

Six Ways to Buy Local

Farm and Food Resource Guide 2022

- ❖ Shop at area farmers' markets.
- ❖ Shop at local farm stands.
- ❖ Join a CSA (community supported agriculture).
- ❖ Ask your local restaurant to carry more food from area farms. Several restaurants in our area offer locally grown meats, produce and specialty items produced locally.
- ❖ Try to eat seasonally by learning what is in season for fresh or stored fruits and vegetables throughout the year.
- ❖ Pick your own! Find out where to pick fruits and vegetables at their peak of ripeness and highest nutritional value.

GET HEALTHY LIVE WELL

GetHealthyLiveWell.org

An initiative led by Tanner Health System to create healthier communities in Carroll, Haralson and Heard counties. Made possible with funding from the United States Department of Agriculture (USDA).



extension.uga.edu/county-offices/carroll

The University of Georgia Cooperative Extension is dedicated to helping people find answers to questions related to agriculture, the environment, families, 4-H and youth.

Note: The farms and information listed in this guide were provided by the farmers and are subject to change at any time. For the most up-to-date information, please contact each farm directly or check their website if available.

Photos provided by Kim Littleton, Lynne Denney and Charlene Astin.



Why buy from local farms? Eat fresher, better tasting, healthier foods.

When produce is shipped hundreds or thousands of miles, it loses crispness, flavor and nutrients along the way. Foods grown to be shipped may be picked before they ripen and are treated with chemicals. The average distance food travels from farm to plate is 1,500 miles. If you're buying direct from a farm or at a farmers' market, the produce has often been picked that morning or within 24 hours. Locally grown food tastes better and is more nutritious.



Enjoy seasonal produce and regional varieties.

As the seasons change, so do crops. If you eat locally, you'll be trying new things throughout the year. You're also likely to be eating what naturally grows in your area. Family farmers often cultivate heirloom varieties that are unique to your home and a part of its heritage.

Get to know who grew your food and where, so you reconnect with it and your community.

You can put a face on a farm with local food. You'll learn about the seasons and weather through their effects on crops, and you'll learn about the work of farming from your discussions with the grower. When you buy directly from the farmer, more of your money goes back to the farm. And if you shop at a farmers' market or subscribe to a CSA (community supported agriculture), you'll meet your neighbors and participate in a festive community event. When you visit restaurants and grocers that use local ingredients, you support businesses that share your commitment.

Support your farming neighbors.

Use your food dollars to support a family you know. Local food supports local farm families. When the farmer can eliminate the middleman and sell directly to consumers, the farmer has a better chance of making a living.

Protect natural beauty and open spaces by preserving farmland.

Local food preserves open space. People like to look at farms as they travel. It enhances their community as a nice place to live. Helping to make local farms profitable saves the rural landscape.

Encourage sustainable farming practices, benefiting human, animal and environmental health.

Local food supports a clean environment and benefits wildlife. Family farmers value their water and land because they must maintain these resources to continue farming. Family farmers are accountable; unlike a company in another country or state, their customers can observe their practices.

Strengthen local economies and keep your food dollars close to home.

The uncertainty of the global economy makes clear the need for local economies. Use your purchasing power to create local jobs and pay taxes that benefit your own community. Sustainably-raised foods sometimes cost more at the cash register, but their long-term costs to the environment and society are far less.

Maintain and build local food systems so we can feed ourselves in the future.

As fossil fuels become scarcer and costlier, shipping food long distances may no longer be an option. By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, so that future generations will have access to nourishing, flavorful and abundant food.

Keep farming skills alive.

The number of farmers is rapidly declining. We must ensure that farmers' essential knowledge is passed on and make staying on the farm a good option for young people.



Locally Grown Food in Carroll,
Haralson and Heard Counties

Farmers' Markets

Grocery shopping doesn't have to be a chore.

Shopping at a farmers' market can be a fun activity for your whole family. Many markets offer live music performances, food tastings, cooking demonstrations and kids activities. Some also feature local artisans who sell specialty items such as pottery, soaps and crafts.

Find so much more than vegetables.

Farmers' markets offer a wide variety of products in addition to fruits and vegetables.

- ❖ Grass-finished beef and pork
- ❖ Locally made sausage
- ❖ Farm-fresh eggs
- ❖ Stone-ground grits and other whole grains
- ❖ Fresh and dried herbs and spices
- ❖ Artisan cheeses
- ❖ Fresh-baked breads and pastries
- ❖ Salsa and pickles
- ❖ Homemade jams and jellies
- ❖ Local honey
- ❖ Live plants and flowers

West Georgia Farmers' Markets

Cotton Mill Farmers' Market

The Cotton Mill Farmers' Market is open Saturdays from 8 to 11 a.m. During the winter months, the market is open from 9 to 11 a.m. Cotton Mill Farmers' Market is located on Dixie Street, north of Tanner Medical Center/Carrollton.



The vendors are all local, offering locally grown and made foods, produce and products.

For more information, visit www.cottonmillfarmersmarket.org.

Check out all that the Cotton Mill Farmers' Market has to offer:

- ❖ Accepts EBT/SNAP benefits and doubles their value
- ❖ Provides activities for kids, including Kid's Vendor Day
- ❖ Hosts cooking demonstrations and recipes
- ❖ Offers music

Power of Produce (POP) Club

The POP Club is a program to empower kids to make healthy food choices. Every time kids ages 4 to 12 come to a participating farmers' market and participate in a fun activity, they will receive \$2 to spend on fresh fruits and vegetables. POP is sponsored by Tanner Health System's Get Healthy, Live Well. Email gethealthy@tanner.org for more information.

What's in season?

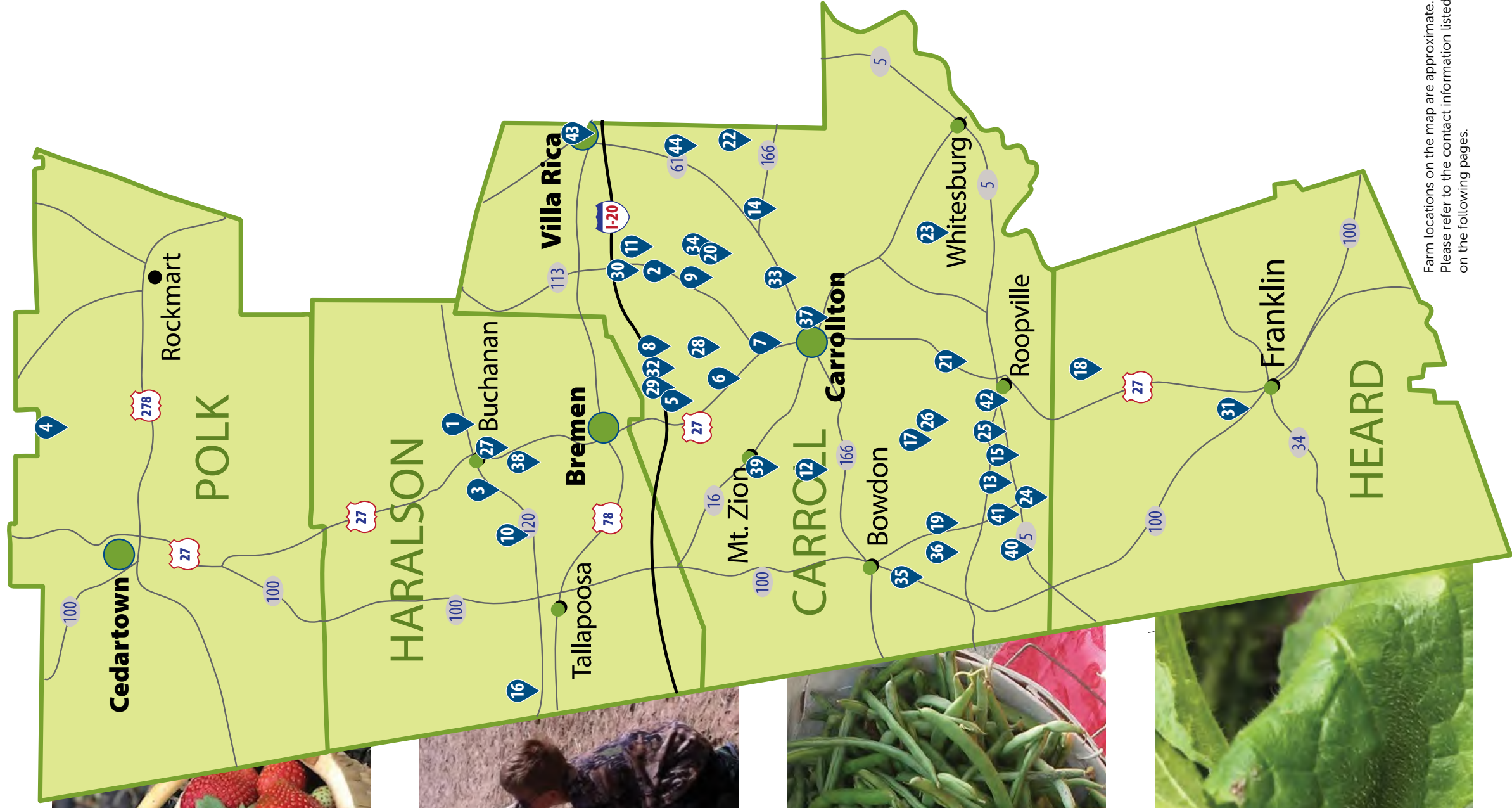
Your guide to the availability of fruits and vegetables grown in north Georgia.

Produce	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Asparagus	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Beans - green	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Beets	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Blackberries	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Blueberries	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Broccoli	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Cabbage	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Carrots	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Cauliflower	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Collards	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Corn	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Cucumbers	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Eggplant	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Figs	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Garlic	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Kale	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Lettuce	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Melons	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Muscadines	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Mushrooms	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Okra	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Onions	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Peaches	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Pears	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Peas - snap	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Peas - field	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Pecans	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Peppers	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Potatoes	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Pumpkins	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Radishes	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Spinach	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Squash - summer	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Squash - winter	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Strawberries	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Sweet potatoes	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Tomatoes	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light
Turnips	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light	Light

Peak harvest


Light harvest, storage, greenhouse







Farm locations on the map are approximate. Please refer to the contact information listed on the following pages.


Key to Farm Symbols

 **CSA (community supported agriculture)**
Pre-purchase a share of the CSA and you will receive a portion of the fruits and vegetables harvested each week. Great for families or splitting with a friend.

 **Farmers' market**
A colorful selection of homegrown products in an open air marketplace. Buy fresh fruits, vegetables, flowers, meats, baked goods and more at farmers' markets. Participate in kids activities and get to know your local farmers.

 **Cheese**
Try fresh and aged artisanal cheeses made from cow and goat milk.

 **Eggs**
Fresh local eggs are available.

 **Farm-raised meats**
Locally raised beef, pork, poultry and goat can be purchased here. Many farms offer pasture-raised, grass-finished, hormone- and antibiotic-free meats.



Livestock
Cattle, sheep or goats available for breeding stock and/or meat.



Horse
Equine operations range from offering horse boarding or lessons to breeding facilities.



Fruit
Offered at the peak of ripeness, some farms specialize in a certain variety or type of fruits. Find them at the farm or a local farmers' market.



Vegetables
Offered at the peak of ripeness, some farms specialize in a certain variety or type of vegetable while others grow a broad array. Find them at the farm or a local farmers' market.



Honey
Try some local honey and support these wonderful pollinators.



Specialty products
Some farms offer specialty products, including canned goods, soaps, lotions and even garden arbors.



Christmas trees
Start a new tradition for your family by getting outside and choosing your own tree this holiday season.



Compost
For your gardening and landscaping needs, check out these farms turning waste into a valuable nutrient and soil-amending resource.



Horticulture
Visit a greenhouse or nursery and find plants, flowers, trees, shrubs and sod for your landscaping and gardening needs. Growers know what plants do best in our area and have the expertise to help you.



Hay
Hay producers are growing bermudagrass, fescue and even alfalfa hay in round or square bales.



Pick your own
Pick your own fruit. Children and parents alike can enjoy an outing harvesting enough produce for a pie, for preserving or for just plain eating.



Services/tours
Going beyond a product, these farms share their talents. Examples include custom hay harvesting, bush hog work, garden and forestry consulting, education, event venues and farm tours.



Vineyard/Winery
Try some local wine from one of the vineyards or a winery.

