

# EAT LOCAL IN MECKLENBURG COUNTY

TASTE THE DIFFERENCE IN FRESH, LOCAL FOOD AND JUDGE FOR YOURSELF!

1. **Local food has exceptional taste and freshness.** Local food is fresher and tastes better than food shipped long distances from other states or countries. Fresher food is more nutritious. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life. Local food offers better value for your money. You pay for freshness and taste, not packaging, refrigeration and freight.
2. **Grow food in your own backyard!** Tomatoes, peppers, herbs, cucumbers, or even eggplant and squash – the possibilities are endless! Turn your own yard into a local food machine, and share your harvest with your neighbors. Visit <http://www.backyardgardener.com/> for info on how to get started.
3. **Start – or join – a community garden.** Not sure how to start your own garden? Join up with some friends or neighbors, and start a community garden plot where everyone can contribute and reap the benefits of the harvest. Or, purchase a plot in an existing community garden – see the back of the sheet for a listing of locations.
4. **Join a CSA (Community Supported Agriculture).** Find a local farmer that offers weekly deliveries of the latest harvest. See the back of the sheet for a partial listing of CSAs in our area.
5. **Compost your food scraps.** Coffee grounds, egg shells, fruits and vegetables that are past their prime – all of these can be combined to create a great natural fertilizer for your lawn and garden. Visit <http://www.howtocompost.org/> to learn more about how you can turn your food “garbage” into greatness!
6. **Cook your own meals.** Our culture discourages cooking, portraying it as an “inconvenience” – when it’s actually cheaper and healthier. Use those fresh veggies and herbs from your own garden to create a wonderfully fresh meal!

*“Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people.” - Elizabeth Berry*



## COMMUNITY GARDENS IN MECKLENBURG COUNTY

- Ada Jenkins Center - 212 Gamble Street, Davidson
- Area15 Community Garden - 1500 North Davidson Street, Charlotte
- Assurance Methodist Church – 9700 Mt. Holly-Huntersville Road, Huntersville
- Avondale Presbyterian- Providence Stand – 2821 Park Road, Charlotte
- Baxter St. Park - 1000 Baxter Street, Charlotte
- Charlotte Green of Mecklenburg County, Inc. - 6 locations in inner-city Charlotte:  
[www.charlottegreen.org/gardens.htm](http://www.charlottegreen.org/gardens.htm)
- Covenant Presbyterian Church – 1000 East Morehead Street, Charlotte
- Fred Alexander Park – 1832 Griers Grove Road, Charlotte
- Hope Haven, Inc. – 3815 North Tryon Street, Charlotte
- Johnson & Wales University – 801 West Trade Street, Charlotte
- Matthews Community Gardens – Corner of Hwy 51 and Covenant Lane, Matthews
- Mecklenburg County Park & Recreation - 7 locations in Mecklenburg Area:  
[www.charmeck.org/Departments/Park+and+Rec/Facilities/Community+Gardens.htm](http://www.charmeck.org/Departments/Park+and+Rec/Facilities/Community+Gardens.htm)
- Oakhurst Community Gardening – Chipendale Avenue, Charlotte
- Providence Presbyterian Church – 10140 Providence Road, Charlotte
- Midwood Plaza Community Flower Garden – 2100 Wilhelmina Drive, Charlotte
- Ramsey Creek Park – 18441 Nantz Road, Charlotte
- Revolution Park – Barringer/Manchester Drive, Charlotte
- Robbins Park Community Garden – 17702 W. Catawba Avenue, Cornelius
- Sardis Presbyterian Church – 6100 Sardis Road, Charlotte
- Shamrock Senior Garden – 3925 Willard Farrow Drive, Charlotte
- St. Alban’s Episcopal Church – 301 Caldwell Lane, Davidson
- St. Andrew’s Episcopal Church – 3601 Central Avenue, Charlotte
- Thompson Child Day Center – 1645 Clanton Road, Charlotte
- The Garden at Friendship Trays – 2401-A Distribution Street, Charlotte
- Urban Ministries Community Garden - 945 North College Street, Charlotte



### RESTAURANTS

### THAT SOURCE

### LOCAL FOOD:

#### HUNTERSVILLE | DAVIDSON | LAKE NORMAN

- Maddi’s Southern Bistro – Huntersville (Birkdale Village)
- North Harbor Club – Davidson
- Restaurant X – Davidson
- T1 Tapas – Huntersville
- Galway Hooker

#### UPTOWN | NODA | SOUTHBEND

- Alexander Michael’s Tavern
- Blue
- Carpe Diem
- Common Market
- Crepe Cellar
- Dandelion Market
- McNinch House
- Mimosa Gill
- Pewter Rose Bistro
- Revolution Pizza & Ale House
- Sonoma

#### CHAIN RESTAURANTS

- Chipotle Mexican Grill

#### BALLANTYNE | MATTHEWS | WEDDINGTON | SOUTH CHARLOTTE

- Ballantyne Resort
- Carmel Country Club
- The Club at Longview
- Gallery Restaurant
- Global
- Sante
- Noble’s
- Rooster’s Wood-Fired Kitchen
- Table Restaurant a& Bar
- Upstream

#### DILWORTH | SOUTH PARK

- 300 East
- Barrington’s
- Big Daddy’s Burger Shack
- Good Food on Montford

#### ELIZABETH | PLAZA-MIDWOOD

- Charlotte Country Club
- Common House Restaurant
- The Fig Tree
- Foskoskie’s on Shamrock
- Lulu Dine|Wine
- Zada Jane’s
- Custom Shop

## CSA (COMMUNITY SUPPORTED AGRICULTURE)

- Carlea Farms – Millingport, NC <http://www.carleafarms.com/>
- Creekside Nursery & Farm – Dallas, NC  
<http://www.localharvest.org/farms/M16989>
- Fisher Farms – Salisbury, NC <http://fisherfarms1933.com/>
- Know Your Farms (group of local farmers) – Davidson, NC  
<http://knowyourfarms.com/>
- New Town Farms – Waxhaw, NC <http://www.localharvest.org/farms/M9529>
- Poplar Ridge Farm – Waxhaw, NC <http://www.poplarridgefarmnc.com/>
- Shady Creek Farm & Nursery – Dallas, NC  
<http://www.shadycreekfarmandnursery.com/>
- Tega Hills Farm – Fort Mill, SC <http://www.localharvest.org/farms/M29082>
- Lucky Leaf Gardens – Harrisburg, NC <http://www.luckyleafgardens.com>



## FARMER'S MARKETS IN MECKLENBURG COUNTY

- Atherton Mill & Market –  
[www.facebook.com/athertonmillandmarket](http://www.facebook.com/athertonmillandmarket)
- Ballantyne Hotel & Lodge Farmers Market-  
[www.theballantynehotel.com/JuneEvents.cfm](http://www.theballantynehotel.com/JuneEvents.cfm)
- Center City Green Market – [www.centercitygreenmarket.com](http://www.centercitygreenmarket.com)
- Charlotte Regional Farmers Market – [www.ncagr.com](http://www.ncagr.com)
- LiveWell Carolinas: Airport Center, CMC- North East, Mercy, University – [www.livewellcarolinas.org](http://www.livewellcarolinas.org)
- Common Grounds – [www.commongroundsfarmstand1.com](http://www.commongroundsfarmstand1.com)
- Davidson Farmers Market – [www.davidsonfarmersmarket.com](http://www.davidsonfarmersmarket.com)
- Gateway Village Green Market – [www.gatewayvillage.com](http://www.gatewayvillage.com)
- Hillbilly Produce Market – [www.hillbillyproduce.com](http://www.hillbillyproduce.com)
- Historic West End Market – [www.historicwestendmarket.com](http://www.historicwestendmarket.com)
- Huntersville Farmers Market – [www.huntersville.org](http://www.huntersville.org)
- Huntersville Berry and Vegetable Farm
- Kings Drive Farmers Market
- Matthews Community Farmers Market –  
[www.matthewsfarmersmarket.com](http://www.matthewsfarmersmarket.com)
- Mecklenburg County Market – [www.beverlygourmetfoods.com](http://www.beverlygourmetfoods.com)
- Meeting Street Market at Cedar Walk –  
[www.meetingstreetmarket.com](http://www.meetingstreetmarket.com)
- Mint Hill Farmers Market –  
[www.minthillhistory.com/mint\\_hill\\_farmers\\_market.cfm](http://www.minthillhistory.com/mint_hill_farmers_market.cfm)
- Newell Farmers Market – [www.localharvest.org/farmers-markets/M38076](http://www.localharvest.org/farmers-markets/M38076)
- North Mecklenburg Farmers Market
- Pickles Farmers – [www.picklesfarmersmarket.com](http://www.picklesfarmersmarket.com)
- Presbyterian Hospital: Mecklenburg, Huntersville, Matthews
- Providence Road Market: Charlotte, Mint Hill, Rockstore -  
[www.providenceproduce.com](http://www.providenceproduce.com)
- The Bradford Store – [www.thebradfordstore.com](http://www.thebradfordstore.com)



### ADDITIONAL REFERENCES ON LOCAL FOODS:

[www.localharvest.org](http://www.localharvest.org)

[www.slowfoodcharlotte.org](http://www.slowfoodcharlotte.org)

[www.meckhealth.org](http://www.meckhealth.org)

[www.fitcitychallenge.com](http://www.fitcitychallenge.com)

[www.eatwellguide.org](http://www.eatwellguide.org)