

Lewisville/Flower Mound/Grapevine Chapter of the Weston A. Price Foundation

Hello! Below is a resource list for finding nutrient dense, Weston A. Price Foundation approved food in the Lewisville/Flower Mound/Grapevine area. For further learning on ancestral eating, we invite you to check out <https://www.westonaprice.org>, a treasure trove of information. Here's to vibrant health!

Raw Dairy

The [Real Milk Finder](#) on [RealMilk.com](#), [TexasRealMilk.org](#), and [Eatwild.com](#) have additional sources of Grade A raw dairy products in Texas and other states. Is raw milk safe? Listen to [this podcast from the Wise Traditions Podcast](#) to learn more!

Sandy Creek Farm

1674 Cuba Road

Bridgeport, TX 76426

allswissmilk@gmail.com, Also active on [Facebook](#).

Phone: Mike Moyers at 940-393-1176

Brown Swiss cows producing A2 raw milk, cream, kefir, butter, gouda cheese, and pastured eggs. Fort Worth & Irving pick up locations every other Saturday.

Payment: Cash, check, or PayPal.

Dry Valley Dairy

100 Dry Valley Road

Forestburg, TX 76239

dryvalleydairy@gmail.com, Also active on [Facebook](#).

Phone: Charles *call only* at 1-940-768-9030, Raw Jersey milk, cream, cheese, yogurt, beef, pork. Also can pick up in Justin, TX- contact Texoma Farm (see under "Produce").

Payment: Cash, check

Circle N Dairy

2074 County Road 446

Gainesville, TX 76240

michelle@circlendairy.com, Also active on [Facebook](#).

Phone: Michelle at 940-372-0343

Raw cows milk and cream are Grade A certified (permit #483209), greek yogurt, sour cream, cheese, eggs, honey, kombucha, pastured beef. Cows are on pasture and are also supplemented with silage- which is fermented forage making it easily digestible for them. Holstein cows and Holstein/Jersey cow cross breeds. The farm also has a playground and picnic area if you are driving in from a long way with kids. Pick up at Robsom Ranch in Denton every other Friday- text or call Michelle to confirm your order.

Payment: Cash, check, or Venmo

Full Quiver Farms

6238 FM 3396

Kemp, TX 75143

FullQuiverFarms@gmail.com , Also active on [Facebook](#) and [Instagram](#)

Phone: Josh 214-980-0350

Small family dairy about an hour SE of Dallas. Raw milk, raw cheeses, grass fed beef, chicken, and pork. Milk cows are Jersey, pastured, moved daily, and fed a small amount of grain. Chickens fed non GMO grain and rotated twice a day. Pick up at the farm or drop off areas in Irving, Grand Prairie, Dallas and Forney. Also, sells to the co-ops Off the Farm in Flower Mound, Naturally Grown in Argyle, and Farm box in Roanoke.

R&C Dairy and Farmstead

40 Crossroads Road

Collinsville, TX 76233

info@randcdairy.com , Prefers contact on [Facebook](#)

Phone: 940-391-2809

Open on Saturdays or by appointment only. State Certified Grade A Dairy licensed to sell cow and goat milk, cream, sour cream, yogurt, kefir, eggnog, and buttermilk. Goat cheese and goat milk soap are also available. Free range eggs, seasonal produce, select cuts of goat meat, as well as whole grain foods, granola, muffins and bread can be purchased. All of our animals are hormone and antibiotic free.

N&P Farm and Dairy

713 CR 610

Farmersville, TX 75442

lynhorton@sbcglobal.net , Also active on [Facebook](#)

Phone: 972-658-0291 *Prefers contact via text

Pick up on Wednesdays and Saturdays. Text to reserve goat milk. Pastured animals with a hay supplement. We are a Texas License Grade A Raw Dairy. We offer raw cow milk, raw goat milk, yogurts, kefir, cream, buttermilk, Jam, Jelly, Fresh Eggs. Berkshire Pork, Grass Fed Chicken, Beef. Non Gmo Heirloom Vegetables in season with no herbicides.

Produce

Texoma Farm

104 E 5th Street

Justin, TX 76247

texomafarm@gmail.com , Also active on [Facebook](#).

North Texas Farm producing the best tasting fruits, vegetables, and plants available. No pesticides ever used. 300 Bee Hives! Farm stand open Tuesday-Sunday. Also a pick up location for Dry Valley Dairy- but orders only, so email for more details.

Payment: Cash, check, or card.

L'Cajin Farm

266 Old Chisholm Trail

Rhome, TX 76078

cecil@cajungrown.com , Also active on [Facebook](#).

Phone: Farmer Cecil 817-845-0098 or April 940-577-8329

Year-round produce on this small family farm. They practice organic, although they are not certified organic, and focus a lot on health of the soil. Only organic fertilizers and organic microbes to feed the soil. All non- GMO seeds. They do weekly boxes that you can order on their website. 5 free drop off locations (Park Glen, Saginaw, Costco-Quail Groove, Trophy Club and Southlake) and a \$5 home delivery fee. You can also find them at the Roanoke Farmers Market & the Saginaw Farmers Market.

Spotted Gecko Farms

4418 View Rd.

Sanger, TX, 76266

spottedgeckofarms@gmail.com , Also active on [Facebook](#) and [Instagram](#).

Phone: Melissa 940-268-5514

Vegetables not sprayed with anything, no dig, no till, using permaculture and Joel Salatin's methods. Order on their website to pick up at the farm. Sells organic skincare products, tea, and pastured eggs as well. Chickens are fed non GMO feed, supplemental corn and soy, and are free range and continually rotated to let the pastures rest.

Sapling Farm

3394 CR 200

Sanger, TX 76266

saplingfarms@gmail.com , Also on [Facebook](#) and [Instagram](#)

Phone: Selvi 214-929-2349

Produce grown using organic principles. Can sign up on their website to join their CSA. They have a huge variety of produce for sale, as well as free range chicken & duck eggs and seasonal salsa, pickles, jams, marmalades, and honey. At Four Seasons Farmer's Market in Flower Mound on Sundays.

Meat

Truth Hill Farm

17953 County Road 618

Farmersville, TX 75442

truth_hill@yahoo.com , also on [Facebook](#)

Phone: 214-491-9441

Beef, pork, chicken, eggs, lamb

Our cows and sheep are raised on natural pastures eating grasses and dry forages. No nitrites, nitrates, or msg in sausage or smoked meats. family owned farm where animals are raised. No grain feeding, hormones, or chemical wormers. On our land we never use herbicides, pesticides, or commercial fertilizers. Even though we are not government certified organic, we use all organic methods. Rockwall & Fairview/Allen Drop offs

Old Cedar Farm

Rhome, TX

oldcedarfarm@protonmail.com , Also active on [Facebook](#) and [Instagram](#)

Phone: Lori 940-577-1143

Pastured broiler (meat) chickens fed non-GMO and soy free food. Rotated daily. Pastured pork, fed non-GMO and soy free food as well. Implements Joel Salatin methods in animal rotation and feeding practices. Contact for orders! They do welcome participation in butchering as well.

Burgundy Pastured Beef

800 McDuff Ave

Grandview, Texas 76050

burgundy@windstream.net , Also active on [Facebook](#)

Phone: Wendy 817-866-2247

Specialize in grass fed pastured beef. Small family operation since 1999. Store location in [Dallas](#) and [Fort Worth](#) is their main focus on selling their meat. They butcher and package their now meat. They also sell pasture raised pork and chicken with small grain ration. Bones for soup and organ meats also available.

Augustus Ranch Meat Company

Shiner, TX (near Austin), but ships anywhere

meat@augustusranch.com , Also active on [Facebook](#) and [Instagram](#)

Phone: Kent 361-298-0355

Grass-fed/grain-finished operation. Our animals are 100% pasture raised and finished, never confined, no antibiotics or hormones ever. Our finishing ration is a non-GMO barley and flax ration which we feed for a minimum of 60 days to ensure consistency of flavor and fat. The flax is an omega3 booster which helps maintain good ratios of omega3/6 and also increases the overall omega 3 alpha-linolenic-acid profile. Also has organs and bones available!

Prairie Farmstead

4617 Farmington Rd

Sherman TX, 75092

prairiefarmstead@gmail.com , Also active on [Facebook](#) and [Instagram](#)

Phone: Chuck 903-231-3748

100% Grass fed & finished beef, truly pasture raised chicken eggs, pastured & forest raised pork. Regenerative ranch. Chickens are fed soy free, non-GMO feed. No medications for the animals and they are a chemical free operations. They also do beef organs, bones, and bone broth. They

are open for pick up Monday-Saturday from online orders, have multiple delivery points and are also at Lucas Farmers Market.

S&G Farms

Ponder, TX

contact@buytexasgrassfed.com , Also active on [Facebook](#)

Phone: 972-834-4418

Order online only & they deliver all over DFW. Certified organic, grass fed with homemade protein mixture made with alfalfa & hay. Small farm with beef, chicken, lamb, pork, and eggs. This "small batch" process allows us to avoid harmful products in your meat like antibiotics, hormones, pesticides, and other chemicals needed to maintain enormous herds.

Southern Heart Farmstead

Newark, TX

mike@southernheartfarmstead.com , Also active on [Facebook](#) and [Instagram](#)

Phone: Mike 682-521-4598

Broiler Chickens and eggs! Our birds are moved into mobile tractors from the brooder after 3 or 4 weeks of hatching. There they have access to fresh grass, fresh air, and sunshine for the next 6 to 7 weeks. The tractors are moved to fresh pasture every 12 hours so they are never on the same square footage twice in the same season. This leaves behind fertilizer to strengthen the soil for the next season. We supplement with Texas Natural Feeds—non-GMO, non-soy broiler feed that does not contain hormones or antibiotics. Newark, Haslet, Fort Worth, and Southlake pick up locations. Also at the Four Seasons farmers market Sundays in Flower Mound.

Co-Op's/Pick ups

Reach out to the contacts below for more detail on what they are offering at this time! Also, see farms above for their specific pick up locations around DFW.

Best of the Blessed- North Denton

Contact Lindy a hardiehome@netscape.com. Tuesday pick up

Double Oak Food Co-op/Naturally Grown Farms- Argyle, Allen, Frisco, Plano, Little Elm

Contact Cole at hello@naturallygrownfarms.com Every other Thurs/Fri/Sat pick up (depends on location)

Structural Elements- Lewisville

Contact Kali at northtxwapf@protonmail.com. Every other Friday pick up

Foraging & Wild Edibles

[Primitive Wilderness Survival](#)

Contact Phil at 940-210-0760 or [on Instagram](#)

Primitive wilderness survival classes, **nature school for kids** (homeschool & after school programs in Bridgeport, TX), hunting, bushcraft, wild edible and foraging education.

Homestead & Butchering

[Crunchy Mama Farms](#)

Alvord, Texas

crunchymamafarms@gmail.com , [on Instagram](#)

Phone: Shawn 817-422-6527

Homesteading & Butchering classes teaching people how to process their own animals to feed their families.

Online Ordering

[AzureStandard.com](#)- Organic, Non-GMO food you can order in bulk.

<https://redmond.life>- Unrefined salt, electrolytes, toothpaste, bentonite clay.

Restaurants

[Origin Kitchen and Bar](#)

4438 Mckinney Ave Ste. 150,

Dallas, TX 75205

(214) 484-3970

Pastured meats, wild caught seafood, and has the option to cook everything in avocado oil instead of industrial seed oils.

[Prime Farm to Table Restaurant](#)

5810 Long Prairie Rd #200

Flower Mound, TX 75028

(972) 539-1902

Sources from some local Texas farms, and will cook in butter instead of industrial seed oils.

Home

- **Water Filtration:**

- Structured Water Filter system: <https://www.greenfieldwater.com>
- Reverse Osmosis Filter system: <https://www.radiantlifecatalog.com/water-filtration-systems/?a=58537>
- Berkey Filter: <https://www.berkeyfilters.com>

- **Garden:**

- Non-GMO Heirloom seeds: <https://www.trueleafmarket.com>
- Compost Carpool- for help getting started composting: <https://compostcarpool.com>
- Permaculture Design Consultant: Monica Kelley- monicakelley@verizon.net , 214-223-3374

- **Natural Mattresses, Furniture, Bedding:**

- <https://www.thefutonshop.com>
- <https://lifekind.com>
- <https://thenaturalsleepstore.com>
- <https://www.mygreenmattress.com>
- <https://www.avocadogreenmattress.com>
- <https://www.thehealthyhomeeconomist.com/best-affordable-organic-mattress/>
- <https://texastallow.com/blogs/tallow/detox-your-beauty-sleep>

Wellness/Beauty

[Texas Tallow](#)

Local skincare company that specializes in beef tallow skincare **without** essential oils. Hand rendered locally sourced beef tallow from pastured animals. Infused with organically grown herbs or foraged from Texas ranch land.

[Flying Cow Natural Skincare](#)

Midland, TX, tallow based whipped skincare. Small batch made from organic grass fed/grass finished cows. Does use essential oils. Has local shops in Fredericksburg & Midland.

Health Practitioners

Physicians:

Doctors that treat Covid in the area: (Not necessarily affiliated with WAPF)

- Dr. Ivette C. Lozano, Dallas TX : <https://www.lozanomedicalclinic.com>
- Dr. Brian Procter, McKinney TX : <http://www.mckinneyfamilymed.com/MFM/index.html>

- America's Frontline Doctors, Virtual appointments : <https://americasfrontlinedoctors.org/treatments/>

Holistic Biological Dentists:

Prime Integrative Dentistry

3821 Long Prairie Road, Suite 200

Flower Mound, TX 75028

Phone: (972) 885-9191

Safe mercury filling removal, no fluoride used, airway focused, biological dentistry. Dr. Mirkal also practices Naturopathic Medicine.

Nutrition Support:

Chris Bramich

Fort Worth, TX

Phone: (682) 233-2336

consultation@vitalfoundations.com

Jackie Corn

North Richland Hills, TX

Phone: (214) 912-9055

jackie@alivetothrivenutrition.com

Bodywork:

Structural Elements

105 Kathryn Suite 100

Lewisville, Texas 75067

Phone: (972) 762-1345 or structuralelements@gmail.com

Structural integration, corrective bodywork, acupuncture, MovNat training facility, and Sauna Space with near infrared light therapy.

Midwives:

Awaken Midwifery

Nations Midwifery

Education

- The annual printed [Shopping Guide](#) summarizes our nutritional principles, and organizes foods into 30 categories with "Best," "Good," and "Avoid" rankings.
- The Highwire, weekly health news talkshow.- <https://thehighwire.com>
- [Book Reviews](#) of current books on health with a focus on Weston A. Price's research.
- [Recipe of the Week](#) featuring nutrient dense foods following the WAPF principles.
- [Become a Member](#) of the Weston A. Price Foundation.

- Listen to the [Wise Traditions Podcast](#) that brings in many different guests and covers a variety of topics.

Health Freedom

- Freedom Fridays
 - The first Friday of every month social meet up
 - Native Coffee + Scratch Kitchen- 2725 Heritage Trace Parkway, Fort Worth, TX 76177
 - 4-7pm
- Texas for Medical Freedom- Telegram Channel: <https://t.me/TX4MF>
- Texas for Vaccine Choice- <http://www.texansforvaccinechoice.com>
- Health Freedom Defense Fund- <https://healthfreedomdefense.org>
- ICAN- Informed Consent Action Network- <https://www.icandecide.org>
- Children's Health Defense- <https://childrenshealthdefense.org>
- The Highwire, weekly health news talkshow.- <https://thehighwire.com>