

LOCAL FOOD MAP

Locate local foods near you! PG.5

Recipe: CABBAGE & APPLE SLAW

Try this mouthwatering dish today (other recipes throughout, too)! PG.18

LOCAL food 2018 GUIDE

Meat & Poultry • Dairy & Eggs • Fruits, Herbs & Vegetables
Specialty Products • Grains & Dried Beans • Businesses
Flowers, Seeds, Trees & Transplants • Farmers' Markets



Dedicated to assisting people prosper in rural Nebraska by helping them work together through cooperative business development.



402-472-1748

ncdc.unl.edu

SUNDAY FARMERS' MARKET
at College View
APR. 29 - OCT. 28
10am - 2pm

Previously Old Cheney Road Farmers' Market
NEW LOCATION – SAME GREAT VENDORS!

48th & Prescott
 College View Neighborhood
 Lincoln Nebraska

Matching every SNAP dollar each week up to \$20!
 sundayfarmersmarket.org
 Indoors Nov. & Dec. holidayharvestfarmersmarket.com

Roberts Seed, Inc.
 Axtell NE • Phone: 308-743-2565 • www.robertsseed.com
 Alfalfa Pellets • Alfalfa Seed • Barley • Chicken Feed Mixes • Corn • Wheat
 Cover Crop Seed • Forage Sorghum Seed • Grain Sorghum/Milo • Millet • Oats
 Popcorn • Rye • Soybeans • Soybean Meal • Sunflowers/BOSS • Triticale

Grain Processing: Food Grade - Quality Seed - Feed

Certified Organic Non-GMO

VEGGIE VAN **COMMUNITY CROPS**

Mobile Farmers Market

Join us Thursdays June 7th-October 25th
 2:00 pm - 5:00 pm
 Health 360 Clinic parking lot (2301 O Street)

Use your SNAP/EBT Card & Crops will match your purchases up to \$20
 Cash, checks & credit cards accepted

More info: <https://goo.gl/1cq7s>

TABLE of CONTENTS

Your Guide to Nebraska's Farm Fresh Foods!..... 3

Nebraska Harvest Schedule..... 4

Locate Local Foods Near You!..... 5-6

Eating with the Seasons..... 7

Businesses that Support Local Agriculture..... 8

Fruits, Herbs & Vegetables..... 9-10

SPRING RECIPE:
 Asparagus with Mustard Vinaigrette..... 10

Know Your Butcher, Know Your Meat..... 11

Meat & Poultry..... 12

Specialty Products..... 13-14

SUMMER RECIPE:
 Vegetable & Feta Sandwiches..... 14

Farmers' Markets..... 15-16

Dairy & Eggs..... 17

Grains & Dried Beans..... 18

FALL RECIPE:
 Cabbage & Apple Slaw..... 18

Kitchen Basics & Cooking Staples..... 19

Flowers, Seeds, Trees & Transplants..... 20

WINTER RECIPE:
 Baked Sweet Potato Fries..... 21

Sponsors..... 21

All Summer:
Thursdays
4-7 PM
June 21-Aug 9

NEW!
Autumn Harvest Markets:
September 13
& October 11
4-7 PM

Lincoln's Most Family-Friendly Market!
 Events • Music • Kids Activities • Park Setting

Producer-only market with seasonal produce, food, crafts and more!
 Find us on Facebook for weekly schedule and updates

Fallbrook Town Square •
 570 Fallbrook Blvd in NW
 Lincoln

Kiwanis
 Fallbrook
 All proceeds support community service activities to benefit kids and families.

Enjoy the food you love from the **local producers you trust.**

OPEN HARVEST CO-OP GROCERY
 Lincoln, NE | openharvest.coop

Lincoln's authentic farm-to-fork cafe and bistro

250 N 21st St. Lincoln, NE 68508
 Two blocks North of O Street on 21st, just East of UNL city campus

Organic Grains, Seeds & Beans

TRY OUR FAMOUS POPCORN!

Buy Direct: GRAINPLACEFOODS.COM 888.714.7246

Your Guide to NEBRASKA'S FARM FRESH FOODS!

A NOTE FROM THE LOCAL COORDINATOR

Nebraska is known for its agriculture. We have great sunshine, soil, and weather for growin' farm fresh food for your kitchen year-round. From heirloom tomatoes and salad turnips to local meats, farmed shrimp, and nationally-known farmstead cheeses—Nebraska has something to offer everyone! Whether you are a local food guru or just starting out—our guide is here to help you explore and eat more local foods. We deserve to be more engaged in our food system and we want to help you!

If you are looking to satisfy your taste buds, there is no better way to use your dollar than on the food from the tremendous farmers, ranchers, farmers' markets, and businesses in this guide. Agriculture is more than just growing food, it is about being part of a culture that creates connections to each other, to the land, and to good food. Local foods can be affordable and worth the time to find. And good food takes time. So in 2018, take more time with your food. Take time to buy local, time to ask questions, and time to sit down with friends and enjoy a hearty meal full of Nebraska flavor.

Buy Fresh Buy Local® Nebraska is dedicated to:

- Keeping the food chain shorter, sustainable, and transparent.
- Promoting and educating eaters on the social, economic, and cultural benefits of local foods.
- Improving wellness and quality of life by promoting healthy, in season eating.
- Cultivating a future for Nebraska's family farms through the development of new market opportunities.
- Retaining local food dollars in Nebraska by strengthening regional markets.

The Nebraska Local Food Guide is a product of Buy Fresh Buy Local® Nebraska (BFBLN). BFBLN is part of the University of Nebraska–Lincoln, Nebraska Cooperative Development Center. BFBLN is a member-based marketing, promotion, and education program that promotes the production and enjoyment of local foods, from seed to plate, across the state. If you support the mission of BFBLN, join our community! Everyone in the local food chain can become a member at buylocalnebraska.org. Together, we are building a vibrant food community, one bite at a time!

Best,

Skylar Falter

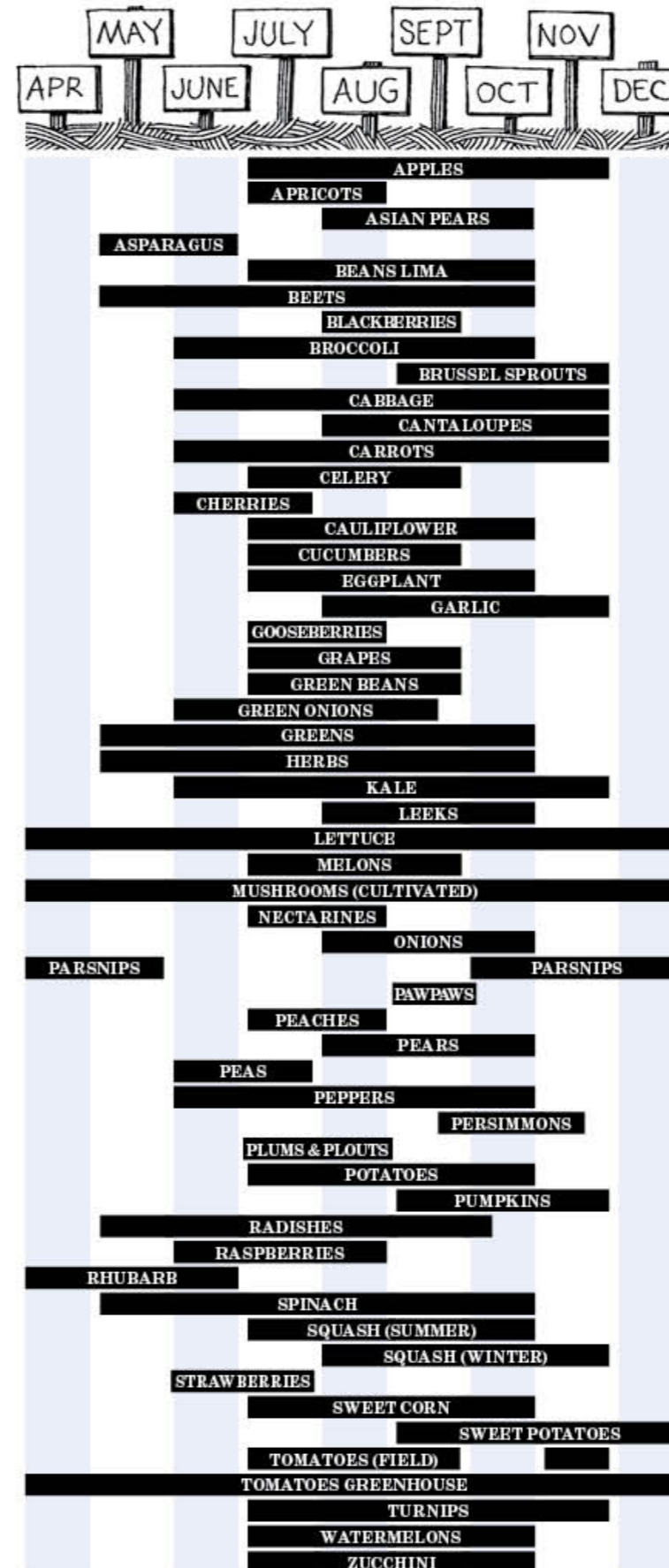
Skylar Falter
Buy Fresh Buy Local Nebraska Coordinator

WHAT IS LOCAL?

We define local as any agricultural product produced within Nebraska or a bordering county.

2018 LOCAL FOOD GOALS

- ☑ Meet a farmer! Thank them. Ask them why they like to play in the soil.
- ☑ Find out if your favorite restaurants buy local ingredients. If not, encourage them to check out this guide!
- ☑ Try a new local vegetable! Have you tasted kohlrabi? Leeks?
- ☑ Grill some local meat and zucchini and invite your friends over.



NEBRASKA HARVEST SCHEDULE

BUYING LOCAL DOESN'T HAVE TO STOP WHEN SUMMER'S OVER!

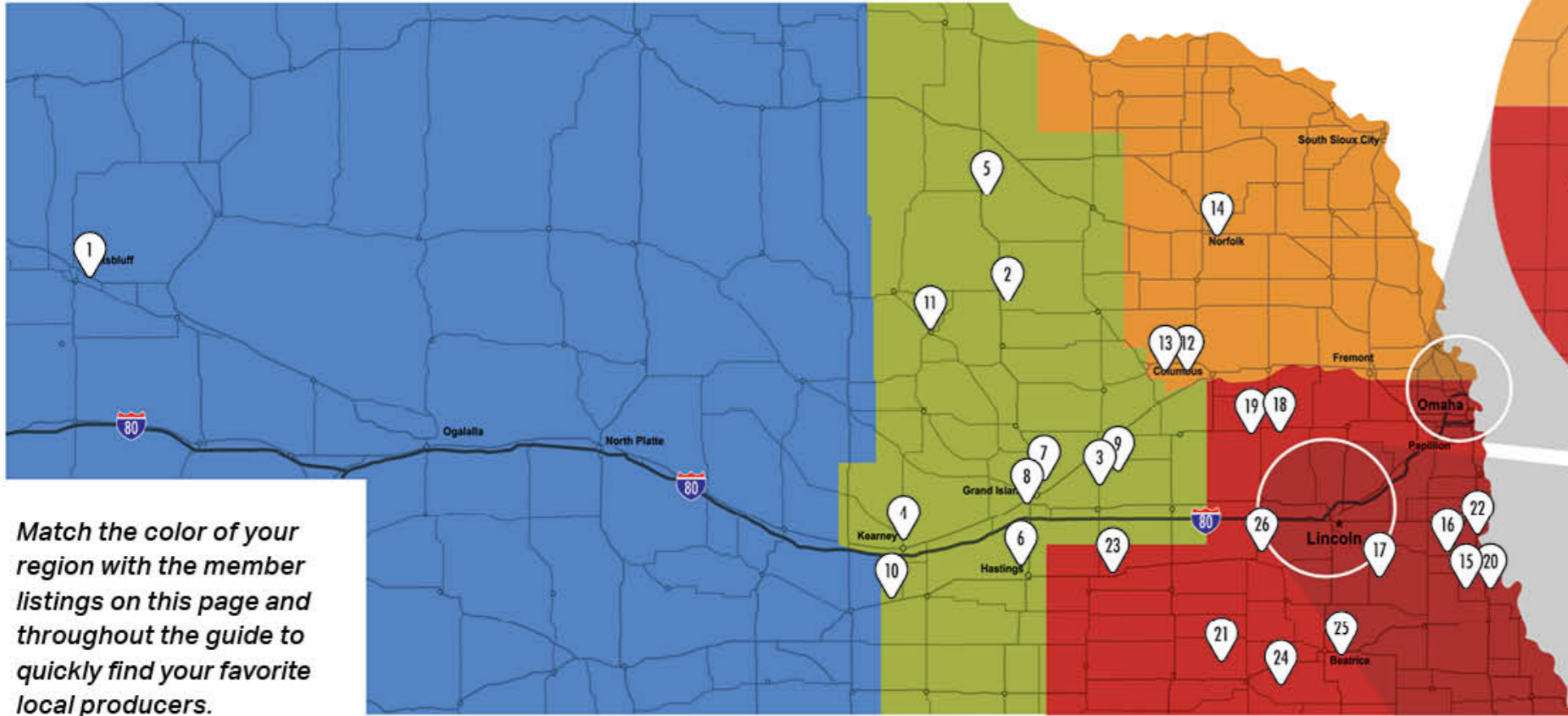
Nebraska family farmers offer many locally grown and value-added products all year long, including:

- Beef, buffalo, chicken, fish & other aquatic meat, goat, lamb, ostrich, pork, rabbit, turkey, etc.
- Eggs, butter, cheese, kefir, ice cream, milk, yogurt
- Breads, baked goods, cider, dried vegetables, honey, jams, nuts, preserves, etc.
- Don't forget about these locally grown products: flowers, soaps, transplants, trees, wreaths and woody floral

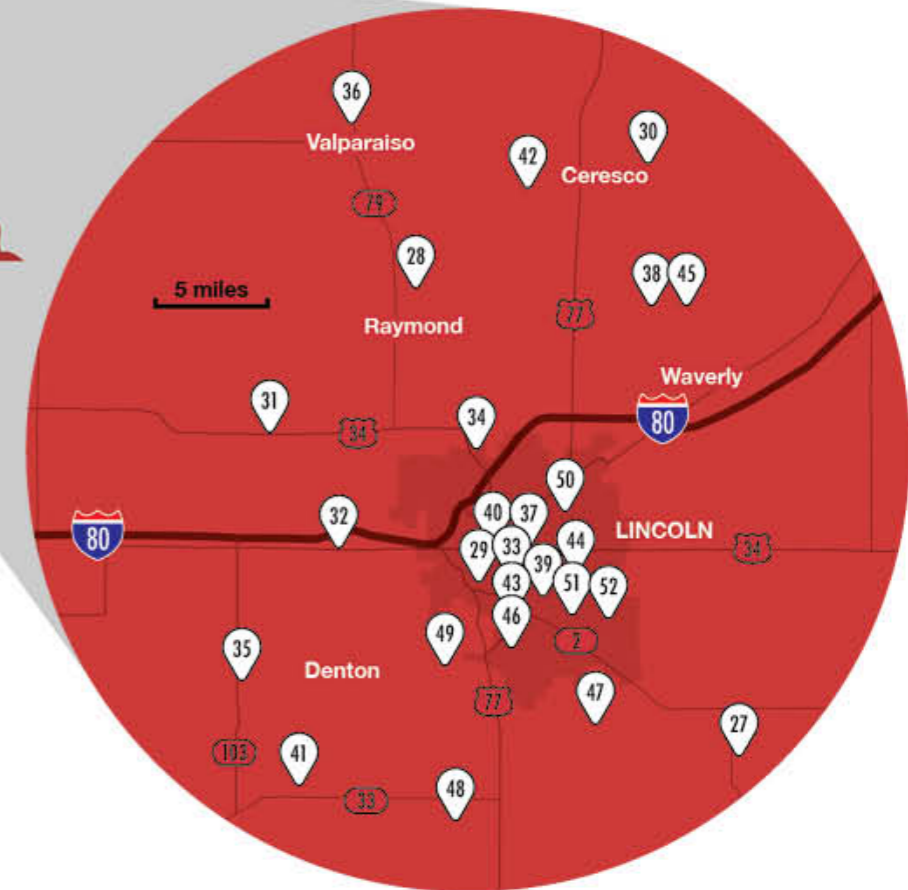
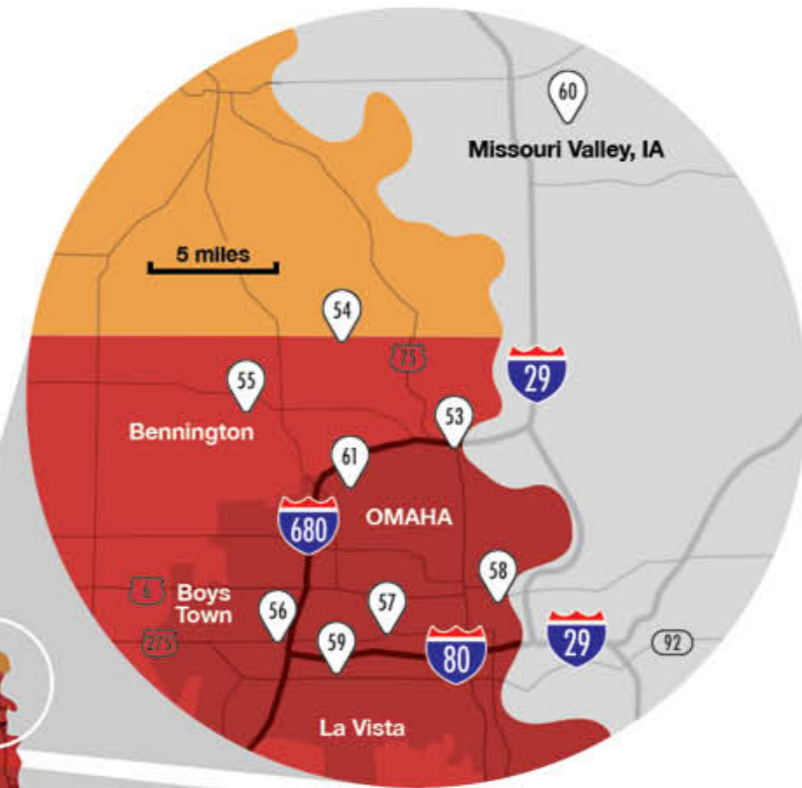
Find it fast at buylocalnebraska.org



LOCATE local foods NEAR YOU!



Match the color of your region with the member listings on this page and throughout the guide to quickly find your favorite local producers.



Western Nebraska

- 1 Meadowlark Hearth Biodynamic Farm and Seed Initiative, Living Environment Foundation, *Scottsbluff*

Central Nebraska

- 2 Clear Creek Organic Farms, *Spalding*
- 3 Grain Place Foods, *Marquette*
- 4 Grow Nebraska, *Kearney*
- 5 Lambert Melons, *Ewing*
- 6 Nebraska Grass Fed Beef, *Hastings*
- 7 Nebraska Mushroom LLC, *Grand Island*
- 8 Prairie Pride Poultry, *Grand Island*
- 9 Range West Beef, *Marquette*
- 10 Roberts Seed Inc., *Axtell*
- 11 Scratchtown Brewing Company, *Ord*

Northeast Nebraska

- 12 Daniels Produce, *Columbus*
- 13 Erstwhile Farm LLC, *Columbus*
- 14 Wolff Farms, *Norfolk*

Southeast Nebraska

- 15 Al-Be Farm, *Julian*
- 16 Arnold Acres, *Syracuse*
- 17 Doc's Holiday Healthy Farms, *Adams, NE*
- 18 Fox Run Farms, *Brainard*
- 19 Garrison Goat Company, *Garrison*
- 20 Nebraska Food Cooperative, *Julian*
- 21 McKenzie Acres, *Fairbury*
- 22 Paradise in Progress Farm LLC, *Nebraska City*
- 23 The Country Pumpkin, LLC, *Sutton*
- 24 Rock Creek Aquaculture, *Diller*
- 25 Sicily Creek Jelly and Produce, *Blue Springs*
- 26 West Blue Farm, *Dorchester*

Lincoln Area

- 27 Bennet Farmers Market, *Bennet*
- 28 Common Good Farm, *Raymond*
- 29 Community Crops, *Lincoln*
- 30 Darby Springs Farm, *Ceresco*
- 31 DS Family Farm, *Malcolm*
- 32 Emerald Acres, *Lincoln*
- 33 F Street Neighborhood Farmers' Market, *Lincoln*
- 34 Fallbrook Farmers' Market, *Lincoln*
- 35 Grow with the Flow, *Denton*
- 36 Heartland Nuts 'N More, *Valparaiso*
- 37 Hub Café, *Lincoln*
- 38 Lakehouse Farm, *Waverly*
- 39 Leon's Gourmet Grocer, *Lincoln*
- 40 Lincoln Haymarket Farmers' Market, *Lincoln*
- 41 Lone Tree Foods, *Crete*
- 42 Martin's Hillside Orchard, *Ceresco*
- 43 Open Harvest Co-op Grocery, *Lincoln*
- 44 Piedmont Bistro by Venue, *Lincoln*
- 45 Prairie Plate Restaurant, *Waverly*
- 46 Prairie Preserve Beef, *Lincoln*
- 47 Prairieview, *Lincoln*
- 48 Robinette Farms, *Martell*

- 49 ShadowBrook Farm, *Lincoln*
- 50 Small Starts Farm, *Lincoln*
- 51 Sunday Farmers' Market at College View, *Lincoln*
- 52 Venue Restaurant & Lounge, *Lincoln*

Omaha Area

- 53 Barreras Family Farm, *Omaha*
- 54 Florence Mill Farmers' Market, *Omaha*
- 55 Fruit of Levine LLC, *Omaha*
- 56 GreenLeaf Farms, *Omaha*
- 57 Omaha Farmers Market - Aksarben Village, *Omaha*
- 58 Omaha Farmers Market - Old Market, *Omaha*
- 59 Paradigm Gardens, *Omaha*
- 60 Rhizosphere Farm, *Missouri Valley*
- 61 Wenninghoff Farm, *Omaha*



Eating with the Seasons

KIMBERLY STUHR

If you know the difference between a grocery store tomato and one plucked from the garden right before dinner, you understand the concept of eating with the seasons.

When "what's for dinner" depends on "what's in season" we take advantage of food that has been harvested locally and at the peak of freshness, meaning tastier and more nutritious food at a great value. And whenever a particular ingredient goes out of season, it's a guarantee that another delicious food is coming back into season to tempt us all. Perhaps one of the best things about eating with the seasons is that it forces us to cook more, and there really is nothing better we could do for our health.

Whether the fresh produce comes from our own garden, the farmer's market, or a CSA, eating seasonally challenges us creatively to come up with new, fun, and delicious dishes. Building a lifestyle around seasonal food keeps mealtime interesting. Just as importantly, it brings us more into tune with nature's rhythm making us more aware and appreciative of the beauty around us—every season of the year.

Local, Seasonal Food Just Makes Sense

- **Flavor & Nutrition.** Plants get nourishment from the sun and soil. Seasonally fresh produce is picked fully developed, at its peak nutritionally and when it tastes the best.
- **Community.** Food brings us together. Knowing who grows the food we eat, and how they do it makes us more connected to each other and agriculture. Farmers' markets and restaurants that source locally grown foods create micro-communities

that encourage us to share our knowledge, ask questions, and engage in our own local environment.

- **Local economy.** Buying local keeps money circulating in the community and creates jobs.
- **Environment.** Food produced locally reduces the "food miles" necessary to feed people. That is, it reduces the energy (fossil fuel and associated CO2 emissions) to transport food.
- **Harmony.** Eating what is seasonally available encourages us to reconnect with nature's cycles and the passing of time.
- **Creativity & Variety.** With each season we are encouraged to explore new and different recipes, and at the same time add variety to our diet.

The Seasons

- **Spring.** The abundance of leafy greens in the spring helps us detox and lose extra pounds after a long winter of heavier foods. Think fresh, brightly colored salads full of crunchy greens with peas, asparagus, radishes, and artichokes.
- **Summer.** In the summer we need to cool down and stay hydrated. Think vivid tasting fruits and veggies like strawberries, peaches, cucumbers, watermelon, and bell peppers.
- **Fall.** Apples harvested in the fall are the perfect transition food to help our body get rid of excess heat and cool down before winter. Other fall season pleasers are pears, cabbage, garlic, and mint.
- **Winter.** Think deeply colored root vegetables like potatoes, carrots, and rutabaga, perfect for hearty cold-weather soups. Other winter produce includes squash, pumpkin, sweet potato, and onions.

Kimberly Stuhr is a writer and editor who specializes in content related to conservation agriculture.

BUSINESSES THAT support LOCAL AGRICULTURE

- **Grow Nebraska**
4917 2nd Avenue, Suite 2
Kearney, NE
308-338-3520
info@grownebraska.org
buynebraska.com
Mon-Fri: 10 am-9 pm
Sun: Noon-6 pm
- **Lone Tree Foods**
15255 SW 114th Street
Crete, NE
402-613-2035
info@lonetreefoods.com
lonetreefoods.com
Food Hub—Online Store
- **Paradigm Gardens**
8949 J Street
Omaha, NE 68127
402-339-4949
paradigmgardens.com
Gardening Store
Mon-Fri: 11 am-7 pm
Sat: 10 am-5 pm
Sun (seasonal): 11 am-5 pm
- **Roberts Seed Inc.**
982 22 Road
Axtell, NE
308-743-2565
robertsseed@gtmc.net
robertsseed.com
Local Food Processor
Mon-Fri: 8 am-5 pm
Sat: 9 am-Noon
Sat and Sun afternoon:
by appointment
- **Heartland Nuts 'N More**
206 W 2nd, P. O. Box 439
Valparaiso, NE
402-277-0543
Food Cooperative
Mon-Fri: 8 am-3 pm
Sat: Call 402-277-0543
- **Nebraska Food Cooperative**
Business Office: 503 3rd St
Julian, NE
800-993-2379
am@nebraskafood.org
nebraskafood.org
Food Cooperative
Online Farmers' Market—
Order Online
- **Piedmont Bistro by Venue**
1265 S Cotner Blvd
Lincoln, NE
402-975-2816
info@yourvenue.net
piedmontbistro.com
Restaurant
Mon-Thur: 8-11 am
Fri-Sat: 8 am-Noon
Sun: 8 am-3 pm
- **Scratchtown Brewing Company**
141 S 16th Street
Ord, NE
308-728-5050
caleb@scratchtown.beer
Brewery
Thurs-Fri: 4-10 pm
Sat: 10 am-10 pm
- **Hub Café**
250 N 21st #3
Lincoln, NE
402-474-BIKE
hubcafeincoln@gmail.com
hubcafeincoln.com
Restaurant, Caterer,
Retail Store, Coffee House
Tue-Sun: 7:30 am-2:30 pm
- **Open Harvest Co-op Grocery**
1618 South St
Lincoln, NE
402-475-9069
Amy@openharvest.coop
Openharvest.coop
Grocery Store
Sun-Sat: 8 am-9 pm
- **Prairie Plate Restaurant & Lounge**
10405 Branched Oak Rd.
Waverly, NE
402-786-2239
info@prairieplaterestaurant.com
prairieplaterestaurant.com
Restaurant, Caterer
Wed-Sat (April-New
Year's Eve): 5-9 pm
Plus occasional special
events and brunch
- **Leon's Gourmet Grocer**
2200 Winthrop Road
Lincoln, NE
402-488-2307
chad@leonsgourmetgrocer.com
leonsgourmetgrocer.com
Grocery Store
Mon-Fri: 8 am-9 pm
Sun: 9 am-6:30 pm
- **Venue Restaurant & Lounge**
4111 Pioneer Woods Drive
Lincoln, NE
402-488-8368
info@yourvenue.net
yourvenue.net
Restaurant
Mon-Thur: 11 am-11 pm
Fri-Sat: 11 am-1 am



FRUITS, HERBS & VEGETABLES

- **Al-Be Farm**
Beth Kernes Krause
& Ralph Krause
Julian, NE
402-274-8836
al-befarm@windstream.net
facebook.com/albefarmNE
• Non-GMO, Foraged
- **Arnold Acres**
Larry & Mary Kay Arnold
Syracuse, NE
402-217-2930
La048803@yahoo.com
arnoldacresne.com
• Sustainable
• Farmers' Market
- **Barreras Family Farm**
Anthony & Mariel Barreras
Omaha, NE
931-216-8389
barrerasfamilyfarm@gmail.com
barrerasfamilyfarm.com
• Certified Naturally Grown,
Heirloom, Sustainable
• On Farm Store, Pick-Your Own,
Wholesale, Grocery Store
- **Clear Creek Organic Farms**
Robert & Kristine Bernt
Spalding, NE
308-750-1086
rk_bernt@yahoo.com
clearcreekorganicfarms.webs.com
• Heirloom, Non-GMO, Sustainable
• CSA, On-Farm Store
- **Common Good Farm**
Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
• Certified Biodynamic,
Certified Organic, Non-GMO,
Heirloom, Sustainable
• CSA, Roadside Stand, Wholesale,
Farmers' Markets, Grocery Store
- **Community Crops**
Ben McShane-Jewell
& Barb Brockley
Lincoln, NE
402-474-9802
ben@communitycrops.org
communitycrops.org
• Certified Naturally Grown
• CSA
- **Daniels Produce**
Andy, Tannie, Kelly
& Jason Daniels
Columbus, NE
402-649-7818
tanniedaniels@yahoo.com
danielsproduce.com
• Conventional, Gap
Certified, Heirloom
• CSA
• On Farm Store/ Stand,
Wholesale, Farmers'
Market, Grocery Store
- **Emerald Acres**
Roger Doerr
Lincoln, NE
402-480-8197
emeraldacres@
integratedlifechoices.com
facebook.com/emeraldacresfarm
• Heirloom, Hydroponic,
Non-GMO, Transitional Organic
• CSA, Wholesale, Farmers' Market
- **Erstwhile Farm, LLC**
Lanette Stec
Columbus, NE
402-897-4065
erstwhilefarm@gmail.com
erstwhilefarm.com
• Certified Organic, Heirloom,
Non-GMO, Sustainable
• On Farm Store, Pick Your Own,
Wholesale, Farmers' Market,
Grocery Store
- **Fox Run Farms**
Yolanda & Kirstin Bailey
Brainard, NE
402-545-2471
foxrunvines@gmail.com
foxrunfarmsne.com
• Sustainable
• CSA
- **Fruit of Levine LLC**
Mike & Jodi Levine
Omaha, NE
(402) 312-9560
fruitoflevinellc@gmail.com
fruitoflevine.com
• Non-GMO, Sustainable
• On Farm Store, Wholesale
• CSA
- **GreenLeaf Farms**
Tim Rogers & Joletta Hoising
Omaha, NE
402-614-0404
info@greenleafarms.biz
greenleafarms.biz
• Certified Organic, Heirloom,
Non-GMO, Sustainable
• CSA, Wholesale, Farmers'
Market, Grocery Store
- **Grow with the Flow**
Jeff Jirovec
Denton, NE
402-890-4388
contact@gwtfaquaponics.com
gwtfaquaponics.com
• Aquaponic, Conventional,
Heirloom, Sustainable
• Roadside Stand, Farmers' Market
- **Lakehouse Farm**
Jerry & Renee Cornett
Waverly, NE
402-786-2239
info@lakehousefarm.com
lakehousefarm.com
• Certified Organic, Heirloom
• Wholesale, Farmers' Market
- **Lambert Melons**
Tim & Ben Lambert
Ewing, NE
402-340-3646
klambert@esu8.org
• Roadside Stand, Wholesale,
Farmers' Market, Grocery Store
- **Martin's Hillside Orchard**
Alex & Barbara Martin
Ceresco, NE
402-665-2140
nitbm8@gmail.com
hillside-orchard.com
• Conventional, Non-GMO,
Sustainable
• On Farm Store, Pick-Your Own,
Wholesale, Farmers' Market
- **Meadowlark Hearth Biodynamic Farm and Seed Initiative**
Beth Corymb Evrett
& Nathan Corymb Clark
Scottsbluff, NE
308-631-5877
meadowlarkhearth@gmail.com
meadowlarkhearth.org
• Certified Biodynamic,
Certified Organic, Heirloom,
Non-GMO, Sustainable
• CSA, On Farm Store/Stand,
Wholesale, Farmers' Market
- **Nebraska Mushroom LLC**
Ash Gordon
Grand Island, NE
308-384-1430
ash@nebraskamushroom.com
nebraskamushroom.com
• Mushrooms (cultivated)
• Non-GMO, Sustainable
• On Farm Store, Wholesale,
Farmers' Market, Grocery Store
- **Paradise in Progress Farm**
Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseinprogressfarm@gmail.com
• Conventional
• CSA, On Farm Store,
Farmers' Market
- **Prairie Pride Acres**
Daniel Hromas
Grand Island, NE
402-217-2797
prairiepridepoultry@gmail.com
facebook.com/prairieprideacres/
• Sustainable
• On Farm Store, Pick-Your Own,
Wholesale, Farmers' Market,
Grocery Store
- **Prairieview**
Bonnie & Jim Henshaw
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
• Conventional, Sustainable
- **Rhizosphere Farm**
Terra & Matthew Hall
Missouri Valley, IA
402-616-1531
rhizospherefarm@gmail.com
rhizospherefarm.org
• Heirloom, Non-GMO, Sustainable
• Wholesale, Farmers' Market
- **Robinette Farms**
Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com
• Heirloom, Non-GMO, Sustainable
• CSA, Wholesale, Farmers'
Market, Grocery Store
- **Shadowbrook Farm**
Kevin, Charuth & Diane Loth
Lincoln, NE
402-499-7578
shadowbrook@neb.rr.com
shadowbrk.com
• Heirloom, Non-GMO, Sustainable
• CSA
- **Sicily Creek Jelly and Produce**
Fred & Laurinda Baumann
Blue Springs, NE
402-230-8953
pwf43@hotmail.com
• Conventional
• Farmers' Market
- **Small Starts Farm**
Abigail Bliss, Ian Richmond
& Isha Finney-Clanton
Lincoln & Ceresco, NE
231-736-8459
smallstartslc@gmail.com
facebook.com/SmallStartsLLC/
• Certified Naturally Grown,
Sustainable
• Wholesale, Farmers' Market
- **The Country Pumpkin, LLC**
Brett Nunnenkamp
Sutton, NE
402-773-0232
bnnunnenkamp@gmail.com
thecountrypumpkin.com
• Conventional
• On Farm Store, Farmers' Market
- **Wenninghoff Farm**
Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghofffarm@hotmail.com
wenninghoff.com
• Sustainable
• CSA, On Farm Store
- **Wolff Farms Produce, LLC**
Duane & Jay Wolff
Norfolk, NE
402-841-0130
Wolff-farms@hotmail.com
Wolfffarmsproduce.com
• Certified Organic, Sustainable
• Roadside Stand, Farmers' Market



Spring RECIPE

After a long winter, savor the simple and fresh flavors of spring. Asparagus loses its flavor quickly, so you'll want to find the freshest asparagus at your local farmers' market!

Asparagus with Mustard Vinaigrette

Serves 4-6 | Submitted by Georgia Jones

Ingredients:

- 4 local eggs
- 1 small shallot, minced
- 2 Tablespoons red wine vinegar
- 2 Tablespoons Dijon mustard
- 1 teaspoon mayonnaise (look for a brand low in sugar!)
- 2 Tablespoons olive oil
- Salt and pepper
- 1½ pounds asparagus

Directions:

1. Place eggs in a medium saucepan. Add enough cold water to cover eggs by one inch. Carefully add the eggs and simmer for about 9 minutes. Drain. Add cold water to cover. When eggs are cool enough to handle, shell and set aside.
2. In a small bowl, whisk together shallot, vinegar, mustard, and mayonnaise. Slowly whisk in olive oil. Set aside.
3. Snap off and discard the bottom one inch of each asparagus. If using thick asparagus, peel about the bottom two inches.
4. Add about one cup of water to a large skillet. Add about one teaspoon salt, cover, and bring to a boil. Add asparagus and cook until asparagus can be easily pierced with a knife, about 3 to 5 minutes. Drain.
5. Coat warm asparagus with vinaigrette. Cut eggs into fourths. Serve with the asparagus.

Tip:

Don't have shallots? Try substituting with the white portion of green onions in this delicious spring dish!



Know Your Butcher, Know Your Meat

JARED UECKER, O'TILLIE PORK & PANTRY

First things first, when it comes to purchasing good, quality meat at your local shop don't be afraid to ask your butcher the tough questions. We encourage it. It can feel a lot like navigating your local wine shop; it can often feel like too many choices. Without the right information, you might fall back on retail cuts you know or look for pieces with the brightest color or best deal. Your butcher should be there for you, prepared to answer all the questions you might have about specific cuts for specific cooking techniques. Question you should ask include: Where did the animal come from? How was it raised? What did it eat? This is all information you deserve to know as a consumer, and frankly should want to know. As they say, we are what we eat.

By focusing on spending our money locally, we are not only giving back to ourselves by eating healthier, cleaner, higher nutrient quality meats but we are supporting a system that gives back to the entire community and, in turn, to the environment itself. We are choosing to support hardworking individuals and families around us that have dedicated their lives to providing us food. As an eater, buying food should be more than getting maximum yield for your dollar; it's about getting maximum benefit for your dollar.

Tips:

- Brine your birds and pork! This is how to prepare restaurant-quality meats.
- Offal isn't AWFUL—Cuts like heart, cheek, tongue, etc. can be quite cheap and have amazing health benefits, not to mention they taste great if prepared the correct way. Ask your butcher what they recommend and start small. You won't regret it!
- Don't go for the pre-marinated items at the counter, do it yourself! Ask your butcher for some marinade ideas or recipes. Focus on a marinade that has a balance of acidity, saltiness and sweetness, with lots of fresh herbs.

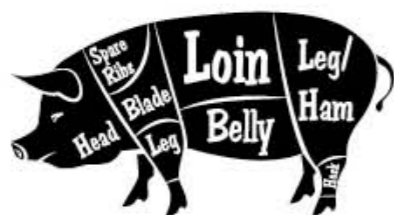
- Let your red meat sit out and get to room temp BEFORE cooking and season prior to hitting the heat source. This will ensure the meat is being cooked to the proper temp and you aren't charring those outsides while waiting for the middle to warm up!
- Know its source: We are what we EAT. Know what it ATE.

Chicken—Focus on whole. Get the most out of your dollar and keep innards and bones for making delicious stocks and soups. Stocking up your freezer twice a year with local whole birds will not only help you eat smarter, but is a much healthier, more balanced diet and gives back to your local farmer.

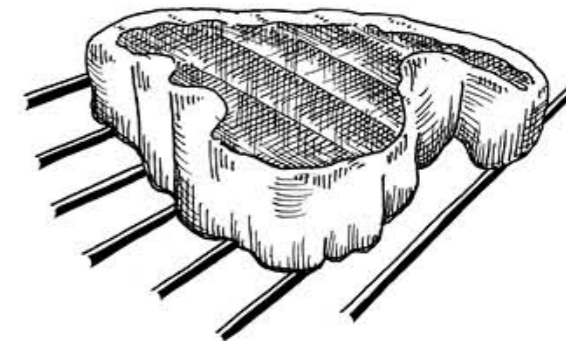
Pork—While it can seem daunting, purchasing a ¼ or ½ hog is a great way to go! It provides you with the freedom to choose exactly how you and your family eat. Find a butcher that will take the time to help you customize your order and the cuts you want. You can focus on loin and shoulder roasts for slower, all-day cooking methods or stock up for summer by heavily leaning on bone-in chops for the grill, a variety of sausages and bacon. No need to line up at the grocery store meat counter this summer waiting to purchase the 10/\$10 premade sausages or watery pork chops. You'll have local, farm-raised pork frozen and ready to thaw with no waiting in line required.

Beef Bavette—Try beef bavette. This cut has become quite popular over the past years in the culinary scene, but to many, it is still an unknown. This flap cut of beef, also referred to as the sirloin tip, eats like a skirt steak but is usually much thicker and can be quite well-marbled. This cut is great for a marinade and on the grill!

O'tillie Pork & Pantry is a local butcher and meat processor in Omaha focused entirely on local food production with a strong emphasis on pork products and preserved items. For more information, visit otilliebutcher.com.



MEAT & POULTRY



- **Al-Be Farm**
Beth Kernes Krause & Ralph Krause
Julian, NE
402-274-8836
al-befarm@windstream.net
facebook.com/albefarmNE
• Chicken
• Antibiotic Free, Heritage, Non-GMO
- **Barreras Family Farm**
Anthony & Mariel Barreras
Omaha, NE
931-216-8389
barrerasfamilyfarm@gmail.com
barrerasfamilyfarm.com
• Beef, Pork, Chicken, Turkey
• Antibiotic Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Sustainable
• On Farm Store, Wholesale, Grocery Store
- **Clear Creek Organic Farms**
Robert & Kristine Bernt
Spalding, NE
308-750-1086
rk_bernt@yahoo.com
clearcreekorganicfarms.webs.com
• Beef, Goat, Pork
• Antibiotic Free, Free Range, Grass Fed, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable
• On Farm Store
- **Common Good Farm**
Ruth Chantry & Everett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
• Beef, Pork, Stewing Hens
• Certified Organic, Antibiotic Free, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable
• Roadside Stand, Wholesale, Farmers' Market, Grocery Store
- **Doc's Holiday Healthy Farms**
Steven Whittle
Adams, NE
402-853-4883
docsholidayhealthyfarms@gmail.com
docsholidayhealthyfarms.com
• Chicken, Duck, Turkey, Pork
• Antibiotic Free, Hormone Free, Free Range, Pasture Raised, Soy Free, Sustainable
• On-Farm Store, Grocery Store, Farmers' Market
- **DS Family Farm**
Doug Garrison
Malcolm, NE
402-796-2208
doug@dsfamilyfarm.com
dsfamilyfarm.com
• Beef, Chicken
• Antibiotic Free, Free Range, Grass Fed, Non-GMO, Pasture Raised, Sustainable
• On Farm Store
- **Erstwhile Farm, LLC**
Lanette Stec
Columbus, NE
402-897-4065
erstwhilefarm@gmail.com
erstwhilefarm.com
• Pork, Chicken
• Antibiotic Free, Heritage, Non-GMO, Pasture Raised, Sustainable
• On Farm Store, Wholesale, Farmers' Market, Grocery Store
- **Meadowlark Hearth Biodynamic Farm and Seed Initiative**
Beth Corymb Evrett & Nathan Corymb Clark
Scottsbluff, NE
308-631-5877
meadowlarkhearth@gmail.com
meadowlarkhearth.org
• Beef
• Certified Biodynamic, Certified Organic, Grass Fed, Non-GMO, Pasture Raised
• On Farm Store, Wholesale, Farmers' Market
- **Nebraska Grass Fed Beef**
Mark & Julie Nelson
Hastings, NE
402-705-3907
marknelson@windstream.net
• Beef
• Antibiotic Free, Grass Fed, Hormone Free, Pasture Raised, Sustainable, BQA Certified
• Grocery Store
- **Paradise in Progress Farm**
Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseinprogressfarm@gmail.com
• Lamb, Chicken
• Antibiotic Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Sustainable
• On Farm Store, Farmers' Market
- **Prairie Preserve Beef**
Greg & Sheri Hurlbut
Lincoln, NE
402-570-1560
prairiepreservebeef@gmail.com
• Beef
• Antibiotic Free, Corn-free, Grass Fed, Pasture Raised, Sustainable
• Wholesale, Grocery Store
- **Prairie Pride Acres**
Daniel Hromas
Grand Island, NE
402-217-2797
prairiepridepoultry@gmail.com
facebook.com/prairieprideacres/
• Beef, Pork, Chicken
• Antibiotic Free, Free Range, Hormone Free, Pasture Raised, Sustainable
• On Farm Store, Wholesale, Farmers' Market, Grocery Store
- **Range West Beef**
Luke & Lori Jacobsen
Marquette, NE
402-854-4314
jacobsenlu@yahoo.com
rangewestbeef.com
• Beef
• Antibiotic Free, Corn-free, Grass Fed, Hormone Free, Non-GMO, Pasture Raised, Sustainable
• On Farm Store, Wholesale, Farmers' Market, Grocery Store
- **Robinette Farms**
Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com
• Chicken
• Antibiotic Free, Hormone Free, Non-GMO, Pasture Raised, Sustainable
• Wholesale, Farmers' Market, Grocery Store
- **Rock Creek Aquaculture**
Scott Pretzer
Diller, NE
402-793-5553
sdpretzer@gmail.com
rockcreekshrimp.com
• Shrimp
• Aquaculture, Antibiotic Free, Hormone Free, Sustainable
• On Farm Store, Farmers' Market
- **Shadowbrook Farm**
Kevin, Charuth & Diane Loth
Lincoln, NE
402-499-7578
shadowbrook@neb.rr.com
shadowbrk.com
• Pork
• Antibiotic Free, Heirloom, Hormone Free, Non-GMO, Pasture Raised, Sustainable
- **West Blue Farm**
Joe & Shanae Yeackley
Dorchester, NE
402-641-0331
westbluefarm@gmail.com
• Beef, Pork, Chicken
• Antibiotic Free, Hormone Free, Non-GMO
• Wholesale
- **Wolff Farms Produce, LLC**
Duane & Jay Wolff
Norfolk, NE
402-841-0130
wolff-farms@hotmail.com
wolfffarmsproduce.com
• Beef, Chicken
• Antibiotic Free, Certified Organic, Free Range, Grass Fed, Pasture Raised, Sustainable
• Roadside Stand, Farmers' Market

Specialty PRODUCTS

● **Al-Be Farm**
Beth Kernes Krause
& Ralph Krause
Julian, NE
402-274-8836
al-befarm@windstream.net
facebook.com/albefarmNE
• Foraged stinging nettles, wild violets, catnip and lambs quarter

● **Arnold Acres**
Larry & Mary Kay Arnold
Syracuse, NE
402-217-2930
La048803@yahoo.com
arnoldacresne.com
• Jams/Jellies
• Farmers' Market

● **Common Good Farm**
Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
• Jams/Jellies
• Roadside Stand, Wholesale, Farmers' Market, Grocery Store

● **Daniels Produce**
Andy, Tannie, Kelly
& Jason Daniels
Columbus, NE
402-649-7818
tanniedaniels@yahoo.com
danielsproduce.com
• Dehydrated Vegetables, Honey, Popcorn Products, Pickles, Salsa, Hot Sauce, Cut Fruits and Veggies
• On Farm Store/Stand, Wholesale, Farmers' Market, Grocery Store

● **Darby Springs Farm**
William & Crystal Powers
Ceresco, NE
402-525-6397
darbysprings@gmail.com
facebook.com/darbyspringsfarm
• Cow Dulce de Leche Caramel
• On Farm Store, Grocery Store

● **Doc's Holiday Healthy Farms**
Steven Whittle
Adams, NE
402-853-4883
docsholidayhealthyfarms@gmail.com
docsholidayhealthyfarms.com
• Pet Treats
• On Farm Store, Farmers' Markets, Grocery Store

● **Erstwhile Farm, LLC**
Lanette Stec
Columbus, NE
402-897-4065
erstwhilefarm@gmail.com
erstwhilefarm.com
• Popcorn Products, Vinegars
• On Farm Store, Wholesale, Farmers' Market, Grocery Store

● **Fruit of Levine LLC**
Mike & Jodi Levine
Omaha, NE
402-312-9560
fruitoflevinellc@gmail.com
fruitoflevine.com
• Honey, Honeycomb, Beeswax, Lip Balm, Candles, Other Bee Related Products
• On Farm Store, Wholesale

● **Garrison Goat Company**
Jennifer Anderson
Schroeder & Paul Schroeder
Garrison, NE
712-310-9457
garrisongoatcompany@gmail.com
etsy.com/people/GarrisonGoatCompany
• Goat Milk Soaps
• On Farm Store, Wholesale

● **GreenLeaf Farms**
Tim Rogers & Jolitta Hoelsing
Omaha, NE
402-614-0404
info@greenleaffarms.biz
greenleaffarms.biz
• Dehydrated Herbs, Dehydrated Vegetables, Dried Decorative Materials (flowers, gourds, corn), Jams/Jellies, Syrups
• Wholesale, Farmers' Market, Grocery Store

● **Grow with the Flow**
Jeff Jirovec
Denton, NE
402-890-4388
contact@gwtfaquaponics.com
gwtfaquaponics.com
• Dried Decorative materials
• Roadside Stand, Farmers' Market

● **Lakehouse Farm**
Jerry & Renee Cornett
Waverly, NE
402-786-2239
info@lakehousefarm.com
lakehousefarm.com
• Dehydrated Herbs, Dehydrated Hot Peppers
• Wholesale, Farmers' Market

● **Martin's Hillside Orchard**
Alex & Barbara Martin
Ceresco, NE
402-665-2140
nitbm8@gmail.com
hillside-orchard.com
• Cider
• On Farm Store, Wholesale, Farmers' Market

● **McKenzie Acres**
Wendy & Ken McKenzie
Fairbury, NE
402-729-6396
wendy@udderlynaked.com
udderlynaked.com
• Goat Milk Soap and Lotion
• On Farm Store

● **Nebraska Mushroom LLC**
Ash Gordon
Grand Island, NE
308-384-1430
ash@nebraskamushroom.com
nebraskamushroom.com
• Dehydrated Mushrooms
• On Farm Store, Wholesale, Farmers' Market, Grocery Store

● **Prairieview**
Bonnie & Jim Henshaw
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
• Dehydrated Herbs, Dried Decorative Materials, Honey, Jams/Jellies

● **Range West Beef**
Luke & Lori Jacobsen
Marquette, NE
402-854-4314
jacobsenlu@yahoo.com
rangewestbeef.com
• Popcorn Products, Tallow Based Skin Care Products
• On Farm Store, Wholesale, Farmers' Market, Grocery Store

● **Robinette Farms**
Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com
• Microgreens & shoots
• Certified Organic
• Wholesale, Farmers' Market, Grocery Store

● **Sicily Creek Jelly and Produce**
Fred & Laurinda Baumann
Blue Springs, NE
402-230-8953
pwf43@hotmail.com
• Jams/Jellies
• Farmers' Market

● **Small Starts Farm**
Abigail Bliss, Ian Richmond
& Iesha Finney-Clanton
Lincoln & Ceresco, NE
231-736-8459
smallstartsfarm@gmail.com
facebook.com/SmallStartsLLC/
• Dehydrated Herbs
• Wholesale, Farmers' Market

● **The Country Pumpkin, LLC**
Brett Nunnenkamp
Sutton, NE
402-773-0232
bnunnenkamp@gmail.com
thecountrypumpkin.com
• Frozen Pumpkin Puree
• On Farm Store, Farmers' Market

● **Wenninghoff Farm**
Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghofffarm@hotmail.com
wenninghoff.com
• Honey
• On Farm Store

● **Wolff Farms Produce, LLC**
Duane & Jay Wolff
Norfolk, NE
402-841-0130
Wolff-farms@hotmail.com
Wolfffarmsproduce.com
• Hops
• Roadside Stand, Farmers' Market



Summer RECIPE

Wrap up all the wonderful ingredients from summer's harvest in this tasty sandwich!

Vegetable & Feta Sandwiches

Serves 4 | Submitted by Georgia Jones

Ingredients:

- 2 small summer squash (zucchini)
- 1 medium red bell pepper
- 4 (1/4-inch-thick) slices red onion
- 2 Tablespoons olive oil
- 3/4 cup grape tomatoes, halved, or slicing tomatoes, cubed
- 3 Tablespoons light Italian or other salad dressing of choice
- 1 Tablespoon chopped fresh basil
- 1 (8-ounce) loaf French bread, halved lengthwise
- 3/4 cup (3 ounces) crumbled goat, cow, or sheep feta cheese

Directions:

1. Wash squash and bell pepper. Peel onion. Preheat a medium skillet. When oil is hot, add squash, bell pepper and onion. Sauté until vegetables are crisp-tender, about 5 minutes.
2. Place tomatoes in a medium bowl; add salad dressing and basil, tossing gently to coat. Add cooked vegetables to tomato mixture; toss well.
3. Coat cut sides of bread with cooking spray. Grill or toast bread 1 minute on each side or until lightly toasted. Spoon vegetable mixture over bottom half of bread; sprinkle evenly with cheese. Top with remaining bread half. Press down lightly; cut cross-wise into 4 equal pieces.

Recipe Alternatives:

1. Add shredded pork shoulder roast to this sandwich! Go online to buylocalnebraska.org for the recipe.
2. Try this in a wrap instead of a sandwich!

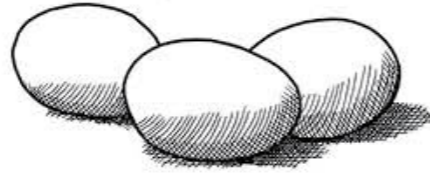


Farmers' MARKETS



CITY	DAY	MARKET	TIME	DATES	ADDRESS	CONTACT	WHAT YOU'LL FIND	PAYMENTS ACCEPTED	NOTES
Bennett	WED	<i>Bennet Farmers' Market</i>	4-7 pm	May 2-Sep. 29 (excluding Jul. 4)	Village Park at Elm Street and Harrison Street	402-326-6485 kramerlarry@outlook.com bennetfarmersmarket.com	Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Eggs, Value added products by grower (example: salsa, honey, jams/jellies, dehydrated food), Transplants (annuals & perennials), Fresh Cut Flowers	Checks, Cash, Nebraska Farmer Market Senior Coupons	Nebraska grown and Nebraskan made products for sale in a park setting. About 12 vendors with a variety of goods. Concessions by local restaurant.
Lincoln	TUE	<i>F Street Neighborhood Farmers' Market</i>	4-7 pm	May 29-Sep. 25	1302 F Street (corner of 13th and F Street in the parking lot)	402-660-5059 anewcreation247@gmail.com facebook.com/fstreetmarket/	Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Value added products by grower (example: salsa, honey, jams/jellies, dehydrated food), Transplants (annuals & perennials)	EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, Cash, Credit Cards	We're a small neighborhood Farmers' Market. We offer activities for the kiddos each week as well as live music and grilled food and of course fresh produce!
Lincoln	THU	<i>Fallbrook Farmers' Market</i>	4-7 pm	Main Season: Jun. 21-Aug. 9 Fall Markets: Sep. 13 and Oct. 11	570 Fallbrook Blvd	402-202-2018 fallbrookfm.manager@gmail.com fallbrookfarmersmarket.com	Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Eggs, Meat, Poultry, Value added products by grower (example: salsa, honey, jams/jellies, dehydrated food), Transplants (annuals & perennials), Fresh Cut Flowers	EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC	Lincoln's most family friendly farmer's market! Evening market with awesome vendors selling locally grown produce and locally crafted products. Weekly music, activities and ready-to-eat foods.
Lincoln	SAT	<i>Lincoln Haymarket Farmers Market</i>	8 am-Noon	May 5-Oct. 13	7th & P Street Historic Haymarket District	402-435-7495 lincolnhaymarket.org haymarketofc@windstream.net	Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Eggs, Dairy, Meat, Poultry, Value added products by grower (example: salsa, honey, jams/jellies, dehydrated food), Transplants (annuals & perennials), Fresh Cut Flowers	Checks, Cash	Wide variety of homegrown produce, meats, cheeses, bedding plants, baked goods, crafts.
Lincoln	SUN	<i>Sunday Farmers' Market at College View</i>	10 am-2 pm	Apr. 29-Oct. 28	48th and Prescott	402-937-1630 sundayfarmersmarket.manager@gmail.com sundayfarmersmarket.org	Baked Goods, Concession Food (ready to eat food), Product, Herbs, Eggs, Dairy, Meat, Poultry, Value added products by grower (example: salsa, honey, jams/jellies, dehydrated food), Transplants (annuals & perennials), Fresh Cut Flowers	EBT/ SNAP, Double Up Food Bucks/SNAP matching dollars, Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons	For people who love food! We are a producer-only market, so everything sold at market is guaranteed to be grown or processed by our members. Throughout the season, we have more than 40 farmers and food vendors set up in our open-air market. Open every Sunday, rain or shine!
Omaha	SUN	<i>Florence Mill Country Market</i>	10 am-3 pm	Jun. 3-Sep. 30	9102 North 30 St (next to I-680 at Exit 13)	402-551-1233 theflorencemill@gmail.com facebook.com/theflorencemill	Baked Goods, Artisan, Concession Food (ready to eat), Herbs, Eggs, Meat, Value added products by grower (example: salsa, honey, jams/jellies, dehydrated food), Transplants (annuals & perennials), Fresh Cut Flowers, Massage to Music	Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC	Growers/Crafters, music, animals, last-Sunday free pony rides
Omaha	SAT	<i>Omaha Farmers Market - Old Market</i>	8 am-12:30 pm	May 5-Oct. 13	Old Market - 11th & Jackson Streets	402-345-5401 kbeck@vgagroup.com omahafarmersmarket.org	Baked Goods, Artisan/Craft, Concession Food (ready to eat food), Product, Herbs, Eggs, Dairy, Meat, Poultry, Value added products by grower (example: salsa, honey, jams/jellies, dehydrated food), Transplants (annuals & perennials), Fresh Cut Flowers	EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC, A handful of vendors will take the NFMS and WIC coupons. The information booth is not able to redeem them.	The Omaha Farmers Market accepts a wide range of vendors. We are located in a high traffic area with a vibrant atmosphere equipped with historic buildings where unique shops and restaurants make their homes. The market has over 90 vendors.
Omaha	SUN	<i>Omaha Farmers Market - Aksarben Village</i>	9 am-1 pm	May 6-Oct. 14	Aksarben Village - 67th & Center Streets	402-345-5401 kbeck@vgagroup.com omahafarmersmarket.org	Baked Goods, Artisan/Craft, Concession Food (ready to eat food), Product, Herbs, Eggs, Dairy, Meat, Poultry, Value added products by grower (example: salsa, honey, jams/jellies, dehydrated food), Transplants (annual & perennials), Fresh Cut Flowers	EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC, A handful of vendors will take the NFMS and WIC coupons. The information booth is not able to redeem them.	The Omaha Farmers Market accepts a wide range of vendors. We are located in a high traffic area with a vibrant atmosphere equipped with modern architecture where many shops and restaurants make their homes. Located in the heart of Omaha, Aksarben Village is full of entertainment and shopping, with many restaurants, bars, bike trails and green space. The market has over 110 vendors.
Omaha	SUN-SAT	<i>Wenninghoff's Farmers' Market</i>	M-F: 9 am-7 pm S-S: 9 am-5 pm	Jul. 1-Oct. 31	6707 Wenninghoff Road	402-571-2057 wenninghofffarm@hotmail.com wenninghoff.com	Produce, Herbs, Eggs, Meat, Transplants (annuals & perennials)	Cash	Come directly to the farm in Omaha. See where and how your food grows!

DAIRY & EGGS



- Al-Be Farm**
Beth Kernes Krause & Ralph Krause
Julian, NE
 402-274-8836
 al-befarm@windstream.net
 facebook.com/albefarmNE
 • Chicken and Quail Eggs
 • Antibiotic Free, Heritage, Non-GMO
- Barreras Family Farm**
Anthony & Mariel Barreras
Omaha, NE
 931-216-8389
 barrerasfamilyfarm@gmail.com
 barrerasfamilyfarm.com
 • Chicken Eggs, Raw Goat Milk
 • Antibiotic Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Sustainable
 • On Farm Store, Wholesale, Grocery Store
- Clear Creek Organic Farms**
Robert & Kristine Bernt
Spalding, NE
 308-750-1086
 rk_bernt@yahoo.com
 clearcreekorganicfarms.webs.com
 • Beef, Goat, Pork
 • Antibiotic Free, Free Range, Grass Fed, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable
 • On Farm Store
- Common Good Farm**
Ruth Chantry & Evrett Lunquist
Raymond, NE
 402-783-9005
 farmers@commongoodfarm.com
 commongoodfarm.com
 • Chicken Eggs
 • Certified Organic, Antibiotic Free, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable
 • CSA, Roadside Stand, Wholesale, Farmers' Market, Grocery Store
- Darby Springs Farm**
William & Crystal Powers
Ceresco, NE
 402-525-6397
 darbysprings@gmail.com
 facebook.com/darbyspringsfarm
 • Cow Ice Cream, Cow Kefir, Cow Yogurt
 • Chicken Eggs
 • Grass Fed, Antibiotic Free, Free Range, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable
 • On Farm Store, Grocery Store
- Doc's Holiday Healthy Farms**
Steven Whitla
Adams, NE
 402-853-4883
 docsholidayhealthyfarms@gmail.com
 docsholidayhealthyfarms.com
 • Chicken & Duck Eggs
 • Antibiotic Free, Hormone Free, Free Range, Pasture Raised, Soy Free, Sustainable
 • On-Farm Store, Grocery Store, Farmers' Market
- Emerald Acres**
Roger Doerr
Lincoln, NE
 402-480-8197
 emeraldacres@integratedlifechoices.com
 facebook.com/emeraldacresfarm
 • Chicken Eggs
 • Antibiotic Free, Free Range, Hormone Free, Sustainable
 • CSA, Wholesale, Farmers' Market
- Erstwhile Farm, LLC**
Lanette Stec
Columbus, NE
 402-897-4065
 erstwhilefarm@gmail.com
 erstwhilefarm.com
 • Chicken Eggs
 • Antibiotic Free, Heritage, Non-GMO, Pasture Raised, Sustainable
 • On Farm Store, Wholesale, Farmers' Market, Grocery Store
- Fruit of Levine LLC**
Mike & Jodi Levine
Omaha, NE
 402-312-9560
 fruitoflevinellc@gmail.com
 fruitoflevine.com
 • Duck & Goose Eggs
 • Non-GMO, Sustainable
 • On Farm Store, Wholesale
- McKenzie Acres**
Wendy & Ken McKenzie
Fairbury, NE
 402-729-6396
 wendy@udderlynaked.com
 udderlynaked.com
 • Chicken & Duck Eggs, Raw Goat Milk
 • Free Range, rBST Free, Sustainable
 • On Farm Store
- Meadowlark Hearth Biodynamic Farm and Seed Initiative**
Beth Corymb Evrett & Nathan Corymb Clark
Scottsbluff, NE
 308-631-5877
 meadowlarkhearth@gmail.com
 meadowlarkhearth.org
 • Cow Milk
 • Certified Biodynamic, Certified Organic, Heritage, Grass Fed, Non-GMO, Pasture Raised
 • On Farm Store, Wholesale, Farmers' Market
- Paradise in Progress Farm**
Ellen & Jim Shank
Nebraska City, NE
 402-874-9540
 paradiseinprogressfarm@gmail.com
 • Chicken & Duck Eggs
 • Antibiotic Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Sustainable
 • On Farm Store, Farmers' Market
- Prairie Pride Acres**
Daniel Hromas
Grand Island, NE
 402-217-2797
 prairiepridepoultry@gmail.com
 facebook.com/prairieprideacres/
 • Chicken Eggs
 • Antibiotic Free, Free Range, Hormone Free, Pasture Raised, Sustainable
 • On Farm Store, Wholesale, Farmers' Market, Grocery Store
- Rhizosphere Farm**
Terra & Matthew Hall
Missouri Valley, IA
 402-616-1531
 rhizospherefarm@gmail.com
 rhizospherefarm.org
 • Chicken & Duck Eggs
 • Antibiotic Free, Hormone Free, Pasture Raised, Free Range, Non-GMO, Sustainable
 • Wholesale, Farmers' Market
- Robinette Farms**
Alex McKiernan & Chloe Diegel
Martell, NE
 402-794-4025
 farmers@robinettefarms.com
 robinettefarms.com
 • Chicken Eggs
 • Antibiotic Free, Hormone Free, Non-GMO, Pasture Raised, Sustainable
 • CSA, Wholesale, Farmers' Market, Grocery Store
- Shadowbrook Farm**
Kevin, Charuth & Diane Loth
Lincoln, NE
 402-499-7578
 shadowbrook@neb.rr.com
 shadowbrk.com
 • Goat Cheese
 • Antibiotic Free, Hormone Free, Non-GMO, Pasture Raised, Sustainable
 • CSA
- Wolff Farms Produce, LLC**
Duane & Jay Wolff
Norfolk, NE
 402-841-0130
 Wolff-farms@hotmail.com
 Wolfffarmsproduce.com
 • Chicken Eggs
 • Antibiotic Free, Free Range, Grass Fed, Pasture Raised, Sustainable
 • Roadside Stand, Farmers' Market

GRAINS & DRIED BEANS

- Clear Creek Organic Farms**
Robert & Kristine Bernt
Spalding, NE
 308-750-1086
 rk_bernt@yahoo.com
 Clearcreekorganicfarms.webs.com
 • Pinto
 • Non-GMO, Sustainable
 • On-Farm Store
- Emerald Acres**
Roger Doerr
Lincoln, NE
 402-480-8197
 emeraldacres@integratedlifechoices.com
 facebook.com/emeraldacresfarm
 • Black Beans, Great Northern Beans, Red Beans, Sorghum
 • Heirloom, Hydroponic, Non-GMO, Transitional Organic
 • Wholesale, Farmers' Market
- Erstwhile Farm, LLC**
Lanette Stec
Columbus, NE
 402-897-4065
 erstwhilefarm@gmail.com
 erstwhilefarm.com
 • Popcorn, Rye
 • Certified Organic, Heirloom, Non-GMO, Sustainable
 • On Farm Store, Wholesale, Farmers' Market, Grocery Store



Fall RECIPE

Cabbage is an abundant fall and winter vegetable that is inexpensive, highly nutritious, and has a great storage life in the refrigerator.

Cabbage & Apple Slaw

Serves 4-6 | Submitted by Georgia Jones

Ingredients:

- 2 cups green cabbage, shredded
- 2 cups red cabbage, shredded
- ½ cup mayonnaise
- 2 Tablespoons apple cider vinegar
- ½ teaspoon celery seed
- ¼ teaspoon black pepper
- 1 large unpeeled apple, cored, quartered and thinly sliced

Directions:

1. In a large bowl, combine the green and red cabbage. Set aside.
2. In a medium bowl, whisk together mayonnaise, vinegar, celery seed and pepper. Add the apple slices.
3. Combine with cabbage and toss gently until coated. Cover and chill one hour.

Kitchen Basics & Cooking Staples

BASIC POT OF BEANS

Beans are a nutritious and easy meal addition.
No can opener required!

- Soak the beans for at least 4 hours, 8 hours is best.
 - Rinse the beans and place in a large bowl and cover with several inches of water. You want the water to remain covering the beans the entire time they are soaking.
 - **Tip:** Start soaking before you go to work and they'll be ready to cook when you get home. Or start soaking the night before you need to cook them.
- Drain the beans and put into a pot. Cover beans with fresh water, at least 3 times the height of the beans in the pot. You can add carrots, bay leaves, onions, or celery for flavor, but it isn't necessary!
- Simmer uncovered until the beans are tender. Add a couple pinches of salt in the last 10 minutes of cooking. **Standard cooking times are listed below**, but you should always taste a few to determine when beans are done.
- Drain any extra liquid.
- Store in the refrigerator or freezer until ready to eat!

STANDARD COOKING TIMES FOR BEANS

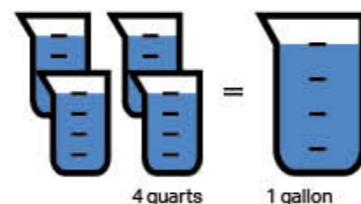
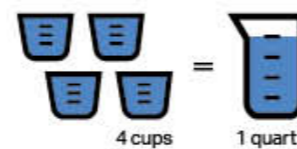
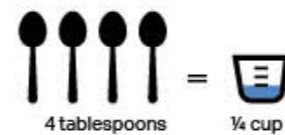
Beans tend to triple in size when you cook. If the recipe asks for three cups cooked beans, you need one cup of dry.

- Black: 1–1½ hours
- Black-Eyed Peas: 1 hour
- Kidney: 1½ hours
- White/Great Northern/Navy: 1–1½ hours
- Pinto: 1½–2 hours

OTHER STAPLES TO TRY:

Millet | Barley | Brown rice

KITCHEN CONVERSIONS



FLOWERS, SEEDS, TREES & TRANSPLANTS



- Common Good Farm**
Ruth Chantry & Everett Lunquist
Raymond, NE
 402-783-9005
 farmers@commongoodfarm.com
 commongoodfarm.com
 • Transplants, Perennials
 • Roadside Stand, Wholesale, Farmers' Market, Grocery Store
- Grow with the Flow**
Jeff Jirovec
Denton, NE
 402-890-4388
 contact@gwtfaquaponics.com
 gwtfaquaponics.com
 • Transplants, Perennials, House Plants, Cut Flowers, Woody Floral
 • Aquaponics, Conventional, Heirloom, Sustainable
 • Roadside Stand, Farmers' Market
- Prairieview**
Bonnie & Jim Henshaw
Lincoln, NE
 402-423-5489
 jbhenshaw@windstream.net
 • Cut Flowers
 • Conventional, Sustainable
- Small Starts Farm**
Abigail Bliss, Ian Richmond & Iesha Finney-Clanton
Lincoln & Ceresco, NE
 231-736-8459
 smallstartslc@gmail.com
 facebook.com/SmallStartsLLC/
 • Cut Flowers
 • Certified Naturally Grown, Sustainable
 • Wholesale, Farmers' Market
- Community Crops**
Ben McShane-Jewell & Barb Brockley
Lincoln, NE
 402-474-9802
 ben@communitycrops.org
 communitycrops.org
 • Transplants, Perennials, Seeds
 • Certified Naturally Grown
- Robinette Farms**
Alex McKiernan & Chloe Diegel
Martell, NE
 402-794-4025
 farmers@robinettefarms.com
 robinettefarms.com
 • Transplants
 • Certified Organic, Heirloom, Non-GMO, Sustainable
 • Wholesale, Farmers' Market, Grocery Store
- Shadowbrook Farm**
Kevin, Charuth & Diane Loth
Lincoln, NE
 402-499-7578
 shadowbrook@neb.rr.com
 shadowbrk.com
 • Transplants, Cut Flowers
 • Heirloom, Non-GMO, Sustainable
- Meadowlark Hearth Biodynamic Farm and Seed Initiative**
Beth Corymb Everett & Nathan Corymb Clark
Scottsbluff, NE
 308-631-5877
 meadowlarkhearth@gmail.com
 meadowlarkhearth.org
 • Open Pollinated & Heirloom Vegetable Seeds
 • Certified Biodynamic, Certified Organic, Sustainable
 • On Farm Store/Stand, Wholesale, Farmers' Market
- Rhizosphere Farm**
Terra & Matthew Hall
Missouri Valley, IA
 402-616-1531
 rhizospherefarm@gmail.com
 rhizospherefarm.org
 • Transplants, Cut Flowers, Fruit Trees
 • Heritage, Heirloom, Non-GMO, Sustainable
 • Wholesale, Farmers' Market
- Wenninghoff Farm**
Paul & Amy Wenninghoff
Omaha, NE
 402-571-2057
 wenninghofffarm@hotmail.com
 wenninghoff.com
 • Transplants Annual, Perennials
 • Sustainable
 • On Farm Store
- Daniels Produce**
Andy, Tannie, Kelly & Jason Daniels
Columbus, NE
 402-649-7818
 tanniedaniels@yahoo.com
 danielsproduce.com
 • Transplants
 • Conventional, Gap Certified, Heirloom
 • On Farm Store, Roadside Stand, Wholesale, Farmers' Market, Grocery Store
- Nebraska Mushroom LLC**
Ash Gordon
Grand Island, NE
 308-384-1430
 ash@nebraskamushroom.com
 nebraskamushroom.com
 • Mushroom Spawn and Mushroom Grow Bags
 • Non-GMO, Sustainable
 • On Farm Store, Wholesale, Farmers' Market, Grocery Store
- GreenLeaf Farms**
Tim Rogers & Joletta Hoelsing
Omaha, NE
 402-614-0404
 info@greenleaffarms.biz
 greenleaffarms.biz
 • Transplants, Cut Flowers
 • Certified Organic, Heritage, Heirloom, Non-GMO, Sustainable
 • Wholesale, Farmers' Market, Grocery Store





Winter RECIPE

Sweet potatoes are a staple vegetable for winter eating in Nebraska. You can save by buying in bulk and keeping the cured sweet potatoes stored in a dark cool place for months.

Baked Sweet Potato Fries

Serves 4-6 | Submitted by Skylar Falter

Ingredients:

- 2 large sweet potatoes, skin on, cut into sticks
- Cooking Oil - grapeseed oil, olive oil, safflower oil, or ghee
- ½ tsp Salt
- ½ tsp Black pepper
- Other spices: paprika or smoked paprika, chili powder, fresh or dried thyme or rosemary
- Kale or parsley to garnish

Directions:

1. Preheat your oven to 400°F.
2. Cut the sweet potatoes into sticks (keep the skins on!) ¼ to ½ inch wide and 2 to 3 inches long.
3. In a large bowl, toss the sweet potatoes with just enough cooking oil to coat all sides.
4. Toss with salt, pepper, and any other spices you want to add.
5. Spread sweet potatoes in a thin layer onto rimmed baking sheet.
6. Bake in the oven for 15 minutes, flip potatoes and bake for another 15 minutes or until tender and crisp in some areas.
7. If you have fresh kale or parsley, finely chop and add on top of the baked fries as a garnish.

Tip:

Garlic Lover? Add minced garlic during the last 10 minutes while the sweet potatoes bake!

Recipe Alternative:

Cut the sweet potatoes into ½ inch cubes and bake the same way. Serve the sweet potatoes over a bowl of beans and rice, or add to your morning eggs.



Meet our ADVISORY BOARD MEMBERS:

- | | |
|---|---|
| Alice Henneman
Nebraska Extension, Emeritus | Georgia Jones
Extension Food Specialist; Associate Professor, Nutrition and Health Sciences |
| Bertine Loop
Extension Master Gardener Volunteer | Pam Edwards
University Dining Services Assistant Director; Good.Fresh.Local Program |
| Chad Winters
Grocery Owner | Tim Rinne
Co-Founder, Hawley Hamlet; Lincoln-Lancaster County Food Policy Council Member |
| Davit Lott
Horticulture Extension Educator | Vaughn Hammond
Kimmel Orchard |
| Gary Lesoing
Extension Educator; SARE State Coordinator | |

Friends of BUY FRESH BUY LOCAL® NEBRASKA:

- | | |
|----------------|---------------|
| Jim Crandall | Georgia Jones |
| Pamela Edwards | Tim Rinne |
| Alice Henneman | |

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 and ranchers and the lands on which our food is grown. And to strengthen our local food network which provides diners, farmers, chefs, and food service operations to build lasting relationships, develop market opportunities for locally grown products, and provide consumers with more opportunities to eat great local food.



Join our online, year-round farmers market co-op. Enjoy the best quality, locally sourced fresh food distributed across the state.
www.nebraskafood.org

GROW YOUR OWN MUSHROOMS!

With our mushroom spawn & Ready to fruit grow bags

At home, in the garden, or on your farm. Nebraska Mushroom has the products and knowledge to get you growing fast.

NEBRASKAMUSHROOM.COM 308-384-1430

From the Farm, Through our Kitchen, To Your Table

Enjoy an experience like no other – Lakeside dining in rural Nebraska where the region and season provide the foundation and ingredients for a weekly changing menu from our farm to your table.

402-786-2239
Reservations Accepted
10405 Branched Oak Rd.
Waverly, NE 68462

HOURS
April: Fri & Sat 5-9PM
May – New Year's Eve:
Wed – Sat 5-9PM

January – March By arrangement

Saturday OLD MARKET
8AM - 12:30PM
MAY 5 - OCT 13

Sunday AKSARBEN VILLAGE
9AM - 1PM
MAY 6 - OCT 14

Celebrating 25 Seasons

MEDIA SPONSORS: [Logos for various sponsors]

For more info on what's fresh each week – visit OmahaFarmersMarket.org & find us on [Social Media Icons]

Farmers Market

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

402.897.4253

www.danielsproduce.com

Biodynamic Seed Initiative and Farm Certified Organic, Biodynamic®SEED
www.meadowlarkheart.org

Labor Day weekend: Sept 1-3, 2018
professional workshop then 6th Annual Seed Fest

Whole Farm internships
120024 Everett Dr. Scottsbluff, Ne 69361, LEF

Via Living Environment Foundation 501c3
Contact: bcorymb@gmail.com, Beth and Nathan
Cultivating Diversity in Seed, Soil, and Community through ecological stewardship and Biodynamic® Agriculture

Local Food Made Easy!

Online wholesale and bulk ordering

Nebraska Box local food subscription

lonetreefoods.com

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.

Contact Information:

Buy Fresh Buy Local® Nebraska University of Nebraska-Lincoln 58F Filley Hall Lincoln NE 68583-0922	Skylar Falter 402-472-5273 sfalter@unl.edu buylocalnebraska.org
---	---

What is Paradigm Gardens?

Organic,
Heirloom,
Non-GMO
600+ Seeds
Including:
Sprouting
Microgreens
Super Hot
Peppers

Plant Starts
Potatoes
Garlic
Onions
Shallots
Asparagus
Berries
and MORE!

Hydroponics
Aquaponics
Irrigation
Growing Media
Amendments
Containers
Pest Control

Plant Lighting:
Fluorescent,
HID, LED, and
Ceramic
Hand Tools
Cages &
Stakes
Books

Educational
Seminars
Local Grower
Discounts



So much more than a gardening store.

Open to the public 8949 J Street | Omaha, NE 402.339.4949 www.paradigmgardens.com



SUPPORTING
THE LOCAL
ECONOMY,
ONE TOMATO
AT A TIME!

Leon's

2200 Winthrop Road • 488-2307 • www.leonsgourmetgrocer.com

Food is our Passion!

2018

LOCAL food GUIDE

© 2018 Buy Fresh Buy Local Nebraska