LOCAL FOOD MAP
Find local foods near you! PG.5

STUFFED ACORN SQUASH
Be inspired by this fresh, soul-satisfying dish!
(More recipes throughout, too.) PG.29

BUY FRESH
BUY LOCAL
Nebraska
buylocalnebraska.org
Double SNAP EBT dollars with DOUBLE UP FOOD BUCKS

HOW IT WORKS
• Customers purchase fresh fruits and vegetables at participating farmers markets and grocery stores.
• Every $2 spent is doubled, up to $20 per day to buy more fresh fruits and vegetables!

BUY $1 FRUITS & VEGGIES
GET $1 FREE FRUITS & VEGGIES

MAXIMUM REDEMPTION WILL BE UP TO $20 PER DAY.

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

Meet our advisory board members:
Alice Henneman Nebraska Extension, Emeritus
Chad Witters Grocery Owner
David Lott Horticulture Extension Educator
Gary Lescing 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
Vaugh Hammer Agriculture Manager, Valas
Pumpkin Patch and Orchard

At Buy Fresh Buy Local® Nebraska, we are proud to call these folks our sponsors.

Their commitment to the BFBLN program enables us to continue to develop outreach, marketing, and education programs that supports a brighter tomorrow for Nebraska’s small to mid-scale farmers, ranchers, and the lands on which our food is grown. Buy Fresh Buy Local is a chapter-based consumer education program, and registered trademark of the Pennsylvania Association for Sustainable Agriculture. The Buy Fresh Buy Local network is comprised of chapters run by community-based groups that are working to strengthen regional markets for locally grown foods.

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

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buylocalnebraska.org
Your Guide to

A NOTE FROM THE LOCAL COORDINATOR

What is your connection to agriculture?

Did your grandparents or great grandparents have a farm? Separate cream from milk before supper? Butcher their own chickens?

I enjoy calling my Swedish grandmother from time to time to hear stories like these and her life growing up on a farm in Knox County in the 30’s and 40’s. Her family had hogs, chickens, and a small herd of Holstein dairy cows. They grew a family garden and “always had a patch of sweet corn” along fields of corn, oats, and alfalfa for the animals. The farm was diversified in this way to be self-sufficient, but also to make life less risky—if it hailed and the crops didn’t make it, then at least they still had milk and chickens.

Today, my family no longer has farmland. Many familial connections to Nebraska agriculture are fading, but the importance of growing and purchasing food close to home has never been more important. It is time to ask ourselves, what is my relationship with agriculture and the foods of Nebraska? What role do I play? Who do I know that grows food like my grandparents used to? It is time to rebuild our relationships with Nebraska farmers growing food for their communities. When we “Buy Fresh Buy Local,” we insure family farmers stay on the land and continue to be part of our vibrant community and landscapes for generations to come.

Our Nebraska Food Guide is here for you to explore the diversity and delights of Nebraska-grown foods!

We hope you use this guide to:

• Try something new. Whether it be a vegetable, cut of meat, or gardening skill.
• Taste the difference of a recipe that features Nebraska-grown ingredients.
• Find and support Nebraska's hidden local food treasures—what gem will you find at your local farmers’ market?

Happy Eating,

Skylar Falter

Buy Fresh Buy Local® Nebraska
University of Nebraska–Lincoln
58F Filley Hall
Lincoln, NE 68583-0922
402-472-5273
sbftar@unl.edu

BUY FRESH BUY LOCAL® NEBRASKA IS DEDICATED TO...

• Science for the Rest of Us
• Bites: A podcast for people who think hard about their food
• The Biggest Little Farm (film)
• 'Alter-NATIVE: Kitchen' from Independent Lens (series)
• Grain by Grain
• Thank you, Omu!
• Farming While Black
• Buying Local Doesn’t Have to Stop When Summer’s Over!

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, 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

Look for the BFBLN Member Logo at a farm, farmers’ market, restaurant, or retailer near you!
Find local foods & farms near you!

Central Nebraska
1. Back Alley Bakery, Hastings
2. Clear Creek Organic Farm, Spalding
3. GI Acres, Grand Island
4. Grain Place Foods, Marquette
5. GRW Nebraska® Foundation and the Buy Nebraska Store, Kearney
6. Hastings Downtown Market, Hastings
7. Lambert Markets, Ewing
8. Nebraska Mushroom LLC, Grand Island
9. Prairie Pride Acres, Inc., Grand Island
10. Range West Beef, Marquette
11. Roberts Seed Inc., Axtell
12. Straight Arrow Bison LLC, Broken Bow
13. Wildflour Grocer, O’Neill

Northeast Nebraska
14. Country Lane Gardens, Columbus
15. Daniels Produce, Columbus
16. ELITE Mangalitsa LLC, Pender
17. Ewert’s Farm, LLC, Columbus
18. Nebraska Heritage Turkeys, West Point
19. TLC Country Flor, Hebron
20. Wayne Farmers Market, Wayne
21. Wolf Farms Produce, Norfolk

Southeast Nebraska
22. Al-Be Farm, Julian
23. Arnold Acres, Syracuse
25. Beatrice Farmers Market, Beatrice
26. Broken Arrow Farm, Filley
27. Divine Nino Dairy, Palmyra
28. Great Plains Nurseries, Weston
29. Heartland Nuts N’ More, Valparaiso
30. Martin’s Hillside Orchard, Cresco
31. Paradise In Progress Farm, Nebraska City
32. Peaver Pride Meats, Steinburg
33. Reak’s Beef Co. Orland
34. Sicly Creek Jelly and Produce, Blue Springs
35. Sunny Slope Farm, Filley
36. The Hogland Homestead, Inland
37. West Blue Farm, Dorchester
38. West End Farm, Plymouth

Lincoln Area
39. Bennet Farmers’ Market, Bennet
40. Common Good Farm, Raymond
41. Community Crops, Lincoln
42. DISH Restaurant, Lincoln
43. D-S Family Farm, Malcolm
44. Fallbrook Farmers’ Market, Lincoln
45. Green School Farms, Raymond
46. Grow with the Flow, Denton
47. Hub Cafe, Lincoln
48. Jones’ Eco Farm, Crete
49. Lakehouse Farm, Waverly
50. Leap’s Gourmet Grocer, Lincoln
51. Lincoln Haymarket Farmers’ Market, Lincoln
52. Lone Tree Foods, Lincoln
53. Lotus Gardens, Lincoln
54. Mystic Roads Productions Inc. (MRP), Lincoln
55. Open Harvest Co-op Grocery, Lincoln
56. Prairie Plate Restaurant, Waverly
57. Prairiesavvy, Lincoln
58. Rizzo City Farms, Lincoln
59. Robinette Farms, Martell
60. Shadowbrook Farm, Lincoln
61. Sleepy Bee Lavender Farm, Firth
62. Spiritus Vitae Botanicals, Martell
63. Sunday Farmers’ Market at College View, Lincoln
64. Tractside Farm LLC, Hickman
65. Twin Springs Pecans, Bennet
66. Yankee Hill Landscape, Lincoln
67. Yum Yum Greens, Lincoln

Omaha Area
68. Barreras Family Farm, Blair
69. B&G Beef, Newman
70. Florence Mill Farmers Market, Omaha
71. Fruit of Levine LLC, Omaha
72. GreenLeaf Farms, Omaha
73. If It’s About Beer, Omaha
74. Little Mountain Ranch & Garden, Fort Calhoun
75. Nebraska Food Cooperative, Gretna
76. No More Empty Pits, Omaha
77. Omaha Farmers Market—Aksarben, Omaha
78. Omaha Farmers Market—Old Market, Omaha
79. Stream Meadow Farms, Papillion
80. Village Pointe Farmers Market, Omaha
81. Blennington’s Farm, Omaha

Business
Farmers’ Market
Farm/Ranch

Are you a community farmer or business supporting local foods in Western Nebraska? We’d love to hear from you! To become a member, visit buylocalnebraska.org
Growing Practices
What do we mean?

No Synthetic Inputs: Produce is grown with only naturally-derived chemicals, pesticides, and herbicides.

Certified Organic: Farms, ranches, and processors have been inspected and certified by a third party agency to the U.S. Department of Agriculture’s National Organic Program. Overall, organic operations must demonstrate they are protecting natural resources, conserving biodiversity, and using only approved substances.

Certified Naturally Grown: Certified Naturally Grown (CNG) offers peer-review certification to farmers, ranchers, and beekeepers producing food for their local communities by working in harmony with nature, without relying on synthetic chemicals or GMOs.

Non-GMO Feed: All feed given to animals is from Non-GMO products

100% Grass Fed: Most beef and lamb are grass-fed for the majority of their lives and then fed grain for the last 60–120 days to increase fat and protein and add weight. For meat to be labeled “100% grass-fed” in our food guide online at buylocalnebraska.org, animals must be fed an exclusive diet of grass and forage plants only, with no grain or by-products.

Pasture-Raised: This claim on meat, poultry, dairy or eggs means that animals were raised outdoors with constant access to fresh-growing, palatable vegetation and shelter for evening and inclement weather. It does not mean the animal ate only grass or forage.

Rotational Grazing: An environmentally beneficial farming practice in which livestock are regularly rotated to fresh pastures at the right time to prevent overgrazing and optimize grass growth.

Outdoor Access: Animals are raised indoors in barns or sheds, but have access to outdoor space.

Learn all about the growing practices mentioned in our food guide online at buylocalnebraska.org/glossary.
**BFBL MEMBERS**

**B U S I N E S S E S**

**Back Alley Bakery**
Bakery, Caterer, Bakery, 609 W 2nd St.
Hastings, NE 402-466-1056
charlotte@backalleybakery.com
backalleybakery.com
**HOURS:** Mon–Fri: 7 am–9 pm, Sat: 8 am–4 pm, Sun: Closed
We provide wholesome food using natural and organic ingredients from local producers and suppliers to us for us to be socially, economically, and environmentally responsible.

**Grain Place Foods**
Retail Store, Distributor, Grain-Processing 1904 N Highway 14
Marquette, NE 402-854-3195
info@grainplacefoods.com
grainplacefoods.com
Established in 1997, we provide ecologically sustainable grain products that benefit the long-term health of our clients and our planet, because how your food is produced does matter!

**GROW Nebraska® Foundation and the Buy Nebraska Store**
Retail Store, Non-profit 421 Talmadge St., Ste. 1
Kearney, NE 308-338-6200
info@grownebraska.org
grownebraska.org
The Hastings Downtown Market is on Thursday evenings and is a quaint setting, with plenty of shade, multiple vendors, and live music from 6:30–7:30 pm.

**F A R M E R S’ M A R K E T**

**Clear Creek Organic Farm**
308-750-1086
Clearcreekorganicfarm@hotmail.com
Clearcreekorganicfarm.com
- No Synthetic Inputs
- grown organically
- non-GMO feed, soy-free feed, corn free feed, antibiotic-free, hormone free, pasture raised, rotational grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Wholesale
- CIQA certified
- Community Owned Family Operation
- We produce clean, healthy, nutrient dense vegetables, beef, dairy, pork, and poultry products. We hold farm tours and recreational events.

**Granville Organic Farm**
12771 Blk Rd.
Marquette, NE 308-735-2555
robertmendesgmcnet.com
robertmendesgmcnet.com
- No Synthetic Inputs
- grown organically
- non-GMO feed, soy-free feed, corn free feed, antibiotic-free, hormone free, pasture raised, rotational grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Wholesale
- CIQA certified
- Community Owned Family Operation
- We produce clean, healthy, nutrient dense vegetables, beef, dairy, pork, and poultry products. We hold farm tours and recreational events.

**GROW Nebraska®**
info@grownebraska.org
308-338-3520
421 Talmadge St., Ste. 1
Year-Round Indoor Farmer’s Market
Wildflour Grocer
Grocery Store, Local Food Processor
Year-Round Indoor Farmer’s Market 112 S 4th St.
O’Neill, NE 402-336-8988
info@wildflourgrocer.com
wildflourgrocer.com
**HOURS:** Mon–Wed & Fri: 9 am–6 pm, Thurs: Noon–7 pm, Sat: 10 am–2 pm, Sun: Closed
Local, Nebraska products are the foundation of Wildflour Grocer. We carry a variety of items from around Nebraska as well as preserve and produce local foods in our own certified kitchen.

**GI Acres**
Chad & Kathy Nabity
Grand Island, NE 402-384-3314
chadtn1@grandislandacres.com
grandislandacres.com
- No Synthetic Inputs
- Indoor Access
- CSA, Direct Sales—Call or Email, Online Ordering
- We allow our members to enjoy both traditional and unusual varieties of fresh, local produce all summer. We do the work; you enjoy fresh!

**Lambert Melons**
Tim & Ben Lambert
Exing, NE 402-340-3646
klambert@esu8.org
- On Farm Store, Direct Sales—Call or Email, Wholesale
- We are known for spring asparagus and strawberries, summer melons and autumn pumpkins. We have a passion for local food because it has been part of our family for over 100 years.

**Nebraska Mushroom LLC**
Ashley Gordon
Grand Island, NE 308-384-1430
ash@nebraskamusroom.com
nebraskamusroom.com
- On Farm Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
- We believe in producing well-finishing grass fed meat from animals selected for forage-only diets. Many customers are seeking natural health solutions and we want to aid them.

**Prairie Pride Acres, Inc.**
Daniel Hornas
Grand Island, NE 402-217-2797
prairieprideacres@gmail.com
facebook.com/prairieprideacres
- Horseradish & Pesticide Free
- Soy-Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
- Prairie Pride Acres is a small 15-acre farm located south of Grand Island. We provide grass fed beef, pork, and lamb. The farm prides itself on humane treatment of the animals.

**Range West Beef**
Luke & Lori Jacobsen
Marquette, NE 402-854-3104
jacobsonl@yahoo.com
rangewestbeef.com
- Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
- Range West Beef is located south of Grand Island. We provide grass fed beef, pork, and lamb. We prides itself on humane treatment of the animals.

**Straight Arrow Bison LLC**
Martin & Karen Bredthauer
Brooken, NE 308-872-3066
karen@straightarrowbison.com
straightarrowbison.com
- On Farm Sales—Call or Email, Wholesale
- Grass fed beef from animals selected for forage-only diets. Many customers are seeking natural health solutions and we want to aid them.

**From the kitchen of**
**Yazidi Farmers**
COMMUNITY CROPS, LINCOLN, NE
@yazi_kitchen_in_nebraska

**Cucumber & Tomato Salad**

**Ingredients**
4 small cucumbers, unpeeled
1 ripe, firm tomatoes
½ medium red onion or fresh green onion
2 thinly sliced sweet yellow or green peppers
3 Tbsp roughly chopped parsley
⅓ Tbsp kosher salt
3 Tbsp of fresh squeezed lemon juice (about one medium lemon)
1–2 Tbsp of vinegar
2 Tbsp olive oil

**Instructions**
1. Dice the cucumbers, tomatoes, and onion into small cubes. Add to a medium bowl.
2. Remove the seeds from the pepper, and slice very thin. Add to the bowl. Add the chopped parsley.
3. In a small bowl, whisk a combination to the lemon juice, salt, pepper, and olive oil. Add to the salad ingredients. Toss gently to coat. Serve immediately.

**NOTE:** You may prepare and combine the vegetables a few hours ahead and refrigerate without adding the dressing. Toss the vegetables with the dressing right before serving. Adjust salt to your taste.

**From the kitchen of**
**Yazidi Farmers**
COMMUNITY CROPS, LINCOLN, NE
@yazi_kitchen_in_nebraska

**Cucumber & Tomato Salad**

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**From the kitchen of**
**Yazidi Farmers**
COMMUNITY CROPS, LINCOLN, NE
@yazi_kitchen_in_nebraska
Why Buy Local Food?

THE SOCIAL, ENVIRONMENTAL, ECONOMIC BENEFITS TO YOUR COMMUNITY

ECONOMIC IMPACT

Each dollar spent at independent local businesses returns more money to your community than a chain store or non-local product.

If every Nebraska household spends $10 per week on local food = $390 million added to state economy

FARMERS NEED MULTIPLE MARKETS TO BE SUSTAINABLE.

FARMER DIRECT SALES
- Farmers Markets
- CSA Shares

FARMER INDIRECT SALES
- Wholesale
- Restaurant
- Retail

CAUTION:

Conventional food distribution uses at least 4X more fuel than local and regional systems.

To transport food long distances it's often picked while unripe then gassed to "ripen" it after transport, or it is highly processed with preservatives.

ENVIRONMENTAL IMPACT

PROTECTS LOCAL LAND

GROW LOCAL FOOD

BUY LOCAL FOOD

MORE LOCAL SPENDING

BUILD LOCAL RELATIONSHIPS

MORE THAN ONE MILLION ACRES OF U.S. FARMLAND is lost each year due to residential and commercial development.

GROW LOCAL JOBS

A typical American meal travels an average of 1,500 miles to get to you. 25% more miles than 2 decades ago!

KNOW WHERE YOUR FOOD COMES FROM

FARMER GETS

PICKED

EARLY

1,500+ MILES

TRAVEL

LESS THAN 150 MILES

DOLLARS GO TO

LOCAL FARMER

Out Of State

Nebraska

KNOW THE FARMERS

VISIT THE FARM

ASK ABOUT THEIR GROWING PRACTICES

SOCIAL IMPACT

On average people who shop at farmers markets have 15-20 social interactions per visit!

This graphic was originally created by Taste the Local Difference and has been edited with their permission and support.
The Nebraska Cooperative Development Center (NCDC) is dedicated to assisting people prosper by helping them work together through multi-owner and cooperative businesses.

Cooperatives have a long history in Nebraska agriculture, but are we overlooking the cooperative model for other businesses?

What is a Cooperative? Why Cooperative? A cooperative is a private business that is owned and controlled by the people who use its products, supplies, or services. Historically, cooperatives began to form during the Industrial Revolution as a useful way to promote the interests of less powerful members of society. Farmers, producers, workers, and consumers found that they could accomplish more collectively than they could individually.

Examples of Nebraska Cooperatives:

- Aurora Cooperative Elevator: member-owned agricultural marketing cooperative
- Nebraska Food Cooperative: member-owned producer/distributor cooperative
- Open Harvest: member-owned grocery store (retail cooperative)
- University of Nebraska Federal Credit Union: a member-owned financial cooperative
- Wild Flour Grocer: multi-owner retail and community space

Are you concerned that a business in your community like your grocery store, restaurant, or daycare will not transition into the future? Your community could save these businesses and minimize the risk by working together. NCDC has worked in a number of communities establishing community owned grocery stores and daycares. For example, the Elwood Hometown Cooperative Market opened in 2013 after the local grocery store closed in 2012. Are you interested in forming a cooperative?

For more information, visit the NCDC website at ncdc.unl.edu.
Nebraska is home to many native fruits—paw paw, wild plum, black raspberry, elderberry, juneberry, choke cherry, crab apple, and ground cherry are just a few! Look for them in the wild and at farmers markets—visit buylocalnebraska.org for more info.

**Artisan Mark Coffee + Goods**
Rental Store, Coffee House
1144 Main Ave
Circe, NE
402-418-7228
info@artisamarkcoffee.com
artisamarkcoffee.com
HOURS: Mon-Sat: 7 am–9 pm, Sun: 9 am–6 pm
Artisan Mark Coffee + Goods is a small-town coffee shop that sells local, handmade goods and Nebraska sourced coffee, tea, and other types of goodies. We love to support local!  

**Heartland Nuts ‘n More**
Food Distributor, Local Food Processor
206 W 2nd St
Valparaiso, NE
402-784-6887
lottanuts@windstream.net
402-784-6887
Valparaiso, NE
206 W 2nd St
Food Cooperative, Local Food Processor
Heartland Nuts ‘N More is owned by a diverse partnership of nut growers. We produce, process, and market only high-quality cultivars. Midwestern grown black walnuts and pecans.

**Beatrice Farmers Market**
1801 Court St. (Country Kitchen Cafe parking lot, 10th & Court St. Downtown)
Beatrice, NE
402-223-3244
info@mainstreetbeatrice.org
facebook.com/BeatriceFarmersMarket
DATE & TIME: Mid-May to mid-Oct
Village Point - Omaha
Old Market - Omaha
Aksarben – Omaha
College View – Lincoln
Haymarket - Lincoln
Highland Park - Hastings
Farmers Market
The Hoagland Homestead
Amy & Adam Hoagland
402-469-5065
thehoaglandhomestead@gmail.com
facebook.com/thehoaglandhomestead
• Farmers’ Markets
• On Farm Store, Direct Sales—Call or Email
• On Farm Store, Direct Sales—Call or Email, Farmers’ Markets
• Pasture Raised, Antibiotic Free, Grass Fed, Hormone Free
• Pasture Raised, Antibiotic Free, Grass Fed, Hormone Free, Soy Free

**Divino Nino Dairy**
Melissa Rowe
Palmyra, NE
402-310-6056
divinoindiaradairyoutlook.com
divinoindiaradairy@gmail.com
• Non-GMO Feed, Soy Free Feed, Hormone Free, Pasture Raised, Rotational Grazing
On Farm Store, Direct Sales—Call or Email
Divino Nino Dairy is home to our Guernsey cows who graze the rolling pastures and provide us with delicious milk and cream. Come visit, and be nourished by Nebraska dairy!

**Arnold Acres**
Larry & Mary Kay Arnold
Syracuse, NE
402-217-2930
lauradakrane@yahoo.com
arnoldacresne.com
• Sustainability Grown
• Direct Sales—Call or Email, Farmers’ Markets, Online Ordering
Here at Arnold Acres, we are passionate about growing food in a sustainable manner in healthy soil. We grow a variety of fruits and vegetables and make our own jams and jellies.

**Great Plains Nursery**
Heather Byers
Weston, NE
402-540-4801
heather@greatplainsnursery.com
greatplainsnursery.com
• On Farm Store, Direct Sales—Call or Email, Wholesale, Online Ordering
Great Plains Nursery produces native trees and shrubs for habitat and landscape use. Native trees and shrubs are essential for a healthy environment!

**Martin’s Hillside Orchard**
Barbara Martin
Crete, NE
402-685-2140
nitbm8@gmail.com
303 Hillside Orchard
• On Farm Store, U-Pick Wholesale
• Organic, Non-GMO
• U-Pick apples, peaches, pumpkins, hay ride rolls, corn maze, activities for kids; store with cider slushies and lunches (huckleberry, butterfly garden and discovery trail; school tours.

**Paradise in Progress Farm**
Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseinprogress@gmail.com
• Antibiotic Free, Hormone Free, Pasture Raised
On Farm Store, Direct Sales—Call or Email, Farmers’ Markets
We sell fruit, vegetables, and eggs at our on-farm store and farmers’ markets in Bellevue and Nebraska City.

**Al-Be Farm**
Beth Kernes Krause & Ralph Krause
Julian, NE
402-274-8836
al-befarm@windstream.net
facebook.com/albefarmne
• Non-GMO Feed, Soy-Free Feed, Hormone Free, Pasture Raised, Rotational Grazing
On Farm Store, Direct Sales—Call or Email
Al-Be Farm seeks to cultivate a healthy environment!

**Al-Be Farm**
Riley Reinke
Filley, NE
402-230-8836
al-befarm@windstream.net
402-230-8836
Filley, NE
22828 County Rd.
• Antibiotic Free, Hormone Free, Rotational Grazing
• Pasture Raised, Rotational Grazing, 100% Grass Fed
Direct Sales—Call or Email
They practice holistic grazing on healthy soils, diverse plants, with heritage livestock. We direct market our products through delivery to Lincoln, Omaha, and Beatrice.

**Sunny Slope Farm**
Corinne Kolin & Josh Frank
Filley, NE
402-665-1777
sunnyslopespeckers@gmail.com
facebook.com/Sunny-Slope-Farm
Sunny Slope Farm 1593732700845273
• Non-Synthetic Inputs
• Pasture Raised
Direct Sales—Call or Email, U-Pick At Sunny Slope Farm we invite you to take part with U-Pick and large orders for canning/freezeing. Experience the taste of a fresh-picked strawberry in early June. All naturally-grown.

**Raides Beef Co**
Lindsey & Justin Raikes
Ashland, NE
402-944-2474
info@raikesbeef.co
raikesbeef.co
Raides Beef Co
• Animal Welfare Approved, Hormone Free, Grass Fed, Grass Finished
• On Farm Store, Direct Sales—Call or Email, Wholesale, Online Ordering
Their focus is connecting customers to high-quality, 100% Nebraska raised American Wagyu and Angus beef directly from their 5th generation family farm.

**Divino Pride Meats**
Paul Rohrbaugh
Shenandoah, IA
402-869-2396
pawnpneepride@gmail.com
pawnpneepride.com
• Non-GMO Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
Direct Sales—Call or Email
Pawnpnee Pride is a family farm west of Beatrice. We grow fresh vegetables, fruits, berries, and herbs without the use of synthetic pesticides. We also sell eggs, honey, jam, and baked goods.

**Sicily Creek Jelly and Produce**
Fred & Laurinda Baumann
Blue Springs, NE
402-230-8953
mdybbaum@hotmail.com
402-230-8953
Sicily Creek Jelly & Produce
Sicily Creek Jelly and Produce
• Farmers’ Markets
• Pasture Raised, Antibiotic Free, Hormone Free
Direct Sales—Call to Email, Online Ordering
West Blue Farm has been direct marketing farm fresh meat since 1990. Located in Dodge Center, Nebraska, Joe and Shanee Yeackley own and operate a dairy, as well as raise high-quality meat.

**West End Farm**
Katie Jantzen
Plymouth, NE
402-239-9822
westendfarming@gmail.com
westendfarming.ne.com
West End Farm
• No Synthetic Pesticides
• Free Range
• CSA, On-Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
We are a family farm west of Beatrice.

**West Blue Farm**
Shane & Joe Yeackley
Dodge Center, NE
402-641-0331
Westbluefarm@gmail.com
Westbluefarm.com
West Blue Farm
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing
• Direct Sales—Call or Email, Online Ordering
West Blue Farm
• Farmers’ Markets
• Pasture Raised, Antibiotic Free, Hormone Free, Grass Fed, Rotational Grazing
• Direct Sales—Call or Email, Online Ordering
West Blue Farm has been direct marketing farm fresh meat since 1990. Located in Dodge Center, Nebraska, Joe and Shanee Yeackley own and operate a dairy, as well as raise high-quality meat.

**Sicily Creek Jelly and Produce**
Fred & Laurinda Baumann
Blue Springs, NE
402-230-8953
mdybbaum@hotmail.com
402-230-8953
Sicily Creek Jelly & Produce
Sicily Creek Jelly and Produce
• Farmers’ Markets
• Pasture Raised, Antibiotic Free, Hormone Free
Direct Sales—Call to Email, Online Ordering
West Blue Farm has been direct marketing farm fresh meat since 1990. Located in Dodge Center, Nebraska, Joe and Shanee Yeackley own and operate a dairy, as well as raise high-quality meat.

**West End Farm**
Katie Jantzen
Plymouth, NE
402-239-9822
westendfarming@gmail.com
westendfarming.ne.com
West End Farm
• No Synthetic Pesticides
• Free Range
• CSA, On-Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
We are a family farm west of Beatrice.

**West Blue Farm**
Shane & Joe Yeackley
Dodge Center, NE
402-641-0331
Westbluefarm@gmail.com
Westbluefarm.com
West Blue Farm
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing
• Direct Sales—Call or Email, Online Ordering
West Blue Farm has been direct marketing farm fresh meat since 1990. Located in Dodge Center, Nebraska, Joe and Shanee Yeackley own and operate a dairy, as well as raise high-quality meat.

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402-641-0331
Westbluefarm@gmail.com
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West Blue Farm
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• Direct Sales—Call or Email, Online Ordering
West Blue Farm has been direct marketing farm fresh meat since 1990. Located in Dodge Center, Nebraska, Joe and Shanee Yeackley own and operate a dairy, as well as raise high-quality meat.
Feathers

Hope may be
to one fine person
the thing with feathers.
But I argue that
out here in the midst of farm country,
hope is a small farmer’s market.
It’s a sign at the end of a long driveway reading
Eggs, apples, pears, tomatoes, squash
for sale.
Hope is planting, growing and offering the bounty
To those who say,
Yes, I need that.
Yes, I buy local.
Yes, I will come back for more.
Hope is the thing
with or without
feathers.
Katie Polacek
BRUNO, NEBRASKA

“Fat Water”
Tomatl

The passive, ripening fruit
suspended in the sunlight,
draws in from all sides.
Stem from
vine from
stalk from
roots from
fungi from
soil from
worm from
rock, leaves, roots.
Inner passages taking in and
redistributing the remains of our days.
Outside the “plump thing with a naval” (xitomatl)
backs in the sun,
thin skin touched by rays,
passing particles dusting the surface,
absorbed in the mix of
expanding Flesh.
Transformation of color
beckons the curious to
touch, taste, and
receive the whole process.
Over and over this
continuous loop of life
provides more than we could ask for or
imagine, naturally.
At home, fruits continuously
give from their abundance.
Here in the plains,
removed from continuous heat,
tomatoes drop from the vine,
and held in the earth,
undeterred by the cold,
wait for the signal to begin again.
Angela Barber
LINCOLN, NEBRASKA

B Street
Honey

Honey
slinks
from the tap
creeps
across the gauze
drops
of liquid gold
on long
stretching
ropes
slipping
through
the cottony
holes
to pool
on the bottom
of the bucket
as one
pure
reservoir
filling the air
with its sweet
 candle-like
 fragrance
while the bees
sing
their perpetual
humming
whirring
sizzling
song
of honey.
Katherine Carpenter
LINCOLN, NEBRASKA

In the process of looking for the technical name of the belly button of the tomato,
I learned from The National Gardening Association’s website garden.org
that tomatoes are believed to originate in Peru and Mexico where they were
called tomatl literally meaning “fat water” in the Nahuatl language. The Aztecs
cultivated a new species, the red or yellow fruit, and called it xitomatl that
translates to “plump thing with a naval.” Another website helpful in this search
was the Nahuatl Dictionary found at nahuatl.uoregon.edu.

In 2020 we asked Nebraskans to send us their original poetry about local food. The response received was incredible. The poems make us laugh, cry, and take notice of the small beauties we can find every day in the garden, the farm, the market, and our kitchens. Big thanks to all who submitted. Here are three selections of local food poetry.
**BFBL MEMBERS**

**DISH Restaurant**  
4100 "O" St.  
Lincoln, NE  
402-475-9475  
info@dishdowntown.com  
**HOURS**: Mon-Fri: 11:30 am–1:30 pm, Sun: 5–9:30 pm  
Closed during the Off Season  
**World-Class American Cuisine**

**Hub Cafe**  
523 S 12th St.  
Lincoln, NE  
402-447-2435  
hubcafe@hubcafe.com  
**HOURS**: Mon-Sat: 7:30 am–2:30 pm  
Closed Sun & Holidays  
**Best Coffee, Comfort Food, and Friendly Attendants**

**Lone Tree Foods**  
220 P St  
Lincoln, NE  
402-413-0079  
info@lonetreefoods.com  
**Online Orders!**  
**Local Foods connects local farmers with buyers and consumers in Nebraska and western Iowa.**

**Mystic Rhoads Productions Inc.**  
**BFBL MEMBERS**  
3406 P St.  
Lincoln, NE  
402-317-5292  
mysticroads.org  
**Specializing in local foods**

**Open Harvest Co-op Grocery**  
216 S 16th St.  
Lincoln, NE  
402-475-9523  
openharvest.coop  
**BFBL MEMBERS**  
**Weekly produce and baked goods**

**Prairie Plate Restaurant**  
10405 Blanche Oak Rd.  
Waverly, NE  
402-786-2339  
info@prairiplate.com  
**BFBL MEMBERS**  
**Family-style comfort food**

**Fallbrook Farmers’ Market**  
750 Fallbrook Blvd  
Lincoln, NE  
402-783-9005  
fallbrookfarmersmarket.com  
**BFBL MEMBERS**  
**FARMERS’ MARKETS**

**Green School Farms**  
201 W 9th St.  
Lincoln, NE  
402-475-9069  
info@PrairiePlateRestaurant.com  
**BFBL MEMBERS**  
**Local Food Co-op**

**Lakehouse Farm**  
402-782-3300  
info@dsfamilyfarm.com  
**BFBL MEMBERS**  
**Beef, Lamb, Chicken, Fresh Produce**

**Lotus Gardens**  
402-890-4103  
lotusgardenshealthylife@gmail.com  
**BFBL MEMBERS**  
**Aquaponics, Farm, Wholesale, Online Ordering**

**Mystic Rhoads Productions**  
402-617-5214  
mysticroads.org  
**BFBL MEMBERS**  
**On Line Order Locally Grown Produce, Dairy, Meats, Artisan Produce**

**Prairieview**  
402-488-2307  
info@prairieview.cc  
**BFBL MEMBERS**  
**Online Ordering, Local Produce**

**RhizoCity Farms**  
402-305-9803  
info@RhizoCityFarms.com  
**BFBL MEMBERS**  
**Local Food, Online Ordering, Wholesale**

**Don’t eat anything your great grandmother wouldn’t recognize as food.**  
—Michael Pollan

**Lincoln Area**  
continues on next page
Robinette Farms
Chloe Dingel & Alex McKiernan
Martell, NE
402-784-4025
farmers@robinettefarms.com
robinettefarms.com
• Certified Organic
• CSA, Farmers’ Markets, Wholesale. We are a certified organic, diversified small-scale family farm growing microgreens and over 60 varieties of vegetables.

Shadowbrook Farm
Kevin Loft & Ian Richmond
Lincoln, NE 530-215-7237
shadowbrook@nebrr.com
shadowbrook.com
• No Synthetic Inputs
• Non-GMO Seed, Pasture Raised Cattle
• CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale.
We are committed to sustainable vegetable production and being good stewards of the land. The farm’s Dutch Girl Creamery produces grade A goat milk to make artisan cheeses.

Sleepy Bees Lavender Farm
Jerry & Holly McCabe
Firth, NE 402-580-5675
sleepybeeslavenderfarm@gmail.com
sleepybeeslavenderfarm.com
• On-Farm Store, Farmers’ Markets, U-Pick, Wholesale, Online Ordering. We have approximately 0.2 acres of lavender grown naturally with no pesticides or herbicides. We have fresh and dried lavender, culinary lavender and bath, body, and home products.

Spiritus Vitae Botanicals
Nicole & Paul Saville
Martell, NE 402-413-1495
spiritusvitaebotanicals@gmail.com
spiritusvitaebotanicals.com
• No Synthetic Inputs
• Direct Sales—Call or Email, Farmers’ Markets, Wholesale. We are a family-owned operation conveniently located on the SE edge of Lincoln. Visit our location for fresh produce, beautiful plants, or landscaping supplies throughout the season.

Trackside Farm LLC
James & Nancy Scanlan
Hickman, NE 267-809-4993
tracksidegrown@gmail.com
facebook.com/hicktracks
• Direct Sales—Call or Email, Farmers’ Markets, Wholesale. We are a 15 acre farm in Hickman, specializing in naturally grown, with a focus on the unique varieties. Chile peppers, garlic, and fun things not often seen are our specialties.

Twin Springs Pecans
Charles Willnerd & Sarah Ferdico
Bennet, NE 402-788-2870
willnerdpecans@yahoo.com
twinstringspecans.com
• On-Farm Store, Farmers’ Markets, U-Pick, Wholesale, Online Ordering. Twin Springs Pecans provides premium fresh, healthy, and oh-so-tasty northern pecans grown and processed in southeast Nebraska. From our family to yours, enjoy!

Can you match the local foods word or phrase to its definition?

1. A young hen, perhaps who just started laying small eggs.
2. A variety of celery selected for its enlarged stem, which looks like a knobby bulb.
3. A dairy cow breed that is red and white, docile, a good forager, and famous for its rich smooth milk.
4. AActivity of gathering nectar and pollen, attending to the queen, gathering water and building honeycomb.
5. A dairy cow breed that is red and white, docile, a good forager, and famous for its rich smooth milk.
6. A bread of pig with a thick auburn coat, known to be good mothers, and who thrive outdoors.
7. Combination of diced onion, carrot and celery. Sauteed slowly in butter. An aromatic base for soups and stews, French.
8. A variety of celery selected for its enlarged stem, which looks like a knobby bulb.
9. A dairy cow breed that is red and white, docile, a good forager, and famous for its rich smooth milk.
10. An area that has extremely limited access to fresh, nutritious, affordable food. 23.5 million Americans live more than one mile (urban) and more than 10 miles (rural) from a source of fresh, nutritious and affordable food.

Dirt Nap Dip
Hot sauces and seasonings
Hand-crafted in Lincoln
25% off online orders
Use promo code BFBL20 at MysticRhoads.org/local

Wildflower Grocer
Connecting the community to the land, their food, & each other
M-F: 12-6; THUR: 12-7; SAT: 10-2
256 N 15th St, Lincoln, NE 68508
Two blocks North of O street on 2nd, just East of UNL campus

Can you match the local foods word or phrase to its definition?

1. Food Desert
2. Celeriac
3. Duroc
4. Worker Bee
5. Mirepoix
6. Chevre
7. Papalo
8. Worker Bee
9. Food Desert
10. Celeriac

Lincoln’s authentic farm-to-fork cafe and bistro
256 N 15th St, Lincoln, NE 68508
Two blocks North of O Street on 2nd, just East of UNL campus

Farmer Training
Community & Special Project Gardens
Growing, Cooking, & Sustainability Workshops
UBT Veggie Van & New Storefront
CommunityCrops.org

Answers:
1. Food Desert
2. Celeriac
3. Duroc
4. Worker Bee
5. Mirepoix
6. Chevre
7. Papalo
8. Worker Bee
9. Food Desert
10. Celeriac
Nebraska Regional Food Systems Initiative

Food systems bring value to communities by generating economic development, creating relationships between residents, farmers and businesses, preserving and protecting farm land, and supporting healthy lifestyles.

Core activities of the initiative include:

- Annual convening
- Quarterly newsletters
- Training/technical assistance for those seeking to understand our food system and to help make positive change!

For more information and to sign up for our quarterly newsletter, visit:

foodsystems.unl.edu

Bison Meatballs

Bison meat is similar to beef and is cooked in much the same way. The taste is often indistinguishable from beef, although bison tends to have a fuller, richer (sweeter) flavor. Bison is low in fat and cholesterol and is high in protein, vitamins, and minerals. Fresh cut bison meat tends to be darker-red and richer in color than many of the other red meats.

Ingredients

- 1 lb ground bison
- ½ tsp black pepper
- 1 tsp sea salt
- 1 egg, lightly beaten
- 2 Tbsp finely chopped onion (optional)
- 1 tsp dried herbs, such as Italian seasoning (optional)
- 2 tsp finely chopped parsley (optional)
- 1 Tbsp finely chopped chives (optional)
- 1 Tbsp finely chopped thyme (optional)

Instructions

1. Mix all ingredients until well-combined. Use hands if needed.
2. Form into one inch balls (medium cookie ball scoop works well).
3. Place close together on baking sheets. Bake at 350ºF for 15 minutes.
4. May be used in spaghetti sauce, cheese sauce, sweet/sour sauce, etc.

NOTE: Multiply the recipe above depending on the quantity needed!

From the kitchen of

Martin & Karen Bredthauer
STRAIGHT ARROW BISON, BROKEN BOW, NE
It’s All About Bees!
Retail Store, Local Food Processor
8540 Park Dr.
Omaha, NE
402-216-4454
itsallaboutbees@man.com
itsallaboutbees.com
HOURS: Mon-Fri: 9 am–6:30 pm,
Sat: 9 am–5 pm
It’s All About Bees! is a local honey,
beeswax specialties, and gift shop in Ralston,
Nebraska. Come by our gift shop!

Nebraska Food Cooperative
Distributor, Food Cooperative
Statewide Distribution
800-953-2379
gm@nebraskafood.org
nebraskafood.org
HOURS: Shop online 24/7 from our network
of local producers
As an online farmers’ market, we support
local food sales and distribution across much of Nebraska, allowing producers to
stay on the farm and focus on growing food
the right way.

No More Empty Pots
Non-Profit, Caterer, Local Food Processor, Coffee House
8501 N 30th St.
Omaha, NE
402-933-3588
info@nmepomaha.org
402-933-3588
8501 N 30th St.
Omaha, NE
11th & Jackson St.
Omaha Farmers Market—Aksarben
67th and Center St. (Aksarben Village)
Omaha, NE
402-345-5401
kbeck@vgagroup.com
402-345-5401
Omaha, NE
67th and Center St. (Aksarben Village)
Florence Mill Farmers Market
91024 N 30th St. (Next to Mormon Bridge
over Missouri River, 30th & I-680)
Omaha, NE
402-551-1233
Lstimage@msn.com
facebook.com/theflorencemill
DATE & TIME: Sundays 10 am–3 pm
J une-Sept 27)
Family-friendly, country fun. Local Produce,
Crafts. Live Music; 3rd & 4th Sunday
Circle-Jams (bring your instrument), and
“Country-School” guests who sometimes
make or teach.

Omaha Farmers Market—Aksarben
67th and Center St. (Aksarben Village)
Omaha, NE
402-345-5401
kbeck@vgagroup.com
omahafarmersmarket.org
DATE & TIME: Saturdays 9 am–1 pm
May 2–Oct 11
• EBT/SNAP, Double Up Food Bucks/
SNAP-matching dollars
• Fresh, locally grown produce, baked and
prepared foods, meats, cheeses, and
crafts are available each Sunday morning.
May through mid-October from over 150
vendors in Aksarben.

Village Pointe Farmers Market
17101 Davenport St. (located in The
parking lot of Village Pointe Shopping
Center on 168th & Dodge)
Omaha, NE
916-215-4231
vpm.manager@gmail.com
redddevelopment.com/village-pointe/
farmers-market
DATE & TIME: Saturdays 9 am–12:30 pm
May 2–Oct 31
VPM was established to elevate community
awareness of the importance of sustainable,
local, family-owned farms, and to provide
a place for local food producers to sell in West Omaha.

Winninghoff’s Farm
6771 Winninghoff Rd.
Omaha, NE
402-577-2557
winninghofffarm@hotmail.com
welcominghoff.com
DATE & TIME: Daily 10 am–5 pm
July 10–Oct 30
• Double Up Food Bucks/SNAP
matching dollars
Our On-The-Farm Market has tons of fresh,
locally grown produce and other items from
local vendors like granola, jams, jellies, honey,
baked goods, pies, eggs, and lots more!

FARMS & RANCHES

Anthony & Mariel Barreras
Blair, NE
402-906-9768
barrerasfamilyfarm@gmail.com
barrerasfamilyfarm.com
• Stay-Fresh Feed, Com Feeds, Antibiotic
Free, Hormone Free, Pasteurella, Rotational
Grazing, 100% Grass Fed
• CSA, On-Farm Store, Direct Sales—all
Email, Farmers’ Markets, Online Ordering
Army Veteran owned and operated, Barreras
Family Farm is dedicated to emulate the
seven Army Values both in our daily farm
operations and community involvement

Little Mountain Ranch & Garden
Bill Alvord & Rebecca Masham
Fort Calhoun, NE
765-585-2723
littletmountainr.com
jodibrodsky5@gmail.com
Jodi & Mike Levine
Omaha, NE
402-312-9560
fruitoflevine.com
• No Synthetic Inputs
• No Hormones, Antibiotic Free, Pasteurella,
Rotational Grazing, 100% Grass Fed/
CSA, Direct Sales—all Email, Farmers’
Markets
We are a small family farm focused on
producing food that is chemical free,
and humanely raised. Our centerpiece
product is a forest raised pork. Farm visits
always welcome!

FARMERS’ MARKETS

FARMERS’ MARKETS

D&D Beef
Michaela Mann
Herman, NE
402-237-1489
danddbeef@gmail.com
DandDbeef.com
• Hormone Free, Pasteurella, Rotational
Grazing, Grass Fed, Grain Finished
• Direct Sales—Call or Email, Farmers’
Markets, Online Ordering
D&D Beef—family owned ranch raising
pasture raised, grain finished, dry aged beef
Born and raised in one location, no added
hormones, and single animal sourced.

GreenLeaf Farms
Jolletta Hoesing
Omaha, NE
402-614-0404
Info@greenleaffarms.biz
greenleaffarms.biz
• Certified Organic, No Synthetic Inputs
• CSA, Farmers Markets, Wholesale

Stream Meadow Farms
Carol Olson
Papillion, NE
402-681-9044
streammeadowfarms@gmail.com
streammeadowfarms.com
• Certified Organic, Produce Safety
Alliance Certificate
• Direct Sales—Call or Email, Wholesale
Stream Meadow Farms—always Delicious,
Organic, and Clean—combining healthy
diet, sun, soil, water, air and how to produce
organic tomatoes boasting flavor, texture,
and color.

You don’t have to cook fancy or complicated
masterpieces—just good food from fresh ingredients.
~ JULIA CHILD
Cabbage is one of our favorites from the garden. Coleslaw, homemade runzas, sauerkraut, and this recipe is a fun way to use it up, along with garden fresh tomatoes, peppers, onions, garlic, and cilantro.

**Ingredients**
- 4 c chopped or shredded cabbage
- Cilantro, diced (several sprigs or to taste)
- 1 tsp salt or more to taste
- 2 cloves diced or minced garlic
- Juice of ½ a lemon
- ¼ c fresh squeezed lemon juice
- ½ c finely chopped jalapeno pepper
- Pinch ground cayenne pepper

**Instructions**
In a medium bowl combine diced tomatoes, cilantro, onion, jalapeno, and garlic. Add lemon juice (or lime), herbs, salt, and cayenne. Stir in chopped or shredded cabbage and serve.

**From the kitchen of**
THE HOAGLAND HOMESTEAD, HASTINGS, NE

---

**HOW TO POACH AN EGG**
Lightly cooked egg whites with an oozy-gooey yolk in the center—these are the eggs on “eggs benedict.” They are perfect served with toast or atop a pasta, noodle, or curry dish.

1. Crack your egg into a bowl.
2. Bring a pan of water filled at least 1½ inch deep to a simmer. Do not add any salt as this will break up the egg white.
3. Tip the egg into the pan—egg whites first, followed by the yolk.
4. Cook for 2 minutes at a simmer, then turn off the heat and leave in the pan about 5 minutes.
5. Lift the egg out with a slotted spoon, and drain it on kitchen paper.

---

**Herbaceous Nebraska Vinaigrette**

**SALAD DRESSING**

1. Blend shaken ingredients together. Add herbs, salt, and pepper.

**Ingredients**
- ½ c local honey (try sunflower)
- ½ c dijon mustard
- 1 tsp salt
- 2 Tbsp vinegar of your choice
- 1 Tbsp (or more) chopped herbs of your choice—mix and match and play with amounts! Basil, oregano, mint, thyme, esparaza, papaya, bee balm, cilantro, etc.

Blend, shake, or whisk liquid ingredients together. Add herbs, salt, and pepper.
Stuffed Acorn Squash

Ingredients
- 2 acorn squash, halved, seeds removed
- ⅛ tsp salt
- ¼ tsp black pepper
- 8 oz ground sausage
- 1 onion, finely chopped
- 1 celery stalk, chopped
- 1 apple, diced
- 2 cloves garlic, minced
- 2 c chopped garlic, minced
- 4 c tightly packed torn kale or chopped spinach
- ½ c chicken broth
- ¼ c chopped walnuts (optional)
- ¼ c grated fresh Parmesan cheese
- ¼ c breadcrumbs
- ⅛ tsp sage
- ½ tsp salt
- ⅛ tsp black pepper

Instructions
1. Heat oven to 400°. Cut a thin slice off round side of each squash half to create a stable base.
2. Place squash hollow side down on a baking sheet lined with aluminum foil and bake until golden and tender (but still holding its shape), 30–45 minutes. Remove from oven, flip, and set aside. Heat broiler to high.
3. Brush/spray halves with oil and sprinkle with salt and pepper.
4. Divide filling among squash. In a bowl, combine walnuts, cheese, sage, seeds removed
5. Cook sausage. Using grease from sausage, cook onion and celery for 3 minutes. Add greens and toss, then add broth. Cover and steam until greens are tender, 5 minutes. Stir in sausage.
6. Add garlic and cook another minute. Add apples and sauté another 2 minutes or until softened. Add garlic and cook another minute. Add greens and toss, then add broth. Cover and steam until greens are tender, 5 minutes. Stir in sausage.
7. Add garlic and cook another minute. Add apples and sauté another 2 minutes or until softened. Add garlic and cook another minute. Add greens and toss, then add broth. Cover and steam until greens are tender, 5 minutes. Stir in sausage.
8. Add garlic and cook another minute. Add apples and sauté another 2 minutes or until softened. Add garlic and cook another minute. Add greens and toss, then add broth. Cover and steam until greens are tender, 5 minutes. Stir in sausage.
9. Add garlic and cook another minute. Add apples and sauté another 2 minutes or until softened. Add garlic and cook another minute. Add greens and toss, then add broth. Cover and steam until greens are tender, 5 minutes. Stir in sausage.

To calculate your LFS, answer these yes or no questions. Give yourself three carrots 🍃 for every yes answer. Add up your carrots, and see where you fit on the LFS scale.

1. Do you know someone with a vegetable garden?
2. Have you ever scrambled eggs laid by a hen that you have personally seen (or heard cluck or quack)?
3. Does the supermarket you shop at stock any food from local producers?
4. Have you ever enjoyed a tomato from a grower in your county?
5. Have you ever eaten a steak or a pork chop from a local farm or ranch?
6. Have you ever eaten an apple crisp made with apples grown in your county?
7. Do you know any local farmers growing food for the community where you live?
8. Have you ever tasted milk or cheese from animals that graze on Nebraska pastures?

Writer Steven McFadden of Lincoln puzzled out this quiz with the active community support of BFBL Nebraska’s staff. Steven is the author of several books on farms and food. Visit him online at DeepAgroecology.net.
We are celebrating our 45th anniversary this year!
That’s 45 years of being your locally grown food co-op and supporting our local farmers and producers. By shopping at our co-op, you help keep money in our local economy.

Thank you for your support!

Open Daily 8 am - 9 pm • 1618 South Street • Lincoln, NE • (402) 475-9069 • openharvest.coop

Open Harvest Co-op Grocery

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