



Locally Grown

Veggies.....

..... FRUITS

Herbs

specialties

FARMERS' MARKETS

Meats

FLOWERS

Poultry

SEEDS

DAIRY



Eggs

BUSINESSES

GRAINS
and
DRIED BEANS

{ TREES
TRANSPLANTS



Dedicated to assisting people prosper in rural Nebraska by helping them work together through cooperative business development.



402-472-1748

ncdc.unl.edu



Because every parent deserves the right to say "Eat your vegetables"

Produce From the Heart

In Nebraska 1 in 5 children are hunger at risk as are 1 in 4 seniors. That means they don't know when they will eat again.

By rescuing edible produce at the farm and orchard we can feed EVERY hunger at risk person in our state ALL their daily requirement of produce. But we need your help to do so.

To read more about our work, and to register for opportunities to help us rescue produce or if you would like to donate produce check out our website producefromtheheart.org

Or contact us at

402-304-5710

producefromtheheart@gmail.com

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Your Guide for Nebraska's Locally Grown Foods!

Buy Fresh Buy Local® Nebraska strives to:

- Increase appreciation of local small and mid-scale family farmers growing food with integrity.
- Improve wellness and quality of life by promoting healthy, in season eating of locally raised food.
- Strengthen bonds between Nebraska's agricultural neighbors and consumers in urban and rural communities.
- Cultivate a future for Nebraska's small and mid-scale family farmers by supporting the development of new direct marketing opportunities and services.
- Retain local food dollars in Nebraska's communities creating entrepreneurial opportunities that in turn develop vital communities.

Buy Fresh Buy Local® Nebraska (BFBLN) connects Nebraska citizens to those who are raising regional foods—heirloom vegetables, farmstead cheeses, heritage breeds, free-range beef, pasture-raised chickens, crisp apples, etc. in healthy soils so we can enjoy the abundance and diversity of foods grown in season. It is truly inspirational!

Join BFBLN in celebrating local food by purchasing, preparing, and supporting the locally owned restaurants, grocers, and bakeries etc. that promote, sell and serve food grown by Nebraskans that are listed in the guide.

This Local Food Guide is a product of Buy Fresh Buy Local® Nebraska. BFBLN is part of the University of Nebraska—Lincoln, Nebraska Cooperative Development Center, which provides consulting and educational programs to clients, including agricultural and food-related co-op businesses, across Nebraska. Together with our national partner the FoodRoutes Network, a national nonprofit organization we are working to strengthen regional markets for locally grown foods. Visit foodroutes.org to learn how FoodRoutes is reintroducing Americans to their food.

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Recipes for the 2017 BFBLN Food Guide were submitted by: Dr. Georgia Jones, Extension Food Specialist Department of Nutrition and Health Sciences, University of Nebraska, Lincoln, NE



FALLBROOK FARMERS MARKET



This market is proudly owned and operated by the Fallbrook Kiwanis Club. All proceeds from this market support community service activities to benefit kids and families.

Thanks to our title sponsor



Lincoln's Most Family-Friendly Market!

Events • Music • Kids Activities • Park Setting

PRODUCER - ONLY MARKET WITH SEASONAL PRODUCE, FOOD, CRAFTS AND MORE!

FIND US ON FACEBOOK FOR WEEKLY SCHEDULE AND UPDATES

Thursday evenings, 5-7 PM
June 22-August 10

Fallbrook Town Square • 570 Fallbrook Blvd in NW Lincoln

FRESH & LOCAL IS FOR Everyone



OPEN HARVEST CO-OP GROCERY

1618 South St. Lincoln, NE | openharvest.coop



Welcome to our 2017 Local Food Guide!

We are happy to be building a strong community of local food producers and consumers throughout the state. Your commitment to purchasing local, and building relationships with producers, business owners and markets is essential for strong local food systems and food culture. Thank you.

Buy Fresh Buy Local® Nebraska (BFBLN) is a member-based marketing, promotion, and education program that works to promote family farmers & ranchers, farmers' markets, and locally owned grocers, co-ops, restaurants, breweries, wineries and other retail members that support our farmers and ranchers. We also partner with sponsors, institutions and individuals who want to invest in strong, healthy local food systems.

I'm excited to be part of this tradition and move the good work of the past 11+ years forward. Nebraska is one of a kind. I'm originally from Idaho, studied economics at Seattle University, and have worked and studied in Italy and China. Prior to joining BFBLN, I promoted local foods and conducted studies for farmers' markets in Boise and Seattle and worked in the Rural Public Policy Program at the Center for Rural Affairs. I'm honored to work with all of you, here and now, for the good of our communities and local food systems.

When you buy local produce and products, you are keeping money in your local community, and voting with your dollars for the jobs and systems that you want to sustain. You are supporting local family farms, building the local economy and making communities across Nebraska more enjoyable places to live.

There are many ways to Buy Fresh and Buy Local. What are your favorites? You can shop at a farmers' market, join a CSA or farm share,

eat locally-grown at work and school, and visit local breweries and wineries. You can patronize restaurants and bakeries that use locally-produced ingredients and highlight the producers they source from, look for local produce and products at the grocery store, or visit an on-farm stand or market. You can enjoy eating locally on a budget too—buy in bulk and preserve the bounty, cook with whole foods, grow your own, join a farm share or work trade, use vouchers, or shop at farmers' markets and grocery stores that accept SNAP benefits and match those funds.

Local food should be and is for everyone. It should be an important component of our economic and community development planning. Communities across Nebraska are seeing the benefits, economically and socially, of having a vibrant local food system. In a way, this is a movement back to our roots—whether it's through root vegetables, grass fed beef, or deep connections with the people growing or raising our food.

As you use this guide, I hope you look for ways of trying new things from producers in your area and across the state. The food guide is a resource to help you make informed decisions as a consumer and member of your community. We aim to provide you with information about the practices local producers employ, the philosophies and commitments of local businesses, and the availability of local products at farmers' markets. Do you know a producer, business, market or institution that isn't listed in the guide but is already committed or is interested in knowing more about locally grown food? Send them our way!

Looking forward,

Lauren Kolojejchick-Kotch

Buy Fresh Buy Local Nebraska Coordinator

Businesses



Support Local Agriculture

BLAIR SUPERFOODS

208 N. 19th St.
Blair, NE
402-426-2200
Apowell19@yahoo.com
blairsuperfoods.net
Grocery Store
Sun–Sat, Open 7 days a week
7:00 a.m.–10:00 p.m.

GRAND CENTRAL FOODS

311 N. Lincoln Ave.
York, NE
402-362-5526
grandc_foods@hotmail.com
grandcentralfoods.com
Sun–Sat, 6:00 a.m.–Mid.

GOLDENROD PASTRIES

3947 S. 48th St.
Lincoln, NE
402-486-4103
hello@goldenrodpastries.com
Bakery/Confections
Tue–Fri, 10:00 a.m.–6:00 p.m.
Sat, 9:00 a.m.–4:00 p.m.

GROW NEBRASKA

Kearney & Grand Island, NE
308-338-1255
info@grownebraska.org
buynebraska.com
Mon–Fri, 10:00 a.m.–5:00 p.m.

HEARTLAND NUTS 'N MORE

206 W. 2nd
P.O. Box 439
Valparaiso, NE
402-277-0543
Food Cooperative
Mon–Fri, 8:00 a.m.–3:00 p.m.
Sat–Call 402-277-0543

HUB CAFÉ

250 N. 21st #3
Lincoln, NE
402-474-BIKE
hubcafelincoln@gmail.com
hubcafelincoln.com
Restaurant, Caterer, Retail Store,
Coffee House
Coffee Service Wed–Sat,
7:30 a.m.–9:30 p.m.,
Sun 8:00 a.m.–2:00 p.m.
Kitchen Wed–Sun,
8:00 a.m.–2:00 p.m.,
Wed–Sat, 5:00 a.m.–9:00 p.m.

KIMMEL ORCHARD & VINEYARD

5995 G Rd.
Nebraska City, NE
402-873-5293
bryan@kimmelorchard.org
kimmelorchard.org
Restaurant, Retail Store, Local
Food Processor (incorporate
locally grown ingredients),
Winery, U-Pick: Apples, grapes,
peaches, strawberries, cherries,
more
Seasonal: April–December
Mon–Sat, 9:00 a.m.–5:00 p.m.
Sun, 11:00 a.m.–5:00 p.m.

LEON'S GOURMET GROCER

2200 Winthrop Rd.
Lincoln, NE
402-488-2307
chad@leonsgourmetgrocer.com
leonsgourmetgrocer.com
Grocery Store
Mon–Fri, 8:00 a.m.–9:00 p.m.
Sun, 9:00 a.m.–6:30 p.m.

NEBRASKA FOOD COOPERATIVE

Business Office: 503 3rd St.
Julian, NE
800-993-2379
am@nebraskafood.org
nebraskafood.org
Food Cooperative
Sun–Sat
We are available 24/7, as we are
an online farmers' market.

OPEN HARVEST CO-OP GROCERY

1618 South St.
Lincoln, NE
402-475-9069
amy@openharvest.coop
openharvest.coop
Grocery Store
Sun–Sat, 8:00 a.m.–9:00 p.m.
every day!

PRAIRIE PLATE RESTAURANT

10405 Branched Oak Rd.
Waverly, NE
402-786-2239
info@prairieplaterestaurant.com
PrairiePlateRestaurant.com
Restaurant, Caterer
Wed–Sat, April 5, 2017–New
Year's Eve
Wed–Fri 5:00–9:00 p.m.

PRODUCE FROM THE HEART

6000 Dobsons Ct.
Lincoln, NE
402-304-5710
producefromtheheart@gmail.com
Sun–Sat
9:00 a.m.–7:00 p.m.
April 1–November 30
Over winter by appt.

SCRATCHTOWN BREWING COMPANY

141 S. 16th St.
Ord, NE 68862
308-728-5050
caleb@scratchtown.beer
scratchtown.beer
Brewery
Valley Co. Local Food Processor
Thurs–Fri, 4:00–10:00 p.m.
Sat, 10:00 a.m.–10:00 p.m.



**SUPPORTING
THE LOCAL
ECONOMY,
ONE TOMATO
AT A TIME!**

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“BFBL gave us the opportunity to connect with a large group of people who were interested in the products we offer. They organized our farm tour which allowed our customers and community to see the quality and care we put into our products.”

Ash Gordon
Nebraska Mushroom LLC



Farmers' Markets

FALLBROOK FARMERS' MARKET

Fallbrook Town Center,
570 Fallbrook Blvd.
Lincoln, NE
Thursdays
June 22–August 10
5:00–7:00 p.m.
402-202-2018
fallbrookfm.manager@gmail.com
fallbrookfarmersmarket.com
Family-friendly farmers' market.
Over a dozen local producers,
crafters and food vendors. Enjoy
dinner, activities, and fresh, local
produce, meats, eggs, honey,
and more.
EBT/ SNAP, Double Up Food
Bucks/SNAP matching dollars,
Cash, Credit Cards, Nebraska
Farmer Market Senior Coupons
Baked Goods, Artisan/
Craft (Handmade by seller),
Concession Food (Ready to Eat
Food), Produce, Herbs, Eggs,
Dairy, Meat, Poultry, Specialty
foods (value added by grower,
example: (salsa, honey, jams/
jellies, pet treats, dehydrated
food), Transplants (annuals),
Transplants (perennial)

FLORENCE MILL FARMERS' MARKET

9102 N 30th St.
Omaha, NE
Sundays
June 4–September 24
10:00 a.m.–3:00 p.m.
402-551-1233
theflorencemill@gmail.com
facebook.com/theflorencemill
Historic/agricultural setting like
a County Fair with weekly live
music and educational presenters
(often animals & their people.)
Checks, cash, Nebraska Farmer
Market Senior Coupons, WIC
(Women, Infant and Children
Nutrition program)
Baked Goods, Artisan/Craft
(Handmade by seller),
Concession Food (Ready to Eat
Food), Produce, Herbs, Eggs,
Specialty foods

HAYMARKET FARMERS' MARKET

7th & P St.
Lincoln, NE
Saturdays
May 6–October 14
8:00 a.m.–Noon
402-435-7496
haymarketofc@windstream.net
100 plus vendors each week
selling fresh farm produce meats
poultry and eggs. Wonderful
assortment of baked goods and
ready to eat items. Bedding
plants, and assorted hand made
craft items.
Checks, Cash, Nebraska Farmers'
Market Senior Coupons
Baked Goods, Artisan/
Craft (Handmade by seller),
Concession Food (Ready to
Eat Food), Produce, Herbs,
Eggs, Meat, Poultry, Specialty
foods (value added by grower,
example: (salsa, honey, jams/
jellies, pet treats, dehydrated
food), Transplants (annuals),
Transplants (perennial), Fresh
Cut Flowers

OLD CHENEY ROAD FARMERS' MARKET

Located at the Old Cheney Center
at 55th and Old Cheney Road,
behind the Lincoln Racquet Club.
Lincoln, NE
Sundays
April 30–October 29
10:00 a.m.–2:00 p.m.
402-937-1630
ocrfm.manager@gmail.com
oldcheneyroadfarmersmarket.com
For people who love food! We
are a producer-only market,
so everything sold at market
is guaranteed to be grown or
processed by our members.
Throughout the season we
have more than 40 farmers and
food vendors set up in our open-
air market.
Old Cheney Road Farmers'
Market proudly accepts SNAP
and Senior Farmers' Market
Nutrition Program (SFMNP)
coupons, and credit/debit cards.
Open every Sunday, rain or shine!
EBT/ SNAP, Double Up Food
Bucks/SNAP matching dollars,
Checks, Cash, Credit Cards,
Nebraska Farmer Market Senior
Coupons.
Baked Goods, Concession
Food (Ready to Eat Food),
Produce, Herbs, Eggs, Dairy,
Fish, Meat, Poultry, Specialty
foods (value added by grower,
example: (salsa, honey, jams/
jellies, pet treats, dehydrated
food), Transplants (annuals),
Transplants (perennial), Fresh
Cut Flowers

OMAHA FARMERS' MARKET- AKSARBEN VILLAGE

67th & Center Streets
Omaha, NE
Sundays
May 7–October 15
9:00 a.m.–1:00 p.m.
402-345-5401
kbeck@vgagroup.com
omahafarmersmarket.com
The Omaha Farmers' Market
accepts ranges of vendors such
as produce, dairy, meat, baked
goods, crafts, bedding plants,
ready to eat food, flowers,
coffee, tea, etc. We are located
in a high traffic area with a
fantastic atmosphere equipped
with a large grassy park
(Aksarben Village). The market
has over 100 vendors.
EBT/ SNAP, Cash, Credit Cards,
Nebraska Farmer Market Senior
Coupons WIC (Women, Infant
and Children Nutrition program)
A handful of vendors will take
the NFMSC and WIC coupons.
The information booth is not able
to redeem them. Baked Goods,
Artisan/Craft (Handmade by
seller), Concession Food (Ready
to Eat Food), Produce, Herbs,
Eggs, Dairy, Meat, Poultry,
Specialty foods (value added
by grower, example: (salsa,
honey, jams/jellies, pet treats,
dehydrated food), Transplants
(annuals), Transplants
(perennial), Fresh Cut Flowers

OMAHA FARMERS' MARKET- CHARLES DREW HEALTH CENTER

30th & Grant St.
Omaha, NE
Wednesdays
July 5–August 30
3:30 p.m.–5:30 p.m.
402-345-5401
kbeck@vgagroup.com
omahafarmersmarket.com
Produce only Market with 4–6
vendors providing easy access to
fresh, local food for the clients of
Charles Drew.
EBT, Credit Cards, Nebraska
Farmer Market Senior Coupons,
WIC (Women, Infant and Children
Nutrition program)
Produce

OMAHA FARMERS' MARKET- OLD MARKET

11th & Jackson Streets
Omaha, NE
Saturdays
May 6–October 14
8:00 a.m.–12:30 p.m.
402-345-5401
kbeck@vgagroup.com
omahafarmersmarket.com
The Omaha Farmers' Market
accepts ranges of vendors such
as produce, dairy, meat, baked
goods, crafts, bedding plants,
ready to eat food, flowers,
coffee, tea, etc. We are located
in a high traffic area with an
historic atmosphere equipped
with shops (Old Market). The
market has over 90 vendors.
EBT/ SNAP, Cash, Credit Cards,
Nebraska Farmer Market
Senior Coupons.
WIC (Women, Infant and Children
Nutrition program). A handful of
vendors will take the NFMSC and
WIC coupons. The information
booth is not able to redeem them.
Baked Goods, Artisan/
Craft (Handmade by seller),
Concession Food (Ready to Eat
Food), Produce, Herbs, Eggs,
Dairy, Meat, Poultry, Specialty
foods (value added by grower,
example: (salsa, honey, jams/
jellies, pet treats, dehydrated
food), Transplants (annuals),
Transplants (perennial), Fresh
Cut Flowers

WENNINGHOFF'S FARMERS' MARKET

6707 Wenninghoff Rd.
Omaha, NE
Sunday–Saturday
July 1–October 31
9:00 a.m.–7:00 p.m. Mon–Fri,
9:00 a.m.–5:00 p.m. Sat & Sun
402-571-2057
wenninghofffarm@hotmail.com
wenninghoff.com
Come directly to the farm in
Omaha. See where and how your
food grows
Cash
Produce, Herbs, eggs, Meat,
Transplants (annuals),
Transplants (perennials)

Asparagus with Lemon Butter

Serves 4 to 6

Spring

Ingredients:

- 1 pound fresh asparagus
- 2 Tablespoons butter
- 1-2 Tablespoons fresh lemon juice, depending on your taste

Salt and pepper to taste

Directions:

1. Peel or break off the tough lower ends of stems. Cook asparagus in a wide 6 to 8-quart pot of boiling salted water, uncovered, until just tender, 5 to 7 minutes.
 2. Drain well in a colander, return to pot and toss with butter, lemon juice, salt and pepper.
- Note: I usually cook asparagus in a large skillet. I find that with a skillet it is easier to get all the asparagus submerged.



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restaurant

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10405 Branched Oak Rd. Waverly, NE 68462

April–New Year's Eve, Wed–Sat, 5–9 p.m.

PrairiePlateRestaurant.com 402-786-2239



Fruits, Herbs and Vegetables



AL-BE FARM

Beth Kernes Krause & Ralph Krause
Julian, NE
402-274-8836
al-befarm@windstream.net
facebook.com/albefarmNE
Non-GMO, foraged

ARBOR GROVE PRODUCE

Dean & Maria Eisenhauer
Lincoln, NE
402-840-1246
deaneisenhauer@windstream.net
Transitional Organic

BARRERAS FAMILY FARM

Anthony & Mariel Barreras
Omaha, NE
931-216-8389
barrerasfamilyfarm@gmail.com
facebook.com/barrerasfamilyfarm
On Farm Store, Pick-Your Own,
Antibiotic Free, Certified Humane,
Free Range, Grass Fed, Heritage,
Hormone Free, Pasture Raised,
rBST Free, Sustainable

BEEHAVEN FARM

Jennifer Rutherford
Harrisburg, NE
970-302-9531
beehavenfarmroadside@market
@gmail.com
beehaven-farm.com
On Farm Store
Antibiotic Free, Free Range,
Grass Fed, Heritage, Heirloom,
Hormone Free, Pasture Raised,
Sustainable

CLEAR CREEK ORGANIC FARMS

Robert & Kristine Bernt
Spalding, NE
308-750-1086
rk_bernt@yahoo.com
clearcreekorganicfarms.webs.com
CSA
On Farm Store
Heirloom, Non-GMO, Sustainable

COMMON GOOD FARM

Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com

CSA

Pick-Your Own
Certified Biodynamic, Certified
Organic, Heirloom, IPM,
Non-GMO, Sustainable

COMMUNITY CROPS

Ben McShane Jewell
Lincoln, NE
402-474-9802
info@communitycrops.org
communitycrops.org

CSA

Certified Naturally Grown

DANIELS PRODUCE

Andy & Tannie Daniels
Columbus, NE
402-897-4253
tanniedaniels@yahoo.com
danielsproduce.com

CSA

Roadside
Conventional, GAP Certified,
Heirloom

DARBY SPRINGS FARM

William & Crystal Powers
Ceresco, NE
402-525-7794
darbysprings@gmail.com
Facebook.com/DarbySpringsFarm
On Farm Store
Heirloom, Non-GMO, Sustainable

EMERALD ACRES

Roger Doerr
Lincoln, NE
402-480-8197
emeraldacres@
integratedlifechoices.com
facebook.com/EmeraldAcresFarm

CSA

Heirloom, Hydroponic,
Sustainable

FOX RUN FARMS

Yolanda & Kirstin Bailey
Brainard, NE
402-545-2471
foxrunvines@gmail.com
foxrunfarmsne.com

CSA

Sustainable

GREENLEAF FARMS

Tim Rogers & Joletta Hoising
Omaha, NE
402-614-0404
greenleafarms@cox.net
Greenleafarms.biz

CSA

Certified Organic, Heirloom, IPM,
Non-GMO

GROW WITH THE FLOW

Jeff Jirovec
Denton, NE
402-890-4388
contact@gwtfaquaponics.com
gwtfaquaponics.com
Roadside Stand
Aquaponic, Conventional,
Heirloom, Sustainable

HOLLISTER FARMS

Andrew & Miki Hollister
Martell, NE
308-754-8370
hollisterfarms@gmail.com

CSA

On Farm Store, Pick-Your Own
Antibiotic Free, Certified
Naturally Grown, Heritage,
Heirloom

JOHNSON'S FARM

Robert & Ruth Johnson
North Bend, NE
402-652-3769
rrjohnson@gpcom.net
johnsonfarmnebraska.com
Conventional, Sustainable

LAKEHOUSE FARM

Jerry & Renee Cornett
Waverly, NE
402-786-2239
info@lakehousefarm.com
lakehousefarm.com
On Farm Store
Certified Organic, Heirloom, IPM,
Non-GMO, Sustainable

LAMBERT MELONS

Tim & Ben Lambert
Ewing, NE
402-340-3646
klambert@esu8.org
Roadside Stand

MARTIN'S HILLSIDE ORCHARD

Barbara & Alex Martin
Ceresco, NE
402-277-0529
nitbm8@gmail.com
hillside-orchard.com
On Farm Store, Pick-Your Own
IPM, Non-GMO, Sustainable

MICHOWA ACRES

John & Mary Johnson
Madison, NE
402-316-4006
jaj1211@outlook.com
Facebook.com/Michowa.Acres
On Farm Store
Heirloom, Sustainable,
Transitional Organic, Pesticide
and Herbicide free.

NEBRASKA MUSHROOM LLC

Ash Gordon
Grand Island, NE
308-384-1430
ash@nebraskamushroom.com
nebraskamushroom.com
Non-GMO, Sustainable

OAK RIDGE FARMS

HYDROPONICS LLC
Ryan & Carrie David
Ord, NE
308-730-1783
oakridgefarmsinc@gmail.com
Hydroponic

PARADISE IN PROGRESS FARM

Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradisainprogressfarm
@gmail.com

CSA

On Farm Store
GAP Certified, Heirloom, IPM,
Sustainable

PETERSON GREENS, LLC

Tom & Ian Peterson
Omaha, NE
402-657-3744
tom@petersongreens.com
Hydroponic

PRAIRIEVIEW

Bonnie & Jim Henshaw
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
Conventional, Sustainable

PRAIRIE PRIDE POULTRY, INC.

Daniel Hromas
Grand Island, NE
402-217-2797
prairiepridepoultry@gmail.com
facebook.com/prairiepridep
On Farm Store, Pick-Your Own
Sustainable

RHIZOSPHERE FARM

Terra & Matthew Hall
Missouri Valley, IA
712-310-3715
rhizospherefarm@gmail.com
rhizospherefarm.org
Certified Naturally Grown,
Heirloom

ROBINETTE FARMS

Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4347
farmers@robinettefarms.com
robinettefarms.com

CSA

Heirloom, IPM, Non-GMO,
Sustainable

THE COUNTRY PUMPKIN, LLC

Brett Nunnenkamp
Sutton, NE
402-469-0077
bnunnenkamp@gmail.com
On Farm Store
Conventional, IPM, Sustainable

SHADOWBROOK FARM

Kevin & Charuth Loth
Lincoln, NE
402-499-7578
shadowbrook@neb.rr.com
shadowbrk.com
CSA
Heirloom, Non-GMO, Sustainable

WENNINGHOFF FARM

Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghoff@qwestoffice.net
CSA
On Farm Store
Sustainable

WOLFF FARMS

Duane & Jay Wolff
Norfolk, NE
402-841-0130
wolff-farms@hotmail.com
wolfffarmsproduce.com
Roadside Stand
Certified Organic, Sustainable

BUILT

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aradiusgroup.com

“BFBLN gave a us a practical and affordable
avenue to get the word out about our Graze
Master Meat program. The credibility of
BFBLN assures our potential customers that
we are legit in how we raise our animals and
our commitment to building communities.”

Del Ficke, Ficke Cattle Company



Breaking Bread

Erin Schoenberg

My Aunt Cathy and I are very different. We rarely (aka never) agree on political matters. Although you might think we have absolutely nothing in common, when we get together, the topic of conversation comfortably presents itself.

We ALWAYS talk about FOOD.

We talk about growing veggies and saving seed, about mulch and harvest windows, farmer entrepreneurs, braiding garlic, grass fed beef, fresh strawberries...and real cream...for our shortcake.

Nothing is more natural or important as the connection over real food. Yet just as it brings people together, it divides us as well. There are preconceived ideas of the type of person who shops at farmers' markets, upscale grocers, suburban supermarkets, and rural grocery stores alike. Where do these perceptions get us? And more importantly, how do these notions push the local food movement forward? (They don't.)

We need our local farmers to succeed, for our locally owned businesses, storefronts and restaurants to stay open and thrive. Farmers are stewards of the land, they are important local employers, they produce the most ancient and important fuel for the rest of us. And like any keystone species, their endangerment affects countless layers of our society.

If we want to maintain and build upon our current local food options, and keep our farmers and their far-reaching networks in business, we need everyone eating local food.

While BFBL guide readers and market savvy folks grow in number each season, there will always be a huge percentage of people in this state and country who won't ever buy direct, go to the farmers' markets, or join a CSA. And that is OK! Just as we need producers of all type and scale, we also need to consider consumers with different buying habits and purchasing power. We need local food to be accessible at supermarkets, in rural grocery stores, in diners, and in everyday food culture.


When you go to the store, ask if they carry local meat and dairy. Make a point to thank stores and restaurants who stock local items on their shelves and in their kitchens. Buy those products, encourage your friends to do the same, even tell the person next to you in the aisle how impressed you are. Thoughtfully encourage other stores and restaurants to buy local too—always with a good attitude and friendly manner, or you risk driving the wedge deeper. And when

you're at the farmers' market yourself, remember to stock up for the week's meals (not just the day's snack).

Share food comfortably with neighbors and acquaintances. When you make friends and give respect across the board, whether it's with your row crop farming neighbors, vegan colleagues, or the thousands between, you push the conversation forward.

Heck, start some seeds and throw a canning party at harvest. Call your Aunt Cathy and chat frost dates and tomato trellising. If we're going to break those barriers, there's no better way than to break bread.

NOTHING IS MORE NATURAL OR IMPORTANT AS THE CONNECTION OVER REAL FOOD.



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



HISTORIC Kimmel Orchard & Vineyard

5995 G Road - Nebraska City, NE 68410 - (402)-873-5293

Grains and Dried Beans

CLEAR CREEK ORGANIC FARMS

Robert & Kristine Bernt
Spalding, NE
308-750-1086
rk_bernt@yahoo.com
Clearcreekorganicfarms.webs.com
Pinto

CSA

On Farm StoreHeirloom,
Non-GMO, Sustainable

EMERALD ACRES

Roger Doerr
Lincoln, NE
402-480-8197
emeraldacres@integratedlifechoices.com
facebook.com/EmeraldAcresFarm
Red Beans
Antibiotic Free, Heirloom,
Hydroponic, Sustainable

Promoting agriculture and food systems that build healthy land, people, communities and quality of life, for present and future generations.



NEBRASKA Sustainable Agriculture Society

For more information please visit: www.nebsusag.org
or email: healthyfarms@gmail.com

For more info on what's fresh each week - visit OmahaFarmersMarket.org & like us on 



Saturday
OLD MARKET
8AM to 12:30PM
MAY 6 thru OCT 14

Sunday
AKSARBEN VILLAGE
9AM to 1PM
MAY 7 thru OCT 15

MEDIA SPONSORS:



Heirloom Tomato Salad

Serves 6

Summer

Ingredients:

- 6 1/2-inch thick slices crusty bread
- 1-1/2 Tablespoons red-wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon freshly ground black pepper
- 3 Tablespoons olive or vegetable oil
- 1/2 small red onion, thinly sliced
- 3 pounds mixed tomatoes, cut into bite size pieces

Directions:

1. Slice and toast the bread.
2. Whisk together vinegar, salt, mustard, and pepper. Add oil in a slow steady stream, whisking until dressing is emulsified.
3. Add onion and tomatoes. Toss gently to coat. Season with salt and pepper. Place bread on plate. Top with tomatoes and serve.

OLD CHENEY ROAD FARMERS' MARKET



Apr. 30 - Oct. 29
Every Sunday Rain or Shine!

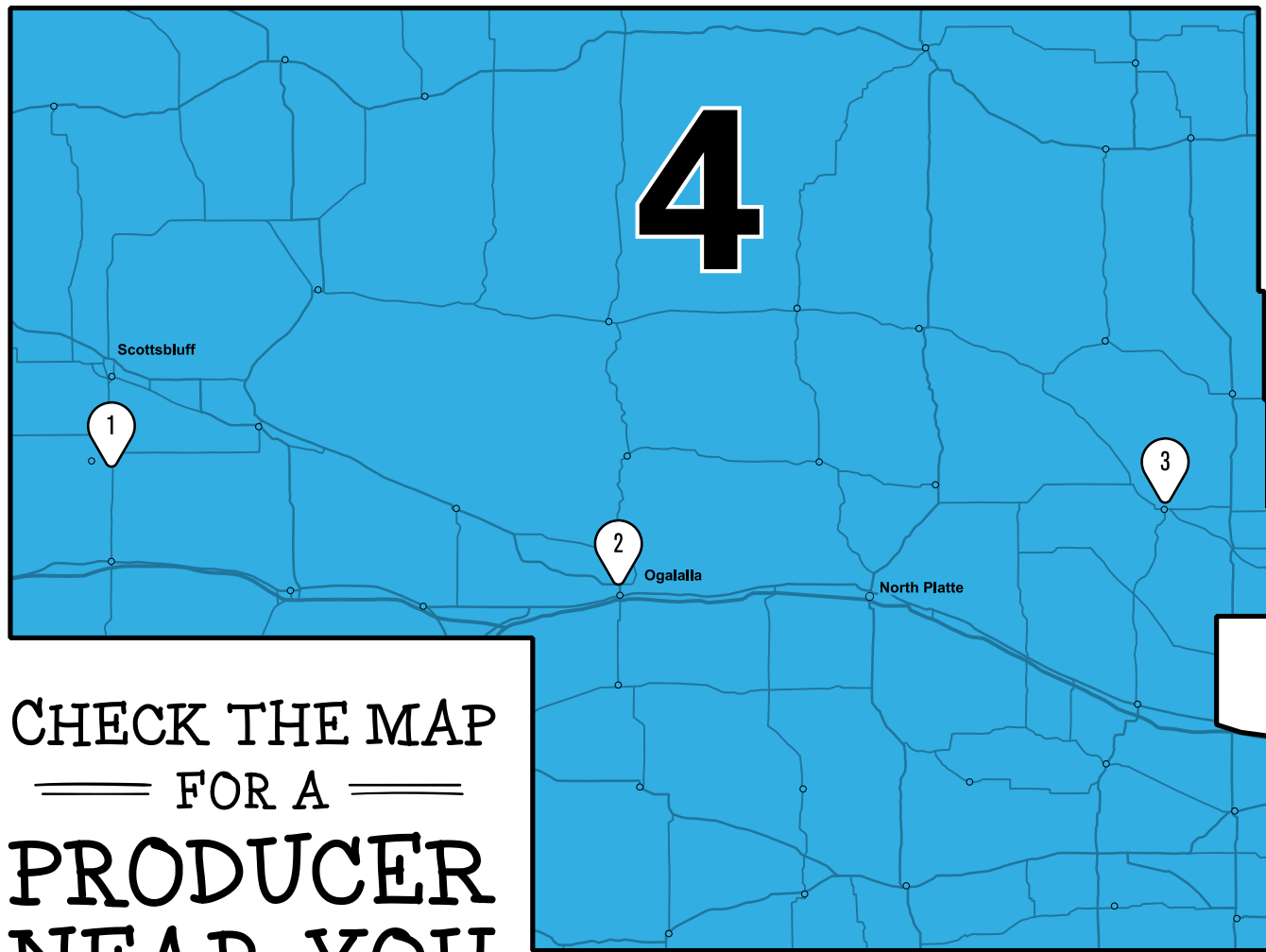
10am - 2pm
56th & Old Cheney Rd

This season offering **SNAP! Market Match** up to FREE \$10 in match for SNAP! customers.

oldcheneyroadfarmersmarket.com

Join us INDOORS for more fresh, late-season produce in Nov. & Dec.
holidayharvestfarmersmarket.com





CHECK THE MAP
FOR A
PRODUCER
NEAR YOU

WE HAVE MADE IT EASIER FOR YOU TO FIND YOUR LOCAL PRODUCERS. JUST MATCH THE COLOR OF YOUR REGION WITH THE COLOR OF THE PRODUCER'S NAME IN THE MEMBER LISTINGS.

(1) RED: Butler, Saunders, Sarpy, Douglas, Seward, Lancaster, Cass, Clay, Fillmore, Saline, Gage, Otoe, Johnson, Nemaha, Nuckolls, Thayer, Jefferson, Pawnee, Richardson

(2) PURPLE: Knox, Cedar, Dixon, Dakota, Pierce, Wayne, Thurston, Madison, Stanton, Cuming, Burt, Platte, Colfax, Dodge, Washington

(3) GREEN: Boyd, Holt, Antelope, Garfield, Wheeler, Boone, Valley, Greeley, Nance, Sherman, Howard, Merrick, Polk, York, Hamilton, Hall, Buffalo, Kearney, Adams, Franklin, Webster

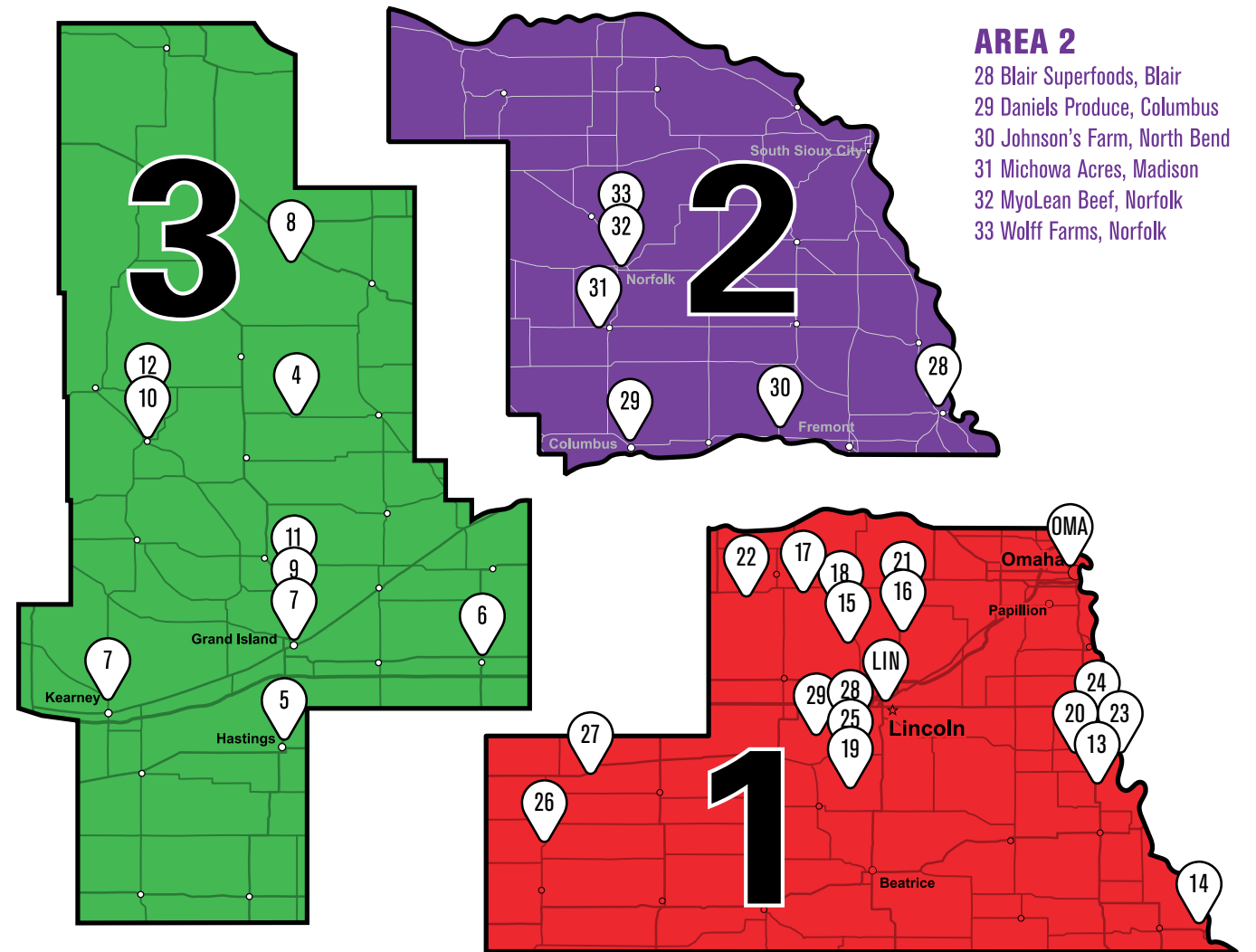
(4) BLUE: Sioux, Dawes, Box Butte, Scottsbluff, Banner, Kimball, Cheyenne, Sheridan, Garden, Deuel, Grant, Cherry, Arthur, Keith, Perkins, Chase, Dundy, Hitchcock, Hayes, Lincoln, McPherson, Hooker, Thomas, Logan, Frontier, Red Willow, Furnas, Harlan, Gosper, Phelps, Dawson, Custer, Blaine, Loup, Brown, Rock, Keya Paha

AREA 4

- 1 BeeHaven Farm, Harrisburg
- 2 Lazy K Eggs, Ogalalla
- 3 Straight Arrow Bison Ranch, Broken Bow

AREA 3

- 4 Clear Creek Organic Farms, Spalding
- 5 Diamond N 7 Ranch, Hastings
- 6 Grand Central Foods, York
- 7 Grow Nebraska, Kearney and Grand Island
- 8 Lambert Melons, Ewing
- 9 Nebraska Mushroom, Grand Island
- 10 Oak Ridge Farms Hydroponics, Ord
- 11 Prairie Pride Poultry, Grand Island
- 12 Scratchtown Brewing Company, Ord



AREA 2

- 28 Blair Superfoods, Blair
- 29 Daniels Produce, Columbus
- 30 Johnson's Farm, North Bend
- 31 Michowa Acres, Madison
- 32 MyoLean Beef, Norfolk
- 33 Wolff Farms, Norfolk

AREA 1

- 13 Al-Be Farm, Julian
- 14 Bluff Valley Farm, Rulo
- 15 Common Good Farm, Raymond
- 16 Darby Springs Farm, Ceresco
- 17 Fox Run Farms, Brainard
- 18 Heartland Nuts 'N More, Valparaiso
- 19 Hollister Farms, Martell
- 20 Kimmel Orchard, Nebraska City
- 21 Martin's Hillside Orchard, Ceresco
- 22 McKenzie Acres, Rising City
- 23 Nebraska Food Cooperative, Julian
- 24 Paradise in Progress Farm, Nebraska City
- 25 Robinette Farms, Martell
- 26 Six Bar S Ranch, Deweese
- 27 The Country Pumpkin, Sutton
- 28 Travs Farms, Martell
- 29 West Blue Farm, Milford

AREA 1 LINCOLN

- America's Best Wagyu, Denton
- Arbor Grove Produce, Lincoln
- Community Crops, Lincoln
- DS Family Farm, Malcolm
- Emerald Acres, Lincoln
- Fallbrook Farmers' Market, Lincoln
- Ficke Cattle Company, Pleasant Dale
- Goldenrod Pastries, Lincoln
- Grow with the Flow, Denton
- Hub Café, Lincoln

- Lakehouse Farm, Waverly
- Leon's Gourmet Grocer, Lincoln
- Lincoln Haymarket Farmers' Market, Lincoln
- Old Cheney Farmers' Market, Lincoln
- Open Harvest Co-op Grocery, Lincoln
- Prairieview, Lincoln
- Prairie Plate Restaurant, Waverly
- Produce from the Heart, Lincoln
- ShadowBrook Farm, Lincoln

AREA 1 OMAHA

- Barreras Family Farm, Omaha
- Florence Mill Farmers' Market, Omaha
- GreenLeaf Farms, Omaha
- Omaha Public Market (Aksarben), Omaha
- Omaha Public Market (Charles Drew), Omaha

- Omaha Public Market (Old Market), Omaha
- Peterson Greens, Omaha
- Rhizosphere Farm, Missouri Valley, IA
- Wenninghoff Farm, Omaha
- Wenninghoff Farmers' Market, Omaha



2017 HARVEST GUIDE

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

Buying Local Doesn't Have to Stop When Summer's Over!

Nebraska family farmers offer many locally grown and value-added products all year long, including:

- Beef, buffalo, chicken, fish, goat, lamb, ostrich, pork, rabbit, turkey, etc.
- Eggs, butter, cheese, kefir, ice cream, milk, yogurt
- Breads, baked goods, cider, dried vegetables, honey, jams, nuts, preserves, etc.
- Don't forget about these locally grown products: flowers, soaps, transplants, trees, wreaths and woody floral

Find it fast at buylocalnebraska.org



Dairy & Eggs



AL-BE FARM

Beth Kernes Krause & Ralph Krause
Julian, NE
402-274-8836
Al-befarm@windstream.net
facebook.com/albefarmNE/
Chicken and Quail Eggs
Antibiotic Free, Heritage, Non-GMO

BARRERAS FAMILY FARM

Anthony & Mariel Barreras
Omaha, NE
931-216-8389
barrerasfamilyfarm@gmail.com
facebook.com/barrerasfamilyfarm
Chicken Eggs, Goat Cheese
On Farm Store, Pick-Your Own, Antibiotic Free, Certified Humane, Free Range, Grass Fed, Heritage, Hormone Free, Pasture Raised, rBST Free, Sustainable

BEEHAVEN FARM

Jennifer Rutherford
Harrisburg, NE
970-302-9531
beehavenfarmroadsidemarket@gmail.com
beehaven-farm.com
Chicken & Duck Eggs
On Farm Store
Antibiotic Free, Free Range, Grass Fed, Heritage, Heirloom, Hormone Free, Pasture Raised, Sustainable

CLEAR CREEK ORGANIC FARMS

Robert & Kristine Bernt
Spalding, NE
308-750-1086
rk_bernt@yahoo.com
clearcreekorganicfarms.webs.com
Butter-Cow, Cheese-Cow, Ice Cream-Cow
CSA
On Farm Store
Antibiotic Free, Free Range, Grass Fed, Heritage, Hormone Free, Non-GMO, Pasture Raised, rBST, Sustainable

COMMON GOOD FARM

Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
Chicken Eggs
CSA
Pick-Your Own
Antibiotic Free, Certified Biodynamic, Certified Organic, Free Range, Grass Fed, Heritage, Hormone Free, Non-GMO, Pastured Raised, Sustainable

DARBY SPRINGS FARM

William & Crystal Powers
Ceresco, NE
402-525-7794
darbysprings@gmail.com
Facebook.com/DarbySpringsFarm
Butter-Cow, Ice Cream-Cow, Kefir-Cow
Chicken Eggs
On Farm Store
Antibiotic Free, Free Range, Grass Fed, Heritage, Hormone Free, Non-GMO, Pastured Raised, Sustainable, Holistic Management

EMERALD ACRES

Roger Doerr
Lincoln, NE
402-480-8197
emeraldacres@integratedlifechoices.com
edlifechoices.com
facebook.com/EmeraldAcresFarm
Chicken Eggs
CSA
Antibiotic Free, Free Range, Heirloom, Hormone Free, Sustainable

HOLLISTER FARMS

Andrew & Miki Hollister
Martell, NE
308-754-8370
hollisterfarms@gmail.com
Chicken & Duck Eggs
CSA
On Farm Store, Pick-Your Own
Antibiotic Free, Certified Naturally Grown, Free Range, GMO Fed, Grass Fed, Heritage, Pastured Raised, Soy Free

LAZY K EGGS, LLC

Kelly Crymble
Ogallala, NE
308-289-5154
kcrymble@outlook.com
lazykeggslc.com
Chicken Eggs
Antibiotic Free, Free Range, Pastured Raised

MCKENZIE ACRES

Wendy & Ken McKenzie
Rising City, NE
308-627-7091
kwmackpack@gmail.com
udderlynaked.com
Goat Cheese
Chicken Eggs
Free Range, rBST Free, Sustainable

MICHOWA ACRES

John & Mary Johnson
Madison, NE
402-316-4006
jaj1211@outlook.com
Facebook.com/Michowa.Acres
Chicken Eggs
On Farm Store
Antibiotic Free, Free Range, Heritage, Pastured Raised, Sustainable, Transitional Organic, Pesticide and Herbicide free.

PARADISE IN PROGRESS FARM

Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseprogressfarm@gmail.com
Eggs

CSA

On Farm Store
Antibiotic Free, Free Range, GAP Certified, Hormone Free, Pasture Raised, Sustainable

PRAIRIE PRIDE POULTRY, INC.

Daniel Hromas
Grand Island, NE
402-217-2797
prairiepridepoultry@gmail.com
facebook.com/prairiepridep
Chicken Eggs
On Farm Store, Pick-Your Own
Antibiotic Free, Free Range, Grass Fed, Hormone Free, Pastured Raised, Sustainable

ROBINETTE FARMS

Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4347
farmers@robinettefarms.com
robinettefarms.com
Chicken Eggs
CSA
Antibiotic Free, Free Range, Heirloom, Non-GMO, Pastured Raised, Sustainable

SHADOWBROOK FARM

Kevin & Charuth Loth
Lincoln, NE
402-499-7578
shadowbrook@neb.rr.com
shadowbrk.com
Goat Cheese
CSA
Antibiotic Free, Hormone Free, Non-GMO, Pastured Raised, Sustainable

WOLFF FARMS

Duane & Jay Wolff
Norfolk, NE
402-841-0130
wolff-farms@hotmail.com
wolfffarmsproduce.com
Chicken Eggs
Roadside Stand
Antibiotic Free, Certified Organic, Free Range, Grass Fed, Pastured Raised, Sustainable



Specialty Products

AL-BE FARM

Beth Kernes Krause & Ralph Krause
Julian, NE
402-274-8836
Al-befarm@windstream.net
facebook.com/albefarmNE/
Foraged stinging nettles,
wild violets, catnip and
lambs quarter.
Non-GMO

BARRERAS FAMILY FARM

Anthony & Mariel Barreras
Omaha, NE
931-216-8389
barrerasfamilyfarm@gmail.com
facebook.com/barrerasfamilyfarm
Soap
On Farm Store, Pick-Your Own,
Antibiotic Free, Certified Humane,
Free Range, Grass Fed, Heritage,
Hormone Free, Pasture Raised,
rBST Free, Sustainable

BEEHAVEN FARM

Jennifer Rutherford
Harrisburg, NE
970-302-9531
beehavenfarmroadsidearket@gmail.com
beehaven-farm.com
Dehydrated Herbs, Honey, Jams/
Jellies, Teas
On Farm Store
Antibiotic Free, Free Range, Grass
Fed, Heritage, Heirloom, Hormone
Free, Pasture Raised, Sustainable

COMMON GOOD FARM

Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
Jams/Jellies
CSA
Pick-Your Own
Certified Biodynamic, Certified
Organic, Heirloom, IPM, Non-
GMO, Sustainable

DS FAMILY FARM

Doug & Sheila Garrison
Malcom, NE
402-796-2208
doug@dsfamilyfarm.com/
dsfamilyfarm.com/
Bone Broth
On Farm Store/stand/u-pick
Antibiotic Free, Grass Fed,
Hormone Free, IPM, Non-GMO,
Pastured Raised, Sustainable,
Animal Welfare Approved &
Certified Grass Fed

DARBY SPRINGS FARM

William & Crystal Powers
Ceresco, NE
402-525-7794
darbysprings@gmail.com
Facebook.com/DarbySpringsFarm
Dried Decorative materials
Hops, Juniper
On Farm Store
Heirloom, Non-GMO,
Sustainable, Holistic
Management

EMERALD ACRES

Roger Doerr
Lincoln, NE
402-480-8197
emeraldacres@
integratedlifechoices.com
facebook.com/EmeraldAcresFarm
Dried Decorative Materials,
Soybean Products
CSA
Antibiotic Free, Free Range,
Heirloom, Hormone Free,
Hydroponic, Sustainable

GREENLEAF FARMS

Tim Rogers & Joletta Hoelsing
Omaha, NE
402-614-0404
greenleafarms@cox.net
greenleafarms.biz
Dehydrated Herbs, Dehydrated
Vegetables, Dried Decorative
Materials

CSA

Certified Organic, Heirloom,
IPM, Non-GMO

GROW WITH THE FLOW

Jeff Jirovec
Denton, NE
402-890-4388
jjirovec123@gmail.com
gwtfaquaponics.com
Dried Decorative materials
Roadside Stand
Aquaponic, Conventional,
Heirloom, Sustainable

HOLLISTER FARMS

Andrew & Miki Hollister
Martell, NE
308-754-8370
hollisterfarms@gmail.com
Dehydrated Herbs, Honey,
Jams/Jellies, Soap, Pet Treats
CSA
On Farm Store,
Pick-Your Own
Certified Naturally Grown,
Heritage, Heirloom

JOHNSON'S FARM

Robert & Ruth Johnson
North Bend, NE
402-652-3769
rrjohnson@gpcom.net
johnsonfarmnebraska.com
Dehydrated Herbs,
Dehydrated Vegetables,
Dried Decorative Materials
Conventional,
Sustainable

LAKEHOUSE FARM

Jerry & Renee Cornett
Waverly, NE
402-786-2239
info@lakehousefarm.com
lakehousefarm.com
Dehydrated Herbs, Dehydrate
Hot Peppers
On Farm Store
Certified Organic, Heirloom,
IPM, Non-GMO, Sustainable



MARTIN'S HILLSIDE ORCHARD

Barbara & Alex Martin
Ceresco, NE
402-277-0529
nitbm8@gmail.com
hillside-orchard.com
Cider
On Farm Store, Pick-Your Own
IPM, Non-GMO, Sustainable

MCKENZIE ACRES

Wendy & Ken McKenzie
Rising City, NE
308-627-7091
kwmackpack@gmail.com
udderlynaked.com
Soap
Sustainable

NEBRASKA MUSHROOM LLC

Ash Gordon
Grand Island, NE
308-384-1430
ash@nebraskamushroom.com
nebraskamushroom.com
Dehydrated Mushrooms &
Mushroom Powder
Non-GMO, Sustainable

PRAIRIEVIEW

Bonnie & Jim Henshaw
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
Dehydrated Herbs, Dried
Decorative materials, Honey,
Jams/Jellies
Conventional, Sustainable

STRAIGHT ARROW BISON RANCH

Marty & Karen Bredthauer
Broken Bow, NE
308-872-3066
mail@straightarrowbison.com
straightarrowbison.com
Pet Treats, Bone Broth
On Farm Store, Roadside Stand
Antibiotic Free, Certified
Humane, Certified Naturally
Grown, Grass Fed, Pastured
Raised, Certified grass-fed

THE COUNTRY PUMPKIN, LLC

Brett Nunnenkamp
Sutton, NE
402-469-0077
bnunnenkamp@gmail.com
Frozen Pumpkin Puree
On Farm Store
Conventional, IPM, Sustainable

WENNINGHOFF FARM

Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghoff@qwestoffice.net
Honey
CSA
On Farm Store
Sustainable

WOLFF FARMS

Duane & Jay Wolff
Norfolk, NE
402-841-0130
wolff-farms@hotmail.com
wolfffarmsproduce.com
Hops
Roadside Stand
Certified Organic, Sustainable

MEET OUR ADVISORY BOARD MEMBERS:

Alice Henneman

Extension Educator; Food,
Nutrition and Food Safety

Bertine Loop

Extension Master
Gardener Volunteer

Chad Winters

Grocery Owner

Gary Lesoing

Extension Educator;
SARE State Coordinator

Georgia Jones

Extension Food Specialist;
Associate Professor,
Nutrition and Health Sciences

Pam Edwards

University Dining Services
Assistant Director; Good.Fresh.
Local Program

Tim Rinne

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

Vaughn Hammond

Kimmel Orchard



Butternut Squash with Shallots and Sage

Yields 4 Servings

Ingredients

- | | |
|--|----------------------------------|
| 2 Tablespoons olive or vegetable oil | 1 Tablespoon brown sugar, packed |
| 3 shallots, halved and sliced crosswise | 1/2 teaspoon salt |
| 1 butternut squash, peeled, seeded
and cut into cubes, about 4 cups | 1 teaspoon ground sage |
| 1/2 cup chicken broth or water | 1 Tablespoon balsamic vinegar |
| | 1/4 teaspoon black pepper |

Directions

1. Heat oil in a large skillet. Add shallot and cook until translucent. Add squash and continue to cook for about 5 minutes.
2. Combine broth, brown sugar, and salt. Stir to dissolve sugar and salt. Add mixture to squash. Add sage and stir. Cover and cook until squash is tender, 8 to 10 minutes. Remove from heat and stir in vinegar and pepper.



Flowers, Seeds, Trees and Transplants



BEEHAVEN FARM

Jennifer Rutherford
Harrisburg, NE
970-302-9531
beehavenfarmroadside
market@gmail.com
beehaven-farm.com
Transplants
On Farm Store
Antibiotic Free, Free Range,
Grass Fed, Heritage, Heirloom,
Hormone Free, Pasture Raised,
Sustainable

COMMON GOOD FARM

Ruth Chantry & Everett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
Transplants
CSA
Pick-Your Own
Certified Biodynamic, Certified
Organic, Heirloom, IPM, Non-
GMO, Sustainable



COMMUNITY CROPS

Ben McShane Jewell
Lincoln, NE
402-474-9802
info@communitycrops.org
communitycrops.org
Transplants, Perennials, Seeds
CSA
Certified Naturally Grown

GREENLEAF FARMS

Tim Rogers & Jolotta Hoelsing
Omaha, NE
402-614-0404
greenleaffarms@cox.net
greenleaffarms.biz
Transplants, Cut Flowers
CSA
Certified Organic, Heirloom, IPM,
Non-GMO

GROW WITH THE FLOW

Jeff Jirovec
Denton, NE
402-890-4388
jjirovec123@gmail.com
gwtfaquaponics.com
Transplants, Perennials, House
Plants, Cut Flowers, Woody Floral
Roadside Stand
Aquaponic, Conventional,
Heirloom, Sustainable

HOLLISTER FARMS

Andrew & Miki Hollister
Martell, NE
308-754-8370
hollisterfarms@gmail.com
Cut Flowers
CSA
On Farm Store, Pick-Your Own
Certified Naturally Grown,
Heirloom

JOHNSON'S FARM

Robert & Ruth Johnson
North Bend, NE
402-652-3769
rrjohnson@gpcom.net
johnsonfarmnebraska.com
Transplants Annual, Perennials
Conventional,
Sustainable



LAKEHOUSE FARM

Jerry & Renee Cornett
Waverly, NE
402-786-2239
info@lakehousefarm.com
lakehousefarm.com
Transplants
On Farm Store
Certified Organic, Heirloom,
IPM, Non-GMO,
Sustainable

PARADISE IN PROGRESS FARM

Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseinprogressfarm@gmail.com
Corn
Transplants
CSA
On Farm Store
GAP Certified, Sustainable

PRAIRIEVIEW

Bonnie & Jim Henshaw
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
Cut Flowers
Conventional, Sustainable

RHIZOSPHERE FARM

Terra & Matthew Hall
Missouri Valley, IA
712-310-3715
rhizospherefarm@gmail.com
rhizospherefarm.org
Transplants, Perennials,
Cut Flowers
Certified Naturally Grown
Heirloom

SHADOWBROOK FARM

Kevin & Charuth Loth
Lincoln, NE
402-499-7578
shadowbrook@neb.rr.com
shadowbrk.com
Transplants, Cut Flowers
CSA
Heirloom, Non-GMO, Sustainable

WENNINGHOFF FARM

Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghoff@qwestoffice.net
Transplants Annual, Perennials
CSA
On Farm Store
Sustainable

Growing Trends in Local Food

Charles Francis

Department of Agronomy & Horticulture
University of Nebraska—Lincoln

Where can I find local food, and why is this important? Across the country there is increasing interest in local foods and local food systems. How does local food contribute to our farm families and communities? Where do we find local foods? And what is the future?

Local food is not new. Nearly a century ago, the Nebraska Agricultural Experiment Station surveyed farm families and found that two-thirds of their food was grown at home [\$505 from their own land, and \$230 purchased from outside], and what they bought was mostly from local sources [Bulletin 219, 1927]. Today even farmers purchase most of what their families consume.

What has changed? Our specialized farms and processed foods result from the industrial revolution, building economies of scale, producing crops suited to specific climates, depending on global systems with subsidized fossil fuels. We have bananas or strawberries any day of the year, if we can afford them, at prices that don't reflect long-term ecological costs.

Local foods internalize many of these costs, and give a fair return to those who produce what we eat. Farmers' markets in the U.S. have grown three-fold in the last 15 years [USDA]. CSAs are readily accessible in many Nebraska communities. Direct sales and 'pick-your-own' alternatives provide local sources. Buying

Fresh and Buying Local means 'knowing your farmer' and how the food is produced, while building time-honored trust between people. Local food has far fewer 'food miles' than the average calorie that travels three thousand miles before it is consumed. Potential relaxing of food regulations in the U.S. could push more of us to put trust in our local farmers.

Centralized brick and mortar food hubs for Nebraska are in planning stages, with potentials for economies of scale and relief for farmers from some marketing costs. Local food councils with farmers, non-profits, and local government officials are examining systems, setting local goals, and looking for ways to pursue new initiatives. A food dollar spent on locally-sold products multiplies some two to three times in the local economy, unlike the same dollar spent on imports. According to Prairie Fire [September 2013] only 10% of the \$4.4 billion spent on food in Nebraska stays in the state. Purchase of local food can change this statistic. For our food security and our economy, it is wise to move toward more local foods.

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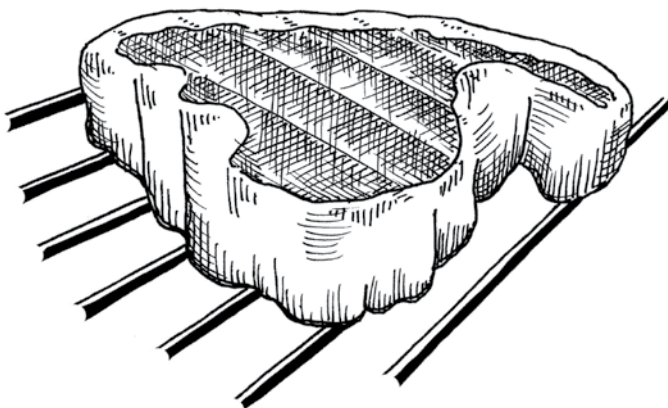
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Why Local?

By Cait Caughey
Farmer & Education Director
The Big Garden

You've heard the slogans and seen the bumper stickers promoting a resurgence of local foods—"Go Local," "Support Your Farmers!," "No Farms, No Food," but what is really at the heart of this movement? At the heart of the current "local foods movement," I believe, is a longing to reconnect with both the people that live and share spaces with us (our community) and with nature. This deep longing comes from a culture that in the last few decades has become increasingly isolated, disjointed, and disconnected. Engaging in the exchange of goods, especially food, whether the exchange involves money or not, reconnects us with those around us who have the skills and desire to provide for us.

One of the best examples of this exchange of local food played today is through Community Supported Agriculture programs offered on many small-scale farms. When you as an individual or family receive a box or a basket full of fresh produce, eggs, milk, bread, flowers, herbs, or whatever is provided in your CSA share you reconnect with the land and the hands that take care of the land. A localized food system looks like this—you get to know your farmers, you learn what is happening in one another's daily

lives and on the farm, you share a common space, you feast on the food they've grown, raised, and/or wild-harvested, you express gratitude for fruits of their labor, and for the land that allowed these things to come into being.

This re-connection is important for the older generations who remember the days when you knew where the food on your dinner table came from, and it is important for the younger generations who scarcely know the names of the trees, how to grow a tomato, or where eggs come from. Whether you are visiting the farmers' market, volunteering at a local farm, attending a workshop on soil health, planting your home garden, sharing a meal at a locally-owned restaurant that sources its ingredients from nearby producers, or picking elderberries on the prairie, the continued localization of our food reconnects us with what is most important—all living things (including soil!) In my work at The Big Garden and as a farmer our work lies in supporting the land, keeping it healthy, and raising up the next generations of gardeners and farmers, gatherers, seed savers, and nature lovers! This is why we "Go Local!"

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Winter

Collards with Potatoes

Serves 4

Ingredients:

- 2 bunches collard greens or a mixture of collards and kale
- 3 medium potatoes, preferably Yukon Gold
- Salt and freshly ground black pepper
- 3 or 4 slices of bacon, diced
- 2 Tablespoons olive oil
- 1/2 onion, finely chopped
- 2 garlic cloves, minced
- 1/4 teaspoon red pepper flakes
- Hot pepper sauce or vinegar for the table

Directions:

1. Remove the tough center stem. Slice greens crosswise into 1/2-inch strips. Wash in several changes of water. Drain. Set aside. (This can be done ahead of time. Refrigerate until ready to cook.)
2. Wash potatoes and cut into about 1-inch cubes. Set aside.
3. Bring about 8 cups of water to a boil. Add about 2 teaspoons of salt. Add greens and cook for about 5 to 10 minutes. This will change depending on the toughness of your greens and how tender you like your greens.) Add potatoes and cook for about 7 to 10 minutes.
4. Meanwhile, cook the bacon until crisp. Remove bacon and set aside. Pour out all but one tablespoon fat. Add the olive oil. Add onion and cook until translucent, about 5 minutes. Add garlic and red pepper flakes. Cook for about 1 minute.
5. Drain greens and potatoes. Add to onion mixture. Taste and season with salt and pepper, if desired. Stir occasionally. Cook until water evaporates. Add bacon. Taste and re-season, if necessary.

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