

Food ♥ heal & thrive

MEET THE LOCALS
SHOPPING LIST
brought to you by *Carole St-Laurent*
Nutritional Therapy Practitioner



Happy Critters Ranch

664 Brock Rd, Honea Path, SC, 29654
Rob and Helen Daugherty, owners
864-314-4019

What Happy Critters Ranch offers:

- Pastured chicken
- Free Range eggs
- Pastured Pork
- Grass-Fed Beef
- Grass-Fed Lamb

Where we can buy:

- ✓ Helen is at the Uptown Farmers Market (220 Maxwell Ave, Greenwood) from 10 till 2 every Wednesday.
- ✓ The ranch is open on Saturday from 1 to 4

Visit Happy Critters Ranch [online](#) or call 864-314-4019. Like their page on [Facebook](#) to see pictures of their animals. Or email them at info@happycrittersranch.com.

Note: I've not personally visited the farm yet but I've met Helen several times and purchased pork, turkey and chicken from them. I've also blogged about their Heritage turkeys, see the post [here](#).

Southern Oaks Jersey Farm & Creamery

458 Hwy. 20, Abbeville, SC, 29620
Mark & Dana Wiley, Owners & Operators
864-391-1898

What Southern Oaks Jersey Farm & Creamery offers:

- Raw Milk
- Pasteurized Whole Milk
- Butter
- Pasteurized Whole Chocolate Milk
- Whole Buttermilk

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- Ice Cream (only at the farm and in season)

Where we can buy:

In Greenwood, Southern Oaks products are offered at the Pantry Shop on the by-pass, close to Calhoon. Best option is to go directly to the store on the farm where products are available all day.

Raw milk from cows feeding on grass is the best option for both health and nutrition. I visited the farm in early spring and saw a small operation with 56 cows who grazed on grass all year long, supplemented with hay in the winter months. Mr. Wiley takes great care of his animals; commercial operations use Holstein cows, contained in pens and fed an unnatural diet of grains and given antibiotics and growth hormone to bolster milk production.

Did you know South Carolina is one of the rare states where raw milk is legal? Take advantage of your privilege and visit Southern Oaks Jersey Farm and Creamery in Abbeville, or [online](#).

Crescent Farm

3111 Hwy 56 South, Clinton, SC, 29325
Operated by Margie Levine & Holly Welch
802-380-0605

What Crescent Farm offers:

Fresh Organic Seasonal vegetables

Where we can buy:

Crescent Farm operates a Community Supported Agriculture program, or CSA, where each week, you can get a box full of organic vegetables for an upfront fee. Drop locations for the weekly boxes go from Clinton to Spartanburg.

Their produce is also featured in restaurants around the upstate, like Bacon Brothers Public House in Greenville and Restaurant 17 at Hotel Domestique.

I visited Crescent Farm in the spring to check out their operation. They are certified organic, which is not frequent for a small farm operation. You can visit the farm in Clinton, simply call Margie to set up an appointment, or visit them [online](#), [Facebook](#) or on [Instagram](#).

I've also posted an article in my Meet the Locals blog series, you can read it [here](#).

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Metts Organix

Greenwood, SC
Owner: William Metts
864-980-4772

What Mett Organix offers:

Fresh Organic Seasonal vegetables and Hydroponic Lettuces

Where we can buy:

At Uptown Farmers Market, every Wednesday, from 10 am to 2 pm.

Their produce is also featured in restaurants around Greenwood, at Inn On The Square and The Mill House.

I visited Metts Organix in the spring to check out their operation. They are currently working on their organic certification, which should be completed in the Fall. For any inquiries, please call William at 864-980-4772 or visit them on their [Facebook](#) page.

I've also posted an article in my Meet the Locals blog series, you can read it [here](#).

Carolina Grassfed Beef

3456 Highway 187 South, Anderson, SC, 29626
Owner: Mr. Mac McGee
864-844-1621

What Carolina Grassfed Beef offers:

Grassfed, grass finished beef, free range eggs, pastured pork, pastured chicken

Where we can buy:

Directly at the farm by calling ahead, at the Community Farmers Market in Anderson (402 N Murray Street, Anderson, SC) every Tuesday from 4h30 to 7h30. Also at the Palmetto Farmers Market (Mineral Spring Park, Williamston, SC) every Thursday from 3:30 to 7 pm.

I visited Carolina Grassfed Beef and I absolutely recommend buying your nutrient dense animal foods from Mr. McGee. You can visit the farm online [here](#) or read my post [here](#).