

## **Grass-fed beef**

Allen Colhoun – Anne Arundel County  
contact Allen at 443-221-1310 or [allen@surfnetusa.com](mailto:allen@surfnetusa.com).

St. Brigids Grass Fed Beef – Kennedyville, MD  
<http://stbrigidsmeadows.com/grassfed-beef/>

Albright Farms – grassfed/grain finished, Monkton, MD  
<http://www.albrightfarms.net/>

Gunpowder Bison – Monkton, MD  
[www.gunpowderbison.com](http://www.gunpowderbison.com)

Cedar Run Cattle Co. (Sudlersville, MD)  
[www.cedarruncattle.com](http://www.cedarruncattle.com)

Rosetta Beef (grain finished)  
[www.rosedabeef.com](http://www.rosedabeef.com)

Polyface Farms  
[www.polyfacefarms.com](http://www.polyfacefarms.com). They deliver to Annapolis every six weeks during Spring and Summer.

Grassfed products can be obtained from My Butcher and More in Clock Tower Place on Forest Drive in Annapolis.  
[www.mybutcherandmore.com](http://www.mybutcherandmore.com) - 410-295-7500

AMAZING GRAZING DIRECTORY FOR MARYLAND – this will identify any grass-based cattle/poultry farm in Maryland.  
[http://www.futureharvestcasa.org/amazing\\_md.html](http://www.futureharvestcasa.org/amazing_md.html)

## **Poultry**

Albright Farms – Monkton, MD (chickens and turkeys)  
<http://www.albrightfarms.net/>

Polyface Farms  
[www.polyfacefarms.com](http://www.polyfacefarms.com). They deliver to Annapolis every six weeks during Spring and Summer. (These may be the best chickens you ever eat).

## **Dairy**

Nice Farms Creamery (grass-fed dairy)  
[www.nicefarmscreamery.com](http://www.nicefarmscreamery.com)

## **Local Annapolis Restaurants which source their food locally when possible**

Level Restaurant (sources from over 17 farms)  
Leeward's Market (Eastport – 601 2<sup>nd</sup> St.)  
The Wild Orchid – [www.thewildorchidcafe.com](http://www.thewildorchidcafe.com) (Eastport)

Breeze Restaurant (Loew's Hotel)  
BB Bistro (West Annapolis)  
A Cook's Café - [www.acookscafe.com](http://www.acookscafe.com)  
Atwater's – City Dock

### **Local Maryland Cheeses**

Chapel's country Creamery  
Talbot Country creamery  
Cedar Hill  
Cherry Glen  
Chesapeake bay cheese  
Caprikorn  
Firefly Farms  
Eve's cheese  
Palmyra Farm Cheese, LLC  
Spriggs Delight Farm

### **Eggs**

Allen Colhoun  
contact Allen at 443-221-1310 or [allen@surfnetusa.com](mailto:allen@surfnetusa.com).

Shawn Sizer  
[ssizer@hosta.growers.com](mailto:ssizer@hosta.growers.com) - 301-674-5316

Leeward's Market

Triple J Farms - <http://triplejfarm.org/>

Polyface Farms

### **Community Supported Agriculture (CSA's)**

A Cook's Café (AACo.)  
[www.acookscafe.com](http://www.acookscafe.com)

Shawn Sizer (AACo.)  
[ssizer@hosta.growers.com](mailto:ssizer@hosta.growers.com) - 301-674-5316

Claggett Farm (AACo.)  
[www.claggettfarm.org](http://www.claggettfarm.org)

Homestead Farms (Millington, MD)  
[www.freshorganicvegetables.com](http://www.freshorganicvegetables.com)

Provident Organic Farm – Eastern Shore  
<http://providentorganicfarm.com/index.htm>

## Local Food Beat

The Business of Redeeming Food

Colchester Farm (Kent County)

<http://colchesterfarm.org/>

Maryland Sunrise Farm (Gambrills)

[Mdsunrisefarm@comcast.net](mailto:Mdsunrisefarm@comcast.net)

Calvert Farm

[http://www.calvertfarm.com/csa\\_info.htm](http://www.calvertfarm.com/csa_info.htm)

Shaw Farm in Columbia

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

Sandy Hill Farm – Jim Bourne

[sandyhillfarm@peoplepc.com](mailto:sandyhillfarm@peoplepc.com)

Lockbriar Farms – Chestertown, MD

<http://lockbriarfarms.com/>

### **Wine/Fermented Beverages**

Black Ankle - <http://blackankle.com/>

Solomons Island Winery - <http://solomonsislandwinery.com/our-wines.html>

General guide to Maryland Wineries: <http://www.marylandwine.com/>

Carol's Cultured Brews (non-alcoholic) – Kombucha and Lacto-Fermented Drinks; [caloucar@verizon.net](mailto:caloucar@verizon.net)  
410-349-9854.

### **Seafood**

Two Oceans – pastured poultry and sustainable seafoods - [sales@tosfish.com](mailto:sales@tosfish.com); 410-415-5846; 443-226-2746

The Crab Ladies - <http://www.thecrabladies.com/>

### **Oysters**

Choptank Sweets

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

Circle C Oyster Ranchers Association

<http://www.oysterranching.com/background.html>

### **Shrimp**

Marvesta Shrimp

<http://www.marvesta.com/> (Eastern shore)

### **Coffee/Tea**

The Chesapeake Bay Coffee Company <http://chesbaycoffee.com/index.html>

The Cosmic Bean – [www.thecosmicbean.com](http://www.thecosmicbean.com)

Capital Teas

[www.capitalteas.com](http://www.capitalteas.com)

### **Sweets**

Nourishing Cakes – Organic, local and whole food cakes - Elizabeth Grange

<http://www.lizzielovesfood.blogspot.com/>

Freedom Bakery – gluten free bakery – [www.thefreebakebakery.com](http://www.thefreebakebakery.com)

### **Salad Dressings/Dips**

Tessemae's Dressing - [www.tessemaes.com](http://www.tessemaes.com) Tessemae makes the best dressing and she lives in Annapolis. Her dressing sells at Whole Foods. Also, be sure to check out her blog and her great recipes using her dressing.

Cava Mezze Products – [www.cavamezze.com](http://www.cavamezze.com) - great hummus and other dips – sells at Whole Foods.

### **Miscellaneous**

FOR A COMPLETE LIST OF ALL MARYLAND GROWERS TO HERE:

[http://www.marylandsbest.net/pdf/buyer\\_grower\\_event\\_10.pdf](http://www.marylandsbest.net/pdf/buyer_grower_event_10.pdf)

[http://www.mda.state.md.us/pdf/cookout\\_bios.pdf](http://www.mda.state.md.us/pdf/cookout_bios.pdf)

[www.Eatwild.com](http://www.Eatwild.com) - where to find grass-fed meat nationwide

[www.Localharvest.org](http://www.Localharvest.org) - <http://www.localharvest.org/farms/M172> - where to find CSA's nationwide.

[www.freshfarmmarkets.org/resources](http://www.freshfarmmarkets.org/resources) – or national and regional resources

Maryland Organic Food and Farming Association. (MOFFA) <http://marylandorganic.org/>

MDA - Maryland Department of Ag – Farmers Markets for the State of Maryland

[http://www.mda.state.md.us/md\\_products/farmers\\_market\\_dir.php](http://www.mda.state.md.us/md_products/farmers_market_dir.php)

The Chesapeake Foodie – [www.chesapeakefoodie.com](http://www.chesapeakefoodie.com) – good resource of regional recipes and food happenings events.

Tastings Gourmet – wonderful store of fine foods and gourmet items located in Clock Tower Place on Forest/Bayridge Ave. in Annapolis. Also, carries local, raw Maryland cheeses and also hard to find duck fat. Fresh baked bread everyday.

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