

Just Eating

O God, to those who have hunger give bread
and to us who have bread, give us a hunger for justice

CSAs (community supported agriculture)

Pine Valley Farm	nakitaahern@yahoo.com 258-1123	Our own Nakita and Jaimie Ahern's CSA
Care of the earth community farm	http://www.careoftheearthcommunityfarm.com/ 5/1/2010 – 11/1/2010	Various drop off points around Knoxville
Mountain Meadow's Farm	5/10-9/20 http://www.mountainmeadowsfarmtn.com/	Various drop off points around Knoxville Pick up at Market Square Farmer's Market and various locations
Colvin Family Farm	Colvinfamilyfarm.com	Pick up at Market Square Farmer's Market and various locations
Organicism Farms	http://www.organicismfarms.com/	Pick up at Market Square Farmer's Market and various locations
Good Earth Farmers	http://www.localharvest.org/farms/M31219	Not a CSA, but you can order via email on a weekly basis then the produce may be picked up at three locations – one of which is the Market Square Farmer's Market
Wilson Family Farm	http://www.localharvest.org/farms/M35160 5/27- 9/20	Pick up at Market Square Farmer's Market and various locations

Area Farmer's Markets

Market Square	Wednesday 11-2 Saturday 9-2 Opens May 1	<ul style="list-style-type: none"> ▪ Produce, Meats, Beauty and Hygiene products ▪ Cruize Dairy Milk ▪ Heirloom vegetable plants for sale in spring ▪ Variety of breads and pastries from local bakers
Laurel Church of Christ	Tuesdays 3 - 6 Fridays 3 – 6 Open	<ul style="list-style-type: none"> ▪ Same as above
New Harvest Park (East Knox)	Thursday 4-7 pm Opens May 22	<ul style="list-style-type: none"> ▪ farm-ground whole wheat flours (Shelton Family) ▪ same as above
Jackson Square in Oak Ridge	Saturday 8 -12 Wednesday 3 – 6	<ul style="list-style-type: none"> ▪ Same as above

Stores selling local products

Be sure and say thank you to the owners or cashiers for helping you to eat locally!

Three Rivers Market	937 N Broadway, Knoxville, Tennessee 37917 (865) 525-2069 www.threeriversmarket.coop	<ul style="list-style-type: none"> ▪ Produce, cheeses ▪ Items in bulk
The Market	Maryville, TN (865-977-8462) http://www.themarkettn.com/index.shtml	<ul style="list-style-type: none"> ▪ Laurel Farm Meats (sold around town at Farmer's markets) ▪ Produce
Pratt's Country Store	Fountain City (688-7093) 3100 Tazewell Pike Knoxville	<ul style="list-style-type: none"> ▪ Produce ▪ Local natural ground beef from Mitchel Family Farm
Earthfare	Located in Bearden and Farragut	<ul style="list-style-type: none"> ▪ Buys local when possible. Some of the meats and cheese are regional. It supports farmers who use sustainable methods.
Sutherland Market (next to Dead End Barbeque)	Located on Sutherland Avenue near Hollywood Drive	<ul style="list-style-type: none"> ▪ Cruize Dairy Farm ▪ Locally baked bread ▪ Produce, Eggs, Herbs
<p><u>Pick Your Own</u> (Strawberries are one of the top 7 produce items most likely to be brought to the table through slave labor. Picking around Knoxville and preserving for later use not only supports local farmers, but also supports just eating habits)</p>		
Fruit and Berry Patch	http://www.thefruitandberrypatch.com/ Located in Halls	<ul style="list-style-type: none"> ▪ You may pick your own berries, apples, corn, etc. They also host parties and school groups!
Blueberry Hill Farm	101 Reservoir Rd Norris, TN 37828 865-494-7903	<ul style="list-style-type: none"> ▪ Blueberries available June - September
Rutherford's Strawberries	3337 Mint Road, Maryville, TN 37803 (865) 982-5891	
Ritter Farms	2999 Highway 11W, Rutledge, TN. 865-767-2575	<ul style="list-style-type: none"> ▪ strawberries available
Black Oak Farms	7235 Corryton Road, Corryton, TN 37721 Phone: (865) 687-6900. Email: brotherdave01@aol.com .	-strawberries (they also sell okra, sweet corn, green beans, cantaloupes, muscadine grapes, watermelons, and honey)
Clift Orchard	9721 Asheville Hwy, Strawberry Plains, TN 37871. Phone: 865-933-3942. Email: JClift33@hotmail.com	<ul style="list-style-type: none"> - blueberries - Open July and August - follows organic methods
Milne Farm	6656 Morgantown Road, Greenback, TN 37742	Apples, Blackberries, Grapes, Raspberries
Peachtree Orchard	15727 E. Coast Tellico Parkway, Greenback, TN 37742. Phone: (865) 856-2300	