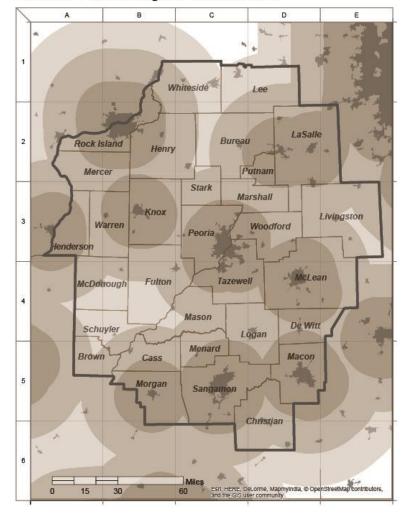


Local Foods Resource Guide 2015

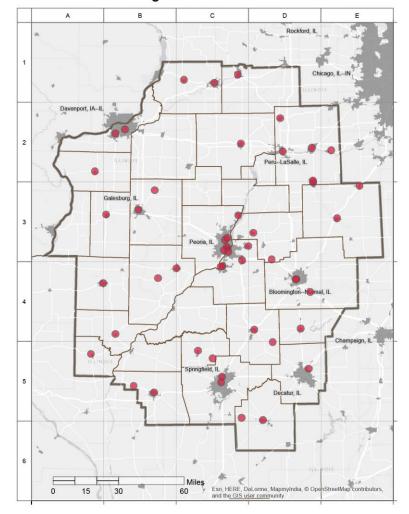
Learn more & view live maps at www.peoriafoodsystem.net_or_peoriacounty.org/sustainability



Greater Peoria Region: Counties

Is **60 miles** too far to go for great local food? While there are delicious treats that might be worth an even longer trek, all of the farms, markets, and restaurants listed in this guide are within 60 miles of Peoria County and in the state of Illinois. Many of them are closer.

There are 33 counties—not to mention several cities and an uncounted number of farms and gardens—full of local goodness within this "Greater Peoria Foodshed". This guide lists sources of local foods available to north-central Illinois residents.



Greater Peoria Region: Farmers Markets

1: Market information from USDA Farmers Market Database and LocalHarvest.org (Accessed February 2015), and independent research. Maps are for reference purposes only and should not be used for navigation!

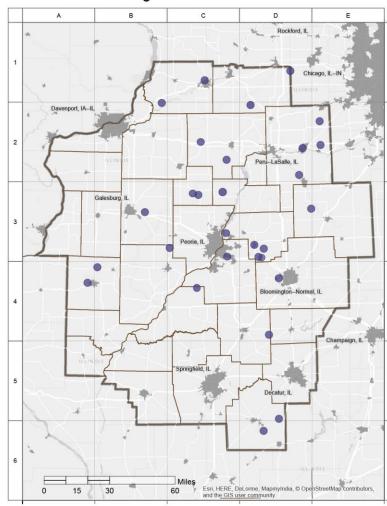
Farmers markets are the "poster child" of local foods, and for good reason! Markets provide regular opportunities to "**meet the grower**", and some markets also host **arts and crafts** vendors, or some provide **live music**, **cooking demonstrations**, and **entertainment**. Regional farmers markets generally begin in May or June and run through October, though some indoor markets, such as the Methodist Center Atrium Farmers Market in Peoria and Illinois Products Farmers Market operate during winter months.

Most farmers markets in the region accept credit card payments, and several can accommodate **WIC and SNAP benefits**. Payment types accepted at each market are indicated in the chart below with C (Credit Cards Accepted), W (WIC accepted), and S (SNAP accepted).

More information for each market can be found online on the websites listed below, or through the online version of this guide.

	Farmers Market Name	Payment	Website
	Twin City Farmers Market	C	www.tcmarket.org
C-1	Dixon Park District Farmers Market	С	www.dixonparks.com
	Morrison Farmers' Market	С	www.morrisonfarmersmarket.com
A-2	Main Street Farmers Market Downtown Aledo	С	www.aledomainstreet.com
B-2	East Moline Farmers Market	С	www.growersmarkets.com
D-2	Home Grown Market on the Square		www.rockislandcountyextension.blogspot.com
C-2	Princeton Farmers' Market	CW	www.facebook.com/PrincetonFarmersMarket
	Downtown LaSalle Canal Market	С	www.facebook.com/DowntownLaSalleCanalMarket
D-2	Ottawa Area Chamber of Commerce Farmers Market	С	www.facebook.com/ottawailfarmersmarket
	Mendota Farmers Market	С	www.mendota.il.us
	Streator Downtown Farmers Market	С	www.facebook.com/pages/Streator-Downtown-Farmers-Market/112967925454118
E-2	Marseilles Farmers Market	С	
B-3	Oneida Farmers Market	С	www.facebook.com/oneidafarmersmarket
D-3	Galesburg Farmers Market	С	www.galesburgbusinessassociation.com
	Monmouth Farmers Market	С	www.monmouthilchamber.com/farmers-market/
	Peoria Farmers Market at the Metro Centre	CWS	www.shopmetrocentre.com
	Peoria Riverfront Market	CSW	www.peoriariverfront.com
	Junction City Farmers Market		http://newjunctioncity.com/event/junction-city-farmers-market/
	Chilicothe Farm Produce Sales		n/a
C-3	Methodist Medical Center Atrium Farmers Market		www.facebook.com/methodistatriumfarmersmarket
	Urban Farmers Market by Gifts in the Moment		www.believegitm.com/urban-farmers-market/
	City of East Peoria Farmers Market		
	Washington Square Farmer's Market	С	www.facebook.com/pages/Washington-Square-Farmers-
			Market/521527434572686
	Morton Farmers Market	С	www.local-farmers-markets.com/market/1600/morton/morton-farmers-market
	Washington Square Farmer's Market	С	www.facebook.com/pages/Washington-Square-Farmers-Market/521527434572686
D-3	Metamora Farmers Market	С	www.facebook.com/pages/Metamora-Farmers-Market-NFP/196443450391588
	Congerville Farmers Market	С	www.congervillefarmersmarket.blogspot.com/
	North Bloomington Street Farmers Market	С	www.facebook.com/pages/Streator-Downtown-Farmers-Market/112967925454118
E-3	Pontiac Farmers Market	С	www.pontiacproud.org
L-3	Main Street Farmers Market	С	

	Farmers Market Name (continued)	Payment	Website
	City of Cuba Macomb Farmers Market	C CS	www.macombfarmersmarket.com
B-4	Rushville Main Street Farmers Market	C	www.rushville.org
	Morton Farmers Market	C	www.local-farmers-markets.com/market/1600/morton/morton-farmers-market
C-4	Heritage Farmers Market	С	www.facebook.com/HeritageFarmersMarket
6-4	Pekin Downtown Farmers Market	С	www.pekinmainstreet.com
	Canton Farmers Market	С	www.extension.uiuc.edu/fulton
	Downtown Bloomington Association Farmers Market	CS	www.downtownbloomington.org/index.php?id=6
D-4	Lincoln Farmers Market	С	www.lincolnfarmersmarket.org
D-4	Downs Village Market	С	www.villageofdowns.org/downs-village-market.htm
	Clinton Area Farmers and Artisans Market	С	www.clintonilchamber.com/events.htm
A-5	Brown County Farmers Market	С	
B-5	Jacksonville Farmers Market at Lincoln Square	С	www.facebook.com/JacksonvilleFarmersMarketAtLincoInSquare
	Petersburg' Farmers Market	С	
	Athens Farmers Market	С	
C-5	Illinois Products Farmers Market	CSW	www.illinoisproductmarket.com
	Old Capitol Farmers Market - Springfield	CSW	www.downtownspringfield.org
	Pawnee Farmers Market	С	
	Trinity 7th St Moline Farmers Market	С	www.growersmarkets.com
D-5	Saturday Produce Market	CW	www.facebook.com/RichlandStudentFarms
	Taylorville Main Street - Farmer's Market	С	www.downtowntaylorville.com



2: Community Supported Agriculture information from USDA's CSA Database and LocalHarvest.org (Accessed February 2015), IRRA's Illinois CSA Directory

(2007), and independent research.

Maps are for reference purposes only and should not be used for navigation.

Fresh local produce—delivered! Community Supported Agriculture (CSA) programs unite growers and consumers in financing locally grown foods. Provide "**seed money**" by pre-purchasing "shares" of a farm's production, receive a fraction of whatever is grown at prearranged intervals; pickups of produce typically occur **every week or every other week** at growing sites, farmers markets, or other designated locations. Twenty-Seven CSAs are located in the foodshed. Most provide seasonal **vegetables**, while some make **fruits**, **flowers, herbs, eggs, milk**, or **meat**.

Prices and purchasing options vary by farm. Some offer half shares or add on items to allow consumers to tailor their purchases. The actual amount of received in each share is representative of the farm's production, with most CSAs reporting smaller shares early in the growing season and additional items at the end of the summer. Prepare to buy a share early in the year, as many local CSAs sell out before summer!

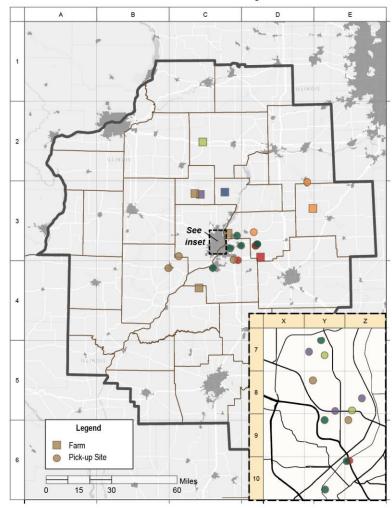


3: Example CSA Share from the Tri County Fresh Food Hub

Learn more & view live maps at www.peoriafoodsystem.net or peoriacounty.org/sustainability

Greater Peoria Region: **CSAs**

	CSA Name	Street Address	City	Website	
C-1	Anonymous Farm	22417 Polo Road	Sterling	•	
B-2	Eyrich's Farm Fresh	8820 Albany	Erie	www.facebook.com/pages/Eyrichs-Farm-Fresh/1511899119033322	
C-2	Meadow Haven Farm	6139 1700 North	Sheffield	www.meadowhavenfarm.com/	
	Plow Creek Farm	1900 Bottom Road	Tiskilwa	www.plowcreekfarm.com	
D-2	Cedar Valley Sustainable Farm	1985 N 3609th Rd	Ottawa	www.cedarvalleysustainable.com	
	Crooked Row Farm	1735 Sublette Rd	Sublette	www.naturalnancy.com/	
	Santorineos Family Farm	1488 N 1659th Rd	Streator	www.santofamfarm.com/	
E-2	The Family Patch	4240 E. 2225 Rd	Sheridan		
	Growing Home, Inc.	2539 N 30th Rd	Marseilles	growinghomeinc.org	
B- 3	Hickory Hollow Farms	1103 Old Wagon Rd	Knoxville		
	Broad Branch Farm	15848 Twp Rd 500 North	Wyoming	www.broadbranchfarm.com	
• •	Hartz Produce	5235 Township 900 E	Wyoming	www.hartzproduce.com	
C-3	Spring Bay Farm	1373 Spring Bay Rd	Spring Bay	www.facebook.com/pages/Spring-Bay-Farm/114748295211314?fref=ts	
	Grandma and Grandpa's Farm	476 County Road 950 N	Sparland	www.grandmagrandpasfarm.com/	
	Tri County Fresh Food Hub	4200 E. Washington Street	East Peoria	gitm.csaware.com/store/csa.jsp	
D-3	Teresas Fruit	302 W. Sunny Lane	Eureka	www.brockmanfamilyfarming.com	
D-3	Organic Pastures	669 County Road 1800 E	Eureka	il.foodmarketmaker.com/business/1240-organic-pastures	
	The Country Co-Op	P.O. Box 153	Congerville		
	Jones Country Gardens	22055 N 800 E. Rd	Pontiac	www.jonescountrygardens.com	
D-3	Henry's Farm		Congerville	www.brockmanfamilyfarming.com/	
A-4	Barefoot Gardens	3201 West Adams Road	Macomb	www.barefootgardens.org	
B-4	Good Hope Gardens	13595 N. 1950th Rd.	Good Hope	www.facebook.com/goodhope.gardens	
C-4	Meyer Organic Produce	307 S Adams Street	Manito	www.facebook.com/MeyersProduce	
D-4	Browns Fresh Produce	10499 E 1400 N. Rd	Bloomington	www.brownsproduce.com/	
U-4	Prairierth Farm	2047 2100th Street	Atlanta	www.prairierthfarm.com	
D-6	August Creek Farm	1414 N 2400 East Rd	Assumption	www.facebook.com/augustcreekfarm	
<i>D</i> -0	Afterthought Farm	882 North 1700 East Rd	Owaneco	www.facebook.com/AfterthoughtFarmSoapandStuff	



Peoria: CSA Farms & Pickup Locations

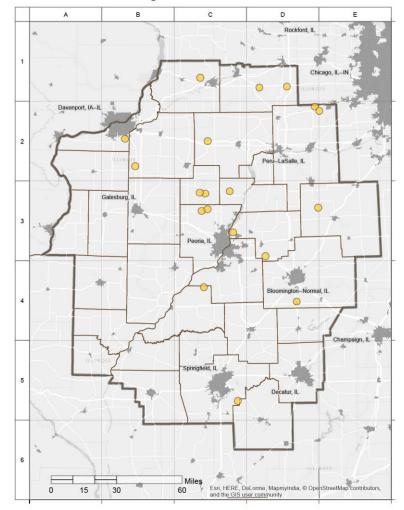
4: Community Supported Agriculture information from individual CSA websites. Maps are for reference purposes only and should not be used for navigation.

Looking for a local CSA pickup site? Pickup sites for CSAs

serving Peoria County (acquired from individual CSAs' websites & grouped by color) are shown here. Full information on individual pickup sites and scheduling is avaiable on the online map at www.peoriafoodsystem.net.

Broad Branch Farm	Vegetable, Egg, & Meat Shares Season: June-October, 22 Weeks (2-Delivery Fall Shares also available) *Cost: <u>Vegetable</u> : FULL-22 wk \$600; HALF-11 wk \$323 <u>Eggs</u> : FULL \$159; HALF \$80 <u>Beef, Pork & Chicken:</u> \$592 www.broadbranchfarm.com
Good Earth Food Alliance (Multi Farm)	Season: April 21-October 20 + 1 delivery in November & December *Cost: <u>Fruit, Vegetable, & Herb</u> \$580; <u>12-Eggs</u> \$123.25 (Weekly); \$63,75 (Bi-weekly) <u>Variety Meat:</u> \$625 www.goodearthfoodalliance.com/
Grandma and Grandpas Farm	Chicken and Produce Shares Season: June-October *Cost: <u>Chicken</u> Full (4/mo) \$380, Half (2/mo) \$200; <u>Produce</u> Full (22 wk) \$560, Half (11 wk) \$200 www.grandmagrandpasfarm.com
Henrys Farm	Offering shares of vegetable production Season: Late May-November, 26 weeks *Cost: \$425 www.brockmanfamilyfarming.com
Jones Country Gardens	Produce Shares Season: Late May or Early June and continuing for 24 Weeks *Cost: \$500 www.jonescountrygardens.com
Meadow Haven Farm	Meat products Season: 3 Month subscription *Cost: <u>Standard</u> (beef, pork, sausages, & chicken)-\$330; <u>Express</u> (9# ground beef, 9# sausage) \$330 <u>Cross Fit</u> (beef, chicken, & pork)-\$750; <u>Cross Fit W/Eggs</u> : \$800 www.meadowhavenfarm.com
Tri County Fresh Food Hub (Aggregator)	CSA Provides produce via mobile delivery vans, with a focus on serving low-income areas. Season: 22 Weeks, Mid-May through Mid-October *Cost: FULL (22 weeks) \$506 , HALF (11 weeks) \$253 http://gitm.csaware.com/store/csa.jsp *Costs provided for reference only; consult individual CSAs for current information

Learn more & view live maps at www.peoriafoodsystem.net_or_peoriacounty.org/sustainability



Greater Peoria Region: **On Farm Sales**

Farm Fresh sales

It doesn't get much better than just-picked—or just picked up—produce! **Farm stands**, **U-Pick** farms, **orchards** and **wineries**, and onfarm pickups for Community Supported Agriculture (CSA) programs provide a shopping experience that's more fun than your ordinary grocery store.

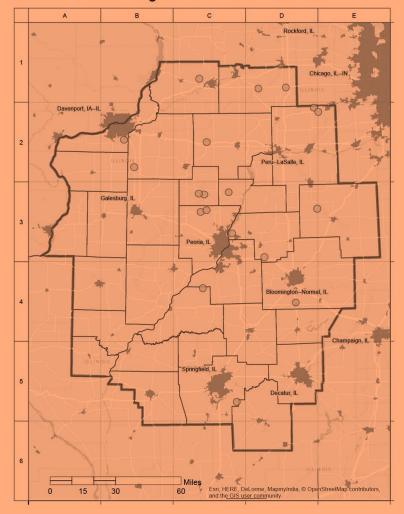
Growers appreciate their short commute for on-farm sales, and consumers may enjoy the opportunity to see where food is produced. Producers providing on-farm sales usually participate in other retail markets as well.

Staffing for farm stands may be provided during normal business hours for more permanent operations, or may be limited to evening or weekend hours during season, or only an hour or two per week for CSA pickup sites—so **call or click ahead** before you head out!

5: Market information from USDA Farm Stand and CSA Databases and LocalHarvest.org (Accessed February 2015), IRRA's Illinois CSA Directory (2007), and independent research.

Maps are for reference purposes only and should not be used for navigation.

	Farm Name	Products	Street	City	Website
C-1	Hazel Creek Vineyard	Wine, Agrotourism	23060 Hazel Rd.	Sterling	
D-1	Stone Home Farm Hickey Family Farm	Eggs Beef	1125 Inlet Rd 1143 Steward Rd	Lee Center Steward	www.stonehomefarm.com www.localharvest.org/hickey-family-farm-M59819
B-2	Country Corner Market	Produce, Agrotourism	5333 U. S. HWY 150	Alpha	www.country-corner.com/
	Crandall Farms	Honey	10905 104th St.	Coal Valley	www.crandallfarms.com/
C-2	Meadow Haven Farm	Produce	6139 1700 North	Sheffield	www.meadowhavenfarm.com/
D-2	Larson's Country Market, Inc.	Produce, Chicken	1968 E. U.S. Route 34	Leland	www.facebook.com/LarsonsCountryMarketInc
	Country Pond Gardens	Produce	2190 North 45th Rd	Leland	www.il.foodmarketmaker.com/business/908345-country-pond-gardens
	Broad Branch Farm	Produce	15848 Twp Rd 500 N	Wyoming	www.broadbranchfarm.com
	Spring Bay Farm	Produce	1373 Spring Bay Rd	Spring Bay	www.facebook.com/pages/Spring-Bay-Farm/114748295211314
	Hartz Produce	Produce	5235 Twp Rd 900 E	Wyoming	www.hartzproduce.com/
C-3	Grandma & Grandpa's Farm	Produce	476 County Rd 950 N	Sparland	www.grandmagrandpasfarm.com/Join_our_CSA.html
	Garden Spot Vegetable Farm	Produce, Chicken, Eggs	12901 W State Route 90	Princeville	www.facebook.com/gardenspotvegetablefarm
	The Pumpkin Place	Produce, Agrotourism	9615 W. Oertley Road	Princeville	www.facebook.com/thepumpkinplace
	Henry's Farm CSA	Produce	432 Grimm Rd.	Congerville	www.brockmanfamilyfarming.com
D-3	Jones Country Gardens	Produce, Eggs, Chicken	22055 N 800 E. Rd	Pontiac	www.jonescountrygardens.com
C-4	Meyer Organic Produce	Produce	307 S Adams St	Manito	www.facebook.com/MeyersProduce
D-4	Homestead Harvests	Beef	14861 Enterprise Rd	Heyworth	www.localharvest.org/homestead-harvests-llc-M26416
C-5	Lazy J Ranch	Beef	9000 Cascade Road	Rochester	www.facebook.com/pages/Lazy-J-Ranch-Rochester-IL/170348153012473



Greater Peoria Region: On Farm Sales

6: Restaurant information from the Illinois Stewardship Alliance Local Flavors guide(Accessed May 2015) and interviews with Peoria-area diners.

Maps are for reference purposes only and should not be used for navigation.

What makes a restaurant "local"? Is it the restaurant location itself important—a "**local" café** around the corner from work? Does it matter where the owners live, and if so, how close is close enough? **Should fast food franchises** be counted—they are, after all, locally owned! Can a national brand like **Chipotle** operate a local restaurant?

Or do the foods served determine whether a restaurant is local? If so, how

If you'd like to "eat local" at a restaurant, your best approach might be to ask if your favorite eatery serves local food. Maybe they do, and you have a new reason to love an old favorite! Or maybe you will spark their interest in serving local products. Either way, you will **likely learn** something new about where your food comes from.

A select number of restaurants that actively promote their use of locally sourced foods are included on this guide. Because restaurant menus—and restaurants themselves!—change frequently, there may be restaurants that are not included on this list. Consider this section of the guide **a starting point** and continue to search for local foods when you eat out.

	Name	Address	City	Website
Peoria	EDGE by Chef Dustin Allen	5832 N Knoxville	Peoria	http://edgeinpeoria.com/
	Fresh Table Cafe	201 E Lake St	Peoria	www.freshtablecafe.com
	Hearth	4604 N. Prospect Rd.	Peoria Heights	www.hearthpeoria.com
	New Amsterdam (Icarus Business, Inc)	120B SW Water St	Peoria	www.newamsterdampeoria.com
	ONE WORLD EATS & DRINK	1245 W. MAIN ST.	PEORIA	www.oneworld-cafe.com
ш	Peoria Marriott Pere Marquette	501 Main St	Peoria	http://www.marriott.com/
	Rizzi's on State	112 State St	Peoria	www.rizzisrestaurant.com
	Apples Bakery	8412 N. Knoxville	Peoria	www.applesbakery.com
	Maxines on Main	208 N Main St	Morton	www.maxinesonmainmorton.com
	Kellys Bakery and Cafe	113 N Center St	Bloomington	www.kellysbakeryandcafe.com
al	Biaggis Ristorante Italano	1501 N Veterans Pkwy	Bloomington	www.biaggis.com
lorn	Epiphany Farms Restaurant / Anjou Above	220 E Front St	Bloomington	www.epiphanyfarms.com
Bloomington Normal	The Garlic Press	108 W North St	Normal	www.thegarlicpress.com
ingt	DESTIHL	318 S Towanda Ave	Normal	www.destihl.com
oom	The Tavern at Park Regency Hotel	1413 Leslie Dr	Bloomington	www.bloomingtontavern.com
B	A Renee Wine Cafe	306 N Center St	Bloomington	www.arenee.com
	Reality Bites	414 N Main St	Bloomington	www.realitybitesblm.com
	Engrained Brewing	1120 Lincolnshire Blvd	Springfield	www.engrainedbrewing.com
	III Tomasso Italian Bistro	1130 Legacy Pointe Dr	Springfield	www.tomassosbistro.com
	Incredibly Delicious	925 S 7th St	Springfield	www.incrediblydelicious.com
	La Calia	115 N 6th St	Springfield	www.facebook.com/LaCalia
	Danenberger Family Vineyards	12341 Irish Rd	New Berlin	www.danenbergerfamilyvineyards.com
	American Harvest Eatery	3241 W lles Ave	Springfield	www.americanharvesteatery.com
	Augies Front Burner	109 S 5th St	Springfield	www.augiesfrontburner.com
	Arlingtons	210 Broadway	Springfield	http://www.arlingtonsspi.com
	Mandaner Restaurant	222 S 6th St	Springfield	www.maldaners.com
GBB	En Season	2900 W Main St	Galesburg	www.enseasongalesburg.com
ß	Baked	57 S Seminary St	Galesburg	www.seminarystreet.com/baked.aspx

Learn more & view live maps at <u>www.peoriafoodsystem.net</u> or <u>peoriacounty.org/sustainability</u>