



# Real Food Resources

These companies are great places to purchase real food when you do not have local access to pastured meat, sustainable seafood, organic food items, and produce.

## AZURE STANDARD

Based out of Dufur, Oregon. Azure is an organic farm; they sell farm grown grains, legumes, eggs, and produce. Azure also carries bulk natural and organic food. Azure is a Christian based business and does not believe in consuming or selling pork; however, they do sell beef, lamb, and chicken. In addition to food, they carry supplements, personal care, health and beauty, household products, pet food, and farm supplies. Azure has an excellent recipe database. They deliver to various drop points throughout the US every month. I've found they carry many items found at Whole Foods and natural grocers, usually for the same price or less! I purchase pantry items, condiments, snack foods, chicken feed, several household and personal care items via Azure.

[www.azurestandard.com](http://www.azurestandard.com)

## CATALYST CUISINE

Catalyst Cuisine prepares organic and anti-inflammatory ready to eat meals, their food is lectin free, gluten free, paleo and keto approved. They also offer vegan options. I love that Catalyst delivers nationwide! I've enjoyed several of their meals, some of my favorites are the chicken seaweed wrap, turmeric curried cauliflower rice, and chicken soup. Their green goodness sauce is amazing! [www.catalystcuisine.com](http://www.catalystcuisine.com)

## EAT WILD

Eat Wild is a resourceful site that can help you find local, pasture based farmers in your area. Their mission “is to promote the benefits—to consumers, farmers, animals, and the planet—of choosing meat, eggs, and dairy products from 100% grass-fed animals or other non-ruminant animals fed their natural diets.” They also have excellent educational articles and scientific references explaining the benefits for both humans and animals of supporting pasture raised farming. [www.eatwild.com](http://www.eatwild.com)

## FRONTIER CO-OP

Frontier Co-op, based in Iowa, carries organic bulk herbs, spices, tea, dried soups, Aura Cacia essential oils, and personal care products. They also have a great online recipe database. For \$10, you can become an associate member, save 10% on every purchase, and receive a 5% annual rebate on all your purchases. Frontier is committed to sustainability and provides 100% carbon neutral shipping. [www.frontiercoop.com](http://www.frontiercoop.com)

## LOCAL HARVEST

Local Harvest is a great resource to find local farms, farmers markets, CSA, Co-op, U-Pick, farm stands, and restaurants serving local food in your area. Just enter in your city and their site will generate a list of what businesses are near you. [www.localharvest.org](http://www.localharvest.org)

## MOUNTAIN ROSE HERBS

Based in Eugene, Oregon, they are my favorite place to purchase organic bulk herbs and loose leaf tea. Their selection is huge! Mountain Rose also carries bulk spices, bulk seaweed, culinary oils, farm to bottle essential oils, elixirs and syrups, and an extremely clean line of botanical bath and body products. On top of all that, they support fair trade and local herb growers. [www.mountainroseherbs.com](http://www.mountainroseherbs.com)

## RADIANT LIFE

Located in Santa Rosa, CA, Radiant Life carries excellent quality supplements, nut and seed butters, personal care products, water filtration, various kitchen appliances, and glass and stainless steel food storage. The nut and seed butters by Better than Roasted are made with sprouted nuts and seeds. I also buy my favorite whole food vitamin C supplement by Pure Synergy from Radiant Life.

[www.radiantlifecatalog.com](http://www.radiantlifecatalog.com)

## TAYLOR SHELLFISH FARMS

Taylor Shellfish specializes in providing sustainable shellfish like oysters, clams, mussels, and geoduck. Shipped straight to your door. They also sell fresh Dungeness crab during the West Coast crab season. [www.taylorshellfishfarms.com](http://www.taylorshellfishfarms.com)

## THRIVE MARKET

Thrive is another option for procuring natural and organic food. They carry many of the popular brand name items found at Whole Foods. I've only ordered from them once, and while I was happy with my order, I've found them to be more expensive than Azure. [www.thrivemarket.com](http://www.thrivemarket.com)

## TROPICAL TRADITIONS

Sells several food items, including pastured raised beef, bison, poultry, pastured eggs, and wild seafood. Tropical Traditions has some of the best coconut oil I've used and an excellent line of personal care products made with coconut oil. They also carry essential oils and non toxic household products. Become a member of their Healthy Buyers Club and save 10-20% on bulk purchases and other products. They offer weekly specials that don't require a membership. Signing up for email notifications keeps you updated.

[www.healthytraditions.com/tropicaltraditions](http://www.healthytraditions.com/tropicaltraditions)

## UNFI

Based out of Gilroy, California. UNFI is similar to Azure except they are not an organic farm. They deliver to several areas that Azure does not. UNFI also carries personal care and health and beauty products. I personally do not have experience purchasing with them, but I have heard good thing from others. [www.unfi.com](http://www.unfi.com)

## US WELLNESS MEATS

US Wellness carries all things carnivore — beef, bison, lamb, pork, rabbit, chicken, and duck. They also sell organ meat, butter, cheese, and bone broth. US Wellness partners with Vital Choice and sells their seafood via their site. I've enjoyed the items I've ordered from them and will continue to use them for some speciality items I can't get locally.

[www.grasslandbeef.com](http://www.grasslandbeef.com)

## VITAL CHOICE

Vital Choice is my go-to for wild caught seafood when I can't find it locally. Their salmon is some of the best I've ever tasted. I also enjoy their smoked salmon and lox. In addition to seafood, they also sell supplements and have an excellent recipe database. Vital Choice partners with US Wellness Meats, so you can buy some of their products on their website. [www.vitalchoice.com](http://www.vitalchoice.com)

## WILD MOUNTAIN PALEO MARKET

This 100% Paleo market carries many unique products that aren't found at most grocers. They also carry body care and supplements. Wild Mountain does not carry fresh seafood or meat. They also carry several products for those eating Auto Immune Paleo (AIP) and many low carb/keto options.

[www.wildmountainpaleo.com](http://www.wildmountainpaleo.com)