

## Where to Purchase Traditional Foods and Meats in St. Louis

### Benne's Best Meat

Beef, eggs, pork and produce  
Ron & Jolene Benne  
850 South Breeze  
St. Charles, MO 63304  
636-926-9364  
No antibiotics or hormone implants

### Goatsbeard Farm

Ken & Jennifer Muno  
11351 Callahan Creek Rd.  
Harrisburg, MO 65256  
573-875-0706

### "R" Farm

Walter & Carol Gregory  
RR 1 Box 229  
Dow, IL 62022  
618-466-8110  
Organic meats & produce

### Windrush Farm

Farmington, MO  
573-760-1731  
Organic produce, tours on Sunday

### Sue Baird

Missouri Department of Agriculture  
573-751-2148  
[sue\\_baird@mail.mda.state.mo.us](mailto:sue_baird@mail.mda.state.mo.us)

### Bellews Creek Farm

8095 Highway BB  
Hillsboro, MO 63050-1401  
636-274-7236  
organic produce

### Berger Bluff Farms

Paul E. Kautmann  
4647 Berger Rd.  
Berger, MO 63014  
[www.bbfarm@fidnet.com](http://www.bbfarm@fidnet.com)  
organic produce

### Sunnytimes Farm

Merryl Winstein  
1041 Bompert, Webster Grove, MO 63119  
314-968-2596  
Free range eggs, brown, white & blue shells,  
Alpines goats' milk, cheese making classes,  
Raspberries (red and black), June-July

### Kingdom of Callaway Elk Farm

Joe and Joyce Lindsey  
9295 County Rd. 132  
Williamsburg MO 63388  
573-254-3974

### Raw cow milk

Paul & Sharon Stahlut  
618-656-7027.  
Edwardsville, IL

### Indian Creek Farm Grass-finished Beef

26 Jacobs Lane  
Jacksonville IL 62650  
217-245-7548

[indicancreek3@yahoo.com](mailto:indicancreek3@yahoo.com)

### Melissa and Brian Estep

Raw cow's milk, free-range eggs  
[estepbs@misn.com](mailto:estepbs@misn.com)  
(573)743-3212

### Sappington International Farmer's Market

8400 Watson Rd.  
St. Louis, MO 63119  
314-843-7848

### Whole Foods Market

1601 S. Brentwood Blvd.  
St. Louis, MO 63144  
314-968-7744  
1160 Town and Country Crossing Drive  
Town and Country, MO 63017 USA  
Phone 636.527.1160

### Carl Wilson

Raw cow milk, cream and eggs  
Potosi, MO  
573-438-6744

### AMDG Organic Frams

Paul Gnaedinger  
Organic corn, wheat and oat,  
grass-fed beef  
Prefer email contact  
[AMDG@frontiernet.net](mailto:AMDG@frontiernet.net)  
Pocahontas, IL 62275

### Jo Robinson

[www.eatwild.com](http://www.eatwild.com)  
Information on grass-fed animal products

### Seven Thunder Bison

Wildwood, MO  
636-273-4189  
Buffalo meat products  
Delivery available  
[www.seventhunderbison.com](http://www.seventhunderbison.com)

### Trader Joe's

[http://www.traderjoes.com/Floyd Johnson](http://www.traderjoes.com/Floyd%20Johnson)

### Organic farmer, produce

151 Johnson Lane  
Raymond, IL 62560  
217-299-3571  
[www.shoalcreekfarm.com](http://www.shoalcreekfarm.com)  
[fjohnson@consolidated.com](mailto:fjohnson@consolidated.com)  
[www.midwestorganic.com](http://www.midwestorganic.com)

### Don Kops

Raw cow 's milk  
New Melle, MO  
636-398-5766 (home)

### Hammer's Farm

Larry Hammer  
Grass-fed beef  
314-838-5848  
Email: [info@wagonrides.com](mailto:info@wagonrides.com)  
<http://www.wagonrides.com/mulch.php>

Old Halls Ferry Tables, Ltd  
15301 Old Halls Ferry Rd.  
Florissant, MO 63034

### Golden Grocer Natural Foods

335 N Euclid Ave, Saint Louis MO  
314-367-0405

### New World Natural Health Foods, Inc.

2855 Minnesota St. Louis, MO. 63109  
<http://www.bgosl.com/>

### New Dawn Natural Foods

3536 Arsenal St, Saint Louis MO 314-772-9110

### Higher Calling Farm

Chicken, turkey, goat shares, goat's milk  
Grass-fed beef coming soon  
P.O. Box 23  
New Douglas, IL 62074  
<http://www.highercallingfarm.com>  
Email: [tori@highercallingfarm.com](mailto:tori@highercallingfarm.com)

### Stoney Acres Sheep Dairy & Cheese Plant

Competiton , MO.  
Deb & Rick Christman  
417-668-5560 Email: [stoney\\_60@hotmail.com](mailto:stoney_60@hotmail.com)  
Web Site: <http://www.stoneyacres.biz>  
Making Naturally Aged raw Sheeps Milk  
Cheese. Also Smudge !

### Local Harvest Grocery Café

3148 Morgan Ford Rd  
St Louis, MO 63116  
314-865-5286  
Local farmers produce and eggs

### Tim Vetter

100% grass feed raw milk, free range eggs  
Delivered in the St. Louis metro area.  
(636) 734-3472

### Buying Group of St. Louis

4053 Union Rd, St Louis MO 314-487-8310

### Global Food Market

[www.globalfoodsmarket.com](http://www.globalfoodsmarket.com)  
421 North Kirkwood Road  
Kirkwood, MO 63122  
(314) 835-1112  
Kosher and Hallal foods and other ethnic foods  
from all over the world.

### Family Friendly Farm

Matthew and Rachel Fasnacht  
834 State Highway V Cape Girardeau, MO  
63701, Ph: (573)335-1622

### Maude's Market

Features local farm produce and natural food  
items

219 Virginia Avenue  
2 block east of S. Grand, just south of  
Meramec Street  
Call: 314-353-4219  
Email: [Info@MaudesMarket.com](mailto:Info@MaudesMarket.com)

#### **Riverbend Roots Farm CSA**

various drop off points  
organic produce, delicious and wide variety  
buy a share and receive produce weekly, May  
thru Nov <http://www.riverbendroots.com/>

#### **Vesterbrook Farm CSA**

Clarksville, MO  
<http://www.vesterbrookfarm.com>

#### **Three Rivers CSA**

[www.threeriverscommunityfarm.com](http://www.threeriverscommunityfarm.com)  
Delivers to Tower Grove Farmers Market and  
Maplewood Farmers Market  
Get on a waiting list now if you are interested  
for next year, fills up quickly.  
Also periodic sales of Live Springs pastured  
pork at the farm and the ability to pick above  
your share limit on certain foods, herbs,  
flowers.  
Newer CSA so still working out some details.

#### **City Greens Produce**

located Vandeventer and Boyle by MO  
Botanical gardens  
most Heather spent was \$16, prices akin to  
grocery prices or less  
seasonal fruits, veggies, also bread, eggs,  
coffee...certified organic or naturally grown (no  
pesticides, etc. *\$80 membership fee, tax  
deductible*. May-october open Tues 12-6 pm.  
wed 10-6 p.m.

#### **Biever Farms- Organic produce**

Very fresh and the best flavor and consistent  
quality . They sell at:  
Tower Grove Farmers Market  
Clayton Farmers Market

#### **Maplewood Farmers Market**

Local Harvest Grocery  
Maplewood Farmers Market  
<http://www.schlaflly.com/market.shtml>  
Wednesdays from 4-7 in the parking lot of  
Schlaflly Bottleworks in Maplewood.

#### **Tower Grove Farmers Market**

[www.tgmarket.org](http://www.tgmarket.org)  
Saturdays May-October 8:30 am till 12:30 pm.  
Locally grown (often organic) produce, meat,  
tea, coffee, local artisans, live music, voted #2  
farmers market after Soulard in 2009.

#### **Ferguson Farmers Market**

Saturdays May-October 8 am to 12 pm.  
Locally grown produce, Live Springs Farm,  
honey, treats, artisans, music  
Venues vary a little from week to week, lots of  
variety

#### **Greenwood Farms**

[www.greenwoodfarms.com](http://www.greenwoodfarms.com)  
Raw milk at \$10 a gallon, unofficially organic,

mostly grass fed.  
Delivered to Tower Grove Farmers Market on  
Sat's  
Local Harvest Grocery on Wed's  
also have pork, chicken, beef, lard

#### **Moo Grass Farms- buying club**

[www.moograssfarms.com](http://www.moograssfarms.com)  
\$10 a gallon for grass fed raw milk. Smaller  
sizes in glass containers  
\$12 qt for raw cream, extremely rich, Dilute it  
half and half with whole milk to be similar to  
heavy cream from the store.  
\$12 a gallon for goat milk  
Raw butter, sheep milk, sheep butter, yogurt,  
kefir etc.  
\$35 a year fee to belong, not completely user  
friendly.  
Can't talk directly to the farmers

#### **Tauna Powell**

2.45 ground beef (bulk discount for 30 pounds)  
lamb: 35 lbs. 2.30 a lb.  
Also does bulk beef—totally grassfed

#### **Missouri Grass Fed**

[www.eatmograssfedbeef.com](http://www.eatmograssfedbeef.com)  
it is about \$600 with processing for a half beef  
Patricia has ordered side a couple times

#### **Caldwells**

\$2.29 per # (hanging wt), plus \$17 or 18 per  
side for processing. That includes getting  
everything cut, packaged, and frozen to order.  
Karen's e-mail: [kicaldwell@juno.com](mailto:kicaldwell@juno.com)  
place order in late fall for spring butchering,  
300 - 350 lb side  
not totally grass fed, given very small amount  
of grain  
taste excellent

#### **Hammer's Farms**

all grass-fed, well raised  
in Florissant  
<https://www.wagonrides.com/organic-beef.php>

#### **Prarie Grass Farm**

limited amount of grass fed beef, flavor iffy in  
past, lamb is very good, can get cuts or bulk  
eggs are terrific and free range but are fed  
gmo corn and soy. Sells at:  
Tower Grove Farmers Market on Sat.  
Maplewood Farmers Market at Schlaflly on  
Wed's and Clayton Farmers Market on Sat's

#### **Live Springs Farm**

<http://www.livespringsfarm.com/index.php>  
Pastured Pork (bulk is \$3.50/lb plus  
processing) Lard \$5 for 2lbs/1pint  
Also has pastured poultry (\$3.75/lb), will have  
beef, sells at Ferguson farmer's market &  
other drop offs

#### **Harr Farms at Soulard Market**

Sat. 7am -3 pm.  
farming practices not as certain, animals get to  
roam, probably fed standard feed  
Chicken, - \$1.70 per lb. or less, "free range",  
great taste, can also get breasts, wings, feet  
Bacon, salt pork, other pork -nitrate/nitrite free,

no other "junk", \$3/lb whole, \$4/lb sliced  
Butter - not raw, reselling from another farmer,  
little details, excellent taste  
Eggs - has large white, brown, jumbo, organic,  
good prices. - from Rose Acre Farm  
(<http://roseacre.com/>) .  
Also has Emu eggs - \$4 each!

#### **Franciscan Family Farms**

<http://www.franciscanfamilyfarms.com/>  
Excellent Farming Practices  
Totally Grass Fed Beef - from \$5.79/lb or lower  
for bulk  
Pastured Poultry 2 to 10 whole birds –  
\$3.49/lb 10 birds or more – \$2.99/lb  
Natural Pork - 20 to 49 pounds – \$3.99/lb  
Also does a "Dollar More" program to help the  
poor

#### **Paul Gnaedinger - AMDG Organic Farms**

H&Fax 618-669-2576 Cell 618-978-7512  
<http://nourishingourfamilies.org/node/686>  
130 lbs. to 160+ lbs quarter, roughly \$3/lb  
Grass finished, only receive trace minerals

#### **Peace Valley Poultry (Amish)**

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

#### **Penzeys Spices (Maplewood)**

spices not irradiated (but not organic), very  
reasonably priced  
if on mailing list, will send out free coupons for  
new spices  
Penzey's "sunny paris"—yummy spice blend,  
great on eggs, pasta

#### **Local Harvest**

near tower grove farmer's market  
cheese (raw, Morningland Dairy, eggs, honey  
local organic fruits and veggies  
more expensive than Trader Joe's, but better  
quality, more local stuff

#### **Cheryl's Herbs**

7170A Manchester Road  
Saint Louis, MO 63143-2408  
(314) 645-2165  
Herbs and essential oils, very knowledgeable  
and friendly staff  
also homemade natural skin care, shampoo  
and soap

#### **New World Natural Health Foods**

4053 Union Rd., across from South County  
Macy's (mall)  
organic grains, nuts, seeds, teas, stevia,  
spices, books, supplements, body care,  
refrigerated items