



LOCAL
TABLE

THE ONLY LOCAL GUIDE TO FOOD AND FARMS IN MIDDLE TENNESSEE SPRING 2016 FREE

~~~~~  
*Earth Day*  
SPECIAL  
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Old School Farms'
BIG HEART

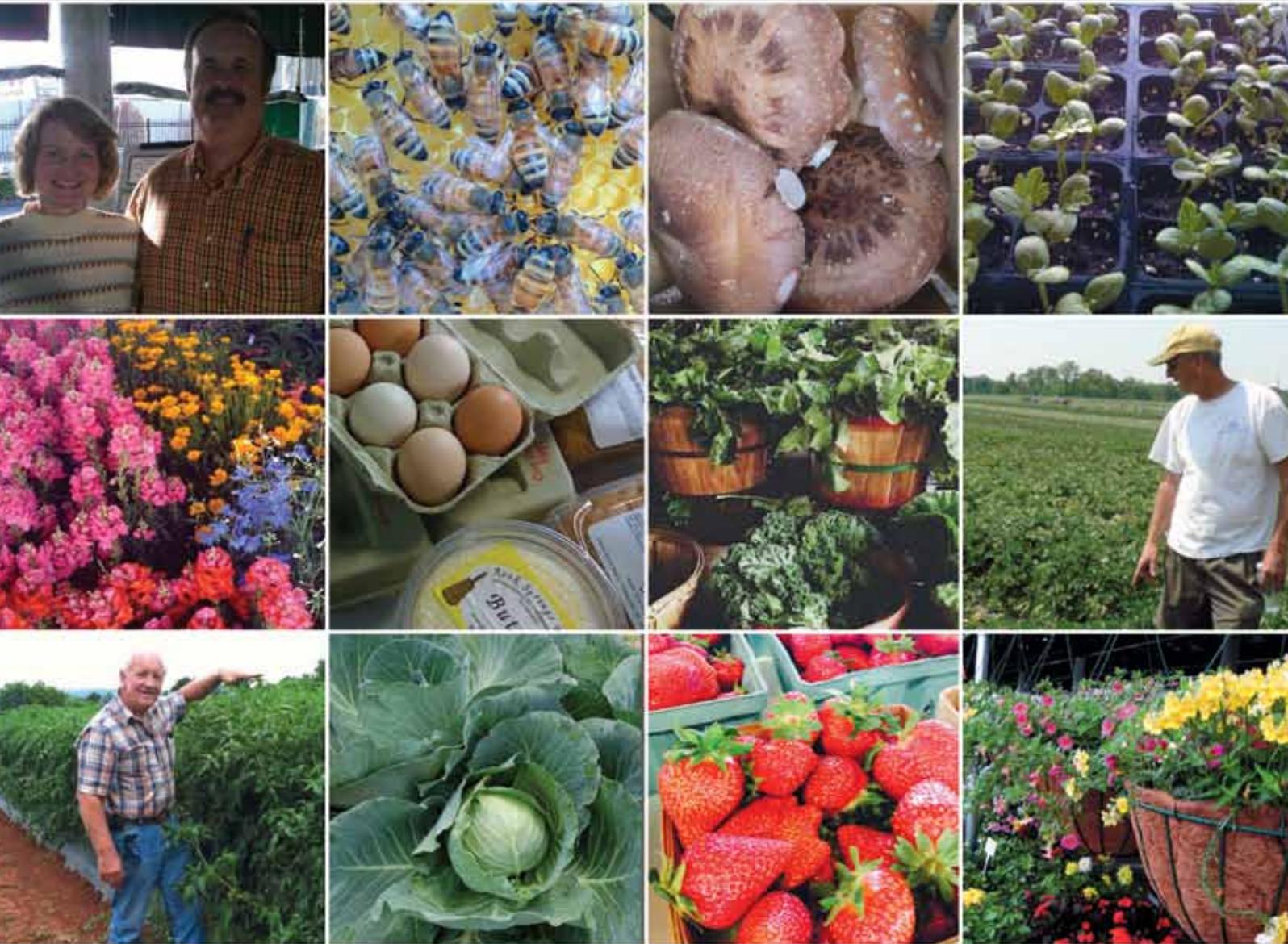
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Help for  
**VETERAN**  
**FARMERS**

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Picking berries in
spring farm guide

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*Hitting the road with*  
**Tennessee Trails & Byways**

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## Renewal.

Our household has had a rocky start to the year—loss, illness, transportation woes and, topping it all off, financial issues. The ground has been hard and frozen and sometimes covered with snow and ice—a great time for hibernation and rest. However, the promise of spring is right around the corner. The seeds have been ordered, garden plans sketched out and compost spread. But it's the regeneration of the earth that holds so much wonder. The first wildflowers will pop their heads up in the woods letting us know that spring is really here. Peonies, bee balm and phlox will push up in the garden border and at times seem to grow inches a day. April 15 is tax day, but it's also when our hummingbirds arrive home for the summer.

The early crops of lettuce, beets and onions taste like spring itself—the colors, the freshness—so full of life. So much promise for the coming season is exhilarating. The air is different. Color returns to our landscape with the emerald green of the first flush of leaves, the pastel hues of redbuds and dogwoods and those gorgeous red strawberries that taste so sweet! Spring sets the stage for the coming harvest.

This spring, travel with us to meet the farmers and local heroes who make Middle Tennessee so special. Locally owned restaurants and businesses make us unique and farmers' markets create healthy neighborhoods. Our area is filled with so many good people doing creative and essential work.

In addition to exploring food and its producers, in this issue we're excited to celebrate Earth Day with our readers. Growing food is essential to our lives and so is the health and wellness of the ground in which we plant. We can change the world by making our own home and space vital and healthy. We live in a wondrous place and it's up to us to keep it that way.

Happy Spring,

Lisa Shively  
*Publisher*

### CORRECTIONS TO THE WINTER 2015 ISSUE

Sorry to say we made a few errors in the Winter Issue. Deb Grant is still the Market Manager at The Franklin Farmers' Market and Ron Beagle's title at the Market is Market Media and Sponsorship Relations.

Photographer Amanda Barnhart was gracious enough to let us use her photos of Bloomsbury Farm in our article, 'Better Living Through CSA'.

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# Who's Your FARMER?

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**The Nashville Community Farmers Market Association Welcomes the New Season!**

LET'S CELEBRATE & SHARE THE HARVEST

# Grand Opening Days 2016











**Amqui Station Farmers Market**  
**GRAND OPENING MAY 1ST**  
 303 Madison Street  
**Sundays, 12-3pm**  
[www.amquistation.org/farmers-market](http://www.amquistation.org/farmers-market)

**12 South Farmers Market**  
**GRAND OPENING MAY 3RD**  
 Sevier Park, 3000 Granny White Pike  
**Tuesdays, 3:30-6:30pm**  
[www.12southfarmersmarket.com](http://www.12southfarmersmarket.com)

**East Nashville Farmers Market**  
**GRAND OPENING MAY 4TH**  
 Shelby Park, 1500 Davidson Street  
**Wednesdays, 3:30-7pm**  
[www.eastnashvillemarket.com](http://www.eastnashvillemarket.com)

**Hip Donelson Farmers Market**  
**GRAND OPENING MAY 6TH**  
 2730 Lebanon Road  
**Fridays, 4-7pm**  
[www.hipdonelsonfarmersmarket.org](http://www.hipdonelsonfarmersmarket.org)

**Richland Park Farmers Market**  
**GRAND OPENING MAY 7TH**  
 Richland Park, 4101 Harding Pike  
**Saturdays 9am-12:30pm**  
[www.richlandparkfarmersmarket.com](http://www.richlandparkfarmersmarket.com)

BROWSE AT **BECCA ANNE BARN SALE** AND BRING HOME A TREASURE

by TINA WRIGHT



For those of us who love the thrill of searching for and discovering unusual and one-of-a-kind finds at antique stores, flea markets, craft festivals and online sites like Etsy, there is now another must-do to add to our treasure-hunting itineraries: the barn sale. Barn sales feature a wide range of vendors selling handmade, vintage and repurposed items, with the added bonus of a beautiful, bucolic setting. And there's no better time than spring for a barn sale excursion—just put on some comfy shoes or boots, and be sure to bring some cash.

Middle Tennessee has its fair share of barn sales, and one of the area's best can be found in Sparta (Local Table will be featuring a special on area barn sales in the summer issue). Organized by Barbara Gooch, the Becca Anne Barn Sale (a combination of her mother's and mother-in-law's names) is

celebrating its one-year anniversary with its upcoming sale March 18-20. Barbara says she was inspired to begin her own barn sale after visiting one with a friend, who was a vendor: "I enjoyed the simplicity, atmosphere, and the sense of supporting local community artists, as well as artists from other areas. I had a newly acquired barn and...I would like to say I just went for it, but I waited a good year...After finally getting over the 'what ifs'...I decided to get out of my comfort zone and just go for it."

The Becca Anne Barn Sale features a wide variety of goods, catering to many tastes. "I strive to have unique, trendy, upscale vendors," says Barbara. "You'll find handmade jewelry, handmade and boutique clothing, homemade candies and bath products, burlap and quilted items, antique/vintage/repurposed furniture...just to name a few."

CONTINUED PG. 5



## WORKSHOP FOR VETERAN & ACTIVE MILITARY COMING UP IN CLARKSVILLE

by TINA WRIGHT

Veteran and active members of the military who are farmers, or who are interested in farming as a future career, should circle Saturday, April 2 on their calendars and plan to attend a special informational workshop. The event, which will be held at the UT Extension Office in Clarksville, Tennessee, is being spearheaded by Charley Jordan, owner/operator of Circle J Ranch in Woodlawn, Tennessee. Charley, an active member of the U.S. Army for 27 years—he currently holds the rank of Chief Warrant Officer Four—discov-

ered the Farmer Veteran Coalition a few years ago via Facebook; the FVC proved to be a great resource for him, even awarding him a fellowship grant in 2015. His experiences with the FVC made him realize that Middle Tennessee farmer veterans, as well as active and veteran servicemen and women interested in farming, could benefit greatly from the chance to network and learn about opportunities at the state and local level.

"I've been wanting to organize an event for farmer veterans for a few years because I knew there were other veterans, and current active duty military such as me, that were interested in agriculture as a post-military career," says Charley. "Last fall, I was awarded a scholarship to attend the 2015 FVC Stakeholders Conference in Sacramento. Over a three-day period I had a chance to view several fantastic presentations about different companies and programs that support the veteran farmer. I also had the pleasure of networking with other farmer veterans. I left the conference with a ton of motivation and a large list of ideas that I had scribbled on my notebook. From these ideas I decided to take a chance and start organizing a Farmer Veteran Workshop to help other veterans and active duty soldiers learn about the programs that [the state of] Tennessee and other organizations can offer.

"The workshop will not be a job fair but rather an

informational and educational meeting to bring local Middle Tennessee farmer veterans together to learn about different programs and to do some networking," Charley adds. "With the population of U.S. farmers getting older and retiring, the farmer veteran is the perfect fit to fill the void. Farmer veterans understand what service and dedication mean. Farmer veterans are caretakers of the land, whether it is a one-acre tract or a hundred...veterans' lives have been about service, and a lot of them want to continue that service by being a farmer."

Charley will be retiring from the military soon and hopes to continue helping veterans move into agriculture as a career and expanding the public's knowledge of the farmer veteran. His goal is to eventually start an official Tennessee Farmer Veteran Coalition chapter. "The FVC has provided purpose and direction in my agricultural dreams," he says, and he hopes to offer that same knowledge and purpose to others. "[This way of life is] more than farming, it's therapy."

For more information about the workshop, or to sign up to attend, visit [www.facebook.com/farmerveteransofmiddletn](http://www.facebook.com/farmerveteransofmiddletn). Admission is free, and attendance is open to all veterans and active duty military. Farmer veterans who want to attend as vendors and advertise or showcase their farms are also welcome.



COLLABORATION CELEBRATION: PLANT, WEED, WATER AND EAT

by ROBEN MOUNGER

“  
A GARDEN IS NEAR  
TO OUR HEARTS.  
THIS PROJECT IS AN  
EXTENSION OF THAT.  
—BILL WILLIAMS

Please take note of the efficient but productive word “lab” so smartly tucked inside collaboration. Just like a seed, l-a-b signifies awareness, curiosity, participation, chaos and possibility. In fact, “to collaborate” is as active as a verb can be: “to work with another person or group in order to achieve or do something.”

and maintaining the grass; and the Coleman staff and children planting and harvesting.

Cassie Deas, recreation leader at Coleman, says that what is planted represents the diversity of the families in the area. “The children want to plant the foods that show up in their favorite meals at home. “Planting day is in April,” she says. “The Comfort Group is amazing.”

“We have a diverse committee who selects a variety of what will be planted each year,” says Jessica. She adds that they have found that plants provide instant gratification. “We were astounded that the children got the biggest kick out of spreading the organic cow manure. They were rowdy, but very interested,” she says.

A bumper crop of Olympian Hybrid cucumbers were the hit of the second year, providing snacks as handy as apples off a tree. Several volunteers helped to bring on a harvest the second year. A harvest day celebration proved the novelty of the garden experience.

“This year we hope to involve more families for that day. The harvest event breaks down barriers like nothing else,” says Bill.

The Comfort Group is on the right track with this philanthropic collaboration and they have been awarded for it. The Associated Builders and Contractors presented them with the Pyramid Award in Community/Public Service.

From Louisiana to Tennessee, from business to parks and recreation, from company owners and project managers to recreation managers and leaders, from parents to children and back to the world—as Pharrell Williams once said, “Collaborate with people you can learn from.”

Comfort and Coleman is a lab for all things good, measured by a new seedling here, a harvest there. ■

“  
Bill Williams, the founder of The Comfort Group, “a client-driven, solution-focused provider of mechanical systems and services” in Nashville, has always held the notion that teamwork is the ticket. Since 1968, he has motivated a work culture to collaborate effectively. The Comfort Group’s website describes the process—“fresh ideas that are obtained by blending proven industry experience with a continuous influx of youthful energy.”

Jessica Gardner, the coordination manager at The Comfort Group, was not surprised three years ago when Bill described a dream garden project that he and his wife Dana had observed in Shreveport. “It was a ‘wash and eat out of the garden’ project, a community event where families were involved in the harvest,” she says.

And so it came to be that a first-year trial run saw 12 garden beds in the side yard of The Comfort Group building on Thompson Lane. “Okra, green beans and herbs were big that first year,” says Jessica.

From there they saw a way to extend assistance to the Coleman Park Community Center in the Flatrock neighborhood on Thompson Lane. Coleman had already experienced an afterschool program and a summer start-up program involving a garden project. Just a few fruit trees and some raspberry bushes were in place when the two groups began collaborating in earnest, with The Comfort Group buying the materials, building the beds

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# BROWSE AT BECCA ANNE BARN SALE

CONTINUED FROM PG. 3

Admission to the sale is \$3 for Friday and Saturday (kids 12 and under are admitted free), and a donation on Sunday—Barbara gives a portion of the admissions from each barn sale she hosts to charity. The recipient of the March sale’s donations is TBD.

Barbara says she’s learned a lot in her first year hosting sales—most importantly to be flexible. “Everything you planned to do or think is going to happen might not come about. Weather plays a huge factor.”

She says her favorite thing about barn sales is the vendors: “I honestly have loved getting to know them as individuals and as the creative beings they are. I have made new friendships and mentors, and I love seeing friendships develop between other vendors. I also love opening up my place to the community and seeing many people I haven’t seen in awhile, and for them to come support this sale really means a lot.”

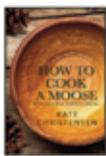
**BECCA ANNE BARN SALE**  
36 Cloverdale Circle, Sparta, TN  
MARCH 18: 4—8 p.m.  
MARCH 19: 9 a.m.—5 p.m.  
MARCH 20: Noon—4 p.m.

For more information, or directions, visit:  
[www.facebook.com/beccaannebarnsale](http://www.facebook.com/beccaannebarnsale)  
[beccaannebarnsale.blogspot.com](http://beccaannebarnsale.blogspot.com)



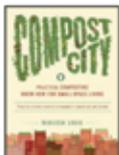
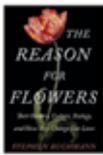
## A READABLE FEAST

Delectable recommendations from the booksellers at Parnassus Books



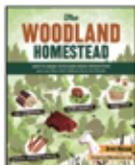
If you loved *Blue Plate Special*, you’ll adore Kate Christensen’s follow-up, *How to Cook a Moose*. Get to know Maine and New Hampshire through Christensen’s eyes as she tells the story of how and why she decided to start over in a new place. Full of gastronomical and geographical detail, it’s a love letter to the region and a charming memoir with a delicious focus on the slow-food movement.

Americans buy 10 million flowers a day. Why? “Because they’re pretty” isn’t the whole story. This book offers a cultural history of the world’s flowers and why they’ve always been so important to humanity. Author Stephen Buchmann’s tremendous passion for his subject is present on every page of this fascinating book. It’s a must-read for the casual admirer of spring blooms as well as the serious garden-clubber.



Are you eco-curious? Everyone talks about composting, but not everyone really knows how it works. Is it hard? Will it stink? Is your home going to be overcome by worms? Nope, nope, and nope. This delightful guide breaks down the process into simple steps that anyone can undertake—even if you live in an indoor, shared space, like an apartment. Why not give it a read and see if you’re ready to start?

Many of us are lucky enough to live on a bit of wooded land. With this handy guide, learn how to put your woods to work. What if you could produce wine or mushrooms, firewood or feed for animals? Maybe you can! This how-to book covers everything from tools (why own different kinds of saws?) to trees (what types make great natural shelters for animals?), with lots of fun facts in between.



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# YOU'VE JOINED A CSA... NOW WHAT?

by VERONICA THAANUM

The weather is getting warmer and fresh produce is being pulled from trees, bushes, plants and from the ground. Around this time many of us join CSAs. If you're anything like me, this can be an exciting yet scary time. You're making a choice to get healthier, to support the community, or maybe to give yourself a culinary challenge. For those who might not know, CSA stands for "**COMMUNITY SUPPORTED AGRICULTURE**." It is basically an agreement with a farmer where you purchase a "share" in a farm, and in return, as a "shareholder," you receive a basket or box of whatever produce is harvested from the farm for an agreed-upon number of weeks. The money you pay for your share goes to help with the expenses of the farm, including labor and the purchase of seeds and supplies.

You may be wondering if subscribing to a CSA is worth the price. Most CSA prices are comparable to those at the grocery store. However, you are getting the higher quality of freshly grown produce and often you can get items you may not be able to get in a regular grocery store. Many CSAs allow shares to be split between friends or separate households, or offer half-shares to people who are trying it out, or who don't think they can go through all the produce on their own. Half-shares provide half the amount of food per box or delivery every other week.

Depending on the CSA you choose to join, you can receive a box full of anything from fresh produce, to eggs, cheeses, fresh flowers and herbs, and even meat. Prices vary depending on which CSA you choose and what you receive in your box will differ depending on season and availability. So what might you find in your box?

## Early Season Baskets MAY-JULY

**OFTEN INCLUDES:**  
ASPARAGUS, RHUBARB, STRAWBERRIES, SPRING ONIONS, SPINACH, GREENS, LETTUCES, KOHLRABI, RADISHES, SCALLIONS, KALE, BROCCOLI, CAULIFLOWER, CABBAGE, SUGAR SNAP PEAS, BUNCHED BEETS, SALAD GREENS, GARLIC, BERRIES & MORE

## Mid Season Baskets JULY-SEPTEMBER

**OFTEN INCLUDES:**  
BLUEBERRIES, MELONS, ZUCCHINI, GARLIC, YELLOW SQUASH, CUCUMBERS, CARROTS, SWEET ONIONS, BEANS, SHELLING PEAS, CORN, EGGPLANT, TOMATOES, OKRA, POTATOES, PEARS, HERBS, FLOWERS & MORE

## Late Season Baskets SEPTEMBER-NOVEMBER OR DECEMBER

**OFTEN INCLUDES:**  
APPLES, SALAD GREENS, LETTUCE, TOMATOES, SWEET POTATOES, WINTER SQUASH, BEETS, LEEKS, PEPPERS, HOT PEPPERS, EGGPLANT, BROCCOLI, KALE, SPINACH, PUMPKINS, TURNIPS, RUTABAGAS & MORE

### RECIPE

As a CSA subscriber, sooner or later you're bound to end up with some new, strange or inexplicable vegetables in your share that you have no idea what to do with. If this happens, don't panic! When you get your basket, first identify what each item is. Many CSAs include descriptions of the items you have in your box, you can ask more experienced friends, or if all else fails you can always call your CSA and ask them. Then find recipes. Once you know what you have in your box you can use the Internet or reach out to friends or other CSA members for recipe favorites. Recipes that include multiple ingredients are always best. Decide what you are going to make and which ingredients are going to be used first. Package and/or freeze the other items so they will save better until you are ready to use them.

To help you get started, here are some easy and delicious recipe ideas for cooking and eating some of the most problematic CSA suspects:

#### KOHLRABI SLAW

FOR THOSE EARLY SEASON BOXES

INGREDIENTS: (*makes 8 servings*)

2 cups chopped cabbage  
4 kohlrabi bulbs, peeled and grated  
2 stalks celery, sliced thin  
2 carrots, sliced thin  
2 tablespoons minced fresh onion  
½ cup white sugar  
½ teaspoon salt  
½ teaspoon ground black pepper  
½ teaspoon celery seed  
½ cup mayonnaise  
4 ½ teaspoons apple cider vinegar

DIRECTIONS:

**1** Toss the cabbage, kohlrabi, celery, carrot and onion together in a large bowl.  
**2** Whisk the sugar, salt, pepper, celery seed, mayonnaise and vinegar together in

a separate bowl until smooth; pour over the cabbage mixture and stir to coat evenly.

**3** Chill in refrigerator one hour before serving.

NUTRITIONAL INFORMATION: (*per serving*)

Calories: 173 kcal; Carbohydrates: 18.3 g; Cholesterol: 5 mg; Fat: 11.1 g; Fiber: 4.7 g; Sodium: 267 mg

SOURCE: [allrecipes.com/Recipe/Kohlrabi-Slaw](http://allrecipes.com/Recipe/Kohlrabi-Slaw)

#### BEET SALAD WITH GOAT CHEESE

FOR THOSE MID SEASON BOXES

INGREDIENTS: (*makes 4 servings*)

4 medium beets, scrubbed, trimmed and cut in half  
½ cup chopped walnuts  
3 tablespoons maple syrup  
10 ounces fresh spinach or mixed salad greens

## RECIPES CONTINUED

½ cup frozen orange juice concentrate  
¼ cup balsamic vinegar  
½ cup extra virgin olive oil  
2 ounces goat cheese

### DIRECTIONS:

- 1 Place beets in saucepan, and fill with enough water to cover. Bring to a boil. Cook 20 to 30 minutes, until tender. Drain, cool and dice into cubes.
- 2 Place walnuts in skillet over medium-low heat. Heat until warm and toasty; stir in maple syrup. Cook and stir until evenly coated. Remove from the heat and set aside to cool.
- 3 In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.
- 4 Place a large helping of greens onto each of four salad plates. Divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with dressing.

NUTRITIONAL INFORMATION: (per serving) Calories: 347 kcal; Carbohydrates: 25 g; Cholesterol: 7 mg; Fat: 26.1 g; Fiber: 3.2 g; Sodium: 107 mg

SOURCE: [allrecipes.com/Recipe/Beet-Salad-with-Goat-Cheese](http://allrecipes.com/Recipe/Beet-Salad-with-Goat-Cheese)

## OVEN-ROASTED ROOT VEGETABLES

FOR THOSE LATE SEASON BOXES

INGREDIENTS: (makes 10 servings)

1 butternut squash, peeled, seeded and cut into 1-inch dice  
3 carrots, cut into 1-inch pieces  
1 large sweet potato, cut into 1-inch cubes  
1 rutabaga, peeled and cut into 1-inch pieces  
3 parsnips, peeled and cubed  
3 turnips, peeled and cut into 1-inch dice  
¼ cup extra virgin olive oil  
Kosher salt and pepper to taste

### DIRECTIONS:

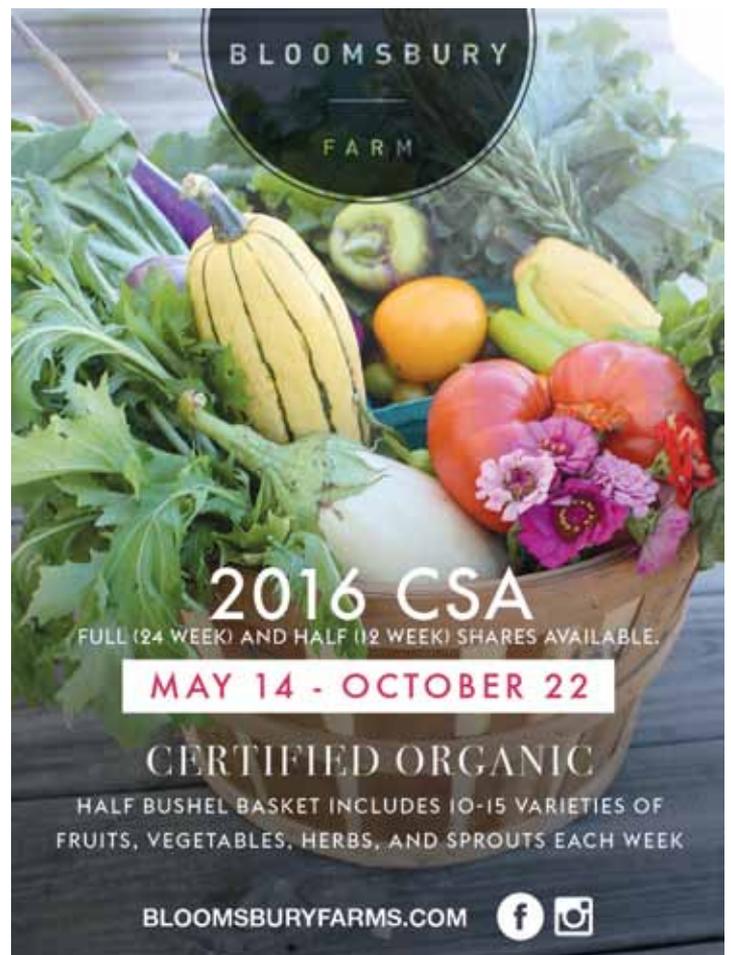
- 1 Preheat an oven to 450 degrees F (230 degrees C).
- 2 Place the butternut squash, carrots, sweet potato, rutabaga, parsnips and turnips into a large mixing bowl. Drizzle with olive oil and toss to coat. Season to taste with kosher salt and pepper, and place the vegetables into a deep roasting pan.
- 3 Roast in the preheated oven until the vegetables have lightly browned around the edges and are tender, about 45 minutes. Stir once as the vegetables roast to ensure even cooking.

NUTRITIONAL INFORMATION: (per serving) Calories: 210 kcal; Carbohydrates: 38.9 g; Cholesterol: 0 mg; Fat: 6 g; Fiber: 8.1 g; Sodium: 121 mg

SOURCE: [allrecipes.com/recipe/seans-mommys-roasted-root-vegetables](http://allrecipes.com/recipe/seans-mommys-roasted-root-vegetables)

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*Veronica Thaanum is originally from Carmel, a small town on the coast of California. She is a graduate of the University of Arizona, where she completed her degree in Journalism and Spanish; and of Middle Tennessee State University, where she completed her didactic work in dietetics. Veronica is currently completing her Dietetic Internship at the Vanderbilt University Medical Center.*



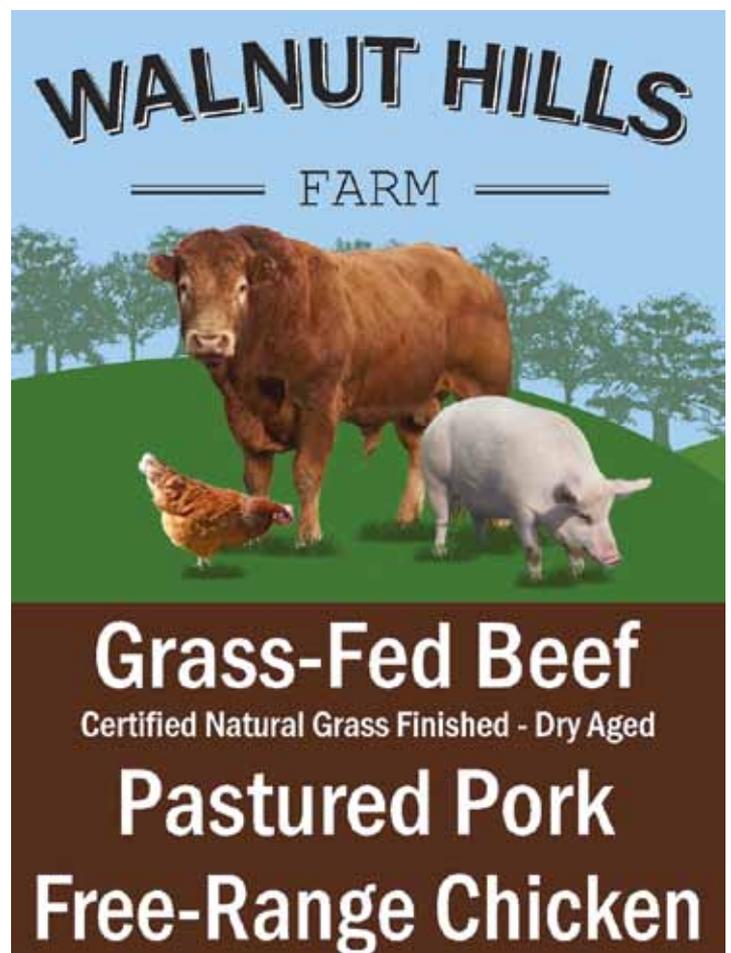
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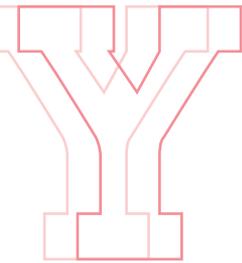
WALNUT HILLS  
FARM

Grass-Fed Beef  
Certified Natural Grass Finished - Dry Aged

Pastured Pork  
Free-Range Chicken

# IT'S A SCHOOL, IT'S A FARM, NO—IT'S A BAR

by LINDA BREWER



ou can learn a lot on a farm, so it somehow seems appropriate that one special Middle Tennessee farm was once a school, and now is again—albeit teaching slightly different lessons.

Old School Farm is just that: An old elementary school built in 1936, the former Wade El-

ementary School taught its last lesson in 1997. Since then, the beautiful white schoolhouse sat in disarray, unused and empty—until now. The old school sits on nine acres of farmland just off Highway 12, minutes from downtown Nashville in the little town of Bells Bend. In the back of the school there is the coolest little neighborhood bar, with amazing gourmet food and crazy reasonable prices; it's a hidden treasure, for sure. But, more about that later. First, a bit of history.

Sharing the desire to start a farm where people could work side by side, regardless of their ability levels, Rowan Millar and Susan Richardson founded MillarRich, a nonprofit organization with the purpose of serving adults with intellectual disabilities by placing them in family-like environments, in 2008. The duo dreamed of a sustainable farm where people, no matter their skill level, could learn to grow organic produce—everyone would be learning, working and teaching in a happy, healthy and helpful environment that would also benefit the entire community. In 2013, that dream came true when the two humanitarians found the perfect home for their nonprofit farm and voila, Old School Farm was

born and the school was once again teaching lessons.

“We initially started Old School Farm in 2013 on the belief that creating a sustainable farm can also produce sustainable jobs for those with disabilities, while giving back to the community at large,” says Director of Marketing and Business Development Barry O’Neil. “We have volunteer days during the month, and we are currently looking to expand our teaching programs with our new greenhouse initiative so we can reach out to more community members, children’s groups and groups that help people with disabilities.”

Now, three labor-intensive years later, the very impressive team at Old School Farm has grown from Richardson and Millar to a beehive of workers whose hearts and hands are always reaching out to help others. When Local Table met with several of the members for a long dinner at the Old School Farm Bar, the team’s dedication was obvious. Their belief in the mission, their drive to help and their passion for the cause were apparent from one member to the next, whether it was O’Neil, Bartender Jason, Events Coordinator Natalie Ray, Executive Director of MillarRich Jay Camperlino or owner Rowan Millar himself. Their excitement for the farm, bar and the placement program for the disabled was contagious.

And these folks have ample reason to be excited—and proud. During these few short years, this still-young nonprofit organization has managed to find a home, complete a year-long reno-

vation of the school (entertainment space coming soon), start a farm, sell at farmers’ markets, form a Community Supported Agriculture (CSA) program, entertain the community *and* place more than 100 people with intellectual disabilities into environments where they can experience and benefit from being part of a “family.” Many of these people have worked on the farm, learning both how to work with others and how to grow crops.

Founders Richardson and Millar state, “We believe that it’s not people’s disabilities, but their abilities, that matter. Being able to create an environment where people of all abilities work side by side is something that continues to inspire and motivate us everyday.”

With the hard work of farm managers and their assistants, plus farm helpers of all abilities and wonderful volunteers, the farm has delivered very well. Wanting to showcase some of that dedication and hard labor, MillarRich decided to open a bar, using the cornucopia of fruits and vegetables the garden offers, as well as local sources. The community would benefit from a lovely 50-seat local bar that offers fine beverages and gourmet dishes created from local ingredients, as well as dances, concerts, parties by the fire pit and more, all while supporting a worthy mission.

“As the popularity of our farm grew,” O’Neil says, “we thought it would be a great idea to showcase the efforts of our farmers by creating a restaurant and bar that gives people a unique farm-to-table experience in the Nashville area. We have called

CONTINUED PG 10



# OLD SCHOOL FARM

CONTINUED FROM PG 8

this the Old School Farm Bar and it is housed in our lovingly restored 1936 school building. We feel that we are a 'bar with a mission'—to help people eat healthier and also provide jobs and training for those who have intellectual and developmental disabilities.”

Not only are the ingredients the bar uses farm-grown or from local sources, but they are also organic. Diners can eat with their minds at ease, knowing from whom the food they are enjoying came. In fact, the farm-raised foods used in the amazing dishes the bar offers are also the foods in the CSA boxes.

The farm began the CSA program to help support the farm, which in turn supports the community and placement program. Old School CSA is also a vehicle for individuals who want to support local farming, while benefiting from fresh organic produce. Anyone interested in farms and fresh foods can become an Old School CSA member. Members pay at the beginning of the growing season and once the produce begins to be harvested, they'll receive a box (or share) of produce and other farm-made products for a 20-week period. Farm Manager Ben Brown is excited about the upcoming season: “This year we are looking to increase the amount that we grow and provide more job training and educational opportunities.” If you are interested in becoming involved in the program, visit the farm's website, [www.oldschoolfarms.org](http://www.oldschoolfarms.org).

How has the community responded? In the same spirit Nashville always responds to those in need. Local chefs have planned dinners to support the farm, volunteers have worked in the massive gardens and the developmentally challenged have basked in learning something they can do right alongside everyone else. The bar itself has been a hit; the atmosphere is easy-going, light-hearted and friendly, the food seriously fine and the cocktails imaginative works of art. The servers don't rush you out after a meal is finished, but rather let you visit, sit by the fire pit or (coming soon) go into the entertainment hall for some live goings-on. For information on the full dinner and lunch menus, as well as the upcoming brunch menu, visit [www.theoldschoolfarms.com](http://www.theoldschoolfarms.com), or just pop in for a meal you won't forget.

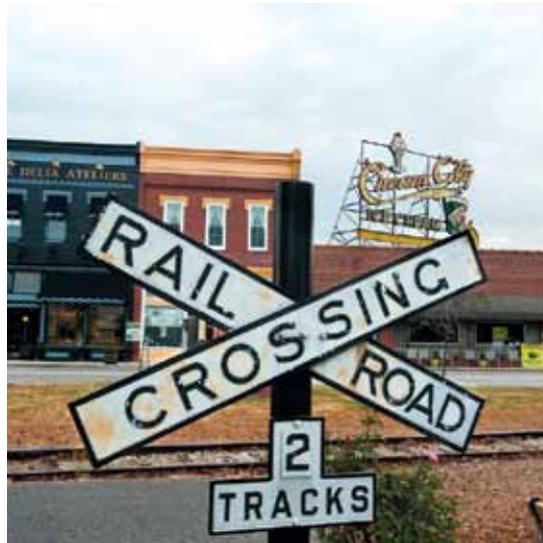
What can you do to help? Besides donations, what the team needs is help spreading the “good word” via social media. Follow them on Facebook, Instagram and Twitter or come to a farm event such as a dance or dinner. Another great way to support Old School Farm is by volunteering at the farm throughout the season. If interested, send an email to [info@oldschoolfarm.org](mailto:info@oldschoolfarm.org) with the subject line “volunteer.” To participate in the 2016 Summer CSA Program, email [info@oldschoolfarm.org](mailto:info@oldschoolfarm.org). ■

*Linda also writes for AXS.com, covering Nashville entertainment; TheRowdy.com, covering country music; and Examiner.com in her National Foods and Recipes column. Find her on social media with #AxsNashville.*





photos by Martin Cherry



# ROAD

by MARGARET LITTMAN

There are seven Tennessee Trails and Byways that will help make Middle Tennessee your oyster. Time to get out and sample the pickings.

# TRIP

*Sure. You know about the Night Market at the Nashville Farmers' Market. And Arrington Vineyards. And the Cumberland River Compact's annual Farm-to-Fork dinner at Green Door Gourmet. But once you get out of town, do you know where to go to find the non-urban food gems that are more hidden in Middle Tennessee?*

*The Tennessee Trails and Byways program wants to help you explore. It offers three statewide and 16 curated regional trails, with suggestions on where to stop to eat, drink, hike (to work off all that pie and whiskey), learn and dream. Seven of those trails are in the Nashville region. All of them are designed as loops, so you can grab a car with a full tank and explore the rural communities and end up back to home. Do a day trip and be back to sleep in your own bed, or take advantage of more stops and stay for a long weekend.*

photo courtesy of Tennessee Department of Tourist Development



▲  
*Farm to Table Dinner*  
GALLATIN, TENNESSEE

**BOARD**

▶ **TRAIL: *Nashville Trace***

**NUMBER OF STOPS: 122**

**THE HIGHLIGHTS:** Perhaps the most scenic (or at least the most unspoiled) of the state byways, this route includes part of the historic 444-mile Natchez Trace Parkway. It starts near where many Nashville food adventures begin: Loveless Café. Fuel up on biscuits and jam (and get the car fueled up, too—there aren't gas stations on the byway), and maybe throw in a few extras biscuits for the road trip. This route includes great views from the car or bicycle, great hikes along the way and many important historical sites. While Route 66 gets the press and the song, the Natchez Trace is truly America's great road trip. Highlights include the Meriwether Lewis Monument and Grave, where you can see the explorer's cabin, and several places to learn about the epic Battle of Franklin. Once you're done with those Civil War sites, you'll be in Franklin, home to more delicious country cooking.

▶ **TRAIL: *Old Tennessee***

**NUMBER OF STOPS: 98**

**THE HIGHLIGHTS:** It begins at the same Natchez Place starting line, but the Old Tennessee Trail takes you into farmland. The 400-acre Gentry's Farm has you-pick pumpkins in the fall, natural beef year-round, and farm-centric events for kids in the summer. Leiper's Fork's old Green's Grocery (once a grocery store run by Herman Green and family) is now a local music venue. The trail also winds through some of the state's wine country. You can check out Amber Falls Winery and Cellars and Keg Springs Winery, both of which are located off Hampshire Pike.

▶ **TRAIL: *Promised Land***

**NUMBER OF STOPS: 113**

**THE HIGHLIGHTS:** The pioneer spirit can still be felt on this route. Think Tennessee is landlocked and devoid of marine lore? Learn about the pearlers, men who armed themselves with knives and waded into local waterways looking for pearls in mussel shells. One of the most famous areas was below Carthage on the Cumberland River. (Once locks and dams were constructed, the practice of pearling died out.) Mark your calendars to visit the Muddy Pond Sorghum Mill in the fall, when your nose will be your GPS; you'll be able to see—and—smell sorghum being made.

**TNRIP**

photo courtesy of Tennessee Department of Tourist Development



 **Barrelhouse**  
LYNCHBURG, TENNESSEE



▶ **TRAIL: *Ring of Fire***  
**NUMBER OF STOPS: 109**

**THE HIGHLIGHTS:** This loop around the Cumberland Plateau and back to Music City may be named for the smoke produced by tobacco-curing barns in autumn. But year-round it is home to some tasty treats. Don't miss the salted lemonade at Cross Plains' Thomas Drugs, a 1930s-era soda fountain that is still the city's center. The annual Strawberry Festival in May offers a week of activities centered around the fruit. Need a break? Check out one of the many nearby natural mineral springs, such as at Armour's Hotel in Red Boiling Springs.

▶ **TRAIL: *Screaming Eagle***  
**NUMBER OF STOPS: 74**

**THE HIGHLIGHTS:** Want some meat on your bones? Head west from Nashville on this trail straight to Carl's Perfect Pig, the pride of White Bluff. The specialties of this BBQ shack are the ribs. In nearby Charlotte you'll find all manner of handmade goods at Country View Market, an Amish shop that has been in business since 1997. Stock up on candles and crafts, and meet the farmers who come in for bulk flour and sugar.

ROAD  
AND  
TRIP

▶ **TRAIL: *Tennessee River Trail***

**NUMBER OF STOPS: 102**

**THE HIGHLIGHTS:** Wind your way along the Duck and Buffalo rivers, taking a break to canoe or hike. But the money stop on this route is Hurricane Mills, Loretta Lynn's ranch, which has six different museums, plantation tours and even camping if you want to stay longer than just one day. Across the street is Cissie Lynn's Country Store and Music Barn. Owned by Loretta's daughter and son-in-law, the store offers something to eat, lots of music memorabilia to see and the chance to join in an impromptu pickin' party. Pack your fiddle.

▶ **TRAIL: *The Jack Trail***

**NUMBER OF STOPS: 123**

**THE HIGHLIGHTS:** Yes, that Jack. Grab a designated driver when you take this road trip, because you'll be stopping at distilleries, new and old, and learning about that signature drink: Tennessee whiskey. The Jack Daniels Distillery, in historic Lynchburg, may be the country's oldest registered distillery, and it certainly is the state's best-known. But it is hardly the only option. George Dickel is just about 20 minutes away from Jack. And nearby Pritchard's Distillery (in Kelso) makes rum as well as Tennessee whiskey.





**Rivers & Spires Festival**  
CLARKSVILLE, TENNESSEE



# FARMERS' MARKETS

Spring is here and one of the things to look forward to is the opening of our community farmers' markets. Check for your market's opening date below. Many of the markets keep up to date Facebook pages where it's a good idea to confirm dates and times. See you at the Market!

## Coffee County Tullahoma Locally Grown Market

Fuel So Good Roasters  
1407 N. Jackson St.  
Tullahoma  
[www.tullahomalocallygrown.net](http://www.tullahomalocallygrown.net)  
Thursday 4:30–5:30 p.m.

We are Tullahoma's source for locally grown food. Our mission is to provide a dependable means of supplying the highest quality of local farm products and locally produced foods. We are an online farmers' market where you can order from your home or office on Monday, Tuesday and Wednesday until noon and pick up your order on Thursday.  
Contact: [tlg@fuelsogood.com](mailto:tlg@fuelsogood.com)

## Cumberland County Cumberland Sustainable Farmers' Market

Crossville Depot  
North St. (corner of North and Main)  
Crossville  
[www.crossville.locallygrown.net](http://www.crossville.locallygrown.net)  
Thursday 3:30–4:30 p.m. (until April 28)  
Thursday 3:30–5:30 p.m. (beginning May 5)

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 pick-up location.  
Contact: Steven Colvin, 866-865-8329,  
[csfm@colvinfamilyfarm.com](mailto:csfm@colvinfamilyfarm.com)

## Davidson County 12 South Farmers' Market

Sevier Park  
3000 Granny White Pk.  
Nashville  
[www.12southfarmersmarket.com](http://www.12southfarmersmarket.com)  
Tuesday 3:30–6:30 p.m.

Opening Tuesday, May 3, this is a producer-only market featuring all local produce, meat, dairy and value-added items. Farmers will be both organic and conventional, offering products including baked goods, gourmet dog snacks, pasta, local honey and more.  
Contact: Mary Self,  
[maryself@12southfarmersmarket.com](mailto:maryself@12southfarmersmarket.com)

## Amqui Station Farmers' Market

303 Madison St.  
Madison  
[www.amquistation.org](http://www.amquistation.org)  
Sunday Noon–3 p.m.

Held at the Historic Amqui Station, the train station Johnny Cash saved, Discover Madison returns for a third year as a producer-only farmers' market. Enjoy the covered market with air-conditioned restrooms and lunch items from soup to casseroles. Live acoustic music every week.  
Contact: Nancy Van Reece, 615-891-1154,  
[nvanreece@gmail.com](mailto:nvanreece@gmail.com)

## East Nashville Farmers' Market

Shelby Park the Greenway  
1900 Davidson St.  
Nashville  
[www.eastnashvillemarket.com](http://www.eastnashvillemarket.com)  
Wednesday 3:30–7 p.m.

Opening day for the 2016 season is Wednesday, May 4. You will find all locally grown, mostly organic seasonal produce including strawberries,

greens, lettuce, onions and broccoli in the spring.  
Contact: Maggie Odle,  
[manager@eastnashvillemarket.com](mailto:manager@eastnashvillemarket.com)

## Fresh Harvest LLC

3514 Gray Ln.  
Thompson Station  
[www.freshharvest.locallygrown.net](http://www.freshharvest.locallygrown.net)  
Wednesday 4–6 p.m.

Fresh Harvest is Nashville's first and oldest online vegetable ordering system, providing a yearlong, 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.  
Contact: John Drury/Tally May, 931-623-0631,  
[john.drury@att.net/tally@wildblue.net](mailto:john.drury@att.net/tally@wildblue.net)

## Goodlettsville Farmers' Market

Cheryl Zech  
Goodlettsville Church of Christ  
411 South Main St.  
Goodlettsville  
615-440-7360  
[cherze@comcast.net](mailto:cherze@comcast.net)  
[www.imaginegoodlettsville.org](http://www.imaginegoodlettsville.org)  
Thursday 3:30–6:30 p.m.

Opening Thursday, May 5, we are an open-air market that carries local and organically raised meat, a full line of produce, fruit, eggs and honey. There are also baked goods, canned items, jams, flowers and plants.

## Hip Donelson Community Farmers' Market

Frank Trew  
2730 Lebanon Rd.  
Nashville  
615-696-9447  
[fm@hipdonelson.com](mailto:fm@hipdonelson.com)  
[www.hipdonelson.com](http://www.hipdonelson.com)  
Friday 4–7 p.m.

The market opens May 6 and runs every Friday next to the Fifty Forward Center in the heart of Donelson. This is a producers-only market, with fresh local produce, meats, poultry, cheese, breads and much more.

## Nashville Farmers' Market

900 Rosa L. Parks Blvd.  
Nashville  
[www.nashvillefarmersmarket.org](http://www.nashvillefarmersmarket.org)  
Monday–Sunday 8 a.m.–6 p.m.,  
with varying merchant hours

A year-round home to farmers, food artisans, restaurateurs, crafters and merchants offering a wide-range of items including: farm produce, meats, dairy, cheeses and other farm-made products; artisan-produced foods; prepared foods; handcrafted items and more.  
Contact: Tasha Kennard, 615-880-2001,  
[farmersmarket@nashville.gov](mailto:farmersmarket@nashville.gov)

## Richland Park Farmers' Market

4711 Charlotte Pk.  
Nashville  
Saturday 9 a.m.–12:30 p.m.  
[www.richlandparkfarmersmarket.com](http://www.richlandparkfarmersmarket.com)  
Serving West Nashville and Sylvan Park, the Richland Park Farmers' Market opens Saturday, May 7. The market features local food and artisan producers.  
Contact: Hank Delvin, 615-538-5538

## The Bellevue Farmers' Market

Red Caboose Park  
684 Colice Jeanne Rd.  
Bellevue  
[www.theBellevueFarmersMarket.com](http://www.theBellevueFarmersMarket.com)  
Friday 5–7:30 p.m.

Located in the heart of Bellevue at the Red Caboose Park, the market opens on Friday, May 6. The park has restrooms and a large playground for the kids to enjoy while you shop.  
Contact: [jeremy@thebellevuefarmersmarket.com](mailto:jeremy@thebellevuefarmersmarket.com)

## West End Farmers' Market at Vine St.

4101 Harding Pk.  
Nashville  
[www.facebook.com/westendfarmersmkt](http://www.facebook.com/westendfarmersmkt)  
Saturday 9 a.m.–12:30 p.m.

The market is closing on Saturday, April 24. Food, farmers and artisan crafts. Come meet your farmers and have locally grown produce and goods.  
Contact: Austin Sauerbrei, 940-782-0057,  
[manager@westendfarmersmkt.com](mailto:manager@westendfarmersmkt.com)

## DeKalb County DeKalb Farmers' Market

205 E. Bryant St.  
(behind DeKalb Ace Hardware)  
Smithville  
Saturday 6 a.m.–1 p.m., Tuesday 3–6 p.m.

The DeKalb County Farmers' Market is open to all Tennessee producers. You can find beautiful, fresh produce grown by local producers, in addition to delectable baked goods, handmade soaps and regional art.  
Contact: Eddy Ray, 615-464-7373

## Dickson County Dickson County Farmers' Market

284 Cowan Rd.  
Dickson, TN 37055  
[www.facebook.com/dicksonfarmersmarket](http://www.facebook.com/dicksonfarmersmarket)  
Saturdays 8 a.m.–noon

Our producer-only market is open on Saturdays year-round. Food products include seasonal freshly grown and handpicked vegetables and fruits, as well as farm-raised beef, pork, chicken and eggs. Locally produced honey, sorghum, plants, flowers and baked items are also offered.  
Contact: Vickie Witcher, UT Extension-Dickson County, 615-446-2788, [vwitcher@utk.edu](mailto:vwitcher@utk.edu)

## Franklin County Franklin County Farmers' Market

Dinah Shore Blvd.  
Farmers Market Pavilion  
Winchester  
6 a.m.–noon

We are an open-air market opening in mid-April. Seasonal vegetables, berries, spring plants, honey and handcrafted items. It is a producers-only market.  
Contact: Elaine Weaver, 931-703-5866

## Rooted Here—The South Cumberland Farmers' Market & Food Hub

39 Ball Park Rd.  
Sewanee  
[rootedhere.com](http://rootedhere.com)  
Tuesday 4:30–6 p.m.

We are an online farmers' market and food hub connecting people in the Sewanee area with locally grown foods, ranging from produce to meat, eggs,

baked goods and dairy.  
**Contact:** Jess Wilson, 931-808-3004,  
rootedheretn@gmail.com

## **Giles County** **Giles County Farmers' Market**

1 Public Square  
Courthouse Square  
Pulaski  
931-363-3789

**Saturday 6 a.m.**

The market is located on the south side of the Pulaski Square. You will find canned and fresh homegrown fruits and vegetables.

**Contact:** Chamber of Commerce, 931-363-3789

## **Humphreys County** **McEwen Farmers' Market**

Bradford St. (behind Exit Realty on Hwy. 70)  
McEwen

**www.mcewenfarmersmarket.com**

**Tuesday and Friday 3–7 p.m.**

Our opening day is Friday, April 29. The market is expanding and we will have more vendors and more produce. Please check our Facebook page for changes.

**Contact:** Debbie Harbison, 615-509-5860,  
harbison8143@gmail.com

## **Jackson County** **Jackson County Farmers' Market**

757 Grundy Quarles Hwy.  
Gainesboro

Open Monday–Sunday when producers are present. Most farmers show up Fridays, 10 a.m.–2 p.m.

**Contact:** Cynthia Zeitz, 931-268-9437,  
chzeitz@utk.edu

## **Lawrence County** **Lawrence County Farmers' Market**

Corner of Mahr Ave. and Taylor St.  
Lawrenceburg  
931-852-4081

**Tuesday, Friday and Saturday, 7 a.m.–noon;**  
**Thursday 3–6 p.m.**

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:** Calvin Bryant, 931-852-4081,  
lbryant1@utk.edu

## **Montgomery County** **Clarksville Downtown Farmers' Market**

One Public Square  
Clarksville

**Saturday 8 a.m.–1 p.m.**

When the 2016 Clarksville Downtown Market opens on Saturday, May 21, approximately 70 vendors will be on hand to offer local fresh produce, baked goods, home decor, seasonal flowers and more.

**Contact:** Channel Lemon, 931-645-7476,  
Channel.Lemon@cityofclarksville.com

## **Overton County** **Livingston-Overton Farmers' Market**

University and Spring St.  
Livingston

**Monday–Sunday 7 a.m.–5 p.m.**

Open daily from the first of May. Our vendors offer a wide variety of fruits and vegetables during the season. Stop by and support your local farmers.

**Contact:** Darius Sims, 931-823-1269

## **Putnam County** **Cookeville Farmers' Market**

Downtown Center Pavilion  
201 Mahler St.  
Cookeville

**Monday–Sunday 7 a.m.–5 p.m.**

The Downtown Center Pavilion is open every day

for local farmers to sell to the public. During the season, vendors sell locally grown produce and some baked goods in the open-air shelter area.

**Contact:** Rick Woods, 931-520-5285; or, for vendor permits, call 931-520-5591

## **Monterey Farmers' Market**

1 E. Depot St.  
Monterey

931-839-2111

**Monday–Saturday 7 a.m.–5 p.m.**

Our open-air market promotes both local home growers and crafters of handmade, homemade products.

**Contact:** Julie Bohannon, 931-839-2111,  
depotadm@frontier.com

## **The Cookeville Downtown** **Green Market**

First Presbyterian Church  
Corner of Dixie and Broad St.  
Cookeville

**www.facebook.com/thedowntowngreenmarket**

**Saturday 7 a.m.–noon**

We offer only organic and naturally, locally grown and produced items. Don't forget to visit the "Juice Box" for fresh organic juices, hot ciders and tasty treats as you listen to local musicians while you shop.

**Contact:** Randy Dodson, 931-267-9242

## **Robertson County** **Springfield/Robertson County** **Farmers' Market**

4635 Hwy. 41 N.

Robertson County Fairgrounds  
Springfield

**www.facebook.com/RCFarmersMarket**

**Saturday 8:30 a.m.–noon**

We open May 7. 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**

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

Murfreesboro

**rutherfordfarmersmarket.tennessee.edu**

**Tuesday and Friday 7 a.m.–noon**

The 2016 season kicks off on Friday, May 13. The market supports producer-only farming operations in Middle Tennessee, while also ensuring the availability of fresh produce and other farm products to the local community. We accept credit, debit and EBT and offer free classes every market day covering gardening, sustainable agriculture and cooking demonstrations.

**Contact:** Nina Hanson, manager, 615-898-7710,  
nhanson1@utk.edu

## **Stones River Farmers' Market** **stonesriver.locallygrown.net**

Pick-up location not determined at press time; please check website for more details.

We are a year-round farmers' market. Customers can join the market anytime. Our farmers/producers are located in the Middle Tennessee region and sell baked and processed foods, meat, poultry, eggs, dairy products, honey, herbs, fruits, vegetables, cut flowers and skincare products.

**Contact:** Ashleigh Newnes/Tracey Burks,  
931-952-1224, stonesrivermarket@gmail.com

## **Sumner County** **Gallatin Farmers' Market**

160 W Franklin St.  
Gallatin Police Department  
Gallatin

**www.downtowngallatin.com**

**Wednesday 3–6 p.m., Saturday 7 a.m.–2 p.m.**

The market opens on Saturday, April 2, offering Tennessee-grown products, including produce,

flowers and herbs.

**Contact:** Donna Belote, Greater Gallatin,  
615-452-5692

## **Hendersonville Farmers' Market**

The Streets of Indian Lake Mall  
300 Indian Lake Blvd.

Hendersonville

**Saturday 9 a.m.–2 p.m.**

Opening Saturday, May 21, our market's local farmers will offer a wide array of seasonal vegetables, fruits, honey, dairy and flowers, and organic and naturally raised eggs, beef, chicken and pork.

**Contact:** Cheryl Puryear, 615-838-8238,  
cherylpuryear01@gmail.com

## **Warren County** **Warren County Farmers' Market**

100 Market St.

McMinnville

**Wednesday and Saturday 6 a.m.–noon**

The market will open on Saturday, April 2, and only be open Saturdays in April. Starting in May, the market will be open on Wednesdays and Saturdays with local producers and artisans.

**Contact:** Mary Cantrell, 931-235-1542

## **Williamson County** **Franklin Farmers' Market**

230 Franklin Rd. (behind The Factory)  
Franklin

**www.franklinfarmersmarket.com**

**January–April: Saturday 9 a.m.–noon**

**Beginning in May: 8 a.m.–1 p.m.**

The market is one of the largest assemblies of Tennessee farmers in the state. It's where families come together each week to experience community and purchase the best in local food. We are a producers' market of real local farmers, bakers and artisans of handcrafted goods.

**Contact:** Deb Grant, 615-916-1274,  
deb@franklinfarmersmarket.com

## **Nolensville Farmers' Market**

7248 Nolensville Rd.

Nolensville

**www.facebook.com/nolensvillefarmersmarket**

**Saturday 8 a.m.–noon**

We have partnered with LocallyGrown.net to expand the Nolensville Farmers' Market Winter Market to Nolensville.LocallyGrown.net. You create an account, fill up your cart and hit order. The local farmers and artisans come and drop off their fresh products at the pick-up point. Our market staff organizes the orders, you swing by, pay with cash, check or card and in minutes you are on your way.

**Contact:** Kasi Daniels, 615-794-8267,  
info@nolensvillefarmersmarket.com

## **Wilson County** **Lebanon Farmers' Market**

4195 Maple St.

200 Castle Heights Ave. N.

Lebanon

**Monday–Sunday**

Open-air, seasonal market with covered pavilion from sunup-sundown; open year-round.

**Contact:** Lebanon Mayor's Office, 615-443-2839

## **Mt. Juliet Farmers' Market**

Charlie Daniels Park  
1100 Charlie Daniels Pkwy.

Mt. Juliet

**Tuesday & Thursday 3–7 p.m.,**

**Saturday 7 a.m.–2 p.m.**

Beginning in May, local farmers are at Charlie Daniels Park on Tuesday, Thursday and Saturday.

**Contact:** CJ Kiekens, Mt. Juliet City Hall,  
615-758-6522.

# Nashville Earth Day

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# Earth Day

THE 15TH ANNUAL NASHVILLE  
EARTH DAY FESTIVAL  
April 23, 2016 | Centennial Park  
11:00 a.m.–6:00 p.m.  
[www.nashvilleearthday.org](http://www.nashvilleearthday.org)

## EARTH DAY: UNITING OUR COMMUNITY AND THE WORLD

Today, more than ever, we live in a divided, broken world. Race, gender, politics, socioeconomic status, religion—these and many other polarizing topics saturate our conversations, creating disruption in what *could* be a peaceful planet.

But every year on April 22, more than a billion people from 192 countries come together in support of our most precious, shared source of life—our planet Earth. It is an encouraging reprieve from the discord, but, more importantly, it generates awareness and support for the programs working to preserve our environment for generations to come.

Earth Day has been celebrated in various forms since 1970, its origins following on the heels of the 1969 oil spill in Santa Barbara, California. Earth Day Network describes how Gaylord Nelson, then a U.S. Senator from Wisconsin, leveraged the energy behind the anti-war movement to spark a similar uprising around environmental issues. Nelson's efforts united Republicans, Democrats and citizens of every background. It also led to the creation of the United States Environmental Protection Agency, as well as the passing of the Clean Air, Clean Water and Endangered Species Acts.

The first time Earth Day went global was in 1990, when Denis Hayes, an environmental advocate and proponent of solar power, organized 200 million people in 141 countries to drive awareness for recycling programs. Earth Day Network claims his efforts paved the way for the 1992 United Nations Earth Summit in Rio de Janeiro.

Today, Earth Day is coordinated by the Earth Day Network and is the largest civic event in the world. On April 22, and year-round, the organization

rallies communities to host events and activities driving home the importance and simplicity of living green.

The Middle Tennessee community has certainly stepped up to do its part. On Saturday, April 23, Metro Nashville and Davidson County will host the 15th Annual Nashville Earth Day Festival at Centennial Park. This free, community-wide event includes live entertainment, local food and activities promoting sustainability and awareness of conservation efforts.

The 2016 festival includes more than 100 family-friendly booths, hosted by community groups, environmental organizations and government agencies. There will also be a green/farmers' market with locally grown produce and locally made products; a recycling and disposal drop-off, with usable home goods and clothing benefiting Goodwill Industries of Middle Tennessee; and a children's play area with hands-on educational activities.

Most importantly, the festival includes demonstrations exploring topics such as clean water and air, energy and farming to encourage our community to make conscious everyday choices with our planet in mind.

At the heart of it all, Earth Day is a beautiful reminder to come together for positive changes that impact each and every human being. It also drives home the reality that while we may have a lot of differences, none of them matters without a sustainable, sound world in which to live. It's nice to know there are some things we can all agree on.

To learn more about the Earth Day Network and the history of Earth Day, visit [www.earthday.org](http://www.earthday.org).

# ECOLOGICAL EDUCATION FOR ALL

by URSULA G. KING

Earth is a spectacularly beautiful and fascinatingly complex system but also a threatened planet. Around Tennessee there are many nonprofit organizations and government departments striving to increase ecological education and teach us how health and well-being are inextricably linked to natural surroundings. Organizations small and large offer us opportunities to engage and learn through work projects, workshops, advocating for conservation and protection of natural systems, and even walking in a park. Their efforts invite us to learn and live in communion with our planet.

The three following organizations are examples of some of the many groups and individuals working to protect our local environment.

Early on Saturday morning, a beat-up pickup truck arrives along the banks of Richland Creek in West Nashville. It is loaded with shovels, tree saplings and a feisty driver, Monette Roberts, executive director and the only staff of the Richland Creek Watershed Alliance (RCWA). After scouting creek banks, having conversations with landowners, and forging a partnership with the Tennessee Department of Forestry, another day of restoring the ecology of Richland Creek is about to begin. By continually bringing volunteers from the neighborhoods for work projects, RCWA engages in “on the ground” education about riparian systems. “Understanding the link between stream health and flooding is vital,” says Monette, aiming to impart that wisdom to all who will lend an ear as they carve holes for some of the 1625 trees planted to date. RCWA also advocates for restoring and preserving floodplains through its online education program Watershed 101, and challenges building in floodplains as development pressures increase. RCWA’s very localized mission “to restore and protect Richland Creek watershed and its ecosystem” is supported by grants and donations. With her ever-present enthusiasm and intensity, Monette says, “I love to talk about the value of streams. My personal favorite description is ‘life flowing.’” We’ll all benefit by understanding that healthy water systems are crucial to life and maybe we’ll be lucky enough to feel a deep connection as we lift a large sapling into a perfectly dug hole as water ripples past.

Urban Green Lab’s (UGL) website page states that it is “Nashville’s nonprofit improving well-being through sustainable living,” and the organization has been striving to do just that—by offering public workshops and hosting events. Now, they have added to their mission in a big and fun way: UGL’s Mobile Lab rolled onto the streets of Nashville in February. This is no ordinary trailer, but rather a vision realized on wheels. It’s outfitted with interactive exhibits and equipped with green technology to teach about sustainability. This mobile, interactive classroom travels to middle and high schools and community events across Nashville, bringing five topics to students: energy, water, food and agriculture, transportation and green building. In workshops, food-based programs were most popular, so the Mobile Lab includes plenty about this topic. “It helps students connect what they are learning in the classroom with their environment and what they can do to support the triple bottom line: people, profit, planet,” says UGL Executive Director Jennifer Westerholm. Mobile Lab will reach diverse and underserved populations and enhance school science and technology curricula by traveling to schools, cutting the cost and logistics of transporting students. “It is our hope that this innovative tool will help inspire the next generation of sustainability leaders,” says Jennifer. It seems we should all be rooting for that, too. Let the learning games begin.

Metro Parks and Recreation “manages and maintains open natural space for people to be in the environment”, says the department’s Jim Hester. This focus provides a natural canvas for continual public education. Green space has been well-documented to promote health and well-being, and also allows people moments of discovery and understanding of natural systems that we do not always classify as education. We absorb nature’s workings subtly. Metro Parks and Recreation also offers many community education programs at its four Nature Centers. From animals to soil decomposers and organic gardening to the night sky and history of the land, the Nature Centers offerings can deepen our understanding of the natural world. Community (food) gardens are also permitted on public lands through Metro Parks and Recreation and a grant program to expand or establish new community gardens is in its third year. All those who grow food know that the path to an abundant harvest is one of learning and appreciating how soil, water, sun and air combine to provide us delicious sustenance.

Many worthwhile organizations striving to ecologically educate us all are in our midst. The people working and volunteering to make every day Earth Day toil to engage us so that we might one day coexist in harmony within our natural systems. Our only job is to open our minds to what they have to teach us, our wallets to support their work and our hearts to know that collective knowledge will create a more beautiful world than we can imagine.

For a more comprehensive list of environmental organizations, readers can go to [www.localtable.net](http://www.localtable.net).

**CITIZENS’ CLIMATE LOBBY NASHVILLE**  
[citizensclimatelobby.org/chapters/TN\\_Nashville](http://citizensclimatelobby.org/chapters/TN_Nashville)  
 Citizens’ Climate Lobby is a nonprofit, nonpartisan, grassroots advocacy organization empowering people to experience breakthroughs exercising their personal and political power.

**CLEAN AIR PARTNERSHIP OF MIDDLE TN**  
[www.itscleartome.org](http://www.itscleartome.org)  
 The organization’s mission is to improve air quality in our area and promote simple changes in our daily habits that reduce pollution.

**CUMBERLAND - GREEN RIVER BIOREGIONAL COUNCIL**  
[www.meetup.com/Cumberland-Green-River-Bioregional-Council](http://www.meetup.com/Cumberland-Green-River-Bioregional-Council)  
 Beyond environmental protests, we are evolving sustainable lifestyles wherever we are located. The Cumberland Green Bioregional Council was founded in 1984 on the principles of education, networking and celebration.

**CUMBERLAND RIVER COMPACT**  
[cumberlandrivercompact.org](http://cumberlandrivercompact.org)  
 Enhancing water quality through education and cooperation.

**METRO BEAUTIFICATION & ENVIRONMENTAL COMMISSION**  
[www.keeptnbeautiful.org/affiliates/nashville](http://www.keeptnbeautiful.org/affiliates/nashville)  
 The mission of KTNB is to educate and rally Tennesseans to take responsibility for improving their community environments.

**SIERRA CLUB - MIDDLE TN GROUP**  
[www.sierraclub.org/tennessee/middle-tennessee](http://www.sierraclub.org/tennessee/middle-tennessee)  
[www.meetup.com/Middle-Tennessee-Sierra-Club-Outings-and-Adventures/events/calendar](http://www.meetup.com/Middle-Tennessee-Sierra-Club-Outings-and-Adventures/events/calendar)  
 Explore, enjoy and protect the planet.

**TDEC DIVISION OF NATURAL AREAS & OFFICE OF SUSTAINABLE PRACTICES**  
[www.tennessee.gov/environment](http://www.tennessee.gov/environment)  
 The Office of Sustainable Practices was established to promote a culture of environmental stewardship through action-based programs to conserve Tennessee’s natural resources.

**TN CLEAN WATER NETWORK**  
[www.tcnw.org](http://www.tcnw.org)  
 TCWN empowers Tennesseans to exercise their right to clean water and healthy communities by fostering civic engagement, building partnerships and advancing and—when necessary—enforcing water policy for a sustainable future.

**TN FOOD POLICY COUNCIL (UNDER TCWN)**  
[www.tnfoodpolicy.org](http://www.tnfoodpolicy.org)  
 The Tennessee Food Policy Council works collaboratively to foster and advance policies that cultivate a fresh, healthy and fair food system.

**TN ENVIRONMENTAL COUNCIL**  
[tectn.org/about](http://tectn.org/about)  
 Educating and advocating for the conservation and improvement of Tennessee’s environment, communities and public health since 1970.

**SUSTAINABLE TENNESSEE (UNDER TECTN)**  
[tectn.org/sustainable-tennessee](http://tectn.org/sustainable-tennessee)

**TN PARKS & GREENWAYS FOUNDATION**  
[www.tenngreen.org/website](http://www.tenngreen.org/website)  
 Our mission is to protect Tennessee’s natural treasures.

**METRO PARKS DEPARTMENT**  
[www.nashville.gov/Parks-and-Recreation.aspx](http://www.nashville.gov/Parks-and-Recreation.aspx)  
 It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region’s natural resources.

**RICHLAND CREEK WATERSHED ALLIANCE**  
[www.richlandcreek.org](http://www.richlandcreek.org)  
 The Richland Creek Watershed Alliance is a watershed-based, community-supported stream conservation group and public charity focused on the environmental sustainability of the Richland Creek watershed, and dedicated to providing action and leadership for long-term restoration and preservation of its ecosystem.

**HARPETH RIVER WATERSHED ASSOCIATION**  
[www.harpethriver.org](http://www.harpethriver.org)  
 The Harpeth River Watershed Association (HRWA) in Middle Tennessee is dedicated to preserving and restoring the ecological health of the Harpeth River and its watershed.

# NASHVILLE EARTH DAY MARKETPLACE

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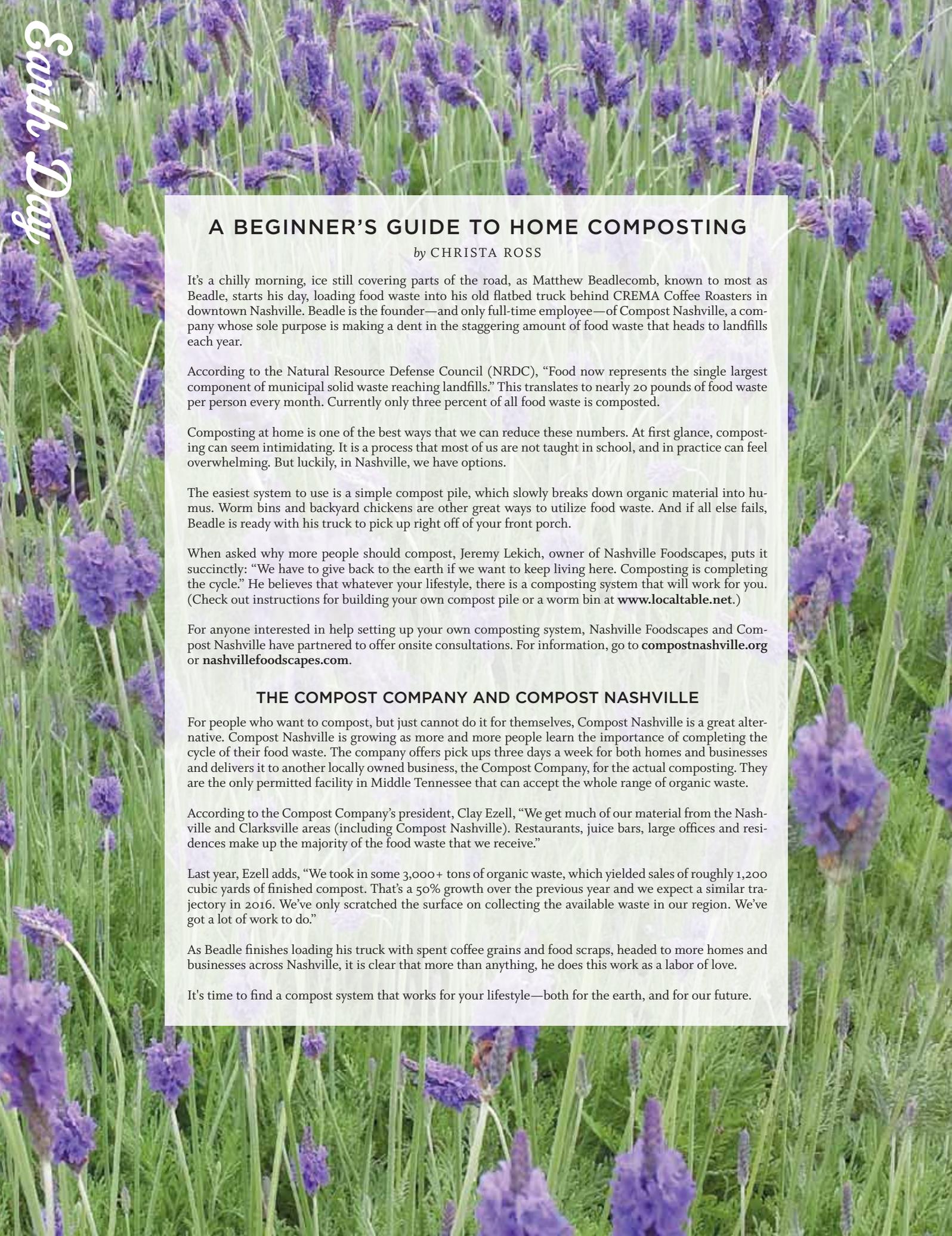
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## A BEGINNER'S GUIDE TO HOME COMPOSTING

by CHRISTA ROSS

It's a chilly morning, ice still covering parts of the road, as Matthew Beadlecomb, known to most as Beadle, starts his day, loading food waste into his old flatbed truck behind CREMA Coffee Roasters in downtown Nashville. Beadle is the founder—and only full-time employee—of Compost Nashville, a company whose sole purpose is making a dent in the staggering amount of food waste that heads to landfills each year.

According to the Natural Resource Defense Council (NRDC), “Food now represents the single largest component of municipal solid waste reaching landfills.” This translates to nearly 20 pounds of food waste per person every month. Currently only three percent of all food waste is composted.

Composting at home is one of the best ways that we can reduce these numbers. At first glance, composting can seem intimidating. It is a process that most of us are not taught in school, and in practice can feel overwhelming. But luckily, in Nashville, we have options.

The easiest system to use is a simple compost pile, which slowly breaks down organic material into humus. Worm bins and backyard chickens are other great ways to utilize food waste. And if all else fails, Beadle is ready with his truck to pick up right off of your front porch.

When asked why more people should compost, Jeremy Lekich, owner of Nashville Foodscapes, puts it succinctly: “We have to give back to the earth if we want to keep living here. Composting is completing the cycle.” He believes that whatever your lifestyle, there is a composting system that will work for you. (Check out instructions for building your own compost pile or a worm bin at [www.localtable.net](http://www.localtable.net).)

For anyone interested in help setting up your own composting system, Nashville Foodscapes and Compost Nashville have partnered to offer onsite consultations. For information, go to [compostnashville.org](http://compostnashville.org) or [nashvillefoodscapes.com](http://nashvillefoodscapes.com).

### THE COMPOST COMPANY AND COMPOST NASHVILLE

For people who want to compost, but just cannot do it for themselves, Compost Nashville is a great alternative. Compost Nashville is growing as more and more people learn the importance of completing the cycle of their food waste. The company offers pick ups three days a week for both homes and businesses and delivers it to another locally owned business, the Compost Company, for the actual composting. They are the only permitted facility in Middle Tennessee that can accept the whole range of organic waste.

According to the Compost Company's president, Clay Ezell, “We get much of our material from the Nashville and Clarksville areas (including Compost Nashville). Restaurants, juice bars, large offices and residences make up the majority of the food waste that we receive.”

Last year, Ezell adds, “We took in some 3,000+ tons of organic waste, which yielded sales of roughly 1,200 cubic yards of finished compost. That's a 50% growth over the previous year and we expect a similar trajectory in 2016. We've only scratched the surface on collecting the available waste in our region. We've got a lot of work to do.”

As Beadle finishes loading his truck with spent coffee grains and food scraps, headed to more homes and businesses across Nashville, it is clear that more than anything, he does this work as a labor of love.

It's time to find a compost system that works for your lifestyle—both for the earth, and for our future.

1

*Locally grown food tastes better.*

Food grown in your own community is usually picked that morning or the previous day. It's the freshest you can get and loaded with flavor. Produce flown or trucked in is much older. Several studies have shown that the average distance food travels from farm to plate is 1,500 miles.

2

*Local produce is better for you.*

Fresh produce loses nutrients quickly. Locally grown food, purchased soon after harvest, retains its nutrients.

3

*Local food preserves genetic diversity.*

In the modern industrial agricultural system, varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment. Only a handful of varieties of fruits and vegetables meet those rigorous demands, so there is little genetic diversity in the plants grown. Local farms, in contrast, grow a huge number of varieties to provide a long season of harvest, an array of eye-catching colors and the best flavors.

4

*Local food is GMO-free.*

Although biotechnology companies have been trying to commercialize genetically modified fruits and vegetables, they are currently licensing them only to large factory-style farms. Local farmers don't have access to genetically modified seed, and most of them wouldn't use it even if they could.

5

*Local food supports local farm families.*

With fewer than one million Americans now listing farming as their primary occupation, farmers are a vanishing breed. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their crops.

6

*Local food builds a stronger community.*

When you buy direct from the farmer, you are re-establishing a time-honored connection between the eater and the grower.

7

*Local food preserves open space.*

As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely. The rural landscape will survive only as long as farms are financially viable.

8

*Local food helps to keep your taxes in check.*

Farms contribute more in taxes than they require in services, whereas suburban development costs more than it generates in taxes.

9

*Local food supports a clean environment and benefits wildlife.*

A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops to prevent erosion and replace nutrients used by their crops. Cover crops also capture carbon emissions and help combat global warming.

10

*Local food is about the future.*

By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, so that future generations will have access to nourishing, flavorful and abundant food.

-Portions reprinted from *Eartheasy, Solutions for Sustainable Living*



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## 1

### *Reuse*

Farmers are great at this one and are ingenious in figuring out how to reuse anything from baling string to feed sacks! Shop antique and vintage stores. Check out barn sales and Craigslist. For example, old glass food jars can be refilled with homemade foods and old plastic bottles and containers can be used to hold DIY cleaning products.

## 2

### *Use Less Water*

Saving water is all about small steps: Shut off the water while you brush your teeth. Take showers that are a minute or two shorter. Only run full loads of laundry and dishes. An estimated 50% of all household water usage is wasted. In an era when our fresh water supply is diminishing due to pollution and drought, it's important to conserve all the water we can.

## 3

### *Buy Local Food*

When you buy from sustainable farmers and ranchers, you know they are using techniques that pollute less and use less water. It takes energy to transport food and other products across the country. Buying local not only supports your local economy—it uses less energy.

## 4

### *Get Your Kids Involved*

Help your children learn more about the importance of living green by exposing them to age-appropriate chores, experiences, community projects and information. When it comes to saving energy and water, the kids may know more about it than you. Get involved as a family to get on track with green practices.

## 5

### *Use Environmentally Friendly Cleaning Products*

Use environmentally friendly cleaning products. Read labels and do your homework to find safe, non-toxic and cost-effective brands. Even better, if you want less expensive, eco-friendly, safer products, why not make them yourself? A quick online search, on sites like Pinterest, will lead you to hundreds of green, natural and safe homemade cleaner recipes.

## 6

### *Recycle*

Unfortunately, Middle Tennessee makes it difficult to recycle glass and some plastics. But do what you can. Think about the packaging when you buy something new. Not only are forests being chopped down and mountains being leveled worldwide for raw materials, but landfills are bursting at the seams with all the debris of our fast-paced consumer lifestyle.

## 7

### *Stop Using Bottled Water*

Nearly 30 billion plastic water bottles are sold annually in the U.S., with less than 20% of them being recycled. Ironically, many bottled water companies use municipal water sources—that's right, tap water. Save resources and money by drinking from your own tap or home filtration system with a reusable water bottle.

## 8

### *Reduce Your Waste*

Reducing the amount of waste you create and the amount of trash that goes to the landfill is an important part of going green. In addition to saving money, eliminating waste can also lead to an elimination of harmful chemicals in your home. Many brand new, disposable items are made from harmful types of plastic or other synthetics, which contain chemicals like BPA. Other home good products are *processed* with dangerous chemicals, e.g. bleached paper napkins or plates, which can actually contaminate our food.

## 9

### *Conserve Energy*

From oil to natural gas, energy is getting harder to produce and more costly. It accounts for 21.3 billion tonnes of carbon dioxide each year and over 90% of all greenhouse gases. Simple things like turning off the lights and unplugging chargers, Bluetooth and WiFi when not in use help. Put your devices with remotes, like televisions, recorders and music players, on a power strip and turn it off when you're not using them. These devices all consume a lot of power even when they are off.

## 10

### *Support Locally Owned Businesses*

Small businesses are more likely to support other businesses within the community, care for their environment, and conduct business in an environmentally responsible way. They also work harder for your business, contribute more to local charitable causes, create more jobs, limit outsourcing and keep money circulating within a community.

Don't let going green overwhelm you—just start with one or two steps. The Earth will thank you!

## What Does It Mean to GO GREEN?

Going green means making some lifestyle changes to help you live in a more eco-friendly way. You learn to make earth-friendly choices about what you eat, what you buy and how you use and dispose of waste. It means changing your behavior and becoming more environmentally aware. The decision to go green is a gradual process for most people and simple choices can make a huge difference. It is these everyday choices that create a healthier community for you and your family.

There is a lot of information available on the Internet and through local community organizations (see our list on page 24) to help you learn how to go green. Here are a few simple things you can do now.

SOURCES: SUSTAINABLEBABYSTEPS.COM, WORLDWATCH.ORG, 50WAYSTOHELP.COM, URBANNATURELE.COM, GREENLIVING.ABOUT.COM

## GREEN ROOFS by JENNY CUPERO

A green roof, or living roof, is a roof of a building that is partially or completely covered with vegetation and a growing medium, which is planted over a waterproofing membrane. It may also include additional layers such as a root barrier and drainage and irrigation systems. [www.growildinc.com](http://www.growildinc.com)

Today, architects and developers are increasingly turning to planted rooftops as a viable and attractive alternative to ordinary gravel-and-tar commercial installations. There are significant practical, economic, environmental and quality-of-life benefits to a green roof:

- ▶ **STORMWATER RETENTION.** Green roofs assimilate large amounts of rainwater rather than channeling it into the municipal stormwater system (which can result in overloads).
- ▶ **HEAT ISLAND EFFECT.** A green roof affects not just the building it crowns but the entire neighborhood, thanks to the evaporative (release of water by the plants) cooling it generates that counteracts the heat buildup inherent in concrete and asphalt urban environments. With most HVAC units placed on top of buildings, this cooling—as much as 20-30 degrees—results in operational savings.
- ▶ **URBAN WILDLIFE HABITAT.** Green roofs are most commonly found in cities, and provide resting and feeding stops for wildlife, particularly small birds and butterflies.



We specialize in providing local grass-fed, all-natural, dry-aged beef to individuals and establishments looking for superior quality and flavor at a reasonable price.”

It’s a mouthful, and it’s not even the extent of Walnut Hills Farm’s spread. They also provide—either from their farm or through co-op—chickens, seafood and swine, all roaming grounds speckled with walnut trees (well, the pigs are inside a fence, but it’s a generous space). All beef is USDA-inspected and certified natural by the state of Tennessee.

The farmers, Doug and Sue Bagwell, haven’t always found themselves in the great outdoors raising various foods. No, they both grew up in Urban America, essentially. But Sue always had friends who owned farms, and she always wished that she had her own. And while Doug didn’t grow up on a farm, his father’s family had been sharecroppers in the Carolinas. Doug also spent several summers working on farms during the day, raising cash crops that were then shipped off to farmers’ markets. In other words, Doug and Sue grew up on the outskirts of farming, you might say, and they always enjoyed it. They were near it, and occasionally came into contact with it, but it wasn’t their life. So when they got married and moved in together in their early 20s, they got a cookie-cutter home in the suburbs, just like they were used to.

But they had a revelation several years later while serving on mission trips with their church. Doug and Sue decided to get involved in some outreach and service projects in Kenya, with particular attention to helping children. They spent a lot of time helping rescue kids from garbage dumps—kids who had been abandoned and left with no one. Doug and Sue were part of teams who helped those kids find good homes with loving families. Back to the revelation: In Kenya, Doug and Sue spent a lot of time outside. They were in remote areas and working away from major metropolitan areas.

“We just fell in love with being outside the city,” Doug says. “We decided that we wanted to be something other than a cog in the machine.”

So a little while later, when their kids got closer to college, they decided to move from their home in Hendersonville and buy a farm. But it was easier said than done.

“It’s not like buying a house in East Nashville where you can find a home pretty quickly,” Doug says. You kind of have to know someone who knows someone who might be interested in selling for a good offer. Well, they finally found

that person who knew that person who had that property, and they bought it.

The first thing they tried was goat farming.

“They were a real pain in the neck,” Doug says.

Okay, the goats weren’t profitable on their own, but they gave the Bagwells an advantage in the long run. Goats eat thistles and weeds and locusts. Letting a bunch of goats roam the property for a few years cleared up the ground, left the best grass, and scared away the bugs.

“People ask me all the time what we use to spray our grass, because it’s beautiful,” Doug says. “I’ve never sprayed it, and it was never sprayed before we got it.”

Doug and Sue decided that the time was right to move into something bigger: livestock. After some discussion about the direction in which they wanted to go, they got some cows—*Limousins*, a French breed—and decided to slaughter the animals and sell the meat. Here’s the kicker, though: Because their lawn was in such great shape, it turned out that letting the cows feed openly on the grass was great for their muscle growth. In other words, it made the meat tastier.

“We didn’t start grass-feeding beef because it was popular,” Doug says. “We started grass-feeding beef because my cows eat grass and turn it to muscle better than any other cow in America. And then *shazam*, there’s a huge demand for it.”

The goats improve the grass. The cows eat the grass. The cows beef up. People start buying the meat at farmers’ markets, which brings in some money, which helps the Bagwells buy more cows. You get the idea. Suddenly, a secondary source of income—they only sold \$110 worth of beef in their first farmers’ market experience—exploded into a major source of income.

In fact, it grew so much that they expanded the business to include the swine and chickens and seafood.

“Now we have to sell \$110 worth of meat every half-hour,” Doug says, only half-kidding.

Doug and Sue Bagwell didn’t set out to be expert farmers. They didn’t set out to make a ton of money. It just sort of worked out. And it worked out in their favor. Maybe that revelation was really a calling. ■

ALL THINGS WORK  
TOGETHER FOR GOOD:  
THE BAGWELL STORY  
by ERIC D. S. DORMAN



photos by Lucas Kane



ABOVE //  
DOUG & SUE BAGWELL OF  
WALNUT HILLS FARM



# 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](mailto: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](http://www.localtable.net)

\* Outside of Davidson County



## ACME FEED & SEED

101 Broadway  
Nashville, TN 37201  
615-915-0888  
[info@theacmenashville.com](mailto:info@theacmenashville.com)  
[www.theacmenashville.com](http://www.theacmenashville.com)

Located in the heart of downtown, Acme Feed & Seed provides locals and visitors to the city a downtown experience while honoring the much-loved character of Lower Broadway. The fast-casual menu features both locally loved and internationally inspired dishes.



## MARCHÉ ARTISAN FOODS

1000 Main St.  
Nashville, TN 37206  
615-262-1111  
[info@marcheartisanfoods.com](mailto:info@marcheartisanfoods.com)  
[www.marcheartisanfoods.com](http://www.marcheartisanfoods.com)

Marche Artisan Foods is a bustling European-style eatery located near the heart of Historic East Nashville. We are a diner's dream, serving seasonal cuisine for breakfast, lunch, dinner and the ever-popular weekend brunch. The simply fresh cuisine and elegantly rustic setting create the perfect ambiance for any occasion.



## CHAGO'S CANTINA

2015 Belmont Blvd.  
Nashville, TN 37212  
615-386-0106  
[chagoscantinabelmont@gmail.com](mailto:chagoscantinabelmont@gmail.com)  
[ChagosCantina.com](http://ChagosCantina.com)

Providing Nashville with Latin American flavors "our way." We have great patios to sit and enjoy a freshly made mojito. We have everything from Puerto Rican Mofongo to Mexican-style street tacos.



## MARGOT CAFE & BAR

1017 Woodland St.  
Nashville, TN 37206  
615-227-4668  
[info@margotcafe.com](mailto:info@margotcafe.com)  
[www.margotcafe.com](http://www.margotcafe.com)

Margot Cafe & Bar is a casual, fine-dining restaurant located in Historic East Nashville, offering rustic French and Italian cuisine with an emphasis on the regions of Provence and Tuscany. With a changing menu and affordable entrees, the freshness, simplicity and seasonality of the food have won over diners across Nashville and the Southeast.



## THE SOUTHERNAIRE

150 3rd Ave. S.  
Nashville, TN 37201  
615-490-8077  
[shelby@tomkats.com](mailto:shelby@tomkats.com)  
[www.southernairermarket.com](http://www.southernairermarket.com)

The Southernaire combines the style, hospitality and quality of a New Orleans-style neighborhood market. Shoppers find themselves surrounded by locally and regionally sourced artisanal products, produce and ingredients, a butcher counter full of fresh meat and seafood selections and a bevy of craft brews.



## frothy monkey

FOOD COFFEE WINE

### FROTHY MONKEY

12South Neighborhood  
2509 12th Ave. S. Nashville, TN 37204  
615-891-1015 / 615-292-1808  
[frothymonkey.com](http://frothymonkey.com)

Go to [localtable.net](http://localtable.net) for other locales and times.

Frothy Monkey is the breakfast through dinner coffeehouse using local ingredients to prepare original dishes, all served in a cozy and approachable atmosphere. Frothy Monkey offers breakfast, brunch every day until 5 p.m., lunch and dinner, with expanded beverage offerings to include coffeehouse standards as well as craft beer, wine and cocktails.



## THE SOUTHERN STEAK & OYSTER

150 3rd Ave. S.  
Nashville, TN 37201  
615-724-1762  
[thegals@thesouthernnashville.com](mailto:thegals@thesouthernnashville.com)  
[www.thesouthernnashville.com](http://www.thesouthernnashville.com)

Nestled in the 4-star, LEED-certified Pinnacle Building at Symphony Place in the heart of downtown Nashville, The Southern Steak & Oyster is a unique and animated eatery that offers an authentically southern adventure with a twist. Featuring a shuck-to-order oyster bar, hickory wood-fired grill, locally grown produce, delectable tender meats and direct-sourced seafood.



## THE WILD COW

1896 Eastland Ave.  
Nashville, TN 37206  
615-262-2717  
[thewildcow@live.com](mailto:thewildcow@live.com)  
[www.thewildcow.com](http://www.thewildcow.com)

We are a vegetarian restaurant in East Nashville. Our mission is to provide healthy, cruelty-free food in a casual environment at affordable prices. We are REAL-certified (Responsible Epicurean and Agricultural Leadership). Most of our produce is local and organic. All of our soy products are organic.



THE WINERY AT  
BELLE MEADE  
PLANTATION

TOUR • SHOP • PLAY • DRINK



5025 Harding Pike Nashville, TN 37205  
615.356.6164 [bellemeadewinery.com](http://bellemeadewinery.com)

# The Turnip Truck

East Nashville & The Gulch  
[www.theturniptruck.com](http://www.theturniptruck.com)

Spring into  
The Turnip Truck  
for farm fresh  
goodness.



the  
**PRODUCE PLACE**

A Natural Food Grocery Est. 1988

**7TH ANNUAL  
STRAWBERRY  
FESTIVAL**

**MAY 7TH, 2016**

[produceplace.com](http://produceplace.com)

THE  
**TREEHOUSE**

[WWW.FACEBOOK.COM/TREEHOUSENASHVILLE](http://WWW.FACEBOOK.COM/TREEHOUSENASHVILLE)  
NASHVILLE'S LOCAL LATE NIGHT

THE TREEHOUSE  
1011 CLEARVIEW AVENUE  
NASHVILLE, TN 37206  
RESERVATIONS 615-454-4201

*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](mailto: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!

Saffire



**\*SAFFIRE** **THE TREEHOUSE RESTAURANT** **\* Outside of Davidson County**

230 Franklin Rd.  
Franklin, TN  
615-599-4995  
[info@saffirerestaurant.com](mailto:info@saffirerestaurant.com)  
[www.saffirerestaurant.com](http://www.saffirerestaurant.com)

1011 Clearview Ave.  
Nashville, TN 37206  
615-424-4201  
[thetreehousenashville@gmail.com](mailto:thetreehousenashville@gmail.com)  
[treehousenashville.com](http://treehousenashville.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.

Located at 5 Points East Nashville, we feature locally and regionally sourced food, free-range meats, vegan and vegetarian options. We have a full late night menu, crafted cocktails and a hip atmosphere. Our menu changes daily based on local vendors and our very own farm located in Williamson County.

**STRAWBERRY FESTIVAL**  
SATURDAY MAY 21ST 10AM - 2PM

FRESH STRAWBERRIES • MUSIC  
STRAWBERRY EATING CONTEST  
AND MORE

JOIN US FOR THE PEACH JAM!  
SATURDAY JUNE 18TH

NASHVILLE  
**FARMERS' MARKET**

NASHVILLEFARMERSMARKET.ORG

# OPENING DAY FRIDAY, MAY 13<sup>th</sup>



## RUTHERFORD COUNTY FARMERS' MARKET

**Tuesdays and Fridays  
7AM until 12 Noon**

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






[rutherfordfarmersmarket.tennessee.edu](http://rutherfordfarmersmarket.tennessee.edu)



## Rural Life Festival May 12 & 13th, 2016

Call for reservations.







Tennessee Agricultural Museum    Open M-F, 9am-4pm  
Ellington Agricultural Center    615-837-5197  
Nashville, TN    [www.tnagmuseum.org](http://www.tnagmuseum.org)

# Beef, Chicken, Pork and Lamb

Come and **TASTE** the Difference!



**The Franklin Farmers Market**

Real Farmers.    Real Food.    Real Good.

**Saturdays \* 9 a.m. - 12 p.m.**

Corner of Franklin Rd & Liberty Pike, behind the Factory

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



THE HAYLOFT AT PORT ROYAL

# BARN SALE

ADMISSION \$2.00

FIRST PICKIN'  
THURS, MAY 12TH  
4:30-7:30PM

FIRST CHOICE SHOPPING  
TICKET INCLUDES WEEKEND PASS  
**\$10.00**

**MAY**

**THURSDAY  
12TH**

4:30-7:30PM

**FRIDAY  
13TH**

10:00AM-6:00PM

**SATURDAY  
14TH**

10:00AM-1:00PM

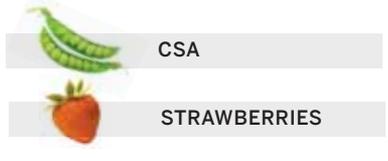
*the hayloft*  
AT PORT ROYAL

551 PORT ROYAL ROAD CLARKSVILLE, TN 37040  
FOR MORE INFORMATION  
CONTACT SHIRLEY THOMAS  
[THEHAYLOFTATPORTROYAL@GMAIL.COM](mailto:THEHAYLOFTATPORTROYAL@GMAIL.COM)  
615.270.9429 • FACEBOOK • THE HAYLOFT



# FARM GUIDE

Spring is a time of flux in Middle Tennessee. It can be too cold, too wet, too warm or a combination of all of the above. So before you venture out to any area farms and/or strawberry patches, please call ahead to check on conditions and availability. For more information on any listing, please go to the Farm Guide at [www.localtable.net](http://www.localtable.net) or to the appropriate website. Thanks for eating local!



## Bedford County Nashville Cattle Co.

Courtney Deal  
302 Gant Rd.  
Shelbyville, TN 37160  
646-245-7067  
[courtney@nashvillecattleco.com](mailto:courtney@nashvillecattleco.com)  
[www.nashvillecattleco.com](http://www.nashvillecattleco.com)

We produce humanely pasture-raised beef and pork. We sell our product in shares and micro-shares, allowing us to sell all product before taking another animal from the herd.

## Petalland Flower and Herb Farm

Karen Yasui  
3881 Hwy. 130  
Tullahoma  
931-695-5466  
[karenyasui@united.net](mailto:karenyasui@united.net)  
[www.petalland.com](http://www.petalland.com)

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](mailto:kaykemp@earthlink.net)  
[www.stoneyridgealpacos.com](http://www.stoneyridgealpacos.com)

Please call to make an appointment.

I have raw fleeces, roving and yarn—both 100% alpaca and blends with alpaca, merino and bamboo. As always, the colors are the natural colors of alpacas, with a few dyed lots.

## Valley Home Farm

Bobby and Janet Potts  
310 Potts Rd.  
Wartrace  
931-389-6470  
[www.valleyhomefarm.com](http://www.valleyhomefarm.com)  
Monday–Saturday 7 a.m.–7 p.m., Sunday 1–5 p.m.  
Farm-fresh strawberries are available daily in season. Available pre-picked or you can pick-your-own in clean fields with raised beds and no pesticides. The first two weeks of May are peak season.

## Bledsoe County Colvin Family Farm

Adam Colvin  
1045 JB Swafford Rd.  
Pikeville  
866-865-8329  
[customersupport@colvinfamilyfarm.com](mailto:customersupport@colvinfamilyfarm.com)  
[www.colvinfamilyfarm.com](http://www.colvinfamilyfarm.com)

We raise 50 different Certified Naturally Grown varieties of vegetables, herbs and fruits for our CSA and market customers.

## Swafford Farm

Debra and Grady Swafford  
1108 Summer City Rd.

Pikeville  
423-447-2762 / 423-280-8596  
Our family farm operation begins in May with strawberries.

## Cannon County Donnamead Farm

Marshall and Donna Williams  
7919 McMinnville Hwy.  
Woodbury  
615-563-2053  
[mlwinc43@gmail.com](mailto:mlwinc43@gmail.com)  
I sell quarter, half and whole steers. I sell the steers on the hoof and will deliver to your processor in the Middle Tennessee area for a modest price.

## Flying S Farms

Catherine and Ben Simmons  
416 Doolittle Rd.  
P.O. Box 456  
Woodbury  
615-542-1078 / 615-563-4569  
[bakingfarmer@hotmail.com](mailto:bakingfarmer@hotmail.com)  
[www.bakingfarmer.com](http://www.bakingfarmer.com)  
We offer a wide variety of heirloom and non-GMO hybrid products. We believe that healthy soil produces healthy plants, which produces healthy people. Some things are available year-round and our CSA begins the first week of June.

## Half Hill Farm

Christian Grantham  
210 Grand View Ln.  
Woodbury  
615-469-7778  
[halfhillfarm@gmail.com](mailto:halfhillfarm@gmail.com)  
[halfhillfarm.com](http://halfhillfarm.com)

We use sustainable farm practices to grow edible and medicinal mushrooms. Customers can pick up inoculated mushroom logs year-round.

## Cheatham County Goats Unlimited

An Peischal  
PO Box 172  
Chapmansboro  
615-772-7467  
[goatsunlimited@gmail.com](mailto:goatsunlimited@gmail.com)  
I raise grass-fed meat goats.

## Happily Ever After Farm

Jonathan and Judith Smith  
P.O. Box 804  
Joelton  
615-247-8290 / 615-812-2671  
[judith@happilyeverafterfarm.com](mailto:judith@happilyeverafterfarm.com)  
[www.happilyeverafterfarm.com](http://www.happilyeverafterfarm.com)  
We offer free-range eggs from happy, 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](mailto:tennbeef@gmail.com)  
[www.kldfarmtennbeef.com](http://www.kldfarmtennbeef.com)  
We raise Angus all-natural USDA-inspected beef. Our calves are grass-fed and grain-finished. They are not fed any growth hormones or antibiotics. We also have lamb, pork and eggs.

## Little Marrowbone Farm

Bill and Andrea Henry  
1560 Little Marrowbone Rd.  
Ashland City  
615-792-4363  
[littlemarrowbonefarm@hotmail.com](mailto:littlemarrowbonefarm@hotmail.com)  
[www.facebook.com/Little-Marrowbone-Farm](http://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 offer both the unique and well-loved in pesticide-free perennials, herbs, greenhouse exotics, citrus, succulents, dwarf evergreens and garden accessories and heirloom tomato plants.

## No. 9 Farms

Brian and Stephanie Oaks  
1403 Little Marrowbone Rd.  
Ashland City  
615-792-2868  
[stephanie@no9farms.com](mailto:stephanie@no9farms.com)  
In the spring we have you-pick strawberries and vegetable starter plants. We also grow seasonal herbs (both culinary and medicinal), as well as create value-added products from what we grow.

## Spring Creek Angus

Kenny Elrod  
1108 Clarksville Pk.  
Pleasant View  
615-948-9214  
[kennielrod@att.net](mailto:kennielrod@att.net)  
Selling purebred Angus beef on the hoof. Grass- or grain-fed. Beef sold as whole, halves or quarters. No antibiotics or hormones used.

## The Compost Company

Clay Ezell  
3643 TN 12 N.  
Ashland City  
615-983-1200  
[clay@compostcompany.com](mailto:clay@compostcompany.com)  
[www.compostcompany.com](http://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  
[jimday@timbertopfarm.com](mailto:jimday@timbertopfarm.com)  
[www.timbertopfarm.com](http://www.timbertopfarm.com)  
[www.cheatham.locallygrown.net](http://www.cheatham.locallygrown.net)  
We grow shiitake mushrooms. We sell at the Richland Park Nashville Farmers' Market and at the Ashland City Open-Air Market.

## Coffee County

### Colwell and Sons/ Happy Harvest Farm-Fresh CSA

James Colwell  
1579 Woodbury Hwy.  
Manchester  
931-954-0235  
[colwell70266@yahoo.com](mailto:colwell70266@yahoo.com)  
[www.producefreshfromthefarm.com](http://www.producefreshfromthefarm.com)  
We market our homegrown produce in several ways: We set up at local farmers' markets, have our own retail outlet and offer direct distribution through our CSA (Happy Harvest Farm-Fresh CSA).



### Alpaca Atlantic of Tennessee

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

[AlpacaAtlantic@gmail.com](mailto:AlpacaAtlantic@gmail.com)  
[www.alpacaatlantic.com](http://www.alpacaatlantic.com)

Selling colorful, quality alpaca fiber and fiber products.

### Cumberland County Wild Things CSA

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

[wildthings@frontiernet.net](mailto:wildthings@frontiernet.net)  
[www.wildthingscsafarm.com](http://www.wildthingscsafarm.com)

We offer organically grown vegetables, fruits and herbs, and the crop selection includes heirloom seed crops, open-pollinated crops and tasty hybrid selections. We also have eggs available all year.

### Davidson County

#### Eaton's Creek Organics Farm

Tana Comer  
5570 Eatons Creek Rd.  
Joelton  
615-415-2734

[ecorganicsfarm@gmail.com](mailto:ecorganicsfarm@gmail.com)  
[www.ecorganics.net](http://www.ecorganics.net)

We are the first certified organic farm in Davidson County. Our CSA begins in May with delivery on Wednesdays in the East Nashville/downtown area. We have lots of veggies, fruit and herbs. Our annual plant sale will be on Saturday, April 16, at the Turnip Truck.

#### Green Door Gourmet

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

[info@greendoorgourmet.com](mailto:info@greendoorgourmet.com)  
[www.greendoorgourmet.com](http://www.greendoorgourmet.com)

*Please check website for current store hours.*

We are a multifaceted 350-acre farm operation with an on-farm market, traditional and flexible local farm box/CSA and agri-tourism operation. Our on-farm market features organic, local, fresh veggies, as well as local and regional specialties. We also offer you-pick strawberries in spring.

#### Henosis

David Wells  
3460 Knight Dr.  
Nashville  
615-456-1192

[david@henosismushrooms.com](mailto:david@henosismushrooms.com)  
[www.henosismushrooms.com](http://www.henosismushrooms.com)

We grow organic mushroom spawn for your farming, home-gardening and permaculture needs. Utilizing local by-products, Henosis grows a variety of mushroom cultures for stump/log inoculation, mushroom beds, in-the-kitchen mushroom cultivation and annual workshops. We also sell mushroom compost and worm castings to keep your soil healthy and your gardens growing.

#### Annie Acres

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

[albrightkelly@gmail.com](mailto:albrightkelly@gmail.com)  
[annieacres.com](http://annieacres.com)

Our Jerseys supply customers with fresh raw milk, sweet cream butter, heavy cream and half and 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  
6843 W. Old Hickory Blvd.  
Whites Creek  
606-344-9682

[basil.bergamot@gmail.com](mailto:basil.bergamot@gmail.com)  
[www.basilandbergamot.com](http://www.basilandbergamot.com)

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

### Bells Bend Farms

Eric Wooldridge  
5188 Old Hickory Blvd.  
Nashville, TN 37218

[Eric@bellsbendfarms.com](mailto:Eric@bellsbendfarms.com)  
[www.bellsbendfarms.com](http://www.bellsbendfarms.com)

All our food is grown biodynamically. Our CSA shares are available for pick-up at our farm as well as at the Richland Park, 12th South and Nashville farmers' markets. We grow all types of produce as well as pastured pork, poultry, lamb and beef.

### Buffalo Road Produce

Philip and Mandy Bennett  
7556 Buffalo Rd.  
Nashville

615-926-9803 / 615-678-1355  
[buffalovalleyfarm@gmail.com](mailto:buffalovalleyfarm@gmail.com)  
[www.buffaloroadproduce.com](http://www.buffaloroadproduce.com)

Friday 5-7:30 p.m.

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

### Chop Wood Carry Water Retreat Center

Devin Pena  
5240 Old Hickory Blvd.  
Nashville

615-429-9044  
[devin@cwretreat.org](mailto:devin@cwretreat.org)  
[www.cwretreat.org](http://www.cwretreat.org)

We have a small summer CSA and also sell our produce at the Downtown Farmers' Market Saturday and Sunday from mid-May through the end of November.

### FarmOne.org

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

[info@farmone.org](mailto:info@farmone.org)  
[www.farmone.org](http://www.farmone.org)

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

### Flowers' Farm

Mike Flowers  
4550 Eatons Creek Rd.  
Nashville

615-876-8493  
[flowers4550@gmail.com](mailto:flowers4550@gmail.com)  
[www.flowers-farms.com](http://www.flowers-farms.com)

We sell plants grown on our farm in spring and early summer, both from our farm and at the Nashville Farmers' Market.

### Fresh and Local Nashville

Shaun Daugherty  
7146 Riverfront Dr.  
Nashville

615-566-1895  
[info@freshandlocalnashville.farm](mailto:info@freshandlocalnashville.farm)  
[www.freshandlocalnashville.com](http://www.freshandlocalnashville.com)

We grow or find local sources of fresh, clean, naturally grown and locally cultivated produce. In addition to being a regular at local farmers' markets, we offer a 20-week CSA and fresh-pressed, clean, non-pasteurized juices from the Fresh Juicery.

### Johnson Honey Farm

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

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

### Local Living Farm

Ed Harrison  
SmarterGardens  
981 Industrial Park Rd.  
Columbia  
615-260-6621

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

We are a hydroponic indoor farm located in a former manufacturing facility. We grow leafy greens and culinary herbs. We sell to the public from the farm and via our booth at the Nashville Farmers' Market.

### Old School Farm

Ben Brown  
5022 Old Hydes Ferry Pk.  
Nashville  
888-551-8622

[info@oldschoolfarm.org](mailto:info@oldschoolfarm.org)  
[www.oldschoolfarm.org](http://www.oldschoolfarm.org)

We provide meaningful employment for adults with intellectual disabilities in growing fresh, organic vegetables, herbs, flowers and eggs. We operate a CSA, and attend a farmers' market.

### Paradise Produce

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

[paradiseproduce@gmail.com](mailto:paradiseproduce@gmail.com)  
[www.paradiseproducefarm.com](http://www.paradiseproducefarm.com)

We offer naturally grown, chemical/pesticide- and GMO-free produce. Full and half-share CSAs are available to the Franklin Farmers' Market, the Clarksville area and pick-up at the farm.

### Rockdale Ranch

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

[rockdaleranch@aol.com](mailto:rockdaleranch@aol.com)

We have the largest bison herd in Tennessee. We have added quail to the ranch and sell eggs for eating or hatching your own.

### Six Boots Growers' Collective

Kevin Sykes  
Nashville  
919-624-1058

[sixbootscollective@gmail.com](mailto:sixbootscollective@gmail.com)  
[www.sixbootscollective.com](http://www.sixbootscollective.com)

We are a group of vegetable farmers in Bells Bend using well-planned growing practices and low-impact soil management techniques. We sell at farmers' markets and to members of our Community Supported Agriculture program.

### Whites Creek Flower Farm

Laura Bigbee-Fott  
6921 Old Hickory Blvd.  
Whites Creek  
615-426-6722

[laura@whitescreekflower.farm](mailto:laura@whitescreekflower.farm)  
[www.whitescreekflower.farm](http://www.whitescreekflower.farm)

We are an organically managed permaculture flower farm. We specialize in an English country garden aesthetic. We also have a flower CSA.

### DeKalb County Bert Driver Nursery

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

[bert@bertdrivernursery.com](mailto:bert@bertdrivernursery.com)  
[www.bertdrivernursery.com](http://www.bertdrivernursery.com)



photo by Sarah Gilliam

Call to confirm seasonal hours of operation. 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  
[creekbendfarmers@gmail.com](mailto:creekbendfarmers@gmail.com)  
[www.creekbendfarm.org](http://www.creekbendfarm.org)

We raise USDA-certified, 100% grass-fed beef, pastured pork, pastured chicken and free-range eggs. We strive to operate above and beyond organic standards.

### DND Farm

Thomas Theriaque  
2341 Adamson Branch Rd.  
Liberty  
615-597-9853  
[dndfarmtn@gmail.com](mailto:dndfarmtn@gmail.com)  
[www.DNDFarmTN.com](http://www.DNDFarmTN.com)

We are a family farm and grow a wide variety of fruits, vegetables and herbs using sustainable growing methods. We also raise chickens for eggs and bees for honey. We grow for our CSA shareholders and markets.

### Pomona Hill Farm

Bob, Jeanne, James and Dan Motichek  
425 Oakley Hollow Rd.  
Alexandria  
615-970-8647 / 985-373-0814  
[motichekbj@gmail.com](mailto:motichekbj@gmail.com)  
[www.facebook.com/PomonaHillFarm](http://www.facebook.com/PomonaHillFarm)

We are a family-owned, sustainably grown farm growing a variety of vegetables, berries, tree fruits, flowers and herbs. We also produce eggs, honey, pasture lambs and goat milk soap.

### WeDo Farm

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

We raise naturally grown vegetables, prickly pear/cacti and cane/bamboo products and distribute via our Facebook friends and the DeKalb County Farmers' Market.

## Dickson County

### Three Creeks Farm

Beth Collier-Shafer  
365 Peabody Rd.  
Charlotte  
615-789-5943  
[tn3creeksfarm@yahoo.com](mailto:tn3creeksfarm@yahoo.com)  
Call in advance.

We raise registered Shetland sheep, gourmet garlic and a variety of plants and herbs, including plants for natural dyeing. We do blacksmith and spinning demonstrations, farm tours and offer a number of other activities and workshops.

### B & K Farms

Brian and Kim Eash  
4230 Hwy. 49 W.  
Vanleer  
615-891-8610  
[bkfarms@emypeople.net](mailto:bkfarms@emypeople.net)

We raise beef, pork, chicken, eggs and a full line of produce. Our animals and produce are both GMO- and chemical-free.

### Clifton Farms

Jean and Ray Clifton  
985 Southerland Rd.  
Dickson  
615-446-4686  
[ray.clifton985@gmail.com](mailto:ray.clifton985@gmail.com)

We have strawberries in the spring. You can call ahead to pick up either at the farm or the Dickson

Farmers' Market. We raise more than 70 varieties of produce.

### Heritage Glen Farm

Meg and Harry Edwards  
680 Frannie Branch Rd.  
Dickson  
615-740-5254  
[HeritageGlenFarm@aol.com](mailto:HeritageGlenFarm@aol.com)

We produce pastured poultry (broilers, eggs, geese) and grass-fed, grass-finished Dexter cattle. We offer naturally grown, chemical-free heirloom vegetables, herbs, mushrooms and more than 15 varieties of heirloom garlic.

### Turnbull Creek Farm

Tallahassee May  
566 Doug Hill Rd.  
Bon Aqua  
931-623-0631  
[tally@wildblue.net](mailto:tally@wildblue.net)  
[www.turnbullcreekfarm.com](http://www.turnbullcreekfarm.com)

We are a certified-organic family farm growing a variety of vegetables, herbs and cut flowers throughout the year. We sell our products through Fresh Harvest ([www.freshharvest.locallygrown.net](http://www.freshharvest.locallygrown.net)).

## Fentress County

### Herb and Plow

Chris Arnold  
823 Hack Beatty Rd.  
Grimsley  
423-223-4854 / 931-863-5476  
[herbandplow@gmail.com](mailto:herbandplow@gmail.com)  
[www.herbandplow.com](http://www.herbandplow.com)

We are a Certified Naturally Grown fruit and vegetable farm growing more than 50 varieties of fruits, vegetables and herbs. We deliver CSA boxes to Nashville, Knoxville, Crossville and Oak Ridge.

### Three Forks Farm

Tracy and Brad Smith  
4325 Harlen Lee Rd.  
Pall Mall  
931-261-1324  
[littleflockers@gmail.com](mailto:littleflockers@gmail.com)  
[www.threeforkscattlecompany.com](http://www.threeforkscattlecompany.com)

We pasture-raise chickens and beef and our animals are humanly raised and processed. We go to Nashville, Monteagle, Smithville and Cookeville about once per week.

## Wolf River Valley Growers

Bob Washburn  
170 Greenhouse Ln.  
Pall Mall  
931-879-5426 / 800-841-5210  
[pwpgr@yahoo.com](mailto:pwpgr@yahoo.com)  
[www.wolfriver.net](http://www.wolfriver.net)

Check website for seasonal hours.

We are a commercial/retail production greenhouse, and in spring we have a large assortment of greenhouse-grown vegetable plants and more than 40 varieties of your favorite herbs, flowers, hanging baskets and annuals.

## Giles County

### Limoland

Carol Gordon  
8076 Columbia Hwy.  
Pulaski  
931-309-9462 / 931-363-5744  
[limoland9@gmail.com](mailto:limoland9@gmail.com)  
[limolandfarm.com](http://limolandfarm.com)

We offer both a pick-your-own strawberry patch and pre-picked strawberries. We also have a large variety of bedding plants, hanging baskets, perennials and vegetable and herb plants.

### Quiet Breeze Piedmontese Farm

Phillip and Charlene Budd  
14055 Columbia Hwy.  
Lynnville  
931-527-3333 / 931-638-2015  
[prbudd60@bellsouth.net](mailto:prbudd60@bellsouth.net)  
[www.quietbreezepiedmontesefarm.com](http://www.quietbreezepiedmontesefarm.com)

We raise heart-healthy freezer beef. We make sure our cows' diet is healthy and natural and free of growth hormones and implants or any animal by-products.

### Rollins Farm

Ed and Teresa Rollins  
5129 Prospect Rd.  
Prospect  
931-363-0265  
[edmondrollins@gmail.com](mailto:edmondrollins@gmail.com)  
[www.rollinsfarms.com](http://www.rollinsfarms.com)

We produce three primary products for sale to the public: R-GROW soil conditioners, fresh farm beef and all-natural honey.

## Grundy County

### White City Produce & Greenhouses

Jerry and Tami Sweeton  
315 Manley Rd.  
Tracy City  
931-607-1615  
[wproduce\\_greenhouses@hotmail.com](mailto:wproduce_greenhouses@hotmail.com)  
[www.wcproducegreenhouses.weebly.com](http://www.wcproducegreenhouses.weebly.com)

We start the spring season with vegetable plants, tropicals, perennials and herbs. We've also added a CSA program this year.

## Hickman County

### Bountiful Blessings Farm

Edwin and John Dyingser Families  
654 Dry Prong Rd.  
Williamsport  
931-583-2701  
[www.bountifulblessingsfarm.com](http://www.bountifulblessingsfarm.com)

We use organic methods to grow our strawberries and vegetables. We have a spring/summer CSA and also sell at the 12 South Farmers' Market.

### Beaverdam Creek Farm

Philip, Trish, Jake and Tricia Ann Lingo  
516 Sulphur Creek Rd.  
Centerville  
931-623-3732  
[trish@beaverdamcreekfarm.com](mailto:trish@beaverdamcreekfarm.com)  
[www.beaverdamcreekfarm.com](http://www.beaverdamcreekfarm.com)

We are a CSA 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. In addition to our CSA, we sell at Franklin Farmers' Market.

### Belle Springs Farm

Kyle and Claire Bradshaw  
594 Sulphur Creek Rd.  
Centerville  
931-729-1194  
[kyle@bellespringfarm.com](mailto:kyle@bellespringfarm.com)  
[www.bellespringfarm.com](http://www.bellespringfarm.com)

We provide dairy herd shares in Hickman County. Our Jersey and Guernsey cows are on pasture year-round, and we never give them any steroids. In Tennessee, a dairy share is the only legal way to obtain raw milk.

### Cedar Run Farms

Gary and Susan Kauffmann  
1491 Hwy. 230 W.  
P.O. Box 74  
Nunnally  
931-729-9474 / 931-212-0368  
[gary.kauffmann@att.net](mailto:gary.kauffmann@att.net)

We raise grass-fed and grass-finished beef and lamb—hormone-, antibiotic- and supplement-free. We offer on site sales.

### Chestnut Hill Ranch B&B

Cher Boisvert-Tanley  
3001 Browns Bend Rd.  
Only  
931-623-2961  
[cdnranch@gmail.com](mailto:cdnranch@gmail.com)  
[www.chestnuthillranch.com](http://www.chestnuthillranch.com)

In addition to selling our eggs, jams, jellies, honey, local art and Angus beef by the whole or half, we



photo by Sarah Gilliam

run a bed-and-breakfast facility on our working ranch.

### Heritage Reclaimed Farm

Charles and Shona Shough  
310 Dewey Wright Rd.  
Centerville  
931-729-2595

[shoughc@bellsouth.net](mailto:shoughc@bellsouth.net)  
[www.heritagereclaimedfarm.com](http://www.heritagereclaimedfarm.com)

Grass-fed, sustainably raised beef, pork and chicken, sold directly from the farm.

### Lookin' Up Farm

William and Mary Ruth Lane  
10059 Davis Branch Rd.  
Bon Aqua  
615-364-3882

[lookinupfarm3@gmail.com](mailto:lookinupfarm3@gmail.com)

We raise Berkshire hogs using all-natural methods. In addition, we have a wide range of seasonal vegetables from our garden.

### Sugar Camp Farm

Lizzie Wright  
10220 Sugar Camp Rd.  
Bon Aqua  
615-587-0701

[sugarcampfarmtn@gmail.com](mailto:sugarcampfarmtn@gmail.com)  
[www.sugarcampfarmtn.com](http://www.sugarcampfarmtn.com)

We provide our community with healthy vegetables, pastured meats and herbs, while working to restore degraded landscapes. Check website for CSA details.

### Tottys Bend Soap Farm

Nate and Vanessa Davis  
1653 Tottys Bend Rd.  
Duck River  
931-729-7769

[info@tottysbendsoaps.com](mailto:info@tottysbendsoaps.com)  
[www.TottysBendSoaps.com](http://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@mcwengoatranch.com](mailto:David@mcwengoatranch.com)  
[www.mcwengoatranch.com](http://www.mcwengoatranch.com)

Spring kicks off with strawberries, lettuce, cabbage, broccoli and cucumbers. We sell at the Dickson Farmers' Market and our on-farm vegetable stand.

### Utopia Farm

Steve and Sharon Osborne  
2885 Flatwoods Rd.  
Camden  
731-441-6074

[utopiafarmtn@gmail.com](mailto:utopiafarmtn@gmail.com)  
[www.facebook.com/utopiafarm](http://www.facebook.com/utopiafarm)

Our beef is grass-fed, grass-finished and 100% natural Angus beef. We also have pasture-raised, non-GMO chickens and Tennessee-raised pork.

### Jackson County

#### Pipsisewa Herbs

Lisa Bedner  
450 Davidson Chapel Rd.  
Bloomington Springs  
931-653-4402

[pipsiss@yahoo.com](mailto:pipsiss@yahoo.com)  
[www.pipsissherbs.biz](http://www.pipsissherbs.biz)

Greenhouse and gardens open in April by appointment only. Wellness consultations and products year-round. We use organic growing methods on our herb plants. During the season, I teach classes and workshops.

### Backwater Farm Nursery

Victoria and Gary Grigg  
1584 Granville Hwy.

Gainesboro  
931-397-4001 / 931-268-1584  
[backwaterfarm2010@gmail.com](mailto:backwaterfarm2010@gmail.com)

We have four greenhouses where we grow vegetable plants, annual and perennial flowers and herbs. All are grown without chemical pesticides. We also have a garden center in Gainesboro.

### Bell Point Farm

Shawn Hensley  
5374 Granville Hwy.  
Granville  
931-653-4227 / 931-214-0172

[bellpointfarms@gmail.com](mailto:bellpointfarms@gmail.com)  
[www.facebook.com/Bell-Point-Farms](http://www.facebook.com/Bell-Point-Farms)

We use sustainable methods to produce organic heirloom vegetables. Our vegetables are available for purchase individually or as a CSA box. Per request, we can deliver to the Cookeville, Baxter and Gainesboro areas.

### Hootin' Hollow Farm

Jim and Deb Wolfe  
341 Sparkle Ln.  
Cookeville  
931-858-8406

[frugalfibers@yahoo.com](mailto:frugalfibers@yahoo.com)

*Saturday 7 a.m. - noon*

Naturally and sustainably grown year-round produce, including strawberries in the spring.

### KMA Angus Farm

Jeff Kamptner  
897 Hix Hollow Rd.  
Gainesboro  
931-268-3846

[kmahunt@yahoo.com](mailto:kmahunt@yahoo.com)

*Year-round sales. Call for availability.*

Our Angus beef is sold by the hanging weight, half or whole carcass.

### Russell's Ridge Nubians

Julie Russell  
2450 Shepardsville Rd.  
Bloomington Springs  
931-650-0499

[jrus1stcav@twlakes.net](mailto:jrus1stcav@twlakes.net)  
[www.russellsridgenubians.com](http://www.russellsridgenubians.com)

We offer herd shares of raw goat's milk and goat's milk cheese, as well as goat milk soap and lotion.

### Lawrence County

#### Earth Advocates Research Farm

Adam and Sue Turtle  
30 Myers Rd.  
Summertown  
931-964-4151

[bamboococonsultant@aol.com](mailto:bamboococonsultant@aol.com)

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

*By appointment only.*

We identify, acquire and trial little-known or underutilized potential permaculture plants for small land holders. Those that are drought-tolerant, adapt well and produce useable food crops are sold at the Franklin Farmers' Market.

### Bowers Farm

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

[bowersfarm09@hotmail.com](mailto:bowersfarm09@hotmail.com)

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

We sell heritage breed Large Black Hog pork, Red Devon beef and free-range eggs.

### Mushroompeople

Frank Michael  
Summertown  
866-521-1555

[mushroom@thefarm.org](http://mushroom@thefarm.org)  
[www.mushroompeople.com](http://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.

### Lincoln County Doe Run Farm CSA

Judy and John McGary  
345 Old Petersburg Pk.  
Petersburg  
931-659-6204 / 931-625-2651

[drf@hughes.net](mailto:drf@hughes.net)

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

All of our vegetables, fruit, berries and produce are 100% locally grown by small farmers in Middle Tennessee. We also offer artisanal cheese shares, fruit shares and heirloom tomato shares to our spring/summer CSA community.

### Sage Hill Garden

Bea and Mike Kunz  
32 Old Petersburg Pk.  
Petersburg  
931-438-8328

[michaelkunz@bellsouth.net](mailto:michaelkunz@bellsouth.net)

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

*Call for availability and information on classes.*

We have dried herb teas and herb seasonings.

### Macon County Beech Hill Cabbage Patch

George Myers  
631 Beech Hill Ln.  
Hartsville  
615-666-2571

[glmyers@gmx.com](mailto:glmyers@gmx.com)

*Closed Saturday.*

We produce, process and sell sauerkraut from organically grown cabbage to naturally enhance the immune system.

### The Barefoot Farmer CSA

Jeff Poppen  
P.O. Box 163  
Red Boiling Springs  
901-626-7760

[Natalie.Ashker@gmail.com](mailto:Natalie.Ashker@gmail.com)

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

The CSA drop-off is in Berry Hill. Jeff has started and consults on many farms and gardens, offering 40 years of mistakes you don't have to make. Our aim is to grow high-quality produce and help others do the same.

### Marshall County Diamond 5 Farms

Aaron and Nicole Smith  
P.O. Box 1562  
Lewisburg  
615-440-3017

[hello@diamond5farms.com](mailto:hello@diamond5farms.com)

[www.diamond5farms.com](http://www.diamond5farms.com)

We raise 100% premium grass-fed and grass-finished lamb with no growth hormones, no antibiotics and no GMOs. Our lamb is available year-round.

### Forgie's Fruit Farm

Bill Forgie  
2000 Collier Rd.  
Lewisburg  
931-637-7759

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

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

We start with 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

#### Hippo Hollow Farm

Joe and Adele Prinsloo  
803 Mahon Rd.  
Columbia  
615-574-9106

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

We produce pasture-raised chickens, turkeys and eggs, all fed a non-GMO diet; forest-raised pork; and grass-fed, grass-finished beef. We have buying clubs where we deliver orders every five weeks; new locations are added constantly.

### Arugula's Star Farm

Allison Mills Neal and Matthew Neal  
6624 Leipers Creek Rd.  
Columbia  
931-682-3314  
[allie@arugulasstarfarm.com](mailto:allie@arugulasstarfarm.com)  
[arugulasstarfarm.com](http://arugulasstarfarm.com)

We are a genuine organically grown diverse veggie and summer fruit farm. To find out about our 2016 growing season, ways to get involved and other current farm updates, please visit our website.

### Circle of Seasons

'Jack's Bee Sweet' Honey  
Jack Wohlfarth  
4417 Dugger Rd.  
Culleoka  
931-987-0910

[Jack.do@charter.net](mailto:Jack.do@charter.net)

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

### Glendale Farm

Sam Kennedy  
1551 John Finney Rd.  
Columbia  
931-215-5117

[sam@glendalefarmtn.com](mailto:sam@glendalefarmtn.com)  
[www.glendalefarmtn.com](http://www.glendalefarmtn.com)

We produce grass-fed/finished lamb and pasture-raised poultry. Our animals are never fed antibiotics or growth hormones. Our products are available for purchase through several different venues.

### Jersey D Farm

George Dodson  
4356 Skelley Rd.  
Santa Fe  
931-682-2315

[NettsCountryStore@gmail.com](mailto: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 do not use antibiotics or growth hormones. We have a 'cow sharing program' for fresh, raw milk.

### Maczoo Farm

Shelly McMullan  
1671 Demastus Rd  
Columbia, TN 38401  
615-218-1523

[mcmullanshelly@yahoo.com](mailto:mcmullanshelly@yahoo.com)  
[mabellagoatmilkproducts.com](http://mabellagoatmilkproducts.com)

I sell goat milk shares for my milk. My business partner, Deana, and I have a business called Ma Bella Goat Milk Products. We make several different types of goat milk products that are made with my milk.

### Norton Family Farm

Karen Norton  
Cross Bridges  
931-388-5839

[nortonhome@charter.net](mailto:nortonhome@charter.net)

We grow all types of produce, including spinach, lettuces, broccoli and turnip greens. We also offer a full line of homemade preserves and jellies, relishes, pickles and a full line of baked goods.

### Palouse Farm

Wolters Family  
2684 E. Sheepneck Rd.  
Culleoka  
931-987-0043

[twolters@bellsouth.net](mailto:twolters@bellsouth.net)

We produce farm-fresh American lamb and wool fiber.

### Pantall Farm

Chad Pantall  
2781 Carter's Creek Station Rd.  
Columbia  
931-486-2754

Our family provides a place where you can bring your children and experience pick-your-own strawberries. We also raise a variety of fresh produce.

### Southern Ridge Farm

Keith Cannon  
2402 Gene Fitzgerald Rd.  
Columbia  
615-636-7137

[hello@southernridgefarm.com](mailto:hello@southernridgefarm.com)  
[www.southernridgefarm.com](http://www.southernridgefarm.com)

All-natural grass-fed beef, pork, lamb and chicken. We sell by the cut, and bulk by eights, quarters, half and whole animals.

### Montgomery County

#### Tennessee Grass Fed

Phil Baggett  
335 Williams Rd.  
Clarksville  
615-347-5454

[philbaggett@tennesseegrassfed.com](mailto:philbaggett@tennesseegrassfed.com)  
[www.tennesseegrassfed.com](http://www.tennesseegrassfed.com)

We offer 100% grass-fed/finished beef, pastured pork and pasture-raised chicken; we also distribute Wild Caught Alaskan Salmon from Virgin Bay Seafood Company. We offer summer CSA shares, bulk meat packages and individual cuts year-round. Products may be purchased online, at weekly markets or at our farm store.

#### Circle J Ranch, LLC

Charley Jordan  
4832 Lylewood Rd.  
Indian Mound  
931-561-8072

[circlejranch09@gmail.com](mailto:circlejranch09@gmail.com)  
[www.tnbeef.net](http://www.tnbeef.net)

We are a proud member of the Homegrown By Heroes program. We offer a wide selection of USDA-inspected, retail-cut freezer beef products, which are raised in accordance with the standards of TN Natural Beef. We also sell farm-fresh eggs. Remember to support your local farmer-veterans.

#### Diann's Greenhouse

Diann Nance  
3072 Nicole Rd.  
Clarksville  
931-648-8701

[diann@diannsgreenhouse.com](mailto:diann@diannsgreenhouse.com)  
[www.diannsgreenhouse.com](http://www.diannsgreenhouse.com)  
*Open early April. Open by appointment.*

We have greenhouse-grown herbs, culinary and edible flowers, perennials, biennials, annuals and more than 40 varieties of herbs.

#### Giving Thanks Farm

Brian and Aimee Owen  
4837 Mickle Ln.  
Clarksville  
615-975-3276

[givingthanksfarm@att.net](mailto:givingthanksfarm@att.net)  
[www.givingthanksfarm.com](http://www.givingthanksfarm.com)

We offer pasture-raised, non-GMO, antibiotic-free, no-added-hormone chicken, heritage turkey and Muscovy duck, as well as chicken, duck and quail eggs. Our beef and pork are pasture-raised with no additives. We offer a four-month CSA share.

#### McCraw Strawberry Ranch

Billy and Teresa McCraw  
2385 Rossvie Rd.  
3 miles off I-24, Exit 8  
Clarksville  
931-647-0187

[mytnsunrise@aol.com](mailto:mytnsunrise@aol.com)

We have pick-your-own strawberries. The season starts in May, possibly sooner. Call ahead for availability.

#### 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](mailto:customerservice@westwindfarms.com)  
[www.westwindfarms.com](http://www.westwindfarms.com)

Servicing the Nashville area, we have five different

CSA packages available. Or, order online from a huge selection of 100% grass-fed meats, pastured poultry, sausages, no-sodium nitrate deli meats and meat snacks, 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](mailto:thinkingfarmer@brandywine-farm.com)  
[www.brandywine-farm.com](http://www.brandywine-farm.com)

We raise pastured chickens, free-range eggs, hormone- and antibiotic-free grass-fed beef and organically grown vegetables.

### Putnam County

#### Jindydale Farms

Jack and Cindy Holman  
1654 Burgess Falls Rd.  
Cookeville

931-265-3924 / 931-265-3942

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

[www.jindydalefarms.weebly.com](http://www.jindydalefarms.weebly.com)

*Mondays, Wednesdays & Fridays 9 a.m.–3 p.m.*

We raise pastured meat chickens, free-range eggs, free-range pork and grass-fed/finished beef. All of our animals are raised on pasture and as naturally as possible with no added hormones, antibiotics, steroids or GMO feed.

#### Little Creek Farm

Wayne and Charlene Moss  
3500 Gainesboro Grade  
Cookeville

931-267-9978 / 931-260-4754

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

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

*See website for seasonal hours.*

We have all types of vegetable and bedding plants, plus fresh strawberries.

#### Pete's Posies and Produce

Holly Zywicca  
1066 Anderson Ln.  
Cookeville  
931-644-3659

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

I grow seasonal produce, herbs, cut flowers and bedding plants.

#### 3 Sisters Farm

Wendy, Ashley, Christa and Michele Williams  
3665 Knight Church Rd.  
Cookeville  
931-783-0529

[threesistersfarm50@yahoo.com](mailto:threesistersfarm50@yahoo.com)  
[www.3sistersfarmtn.com](http://www.3sistersfarmtn.com)

Cut flowers, specialty produce and herbs are grown on our Certified Naturally Grown family farm. We have both a flower and vegetable CSA, and sell at the Downtown Green Market in Cookeville.

#### Waters Farm

Randy and Nathan Dodson  
8426 Kermit LaFever  
Baxter  
931-267-9242

[nbdodson@gmail.com](mailto: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.

#### Robertson County Adams Garden

Don and Cathy Hall  
7254 Hwy. 41 N.  
Cedar Hill  
615-696-2652

*Please call first for availability.*

We start the season in May with asparagus. We have a small and diversified 10-acre farm with unusual fruit varieties and spring produce.

### J's Meats and More

Carl Ray Jenkins III  
3550 Hwy. 76 W.  
Adams  
931-896-3040

[jsmeatsandmore@yahoo.com](mailto:jsmeatsandmore@yahoo.com)

[www.facebook.com/Js-Meats-and-More](http://www.facebook.com/Js-Meats-and-More)

Our family raises pastured Berkshire pork, grass-fed/grain-finished beef, pastured poultry and free-range cage-free eggs. We use non-GMO feed.

### Jackson Farms

Billy Jackson  
8103 Bill Moss Rd.  
White House  
615-672-4483 / 615-478-4483

[billymjackson@aol.com](mailto:billymjackson@aol.com)

We raise registered Hereford cattle and offer grain-fed whole, half or quarter freezer beef in April.

### Pure Pasture Farms

Travis and Melissa Cole  
6514 Hwy. 161  
Springfield  
615-380-1082

[info@purepasturefarms.com](mailto:info@purepasturefarms.com)

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

We offer chicken, lamb and eggs from our farm.

### Smiley Farm

Troy Smiley  
Ridge Top  
615-742-3820

*Monday–Sunday 8 a.m.–6 p.m.*

We sell daily at the Nashville Farmers' Market during the growing season. We grow a wide variety of produce on our 100-acre farm, as well as unique varieties of old favorites and our own farm-cured meats.

615-274-2466

[kferg9804@gmail.com](mailto:kferg9804@gmail.com)

[kferg9804.wix.com/aharabbits](http://kferg9804.wix.com/aharabbits)

We raise quality New Zealand and Californian rabbits for meat/pet food/pets.

### Bloomsbury Farm

Lauren Palmer  
9398 Del Thomas Rd.  
Smyrna  
615-355-8525

[howdy@bloomsburyfarms.com](mailto:howdy@bloomsburyfarms.com)

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

We are a certified organic farm that grows a wide range of artisan and heirloom vegetables, herbs and fruits full of flavor and color. We offer a summer CSA. We also grow a variety of sprouts and wheatgrass year-round in our greenhouses.

### Erdmann Farm

John and Tish Erdmann  
2250 Rock Springs Midland Rd.  
Christiana  
615-848-8942

[jerdmann58@bellsouth.net](mailto:jerdmann58@bellsouth.net)

We are a small farm that specializes in growing fruits, vegetables and cut flowers. All crops are grown naturally following organic principles. You can find us at Stones River Market and Manchester Locally Grown.

### Gamecock Apiaries

Ken Kizer  
2707 Coleman Hill Rd.  
Rockvale  
615-542-6314 / 615-691-0480

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

My honey is 100% raw honey. I also have beeswax, hand cream, homemade vanilla extract, Diatomaceous Earth and free-range eggs.

### Gigi's Organic Garden @ Sinking Creek Farm

Danny and Ginger Demonbreun  
2473 Battleground Dr.  
Murfreesboro  
[solfoodg@gmail.com](mailto:solfoodg@gmail.com)

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

We are an organic vegetable CSA, growing, harvesting and delivering your vegetables and herbs to your door in the Murfreesboro area.

### Happy Turkey Farm

Don Johnson  
3650 Little Rock Rd.  
Eagleville  
615-579-6930

[info@happyturkeyfarm.com](mailto:info@happyturkeyfarm.com)

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

Honey from bees we know; lip balm and hand salve from our beeswax.

### HPA Farms

Lisha Bates  
1021 Rehobath Rd.  
College Grove  
615-796-9138

[Lisha1979@gmail.com](mailto:Lisha1979@gmail.com)

[www.facebook.com/HPAFarms](http://www.facebook.com/HPAFarms)

We offer grass-fed and grass-finished beef, pork (non-medicated feed), pasture-raised chicken and eggs.

### Jones Mill Farm

JR and Judy Stroud  
391 Jones Mill Rd.  
LaVergne  
615-459-4727

[popsstroud@aol.com](mailto:popsstroud@aol.com)

We grow Certified Naturally Grown heirloom varieties and other unusual produce and fruits.

### Lucky Ladd Farms

Amy Ladd  
4374 Rocky Glade Rd.  
Eagleville  
615-274-3786

[farmerladd@luckygladefarms.com](mailto:farmerladd@luckygladefarms.com)

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

Home to "Tennessee's Largest Petting Farm," featuring more than 100 friendly farm animals. We feature more than 75 activities for all ages, including acres of playgrounds, wagon rides, mega slides, tractor train rides, a wilderness trail, games and more.

### Rocky Glade Farm

Jim and Julie Vaughn  
2397 Rocky Glade Rd.  
Eagleville  
615-274-3496

[jvaughn@rockygladefarm.com](mailto:jvaughn@rockygladefarm.com)

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

Growing grass-fed beef, lamb and lots of vegetables and strawberries. We are at the Franklin Farmers' Market through June.

### Running Hog Farm

Dennis Scales  
409 Rocky Glade Rd.  
Eagleville  
615-962-0265

[runninghogfarm@yahoo.com](mailto:runninghogfarm@yahoo.com)

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

We provide naturally raised pastured pork from heritage breed hogs. We use distiller's mash from non-GMO grains and GMO-free feed. Our meat is available at the farm by appointment or through the Nolensville Farmers' Market.

### Somewhere Place Else Farm

Stephen Vire  
5522 Snail Shell Cave Rd.  
Rockvale  
615-274-2070

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

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

We are USDA- and FDA-certified producers of old-fashioned, all-natural, gluten-free canned goods. We grow a variety of garden vegetables and use these in most of our recipes.

### Triple A Farms

Jacob Anderson and Paul Anderson  
8322 Hwy. 99  
Rockvale  
615-476-8664 / 615-477-9160

[tripleafarms3@gmail.com](mailto:tripleafarms3@gmail.com)

[tripleafarms3.com](http://tripleafarms3.com)

*Monday–Sunday 9:30 a.m.–6 p.m.*

We sell all kinds of fruits and veggies, herbs, annual flowers, garden plants, free-range brown eggs and assorted canned goods at our seven-days-a-week farm store and through our CSA.

## Smith County

### Redding Apiaries

Talon Redding  
15 Sloan Branch Rd.  
Pleasant Shade  
615-677-1886

[talonredding@icloud.com](mailto:talonredding@icloud.com)

100% raw honey produced locally in Middle Tennessee. Please call or email for pricing and availability.

### Dillehay Farms

Jack and Christy Dillehay  
14 Kempville Hwy.  
Carthage  
615-774-3688 / 615-735-7907

[jackiedillehay@hotmail.com](mailto:jackiedillehay@hotmail.com)

*Monday–Friday 3–6 p.m., Saturday 8 a.m.–5 p.m. Opening late March.*

Our season starts with our quality garden vegetable plants (available mid/late March). By then our hydroponic tomato operation is well underway with anticipation of vine-ripe tomatoes by late May.

### Bountiful Acres Farm

Sue Dickhaus  
57 SP McClanahan Rd.

# LOCAL TABLE MARKET PLACE METRO AND BEYOND

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Join us September 17 for an Antique Tractor Show! Hosted by the Scottsboro/Kendria Tractor Club.

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Lisa Bedner, RN, RH, AHG - Wellness Consultant





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615-942-7169  
7011 River Road Pike  
Nashville, TN 37209



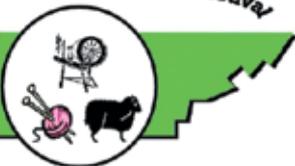
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[tnfiberfestival@yahoo.com](mailto:tnfiberfestival@yahoo.com)  
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[www.borogardenparty.com](http://www.borogardenparty.com)  
615-715-0003

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315 John R Rice Blvd, Murfreesboro

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615-420-0345  
[sue@bountifulacresfarm.com](mailto:sue@bountifulacresfarm.com)  
[www.bountifulacresfarm.com](http://www.bountifulacresfarm.com)

We offer soap-making and body care products classes, herbal salve-making and more. We raise dairy goats, wool sheep and honeybees. Look for our Farm Day in April.

### Bradshaw Family Farm

Matt & Stephanie Bradshaw  
108 Ward Hollow Rd.  
Brush Creek, TN 38547  
615-693-2519

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

We raise pastured chickens and beautiful golden-yoked eggs. Our animals are raised on pasture and supplemented with a GMO-free locally sourced grains.

### Bussell Farms

Ronnie and Diann Bussell  
3 Rogers Ln.  
Carthage  
615-735-7637

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

Call for availability at the farm; also at Smith County Farmers' Market. We have cherries in the spring.

### Cellar 53 Winery & Vineyards

Rebecca Paschal  
115 Oak View Dr. E.  
Brush Creek  
615-934-3353 / 615-708-1367  
[info@cellar53winery.com](mailto:info@cellar53winery.com)  
[www.cellar53winery.com](http://www.cellar53winery.com)

With seven acres of grape and blackberry vineyards, our farm produces 1000 cases of wine annually. We also offer jams, jellies and juices produced on the farm.

### Chimney Swift Farm

Kimberly Walter  
458 Plunkett Creek Rd.  
Gordonsville  
615-947-6139  
[chimneyswiftfarms@gmail.com](mailto:chimneyswiftfarms@gmail.com)  
[www.chimneyswiftfarms.com](http://www.chimneyswiftfarms.com)

We make botanical living products including soap, lotion bars, salves, lip balm and natural deodorant. We are also natural beekeepers and have honey in season.

### Farmhouse Nashville, CSA and Delivery

Stephanie Bradshaw  
108 Ward Hollow Rd.  
Brush Creek  
615-693-2519  
[farmhousedeliverycsa@gmail.com](mailto:farmhousedeliverycsa@gmail.com)  
[farmhousedeliverycsa.com](http://farmhousedeliverycsa.com)

We offer small and medium CSA produce shares. We support small farmers who practice sustainable, holistic, natural farming. All of our produce is chemical-free and non-certified organic. Serving Middle Tennessee for over five years with fresh picked produce, pastured eggs, local artisan products and pastured meats.

### Peaceful Pastures

Jenny and Darrin Drake  
69 Cowan Valley Ln.  
Hickman  
615-683-4291  
[customerservice@peacefulpastures.com](mailto:customerservice@peacefulpastures.com)  
[www.peacefulpastures.com](http://www.peacefulpastures.com)

*Open year-round for phone and online orders.* We raise hormone- and antibiotic-free pasture-raised beef, pork, lamb and poultry. We offer various cuts. We offer different types of a summer (May-October) CSA. We deliver CSA shares and sell directly to the public at local farmers' markets.

### Poultry Hollow Hatchery

Todd Rutigliano and Judy Wood

122 Wilkerson Hollow Ln.  
Brush Creek  
615-318-9036  
[contact@poultryhollow.org](mailto:contact@poultryhollow.org)  
[www.poultryhollow.org](http://www.poultryhollow.org)

*Wednesday–Saturday 10 a.m.–4 p.m.*

Hatching thousands of chicks monthly. We hatch more than 55 Breeds of chickens, ducks, geese, guineas, turkeys, chukars, pheasants, bantams and quail.

### Sumner County

#### White Squirrel Farm

Tracy and Chris Winters  
1244 Smith Thompson Rd.  
Bethpage  
615-374-1949

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

We are focused on providing a diverse selection of produce, flowers, herbs and eggs, using strict organic growing methods and sustainable farming practices. We use our organic produce to make farm-fresh goods. We also have a skincare line of salves, creams and lip balms.

#### Bottom View Farm

Ralph Cooke  
185 Wilkerson Ln.  
Portland  
615-325-7017  
[www.bottomviewfarm.com](http://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, as well as pick your own strawberries.

#### Bradley Kountry Acres & Greenhouse

Mike and Cathy Bradley  
650 Jake Link Rd.  
Cottontown  
615-325-2836  
[cathy@bradleykountryacres.com](mailto:cathy@bradleykountryacres.com)  
[www.bradleykountryacres.com](http://www.bradleykountryacres.com)

Springtime brings our strawberry season. We open for picking mid-April and stay open until mid-June. We host our annual spring open house the first Sunday in May.

#### Country Squire Farms

Troy Squires  
265 Cummings Ln.  
Gallatin  
615-681-1021  
[troy@countysquirefarms.com](mailto:troy@countysquirefarms.com)  
[www.countysquirefarms.com](http://www.countysquirefarms.com)

We are a certified-organic farm providing a wide range of produce, herbs and flowers in extended growing seasons. We offer CSAs for both produce and organic flowers—direct and farmers' market sales.

#### Crafton Farms

Johnny Crafton  
209 Crafton Rd.  
Portland  
615-969-6264 / 615-325-6406  
*Call for availability, daylight to dusk.*

We offer pre-pick 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](mailto:decoloresfarm@comcast.net)  
[www.decoloresfarm.org](http://www.decoloresfarm.org)

We sell eggs, mohair and goat's milk for animal consumption.

#### Hill Family Farm

Byron Hill  
2008 Hwy. 31 W.  
White House

615-330-3153  
[inhisservice1234@gmail.com](mailto:inhisservice1234@gmail.com)  
[hillfamilyfarm.wordpress.com](http://hillfamilyfarm.wordpress.com)

We provide our customers with fresh, local, healthy, all-natural produce and pasture-raised pork, along with free-range chicken and eggs. We use only natural methods.

#### Family Traditions Farm

David and Lisa Ragland  
438 Dorris Rd.  
Portland  
615-319-5439 / 615-974-5913  
[familytraditionsfarm2013@gmail.com](mailto:familytraditionsfarm2013@gmail.com)  
[www.familytraditionsfarm2013.com](http://www.familytraditionsfarm2013.com)

We focus on growing a large variety of quality, pesticide-free produce and hormone-free eggs. We've added two greenhouses this year for an extended growing season and have a CSA with several area pick-ups.

#### Madison Creek Farms

Peggy and Mark Marchetti  
1228 Willis Branch Rd.  
Goodlettsville  
615-855-6430  
[madisoncreek@aol.com](mailto:madisoncreek@aol.com)  
[www.madisoncreekfarms.com](http://www.madisoncreekfarms.com)

We offer a spring and summer CSA program with on-farm pick-ups. We specialize in cut flowers, culinary herbs and heirloom vegetables, as well as small fruit crops. In May the farm opens to the public, Saturdays from 9 a.m.-1 p.m.

#### Miles Apiary

Greg Miles  
1083 Sandy Valley Rd.  
Hendersonville  
615-824-7881 / 615-294-8634  
[greg.miles.54@gmail.com](mailto:greg.miles.54@gmail.com)

We sell pure wildflower honey produced locally from our own hives. Our honey is raw, from a variety of nectar sources.

#### Natural Fields Farm

Stuart Say  
985 Franklin Rd.  
Gallatin  
615-452-9762 / 615-944-6826  
[naturalfields@aol.com](mailto:naturalfields@aol.com)  
[www.naturalfieldsfarm.com](http://www.naturalfieldsfarm.com)

We practice organic growing methods on all our produce. Everything that we sell is produced on our farm. We grow a large variety of fruit and vegetables.

#### Oak Grove Farms

Zach Erhard  
3904 Hwy. 31 E.  
Beth Page  
615-739-7069  
[oakgrovefarmstn@gmail.com](mailto:oakgrovefarmstn@gmail.com)  
[www.oakgrovefarmstn.com](http://www.oakgrovefarmstn.com)

We grow and sell a variety of fruits—including strawberries—and vegetables at our roadside stands in Gallatin, as well as at several farmers' markets in the Nashville area. We are also offering a CSA this year.

#### Standing Stone Nubians

Paula Butler  
1154 Lakewood Dr.  
Gallatin  
615-461-8765  
[paulabutler@standingstonefarms.com](mailto:paulabutler@standingstonefarms.com)  
[www.standingstonefarms.com](http://www.standingstonefarms.com)

In addition to raising and breeding dairy goats, we are striving to produce "old world-style" cheeses, goat 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

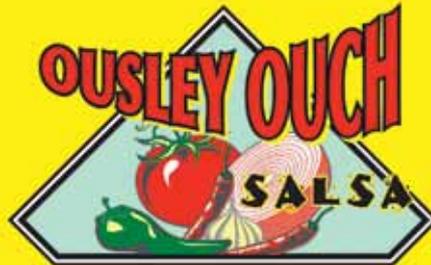
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somewhereplaceelse.com  
(615) 274-2070  
somewhereplaceelsefarm@gmail.com

Old fashioned, all natural,  
gluten-free, home canning.

We start in May on weekends with flowers and potting plants.

### The Veggie Patch

Chris Sherburne  
1252 Harsh Ln.  
Castalian Springs  
615-636-5888  
[csgtrtdane@gmail.com](mailto:csgtrtdane@gmail.com)

We offer a wide variety of vegetable plants in our greenhouse. Plants will be available mid-April and produce will be ready for picking late May.

### Walnut Hills Farm

Doug and Sue Bagwell  
6635 Hwy. 231 N.  
Bethpage  
615-374-4575  
[info@walnuthillsfarm.com](mailto:info@walnuthillsfarm.com)  
[www.walnuthillsfarm.com](http://www.walnuthillsfarm.com)

We specialize in sustainable practices for raising beef, chicken, pork and eggs. Animals are raised on grass without use of antibiotics or steroids. Meats are sold by the piece, by CSA, in bulk freezer quantities and from our on-farm stand.

### Whispering Creek Mushrooms

Josh Walker  
1893 Hwy. 25  
Gallatin  
615-418-9799  
[jwalk@myself.com](mailto:jwalk@myself.com)

We offer gourmet and medicinal mushrooms and fresh produce, along with our fermented foods and cultures.

### Trousdale County Kelley's Berry Farm

Patrick and Jon Kelley  
50 Riverview Estates Ln.  
Castalian Springs  
615-633-1426 / 615-633-7447  
[kelleysberryfarm@hotmail.com](mailto:kelleysberryfarm@hotmail.com)  
*Monday–Saturday 7 a.m.–6 p.m.*  
*Open daily mid-May when strawberries are ready.*  
*Call first.*

We sell pre-picked and pick-your-own strawberries beginning the end of April/first of May.

### VanBuren County Fall Creek Farms

Dana and Bradley Bleasdale  
Walling Rd.  
Spencer  
931-316-3041  
[fallcreekfarms@gmail.com](mailto:fallcreekfarms@gmail.com)  
[www.fallcreekfarms.net](http://www.fallcreekfarms.net)

We deliver raw milk (by herd share agreement only), pesticide-free vegetables, grass-fed beef and lamb, free-range eggs and cow and goat shares to Cookeville. We have a CSA.

### Ragland Farms

Dusty and Brandon Ragland  
6811 Old State Hwy. 111  
Spencer  
931-946-2491  
[diproctor@blomand.net](mailto:diproctor@blomand.net)  
We offer grass-fed/finished beef all year.

### Warren County Barton Creek Farm

Danny Roller  
5726 E. Green Hill Rd.  
Rock Island  
931-224-6122  
[jjducks@blomand.net](mailto:jjducks@blomand.net)  
I am an Angus beef cattle producer; all are grass- and grain-fed.

### Bluffview Nursery

Todd Panter  
4155 Hills Creek Rd.  
McMinnville  
931-815-2632  
[todd@bluffviewnursery.org](mailto:todd@bluffviewnursery.org)

### [www.bluffviewnursery.org](http://www.bluffviewnursery.org)

We are one of the most respected online and local retailers of wildflower bulbs, perennial plants and native plants and flower bulbs.

### Casey Family Farm

Dennis and Lois Casey  
231 Rolling Stone Ln.  
Morrison  
931-635-3031  
[caseyfamilyfarm@gmail.com](mailto:caseyfamilyfarm@gmail.com)  
[caseyfamilyfarm.com](http://caseyfamilyfarm.com)

We have a small Grade-A dairy and processing plant. We sell pasteurized, non-homogenized cream-line milk. Our herd is a Jersey-Guernsey mix. Our milk can be purchased directly from our farm.

### Farmer Brown's Hydroponic Gardens

JB Brown  
678 Arch Cope Rd.  
Morrison  
931-607-3446 / 931-205-0451  
[jborab@blomand.net](mailto:jborab@blomand.net)  
We specialize in hydroponically grown, chemical-free lettuce (and offer cucumbers and tomatoes in season). We also have wheatgrass.

### Mary's Greenhouse

202 Meiser Ln.  
McMinnville  
931-668-2119  
*Seasonal hours; call in advance.*

In the spring we sell a wide variety of herbs and vegetable plants.

### Rainbow Hill Farm

Carol and Walter Clarke  
93 Bailey Rd.  
McMinnville  
931-939-3117  
We start the season with strawberries and have a greenhouse for early spring produce.

### Randall Walker Farms

Randall Walker  
8240 Manchester Hwy.  
Morrison  
931-635-9535  
[rwalkerfarms@blomand.net](mailto:rwalkerfarms@blomand.net)  
[www.rwfarms.com](http://www.rwfarms.com)  
*Monday–Saturday 7 a.m.–5 p.m.*  
*We are open year-round.*

We start our berry season 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.

### River Cottage Farm

Brayden Apple  
5635 Blue Level Rd.  
Rockfield  
270-796-2662  
[Brayden@rivercottagefarm.net](mailto:Brayden@rivercottagefarm.net)  
[rivercottagefarm.net](http://rivercottagefarm.net)  
*Tuesday–Friday 10 a.m.–5 p.m.*  
We are a grass-based dairy, beef, chicken and pork farm.

### Wayne County

#### Top of the World Farm

Justin, Liberty and Wright Sanders  
8999 Ella Gallaher Rd.  
Westpoint  
866-866-3287  
[topoftheworldfarm@gmail.com](mailto:topoftheworldfarm@gmail.com)  
[www.topoftheworldfarm.com](http://www.topoftheworldfarm.com)  
We are a small family farm offering grass-fed beef and lamb, plus pastured pork and chicken. Our cows and sheep are completely grass-fed/finished, while our pigs and chickens receive only non-GMO supplemental feed.

#### Bonnie Blue Farm

Jim and Gayle Tanner

Waynesboro  
931-722-4628  
[tangoat@wildblue.net](mailto:tangoat@wildblue.net)  
[www.bonniebluefarm.com](http://www.bonniebluefarm.com)

Farmstead goat cheese using only the milk from the farm's herd of Nubian and Saanen dairy goats is carefully transformed into several varieties of goat cheese. Two Jersey cows contribute their rich, creamy milk that is made into Mooleen (cave-aged raw Gouda-style) and Shiloh Tomme.

### Topsy Greenhouse and Gardens

Katie Hacker  
7504 Topsy Rd.  
Waynesboro  
931-722-3619  
[farmgirl\\_s@yahoo.com](mailto:farmgirl_s@yahoo.com)  
We grow bedding plants and heirloom vegetables using organic 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](mailto:mcculleys@amazinacres.com)  
[www.amazinacres.com](http://www.amazinacres.com)

We invite you to pick-your-own strawberries (our berries are on raised beds and plastic, which makes for easier picking). We also offer pre-picked berries.

### Vaughn's #1 Bermuda Grass-Fed Beef

Mike and Lyn Vaughn  
445 Bermuda Rd.  
Walling  
931-808-3856  
[jmvaughn@blomand.net](mailto:jmvaughn@blomand.net)  
We raise Black Angus, fed and finished on Vaughn's #1 Bermuda Grass and Hay, a grass developed by my father, Terrell Vaughn. Our grass is a complete livestock ration.

### Williamson County

#### Delvin Farms

Hank Delvin  
6400 Delvin Farm Ln.  
College Grove  
615-538-5538  
[csa@delvinfarms.com](mailto:csa@delvinfarms.com)  
[www.delvinfarms.com](http://www.delvinfarms.com)  
Our 220-acre vegetable farm along the Harpeth River is certified organic. Throughout the year you can find us at many of the producer-only farmers' markets in and around Nashville. We offer a CSA, in addition to sales at many area farmers' markets.

#### Tavalin Tails Farm

Amy and Brandon Tavalin  
6290 McDaniel Rd.  
College Grove  
615-445-9354  
[tavalintails@gmail.com](mailto:tavalintails@gmail.com)  
[www.tavalintails.com](http://www.tavalintails.com)  
We raise beef, pork, lamb and chicken. Our livestock grazes certified-organic pasture and is pasture-born and raised. We offer a meat CSA, whole and half animal and individual retail cuts, at the same farmers' market locations as our family farm's vegetable CSA, Delvin Farms.

#### Allenbrooke Farms

Stephanie and Daniel Allen  
2023 Doctor Robertson Rd.  
Spring Hill  
615-406-4592  
[info@allenbrookefarms.com](mailto:info@allenbrookefarms.com)  
[www.allenbrookefarms.com](http://www.allenbrookefarms.com)  
We are Certified Naturally Grown and many of the varieties we grow are unique heirloom varieties that cannot be found in stores. Our CSA season begins in mid-May.



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## Big East Fork Farm

Jack Walter, Farm Manager  
5400 Big East Fork Rd  
Franklin  
615-739-1452

[Bigeastforkz@gmail.com](mailto:Bigeastforkz@gmail.com)  
[BigEastFork.com](http://BigEastFork.com)

Locally grown high-quality vegetables, fruits, herbs and flowers. We raise heritage breed chickens and Tamworth pigs on 100% non-GMO feed. Our lamb and beef is raised on grass and processed under USDA inspection. Our products are available seasonally on our website for pick-up on farm or local delivery.

## Growild, Inc.

Terri Barnes, Mike Berkley  
7190 Hill Hughes Rd.  
Fairview  
615-799-1910

[growild@gmail.com](mailto:growild@gmail.com)  
[www.growildinc.com](http://www.growildinc.com)

*Open to the public by appointment.*

We are Tennessee's largest native plant nursery, growing more than 950 species and cultivars of native trees, shrubs, perennials, wildflowers, grasses, ferns and vines. Our spring open house will be the last Friday and Saturday in April from 8 a.m.-5 p.m. (no appointment needed).

## Hatcher Family Dairy

Sharon and Charlie Hatcher  
6545 Arno Rd.  
College Grove  
615-368-3405

[info@hatcherfamilydairy.com](mailto:info@hatcherfamilydairy.com)  
[www.hatcherfamilydairy.com](http://www.hatcherfamilydairy.com)

We have a cream line of milk, chocolate, cheese, gelato, butter and jams and jellies. We also sell our own beef and lamb.

## Noble Springs Dairy

Dustin and Justyne Noble  
3144 Blazer Rd.  
Franklin  
615-481-9546

[dustin@noble-springs.com](mailto:dustin@noble-springs.com)  
[www.noble-springs.com](http://www.noble-springs.com)

We take pride in knowing that every drop of milk that goes into our all-natural goat cheese is derived from the natural forages that our goats enjoy on our farm. We also have Grade-A goat's milk, yogurt and goat milk soap.

## Triple L Ranch

Steven and Ann Lee  
5121 Bedford Creek Rd.  
Franklin  
615-799-2373

[triplelranch@msn.com](mailto:triplelranch@msn.com)  
[www.LLLranch.com](http://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.

## Wilson County

### Wedge Oak Farm

Anne Overton and Karen Overton  
3964 Old Murfreesboro Rd.  
Lebanon  
615-766-3773

[wedgeoak@gmail.com](mailto:wedgeoak@gmail.com)  
[www.wedgeoakfarm.com](http://www.wedgeoakfarm.com)

*Farm visits by appointment only.*

We are a Tennessee Certified Century farm using pasture-based livestock production methods to gently and humanely raise pork, poultry, beef and lamb. We have the only pure Mangalitsa herd in the state; we raise ducks and chicken for meat and eggs. This year we are offering a meat CSA.

## Circle S Farms

Donnie Steed  
1627 E. Old Laguardo Rd.

Lebanon  
615-405-6860

[donnie.steed@charter.net](mailto:donnie.steed@charter.net)  
[www.tncirclesfarms.com](http://www.tncirclesfarms.com)

We are a pick-your-own strawberry farm. If no one is around, payment is by the honor system.

## Double Star Bar Farms

Rod White  
4685 Kennedy Creek Rd.  
Auburntown  
615-408-4087 / 727-460-5681

[roderick.white@doublestarbarfarm.com](mailto:roderick.white@doublestarbarfarm.com)  
[www.doublestarbarfarm.com](http://www.doublestarbarfarm.com)

We offer a 12-week spring CSA. We also will have asparagus (both green and purple varieties) for sale starting around March 15. (Asparagus is not included in the CSA.) Our Spring Fling is slated for April 30. We will offer different classes on sustainable living.

## Folsom Farms

David and Teresa Folsom  
930 County Line Rd.  
Alexandria  
615-408-2018

[930folsomfarms@gmail.com](mailto:930folsomfarms@gmail.com)  
[www.FolsomFarms.com](http://www.FolsomFarms.com)

We offer our community fresh pastured eggs and silky wools year-round, plus a variety of seasonal fresh vegetables.

## Lester Farms

Mitchell Lester  
2811 Coles Ferry Pk.  
Lebanon  
615-564-0871

[mitchell@lesterfarmstn.com](mailto:mitchell@lesterfarmstn.com)  
[www.lesterfarmstn.com](http://www.lesterfarmstn.com)

We practice sustainable farming methods to produce the highest quality produce. Our products are available through our CSA and at our farm stand.

## Little Seed Farm

James and Eileen Ray  
1275 Whippoorwill Rd.  
Lebanon  
615-444-9490

[farmer@littleseedfarm.com](mailto:farmer@littleseedfarm.com)  
[www.littleseedfarm.com](http://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 available by the dozen and goat milk soaps.

## Ralson Farm

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

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

We sell local honey and creamed flavor spreadable honey all year.

## Red Gate Farm

Danielle and Tom Luipersbeck  
27 Fuller Hollow Rd.  
Watertown  
615-308-4426

[dluipersbeck@msn.com](mailto:dluipersbeck@msn.com)

We grow a variety of vegetables using organic growing practices.

## Tojo Creek Gourds

John Swendiman  
986 Thomas Rd.  
Lebanon  
615-330-5628

[gourds@tojocreek.com](mailto:gourds@tojocreek.com)  
[www.tojocreek.com](http://www.tojocreek.com)

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We grow a wide variety of gourds for the gourd artist and crafter. We host gourd art and craft workshops and seminars.

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Stephanie Bradshaw  
612 Shores Rd.  
Scottsville Ky

[farmhousesnashville@gmail.com](mailto:farmhousesnashville@gmail.com)  
[www.farmhousesnashville.com](http://www.farmhousesnashville.com)  
615-693-2519

Our nutrient-dense produce begins with living soil, rich in trace minerals. By using both plants and animals, we are able to achieve soil that enables our plants to be nutrient-dense and hardy. Add organic seeds, many of which are heirloom and lots of tender loving care.

## Shady Ridge Produce

Paul and Alta Weaver  
1852 Shores Rd.  
Scottsville

*Monday-Saturday 7 a.m.-5 p.m.*

We begin the season in early May with strawberries, local greenhouse tomatoes, onions, bell peppers, lettuce, spinach and more.

## Highland Produce Community Market

6200 Highland Church Rd.  
Highland

*Monday-Saturday 8 a.m.-5 p.m.*

The farm market opens the season with homegrown pre-picked strawberries and other cool season crops, including early greenhouse-grown tomatoes. 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 slowly for children, horse and buggies.

## Barren County Kenny's Farmhouse Cheese

Kenny and Beverly Mattingly  
2033 Thomerson Park Rd.  
Austin

270-434-4124 / 888-571-4029  
[kenny@kennyscheese.com](mailto:kenny@kennyscheese.com)  
[www.kennyscheese.com](http://www.kennyscheese.com)

*Monday-Friday 9 a.m.-4 p.m.,  
Saturday 11 a.m.-2 p.m.*

We are a farmstead business making cheese. Our cheese is made from the milk of our own herd; no artificial hormones are used to enhance milk production. We have found sustainability by making more than 30 varieties.

## Logan County JD Country Milk

Willis Edna and Justin Schrock  
1059 Ellis Rd.  
Russellville  
270-726-2200

[willschro@aol.com](mailto:willschro@aol.com)  
[www.jdcountrymilk.com](http://www.jdcountrymilk.com)

We do not use hormones or antibiotics in our cows. We process all of our milk in our own processing plant. It is not homogenized, so you will see the cream on top.

## Madison County Salamander Springs Farm

Susan Lein  
P.O. Box 354  
Berea, KY  
859-893-3360

[susanalein@yahoo.com](mailto:susanalein@yahoo.com)

We offer produce, fruits, cornmeal, popcorn, pinto and black beans, nuts, flowers and herbs—without tillage, pesticides or fertilizers. Sold at local markets and online.

## Metcalfe County Hill and Hollow Farm

Robin Verson and Paul Bела  
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 Metro Nashville Farmers' Market.

### Monroe County Bugtussle Farm

Eric and Cher Smith

Gamaliel

270-457-BUGS

info@bugtussle.com

www.bugtusslefarm.com

We offer three acres of "beyond organic" vegetables, which supply our CSA members with 30-35 weeks of shares. We also have a large flock of Katahdin sheep and a small herd of British White and Black Angus cattle, and a few hogs—all pasture-fed.

### Warren County 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.

### Jackson's Orchard & Nursery, Inc.

Cathy Otis

1280 Slim Island Rd.

Bowling Green

270-781-5303

JacksonsOrchard@hughes.net

www.jacksonsorchard.com

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.

### The Garden Patch

David and Esli Pelly

1085 Hayes-Smith Grove Rd.

Smiths Grove

270-563-2151

thegardenpatch@yahoo.com

www.pellyfarm.com

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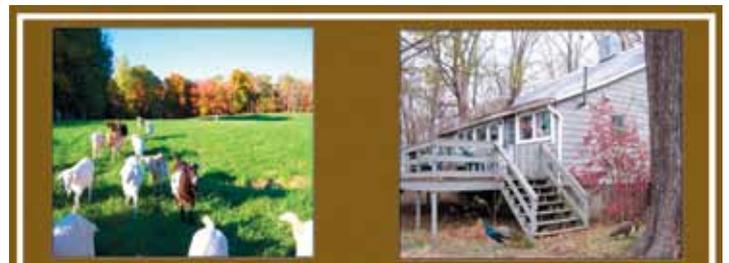
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# ASK FARMER JASON



**FARMER JASON** is the brainchild of rock music legend and Americana Music Association Lifetime Achieve Award winner Jason Ringenberg of Jason and the Scorchers. 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. Farmer Jason has released four records and a DVD and starred in the *It's a Farmer Jason* video interstitial program, which airs on several public broadcasting stations around the United States. That program has received four Emmy nominations and one Emmy win. Farmer Jason's records have won numerous awards, including the Parents' Choice Gold Award and the Los Angeles Times' Children's Record of the Year list. Farmer Jason tours all over the world.

Farmer Jason is also a real farmer! He farms 60 acres of non-GMO corn and soybeans, as well as practicing sustainable cultivation methods on his family's home garden. With this "Ask Farmer Jason" column, he answers questions from children about nature and farming. He also offers some helpful, common sense gardening tips for busy parents.

[WWW.FARMERJASON.COM](http://WWW.FARMERJASON.COM)

[WWW.FACEBOOK.COM/FARMERJASNOFFICIAL](http://WWW.FACEBOOK.COM/FARMERJASNOFFICIAL)

To ask Farmer Jason a question, please go to his column on [localtable.net](http://localtable.net), or email him at [jr@farmerjason.com](mailto: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.

## Why do some farmers have goats?

—Will, age 9, McMinnville, Tennessee

**Farmer Jason:** In many parts of the world, people drink goats' milk or raise goats for meat. In the U.S., many farmers with hilly land will use goats to keep the small trees and shrubs from taking over. The goats love to eat woody types of plants. In fact, they prefer rough branches to sweet grass! We have a goat named Azealia whose big job on our farm is to keep our pony, Tinkerbelle, happy. Goats make great friends for ponies. In the old days, people with fancy racehorses would always keep a goat with them because the goat would keep the horse quiet and content. Lastly, people keep goats simply as pets. They are very interesting critters!

## I love lettuce and we are planting a garden this year for a school project. Will lettuce grow in southern Alabama?

—Brooke, age 12, Mobile, Alabama

**Farmer Jason:** Yes, lettuce will grow there but you have to grow it either very early in the spring or late in the autumn. Lettuce is a cold weather plant and cannot take even moderate heat. There is a breed of lettuce called Black Seeded Simpson lettuce that should do well in your area.

## Do kitties live on farms?

—Logan, age 4, Nashville, Tennessee

**Farmer Jason:** Yes, my little friend. Kitties do live on farms. Farmers have the same pets that you have in the city. But in the olden times farmers would keep kitties around to keep away mice. These mice would eat the farmer's grain, which would make the farmer very mad! So the cats had a job. They were kept around to keep the mice away!

**TIP THE FARMER (Useful gardening tips for busy parents)** It is now spring here in the Middle Tennessee area. Be sure to get your lettuce, kale and radishes planted as soon as possible. These cold weather plants cannot take even the slightest bit of heat. It is best to plant them in late February or early March. If we get a severe late ice storm or brutal cold snap, simply cover the plants during that time. They will pull through it and yield harvests in early April to middle May. After that the heat will ruin them. Simply plow or dig them under and plant a hot weather plant like beans or corn in that spot.

# CALENDAR

**March 18–19**

## The Garden Party

Murfreesboro  
615-715-0003  
[BoroGardenParty.com](http://BoroGardenParty.com)

A yard and garden show with designers, landscapers, floral arrangers, shops and suppliers. Admission.

**May 21**

## Urban Gardening Festival

Nashville  
[www.mgofdc.org](http://www.mgofdc.org)

Explore 8,800 sq. ft demo garden, and shop our annual plant sale and visit with nearly 75 exhibitors and vendors from across the Greater Nashville area. Free.

**March 28**

## Mule Day

Columbia  
931-381-9557  
[muleday.com](http://muleday.com)

One of the world's largest mule celebrations. Free.

**April 9**

## Historic Granville

The 1930's in Granville Opening Celebration  
Granville  
931-653-4151

Sutton Homestead Exhibit, Antique Car Show, Sutton Ole Time Music Hour, food, vendors and more!

**April 16**

## Annual Herb Sale

Nashville  
931-224-8947  
[herbsocietytynashville.org](http://herbsocietytynashville.org)

Featuring the sale of rare varieties of annual and perennial herbs, as well as all culinary herbs. Get there early! Free.

**April 16**

## Eaton's Creek Organics Farm Annual Plant Sale

The Turnip Truck  
East Nashville  
615-415-2734

Annual plant sale selling herbs and heirloom tomato and other veggie plants.

**April 23–24**

## National Cornbread Festival

423-837-0022  
[nationalcornbread.com](http://nationalcornbread.com)

National Cornbread Cook-Off, art and shows. Free.

**May 12–14**

## The Hayloft at Port Royal

Barn Sale  
Clarksville  
615-270-9429

Explore unique handmade and vintage items.

**May 14**

## Middle Tennessee Strawberry Festival

Portland  
[MiddleTNStrawberryFestival.com](http://MiddleTNStrawberryFestival.com)

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MAY 28- Heritage Day

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