

For a much larger listing, search: <http://www.LOCALHARVEST.org>

FM=Farmers Market Call your farmer for update on today's produce

**Aman Family Farm** - FM: Tu,Th,S JAX 910.934.2938, 2381 Belgrade Swansboro Rd, strawberries, tomatoes

**Parker Farm Produce** - 252.224.0010 Ken Parker, 904 Goshen Rd. Pollocksville, NC 28573

**Parrot Swamp Farm** - 910.326.4978 Hubert, go2 farm2 pick up pre-emailed order or buy at stand M-S, by Mid-May: 831 Queens Creek Rd. Ask 2 get emailed: [parrotswampfarm1@yahoo.com](mailto:parrotswampfarm1@yahoo.com)

**Pickett Farm** - FM: Th,S FM JAX, 910.340.9096 greens, plants, various

**Putnam Family Farms** - FM: Tu,Th,S JAX; S New Bern, 252.520.3330 [putnamfamilyfarms@yahoo.com](mailto:putnamfamilyfarms@yahoo.com) large variety, no pesticides, earth friendly

**'R' Garden** - FM: S JAX/ Julie McKeon 252.637.4172 Open at farm M-F 9am to 5pm So. Glenburnie Rd. New Bern, NC, [www.rgardennb.com](http://www.rgardennb.com) Many hard to find greens, veggies, bedding plants

**Rhonda's Kitchen & Garden** - FM: S JAX 392 Luther Bank Rd, Richlands, eggs, greens, carrots, kale +

**Scott Farm Organics** - FM: New Bern Delivers JAX & Cedar Point, 252.224.1809 Trent Scott, **New Bern, NC** Highway 17 South New Bern, NC <http://www.scottfarmorganics.com/> order online

**Southwest Farms** - JAX UPick/they pick, strawberries, blueberries

**Whispering Dove Ranch & Apiary** - FM: Tu,Th,S JAX, 910.455.7123, <http://www.ncagr.gov/wdbgr.htm> goat cheese, meat, honey, soap, homegrown & handmade

**Williams Farm** - FM: Th,S JAX, fresh peas, greens, sweet potatoes+ buys regional produce

## BAKERY:

**Sweet Knickers** - FM: S JAX, Britney, <http://www.sweetknickers.com>, 214.789.8452 owner/pastry chef, all freshly homemade

FARM VISITS: find more at LocalHarvest.org Helpful to call first

**Alpacas of the Crystal Coast** - Lou Ann Sekely 252.393.8312

**Alpacas on Shore** - Barbara & Joe Dameron, 129 Bear Hollow Lane, Hubert, NC 28539, 910.326.4661, 910.326.4740

## MEAT PRODUCERS:

**Rainbow Meadows Farms Pasture Pure Meats** - FM: New Bern bi-monthly. [www.rmfpasturepuremeats.com](http://www.rmfpasturepuremeats.com) We offer: Berkshire Pork, Contentnea Red and Cornish Chicken, Dorper Lamb, Devon/Angus Beef Rabbit, Turkey, Value Added Products: Sausages, Bacon, Pastrami, etc., Free-Range Brown Eggs. Makes monthly Cedar Point delivery. Call 252.547.5000. Very helpful. On line orders

**Nooherooka Natural** - Snow Hill at FM: New Bern bi-monthly. All natural, [www.nooherooka.com](http://www.nooherooka.com) Wide variety beef, no nitrites, 252.747.5054, Toll free 866.633.0229. Online orders/price listing

This list does not represent all farms or producers in the ENC area.

Please add to it and research with friends or family for others.

Try 10% - Buy Local. It saves oil plus it's likely you'll get healthier products.

UPDATED 5.2011

For details on Carteret County Local Food Network: get brochure at <http://www.carteretlocalfood.org/producesources.html>