

FREE
FOOD GUIDE

LOCAL food 2022 GUIDE

LOCAL FOOD MAP

Find local foods near you! PG.5

7 WAYS TO GET LOCAL FOOD

Learn how to get more Nebraska-grown, fresh foods onto your dinner table! PG.23

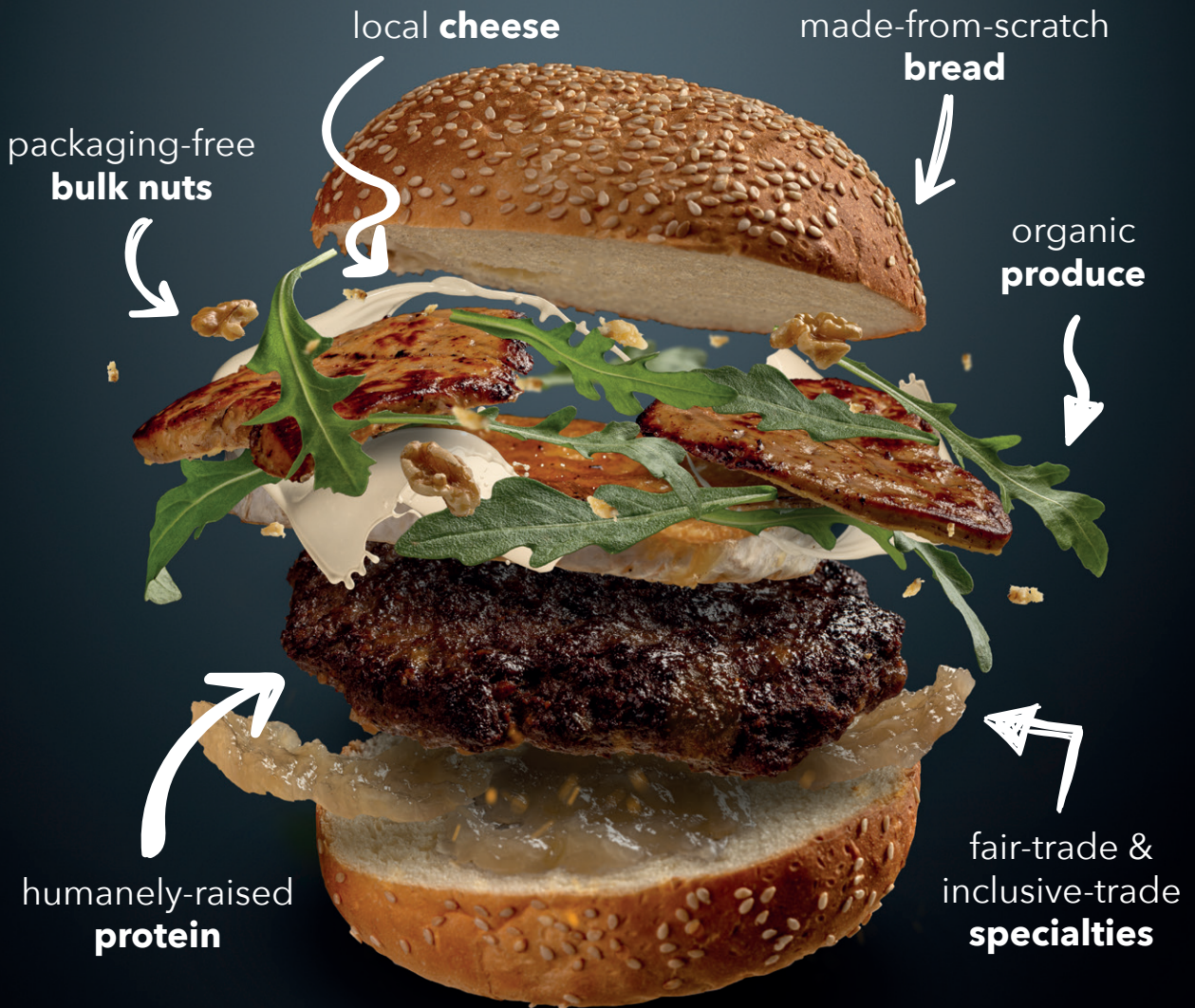
**BUY FRESH
BUY LOCAL**

Nebraska

buylocalnebraska.org



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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 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 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



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Your Guide to NEBRASKA'S FARM FRESH FOODS!

A NOTE FROM THE LOCAL COORDINATOR

Connection in Every Bite

In 2021 I had the privilege of traveling to a few of the 90+ farmers' markets in the state. I went to meet vendors and market organizers, take photos, and to ask people a simple but important question: **What do you love about your farmers' market?**

I asked this question of market-goers as they walked by with their bags bursting with sweet corn, arms full of melons, pushing kids in strollers, juggling multiple dogs, and wrote their answers on a big piece of paper to be shared with market organizers. The question almost always led to a longer conversation about food, farming, gardening, the weather, the best way to cook a favorite vegetable, and what motivates them to buy local.

A taste of the quotes collected:

<p>Watermelons Everything is so tasty and the people are so nice. The people Seeing friends</p>	<p>The sweet corn Brings me back home, memories of family and big gardens The friendly people</p>	<p>REAL tomatoes Visiting with people All the fresh stuff I don't have to grow I go to support local</p>	<p>Comaraderie Fresh food Trying new things I leave with a smile on my face</p>
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What about you? Why is local food important to you? What motivates you to seek it out? These are questions that get to the heart of the matter, and their answers are as complex and diverse as we are. For me, growing, buying, and eating local food connects me to the place I call my home. It links me to my heritage, and it is a tangible way to provide care for others in the form of home cooked meals, shared fresh veggies, and spaces to slow down and get your hands in the dirt.

Consider contemplating these questions this season ... preferably on the hottest day of the year, sitting in the shade, while biting into a slice of the most perfect cantaloupe ever grown.

What you'll find in our guide:

- A directory listing of over 100 farms, ranches, and food businesses from across the state
- Articles that showcase the power of local food
- Recipes from our members that highlight the flavors of Nebraska

May your season be full of good food!



Margaret Milligan
Buy Fresh Buy Local Nebraska Coordinator

Buy Fresh Buy Local® Nebraska University of Nebraska–Lincoln 58F Filley Hall Lincoln, NE 68583-0922	Margaret Milligan 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



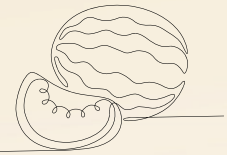
Educating on the social, environmental, and economic benefits of eating locally



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



Sweet Red Watermelon

Watermelon is as red as Husker game day

I appreciate farmers who provide them

Their rind is green like my last name

Oh, sweet red melon segments

Stick to my sun-burnt cheeks

And seeds are as black as Husker Blackshirts

Oh, such a cool snack on a blazing hot summer day

Watermelon, oh so red and juicy!

Thank you, farmers who provide it!

Brooklyn

LINCOLN, NEBRASKA

Seasons of Nebraska

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



SEASONS OF NEBRASKA

SPRING



SUMMER



FALL



WINTER



Amy Miller

FIND local foods &

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

Get on the local food map
by becoming a member at
BUYLOCALNEBRASKA.ORG



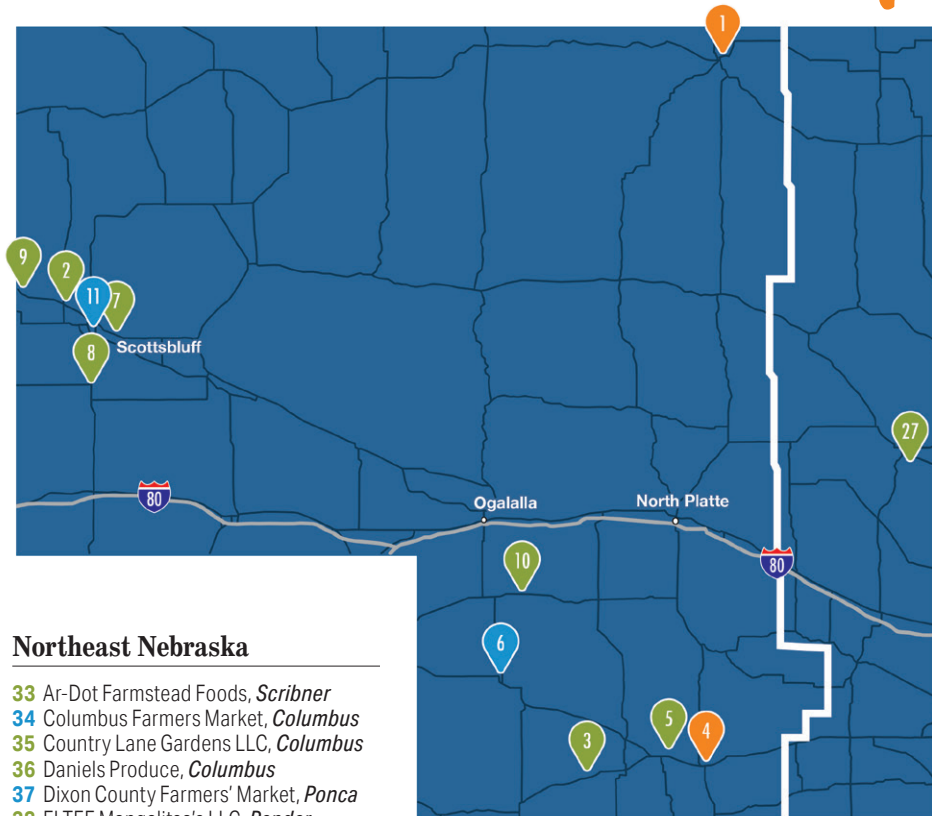
Business



Farmers'
Market



Farm/Ranch



Western Nebraska

- 1 CIBO—Meat & Complete, LLC, *Valentine*
- 2 Farm Girl Fresh Market, *Mitchell*
- 3 Heritage Acres, *Stratton*
- 4 Heritage Acres Online Market, *McCook*
- 5 Hoyt Farms, *Culbertson*
- 6 Imperial Farmers' Market, *Imperial*
- 7 Meadowlark Hearth Farm, *Scottsbluff*
- 8 Megan's Market, *Gering*
- 9 Painter Produce, *Henry*
- 10 The Prairie Garden, *Madrid*
- 11 Scottsbluff Winter Farmers Market, *Gering*

Central Nebraska

- 12 402 Beef Co, *Spencer*
- 13 Back Alley Bakery, *Hastings*
- 14 Farmers Market 365, *Grand Island*
- 15 Freed Brothers Farms at Violets and More, LLC, *Holdrege*
- 16 GI Acres, *Grand Island*
- 17 Grain Place Farm, *Marquette*
- 18 GROW Nebraska, *Kearney*
- 19 Hastings Downtown Market, *Hastings*
- 20 Lambert Melons, *Ewing*
- 21 Little Town Gardens, *Gibbon*
- 22 Nutt Family Country Market, *Ravenna*
- 23 Prairie Pride Acres, *Grand Island*
- 24 Range West Beef, *Marquette*
- 25 Roberts Seed Inc., *Axtell*
- 26 Setting D Ranch LLC, *Litchfield*
- 27 Straight Arrow Bison LLC, *Broken Bow*
- 28 Sutton Farmers' Market, *Sutton*
- 29 The Hoagland Homestead, *Inland*
- 30 Third Day Microgreens LLC, *Grand Island*
- 31 Walnut Range Farms, *Alma*
- 32 Wildflour Grocer, *O'Neill*

Northeast Nebraska

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

Southeast Nebraska

- 46 Al-Be Farm, *Julian*
- 47 Arnold Acres, *Syracuse*
- 48 Beatrice Farmers' Market, *Beatrice*
- 49 Broken Arrow Farm, *Filley*
- 50 Food4Hope, *Beatrice*
- 51 Great Plains Nursery, *Weston*
- 52 Heartland Nuts, *Valparaiso*

Lincoln Area

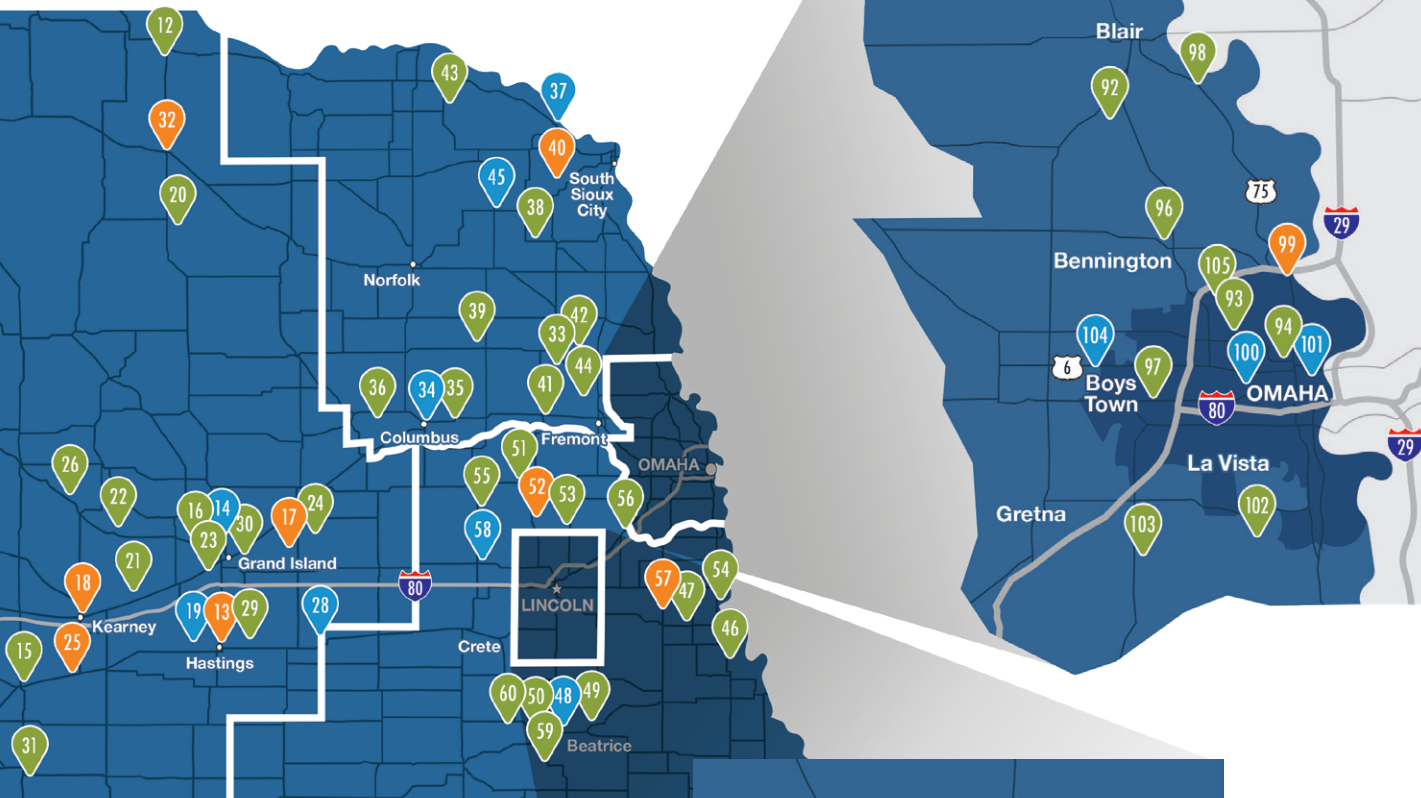
- 61 Bennet Farmers' Market, *Bennet*
- 62 Bright Hope Family Farm, *Firth*
- 63 Common Good Farm, *Raymond*
- 64 Community Crops—Prairie Pines Incubator Farm, *Lincoln*
- 65 DS Family Farm, *Malcolm*
- 66 East Campus Discovery Days and Farmers Markets, *Lincoln*
- 67 Emerald Acres, *Lincoln*
- 68 Green School Farms, *Lincoln*
- 69 Historic Haymarket Farmer's Market, *Lincoln*
- 70 Hub Café, *Lincoln*
- 71 Hunter's Honey, *Hickman*
- 72 Leon's Gourmet Grocer, *Lincoln*
- 73 Lincoln Mediterranean Market, *Lincoln*

- 43 Stick Figure Farm, *Hartington*
- 44 TLC Country Floral, *Hooper*
- 45 Wayne Farmers' Market, *Wayne*

- 53 Martin's Hillside Orchard, *Ceresco*
- 54 Paradise in Progress Farm, *Nebraska City*
- 55 Pekarek's Produce, *Dwight*
- 56 Raikes Beef Co., *Ashland*
- 57 Rich Harvest Vineyard and Winery, *Syracuse*
- 58 Seward Farmers' Market on the Square, *Seward*
- 59 Sicily Creek Jellies and Produce, *Blue Springs*
- 60 West End Farm, *Plymouth*

- 74 Lone Tree Foods, *Lincoln*
- 75 Milkweed Kitchen, *Lincoln*
- 76 Mystic Rhoads Productions Inc., *Lincoln*
- 77 Nebraska Food Coop, *Lincoln*
- 78 Nebraska Sustainable Agriculture Society, *Lincoln*
- 79 Off the Grid! Reed's Green Growers LLC, *Lincoln*
- 80 Open Harvest Co-op Grocery, *Lincoln*
- 81 Picnic Hill Orchard, *Lincoln*
- 82 Robinette Farms, *Martell*
- 83 ShadowBrook Farm and Dutch Girl Creamery, *Lincoln*
- 84 Sleepy Bees Lavender Farm, *Firth*
- 85 SR Pumpkin and Flower Farm, *Lincoln*
- 86 Sunday Farmers' Market at College View, *Lincoln*

farms NEAR YOU!

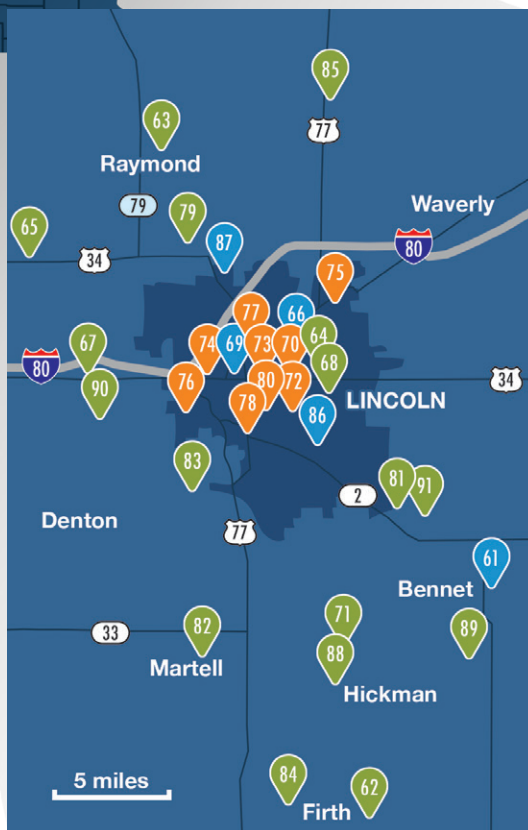


Lincoln Area (continued)

- 87 Thursday Farmers' Market, *Lincoln*
- 88 Trackside Farm, *Hickman*
- 89 Twin Springs Pecans, *Bennet*
- 90 West Van Dorn Farm and Ranch, *Lincoln*
- 91 Yankee Hill Landscape Co., Inc., *Lincoln*

Omaha Area

- 92 Barreras Family Farm, *Blair*
- 93 Benson Bounty, *Omaha*
- 94 Big Muddy Urban Farm, *Omaha*
- 95 D&D Beef LLC, *Herman*
- 96 Fruit of Levine LLC, *Omaha*
- 97 GreenLeaf Farms, *Omaha*
- 98 Little Mountain Ranch and Garden LLC, *Ft Calhoun*
- 99 No More Empty Pots, *Omaha*
- 100 Omaha Farmers' Market—Aksarben Village, *Omaha*
- 101 Omaha Farmers' Market—Old Market, *Omaha*
- 102 Stream Meadow Farms, *Papillion*
- 103 Turco Farms, *Springfield*
- 104 Village Pointe Farmers' Market, *Omaha*
- 105 Wenninghoff Farm, *Omaha*



NEBRASKA BEEF
FOR EVERY HOUSEHOLD ALL
YEAR AROUND

- ★ BLACK ANGUS
- ★ GRAIN FINISHED
- ★ UNDER 15 MONTHS
- ★ STEERS
- ★ USDA INSPECTED

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GROWING PRACTICES

What do we mean?

The best option to learn about how your food is grown is to talk to local farmers about their practices and their farms. Only the local food system gives you that kind of access to the people producing your food! Here are some of the terms and programs listed in this guide.

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's rules.

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.

Grass-Fed Grain-Finished: Animals, usually cattle, who are fed grain before slaughter. Some producers raise their animals on pasture but feed them grain for a certain amount of time before slaughter.

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.

CONNECTING LOCAL FARMERS AND MAKERS WITH THE COMMUNITY

EAST CAMPUS DISCOVERY DAYS
 AND FARMER'S MARKET

10 a.m. to 2 p.m. | East Campus Loop

JUNE	JULY	AUG
9	11	13

- FARM FRESH PRODUCE
- LIVE MUSIC
- FOOD TRUCKS
- ACTIVITIES FOR ALL AGES
- BACKYARD FARMER GARDEN TOURS

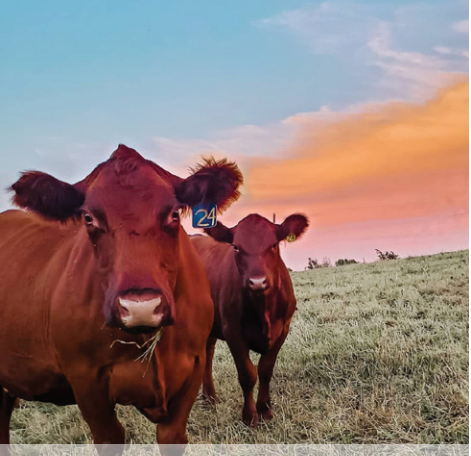
SHOP FROM SMALL BUSINESSES OR
 RUN YOUR OWN STALL!

Learn more at discoverydays.unl.edu



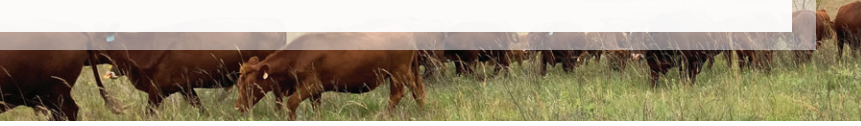
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Learn about all the growing practices mentioned in our food guide online at BUYLOCALNEBRASKA.ORG/BFBL-GLOSSARY



KNOW YOUR MEAT, EGGS, AND DAIRY!

Buying animal products directly from the farmer or rancher means more transparency and knowledge. You can find out how animals are raised, get your questions answered by the people who care for them, and support independent producers.



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

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.



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

Searching for a specific ingredient?

LIKE LOCAL ASPARAGUS OR LOCAL HONEY?



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

Western Nebraska

BUSINESSES

1 CIBO—Meat & Complete, LLC
Local Food Processor
 404 E 5th St.
 Valentine, NE
 402-389-1304
 chelsea@meat-complete.com
 meat-complete.com
 HOURS: Mon–Fri: 9 am–5 pm,
 Sat & Sun: Closed
CIBO makes meat protein bars from local grass-fed beef and uses fruits, vegetables, and spice blends for a nutritious and delicious complete meal. Check out our Give Back Program!

4 Heritage Acres Online Market
Online Farmers' Market
 Keystone Business Center
 McCook, NE
 308-340-9872
 hello@heritageacres.net
 heritageacres.net
 HOURS: Order Fri–Mon, Pick-up/
 Weekly delivery in southwest Nebraska
 Thursdays 4:30–5:30 pm
Heritage Acres brings a curated supply of the best locally grown and produced food to your family in a cost-effective and convenient manner on a weekly basis.

FARMERS' MARKETS

6 Imperial Farmers' Market
 740 Court St.
 (Parking lot and grass of City Square)
 Imperial, NE
 308-882-4368
 tylerp@imperial-ne.com
 facebook.com/imperialfarmersmarket
 DATE & TIME: Saturdays 9 am–Noon
 (July 9–Oct 8)
The Imperial Farmers' Market brings the community together for fresh produce, homemade baked goods, jams and jellies, eggs, and more!

11 Scottsbluff Winter Farmers Market
 2930 Old Oregon Trail (Legacy of the Plains)
 Gering, NE
 scottsbluffwinterfarmersmarket@gmail.com
 facebook.com/winterfarmersmarket
 DATE & TIME: Saturdays 11 am–2 pm
 (end of Oct–end of Mar)
At the Winter Farmer's Market we are proud to serve the Panhandle with fresh homegrown, homemade, and handmade items. With 10 Vendors each market you will always find something new.

FARMS & RANCHES

2 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, Home Delivery

Our farm is located in Mitchell, Nebraska. We do not use synthetic fertilizers or pesticides of any kind—just hard work and the love of bringing a natural product to our customers.

3 Heritage Acres

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

- Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, Grass Fed, Grain Finished
- Farmers' Markets, Wholesale, Online Ordering, In-Town Drop Sites

Grain-finished beef, pastured eggs, pastured poultry, and open-air pork. Welcome to our farm family—there is always room for one more around our table.

5 Hoyt Farms

 Janice & Dennis Hoyt
 Culbertson, NE
 309-278-2607
 jdlhoyt@msn.com

- Farmers' Markets, U-Pick

My husband and I began growing Aronia Berries four years ago to keep us busy during retirement and because of the incredible nutritional value that it has.



7 Meadowlark Hearth Farm

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

- Certified Biodynamic, Certified Organic
- Non-GMO Feed, Pasture Raised, Cage Free, Rotational Grazing, 100% 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 same family.

8 Megan's Market

 Tracy Gifford
 Gering, NE
 308-631-4660
 mrmath1@hotmail.com

- No Synthetic Inputs
- Antibiotic Free, Hormone Free
- On Farm Store, Direct Sales—Call or Email, Farmers' Markets, U-Pick, Home Delivery

Megan's Market started 11 years ago, when Megan was in eighth grade. It has grown from an oversized garden to ten acres of vegetables, including five acres of delicious sweet corn.

9 Painter Produce

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

- Non-GMO Feed, Antibiotic Free, Hormone Free, Outdoor Access
- On Farm Store, Direct Sales—Call or Email, Home Delivery

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

10 The Prairie Garden

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

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

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

Recipe

ROASTED EGGPLANT SALAD with Goat Cheese and Smoked Almonds



Ingredients

2 lbs eggplant*
Kosher salt
1/3 c olive oil
2 Tbsp cider vinegar
1 Tbsp honey*

1 Tbsp smoked paprika
1/2 tsp ground cumin
4 cloves garlic,*
roughly chopped
2 Tbsp lemon juice,
freshly squeezed

1 Tbsp soy sauce
1 c flat leaf parsley,*
roughly chopped
1/2 c smoked almonds,
roughly chopped

2 oz goat cheese* crumbled,
reserve 1 Tbsp
1/4 c scallions,*
finely chopped

Instructions

1. Heat the oven to 400°F.
2. Cut the eggplant into 1-inch cubes and put in a large bowl. Sprinkle lightly with kosher salt, and set aside while making the marinade.
3. Whisk together the olive oil, cider vinegar, honey, smoked paprika, and cumin. Dab away any extra water that has beaded up on the eggplant, and toss with the marinade. Stir in the garlic.
4. Spread the eggplant on a large baking sheet lined with parchment, and slide onto a rack placed in the center of the oven. Roast at 400°F for 40 minutes, or until very tender and slightly browned. (Stir every 15 minutes and check after 30 minutes to make sure it isn't burning.)
5. Remove from the oven and cool slightly. Whisk together the lemon juice and soy sauce.
6. Return the eggplant to the bowl, and toss with the lemon juice mixture.
7. Stir in the parsley leaves, smoked almonds, and most of the goat cheese, reserving a little.
8. Spread the finished salad in a serving bowl and sprinkle the reserved goat cheese crumbles and scallions on top.



From the kitchen of

GI ACRES, GRAND ISLAND, NE

*LOCAL ingredient

DANIELS



PRODUCE

Columbus, NE

402.897.4253

www.danielsproduce.com



Farmers Market

Find our tent at:

Village Point- Omaha
Old Market- Omaha
Aksarben- Omaha
College View- Lincoln
Haymarket- Lincoln
Highland Park- Hastings

HEARTLAND
NUTS

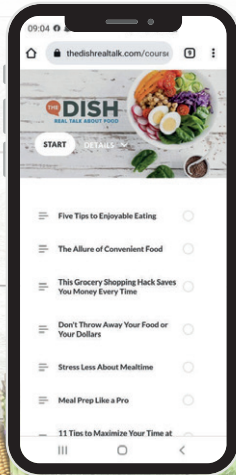
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LOCAL PECANS, BLACK WALNUTS, & HAZELNUTS
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THE DISH

REAL TALK ABOUT FOOD

- ✓ plan meals
- ✓ save money
- ✓ eat healthy



THEDISHREALTALK.COM

Connect with
@thedishrealtalk



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

Nebraska Extension *invites you* to participate, learn and connect to local community resources!

Produce Grown in Nebraska

Explore many of the popular produce items grown in Nebraska while learning how to select, store and prepare them.



Nutrition Education Program

Find tips, recipes, and free resources to help you make healthier food choices and choose a physically active lifestyle.



Home Food Preservation Series

Learn how to safely preserve food at home using methods such as canning, pickling, freezing, drying, and dehydrating.



Food in the Field

Learn how to make healthy choices for yourself and your family during the busy planting and harvest seasons.



Growing Together Nebraska

Explore ways to volunteer at a community garden and donate freshly grown produce to increase access for families and individuals who are food insecure.



Connect with @UNLfoodfitness



Are you a local food producer interested in joining forces with others to expand your market or improve your quality of life?

Cooperatives are created by people who have a specific need and who are willing to work together to operate and organize a business that will meet that need.

In Nebraska there are opportunities for producers to start cooperative businesses around **marketing** and **distribution** of local foods, business and **farm transition, land access, equipment** and **supply** purchasing – to name a few!

The **Nebraska Cooperative Development Center** works with groups to explore and develop cooperative businesses that bring value and services to their lives.

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



The Connections Among Us

GARY FEHR, GREEN SCHOOL FARMS, LINCOLN, NEBRASKA

The other day I was outside on the farm. It was a pleasant day, very quiet and peaceful. I heard a screech not far away. It took a bit to locate the source but finally I saw the bird, possibly a small hawk, high in a tree. I paused for a few moments to enjoy that connection with another living creature. Eventually it flew off and I resumed my work.

I love thinking about connections on all levels. They exist in so many different forms. Local food embodies the topic particularly well. Many interdependencies are nurtured and supported when we engage with local food.

When you buy that fresh tomato or bunch of kale from the market, the connections to that food started in the soil. Farms that mindfully choose practices to build healthy soils mean that a dazzling array of microscopic connections are at work. Billions and trillions of microorganisms symbiotically work together converting raw materials in the air, water, and soil into substances made available to the plant as it grows. The plant in turn is crucial to maintaining that population of tiny inhabitants.

Later, when you're at home preparing the food, those local purchases help to foster interpersonal connections. It helps us slow down. We're focusing for a time on the simple, enjoyable act

of meal preparation, conversation with our kids or other household members, and detaching from our phones and tablets. We become grounded while we experience the textures, tastes, and smells of the food, and the presence of our loved ones.

When you eat the meal made from fresh, whole ingredients we think of the connection of the food to the physiology of our bodies. Medical science continues to learn of the important connections between eating nutrient-dense, minimally processed food and our overall physical and mental wellness.

Rather than zipping through the drive-through en route to the next thing, local food gives this opportunity to enhance our wellness.

The connections within our community are strengthened by local food. Attending the farmers market not only keeps our dollars in the local economy, but increases a sense of connection to our community and becomes an important way to bond socially. Becoming aware of how we spend our

dollars by choosing markets, stores, and restaurants that source locally keep us connected to and aware of the importance of the local economy and the resilience that it can offer.

All these connections are honored as we cultivate a mindset of appreciation and support for local food. Looking forward to another fantastic year of opportunity to continue building connection.

Attending the farmers market not only keeps our dollars in the local economy but increases a sense of connection to our community and becomes an important way to bond socially.



Green School Farms sells produce at farmers' markets and to Nebraska schools!

Getting **fresh, nutritious, local products** into Nebraska schools is a win for both the **230,000 students** who eat school lunch daily and **local producers**. **Let's get more local products onto the lunch tray in 2022!**

IS YOUR DISTRICT participating?

Find out more at:
GO.UNL.EDU/FARMTOSCHOOL



Central Nebraska

BUSINESSES

13 Back Alley Bakery
Restaurant, Caterer, Bakery, Retail Store
 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 everything we serve in our restaurant daily.

17 Grain Place Farm
Local Food Processor & Farm
 1904 N Hwy 14
 Marquette, NE
 501-765-2732
grainplacefarm@gmail.com
grainplacefoods.com
 HOURS: Tues & 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.

18 GROW Nebraska
Retail Store, Non-Profit
 421 W Talmadge St., Ste. #1
 Kearney, NE
 308-338-3520
info@grownebraska.org
buynebraska.com
 HOURS: Mon–Fri: 8:30 am–7 pm,
 Sat: 8:30 am–3 pm
Buy Nebraska (buynebraska.com) is a nonprofit gift shop featuring products made in Nebraska. The GROW Nebraska Foundation helps around 400 Nebraska businesses be visible online yearly.

25 Roberts Seed Inc.
Local Food Processor
 982 22 Rd.
 Axtell, NE
 308-743-2565
robertsseed@gtmc.net
robertsseed.com
 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 and organic grain, and have been Certified Organic since 1991. Call or stop in!

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
An indoor, year-round farmers' market and community space in the heart of north central Nebraska. We focus on locally grown and produced goods and items from our certified kitchen.

FARMERS' MARKETS

14 Farmers Market 365
 1308 N Diers Ave. (Tractor Supply parking lot)
 Grand Island, NE
 308-216-1192
farmersmarket365ne@gmail.com
farmersmarket365.org
 DATE & TIME: Sundays 1–4 pm
 (May 1–Oct 31)
 • EBT/SNAP, NE Senior Farmers Market Coupons
We are producers who work together to build each other up. We are available through our online order form all year long. We deliver and have pick up throughout the tri city area.

19 Hastings Downtown Market
 2nd St. & Saint Joseph (East of Odyssey and North of First Street Brewery)
 Hastings, NE
 402-469-5065
director@hastingsdowntownmarket.com
hastingsdowntownmarket.com
 DATE & TIME: Thursdays 5–7:30 pm
 (June 9–Aug 25)
 • NE Senior Farmers Market Coupons
The Hastings Downtown Market is on Thursday evenings. Enjoy a quaint setting with multiple vendors, a featured food truck each week, and live music from 6:30–7:30 pm!

28 Sutton Farmers' Market
 Sutton City Park Pavilion
 (Corner of N Saunders Ave. & E Ash St.)
 Sutton, NE
 402-773-0195
farmersmarketsutton@gmail.com
suttonfarmersmarket.com
 DATE & TIME: Saturdays 8 am–Noon
 (July 9–Sept 24)
Enjoy the morning in the park! Visit with local hand crafters and vendors, selling locally grown produce, hand crafted local wood items, fresh eggs, artisan baked goods, and more!

FARMS & RANCHES

12 402 Beef Co

 Kristi & Cody Allen
 Spencer, NE
 402-340-9019
08kallen@gmail.com
402beefco.com
 • Pasture Raised, Grass-Fed Grain-Finished
 • On Farm Store, Direct Sales—Call or Email, Wholesale, Online Ordering, Home Delivery, In-Town Drop Sites
Our family farm is committed to excellence! We want to put a supreme quality of beef on your table. Quarters, halves, wholes, and USDA inspected individual packages available.

15 Freed Brothers Farms at Violets and More, LLC

 Jenny Enchayan
 Holdrege, NE
 308-991-3650
jenny.enchayan@gmail.com
violets-and-more.myshopify.com
 • On Farm Store, Online Ordering
Shop our products on the back porch at Violets and More, LLC on Wednesdays and Saturdays in season. Look for the giant metal spiders!

16 GI Acres

 Chad & Kathy Nabity
 Grand Island, NE
 308-379-3882
chadn1@grandislandacres.com
grandislandacres.com
 • No Synthetic Inputs
 • 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!

20 Lambert Melons

 Tim & Ben Lambert
 Erwing, 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.

Corn is a cereal grain domesticated by Indigenous peoples in southern Mexico about 10,000 years ago. Over 95% of the corn grown in Nebraska is field corn used for livestock feed and ethanol. The corn you'll find from farmers in this guide is either sweet corn, popcorn, or flour corn!

FUN FACT

21 Little Town Gardens



Candi & David Bengé
Gibbon, NE
308-216-1192
littletowngardens@gmail.com
littletowngardens.com

- CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering, Home Delivery, In-Town Drop Sites

We are learning organic and regeneration practices as we learn to grow. We love to grow new and interesting varieties and vegetables that are not usually available.

22 Nutt Family Country Market



Danielle & Josh Nutt
Ravenna, NE
308-440-7833
jnd9608@gmail.com

facebook.com/countrygrowmarket
• Direct Sales—Call or Email, Wholesale, Home Delivery, In-Town Drop Sites

We are a family owned and run business that offers a wide variety of jams, jellies, syrups, elderberry supplements, hand scrubs, fresh eggs, and seasonal customized produce baskets!

23 Prairie Pride Acres



Daniel Hromas
Grand Island, NE
402-217-2797
prairieprideacres@gmail.com
facebook.com/prairieprideacres

- No Synthetic Inputs
- 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, U-Pick, Wholesale, Home Delivery

Prairie Pride Acres is situated on 16 acres near Grand Island. I raise grass-fed, grass-finished beef, pork, and lamb. I also grow a variety of vegetables chemical-free.

24 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, In-Town Drop Sites

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.

26 Setting D Ranch LLC



Clarissa & Dan Feldman
Litchfield, NE
308-367-6316
settingdranch@hotmail.com
settingdranch.com

- Pasture Raised, Rotational Grazing, Grass-Fed Grain-Finished
- Direct Sales—Call or Email, Farmers' Markets, Online Ordering, Home Delivery, In-Town Drop Sites

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.

27 Straight Arrow Bison LLC



Karen & Marty Bredthauer
Broken Bow, NE
308-872-3066
mail@straightarrowbison.com
straightarrowbison.com

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

We raise 100% grass-fed bison south of Broken Bow, and sell the meat from our Log Cabin Mobile Store. We make monthly trips to Grand Island, Kearney, North Platte, and McCook.

29 The Hoagland Homestead



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

- 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!

30 Third Day Microgreens, LLC



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

- No Synthetic Inputs
- Direct Sales—Call or Email, Wholesale, Online Ordering, Home Delivery

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

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
- Direct Sales—Call or Email, Farmers' Markets, Online Ordering

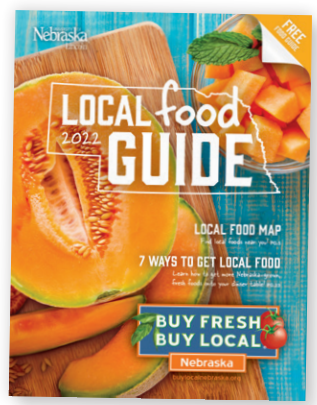
Our beef is grass fed and finished. Tender, flavorful, and nutritious! We hope you enjoy Nebraska's grass finished beef!

Make 2022 THE YEAR OF THE MELON!



Among the most beloved seasonal crops in Nebraska, melons—to many of us mean—summer! Lucky for us, Nebraska grows great melons. In fact, due to the sandy, loamy soil that watermelons love, a strip of Highway 281 around St Libory, Nebraska, was known as the “Melon Strip” with many roadside stands selling the treasured summer treat.

For a cooling treat on the hottest days of summer enjoy them sliced on the rind, juices dripping down your chin. Or, try this refreshing recipe:



Find cantaloupes, melons, and watermelons at your local farmers' market or farm stand in July, August, and September.

Recipe

MELON YOGURT SMOOTHIE (and Ice Pop Variation)

Ingredients

3 c watermelon or muskmelon/cantaloupe, cubed (black seeds removed if necessary)
 ½ c yogurt
 3 Tbsp honey or your choice of sweetener

1 c ice
 1 Tbsp lemon juice (optional)
 Sprinkle of ground cinnamon and/or ground cardamon (optional)

Instructions

1. Mix watermelon, yogurt, honey/sweetener, ice, lemon juice (optional), and spices (optional) in a blender.
2. Serve on a hot day, preferably in the shade!

NOTE: To make ice pops, omit the 1 c ice. Blend remaining ingredients, pour into popsicle molds or 4 oz disposable cups, and insert sticks. Freeze until firm—about 4 hours or overnight. Enjoy!

Recipe adapted from

NEBRASKA HARVEST OF THE MONTH PROGRAM
 Learn more at education.ne.gov/ns/farm-to-school/harvest-of-the-month



Wildflower GROCER
 112 N. 4TH ST., O'NEILL, NE 68763

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

Order Today
 308-870-4045

www.StraightArrowBison.com

We Support
 Healthy **LAND**
 Healthy **ANIMALS**
 Healthy **PEOPLE**

Our Log Cabin Store makes regular visits to Grand Island, Kearney, North Platte, and McCook.

eatWILD

79330 Summer Rd • Broken Bow, NE 68822

NEBRASKA REGIONAL FOOD SYSTEMS INITIATIVE

Thank you to those who attended the 2022 Regional Food Systems Summit. This year we were proud to partner with the Nebraska Extension Specialty Crop Conference and Nebraska Sustainable Ag Society to host the summit as part of the inaugural **Nebraska Local Food and Farm Conference**.

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.

Visit our website
for more information
foodsystems.unl.edu

Sign up for our mailing list!
go.unl.edu/nerfsi-mailing-list

NEBRASKA EXTENSION MASTER GARDENERS

Incredible volunteers
doing incredible work
in their community
landscapes.

mastergardener.unl.edu



The University of Nebraska does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination. ©2021



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Market!



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ACTIVITIES

EVERY OTHER THURSDAY

JUNE 9 - OCTOBER 13

FROM 4 TO 7 PM

ALL PROCEEDS SUPPORT
COMMUNITY SERVICE
TO BENEFIT LOCAL
FAMILIES.

FALLBROOK TOWN
SQUARE
600 FALLBROOK BLVD.

MORE INFORMATION AT
WWW.FACEBOOK.COM/THURSDAYFARMERSMARKET



Nebraska Farmers' Markets: Good Food and Much More!

*With over 90 active markets in the state, farmers' markets are a great way to get your hands on fresh local food. Markets are based on buying and selling, but they are also **destinations** and **hubs for the community**.*

Check out these community-centered activities that occur at various markets across the state:



Learn Something New *at the Market*

- **Chef demonstrations** to learn how to use all the local goodness!
- **Workshops**—gardening, food preservation, and flower arranging are just some of the workshops we've seen at markets.
- **Talk with vendors** about their products and **learn tips and tricks** from the pros.



Bring the Kids *to the Market*

- Some markets have **kids' days and events** like storytelling, fire-truck tours, taste-testing, or garden-based activities.
- Exploring a market **educates and entertains kids**—so many sights, textures, smells, and tastes they can enjoy!



Catch Up and Slow Down *at the Market*

- **Enjoy live music** that many markets book.
- **Catch up with friends and community members** over a prepared meal, cup of coffee, or homemade pastry.
- Partake in Yoga, Tai Chi, and other group **wellness activities**.

Hot Tip!

Follow your farmers' market on social media or subscribe to their online newsletter to learn about their special activities, events, and promotions!

First Time *at the Market?*

- ✓ Grab a friend for fun and support.
- ✓ If you're not into crowds, try hitting the market later in the day when it is usually less busy.
- ✓ Take the kiddos to learn about agriculture, beekeeping, baking, and cultural food!
- ✓ Allow for wandering time ... take a couple loops through the market, be sure to stay hydrated and fed, then go back to stands and make a purchase.
- ✓ Markets change with the seasons—depending on the week, vendors and products might be different.



This activity can be done during different times of the year as the products at the market will change as the seasons change.

Farmers' Market Scavenger Hunt

Farmers' markets are a great way to explore what food grows in Nebraska, meet farmers, and try new things!

- Find something green.
- Find 3 vegetables that grow underground.
- Find the smallest vegetable you can!
- Find a vegetable that is bigger than your hand.
- Buy and taste something you've never eaten before.
- Ask a farmer their favorite thing about their farm.
- Find a jam or jelly you've never tried before. What was it made from?
- Find 3 things that you would like to try on a pizza.
- Name two different types of meat you find at the market.
- Find a food that relies on pollinators to grow. You may have to ask a farmer!

What's something you enjoy eating, but don't find at the market? Why not? Can it grow in Nebraska or be found during a different time of year?



FIND YOUR FARMERS' MARKET AT
buylocalnebraska.org/go-to-grow

Northeast Nebraska

BUSINESSES

40 Graf Bees
 Local Food Processor, Honey & Honey-Related Retail Store
 110 N Main St., PO Box 233
 Emerson, NE
 308-962-4376
 mgraf28@yahoo.com
 facebook.com/graf-bees-the-buzz-259676711356450

BUZZ-259676711356450
 HOURS: Mon, Wed & Sat: 9 am–Noon,
 Tues: 3:30–5 pm, Thurs 3:30–7 pm,
 Fri & Sun: Closed
We are a family operation that raises bees and sells honey and honey related products. We are located in northeast Nebraska. We make several products from our honey and bees wax.

FARMERS' MARKETS

34 Columbus Farmers Market
 2610 14th St. (Frankfurt Square across from the Courthouse)
 Columbus, NE
 402-910-6205
 senquist@yahoo.com
 facebook.com/farmersmarketonthesquare
 DATE & TIME: Saturdays 7:30 am–Noon (May 7–Oct 29)
 • NE Senior Farmers Market Coupons
All grown, raised, baked, and handmade within 50 miles of Columbus. 30+ vendors. Carside delivery available. Fresh spring produce available May 7th. Chemical and gluten free options.

37 Dixon County Farmers Market
 119 Third St.
 (At Ponca City Hall north side)
 Ponca, NE
 402-889-8485
 dixoncountyfarmersmarket@hmail.com
 facebook.com/dixoncountyfm
 DATE & TIME: Fridays 4–7 pm,
 Saturdays 9 am–1 pm
 (2nd & 4th weekends May–Oct)
HOMEMADE AND HOMEGROWN! *The Dixon County Farmers Market new hours are the second and fourth weekend of each month Fridays 4–7 pm and Saturdays 9 am–1 pm May–October.*

45 Wayne Farmers Market
 510 Pearl St.
 (Courthouse lawn)
 Wayne, NE
 402-375-2240
 imock@waynetworks.org
 facebook.com/farmersmarketwayne
 DATE & TIME: Wednesdays 4–6 pm,
 Saturdays 9 am–Noon (June 11–Oct 22)
From the easy access on the shady west side of the Wayne County Courthouse, shop for a variety of home grown and home made goods.

FARMS & RANCHES

33 Ar-Dot Farmstead Foods

 Ruth & Sid Ready
 Scribner, NE
 402-380-0214
 freadyhome765@gmail.com
 facebook.com/ar-dot-farmstead-foods-104763081630073
 • Pasture Raised, Outdoor Access, Cage Free, Rotational Grazing, Grass-Fed Grain-Finished
 • Direct Sales—Call or Email, Farmers' Markets
Ar-Dot Farmstead Foods raises, beef, chickens, turkeys, and eggs for your family. We also have sweet corn and other vegetables in season. Our family loves growing good food for you.

35 Country Lane Gardens LLC

 Annette & Cody Hellbusch
 Columbus, NE
 402-270-9072
 countrylanegarden@gmail.com
 countrylanegardens.org
 • Non-GMO Feed, Pasture Raised
 • On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering
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!

36 Daniels Produce

 Tannie Daniels & Kelly Jackson
 Columbus, NE
 402-897-4253
 kelly@danielsproduce.com
 danielsproduce.com
 • GAP Certified
 • CSA, Farmers' Markets, Wholesale, Online Ordering
Daniels Produce is owned and operated by Andy and Tannie Daniel; their son, Jason Daniels; and their daughter, Kelly Daniels/Jackson. We strive to give our customers the best produce possible.

38 ELTEE Mangalitsa's LLC

 Leon & Tami Svoboda
 Pender, NE
 402-922-0330
 leonsvoboda@live.com
 elteemangalitsas.com
 • Direct Sales—Call or Email, Farmers' Markets, U-Pick, Online Ordering
Third generation family farm located in northeast Nebraska. Farming and pork production is not only our business, it's our way of life. Certified Mangalitsa pork is unlike any other.

39 Fat Head Honey Farms

 Kathy Suchan
 Clarkson, NE
 402-910-7028
 fatheadhoneyfarms@gmail.com
 fatheadhoney.com
 • Wholesale, Online Ordering
At Fat Head Farms we create artisanal handcrafted honey using pure practices. Bees are at the heart of our mission, and we strive to keep our bees in the most natural way possible.

41 Johnson Farm

 Ruth & Robert Johnson
 North Bend, NE
 402-652-3769
 rrjohnson@gpcom.net
 facebook.com/johnsonfarmnebraska
 • No Synthetic Inputs
 • Direct Sales—Call or Email, Farmers' Markets
Johnson Farm is a small family farm and has been growing vegetables for the last 30 years. We are committed to the production of safe and high quality foods.

Recipe

BACON, EGG, SUNFLOWER & TOMATO (BEST) Breakfast Sandwich

Makes 2 sandwiches

Ingredients

2 slices bacon*
(try locally raised bacon)
Oil or butter
2 eggs* (try local eggs)

Sunflower microgreens*
(can sub other microgreens)
2–4 slices tomato*
(preferably garden fresh)

2 english muffins
Mayonnaise & hot sauce
(optional)



Instructions

1. Cook bacon. Set aside on paper towel. Cut each strip in half.
2. Melt a small amount of butter or oil in a pan. Crack eggs into the pan, and fry eggs to your desired done-ness.
3. Toast english muffins.
4. Assemble sandwiches: spread mayo over the english muffins, add bacon, fried egg, tomatoes, and sunflower microgreens. Add a few dashes of hot sauce!

Give your breakfast a boost of nutrition and flavor!

From the kitchen of

THIRD DAY MICROGREENS LLC, GRAND ISLAND, NE



42 KrazyWoman Orchard



Woody & Marianne Slama
Scribner, NE
402-719-6161
krazywoman385@live.com
[facebook.com/krazywomanorchard](https://www.facebook.com/krazywomanorchard)
• GAP Certified
• Direct Sales—Call or Email,
Farmers' Markets, Online Ordering
KrazyWoman Orchard has roughly
250 apple trees with 23 varieties and
an established pecan grove. Farmers
markets: Aksarben and Village Pointe in
Omaha, Sunday Market in Lincoln.

43 Stick Figure Farm



Kelly Palmer Burns & Rich Burns
Hartington, NE
402-254-9183
hops101@hartel.net
• No Synthetic Inputs
• Farmers' Markets
Small family farm raising heritage and
specialty apples for farmers' markets.
Future endeavors include hard and fresh
ciders, baking, drying, and decorative
apple creations.

44 TLC Country Floral



Sue Fase
Hooper, NE
402-654-2058
tlccountryfloral@yahoo.com
tlccountryfloral.blogspot.com
• No Synthetic Inputs
• On Farm Store, Online Ordering
Flowers, vegetables, herb plants, succulents,
and rare, unusual plants. Freeze dried florals,
vintage treasures, and garden art in our gift
shop. Online ordering available.

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

Southeast Nebraska

BUSINESSES

52 Heartland Nuts
Distributor, Retail Store, Local Food Processor
 206 W 2nd St., Box 489
 Valparaiso, NE
 402-784-6887
 heartlandnuts@gmail.com
 heartland-nuts.com
 HOURS: Wed: 8:30 am–Noon
Heartland Nuts (formally Heartland Nuts 'N More) purchases, processes, and markets only high-quality-cultivar, Midwest-grown black walnuts, pecans, and hazelnuts.

57 Rich Harvest Winery and Winery
Winery
 3010 G Rd.
 Syracuse, NE
 402-878-0708
 cathy@richharvestwine.com
 richharvestwine.com
 HOURS: Fri–Sat: 1–9 pm, Sun: Noon–5 pm
Rich Harvest Winery offers welcoming hospitality, delicious wines, and gorgeous views of the vineyard and surrounding countryside. Estate wines for tasting at your next getaway.

FARMERS' MARKETS

48 Beatrice Farmers Market
 318 N 6th St. (6th & High St.—Centenary United Methodist Church Parking Lot)
 Beatrice, NE
 402-223-3244
 info@mainstreetbeatrice.org
 facebook.com/beatricefarmersmarket
 DATE & TIME: Thursdays 4–6:30 pm (May 19–Oct 13)
 • NE Senior Farmers Market Coupons
Every market brings in new treats, crafts, lots of produce, eggs, honey, tasty baked goods, beef, and more! Join us in downtown Beatrice. We average 15 vendors a week! See you soon!

58 Seward Farmers Market on the Square
Courthouse Square
 Seward, NE
 402-641-4670
 carol.bluevalley@gmail.com
 facebook.com/sewardnefarmersmarket
 DATE & TIME: Wednesdays 5–7 pm, Saturdays 8 am–Noon (May 18–Oct 29)
 • EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons
Seward Farmers Market is located in a lovely shaded area on the courthouse square in Seward's downtown area. It makes shopping from a wide variety of vendors a great experience.


FARMS & RANCHES


46 Al-Be Farm

 Beth Kernes Krause & Ralph Krause
 Julian, NE
 402-274-8836
 al-befarm@windstream.net
 facebook.com/albefarmNE
 • Non-GMO Feed, Hormone Free, Pasture Raised
 • Direct Sales—Call or Email, Wholesale, Home Delivery
Non-GMO grain-based feed and fresh pasture daily, in a chicken tractor. We do not free range our birds, due to the high level of predators in our area.

47 Arnold Acres

 Larry & Mary Kay Arnold
 Syracuse, NE
 402-217-2930
 larry@arnoldacresne.com
 arnoldacresne.com
 • On Farm Store, Direct Sales—Call or Email, Farmers' Markets
We are a small vegetable and fruit farm that grows vegetables and fruits in a sustainable manner using regenerative soil building methods. We sell jams and jellies from our fruit.

49 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 human and environmental health through regenerative farming.

50 Food4Hope

 Terri Sue & Ron 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
 • On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Home Delivery
Food4Hope is a non-profit, 501(c)(3) organization that is in the process of building a community teaching and commercial kitchen on our farm to provide the best whole food experience.

51 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!

Goats are thought to be one of the first animals domesticated by humans—around 11,000 years ago!

Egg color is dependent on breeds of chicken—some breeds lay brown eggs, others pure white. A few breeds lay dark brown, or pastel green, blue, and pink eggs.

FUN FACT

53 Martin's Hillside Orchard



Barbara & Alex Martin
Ceresco, NE
402-665-2140
nitbm8@dishmail.net
hillside-orchard.com

• On Farm Store, Direct Sales—
Call or Email, U-Pick

A great weekend getaway at a scenic, twenty acres of apple orchard, raspberry, and pumpkin patch. Fun for kids! Corn maize, corn box, hay rides, apple slush, lunches, and parties.

54 Paradise in Progress Farm



Jim & Ellen Shank
Nebraska City, NE
402-874-9540
paradiseinprogressfarm@gmail.com
facebook.com/paradise-in-progress-farm-1403878523249930

• GAP Certified
• Hormone Free, Pasture Raised,
Rotational Grazing, 100% Grass Fed
• CSA, On Farm Store, Direct Sales—
Call or Email, Farmers' Markets

Growing a wide variety of fruits and veggies along with chicken eggs and value-added products. Get our delicious produce through our CSA, Farmers' Markets, and on farm store!

55 Pekarek's Produce



Ryan & Katie Pekarek
Dwight, NE
402-641-3305
pekareksproduce@hotmail.com
pekareksproduce.com

• CSA, On Farm Store, Direct Sales—
Call or Email, Farmers' Markets,
Wholesale, Online Ordering

Pekarek's Produce is a family-run farming operation near Dwight, Nebraska. The farm produces good produce for our customers to enjoy with their family.

56 Raikes Beef Co.



Lindsey Raikes
Ashland, NE
402-944-2474
info@raikesbeef.co
raikesbeef.co

• Hormone Free, Grass-Fed Grain-Finished
• On Farm Store, Wholesale,
Online Ordering

100% Nebraska raised American Wagyu beef directly from our 5th generation family farm. Storefront in downtown Ashland offering other locally sourced proteins and specialty foods.

59 Sicily Creek Jellies and Produce



Frederick & Lauri Baumann
Blue Springs, NE
402-645-8396
sicilycreekjelly@yahoo.com

• Farmers' Markets
We personally produce all of our fresh fruits, veggies, jams, and jellies. Proud members and supporters of Home Grown by Heroes (farmer Veteran coalition).

60 West End Farm



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

• Hormone Free
• CSA, On Farm Store, Direct Sales—
Call or Email, Farmers' Markets,
Wholesale, Online Ordering,
In-Town Drop Sites

We're a family farm west of Beatrice growing fresh vegetables, fruits, berries, and herbs without the use of synthetic insecticides. We also sell eggs, honey, jam, and baked goods.

JOIN OUR LOCAL FOOD SYSTEM

EDUCATION. STEWARDSHIP. SUSTAINABILITY.

- ▶ Locally Sourced Produce & Food
- ▶ Plant-Based Meals & Curated Kits
- ▶ Agriculture, Nutrition, Culinary & STEAM Education & Training for Youth, Adults & Seniors

NO MORE EMPTY POTS

NMEPOMAHA.ORG | 8501 N 30TH ST. | 402.993.3588

MAY 7 - OCT. 16

SATURDAY Old Market 8 a.m. to 12:30 p.m.
SUNDAY Aksarben Village 9 a.m. to 1 p.m.

OMAHA Farmers MARKET

omahafarmersmarket.org

MEDIA SPONSORS
KETV 7 HD, SWEET 98.5

SPONSORS
Nebraska Parks, Park Omaha, Methodists, WELLS FARGO, LeafFilter, Veridian, SECURITY NATIONAL BANK, OLD OMAHA ASSOCIATION, SHIRWOOD



7

WAYS TO GET LOCAL FOOD

GI Acres, Grand Island, NE



Meat subscription programs are becoming popular too! You pay the rancher, and they send you a set amount of frozen, quality local meat monthly.

1

CSA & SUBSCRIPTIONS

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.

Want to join? Look for "CSA" in this guide, or visit:

 BUYLOCALNEBRASKA.ORG/METHODS-SALE/CSA

GROCERY & RETAIL STORE

Look for signage in grocery stores that calls out the product as "local"—often grocers will highlight the producer to distinguish the product. Retail and specialty shops also stock local products.



Painter Produce, Henry, NE

6

ON-FARM STORE & U-PICK

Heading to the farm is a great way to see how the produce and livestock products you love to eat are raised. Popular u-pick options are **apples, pumpkins, and berries**, but u-pick **cut-flower options** are gaining popularity!



Open Harvest, Lincoln, NE

5



2

Omaha Farmers Market, Omaha, NE

FARMERS' MARKETS

Buy directly from the farmer at one of Nebraska's 90+ farmers' markets. Markets typically run May to October but look for special holiday and winter markets!

Locate your nearest market here:

 GOTOGROW.ORG

FARM TO SCHOOL

Farm to School is growing in Nebraska. More schools are purchasing local products for their cafeterias and getting kids into the garden!

Learn how you can get local into your school here:

 GO.UNL.EDU/FARMTOSCHOOL

3



4

FOOD HUBS & LOCAL FOOD DISTRIBUTORS

These businesses aggregate local products, streamline sales and transport, and get local food to grocery stores, schools, hospitals, and consumers. **No More Empty Pots, Lone Tree Foods,** and **Nebraska Food Cooperative** are just a few examples of such businesses.

RESTAURANTS

The best restaurants in Nebraska are choosing fresh, local ingredients for their menus. The next time you visit, **thank them for supporting our farmers!**

7

Hub Cafe, Lincoln, NE



LOCAL ONLINE!

Online ordering increased A LOT in the past few years. Some farms have online stores or order forms. Delivery, shipping, and local pickup options abound! Look for "Online Ordering" in this guide for businesses that offer online sales!

Online Meat Sales—Get Local Meat Shipped Directly to Your Doorstep!

Some producers offer shipping of their frozen pork, beef, and lamb. Typically, customers can order a minimum amount of meat, either individual cuts, or bundled products, and get them shipped frozen to their doorstep!

It's a great way to purchase smaller amounts of high-quality, locally-raised meat (rather than a whole or half animal) for your family. Bundles of local meat also make tasty, shippable gifts.



D&D Beef meat bundle

LEARN MORE AT
buylocalnebraska.org

Lincoln Area

BUSINESSES

70

Hub Café

Restaurant, Caterer, Event Space

250 N 21st St.

Lincoln, NE

402-474-2453

trailcenterevents@gmail.com

hubcafelincoln.com

HOURS: Tues–Sun: 7:30 am–2:30 pm,

Mon: Closed

Farm-to-Fork Cafe. Serving breakfast and lunch featuring locally-sourced products. Wine, beer, and cocktails available. Vegetarian friendly. Patio dining. Private events.

72

Leon's Gourmet Grocer

Grocery Store

2200 Winthrop Rd.

Lincoln, NE

402-488-2307

chad@leongourmetgrocer.com

leongourmetgrocer.com

HOURS: Sun: 9 am–6:30 pm,

Mon–Sat: 8 am–9 pm

At Leon's you can find local cheese, produce, jams, chicken, eggs, and milk that were raised in Nebraska, along with an incredible meat department. Food is our passion!

73

Lincoln Mediterranean Market

Grocery Store, Retail Store

1618 O St.

Lincoln, NE

531-500-2164

buffalo_lincoln@yahoo.com

facebook.com/lincolnmedmarket

HOURS: Mon–Sun: 9 am–9 pm

Lincoln Mediterranean Market is a family owned, family operated grocery store located in downtown Lincoln. It focuses on Mediterranean products, local produce, and household essentials.

74

Lone Tree Foods

Distributor

220 P St.

Lincoln, NE

402-413-0079

info@lonetreefoods.com

lonetreefoods.com

We are Nebraska's local foods distributor.

We connect farmers and producers to wholesale buyers and build sustainable, win-win relationships in the food supply chain.

75

Milkweed Kitchen

Caterer, Bakery, Pop-Up Café

6220 Havelock Ave.

Lincoln, NE

402-730-4372

milkweedyoga@gmail.com

Milkweed Kitchen provides vegetarian and vegan catering services and pop-up events using indigenous, native, organic, non-GMO, and local ingredients. Located in historic Havelock.

76

Mystic Rhoads Productions Inc.

Local Food Processor, Non-profit

Lincoln, NE

402-617-5214

info@mysticrhoads.org

mysticrhoads.org

Mystic Rhoads Productions is a 501(c)(3) nonprofit charitable organization whose mission is to use the power of our products to build momentum for positive community change.

77

Nebraska Food Coop

Distributor, Food Cooperative

Centennial Mall N

Lincoln, NE

800-993-2379

gm.nebraskafood@gmail.com

nebraskafood.org

Shop Nebraska's Online Farmers' 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.

78

Nebraska Sustainable Agriculture Society

Agricultural 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.

80

Open Harvest Co-op Grocery

Co-op Grocery

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.

FARMERS' MARKETS

61

Bennet Farmers' Market

Village Park (Elm & Harrison Streets)

Bennet, NE

402-326-6485

kramerlarry@outlook.net

bennetfarmersmarket.com

DATE & TIME: Wednesdays 4–6 pm

(May 4–Sept 14)

- NE Senior Farmers Market Coupons

The market operates in the shaded Village Park to promote direct sale of Nebraska produced products directly to the consumer.

66

East Campus Discovery Days and Farmers Markets

310 Ag Hall (East Campus Mall)

Lincoln, NE

402-472-7080

jbrophy3@unl.edu

discoverydays.unl.edu

DATE & TIME: Saturdays 10 am–2 pm,

(June 11, July 9, and August 13)

The East Campus Discovery Days and Farmers Market at the University of Nebraska–Lincoln is a fun, family-friendly event for all ages with vendors, food trucks, live music, and more.

69

Historic Haymarket Farmers' Market

7th & P St. (Historic Haymarket District)

Lincoln, NE

402-435-7496

jeff@lincolnhaymarket.org

lincolnhaymarket.org/events/farmers-market

DATE & TIME: Saturdays 8 am–Noon

(May 7–Oct 15)

- NE Senior Farmers Market Coupons

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.

Bees carry pollen on their hind legs in what is called a pollen basket. Pollen is a source of protein for the hive and is needed to help baby bees grow.

FUN FACT

86 Sunday Farmers' Market at College View

4801 Prescott Ave. (48th & Prescott)
Lincoln, NE
402-217-9215
sundayfarmersmarket.manager@gmail.com
sundayfarmersmarket.org

DATE & TIME: Sundays 10 am–2 pm
(April 24–Oct 30)

Holiday Markets in Nov & Dec
• EBT/SNAP, Double Up Food Bucks/
SNAP matching dollars, NE Senior
Farmers Market Coupons, WIC

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.

87 Thursday Farmers Market

600 Fallbrook Blvd.
(Fallbrook Square Greenspace)
Lincoln, NE

308-216-0411
fallbrookfm.manager@gmail.com
facebook.com/fallbrookfarmersmarket

DATE & TIME: Thursdays 4–7 pm
(Every other week June 9–Oct 6)

• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons

Let our market be your first stop for seasonal produce, farm-raised meats, crafts, and more. Family friendly activities are scheduled each week. Come for the food, stay for the fun!

FARMS & RANCHES

62 Bright Hope Family Farm


Lainey & Andy Johnson
Firth, NE
402-450-9715

brighthopefamilyfarm@gmail.com
brighthopefamilyfarm.com

• No Synthetic Inputs
• On Farm Store, Direct Sales—
Call or Email, Farmers' Markets,
U-Pick, Wholesale, Online Ordering

We strive to provide cut flowers and produce grown with ecological integrity using no till farming practices. This translates to a high quality product for you to enjoy!

63 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,
U-Pick, Wholesale

Common Good Farm is in season 26 of growing good food (and plants) through good farming. A Certified Organic and Biodynamic Mom and Pop farm: eggs, plants, produce, pork, and beef.

64 Community Crops—Prairie Pines Incubator Farm, Air Park Farm



Amy Gerdes & Megan McGuffey
Lincoln, NE
402-474-9802
amy@communitycrops.org
communitycrops.org

• CSA, Direct Sales—Call or Email,
Farmers' Markets, Wholesale

We are a non-profit with two farms and one urban agriculture site. Eight farmers of diverse backgrounds farm at these sites. We are not certified organic but follow organic practices.

65 DS Family Farm


Doug & Sheila Garrison
Malcolm, NE
402-796-2208
doug@dsfamilyfarm.com
dsfamilyfarm.com

• 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.

67 Emerald Acres



Sandy Roush
Lincoln, NE
402-480-8197
sroush@ilc.net
facebook.com/emeraldacresfarm

• Animal Welfare Approved, Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised
• Direct Sales—Call or Email, Farmers' Markets, Wholesale

Emerald Acres is set on twenty acres just west of Lincoln in Emerald, Nebraska. Our goal is to produce the finest naturally-grown vegetables, as well as other plants for the community.

68 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, Home Delivery, In-Town Drop Sites

We are a sustainable vegetable farm near Lincoln. We're committed to the health of ourselves, our communities, and our earth through conscious use of healthy growing practices.

71 Hunter's Honey



Michelle & Doug Hunter
Hickman, NE
402-792-2345
mmhunter0203@gmail.com
purenebraskahoney.com

• On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Online Ordering

Hunter's Honey is a family owned and operated farm in Hickman, Nebraska. Our family has been working with bees since 2007. Our honey is produced locally from southeast Nebraska.

Lincoln Area →
continues on next page

Lincoln Area

continued from previous page

79 Off the Grid! Reed's Green Growers LLC



Dakota Dzerk & Rosemary Reed
Lincoln, NE
402-617-2837

dakota@reedsgreengrowers.com
reedsgreengrowers.com

- Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Cage Free
- Direct Sales—Call or Email, U-Pick

We are a family owned 4th generation farm. We sell free range chicken eggs, seasonal vegetables, nursery trees, and have U-pick aronia berries. This farm is licensed to grow hemp.

81 Picnic Hill Orchard



Jason & Sara Steele
Lincoln, NE
402-417-0734

info@picnichillorchard.com
picnichillorchard.com

- On Farm Store, Direct Sales—Call or Email, U-Pick, Wholesale

U-pick orchard serving the Lincoln community. We offer over 20 varieties of apples, blackberries, cherries, and asian pears.

82 Robinette Farms



Chloe Diegel & Alex McKiernan
Martell, NE
402-794-4025

farmers@robinettefarms.com
robinettefarms.com

- Certified Organic, No Synthetic Inputs
- CSA, Wholesale, Online Ordering, Home Delivery, In-Town Drop Sites

Working with local farmers to supply consumers with food year-round through our Local Food Subscription Program. Our farm grows certified organic microgreens and salad greens.

83 ShadowBrook Farm & Dutch Girl Creamery



Charuth & Kevin Loth & Ian Richmond
Lincoln, NE
402-413-9764

info@shadowbrk.com
shadowbrk.com

- No Synthetic Inputs
- Non-GMO Feed, Antibiotic Free, Hormone Free, Outdoor Access
- CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering, In-Town Drop Sites

We run a 34 acre diversified farming operation on the southwest edge of Lincoln, three miles from city limits. We have seasonal produce, award winning goat cheeses, and cow cheese.

84 Sleepy Bees Lavender Farm



Jerry & Holly McCabe
Firth, NE
402-730-2508

sleepybeeslavenderfarm@gmail.com
sleepybeeslavenderfarm.com

- No Synthetic Inputs
- On Farm Store, Farmers' Markets, Wholesale, Online Ordering

We grow six varieties of lavender. We do everything by hand—plant, weed, and harvest. We handmake all our products in small batches. We also have lavender honey in late summer.

85 SR Pumpkin and Flower Farm



Sara Rippe
Lincoln, NE
402-321-9976

sarpfarm@gmail.com
srpumpkins.com

- On Farm Store, U-Pick, Wholesale, Online Ordering, Home Delivery

Our customers love picking their own bouquets in our two acre flower field that is bursting with butterflies! Come fall, we have over 70 varieties of pumpkins and squash at our farm!

88 Trackside Farm



Nancy Scanlan & Sandy Williams
Hickman, NE
267-331-1070

tracksidegrown@gmail.com
facebook.com/hicktracks

- Direct Sales—Call or Email, Farmers' Markets

We are a small, woman- and veteran-owned farm south of Lincoln specializing in garlic, chile peppers, and unique varieties of fruit and vegetables not commonly available.

89 Twin Springs Pecans



Sarah Ferdico & Charlie Willnerd
Bennet, NE
402-525-8071

willnerdfarms@yahoo.com
twinspringspecans.com

- On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering, Home Delivery

We grow fresh, northern pecans, which have a buttery taste and contain heart-healthy oils to promote sustainable eating. We process only pecans from our family operated facility.

90 West Van Dorn Farm & Ranch



Troy Kash-Brown
Lincoln, NE
402-202-5686

kash-brown@outlook.com

- No Synthetic Inputs
- Direct Sales—Call or Email

We are dedicated to building healthy soil life for healthy food. Looking for producers to partner on a cooperative, educational site involving multi-species grazing, perennial plantings, and honeybees. Have space and experience to share.

91 Yankee Hill Landscape Co.



Tammy & Todd Magee
Lincoln, NE
402-416-2611

info@yankeehilllandscaping.com
yankeehilllandscape.com

- On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Home Delivery

Our farm is located on the southeast edge of Lincoln. We love growing produce, flowers, pumpkins, trees, and more. Stop on by for a visit. We'd love to show you around.

Northern pecan trees start producing nuts 5-10 years after planting.

Celebrating YAZIDI FARMERS

THROUGH THE YAZIDI OUTREACH & EDUCATION PROJECT

Amy Gerdes, Director of Operations, Community Crops

"There is a special relationship between the Yazidi peoples and food," says Shahab Bashar—a farmer and Community Crops Yazidi Cultural Liaison.

The Yazidi, a religious, minority, ethnic group make up an estimated 3,000 people in Lincoln, Nebraska.

This refugee community immigrated to the United States over a period of time between 1991 and 2017, and many were drawn to the Midwest because of their rural, agrarian roots.

Community Crops, a non-profit organization focused on gardening, farming, and food access, operates two farms at Prairie Pines and in Air Park in Lincoln, where 5 Yazidi farmers produce food as part of the Yazidi Farmer Outreach and Education Project. Here, they grow many crops that hold significant cultural importance, including eggplant, okra, garden cress, cutting celery, parsley, daikon radish, tomato, Jerusalem artichoke, cowpea, and pickling pepper. This project began in 2019, and since then, they have made major steps in rebuilding their cultural foodshed.

Farmers in the program have grown their businesses with vigor in the last three years.

Since 2019, they have not only risen to the challenge of adapting to production in a different climate and soil type but have provided their community with food.

This group sells mainly to the Arabic and Yazidi markets in Lincoln, like Lincoln's Mediterranean Market. You can also find their produce at the Sunday Farmers' Market, Open Harvest Food Co-op, Lone Tree Foods, a handful of local restaurants, and the Union Bank and Trust Veggie Van Mobile Market. Additionally, several of these farmers sell directly to friends, family, and individuals in their community who visit Prairie Pines to buy produce and commune with the land.

These farmers have impacted their community by providing healthy and culturally important food to individuals and families.

By selling to local small businesses, they have strengthened both our local economy and local foodshed. By providing familiar foods to their community and opportunities to visit their farm, they have facilitated both physical and mental health, and helped to ease the shock of resettlement that refugee communities face due to displacement and trauma. We at Community Crops are very proud of and inspired by the Yazidi farmers in our program! To support their farms, you can visit them every week at the Sunday Farmers' Market this year or purchase a CSA share.



Basee Naser, installs a t-post trellis at Prairie Pines training farm.



Khero Edo harvesting pickling peppers.



Brain BUILDERS



LOCAL FOODS *Word Match*

Fennel

Orpington

Propolis

Green Zebra

Forage

A mixture produced by the bees from tree resins and other botanical sources. It is used to close all unwanted narrow gaps, cracks, or holes of the enclosure/hive to prevent diseases and parasites from entering the hive and to inhibit fungal and bacterial growth.

Plants or parts of plants eaten by grazing livestock. Can be growing/live or cut and dried.

Tomato variety that is chartreuse, with darker, verdant stripes. Favorite among home gardeners and chefs.

Highly aromatic and flavorful plant with an Anise-like flavor. Root, stem, leaf, and seed are delicious and have been eaten for thousands of years. Swallowtail butterfly caterpillars also love to eat this plant!

A breed of chicken. Popular because of its sweet disposition and prolific egg laying—around 200 eggs per year! Comes in many colors.

DID YOU *Know?*

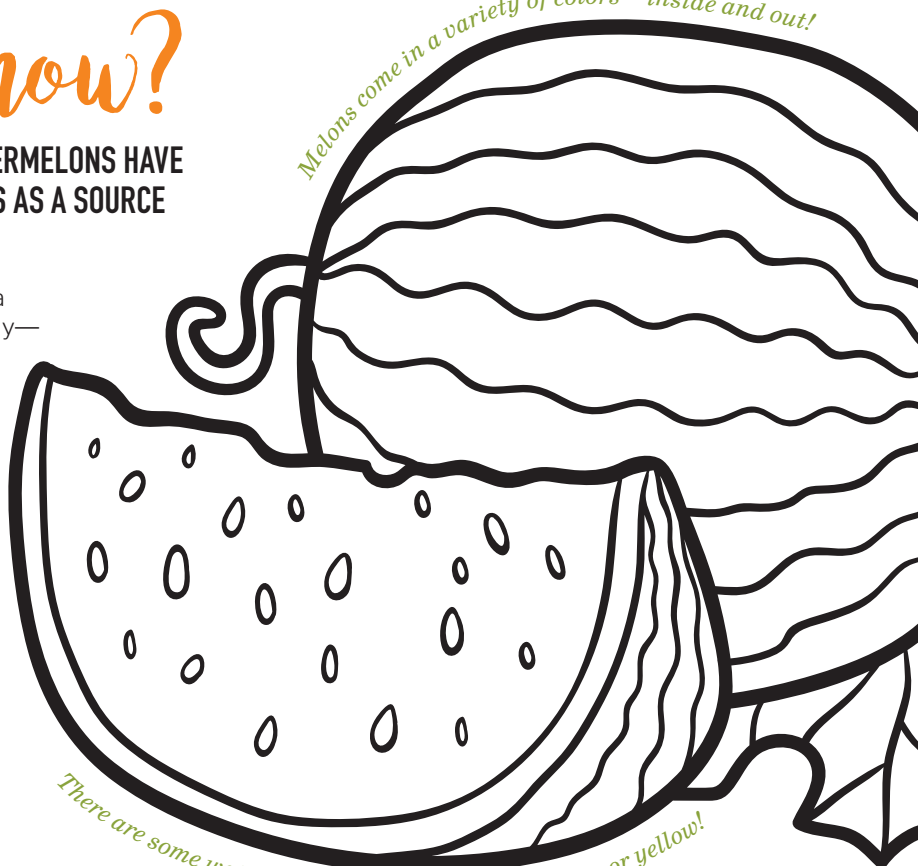
IN TIMES OF EXTREME DROUGHT WATERMELONS HAVE BEEN USED BY HUMANS AND ANIMALS AS A SOURCE OF UNCONTAMINATED WATER.

The melons we grow and eat in Nebraska are members of the Cucurbitaceae family—along with gourds, winter squash, and cucumbers. Watermelons (*Citrullus Lanatus*) and Muskmelons (*Cucumis Melo*) are the most common melons in Nebraska.

Watermelons are large, heat-loving fruits originating from central Africa.

What many Nebraskans call Cantaloupes are Muskmelons—vining plants, with fruits that have a “netted” appearance and slip off their stems when ripe. These plants originate from Africa and areas around Iran, Southern Russia, and parts of Southeast Asia.

Melons come in a variety of colors – inside and out!



There are some watermelon varieties that are orange or yellow!



Post on social media using
#BuyFreshBuyLocalNE

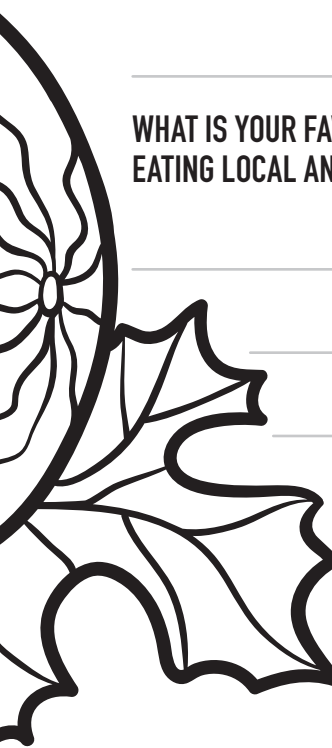


WHAT DO You Think?

WHAT JUST TASTES BETTER WHEN
PURCHASED LOCALLY?

WHAT NEBRASKA-GROWN PRODUCT
DESERVES ITS OWN YEARLY FESTIVAL?

WHAT IS YOUR FAVORITE SEASON FOR
EATING LOCAL AND WHY?



Word Match: Definition 1=Propolis, Definition 2=Forage, Definition 3=Green Zebra, Definition 4=Fennel, Definition 5=Orpington

KITCHEN & BASICS COOKING STAPLES

Everyday Tomato Sauce

This sauce can be made with fresh, frozen, or canned tomatoes. It's a starting point, so add more of whatever you love—garlic, herbs, black pepper, hot peppers—or add a dash of dairy (cream, milk, or sour cream) for a creamy treat.

- 1 Sauté **1 c chopped onion** and **2 cloves garlic** in **2 Tbsp butter or oil** until fragrant and translucent.
- 2 Add **½ c finely chopped carrots** to the onions and garlic. Sauté until carrots have softened.
- 3 Chop a couple handfuls, around **4 c tomatoes**—however many you have!
- 4 Add chopped tomatoes to onion and carrot mixture.
- 5 Add **1 Tbsp of sugar or honey**, a **pinch of hot pepper powder/flakes, salt & pepper** to taste, and a **hearty pinch of dried or fresh parsley, oregano, basil, or thyme**.
- 6 Simmer for however long you've got—20 minutes or 4 hours!
- 7 If you like a smooth sauce, transfer to a blender (or use an immersion blender). Blend to your preference!

Serve with pasta, gnocchi, crusty bread, or meat.



Omaha Area

BUSINESSES

99 No More Empty Pots
Food Hub, Caterer, Distributor, Local Food Processor
 8511 N 30th St.
 Omaha, NE
 402-933-3588
 info@nmepomaha.org
 nmepomaha.org
 HOURS: Mon–Fri: 9 am–5 pm,
 Sat–Sun: Closed
NMEP connects individuals and groups to improve self-sufficiency, regional food security, and economic resilience of urban and rural communities through advocacy and action.

FARMERS' MARKETS

100 Omaha Farmers Market—Aksarben Village
Aksarben Village (67th St. & Mercy Rd.)
 Omaha, NE
 402-345-5401
 kbeck@vgagroup.com
 omahafarmersmarket.org
 DATE & TIME: Sundays 9 am–1 pm
 (May 8–Oct 16)
 • EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC
The Omaha Farmers Market in Aksarben hosts more than 120 local vendors offering a variety of fresh, local goods. Support local and eat fresh!

101 Omaha Farmers Market—Old Market
 11th & Jackson St. (Old Market)
 Omaha, NE
 402-345-5401
 kbeck@vgagroup.com
 omahafarmersmarket.org
 DATE & TIME: Saturdays 8 am–12:30 pm
 (May 7–Oct 15)
 • EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC
The Omaha Farmers Market has been a beloved tradition to the community for more than 25 years. There are more than 90 local vendors offering a wide range of fresh, local goods.

104 Village Pointe Farmers' Market
 168th & Dodge (Parking lot behind Old Navy)
 Omaha, NE
 402-505-9773
 vpfm.manager@gmail.com
 facebook.com/villagepointefarmersmarket
 DATE & TIME: Saturdays 8:30 am–12:30 pm
 (May 7–Oct 1)
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

92 Barreras Family Farm


 Mariel & Anthony Barreras
 Blair, NE
 402-906-9766
 barrerasfamilyfarm@gmail.com
 barrerasfamilyfarm.com
 • Certified Naturally Grown
 • Animal Welfare Approved, 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, Online Ordering, In town drop sites
Barreras Family Farm's mission is to feed the body and enrich the mind, forging new ways to serve our community through customer interaction, conversation, and connection.

93 Benson Bounty

 Michelle & Mark Brannen
 Omaha, NE
 402-214-7365
 bensonbounty@gmail.com
 bensonbounty.com
 • No Synthetic Inputs
 • Antibiotic Free, Hormone Free
 • Direct Sales—Call or Email, Wholesale, Online Ordering, Home Delivery
Growing the freshest culinary and medicinal herbs at our farm in Benson! Creating tasty preserves, handcrafted body care products, and gift baskets with our homegrown ingredients.

94 Big Muddy Urban Farm

 Brent Lubbert
 Omaha, NE
 402-213-9646
 director@bigmuddyurbanfarm.org
 bigmuddyurbanfarm.org
 • No Synthetic Inputs
 • Antibiotic Free, Hormone Free, Pasture Raised
 • CSA, Farmers' Markets
Big Muddy Urban Farm is a nonprofit dedicated to making sustainable agriculture education accessible to all. We offer farm training programs, and grow fruits and vegetables.

95 D&D Beef LLC

 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, In-Town Drop Sites
At D&D Beef we provide you with a wholesome product that is born, raised, and fed all in one location. Superior dry-aged beef shipped or delivered from our ranch to your plate.

96 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
Producers of local honey, honey comb, bee pollen, hive products, free range duck eggs, and goose eggs (antibiotic free, hormone free). No synthetic inputs.

97 GreenLeaf Farms

 Joletta Hoelsing & Tim Rogers
 Omaha, NE
 402-614-0404
 info@greenleafarms.biz
 greenleafarms.biz
 • Certified Organic, No Synthetic Inputs
 • CSA, Direct Sales—Call or Email, Farmers' Markets, Wholesale, In-Town Drop Sites
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.

If you've ever bought a tomato or herb plant from a local farmer, those plants were started from seed in late winter. Growers use cold frames, heated greenhouses, or hoop houses to germinate seed in time for us to plant them in our gardens by May.

**FUN
FACT**

98 **Little Mountain Ranch and Garden LLC**



Billy 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, Home Delivery

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102 **Stream Meadow Farms**



Carol Olson
Papillion, NE
402-681-9044

streammeadowfarms@gmail.com
streammeadowfarms.com

- Certified Organic
 - Direct Sales—Call or Email, Wholesale
- Stream Meadow Farms combines healthy soil, sunlight, water, and air flow to produce USDA certified organic tomatoes boasting flavor, texture, and color.*

103 **Turco Farms**



Lara & Jim Turco
Springfield, NE
402-290-6775

turcofarm20@gmail.com
facebook.com/turcofarms

- Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- Direct Sales—Call or Email, Online Ordering, Home Delivery

Welcome to Turco Farms. We are located in Springfield, Nebraska, just south of Omaha. At Turco Farms, we grow pastured poultry on our prairie grass piece of paradise.

105 **Wenninghoff Farm**



Amy Wenninghoff
Omaha, NE
402-571-2057

wenninghofffarm@hotmail.com
wenninghoff.com

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EASY, LOCAL EATS Perfect for Kids

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Cooking is the best. And the worst, right? It's a joy to cook a big, homemade meal filled with local ingredients and shared with friends and family. But we all know the real deal—it's a drag to make multiple meals a day for your family on top of the rest of life's demands. Forget about trying to keep it local AND healthy. Have fun making dinner when the kid that is supposed to be doing homework is trying to do headstands on the kitchen counter, while the other kid standing directly next to you hasn't stopped talking for 5 minutes.

On nights like this, it's nice to have a go-to meal to fall back on that's quick, healthy, local, and fun. My daughter Emory loves all things pasta, and spaghetti pie is neck and neck with lasagna for her favorite meal. With a little prep, this meal is easy to make, highlights ingredients you can pick up at your local farmers' market, sneaks in healthy vegetables, and the kids will have fun eating their "pie." They might even help cook if you can stand a little gymnastics and story time.



Emory's Spaghetti Pie

INGREDIENTS

8 oz whole wheat spaghetti
2 large eggs,* beaten
½ c grated Parmesan cheese
½ tsp Italian seasoning*
1 lb ground beef*
12 oz carrots* (about 2 c)
1 jar (24 oz) marinara sauce
↳ Try your hand at making your own with fresh local vegetables. Recipe on page 30
2 Tbsp Dirt Nap Dip Original Blend hot sauce
1 c ricotta cheese
1 c shredded mozzarella
Salt and pepper

DIRECTIONS

1. Preheat oven to 350° and grease an 8" springform pan with cooking spray.
2. In a large skillet cook ground beef. Season with salt and pepper. Pour in marinara sauce and hot sauce. Heat until warmed through—about 5 minutes.
3. Steam or boil carrots until soft. Mash or puree until smooth. Stir into sauce.
4. In a large pot of boiling salted water, cook spaghetti for 3 minutes less than the package calls for. Drain. Rinse spaghetti with cold water and drain again.
5. In a large bowl, toss spaghetti with beaten eggs, ¼ c Parmesan, and Italian seasoning. Transfer to the prepared springform pan to form "crust."
6. Spread ricotta cheese over the spaghetti crust then pour in meat sauce. Top with mozzarella and remaining ¼ c Parmesan.
7. Bake until spaghetti is set, and cheese is melty, about 30-40 minutes. Let cool for at least 10 minutes before removing from the pan.

HOT TIP!
This recipe "sneaks" in mashed carrots to pump up the nutrition. Finely dicing, mashing, pureeing, and shredding are all great strategies to "sneak" more veggies into ANY meal!

Adam is a local food producer, home cook, and BFBL member. He manages Lincoln-based charitable organization Mystic Rhoads Productions (MRP). MRP creates hand-crafted, made-in-Lincoln hot sauces and seasonings that help support the organization's community programs. At home, Adam enjoys cooking local for his family and passing on the 'Buy Fresh Buy Local' tradition to his children.

***GET IT LOCAL!** The eggs, herbs, ground beef, and carrots in this recipe are ingredients that are readily found at a Nebraska Farmers' Market or purchased directly from a local farmer or rancher.



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