

# How to Eat Like an Arkansan

## Get to know the locavore culture of our natives

**T**he Natural State is truly a crossroads for cuisine. Blending Native American roots with Southern culture, kitchens in both homes and restaurants have spent generations combining homespun family recipes and traditions with locally grown produce and provisions to craft a unique flavor.

And Arkansans can't get enough. Whether it's for state pride or the betterment of the earth, natives — who come in droves to their local farmers markets — are increasingly seeking out indigenous ingredients and supporting neighborhood eateries serving locally sourced cuisine.

The craving to consume Arkansas-farmed foods has truly grown into a statewide movement. Farmers from the Ozarks to the Delta sell fresh vegetables, fruit, berries, eggs, meats and more at markets across the state.

As demand for local food has grown here, so have the options for how to get it. The Arkansas Local Food Network's Little Rock Food Club, for example, allows folks to purchase their wholesome fare using an online ordering system that hosts dozens of farms and serves hundreds of customers. Or have your order delivered right to your workplace with Arkansas Farm2Work. In either case, the range of available food is amazing — with everything from locally produced salami to shiitake mushrooms to fresh, flavorful herbs.

Meanwhile, restaurants in every region of the state are placing more importance on where their ingredients come from, so it's becoming increasingly easy to eat local while eating out in Arkansas, too.

Local eats from the pastures of Falling Sky, Armstead Mountain, Hardin, Williams Berry, North Pulaski Farms, Petit Jean and Waterfall Hollow Farm — just to name a few — grace the tables of restaurants like Greenhouse Grill and Emelia's Kitchen in Fayetteville, Starving Artist Café and Argenta Market in North Little Rock, and The Root Café, Ashley's, Forty Two and Loca Luna in Little Rock (again, just to name a few).

Arkansans count their blessings when it comes to a long growing season and deep-rooted agricultural traditions, and now the networks, markets and restaurants are coming together to make that food easy to buy, any day, any time of year and most anywhere. Now that's something to sink your teeth into.

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Snag some locally grown delicacies at these regional

## FARMERS MARKETS

### CENTRAL

Argenta Farmers Market, North Little Rock

Bernice Garden Farmers Market, Little Rock

Conway Farmers Market

River Market Farmers Market, Little Rock

Searcy Farmers Market

### THE DELTA

Arkansas County Farmers Market, De Witt

Cross County Farmers Market, Wynne  
Helena Farmers Market, Helena-West Helena  
Jonesboro Farmers Market

#### **THE OUACHITAS**

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Historic Downtown Hot Springs Farmers Market  
Hot Springs County Farmers Market, Malvern  
Polk County Farmers Market, Mena

#### **THE OZARKS**

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Bella Vista Farmers Market  
Bentonville Farmers Market  
Eureka Springs Farmers Market  
Fayetteville Farmers Market  
Mountain Home Farmers Market  
Rogers Farmers Market

#### **THE RIVER VALLEY**

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Brunswick Place Farmers Market, Fort Smith  
Fort Smith Farmers Market  
Pope County Farmers Market, Russellville  
Tri-Peaks Community Market, Russellville

#### **THE TIMBERLANDS**

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Columbia County Homegrown Market Association, Magnolia  
Gateway Farmers Market, Texarkana  
Ouachita County Farmers Market, Camden