



# Prairie Hawk Farm

Restoring locally grown food and natural healing to our community.

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## Welcome!

We are a family owned, small farm set in a sub-rural neighborhood at the southern end of the Texoma region in Texas. Our mission is to bring back locally grown food and natural healing to our community. We grow our food without chemicals using techniques that build and nourish our native soil rather than strip it.

We also make herbal teas and remedies designed to encourage well-being and gentle, natural healing.

Through our consultancy and various workshops, we strive to show the people of our community how they too can increase their knowledge on growing their own food and healing themselves.



When in season (usually spring-fall) we grow:

sweet peppers, hot peppers, okra, eggplant, chard, artichokes, tomatoes, various squash, melon, beets, radishes, and more.

We also grow many herbs: parsley, mint, various basil, rosemary, sage, comfrey, medicinal tea blends, and various other dried herbs for medicinal use.

Herbal remedies are available year 'round.

Please check out the "Available Now" page on our website to see a listing of what we have available for sale right now! We also list available herbal remedies there.

To make an appointment with our folk herbalist, call Jennifer at 903-227-7436.



Find us —

Sundays, noon-3pm at the Trenton Farmers Market (Memorial Park on FM 814)

Tuesdays, 3pm-6pm at the Bonham Farmers Market (Tractor Supply parking lot)