

2015-16 **NORTHWEST** **ARKANSAS** **LOCAL** **FOOD** **GUIDE**

Your Connection to Ozark-Grown Food

A project of Ozark Slow Food

Welcome to the 2015-16 edition of the Northwest Arkansas Local Food Guide.

Created with you – the local food consumer – in mind, this guide will help you discover where you can find the freshest food grown right here in our Northwest Arkansas region: Washington, Benton, Madison, Carroll and Newton counties.

Included in this year's Guide, you will find listings for the Northwest Arkansas farms and businesses that grow, sell, purchase, prepare or otherwise directly support locally grown products.

Each year the Guide continues to expand as we uncover the wealth and depth of our local food economy. THAT'S GREAT NEWS! Yet because of this we also know that this listing is incomplete and ever-evolving. *Help us "Grow the Guide" even more!* We invite you to submit and/or update listings on our website:

www.nwalocalfoodguide.org

You may also contact us through email at localfoodguidenwa@gmail.com.



**Scan the QR Code
above to view the guide
online, even from your
mobile device.**



We'd like to thank the following sponsors for their financial and in kind support of this edition of the 2015-16 Northwest Arkansas Local Food Guide:

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Ozark Slow Food
Rogers Farmers' Market
Siloam Springs Farmers' Market
Springdale Farmers' Market
Tod Yeslow and Jackie Telfair**

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of Souls Harbor

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Dripping Springs Garden

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Location Key by County throughout this Guide:

Benton



Carroll



Madison



Newton



Washington



A Letter from a “Non-Foodie”

I have been working on the Northwest Arkansas Local Food Guide since the first edition in 2011 - not because I was a farmer or “health-nut” or even all that particular about where my food was produced. I became involved in this project because I understood the importance of supporting local initiatives and businesses and as a graphic designer, I had a way to contribute to the publication’s success.

Since that first food guide, I’ve learned a lot about why local food is so vital to the sustainability of our communities, and not just in northwest Arkansas but in every community.

My partners in the NWA Local Food Guide - Susan Drouilhet and Teresa Maurer - have been involved in the local food movement for decades and their expertise is the reason the guide has continued to grow and evolve each year. These wonderful women have lived and eaten “local” - it’s just natural for them.

I, on the other hand, would go to farmers’ markets and local grocers, look at all the beautiful produce, and have absolutely no idea what to do with it once I got it home.

You see, I am a die-hard carnivore, raised on steak and potatoes and food that came out of a can, box, or that just needed a microwave. Then late in 2012, I married a vegetarian - from northwest England, no less - where food is boiled, fried, or smothered in ketchup (red sauce). My husband has learned to grill a steak perfectly to my taste but I have failed to expand my culinary repertoire beyond steak and potatoes, salads or pasta.

So now, in addition to my work as a freelance designer supporting local food initiatives, I am truly becoming a “local foodie” and learning to prepare healthy meals for my family from local, fresh products. In order to make this major life change, I have had to learn what is produced here in Northwest Arkansas, where to get it, when it is fresh AND what to do with it once I bring it home.

My food guide cohorts - Susan and Teresa - realized that if I needed to know what to do with local produce, then likely lots of other folks did, too. Hence the enhancements to this 2015-16 NWA Local Food Guide - including classes on growing and preparing food, local recipe resources, a local produce calendar and many more listings of farms, markets, restaurants and other local food businesses and resources.

We hope you find this guide a wonderful tool and resource - whether you are a life-long foodie or a newbie to the local food scene, like me.

Health & Happiness,
Julie McQuade-Heyes

“I was 32 when I started cooking; up until then, I just ate.” – Julia Child



Ozark Natural Foods is excited to announce our
Second Annual P6 Tour des Farms!

This October 3rd and 4th, you can join us to visit over 20
Principle 6* producers, comprised of small, local farms and
businesses!

Participants will get to meet farmers and small business owners, view different
demonstrations at each site, taste products grown and produced in our area
and literally Tour des Farms!

Sign up at your cooperatively owned grocery store, Ozark Natural Foods,
after September 1st to participate.

This event is free & open to the public;
sign up early as registration will be limited.

To find out more check us out on Facebook, visit our website,
www.onf.coop, or sign up at our Owner Service Desk in the front of the
store to receive our weekly sales and news e-mail!



* Ozark Natural Foods "P6 Program" is based on the cooperative
principle that supports a growing consumer-supported food
economy and recognizes products grown locally by small farmers.



Look for the Tour des Farms sign in the Farms
section for information about participating farms.

FARMERS MARKETS KEY

The listing has more information available on:



Facebook



Website



Winter Market

Additional payment types accepted at
Farmers' Markets & CSAs:



WIC Vouchers

[*Program Description - page 16*](#)



Senior Coupons

[*Program Description - page 17*](#)



SNAP

[*Program Description - page 20*](#)



Double Your Dollars

[*Program Description - page 27*](#)

Why is local food important?

Growing and buying local food supports our region in a multitude of ways. First, local food tastes better! The freshest and healthiest food we will find is grown right here in our own backyard. Local food production creates livelihoods, boosts our regional economy, increases our food safety and security, preserves farmland and protects the natural beauty and rich cultural heritage of the Ozarks. In short, local enriches our lives and sustains the vitality of our communities, both for today and well into our future.

FARMERS MARKETS

DOWNTOWN BENTONVILLE, INC FARMERS MARKET

Location: Downtown Square (Central and Main)
Schedule: Sat 7:30am-1pm (April 25 - October 31)
Location: New Bentonville Community Center,
1101 SW Citizens Circle
Schedule: Wed 2:30pm-7pm (May 6 - October 28)
Website: downtownbentonville.org/events/farmers-market
Facebook: [BentonvilleFarmersMarket](https://www.facebook.com/BentonvilleFarmersMarket)
Contact: Nicki Dallison
Email: farmersmarket@downtownbentonville.org
Phone: 479-254-0254



Now in its 39th year, the Bentonville Farmers' Market is a producer-only market offering a wide variety of high quality local foods, produce, meats, art and crafts. Special programming, educational workshops and activities - including chef demonstrations, live music and performances - are woven into the market experience.

BERRYVILLE FARMERS MARKET

Location: Berryville Community Center, 601 Dr Spurlin Circle
Schedule: Sat 7:30am-noon (April 25 - late October)
Facebook: [Berryville-Farmers-Market](https://www.facebook.com/Berryville-Farmers-Market)
Contact: Linda Jones
Email: Linda_g92@yahoo.com
Phone: 870-654-5589



Our market sells locally grown seasonal produce, fresh cut flowers, herbs, eggs and baked goods.

CENTERTON FARMERS MARKET

Location: Centerton City Hall Park, Hwy 102 & Sienna Drive
Schedule: Fri and Sat 7am-1pm (April - October)
Phone: Centerton City Hall, 479-795-2750
Farm products and handmade crafts.



CROSSROADS FARMERS MARKET

Location: Parking lot of the Trinity United Methodist Church,
1021 W Sycamore St., Fayetteville
Schedule: Fridays, 3-7pm (May through frost)
Facebook: [TriCycleFarms](https://www.facebook.com/TriCycleFarms)
Contact: Don Bennett
Email: fayettevilletricyclefarms@gmail.com
Phone: 479-966-0572



The Crossroads Farmers' Market is dedicated to providing only local, chemical-free produce, herbs, flowers, and other food products. This "after-school, after-workweek market" runs on Friday afternoons and will be located outdoors in the Trinity parking lot, but will move indoors into the Fellowship Hall during inclement weather. Come see us and meet your local growers!



**Great food
starts here
April 25**



ARVEST

**BENTONVILLE
FARMERS
MARKET**



Every Saturday 7:30am - 1pm | April 25 to October 31, 2015
Located on the Bentonville Square

NEW

Every Wednesday 2:30pm - 7:00pm | May 6 to October 28, 2015
Located at the New Bentonville Community Center
1101 SW Citizens Circle



BentonvilleFarmersMarket



DBI Foodie

FARMERS MARKETS

EUREKA SPRINGS FARMERS MARKET

Location: Pine Mountain Village, 2075 East Van Buren Street
Schedule: Tue & Thu 7am-noon (April 14 - November 20)
Winter Market: Thu 9am-noon (December 3 - April 7)
Facebook: [ESFarmersMarket](#)
Email: stinkydapoo@gmail.com
Phone: 479-253-4950, Frank Rebiejo, Market Manager

Fresh, local-only, produce, eggs, beef, chicken, pork, cheese, mushrooms, honey, flowers, fruits, plants, home-baked goods (breads, pastries and pies) and more. Visit the Facebook page to learn what will be at market! Come visit, shop, eat and enjoy meeting local farmers and friendly local residents at "The Gathering Place" and grab a cup of free, locally roasted coffee. Tuesdays are fun-food Tuesdays with cooking demos and veggie grills.



FAYETTEVILLE FARMERS MARKETS

Location: Downtown Historic Square
near 101 W Mountain, Fayetteville
Schedule: Sat 7am-2pm (April 4 - November 21),
Tue & Thu 7am-1pm (April 7 - October 29)
Location: Jefferson Center, 612 S College Avenue
Schedule: Sun 9am-1pm (May 17 - September 13)
Winter Market: Dates & locations TBA. See website for more information.
Website: fayettevillefarmersmarket.org
Facebook: [FayettevilleFarmersMarket](#)
Email: ffmbusinesscoordinator@gmail.com
Phone: 479-236-2910 or 479-935-5111

Established in 1973, the Fayetteville Farmers' Market operates three days each week at the Fayetteville Downtown Square. 100% locally produced in NWA, vegetables, fruits, flowers, plants, meats, artisan cheese, baked goods, eggs, jams, fine arts, and handcrafted items are available throughout the year.

Known as the "Crown Jewel of Fayetteville," the Saturday square market is alive with street performers and community activities, making for a great environment for community and tourists to enjoy the beautiful Downtown Square gardens. Free parking is available on Saturdays at the Town Center Garage: enter the garage on East Street off Rock Street.

Sunday Market satellite location at Jefferson Center provides a fourth option for shopping during times of the year when produce is at its peak. Check the website or Facebook for updates.



GENTRY FARMERS MARKET

Location: Under the pavilion at 500 E Main St, Gentry
Schedule: Wed & Fri 8am-noon (May - October)
Sat 8am-2pm (May - October)
Facebook: [GentryFarmersMarket](#)
Contact: Melissa Graef
Email: melgraef@hotmail.com
Phone: 479-233-2328



Downtown Fayetteville Square

Open SATURDAYS

April – November

7:00 AM – 2:00 PM

Open TUESDAYS & THURSDAYS

April – October

7:00 AM – 1:00 PM



Jefferson Center Market

612 South College Ave

Open SUNDAYS

May 17th – September 13th

9:00 AM – 1:00 PM

For Winter Market information
please check Facebook or website.



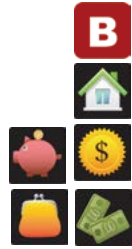
www.fayettevillefarmersmarket.org

FARMERS MARKETS

GRAVETTE FARMERS MARKET

Location: Old Town Park, 110 Park Drive, just off Hwy 72
Schedule: Sat 8am-1pm (April 18 - November)
Website: gravettefarmersmarket.weebly.com
Email: apransom49@gmail.com
Phone: 479-787-8489, Evelyn

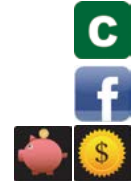
Only locally grown and produced vegetables, herbs, fruits, honey, baked goods, hand-made crafts and a large selection of perennials and transplants.



GREEN FOREST FARMERS MARKET

Location: Green Forest Public Square
Schedule: Wed 7am-noon (May - October)
Facebook: [GreenForestFarmersMarket](https://www.facebook.com/GreenForestFarmersMarket)
Phone: 870-480-6071, Britni Rexwinkle

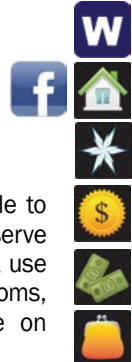
Carroll County area produce grown by those selling it, handmade crafts, jams, baked goods, honey, eggs.



GREEN FORK FARMERS MARKET

Location: 205 W Dickson St, Fayetteville
Schedule: Wed 4pm-7pm
Website: greenforkfarmersmarket.locallygrown.net
Facebook: [greenforkfarmersmarket](https://www.facebook.com/greenforkfarmersmarket)
Contact: Cheri LaRue
Email: cheri@greenforkfarm.com

Come in to the farmers' market inside Nightbird Books in Fayetteville to browse and buy from local farmers or conveniently order online to reserve your products and pick up your order on market day. Growers do not use chemical fertilizers or pesticides. Produce, eggs, meat, shiitake mushrooms, honey, and value-added products available. Pre-ordering available on website. [See also Pre-Order Farmers' Markets section.](#)



HOLIDAY ISLAND FARMERS MARKET

Location: Holiday Island Information Center, 2 Holiday Island Drive
Schedule: Fri 8am-noon (April-October)
Phone: 479-363-9879, Robin Lathem

Our market offers vegetables, eggs, honey, jams, plants, herbs and crafts.



MADISON COUNTY FARMERS MARKET

Location: On the Square in Huntsville
Schedule: Tue & Sat 7am-noon (April - October)
Facebook: [HuntsvilleFarmersMarketinMadisonCounty](https://www.facebook.com/HuntsvilleFarmersMarketinMadisonCounty)
Phone: 479-456-2314, Janna Boyd

Madison County Farmers' Market in Huntsville, AR was created to allow local gardeners and craftsmakers a place to display and sell their fresh produce and crafts. The Market is a great place to find fresh produce or a unique craft item while visiting your neighbors. Products range from fresh vegetables, plants, baked goods, jellies/jams, crafts, soap, fresh eggs and other items. Visit the Market to find something good for dinner or a treasure to cherish.

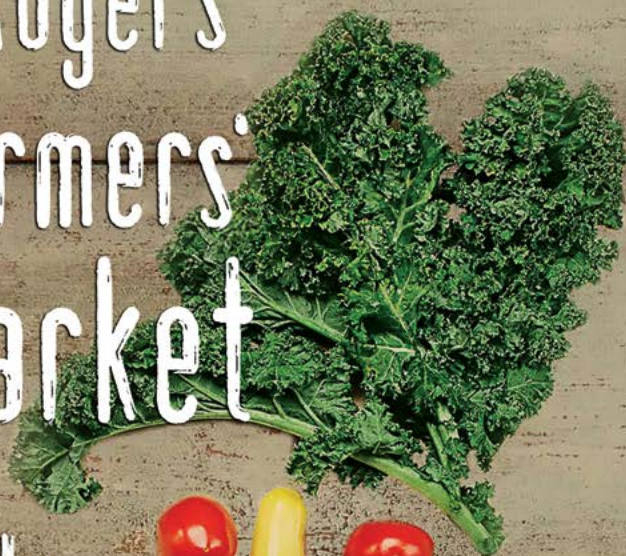


The Rogers Farmers' Market



rogersfarmersmkt

www.rogersfarmersmarket.com



Apr - Nov
Sat & Wed
7am-1pm

1st & Walnut
Rogers
Historic
District

We Accept

SENIOR
NUTRITION
COUPONS

ARKANSAS
WIC



Supplemental
Nutrition
Assistance
Program

FARMERS MARKETS

NEWTON COUNTY FARMERS MARKET

Location: (Wed only) On the Green between Newton County Health Office and the Newton County Family Practice
Schedule: Wed 9am-noon (late May - mid-October)
Location: (Fri only) North side of the square, in front of the Courthouse and across from Ozark Café
Schedule: Fri 4pm-6pm (April 24 - mid-October)
Facebook: [NewtonCountyFarmersMarket](#)
Email: mhorton@uaex.edu
Phone: 870-446-2240



The market consists of a group of local farmers and crafters who sell farm-raised products such as vegetables, fruit and herbs, as well as added value items including baked goods. We will be at two locations in town - each on a different day (see location and schedule above). Come join us, shop or bring what you grow! Individual farmers can accept SNAP. Check Facebook for updates.

PEA RIDGE FARMERS MARKET

Location: 197 Slack Street, Pea Ridge
Schedule: Thu & Sun noon-6pm (April – October)
Website: sites.google.com/site/pearidgefarmersmarket
Facebook: [Pea-Ridge-Farmers-Market](#)
Email: pearidgefarmersmarket@gmail.com
Phone: 479-426-6013, Aurora Turner



Pea Ridge Farmers' Market strives to be one of the best in Benton and surrounding counties. Our vendors will bring the highest quality, regional food to the market - all within 50 miles of Pea Ridge. We want YOUR MARKET to be a great one-stop shopping experience where you'll find fresh bread, pastries, hand made soaps, eggs, vegetables, fruits, flowers, jellies, jams. Our customers will be able to choose from handcrafted items and feature local artisans who proudly display their one-of-a-kind goods. Come down and be a part of the action every Thursday and Sunday.

ROGERS FARMERS MARKET

Location: Corner of 1st & Walnut in Historic Downtown Rogers
Schedule: Wed & Sat 7am-1pm (April 25 - November)
Website: rogersfarmersmarket.org
Facebook: [Rogers Farmers Market](#)
Email: rogersfarmersmarket@yahoo.com
Phone: 479-246-8383, Kimberly Scott



The Rogers Farmers' Market brings family and friends together around a potpourri of farm fresh produce, farm eggs, meat, cheese, baked goods, jams, jellies, honey and local crafts. The Market also offers a unique opportunity for knowledge and understanding of the local agrarian community. We look forward to seeing you!

www.nwalocalfoodguide.org

FARMERS MARKETS

SILOAM SPRINGS FARMERS MARKET

Location: City Park in Downtown Siloam Springs
100 N Mt. Olive Street
Schedule: Tue 3pm-7pm & Sat 8am-1pm (April 28 - October 24)
Website: mainstreetsiloam.org/farmers-market
Website for online market: siloamsprings.locallygrown.net
Facebook: [SiloamSpringsFarmersMarket](https://www.facebook.com/SiloamSpringsFarmersMarket)
Email: farmersmarket@mainstreetsiloam.org
Phone: 479-524-4556, Stacy Hester

The Siloam Springs Farmers' Market is a beautiful creekside, producers-only market in downtown Siloam Springs' City Park. Find local farm produce, pastured beef, poultry and pork, fresh cut flowers, artisan baked goods and handcrafts. During the winter, order online through our year-round market at siloamsprings.locallygrown.net. We accept SNAP/EBT and participate in the Double Your Dollar Program. Get to know our farmers and vendors at fun special events like Kids Days at the Market and a Farm to Table Dinner!



SPRINGDALE FARMERS MARKET

Location: Jones Center for Families, Hwy 265 & E. Emma
Schedule: Tue, Thu & Sat 7am-1pm (May-October)
Website: springdalefarmersmarket.org
Facebook: [SpringdaleFarmersMarket](https://www.facebook.com/SpringdaleFarmersMarket)
Email: springdalefarmersmarket@yahoo.com
Phone: 479-466-1285, Paula Boles

The Springdale Farmers' Market is an outdoor market established in 1997, open from the first Saturday in May through the last Saturday in October. We are located at the Jones Center for Families on Memorial Walk (intersection of East Emma Avenue and Highway 265). There is plenty of easy access parking. For those who need assistance, our vendors will carry your purchases to your vehicle. All products are grown or made by local farmers and craft vendors in the Washington, Benton, Madison or Carroll County area. Customer Appreciation Day is held twice during the market season, and educational activities are available at various times during the season. Our market farmers and craft vendors will provide you with an abundance of fresh, high quality fruits and vegetables, fresh herbs, raw local honey, farm fresh eggs, frozen meats, flowers, plants, food-producing plants, jams & jellies, homemade baked goods, handmade soaps, wood furniture and handmade crafts.



buy fresh. buy local.

SILOAM SPRINGS
Farmers Market

(479) 524-4556
siloamsprings.
locallygrown.net

city park
downtown
Siloam Springs

tuesdays
3pm-7pm

saturdays
8am-1pm

FARMERS MARKETS

WEST FORK GARDEN MARKET

Location: Hwy 170 Downtown West Fork (across from City Hall)

Schedule: Wed 3pm-6:30pm (July-August)
Sat 7:30am-noon (late April until frost)

Email: franceshime@cox.net

Phone: 479-225-1611, Frances Hime

Our Market includes small home growers and large scale producers who sell meats, vegetables, eggs, mushrooms, jams, and art.



WHITE STREET SATURDAY MARKET

Location: Ermilio's, 26 White St., Eureka Springs

Schedule: Sat 9am-1pm (May–October)

Facebook: [White St Saturday Market](https://www.facebook.com/WhiteStSaturdayMarket)

Email: andrewschwerin@gmail.com

Phone: 479-981-3128, Andrew Schwerin

A Saturday Farmers' Market on the Historic Loop in Eureka Springs. Enjoy a walk down White Street and breakfast or lunch at local restaurants while shopping for top quality, locally grown produce and baked goods at the Saturday Market.



WINSLOW FARMERS MARKET

Location: Downtown at the Train Depot, Winslow

Schedule: Sat 9am-noon (beginning in April)

Includes locally grown plants, herbs, vegetables, and fruits.



WREN THICKET MARKET

Location: 1041 S School St in Fayetteville (for Pickup)

Schedule: Sat 9am-noon Year Round

Website: wrenthicketmarket.com

Facebook: [WrenThicket](https://www.facebook.com/WrenThicket)

Contact: Debra Elam-McDonald, Manager

Email: wrenthicket@gmail.com



Wren Thicket Market is a year round on-line, pre-order Farmers' Market! We offer locally grown vegetables, herbs, fruits, meats, artisan cheese, eggs, flowers, canned goods and baked goods, as well as artisan crafts and select products that cannot be grown in our area, such as coffee beans, olives and olive oil. Conveniently order ahead and your selected items will be there waiting for you at the time you choose to arrive! We also set up tables and sell our products in a traditional farmers' market style in case you don't get an order in! Open SATURDAYS all year, 9am to noon at 1041 South School Ave. (in the Fayetteville Firefighters Association building) in Fayetteville. [See also Pre-Order Farmers' Markets section.](#)

www.nwalocalfoodguide.org

SPRINGDALE

MAY - OCTOBER



TUESDAY • THURSDAY • SATURDAY 7AM-1PM

Jones Center for Families on Memorial Walk

FARMERS MARKET

www.springdalefarmersmarket.org

We accept WIC, SNAP, & Senior Nutrition Coupons.



What does that mean?

WIC at Farmers' Markets

The WIC Farmers' Market Nutrition Program (WIC FMNP) is operated by the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) and is funded by the United States Department of Agriculture (USDA) through a grant to the Arkansas Department of Health.

The program provides fresh, nutritious fruits and vegetables from farmers' markets to women and children who are nutritionally at risk. WIC FMNP provides clients in the WIC Program with checks to purchase locally grown fresh fruits and vegetables sold by authorized farmers at authorized farmers' markets. Information about WIC FMNP can be obtained by contacting the WIC State Office at 501-661-2206.

PRE-ORDER FARMERS MARKETS

GREEN FORK FARMERS MARKET

Pickup location: 205 W Dickson St in Fayetteville
Hours: Wed 4pm-7pm Year Round
Website: greenforkfarmersmarket.locallygrown.net
Facebook: [greenforkfarmersmarket](https://www.facebook.com/greenforkfarmersmarket)
Contact: Cheri LaRue
Email: cheri@greenforkfarm.com

Come in to the farmers' market in the breezeway behind Nightbird Books in Fayetteville to browse and buy from local farmers, or conveniently order online to reserve your products and pick up your order on market day. Growers do not use chemical fertilizers or pesticides. Produce, eggs, meat, cheese, shiitake mushrooms, honey, and value-added products available.



WREN THICKET MARKET

Pickup location: 1041 S School St in Fayetteville
Hours: Sat 9am-noon Year Round
Website: wrenthicketmarket.com
Facebook: [WrenThicket](https://www.facebook.com/WrenThicket)
Contact: Debra Elam-McDonald, Manager
Email: wrenthicket@gmail.com



Wren Thicket Market is a year round on-line, pre-order Farmers' Market! We offer locally grown vegetables, herbs, fruits, meats, artisan cheese, eggs, flowers, canned goods and baked goods, as well as artisan crafts and select products that cannot be grown in our area, such as coffee beans, olives and olive oil. Conveniently order ahead and your selected items will be there waiting for you at the time you choose to arrive! We also set up tables and sell our products in a traditional farmers' market style in case you don't get an order in! Open SATURDAYS all year, 9am to noon at 1041 South School Ave. (in the Fayetteville Firefighters Association building) in Fayetteville, AR.



What does that mean?

Senior Coupons

The USDA Senior Farmers Market Nutrition Program is administered in Benton, Carroll, Madison, Newton and Washington Counties of NW Arkansas by the NWA Area Agency on Aging. When funding is available, it provides a \$50 coupon book to senior adults 60 years of age and older. Coupons are used to purchase locally grown fresh vegetables, fruits, herbs and honey at local farmers' markets from approved vendors. Senior adults who meet income guidelines receive a coupon book on a first-come, first-served basis when distribution begins at local senior activity centers. Eligibility criteria: a monthly income of \$1815 or less for a family of one or \$2456 or less for a family of two. For more information go to: <http://aanwar.org/>

KEY FOR FARMS & CSA FARMS



Open to the Public
(check with Farm for hours)

Certified Naturally Grown



Pick-Your-Own

USDA Certified Organic

[Program Description - page 24](#)



Delivery

Flowers



Take Orders

Poultry / Eggs



TOUR des FARMS

Tour des Farms

[\(see page 5 for details\)](#)

Apiary / Honey



Photo: Melissa Davis of Souls Harbor

COMMUNITY SUPPORTED AGRICULTURE (CSA) FARMS

A Community Supported Agriculture (or CSA) is a community of people coming together to support a local farmer in producing food for their table, in a relationship of mutual support based on an annual commitment to one another. It is a commitment that helps ensure the survival of small farms, the local food supply and agricultural land. CSA assures the farmer a prepaid local market for the crop while providing community members access to the best and freshest local produce available.

The following farms sell shares seasonally and customers are able to pick up or have delivered a share of diverse farm products each week during the growing season. Please contact each CSA farm or check their website to learn about 2015-16 availability, delivery or pick up area, and details of shares.

COBBLESTONE PROJECT FARM

Website: cobblestoneproject.org/harvestshare2015

Facebook: [csprojectfarm](https://www.facebook.com/csprojectfarm)

Contact: Jenni Kirstein, Director of Programs and Education,
Mark Priest, Farm Manager

Email: programs@cobblestoneproject.org
or mark@cobblestoneproject.org

Phone: 479-966-5316 (farm); 479-966-5385 (office)

Schedule: Our current schedule is as follows, (subject to change,
based on hunger relief efforts) - Tue-Thu, 9am-3pm

The Cobblestone Farm is designed to use sustainable agriculture to help the under-resourced in our area by focusing on four strategic areas: education, community, hunger relief, and economic development. The Farm offers a Harvest Share Subscription program that simultaneously provides a season's worth of naturally grown food for your family and your neighbors in need through a "buy one, help many" model. The Cobblestone Farm is open to the public and offers location drop offs/pick up locations. Find us at the Bentonville Farmers' Market. We accept SNAP at Bentonville's Market, but not at the Farm.



DRIPPING SPRINGS GARDEN

Website: drippingspringsgarden.com/csa

Contact: Mark Cain or Michael Crane

Email: drippingspringsgdn@gmail.com

Phone: 870-545-3658

The Dripping Springs Garden CSA program begins in mid-May and runs through mid-October each growing season. Each week (Thursday morning) our subscribers receive a \$25 box of fresh, organic produce delivered to a central location not far from the Fayetteville Square. We try to construct the most cook-friendly assortment of the best our gardens have to offer; when in season, we include fresh fruit from local growers such as apples, peaches, watermelons, and our own strawberries and blueberries. Our CSA page on the Dripping Springs Garden website has details about sign-up and a harvest list of our offerings. Our weekly CSA e-newsletter has news from the farm, photos, and recipes for items in the weekly box.



COMMUNITY SUPPORTED AGRICULTURE (CSA) FARMS

FOUNDATION FARM

Website: foundationfarm.com
Contact: Patrice Gros
Email: mamakapa@yahoo.com
Phone: 479-253-7461



Founded in 2006 near Eureka Springs, Foundation Farm is USDA Certified Organic. Our CSA starts mid-May and lasts for 25 weeks. A share costs \$375 and includes vegetables and herbs. Pick up at the Tuesday Farmers' Market in Eureka Springs and at Jim Fain's Herbacy in downtown Eureka Springs.

HOMESTEAD FARMS

Facebook: [homesteadfarming](https://www.facebook.com/homesteadfarming)
Contact: Jon Toombs
Email: toombshomestead@gmail.com
Phone: 870-480-3041



Homestead Farms offers a produce subscription in Carroll County, Arkansas. From early May through late October, fresh, local, and chemical-free produce is available for pickup at local farmers' markets or by delivery. Delivery is restricted to homes or businesses along Highway 62 between Berryville and Eureka Springs or to sites with multiple subscribers. Contact us for details.

MUSE FARMS

Facebook: [musefarmsnwa](https://www.facebook.com/musefarmsnwa)
Contact: Evan Muse
Email: info@musefarms.com
Phone: 479-466-7206



Muse Farms specializes in heirloom fruits and vegetables grown using all natural, earth friendly, sustainable practices. We believe that knowing where your food comes from and how it is grown is essential to making health-conscious decisions. We never spray pesticides or herbicides, and we never use GMO seeds. We encourage you to visit our farm in person and see where it happens. We also sell at the Fayetteville Farmers' Market.



What does that mean?

SNAP at Farmers' Markets

The Supplemental Nutrition Assistance Program (SNAP/ formerly known as food stamps) allows recipients to swipe their benefit card at the manager's booth at approved markets. They state how much they would like to spend at the market and then receive tokens or coupons that can be used like cash at market booths which display a SNAP/EBT sign. Eligible items include vegetables, meats, dairy, eggs, seeds and plants that produce food, baked goods, honey, jams and jellies. No change can be given for purchases but unused tokens or coupons can be used at a future visit to the same market.

COMMUNITY SUPPORTED AGRICULTURE (CSA) FARMS

NORTHWEST ARKANSAS LOCAL HARVEST

Website: nwalhcsa.com
Contact: Paul Chapracki
Email: nwalhcsa@gmail.com
Phone: 479-251-1882



Northwest Arkansas Local Harvest is a multi-farm Community Supported Agriculture with HOME deliveries to members in Fayetteville and two pick-up points for members living outside Fayetteville. Our participating farmers provide our members with a wide variety of local, all naturally grown, and seasonal produce including: lettuce mixes, peas, carrots, chard, kale, turnips, squash, onions, tomatoes, peppers, green beans, sweet potatoes, basil and more. Members are also treated to blackberries, blueberries, fruit jams, pickled vegetables and cut flowers as available.

Full Shares are available for: 12 week Spring/Summer - April 14 to June 30,
15 week Fall/Winter - August 11 to November 17, and
5 week Holiday Share - November 24 to December 22

RED HAT FARMS

Facebook: [Red-Hat-Farms](https://www.facebook.com/Red-Hat-Farms)
Contact: Adam & Lindsey Franklin or Trent & Sarah Harmon
Email: redhatfarms@gmail.com
Phone: 479-644-5647



Red Hat Farms offers a CSA starting in May and ending in September or mid-October. We grow over 60 varieties of heirloom veggies, pumpkins, and Indian corn. We are also open to the public at our on-farm stand located at the front entrance of our farm at 1386 SW Gator Blvd, Bentonville, AR 72712. We grow and sell pasture-raised chicken from May to October and pastured eggs all year round. We raise our own breed of heritage breed turkeys available for Thanksgiving.

SUMMER KITCHEN FAMILY FARM

Website: summerkitchenfarm.org
Contact: Mariah and Ira White
Email: summerkitchenfarm@gmail.com
Phone: 479-263-9965 or 263-0600



We have an 18-acre farm just at the edge of Fayetteville city limits. Here we raise free-range laying hens, pastured pork, 5 sweet dairy cows and naturally grown produce from a bio intensive 1.5 acre garden. All of our animals are fed Hiland Naturals non-GMO grain. We offer Vegetable and Egg CSAs and can be found at the Fayetteville Farmers' Market. Raw cow's milk available at the farm.

SYCAMORE BEND FARM

Facebook: [oakhillfarming](https://www.facebook.com/oakhillfarming)
Contact: Andrew Schwerin
Email: andrewschwerin@gmail.com
Phone: 479-981-3128



Sycamore Bend Farm offers their organic produce as a weekly produce share. The CSA is available May through November. Pickup or delivery is available Thursday and Saturday mornings in Eureka Springs.



Photo: Melissa Davis of Souls Harbor

A & A ORCHARD

Website: andaorchard.com
 Contact: John or Beth Aselage
 Email: Available through the website
 Phone: 870-438-4390



Valuing our Ozark ecosystem, we balance good land stewardship with good farming practices in our orchard so that you (and we) can eat the peel. We grow a wide variety of peaches and apples, and we'll help you choose varieties that will suit your taste and your plans to use the fruit. Our selling season begins in late June. We are not able to offer U-pick, but you can find us at the Fayetteville and Bentonville farmers' markets in season.

ACROSS THE CREEK FARM

Website: acrossthecreekfarm.com
 Facebook: [Across-the-Creek-Farm](https://www.facebook.com/Across-the-Creek-Farm)
 Contact: Terrell "Spence" Spencer
 Email: acrossthecreekfarm@gmail.com
 Phone: 479-601-5390



We raise Non-GMO, Pastured Poultry for direct and commercial sales. Products include whole chickens, all chicken cuts, chicken sausages, stock parts and raw GMO-free pet food. Find us at the Wren Thicket Market on Saturdays. Seasonally, our chicken and eggs can also be found at Ozark Natural Foods. Worth clucking about since 2008! Our Facebook page will provide the latest updates on our farm and products.

AMERIASIANS FARM

Contact: Tou Lee or Nou Lee
 Email: toumplsrtr@yahoo.com
 Phone: 479-220-9198 or 479-228-1261



Huge variety of vegetables and fruits grown on our farm near Lincoln. We sell at the Fayetteville Farmers' Market (weekdays and Saturdays) and we grow vegetables in 3 seasons of the year. We offer a discount for produce sold on the farm, and we can take orders. From May through mid-October, we open a roadside stand in Siloam Springs at 1595 E Kenwood, from 9am-7pm, open 7 days.

AMES ORCHARD AND NURSERY

Website: amesorchardandnursery.com
 Facebook: [Ames-Orchard-Nursery](https://www.facebook.com/Ames-Orchard-Nursery)
 Contact: Guy Ames
 Phone: 479-935-6795



We want to empower you to grow your own fruit. We think that if "local is best," then your backyard is the very best. When it comes to fruit, you need the right varieties that are suited for the challenging conditions of the Ozarks, and we have them! You just won't find varieties that you can grow without pesticides at the big-box stores. In addition to our focus on raising and offering plants suited to the Ozark region, we also offer fruit and eggs at the Fayetteville Farmers' Market and through special orders. Our Facebook page has convenient updates about what we have available and when we will be at farmers' markets. We are Certified Naturally Grown. Visits by appointment.

APPLE SEEDS TEACHING FARM

Website: appleseedsnwa.org
 Facebook: [appleseedsinc](https://www.facebook.com/appleseedsinc)
 Contact: Cale Nicholson
 Email: contact@appleseedsnwa.org



Apple Seeds wants to inspire healthy living through garden-based education. We think that if our young students reconnect with the source of their food, they will start making better food choices. The Apple Seeds Teaching Farm is an outdoor classroom for students and teachers alike to learn about ecosystems and nutrition in an interactive way. The educational programs on the farm, including Farm Lab, excite young students for trying new fruits and vegetables while reinforcing curriculum standards. The produce grown on the farm supports our other programs, including Farm Lab and our student-led garden markets. The Apple Seeds Teaching Farm is located in Midtown, adjacent to Ozark Natural Foods.

BEAN MTN FARMS

Facebook: [Bean-Mtn-Farms](https://www.facebook.com/Bean-Mtn-Farms)
 Contact: Herb Culver
 Email: herb@beanmtnfarms.com
 Phone: 479-225-8179



Bean Mtn Farms is a Certified Naturally Grown greenhouse nursery that specializes in open pollinated and heirloom garden bedding plants that include 80 varieties of vegetables, 70 varieties of culinary and medicinal herbs, and flowers. We sell directly to gardeners throughout the greater Ozark region by traveling to a different market each weekend in the spring. Markets include locations in Fayetteville and Little Rock, AR, Sand Springs and Jenks, OK and Mansfield MO. We also love to actively support community and school gardens through plant and material donations as well as education on many garden subjects, including: seed starting and seed saving, extending the garden season and the use of herbs.

BEYOND ORGANICS

Contact: Jane or James Maginot
 Phone: 479-871-5439



Beyond Organics Farm is owned and operated by Jane and James Maginot in the foothills of the Ozark Mountains near Winslow. Our mission is to grow fresh, local, nutrient dense, and healthful food which does not take away from the land on which it was sown, but rather creates a system in which that very food and its byproducts repair, replenish and nourish the earth from which it is born. We raise a variety of vegetables as well as pastured poultry and eggs. You can order from us online at the Green Fork Market (see Farmers' Market listing).



What does that mean?

USDA certified organic foods are grown and processed according to federal guidelines addressing, among many factors, soil quality, animal raising practices, pest and weed control, and use of additives. Organic producers rely on natural substances and physical, mechanical, or biologically based farming methods to the fullest extent possible. You can find out more about USDA certified organic standards at the link below.

(Source: USDA <http://www.ams.usda.gov/AMSv1.0/NOPOrganicStandards>)

BLACKSHEEP RANCH

Website: blacksheep ranch.net
 Facebook: [GreatFermentations](https://www.facebook.com/GreatFermentations)
 Contact: John or Cat Swenson
 Email: info@blacksheep ranch.net
 Phone: 530-200-1908

We raise pastured lamb that is both mild-flavored and tender. We care about our health as well as yours, and use soil-building “Managed Holistic Grazing” techniques that naturally improve the fertility of our pastures. If the soil is missing a vital nutrient, it isn’t ending up in your food either...so nutrient-dense food production starts from the ground up – literally! All of our pampered sheep are born, raised and live only on pasture and eat the diet nature intended. No Antibiotics, Hormones or Preservatives! We also do not use fertilizers or herbicides on our fields. Our flavorful, pastured-lamb has more of the “good stuff” like Omega 3s and cancer-fighting CLAs that you want in your diet. Buy it directly from us here on the farm (by appointment), or order on-line through Green Fork Farmers’ Market (see Farmers’ Market listing). Our Facebook page has the latest about our sheep as well as our fermented vegetable products.



BLOSSOM FAMILY FARM

Contact: Jeremiah Blossom
 Email: blossomfamilyfarm@gmail.com
 Phone: 479-253-7895

Blossom Family Farm offers pesticide- and chemical-free vegetables and fruits (including some heirloom varieties), pasture-raised, non-GMO chicken eggs, and goat milk and cheese from pasture-raised, non-GMO goats. Find us at the Eureka Springs Farmers’ Market on Tuesdays and Thursdays and at the White Street Farmers’ Market in Eureka Springs on Saturdays.



BLUE HEAVEN BLUEBERRY FARM

Facebook: [Blue Heaven Blueberry Farm](https://www.facebook.com/BlueHeavenBlueberryFarm)
 Phone: 479-751-8987

Blueberry and raspberry farm with U-pick blueberries and pre-picked berries available. Berry season begins in June and our Facebook page has the latest details on which U-pick fields are open and the availability of pre-picked berries. You can also find us at the Fayetteville Farmers’ Market during the berry season.



BUR OAK FARM

Contact: Gianni or Rachel Danti
 Phone: 479-582-3617



Bur Oak Farm specializes in providing Ozark Natural Foods with figs, blueberries, and nuts. Farm founder Gianpaolo Danti, originally from Italy, operates a specialty roasting oven and shares many techniques for preparing chestnuts, hazelnuts, and peanuts. He and his daughters can be found offering locally roasted chestnuts at Ozark Natural Foods in November and December. Gianni also has a love for figs and cultivates fig trees along with other fruit tree starts that are more resilient and better suited for growing in Northwest Arkansas. He sells his fresh locally roasted nuts and also blueberries seasonally at the Fayetteville Farmers’ Market.



COBBLESTONE FARM

Website: cobblestoneproject.org/harvestshare2015
 Facebook: [csprojectfarm](https://www.facebook.com/csprojectfarm)
 Contact: Jenni Kirstein, Director of Programs and Education;
 Mark Priest, Farm Manager.
 Email: programs@cobblestoneproject.org or
mark@cobblestoneproject.org
 Phone: 479-966-5316 (farm); 479-966-5385 (office)
 Schedule: Tue-Thu: 9am-3pm (subject to change,
 based on hunger relief efforts)



The Cobblestone Farm is designed to use sustainable agriculture to help the under-resourced in Northwest Arkansas by focusing on four strategic areas: education, community, hunger relief, and economic development. The Farm offers a Harvest Share Subscription program that provides a season's worth of naturally grown food for both your family and your neighbors in need through a "buy one, help many" model. The Cobblestone Farm is open to the public and offers location drop offs/pick up locations, or find us at the Bentonville Farmers' Market. We accept SNAP at Bentonville's Market, but not at the farm.

CRAIG FAMILY FARM

Facebook: [AdamsAcresOnClearCreek](https://www.facebook.com/AdamsAcresOnClearCreek)
 Contact: Ryan Craig
 Email: adams.acres.on.clear.creek@gmail.com
 Phone: 479-236-2810 or 479-466-7312



Craig Family Farms, a 192-acre farm in Fayetteville, has been owned by the same family since about 1950. We, Ryan Craig, Melissa Opela Craig, and Jay Craig, now operate the entire farm. We produce firewood, pastured chicken eggs, pastured duck eggs, pastured meat chickens, pastured turkeys, pastured pork, and rainbow trout. All of our poultry and animals are fed certified organic rations. We also have a small herd of milk goats and a 1-acre vegetable and herb garden. We follow organic practices and we continually strive to improve sustainability by reducing external inputs and implementing internal inputs. In addition we are working on attaining Good Agricultural Practices (GAP) certification. Craig Family Farms provides Ozark Natural Foods with value added products: Ryan and Melissa also take fresh shiitake mushrooms from Sweden Creek Farm and fresh Certified Naturally Grown Arkansas Black apples from central Arkansas and turn them into dehydrated products through the University of Arkansas Food Innovation Center in Fayetteville.

dH FARM

Contact: Marquita DenHerder
 Email: goodfood@dhfarm.net
 Phone: 479-790-6624



Our family farm's vision is to grow good food naturally and sustainably. We raise forage-based pork, lamb, chicken and eggs, as well as vegetables and fruit on 65 acres near West Fork. We offer a very flexible CSA. You can also find us at the Fayetteville Farmers' Market.

DICKEY FARMS

Facebook: [Dickey-Farms](#)
 Contact: David or Deana Dickey
 Email: DickeyFarms@gmail.com
 Phone: 479-361-9975

Dickey Farms sells our own fruits and vegetables directly from our farm near Tontitown and at the Fayetteville Farmers' Market and Wren Thicket market. In the fall we have 50 varieties of pumpkins, gourds, squash and fall vegetables. We offer pickup of pre-ordered produce on-farm, and Pick-Your-Own for some fruits and vegetables. Check Facebook for picking schedule, farm hours, and latest information on what we have.



DRIPPING SPRINGS GARDEN

Website: drippingspringsgarden.com
 Facebook: [Dripping-Springs-Garden](#)
 Contact: Mark Cain or Michael Crane
 Email: drippingspringsgdn@gmail.com
 Phone: 870-545-3658



Dripping Springs Garden is a certified-organic, 5-acre market garden producing cut flowers, vegetables, herbs, and plants for the Fayetteville Farmers' Market, Ozark Natural Foods, our Dripping Springs CSA program, and select organic restaurants in Fayetteville. We have been continuously in organic production since 1984. We sell each Tuesday, Thursday, and Saturday at the Fayetteville Farmers' Market from April through November. *Please see our listing under CSAs.*



EGAN BROTHERS VINEYARD & ORCHARD

Contact: Frank Egan or Jim Egan
 Email: frank@eganbronze.com
 Phone: 707-246-6452, Frank Egan or 515-306-4819, Jim Egan
 Certified Naturally Grown, Biodynamic (uncertified) and we follow USDA organic practices. Wine Grapes, Stone & Pome Fruit, Asparagus, Hazelnuts, Aronia & Elderberry, Grand Champion Garlic, Culinary & Medicinal Herbs and numerous annual vegetables. Open by appointment April through November.



What does that mean?

Double Your Dollars

The Northwest Arkansas Farmers' Market Alliance first received funding in 2013 from the Walmart Foundation for a farmers' market Double Your Dollars program. Participating farmers' markets in NWA offer SNAP and/or Senior Farmers' Market Nutrition Program (FMNP) participants a "match" on purchased goods in the form of market coupons. These coupons are used like cash to purchase fruits, vegetables, eggs, meats, honey, breads, jams/jellies and plants and seeds at the farmers' market where they were received. Each year the alliance seeks funds to keep the market match program going. People interested in this program should talk to their farmers' market manager to find out current status. A big thanks to the Walmart Foundation and the Jones Center for making this Double Your Dollars program possible!

ewe BET FARM

Website: ewebetfarm.com
 Facebook: [ewebetfarm](https://www.facebook.com/ewebetfarm)
 Contact: Mike Green
 Email: ewebetfarm@gmail.com
 Phone: 479-903-5556

Ewe Bet Farm raises locally grown, grass fed, USDA inspected lamb in a natural environment south of Bentonville, Arkansas. Our lambs are raised with humane animal husbandry practices and feed on managed high quality pastures with natural grasses. Our lamb is sold at the Bentonville Farmers' Market and offered at several Bentonville restaurants, including Tusk and Trotter. We hosted the James Beard Foundation in 2014. We also have fresh eggs, honey, and apples. You can pre-order and buy our products directly from our farm. Come for a visit by appointment or stay in our Bed & Breakfast!



FOOTHOLD FARM

Contact: David Malm
 Email: footholdfarm@eritter.net
 Phone: 870-861-5552

For over 25 years, Foothold Farm has grown certified organic vegetables and fruits, including heirloom and specialty tomatoes, salad greens, sweet basil, and the "wineberry" red raspberry. Our produce is available at the Fayetteville Farmers' Market on the square on Saturdays, and we also sell to Ozark Natural Foods, Harps Supermarket at Crossover Plaza and several local gourmet restaurants: Vetro 1925, Bordino's, Ella's, Farrell's and Greenhouse Grille.



Photo: Susan Drouilhet

FOUNDATION FARM

Website: foundationfarm.com
 Contact: Patrice Gros
 Email: mamakapa@yahoo.com
 Phone: 479-253-7461



Founded in 2006 near Eureka Springs, our organic farm features organic, no-till beds tended by a mix of volunteers, trainees and workers. Our farm does not use machines and is a great place to work and visit. We have a four-season harvest through the use of 4 large high tunnels. We love to see customers and others come and join us at the farm for a bit of work or just for lunch (on working days). We sell at the Fayetteville and Eureka Springs Farmers' Markets. Open to the public on M/W/F mornings (April through October). USDA Certified Organic. Call or email to schedule a visit and get directions. We are 10 miles north of Eureka Springs.

THE G FARM OF NWA

Website: thegfarmofnwa.com
 Facebook: [The G Farm of NWA](https://www.facebook.com/TheGFarmofNWA)
 Contact: Chris or Tiffany Bacon
 Email: thegfarmofnwa@gmail.com
 Phone: 479-657-3113



We are a small, family-owned business proudly serving Northwest Arkansas fresh goat meat at affordable prices. All of our goat meat is locally sourced from area farms, including our own. Our product is processed by a USDA Approved and Inspected processor and is vacuum-sealed for maximum freshness. Like us on Facebook for up to date information, current offers and specials on our products. Our family is honored to serve yours.

GREEN FORK FARM

Website: greenforkfarm.com
 Facebook: [Green-Fork-Farm](https://www.facebook.com/Green-Fork-Farm)
 Contact: Cheri LaRue
 Email: cheri@greenforkfarm.com



Green Fork Farm near Farmington is a small family farm that produces eggs, chicken, pork, beef and microgreens using sustainable practices. Our animals are raised humanely on pasture and organic grains. Good for people, good for animals, and good for the environment! The latest list of our available products is available weekly from the Green Fork pre-order market (see Pre-Order Market listing). We also offer classes and workshops on raising livestock, cheese making, and food preservation and have a page on Facebook where we publicize these events.

www.nwalocalfoodguide.org

HANKINS LIVESTOCK

Facebook: [HankinsLivestock](#)
 Contact: Kelly Hankins
 Email: Kelly@hankinslivestock.com
 Phone: 479-616-4119



Hankins Livestock provides high quality Grassfed Beef, Farm Raised Pork, Free Range Eggs, Goat Meat, Raw Cow Milk and Goat Milk. All products are free from hormones and antibiotics. Farm and family raised in Benton County. We sell at the Bentonville Farmers' Market on Saturdays (April through October). Watch our Facebook page for information about pre-ordering or picking up our products during the months between market seasons.

HERBAL SIMPLICITY

Facebook: [Herbal-Simplicity](#)
 Contact: Karyn Zaremba
 Email: heirloomplants@yahoo.com
 Phone: 479-225-8130



Located in South Fayetteville, Herbal Simplicity offers a space for events, classes, workshops and tours. Herbal and flower gardens are being developed and a large vegetable garden and greenhouse are established. Organic Farming, Home Gardening, Sustainable Living, Plant and Herbal Studies, Canning, Food Preservation, Healthy Cooking, Herbal Crafts, and custom classes or events can be arranged. Some produce and an increasing amount of herbs are sold to local restaurants and the community. Herb plants are also available seasonally.

HOMESTEAD FARMS

Facebook: [homesteadfarming](#)
 Contact: Jon Toombs
 Email: toombshomestead@gmail.com
 Phone: 870-480-3041



Homestead Farms is a market garden operated by Jon & Kaylynn Toombs. A variety of chemical-free produce is grown for the local farmers' markets, a CSA produce subscription, and for wholesale to local stores. Jon and Kaylynn believe that the first step to sustainability is a sustainable relationship with our customers. Our customers are our family. We are at the Eureka Springs Farmers' Market including the winter months and at Berryville Farmers' Market on Saturdays.

HORN FARMS AND COUNTRY KITCHEN

Contact: Fay Horn
 Email: hornfarms@hotmail.com
 Phone: 479-957-0821 or 479-248-1417



For 5 generations and 150 years, we have provided Northwest Arkansas with local produce, fruits, and berries from our farm just west of Elm Springs. We also sell through Wren Thicket Market. Enjoy our relishes, jams, jellies, and pickled produce from our state-approved kitchen. Make it a family affair and bring the kids to visit the farm animals while you make your purchases.

MARTY'S PRODUCE LLC

Facebook: [Marty's Produce LLC](#)

Contact: Marty & Cindy Sokol, Allen & Sally Hunter

Email: karrottsoup@gmail.com

Phone: 479-665-2610 or 501-908-1944

Located in rural Madison County, Marty's Produce is a Certified Naturally Grown farm. We are a small-scale operation with two acres in production between the Upper Garden on the ridge and the Lower Garden in the valley. We grow and sell a wide variety of vegetables, herbs and flowers. We offer specialty items including pussywillow bouquets, loofahs, fresh lavender bouquets and elephant garlic. You can find us Tuesday, Thursday and Saturday mornings at the Fayetteville Farmers' Market on the square. You can buy our fresh herbs and vegetables at Ozark Natural Foods, sample our veggies featured on the menu at the Farmer's Table Café, and visit the Apple Blossom Brewing Company for a taste of their local beer brewed from our fresh hops. Our farm also provides learning and employment opportunities for those interested in growing food for our community.



MASON CREEK FARM

Website: masoncreekfarm.com

Facebook: [Mason-Creek-Farm](#)

Contact: Rose Konold

Email: rose@masoncreekfarm.com (preferred contact method)

Phone: 479-422-6000

Our farm features pastured Animal Welfare Approved Boston Mountain Hogs (certification mark pending), pork and eggs from Ameraucana poultry. Because cell phone service is not always reliable at our farm, it is best to contact us by email. All our animals spend their lives ranging in our mixed pastures and forests supplemented with organic mineral and whole grains. Our products are found at Ozark Natural Foods, The Eureka Market, Tusk and Trotter, and KJs Caribe Restaurant as well as on the farm.



MCGARRAH FARMS

Website: mcgarrahfarms.com

Contact: Dennis McGarrah

Email: Dennis@McGarrahFarms.com

Phone: 479-451-8164 or 479-381-1962

The farm's mission is to provide Northwest Arkansas with fresh, top quality locally grown produce at a "down on the farm" pick-your-own venue. We offer berries, tomatoes, pumpkins and other produce, and our picking and harvest schedule is updated at the website. The McGarrah Family moved to this area in 1824 and we have farmed in the Benton County area since that time. Dennis started farming in Lowell at age 11 with his grandparents. The McGarrahs grew tomatoes that they sold to the canning factory in Pea Ridge. Dennis then added strawberries to his crops in 1981. His daughter and 2 sons joined the operation when they were old enough to walk. Now the family tradition is being carried on by the grandchildren. McGarrah Farms also sells at the Bentonville, Fayetteville and Rogers markets.



MILLROCK ACRES: BERRIES AND MORE

Contact: Pam Miller
 Email: pkmiller56@gmail.com
 Phone: 479-856-8388



A small-scale berry farm located near Elkins, we sell strawberries, raspberries, blackberries and blueberries grown without the use of pesticides. We also grow assorted veggies. We sell our fruit at the Fayetteville Farmers' Market - please email or call us for availability.

MOUNTAIN GREENERY

Contact: Sara Pollard
 Email: sarapollard50@gmail.com
 Phone: 479-634-7122



Mountain Greenery Farm is located a few miles south of Winslow in the heart of the Boston Mountains. We produce a variety of "naturally grown" culinary herb plants and heirloom vegetables. We are committed to the practice of sustainable agriculture and biodiversity. Only natural ingredients and byproducts of the earth are used in our cultural practices. No chemicals or synthetic fertilizers are used on the farm. Plants and vegetables are available at our booth at the Fayetteville Farmers' Market every Tuesday, Thursday and Saturday on the Downtown Square in Fayetteville. Orders for local deliveries may also be placed by phone or email.

NEAL FAMILY FARM

Facebook: [Neal Family Farm](https://www.facebook.com/NealFamilyFarm)
 Contact: Ryan Neal
 Email: rjn001@gmail.com
 Phone: 479-659-1750



Pick-your-own blueberries starting the second week of June. Families welcome at our farm located near Rogers. Check our Facebook page for details on what's available or call for picking times.

NWA NATURAL PRODUCE

Contact: Paul Kong or Vicky Soung
 Email: vickysoung1@gmail.com
 Phone: 479-225-8507



We grow many kinds of vegetables including mustard greens, green beans, beets, cabbage, cilantro, sweet corn, sweet potatoes, potatoes, okra, bell peppers, tomatoes, cherry tomatoes, brussel sprouts, kohlrabi, collard greens, mustard greens, kale, cucumbers, squash, watermelons, cantaloupes, radishes, green onions, sweet onions, purple hull peas, eggplant, broccoli, carrots and flowers, too. You can find us at the Fayetteville Downtown Square market on weekdays and Saturdays, at the Green Fork Market on Wednesday evenings, and at the Bentonville Farmers' Market on Saturdays. We have also sold produce to the Fayetteville Public Schools.

OUR GREEN ACRE

Website: ourgreenacre.com
 Facebook: [Our Green Acre](https://www.facebook.com/OurGreenAcre)
 Contact: Misty Langdon
 Email: misty@ourgreenacre.com
 Phone: 870-861-5890

Our farm is located in NW Arkansas near the Buffalo National River. This land has been in our family for 6 generations. Our fields and woodlands are home to Large Black Hogs (a heritage breed), cattle, and free-range heritage chickens. Our gardens and greenhouses grow only heirloom plants, which are pollinated by our bees. We farm simply: the animals are given quality grass, fresh water, no hormones or antibiotics of any kind, and they have plenty of room to roam. We let the animals grow at the pace nature intended. Any supplemental feed that is provided is non-GMO. We go to great lengths to provide quality food for our family and yours. We have packaged meat, eggs and produce available. Please visit our website and Facebook page for updates on what we have. You can find us at the Jasper and Eureka Springs Farmers' Markets.



OZARK ALL SEASONS

Website: ozarkallseasons.com
 Contact: Val or Jana Eylands
 Email: info@ozarkallseasons.com
 Phone: 479-200-9376

Ozark All Seasons provides NWA chefs and home consumers with year-round production of local, fresh, pesticide-free lettuce, salad greens and microgreens from our farm near Winslow. Grown in state-of-the-art greenhouses that are heated and cooled by solar and geothermal systems, our soilless hydroponic produce is clean, fresh, and nutrient dense. Many different types of fancy lettuces plus salad greens and microgreens are grown year-round and delivered to clients just hours after harvest, guaranteeing the freshness that is critical to the taste and nutrition of lettuce and leafy greens. Check our website for more details on our production systems and current availability of our products.



OZARK ALTERNATIVES

Website: nwalhcsa.com
 Contact: Paul Chapracki
 Email: ozarkalternatives@gmail.com
 Phone: 479-251-1882

Our family farm is located just on the outskirts of east Fayetteville. For over five years now, we have been focused on growing nutrient dense food for our Ozark neighbors. We grow 100% without synthetic pesticides or herbicides and focus on all natural methods of growing chemical-free produce! Our main crops include: tomatoes, peppers, squash, beans, basil, potatoes, salad greens, kale, chard, blackberries, onions, garlic, cut flowers and more. We sell primarily through our seasonal CSA, Northwest Arkansas Local Harvest (nwalhcsa.com), and at the Fayetteville Farmers' Markets, Wren Thicket Market and the Crossroads Farmers' Market.



OZARK HERBAL CREATIONS

Website: ozarkherbalcreations.wordpress.com
 Facebook: [Ozark Herbal Creations](https://www.facebook.com/OzarkHerbalCreations)
 Contact: Barry or Amber Moore
 Email: acmoore92606@live.com
 Phone: 479-422-0289

We have a small Certified Naturally Grown urban farm located in the heart of Fayetteville. We specialize in growing hot peppers, herbs, garlic, and select produce. We sell to Ozark Natural Foods. We are also the makers of local salad dressings, spice mixtures, hot sauces, pickles, relishes and other preserved foods. We love to create, learn and grow! Check our Facebook and website for latest news, products, and more.



OZARK PASTURE BEEF

Website: ozarkpasturebeef.com
 Email: webmail@ozarkpasturebeef.com
 Phone/text: 479-409-8772



Ozark Pasture Beef started as a vision among a group of family farmers in Northwest Arkansas. Our goal is to provide high quality beef, lamb and eggs produced naturally on green grass, clean country air and sunshine. The unique climate of the Ozarks allows us to graze nearly year-round, and the key to great tasting meat is the grass. We intensively manage the pastures for both quantity and quality, which in turn lets us bring you the finest grass-finished beef and lamb available anywhere. We sell at Wren Thicket Market, Ozark Natural Foods, directly from the farm and by delivery. We sell individually wrapped USDA processed cuts, and can also work with you on custom cut halves and wholes. Check our website for details on products, ordering, delivery and more.



PLENTYGOOD FARM

Website: plentygoodfarm.com
 Facebook: [Plenty Good Farm](https://www.facebook.com/PlentyGoodFarm)
 Contact: Terri Bitting or Mike Schrieber
 Email: tuberoses@earthlink.net
 Phone: 417-827-5031



Plentygood Farm has grown produce organically since 1995 and is Certified Naturally Grown. In early spring, we harvest spinach from April through May and then harvest several hundred pounds of asparagus in May. During the summer months we will have smaller amounts of squash, zucchini, cucumbers, tomatoes, beets, okra, green beans, watermelons, cantaloupe and winter squash. Elephant garlic is a specialty crop available in late summer thru fall. We have 'Williams Pride,' an early July apple, as well as the very sweet 'Magness' Pears in September. And last but not least, our biggest crop for the summer is the Single Flowered Mexican Tuberose (cut flowers). During the height of the season we may pick 100 + stems per day. In the off-season, we have the tubers for sale from December through May.



RED HAT FARMS

Website: redhatfarms.wordpress.com

Facebook: [Red-Hat-Farms](https://www.facebook.com/Red-Hat-Farms)

Contact: Adam & Lindsey Franklin or Trent & Sarah Harmon

Email: redhatfarms@gmail.com

Phone: 479-644-5647

Red Hat Farms near Bentonville started its CSA in 2012, but the land has been in our family for over 100 years. Our CSA usually starts in May and ends in September or mid-October. We grow over 50 varieties of veggies and we raise and sell pasture-raised chicken from May to October as well as pastured eggs all year round. We raise turkeys, available for Thanksgiving. Check our sites online or contact us for the latest updates.



ROOTS IN BLOOM



Website: rootsinbloom.weebly.com

Facebook: [Roots in Bloom Farm](https://www.facebook.com/Roots-in-Bloom-Farm)

Contact: Aimee and Keith McGill

Email: naturalmeee@gmail.com

Phone: 479-502-2491 or 479-502-2249

Roots in Bloom, located in West Fork Arkansas, is a research farm that provides Certified Naturally Grown produce to the Northwest Arkansas community. We provide produce and medicinal/culinary herbs. We are researching ways to reduce our footprint by managing our operations through off-grid living and production. We provide healthy, naturally grown, nutritious food to our growing community as well as providing education open to the public. Our standards and values have given us a great opportunity to being able to provide these essentials of life: education, family, and healthy food. Our group is made up of many skill sets including but not limited to engineering, food safety, master herbalism, and horticulture/plant & soil science. Roots in Bloom founders come from a background of living on a farm as children, then raising children in the city, and now starting a new beginning in the country with an educational farm—our idea of serenity. We recently received a small grant from Ozark Slow Food that will go towards greenhouses and other season-extending techniques. We provide Certified Naturally Grown produce, plants and herbs to Ozark Natural Foods and local nurseries. Memberships in our new CSA are open—check online for information on joining.



Photo: Dickey Farms

ROUND MOUNTAIN FARM

Contact: Jim Morgan
 Email: roundmtnfarm@earthlink.net
 Phone: 479-236-9569



Round Mountain Farm has grown pasture-raised lamb since 1997. No medicated feeds, no meat by-products and no added hormones are used in raising our lambs. We market individual packages of our lamb meat at the Fayetteville Farmers' Market and Wren Thicket Market, and are happy to offer cooking tips. We also sell a limited supply of custom-cut halves and wholes directly to individuals (email or call us for availability). Our customers prefer the great flavor and gourmet quality of our ecologically grown Katahdin lamb. Round Mountain lamb has been featured in special dishes by several Northwest Arkansas area restaurants and events. We now feature lamb bratwurst—great for the grill at home or the tailgate party.

SERENITY RIDGE FARM

Facebook: [Marian's Kitchen](#)
 Contact: Marian Pannell
 Email: serenityridge_farm@yahoo.com
 Phone: 870-553-2596



Serenity Ridge Farm is a small sustainable fruit and vegetable farm. We are located near Osage, Arkansas less than 20 miles from the beautiful Buffalo National River. You will find us at the Farmers' Market on the square in Harrison on Saturday and Tuesday mornings and Thursday afternoons. You can also call us for orders and pick up at the farm. Marian's Kitchen is the bakery side of the farm. We have homemade Wheat, Sourdough and banana breads as well as cinnamon rolls and a variety of cookies. These are also sold at Farmers' Market or can be ordered by phone.

SIPES BUSY BEE FARM

Website: sipesbusybeefarm.weebly.com
 Facebook: [SipesBusyBeeFarm](#)
 Contact: Sharon Sipes
 Email: sipesbusybeefarms@gmail.com
 Phone: 479-422-4964



We are a small family farm located near Lincoln. We produce local honey, eggs, many kinds of vegetables as well as melons and fruits. Our son has enthusiastically joined in our business and helps us with growing and selling. You will be able to find us at the Fayetteville market most Saturdays and you can check Facebook for days and locations for when we will be at the Lincoln or Prairie Grove markets.

www.nwalocalfoodguide.org

SUMMER KITCHEN FAMILY FARM

Website: summerkitchenfarm.org
 Facebook: [Summer Kitchen Family Farm](https://www.facebook.com/SummerKitchenFamilyFarm)
 Contact: Mariah and Ira White
 Email: summerkitchenfarm@gmail.com
 Phone: 479-263-9965 or 263-0600

We have an 18-acre farm just at the edge of Fayetteville city limits. Here we raise free-range laying hens, pastured pork, 5 sweet dairy cows and naturally grown produce from a bio intensive 1.5 acre garden. All of our animals are fed Hiland Naturals non-GMO grain. We offer Vegetable and Egg CSAs and can be found at the Fayetteville Farmers' Market. Raw cow's milk available at the farm.



SWEDEN CREEK FARM

Website: swedencreekfarm.com
 Contact: Carole Anne Rose
 Email: c2@swedencreekfarm.com
 Phone: 479-665-2146

Sweden Creek Farm is uniquely situated to grow some of the finest log-grown, Certified Organic Shiitake Mushrooms using strains selected specifically for the ecosystem of our farm. Logs are stacked out in the woods for over a year, accessing the natural weather conditions in the peaks of the Ozark Mountains. These slow growing strains have intense flavor, thick flesh, and a firm texture – a premium culinary mushroom! Our farm families pick fresh mushrooms every day of the year, growing about 1500 pounds per week. We emphasize careful handling for fresh, weekly deliveries to more than 40 area restaurants. Our Shiitakes are now being distributed statewide by Kimball & Thompson Produce Company (KT Produce). In NW Arkansas, you can buy our Shiitakes retail at Ozark Natural Foods, IGA and Harps. You can also find our Shiitakes distributed by Arkansas Natural Produce and available through their on-line market in Little Rock, as well as in Van Buren at Squash Blossom Company. Buy Local, Organic, and from Family Farms!



SYCAMORE BEND FARM

Facebook: [Sycamore Bend Farm](https://www.facebook.com/SycamoreBendFarm)
 Contact: Andrew and Madeleine Schwerin
 Email: andrewschwerin@gmail.com
 Phone: 479-981-3128



Sycamore Bend Farm is a certified organic farm on loamy soil in a bend of Keels Creek, which feeds into the Kings River in Carroll County. One acre of organic vegetables, surrounded with pastures and woods utilized by cows, goats, sheep, bees, and chickens. We specialize in blackberries, lettuce, kale, spinach, peppers, and tomatoes among 30 other crops. Find us at the White Street Saturday Market in Eureka Springs and at the Eureka Springs Farmers' Market on Thursday mornings. We also sell our organic produce through a local CSA, local restaurants, at Ozark Natural Foods, and at times with the Fayetteville Farmers' Market. We offer 24-week seasonal CSA (Weekly Produce Box) shares with Eureka Springs pickup. *Please see our listing under CSAs.*



SYCAMORE VALLEY FARM

Website: sycamorevalleyfarm.webs.com
 Facebook: sycamorevalley.farm
 Contact: Kim Kapity
 Email: sycamorevalleyfarm@gmail.com

Come visit us on the square at the Fayetteville Farmers' Market! We have delicious chicken and duck eggs from birds raised on pasture 24/7 and certified organic grains. Our 60-acre farm is located in beautiful Northwest Arkansas. It is home to chickens, ducks, goats, horses, dogs, cats and lots of wildlife. We raise pastured poultry for eggs and grow many types of heirloom vegetables and fruits. Our eggs can be found at the Fayetteville Farmers' Market on Saturday mornings. We also deliver or you can pick up at the farm. This year we are offering jams and jellies made from no spray fruits and certified organic cane sugar. Can't get to the market early enough to get our duck eggs? We are expanding our duck flock to better meet demand. We also now have goose eggs in the spring (seasonal item). Check Facebook for the latest info on availability.



TRI CYCLE FARMS

Facebook: TriCycleFarms
 Contact: Don Bennett
 Email: fayettevilletricyclefarms@gmail.com
 Phone: 479-966-0572, Don Bennett, Farm Director
 479-236-6816, Emily Deitchler
 479-981-9483, for volunteer/event info



The mission of Tri Cycle Farms is to grow community through soil as we steward food awareness, education and empowerment. Our vision is a world with food security, sovereignty and sustainability for everyone. The Thirds Share Initiative supports our vision as we share a third of our produce with volunteers, donate a third to local food pantries and meals and sell a third to ensure the sustainability of our programs. Through collaboration with our neighbors and the larger community, we are creating a unique place where the primary objective is to reconnect: to each other, our soil, and our health. We partner with like-minded non-profit organizations, local businesses, UofA student and faculty members, as well as clergy and civic leaders to create a resilient community. Our farm raising, event-based approach has drawn regional and state wide attention as we create an urban farm model that can be replicated anywhere.



THE UGLY BUNNY GARDEN

Facebook: [Uglybunnygarden](#)
 Contact: Judy Kavan
 Email: theuglybunny@yahoo.com
 Phone: 870-654-0810

Our meadow garden is nestled in the lovely Dry Fork Creek Valley of Carroll County. We sell fresh, authentically grown, great tasting vegetables and field grown cut flowers at the Fayetteville and Eureka Springs Farmers' Markets. We also have a Barn Sale event and Open Farm the first Sunday of every month. We invite you to come visit and see for yourself where your food is grown.



VILLINES FAMILY FARM

Contact: Genevieve Villines
 Email: genvillines@icloud.com
 Phone: 870-861-5323

Genevieve, Joe and their sons live on Joe's family farm in the small historic farming community of Boxley Valley, Arkansas. They raise sheep, chickens and are experienced vegetable producers who use drip irrigation to conserve and use water wisely. Their farm is part of the new Ozark Natural Foods "P6 Program;" P6 is the cooperative principle that supports a growing consumer-supported food economy that recognizes products grown locally by small farmers. The family currently focuses on raising Katahdin meat breed sheep and vegetables including winter squash and tomatoes, but they also continue to sell two heritage breeds of chicks. With partial support from a small grant from Ozark Slow Food, they have been working on adding low hoop tunnels that they will combine with row covers to move towards four-season production of produce.



WEB OF LIFE BEES

Facebook: [Web-of-Life-Bees](#)
 Contact: Bill Cornelius
 Email: WebofLifeBees@gmail.com
 Phone: 479-305-1700

Isolated from big agribusiness, the Ozarks are a purer source of natural nutrients and foods than areas where land has been altered by chemicals and pesticides. We explore permaculture, biodynamics, various methods of organic gardening, herbs and essential oils. Interested in becoming a beekeeper? Talk to us about mentoring. We do nothing to alter the pure raw honeycomb that we sell. Traditional health use of honey did not use "clarifying" to remove the pollen and propolis and did not use pasteurization (heating), which destroys the natural enzymes. Neither do we. We feed our bees honey, never corn syrup. We use no antibiotics. We simply cut and place the comb in a container for you. The bees do the packaging. You enjoy. Find us seasonally at Crossroads Farmers' Market (Tricycle Farm). We also sell directly to the public, so contact us by email if you want to buy at other times.



WHEATGRASS EXPRESS

Website: wheatgrassexpress.com
 Facebook: [Wheatgrass Express](https://www.facebook.com/WheatgrassExpress)
 Email: wheatgrassexpress.ross@gmail.com
 Phone: 479-601-2459



Founded in the Natural State, Wheatgrass Express is a one-stop shop for wheatgrass, sunflower sprouts, pea shoots and more, always grown in soil naturally, harvested daily and guaranteed fresh. Our seeds are entirely organic and come from the highest quality farms. This guarantees you have a product with the highest germination and nutrition. Your purchase helps insure the growth of pesticide-free farmland. Currently you can find our products at many fine retailers including Ozark Natural Foods, Berry Natural, Carrot Dirt Organics, Inta Juice, Native Nectar, and many more! We are currently taking new customers for our weekly delivery service. If you would like to save money and have freshness delivered to your office or home weekly, give us a call!

WHITE RIVER CREAMERY

Website: whiterivercreamery.com
 Facebook: [WhiteRiverCreamery](https://www.facebook.com/WhiteRiverCreamery)
 Contact: Scott or Tessa McCormick
 Email: WRCreamery@gmail.com
 Phone: 479-310-0355



White River Creamery is a family-run dairy and creamery. We opened May 2, 2013 and now raise 70 Nigerian Dwarf goats on 12 acres of organic pasture in Elkins, Arkansas. We are located just 20 minutes outside of Fayetteville across from the White River. Scott McCormick has trained at Vermont's Institute of Artisan Cheese in basic and advanced cheese making courses. We make Chèvre and Raw Aged Goat Feta from our goats. We also make Feta, Neufchatel, Ricotta, and Fromage Blanc from local cow milk that is certified free of antibiotics and hormones. You can find our products at farmers' markets, stores and restaurants in Northwest Arkansas. Check Facebook for farm updates, our latest products and where they are available.

WILDFIRE FARM

Contact: Marcie Brewster/Dane Schumacher
 Email: wild_firefarm@yahoo.com
 Phone: 870-545-3120



Wildfire Farm, established in 1996, is a little patch of no-till garden space at the base of a small Ozark hill near the banks of Dry Fork Creek. We offer fresh cut flowers, vegetables, shiitakes, plants, garlic braids, artisan sourdough bread, water kefir probiotic drink, and holiday wreaths through on-line direct marketing. We deliver in Berryville and Eureka Springs. Send us an email and we'll put you on our weekly offerings list.

www.nwalocalfoodguide.org

WILD STREAK PLANTS

Facebook: [wildstreakplants](#)
 Contact: Susan Frey
 Email: wildstreakplants@gmail.com
 Phone: 479-395-0700



We are a native plant nursery near Prairie Grove specializing in Ozark native perennials including wildflowers, grasses, vines, and small shrubs and trees. Our plants are open-pollinated and grown predominantly from regional genotype seed. At Wild Streak Plants, our primary focus is producing beautiful native plants for ecologically inspired gardens while supporting garden pollinators and other beneficial insects. Additionally, many of these native plants can be used for culinary herbs, teas, and medicinals as well as edible fruits, roots and flowers. We sell seasonally at Fayetteville Farmers' Market plus other local markets and plant sales.

WOODBINE MEAD FARM

Website: [woodbinemead.com](#)
 Facebook: [woodbinemead](#)
 Contact: Jack MacKenzie
 Email: jackmackenzie@woodbinemead.com
 Phone: 479-751-3390



Since 2004, we have grown some of the freshest and most breathtaking locally grown stems and blooms that you'll ever see in Northwest Arkansas. Woodbine Mead participates in the Fayetteville and Bentonville Farmers' Markets. Our farm includes nearly 20 acres, and fresh local flower production comes from 75 beds, some shaded areas and unheated greenhouses. We can supply local florists and have added a subscription program for weekly deliveries as well as on-farm sales for large events such as weddings and parties. Visit our website and Facebook for the latest news about our cut flowers.

WREN THICKET GARDENS

Website: [wrenthicketmarket.com](#)
 Facebook: [WrenThicket](#)
 Contact: Debra Elam-McDonald
 Email: wrenthicket@gmail.com



In the cool season, we specialize in gourmet salad mixes and cooking greens, including multiple kinds of kales, chards, beet greens, mustards, endives, sorrel, claytonia, lettuces, spinach, arugula, purslane, herbs and edible flowers, to name a few! All grown without pesticides, herbicides or chemical fertilizers inside our hoop houses in West Fork, AR. In the summer months we raise a wonderful variety of watermelons, cantaloupes, and various other melons at the family farm in Prairie Grove, AR. We sell directly to our customers at Wren Thicket Market in Fayetteville (see our market entry to sign up for weekly list of products).

www.nwalocalfoodguide.org

ALLEN'S FOOD MARKET

Location: 60 Sugar Creek Center, Bella Vista, AR 72714
 Hours: 7am-10pm daily
 Website: allensfoods.com
 Facebook: [allensfoods](https://www.facebook.com/allensfoods)
 Contact: Steve Morrow
 Email: steve@allensfoods.arcoxml.com
 Phone: 479-876-6190



Full service grocery store with full service meat, fresh produce from local and regional suppliers and large commitment to natural, organic and gluten-free foods. Committed to working with local growers and producers whenever possible.

EUREKA MARKET

Location: 121 E. Van Buren Ste B, Eureka Springs, AR 72632
 Hours: 8am-7pm 7 days/week
 Website: eurekamarketfoods.com
 Facebook: [The-Eureka-Market](https://www.facebook.com/The-Eureka-Market)
 Twitter: [TheEurekaMarket](https://twitter.com/TheEurekaMarket)
 Phone: 479-253-8136



This little natural foods store, nestled in Eureka Springs, is small in size, but big in impact. Family owned and operated by Sam and Megan Kirk, we specialize in the highest quality of customized service and individual customer attention. We are proud to offer a full range of fresh quality foods including fresh organic produce, Ozark-raised meats & -baked breads, and the highest quality brands of vitamins & supplements. Our knowledgeable staff is sure to take care of all of your questions and provide quality suggestions.

MUSTARD SEED: A SOULS HARBOR NWA PROJECT

Location: 1206 North 2nd Street, Rogers, AR 72756
 Hours: Mon-Fri: 9am-5pm (Opens May 1st)
 Website: soulsharbornwa.org
 Facebook: [SoulsHarborNWA](https://www.facebook.com/SoulsHarborNWA)
 Twitter: [@SoulsHarborNWA](https://twitter.com/SoulsHarborNWA)
 Instagram: [SoulsHarborNWA](https://www.instagram.com/SoulsHarborNWA)
 Email: MustardSeed@SoulsHarborNWA.org
 Phone: (479) 631-7878



An emerging food hub in Rogers featuring locally grown vegetables, fresh cut herbs and flowers, baked goods, preserves, medicinals, artisan crafts, and more. All proceeds support the mission of Souls Harbor NWA.

www.nwalocalfoodguide.org

OZARK NATURAL FOODS

Location: 1554 N. College Ave., Fayetteville, AR 72703

Hours: Mon-Sat: 7am-9pm; Sun: 10am-7pm

Website: onf.coop

Phone: 479-521-7558



Ozark Natural Foods (ONF) buys and clearly labels local produce and meats, and lists farmers who supply the store on their website. The website includes weekly blogs from each department, sales, quality and certification information, a list of the farms and local vendors who supply ONF, and a calendar of local produce availability. Ozark Natural Foods also offers free cooking classes. A La Carte, the in-store deli, includes local food in the made-to-order items as well as in prepared foods. Ozark Natural Foods is an organic feed store that operates out of the Co-op's basement and offers organic chicken and goat feed as well as garden supplies; the feed store is open Wednesdays and Saturdays from 9am-5pm.



**The Local Produce Availability Calendar
information on the following pages was
provided by Ozark Natural Foods.**

OZARK NATURAL FOODS1554 N. College Ave | Fayetteville, AR
479.521.7558 | www.onf.coop**STORE HOURS****Mon-Sat: 7am-9pm Sun: 10am-7pm**

At Ozark Natural Foods, we support local farmers whenever possible. By buying local produce, you can support local farmers, too. This guide will help you find local foods in season, when they're at their most delicious. Enjoy what you find!



Local Produce Availability Calendar

Chestnuts
Pumpkins
Winter Squash
Potatoes

Sweet Potatoes
Peppers

Spinach
Sprouts

Turnips

Mushrooms

Arugula

Greens

Bok Choy

Cilantro

Parsley

Daikon Radish

Find a quick, kid-friendly, local recipe for [Bok Choy on page 53.](#)

Apples, Berries
Melon, Pears, Peaches
Plums, Rhubarb
Leeks, Corn
Garlic, Okra
Cucumbers, Eggplant
Kale, Rosemary
Summer Squash

Find a cool fruit recipe for your summer events on [page 47.](#)

Tomatoes

Potatoes, Peppers

Spinach, Sprouts

Turnips, Mushrooms

Onions, Peas, Beans

Asparagus, Broccoli

Carrots, Cauliflower

Herbs and Flowers

Mushrooms
Arugula
Cilantro

Parsley

Wheatgrass

Salad Mixes

Spinach

Sprouts

Sunchokes

January

February

March

This is just some of the popular local produce and the approximate time of year each are in-season. Check with your local farmers' market, farm or grocer for more detailed product list.

April

May

June

Radishes

Turnips

Greens

Onions

Strawberries

Blueberries

Peas

Asparagus

Beans

Bok Choy

Broccoli

Carrots

Cauliflower

Celery

Basil

Mint

Oregano

This chart can help you find out what is fresh and available locally throughout the year. For ideas about how to prepare these great local products, we've included some of our favorite recipe resources on the following pages.

Produce availability chart information provided by Ozark Natural Foods.

Find a quick, super simple, local recipe for [Asparagus on page 49](#).

Fresh Ideas for Cooking Local Food

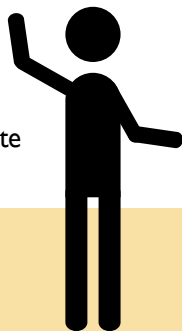
There are countless ways you can prepare local food - from quick and easy recipes for those short on time to elaborate gourmet multi-course creations.

Here are some of our favorite sources for recipes perfect for preparing many of the products you will find at your local farmers' market, farm or local food grocer.

You can also find more ideas, sources and recipes on our website

www.nwalocalfoodguide.org.

I bought it fresh and local, now what do I do with it?



In Print: Search for these titles online or talk to your favorite local bookstore about getting new or used copies of these titles.



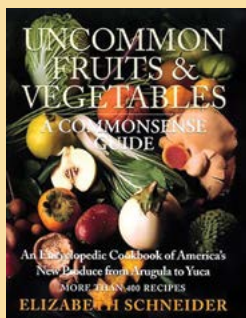
From Asparagus to Zucchini: A Guide to Cooking Farm Fresh Seasonal Produce. 3rd Edition



FAIRSHARE
CSA COALITION

Both above books offered by the Fairshare CSA Coalition.

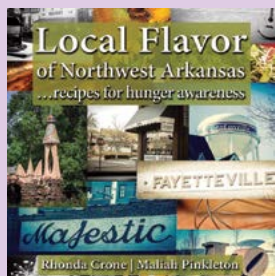
<http://www.csacoalition.org/cookbooks/>



Uncommon Fruits and Vegetables: A Commonsense Guide. by Elizabeth Schneider.

How to choose, store, and prepare all kinds of produce—with more than 400 easy and extraordinary recipes. Look for this in your local bookstore.

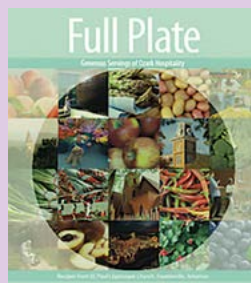
In Print - LOCAL & For a Good Cause:



Local Flavor of Northwest Arkansas: Recipes for Hunger Awareness

This is a beautifully-created regional cookbook featuring some of NWA's interesting people and their favorite recipes. Sales of the book benefit local hunger charities Lifesource and Feed Fayetteville. You can find out more about ordering this book at: <https://www.facebook.com/pages/Local-Flavor-of-Northwest-Arkansas-recipes-for-hunger-awareness/>

Full Plate - St. Paul's new cookbook includes images and dishes representative of Northwest Arkansas' exciting and diverse community. You can order the cookbook online at <http://www.stpaulsfay.org/cookbook.html>



LOCAL RECIPES

BERRIES AND LAVENDER ICE

Yields: 1 gallon Time Required: 4 1/2 hours

INGREDIENTS:

- 2 pounds mixed berries, blackberries & raspberries
 or other berries of your choice
- 1 1/2 cups sugar or your preferred sweetener
- 1/2 cup dried lavender flowers
- 3 tablespoons lemon juice
- 3 cups water



DIRECTIONS:

- Puree berries with sweetener until smooth. Stir in lavender blossoms, and let stand at room temperature for 2 hours.
- Stir in lemon juice and water, then place into refrigerator and refrigerate until cold, about 2 hours.
- Freeze in a 6 quart ice cream maker according to manufacturer's instructions.

Online:

Good and Cheap: Eat Well on \$4 Per Day.

by Leanne Brown.

A free cookbook for anyone, and especially written for people on very tight budgets, including those who receive SNAP benefits. Look at the book online or print the recipes from:

<http://www.leannebrown.com/>



Healthy Cooking Recipes.

Ozark Natural Foods (ONF) .

An online collection of recipes and techniques from ONF staff and members.

<http://onf.coop/category/healthy-cooking-recipes/>

Taste Arkansas is a website by the Arkansas Farm Bureau that includes a wide range of recipes featuring Arkansas agricultural products and producers.

<http://www.tastearkansas.com/>



Some real “Local Foodie” Blogs we



RecipeDoodle.com

Ceri Wilkin, Fayetteville Local Foodie and Blogger shares some amazing recipes and tips for entertaining. This dynamic woman makes the most exquisite culinary presentations look easy and fun.

OurEverydayDinners.com

Our Everyday Dinners is another blog by local NWA foodie, Amy. She shares a variety of meals prepared for the family - delicious “everyday” recipes.



KUAF Ozarks at Large - Local Food Podcast



KUAF Ozarks at Large has recently launched a local food podcast for Spring 2015. The program is described by KUAF as, “A roundup of food, farming, and edible culture in the Ozarks. Bringing you interviews with chefs and leading lights in this fast-growing culinary community, exploring local food producers and ‘High South Cuisine.’” Find out more at: <http://kuaf.com/programs/ozarks-large-food-podcast>



Photo: KJ's Caribe Restaurant & Cantina

LOCAL RECIPES

NO ORDINARY STEAMED ASPARAGUS

Yield: 4 servings (serving size: about 3 ounces asparagus)

INGREDIENTS

- 1 pound asparagus spears, trimmed
- 1 tablespoon olive oil
- 2 garlic cloves, thinly sliced
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

DIRECTIONS

- Steam asparagus 4 minutes or until crisp-tender.
- While asparagus steams, heat oil in a large skillet over medium heat. Add garlic; cook 2 minutes or until fragrant, stirring frequently.
- Add asparagus, salt, and pepper; toss to combine. Serve.

Learn about local food... & growing cooking



"They say that gardens look better when they are created by loving gardeners rather than by landscapers, because the garden is more tended to and cared for. The same thing goes for cooking. I only cook for people I love."

- Ina Garten, Author

This is a new section this year - to highlight local classes for learning how to grow and cook your local fare!

CUISINE KAREN COOKING SCHOOL

Website: cuisinekaren.com
Facebook: [Cuisine-Karen](https://www.facebook.com/Cuisine-Karen)
Email: cuisinekaren@gmail.com
Phone: 479-253-7461

Culinary Instructor and Travel Hostess Karen Gros provides French-inspired cooking classes in her Provençal-style home, featuring locally grown seasonal menus. Karen is available for private dinners or cooking parties, for corporate cooking events such as Culinary Team Building. Karen lectures on various culinary topics, including cooking with fresh and dried herbs, spices, as well as the making of stocks and sauces. Karen lives in Eureka Springs, Arkansas with her two children and French-born husband, Patrice, a certified organic vegetable farmer, gardening consultant, and owner of Foundation Farm.

DIG IN! FOOD AND FARMING FESTIVAL

Website: diginfestival.com
Facebook: [Dig.In.NWA](https://www.facebook.com/Dig.In.NWA)

The Dig In! Food and Farming festival began in 2011 as a film festival centered on local food and farms and how our food choices affect communities, farms, local economy and natural ecology. Producers Leigh Wilkerson, Cheri LaRue, and Charity Lewis were joined by local farm-to-table chefs to produce a day filled with film, conversation and local food. The festival grew steadily in 2012 and 2013, attracting hundreds of participants with the addition of classes, discussions, seed swaps, information as well as a vendor fair, opening reception, keynote address and children's activities. The festival continued in 2015 with a Northwest Arkansas regional focus on food system change. Watch Facebook for 2016 festival news. *Please see our Listing under Additional Resources.*

FOUNDATION FARM

Website: foundationfarm.com
Contact: Patrice Gros
Email: mamakapa@yahoo.com
Phone: 479-253-7461

Foundation Farm offers early spring (February/March) gardening classes to help you grow the best vegetables you've had! Our gardening classes are educational events targeted for gardeners and commercial farmers wanting to expand on their current practices. All indoor classes are from 3:30-5pm, are PowerPoint slide driven and include an outline. The fee is \$20 per class or \$80 for all 5 classes (payable at first class).

We also host a Farm School to train new farmers. The 2015 school year starts in March and lasts most of the growing year till the end of October. Click here for more information: http://www.foundationfarm.com/farm_school.htm. *Please see our Listings under Farms and CSAs.*

HARMONY GARDENS

Website: harmonygardens.blogspot.com
Contact: Calvin and Doris Bey
Email: CFBey1936@cox.net
Phone: 479-527-6951

Harmony Gardens in Fayetteville, AR is the home of Calvin and Doris Bey. Calvin is a retired USDA scientist, and Doris is a retired RN. As the garden name implies, the Beys' goal is to follow the Laws of Nature – in gardening and in other health matters. Calvin teaches, writes, consults, and gardens with emphasis both on growing Nutrient-Dense produce and on the related topic of structured water. In gardening, he uses biointensive methods which lead to high production. He raises more than 30 kinds of fruits and vegetables in his garden and teaches gardening classes in the spring (usually March) and again in the fall. Check his website or email him to get on the list for alerts on class schedules, gardening updates, garden tours, and other opportunities.

WESTON A. PRICE FOUNDATION – NWA CHAPTER

Website: www.meetup.com/Nourishing-Traditions-NWA-Meetup/
Contact: Cat and John Swenson
Email: cat@greatfermentations.net
Phone: 479-200-1908

The Northwest Arkansas chapter of the Weston A. Price Foundation is the "Nourishing Traditions NWA" group. They meet regularly to skill share and do workshops for both members and non-members. Health and nutrition topics include Veggie Fermentation, Kombucha and Kefir Fermentation, Cheesemaking 101, Making Nutritious Bone Broths, Epigenetics, Your Microbiome and other topics in alignment with the principles of Weston A Price. *Please see our Listing under Additional Resources.*



Photo: hittphotography.com

KID-PLEASER BOK CHOY SALAD

Looking for something different to do with bok choy? This recipe came from Ally Mrachek, Registered Dietitian with Fayetteville Public Schools. She reports that this recipe was kid-tested and they loved it! It makes 6-8 cups of colorful salad, full of flavor.

INGREDIENTS

- 1 bundle bok choy, washed and sliced into thin strips
- 2 cups Romaine lettuce, washed and sliced into thin strips
- 1 package (6 oz) chow mein noodles
- 1 green onion chopped, about 1/4 cup
- 3/4 cup dried cranberries
- 4 tablespoons soy sauce
- 3 tablespoons white vinegar
- 1/4 cup sweetener such as: honey, agave, sugar
- 1/3 cup olive or vegetable oil

DIRECTIONS

- In a large salad bowl, combine bok choy, lettuce, chow mein noodles, green onion and cranberries.
- In another bowl, prepare the dressing by mixing the soy sauce, white vinegar, sweetener and olive oil together with a whisk until it is well-blended.
- Just before serving, pour the dressing into the salad and toss with forks to coat ingredients thoroughly.

NOTES: This recipe works with other lettuces in addition to Romaine. You might try adding plain ramen noodles, slivered almonds or sunflower seeds instead of chow mein noodles.



Photo: Susan Drouilhet

*"There is no sincerer love
than the love of food."
– George Bernard Shaw*



Photo: KJ's Caribe Restaurant & Cantina

BENTONVILLE**BENTONVILLE BUTCHER & DELI**

1201 S Walton Blvd, Bentonville, AR 72712

Hours: Mon-Fri: 9am-7pm, Sat: 9am-5pm, Sun: 10am-2pm

Website: bentonvillebutcher.com

Facebook: [Bentonville-Butcher-Deli](https://www.facebook.com/Bentonville-Butcher-Deli)

Contact: CeCe Pedersen

Email: bentonvillebutcherdeli@yahoo.com

Phone: 479-464-9933



Bentonville Butcher & Deli is a family owned and operated butcher shop, deli and specialty food store located in Bentonville, AR. Our butchers are always available to assist with selections of fresh beef, pork, chicken, sausages and seafood as well as customizing cuts. Our Deli serves up some of the best BBQ fare and sandwiches around – available both in house and for catering. We source locally grown produce whenever possible and offer locally raised grass fed beef, local pasture raised chicken, farm fresh eggs, locally produced and homemade breads, local hand crafted candies, jellies, simple syrups, locally roasted nuts and coffee beans, locally sourced cheese, fermented vegetables, chips and salsas and hand crafted cutting boards.

CREPES PAULETTE

213 Northeast A Street, Bentonville, AR 72712

Hours: Wed-Fri: 11am-2pm; Sat/Sun: 11am-3pm

(Hours change according to season)

Facebook: [crepespaulette](https://www.facebook.com/crepespaulette)

Contact: Fred Henry and Paula Jo Chitty Henry, Owners

Email: info@crepespaulette.com

Phone: 479-250-1110



Authentic, delicious French Crepes, sweet and savory in an open-air setting. Follow us on Facebook or Twitter for special events, announcements, weather-related schedule adjustments AND updates and news about our new storefront at the Thrive, coming in Spring 2015.

ELEVEN

Crystal Bridges Museum, 600 Museum Way, Bentonville, AR 72712

Hours: Lunch: Mon, Wed-Sat 11am-2:30pm

Dinner: Wed & Fri 5pm-9pm

Brunch: Sun 11am-2:30pm

Coffee Bar: Mon, Thu, Sat, Sun 11am-6pm, Wed & Fri 11am-9pm

Website: crystalbridges.org/Eleven

Email: Eleven@crystalbridges.org

Phone: 479-418-5700



Eleven, located within Crystal Bridges Museum of American Art, offers High South Cuisine in a setting as vibrant and exciting as its menu. Enjoy family favorites from the South and Midwest, prepared with an innovative twist by Chef Bill Lyle. Eleven works with local farmers and food artisans to produce fare that is fresh, healthy and remarkable. Discover our seasonal menus for Lunch, Dinner, Brunch and at the Coffee Bar. Reservations are recommended for Dinner and Brunch.

BENTONVILLE

THE HIVE

200 NE A Street, Bentonville, AR 72712

Hours: Breakfast: Mon-Fri: 6:30am-10am, Sat & Sun: 7am-10:30am
Lunch: Mon-Fri: 11am-2pm
Brunch: Sat & Sun: 11:30am-2:30pm
Dinner: Sun-Thu: 5:30pm-9:30pm, Fri-Sat: 5:30pm-10:30pm
Bar + Lounge: Sun-Thu: 11am-12am, Fri-Sat: 11am-1am

Website: thehivebentonville.com

Facebook: [TheHiveBentonville](https://www.facebook.com/TheHiveBentonville)

Phone: 479-286-6575



Located in Bentonville's new 21c Museum Hotel, The Hive showcases the unique culinary identity of Arkansas. Under the direction of executive chef and Arkansas native Matthew McClure, The Hive pays tribute to the High South while articulating McClure's approach to refined country cuisine. Chef McClure's commitment to building strong purveyor relationships is at the heart of The Hive's menus, and he is working closely with a number of local farmers and artisanal producers and looks forward to growing collaborations in Northwest Arkansas.

KIND KITCHEN

Bentonville, AR

Hours: Sat: at the Bentonville Farmers' Market 7:30am-1pm
Every First Friday on the Bentonville Square 11am-9pm

Facebook: [KindKitchen](https://www.facebook.com/KindKitchen)

Phone: 479-787-8560



Kind Kitchen is a mobile concession trailer from Northwest Arkansas. We are locally owned, using as much locally grown food as possible. All the flat wares are compostable or biodegradable, made from plants. The menu offers something for everyone. If you are gluten free, vegan, or just love to eat, Kind Kitchen has something for you! Kind Kitchen is set up at every First Friday on the Bentonville Square, and travels to many diverse events. Kind Kitchen offers fresh fried veggies, and in turn uses the oil for biofuel to fuel diesel cars. From start to finish, Kind Kitchen is conscious of the footprint they are leaving. OH and come try an Indian Taco or Strawberry Limeade! Both made fresh daily!



Photo: KJ's Caribe Restaurant & Cantina

BENTONVILLE**OVEN & TAP**

215 S Main Street (Main Street entrance), Bentonville, AR 72712

214 SE Moore Place (Rear entrance; parking lot in the rear)

Hours: Opened April 2015 – brunch, lunch, & dinner
(check website for hours)

Website: ovenandtap.com

Facebook: [Oven-and-Tap](https://www.facebook.com/Oven-and-Tap)

Instagram: [@ovenandtap](https://www.instagram.com/ovenandtap)

Contact: Luke Wetzel

Email: ovenandtap@gmail.com



Oven & Tap, named for its custom built wood fired oven & tap wall, is located just off the downtown Bentonville Square. Oven & Tap is the first outpost of the Township Provisions restaurant group, a band of food and beverage hounds who have a strong commitment to providing you with a quality dining experience. Join us for simple and delicious dishes inspired by Southern fare, Delta flavors, and hints of Italian flair. Oven & Tap's kitchen crafts each menu item from scratch using house recipes & quality ingredients, sourced locally whenever possible. We plan on supporting all NWA farmers to get the best of the region's bounty.

PETIT BISTRO

2702 N. Walton Blvd, Bentonville, AR 72712

Hours: Dinner: Mon-Sat: 5pm-close

Website: petitbistro.biz

Facebook: [PetitBistroNWA](https://www.facebook.com/PetitBistroNWA)

Phone: 479-464-9278



Located in a rustic stone building on North Walton Blvd, this French Mediterranean Restaurant has something that will entice anyone. From the Stuffed Petit Filet to the Pasta Fruit de Mer (Seafood Pasta), you are sure to find a delectable entree. Dining outside you can enjoy the serene patio with a private woodland view and a babbling brook. The wine list is extensive and well-chosen, and the selection of cocktails is sure to please everyone.

PRESSROOM

121 W. Central Ave, Bentonville, AR 72712

Hours: Mon-Wed: 7am-9pm; Thu-Sat: 7am-11pm; Sun: 8am-4pm

Facebook: [thepressroom](https://www.facebook.com/thepressroom)

Contact: Bea Apple

Email: bea@pressroomcoffee.com

Phone: 479-657-2905



Pressroom is an espresso café featuring light fare, Kennedy-roasted coffee, microbrews, wine and coffee/liqueur.

www.nwalocalfoodguide.org

BENTONVILLE

RIVER GRILLE STEAKHOUSE

1003 McClain Rd, Bentonville, AR 72712

Hours: Mon-Fri: 11am-2:30pm, 4:30pm-9:30 pm; Sat: 5pm-9:30pm

Website: rivergrillesteakhouse.com

Facebook: [River-Grille-Steakhouse](https://www.facebook.com/River-Grille-Steakhouse)

Email: rivergrille@cox-internet.com

Phone: 479-271-4141



Supporting your NWA community is rewarding, and locally-grown produce is less traveled, grown with fewer chemicals and more flavorful. River Grille Steakhouse sources some of our proteins and vegetables from local farmers, and during the spring and summer months, we are able to feature dishes using ingredients sourced only from local farms. We look forward to continuing our support of the NWA farming community.

TABLE MESA

108 East Central Ave, Suite 10, Bentonville, AR 72712

Hours: Mon-Thu: 11am-9pm; Fri-Sat: 11 am-10pm; Sun: 10am-2pm

Breakfast: Sat: 9am-1pm

Website: tablemesabistro.com

Email: manager@tablemesabistro.com

Phone: 479-715-6706



Table Mesa Bistro exists to provide an escape from the outside world. We feed the senses through our culinary creations, engaging service and a relaxing ambiance. Our multicultural offerings feature seasonal ingredients with broad appeal.

TAVOLA TRATTORIA

108 SE A Street, Bentonville, AR 72712

Hours: Mon-Thu: 11am-9pm; Fri & Sat: 11am-9:30pm; Sun: 4-8pm

Website: tavalatrattoria.com

Email: info@tavalatrattoria.com

Phone: 479-715-4738



Food is from the heart, so whether you are Italian or just have a passion for the cuisine, you will find soul satisfying riffs on Italian and Mediterranean cooking at Tavola. Call for a Priority Seating Request for a delightful dinner, cappuccino & dessert or one of our house signature cocktails, or enjoy your leisurely event with our affordable large party service offering a family style menu and reasonably priced Italian wine list.



Photo: Dripping Springs Garden

BENTONVILLE

TRICKDILLY

216 N Main Street, Bentonville, AR 72712

Hours: Mon-Sat: 11am-2pm, Dinner Times coming soon

Website: trickdilly.com

Facebook: [TrickDilly](https://www.facebook.com/TrickDilly)

Contact: Troy or Rebecca Walker

Email: trickdillytaco@gmail.com

Phone: 479-276-1391



TrickDilly is bringing a new dining experience that merges the familiar with something new. Using locally sourced ingredients, we have created a gourmet taco that is “No son los tacos de tu papa” (Not your father’s taco). Our menu will be based upon seasonality and specialty items available in the community. Whether you stop by the truck for lunch or have us cater an event, you will always get a dynamic product that foodies will love and locals will be proud to visit again and again. *Please see our entry under Caterers.*

TUSK & TROTTER AMERICAN BRASSERIE

110 SE A Street, Bentonville AR 72712

Hours: Mon-Thu: 11am-9:30pm; Fri: 11am-11pm; Sat: 10am-11pm
Sun: 10am-9pm (kitchen closed 2-2:30pm)

Website: tuskandtrotter.com

Email: info@tuskandtrotter.com

Phone: 479-268-4494

Chef: Rob Nelson



Tusk & Trotter American Brasserie is located a block off “The Square” in Downtown Bentonville and features an atmosphere casual enough to invite families with a menu sophisticated enough to wow the most traveled gourmet. Our menu features local produce when possible and shifts seasonally to accentuate available ingredients.



Photo: Susan Drouilhet

BENTONVILLE

THE VINTAGE FARMER

2501 14th Street, Suite 3, Bentonville, AR 72712

Hours: Mon-Fri: 6am-8pm, Sat: 9am-8pm Sun: 10am-5pm

Website: vintagefarmer.myshopify.com

Facebook: [vintagefarmer](https://www.facebook.com/vintagefarmer)

Email: info@vintagefarmer.com

Phone: 479-250-9891 and 479-250-9892



The Vintage Farmer brings local food fast with many clean Grab-n-Go options for today's time-starved culture. Grab-n-Go breakfast, lunch or dinner. Sit inside or out, surrounded by modern stainless steel and live edge walnut, and chill with a cold-pressed juice and salad. The Vintage Farmer is an upscale Internet Café – so relax, have meetings and enjoy the cool atmosphere of something new to Bentonville, Arkansas. We have healthy smoothies and a mini-farmers' Market for the local goods you always crave: local eggs, Bison, Elk, grass fed-beef, etc. Great bike ride destination to meet and chat about whatever is under the blue sky. We love giving out free shots like our Ginger, Lemon and Cayenne "Fire Ball" to give you that pick-me-up that your healthy body craves. You can also order local CSA farm boxes here. We deliver, or you can pick-up. Local pasture-raised meats, produce and breads, organic cold-pressed juices and smoothies. You can easily find us between Kennedy Coffee and The Famous Sushi House! Hope to see you soon!

YEYO'S MEXICAN GRILL

122 W Central Ave, Bentonville, AR 72712

Hours: (Currently Seasonal March-November)

Mon-Fri: 11am-2pm & 5pm-9pm; Sat: 7:30am-9pm;

Sun Closed

Website: yeyosmexicangrill.com

Facebook: [yeyosmexicangrill](https://www.facebook.com/yeyosmexicangrill)

Twitter: [yeyosgrill](https://twitter.com/yeyosgrill)

Email: yeyosmexicangrill@gmail.com

Phone: 479-381-1726



Yeyo's Mexican Grill features the most authentic south-of-the-border street fare. Our mission is transport you to the bohemian streets of Mexico, share our tradition with great pride, and consistently utilize the freshest produce grown locally at the Rios Family Farm, with emphasis on responsible organic practices.



Photo: Susan Drouilhet

EUREKA SPRINGS**CAFÉ AMORE**

2070 E Van Buren, Eureka Springs, AR 72632

Hours: Thu-Sun: 4:30-closing

Website: cafeamorearkansas.com

Email: kzellerps@aol.com

Phone: 479-253-7192

Chef: Katherine Zeller

Café Amore restaurant offers delicious homemade Italian cuisine. Chef Katherine earned her Culinary Degree in San Francisco and puts lots of love into every dish she creates. Café Amore specializes in lasagna, scampi, spaghetti and meatballs and various desserts. Voted Best Pizza in the Galaxy and Most Romantic by our customers. We now also offer Gluten Free Pizza! We buy local fresh basil and offer homemade pesto all year long.

**FRESH – FARM TO TABLE**

179 N Main Street, Eureka Springs, AR 72632

Hours: Wed-Mon: 1pm-9pm

Website: freshanddeliciousofeurekasprings.com

Facebook: [freshofeurekasprings](https://www.facebook.com/freshofeurekasprings)

Contact: Ken Ketelsen

Email: dejavuofeureka@yahoo.com

Phone: 479-253-9300

Chef: Jonny Streety

American Bistro and Bakery providing high quality lunch, dinner and Sunday brunch. The mission of FRESH is focused on using seasonal ingredients to create menus that use both seasonal and organic foods whenever possible.

**KJ's CARIBE RESTAURANT AND CANTINA**

Hwy 62 West, Eureka Springs, AR 72632

Hours: Thu-Sun: noon-9pm

Facebook: [KJs-Caribe-Restaurant-Cantina](https://www.facebook.com/KJs-Caribe-Restaurant-Cantina)

Phone: 479-253-8102

Chef: KJ Zumwalt

A Eureka Springs treasure since 1992 serving some of the best Caribbean food in the South. Chef KJ buys directly from local farmers and builds specials and menus to highlight local food. On Sunday evenings, KJ presents Chalupa night with ever-changing menu offerings.



Photo: KJ's Caribe Restaurant & Cantina

EUREKA SPRINGS

OSCARS CAFE

17 White Street, Eureka Springs, AR 72632

Hours: Tue-Sat: 9am-3pm;
Sun: 10am-3pm

Facebook: [oscarsonwhitestreet](https://www.facebook.com/oscarsonwhitestreet)

Contact: Hana Maufe, Chef

Email: hanamaufe@hotmail.com

Phone: 479-981-1436



Oscars Cafe serves amazing home made cakes, locally roasted coffee, healthy brunch and lunch. Gourmet sandwiches with Mediterranean influences, hearty soups, salads, Fresh baked goods like quiches, scones, muffins, gluten free options, and exciting specials that change daily. The Saturday farmers' market across the street brings in a great local crowd to try the farmers' market special, a changing dish cooked with local produce from the market. Oscars is full of character and charm with an eclectic vibe. It is in a Victorian house up on the historic loop, out of the way of busy downtown with a great covered porch so you can enjoy eating outside when the weather is fine. Plenty of free parking and a trolley stop opposite.

THE STONEHOUSE

89 South Main, Eureka Springs, AR 72632

Hours: Thu-Sun: 1pm-10pm

Facebook: [The-Stone-House](https://www.facebook.com/The-Stone-House)

Contact: Amanda Shoeman

Phone: 479-363-6411



The Stonehouse exemplifies all that is Eureka. Great food, great wine, great atmosphere.



Photo: KJ's Caribe Restaurant & Cantina

FAYETTEVILLE

APPLE BLOSSOM BREWING COMPANY

1550 E Zion Rd, Suite 1, Fayetteville, AR 72703

Hours: Mon-Thu: 11am-9:30pm;
Fri-Sat: 11am-10:30pm; Sun: noon-9pm

Website: appleblossombrewing.com

Facebook: [Apple-Blossom-Brewing-Company](https://www.facebook.com/Apple-Blossom-Brewing-Company)

Twitter: [ABBCBeer](https://twitter.com/ABBCBeer)

Instagram: [appleblossombrewing](https://www.instagram.com/appleblossombrewing)

Email: management@appleblossombrewing.com



Named after the Arkansas state flower, this 8,500 square foot, 250-seat brewpub is the largest in the state! Twelve taps flow with craft beer all made on premises in our 10-barrel brewhouse. Styles vary from the classic, such as our flagship Armstrong American Pale Ale, to current trends such as our Mockingbird Black IPA, to the experimental, like our Sturdy Hippie IPA, fermented with a 14 year old sourdough strain belonging to our Executive Pastry Chef, Cody Johnson! We make fresh baked bread in-house every day and our menu consists of affordable, amazing classics, such as the Cubano, Bahn Mi, or French Dip. We make all our soups, salad dressings, and all our prime rib is prepared in house. Our fries are cut fresh every day and fried to order. Try them topped with queso and some of the Mole chicken! And be sure to ask your server for the special of the day, as the kitchen is always encouraged to experiment and provide something new to pair with our beer.

ARSAGA'S AT THE DEPOT

548 W Dickson St., Fayetteville, AR 72701

Hours: Mon-Sat: 7am-10pm
Sun: 9am-9pm

Website: arsagasdepot.com

Facebook: [ArsagasDepot](https://www.facebook.com/ArsagasDepot)

Contact: Ava Arsaga

Phone: 479-443-9900



Located on the Frisco Trail on the corner of West and Dickson in the old railroad freight building, The Depot offers a diverse selection of wine and beer as well as a full coffee menu. Breakfast, lunch and dinner served seven days a week, with a menu inspired by local food availability. Vegetarian, vegan, and gluten free options available.



Photo: Susan Drouilhet

FAYETTEVILLE

BORDINO'S

310 West Dickson Street, Fayetteville, AR 72701

Hours: Tue-Fri: 11:30am-2pm - *Lunch*
 Mon-Thu: 4:30-11pm - *Dinner*
 Fri & Sat 4:30pm-midnight - *Dinner*
 Sat & Sun: 10am-2pm - *Brunch*

Website: bordinos.com

Contact: Angelina Smith - Events
 Mike Meeks – General Manager

Phone: 479-527-6795

Chef: Ethan Altom

Lunch and dinner menus change seasonally and include dishes created with local ingredients and gluten-free choices. First seating from 5pm-6:30pm daily features a fixed price 3-course meal. The Chef's Table event features a 5-course (or more) menu designed by Chef Ethan with each course served & presented by him. The meal is created to fit the dietary needs and tastes of the party, including wine pairings.



BOUCHÉE BISTRO

1 E Center Street, Suite 160, Fayetteville, AR 72701

Hours: Tue-Fri: 8am-5pm;
 Sat: 8am-3pm;
 Sun: 10am-3pm

Facebook: [BoucheeBistro](https://www.facebook.com/BoucheeBistro)

Contact: Sammy Townsend

Email: BoucheeBistro@gmail.com

Phone: 479-409-0509

Chef: Vince Pianalto, Sammy Townsend, Justin Calvert

Upscale French bistro serving classic French dishes such as Crepes, Quiche, Croissants.... Sandwiches include Prosciutto, Asparagus and Brie, Croque Madame... Coffee and Tea. Our mission is to show that food is an experience to be shared and savored with friends and family.



ELLA'S RESTAURANT

465 N. Arkansas Avenue, Fayetteville, AR 72701

Hours: Mon-Sat: 6:30am-10pm;
 Sun: 7am-2pm

Website: ellasrestaurant.com

Contact: Heath Thompson

Phone: 479-582-0400

Ella's Restaurant provides a comfortable, yet sophisticated environment through our finest quality dishes and excellent customer service. Our fine-dining restaurant uses fresh and local ingredients, regularly utilizing the Fayetteville Farmers' Market and other local suppliers. Our menu changes seasonally, and we provide daily specials for a new experience each time you join us at Ella's.



FAYETTEVILLE

THE FARMER'S TABLE CAFE "Where Locals Meet & Eat"

1079 S School St., Fayetteville, AR 72701

Hours: Locally sourced breakfast and lunch
Tue-Sun: 7am-4pm;
Sun: 8am-3pm

Website: thefarmerstablecafe.com

Facebook: [farmerstablecafe](https://www.facebook.com/farmerstablecafe)

Phone: 479-966-4125



The Farmer's Table Cafe focuses upon supporting local farmers and providing our community with fresh, comfortable foods that are healthy for our bodies and the local food economy. The foods you grew up eating. Meals grown right here in the Ozarks. Owners Rob & Adrienne Shaunfield believe that good food should be a daily ritual, not a luxury. With a menu designed around exclusive use of local meats, eggs, grains, produce, and artisanal products, we honor the foods of the Ozarks by bringing our community together around the table. Please join us!

FRESCO CAFÉ & PUB

112 W Center Street, Fayetteville, AR 72701

Hours: Mon: 11am-2:30pm;
Tue-Fri: 11am-2:30pm and 4:30-9pm;
Sat: 11am-9pm

Website: frescocafeandpub.com

Facebook: [FrescoCafeNWA](https://www.facebook.com/FrescoCafeNWA)

Contact: Michael Andrews

Email: mandrews123@gmail.com

Phone: 479-455-5555

Full Service Restaurant with Full Bar. We believe in the use of local fresh ingredients to create incredible and healthy cuisine.



GREENHOUSE GRILLE

481 South School Avenue, Fayetteville, AR 72701

Hours: Tue-Thu: 11am-9pm,
Fri-Sat: 11am-10pm,
Sun: 10am-2pm

Website: greenhousegrille.com

Email: jerry@greenhousegrille.com

Phone: 479-444-8909

Chef: Jerry Gawthrop

Our Lunch, Dinner and Brunch menus are seasonally changing, along with daily specials. Since 2006, we have supported locally grown produce, locally raised meats, locally produced breads and products, locally roasted coffee, local artists and musicians. Featuring fresh & eclectic cuisine, vegan and vegetarian options and numerous gluten-free selections.



www.nwalocalfoodguide.org

FAYETTEVILLE

MEIJI JAPANESE CUISINE

3878 N. Crossover, Fayetteville, AR 72703

Hours: Mon-Thu: 11am-9pm; Fri: 11am-10:30pm;
Sat: noon-10:30pm, Sun: 4pm-9pm

Website: meijinwa.com

Contact: Lisa Yaccarino

Phone: 479-521-5919

Chef: Darwin Beyer

At Meiji, we specialize in authentic sushi and family recipes with a fresh modern flair. We use the freshest ingredients, including sashimi-grade fish flown in several times a week and vegetables and herbs from local farmers as well as fresh oysters and inventive desserts. You'll also find a little something unexpected—our intimate dining room features a projection screen playing vintage samurai movies. Come see our newly expanded dining room, sake lounge, and patio. We are a small family business, and the owner is also your sushi chef, so you can expect attentive service and exquisite sushi. Discover Meiji today!



NATURAL STATE SANDWICHES

@ the Yacht Club, 617 N College Ave, Fayetteville, AR 72701

Hours: Tue-Sat: 11am-3pm

Website: naturalstatesandwiches.com

Facebook: [naturalstatesandwiches](https://www.facebook.com/naturalstatesandwiches)

Twitter: [@sandwichczar](https://twitter.com/sandwichczar)

Instagram: [Natural State Sandwiches](https://www.instagram.com/NaturalStateSandwiches)

Phone: 479-225-1103

We like to think out-of-the-box, and strive to use local and the freshest ingredients possible, in your not-so-typical sandwich shop!



PEDAL POPS

Fayetteville Farmers' Market *(See other retail locations in our description below)*

Hours: Sat: 7am-2pm Fayetteville Farmers' Market

Website: pedalpops.com

Facebook: [PedalPops](https://www.facebook.com/PedalPops)

Contact: Mike Thompson

Email: mike@pedalpops.me

Phone: 404-290-1916

Pedal Pops are all-natural frozen fruit pops made with simple ingredients with no added preservatives, colors, artificial sweeteners, or thickening agents. We only use fresh fruit and Stevia, which helps keep both the sugars and calories low, making our pops the perfect snack at the office, on a warm summer day, after school, or even after a workout. After your first bite, we hope you'll agree with our motto that "Simple Ingredients are Simply Delicious."

Find our pops at Ozark Natural Foods and Akins Natural Foods Market! Additional locations include Arsaga's at the Fayetteville Public Library and Jammin' Java on the Fayetteville Square.



FAYETTEVILLE

THEO'S FAYETTEVILLE

318 N Campbell Ave, Fayetteville, AR 72701

Hours: Mon-Sat: 5pm-1am

Website: theosfayetteville.com

Facebook: [theos.fayetteville](https://www.facebook.com/theos.fayetteville)

Phone: 479-527-0086

Opened since 2005, Theo's American Kitchen & Cocktail Lounge blends the freshness of coastal cuisine with the comfort of Southern cooking and hospitality.



VETRO 1925

17 E. Center St., Fayetteville, AR 72701

Hours: Mon: 5pm-10pm;
Tue-Thu: 11am-2:30pm, 5pm-10pm;
Fri: 11am-2:30pm, 5pm-11pm;
Sat: 4pm-11pm

Website: vetro1925.com

Facebook: [Vetro-1925-Ristorante](https://www.facebook.com/Vetro-1925-Ristorante)

Phone: 479-966-4649

Vetro 1925 treats Fayetteville to the rich flavors of authentic Italian food. Chef Alan Dierks specializes in seafood and fine cuts of meat. He and his staff strive to preserve simple, clean flavors, using the freshest ingredients. We import our aged prosciutto, cheeses, and Sicilian olives from Italy. We also feature ingredients from local farms when available. Depending on the season, you may see a few surprises on the menu in addition to your old favorites.



WOOD | STONE CRAFT PIZZA + BAR

557 South School Ave, Fayetteville, AR 72701

Hours: Tue-Sun: 11am- 10pm

Website: woodstonecraftpizza.com

Email: jerry@greenhousegrille.com

Phone: 479-444-1947

Chef: Jerry Gawthrop

WOOD | STONE Craft Pizza + Bar is a wood fired artisan pizza restaurant located in the Mill District of South Fayetteville. Featuring locally sourced ingredients, local craft beers and craft cocktails, WOOD | STONE has served Fayetteville residents since summer 2014. Brought to you by Greenhouse Grille owners Clayton Suttle and Jerry Gawthrop, further enhancing the culinary experience in South Fayetteville and the region as a whole.



Photo: Kevin Hetherington

RESTAURANTS

FAYETTEVILLE

ZUPPA ZUPPA

@ The Yacht Club, 617 N. College Ave, Fayetteville, AR 72701

Hours: 11am-3pm (sometimes later)

Website: annharris156.wix.com/zuppa-zuppa

Facebook: [zuppa.zuppa](https://www.facebook.com/zuppa.zuppa)

Instagram: [zuppazuppa](https://www.instagram.com/zuppazuppa)

Contact: Ann Harris

Email: thesouplady7@gmail.com

Phone: 479-595-4898

Original recipe soups, salads and crostini made with love.



Photo: KJ's Caribe Restaurant & Cantina

JASPER

ARKANSAS HOUSE – BOARDWALK CAFÉ

215 East Court St (Hwy. 7), Jasper, AR

Hours: Mon, Tue, Thu: 11am-7pm;
Fri & Sat: 11am-8pm;
Sun: 11am-5pm; closed Wed.

Website: arkansashouse.net

Facebook: [Arkansas-House-Boardwalk-Cafe](https://www.facebook.com/Arkansas-House-Boardwalk-Cafe)

Email: ARHOUSE@ritternet.com

Phone: 1-888-ARHOUSE (274-6873), Local 870-446-5900

The historic Arkansas House is the Buffalo National River's finest resort, centrally located on Scenic Highway 7 in downtown Jasper. Just down the boardwalk from the inn, you'll find our organic restaurant, the Boardwalk Café, where we feature locally-produced organic fruits and vegetables, free-range beef-pork-chicken-elk-buffalo, wild-caught razorback and rainbow trout, as well as artisan breads and pastries. Come try nationally-famous Chef Janet Morgan's wild and organic food, which has been featured on P. Allen Smith's National Public Television's Garden to Table show and was recently filmed by National Geographic for a show that traces our food from field to plate. *Please see our Listing under B&Bs.*



Photo: KJ's Caribe Restaurant & Cantina

SILOAM SPRINGS**28 SPRINGS**

100 E. University St., Siloam Springs, AR 72761

Hours: Mon-Sat: 11am-9pm, bar open later

Website: 28springs.com

Facebook: [28Springs](https://www.facebook.com/28Springs)

Contact: Michael Olson, Gen. Mgr.

Email: info@28springs.com

Phone: 479-524-2828



28 Springs is proud to be part of the community of great restaurants and businesses in historic downtown Siloam Springs. The kitchen at 28 Springs prepares beautiful, completely from-scratch food, with a rotating menu to show off the best of what is in season. The 28 Springs bar features an extensive selection of craft beer, hand-crafted cocktails, and a carefully curated wine list. We aim to make you feel at home here, for a quick lunch, a business meeting, or a special date. Walk-ins welcome. Kids welcome. Dress: Anything from t-shirts to suits.

THE CAFE ON BROADWAY

123 N Broadway, Siloam Springs, AR 72761

Hours: Mon-Sat: 7am-10pm;

Sun: 3pm-10pm

Website: thecafeonbroadway.com

Facebook: [thecafeonbroadway](https://www.facebook.com/thecafeonbroadway)

Contact: 479-466-3222, Carolyn Robinson

Phone: 479-549-3556



Full cafe and highest quality coffeehouse, with local healthy dining choices, homemade pastries, and finest locally roasted fresh Onyx beans. Located in revitalized downtown Siloam Springs.

FRATELLI'S

118 South Broadway Street, Siloam Springs, AR 72761

Hours: Mon-Thu : 11am-8pm

Fri-Sat: 11am-9pm

Website: fwfpizzeria.com

Facebook: [Fratellis-Wood-Fired-Pizzeria](https://www.facebook.com/Fratellis-Wood-Fired-Pizzeria)

Contact: Scott Jones, Tom Leadabrand

Email: info@fwfpizzeria.com

Phone: 479-524-0766



At Fratelli's, we want you to enjoy a true Italian-style pizza. We make our own dough using finely ground flour imported from Italy, hand-toss it, top it, and bake it in our super hot wood-fired oven. Our marinara sauce is made with Italian plum tomatoes, and we use whole milk mozzarella cheese. During the months that the Siloam Springs Farmers' Market is open, we often shop the market for the veggies that end up topping our pizzas. You won't find many of our ingredients on other pizza menus-most of our toppings are ones you would find on pizzas in Italy. The quantities used complement rather than overwhelm the simple flavors of the crust and sauce. We hope you will enjoy eating our pizzas as much as we enjoy making them for you!

SILOAM SPRINGS

SWEETWATER TAVERN

201 West University Street, Siloam Springs, AR 72761

Hours: Tue-Thu: 11am-10pm
Fri-Sat: 11am-11pm
Sun: 11am-8pm

Website: innatthesprings1897.com

Facebook: [InnattheSprings](https://www.facebook.com/InnattheSprings)

Contact: Rosemary

Phone: 479-373-1897



Inn at the Springs' "Sweetwater Tavern" is the perfect restaurant to enjoy with family and friends everyday and on special occasions. Flavorful soups, fresh salads, and paninis are lighter fare on a menu that also offers signature dishes such as Ginger Lime Tilapia, Hand Cut Rib-Eyes and Bavarian Schnitzel. We are also a full service Tavern with a wide selection of wines and spirits. *Please see our listing under B&Bs.*



Photo: Dripping Springs Garden



Photo: Melissa Davis of Souls Harbor

THE BREAD BASKET

Location: 417 Roderic Dr., Siloam Springs, AR 72761
 Hours: Siloam Springs Farmers Market and by appointment,
 plus year round online market (see description)
 Facebook: [BrendasBreadBasket](#)
 Contact: Brenda Welch
 Email: brendawelch48@yahoo.com
 Phone: 479-524-0117 or 479-524-0202



The Bread Basket is a home-based bakery, featuring breads and other baked goods made with locally grown honey, fruits, grains and seeds when available. The Bread Basket offers gluten free as well as sugar free breads and other baked goods. We have fruit pies, cookies, scones, cakes, cinnamon rolls, popovers, toffee and many other items. You may also purchase Sipes Busy Bee Honey - pure, raw and local - from The Bread Basket. "Like" us on Facebook and see pictures of the many items we have to offer. Give The Bread Basket a call and place your order for fresh breads anytime. There are no preservatives in any of the baked goods so you get quality, natural and fresh every time.

The Bread Basket is associated with the online market that is available all year long. Set up your free account with the Siloam Springs online market at <http://siloamsprings.locallygrown.net>. Online market orders are accepted Sunday through Wednesday at 5pm and ready to pick up Saturday mornings from 9am-11am. Pick up location is provided when you place your order.

SKOPP BAKERY

Siloam Springs, AR 72761
 Hours: Siloam Springs Saturday Farmers' Market 8am-1pm
 Facebook: [skoppbakery](#)
 Contact: Rikki Skopp
 Email: skopprikki@gmail.com
 Phone: 479-373-6280



Skopp Bakery offers a wide variety of sweet and savory treats made from the highest quality ingredients such as pure butter, King Arthur Flour, Grey Sea Salt, Ghiradelli Chocolate and cocoa. We use local ingredients whenever possible, especially for our seasonal jams and jellies, which include offerings such as Strawberry Vanilla Bean, Rhubarb Strawberry Blood Orange, Spicy Apple Butter, and Lavender. Our baked goods include sweet and savory scones, breads, cakes, granola and cookies. Our products are also available at Siloam Springs Online Farmers' Market: <http://siloamsprings.locallygrown.net/>



Photo: Melissa Davis of Souls Harbor

ARKANSAS HOUSE

215 East Court Street (Hwy. 7), Jasper, AR 72641

Website: arkansashouse.net

Facebook: [Arkansas-House-Boardwalk-Cafe](https://www.facebook.com/Arkansas-House-Boardwalk-Cafe)

Email: ARHOUSE@ritternet.com

Phone: 1-888-ARHOUSE (274-6873), Local 870-446-5900

The historic Arkansas House is the Buffalo National River's finest resort, centrally located on Scenic Highway 7 in downtown Jasper. Just down the boardwalk from the inn, you'll find our organic restaurant, the Boardwalk Café, where we feature locally-produced organic fruits and vegetables, free-range beef-pork-chicken-elk-buffalo, wild-caught razorback and rainbow trout, as well as artisan breads and pastries.

Please see our Listing under Restaurants.



BED AND BREAKFAST AT EWE BET FARM

Ewe Bet Farm, 1020 W Wallis Rd, Cave Springs AR 72718

Website: ewebetfarm.com/bed-and-breakfast-at-ewe-bet-farm

Facebook: [ewebetfarm](https://www.facebook.com/ewebetfarm)

Email: ewebetfarm@gmail.com

Phone: 479-903-5556

We are pleased to offer excellent accommodations on our working sheep farm to visitors coming to Bentonville, Fayetteville, or Rogers. When you stay with us, you will enjoy a relaxing high quality suite for two at our well-appointed Bed & Breakfast. Breakfast is delivered to your room each morning with home made muffins, our farm fresh eggs, local chorizo and fruit (when in season, from our farm). In-room tea and coffee are provided as well as complimentary wine and snacks upon your arrival. When you stay at our Bed & Breakfast, you are only 15 minutes away from the world class Crystal Bridges Museum. Enjoy a pleasant farm stay, sample some of our region's best food, shop 'till you drop, explore the Ozarks, and take in some of America's most priceless masterpieces.



INN AT THE SPRINGS

201 West University Street, Siloam Springs, AR 72761

Website: innatthesprings1897.com

Facebook: [InnattheSprings](https://www.facebook.com/InnattheSprings)

Contact: Rosemary 479-373-1897 or 323-828-6356

Phone: 479-373-1897

Established in 2014, Inn at the Springs is a fully renovated Historical Inn. Originally established in 1897 as "The Annex," this once-posh rooming establishment has been lovingly restored to include 4 classically decorated rooms with French Doors opening onto a wrap-around Veranda, a Restaurant and Tavern. The Inn is centrally located in downtown Siloam Springs within easy walking distance to unique shopping and dining. We are also walking distance from John Brown University. Our B&B is perfectly located for the weekend break or a leisurely mid-week holiday.



CATERING SERVICES

BENTONVILLE BUTCHER & DELI

Location: 1201 S Walton Blvd, Bentonville, AR 72712
Schedule: Mon-Fri: 9am-7pm, Sat: 9am-5pm, Sun: 10am-2pm
Website: bentonvillebutcher.com
Facebook: [Bentonville-Butcher-Deli](https://www.facebook.com/Bentonville-Butcher-Deli)
Contact: CeCe Pedersen
Email: bentonvillebutcherdeli@yahoo.com
Phone: 479-464-9933



Bentonville Butcher & Deli is a family owned and operated butcher shop, deli and specialty food store located in Bentonville, AR. Our butchers are always available to assist with selections of fresh beef, pork, chicken, sausages and seafood as well as customizing cuts. Our Deli serves up some of the best BBQ fare and sandwiches around – and available both in house and for catering. We source locally grown produce whenever possible and offer locally raised grass fed beef, local pasture raised chicken, farm fresh eggs, locally produced and homemade breads, local hand crafted candies, jellies, simple syrups, locally roasted nuts and coffee beans, locally sourced cheese, fermented vegetables, chips and salsas and hand crafted cutting boards. *Please see our Listing under the Restaurant section.*

COCO'S LEBANESE CAFÉ

Facebook: [CocosLebaneseCafe](https://www.facebook.com/CocosLebaneseCafe)
Contact: Genoveva
Email: cocolebanese@hotmail.com
Phone: 479-799-0322



We offer authentic Lebanese, Italian, Mediterranean, and Mexican fare, emphasizing the freshest local ingredients. We cater Special Events and Orders by Request; we also provide Private Cooking in Your Home and Cooking Lessons. Call us for your catering needs today!

THE FARMER'S TABLE CAFE “Where Locals Meet & Eat”

Location: 1079 S School St., Fayetteville, AR 72701
Schedule: Tue-Sat 7am-4pm, Sun 8am-3pm
Website: thefarmerstablecafe.com
Facebook: [farmerstablecafe](https://www.facebook.com/farmerstablecafe)
Phone: 479-966-4125



The Farmer's Table Cafe focuses upon supporting local farmers and providing our community with fresh, comfortable foods that are healthy for our bodies and the local food economy. In addition to our restaurant, we cater! With a menu designed around exclusive use of local meats, eggs, grains, produce, and artisanal products, we honor the foods of the Ozarks by bringing our community together around the table. Please give us a call! *Please see our Listing under the Restaurant section.*

www.nwalocalfoodguide.org

TRICK DILLY

Location: 216 N Main Street, Bentonville, AR 72712

Website: trickdilly.com

Facebook: [TrickDilly](https://www.facebook.com/TrickDilly)

Email: trickdillytaco@gmail.com

Phone: 479-276-1391



TrickDilly is bringing a new dining experience that merges the familiar with something new. We love to cater all types of events with or without our food truck, including parties, festivals, weddings, meetings and private get-togethers. Tired of chips and sandwiches during business meetings? Call TrickDilly to add a little flavor to those long meetings with our flavorful pork and goat cheese taco or a spicy buffalo chicken taco. If you are looking for something outside of the traditional TrickDilly fare, we can work with you to make your event a success. *Please see our Listing under the Restaurant section.*



Photo: Dripping Springs Garden

KEELS CREEK WINERY

3185 E. Van Buren St., Eureka Springs, AR 72632

Hours: Open Daily (in Season) Sun-Tue: noon-5pm
Wed-Sat: 11am-6pm
Wed-Sun: noon-5pm

Website: keelscreek.com
Facebook: [KeelsCreekWinery](https://www.facebook.com/KeelsCreekWinery)
Contact: Doug Hausler
Email: winery@keelscreek.com
Phone: 479-253-WINE (9463)



Local Wines from Local Grapes. Wine sales and tastings are located in the Spanish-style building that is shared with Keels Creek Art Gallery. Vineyards are located in the Hills of Keels Creek about 3 miles from the city limits of Eureka Springs. Seven acres initially planted in 2004 and 2005 contain over 10 varieties of grapes. The winery began in fall 2006 and our intent is to stay small as a boutique winery focused on local grapes harvested from our vineyard and 2 other local Arkansas vineyards.

RAILWAY WINERY & VINEYARD

4937 Hwy 187, Eureka Springs, AR 72631

Hours: Wed-Sun: 10am-5pm (starting in May)
Website: railwaywinery.com
Contact: Greg Schneider
Email: railwaywinery@trestle71-7.com
Phone: 479-244-7798 or 479-981-3980



Arkansas small farm winery, featuring artisan wines and locally produced food stuffs.

SASSAFRAS SPRINGS VINEYARD

6461 E Guy Terry Rd, Springdale, AR 72764

Hours: Sun-Wed: 11am-6pm; Thu-Sat: 11am-9:30pm
(See website for winter hours)

Website: SSVwinery.com
Facebook: [SassafrasspringsvineyardSpringdale](https://www.facebook.com/SassafrasspringsvineyardSpringdale)
Contact: Gene and Cheryl Long
Email: ssvwinery@gmail.com
Phone: 479-419-4999



Sassafras Springs Vineyard is located between Springdale and Fayetteville on 15 acres. The old milk barn has been converted to a winery and the horse stables have been converted to a reception room for large parties, receptions, and galas. We also have a chapel ruins for weddings. Our winery production room is available for tours. We have our own wine made by wine maker Stephen Dollar who was named "Arkansas wine maker of the year." We also carry wines from other Arkansas wineries as well as wines from all over the world. Local artisans provide many food choices in produce, meats and cheeses. Come by for wine tasting and relax on one of our decks or by the fireplace. We have live music by local musicians on Friday and Saturday nights from 6pm-9pm. Check out our many scheduled events on Facebook and our website.

TONTITOWN WINERY

335 N Barrington Rd, Springdale, AR 72762

Hours: Mon-Thu: 11am-6pm

Fri-Sat: 11am-7pm

Sun: noon-5pm

Website: tontitownwinery.com

Contact: Heather Ranalli-Peachee

Email: sales@tontitownwinery.com

Phone: 479-361-8700



We invite you for free wine tasting, 7 days a week. The Tontitown Winery is housed in the “Taldo House” built in 1917, also former home of the “Dixie Pride Bonded Winery #40.” Our wines are made on-site, from local Tontitown grown grapes. While you’re here, we invite you to explore our History Room which features the traditions of the grape-growing, wine-making Italians who founded and prospered this town.



Photo: Dickey Farms

ADDITIONAL RESOURCES

The Northwest Arkansas Local Food Guide promotes access to healthy, local, and fresh food for all. There are many organizations in our region addressing local food, sustainability, and hunger issues. These groups provide educational opportunities and resources to grow one's own food, cultivate community gardens, create community food security as well as participate at the educational and policy levels. We encourage you to connect with these organizations and get involved!

APPLE SEEDS

Apple Seeds is passionate about our mission of inspiring healthy living through garden-based education. Since 2007 we have partnered with schools and organizations on garden education programs, student-led garden markets, Farm to School projects, cooking classes, and field trips to farms. The Apple Seeds Teaching Farm in the heart of Fayetteville is a regional resource for building and sustaining school gardens across Northwest Arkansas.

Website: appleseedsnwa.org

Facebook: [appleseedsinc](https://www.facebook.com/appleseedsinc)

Email: contact@appleseedsnwa.org



APPLIED SUSTAINABILITY CENTER

The Applied Sustainability Center at the University of Arkansas is committed to building a more sustainable world through research, education, and outreach. Our mission is to accelerate learning about sustainability and expand the commitment to sustainable practices in communities and organizations throughout the state of Arkansas.

Website: asc.uark.edu

ARKANSAS FOOD INNOVATION CENTER

The University of Arkansas understands the unique challenges that face those starting a food production business. Processing is a costly procedure that requires appropriate facilities in addition to strict adherence to federal and state regulations. The Food Science Department of the University of Arkansas System Division of Agriculture provides one such pilot processing plant. The facility is available for rental by new businesses for commercial processing as well as packaging and labeling services.

Website: afic.uark.edu

Contact: Mike Davis, AFIC Manager

Email: mld014@uark.edu

Phone: 479-575-3095

CENTER FOR AGRICULTURAL AND RURAL SUSTAINABILITY (CARS)

The mission of the Center for Agricultural and Rural Sustainability (CARS) is to increase prosperity for rural Arkansas through sustainable practices. The Center provides leadership in Arkansas and the world in balancing the demands of community, agriculture and ecosystems in order to meet the needs of current generations while enhancing the opportunity for future generations to meet their needs.

Website: uark.edu/ua/cars

ADDITIONAL RESOURCES

CITY OF FAYETTEVILLE COMMUNITY GARDENS IN THE PARKS

Community Gardens In The Parks provides opportunities for citizens to work together with neighbors to participate in or start a community garden in a local park. The City of Fayetteville is promoting and expanding greening efforts in our community by providing valuable outdoor space for citizens in Fayetteville to garden together. Currently, there are community gardening projects at Walker Park, Jefferson Community Garden and the Yvonne Richardson Community Center. In an effort to promote community gardening, The City of Fayetteville will assist residents who wish to build a community garden on park land near their neighborhood. Park lands suitable for community gardens have been identified in each quadrant of the city. Please see our website for more information.

Website: www.fayetteville-ar.gov
Contact: Kristina Jones
Email: parksvolunteer@fayetteville-ar.gov
Phone: 479-444-3467

COBBLESTONE FARM

The Cobblestone Farm is designed to use sustainable agriculture to help the under-resourced in our area by focusing on four strategic areas: education, community, hunger relief, and economic development.

Website: cobblestoneproject.org/harvestshare2015
Facebook: [csprojectfarm](https://www.facebook.com/csprojectfarm)
Contact: Jenni Kirstein, Director of Programs and Education,
Mark Priest, Farm Manager
Email: programs@cobblestoneproject.org or mark@cobblestoneproject.org
Phone: 479-966-5316 (farm); 479-966-5385 (office)

DIG IN! FOOD AND FARMING FESTIVAL

The Dig In! Food and Farming festival began in 2011 as a film festival centered on local food and farms and how our food choices affect communities, farms, local economy and natural ecology. Producers Leigh Wilkerson, Cheri LaRue, and Charity Lewis were joined by local farm-to-table chefs to produce a day filled with film, conversation and local food. The festival grew steadily in 2012 and 2013, attracting hundreds of participants with the addition of classes, discussions, seed swaps, information as well as a vendor fair, opening reception, keynote address and children's activities. The festival continues in 2015 with a Northwest Arkansas regional focus on food system change.

Website: diginfestival.com
Facebook: [Dig.In.NWA](https://www.facebook.com/Dig.In.NWA)

FAYETTEVILLE COMMUNITY GARDEN COALITION

The Mission of the Fayetteville Community Garden Coalition is to facilitate the development and growth of sustainable community gardens in Fayetteville that build community and produce fresh, high quality food for all.

Facebook: [theFCGC](https://www.facebook.com/theFCGC)
Email: fayettevillegardens@gmail.com

ADDITIONAL RESOURCES

FAYETTEVILLE FARM TO SCHOOL PROGRAM

Farm to School (F2S) initiatives support local economies, reduce food miles traveled from farm to plate, and provide students fresh, healthy meals. The FPS Farm to School program, called Seed to Student, includes three components: experiential education, procurement, and community outreach. Experiential education includes 9 schoolyard gardens and special events such as Harvest of the Month, local lunches, farm field trips, and more. Procurement of local product for school lunches began in the district in 2005 and has continued to increase each year. In fall 2013, local apples from A&A Orchard and local winter squash from Dickey Farms were used across the district. In Fall 2013, our local purchasing program expanded to consistently offer local foods on school menus district-wide. FPS and community partners will continue to work together to identify opportunities for local purchasing and educational programming for students through the Seed to Student program.

Website: district.fayar.net/pages/Fayetteville_SD/Departments_Programs/Sustainability/Seed_to_Student

Facebook: [FPSGoesGreen](https://www.facebook.com/FPSGoesGreen)

FAYETTEVILLE FOOD CITY

What if Fayetteville's new development enabled the city to sustain its food budget through a local urban agriculture network?

Food City devises a model transition vocabulary for developing an urban food production system beyond the scale of the individual garden. The scenario plan envisions the foodshed as an ecological municipal utility, featuring green infrastructure, public growscapes, and urban spaces related to food processing, distribution, and consumption. Food City reclaims a missing middle scale of agricultural land use between the backyard garden and the industrial farm.

Website: uacdc.uark.edu

FAYETTEVILLE ROOTS FESTIVAL

Fayetteville Roots Festival is an annual urban music festival that began in 2010. The "Roots" element of the festival is dedicated to showcasing a musical style that is heavily supported, created and somewhat originating in Fayetteville and the Ozarks as a whole.

The Fayetteville Roots Festival focuses part of the festivities on local food, local farms and the farmers themselves. This element is intended to offer support and awareness to local farms and the local food scene in our community. The "Farmers of the Festival" is a partnership between Fayetteville Roots Festival and local farms providing a wide array of organic produce, all natural meats and eggs, flowers, food products and more. Our partnering restaurants use these farms exclusively to prepare their menus at the main event at the Walton Arts Center. Our theme for the food vendors is "Locally Sourced, Gourmet Festival Food."

Website: fayettevilleroots.com

Facebook: [Fayetteville Roots Festival](https://www.facebook.com/FayettevilleRootsFestival)

ADDITIONAL RESOURCES

FEED COMMUNITIES

Feed Communities' mission is to alleviate hunger and advocate for access to healthy food by cultivating effective food networks in NWA. Our vision is to create a just and sustainable food system that eliminates hunger and provides adequate healthy food access for all.

Website: feedcommunities.org
Facebook: [Feed Communities](#)
Contact: Mike Rush, Executive Director
Phone: 479-966-4790

FEED FAYETTEVILLE

Feed Fayetteville is the pilot program of Feed Communities and operates with the same mission and vision exclusively in Fayetteville. Our mission is to alleviate hunger and advocate for access to healthy food by cultivating effective food networks in Fayetteville. We focus upon ensuring that all community residents have access to nutritional, safe and affordable foods. In addition, through our website and social media, we link people to information and events related to local food and alleviating hunger.

Website: feedfayetteville.org
Facebook: [Feed Fayetteville](#)
Contact: Katie Rievert, Assistant to the Executive Director
Phone: 479-966-4790

FOODCORPS ARKANSAS

Through the hands and minds of emerging leaders, FoodCorps strives to give all youth an enduring relationship with healthy food. Join us in building healthy futures for Arkansas kids one garden, classroom, and cafeteria at a time, including schools in Fayetteville, Springdale, Huntsville, Marshall, and Little Rock.

Website: foodcorps.org/where-we-work/arkansas
Facebook: [FoodCorpsArkansas](#)
Contact: Margo Hale, Host Site Supervisor
Email: margoh@ncat.org
Phone: 479-442-9824

NATIONAL AGRICULTURAL LAW CENTER

The National Agricultural Law Center at the University of Arkansas is a federally funded, nonpartisan research and information center that serves as the nation's leading source of agricultural and food law research and information. The Center is the only agricultural law research and information facility that is independent, national in scope, and directly connected to the national agricultural information network. Serving the nation's vast agricultural community including attorneys, farmers, federal and state policymakers, extension personnel, academics, students and consumers, the Center has expanded the scope of its coverage to include food law as it recognizes the expanding scope of agricultural law and its convergence with food law topics.

Website: nationalaglawcenter.org

ADDITIONAL RESOURCES

NATIONAL CENTER FOR APPROPRIATE TECHNOLOGY

Since 1976, the National Center for Appropriate Technology has been serving economically disadvantaged people by providing information and access to appropriate technologies that can help improve their lives. The Fayetteville, Arkansas office leads projects and provides support to sustainable agriculture activities throughout the Southeast and across the US.

Website: ncat.org/ncat-southeast-regional-office/

Email: margoh@ncat.org

Phone: 479-442-9824

THE NORTHWEST ARKANSAS BEEKEEPERS ASSOCIATION

The Northwest Arkansas Beekeepers Association (NWABA) provides area beekeepers with the opportunity to share information with other hobby or commercial beekeepers. The association also promotes the benefits of bees and beekeeping for Northwest Arkansas for all scales of operations: from those involved in backyard gardening up to large-scale farms. The NWABA has partnered with Haagen-Dazs with their “Help the Honey Bees” campaign to promote the benefits of beekeeping to the public. With over 225 members, the association is one of Arkansas’s largest regional clubs for beekeeping. Monthly meetings at 7 pm on the second Monday of each month at the Washington County Extension Office and annual beekeeping classes are usually offered each January.

Website: nwabeekeepers.com

Contact: Tom Nichols, NWABA President

Email: tom@nwabeekeepers.com

Phone: 479-790-3536

NWA REGIONAL FOOD COUNCIL

In September 2012, a group of local food advocates gathered to investigate ways to increase production, consumption, and access to local food in Northwest Arkansas. This group evolved into the Northwest Arkansas Regional Food Council. The Food Council’s first objective was to undertake a regional food assessment, which was completed in July 2014. For more information, please visit our website.

Website: nwafood.org

OZARK SLOW FOOD

Slow Food is a global, grassroots organization with supporters in 150 countries around the world who are linking the pleasure of good food with a commitment to their community, the growers, and the environment. The Ozark chapter founded in 2007 was the first Slow Food Chapter in Arkansas. It provides microgrants to regional farmers, actively supports the NWA Local Food Guide and conducts events that combine education, enjoyment and promotion of local food.

Website: ozarkslowfood.org

Facebook: [Ozark Slow Food](https://www.facebook.com/OzarkSlowFood)

Email: ozarkslowfood@gmail.com

Phone: 479-799-7985



SEEDS THAT FEED

Seeds That Feed's goal is to help grow healthier communities by providing access to healthier foods. Through the collection and distribution of surplus fresh produce — from area farmers directly to local hunger relief efforts — we are able to both increase access to under resourced populations, as well as help to eliminate waste.

Website: seedsfeed.org
Facebook: [carecropping](https://www.facebook.com/carecropping)
Instagram: [seedsthatfeed](https://www.instagram.com/seedsthatfeed)
Contact: Margaret Thomas
Email: Margaret@seedsfeed.org
Phone: 901.674.1248

SOULS HARBOR NWA

Souls Harbor NWA is merging their mission to help homeless men make connections with their enthusiasm for community development. This spring they are opening a commercial kitchen that will be the culinary component of their farm-to-table project. The new facility is literally nestled in the middle of their gardens and greenhouse and includes a dining and educational space that will double as a marketplace for locally grown produce (see Mustard Seed in Grocers section.) They will also be hosting a variety of wellness and food related workshops that are open to the whole community.



Website: SoulsHarborNWA.org
Facebook: [SoulsHarborNWA](https://www.facebook.com/SoulsHarborNWA)
Twitter: [@SoulsHarborNWA](https://twitter.com/SoulsHarborNWA)
Instagram: [SoulsHarborNWA](https://www.instagram.com/SoulsHarborNWA)
Email: Joel@SoulsHarborNWA.org

TRI CYCLE FARMS

Tri Cycle Farms is a nonprofit urban farm that is growing “community through soil” by sharing, teaching, and farming in Fayetteville, Arkansas. While farming produce, chickens, and bees in the center of the city, we also strive to promote holistic education by hosting gardening and natural health workshops and annual events, including Pesto Fest, Martin Luther King Jr. Day of Service, and the Fayetteville Seed Exchange. Our approach is collaborative and inclusive. Visit our website to see how you can get involved!

Facebook: [Tri Cycle Farms](https://www.facebook.com/TriCycleFarms)
Contact: Don Bennett, Founder and Director
Email: fayettevilletricyclefarms@gmail.com

ADDITIONAL RESOURCES

WESTON A. PRICE FOUNDATION – NWA CHAPTER

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Dr. Weston Price, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies.

Local chapters help you find locally-grown organic and biodynamic vegetables, fruits and grains; and milk products, butter, eggs, chicken and meat from pasture-fed animals. They also represent the Weston A. Price Foundation at local fairs and conferences and may host cooking classes, potluck dinners and other activities to help you learn to integrate properly prepared whole foods into your lifestyle. (For more information on the NWA chapter, please see our Listing under Classes.)

Website: www.meetup.com/Nourishing-Traditions-NWA-Meetup/

Contact: Cat & John Swenson

Email: cat@greatfermentations.net

Phone: 479-200-1908

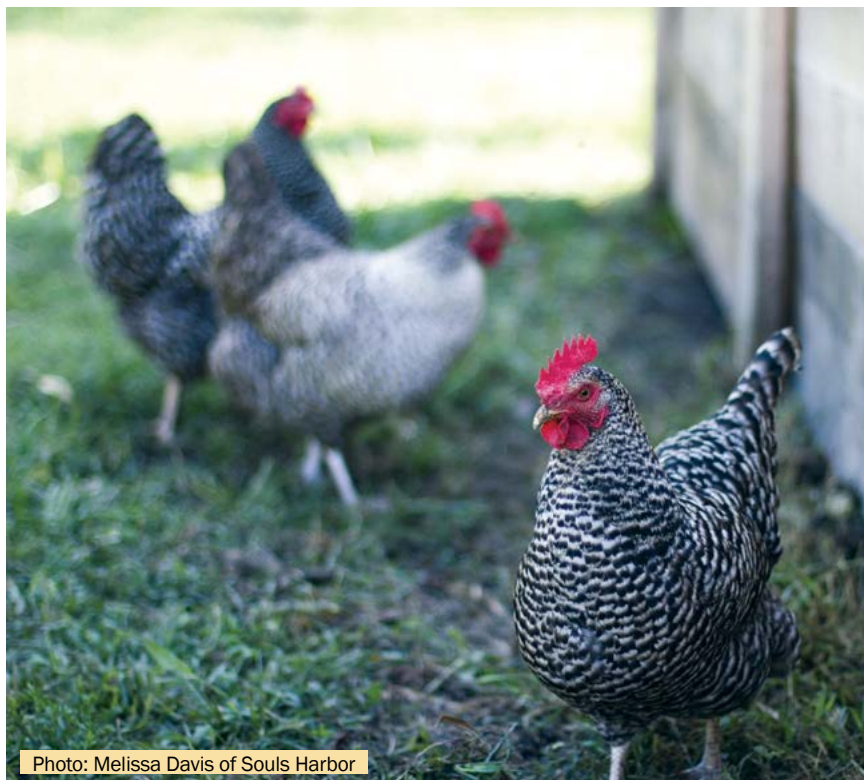


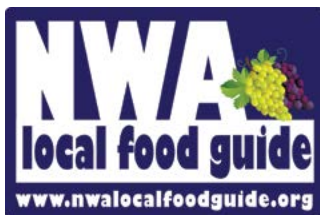
Photo: Melissa Davis of Souls Harbor



Photo: Dripping Springs Garden

DO YOU HAVE OTHER RESOURCES TO SUGGEST FOR FUTURE ONLINE AND PRINT EDITIONS?
 If so, please visit www.nwalocalfoodguide.org/get-listed.

You can find more local food resources and recipes on our website.



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feed communities



Supporting and expanding local food systems as a means of facilitating durable solutions for food security.

Community Food Hub
221 South Locust Ave.
Fayetteville
479.966.4790

www.feedcommunities.org

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OZARK SLOW FOOD

- promotes a sustainable local food economy that provides “good, clean and fair food” to our region,
- celebrates fresh local food and food traditions, and
- reinforces the connection between food, environment and community.

Projects include:

- NWA Local Food Guide
- Farmers Micro-grants
- Educational and Tasting Events

Find out more information at:

ozarkslowfood.org

or by email at ozarkslowfood@gmail.com

SUPPORTING LOCAL & SUSTAINABLE
FOOD SINCE 2007