ZUCCHINI FRITTERS

YUM! An easy and delicious family favorite!
(One of several recipes throughout.) PG.15
At Buy Fresh Buy Local® Nebraska, we are proud to call these folks our sponsors.

Their commitment to the BFBLN program enables us to continue to develop outreach, marketing, and education programs that supports a brighter tomorrow for Nebraska’s small to mid-scale farmers, ranchers, and the lands on which our food is grown. Buy Fresh Buy Local is a chapter-based consumer education program, and registered trademark of the Pennsylvania Association for Sustainable Agriculture. The Buy Fresh Buy Local network is comprised of chapters run by community-based groups that are working to strengthen regional markets for locally grown foods. Visit buyfreshbuylocal.org to learn more.

The University of Nebraska–Lincoln does not discriminate based on gender, age, disability, race, color, religion, marital status, veteran’s status, national or ethnic origin, or sexual orientation.
Your Guide to NEBRASKA’S FARM FRESH FOODS!

A NOTE FROM THE LOCAL COORDINATOR

Discovering Resilience & Investing in the Future

Since the beginning of the pandemic, small and medium scale Nebraska farmers have gone above and beyond to increase production, change delivery methods, and meet the shifting needs of their communities. Farmers from Stratton to Columbus began working together to aggregate local foods. Farmers with livestock planned ahead as butcher dates at processing facilities were booked far into the future. Farmers’ market managers worked overtime to ensure a safe shopping experience as an essential food access point.

The pandemic reminded us that how our food gets from field to table is in many cases long, complex, and rigid. It opened our eyes that efficiency in the food system, albeit promises lower prices, also leaves us vulnerable to disruption and without any connection to the farmers that feed us. We are now faced with the opportunity to discover and support the resilience of our local food system, where we play a more active and empowered role in our food supply.

One of the many charms of buying local is its lack of complexity. The supply chain is short and transparent. You know exactly where the food you purchase is being grown, you can see the farmer’s smile and dirt under their fingernails. During a time of chaos, I fell in love with the simplicity of picking up fresh food right from the farmer. As restaurants and movie theaters closed, my garden became my sanctuary.

As life continues to transition, don’t lose sight that supporting Nebraska-grown foods is an investment in our future. We need to call on our leaders to make local food a priority in our schools, more accessible to vulnerable communities, and a viable business for our youth. Diverse and local agriculture is where we find resilience.

Our Nebraska Food Guide is here for you to explore the diversity and delights of Nebraska-grown foods!

What you’ll find in our guide:
• A directory listing of over 100 farms, ranches, and food businesses from across the state
• A beautifully illustrated “Seasons of Nebraska” guide on page 4!
• Recipes from our members that highlight the Flavors of Nebraska

Happy Eating,
Skylar Falter
Buy Fresh Buy Local Nebraska Coordinator

Hungry for More?
Check These Out:

Video & Film
• Gather (film) Celebrating the indigenous food sovereignty movement
• Livestock on the Land (film) Iowa farmers using animals in regenerative agriculture
• People’s Republic of Fermentation (series) Sandor Katz travels to China to learn about fermentation practices

Podcasts
• The Kitchen Counter Helping home cooks figure it all out
• Toasted Sister Podcast Radio about Native American Food
• Farm Small, Farm Smart Weekly in-depth interviews with vegetable growers

Books
• Freedom Farmers: Agricultural Resistance & the Black Freedom Movement by Monica M. White
• Before We Eat: From Farm to Table (children’s book) by Pat Brisson & Mary Azarian

BUY FRESH BUY LOCAL® NEBRASKA IS DEDICATED TO...

Keeping the food chain short, transparent, and sustainable
Educating on the social, environmental, and economic benefits of eating locally
Improving wellness and quality of life by promoting healthy, in-season eating
Cultivating a future for Nebraska’s family farmers by expanding the market for locally produced foods

Seasons of Nebraska
Order a print of the beautiful illustration on the next page at BUYLOCALNEBRASKA.ORG

3
LOCAL FOOD GUIDE

SEASONS OF NEBRASKA

SPRING

SUMMER

FALL

WINTER
**Local Food Guide**

**2021**

**Central Nebraska**
- Madrid: The Prairie Garden
- McCook: Sehnert's Bakery & Bieroc Cafe, Brewing Co.
- Hastings: Ensign Beverage & First Street

**Northeast Nebraska**
- Scottsbluff: Winter Farmers' Market
- Henry: Painter Produce
- Stratton: Meadowlark Hearth Farm
- Mitchell: Heritage Acres
- Loomis: GI Acres

**Southwest Nebraska**
- Kearney: Grain Place Farm
- Grand Island: Inland
- Scottsbluff: The Hoagland Homestead
- Sutton: Sutton Farmers' Market
- Broken Bow: Straight Arrow Bison Ranch

**Lincoln Area**
- Lincoln: Stop & Shop Divine Natural Foods

**Omaha Area**
- Omaha: Thursday Market

**FIND local foods & farms NEAR YOU!**

**ARE YOU A farmer or business SUPPORTING LOCAL FOODS IN NEBRASKA?**

Get on the local food map by discovering a retailer at buylocalnebraska.org.
Local food Glossary

Wonder no more! Here are the answers to some of your burning questions about the terms and programs listed throughout this guide.

Growing practices

GAP-Certified: Good Agricultural Practices (GAP) is a voluntary certification program which verifies, through an independent third-party audit, that sound food safety practices are being used on a farm or produce handling facility.

Animal Welfare Approved: Certified Animal Welfare Approved by a greener world (AGW) is a label that guarantees animals are raised outdoors on pasture or range for their entire lives on an independent farm using sustainable, high-welfare farming practices.

No Synthetic Inputs: Produce is grown without the use of synthetic chemicals, pesticides, or herbicides.

Certified Organic: Farms, ranches, and processors are inspected and certified yearly by the U.S. department of agriculture’s national organic program. organic operations must demonstrate they are protecting natural resources, conserving biodiversity, and using only approved substances.

Non-GMO Feed: All feed given to animals is from non-GMO products.

100% Grass-Fed: Most beef and lamb are grass-fed for most of their lives and then fed grain for the last 60-120 days to increase fat and protein and add weight. For meat to be labeled “100% grass-fed” in our food guide, animals must be fed an exclusive diet of grass and forage plants only, with no grain or by-products.

Pasture-Raised: This claim on meat, poultry, dairy, or eggs means that animals were raised outdoors with constant access to fresh-growing, palatable vegetation, and shelter for evening and inclement weather. It does not mean the animal ate only grass or forage.

Rotational Grazing: An environmentally beneficial farming practice in which livestock are regularly rotated to fresh pastures at the right time to prevent overgrazing and optimize grass growth.

Outdoor Access: Animals are raised indoors in barns or sheds but have access to outdoor space.

What is a CSA?

CSA stands for Community Supported Agriculture. Think of a CSA as a farm subscription. You pay for your share of the farm harvest upfront, directly to the farmer, and the farm provides you with vegetables and other farm products weekly over a period of time. Your farm share is usually packed in a box and picked up or delivered.

Convenient, fresh, and the best part—you’re able to connect with the person growing your food!

Community Supported Agriculture

To join, look for CSA in the directory listings or find a list of farms with CSA programs at buylocalnebraska.org/methods-sale/CSA

Programs that help everyone afford local food

EBT/SNAP: Supplemental Nutrition Assistance Program. Some farmers’ markets and vendors accept SNAP benefits, making it easy to use your EBT card for local food!

Double Up Food Bucks/SNAP matching dollars: Available at select farmers’ markets and grocery stores. Each day, a SNAP customer can earn an additional $20 of Double Up Food Bucks to purchase fresh local produce when they spend $20 at a participating retailer.

NE Senior Farmers Market Coupons: Qualifying seniors can receive coupons to purchase local produce and honey at farmers’ markets.

WIC Farmers Market Nutrition Program: Women, Infant’s, & Children (WIC) Farmers’ Market Nutrition Program provides funds for WIC participants to buy local produce.

Search for a specific ingredient?

Like local asparagus or lamb chops?

Search by specific product, region, or sales method in our easy-to-use online food guide at buylocalnebraska.org

Local Products Legend

These icons appear under the directory listing of each member and lets you know what the member grows or raises.

Fruits
Beef
Vegetables
Bison
Herbs
Lamb
Grains & Dried Beans
Pork
Dairy
Chicken
Eggs
Turkey
Value-Added Products
Mushrooms
Outdoor Access
Flowers, Seeds, Trees & Transplants

Learn about all the growing practices mentioned in our food guide online at buylocalnebraska.org/bfbl-glossary

Learn more at buylocalnebraska.org
**SOUR KRAUT**

Fermented vegetable recipes in 1/2 gallon (or 2 quart) jars

**Ingredients:**
- 3½ lbs cabbage (~1–2 heads of cabbage)
- 1 Tbsp salt
- Caraway, cumin, dill, juniper berries, or whatever spices you like!
- 3 small cloves of garlic

**Directions:**
1. Shred the cabbage (plus other veggies that you like—ginger, carrots, beets, radish, turnip) and put in a bowl. Sprinkle the salt over the vegetables. Add garlic, and any spices or herbs. Knead the vegetables to bring out the moisture. If you knead it a lot, it will have a nice amount of moisture. If it’s dry, you can try the tip below.

2. Pack into a jar until about ¾ full (when it is fermenting, it tends to expand). Press down on the mass when you have it in the jar, and there should be some moisture which rises to the top. Make sure there is a bit of liquid covering the Cabbage. Cover the jar with a dishcloth or cheesecloth and a loose-fitting lid. Write the date you made it on the jar. Put in a dark place to ferment for one week. Then, put into a refrigerated place for 5 weeks. It should be ready beginning 6 weeks after you have put it in the jar.

**Too dry?** If it looks too dry, add a salt and water brine to the cabbage until it is fully submerged. To make the brine, dissolve 1 teaspoon of salt into 2 cups of water.

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**Heritage Acres Drive-thru Market**

507 W St.
McCook, NE
308-340-9872
hello@heritageacres.net
heritageacres.net

HOURS: Order online Sat & Sun, Delivery Tues. 4:30–5:30 pm

We offer healthy and fresh food to Southwest Nebraska in a way that keeps you safe and builds a resilient local food chain. 2021 is your year to build health. We make that easy.

**Sehnert’s Bakery & Bieroc Cafe**

Bakery Restaurant, Caterer, Retail Store, Coffee House, Venue, Bar
312 Norris Ave.
McCook, NE
308-345-6500
sehnertbakery@gmail.com
308-345-6300

Sehnert’s Bakery has been creating pastries, sandwiches, coffee drinks, etc using local ingredients since 1957. Join us.

**Painters Produce**

Tracy & Dan Painter
Henry, NE
308-247-1003
painterproduce@gmail.com
painterproduce.wix.com/painterproduce

• GAP Certified, No Synthetic Inputs
• Non-GMO Feeds, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access

Our farm grows everything from fresh vegetables to flowers for sale. We sell plants in the spring to get your garden going and then flowers/vegetables for your year-round enjoyment.

**Heritage Acres**

Chris & Paula Sandberg
Stratton, NE
308-340-9872
hello@heritageacres.net
heritageacres.net

• Antibiotic-Free, Hormone Free, Pasture Raised, Rotational Grazing, Grass Fed, Grain Finished
• Online Ordering

We are a southeast Nebraska family that loves hard work, each other, and farm life... preferably all at the same time. We offer artisan beef, open-air pork, and pastured eggs.

**Meadowlark Hearth Farm**

Beth Everett & Matt Barton
Scottsbluff, NE
308-632-3399
meadowlarkhearth@gmail.com
meadowlarkhearth.org

• Certified Biodynamic, Certified Organic, Real Organic Project
• Non-GMO Feeds, Pasture Raised, Cage Free, Rotational Grazing, Grass Fed
• CSA, Farmers’ Markets, Wholesale, Online Ordering

We have seven seed gardens and 500 acres of grazing for our 100% grass-fed dairy/beef herd. ORDER vegetable SEED and more online, five generations of the same family.

---

Concerned that a business in your town like your grocery store, restaurant or daycare will close?

Your community could keep these vital businesses open and thriving by working together as a cooperative.

The Nebraska Cooperative Development Center has worked with numerous communities to establish cooperatives that bring value and services to their towns.

For more information, & to start your cooperative journey, visit: ncdc.unl.edu
The relationship we share with our food is essential to our personal health, the health of our community, and the health of the earth. As a member of the Nebraska Sustainable Agriculture Society (NSAS), I have learned that knowing who grows my food is how I connect more meaningfully to the place where I live.

By purchasing food directly from neighboring farms, a healthy relationship is created that supports a more resilient community. Each time you buy a dozen eggs at a farmers’ market or pick up your Community Supported Agriculture (CSA) box, you not only receive nourishing food but you also say “I value family farms” and “I want them to continue farming directly for my community.” The farmers who make up NSAS care for us by growing nutrient dense and fresh foods in a way that gives back to the land. Each time you buy a dozen eggs at a farmers’ market or pick up your Community Supported Agriculture (CSA) box, you not only receive nourishing food but you also say “I value family farms” and “I want them to continue farming directly for my community.” The farmers who make up NSAS care for us by growing nutrient dense and fresh foods in a way that gives back to the land.

Nebraska is blessed to be home to some of the most fertile, rich soil on the earth. Our farmers are the stewards of the soil and we are fed by this precious resource. Agriculture is an important pillar of Nebraska, yet we are disconnected from our food and the system that delivers it to our plates. 90% of the state’s food is imported from places outside of Nebraska.*

NSAS was founded 44 years ago by a group of Nebraska farmers who believed there was a better way to care for our land, and the plants and animals we raise. Through regenerative and sustainable farming practices, soil teems with life, water is filtered, and carbon is stored. Lucky for us, all of these benefits come beautifully wrapped in the form of fresh Nebraska-grown vegetables, fruits, meats, honey, grain, and dairy.

Are we willing to commit to building a local food system that grows healthy foods for everyone in our community? If we are going to shift our diets away from imported goods and commit to a reliable locally grown food system, it will take all of us. A great place to start is by forming relationships with the people who grow our food. If we can start to do this together, we will find ourselves with cleaner streams, healthier soil, and stronger relationships with our neighbors across Nebraska and our greater Great Plains region.

90% of the state’s food is imported from places outside of Nebraska.*

What if we committed to feeding ourselves from places that we live, can physically visit, care for, and directly financially support?

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What if we committed to feeding ourselves from places that we live, can physically visit, care for, and directly financially support?

**Back Alley Bakery**
Restaurant, Caterer, Retail Store, Bakery
609 W 2nd St.
Hastings, NE
402-460-5056
john@bakealleybakery.com
backalleybakery.com
MON-SUN: Mon-Wed & Fri 9-5:30 pm, Thurs 9 am-6 pm, Sat 8-2 pm
The Back Alley Bakery creates natural, unprocessed “artisan breads” baked fresh every day. We use wholesome ingredients in all of our offerings we serve in our restaurant daily.

**Ensign Beverage & First Street Brewing Co.**
Caterer, Retail Store, Brewery
1195 N Saint Joseph Ave.
Hastings, NE
402-834-2400
standardinfo@ensignbeverage.com
402-469-5064
Hastings, NE
119 N Saint Joseph Ave.
Located in Downtown Hastings, Ensign Beverage and First Street Brewing Company offers something for everyone. From Beer to Kombucha, in the Tap Room, on the patio, or to-go!

**Farmers Market 365**
Online Farmer’s Market
5011 2nd Ave.
Kearney, NE
308-216-1192
farmersmarket365.candi@gmail.com
HOURS: Order online for delivery or pickup on Saturdays.
Farm365 brings farmers market goods to our customers year round. We provide opportunities for local cottage food businesses and customers to enjoy the local experience all year.

**FARMS & RANCHES**

**GI Acres**
Grand Island, NE
308-379-3882
chadn1@grandislandacres.com
308-379-3882
Grand Island, NE
William Gordon
Grand Island, NE
308-384-1430
ash@nebraskamushroom LLC
facebook.com/ash@nebraskamushroom LLC
**SFBL MEMBERS**

**FARMERS’ MARKETS**

**GROW Nebraska**
Retail Store, Non-profit
421 W Talmadge St.
Kearney, NE
308-330-3520
info@grownebraska.org
982 22nd Rd.
Roberts Seed Inc.
402-340-3646
facebook.com/lambertmelons
klambert@esu8.org
402-340-3646
Ewing, NE
Tim & Ben Lambert
Ewing, NE
402-340-3646
facebook.com/lambertmelons
**FARMERS’ MARKETS**

**Hastings Downtown Market**
2nd St. and Saint Joseph (East of Odyssey and North of First Street Brewery)
Hastings, NE
402-469-5064
director@hastingsdowntownmarket.com
hastingsdowntownmarket.com
DATE & TIME: Thursdays 5-7:30 pm (June 3–Sept 16)
Nebraska Mushroom LLC
on Farm Stores, Direct Sales—Call or Email, Wholesale
facebook.com/lambertmelons
**FARMERS’ MARKETS**

**Little Town Gardens**
Candi Bengie
Gibbon, NE
308-216-1192
candi@littletowntgardens.com
facebook.com/littletowntgardens
**FARMERS’ MARKETS**

**Range West Beef**
Lance & Lori Jacobsen
Marquette, NE
402-984-3104
rangewestbeef@gmail.com
rangewestbeef.com
**FARMERS’ MARKETS**

**Setting D Ranch LLC**
Miranda & Dan Feldman
Litchfield, NE
308-367-6236
settingDranch@hotmail.com
facebook.com/settingDran
**FARMERS’ MARKETS**

**WHAT DO YOU LOVE ABOUT LOCAL FOOD IN NEBRASKA?**

“the surprising variety and lovely quality.”

“Garlic. Nothing compares to local garlic. It adds extra depth of flavor to everything.”

“I love spring because it’s the start of fresh food after a long winter.”

**FARMERS’ MARKETS**

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**B E S T F O O D T O B U Y F R O M A L O C A L S O U R C E?**

“Garlic. Nothing compares to local garlic. It adds extra depth of flavor to everything.”

**FARMERS’ MARKETS**

**LOCAL GROWN**

**WHAT DO YOU LOVE ABOUT LOCAL FOOD IN NEBRASKA?**

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“I love spring because it’s the start of fresh food after a long winter.”

**BEST FOOD TO BUY FROM A LOCAL SOURCE?**

“Garlic. Nothing compares to local garlic. It adds extra depth of flavor to everything.”

**FAVORITE SEASON FOR LOCAL FOOD?**

“FAVORITE SEASON FOR LOCAL FOOD?”

“Alice, Omaha, NE”

**LEARN MORE AT**
buylocalnebraska.org

**Central Nebraska**
Recipe

**ZUCCHINI FRITTERS**

**Looking for ways to use up all that extra zucchini?**

**Look no further with this easy and delicious family favorite!**

**Ingredients:**
- 2 medium zucchinis
- 10 sprigs parsley, stems removed & chopped
- 1 garlic clove, minced
- 1 tsp salt
- 1/2 tsp pepper
- 2 large eggs, lightly beaten
- 1/4 tsp pepper
- 1/4 c flour
- 1/4 c olive oil

**Directions:**
1. Grate zucchini into bowl. Add parsley, garlic, salt, pepper, and eggs.
3. Heat 2 Tbsp olive oil in large skillet. Drop 2 Tbsp of zucchini mix into pan, repeat. Spacing fritters 1 inch apart. Cook fritters until golden on both sides.

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**Central Nebraska**

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**Straight Arrow Bison Ranch**

Karen & Marty Brodhauer
Broken Bow, NE
308-870-4045
mail@straightarrowbison.com
straightarrowbison.com
- Animal Welfare Approved, Pasture-Raised, Rotational Grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Farmers Markets, Wholesales, Online Ordering
We started raising bison in 1994 as a family project. We are certified animal welfare, 100% grassfed, and most recently have been approved as certified regenerative through AGW.

**The Hoagland Homestead**

Amy & Adam Hoagland
Inland, NE
402-469-5065
thehoaglandhomestead@gmail.com
- No Synthetic Inputs, Produce Safety Alliance trained
- Direct Sales—Call or Email, Wholesale, Online Ordering
We are three generation garden. We offer a diverse variety of vegetables, honey, jelly, cut flowers, and more! Find us at the Highland Park and Downtown Hastings markets.

**Third Day Microgreens LLC**

Sarah Martin
Grand Island, NE
308-370-1201
thirddaymicrogreens@gmail.com
thirddaymicrogreens.com
- Organic, BFA Certified, Socially Responsible, Produce Safety
- Online Ordering
We grow nutrient packed microgreens. Our subscription service delivers to Grand Island, Phillips, and Aurora. You can also find them at Hy-Vee and Natural Foods Products in Grand Island.

**Twogood Farm**

Rachel Twogood
Stromburg, NE
402-764-0240
rltwogood@gmail.com
twogoodfarm.com
- Direct Sales—Call or Email, Farmers Markets, U-Pick
We are a three generation garden. We offer a diverse variety of vegetables, honey, jelly, cut flowers, and more! Find us at the Highland Park and Downtown Hastings markets.

**Walnut Range Farms**

Jessica Swanson
Anota, NE
308-920-1275
jessica@walnutrangefarms.com
walnutrangefarms.com
- Antibiotic Free, Hormone Free, Pasture-Raised, Rotational Grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Farmers Markets, Wholesale, Online Ordering
We at Walnut Range Farms are excited to offer you our Grass Fed and Finished Beef! Our beef is delicious, tender, and very healthy. Our Omega 6:Omega 3 Ratio is 1.2 to 1.

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**Loving Local Food Poetry**

Getting the Dirt on Farmers

**Never been a farmer**
City girl, I guess
So when I stand under the awning
At our CSA drop-off
I get the dirt on local farmers
I hear it in the chit-chat concerning
hungry grasshoppers and threatening weather
In the heat of the day, it appears in beads of sweat
settling on each farmer’s furrowed brow
But we desire to provide you beef that is truly grass-fed from start to finish.
No hormones, no antibiotics and no grain. Ever.

---

**Connect the community to the land, their food, & each other**

**Find our tent at**
- Village Point: Omaha Old Market
- Aksarben: Omaha
- College View: Lincoln
- Haymarket: Lincoln
- Highland Park: Hastings

**Native Trees & Shrubs for Healthy Community Forests**

- Buy Fresh Buy Local!
- High quality plants grown in specialized RootMaker™ containers & Grow Bags to ensure survivability and long term health.

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**Wildflour Grocer**

112 N. 4th St., O’Neill, NE 68763
info@wildflourgrocer.com
www.wildflourgrocer.com
- 402-336-8988
- On FB @wildflourgrocer
- M-W, F: 12-6
- Thurs: 12-7
- Sat: 10-2
- Hours

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**Common Good Farm, Raymond, NE**

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**Recipe**

**ZUCCHINI FRITTERS**

**Looking for ways to use up all that extra zucchini?**

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**Find this poem and many more at**
buylocalnebraska.org/poetry

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**Nebraska’s Own**

**Organic Vegetable Seed**

**Meadowlark Hearth**

meadowlarkhearth.org

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**Connecting the community to the land, their food, & each other**

**Find our tent at**
- Village Point: Omaha Old Market
- Aksarben: Omaha
- College View: Lincoln
- Haymarket: Lincoln
- Highland Park: Hastings
Celebrating the 15 Year Anniversary

OF THE
Nebraska Food Guide & Buy Fresh Buy Local Nebraska

When we work together, we grow together!

Started by farmers who saw a need...

2005 was a time before social media and smartphones. People found local food through word of mouth and farmers’ markets. Small independent farmers knew that to sustain a livelihood in farming, they needed to be able to educate the public about the benefits of local food and connect eaters with local farms. With limited marketing and advertising budgets, these small farms couldn’t do it alone. Bonding together and pooling their resources to promote local foods made good sense!

After hearing about the Buy Fresh Buy Local concept at a farm conference, longtime Buy Fresh Buy Local Nebraska (BFBLN) member Chuck Lahti of Shadowcreek Farm and Dutch Girl Creamery presented the idea at the 2005 Nebraska Sustainable Agriculture Society’s (NSAS) annual conference.

The concept of collective marketing rang true for conference attendees and soon after the presentation Elaine Cranford (then board member of NSAS, and Cooperative Development Specialist at Nebraska Cooperative Development Center) began gathering farmers and local food advocates to hash out the details of a Nebraska Chapter of Buy Fresh Buy Local. After over a year of planning in the backrooms of Lincoln coffee shops, Buy Fresh Buy Local Nebraska successfully launched on May 27th, 2006, with a sold-out movie screening and local food reception in Lincoln. The event featured the unveiling of the 1st Nebraska Food Guide. A total of 75,000 copies of the guide were distributed in that 1st year.

As BFBLN Coordinator for 9 years, Billene Nemec was, to many people, the face of BFBLN. She was a passionate educator whose enthusiasm for local farms was contagious. Though we lost Billene in 2016, let’s take a note from her and continue to build a local food culture in Nebraska that is vibrant and welcoming.

Where we’re at in 2021

The times may have changed, but our mission to connect Nebraskans to local farms remains the same. Ideas that were seeds in 2005—like farm to school, purchasing local food online, and regional food hubs—are now blooming in 2021. It’s not all rosy. Small farmers face immense challenges like rising land prices, high production costs, and an increasing disconnect between consumers and the people who grow their food. We continue to do this work, because there continues to be a need.

Since our founding in 2006, BFBLN has found a home at The Nebraska Cooperative Development Center (NCDC) in the Agricultural Economics Department of UNL. Elaine Cranford and Jim Crandall of NCDC were instrumental in the creation of BFBLN, providing seed money early on to hire a coordinator, and supporting the program through staff, time, and advisory roles. We are so pleased to continue to be a part of NCDC, whose mission is to assist groups in rural Nebraska explore the cooperative business model.

Cheers to the next 15 years of good local food!

“"The biggest impact of BFBLN has been the promotion. When I first came here, you could easily go to the farmers market and it was not crowded. Now, the farmers markets are crowded. You can find local food in grocery stores. I think economically it has helped a lot.”

— GEORGIA JONES, UNL Extension Food Specialist & BFBLN Advisory Board Member

In the next 15 years we want to get more local food on the plates of Nebraskans, and keep more local farms in business. Through education, outreach, and promotion we are building a local food culture in Nebraska that is big enough to encompass rural and urban, strong enough to withstand pandemics, and diverse enough to welcome new ideas and growth.

Thank you!

We want to offer our gratitude to the supporters and members of BFBLN. Without you, there is no BFBLN. Thank you for the hard work, the good food, and the friendship. We also thank Nebraskans who use the Food Guide and BFBLN. Your commitment to good, fresh, local food has supported hundreds of small farms, ranches, and food businesses across the state.

Our work:

✔ Nebraska’s most trusted resource for local food
✔ 16 editions of the Annual Nebraska Food Guide
✔ Over 200,000 Nebraska Food Guides distributed
✔ Outreach Events like Local Food Showcases, CSA Fairs, Harvest Celebrations, Chef Cook-offs, Buy Local Challenges, Buy Local Week, Informational Booths
✔ Local Agriculture Education—youth and Adult farm tours & group presentations
✔ Online resources for consumers
✔ Farm to School programming & expansion
✔ Staffed by real people, passionate about local agriculture who can answer farmer and consumer questions about local food in Nebraska

DID YOU KNOW?

Buy Fresh Buy Local Nebraska is a chapter of the national Buy Fresh Buy Local organization? There are chapters from Cape Cod to New Mexico, all funded by members pooling resources to promote local food and support local farmers.

DID YOU KNOW?

The farms and businesses in the Nebraska Food Guide are members of Buy Fresh Buy Local Nebraska. Over 100 farmers, ranchers, farmers’ markets, and local food businesses work together to promote Nebraska-grown food. Membership fees fund the design and printing of this food guide and other promotional materials and events.
**NEBRASKA LOCAL FOOD GUIDE 2021**

**FARMERS’ MARKETS**

**Northeast Nebraska**

1. **Dixon County Farmers’ Market**
   - **Date & Time:** Fridays 4-7 pm, Saturdays 9 am-1 pm
   - **Location:** Dixon Community Center
   - **Organizer:** Eileen Ladd
   - **Date & Time:** (April 30–Oct 23)

2. **Wayne Farmers’ Market**
   - **Date & Time:** Fridays 4–7 pm, Saturdays 9 am-1 pm
   - **Location:** Wayne County Courthouse lawn
   - **Organizer:** Wayne Farmers' Market
   - **Date & Time:** (June 9–Oct 23)

**FARMS & RANCHES**

1. **Ar-Dot Farmstead Foods**
   - **Owners:** Leon & Tami Svoboda
   - **Location:** Pender, NE
   - **Contact:** 402-922-3005
tamisvoboda@give.com

2. **Daniels Produce**
   - **Owners:** Tannie Daniels & Kelly Jackson
   - **Location:** Columbus, NE
   - **Contact:** 402-897-4253
danielsproduce@gmail.com

3. **Fat Head Honey Farms**
   - **Owners:** Kathy Suchan
   - **Location:** Columbus, NE
   - **Contact:** 402-910-7028

4. **Graf Bees—The Buzz**
   - **Owners:** Mark & Linda Graf
   - **Location:** Ponder, NE
   - **Contact:** 402-652-3769

5. **Johnson Farm**
   - **Owners:** Robert & Ruth Johnson
   - **Location:** North Bend, NE
   - **Contact:** 402-652-3769

6. **Krazy Woman Orchard**
   - **Owners:** Woody & Marianne Slama
   - **Location:** Scribner, NE
   - **Contact:** 402-719-6161

7. **Krazy Woman Orchard**
   - **Owner:** Kathy Suchan
   - **Location:** Columbus, NE
   - **Contact:** 402-910-7028

8. **Erstwhile Farm LLC**
   - **Owners:** Lamette & Steve Mistrett
   - **Location:** Columbus, NE
   - **Contact:** 402-897-4065

9. **Fat Head Honey Farms**
   - **Owners:** Kathy Suchan
   - **Location:** Columbus, NE
   - **Contact:** 402-910-7028

10. **Johnson Farm**
    - **Owner:** Robert & Ruth Johnson
    - **Location:** North Bend, NE
    - **Contact:** 402-652-3769

**Recipe**

**SWEDISH MEATBALLS**

A surprisingly quick and hearty weeknight meal that will be a crowd pleaser. Serve over rice, noodles, or mashed potatoes. You will be making this recipe over and over again!

**Ingredients:**
- 1 lb D&D Beef ground beef
- 1/2 tsp garlic powder
- 1 Tbsp panko bread crumbs
- 1 Tbsp salt
- 1 Tbsp pepper
- 1/4 c panko bread crumbs
- 1/4 tsp allspice
- 1/4 tsp nutmeg
- 1/4 c onion finely chopped
- 1/2 c heavy cream (or milk)
- 1 Tbsp Worcestershire sauce
- 1 tsp dijon mustard

**Directions:**
1. Combine ground beef, panko bread crumbs, salt, pepper, and egg. Mix until combined.
2. Roll mixture into approximately 24 large meatballs or 40 small meatballs.
3. In a large skillet, heat olive oil and 1 tablespoon of butter. Add the meatballs and cook turning continuously until brown on each side and cooked. Transfer to plate when cooked.
4. For the sauce, add remaining butter and flour to skillet and whisk until it turns brown. Slowly stir in heavy cream and continuously whisk for 2-3 minutes. Add dissolved butter and dijon mustard to pan. Bring to a simmer until sauce thickens. Add salt and pepper to taste.
5. Add meatballs back to the skillet and simmer for 1-2 minutes. Serve over noodles, rice, or mashed potatoes.

**From the kitchen of D&D Beef, Horcan, NE**

**Good food is very often, even most often, simple food.**
—Anthony Bourdain
Artisan Mark Coffee + Goods
Coffee House
1144 Main Ave.
Crete, NE 402-309-5206
info@artisancoffee.com
artisanmarkcoffee.com
HOURS: Mon-Sat: 7 a.m.-5 p.m., Sun: 9 a.m.-3 p.m.
Artisan Mark sells local, handmade goods, and amazing coffee. The shop celebrates the creativity and ingenuity of the community, amplifying local and regional prosperity and the life in downtown Crete.

Heartland Nuts ‘N More
Food Cooperative, Retail Store
206 W 2nd St
Valparaiso, NE 402-764-7887
lettanuts@windstream.net
heartlandnutsnmore.com
HOURS: Mon-Thurs: 9 a.m.-4 p.m., Sat: Sun: Closed
Heartland Nuts ‘N More is a co-op owned by a diverse partnership of nut growers. We produce, process, and market only high-quality, organically grown blanched walnuts and pecans.

Rich Harvest Vineyard and Winery
Winery
3010 G Rd.
Syracuse, NE 402-826-0708
cathy@richharvestwine.com
richharvestwine.com
HOURS: Fri: 10 a.m.-7 p.m., Sun: 1-6 p.m.
Rich Harvest is a five-acre vineyard producing estate wines onsite. Our tasting room and grounds provide an intimate setting for engaging small plate offerings, music and nature.

Beatrice Farmers’ Market
801 Court St. (Country Cookin’ Café parking lot, 1st & St.)
Beatrice, NE 402-223-3244
info@mainstreetbeatrice.org
beatricefarmersmarket.com/DATE & TIME: Thursdays 4-6:30 pm (May 20-Oct 14)
• NE Senior Farmers Market Coupons. Every market brings in treats, crafts, lots of produce, eggs, honey, baked goods and more!
Head to downtown Beatrice for a wide host of vendor choices and that great farmers’ taste!

Dageforde Farms
Dirk Craig & Rick Dageforde
Hebron, NE 402-200-1379
dagefordefarms@yahoo.com
dagefordefarms.com
• Pasture Raised, Grass Fed, Grain Finished, Corn fed, Finished with Flax
• On Farm Store, Direct Sales—Call or Email, Wholesale
Dageforde Farms is a variety of orange heirloom tomato, whose seeds were given to newINYealeweds in western Nebraska as wedding gifts.

Great Plains Nursery
Heather Byers
Weston, NE 402-540-4801
heather@greatplainsnursery.com
greatplainsnursery.com
• On Farm Store, Direct Sales—Call or Email, Wholesale, Online Ordering
Great Plains Nursery produces native trees and shrubs for habitat and landscape use. Native trees and shrubs are essential for a healthy environment!

Pekarek’s Produce
Ryan & Katie Pekarek
Dwight, NE 402-641-3205
pekarekproduce@hotmail.com
pekarekproduce.com
• GAP Certified
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
Pekarek’s Produce is run by Ryan and Katie Pekarek. With their five children and crew, they produce healthy food for friends at rural Dwight, Nebraska.

Raikes Beef Co.
Lindsey Raikes
Ashland, NE 402-944-2474
info@raikesbeef.co
raikesbeef.co
• No synthetic pesticides
• Hormone Free, Free range
• USDA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
Our focus is connecting customers to high quality, 100% Nebraska raised American Wagyu beef directly from our 5th generation farm, along with other proteins and specialty foods.

If you’ve never experienced the joy of accomplishing more than you can imagine, plant a garden.
—Robert Brait
Six Reasons to Support Your Farmers’ Markets

1. BUYING DIRECTLY FROM LOCAL FARMERS
Did you know food purchased in a grocery store on average, returns only 10 cents for each food dollar to the farmer? Buying at a farmers’ market means more of that dollar goes to the person who grew your food!

2. LOTS OF HEALTHY CHOICES FOR A VARIETY OF EATING HABITS
Visit different booths for seasonal fruits and vegetables, as well as local grains, meat, and dairy products to build a healthy plate.

3. TRY SOMETHING NEW
Approach each booth with a sense of adventure. Farmers’ markets have foods you can’t find at a grocery store, and the selection is always changing! Don’t say variety is the spice of life for no reason.

4. FRESHLY PICKED, IN-SEASON PRODUCE IS AT PEAK FLAVOR AND NUTRITION
On average, food from a grocery store travels 1,300 miles to get to your table. Local food is fresher and tastes better than food shipped long distances.

5. TALK WITH A FARMER
If you’re grabbing something fresh and you’re not sure how to use it, don’t be afraid to talk with the vendor. Ask questions and share ideas for best cooking methods and favorite recipes.

6. YOU CAN SHOP WITHIN YOUR BUDGET
Often times in-season veggies and fruits at farmers’ markets are comparable or less expensive than their grocery store counterparts. Do price comparisons, make a weekly list, and be flexible. If spinach is on your list, but a vendor has a sale on baby kale—can you substitute to save some cash?

Meet Your Farmers’ Market Vendor

Interview with Terri Mazza, Food4Hope

Food4Hope is a non-profit passionate about providing access to good, healthy food to everyone. They grow produce, raise animals, bake bread, and make a variety of value-added products on their “farmette” outside of Beatrice, Nebraska.

What has been your experience selling at the Beatrice Farmers’ Market?
We started selling vegetables at the Beatrice Farmers’ Market 7 years ago. Since then we’ve diversified by adding products like eggs, syrups, jams, jellies, and breads. We had to diversify because of a bad produce year due to weather. We didn’t have enough produce to sell, so we started baking bread to fill up our table. The bread became a popular item for us and one of the things we are known for.

What is one thing about farmers’ markets that you love?
I love the people. The human connection is priceless—it feeds my spirit and soul. It makes all the work worth it. The people who shop at the market are a microcosm of society—young, old, vegans, meat eaters—and they are all interested!

How does the farmers’ market benefit your community?
The COVID-19 crisis has highlighted that we need to shorten the food supply chain. When people buy at a farmers’ market, they have a reliable source of food, they know where their food is coming from, and know they are getting it fresh. The market also provides connection. It’s a local spot where people come to catch up and see each other. It’s a community gathering place.

What is the most popular item you sell?
Our homemade breads and elderberry syrup.

What is one thing about farming that people would be surprised to hear?
I hand milk a cow, which gives me plenty of time to ponder. One of the biggest surprises to me is how much farming teaches a person. How many life lessons and universal truths I have learned from the land, animals, and being a steward. The more time I spend with my animals and on the land, the more I learn about people and myself.

Favorite item at your booth?
Elderberry syrup. We went through a period of discovery with elderberries—finding the plant growing on our farm, learning about its history and benefits, harvesting and processing the berries, and finally hearing positive feedback from our customers. There is a satisfaction that comes with taking care of ourselves by using what is growing on the land.

The average food item travels 1,300 miles to get to the dinner table. Local food is fresher and tastes better than food shipped long distances.

Fun Facts

Not just for summer! There are winter and holiday farmers’ markets from Scottsbluff to Lincoln. Get your local veggies, meats, and homemade foods even when the snow is flying.

Farmers’ Markets are essential! Market managers and vendors have adapted to the pandemic by spreading out vendors, offering curbside ordering, and other changes to keep shoppers and vendors safe.

There are around 90 Farmers’ Markets across the state of Nebraska.

LEARN MORE AND FIND YOUR FARMERS’ MARKET AT buylocalnebraska.org/go-to-grow
Cares melt when you kneed in your garden. ～Okakura Kakuzo

**B U S I N E S S E S**

Hub Café  
Restaurant  
250 N 21st St.  
Lincoln, NE  
402-474-2453  
info@hubcafelincoln.com  
hubcafelincoln.com  
HOURS: Tues-Sun: 7:30 am–2:30 pm, Mon Closed  
Sourcing from local farmers allows us to serve the freshest, best-tasting produce, dairy, and meats in creative dishes that connect our customers to our landscape and the seasons.

Lincoln Area  

**F A R M E R S’ M A R K E T S**

Bennet Farmers’ Market  
767 Elm St.  
(Bridge Park—Elm and Harrison Streets)  
Lincoln, NE  
402-782-2167  
krameriary@outlook.com  
bennetfarmersmarket.org  
DATE & TIME: Wednesdays 4–7 pm  
Our market is located at the edge of Village Park with many mature shade trees and a children’s playground.

Fallbrook Farmers’ Market  
600 Fallbrook Blvd.  
(Fallbrook community green space)  
Lincoln, NE  
308-316-0411  
falbrookfarmersmarket.com  
DATE & TIME: Thursdays 4–7 pm  
We are a producer-only market. Everything is guaranteed to be grown or processed by our members. We have more than 40 vendors! Open rain or shine.

**F A R M S & R A N C H E S**

Bad Horse Farm  
7300 Highway 43  
Ruth Chantry & Everett Luqrist  
Raymond, NE  
208-783-9005  
farmers@commongoodfood.org  
DATE & TIME: Mondays 7 am–2 pm, except May 9th, which is 3–6 pm  
We are a diversified family farm with over 100 years of growing experience that is playful, unexpected, and sugar, and local produce to make the magic.

Bright Hope Family Farm  
Laney & Andy Johnson  
Firth, NE  
402-450-9715  
brighthopefamilyfarm@gmail.com  
brighthopefamilyfarm.localitesites.com  
• Non-Synthetic Inputs, Non-GMO, Chemical-Free  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering  
We believe good food is key to linking the health of our bodies, communities, and environment.

DS Family Farm  
Doug Garrison  
Malcolm, NE  
402-796-2208  
doug@dsfamilyfarm.com  
dsfamilyfarm.com  
• Animal Welfare Approved, Non-GMO Feed, Soy Free, Corn Free, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
We are proud to offer you honey we have produced locally from our bee hives right here in Southeast Nebraska.

DS Family Farm  
Gary Fehr  
Lincoln, NE  
402-570-4382  
fehrgary@gmail.com  
greenschoolfarmms.com  
• No Synthetic Inputs  
We are proud to offer you honey we have produced locally from our bee hives right here in Southeast Nebraska.
Prairieview
Bonnie Henshaw
Lincoln, NE
402-432-5489
jbhenshaw@windstream.net
Direct Sales—Call or Email, Farmers’ Markets

Robinette Farms
Chloe Dintz & Alex McKiernan
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com
Certified Organic, GAP Certified
CSA, Wholesale, Online Ordering
We grow Certified Organic Baby Greens and Micro Greens and offer a weekly subscription where you can customize a box with our produce and products from dozens of other local farms.

Shadow Brook Farm and Dutch Girl Creamery
Jan Richmond, Chrystal & Kevin Loth
Lincoln, NE
402-413-9764
info@shadowbrk.com
shadowbrk.com
No Synthetic Inputs
Non-GMO Feed, Soy-Free Feed, Corn, Free Feed, Antibiotic Free, Hormone Free, Outdoor Access, Rotational Grazing
CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
We raise a 34 acre diversified farming operation on the southwest edge of Lincoln, within three miles of the city limit. We have seasonal produce, and award-winning goat cheeses.

Trackside Farm
Nancy & James Scanlan, Sandy Williams
Hickman, NE
267-331-1070
tracksidegrown@gmail.com
facebook.com/tracktracks
Direct Sales—Call or Email, Farmers’ Markets
We are a woman and Veteran owned 15-acre farm focused on growing with minimal inputs and improving our soil health to increase our yields.

Twin Springs Pecans
Carol & Sarah Ferdico
Bennet, NE
402-525-8071
willnerdfarms@yahoo.com
twinspringspecans.com
On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
Twin Springs Pecans is a family-owned pecan operation where we grow, process, and sell fresh pecans from our facilities located south of Lincoln, Nebraska.

Sleepy Bees Lavender Farm
Jerry & Holly McCabe
Firth, NE
402-730-2508
sleepybeeslavenderfarm@gmail.com
sleepybeeslavenderfarm.com
No Synthetic Inputs
On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
Sleepy Bees Lavender Farm grows several varieties of lavender, and raises honeybees. We handcraft in small batches many products containing lavender essential oil.

Yankee Hill Landscape
Tammy & Todd Magee
Lincoln, NE
402-416-2611
info@yankeehilllandscaping.com
yankeehilllandscaping.com
On Farm Store, Farmers Markets
We are conveniently located on the southeast edge of Lincoln. We offer vegetable & flower plants and fresh produce for sale at our location.

Recipe
SWEET POTATO SAUSAGE CASSEROLE
A perfect autumn casserole that everyone will enjoy!

**Ingredients:**
- 8 oz uncooked pasta
- 8 oz ground sausage
- 2 medium sweet potatoes, cut in 1/2” cubes
- 1 c green pepper, chopped
- 1 y c onion, chopped
- 2 Tbsp oil
- 1 clove garlic, minced
- 2 c tomatoes, chopped
- 1 c cream or milk
- 1/4 tsp pepper
- 1 c shredded cheese

**Directions:**
1. Cook pasta according to package directions. Meanwhile, in skillet with oil, cook sausage, sweet potatoes (can boil briefly first to soften), green pepper, and onion for 5 minutes or until vegetables are tender. Add garlic and cook 1 more minute. Drain.
2. Add tomatoes, cream, salt, and pepper. Bring to a boil, then remove from heat. Drain pasta, and stir into sausage mixture. Transfer to a greased 9x13 dish. Sprinkle with cheese.
3. Bake, uncovered, at 350 for 25-30 minutes or until bubbly. Let stand 5 minutes before serving.
**Local Foods Word Match**

**True or False**

Goats’ eyes have rectangular shaped irises to see 340 degrees around them.

The leaves, tendrils, shoots, stems, flowers, seeds, and fruit of winter squash can all be eaten.

Aquaponic means growing plants in water, along with fish who fertilize the growing plants.

In a single day, one worker bee makes 12 or more trips from the hive, visiting several thousand flowers.

**Did You Know?**

About one-third of the food eaten by Nebraskans comes from crops pollinated by bees.

Bees pollinate apples, cucumbers, peppers, melons, squash, and okra, to name a few. The flavor and color of honey depends on the types of flowers visited by the forager bees. Look for different types of honey like wildflower, buckwheat, or linden, and enjoy their unique tastes. This year conduct a honey taste test by comparing different types of honey.

**TRUE OR FALSE**

- Peaches - Vegetables - Pumpkins - Perennials - Annual Flowers - Herbs - Vegetable Plants - Hanging Baskets

*Fresh, local produce & plants available at our convenient Lincoln location Monday-Saturday:*

11855 Yankee Hill Road Lincoln, NE 68526

YankeeHillLandscaping.com

402-416-2611

**Epazote**

A native to Nebraska shrub that produces a delicious berry in summer.

**Jacobs Cattle**

A breed a cow whose milk is extremely rich and creamy.

**Saskatoon**

A variety of winter squash, very popular for pies.

**Jersey**

An heirloom variety of dry bean from the Northeast, red and white mottled.

**Long Island Cheese**

A well-loved culinary herb in Mexican cuisine. Aromatic and used to flavor beans, soups, and sauces.

**Brain Builders**

**Local Foods**

**Word Match**

Epazote Jacobs Cattle Saskatoon Jersey Long Island Cheese

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Microgreens are nutrient rich shoots of vegetables and herbs picked just after the leaves have appeared.
KITCHEN BASICS

COOKING STAPLES

Getting the Most
FROM YOUR LOCAL FOOD HAUL

Nobody likes to throw out or compost food, but it happens! Here are a few tips to decrease the number of local veggies that go to your bin.

HAVE A PLAN FOR WHAT YOU BUY
Menu planning can help—try to commit to eating a vegetable side with each homemade dinner. Have a last minute “plan b”—can you throw it in a smoothie?

THE ART OF SUBSTITUTION AND EXPERIMENTATION
Work with what you have and what is in season. Almost every green is interchangeable—if a recipe calls for spinach you can substitute kale, chard, collards, or anything green!

STORAGE IS KEY
Most vegetables last longer when kept chilled but keep tomatoes, basil, and uncut melons on your kitchen counter! Anything leafy and green does best in a plastic bag in your fridge. This will prevent greens from wilting.

WEEKLY CLEAN-OUT MEAL
Make it a tradition in your house every week to use up veggies that have a short shelf life or are going a bit squishy. Omelets, soups, smoothies, pesto, roasted veggies, or grilled medleys are some options for your weekly clean-out meal.

PESTO FORMULA
Traditionally made with basil, pesto can be made with anything green! It’s a delicious way to decrease the volume of those greens hogging space in your fridge, or those fresh herbs that need to be used up quick!

2 c packed greens
• Basil
• Arugula
• Parsley
• Cilantro
• Spinach
• Mint
• Kale
• Or any combo

2 Tbsp lemon juice
1+ large cloves of garlic
⅛ c olive oil
⅛ c cheese & ⅛ c nuts
⅛ c optional

Uses for Anything Green Pesto
✔ Toss with pasta
✔ Condiment for meat
✔ Toss with cooked veggies
✔ Spread or dip (try adding it to mayo or cream cheese!)
✔ Salad dressing—thin with vinegar and olive oil

Pulse greens, lemon juice, garlic, cheese, and nuts in a food processor or blender. Add the oil, and pulse until finely chopped. Salt and pepper to taste.

SUPPORTING THE LOCAL ECONOMY, ONE TOMATO AT A TIME!