

Know Your Farmer

A SEMINOLE DINING SERIES SHOWCASING LOCAL FARMERS AND PRODUCERS



What is Know Your Farmer?

- 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.





The Local Wall in Seminole Cafe

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.



Visited May 20th, 2021

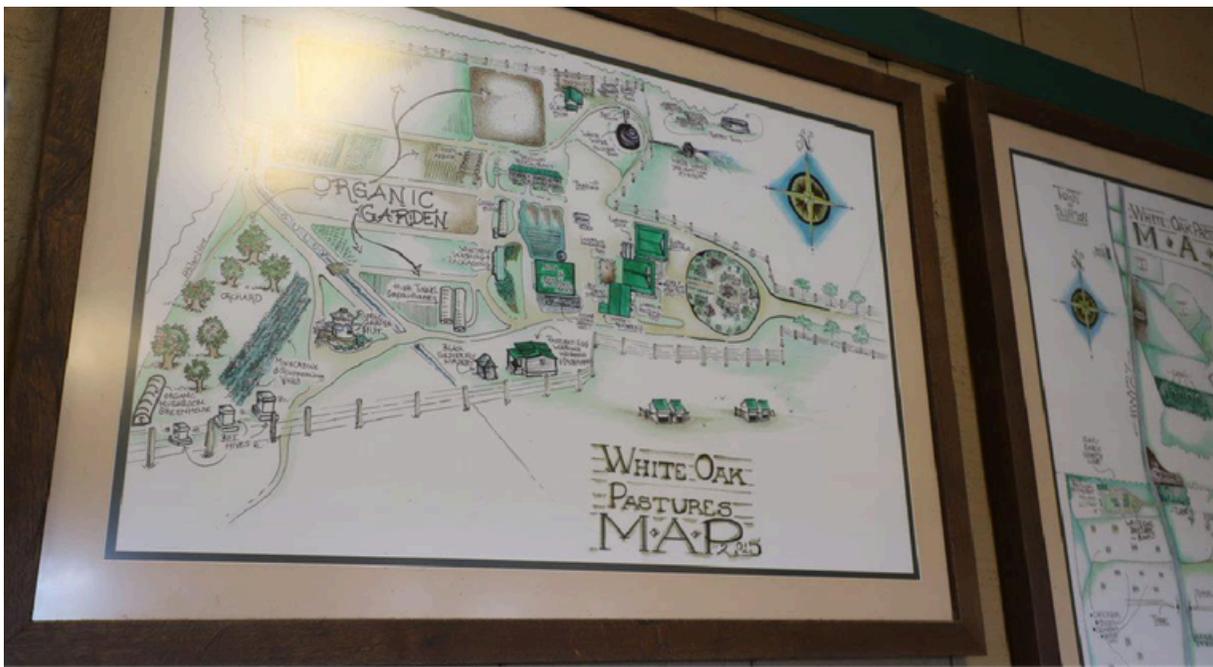
White Oak Pastures

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.

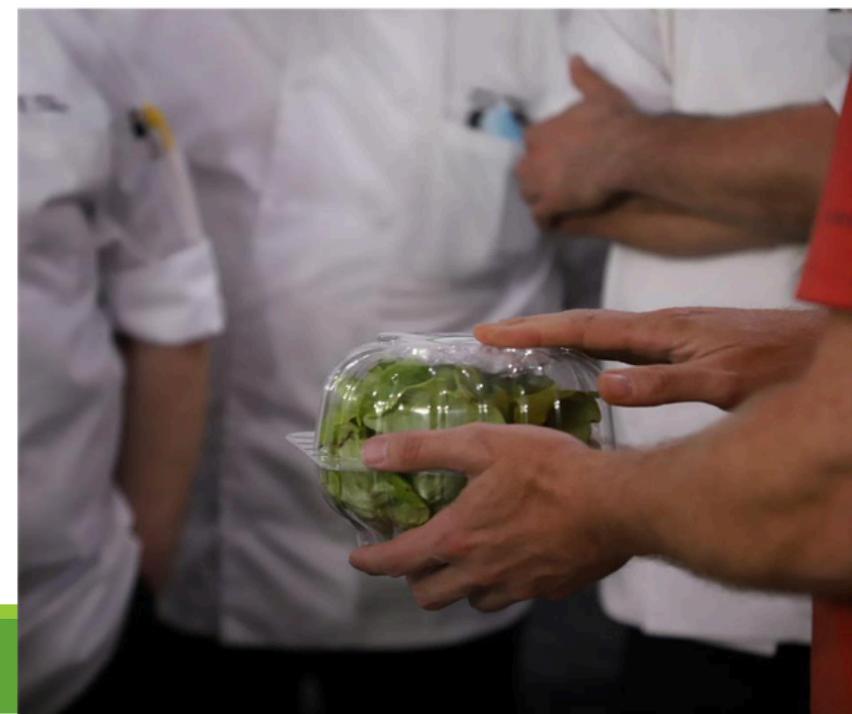
Farm Facts: Aquaponic farm in Hillard, FL

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







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-product from pressing olives 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

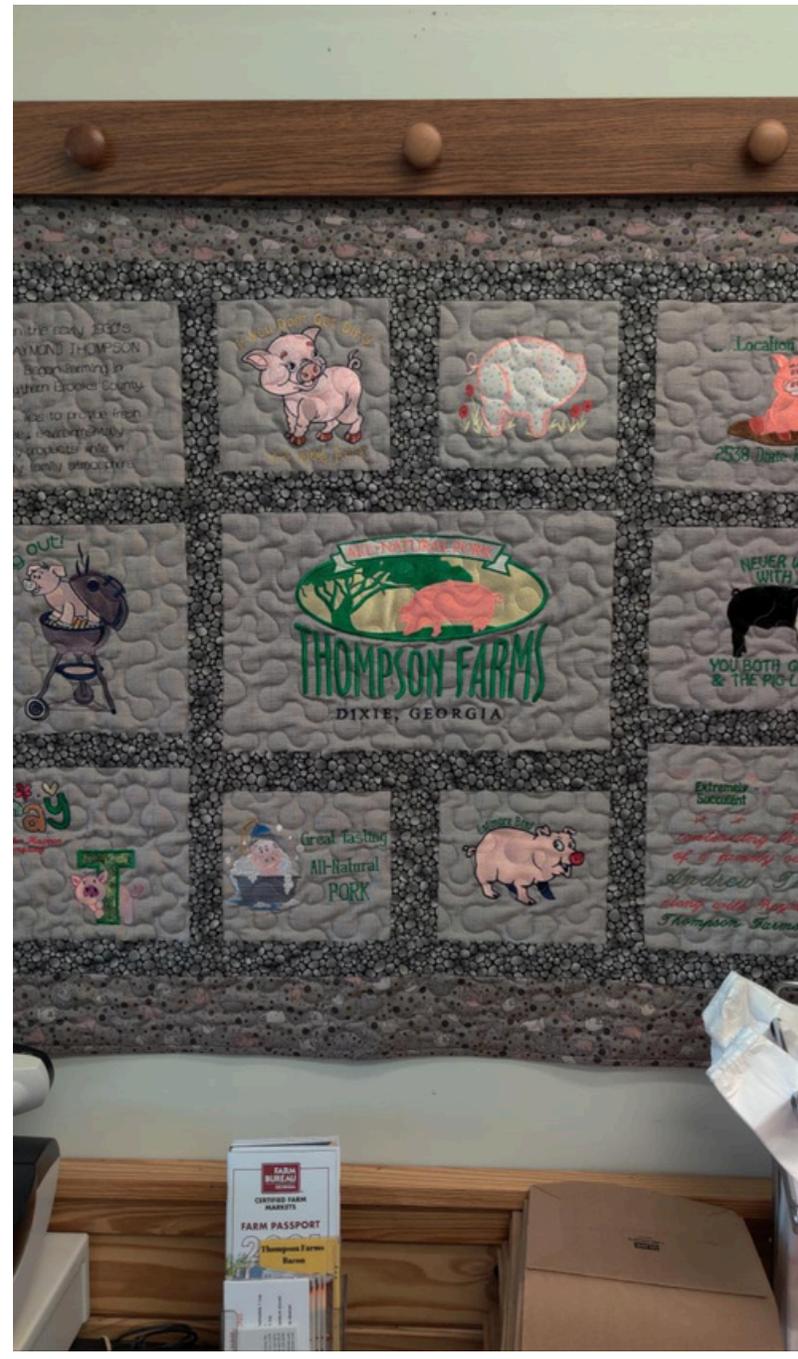
3rd generation owned farm

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

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 16th, 2021

Legacy Greens

Owners: Daniel and Jordan
Miranda

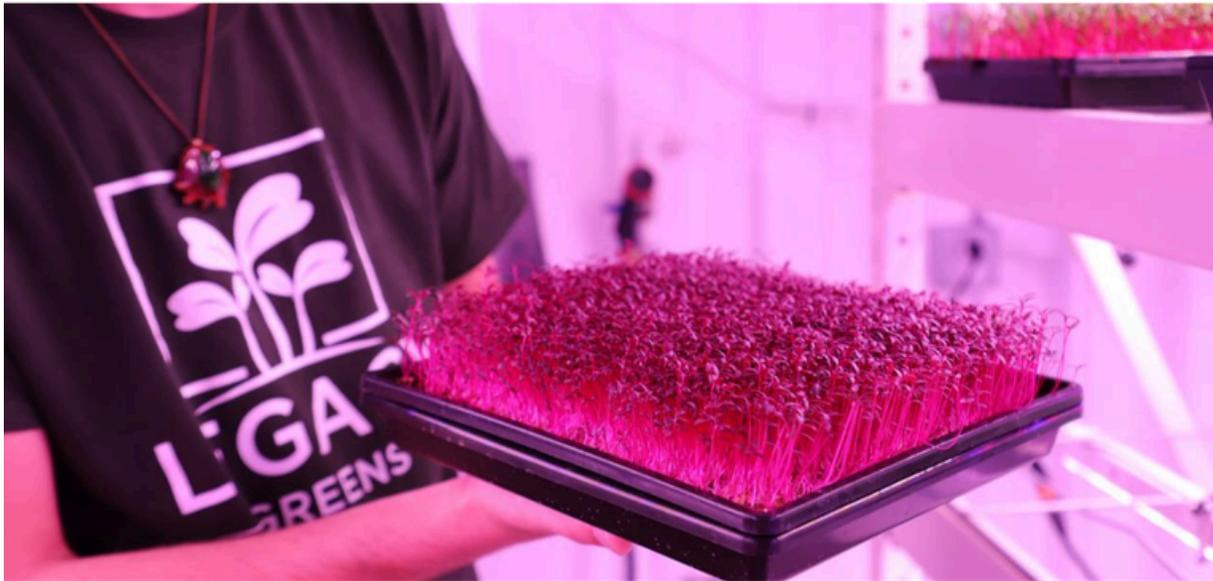
Miles From FSU: Hyperlocal
Products: Microgreens, edible
flowers, wheatgrass, and grow
kits

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



Lucky Goat



- Six locations throughout Tallahassee.
- Founded in 2010, Lucky Goat began as a passionate local roaster focused on delivering top-quality wholesale coffee beans, over time they expanded into tasting rooms and cafés to educate customers about coffee brewing and flavor profiles
- Emphasizes single-origin and micro-lot coffees from unique growing regions, highlighting distinctive flavor profiles and ethical sourcing
- Beyond serving great coffee, Lucky Goat hosts tours and classes to help customers brew coffee at home, reinforcing their approachable and educational brand ethos
- Operates with a strong commitment to sustainability through comprehensive recycling, repurposing coffee grounds for local farms, and using biodegradable to-go materials