

# A Guide to Buying Local Food in Oklahoma

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Bringing small businesses into focus in the eyes of their potential customer in a world full of competition is my passion. My other passion bringing positive change and environmental concerns into focus. Rarely do I get to bring those two passions together, but today I will do just that. The more businesses we support, the more other businesses will be encouraged to get on board.

There are so many reasons to support local farmers, for instance our health, economy and way of life would be some of the many areas impacted by loss of farmers.

## Taste

It's been said (and I agree) nothing is better than a fresh tomato just picked from the garden, but my favorite is peaches. When I ask people, if they like peaches and then they tell me they get them from the supermarket, I about lose it. Those are not peaches and you have not lived until you have a peach fresh off the tree or one from Livesay Orchards in Oklahoma (Or where ever your famous peach city is). You know why it tastes better? Not only is it fresh, but the more fresh produce is, the more nutrients it has. The produce at the store has often been picked before it was ripe, so it can get to the store before it goes bad. With fresh produce is picked and eaten at the peak when it's the freshest and full of nutrients, therefore being the best tasting.

## To Support Small Business

Farming is a business just like other small businesses. You're not supporting a millionaire using your money to buy his third home, but you're helping them keep their way of life alive. Today's farmer receives less than 10 cents of the retail food dollar. When farmers sell directly to the consumer, the middleman is cut out thus producing a higher profit for the farmer. To support local farmers means the money they make circulates throughout the community. Large agribusinesses run the marketplace because they can afford to sell food cheaper, which makes it hard for the family farms to compete. Large agribusinesses dominate food production in the U.S. Small family farms have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return for their produce and gives them a fighting chance in today's globalized economy.

## To Protect the Environment

Food sold in the US travels anywhere from 1,500 to 3,000 miles to get to our homes, sometimes expiring before it gets there or we have a chance to use it. All this shipping uses large amounts of natural resources (especially fossil fuels), contributes to pollution, and creates trash with extra packaging. Food at the farmers market is transported shorter distances and is generally grown using methods that minimize the impact on the earth.

# A Guide to Buying Local Food in Stillwater

## Restaurants

### Good Little Eater

106 W 10th Ave #1/2  
[www.goodlittleeater.net/](http://www.goodlittleeater.net/)

### Red Earth Kitchen

Student Union

### Red Rock Bakery

910 N. Boomer  
 702 S. Main St.  
[www.redrockbakery.com/](http://www.redrockbakery.com/)

## Grocery Stores

### 1907 Meat Company

919 S. Main St  
[www.1907meat.co/](http://www.1907meat.co/)

### Farmer's Markets

OSU- Student Union Plaza  
 August-October, Thurs. 9am-1pm.

NOC/Cowboy Mall- Winter Location  
 Through March, Sat. 10am-1pm

Strickland Park- Spring/Summer Location  
 April-August, Wed. & Sat. 8am-1pm

Stillwater Medical Center-Spring/Summer Location  
 May-October, Mon. 2pm-5:30pm

Pioneer Square- Fall Location  
 September/October- Wed. & Sat. 8am- 1pm  
 November/December- Sat. 8am-1pm

### Green Acres

211 N. Perkins Rd., Ste 24,  
[www.natures-supply.com](http://www.natures-supply.com)

### Oklahoma Food Cooperative

Based in Oklahoma City  
 Pick-up site 524 North Stallard Street  
[oklahomafood.coop/](http://oklahomafood.coop/)

## To Know Where Your Food Comes From

You know your doctor's name, but do you know your farmer's name? You are what you eat is more than a saying because more and more we are finding out that many illnesses are caused from poor eating habits or eating things that are grown in unsustainable ways. Support local farmers and meet your farmer face to face, to make them accountable. A farmer you never meet, who grows thousands of acres doesn't know you or care about you. A farmer who invites you to come see their farm, sees you every Saturday knows you and wants the best for your health.

## To Preserve Diversity

Local farms grow a huge number of varieties to provide a long season of harvest, an array of eye-catching colors and the best flavors. Many of these are heirlooms, passed down through the generations. In the supermarket, you see a small collection of produce. This produce is chosen for its ability to ripen, withstand harvesting equipment, the ability to have a long shelf life or tough skin that can survive long enough to get to the store.

## Eat Seasonally

When foods are not in season, they are shipped from even farther away than when they are in season for that area. This results in loss of taste and nutrients, also contributing to mileage for that meal. Support local farmers and get the freshest, most nutrient dense and tastiest food money can buy.

## Safer Foods

Although, small farms aren't always organic producers, they still are generally safer than foods at the supermarket. When you hear about E. Coli outbreaks they are generally from large industrial settings. The food in these settings have passed through many machines and hands before finally reaching the store.

## Local Food is About the Future

If you support local farmers today, it ensures farms in your community tomorrow and future generations. These farms will provide nourishing, flavorful and abundant food.

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## Restaurants

### Norman

#### The Earth Cafe

309 S Flood Ave  
<http://www.theearthnorman.com/>

### Oklahoma City

#### Kitchen No. 324

324 N Robinson Avenue  
<http://kitchen324.com/>

### Ludivine

805 N Hudson Ave  
<http://ludivineokc.com/>

### Packard's New American Kitchen

201 NW 10th Street  
<http://www.packardsokc.com/#midtown-packards>

### Provision Kitchen

6443 Avondale Dr  
[provision-kitchen.com/](http://provision-kitchen.com/)

### Whiskey Cake

Penn Square Mall-1845 NW Expressway  
<http://www.whiskeycakeokc.com/>

### Tonkawa

#### TS Fork

100 W Grand Ave  
<http://www.tsfork.com/>

### Tulsa

#### Dilly Diner

402 E 2nd St  
[www.dillydiner.com/](http://www.dillydiner.com/)

### Juniper

324 E 3rd Street (Downtown at S Elgin Avenue)  
<http://www.junipertulsa.com/>

## Grocery Stores

### Edmond

#### Uptown Groceries

1230 W Covell Rd  
<http://www.uptowngroceryco.com/>

### Enid

#### Rowdy Stickhorse

1923 W Owen K Garret Rd.  
<http://www.rowdistickhorse.com/>

### Norman

#### Forward Foods

2001 W Main St #111  
<http://forwardfoods.com/#yourfriendincheeses>

### Oklahoma City

#### Native Roots

131 NE 2nd Street  
<http://www.nativerootsmarket.com/>

### Oklahoma Food Cooperative

Based in Oklahoma City  
 Pick-up sites around Oklahoma  
[oklahomafood.coop/](http://oklahomafood.coop/)

### Urban Agrarian

1235 SW 2nd St  
[www.uaoklahoma.com](http://www.uaoklahoma.com)

### Farmer's Market

Looking for your local farmer's market?  
 Check out <http://www.okgrown.com/markets>

Email us at  
[everchangeproductions@gmail.com](mailto:everchangeproductions@gmail.com)  
to add your favorite place to buy  
local produce to our list!