

LOCAL RESOURCE GUIDE

NOURISHING FOOD SOURCES

COLORADO SPRINGS NORTH CHAPTER OF THE WESTON A. PRICE FOUNDATION

This information is accurate to the best of our knowledge, but it is your responsibility to verify any information. We welcome additions and corrections: springswapf@yahoo.com.
– Carol Aleson and Andrew Gardner (Chapter Leaders)

RAW MILK

*Raw milk may not be bought nor sold in the state of Colorado. The only way to obtain it is to purchase a herd share. The terms of this agreement vary with each farmer, so it is necessary to contact them and make sure you fully understand it before committing. Please also verify with your farmer their testing, feeding, and milk handling procedures.

* A farmer's milk supply may vary.

RAW COW MILK

Cloud 9 Farms www.cloud9farms.com www.facebook.com/pages/Cloud-9-Farms/785187241536162

Contact Abi or Kelly Criswell @ 719-505-9574 or cloud9farms@gmail.com

Raw milk cow shares from cows grazed on lush irrigated pasture. 100% Grass fed. Our cows graze on green/living grass 8+ months of the year (April – Nov). Hay fed during the winter. Milk samples tested monthly by CSU Vet Lab in Ft. Collins. Milk delivered to Colorado Springs and Canon City. On farm pickup is also available. Free ranged chicken eggs (fed an organic, no soy/corn ration). Pasture raised meat chickens (fed an organic, no soy/corn ration), Free ranged turkeys (fed an organic, no soy/corn ration). Chicken feet also available. 100% Grass fed and finished lamb. Pasture raised, grass finished pork. We are a pasture-based farm. We do not keep ANY animals in perpetual confinement. Animal Welfare Approved farm. Farm tours are encouraged!

Ebert Farms www.ebertfarms.com

Contact Kres or Julie Ebert at milkers@ebertfarms.com. 100% grass-fed raw milk through cow share program; pastured pork by whole or half; 100% grass-fed beef by quarter, half, or whole; organic soy-free, free-range whole chickens; other products on occasion.

Jersey Girls Farm www.jerseygirlsmilkshares.com

Raw cow milk shares delivered to the Springs (milk cows are fed some sprouted barley and spent beer barley but otherwise grass-fed). Pastured organic (non corn/soy) eggs, (chickens are also

given organic apple cider vinegar in their water, organic fruits/veggies, raw milk from their cows and goats and organic corn/soy free feed.) Heritage beef and heritage pork.

Hi Plains Dairy www.HiPlainsDairy.com

Contact Jim Smith at 719-499-7273 or highplainsdairy@elpasotel.net

Raw milk through cow share program or raw goat milk through goat share program (milk cows are fed grain at milking time, but otherwise grass-fed) A2A2 milk option; pastured eggs. Pick up at Ranch Foods Direct or off of Powers.

Larga Vista Ranch www.largavistaranch.com

Contact Doug or Kim Wiley at 719-947-0982 or info@largavistaranch.com. 100% grass-fed raw milk through cow shares, cows are on green pasture nine months out of the year; pastured free-range pork, sausages, ham, and lard; grass-fed beef; meat CSA; pastured soy-free eggs; organic produce in season.

Pure Foods Colorado www.purefoodscolorado.com

Contact Brian and Katelyne Hall at 719-930-2627 or info@purefoodscolorado.com. 100% grass fed A2A2 raw milk shares, organic non-gmo fed raw goat milk shares. Pastured, grass finished beef. Organic, non-GMO, Corn, and Soy free chicken feed.

Prairie Haven Farm

Contact Dawn Shelstad at 719-683-7683 or dshelstad@gmail.com. 100% grassfed (A2/A2) raw milk from Heritage Jersey Cows through cowshare program. We utilize beyond organic methods and rotational grazing on our pastures. Pick up sites in Colorado Springs. Farm visits welcome by appointment. Certified Animal Welfare Approved Farm. Fermented sauerkraut/countertop fermenting crocks (locally made).

RAW GOAT MILK

Country Fresh Farms msmith@countryfreshfarmsllc.com

Contact Mark and Michelle Smith at 720-318-2784. Raw goats milk, (grain free). Pasture raised chickens for eggs and meat, (organic grains, no corn, soy or GMO). Cabrito (young goat meat) and Grass fed beef. Livestock are fed hydroponically sprouted barley as a live source of greens year around.

Dream Acres Ranch www.dreamacres.biz

Contact Suzanne and Dwight at 720-234-2330 or dreamacresranch@me.com for raw goat herd shares, fresh free range eggs when available, and raw local honey.

Hi Plains Dairy www.HiPlainsDairy.com

Contact Jim Smith at 719-499-7273 or highplainsdairy@elpasotel.net

Raw milk through cow share program or raw goat milk through goat share program (milk cows are fed grain at milking time, but otherwise grass-fed) A2A2 milk option; pastured eggs. Pick up at Ranch Foods Direct or off of Powers.

Mountain View Meadows Farm www.mountainviewmeadowsfarm.com

Contact Barb McKillip at 303-961-1946. They offer raw goat milk shares and pastured eggs. Visits to the farm are welcome with some advanced warning.

Pure Foods Colorado www.purefoodscolorado.com

Contact Brian and Katelynne Hall at 719-930-2627 or info@purefoodscolorado.com. 100% grass fed (A2A2) raw milk shares, organic non-gmo fed raw goat milk shares. Pastured, grass finished beef. Organic, non-GMO, Corn, and Soy free chicken feed.

The Ranch at Li'l Promised Land LLC www.lplranch.webs.com
ranch@lilpromisedland.com 303-574-1274

We are a small family ranch holistically raising exotic grass-fed/pasture fed meats including: Kiko goat meat “Chevon” (no grain) and Muscovy duck meat which is very lean and tastes like sirloin steak rather than duck. We use our goats to improve the land by allowing them access to pastures lush with nutritious weeds and shrubs which they prefer over grass. We use rotational grazing/browsing to improve the land, as they leave each spot with fewer noxious weeds and add their fertilizer, which allows the native plants to fill in. We share these benefits with others through a brush/weed clearing program. Try our healthier pasture fed alternatives to lamb and beef. Also producing chicken and duck eggs, raw honey and raw goat’s milk.

Sarah’s Dairy

Contact Sarah Hamilton at sareginah@gmail.com or 719-671-4273

Produces raw goat’s milk herd shares. The goats are raised without the use of antibiotics and are on pasture full time. They are fed a mixture of GMO-free alfalfa, barley, oats, wheat, and corn that is all grown on Venetucci Farm without the use of pesticides or fertilizers.

Wheeler Farm www.wheelerfarm.net www.facebook.com/WheelerFarmCO

Contact Jerome or Ann Wheeler 719-640-7730 or info@wheelerfarm.net

Beyond organic practices. We offer heritage breed pork, lamb, Freedom Ranger broiler chickens, , heritage breed turkey, raw goat’s milk shares, pastured soy free eggs, lard and produce. Lambs receive pasture only; goats receive pasture (5-6 months of the year) and hay plus the organic supplemental feed at milking time. Other animals’ diet include grass/hay/fodder/farm veggies/raw goat milk/and supplemental feed which is certified organic, non GMO from either Thayer Feed or Modesto Milling. We are located in Penrose, CO. We sell at the Colorado Farm and Art Markets and we deliver to Colorado Springs weekly.

RAW MILK- OTHER

Mudita Camel Dairy <http://muditacamels.com/> www.facebook.com/pages/Mudita-Camels/254151534749465

Contact at muditacamels@gmail.com or 303-550-1482

MCD is a Private Membership Association offering Raw Camel's Milk & Kefir, Camel's Milk Soaps and Camel's Milk Chocolates. We are not certified organic but we feed all organic and don't use antibiotics or hormones. We are available Monday through Wednesday From 8am-5pm Mt time.

POULTRY & EGGS FROM PASTURED CHICKENS

* The WAPF does not recommend meat or eggs from chickens fed soy. It is your responsibility to verify what the following farms are currently feeding their chickens.

Ahavah Farms www.ahavahfarm.com

Contact 719-233-7828 or ahavahfarm@yahoo.com or shop online. Products include: beyond organic chicken eggs, duck eggs, produce (CSA), alpaca wool, honey, and garden tea fertilizer spray.

Cloud 9 Farms www.cloud9farms.com www.facebook.com/pages/Cloud-9-Farms/785187241536162

Contact Abi or Kelly Criswell @ 719-505-9574 or cloud9farms@gmail.com

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Country Fresh Farms

Contact Mark and Michelle Smith at 720-318-2784 or msmith@countryfreshfarmsllc.com. Raw goats milk, (grain free). Pasture raised chickens for eggs and meat, (organic grains, no corn, soy or GMO). Cabrito (young goat meat) and Grass fed beef. Livestock are fed hydroponically sprouted barley as a live source of greens year around.

Corner Post Meats www.cornerpostmeats.com

303-898-0642. Grass Finished beef, sausage, grass finished lamb, pasture raised poultry, pasture raised pork, pasture raised eggs; meat CSA. Note: you can find their meats in restaurants such as: The Blue Star, Nosh, La'au's Tacos, Till, Bristol Brewery, Meat Locker, Principal's Office, and Old School Bakery

Ebert Farms www.ebertfarms.com

Contact Kres or Julie Ebert at milkers@ebertfarms.com. 100% grass-fed raw milk through cow share program; pastured pork by whole or half; 100% grass-fed beef by quarter, half, or whole; organic soy-free, free-range whole chickens; other products on occasion.

Farm2Table Colorado www.farm2tablecolorado.com

Contact Teresa Fischer at 303-648-3001 or buffburger@gmail.com. Grass-finished buffalo and beef; pastured pork (soy free). Grass-fed buffalo (hope to have some this fall). Grass-fed beef. laying hens are raised on pasture and fed organic sprouted grains. Hogs raised on pasture and fed organic sprouted grains as well. Everything is GMO free.

Frost Livestock Company www.frost-livestock.com

Contact Brandt Dietz at 661-400-5876 Pastured soy-free eggs; 100% grass-fed/finished, no hormones/antibiotics, lamb and beef; produce (wide variety chemical-free produce).

Greenhorn Acres www.greenhornacres.com

Contact at 719-263-4494 or info@greenhornacres.com. Soy-free eggs sold at Ranch Food Direct.

Gusty Ridge Ranch <http://www.gustyrideranch.com/>

Contact (719) 347-1581 or gustyrideranch@gmail.com for 100% Grass-fed yak and lamb meat, and pasture-raised eggs.

Heritage Belle Farms www.HeritageBelleFarms.com

www.facebook.com/HeritageBelleFarms

Contact Katie Belle Miller at 970-310-0852 or HeritageBellefarms@gmail.com. Heritage Belle Farms is a Holistically Managed Farm and Ranch that provides Pastured, grassfed/grass finished heritage Certified Texas Longhorn beef, Navajo Churro lamb and bison. Pastured/free-range heritage pork and eggs. Organically-raised Aquaponic Tilapia and Navajo Churro wool.

High altitude Organics www.highaltitudeorganics.com

Grass fed beef, lamb, goat. Corn and soy-free pork, whole and cut chickens, whole and cut turkey. Chicken and duck eggs when available. Non-gmo chicken and duck eggs when available.

Hi Plains Dairy www.HiPlainsDairy.com

Contact Jim Smith at 719-499-7273 or highplainsdairy@elpasotel.net

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Holistic Hen www.facebook.com/holisticencolorado

We have a little farm outside Schreiver AF Base. We have ten acres with free range 100% organic, corn/soy free eggs and absolutely no chemicals used. \$6/dz delivered to your door with the purchase of two dozen or more. I'm planning on making a route and coming every other week. Beginning this week. Message me if you are interested and we can discuss a day/time that is good for you.

Jersey Girls Farm www.jerseygirlsmilkshares.com

Raw cow milk shares delivered to the Springs (milk cows are fed some sprouted barley and spent beer barley but otherwise grass-fed). Pastured organic (non corn/soy) eggs, (chickens are also given organic apple cider vinegar in their water, organic fruits/veggies, raw milk from their cows and goats and organic corn/soy free feed.) Heritage beef and heritage pork.

Kamholz Eggs

Contact at lievekamholz@yahoo.com. The chickens are raised on organic feed; corn and soy free, from Modesto, CA. Also, they are pastured, and get hay during the dry months, and organic kitchen scraps and scratch. Eggs are \$7/dozen to Colorado Springs...no extra charge for

delivery in to the southern parts of the city or to meetings. We might be driving up to the Springs every week or every other week...during which we might be able to drop off our eggs.

Larga Vista Ranch www.largavistaranch.com

Contact Doug or Kim Wiley at 719-947-0982 or info@largavistaranch.com. 100% grass-fed raw milk through cow shares, cows are on green pasture nine months out of the year; pastured free-range pork, sausages, ham, and lard; grass-fed beef; meat CSA; pastured soy-free eggs; organic produce in season.

Little Roman Farm www.littleromanfarm.com

Contact farmer@littleromanfarm.com or 541-829-1483. Meat: turkeys, chickens, quail, and lamb (limited to ½'s and wholes) *Finnsheep wool available seasonally. Eggs: chicken eggs, duck eggs, and quail eggs. Beyond organic produce plus produce CSA. Resell organic non-soy GMO free chicken feed. Located in Fountain, CO.

Majestic Moon Ranch www.majesticmoonranch.org

303-903-7487. Organic, free range, hormone and antibiotic-free eggs. Fresh organic seasonal produce. Located in Franktown, CO (but sometimes comes to Castle Rock).

Miele Farms www.mielefarms.com

Located in Calhan; 100% grass fed beef and lamb; pasture raised pork; pasture raised, soy-free chicken and eggs.

Mountain Acres

Contact Travis or Janelle Veldkamp at 720-443-3447 or travis@mountainacresfarm.com. Soy-free pastured eggs.

Mountain View Meadows Farm www.mountainviewmeadowsfarm.com

Contact Barb McKillip at 303-961-1946. They offer raw goat milk shares and pastured eggs. Visits to the farm are welcome with some advanced warning.

Rafter W Ranch www.rafterwranch.net

Rafter is a small family Ranch located in Simla, Colorado and serving Eastern Colorado. We currently holistically raise pastured Angus beef steers on what nature provides during spring, summer and fall, and grass hay out on pasture during winter. No antibiotics, no hormones, no grain. Our goal is to rebuild the soil by Mob-grazing methods to sequester carbon back into the earth. We use low-stress handling techniques to ensure tender meat. In order to produce this quality, we move the animals during the growing season 2 times per day to fresh new grass. We also offer pastured eggs, when available, from the chickens that run behind the cattle. As well as bone broth from Hoof, Wing and Fin (gourmet food truck). We have available, on-farm harvesting and are members of the Weston A Price Foundation (WAPF) and AGA (American Grass-fed Association). To learn more contact us at: lisa@rwrsimla.com or visit our website.

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ranch@lilpromisedland.com 303-574-1274

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Shadow Wings Ranch & Farm www.shadowwingsranch.com

Contact shadowwingsranch@gmail.com or call at 406-314-8685. Rabbit meat and free range eggs. Both poultry and rabbits are fed a diet of 100% organic feed, non gmo sprouted barley fodder and organic produce.

Sweet Violets www.sweetvioletsfarm.com

Contact Chris or Edie Veronin at 719-592-1116 or sweetvioletsfarm@gmail.com. Pastured eggs; local honey.

Trail’s End Ranch

Contact Mark and Joan Biddison at quiverful7@aol.com or 210-441-8326. Pasture-raised, hormone-free chicken and duck eggs. (diet of Manna Pro Crumbles feed and fresh vegetables.) Can deliver eggs to the Monument & Northern Colorado Springs Azure Standard drop off location.

Wheeler Farm www.wheelerfarm.net www.facebook.com/WheelerFarmCO

Contact Jerome or Ann Wheeler 719-640-7730 or info@wheelerfarm.net. Beyond organic practices. We offer heritage breed pork, lamb, Freedom Ranger broiler chickens, heritage breed turkey, raw goat’s milk shares, pastured soy free eggs, lard and produce. Lambs receive pasture only; goats receive pasture (5-6 months of the year) and hay plus the organic supplemental feed at milking time. Other animals’ diet include grass/hay/fodder/farm veggies/raw goat milk/and supplemental feed which is certified organic, non GMO from either Thayer Feed or Modesto Milling. We are located in Penrose, CO. We sell at the Colorado Farm and Art Markets and we deliver to Colorado Springs weekly.

PASTURE-BASED MEAT

Anderson Meat Co.

matt@andersonmeat.com

Black Forest Bison Co. www.blackforestbison.com

Grass-finished buffalo. Retail store at 1234 East Woodmen Road.

Cloud 9 Farms www.cloud9farms.com www.facebook.com/pages/Cloud-9-Farms/785187241536162

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303-898-0642. Grass Finished beef, sausage, grass finished lamb, pasture raised poultry, pasture raised pork, pasture raised eggs; meat CSA. Note: you can find their meats in restaurants such as: The Blue Star, Nosh, La'au's Tacos, Till, Bristol Brewery, Meat Locker, Principal's Office, and Old School Bakery

Country Fresh Farms

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Farm2Table Colorado www.farm2tablecolorado.com

Contact Teresa Fischer at 303-648-3001 or buffburger@gmail.com. Grass-finished buffalo and beef; pastured pork (soy free). Grass-fed buffalo (hope to have some this fall). Grass-fed beef. laying hens are raised on pasture and fed organic sprouted grains. Hogs raised on pasture and fed organic sprouted grains as well. Everything is GMO free.

Frost Livestock Company www.frost-livestock.com

Contact Brandt Dietz at 661-400-5876 Pastured soy-free eggs; 100% grass-fed/finished, no hormones/antibiotics, lamb and beef; produce (wide variety chemical-free produce).

Gusty Ridge Ranch <http://www.gustyrideranch.com/>

Contact (719) 347-1581 or gustyrideranch@gmail.com for 100% Grass-fed yak and lamb meat, and pasture-raised eggs.

Heritage Belle Farms www.HeritageBelleFarms.com

Contact Katie Belle Miller at 970-310-0852 or HeritageBellefarms@gmail.com. Pastured, grassfed/grass finished heritage Certified Texas Longhorn beef, Navajo Churro lamb and bison. Pastured/free-range heritage pork and eggs. Organically-raised Aquaponic Tilapia and Navajo Churro wool.

High altitude Organics www.highaltitudeorganics.com

Grass fed beef, lamb, goat. Corn and soy-free pork, whole and cut chickens, whole and cut turkey. Chicken and duck eggs when available. Non-gmo chicken and duck eggs when available.

James Ranch www.jamesranch.net

Grass-finished beef, artisan raw cheese, raw milk, pork, and eggs. Located in Durango, CO.

Jersey Girls Farm www.jerseygirlsmilkshares.com

Raw cow milk shares delivered to the Springs (milk cows are fed some sprouted barley and spent beer barley but otherwise grass-fed). Pastured organic (non corn/soy) eggs, (chickens are also given organic apple cider vinegar in their water, organic fruits/veggies, raw milk from their cows and goats and organic corn/soy free feed.) Heritage beef and heritage pork.

KW Farms www.kwfarms.net

KW Farms is a small family farm that produces 100% grass-finished, humanely-handled beef raised exclusively on organic pastures. We use cattle as a tool to improve soil health and our community. We sell and deliver: Grass Finished Beef, Pastured Lamb, Pastured Pork, Value added products (jerky, meat sticks, sausage, etc). kretsingerbeef@gmail.com 719-589-0429.

Larga Vista Ranch www.largavistaranch.com

Contact Doug or Kim Wiley at 719-947-0982 or info@largavistaranch.com. 100% grass-fed raw milk through cow shares, cows are on green pasture nine months out of the year; pastured free-range pork, sausages, ham, and lard; grass-fed beef; meat CSA; pastured soy-free eggs; organic produce in season.

Lasater's Grassland Beef www.lgbeef.com

Contact at 719-541-2855 or Lasater@rmi.net. Grass-finished beef. Available at local natural food stores.

Little Roman Farm www.littleromanfarm.com

Contact farmer@littleromanfarm.com or 541-829-1483. Meat: turkeys, chickens, quail, and lamb (limited to ½'s and wholes) *Finnsheep wool available seasonally. Eggs: chicken eggs, duck eggs, and quail eggs. Beyond organic produce plus produce CSA. Resell organic non-soy GMO free chicken feed. Located in Fountain, CO.

McIntyre Farm

45601 Olson Road Avondale, CO 81022 rocking3k@gmail.com 719-947-1144. Larry and Kathi McIntyre operate a farm in Avondale, 18 miles east of Pueblo. We grow grass and grass/alfalfa hay and have a flock of sheep. The breed of sheep we raise are Romeldale CVM. This breed of sheep are dual purpose in that they produce a fine hand spinning wool and are suitable for meat. Raw fleeces are available for purchase along with roving, combed top (wool ready for spinning), yarn and noil. Noil can be used for felting and as fill (quilts, pillows) rather than using polyester bats. We harvest the sheep as they come of size which takes at least a year if not longer as they are completely grass fed. Most generally lambs are born on our farm late March early April but there have been surprises other months of the year! With that said, our supply of meat occurs

usually early summer until the animals are exhausted. The grass the sheep are fed is what is grown on our farm which receives NO chemical treatment. From late spring through the middle of fall the sheep are on pasture on our farm. We do not inoculate them but do supplement gestating- lactating ewes with kelp. If the need arises for treatment we do so homeopathically. Visitors are welcome to come see the sheep and wool products as well as to observe the hay fields.

Miele Farms www.mielefarms.com

Located in Calhan; 100% grass fed beef and lamb; pasture raised pork; pasture raised, soy-free chicken and eggs.

Oswald Cattle Company www.backcountrybeef.com

Contact Steve or Nancy Oswald at 719-942-4361 or stephen_o@wildblue.net. Grass-finished beef. Also may contact local member Henry Watkin at watkin@msn.com to see about being included in his annual customized group purchase (slow chilled for tenderness).

Princess Beef www.princessbeef.com

Contact Ira or Cynthia Houseweart at 970-872-2144 or cynth ranch@aol.com. Grass-finished beef delivered locally.

Pure Foods Colorado www.purefoodscolorado.com

Contact Brian and Katelynne Hall at 719-930-2627 or info@purefoodscolorado.com. 100% Grass-fed raw milk shares (A2A2), organic non-gmo fed raw goat milk shares. Pastured, grass finished beef. Organic, non-GMO, Corn, and soy free chicken feed.

Rafter W Ranch www.rafterwranch.net

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Ranch Foods Direct www.ranchfoodsdirect.com

Contact at 719-473-2306 or Info@ranchfoodsdirect.com. Grass-fed, grain-finished beef; wide variety of other meats, cheeses, breads, and other products; sometimes carry chicken feet and bone broth. Retail store at 1228 East Fillmore Street, Colorado Springs, CO 80907.

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ranch@lilpromisedland.com 303-574-1274

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sirloin steak rather than duck. We use our goats to improve the land by allowing them access to pastures lush with nutritious weeds and shrubs which they prefer over grass. We use rotational grazing/browsing to improve the land, as they leave each spot with fewer noxious weeds and add their fertilizer, which allows the native plants to fill in. We share these benefits with others through a brush/weed clearing program. Try our healthier pasture fed alternatives to lamb and beef. Also producing chicken and duck eggs, raw honey and raw goat's milk.

Sangre's Best www.sangresbest.com

Contact at (719) 783-2222 or elin@sangresbest.com. Grass-finished beef. No added hormones or antibiotics.

Searle Ranch www.searleranch.com (click on Lean Beef)

Contact (719) 481-3735 or (719) 314-8294 for 100% grass fed, grass finished Certified Texas Longhorn lean beef. Raised on native grasses in wide open spaces. Winter feed consists of grass and hay –with no antibiotics or growth hormones. Processed under USDA inspection. Quarters, halves, whole beef, premium 94-6 ground beef. Vacuum sealed Cryovac packaging for maximum freezer shelf life and quality.

Tharros Acres www.tharrosacres.com

Contact Jordan Hedberg at jordan@tharrosacres.com. 100% grass-fed beef. 2540 Tibby Trail Westcliffe, CO 81252.

Western Spirit Ranch www.wsrlc.com

Contact Ed or Debbie Carpenter at 303-841-0648 or info@wsrlc.com. Grass-fed, prime grade, dry-aged, USDA inspected lamb and heritage Berkshire pork.

Wheeler Farm www.wheelerfarm.net www.facebook.com/WheelerFarmCO

Contact Jerome or Ann Wheeler 719-640-7730 or info@wheelerfarm.net. Beyond organic practices. We offer heritage breed pork, lamb, Freedom Ranger broiler chickens, heritage breed turkey, raw goat's milk shares, pastured soy free eggs, lard and produce. Lambs receive pasture only; goats receive pasture (5-6 months of the year) and hay plus the organic supplemental feed at milking time. Other animals' diet include grass/hay/fodder/farm veggies/raw goat milk/and supplemental feed which is certified organic, non GMO from either Thayer Feed or Modesto Milling. We are located in Penrose, CO. We sell at the Colorado Farm and Art Markets and we deliver to Colorado Springs weekly.

ORGANIC PRODUCE

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Frost Livestock Company www.frost-livestock.com

Contact Brandt Dietz at 661-400-5876 Pastured soy-free eggs; 100% grass-fed/finished, no hormones/antibiotics, lamb and beef; produce (wide variety chemical-free produce).

Hobbs Family Farm www.farmdirectseed.com

A 30 acre irrigated farm located in Avondale, Pueblo County, Colorado which offers certified organic fresh produce available through Arkansas Valley Organic Growers (AVOG) and varietal garlic and open pollinated seeds through the website above and at select nurseries and garden centers in Colorado Springs. No on-farm sales.

High Altitude Rhubarb Organic Farm & Nursery www.highaltituderhubarb.com

A small scale, certified-organic, pick-your-own farm in Black Forest, Colorado. We offer several varieties of fresh, organic rhubarb as well as organic rhubarb and horseradish plants. We also offer unfiltered, Colorado honey, rhubarb cookbooks and often sell processed items (spreads, etc.) commercially produced by others from our products. The harvest takes place in one weekend when the plants are about $\frac{3}{4}$ full size, which is when the rhubarb is reasonably large but still succulent. Harvest is normally the first weekend in June. We have picnic tables and a park-like atmosphere for those wishing to enjoy lunch or just the views. We suggest you join the email interest list to keep abreast of harvest plans (email Dennis.Duncan@HighAltitudeRhubarb.com), or check the website on a regular basis.

Larga Vista Ranch www.largavistaranch.com

Contact Doug or Kim Wiley at 719-947-0982 or info@largavistaranch.com. 100% grass-fed raw milk through cow shares, cows are on green pasture nine months out of the year; pastured free-range pork, sausages, ham, and lard; grass-fed beef; meat CSA; pastured soy-free eggs; organic produce in season.

Little Roman Farm www.littleromanfarm.com

Contact farmer@littleromanfarm.com or 541-829-1483. Meat: turkeys, chickens, quail, and lamb (limited to $\frac{1}{2}$'s and wholes) *Finnsheep wool available seasonally. Eggs: chicken eggs, duck eggs, and quail eggs. Beyond organic produce plus produce CSA. Resell organic non-soy GMO free chicken feed. Located in Fountain, CO.

Majestic Moon Ranch www.majesticmoonranch.org

303-903-7487. Organic, free range, hormone and antibiotic-free eggs. Fresh organic seasonal produce. Located in Franktown, CO (but sometimes comes to Castle Rock).

New Roots Farm www.newrootsfarmblog.wordpress.com www.facebook.com/newrootsfarmllc

New Roots Farm is a brand new market garden operation located in Pueblo, CO at the former Country Roots Farm. We aim to produce good food for local people using organic and regenerative farming practices. Growing on 2 acres of irrigated farmland and hoopouses, we provide a diversity of vegetables for sale through a CSA program and at weekly Colorado Farm and Art Markets. Contact us: newrootsfarmllc@gmail.com.

Peak City Gardens, LLC www.peakcitygardens.com

719-422-9440. Peak City Gardens is a family-run urban farm growing food year round in Colorado Springs. We grow delicious vegetables and herbs such as lettuce, kale and basil using low energy LED grow lights and aquaponics. Aquaponics is a natural ecosystem of fish and plants living in human-made containers. The fish provide the nutrients, the plants use the

nutrients and clean the water for the fish. Because the chemicals typically used to control pests will kill our fish, our crops are guaranteed to be pesticide free. Sign up for our newsletter on the web site to keep up to date on the new crops we are growing.

Shadow Wings Ranch & Farm www.shadowwingsranch.com

Contact shadowwingsranch@gmail.com or call at 406-314-8685. Rabbit meat and free range eggs. Both poultry and rabbits are fed a diet of 100% organic feed, non gmo sprouted barley fodder and organic produce.

Wheeler Farm www.wheelerfarm.net www.facebook.com/WheelerFarmCO

Contact Jerome or Ann Wheeler 719-640-7730 or info@wheelerfarm.net

Beyond organic practices. We offer heritage breed pork, lamb, Freedom Ranger broiler chickens, , heritage breed turkey, raw goat's milk shares, pastured soy free eggs, lard and produce. Lambs receive pasture only; goats receive pasture (5-6 months of the year) and hay plus the organic supplemental feed at milking time. Other animals' diet include grass/hay/fodder/farm veggies/raw goat milk/and supplemental feed which is certified organic, non GMO from either Thayer Feed or Modesto Milling. We are located in Penrose, CO. We sell at the Colorado Farm and Art Markets and we deliver to Colorado Springs weekly.

COMMUNITY SUPPORTED ACRICULTURE (CSA) PROGRAMS

Ahavah Farms www.avahfarm.com

Contact 719-233-7828 or ahavahfarm@yahoo.com or shop online. Products include: beyond organic chicken eggs, duck eggs, produce (CSA), alpaca wool, honey, and garden tea fertilizer spray.

AVOG (Arkansas Valley Organic Growers) www.arkvalleygrowers.com

Offers CSA and buying club options.

Corner Post Meats www.cornerpostmeats.com

303-898-0642. Grass Finished beef, sausage, grass finished lamb, pasture raised poultry, pasture raised pork, pasture raised eggs; meat CSA. Note: you can find their meats in restaurants such as: The Blue Star, Nosh, La'au's Tacos, Till, Bristol Brewery, Meat Locker, Principal's Office, and Old School Bakery.

Greenhorn Acres www.greenhornacres.com

Contact at 719-263-4494 or info@greenhornacres.com. Organic produce shares and soy-free eggs. Pick up at Ranch Foods Direct.

Larga Vista Ranch www.largavistaranch.com

Contact Doug or Kim Wiley at 719-947-0982 or info@largavistaranch.com. 100% grass-fed raw milk through cow shares, cows are on green pasture nine months out of the year; pastured free-range pork, sausages, ham, and lard; grass-fed beef; meat CSA; pastured soy-free eggs; organic produce in season.

Little Roman Farm www.littleromanfarm.com

Contact farmer@littleromanfarm.com or 541-829-1483. Meat: turkeys, chickens, quail, and lamb (limited to ½'s and wholes) *Finnsheep wool available seasonally. Eggs: chicken eggs, duck eggs, and quail eggs. Beyond organic produce plus produce CSA. Resell organic non-soy GMO free chicken feed. Located in Fountain, CO *updated 8/2016

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LOCAL FARMERS MARKETS

Colorado Farm & Art Market www.farmandartmarket.com

Local, organically grown produce always grown by the sellers themselves, and locally made foods and crafts.

Check www.coloradofarmers.org for an updated list.

CO-OP ORDERING AND GROUP BUYING

AVOG (Arkansas Valley Organic Growers) www.arkvalleygrowers.com

Offers CSA and buying club options.

Azure Standard www.azurestandard.com www.facebook.com/groups/COAzureMom

Hunt & Gather www.huntandgatherfoods.com

Contact them at huntandgathercolorado@gmail.com or call at 719-321-1571.

Hunt or Gather Buying Club www.facebook.com/HuntOrGather

Contact at huntorgatherivywild@gmail.com. Offers seasonal local produce, meats, cheeses, jams, honey at wholesale prices + 10%.

Mountain Rose Herbs www.mountainroseherbs.com

Bulk organic herbs and spices.

Oasis Natural Foods

Contact Cathy Goodspeed at 719-574-4902 or OasisNaturalFoods@q.com. Frontier, Golden Organics, Celtic sea salt, bulk grains, local honey, and much more.

Prarie Haven Farm

Contact Dawn Shelstad at 719-683-7683 or dshelstada@gmail.com. Frontier Natural Products Colorado Springs Co-op (<http://www.frontiercoop.com>). Facilitates a group order for Ball Canning Jars and Accessories for dairies and home preserving throughout the state of Colorado.

Group orders for Maple Syrup produced on 3rd generation family farm in Wisconsin (beyond organic growing and producing practices and president of Wisconsin Maple Syrup Council).

Taste of Life Natural Market and Prepared Meals www.staffoflife.biz

Contact Donna at 719-487-2858. Azure Standard, bulk grains, bulk seasonal fruit. (Note: Prepared meals do not line up with WAPF ideals but are a great “more natural” alternative to other prepared meal concept stores.)

GARDENING RESOURCES

Ahavah Farms www.ahavahfarm.com

Contact 719-233-7828 or ahavahfarm@yahoo.com or shop online. Beyond organic garden tea fertilizer spray and free gardening classes.

Hobbs Family Farm www.farmdirectseed.com

A 30 acre irrigated farm located in Avondale, Pueblo County, Colorado which offers certified organic fresh produce available through Arkansas Valley Organic Growers (AVOG) and varietal garlic and open pollinated seeds through the website above and at select nurseries and garden centers in Colorado Springs. No on-farm sales.

Living Soil Systems- bringing life back to your soil

Contact Jon Ramirez at 719-229-6872 or onerelaibleman@yahoo.com for garden consultation including the construction of new or existing garden space. Natural farming techniques specializing in re-mineralizing base soil substrate, utilizing soil microorganisms (soil food web) to build beyond organic gardens.

Don's Garden Shop

Good Earth

Manitou PPLD Seed Library

Phelan Gardens

Pike's Peak Urban Gardens

Rick's Garden Center

Summerland Gardens

Colorado Springs Plants & Seeds Exchange www.facebook.com/groups/886570401353300

SPECIALTY ITEMS

Bread

Sourdough Boulangerie www.facebook.com/The-Sourdough-Boulangerie-587729041318234

Local bakery offers organic sourdough bread and other great varieties. Located at 6453 Omaha Blvd, Colorado Springs, CO 80915. Ranch Foods Direct carries their products as well.

Honey

Ahavah Farms www.ahavahfarm.com

Contact 719-233-7828 or ahavahfarm@yahoo.com or shop online. Products include: beyond organic chicken eggs, duck eggs, produce (CSA), alpaca wool, honey, and garden tea fertilizer spray.

High Altitude Rhubarb Organic Farm & Nursery www.highaltituderhubarb.com

A small scale, certified-organic, pick-your-own farm in Black Forest, Colorado. We offer several varieties of fresh, organic rhubarb as well as organic rhubarb and horseradish plants. We also offer unfiltered, Colorado honey, rhubarb cookbooks and often sell processed items (spreads, etc.) commercially produced by others from our products. The harvest takes place in one weekend when the plants are about ¾ full size, which is when the rhubarb is reasonably large but still succulent. Harvest is normally the first weekend in June. We have picnic tables and a park-like atmosphere for those wishing to enjoy lunch or just the views. We suggest you join the email interest list to keep abreast of harvest plans (email Dennis.Duncan@HighAltitudeRhubarb.com, or check the website on a regular basis.

Jonathan/Linda Geurin

719-599-0832. Local Raw Honey: garden flower honey, strained, unheated, w/pollen. [Use natural essential oils for any treatments for bees.] or Raw Orange Blossom Honey [from Florida - bought in large container]: strained, unheated, w/pollen.

The Ranch at Li'l Promised Land LLC www.lplranch.webs.com
ranch@lilpromisedland.com 303-574-1274

We are a small family ranch holistically raising exotic grass-fed/pasture fed meats including: Kiko goat meat “Chevon” (no grain) and Muscovy duck meat which is very lean and tastes like sirloin steak rather than duck. We use our goats to improve the land by allowing them access to pastures lush with nutritious weeds and shrubs which they prefer over grass. We use rotational grazing/browsing to improve the land, as they leave each spot with fewer noxious weeds and add their fertilizer, which allows the native plants to fill in. We share these benefits with others through a brush/weed clearing program. Try our healthier pasture fed alternatives to lamb and beef. Also producing chicken and duck eggs, raw honey and raw goat’s milk.

Schmidt Apiaries www.schmidtapiaries.com

Local raw unfiltered honey. Availability listed on website, and also available at Monument & Northern Colorado Springs Azure Standard drop point.

Kefir Grains

Ask local Weston A Price Foundation members or Chapter Leaders.

Kombucha Mushrooms “SCOBYS”

Ask local Weston A Price Foundation members or Chapter Leaders.

Skin Care

Vintage Tradition www.vintage tradition.com Locally made tallow balm (contains local grass-fed tallow).

Soap

Woodland Natural Soap www.WoodlandNaturalSoap.com

Contact Jenna at 719-494-7522. Local goat milk soaps (bar and liquid).

Wine

Sette Dolori Winery www.settedolori.com

Timothy Biolchini at 719-761-0497 or tbiolchini@SetteDolori.com. Local organic wine with no sulfites added. (Black Forest)

Wool

Ahavah Farms www.ahavahfarm.com

Contact 719-233-7828 or ahavahfarm@yahoo.com or shop online. Products include: beyond organic chicken eggs, duck eggs, produce (CSA), alpaca wool, honey, and garden tea fertilizer spray.

McIntyre Farm

45601 Olson Road Avondale, CO 81022 rocking3k@gmail.com 719-947-1144. Larry and Kathi McIntyre operate a farm in Avondale, 18 miles east of Pueblo. We grow grass and grass/alfalfa hay and have a flock of sheep. The breed of sheep we raise are Romeldale CVM. This breed of sheep are dual purpose in that they produce a fine hand spinning wool and are suitable for meat. Raw fleeces are available for purchase along with roving, combed top (wool ready for spinning), yarn and noil. Noil can be used for felting and as fill (quilts, pillows) rather than using polyester bats. We harvest the sheep as they come of size which takes at least a year if not longer as they are completely grass fed. Most generally lambs are born on our farm late March early April but there have been surprises other months of the year! With that said, our supply of meat occurs usually early summer until the animals are exhausted. The grass the sheep are fed is what is grown on our farm which receives NO chemical treatment. From late spring through the middle of fall the sheep are on pasture on our farm. We do not inoculate them but do supplement gestating- lactating ewes with kelp. If the need arises for treatment we do so homeopathically. Visitors are welcome to come see the sheep and wool products as well as to observe the hay fields.

MISCELLANEOUS (NOT LOCAL)

Soap Nuts

Contact Beth Forrest at 719-209-2771 or sales@mynaturalelements.com.

www.mynaturalelements.com Soap nuts are a completely natural alternative to laundry detergent at a competitive price.

Stoneware

Contact Maria Atwood (Eastern Plains of Colorado Chapter Leader) through her website, www.traditionalcook.com. Weston A Price Foundation approved stoneware; teaching video on fermentation.

Young “Green” Coconuts & Seaweeds

Asian Pacific Market at 615 Wooten Road; 719-573-7500 or asianpacificmarket@gmail.com.