

"Farm to Family"

Sappington Farmers' Market



Become Our Facebook Fan
and Get Special Discounts!

follow the Facebook link from our Website

Buying Local is GREEN

Local is Safer

Local Supports the Local Economy

Local is Affordable

Local is Fresher and Tastes Better



Eat Right...
Live Right.
And Save Right!

Farm To Family Naturally,
Sappington Farmers' Market
& The Healthy Planet magazine present a

Food & Farmer's EXPO

Sunday, Sept. 19, 10 am to 4 pm
Webster Groves Recreation Complex
\$5.00 for Adults; Kids under 16 Free

The 2010 Food & Farmer's
Health Expo will feature:

- Farmers
- Food-related non profits
- Urban growers
- Lots and lots of samples!
- St. Louis food producers

There will be plenty of fresh homegrown food to purchase and take home. Take in a special presentation or two, with such noted speakers as Russ Kremer, of "Fresh" fame and Sue Baird, president of MO Organic Association.

Have questions about a gluten-free diet?

A representative from Healthland Foods will be in the store on Sept. 11 from 11am to 2pm to answer your questions and let you sample Healthland products.

in-store Gluten Free Festival

September 11, 2010 from 11am to 2pm.

- Samples Galore
- "Living Without" magazine
- Free Drawing for basket of gluten-free goodies
- Special Prices on Healthland Foods Gluten-Free Products

Elizabeth Cowie, our in-store nutritionist, will also be available to answer your questions.

A portion of the proceeds will benefit the Celiac Society.

Locally baked, St. Louis breads

Local Black Bear Bakery

Lots of choices of delicious bread,
bagels and granola

Local Breadsmith Hand-Made
Hearth Baked Breads

Local Great Harvest Bakery
Whole-grain
breads and rolls



Organic
Our selection of organic
produce is growing!

LOCAL PRODUCE comes in its proper season.
Call for availability.

Local Kakao Hand-Made in St. Louis
Fine Handcrafted
Chocolates & Confections

From \$2.99 Try their tomato bark-made especially for Sappington Farmers Market. You'll be amazed!

Local Private Recipe
Spreads
Assorted Flavors

\$4.99 /tub



Local Sunny Creek
Pasture-Grazed Free
Range All-Natural
Chickens

Whole, Halved
or Quartered \$4.59 /lb



Eric & Kathy Lober
of Sunny Creek Farms

Local Good Earth Eggs

Grade A Large White Cage-Free, 2 dozen

\$1.39 /dozen \$4

Good Earth Eggs are not involved in any recall. They have a comprehensive food safety quality assurance program in place to prevent any type of disease outbreak.

Local Martin Rice
from Bernie, MO

Rice

Long Grain White,
Medium Grain White,
Long Grain Brown,
Medium Grain Brown

\$3.99 /2 lb cloth bag

Organic Southern
Brown
Organic Rice
from Weiner, AR

Basmati Rice

White long grain Basmati,
Brown long grain Basmati

\$1.49 /lb

Local Westphalia
Vineyards

Wines

No Added Sulfites, Grapes Grown
Using Sustainable Methods
Fine wines priced from

\$12.79 /750 ml bottle



Local

All
Peaceful Bend
Wines

10% off

For the month of September

See you at the Food & Farmer's
EXPO September 19th!