

know your **FOOD** *know your* **FARMER**

2012-2013



Radical Root: Alex, Alison and their son Huckleberry.

Photo by: Pauline Dessler

edited by: Virginia Gerst and Marsha Van

View from the Board

Thank you for your support of Green City Market.

Now entering our 14th season, we are a 501(c)(3) not-for-profit organization and Chicago's only sustainable, year-round, farmer's market. Beginning with only nine farmers when we opened next to the Chicago Theatre, the Market has grown to embrace nearly 50 sustainable or organic farmers and tens of thousands of shoppers.

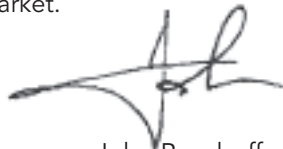
Farmers are the heart of our mission. They bring seasonal products to Chicago twice each week. Our job is to help make these local foods available to everyone, as our founder, Abby Mandel, envisioned.

While we work to expand the availability of local, sustainably raised food, we also strive to expand the understanding of the importance of such foods to everyone. We are proud of our accomplishments and want to share them here with you:

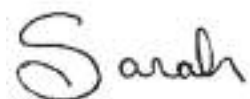
- Green City Market is pleased to announce that we are one of the first farmers markets in the country whose vendors are all third party certified. We maintain that all foods sold at the Market be local. Our Market vendors offer selections that reflect our pride in midwestern meats, poultry, eggs, dairy products, fruits, and vegetables.
- We continue to seek out new farmers who support our mission.
- We increase the flow of local food to restaurant tables by connecting farmers and chefs.
- We have created an action plan to increase the availability of heirloom and heritage meats, fruits and vegetables at the Market.
- We have made a commitment to reduce the waste generated at the Market by partnering with The Resource Center to create a revolutionary new Compost Center. By using only compostable paper products and providing a site for the farmers to responsibly dispose of organic waste, we are committing to our mission of sustainability and environmental stewardship.
- We continue to focus on our education at the market with cooking demonstrations, product tastings, the Club Sprouts children program, and our Edible Gardens program in the Lincoln Park Farm in the Zoo. These programs are important learning opportunities for children in Chicago public and independent schools as well as adults and families who visit the market and Edible Gardens.
- More than 100 active volunteers donate their time to help make the Market run smoothly.
- An energetic Junior Board broadens our outreach to the community.

Green City Market's incredible momentum comes from our market community of conscientious and caring consumers, chefs, restaurateurs and other culinary professionals.

We appreciate your support, and we look forward to seeing you at the Market.



John Berghoff
Co-chair



Sarah Stegner
Co-chair





Our Mission

Green City Market's mission is to improve the availability of a diverse range of high-quality foods by providing a marketplace for sustainably grown food. At the same time, we aim to educate and promote farmers and local producers and connect them directly with chefs, restaurateurs and Chicago consumers. We support small family farms and promote a healthier society through education and increased appreciation for local, fresh, sustainably raised products.

Calendar

May– October, 2012

Wednesdays and Saturdays
7:00 a.m. – 1:00 p.m.
South end of Lincoln Park
Chicago



November – December 19, 2012

Saturdays, plus 11/21 and 12/19
8:00 a.m. – 1 p.m.
Peggy Notebaert Nature Museum
2430 North Cannon Drive
Chicago

January-April 2013

Saturdays
8:00 a.m. – 1 p.m.
Peggy Notebaert Nature Museum
2430 North Cannon Drive
Chicago

2012 Special Events Calendar

- April 21: Edible Gardens Workshop (9:30 a.m. -10:15 a.m.)
Spring Start: Soil Prep and Planting Cool Weather Crops
- April 26: Spring Fling at A New Leaf (6:30 p.m. - 9:30 p.m.)
- May 5: First outdoor market
- May 19: Edible Gardens Workshop (9:30 a.m.-10:15 a.m.)
Summer's Arrival: Transplanting Warm Weather Crops
- May 23: Savor the Seasons LETTUCE Festival (9 a.m.-12 noon)
- June 9-16: Friendship Drive
- June 20: Savor the Seasons STRAWBERRY Festival (9 a.m.-12 noon)
- June 23: Edible Gardens Workshop (9:30 a.m.-10:15 a.m.)
Necessary Nourishment: Feeding Your Plants for Healthy Growth and Production
- July 12: Green City Market Chef's BBQ Benefit
- July 25: Savor the Seasons CARROT Festival (9 a.m.-12 noon)
- July 28: Edible Gardens Workshop (9:30 a.m.-10:15 a.m.)
Expand Your Growing Season: Planting Fall Crops
- Aug. 22: Savor the Seasons TOMATO Festival (9 a.m.-12 noon)
- Aug. 25: Edible Gardens Workshop (9:30 a.m. - 10:15 a.m.)
Keeping a Tidy Garden: Staking, Pruning and Harvesting
- Sept 8-22: Locavore Challenge
- Sept. 15: Edible Gardens Workshop (9:30 a.m.-10:15 a.m.)
Growing Locally: Tips for Growing in Chicago
- Sept. 26: Savor the Seasons APPLE Festival (9 a.m.-12 noon)
- Oct. 20: Edible Gardens Workshop (9:30 a.m.-10:15 a.m.)
Time to Hit the Hay: Putting Your Garden to Bed
- Oct. 24: Savor the Seasons SQUASH Festival (9 a.m.-12 noon)
- Oct. 27: Club Sprouts Halloween Party (9 a.m.-11 a.m.)

For more
information, visit
greencitymarket.org
or call
(773) 880-1266.

Going for Green

Green City Market is proud to be the first farmers market in the country to require that all participating farmers be certified by a nationally recognized third party agency.

Each of the certification agencies we endorse is dedicated to ensuring quality products and is committed to environmental stewardship and the responsible treatment of animals. For more information on these organizations, visit their websites.



American Grassfed Association – americangrassfedassociation.org

This multi-species organization is dedicated to protecting and promoting grass-fed producers and grass-fed products. "Certified Grassfed" means that animals were raised on pasture, not in confinement, and treated with neither hormones nor antibiotics.



Animal Welfare Approved – animalwelfareapproved.org

To earn Animal Welfare approval, animals "must be able to behave naturally." This means they are raised on family farms outdoors on pasture or range under stringent standards that cover their lives from birth to death.



Certified Naturally Grown – naturallygrown.org

Created as an alternative to the USDA'S organic certification programs, Certified Naturally Grown recognizes organic practices – no synthetic fertilizers, pesticides, herbicides or fungicides, and no genetically modified seeds – but minimizes paperwork and certification fees. It is often a better fit for small-scale producers.



American Humane Certified – americanhumane.org

The American Humane Association created the United States' first welfare certification program to ensure the humane treatment of farm animals. The basic criteria provide that animals be raised under humane conditions with limited stress, clean and sufficient food and water, access to fresh pasture, and trained and conscientious caregivers.



Certified Humane Raised and Handled – certifiedhumane.org

The Certified Humane Raised and Handled program is a farm animal welfare and food-labeling program dedicated to improving the welfare of farm animals from birth through slaughter. The Certified Humane Raised and Handled® label indicates that a product comes from a facility that meets precise, objective standards for farm animal treatment.



Food Alliance Certified -- foodalliance.org

Food Alliance is a nonprofit organization that certifies farms, ranches and food handlers for sustainable agricultural and facility management practices. The label indicates safe and fair working conditions, humane treatment of animals, and good environmental stewardship.



The Michigan Agriculture Environmental Assurance Program -- maeap.org

The Michigan Agriculture Environmental Assurance Program (MAEAP) is an innovative, proactive program that helps farms of all sizes and all commodities voluntarily prevent or minimize agricultural pollution risks. MAEAP is designed to reduce farmers' legal and environmental risks through a three-phase process: 1) education; 2) farm-specific risk assessment; and 3) on-farm verification that ensures the farmer has implemented environmentally sound practices.



USDA Certified Organic – ams.usda.gov/nop/

USDA Certified Organic encompasses everything from livestock to vegetable production. To be certified, farmers must respond to site-specific conditions by integrating cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity.

Meet Our Market Family

Green City Market is a marketplace for local sustainable food that educates, promotes and connects farmers and local producers directly to home cooks, chefs, and restaurateurs. All of our purveyors undergo a rigorous application process that details their farming and/or production practices. To learn more about this process, visit our website: greencitymarket.org.

Our farmers treat animals humanely and strive to preserve the soil, water and wildlife habitat for future generations, while our vendors draw upon Market ingredients to prepare delicious foodstuffs for shoppers.



BECKER LANE ORGANIC FARM – Dyersville, Iowa

USDA Certified Organic

Jude Becker raises traditional Chester White and Berkshire pigs on his 400-acre Dubuque County farm. The spacious natural environment allows the animals to roam the pasture and eat organically grown corn, grain, and hay, while sows have special farrowing huts where they build nests and care for their litters. Chefs have said this approach results in “pork perfection.” Some of the pigs, fed primarily on acorns, turn into LaQuercia artisanal prosciutto. Jude started with six sows in 1999, and now supplies certified organic pork to restaurateurs and regular folks who care as much about creature comfort as flavorful food. Jude’s mother, Joyce, and sister, Abby, help with the business. “We believe our products are good for nature, good for animal welfare, good for the economy and better tasting and safe to eat for the customer,” says Jude.

jude@beckerlaneorganic.com; 563-875-2248; beckerlaneorganic.com

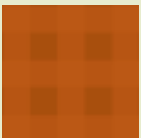


BENNISON’S BAKERY – Evanston, Illinois

Bennison’s opened in Evanston in 1938. Today it is owned by the Downer family, represented by three generations: Guy, Jory and Guy II. Jory and Efrain Tirado supervise the baking. Both Jory (pictured, left) and Efrain (right) are Certified Master Bakers. Bennison’s is one of the few bakeries in the country to employ two bakers with that distinction. Croissants, scones, baguettes, and artisanal breads produced by hand with organic ingredients are found under the Bennison tent, along with breakfast pastries topped with Market fruits. On Wednesdays, Bennison’s brings a baker to the Market to answer shoppers’ questions.

bakerman1@msn.com; 847-328-9434; bennisonscakes.com

Abby’s Crepes



Founder Abby Mandel loved the crepes served fresh in many European markets and wanted to have them at Green City Market. With the help of Abby’s Friends, she launched Abby’s Crepes, featuring peak of the season ingredients.





BRESLIN FARMS – Ottawa, Illinois

USDA Certified Organic

When the father-and-daughter team of John and Molly Breslin began baking bread for themselves, they found it difficult to locate locally grown wheat. Now they are growing organic small grains and edible dry beans on 87 acres of family land. Molly and John chose to grow organic grains because "it is healthy for the land and its creatures, intellectually interesting, beautiful to look at, and darn tasty," Molly explains. They use heirloom varieties and save their own seed whenever possible. They also build the soil, and create wildlife and native plant habitat on their farm. To maintain diversity on the land and "to keep things interesting" they also do some small-scale beekeeping and cultivate some orchard crops and vegetables. "Watching things grow is really gratifying, but I also enjoy interacting with people and watching them get excited about closing the local food loop," says Molly.

breslinfarms@gmail.com; 510-684-7461 breslinfarms.com



BRUNKOW CHEESE – Fayette, Wisconsin

Certified Naturally Grown

Brunkow Cheese, specialty and artisanal cheesemakers since 1899, is located in the rolling hills of the Driftless region of southwest Wisconsin. The creamery sources milk from six neighboring dairy farms in Lafayette County and handcrafts artisanal cheeses in small batches. Brunkow makes a few dozen varieties of cheese, such as raw milk aged cheddars and spreads, cheddars aged up to 12 years, and Brun-uusto, a Finnish-style baked cheese that is heated over a flame until crisp and buttery. Joe Burns (pictured) makes the artisanal line of cheeses under the label Fayette Creamery, including Avondale Truckle, Little Darling and Pendarvis. New to this year's artisanal line-up is a trio of 100 percent grass-fed cheeses from the single herd of Jordandal Farm's Jersey cows: Pavé Henri, Petite Francine, and Bleu Jacques.

josephburns@fayettecreamery.net; 608-630-1355



BURTON'S MAPLEWOOD FARM – Medora, Indiana

Certified Naturally Grown

Tim and Angie Burton have owned and operated Burton's Maplewood Farm for 10 years. The couple wanted to establish a family-oriented business and was fascinated by the production of maple syrup. "The social aspect of it intrigued me," says Tim. "Years ago, family, friends and neighbors worked together to produce a yearlong supply of maple sugar then share in the bounty." Making maple syrup seems to be in the Burtons' blood, as Angie's great-great-great-great-great grandfather, Jacob Flynn, made maple syrup and sugar from the same track of woods in southern Indiana as Maplewood Farm occupies today. In March 1813, Flynn's family was attacked by Indians. Jacob was captured and forced to carry his metal "sugaring kettle" to northern Indiana, but he escaped and made it home before the first winter snowfall. Today, with the help of their family, the Burtons bring a taste of Jacob's legacy to Market in 8- and 12-ounce bottles of maple syrup. The farm is a major hub in The National Maple Syrup Festival and its syrup can be found in dishes at some of Chicago's leading restaurants.

Tim@BurtonsMaplewoodFarm.com; 815-525-2663; BurtonsMaplewoodFarm.com



CAPRIOLE GOAT CHEESE – Greenville, Indiana

Certified Humanely Raised and Handled

In 1978, Judy and Larry Schad moved to an 80-acre farm in southern Indiana. They later found it had belonged to Larry’s great-great-grandfather in 1870! Of the many animals on the farm, it was dairy goats – friendly, bright and full of mischief – that captured their hearts. By 1982, their 4-H herd provided more milk than they could drink so they started to make cheese. In 1988, they began to market it, added a small dairy, and for two years leased space in a nearby cheese operation. Attorney Larry milked the goats before and after work, and Judy made cheese in the wee hours of the morning. By 1990, they built their own creamery. Their “family” now includes a closed herd of 500 dairy goats. They milk about 200 at any given time to produce a weekly supply of 2500 pounds of fresh, ripened and aged cheeses. Because the Schads live five hours from Chicago, they come to the Market only a few times a month. Judy e-mails customers to let them know when they will be here. Just ask, and she will add you to the list.

caprioleinc@aol.com; 812-923-9408; capriolegoatcheese.com



CHICAGO HONEY CO-OP – Chicago, Illinois

Certified Naturally Grown

At three locations across Chicago, more than 50 beehives buzz with bees producing all-natural, chemical-free honey. With access to Humboldt, Garfield and Douglas Parks, these urban-dwelling bees visit a huge selection of flower species, and the diversity of their highly concentrated nectars results in high-quality, intensely flavored honey. Chicago Honey Co-op is the first agricultural cooperative in the city. Along with its commitment to sustainable agriculture, the co-op teaches beekeeping and works with hard-to-employ Chicagoans and community organizations to promote chemical-free beekeeping and related skills. As a partner in the preSERVE Garden, it plays an integral role in transforming neglected vacant land into productive community space where neighbors can learn to grow their own food. Pictured at right are co-op members Sydney Barton and Calvin Mitchell.

honeycoop@gmail.com; 773-848-2246; chicagohoneycoop.com



CRUMB – Chicago, Illinois

Baker and owner Anne Kostroski began making bread in Milwaukee in 1994. She says, “Crumb bread was born out of a desire to bring Chicago a delicious, crustier, healthier loaf of bread.” After attending the Culinary Institute of America Greystone, Anne worked in bakeries and restaurants, including her own in Nashville, Tennessee. Now, using organic flours from Illinois, Wisconsin, and Kansas, Wisconsin cheeses, and “the amazing produce found at the Market,” she bakes such varieties as chili-cheddar, harvest wheat, semolina, sunflower-spelt, and seasonal fruit and vegetable focaccias. Her boules and other breads incorporate “all of the seasonal goodness that the Midwest has to offer.”

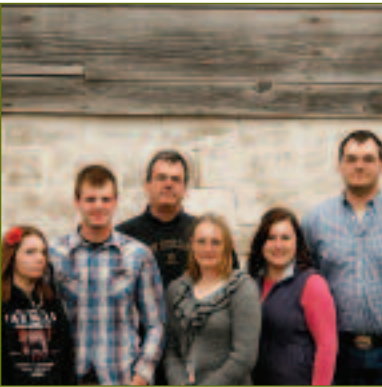
crumbchicago@gmail.com; 615-473-0674



EARTH FIRST FARMS – Berrien Center, Michigan
USDA Certified Organic

Tom Rosenfeld lives in Chicago’s Rogers Park and is a staunch supporter of organic farming. Since 2005, he, his wife, Denise, and children Ryan, Sydney and Spencer have owned their 45-acre farm in southwest Michigan. It contains more than 2,700 fruit-bearing apple trees. Why did he take on the challenge of farming? “I want to eat organically, but I have a serious problem with the food delivery system,” Tom explains. “The idea of food shipped from Chile rubs me the wrong way.” In addition to certified organic apples, Earth First Farms’ crop consists of sweet cider, apple butter, melons, strawberries and assorted vegetables. “I only grow things I’m excited about eating,” says Tom. “I have absolutely no interest in conventional farming. If I can’t make it as an organic farmer, I just won’t farm.” Earth First Farms also offers CSA and Rent-A-Tree programs.

info@earthfirstfarms.com; 269-815-3370; earthfirstfarms.com



ELLIS FAMILY FARMS – Benton Harbor, Michigan
Animal Welfare Approved
MAEAP Certified



René and Bruce Gelder are responsible for the family’s 56-acre farm, but the whole family focuses on selecting fruit varieties, planting, and harvesting on this fourth- and fifth-generation operation. René specializes in Integrated Pest Management systems and sustainable practices; Bruce and son Mathew keep the equipment running; son Marc does a lot of the planning with René; Mary (as in Mary’s Eggs) works with the hens and does odd jobs that, she says, “my brothers don’t want to do,” and Mathew’s wife, Christina, sees to updates on Facebook, Twitter, and the Web site. The family grows asparagus, rhubarb, strawberries, cherries, apricots, blueberries, raspberries (red, black, and golden), blackberries, nectarines, peaches, apples, grapes, pears, and chestnuts – and some of the younger members are experimenting with vegetables. Pictured, from left, are Mary, Marc, Bruce, René, Christina and Mathew.

ellisfamilyfarms@gmail.com; 269-944-5420; ellisfamilyfarm.com



FLORIOLE BAKERY – Chicago, Illinois

Sandra and Mathieu Holl buy fruits, vegetables, cheese, and meats from the Market to make their rustic tarts, croissants, quiche, cookies and breads. Pastries change according to produce availability and “the whimsey of the bakers,” says Sandra, a graduate of the California Culinary Academy and veteran of San Francisco’s esteemed Tartine Bakery. Sandra earned a bachelor’s degree in French literature, with a minor in biology, and taught English in a French high school before deciding on a career as a baker. The Holls sell their bakery goods at the Market and at their shop at 1220 West Webster Avenue.

sandra@florirole.com; 773-252-0095; florirole.com



THE FLOWER GARDEN – St. Anne, Illinois

MPS Floriculture Environmental Program

Robert and Louise Soucie have grown flowers on 20 acres of their 300-plus acre south central Illinois farm since 2003. She has a degree in horticulture from South Dakota State University; he majored in forestry at Southern Illinois University. They grow potted perennials and cutting flowers ranging from asters to zinnias, but lilies are their specialty. "We start them in a greenhouse and plant them on a schedule so that they will be available all season," says Louise. The couple's nephew, Jim Barmann, who has a degree in horticulture from the University of Illinois, helps on the farm, as does their daughter Elise, who sells her home-grown tomatoes, parsley and rosemary at the Market. The couple practices sustainable agriculture, and tries to produce good crops without depleting the soil or polluting the environment. "We are committed to having a successful biological farming system in harmony with nature," Robert explains.
blsoucie@martinton.com; 815-435-2230



GARDEN OFFERINGS – Huntley, Illinois

Certified Naturally Grown

Garden Offerings is a family-owned farm located 45 miles northwest of downtown Chicago specializing in unique, fragrant, naturally grown fresh flower choices for every day or special occasion. Garden Offerings' "Always Fresh" custom bouquets along with a large variety of nature's beautiful bounty are available throughout the Market season. From the unusual berries and branches to the heirloom lilies and peonies, Garden Offerings takes pride in growing 29 acres of luxuriant chemical-free blossoms. Pictured are three generations of Garden Offerings: Nancy Kapelak, right, her daughter, Heidi Ong, and granddaughter Samantha.
gardenofferings@comcast.net; 847-428-0381

Cooking Demonstrations

Want to know how to prepare unusual produce or put a new twist on a familiar ingredient? At each Market, chefs from some of the Chicago area's finest restaurants demonstrate how to prepare dishes using locally produced, seasonal ingredients from our Market farmers and producers.

Demos are held at every Market at 10:30 a.m.





GENESIS GROWERS – St. Anne, Illinois
USDA Certified Organic

Vicki Westerhoff says she changed her life by eating natural foods. Vicki shared these foods with her father, who had cancer, and believes she extended his life for six years. Deciding that such food should be more accessible to the public, she took over her parents' 20-acre farm and today grows more than 400 varieties of vegetables, herbs and fruits without herbicides or pesticides. Vicki and a growing partner cultivate 47 acres of vegetables. With the help of her children, Jon and Angela, and eight other employees, she recreates on a larger scale the foods her grandmother raised. She is happy to promote the healthful benefits of natural, organic foods to everyone.
genesisgrowers@comcast.net; 815-953-1512; genesis-growers.com



GRANOR FARM – Three Oaks, Michigan
USDA Certified Organic

Located on 25 acres in Southwestern Michigan, Granor Farm is the evolving project of Robert Buono and his wife, Liz Cicchelli, whose love of food and background in farming have led them to reinvest in the land. Together with Jesse Rosenbluth, Liz's cousin and farm manager, they provide fresh produce throughout Michigan, Indiana and Chicago. "We are committed to creating an environment respectful of the land we cultivate, the products we grow, and the people who help us," Jesse explains. The farm produces more than 42 varieties of vegetables and fruits. Strong believers in feeding the soil, not the plant, Granor Farm draws on historical and modern practices to enhance the land's ecology to produce flavorful, nutritious, and beautiful vegetables and fruits.
jesse@granorfarms.com; 773-706-2760; granorfarm.com

Savor the Seasons

Each month, Green City Market highlights locally grown ingredients at the height of their season with varietal tastings and product pairings. Shoppers are introduced to the basics and variety of local produce. Tips and techniques for storing, freezing, and cooking are offered, along with take-home educational materials, all to enhance appreciation for the farmers' bounty.



Savor the Seasons festivals are held on the fourth Wednesday of the month from May through October.



GRASS IS GREENER GARDENS – Monroe, Wisconsin

USDA Certified Organic

Rich Horbaczewski is a Chicago native who moved with his wife, Jackie Gennett, from the city to greener pastures and became a farmer eight years ago. The couple raises organic vegetables – including a large variety of potatoes – as well as fodder for the farm’s sheep, goats, chickens, and turkeys on 130 seasonally rotated acres. In addition to fresh vegetables and potatoes, the Grass is Greener Market tent includes strawberries, wild black raspberries, and canned goods like jams and pickles. Rich and Jackie are also the proprietors of Bushel and Peck’s, a restaurant and shop in Beloit, Wisconsin, that features meals and groceries from local farmers. They welcome summer visitors and campers to the farm, and host Beloit College students who intern there while learning sustainable and organic farming and best practices in animal husbandry. Check their website for other offerings and events. Pictured, from left, are Rich (standing), Jackie (second from right) and Rufus, their dog; plus Grass is Greener farmers Graydon Chapman, Sean Keith, and Anna Meyer.

horbaczewski@sbcglobal.net; 608-966-1128; grassisgreenergardens.com



GREEN ACRES FARM – North Judson, Indiana

Certified Naturally Grown

Green Acres, owned by Beth and Brent Eccles, has a unique history. Beth’s grandfather, a Japanese immigrant, moved to Indiana in the late 1930s and began a small truck farm, selling Asian vegetables to restaurants and stores in Chicago’s Chinatown. His son, Ben, took over the farming operation in 1969 and continued his father’s wholesale business for the next 35 years. Beth and her husband, Brent, began farming in 1996. Meeting Abby Mandel at the Best of the Midwest Market inspired the couple to bring their sustainably raised food to farmer’s markets in Chicago. Expanding on the Asian vegetable niche, they also grow more than 500 varieties of heirloom vegetables, fruits, and specialty greens. With two daughters, Beth and Brent are proud to continue the family tradition of farming.

gbeccles@msn.com; 574-896-3830; greenacresindiana.com



GREEN ORGANICS – Berrien Center, Michigan

USDA Certified Organic

Green Organics is a division of Klug Orchards, a 150-acre, third-generation family farm in the rolling hills of Berrien County, Michigan. Kevin and Cathy Klug, who operate Green Organics with the help of their sons Ben, Dan, and Ethan, achieved organic certification for 10 acres of berries and vegetables in March 2010, and plan to add 20 additional acres in 2011. Kevin’s parents, Arnold and Clara Klug, also live on the farm, which has two separate homesteads and separate produce cooler buildings a quarter mile apart to keep the conventional and organic crops separate. Kevin works with Michigan State University Extension Office and the Eau Claire Fruit Exchange in addressing pest and nutrient management issues. He attributes the example of his parents’ old-fashioned persistence on using fewer chemicals to grow healthy crops as the foundation of his organic transition.

Kevinklug@gmail.com; 269-684-3315; klugorchards.com



GROWING HOME – Chicago, Illinois
USDA Certified Organic

Growing Home, Inc. is a nonprofit, social enterprise that offers job training and employment opportunities to Chicagoans experiencing barriers to employment by teaching them urban organic farming, job readiness and life skills. Its farm sites on the South Side of Chicago and in rural LaSalle County grow a wide variety of vegetables, with a focus on year-round greens such as spinach and arugula, early-season heirloom tomatoes and unique crops like malabar spinach. During Growing Home’s annual job training programs, trainees learn job skills and horticulture so they can enter the workforce with confidence.
info@growinghomeinc.org; 773-549-1336; growinghomeinc.org



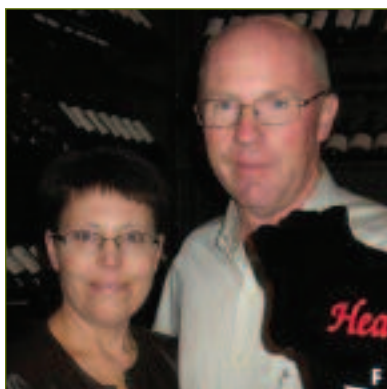
GROWING POWER INC. – Milwaukee, Wisconsin
Certified Naturally Grown

Growing Power is a nationwide nonprofit organization and land trust that supports people from diverse backgrounds through the development of community food-growing systems. In addition to cultivating a variety of foods, the organization provides training and outreach programs in which participants learn sustainable practices to grow, process, market and distribute produce. At Green City Market, meet father-daughter farmers Will and Erika Allen, both of whom are rural and urban farmers. Will is executive director of Growing Power and Erika is its Chicago projects manager/development director. In 2008, Will was awarded a MacArthur Foundation “Genius Grant” for his work on urban farming and sustainable food production.
growingpoweril@aol.com; 773-486-6005 and 414-527-1546; growingpower.org



HAWK’S HILL ELK RANCH – Monticello, Wisconsin
Certified Humane Slaughter

The Espe family, raise purebred registered elk on their family owned and operated ranch. Their elk meat products have won 33 National and International competitions including Best of Show. Their grass-fed elk are free of antibiotics and live in a stress free environment. Hawk’s Hill regularly welcomes university animal science classes, in which students learn how to raise and handle elk in a humane manner. Joel has served on the U.S. Secretary of Agriculture’s Advisory Council for all livestock and speaks at conventions across North America. The Espes are recognized for their work as national leaders in their industry. At the GCM, they provide recipes and cooking instructions for their heart-healthy steaks, roasts, burgers, brats and more. Free samples of their International Champion Snack Sticks are offered during the summer.
espe@tds.net; 608-938-1137; hawkshillelkranch.com



HEARTLAND MEATS – Mendota, Illinois

American Humane Association Certified

John and Pat Sondgeroth’s farm has been in the family for more than 100 years. As fourth-generation farmers, the Sondgeroths continue the tradition of raising cattle on their fully integrated livestock farm. Their special Piedmontese breed is known for its distinct combination of leanness and tenderness, with most of the cuts exceeding the nutritional recommendations of the American Heart Association. Heartland Meats cattle are raised without hormones or animal by-products, and John and Pat also use other sustainable farming practices. With their own federally inspected processing plant, they are able to control the quality of their product and produce heart-healthy and delicious beef. They were honored as delegates to the 2004 Slow Food Terra Madre event in Turin, Italy.

jp@heartlandmeats.com; 815-538-5326; heartlandmeats.com



HERITAGE PRAIRIE FARM – Elburn, Illinois

Certified Naturally Grown

Heritage Prairie Farm has grown vastly since the first seeds were planted in 2006. Bob Archibald and Bronwyn Weaver’s farm began simply as Bron’s Bee Company, a local food market and honey business. Today the farm employs a combination of high production, low acreage, and four-season methods developed by Eliot Coleman using organic growing practices. Bron’s Bee Company is located on the farm with apiaries throughout the region. Bron’s also offers a dedicated Chef-Supported Apiary program for local restaurants to adopt a hive. Raw honey and farm produce is available at their Farm Market, the Green City Market, and through a CSA program. The honey and produce can also be found on the menus of many top Chicago restaurants. The farm also hosts seasonal weddings, private events and farm dinners, prepared by Chef Jeremy Lyan using fresh farm produce.

info@heritageprairiefarm.com; 630-443-5989; heritageprairiefarm.com



HILLSIDE ORCHARDS

– Berrien Springs, Michigan

USDA Certified Organic

Food Alliance Certified

MAEAP Certified

Hillside Orchards has been a family operation since 1836. In 1920, Sarah Feather’s great-grandfather began selling his produce at a farmers market in South Bend, Indiana. Sarah grew up on the farm and married Paul Thelen, who also had a farming background. The couple farmed the Feather orchards with Sarah’s father. Today daughters Rebecca and Erica are involved in the 100-acre farm, which contains 1,700 organic chestnut trees. Hillside’s many types of fruit, including a variety of heirloom apples, are grown using an Integrated Pest Management system. The Good Agriculture Practice sessions the family attends are designed to ensure that fruit is produced and marketed in the safest manner possible. The Thelen’s goal is to continue using ever safer and more sustainable production methods.

hillside1836@aol.com; 269-471-7558; hillsideorchards.us



HOOSIER MAMA PIE COMPANY – Chicago, Illinois

Paula Haney’s pies are baked with seasonal, locally grown ingredients and are individually hand-made, based on recipes adapted from vintage cookbooks. Varieties include rhubarb, Michigan cherry, blueberry, peach and the more unusual Hoosier sugar cream and chess pies. Savory options, such as the pork-apple-sage supper pie, also are on the menu. Paula has been making pies since she was a little girl. After years working as a pastry chef at respected local restaurants including Trio, she returned to her first pastry love and started the Hoosier Mama Pie Company in 2005. When not selling at the Market, she can be found in her tiny West Town emporium at 1618-1/2 W. Chicago Avenue.

Paula@hoosiermamapie.com; 312-243-4846; hoosiermamapie.com



IRON CREEK FARM – La Porte, Indiana

USDA Certified Organic

Iron Creek is located just a few miles south of Michigan on the rich black soils of northern Indiana. The land is filled with bountiful produce and family history. Patrick and Tamera Mark, along with their daughters Brittney, Kaela, and Aryn, are the fourth and fifth generations farming the land, which has been family-owned for more than 100 years. Producing hundreds of varieties of organic vegetables and fruits, Iron Creek packs weekly CSA boxes, fills the tables at farmers markets, and supplies Chicago's top restaurants. As a certified organic farm, "Iron Creek is not only a good steward of the land but is also protecting and caring for the health of our families," says Tamera.

ironcreekfarm@att.net; 269-313-2019; ironcreekfarm.com



JAKE'S COUNTRY MEATS – Cassopolis, Michigan

Animal Welfare Approved

Nate Robinson, a sixth generation farmer, and his wife, Lou Ann, bring "Pork You Can Trust" raised naturally and without antibiotics or hormones to Market. They engage in environmentally sound practices for their grass pastures and follow a forest stewardship plan that allows cover for wildlife, shade for their free-roaming Berkshire and Duroc pigs and trees for firewood. It truly is a family farm, as all four children have a role in the business. Nate says, "We strive to raise a healthy, happy hog that will provide you with tender, flavorful quality meat." In addition to the usual cuts of pork, Jake’s offers smoked chops and bacon without added nitrates, 10 types of MSG-free sausage, and ready-to-eat pork sticks. Jake's also carries wild-caught Great Lakes fish. The Robinsons have paired with the Fish Assessment Biologist of the Chippewa Indian tribes to bring straight to customers fresh, filleted, pin-boned and flash-frozen day-of-catch fish from the Great Lakes. Working with the biologist allows Jake's to pinpoint each week where the fish were caught and to track information on the sustainability of the lakes. Photo: Renee, Jamie and Lindsay, Parents: Nate and Lou Ann, Son: Jacob.

jakescountrymeats@gmail.com; 269-228-1320

Club Sprouts

Club Sprouts welcomes young people of all ages to experience and learn the importance of locally grown foods by creating a welcoming and engaging environment under the Club Sprouts Tent every Wednesday and Saturday at the market. Under the tent, you will find Chef/Teacher/Farmer cooking demonstrations, the TASTE club, I'm a Forager in Training project, hands on activities and more. A schedule of activities and demos listed on greencitymarket.org.



Stop by the tent and learn about what's good for you!

Heritage and Heirloom Preservation Project

Green City Market works with its vendors to help preserve and promote heirloom varieties of vegetables and fruits and heritage breeds of animals – the foods our ancestors enjoyed for centuries. Over decades these products have adapted to local environmental conditions and are often better able to withstand disease and harsh environmental conditions than their genetically engineered relatives. Preserving them preserves the biodiversity of our food supply. Look for signs around the Market that designate an heirloom variety of fruit or vegetable or a heritage variety of animal.



Sample different heirloom products during our monthly Savor the Seasons Festivals and attend a market cooking demonstrations for ways to enjoy these products throughout the season.



KING’S HILL FARM – Mineral Point, Wisconsin

USDA Certified Organic

Joel and Jai Kellum have been organic farmers since 1996, adhering to the belief that “a regular diet of seasonal foods and vegetables does more for developing minds and bodies than does an occasional purchase of organic spring mix.” Joel has certification in Advanced Permaculture, “embracing the natural world and the inherent power of naturally occurring systems.” King’s Hill Farm raises pigs and a variety of fowl mainly to provide fertilizer for the fields in which the couple grows more than 50 varieties of vegetables and herbs for Market and CSA sales. They also sell chicken and duck eggs, pork, honey, and mushrooms. Joel and Jai, who in addition to being managing farmer is a certified yoga instructor, are developing the educational aspects of their farm and welcome tours, field trips, campouts, and volunteers to a land that “teems with wildlife and is a secluded paradise.” Ask them about the Natural Building Workshop you can attend at King’s Hill in August and the Cider Press Party on Labor Day weekend.
jaikellum@gmail.com; 608-776-8413; kingshillfarm.com



KINNIKINNICK FARM – Caledonia, Illinois

USDA Certified Organic

David and Susan Cleverdon are transplanted Chicagoans who have been farming organically since 1994, when they purchased a derelict farm in Northern Illinois complete with an abandoned 1845 farmhouse. They have been busy restoring its buildings and establishing a diversified organic farm ever since. They raise old-fashioned broiler chickens, pigs, and sheep, and keep a laying flock of 130 hens. Specialties include triple-washed salad greens, Italian cooking greens, heirloom tomatoes and an array of seasonal vegetables that are found in some of Chicago’s best restaurants. The Cleverdons partner with First Slice Pie Cafe to make rustic basil and arugula pestos with ingredients from the farm, and part of the proceeds go to the First Slice program to feed Chicago’s homeless. Kinnikinnick is more than an organic farm; during the summer its elegantly rustic Featherdown Farm tents are a vacation destination for families who want to spend a weekend or a week on a working farm a 90-minute drive from Chicago.
kinnikinnickfarm@yahoo.com; 815-292-3288; kinnikinnickfarm.com



LAS MANAS TAMALES – Chicago, Illinois

When Amber Wojcinski was pondering what to call her new business, she remembered the pet name her father gave her and her siblings Nicol and Dinora: las manas is short for las hermanas, the sisters. Amber (on left, with Nicole, top, and Dinora) makes her own hominy with corn from the Market’s Three Sisters Garden, grinds small batches of masa and mixes it with Nordic Creamery butter, organic sunflower oil and fine cornmeal to prepare her tamales. The flavors of the tamales, she says, are “pretty much limitless,” since they are made with seasonal Market ingredients leading to combinations such as roasted poblanos and Capriole goat cheese or Mint Creek chorizo and Swiss chard. “I think of a tamale as a vehicle for great ingredients,” says Amber, who learned to make the South-of-the-Border specialty on visits to family in Mexico. Now married to Jeff Wojcinski, also in the booth on Saturdays, Amber serves the tamales hot to eat at the Market and packaged to take home.
lasmanastamales@gmail.com; 773-860-0832; lasmanastamales.com



LEANING SHED FARM – Berrien Springs, Michigan
Food Alliance Certified

In 2004, Dave and Denise Dyrek bought 30 acres in Michigan as a weekend getaway from their Humboldt Park home. Four years later, Leaning Shed Farm was born. The couple, who named their farm for an actual building on the property, specialize in heirloom variety vegetables and fruits that include peas, tomatoes, garlic, cucumbers, peppers, and strawberries. Dave is constantly searching for different varieties to grow and bring to market. What are two Chicagoans doing scratching at the dirt? Some say the farm is a "midlife crisis," others refer to it as "living the dream."
davedyrek@comcast.net; 312-613-0696



MAJESTIC NURSERY AND FARM – Millbrook, Illinois
Certified Naturally Grown

Randy and Gayle Roberts live and work on their five-acre farm located along the Fox River in northern Illinois. They raise naturally and sustainably grown produce and herbs, and do not use synthetic chemicals on their edible products. Their sustainable practices began after they purchased their land in 2001 and started to remove generations of waste and clear masses of invasive weeds and shrubs. Today their land is rehabilitated. Randy and Gayle continue to tend their land, conserving an area for wildlife, growing food responsibly, composting, recycling, and paying attention to the effects they are having on the environment around them. They bring a wide variety of produce, herbs, edible flowers and early-season planted container arrangements to the Market. For more on this couple's sustainability practices, visit their website.
randy@majesticnursery.com; 630-553-9924; majesticnursery.com



MEADOW HAVEN FARM – Sheffield, Illinois
USDA Certified Organic

Allan and Jeanne Sexton founded Meadow Haven Farm when Allan, a retired holistic veterinarian, decided that the only way to provide good, healthy food for their five children and (now) 14 grandchildren was to produce it himself. The couple, who were later joined in their endeavor by Jeremy and Cherie House, strives "to produce the highest quality nutrient-dense food possible." Meadow Haven Farm produces 100 percent grass-fed beef plus pork, turkey, chicken and eggs.
infor@meadowhavenfarm.com; 815-454-2320; meadowhavenfarm.com



MICK KLUG FARM – St. Joseph, Michigan

MAEAP Certified

Mick Klug grew up on a 40-acre farm his parents established in the 1930s. He took ownership in 1974, and has expanded the land to 120 acres. Mick farms it with his wife, Cindy, and daughters Amy and Abby plus a golden retriever named Lily. They grow many varieties of fruits with the help of 15 employees. The Klug family understands the importance of sustainable agriculture and locally grown produce. Mick has been providing fresh produce to the Green City Market for a decade. Look for purple and green asparagus, rhubarb and strawberries in the spring and raspberries and blueberries in the summer. Peaches, his biggest seller, and shelled peas also are specialties.

mdklug@comcast.net; 269-208-9334; mickklugfarm.com



MINT CREEK FARM – Stelle, Illinois

USDA Certified Organic

At Mint Creek Farm, Harry Carr and his family strive for maximum species diversity in both animals and pasture plants. "We are fervent believers in grass-fed ruminant animal nutrition," says Harry, who explains that, as with humans, an abundance of green leafy plants in the diet of ruminant animals raise the omega-3 composition of fatty acid balance—resulting in a healthier animal. (An explanation of this process is available at <http://mintcreekfarm.com/blog/>.) "Having started raising sheep organically 20 years ago," Harry says, "we have added goats, beef cows, veal calves, pigs, chickens, ducks, turkeys, and geese. We have worked on mimicking the way buffalo would graze in our pasture management techniques—a process sometimes called mob grazing." You can learn more at the Market this year from Harry's daughter Raya (pictured) at the Mint Creek tent.

hcarr@mintcreekfarm.com; 815-953-3824; mintcreekfarm.com



NICHOLS FARM AND ORCHARD – Marengo, Illinois

Food Alliance Certified

Lloyd Nichols and his wife, Doreen, started Nichols Farm and Orchard as a hobby on 10 acres in 1977. The couple was able to turn the hobby into a business as the family grew. Today the Nichols' sons, Nick (pictured), Todd and Chad, all make their livelihoods from the farm where they grew up. The family specializes in variety: the farm grows more than 1000 cultivars of fruits and vegetables on 250 acres. Their dozens of varieties of potatoes, tomatoes, apples and other produce have brightened Green City Market since its founding.

nicholsfarm@aol.com 815-568-6782; nicholsfarm.com



NORDIC CREAMERY – Westby, Wisconsin

USDA Certified Organic

Alan and Sarah Bekkum and their six children live on the farm in southwestern Wisconsin's Driftless Coulee region that has been in Sarah's family for four generations. Alan, a licensed Wisconsin butter and cheese maker for 20 years, produces artisan cheeses from goats' and cows' milk and fresh summer butter, made only during the warm months when the cows are out to pasture. His best-selling cheese, Capriko, is made from a combination of goats' and cows' milk. Alan explains that he developed the hand-crafted, semi-hard cheese with a smooth, sweet, nutty flavor as a way to get people who thought they didn't care for goats' milk to give it a try. Another blended cheese is Feddost, which harks back to a Norwegian flavor tradition of infusing the curd with cumin and cloves. Other Nordic Creamery cheeses are mild, aged and smoked cheddars as well as Mountain Jack.

abekkum@mwt.net; 608-606-2585; wisconsinbutter.com

The Edible Gardens

The Edible Gardens are designed to engage children and adults with hands-on growing, weeding, composting, harvesting, and to introduce them to the concept of "farm-to-table" eating. The 5,000 square foot main garden and the Farmhouse Children's garden represent a partnership between Green City Market and the Lincoln Park Zoo's Farm in the Zoo.

Join us for our FREE monthly hands-on gardening workshop series in The Edible Gardens with Jeanne Nolan, our Edible Gardens Director. Workshops will be held from 9:30 a.m. - 10:15 a.m. on selected Saturdays and advance registration is required. To RSVP, email RSVP@greencitymarket.org and specify which workshops you will attend. Space is limited.



- April 21** - Spring Start: Soil Preparation and Planting Cool Weather Crops
- May 19** - Summer's Arrival: Transplanting Warm Weather Crops
- June 23** - Necessary Nourishment: Feeding Your Plants for Healthy Growth
- July 28** - Expand Your Growing Season: Planting Fall Crops
- August 25** - Keeping A Tidy Garden: Staking, Pruning and Harvesting
- September 15** - Growing Locally: Tips for Gardening in Chicago
- October 20** - Time To Hit the Hay: Putting Your Garden to Bed for the Winter

The Edible Gardens also offers programs to schools and summer camps. To learn more about our field trips and tours, email ediblegardens@greencitymarket.org.

Thank you to Seeds of Change who supplied funds, tools and organic seeds to the Edible Garden.

The Edible Gardens are located in Lincoln Park Zoo's Farm-in-the-Zoo and are open to the public April 2 through November 12, Wednesdays, Thursdays, and Saturdays from 10:00 a.m. – 1:00 p.m.



ORIANA'S ORIENTAL ORCHARD – Stephenson County, Illinois

USDA Certified Organic

Oriana Kruszewski began growing Asian pears in her back yard more than 30 years ago because she found store-bought varieties bland and too expensive. In 1996, she bought a 40-acre orchard in northwestern Illinois where she now grows 20 varieties of pears from China, Japan, and Korea, plus hybrids developed in the United States and Europe. Her latest additions are black currants, goji berries, and other greens that grow well without harmful chemicals. To raise 100-percent organic fruit, she selects disease-resistant strains or cultivars. "Our orchard was never intended to be commercial," says Oriana, who grew up Hong Kong. "It's a hobby that got out of hand." To see Oriana in her orchard, visit skyfullofbacon.com/blog/?p=160

Asianpearfarm1@gmail.com; 847-673-9175

Green City Market

Chef's BBQ

Benefit

The BBQ Benefit is Green City Market's largest fundraising event and one of Chicago's best local farm to tummy food events. This year, we expect that more than 2,500 guests will join us for what promises to be another delicious evening of good food provided by the premiere chefs of nearly 100 Chicago-area restaurants. Chefs partner with Green City Market farmers to create dishes that promote the bounty of seasonal fruits and vegetables. Proceeds support Green City Market's educational programs and outreach initiatives.



Thursday, July 12

5:30 - 8:00 p.m.

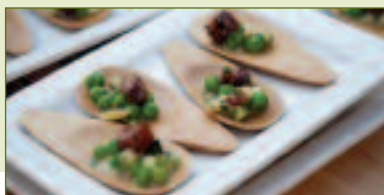
South end of Lincoln Park

General Admission Tickets: \$125

Children under 12: \$25

VIP Tickets: \$250

Green City Market Friend Price \$100



Tickets for this year's Chef BBQ benefit go on sale May 5. Green City Market supporters who join our Friends program will be able to purchase tickets at the \$100 price, limit four per person. To learn more, visit greencitymarket.org/events.





PASTA PUTTANA – Chicago, Illinois

Jessica Volpe launched Pasta Puttana in 2008 with a vision to handcraft fresh pastas that actually tasted like the local, seasonal ingredients with which they were made: creamy farm eggs, fiery red chilies, fragrant herbs, and tangy garlic (to name a few). Thanks to loyal Green City Market customers and talented growers, the Cooking and Hospitality Institute of Chicago grad has now, three delicious Market seasons later, opened her first retail store at 1407 W. Grand Avenue. In addition to Pasta Puttana’s ever-expanding line of flavored flat pastas, look for occasional appearances of hand-formed filled pastas made with the same TLC and carefully chosen ingredients as ever.

jvolpe@pastaputtana.com; 773-439-9623



PAUL FRIDAY FARM – Coloma, Michigan

Food Alliance Certified

Paul Friday and his wife, Luiba, farm some 30 acres, and grow his patented Flamin’ Fury® peach varieties on two-thirds of them. Paul developed the Flamin’ Fury® peaches, and he claims that they are “the sweetest and most flavorful” of all varieties. They are also very resistant to disease, insects and cold weather. Paul is a fun-loving Market vendor, known for his propensity for giving out \$2 bills as change and wearing one of his three different styles of top hats.

peach@qtm.net; 269-208-4329; flaminfury.com



PEERLESS BREAD & JAM – Chicago, Illinois

The Peerless breads sold at Market are naturally leavened and baked with whole grains from Breslin Farms, milled at the bakery. Owner and head baker Lauren Bushnell majored in math at the University of Chicago and tried teaching before returning to baking, a favorite pastime since adolescence. Her breads focus on the grains – not the flavorings. Look for six varieties each Market day, with choices including peasant wheat, buckwheat with dried cherries, oatmeal pecan and challah with apples.

Info@peerlessbreadandjam.com; 773-240-1282; peerlessbreadandjam.com



POTTER'S CRACKERS – Madison, Wisconsin

USDA Certified Organic

Potter’s bakes organic, artisanal crackers using ingredients sourced from small, local farms. Designed to compliment Wisconsin cheeses – or cheeses from anywhere, in fact – the crackers are sold in a variety of flavors. Some are available year-round; others reflect the seasons. Potter’s was founded in 2006 by Peter Potter (pictured), a food science graduate from the University of Wisconsin, and his mother, Nancy, long-time owner of the New Glarus bakery.

potterscrackers@gmail.com; (608) 663-5005; potterscrackers.com





PRAIRIE FRUITS FARM AND CREAMERY – Champaign, Illinois

Animal Welfare Approved

Leslie Cooperband and her husband, Wes Jarrell, are the proud owners of Prairie Fruits Farm and Creamery. Wes is a retired professor of soil and environmental sciences at the University of Illinois, Urbana-Champaign, and Leslie also has a PhD in soil science. Together, they cultivate some 350 organic fruit trees and several hundred berry bushes, and operate Illinois' first farmstead cheese-making facility on a 22-acre farm just outside Champaign. The couple's 70-plus Nubian and La Mancha milk goats, fed on a diet of rotationally grazed pastures and home-grown hay, provide milk for a variety of fresh French-style cheeses, including chevre, bloomy-rind cheeses and a raw milk tomme-style cheese. Leslie and Wes also produce several styles of sheep milk cheese using milk from a nearby Amish sheep dairy.

prairiefruits@gmail.com; 217-643-2314; prairiefruits.com



Urban Farmers

Photos courtesy of Growing Power, Growing Home and Chicago Honey Co-Op

Urban gardens are growing big. All around Chicago, rooftops, roadsides, abandoned lots and courtyards are being converted to farmland on which city dwellers grow fruits and vegetables literally in their own backyards.

Several of these new urban farms do double duty. In addition to producing fresh, wholesome produce for their surrounding communities, they serve as training grounds for people who want to learn the skills of making things grow.

Visitors to Green City Market can see the results of their labors in the booths of three of our long-time vendors.

Growing Home, Inc. teaches organic farming, job readiness and business skills to homeless and low income

people in three farm sites in and around Chicago.

Growing Power Inc., a national nonprofit organization and land trust, supports community gardens and urban farms at five Chicago locations including Altgeld Gardens and Jackson Park.

Chicago Honey Co-Op, teaches the bee-keeping arts and general employment skills to hard-to-place area residents and hosts a community farm where locals can grown their own produce. The organization also offers classes that teach healthy eating and an awareness of the natural environment.



PRAIRIE PURE CHEESE – Belvidere, Illinois

American Humane Association Certified

Prairie Pure Cheese is a cooperative between a small dairy and its veterinarian, working together to produce high-quality artisan cheeses. Todd and Brenda Aves and their children, Allison, Hayden and Madeline, raise 90 cows on their farm, which has been in the family for over 100 years. Brian (pictured) and Carole Gerloff, along with sons Joseph and Robert, are the other partners. Brian serves as the herd veterinarian for the Aves dairy. The key to the operation's success is in its cows: they are fed a diet of homegrown forages and grains and live in a comfortable environment with access to pasture during the warmer months. Prairie Pure's specialty is butterkase cheese, which is used in the crepes sold at the Market. The cooperative also makes mild, aged cheddar and Swiss cheese, and hopes to add at least one more variety this season.

bgerloff@att.net; 815-568-5000; prairiepurecheese.com



RADICAL ROOT FARM – Grayslake, Illinois

USDA Certified Organic

After working on farms in Wisconsin, Texas, and Oregon, Alison Parker and husband Alex Needham rented five acres from the Prairie Crossing conservation community and are now in their fourth year of growing 60 to 100 vegetable crops. "We are both interested in environmental and health issues," says Alison. "We want to be involved in the local food movement and to improve access to organic foods." With the help of their employees and volunteers from their CSA, the young farmers produce 16 varieties of tomatoes, including many heirlooms, various types of greens, and "as many nutrients as we can," she says. This year they are selling CSA shares for spring, summer, and fall, growing fresh vegetables for over half a year. With their young son Huckleberrry, Alex and Alison strive to produce the most nutrient-dense, ecologically grown food possible. "People are so happy about having this type of food available," Alison says.

radicalrootfarm@gmail.com; 815-830-6653; radicalrootfarm.com



RIVER VALLEY RANCH – Slades Corner, Wisconsin

USDA Certified Organic

River Valley Ranch is the oldest mushroom farm in the Midwest. Bill Rose founded it in 1976 with a sizable goal: he wanted to produce the finest fresh mushrooms for the local market. His son, Eric (pictured), joined the operation in 1977, and learned the art of growing mushrooms commercially from his dad. River Valley Ranch still produces fine fresh mushrooms, and also grows other produce, including 20 varieties of heirloom tomatoes, 10 varieties of potatoes, a dozen types of peppers, 10 varieties of onions, asparagus, spinach, Winter squash and more. All crops are grown without pesticides or chemicals. Since 1997, River Valley Kitchens, the farm's licensed processing kitchen, has produced pickled mushrooms and more than 25 shelf-stable products. All preserved foods are made in small batches and hand packed. River Valley Ranch is an original member of Green City Market. The farm's motto is "Quality, freshness, and lots of Love."

eric@rivervalleykitchens.com; 262-539-3555; rivervalleykitchens.com



SEASONS SODA – Chicago, Illinois

Bobby Chang founded Seasons Soda in 2012. What began as a hobby of making fresh, natural sodas in his kitchen turned into an entrepreneurial venture with Green City Market roots. Seasons Soda crafts all-natural, artisanal sodas using fresh pressed fruits and herb combinations based on locally sourced seasonal ingredients from Market farmers. No artificial sugars or sweeteners are added to any of his sodas. bobbychang@seasonssoda.com; 626-627-5032; seasonssoda.com



SEEDLING FARMS – South Haven, Michigan

Food Alliance Certified

Peter Klein is wild about fruit. While working in the restaurant industry, he frequented farmers markets to find the best produce available and forged lasting friendships. When his favorite fruit sellers mentioned that they were retiring, he bought their 100-year-old, 81-acre orchard. Seedling now grows over 80 varieties of fruit and produces varietal ciders and flavored blends in its own cider mill. All ciders are 100 percent natural, with no preservatives, and are cold pasteurized to keep the taste of true old-fashioned cider. Pete uses a device called a refractometer to measure sugars, and endeavors to pick and sell only perfectly ripe fruit and to show people the wide variety of ways in which they can enjoy it. At the Market, he blends his cider with fresh strawberries, peaches, plums and other seasonal fruits to make smoothies to order.

pete@seedlingfruit.com; 269-227-3958; seedlingfruit.com



SHARPENING BY DAVE – Chicago, Illinois

More than 10 years of experience have honed Dave Nells' sharpening skills. He took up the craft at the suggestion of a family member who thought he could maintain her shears better than other people she had tried, and that he could even make a career of it. Dave has done so and now just about anything with a blade can be improved by his talent. He and his wife, Amanda, are fixtures at many Chicago area farmers markets, but he calls the Saturday Green City Market "my anchor." Home cooks and personal chefs bring their knives to him regularly. In addition, Dave and Amanda sharpen equipment for barbers, stylists, and pet groomers, with Amanda especially "a pro at gardening tools." daveisharp@aol.com; 847-354-2547; sharpeningbydave.com



SMITS FARMS – Chicago Heights, Illinois

Food Alliance Certified

Carl and Debbie Smits started their farm almost 20 years ago with 30 acres and one small greenhouse. Over the years, their love of farming has grown, and so has their operation. With the help of their five children, Kayla, Monica, Rachel, Andrew, and Matthew, and 35 employees, the Smits grow herbs, sweet corn, tomatoes, peppers, melons, cucumbers and squash in greenhouses and on fields spread over 125 acres. In the spring and summer, Carl and Debbie also bring bedding plants, baskets, perennials and mixed planters to Market. In the fall, they offer mums, winter squash and potted herbs. They have never used chemical fertilizers on field crops and rely on sustainable practices such as application of organic matter and compost to grow herbs and vegetables. The Smits believe that healthy crops require healthy soil and that “in order to take from the ground you have to put back.”

smitsfarms@hotmail.com; 708-758-3838; smitsfarms.com



SNOOKLEFRITZ – Chicago, Illinois

That old German term of endearment means ice cream, at least in Chicago, where Nancy Silver makes her “local, seasonal, chef-driven, and organically inspired” product. Nancy is a graduate of the Culinary Institute of America in Hyde Park, NY, and is an alumna of 12 years in several of Chicago’s finest restaurant kitchens. Her dream—to open a certified organic retail food operation—has taken the form of ice cream. It is ice cream made without shortcuts and in her “signature” flavors with the highest quality ingredients from local farmers. Some of her unusual flavors are maple-candied pecan, rhubarb-crème fraiche sherbet, salted caramel apple, strawberry-honey nougat, and rosemary-honey-goat cheese. To contain such treats, Nancy makes her own waffle cones. The ice cream is also sold in “sandwiches” and by the pint.

snookelfritz@hotmail.com; 773-575-4449



SUNDAY DINNER – Chicago, Illinois

Christine Cikowski and Joshua Kulp’s Sunday Dinner serves food based on local ingredients in home settings and caters events throughout the area. The pair’s passion for good food has led to strong relationships with small independent and responsible farmers and producers. Sunday Dinner provides a convivial community dining experience at each event by seating guests at communal tables and interacting with the diners, forging a similar connection with the people who eat their food as the chefs have with those who grow it. Every summer, Sunday Dinner sets up shop at the Market to grill fresh-ground burgers. All ingredients are sourced from Market farmers. Toppings change weekly to reflect which foods are in season.

joshua@sundaydinnerchicago.com; 773-878-2717; sundaydinnerchicago.com



THREE SISTERS GARDEN – Kankakee, Illinois
Certified Naturally Grown

Tracey Vowell and Kathe Roybal were employed in the restaurant industry until they grew tired of the hard work and decided on a career change. They bought their nine-acre farm in 2000, and named it after the Native American practice of growing corn, beans, and squash in the same mounds—a sophisticated, sustainable system that provided long-term soil fertility and a healthy diet then, and still does. The partners (that’s Tracey on left, Kathe at right) focus on specialty vegetables like microgreens (which they grow year-round), pea shoots, heirloom tomatoes, summer and winter squashes, herbs, fresh beans (shelled at the Market) and huitlacoche, a mushroom particularly prized in Mexican cuisine. “I don’t know that we chose an easier line of work,” says Tracey, a former chef at Frontera Grill, “but at least we’re exercising different parts.”

threesistersgarden@earthlink.net; 312-399-5585



TINY GREENS – Urbana, Illinois
USDA Certified Organic

Bill Bagby wrote music and worked in disaster relief for the Red Cross before founding Tiny Greens in 1986. “I wanted to do something that would be good for people,” he explains. Bill grows baby micro-greens, wheatgrass and sprouts in an 8,000-foot underground building he calls “an eco-builder’s dream,” and oversees the operation’s own water supply that cleans, improves, and reuses water—an important feature for a hydroponics enterprise that draws on 60,000 gallons of water daily. Bill also brings to Market fresh tofu, made with Midwest-grown, organic soybeans in the farm’s on-site, certified kitchen and sells made-to-order, internationally inspired vegetarian sandwiches, pizzas, quesadillas and wraps featuring its sprouts and baby microgreens. Bill urges shoppers to “stop by for lunch or an ounce of fresh wheatgrass juice.”

bill@tinygreens.org; 217-328-9367; tinygreens.org



TJ’S FREE RANGE POULTRY – Piper City, Illinois
Food Alliance Certified

Chickens and turkeys have the run of fenced pastures at Timothy and Julie Ifft’s central Illinois farm. The couple’s fine-feathered friends are fed an all-natural diet of corn and soybean meal, with no hormones or animal by-products. The Iffts both grew up on farms and operate TJ’s on land they have farmed for more than 20 years. The couple’s four children, Tanya, Derek, Braden and Randal, are involved in the day-to-day farm chores and help at the Market, where the Iffts sell free-range eggs along with their poultry.

tji4@maxwire.net; 815-686-9200



TOMATO MOUNTAIN – Brooklyn, Wisconsin
USDA Certified Organic

Chris Covelli began farming in 1993, focusing on distinctive vegetables. His dream was to put Grandma Covelli’s spaghetti sauce in a jar for all to enjoy. Today, Tomato Mountain is a 12-acre farm with its own processing kitchen built with the help of a grant from Frontera Foundation. “We do everything from planting the seed to putting the lid on the jar,” says Chris. Salsas, preserves, soup, Bloody Mary mix and, of course, pasta sauce are the main products, all bottled only when the ingredients are in season. In May, Tomato Mountain sells vegetable and herb starter plants. All summer long, it brings the same produce (including super-sweet SunGold tomatoes and many heirloom varieties) to Market that it offers in its home delivery CSA.

info@tomatomountain.com; 608-712-1585; tomatomountain.com



ZULLO’S – Chicago, Illinois

Adriana Marzullo prepares traditional rustic Italian foods with locally sourced, organic ingredients for Market shoppers. Sweets include apple cider donuts and fruit-filled popovers. For those with a taste for savory dishes, Adriana offers vegetarian and cheese and sausage pizza, fiadone with such fillings as chicken pesto, vegetables, lamb, and mushrooms, and chicken and veggie nuggets with honey from Ellis Farms. Pastries feature eggs from Meadow Haven Farm, organic apple cider from Earth First Farms, and local fruits from Ellis and Mick Klug. Be sure to ask about Zullo’s cooking classes, catering menu and new food truck.

adriana@zulosinc.com; 773-307-3440; zulosinc.com



From left: Chris Patarazzi, Assistant Market Manager; Dana Benigno, Executive Director; Mark Psilos, Associate Director; Erin Riley-Strong, Communications and Marketing Coordinator; and Kitt Healy, Vendor Relations and Outreach Coordinator.

Thank you

Green City Market would like to thank the following institutions for their generous support of our work this past year. These foundations, corporations, government agencies, and community groups – alongside scores of generous individuals – help us continue to provide local, fresh, and sustainably raised products.

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Erin Riley-Strong
Communications
and Marketing
Coordinator

Kitt Healy
Vendor Relations
and Outreach
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Chris Patarazzi
Assistant Market
Manager

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Support the Market

Every Friend enjoys these great benefits:

- Green City Market tote bag
- Invitations to special events throughout the year
- Subscription to the Green City Market e-newsletter
- Advance access to tickets to the GCM Chef's BBQ Benefit
- Discount of \$25 per general admission ticket to the annual barbecue benefit – up to four tickets
- Retail Discounts including:
 - 10% off additional Green City Market merchandise
 - 10% off classes at The Chopping Block
 - Join I-GO Car Sharing for \$25 and get \$25 in free driving
 - 10% off dry cleaning services at The Greener Cleaner
 - 15% off in-stock non-electrics and 10% off electrics at Sur La Table (exclusions apply)



Levels and Additional Benefits

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Seedling (\$50-\$99)*

Green Thumb (\$100-\$249)†

- 2 handmade crepes, made to order at Abby's Crepe Stand

Blue Ribbon (\$250-\$499)†

- 2 handmade crepes, made to order at Abby's Crepe Stand
- Recognition of your donation on the GCM website and printed in next year's Know Your Food...Know Your Farmer annual publication
- Green City Market insulated cooler bag

Heirloom (\$500-\$999)*

- 2 handmade crepes, made to order at Abby's Crepe Stand
- Recognition of your donation on the GCM website and printed in next year's Know Your Food...Know Your Farmer annual publication
- Bountiful Market basket filled with the season's best from our vendors

Heritage (\$1,000 +)*

- 2 handmade crepes, made to order at Abby's Crepe Stand
- Recognition of your donation on the GCM website and printed in next year's Know Your Food...Know Your Farmer annual publication
- Bountiful Market basket filled with the season's best from our vendors
- Green City Market Insulated Cooler Bag
- Invitation for a VIP tour of the Market with Chef Sarah Stegner of Prairie Fire and Prairie Grass Cafe, Founding Member and Co-Chair of the Green City Market Board of Directors

* 100% Tax-Deductible † Tax-Deductible minus \$20 * Tax-Deductible minus \$50

Your contribution supports our educational programs and initiatives. It helps us provide local, fresh, and sustainably raised products as well as preserving the environment for future generations. Friendship with Green City Market connects you to the community of farmers, chefs, and shoppers that are vital to our mission. Donations are tax-deductible, less the cost of benefits.

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This is a: () New Friendship () Renewal () Donation

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Mail this form to Green City Market, 2732 N. Clark St., Suite 302, Chicago, IL 60614.
Forms may also be returned to the Information Tent on Market Days or faxed to 773-880-1262.
Questions? Call (773) 880-1266.

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Green City Market is an independent 501(c)(3) organization.
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