

# Tennesseans For Raw Milk



## Farms and Naturopathic doctors located South of Nashville, TN

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

## FARMERS

\* **Leiper's Fork, TN, George and Annette Dodson, Jersey D Farms**, raw cow milk, cow-shares available, all Jerseys, mostly grass fed, no antibiotics, no hormones, all organically raised, no soy either, shares are \$25 to buy into the herd, (a one-time, non-refundable share fee) then \$5 per gallon for the labor to milk your cow for you. They also have free-range chickens and sell country eggs (when the chicken cooperate with enough eggs). They have both grass-fed or grain fed beef (on the hoof) for sale, and they sell fresh ground, whole hog, pork sausage from our hogs, which are free from antibiotics and growth hormones. If you don't want a share, you can also purchase the milk as "pet food milk". Give Annette or George a call today at 931-682-2315.

\* **Lewis County, TN, David Gingerich, Uncle Dave's Farm**, raw Jersey cow milk shares available, grassfed raw milk as well as eggs and pastured poultry, David Gingerich raises his cows organically, and they use no antibiotics or growth hormones. Their cows are out on grass all the time, and only come in for milking. They put an emphasis on making clean, grassfed raw milk for their shareholders that is of the highest quality, Grade A milking practices, will consider **delivery into Franklin and Nashville with enough demand**, herd shares for their cow share program are \$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 \$7.50 per gallon labor for milking your cow. If you pick up your own cow's milk at the farm, the price is \$5.50 for the labor. Your share of ownership in the herd is forfeit when you leave the share program. Give David a call today at phone (931) 628-2851.

\* **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 \$14 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 Tuesdays at Sevier Park from 11am to 12 noon**. Their stand at the Franklin Farmer's market is called "Pilgrim's Produce" so look for that name at the market. They also offer goat cheese and goat milk yogurt for share holders. The grassfed beef is sold by the individual cut. It is also delivered.

Give them a call today at phone (931) 628-3523, or email them at [littlespringcreekfarm@gmail.com](mailto:littlespringcreekfarm@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 \$20 share fee is non-refundable and is a one-time price, not yearly. The price on

the milk is \$4 per gallon labor for milking. Your share of ownership in the herd is forfeit when you leave the share program.

**They do not offer delivery — pickup ONLY AT FARM.**

They offer other products made with your own milk for a set labor price as follows:

1 lb of Butter is \$4.00 for labor

1 lb of Honey-Butter is \$6.00 for labor

1 gal of Kefir is \$10.00 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 \$4.00 for labor

1 qt of Cottage Cheese is \$4.00 for labor

1 qt of Whey is \$5.00 for labor

1 qt of Yogurt is \$4.00 for labor in flavors of plain, blueberry, cherry, coconut, peach, strawberry banana, strawberry, vanilla, and cream.

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 \$10.00 for the labor per gallon.

Give Sherry Holt a call today at (931) 729-4530, or email her at

[holtfarmingco@gmail.com](mailto:holtfarmingco@gmail.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](mailto: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](http://www.knbjerseyfarm.com) . We do look forward to hearing from you,” delivers into Franklin, Nashville, and Murfreesboro, For more info contact [brianharville74@yahoo.com](mailto:brianharville74@yahoo.com)

\* **Arrington, TN, Shelly McMullan**, pastured raw LaMancha goat milk available through a SHARE PROGRAM, located just outside of Nolensville, sells only to people in need of goat milk for autism or other medical problems—more of a ministry to the sick. Labor is \$7.50/Gallon. People can email her at [mcmullanshelly@yahoo.com](mailto:mcmullanshelly@yahoo.com) if they are interested, or call 615-218-1523.

\* **Melissa Hostetter**, pastured raw goat milk, [hostette@dtccom.net](mailto:hostette@dtccom.net), southeast of Nashville, 15 minutes from Murfreesboro, (615) 563-2147, FOR PET CONSUMPTION ONLY.

\* **Taft, TN, Lincoln County, Fred Alcorn**, raw grassfed, organic, Jersey cow milk FOR PET CONSUMPTION only, 20 Sanders Lane, Taft, 38488, from I-65 I'm 10 miles southeast from exit 14 toward Fayetteville, I'm about 50 miles from cool springs area, we are about 14 miles from exit 1 at Ardmore, Tn, which is southern TN, we also have beef and pork as well as butter, cheese, Keifer, cream, etc. we also offer grass-finished beef, [fred.alcorn@PeoAvn.Army.Mil](mailto:fred.alcorn@PeoAvn.Army.Mil), home 931-425-6878, using cow shares

\* **Thompsons Station, TN, Kris Ellis**, she has pastured raw goat milk, 615-322-7238, 615-790-2925, [kris.ellis@vanderbilt.edu](mailto:kris.ellis@vanderbilt.edu), FOR PET CONSUMPTION ONLY

\* **Columbia TN, Scott and Lisa McCord**, we have raw grassfed Jersey cow and pastured Nubian raw goat milk available through herd shares, all milk is hormone-free, antibiotic free, they receive a small amount of a natural supplemental feed during milking, there is a one-time \$50 temporary share fee that is non-refundable and forfeit when you leave the share program, your milk will be available for pickup on Monday and Thursdays at the farm, labor fees for milking your cow are \$8.00 per gallon, labor for milking your goat are \$5.00 per half gallon, Crossing Jordan Farm, phone 931-583-9191 or email [mccordclan6@yahoo.com](mailto:mccordclan6@yahoo.com).

\* **Deer Lodge, TN, West Wind Farms**—certified organic farm, [wwfarms@highland.net](mailto:wwfarms@highland.net), 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, certified organic grass fed meats and eggs, [www.grassorganic.com](http://www.grassorganic.com), (423) 965-3334, CSA Pet cow-shares

\* **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](mailto:callen022471@yahoo.com) or call her at (615) 972 4106.

**Franklin, TN, Covenant Family Farm**, Chuck DeLadurantey, cow-shares/boarding, grassfed cow milk, Santa Fe, TN about 15 miles north of Columbia. Our property has been farmed since the mid-1800s and we live in the original farm house that dates to about 1848. We are blessed to be about 2 miles south of the famous Natchez Trace just off New Highway 7 near the old Fly Village, cows are mostly grassfed with a little corn at milking time, we have pastured eggs, pastured poultry, as well as a organic vegetables, we use glass jars for the share program, the share joining fee is \$50 non-refundable upfront then \$26 per month for the labor on 1 gallon of milk per week—about \$6.50 for the labor per gallon. We can do paypal or check. For more information, email Chuck DeLadurantey at [akrosinc@yahoo.com](mailto:akrosinc@yahoo.com) or call him at 615-767-6397.

**Fairview, TN, Williamson County**, herd shares available for raw goat milk. Our happy, healthy goats are naturally raised and receive NO antibiotics or hormones. Shares available for half-gallon or gallon per week. For half-gallon shares: One time herd share fee of \$35.00, then \$25 per month boarding feed, you get half gallon per week. For gallon shares: One time herd share fee of \$50, then \$40/mo boarding fee, you get one gallon per week. **Delivery to Franklin and Bellevue may be a possible for an additional charge.** Free delivery in Fairview. Woodard Dairy, Jamie and Wes Woodard, please contact us for more information: [woodardequine@yahoo.com](mailto:woodardequine@yahoo.com) , 615-512-3557

### **FREE-RANGE CHICKEN DELIVERY ONLY**

\* Mascot, TN, Morel Bliss, Green Chin Farm, Soy/GMO-free Pastured Freedom Ranger Chicken, the Freedom Ranger chicken is a slow-growing meat chicken developed by the French for their strict Label Rouge program, which emphasizes raising chickens on pasture in a humane manner to produce a more flavorful and higher-quality meat. They act and taste like a real chicken should! And you will not find this chicken in any local grocery stores – only direct from the farm! Our chickens eat A LOT of grass and bugs and are moved to fresh pasture twice/day. We supplement their pasture-diet with a freshly-milled, mostly locally and organically grown whole grain feed of peas, organic corn, wheat and oats – NO SOY or

GMO's! For trace minerals (and for a more nutrient-dense meat), we add Poultry Nutribalancer, Organic Alfalfa meal, Fish meal, Diamond V yeast, and Aragonite. We also soak/sprout/ferment their feed daily in raw milk and cheese whey! We process our chickens humanely and cleanly here on the farm. Most farms truck their chickens to KY, which is very stressful for the chickens and can affect the quality of the meat. Most chickens average about 4.5lbs. We package them whole in freezer-safe shrink bags and deliver them fresh to you in Knoxville the same day they are processed – doesn't get any fresher than that! The cost of the chickens is \$5/lb. We can save the feet and organs (heart and liver) from your chicken(s) for you, as well – no extra charge. Delivery into Brentwood, a couple of times a year. Contact Morel Bliss at 1 (865) 933-0855, or email [morelbliss@gmail.com](mailto:morelbliss@gmail.com) and also see them on facebook at <https://www.facebook.com/pages/Green-Chin-Farm/181941158543954> .

## NATUROPATHIC DOCTORS in this area

\* **Franklin, TN**, Dr. Thomas Lokensgard, DDS, NMD, is passionate about the Weston A. Price Foundation and its mission, and he brings a naturopathic, holistic understanding to dental care. His practice has an integrative approach to dentistry that understands the connection between Silent Inflammation and chronic degenerative disease, it is a mercury-free and mercury-safe clinic located in historical downtown Franklin, Tennessee. To learn more, visit Dr. Lokensgard's website at [www.dds4life.com](http://www.dds4life.com), or give them a call today at 615-567-6468.

\* **Franklin, 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](http://www.balancedlifeandhealth.com), or give them a call today at 615-369-6330. Also, has an office in Nashville, TN.

\* **Columbia, TN**, Total Wellness, Jennifer Maxey, ND, QRA Certified, 506 N. Garden St, Columbia, TN 38401, Contact her at (931)-490-0606.