

Pepper Harrow Farm “A small farm doing Good things”.



Adam and Jennifer O'Neal

Facebook.com/PepperHarrowFarm

With their 3 children and future generations in mind, Adam and Jennifer O’Neal are creating a biodynamic and sustainable local food system with heritage animals and heirloom fruits and vegetables in Winterset, Iowa where Jennifer grew up.

Adam and Jennifer made a commitment to practice sustainable farming to preserve and enhance fertility through crop rotation and manure application to the cropland.

Their efforts to minimize environmental impact and planning for self-sufficiency make this small farm a diverse and educational experience.



Motivated to feed their family healthy and natural foods, Adam and Jennifer top a growing list of families who prefer home raised, farm direct beef, pork, poultry and goat. Pictured right: Iowa Swabian Hall hogs and a Dexter breed calf named Shyla.

They enjoy farm fresh eggs and delicious goat milk on a daily basis. A wide variety of traditional Midwest vegetables and fruits compliment their meals. The excess bounty is sold at Farmers Markets in Winterset and Valley Junction in West Des Moines.



Jennifer inherited her Grandmother’s love of flowers, she sells fresh cut flowers and floral arrangements at the markets adding color to their sales booth and to augment income.

The heritage plants are grown from seeds and the greenhouse and cold frame extend their growing season.

The O’Neal’s give presentations about their business and invite Face- book friends to participate in events on the farm and on occasion, yoga classes.