

Tennesseans For Raw Milk



Farms located West and NW of Nashville

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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 pilgrimhauling@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

* **Waverly, Emerald Knoll Alpines**, 129 Trotter Access Rd, Frances Chochrek. (931) 296-2236. FOR PET CONSUMPTION ONLY, located a bit West of Nashville, maybe 1 hour past Kingston Springs, emeraldknoll@netzero.net . <http://www.freewebs.com/emeraldknollfarm>, raw alpine goat milk for sale for animal use or soap making. They have a small alpine dairy goat herd & have extra goats milk-great for puppies, calves or any baby animals. Pick up at the farm.

* **Lyles, TN, Steve and Pam Hethcote, Possum Hollow Farm**, pastured raw goat milk, FOR PET CONSUMPTION ONLY, www.possumhollowfarm.com, located in Lyles, TN, before Centerville, between that and Fairview, phone (931) 729-4080, email possumhlfarm@aol.com.

* **Linden, TN, Brandon and Andrea Williams, Little Spring Creek Farm**, Perry County, about 1.5 hours or so west of Nashville, we have grassfed raw Jersey cow milk and pastured goat milk, available through a herdshare program, we also have cow butter, goat yogurt and other products, we sell grassfed, organically raised beef as well using intensive grazing and a limited amount of organic feed, phone (931) 628-3523, email pilgrimhauling@gmail.com.

* **Centerville, TN, Vaughnshire Farm, Paul R. Vaughn**, paul@vaughnshire.com, located in Centerville, about 1 hour West of Nashville, has 6 to 7 gallons per day of grassfed, organic, grassfed raw A2 Guernsey milk–this is the VERY best kind of milk you can buy, extremely non-allergenic, that’s why it’s called “Guernsey Gold”, can be reached at <http://vaughnshire.com>, 931.729.4340

* **Centerville, TN, Belle Springs Farm** provides shares in a herd of Jersey cows that are free of antibiotics and added hormones. All transactions are done in accordance with the laws of the state of Tennessee. For more information, contact them via email at claire@bellespringsfarm.com.

* **Lobelville, TN, David Schimp**, raw cow milk available, large consortium of farmers joined together in this area, many fresh egg producers as well as fresh produce, we have several who are specifically engaged in grass fed dairy, please see our website at www.nourishingharvest.com, Contact information: David Schimp Family, 1342 Russell Creek Rd., Lobelville, TN 37097, phone 931-593-2722, email avid@nourishingharvest.com

* **Deer Lodge, TN, West Wind Farms**–certified organic farm, 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, (423) 965-3334, CSA Pet cow-shares

GRASS FED BEEF, ORGANIC SALAD GREENS, FLOWERS, WOODWORKING

* **Centerville, TN, Narrow Gate Farms, Mike and Rachael Stokes**, a small, multi-generational farm located in Centerville, TN, just west of Nashville, they offer 100% grass fed and finished beef, as well as top-quality salad greens, the flavor of which their customers cannot say enough about, extremely rich and different from

most all other salad greens, they also offer fresh-cut flowers seasonally, as well as custom woodworking.

* **Pleasantville, TN, Windsor Farms, Roger Windsor**, grassfed DEXTER beef, very tender, flavorful, and delicious, Our Dexter cows cost \$1.40/pound live weight. The cow will be weighed at Yoder Brothers, so the final price will be determined at that time. Meat will be frozen, vacuum-wrapped in plastic and labeled with the cut type. Customers fill out the Yoder Bros slaughter order form in advance to select styles of cut types they want, as well as amount of hamburger and fat content. Customers pay the cost of Yoder's processing.

Here is an example of the cost of a processed Dexter cow from a past order:

Cow live weight — 600 pounds. At \$1.40/pound, this comes to \$840

Slaughter cost — \$184

Total customer cost — \$1024

Finish weight (retail cuts): 258 pounds

Final Cost was \$3.97 per pound for retail cuts

Windsor Farm will deliver the cow to Yoder Brothers in Paris, TN. Customers are responsible for picking up their order from Yoder's. If we have room in our vehicle when we pick up our meat, we will bring your meat back to our house to be picked up before thawing. Payment — A \$500 non-refundable deposit will reserve your cow. A written agreement and receipt will be provided by Windsor Farm at time of deposit payment. The balance will be paid in cash one day prior to pickup. (Note: Your final cost will be determined by the actual weight of the cow and processing costs. Cost may be above or below the example given above, only the \$1.40/pound of live weight is fixed. Cow weights, amount of final cuts, and costs per pound vary slightly due to individual differences between animals.) Keep in mind that the Dexter cow is about 1/2 size of an Angus, so judge how much beef you want for your freezer accordingly. According to the USDA, allow "one cubic foot of freezer space for each 35-40 pounds of cut and wrapped meat. Allow slightly more space when the meat is packaged in odd shapes." Freezer dimensions are usually noted on a sticker inside the freezer. Contact Roger Windsor to order, at (931) 593-3113, 717 Lower Cane Creek Road, Pleasantville, TN.