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
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.

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.

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.”

North Carolina Cooperative Extension Guilford County Center  
www.guilford.ces.ncsu.edu  
3309 Burlington Road  
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 Road 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 E 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

**BREWERIES AND WINERIES (Cont.)**

**Pig Pounder Brewery**
http://www.pigpounder.com/
1107 Greendale 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 Konic 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 mwurz@stonefieldcellars.com
8220 NC Highway 68 N
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.

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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://gibbshundred.com
117 W 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 music.

**Natty Greene’s Brewing Company**

www.nattygreenes.com
345 S 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.

**THE STATE OF FOOD IN GUILFORD COUNTY**

**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.
Lindley Park Filling Station
http://www.lindleyfillingstation.com/ 2201 Walker Avenue 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.

Print-Works Bistro
http://www.printworksbistro.com/printworksbistro@qwrh.com 702 Green Valley Road Greensboro, NC 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://burkemano.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 Avenue, 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.

Table 16
http://table16restaurant.com 600 S Elm Street Greensboro, NC 336-279-8525 contact@table16restaurant.com 336.279.8525

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.

Undercurrent
http://undercurrentrestaurant.com/327 Battleground Avenue, Greensboro, NC 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.

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 & bakeries, and mobile markets. It helps consumers know about the places where fresh and local foods are available in Guilford County.

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.
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.

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.

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.

Eastside Community Garden
209 Gillespie Street
Greensboro, NC 27401

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.

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,

Green Valley Grill
http://www.greenvalleygrill.com/
gvgrill@gwrh.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.

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.

Scrambled Southern Diner
http://www.scrambledgreensboro.com/
2417 Spring Garden Street
Greensboro, NC 27403
336-285-6590
Scrambled is a breakfast and lunch destination that serves a menu of breakfast items all day. At night, Josephine’s will be available for wine dinners and private events, and is continuing catering with food sourced from our local farmers.
**ARTISAN FOODS AND BAKERIES**

- **Calico Farmstead Cheese**
  landjdiary@aol.com
  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 S 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 1 Battleground Avenue
  Greensboro, NC 27408
  336-306-2877

  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 handcraft 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://godinobakery.com/
  godinobakery@yahoo.com
  1007-A Highway 150 W
  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.

- **Homeland Creamery**
  http://www.homelandcreamery.com/
  6506 Bowman Dairy Road
  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/
  rob.roth@loafgreensboro.com
  227 S 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-F 11am-2pm.

- **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 Highway 68 N
  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**
  www.piedmontcoffeeroastersinc.com
  jerome.pappas@piedmontcoffeeroastersinc.com
  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.

- **Piedmont Farm**
  www.piemontfarm.com
  sandra.sarlinga@piedmontfarm.com
  1617 Brookhaven Mill Rd, Greensboro
  336-584-5952

  Piemont Farm is a sustainable, diversified 23 acre sheep farm. We offer artisan cheeses, jams and jellies, breads, farm eggs and raw honey. Check our website to find out where you can find us and our products!

- **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**

- **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 Keely 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

- **North Yanceyville Community Garden**
  3910 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.

- **Steeleman Park Community Garden**
  Heather Sparks
  heather.sparks@greensboro-nc.gov
  970 Gregory Street
  Greensboro, NC 27403

  The Steeelman 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
  Tience Holma
  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.

- **Thomas Built Bus Urban Orchard**
  1601 Potts Avenue
  High Point, NC 27260

  County-owned property that is home to 250 fruit and nut trees and shubs that provide produce for the community.
**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 McVey Street
  Greensboro, NC 27403

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

- **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 W 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 W Market Street
  Greensboro, NC 27403

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

**Faith-based Gardens**

- **All Saints Episcopal Church**
  Stephen McCollum
  mccollumsm47@gmail.com
  4211 Wayne Road
  Greensboro, NC 27407

- **Charlie’s Garden at First Lutheran Church**
  3600 W 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.

- **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 W Market Street
  Greensboro, NC 27403

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

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.

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**Superior Foods**

- **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**

- **Whole Foods Market**
  http://www.wholefoodsmarket.com/stores/greensborofriendly
  3202 W 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.
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/
600 N Eugene 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
Greensboro Locations:
1581 New Garden Road
5820 F. N. Church Street
6310 Old Oak Ridge Road
Jamaestown Location:
1236 Guilford College Road

Lowes Foods is headquartered in North Carolina and supports local farms and businesses, offering fresh and local food items. Open Mon. - Sun., 6am - midnight.

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.

The Fresh Market
http://www.thefreshmarket.com/
Greensboro Locations:
3712 Lawndale Drive
1560 Highwoods Boulevard
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 Chrismon 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
2101 Cullen Road
Gibsonville, NC
336-266-8113

Asgard Farm is happy to be able to offer pastured, non-GMO, soy-free poultry.

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.

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.

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.
**Pick Your Own Farms and Certified Roadside Farm Stands (Cont.)**

**Birchcreek Vineyard**  
Nancy Jones  
3600 Pinetop Road  
Greensboro, NC 27410  
336-288-6191

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

**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 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.

**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://faucetefarms.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.

**Gethsemane Gardens**  
http://www.gethgardens.com/  
gethgardens@bellsouth.net  
3707 Highway 150 E  
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 N  
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 Road  
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 offers pick your own muscadine grapes. The season generally starts around the end of April through early June, call or check Facebook page for hours as they change from day to day.

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

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.

**North Carolina Farm Fresh Marketing**  
Division for the NC Department of Agriculture and Consumer Services  
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.

**PTB Farm**  
http://www.ptbfarm.com/  
Redcliffe, 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.

**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 proportionate shares of their harvest for sale as CSA shares. 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/
2101 Cullen Road
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/EmmausFarms/311341835551002
emmausfarm@gmail.com
3829 Vernon Lane,
Snow Camp, NC
336-483-1231

Emmaus Farm is a small farm located in southwest 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/7566FriendshipChurchRoadBrownsSummit,NC32124
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/6121RiverdaleDriveHighPoint,NC27263
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
Meaford Village, NC 27301
336-207-3397

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

May’s Strawberries & Produce
6810 McLeavinsville Road
Meaford Village, 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 Mennon 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
Libberty, NC 27298

Sawyer Farms sells cantaloupe, cucumbers, gourds, peppers, pumpkins, squash, strawberries, tomatoes, and zucchini 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.

Ward Farms of Whitsett
6498 Nc Highway 501 E
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 super-pomegranate grapes they also grow soy beans, corn, wheat, and blueberries. The grapes and berries are turned into juices, ciders, jams, jellies, and spreads.

Whitebills Farm *
tommywhitebills@triad.rr.com
Tommy and Annette Whitebills
6110 Frieden Church Road
Gibsonville, NC 27249
336-697-7090

Whitebills 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.

Troxler Produce *
4437 NC Highway 150 E
Browns Summit 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
5337 Cook Stewart Road
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 super-pomegranate 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 *
tommywhitebills@triad.rr.com
Tommy and Annette Whitesell
6110 Frieden Church Road
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.
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, craftsman, 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 Avenue and Elam Avenue
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
jmo@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 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 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 the most 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

Hilldale Farmer's Market
1000 Hwy 150 W
Summerfield, NC 27358

Hilldale 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@southelmurbannmarket.com
340 S Elm Street
Greensboro, NC 27401
336-274-4595

The South Elm Urban Market is a family-friendly and diverse social setting for purchasing food, Grass Fed Beef, Free Range Chicken & eggs, homeland creamery milk, butter & ice cream. South Elm Urban Market invites you to support local farmers and handmade, home baked, and handmade wares.

Working hours: 12-2pm and 5-6pm during specific months. (usually June to September).

Uptowne Market
www.highpointnc.gov/cityproject/
emarket.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.