### Saturday Lunch – July 16, 2011

**Grass-Fed Beef and Pasture-Raised Pork**  
*4 Arrows Ranch, Ocala, Marion County*  
Lee and Jim Windham  
As a working cattle ranch since 1995 they adhere to a sustainable agriculture philosophy. Their business is selling organic, grass-fed Angus beef to restaurants and the general public. They are starting Community Supported Agriculture (CSA) in conjunction with a traditional CSA producer and are exploring Meat Buying Clubs as another niche market.

**Hydroponic Butter Lettuce**  
*Heart of Christmas Farms, Orange County*  
Richard Kann  
A family farm providing hydroponically grown vegetables and fruits for local markets. While not organic certified, they use organic growing methods to produce the best tasting, healthiest produce possible.

**Sem-Chi Rice®**  
*Florida Crystals Co., Okeechobee County*  
Gaston Cantens  
Sem-Chi® (short for Seminole Chief) rice products are grown in rotation with sugarcane and milled in South Florida. These products are grown in partnership with the environment using sustainable agricultural principles such as: crop rotation, organic farming practices, water management, and renewable energy production. Growing rice helps other crops by naturally restoring the soil, removing unwanted pests and provides an excellent habitat for native wildlife.

**Pasture-Raised Chicken**  
*Lake Meadows Naturals, Orange County*  
Dale Volkert  
A chicken and egg farm that produces cage-free chickens and duck eggs from Rhode Island Red & Barred Plymouth Rock chickens and Kaki Campbell ducks. They also have goats and cattle roaming the pastures. Seasonally they offer USDA processed poultry, and they have a small orchard, hydroponic gardens and bee hives producing local honey.

**Organic Black-Eyed Peas**  
*Bluefield Organic Farm, Okeechobee County*  
William Moore, (863) 235-4123  
They grow vegetables, citrus (Hamlin, Valencia & navel oranges) blueberries, blackberries (thornless & thorny), hay, and grass-fed beef. All of their products are certified organic. The citrus and blueberries are also European Commission (EU) and Japan Agriculture Standard (JAS) organic certified.

**Organic Blueberries**  
*Vintage Organic Acres, Manatee County*  
Felicia and Wade Tappan, (941) 920-1801  
This family farm planted their first southern highbush blueberry crop in 2007. They had also operated a tree farm on their property but changed their operations due to disastrous 2004-05 hurricane seasons and the collapse of the tree market. They are now harvesting large juicy berries in a April-May season which are USDA certified. Once you tasted their delicious berries you will want to fill your freezer for the entire year.

### Saturday Social – July 16, 2011

**Mushrooms**  
*Monterry Mushrooms, Orange County*  
Leslie Black

**Grass-Fed Beef and Pasture-Raised Pork**  
*4 Arrows Ranch, Marion County*  
Lee and Jim Windham

**Mutton Snapper Fish**  
*Bell Fish Company, Manatee County*  
Karen Bell

**Clams**  
*Bay Shellfish Company, Manatee County*  
Curt Hemmel  
(941) 721-3887

**Rock Shrimp**  
*Wild Ocean Market, Brevard County*  
Cynthia Sandoval

**Pasture-Raised Poultry**  
*Crazy Hart Ranch, Indian River County*  
Linda Hart

**Hydroponic Butter Lettuce**  
*Heart of Christmas Farms, Orange County*  
Richard Kann

**Hydroponic Cucumber**  
*Beli Farms, Suwannee County*  
Emil Belibassis  
(386) 963-4556

**Sturgeon Fish**  
*Mote Aquaculture Park, Sarasota County*  
Wade Tappan

**Florida Orange Vinaigrette**  
*The Orange Shop, Citra, Marion County*  
Pete and Cindy Spyke

**Goat Cheese**  
*Um-Boozi Farm, Lee County*  
Jim Ellis

**Organic Blueberries**  
*Vintage Organic Acres, Manatee County*  
Felicia and Wade Tappan  
(941) 920-1801
### Florida Orange Vinaigrette
**The Orange Shop, Citra, Marion County**

Pete and Cindy Spyke

The Orange Shop has been growing, packing, and shipping Premium Florida Citrus since 1936. They are third-generation citrus growers with an unrelenting passion for growing really good citrus using environmentally responsible growing systems. The Orange Shop is a small operation with fruit coming from two of the finest fresh fruit growing areas in Florida -- Marion County and the Indian River area. Brewed up with their secret recipes, dressings are a perennial hit in the store.

### Orange Blossom Honey
**John’s Honey, Ocala, Marion County**

John and Donna Haskell

John has been working with bees since he was nine years old and Donna began beekeeping two years ago. They have several hives throughout Ocklawaha, Weirsdale and Ocala producing Orange Blossom and Wildflower honey. They make only pure honey straight from the hives with no additives and nothing taken away, they believe in a quality product for customers. Doctors are even referring customers to them recommending wildflower honey for allergies.

### Squash
**Green Cay Farm, Boynton Beach, Palm Beach County**

Nancy and Charlie Roe

Green Cay Farm started over 40 years ago as a family vegetable growing operation and has transitioned from a conventional farm to a smaller farm that markets its diversified vegetable crops through local channels. They cooperate with university and industry researchers to develop sustainable production systems. Their diversification includes a Community Supported Agriculture (CSA) and the Farming Systems Research, Inc. operations.

### Collard Greens
**New North Florida Cooperative, Jackson County**

This cooperative provides education, marketing, and technology transfer in order to provide a competitive edge for small farmers in the north Florida region. Florida’s pioneering and successful Farm to School program was initiated in 1995 by this group of innovative African-American farmers with their produce of collard greens, sweet potatoes, green beans, field peas, muscadine grapes, turnip greens, strawberries, blackberries, and watermelon. Their products are in high demand among school districts in Florida, Georgia, Alabama and Mississippi.

### Mangos
**The Treehouse, Lee County**

Steve Cucura

This tropical fruit tree nursery is located on Pine Island and features rare and unusual fruiting trees from across the globe. It was begun in 1970 by Bob & Vivian Murray. Its inventory includes mangos (over 20 varieties), lychees, longans, low chill peaches, avocados, sapodilla, white sapote, cashew and much more. They operate a seasonal Fruit Market that sells locally the delicious fruit from their nursery stock, as well as other tropical fruits such as coconuts, canistels, and jackfruit.

### Okra
**Haymaker Farms, Marion County**

Jake and William Sims, (352) 629-1655