

## Farmer's Markets, Farms, etc.

### Farmer's Markets \*note vendors vary

#### Riverside Arts & Farmer's Market RAM

Open every Saturday, 10 am - 4 pm, March to December (may host farmer's only Mid January-March. Under Fuller Warren Bridge, free parking at Fidelity 715 Riverside Avenue, Jacksonville, FL 32204

#### King Street Farmers Market

Every Wednesday, 4:00 – 7:00 pm, 1021 King Street, Jacksonville FL, 32204. Vendors may include: Teagan Farms Produce, Karen's Kakes and Sweets, The Veggie Bin, Glades Farms Dairy, Shepherd Farms, Olive Affairs, Karma Acres Farms, and more!

[www.facebook.com/KingStreetFarmersMarket](http://www.facebook.com/KingStreetFarmersMarket)

#### Beaches Green Market

Every Saturday, 2-5 pm, Jarboe Park, Neptune Beach (intersection of A1A and Florida Blvd.)

[www.BeachesLocalFoodNetwork.org](http://www.BeachesLocalFoodNetwork.org)

### Farms & Vendors

**Glades Ridge Dairy:** Goat Milk and Cheeses, unpasteurized dairy products, ethically & naturally produced, hormone & antibiotic free. <http://gladesridge.com> email: [order@gladesridge.com](mailto:order@gladesridge.com) or [gladesrg@gate.net](mailto:gladesrg@gate.net)

**Black Hog Farm:** Produce veggies, fruit. Offers farm to door delivery veggie box and a fruit and veggie box - by pre-order only. Sells beef, pork, chicken, turkey, fresh ground local peanut butter, Bold Bean Black Hog blend coffee, local honey, eggs, etc. Frequent vendor at RAM, Beaches Green market. <http://www.blackhogfarm.com/>

**Twinn Bridges Herb Farm:** Heirloom vegetables and vegetable plants, herb plants, jams, pickles, honey. Located in MacClenny. Pesticide-Free. Some supplemented produce from area farms. They also donated herb plants to fill our community garden beds <http://twinnbridges.com/> Often at Avondale farmer's market Sundays and at the Beaches Green market

#### Saint Johns Family Farm

Farm fresh eggs & pastured broiler chickens. Saint Johns, Florida. Must pre-order.

<http://www.localharvest.org/saint-johns-family-farm-M41688>

#### KYV Organic Farm

Based in Switzerland, FL, KYV is certified organic, using sustainable growing techniques to offer fresh vegetables and fruits. Francisco also offers CSA memberships. <http://www.kyvfarm.com/>

#### Cognito Farm

Free-range eggs, 100% pasture-raised all-natural broiler chickens, eggs, 100 % pastured beef, range raised pork (sausage, ham), goat cheese and organically grown produce. Must pre-order.

Pick up at farm by appointment or at local farmer's markets. <http://www.cognitofarm.com>

Email: [info@cognitofarm.com](mailto:info@cognitofarm.com)

### **Down to Earth Organic Farm**

All organic vegetables, herb bunches, and flowers. Fun heirloom varieties. Farm is located in Jacksonville. Will not be at the Market during the summer. Down to Earth has a CSA and only comes when they have surplus. [downtoearthjax@gmail.com](mailto:downtoearthjax@gmail.com)

### **Maggie's Herb Farm**

All organic herb plants, etc. Wonderful for starting or growing your herb garden. Owner is often at Riverside Arts Market typically on the first Saturday of the month if not more often. Call before driving out to the farm 904-829-0722, [maggiesherbs@aol.com](mailto:maggiesherbs@aol.com), 11400 County Road 13 St Augustine, FL 32092

### **Sweet Grass Dairy**

This all-natural dairy from Georgia offers their famous goat's milk and cow's milk cheeses. Some offerings include Greenhill Brie-style, Thomasville Tomme, Lil' Moo and more! Visit <http://www.sweetgrassdairy.com>

### **Olive my Pickle**

Shai offers a variety of stuffed olives, pickles and hummus! Some examples include Kalamata Hummus, Black Bean Hummus, Kim Chi, Pickled Green Tomatoes, Kosher Dill Pickles, Blue Cheese Olives, Almond Stuffed Olives, Chili Pepper Stuffed, Lemon Stuffed, Black cured olives with Rosemary and more!

### **Shakti**

Vegan raw living foods like granola, cashew cheese, buckwheat bean burritos, and various desserts! [www.shaktilifekitchen.com](http://www.shaktilifekitchen.com)

### **Blue Planet Delight**

Blue Planet is out of St. Augustine, and they make all organic & vegan treats such as flax crackers, hummus, pesto, desserts, nut butters and more!

### **Wainwright Dairy**

Pasturized non homogenized milk, cheese made with raw milk, raw milk. Live Oak, Florida, (386) 590-6299, <http://www.wainwrightdairy.com/>, [info@wainwrightdairy.com](mailto:info@wainwrightdairy.com)

### **Miscellaneous**

#### **Slow Food First Coast**

For snail approved restaurants, farms, website also has simply seasonal section with a list of what is in season on the First Coast [www.slowfoodfirstcoast.com](http://www.slowfoodfirstcoast.com)

#### **Local Fare Farm Bag**

Local Fare buys directly from the farmer on Monday and delivers to your door or to a cooler on your porch. <http://localfarefarmbag.com/>, [localfarefarmbag@yahoo.com](mailto:localfarefarmbag@yahoo.com) 386-627-8936

#### **Grassroots Natural Market**

Grassroots Natural Market is Jacksonville's leading health food alternative, providing natural, healthy and organic food, including fresh produce and meats, carries Wainwright Dairy raw milk cheeses and milk, organic wine and beer, etc. Located in historic Riverside in 5 Points, 2007 Park Street, Jacksonville, FL 32204 (904) 384-4474

### **Seafood Gourmet**

Fish monger & fish/seafood market all wild fresh caught wonderful: Tuesday-Saturday 10:30 am - 6:30 pm. 5043 San Jose Boulevard, Jacksonville, FL 32207 (904) 730-0077

### **Eating Well Guide/Slow Food linked**

Search engine for restaurants, community gardens, co-op, farmers market, stores, etc. by city and state <http://www.eatwellguide.org> \*note may not be a complete and updated list as places change as rapidly

## **Snail approved Restaurants & Restaurants with healthy options**

### **Jacksonville**

#### **13 Gypsies**

Spanish tapas style food. Must order: the chef's choice house vegetable, i.e., sautéed kale or the turnip greens or the green beans! You can't go wrong with anything you order. Small place, CALL ahead for reservation closed Sunday & Monday, 887 Stockton St. Jacksonville, FL 32204 (corner of Stockton and College Streets), 904-389-0330

#### **Indochine**

Thai, Sushi. Must order anything with the Chinese broccoli or bok choy. Ask them to add it or make as a side or substitute for potatoes and peppers. They do have brown rice ask for it. 21 East Adams Street, Jacksonville, FL 32202, (904) 598-5303

#### **The Brick**

Must order Salmon and kale salad or grilled meat with kale salad as a side. 3585 Saint Johns Ave, Jacksonville, (904) 387-0606

#### **Orsay**

Very nice upscale and delicious, good ingredients, dinner and wonderful brunch. 3630 Park Street, Jacksonville, FL 32205 (904) 381-0909

#### **Taverna**

1986 San Marco Boulevard Jacksonville, FL 32207 904-398-3005

#### **Cozy Tea**

Lunch and afternoon tea, order salad with scoop of curry chicken salad or scoop of egg salad, house dressing on the side. 1029 Park Street, Jacksonville, FL 32204, (904) 329-3964

#### **French Pantry**

Lunch on week days only, wonderful salads with bruschetta, 6301 Powers Avenue, Jacksonville, FL 32217, (904) 730-8696

## **St Augustine**

### **The Floridian Taverna**

39 Cordova St., St. Augustine, FL 32084, 904-829-0655

### **The Present Moment Cafe**

224 W. King St., St. Augustine, FL 32084, 904-827-4499

### **Casa Maya**

Hypolita Street (between Spanish and Charlotte Streets) St. Augustine, FL 32084, 904-217-3039

### **Bistro de Leon**

French traditional dinner, wonderful brunch seasonal 12 Cathedral Place St. Augustine, FL 32084 (904) 810-2100

## **Fernandina**

### **29 South**

Very good, seasonal, local, nice brunch. 29 South 3rd Street, Fernandina Beach, FL 32034, (904) 277-7919