

# LOCAL food 2023 GUIDE

## LOCAL FOOD MAP

Find local foods near you! PG.5

## BEEKEEPING AND HONEY

Local beekeepers share all about  
our favorite pollinators! PG.15

**BUY FRESH  
BUY LOCAL**

**Nebraska**

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





**OPEN HARVEST**  
CO-OP GROCERY

# NEIGHBORHOOD *Grocery + Deli*



*Supporting our local farmers & producers since 1975.*



@OpenHarvest

**OPEN DAILY: 8 AM-9 PM**

1618 South Street, Lincoln, NE, 68502

Email: [harvest@openharvest.coop](mailto:harvest@openharvest.coop)

Phone: 402-475-8069

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



Their commitment to the BFBLN program enables us to continue to develop outreach, marketing, and education programs that supports a brighter tomorrow for Nebraska's small to mid-scale farmers, ranchers, and the lands on which our food is grown.

**BUY FRESH BUY LOCAL® 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



The University of Nebraska–Lincoln does not discriminate based on gender, age, disability, race, color, religion, marital status, veteran's status, national or ethnic origin, or sexual orientation.

**GET IN THE GUIDE!**

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

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

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



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# Your Guide to NEBRASKA'S FARM FRESH FOODS!

## A NOTE FROM THE LOCAL COORDINATOR

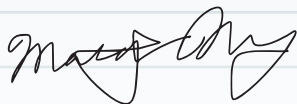
One of the things I enjoy most about being program coordinator for Buy Fresh Buy Local Nebraska is the fact that I'm always learning. With over 90 farmers' markets across the state, hundreds of direct-market farms, and many, many businesses that stock, serve, and promote local agricultural products, a person could spend a lifetime delving into Local Food in Nebraska.

When you start exploring local food, you'll learn about and encounter tasty, delicious home-grown goodies. More than that, you'll not meet nicer folks than the producers and businesses listed in this guide. They are passionate about raising high-quality, safe food, and sharing it with their community.

I hear again and again from shoppers how important it is to them to **know where their food comes from**. I also hear from producers how significant it is for them to **see and know the people they are growing food for**.

Much of our food system has become anonymous and opaque, buyers don't know farmers, and farmers don't know buyers. Buying directly from the producer and supporting local breaks down the cycle of anonymity and apathy; and in its place, creates meaningful relationships.

This year I encourage you to relish good, local food, share it with others, and celebrate the bridges that are built around the dinner table.

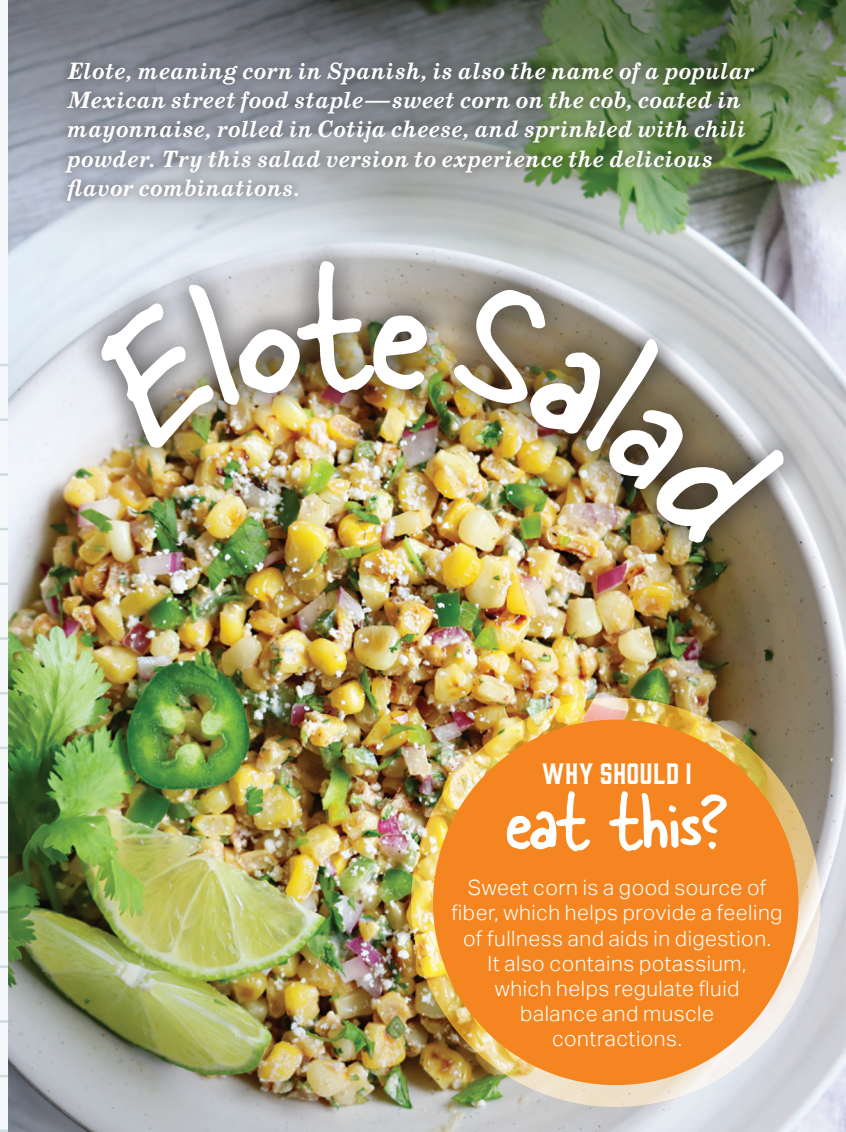


Margaret Milligan  
Buy Fresh Buy Local Nebraska Coordinator

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

402-472-5273  
buylocalnebraska@unl.edu  
buylocalnebraska.org

*Elote, meaning corn in Spanish, is also the name of a popular Mexican street food staple—sweet corn on the cob, coated in mayonnaise, rolled in Cotija cheese, and sprinkled with chili powder. Try this salad version to experience the delicious flavor combinations.*

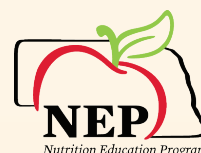


## Elote Salad

### WHY SHOULD I eat this?

Sweet corn is a good source of fiber, which helps provide a feeling of fullness and aids in digestion. It also contains potassium, which helps regulate fluid balance and muscle contractions.

From the kitchen of Nebraska Extension's Nutrition Education Program  
Yield: 8 servings



### Ingredients:

- 1 Tbsp vegetable oil
- 4 ears of corn, scrubbed with clean vegetable brush under running water, cut from the cob\*
- 1 jalapeno, gently rubbed under cold running water, seeds removed, diced
- ¼ c onion, scrubbed with clean vegetable brush under running water, diced
- ¼ c fresh cilantro, gently rubbed under running water, diced
- ¼ c non-fat sour cream
- ¼ c Cotija cheese, crumbled
- 1 Tbsp lime juice
- ½ tsp chili powder\*\*

\* Three cups of canned or frozen corn can be used instead of fresh corn.

\*\* For a spicier salad, ancho chili powder, chipotle powder, or cayenne pepper can be used.

### Directions:

**1** Wash hands with soap and water. **2** In a large skillet, heat oil over high heat. Add corn, and cook while occasionally stirring for 5 minutes, or until slightly charred. Transfer to a large bowl, and let cool. **3** Add the remaining ingredients to the corn, and stir until combined. **4** Cover and refrigerate until ready to serve. **5** Store leftovers in a sealed container in the refrigerator for up to four days.



This recipe and more (videos, tool!) using seasonal Nebraska produce can be found at [FOOD.UNL.EDU/NEP](http://FOOD.UNL.EDU/NEP)

# SEASONS OF NEBRASKA

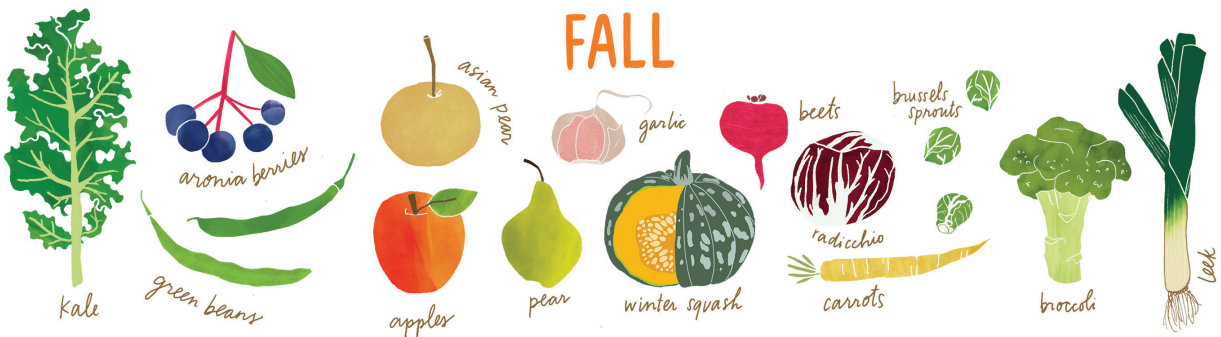
## SPRING



## 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**



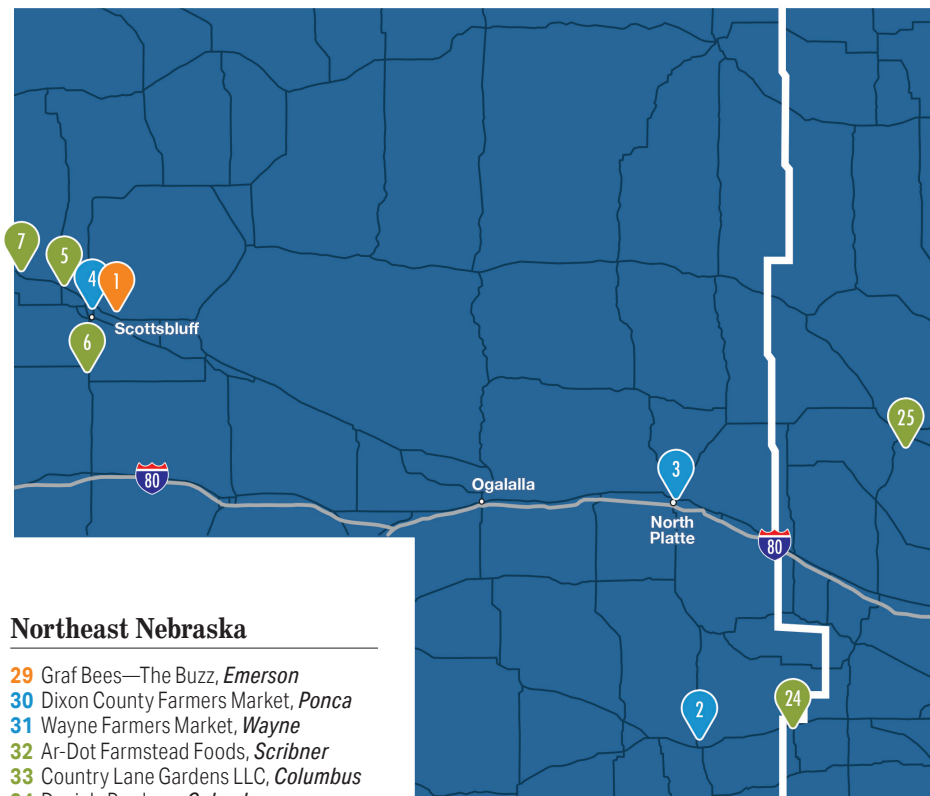
Business



Farmers'  
Market



Farm/Ranch  
Market



## Western Nebraska

- 1 Meadowlark Hearth Organic Seed, *Scottsbluff*
- 2 Heritage Local Co.—McCook, *McCook*
- 3 Heritage Local Co.—North Platte, *North Platte*
- 4 Winter Farmers' Market, *Gering*
- 5 Farm Girl Fresh Market, *Mitchell*
- 6 Megan's Market, *Gering*
- 7 Painter Produce, *Henry*

## Central Nebraska

- 8 Grain Place Foods, Inc., *Marquette*
- 9 GROW Nebraska, *Kearney*
- 10 Roberts Seed Inc., *Axtell*
- 11 Wildflower Grocer, *O'Neill*
- 12 Hastings Downtown Market, *Hastings*
- 13 Heritage Local Co.—Kearney, *Kearney*
- 14 Kearney Area Farmer's Market, *Kearney*
- 15 Sutton Farmers' Market, *Sutton*
- 16 Freed Brothers Farms at Violets and More LLC, *Holdrege*
- 17 GI Acres, *Grand Island*
- 18 Lambert Melons, *Erwing*
- 19 Little Town Gardens, *Gibbon*
- 20 Nebraska Heritage Turkeys, *Bradshaw*
- 21 Nutt Family Country Market, *Ravenna*
- 22 Prairie Pride Acres, *Grand Island*
- 23 Setting D Ranch, *Litchfield*
- 24 Sky Chief Springs, *Cambridge*
- 25 Straight Arrow Bison LLC, *Broken Bow*
- 26 The Hoagland Homestead, *Inland*
- 27 Third Day Microgreens, LLC, *Grand Island*
- 28 Walnut Range Farms, *Alma*

## Northeast Nebraska

- 29 Graf Bees—The Buzz, *Emerson*
- 30 Dixon County Farmers Market, *Ponca*
- 31 Wayne Farmers Market, *Wayne*
- 32 Ar-Dot Farmstead Foods, *Scribner*
- 33 Country Lane Gardens LLC, *Columbus*
- 34 Daniels Produce, *Columbus*
- 35 Fat Head Honey Farms, *Clarkson*
- 36 Johnson Farm, *North Bend*
- 37 CrazyWoman Orchard, *Scribner*
- 38 Oak Barn Beef, *West Point*

## Southeast Nebraska

- 42 Great Plains Nursery, *Weston*
- 43 Heartland Nuts, *Valparaiso*
- 44 Beatrice Farmers Market, *Beatrice*
- 45 Seward Farmers Market on the Square, *Seward*
- 46 Al-Be Farm, *Julian*
- 47 Anchor Meadow Farm, *Milford*
- 48 Barada Hills Trading Co., LLC, *Shubert*
- 49 Beauty View Farm, *Wahoo*
- 50 Briar Rose Farms, *Humboldt*

## Lincoln Area

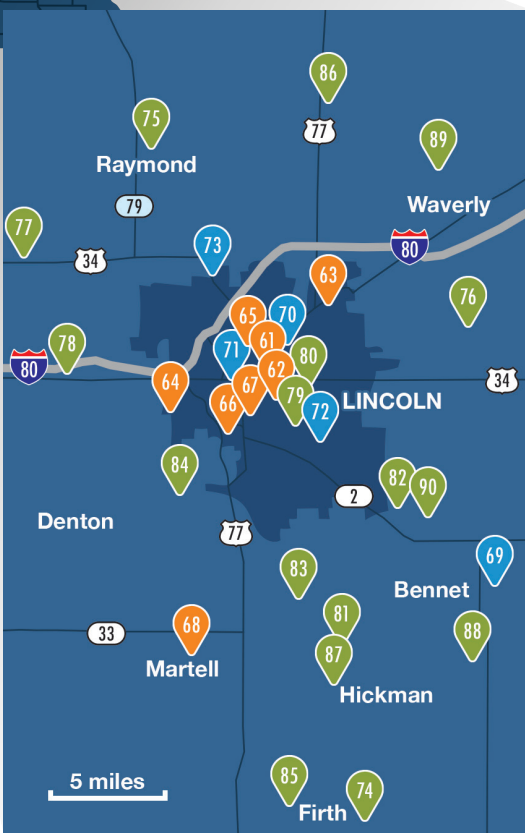
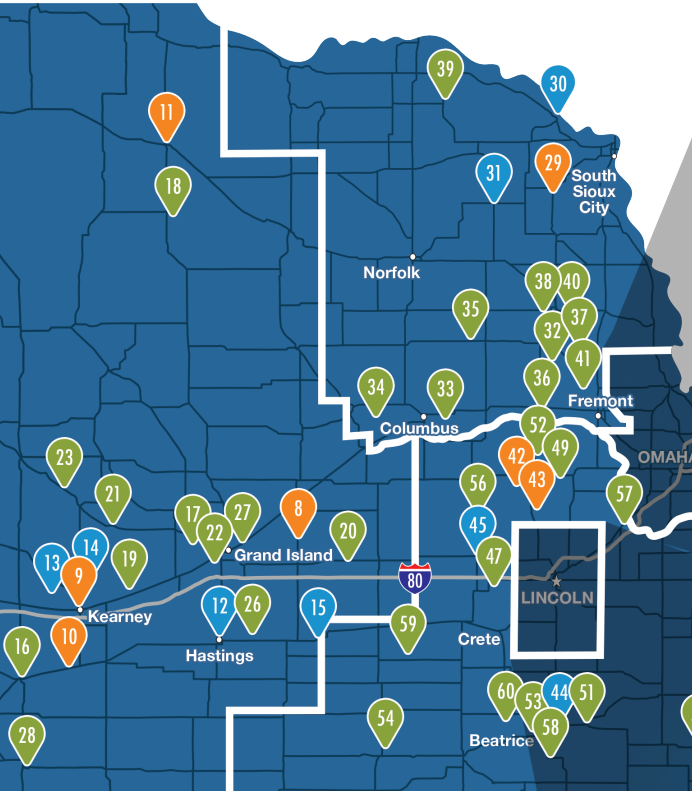
- 61 Hub Café, *Lincoln*
- 62 Leon's Gourmet Grocer, *Lincoln*
- 63 Milkweed Kitchen, *Lincoln*
- 64 Mystic Rhoads Productions Inc. (MRP), *Lincoln*
- 65 Nebraska Food Coop, *Lincoln*
- 66 Nebraska Sustainable Agriculture Society, *Lincoln*
- 67 Open Harvest Co-op Grocery, *Lincoln*
- 68 Robinette Farms, *Martell*
- 69 Bennet Farmers' Market, *Bennet*
- 70 East Campus Discovery Days and Farmers Markets, *Lincoln*

- 39 Stick Figure Farm, *Hartington*
- 40 The Hog Yard, *West Point*
- 41 TLC Country Floral, *Hooper*

- 51 Cottage Hill Farm, *Filley*
- 52 DND Farms, *Prague*
- 53 Food4Hope, *Beatrice*
- 54 Hintz Produce, *Hebron*
- 55 Paradise in Progress Farm, *Nebraska City*
- 56 Pekarek's Produce, *Dwight*
- 57 Raikes Beef Co., *Ashland*
- 58 Sicily Creek Jellies and Produce, *Blue Springs*
- 59 Slezak Ag & Natural Resources, *Milligan*
- 60 West End Farm, *Plymouth*

- 71 Historic Haymarket Farmers' Market, *Lincoln*
- 72 Sunday Farmers' Market at College View, *Lincoln*
- 73 Thursday Farmers Market, *Lincoln*
- 74 Bright Hope Family Farm, *Firth*
- 75 Common Good Farm, *Raymond*
- 76 Community Crops, *Lincoln*
- 77 DS Family Farm, *Malcolm*
- 78 Emerald Acres, *Lincoln*
- 79 Gare Bear Honey, *Lincoln*
- 80 Green School Farms, *Lincoln*
- 81 Hunter's Honey, *Hickman*
- 82 Picnic Hill Orchard, *Lincoln*

# farms NEAR YOU!



## Lincoln Area (continued)

- 83 Salt Slope Co-op, *Roca*
- 84 ShadowBrook Farm & Dutch Girl Creamery, *Lincoln*
- 85 Sleepy Bees Lavender Farm, *Firth*
- 86 SR Pumpkin and Flower Farm, *Lincoln*
- 87 Trakside Farm, *Hickman*
- 88 Twin Springs Pecans, *Bennet*
- 89 Wellman Wagyu, *Waverly*
- 90 Yankee Hill Landscape Co., Inc., *Lincoln*

## Omaha Area

- 91 Dante, *Omaha*
- 92 Ellsworth Crossing, *Waterloo*
- 93 No More Empty Pots, *Omaha*
- 94 Omaha Farmers Market—Aksarben Village, *Omaha*
- 95 Omaha Farmers Market—Old Market, *Omaha*
- 96 Legacy Farmers Market, *Omaha*
- 97 Barreras Farm Market & Barreras Family Farm LLC, *Omaha*
- 98 Benson Bounty, *Omaha*
- 99 Big Muddy Urban Farm, *Omaha*
- 100 Cottonwood Hill Farms, *McClelland, IA*
- 101 D&D Beef LLC, *Herman*
- 102 Fruit of Levine LLC, *Omaha*
- 103 GreenLeaf Farms, *Omaha*
- 104 Little Mountain Ranch and Garden LLC, *Ft Calhoun*

Omaha's ONLY  
In-door Farmers Market



Over 50 farmers and  
local business

14449 F. St. Omaha,  
Ne 68137



OPEN  
Tuesday-Saturday  
9am-7pm  
402-906-9766



## 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 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.



Graf Bees-The Buzz

Mark & Linda Graf

110 N Main St

Emerson, NE 68733

GrafBees@yahoo.com

Hours: M 9-12, T 3:30-5, W 9-12, Th 3:30- 7 Sa 9-12

Local Raw Honey      Comb Honey  
Creamed Honey      Homemade Soaps  
Homemade Lotions      Beeswax Candles  
Bee Nucs



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





# 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

## KNOW YOUR FOOD!

Buying directly from the farmer or rancher means more transparency and knowledge. Find out how your food is raised and support independent producers!



### 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**

**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.



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)

## Searching for a specific ingredient?

LIKE LOCAL ASPARAGUS OR LOCAL HONEY?



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

# Western Nebraska

## BUSINESSES

**1 Meadowlark Hearth Organic Seed**  
*Seed Business & Farm*  
 120024 Everett Dr.  
 Scottsbluff, NE  
 308-632-3399  
 meadowlarkhearth@gmail.com  
 meadowlarkhearth.org  
 HOURS: Order vegetable seeds grown in Nebraska online!  
*Vegetable seed and more for sale online. Seed grown on our diverse farm and selected for growing in Nebraska. Find our veggies at Scottsbluff farmers' markets. Grass-fed beef available, too!*

## FARMERS' MARKETS

**2 Heritage Local Co.—McCook**  
 McCook, NE (Online)  
 308-340-9872  
 heritagelocalmccook@gmail.com  
 heritagelocal.co  
 DATE & TIME: Order online Sunday–Tuesday, Pick-up Thursday. Location listed online. (Apr 2–Dec 19)  
*Online market on an easy ordering platform with convenient weekly delivery methods. Link to small family producers and businesses with just a few clicks. Local made easy.*

**3 Heritage Local Co.—NorthPlatte**  
 North Platte, NE (Online)  
 308-340-9872  
 heritagelocalnp@gmail.com  
 heritagelocal.co  
 DATE & TIME: Order online Sunday–Tuesday, Pick-up Thursday. Location listed online. (Apr 2–Dec 19)  
*Online market on an easy ordering platform with convenient weekly delivery methods. Link to small family producers and businesses with just a few clicks. Local made easy.*

**4 Winter Farmer's Market**  
 2930 Old Oregon Trail  
 (Legacy of the Plains Museum)  
 Gering, NE  
 scottsbuffwinterfarmersmarket@gmail.com  
 facebook.com/winterfarmersmarket  
 DATE & TIME: Saturdays 10 am–1 pm (Nov–end of Mar)  
*At the Winter Farmer's Market we are proud to serve the Panhandle with fresh homegrown, homemade, handmade items. With 10 Vendors each market you will always find something new.*

## FARMS & RANCHES

**5 Farm Girl Fresh Market**  
  
 Colleen Johnson  
 Mitchell, NE  
 308-225-0128  
 farmgirlfreshmarket@gmail.com  
 facebook.com/farmgirlfreshnebraska  

- No Synthetic Inputs
- Direct Sales—Call or Email, Farmers' Markets, In-Town Drop Sites

*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.*

**6 Megan's Market**  
  
 Tracy Gifford  
 Gering, NE  
 308-631-4660  
 mrmath1@hotmail.com  
 facebook.com/megansmarket  

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

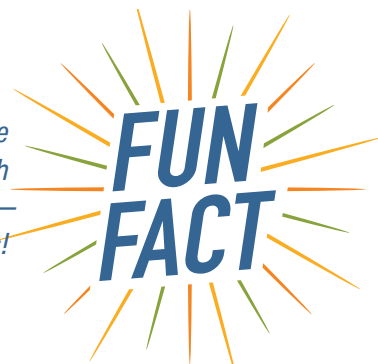
*Megan's Market started 11 years ago, when Megan was in eighth grade. It has grown from an oversized garden to ten acres of vegetables, including five acres of delicious sweet corn.*

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

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

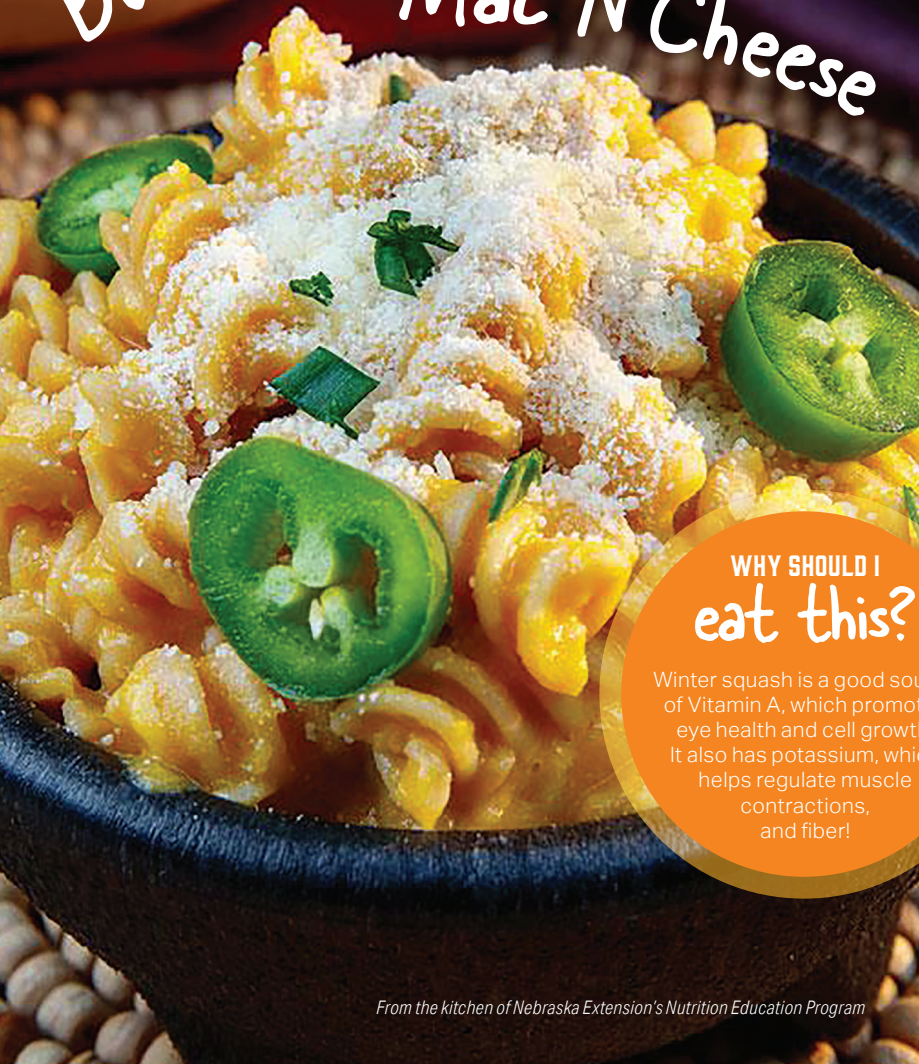
*We are a small family farm growing farm-to-table, organic produce free of pesticides, herbicides, and commercial fertilizers in the Panhandle of Nebraska since 2011. Comfort food!*

*Radishes come in a rainbow of colors and sizes! Purple daikons, hot pink french breakfast radishes, and spanish black radishes are just a few of hundreds of varieties—some used fresh, some for oil, and others for cover crops!*



A mac 'n cheese upgrade! Adding roasted butternut squash adds nutrition and smooth, silky texture to this cozy dish. Perfect for autumn and winter.

# Butternut Squash Mac 'N Cheese



## WHY SHOULD I eat this?

Winter squash is a good source of Vitamin A, which promotes eye health and cell growth. It also has potassium, which helps regulate muscle contractions, and fiber!

From the kitchen of Nebraska Extension's Nutrition Education Program



## Ingredients:

- 1 small OR ½ large butternut squash, scrubbed with clean vegetable brush under running water
  - 1½ Tbsp olive oil, divided
  - 1 tsp black pepper
  - 1 tsp garlic powder
  - 2 c uncooked whole wheat pasta (macaroni or rotini)
  - ¼ c white onion, scrubbed with clean vegetable brush under running water, chopped
  - ½ tsp salt\*
  - ½ tsp dried mustard\*
  - ½ tsp paprika\*
  - ¾ c low-fat milk
  - 1 c Cheddar cheese, shredded
  - ½ c Mozzarella cheese, shredded
  - Parmesan cheese\*
  - Green onion, gently rubbed under cold running water, chopped\*
- \*optional

## Directions:

- 1 Wash hands with soap and water. 2 Preheat oven to 350 °F. 3 Cut squash in half, and remove skin and seeds. 4 Cut squash into small cubes, and place on sheet pan sprayed with non-stick cooking spray. If squash is too hard to cut, microwave 2 to 3 minutes before cutting it. Be careful—it could be hot! 5 Brush squash with 1 Tbsp olive oil and sprinkle evenly with pepper and garlic powder. Roast in the oven for about 25 minutes or until soft. 6 While squash is roasting, cook pasta according to package directions. Drain and set aside. 7 In a small skillet, heat ½ Tbsp olive oil on medium heat. Add onion and sauté until soft. 8 Place squash, onion, milk, and spices (dried mustard, paprika and salt) into a blender. Puree until smooth. 9 Pour puree over noodles and mix evenly. 10 Stir in shredded cheeses. Add milk to adjust consistency if desired. 11 May top with Parmesan or chopped green onions. 12 Store leftovers in a sealed container in the refrigerator for up to 4 days.



This recipe and more (videos, too!) using seasonal Nebraska produce can be found at [FOOD.UNL.EDU/NEP](http://FOOD.UNL.EDU/NEP)



Nebraska's Own  
**Organic  
Vegetable  
Seed**

308-631-5877  
meadowlarkhearth@gmail.com  
meadowlarkhearth.org

Meadowlark Hearth



## Roberts Seed, Inc.

Axtell NE • Phone: 308-743-2565 • [www.robertsseed.com](http://www.robertsseed.com)

Alfalfa Pellets • Alfalfa Seed • Barley • Chicken Feed Mixes • Corn • Wheat  
Cover Crop Seed • Forage Sorghum Seed • Grain Sorghum/Milo • Millet • Oats  
Popcorn • Rye • Soybeans • Soybean Meal • Sunflowers/BOSS • Triticale

Grain Processing: Food Grade - Quality Seed - Feed


Certified Organic  
Non-GMO

# Central Nebraska

## BUSINESSES

**8 Grain Place Foods, Inc.**  
*Local Food Processor*  
 1904 N Hwy 14  
 Marquette, NE  
 402-854-3195  
 dvetter@grainplacefoods.com  
 grainplacefoods.com  
 HOURS: Mon–Fri: 8 am–4 pm  
 (Closed Sat & Sun)  
*The Grain Place Farm is focusing on soil health and working with nature. We grow, source, process, and sell some of the finest organic ingredients in the midwest and beyond.*

**9 GROW Nebraska**  
*Retail Store, Non-Profit Organization*  
 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.*

**10 Roberts Seed Inc.**  
*Local Food Processor*  
 982 22 Rd.  
 Axtell, NE  
 308-743-2565  
 robertsseed@gtmc.net  
 robertsseed.com  
 HOURS: Call Mon–Fri: 8 am–5 pm,  
 Sat: 9 am–Noon, other times available  
 upon request  
*Roberts Seed processes and sells grain for Cover Crop/Farm seed, animal feed, and human consumption. We focus on non-GMO and organic grain and have been Certified Organic since 1991.*

**11 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

**12 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 8–Aug 31)  
 • 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!*


**13 Heritage Local Co.—Kearney**  
 Kearney, NE (Online)  
 308-340-9872  
 heritagelocalkearney@gmail.com  
 heritagelocal.co  
 DATE & TIME: Order online Sunday–Tuesday,  
 Pick-up Thursdays. Location listed online.  
 (Apr 2–Dec 19)  
*Online market on an easy ordering platform with convenient weekly delivery methods. Link to small family producers and businesses with just a few clicks. Local made easy.*

**14 Kearney Area Farmer's Market**  
 4915 2nd Ave. (Hilltop Mall Parking Lot)  
 Kearney, NE  
 308-224-5441  
 kafmnebraska@gmail.com  
 facebook.com/kearneyareafarmersmarket  
 DATE & TIME: Saturdays 8 am–1 pm  
 (May 6–Oct 28) & Wednesdays 3–6 pm  
 (June 7–Oct 25)  
 • EBT/SNAP  
 • Double Up Food Bucks  
 • NE Senior Farmers Market Coupons  
*Since the '70s the market has been bringing a wide variety of local products to Kearney. With an upwards of 50 vendors during peak season, there is something for everyone.*

**15 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 8–Sept 30)  
*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

**16 Freed Brothers Farms at Violets and More, LLC**  
  
 Jenny Enchayan  
 Holdrege, NE  
 308-991-3650  
 jenny.enchayan@gmail.com  
 freedbrothersfarms.com  
 • On Farm Store, Farmers' Markets,  
 Online Ordering  
*Shop our products on the driveway at Violets and More, LLC. Self service available. Look for the giant metal spiders!*

**17 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!*

**18 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.*

**19 Little Town Gardens**  
  
 Candi & David Benge  
 Gibbon, NE  
 308-216-1192  
 littletowngardens@gmail.com  
 littletowngardens.com  
 • CSA, Direct Sales—Call or Email, Farmers'  
 Markets, Wholesale, 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 not usually available.*

A grain is a small, hard, dry seed. Cereal grains like rye, wheat, and millet are from the grass family (Poaceae), while Pulse grains like chickpeas, dry beans, and lentils are from the bean family (Fabaceae).

**FUN  
FACT**

## 20 Nebraska Heritage Turkeys



**Leah Hipps**  
Bradshaw, NE  
402-380-0412  
neturkey@gmail.com  
nebraskaheritageturkey.com

- Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing
- Direct Sales—Call or Email, Online Ordering, In-Town Drop Sites

*Nebraska Heritage Turkeys has been breeding, hatching, and raising pastured turkeys for Nebraska's Thanksgiving dinner tables since 1999. Only the best—from our family to yours!*

## 21 Nutt Family Country Market



**Danelle & 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 ran business that offers a wide variety of jams, jellies, syrups, elderberry supplements, hand scrubs, fresh eggs, and seasonal customized produce baskets!*

## 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
  - On Farm Store, Direct Sales—Call or Email, Farmers' Markets, U-Pick, Wholesale, Home Delivery
- Prairie Pride Acres is a veteran owned farm, on 16 acres, near Grand Island. I raise grass-fed, grass-finished beef and pork. I also grow a variety of vegetables chemical-free.*

## 23 Setting D Ranch LLC



**Clarissa & Dan Feldman**  
Litchfield, NE  
308-367-6326  
settingdranch@hotmail.com  
settingdranch.com

- Pasture Raised, Rotational Grazing, Grain Finished
- Direct Sales—Call or Email, Farmers' Markets, Wholesale, 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.*

## 24 Sky Chief Springs



**Sara Brubacher**  
Cambridge, NE  
402-853-4466  
skychiefsprings@gmail.com  
facebook.com/skychiefsprings

- No Synthetic Inputs
  - Direct Sales—Call or Email, Farmers' Markets
- Clinical Herbalist and grower, I offer produce and herbs grown with regenerative farming practices, and make herbal products using all natural ingredients.*

## 25 Straight Arrow Bison LLC



**Karen & Marty Bredthauer**  
Broken Bow, NE  
308-870-4045  
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.*

## 26 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!*

## 27 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.*

## 28 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!*

# Northeast Nebraska

## BUSINESSES

### 29 Graf Bees—The Buzz

Retail Store (Honey & Bee-related),  
Local Food Processor

110 N Main St., PO Box 233  
Emerson, NE  
308-962-4376

grafbees@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.



**Graf Bees—The Buzz is an official 2023 Nebraska Passport Stop!**

## FARMERS' MARKETS

### 30 Dixon County Farmers Market

119 Third St. (Ponca City Hall)  
Ponca, NE

402-889-8485

dixoncountymarket@gmail.com  
facebook.com/dixoncountymf

DATE & TIME: Fridays 5–7 pm,  
Saturdays 9 am–1 pm

(2nd & 4th weekends May 26–Oct 13)

**HOMEMADE AND HOMEGROWN!** The Dixon County Farmers Market new hours are the second and fourth weekend of each month Fridays 5–7 pm and Saturdays 9 am–1 pm, May–October.

### 31 Wayne Farmers Market

510 Pearl St.  
(Wayne County Courthouse lawn)  
Wayne, NE

402-375-2240

imock@waynetworks.org  
facebook.com/farmersmarketwayne

DATE & TIME: Wednesdays 4–6 pm,  
Saturdays 9 am–Noon

(June 10–mid Oct)

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

### 32 Ar-Dot Farmstead Foods



Ruth & Sid Ready  
Scribner, NE

402-380-0214

readyhome765@gmail.com  
facebook.com/ar-dot-farmstead-foods-104763081630073

- Pasture Raised, Outdoor Access, Cage Free, Rotational Grazing, 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.

### 33 Country Lane Gardens LLC



Cody Hellbusch  
Columbus, NE

402-276-3438

countrylanegarden@gmail.com  
countrylanegardens.org

- Non-GMO Feed, Pasture Raised
- On Farm Store, Direct Sales—Call or Email

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!

### 34 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 Daniels, son Jason Daniels, and daughter Kelly Daniels/Jackson. We strive to give our customers the best produce possible.

### 35 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.

### 36 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.

### 37 KrazyWoman Orchard



Woody & Marianne Slama  
Scribner, NE

402-719-6161

krazywoman385@live.com  
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.

### 38 Oak Barn Beef



Hannah & Eric Klitz  
West Point, NE

402-269-0036

hannah@oakbarnbeef.com  
oakbarnbeef.com

- Hormone Free, Rotational Grazing, Grain Finished
- On Farm Store, Wholesale, Online Ordering

Oak Barn Beef sells their family farm beef online and in store in West Point, Nebraska. Utilizing cattle DNA testing and dry-aging, the beef is said to be the best you'll ever try!

Nebraska has many different ecological regions and soils—different soils, climates, and geologic history are better for growing or raising certain things. For example, potatoes love the sandy, loose soil of northern Nebraska. Dry beans thrive in the dry climate of western Nebraska.

# FUN FACT

## 39 Stick Figure Farm



Kelly Palmer Burns & Rich Burns  
Hartington, NE  
402-254-9183

[hops101@hartel.net](mailto:hops101@hartel.net)

- No Synthetic Inputs
- Farmers' Markets

Small family farm raising heritage and specialty apples for farmer's markets. Future endeavors include hard and fresh ciders, baking, drying, and decorative apple creations.

## 40 The Hog Yard



Aliza Brunsing & Kelly Wiechman  
West Point, NE  
402-440-3734

[thehogyard@gmail.com](mailto:thehogyard@gmail.com)  
[thehogyard.com](http://thehogyard.com)

- Antibiotic Free, Hormone Free, Outdoor Access
- Direct Sales—Call or Email, Farmers' Markets, Online Ordering, In-Town Drop Sites

The Hog Yard is a family-owned and operated pork business in West Point, Nebraska. We are dedicated to bringing quality, sunshine raised pork products from our farm to your table.

## 41 TLC Country Floral



Sue Fase  
Hooper, NE  
402-654-2058

[tlccountryfloral@yahoo.com](mailto:tlccountryfloral@yahoo.com)  
[tlccountryfloral.blogspot.com](http://tlccountryfloral.blogspot.com)

- No Synthetic Inputs
- On Farm Store, Online Ordering

Flower, vegetable, and herb plants. Succulents and rare, unusual plants. Freeze dried florals, vintage treasures, and garden art in our gift shop. Online ordering available.

"To plant a garden is to believe in tomorrow."

—Audrey Hepburn



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](mailto:INFO@WILDFLOURGROCER.COM)  
 ON FB @WILDFLOURGROCER  
[WWW.WILDFLOURGROCER.COM](http://WWW.WILDFLOURGROCER.COM)

HOURS

M-W, F: 12-6

THURS: 12-7

SAT: 10-2





Columbus, NE

402.897.4253

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



**Find our tent at:**

Village Point- Omaha

Old Market-Omaha

Aksarben— Omaha

College View— Lincoln

Haymarket-Lincoln

Highland Park-Hastings



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 (402) 933-3588  
[ask@nmepomaha.org](mailto:ask@nmepomaha.org)



“When I’m out with the bees I can gather my thoughts. It helps me reset. I take care of them, and they take care of me. My bees and I have a mutually beneficial relationship.”

— GARY KIMMANEU, GAR BEAR HONEY

# NEBRASKA Beekeeping AND Honey

The next time you are in the produce aisle of your local grocery store, keep in mind that many of our most enjoyed fruits, vegetables, nuts, and seeds—around three-quarters (75%) of the different crops we grow for food—depend on pollinators to some extent. These crops receive pollination from birds, bats, animals, and a huge variety of insects including honeybees. *Apis Mellifera* (honey bees) and humans have a long history—around 9,000 years of known interaction. Nebraska beekeepers—and those of us who enjoy honey or the foods they help pollinate—are a part of that sweet, sweet history.

## Bee Seasons: A Year in the Life of a Nebraska Bee Keeper

**WINTER** Bees are cold blooded. In the winter they pack close together in hives and vibrate to generate heat. They eat stored honey and pollen to survive until the summer. Beekeepers in Nebraska insulate or wrap their hives in the winter and use windbreaks to provide protection and warmth. On a nice day they might open the hive to make sure the bees are alive, and have enough to eat. If they are running low on food, rations of stored honey, sugar water, or pollen patties are offered.

**SPRING** When the weather warms and early plants begin to bloom, bees venture out to collect pollen and nectar. Queens start laying eggs. Beekeepers check on bees to make sure they have enough room, and split hives if they are too crowded. They might catch a wild swarm of bees, and give it a home. They start growing things for bees, like old-fashioned sunflowers with lots of pollen.

**SUMMER** May through September, when lots of plants are flowering, bees will be foraging (searching for food) intensely. This is the time of year that bees make honey. During the summer beekeepers will make sure their bees have enough space to store the honey. These honey storage boxes are called “supers.” If the bees are making a decent amount of honey, beekeepers will start removing some of the honey supers, and extract the season’s first honey around July.

**FALL** During fall bees will continue to forage and store honey until temperatures dip below 50 degrees. At that point they start gathering in the hive to keep warm. Depending on how much honey was produced, beekeepers will extract honey again in August and September. They will also check for and treat varroa mites, a harmful parasite for bees. Most importantly they make sure the hives have enough honey stored for winter. Just like we might have a well stocked pantry of home-grown, canned tomatoes to get us through the winter, bees need their own well stocked pantry!







## What's **one cool thing** about bees or beekeeping?

*At our farm bees are the stars, and we're supporting them. We make sure they have what they need. Watching them create their hive is fascinating. A ball of insects creating an intricate structure and social system is amazing to witness.*

—MIKE LEVINE, FRUIT OF LEVINE

*I got into beekeeping to improve the pollination of my vegetable crops. Then I fell in love with honey, especially comb honey. It's delightful. It reminds people of Dad or Grandpa bringing back honey as a special treat. It feels good to offer that to my community.*

—KATIE JANTZEN, WEST END FARM



## What **do you wish people knew** about bees?

*Beekeeping is more work than what it looks like. Bees are a gentle creature that typically won't hurt you, and honey is one of the few, truly complete foods.*

—MARK GRAF, GRAF BEES—THE BUZZ



## What can we do to **help bees?**

Pollinator numbers in general are declining in the US likely due to dwindling habitat, diseases, parasites, and environmental contaminants. Here's a few things you can do to help:

- ✓ Plant a diversity of pollen and nectar rich flowering plants, including trees and shrubs.
- ✓ If you find a swarm of bees, call a beekeeper—not an exterminator. It may look intense, but they are just looking for a new home. If a bee colony gets too crowded, feels threatened, or lacks resources like food and water, they take off for greener pastures!
- ✓ Bees drink water! Fill a shallow container with water, and add some pebbles or twigs for the bees to land on.

## Honey—**Did you know?**

Did you know that honey comes in a variety of shades and tastes? The differences in color and taste are due to the different nectar and pollen sources bees forage on (blooming plants).

For instance, bees visiting a field of blooming buckwheat will produce a honey that is darker in color, while bees foraging on early blooming linden trees might produce a light-colored honey with a different taste.

- ✓ Eating honey is a natural way to get an energy boost. It is a mixture of simple sugars, glucose, and fructose.
- ✓ Honey keeps very well. Pots of honey in good condition have been found in the pyramids of Egypt.
- ✓ Honey contains lots of vitamins and essential minerals, antioxidants, and amino acids.



# Honey Pancakes and Syrup

From the kitchen of Kathy Suchan, Fat Head Honey Farms, Clarkson, NE



### Ingredients

Whether from a box or your own secret recipe, add some honey to your pancake batter for a beautiful flavor!

#### Honey Pancakes

- 2 c Original Bisquick mix
- 1 c milk
- 2 Tbsp honey
- 1 egg

#### Honey-Cinnamon Syrup

- ¾ c honey
- ½ c butter or margarine
- ½ tsp ground cinnamon

### Directions

1. In a 1 qt saucepan, heat all syrup ingredients over low heat, stirring occasionally, until warm. Keep warm.
2. Heat griddle/skillet over medium heat or electric griddle to 375°F. Grease with cooking spray, vegetable oil, or shortening. Surface is ready when a few drops of water sprinkled on it dance and disappear.
3. In a medium bowl, stir all pancake ingredients until blended. For each pancake, pour slightly less than ¼ c batter onto hot griddle.
4. Cook until edges are dry. Flip. Cook other side until golden. Serve with warm syrup.



# Southeast Nebraska

## BUSINESSES

### 42 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: Open by appointment  
Heartland Nuts, formally Heartland Nuts  
'N More, purchases, processes, and markets  
only high-quality-cultivar, Midwest-grown  
black walnuts, pecans, and hazelnuts.

### 43 Great Plains Nursery

Native Tree & Shrub Nursery  
3074 County Road  
Weston, NE  
402-540-4801

heather@greatplainsnursery.com  
greatplainsnursery.com

HOURS: Mon–Fri: 8 am–4:30 pm  
We grow native trees and shrubs for  
conservation, mitigation, and landscape  
use. We focus on regional native plants  
that support our local ecosystems.

## FARMERS' MARKETS

### 44 Beatrice Farmers Market

318 N 6th St. (6th & High Street—  
Centenary Church Parking Lot)  
Beatrice, NE  
402-223-3244

info@mainstreetbeatrice.org  
mainstreetbeatrice.org

DATE & TIME: Thursdays 4–6:30 pm  
(May 18–Oct 12)

- 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!

### 45 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 17–Oct 28)

- EBT/SNAP
- Double Up Food Bucks
- 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 Anchor Meadow Farm



Emely & Matt Hendl  
Milford, NE

402-613-5483  
anchormeadowfarm@gmail.com  
anchormeadowfarm.com

- No Synthetic Inputs
- Pasture Raised, Outdoor Access,  
Rotational Grazing
- On Farm Store, Online Ordering,  
Home Delivery

*At Anchor Meadow Farm, our happy hogs  
are on pasture all year with access to forage  
daily and some grain. The bees provide  
amazing raw honey. Shop on site from  
13 local vendors!*

### 48 Barada Hills Trading Co., LLC



Aly & Blake Yount  
Shubert, NE

816-341-9881  
baradahills@gmail.com  
baradahillsbeef.com

- Pasture Raised, Outdoor Access,  
Rotational Grazing, Grain Finished
- On Farm Store, Direct Sales—Call or  
Email, Farmers' Markets, Online Ordering,  
Home Delivery, In-Town Drop Sites

*We are a family-owned, fourth-generation  
farm offering our grass-fed and grain-  
finished beef, as well as locally-sourced Fritz  
Farms pork out of our on-farm storefront.*

### 49 Beauty View Farm



Melisa Konecky  
Wahoo, NE

402-443-7240  
koneckyfamilyfarm@gmail.com  
beautyviewfarms.com

- Hormone Free, Outdoor Access
- On Farm Store, Wholesale

*Beauty View Farm is home to Guernsey  
cows as well as a few Jerseys and Holsteins.  
We have milked cows since the 1950s  
and work hard to care for our animals  
and quality products.*

### 50 Briar Rose Farms



Brenda Dutcher  
Humboldt, NE

402-862-5016  
briarrosefarms1966@gmail.com  
briarrosefarms.com

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

*Briar Rose Farms provides customers with  
superior quality, pasture raised meat, eggs,  
dairy, and produce. Special attention is  
given to animal care and the stewardship  
of the land.*

There are nearly 23 million acres of range and pastureland in Nebraska—half of which are in the Sandhills.

# FUN FACT

## 51 Cottage Hill Farm



Riley Reinke  
Filley, NE  
402-768-1145  
brokenarrowwf@outlook.com  
cottagehillfm.com

- No Synthetic Inputs
  - Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised
  - Direct Sales—Call or Email, Farmers' Markets, Wholesale, Online Ordering
- Cottage Hill Farm seeks to cultivate human and environmental health through regenerative farming.*

## 52 DND Farms



Dani & Dylan Spatz  
Prague, NE  
402-432-0862  
dndspatz@gmail.com  
dndfarm.com

- Hormone Free, Grain Finished
  - Direct Sales—Call or Email, Online Ordering, In-Town Drop Sites
- Irish Dexter Beef, the portion-appropriate option for beef! Grass-fed and grain finished, this small size breed of cattle is known for their tender beef cuts and phenomenal flavor.*

## 53 Food4Hope



Terri Sue & Ron Mazza  
Beatrice, NE  
402-306-7561  
food4hope@yahoo.com  
food4hope.org

- No Synthetic Inputs
  - 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 located in rural west Beatrice. We just built a community teaching and commercial kitchen and are expanding our operations in 2023!*

## 54 Hintz Produce



Ben & Mark Hintz  
Hebron, NE  
402-768-1621  
hintzproduce@gmail.com  
hintzproduce.com

- Antibiotic Free, Rotational Grazing, Grain Finished
  - CSA, Farmers' Markets, Wholesale
- Just outside of Hebron, when our small 7th generation family farm isn't busy getting cows back in, we do our best to supply southeast Nebraska with the most flavorful fresh produce around!*

## 55 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, In-Town Drop Sites
- We are located on Highway 75 between Union and Nebraska City. Our farm store features a wide variety of vegetables that are grown just a few feet away—talk about fresh!*

## 56 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.*

Southeast Nebraska →  
continues on next page

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

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402.784.6887 • heartland-nuts.com

LOCAL PECANS, BLACK WALNUTS, & HAZELNUTS  
BRITTLE, TOFFEE, CREAMED HONEY TOO!

# Southeast Nebraska

continued from previous page



## 57 Raikes Beef Co.

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

- Hormone Free, 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.

## 58 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).

## 59 Slezak Ag & Natural Resources



Gerald & Kim Slezak  
Milligan, NE  
402-366-4267  
gerald@slezakag.com  
slezaknaturalbeef.com

- Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing
  - Direct Sales—Call or Email, Farmers' Markets, Online Ordering, Home Delivery
- Small family farm by Milligan, Nebraska, growing natural healthy foods and makes wood products from rescued trees. Hormone free cattle are raised on grass, cover crops, alfalfa, and stalks.

## 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, Home Delivery, 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.

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

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Contact person: Cindy at [cbrierson1@unl.edu](mailto:cbrierson1@unl.edu)

# Across the State Cooperatives in Nebraska

## Connect Consumers & Local Foods

### 2 Natural Food Co-op, Chadron, NE

*"When I first came to the area, I was enthralled with the way the store was operated. I became a member, then a volunteer. Now they can't get rid of me. (Laughing). Our Co-Op is a beautiful place—it's not flashy or shiny. But it has heart. In many ways, Co-Ops are the life blood of a community."*

—Roxie Graham-Marski, Board President

*Did you know Nebraska cooperatives have helped connect consumers and local foods for nearly 50 years?*

### 3 Nebraska Food Cooperative (NFC), Statewide

*"We were thrilled to find the NE Food Coop when we started our family's journey to better health through local foods. The ability to shop different items from multiple producers makes buying directly from farmers easy and convenient."*

—Doug Garrison, Member-Owner

### Open Harvest Co-op Grocery, Lincoln, NE

### Salt Slope Co-op, Roca, NE

*"We arrived at the cooperative model organically by placing the needs of our farmers first and foremost."*

—Nash Leef, Worker & Cooperative Member-Owner

### 4 Omaha Sunflower Co-op, Omaha, NE

*"I wanted to see more leadership positions provided and space for BIPOC people within the Omaha agricultural and local food community."*

—Stephanie Finklea, Founding Member



**1 OPEN HARVEST CO-OP GROCERY** located in Lincoln, Nebraska, opened in 1975 to provide access to healthy food. About 27% of the stores sales are from local products—that's approximately \$1,000,000 in sales. By partnering with local farms and food businesses, Open Harvest is a reliable source of local food.



**2 Chadron, Nebraska, is home to the NATURAL FOOD CO-OP** that has operated since 1976 with a mission of healthy food, community service, and a place to share ideas. This volunteer-run co-op stocks locally produced eggs, honey, meats, seasonal produce, and activated charcoal in addition to other healthy food options.



**3 The NEBRASKA FOOD COOPERATIVE (NFC)** was started in 2005 and functions as an online farmers' market. During order cycles, members shop online and add items to a shopping basket. At the end of an order cycle, products are collected and delivered to designated pickup sites across Nebraska.



**4 The OMAHA SUNFLOWER CO-OP** focuses on replenishing, strengthening, and elevating the BIPOC community in Omaha. In 2022, Food Day identified the co-op as the producer of the year. New in 2023, the co-op is offering seedlings wholesale to plant nurseries and businesses around town.



**5 SALT SLOPE CO-OP** Founded in 2022, Salt Slope is Nebraska's only worker owned cooperative farm. Salt Slope's primary purpose is to increase Lincoln's food sovereignty by sharing with others the joy of local, sustainably farmed flowers, herbs, and veggies. Salt Slope is currently working directly with Lincoln and Omaha's sustainably minded chefs.



Omaha Sunflower Co-op awarded Food Day's "2022 Producer of the Year."



For more information and to start your cooperative journey, visit [NCDC.UNL.EDU](https://ncdc.unl.edu)

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

Content sponsored by the Nebraska Cooperative Development Center at the UNL Department of Agriculture of Economics. NCDC is funded in part by a USDA Rural Cooperative Development Center grant.

# Lincoln Area

## BUSINESSES

- 61 Hub Café**  
*Restaurant, Event Space*  
**250 N 21st St.**  
**Lincoln, NE**  
**402-474-2453**  
[trailcenterevents@gmail.com](mailto:trailcenterevents@gmail.com)  
[hubcafeincoln.com](http://hubcafeincoln.com)  
 HOURS: **Cafe:** Tues–Sun: 7:30 am–2:30 pm, Mon: Closed. **Farmers Market:** Wed: 5–7 pm (May 24–Sept 20)  
*Farm-to-Fork Cafe serving breakfast and lunch, featuring locally-sourced products. Wine, beer, and vegetarian friendly. Patio dining, farmers market, concert series, and private events.*
- 62 Leon's Gourmet Grocer**  
*Grocery Store*  
**2200 Winthrop Rd.**  
**Lincoln, NE**  
**402-488-2307**  
[chad@leongourmetgrocer.com](mailto:chad@leongourmetgrocer.com)  
[leongourmetgrocer.com](http://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!*
- 63 Milkweed Kitchen**  
*Caterer, Bakery, Pop-up Café*  
**6220 Havelock Ave.**  
**Lincoln, NE**  
**402-730-4372**  
[milkweedyoga@gmail.com](mailto: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.*
- 64 Mystic Rhoads Productions Inc.**  
*Local Food Processor*  
**Lincoln, NE**  
**402-617-5214**  
[info@mysticrhoads.org](mailto:info@mysticrhoads.org)  
[mysticrhoads.org](http://mysticrhoads.org)  
*Mystic Rhoads Productions is a 501(c)(3) nonprofit charitable organization whose mission is to use the power of our products (hot sauces, rubs, and games) to build momentum for positive community change.*

- 65 Nebraska Food Coop**  
*Distributor, Food Cooperative*  
**Lincoln, NE**  
**800-993-2379**  
[gm.nebraskafood@gmail.com](mailto:gm.nebraskafood@gmail.com)  
[nebraskafood.org](http://nebraskafood.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.*
- 66 Nebraska Sustainable Agriculture Society**  
*Agriculture Member Organization*  
**Lincoln, NE**  
**402-235-6743**  
[info@sustainablenebraska.org](mailto:info@sustainablenebraska.org)  
[sustainablenebraska.org](http://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.*
- 67 Open Harvest Co-op Grocery**  
*Co-Op Grocery*  
**1618 South St.**  
**Lincoln, NE**  
**402-475-9069**  
[harvest@openharvest.coop](mailto:harvest@openharvest.coop)  
[openharvest.coop](http://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 47+ years.*
- 68 Robinette Farms**  
*Distributor, Retail Store*  
**17675 SW 14th St.**  
**Martell, NE**  
**402-794-4025**  
[farmers@robinettefarms.com](mailto:farmers@robinettefarms.com)  
[robinettefarms.com](http://robinettefarms.com)  
 HOURS: (Online) Fri afternoons–Sun 11 pm  
*We farm organically and operate the Local Food Subscription: a year-round, flexible membership for local produce, meat, dairy, grains, and more. Pick-ups in the Lincoln and Omaha areas!*



## FARMERS' MARKETS

- 69 Bennet Farmers' Market**  
**625 Elm St.**  
 (Two blocks east of Hwy 43 at City Park)  
**Bennet, NE**  
**402-326-6485**  
[kramerlarry@earthlink.net](mailto:kramerlarry@earthlink.net)  
[bennetfarmersmarket.com](http://bennetfarmersmarket.com)  
 DATE & TIME: Wednesdays 4–7 pm (May 3–Sept 27)  
 • NE Senior Farmers Market Coupons  
*A community market for Nebraska growers, bakers, and crafters to sell their value-added and created products direct to the consumer.*
- 70 East Campus Discovery Days and Farmers Markets**  
**310 Ag Hall** (East Campus Mall)  
**Lincoln, NE**  
**402-472-7080**  
[jbrophy3@unl.edu](mailto:jbrophy3@unl.edu)  
[discoverydays.unl.edu](http://discoverydays.unl.edu)  
 DATE & TIME: Saturdays 10 am–2 pm (June 10, July 8, and Aug 12)  
*The East Campus Discovery Days and Farmers Market at the University of Nebraska in Lincoln is a fun, family-friendly event for all ages with vendors, food trucks, live music, and more.*
- 71 Historic Haymarket Farmers' Market**  
**7th & P St.** (Historic Haymarket District)  
**Lincoln, NE**  
**402-435-7496**  
[jeff@lincolnhaymarket.org](mailto:jeff@lincolnhaymarket.org)  
[lincolnhaymarket.org/events/farmers-market](http://lincolnhaymarket.org/events/farmers-market)  
 DATE & TIME: Saturdays 8 am–Noon (May 6–Oct 14)  
 • 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.*
- 72 Sunday Farmers' Market at College View**  
**4801 Prescott Ave.** (48th & Prescott)  
**Lincoln, NE**  
**402-217-9215**  
[sundayfarmersmarket.manager@gmail.com](mailto:sundayfarmersmarket.manager@gmail.com)  
[sundayfarmersmarket.org](http://sundayfarmersmarket.org)  
 DATE & TIME: Sundays 10 am–2 pm (Apr 30–Oct 29)  
 • EBT/SNAP  
 • Double Up Food Bucks  
 • NE Senior Farmers Market Coupons  
*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.*

There are at least 7,500 apple varieties worldwide. There are 2,500 varieties grown in the United States, and about 100 varieties grown commercially. Each variety has different qualities, and are used for different purposes—cider, fresh eating, processing, etc.

# FUN FACT

## 73 Thursday Farmers Market

600 Fallbrook Blvd.  
(Fallbrook Square Greenspace)

Lincoln, NE

308-216-0411

[fallbrookfm.manager@gmail.com](mailto:fallbrookfm.manager@gmail.com)

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

DATE & TIME: Thursdays 4–7 pm

(Every other week June 8–Oct 12)

- EBT/SNAP
- Double Up Food Bucks
- 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, and stay for the fun!*

## FARMS & RANCHES

## 74 Bright Hope Family Farm



Lainey & Andy Johnson

Firth, NE

402-450-9715

[brighthopefamilyfarm@gmail.com](mailto:brighthopefamilyfarm@gmail.com)

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

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

*We strive to provide produce and cut flowers grown with ecological integrity for our community, using no-till farming practices. Need flowers? Contact us!*

## 75 Common Good Farm



Ruth Chantry & Evrett Lunquist

Raymond, NE

402-783-9005

[farmers@commongoodfarm.com](mailto:farmers@commongoodfarm.com)

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

- Certified Biodynamic, Certified Organic
- Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass-Fed
- Direct Sales—Call or Email, U-Pick, Wholesale, Online Ordering

*Since 1996, Common Good Farm has been growing good food (and plants) through good farming. A Certified Organic and Biodynamic Mom and Pop farm: eggs, plants, produce, pork, and beef.*

## 76 Community Crops



Amy Gerdes & Shahab Bashar

Lincoln, NE

402-474-9802

[agerdes@familyservicelincoln.org](mailto:agerdes@familyservicelincoln.org)

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

- No Synthetic Inputs
- Farmers' Markets, Wholesale

*Community Crops is a program of Family Service Lincoln. Our program mission is to provide education, advocacy, and experience to grow local food. Our farm sites support nine farmers.*

## 77 DS Family Farm



Doug & Sheila Garrison

Malcolm, NE

402-796-2208

[doug@dsfamilyfarm.com](mailto:doug@dsfamilyfarm.com)

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

- Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass-Fed

• On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Home Delivery  
*Healthy soils and healthy prairies result in healthy animals for you, your family, and our community. Meat from our farm will result in a flavor unique to our pastures.*

## 78 Emerald Acres



Sandy Roush

Lincoln, NE

402-480-8197

[sroush@ilc.net](mailto:sroush@ilc.net)

[facebook.com/emeraldacresfarm](http://facebook.com/emeraldacresfarm)

- 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.*

## 79 Gare Bear Honey



Gary Kimminau

Lincoln, NE

402-525-8098

[garebear@garebearhoney.com](mailto:garebear@garebearhoney.com)

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

• Direct Sales—Call or Email, Farmers' Markets, Online Ordering, Home Delivery  
*Do what you love and love what you do. We proudly make natural honey and beeswax products that embody and reflect that philosophy. The result is quality that sets us apart.*

## 80 Green School Farms



Gary Fehr

Lincoln, NE

402-570-4382

[fehrgary@gmail.com](mailto:fehrgary@gmail.com)

[greenschoolfarms.com](http://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.*

## 81 Hunter's Honey



Michelle & Doug Hunter

Hickman, NE

402-792-2345

[mmhunter0203@gmail.com](mailto:mmhunter0203@gmail.com)

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

- On Farm Store, Direct Sales—Call or Email, Farmers' Markets, Online Ordering
- Hunter's Honey Farm is a family owned and operated 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

## 82 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, Online Ordering, Home Delivery

*Located in Lincoln, Nebraska, the orchard features over 20 varieties of apples. Open seasonally during the fall for u-pick and pre-picked apples.*

## 83 Salt Slope Co-op



Nash Leef & Dyllan Usher  
Roca, NE  
303-817-0189  
saltslopefarm@gmail.com  
saltslope.com

- No Synthetic Inputs
  - Direct Sales—Call or Email, Wholesale
- Salt Slope is a worker owned co-op growing vegetable, herbs, and cut flowers on two working acres. All workers have a path to ownership. We focus on sustainable and organic practices.*

## 84 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.*

## 85 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 hand make all of our products in small batches. We also have lavender honey in late summer.*

## 86 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
- Color is nature's way of smiling! Let us help fill your world with color and smiles! Pick your own tulips, specialty cut flowers, and over 100 varieties of specialty pumpkins!*

## 87 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, chili peppers, and unique varieties of fruit and vegetables, as well as seasonal produce.*

## 88 Twin Springs Pecans



Sarah Ferdico  
Bennet, NE  
402-525-8071  
help@twinspringspecans.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.*

## 89 Wellman Wagyu



Dixi & Rusty Wellman  
Waverly, NE  
402-416-2895  
rdskwellman@windstream.net  
wellmanwagyu.com

- Hormone Free, Rotational Grazing, Grain Finished
  - Direct Sales—Call or Email
- We're excited to offer this line of buttery, melt in your mouth, quality like no other beef. We sell both Fullblood Wagyu beef, as well as American Wagyu (Angus/Wagyu cross) beef.*

## 90 Yankee Hill Landscape Co., Inc.



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.*

*Nuts in Nebraska! We're home to many wild and farmed nuts like black walnut, pecans, acorns, shagbark hickories, and hazelnuts.*

**FUN  
FACT**



# Brain BUILDER

## LOCAL FOODS Word Match

- Poult
- Farrow
- Albemarle Pippin
- Scarlet Nantes
- Berkshire
- Giant of Italy

- An antique apple variety, excellent for cider and baking.
- A litter of pigs.
- A breed of pig from England, known for its black hair, good nature, and delicious meat.
- A variety of flat parsley, known for its large leaf size and strong flavor.
- A young turkey.
- A variety of carrot from France, medium-sized and known for its sweetness.

Definition 1=Albemarle Pippin, Definition 2=Farrow, Definition 3=Scarlet Nantes, Definition 4=Giant of Italy, Definition 5=Poult, Definition 6=Berkshire



<b>WHO</b>	you
<b>WHAT</b>	30+ varieties of produce, local meat boxes, rainbow eggs, & rent-a-hen
<b>WHEN</b>	CSA & farmers markets weekly, June-Sept
<b>WHERE</b>	Lincoln, Hastings, Geneva, Hebron, Fairbury, Beatrice
<b>WHY</b>	enjoy fresh, seasonal produce while supporting your local farmer

get your share or a find market near you at  
[HINTZPRODUCE.COM](http://HINTZPRODUCE.COM)



**THE DISH**  
REAL TALK ABOUT FOOD

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

THE DISH REAL TALK ABOUT FOOD

- Five Tips to Enjoyable Eating
- The Allure of Convenient Food
- This Grocery Shopping Hack Saves You Money Every Time
- Don't Throw Away Your Food or Your Dollars
- Stress Less About Mealtime
- Meal Prep Like a Pro
- 11 Tips to Maximize Your Time at

[THEDISHREALTALK.COM](http://THEDISHREALTALK.COM)



**N** EXTENSION

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




# NEBRASKA MEAT, POULTRY, AND DAIRY.

Know your farmer. Taste the difference.

## WHY BUY LOCAL MEAT, EGGS, AND DAIRY?

**Here are two big reasons—transparency and taste.** When you buy directly from local producers, you are able to get your questions answered—anything from how the animals are cared for and managed, to the best way to use a certain cut of meat. The other reason is flavor. Doug Garrison of DS Family Farm in Malcolm describes it this way, “If you can find a local farm, raising food, using good soil health principles, you will experience food like you’ve never experienced in your life. The flavor will be incredible, and nutrition always follows flavor.”

LET’S   
 HEAR FROM  
 NEBRASKA  
 LIVESTOCK  
 PRODUCERS  
 IN THEIR  
 OWN  
 WORDS...

### One really special thing about raising livestock?

*“We grow row crops too, and mostly we don’t see our end user. Raising livestock and selling it directly to people is a great way to be connected—we know that animal has had a real purpose in providing nutrition for the person eating.”*

—RUTH READY, AR-DOT FARMSTEAD

*“The connection to nature, creation...whatever you want to call it. When things seem to be going crazy in the world, it’s so grounding that I can go out and be with these animals, and it’s just going on as nature. Being part of nature is very healing. That’s why we love to have people out to the farm—to experience what we get to experience every day.”*

—DOUG GARRISON, DS FAMILY FARM

### One thing you wish more people knew about raising livestock?

*“The people who are raising these animals truly care about the well-being of the animal. Knowing that you gave the animal a good life while they were in your care is so important. And you really have to love what you do to go out and do it every day, in every condition.”*

—ALIZA BRUNING, THE HOG YARD

### Any tips for the people buying local meat for the first time?

*“I’d encourage people to get in touch with a farmer. Many farms are open to giving tours. Go out there and ask any questions. There is no stupid question, and the farmers want to share.”*

—BILLY ALWARD, LITTLE MOUNTAIN GARDEN AND RANCH

*“Ask around for recommendations. Find what you like. Find people you trust.”*

—DIXI WELLMAN, WELLMAN WAGYU

### What are the benefits of buying from a local producer?

*“We put a lot of effort into raising animals right, so that our customers get high quality products. When they buy from us they are supporting our small community. The effects ripple out. We use the local butcher, print shop, bank, accountant, supplies—it’s all local.”*

—HANNAH KLITZ, OAK BARN BEEF



## A DAY IN THE LIFE...RAISING LIVESTOCK

The day usually starts early, most likely with the sun rising. Coffee might be involved, and depending on the time of year coveralls, a rain slicker or a t-shirt is the uniform. Animals are checked, making sure they have plenty of food, water, and that everyone is healthy. Fence is checked and repaired. Seasonal work like rotating animals in pastures, farrowing piglets, fixing frozen water pipes, and calving is done. By the time morning chores and animal checks are done, some producers head to an off-farm job, work on other aspects of their farming operation, or care for their kids. Evening comes, and it's time to check the animals and make sure they are good for the night.

**FOR NEBRASKA'S  
DIRECT-MARKET LIVESTOCK  
PRODUCERS, THE WORK IS  
24/7/365, AND SOMETHING  
THEY FEEL CALLED TO DO.**

For Nebraska's direct-market livestock producers, the work is 24/7/365, and something they feel called to do. Whether they raise pastured heritage turkeys, are a 5th generation beef operation, milk dairy goats, or tend forest-raised pigs, this diverse group of people do share a common denominator—they take their responsibility of caring for their animals seriously, and they find joy and connection in what they do.

## DIRECT MARKET DAIRY

There has been a resurgence in small dairies and creameries in Nebraska. Peoples' preference and interest in local food, as well as fluctuating commodity markets have led some existing dairy farms to pivot to selling directly to customers at on-farm stores and farmers' markets. Selling directly to consumers is also a way for new farmers to enter the market with just a few animals, as opposed to the financial investment of starting a large-scale, commercial operation.

Milk, cheese, ice cream, and other products made from cow and goat milk are being crafted and sold in Nebraska by people who are dedicated to caring for their animals.

## BREAKFAST FRITTATA

FROM THE KITCHEN OF D & D BEEF, HERMAN, NE

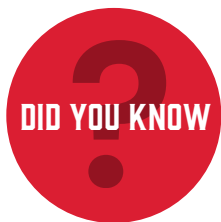
*This easy, delicious recipe features local eggs, meat, milk, cheese, and veggies! Perfect for a weekend breakfast.*

### INGREDIENTS:

- 1 small onion, chopped *(get it local!)*
- 9 eggs *(get it local!)*
- ½ c whole milk *(get it local!)*
- 1 tsp salt
- ¼ tsp cayenne pepper
- ½ teaspoon pepper
- 2 c broccoli florets *(get it local!)*
- 1½ c meat, cooked and chopped—your choice of ham, sausage, bacon, or left over steak! *(get it local!)*
- 6 oz cheddar cheese, shredded *(get it local!)*

### INSTRUCTIONS:

1. In a large cast iron pan (or oven safe pan), turn stove top to medium high heat. Drizzle olive oil on the bottom of the pan. Once hot, add the chopped onions, and cook until getting soft.
2. Meanwhile, in a medium bowl, add the eggs, milk, salt, pepper, and cayenne pepper. Whisk until combined. Set aside.
3. Next, layer the broccoli over the onions, then the ham over the broccoli, and then spread the cheese all over.
4. Pour the egg mixture over everything. Do not stir. Turn heat to medium and let sit for about 9 minutes.
5. Turn oven to broil on low. After 9 minutes, move entire pan to the oven and place under broiler for 2-4 minutes. Watch carefully, and check every minute. Once slightly browned, remove. Let cool slightly, slice up like a pie, and enjoy!



- Dairy cows are milked 1-2 times per day, and produce about 6-8 gallons of milk every day!
- Goats don't have front teeth on their upper jaws!

## LOOKING FOR LOCAL MEAT, POULTRY, EGGS, AND DAIRY?

Look for these icons in the guide:

# Omaha Area

## BUSINESSES

- 91 Dante**  
*Restaurant/Caterer*  
**16901 Wright Plaza, #173**  
**Omaha, NE**  
**402-932-3078**  
**nstrawhecker@danteomaha.com**  
**danteomaha.com**  
 HOURS: Tues–Sun: 11:30 am–10 pm,  
 Mon: Closed  
*Italian wine, hyper-seasonal, wood-fired*  
*Italian cuisine, and Neapolitan pizza*
- 92 Ellsworth Crossing**  
*Grocery Store, Retail Store*  
**26902 W Center Rd.**  
**Waterloo, NE**  
**402-359-8747**  
**ellsworthcrossing@gmail.com**  
**ellsworthcrossing.com**  
 HOURS: Tues–Fri 10 am–6 pm,  
 Sat: 10 am–5 pm, Sun & Mon: Closed  
*Ellsworth Crossing is a 'Farm to Fork'*  
*market, which acts as a convenient service*  
*retail hub for local Nebraska farmers to offer*  
*their products directly to the public.*
- 93 No More Empty Pots**  
*Caterer, Distributor, Local Food Processor,*  
*Food Hub*  
**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

- 94 Omaha Farmers Market—**  
**Aksarben Village**  
**Aksarben Village** (67th & Mercy Rd.)  
**Omaha, NE**  
**402-345-5401**  
**kbeck@vgagroup.com**  
**omahafarmersmarket.org**  
 DATE & TIME: Sundays 9 am–1 pm  
 (May 7–Oct 15)  
  - EBT/SNAP
  - Double Up Food Bucks
  - NE Senior Farmers Market Coupons*Support over 100 local vendors, and eat*  
*fresh every Sunday at the Omaha Farmers*  
*Market in Aksarben Village—celebrating*  
*30 years in 2023!*
- 95 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 6–Oct 14)  
  - EBT/SNAP
  - Double Up Food Bucks
  - NE Senior Farmers Market Coupons*With over 90 local vendors each Saturday,*  
*the Omaha Farmers Market has been*  
*a beloved tradition in the Old Market*  
*spanning 30 years!*
- 96 Legacy Farmers Market**  
**The Shops of Legacy** (168th & W Center)  
**16939 Wright Plz., Ste. #120**  
**Omaha, NE**  
**402-498-9660**  
**legacyfm.manager@gmail.com**  
**facebook.com/legacyfarmersmarketomaha**  
 DATE & TIME: Saturdays 8:30 am–12:30 pm  
 (May 6–Oct 7)  
*Bringing you real food from local farmers*  
*and producers. In season vegetables, meat*  
*& eggs, specialty foods, plants, and more!*  
*Brought to you by Legacy Farmers Market.*

## FARMS & RANCHES

- 97 Barreras Farm Market & Barreras**  
**Family Farm LLC**  
  
**Maríel Barreras**  
**14449 F St**  
**Omaha, NE**  
**402-906-9766**  
**barrerasfamilyfarm@gmail.com**  
**barrerasfamilyfarm.com**  
 STORE HOURS: Tues–Sat: 9 am–7 pm  
  - Certified Naturally Grown, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass-Fed
  - CSA, On Farm Store, Direct Sales—Call or Email, Farmers' Markets, 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.*
- 98 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, Farmers' Markets, Wholesale, Online Ordering*Growing the freshest produce and herbs*  
*at our farm in Benson! Creating tasty*  
*preserves, handcrafted body care*  
*products, and gift baskets with our*  
*homegrown ingredients.*
- 99 Big Muddy Urban Farm**  
  
**Omaha, NE**  
**402-213-9646**  
**info@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.*

A beehive in summer can have as many as 50,000 to 80,000 bees. A bee must collect nectar from about 2 million flowers to make 1 pound of honey.

# FUN FACT

## 100 Cottonwood Hill Farms



John Springhower  
McClelland, IA  
402-926-6268  
cwhfarmfresh@gmail.com  
cottonwood-hill.com

- Non-GMO Feed, Soy Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing, 100% Grass-Fed
- On Farm Store, Direct Sales—Call or Email, Online Ordering, In-Town Drop Sites

*We are a regenerative, pasture-based farm, and we promote public engagement in the food production process. We believe collectively we need to be more engaged in local agriculture.*

## 101 D&D Beef LLC



Michaela Mann  
Herman, NE  
402-237-1489  
danddbeef@gmail.com  
danddbeef.com

- Hormone Free, Pasture Raised, Rotational Grazing, 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.*

## 102 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, hive products, free range duck eggs, and goose eggs (antibiotic free, hormone free). "You Pick" cut flowers and seasonal produce.*

## 103 GreenLeaf Farms



Joletta Hoelsing & Tim Rogers  
Omaha, NE  
402-614-0404  
info@greenleaffarms.biz  
greenleaffarms.biz

- Certified Organic, No Synthetic Inputs
  - 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.*

## 104 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
- Forest and pasture raised pork, grass-fed/grass-finished beef, pastured poultry, small market garden, log-grown mushrooms, and more!*

*"When planning for a year, plant corn. When planning for a decade, plant trees. When planning for life, train and educate people."*  
—Chinese Proverb



**SUNDAY FARMERS' MARKET**  
at COLLEGE VIEW

**Sundays**  
10 am - 2pm  
48th & Prescott in Lincoln  
April 30 - October 29

**Holiday Markets**  
November 5th, 12th,  
19th & December 17th!

**OMAHA FARMERS MARKET**

MAY 6 thru OCT 15

omahafarmersmarket.org



SEASONS

**SATURDAY**

Old Market

11th & Jackson St.

8 a.m.-12:30 p.m.

**SUNDAY**

Aksarben Village

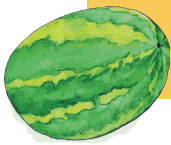
67th & Center St.

9 a.m.-1 p.m.



EVER TRIED A ROASTED TURNIP?

WHAT PERCENTAGE WATER DOES A WATERMELON CONTAIN?



76%

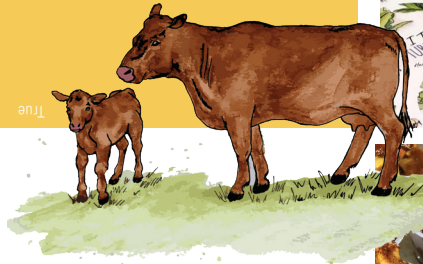
# Harvest of the Month

## NEBRASKA



TRUE OR FALSE:

THE WORD CATTLE COMES FROM THE MEDIEVAL LATIN WORD CAPITALE, MEANING WEALTH OR PROPERTY?



Nebraska schools and students learn the answers to the above questions, and get to sample locally grown products when they participate in the Nebraska Harvest of the Month program.

Nebraska Harvest of the Month is a statewide farm to school program that features a different Nebraska agricultural products each month of the year. The program promotes locally grown products and provides schools with resources to sample and serve local foods to students.

In Harvest of the Month, schools procure local products and conduct taste tests of recipes that students sample and rate. Fun information like growing habits, historical tidbits, and nutritional information is shared with students, staff, teachers, and families. If it's a good fit for the school, sampled dishes can then be rolled into their regular menu. It's a great way to get started with farm to school, and connect with a local producer!

Resources like tested school recipes, posters, newsletters, trivia cards, stickers, as well as taste-test and communication guides are available for free to anyone interested in getting more local food onto their plates!

Offering local foods to students in the form of taste tests, samples, and on school menus has proven to be an effective way to increase student interest in healthy food, expand taste palates, and develop lasting healthy eating habits.

### FEATURED HARVEST OF THE MONTH ITEMS

- ✓ Apples
- ✓ Asparagus
- ✓ Beef
- ✓ Cabbage
- ✓ Carrots
- ✓ Dried beans
- ✓ Leafy greens
- ✓ Melons
- ✓ Rhubarb
- ✓ Turnips
- ✓ Winter squash

★ **COMING SOON:** summer, dairy, indigenous items, and honey



To learn how YOU can get involved in Nebraska Harvest of the Month, visit the Nebraska Department of Education's Farm to School website here:

[education.ne.gov/ns/farm-to-school/harvest-of-the-month](https://education.ne.gov/ns/farm-to-school/harvest-of-the-month)



# SPOTLIGHT



## DID YOU KNOW...

CABBAGE IS ONE OF THE OLDEST KNOWN VEGETABLES, AND HAS BEEN PLANTED AND HARVESTED FOR OVER 4,000 YEARS?



“The kids really enjoy it. They get excited, because it’s a new, special thing. It was surprising to find out that they like the roasted turnips. None of them had eaten turnips before!”

—KRISTAL GONZALEZ, SUTTON PUBLIC SCHOOLS



## Thursday Farmers Market

in Fallbrook

Fallbrook Town Square - 600 Fallbrook Blvd.

**JUNE 8TH - OCT. 12**

**EVERY OTHER WEEK**

6/8, 6/22, 7/6, 7/20, 8/3, 8/17, 8/31, 9/14, 9/28, 10/12

**4 pm - 7 pm**

Local Producers Family Activities  
Arts & Crafts Over 20 Vendors Food Trucks

For more information, check out our website  
[www.thursdayfarmersmarket.org](http://www.thursdayfarmersmarket.org)

Facebook at [www.facebook.com/thursdayfminfallbrook/](http://www.facebook.com/thursdayfminfallbrook/)



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

**Locally grown 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**



**70 YEARS**  
**and STILL**  
**GROWING!**

**BACKYARD**  
**FARMER**

**WATCH**  
**THURSDAYS**  
**7 pm CT**  
**April-September**

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



This television series is a co-production of  
Nebraska Public Media and Nebraska Extension.

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



**Nebraska**  
**Public Media**

