



## *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!

### **Urban Harvest Farmers Market**

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

Opens 8AM Sat • Phone: (713) 880-5540

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

**Gundermann, Animal Farm and**

**Plant It Forward Farms** for veggies.

**Verdegreens / Sustainable Harvesters** for Lettuce and sprouts.

**Three Sisters** for eggs and meats.

**Katerra** for lamb, venison, bison, etc.

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

**Bee2Bee** for local honey.

**Tetamo** for tortillas, masa and caramel corn :)

**Airline Seafood** for things that swim.

**Hestia** for bread and English muffins.

### **Memorial Villages Farmers Market**

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

(In First Congregational Church of Houston)

Opens 9AM Sat • (832) 659-7070

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

**Little Emma's** for shrimp.

**Hestia** for bread and English muffins.

**Plant It Forward Farms/Johnson's Backyard Garden (JBG)** for organic produce.

**Atkinson Farms** for conventional produce (low pesticide).

**Hestia** for bread.

**Katerra** for eggs, meat and chicken.

**Circle J Ranch** for BEEF!

**Brenham Farmstand** for snacks and jams.

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

### **Heights Mercantile Market**

**714 Yale St, Houston, TX 77007**

Opens 9AM on the 2nd & 4th Sun of every month (rain or shine) • Phone: (713)-783-4444

Locally-sourced goods with many of the same vendors as Urban Harvest and Memorial Villages.

