

## Local Farmers

### Why Buy Local?

Fresh produce may begin losing nutrition within a few days of being harvested. Most produce in the US is picked 4 to 7 days before being placed on supermarket shelves, and is shipped for an average of 1500 miles before being sold for only US grown products! Those distances are substantially longer when we take into consideration produce imported from Mexico, Asia, Canada, South America, and other places.

Support local growers - buy local and eat healthier!

If you are a local grower or farmer and want to be added to this list, contact one of the Supervisors of Seminole Soil & Water Conservation District.

Grower: Duda Farm Fresh Foods, Inc.

Location: Oviedo, FL Produce is marketed under the "DANDY" brand throughout the US

[www.duda.com/farmfoods](http://www.duda.com/farmfoods)

Grower: Lukas Nursery & Butterfly Encounter

Crop: Landscape & edible plants and trees

Location: 1909 Slavia Road, Oviedo FL

Contact: 407-365-6163

[LukasNursery.com](http://LukasNursery.com)

Grower: Pappy Patch U-Pick Strawberries

Crop: Strawberries & Blueberries

Location: Florida Ave, Oviedo, FL

Contact info: 407-366-8512

Call for picking dates in late fall, winter and early spring for strawberries - spring for blueberries

Grower: Gerry and Carleen Parlato

Crop: Seasonal fruits, vegetables, honey & jelly

Location: 2331 Red Ember Rd, Oviedo FL

407-359-8933 (Call For Appointment)

Grower: Geneva Beef Company

Crop: Local raised USDA certified grass fed Black Angus antibiotic & hormone-free beef. Call for pricing and Farmer's Market locations.

Contact: 407-463-8695 kath3577@bellsouth.net

Grower: Winter Park Dairy

Crop: Raw Milk Artisanal Farmstead Cheese

Location: 4501 Howell Branch Road, Winter Park FL

Contact info: 407-671-5888

[cheese@winterparkdairy.com](mailto:cheese@winterparkdairy.com)

[winterparkdairy.com](http://winterparkdairy.com)

Grower: Rest Haven Farm

Crop: Hydroponic Vegetables - lettuce, tomatoes, cucumbers

Location: 381 Rest Haven Road, Geneva

Contact info: 407-349-0111 or resthavenfarm.com

Grower: Happy Bee Honey

Crop: Honey, Beeswax, Beeswax Candles, Pollen

Location: Geneva

Open 7 days a week at Artegon Marketplace

Contact info: 407-733-7514

Trish.HappyBeeHoney@gmail.com

HappyBeeHoney.net

Grower: Herbert Felder Farms

Location: Altamonte Springs, FL

Year round at the Winter Park Farmer's Market and Good Neighbor's Farmer's Market in Oviedo

Contact: 407-463-0687

Grower: Jonathan Morris

Location: Corner of Lake Mary Blvd & SR 46, Sanford

Year round at Downtown Orlando and Lake Mary Farmer's Markets

Grower: John Lommerse

Crop: In-season orange blossom and wildflower honey

Location: 541 Upsala Rd, Sanford FL

Call for availability 407-330-9784

Grower: Maya Papaya Organic Farm

Crop: In-season produce with membership in CSA

Location: Oviedo FL

Contact: 786-402-1125

mayapapayorganic.com

Grower: Meriwether Farms

Crop: Navels, flaming red grapefruit, tangerines, tangelos and Ambersweet oranges (late fall & winter)

Location: 3471 E. Celery Ave, Sanford FL

Contact: 407-474-8478 Call ahead for large orders

vbm5@mac.com

Grower: Soggy Acres Pomelo Grove (U-Pick)

Crop: pink and white Pomelos (grapefruit) available late fall and winter - call for picking dates

Location: 100 Tuskawilla Rd, Winter Springs FL

Contact: 407-443-3808

Grower: South Seminole Farm & Nursery

Crop: In-season vegetables, honey & retail landscape garden center

Location: 2010 E. Lake Dr, Casselberry FL

Contact: 407-695-3247 or 407-695-2930

Open 7 days - free plant classes Saturdays 9-10 AM

sseminolefarmandnursery.com

Grower: Sundew Gardens

Crop: In-season produce available with membership in this U-Pick CSA

Location: 2212 Red Ember Rd, Oviedo FL

Contact: 407-430-2178

sundewgardens@gmail.com

Grower: U-Pick Blackberries

Location: 500 Snowhill Rd, Geneva FL

Contact: 407-883-9676 for picking dates (mid-spring through early summer)

Grower: Waterkist Farm Inc.

Crop: Hydroponic vegetables - tomatoes, lettuce, cucumbers and herbs

Location: Sanford FL

Sales year round at Winter Park Farmer's Market

Grower: Whites' Red Hill Groves

Crop: Citrus - gift boxes and baskets available

Location: 3725 S. Conway Rd, Orlando FL

Contact: 407-277-3862 or 800-654-5562

[redhillgroves.com](http://redhillgroves.com)