

# 'Nole Your Farmer

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A SEMINOLE DINING SERIES SHOWCASING LOCAL FARMERS AND  
PRODUCERS



# What is 'Nole Your Farmer?

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- A series of visits to farms and producers local to Tallahassee.
- We document these visits and virtually bring our students and community with us.
- We determine how we can best support these farms and producers.
- Our Goal is to educate our students and community on the local products available to them and encourage them to support local.



## Local Wall

- Look for this informational installation in both Suwannee Room and Seminole Café.
- Here you can find information about the different farms we support, as well as where they are located and their distance from FSU.

The Local Wall in Seminole Café





Visited May 20th, 2021

# White Oak Pastures

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Farmer: Will Harris

Miles From FSU: 94

Farm Products: Grass fed and open pasture beef and lamb; Heritage and Iberico pork; and pastured chicken and poultry

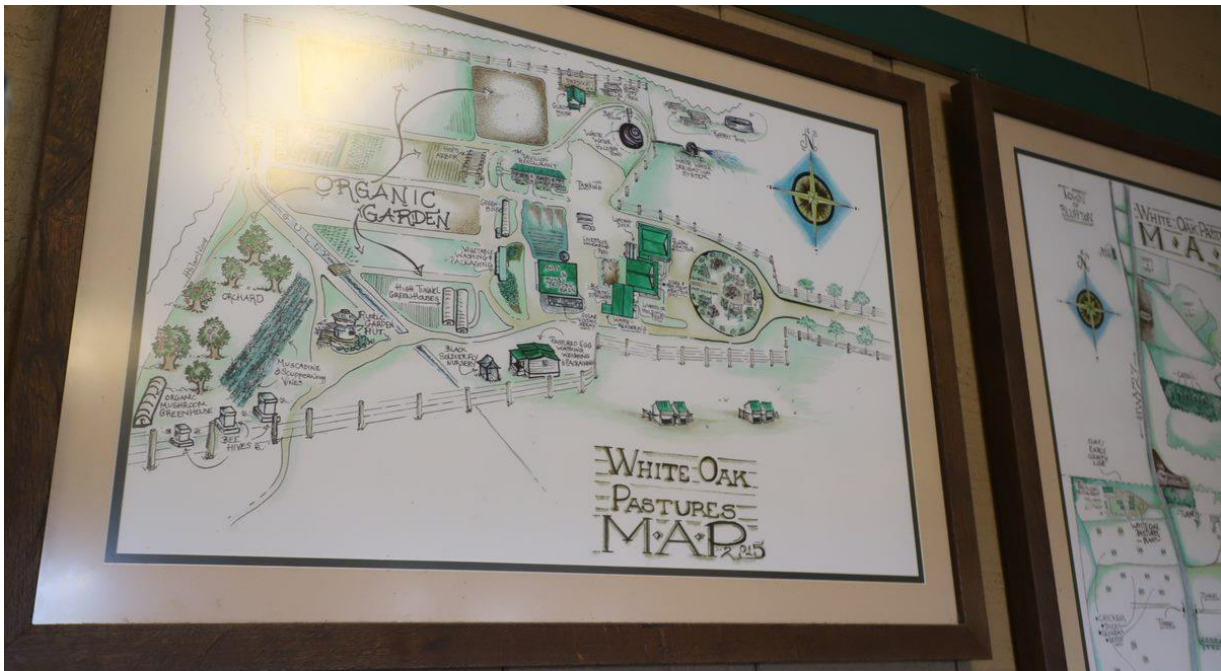
Farm Facts: 6th generation, 152-year-old farm in Bluffton, GA

More than 3000 acres of regenerative land management

Humane animal husbandry

Zero waste production system













Visited June 8th, 2021

# Play of Sunlight Mushrooms

Farmer: Josh Saul

Miles From FSU: 1.5

Farm Products: Lions Mane, Blue Oyster, Black Pearl, King Oyster, Gold Oyster, Chestnut, and Pioppino mushrooms

Farm Facts: Founded in Tallahassee, FL by an FSU Alumnus in 2014

Use USDA-Certified organic substrate for growing

All excess and leftover soil/substrate is composted

Delivers to many local Tallahassee Restaurants













Visited June 11th, 2021

# Traders Hill Farm

Farmer: Tracy Nazzaro

Miles From FSU: 174

Farm Products: Butter Lettuce, Green Romaine, Red Romaine, and Pac Choi.

Farm Facts: Aquaponic farm in Hilliard, FL

The only aquaponics farm in the United States to have a Safe Quality Food certification

No pesticides or herbicides

Uses less than 10% of water usage vs. Traditional farming

More plants per square foot than traditional farming













Visited June 15th, 2021

# Full Moon Apiary

Farmer: Becky and Tony Hogg

Miles From FSU: 40

Farm Products: Honey Bears, Creamed Honey, and Honey Sticks

Farm Facts: Apiary in Monticello, FL that produces honey

They rent their bee colonies to local producers as seasonal pollinators

Honey from Full Moon is used in Suwannee Room for Honey Fried Chicken Friday













Visited August 2nd, 2021

# Georgia Olive Farms

Farmer: Kevin, Jason, and Sam Shaw

Miles From FSU: 99

Farm Products: Olive Oil

Farm Facts: True American made Extra Virgin Olive Oil in Lakeland, GA

Olives are harvested, cleaned, and pressed in less than 24 hours

By-Products of pressing the olives is sold to other companies to prevent waste













# Thompson Farms

Farmer: Andrew, Bayly and Abby Thompson

Miles From FSU: 51

Farm Products: Pork

Farm Facts: Regenerative Pig Farming; pigs are raised and harvested on the farm, free range, and graze in a rotational pattern

3rd generation owned farm

Meats smoked in house over locally sourced peach wood

Pigs are fed a non-gmo diet and are immunization free

Visited September 22nd, 2021













# Tally Kombucha

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Owner: Michaela Teasley

Miles From FSU: Hyperlocal

Products: Kombucha, lemonades, loose leaf tea, vegan and gluten free granola

Facts: Created out of desire to ensure her daughter had healthy and “good for you” snacks available

Visited October 11th, 2021









Visited November 16<sup>th</sup>, 2021

# Legacy Greens

Owners: Daniel and Jordan Miranda

Miles From FSU: Hyperlocal

Products: Microgreens, edible flowers, wheatgrass, and grow kits

Facts: Microgreens are grown in an indoor, hydroponic vertical farm set up

No pesticides or fertilizers are used

Supply microgreens and edible flowers to many restaurants around Tallahassee, as well as on campus for special events



