

Beatrice

MINI food

2020 GUIDE

Your guide to **BEATRICE'S FARM FRESH FOODS!**

Buy Fresh Buy Local® Nebraska has been helping you find good, local food for over 10 years!

Find more local farms and businesses that stock local products, recipes using ingredients grown in NE, and much more at buylocalnebraska.org



Nebraska

buylocalnebraska.org

LOOKING FOR LOCAL ELSEWHERE?

Pick up a copy of the
Nebraska Food Guide
to find local all over the state!

Local foods in **Beatrice**

Farmers' Markets

BEATRICE FARMERS' MARKET

801 Court Street (Country Cookin' Cafe parking lot, 8th & Court Street Downtown)

Beatrice, NE

402-223-3244

info@mainstreetbeatrice.org

[facebook.com/](https://www.facebook.com/BeatriceFarmersMarket/)

[BeatriceFarmersMarket/](https://www.facebook.com/BeatriceFarmersMarket/)

DATE & TIME: Thursdays 4:00 p.m. - 6:30 p.m.
(May 21 - October 8)

- DoubleUpFood Bucks/
SNAP matching dollars

Every market brings in new treats, produce, crafts, eggs, honey, meats, baked goods, & more! Averaging 14 vendors a week. Join us in Downtown Beatrice and make an evening of it!

Farms & Ranches

BROKEN ARROW FARM



Riley Reinke

Filley, NE

402-768-1145

Brokenarrowfm@outlook.com

www.brokenarrowfm.com

- No Synthetic Inputs
- Antibiotic Free, Hormone Free, Pasture Raised
- Direct Sales - Call or Email, Farmers' Markets, Wholesale, Online Ordering

Broken Arrow Farm seeks to cultivate environmental and human health through regenerative farming by producing eggs, honey and produce for consumers in our local communities.

FOOD4HOPE



Terri Mazza

Beatrice, NE

402-306-7561

food4hope@yahoo.com

[www.facebook.com/](https://www.facebook.com/Food4HopeTurning-Point-Farm-535083613275396/)

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- No Synthetic Inputs
- Animal Welfare Approved, Non-GMO Feed, Soy Free Feed, Antibiotic Free, Hormone Free, Pasture Raised
- Direct Sales - Call or Email, Farmers' Markets, Wholesale

Food4Hope is a nonprofit that exists to bring food to the hungry and hope for the hopeless. We produce high-quality nutrient dense food that is good for the earth and good for the table.

PAWNEE PRIDE MEATS



Paul Rohrbaugh

Steinauer, NE

402-869-2396

pawneepridemeats@gmail.com

PawneePride.com

- Non-GMO Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- Direct Sales - Call or Email

We practice holistic/organic grazing on healthy soils, diverse plants, with heritage livestock. We direct market our products through deliveries to Lincoln, Omaha, and Beatrice.

CHECK IT OUT

The Beatrice area is home to so many local food treasures – from the Thursday night farmers' market, to fresh picked strawberries to the sweet crunch of a home-grown carrot. Get in touch with the farmers and ranchers listed below to discover good fresh food in Beatrice! Find your farmer. Find good food!

SICILY CREEK JELLY & PRODUCE



Fred & Laurinda Baumann
Blue Springs, NE
402-230-8953
rindybaum@hotmail.com

- Farmers' Markets

SUNNY SLOPE FARM



Corinne Kolm & Josh Frank
Filley, NE
402-662-1777
sunnyslopeberries@gmail.com
www.facebook.com/Sunny-Slope-Farm-1593732700845273/

- No Synthetic Inputs
- Pasture Raised
- Direct Sales - Call or Email, U-Pick

At Sunny Slope Farm we invite you take part with U-Pick and large orders for canning/freezing. Experience the taste of a fresh-picked strawberry in early June. All naturally-grown.

WEST END FARM



Katie Jantzen
Plymouth, NE
402-239-9822
westendfarmne@gmail.com
westendfarmne.com

- No Synthetic Pesticides
- Free Range
- CSA, On Farm Store, Direct Sales - Call or Email, Farmers' Markets, Wholesale, Online Ordering

We are a family farm west of Beatrice. We grow fresh vegetables, fruits, berries, and herbs without the use of synthetic pesticides. We also sell eggs, honey, jam, and baked goods.



It's difficult to think anything but pleasant thoughts while eating a homegrown tomato.

~Lewis Grizzard



FRUIT



VEGETABLES



HERBS



DAIRY



EGGS



VALUE-ADDED PRODUCTS



BEEF



PORK



CHICKEN



TURKEY



HONEY

LOVING LOCAL FOOD Poetry Contest

POEMS + FOOD BOTH FILL YOUR HEART

In 2020 we asked Nebraskans to send us their original poetry about local food. The poems make us laugh, cry and take notice of the small beauties we find in the garden, the farm, the market and our kitchens. Thanks to all who submitted. Here is one selection of 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
emitting an earthy scent
into the faint breeze
It shows up in the fresh
veggies, germinated in acres
of managed organic soil and
placed carefully in my bag

At home, I see it tucked
between the leaves of lettuce,
like a hidden note

Black inky dirt
uncovered and discovered
A sneaky disclosure of dirty truth
A mighty reminder to appreciate
the dirt on farmers

TOBI SCOFIELD Lincoln, Nebraska



READ ALL OF THE POEMS AT
BUYLOCALNEBRASKA.ORG/POETRY

Tacos de Lengua

Ingredients

- 1 Beef tongue
- 1 onion, chopped
- 6 garlic cloves, mashed
- 2 bay leaves
- 1 T. pepper
- 1 T. salt
- 1 large sprig fresh thyme
- broth to cover (or water with beef bouillon)

Taco Toppings

- Diced white onions
- Chopped green onions
- Chopped cilantro
- Green tomatillo salsa (or red tomato salsa)
- Cheese
- Thinly sliced radishes
- Lime juice

Instructions

1. Place all ingredients in crock pot with enough broth or water to cover them, and cook on low 6-8 hours.
2. Remove tongue to cool, peel off outer layer and cut off any rough spots. Cut into small cubes, and sauté in frying pan until browned.
3. Add meat to corn tortillas and top with diced onion, cilantro, green salsa, cheese, and thinly sliced radishes.



From:

Katie Jantzen
West End Farm
Plymouth, Nebraska



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