



Florida Produce Availability

(from Florida Department of Agriculture and Consumer Services)

PRODUCE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Avocados												
Blueberries												
Cabbage												
Cantaloupe												
Carambola												
Carrots												
Cauliflower												
Celery												
Cucumbers												
Eggplant												
Grapefruit												
Green Beans												
Green Peppers												
Lettuce												
Mangoes												
Oranges												
Radishes												
Squash												
Strawberries												
Sweet Corn												
Tangerines												
Tomatoes												
Watermelon												

This grid is maintained for the entire State of Florida. Local availability may vary by region. Please check with local growers for specific availability in Indian River County.

What is Organic?

Is "Organic" better than "Local"? That really depends on the farm. There is a perception among consumers that organic foods are superior, but the jury is still out as to whether or not there is really any more nutritional value to organically-certified foods than to foods that are raised using organic processes. What we have found in working with our local farmers is that many of them utilize the same practices as those that claim organic certification but have foregone appealing for the certification because of the costs involved in doing so.

Organic certification by the USDA is a process certification, not a product certification. It does not have to do with the quality of the product, its nutritional value, or its safety. Nor does it mean that farms that do not hold organic certification are in any way less safe or less sustainably-based. Certified organic means no use of synthetic pesticides, hormones, synthetic fertilizers, bioengineering or irradiation. Animals certified organic are raised on 100 percent organic feed and do not receive antibiotics or growth hormones. Many of our local growers follow the same strict requirements. It is important to speak to them about their farming practices when you visit their farms so you can learn their philosophies directly...another wonderful benefit of buying local!

Local Highlight 2

Countryside Citrus

Countryside Citrus is a family operation that nurtures, harvests, and ships the citrus they grow from their farm in Indian River County. It all started in the mid-nineteenth century with a family cotton farm in the state of Florida. Many things have changed since the cotton farm but the families of Countryside still take great pride in their company and their citrus. You can see their love and passion for citrus for yourself at their shop in Wabasso off of 81st Street.

Countryside
CITRUS



Local Highlight 3

Crazy Hart Ranch

Linda Hart was raised a country farm girl, growing up on a ranch in Texas where she had her own chickens by the age of six. After leaving the farm, she studied nursing and took a position as Director of Surgery at a hospital here in Florida. But the lure of farm life was in her blood. Linda is great with people and animals alike and has over 40 years of experience caring for livestock. Her farm, known as Crazy Hart Ranch, is in Fellsmere and specializes in raising antibiotic-free poultry. You will find Linda, her tasty poultry, and her southern charm at the Farmer's Market of Fort Pierce each Saturday morning. But if you want to enjoy one of her infamous heritage turkeys for your Thanksgiving dinner, you need to order early! They are one of her most popular commodities.



Local Highlight 4

Gibbons Farm Organics

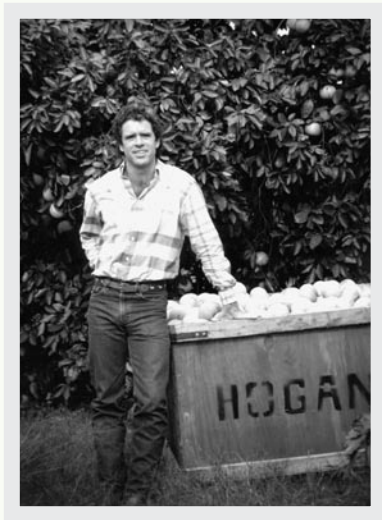
After farming for many years both conventionally and organically, Brenda and Jim Gibbons decided to bring locally grown organics home. Their goal was to grow vegetables and herbs locally without the use of synthetic chemicals while incorporating alternative and sustainable energy sources. Over the years, these methods have been utilized to produce herbs, vegetables and tropical fruits year-round. You can find them each Saturday at the Downtown Fort Pierce Farmer's Market where they encourage people to buy and enjoy locally grown organic produce.



Local Highlight 5

A. Roy Hogan Groves

The Hogan family began as pecan farmers in Suwanee County. In 1927, after the big freeze, T.E. Hogan moved his family to Indian River County and purchased farmland on 21st Street SW. Since the farm first began, it has grown produce and citrus with sustainable farming methods. Now, generations later, the farm and grove continue to produce quality citrus and raise cattle for the commercial market. Owner Doyle Hogan and his daughter, Britain, have plans for expanded production for sale to the local market. Be on the lookout for their heirloom tomatoes and avocados soon!



Local Highlight 6

Lost Meadow Farm

Born into farming, Mark Smith was a fourth generation farmer in Indiana. After running the family's 800-acre farm, Mark found himself looking for a change. So he picked up and moved to Florida in the 1990's. He settled on an old grove in Indian River County where he cleared some land and started growing his famous heirloom tomatoes. He notes that growing in Florida is completely different than farming in Indiana, but he has risen to the challenge and has the goods to prove it. Mark can be found each Saturday October through May at the Fort Pierce Farmer's Market.



Local Highlight 7

Osceola Organic

Kevin O'Dare has a love of the land and water. As a child of the 60s living in Hialeah, Florida, Kevin watched his father grow organic vegetables at a time when most people didn't even understand the significance of "growing organic." In addition to farming, Kevin grew up surfing the east coast waves of Florida. In the late 1980s and early 1990s he decided to follow both of his passions by opening a local surf shop, Sun Spot, and purchasing land in Vero Beach to start farming. Today Kevin devotes much of his time to his farm and fruit stand, Osceola Organic, located on 33rd Street just off of 66th Avenue.



Local Highlight 8

Schacht Groves

The Schacht family has a rich history of growing delicious citrus in Indian River County since 1950. Today, Louis Schacht is the 3rd generation of the family to produce the finest oranges, grapefruit, and honeybells. As a small family farm, Schacht Groves offer gifts of its fresh fruit through a catalog, website, and retail store. By visiting the store, local residents are able to order gift shipments, purchase fresh fruit and juice, and even schedule a grove tour. The store is located just west of Vero Beach at 6100 - 12th Street.



Local Highlight 9

Sembler & Sembler

Sembler & Sembler, which is located in Sebastian, is one of the Treasure Coast's oldest family-owned businesses. Since 1901, Sembler & Sembler has been providing fresh fish and shellfish to consumers. In the early years, the family and its fishermen harvested fish from the Indian River Lagoon and the Atlantic Ocean. The fish were then sold locally or shipped to the Fulton Fish Market, New York. Since the mid 1980s, the family has focused its efforts on farming clams in shellfish beds that are leased from the state. Today, the sixth generation of the Sembler family (all aptly named Charles Sembler) is working in the family business. Locals can find Sembler's farm-raised clams at Indian River Seafood in Sebastian.



Local Highlight 10

White Rabbit Acres

Brian and Valerie Quant bought their first piece of land in 1999 so their daughter, Danielle, could have a barn for her Flemish rabbits. From this came the name “White Rabbit Acres.” Brian, who had not been raised in an agricultural family, unearthed his passion for farming after purchasing the land. With his wife, Valerie, his goal continues to be to produce great tasting food without using any harsh chemicals, and many people around Indian River County can vouch that he is succeeding. You can visit Brian and his family in Vero Beach just west of 66th Avenue on 37th Street.



DIRECTORY OF LOCAL GROWERS

*Those with an * have contributed to our menu this evening.*

Broken Oak Farm

Contact: Laurie Flynn

Address: 13575 83rd Street, Fellsmere

Phone: 772.571.8686

Contact the farm for hours of operation and market locations.

Broken Oak Farm is located on 5 acres in Fellsmere. Though Broken Oak Farm is not "USDA Certified" organic, they do strongly believe in sustainable, natural farming methods and feature safely-grown garden produce and fresh eggs from happy, unmedicated hens.

Carroll Meat and Seafood Company*

Contact: Jim or Tara Carroll

Address: 1355 US Highway 1, Vero Beach

Phone: 772.562.7866 or Fax: 772.562.0893

www.carrollmeatandseafood.com

Hours: Monday – Friday: 9:00 a.m. – 6:00 p.m.

Saturday: 9:00 a.m. – 5:00 p.m.

This authentic old fashioned butcher shop offers regional grass fed beef and local wild caught seafood in addition to quality meats and seafood from around the country. They specialize in unique homemade sausages and quality hormone-free cuts of meat.

Countryside Citrus*

Contact: Fred and Flo VanAntwerp, Rusty Banack

Address: 6325 81st Street, Vero Beach

Phone: 888.550.5745 or Fax: 772.581.8217

www.countrysidecitrus.com

Hours: Monday – Saturday: 8:00 a.m. – 5:00 p.m.

Countryside Citrus is a family owned grove. They grow, harvest and ship Indian River citrus and only sell what they grow on their two thousand acres in Vero Beach. The climate here, on the line "where the tropics begin," is optimal for raising delicious grapefruit, oranges, tangelos and tangerines.

Crazy Hart Ranch*

Contact: Linda Hart

Address: 12416 91st Street, Fellsmere

Phone: 772.913.0036

Email: info@crazyhartranch.com

www.crazyhartranch.com

Ranch Hours: Wednesday – Friday 10:00 a.m. – 4:00 p.m.

(hours are extended during the holidays)

Visit them at the Downtown Fort Pierce Farmer's Market

Crazy Hart Ranch raises free-range, grass fed, hormone and antibiotic-free chickens and heritage Bourbon Red and Blue Slate turkeys. Perfect for the holidays but be sure to place your orders early!

Dekker Family Farms

Contact: Dean Dekker

Address: 4823 Shinn Road between Okeechobee and Midway Rds, Fort Pierce

Phone: 772.468.9682

www.dekkerfamilyfarms.com

U-Pick Farm Hours: Monday – Friday: 10:00 a.m. – 3:00 p.m.

Dekker Family Farms is a family run hydroponic U-Pick farm featuring naturally grown strawberries and a variety of fresh ready to pick vegetables, including heirloom tomatoes, lettuces, spinach, cucumbers and much more. Educational tours are available.

Freebird Farms

Contact: Gary Roux

Address: 1204 19th Place, Vero Beach (farm stand)

Phone: 772.633.2420

Hours: Monday – Friday: 8:30 a.m. – 4:00 p.m.

If you are looking for pasture fed free range eggs from humanely treated chickens, go no further than Freebird Farms. Eggs are sold only as run of nest (they aren't sorted for size). Fresh eggs are sold no later than 72 hours from collection. Seasonal mixed fruits and vegetables are also available.

Gibbons Farm Organics*

Contact: Jim or Brenda Gibbons

Address: 3904 North Kings Highway (SR713), Fort Pierce

Phone: 772.979.4061

Visit them at the Downtown Vero Beach and Fort Pierce Farmer's Markets.

The certified organic Gibbons Farm Organics has maintained lettuce production year-round and has several varieties of cucumbers and heirloom tomatoes for summer harvest in addition to okra, long beans and many other herbs and vegetables. They occasionally have bananas and papayas and have begun grape production as well.

Hale Groves

Address: 1650 90th Ave., Wabasso

Phone: 800.562.4502

www.halegroves.com

The beloved retail store on US 1 has reopened and expanded to include fresh produce. Be sure to ask which produce is local before buying. The Hale Groves gift fruit company is still available online, though the company is no longer owned by the family and fruit is sourced from other growers.

A. Roy Hogan Groves*

Contact: Doyle Hogan

Address: 21st Street SW, Vero Beach

Phone: 772.473.6689

A. Roy Hogan Groves has been a producer of local citrus and vegetables since it was established in 1927. Today, still family run, the grove produces citrus for commercial distribution and plans to expand vegetable production for local distribution direct to consumers soon.

J&G Premium Organics

Contact: Genevieve Schutt
Address: 1360 US Highway 1, Vero Beach
Email: genvs@comcast.net
Phone: 772.978.1361
Pick Up Hours: Tuesday before 1:00 p.m.

Genevieve sends a weekly email announcement of available produce, raw nuts and other organic products that can be ordered for pick up each Tuesday. To get on her mailing list, contact her at the email address below.

Lost Meadow Farm*

Contact: Mark Smith
Address: 7350 41st Street off 66th Avenue, Vero Beach
Phone: 772.766.3250

Though Lost Meadow Farm offers a variety of fresh produce from its location in Vero Beach, farmer Mark Smith is best known for his assortment of delicious heirloom tomatoes.

Nature Farms

Contact: Mark Dellerman
Address: 9150 North US 1 (directly south of Hale)
Phone: 772.388.2525
Farm Stand Hours: Monday – Friday: 10:00 a.m. – 5:00 p.m.

Among the items available through certified naturally grown Nature Farms, a locally owned and operated farm since 2003, are pineapples, citrus and blueberries, as well as specialty lettuces, tomatoes, onions, cucumbers, beans, peppers, eggplant, squash, okra, greens and herbs.

Osceola Organic Farm*

Contact: Kevin O'Dare
Address: 6980 33rd Street off of 66th Avenue
Phone: 772.567.1530
Farm Stand Hours: Monday – Saturday daylight hours

Osceola Organic has been certified organic since 1996. They have an outstanding array of lettuces and vegetables available throughout the year, including arugula, beets, broccoli, cabbage, cucumbers, green beans, eggplant, green onions, kale, onions, peas, spinach, sweet peppers, swiss chard, tomatoes, strawberries, watermelon... and more! They only sell what they grow on site.

Peterson's Groves and Nursery

Contact: Jan Merrick
Address: 3375 66th Avenue, Vero Beach
Phone: 772.562.6900 or Fax: 772.770.2996
Call the grove for hours of operation

Throughout the year, this old-Florida style retail grove offers citrus, scallions, tomatoes, swiss chard and a variety of citrus trees through their retail shop on the grove premises. Among the grove attractions are the small farm animals they keep on site.

Poinsettia Groves

Contact: Jeb Hudson

Address: 1481 US 1, Vero Beach

Phone: 772.562.3356 or Fax: 772.562.3629

Email: jeb.hudson@poinsettiagroves.com

www.poinsettiagroves.com

Hours: November through April

Monday – Friday: 8:00 a.m. – 5:00 a.m. Saturday: 8:00 a.m. – 12:00 noon

Established as Greenleaf Groves in 1947, Poinsettia Groves is a small, family owned gift fruit company with its packing house and store located in the heart of the famous Indian River growing district. Visit their shop to purchase fresh oranges and grapefruits in season or visit their web site to place gift fruit orders.

Pure Produce

Contact: Mayta Gomez

Address: 8875 Grant Road, Micco

Phone: 772.664.3657

Hours: on-site farm stand open Thursdays and Fridays

Visit them at the Downtown Fort Pierce Farmer's Market.

This unique family farm has produced greenhouse vegetables for 26 years. Tomatoes, jumbo cherry tomatoes, European baby cucumbers, red and green bibb lettuce, a variety of herbs all hydroponic using reverse osmosis water.

Schacht Groves*

Contact: Louis Schacht

Address: 6100 12th Street, Vero Beach

Phone: 772.562.5858 or Fax: 562.9866

Email: info@schachtgroves.com

www.schachtgroves.com

Store Hours: Monday – Saturday: 8:00 a.m. – 6:00 p.m.

Sunday: Noon – 4:00 p.m.

The delicious citrus picked at the height of taste at the generations-old family-run Schacht Groves include Ruby Red Grapefruit, Navel Oranges, Honeybell Tangelos, Temple Oranges, and Valencia Oranges. When you visit the grove or its retail shop, you may even receive a personal grove tour from one of the Schacht family members. Schacht Groves is an excellent choice for your gift fruit orders!

Sembler and Sembler*

Contact: Indian River Seafood

Address: 633 Old Dixie Highway, Sebastian

Phone: 772.589.8585

Hours: Tuesday – Saturday: 10:00 a.m. – 6:00 p.m.

Sunday: 11:00 a.m. – 4:00 p.m.

Sembler and Sembler sells its signature clams in vast quantities throughout the country. If you are interested in their delicious local clams and seafood, please visit Indian River Seafood in Sebastian.

The Shrimp Pimp

Contact: Allan and Roxanne Ricketts

Address: 8420 US 1, Micco

Phone: 772.216.7139

Email: theshrimppimp@gmail.com

Hours:

Friday 3:00pm - 6:00pm Saturday & Sunday 2:00pm - 6:00pm

The Shrimp Pimp sells only wild caught Florida shrimp. Shrimp are flash frozen on the boat and never thawed. They are 100% natural, 100% flavorful and 100% premium quality. Available year-round, harvested under strict environmental regulations and inspection standards to ensure the highest quality.

Varri Green Farm

Contact: Sal Varri

Address: 12847 S.E. Highway 441, Okeechobee

Phone: 863.357.2747

www.varrigreenfarm.com

Contact the farm for hours of operation and market locations.

Varri Green Farm takes pride in producing chemical free herbs, sprouts, fruits, nuts and vegetables direct to market. The produce is picked a day or two before market to maximize its nutritional value and flavor, and is never shipped more than 100 miles.

White Rabbit Acres*

Contact: Brian and Valerie Quant

Address: 7020 37th Street off of 66th Avenue

Phone: 772.778.1241

Hours: daylight

White Rabbit Acres sells directly from its location off of 66th Avenue, but can also be found at area farmer's markets in season. Yellow and zucchini squash, cucumbers, beans, peppers and lettuce mixes are among the staples here.

Nearby Farmer's Markets

Downtown Vero Beach

14th Avenue at 21st Street

Outside of The Heritage Center

Fridays: 9:00 a.m. – 1:00 p.m.

In season: October - May

Downtown Fort Pierce

Melody Lane in the Historic District

between the Library and Marina

Saturdays: 8:00 a.m. – Noon

Year round