

LOCALLY-GROWN FOOD

Most food in this country is transported vast distances by truck and rail, creating air pollution and greenhouse gases in the process. Much of the transportation cost does not appear in the price of food because of the massive tax subsidies given to fossil fuels. *Using federal data on fruit and vegetable shipments, the Directory has estimated that the average plate of fresh produce served in Houston travels about 1,300 miles!*

Food traveling long distances also undergoes more chemical processing to preserve it for market. It is older and less nutritious. And it bleeds money away from the local economy that could support local farmers and food manufacturers. Shopping at farmers' markets and buying from local farms is a good way to help the environment while keeping food in the local economy.

Some farmers also have arrangements where you can buy a share of their crop in advance, and pick this up on a weekly basis. This practice is called Community Supported Agriculture, and farms that do this are called "CSAs."

Farmers' Markets (Year Round)

Bayou City Farmers' Market (713) 880-5540
3000 Richmond, back parking lot

www.urbanharvest.org

Time: Saturdays, 8 AM–12 PM; Wednesdays, 4 PM –7 PM
Seasonal produce (including organic), coffee, flowers, honey, grass-fed meat, goat cheese, baked goods and more, as well as live music and cooking demonstrations.

Houston Farmers' Market (713) 724-4635
www.houstonfarmersmarket.com

Two locations:

3106 White Oak, behind Onion Creek Coffeehouse

Time: Saturdays, 8AM–12 PM

2353 Rice at Greenbriar, in the parking lot of Christ the King Lutheran Church

Time: Tuesdays, 5 PM –7 PM

Locally grown vegetables, homemade breads & sweets, pastured eggs, pickles, coffee, local honey, herbs, flowers

Midtown Farmers' Market (713) 524-6922
3701 Travis St., at Monica Pope's T'afia Restaurant

<http://tafia.com/mfm.html>

The Hobbit Cafe

Serving Legendary Food

2243 Richmond Houston • (713) 526-5460

Time: Saturdays, 8AM–12 PM

Locally grown fruits and vegetables, herbs, eggs, baked goods, chocolate, jams, breakfast, flowers, free-range chicken, fair-trade coffee

Nassau Bay Farmers' Market (281) 326-2509
18045 Upper Bay Drive, outside Erma's Nutrition Center
Nassau Bay, TX

Time: Saturdays, 10 AM–2 PM

Locally grown produce, baked goods, home-made jams, ornamental natives, goat's milk, cheese, and kefir; yard eggs.

Local Farms, Farm Stands, and CSAs

Chmielewski Blueberry Farm (281) 304-0554
23810 Bauer Hockley

Hockley, TX 77447

www.chmielewski-blueberry.com

Season: Mid May–July, Weekends, 7:30 AM–3 PM; Wed. & Fri., 7:30 AM–1 PM

Pick-your-own blueberry farm; no chemicals sprayed. Great for family outings; appointments for large groups.

Earth Mother Farms (979) 532-3038
15501 Alton Road

Beasley, TX 77417

www.analagoatcompany.com

Farm stand open daylight hours by arrangement. Products include pastured poultry, lamb, and goat, yard eggs; and raw goat and cow dairy products.

Froberg Vegetable & Fruit Farm (281) 585-3531
11875 County Road 190

Alvin, TX 77511

Year round farm and market selling vegetables, fruits, pies, canned goods, bread, milk, baked goods, and preserves. Open every day from 9AM–7PM; closed on some holidays.

Home Sweet Farm (979) 251-9922
7800 FM 2502

Brenham, TX 77833

www.homesweetfarm.com

CSA providing vegetables, melons, herbs, eggs, grass-fed beef, and poultry from March through December. Two drop-off points in Houston area: Cypress (Monday, 4-6PM) and Katy (Friday, 4-6PM). Costs include \$100 member fee at beginning of year and \$20/wk for farm pickup or \$25/wk for drop-off site pickup.



Chosen as one of the best places to dine in Houston by FOX 26.
100% Vegetarian – 95% Vegan – Weekend Buffet available

PEPPER TREE
Veggie Cuisine

3821 Richmond Ave. @ Wesleyan
Houston, TX 77027

713-621-9488

www.PepperTreeVeggieCuisine.com

NO MSG – LOW CARBS – HIGH PROTEIN – LOW CHOLESTEROL

Little Toad Farm and Gardens (281) 414.5681
 2484 Stadium
 Alvin, TX 77511
www.littletoadfarm.net

Will start CSA in March of 2007, with drop off locations in Clear Lake and Sugar Land. Products include pastured egg, vegetables, herbs, fruit and berries, and cut flowers.

Matt Family Orchard (281) 351-7676
 21110 Bauer Hockley Rd.
 Tomball, TX 77377
www.mattfamilyorchard.com

Orchard labor in return for produce, or pick-your-own by contract. Fruit includes blackberries, figs, Asian dates, Asian pears, Asian persimmons, satsuma, grapefruits, lemons, limes, and apples.

Seasonal hours and days open depend on fruit availability. Call first. The orchard is approximately 30 miles northwest of Houston off Highway 290.

Oaks of Mamre Farm (979) 826-9812
 27959 Mellman Rd
 Hempstead, TX 77445

Products include chickens, turkeys, and goat-milk cheese. Year round, everyday except Tuesday & Sunday during daylight hours.

The Peachy Pair (281) 367-4578
 1737 Sawdust Road
 The Woodlands, 77380-2908
<http://home.comcast.net/~rudyg05/>

Season: May-June, M-S, 10 AM-6PM; Sun, 1-6 PM
 * 9:30 AM - Alternating days for berry picking - Call first.
 Peaches, nectarine, plums, blackberries, tomatotes, jams and jellies; pick-your-own blackberries.*

Food Coops

Central City Co-Op
www.centralcityco-op.org

The Central City Coop distributes organic fruits and vegetables, both locally grown and from other regions, at reduced prices to members. There are several year round drop-off and distribution locations in the Houston area.

<p>Nettie Ramsay ND Doctor of Naturopathy 9055 Gaylord St. #101 Houston, Texas 77024 281.794.5255</p>	<p>Wellness Consultations Environmental Health Concerns Detoxification Iridology Nutritional Support Live Blood Cell Analysis Quantitative Fluid Analysis (see how old you are biologically) New Decision Therapy and Training</p>
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WEDNESDAY
Bayou City Co-op, near TC Jester and 610. Pre-order pickups or delivery.
Central City Co-op, 2115 Taft St. Pre-orders; open market 9AM-6:45PM.
Community Organics, Beltway 8 & 290. Pre-order pickups 1-4PM.
Space City Co-op, Clear Lake/NASA area. Pre-order pickups 12:30-1:30 or 4:30-6PM.
Westside Organic Co-op, on Hwy 6, just south of W. Little York. Pre-order pickups 11AM-1PM or 4:30-7PM.
What's In It for Me? Co-op, at Katy, the Ken Lay YMCA. Pre-order pickups 2-4:30PM.

SATURDAY
Faith Organics (Bear Creek area), Hwy 6 and Clay Rd. Pre-order pickups.
Taft Street Co-op, 2115 Taft St. Pre-orders; open market 9AM-2PM.
Third Day Organic Fruit and Vegetable Co-op, 5801 New Territory Blvd, Sugar Land, at Parkway United Methodist Church meeting room next to CVS. Pre-order pickups 10:30-11AM.

organic

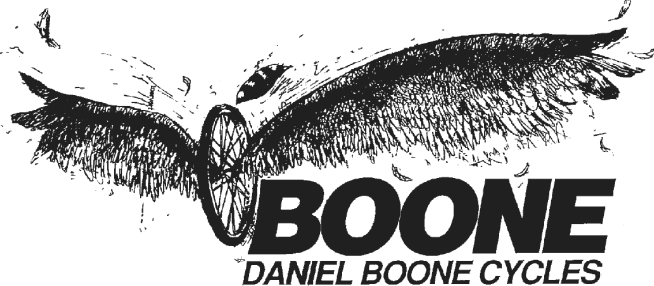
EAT YOUR VEGGIES

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www.CentralCityCo-Op.org



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tue-fri 10-7 sat 10-6

www.danielboonecycles.com