Eat Fresh, Eat Local

**Farmer Education:** sustainable local foods farming program
John Wood Community College
1301 S 48th st.  | Quincy, IL  62305
www.jwcc.edu/localfoodsfarming
Certificate program focused on sustainable production and direct marketing of fruit and vegetable crops.

University of Illinois Extension
Adams/Brown/Hancock/Pike/Schuyler
330 S. 36th St. | Quincy, IL  62301
mike roegge
Local Foods Systems and Small Farms Educator
(217) 223-8380, roeggem@illinois.edu
web.extension.illinois.edu/abhps
Provide researched-based training and resources to farmers and consumers on a wide variety of topics.

**Farmers Markets:**
- **AUGUSTA FARMERS MARKET**: West of 4 way stop | Fri 2:00-7:00PM
- **CAMP POINT FARMERS MARKET**: West end of Camp Point on Hwy 24 | Wed 3:00-6:00PM
- **CARTHAGE FARMERS MARKET**: Courthouse Square | Mon 2:30-5:30PM
- **HANNIBAL FARMERS MARKET**: 214 N. Main | Sat 8:00AM-12:00PM
- **KEOKUK FARMERS MARKET**: River City Mall parking lot | Sat 7:00-11:00AM
- **MACOMB FARMERS MARKET**: Macomb Square | Thurs & Sat 7:00AM-1:00PM
- **MENDON FARMERS MARKET**: Chittendon Park | Thurs 2:00-6:00PM
- **MT. STERLING FARMERS MARKET**: TBA | Sat 8:00AM-12:00PM
- **PALMYRA FARMERS MARKET**: 508 E. Water (Behind Hardees) | Wed 11:00AM-6:00PM
- **PERRY STREET MALL MARKET**: 415 E. Perry, Pittsfield, IL | Mon-Sat
- **PITTSFIELD FARMERS MARKET**: NW Corner Square | Sat 7:00-11:00AM
- **PLYMOUTH FARMERS MARKET**: Old Suzy Q’s Restaurant | Sat 8:00AM-Noon
- **QUINCY FARMERS MARKET**: Washington Park | Tues & Sat 7:00AM-1:00PM
- **QUINCY MALL FARMERS MARKET**: 36th St. (back parking lot) | Tues & Thurs 3:00-6:00PM; Sat 8:00AM-1:00PM
- **RUSHVILLE FARMERS MARKET**: Rushville Square | Fri 7:00AM-1:00PM
- **WARSAW FARMERS MARKET**: Ralston Park | Thurs 4:00-6:00PM

**Local Food Sources:**
- BUY LOCALLY GROWN
- BECAUSE IT’S THOUSANDS OF MILES FRESHER
FRUITS & VEGETABLES

mhholst@adams.net
(217) 242-2386

13. (618) 396-2629
12. (217) 223-2208
Dennis, Gary & James Zellerman
Quincy, IL

10. Vegetables.

Vegetables, melons, pumpkins & ornamentals.
(217) 257-8926
1853 N. 200th, Plainville, IL

Richard Derry
Wes, Steph & Nancy Carthiers
Strawberries, blueberries
(217) 316-6379
(217) 222-6688
Robert & Virginia Blickhan
Grapes & apples.

baxters@frontiernet.net
3.

zucchini, squash & other vegetables.
Tomatoes, pumpkins, cucumbers,
Carl & Evelyn Bartlett
102 South St., Ursa, IL

Apples & peaches.

jesslionberger@yahoo.com
1.

system. For more information on locally grown please consult our websites: web.extension.illinois.edu/abhps/localgrown/ or jwcc.edu/localfoods farming.

ALMOST EDEN ORCHARD
BOONE’S KNOB BERRY FARM
FLOUR CREEK FARMS
EILERMAN FAMILY PRODUCE

SPECIALTY ITEMS

10. Chestnut Ridge
tochesnutridge@gmail.com
(217) 468-1404
SWEET & SAVORY BAKED GOODS

11. Four Winds Farm
372 N. 36th St., Quincy, IL
Deborah Leclerc
(217) 527-1400
dloe@zeds.net
Fresh heritage and edible arts, both in food and garden locations.

12. Oak Hill Farms
1798 N. 223rd Ln., Paxton, IL
John & Linda Eastern
(217) 565-6429
kedwards@centurytel.net
Preserve local heritage at its source.

13. Murder of Crow Farm
25 Hy 24 East, Quincy,
Sherrie Norman, Jessica & Bob Norman
(217) 726-1423
herbalcow@aol.com
Organic fresh herbs and vegetables. Handcrafted garden theme gifts & notecards.

14. Dehelen Farms
4903 E. 200th Rd., Blandinsville, IL
John Kelly
(217) 453-0984
greenmarket@centralnet.org
Certified organic apples, fresh cider, apple butter, sauces, jam & syrup.

15. Sandy Springs Farms
1316 S. Bethel Church Rd., Arenalville, IL
Roger Hendrick
(217) 270-2755
therockcranker@comcast.net
Grains & watermelons.

16. Scott Wohlert
28 South 2nd, Vermilion, IL
Jack Wohlstetter
(217) 380-0004
freytech@zeds.net
Maple syrup.

17. Blue Heron Orchard
www.blueheronorchard.com
22415 240th Ave., Canton, MO
Erica@thymesquarecafe.net
(217) 224-3515
Cory & Erica Shupe
www.thymesquarecafe.net
Fresh, local vegetables very simple, they are incorporated in our dishes by butchering, curing and utilizing the local meats themselves, as well as constantly creating new dishes using the seasonality year-round provided by the local farmers.

18. Renewal Acres
10333 Narrows Rd., Macomb, IL
Gene & Mary Sutter
(217) 443-1369
krogers47@mtcnow.net
Free range brown eggs.

25. L & L Farms
1801 N. 300th ST., Plainville, IL
John Curtis
(217) 224-7487
48x57@zeds.net
Fresh local honey year round.

26. Oak Hill Farms
1798 N. 223rd Ln., Paxton, IL
John & Linda Eastern
(217) 565-6429
kedwards@centurytel.net
Preserve local heritage at its source.

27. Chestnut Ridge
tochesnutridge@gmail.com
(217) 468-1404
SWEET & SAVORY BAKED GOODS

28. Scott Wohlert
28 South 2nd, Vermilion, IL
Jack Wohlstetter
(217) 380-0004
freytech@zeds.net
Maple syrup.

29. Blue Heron Orchard
www.blueheronorchard.com
22415 240th Ave., Canton, MO
Erica@thymesquarecafe.net
(217) 224-3515
Cory & Erica Shupe
www.thymesquarecafe.net
Fresh, local vegetables very simple, they are incorporated in our dishes by butchering, curing and utilizing the local meats themselves, as well as constantly creating new dishes using the seasonality year-round provided by the local farmers.

30. Renewal Acres
10333 Narrows Rd., Macomb, IL
Gene & Mary Sutter
(217) 443-1369
krogers47@mtcnow.net
Free range brown eggs.

31. Murder of Crow Farm
25 Hy 24 East, Quincy,
Sherrie Norman, Jessica & Bob Norman
(217) 726-1423
herbalcow@aol.com
Organic fresh herbs and vegetables. Handcrafted garden theme gifts & notecards.

32. Oak Hill Farms
1798 N. 223rd Ln., Paxton, IL
John & Linda Eastern
(217) 565-6429
kedwards@centurytel.net
Preserve local heritage at its source.

33. Murder of Crow Farm
25 Hy 24 East, Quincy,
Sherrie Norman, Jessica & Bob Norman
(217) 726-1423
herbalcow@aol.com
Organic fresh herbs and vegetables. Handcrafted garden theme gifts & notecards.

34. Dehelen Farms
4903 E. 200th Rd., Blandinsville, IL
John Kelly
(217) 453-0984
greenmarket@centralnet.org
Certified organic apples, fresh cider, apple butter, sauces, jam & syrup.

35. Sandy Springs Farms
1316 S. Bethel Church Rd., Arenalville, IL
Roger Hendrick
(217) 270-2755
therockcranker@comcast.net
Grains & watermelons.

36. Scott Wohlert
28 South 2nd, Vermilion, IL
Jack Wohlstetter
(217) 380-0004
freytech@zeds.net
Maple syrup.

37. Blue Heron Orchard
www.blueheronorchard.com
22415 240th Ave., Canton, MO
Erica@thymesquarecafe.net
(217) 224-3515
Cory & Erica Shupe
www.thymesquarecafe.net
Fresh, local vegetables very simple, they are incorporated in our dishes by butchering, curing and utilizing the local meats themselves, as well as constantly creating new dishes using the seasonality year-round provided by the local farmers.

38. Renewal Acres
10333 Narrows Rd., Macomb, IL
Gene & Mary Sutter
(217) 443-1369
krogers47@mtcnow.net
Free range brown eggs.

39. Murder of Crow Farm
25 Hy 24 East, Quincy,
Sherrie Norman, Jessica & Bob Norman
(217) 726-1423
herbalcow@aol.com
Organic fresh herbs and vegetables. Handcrafted garden theme gifts & notecards.

40. Oak Hill Farms
1798 N. 223rd Ln., Paxton, IL
John & Linda Eastern
(217) 565-6429
kedwards@centurytel.net
Preserve local heritage at its source.

41. Shuiling’s Kitchen
1026 Christopher Ct., Quincy, IL
Sharon Shuiling
(217) 270-3820
shuilingzhu@gmail.com
Dried fruits and vegetables, locally sourced whenever possible. Menu changes frequently to incorporate fresh, local ingredients.

42. Wooster’s Market
880 Hamilton, Quincy, IL
Gary & Eric Shope
(217) 234-3131
Eric@woostersmarketcafe.com
Old-fashioned locally亲情 relying upon locally grown products.

43. The MAIN COURSE
www.themaincoursecafequincy.com
500 Harmony, Quincy, IL
Gary & Eric Shope
(217) 234-3131
Eric@woostersmarketcafe.com
Old-fashioned locally亲情 relying upon locally grown products.

44. Wooster’s Market
880 Hamilton, Quincy, IL
Gary & Eric Shope
(217) 234-3131
Eric@woostersmarketcafe.com
Old-fashioned locally亲情 relying upon locally grown products.

45. The MAIN COURSE
www.themaincoursecafequincy.com
500 Harmony, Quincy, IL
Gary & Eric Shope
(217) 234-3131
Eric@woostersmarketcafe.com
Old-fashioned locally亲情 relying upon locally grown products.

46. Wooster’s Market
880 Hamilton, Quincy, IL
Gary & Eric Shope
(217) 234-3131
Eric@woostersmarketcafe.com
Old-fashioned locally亲情 relying upon locally grown products.

47. The MAIN COURSE
www.themaincoursecafequincy.com
500 Harmony, Quincy, IL
Gary & Eric Shope
(217) 234-3131
Eric@woostersmarketcafe.com
Old-fashioned locally亲情 relying upon locally grown products.

48. Wooster’s Market
880 Hamilton, Quincy, IL
Gary & Eric Shope
(217) 234-3131
Eric@woostersmarketcafe.com
Old-fashioned locally亲情 relying upon locally grown products.

49. The MAIN COURSE
www.themaincoursecafequincy.com
500 Harmony, Quincy, IL
Gary & Eric Shope
(217) 234-3131
Eric@woostersmarketcafe.com
Old-fashioned locally亲情 relying upon locally grown products.