

Charleston Chapter Weston A. Price Foundation

Hello!

We have compiled a list of places where you can procure healthful and nutritious food. If you would like to add to this list, or you would like to join our local group you can [email us](mailto:drzgraggen@gmail.com). Our local Charleston chapter leader is Stephanie Zraggen – drzgraggen@gmail.com.

If you are interested in learning more about the Weston A. Price Foundation please visit www.westonaprice.org

Grocery Stores

- 1) Whole Foods (Mt. P) 923 Houston Northcutt Blvd (843) 971-7240
grocery store with organic, grass fed, free range products
- 2) Earth Fare (Summerville) 1101 N Main St, Summerville, SC 29483 (843) 970-1909
(James Island) 74 Folly Rd Blvd, Charleston, SC 29407 (843) 277-0001
grocery store with organic, grass fed, free range products
- 3) Whole Foods (W. Ashley) 1125 Savannah Hwy, Charleston, SC 29407
grocery store with organic, grass fed, free range products
- 4) Local Jo's (Mt. Pleasant, health food and pick up point for Chucktown Acres)
- 5) Chucktown Acres - 10970 US-17, McClellanville, SC 29458 <https://www.chucktownacres.com/>
(grass fed beef, soy free pastured eggs, and other meats)

Learn to Backyard Garden:

- 1) Rita's Roots: <https://ritasroots.com/>

Raw Dairy Farms

- 1) Burden Creek Dairy (John's Island): Katherine & Kip Valentine: Raw Goat's Milk 843-709-3685 or 842-709-0552
opossumtrap@live.com
- 2) Jeremiah Farm (John's Island): Raw Goat's Milk: Platt Rd. (843)559-1678 www.jeremiahfarm.com
- 3) Sea Island Farms (Wadmalaw): Raw Cow's Milk:
- 4) Butter Patch Jerseys: Mike and Patrice Buck: Raw Cow's Milk, 864.445.7399; butterpatchjerseys@embarqmail.com
- 5) Wiggins Farms (Walterboro) – Raw Cow's Milk - 1660 Possum Corner Rd. Walterboro, SC 29488, 843-631-0914

Raw Dairy "Retailers": <http://www.scmilkywayfarm.com/>

- 1) Geer's Barbershop (West Ashley) 1649 Savannah Hwy, Charleston, SC 29407 (843) 766-7735
Wednesday delivery, **call to reserve** - \$9.50 per gallon; \$6.50 per half gallon
- 2) Vitamins Plus (Goose Creek) 119 N Goose Creek Blvd, Suite K, Goose Creek, SC 29445 (843) 797-3200
call to pre-order - \$8.00 per gallon

Pastured Eggs

- 1) Ted's Butcher Block (Downtown) 334 E Bay St (843) 577-0094
- 2) The Glass Onion (West Ashley) 1219 Savannah Hwy. (843) 225-1717
- 3) Lava Salon (West Ashley) 829-B Savannah Highway (843) 225-5282

Pastured, Grass-Fed Beef

- 1) River Run Farm (Santee, SC) Phone 803-897-2580
- 2) Cordray's : Beef, Venison, Alligator, Wild Hog - www.cordrays.com (843) 766-7922

Pastured Poultry and Wild Game

- 1) www.eatwild.com
- 2) Keegan-Filion Farm & Annie's Organic Market (Walterboro) (843)538-2565 akfilion@yahoo.com
- 3) Fili-West Farms: Nathan & Ghie Boggs (803) 496-7557: 2298 Vance Road, Vance, SC 29163, filiwestfarms@yahoo.com, Mt. Pleasant Farmers Market or on sight farm sales; Whole Broiler Chickens, organ meats, Holiday Turkey; Feed: No anti-biotics, hormones or animal by products: 25% pasture fed; 75% wholesome feed

Pastured Pork

Caw Caw Farm (Columbia) <http://cawcawcreek.com>
100% free of antibiotics or hormones, and all synthetic drugs. heirloom pork, pasture-raised, organic feed, FedEx/DHL shipping

Local Farms

Blue Dog Farms: 376 Peerless Dr. Wadmalaw Island, SC 29487; 843.559.3780
Rosebank Farms: 4362 Betsy Kerrison Pkwy, Johns Island, SC 29455; 843-768-0508 rosebankfarmstogo@gmail.com
<http://www.rosebankfarms.com/>
Wiggins Farms (Walterboro) – 843-631-0914: 1660 Possum Corner Rd. Walterboro, SC 29488

Farmer's Markets:

Charleston's Farmer's Market (downtown Charleston) Marion Square: King & Calhoun, Open: from April-December every year at Marion Square in Downtown Charleston, Saturday, 8am-2pm <http://www.charlestonfarmersmarket.com/>

North Charleston's Farmer's Market (Park Circle): Park Circle's Felix C Davis Community Center, Open: from mid-April-mid-October, Thursday, 2pm-6pm

Mt Pleasant's Farmer's Market: Moultrie Middle School, Coleman Blvd., Tuesday, 3pm- till dark

Summerville's Farmer's Market (downtown Summerville):W Doty Street (between Cedar and Main Street), Open: from early Spring until late Fall every year in Downtown Summerville, Saturday mornings

Sea Island Farmer's Market: Located on the Charleston Collegiate Campus on Johns Island every Saturday 9:30-1:30 - year round.
<https://www.seaislandfarmersmarket.com/>

West Ashley Farmer's Market: Every Wednesday, 3 PM – 7 PM- Ackerman Park – 55 Sycamore Avenue, Charleston, SC 29407
<http://www.charlestonfarmersmarket.com/westashley/>

LOCAL WEBSITES

www.lowcountrylocalfirst.org,
www.localharvest.org,

CHARLESTON AREA CSA's

Abundant Seafood1676 Culpepper Circle
Charleston, SC 29407
Phone Number: (843) 478-5078
Email: abundantseafood@gmail.com
CSA

Ambrose Family Farms2414 Rockland Ave.
Wadmalaw Island, SC 29487
Phone Number: (843) 559-9999
Fruit, Berries, & Nuts/Herbs & Flowers/Vegetables/Seafood (Shrimp)

Ambrose Family Farms2414 Rockland Ave.
Wadmalaw Island, SC 29487
Phone Number: (843) 559-9999
Email: babs@stonofarmmarket.com
CSA

Boone Hall Farms1235 Long Point Road
Mt. Pleasant, SC 29464
Phone Number: (843) 884-4371
www.boonehallfarms.com
Fruit, Berries, & Nuts/Vegetables

Brewton Plantation2 Brewton Plantation Drive
Yemassee, SC 29945
Phone Number: (843) 589-5595
Meat & Poultry

Brickyard Point Farms240 Johnson Landing Road
Beaufort, SC 29907
Phone Number: (843) 521-1400
Email: njrathbun@embarqmail.com
Fruit, Berries, & Nuts

Caw Caw Creek Pastured Pork709 Woodrow Street
Columbia, SC 29205
Phone Number: (803) 917-0794
Email: cawcawcreek@gmail.com
www.cawcawcreek.com
Meat & Poultry

Charleston Tea Plantation6671 Maybank Hwy.
Wadmalaw Island, SC 29487
Phone Number: (843) 559-0383 ext. 207
Tea

"Clammer" Dave's Sustainable Gourmet1522 Macoma Road
Mt. Pleasant, SC 29466
Phone Number: (843) 343-2970
Email: dave@clammerdave.com
www.clammerdave.com
CSA

Cordray Farms6708 Country Line Road
Ravenel, SC 29470
Phone Number: (843) 766-7922
Meat & Poultry

Cordray Farms6708 Country Line Road
Ravenel, SC 29470
Phone Number: (843) 766-7922
Email: michael@cordrays.com
www.cordrays.com

CSA

Cypress Artisan Meat Share 167 East Bay Street
Charleston, SC 29401
Phone Number: (843) 727-0111
Email: savourcraig@aol.com
CSA

Freeman Farms 4921 River Road
Johns Island, SC 29455
Phone Number: (843) 870-9113
Vegetables

Good Earth Herbs 1019 East Ashley Ave.
Folly Beach, SC 29439
Phone Number: (843) 588-7371
Herbs & Flowers

Gruber Farm 265 Old Bell Road
St. George, SC
843.563.1159
www.gruber-csa-farm.com
CSA

Joseph Fields Farm 3129 River Road
Johns Island, SC 29455
Phone Number: (843) 559-5349
www.josephfieldsfarm.com
Fruit, Berries, & Nuts/Herbs & Flowers/Vegetables

Jeremiah Farm and Goat Dairy 3853 Platt Road
Johns Island, SC 29455
Phone Number: (843) 559-1678
info@jeremiahfarm.com
www.jeremiahfarm.com/
Cheese, Eggs, & Milk/Herbs & Flowers/Meat & Poultry/Vegetables

Keegan-Filion Farm 1475 Keegan Dr.
Walterboro, SC 29488
Phone Number: (843) 538-2565
www.keeganfilionfarm.com/
Cheese, Eggs, & Milk/Meat & Poultry/Vegetables

Kennerty Farms 1928 Rackity Hall Road
Wadmalaw Island, SC 29487
Phone Number: (843) 559-1179
karenkennerty@yahoo.com
Fruit, Berries, & Nuts/Vegetables

Laurel Hill Farms Highway 17 North
McClellanville, SC 29458
Phone Number: (843) 224-2631
Fruit, Berries, & Nuts/Vegetables

Legare Farms 2620 Hanscombe Point Road
Johns Island, SC 29455
Phone Number: (843) 559-0788
Email: legarefarms@bellsouth.net
www.legarefarms.org
Meat & Poultry/Vegetables

Legare Farms 2620 Hanscombe Point Road
Johns Island, SC 29455
Phone Number: (843) 559-0788
Email: legarefarms@bellsouth.net
CSA

Lucky Cluck Co-op 3469 Muligan Drive
Mt. Pleasant, SC 29466
Phone Number: (843) 884-6746

Meat & Poultry

Marshview Organic Farm- Young farmers of the Lowcountry12 Georgees's Trail
St. Helena, SC 29920
Phone Number: (843) 838-3709
Vegetables

Marshview Organic Farm- Young farmers of the Lowcountry12 Georgees's Trail
St. Helena, SC 29920
Phone Number: (843) 838-3709
Email: svreynolds@earthlink.net
CSA

Mepkin Abbey Mushrooms1098 Mepkin Abbey Road
Moncks Corner, SC 29461
Phone Number: (843) 761-8509
Fruit, Berries, & Nuts

MiBek Farms465 Washington Street
Barnwell, SC 29812
Phone Number: (803) 259-2361
Meat & Poultry

Our Local Foods, LLC10882 Hwy 17 North
McClellanville, SC 29458
Phone Number: (843) 743-9749
www.ourlocalfoods.com
Cheese, Eggs, & Milk/Fruit, Berries, & Nuts/Herbs & Flowers/Vegetables

Our Local Foods, LLC10882 Hwy 17 North
McClellanville, SC 29458
Phone Number: (843) 743-9749
Email: info@ourlocalfoods.com
CSA

Pinckney's Produce494 Camden Road
Vance, SC 29163
Phone Number: (803) 492-3521
Fruit, Berries, & Nuts/Vegetables

Pinckney's Produce494 Camden Road
Vance, SC 29163
Phone Number: (803) 492-3521
Email: jody@pinckneysproduce.com
www.pickneysproduce.com
CSA

Rita's Roots and Thackery Farms1364 Harts Bluff Road
Wadmalaw Island, SC 29487
Phone Number: (843) 559-9058
Cheese, Eggs, & Milk/Fruit, Berries, & Nuts/Herbs & Flowers/Vegetables

River Run Farms187 River Run Drive
Vance, SC 29163
Phone Number: (803) 492-9878
Meat & Poultry

Rosebank Farm4455 Betsy Kerrison Pkwy.
Johns Island, SC 29455
Phone Number: (843) 870-6622
Fruit, Berries, & Nuts/Herbs & Flowers/Seafood/Vegetables

Rosebank Farm4455 Betsy Kerrison Pkwy.
Johns Island, SC 29455
Phone Number: (843) 768-0508
Email: email@rosebackfarms.com
www.rosebankfarms.com
CSA

Sea Island Savory Herbs5920 Chicolm Road
Johns Island, SC 29455
Phone Number: (843) 559-1446

Herbs & Flowers

Simmons Farm 2735 Mullet Hall Road
Johns Island, SC 29455
Phone Number: (843) 478-1592
Vegetables

Thackeray Farm 1364 Harts Bluff Road
Wadmalaw Island, SC 29487
Phone Number: (843) 559-9058
Email: info@thackerayfarms.com
www.thackerayfarms.com
CSA

Turkey Range Farm 7170 Bull Run Lane
Adams Run, SC 29426
Phone Number: (843) 697-3000
Meat & Poultry