

# LOCAL food 2020 GUIDE

## LOCAL FOOD MAP

Find local foods near you! PG.5

## STUFFED ACORN SQUASH

Be inspired by this fresh, soul-satisfying dish!  
(More recipes throughout, too.) PG.29

**BUY FRESH  
BUY LOCAL**

**Nebraska**

[buylocalnebraska.org](http://buylocalnebraska.org)

# Double SNAP EBT dollars with DOUBLE UP FOOD BUCKS



**BUY \$1**  
FRUITS & VEGGIES



**GET \$1**  
FREE FRUITS & VEGGIES

## HOW IT WORKS

- Customers purchase fresh fruits and vegetables at participating farmers markets and grocery stores.
- Every \$2 spent is doubled, up to \$20 per day to buy more fresh fruits and vegetables!



## PARTICIPATING LOCATIONS

For most up to date information visit [www.doubleupnebraska.org](http://www.doubleupnebraska.org).

**Aksarben Village Farmers Market**  
67th & Center Streets, Omaha, NE  
Sun: 9am-1pm, May 3-Oct 11  
[www.omahafarmersmarket.com/aksarben-village](http://www.omahafarmersmarket.com/aksarben-village)

**Community Crops Office and Veggie Van**  
Storefront at 1301 S. 11th Street, Lincoln, NE  
Pop-Up Markets all over Lincoln, NE  
Jun-Oct. For locations and times visit:  
[www.facebook.com/CropsVeggieVan](http://www.facebook.com/CropsVeggieVan)

**Fallbrook Farmers Market**  
Fallbrook Town Center,  
570 Fallbrook Blvd, Lincoln, NE  
Thursdays 4-7pm, Jun 18-Aug 13 (no market Aug 6)  
Fall markets on Sept 10 and Oct 8  
[www.fallbrookfarmersmarket.com](http://www.fallbrookfarmersmarket.com)

**F Street Neighborhood Farmers Market**  
1302 'F' St., Lincoln, NE  
Tuesdays 4:30pm-7pm, Jun 16 - Aug 25  
[www.fstreetchurch.org/farmersmarket](http://www.fstreetchurch.org/farmersmarket)

**Las Nena's Zamora Market**  
4907 South 24th St, Omaha, NE  
402-733-0737  
Open Daily: 8am-8pm

**Leon's Gourmet Grocer**  
2200 Winthrop Rd, Lincoln, NE  
Mon-Sat: 8am-9pm, Sun: 9am-6:30pm  
[www.leonsgourmetgrocer.com](http://www.leonsgourmetgrocer.com)

**Old Market Farmers Market**  
11th & Jackson Streets, Omaha, NE  
Sat: 8am-12:30pm, May 2-Oct 10  
[www.omahafarmersmarket.com/old-market](http://www.omahafarmersmarket.com/old-market)

**Open Harvest Co-op Grocery**  
1618 South Street, Lincoln, NE  
Open Daily: 8am-9pm  
[www.openharvest.coop](http://www.openharvest.coop)

**Sunday Farmers Market at College View**  
4801 Prescott Ave, Lincoln, NE  
Sun: 10am-2pm, Apr 26th- Oct 25th  
[www.sundayfarmersmarket.org](http://www.sundayfarmersmarket.org)



## Meet our ADVISORY BOARD MEMBERS:

**Alice Henneman**  
Nebraska Extension, Emeritus

**Chad Winters**  
Grocery Owner

**David Lott**  
Horticulture Extension Educator

**Gary Lesoing**  
Extension Educator;  
SARE State Coordinator

**Georgia Jones**  
Extension Food Specialist;  
Associate Professor,  
Nutrition and Health Sciences

**Pam Edwards**  
University Dining  
Services Assistant Director;  
Good.Fresh.Local Program

**Tim Rinne**  
Co-Founder, Hawley Hamlet;  
Lincoln-Lancaster County  
Food Policy Council Member

**Vaughn Hammond**  
Agriculture Manager, Valas  
Pumpkin Patch and Orchard

## 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.



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.

## GET IN THE GUIDE!

Do you grow food to sell to local markets?  
Do you buy local foods for your business?  
Do you manage a farmers' market?

Join our community! As a Buy Fresh Buy Local® Nebraska member, you join a growing network dedicated to transforming communities through food. For more information on membership, please visit

[BUYLOCALNEBRASKA.ORG/GET-INVOLVED](http://BUYLOCALNEBRASKA.ORG/GET-INVOLVED)



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We need a resilient local food system more than ever!

Find ways to support farmers in the time of COVID-19 at

[BUYLOCALNEBRASKA.ORG/SUPPORT](http://BUYLOCALNEBRASKA.ORG/SUPPORT)

## Your Guide to

A NOTE FROM THE LOCAL COORDINATOR

### What is your connection to agriculture?

Did your grandparents or great grandparents have a farm? Separate cream from milk before supper? Butcher their own chickens?

I enjoy calling my Swedish grandmother from time to time to hear stories like these and her life growing up on a farm in Knox County in the 30's and 40's. Her family had hogs, chickens, and a small herd of Holstein dairy cows. They grew a family garden and "always had a patch of sweet corn" along fields of corn, oats, and alfalfa for the animals. The farm was diversified in this way to be self-sufficient, but also to make life less risky—if it hailed and the crops didn't make it, then at least they still had milk and chickens.

Today, my family no longer has farmland. Many familial connections to Nebraska agriculture are fading, but the importance of growing and purchasing food close to home has never been more important. It is time to ask ourselves, what is my relationship with agriculture and the foods of Nebraska? What role do I play? Who do I know that grows food like my grandparents used to? It is time to rebuild our relationships with Nebraska farmers growing food for their communities. When we "Buy Fresh Buy Local," we insure family farmers stay on the land and continue to be part of our vibrant community and landscapes for generations to come.

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

#### We hope you use this guide to:

- Try something new! Whether it be a vegetable, cut of meat, or gardening skill.
- Taste the difference of a recipe that features Nebraska-grown ingredients.
- Find and support Nebraska's hidden local food treasures—what gem will you find at your local farmers' market?

Happy Eating,

*Skylar Falter*

Skylar Falter

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

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



Keeping the food chain shorter, 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 farms by expanding the market for locally produced foods

## Hot Picks! CHECK THESE OUT:

### Books

- *Grain by Grain* by Bob Quinn
- *Letters to a Young Farmer* by Gene Logsdon
- *Grocery Story: The Promise of Food Co-Ops in the Age of Grocery Giants* by Jon Steinman
- *Farming While Black* by Leah Penniman
- *Thank you, Omu!* by Oge Mora (children's book)

### Videos

- Dreaming of a Vetter World (film)
- 'Alter-NATIVE: Kitchen' from Independent Lens (series)
- The Biggest Little Farm (film)

### Podcasts

- The Sporkful: It's not for foodies, it's for eaters
- Bite: A podcast for people who think hard about their food
- Science for the Rest of Us by Alex McKiernan, Robinette Farms (Martell, NE)

	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
APPLES									
APRICOTS									
ASIAN PEARS									
ASPARAGUS									
BEANS LIMA									
BEETS									
BLACKBERRIES									
BROCCOLI									
BRUSSEL SPROUTS									
CABBAGE									
CANTALOUPE									
CARROTS									
CELERY									
CHERRIES									
CAULIFLOWER									
CUCUMBERS									
EGGPLANT									
GARLIC									
GOOSEBERRIES									
GRAPES									
GREEN BEANS									
GREEN ONIONS									
GREENS									
HERBS									
KALE									
LEEK									
LETTUCE									
MELONS									
MUSHROOMS (CULTIVATED)									
NECTARINES									
ONIONS									
PARSNIPS									
PAW PAWS									
PEACHES									
PEARS									
PEAS									
PEPPERS									
PERSIMMONS									
PLUMS & PLOUTS									
POTATOES									
PUMPKINS									
RADISHES									
RASPBERRIES									
RHUBARB									
SPINACH									
SQUASH (SUMMER)									
SQUASH (WINTER)									
STRAWBERRIES									
SWEET CORN									
SWEET POTATOES									
TOMATOES (FIELD)									
TOMATOES GREENHOUSE									
TURNIPS									
WATERMELONS									
ZUCCHINI									

## 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 florals

Find it fast at [buylocalnebraska.org](http://buylocalnebraska.org)

Look for the BFBLN Member Logo at a farm, farmers' market, restaurant, or retailer near you!

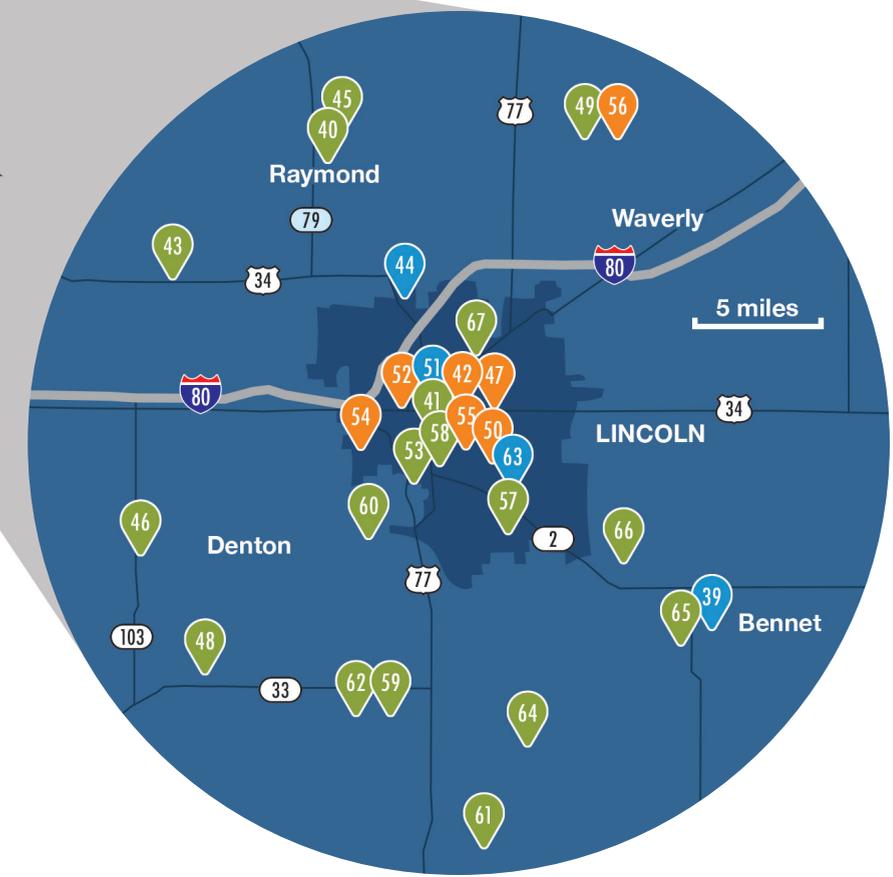
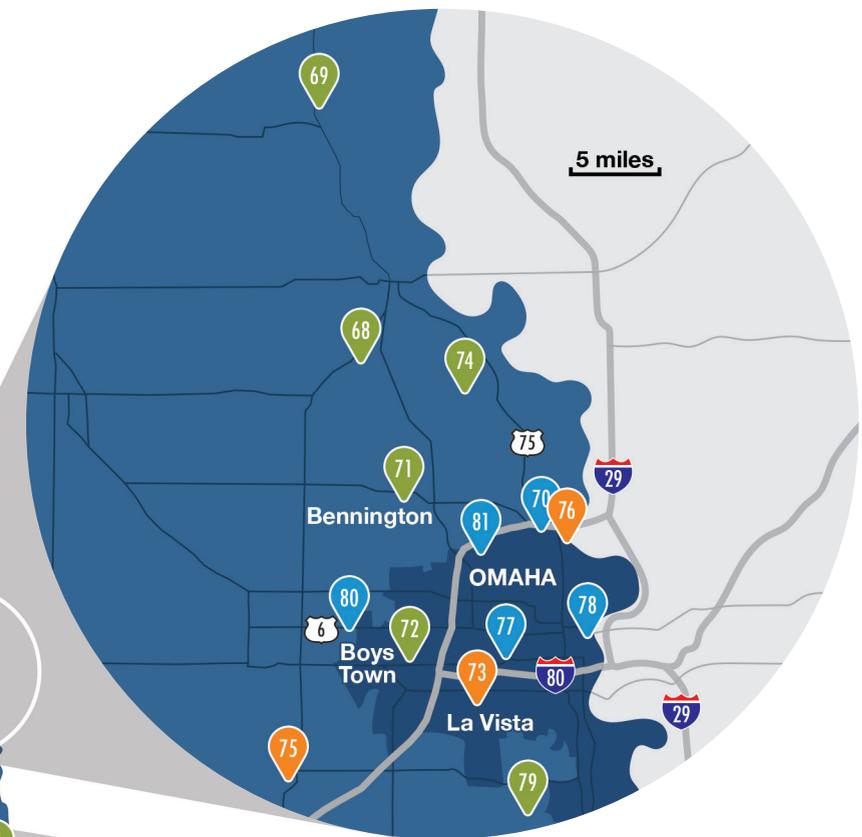
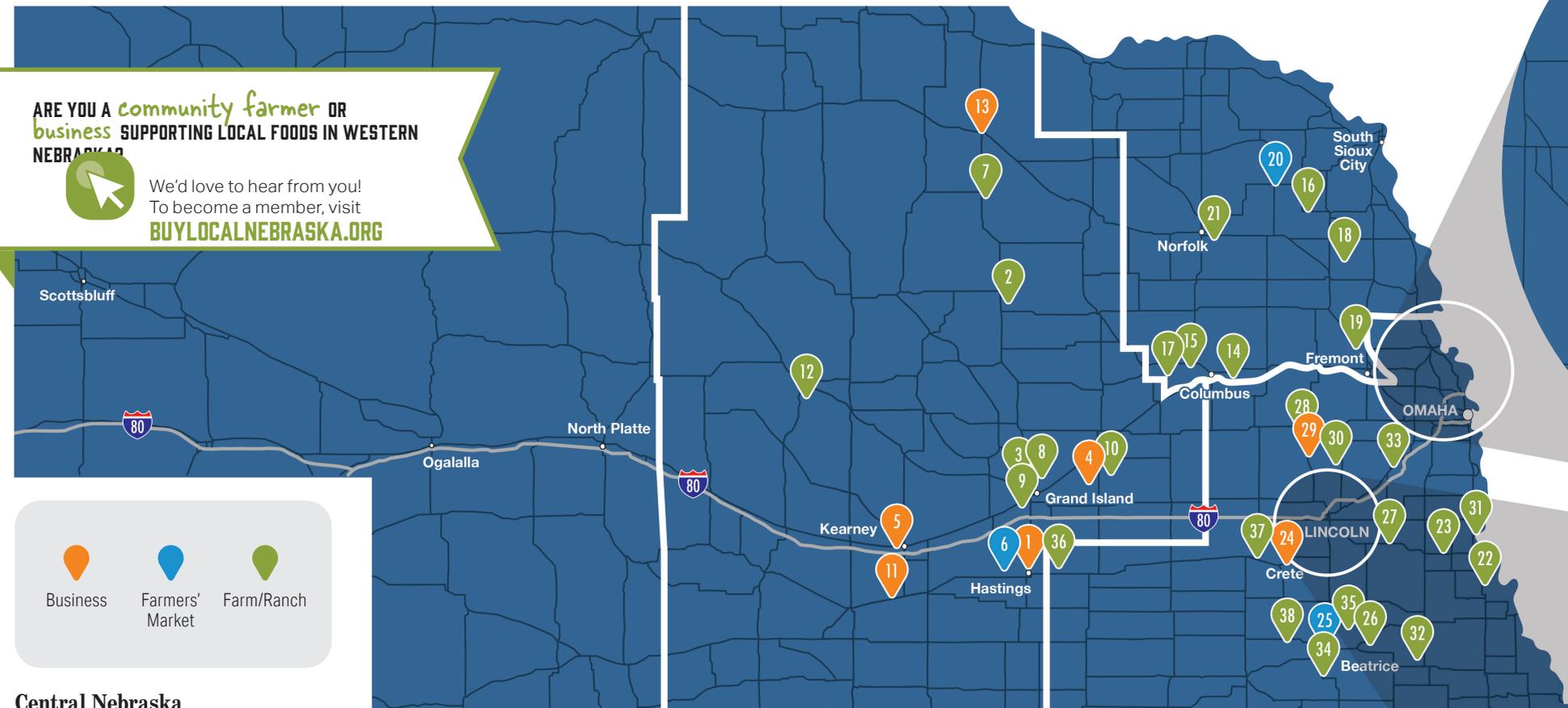


# FIND local foods & farms NEAR YOU!

ARE YOU A **community farmer OR business** SUPPORTING LOCAL FOODS IN WESTERN NEBRASKA?



We'd love to hear from you! To become a member, visit [BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG)



● Business  
● Farmers' Market  
● Farm/Ranch Market

## Central Nebraska

- 1 Back Alley Bakery, *Hastings*
- 2 Clear Creek Organic Farm, *Spalding*
- 3 GI Acres, *Grand Island*
- 4 Grain Place Foods, *Marquette*
- 5 GROW Nebraska® Foundation and the Buy Nebraska Store, *Kearney*
- 6 Hastings Downtown Market, *Hastings*
- 7 Lambert Melons, *Ewing*
- 8 Nebraska Mushroom LLC, *Grand Island*
- 9 Prairie Pride Acres, Inc., *Grand Island*
- 10 Range West Beef, *Marquette*
- 11 Roberts Seed Inc., *Axtell*
- 12 Straight Arrow Bison LLC, *Broken Bow*
- 13 Wildflour Grocer, *O'Neill*

## Northeast Nebraska

- 14 Country Lane Gardens, *Columbus*
- 15 Daniels Produce, *Columbus*
- 16 ELTEE Mangalitsa's LLC, *Pender*
- 17 Erstwhile Farm, LLC, *Columbus*
- 18 Nebraska Heritage Turkeys, *West Point*
- 19 TLC Country Floral, *Hooper*
- 20 Wayne Farmers Market, *Wayne*
- 21 Wolff Farms Produce, *Norfolk*

## Southeast Nebraska

- 22 Al-Be Farm, *Julian*
- 23 Arnold Acres, *Syracuse*
- 24 Artisan Mark Coffee + Goods, *Crete*
- 25 Beatrice Farmers Market, *Beatrice*
- 26 Broken Arrow Farm, *Filley*
- 27 Divino Nino Dairy, *Palmyra*
- 28 Great Plains Nursery, *Weston*
- 29 Heartland Nuts 'N More, *Valparaiso*

## Lincoln Area

- 39 Bennet Farmers' Market, *Bennet*
- 40 Common Good Farm, *Raymond*
- 41 Community Crops, *Lincoln*
- 42 DISH Restaurant, *Lincoln*
- 43 DS Family Farm, *Malcolm*
- 44 Fallbrook Farmers' Market, *Lincoln*
- 45 Green School Farms, *Raymond*
- 46 Grow with the Flow, *Denton*
- 47 Hub Cafe, *Lincoln*
- 48 Jones EcoFarms, *Crete*
- 49 Lakehouse Farm, *Waverly*
- 50 Leon's Gourmet Grocer, *Lincoln*
- 51 Lincoln Haymarket Farmers Market, *Lincoln*
- 52 Lone Tree Foods, *Lincoln*
- 53 Lotus Gardens, *Lincoln*

- 30 Martin's Hillside Orchard, *Ceresco*
- 31 Paradise in Progress Farm, *Nebraska City*
- 32 Pawnee Pride Meats, *Steinauer*
- 33 Raikes Beef Co., *Ashland*
- 34 Sicily Creek Jelly and Produce, *Blue Springs*
- 35 Sunny Slope Farm, *Filley*
- 36 The Hoagland Homestead, *Inland*
- 37 West Blue Farm, *Dorchester*
- 38 West End Farm, *Plymouth*

## Omaha Area

- 68 Barreras Family Farm, *Blair*
- 69 D&D Beef, *Herman*
- 70 Florence Mill Farmers Market, *Omaha*
- 71 Fruit of Levine LLC, *Omaha*
- 72 GreenLeaf Farms, *Omaha*
- 73 It's All About Bees!, *Omaha*
- 74 Little Mountain Ranch & Garden, *Fort Calhoun*
- 75 Nebraska Food Cooperative, *Gretna*
- 76 No More Empty Pots, *Omaha*
- 77 Omaha Farmers Market—Aksarben, *Omaha*
- 78 Omaha Farmers Market—Old Market, *Omaha*
- 79 Stream Meadow Farms, *Papillion*
- 80 Village Pointe Farmers Market, *Omaha*
- 81 Wenninghoff's Farm, *Omaha*

**SUNDAY FARMERS MARKET**  
SUNDAYFARMERSMARKET.ORG  
at COLLEGE VIEW  
EVERY SUNDAY APR 26 - OCT 25  
48TH & PRESCOTT  
Indoors: NOV. & DEC.  
holidayharvestfarmersmarket.com  
MATCHING EVERY SNAP dollar EACH WEEK UP TO \$20!

4200 S. 1st Street Lincoln, NE 68502

**Lotus Gardens**  
AQUAPONICS URBAN FARM

Basil	Swiss Chard
Cherry Tomatoes	Kale
Cucumbers	Green Butter Lettuce
Jalapeno Peppers	Red Butter Lettuce

402-890-4103  
lotusgardenshealthylife@gmail.com lotusgardens4life.com

# GROWING PRACTICES

## What do we mean?

**No Synthetic Inputs:** Produce is grown with only naturally-derived chemicals, pesticides, and herbicides.

**Certified Organic:** Farms, ranches, and processors have been inspected and certified by a third party agency to the U.S. Department of Agriculture's National Organic Program. Overall, organic operations must demonstrate they are protecting natural resources, conserving biodiversity, and using only approved substances.

**Certified Naturally Grown:** Certified Naturally Grown (CNG) offers peer-review certification to farmers, ranchers, and beekeepers producing food for their local communities by working in harmony with nature, without relying on synthetic chemicals or GMOs.

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

**100% Grass-Fed:** Most beef and lamb are grass-fed for the majority 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.

Learn about all the growing practices mentioned in our food guide online at [BUYLOCALNEBRASKA.ORG/BFBL-GLOSSARY](http://BUYLOCALNEBRASKA.ORG/BFBL-GLOSSARY)

**FRUIT**  
3, 7, 9, 14, 15, 17, 21, 23, 26, 30, 31, 34, 35, 36, 38, 40, 41, 45, 48, 53, 57, 59, 60, 64, 66, 71, 72, 74

**VEGETABLES**  
2, 3, 7, 9, 14, 15, 17, 21, 23, 26, 30, 31, 34, 35, 36, 38, 40, 41, 45, 46, 48, 49, 53, 57, 58, 59, 60, 64, 66, 67, 68, 71, 72, 74, 79

**HERBS**  
3, 14, 19, 31, 35, 38, 40, 41, 45, 46, 49, 53, 57, 58, 59, 60, 61, 62, 64, 66, 68, 71, 72, 74

**GRAINS & DRIED BEANS**  
2, 11, 64

**DAIRY**  
2, 27, 60, 68

**EGGS**  
2, 3, 14, 17, 21, 22, 26, 27, 31, 35, 38, 40, 60, 68, 71, 74

Find a farmer with this search index! Each number corresponds to a member listing in this food guide.

**HONEY**  
15, 26, 36, 38, 60, 64, 68, 71, 79

**VALUE-ADDED PRODUCTS**  
2, 8, 12, 15, 16, 17, 19, 23, 30, 34, 36, 38, 41, 46, 49, 57, 61, 62, 64, 68, 71, 72, 79

**FLOWERS, SEEDS, TREES & TRANSPLANTS**  
8, 11, 14, 19, 28, 40, 41, 45, 46, 48, 60, 62, 64, 66, 72

**BEEF**  
2, 9, 10, 21, 32, 33, 37, 40, 43, 68, 69, 74

**BISON**  
12

**LAMB**  
9, 31

**PORK**  
2, 9, 11, 16, 17, 32, 37, 40, 48, 60, 68, 74

**CHICKEN**  
2, 14, 17, 21, 22, 31, 32, 37, 43, 74

**TURKEY**  
2, 18, 32, 37, 48

**MUSHROOMS**  
8

**NUTS**  
29, 65

**Too old-school?**  
Quickly search our online food guide at [BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG)

**NO MORE EMPTY POTS FOOD HUB**  
**COMMUNITY HARVEST**  
Locally sourced, delicious, nutritious, affordable, prepared meals.  
[bit.ly/nmepchm](http://bit.ly/nmepchm)

**CUPS CAFÈ**  
Local, seasonal food, specialty coffee, and community engagement space.  
[bit.ly/nmepcups](http://bit.ly/nmepcups)

Pay What You Can Happy Hour Monday 4p-8p

Weekly Hours  
Tues. - Fri. 7:30a-2p  
Sat. 8a-2p

[NMEPOMAHA.ORG](http://NMEPOMAHA.ORG) | 8501 N 30TH ST. | 402.933.3588

**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 - New Year's Eve  
Hours change seasonally  
January - March by arrangement

**Prairie Plate restaurant**  
[PrairiePlateRestaurant.com](http://PrairiePlateRestaurant.com)

# FUN FACT

*Jam or Jelly?  
Jams contain crushed fruit and  
jellies are made with fruit juice.*

## BUSINESSES

- 1 **Back Alley Bakery**  
*Restaurant, Caterer, Bakery*  
609 W 2nd St.  
Hastings, NE  
402-460-5056  
charlotte@backalleybakery.com  
backalleybakery.com  
HOURS: Mon-Fri: 9 am-5:30 pm,  
Sat: 8 am-4 pm, Sun: Closed  
*We provide wholesome food using  
natural and organic ingredients from  
local producers and suppliers in order  
for us to be socially, economically, and  
environmentally responsible.*
- 4 **Grain Place Foods**  
*Retail Store, Distributor, Grain Processing*  
1904 N Highway 14  
Marquette, NE  
402-854-3195  
info@grainplacefoods.com  
grainplacefoods.com  
*Established in 1987, we provide  
ecologically sustainable grain products  
that benefit the long-term health of our  
clients and our planet, because how  
your food is produced does matter!*
- 5 **GROW Nebraska® Foundation  
and the Buy Nebraska Store**  
*Retail Store, Non-profit*  
421 Talmadge St., Ste. 1  
Kearney, NE  
308-338-3520  
info@grownnebraska.org  
grownnebraska.org  
HOURS: Mon-Fri: 9 am-6:30 pm,  
Sat: 9 am-6 pm, Sun: Closed  
*GROW Nebraska® supports Nebraska  
businesses by connecting them to the  
global marketplace and allowing them  
to market their Nebraska products to a  
broader clientele. #ShopNebraska*
- 11 **Roberts Seed Inc.**  
*Grain Processing & Sales, Pork*  
982 22nd Rd.  
Axtell, NE  
308-743-2565  
robertsseed@gtmc.net  
robertsseed.com  
HOURS: Mon-Fri: 8 am-5 pm, Sat: 9 am-Noon,  
Sun: Closed (or as needed by appointment)  
*Roberts Seeds processes and sells grain  
for seed, feed, and human consumption.  
We focus on non-GMO & organic grain and  
have been Certified Organic since 1991.  
Call or stop by!*

- 13 **Wildflour Grocer**  
*Grocery Store, Local Food Processor,  
Year-Round Indoor Farmer's Market*  
112 S 4th St.  
O'Neill, NE  
402-336-8988  
info@wildflourgrocer.com  
wildflourgrocer.com  
HOURS: Mon-Wed & Fri: Noon-6 pm, Thurs:  
Noon-7 pm, Sat: 10 am-2 pm, Sun: Closed  
*Local, Nebraska products are the  
foundation of Wildflour Grocer. We  
carry a variety of items from around  
Nebraska as well as preserve and produce  
local foods in our own certified kitchen.*

## FARMERS' MARKET

- 6 **Hastings Downtown Market**  
2nd St. and St. Joseph (East of  
Odyssey and North of First Street Brewery)  
Hastings, NE  
402-469-2281  
kchristensen4148@gmail.com  
DATE & TIME: Thursdays 5-7:30 pm  
(June 11-Aug 27)  
*The Hastings Downtown Market is on  
Thursday evenings and is a quaint setting,  
with plenty of shade, multiple vendors,  
and live music from 6:30-7:30 pm!*

## FARMS & RANCHES

- 2 **Clear Creek Organic Farm**  
  
Robert Bernt & Katie McDonald  
Spalding, NE  
308-750-1086  
Clearcreekorganicfarm@hotmail.com  
Clearcreekorganicfarm.com  
• No Synthetic Inputs, Grown organically  
free of chemicals and pesticides  
• Non-GMO Feed, Soy Free Feed, Corn  
Free Feed, Antibiotic Free, Hormone  
Free, Pasture Raised, Rotational Grazing,  
100% Grass Fed  
• On Farm Store, Direct Sales—  
Call or Email, Wholesale  
*Clear Creek is a family owned operation.  
We produce clean, healthy, nutrient  
dense vegetables, beef, dairy, pork,  
and poultry products. We hold farm  
tours and recreational events.*

- 3 **GI Acres**  
  
Chad & Kathy Nabity  
Grand Island, NE  
308-384-3341  
chadn1@grandislandacres.com  
grandislandacres.com  
• No Synthetic Inputs  
• Outdoor Access  
• CSA, Direct Sales—Call or Email  
*At GI Acres, our modified-market style  
CSA allows our members to enjoy both  
traditional and unusual varieties of fresh,  
local produce all summer. We do the  
work; you enjoy fresh!*

- 7 **Lambert Melons**  
  
Tim & Ben Lambert  
Ewing, NE  
402-340-3646  
klambert@esu8.org  
facebook.com/LambertMelons  
• On Farm Store, Direct Sales—  
Call or Email, Wholesale  
*We are known for spring asparagus and  
strawberries, summer melons and autumn  
pumpkins. We have a passion for local food  
because it has been part of our family for  
over 100 years.*

- 8 **Nebraska Mushroom LLC**  
  
Ashley Gordon  
Grand Island, NE  
308-384-1430  
ash@nebraskamushroom.com  
nebraskamushroom.com  
• Direct Sales—Call or Email,  
Farmers' Markets, Wholesale  
*Nebraska Mushroom is an indoor  
mushroom farm focused on cultivating  
gourmet and medicinal mushroom  
varieties. Want to grow your own  
mushrooms? We can help you with  
our products.*

Keep your Friends Close,  
and Your Farmers Closer!

- 9 **Prairie Pride Acres, Inc.**  
  
Daniel Hromas  
Grand Island, NE  
402-217-2797  
prairieprideacres@gmail.com  
facebook.com/prairieprideacres  
• Herbicide & Pesticide Free  
• Soy Free Feed, Corn Free Feed, Antibiotic  
Free, Hormone Free, Pasture Raised,  
Rotational Grazing, 100% Grass Fed  
• On Farm Store, Direct Sales—  
Call or Email, Farmers' Markets,  
U-Pick, Wholesale  
*Prairie Pride Acres is a small 15 acre farm  
located south of Grand Island. We provide  
grass fed beef, pork, and lamb. The farm  
prides itself on humane treatment of  
the animals.*

- 10 **Range West Beef**  
  
Luke & Lori Jacobsen  
Marquette, NE  
402-854-3104  
jacobsenlu@yahoo.com  
rangewestbeef.com  
• Non-GMO Feed, Soy Free Feed,  
Corn Free Feed, 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 believe in producing well-finished  
grass fed beef from animals selected for  
forage-only diets. Many customers are  
seeking natural health solutions and  
we want to aid them.*

- 12 **Straight Arrow Bison LLC**  
  
Martin & Karen Bredthauer  
Broken Bow, NE  
308-872-3066  
mail@straightarrowbison.com  
straightarrowbison.com  
• Animal Welfare Approved, Non-GMO  
Feed, Soy Free Feed, Corn Free Feed,  
Antibiotic Free, Hormone Free, Rotational  
Grazing, 100% Grass Fed  
• On Farm Store, Direct Sales—Call or  
Email, Farmers' Markets, Wholesale,  
Online Ordering  
*The Straight Arrow Bison Ranch is  
committed to restorative agriculture,  
restoring life and nutrients to the soil to  
produce nutrient dense foods to benefit  
farmers and consumers.*

# Cucumber & Tomato Salad

*This recipe comes from the kitchen of a Yazidi  
refugee from Northern Iraq starting their farm  
business at our Prairie Pines Training Farm.  
A great treat to use up the summer bounty of  
cucumbers, peppers, and tomatoes!*

## Ingredients

- 4 small cucumbers, unpeeled
- 3 ripe, firm tomatoes
- 1/2 medium red onion or fresh green onion
- 2 thinly sliced sweet yellow or green peppers
- 3 Tbsp roughly chopped parsley
- 1/4 Tbsp kosher salt
- 3 Tbsp of fresh squeezed lemon juice  
(about one medium lemon)
- 1-2 Tbsp of vinegar
- 2 Tbsp olive oil

## Instructions

1. Dice the cucumbers, tomatoes, and onion into small cubes. Add to a medium bowl.
2. Remove the seeds from the pepper, and slice very thin. Add to the bowl. Add the chopped parsley.
3. In a small bowl use a whisk to combine the lemon juice, salt, vinegar, and olive oil. Add to the salad ingredients. Toss gently to coat. Serve immediately.

**NOTE:** You may prepare and combine the vegetables a few hours ahead and refrigerate without adding the dressing. Toss the vegetables with the dressing right before serving. Adjust salt to your taste.



## From the kitchen of

*Yazidi Farmers*  
COMMUNITY CROPS, LINCOLN, NE  
@YAZIDI\_KITCHEN\_IN\_AMERICA



# Why Buy Local Food?

THE SOCIAL, ENVIRONMENTAL, ECONOMIC BENEFITS TO YOUR COMMUNITY

Each dollar spent at independent local businesses returns **3X** more money to your community than a chain store or non-local product.

If every Nebraska household spends **\$10** per week on local food = **\$390 MILLION** added to state economy

## ECONOMIC IMPACT



**FARMERS NEED MULTIPLE MARKETS TO BE SUSTAINABLE.**

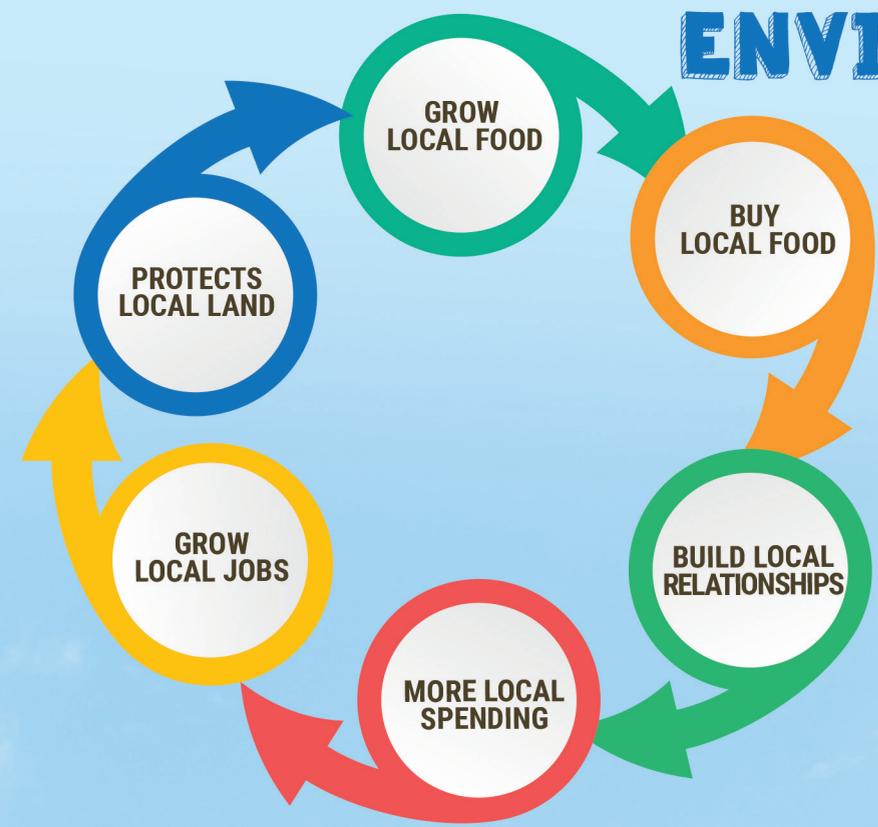
### FARMER DIRECT SALES



### FARMER INDIRECT SALES



**SOCIAL IMPACT**  
On average people who shop at farmers markets have 15-20 social interactions per visit!



## ENVIRONMENTAL IMPACT



**MORE THAN ONE MILLION ACRES OF U.S. FARMLAND**

is lost each year due to residential and commercial development.



Conventional food distribution uses at least **4X MORE FUEL** than local and regional systems.



To transport food long distances it's often picked while unripe then gassed to "ripen" it after transport, or it is highly processed with preservatives.

## KNOW WHERE YOUR FOOD COMES FROM



**BUY FRESH BUY LOCAL**

Nebraska

[buylocalnebraska.org](http://buylocalnebraska.org)

This graphic was originally created by Taste the Local Difference® and has been edited with their permission and support.

FARMERS' MARKETS

**20 Wayne Farmers Market**  
510 N Pearl St.  
Wayne County Courthouse  
Wayne, NE  
402-375-2240  
imock@Waynetworks.org  
DATE & TIME: Wednesdays 4–6 pm,  
Saturdays 9 am–Noon (June–Oct)  
*The Wayne Farmers Market is held on the lawn of the Wayne County Courthouse and visitors are regularly treated to live music, cooking demonstrations, and kid's activities.*

FARMS & RANCHES

**14 Country Lane Gardens**  
  
Annette Hellbusch & Macey Fuhr  
Columbus, NE  
402-270-9072  
cdhellbusch@gmail.com  
countrylanegardens.org  
• GAP Certified  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
• On Farm Store, Direct Sales—Call or Email, Wholesale  
*We are a family farm near Columbus, with a retail greenhouse/nursery and pastured Non-GMO laying hen operation. Start a family tradition, and come pick that perfect Christmas tree!*

**15 Daniels Produce**  
  
Kelly Daniels/Jackson & Tannie Daniels  
Columbus, NE  
402-897-4253  
tanniedaniels@yahoo.com  
facebook.com/danielsproduce  
• GAP Certified, Primus Food Safety Certified  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
*Daniels Produce is owned and operated by Andy and Tannie Daniels, son Jason Daniels, and daughter Kelly Daniels/Jackson. We strive to give our customers the best produce possible.*

**16 ELTEE Mangalitsa's LLC**  
  
Leon & Tami Svoboda  
Pender, NE  
402-922-0330  
leonsvoboda@live.com  
elteemangalitsas.com  
• Antibiotic Free, Hormone Free, Outdoor Access  
• Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
*Farming is not only our business, it's our way of life. We live and work on our family farm near Pender, Nebraska, and are proud to have the opportunity to raise Mangalitsa pigs.*

**17 Erstwhile Farm, LLC**  
  
Lanette & Larry Stec  
Columbus, NE  
402-897-4065  
erstwhilefarm@gmail.com  
erstwhilefarm.com  
• Certified Organic  
• Animal Welfare Approved, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
• On Farm Store, Direct Sales—Call or Email, U-Pick, Online Ordering  
*Erstwhile Farm believes: God is our loving creator, organic farming is our vocation, the work of our hands ethically/sustainably provides family meals from simply good ingredients.*

**18 Nebraska Heritage Turkeys**  
  
Matthew Wattermann & Leah Hipps  
West Point, NE  
402-380-5466  
NEturkey@gmail.com  
nebraskaheritageurkey.com  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Free Range  
• Direct Sales—Call or Email, Wholesale, Online Ordering  
*We are a family owned farm that has been providing pasture raised, heritage turkeys to dinner tables across Nebraska since 1999.*

**19 TLC Country Floral**  
  
Sue Fase  
Hooper, NE  
402-654-2058  
tlccountryfloral@yahoo.com  
tlccountryfloral.blogspot.com  
• Pesticide Free  
• On Farm Store, Direct Sales—Call or Email  
*Visit us during our scheduled open houses or by appointment. Freeze dried florals, rare and unusual plants, succulents, and fermenting classes. Garden tours available.*

**21 Wolff Farms Produce**  
  
Jay & Duane Wolff  
Norfolk, NE  
402-992-3055  
wolff-farms@hotmail.com  
wolfffarmproduce.com  
• Certified Organic  
• Non-GMO Feed, Antibiotic Free, Pasture Raised, 100% Grass Fed  
• CSA, Farmers' Markets, Wholesale, Online Ordering  
*Check out our website to learn more about Wolff Farms and our 14 week organic CSA "Fresh Finds." Shop our online wholesale store. Keep up with us by liking our Facebook page.*

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

The Nebraska Cooperative Development Center (NCDC) is dedicated to assisting people prosper by helping them work together through multi-owner and cooperative businesses.



# Use Cooperatives To DRIVE COMMUNITY DEVELOPMENT!

*Cooperatives have a long history in Nebraska agriculture, but are we overlooking the cooperative model for other businesses?*

**What is a Cooperative? Why Cooperative?** A cooperative is a private business that is owned and controlled by the people who use its products, supplies, or services. Historically, cooperatives began to form during the Industrial Revolution as a useful way to promote the interests of less powerful members of society. Farmers, producers, workers, and consumers found that they could accomplish more collectively than they could individually.

**Well-Known National Cooperatives:**

- **ACE Hardware:** retailer-owned cooperative
- **Land O'Lakes:** member-owned agricultural cooperative
- **Organic Valley:** farmer-owned organic cooperative
- **REI:** consumer cooperative

**Examples of Nebraska Cooperatives:**

- **Aurora Cooperative Elevator:** member-owned agricultural marketing cooperative
- **Nebraska Food Cooperative:** member-owned producer/distributor cooperative
- **Open Harvest:** member-owned grocery store (retail) cooperative
- **University of Nebraska Federal Credit Union:** a member-owned financial cooperative
- **Wild Flour Grocer:** multi-owner retail and community space

**Are you concerned that a business in your community like your grocery store, restaurant, or daycare will not transition into the future?**

Your community could save these businesses and minimize the risk by working together. NCDC has worked in a number of communities establishing grocery store cooperatives in Nebraska. For example, the Elwood Hometown Cooperative Market opened in 2013 after the local grocery store closed in 2012. Are you interested in forming a cooperative?

For more information, visit the NCDC website at [ncdc.unl.edu](http://ncdc.unl.edu).



## COOPERATIVE SUCCESS! Elwood Hometown Cooperative Market

*The community invested \$307,000 to establish this community owned grocery store.*

Nebraska is home to many native fruits—paw paw, wild plum, black raspberry, elderberry, juneberry, choke cherry, crab apple, and ground cherry are just a few!

Look for them in the wild and at farmers markets—usually jellied!

**FUN  
FACT**

**BUSINESSES**

**24 Artisan Mark Coffee + Goods**  
Retail Store, Coffee House  
1144 Main Ave  
Crete, NE  
402-418-7228  
info@artisanmarkcoffee.com  
artisanmarkcoffee.com  
HOURS: Mon–Sat: 7 am–9 pm,  
Sun: 9 am–6 pm  
*Artisan Mark Coffee + Goods is a small-town coffee shop that sells local, handmade goods and Nebraska sourced coffee, teas, and other types of goodies. We love to support local!*

**29 Heartland Nuts 'N More**  
Food Cooperative, Local Food Processor  
206 W 2nd St  
Valparaiso, NE  
402-784-6887  
lottanuts@windstream.net  
heartlandnutsnmore.com  
HOURS: Mon–Fri: 8 am–3 pm  
*HEARTLAND NUTS 'N MORE is a co-op owned by a diverse partnership of nut growers. We produce, process, and market only high-quality-cultivar, Midwest-grown black walnuts and pecans.*

**FARMERS' MARKETS**

**25 Beatrice Farmers Market**  
801 Court St. (Country Cookin' Cafe parking lot, 8th & Court St. Downtown)  
Beatrice, NE  
402-223-3244  
info@mainstreetbeatrice.org  
facebook.com/BeatriceFarmersMarket  
DATE & TIME: Thursdays 4–6:30 pm (May 21–Oct 8)  
• Double Up Food Bucks/ SNAP matching dollars  
*Every market brings in new treats, produce, crafts, eggs, honey, meats, baked goods, and more! Averaging 14 vendors a week. Join us in Downtown Beatrice, and make an evening of it!*

**FARMS & RANCHES**

**22 Al-Be Farm**  
  
Beth Kernes Krause & Ralph Krause  
Julian, NE  
402-274-8836  
al-befarm@windstream.net  
facebook.com/albefarmNE  
• Non-GMO Feed  
• Direct Sales—Call or Email, Wholesale  
*Our chickens live in mobile coops to protect them from our predators. We feed all of our birds transitional and organic grain-based feed, and butcher the meat birds onsite.*

**23 Arnold Acres**  
  
Larry & Mary Kay Arnold  
Syracuse, NE  
402-217-2930  
la048803@yahoo.com  
arnoldacresne.com  
• Sustainably Grown  
• Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
*Here at Arnold Acres, we are passionate about growing food in a sustainable manner in healthy soil. We grow a variety of fruits and vegetables and make our own jams and jellies.*

**26 Broken Arrow Farm**  
  
Riley Reinke  
Filley, NE  
402-768-1145  
Brokenarrowfm@outlook.com  
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.*

**27 Divino Nino Dairy**  
  
Melissa Rawe  
Palmyra, NE  
402-310-6056  
divinoninodairy@outlook.com  
divinoninodairy.com  
• Non-GMO Feed, Soy Free Feed, Hormone Free, Pasture Raised, Rotational Grazing  
• On Farm Store, Direct Sales—Call or Email  
*Divino Nino Dairy is home to our Guernsey cows who graze the rolling pastures and provide us with delicious fresh milk and cream. Come visit, and be nourished by Nebraska dairy!*

**28 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!*

**30 Martin's Hillside Orchard**  
  
Barbara Martin  
Ceresco, NE  
402-665-2140  
nitbm8@gmail.com  
hillside-orchard.com  
• On Farm Store, U-Pick Wholesale  
*U-pick apples, peaches, pumpkins; hay rack rides; corn maze; activities for kids; store with cider slushies and lunches (weekends); butterfly garden and discovery trail; school tours.*

**31 Paradise in Progress Farm**  
  
Ellen & Jim Shank  
Nebraska City, NE  
402-874-9540  
paradiseinprogress@gmail.com  
• Antibiotic Free, Hormone Free, Pasture Raised  
• On Farm Store, Direct Sales—Call or Email, Farmers' Markets  
*We sell fruit, vegetables, and eggs at our on-farm store and farmers' markets in Bellevue and Nebraska City.*

**32 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.*

**33 Raikes Beef Co**  
  
Lindsey & Justin Raikes  
Ashland, NE  
402-944-2474  
info@raikesbeef.co  
RaikesBeef.co  
• Animal Welfare Approved, Hormone Free, Grass Fed, Grain Finished  
• On Farm Store, Direct Sales—Call or Email, Wholesale, Online Ordering  
*Our focus is connecting customers to high quality, 100% Nebraska raised American Wagyu and Angus beef directly from our 5th generation family farm.*

**34 Sicily Creek Jelly and Produce**  
  
Fred & Laurinda Baumann  
Blue Springs, NE  
402-230-8953  
rindybaum@hotmail.com  
• Farmers' Markets  
**35 Sunny Slope Farm**  
  
Corinne Kolm & Josh Frank  
Filley, NE  
402-662-1777  
sunnyslopeberries@gmail.com  
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 to 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.*

**36 The Hoagland Homestead**  
  
Amy & Adam Hoagland  
Inland, NE  
402-469-5065  
thehoaglandhomestead@gmail.com  
facebook.com/thehoaglandhomestead  
• Farmers' Markets  
*Three generation family garden. Diverse variety of vegetables, jelly, and local honey. Find us at the Hastings Downtown Market and Highland Park Farmers' Market.*

**37 West Blue Farm**  
  
Shanae & Joe Yeackley  
Dorchester, NE  
402-641-0331  
Westbluefarm@gmail.com  
Westbluefarm.com  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
• Direct Sales—Call or Email, Online Ordering  
*WEST BLUE FARM has been direct marketing farm fresh meat since 1990. Located in Dorchester, Nebraska, Joe and Shanae Yeackley own and operate a dairy, as well as raise high quality meat.*

**38 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.*




# 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 response received was incredible. The poems make us laugh, cry, and take notice of the small beauties we can find every day in the garden, the farm, the market, and our kitchens. Big thanks to all who submitted. Here are three selections of local food poetry.

Find these poems  
and many more at

[BUYLOCALNEBRASKA.ORG/POETRY](http://BUYLOCALNEBRASKA.ORG/POETRY)



## Feathers

Hope may be  
to one fine person  
the thing with feathers.  
But I argue that  
out here in the midst of farm country,  
hope is a small farmer's market.  
It's a sign at the end of a long driveway reading  
Eggs, apples, pears, tomatoes, squash  
for sale.  
Hope is planting, growing and offering the bounty  
To those who say,  
Yes, I need that.  
Yes, I buy local.  
Yes, I will come back for more.  
Hope is the thing  
with or without  
feathers.

*Katie Polacek*

BRUNO, NEBRASKA

## "Fat Water" Tomatl

The passive, ripening fruit  
suspended in the sunlight,  
draws in from all sides.

Stem from  
vine from  
stalk from  
roots from  
fungi from  
soil from  
worm from  
rock, leaves, roots.  
Inner passages taking in and  
redistributing the remains of our days.

Outside the "plump thing with a naval" (xitomatl)  
basks in the sun,  
thin skin touched by rays,  
passing particles dusting the surface,  
absorbed in the mix of  
expanding flesh.  
Transformation of color  
beckons the curious to  
touch, taste, and  
receive the whole process.

Over and over this  
continuous loop of life  
provides more than we could ask for or  
imagine, naturally.  
At home, fruits continuously  
give from their abundance.  
Here in the plains,  
removed from continuous heat,  
tomatoes drop from the vine,  
and held in the earth,  
undeterred by the cold,  
wait for the signal to begin again.

*Angela Barber*

LINCOLN, NEBRASKA

In the process of looking for the technical name of the belly button of the tomato, I learned from The National Gardening Association's website [garden.org](http://garden.org) that tomatoes are believed to originate in Peru and Mexico where they were called tomatl literally meaning "fat water" in the Nahuatl language. The Axtecs cultivated a new species, the red or yellow fruit, and called it xitomatl that translates to "plump thing with a naval." Another website helpful in this search was the Nahuatl Dictionary found at [nahuatl.uoregon.edu](http://nahuatl.uoregon.edu).

## B Street Honey

Honey  
slinks  
from the tap  
creeps  
across the gauze  
drops  
of liquid gold  
on long  
stretching  
ropes  
slipping  
through  
the cottony  
holes  
to pool  
on the bottom  
of the bucket  
as one  
pure  
reservoir  
filling the air  
with its sweet  
candle-like  
fragrance  
while the bees  
sing  
their perpetual  
humming  
whirring  
sizzling  
song  
of honey.

*Katherine Carpenter*

LINCOLN, NEBRASKA

There are hundreds of breeds of pigs—each one developed from a specific environment and purpose. When you buy pork direct from the farm, ask about the breed!

**FUN FACT**

**BUSINESSES**

- 42 **DISH Restaurant**  
Restaurant  
1100 "O" St.  
Lincoln, NE  
402-475-9475  
info@dishdowntown.com  
dishdowntown.com  
HOURS: Mon–Fri: 11:30 am–1:30 pm, Mon–Sat: 5–9:30 pm, Sun: Closed  
DISH is an upscale American Continental restaurant in the heart of downtown Lincoln. Our seasonally focused menu showcases local ingredients with unparalleled creativity and finesse.
- 47 **Hub Cafe**  
Restaurant, Caterer, Coffee House  
250 N 21st St  
Lincoln, NE  
402-474-2453  
hubcafeincoln@gmail.com  
hubcafeincoln.com  
HOURS: Tue–Sun: 7:30 am–2:30 pm  
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.
- 50 **Leon's Gourmet Grocer**  
Grocery Store  
2200 Winthrop Rd.  
Lincoln, NE  
402-488-2307  
info@leonsgourmetgrocer.com  
leonsgourmetgrocer.com  
HOURS: Mon–Fri: 8 am–9 pm, Sun: 9 am–6:30 pm  
At Leon's, you can find local cheese, produce, jams, chicken, eggs, and milk that were raised or made in Nebraska along with an incredible meat department. Food is our passion!
- 52 **Lone Tree Foods**  
Distributor  
220 P St  
Lincoln, NE  
402-413-0079  
info@lonetreefoods.com  
lonetreefoods.com  
Order Online!  
Lone Tree Foods connects local farmers with buyers and consumers in Nebraska and western Iowa. We provide sales, distribution, and marketing to grow the market for local foods.

- 54 **Mystic Rhoads Productions Inc. (MRP)**  
Local Food Processor  
Lincoln, NE  
402-617-5214  
info@mysticrhoads.org  
mysticrhoads.org  
Order online 24/7  
MRP is no ordinary charitable organization. We've created a line of products that funnel profits back to charitable causes. You buy, and we give. 100%.
- 55 **Open Harvest Co-op Grocery**  
Co-op Grocery, Bakery, Retail Store, Food Cooperative  
1618 South St.  
Lincoln, NE  
402-475-9069  
harvest@openharvest.coop  
openharvest.coop  
HOURS: Mon–Fri: 8 am–9 pm  
Open Harvest is a community owned grocery store, dedicated to fostering a sustainable food system through consumer education and the cooperative principles since 1975.
- 56 **Prairie Plate Restaurant**  
Restaurant  
10405 Branched Oak Rd.  
Waverly, NE  
402-786-2239  
info@PrairiePlateRestaurant.com  
PrairiePlateRestaurant.com  
Visit website for hours  
Prairie Plate Restaurant is a farm-to-table restaurant in a rural lakefront setting where guests enjoy a seasonal menu based on products from regional farmers, ranchers, and artisans.

**FARMERS' MARKETS**

- 39 **Bennet Farmers' Market**  
675 Elm St. (Village Park)  
Bennet, NE  
402-782-3300  
bennetvlg@diodecom.net  
bennetfarmersmarket.com  
DATE & TIME: Wednesdays 4–7 pm (May 6–Sept 30)  
The Bennet Farmers' Market promotes opportunities for Nebraska fruit, vegetable, and meat producers, bakers, and crafters to market high-quality products directly to consumers.

- 44 **Fallbrook Farmers' Market**  
570 Fallbrook Blvd (Fallbrook Town Square Greenspace)  
Lincoln, NE  
308-216-0411  
fallbrookfm.manager@gmail.com  
fallbrookfarmersmarket.com  
DATE & TIME: Thursdays 4–7 pm (June 18–Oct 8)  
• EBT/SNAP, Double Up Food Bucks/ SNAP matching dollars  
FBFM market is quiet and family friendly. We provide farm, processed farm, value-added food products & crafts, and specialty items. We typically use 20 vendors each week.
- 51 **Lincoln Haymarket Farmers Market**  
7th & P St. (Downtown Historic Haymarket)  
Lincoln, NE  
402-435-7496  
Jeff@lincolnhaymarket.org  
lincolnhaymarket.org  
DATE & TIME: Saturdays 8 am–Noon (May 2–Oct 10)  
Wide variety of produce crafts and baked goods. Great ready to eat foods and baked goods. Unique one of a kind craft items.
- 63 **Sunday Farmers' Market at College View**  
4801 Prescott Ave. (Parking lot of the College View Seventh-Day Adventist Church)  
Lincoln, NE  
402-318-5225  
sundayfarmersmarket.manager@gmail.com  
sundayfarmersmarket.org  
holidayharvestfarmersmarket.com  
DATE & TIME: Sundays 10 am–2 pm (except May 10, which is 3–6 pm) (Apr 26–Oct 25)  
Indoor Holiday Farmers' Market (see website for alternative location): Nov 8 & 22, Dec 6 & 20  
• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars  
For people who love food! 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.

“Don't eat anything your great grandmother wouldn't recognize as food.”  
~Michael Pollan

**FARMS & RANCHES**

- 40 **Common Good Farm**  
Ruth Chantry & Everett Lunquist  
Raymond, NE  
402-783-9005  
farmers@commongoodfarm.com  
commongoodfarm.com  
• Certified Biodynamic, Certified Organic  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale,  
Common Good Farm is a diversified family farm, growing good food—a small, sustainable, certified organic and biodynamic, located in southeast Nebraska, just north of Raymond, Nebraska.
- 41 **Community Crops**  
Matt Pirog & Megan McGuffey  
Lincoln, NE  
402-474-9802  
matt@communitycrops.org  
communitycrops.org  
• No Synthetic Inputs  
• On Farm Store, Direct Sales—Call or Email, Wholesale  
For over 15 years, Community Crops has provided the city of Lincoln and surrounding areas access to sustainably-grown local foods and resources to grow their own food.
- 43 **DS Family Farm**  
Doug & Sheila Garrison  
Malcolm, NE  
402-796-2208  
doug@dsfamilyfarm.com  
dsfamilyfarm.com  
• Animal Welfare Approved, Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• Direct Sales—Call or Email, Online Ordering  
Healthy soils = healthy plants = healthy animals, resulting in healthy food for you. Beef and chicken from our farm will result in a unique flavor you have never experienced before.
- 45 **Green School Farms**  
Gary Fehr  
Raymond, NE  
402-570-4382  
fehrgary@gmail.com  
facebook.com/greenschoolfarms  
• No Synthetic Inputs  
• CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale,  
Green School Farms grows sustainably-raised food for area schools and the larger community. Our practices center on compassion and respect for the earth and each other.
- 46 **Grow with the Flow**  
Jeff Jirovec & Heather Husen  
Denton, NE  
402-890-4388  
jeff@gwtfaquaponics.com  
gwtfaquaponics.com  
• Aquaponic  
• Direct Sales—Call or Email, Farmers' Markets, Wholesale  
We use aquaponics to grow produce, cut flowers, and live plants on our 11-acre farm. Aquaponics is the cultivation of fish and plants together in a symbiotic environment.
- 48 **Jones EcoFarms**  
Justin Jones  
Crete, NE  
402-613-2035  
justin@jonesproduce.net  
jonesecofarms.com  
• Certified Organic, No Synthetic Inputs  
• Non-GMO Feed, Pasture Raised, Rotational Grazing  
• Direct Sales—Call or Email, Wholesale, Online Ordering  
Jones EcoFarms takes an ecological approach to raising pastured livestock, perennial plants, and organic produce. The farm focuses on integration, diversity, and perennial crops.

- 49 **Lakehouse Farm**  
Jerry & Renee Cornett  
Waverly, NE  
402-786-2239  
info@PrairiePlateRestaurant.com  
LakehouseFarm.com  
• Certified Organic  
• Direct Sales—Call or Email, Farmers' Markets  
Lakehouse Farm is a family owned produce farm northwest of Waverly, Nebraska. We provide a market basket of certified organic produce while managing the land sustainably.
- 53 **Lotus Gardens**  
Michelle & James Tolston  
Lincoln, NE  
402-890-4103  
lotusgardenshealthylife@gmail.com  
lotusgardens4life.com  
• Aquaponic  
• Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
Our Aquaponics farm duplicates a traditional 40 acre farm in 8,640 sq ft. We care for each plant individually by hand. NO GMO. NO PCBs (These will kill our fish).
- 57 **Prairieview**  
Bonnie Henshaw  
Lincoln, NE  
402-423-5489  
jbhenshaw@windstream.net  
• Direct Sales—Call or Email, Farmers' Markets
- 58 **RhizoCity Farms**  
Matt Pirog & Skylar Falter  
Lincoln, NE  
402-305-9803  
rhizocity@gmail.com  
rhizocity.farm  
• No Synthetic Inputs  
• Direct Sales—Call or Email, Wholesale  
We are a farming duo transforming urban spaces into bountiful gardens. We strive to grow fresh and nutritious food within city limits with as little fossil fuels as possible.

Lincoln Area →  
continues on next page

**59 Robinette Farms**  
  
 Chloe Diegel & Alex McKiernan  
 Martell, NE  
 402-794-4025  
 farmers@robinettefarms.com  
 robinettefarms.com  
 • Certified Organic  
 • CSA, Farmers' Markets, Wholesale,  
*We are a certified organic, diversified small-scale family farm growing microgreens and over 80 varieties of vegetables.*

**60 Shadowbrook Farm**  
  
 Kevin Loth & Ian Richmond  
 Lincoln, NE  
 530-215-7237  
 shadowbrook@neb.rr.com  
 shadowbrk.com  
 • No Synthetic Inputs  
 • Non-GMO Feed, Pasture Raised  
 • CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale  
*We are committed to sustainable vegetable production and being good stewards of the land. The farm's Dutch Girl Creamery produces grade A goat milk to make artisan cheeses.*

**61 Sleepy Bees Lavender Farm**  
  
 Jerry & Holly McCabe  
 Firth, NE  
 402-580-5675  
 sleepybeeslavenderfarm@gmail.com  
 sleepybeeslavenderfarm.com  
 • On Farm Store, Farmers' Markets, U-Pick, Wholesale, Online Ordering  
*We have approximately 2 acres of lavender grown naturally with no pesticides or herbicides. We have fresh and dried lavender, culinary lavender and bath, body, and home products.*

**62 Spiritus Vitae Botanicals**  
  
 Nicole & Paul Saville  
 Martell, NE  
 402-413-1495  
 spiritusvitaebotanicals@gmail.com  
 spiritusvitaebotanicals.com  
 • No Synthetic Inputs  
 • Direct Sales—Call or Email, Farmers' Markets, U-Pick, Wholesale, Online Ordering  
*We serve as stewards of the land, working in tandem with Mother Nature to grow potent, high quality medicinal herbs, thus providing the community and land with optimal nourishment.*

**64 Trackside Farm LLC**  
  
 James & Nancy Scanlan  
 Hickman, NE  
 267-809-4993  
 tracksidegrown@gmail.com  
 facebook.com/hicktracks  
 • Direct Sales—Call or Email, Farmers' Markets  
*We are a 15 acre farm in Hickman, specializing in naturally grown, with a focus on the unique varieties. Chile peppers, garlic, and fun things not often seen are our specialties.*

**65 Twin Springs Pecans**  
  
 Charles Willnerd & Sarah Ferdico  
 Bennet, NE  
 402-788-2870  
 willnerdfarms@yahoo.com  
 twinspringspecans.com  
 • On Farm Store, Farmers' Markets  
*Twin Springs Pecans provides premium fresh, healthy, and oh-so-tasty northern pecans grown and processed in southeast Nebraska. From our family to yours, enjoy!*

**66 Yankee Hill Landscape**  
  
 Tammy & Todd Magee  
 Lincoln, NE  
 402-416-2611  
 info@YankeeHillLandscaping.com  
 YankeeHillLandscaping.com  
 • On Farm Store, Farmers' Markets, Wholesale  
*We are a family owned operation conveniently located on the SE edge of Lincoln. Visit our location for fresh produce, beautiful plants, or landscape supplies throughout the season.*

**67 Yum Yum Greens**  
  
 Baron Kimble  
 Lincoln, NE  
 402-413-1416  
 yum@yumyumgreens.com  
 yumyumgreens.com  
 • No Synthetic Inputs  
 • On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
*Hi, I'm Baron Kimble! I grow and sell microgreens. I got interested in agriculture, and the easiest way I would learn how to do it is by making microgreens.*

# LOCAL FOODS Word Match



Can you match the local foods word or phrase to its definition?

<b>1</b> A young hen, perhaps who just started laying small eggs.	<b>2</b> An area that has extremely limited access to fresh, nutritious, affordable food. 23.5 million Americans live more than one mile (urban) and more than 10 miles (rural) from a source of fresh, nutritious and affordable food.	<b>3</b> French for 'goat'—in Nebraska it's usually a soft, creamy, tangy, goat cheese.
<b>4</b> A variety of celery selected for it's enlarged stem, which looks like a knobby bulb.	<b>5</b> A dairy cow breed that is red and white, docile, a good forager, and famous for its rich smooth milk.	<b>6</b> Performs multiple tasks like gathering nectar and pollen, attending to the queen, gathering water and building honeycomb.
<b>7</b> A breed of pig with a thick auburn coat, known to be good mothers, and who thrive outdoors.	<b>8</b> Combination of diced onion, carrot and celery. Sautéed slowly in butter. An aromatic base for soups and stews. French.	<b>9</b> Culinary herb popular in Mexico. described as "the love child of cilantro and arugula" or "cilantro on steroids."

- \_\_\_\_\_ Food Desert
- \_\_\_\_\_ Celeriac
- \_\_\_\_\_ Duroc
- \_\_\_\_\_ Guernsey
- \_\_\_\_\_ Worker Bee
- \_\_\_\_\_ Mirepoix
- \_\_\_\_\_ Chevre
- \_\_\_\_\_ Pullet
- \_\_\_\_\_ Papalo

Answers: Food Desert-2, Celeriac-4, Duroc-7, Guernsey-5, Worker Bee-6, Mirepoix-8, Chevre-3, Pullet-1, Papalo-9

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 WWW.WILDFLOURGROCER.COM

HOURS  
 M-W, F: 12-6  
 THURS: 12-7  
 SAT: 10-2

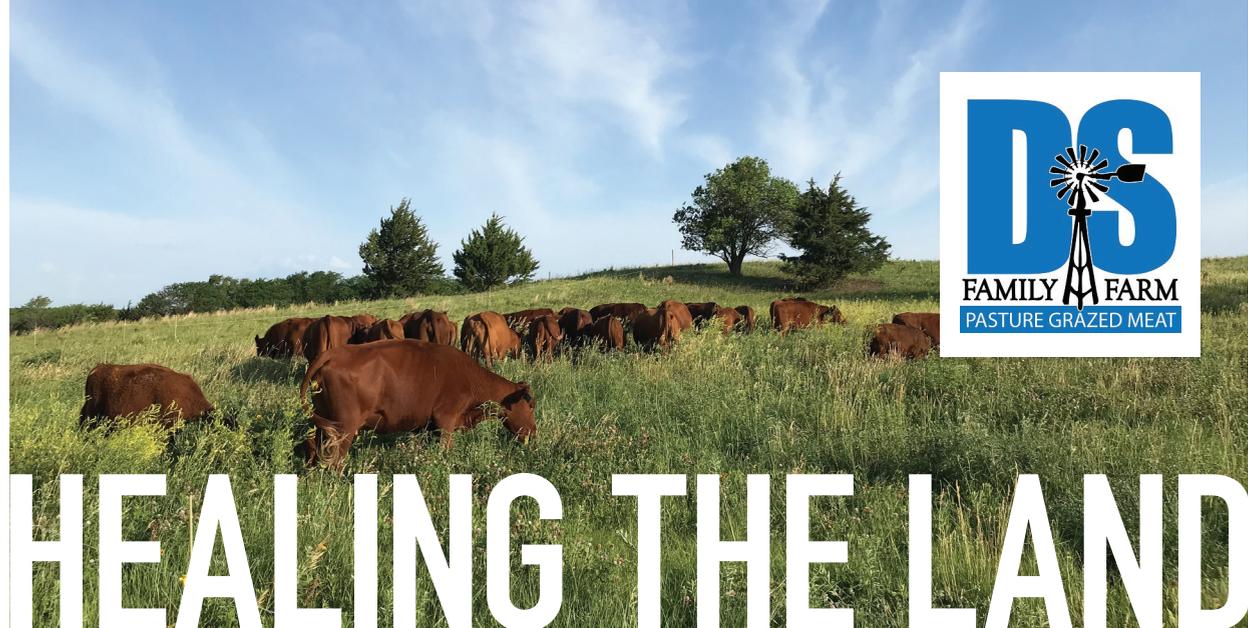


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 UBT Veggie Van & New Storefront  
 CommunityCrops.org





# HEALING THE LAND WITH POSITIVE ANIMAL IMPACT

*Doug and Sheila*

*Garrison of DS Family*

*Farms have been*

*raising beef cattle in*

*Malcolm, Nebraska,*

*for the past 10 years.*

*They are managing*

*their herd in a way*

*that increases the*

*biological activity*

*(life) of the soil in*

*their pastures.*

**Skylar Falter (SF):** *You've described your cattle as 'land healers.' Could you explain why you call cattle land healers?*

**Doug Garrison (DG):** Using cattle as land healers comes back to how we manage them. We manage them according to the pattern nature has given us. The technical term is biomimicry. We see how nature works, and we try to imitate it to encourage biological processes in the soil that heal the land. Our management mimics traditional grassland grazers—bison. Moving animals daily to new grass and having hooves on the ground stimulates soil biology, stores carbon, and increases diversity of plants.

That being said, it really depends how the human manages the cattle—cattle can overgraze a pasture, and they can be land abusers if humans manage them that way.

**SF:** *Why do our lands need healing?*

**DG:** It's all based on past human management, and I'll use our farm as an example. If you look back to the aerial imagery of the farm from the 1920's, this entire quarter section was farmed—that's 150 plus

years of releasing carbon into the atmosphere through tillage, and overgrazing. It's years of topsoil washing away from erosion. Our soils are degraded. Over half the organic matter in Nebraska soils is gone due to human management. That's why the land needs healing.

**SF:** *Could you share a couple ways you mimic nature at DS Family Farms?*

**DG:** We keep our cows 'herded up' and we keep moving them to fresh grass. Most of the time they are in an area for one day, then on to the next area. Nature's important insight to grazing is best expressed by Joel Salatin as, "Fresh Grass and Move, Fresh Grass and Move." Instead of overgrazing the tastiest plants (usually native prairie grasses), the cattle are taking a few bites of everything. This means no one type of plant is getting overgrazed, and that leads to a more diverse plant community.

A whole bunch of biological processes also go on when there are many hooves on the ground. Concentrated hooves from a moving herd will chip vegetation, break the soil surface, and put grass seed in contact with soil, very similar to how you use a hoe to plant your garden!

So, in the past predators and seasonal migrations would bring about this much needed animal impact. At our farm, we utilize portable electric fence to concentrate and move the herd following nature's pattern.

**SF:** *What are some ways people benefit from pasture grazed meat?*

**DG:** Improving our soils, improving our grass, improving our animals leads to more healthy food options, and more nourished humans. Our animals are healthier. We don't use any antibiotics or vaccines on the cattle and we haven't done any fertilizing or broadcast herbicides on the pastures.

We're using free sunlight energy and moving carbon from the atmosphere into plants. The plants are moving the carbon into critters above and below ground. Our customers are enjoying this carbon in the form of pasture grazed beef. What we are doing is having a positive impact, and people can be a part of that positive impact when they eat our pasture grazed meat.



Find a link to the full article written by Doug at [BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG)

## Nebraska Regional Food Systems Initiative

Food systems bring value to communities by generating economic development, creating relationships between residents, farmers and businesses, preserving and protecting farm land, and supporting healthy lifestyles.

Core activities of the initiative include:

- Annual convening
- Quarterly newsletters
- Training/technical assistance for those seeking to understand our food system and to help make positive change!



For more information and to sign up for our quarterly newsletter, visit:

[foodsystems.unl.edu](http://foodsystems.unl.edu)

Powered by



## Bison Meatballs

*Bison meat is similar to beef and is cooked in much the same way. The taste is often indistinguishable from beef, although bison tends to have a fuller, richer (sweeter) flavor. Bison is low in fat and cholesterol and is high in protein, vitamins, and minerals. Fresh cut bison meat tends to be darker red and richer in color than many of the other red meats.*

### Ingredients

- |                    |   |
|--------------------|---|
| 1 lb ground bison  | 1 tsp dried herbs, such as Italian seasoning (optional) |
| ¼ tsp black pepper | 2 Tbsp finely chopped onion (optional)                  |
| ½ tsp sea salt     | 1 egg, lightly beaten                                   |

### Instructions

1. Mix all ingredients until well-combined. Use hands if needed.
2. Form into one inch balls (medium cookie ball scoop works well). Place close together on baking sheets. Bake at 350° for 15 minutes.
3. May be used in spaghetti sauce, cheese sauce, sweet/sour sauce, etc.

**NOTE:** Multiply the recipe above depending on the quantity needed!

### From the kitchen of

Martin & Karen Bredthauer

STRAIGHT ARROW BISON, BROKEN BOW, NE



On average a worker honeybee produces 1/12 of a teaspoon of honey in her 5-week life span.

**FUN FACT**

**BUSINESSES**

**73 It's All About Bees!**  
Retail Store, Local Food Processor  
8540 Park Dr.  
Omaha, NE  
402-216-4545  
itsallaboutbees@msn.com  
itsallaboutbees.com  
HOURS: Mon-Fri: 9 am-6:30 pm,  
Sat-Sun: 9 am-5pm  
*"It's All About Bees!" is a local honey, beeswax specialties, and gift shop in Ralston, Nebraska. Come stop by our gift shop!*

**75 Nebraska Food Cooperative**  
Distributor, Food Cooperative  
Statewide Distribution  
800-993-2379  
gm@nebraskafood.org  
nebraskafood.org  
HOURS: Shop online 24/7 from our network of local producers  
*As an online farmers' market, we support local food sales and distribution across much of Nebraska, allowing producers to stay on the farm and focus on growing food the right way.*

**76 No More Empty Pots**  
Non-Profit, Caterer, Distributor, Local Food Processor, Coffee House  
8501 N 30th St.  
Omaha, NE  
402-933-3588  
info@nmepomaha.org  
nmepomaha.org  
HOURS: Mon-Fri: 9 am-5 pm, Cafe hours vary (check website for times)  
*We are a grassroots non-profit that supports communities in becoming self-sufficient and food secure. We fight poverty with local foods, training, jobs, and entrepreneurship.*

**FARMERS' MARKETS**

**70 Florence Mill Farmers Market**  
9102 N 30th St. (Next to Mormon Bridge over Missouri River, 30th & I-680)  
Omaha, NE  
402-551-1233  
Lsmeigs@msn.com  
facebook.com/thefloremill  
DATE & TIME: Sundays 10 am-3 pm (June 7-Sept 27)  
*Family-friendly, country-fun. Local Produce, Crafts, Live Music: 3rd & 4th Sunday Circle-Jams (bring your instrument!), and "Country-School" guests who sometimes moo or neigh.*

**77 Omaha Farmers Market—Aksarben**  
67th and Center St. (Aksarben Village)  
Omaha, NE  
402-345-5401  
kbeck@vgagroup.com  
omahafarmersmarket.com  
DATE & TIME: Sundays 9 am-1 pm (May 3-Oct 11)  
• EBT/SNAP, Double Up Food Bucks/ SNAP matching dollars  
*Fresh, locally grown produce, baked and prepared foods, meats, cheeses, and crafts are available each Sunday morning, May through mid-October from over 120 vendors in Aksarben.*

**78 Omaha Farmers Market—Old Market**  
11th & Jackson St.  
Omaha, NE  
402-345-5401  
kbeck@vgagroup.com  
omahafarmersmarket.org  
DATE & TIME: Saturdays 8 am-12:30 pm (May 2-Oct 10)  
EBT/SNAP, Double Up Food Bucks/ SNAP matching dollars  
*Fresh, locally grown produce, baked and prepared foods, meats, cheeses, and crafts are available each Saturday morning, May through mid-October from 90 vendors in the Old Market.*

**80 Village Pointe Farmers Market**  
17101 Davenport St. (Located in the SE parking lot of Village Pointe Shopping Center on 168th & Dodge)  
Omaha, NE  
916-215-4231  
vpfm.manager@gmail.com  
reddevelopment.com/village-pointe-farmers-market  
DATE & TIME: Saturdays 8:30 am-12:30 pm (May 2-Oct 3)  
*VPFM was established to elevate community awareness of the importance of sustainable, local, family-owned farms, and to provide wholesome food at a location in West Omaha.*

**81 Wenninghoff's Farm**  
6707 Wenninghoff Rd.  
Omaha, NE  
402-571-2057  
wenninghofffarm@hotmail.com  
wenninghoff.com  
DATE & TIME: Daily 10 am-5 pm (July 10-Oct 30)  
• Double Up Food Bucks/SNAP matching dollars  
*Our On-The-Farm Market has tons of fresh, locally grown produce and other items from local vendors like granola, jams, jellies, honey, baked goods, pie, eggs, and lots more!*

**FARMS & RANCHES**

**68 Barreras Family Farm**  
Anthony & Mariel Barreras  
Blair, NE  
402-906-9766  
barrerasfamilyfarm@gmail.com  
barrerasfamilyfarm.com  
• Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
*Army Veteran owned and operated, Barreras Family Farm is dedicated to emulate the seven Army Values both in our daily farm operations and community involvement.*

# BACKYARD FARMER

## 68 YEARS AND STILL GROWING!

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#### April-September

Send us your questions! [byf@unl.edu](mailto:byf@unl.edu)





Nebraska's PBS & NPR® Stations  
[netNebraska.org](http://netNebraska.org)

This series is a co-production of NET Television and the University of Nebraska-Lincoln Extension.

**69 D&D Beef**  
Michaela Mann  
Herman, NE  
402-237-1489  
danddbeef@gmail.com  
DandDbeef.com  
• Hormone Free, Pasture Raised, Rotational Grazing, Grass Fed, Grain Finished  
• Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
*D&D Beef—family owned ranch raising pasture raised, grain finished, dry aged beef. Born and raised in one location, no added hormones, and single animal sourced.*

**71 Fruit of Levine LLC**  
Jodi & Mike Levine  
Omaha, NE  
402-312-9560  
jodibrotsky5@gmail.com  
fruitoflevine.com  
• No Synthetic Inputs  
• Pasture Raised  
• Direct Sales—Call or Email, Wholesale  
*Fruit of Levine produces specialty fruits, vegetables, duck & goose eggs, and honey products that are difficult to source locally. Dedicated to sustainable agricultural production.*

**72 GreenLeaf Farms**  
Joletta Hoelsing  
Omaha, NE  
402-614-0404  
info@greenleafarms.biz  
greenleafarms.biz  
• Certified Organic, No Synthetic Inputs  
• CSA, Farmers' Markets, Wholesale

**74 Little Mountain Ranch & Garden**  
Bill Alward & Rebecca Moshman  
Fort Calhoun, NE  
765-585-2723  
littlemountain.rg@gmail.com  
littlemountainrg.com  
• No Synthetic Inputs  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• CSA, Direct Sales—Call or Email, Farmers' Markets  
*We are a small family farm focused on producing food that is chemical free and humanely raised. Our centerpiece product is forest raised pork. Farm visits always welcome!*

**79 Stream Meadow Farms**  
Carol Olson  
Papillion, NE  
402-681-9044  
streammeadowfarms@gmail.com  
streammeadowfarms.com  
• Certified Organic, Produce Safety Alliance Certificate  
• Direct Sales—Call or Email, Wholesale  
*Stream Meadow Farms—always Delicious, Organic, and Clean—combining healthy soil, sunlight, water, and air flow to produce organic tomatoes boasting flavor, texture, and color.*

*You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients.*

~JULIA CHILD

# Cabbage Salsa

Cabbage is one of our favorites from the garden. Coleslaw, homemade runzas, sauerkraut, and this recipe is a fun way to use it up, along with garden fresh tomatoes, peppers, onions, garlic, and cilantro.

## Ingredients

- |  |                                 |
|--|---------------------------------|
| 4 c chopped or shredded cabbage              | ¼ c fresh squeezed lemon juice  |
| Cilantro, diced (several sprigs or to taste) | 2 cloves diced or minced garlic |
| 2 c diced tomatoes                           | 1 tsp salt or more to taste     |
| ½ c diced red onion                          | Pinch ground cayenne pepper     |
| ¼ c finely diced jalapeno pepper             |                                 |

## Instructions

In a medium bowl combine diced tomatoes, cilantro, onion, jalapeno, and garlic. Add lemon juice (or lime), salt, and cayenne. Stir in chopped or shredded cabbage and serve.

## From the kitchen of

THE HOAGLAND HOMESTEAD, HASTINGS, NE



## HOW TO POACH AN EGG

Lightly cooked egg whites with an ooey-gooey yolk in the center—these are the eggs on “eggs benedict.” They are perfect served with toast or atop a pasta, noodle, or curry dish.

- 1 Crack your egg into a bowl.
- 2 Bring a pan of water filled at least 1½ inch deep to a simmer. Don't add any salt as this will break up the egg white.
- 3 Tip the egg into the pan—egg whites first, followed by the yolk.
- 4 Cook for 2 minutes at a simmer, then turn off the heat and leave in the pan about 5 minutes.
- 5 Lift the egg out with a slotted spoon, and drain it on kitchen paper.

# KITCHEN BASICS

## COOKING STAPLES

- S**OMETHING FATTY—try pecans, black walnuts, hazelnuts, or sunflower seeds. Pan roast them with spices for a crunchy treat!
- A**DD FRUIT! Chopped apples, Asian pears, strawberries, cool watermelon, or peaches take salads to the next level, plus their textures and colors add playfulness to your plate.
- L**EAVES—dip your toes into the wide world of greens. Lettuce is so good, but why not try a handful of chard, baby kale, spinach, microgreens, dandelion greens, mizuna, or bok choy?
- A**LTERNATIVE VEGETABLES—Everyone has those forgotten veggies in the fridge or counter. Prep them up by cutting them into fun shapes like ribbons, matchsticks, or rounds.
- D**RESSING—the secret is out...homemade dressing is so easy and a million times tastier than store bought! See recipes on this page.



# Seasonal and Simple

Downloadable app to help you find, select, store, preserve and prepare fresh produce in Nebraska.

app



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UNIVERSITY OF MISSOURI Extension



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[YankeeHillLandscaping.com](http://YankeeHillLandscaping.com)

402-416-2611



## Herbaceous Nebraska Vinaigrette SALAD DRESSING

- ½ c oil of your choice (try sunflower!)
- 1 tsp honey, maple syrup, or sweetener of your choice
- ⅓ c vinegar of your choice
- Juice of ½ a lemon
- Pinch of salt and pepper

- 1 Tbsp (or more) chopped herbs of your choice—*mix and match and play with amounts!* Basil, oregano, mint, thyme, ezpazote, papalo, bee balm, cilantro, dill, etc.

Blend, shake, or whisk liquid ingredients together. Add herbs, salt, and pepper.



## Nebraska Honey Bee Dijon SALAD DRESSING

- ¼ c local honey
- ¼ c dijon mustard
- ¼ c oil of your choice (try sunflower!)
- 2 Tbsp vinegar of your choice
- 1 tsp salt
- Dash of pepper

Blend or whisk all ingredients. Adjust amounts of honey or vinegar for more or less tanginess or sweetness.

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August 13

\*no market on Aug. 6th

Autumn Markets  
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in NW Lincoln



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

## QUIZ: WHAT'S YOUR LOCAL FOOD SCORE?

We are all on a journey with local food—maybe you are a farmers' market regular, maybe you've never been! You might be learning to cook or you could be experimenting with milling your own Nebraska grown wheat for a sourdough bake.

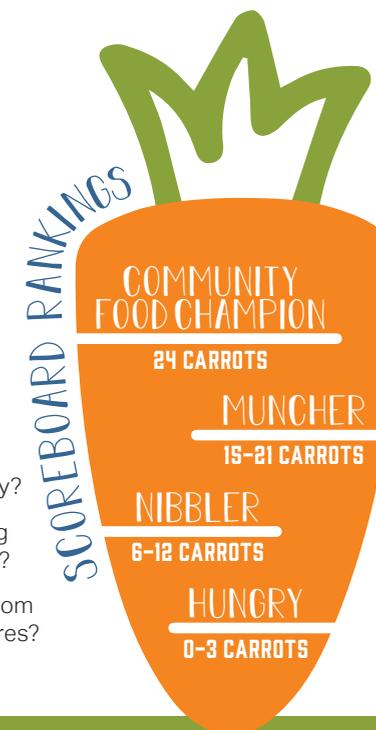
Where ever you are, we are glad you are here! Take our Local Food Score (LFS) quiz to gauge where you are on your journey, and where you could go! The benefits of local food are endless—health, sustainability, joy, and food sovereignty are just a few.

To calculate your LFS, answer these yes or no questions.

Give yourself three carrots 🥕🥕🥕 for every yes answer.

Add up your carrots, and see where you fit on the LFS scale.

- \_\_\_ 1. Do you know someone with a vegetable garden?
- \_\_\_ 2. Have you ever scrambled eggs laid by a hen that you have personally seen (or heard cluck or quack)?
- \_\_\_ 3. Does the supermarket you shop at stock any food from local producers?
- \_\_\_ 4. Have you ever enjoyed a tomato from a grower in your county?
- \_\_\_ 5. Have you ever eaten a steak or a pork chop from a local farm or ranch?
- \_\_\_ 6. Have you ever enjoyed an apple crisp made with apples grown in your county?
- \_\_\_ 7. Do you know any local farmers growing food for the community where you live?
- \_\_\_ 8. Have you ever tasted milk or cheese from animals that graze on Nebraska pastures?



## BRIGHT IDEAS TO GET MORE LOCAL INTO YOUR LIFE!

- 🍎 Set up a friend date at the local farmers' market. Buy something and make a meal together.
- 🍎 Find a garden in your neighborhood. Strike up a conversation with the gardener. Ask if you can help.
- 🍎 This fall, visit a u-pick apple orchard with a pack of friends.
- 🍎 Make a point to learn about food that grows wild. Go foraging, harvest ethically, and enjoy the new tastes you find.
- 🍎 Plan a family or friend outing to explore a restaurant, business, or grocery store listed in this guide!
- 🍎 Try one new local food this year—local honey, a grass-fed lamb chop, chokecherry jelly, goat cheese, shiitake mushrooms—the possibilities are endless!

## Stuffed Acorn Squash

### Ingredients

2 acorn squash, halved, seeds removed	8 oz ground sausage	2 cloves garlic, minced	¼ c chopped walnuts (optional)
½ tsp salt	1 onion, finely chopped	4 c tightly packed torn kale or chopped spinach	¼ c grated fresh Parmesan cheese
¼ tsp black pepper	1 celery stalk, chopped	¼ c breadcrumbs	
	1 apple, diced	½ c chicken broth	¼ tsp sage

### Instructions

1. Heat oven to 400°. Cut a thin slice off round side of each squash half to create a stable base. Brush/spray halves with oil and sprinkle with salt and pepper.
2. Place squash hollow side down on a baking sheet lined with aluminum foil and bake until golden and tender (but still holding its shape), 30–45 minutes. Remove from oven, flip squash, and set aside. Heat broiler to high.
3. Cook sausage. Using grease from sausage, cook onion and celery for 3 minutes. Add apples and sauté another 2 minutes or until softened. Add garlic and cook another minute. Add greens and toss, then add broth. Cover and steam until greens are tender, 5 minutes. Stir in sausage.
4. Divide filling among squash. In a bowl, combine walnuts, cheese, sage, and breadcrumbs; sprinkle evenly over squash bowls. Broil until topping is golden, 1–2 minutes (keep watch—it browns quickly).

From the kitchen of

Katie Jantzen

WEST END FARM, PLYMOUTH, NE



Writer Steven McFadden of Lincoln puzzled out this quiz with the active community support of BFBL Nebraska's staff. Steven is the author of several books on farms and food. Visit him online at [DeepAgroecology.net](http://DeepAgroecology.net).

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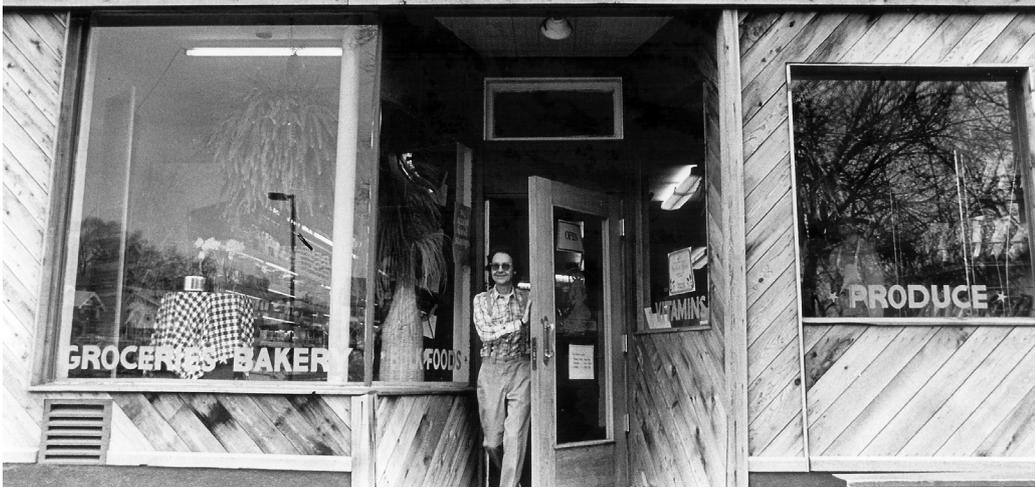
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