

Grass-fed beef (no antibiotics, hormones, pasture only unless specified)

Allen Colhoun – Anne Arundel County
contact Allen at 443-221-1310 or allen@surfnetusa.com.

St. Brigids Grass Fed Beef – Kennedyville, MD
<http://www.stbrigidsfarm.com/>

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

Springfield Farm - <http://www.ourspringfieldfarm.com/products.html> (Sparks, MD)

Legacy Manor Farm - <http://legacymanorfarm.com/> (Boonsboro, MD)

Gunpowder Bison – Monkton, MD
www.gunpowderbison.com

Cedar Run Cattle Co. (Sudlersville, MD)
www.cedarruncattle.com

Rosetta Beef (grain finished)
www.rosedabeef.com

Polyface Farms
www.polyfacefarms.com. They deliver to Annapolis every six weeks during Spring and Summer.

Grass-fed Resources

Grassfed products can be obtained from **My Butcher and More** in Clock Tower Place on Forest Drive in Annapolis. 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

Poultry (no antibiotics, hormones, pasture only)

Springfield Farm - <http://www.ourspringfieldfarm.com/products.html> (Sparks, MD) Chicken, duck, turkeys, goose (holiday only); special order Pheasant and Guinea

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

Legacy Manor Farm - <http://legacymanorfarm.com/> (Boonsboro, MD – chickens, turkeys – heritage breeds)

Carriage House Farms - <http://www.localharvest.org/farms/M18351> (chickens, Cornish hens and turkeys)

Polyface Farms

www.polyfacefarms.com. They deliver to Annapolis every six weeks during Spring and Summer. (These may be the best chickens you ever eat).

Pork (no antibiotics, hormones, pasture only)

Legacy Manor Farm - <http://legacymanorfarm.com/> (Boonsboro, MD – raising heritage breeds)

Springfield Farm - <http://www.ourspringfieldfarm.com/products.html> (Sparks, MD)

Lamb (no antibiotics, hormones, pasture only)

Windy Willow Farm - Debbie Jones Calvert County www.windywillowfarm.com. (Calvert Co.)

Legacy Manor Farm - <http://legacymanorfarm.com/> (Boonsboro, MD)

Springfield Farm - <http://www.ourspringfieldfarm.com/products.html> (Sparks, MD)

Rabbit (no antibiotics, hormones)

Polyface Farms

www.polyfacefarms.com.

Springfield Farm - <http://www.ourspringfieldfarm.com/products.html> (Sparks, MD)

Dairy

Nice Farms Creamery (grass-fed dairy)

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 2nd St.)

The Wild Orchid – www.thewildorchidcafe.com (Eastport)

Breeze Restaurant (Loew's Hotel)

BB Bistro (West Annapolis)

A Cook's Café - www.acookscafe.com

Atwater's – City Dock

Eggs (all eggs are from pastured chickens with no antibiotics/hormones)

Allen Colhoun

contact Allen at 443-221-1310 or allen@surfnetusa.com.

Shawn Sizer

ssizer@hosta.growers.com - 301-674-5316

Legacy Manor Farm - <http://legacymanorfarm.com/> (Boonsboro, MD – chicken, duck, geese, quail eggs)

Springfield Farm - <http://www.ourspringfieldfarm.com/products.html> (Sparks, MD) chicken, duck and goose (Spring only).

Carriage House Farms - <http://www.localharvest.org/farms/M18351>

Polyface Farms www.polyfacefarms.com

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

Community Supported Agriculture (CSA's)

A Cook's Café (AACo.)

www.acookscafe.com

Shawn Sizer (AACo.)

ssizer@hosta-growers.com

301-674-5316

Ivy Brand Farms (AACo.)

<http://ivybrand.com/> - waiting list, but she (Sara Colhoun) is hoping to expand in the Fall – so stay tuned.

Clagett Farm (AACo.)

www.clagettfarm.org

Homestead Farms (Millington, MD)

www.freshorganicvegetables.com

Provident Organic Farm – Eastern Shore

<http://providentorganicfarm.com/index.htm>

Colchester Farm (Kent County)

<http://colchesterfarm.org/>

Maryland Sunrise Farm (Gambrills)

Mdsunrisefarm@comcast.net

Calvert Farm

http://www.calvertfarm.com/csa_info.htm

Shaw Farm in Columbia
<http://www.shawfarmcsa.com/>

Sandy Hill Farm – Jim Bourne
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
410-349-9854.

Seafood

Two Oceans -- 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

Capital Teas
www.capitalteas.com

Honey (AACo)

Joe & Heidi Brotherton (honey, beeswax, candles, lotions, soaps)
(410) 721-1514

Rolling Ridge Farm, Patricia Phillips, Harwood - 410-798-7831

Crispens Farms and Greenhouse, Bobi Crispens, Millersville - 410) 987-6034
vze338br1@verizon.net

Sweets

Nourishing Cakes – Organic, local and whole food cakes - Elizabeth Grange
<http://www.lizzielovesfood.blogspot.com/>

Freedom Bakery – gluten free bakery – www.thefreedombakery.com

Salad Dressings/Dips

Tessemae's Dressing - 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 - great hummus and other dips – sells at Whole Foods.

Miscellaneous

www.Eatwild.com - where to find grass-fed meat nationwide

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

www.freshfarmmarkets.org/resources – or national and regional resources

Anne Arundel County Economic Development Corp -
http://www.aaedc.org/anne_arundel_county_farmers%27_markets.html

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

The Chesapeake Foodie – 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/>

Fast Food Options

Yes, folks, there are actually some healthy fast food options! I can't say they source their food locally, but they are antibiotic and hormone free.

Chipotle Mexican Grill - 2002 Annapolis Mall Sq., Annapolis, MD 21401, 410-897-1925 (this is by Borders and Books in the Westfield Mall) Chipotle uses pastured animals for their beef, chicken and pork.

Local Food Beat

The Business of Redeeming Food

Punks Backyard Grill – Westfield Mall <http://www.punksbackyardgrill.com/> - hamburger meat is from Creekstone Farms (grain finished)

For a complete list of Maryland growers and buyers, go here:

http://www.marylandsbest.net/pdf/buyer_grower_event_10.pdf

To read bios of chefs and farmers, go here:

http://www.mda.state.md.us/pdf/cookout_bios.pdf