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

2010 BUY FRESH BUY LOCAL | CENTRAL OKLAHOMA AREA

BERRY CREEK FARM

Berry Creek Farm

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

Producers

Producers [A To Z]

**Producers**

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

COLE FARMS, LLC

2404 E SZEREDY, OKLAHOMA CITY, OK 73109

Buck - 405-947-3370

www.colefarm.com

COLE FARMS, LLC

www.colefarm.com

COTTONWOOD FARMS

Visit us at the El Reno and Edmond farmers markets for naturally grown produce and heirloom tomatoes.

COTTONWOOD FARMS

405-485-6075 • WWW.CrossTimberSFarms.com

Cross Timbers Farm

Visit our website to see our full range of products, including fresh, raw goat milk and raw milk goat cheese.

CROSS TIMBERS FARM

405-686-1910

www.crosstimbersfarm.com

DAIRY/GRAINS

CATTLE/FEED

Nuts/Grains

Produce

HERBS/PLANTS

CATTLE/BEANS

SEASONAL

COLE FARMS, LLC

2404 E SZEREDY, OKLAHOMA CITY, OK 73109

Dairy/Eggs

FRUITS/VEGETABLES

Honey

COLE FARMS, LLC

405-947-3370

www.colefarm.com

www.colefarm.com

www.colefarm.com

CROSS TIMBERS FARM

405-686-1910

www.crosstimbersfarm.com

DAIRY/GRAINS

CATTLE/FEED

Nuts/Grains

Produce

HERBS/PLANTS

CATTLE/BEANS

SEASONAL
Plasticulture demonstration in Oklahoma vegetable production.

Artisan bakery. Enjoy fresh, healthy whole-grain breads.

Farm fresh produce growing in an Oklahoma field.

End of the Road Farm

Merry Rabbit Acres

Honeymoon Produce

Honeysuckle Cheese

Harvestyme Bread

Honey Hill Farm

Homegrown ORGANIC PRODUCE LLC

Honey ORGANIC FARM

KS&A Orchards

LSDAY Family FARMs

LITTLE RED BARN ORCHARD

MCPhee eggs

McQUEEN FARM

McQUEEN Family FARM

McLEMPER PUMPKIN FARM

BraReberry Farm

Kelly’s BAKED GOODS

SNIDEr Farms PEANUT BARN

Value-added foods

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

Producers

Farms, fruit and vegetable markets, The Earth, Native Roots Market, Forward Foods, OK, D.K. Food Coop. We load mushroom compost year-round. Call in advance. 405-299-4519, 405-299-2081. 

PRODUCE KEY

Daily, Egg

Fruits/vegetables

Meat

Value-added products with a wide range of Oklahoma ingredients, with an average of 44% of the ingredients coming from Oklahoma farms.

Earth Elements Farm grows certified organic produce and prepares value-added products with a wide range of Oklahoma ingredients. Earth Elements Farm focuses on crop preservation and reduction of crop waste. Utilizing seconds and surplus of locally produced ingredients, Earth Elements Farm produces an extensive line of baked goods, canned goods, dried fruit products, frozen ingredients and ready-to-eat cereals and snacks. Currently, Earth Elements Farm with its 24 Oklahoma producers and produces more than 300 different products, with an average of 44% of the ingredients coming from Oklahoma farms. Products are sold at a variety of Oklahoma farmers markets, the OK Food Cooperative and local stores, such as Crescent Market in Oklahoma City, www.cooperativeswest.com, 9300 Peace Tree Circle, Lexington, OK 73051, and Earth Elements Farm in Oklahoma City.

Earth Elements Farm produces a wide range of healthy, organic, and chemical-free grains, fruits and vegetables, grown with as much of the ingredients coming from Oklahoma farmers markets, with an average of 44% of the ingredients coming from Oklahoma farms. Products are sold at a variety of Oklahoma farmers markets, such as Crescent Market in Oklahoma City, www.cooperativeswest.com, 9300 Peace Tree Circle, Lexington, OK 73051, and Earth Elements Farm in Oklahoma City.

Earth Elements Farm is an organic farm and market producing herbs, vegetables and herbs. Earth Elements Farm grows certified organic produce and prepares value-added products with a wide range of Oklahoma ingredients. Earth Elements Farm focuses on crop preservation and reduction of crop waste. Utilizing seconds and surplus of locally produced ingredients, Earth Elements Farm produces an extensive line of baked goods, canned goods, dried fruit products, frozen ingredients and ready-to-eat cereals and snacks. Currently, Earth Elements Farm with its 24 Oklahoma producers and produces more than 300 different products, with an average of 44% of the ingredients coming from Oklahoma farms. Products are sold at a variety of Oklahoma farmers markets, the OK Food Cooperative and local stores, such as Crescent Market in Oklahoma City, www.cooperativeswest.com, 9300 Peace Tree Circle, Lexington, OK 73051, and Earth Elements Farm in Oklahoma City.

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Producers

ORGANIC GARDENS
Hearttomatoes are our specialty! Unique variety of herbs and plants. Come see us at the Edmond and OSU-OKC farmers markets.
3703 S BROADWAY, 113, OK 73034
johnleveroni@organgardens.com • 405-243-7667

PASTURES AND PIES
Visit us at the Edmond or Saints farmers markets. Pies, pastries and fruit pies are available by email.
207 N SIOUX RD, EDMOND, OK 73034
angela荥se@pesepies.com • 405-549-6208

PICK OF THE PATCH
Visit us at the OSU-OKC farmers market through spring.
725 S FORD RD, YUKON, OK 73009
w bottom Quail • 405-790-7322

Pink Rose Farm
Free-range, no animal by products, organic practices.
22302 FELTONSHIRE HILL RD, WYOMING, OK 73062
suzy francisco • fransfarm@fransfarmokc.com
405-530-1374

Redice Farms
Organic and certified organic, open market.
12010 S CLAYTON RD, YUKON, OK 73049
marty gussett • mugussett@redicefarms.com • 405-579-2360

Renocks Farm and Garden
Herbs, vegetables, flowers, open market.
12667 N TULSA RD, EDMOND, OK 73035
rene renocks • renocksfarmgarden@ok.com • 405-204-8202

Ressorler Farms
Pasteurelaised, grass fed, and organic, open market.
2305 N POST RD, EDMOND, OK 73034
laury Resserler • Resserlerfarmsokc@GMail.com • 405-445-2712

Rose Ranch
Organic grass fed, hormone-free beef.
www.roserranch.com
7220 S 174TH, DOUGLAS, OK 73733
vicki rose • vicrose@roserranchcok.com
11813 E HEFNER RD, JONES, OK 73049

Sandy Creek Pecans
Oklahoma native pecans grown on our family farm. We believe in sustainable farming. Known for our classroom pecans.
650 E CEDAR RD, HOLLAND, OK 73046
jessie sanders • 405-433-8138
sandrypeckensokc@GMail.com • www.sandrypeckensokc.com

Sinbrefarms
Vegetables and herbs.
2202 OLD HWY 51, BLANCHARD, OK 73010
sue valleymoss • sue@sinbrefarms.com
405-282-8263

Skyridge Farm
Herbs, vegetables, tomatoes, peppers.
1512 skyridge, JONES, OK 73049
henry wood • info@skyridgefarmokc.com
699-2403

Crestview Farms
Vegetables and herbs.
5521 N Douglas Blvd, ARCADIA, OK 73007
susan graff • crestview2@SbcGlobal.net
699-2600

Endike-Orrdchids
Orchids, flowering plants, open market.
1210 w center rd, SHAWNEE, OK 73085
brinn timberlake • orchids@shrinershospital.com
361-6607

The Chicken Shanty Egg Farm
Happy free-range chickens.
13182 W CENTER RD, GALAXY, OK 73040
willie gregg • info@chickensantyeggfarm.com
727-6766

Crestview2
Vegetables and herbs.
5521 N Douglas Blvd, ARCADIA, OK 73007
susan graff • crestview2@SbcGlobal.net
699-2600

The Chicken Shanty Egg Farm
Happy free-range chickens.
13182 W CENTER RD, GALAXY, OK 73040
willie gregg • info@chickensantyeggfarm.com
727-6766

Thomas Orchard
24 varieties of peaches. Call for availability.
23301 WILLOW RD, BLANCHARD, OK 73010
robert thomson • willowland@gmail.com • 405-291-2165

Two Tomatoes Veggie
Visit us at the OSU-OKC farmers market.
5900 S 51ST, OKLAHOMA CITY, OK 73112
philip young • ps@two-tomatoes.com • 405-273-2377

W Bar M Sheep and Wool
Pasture raised, hormone-free lamb, beef, goat milk, chicken, eggs.
www.wbarsheepandwool.com
2292 old Hwy 62, BLANCARD, OK 73010
dev vallencourt • High tideandiok@GMail.com
599-2714

Wagon Creek Creamery
100% grass fed dairy beef and veal.
4601 E Choctaw Rd, OKLAHOMA CITY, OK 73114
ron and BaseService • creamery@wagoncreekcreamery.com
405-527-3497

Wichita Buffalo Company at Sandy Springs Farm
We offer grass fed and organic buffalo and beef to restaurants, individuals, stores and farmers market customers.
28600 WAP 277, WICHITA, KS 67247
joshua snyder • info@wichitabuffalo.com • 316 646-8025 • www.wichitabuffalo.com

Windater Acres
Farm fresh duck eggs.
8525 ALLEN RD, JONES, OK 73049
sandy welles • windateracres@GMail.com • 405-289-3133

Wonder Acres
Local produce and herbs.
528 E SOUTHERN, OKLAHOMA CITY, OK 73119
mike and lisa spalding • www.wonderacresokc.com • 405-277-4203

Worm Farm
We have red wiggler worms, castings and worm tea.
www.wormsokc.com
1413 SKYRIDGE, JONES, OK 73049
sheila kemp • info@orrfamilyfarm.com
799-3276 • www.orrfamilyfarm.com
7839-3328

Countryside Cottages Lavender Farm
Lavender products, handmade gifts and soaps.
3305 WILAUR ROAD, LAMAR, OK 74038
karla seiler • 270-3232
www.lavenderland.com
www.countrysidecottagelavender.com

Crestrivc, inc. Farms
Seasonal produce and herbs.
1521 W DRAVACK, OKLAHOMA CITY, OK 73112
jessi genuard • crestrivcinc@GMail.com • 405-336-8771

Crippled Creek Farms
www.cripplecreekfarmok.com
25313 ROSALIE RD, BLANCHARD, OK 73010
jessi genuard • crestrivcinc@GMail.com • 405-336-8771

Demri Rosa Ranch and Vineyard
823-2430
2130 NORTH HIGHWAY 60, WAYNES, OK 74879
linda moore • lindamoore@demrirasantiques.com
329-3218

Dbr Family Farm
Fish, pumpkins and fall attractions.
15408 S WELDON, OK 73176
james and susan carter • Dbrfarmokc@gmail.com
730-2174 • www.Dbrfarmokc.com

Dairy/Egg
Fruits/Vegetables
Herbs/Plants
Meat

FARM TO SCHOOL
Oklahoma Farm to School aims to get Oklahoma-grown food on the cafeteria trays of school children. It encourages farmers to sell produce to schools and encourages schools to buy part of their fresh fruits and vegetables from Oklahoma farmers, along with other local, healthy farm products. For more information, contact: chris.kirby@osu.edu

Orthogonal Gardens
The Oklahoma Farm to School Program began in 2004 with Oklahoma-grown watermelon served in local schools. The Oklahoma Farm to School Program began in 2004 with Oklahoma-grown watermelon served in local schools. The Oklahoma Farm to School Program began in 2004 with Oklahoma-grown watermelon served in local schools. The Oklahoma Farm to School Program began in 2004 with Oklahoma-grown watermelon served in local schools.
WINERIES & VINEYARDS
These wineries produce wine from Oklahoma-grown grapes. There are many other Oklahoma wineries using only out-of-state grapes.

INDIAN CREEK VILLAGE WINERY
67900 W Hwy 177, Mustang, OK 73064
405-749-2300 • info@indiancreekvillage.com
www.indiancreekvillage.com

STABLE RIDGE WINERIES
10310 S Hwy 166, Drumright, OK 74030
405-718-3300 • info@stablerridge.com
www.stablerridge.com

TIDAL SCHOOL WINERIES
205 E State Hwy 9, Norman, OK 73026
405-321-1007 • redbudridge@sbglow.net
www.redbudridge.com

WHIRLING WINERY, LLC
1305 36th Ave NW, Norman, OK 73069
405-623-3551 • info@dodsonshealthfood.com
www.dodsonshealthfood.com

CRESCENT MARKET
Mon thru Sat 9am-8:30pm
4009 SW 89th St, Oklahoma City, OK 73112
405-918-7416 • crescentmarket@yahoo.com
www.thecrescentmarket.com

DOODSON’S
Mon thru Sat 10am-6pm
311 N Western Ave, Shawnee, OK 74801
405-879-9937 • WWW.FORWARDFOODS.COM

GOURMET GALLERY
Mon thru Fri 10am-6pm
1101 S Blvd, Edmond, OK 73034
405-347-9443 • info@thegourmetgallery.com
www.thegourmetgallery.com

THE HEALTH FOOD CENTER
Mon thru Sat 9am-8pm
7301 S Penn Ave, Oklahoma City, OK 73159
405-607-6060 • info@thehealthfoodcenter.com
www.thehealthfoodcenter.com

LA BAGUETTE BUTCHER
Mon thru Sat 9am-7pm
7921 N US 66, Mustang, OK 73064
405-397-1126 • WWW.LABAGUETTEBUTCHER.COM

LA JUG tarder MARKET
Mon thru Sat 9am-6:30pm
4000 W 41st St, Oklahoma City, OK 73118
405-321-1007 • WWW.FORWARDFOODS.COM

MAIN FRUIT MARKET
Mon thru Sat 9am-5:30pm
730 S Main St, Mustang, OK 73064
277-4623

NATIVE ROOTS MARKET
Mon thru Sat 9am-5:30pm
132 W Penn St, Norman, OK 73069
405-376-2760 • NATIVERootSMARKET.COM

RED DIRT EMPORIUM
Mon thru Sat 9am-5:30pm
218 E Division St, Guthrie, OK 73044
524-4203 • music@vzd.com • WWW.vzd.com

SIMPLY OKLAHOMA
Mon thru Sat 9am-5:30pm
415 S Penn, Shawnee, OK 74801
525-3013 • Food@prairiegypSieS.com
www.theprairiegypsies.com

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

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

STABLERIDGE WINERIES
10310 S Hwy 166, Drumright, OK 74030
405-718-3300 • info@stablerridge.com
www.stablerridge.com

TIDAL SCHOOL WINERIES
205 E State Hwy 9, Norman, OK 73026
405-321-1007 • redbudridge@sbglow.net
www.redbudridge.com

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218 E Division St, Guthrie, OK 73044
524-4203 • music@vzd.com • WWW.vzd.com

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525-3013 • Food@prairiegypSieS.com
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www.stablerridge.com

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405-321-1007 • redbudridge@sbglow.net
www.redbudridge.com

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

- Eating local means more money for the local economy. A dollar spent locally generates twice as much income for the local community.
- Locally grown produce is fresher. Produce that you purchase at your local farmers market has often been picked within 24 hours of your purchase.
- Local food just plain tastes better. Fruits and vegetables that were picked within 24 hours.
- Locally grown fruits and vegetables have longer to ripen. Because the produce is handled less, locally grown fruit does not have to "rigid"...it's fresh and ripe.
- Eating local is better for air quality and pollution prevention than eating organic. The miles local organic food travels create environmental damage that outweighs the benefit of buying organic.
- Buying local food keeps us in touch with the seasons. Seasonal foods are at their peak taste as well when they are the most abundant.
- Buying locally grown food is healthier for a wonderful story. Whether it's the farmer who brings local apples to market or the baker who makes local bread, knowing part of the story about your food is a powerful part of enjoying a meal.
- Eating locally produced food from bio-fermentation. Food with less distance to travel from farm to plate has less susceptibility to harmful contamination.
- Local food translates to more variety. Farms selling locally grown produce to small groups of different varieties of fruits and vegetables that would never make it to a large supermarket.
- Supporting local food providers encourages responsible local development. When you buy local, you give those with local space—farms and pastures—an economic reason to keep their land in production and undervalued.

PRODUCE AVAILABILITY CHART FOR OKLAHOMA

This chart indicates the typical seasonal availability of Oklahoma produce. Normal growing conditions are assumed. Please keep in mind that these dates are approximations.

AVAILABLE ALL YEAR
- BEETS
- CUCUMBERS
- LEEKS
- FRESHLY BAKED GOODS
- FRESH CHICKEN
- HAMS
- LAMB
- PECANS
- SOFT FRUITS
- DRY FRUITS

WINTER
- TURNIPS
- CAULIFLOWER
- CARROTS
- CABBAGE
- SORREL
- BRUSSELS SPROUTS
- POTATOES
- SWEET POTATOES
- APPLES
- PEAR

SPRING
- ASPARAGUS
- ARTICHOKE
- ARTICHOKE HEARTS
- GARLIC
- OKRA
- TOMATOES
- ZUCCHINI

SUMMER
- WATERMELON
- TOMATOES
- EGGPLANT
- CHERRY TOMATOES
- CUCUMBERS
- MELONS
- LETTUCE
- MINT

AUTUMN
- PUMPKINS
- SQUASH
- AVOCADO
- PUMPKIN SEEDS
- SPINACH
- BRASSICA
- CHERRY TOMATOES
- THIN KNEEED LENTILS
- CINNAMON

LUdivINE, a newly opened restaurant at seventh and Hudson in Midtown OKC, practices the farm-to-table concept of using as many locally grown ingredients as possible for a meal. The restaurant's menu changes with the growing season, with Ludivine's chefs planning their menus around fresh, locally grown ingredients from Oklahoma family-owned farms and ranches. Videos of Ludivine's producer-partner online at www.Ludivines.com.
Caterers

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

AUNT PITTYPAT’S CATERING
Raising the event standard in Oklahoma for over 30 years.
1515 N PORTLAND, OKC
APP1515WOKC@GMAIL.COM - 942-4000
WWW.AUNTPITTYPATSCATERING.COM

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

KAM’S KOOKERY
Catering with local (non-CAFO) beef, pork, poultry, buffalo and dairy. Guilford Gardens produce and herbs.
2834 GUILFORD LANE, OKC
KAMALAGAMBLE@ME.COM - 409-7312
WWW.KAMSKOKERY.COM

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

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

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

KAM’S KOOKERY AND GUILFORD GARDENS
The philosophy at Kam’s Kookery is twofold: to celebrate the joy of eating and living well. Their catering operations support sustainable agriculture by purchasing from local growers at farmers markets and because seasonal, local, and organically grown ingredients taste better. Much of their produce is grown onsite in Guilford Gardens.
Kam’s Kookery and Guilford Gardens have been a huge part of the founding of Oklahoma City’s own Slow Food Convivium. They have participated in many events that have showcased local growers and producers. Visit the OKC Convivium website at www.slowfoodokc.com

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

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sustainableOKC
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WWW.BUYFRESHBUYLOCALOK.COM

Production Team—BFBL Steering Committee: Jennifer Alig, Susie Shields Derichsweiler, Marcy Roberts and Bud Scott with assistance from Lindsay Briggs, Tricia Dameron, Angela Jones, Doug Walton and Dan Yates. Advisory Team—Matthew Burch, Kamala Gamble, April Harrington, Stephanie Jordan, Sara Kaplan, Chris Kirby, Julia Laughlin, Kara Joy McKee, Colby Mullins, Adam Price, Chad Settle, Rita Scott and Shauna Struby. Photography—Jennifer Alig, Hal Cantwell, Shannon Comman Photography, Deo Creative, Stephanie Jordan and Ashley Thomas. Design by Walker Creative, Inc. Additions and changes—Submit to: Susie Shields Derichsweiler at: Susie.Shields@deq.ok.gov or sderichsweiler@cox.net.