



## *Dr. Reeta's Farmer's Market Faves*

You can find a list of Farmer's Markets in Houston online, there are quite a few. This is a list of the markets where Dr. Achari knows the vendors and has been buying from them for years. You can explore these markets, and find what works for you!

**\* Go Early For Best Selection!**

### **Urban Harvest Farmers Market**

**2752 Buffalo Speedway, Houston, TX 77027**

Sat 8AM - Noon • Phone: (713) 880-5540

The following is a list of who Dr. Achari visits and buys from at the UHFM:

**Good Thymes Farms, Gundermann, Animal Farm, Blackwood, Laughing Frog and Plant It Forward Farms** for veggies.

**Verdegreens** for lettuce and sprouts.

**Three Sisters Farm & Bald Hill** for eggs and meats.

**Lira Rossa and Blue Heron** for cheeses and yogurt.

**Bee2Bee** for local honey.

**Airline Seafood** for things that swim.

**Cake & Bacon**-for baked goods

**Flying Saucer**-for mushrooms

**Jane Wild**-for baked treats

**Volgin & Scotty's**-for fermented foods

**Maison Burdisso**-for sweet treats

### **Memorial Villages Farmers Market**

**10840 Beinhorn Rd, Houston, TX 77024**

(In First Congregational Church of Houston)

Sat 9AM - 1PM • Phone: (832) 659-7070

The following is a list of who Dr. Achari visits and buys from at the MVFM:

**Hestia** for bread and English muffins.

**Plant It Forward Farms** for organic produce.

**Circle J Ranch** for BEEF!

**Brenham Farmstand** for snacks and jams.

**Swede Farm** for goat's milk and cheese.

### **Central City Co-Op Has Moved!**

**2515 Harvard St, Houston, TX 77008**

Mon CLOSED

Tue - Fri 9:00 AM - 6:00 PM

Sat - Sun 9:00 AM - 4:00 PM

(713) 360-6786 Farmer First Grocery. Members and non-members welcome!

**Shares & Membership available.**

**MillKing Milk** & butter, eggs, produce, meats, dry goods and fermented products.

