



THE WESTON A. PRICE FOUNDATION®

for **Wise Traditions** in Food, Farming and the Healing Arts

www.WestonAPrice.org

Kenosha County Chapter

Pamela Martin | 312.286.0586 | Pamela423@ProtonMail.com

Farms

Zinniker Farm: N 7399 Bowers Rd, Elkhorn, WI 53121

165 acre certified organic Biodynamic farm selling grass-fed meat, sausage, soup chickens, free range eggs, raw honey, homemade soap, and biodynamic preps. Hosts seasonal biodynamic prep making & potluck celebrations.

<https://www.zinnikerfarm.com/> | 262.642.5775

Grassway Organics: W2716 Friemoth Rd, East Troy, WI 53120

Dairy farm selling organic meats, produce, and dairy products in an on-site store. Kenosha bulk delivery. Family-friendly pizza (with toppings produced on the farm) and music offered on Fridays & Saturdays throughout the summer.

<https://www.grasswayorganics.com/> | 920.894.4201

Starry Nights Farm: 7500 352nd Ave, Burlington, WI 53105

Organic family farm in Southeast Wisconsin producing 100% grass fed beef, lamb, and chicken. Weekly delivery to Kenosha.

<https://www.starrynightsfarm.com/> | 312.286.1075

Wanda Farms: 17419 Hebron Rd, Harvard, IL 60033

100% grass-fed beef, pasture raised chicken, pork, eggs and organic meats.

<https://wandafarms.com/> | 815.323.4777

Grow Space Vertical Farm: 3127 Roosevelt Rd, Kenosha, WI 53142

Offers pesticide-free, hyper-local produce grown indoors using hydroponic systems. Subscriptions preferred.

<https://www.growspace.farm/> | 262.649.9918

Turtle Creek Gardens: N5105 Pinnow Rd. Delavan, WI

Offers organic produce and CSA memberships. Hosts an annual plant sale every May.

<https://www.turtlecreekgardenscsa.com/> | (262) 441-0520

LotFotL: W7036 Quinney Rd. Elkhorn, WI

Offers CSA with some organic produce (see disclaimer on their website). Kenosha delivery. Hosts a seasonal plant sale every May.

<https://lotfotl.com/> | 920.318.3800

Storefronts/Small Grocers/Restaurants

Living Full Kombucha: 811 Sheridan Rd., Winthrop Harbor, IL

Onsite kombucha bar offering eight rotating drafts, growler fills, adaptogenic mocktails, shrubs, and fire cider. Kombucha-making classes & social events are held onsite as well.

<https://livingfullkombucha.com/> | 224.789.7006

Healthy Yums: 2724 Sheridan Rd, Zion, IL

Family-run cafe & bakery with vegan & gluten-free options and an attached compact market.

<https://www.healthyums.com/#/> | 847.445.0010

River Valley Ranch & Kitchens: 39900 60th St, Burlington, WI

Mushroom farm and small batch food grocer & producer. Offers grow-at-home mushroom kits & mushroom compost for home gardens.

<https://rvrvalley.com/> | 262.235.2555

Equinox Botanical Boutique: 5901 6th Ave A, Kenosha, WI

Gift shop offering smudge sticks, palo santo, *Seed Savers* heirloom seeds, houseplants, and pasta & wine from Italy.

<https://lovequinox.com/> | 262.308.2669

Butchers

Sherwood Forest Meat Market: 5814 6th Ave, Kenosha, WI

Storefront offering pork, beef, beef & chicken bones, eggs, grab-and-go dinners featuring meats from their farm in Caledonia as well as butter, cheese, Amish products, tallow, and whole dog food produced on other Wisconsin farms. Cows, chickens, and pigs do not receive shots, antibiotics, or growth hormones. (Sheep receive tetanus shot but other animals do not.) Animals are vegetarian fed (grass & corn, no soy), and the land is pesticide free. Corn is grown onsite and mixed with an Amish mineral meal.

Two Creeks Farms: 1360 15th Ave, Union Grove, WI 53182

Storefront offering meats, soup bones, pork, eggs, and honey produced on their farm. Animals do not receive chemicals, antibiotics, or hormones. Feed is organic and non-GMO. While their farm is not certified organic, their representatives state that they following organic practices.

<https://www.twocreekfarmsllc.com/about> | 262-558-5819

Old Mill Creek Country Store: 19588 W IL Route 173, Antioch, IL

<https://oldmillcreekcountrystore.com/about/> | 224.788.8085

Market offering many organic produce, grocery items, and meats.

Farm to Flame, American Wagyu: Pleasant Prairie, WI (appointment only)

Antibiotics given only to calves only when they are sick. The farmer states that the cows are not processed until they are 3 to 6 years old. The feed is all food home-grown fermented silage and grass when seasonally available. **Checking on pesticide use.**

No website | 262.867.8833 to schedule a pickup

Farmers Markets

Kenosha Public Market: <https://www.kenoshapublicmarket.com/> (all seasons)

Kenosha Harbor Market: <https://www.kenoshaharbormarket.com/> (all seasons)

Racine Harbor Market: <https://www.racineharbormarket.com/> (summer only)

Burlington Farmers Market: <https://www.burlingtonwifarmersmarket.com/> (early May to end of October)

South Shore Farmers Market Milwaukee: <https://southshorefarmersmarket.com/> (mid June to end of October)

Antioch Farmers Market: <https://www.antioch.il.gov/departments/parks/farmersmarket/> (summer only)

Gurnee Farmers Market: <https://www.visitlakecounty.org/GurneeFarmersMarketatSaratogaSquare> (summer only)

Lake Bluff Farmers Market: <https://www.facebook.com/LakeBluffMarket/> (summer & part of fall)

Classes and Services

Ann Marie Martin is an herbalist and certified aroma therapist. She teaches classes on making kombucha, vinegar, and skin care products. Contact: annmariemartin@gmail.com.

Ezekiel Flannery offers all-season individual & group wild edible dunes tours in Miller Beach, IN & wild edible tours in an individual's backyard and/or neighborhood. Contact: 312.450.1342 or ezekiel.flannery@gmail.com.

Curzio Caravati teaches others about beekeeping and biodynamic urban farming in Southeast Wisconsin. Curzio also propagates chestnuts, pawpaws, and countless varieties of pears on his Somers farm.

Contact: <https://www.facebook.com/groups/KenoshaUrbanFarm/> | 262.308.2669

Midwest Women's Herbal offers online women's wellness series and a yearly conference in Acorn, WI every May.

Contact: <https://www.midwestwomensherbal.com/>

Mieke Jacobs is an EMF expert who can help clients create low EMF sleeping conditions and homes. She provides EMF home inspection and new build consults.

Contact: miekejacobs.com | 847.769.5135 or miekejacobs@hushmail.com

Compost

Just Scrappin' is a door-to-door food waste recycling service. 262.771.9616 | justscrappin222@gmail.com

Blue Ribbon Organics sells gardening compost. 1137 27th St, Caledonia, WI
<http://blueribbonorganics.com/> | 262-497-8539

River Valley Ranch & Kitchens sells mushroom compost. 39900 60th St, Burlington, WI
<https://rvrvalley.com/> | 262.235.2555

Local Products

Elements of the Sol: Halem Hassan

Offers teas, facial serums, tallow, tinctures, masks, etc.

[Elementsofthesol.square.site](https://elementsofthesol.square.site) | ElementsOfTheSol@gmail.com | 262.358.3450

Life Holistically: Leslie Moldenauer

Offers magnesium lotion, skincare, tinctures, and other products.

<https://lifeholistically-llc.myshopify.com/>

Lonely Tree Organics: organic olives, olive oil, and olive oil soap from Greece

Products located inside Captain Porky's. 38995 N US-41, Wadsworth, IL 60083 | 847.360.7460

Hempstock Pharms: hemp derived cannabinoids, organic, ethically produced

14023 West South Rd. Woodstock, IL. | 815.200.8869 | info@hempstockpharms.com |

www.HempStockPharms.com

Supplements & Vitamins

The House of Nutrition & Wellness: 5824 6th Ave, Kenosha, WI

<https://www.thenutritionhouse.com/> 262.652.4787

Murphy's Health Foods & Juice Bar: 400 N Milwaukee Ave, Libertyville, IL

<https://www.murphyshealthfoods.com/> | 847.362.4664

Bakeries

Hewn Bakery: | 348 N.Milwaukee Ave., Libertyville, IL | 894 Green Bay Rd, 60093, Winnetka, IL |

1733 Central Ave, Evanston, IL

Each location offers one organic ancient grain sourdough every day.

<https://www.hewnbread.com/>

Doctors/Health Practitioners/Wellness/Services

Dr. Berglund, Chiropractor: 5027 Green Bay Rd #118 Suite #118, Kenosha, WI
<https://www.berglundcenter.com/> | 262.925.8600

Dr. Paige Enwright, Chiropractor: 100 N Waukegan Rd Suite 105, Lake Bluff, IL
<https://thewellnesswaylakeforest.com/contact> | 847.280.2255

Dr. Chen, Acupuncturist: 6401 Sheridan Rd, Kenosha, WI
By appointment only. No website. 262.652.8886

Dr. Mark Mcguire, Holistic Dentist: 4039 80th Street Kenosha, WI
<https://www.markmcguiredds.com/> | 262.694.9606

Equinox Botanical Boutique: 5901 6th Ave A, Kenosha, WI
Organic facials with Curzio Caravati on the second floor.
By appointment only. No website. 262.308.2669

Crystal Den: 1826 E. Belvedere Rd., Grayslake, IL
Offers Reiki, Reiki shares, foot detox, Body Code, BEMER sessions, etc.
<https://www.crystalden.store/services> | 847.276.1007

Flotstone: 57 E. Scranton Ave. Lake Bluff, IL
Offers floatation therapy, infrared sauna, and cold plunge.
<https://www.flotstone.com/> | (847) 482-1700

Enlightened Living Center: 125 East State St., Burlington, WI
Offers sound baths, yoga, Reiki, and other healing events.
<https://enlightenedlivingyoga.com/> | 262.716.0017

Be Optimal Holistic Health Center: 5225 Old Orchard Rd, Suite 31 Skokie, IL
Offers a range of alternative health practices such as BEMER sessions, reflexology, thermotherapy, light therapy, homeopathy, myofascial release, foot detox, holistic medicine, and more.
<https://www.beoptimal.com/> | 847.486.8000