

Tennesseans For Raw Milk



Farms delivering into Nashville, TN

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Here is the information you requested, as close as we can get to your location.

PLEASE NOTE: Farmers are listed at the top here. Scroll down to find Naturopathic Doctors for this area.

FARMERS

* **Perry County, TN** Brandon Williams, Little Spring Creek Farm, raw COW and GOAT milk shares available, Jersey cows are mostly all grassfed, even in winter, they are fed wheat grass or rye grass in the winter and this makes a real difference in the butterfat content and flavor of the milk, they also have pastured LaMancha and Nubian raw goat milk available, goats are mostly grassfed but given other vegetation as well, including non-GMO soaked oats and wheat, which is WAPF-friendly, they also have grass-finished Maine Anjou beef—just excellent flavor and marbeling, their cow and goat program at \$50 to get into the program. This is your portion of the animal, the part you own. The \$50 share fee is non-refundable and is a one-time price, not yearly. The delivery price on the milk is \$8 per gallon labor

for milking your cow, and \$12 per gallon labor for milking your goat. If you pick up your own cow or goat milk at the farm, the price for labor is \$5 for raw cow milk labor, and \$10 for raw goat milk labor. Your share of ownership in the herd is forfeit when you leave the share program. They offer delivery into the **Franklin Farmer's Market every Saturday morning from 8:00 AM to 12 noon at the Factory** and they also deliver into **West Nashville on Wednesdays from 11am to 12 noon**. They also offer mozzarella cheese and cow milk yogurt for share holders. The grassfed beef is sold by the quarter, making it more affordable for families. It is also delivered.

Give them a call today at phone (931) 628-3523, or email them at littlecreekfarm@gmail.com.

* **Hickman County, Sherry Holt, The Holt Farm**, raw COW milk shares available now, this Jersey cow is grass fed in both summer AND winter. They give her quite a few high-quality grass products in addition to regular pasture, including timothy, alfalfa, and beet pulp. She also gets the hay cut off their own fields in spring and fall. The Holt Farm is offering herd shares for their cow share program at \$70 to get into the program. This is your portion of the animal, the part you own. The \$70 share fee is non-refundable and is a one-time price, not yearly. The delivery price on the milk is \$8 per gallon labor for milking. Your share of ownership in the herd is forfeit when you leave the share program.

They offer delivery into DICKSON, NASHVILLE, BELLEVUE, FRANKLIN, and COLUMBIA. They also offer other products made with your own milk for a set labor price as follows:

1 lb of Butter is \$8.00 for labor
1 lb of Honey-Butter is \$11.00 for labor
1 qt of Yogurt is \$5.00 for labor
1 qt of Kefir is \$6.00 for labor
1 qt of Cottage Cheese is \$5.00 for labor
1 qt of Sour Cream is \$5.00 for labor
1 qt of Cream is \$5.00 for labor
1 qt of buttermilk is \$5.00 for labor

They will soon be offering pastured free-range eggs from their Rhode Island Red hens. They also plan to offer grassfed beef as their herd grows. Raw goat milk shares are NOW AVAILABLE from a herd of Nubians and Alpines. The cost is \$9.00 for the labor per gallon.

Give Sherry Holt a call today at (931) 729-4530, or email her at holtfarmingco@hotmail.com

* **Westpoint, TN**, Todd and Kari Vincent, Vincent Family Farm, south of Lawrenceberg, raw 100% grassfed Jersey cow milk and pastured raw goat milk, 100% grassfed raw butter, 100% grassfed RAW mozzarella cheese, 100% raw

grassfed yogurt, pastured free-range eggs, fresh ground wheat bread, organic vegetables, fermented bean paste, fermented mexican slaw, whey-fermented dill and garlic carrots, granola, raisins, raw honey, flavored raw cream cheeses (cinnamon vanilla honey, sun-dried tomato and basil, chocolate and peanut butter), peppermint soap, sandalwood soap, ready-to-bake pizza dough, jalapeno jelly, organic local blueberry jam, sea salt, yeast-free sourdough starter, raw sprouted buckwheat cereal, orange lemon grape and apple kefir water, essential oils, **DELIVERY into FRANKLIN, EAST NASHVILLE, and MUSIC ROW area of NASHVILLE**, contact Todd Vincent at 931-853-6220 or email him at vincentfamilyfarm@gmail.com.

* **Lebanon, TN**, Brian Harville, raw milk Jersey cow-shares, “we a small family farm that is offering shares for sale in our registered, purebred Jersey cows. Milking labor fee will be \$6 per gallon per week and for my labor you will receive 1 gallon of YOUR OWN wonderful, whole, fresh, raw milk. For \$7.50 we deliver your milk. We are only 30 min. east of Nashville and 25 min. north of Murfreesboro. (2 miles off 840). We do use organic practices but are not certified. The address is 1215 Oak Grove Road Lebanon Tn 37090. Our website is www.knbjerseyfarm.com . We do look forward to hearing from you,” **delivers into Franklin, Nashville, and Murfreesboro**, For more info contact brianharville74@yahoo.com

* **Scott Daniels**, sales@willowhillsnaturalfoods.com, cow-shares/boarding, grassfed raw cow and goat milk, organic grass fed meats and eggs, **delivers into the green hills area of Nashville and also to Gallatin and other locations**, www.willowhillsnaturalfoods.com, (270) 427-4238

* **Deer Lodge, TN**, West Wind Farms—certified organic farm, www.westwindfarms.com, licensed by the TDA for 5 years, Kim Cole delivers to many Farmer’s Markets, including **Franklin, Nashville, Memphis, Knoxville and Murfreesboro**, they have raw cow milk—all A2, as well as goat milk, offering CSA-pet food cow shares, certified organic grass fed meats and eggs, email Kim at customerservice@westwindfarms.com or call (423)442-9768.

* **Nashville, TN**, Song Haven Farm, Cathy Williams, cow-shares/boarding, grassfed raw cow milk, located at 6503 Holt road in South Nashville, super clean milking practices, there is a one time \$50 non-refundable share fee and you become a part-owner of the cow. Then, you pay a boarding rate of \$30 a month per share for every month that she is producing milk and for each share that you own you get a gallon of milk per week. If you want more than one gallon of milk per week, you buy more shares and pay a higher boarding rate accordingly, We will arrange a day/time of the week for you to get your milk: milk can be picked up from Cathy at ABDiagnostics in Maryland Farms, Brentwood, mornings or lunchtime, or at the farm on Holt Road – evenings/weekends by appointment only. You are welcome to visit the farm, but

we do ask that you call ahead to make sure that the time is convenient, email Cathy at callen022471@yahoo.com or call her at (615) 972 4106.

NATUROPATHIC DOCTORS in this area

* **Nashville, TN**, Dr. Phil Roberts, MD, is totally devoted to their patients, and his goal is to help them become engaged and active partners in their naturopathic health care. Dr. Roberts does a comprehensive review and analysis of patient symptoms, medical, family and personal history, and gives the patient individualized testing (saliva, urine and/or blood laboratory analysis). He also customizes natural hormone balancing for patients, and in addition he does re-evaluations every 2-6 months. He will also refer patients to local compounding pharmacies, as well as give nutrition and fitness recommendations. To learn more, visit Dr. Robert's website at www.balancedlifeandhealth.com, or give them a call today at 615-369-6330. Also, has an office in Franklin, TN.