

LOCAL food 2024 GUIDE

GOING WHOLE HOG

Embracing Sustainable Meat
with Whole Animal Buying! PG. 13

LOCAL FOOD MAP

Find local food near you. PG. 5

**BUY FRESH
BUY LOCAL**



Nebraska

buylocalnebraska.org



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Phone: 402-475-9069

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



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Welcome to the 2024 LOCAL FOOD GUIDE!

A NOTE FROM THE LOCAL COORDINATOR

I am thrilled to introduce myself as the new Program Coordinator for the Buy Fresh Buy Local Nebraska. It is with great enthusiasm that I embark on this journey, to connect our vibrant communities with the abundance of local food resources available throughout our state.

I invite you to explore the pages of the Nebraska Local Foods Guide, connect with your local food community, and join us in celebrating the flavors of Nebraska. Whether you're a seasoned farmer, a budding entrepreneur, or a passionate foodie, the Nebraska Local Foods Guide is your go-to resource for discovering local markets, farms, CSAs, and other food-related businesses in the state.

Through this guide, we aim to celebrate the incredible individuals and businesses shaping our local food scene, while promoting the diverse array of fresh nutritious foods grown, produced, and shared right here in Nebraska.

Beyond the delicious flavors, local food is not only about what's on your plate, but also about the stories behind each bite and the connections we make along the way. Local food isn't just about what you eat it's about who you meet. It's about nurturing connections to our people and place. It's about supporting our neighbors, strengthening our communities, and nourishing both body and spirit. Together, we can strengthen our local food system, promote sustainability, and cultivate a healthier, more resilient future for all—one bite at a time.

Let's embrace Nebraska's abundance together. Here's to good food, great company, and reveling the rich connections we'll make along the way!

Eastlyn Wright

Eastlyn Wright, Buy Fresh Buy Local Nebraska Coordinator

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

Roasted Eggplant Salad with Goat Cheese & Smoked Almonds



From the kitchen of Chad & Kathy Nabity,
GI Acres, Grand Island, NE

Ingredients:

- 2 lb Eggplant (2 large)
- Salt
- 1/3 cup 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
- 1 tbsp soy sauce
- 1 cup parsley, roughly chopped
- 1/2 cup smoked almonds, roughly chopped
- 2 oz goat cheese, crumbled
- 1/4 cup scallions, finely chopped

Directions:

1 Heat oven to 400F. 2 Cut the eggplant into 1-inch cubes and put in a large bowl. Sprinkle lightly with 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 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. 5 Remove from oven and cool slightly. 6 Whisk together the lemon juice and soy sauce. Return the eggplant to the bowl and toss with the lemon juice mixture. Stir in the parsley leaves, smoked almonds, and most of the goat cheese. 7 Spread the finished salad in a serving bowl and sprinkle the reserved goat cheese crumbles and scallions on top.



Find more recipes from Buy Fresh Buy Local Members at
BUYLOCALNEBRASKA.ORG/NEBRASKA-RECIPE-BOX

SEASONS OF NEBRASKA

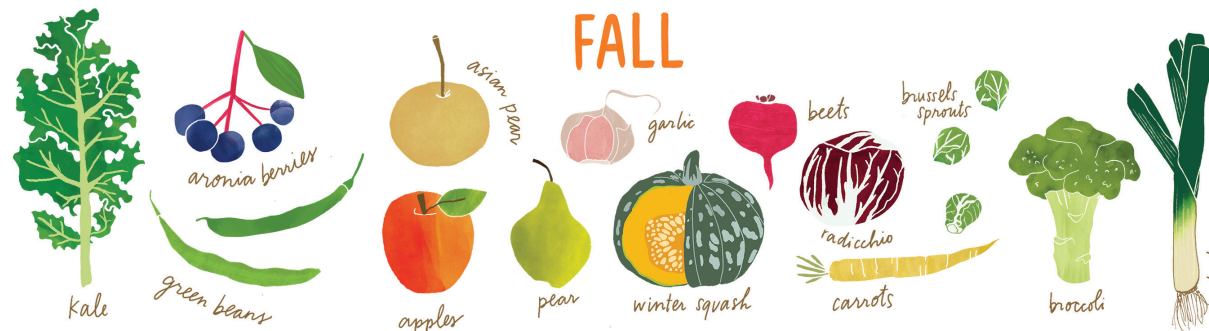
SPRING



SUMMER



FALL



WINTER



Amy Miller

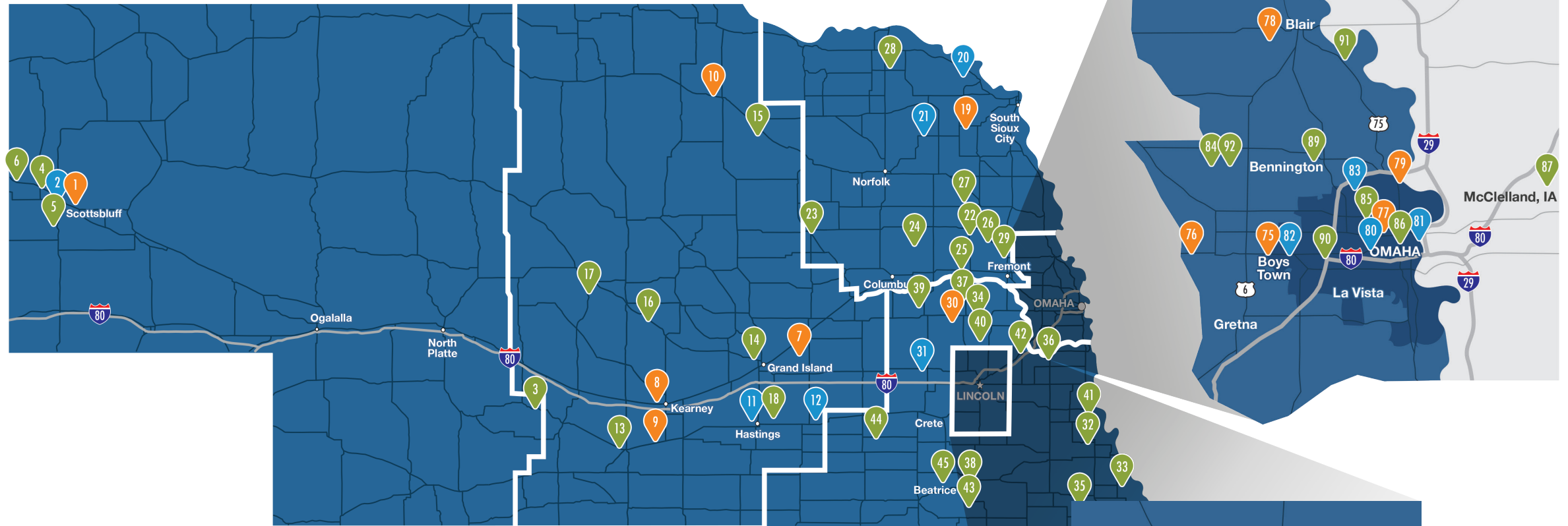
Order a print of this beautiful illustration at BUYLOCALNEBRASKA.ORG

FIND local foods & farms NEAR YOU!

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

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

Business Farmers' Market Farm/Ranch



Western Nebraska

- 1 Meadowlark Hearth Organic Seed, *Scottsbluff*
- 2 Winter Farmers' Market, *Gering*
- 3 Cross Creek Meats, *Eustis*
- 4 Farm Girl Fresh Market, *Mitchell*
- 5 Megan's Market, *Gering*
- 6 Painter Produce, *Henry*

Central Nebraska

- 7 Grain Place Foods, Inc., *Marquette*
- 8 GROW Nebraska, *Kearney*
- 9 Roberts Seed Inc., *Axtell*
- 10 Wildflower Grocer, *O'Neill*
- 11 Hastings Downtown Market, *Hastings*
- 12 Sutton Farmers' Market, *Sutton*
- 13 Freed Brothers Farms at Violets and More LLC, *Holdrege*
- 14 GI Acres, *Grand Island*
- 15 Lambert Melons, *Erwing*
- 16 Setting D Ranch, *Litchfield*
- 17 Straight Arrow Bison LLC, *Broken Bow*
- 18 The Hoagland Homestead, *Inland*

Northeast Nebraska

- 19 Graf Bees—The Buzz, *Emerson*
- 20 Dixon County Farmers Market, *Ponca*
- 21 Wayne Farmers Market, *Wayne*
- 22 Ar-Dot Farmstead Foods, *Scribner*
- 23 Classen Land & Cattle, *Albion*
- 24 Fat Head Honey Farms, *Clarkson*
- 25 Johnson Farm, *North Bend*
- 26 CrazyWoman Orchard, *Scribner*
- 27 Oak Barn Beef, *West Point*
- 28 Stick Figure Farm, *Hartington*
- 29 TLC Country Floral, *Hooper*

Southeast Nebraska

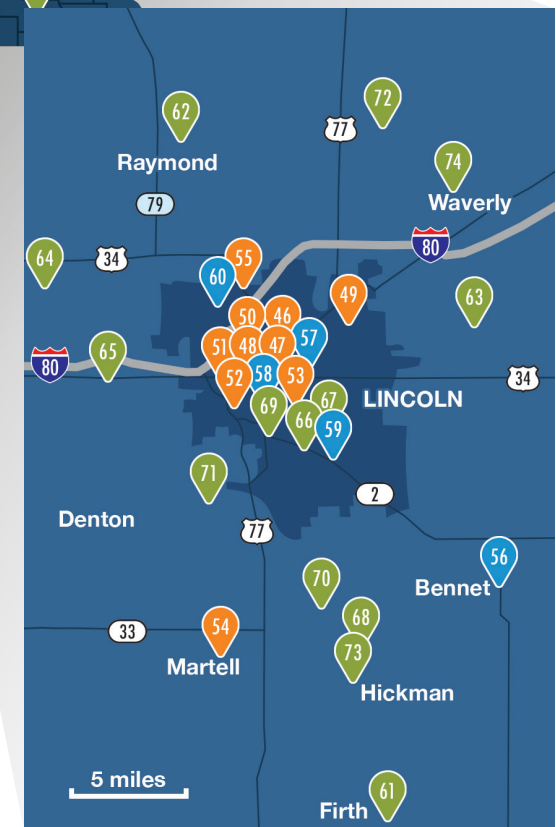
- 30 Great Plains Nursery, *Weston*
- 31 Seward Farmers Market on the Square, *Seward*
- 32 Al-Be Farm, *Julian*
- 33 Barada Hills Trading Co., LLC, *Shubert*
- 34 Beauty View Farm, *Wahoo*
- 35 Briar Rose Farms, *Humboldt*
- 36 Curious Roots Herb Farm, *Louisville*
- 37 DND Farms, *Prague*
- 38 Food4Hope, *Beatrice*
- 39 Huerto Regenerativo NaTerra, LLC, *David City*
- 40 Martin's Hillside Orchard, *Ceresco*
- 41 Paradise in Progress Farm, *Nebraska City*
- 42 Raikes Beef Co., *Ashland*
- 43 Sicily Creek Jellies and Produce, *Blue Springs*
- 44 Slezak Ag & Natural Resources, Slezak Podniky, *Milligan*
- 45 West End Farm, *Plymouth*

Lincoln Area

- 46 A+ Berry, *Lincoln*
- 47 Hub Café, *Lincoln*
- 48 LoneTree Foods, *Lincoln*
- 49 Milkweed Kitchen, *Lincoln*
- 50 Mystic Rhoads Productions Inc. (MRP), *Lincoln*
- 51 Nebraska Food Coop, *Lincoln*
- 52 Nebraska Sustainable Agriculture Society, *Lincoln*
- 53 Open Harvest Co-op Grocery, *Lincoln*
- 54 Robinette Farms, *Martell*
- 55 Wildrye Microgreens & Things, *Lincoln*
- 56 Bennet Farmers' Market, *Bennet*
- 57 East Campus Discovery Days & Farmers Markets, *Lincoln*
- 58 Historic Haymarket Farmers' Market, *Lincoln*
- 59 Sunday Farmers' Market at College View, *Lincoln*
- 60 Thursday Farmers Market, *Lincoln*
- 61 Bright Hope Family Farm, *Firth*
- 62 Common Good Farm, *Raymond*
- 63 Community Crops, *Lincoln*
- 64 DS Family Farm, *Malcolm*
- 65 Emerald Acres, *Lincoln*
- 66 Gare Bear Honey, *Lincoln*
- 67 Green School Farms, *Lincoln*
- 68 Hunter's Honey, *Hickman*
- 69 Penner Mini Farm, *Lincoln*
- 70 Salt Creek Farmers' Cooperative, *Roca*
- 71 ShadowBrook Farm & Dutch Girl Creamery, *Lincoln*
- 72 SR Pumpkin and Flower Farm, *Lincoln*
- 73 Trackside Farm, *Hickman*
- 74 Wellman Wagyu, *Waverly*

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- 77 Exist Green, *Omaha*
- 78 Ferne Valley Farm, *Blair*
- 79 No More Empty Pots, *Omaha*
- 80 Omaha Farmers Market—Aksarben Village, *Omaha*
- 81 Omaha Farmers Market—Old Market, *Omaha*
- 82 Legacy Farmers Market, *Omaha*
- 83 Wenninghoff's Farmers' Market, *Omaha*
- 84 A&T Farms, Inc., *Valley*
- 85 Benson Bounty, *Omaha*
- 86 Big Muddy Urban Farm, *Omaha*
- 87 Cottonwood Hill Farms, *McClelland, IA*
- 88 D&D Beef LLC, *Herman*
- 89 Fruit of Levine LLC, *Omaha*
- 90 GreenLeaf Farms, *Omaha*
- 91 Little Mountain Ranch and Garden LLC, *Ft Calhoun*
- 92 Nelson Produce Farm, *Valley*



PLAN MEALS

SAVE MONEY

EAT HEALTHY



THEDISHREALTALK.COM



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



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Contact person: Cindy at cbrison1@unl.edu



Cottage Foods IN NEBRASKA

The cottage food industry has grown exponentially since the pandemic. So many people learned to bake or make food items they could not purchase when restaurants and bakeries were shut down. It was a natural progression to sell items you learned to make to others who also wanted them. It was also a time for individuals who were incredible bakers to start a small business at home for extra income.

Nebraska passed their first cottage food bill in the fall of 2019. It allowed individuals to sell non-TCS foods—meaning they were shelf stable. They could complete a certified food safety course, register with the Nebraska Department of Ag, and then sell foods baked in their home kitchen. Cottage foods are sold directly to the consumer either in person or via mail. Today there are over 2,000 cottage food producers in the state. Many have gone on to start brick and mortar stores.

Nebraska Extension adapted the training Minnesota was using for cottage food producers. It came out in the summer of 2020. It has been updated once a year since then. Extension offers live virtual classes/meetings to help producers succeed and utilizes a listserv to offer timely information. They work as a liaison between producers and the Department of Ag and local health departments.

The cottage food movement is still growing for a few reasons. The first is that consumers want to know where their food comes from. When purchasing from a cottage food producer, they can place a face with their food, and are more likely to purchase from them again. Another reason is that consumers want clean ingredient labels. Producers are not using all of the preservatives and chemicals that conventional baked products may have in them. This is especially important to individuals with food allergies. Finally, when you buy local, you are supporting your area's economy.

WHERE TO FIND Cottage Foods

- Farmers Markets
- Craft Fairs
- Local Events & Festivals
- Online Platforms

FAQS ABOUT COTTAGE FOODS

How do I become a cottage food producer?

Persons interested in becoming a cottage food producer are required to register with the Nebraska Department of Agriculture, following completion of an accredited food safety course, such as the UNL Cottage Food Law Training. For additional information visit NDA.Nebraska.gov.

Are Cottage Food Producers inspected?

Cottage Food Producers are not subject to inspection by a regulatory authority.

What should be included on a Cottage Food Label?

The producer name and address must be on the package or container label. Additionally, the consumer must be visibly notified that the food was prepared in a kitchen and was NOT subject to regulation and inspection, and that food may contain allergens.

Where can I find additional information about Cottage Foods?

 COTTAGEFOODLAW.UNL.EDU or
NDA.NEBRASKA.GOV/FSCP

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

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

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 & more for sale online. Seed grown on our diverse farm & selected for growing in NE. Find our veggies at Scottsbluff farmers' markets. Grassfed beef available too!

FARMERS' MARKETS

2 Winter Farmer's Market
 2930 Old Oregon Trail
 (Legacy of the Plains Museum)
 Gering, NE
 scottsbluffwinterfarmersmarket@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

3 Cross Creek Meats, LLC

 Lisa Williams
 Eutis, NE
 308-325-7288
 crosscreekmeats@gmail.com
 crosscreekmeats.com
 The Williams family is a multi generational farm family located near Eutis, NE. The heart of their operation is their Black Angus cattle herd where they raise a combined 650 head.

4 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, NE. 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.

5 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 12 years ago, when Megan was in 8th grade. It has grown from an oversized garden to 10 acres of vegetables including 5 acres of delicious sweet corn.

6 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!

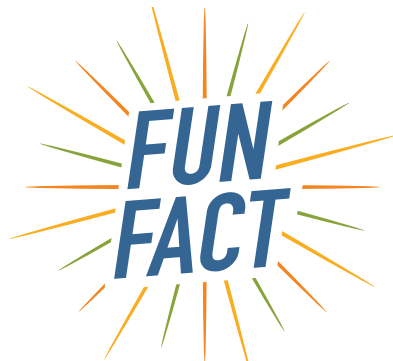
Brain BUILDER

A D R A G E R U A E B E
 G P W B H J W G W J N G
 R E D R H Q F S G E F U
 P O S R R S N O T I B D
 F F A F V A A O D I A W
 O C A S E Z R U T K C K
 W P S L T A E Z Q A L I
 T Q R P C E N L H S C D
 A O Z A W S D S P A D Y
 L I T K F E R T Z R M I
 R E T N I W Y P W U U K
 B N V H E P G Y Z M D P

Winter Squash Varieties

- ORLEANS
- BETACAROTENE
- ROASTED
- BEAUREGARD
- PURPLE
- RED
- WINTER
- SQUASH
- MURASAKI

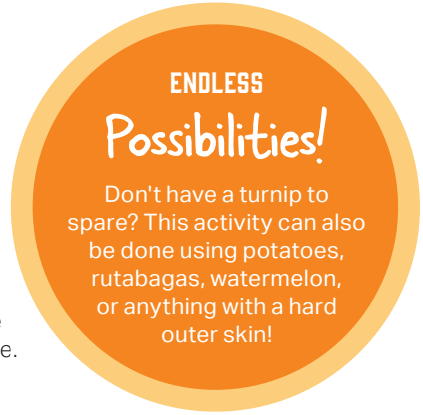
Nebraska is one of the top producing states for dry edible beans!



Turnip Jack-O-Lantern Activity

Did you know the first Jack-o-lanterns came from Ireland and were made out of turnips? This activity takes some patience, but will result in cute carved faces!

1 Cut off the turnip tops with a kitchen knife, then hollow out the turnips with a melon baller. **2** On the turnip skin, draw a face with a wax pencil and carve out with a utility knife. Be sure an adult helps with this step. Add holes on each side of the turnip so you can string and hang it. **3** Cut a piece of twine to desired length, slip an end of the twine through each hold, and make a knot. Trim the ends. Tuck a tea candle inside to illuminate.



ENDLESS Possibilities!
 Don't have a turnip to spare? This activity can also be done using potatoes, rutabagas, watermelon, or anything with a hard outer skin!

Activities courtesy of the Nebraska Harvest of the Month program. Find more Harvest of the Month and Farm to School resources at EDUCATION.NE.GOV/NS/FARM-TO-SCHOOL/HARVEST-OF-THE-MONTH



Central Nebraska

Potatoes are typically grown in sandy soils, making areas west of Columbus the most suitable for potato growth in Nebraska.

**FUN
FACT**

BUSINESSES

7 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.

8 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.

9 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.

10 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 & produced goods, and items from our certified kitchen.

FARMERS' MARKETS

11 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 6-Aug 8)
• 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!

12 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 13-Sept 28)
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

13 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!

14 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!

15 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.

16 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.

17 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.

18 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!

Approximately 2 billion eggs are laid in Nebraska each year!



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

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Creamed Honey Homemade Soaps
Homemade Lotions Beeswax Candles
Bee Nucs



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Going WHOLE Hog



EMBRACING SUSTAINABLE MEAT WITH WHOLE ANIMAL BUYING

Written by Skylar Falter

Many small-scale farms sell meat by the whole or half animal as the lowest cost way to get consumers their quality product. Learn more about buying local meat in bulk in this article!

For the past nine years, I have purchased a whole hog directly from small-scale Nebraska livestock producers to feed my family. Back then (and even now), finding high-quality humanely raised meat at the grocery store can be a challenge. I wanted meat that was local, fresh, and flavorful, but I didn't have time to make it to the farmer's markets each week. So, I decided to go whole hog and started purchasing an entire animal from the farm for my freezer.

WHAT I LOVE ABOUT BUYING A WHOLE HOG EVERY YEAR

- **Appreciation for the interconnectedness of life:** I place value on the fact that I can trace the life that feeds me and my family right back to a single animal raised in a healthy and ethical way on a Nebraska farm. With every year, I am growing relationships with the land, the farmer, and the butcher.
- **Easier meal planning:** Having a freezer stocked full of fresh meat makes it easier to plan out our weekly meals as a family of four.
- **Cost-efficient:** I get high quality meat for the best price!
- **Sustainability & food security:** I get to choose a small-scale farm that aligns with my own values for sustainability and animal husbandry. No mystery over where or how it was treated. (I've had many conversations with the farmer and have even visited their farm).
- **Custom products:** I get to choose exactly what cuts of meat I take home and how I'd like them cured/processed (all the way down to the thickness of pork chops, if you want 1 lb or 2 lb sausage logs and natural curing options).
- **The extras:** In addition to bringing home the bacon, I also get the organ meats, fat for making lard, and soup bones to make broth! These extras are not easy to find in grocery stores where I live either.

CHALLENGES TO BUYING WHOLE ANIMALS

- **Freezer Space:** You will need to have enough space for all the meat from your animal. You'll need about 1 cubic foot (milk crate size) for every 15-20 lbs of meat. I purchased a second-hand stand-up freezer for \$75 in 2016 and have used it ever since. This year, I took home around 150 lbs of meat so I needed approximately 7.65 cubic feet of space. New 7 cubic foot freezers are around \$188 at Walmart.
- **Quantity of Meat:** You can bring home anywhere from 85 – 300 lbs of meat depending on the animal and your portion (typical portions include half or whole hogs and eighth, quarter, half, or whole cows). Have a smaller household size? You can still get great meat at an affordable price by splitting your share with other families!
- **Logistics:** There is some planning required to ensure you have freezer space, order your portion from the farmer, and pick up the meat from the butcher.
- **Becoming Familiar with all Cuts of Meat:** When you purchase a whole animal, you may receive some cuts of meat you haven't prepared before. This is part of the reason why I wanted to buy a whole hog – to challenge myself to eat more variety of cuts – eating tail to snout brings nutritional benefits too.
- **Initial Cost:** buying the whole animal requires a significant upfront investment, even if it is cheaper in the long run.

QUICK GUIDE TO WHOLE ANIMAL BUYING

1. **FIND A LIVESTOCK PRODUCER.**
 - Buy Fresh Buy Local Nebraska's Online Food Guide and Map: www.BuyLocalNebraska.org
 - Nebraska Market Maker: foodsystems.unl.edu/nebraska-market-maker
 - Local Facebook Pages
 - Local Farmers Markets
2. **PLACE YOUR ORDER AND PAY THE FARMER.**

Contact the farmer to place your order (whole or half/quarter/eighth of animals are often choices), choose a butchering date from the available options, and pay your deposit.
3. **FIGURE OUT WHAT CUTS OF MEAT YOU WANT AND CALL THE BUTCHER.**

When the time gets closer to processing, you will call the butcher to let them know how you want the meat cut, packaged, and seasoned. This part is where you get to fully customize your order! Don't know where to start? The butcher or farmer can also walk you through your options! If you aren't picky, you can always ask the butcher for their "standard cutting order."

Resources:

 - Cut Charts for Beef: beefitshatsfordinner.com/cuts/cut-charts
 - Beef and Hog Whole Animal Buying Guide from Iowa State University: extension.iastate.edu/wayne/beef-and-pork-whole-animal-buying-guide
 - The Lowdown on Cuts: goodmeatproject.org/resources/the-lowdown-on-cuts
4. **THE ANIMAL GOES TO THE BUTCHER: TIME TO PAY THE FARMER.**

Your farmer will drop off your animal at the meat locker and you will receive an invoice to pay the farmer based on the actual hanging weight (or some use the live weight) of the animal.
5. **PAY THE BUTCHER AND PICK UP YOUR MEAT.**

The butcher (meat locker) will contact you when your order is ready for pick up! This will be around 2-3 weeks after processing depending on any additional curing. Some farmers offer delivery for an additional fee. When you pick up, you will also pay the butcher for processing and cutting the meat. This will depend on if it is a state or USDA inspected facility and how you had your meat processed (curing meat is usually an additional fee).

WITH RISING FOOD PRICES, CAN BUYING MEAT IN BULK SAVE MONEY?

Based on the cut and price data I collected, if I were to go to the grocery store and purchase these same cuts of meat individually of similar quality, it would cost me \$1,386.65 compared to the local meat which only cost \$1,130.15*.

The conclusion: I saved \$250 by going whole hog and also got fresher, higher-quality meat!

*These numbers aren't absolute. Different farmers charge different prices, as do meat processing facilities. You may also pay a bit more per pound depending on if you want a whole, half, or quarter of the animal.

192lb Hanging Weight of the Hog Yielded

- 74 lbs of cuts (bone-in pork chops, spare ribs/back ribs, roasts, tenderloin)
- 25lbs ground pork, unseasoned
- 9lbs naturally cured ham
- 25lbs seasoned breakfast sausage
- 20lbs bacon
- Extras! Heart, liver, kidneys, soup bones, fat for making lard.

Total cut weight: 153 lbs of meat for the freezer

(80% of hanging weight)

What I paid

Livestock Producer

192 lb hanging weight x \$3.60 per lb = \$691.20

Meat Locker

USDA Processing Fee = \$85.00

Processing fee = 192 lbs hanging weight x \$1.05 = \$201.60

No nitrate curing of bacon and hams = 43.8 lbs x \$3.25 = \$142.35

Offal Processing \$10.00

= \$438.95

Total cost: \$1,130.15



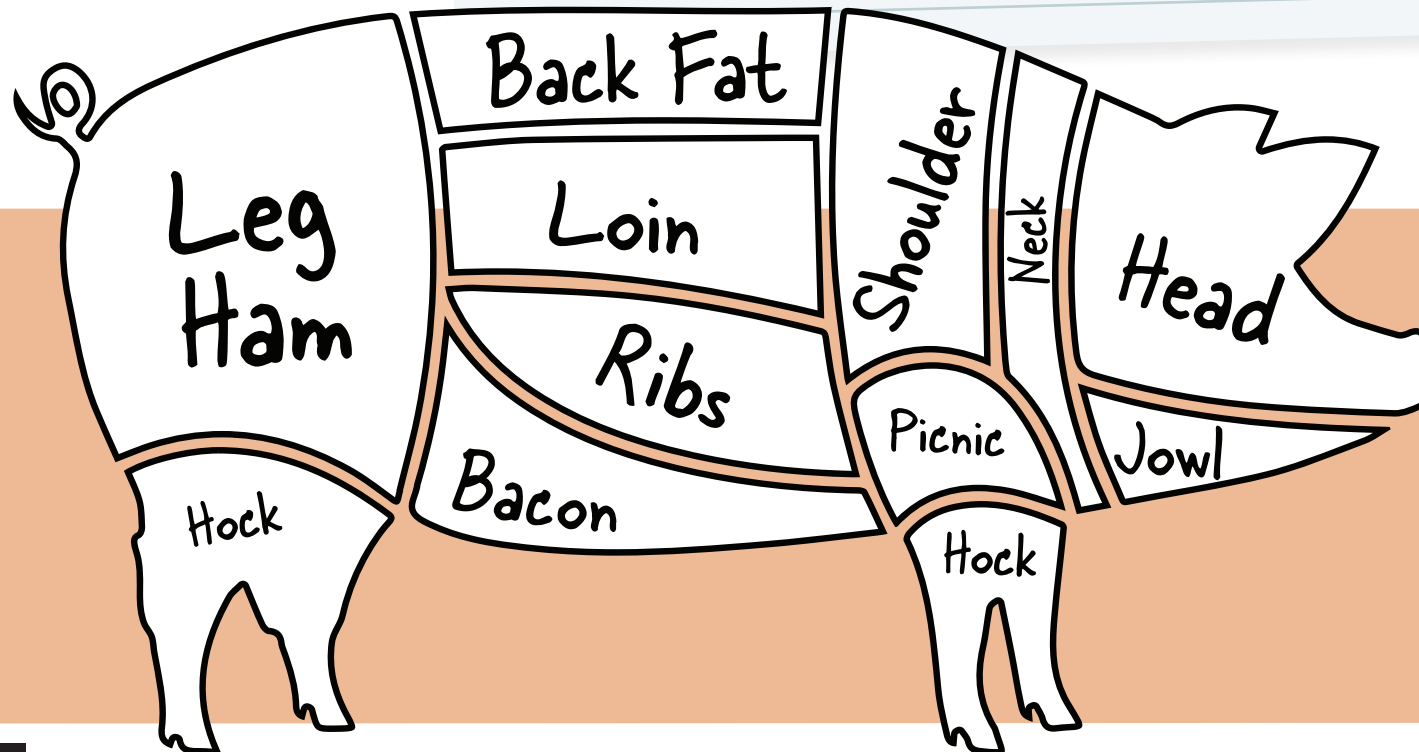
WHY DO RANCHERS OFFER BUYING WHOLE ANIMAL INSTEAD OF RETAIL CUTS ONLY?

From the farmer's perspective—

“First, selling whole or half animals is about the most cost-effective (or lowest price) way for us {the farmer} to provide meat to our customers because it cuts out the costs on our end from the extra processing, storage, and delivery/marketing when we sell by individual retail cuts. Further, we have limited cold storage, so selling whole or half animals directly to a consumer prevents our cold storage from being filled to the max. We really try to balance each month for hogs and each year for cows how many whole and halves we sell and how many animals we keep for retail sales as to not max out our freezer space. It's a good marketing balance for us, retail by the cut is the most profitable, but includes way more logistics and labor than selling whole or half animals directly to the consumer. I also really value the idea that selling whole animals limits waste and utilizes a vast majority of the animal particularly for our customers who use everything from organs and bones to rendering fat for lard.”

— Billy Alward, Little Mountain Ranch and Garden

Looking for a new pork recipe?
Try Sweet Apple Pork Chops PG. 26

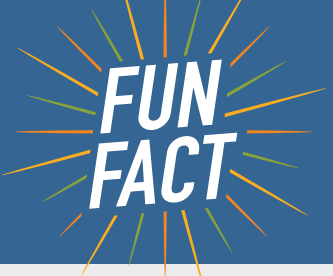


CHOP CHART

- Live Weight: the weight of the animal when it's alive prior to slaughter.
- Hanging Weight: the weight calculated by the butcher after the animal has been killed, drained of blood, and the head, hide, feet, entrails, and organs removed.
- Boxed Weight, Cut Weight, or Packaged Weight: this is how much you as the customer take home after processing and packaging the meat. Depending on the type of animal and processing, this can be around 65%-75% of the hanging weight. Fat trim, bone removal, and further processing (curing/smoking) will lower the amount of meat you take home.
- Meat Locker: the facility slaughtering and packaging the animal (can be state or USDA inspected), also referred to as the meat processing facility or butcher.
- Cut Sheet: the list of cuts and other value-added products the butcher will make from the whole animal – consider this the “blueprint” for your butcher.

Northeast Nebraska

There are so many varieties of apples, that if you were to taste one per day, it would take over 20 years to taste them all.



BUSINESSES

19 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.

FARMERS' MARKETS

20 Dixon County Farmers Market
119 W. 3rd St. (Community Center)
Ponca, NE
402-755-2742
dixoncountymarket@gmail.com
facebook.com/dixoncountyfm
DATE & TIME: Fridays 4–7 pm,
Saturdays 9 am–1 pm
(2nd & 4th weekends May 24–Oct 12)
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.

21 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 5–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

22 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.

23 Classen Land & Cattle, LLC
 Jordan Classen and Travis Classen
Albion, NE
919-895-8012
info@classenmercantile.com
classenmercantile.com
Our farm's priority is to bring restaurant quality beef to your table and connection to us, your farmer. Proudly offering Nebraska beef as individual cuts, bundles, or gifts.

24 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.

25 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 have been growing vegetables for the last 30 years. We are committed to the production of safe and high quality foods.

26 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 & Village Pointe in Omaha, Sunday Market in Lincoln.

27 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 & dry-aging, the beef is said to be the best you'll ever try!

28 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 farmer's markets. Future endeavors include hard and fresh ciders, baking, drying, and decorative apple creations.

29 TLC Country Floral
 Sue Fase
Hooper, NE
402-654-2058
tlccountryfloral@yahoo.com
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.

Nearly 1/3 of all U.S. producers have farmed for 10 or fewer years

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

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

Nelson PRODUCE + FARM
YOUR LOCAL FARMER
OPEN JUNE-OCTOBER
U-PICK PRODUCE & MARKET
FAMILY ACTIVITIES & FESTIVALS
10505 N 234TH ST VALLEY, NEBRASKA
NELSONPRODUCEFARM.COM

Southeast Nebraska

Careful stewardship by America's food producers has spurred a 34% decline in erosion of cropland by wind and water since 1982.

**FUN
FACT**

BUSINESSES

30 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

31 Seward Farmers Market on the Square
Courthouse Square
Seward, NE
402-641-4670
carol.bluevalley@gmail.com
facebook.com/sewardfarmersmarket
DATE & TIME: Wednesdays 5-7 pm, Saturdays 8 am-Noon (May 17-Oct 27)
• EBT/SNAP
• NE Senior Farmers Market Coupons
Seward Farmers Market is temporarily located at the Seward Fair Grounds due to construction. Expect the great selection and experience you're used to in a new temporary location.

FARMS & RANCHES

32 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.

33 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.

34 Beauty View Farm
Melisa Konecky
Wahoo, NE
402-443-7240
koneckfamilyfarm@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 & Holsteins. We have milked cows since the 1950's and work hard to care for our animals & quality products.

35 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.

36 Curious Roots Herb Farm
Shea Harkness
Louisville, NE
402-980-5917
shea@curiousrootsherbs.com
CuriousRootsHerbs.com
• No Synthetic Inputs
• On Farm Store, Direct Sales - Call or Email, Wholesale, Online Ordering
A botanical sanctuary located between Omaha and Lincoln that cultivates medicinal herbs sustainably on enriched soils without the use of chemicals.

37 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.

38 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. Sourcing a wide range of local produce from our network of farmers, ranchers, and makers, so that we can offer you a variety of local food choices.

39 Huerto Regenerativo NaTerra, LLC
Sandro Lopes & Michelle Lopes
David City, NE
402-747-0067
sandro@naterrafarm.com
naterrafarm.com
• Pasture Raised, Cage Free
• Direct Sales - Call or Email, Farmers' Markets, U-Pick Online Ordering
We are committed to sustainable and responsible farming practices, we do integrate practices of indigenous agriculture with the ethical values and principles of permaculture.

40 Martin's Hillside Orchard
Alex and Barbara Martin
Ceresco, NE
402-665-2140
orchard164@gmail.com
hillside-orchard.com
• U-Pick Apples, Peaches & Raspberries
• Pumpkin & Squash
• Apple Cider
Offering individuals and families an outdoor experience where they can pick apples and other fruits, enjoy the fun activities for children, explore the orchard at their leisure, and spend time in nature.

41 Paradise in Progress Farm
Jim & Ellen Shank
Nebraska City, NE
402-874-9540
paradiseprogressfarm@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!

42 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.

CLASSEN LAND & CATTLE - MERCANTILE
LOCAL NEBRASKA BEEF
CUTS. SHARES. BUNDLES.
SATURDAY BELLEVUE FARMERS MARKET & SUNDAY FARMERS' MARKET AT COLLEGE VIEW - LINCOLN
classenmercantile.com

RAIKES BEEF
Our focus is connecting customers to high-quality, 100% Nebraska raised American Wagyu beef from our 5th generation farm.
Scan QR code to place order and use code BUYLOCAL for 10% discount. Order pickup & open shop hours on Tuesday 4-7p and Saturday 10-1p.
1408 Silver Street, Ashland, NE (entrance in back of building) | 402-944-2474
info@raikesbeef.co | Facebook & Instagram @RaikesBeefCo

Southeast Nebraska →
continues on next page

43 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).

44 Slezak Ag & Natural Resources, Slezak Podniki



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.

45 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.

Across the State Cooperatives in Nebraska

Connect Consumers & Local Foods

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

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

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!"
—Amy Sears and Leanne Oentl

1 Open Harvest Co-op Grocery, Lincoln, NE
5 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."
—Josephine Unity, 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 CREEK FARMERS' COOPERATIVE Founded in 2022, is Nebraska's only worker owned cooperative farm. Salt Creek'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 [NDC.UNL.EDU](https://nfdc.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.

Discovery Days + FARMERS MARKET

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

JUNE 8 **JULY 13** **AUG 10**

- LOCALLY PRODUCED GOODS
- 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

NIANR
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Thursday Farmers Market in Fallbrook

600 Fallbrook Blvd in the Greenspace

Thursdays 4 -7 pm

Opening Day: June 13th

Local Producers and Makers
Family Activities
Weekly Themes and Events
Food Trucks

Come for the food, stay for the fun!

6/13, 6/27, 7/11, 7/25, 8/8, 8/22, 9/5, 9/19

Thursday Farmers Market IN FALLBROOK

Facebook at www.facebook.com/thursdayfminfallbrook/

Lincoln Area

According to a study conducted by the American Farm Bureau, 72% of consumers know "nothing" or "very little" about farming or ranching. Farmers markets serve as invaluable educational sites and a rare bridge between urban and rural communities.

**FUN
FACT**

BUSINESSES

- 46 A+ Berry**
Local Food Processor
1901 N. 21st Street, Suite 271
Lincoln, NE
402-803-0402
xxie@aplusberry.com
aplusberry.com
HOURS: Purchase Online 24/7
A+ Berry is a Big 10-based Food Tech Company, which aims to create highest antioxidant drinks for health. AroJuice is 100% cold pressed Aronia berry juice developed by UNL.
- 47 Hub Café**
Restaurant, Event Space
250 N 21st St.
Lincoln, NE
402-474-2453
info@hubcafelincoln.com
hubcafelincoln.com
HOURS: Cafe: Mon: Closed, Tue, Thu, Sat, Sun: 7:30 am–2:30 pm, Wed & Fri: 7:30 am–2:30pm, 5–9pm, Farmers Market: Wed: 5–7 pm (May 1–Sept 25)
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.
- 48 LoneTree 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.
- 49 Milkweed Kitchen**
Caterer, Bakery, Pop-up Caf e
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.

- 50 Mystic Rhoads Productions Inc.**
Local Food Processor
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 (hot sauces, rubs, and games) to build momentum for positive community change.
- 51 Nebraska Food Coop**
Distributor, Food Cooperative
Lincoln, NE
800-993-2379
gm.nebraskafood@gmail.com
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.
- 52 Nebraska Sustainable Agriculture Society**
Agriculture Member Organization
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.
- 53 Open Harvest Co-op Grocery**
Co-Op Grocery
330 S 21st Street, Suite 104
Lincoln, NE
402-475-9069
harvest@openharvest.coop
openharvest.coop
HOURS: Open Daily: 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.

- 54 Robinette Farms**
Distributor, Retail Store
17675 SW 14th St.
Martell, NE
402-794-4025
farmers@robinettefarms.com
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!
- 55 Wildrye Microgreens & Things**
Distributor
6780 Wildrye Rd.
Lincoln, NE
402-770-2398
kmantonya@me.com
wildryemicrogreens.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

- 56 Bennet Farmers' Market**
625 Elm St.
(Two blocks east of Hwy 43 at City Park)
Bennet, NE
402-326-6485
kramerlarry@earthlink.net
bennetfarmersmarket.com
DATE & TIME: Wednesdays 4–7 pm (May 1–Sept 25)
• 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.
- 57 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 8, July 13, and Aug 10)
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.

- 58 Historic Haymarket Farmers' Market**
7th & P St. (Historic Haymarket District)
Lincoln, NE
402-435-7496
jeff@lincolnhaymarket.org
downtownlincoln.org/haymarket/farmers-market
DATE & TIME: Saturdays 8 am–Noon (May 4–Oct 12)
• 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.
- 59 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 (Apr 28–Nov 3)
• 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.
- 60 Thursday Farmers Market**
600 Fallbrook Blvd.
(Fallbrook Square Greenspace)
Lincoln, NE
308-216-0411
fallbrookfm.manager@gmail.com
thursdayfarmersmarket.org
DATE & TIME: Thursdays 4–7 pm (June 13–Sept 19, every other week)
• 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, stay for the fun!

FARMS & RANCHES

- 61 Bright Hope Family Farm**
Lainey & Andy Johnson
Firth, NE
402-450-9715
brighthopefamilyfarm@gmail.com
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!
- 62 Common Good Farm**
Ruth Chantry & Evrett 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
• 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.
- 63 Community Crops**
Amy Gerdes & Shahab Bashar
Lincoln, NE
402-474-9802
agerdes@familyservicelincoln.org
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.
- 64 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
• 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.
- 65 Emerald Acres**
Sandy Roush
Lincoln, NE
402-480-8197
sroush@ilc.net
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.
- 66 Gare Bear Honey**
Gary Kimminau
Lincoln, NE
402-525-8098
garebear@garebearhoney.com
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.

Lincoln Area →
continues on next page

67 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.

68 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 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.

69 Penner Mini Farm



Lorraine & Jeffery Penner
Lincoln, NE
402-314-7098
info@pennerminifarms.com
pennerminifarms.com

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

Penner Mini Farm is a small family farm specializing in dairy goats and hair sheep: Nigerian Dwarf Goats, LaMancha & Mini Mancha Goats, and American Blackbelly Sheep.

70 Salt Creek Farmers' Co-op



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

- No Synthetic Inputs
- Direct Sales—Call or Email, Wholesale

Salt Creek 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.

71 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.

72 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!

73 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.

74 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.

Know Where Your Food Comes From!
Buy Fresh Buy Local!



Sweet Apple Pork Chops

From the kitchen of Nebraska Extension's Nutrition Education Program
Yield: 6 servings

Ingredients:

For Pork Chops

- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 ½ teaspoon dried thyme
- 1 ½ teaspoon garlic powder

For Apple Cranberry Cabbage

- 2 small apples, scrubbed with a clean vegetable brush under running water, grated
- ½ head of cabbage, scrubbed with a clean vegetable brush under running water, shredded (about 3 cups)
- 1 onion, scrubbed with a clean vegetable brush under running water, halved and sliced

- 1 teaspoon dried rosemary
 - 3 bone-in pork chops
 - 1 Tablespoon vegetable oil
 - ¾ cup dried cranberries
 - 1 ¼ cups reduced sodium chicken or vegetable broth
 - 1 Tablespoon apple cider vinegar
 - 1 Tablespoon fresh thyme leaves*
- *optional

Directions:

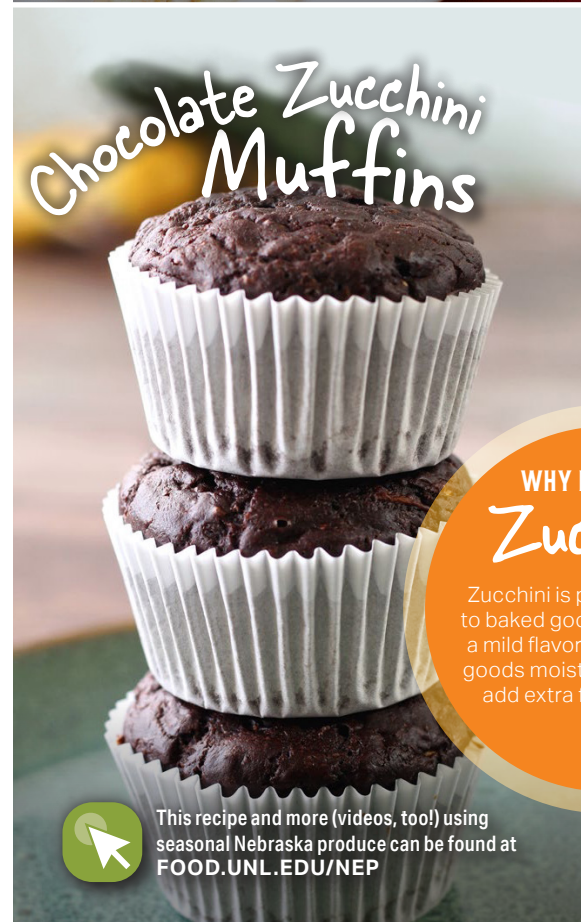
- 1 Wash hands with soap and water.
- 2 In a small bowl, mix spices together. Use half the mixture and season the pork chops on all the sides. Wash hands after handling uncooked meat.
- 3 In a large nonstick skillet, heat oil over medium-high heat. Add pork chops and cook for 3 min, or until meat is browned. Repeat on the other side. Remove from skillet, set aside and keep warm.
- 4 Return the skillet to medium heat. Add onions and sauté for 2 minutes.
- 5 Add cabbage, apples, and cranberries and cook for another 3-4 minutes, until apples and cabbage soften slightly. Add broth, vinegar, and any leftover spice mixture.
- 6 Place pork chops in the skillet and cover them with some of the apple/cabbage mixture.
- 7 Cover with a lid and cook for 5 minutes, then flip the pork chops and cook for an additional 5 minutes or until the meat reaches an internal temperature of 145°F on a food thermometer.
- 8 Sprinkle with fresh thyme, if desired.
- 9 Store leftovers in a sealed container in the refrigerator for up to four days.

WHY SHOULD I eat this?

Apples are a good source of potassium, which helps with muscle movements and keeps your heart healthy. Apples and cabbage are also a great source of fiber, which helps with digestion.



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



Chocolate Zucchini Muffins

From the kitchen of Nebraska Extension's Nutrition Education Program
Yield: 12 servings

Ingredients:

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/3 cup cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 egg

- 1/3 cup brown sugar
- 1/2 cup fat-free milk
- 1 ripe banana, gently rubbed under cold running water, peeled and mashed
- 1 medium zucchini, scrubbed with clean vegetable brush under running water, grated (about 1 cup)

Directions:

- 1 Wash hands with soap and water.
- 2 Preheat oven to 350°F. Line a muffin pan with 12 baking cups.
- 3 In a large bowl, combine flours, cocoa powder, baking powder, and baking soda. Mix well.
- 4 Break egg into a medium bowl. Wash hands with soap and water after cracking the raw egg. Add the brown sugar, milk, banana, and grated zucchini and mix well.
- 5 Add wet ingredients to dry ingredients and stir just enough to combine the ingredients.
- 6 Divide the mixture into 12 muffin cups.
- 7 Bake for 20 minutes or until a toothpick inserted near the center comes out clean.
- 8 Store muffins in an airtight container at room temperature for two to three days or freeze for up to three months.

WHY BAKE WITH Zucchini?

Zucchini is perfect for adding to baked goods because it has a mild flavor and keeps baked goods moist without having to add extra fat to the recipe.



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



Omaha Area

In studies across rural and urban areas, fruit and vegetable consumption is associated with farmers market shopping which indicates that farmers markets are a viable method to increase population-level produce consumption. Farmers markets are the future of local food.

**FUN
FACT**

BUSINESSES

75 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

76 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.

77 Exist Green
Grocery Store, Retail Store
4914 Underwood Ave
Omaha, NE
402-502-0880
orders@existgreen.com
existgreen.com
HOURS: Tue–Sat: 11 am–7 pm,
Sun–Mon: Closed
Exist Green is a zero waste market
+ eco boutique. Started by an
environmental engineer to help you
find sustainable swaps for every part of
your body and every area of your home.
Omaha's first and only refill shop.

78 Ferne Valley Farm
Flower Grower
14896 County Road 24
Blair, Nebraska
952-826-9000
info@fernevalleyfarm.com
www.fernevalleyfarm.com
HOURS: Visits by appointment only
We are a veteran-owned farm near Blair that
utilizes regenerative practices to grow cut
flowers, which we sell in bouquets at farmers
markets, a CSA, and an on-farm u-pick.

79 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

**80 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 5–Oct 13)
• 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—celebrated
30 years in 2023!

**81 Omaha Farmers Market—
Old Market**
11th & Jackson St.
Omaha, NE
402-345-5401
kbeck@vgagroup.com
omahafarmersmarket.org
DATE & TIME: Saturdays 8 am–12:30 pm
(May 4–Oct 12)
• 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!

82 Legacy Farmers Market
The Shops of Legacy (168th & W Center)
16939 Wright Plz., Ste. #120
Omaha, NE
916-215-4231
legacyfm.manager@gmail.com
facebook.com/profile.php?id=100090910878074
DATE & TIME: Saturdays 8:30 am–12:30 pm
(May 4–Oct 5)
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.

83 Wenninghoff's Farmers Market
6707 Wenninghoff Road (85th & Sorenson Pkwy)
Omaha, NE
402-677-5312
wenninghofffarm@hotmail.com
wenninghoff.com
DATE & TIME: Mon–Fri: 9 am–6:30 pm,
Sat: 9 am–5 pm, Sun: 10 am–5 pm
Greenhouse: April - June
Produce Farm: July - Oct
• WIC (Women, Infant, and
Children Nutrition Program)
• NE Senior Farmers Market Coupons
Wenninghoff Farm has been growing fresh
produce in the Omaha metro since 1956.
While their specialties are sweet corn and
tomatoes, we also offer over 40 varieties of
produce and herbs throughout the year!

FARMS & RANCHES

84 A&T Farms, Inc
Miranda & Cody Nelson
Valley, NE
402-779-5787
atfarms.vendors@gmail.com
atfarms.com
• GAP Certified
• Direct Sales - Call or Email,
Wholesale, Online Ordering
A&T Farms is dedicated to provide
quality wholesale produce to our
customers roadside/market stands. We
proudly grow 500 acres of vegetables,
sweet corn, pumpkins, and melons.

85 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.

86 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.

87 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.



Omaha Area →
continues on next page

88 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.

89 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.

90 GreenLeaf Farms



Jolitta 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.*

91 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!*

92 Nelson Produce Farm



Staci McMahon & Charlie Weston
Valley, NE
402-830-0567
asknelsonproduce@gmail.com
nelsonproducefarm.com

- Hormone Free, Pasture Raised, Grass Fed, Grain Finished
 - On Farm Store, Direct Sales - Call or Email, Farmers' Markets, U-Pick, Wholesale, Online Ordering
- The Nelson family supply Omaha with farm fresh produce and beef. Their mission is bridge the gap between city and rural by providing agricultural education on their U-Pick farm.*

On average, one U.S. farm feeds 166 people annually in the U.S. and abroad. The global population is expected to increase by 2.2 billion by 2050, which means the world's farmers will have to grow about 70% more food than what is now produced.

A Fresh New Look for Markets

HOW THE SCOTTSBLUFF WINTER MARKET IS BRINGING A NEW APPROACH TO FARMERS MARKETS

An Interview with Lydia Scott by Karlie Gerlach

As the temperatures rise in the spring and summer months, local consumers find their way to the nearest farmers market for fresh produce and homemade goods. The traditional farmers market allows area producers and businesses to provide quality products to their communities. A market in Scottsbluff, Nebraska is using a new approach to provide consumers with these goods outside of the usual farmers market season.

The Scottsbluff Winter Farmers Market provides consumers with locally raised goods during the winter months from November to March. The market has been able to return every season with the help of loyal vendors and market manager, Lydia Scott.

"People really get homemade, homegrown stuff here in the region," said Scott.

Producers and businesses from the Panhandle of Nebraska showcase their products to consumers that keep returning for the quality of goods they are able to find at the winter market.

The Scottsbluff Winter Market offers consumers a variety of goods from their vendors. The products range from locally raised beef, sourdough bread, handmade necklaces, flour, soap, and candles.

Despite the market running throughout the winter months, it is still able to offer fresh produce. Consumers can find potatoes, garlic, cabbage, carrots, and other produce that can be preserved through the use of a root cellar.

The long list of items available at the market has continued to grow with the number of vendors present at the market.

The market first started in a garden center that it quickly outgrew. After moving to different venues such as the mall and another garden center, the market found its home at the Legacy of the Plains Museum where it hosts around 10 vendors each week.

"We thought 'What could be better than a farm and ranch museum and a farmers market?' So we asked them, can we keep holding our winter market there, and they agreed to it," said Scott.

At the Legacy of the Plains Museum, the Scottsbluff Winter Market is able to hold 10 to 12 tables for their vendors. With continued growth, the market may have to seek another venue for the upcoming seasons.

Beyond outgrowing venues, Scott identified another challenge that the farmers market and its vendors are facing.

"Everything is getting more expensive," said Scott. "So, of course, our vendors have to raise their prices a little bit as well, which makes it a lot harder to shop."

The economy makes it challenging for vendors to continue to produce their products at a reasonable price. Therefore, as prices go up for vendors, it goes up for consumers as well.

With the challenges that businesses and vendors face, it is important to continue to support them by shopping at a local farmers market.

"It is their income, it is their passion, and they would not do it if we did not have the support from our community," said Scott.

Vendors spend many hours preparing their homemade goods and products with the hope that they will see returning customers each weekend.

The Scottsbluff Winter Farmers Market allows vendors and small businesses to continue to earn an income during the traditional off season of farmers markets.

By providing these goods during the winter months, Scott encourages people to think about what they eat and if they would like to eat healthy, to consider shopping at the nearest farmers market rather than a large food chain.



Learn more about the Scottsbluff Winter Farmers Market at
[FACEBOOK.COM/WINTERFARMERSMARKET](https://www.facebook.com/winterfarmersmarket)



70 YEARS
and STILL
GROWING!

BACKYARD
FARMER

WATCH
THURSDAYS
7 pm CT
April-September

Send us your questions!
byf@unl.edu



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

NebraskaPublicMedia.org



Nebraska
Public Media

