



## Quad Cities - Local Chapter - Food Resource List

QC Chapter Leader: Lori Sullivan (563) 355-4864 [lori@nutritionworkswellness.com](mailto:lori@nutritionworkswellness.com)

QC Chapter Co-Leader: Cathy Blok (563)599-2932 [gcwapfc@gmail.com](mailto:gcwapfc@gmail.com)

<b>Name:</b>	Arnolds Farm
<b>Products:</b>	Grass/Grain Fed Beef, Pork, Chicken, Turkey
<b>Affiliation:</b>	
<b>Environment:</b>	No Chemicals, Hormones, Antibiotics, Animal by Products or GMO Corn
<b>Location:</b>	Elizabeth, IL
<b>Where to Buy:</b>	
<b>URL:</b>	<a href="http://www.arnoldsfarm.com">www.arnoldsfarm.com</a>
<b>Phone:</b>	815-858-2407
<b>Contact:</b>	
<b>Email:</b>	arnoldfarm@juno.com
<b>Notes:</b>	Non-GMO Corn, Oats, Hay and Pasture for most livestock needs (hogs and chickens receive a GMO soybean meal for about 15% of diet)

<b>Name:</b>	Azure Standard
<b>Products:</b>	Natural, Organic Foods
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	
<b>Where to Buy:</b>	
<b>URL:</b>	<a href="http://www.azurestandard.com">www.azurestandard.com</a>
<b>Phone:</b>	Local Coordinator: 563-332-9362 - Home Office: 971-200-8350
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	Food Co-Op with Davenport drop site

<b>Name:</b>	Berlin Natural Bakery
<b>Products:</b>	Spelt Bread, Spelt Flour, Cookies, Sandwich Buns, Specialty Spelt Baked Goods, Amish Country Traditions, Pizza & Fixins', Artisan Spelt Bread Collection, Organic Spelt Pasta
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	Physical Address: Berlin Natural Bakery, 5126 County Road 120, Millersburg, Ohio 44654
<b>Where to Buy:</b>	Order Online or Locally at Heritage Natural Foods, 1317 6 <sup>th</sup> Ave. Moline IL, 61265
<b>URL:</b>	<a href="https://www.berlinnaturalbakery.com/">https://www.berlinnaturalbakery.com/</a>
<b>Phone:</b>	Toll Free order line: 800-837-5334
<b>Contact:</b>	Mailing Address: Berlin Natural Bakery, P.O. Box 311, Berlin, Ohio 44610
<b>Email:</b>	<a href="mailto:Nicole@BerlinNaturalBakery.com">Nicole@BerlinNaturalBakery.com</a>

<b>Name:</b>	Brammeier Farm
<b>Products:</b>	Beef
<b>Affiliation:</b>	
<b>Environment:</b>	Certified Organic, Grass-Fed and Grass-Finished
<b>Location:</b>	Wilton, IA
<b>Where to Buy:</b>	
<b>URL:</b>	
<b>Phone:</b>	563-370-1957
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	

<b>Name:</b>	Cinnamon Ridge
<b>Products:</b>	Milk, Cattle, Pigs, Corn, Soy
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	10600 275th Street - Donahue, IA 52746
<b>Where to Buy:</b>	
<b>URL:</b>	<a href="http://www.tourmyfarm.com">www.tourmyfarm.com</a>
<b>Phone:</b>	
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	Refused to provide details on what animals are fed or if products are non-GMO

<b>Name:</b>	Crandall Farms, Inc.
<b>Products:</b>	Honey, eggs, beeswax candles, wax melts, soaps, some fresh herbs and veggies
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	Coal Valley, IL
<b>Where to Buy:</b>	Most Hy-Vee stores, Fareway, Fresh Thyme, Natural Grocers, Schwiebert Park Farms Market
<b>URL:</b>	<a href="http://www.crandallfarms.com">www.crandallfarms.com</a>
<b>Phone:</b>	309-799-7420
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	

<b>Name:</b>	Grateful Graze
<b>Products:</b>	Non-GMO Mobile Pastured Eggs, Lifetime Pastured Grass Fed & Finished Beef, Non-GMO Mobile Pastured Chicken, Lifetime Pastured Grass Fed & Finished Lamb, Non-GMO Timber Raised Pork
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	19065 IL 81, Cambridge, Illinois 61238
<b>Where to Buy:</b>	Order Online, Pickup Location: Highway House 19065 IL – 81 Cambridge, IL 61238, QC Farmers Market – Rock Island
<b>URL:</b>	www.gratefulgraze.com
<b>Phone:</b>	309-852-3276
<b>Contact:</b>	Monte & Robyn Bottens
<b>Email:</b>	monte@gratefulgraze.com
<b>Notes:</b>	Certified Grassfed by AGW, Certified American Grassfed, Animal Welfare Approved by AGW

<b>Name:</b>	Grossman's Meats
<b>Products:</b>	Beef, Chicken, Eggs
<b>Affiliation:</b>	
<b>Environment:</b>	Local Grown Beef & Free-Range Chickens
<b>Location:</b>	
<b>Where to Buy:</b>	Freight House Farmers' Market
<b>URL:</b>	
<b>Phone:</b>	563-212-6120 - Bonnie: 563-380-6821
<b>Contact:</b>	

<b>Name:</b>	Healthy Harvest Urban Farms
<b>Products:</b>	Organic foods, regenerative agriculture, sustainable foods, 100% non-GMO, local organic meats, gluten free products, etc.  Organic Vegetables and Fruits from local farms when in season
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	1616 2 <sup>nd</sup> Ave, Rock Island, IL 61201 (Grocery Store and Café)
<b>Where to Buy:</b>	
<b>URL:</b>	Find us on Facebook and Instagram @HealthyHarvestUrbanFarms
<b>Phone:</b>	309-235-1330
<b>Contact:</b>	Chad Summers
<b>Email:</b>	healthyharvesturbanfarms@live.com
<b>Notes:</b>	

<b>Name:</b>	Heilmann Hawkeye Acres
<b>Products:</b>	Organic Fruits & Vegetables & All-Natural Beef
<b>Affiliation:</b>	
<b>Environment:</b>	USDA certified organic fruits and vegetables
<b>Location:</b>	
<b>Where to Buy:</b>	
<b>URL:</b>	
<b>Phone:</b>	Home: 563-522-2923 or Cell: 563-219-2589
<b>Contact:</b>	
<b>Email:</b>	heha.acres@gmail.com
<b>Notes:</b>	CSA drop-off sites at Freight House in Davenport as well as in Clinton

<b>Name:</b>	Heritage Family Farm
<b>Products:</b>	Eggs
<b>Affiliation:</b>	
<b>Environment:</b>	Chickens are pastured and receive non-GMO feed
<b>Location:</b>	Preemption, IL
<b>Where to Buy:</b>	
<b>URL:</b>	
<b>Phone:</b>	309-314-8418
<b>Contact:</b>	
<b>Email:</b>	<a href="mailto:lynchmm06@yahoo.com">lynchmm06@yahoo.com</a>
<b>Notes:</b>	Can deliver eggs

<b>Name:</b>	Hollow Maple Farms
<b>Products:</b>	Beef, Chickens, Ducks, Fruits, Vegetables, and Flowers  We raise corn, soybeans, cattle (beef), hogs (pork), chickens, ducks, fresh eggs, fruits, vegetables, annual and perennial flowers, and fall décor.
<b>Affiliation:</b>	
<b>Environment:</b>	No Antibiotics or Growth Hormones
<b>Location:</b>	2182 230th Street - Bennett, IA 52721
<b>Where to Buy:</b>	
<b>URL:</b>	<a href="http://www.localharvest.org/hollow-maple-farms-M37973">http://www.localharvest.org/hollow-maple-farms-M37973</a>
<b>Phone:</b>	563-890-2975
<b>Contact:</b>	Sean Wright
<b>Email:</b>	
<b>Notes:</b>	<p>Animals are free-range but diet includes GMO grains; Produce is not organic.</p> <p>We are a fourth-generation family farm located in Bennett, Iowa.</p> <p>As an addition to our farmers markets, we offer a CSA program. CSA stands for community supported agriculture. It essentially means customers buy shares of our garden in return for fresh food throughout the growing season. The shares are paid for up front before the growing season begins to allow us the capital to make our input purchases with the payoff being an assortment of local farm fresh produce throughout the growing season.</p> <p>We believe our CSA program is unique and is set up differently than most similar programs. Our program offers flexibility in that we send out an email once a week with our “Grocery List” showing the customer what is available. Then you return the list via email with the selections YOU make!</p> <p>Our CSA shares are very affordable also. They start at just \$100.00 and can be purchased in \$100 increments to suit the needs of just a single person or a family of ten. As an added bonus this year, for every \$100 spent you will receive \$10 free produce.</p>

<b>Name:</b>	Hoof and Root
<b>Products:</b>	Organic Produce, Pastured Poultry, Berkshire Pork
<b>Affiliation:</b>	
<b>Environment:</b>	USDA Certified Organic
<b>Location:</b>	Freight House Farmers Market
<b>Where to Buy:</b>	
<b>URL:</b>	
<b>Phone:</b>	
<b>Contact:</b>	
<b>Email:</b>	hoofandroot@gmail.com
<b>Notes:</b>	

<b>Name:</b>	Hungry Goat Hydro Farms
<b>Products:</b>	Hydroponic Vegetables & Herbs
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	7902 N. Utah Ave, Davenport, IA 52801
<b>Where to Buy:</b>	
<b>URL:</b>	www.hungrygoathydrofarms.com
<b>Phone:</b>	563-265-1687
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	

<b>Name:</b>	Kilker Farms
<b>Products:</b>	Chicken, Eggs, Pasta
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	Freight House Farmers Market
<b>Where to Buy:</b>	
<b>URL:</b>	
<b>Phone:</b>	
<b>Contact:</b>	
<b>Email:</b>	kilkerfarmsusa@gmail.com
<b>Notes:</b>	Farm fresh, cage free, truly free range (9+ acres), purified water, quality feed, lots of sun, all natural antibiotic free, pesticide free, local, family farmed, hand collected

<b>Name:</b>	Lathe & Lambsquarters
<b>Products:</b>	Meat & Vegetables
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	12266 E 1300 <sup>th</sup> St. Cambridge, IL
<b>Where to Buy:</b>	Schwiebert Park Farmers Market
<b>URL:</b>	
<b>Phone:</b>	309-235-6802
<b>Contact:</b>	
<b>Email:</b>	latheandlambsquarters@gmail.com
<b>Notes:</b>	Grass-Fed and antibiotic free

<b>Name:</b>	Let Us Farm
<b>Products:</b>	Red/Green Leaf Lettuce, Kale, Chard, Arugula, Spinach, Tatsoi
<b>Affiliation:</b>	
<b>Environment:</b>	Certified Organic
<b>Location:</b>	16271 N. 2120th Ave - Geneseo, IL 61254
<b>Where to Buy:</b>	Freight House Farmers Market
<b>URL:</b>	<a href="http://www.naturallygrown.org/producers/1683">www.naturallygrown.org/producers/1683</a>
<b>Phone:</b>	309-945-6210
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	

<b>Name:</b>	Little Red Hen Urban Farm
<b>Products:</b>	Vegetables and Fruits
<b>Affiliation:</b>	
<b>Environment:</b>	Chemical Free
<b>Location:</b>	12th Ave & 9th Street - Rock Island, IL 61201
<b>Where to Buy:</b>	CSA program and local farmers' market
<b>URL:</b>	
<b>Phone:</b>	309-786-2609
<b>Contact:</b>	Rev Jacqueline Cunningham-Walls
<b>Email:</b>	
<b>Notes:</b>	Program that teaches locals to grown their own food

<b>Name:</b>	Little Indian Micro-farm
<b>Products:</b>	Organic microgreens, vegetables, plants, eggs, mushrooms, culinary herbs, and edible flowers.
<b>Affiliation:</b>	
<b>Environment:</b>	Urban Farm
<b>Location:</b>	Cambells Island, East Moline, Illinois 61244
<b>Where to buy:</b>	Hy-Vee 4064 E 53 <sup>rd</sup> Street Davenport, Iowa Freight House Farmer's Market 421 W River Davenport, Iowa
<b>URL:</b>	<a href="https://www.facebook.com/naturallocalproduce/">https://www.facebook.com/naturallocalproduce/</a>
<b>Phone:</b>	
<b>Contact:</b>	
<b>Email:</b>	littleindianmicrofarm@gmail.com
<b>Notes:</b>	

<b>Name:</b>	Meatheads Meat Market
<b>Products:</b>	
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	520 10th Ave W. Milan, IL 61264
<b>Where to Buy:</b>	
<b>URL:</b>	
<b>Phone:</b>	309-787-2466
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	Animals are grain fed a few weeks before slaughter

<b>Name:</b>	Mississippi Valley Home Growers
<b>Products:</b>	Fresh Produce, Fresh Baked Goods, Flowers and More
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	
<b>Where to Buy:</b>	Sat & Wed - 8AM-Noon @ NorthPark Mall - Mon - 3-6pm @ Trinity Parking Lot - Thur 2-6pm Bettendorf State Street
<b>URL:</b>	<a href="http://www.mvgrowers.com">www.mvgrowers.com</a>
<b>Phone:</b>	563-579-3179
<b>Contact:</b>	Jane Weber

<b>Name:</b>	MIX Gluten Free Baking Co.
<b>Products:</b>	Gluten free baked goods
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	
<b>Where to Buy:</b>	
<b>URL:</b>	
<b>Phone:</b>	515-491-2962
<b>Contact:</b>	McKenzie Naslund

<b>Name:</b>	Nan & Pap's Apple Butter
<b>Products:</b>	Apple Butter
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	
<b>Where to Buy:</b>	
<b>URL:</b>	<a href="http://www.nanandpaps.com">www.nanandpaps.com</a>
<b>Phone:</b>	309-948-9097
<b>Contact:</b>	Linda Bradley
<b>Email:</b>	
<b>Notes:</b>	



<b>Name:</b>	NOSH (Natural. Organic. Specialty. Healthful.) – Geneseo’s Healthy Market
<b>Products:</b>	Organic Food, Drinks, Supplements, CBD, Body & Hair Care, Cleaning Supplies, Pet Supplies, Household, Gifts
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	804 S Oakwood Ave, Geneseo, IL. 61254
<b>Where to Buy:</b>	
<b>URL:</b>	Noshgeneseo.com
<b>Phone:</b>	1-309-945-8624
<b>Notes:</b>	NOSH – a verb meaning to eat food enthusiastically or to snack NOSH in Geneseo, IL also means natural, organic, specialty, healthful NOSH Good Mood Food serves the needs of those who believe that food is fuel to our bodies, food is medicine, food should be naturally delicious, food should not contain harmful substances.

<b>Name:</b>	Oak Hill Acres
<b>Products:</b>	Eggs, Raw Honey, Vegetables, Herbs, Starter Plants, Small Grains, Flowers
<b>Affiliation:</b>	
<b>Environment:</b>	Certified Organic
<b>Location:</b>	
<b>Where to Buy:</b>	Freight House Farmer's Market / CSA Membership
<b>URL:</b>	www.oakhillacres.com
<b>Phone:</b>	Home: 563-946-2304 or Cell: 319-560-4826
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	Chickens are free-range and receive organic feed and alfalfa

<b>Name:</b>	Pleasant Pastures Farm
<b>Products:</b>	Beef, Beef Bones, Pork, and Eggs
<b>Affiliation:</b>	
<b>Environment:</b>	Organic, grass-based farm; chickens and hogs receive organic feed as well
<b>Location:</b>	2421 75th Ave - Viola, IL 61486
<b>Where to Buy:</b>	
<b>URL:</b>	
<b>Phone:</b>	309-596-4353
<b>Contact:</b>	Steve & Debbie Blick
<b>Email:</b>	
<b>Notes:</b>	

<b>Name:</b>	Popecreek Valley Farm
<b>Products:</b>	Beef, Pork, Chickens, Eggs, Raw milk, Seasonal produce
<b>Affiliation:</b>	
<b>Environment:</b>	Animals are hormone free; cows are grass fed, pigs are pasture raised, chickens are free range
<b>Location:</b>	
<b>Where to Buy:</b>	
<b>URL:</b>	Farm2Families.com (coming soon), also can find on Facebook
<b>Phone:</b>	309-582-FOOD (3663)
<b>Contact:</b>	Amanda Soseman
<b>Email:</b>	
<b>Notes:</b>	Organic methods are practiced

<b>Name:</b>	Rocky Hill Farms
<b>Products:</b>	Chicken, Pork, Lamb, Eggs, Honey, variety of produce
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	New Liberty, IA
<b>Where to Buy:</b>	Farmers Markets in Downtown Bettendorf and at Northpark Mall
<b>URL:</b>	
<b>Phone:</b>	563-349-2853
<b>Contact:</b>	Eric Storjohann
<b>Email:</b>	
<b>Notes:</b>	Animals are free range and also eat non-GMO grains. No chemicals or sprays are used on produce.

<b>Name:</b>	Roots
<b>Products:</b>	Vegetables (Organic)
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	17525 River Rd N., Cordova, IL
<b>Where to Buy:</b>	Freight House Farmer's Market and Thru CSA Program
<b>URL:</b>	
<b>Phone:</b>	309-236-1901
<b>Contact:</b>	Matt Case
<b>Email:</b>	
<b>Notes:</b>	

<b>Name:</b>	Sawyer Beef
<b>Products:</b>	Grass & Grain Fed Beef
<b>Affiliation:</b>	
<b>Environment:</b>	No Routine Hormones or Antibiotics, Rotational Grazing
<b>Location:</b>	
<b>Where to Buy:</b>	
<b>URL:</b>	<a href="http://www.sawyerbeef.com">www.sawyerbeef.com</a>
<b>Phone:</b>	563-289-4359
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	Two Options: Organic grass-fed or non-organic grain fed

<b>Name:</b>	Scherer Custom Meats
<b>Products:</b>	
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	21650 215 Ave, Davenport, IA 52807
<b>Where to Buy:</b>	
<b>URL:</b>	<a href="http://www.scherercustommeats.com">www.scherercustommeats.com</a>
<b>Phone:</b>	
<b>Contact:</b>	
<b>Email:</b>	admin@scherecustommeats.com

<b>Name:</b>	Sowing Seed – Urban Garden Center
<b>Products:</b>	Pure Microgreens, Organic Produce, Locally Grown
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	935 3 <sup>rd</sup> Ave. Rock Island, IL
<b>Where to Buy:</b>	
<b>URL:</b>	Facebook and Instagram @SowingSeedUGC
<b>Phone:</b>	563-210-7122
<b>Contact:</b>	Leticia Taliafero
<b>Email:</b>	Ms.T@SowingSeedUGC.com
<b>Notes:</b>	Quality Nutrition – Quality of Life

<b>Name:</b>	Steinecke Family Farm
<b>Products:</b>	Local Farm Fresh Pastured Eggs
<b>Affiliation:</b>	
<b>Environment:</b>	
<b>Location:</b>	10560 River Camp Rd. Donahue, IA 52746
<b>Where to Buy:</b>	HyVee, and available for sale at their Farm Office
<b>URL:</b>	Find us on Facebook @SteineckeFamilyFarm
<b>Phone:</b>	563-505-6365
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	<p>Pastured Raised, No Growth Hormones, No Antibiotics, All Natural.</p> <p>You may have noticed our yolks are more orange than they have been previously. This is due to an increase in the Omega 3's we are feeding the chickens. We have increased their Omega 3 intake by 3-4% which has caused a change in the yolk's color.</p> <p>Latest tests show that pastured eggs have anywhere between 4 to 6 times as much Vitamin D as typical supermarket eggs.</p>

<b>Name:</b>	The Mad Farmers' Garden
<b>Products:</b>	Vegetables, fruits, herbs, and whole grain breads
<b>Affiliation:</b>	
<b>Environment:</b>	Produce grown naturally with no sprays or synthetic fertilizers
<b>Location:</b>	
<b>Where to Buy:</b>	Freight House Farmers Market - Tuesdays 3-6 & Saturdays 8-1
<b>URL:</b>	Find us on Facebook
<b>Phone:</b>	
<b>Contact:</b>	
<b>Email:</b>	madfarmersgarden@gmail.com
<b>Notes:</b>	

<b>Name:</b>	Triple Creek Dairy
<b>Products:</b>	Goat Cheese (chevre and feta)
<b>Affiliation:</b>	
<b>Environment:</b>	Animals are fed hay and grain, not organic or GMO-free
<b>Location:</b>	20437 290th Street - St Ann's Road - Long Grove, IA
<b>Where to Buy:</b>	Freight House Farmers Market & Trinity Farmers Market
<b>URL:</b>	<a href="http://www.triplecreekdairy.com">www.triplecreekdairy.com</a>
<b>Phone:</b>	563-285-9424
<b>Contact:</b>	
<b>Email:</b>	
<b>Notes:</b>	No routine antibiotics or growth hormones

<b>Name:</b>	Windsweep Farm – Local Harvest
<b>Products:</b>	naturally raises lean, local, beef, pork, lamb, chicken, chevon (goat), eggs, and raw milk on a small acreage that has been in the Sheaffer family for over 70 years.
<b>Affiliation:</b>	
<b>Environment:</b>	Family Farm
<b>Location:</b>	320 Palmyra Rd Dixon, IL 61021
<b>Where to Buy:</b>	
<b>URL:</b>	<a href="https://www.windsweepfarm.com/">https://www.windsweepfarm.com/</a>
<b>Phone:</b>	(815) 973-3224 (Please call Renee before visiting the farm)
<b>Contact:</b>	Renee Sheaffer Koster
<b>Email:</b>	<a href="mailto:email@windsweepfarm.com">email@windsweepfarm.com</a>
<b>Notes:</b>	Livestock are raised with no hormones or antibiotics. Animals enjoy frolicking in pastures and fields surrounding the farm. In addition to livestock, the farm also raises maple syrup, hay, corn, soybeans, garden produce, milk, black walnuts, and other agriculture products.

## Other Resources



Nutrition Works Wellness Center  
 2255 Kimberly Road  
 Bettendorf, IA 52722  
 Phone: (563) 355-4864  
[www.nutritionworkswellness.com](http://www.nutritionworkswellness.com)



Natural Health News & Self Reliance - [www.naturalnews.com](http://www.naturalnews.com)

The Food Babe - [www.foodbabe.com](http://www.foodbabe.com)



search for: Weston A Price or Sally Fallon or Healing Quest