

2015
**LOCAL
FOOD GUIDE**
GUILFORD COUNTY

John Ivey, Agriculture Agent
Karen Neill, Horticulture Agent
North Carolina Cooperative Extension - Guilford County

With the help of Laura Rolke
of UNC-Greensboro's Department of Public Health Education



COMMUNITY GARDENS LOCAL FARMS
RESTAURANTS FARMERS MARKETS ARTISAN FOODS
MOBILE MARKETS EDUCATIONAL RESOURCES

EDUCATIONAL RESOURCES (Cont.)

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 (EBTcards) 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 provide "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

www.greensboro-nc.gov/index.aspx?page=4536
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
Guilford County Center
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
www.web.eenorthcarolina.org/net/org/info.aspx?s=100467
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-

BREWERIES AND WINERIES (Cont.)

Pig Pounder Brewery

<http://www.pigpounder.com/>
1107 Grecale Street
Greensboro, NC 27408
336-553-1290

Pig Pounder offers a wide variety of year round and seasonal beers with a focus on creating authentic UK style beers. In the warmer months their large patio offers a great place for large groups to come together and enjoy a local favorite.

Preyer Brewing Company

www.preyerbrewing.com/
preyerbrewing@gmail.com
600 Battleground Avenue
Greensboro, NC 27401

Preyer Brewing Company is one of Greensboro's newest breweries. They are preparing to open late spring/early summer of 2015.

Red Oak Brewery

<http://www.redoakbrewery.com/home.html>
office@redoakbrewery.com
6901 Konica Drive
Whitsett, NC 27377
336-447-2055

Red Oak Brewery has been proving the Triad with locally made beers for nearly 25 years. They have adapted a Bavarian style of beer making dates back 500 years allowing the use of only the purest ingredients.

Stonefield Cellars

<http://stonefieldcellars.com/>
Natalie.nwurz@stonefieldcellars.com
8220 NC Highway 68 North
Stokesdale, NC 27357
336-644-9908

Stonefield Cellars offers award winning wines in a beautiful and relaxed setting located just north of Greensboro. Not only can you sample their wines in their tasting room you can participate in one of their many activities such as winemaking classes, a book club, and live music.

EDUCATIONAL RESOURCES



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



Introduction	1
Community Gardens	3
Pick Your Own Farms & Certified Roadside Farm Markets	6
Farmer's Markets.....	9
CSA's.....	11
Mobile Markets	12
Groceries & Co-Ops	13
Artisan Foods & Bakeries.....	14
Restaurants.....	16
Breweries & Wineries	18
Educational Resources.....	19



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.

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.

Gibb's Hundred

<http://gibbshundred.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/>
info@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

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.

RESTAURANTS (Cont.)

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/>
westover@qwrh.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/>
meltgso@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 is the ultimate farm to table restaurant 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 often offers cooking classes to give their valued customers ideas on how to prepare local foods.

Saint Jacques French Restaurant at Burke Manor Inn

<http://burkemanor.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 but 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
336.279.8525
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.



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, wines & 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



Community gardens are developed plots for community members to come together to grow fruits, vegetables, flowers, 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.

Neighborhood & Public Gardens

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

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,

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.

RESTAURANTS



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.

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.josephinesbistro.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.

ARTISAN FOODS AND BAKERIES (Cont.)

Calico Farmstead Cheese

landjdairy@aol.com
Jackie Gerringe
3737 High Rock Road
Gibsonville, 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.easypeasydnd.com/>
easypeasydnd@gmail.com
1616 J 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
3531 Jess Hackett Road
Climax, NC 27233
336-824-2163

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/>
greensboronc@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://maxieb.com/>
2403 Battleground Avenue
Greensboro, NC 27408
336-288-9811

Maxie B's has been making their decadent cakes in Greensboro using local 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://piedmontcoffeeoastersinc.com/>
Jerome Pappas
1589 Skeet Club Road Ste. 102-303
High Point, NC. 27265
336-991-8919

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.

Swedebread Bakery & Cafe

www.swedebread.com
info@swedebread.com
2301 Sandy Ridge Road
High Point, NC 27265
336-665-0350

Swedebread is a local organic bakery that also sells local groceries from Faucette Farms, Ingold Farms, J&S Farms, Flora Ridge Farm, L&B Honey, Maple View Dairy, and Hilltop Ostrich.

COMMUNITY GARDENS (Cont.)

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. Plots are available and cost \$25 each.

Maywood Community Garden

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

Mixed Greens Community Garden

Karen Neill
Karen_neill@ncsu.edu
3309 Burlington Road
Greensboro, NC 27405
336-375-5876

Built in 2002 and administered by the Extension Master Gardener volunteers, this is the oldest and largest community garden in Guilford County.

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.

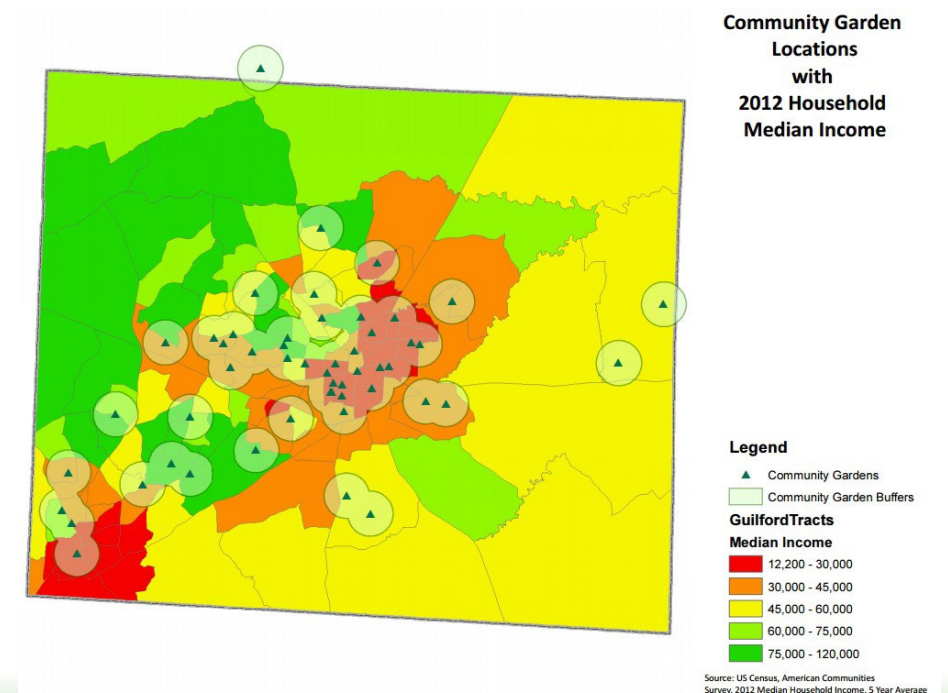
Stoney Hill Circle Community Garden

<https://www.facebook.com/StoneyHillGarden>
Tinece Holman
volunteersinc@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

Oak View Elementary

614 Oakview Road
High Point, NC 27265

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.org/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

GROCERIES AND CO OPS (Cont.)

Renaissance Community Coop

<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.

Superior Foods

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

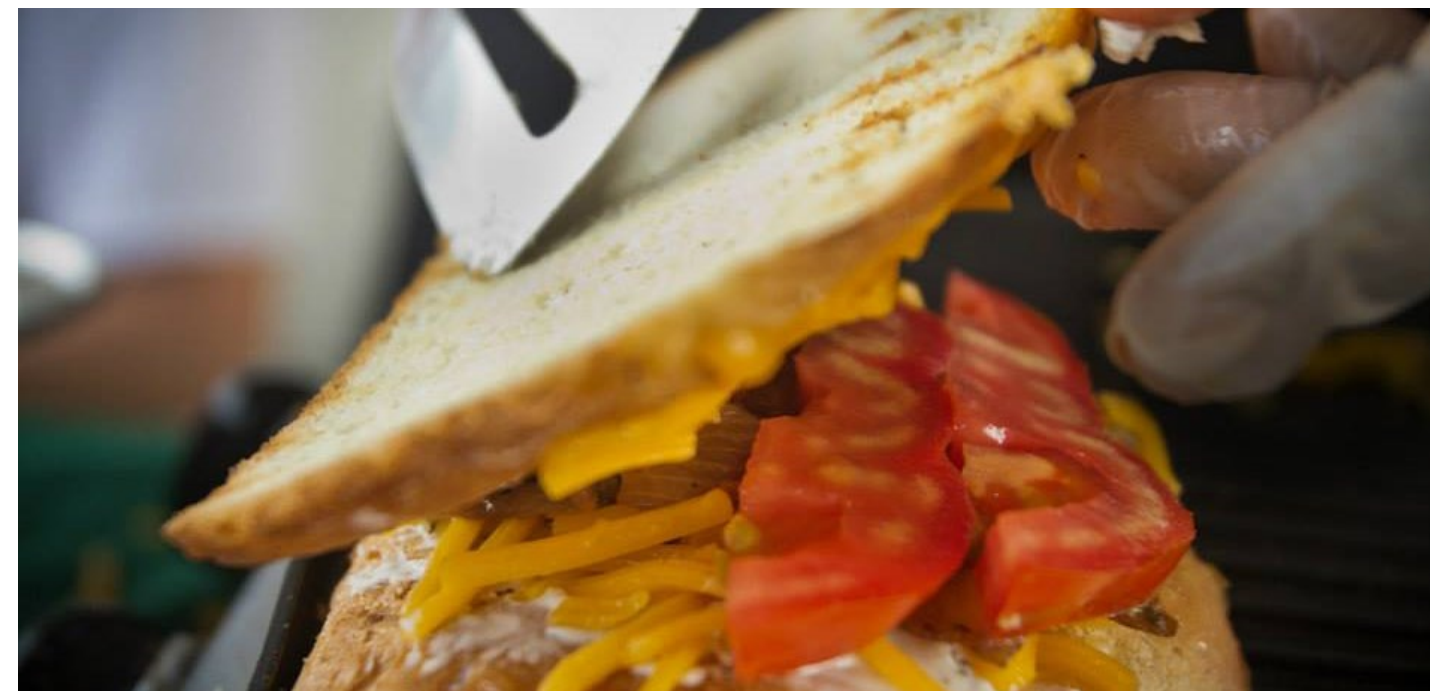
Superior Foods serves the High Point community with fresh meats and vegetables. They are open Mon-Fri 7am-9:30 pm, Sat 8am-9:30pm, and Sun 8am-8pm.

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.

GROCERIES AND CO OPS



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
336-275-1655

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.

Earth Fare

<https://www.earthfare.com/greensboro110@earthfare.com>
2965 Battleground Avenue
Greensboro, NC 27408
336-369-0190

Earth Fare is an organic food super-market and offers some local food options.

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
336-282-4832

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.

PICK YOUR OWN FARMS AND CERTIFIED ROADSIDE FARM STANDS



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're 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

Apple Farm *

3922 High Rock Road
Gibsonville, NC 27249
336-621-4247

Apple 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 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.

PICK YOUR OWN FARMS AND CERTIFIED ROADSIDE FARM STANDS (Cont.)

Blueberry Hill

<https://www.facebook.com/pages/Blueberry-Hill/444921812199732>
1823 Sandy Ridge Road
Colfax, 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 as they change from day to day.

Blueberry Thrill Farm

<http://www.blueberrythrillfarm.com/farmer@BlueberryThrillFarm.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
Browns Summit, 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
Browns 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.

Gethsemene Gardens *

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

Gethsemene 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.

CSA PROGRAMS (Cont.)

NIMBY Gardens

<https://www.facebook.com/NIMBYGardens/timeline>
Vernon Lane
Snow Camp, NC
336-222-7777

PTB FARM

<http://www.ptbfarm.com/>
Reidsville, 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.

The Produce Box

<http://www.theproducebox.com/>
ashton.blackman@theproducebox.com
Ashton Blackman
900 Withers Rd.
Raleigh, NC 27603
919-904-4722

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.

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.

CSA PROGRAMS



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 a 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://asgard-farm.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-Farm/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 Church 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.

PICK YOUR OWN FARMS AND CERTIFIED ROADSIDE FARM STANDS (Cont.)

Ingram's Strawberry Farm *

<http://www.ingramfarm.com/>
6121 Riverdale 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
McLeansville, NC 27301
336-207-3397

Berry Barn open 8:00am—2:00pm on Saturdays.

May's Strawberries & Produce

6810 McLeansville Road
McLeansville, 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 a certified organic dairy and feed farm, offering feed, beef, and eggs.

Rocking F Farm

mfields19@triad.rr.com
6741 Monnette Road
Climax, NC 27233
336-674-5477

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.com/>
ruddfarm@triad.rr.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 Yanceyville 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 Carmon Road
Gibsonville, NC 27249
336-698-9372

Smith Farms sells Tomatoes, corn, cucumbers, squash, beans, gourds, watermelons, cantalope, 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
Browns Summit, NC 27214
(336) 656-4801

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

<http://www.wardfarmsofwhitsett.com/Home.aspx>
5337 Cook Stewart Road
Whitsett, NC 27377
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 scuppernong grapes they also grow soy beans, corn, wheat, and blueberries. The grapes and berries are turned into juices, ciders, jams, jellies, and spreads.

Whitesell Farm *

tommywhitesell@triad.rr.com
Tommy and Annette Whitesell
6110 Frieden Church Rd.
Gibsonville, NC 27249
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 27249
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, craftsmen, culinary talents and patrons that provides 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 Elam 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

jmoon@archdale-nc.gov
 Creekside Park
 214 Parkside 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 hand-made wares.

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

Greensboro Curb Market

<http://gsofarmersmarket.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 social setting.

Greensboro Downtown Farm Market

www.localharvest.org/greensboro-downtown-farm-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 all 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.

High Point Locations

High Point, NC 27262

May—September 4:00pm—6:00pm
 Washington Street Park—every Tuesday
 Juanita Hills—2nd Wednesday
 Daniel Brooks—1st Friday
 Carson Stout—2nd Friday
 Astor Dowdy—3rd Friday
 Elm Street Towers—4th Friday

Hillsdale Farmer's Market

1000 Hwy 150 W
 Summerfield, NC 27358

Hillsdale Farmer's Market is open on Saturday 8 am-noon; May through late October. They provide locally grown fresh fruits & produce in-season. Honey, organic bread & eggs, baked goods & fresh cut flowers available.

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 build social and community connections. The farmers areas are open 7am to 6pm 7 days a week. The office is open 7:30 am to 4:30 pm Monday-Friday.

South Elm Urban Market

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

South Elm Urban Market brings a unique variety of Farmers, Artisans, and fun activities to Downtown Greensboro. Sunday Afternoon it provides a wide variety of high quality goods, focusing on local and NC grown produce and handmade goods, as well as educational and seasonal fun activities

Working hours: from 12-5pm Sunday afternoon, May 6th-November 25th.

Town of Gibsonville

www.gibsonville.net
 Main Street, Gibsonville, NC 27249
 336- 449-7241

The Town of Gibsonville's Farmers Market provides local produce and custom made crafts and organizes the Depot Stage Entertainments, giving opportunity to a variety of local talent.

Working hours: Saturdays 8 am-12pm (June to September) for outdoor market & 6-8pm for Depot Stage entertainment.

Town of Pleasant Garden

www.pleasantgarden.net
 4920 Alliance Church Road
 Pleasant Garden, NC 27313
 336-674-3002

You can buy fresh produce, baked goods, canned goods, wooden crafts, homemade jewelry, homemade soaps and lotions, holiday decorations, hand-painted goods, gift baskets, home-sewn sheets, etc. at the Town of Pleasant Garden's Farmers Market.

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

It is not only a great place to purchase local produce and goods, but Uptowne Market is also 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.