2015 LOCAL FOOD GUIDE
GUILFORD COUNTY

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With the help of Laura Rolke
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The Edible Schoolyard at the Greensboro Children’s Museum
www.gcmuseum.com/edible-schoolyard/
Stephanie Ashton
220 North Church Street
Greensboro, NC 27401
336-574-2898

Greensboro Children’s Museum strives to enhance the lives of children and families by providing garden to table cooking classes. The Edible Schoolyard program “empowers kids and families to create new food futures through food education.” To do this, the Edible Schoolyard hosts classes, field trips, group tours, and summer camps.

Guilford County Health Department
www.myguilford.com/humanservices/health/
1203 Maple Street
Greensboro, NC 27405
336-641-3000

Food and Nutrition Services (FNS), the federal food assistance program, helps low income families with assistance for food through their Electronic Benefit Transfer card (EBT cards) and Supplemental Nutrition Assistance Program (SNAP). Their purpose is “to end hunger and improve nutrition and health.” The Guilford County Health Department also offers the Women, Infant and Children (WIC) program that provides “quality nutrition services for women, infants and children through nutrition, counseling, healthy foods, breastfeeding support, healthy food, referral, breastfeeding support and referrals to health care.”

City of Greensboro Parks and Recreation
1001 Fourth Street
Greensboro, NC 27405.
Tel. 336-373-4549
City of Greensboro Parks & Recreation aims to reduce food insecurity within Greensboro through partnerships with government agencies and private organizations. The Community and Plot Gardens program help to bring families and communities together by teaching them how to grow their own vegetables, eat healthy and save money. Parks & Rec helps facilitate the use of public land for community gardens and provide residents with environmental education.

North Carolina Cooperative Extension
Guilford County Center
www.guilford.ces.ncsu.edu
3309 Burlington Rd.
Greensboro, NC 27405
336-641-2400

North Carolina Cooperative Extension, a joint organization of NC State University and NC A&T University, offers access to various educational programs and resources that benefit farmers, rural and urban residents, families, community leaders, civic leaders and youth. Their mission is to partner with communities to deliver education and technology that enrich the lives, land and economy of North Carolinians.

North Carolina Environmental Education
Guilford Soil and Water Conservation District
Elizabeth Williams
3309 Burlington Rd.Room 108
Greensboro, NC 27405
336-641-2440
North Carolina Environmental Education provides formal and non-formal educators with tools they need to enhance their educational programs related to the preservation of natural resources: water and soil.

Recipe for Success
http://www.uncg.edu/ant/nutrition/index.html
Jennifer Hill
jahill4@uncg.edu
PO Box 26170
Greensboro NC 27499
336-334-5132
Recipe for Success is a program of the The University of North Carolina at Greensboro Anthropology Department. The program aims to meet the nutritional needs of low-income families by providing educational workshops for children and adults about the importance of healthy eating and well-being. Their program includes recipes, cooking tips, enjoyable physical activities, and various resources through monthly mailings that include lessons on healthy food choices, grocery shopping tips, and food safety.

Senior Resources of Guilford County
www.senior-resources-guilford.org
info@senior-resources-guilford.org
301 East Washington Street
Greensboro, NC 27401
336-373-4816
Community Nutrition program offers seniors age 60 and over meals at home and opportunities for socialization. In addi-
Educational resources help families, communities and leaders in Guilford County enhance knowledge and skills that will promote healthy lifestyles, access to food and resources for more economically sustainable communities. Many of these programs provide kids with information about food and healthy eating to help
THE STATE OF FOOD IN GUILFORD COUNTY

A food system involves the complex relationships and processes required in feeding members of the community from growing, harvesting, processing, packaging, distributing, marketing, consuming, disposing, and recycling.

Guilford County has a little over 500,000 residents contributing to its local food system. However, there are approximately 24 food deserts in Guilford County. The US Department of Agriculture defines food deserts as residential areas where at least one-third of the residents live more than a mile away from a grocery store. Residents in these areas struggle to have fresh, healthy food on a regular basis. The Food Research and Action Center ranks Greensboro/High Point as fourth in the United States for food insecurity.

A challenge exists to build a sustainable food system that is economically viable, environmentally and socially sound. To achieve this, we need to invest in Guilford County and our local food producers.

WHO IS INVOLVED

Our food system includes every person that buys and consumes food in Guilford County. However, there are many organizations working hard bring notice to food issues and work to alleviate them.

Some of the main organizations involved are NC Cooperative Extension; Food Assistance, Inc; Food Corp, Inc; Guilford College Production Garden; Guilford County Department of Public Health and Mobile Oasis; Healthy Carolinians; Guilford County Public Schools Nutrition Services; Guilford County Social Services - Food and Nutrition services; National School Lunch Programs, National School Breakfast Programs, EBT-Electronic Balance Transfer and SNAP-Supplemental Nutrition Assistance Program.

Gibb’s Hundred
http://gibbhundred.com
117 West Lewis Street
Greensboro, NC
336-763-7087

Gibb’s Hundred is the perfect place to grab a pint and join in on the various activities that bring the community together. From beer classes to food trucks and live music, Gibb’s Hundred offers a space to relax and have fun.

Grove Winery and Vineyards
http://grovewinery.com/
7360 Brooks Bridge Road
Gibsonville, NC

Grove Winery and Vineyards is located about 7 miles northeast of Greensboro in the Haw River Valley wine country and offers dozens of award winning wines. The Grove offers more than just wine tastings at their vineyards, join them for live music, paddling trips down the river, art classes, and food trucks.

Liberty Brewery and Grill
libertysteakhouseandbrewery.com
914 Mall Loop Road
High Point, NC
336-882-4677

Liberty Brewery and Grill offers more than just delicious beers made on site with their full food menus. Head on over for a pint of their seasonal brew and check out their calendar for live music.

BREWERIES AND WINERIES

Although breweries and wineries are fairly new in Guilford County, they are quickly becoming popular choices for promoting local business and agriculture. Many of these establishments offer tours and samples of their libations and you can even find their products at other businesses in the Triad. Be sure to check out their websites for hours and locations. Please remember to drink responsibly.

Natty Greene’s Brewing Company
www.nattygreenes.com
345 South Elm Street
Greensboro, NC
336-274-1373

Natty Greene’s has been a mainstay in downtown Greensboro for over 10 years with their widely successful craft beers. Enjoy a pint of their latest brew along with food from their full menu and check out their calendar for the latest happenings.
Lindley Park Filling Station
http://www.lindleyfillingstation.com/
2201 Walker Ave
Greensboro NC 27403
336-272-2144

Lindley Park offers a wide selection of casual foods from salads to burgers to their unique sandwiches. Be sure to try their Fried Green Tomato sandwich that was listed on the Our State Magazine southern sandwich guide.

Lucky 32 Southern Kitchen
http://www.lucky32.com/
1421 Westover Terrace
Greensboro, NC
336-370-0707

Lucky 32 has been serving locally sourced upscale Southern food since 1989. While you’re there, grab a bottle of their famous Voodoo sauce to take home.

Melt Kitchen & Bar
http://www.meltkitchenandbar.com/
meltsgo@gmail.com
2270 Golden Gate Drive
Greensboro, NC 27405
336-617-4664

Melt is one of Greensboro’s newest additions. Their casual atmosphere and their great selection of paninis, small plates, and salads is quickly making Melt a local favorite.

Moose Cafe
2914 Sandy Ridge Road
Colfax, NC 27235
336-668-1125

The Moose Cafe is part of a small casual chain offering Southern-style comfort food made using locally grown veggies. The flagship location is in Asheville and more locations are popping up around North Carolina.

Print-Works Bistro
http://www.printworksbistro.com/
printworksbistro@qwrh.com
702 Green Valley Road
Greensboro, NC 27408
336-379-0699

Print-Works Bistro uses fresh, local ingredients used to craft traditional and modern comfort foods. This restaurant offers cooking classes to give their valued customers ideas on how to prepare local foods.

Saint Jacques French Restaurant at Burke Manor Inn
http://burkemantor.com/
303 Burke Street
Gibsonville, NC 27249
336-449-6266

Saint Jacques French Restaurant serves seasonally-inspired dinner Thursdays, Fridays, and Saturdays by reservation only.

Southern Lights Bistro
http://www.southernlightsbistro.com/
info@southernlightsbistro.com
2415 A Lawndale Drive
Greensboro, NC 27408
336-379-9414

Southern Lights Bistro is an award-winning, four-star restaurant that gives a pan-cultural nod to the modern American menu with a focus on local ingredients. Chef John invites custom orders to accommodate dietary restrictions including gluten-free options.

Southern Roots Restaurant & Catering
www.southernrootsfoods.com
119 E. Main Street, Jamestown, NC
336-882-5570

Southern Roots features an eclectic American menu with Southern twists served in a laid-back, cheerful bistro space. Check out their website for information on their extensive catering menu and Facebook page for when they have live music.

Sticks & Stones
www.sticksandstonesclayoven.com
2200 Walker Ave, Greensboro, NC
336-275-0220

Sticks & Stones offers wood-fired pizza made from in-house dough using locally milled, organic flour. Their whimsical tree house inspired dining room and patio serves as a great place to sample a beer from their wide selection.

Undercurrent
http://undercurrentrestaurant.com/
327 Battleground Ave., Greensboro
336-370-1266

Undercurrent has been serving locally sourced and sustainable New American cuisine with classical French techniques for over 16 years. Be sure to check out their website for their calendar of events including wine tastings and specialty dinners.

Table 16
http://table16restaurant.com
600 South Elm Street
Greensboro, NC
336-279-8225
contact@table16restaurant.com

At Table 16, our blueprint of globally influenced New World Cuisine embodies a style of food that is strong, unique, and indicative of the bold flavors of the New World coupled with the refined and elegant traditions of the Old World.

Restaurants (Cont.)

Why Buy Local

Did you know that if consumers in Guilford County allocated 10% of their food budget each week to local food, that would be $140 million back to the local food economy?

NC State University and Center for Environmental Farming Systems created the 10% campaign to encourage consumers to commit 10 percent of their existing food dollars to support local food producers, related businesses and communities in North Carolina. The 10% campaign allows people to pledge online and track what they purchase each week. For more information, please visit http://www.cefs.ncsu.edu/whatwedo/foodsystems/10percent.html.

How to Use This Guide

This Local Food Guide is designed to make consumers aware of the benefits of buying and eating local food and how to find it. This food guide is a directory to grocery stores, restaurants, pick your own farms, farmer’s market, wineries & breweries, community gardens, educational resources, artisan foods & bakers, mobile markets and few recipes. It helps consumers know about the places where fresh and local foods are available in Guilford County.
Community gardens are developed plots for community members to come together to grow fruits, vegetables, herbs, and ornamental plants on common ground. The gardens help establish a sense of community, teach life skills, promote healthy living, and much more. Community gardens can be found at diverse locations, like parks, schools, places of worship, vacant lots, and private properties. New community gardens are forming all the time; check with NC Cooperative Extension to find a garden closest to you or find more information about starting a garden in your community.

**Eastside Community Garden**
209 Gillespie Street
Greensboro, NC 27401

**Gibsonville Community Garden**
Christine Stewart
614 Dick Street
Gibsonville, NC 27249

Gibsonville Community Garden, purposefully designed as a labyrinth, was established in 2009 as a chemical free, low maintenance and sustainable garden for novice and experienced gardeners and their children.

**Caldcleugh Community Garden**
Kerri Mubaarak
kerri.mubaarak@greensboro-nc.gov
1700 Orchard Street, Greensboro, NC

Caldcleugh Community Garden was made possible through Guilford Native American Association. The purpose of the garden is educate people in the community about viable nutrition sources from a variety of cultures.

**Cardinal Manor Community Garden**
opposite 3705 Sawgrass Road
Greensboro, NC 27410

Cardinal Manor is a diverse community of townhomes and patio homes surrounded by the Cardinal Golf Course. They grow organic vegetables, herbs,

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Locally owned restaurants are dedicated to serving the community by taking local produce, meats, and other products and creating delicious and unique meals for you to enjoy time and time again. Great for a night on the town or a gathering with friends and family, these restaurants often change their menu based on the seasons which entices you to come back for more. By frequenting local restaurants that source their produce from local growers, you have any opportunity to support local agriculture and your local economy.

**Beloved Community Center**
http://www.belovedcommunitycenter.org/
417 Arlington Street
Greensboro, NC 27406

At Beloved Community Center, volunteers grow produce for the Center’s Hospitality Home kitchen and for donations to needy families.

**Brandywine Community Garden**
Collwood Court
Greensboro, 27409

**Green Valley Grill**
http://www.greenvalleygrill.com/
gvgrill@qwrh.com
622 Green Valley Road
Greensboro, NC 27408
336-854-2015

Green Valley Grill offers informally elegant fine dining with a focus on seasonal foods. Be sure to check out their website to get information on their latest cooking series classes.

**Hop’s Burger Bar**
http://www.hopsburgerbar.com/
2419 Spring Garden Street
Greensboro, NC 27403
336-235-2178

Hop’s offers a rotating selection of local and unique craft beer to pair with their inventive burgers. Be sure to try one of their delicious walls of fries!

**Iron Hen Café**
http://www.ironhen.com/
info@ironhen.com
908 Cridland Rd
Greensboro, NC 27408
336-617-7105

Iron Hen specializes in serving local, seasonal, and sustainable food daily. Once you fall in love with their food, be sure to cater your next event using their catering company, Fresh.Local.Good.

**Josephine’s Kitchen**
http://www.josephinestesbistro.com
2417 Spring Garden St
Greensboro, NC 27403
336-285-6590

Josephine’s offers an inventive and upscale menu for both lunch and dinner. Check out their website for their next wine tasting and wine dinners.
Calico Farmstead Cheese
landjdairy@aol.com
Jackie Gerringer
337 High Rock Road
Gibsomville, NC 27249
336-697-2213
Calico Farmstead Cheese is a family owned and operated business that is an organic dairy that sells cheeses at local farmers markets.

Cheesecakes by Alex
http://www.cheesecakesbyalex.com/
iam@cheesecakesbyalex.com
315 South Elm Street
Greensboro, NC 27401
336-273-0970
Cheesecakes by Alex offers a cafe experience with locally roasted coffee and over 20 different kinds of cheesecakes. Dine in for a cup of coffee and a slice or order to go!

Easy Peasy Decadent Desserts
http://www.easypeasynd.com/
easypeasynd@gmail.com
1616 I Battleground Ave
Greensboro, NC 27408
336-306-2827
Easy Peasy is a small batch bakery that uses organic and locally sourced ingredients whenever possible to provide cakes, cupcakes, and sweet treats to Greensboro.

Goat Lady Dairy
http://www.goatladydairy.com/
info@goatladydairy.com
336-273-0970
Goat Lady Dairy has been making hand-craft fresh cheeses for over 15 years. Check out their website for their monthly dinners and tours of the farm and locations to purchase their cheeses.

Godino’s Bakery
http://godinosbakery.com/
godinosbakery@yahoo.com
1007-A Highway 150 West
Summerfield, NC 27358
336-298-7452
Godino’s offers house-made desserts using locally sourced ingredients. Stop by their coffee shop and grab a cup of local organic coffee to go with your favorite pastry.

Great Harvest Bread Company
http://greatharvestgreensboro.com/
greensboro@greatharvest.com
2715-A Grandview Avenue
Greensboro, NC 27408
336-855-3853
Great Harvest Bread Company has been serving the Triad bread made with whole grain, fresh milled flour since 1995. They specialize in locally made small-batch artisan bread.

Homeland Creamery
http://www.homelandcreamery.com/
6506 Bowman Dairy Rd
Julian, NC 27283
336-685-6455
Homeland Creamery is family owned and operated using sustainable and humane practices to make pure, fresh, and delicious products from ice cream to butter. Check out their store and schedule a tour of the farm!

Loaf
http://loafgreensboro.com/
robert.roth@loafgreensboro.com
227 B South Elm St
Greensboro, NC 27401
336-271-3344
Loaf has been creating high quality bakery products since 2011 using locally sourced ingredients. In addition to their variety of baked good, Loaf offers sandwiches and salads for lunch, available M

Maxie B’s Bakery & Dessert Cafe
http://maxeb.com/
2403 Battleground Avenue
Greensboro, NC 27408
336-288-9811
Maxie B’s has been making their delectable cakes in Greensboro using locally sourced ingredients for nearly 30 years. Stop by their dessert cafe for your favorite slice or sit down with staff to create the wedding cake of your dreams.

Old Mill of Guilford
http://oldmillofguilford.com/
info@oldmillofguilford.com
1340 NC Hwy 68 North
Oak Ridge, NC 27310
336-643-4783
Since 1764, the Old Mill of Guilford has been producing all natural corn meal, grits, flour, and a variety of baking mixes. The Mill is rich with history and offers a scenic attraction that should not be missed.

Piedmont Coffee Roasters
http://piedmontcoffeeroastersinc.com/
Jerome Pappas
1589 Skeet Club Road Ste. 102
High Point, NC 27265
336-891-8919
Piedmont Coffee Roasters strives to bring back the highest quality coffee to the Piedmont Triad and share all of your favorite old Tobacco USA blends, flavors and coffee supplies.

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Swedebread Bakery & Cafe
www.swedebread.com
info@swedebread.com
315 South Elm Street
Greensboro, NC 27401
336-373-5868
Swedebread is a local organic bakery that also sells local groceries from Fayetteville Farms, Ingold Farms, J&S Farms, Flora Ridge Farm, L&B Honey, Maple View Dairy, and Hilltop Ostrich.

Guilford County Health Department Centennial Garden
1203 Maple Street
Greensboro, NC 27405
Volunteers from the health department work in the garden by cultivating, planting, and weeding it.

Jamestown Friends Community Garden
509 Guilford Road
Jamestown, NC 27282
The garden was started in 2010 and it is sponsored by Jamestown Friends Meeting.

Keely Park Community Garden
Brooks Mullane
brooks.mullane@greensboro-nc.gov
4100 Keeley Road
Greensboro, NC 27301
336-373-5868
Keely Park Community Garden gives residents a place to enjoy the pleasures of growing produce for themselves and sharing with others. Plants are available and cost $25 each.

Maywood Community Garden
Heather Sparks
heather.sparks@greensboro-nc.gov
Maywood Street
Greensboro, NC 27403

North Yanceyville Community Garden
3910 North Yanceyville Street
Greensboro, NC 27405
The North Yanceyville Community Garden is located across from the Craft Recreation Center on the property of the Episcopal Church of the Holy Spirit.

Pennybyrn Community Garden
109 Penny Road
High Point, NC 27260
886-2444
Pennybyrn is a private senior “independent living” residential community and all of the gardeners are residents.

Southside Community Garden
508 Vail Avenue
High Point, NC 27260
Southside consists of 20 raised beds that are leased by Southside Neighborhood Association members and a few community members from surrounding neighborhoods, many of whom are new to gardening.

Steelman Park Community Garden
Heather Sparks
heather.sparks@greensboro-nc.gov
970 Gregory Street
Greensboro, NC 27403
The Steelman Park Community Garden was constructed in March of 2007 and has 20 raised beds gardened by neighborhood residents.

Stoney Hill Circle Community Garden
https://www.facebook.com/
StoneyHillGarden
Tinece Holman
volunteerins@gmail.com
805 Stoney Hill Circle
Greensboro NC 27406

The Village Greens at Brandt Village
2399 Brandt Village
Greensboro, NC 27455
This community garden offers 20 raised beds for residents of the townhouse community to use.
COMMUNITY GARDENS (Cont.)

School & University Gardens

Allen Jay Elementary School
1311 E. Springfield Road
High Point, NC 27263

Fairview Elementary School
608 Fairview Street
High Point, NC 27260

Guilford College Community Garden
opposite 1128 New Garden Road,
Greensboro, NC 27410

This garden has 20 beds which are leased to members from Guilford College and the surrounding area for $30/year. They focus on organic gardening and grow our vegetables, fruits and flowers without pesticides and herbicides.

Johnson Street Global Studies School
1601 Johnson Street
High Point, NC 27262

Kirkman Park Elementary School
1101 N. Centennial Street
High Point, NC 27262

Lindley Elementary Garden
2700 Camden Road
Greensboro, NC 27403

Northwood Elementary School
818 W. Lexington Avenue
High Point, NC 27262

Oak Hill Elementary School
320 Wrightenberry Street
High Point, NC 27262

Parkview Elementary School
325 Gordon Street
High Point, NC 27261

UNCG Community Gardens
http://www.uncg.edu/aas/uncg_gardens/
Dr Susan Andreatta
s_andrea@uncg.edu
123 McIver Street
Greensboro, NC 27403

Union Hill Elementary School
3523 Triangle Lake Road
High Point, NC 27260

Faith-based Gardens

Charlie’s Garden at First Lutheran Church
3600 West Friendly Avenue
Greensboro, NC 27410

Charlie’s Garden was established in 2009 to honor First Lutheran’s pastor on his 30th anniversary of service to the church. 100% of the vegetables grown are donated to local food banks and organizations assisting individuals and families.

First Christian Church (Disciples of Christ) Garden Ministry
http://fccgreensboro.com/category/get-involved/garden-ministry/
Lee Moses
pastor@fccgreensboro.org
4321 S. Elm Eugene Street
Greensboro, NC 27406

Holy Trinity Episcopal Church
http://www.holy-trinity.com/
Eric Hoekstra
Eric@Holy-Trinity.com
212 West Smith Street
Greensboro, NC 27401

St Barnabas Episcopal Church, Garden of Eatin’
1300 Jefferson Road
Greensboro, NC 27401

St. Francis Episcopal Church
Philip Weathersbee
sailbouy@earthlink.net
3506 Lawndale Drive
Greensboro, NC 27408

St. James Presbyterian Church
Deborah Pelli
d.hpelli@gmail.com
820 Ross Avenue
Greensboro, NC 27406

Starmount Presbyterian Church
Linda Anderson
anderson7510@gmail.com
3501 West Market Street
Greensboro, NC 27403

Westover Church
Dana Deaton
dana@growedible.com
505 Muirs Chapel Road
Greensboro, NC 27410

Renaissance Community Co-op
http://renaissancecoop.com/
At the intersection of Philips Ave and Woodbriar Ave
Office: 620 S. Elm St., Suite 307
Greensboro, NC 27406
336-638-1722

Renaissance Co-op is a community owned grocery store that specifically serves Northeast Greensboro by selling healthy foods and local products such as vegetables, fruits, eggs, milk, and beans. The Co-op will support the local economy by creating jobs, improving the health of the community, selling foods from local growers and giving back to the community. The Co-op, at the time of developing this guide, is not under reconstruction and not open for business, but this grocery store is expected to be under construction soon. Please visit Renaissance Community Coop’s website for more information.

GROCERIES AND CO-OPS (Cont.)

Superior Foods
220 N Centennial Street
High Point, NC 27260
336-887-2012

Superior Foods serves the High Point community with fresh meats and vegetables. They are open Mon-Fri 7am-9:30 pm, Sat 8am-9:30pm, and Sun 8am-8pm.

Whole Foods Market
http://www.wholefoodsmarket.com/stores/ greensborofriendly
3202 West Friendly Avenue
Greensboro, NC 27407
336-398-2880

Whole Foods Market have made an effort to stock local produce and breads in addition to the organic offerings that are common in many of their stores. They are open 8 am - 9 pm seven days a week.

ARTISAN FOODS AND BAKERIES

In order to provide Guilford County with fresh and artfully made products, artisan shops make things from scratch. Stop by to have a bite to eat or pick something up to take home with you! Everything is made with love and by shopping at these shops you support our local business economy.
All of these grocery stores and Co-ops are located in Guilford County and they offer local foods as a part of their inventory. Local farmers and dairies sell produce, beans, and eggs, yogurt, and butter to these stores so residents of Guilford County can purchase local items. Grocery stores and Co-ops such as these help to increase local food choices within Guilford County, which is environmentally friendly and supports the local economy.

Bessemer Curb Market
Summit Shopping Center,
932 E Bessemer Avenue
Greensboro, NC 27405
336-272-4264
Bessemer Curb Market offers local produce and meats. They are open Monday - Saturday 8:00 am - 8:00 pm and Sunday 9:00 am - 5:00 pm.

Bestway
2113 Walker Avenue
Greensboro, NC 27403
336-272-4264
Bestway sells local cheeses and dairy products, North Carolina seafood, Greensboro-made beers, and local tomatoes in the summer months. They are open Monday-Saturday 7:00 am - 12 pm and Sunday 9 am - 10 pm.

Deep Roots Market
http://www.deeprootsmarket coop /
3728 Spring Garden Street
Greensboro, NC 27401
336-292-9216
Deep Roots sells local cheeses and dairy products and local produce when in season. They are open Monday-Saturday 7:30 am - 9 pm and Sunday 8:30 am - 9 pm.

Lowes Foods
http://www.lowesfoods.com
1581 New Garden Road
New Garden Crossing
Greensboro, NC 27410
336-852-1770
Lowes Foods is headquartered in North Carolina and supports local farms and businesses, offering fresh and local food items. Open Mon. - Sun., 6am - midnight.

The Fresh Market
http://www.thefreshmarket.com/
3712 Lawndale Drive
Greensboro, NC 27455
336-621-4247
The Fresh Market sells fresh and local items, as well as organic items. They are open from 8 am to 9 pm seven days a week.

Earth Fare
https://www.earthfare.com/ 
greensboro110@earthfare.com
2965 Battleground Avenue
Greensboro, NC 27408
336-369-0190
Earth Fare is an organic food supermarket and offers some local food options.

Picking your own fruits and vegetables is the best way to ensure that your produce is as fresh as possible. Guilford County has a wide variety of farms offering You-Pick services that often are cheaper than Pre-Picked produce. After you’ve done picking your produce you can also grab some of the additional fresh products these farmers offer at Certified Roadside Farm Markets. Not only are you eating healthy fresh picked fruits and veggies, you’re supporting the great local businesses in the county! Certified Roadside Farm Markets are denoted with asterisks *.

Andrews and Christman Strawberry Farm
6909 Burlington Road
Whitsett, NC
336-449-4222
Andrews and Christman Strawberry Farm is happy to offer you-picked produce from the end of April through early June. Additional seasonal produce is also available at their farm market through July.

Asgard Farm
http://asgard-farm.com
Gibsonville, NC
336-266-8113
Asgard Farm is happy to be able to offer pastured, non-GMO, soy-free poultry.

Bernie’s Berries *
http://www.berniesberries.com
5421 Groometown Road
Greensboro, NC 27407
336-852-1594
Bernie’s Berries offers U-Pick, We-Pick, or Pre-Pick strawberries from end of April through early June, and through October other produce available for purchase from kale to squash to pumpkins. Farm tours offered.

Bettini Farms *
http://www.bettinifarm.com/
2830 Lees Chapel Road
Browns Summit, NC 27214
336-255-2386
Bettini Farms offers a pick-your-own grape experience for those who want a taste of what it’s like to harvest grapes in Italy. The farm also offers fresh seasonal crops sold from their Certified Roadside Farm Market.
**Blueberry Hill**
https://www.facebook.com/pages/Blueberry-Hill/444921812199732
1823 Sandy Ridge Road
Cofax, NC 27235
336-992-2244

Blueberry Hill is open for their you-pick season late June through July. Call or check their Facebook page for hours and availability.

**Blueberry Thrill Farm**
http://www.blueberrythillfarm.com/
farmer@BlueberryThillFarm.com
6938 Eaglesfield Road
Gibsonville, NC 27249
336-449-7246

Blueberry Thrill Farms offers pick your own fruits and flowers. Blueberries: Late June to late July, Blackberries: Late June to late July, Apples: Mid June to December. Flowers: Summer months.

**Birchcreek Vineyard**
Nancy Jones
3600 Pinetop Road
Greensboro, NC 27410
336-288-6919

Birchcreek Vineyard specializes in pick your own muscadine grapes. The season generally starts around the end of August.

**Bowman’s Produce**
bowmansproduce@gmail.com
8151 Spearman Road
Greensboro, NC 27214
336-442-9362

Bowman’s Produce offers pick your own strawberries from the end of April through early June, call or check Facebook page for hours and availability. Additional seasonal produce is also available at their farm.

**Early Farm Produce and Plants**
6031 Bethel Church Road
Gibsonville, NC 27249
336-697-2473

Early Farms offers pick your own strawberries from the end of April through early June. Additional seasonal produce is also available at their farm stand through September.

**Faucette Farms**
http://faucettefarms.com/
7566 Friendship Church Road
Brown Summit, NC 27214
336-669-5083

Faucette Farms offers certified organic pick your own strawberries from the end of April through early June. Faucette Farms also sells seasonal certified organic produce available at their farm and through CSA boxes.

**Garrett’s Vineyard**
Connie & Carl Garrett
5409 Coble Church Road
Julian, NC 27283
336-697-8013

Garrett’s Vineyard specializes in pick your own muscadine grapes. The season generally starts around the end of August.

**Gethsemane Gardens**
http://www.gethgardens.com/
gethgardens@bellsouth.net
3707 Highway 150 East
Greensboro, NC 27455
336-656-3096

Gethsemane Gardens has a Certified Roadside Farm Market and also frequently can be found at the Greensboro Farmers Curb Market.

**Greeson Farms**
http://www.greesonsfarms.com/
5164 Watchtower Road
Julian, NC 27283
336-685-0360

Greeson Farms offers pick your own strawberries from the end of April through early June. Additional seasonal produce is also available at their farm market through August.

**Harvest Your Own**
4934 Harvest Road
McLeansville, NC 27301
336-324-9650

Harvest Your Own offers pick your own blueberries during the month of July, call for days and times. Additional seasonal produce is also available at their farm market.

**High Rock Strawberries**
http://www.hrberries.com/
hrberries@gmail.com
7473 Highway 61 North
Brown Summit, NC 27214
336-656-7106

High Rock Strawberries offers pick your own strawberries from the end of April through early June. Additional seasonal produce is also available at their roadside market.

**Homeland Creamery**
Homeland Creamery
http://www.homelandcreamery.com/
6506 Bowman Dairy Rd
Julian, NC 27283
336-685-6455

Homeland Creamery is family owned and operated using sustainable and humane practices to make pure, fresh, and delicious products from ice cream to butter. Farm tours available.

**NIMBY Gardens**
https://www.facebook.com/NIMBYGardens/timeline
Vernon Lane
Snow Camp, NC
336-222-7777

NIMBY Gardens provides fresh produce and access to low income communities and/or food desert areas.

**PTB Farm**
http://www.ptbfarm.com/
Reddville, NC 27230
336-706-8612
ptbfarm@gmail.com

PTB Farm grows quality vegetables, cut flowers, fruits, pork, and lamb. Contact them for information regarding their on-farm meat sales, coop program, and bulk meat sales.

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**CSI Programs (Cont.)**

**Mobile Oasis Farmers Market**
For more information contact:
Janet Mayer
Tel 336-641-3361

Guilford County Department of Social Services Building
1203 Maple Street
Greensboro, NC 27405
Wednesdays from 10:00am - 12:00pm

Warnersville Recreation Center
601 Doak Street
Greensboro, NC 27406
Wednesdays from 2:30 - 4:30 pm

Mobile Oasis brings fresh produce to communities that have difficulty accessing services. Customers also have the opportunity to learn about healthy recipes from on-site cooking demonstrations.

The mobile market provides services at their 2 locations: Greensboro’s Department of Social Services and Warnersville Recreation Center. Accepts EBT/SNAP benefits.

**North Carolina Farm Fresh Marketing**
Division for the NC Department of Agriculture and Consumer Services
www.ncfarmfresh.com/
Directory.asp
ncfarmfresh@ncagr.gov

The website provides consumers in North Carolina locations of different farms, roadside farm markets and farmers markets access to locally grown produce, plants, trees and herbs.

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**Mobile Markets**

Mobile markets are an emerging form of market that brings fresh and often local produce to neighborhoods and areas that these items would not be readily available. In Greensboro, several of our mobile markets provide access to low income communities and/or food desert areas.
Community Supported Agriculture programs (CSAs) are share opportunities for farmers to offer to the public. Typically, consumers purchase a “share” (membership or subscription) at the beginning of the growing season. Then, as the season progresses, community members receive their shares, or boxes of vegetables on a designated schedule. This helps give the farmers support at the beginning of the season and an opportunity to know the people whose food they grow. Consumers get the advantage of ultra-fresh, locally grown and created products.

**Asgard Farm**
http://asgardfarm.com/
Gibsonville, NC 336-266-8113
Asgard Farm is happy to be able to offer pastured, non-GMO, soy-free poultry via CSA shares.

**Emmaus Farms**
https://www.facebook.com/pages/Emmaus-Farms/311341835551002
Emmausfarm@gmail.com
3829 Vernon Lane, Snow Camp, NC 336-483-1231
Emmaus Farm is a small farm located in south west Alamance county. Our focus is growing small grains, dry beans and garden vegetables using sustainable practices.

**Farlow Farm**
https://www.facebook.com/pages/Farlow-Farm/447764951969605
A family farm offering a CSA program and selling organic produce at Greensboro Farmer’s Curb Market.

**Faucette Farms**
http://faucettefarms.com/7566_Friendship_Curch_Road_Browns_Summit, _NC_27214
336-669-5083
Faucette Farms sells seasonal certified organic produce available at their farm and through CSA boxes. They have several drop off locations and each enrollment is for 12 weeks at a time.

**Handance Farm**
2135 Ashley Loop
Reidsville, NC 27320
336-951-0811
Handance Farm produces heirloom vegetable varieties and offers a portion of their harvest for sale as CSA shares.

**Kapuka Farms**
https://kapukafarms.wordpress.com/500_Lindale_Drive_High_Point, _NC_27265
336-847-2898
Kapuka Farms is an herbicide and pesticide free farm located on the historic Lindale Dairy Farm. They offer a free-range egg share program so you can have fresh eggs weekly.

**Ingram’s Strawberry Farm**
http://www.ingramfarm.com/
6121 Rivendale Drive
High Point, NC 27263
336-431-2369
Ingram’s Strawberry Farm offers pick your own strawberries from the end of April through early June. They recommend calling ahead before going to pick as hours fluctuate. Other produce available through October.

**Kernodle’s Blueberry Farm**
7081 Friendship Church Road
Meclansville, NC 27301
336-207-3397
Berry Barn open 8:00am—2:00pm on Saturdays.

**May’s Strawberries & Produce**
6810 Meclansville Road
Meclansville, NC 27301
336-375-3613
May’s offers pick your own strawberries from May through early August. They recommend calling ahead before going to pick to verify hours and availability of produce.

**Reedy Fork Organic Farm**
www.reedyforkfarm.com
7092 Sockwell Road
Elon, NC 27244
336-449-4888
Reedy Fork Organic Farm is located in the heart of the Piedmont region. They are certified organic dairy and feed farm, offering feed, beef, and eggs.

**Rocking F Farm**
http://rockingf.tripod.com/
8032 Old Reidsville Road
Brown Summit, NC 27214
(336) 656-4801
Rocking F Farm is a fourth generation farm that specializes in selling all natural beef. They are proud to say that their beef does not contain hormones, preservatives and is antibiotic free. They also offer pork products, chicken and fresh eggs.

**Rudd Farm**
http://ruddfarm.tripod.com/
4021 Hicone Road
Greensboro, NC 336-621-1264
Rudd Farms offers pick your own strawberries from the end of April through early June. Additional seasonal produce is also available at their farm and at Vanceville Curb Market.

**Sawyer Farms**
6346 Beulah Church Road
Liberty, NC 27298
Sawyer Farms sells cantaloupe, cucumbers, gourds, peppers, pumpkins, squash, strawberries, tomatoes, and zucchinis May through October at a Certified Roadside Farm Market.

**Smith Farms**
George and Donna Smith
5944 Cannon Road
Gibsonville, NC 27249
336-698-9372
Smith Farms sells Tomatoes, corn, cucumbers, squash, beans, gourds, watermelons, cantaloupe, honeydew, okra, beets, spinach, cabbage, carrots, lettuce, peanuts, sunflower seeds, eggplant, bell peppers, onions, radishes, white and red potatoes at a Certified Roadside Farm Market.

**Strader Farms**
https://www.facebook.com/straderfarmsproduce
8032 Old Reidsville Rd
Brown Summit, NC 27214
336-656-4801
Strader Farms specializes in pick your own muscadine grapes. The season generally starts around the end of August.

**Troxler Produce**
7462 Doggett Road
Brown Summit, NC 27214
336-574-3900
Troxler Produce sells beans, cantaloupe, corn, cucumbers, peppers, potatoes, squash, sweet potatoes, tomatoes, watermelons, and zucchini at a Certified Roadside Farm Market.

**Ward Farms of Whitsett**
Kernodle’s Blueberry Farm
Whitsett, NC 27277
336-698-9622
Ward Farms specializes in pick your own muscadine grapes. The season generally starts around the end of August. In addition to the muscadine and supermarket grapes they also grow soy beans, corn, wheat, and blueberries. The grapes and berries are turned into juices, cider, jams, jellies, and spreads.

**Whitesell Farm**
tommywhitesell@triad.rr.com
Tommy and Annette Whitesell
6110 Frieden Church Rd.
Gibsonville, NC 27224
336-697-7090
Whitesell Farm offers both you-pick or already picked blackberries at their farm. They have a Certified Roadside Farm Market that sells blackberries, blackberry wine, blackberry jelly, and vanilla extract.

**Windy Knoll Farm**
Andy Angyal
7149 Ludgate Road
Gibsonville, NC 27224
336-449-5029
Windy Knoll Farm specializes in pick your own muscadine grapes. The season generally starts around the end of August.
FARMERS MARKETS

Farmers markets provide a great opportunity for both farmers and local residents to interact and support the local economy. They provide a chance to talk to farmers, meet other local residents, and try new foods while investing money back into the Greensboro food system. Many of these markets host crafts, artisan foods, and other foodstuffs. Go on out and explore the possibilities for yourself!

**The City Market**
http://www.GSOCityMarket.com/
info@GSOCityMarket.com
106 Barnhardt Street
Greensboro, NC 27406
336-510-9390

The City Market is an open air urban market located in the South End neighborhood of downtown Greensboro made up of artisans, musicians, farmers, craftspeople, culinary talents and patrons that provide a unique and interesting sample of what the Triad has to offer.

The City market is every 3rd Thursday of the month between April and October.

**The Corner Farmer’s Market**
2200 Walker Ave. and Eamin Ave.
Greensboro, NC 27403

The Corner Farmer’s Market adds to Greensboro’s alternatives and provides a great place to meet neighbors, and shop for regional and local food and products. They offer an assortment of Certified organic vegetables, meats, plants, bakers, and crafts. The normal hours are Saturdays 8am to 12noon, typically year-round.

**Creekside Park Farmer’s Market**
jmoo@archdale-nc.gov
Creekside Park
214 Parksides Drive
Archdale, NC 27263
336-434-7314

City of Archdale Parks and Recreation invites you to support local farmers and artisans at the Creekside Market. Offering homegrown, home baked, and handmade wares.

Tuesdays 7:30am—12:30pm
Thursdays 3:00pm—7:00pm

**Greensboro Curb Market**
http://gosfarmersmarket.org/
501 Yanceyville Street
Greensboro, NC 27405
336-373-2402

Greensboro Curb Market is open on Saturdays 7 a.m.-12 p.m. (year round) and on Wednesday 8 a.m. - 1:00 pm (April 22 through December). They sell locally grown fruits and vegetables as well as organic items. It provides greater Greensboro with opportunities to purchase and learn about local foods in a friendly and diverse setting.

**Greensboro Downtown Farm Market**
www.localharvest.org/greensboro-downtown-market-M33306
505 N. Greene Street
Greensboro, NC 27401
336-210-1947

Greensboro Downtown Farm Market is open 6 days a week, Monday through Friday, 10:00am - 6:00pm and Saturday 9:00am - 3:00pm. Goodness Grows in North Carolina is the theme for the market. It is for the remarkably fresh and tasty produce and fruit, certified organic and sustainably grown throughout the year at downtown farm market. They also supply NC Seafood, Grass Fed Beef, Free Range Chicken & Eggs; Homeland Creamery milk, butter & ice cream.

**Piedmont Triad Farmers Market**
www.ncagr.gov/markets/facilities/markets/triad
2914 Sandy Ridge Road
Colfax, NC 27235
336-605-9157

The Piedmont Triad Farmers Market encourages and supports the growth of local foods and artisan goods businesses to improve economy, support better health through healthy eating and building social and community connections. The farmers areas are open 7am to 6pm 7 days a week. The office is open 7:30am to 4:30pm Monday-Friday.

**South Elm Urban Market**
info@southelmurbanmarket.com
340 South Elm Street
Greensboro, NC 27401
336-274-4595

The South Elm Urban Market brings a variety of local farmers, artisans, and fun activities to Downtown Greensboro. Working hours: Saturday 7am – 12pm & Wednesdays - 4pm - 6pm during specific months. (usually June to September).

**Uptowne Market**
www.highpointnc.gov/cityproject/umarket.html
High Point Public Library
901 N. Main Street
High Point, NC 27262
336-883-8512

Uptowne Market is a place to enjoy the day with family and friends. They have different events each year like live music, yoga, food trucks, food demonstrations, face painting and more.

Operates starting on May 9th every Saturday from 8:30am-1:00pm through September 26th.