

# LOCAL food 2021 GUIDE

## LOCAL FOOD MAP

Find local foods near you! PG.5

## ZUCCHINI FRITTERS

YUM! An easy and delicious family favorite!  
(One of several recipes throughout.) PG.15

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**Nebraska**

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At Buy Fresh Buy Local® Nebraska,  
**WE ARE PROUD TO CALL THESE  
FOLKS OUR SPONSORS.**



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



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**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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# Your Guide to NEBRASKA'S FARM FRESH FOODS!

A NOTE FROM THE LOCAL COORDINATOR

## Discovering Resilience & Investing in the Future

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

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

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

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

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

### What you'll find in our guide:

- A directory listing of over 100 farms, ranches, and food businesses from across the state
- A new beautifully illustrated "Seasons of Nebraska" guide on page 4!
- Recipes from our members that highlight the Flavors of Nebraska

Happy Eating,

*Skylar Falter*

Skylar Falter  
Buy Fresh Buy Local Nebraska Coordinator

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

## Hungry for More? CHECK THESE OUT:

### Video & Film

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

### Podcasts

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

### Books

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



### Seasons of Nebraska

Order a print of the beautiful illustration on the next page at [BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG)

# SEASONS OF NEBRASKA

## SPRING



## SUMMER



## FALL



## WINTER



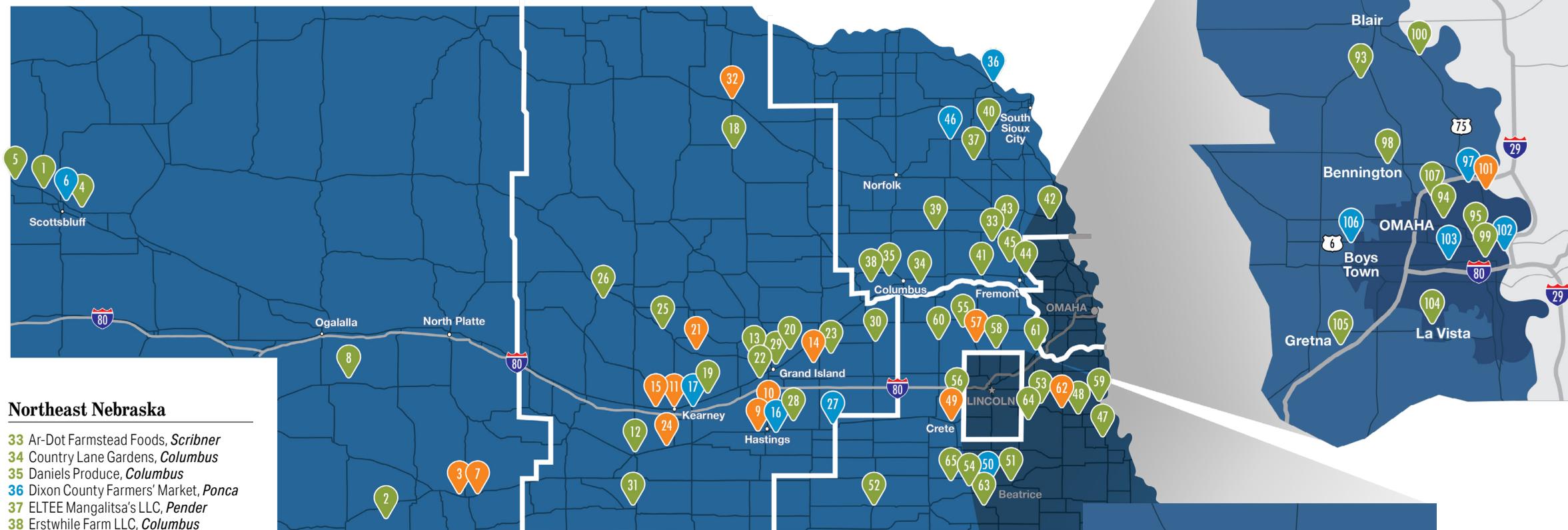
Any Miller

# FIND local foods & farms NEAR YOU!

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

Get on the local food map by becoming a member at [BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG)

Business Farmers' Market Farm/Ranch



## Western Nebraska

- 1 Farm Girl Fresh Market, *Mitchell*
- 2 Heritage Acres, *Stratton*
- 3 Heritage Acres Drive-thru Market, *McCook*
- 4 Meadowlark Hearth Farm, *Scottsbluff*
- 5 Painter Produce, *Henry*
- 6 Scottsbluff Winter Farmers' Market, *Scottsbluff*
- 7 Sehnert's Bakery & Bieroc Cafe, *McCook*
- 8 The Prairie Garden, *Madrid*

## Central Nebraska

- 9 Back Alley Bakery, *Hastings*
- 10 Ensign Beverage & First Street Brewing Co., *Hastings*
- 11 Farmers Market 365, *Kearney*
- 12 Freed Brothers Farms, *Loomis*
- 13 GI Acres, *Grand Island*
- 14 Grain Place Farm, *Marquette*
- 15 GROW Nebraska, *Kearney*
- 16 Hastings Downtown Market, *Hastings*
- 17 Kearney Area Farmers' Market, *Kearney*
- 18 Lambert Melons, *Ewing*
- 19 Little Town Gardens, *Gibbon*
- 20 Nebraska Mushroom LLC, *Grand Island*
- 21 Nutt Family Country Market, *Ravenna*
- 22 Prairie Pride Acres, *Grand Island*
- 23 Range West Beef, *Marquette*
- 24 Roberts Seed Inc., *Axtell*
- 25 Setting D Ranch LLC, *Litchfield*
- 26 Straight Arrow Bison Ranch, *Broken Bow*
- 27 Sutton Farmers' Market, *Sutton*
- 28 The Hoagland Homestead, *Inland*
- 29 Third Day Microgreens LLC, *Grand Island*
- 30 Twogood Farm, *Stromsburg*
- 31 Walnut Range Farms, *Alma*
- 32 Wildflour Grocer, *O'Neill*

## Northeast Nebraska

- 33 Ar-Dot Farmstead Foods, *Scribner*
- 34 Country Lane Gardens, *Columbus*
- 35 Daniels Produce, *Columbus*
- 36 Dixon County Farmers' Market, *Ponca*
- 37 ELTEE Mangalitsa's LLC, *Pender*
- 38 Erstwhile Farm LLC, *Columbus*
- 39 Fat Head Honey Farms, *Clarkson*
- 40 Graf Bees—The Buzz, *Emerson*
- 41 Johnson Farm, *North Bend*
- 42 KD Pastures, *Tekamah*
- 43 KrazyWoman Orchard, *Scribner*

## Southeast Nebraska

- 47 Al-Be Farm, *Julian*
- 48 Arnold Acres, *Syracuse*
- 49 Artisan Mark Coffee + Goods, *Crete*
- 50 Beatrice Farmers' Market, *Beatrice*
- 51 Broken Arrow Farm, *Filley*
- 52 Dageforde Farms, *Hebron*
- 53 Divino Nino Dairy, *Palmyra*
- 54 Food4Hope, *Beatrice*
- 55 Great Plains Nursery, *Weston*

## Lincoln Area

- 66 Bad Horse Farm, *Denton*
- 67 Bennet Farmers' Market, *Bennet*
- 68 Bright Hope Family Farm, *Firth*
- 69 Common Good Farm, *Raymond*
- 70 Community Crops, *Lincoln*
- 71 DS Family Farm, *Malcolm*
- 72 Fallbrook Farmers' Market, *Lincoln*
- 73 Green School Farms, *Lincoln*
- 74 Hub Café, *Lincoln*
- 75 Hunter's Honey, *Hickman*
- 76 Leon's Gourmet Grocer, *Lincoln*
- 77 Lincoln Haymarket Farmers' Market, *Lincoln*

- 44 Lu's Flowers and Vegetables, *Fremont*
- 45 TLC Country Floral, *Hooper*
- 46 Wayne Farmers' Market, *Wayne*

- 56 Grow with the Flow, *Denton*
- 57 Heartland Nuts 'N More, *Valparaiso*
- 58 Martin's Hillside Orchard, *Ceresco*
- 59 Paradise in Progress Farm, *Nebraska City*
- 60 Pekarek's Produce, *Dwight*
- 61 Raikes Beef Co., *Ashland*
- 62 Rich Harvest Vineyard and Winery, *Syracuse*
- 63 Sicily Creek Jelly and Produce, *Blue Springs*
- 64 The Little Red Farm, *Palmyra*
- 65 West End Farm, *Plymouth*

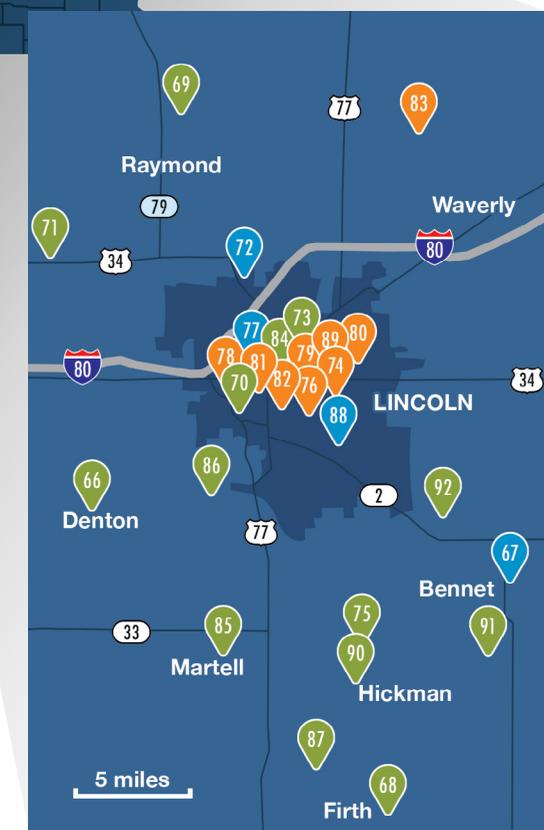
- 78 Lone Tree Foods, *Lincoln*
- 79 Mystic Rhoads Productions Inc., *Lincoln*
- 80 Nebraska Food Coop, *Lincoln*
- 81 Nebraska Sustainable Agriculture Society, *Lincoln*
- 82 Open Harvest Co-op Grocery, *Lincoln*
- 83 Prairie Plate Restaurant, *Waverly*
- 84 Prairieview, *Lincoln*
- 85 Robinette Farms, *Martell*
- 86 ShadowBrook Farm and Dutch Girl Creamery, *Lincoln*
- 87 Sleepy Bees Lavender Farm, *Firth*

## Lincoln Area (continued)

- 88 Sunday Farmers' Market at College View, *Lincoln*
- 89 Sweet Minou Chocolate, *Lincoln*
- 90 Trakside Farm, *Hickman*
- 91 Twin Springs Pecans, *Bennet*
- 92 Yankee Hill Landscape, *Lincoln*

## Omaha Area

- 93 Barreras Family Farm, *Blair*
- 94 Benson Bounty LLC, *Omaha*
- 95 Big Muddy Urban Farm, *Omaha*
- 96 D&D Beef, *Herman*
- 97 Florence Mill Farmers' Market, *Omaha*
- 98 Fruit of Levine LLC, *Omaha*
- 99 GreenLeaf Farms, *Omaha*
- 100 Little Mountain Ranch & Garden, *Ft Calhoun*
- 101 No More Empty Pots, *Omaha*
- 102 Omaha Farmers' Market—Baxter Arena (Lot 26), *Omaha*
- 103 Omaha Farmers' Market—Old Market, *Omaha*
- 104 Stream Meadow Farms, *Papillion*
- 105 Vala's Pumpkin Patch and Apple Orchard, *Gretna*
- 106 Village Pointe Farmers' Market, *Omaha*
- 107 Wenninghoff Farm, *Omaha*



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Hormone-Free Grass Fed Beef  
Quarters, Halves or Individual Cuts



We also have:

Pork  
Lamb  
Garden Fresh Produce



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# Local food GLOSSARY

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

## Growing practices ↪

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

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

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

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

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

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

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

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

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



## What is a CSA? ↪

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

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

## COMMUNITY SUPPORTED AGRICULTURE



To join, look for CSA in the directory listings or find a list of farms with CSA programs at [BUYLOCALNEBRASKA.ORG/METHODS-SALE/CSA](http://BUYLOCALNEBRASKA.ORG/METHODS-SALE/CSA)

## Programs that help everyone afford local food.

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



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

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



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



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



Find out more about these local food programs, and find YOUR farmers' market at [BUYLOCALNEBRASKA.ORG/GO-TO-GROW](http://BUYLOCALNEBRASKA.ORG/GO-TO-GROW)

# LOCAL PRODUCTS LEGEND

Find out who's growing what!

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

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

## Searching for a specific ingredient?

LIKE LOCAL ASPARAGUS OR LAMB CHOPS?



Search by specific product, region, or sales method in our easy-to-use online food guide at [BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG)



**SUNDAY FARMERS' MARKET**  
at COLLEGE VIEW

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

Every  
**SUNDAY: 10 AM - 2 PM**

**APRIL 25<sup>TH</sup> - OCTOBER 31<sup>ST</sup>**

**COLLEGE VIEW** 48TH AND PRESCOTT  
LINCOLN, NEBRASKA



**MATCHING EVERY SNAP DOLLAR EACH WEEK UP TO \$20!**

*Holiday Markets*

NOVEMBER & DECEMBER  
[holidayharvestfarmersmarket.com](http://holidayharvestfarmersmarket.com)

# Western Nebraska

## BUSINESSES

### 3 Heritage Acres Drive-thru Market

*Online Farmers' Market*  
**507 WB St.**  
**McCook, NE**  
**308-340-9872**  
**hello@heritageacres.net**  
**heritageacres.net**  
 HOURS: Order online Sat & Sun,  
 Delivery Tues: 4:30–5:30 pm  
*We offer healthy and fresh food to Southwest Nebraska in a way that keeps you safe and builds a resilient local food chain. 2021 is your year to build health. We make that easy.*

### 7 Sehnert's Bakery & Bieroc Cafe

*Bakery, Restaurant, Caterer, Retail Store, Coffee House, Venue, Bar*  
**312 Norris Ave.**  
**McCook, NE**  
**308-345-6500**  
**sehnertbakery@gmail.com**  
**sehnerts.com**  
 HOURS: Mon–Fri: 6:30 am–5 pm,  
 Sat: 6:30 am–3 pm, Sun: Closed  
*Sehnert's Bakery has been creating pastries, sandwiches, coffee drinks, etc using local products such as Wauneta Roller Mills flour and 308 Coffee since 1957. Join us.*

## FARMERS' MARKETS

### 6 Scottsbluff Winter Farmers' Market

*Monument Mall (Inside the Mall)*  
**Scottsbluff, NE**  
**308-641-7662**  
**scottsbluffwinterfarmersmarket@gmail.com**  
 DATE & TIME: Saturdays 11 am–2 pm  
 (end of Oct–end of March)  
*We have between 10–15 vendors available each market with a homemade, homegrown variety of local products. Come shop and support your small local businesses.*

## FARMS & RANCHES

### 1 Farm Girl Fresh Market

*Colleen Johnson*  
**Mitchell, NE**  
**308-225-0128**  
**farmgirlfreshmarket@gmail.com**  
**facebook.com/farmgirlfreshnebraska**  

- No Synthetic Inputs
- CSA, Direct Sales—Call or Email, Farmers' Markets, Online Ordering

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

### 2 Heritage Acres

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

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

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

### 4 Meadowlark Hearth Farm

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

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

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

### 5 Painter Produce

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

- GAP Certified, No Synthetic Inputs
- Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access
- On Farm Store, Direct Sales—Call or Email

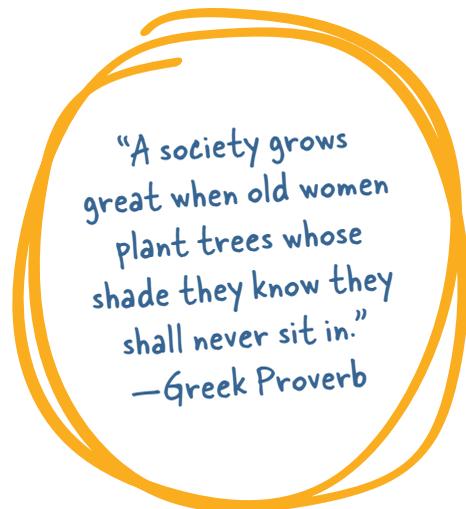
*We are a small family farm growing farm-to-table, organic produce free of pesticides, herbicides, and commercial fertilizers in the Nebraska Panhandle since 2011. Comfort food!*

### 8 The Prairie Garden

*Ryan Zimmerman*  
**Madrid, NE**  
**308-352-6035**  
**theprairiegarden@gmail.com**  
**theprairiegarden.net**  

- No Synthetic Inputs
- CSA, Farmers' Markets, Wholesale, Online Ordering

*The Prairie Garden is a small family farm on a bit of prairie in western Nebraska. We're pretty passionate about growing safe, healthy, and delicious food for our community.*



# Recipe

## SOUR KRAUT

*Fermented vegetable recipes in ½ gallon (or 2 quart) jars*



### Ingredients:

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

### Directions:

1. Shred the cabbage (plus other veggies that you like—ginger, carrots, beets, radish, turnip) and put in a bowl. Sprinkle the salt over the vegetables. Add garlic and any spices or herbs. Knead the vegetables to bring out the moisture. If you knead it a lot, it will have a nice amount of moisture. If it's dry, you can try the tip below.
2. Pack into a jar until about ¾ full (when it is fermenting, it tends to expand). Press down on the mass when you have it in the jar, and there should be some moisture which rises to the top. Make sure there is a bit of liquid covering the cabbage. Cover the jar with a dishcloth or cheesecloth and a loose-fitting lid. Write the date you made it on the jar. Put in a dark place to ferment for one week. Then, put into a refrigerated place for 5 weeks. It should be ready beginning 6 weeks after you have put it in the jar.



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



*From the kitchen of*

Meadowlark Hearth Farm,  
 Scottsbluff, NE

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

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



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



For more information, & to start your cooperative journey, visit: **ncdc.unl.edu**



# WHAT CAN LOCALLY GROWN FOOD GIVE OUR COMMUNITIES?

WALLY GRAEBER, NEBRASKA SUSTAINABLE AGRICULTURE SOCIETY

The relationship we share with our food is essential to our personal health, the health of our community, and the health of the earth. As a member of the Nebraska Sustainable Agriculture Society (NSAS), I have learned that knowing who grows my food is how I connect more meaningfully to the place where I live.

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

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

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

# 90%

of the state's food is imported from places outside of Nebraska.\*

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

*Are we willing to commit to building a local food system that grows healthy foods for everyone in our community?*

If we are going to shift our diets away from imported goods and commit to a reliable locally grown food system, it will take all of us.

A great place to start is by forming relationships with the people who grow our food. If we can start to do this together, we will find ourselves with cleaner streams, healthier soil, and stronger relationships with our neighbors across Nebraska and our greater Great Plains region.

SUSTAINABLENEBRASKA.ORG @SUSTAINABLENEBRASKA NEBRASKA SUSTAINABLE AGRICULTURE SOCIETY

\*References on 90% Statistic (A) McGuffrey, Megan. "Biting into Food Access: A View of Nebraska's Food Systems." Center for Rural Affairs, Feb. 2019, <https://www.cfra.org/sites/default/files/publications/biting-into-food-access-a-view-of-nebraska-food-system.pdf>; (B) Meter, Ken. "Nebraska Food & Food Economy." Crossroads Resource Center, 19 Nov. 2010, <https://www.crcworks.org/crcdocs/nebsum10.pdf>

## Local Food Subscription

from Robinette Farms

Local Food Delivered Year-Round  
Sourced From Local Farmers and Artisans

[www.robinettefarms.com](http://www.robinettefarms.com)

Your Source For Local

## NEBRASKA EXTENSION MASTER GARDENERS

Incredible volunteers doing incredible work in their community landscapes.

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

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## TURN AN APPLE A DAY INTO TWO APPLES A DAY

When you use your SNAP EBT card, Double Up matches your fruit and vegetable purchases dollar for dollar. That means you and your family get twice the fresh fruits and veggies!

Offer Double Up at your store or market: [food.unl.edu/doubleup-get-involved](http://food.unl.edu/doubleup-get-involved).

Find Location A Location Near You!  
[food.unl.edu/doubleup-locations](http://food.unl.edu/doubleup-locations)

UP TO \$20 PER DAY!

DOUBLE UP FOOD BUCKS

Nebraska

5011 1640 0000 2808 EBT

N EXTENSION

NEBRASKA COMMUNITY FOUNDATION

CHI Health

Children's HOSPITAL & MEDICAL CENTER

# Central Nebraska

Farmers in Nebraska can grow cold hardy crops in winter like lettuce, spinach, radishes, carrots, and kale by using structures called hoop houses.

**FUN  
FACT**

## BUSINESSES

**9 Back Alley Bakery**  
Restaurant, Caterer, Retail Store, Bakery  
609 W 2nd St.  
Hastings, NE  
402-460-5056  
john@backalleybakery.com  
backalleybakery.com  
HOURS: Mon–Wed & Fri: 9 am–5:30 pm,  
Thurs: 9 am–7 pm, Sat: 8 am–4 pm  
The Back Alley Bakery creates natural, unprocessed “artisan breads” baked fresh every day. We use wholesome ingredients in all of our offerings we serve in our restaurant daily.

**10 Ensign Beverage & First Street Brewing Co.**  
Caterer, Retail Store, Brewery  
119 N Saint Joseph Ave.  
Hastings, NE  
402-834-2400  
standardinfo@ensignbeverage.com  
ensignbeverage.com &  
firststreetbrewing.com  
HOURS: Tues–Fri: 4–9 pm, Sat: Noon–9 pm,  
Sun: 2–6 pm, Mon: Closed  
Located in Downtown Hastings, Ensign Beverage and First Street Brewing Company offers something for everyone. From Beer to Kombucha, in the Tap Room, on the patio, or to go!

**11 Farmers Market 365**  
Online Farmers' Market  
5011 2nd Ave.  
Kearney, NE  
308-216-1192  
farmersmarket365.candi@gmail.com  
HOURS: Order online for delivery or pickup on Saturdays  
Fm365 brings farmers market goodies to our customers year round. We provide opportunities for local cottage food businesses and customers to enjoy the local experience all year.

**14 Grain Place Farm**  
Local Food Processor, Farm  
1904 N Highway 14  
Marquette, NE  
501-765-2732  
grainplacefarm@gmail.com  
grainplacefoods.com  
HOURS: Tues: 9 am–4 pm,  
Thurs & Fri: 9 am–4 pm,  
Sat: By Appointment  
Organic since 1953, second generation farm focusing on soil health and working with nature. We grow, source, and sell some of the finest ingredients in the midwest and beyond.

**15 GROW Nebraska**  
Retail Store, Non-profit  
421 W Talmadge St.  
Kearney, NE  
308-338-3520  
info@grownebraska.org  
grownebraska.org  
HOURS: Mon–Fri: 8:30 am–7 pm,  
Sat: 8:30 am–1 pm, Sun: Closed  
The GROW Nebraska® Foundation helps entrepreneurs get the resources they need to live in Anywhere, Nebraska, and make a sustainable living.

**21 Nutt Family Country Market**  
Local Food Processor, Customized Produce Basket Delivery Service  
Ravenna, NE  
308-440-7833  
jnd9608@gmail.com  
facebook.com/countrygrownmarket  
HOURS: Mon–Fri: 9 am–5 pm  
(during the season)  
Nutt Family Country Market offers fresh produce in baskets delivered right to our customers' door along with jams, jellies, baked goods, elderberry products, and coming soon, beef!

**24 Roberts Seed Inc.**  
Grain and Seed Processing & Sales  
982 22nd Rd.  
Axtell, NE  
308-743-2565  
robertsseed@gtmc.net  
robertsseed.net  
HOURS: Mon–Fri: 8 am–5 pm,  
Sat: 9 am–Noon, other times available upon request  
Roberts Seed 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!

**32 Wildflour Grocer**  
Grocery Store  
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  
An indoor farmers' market and community space in the heart of north central Nebraska focusing on locally grown products and goods made in our certified kitchen year-round.

## FARMERS' MARKETS

**16 Hastings Downtown Market**  
2nd St. and Saint Joseph (East of Odyssey and North of First Street Brewery)  
Hastings, NE  
402-469-5064  
director@hastingsdowntownmarket.com  
hastingsdowntownmarket.com  
DATE & TIME: Thursdays 5–7:30 pm  
(June 3–Sept 16)  
• NE Senior Farmers Market Coupons  
The Hastings Downtown Market is on Thursday evenings. Enjoy a quaint setting, with plenty of shade, multiple vendors, and live music from 6:30–7:30 pm!

**17 Kearney Area Farmers' Market**  
5011 2nd Ave. (Hilltop Mall parking lot between Valentino's and Golf USA)  
Kearney, NE  
308-216-1192  
kearneyAFM@hotmail.com  
DATE & TIME: Wednesdays 2–6 pm,  
Saturdays 8 am–1 pm  
(May 1–Oct 31)  
• EBT/SNAP, NE Senior Farmers Market Coupons  
Kearney Area Farmers Market hosts local vendors and artisans from 125 mile radius to offer a wide variety of the freshest products possible.

**27 Sutton Farmers' Market**  
Sutton City Park Pavilion  
(Corner of N Saunders Ave. & E Ash St.)  
Sutton, NE  
402-410-2032  
farmersmarketsutton@gmail.com  
suttonfarmersmarket.com  
DATE & TIME: Saturdays 8 am–Noon  
(June 12–Oct 23)  
Vendors selling the freshest locally grown and home baked goods! Fruits, veggies, herbs, flowers, breads, rolls, honey, sweets, eggs, handmade crafts, woodworking, and furniture.

## FARMS & RANCHES

**12 Freed Brothers Farms**  
Jenny Enchayan  
Holdrege, NE  
308-991-3650  
jenny.enchayan@gmail.com  
facebook.com/freedbrothersfarms  
• On Farm Store, Direct Sales—Call or Email, Online Ordering  
Visit us at Violets and More, LLC, on the back porch in season for pumpkins, gourds, ornamental corn, produce, and more grown right here in Phelps County, Nebraska.

**13 GI Acres**  
Chad & Kathy Nabity  
Grand Island, NE  
308-379-3882  
chadn1@grandislandacres.com  
grandislandacres.com  
• Outdoor Access  
• CSA  
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!

**18 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.

**19 Little Town Gardens**  
Candi Benge  
Gibbon, NE  
308-216-1192  
candi@littletowngardens.com  
facebook.com/littletowngardens  
• Aquaponic, No Synthetic Inputs  
• CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
Little Town Gardens started in 2018 and we are still learning as we go. We are learning to use regeneration and no till farming practices to grow healthy veggies in healthy soil.

**20 Nebraska Mushroom LLC**  
William Gordon  
Grand Island, NE  
308-384-1430  
ash@nebrakamushroom.com  
nebrakamushroom.com  
• Direct Sales—Call or Email, Farmers' Markets, Wholesale  
Nebraska Mushroom LLC is an indoor mushroom farm that specializes in the production of gourmet and medicinal mushrooms by utilizing local agricultural and forestry byproducts.

**22 Prairie Pride Acres**  
Daniel Hromas  
Grand Island, NE  
402-217-2797  
prairieprideacres@gmail.com  
facebook.com/prairieprideacres  
• No Synthetic Inputs  
• Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale  
Prairie Pride Acres' holistic philosophy centers around the humane treatment of all animals. The bulk of what we raise is grass fed beef—no antibiotics or hormones are used!

**23 Range West Beef**  
Luke & Lori Jacobsen  
Marquette, NE  
402-854-3104  
rangewestbeef@gmail.com  
rangewestbeef.com  
• Certified Organic, 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, Online Ordering  
Our beef is produced on some of Nebraska's best soils. Quality organic lands, rotational grazing on high energy irrigated grasses, and moderate Angus cattle produce flavorful beef.

**25 Setting D Ranch LLC**  
Clarissa & Dan Feldman  
Litchfield, NE  
308-367-6326  
settingdranch@hotmail.com  
facebook.com/settingdranch  
• Pasture Raised, Grass Fed, Grain Finished  
• Direct Sales—Call or Email, Farmers' Markets  
Setting D Ranch LLC is a 3rd generation ranch raising beef and pork. We offer it by the carcass or as frozen, pre-packaged cuts. Processed in a local USDA inspected facility.

“**LOCALLY GROWN love**”

WHAT DO YOU LOVE ABOUT LOCAL FOOD IN NEBRASKA?

“The surprising variety and lovely quality.”

BEST FOOD TO BUY FROM A LOCAL SOURCE? “Garlic. Nothing compares to local garlic. It adds extra depth of flavor to everything.”

FAVORITE SEASON FOR LOCAL FOOD? “I love spring because it's the start of fresh food after a long winter.”

~Alexie, Omaha, NE

Central Nebraska →  
continues on next page

## 26 Straight Arrow Bison Ranch



Karen & Marty Bredthauer  
Broken Bow, NE  
308-870-4045  
mail@straightarrowbison.com  
straightarrowbison.com

- Animal Welfare Approved, Pasture Raised, Rotational Grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering

We started raising bison in 1994 as a family project. We are certified animal welfare, 100% grassfed, and most recently have been approved as certified regenerative through AGW.

## 28 The Hoagland Homestead



Amy & Adam Hoagland  
Inland, NE  
402-469-5065  
thehoaglandhomestead@gmail.com

- Direct Sales—Call or Email, Farmers' Markets, U-Pick

We are a three generation garden. We offer a diverse variety of vegetables, honey, jelly, cut flowers, and more! Find us at the Highland Park and Downtown Hastings markets.

## 29 Third Day Microgreens LLC



Sarah Martin  
Grand Island, NE  
308-370-1201  
thirddaymicrogreens@gmail.com  
thirddaymicrogreens.com

- No Synthetic Inputs, Produce Safety Alliance trained
- Direct Sales—Call or Email, Wholesale, Online Ordering

We grow nutrition packed microgreens. Our subscription service delivers to Grand Island, Phillips, and Aurora. You can also find them at Hy-Vee and Natural Food Products in Grand Island.

## 30 Twogood Farm



Rachel Twogood  
Stromsburg, NE  
402-764-0240  
rltwogood@gmail.com  
twogoodfarm.com

- Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- CSA, On Farm Store, Direct Sales—Call or Email, Online Ordering

Born and grazed on our farm from birth to butcher, we desire to provide you beef that is truly grass-fed from start to finish. No hormones, no antibiotics and no grain. Ever.

## 31 Walnut Range Farms



Jessica Swanson  
Alma, NE  
308-920-1275  
jessica@walnutrangefarms.com  
walnutrangefarms.com

- Antibiotic Free, Hormone Free, Rotational Grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering

We at Walnut Range Farms are excited to offer you our Grass Fed and Finished Beef! Our beef is delicious, tender, and very healthy. Our Omega 6:Omega 3 Ratio is 1.2 to 1!

Keep Your Friends Close,  
and Your Farmers Closer!  
Buy Fresh Buy Local!

## Recipe

### ZUCCHINI FRITTERS

Looking for ways to use up all that extra zucchini?  
Look no further with this easy and delicious family favorite!

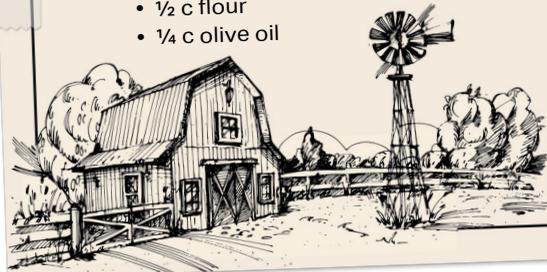
#### Ingredients:

- 2 medium zucchini
- 10 sprigs parsley, stems removed & chopped
- 1 garlic clove, minced
- 1 tsp salt
- ¼ tsp pepper
- 2 large eggs, lightly beaten
- ½ c flour
- ¼ c olive oil

#### Directions:

1. Grate zucchini into bowl. Add parsley, garlic, salt, pepper, and eggs.
2. Mix well. Slowly add flour.
3. Heat 2 Tbsp olive oil in large skillet. Drop 2 Tbsp of zucchini mix into pan, repeat, spacing fritters 2 inches apart. Cook fritters until golden on both sides.

From the kitchen of Common Good Farm,  
Raymond, NE



common good farm.



Columbus, NE  
402.897.4253

www.danielsproduce.com



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CONNECTING THE COMMUNITY TO THE  
LAND, THEIR FOOD, & EACH OTHER

CONTACT US: 402-336-8988  
INFO@WILDFLOURGROCER.COM  
ON FB @WILDFLOURGROCER  
WWW.WILDFLOURGROCER.COM

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



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Nebraska's Own

Organic  
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meadowlarkhearth.org

## Getting the Dirt on Farmers

Never been a farmer  
City girl, I guess  
So when I stand under the awning  
At our CSA drop-off  
I get the dirt on local farmers

I hear it in the chit-chat concerning  
hungry grasshoppers and threatening weather  
In the heat of the day, it appears in beads of sweat  
settling on each farmer's furrowed brow  
emitting an earthy scent into the faint breeze  
It shows up in the fresh veggies, germinated  
in acres of managed organic soil  
and placed carefully in my bag

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

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

Tobi Scofield  
LINCOLN, NEBRASKA

Find this poem  
and many more at  
BUYLOCALNEBRASKA.ORG/POETRY



# Celebrating the OF THE Nebraska Food Guide & Buy Fresh Buy Local Nebraska



# Year Anniversary



**When we work together,  
we grow together!**

**Started by farmers who saw a need...**

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

The concept of collective marketing rang true for conference attendees and soon after the presentation Elaine Cranford (then board member of NSAS, and Cooperative Development Specialist at Nebraska Cooperative Development Center) began gathering farmers and local food advocates to hash out the details of a Nebraska Chapter of Buy Fresh Buy Local.

*"BFBL is the boots on the ground. It was created by people who saw the need and wanted it. It's been sustained by those same people that see the value in farmers and ranchers—our members."*

— ELAINE CRANFORD, Former NSAS board member, NCDC cooperative specialist, and founding leader of BFBLN

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

After over a year of planning in the backrooms of Lincoln coffee shops, Buy Fresh Buy Local Nebraska successfully launched on May 27th, 2006, with a sold-out movie screening and local food reception in Lincoln. The event featured the unveiling of the 1st Nebraska Food Guide. A total of 75,000 copies of the guide were distributed in that 1st year.



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

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

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

**Where we're at in 2021**

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

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

**Cheers to the next 15 years of good local food!**

*"The demand for local foods is increasing, and BFBLN is a bridge between local farmers and consumers."*

— GARY LESOING, UNL Extension Educator & BFBLN Advisory Board Member

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

**Thank you!**

We want to offer our gratitude to the supporters and members of BFBLN. Without you, there is no BFBLN. Thank you for the hard work, the good food, and the friendship.

We also thank Nebraskans who use the Food Guide and BFBLN. Your commitment to good, fresh, local food has supported hundreds of small farms, ranches, and food businesses across the state.

**DID YOU KNOW?**  
The farms and businesses in the Nebraska Food Guide are members of Buy Fresh Buy Local Nebraska. Over 100 farmers, ranchers, farmers' markets, and local food businesses work together to promote Nebraska-grown food. Membership fees fund the design and printing of this food guide and other promotional materials and events.



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

**Our work:**

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



# Southeast Nebraska

Nebraska Wedding is a variety of orange heirloom tomato, whose seeds were given to newlyweds in western Nebraska as wedding gifts.

**FUN FACT**

## BUSINESSES

- 49 Artisan Mark Coffee + Goods**  
Coffee House  
1144 Main Ave.  
Crete, NE  
402-309-5206  
info@artisanmarkcoffee.com  
artisanmarkcoffee.com  
HOURS: Mon–Sat: 7 am–5 pm, Sun: 9 am–3 pm  
Artisan Mark sells local, handmade goods, and amazing coffee. The shop celebrates the creativity and ingenuity of the community, while inspiring newness and life in downtown Crete.
- 57 Heartland Nuts 'N More**  
Food Cooperative, Retail Store  
206 W 2nd St.  
Valparaiso, NE  
402-784-7887  
lottanuts@windstream.net  
heartlandnutsnmore.com  
HOURS: Mon–Fri: 9 am–4 pm, Sat & Sun: Closed  
Heartland Nuts 'N More is a co-op owned by a diverse partnership of nut growers. We produce, process, and market only high-quality-cultivar, Midwest-grown black walnuts and pecans.
- 62 Rich Harvest Vineyard and Winery**  
Winery  
3010 G Rd.  
Syracuse, NE  
402-828-0708  
cathy@richharvestwine.com  
richharvestwine.com  
HOURS: Fri & Sat: 1–9 pm, Sun: 1–6 pm  
Rich Harvest is a five acre vineyard producing estate wines onsite. Our tasting room and grounds provide an idyllic setting for enjoying small plate offerings, music and nature.
- 50 Beatrice Farmers' Market**  
801 Court St. (Country Cookin' Café parking lot, 8th & Court St.)  
Beatrice, NE  
402-223-3244  
info@mainstreetbeatrice.org  
facebook.com/BeatriceFarmersMarket  
DATE & TIME: Thursdays 4–6:30 pm (May 20–Oct 14)  
• NE Senior Farmers Market Coupons  
Every market brings in treats, crafts, lots of produce, eggs, honey, baked goods and more! Head to downtown Beatrice for a wide host of vendor choices and that great farmers' taste!

## FARMERS' MARKETS

## FARMS & RANCHES

- 47 Al-Be Farm**  
Beth Kernes Krause & Ralph Krause  
Julian, NE  
402-274-8836  
al-befarm@windstream.net  
facebook.com/albefarmNE  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
• Direct Sales—Call or Email, Wholesale  
Our pastured chickens live and lay in mobile coops. We also have quail eggs and occasional meat birds. They eat transitional and organic grain-based feed from Nebraska farmers.
- 48 Arnold Acres**  
Larry Arnold  
Syracuse, NE  
402-217-2930  
larry@arnoldacresne.com  
arnoldacresne.com  
• Sustainably grown using regenerative soil building methods  
• Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
Our produce is grown sustainably using regenerative soil building methods which assures it is nutrient dense compared to other growing methods.  
"Healthy Soils=Healthy Food"
- 51 Broken Arrow Farm**  
Riley Reinke  
Filley, NE  
402-768-1145  
brokenarrowfm@outlook.com  
brokenarrowfm.com  
• No Synthetic Inputs  
• Non-GMO Feed, 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.

- 52 Dageforde Farms**  
Deb Craig & Rick Dageforde  
Hebron, NE  
402-200-1379  
dagefordefarms@yahoo.com  
dagefordefarms.com  
• Pasture Raised, Grass Fed, Grain Finished, Corn fed, Finished with flax  
• On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
Dageforde Farms lean corn and flax-fed beef! Hamburger, steaks, brisket, or jerky by the pound. Quarter and whole beef available, too! Locally raised beef direct to your table!
- 53 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!
- 54 Food4Hope**  
Terri Sue Mazza  
Beatrice, NE  
402-306-7561  
food4hope@yahoo.com  
food4hope.org  
• No Synthetic Inputs  
• Animal Welfare Approved, Non-GMO Feed, Soy Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access  
• Direct Sales—Call or Email, Farmers' Markets  
Food4Hope is a non-profit, organization committed to producing healthy, naturally raised food. We are in the process of building a community teaching and commercial kitchen.

- 55 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!
- 56 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, Online Ordering  
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.
- 58 Martin's Hillside Orchard**  
Barbara Martin  
Ceresco, NE  
402-665-2140  
nitbm8@gmail.com  
hillside-orchard.com  
• On Farm Store, Direct Sales—Call or Email, 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

- 59 Paradise in Progress Farm**  
Ellen & Jim Shank  
Nebraska City, NE  
402-874-9540  
paradiseprogressfarm@gmail.com  
facebook.com/paradise-in-progress-farm-1403878523249930  
• GAP Certified  
• Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
CSA, On Farm Store, Farmers' Markets  
We are conveniently located on Hwy 75 between Union and Nebraska City.
- 60 Pekarek's Produce**  
Ryan & Katie Pekarek  
Dwight, NE  
402-641-3305  
pekareksproduce@hotmail.com  
pekareksproduce.com  
• GAP Certified  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
Pekarek's Produce is run by Ryan and Katie Pekarek. With their five children and crew, they produce healthy food for friends at rural Dwight, Nebraska.
- 61 Raikes Beef Co.**  
Lindsey Raikes  
Ashland, NE  
402-944-2474  
info@raikesbeef.co  
raikesbeef.co  
• Animal Welfare Approved, Hormone Free, Grass Fed, Grain Finished  
• On Farm Store, Wholesale, Online Ordering  
Our focus is connecting customers to high quality, 100% Nebraska raised American Wagyu beef directly from our 5th generation farm, along with other proteins and specialty foods.

- 63 Sicily Creek Jelly and Produce**  
Fred & Laurinda Baumann  
Blue Springs, NE  
402-230-8953  
rindybaum@hotmail.com  
• Direct Sales—Call or Email, Farmers' Markets
- 64 The Little Red Farm**  
Mindy McGrew  
Palmyra, NE  
402-601-1208  
thelittleredfarm@gmail.com  
thelittleredfarm.com  
• Animal Welfare Approved, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing, Grass Fed, Grain Finished  
• On Farm Store  
The Little Red Farm, owned by Kyle and Mindy McGrew, specializes in A2A2 raw milk. The on-farm shop is open four days per week and offers milk, cream, meat, eggs, poultry, and handmade items.
- 65 West End Farm**  
Katie Jantzen  
Plymouth, NE  
402-239-9822  
westendfarmne@gmail.com  
westendfarmne.com  
• No synthetic pesticides  
• Hormone Free, 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.



If you've never experienced the joy of accomplishing more than you can imagine, plant a garden.

~Robert Brault





# Nebraska Farmers' Markets

Farmers' Markets provide us reliable, safe food even in times of crisis. They give us an opportunity to support the people who nourish our families with Nebraska-grown food. They increase economic activity, and they are a source of community pride.

Each market in Nebraska is unique. We bet the next time you go, you'll discover delicious treasures that can only be found at your local market.

When you go to the farmers' market, you grow family farms, your local economy, and your community. Let's go to grow in 2021!



## Six Reasons to Support Your Farmers' Markets

TARA DUNKER, UNL FOOD, NUTRITION & HEALTH EXTENSION EDUCATOR

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

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

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

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

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

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

## Meet Your Farmers' Market Vendor

### Interview with Terri Mazza, Food4Hope

VENDOR AT THE BEATRICE FARMERS' MARKET

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

#### What has been your experience selling at the Beatrice Farmers' Market?

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

#### What is one thing about farmers' markets that you love?

I love the people. The human connection is priceless—it feeds my spirit and soul. It makes all the work worth it. The people who shop the market are a microcosm of society—young, old, vegans, meat eaters—and they are all interested!

#### How does the farmers' market benefit your community?

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

#### What is the most popular item you sell?

Our homemade breads and elderberry syrup.

#### What is one thing about farming that people would be surprised to hear?

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

#### Favorite item at your booth?

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

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



Food4Hope booth at the Beatrice Farmers' Market

## Fun Facts

- ▶ **Not just for summer!** There are winter and holiday farmers' markets from Scottsbluff to Lincoln. Get your local veggies, meats, and homemade foods even when the snow is flying.
- ▶ **Farmers' Markets are essential!** Market managers and vendors have adapted to the pandemic by spreading out vendors, offering curbside ordering, and other changes to keep shoppers and vendors safe.
- ▶ **There are around 90 Farmers' Markets** across the state of Nebraska.



LEARN MORE AND FIND YOUR FARMERS' MARKET AT [buylocalnebraska.org/go-to-grow](http://buylocalnebraska.org/go-to-grow)

# Lincoln Area

The strawberry is a member of the Rose family and is the only fruit with its seeds on the outside. It is one of the first fruits of summer in Nebraska, ready for harvest around June!

**FUN  
FACT**

## BUSINESSES

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

**76 Leon's Gourmet Grocer**  
Grocery Store  
2200 Winthrop Road  
Lincoln, NE  
402-416-2823  
chad@leongourmetgrocer.com  
leongourmetgrocer.com  
HOURS: Mon–Sat: 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!*

**78 Lone Tree Foods**  
Distributor  
220 P St.  
Lincoln, NE  
402-413-0079  
info@lonetreefoods.com  
lonetreefoods.com  
*Lone Tree Foods is a local and specialty foods distributor based in Lincoln, Nebraska. We impact the food system by creating access, adding value, and building win-win relationships.*

**79 Mystic Rhoads Productions Inc.**  
Local Food Processor,  
Charitable Organization  
Lincoln, NE  
info@mysticrhoads.org  
mysticrhoads.org  
*MRP is a Lincoln-based charitable organization, but with a twist. We've created a line of products that funnel profits back to charitable causes. You buy, and we give 100%.*

**80 Nebraska Food Coop**  
Distributor, Food Cooperative  
Lincoln, NE  
800-993-2379  
gm@nebraskafarm.org  
nebraskafarm.org  
HOURS: Shop Nebraska's Online Farmer's Market 24/7 during one of our scheduled cycles  
*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.*

**81 Nebraska Sustainable Agriculture Society**  
Agriculture Member Organization, Non-profit  
Lincoln, NE  
402-235-6743  
info@sustainablenebraska.org  
sustainablenebraska.org  
*Nebraska Sustainable Agriculture Society is a non-profit, grass-roots membership organization started over 50 years ago by local farmers. We welcome farmers and non-farmers alike.*

**82 Open Harvest Co-op Grocery**  
Co-op Grocery Store, Caterer, Food Cooperative, Retail Store  
1618 South St.  
Lincoln, NE  
402-475-9069  
harvest@openharvest.coop  
openharvest.coop  
HOURS: Sun–Sat: 8 am–9 pm  
*Open Harvest Co-op Grocery is a cooperatively owned grocery store that's provided Lincoln with fresh, local, and organic food for 45+ years.*

**83 Prairie Plate Restaurant**  
Restaurant, Caterer  
10405 Branched Oak Rd.  
Waverly, NE  
402-786-2239  
info@prairieplaterestaurant.com  
prairieplaterestaurant.com  
HOURS: Seasonal (check website for hours)  
*Prairie Plate Restaurant is a farm-to-table restaurant located in a rural lakefront setting where guests enjoy a seasonal menu based on regional ingredients.*

**89 Sweet Minou Chocolate**  
Chocolate Maker  
2510 Randolph St.  
Lincoln, NE  
402-975-2664  
rebecca@sweetminou.com  
sweetminou.com  
lincolnhaymarket.org/events/farmers-market  
HOURS: Mon–Fri: 7 am–2 pm, Sat: 8 am–3 pm  
*Sweet Minou is all about creating a chocolate experience that is playful, unexpected, and silky smooth—we use fair trade cacao, cane sugar, and local produce to make the magic.*

## FARMERS' MARKETS

**67 Bennet Farmers' Market**  
675 Elm St.  
(Village Park—Elm and Harrison Streets)  
Bennet, NE  
402-782-2167  
kramerlarry@outlook.com  
bennetfarmersmarket.com  
DATE & TIME: Wednesdays 4–7 pm  
(May 5–Sept 29)  
• Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
*Our market is located at the edge of Village Park with many mature shade trees and a children's playground.*

**72 Fallbrook Farmers' Market**  
600 Fallbrook Blvd.  
(Fallbrook community green space)  
Lincoln, NE  
308-216-0411  
fallbrookfm.manager@gmail.com  
fallbrookfarmersmarket.com  
DATE & TIME: Thursdays 4–7 pm  
(June 17–Aug 19 and Oct 14)  
• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons  
*The Fallbrook Farmers' Market supports local farmers, bakers, and crafters in a producer only market with 15–20 vendors. We support and offer a safe, fun, and healthy community!*

**77 Lincoln Haymarket Farmers' Market**  
7th & P St.  
(Located in the Historic Haymarket)  
Lincoln, NE  
402-435-7496  
jeff@lincolnhaymarket.org  
lincolnhaymarket.org/events/farmers-market  
DATE & TIME: Saturdays 8 am–Noon  
(May 1–Oct 9)  
*The Haymarket lives up to its name each Saturday morning as farm fresh produce, flowers, baked goods, and handmade items from over 100 vendors are sold on the streets and sidewalks.*

**88 Sunday Farmers' Market at College View**  
4801 Prescott Ave. (48th and Prescott in the College View Neighborhood)  
Lincoln, NE  
402-318-5225  
sundayfarmersmarket.manager@gmail.com  
sundayfarmersmarket.org  
DATE & TIME: Sundays 10 am–2 pm, except May 9th, which is 3–6 pm  
(April 25–Oct 31)  
Holiday Farmers' Market in Nov & Dec (see website for location & dates)  
• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
*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.*

## FARMS & RANCHES

**66 Bad Horse Farm**  
Nathan Francis  
Denton, NE  
402-405-1127  
nathan@badhorsefarm.com  
badhorsefarm.com  
• No Synthetic Inputs  
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing  
• Farmers' Markets, Online Ordering  
*A small veteran owned and operated farm producing high quality mushrooms, microgreens, and free-range eggs year round, along with a naturally grown seasonal market garden.*

**68 Bright Hope Family Farm**  
Lainey & Andy Johnson  
Firth, NE  
402-450-9715  
brighthopefamilyfarm@gmail.com  
brighthopefamilyfarm.localinesites.com  
• No Synthetic Inputs, No-Till, Chemical Free  
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
*BHFF strives to provide produce and cut flowers grown with ecological integrity our community using no-till farming practices. Our passion dwells in farming for future generations.*

**69 Common Good Farm**  
Ruth Chantry & Everett Lunquist  
Raymond, NE  
402-783-9005  
farmers@commongoodfarm.com  
commongoodfarm.com  
• Certified Biodynamic, Certified Organic  
• Certified Organic, Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
• CSA, Farmers' Markets, Wholesale  
*Common Good Farm is a diversified family farm, growing good food. A small, sustainable, certified organic and biodynamic farm, located in Southeast Nebraska—just north of Raymond.*

**70 Community Crops**  
Megan McGuffey & Amy Gerdes  
Lincoln, NE  
402-474-9802  
info@communitycrops.org  
communitycrops.org  
• Certified Naturally Grown  
• Direct Sales—Call or Email, Farmers' Markets  
*Since 2003, Community Crops has provided the city of Lincoln and surrounding areas access to sustainably-grown healthy foods and resources to grow their own food.*

**71 DS Family Farm**  
Doug 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  
*Healthy soils and healthy prairies, result in healthy animals for you, your family, and our community. Beef and chicken from our farm will result in a flavor unique to our pastures.*

**73 Green School Farms**  
Gary Fehr  
Lincoln, NE  
402-570-4382  
fehrgary@gmail.com  
greenschoolfarms.com  
• No Synthetic Inputs  
• Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
*Green School Farms produces vegetables and herbs, free of synthetic chemicals. We believe good food is key to linking the health of our bodies, communities, and environment.*

**75 Hunter's Honey**  
Doug & Michelle Hunter  
Hickman, NE  
402-792-2345  
mmhunter0203@gmail.com  
purenebraskahoney.com  
• Direct Sales—Call or Email, Farmers' Markets, Online Ordering  
*Hunter's Honey is a family owned and operated business near Hickman, Nebraska. We are proud to offer you honey we have produced locally from our bee hives right here in Southeast Nebraska.*



*Cares melt when you kneel in your garden.*

~Okakura Kakuzo





**84** **Prairieview**  
**Bonnie Henshaw**  
 Lincoln, NE  
 402-423-5489  
 jbhenshaw@windstream.net  
 • Direct Sales—Call or Email,  
 Farmers' Markets

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



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



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



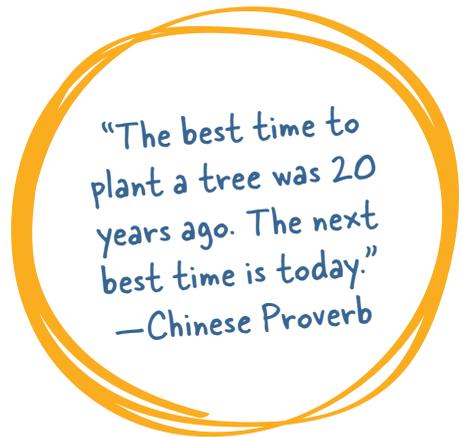
**90** **Trackside Farm**  
**Nancy & James Scanlan, Sandy Williams**  
 Hickman, NE  
 267-331-1070  
 tracksidegrown@gmail.com  
 facebook.com/hicktracks  
 • Direct Sales—Call or Email,  
 Farmers' Markets  
 We are a woman and Veteran owned 15-acre farm focused on growing with minimal inputs and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



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



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



**FALLBROOK FARMERS MARKET**

Ten years of serving NW Lincoln!

**Every Thursday 4-7 PM**

**June 17 - August 19**

**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 • 700 Fallbrook Blvd in NW Lincoln

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

food.unl.edu

**Recipe Central**  
 Quick and healthy meal ideas

**Healthy Tips**  
 Make meal planning, shopping, and cooking easier

**Resources**  
 FREE posters, presentations and handouts

Connect with @UNLfoodfitness

**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

*Dirt Nap Dip*  
**Hot sauces and seasonings**  
**25% off online orders**  
 Use promo code BFBL21 at MysticRhoads.org/local

Hand-crafted in Lincoln  
 All sales support charitable causes.

*Recipe*

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

**Ingredients:**

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

**Directions:**

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

From the kitchen of **West End Farm**, Plymouth, NE

**NEBRASKA EXTENSION**  
PRESENTS

**THE DISH**  
REAL TALK ABOUT FOOD

A monthly virtual series with **live cooking** and **real talk** about food!

STRESS LESS ABOUT MEAL TIME    KIDS IN THE KITCHEN

GROCERY SHOPPING TIPS    MEAL PREP LIKE A PRO

TIPS FOR ENJOYABLE EATING    KITCHEN HACKS

HEALTHY MEALS AND SNACKS    SEASONAL COOKING

visit [www.go.unl.edu/thedish](http://www.go.unl.edu/thedish) for more info



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP  
This institution is an equal opportunity provider.



**FRESH LOCAL PRODUCE**

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

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

11855 Yankee Hill Road Lincoln, NE 68526  
[YankeeHillLandscaping.com](http://YankeeHillLandscaping.com)  
**402-416-2611**



# BRAIN BUILDERS



## LOCAL FOODS *Word Match*

- Epazote
- Jacobs Cattle
- Saskatoon
- Jersey
- Long Island Cheese

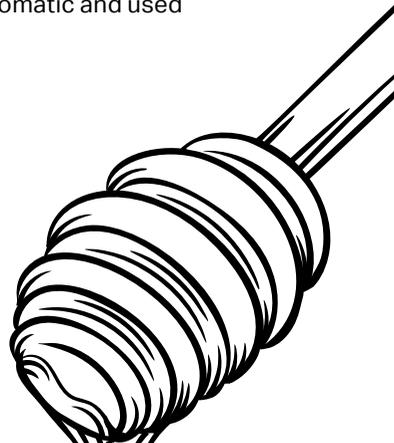
- \_\_\_\_\_ A native to Nebraska shrub that produces a delicious berry in summer.
- \_\_\_\_\_ A breed a cow whose milk is extremely rich and creamy.
- \_\_\_\_\_ A variety of winter squash, very popular for pies.
- \_\_\_\_\_ An heirloom variety of dry bean from the Northeast, red and white mottled.
- \_\_\_\_\_ A well-loved culinary herb in Mexican cuisine. Aromatic and used to flavor beans, soups, and sauces.



## DID YOU *Know?*

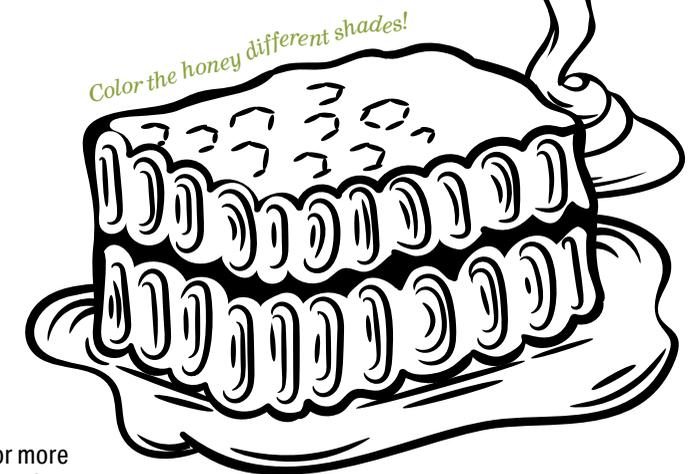
**ABOUT ONE-THIRD OF THE FOOD EATEN BY NEBRASKANS COMES FROM CROPS POLLINATED BY BEES.**

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



## TRUE OR *False*

- \_\_\_\_\_ Goats' eyes have rectangular shaped irises to see 340 degrees around them.
- \_\_\_\_\_ The leaves, tendrils, shoots, stems, flowers, seeds, and fruit of winter squash can all be eaten.
- \_\_\_\_\_ Aquaponic means growing plants in water, along with fish who fertilize the growing plants.
- \_\_\_\_\_ In a single day, one worker bee makes 12 or more trips from the hive, visiting several thousand flowers.



LEARN MORE AT  
[buylocalnebraska.org](http://buylocalnebraska.org)

## NEBRASKA REGIONAL FOOD SYSTEMS INITIATIVE

Thank you to those who attended the 2021 summit. It was a three days full of lessons from the past and present to build our food system. The recordings from the summit are on our website.

Looking for ways to get involved? We are always looking for new members to help plan events and shape the work that we do. For those interested, please email [vwielenga2@unl.edu](mailto:vwielenga2@unl.edu).

Visit our website for more information  
[foodsystems.unl.edu](http://foodsystems.unl.edu)

Sign up for our mailing list!  
[go.unl.edu/nerfsi-mailing-list](http://go.unl.edu/nerfsi-mailing-list)

# Omaha Area

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

**FUN FACT**

## BUSINESSES

**101 No More Empty Pots**  
*Caterer, Distributor, Local Food Processor, Coffee House, Non-Profit*  
 8501 N 30th St.  
 Omaha, NE  
 402-933-3588  
 info@nmepomaha.org  
 nmepomaha.org  
 HOURS: Mon–Fri: 9 am–5 pm,  
 Café hours vary (check website for times)  
 NMEP is 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

**97 Florence Mill Farmers' Market**  
 9102 N 30th St. (On East McKinley St. intersection of I-680 & 30th St.)  
 Omaha, NE  
 402-551-1233  
 lsmeigs@msn.com  
 theflorencemill.com  
 DATE & TIME: Sundays 10 am–3 pm  
 (June 6–Sept 26)  
 • NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
*Far from crowds, agriculture returns to historic roots. A lively Country Market on Omaha's North urban edge hosts live music, critters, friendly farmers, local produce, and artisans.*

**102 Omaha Farmers' Market—Baxter Arena (Lot 26)**  
 67th and Center St.  
 Omaha, NE  
 402-345-5401  
 kbeck@vgagroup.com  
 omahafarmersmarket.com/baxter-arena  
 DATE & TIME: Sundays 9 am–1 pm  
 (May 2–Oct 10)  
 • EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
*The Omaha Farmers' Market has been a beloved tradition to the community for more than two decades. There are more than 100 local vendors offering a wide range of products.*

**103 Omaha Farmers' Market—Old Market**  
 1011 Jackson St. (Parking lot on the corner of 11th & Jackson St.)  
 Omaha, NE  
 402-345-5401  
 kbeck@vgagroup.com  
 omahafarmersmarket.com/old-market  
 DATE & TIME: Saturdays 8 am–12:30 pm  
 (May 1–Oct 9)  
 • EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC Farmers Market Nutrition program  
*The Omaha Farmers' Market has been a beloved tradition to the community for more than two decades. There are more than 80 local vendors offering a wide range of products.*

**106 Village Pointe Farmers' Market**  
 17305 Davenport St., Suite 203  
 (Southeast parking lot of Village Pointe Shopping Center on 168th & Dodge)  
 Omaha, NE  
 402-505-9773  
 vpfm.manager@gmail.com  
 facebook.com/villagepointefarmersmarket  
 DATE & TIME: Saturdays 8:30 am–12:30 pm  
 (May 1–Oct 2)  
*Real Food. Real Farmers. Bring the perfect mix of culinary inspiration, from organic vegetables to farm fresh eggs and cheeses to your table from the Village Pointe Farmers' Market.*

## FARMS & RANCHES

**93 Barreras Family Farm**  
  
 Mariel & Anthony Barreras  
 Blair, NE  
 402-906-9766  
 barrerasfamilyfarm@gmail.com  
 barrerasfamilyfarm.com  
 • Animal Welfare Approved, Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed  
 • CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
*Barreras Family Farm is dedicated to building strong, healthy, and vibrant families by providing integrity, transparency, and selfless service to our farm customers and community.*

**94 Benson Bounty LLC**  
  
 Mark & Michelle Brannen  
 Omaha, NE  
 402-214-7365  
 bensonbounty@gmail.com  
 bensonbounty.com  
 • No Synthetic Inputs  
 • CSA, On Farm Store, Online Ordering  
*Michelle and Mark Brannen own and operate Benson Bounty LLC—a diversified vegetable farm in the Benson neighborhood of Omaha. Stop by our farm stand on Thursday nights 4–7 pm!*

**95 Big Muddy Urban Farm**  
  
 Brent Lubbert & Rhonda Freeman  
 Omaha, NE  
 402-213-9646  
 info@bigmuddyurbanfarm.org  
 bigmuddyurbanfarm.org  
 • No Synthetic Inputs  
 • Antibiotic Free, Hormone Free, Pasture Raised  
 • CSA, Farmers' Markets, Wholesale  
*Big Muddy Urban Farm is a non-profit dedicated to making sustainable agriculture education accessible to all. They offer farm training programs and grow fruits and vegetables.*

**96 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  
 • Farmers' Markets, Wholesale, Online Ordering  
*Ranch raised, dry aged beef that is born and raised in one location. From our ranch to your plate, raised responsibly by your own personal Nebraska rancher.*

**98 Fruit of Levine LLC**  
  
 Jodi & Mike Levine  
 Omaha, NE  
 402-312-9560  
 mdl1356@gmail.com  
 fruitoflevine.com  
 • No Synthetic Inputs  
 • Antibiotic Free, Hormone Free, Pasture Raised  
 • Direct Sales—Call or Email  
*Honey and hive products, specialty fruits, vegetables, duck, and goose eggs. We are dedicated to producing sustainably with minimal impact on the environment.*

**99 GreenLeaf Farms**  
  
 Joletha Hoelsing & Tim Rogers  
 Omaha, NE  
 402-614-0404  
 info@greenleaffarms.biz  
 greenleaffarms.biz  
 • Certified Organic, No Synthetic Inputs  
 • CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering  
*GreenLeaf Farms is a small, family owned/operated certified organic farm. We grow a large variety of vegetables and fruits, taking pride in offering the finest quality produce.*

**100 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, Online Ordering  
*Diversified farm in the bluffs above the Missouri River. Forest raised pork, grassfed beef, pasture raised chicken & eggs, and market garden with log grown mushrooms.*

**104 Stream Meadow Farms**  
  
 Carol Olson  
 Papillion, NE  
 402-681-9044  
 streammeadowfarms@gmail.com  
 streammeadowfarms.com  
 • Certified Organic  
 • Direct Sales—Call or Email, U-Pick, Wholesale, Online Ordering  
*Stream Meadow Farms—always delicious, organic, and clean—embracing regenerative agricultural methods to produce heirloom and artisan tomatoes boasting flavor, texture, and color.*

**105 Vala's Pumpkin Patch and Apple Orchard**  
  
 Kelsey Vala  
 Gretna, NE  
 402-332-4200  
 valaspumpkinpatch.com  
 • On Farm Store, U-Pick  
*Located in Gretna, Vala's is a family-owned fall festival with the largest pick-your-own pumpkin patch and apple orchard. You can enjoy Vala's fresh-pressed sweet and hard ciders.*

**107 Wenninghoff Farm**  
  
 Amy Wenninghoff  
 Omaha, NE  
 402-571-2057  
 wenninghoff@qwestoffice.net  
 wenninghoff.com  
 • Pasture Raised  
 • CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale  
*Wenninghoff Farm is the only "on-farm" store in Omaha. We have most items that you'd see at a traditional farmer's market all under one roof. Open daily July–October.*



**MAY 1 - OCT. 10**

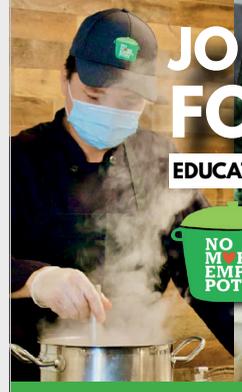
**SATURDAY**  
 Old Market  
 8 a.m. to 12:30 p.m.

**SUNDAY**  
 Baxter Arena  
 9 a.m. to 1 p.m.



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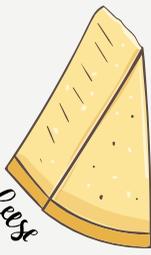
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## Anything Green PESTO FORMULA

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

### 3 c packed greens

- Basil
- Arugula
- Parsley
- Cilantro
- Spinach
- Mint
- Kale
- Collard greens
- Carrot tops
- Beet greens
- Swiss chard
- Broccoli
- Peas
- Or any combo

### 2 Tbsp lemon juice

- 1+ large cloves of garlic
- 1/2-3/4 cup oil
- salt & pepper
- 1/4 c cheese & 1/4 c nuts
- ↳ optional

### Uses for Anything Green Pesto

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

# KITCHEN & BASICS COOKING STAPLES

## Getting the Most FROM YOUR LOCAL FOOD HAUL

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



### HAVE A PLAN FOR WHAT YOU BUY

Menu planning can help—try to commit to eating a vegetable side with each homemade dinner.

Have a last minute “plan b”—can you throw it in a smoothie?



### THE ART OF SUBSTITUTION AND EXPERIMENTATION

Work with what you have and what is in season.

Almost every green is interchangeable—if a recipe calls for spinach you can substitute kale, chard, collards, or anything green!



### STORAGE IS KEY

Most vegetables last longer when kept chilled but keep tomatoes, basil, and uncut melons on your kitchen counter!

Anything leafy and green does best in a plastic bag in your fridge. This will prevent greens from wilting.



### WEEKLY CLEAN-OUT MEAL

Make it a tradition in your house every week to use up veggies that have a short shelf life or are going a bit squishy.

Omelets, soups, smoothies, pesto, roasted veggies, or grilled medleys are some options for your weekly clean-out meal.



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& Pork



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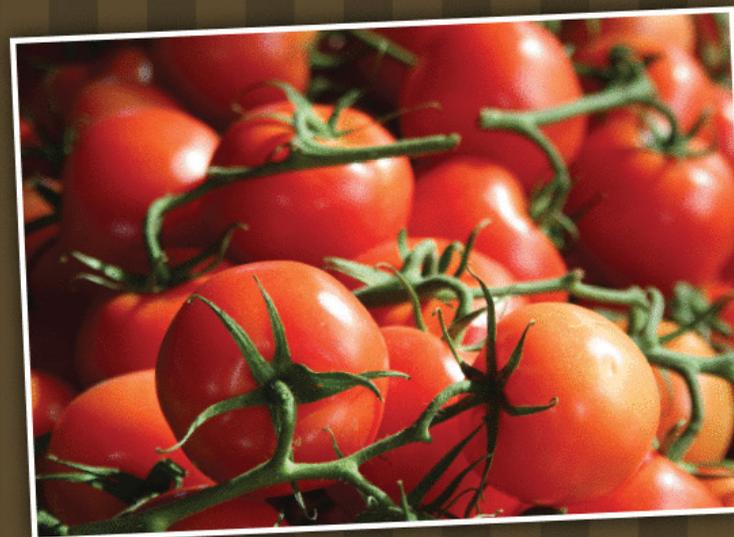
## NO-FUSS BEEF STROGANOFF

Quick and simple!  
This one-pot wonder will please the whole family!

- 2 tablespoons unsalted butter
- 12 ounces cremini mushrooms, thickly sliced
- 1/2 medium sweet onion, diced
- Kosher salt and freshly ground black pepper, to taste
- 1 pound ground beef
- 2 cloves garlic, minced
- 1/2 teaspoon dried thyme

- 3 tablespoons all-purpose flour
- 1/4 cup dry white wine
- 4 cups beef stock
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 8 ounces egg noodles, uncooked
- 1/2 cup sour cream
- 2 tablespoons chopped fresh parsley leaves

Cooking directions on our website:  
www.barrerasfamilyfarm.com



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ONE TOMATO  
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