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FALL BROOK FARMERS' MARKET
Lincoln’s Most Family-Friendly Market!
Events • Music • Kids Activities • Park Setting
Produce-only market with seasonal produce, food, crafts and more!
Find us on Facebook for weekly schedule and updates
Fallbrook Town Square • 570 Fallbrook Blvd in NW Lincoln
Kiwanis of Bruce.

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Kiwanis of Bruce.
Your Guide to NEBRASKA’S FARM FRESH FOODS!

A NOTE FROM THE LOCAL COORDINATOR

Nebraska is known for its agriculture. We have great sunshine, soil, and weather for growing farm fresh food for your kitchen year-round. From heirloom tomatoes and salad turnips to local meats, farmed shrimp, and nationally-known farmstead cheeses—Nebraska has something to offer everyone! Whether you are a local food guru or just starting out—our guide is here to help you explore and eat more local foods. We deserve to be more engaged in our food system and we want to help you!

If you are looking to satisfy your taste buds, there is no better way to use your dollar than on food from the tremendous farmers, ranchers, farmers' markets, and businesses in this area. Agriculture is more than just growing food, it is about being part of a culture that creates connections to each other, to the land, and to good food. Local foods can be affordable and worth the time to find. And good food takes time. So in 2018, take more time with your food. Take time to buy local, time to ask questions, and time to sit down with friends and enjoy a hearty meal full of Nebraska flavor.

Buy Fresh Buy Local® Nebraska is dedicated to:
- Keeping the food chain shorter, sustainable, and transparent.
- Promoting and educating eaters on the social, economic, and cultural benefits of local foods.
- Improving wellness and quality of life by promoting healthy, in-season eating.
- Cultivating a future for Nebraska’s family farms through the development of new market opportunities.
- Retaining local food dollars in Nebraska by strengthening regional markets.

The Nebraska Local Food Guide is a product of Buy Fresh Buy Local® Nebraska (BFBLN). BFBLN is part of the University of Nebraska—Lincoln, Nebraska Cooperative Development Center. BFBLN is a member-based marketing, promotion, and education program that promotes the production and enjoyment of local foods, from seed to plate, across the state. If you support the mission of BFBLN, join our community! Everyone in the local food chain can become a member at buylocalnebraska.org. Together, we are building a vibrant food community; one bite at a time!

Best,
Nikolai Talbot
Buy Fresh Buy Local Nebraska Coordinator

WHAT IS LOCAL?
We define local as any agricultural product produced within Nebraska or a bordering county.

2018 LOCAL FOOD GOALS

☐ Meet a farmer! Thank them. Ask them why they like to play in the soil.

☐ Find out if your favorite restaurants buy local ingredients. If not, encourage them to check out this guide!

☐ Try a new local vegetable! Have you tasted kohlrabi? Leeks?

☐ Grill some local meat and zucchini and invite your friends over.

NEBRASKA HARVEST SCHEDULE
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 & other aquatic meat, goat, lamb, ostrich, pork, rabbit, turkey, etc.
- Eggs, buttermilk, 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

LEARN MORE AT buylocalnebraska.org
LOCATE local foods NEAR YOU!

Match the color of your region with the member listings on this page and throughout the guide to quickly find your favorite local producers.

Western Nebraska
1 Meadowlark Health Biodynamic Farm and Seed Initiative, Living Environment Foundation, Scottsbluff

Central Nebraska
2 Clear Creek Organic Farms, Spalding
3 Grain Place Foods, Merriam
4 Grow Nebraska, Kearney
5 Lambert Mills, Elgin
6 Nebraska Grass Fed Beef, Hastings
7 Nebraska Mushroom LLC, Grand Island
8 Prairie Pride Poultry, Grand Island
9 Range West Beef, Margarita
10 Roberts Seed Inc., Arapahoe
11 Scratchtown Brewing Company, Odessa

Northeast Nebraska
12 Daniel’s Produce, Columbus
13 Earnest Farm LLC, Colbandous
14 Woolf Farms, Missouri Valley

Southeast Nebraska
15 Al-Bu Farm, Julian
16 Amish Acres, Gretna
17 Doc’s Holiday Healthy Farms, Adams, NE
18 Fox Run Farms, Broken Bow
19 Garrison Grain Company, Garrison
20 Nebraska Food Cooperative, Julian
21 McKenzies Acres, Fairbury
22 Paradise in Progress Farm LLC, Nebraska City
23 The Country Pumpkin, LLC, Salina
24 Rock Creek Aquaculture, Diller
25 Sully Creek Jellies and Products, Blue Springs
26 West Blue Farm, Dorrance

Lincoln Area
27 Bennett Farmers Market, Bennett
28 Common Good Farm, Raymond
29 Community Crops, Lincoln
30 Darby Springs Farm, Ceresco
31 El Family Farm, Malcolm
32 Emerald Acres, Lincoln
33 F Street Neighborhood Farmers Market, Lincoln
34 Feltbuck Farmers Market, Lincoln
35 Grow with the Flow, Denton
36 Heartland Rust N’ More, Valparaiso
37 Hutch Farms, Lincoln
38 Lakehouse Farm, Waverly
39 Lep’s Gourmet Grocers, Lincoln
40 Lincoln Haymarket Farmers Market, Lincoln
41 Lone Tree Farms, Fremont
42 Martin’s Hillside Orchard, Ceresco
43 Open Harvest Co-op Store, Lincoln
44 Recycled Bistro by Versus, Lincoln
45 Prairie Plaza Restaurant, Waverly
46 Prairie Preserve Basil, Lincoln
47 Pratteyans, Lincoln
48 Rohnettos Farms, Martell
49 Shadowbrook Farms, Lincoln
50 Small Stums, Lincoln
51 Sunday Ham’s Market at College View, Lincoln
52 Venice Restaurant & Lounge, Lincoln

Omaha Area
53 Barnes Family Farm, Omaha
54 Florence Millers Market, Omaha
55 Fruit of Loving MCC, Omaha
56 Green Leaf Farms, Omaha
57 Omaha Farmers Market – Arbor Park Village, Omaha
58 Omaha Farmers Market – Old Market, Omaha
59 Paradigm Gardens, Omaha
60 Republic Farm, Westminster, Nebraska
61 Winninghoff Farm, Omaha

LEARN MORE AT buylocalnebraska.org
Eating with the Seasons

If you know the difference between a grocery store tomato and one plucked from the garden right before dinner, you understand the concept of eating with the seasons.

When "what’s for dinner" depends on "what’s in season" we take advantage of food that has been harvested locally and at the peak of freshness, meaning better quality and more nutritious food at a great value. And whenever a particular ingredient goes out of season, it's a guarantee that another delicious and fresh food is coming back into season to tempt us all. Perhaps one of the best things about eating with the seasons is that it forces us to cook more, and there really is nothing better we could do for our health. Whether the fresh produce comes from our own garden, the farmer’s market, or a CSA, eating seasonally challenges us creatively to come up with new, fun, and delicious dishes. Building a lifestyle around seasonal food keeps the local season alive. Just as importantly, it brings us more into tune with nature's rhythm making us more aware and appreciative of the beauty around us—every day of the year.

Local. Seasonal Food Just Makes Sense

- Flavor & Nutrition. Plants get nourishment from the sun and soil. Seasonally fresh produce is piled fully developed, at its peak nutritional value and when it tastes best.
- Community. Food brings us together. Knowing who grows the food we eat, and how they do it makes us more connected to each other and agriculture.
- Farmers' markets and restaurants that source locally grown foods create micro-communities that encourage us to share our knowledge, ask questions, and engage in our local environment.

- Local economy. Buying local keeps money circulating in the community and creates jobs.
- Environment. Food produced locally reduces the “food miles” necessary to feed people. That is, it reduces the energy, fossil fuels used, and associated CO2 emissions to transport food.
- Harmony. Eating what is seasonally available encourages us to reconnect with nature's cycles and the passing of time.
- Creativity & Variety. With each season we are encouraged to explore new and different recipes, and at the same time taste variety to our diet.

The Seasons

- Spring. The abundance of leafy greens in the spring helps us detox and loose extra pounds after a long winter of heavier foods. Think fresh, bright, and colorful salads full of crunchy greens with peas, asparagus, radishes, and artichokes.
- Summer. In the summer we need to cool down and stay hydrated. Think: crisp tomatoes and vegetables like strawberries, peaches, cucumbers, watermelon, and bell peppers.
- Fall. Apples harvested in the fall are the perfect transition food to help our body get rid of excess heat and cool down before winter. Other fall season pleasures are pears, cabagages, garlic, and rutabaga.
- Winter. Think: deeply colored root vegetables like potatoes, carrots, and rutabaga. Perfect for hearty cold-weather soups. Other winter produce include squash, pumpkin, sweet potato, and onions.

Paradigm Gardens
6949 1st Street
Omaha, NE 68127
402-358-4549
paradigmgardens.com
Gardening Store
Mon-Fri 11-7; Sat 9-5

Piedmont Bistro
by Venue
1320 S. Ceder Blvd
Lincoln, NE
402-473-9389
adele@piedmontbistro.com
Restaurant
Mon-Thur 11-2, Sun 11-2
Fri-Sat 4-8:30, Sun 11-3

Prairie Plate Restaurant
1605 Beacon Oak Rd
Waverly, NE
402-786-2239
info@prairieplatorestaurant.com
Restaurant, Catering
Wed-Sat 4-9, Sun 11-3

Rosedale
8622 S 22 Rd
Ames, IA
515-432-4711
rosedalebistro.com
Restaurant
Mon-Thur 11-6, Fri-Sat 11-7
FRUITS, HERBS & VEGETABLES

- **Al-Bo Farm**
  - Beth Konzack-Kramer & Ralph Konzack
  - Julian, NE
  - 402-274-9816
  - albofarm@windstream.net
  - facebook.com/AlBoFarmNE
  - Non-GMO, Organic

- **Arnold Acres**
  - Larry & Mary Kay Arnold
  - Syracuse, NE
  - 402-217-2930
  - La48683@ymail.com
  - almarykn@gmail.com
  - Certified Naturally Grown

- **Barreneche Family Farm**
  - Anthony & Marilynn Barreneche
  - Omaha, NE
  - 931-216-8399
  - barrenechefamilyfarm@gmail.com
  - certifiedfarming.com
  - Non-GMO, Organic

- **Community Crops**
  - Boe McKenna-Jewell & Bob Brockway
  - Lincoln, NE
  - 402-479-5602
  - bmcronin@communitycrops.org
  - communitycrops.org
  - Certified Naturally Grown

- **Daniels Produce**
  - Andy, Eunice, Kelly & John Daniels
  - Columbus, NE
  - 402-649-7660
  - farmproduce2you@yahoo.com
  - danielsproduce.com
  - Certified, Organic

- **Emerald Acres**
  - Roger & Sandy Grimes
  - Lincoln, NE
  - 402-483-8197
  - emeraldacres@gmail.com
  - greenacresofnebraska.com
  - Certified, Organic

- **Fruit of Levine LLC**
  - Mike & Judie Levine
  - Omaha, NE
  - 402-312-3569
  - levenefruit@gmail.com
  - fruitoflevine.com
  - Non-GMO, Organic

- **Green Leaf Farms**
  - Tim Rogers & Jolette Howard
  - Omaha, NE
  - 402-614-0404
  - greenleaffarm.org
  - Certified, Organic

- **Grow with the Fowl**
  - Jeff & Nicole Densmore
  - Lincoln, NE
  - 402-850-4368
  - contact@growwiththefowl.com
  - Certified, Organic

- **Lakehouse Farm**
  - Judy & Ben Cottrell
  - Lincoln, NE
  - 402-759-2229
  - lakehousefarm@gmail.com
  - lakehousefarm.org
  - Certified, Organic

- **Lambert Melons**
  - Tim & Tam Lambert
  - Elmwood, NE
  - 402-540-3964
  - lambertmelons@gmail.com
  - Certified, Organic

- **Martin's Hillside Orchard**
  - Dan & Barbara Martin
  - Lincoln, NE
  - 402-545-2471
  - martinsorchard@gmail.com
  - martinsorchard.net
  - Certified, Organic

- **Meadowlark Hearth**
  - Alysha & Mark Hall
  - Missoula, MT
  - 406-416-1531
  - meadowlarkhearth.org
  - Certified, Organic

- **Phoebie Farms**
  - Alex McKenney & Chloe Dingeldein
  - Lincoln, NE
  - 402-794-8205
  - farms@phoebiefarms.com
  - phoebiefarms.org
  - Certified, Organic

- **Rabonette Farms**
  - Dean & Terri Hall
  - Omaha, NE
  - 402-438-7780
  - rabonettefarms.com
  - rabonettefarms.org
  - Certified, Organic

- **Redbud Farm**
  - Keith & Lani Leath
  - Lincoln, NE
  - 402-449-7768
  - redbudfarm.com
  - redbudfarm.org
  - Certified, Organic

- **Sierra Creek Jelly & Produce**
  - Sandi & Landis Baumann
  - Fairbury, NE
  - 402-374-9540
  - sierra-creek-jelly.com
  - sierra-creek-jelly.net
  - Certified, Organic

- **Small Starts Farm**
  - Abigail Stites, Ian Hornibrook & Julia Finney-Clayton
  - Lincoln & Canton, NE
  - 402-734-6243
  - smallstartssflc@gmail.com
  - smallstartssflc.org
  - Certified, Organic

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**Asparagus with Mustard Vinaigrette**

**Serves 4–6** | Submitted by Georgia Jones

**Ingredients**

- 6 local eggs
- 1 small shallot, minced
- 2 Tablespoons red wine vinegar
- 2 Tablespoons Dijon mustard
- 1 teaspoon mayonnaise
- (for a brand new in sugar!)
- 2 Tablespoons olive oil
- Salt and pepper
- 1/2 pounds asparagus

**Directions**

1. Place eggs in a medium saucepan. Add enough cold water to cover eggs by one inch. Carefully add the eggs and simmer for about 10 minutes. Drain. Add cold water to cover. When eggs are cool enough to handle, shell and set aside.

2. In a small bowl, whisk together shallot, vinegar, mustard, and mayonnaise. Slowly whisk in olive oil. Set aside.

3. Snap off and discard the bottom inch of each asparagus, if using thick asparagus, peel about the bottom two inches.

4. Add about 1 quart of water to a large skillet. Add about one teaspoon salt, cover, and bring to a boil. Add asparagus and cook until asparagus can be easily pierced with a knife, about 3 to 5 minutes. Drain.

5. Coat warm asparagus with vinaigrette. Cut eggs into fourths. Serve with the asparagus.

**Tip**

Don’t have shallots? Try substituting with a white portion of green onions in this delicious spring dish!
Know Your Butcher, Know Your Meat

Jared Uecker, Old Town Pork & Pantry

First things first, when it comes to purchasing good, quality meat at your local shop don’t be afraid to ask your butcher the tough questions. We encourage it, as it can feel a lot like navigating your local woods, it can often feel like you’re trying to find your way through the forest without a map. The key is to know what your butcher is selling, why they choose to sell it, and how it’s produced. Without the right information, you might walk out of the store with a one-perfect meat for all occasions. It’s all about knowing what your butcher wants you to know.

Tips:
- Brine your birds and pork! This is how to prepare restaurant-quality meats.
- Offal isn’t WAFU—Cut the heart, liver, tongue, etc. can be quickly and easily cooked and served as a healthy meal.
- Don’t go for the pre-packaged meat at the counter, ask your butcher what they recommend and start small. You won’t regret it!

MEAT & POULTRY

- All-Be Farm
  - Beef: Rennet, Hampshire
  - Pork: Berkshire, Berkshire
  - Chicken: Arbor, Heritage
  - Lamb: Hampshire
  - Venison: Elk, Red River
  - Veal: Holstein, Holstein
  - Turkey: Broad-Breasted White

- Barer Farm
  - Beef: Angus, Hereford
  - Pork: Berkshire, Berkshire
  - Lamb: Hampshire
  - Veal: Holstein, Holstein
  - Turkey: Broad-Breasted White

- Barer Farm
  - Beef: Angus, Hereford
  - Pork: Berkshire, Berkshire
  - Lamb: Hampshire
  - Veal: Holstein, Holstein
  - Turkey: Broad-Breasted White

- Clear Creek Organic Farms
  - Beef: Organic, Certified Organic
  - Pork: Organic, Certified Organic
  - Lamb: Organic, Certified Organic
  - Veal: Organic, Certified Organic

- Crooked Creek Organics
  - Beef: Organic, Certified Organic
  - Pork: Organic, Certified Organic
  - Lamb: Organic, Certified Organic
  - Veal: Organic, Certified Organic

- D’Angelo Farm
  - Beef: Angus, Hereford
  - Pork: Berkshire, Berkshire
  - Lamb: Hampshire
  - Veal: Holstein, Holstein
  - Turkey: Broad-Breasted White

- Prairie Preserve Beef
  - Beef: Organic, Certified Organic
  - Pork: Organic, Certified Organic
  - Lamb: Organic, Certified Organic
  - Veal: Organic, Certified Organic
  - Turkey: Broad-Breasted White

- Rock Creek Aquaculture
  - Trout: organic, certified organic
  - Shrimp: organic, certified organic
  - Catfish: organic, certified organic

LEARN MORE AT
buylocalnebraska.org
**Specialty Products**

- **Albe Farm**  
  Beth Knechta-Krause  
  & Ralph Krause  
  Jansen, NE  
  402-274-8836  
  albefarm@windstream.net  
  Facebook: Albe Farm NE  
  Foraged flowering nettles, wild violets, cowslip and lumb quarters

- **Arnold Acres**  
  Larry & Mary Kay Arnold  
  Sycamore, NE  
  402-217-2900  
  Lkam1983@yahoo.com  
  www.arnoldacres.com  
  *Jams/Jellies*  
  *Farmers Market*

- **Common Good Farm**  
  Ruth Clancy & Everett Lanebur  
  Raymond, NE  
  402-782-9005  
  farmers@commongoodfarm.com  
  www.commongoodfarm.com  
  *Jams/Jellies*  
  *Roadside Stand, Farmers Market, Grocery Store*

- **Danielle Produce**  
  Andy, Tammy, Kelly  
  & Jason Daniels  
  Columbus, NE  
  402-645-7818  
  tamperedale@yahoo.com  
  danielleproduze@gmail.com  
  *Dehydrated Vegetables, Honey, Popcorn Products, Pickles, Salsa*, *Hot Sauce, Cut Fruits and Vegetables*  
  *On-Farm Stand, Wholesale, Farmers Market, Grocery Store*

- **Darby Springs Farm**  
  William & Krista Powers  
  Coronado, NE  
  402-828-1807  
  darbysprings@gmail.com  
  www.facebook.com/darbyspringfarm  
  *Cow’s Milk Cheese, Caramel*  
  *On-Farm Store, Grocery Store*

- **Doc’s Holiday**  
  Healthy Farms  
  Steve Hedges  
  Adams, NE  
  402-655-4813  
  docsholidayhealthyfarms@gmail.com  
  *Peanuts, Cashews*  
  *On-Farm Stand, Farmers Market, Grocery Store*

- **EstateWells, LLC**  
  L commeau  
  Columbus, NE  
  402-897-4906  
  estatewells@gmail.com  
  *Popcorn Products, BBQ*  
  *On-Farm Stand, Wholesale, Farmers Market, Grocery Store*

- **Fruit of Levine LLC**  
  Mike & Audra Levine  
  Omaha, NE  
  402-312-9660  
  fruitoflevine@gmail.com  
  fruitoflevine.com  
  *Honey, Honeycomb, Beeswax, Lip Balms, Candles, Other Bee Related Products*  
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- **Garrison Goat Company**  
  Jennifer Anderson Scheidler & Paul Scheidler  
  Garfield, NE  
  308-310-5947  
  garrisongoatcompany@gmail.com  
  *Goat Milk Soaps, Creams, Lotions*  
  *On Farm Store, Wholesale*

- **GreenLeaf Farms**  
  Tim Rogers & Abijita Hutzler  
  Omaha, NE  
  402-814-5450  
  info@greeleaffarms.bz  
  greeleaffarms.co  
  *Dehydrated Herbs, Dehydrated Edible Flowers, Breads, Deco, Decorative Materials, Flowers, Pots, Pottery*  
  *Farm Stand, Market, Grocery Store*

- **Nebraska Mushroom LLC**  
  Ashley Green  
  Grand Island, NE  
  308-314-1460  
  ash@nebraskamushroom.com  
  nrmushrooms.com  
  *Dehydrated Mushrooms*  
  *On Farm Store, Wholesale, Farmers Market, Grocery Store*

- **Prairieview**  
  Renee & Ben Henschel  
  Lincoln, NE  
  402-926-2249  
  info@prairieviewfarm.com  
  *Dehydrated Herbs, Dehydrated Edibles, Herbs, Edible, Decorative Materials*  
  *Farm Stand, Market*

- **Range West Beef**  
  Luke & Lisa Jacobson  
  MacCreary, NE  
  402-854-4214  
  jacobsonbeef@yahoo.com  
  *Dehydrated Beef, Tallow, Dehydrated Edibles, Breads, Edible, Decorative Materials*  
  *On Farm Store, Wholesale, Farmers Market, Grocery Store*

- **Robinetta Farms**  
  Alex McKee & Chloe Diegel  
  Mantua, NE  
  402-794-4205  
  farmanager@robinetterafarms.com  
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  *Certified Organic, Whole Foods, Farmers Market, Grocery Store*

- **Sidle Creek Jelly**  
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  Blue Springs, NE  
  402-200-9593  
  pmcd43@hotmail.com  
  *Jams/Jellies, Honey, Fruits, Vegetables*

- **McKenzie Acres**  
  Latonya & Kim McKenzie  
  Farnbury, NE  
  402-735-6306  
  wendy@weddysnaked.com  
  udderlykeiralaks.com  
  *Goat Milk Soap & Lotion*  
  *On Farm Store*

- **Small Start Fish**  
  Abigail Blatt, Ian Richmond  
  + India Foreman-Challen  
  Lincoln & Crete, NE  
  402-705-5459  
  smallstartfish@gmail.com  
  *Fish*  
  *Farm Stand, Market*  
  *Roadside Stand, Farmers Market*

- **The Country Pumpkin**  
  Brett Nonnenkamp  
  Sutton, NE  
  402-773-0392  
  bunnennkamp@gmail.com  
  thecountrypumpkin.com  
  *Pumpkin Patch, Pumpkin Farm, Pumpkin Patch*  
  *On Farm Store, Farmers Market*

- **Wenninghoff Farm**  
  Paul & Amy Wenninghoff  
  Omaha, NE  
  402-571-2657  
  wenninghoff@hotmail.com  
  *On Farm Store, Wholesale, Farmers Market*  
  *Wolff Farms Produce, LLC*  
  Duanne & Joy Wolff  
  York, NE  
  402-841-0140  
  Nol4-farm@hotmail.com  
  *Farms/Farmers Produce*  
  *Peppers, Tamales, South, Stand, Farmers Market*

**Summer RECIPE**

Wrap up all the wonderful ingredients from summer’s harvest in this tasty sandwich!

**Vegetable & Feta Sandwiches**

**Ingredients:**

- 2 small summer squash (zucchini)  
- 1 medium red bell pepper  
- 4 (1-inch-thick) slices red onion  
- 2 Tablespoons olive oil  
- ½ cup grape tomatoes, halved, or sliced tomatoes, cubed  
- 3 Tablespoons light olive or other favorite dressing or olive oil  
- 1 Tablespoon chopped fresh basil, halved, chopped  
- ½ cup (3 ounces) crumbled goat, cow, or sheep feta cheese

**Directions:**

1. Wash squash and bell pepper. Peel onion. Preheat a medium skillet. When oil is hot, add squash, bell pepper and onion. Saute until vegetables are tender, about 5 minutes.  
2. Place tomatoes in a medium bowl; add salad dressing and basil, tossing gently to coat. Add cooked vegetables; toss to coat.  
3. Coat cut sides of bread with cooking spray. Grill or toast bread 1 minute on each side, or until lightly toasted. Spoon vegetable mixture over bottom half of bread; sprinkle evenly with cheese. Top with remaining bread half. Press down lightly; cut crosswise into 4 equal pieces.

**Recipe Alternatives:**

1. Add shredded pork shoulder roast to this sandwich.  
2. Try this in a wrap instead of a sandwich.
| CITY   | DAY | MARKET                                         | TIME | DATES                  | ADDRESS                                                                 | CONTACT                                                                 | WHAT YOU'LL FIND                                                                 | PAYMENTS ACCEPTED                        | NOTES                                                                 |
|--------|-----|-----------------------------------------------|------|------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------|
| Bennett| WED | Bernice Farmers' Market                        | 4-7 pm | May 3-Sept 29 (including Jul 4) | Village Park at Elm Street and Harrison Street                         | 402-328-6495 kmanaryn@yahoo.com bernicefarmersmarket.com                   | Baked Goods, Artisan/Craft, Confection Food (ready to eat), Herbs, Eggs, Value added products by grower | Checks, Cash, Nebraska Farmer Senior Coupons                                      | Nebraska grown and Nebraska made products for sale in a park setting. About 12 vendors with a variety of goods. Confections by local restaurant. |
| Lincoln| TUE | F-Street Neighborhood Farmers' Market          | 4-7 pm | May 20-Sep 25          | 1302 F Street (corner of 13th and F Street in the parking lot)          | 402-680-5599 annaworonoit@gmail.com farmertofoodmarket.com                 | Baked Goods, Artisan/Craft, Confection Food (ready to eat), Herbs, Eggs, Value added products by grower | Checks, Cash, Nebraska Farmer Senior Coupons                                      | We’re a neighborhood Farmers’ Market. We offer activities for the kiddos each week as well as live music and grilled food and of course fresh produce. |
| Lincoln| SAT | Lincoln Haymarket Farmers' Market              | 8 am-noon | May 5-Oct 13           | 17th & P Street Historic Haymarket District                             | 402-435-7465 lncinthaymarket.org haymarketfarmersmarket.com              | Baked Goods, Artisan/Craft, Confection Food (ready to eat), Herbs, Eggs, Dairy, Meat, Poutry, Value added products by grower | Checks, Cash, Nebraska Farmer Senior Coupons                                      | Wide variety of homegrown products, meats, cheeses, bedding plants, baked goods, crafts. |
| Lincoln| SUN | Sunday Farmers' Market at College View         | 10 am-2 pm | Apr 26-Oct 28          | 48th and P Street                                                      | 402-207-1620 sundaysfarmermarket handguns@farmermarket.org               | Baked Goods, Confection Food (ready to eat), Herbs, Eggs, Value added products by grower | Checks, Cash, Nebraska Farmer Senior Coupons                                      | For people who love food. We are a producer-only market, so everything sold at a 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. Open every Sunday, rain or shine. |
| Omaha  | SUN | Florence-Mill Country Market                  | 10 am-3 pm | Jan 3-Sep 30           | 9222 North 30th St (next to 1-68 at Exit 18)                           | 402-581-1233 thefeastcenter@gmail.com facebook.com/thefeastcenter         | Baked Goods, Artisan/Craft, Confection Food (ready to eat), Herbs, Eggs, Value added products by grower | Checks, Cash, Credit Cards, Nebraska Farmer Senior Coupons, WIC                    | Growers/Crafters. music, animals. last Sunday free pony rides. |
| Omaha  | SAT | Omaha Farmers Market - Old Market             | 8 am-12:30 pm | May 5-Oct 13           | Old Market - 110 & Jackson Streets                                     | 402-345-5401 onemanstormarkets@yahoo.com omahafarmersmarket.org          | Baked Goods, Artisan/Craft, Confection Food (ready to eat), Herbs, Eggs, Value added products by grower | Checks, Cash, Credit Cards, Nebraska Farmer Senior Coupons, WIC                    | The Omaha Farmers Market accepts a wide range of vendors. We are located in a high traffic area with a vibrant atmosphere equipped with historic buildings where unique shops and restaurants make their homes. The market has over 40 vendors. |
| Omaha  | SUN | Omaha Farmers' Market - Aksarben Village      | 9 am-1 pm | May 6-Oct 14           | Aksarben Village - 67th & Center Streets                               | 402-345-5401 oaksarben@gmail.com omahafarmersmarket.org                 | Baked Goods, Artisan/Craft, Confection Food (ready to eat), Herbs, Eggs, Value added products by grower | Checks, Cash, Credit Cards, Nebraska Farmer Senior Coupons, WIC                    | The Omaha Farmers Market accepts a wide range of vendors. We are located in a high traffic area with a vibrant atmosphere equipped with modern architecture where many shops and restaurants make their homes. Located in the heart of Omaha. Aksarben Village is full of entertainment and shopping, with many restaurants, bars, bike trails and green space. The market has over 110 vendors. |
| Omaha  | SAT | Winship Hoff's Farmers' Market                | M-T 9 am-7 pm | Jul 1-Oct 21           | 6707 Winship Hoff Road                                                  | 402-571-2057 winshiphoff@mymail.com winshiphoff.com                      | Produce, Herbs, Eggs, Meat, Transplants (annual $5 pens)                  | Checks, Credit Cards, Nebraska Farmer Senior Coupons, WIC | Cash comes directly to the farm in Omaha. See where and how your food grows. |
Dairy & Eggs

Al-Be Farm
Beth Kernen Krause & Ralph Krause
Jalna, NE
402-274-9836
albefarm@windstream.net
facebook.com/AlbeDairyFarm
• Chicken and Duck Eggs
• Antibiotic Free, Heritage, Non-GMO

Barreca Family Farm
Anthony & Marit Balareca
Greeley, NE
931-216-0339
barrecafamilyfarm@gmail.com
barrecafamilyfarm.ly.com
• Chicken Eggs, Raw Goat Milk
• Antibiotic Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Sustainable
• On Farm Store, Wholesale, Grocery Store

Clear Creek Organic Farms
Robert & Kristine Bent
Spalding, NE
308-782-1006
rk.bent@yahoo.com
clearcreekorganicfarms.com
• Swan, Goose, Pig
• Antibiotic Free, Free Range, Grass Fed, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable
• On Farm Store, Wholesale, Grocery Store

Common Good Farm
Both Country & Everett Luquet
Raymond, NE
402-763-0005
farmers@commongoodfarm.com
commongoodfarm.com
• Chickie Eggs
• Certified Organic, Antibiotic Free, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable
• CSA, Roadside Stand, Wholesale, Farmers’ Market, Grocery Store

Darby Springs Farm
William & Crystal Powers
Cerise, NE
402-525-0587
darbySprings@gmail.com
facebook.com/darby SPRINGSfarm
• Cow Ice Cream, Cow Milk, Cow Yogurt
• Chicken Eggs
• Grass Fed, Antibiotic Free, Free Range, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable
• On Farm Store, Ulocal, Store

Doe’s Holiday Healthy Farms
Steven Whitlatch
Adams, NE
402-552-9550
doeholidayhealthyfarms@gmail.com
facebook.com/doeHolidayHealthyFarms
• Chicken & Duck Eggs
• Antibiotic Free, Hormone Free, Free Range, Pasture Raised, Soy Free, Sustainable
• On Farm Store, Grocery Store, Farmers’ Market

Emerald Acres
Rogene Dvor
Lincoln, NE
402-400-8187
ameralacres@yahoo.com
facebook.com/emeraldecrochetform
• Chicken & Duck Eggs
• Antibiotic Free, Free Range, Hormone Free, Sustainable
• On Farm Store, Wholesale, Farmers’ Market, Grocey Store

Estate Hill Farm, LLC
Lauren & Baggs
Columbus, NE
402-891-4065
estatehillfarm@yahoo.com
• Chicken Eggs
• Antibiotic Free, Heritage, Non-GMO, Pasture Raised, Sustainable
• On Farm Store, Wholesaisle, Farmers’ Market, Grocery Store

Paradise in Progress Farm
Ellen & Jim Shank
Ninigawa City, NE
402-874-9540
paradiseinprogressfarm@gmail.com
• Chicken & Duck Eggs
• Antibiotic Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Sustainable
• On Farm Store, Farmers’ Market

Dairy & Eggs

Grains & Dried Beans

Rhizosphere Farm
Terra & Matthew Hall
Millard, NE
402-312-9930
rhizospherefarm@gmail.com
• Chicken & Duck Eggs
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• On Farm Store, Wholesale

Robinson Farms
Alex McLenan & Chloe Dieseg
Martell, NE
402-794-4035
farmrns@robinsonfarms.com
robinsonfarms.com
• Chicken Eggs
• Antibiotic Free, Hormone Free, Non-GMO, Pasture Raised, Sustainable
• CSA, Wholesale, Farmers’ Market, Grocery Store

Shadowbrook Farm
Knox, Charron & Diana Loh
Lincoln, NE
402-499-5758
shadowbrookgrn@gmail.com
shadowbrook.com
• Goat Cheese
• Antibiotic Free, Hormone Free, Non-GMO, Pasture Raised, Sustainable
• CSA

Wollf Farms Produce, LLC
Drane & Way Wollf
Marlatt, NE
402-841-0130
Wollflarm@ hotmail.com
Wollflarm@ hotmail.com
• Chicken Eggs
• Antibiotic Free, Free Range, Grass Fed, Pasteure, Sustainable
• On Farm Store, Wholesale, Farmers’ Market

Other Recipes

Cabbage & Apple Slaw
Serves 4-6

Ingredients:
• 2 cups green cabbage, shredded
• 1 cup red cabbage, shredded
• 1/4 cup mayonnaise
• 2 Tablespoons apple cider vinegar
• 1 teaspoon celery seed
• 1 teaspoon black pepper
• 1 large unwrapped apple, cored, quartered, and thinly sliced

Directions:
1. In a large bowl, combine the green and red cabbage. Salt RAD.
2. In a medium bowl, whisk together mayonnaise, vinegar, celery seed and pepper. Add the apple slaw.
3. Combine with cabbage and toss gently until coated. Cover and chill 1 hour.

Learn More at buylocalnebraska.org
BASIC POT OF BEANS
Beans are a nutritious and easy meal addition. You can use dried beans,
1. Soak the beans for at least 4 hours, 8 hours is best.
2. Rinse the beans in a large bowl and cover with several inches of water.
3. You want the water to remain covering the beans the entire time they are soaking.
4. Tip: Start soaking before you go to work
5. And they'll be ready to cook when you get home.
6. Or start soaking the night before you need to cook them.
7. Drain the beans and put into a pot. Cover beans with fresh water. Cook for 1 hour, at least 3 times the height of the beans in the pot.
8. You can add carrots, bay leaves, onions, celery, or flavor (but it isn't necessary)
9. Simmer uncovered until the beans are tender.
10. Drain any excess liquid.
11. Store in the refrigerator or freezer until ready to eat.

STANDARD COOKING TIMES FOR BEANS
Beans vary in size and type, so be sure to check the package instructions.
Black, 1-1½ hours
Black-eyed Peas, 1 hour
Kidney, 1½ hours
White/Great Northern/Navy, 1-½ hours
Pinto, 1½-2 hours

OTHER STAPLES TO TRY:
- Millet
- Barley
- Brown rice

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  - commongoodfarm.com
- Transplants, Perennials
- Roadsides Stand, Wholesale, Farmers' Market, Grocery Store

- Community Crops
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  - Lincoln, NE
  - 402-474-9002
  - ben@communitycrops.org
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  - Denton, NE
  - 402-360-4041
- Contact: kyle@GrowWithTheFlow.com
  - kyle@GrowWithTheFlow.com
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  - Scottsbluff, NE
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- meadowlarkheirloom@gmail.com
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- Small Star Farm
  - Abigail Atanias, Ian McCone
  - Lincoln, NE
  - 402-378-6464
- smallstarfarm@gmail.com
- Facebook.com/smallstarLCI
- Cut Flowers
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- Shaababwok Farm
  - Kevin, Charity & Diane Lofthouse
  - Lincoln, NE
  - 402-459-7593
- shaababwok@gmail.com
- shaababwok.com
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- Weaninghoff Farm
  - Paul & Amy Weaninghoff
  - Omaha, NE
  - 402-203-1675
- weaninghofffarm@hotmail.com
- weaninghofffarm.com
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- Certified, Sustainable
- On Farm Stand
Baked Sweet Potato Fries
Serves 4-6 | Submitted by Skylar Fetter

Ingredients:
- 2 large sweet potatoes, skin on, cut into sticks
- Cooking Oil - grapeseed oil, olive oil, avocado oil, or olive oil
- ½ tsp Salt
- ¼ tsp Black pepper
- Other spices: paprika or smoked paprika, chili powder, fresh or dried thyme or rosemary
- Karel or parsley to garnish

Directions:
1. Preheat your oven to 400°F.
2. Cut the sweet potatoes into sticks deep enough to skin on ½¼ inch wide and 2 to 3 inches long.
3. In a large bowl, toss the sweet potatoes with just enough cooking oil to coat all sides.
4. Toss with salt, pepper, and any other spices you want to add.
5. Spread sweet potatoes in a thin layer onto rimmed baking sheet.
6. Bake in the oven for 15 minutes, flip potatoes and bake for another 15 minutes or until tender and crisp in some areas.
7. If you have fresh karel or parsley, finely chop and add on top of the baked fries as a garnish.

Tip: Garlic Lover? Add minced garlic during the last 10 minutes while the sweet potatoes bake!

Recipe Alternative:
- Cut the sweet potatoes into ½ inch cubes and bake the same way. Serve the sweet potatoes over a bowl of beans and rice, or add to your morning eggs.

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