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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 (sells at My Butcher and More and Whole Foods, served at Level Restaurant) - 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 – Directory identifies all 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)

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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. (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 – Market House

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

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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.sustainabletable.org - Sustainable Table celebrates local sustainable food, educates consumers on food-related issues and works to build community through food.

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/

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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.

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