LOCAL food GUIDE 2019

LOCAL FOOD MAP
Locate local foods near you! Pg.5

SPAGHETTI SQUASH WITH GREEK MEAT SAUCE
One of four MUST-TRY recipes throughout! Pg.18

BUY FRESH
BUY LOCAL
WWW.BUYLOCALNEBRASKA.ORG
DANIELS
PRODUCE
Columbus, NE
402.897.4253
www.danielsproduce.com

Farmers Market
Find our tent at:
Village Pointe-Omaha
Old Market-Omaha
Aksarben-Omaha
College View-Lincoln
Hammel at Highland Park-Hastings

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

The HUB CAFE

DATE
Two fresh produce markets open in the Lincoln area.

FALL BROOK FARMERS MARKET
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
Fallbrook Town Square • 600 Fallbrook Blvd
in NW Lincoln
Recipient of the 2010 Downtown Lincoln Award

HOURS
M-W, F: 12-6
TH-SU: 12-7
SAT: 10-2

Saturdays, May 4 – October 5
8:30AM - 12:30PM
Real Food. Real Farmers. Bring the perfect mix of culinary inspiration, from organic vegetables to farm fresh eggs and cheeses, to your table from the Village Pointe Farmers Market.
Located in the southeast parking lot behind Old Navy.
Village Pointe Farmers Market
Sponsors include:
168th & W Dodge Rd | 402.505.9773 | VillagePointeShopping.com

WHAT’S ON THE COVER?
Kohlrabi is a headless cabbage that has been selected by humans for hundreds of years to grow a bulbous stem.
• Kohlrabi means cabbage (Kohl) turnip (Rabi) in German.
• The bulb can grow as large as a small watermelon!
• In Nebraska, look for it in the summer or fall.
• Colors vary from green to purple.
• Kohlrabi bulb is delectable raw, roasted, shredded, or baked!

LEARN MORE AT
buylocalnebraska.org

TABLE OF CONTENTS
Your Guide to Nebraska’s Farm Fresh Foods
Nebraska Harvest Schedule
Locate Local Foods Near You
Businesses that Support Local Agriculture
Farm to School in Nebraska
Fruits, Herbs & Vegetables
Farmer’s Markets
Specialty Products
Color, Design & Doodle
Meat & Poultry
Flowers, Seeds, Trees & Transplants
Kitchen Basics & Cooking Staples
Dairy & Eggs
Grains & Dried Beans
Sponsors

RECIPES
Farm Social Sweet Potato Biscuits
Pasture Grazed Beef Roast in an Instant Pot
Spaghetti Squash with Greek Meat Sauce
Greens & Quinoa Pie
Your Guide to NEBRASKA’S FARM FRESH FOODS!

A NOTE FROM THE LOCAL COORDINATOR

Eat locally. Eat slowly.

Eating is a daily act that should nourish us, but also please us. Whether it be the crunch of a spring carrot or the smell of a pork roast in the oven, our human senses cannot resist the pleasure of food. But in our fast-paced world, the food we eat is easily taken for granted. Today, it is easier than ever to eat and prepare meals quickly ... from instant meals and processed snacks to drive-thru restaurants and meal services. Although fast foods provide convenience, they often cost us nutrition and flavor. In a world telling us to go faster, what if we use food to slow us down?

What we need more than ever is to rediscover slow foods. Slow foods are good, clean and fair for all. Slow foods encompass the flavor of a place, value traditional preparation methods, and preserve the health of people and the land. Slow foods like sourdough breads; fermented foods; wholesome grass-fed meat; and fresh, in-season fruits and vegetables come with a story. The stories of how the food was grown, who grew it, and how it was prepared, can add all to our enjoyment.

You don’t have to be a world-class chef to enjoy slow foods. Sometimes the simplest ways of preparing food are the most satisfying. Try using fewer ingredients, letting the flavor and character of an ingredient shine. Allow yourself time to savor the food on your plate and the people you are sharing it with. Our communities are full of local farmers, ranchers, and food businesses committed to bringing us good food. Explore the Nebraska Food Guide to find more ways to connect with food and those that grow it. Together, we can build a vibrant food community, one bite at a time!

Buy Fresh Buy Local! Nebraska is dedicated to:

- Keeping the food chain shorter, transparent, and sustainable
- Improving wellness and quality of life by promoting healthy, in-season eating
- Cultivating a future for Nebraska’s family farms through the development of market opportunities
- Retaining local food dollars in Nebraska by strengthening regional markets

Best,

Skylar Falter
Buy Fresh Buy Local Nebraska Coordinator

Buy Fresh Buy Local Nebraska
University of Nebraska–Lincoln
Skylar Falter
402-472-5273
sfaller@unl.edu
59th Street Hall
Lincoln, NE 68508-0922
buylocalnebraska.org

---

### Nebraska HARVEST SCHEDULE

<table>
<thead>
<tr>
<th>Month</th>
<th>APR</th>
<th>MAY</th>
<th>JUNE</th>
<th>JULY</th>
<th>AUG</th>
<th>SEPT</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
</tr>
</thead>
<tbody>
<tr>
<td>APPLES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>APRICOTS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>AVOCADOES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>BANANAS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>BEANS ( Lima)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>BEANS ( Dry)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>BEETS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>BLACK BEANS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>BROCCOLI</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>BRUCELLE EDDIES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>CABBAGE</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>CABBAGE, CABBAGE</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>CAULIFLOWER</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>CUCUMBERS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>EGGS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>GARLIC</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>GOOSEBERRIES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>GRAPEFRUIT</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>GRAPES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>GREEN BEANS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>GREEN ONIONS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>GREENS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>HERRING</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>HIKES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>KALE</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>LEEKS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>LETTUCES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>MELONS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>MUSHROOMS (cultivated)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>NETTLE</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>ORANGs</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>PARSNIPS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>PEACHES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>PEARS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>PEARLS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>PERSIMMONS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>PLUMS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>PLUMS &amp; PRUNES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>POTATOES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>PUMPKINS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>RAISINS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>RASPBERRIES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>RHUBARB</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>SPRING</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>SQUASH (MOMO)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>SQUASH (HABAN)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>STRAWBERRIES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>SWEET CORN</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>SWEET POTATOES</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>TOMATOES (FIELD)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>TOMATOES (GREENHOUSE)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>TURNIPS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>WATERMELONS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>ZUCCHINI</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

BUYING LOCAL DOESN’T HAVE TO STOP WHEN SUMMER’S OVER!

Nebraska family farms 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, 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 florals

Find it fast at buylocalnebraska.org

---

To become a member, visit
buylocalnebraska.org
LOCATE local foods NEAR YOU!

USE THE COLOR-CODED REGIONS BELOW TO HELP YOU QUICKLY FIND YOUR FAVORITE LOCAL PRODUCERS THROUGHOUT THIS GUIDE.

Western Nebraska
1. Harmony Food & Produce, Chadron

Central Nebraska
2. Clear Creek Organic Farms, Spalding
3. Grain Place Foods, Inc., Marquette
4. Grow Nebraska, Kearney
5. Highland Park Farmers’ Market, Hastings
6. Lambert Meats, Elsinore
7. Miller Omega 3 Beef, Phillips
8. Nebraska Mushroom LLC, Grand Island
9. Prairie Pride Acres, Grand Island
10. Range West Beef, Marquette
11. Straight Arrow Bison Ranch, Broken Bow
12. Wildflower Grocer, O’Neill

Southeast Nebraska
19. Al-Bi Farm, Julian
20. Arnold Acres, Syracuse
21. Deod’s Holiday Healthy Farms, Adams
22. Great Plains Nursery, Weston
23. Paradise in Progress Farm LLC, Nebraska City
24. Rakes Beef Co. Ashland
25. Rock Creek Aquaculture, Diller
26. Sicky Creek Jelly and Produce, Blue Springs
27. TD Niche Pork, Elk Creek
28. The Country Pumpkin, LLC, Sutton
29. West Blue Farm, Denton

Lincoln Area
30. Bennet Farmers’ Market, Bennet
31. Common Good Farm, Raymond
32. Community Crops, Lincoln
33. DSH Restaurant, Lincoln
34. Divine Nino Dairy, Palmyra
35. DS Family Farms, Malcolm
36. Emerald Acres, Lincoln
37. Failbrook Farmers’ Market, Lincoln
38. Goldwood Pastries, Lincoln
39. Grow with the Flow, Denton
40. Haymarket Farmers’ Market, Lincoln
41. Heartland Nuts N’ More, Valparaiso
42. Hub Cafe, Lincoln
43. Jones Eco Farms – Produce, Plants, and Pastured Meats, Crete
44. Lakehouse Farm, Waverly
45. Lea’s Gourmet Grocer, Lincoln
46. Lone Tree Foods, Lincoln
47. Martin’s Hillside Orchard, Crescent
48. Mystic Rhoades Productions Inc. (MRPI), Lincoln
49. Open Harvest Co-op Grocery, Lincoln
50. Pietramonti Beef by Venue, Lincoln
51. Prairie Plate Restaurant, Waverly
52. Prairieview, Lincoln
53. Robinette Farms, Martinsville
54. Shadowbrook Farm, Lincoln
55. Sunday Farmers’ Market at College View, Lincoln
56. Twin Springs Pecans, Bennet
57. Venue Restaurant & Lounge, Lincoln
58. Willow Way Farms, Davey
59. Yankee Hill Landscape Co. Inc., Lincoln

Omaha Area
60. Barreras Family Farm, Blair
61. Blair Farmers’ Market, Blair
62. City Sprouts, Omaha
63. Florence Mill Farmers’ Market. Omaha
64. Fruit of Levine LLC, Omaha
65. Gifford Park Neighborhood Market, Omaha
66. Green Leaf Farms Inc, Omaha
67. Little Mountain Ranch & Gardens, Fort Calhoun
68. Omaha Farmers Market – Aksarben Village, Omaha
69. Omaha Farmers Market – Old Market, Omaha
70. Paradise Gardens, Omaha
71. The Big Garden, Omaha
72. Village Pointe Farmers Market, Omaha
73. Werlinghoff Farm, Omaha

LEARN MORE AT buylocalnebraska.org
BUSINESSES THAT SUPPORT LOCAL AGRICULTURE

RESTAURANTS & BAKERIES

DISH Restaurant
Restaurant
1100 N 8th St.
Lincoln, NE
402-476-9475
info@dishdowntown.com
Mon: 11:30 am-11:30 pm
Tues: 11:30 am-2:30 pm
Tues-Sat: 4 pm-11:30 pm
Sun: 11:30 am-11:30 pm

Hub Café
Restaurant, Caterer, Coffee House
250 N 21st St. #3
Lincoln, NE
402-474-2686
hubcafelincoln@gmail.com
hubcafelincoln.com
Tues-Sat: 7:30 am-2:30 pm
Sun: 8 am-3 pm

Prairie Plate Restaurant
Restaurant
10405 Branch Rd.
Etna, NE
402-766-2339
info@prairieplaterestaurant.com
prairieplaterestaurant.com
Wed-Sat: 4 pm-9 pm
Mon: 4 pm-11 pm

Piedmont Bistro by Venue
Restaurant
1025 S 2nd St.
Lincoln, NE
402-975-2812
info@venue.net
piedmontbistro.com
Mon-Thu: 11 am-11 pm
Fri-Sat: 11 am-2 am

Venue Restaurant & Lounge
Restaurant
7411 Pioneer Woods Dr. Ste. 100
Lincoln, NE
402-418-8688
info@venues.net
Mon-Thur: 11 am-11 pm
Fri-Sat: 11 am-2 am

GROCERY STORES

Leoni’s Gourmet Grocer
Grocery Store
2200 Winthrop Rd.
Lincoln, NE
402-488-2907
chad@leoni@gourmetgrocer.com
leoni@gourmetgrocer.com
Mon-Fri: 8 am-9 pm
Sat: 8 am-6:30 pm

Open Harvest
Co-op Grocery
1515 South St.
Lincoln, NE
402-476-9067
harvest@openharvest.coop
openharvest.coop
Sun-Sat: 8 am-9 pm

Wild Oats Grocer
Bakery, Coffee House, Grocery Store
112 S 4th St.
O’Neill, NE
402-336-9888
info@wildoatsgrocer.com
wildoatsgrocer.com
Mon-Wed: 8 am-6 pm
Thurs-Noon-1 pm
Fri-Sat: 8 am-2 pm

BUSINESSES

Grow Nebraska
Retailer of Nebraska Products, Non-Profit Educational Organization
421 W 10th St., Ste. 1
Lincoln, NE
308-962-9867
info@grownebraska.org
buynebraska.com
Mon-Fri: 10 am-2 pm
Sun: Noon-5 pm

Lone Tree Foods
Food Hub—Online Store, Distribution, Aggregation, Sales, Logistics
210 S 4th St.
Lincoln, NE
402-413-0079
info@lonetreefoods.com
lonetreefoods.com
Mon-Fri: 10 am-2 pm
Sat: 11 am-2 pm

Paradigm Gardens
Garden Store
8945 NE 13
Omaha, NE
402-323-4449
paradigmgardens.com
Mon-Fri: 11 am-7 pm
Sat: 11 am-5 pm

Mystic Rhoads Productions Inc. (MRP)
Local Food Processor, Non-Profit Charitable Organization
Lincoln, NE
info@mysticrhoads.org
mysticrhoads.org
Mon-Fri: 10 am-4 pm

And when schools and institutions buy from local producers and processors, it creates new jobs and strengthens the local economy.

Nationally, 30 million children are participating in the National School Lunch Program; and here in Nebraska, school cafeterias are serving 252,941 students daily. Farm to school efforts benefit these students with improved lifelong eating habits, increased agricultural awareness, and positive impacts to the local economy.

Nebraska Thursdays and Nebraska Harvest of the Month coming this school year 2019-2020 are two emerging programs available in our state that help schools and communities take that first initial step into farm to school or boost an already active program. These programs will make it even easier for farm and food businesses, or wholesale buyers sourcing local foods, to connect with schools.

Schools participating in Nebraska Thursdays serve a Nebraska-sourced menu the first Thursday of each month. Nebraska Department of Education, In partnership with the Center for Rural Affairs, offers a website portal that provides participating school food service teams with resources for menu development, recipes, free promotional items, and connections to other schools in the program.

Nebraska Harvest of the Month, led by Nebraska Department of Education and in partnership with Buy Fresh Buy Local® Nebraska, promotes nine Nebraska fruits and vegetables available seasonally across the state. Schools receive free materials to promote each of the highlighted local products, an outreach toolkit to help spread the word, a guide that assists schools in offering student taste tests of the local items, and recipes to support schools in rolling the items out on menus.

These efforts can mean a big move forward for our students and our communities. It’s an opportunity for farmers, ranchers, food processors and food manufacturers to open doors to an institutional market worth billions of dollars. And when schools and institutions buy from local producers and processors, it creates new jobs and strengthens the local economy. For many school is a win for students, a win for farmers and processors, and a win for our communities. Take the initiative to introduce these programs to your local districts today!
Fruit and Vegetables

Community Crops
Barb Broderick & Paul Prog
Lincoln, NE
402-474-8902
matt@communitycrops.org
communitycrops.org

Certified Naturally Grown
Grocery Store, Mobile Market Country Lane Gardens
Annette Helbig & Maxey Fuhr
Columbus, NE
402-276-3438
cdhelbig@gmail.com
countrylaneorganics.com

Heirloom, Non-GMO, Sustainable CSA, On-Farm Stand, Wholesale, Grocery Store
Danyell Producex Andy, Tammy, Kelly & Jason Daniels Columbus, NE
402-649-7818 kelldanielsproduce@gmail.com
danielsproduce.com

Conventional, GAP Certified, Heirloom CSA, On-Farm Stand, Wholesale, Farmers’ Markets, Grocery Store
Harmony Food and Produce
Lyn Miller
Chadron, NE
308-432-3640 lyn.miller7@yahoo.com

Certified Naturally Grown, Heirloom, Non-GMO, Sustainable On-Farm Stand, Wholesale, Farmers’ Markets Nebraska Mushroom LLC
Ash Gordon
Grand Island, NE
308-384-1430 ash@nebraskamountainmushroom.com
nebraskamountainmushroom.com

Conventional, GAP Certified, Heirloom CSA, On-Farm Stand, Wholesale, Farmers’ Markets, Grocery Store Fruit of Levine LLC
Kara & Joel Levine
Omaha, NE
402-312-9069 fruitoflevine@gmail.com

Certified Organic, Heirloom, Non-GMO, Sustainable On-Farm Stand, Wholesale, Farmers’ Markets, Grocery Store
GreenLeaf Farms
Joelita Hooseing
Omaha, NE
402-814-3404 info@greenleaffarms.bz greenleaffarms.bz

Certified Organic, Heirloom, IPM, Non-GMO, Sustainable CSA, Wholesale, Farmers’ Markets, Grocery Store
Grow with the Flow Aquaponic Horticulture
Jeff Brockway & Heather Helen Denton, NE
402-880-4388 contact@growwiththeflowaquaponics.com

Aquaponic, Conventional, Heirloom, Sustainable Farmers Markets
Little Mountain Ranch & Garden
Bill Arnold
Fort Calhoun, NE
566-595-2723 littlemountainranch.com

Heirloom, Non-GMO, Sustainable On-Farm Stand, Wholesale, Farmers’ Markets Martin’s Hillside Orchard
Barbara & Alex Martin
Ceresco, NE
402-685-2140 mbmillsog@gmail.com
hillside Orchard.com

Conventional, IPM, Non-GMO, Sustainable On-Farm Stand, Wholesale, Farmers’ Markets Prairie Pride Acres
Daniel Homes
Grand Island, NE
402-217-2797 prairiedyecrops@gmail.com facebook.com/prairiedyecrops

Sustainable On-Farm Stand, Wholesale, Farmers’ Markets Shadowbrook Farm
Kevin, Charith & Diane Loth
Lincoln, NE
402-499-7678 dutchgriceremary@gmail.com shadowbrooky@gmail.com

Heirloom, Non-GMO, Sustainable CSA, Wholesale, Farmers’ Markets, Grocery Store Silly Creek Jelly And Produce
Fred Bauman
Blue Springs, NE
402-230-8953 parks@jimmyjelly.com

Conventional, Sustainable Farmers’ Markets Robinette Farms
Alex McKean & Chloe Diegel Marx, NE
402-794-4025 farmers@obrientelafarmes.com robinettesfarmes.com

Certified Organic, Heirloom, IPM, Non-GMO, Sustainable CSA, Wholesale, Farmers’ Markets, Grocery Store Thelen Produce Gardens
Krystle Thelen
Schuyler, NE
402-787-2984 thelenproduces@gmail.com thelenproduces.com

Heirloom, IPM, Non-GMO, Sustainable CSA, On-Farm Stand, Wholesale, Farmers’ Markets, Grocery Store Wolf’s Farms
Duane & Jay Wolf
Lincoln, NE
402-541-0130 dewolf@hotmail.com wolfsproducefarm.com

Certified Organic, Sustainable On-Farm Stand, Wholesale, Farmers’ Markets, Grocery Store Yankee Hill Landscape Co.
Tammy & Todd Majewski
Lincoln, NE
402-416-2811 info@yankeehilllandscape.com yankeehilllandscape.com

Conventional On-Farm Stand, Wholesale, Farmers’ Markets
<table>
<thead>
<tr>
<th>Market</th>
<th>City</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Address</th>
<th>Contact</th>
<th>Payments Accepted</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bennet Farmers’ Market</td>
<td>Bennet</td>
<td>Wed</td>
<td>4-7 pm</td>
<td>May 1–Sept. 25 (including July 4)</td>
<td>Village Park at 3rd St. &amp; Farmer St.</td>
<td>402-526-6485 <a href="mailto:korinny@gmail.com">korinny@gmail.com</a></td>
<td>Bennet Farmers’ Market Seniors Coupons</td>
<td>Nebraska grown and Nebraska-made products for sale in a park setting. About 12 vendors with a variety of goods. Concessions by local restaurants.</td>
</tr>
</tbody>
</table>
| Fallbrook Farmers’ Market      | Lincoln             | Thur     | 4-7 pm        | Summer Season: June 6–Aug. 1
Fall Season: Sept. 12 and Oct. 10 (through July 4) | 600 Fallbrook Blvd.                             | 402-202-2711 fallbrookfarmersmanager@gmail.com | Fallbrook Farmers’ Market Seniors Coupons    | Lincoln’s most family friendly farmer’s market! Weekly market with awesome vendors selling locally grown produce and locally crafted products. Weekly music, activities and ready-to-eat foods. |
| Lincoln Haymarket Farmers’ Market | Lincoln            | Sat      | 8 am–Noon     | May 4–Oct. 12               | 7th & P St. (Historic Haymarket District)    | 402-435-7945 jeff@lincolnhaymarket.org       | Checks, Cash, Nebraska Farmer Market Seniors Coupons                        | urable variety of homemakers, artisans, cheery vendors, baking goods, crafts, |
| Sunday Farmers’ Market at College View | Lincoln       | Sun      | 10 am–2 pm    | Apr. 29–Oct. 27             | 48th & Preston                              | 402-937-1030 sundayfarmersmarket.morgan@gmail.com | Sunday Farmers’ Market Seniors Coupons                                        | urable variety of homemakers, artisans, cheery vendors, baking goods, crafts, |
| Florence Mill Country Market   | Omaha               | Sun      | 10 am–3 pm    | June 2–Sept. 29             | 9120 N 30th St. (Next to I 68 at Exit 13)    | 402-651-1233 theflorrencm@gmail.com          | Checks, Cash, Nebraska Farmer Market Seniors Coupons                        | ictory setting inside & outside Nebraska’s oldest mill & grain elevator with a wine bar & craft beers. |
| Gifford Park Neighborhood Market | Omaha             | Fri      | 5–8 pm        | May 31–Sept. 27             | 520 N 33rd St.                              | 916-529-6571 gpmmarket@gmail.com            | Checks, Cash, Nebraska Farmer Market Seniors Coupons                        | ictory setting inside & outside Nebraska’s oldest mill & grain elevator with a wine bar & craft beers. |
| Omaha Farmers’ Market – Aksarben Village | Omaha       | Sun      | 9 am–1 pm     | May 5–Oct. 13               | 67th & Center St.                           | 402-345-6407 kbecking@group.com             | Omaha Farmers’ Market Seniors Coupons                                        | GFM accepts a wide range of vendors such as produce, meat, crafts and more. We are located in a vibrant area with 120 vendors. |
| Omaha Farmers’ Market – Old Market | Omaha           | Sat      | 8 am–12:30 pm | May 4–Oct. 12               | 11th & Jackson St.                          | 402-345-6407 kbecking@group.com             | Omaha Farmers’ Market Seniors Coupons                                        | GFM accepts a wide range of vendors such as produce, meat, crafts and more. We are located in a vibrant area with 120 vendors. |
| Village Pointe Farmers Market  | Omaha               | Sat      | 8:30 am–12:30 pm | May 4–Oct. 5               | 17001 Davenport St. (off parking lot at Village Pointe Shopping Center on 160th & Dodge Rd) | 402-505-5973 vpmmanager@gmail.com            | Village Pointe Farmers Market Seniors Coupons                                 | The only Omaha Farmers Market for farm foods only. Established to elevate awareness of local, family-owned farms, and to provide that wholesome food in West Omaha. |
| Wennig’s Farmers’ Market       | Omaha               | Sat      | 9 am–9 pm     | July 5–Oct. 31              | 6707 Wennighoff Rd.                         | 402-571-2007 Wennighofforganicmarket@gmail.com | Checks, Cash, Nebraska Farmer Market Seniors Coupons                        | Home grown veggies, beef, pork, chicken, eggs, honey, \n| Highland Park Farmers’ Market  | Hastings            | Sun      | 8 am–Noon     | June 8–Oct. 26              | 14th St. & Hastings Ave.                    | 402-313-3032 akorganorg@gmail.com           | Highland Park Farmers’ Market Seniors Coupons                               | Home grown veggies, beef, pork, chicken, eggs, honey, \n| Wayne Farmers’ Market          | Wayne               | Wed & Sat | 5–7 pm        | June 12–Mid Oct.            | Downtown Wayne                              | 402-379-2240 mwilliams@waynecr.org         | Checks, Cash, Nebraska Farmer Market Seniors Coupons                        | Wayne Farmers Market offers a variety of fresh produce, eggs, sausages, honey, \n

The reason lies in the genetics of the breed of chicken. At the end of the 26-hour process of transforming a yolk into an egg, some breeds release color-specific pigments that color the outer layer of the shell. If no pigments are released, the eggshell remains white. A speckled egg is caused from the egg rotating slower than normal during the pigmentation stage.

The next time you buy a dozen eggs at the farmers’ market, ask the farmer about chicken breeds!
Recipe

SPAGHETTI SQUASH WITH GREEK MEAT SAUCE

Ingredients:

**MEAT SAUCE**

- 2 Tbsp olive oil
- 1 onion
- 1½ lbs Lean’s ground beef
- 1 xword
- 9 oz tomato paste
- 2 Tbsp red wine vinegar
- 2 cloves minced garlic
- 1 tsp salt
- Freshly ground black pepper to taste
- 1 tsp whole mixed pimentos

**SPAGHETTI SQUASH**

- 1 large spaghetti squash (about 3 lbs)
- ¾ tsp salt
- ¼ tsp finely ground pepper
- 2 Tbsp unsalted butter (or none)
- 1 avocado, diced
- 12 yellow tomatoes (red and yellow) halved
- ½ x fresh Parmesan or Pecorino Romano cheese shavings
- 2 Tbsp chopped fresh flat leaf parsley

Directions:

**MEAT SAUCE**

1. In a large saucepan, brown the hamburger and onions. Add the water, tomato paste, vinegar, garlic, salt, and pepper. 2. Tie the spicing sauce and cinnamon in a small piece of cheesecloth, and add to the stew. 3. Reduce the heat to low, cover, and simmer for 1 hour, stirring occasionally and adding additional water if necessary. Discard the cheesecloth.

**SPAGHETTI SQUASH**

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Cut the squash in half lengthwise, and scoop out the seeds.
3. Place the squash, cut side down, on the prepared pan. Bake until the flesh can be easily scraped into strands with a fork, 50–70 minutes.
4. Using a fork, scoop out all the flesh into a bowl, and fluff the spaghetti-like strands. Toss in the salt and pepper.


---

From the kitchen of
Chad Wunster, Leon’s Grocer

---

Recipe

**MEAT & POULTRY**

**PASTURE GRAZED BEEF ROAST IN AN INSTANT POT**

**Ingsredients**

- 3 lb grass-fed beef roast
- 1 medium onion, sliced
- 3 garlic cloves, peeled and sliced
- 2 Tbsp coconut oil
- Sea salt and pepper to taste
- 2 x beef bone broth or water

**Directions**

1. Turn Instant Pot to sauté. 2. Add coconut oil. 3. When simmering, add the roast. 4. Cook 2-3 minutes until browned, then flip roast to brown the other side. 5. Sprinkle on salt and pepper. Top with onion and garlic. Pour in broth or water.
6. Close and lock Instant Pot lid.
7. Set Instant Pot to “Manual” and program for 70 minutes.

---

**From the kitchen of**
Shelie Garrison, DS Family Farms

---

Recipe

**Little Mountain Runch & Garden**

**BEEF**

Lamb, Pork, Chicken

Bill Alward
Fort Calhoun, NE
705-565-2723
billalward@gmail.com

- Beef: Certified Organic, Free Range, Grass Fed, pasture raised, sustainable  

- Pork: Certified Organic, Free Range, Grass Fed, pasture raised, sustainable

- Chicken: Certified Organic, Free Range, Grass Fed, pasture raised, sustainable

---

**Al-Be Farm**

Chicken, Quail
Beth Krems Krause & Ralph Krause
Julu, NE
402-274-8800
albefarm@hotmail.com

- Antibiotic Free, Hormone Free, Non-GMO
- On Farm Store/Stand, Grocery Store

---

**Barreras Family Farm**

Beef, Pork, Chicken, Duck, Turkey
Anthony & Marell Barreras
Blair, NE
402-906-9765
barrerasfarmfam@gmail.com

- Antibiotic Free, Corn Free, Free Range, Grass Fed, hormone free, pasture raised, soy free, sustainable  
- On Farm Store/Stand, Wholesale, Farmers’ Markets, Grocery Store

---

**Barreras Family Farm**

Beef, Pork, Chicken, Duck, Turkey
Anthony & Marell Barreras
Blair, NE
402-906-9765
barrerasfarmfam@gmail.com

- Antibiotic Free, Corn Free, Free Range, Grass Fed, hormone free, pasture raised, soy free, sustainable  
- On Farm Store/Stand, Wholesale, Farmers’ Markets, Grocery Store

---

**DS Family Farm**

Beef, Pork, Chicken
Doug Garrison
Lincoln, NE
402-798-2208
dougdsfamilyfarm@gmail.com

dsmirryfarm.com

- Antibiotic Free, Corn Free, Free Range, Grass Fed, hormone free, Non-GMO, pasture raised, sustainable  
- On Farm Store/Stand, Wholesale

---

**Clear Creek Organic Farms**

Beef, Pork
Robert Blackburn
Spalding, NE
308-756-1086
clearcreekorganicfarms@gmail.com

- Antibiotic Free, Free Range, Grass Fed, Heritage, hormone free, pasture raised, soy free, sustainable  
- On Farm Store/Stand, Wholesale, Farmers’ Markets, Grocery Store

---

**Common Good Farm**

Beef, Pork, Swooning Hens
Rath Chantry & Evrett Lanquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com

- Certified Organic, Antibiotic Free, Grass Fed, pasture raised, sustainable  
- On Farm Store/Stand, Wholesale, Farmers’ Markets, Grocery Store

---

**Country Lane Gardens**

Beet, Chicken
Annette Houghton & Moeey Fuhrman
Columbus, NE
402-276-3428
anetteocat@gmail.com

- Antbiotic Free, Free Range, Hormone Free, Non-GMO, pasture raised, sustainable  
- On Farm Store/Stand, Wholesale, Grocery Store

---

**Jones Eco Farms & Produce**

Beef, Pork, Chicken
Justin Jones & Elayne Woods
Crete, NE
402-813-2303
justin@jonesproduce.net

- Antibiotic Free, Grass Fed, Corn Finished, Hormone Free, Non-GMO  
- Farmers’ Markets, Grocery Store

---

**Miller Omega-3 Beef**

Beef, Pork
Russell Miller
Philippines, NE
402-631-7700
miller3800@yahoo.com

- Antibiotic Free, Grass Fed, Corn Finished, Hormone Free, Non-GMO  
- On Farm Store/Stand, Wholesale

---

**Rakes Beef Co**

Lamb, Chicken
Eileen & Jim Rakes
Ashland, NE
402-944-2474
info@rakesbeefco.com

- Grass Fed, Corn Finished, Hormone Free  
- On Farm Store/Stand, Range West Beef

---

**Rock Creek Aquaculture**

Shrimp
Scott Freer
Elkton, NE
402-793-5553
sdpreer@gmail.com

- Aquaculture, Antibiotic Free, Hormone Free, Sustainable  
- On Farm Store/Stand, Farmers’ Markets

---

**Shadowbrook Farm**

Pork
Kevin, Charuth, & Dale Lott
Lincoln, NE
402-498-7576
dulchigirlsrev@gmail.com

- Antibiotic Free, Hormone Free, Non-GMO, pasture raised, sustainable  
- Wholesale, Farmers’ Markets

---

LEARN MORE AT
buylocalnebraska.org
Common Good Farm
Transplants, Perennials
Ruth Charity & Everett Luquist
Raymond, NE 402-783-9035
farming.commongoodfarm.com
commongoodfarm.com
• On-Farm Store/Stand, Wholesale, Farmers’ Markets, Grocery Store

Community Crops
Transplants, Perennials, Seeds
Bar Brockley & Matt Prog
Lincoln, NE 402-474-9802
matteccommunitycrops.org
communitycrops.org
• Grocery Store, Mobile Market

Country Lane Gardens
Perennials, House Plants, Christmas Trees, Cut Flowers, Seeds, Woody Florals
Amie Heideboth & Macye Fuhr Columbinus, NE 402-276-3438
amie@yaganet.org
• On-Farm Store/Stand, Wholesale, Grocery Store

Emerald Acres
Transplants, Cut Flowers
Sandy Hoth
Lincoln, NE 402-480-8197
emeraldring.org@gmail.com
facebook.com/emeraldacreslinc
• Wholesale, Farmers’ Markets

Great Plains Nursery
Perennials, Fruit Trees, Nut Trees, Native Trees, Shade Trees, Evergreens
Heather Dyess
Weston, NE 402-540-4801
info@greatplainsnursery.com
• On-Farm Store/Stand, Wholesale

Green Leaf Farms
Transplants, Cut Flowers
Joelene Hosking
Omaha, NE 402-614-0404
jo@greenleaffarm.biz
• Wholesale, Farmers’ Markets, Grocery Store

Jones EcoFarms-Produce, Plants, and Pastured Meats
Perennials, Fruit Trees, Nut Trees, Woody Florals
Justin Jones & Elaine Woods
Crete, NE 402-613-2005
justingjonesproduce.net
• On-Farm Store/Stand, Wholesale

Shadowbrook Farm
Transplants, Cut Flowers
Keven Charnets & Brian Loh
Lincoln, NE 402-499-5758
dutchgirlcreamy@gmail.com
shadwbrook.com
• Wholesale, Farmers’ Markets

Thelen Produce Gardens
Chicken
Thelen Chastain
Schafer, NE 402-615-2654
thelenproduce@gmail.com
• Anti-Biotic Free, Herbage, Hormone Free, Pasture Raised, Sustainable

Wolf Farms
Beef, Chicken
Suane & Jay Wolf
Norton, NE 402-841-0250
wolffarmsproduce.com
• Anti-Biotic Free, Free Range, Grass Fed, Pasture Raised, Sustainable

KITCHEN BASICS & COOKING STAPLES

BUY IN BULK
Grains, rice, beans, corn, honey, flour, sugar, nuts, seeds, oil, and dried fruits can be bought in bulk using your own containers or reusable bags.

EAT IT ALL!
Did you know broccoli leaves and stems are delicious, or that carrot tops make great pesto? The leaves and stems of vegetables like radishes, carrots, broccoli, and kohlrabi are a treat—use them like other cooking greens.

SWAP PLASTIC FOR CLOTH
Make or buy reusable grocery bags and produce bags.

SWAP PAPER FOR CLOTH
Paper towels and napkins can easily be replaced by cutting up old towels and sewing or buying cloth napkins.

COMPOST!
Try your hand at a turned compost pile, under counter vermicomposting system (worm bin), or connected with a composting service to collect food waste!

RICH VEGETABLE BROTH
FROM SCRAPs

After prepping fresh, local produce for a tasty, home-cooked meal, our cutting boards overflow with tips, tops, bottoms, peels, and stems. These scraps are worth their weight in gold! When simmered in water they add their own unique flavors and nutrients to make a broth perfect for soups, sauces, or cooking grains.

HOW TO SAVE SCRAPS:
Every time scraps are created, get into a routine of adding them to a container kept in the freezer.

TO MAKE 2 QUARTS OF VEGETABLE BROTH:
1. Gather 4–6 cups of vegetable scraps. If you want, throw in additional non-scraps vegetables to balance flavors, or to customize the final flavor of your broth.
2. In a large pot, add vegetable scraps and 10 cups of water.
3. Add aromatics of your choice—thyme, rosemary, hot peppers, bay leaves, peppercorns, etc.
4. Simmer for at least 1 hour. Cooking time depends on the time you have! This broth can be done in an hour, or you can leave it to slowly cook overnight.
5. Cool until room temperature. From here, you can either strain the vegetables for a clear broth, or blend it all for a thickly creamy broth.
6. Transfer broth to containers. Store in refrigerator (for a couple weeks) or freezer (for a couple months).

MEAT & POULTRY
continued from previous page

TD Niche Pork
Pork
Tara Dureckache
Elk Creek, NE 402-335-0197
tdtpork@gmail.com
• Anti-Biotic Free, Free Range, Herbage, Pasture Raised, Sustainable
• On-Farm Store/Stand, Wholesale

Thelen Produce Gardens
Chicken
Thelen Chastain
Schafer, NE 402-615-2654
thelenproduce@gmail.com
• Anti-Biotic Free, Herbage, Hormone Free, Pasture Raised, Sustainable
• On-Farm Store/Stand, Wholesale, Farmers’ Markets

West Blue Farm
Beef, Pork, Chicken
Joe & Shimer Heacock
Borchester, NE 402-641-9331
westbluefarm.com
• Anti-Biotic Free, Hormone Free, Non-GMO
• Wholesale

Common Good Farm Transplants, Perennials
Ruth Charity & Everett Luquist
Raymond, NE 402-783-9035
farming.commongoodfarm.com
commongoodfarm.com
• On-Farm Store/Stand, Wholesale, Farmers’ Markets, Grocery Store

Community Crops Transplants, Perennials, Seeds
Bar Brockley & Matt Prog
Lincoln, NE 402-474-9802
matteccommunitycrops.org
communitycrops.org
• Grocery Store, Mobile Market

Country Lane Gardens Perennials, House Plants, Christmas Trees, Cut Flowers, Seeds, Woody Florals
Amie Heideboth & Macye Fuhr Columbinus, NE 402-276-3438
countrylaneplants.org
• On-Farm Store/Stand, Wholesale, Grocery Store

Emerald Acres Transplants, Cut Flowers Sandy Hoth Lincoln, NE 402-480-8197 emeraldring.org@gmail.com
facebook.com/emeraldacreslincoln
• Wholesale, Farmers’ Markets

Great Plains Nursery Perennials, Fruit Trees, Nut Trees, Native Trees, Shade Trees, Evergreens Heather Dyess Weston, NE 402-540-4801 info@greatplainsnursery.com
greatplainsnursery.com
• On-Farm Store/Stand, Wholesale

Green Leaf Farms Transplants, Cut Flowers Joelene Hosking Omaha, NE 402-614-0404 jo@greenleaffarm.biz greenleaffarm.biz
• Wholesale, Farmers’ Markets, Grocery Store

• On-Farm Store/Stand, Wholesale

Shadowbrook Farm Transplants, Cut Flowers Keven Charnets & Brian Loh Lincoln, NE 402-499-5758 dutchgirlcreamy@gmail.com
shadwbrook.com
• Wholesale, Farmers’ Markets

Thelen Produce Gardens Chicken Thelen Chastain Schafer, NE 402-615-2654 thelenproduce@gmail.com
• Anti-Biotic Free, Herbage, Hormone Free, Pasture Raised, Sustainable
• On-Farm Store/Stand, Wholesale, Farmers’ Markets

West Blue Farm Beef, Pork, Chicken Joe & Shimer Heacock Borchester, NE 402-641-9331 westbluefarm.com
• Anti-Biotic Free, Hormone Free, Non-GMO
• Wholesale

Wolf Farms Beef, Chicken Suane & Jay Wolf Norton, NE 402-841-0250 wolfarmsproduce.com
• Anti-Biotic Free, Free Range, Grass Fed, Pasture Raised, Sustainable
• On-Farm Store/Stand, Farmers’ Markets, Grocery Store

FLOWERS, SEEDS, TREES & TRANSPLANTS

TO MAKE 2 QUARTS OF VEGETABLE BROTH:
1. Gather 4–6 cups of vegetable scraps. If you want, throw in additional non-scraps vegetables to balance flavors, or to customize the final flavor of your broth.
2. In a large pot, add vegetable scraps and 10 cups of water.
3. Add aromatics of your choice—thyme, rosemary, hot peppers, bay leaves, peppercorns, etc.
4. Simmer for at least 1 hour. Cooking time depends on the time you have! This broth can be done in an hour, or you can leave it to slowly cook overnight.
5. Cool until room temperature. From here, you can either strain the vegetables for a clear broth, or blend it all for a thickly creamy broth.
6. Transfer broth to containers. Store in refrigerator (for a couple weeks) or freezer (for a couple months).

KITCHEN BASICS & COOKING STAPLES

BUY IN BULK
Grains, rice, beans, corn, honey, flour, sugar, nuts, seeds, oil, and dried fruits can be bought in bulk using your own containers or reusable bags.

EAT IT ALL!
Did you know broccoli leaves and stems are delicious, or that carrot tops make great pesto? The leaves and stems of vegetables like radishes, carrots, broccoli, and kohlrabi are a treat—use them like other cooking greens.

SWAP PLASTIC FOR CLOTH
Make or buy reusable grocery bags and produce bags.

SWAP PAPER FOR CLOTH
Paper towels and napkins can easily be replaced by cutting up old towels and sewing or buying cloth napkins.

COMPOST!
Try your hand at a turned compost pile, under counter vermicomposting system (worm bin), or connected with a composting service to collect food waste!

RICH VEGETABLE BROTH
FROM SCRAPs

After prepping fresh, local produce for a tasty, home-cooked meal, our cutting boards overflow with tips, tops, bottoms, peels, and stems. These scraps are worth their weight in gold! When simmered in water they add their own unique flavors and nutrients to make a broth perfect for soups, sauces, or cooking grains.

HOW TO SAVE SCRAPS:
Every time scraps are created, get into a routine of adding them to a container kept in the freezer.

TO MAKE 2 QUARTS OF VEGETABLE BROTH:
1. Gather 4–6 cups of vegetable scraps. If you want, throw in additional non-scraps vegetables to balance flavors, or to customize the final flavor of your broth.
2. In a large pot, add vegetable scraps and 10 cups of water.
3. Add aromatics of your choice—thyme, rosemary, hot peppers, bay leaves, peppercorns, etc.
4. Simmer for at least 1 hour. Cooking time depends on the time you have! This broth can be done in an hour, or you can leave it to slowly cook overnight.
5. Cool until room temperature. From here, you can either strain the vegetables for a clear broth, or blend it all for a thickly creamy broth.
6. Transfer broth to containers. Store in refrigerator (for a couple weeks) or freezer (for a couple months).
DAIRY & EGGS

Country Lane Gardens Chicken & Duck Eggs
Annette Hellbusch & Macye Fuhr
Columbus, NE
402-276-3438
cdhellbusch@gmail.com
countrylaneSGardens.org

- Anti-Biotic Free, Hormone Free, Non-GMO
- On-Farm Store/Stand, Wholesale, Grocery Store

Divino Nino Dairy Cow Milk & Cream
Melissa Rosa
Palmyra, NE
402-310-6096
divinoninodairy@outlook.com
divinoninodairy.com

- Anti-Biotic Free, Free Range, Hormone Free, Non-GMO, Pasture Raised, Sustainable
- On-Farm Store/Stand, Wholesale, Grocery Store

Doo’s Holiday Healthy Farms Chicken Eggs
Steven White
Adams, NE
402-953-4893
dooholidayhealthyfarms@gmail.com
dooholidayhealthyfarms.com

- Anti-Biotic Free, Free Range, Hormone Free, Pasture Raised, Soy Free, Sustainable
- On-Farm Store/Stand, Farmers’ Markets, Grocery Store

Edward Acres Chicken Eggs
Sandy House
Lincoln, NE
402-460-8187
emeraldasceggs@gmail.com
emeraldasceggs.com

- Anti-Biotic Free, Free Range, Grass Fed, Heritage, Hormone Free, Pasture Raised, Sustainable
- On-Farm Store/Stand, Wholesale, Farmers’ Markets

Estherville Farms, LLC Chicken Eggs
Alison McKinnon & Chloe Diegel
Martell, NE
402-794-4925
farmers@robinettfarm.com
robinettfarms.com

- Certified Organic, Antibiotic Free, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable
- On-Farm Store/Stand, Wholesale, Farmers’ Markets, Grocery Store

Fruit of Levine LLC Duck Eggs
Mike & Jodi Levine
Omaha, NE
402-312-9500
fruito Levine@gmail.com
fruitoofLevine.com

- On-Farm Store/Stand, Wholesale, Grocery Store

Harmony Food and Produce Chicken Eggs
Lyn Miller
Chadron, NE
308-432-3640
lynn.miller@ymail.com
harmonymkt.com

- Antibiotic Free, Hormone Free, Pasture Raised, Sustainable
- On-Farm Store/Stand, Farmers’ Markets

Little Mountain Ranch & Garden Chicken Eggs
Beth Karmin Krause
Lincoln, NE
705-585-2723
littlemountain.eggs@gmail.com

- Antibiotic Free, Free Range, Pasture Raised, Sustainable
- On-Farm Store/Stand, Farmers’ Markets

Shadowbrook Farm Goat Cheese
Kevin Craig, & Diane Loth
Lincoln, NE
402-499-2734
shadowbrookcheese.com

- Antibiotic Free, Hormone Free, Non-GMO, Pasture Raised, Sustainable
- On-Farm Store/Stand, Wholesale, Farmers’ Markets

Theilen Produce Gardens Chicken Eggs, Goat Milk
Kristy Theilen
Schuyler, NE
402-410-3554
theilenproduce@gmail.com

- Antibiotic Free, Heritage, Hormone Free, Pasture Raised, Sustainable
- On-Farm Store/Stand, Wholesale, Farmers’ Markets

Wolff Farms Chicken Eggs
Duane & Jilly Wolff
Norton, NE
402-841-9130
wolfffarmcheese.com

- Antibiotic Free, Free Range, Pasture Raised, Sustainable
- On-Farm Store/Stand, Farmers’ Markets, Grocery Store

GIERNE & DRIED BEANS

Clear Creek Organics Farms Kidney Beans, Pinto Beans,
Robert Dent
Spalding, NE
308-755-7086
cleareekorganicsfarms@hotmail.com
clearcreekorganics.com

- Herffloom, Non-GMO, Sustainable
- On-Farm Store/Stand, Wholesale, Grocery Store

Country Lane Gardens Barley, Oats, Popcorn, Rye, Wheat
Annette Hellbusch & Macye Fuhr
Columbus, NE
402-276-3438
barleywheatwalkthrough@gmail.com
countrylaneSGardens.org

- Herffloom, Non-GMO, Sustainable
- On-Farm Store/Stand, Wholesale, Grocery Store

Emerald Acres Black Beans, Great Northern Beans, Red Beans, Sorghum
Sandra Roach
Lincoln, NE
402-697-8707
mrsroached@gmail.com
emeraldasceggs.com

- Certified Organic, Herffloom, Non-GMO, Sustainable
- On-Farm Store/Stand, Wholesale, Farmers’ Markets, Grocery Store

Estherville Farms, LLC Rye
Laralene Stoeck
Columbus, NE
402-697-4065
esthervillefarms@gmail.com

- Certified Organic, Herffloom, Non-GMO, Sustainable
- On-Farm Store/Stand, Wholesale, Farmers’ Markets, Grocery Store

Recipe

GREENS AND QUINOA PIE

Ingredients:
- ½ c quinoa, rinsed and drained
- 1 large bunch Swiss chard (1 to 1 ½ lb), cut into bite-sized pieces
- 3 Tbsp olive oil, divided
- 2 medium onions, thinly sliced (1 ½ c)
- 2 green onions, thinly sliced (½ c)
- ½ c crumbled feta cheese, like Calypso from Shadowbrook Farm
- 3 eggs, lightly beaten

Directions:
1. Preheat oven to 350°F. Heat 1 tablespoon oil in skillet over medium-high heat. Add onions, diced white part of green onions, and diced chard stems, and sauté 10 minutes, or until browned. Add crumbled onion mixture, green onions, feta cheese, and goat cheese to quinoa mixture. Stir in eggs; season with salt and pepper, if desired.

4. Pour 1 tablespoon oil into 9-inch pie pan, and place in oven. Heat 5 minutes, or until oil is hot. Swirl oil to coat bottom of pan, then spread quinoa mixture in pan with spatula. Bake 20 minutes. Drizzle pie with remaining 1 tablespoon oil, and bake 20 to 30 minutes more, or until golden brown. Cool 15 minutes before slicing.

Serve with dill or mint yogurt sauce.

From the kitchen of
Reene Cornett, Prairie Plate Restaurant
LEARN MORE AT buylocalnebraska.org
Dedicated to helping rural communities prosper through cooperative business development.

At Buy Fresh Buy Local, WE ARE PROUD TO CALL THESE FOLKS OUR SPONSORS.

Their commitment to the BFBLK program enables us to continue to develop outreach, marketing, and education programs that support a brighter tomorrow for Nebraska’s small to mid-scale farmers, ranchers, and the lands on which our food is grown. Their support also strengthens our local food network which provides diners, farmers, chefs, and food service operations opportunities to build lasting relationships, develop market opportunities for locally grown products, and provide consumers more opportunities to eat great local food.

Grass Fed, Grass Finished Beef

Quarters, Halves, Individual Cuts

Prairie Pride Acres
Grand Island, NE
402-217-2797

Find us on Facebook

SUNDAY FARMERS’ MARKET
at COLLEGE VIEW

APR. 28 - OCT. 27
10am - 2pm

48th & Prescott
Union College in Lincoln

Matching every SNAP dollar each week up to $20

sundayfarmersmarket.org

Indians, Inc. & Deux, holidayharvestfarmersmarket.com

SUNDAPlastic FARMs
DELIVERING FARM-FRESH SHARING DISTINCTIVE TO YOUR PERSONAL PREFERENCES

WITH OUR FARM SHARES YOU’LL GET:

• Customized borne
• Reduced food waste
• Payment plans
• Residues Shares
• Recipe and Tips
• Great customer service
• Order extra items

PICKUP LOCATIONS
The Farm in Market, Ferber Gourmet Grocer &.
UNL Chop House, 317 N 4th St., Lincoln, NE, and corporate drop sites.

SHARES WE OFFER:
Vegetables, Eggs, Cheese, Bread, Coffee, Tea and more
harvie.ks/robinette319

SEASONAL AND SIMPLE

Downloadable app to help you find, select, store, preserve and prepare fresh produce in Nebraska.

402-472-1724
ncdc.unl.edu

At Buy Fresh Buy Local, WE ARE PROUD TO CALL THESE FOLKS OUR SPONSORS.

Their commitment to the BFBLK program enables us to continue to develop outreach, marketing, and education programs that support a brighter tomorrow for Nebraska’s small to mid-scale farmers, ranchers, and the lands on which our food is grown. Their support also strengthens our local food network which provides diners, farmers, chefs, and food service operations opportunities to build lasting relationships, develop market opportunities for locally grown products, and provide consumers more opportunities to eat great local food.

Grass Fed, Grass Finished Beef

Quarters, Halves, Individual Cuts

Prairie Pride Acres
Grand Island, NE
402-217-2797

Find us on Facebook

SUNDAY FARMERS’ MARKET
at COLLEGE VIEW

APR. 28 - OCT. 27
10am - 2pm

48th & Prescott
Union College in Lincoln

Matching every SNAP dollar each week up to $20

sundayfarmersmarket.org

Indians, Inc. & Deux, holidayharvestfarmersmarket.com

SUNDAPlastic FARMs
DELIVERING FARM-FRESH SHARING DISTINCTIVE TO YOUR PERSONAL PREFERENCES

WITH OUR FARM SHARES YOU’LL GET:

• Customized borne
• Reduced food waste
• Payment plans
• Residues Shares
• Recipe and Tips
• Great customer service
• Order extra items

PICKUP LOCATIONS
The Farm in Market, Ferber Gourmet Grocer &.
UNL Chop House, 317 N 4th St., Lincoln, NE, and corporate drop sites.

SHARES WE OFFER:
Vegetables, Eggs, Cheese, Bread, Coffee, Tea and more
harvie.ks/robinette319

SEASONAL AND SIMPLE

Downloadable app to help you find, select, store, preserve and prepare fresh produce in Nebraska.

402-472-1724
ncdc.unl.edu

At Buy Fresh Buy Local, WE ARE PROUD TO CALL THESE FOLKS OUR SPONSORS.

Their commitment to the BFBLK program enables us to continue to develop outreach, marketing, and education programs that support a brighter tomorrow for Nebraska’s small to mid-scale farmers, ranchers, and the lands on which our food is grown. Their support also strengthens our local food network which provides diners, farmers, chefs, and food service operations opportunities to build lasting relationships, develop market opportunities for locally grown products, and provide consumers more opportunities to eat great local food.

Grass Fed, Grass Finished Beef

Quarters, Halves, Individual Cuts

Prairie Pride Acres
Grand Island, NE
402-217-2797

Find us on Facebook

SUNDAY FARMERS’ MARKET
at COLLEGE VIEW

APR. 28 - OCT. 27
10am - 2pm

48th & Prescott
Union College in Lincoln

Matching every SNAP dollar each week up to $20

sundayfarmersmarket.org

Indians, Inc. & Deux, holidayharvestfarmersmarket.com

SUNDAPlastic FARMs
DELIVERING FARM-FRESH SHARING DISTINCTIVE TO YOUR PERSONAL PREFERENCES

WITH OUR FARM SHARES YOU’LL GET:

• Customized borne
• Reduced food waste
• Payment plans
• Residues Shares
• Recipe and Tips
• Great customer service
• Order extra items

PICKUP LOCATIONS
The Farm in Market, Ferber Gourmet Grocer &.
UNL Chop House, 317 N 4th St., Lincoln, NE, and corporate drop sites.

SHARES WE OFFER:
Vegetables, Eggs, Cheese, Bread, Coffee, Tea and more
harvie.ks/robinette319

SEASONAL AND SIMPLE

Downloadable app to help you find, select, store, preserve and prepare fresh produce in Nebraska.

402-472-1724
ncdc.unl.edu

At Buy Fresh Buy Local, WE ARE PROUD TO CALL THESE FOLKS OUR SPONSORS.

Their commitment to the BFBLK program enables us to continue to develop outreach, marketing, and education programs that support a brighter tomorrow for Nebraska’s small to mid-scale farmers, ranchers, and the lands on which our food is grown. Their support also strengthens our local food network which provides diners, farmers, chefs, and food service operations opportunities to build lasting relationships, develop market opportunities for locally grown products, and provide consumers more opportunities to eat great local food.

Grass Fed, Grass Finished Beef

Quarters, Halves, Individual Cuts

Prairie Pride Acres
Grand Island, NE
402-217-2797

Find us on Facebook

SUNDAY FARMERS’ MARKET
at COLLEGE VIEW

APR. 28 - OCT. 27
10am - 2pm

48th & Prescott
Union College in Lincoln

Matching every SNAP dollar each week up to $20

sundayfarmersmarket.org

Indians, Inc. & Deux, holidayharvestfarmersmarket.com

SUNDAPlastic FARMs
DELIVERING FARM-FRESH SHARING DISTINCTIVE TO YOUR PERSONAL PREFERENCES

WITH OUR FARM SHARES YOU’LL GET:

• Customized borne
• Reduced food waste
• Payment plans
• Residues Shares
• Recipe and Tips
• Great customer service
• Order extra items

PICKUP LOCATIONS
The Farm in Market, Ferber Gourmet Grocer &.
UNL Chop House, 317 N 4th St., Lincoln, NE, and corporate drop sites.

SHARES WE OFFER:
Vegetables, Eggs, Cheese, Bread, Coffee, Tea and more
harvie.ks/robinette319

SEASONAL AND SIMPLE

Downloadable app to help you find, select, store, preserve and prepare fresh produce in Nebraska.

402-472-1724
ncdc.unl.edu
Double SNAP EBT dollars with DOUBLE UP FOOD BUCKS

BUY $1 FRUITS & VEGGIES

GET $1 FREE FRUITS & VEGGIES

HOW IT WORKS

- Customers purchase fresh fruits and vegetables at participating farmers markets and grocery stores.
- Thanks to our generous sponsors, every $2 spent is doubled, up to $20 per day to buy more fresh fruits and vegetables!

PARTICIPATING LOCATIONS

For most up to date information visit www.doubleupnebraska.org.

Aksarben Village Farmers Market
67th & Center Streets, Omaha, NE
May 5-October 13, 2019
Sundays: 9am-1pm
www.omahafarmersmarket.com/aksarben-village

Community Crops Veggie Van
Pop-Up Markets all over Lincoln, NE
June-September. For locations and times visit: www.facebook.com/CropsVeggieVan

Fallbrook Farmers Market
Fallbrook Town Center,
570 Fallbrook Blvd, Lincoln, NE
Thursdays 4-7pm
www.fallbrookfarmersmarket.com

Leon’s Gourmet Grocer
2200 Winthrop Rd, Lincoln, NE
Monday-Saturday: 8am-9pm, Sunday: 9am-6:30pm
www.leonsgourmetgrocer.com

Old Market Farmers Market
11th & Jackson Streets, Omaha, NE
May 4-October 12, 2019
Saturdays: 8am-12:30pm
www.omahafarmersmarket.com/old-market

Open Harvest Co-op Grocery
1618 South Street, Lincoln, NE
Open Daily: 8am - 9pm
www.openharvest.coop

Sunday Farmers Market at College View
4801 Prescott Ave, Lincoln, NE
April 28-October 27, 2019
Sundays: 10am-2pm
www.sundayfarmersmarket.org

Visit individual websites for information regarding fun market events and tours.