fairgrounds on Saturday, April 11, from 9:00 a.m. to noon.

The Perennial Plant Society of Middle Tennessee (www.ppsmt.org) is a non-profit organization that offers advice on effective gardening techniques and promotes the use of perennial plants in our landscaping efforts. The organization's proceeds go towards charitable and educational activities, including scholarships to horticulture students. The organization also brings in gardening experts who speak at monthly meetings held for the public free of charge at Cheekwood Botanic Hall.

"I am excited that thousands of healthy, quality plants of such variety are under one roof and will be sold to local gardeners at great prices in three hours or less," says Plant Sale Coordinator Susan Shumaker.

The sale is an eagerly anticipated event and is so popular, in fact, that there could be 300 people or more in line when the doors open. Plant lovers arrive early to get a jump on better selections and the opportunity to sign up for a drawing to win a \$20 gift certificate. In earlier years, the Perennial Plant Society of Middle Tennessee Annual Plant Sale has closed at 2:00 p.m., so shoppers should make note that this year is closing is noon.

The plethora of plants are expected to be provided by four Tennessee vendors, who will supply 400-500 different varieties. Each plant is identified with a card that shows a color photo of it in bloom, with signs telling shoppers each plant's needs. Volunteers stand by to answer questions and offer gardening suggestions. Plants offered will include perennials, annuals, grasses, ferns, roses and a variety of shrubs.

The variety of plants up for sale is perhaps the main reason the event is so popular with Tennessee gardeners. The prices, most definitely another perk, are lower than found in gardening centers and are competitive with big box stores (where you won't likely find anywhere near the number of different varieties offered by the sale.)

What shoppers need to know before heading to the Perennial Plant Society of Middle Tennessee's Annual Plant Sale is that, although admission is free, Metro charges \$5 for parking at the Tennessee State Fairgrounds, pets must be left at home, and wagons and large carts must be left at the door. Cash, checks, credit and debit cards are welcome and your support is highly appreciated.

For more information, please visit: www.ppsmt.org

SHORT MOUNTAIN, STILLHOUSE RESTAURANT & LOCAL TABLE COME TOGETHER FOR JUNE 13 *farm-to-table event*

by LEE MORGAN

While agriculture is a major part of the history of Tennessee, most people never think of the role distilleries have played in it. But near Woodbury, Tennessee, there is Short Mountain's Billy Kaufman, who recognizes their importance and has managed to bring food and drink together to help create a setting where people can enjoy everything the land has to offer.

Three years ago, Short Mountain Distillery began operating on the 300-acre Short Mountain Farm in Cannon County, producing small batch traditional moonshine. The company has grown into a widely recognized brand found in bars and restaurants and on home shelves across the region. The spirits produced at the distillery are made



with locally sourced corn from the farm itself. As the company grew, Kaufman saw there was something missing.

"We realized in order to make our distillery complete, we needed a place where people could sit down, eat and drink," Kaufman said. "I couldn't have the distillery and a restaurant here (because of licensing restrictions) so I talked to Todd Hollandsworth and he wanted to open a restaurant right here next to the distillery in the farm house."

Hollandsworth enlisted the help of chef and restaurateur Vincent Bradberry to create a traditional eatery with some modern flair. The result was the Stillhouse Restaurant.

CONTINUED ON PG. 5



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SPRING CLEANING BRINGS CHANGES AT THE NASHVILLE FARMERS' MARKET

by LEE MORGAN

The Nashville Farmers' Market has been a provider of a wide variety of produce and other agricultural products for years, but this spring when it reopens under the influence of new leadership and new, more stringent guidelines, you may not find as much there as you did before. But wait...that is not necessarily a bad thing.

The Nashville Farmers' Market sustained considerable damage during the 2010 flood and has struggled to meet repair needs and financial obligations ever since. Many of the local and regional vendors who were staples at the market before the flood did not return after it was revived. Revenues suffered and financial goals failed to be met time and time again. The farmers' market found itself in need of operating cash and sometimes needed to lean on government funding to stay afloat.

"The situation was not rosy," new Nashville Farmers' Market Executive Director Tasha Kennard said. "The organization was still in flux and there were lots of ongoing financial struggles."

In addition to the financial woes facing the market, the reality of the day-to-day business going on there drifted away from the main mission of the organization. "It was an anything goes farmers' market," Kennard said. "By that, I mean you could sell anything you wanted there. It didn't matter whether you grew it or where it came from."

The Nashville Farmers' Market began a complete shuffle as 2013 transitioned to 2014 in an attempt to get back to the business of promoting the growers who want to provide goods for the Nashville community. With a new board of directors assembled, Kennard was brought on to spearhead the efforts. What resulted was the new Nashville Farmers' Market that will debut April 1, 2015, as a true "producer-only" farmers' market with a set of merchant standards by which all sellers will have to abide.

"The new standards mean the merchants have to grow it, raise it or otherwise produce it to be able to sell it," Kennard said. "Each vendor will be required to sell 90% of their own products. We will allow 10% of other products to provide some variety. So, if you want to sell eggs but you don't raise hens, you can sell your neighbor's eggs if they are no more than 10% of your offerings. And that neighbor will have to register with us. We must know where every single product is from."

In addition, the new merchant standards allow for auditing from vendor to vendor. This is a way to police one another to ensure everyone is playing by the rules. Admittedly, Kennard says, this new set of standards will eliminate some participation and will cut back on some variety of products available at the market. But the director feels good overall about the new direction they are headed.

"You may not see the variety of products you've seen here in the past," Kennard said. "But there will be no resellers and our mission is to provide a place for growers to bring their own products to sell. And remember, this doesn't mean it's all local. We will take growers from anywhere as long as they are the ones growing it. So we'll have local as well as regional products. This will help add some variety to the market."

After one week of taking applications in January, the Nashville Farmers' Market filled up 60% of its Friday thru Sunday slots with qualified growers, so the idea that the amount of products available at the reinvented market will decrease does not appear to be an issue.

Complete guideline details are available through the organization's website at nashvillefarmersmarket.org. The Nashville Farmers' Market is located at 900 Rosa Parks Boulevard near downtown Nashville.

SHORT MOUNTAIN, STILLHOUSE RESTAURANT & LOCAL TABLE

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"We want it to be a Southern restaurant that keeps with the traditions of our rural area," Kaufman said. "So, local people could come in here and like the local dishes, but we also want to cater to the health-conscious people, too, and create food that is elevated to the level that even our international tourists will be impressed by."

The Stillhouse Restaurant is set to open its doors in June, and Local Table magazine has joined forces with Short Mountain and Stillhouse to put on a kickoff celebration and a true farm-to-table event at the new space on Saturday, June 13.

"This event will be a celebration of the MISSION statement of the distillery," KAUFMAN SAID.

"I'm so excited we're doing our first farm-to-table event with the folks at Short Mountain and the Stillhouse Restaurant," Lisa Shively, editor of Local Table, said. "Their practices and aesthetics are perfectly aligned with everything Local Table is passionate about—building community and using local producers."

"Short Mountain Distillery is just one piece of a beautiful sustainably managed farm, growing much of their own corn and raising cattle and sheep to keep the land healthy. They'll be growing much of their own produce for the restaurant and purchasing the rest from area producers. The distillery is built on a piece of the land situated next to a clear, year-round spring, which historically was used to make moonshine. They are using the spring again to make today's Short Mountain beverages. It's a small operation that embodies all the best of a small batch operation. I'm excited Local Table can be a part of the Stillhouse's opening festivities!"

Short Mountain Distillery is located at 8280 Short Mountain Road in Woodbury, Tennessee. For more information, visit: www.stillhouserestaurant.com

FARMER JAMES GARDNER GROWS LINE OF VALUE ADDED PRODUCTS

by ERIC D. S. DORMAN

It takes a farm to feed a community, and a community to support a farm.

So says James Gardner, owner and operator of Maury County-

based Gardner Grove Family Farms. Gardner Grove sits on part of what was once 1,000 acres of an antebellum plantation originally held by Tennessee's Collier family.

Although his family had been farmers for generations, James's parents stepped away from the family craft, raising James off of the farm. When James began his own career, he was thriving as a business owner and living in a historic house on the beach in Florida. Inevitably, the family tradition started pulling at him, and after some farming in Florida, he finally landed in Maury County, Tennessee.

Today, Gardner Grove is in full force, with James at the helm. He's the first to admit, though, that farming is a collective effort, and you won't go five minutes in a conversation with James in which he doesn't thank and praise the members of his farming community.



"The interaction between the producer and the consumer is a relationship," James said. "You don't really have a relationship with your grocery store, but you do with your farmer."

James calls this the "anti-mart" approach, and this philosophy permeates all of his endeavors.

For an example of the kind of grower James is, examine his philosophy of farming. "Most food only has about 30% of the nutritional value it could because of the low mineral values of the depleted soils."

According to James, food grown in more trace mineral-balanced soil is better for you, and it tastes better too. "Some call it superfood; I call it 'what it's supposed to be,'" he quipped. James wants to grow healthy, delicious food in a responsible, community-focused way. He calls his method "morganic farming."

For an example of the kind of *man* James is, consider his long-standing relationship with Franklin-based Bridges Domestic Violence Center. Bridges serves women, men and their children affected by domestic violence in Tennessee through education, intervention and case management. In addition to the day-to-day good work done at Bridges, survivors grow lavender and make satchels, bouquets and oils to help raise funds.

"I hate bullies," James said, and he participates in Bridges' ongoing efforts by providing an outlet for them to sell their goods. All proceeds go directly to Bridges.

He sells those goods, along with his own, at various local markets (follow Gardner Grove Family Farms on Facebook). Speaking of which, Franklin residents have, in part, James to



thank for the creation of the Franklin Farmer's Market. He was part of the original group of growers who helped organize and grow the market.

James has his hands in several other things, too. For instance, starting in May, he'll be partnering with the Red Pony/McConnell House in downtown Franklin to facilitate regular farm-to-table dining events. He's even starting an online cooking show that will feature ingredients from his garden and tasty recipes. Also new this year is his line of Morganics jarred goods, available at several local retailers, including Franklin's Bagbey House. Consumers can also participate in the Gardner Grove CSA, or place a pre-order for the year-round, weekly Franklin produce drop-off. In addition to produce, the Gardner Grove Family Farms also features a complete line of the farms' own all natural meats and free-range eggs.

By now, you're getting the picture: James Gardner is a man who cares about his community. His priority is to use locally grown food to nourish the community in more ways than simple caloric intake. ■

photos by Bryson Leach





THE MAN BEHIND THE MARKET

by JENNY CUPERO

There is something simply refreshing about walking into the Turnip Truck Natural Market in East Nashville or the Turnip Truck Urban Fare store in the Gulch district downtown.

There is an air of sophistication meets grass roots authenticity. There is a security in knowing that the fresh, locally sourced foods you place in your cart will be just as easily embraced by your body.

And there is a man behind it all—a local hero who has dedicated his life to spreading the importance of eating well and building a stronger, healthier community.

JOHN DYKE, owner and founder of the Turnip Truck, has his parents to thank for planting his passion for natural, locally grown foods. Growing up on a farm in East Tennessee's Greene County, John's family raised most of their own food, including vegetables, eggs and meats.

"I remember my mom buying bread and milk at the grocery store, and that's about it. Everything else came from our farm," John said. "I think that upbringing is the source of my work ethic to this day."

That work ethic propelled his dream to open a natural market that could bring his community the same natural foods he longed for after decades of being away from the farm.

JOHN DYKE

THE GULCH



“

WHEN PEOPLE SLOW DOWN ENOUGH TO HAVE THAT REAL RELATIONSHIP WITH THE FOOD THEY EAT—SEEING WHERE IT COMES FROM, APPRECIATING ITS SMELL, TASTE AND LOOK—IT HAS ENORMOUS BENEFITS

”

ville’s only natural foods store at that time). Every time I went there, I would run into neighbors from East Nashville. It occurred to me that our community could support a natural foods store of its own. I recognized a void in Nashville’s natural foods market, and I wanted to fill it.”

John’s dedication meant using vacation time from his day-job in surgical sales to travel to whole foods expos. In 2001, he discovered a building in the heart of Five Points that would become home to the store he had dreamed of opening, the Turnip Truck. The building was a body shop at the time, but it had been an H.G. Hill grocery store in a past life.

“We took the building back to its roots, building a grocery store much like the one that would have existed there in the early 1900s. Once again, people entered its doors to source chemical-free, in-season local foods and connect with fellow community members,” John said.

Nine years later, a second location followed in the Gulch district, and his success has only continued to grow. The secret? A genuine passion for connecting local farmers with the community.

“I had been living in historic East Nashville, making the trip across town to shop at Sunshine Grocery (Nashville’s only natural foods store at that time). Every time I went there, I would run into neighbors from East Nashville. It occurred to me that our community could support a natural foods store of its own. I recognized a void in Nashville’s natural foods market, and I wanted to fill it.”

“When we opened the store, there were some certified organic farmers in the area, but we wanted to help more small local farmers and food producers thrive. That was a central part of our vision then, and our goal to this day is to source as much as we can from our local environment,” John explained.

But farmers are not the only audience John aims to help.

“Part of the Turnip Truck’s vision going forward is to educate the community about the importance of eating well. We want to shine a light on the significance of consuming organic, non-GMO food. I have a dream of Nashville becoming a non-GMO city,” John said.

Chipping away at that dream starts with revolutionizing the way people grocery shop, and pioneering innovative solutions to combat urban limitations, like building a hydroponic greenhouse to grow greens year-round on the rooftop of the latest Turnip Truck endeavor—a new and improved

CONTINUED ON PG. 11



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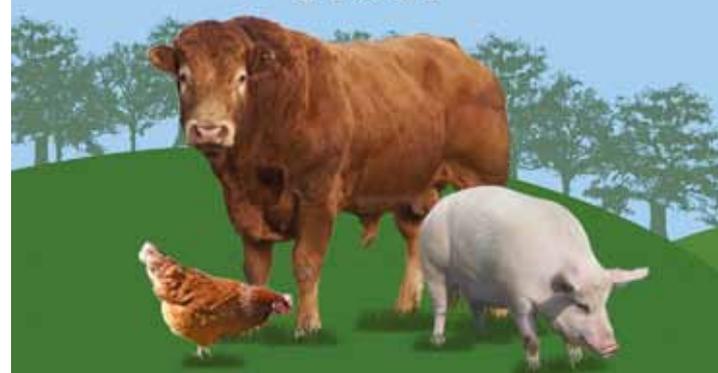
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store in East Nashville. John and his team are in the final planning stages for the store, slated for the intersection of Woodland and Seventh Streets in Five Points. The 12,000-square-foot development will replace the original 3,000-square-foot store just up the road. John reports they will break ground “extremely soon,” and could be open by late summer.

“We are excited to bring our community expanded offerings in the store, that will include fresh foods prepared in-house daily, a hot bar, a salad bar, a juice bar and a full-service meat department, as well as beer and wine,” John said.

And, in true John Dyke fashion, the store will also feature a community room to host educational sessions and serve as a general community area for the neighborhood.

“When people slow down enough to have that real relationship with the food they eat—seeing where it comes from, appreciating its smell, taste and look—it has enormous benefits. We want to encourage that type of interaction with food, starting at a very young age.”

As for John’s local hero? “The farmer who wakes up every morning and gets his hands dirty.”

He plans to do that himself on the farm he recently purchased.

“My goal is to eventually grow some heirloom vegetables for my own stores. This is taking me full circle, back to my childhood, which has shaped the past and future of the Turnip Truck.”

A very bright future, indeed. **T**

Jenny Cupero moved to Nashville from her hometown in North Carolina five years ago after falling in love with the city during a summer internship. Currently the director of business development for 5bys – A Change Agency, Jenny specializes in building relationships with prospective clients to connect them with the solutions they need to be successful. Read more at: musiccitylostandfound.blogspot.com.



Farm to Table RESTAURANT GUIDE

Our readers have requested we publish a farm-to-table restaurant guide. So, kicking off with the spring issue, we are excited to include the new **FARM-TO-TABLE RESTAURANT GUIDE** highlighting the restaurants committed to using local and seasonal ingredients. Restaurants are invited to become a part of the guide by emailing menu@localtable.net. Please support these Middle Tennessee restaurants with your dollars. Restaurants and eateries sourcing local food have made a serious commitment to our local food shed. And, don't forget to mention Local Table when making reservations!

Due to the changing nature of restaurants, please go to the restaurant's website for days and times. If you'd like to see the local producers each restaurant uses, please check out the

**FARM-TO-TABLE
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fresh foods from a local farmer,
“**CSA**” is an acronym that
stands for...

- Correct, Sustainable Agriculture
- Committed, Serious Affiliation
- Choosing Smart Answers
- Caring and Safe for All
- Community Supported Agriculture
- All of the above

A+

Answer: All of the above. However you define it, Community Supported Agriculture is a smart, caring commitment that sustains the family farms in your community. Find YOUR CSA farmer at www.PickTnProducts.org.



Follow us on:



farm to table RESTAURANT GUIDE

Our readers have requested we publish a farm-to-table restaurant guide. So, kicking off with the spring issue, we are excited to include the new **FARM-TO-TABLE RESTAURANT GUIDE** highlighting the restaurants committed to using local and seasonal ingredients. Restaurants are invited to become a part of the guide by emailing menu@localtable.net. Please support these Middle Tennessee restaurants with your dollars. Restaurants and eateries sourcing local food have made a serious commitment to our local food shed. And, don't forget to mention Local Table when making reservations!

Due to the changing nature of restaurants, please go to the restaurant's website for days and times. If you'd like to see the local producers each restaurant uses, please check out the

**FARM-TO-TABLE
RESTAURANT GUIDE**
online at www.localtable.net

* Outside of Davidson County



*** THE BLUE PORCH RESTAURANT
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www.theblueporch.com

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615-599-4995
info@saffirerestaurant.com
www.saffirerestaurant.com

Nestled within the historic Factory at Franklin, Saffire Restaurant and Bar is an eclectic restaurant focused on delivering high-quality cuisine with a neighborhood feel. Saffire combines locally grown produce and indigenous flavors with exotic ingredients to deliver a wonderfully creative menu. With imaginative offerings, a spectacular wine and bar program, welcoming surroundings and attentive service, it is a place where culinary excellence meets comfort.

The Nashville Community Farmers Market Association Welcomes the New Season!
LET'S CELEBRATE & SHARE THE HARVEST

Grand Opening Days 2015

Market Name	Grand Opening Date	Address	Hours	Website
Amqui Station Farmers Market	GRAND OPENING MAY 3RD	301 B Madison Street	Sundays, 12-3pm	www.amquistation.org/farmers-market
12 South Farmers Market	GRAND OPENING MAY 5TH	Sevier Park, 3000 Granny White Pike	Tuesdays, 3:30-6:30pm	www.12southfarmersmarket.com
East Nashville Farmers Market	GRAND OPENING MAY 6TH	Shelby Park, 1500 Davidson Street	Wednesdays, 3:30-7pm	www.eastnashvillemarket.com
Hip Donelson Farmers Market	GRAND OPENING MAY 8TH	2730 Lebanon Road	Fridays, 4-7pm	www.donelsonfarmersmarket.org
West End Farmers Market	GRAND OPENING MAY 9TH	4101 Harding Pike	Saturdays, 9am-12:30pm	www.westnashvillemarket.com

ARE HEALTHY BREAKFASTS ALLOWED IN THE MAN CAVE?

by JAMES SHAPTER

When you hear the words “man cave,” do images of men gnawing on junk food, chugging beer and giving each other high fives come to mind? I, and any other man reading this post, won’t deny that one or all of those things may occur during a game, but oftentimes our species is a little more refined outside those few hours. One of those times might even be at breakfast.

I’m not suggesting that before the game most of us gather in the basement, sip tea and discuss the latest fall fashion trends. What I’m saying is most of us understand that it is just as important for men to start their day with a well-balanced, healthy meal, and we don’t have to check our manhood at the door in order to do it.

Most of us have heard that a good way to start the day off right is with a bowl of oatmeal. I’m going to take this a step further by explaining how to do this hassle-free, with little preparation, while utilizing some lesser-known, nutrient-dense ingredients.

RECIPE

Here is a simple, healthy way to make **MAN CAVE OATMEAL** for breakfast incorporating the above ingredients.

ingredients

- ½ cup Old-fashioned oats
- ½ cup Low-fat milk
or non-dairy milk product
- 1 tablespoon Sunflower seed butter
- 1 tablespoon Currants
- 2 teaspoons Honey
- 1 teaspoon Chia seeds
- ¼ teaspoon Cinnamon

directions

1. In a microwave-safe bowl, combine and mix oats, currants, sunflower seed butter, chia seeds and cinnamon.
2. Add honey and low-fat milk; stir to combine.
3. Microwave until oatmeal is thickened, about 1½ - 2 minutes. Makes one serving.

NUTRITION FACTS (per serving): Calories: 399 / Fat: 15g / Carbohydrate: 58g / Sodium: 121mg / Fiber: 9g / Protein: 14g

Sunflower Seed Butter Perfect for those with allergies, this butter contains no nuts, gluten, dairy or eggs and can be used as a direct substitute for other nut butters! This butter packs quite the nutritional punch, too, offering the same amount of protein as peanut butter, while doubling the amount of fiber. Sunflower seed butter also provides 27% of the Recommended Daily Amount (RDA) of vitamin E and contains 1/3 less saturated fat than peanut butter.

Chia Seeds Ch-ch-ch- chia seeds are a product of the desert plant *Salvia hispanica*. These whole-grain, edible seeds are both mild and nutty in flavor, making them easy to incorporate into your favorite cereals, vegetables, yogurt and baked goods. Chia seeds provide us with the richest plant source of the triglyceride-lowering omega-3 fatty acids, while administering a healthy dose of fiber and protein to your diet!

Currants Similar, yet smaller than raisins, currants are derived from red seedless grapes. Nutritionally, currants contain 7g of fiber per serving compared to the 4g provided by raisins. Currants are also a good source of potassium, iron and vitamin B6 and higher in each nutrient than its counterpart.

Jim Shapter is enrolled in the dietetic internship at Vanderbilt University Medical Center. Jim’s desire to become a registered dietitian came later in life. He enjoyed a previous career in architecture before his love of food and nutrition, and the desire to help others reach an elevated state of well-being.

**FRANKLIN RESTAURATEUR
JASON MCCONNELL
IS BUILDING HIS EMPIRE
ON FRESH, LOCAL FOODS**

by JOE NOLAN

JASON MCCONNELL is a world traveler whose taste in food is inspired by the far-flung flavors he's found in exotic locales in Morocco, Hong Kong and Thailand, and in restaurants and kitchens all over the Southeast. But McConnell isn't just a traveling dilettante gourmand. After working at the City Grocery in Oxford, Mississippi, McConnell attended the Culinary Institute of America in Hyde Park, New York, before landing at F. Scott's in Nashville, where he served under local legend Chef Margot McCormack, getting his food called out by national publications like the New York Times.

"I never had any ambition to be in the restaurant business, but it just somehow slowly happened," says McConnell. "I was planning to attend law school after getting my undergrad at Ole Miss...I was always into food, but more country cooking that I learned from my grandparents...My family traveled constantly for my dad's work, and I had the opportunity to try foods from all over the South. I was immediately drawn to foods of the Gulf Coast—oysters, gumbo, po-boys, crabs. You name it; I love it. My grandparents were great cooks and so is my mother, so I have to give them the credit for piquing my interest."

In McConnell's restaurants, exotic dishes get paired with local ingredients, and are often prepared with French techniques, creating hybrid offerings that look to transform common cooking into cuisine. Even though North Africa or Southeast Asia might make an appearance on one of McConnell's menus, more than half of the offerings at Red Pony, Cork & Cow and 55 South can trace their roots right back to a cast iron skillet on your grandma's stove. And even the Japanese-inspired, East Nashville ramen pub location, Two Ten Jack, where McConnell is an investor, includes potato fries and hush puppies on its menu, as well as a house salad that borrows the bacon and egg from your mom's favorite Cobb salad.

CONTINUED ON PG. 18

MAYOR of MAIN STREET



JASON MCCONNELL



MCCONNELL HOUSE



55 SOUTH



CORK & COW





RED PONY

MATUR / MAIN STREET

“I love simple, honest food,” says McConnell. “Anyone who’s a cook is on a never-ending journey to define their style. My thoughts on food are constantly changing. When I started, it was French cuisine that was cool or the pinnacle. I don’t really have much interest in foie gras anymore. There are so many cool ethnic foods out there that are so much more interesting.”

Of course, borrowing flavors from other cultures and updating Southern classics is bound to raise eyebrows when the all-the-rage question of “authenticity” rears its head.

“Authenticity is open to individual interpretation, so it means so many different things,” says the chef. “If I eat Mexican food outside of

Mexico, is it authentic? Some people will say, ‘Hell no.’ But, if I’m eating a tongue taco with fresh tortillas in Franklin, why is that not authentic?”

When McConnell opened Red Pony in 2006, he filled a niche in downtown Franklin’s dining scene, creating a space that was upscale, but unpretentious and local-centric. The Pony’s comforting menu is matched by the space’s exposed brick, warm interior design palette and low lighting, resulting in a fine dining restaurant that feels more like a neighborhood hang. Nearly a decade later, the spot is still a go-to favorite south of Nashville.

McConnell opened 55 South in 2010. The place takes its name from the roadway that connects

Memphis to New Orleans, threading together the diverse textures and flavors of Deep South culture and cooking along the way. The restaurant’s menu is inspired by the culinary geography of its namesake highway, aiming to take diners on a Southern cuisine odyssey in yet another eatery in downtown Franklin. The space looks like a Louisiana oyster house and the briny bivalves are one of the restaurant’s main attractions, which also include boiled shrimp tossed in remoulade sauce and served over pickled fried green tomatoes, and an Elvis-inspired dessert featuring brownies, bananas and peanut butter mousse.

McConnell opened Cork & Cow, located across the street from Red Pony, in late 2012. The gastronome’s take on a classic steak and seafood

photos by Martin Chery

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—**JASON MCCONNELL**

ingredients from producers that McConnell has worked with for years.

“I use Farmer James Gardner of Gardner Grove Family Farms. You can find him at the Nolensville Farmers Market,” says McConnell. “I go to Taproot Farms for local beef in Franklin. They sell direct to the public at their farm. These are awesome people and that makes buying from them even more special. Local food tastes better, it’s fresher, it’s more economical, it stimulates the local economy, and you meet more great people.” And it’s ultimately people—even more than food—that motivates this highly-motivated chef and entrepreneur.

“It’s about people, plain and simple,” says McConnell. “I love food, but getting to interact with so many types of people is fantastic. I think the

joint, the restaurant has become as well known for its bar as it is for surf and turf; Wine Spectator gave the spot an “Award of Excellence” and their craft cocktails are as thoughtfully prepared as their dry-aged New York strip.

Each of these spots features menus that are built on local in-

only other profession that has that much direct contact would be a cab-bie.” What’s the taxi fare from Nashville to Franklin? I’m starving. ■

Joe Nolan is a poet, musician, and freelance writer. Find out more about his projects at www.joenolan.com.

55 SOUTH

403 Main St, Franklin, TN 37064
(615) 538-6001 | eat55.com

CORK & COW

403 Main St, Franklin, TN 37064
(615) 538-6021 | corkandcow.com

MCCONNELL HOUSE

108 Bridge St, Franklin, TN 37064
(615) 595-6070 | mcconnellhouse.com

RED PONY

408 Main St, Franklin, TN 37064
(615) 595-7669 | redponyrestaurant.com

The Urban Gardening Festival

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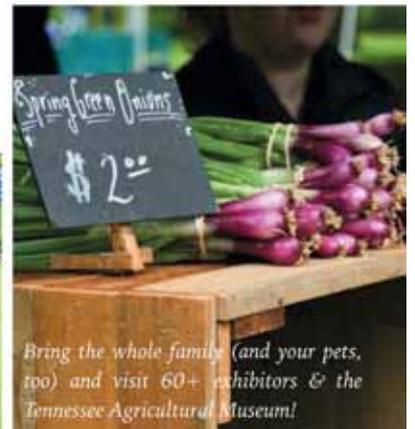
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FARMERS' MARKETS

The following is a list of Middle Tennessee farmers' markets opening in the spring. For more information on individual markets and product offerings, please visit www.localtable.net and click on the farm guide. We do our best to make sure the following information is up-to-date and correct.

Coffee County

Coffee County Farmers' Market

225 East Main St.
Manchester

Saturday 6 a.m.–noon

The market opens the first Saturday in May, is producer-operated and has 22 open-air booths that sell locally grown produce and fruit.

Contact: *Lucy Deal, 931-728-7624*

Tulahoma Locally Grown Market

First Christian Church Annex
201 NW Atlantic St.
Tulahoma

www.tulahoma.locallygrown.net

Thursday 4–6 p.m.

Our mission is to provide a dependable means of supplying the highest quality local farm products and locally produced foods. We are an on-line farmers' market where you can order from your home or office on Monday and Tuesday and pick up your order on Thursday.

Contact: *Risa Brown, tulahoma@locallygrown.net*

Cumberland County

Cumberland Sustainable Farmers' Market

Adam Colvin
Crossville
866-865-8329

csfm@colvinfamilyfarm.com

www.crossville.locallygrown.net

Thursday

We provide the greater Crossville area with locally raised produce, meats, fruits, dairy, baked goods and more. We have both an online farmers' market, and a physical farmers' market at the pickup location.

Davidson County

12 South Farmers' Market

Sevier Park
3000 Granny White Pk.
Nashville

www.12southfarmersmarket.com

Tuesdays 3:30–6:30 p.m.

The market opens Tuesday, May 5, and is a producer-only market that features all-local produce, meat, dairy and value-added items. Farmers will be both organic and conventional; items also include baked goods, gourmet dog snacks, pasta, local honey and more.

Contact: *Mary Self,*

maryself@12southfarmersmarket.com

Amqui Station Farmers' Market

301B Madison St.
Madison

www.amquistation.org

Sunday Noon–3 p.m.

Historic Amqui Station, the train station Johnny Cash saved, is hosting a producers-only farmers' market. Enjoy the covered market with air-conditioned restrooms, opening Sunday, May 3. Fruit, veggies, cheese, jams, tortillas, empanadas and more.

Contact: *Nancy Van Reece, 615-891-1154,*

nvanreece@gmail.com

Country Crossroads Market

6974 Old Hickory Blvd.

Whites Creek

urbanorganix.net

Second Saturday every month 11 a.m.–1 p.m.

Throughout the growing season, the market is held the second Saturday of every month, rain or shine, kicking off on Saturday, May 9. Mutts welcome.

Contact: *Nikkole Turner, 615-598-7389,*

nikkole.urbanorganix@yahoo.com

East Nashville Farmers' Market

Shelby Park The Greenway

1900 Davidson St.

Nashville

www.eastnashvillemarket.com

Wednesday 3:30–7 p.m.

This producers-only market kicks off the season on Wednesday, May 6, at the Greenway in Shelby Park. You'll find all locally grown, mostly organic, seasonal produce. In addition to farm-fresh produce, local farmers will be selling their organically raised meats, milk, eggs, cheeses, honey and flowers.

Contact: *Maggie Odle, 617-719-6025,*

manager@eastnashvillemarket.com

Fresh Harvest LLC

3514 Gray Ln.

Thompson Station

www.freshharvest.locallygrown.net

Wednesday 4–6 p.m.

We provide a flexible alternative to the traditional CSA model. We feature only local and organically grown produce, meats and eggs, as well as artisan products and baked goods. Our pick-ups are at Trinity Presbyterian Church on Hillsboro Road in Green Hills.

Contact: *Tally May, 931-623-0631,*

tally@wildblue.net

Goodlettsville Farmers' Market

Goodlettsville Church of Christ

411 South Main St.

Goodlettsville

www.imaginegoodlettsville.org

Thursday 3:30–6:30 p.m.

An open-air seasonal farmers' market, it opens Thursday, May 21, bringing together local farmers, organizations and artisans with their made-in-Tennessee artisan items and hand-crafted items.

Contact: *Cheryl Zech, 615-440-7360,*

cherze@comcast.net

Hip Donelson Community Farmers' Market

2730 Lebanon Rd.

Nashville

www.hipdonelson.com

Friday 4–7 p.m.

The market opens Friday, May 8, and runs every Friday. This is a producers-only market, with fresh, local produce, meats, poultry, cheese, breads and much more.

Contact: *Frank Drew, 615-473-0600,*

fm@hipdonelson.com

Nashville Farmers' Market

900 Rosa L. Parks Blvd.

Nashville

www.nashvillefarmersmarket.org

Monday–Sunday 8 a.m.–6 p.m.,

with varying merchant hours

Nashville Farmers' Market (NFM) is a year-round home to farmers, food artisans, restaurateurs, crafters and merchants offering a wide range of items. NFM is also home to more than 16 restaurants and shops. NFM's Grow Local Kitchen offers classes for all skill levels and ages, hosts "pop-up" restaurants, special events and other kitchen rental opportunities throughout the year.

Contact: *Tasha Kennard, 615-880-2001, farmer-smarket@nashville.gov*

West End Farmers' Market at Vine Street

4101 Harding Pk.

Nashville

www.facebook.com/westendfarmersmkt

Saturday 9 a.m.–12:30 p.m.

Food, farmers and artisan crafts. Come meet your farmers and have locally grown produce and goods at West Nashville's premier farmers' market. The season opens Saturday, May 9.

Contact: *Hank Delvin, 617-719-6025*

Dickson County

Dickson County Farmers' Market

284 Cowan Rd.

Dickson

www.facebook.com/dicksonfarmersmarket

Wednesday, Saturday – opens at 8 a.m.

Opening in May, our fresh vegetables, fruit, honey, sorghum, jams, jellies, breads, meats, flowers, plants and crafts are produced and crafted exclusively in Dickson and the contiguous counties.

Contact: *Vickie Witcher, UT Ext-Dickson County, 615-446-2788, vwitcher@utk.edu*

Franklin County

Rooted Here – The South Cumberland Farmers' Market and Food Hub

39 Ball Park Rd.

Sewanee

www.sewanee.locallygrown.net

Tuesday 5–7 p.m.

We are an online farmers' market and food hub that connects people in the Sewanee area with locally grown foods ranging from produce to meat, eggs, baked goods and dairy. Customers can order through the online market for pick-up in Sewanee by visiting sewanee.locallygrown.net.

Contact: *Jess Wilson, 931-808-3004*

Franklin County Farmers' Market

Dinah Shore Blvd.

Winchester

931-967-3902

Tuesday, Thursday & Saturday 6:30 a.m.–noon

Located in Winchester along the main street, the market this year moves one block closer to the square under a covered pavilion on Dinah Shore Blvd. It is an open-air market opening the third Saturday in April.

Contact: *Cathy Sanders, 931-967-3902*

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FARMERS' MARKETS

Giles County

Giles County Farmers' Market

1 Public Square
Courthouse Square
Pulaski

Saturday 6 a.m.

Beginning in March, open every Saturday morning from 6 a.m. until everything is gone. Located on the south side of the courthouse in downtown Pulaski. Farmers sell locally grown fruits and vegetables, with occasional baked goods.
Contact: Chamber of Commerce, 931-424-4044, gc@gilescountytourism.com

Hickman County

Centerville Farmers' Market

Riverfront Park Pavilion
Hwy. 100
Centerville

Tuesday, Friday 7 a.m.–noon

The market features spring plants, local produce, baked goods and handcrafts. The market's vendors grow and make their own products; many of the crafts are made using locally sourced materials, as well.
Contact: Troy Dugger, AgExt, 931-729-2404

Lawrence County

Lawrence County Farmers' Market

Corner of Mahr Ave. and Taylor St.
Lawrenceburg

Monday–Saturday 6 a.m.–noon

The market carries locally grown produce, baked goods, novelties and plants from a variety of farmers, resellers and vendors. The market opens in April.

Contact: Dewey Keener, 931-762-5926.

Macon County

Red Boiling Springs Community Farmers' Market

520 Lafayette Rd.

Red Boiling Springs

Saturdays 11 a.m.–3 p.m.

Selling Barefoot Farmer's produce, as well as other local producers.
Contact: 678-787-0935

Montgomery County

Clarksville Downtown Farmers' Market

One Public Square
Clarksville

931-645-7476

Saturday 8 a.m.–1 p.m.

When the Downtown Market opens in May, approximately 60 vendors will be on hand to offer local fresh produce, baked goods, home décor, seasonal flowers and more.

Contact: Robert Rayburn, 931-645-7476, robert.rayburn@cityofclarksville.com

Putnam County

Cookeville Farmers' Market

Cookeville

Monday–Sunday 7 a.m.–5 p.m.

The Downtown Center Pavilion opens in late May. Vendors sell locally grown produce and some baked goods in the open-air shelter area. Farmers are all certified through the local UT

Extension office.

Contact: Rick Woods or Janice Myers, 931-520-5285

The Cookeville Downtown Green Market

Cookeville

Saturday 8 a.m.–noon

Opening Saturday, April 4, the Green Market provides the finest quality fruits, vegetables, flowers, meats and value-added products, as well as extraordinary offerings from the arts and music. Call for info on the new location.

Contact: 931-267-9242

Robertson County

Springfield/Robertson County Farmers' Market

4635 Hwy. 41 North

Robertson County Fairgrounds
Springfield

www.facebook.com/RCFarmersMarket

Saturday 8:30 a.m.–noon

The 2015 season opens Saturday, May 2. We offer a venue for farmers in Robertson County to reach the public with the food products they grow and raise. All of the products offered for sale at the market must be grown or raised in Robertson County by the farmer selling it at the market.

Contact: Paul Hart, 615-384-2476, pehart@utk.edu

Rutherford County

Rutherford County Farmers' Market

Community Center

Lane AgriPark, 315 John R. Rice Blvd.

Murfreesboro

Tuesday, Friday 7 a.m.–noon

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Opening day for the market is Friday, May 8. The producer-only market celebrates its 40th anniversary of ensuring the availability of fresh produce and other farm products to members of the Rutherford County community.
Contact: *Janie Becker, 615-898-7710, jbecker8@utk.edu*

Stones River Farmers' Market

2250 Rock Springs Midland Rd.
 Christiana
stonesriver.locallygrown.net
Wednesday–Thursday

We are a year-round online farmers market customers can join anytime. Orders are placed Sunday and Monday, and pick-ups are on Wednesday in Murfreesboro and Thursday in Nashville and Christiana. Our farmers/producers are located in the Middle Tennessee region and sell a variety of fresh and processed foods.
Contact: *John Erdmann, 615-848-8942, jerdmann58@bellsouth.net*

Smith County

Smith County Farmers' Market

Ronnie Bussell
 155 Gordonsville Hwy.
 Ag Expo Park
 South Carthage
 615-735-9193
Monday–Saturday

The covered pavilion is open to local farmers only.

Contact: *Ronnie Bussell, 615-735-9193*

**Sumner County
 Gallatin Farmers' Market**

160 W. Franklin St.
 Gallatin Police Department
 Gallatin
mainstreetgallatin.com/farmers_market.html
Wednesday 3–6 p.m. / Saturday 7 a.m.–2 p.m.
 Opening the first Saturday in April, the Gallatin Farmers' Market offers Tennessee-grown products, including produce, flowers and herbs.
Contact: *Greater Gallatin, 615-452-5692.*

Hendersonville Farmers' Market

The Streets of Indian Lake
 300 Indian Lake Blvd.
 Hendersonville
Saturday 9 a.m.–2 p.m.
 We are open every Saturday, beginning May 23, at the mall plaza. Farm vendors sell a wide variety of in-season produce (some organic) including locally grown fruits, vegetables, herbs, honey and flowers. Local farm-raised pork, poultry and eggs are also available.
Contact: *Cheryl Puryear, 615-838-8238*

Warren County

Warren County Farmers' Market

100 Market St.
 McMinnville
www.warrentnfarmersmarket.org
 Wednesday, Friday and Saturday 6 a.m.-noon
 The market will open on Saturday, April 5, and take place on Saturdays only until May. The first week of May, the market will be open on Wednesday and Saturday mornings.
Contact: *Mary Cantrell, 931-668-4068 or 931-607-3446, jboab@blomand.net*

**Williamson County
 Franklin Farmers' Market**

230 Franklin Rd.
 (Behind the Factory)
 Franklin, Tennessee 37064
www.franklinfarmersmarket.com
*Winter hours through April, Saturday 9 a.m.–noon
 Summer hours, starting in May, Saturday 8 a.m.–1 p.m.*
 We provide one of the largest assemblies of Tennessee farmers in the state. A large selection of organics, grass-fed beef, produce, fruits, dairy, baked goods and flowers from local Tennessee farms. Many of our farmers offer CSA programs. Our local artisans bring to market some of the most unique handcrafted creations found anywhere.
Contact: *Deb Grant, Manager, 615-305-5007 deb@franklinfarmersmarket.com,*

Nolensville Farmers' Market

7149 Nolensville Rd.
 Nolensville
www.facebook.com/nolensvillefarmersmarket
Saturday 8:30–12:30 p.m.
 Opening Saturday, May 2, for the 2015 season, the market offers plenty of fresh, local produce and products.
Contact: *Kasi Daniels, info@nolensvillefarmersmarket.com*

Wilson County

Lebanon Farmers' Market

4195 Maple St.
 Lebanon
Monday–Sunday
 Open-air, seasonal market with covered pavilion from sunup to sundown, open year-round.
Contact: *615-443-2839*

Little Marrowbone Farm
 Heirloom tomato plants, large variety of herbs, annuals, hostas, citrus, and one of the area's largest selection of succulents.

Look For Us On Facebook!!

For More Info: 615.792.4363
littlemarrowbonefarm@hotmail.com

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 Through October**

Lane Agri-Park Community Center
 315 John R. Rice Blvd. Murfreesboro, TN

Farmers' Markets in Cumberland County
 Supermarkets have branches—Farmers' Markets have roots!

Crossville Sustainable Market
April through November
 Thurs @ The Depot · 3:30 to 5:30p
 online ordering + delivery
www.crossville.locallygrown.net

Cumberland County Market
Open Air - Seasonal
 Tuesdays, Thursdays, + Saturdays
 6:30a to 1:00p
 County Agricultural Extension



BARN SALES IN BLOOM



head to a barn sale near you for the best vintage, handcrafted and repurposed goods

by ALLISON FOX

AS THE DAYS BEGIN TO LENGTHEN AND THE KISS of spring sets hearts aflutter, barn sale season opens up across Middle Tennessee. Both heaven and haven for lovers of all things vintage, handcrafted and repurposed, these inspired events celebrate the work of makers and the style of southern days gone by.

The term 'barn sale' originated when people simply opened up their barns to creative friends who sold their handmade, homegrown or antique items to locals. Today, though the term may be used loosely, barn sales have become sought-after events, each with its own style and spirit. Christy Donoho of the Strawberry Patch incited the Middle Tennessee barn sale trend in 2009 after visiting similar events in Ohio. This gave her a longing to host a sale of her own. After holding her first barn sale in her back yard, the event quickly grew and moved to a new location: her family's farm in Hartsville, Tennessee. Now she hosts two barn sales each year, and she has inspired and offered advice to many other area barn sale coordinators.

A barn sale is an outdoor shopping event like no other—a marketplace full of lovely visual displays. Every barn sale is different, but all feature a plethora of wares, beautifully presented in a rustic, friendly atmosphere. Artisans, crafters, collectors and other 'makers' assemble their eye-catching booths with artistic flair. Christy explains that for the Strawberry Patch sales, "I look for vendors who put their heart and soul into their space. I look for one-of-a-kind, pick-of-the-litter artisans, opting for quality over quantity."

Often held on working family farms or estates, these events have given new purpose to many old and forgotten barns. Surrounded by pastoral landscapes, barn sales are actually spectacular events in their own right—featuring live music, local food vendors and farm-fresh produce. "These are family events, with each pushing the next to grow and evolve," says Tilina Hill of Murfreesboro's An Artisan Affair. She affirms, "Whether it's food, music or nostalgia, you're sure to have a great time." Barbara Gooch of becca Anne Barn Sale adds, "A simpler time of community, fellowship and country with good friends and shopping is the mix that makes barn sales special."



A BARN SALE IS AN OUTDOOR SHOPPING EVENT LIKE NO OTHER—A MARKETPLACE FULL OF LOVELY VISUAL DISPLAYS.

photos courtesy of The Strawberry Patch

Items for sale can include everything from antiques, vintage décor, furniture, handmade soaps, original or upcycled clothing, seasonal items, pottery, jewelry and anything in between. Many barn sales are juried events requiring artisans to be selected to have a booth, ensuring the quality and variety of items offered. “This provides a unique shopping experience filled with rare, hard-to-find, eclectic treasures,” explain Rachel Davis and Megan Dodson, the sisters who organize Sweet Ila Mae’s (named to honor their great grandmother). Rachel and Megan hold their annual barn sales dear to their hearts. “We love being able to support and feature local artisans, craftsmen and farmers. We pride ourselves on celebrating their talents and featuring local vendors.”

Each barn sale typically runs over a weekend, offering shopping for three days in which Friday features “first picks” first-choice shopping, special deals from vendors and a pickin’ party, if you’re lucky! Usually a small entry fee is collected—sometimes a portion of this fee benefits a local cause or charity. “We love for people to come out to the farm to enjoy the friendly atmosphere. I want you to find that special treasure, have great food and enjoy the music and laughter with friends,” muses Shirley Thomas of the Hayloft at Port Royal. “Then you can shop some more.”

When planning your barn sale visit, here are a few things to keep in mind:

Wear comfortable, functional shoes—preferably boots. Since these events are held outdoors in barns, floors will likely be grass, hay or dirt—and may be muddy.

Bring cash—some vendors will not have card readers.

Strollers and wagons are best left at home, as pathways can be narrow and will get crowded. For this reason, bringing pets is also not advised.

A truck or SUV is useful, in case you find a large piece of furniture or other item you can’t live without.

Tilina Hill shares some barn sale wisdom: “The secret here is: if you see it and you like it, you better get it! If you think too long, someone else will snatch it up.”

Starting in late March, barn sales are plentiful weekend after spring weekend. The season takes a break in the summer; then it will rise again in the fall with another string of glorious barn sale weekends. Here is a list of spring barn sales happening around Middle Tennessee

UPCOMING SPRING BARN SALES



BECCA ANNE BARN SALE
 March 27–29
Cloverdale Farm
 336 Cloverdale Circle / Sparta, TN
facebook.com/beccaannebarnsale

**SWEET TEA & SHOPPING
 SPRING SPECTACULAR**
 April 17–18
Bottom View Farm
 185 Wilkerson Lane / Portland, TN
facebook.com/SweetTeaAndShopping

TENNESSEE HONEY BARN SALE
 May 2–3
 Dumplin Mountain Road / Spencer, TN
facebook.com/pages/Tennessee-Honey-Barn-Sale/1474659539472226

**THE STRAWBERRY PATCH
 SPRING MARKET**
 May 7–9
Starlite Farm
 1272 Starlite Road / Hartsville TN
thestrawberrypatchtn.com

**J. ALEXANDER HOME GARDEN
 & GOODS MARKET**
 May 8–9
 300 Cragfont Road / Castalian Springs, TN
facebook.com/jahgardenandgoodsmarket

**TIL THE COWS COME
 HOME BARN SALE**
 May 8–9
Mullins Farm
 903 S. Dry Valley Road / Cookeville, TN
facebook.com/tilcowscomehome

**THE HAYLOFT AT PORT
 ROYAL BARN SALE**
 May 14–16
 551 Port Royal Road / Clarksville, TN
thehayloftatportroyal.com

SWEET ILA MAE’S BARN SALE
 June 5–7
 789 Jericho Road / Quebeck, TN
facebook.com/pages/Sweet-Ila-Maes/545976182086959

AN ARTISAN AFFAIR
 June 12–13
Oaklands Historic House
 900 N. Maney Avenue / Murfreesboro, TN
anartisanaffair.org

**THE CITY FARMHOUSE
 POP-UP SHOW**
 June 19–20
City Farmhouse
 11 Bridge Street / Franklin, TN
cityfarmhousefranklin.com



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WWW.COMMUNITYFOODADVOCATES.ORG



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MARKET

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Downtown Clarksville on Public Square

www.clarksvilledowntownmarket.com



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FARM GUIDE



Bedford County

Petalland Flower and Herb Farm

Karen Yasui
3881 Highway 130
Tullahoma
931-695-5466

www.petalland.com
karenyasui@united.net

Fabulous cut flowers grown sustainably for weddings or everyday bouquets. Flowers available fresh, dried, in bulk or in arrangements, retail or wholesale.

Stoney Ridge Farm

Kay and Donald Kemp
160 Sinking Creek Rd.
Petersburg
931-684-1700

kaykemp@earthlink.net
www.stoneyridgealpacas.com

Please call to make an appointment.

We are one of the oldest alpaca breeder farms in Tennessee. We have our wool processed into rovings for spinners or yarn for knitters, crocheters and weavers.

Valley Home Farm

Nancy Edwards and Bobby Potts
310 Potts Rd.
Wartrace
931-389-6470

nancy@valleyhomefarm.com
www.valleyhomefarm.com
Monday–Saturday 7 a.m.–7 p.m.
Sunday 1–5 p.m.

Farm fresh strawberries are available daily in season. Berries are available pre-picked or you can pick-your-own in clean fields with raised beds and no pesticides. Family-friendly; children are welcome. The first two weeks of May are peak strawberry season.

Zion Gardens

Risa Brown
330 Rippy Ridge Rd.
Normandy
615-653-3347

ziongardens@gmail.com

We are a small farm and grow salad greens, specialty tomatoes, herbs and seedling plants. We use only organic and sustainable methods for growing. You can find our products online at locallygrown.net and at the West End Farmers' Market.

Bledsoe County

Colvin Family Farm

Adam Colvin
1045 JB Swafford Rd.
Pikeville
866-865-8329

customersupport@colvinfamilyfarm.com
www.colvinfamilyfarm.com

Colvin Family Farm is a small, family-owned and operated farm. We raise more than 50 different Certified Naturally Grown varieties of vegetables, herbs and fruits. New are pastured chickens hogs, honey, eggs, mushrooms and stone ground wheat.

Swafford Farm

Debra and Grady Swafford
1108 Summer City Rd.
Pikeville
423-447-2762 / 423-280-8596

Our family farm operation, including sister-in-law Ramona, begins at the Nashville Farmers' Market selling produce daily, beginning in May with strawberries.

Cannon County

Crabtree Family Farms

Hollis Crabtree
228 Crabtree Ln.
Bradyville
615-765-7237 / 615-765-5915

beefalo@dtccom.net

We specialize in raising Beefalo cattle. The herd is farm-raised, pastured and natural grain and hay fed, and hormone, antibiotic and steroid-free. We also sell farm fresh eggs and pastured poultry.

Flying S Farms

Catherine and Ben Simmons
416 Doolittle Rd.
Woodbury
615-542-1078

bakingfarmer@hotmail.com
www.bakingfarmer.com

We offer a wide variety of heirloom and non-GMO hybrid products. We use foliar fertilizers that are made with food grade products to promote the growth of our crops and use the Albrecht system to feed the soil, reducing the need for commercial fertilizers and pesticides. Our CSA begins the first week of June.

Willow Oak Beef

Bonnie and Robert Mullican
5914 McMinnville Hwy.
Woodbury
615-849-6751 / 615-653-0261

bonnie@willowoakbeef.com
www.willowoakbeef.com

Farm-fresh beef, naturally raised, with no added hormones and no antibiotics. All cattle are grass-fed, finished on grain.

Cheatham County

FOGGY HOLLOW FARM

John Patrick
2010 Valley View Rd.
Joelton
615-876-0897

john@foggyhollowfarm.net
www.foggyhollowfarm.net

We are a family-operated, certified organic farm. We have the only USDA certified chickens and eggs in Middle Tennessee. We have heritage breed chickens; we incubate, hatch and sell eggs, chicks, pullets and hens.

Happily Ever After Farm

Jonathan and Judith Smith
P.O. Box 804
Joelton
615-247-8290
judith@happilyeverafterfarm.com
www.happilyeverafterfarm.com

We offer free-range eggs from organically fed chickens; USDA inspected, dry-aged, grass-fed/finished beef and organically fed, pastured chicken.

KLD Farm

Kenneth Drinnon
1110 Turnipseed Rd.
Ashland City
615-952-9454

tennbeef@gmail.com
www.kldfarmtennbeef.com

We raise Angus All-Natural USDA inspected beef. Our calves are grass-fed and grain-finished. We also have whole goats and lamb. You can purchase our meats from our family farm by appointment and from the Nashville Farmers' Market on Saturdays.

Little Marrowbone Farm

Bill and Andrea Henry
1560 Little Marrowbone Rd.
Ashland City
615-792-4363

littlemarrowbonefarm@hotmail.com
www.facebook.com/Little-Marrowbone-Farm/
Call ahead for availability and hours.

We sell from our greenhouse and at various events in the Nashville Metro area. We have both the unique and well-loved in pesticide-free perennials, herbs, greenhouse exotics, citrus, succulents, dwarf evergreens and garden accessories.

No. 9 Farms

Brian and Stephanie Oaks
1403 Little Marrowbone Rd.
Ashland City
615-545-0925

stephanie@no9farms.com

No.9 Farms is a you-pick, mixed-berry farm starting with strawberries. We also produce seasonal herbs and vegetables and grow hops and herbs for local breweries. Check our website for a complete list of classes and workshops.

Spring Creek Angus

Kenny Elrod
1108 Clarksville Pk.
Pleasant View
615-948-9214

kennyelrod@att.net

Selling purebred Angus beef on the hoof. Grass or grain-fed. Buyer also pays processing costs and I will deliver.

The Compost Company

Edward Wansing
3643 TN 12 North
Ashland City
615-427-5956

ewansing@compostcompany.com
www.compostcompany.com

We produce high-quality humus compost on site. Our blends include Premium Screened Compost, Secret Blend Screened Compost, Screened Compost Mulch, Natural Hardwood Mulch, Live Compost Tea and more.

Timbertop Farm

Jim Day
Ashland City
615-792-9306
j1day@earthlink.net

www.timbertopfarm.com
www.cheatham.locallygrown.net

We grow shiitake and oyster mushrooms. We sell at the West Nashville Farmers' Market and at the Ashland City Open Air Market.

Coffee County

Alpaca Atlantic of Tennessee

Lisa Olsen and Bill Fletcher
5378 Woodbury Hwy.
Manchester
931-728-6945

AlpacaAtlantic@gmail.com
www.alpacaatlantic.com

Full-time ranchers selling colorful, quality, reproductively sound huacaya alpacas, their fiber and fiber products. For sales, visit our website.

Cumberland County

Backyard Bouquets

Leanna and Luella Miller
184 Shady Loop
Crossville
931-277-3707

Beautiful fresh-cut flowers from our backyard to you. Sustainably grown...from the common to the unusual. Available for everyday bouquets or weddings in bulk or in arrangements.

Wild Things CSA

Terry Brooks
766 Hebbertsburg Rd.
Crab Orchard
931-787-3333

wildthings@frontiernet.net
www.wildthingscsafarm.com

We offer a spring/summer CSA with organically grown vegetables, fruits and herbs. Crop selection includes heirloom seed crops, open-pollinated crops and tasty hybrid selections. We also have farm fresh eggs. Deliveries to Oak Ridge, farmers' markets and on farm pick-ups.

Davidson County

EATON'S CREEK ORGANICS

Tana Comer
5570 Eaton's Creek Rd.
Joelton
615-415-2734

ecorganicsfarm@gmail.com
www.ecorganics.net

Certified organic. Our Vegetable, Tomato, Herb and Peppers Plant Sale will be on Saturday, April 18, at the Turnip Truck, 970 Woodland St., Nashville. Our CSA shares will be delivered Saturdays at the West End Farmers' Market at Vine Street. Shares will include vegetables, herbs, fruits and flowers. We were the first certified organic farm in Davidson County.

Annie Acres

Kelly Albright
4610 Eatons Creek Rd.
Nashville
931-216-4387

albrightkelly@gmail.com

Our Jerseys supply customers with fresh raw milk, sweet cream butter, heavy cream and half & half in the form of pet food and labeled as such. We also offer pastured poultry, eggs and live hens for backyard production.

Basil & Bergamot Flower Farm

Emily Daniel
941 Seymour Ave.
Nashville
606-344-9682

basil.bergamot@gmail.com
www.basilandbergamot.com

We are a small flower design studio and farm specializing in growing flowers with beautiful colors, amazing fragrance and longstanding beauty. No harsh chemicals or fertilizers are ever used.

Bells Bend Farm

Eric Wooldridge and Lorán Shallenberger
5188 Old Hickory Blvd.
Nashville
615-974-2388

loran@bellsbendfarms.com
www.bellsbendfarms.com

We are happy to offer CSA shares for pickup at the Nashville Farmers' Market, as well as at the farm. In addition to our traditional CSA program, we will be offering a limited number of full diet shares in 2015. These will include eggs, pork, beef, lamb, poultry and milled grains, in addition to the fruits and vegetables offered in our produce shares.

Buffalo Road Produce

Philip and Mandy Bennett
7556 Buffalo Rd.
Nashville
615-926-9803

buffalovalleyfarm@gmail.com
www.buffaloroadproduce.com

We offer sustainably grown produce, fresh farm eggs and honey. We provide produce to local restaurants through Nashville Grown and sell our produce through the Bellevue Farmers' Market and a limited number of CSAs.

FarmOne.org

Kevin Derkits
Dry Fork Rd.
Whites Creek
615-483-1318

info@farmone.org
www.farmone.org

FarmOne is a Nashville-area non-profit serving the community through responsible agriculture education and providing first harvest food donation to those in need. Volunteer opportunities available.

Flowers' Farms

Mike Flowers
4550 Eatons Creek Rd.
Nashville
615-876-8493

flowers4550@gmail.com
www.flowers-farms.com

We sell plants grown on our farm in spring and early summer. Purchase our homemade-on-the-farm pork sausage year-round. You can find us at our farm location, as well as the Nashville Farmers' Market.

Fresh and Local Nashville

Shaun Daugherty
3534 Central Pk. Suite 101
Hermitage
615-566-1895

freshjuicery@yahoo.com
www.freshandlocalnashville.com

We are a small farm that focuses on naturally grown produce. We offer year-round produce through our CSA, the Hip Donelson Farmers' Market and the Farmers' Market at the Crossings, Nashville and Bellevue Farmers' Markets. Our 20-week CSA starts June 6.

Green Door Gourmet

Sylvia Gancier
7011 River Road Pk.
Nashville
615-942-7169

info@greendoorgourmet.com
www.greendoorgourmet.com

Monday-Friday, 9 a.m.-6 p.m.
Saturday 9 a.m.-3 p.m., Sunday Noon-4 p.m.
We are a multifaceted farm operation with an on-farm market, traditional and flexible CSA, event barn and agritourism operation within the city limits of Nashville. At our on-farm market, you can find organic and local fresh veggies, as well as shop for other local and regional specialties.

Howell's Farm

Johnny Howell
Bellevue
615-242-1623

Monday-Sunday 8:30 a.m.-6:30 p.m.

Since 1938, the Howell family has been selling their farm produce in Nashville. We sell locally grown tomatoes, melons, peppers, root vegetables, squash, corn, greens and peaches. In addition to the NFM, Howell's also has another seasonal produce stand on Glen Echo Road.

Johnson Honey Farm

Robert Johnson
1206 S. Dickerson Rd.
Goodlettsville
615-859-7253

ejohnsonhoney@aol.com

We produce and sell clover, wild flower and sourwood honey locally. We also sell free-range eggs.

Old School Farm

Rachel Stubbs
5022 Old Hydes Ferry Pk.
Nashville
888-551-8622 / 615-881-9474

info@oldschoolfarm.org
www.oldschoolfarm.org

We provide meaningful employment for adults with intellectual disabilities in growing fresh, organic vegetables, herbs, flowers and eggs. CSA shares for 2015 are now open. Look for us at the West Nashville Farmers' Market.

Paradise Produce

Sonia and Stacy Geny
7721 B Whites Creek Pk.
Joelton
615-476-9203

paradiseproduce@gmail.com
www.paradiseproducefarms.com

We offer naturally grown, chemical/pesticide and GMO-free produce. Full and half-share CSAs are currently open to sign ups. Our CSA season is 25 weeks, beginning in May, delivered to Clarksville and pick-up at the farm.

Richards Family Farm

Troy Richards
1508 E. Stewarts Ln.
Nashville
615-255-6074

Monday-Sunday 8 a.m.-6 p.m.

In the spring we specialize in turnip greens, leaf lettuce, cucumbers, collard greens and mustard greens, and beets.

Rockdale Ranch

Charles Williamson
2360 Baker Rd.
Goodlettsville
615-943-4030

rockdaleranch@aol.com

We have the largest bison herd in Tennessee. We have added quail to the ranch. We sell eggs for eating or hatching your own, as well as quail for the table. Eggs are seasonal, spring through fall.

Six Boots Growers' Collective

Kevin Sykes
Nashville
919-624-1058

sixbootscollective@gmail.com
www.sixbootscollective.com

We are a group of vegetable farmers in Bells Bend who use well-planned growing practices and low-impact soil management techniques. Our CSA program will provide members with 28 weeks of high-quality vegetables, herbs and flowers. We will start pickups in mid-May.

Whites Creek Flower Farm

Laura Bigbee-Fott
6921 Old Hickory Blvd.
Whites Creek

615-426-6722

whitescreekflowerfarm@gmail.com
www.whitescreekflowerfarm.com

We use permaculture farming practices to grow our fresh flowers. We tend toward the unusual: lots of natives and heirlooms, and flowers not typically available. We sell our cut flowers at several area farmers' markets in Davidson County.

Decatur County Bartholomew Family Farm

Pamela Bartholomew
P.O. Box 423
Decaturville
731-549-4759

Bartholomewfarms@gmail.com

We have hot, medium and mild country pork sausage, bacon, ribs and tenderloin for sale. Our pork is a heritage breed with no antibiotics, steroids or added hormones.

DeKalb County Bert Driver Nursery

Bert Driver
3400 Nashville Hwy.
Smithville
615-597-9560

bert@bertdrivernursery.com
www.bertdrivernursery.com

Our sales yard is open year-round. To confirm seasonal hours of operation, call 615-597-9560 or go to www.bertdrivernursery.com. We have more than 500 species of trees and plants from the most common to the most unusual, including natives and edibles.

Creek Bend Farm

Lyle and Sam Harvey
2576 Dry Creek Rd.
Dowelltown
615-684-5873

www.creekbendfarm.org

We raise USDA certified, 100% grass-fed beef, pastured pork, pastured chicken and free-range eggs. Our products are available at the Hip Donelson and the Smithville Farmers' Markets, direct from the farm, or by arrangement at various Nashville locations. We sell individual cuts of meat or offer a monthly CSA.

DND Farm

Thomas Theriaque
2341 Adamson Branch Rd.
Liberty
615-597-9853

dndfarmtn@gmail.com
www.DNDFarmTN.com

We grow a wide variety of produce using sustainable growing methods. We also raise honey bees for honey and dry herbs, along with chickens for eggs.

Food From God Farm

Lori Wright
1900 Banks Pisgah Rd.
Smithville
615-597-1358

lori.foodfromgod@yahoo.com

www.matthew540.com/foodfromgod.htm
Tuesday, Wednesday, Friday, Saturday 2-4:30 p.m.

Our strawberry farm has more than 5,200 plants full of great big, juicy berries bursting with flavor. We also have a stone mill and fresh-grind 24 different grains on a daily basis. We set up in the New Life Connection Center parking lot at 750 S. Congress Blvd., Smithville.

Pomona Hill Farm

Bob, Jeanne, James and Dan Motichek
425 Oakley Hollow Rd.
Alexandria
615-970-8647

moticheckbj@gmail.com

Our family farm is sustainably grown. Beginning in May, we sell a variety of vegetables, berries, tree fruits, flowers and herbs. We also produce eggs, honey, pastured lamb and goat's milk soap.

WeDoFarm

Ricky Ervin
1230 Bethel Rd.
P.O. Box 495
Smithville
615-597-1864

With divine intervention we hope to raise naturally grown vegetables, prickly pear/cactus and cane/bamboo products and honey and distribute via our Facebook friends and the DeKalb County Farmers' Market.

Dickson County Clifton Farms

Jean and Ray Clifton
985 Southerland Rd.
Dickson
615-446-4686

ray.clifton985@gmail.com

Experience the freshness of our farm-grown vegetables and herbs. More than 70 varieties are available. We sell at the Dickson Farmers' Market and by appointment at the farm.

Heritage Glen Farm

Meg and Harry Edwards
680 Fannie Branch Rd.
Dickson
615-740-5254

HeritageGlenFarm@aol.com

In addition to our fresh pastured eggs, we sell pastured, organically fed broilers. We offer naturally grown, chemical-free heirloom fruits and vegetables including more than 15 varieties of heirloom garlic.

Little Montana

John and Cindy Fink
1095 White Rd.
Bon Aqua
615-509-0153

pvconsulting@yahoo.com

We have poultry, rabbit and farm-fresh eggs. We sell our eggs at the farmers' markets in Fairview and Dickson, and our rabbits from the farm and via home delivery to potential buyers.

Morris Hollow Cattle Company

Jay Morris
1135 Ben Collier Rd.
Charlotte
615-642-6219

jaymorris66@aol.com

www.morrishollowfarms.com

We produce beef on pasture and are supplemented with our blend of all-natural grains.

New American Farms

Mitch and Serena Harden
1399 Hornal Rd.
White Bluff
781-572-5403

mitchserena@hotmail.com

We specialize in pasture-raised and organically fed chicken eggs, pesticide and herbicide-free produce, pasture-raised and grass-finished beef, pork and poultry and fresh-cut flowers.

Three Creeks Farm

Beth Collier-Shafer
365 Peabody Rd.
Charlotte
615-789-5943 / 615-476-0462

tn3creeksfarm@yahoo.com

www.3creeksfarm.com

Call in advance

We do blacksmith and spinning demonstrations, farm tours and offer a number of other activities such as classes and workshops for beginners

and advanced individuals by appointment. Our gift shop has a variety of knitting and spinning supplies, books and handmade items.

Turnbull Creek Farm

Tallahassee May
566 Doug Hill Rd.
Bon Aqua
931-623-0631

tally@wildblue.net

www.turnbullcreekfarm.com

We are a small, six-acre, certified organic family farm growing a variety of vegetables, herbs and cut flowers throughout the year. We sell our products through Fresh Harvest subscription service in Nashville (www.freshharvest.locallygrown.net).

Fentress County Herb and Plow

Chris Arnold
823 Hack Beatty Rd.
Grimsley

herbandplow@gmail.com

We are a certified naturally grown fruit and vegetable farm. First up are strawberries. We deliver boxes of freshly picked fruits and vegetables to Nashville, Knoxville, Crossville and Oakridge, Tennessee. We specialize in group CSAs such as workplace CSAs, home school groups CSAs, church groups, etc. We grow more than 50 varieties of fruits, vegetables and herbs.

Wolf River Valley Growers

Bob Washburn
170 Greenhouse Ln.
Pall Mall
931-879-5426 / 800-841-5210

pwpgre@yahoo.com

www.wolfriver.net

Monday-Saturday

Check website for seasonal hours.

We specialize in a large assortment of greenhouse-grown vegetable plants in the spring, and more than 40 varieties of herbs, including six basil and several thyme varieties.

Giles County

Lexington Vineyard & Winery

Debra Hale
2000 Dog Hollow Rd.
Lynnville
931-527-4011

Lexingtonvineyard@gmail.com

We have a vineyard growing Merlot, Cabernet Franc, Cabernet Sauvignon and Pinot Gris grapes used in our wines and wine jellies. We sell organic honey from our own hives.

Limoland

Carol Gordon
8076 Columbia Hwy.
Pulaski
931-309-9462 / 931-363-5744

limoland@bellsouth.net

Monday-Saturday 8-6 p.m.

Sunday 1-5 p.m.

We offer both a PYO strawberry patch and pre-picked strawberries. We also have a large variety of bedding plants, hanging baskets, perennials, vegetable and herb plants in April and May.

Quiet Breeze Piedmontese Farm

Phillip and Charlene Budd
14055 Columbia Hwy.
Lynnville
931-527-3333

prbudd60@bellsouth.net

www.quietbreezepiedmontesefarm.com

We raise heart-healthy freezer beef. We sell quarters, sides or whole beef for custom slaughtering. Please call or check out our website for more information.

Rollins Farm

Ed and Teresa Rollins
5129 Prospect Rd.
Prospect
931-363-0265
edmondrollins@gmail.com
www.rollinsfarms.com

We have two-layer barns from which we take the poultry wastes and make a product called R-Grow Organic Soil Conditioner. We sell it in bulk from the farm and in bags to local retail stores, greenhouses and lawn and garden stores.

Grundly County White City Produce & Greenhouses

Jerry and Tami Sweeton
315 Manley Rd.
Tracy City
931-607-1615
wcproduce_greenhouses@hotmail.com
www.wcproducegreenhouses.weebly.com

We start the spring season with vegetable plants, tropicals, perennials and herbs. Our naturally grown farm consists of a variety of fresh produce. Full and half CSA shares are also available.

Hickman County Beaverdam Creek Farm

Philip, Trish, Jake and Tricia Ann Lingo
516 Sulphur Creek Rd.
Centerville
931-623-3732
trish@beaverdamcreekfarm.com
www.beaverdamcreekfarm.com
Saturday

Our CSA members receive weekly baskets beginning in May filled with beautiful fresh produce, herbs and flowers. We are a small family farm using old-fashioned, sustainable methods to insure that our veggies are nutrient-dense and free of harmful chemicals. We sell naturally raised grass-fed meats, as well as stone-milled grits and cornmeal from certified organic Tennessee-grown corn.

Belle Springs Farm

Kyle and Claire Bradshaw
594 Sulphur Creek Rd.
Centerville
931-729-1194
kyle@bellespringsfarm.com
www.bellespringfarm.com

We run a dairy herd share operation from our herd of Jersey (and one Guernsey) cows. This allows folks in our area to legally obtain raw milk for human consumption. We also own some black cows for beef, a couple of large black sows, and have recently begun to harvest our own shiitake mushrooms.

Bountiful Blessings Farm

Edwin and John Dyingers Families
654 Dry Prong Rd.
WilliamSPORT
931-583-0139 / 931-583-2795
dysingers@bountifulblessingsfarm.com
www.bountifulblessingsfarm.com

We are a small, certified organic, CSA family farm nestled in the hills of Middle Tennessee. Run by the Edwin and John Dyingers families on land owned by our parents, the farm specializes in berries and year-round vegetables. Additional products include raw honey, maple syrup and soaps.

Cedar Run Farms

Gary and Susan Kauffmann
1491 Hwy. 230 W.
P.O. Box 74
Nunnally
931-729-9474
gary.kauffmann@att.net
We raise grass-fed and grass-finished beef and

lamb. We offer on-site sales of USDA inspected processed meat and seasonal produce and grapes, all chemical-free.

Chestnut Hill Ranch B&B

Cher Boisvert-Tanley
3001 Browns Bend Rd.
Only
931-729-0153
cdnranch@gmail.com
www.chestnuthillranch.com

In addition to selling our eggs, jams, jellies, honey, local art and Angus beef by the whole or half, we run a bed-and-breakfast facility on our working ranch.

Pinewood Farms

Nicole Tracy
6415 Pinewood Rd.
Nunnally
615-707-2390
thepinewoodfarm@gmail.com
thepinewoodfarm.com

We offer fresh vegetables, eggs, pasture-raised beef, pork and lamb. Our products are offered through our CSA, the Bellevue Farmers' Market and the Dickson County Farmers' Market.

Riversong Farm

David and Ginny Lundell
5996 Pinewood Mansion Rd.
Nunnally
931-729-1199
riversongfarm@bellsouth.net

We have bees producing honey in our naturally managed apiary. We sell honey and chemical-free produce at the Centerville Farmers' Market on Tuesdays and Fridays.

Tottys Bend Soap Farm

Nate and Vanessa Davis
1653 Tottys Bend Rd.
Duck River
931-729-7769
info@tottysbendsoaps.com
www.TottysBendSoaps.com

We are a micro-farm specializing in sustainably produced goat milk bath and body products.

Humphreys County Hodgdon Farms

David Hodgdon
1000 Old Nashville Hwy.
McEwen
931-622-8872
David@mcewengoatranh.com
www.mcewengoatranh.com

We sell strawberries and cool weather crops in the spring at the Dickson Farmers' Market and our convenient on-farm vegetable stand.

Utopia Farm

Steve and Sharon Osborne
2885 Flatwoods Rd.
Camden
731-441-6074
utopiafarmtn@gmail.com

We are an Angus cow/calf operation, selling retail Angus beef. Our beef is grass-fed and grass-finished. Beef can be purchased in halves or quarters, sold by live weight.

Jackson County Backwater Farm Nursery

Victoria and Gary Grigg
1584 Granville Hwy.
Gainesboro
931-397-4001
backwaterfarm2010@gmail.com

We have four greenhouses where we grow vegetable plants, annual and perennial flowers and herbs. We grow without chemical pesticides. We now have a garden center in Gainesboro where we sell retail. We also sell seeds, shrubs and garden gift items. We open in March through June.

Bell Point Farm

Shawn Hensley
5374 Granville Hwy.
Granville
931-653-4227
bellpointfarms@gmail.com

We are located two miles from Granville, a historic riverboat town in eastern Jackson County. We grow seasonal produce and enjoy producing "old-timey" heirloom vegetables, along with popular favorites. We sell at the farmers' market in Gainesboro, the Cookeville Farmers' Market and directly from the farm.

Hidden Springs Nursery

Annie Black and Diana Lalani
Cookeville
931-268-2592
hidenspringsnursery@hotmail.com
By Appointment or mail order

We grow bare-root edible landscape plants for people and wildlife. Using sustainable agriculture principles, we remain small and grow our disease-resistant plants without the use of chemical fertilizers or pesticides.

Hootin' Hollow Farm

Jim and Deb Wolfe
341 Sparkle Ln.
Cookeville
931-858-8406
frugalfibers@yahoo.com
Naturally and sustainably grown, year-round produce. We have seasonal vegetables and strawberries. We sell at Cookeville's Downtown Green Market on Saturdays.

KMA 100% Angus Beef Farm

Jeff Kamptner
897 Hix Hollow Rd.
Gainesboro
931-268-3846
kmahunt@yahoo.com
Year round sales. Call for availability.
Our 100% Angus beef is sold by the hanging weight, half or whole carcass.

Pipsisewa Herbs

Lisa Bedner
450 Davidson Chapel Rd.
Bloomington Springs
931-653-4402
pipsiss@yahoo.com
www.pipsissherbs.biz
Greenhouse and gardens April through July by appointment only. Wellness consultations and products year-round. We offer tours of the display gardens and greenhouses. During the season, I teach classes and workshops, both group and individual. Plant identification services available on your property.

Lawrence County

EARTH ADVOCATES RESEARCH FARM

Adam and Sue Turtle
30 Myers Rd.
Summertown
931-964-4151
bambooconsultant@aol.com
www.earthadvocatesresearchfarm.com
We identify, acquire and trial little-known or underutilized food plants that might be suitable for small land holders. Those that are drought-tolerant, adapt well and produce useable food crops are sold at our booth at the Franklin Farmers' Market, as well as local garden shows and at our farm (by appointment only).

Bowers Farm

Jim and Mary Bowers
80 Waterfork Rd.
Ethridge
931-762-2847 / 931-762-2847

photos of Tavalin Tails by Sarah Gilliam / Carrots by Azure and Strawberries by Roman Samokhin via Shutterstock



Nashville Earth Day

April 18th - Centennial Park

www.nashvilleearthday.org



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Earth Advocates Research Farm



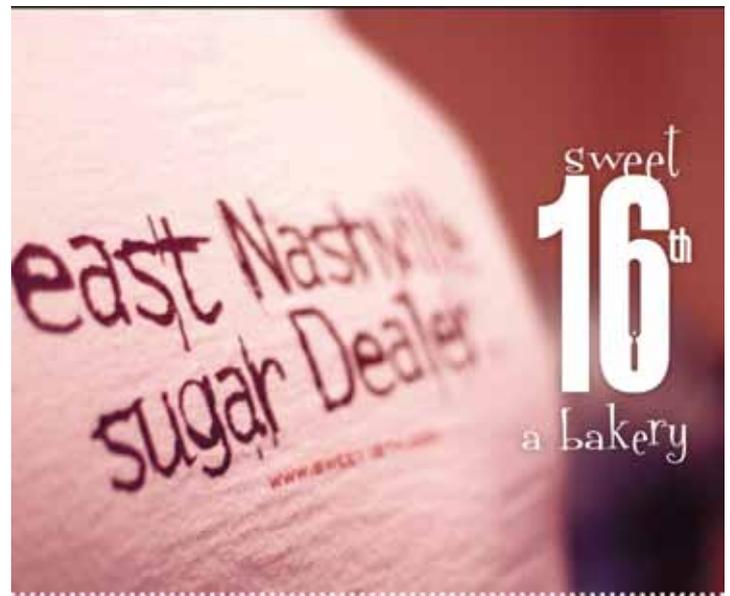
30 Myers Road
Summertown, TN 38483-7323

Adam & Sue Turtle
1-931-964-4151

www.earthadvocatesresearchfarm.com

Come visit our Booth at the
Franklin Farmer's Market
Saturday mornings
Spring & Fall

Ethnobotanical Research and trials of unusual, reliable, neglect-tolerant Permaculture plants for middle Tennessee - Successes are propagated and made available at the appropriate seasons for planting. --- See web.



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Brush Creek Honey Farm

Randall Staggs and Cathy Staggs
297 Brush Creek Rd.

Lawrenceburg
931-762-1277

amber@brushcreekhoneyfarm.com

www.brushcreekhoneyfarm.com

Call 48 hours in advance to make sure someone will be there.

We sell honey from the farm and at some local retailers.

Dixon Family Meats

Bill and Gail Dixon
155 North Hood Rd.

Lawrenceburg
931-231-5331

dixonfarms@live.com

dixonfamilymeats.net

We offer pastured pork and grass-fed beef. Free from antibiotics and growth hormones, our beef is 100% grass-fed and grass-finished. Regularly scheduled delivery available in the Middle Tennessee and North Alabama areas.

Mushroompeople

Frank Michael
Summertown

866-521-1555

mushroom@thefarm.org

www.mushroompeople.com

We are a mail order business selling supplies for growing the wood-loving mushrooms shiitake, oyster, reishi, maitake and lion's mane. Complete directions and catalog at our website.

Lewis County

Avalon Acres Farms

Tim and Jennifer Bodnar
750 Piney Creek Rd.

Hohenwald

931-628-3938

farmers@avalon-acres.com

www.avalon-acres.com

We offer a one-stop summer CSA selling our free-range eggs and pasture-raised, hormone-free beef, pork, lamb and chicken (and turkey seasonally). Our spring program begins on the first Sunday of May. We also offer a variety of share sizes and packages.

Holt Farming Co. & Sherry's Dairy Shares

Sherry Holt and Erica Holt
3370 Cane Creek Rd.

Hohenwald

931-729-4530

holtfarmingco@hotmail.com

holtfarmingco.vpweb.com

Our animals are fed all-natural grains, grasses and minerals. We provide all-natural raw milk, yogurt, buttermilk, kefir, butter, cheese and cottage cheese. We sell our dairy products by cow-share only.

Lincoln County

Doe Run Farm CSA

Judy and John McGary
345 Old Petersburg Pk.

Petersburg

931-659-6204

drf@hughes.net

www.doerunfarms.com

All of our vegetables, fruit, berries and produce are 100% locally grown by small farmers. We also offer artisanal cheese shares, fruit shares and heirloom tomato shares (a combination of slicers and cherry tomatoes) to our CSA

community. We offer a spring/summer multi-farm CSA program which offers our shareholders a consistent supply and a wide assortment of farm products from the beginning to the end of the season.

Far Out Farm

Jane Caulfield
4626 Delina Rd.

Cornersville

931-293-4466

jcaulfield371@mac.com

Lambs, mostly grass-fed with no added hormones, available in whole or halves. We also sell fleece and rovings. Call for more information and directions.

HaHa Farm

Kathie and Steve Haber
482 Cortner Hollow Rd.

Petersburg

931-680-0423

kathiehaber@hahafarm.com

www.hahafarm.com

We breed llamas and alpacas for fiber. I sell yarn, roving, fleeces and felted sheet along with needle felting supplies.

Sage Hill Farms

Bea and Mike Kunz
32 Old Petersburg Pk.

Petersburg

931-438-8328

michaelkunz@bellsouth.net

www.sagehillfarmsandvintagestore.com

Call for availability and information on classes. We have dried herb teas and seasonings. We also have cut flowers in season.

Macon County

THE BAREFOOT FARMER CSA

Jeff Poppen
P.O. Box 163

Red Boiling Springs

Katie Noss, CSA coordinator, 615-308-9345

katie@barefootfarmer.com

www.barefootfarmer.com

The CSA drop-off is in Berry Hill and has openings for 2015. Jeff consults for many farms and gardens offering 40 years of mistakes you don't have to make. He's also available for lectures, biodynamic preparations (with 30 years experience) and free farm tours. Our aim is to grow high-quality produce and help others do the same.

Beech Hill Cabbage Patch

George Myers
631 Beech Hill Ln.

Hartsville

615-666-2571

glmymers@gmx.com

Closed Saturday

We produce, process and sell kraut from organically grown cabbage to naturally enhance the immune system. Let's get our acidophilus the way Granny did--from live, unheated, unpasteurized sauerkraut.

Red Springs Farm

Coree and Paul Entwistle
Red Boiling Springs

615-699-4676

www.redspringsfamilyfarm.blogspot.com

We grow a diverse selection (many usual favorites and some exotic types) of nutrient-dense vegetables in season, using biodynamic and organic principles. We enjoy sharing our produce with local folks and offer weekly baskets delivered to the door in select areas of Macon County. Availability is limited.

Marshall County

Forge's Fruit Farm

Bill Forge
2000 Collier Rd.

Lewisburg

931-637-7759

forgiefruitfarm@gmail.com

www.forgiefruitfarm.com

Monday–Saturday 8 a.m.–6 p.m.

Several varieties of sweet cherries. You can pick your own or let us fetch them for you at a higher price. We'll know in mid-April how our cherry crop is doing. Call ahead for availability.

Maury County

Circle of Seasons, 'Jack's Bee Sweet' Honey

Jack Wohlfarth
4417 Dugger Rd

Culleoka

931-987-0910

Jack.do@charter.net

I sell honey, comb honey and beeswax from our farm and my wife's Morning Glory Herb Shop in Culleoka.

Gardner Grove Family Farms

James Gardner

gardnergrove21@yahoo.com

We specialize in heirloom vegetables and are natural growers with no chemical fertilizers or pesticides. We have a CSA program with a pick-up in Franklin. We also have pastured chicken, turkey and pork. New this year will be our own label, Organics, of canned food.

Glendale Farm

Sam Kennedy
1551 John Finney Rd.

Columbia

931-215-5117

samdkenedy@gmail.com

www.glendalefarmtn.com

We produce grass-fed and finished lamb and pasture-raised poultry. Our animals are never fed antibiotics or growth hormones.

Jersey D Farm

George Dodson
4356 Skelley Rd.

Santa Fe

931-682-2315

NettsCountryStore@gmail.com

We have an all-Jersey milk herd. They are pastured on grass that does not have any chemicals or pesticides used. We have a 'cow sharing program' for fresh, raw milk. We also sell free-range country eggs (when available) and beef on the hoof.

Norton Family Farm

Karen Norton
Cross Bridges

931-388-5839

nortonhome@charter.net

Saturday

We sell at the Franklin Farmers' Market. We grow all types of produce, our specialty being spinach and lettuces, broccoli and turnip greens.

Palouse Farm

Wolters Family
2684 E. Sheepneck Rd.

Culleoka

931-987-0043

twolters@bellsouth.net

We produce farm-fresh American lamb, and wool fiber. Sales are made from the farm.

Pantall Farm

Chad Pantall

2781 Carter's Creek Station Rd.

Columbia

931-486-2754

Our family is dedicated to providing a place where you can bring your children and experience pick-your-own strawberries. Please call ahead. We look forward to having you visit us at our farm or local market.

Southern Ridge Farm

Keith Cannon
2402 Gene Fitzgerald Rd.
Columbia
615-636-7137
hello@southernridgefarm.com
www.southernridgefarm.com

All-natural grass-fed beef, pork and lamb. We sell by the cut, and bulk by eighths, quarters, half and whole animals. We sell off the farm at farmers markets, CSA and neighborhood deliveries in the greater Nashville area.

Montgomery County Airborne Alpacas

Don and Cindi Webber
1941 Hwy. 76
Adams
931-358-2314
airbornealpacas@bellsouth.net
www.airbornealpacas.com

We sell our alpaca fiber at the Clarksville City Market and are happy to sell to people who contact us by phone or email.

Circle J Ranch, LLC

Charley Jordan
4832 Lylewood Rd.
Indian Mound
931-561-7360
circlejranch09@gmail.com
www.tnbeef.net

We offer a wide selection of USDA inspected retail cut freezer beef products which are raised in accordance with the standards of the TN Natural Beef and TN Beef Quality Assurance programs. We also sell farm-fresh eggs and will occasionally carry pork products (everybody loves bacon).

Cook's Ranch Beef

Thomas Cook
3509 Shady Grove Rd.
Clarksville
931-358-9358
cook1231@bellsouth.net
www.cooksranchbeef.com

We raise Wagyu cattle/American Kobe beef. We follow a strict standard for Tennessee Natural Beef with near-organic methods and no antibiotics or growth hormones, ever. On-farm sales and delivery within Nashville and Clarksville area.

Diann's Greenhouse

Diann Nance
3072 Nicole Rd.
Clarksville
931-648-8701
diann@diannsgreenhouse.com
www.diannsgreenhouse.com
Open early April; call for appointment.

We have greenhouse-grown herbs, culinary and edible flowers, perennials, biennials, annuals and more than 40 varieties of herbs. Check our website for ongoing class schedule.

Giving Thanks Farm

Aimee Owen
4837 Mickle Ln.
Clarksville
615-975-3276
givingthanksfarm@att.net
www.givingthanksfarm.com

Facebook-GivingThankFarm
We offer pastured poultry, including chicken, heritage turkeys, ducks and geese; free-roaming pork and grass-fed, grain-finished beef, all

raised on chemical-free pastures. We also have chicken and duck eggs available. We offer a CSA, renewable every four months.

McCraw Strawberry Ranch

Billy and Teresa McCraw
2385 Rossview Rd.
3 miles off I-24, Exit 8
Clarksville
931-647-0187
mytnsunrise@aol.com
Monday-Friday 9 a.m.-7 p.m.

We have pick-your-own strawberries. The season starts in May, possibly sooner. Please like our Facebook page, McCraws Strawberry Ranch, for more details.

Tennessee Grass Fed

Phil Baggett
335 Williams Rd.
Clarksville
615-347-5454
philbaggett@tennesseegrassfed.com
www.tennesseegrassfed.com

We produce 100% grass-fed and grass-finished beef with no hormones or antibiotics used. Our pork is humanely raised in open pastures and our chickens are free-range. All products available year-round at local pick-up points and farmers' markets in Clarksville and Murfreesboro.

The Food Initiative

Michael Hampton
1230 Rossvie Rd.
Clarksville
931-905-6998
michael@thefoodinitiative.org
www.thefoodinitiative.org

We grow a variety of fruits and vegetables for our community in a sustainable manner. We donate food to local hunger relief organizations as well as sell it to our community via our CSA and the Clarksville Downtown Market.

Morgan County West Wind Farms LLC

Ralph and Kimberlie Cole
155 Shekinah Way
Deer Lodge
855-593-7894
Toll-free (855)5-WESTWIND
customerservice@westwindfarms.com
www.westwindfarms.com

Serving the Nashville Metro area, we have five different meat and dairy CSA packages available. You can also order online from a huge selection of 100% grass-fed meats, pastured poultry, sausages, no-sodium-nitrate deli meats, free-roaming farm eggs, raw milk and milk products and more.

Overton County Brandywine Farm

Travis and Mickie Davis
131 Langford Ln.
Hilham
931-823-0024
thinkingfarmer@brandywine-farm.com
www.brandywine-farm.com
We raise pastured chickens, free-range eggs, grass-fed beef (hormone and antibiotic-free), and vegetables (organically raised). We sell at the Cookeville Farmers' Market during season.

Evergreen Farm

Lamar and Sue Burmeister
193 Maynard Ln.
Monroe
931-265-3991
*Thursday, Friday, Saturday 10 a.m.-6 p.m.,
8 a.m.-4 p.m.*

We only have regular business hours in the spring and by appointment the rest of the year. We sell a wide variety of edibles including fruit

trees, blueberry, blackberry and raspberry bushes, and muscadine grapes. We also sell tomato and pepper transplants.

Putnam County

JINDYDALE FARMS

Jack and Cindy Holman
1654 Burgess Falls Rd.
Cookeville
931-265-3924
jindydalefarms@gmail.com
jindydalefarms.weebly.com
Mondays, Wednesdays & Fridays 8 a.m.-6 p.m.
We raise grass-fed and finished beef, pastured meat chickens, free-range pork and free-range chicken eggs. All of our animals are raised as natural as possible with no added hormones or antibiotics. We sell at our own retail farm store and at the Cookeville Green Market.

Little Creek Farm

Wayne and Charlene Moss
3500 Gainesboro Grade
Cookeville
931-260-4754
www.littlecreekproduce.com
See website for seasonal hours.

We are located on the corner of County Farm Road and Gainesboro Grade. We have all types of bedding plants and begin the season with fresh strawberries.

3 Sisters Farm

Wendy Williams
Cookeville
931-783-0529
threesistersfarm50@yahoo.com
www.3sistersfarmtn.com
Saturday

We grow all-natural cut flowers, vegetables, herbs and berries year-round. We use sustainable and environmentally safe growing techniques. In addition to selling at the Downtown Market in Cookeville on Saturdays, we also have CSA member pick-ups there, as well. 2015 CSA member sign-up is underway. Please email us for more information.

Waters Farm

Randy and Nathan Dodson
8426 Kermit LaFever
Baxter
931-267-9242
nbdodson@gmail.com

We currently grow vegetables and strawberries year-round using season extension structures including high tunnels, walk-in tunnels and low tunnels as well as seasonally grown crops. We offer four 12-week CSA seasons with a growing number of available shares. We also offer organically grown brown eggs to individuals and local restaurants from our happy, pastured-laying hens.

Robertson County Adams Garden

Don and Cathy Hall
7254 Hwy. 41 N.
Cedar Hill
615-696-2652
*Monday-Saturday 8 a.m.-6 p.m.
Sunday 1-5 p.m.*

We start the season in May with asparagus. Please call first for availability. We have tours by appointment only.

Gourmet Pasture Beef

Kathy Gunn
5458 Gunn Rd.
Springfield
615-504-2046
steak@gourmetpasturebeef.com
www.gourmetpasturebeef.com

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(615) 274-2070

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Herbs...



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www.pipsissewherbs.biz

Lisa Bedner, RN, RH, AHG - Wellness Consultant



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Dickson County
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Dickson, Tennessee



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Friday & Saturday

Shearing & Spinning Demonstrations
For more information:

www.tnfiberfestival.com
tnfiberfestival@yahoo.com
615-789-5943

We sell 100% grass-fed and finished beef. Our cattle are Angus/Hereford cross with 14 days of dry aging. We have monthly specials and if you order over \$150 online, your delivery is free in Tennessee (see website for details).

J's Meats and More

Carl Ray Jenkins III
3550 Hwy. 76 West
Adams
931-896-3040
jsmeatsandmore@yahoo.com
www.facebook.com/Js-Meats-and-More
Our family raises pasture pork, grass-fed/grain-finished beef and sells soy-free chicken eggs. Our plan is to add pastured poultry this spring.

Jackson Farms

Billy Jackson
8103 Bill Moss Rd.
White House
615-672-4483 / 615-478-4483
billymjackson@aol.com
We raise registered Hereford cattle and offer grain-fed whole, half or quarter freezer beef in April. We use no steroids or growth hormones. All cattle sold are born and grain-fed here on our farm. We are certified Tennessee All-Natural Beef.

Red River Bees

Barry Richards
7781 Hwy. 25 East
Cross Plains
615-379-8233
info@redriverbees.com
www.redriverbees.com
We sell exclusively local honey produced in and around Robertson County. Our products can be purchased at several local merchants.

Smiley Farm

Troy Smiley
Ridge Top
615-742-3820
Monday–Sunday 8 a.m.–6 p.m.
We sell produce daily at the Nashville Farmers' Market during the growing season, as well as unique varieties of old favorites and our own farm-cured meats.

The Orchard at Cross Plains

Don and Katie Henry
6900 Blackberry Ln.
Cross Plains
615-654-9227
Monday–Sunday 7 a.m.–7 p.m.
We sell strawberries, both pre-picked and pick-your-own. Call for directions and availability.

Windy Acres Farm

Alfred and Carney Farris
5552 Dixon Rd.
Orlinda
615-654-3599
windyacresfarm@bellsouth.net
Please call ahead.

Handle a book as a bee does a flower—extract its sweetness, but do not damage it.
—JOHN MUIR

We grow and sell certified organic non-GMO yellow corn, soft red winter wheat, clear and dark hilum soybeans, barley, spelt, buckwheat,

hairy vetch and rye. We also have certified organic, non-hybrid, non-GMO open-pollinated white and yellow corn. We also sell grass-fed beef and lamb.

Rutherford County

ROCKY GLADE FARM

Jim and Julie Vaughn
2397 Rocky Glade Rd.
Eagleville
615-274-3496
jvaughn@rockygladefarm.com
www.rockygladefarm.com
We sell our cool-weather produce and storage crops at the Franklin Farmers' Market until the second week of May. For more information, please contact us by email or visit our website. We would love to grow for you!

TRIPLE A FARMS

Jacob Anderson and Paul Anderson
8322 Hwy. 99
Rockvale
615-476-8664
tripleafarms3@gmail.com
We sell all kinds of fruits and veggies, herbs, annual flowers, garden plants, free-range brown eggs and assorted canned goods at our year-round, seven-days-a-week farm store, 9:30 a.m.–6 p.m. We also have a spring/summer CSA program with pick ups at the farm or at the Murfreesboro Farmers' Market on the Square.

AHA Rabbits

Kimberly and Mark Ferguson
10575 S. Windrow Rd.
Rockvale
615-274-2466
kferg9804@gmail.com
kferg9804.wix.com/aharabbits
We raise quality New Zealand and Californian rabbits for meat/pet food/pets. Rabbits may be purchased directly from our farm year-round.

Bloomsbury Farm

Lauren Jennings
9398 Del Thomas Rd.
Smyrna
615-355-8525
howdy@bloomsburyfarms.com
www.bloomsburyfarms.com
We grow all things sprouted: alfalfa, clover, spicy, crunchy, sunflower and wheatgrass, year-round in a glass greenhouse. New this year, we have a CSA with full vegetable and herb production through fall. Also, cut flowers and free-range eggs. We use organic seeds and methods and love growing together!

Erdmann Farm

John Erdmann
2250 Rock Springs Midland Rd.
Christiana
615-848-8942
jerdmann58@bellsouth.net
We are a small farm that specializes in growing flowers and vegetables. All crops are grown naturally following organic principles. You can find us at Stones River Market and the Murfreesboro Main Street Saturday Market.

Everich Farm

Eva Berg
8695 Hwy. 269 Bell Buckle Rd.
Christiana
615-499-6286
eva@everichfarm.com
www.everichfarm.com
We are a small fiber farm breeding pygora goats for their luxurious fleeces and we also keep a small herd of fiber alpacas. I shear and process the fiber so I can design, create and craft natural items such as hats, yarn and more.

Gamecock Apiaries

Ken Kizer
2707 Coleman Hill Rd.
Rockvale
615-542-6314 / 615-691-0480
tngamecockfan@gmail.com
I have chemical and antibiotic-free honey from my hives, located near downtown Murfreesboro and in Rockvale. I also have beeswax, hand cream, homemade vanilla extract, diatomaceous earth and fresh free-range eggs.

Gigi's Organic Garden @ Sinking Creek Farm

Danny and Ginger Demonbreun
2473 Battleground Dr.
Murfreesboro
solfoodg@gmail.com
www.gigisorganic.com
We are a CNG-customized CSA. We grow, harvest and deliver your vegetables and herbs to your door in the Murfreesboro and surrounding area. We use no pesticides or herbicides!

Happy Turkey Farm

Don Johnson
3650 Little Rock Rd.
Eagleville
615-579-6930
info@happyturkeyfarm.com
www.happyturkeyfarm.com
Honey from bees we know; lip balm and hand salve from our beeswax.

Jones Mill Farm

JR and Judy Stroud
391 Jones Mill Rd.
LaVergne
615-459-4727
popsstroud@aol.com
We grow certified naturally grown heirloom varieties and other unusual produce year-round. We also grow fruits, shiitakes, asparagus and horseradish. We grind our own flour from organic grains and sell breads, jams and jellies from our certified kitchen.

Mica's Honey Bee Farm

Richard Vaughan
8350 Hwy. 99
Rockvale
615-556-7320
vaughansix@comcast.net
We specialize in chickens and bees, selling eggs, honey and laying hens and chickens of all ages and many varieties; and dairy goats. Call for an appointment.

Somewhere Place Else Farm

Stephen Vire
5522 Snail Shell Cave Rd.
Rockvale
615-274-2070
somewhereplaceelsefarm@gmail.com
www.somewhereplaceelsefarm.com
We are USDA and FDA certified producers of old-fashioned, all-natural, gluten-free homemade canned goods. We grow a variety of garden vegetables and use these in our recipes.

Smith County

DILLEHAY FARMS

Jackie and Christy Dillehay
14 Kempville Hwy.
Carthage
615-774-3633 / 615-735-7907
jackiedillehay@hotmail.com
Monday–Friday 3–6 p.m.
Saturday 8 a.m.–5 p.m., closed Sunday
Opening late March.
Our season starts with our quality garden vegetable plants (available mid-to-late March). By then our hydroponic tomato operation is well underway with anticipation of vine-ripe tomatoes by late May.

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www.diannsgreenhouse.com



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Jenny and Darrin Drake
69 Cowan Valley Ln.
Hickman
615-683-4291
customerservice@peacefulpastures.com
www.peacefulpastures.com
Open year-round for phone and online orders. Quantity discounts.
We also have a Summer (May-October) CSA. We deliver CSA shares and sell directly to the public at the Franklin Farmers' Market, Hip Donelson Farmers Market, East Nashville and Cookeville. We raise hormone and antibiotic free, pasture raised beef, pork, lamb, goat, and poultry.

Bountiful Acres Farm

Sue Dickhaus
57 SP McClanahan Rd.
Watertown
615-420-0345
sue@bountifulacresfarm.com
www.bountifulacresfarm.com
We offer soap-making classes, body care products classes, herbal salve-making and more. We raise dairy goats, wool sheep and honey bees, and have extensive herb gardens and more. We sell goat's milk and herbal soaps and other body care products, herbal products, raw wool and fleeces, spun wool and lots of other goodies. Please find us on Facebook for class schedules.

Bussell Farms

Ronnie and Diane Bussell
3 Rogers Ln.
Carthage
615-735-9193
bussellberries@gmail.com
Call for availability at the farm; Smith County Farmers Market. In the spring we offer cherries.

Chimney Swift Farm

Kimberly Walter
458 Plunkett Creek Rd.
Gordonsville
615-947-6139
chimneyswiftfarms@gmail.com
www.chimneyswiftfarms.com
We raise chickens and a small goat herd, and keep honeybees. We make artisan soaps, salves, lip balms, lotion bars, natural deodorant and other natural living products. We also have fresh preserves, pickles, chutneys, salsa and honey, in-season. We sell via the Smith County and Lebanon Farmers' Markets, craft fairs, Facebook and our website.

Poultry Hollow Hatchery

Todd Rutigliano and Judy Wood
122 Wilkerson Hollow Ln.
Brush Creek
615-318-9036 / 615-477-7936
contact@poultryhollow.org
www.poultryhollow.org
Wednesday–Saturday 10 a.m.–4 p.m.
We hatch over 55 breeds of chickens, ducks, geese, guineas, turkeys, chukars, pheasants, bantams and quail, and they are available at many different ages, from day-old to laying pullets. We also have farm-raised, 100% all-natural chicken, turkey and guinea fowl for sale.

Sumner County Bottom View Farm

Ralph Cooke
185 Wilkerson Ln.
Portland
615-325-7017
www.bottomviewfarm.com
Call for hours.
Our year begins with the Spring Spectacular, where you can come to learn about the farm in the spring of the year and see a variety of

baby farm animals, as well as pick your own strawberries. Our newest attraction is the Bottom View Zipline Adventure.

Bradley Kountry Acres & Greenhouse

Mike and Cathy Bradley
650 Jake Link Rd.
Cottontown
615-325-2836
cathy@bradleykountryacres.com
www.bradleykountryacres.com
Monday–Sunday
We open for picking strawberries in mid-April and stay open until mid-June. (Subject to weather conditions and availability of strawberries.) We host our annual Spring Open House the first Sunday in May and invite everyone out to the farm.

Crafton Farms

Johnny Crafton
209 Crafton Rd.
Portland
615-969-6264 / 615-325-6406
Call for availability; daylight to dusk.
We offer pre-picked strawberries and a pick-your-own strawberry patch.

De Colores Farm

Alejandra and Keith Goldberg
3273 New Hope Rd.
Hendersonville
615-390-3025
decoloresfarm@comcast.net
www.decoloresfarm.com
We raise registered myotonic and angora goats. We sell mohair, fresh farm eggs, goat's milk soaps and hand-knitted goat sweaters.

Family Traditions Farm

David and Lisa Ragland
438 Dorris Rd.
Portland
615-319-5439
familytraditions2013@gmail.com
www.familytraditionsfarm2013.com
We focus on growing a large variety of quality, pesticide-free produce and hormone-free eggs. Items are available for purchase, beginning in May, each Saturday at the Hendersonville Farmers' Market. We are now offering a CSA program and direct farm pick dates.

Madison Creek Farms

Peggy and Mark Marchetti
1228 Willis Branch Rd.
Goodlettsville
615-855-6430
madisoncreek@aol.com
www.madisoncreekfarms.com
Saturday, Sunday
We sell both from the farm and at selected Nashville-area retailers. We also offer a vegetable and fruit spring and summer CSA with pick-ups available from the farm.

Miles Apiary

Greg Miles
1083 Sandy Valley Rd.
Hendersonville
615-824-7881 / 615-294-8634
greg.miles.54@gmail.com
We sell pure wildflower honey from our own local hives. We sell from our home, some local retailers and the Goodlettsville Farmers' Market.

Natural Fields Farm

Stuart Say
985 Franklin Rd.
Gallatin
615-452-9762
naturalfields@aol.com
www.naturalfieldsfarm.com
We are a small, family-run farm practicing

organic grow methods on all our produce. Everything that we sell, we produce on our farm. We grow a large variety of fruit and vegetables and have a CSA program. We also have free-range eggs.

Standing Stone Nubians

Paula Butler
1154 Lakewood Dr.
Gallatin
615-461-8765
paulabutler@standingstonefarms.com
www.standingstonefarms.com
In addition to raising and breeding for sale to other like-minded dairy goat herd owners, we are striving to produce "Old World Style" cheeses, goat's milk lotions and soap. We offer cheese-making and soap-making supplies and classes.

The Garden on Long Hollow Pike

Jim Sutton
3806 Long Hollow Pk.
Goodlettsville
615-504-6545
Sunday–Saturday
We start in May on weekends with flowers and potting plants. Bring the kids to see our farm animals, including miniature horses, donkeys, goats and cows.

Walnut Hills Farm

Doug and Sue Bagwell
6635 Hwy. 231 N.
Bethpage
615-374-4575
info@walnuthillsfarm.com
www.walnuthillsfarm.com
We use sustainable practices for raising beef, chicken, pork and eggs—sold by-the-piece, CSA, or in bulk freezer quantities. New this year, we are representing Fred's Alaskan Seafood in Nashville: wild-caught, sustainable practices from Alaska to Nashville, including salmon, cod, halibut and king crab.

White Squirrel Farm

Tracy and Chris Winters
1244 Smith Thompson Rd.
Bethpage
615-374-1949
whitesquirrelfarm@gmail.com
We are focused on providing a diverse selection of produce using strict organic growing methods. Veggies, fruits, flowers and herbs are in year-round production. We also offer a summer CSA available for pick-up in East Nashville.

Trousdale County Kelley's Berry Farm

Patrick and Jon Kelley
50 Riverview Lane
Castalian Springs
615-633-1426 / 615-633-7447
info@kelleysberryfarm.com
www.kelleysberryfarm.com
Monday–Sunday 7 a.m.–6 p.m.
Open every day in May. Call first to check on availability. We sell pre-picked and pick-your-own strawberries beginning the end of April. We sell at several area farmers' markets during the season.

VanBuren County Fall Creek Farms

Dana and Bradley Bleasdale
Walling Rd.
Spencer
931-316-3041
fallcreekfarms@gmail.com
www.fallcreekfarms.net
Saturday
We are a Certified Naturally Grown farm

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photo of Tavalin Tails by Sarah Gilliam

delivering raw milk (by herd share agreement only) and our CSA of pesticide-free vegetables to Cookeville, Chattanooga and points in between. We also have grass-fed beef and lamb, free-range eggs and cow and goat share, plus goat's milk soap.

Ragland Farms

Dusty and Brandon Ragland
6811 Old State Hwy. 111
Spencer
931-946-2491

diproctor@blomand.net

We offer grass-fed and finished beef all year. Please call for availability. We also offer farm-fresh eggs from pastured chickens.

Warren County Barton Creek Farm

Danny Roller
5726 E. Green Hill Rd.
Rock Island
931-224-6122

jjducks@blomand.net

I am an Angus beef cattle producer; all are raised on my farm. They are grass and grain-fed, dry-aged and vacuum-sealed.

Bluffview Nursery

Todd Panter
4155 Hills Creek Rd.
McMinnville
931-815-2632
todd@bluffviewnursery.org
www.bluffviewnursery.org
Monday–Friday 8 a.m.–4 p.m.

We are one of the most respected online and local retailers of wildflower bulbs, perennial plants and native plants and flower bulbs and vinca minor ground cover in all of North America.

Casey Family Farm

Dennis and Lois Casey
231 Rolling Stone Ln.
Morrison
931-635-3031
caseyfamilyfarm@gmail.com
caseyfamilyfarm.com

We have a small, grade-A dairy and processing

plant. We sell pasteurized, non-homogenized creamline milk. Our herd has access to hay and grass year-round. We do not use chemicals or hormones.

Farmer Brown's Hydroponic Gardens

JB or Ann Brown
678 Arch Cope Rd.
Smartt
931-607-3446

jborab@blomand.net

www.farmerbrownsgardens.com

We are a small, family-owned and operated year-round farm specializing in hydroponically grown, chemical-free lettuce, basil, cucumbers, tomatoes and cooking herbs. For the garden we have perennials, annuals and hardy ferns.

Mary's Greenhouse

202 Meiser Ln.
McMinnville
931-668-2119
Monday–Saturday 8 a.m.–4:30 p.m.
Seasonal hours; call in advance.

In the spring, we sell a wide variety of herbs and vegetable plants. We also have a large selection of spring bedding plants, annuals and perennials.

Mayes Family Farm

Kerry Mayes
1899 Viola Rd.
McMinnville
931-314-1967
kerrymayes@yahoo.com

We are a full-time family of farmers raising and selling natural, hormone-free beef and vegetables.

Rainbow Hill Farm

Carol and Walter Clarke
93 Bailey Rd.
McMinnville
931-939-3117

We start the season with strawberries and then grow about all spring and summer produce. We've added a greenhouse for early spring produce. We sell at the Franklin, Murfreesboro, Sewanee, Chattanooga, East and West Nashville farmers' markets and the Stones River Market.

Randall Walker Farms

Randall Walker
8240 Manchester Hwy.
Morrison
931-635-9535
rwalkerfarms@blomand.net
www.rwfarms.com

Monday–Saturday 7 a.m.–5 p.m.
We are open year-round.

We start with pick-your-own and pre-picked strawberries in the spring. We also have jams, jellies, ciders, salsa and more made from our berries, including gift baskets with a mix of our berry products.

Swan Mill Nursery

J. Dale Bennett
1264 Old Smithville Rd.
McMinnville
931-473-8760

jdb12@blomand.net

We grow 10+ varieties of blueberry plants. We grow these in trade #1 and #3 containers. We strive to have these plants available year-round.

Wayne County Bonnie Blue Farm

Jim and Gayle Tanner
Waynesboro
931-722-4628
tanngoat@wildblue.net
www.bonniebluefarm.com

Farmstead goat cheese: Using only the milk from the farm's herd of nubian and Saanen dairy goats, we carefully transform it into several varieties of goat cheese. We also have rabbits and pasteurized or raw cow and goat milk for pets. Check the website for 'Where to Buy' listing.

Top of the World Farm

Justin, Liberty and Wright Sanders
8999 Ella Gallaher Rd.
Westpoint
866-866-3287
topoftheworldfarm@gmail.com
www.topoftheworldfarm.com

We offer pastured chicken, pork, grass-fed beef and grass-fed lamb. Our piggies and chickens get only non-GMO supplemental feed.

Topsy Greenhouse and Gardens

Katie Hacker
7504 Topsy Rd.
Waynesboro
931-722-3619
farmgirl_s@yahoo.com
We grow bedding plants and heirloom vegetables using sustainable growing practices. We also grow hydroponic lettuce and tomatoes.

White County Amazin' Acres

Jimmy and Karen McCulley
2857 Old Kentucky Rd
Sparta
931-761-2971 / 931-808-4051
mcculleys@amazinacres.com
www.amazinacres.com
Friday, Saturday, Sunday
We invite you to pick-your-own strawberries (raised beds and plastic makes for easier picking). For convenience we also offer pre-picked berries. Our picking season usually runs from April 20 to June 10. Please call ahead.

Crescendo of Peace Farm

Cori MacNaughton
1934 Levon Sparkman Rd.
Doyle
931-256-9097
CrescendoOfPeaceFarm@gmail.com
We grow and offer heirloom plant starts in the spring.

Williamson County

DELVIN FARMS

Hank Delvin
6400 Delvin Farm Ln.
College Grove
615-395-4721
csa@delvinfarms.com
www.delvinfarms.com
We are a three-generation, 220-acre, certified organic vegetable and berry farm. Throughout the year you can find us at many of the producer-only farmers' markets in and around Nashville. We offer a CSA production in addition to the produce we sell at the farmers' markets.

TAVALIN TAILS FARM

Amy and Brandon Tavalin
6290 McDaniel Rd.
College Grove
615-772-3394
We specialize in registered Katahdin sheep, grown naturally on certified organic land. We sell registered breeding stock and whole or half lamb shares.

Allenbrooke Farms

Stephanie and Daniel Allen
2023 Doctor Robertson Rd.
Spring Hill
615-406-4592
www.allenbrookefarms.com
www.allenbrookefarms.com
The farm is Certified Naturally Grown, and we grow unique, heirloom varieties. Our CSA season runs for 24 weeks, starting in mid-May. Our CSA is a little different in that we let you fill your basket each week with the produce that you want.

Bear Creek Farm

Bill and LeeAnn Cherry
3515 Gray Ln.
Thompsons Station
615-351-0078
bill@bearcreekbeef.com
www.bearcreekbeef.com
We raise cattle and our beef is dry-aged for at least three weeks. We use no growth hormones,

steroids or preservatives and always use gentle farming methods.

Big East Fork Farms

Morgan Coffrey
5400 Big East Fork Rd.
Franklin
615-739-7570
bigeastfork@gmail.com
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Terri Barnes, Mike Berkeley
7190 Hill Hughes Rd.
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615-799-1910
info@growildinc.com
www.growildinc.com
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We are the largest all-native plant nursery in the central South. Growers of more than 1,000 species and cultivars of native trees, shrubs, grasses, vines, ferns, perennials and wild flowers with more than 34,500 plants available for sale. Join us for our annual Native Plant Festival Friday, April 24, and Saturday, April 25, from 8 a.m.–5 p.m.

Hatcher Family Dairy

Sharon and Charlie Hatcher
6545 Arno Rd.
College Grove
615-368-3405
info@hatcherfamilydairy.com
www.hatcherfamilydairy.com
*Monday–Friday 8 a.m.–5 p.m.
Saturday 9 a.m.–1 p.m.*
From our farm store we sell a full line of dairy products, including a cream line of milk, chocolate, cheese, gelato, butter and jams and jellies. We also sell our own beef and lamb.

Maczoo Farm

Shelly McMullan
2236 Osburn Rd.
Arrington
615-218-1523
mcmullanshelly@yahoo.com
www.mabellaproducts.com
I have goat share contracts for my milk. I also make soap, laundry powder and lotion with my goat milk; you can see products on our website.

Nashville Natives

Andy Sudbrock
7443 Liberty Rd.
Fairview
615-799-8719
info@nashvillenatives.com
www.nashvillenatives.com
www.sedumgarden.net
We are a small, specialty nursery. Spring sales are typically in May. We specialize in growing native plants for environmental restoration, as well as succulents for green roofs and fruit trees and shrubs for home orchards. Plants and select seeds may be purchased year-round at either of our websites.

Noble Springs Dairy

Dustin and Justyne Noble
3144 Blazer Rd.
Franklin
615-481-9546
dustin@noble-springs.com
www.noble-springs.com
We take pride in our all-natural goat cheese, knowing that every drop of milk that goes into the cheese is derived from the natural forages that our goats enjoy on our farm. We also have

Grade A goat's milk and yogurt available; and make goat milk's soap.

Tap Root Farm

Susan Ingraham
4104 Clovercroft Rd.
Franklin
615-594-3210
susan@taprootfarm.com
www.taprootfarm.com
We raise Tennessee Certified All-Natural Beef by the whole, half, 1/4, by the bundle or by the cut. We have beef and chicken year-round. We also offer canning classes.

Triple L Ranch

Steven Lee
5121 Bedford Creek Rd.
Franklin
Trisha Lee, 615-799-2373
triplelfranch@msn.com
www.LLLranch.com
We raise certified Hereford beef and all-natural, cage-free chickens. Our cattle are grass-fed, grain-finished and have received no growth hormones or antibiotics. Our meat products are available on the farm, by email and year-round at the Franklin Farmers' Market.

Williams Honey Farm

Jay Williams
2020 Fieldstone Pkwy.
Suite 900-143
Franklin
310-990-5074
info@williamshoneyfarm.com
www.williamshoneyfarm.com
We use no antibiotics or harsh chemicals of any kind in our hives. We produce wildflower honey, honeycomb chunk honey, creamed honey, honey straws and lip balms (made from beeswax of wild beehives that we rescue).

Wilson County

WEDGE OAK FARM

Anne Overton and Karen Overton
3964 Old Murfreesboro Rd.
Lebanon
615-766-3773-Karen Overton
615-497-3434-Anne Overton
wedgeoak@gmail.com
www.wedgeoakfarm.com
All of our poultry and pork are gently and pasture-raised, USDA inspected and vacuum-sealed for food safety. Several flocks of laying ducks and hens roam the farm, producing eggs for home use and restaurants. Chickens, ducks, turkeys and geese are also grown as sources of whole and poultry cuts. Our hogs include a variety of breeds grown on pasture and wooded lots, including the only herd of Mangalitsa in the state of Tennessee. Whole and half hogs, individual cuts and handmade sausage are available.

Chasity McWilliams

Chasity McWilliams
108 Greystone Rd.
Mt. Juliet
615-573-6799
djcmcmwilliams@yahoo.com
I have a small greenhouse where I raise and sell tomato, okra, cucumber and squash plants. Also annual flowers and perennials.

Circle S Farms

Donnie Steed
1627 E Old Laguardo Rd.
Lebanon
615-405-6860
donnie.steed@charter.net
www.tncirclesfarms.com
Monday–Saturday

We are a 'pick your own' strawberry farm. Payment is by the honor system.

Double Star Bar Farms

Rod White
4685 Kennedy Creek Rd.
Auburntown
615-408-4097 / 615-893-7345
roderick_white@hotmail.com
www.doublestarbarfarm.com
We offer a half-bushel per week, 12-week, spring CSA. We also will have asparagus for sale starting around March 15. Asparagus is not included in the CSA, and we will have both green and purple asparagus.

Folsom Farms

David and Teresa Folsom
930 County Line Rd.
Alexandria
615-408-2018
930folsomfarms@gmail.com
www.FolsomFarms.com
We offer our community fresh pastured eggs and silky wools year round, plus a variety of seasonal fresh vegetables. We sell direct from our farm and at Walker Creek Confectionary in Watertown.

Lester Farms

Mitchell Lester
2811 Coles Ferry Pk.
Lebanon
615-564-0871
mitchell@lesterfarmstn.com
www.lesterfarmstn.com
Monday-Saturday 10 a.m.-5 p.m.
We practice sustainable farming methods to produce the highest quality produce. Our products are available through CSA and at our farm stand. We also sell at various other locations around the mid-state so visit our website.

Little Seed Farm

James and Eileen Ray
1275 Whipporwill Rd.
Lebanon
615-444-9490
farmer@littleseedfarm.com
www.littleseedfarm.com
We raise dairy goats, heritage breed Ossabaw Island hogs and layer chickens. We produce raw milk cheese, available via a herd-share program, pastured pork available by the half or whole hog, pastured eggs and goat's milk soaps.

Ralston Farm

Fred and Karen Dawson
2499 Sugar Flat Rd.
Lebanon
615-443-1926

ralstonfarm@gmail.com

We have honey, creamed flavored honey, lip balm and lotion for sale.

RS Ranch

Russ Clark
1933A Chicken Rd.
Lebanon
615-286-4455
sherlene@rsranch.net
www.rsranch.net

We grow all the herbs and other botanicals used to make our hand-crafted soaps. We offer fresh herbs in season and dried year-round. We sell at the Saturday Market on the Square in Murfreesboro. We also have fresh eggs and chickens year-round for meat. This year we will have goats to sell for meat and milk.

Stuck on You Honey Farm

Caryn Crowston
1486 Fellowship Rd.
Mt. Juliet
615-449-0964
caryncc@comcast.net
We sell local clover/wildflower honey. Our honey is raw and 100% pure. We are hobby beekeepers and sell our honey out of our home.

Tojo Creek Gourds

John Swendiman
986 Thomas Rd.
Lebanon
615-330-5628
gourds@tojocreek.com
www.tojocreek.com
Saturday, Sunday 10 a.m.-4 p.m.
We grow a wide variety of gourds for the gourd artist and crafter. We sell our gourds throughout the year on our farm. We host gourd art and craft workshops and seminars. Please visit our website for more information.

Kentucky Farms Serving Middle Tennessee

ECO-GARDENS CSA

Andrew and Reuben Habegger
149 Strawberry Ln.
Scottsville
615-331-0104
eco-gardenscsa@bellsouth.net
eco-gardenscsa.weebly.com
Delivering to Nashville, we offer a spring-fall CSA beginning in early May featuring a wide variety of seasonal vegetables, berries, melons and herbs. All of our produce is raised using only sustainable growing practices. Perishables picked the day of delivery to two Nashville locations. For info about Hendersonville pick-up, contact Regina Gammon, hendersonvilleproduce@yahoo.com, 615-826-0033.

Hickory Lane Farm

Michelle Howell
395 Hickory Ln.
Scottsville
270-799-5563
michelle.lifeisgood@gmail.com
We offer three CSA options, including a farm store CSA which features milk, eggs, meat, bread, cheese, fruits, vegetables and pantry staples every week.

Highland Produce Community Market

6200 Highland Church Rd.
Highland
Monday-Saturday 8 a.m.-5 p.m.
Farm market opens the season with homegrown pre-picked strawberries. This community market is served by and for the local Mennonite Community. There is no phone to call ahead for availability. Please be respectful of the community and drive slow for children, horses and buggies.

Knight Family Farms

Chris Knight
Scottsville
270-618-5533
jckmusic@nctc.com
www.jckfamily.com
Occasional grass-fed beef and lamb raised on organic pastures. Organic sorghum for sale.

Kenny's Farmhouse Cheese

Kenny Mattingly
2033 Thomerson Park Rd.
Austin
888-571-4029
kenny@kennyscheese.com
www.kennyscheese.com
Our cheese is made naturally from the milk of our own herd, in which no artificial hormones are used to enhance milk production. We make more than 30 varieties of delicious cheeses. All can be purchased at a wide selection of stores regionally.

JD Country Milk

Willis Edna and Justin Schrock
1059 Ellis Rd.
Russellville
270-726-2200
willschro@aol.com
www.jdcountrymilk.com
Monday-Saturday 9 a.m.-5 p.m.
We do not use hormones or antibiotics in our cows. We process all of our milk in our own processing plant. Milk is heated to 150 degrees for 30 minutes, then quickly cooled to preserve the fresh taste. It is not homogenized, so you will see the cream on top.



**Bark
in The
Park**
Saturday May 30th
11 am - 4 pm

Wilson County Fairgrounds

Lebanon, TN

Admission: \$5 Donation

Kids 12 & under are FREE!

Benefiting: **new leash on life**
newleashonline.org





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615.983.8850

Food for the body is not
enough. There must be
food for the soul.
-DOROTHY DAY

The Garden Patch

David and Esli Pelly
1085 Hayes-Smith Grove Rd.
Smiths Grove
270-563-2151
thegardenpatch@yahoo.com
www.pellyfarm.com

The greenhouse out at the farm opens the last Saturday in March. At the farm we have bedding plants, perennials, herbs, hanging baskets, a small gift shop and outbuildings filled with antiques.

Chaney's Dairy Barn

Carl and Debra Chaney
9191 Nashville Rd.
Bowling Green
270-843-5567 / 270-991-5567
chaneyinfo@yahoo.com
www.chaneysdairybarn.com
We offer premium, homemade ice cream and include fresh fruits in several of our flavors. We also serve lunch and dinner daily. We provide educational farm tours and fun family events throughout the year.

Jackson's Orchard & Nursery, Inc.

Cathy Otis
1280 Slim Island Rd.
Bowling Green
270-781-5303
www.jacksonsorchard.com
JacksonsOrchard@hughes.net
Monday-Saturday 8 a.m.-6 p.m.
The orchard opens in mid-April. During the spring, we offer a large selection of perennials and annuals. We also have a nice selection of vegetable plants, herbs, berry bushes and fruit trees for your home garden.

Hill and Hollow Farm

Robin Verson and Paul Bela
8707 Breeding Rd.
Edmonton
270-432-0567
hhcsa@scrtc.com
www.hillandhollowfarm.com
Saturday 8 a.m.-noon
Certified organic, we deliver our CSA shares and sell additional produce at the Nashville Farmers' Market every Saturday beginning in May. In addition to a variety of sustainably grown vegetables, we have fresh herbs, cut flowers, shiitake mushrooms and other farm-fresh treats.

Bugtussle Farm

Eric and Cher Smith
Gamaliel
270-457-BUGS
info@bugtussle.com
www.bugtusslefarm.com
We grow beyond 'organic' vegetables which supply our Gallatin and Nashville CSA members with 30-35 weeks of spring and summer shares. We also have pasture-foraging laying hens, Katahdin sheep, British White & Black Angus cattle and a few hogs, all pasture-fed. The eggs are available at our delivery spot in Nashville.

2015 CSA
MAY 16-OCTOBER 24

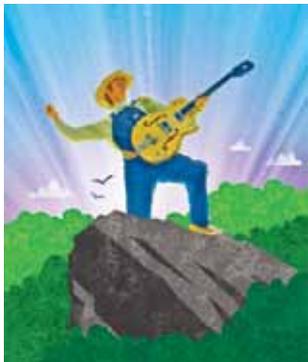
BLOOMSBURY
FARM

Enjoy a beautiful, half bushel of local and organically grown fruits and vegetables picked at the peak of freshness. 24-week CSA with 3 flexible share costs.

LEARN MORE AT BLOOMSBURYFARMS.COM



ASK FARMER JASON



FARMER JASON is the brainchild of rock music legend Jason Ringenberg of Jason and the Scorchers. An Americana Music Association Lifetime Achievement Award winner, Ringenberg is one of the pioneers of the modern Americana and alt-country genres. In 2002, he created Farmer Jason to educate and entertain children about farm life and the wonders of nature. The character is based on his own farming background and love of the great outdoors. As Farmer Jason, he has released 3 records and a DVD. He has starred in the "It's Farmer Jason" video interstitial program, which airs on several public broadcasting stations around the United States. This program won an Emmy Award in 2009 and an Emmy nomination in 2010. Farmer Jason's records have been recognized by the Parents' Choice Gold Award and the *Los Angeles Times*' Children's Record of the Year list.

Jason's newest record is called **NATURE JAMS** on My Kazoo Music/Universal Music Group. The CD is motivating kids to experience and appreciate the joys of nature. Each track has different guest stars singing a duet with Farmer Jason. Some of the guests on the 16 tracks include: Iris Dement, Mike Mills from REM, Tommy Ramone from the Ramones, Brandi Carlile and many others. Also, included is a bonus DVD containing 4 new videos and a 20-page illustrated booklet. To order the CD or get more information, go to:

WWW.FARMERJASON.COM

WWW.FACEBOOK.COM/FARMERJASONOFFICIAL

To ask Farmer Jason a question, please go to the column localtable.net or email him a jr@farmerjason.com. Farmer Jason will do his best to answer every question submitted, as well as some collected from his travels around the world.

My Mommy doesn't like bugs in the house but Daddy says some bugs are good to have in the garden. Who should I believe?

—Darren, age 8, Tampa, Florida

Farmer Jason: Yes, both your Mommy and Daddy are right about this. Bugs are not good to have in the house. If you leave trash around, mean bugs like cock roaches will think your house is a great place to live and move in! You don't want that happening, so help your Mommy keep your room and house clean. Your Daddy is right that some bugs are nice to have in your garden. Have you ever seen a ladybug? They are very beautiful, but also eat bad bugs that eat your garden plants. Bees are another bug that are good to have in your garden. Believe it or not, they help the plants have baby plants! Be careful not to get near bees because they can sting you, but for the most part they are very nice to us.

Where does a pickle come from? I don't see any pickle plants in our garden.

—Aiden, age 7, Nashville, Tennessee

Farmer Jason: Pickles are simply a cucumber that people have cooked and added seasonings to, to make them into pickles!

I love chickens and want to raise some. We have a pen and house for them already. What breed do you recommend?

—Benny, age 15, Nashville, Tennessee

Farmer Jason: I am so happy to hear that you are thinking of raising chickens. They make excellent pets. They never cause problems, rarely get sick or need vet care, and have funny personalities. Some people say "I am a dog person," others say "I am a cat person." Well, I

say, "I AM A CHICKEN PERSON!" Honestly, any breed will make a great chicken; it's mostly a matter of personal taste. Just make sure to get at least three birds. They love company. You can go to your local farmers co-op and ask to see pictures of the birds they will be selling. Be sure to buy hens, also called pullets. Roosters can be lots of trouble and often bother neighbors with their loud crowing. Hens are better, and they lay eggs with or without that crazy rooster around.

This year I have decided to do a garden for my science project. When can I start planting the plants? I am excited to get started.

—AJ, age 13, McMinnville, Tennessee

Farmer Jason: Here in Middle Tennessee you can start planting your garden around March 1. It is still cold then, and some nights it will frost, but there are several garden vegetables that actually like cold weather. For your early garden you can plant lettuce, radishes, kale, spinach and broccoli. If you plant them March 1, most of these veggies will be ready to pick and eat by May—radishes even sooner than that.

TIP THE FARMER! (useful gardening tips for busy parents) When you plant fruit trees,

try to find an old section of plastic irrigation or drainage tubing. Cut off a 6-inch section of it; then slit it lengthwise. Put it around the base of the tree to protect it from mowers and weed eaters. When the tree gets large and fills the tube, simply pull it off and discard it. (By cutting that lengthwise slit, it will pull off easily.) At that point the tree's trunk will be tough and durable.

CALENDAR

March 18

Community Supported Agriculture (CSA) Fair

Come out and meet your farmer for the season!
Nashville Farmers Market
Nashville
6–8 p.m.
www.nashvillefarmersmarket.org

April 6-12

Mule Day 2015

Annual celebration of all things related to mules, held in the "Mule Capital" of the world. Begun in 1840 as "Breeder's Day". Parade, live music, mule auction, food and more!
On The Square
Columbia
muleday.org

April 11

2015 Perennial Plant Sale

Popular annual plant sale hosted by the Perennial Plant Society. Get there early as plants go quickly!
Tennessee State Fairgrounds
Sports Arena
Nashville
www.ppsmt.org

April 18

2015 Nashville Earth Day Festival

Free, family friendly event with live entertainment through out the day celebrating and caring for the planet. Featuring local farmers, artisans, green vendors and more!
Centennial Park
Nashville
www.nashvilleearthday.org

May 1–3

Spring Tennessee Craft Fair

Celebrate and support America's rich craft heritage. Uncover a one-of-a-kind, handcrafted piece of American treasure.
Centennial Park
Nashville
tennesseecrafts.org

May 16

The Urban Gardening Festival

Learn about gardening and home horticulture while engaging with local artisans, exhibitors, food trucks, growers, markets, organizations, and producers from throughout the Middle Tennessee areas.β
Ellington Agricultural Center
Nashville
mgofdc.wildapricot.org

June 6

Local Table on the Mountain

Farm to Table event celebrating the new Stillhouse Restaurant at Short Mountain Distillery. Farm, distillery tours, tastings, live music and of course a delicious locally grown meal!
www.localtable.net

LOCAL TABLE ON THE MOUNTAIN

JUNE 6, 2015



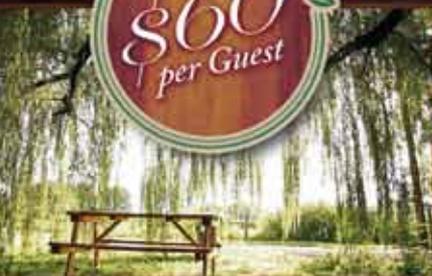
Stillhouse is an experience in contemporary country style.

Enjoy farm-to-table regional cuisine, on the farm!

Our menu reflects seasonal availability of the best local ingredients, homemade from scratch. Stillhouse boasts sweeping views of 300 acres of rolling pasture. Featuring local musicians on special live music nights. Comfortable, informal dining for two, or for the family.



Price includes tours, tastings (21 years old and above), swag bag, and evening meal. Cocktails available for additional cost.



Take a tour of **SHORT MOUNTAIN** DISTILLERY with a tasting,
Special Event Tours from 4pm-6:30pm

Mingling hour from
5:30pm to 6:30pm

Evening Meal served
at 6:30pm



For Tickets visit our website

8280 Short Mountain Rd, Woodbury TN 37190

www.stillhouserestaurant.com

