

WHY BUY LOCAL?

The Mississippi River Hills Association (MRHA) is committed to promoting, protecting and marketing the foods, wines, and cultural products of the six-county MRHA region. We produced this guide to help local consumers understand the value of buying locally, and learn where they can find foods and wines produced within the region. Of course, not every food product you serve to your family can be obtained locally. What's important to keep in mind is that the choices you make on where you spend your dollars and what businesses you support have wide ranging consequences for you, your family, and your community.

If you've ever tasted a real garden tomato then you know that there's a huge difference in taste between that and a tomato that was bred to just look pretty and survive long distance shipping. Buying local means buying fresher, better tasting foods. Buying from regional producers is also one way you can support local agriculture and help to keep Missouri farms in business. By buying directly from one of these farmers, you can see who grows your food, how it is grown, and what land it comes from. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities. The enterprises in this guide are integral to the regional economy. Buying local food keeps dollars circulating in the region.

ABOUT THIS GUIDE

Farms, farmers' markets, retailers, wineries and restaurants have been listed by county and then alphabetically by farm or business name. There is an index in the back that cross-lists the businesses by products grown, made or sold. Some listings also indicate other locations, such as farmers' markets, where their items can be purchased. For consumer convenience the guide denotes the following types of food operations:

- **Agri-Tourism Farm (Ag)** enables consumers to visit a working farm or agriculture business operation for education or involvement of agriculture-related activities. Some farms have a festival-like atmosphere for visitors to enjoy.

- **Farmers' Markets (FM)** bring farmers and consumers together at a common location. Variety is often diverse so sometimes individual items are not listed.
- **Greenhouses (G)** sell crops that need protection from cold and the elements, such as bedding plants, vegetable transplants, house plants and cut flowers. Most greenhouses have products for sale year-round.
- **Organic (O)** growers may or may not be affiliated with any organic growers association. Some growers might use organic practices but choose not to get certified. They are then not legally able to call themselves organic. It is important to talk to your grower about his/her practices and methods.
- **Pick-your-own (U) or U-Pick** operations are located on the farm and allow the consumer to harvest his/her own produce at its peak freshness. Usually associated with fruits and berries.
- **Restaurants or Retailers (R)** are operations that are serving or selling local foods. Some businesses will use or carry more local products than others so be sure to ask your server or manager what local foods they are using.
- **Roadside stands (RS) or on-farm operations** are usually located on the farm or close by. Some are small markets offering a variety of items.
- **Winery (W)** operations sell bottled wines that are produced from grapes grown in local vineyards. Call ahead to see if the winery offers tastings.

☉ denotes membership in the Mississippi River Hills Association.

CRITERIA FOR LISTINGS

For the purposes of this guide, we defined “local” food as foods which are grown, produced, prepared, or raised within the six Missouri counties of the MRHA region: Jefferson, Ste. Genevieve, St. Francois, Perry, Cape Girardeau, and Scott counties. To be eligible for inclusion in the guide, a business had to meet the following criteria:

- The business and / or its primary market is located within the Mississippi River Hills region;
- AND.
- The food or food products provided by the business contain at least one primary ingredient that is grown or raised in the Mississippi River Hills Region.

A few businesses that provide food-related services, such as meat processing, have also been included.

DEFINITIONS:

Here are a few handy definitions to help you as you read through the guide:

Hormone-free: Most commercially grown livestock is implanted with or fed hormones or other stimulants to promote rapid growth. Animals raised without stimulants grow and develop at their natural rate.

Without feed antibiotics: Animals are raised without sub-therapeutic levels of antibiotics in their feed or water. Antibiotics are not withheld to treat sick or injured animals.

Grass-based livestock production: A large part of the animal's needs are met by grass and forage. Animals are moved through numerous paddocks, spreading manure in a biologically sound manner.

Organic: Food produced without using chemical insecticides, fertilizers, herbicides antibiotics, growth hormones or genetically modified foods or seed.

Certified Organic: A third-party certifying agency has inspected and documented these practices.

FOR MORE INFORMATION

Visit the Mississippi River Hills Association web site at: <http://MississippiRiverHills.org>. An updated version of this guide is included on the site. You may also call the University of Missouri Extension office in Ste. Genevieve County, (573) 883-3548.

We hope you find this guide useful and the food you buy delicious!

St. Francois County

C & C Farms (RS)(FM)

Contact: Carl Pruetzel
5777 Feldweg
Farmington, MO 63640
(573) 756-1846

Products: Our farm has a wide variety of produce and plants available. We have tomatoes, cucumbers (sweet slice, pickling, and diva varieties), onions, radishes, spinach, lettuce, green beans, sweet potatoes, Irish potatoes, peppers, potted plants, flowering annual plants (mums, geraniums and marigolds), and bedding plants for tomatoes, peppers, cauliflowers and cabbages.

Hours of Operation: Farm visits are by appointment, please call. Farmington Farmer's Market—April - October: Wednesday 2:00 pm – 5:00 pm, Saturday 7:00 am – 11:00 am

Directions: Take I-55 to exit 174B to merge onto US-67 S toward Park Hills/Bonne Terre. Slight left at MO-32 S. Continue through Farmington on E Karsch Blvd until it becomes MO-Oo (approximately 5 miles). Turn left at Feldweg Dr.

Crown Valley Champagne House (W)

Contact: Bryan Siddle
1401 Air Park Drive
Farmington, MO 63640
573-756-7132

Website:

www.crownvalleywinery.com/champagne

Products: Crown Valley Winery is proud to introduce the first and only champagne house in the Midwest. This state-of-the-art facility produces sparkling wine using two fermentation processes: the traditional Champagne method and the Charmat method. The Tasting Bar at Crown Valley Champagne House offers three different styles of sparkling wine and three different tastings: Basic Bubbly, Limited, and Grand Reserve. Other amenities include tours, a gift shop and deli.

Hours of Operation: November-March: Monday-Sunday 11:00 am – 5:00 pm; April-October: Monday-Friday 11:00 am – 5:00 pm, Saturday & Sunday 11:00 am – 6:00 pm

Directions: Take I-55 to exit 174B to merge onto US-67 S toward Bonne Terre/Park Hills. Turn left at Overall Rd. Continue on New Perrine Rd. Sharp right at Air Park Dr.

Farmington Farmers Market (FM)

Contact: Ginny Smith
15 Winchester
Farmington, MO 63640
(573) 756-2284

E-mail: vsmith@wildblue.net

Products: The Farmington Farmers Market offers a variety of local produce, fruits, plants & herbs, canned goods, syrups, preserves and baked items. Starting in the spring our sellers have plants, by late spring some berries are available and by June we have produce and fruits that are available through to fall.

Hours of Operation: Mid April-October: Saturday 7:00 am – 11:00 am. June-October: Wednesday 2:00 pm – 5:00 pm.

Directions: Physical location of the market: 842 Karsch Blvd, Farmington, MO. From US-67, take US-32/Karsch Boulevard South and East in Farmington for 3 miles. Market held in the VFW parking lot.

Farmington Meat & Processing Inc. (R)

Contact: Jeff Nash
110 West First Street
Farmington, MO 63640
(573) 756-2204

Products: Fresh service meat & deli counter. Custom made sausages, with US Choice meats. Homemade sauces, spices, marinades and rubs.

Hours of Operation: Tuesday–Friday 8:00 am - 5:30 pm; Saturday 8:00 am – 3:00 pm

Directions: Take I-55 to exit 174B to merge onto US-67 S toward Park Hills/Bonne Terre. Slight left at MO-32 S. Turn right at MO-D/N Washington St; continue to follow N Washington St. Turn right at W 1st St, located behind the library.

F & R Farms (RS)(O)

Contact: Frank and Ruth Keen
5075 Highway D
Farmington, MO 63640
(573) 756-6959

E-mail: frank.keen@sbcglobal.net

Products: Fresh, in-season organically grown vegetables by the pound, pack, half-bushel and bushel: Carrots, sweet potatoes, 14 varieties of gourmet potatoes, 5 varieties of cucumbers, 8 varieties of baby beets, 4 varieties of baby turnips, 31 varieties of tomatoes, 17 varieties of peppers, 9 varieties of green beans, in-season corn stalks and mums.

St. Francois County

Hours of Operation: Farm visits are by appointment, please call. Stand at Farmington Farmer's Market—May-October: Wednesday 2:00 pm – 5:00 pm, Saturday 7:00 am – 11:00 am

Directions: Take I-55 to exit 174B to merge onto US-67 S toward Park Hills/Bonne Terre. Turn left at MO-Y. Turn right at MO-D and continue 10 miles to F & R Farms.

Hale Farms (RS)(FM)●

Contact: Ron Hale
2587 Hwy OO
Farmington, MO 63640
(573) 756-3666

Website: www.hale-farms.com

Email: ron@hale-farms.com

Products: Tomatoes, Peppers, Eggplant, Squash, Cucumbers, Green Beans, Potatoes, Romaine Lettuce, Strawberries, Spinach, Cauliflower, Broccoli, and Specialty Melons

Hours of Operation: Farm Stand--April - October: Monday - Saturday 8:00 am – 5:00 pm (weather dependent, may want to call ahead to make sure market stand is open prior to coming); Farmington Farmers Market—mid April-October: Saturdays from 7:00 am – 11:00 am; late May-October: Wednesdays from 2:00 pm – 5:00 pm

Directions: From Farmington, go south on Highway OO, 4.5 miles to Hale Farms

Before you leave home...

- Call ahead to verify that the farm, market or business is open.
- Ask whether the product that you are seeking is available.
- Verify directions to the farm or business if it is your first visit.
- If you plan on bringing children or pets, make sure they will be welcome.
- You might want to bring a large bag with handles or a cooler.
- Small bills and change are appreciated.

Hinkebein MONatural Elk Ranch (RS)

Contact: Kevin Hinkebein
9992 State Route AA
Farmington, MO 63640
(573) 756-4713

Products: Registered elk breeding stock and meat animals. We have quality, USDA inspected elk meat, antler sheds, trophy bulls and velvet capsules. We also raise beef cattle and registered Missouri Fox Trotter horses.

Hours of Operation: Open by appointment. Please call.

Directions: Highway 32 to State Hwy AA 4.5 miles, or Hwy F to Hwy AA 1.5 miles.

Ladd's Family Farm (RS)

Contact: Norman & Karin Ladd
6583 Hwy F
Farmington, MO 63640
(573) 747-1889

Products: Pastured poultry, farm-fresh eggs, cow's and goat's milk, produce in season, rabbits, goats, flowers and butter occasionally. All natural, no chemicals.

Hours of Operation: Please call for hours of operation. Best time to reach someone is evenings and weekends.

Directions: From Farmington, Karsch Blvd. turns into Hwy OO. Continue on Hwy OO for ½ mile then turn left onto Hwy F. We are three miles down on the left-hand side of the road.

Liberty Blueberry Farm (U)

Contact: John and Kerry Mayfield
1450 Highway OO
Farmington, MO 63640
(573) 756-2860

Website: www.moblueberries.com

Products: Come and pick your own blueberries and blackberries. Blueberries are available in late June, blackberries in July and August. We also have pumpkins in September and October.

Hours of Operation: Our hours vary by season. Please see our website for the most up-to-date hours.

Directions: From US-67, take US-32 South in Farmington, which becomes Highway OO. Take Highway OO for 9 miles to Liberty Farms.

Park Hills Farmers Market (FM)

Contact: Lori Bolius
9 Bennett
Park Hills, MO 63601
(573) 431-3577

Products: A variety of produce, bedding plants, and honey.

Hours of Operation: Daylight hours, 7 days a week.

Directions: Physical location of the market: In Park Hills, at the corner of East Main and Crane Streets, the pavilion at the Flat River Creek.

St. Francois County

Rosener's Inn and Restaurant (R)

Contact: Kenny Yow
3411 Rosener Road
Park Hills, MO 63601
(573) 431-4244 or 431-4241

Products: The restaurant has an all-you-can-eat buffet set up daily for all types of meals and there are many items available from our menu. We also offer meeting rooms and have a separate hall and large BBQ hut available for any type of function. During the summer we purchase several types of melons from local vendor. We also purchase eggs from a small business located in Bonne Terre.

Hours of Operation: The restaurant is open every day of the year with the exception of Christmas Day (closes early Christmas Eve). Open daily at 6:00 am; closes Sunday - Thursday at 8:00 pm; closes Friday and Saturday at 9:00 pm.

Directions: We are located on the corner of Highway 67 and Rosener Road at Park Hills, MO between the Leadington and Parkway exits.

St. Francois Vineyards (W)

Contact: Ed Daugherty
21669 Pine Ridge Trail
Park Hills, MO 63601
(573) 431-4294

Website: www.stfrancoisvineyard.com

Products: Enjoy hand crafted wines, and locally made cheese and sausage from our tasting room or outdoor patio in a scenic vineyard setting. Also providing quality plants, rootings, and cuttings to vineyards everywhere. In addition to our established varieties we also do free custom propagation for customers wanting special varieties.

Hours of Operation: Open 11:00 am - 7:00 pm daily. Closed on Tuesday.

Directions: Take I-55 to exit 174B to merge onto US-67 S toward Bonne Terre/Park Hills. Take the MO-32 W ramp to Leadington/ Park Hills. Turn right at MO-32/US-67-BR. Continue to follow MO-32. Turn right at Pine Ridge Trail. Turn left to stay on Pine Ridge Trail.

Twin Oaks Vineyards (W)●

Contact: Jeremy Horton
6470 Highway F
Farmington, MO 63640
(573) 756-6500

Website: www.twinoaksvineyard.com

Products: Twin Oaks is a family owned Vineyard and Winery. Our tasting room sits in the middle of our vineyard, and is a lovely spot

to come for a relaxing afternoon where you can enjoy our delicious wines or a glass of cold premium beer.

Hours of Operation: Wednesday and Thursday 11:00 am – 6:00 pm; Friday and Saturday 11:00 am – 7:00 pm; Sunday 11:00 am – 6:00 pm; closed Monday and Tuesday

Directions: Exit 150 off of I-55. Take MO-32 West. Turn left at Sand Creek Iroquan Rd. Continue on Sand Creek Rd. Turn right at MO-F.

Blanching Vegetables before Freezing

Unless you are freezing onions or green peppers, blanching is a must before freezing vegetables. Blanching is the scalding of vegetables in boiling water or steam and it slows or stops the action of enzymes. It is a must to prevent off-colors, off-flavors and toughening of vegetables during frozen storage.

The University Extension Guide Freezing Vegetables, GH 1503 gives specific directions, approximate yields of frozen vegetables from the fresh quantity, and a timetable for cooking frozen vegetables. Copies are available at your local extension center or you can view on-line at: <http://muextension.missouri.edu/xplor/hesguide/foodnut/gh1503.htm>

Here are a few blanching times for vegetables in boiling water:

- Green Beans, 3 minutes
- Broccoli, chopped or stalks, 3 minutes
- Beets, small, 25-30 minutes; medium, 45-50 minutes
- Brussels Sprouts, small, 3 minutes; medium, 4 minutes; large, 5 minutes
- Carrots, tiny, whole, 5 minutes; diced or strips, 2 minutes
- Cauliflower, 3 minutes
- Corn on the cob to freeze on the ear, small ears, 7 minutes; medium ears 9 minutes; large ears 11 minutes
- Corn on the cob to cut for whole kernel corn, 4 minutes-cool and cut from ear.
- Corn on the cob to cut for cream style corn, 4 minutes-cool and cut from ear, scraping the cobs.
- Greens like spinach, 2 minutes
- Shelled Peas, 1½ minutes
- Snow or Sugar Snap Peas, 2-3 minutes
- Summer Squash like zucchini, slices or chunks, 3 minutes; grated, 1-2 minutes.

St. Francois County

Windrush Farm (RS)(O)(FM)(Ag)☉

Contact: Linda Williams
3503 Sand Creek Rd
Farmington, MO 63640
(573) 760-1731

Products: Organically grown (not certified) fresh vegetables, herbs and cut flowers; dehydrated vegetables and herbs; heirloom tomato plants, and dried ornamentals. Tours for individuals or small groups on Sundays by appointment. Classes held in late fall through early spring for individuals or small groups on organic soil preparation, seed and plant selection, pest management and preserving the harvest.

Hours of Operation: Farm Stand—May-October: please call for availability; Stand at Farmington Farmers Market—May-October: Saturdays 7:00 am - 11:00 am

Directions: From US-67, take US-32 South in Farmington through 5 stoplights. Straight onto Highway OO for 1 mile. Left on Highway F for 2.6 miles. Left onto Sand Creek Road to Windrush Farm, first house on left.

Vegetable Harvest and Storage

Timely harvest and proper storage help to maintain the quality and freshness of garden vegetables. Here are tips on how and when to harvest vegetables, special harvest preparations and storage requirements, and appropriate length and kinds of storage.

- **Tomato**
Ripe tomatoes will keep for a week at 55 to 60 degrees Fahrenheit. Green, mature tomatoes, harvested before frost, should be kept at a temperature between 55 and 70 degrees Fahrenheit. For faster ripening, raise temperature to 65 to 70 degrees Fahrenheit. Mature green tomatoes should approach normal size and have a whitish green skin color. Keep mature green tomatoes from 3 to 5 weeks by wrapping each tomato in newspaper and inspecting for ripeness each week. Do not store tomatoes in the refrigerator.
- **Beans, green**
Bean pods will be most tender when the small seed inside is one-fourth normal size. The pods become more fibrous as the beans mature. Harvest before pods begin to swell because of the developing bean seeds inside. Store green beans up to one week in perforated plastic bags in the warmest part of the refrigerator. Can or freeze surplus.
- **Eggplant**
Harvest when fruits are nearly full-grown, but color is still bright. Eggplants are not adapted to long storage. Keep in warmest part of refrigerator (45 to 50 degrees) for about a week.
- **Pumpkins, winter squash**
Harvest pumpkins and winter squash when the skin is hard and the colors darken. Both should be harvested before frost. Remove the fruit from the vine with a portion of the stem attached. Store on shelves in a single layer so air can circulate around them.

For tips on more vegetables see the University Extension Guide Vegetable Harvest and Storage, G6226. Copies are available at your local extension center or you can view on-line at:
<http://extension.missouri.edu/explore/agguides/hort/g06226.htm>

Ste. Genevieve County

Baetje Farms (RS)●

Contact: Steve Baetje
8932 Jackson School Rd.
Bloomsdale, MO 63627
(573) 483-9021

E-mail: baetjefarms@earthlink.net

Products: We manufacture pure artisan farmstead goat cheeses, which in essence means we hand craft a variety of cheese made from the milk of our own herd as is more common and traditionally done in parts of Europe. We have several types of cheeses: coeur du clos (a raw milk surface-ripened, aged cheese in a traditional heart shape), coeur de la creme (a traditional heart shaped fresh cheese enveloped in various organic herbs), and fleur de la vallee (a raw milk aged cheese).

Hours of Operation: By appointment, please call. Farm store open spring 2008.

Directions: Take I-55 to Exit 157 for MO-Y toward Bloomsdale. Turn right at MO-Y. Turn right at Jackson School Rd.

Cave Vineyards/ Strussione Wine (W)●

Contact: Laura Oliver
2108 Cave Road
Ste. Genevieve, MO 63670
(573) 543-5284

Website: www.cavevineyard.com

Products: Tasting room, gifts and some local foods. Come enjoy fine wines in our natural cave cellar, a unique experience. Missouri wines made from estate grown grapes.

Hours of Operation: Summer: Open Daily 11:00 am – 6:00 pm; Closed Tuesdays; Winter: Open Daily 11:00 am – 6:00 pm; Closed Tuesdays

Directions: Exit 150 off I-55. Take Hwy 32 West and an immediate Left on Hwy B for 6 miles. Left on Hwy P for 2 miles. Right on Cave Road for 2 miles to Winery entrance.

Charleville Vineyards, Winery, Microbrewing and Bed & Breakfast (W)●

Contact: Joal Charleville Russell
16937 Boyd Road
Ste. Genevieve, MO 63670
(573) 756-4537

Website: www.charlevillevineyard.com

Products: Family-owned vineyard and one of Missouri's newest wineries. The property houses a tasting room and patio. You can sip fine wines in a rustic country setting high atop a hill

overlooking a panoramic view of some of the highest points in Ste. Genevieve County.

Hours of Operation: Wednesday-Thursday 12:00 pm – 6:00 pm; Friday-Sunday 11:00 am – 7:00 pm; Closed Monday-Tuesday.

Directions: Exit 150 off I-55. Take Hwy 32 West and an immediate Left on Hwy B for 14 miles to Coffman. Left on State Rt. WW for 4 miles. Right on Boyd Road (1.5 miles gravel) to winery entrance.

Chaumette Vineyards & Winery (W)

Contact: Rodney Toombs
24345 State Route WW
Ste. Genevieve, MO 63670
(573) 747-1000

Website: www.chaumette.com

Products: Winery tasting room with gift shop, art gallery, meeting room/banquet hall and historic chapel.

Hours of Operation: April-October: Monday, Wednesday & Thursday 10:00 am – 5:00 pm; Friday-Saturday 10:00 am-8:00 pm; Sunday 12:00 pm – 5:00 pm, Closed Tuesdays. November-March: Monday, Wednesday & Thursday 12:00 pm – 5:00 pm; Friday-Saturday 12:00 pm – 6:00 pm; Sunday 12:00 pm – 5:00 pm, Closed Tuesdays

Directions: Take I-55 to exit 150. At top of exit ramp, turn right (west) for .1m, then left on Hwy B (south,) for 14 miles to Coffman. Veer left onto Hwy WW and go 2.6 miles, and turn right into winery. Tasting Room is located at the top of the hill.

County Line Farms (RS)●

Contact: Clyde Bruckerhoff
10334 N. Highway 61
St. Mary, MO 63673
(314) 323-0525

Products: We sell a variety of vegetables and decorative plants. During the spring we have flowers and plants, in the fall we have pumpkins and other fall decorations and all throughout the growing season we have tomatoes and other seasonal and annual vegetables.

Hours of Operation: April-October: Friday, Saturday and Sunday 8:00 am – 5:00 pm

Directions: Take I-55 to exit 141 for MO-Z toward St Mary. Turn left at MO-Z. Turn right at US-61 and continue on to County Line Farms.

Crown Valley Winery (W)

Contact: Bryan Siddle
23589 State Route WW

Ste. Genevieve County

Ste. Genevieve, MO 63670
(866) 207-9463

Website: www.crownvalleywinery.com

Products: Crown Valley offers a variety of classically-styled Missouri and American wines and a breathtaking view of the countryside. Indoor and outdoor seating creates the perfect spot to enjoy a glass of our award-winning wine. Guided tours are available to visitors daily. Buses and group tours are welcome with advance notice. Please call or visit our website for more information. Additional fees apply for tours and tastings.

Hours of Operation: Open daily, year-round. Closed Thanksgiving, Christmas & New Years Day. Monday-Friday 11:00 am – 5:00 pm; Saturday & Sunday 11:00 am – 7:00 pm (seasonal).

Directions: Exit 150 off I-55. Take Hwy 32 West and an immediate Left on Hwy B for 14 miles to Coffman. Left onto State Route WW for 0.25 mile to Crown Valley Winery on right.

Eckenfels Farms (RS)

Contact: Bob Eckenfels
19075 Highway 32
Ste. Genevieve, MO 63670
(573) 883-0337

Products: We raise Angus beef cattle. We have a rotational grazing system that promotes wildlife and soil conservation. Our beef contains no added hormones. Upon request, hauling to a processor is available.

Hours of Operation: By appointment, please call.

Directions: Take I-55 to exit 150 for MO-32 toward Ste Genevieve/MO-A/Farmington/MO-B. Head east on MO-32 to 19075 Highway 32.

Grapevine Grill Restaurant (R)

Contact: Julie Smith
24345 State Route WW
Ste. Genevieve, MO 63670
(573) 747-1000

Website: www.chaumette.com

Products: New restaurant located at Chaumette Winery, featuring a changing menu of regional foods prepared over a special smoker/cooker. When available, the restaurant uses locally grown grapes, herbs, elk meat, sheep's milk cheese and produce in the menu.

Hours of Operation: Lunch: Thursday-Sunday 11:00 am – 4:00 pm; Dinner: Thursday-Saturday 5:00 pm – 9:00 pm

Directions: Take I-55 to exit 150. At top of exit ramp, turn right (west) for .1m, then left on Hwy

B (south,) for 14 miles to Coffman. Veer left onto Hwy WW and go 2.6 miles, and turn right into winery. Restaurant is located at the top of the hill.

Questions to ask your farmer or producer...

- Do you grow all of the produce that you sell or do you distribute produce from other growers?
- Is your produce organically grown?
- Are your chickens (cattle, pigs, sheep, etc.) given access to the outdoors? How are they confined?
- Do you use antibiotics, hormones or arsenic to promote the growth of animals on your farm?
- Do you welcome visitors to your farm?

from the Kansas City Food Circle

Hotel Sainte Genevieve (R)

Contact: Jami Inman
9 N. Main Street
Ste. Genevieve, MO 63670
(573) 883-3562
1-877-272-2588

Products: Our hotel's restaurant is a fine-dining experience. We have a diverse menu that includes everything from steaks to seafood to sandwiches to our famous fried chicken. Our dishes use eggs from Flieg Farms, country hams from St. Francois County and meats from Oberle Meats. On Sundays we serve family-style meals only.

Hours of Operation: Monday-Saturday 7:30 am – 9:00 pm, Sunday 7:30 am – 6:00 pm

Directions: Take I-55 to exit 154 for MO-O toward Ste. Genevieve/Rocky Ridge. Turn left at MO-O. Turn right at US-61 and continue for 7 miles to Ste. Genevieve. Turn left at Market St. Turn left at S Main St.

Hoye Brothers Farms (RS)

Contact: Robert C. Hoye
14362 New Offenburg Road
Ste. Genevieve, MO 63670
(573) 883-5237

Products: We raise 100% grass-fed beef on 134 acres of lush pastures. The animals receive no hormones, no steroids, no artificial supplements, no pesticides and no routine antibiotics. The beef is low-fat, low-cholesterol, high in Omega 3 fatty acids and high in protein.

Ste. Genevieve County

It is also USDA processed and sold retail by the side, quarter or sample pack.

Hours of Operation: By appointment, please call.

Directions: Take I-55 to exit 150. Continue on Highway 32 west, 5 miles to New Offenburg Road. Turn left on New Offenburg Road, cross the railroad tracks and at first driveway turn left to the white house and barn.

Inn St. Gemme Beauvais (R)

Contact: Cathy Brans

78 N. Main St.

Ste. Genevieve, MO 63670

(573) 883-5744

E-mail: innstgemme@sbcglobal.net

Products: We serve classic French cuisine.

Our menu changes weekly and our dishes are in tune with the seasons. The menu features local wines, produce and nuts.

Hours of Operation: Friday and Saturday 6:30 pm – 9:00 pm (Reservations preferred)

Directions: Take I-55 to exit 154 for MO-O toward Ste Genevieve/Rocky Ridge. Turn left at MO-O. Turn right at US-61. Turn left at Market St. Turn left at S Main St. We will be on the right-hand side of the street.

Oberle Meats (R)

Contact: Bill Oberle

21529 Highway 32

Ste. Genevieve, MO 63670

(573) 883-5656

Products: We have a full line of fresh meats and deli items. Specialty items are smoked meats, smoked pork loin and our Oberle sausage. We also do some custom processing.

Hours of Operation: Monday-Saturday 6:30 am - 5:30 pm

Directions: Exit 150 off I-55. Take Hwy 32 East to Ste. Genevieve. Oberle Meats just inside city limits on the left.

Olde Settlement Dressings, LLC (R)

Contact: Brenda Basler

447 Parkview Drive

Bloomdsdale, MO 63627

(573) 483-9646 or (573) 701-2612

E-mail: oldesettlementdressings@hotmail.com

Website: www.oldesettlementdressings.com

Products: Olde Settlement Poppyseed

Dressing is a unique dressing that can be used on more than just salads. It can also be used as a marinade on pork, chicken and turkey, as a dipping or basting sauce and is great with fruit.

It gives coleslaw a whole different taste too! Check out my website for more ways to use Olde Settlement Poppyseed Dressing.

Hours of Operation: By appointment, please call.

Directions: Take I-55 to exit 162 for MO-DD/MO-OO. Turn left at MO-DD/MO-OO and continue to follow MO-OO. Turn right at US-61. Turn left at Parkway Dr. Turn right at Parkview Dr.

Otte Angus Farms (RS)

Tom and Mary Otte & family

23404 State Route J

St. Mary, MO 63673

(573) 543-2931

E-mail: otte@powrup.net

Products: We raise and sell Angus steers. Our beef is hormone-free and contains no steroids. We also have rabbits for sale.

Hours of Operation: By appointment, please call.

Directions: Take I-55 S to exit 143 for MO-N toward Ozora/MO-M. Turn left at MO-N/MO-J. Continue to follow MO-J for 0.8 miles to 23404 State Route J.

Sainte Genevieve Butcher Shop (R)

Contact: Dave and Sheila Roth

425 St. Mary's Road

Ste. Genevieve, MO 63670

(573) 883-2543

E-mail: stegenbutchershop@att.net

Products: We do custom processing and slaughtering for beef, pork and deer. Currently we have some frozen meat for retail and we plan to have a larger selection of meats available for purchase soon.

Hours of Operation: Tuesday-Friday 7:00 am – 5:00 pm; Saturday 7:00 am – 12:00 pm

Directions: Take I-55 to Exit 150 toward MO-32. Turn left at MO-32. Continue for 5 miles to Ste. Genevieve. Make a slight right at Ste Genevieve Dr/US-61. Turn left at St Marys Rd. The Ste. Gen Butcher Shop will be on the left.

Sainte Genevieve Winery (W)☉

Contact: Elaine Hoffmeister Mooney

245 Merchant St.

Ste. Genevieve, MO 63670

(573) 483-3500

Website: www.saintegenevievewinery.com

Products: The winery is located in a beautiful 5,000 square foot, turn-of-the century home in the historic district of Ste. Genevieve with samples, outdoor seating, gift shop and deli. We

Ste. Genevieve County

have a commitment to making quality, hand crafted Missouri wines in small lots. We would like to have a wine that suits every palate and every pocketbook.

Hours of Operation: Monday-Sunday 11:00 am – 5:00 pm

Directions: Exit 150 off I-55. Take Hwy 32 East to Ste. Genevieve. Hwy 32 becomes 4th Street. Right onto Market Street. Left onto 2nd Street. Left onto Merchant Street.

Sara's Ice Cream (R)

Contact: Sara Menard
201 Academy
Ste. Genevieve, MO 63670
(573) 883-5890

Products: Come in and try our ice cream confections and hand dipped drumsticks. Our vintage soda fountain is a local favorite. Proudly serving Prairie Farms Ice Cream, topped with your favorites including Ste. Genevieve pecans.

Hours of Operation: May-August: Open Daily 10:00 am - 9:00 pm; September-October: Open Daily 11:00 am - 6:00 pm

Directions: Our physical location is at 124 Merchant St. Take exit 154 for MO-O toward Ste Genevieve/Rocky Ridge. Turn left at MO-O. Turn right at US-61 and continue for 7 miles to Ste. Genevieve. Turn left at Market St. Turn left at S Main St. Turn left at Merchant St.

Rosemary's No-Spice Liver Knaefles (Dumplings)—A Ste. Gen Specialty

4-5 c flour	5-6 eggs
1 med. onion	1 lb. liver
2 T. parsley flakes	Water
1 pinch pepper	salt to taste

Grind liver and onion then mix with the above ingredients except salt. Add water to make mix pasty, if needed. In a large pot, bring water to a boil, add salt to taste; use this to cook the knaefles. Place a small amount of dough on a flat dish and scrape off small slivers at a time into the boiling water. Cook and stir for 5 minutes or until knaefles float to the top of the water. Use a small amount of oil or gravy to pour over cooked knaefles to prevent them from sticking together.

from the recipe files of Mrs. Alvin Otte

Ste. Genevieve Farmers Market (FM)

Contact: Jim Bruckerhoff
9951 N. Highway 61
St. Mary, MO 63673
(573) 543-2562

Products: The Ste. Genevieve Farmers Market offers a variety of produce, fruits, baked items, canned goods and fresh eggs. All items are locally produced.

Hours of Operation: May-October: Saturday 7:00 am – 12:00 pm

Directions: Physical location of the market is at the corner of 3rd St. and Jefferson St. in Ste. Genevieve, MO. To get here, take I-55 to exit 150. Take Hwy 32 East to Ste. Genevieve. Hwy 32 becomes 4th Street. Right onto Jefferson Street for 1 block to Farmers Market.

The Show-Me Shop (R)

Contact: Herb & Norma Fallert
10 N. Main St.
Ste. Genevieve, MO 63670
(573) 883-2614

Products: The best of Missouri products. Local and regional wines, cheeses, sausages, jams, jellies, pasta and many more specialty gourmet food products.

Hours of Operation: Monday-Sunday 10:00 am – 5:00 pm

Directions: Exit 154 off I-55. Take MO-O East to Ste. Genevieve. Right onto US-61. Left onto Market Street. Left onto Main Street.

Tiger Ridge Restaurant (R)

Contact: Bryan Siddle
19620 State Route B
Ste. Genevieve, MO 63670
573-883-9909

Website: www.crown-ridge.com

Products: Our menu of upscale American cuisine features fresh food with a local flair. We serve farm-fresh produce, Black Angus Beef and bison from our very own Crown Farms, and each delicate herb that adorns your entrée was grown in our carefully tended garden. Signature dishes and delicacies are masterminded by our Executive Chef to ensure the utmost quality, taste and pleasure in each bite we serve. Our decadent food is complemented by impeccable service, the finest Crown Valley wines and an opulent setting.

Hours of Operation: Closed Monday. Breakfast (lodging only): 8:30am-10am; Lunch: Tuesday-Sunday 11:00 am - 2:00 pm; Dinner:

Ste. Genevieve County

Wednesday-Sunday 5:00 pm - 9:00 pm; Brunch:
Sunday 11:00 am – 3:00 pm

Directions: Take I-55 south to exit 150 (Hwy 32) west, then make a quick left onto outer road (State Route B.) Continue 8 miles. Crown Ridge is on the right at 19620 State Route B.

Eating Locally Resources & Links

- Food Circles Networking Project --
Connecting St. Louis area farmers with their customers
<http://extension.missouri.edu/warren/FoodCircles/FoodCirclesindex.htm>
- Missouri Exchange Online -- statewide, direct way to buy and sell Missouri products
<http://www.missouriexchange.com>
- Missouri Farmers' Markets Directory:
<http://agebb.missouri.edu/fmktdir/index.htm>
- To Market, To Market: A Guide to Locally Grown Produce in the St. Louis Bi-State Area (PDF file)
<http://extension.missouri.edu/ecregion/ag/market/05MarketDirectory.pdf>
- Sauce Magazine: Guide to St. Louis Area Foods, Wines, and Restaurants:
<http://www.saucemagazine.com/>
- Local Harvest: <http://www.localharvest.org/>
- Food Routes (Buy Fresh, Buy Local):
<http://www.foodroutes.org/>
- Slow Food USA: <http://www.slowfood.com/>
- The Sustainable Table:
<http://www.sustainabletable.org/>
- Edible Communities:
<http://www.ediblecommunities.com/>
- Farm to School:
<http://www.farmtoschool.org/>

Item Index

Baked items

Farmington Farmers Market.....	4
Ste. Genevieve Farmers Market.....	11

Bedding plants

C & C Farms.....	4
Farmington Farmers Market.....	4
Park Hills Farmers Market.....	5
Windrush Farm.....	7

Beef

Eckenfels Farms.....	9
Hinkebein MONatural Elk Ranch.....	5
Hoye Brothers Farms.....	9
Otte Angus Farms.....	10

Beets

F & R Farms.....	4
------------------	---

Blackberries

Liberty Blueberry Farm.....	5
-----------------------------	---

Blueberries

Liberty Blueberry Farm.....	5
-----------------------------	---

Broccoli

Hale Farms.....	5
-----------------	---

Butter

Ladd's Family Farm.....	5
-------------------------	---

Canned items

Farmington Farmers Market.....	4
Ste. Genevieve Farmers Market.....	11

Carrots

F & R Farms.....	4
------------------	---

Cauliflower

Hale Farms.....	5
-----------------	---

Cheese

Baetje Farms.....	8
St. Francois Vineyards.....	6
The Show-Me Shop.....	11

Cucumbers

C & C Farms.....	4
F & R Farms.....	4
Hale Farms.....	5

Eggplant

Hale Farms.....	5
-----------------	---

Eggs

Ladd's Family Farm.....	5
Ste. Genevieve Farmers Market.....	11

Elk

Hinkebein MONatural Elk Ranch.....	5
------------------------------------	---

Flowering plants & flowers

C & C Farms.....	4
County Line Farms.....	8
Farmington Farmers Market.....	4
F & R Farms.....	4
Ladd's Family Farm.....	5
Windrush Farm.....	7

Fruit, general

Farmington Farmers Market.....	4
Ste. Genevieve Farmers Market.....	11

Goats

Ladd's Family Farm.....	5
-------------------------	---

Green beans

C & C Farms.....	4
F & R Farms.....	4
Hale Farms.....	5

Herbs & spices

Farmington Farmers Market.....	4
Farmington Meat & Processing Inc.	4
Windrush Farm.....	7

Honey

Park Hills Farmers Market.....	5
--------------------------------	---

Jams, jellies & preserves

Farmington Farmers Market.....	4
The Show-Me Shop.....	11

Lettuce

C & C Farms.....	4
Hale Farms.....	5

Marinades & dressings

Farmington Meat & Processing Inc.	4
Olde Settlement Dressings, LLC.....	10

Meat & meat processing

Farmington Meat & Processing Inc.	4
Oberle Meats.....	10
Sainte Genevieve Butcher Shop.....	10

Melons

Hale Farms.....	5
-----------------	---

Item Index

Milk	
Ladd's Family Farm.....	5
Onions	
C & C Farms.....	4
Peppers	
C & C Farms.....	4
F & R Farms.....	4
Hale Farms.....	5
Potatoes	
C & C Farms.....	4
F & R Farms.....	4
Hale Farms.....	5
Potted plants	
C & C Farms.....	4
Farmington Farmers Market.....	4
Poultry	
Ladd's Family Farm.....	5
Produce, general	
County Line Farms.....	8
Farmington Farmers Market.....	4
Ladd's Family Farm.....	5
Park Hills Farmers Market.....	5
Ste. Genevieve Farmers Market.....	11
Windrush Farm.....	7
Pumpkins	
County Line Farms.....	8
Liberty Blueberry Farm.....	5
Rabbits	
Ladd's Family Farm.....	5
Otte Angus Farms.....	10
Radishes	
C & C Farms.....	4
Restaurants	
Grapevine Grill Restaurant.....	9
Hotel Sainte Genevieve.....	9
Inn St. Gemme Beauvais.....	10
Rosener's Inn & Restaurant.....	6
Sara's Ice Cream.....	11
Tiger Ridge Restaurant.....	11
Sausages	
Farmington Meat & Processing Inc.	4
Oberle Meats.....	10
St. Francois Vineyards.....	6
The Show-Me Shop.....	11
Spinach	
C & C Farms.....	4
Hale Farms.....	5
Squash	
Hale Farms.....	5
Strawberries	
Hale Farms.....	5
Sweet potatoes	
C & C Farms.....	4
F & R Farms.....	4
Syrups	
Farmington Farmers Market.....	4
Tomatoes	
C & C Farms.....	4
County Line Farms.....	8
F & R Farms.....	4
Hale Farms.....	5
Turnips	
F & R Farms.....	4
Wine & wineries	
Cave Vineyards/ Strussione Wine.....	8
Charleville Vineyards, Winery, etc.	8
Chaumette Vineyards & Winery.....	8
Crown Valley Champagne House.....	4
Crown Valley Winery.....	8
Sainte Genevieve Winery.....	10
St. Francois Vineyards.....	6
The Show-Me Shop.....	11
Twin Oaks Vineyards.....	6

Harvest Calendar

FRUITS	
Apples	June 1-Dec 1
Apricots	June 1-Early July
Blackberries	June 1-Early September
Blueberries	June 1-Early October
Cantaloupe	June 1-November 1
Cherries	Mid May-Early July
Gooseberries	May 1-Mid July
Grapes, Table	July 1-November 1
Grapes, Wine	Late July-November 1
Nectarines	Mid June-Late September
Peaches	June 1-October 1
Pears	July 1-Late November
Plums	Mid June-November 1
Raspberries, Black	June 1-Mid July
Raspberries, Red	June 1-November 1
Strawberries	Mid May-September 1
Watermelon	June 1-November 1

	December
Potatoes	Early June-Late December
Pumpkins	Early July-Early December
Radishes	Early May-Early November
Rhubarb	Early May-Early November
Spinach	Early March-Mid June
	Early Sept-Late December
Squash, Summer	Early May-Early November
Squash, Winter	Early July-Late December
Sweet Corn	Early June-Early October
Sweet Potatoes	Early August-Mid December
Tomatoes	May 1-Mid November
Turnips	Early May-Mid December

Source: Farmers' Market Directory, MO Dept of Agriculture

VEGETABLES	
Artichokes	Mid July-September 1
Asparagus	Early March-July 1
Beans, Lima	July 1-Mid October
Beans, Snap	June 1-November 1
Beets	May 1-December 1
Broccoli	May 1-August 1
	September 1-Mid December
Carrots	June 1-October 1
Cauliflower	May 1-Mid July
	September 1-December 1
Cucumbers	May 1-November 1
Eggplant	June 1-November 1
Garlic	Mid June-December 1
Greens	May 1-June 1
	September 1-December 1
Horseradish	June 1-December 1
Kohlrabi	Mid May-July 1
	Mid September-November 1
Leeks	May 1-September 1
Lettuce	April 1-July 1
	September 1-December 1
Okra	June 1-November 1
Onions, Dry	May 1-December 1
Onions, Green	April 1-Late November
Peas, Green	April 1-December 1
Southern Peas	Early July-Early November
Peppers, Bell	Early July-Late November
Peppers, Hot	Early July-Late November
Popcorn	Early August-Late