LOCAL FOOD GUIDE

2022

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

7 WAYS TO GET LOCAL FOOD
Learn how to get more Nebraska-grown, fresh foods onto your dinner table! PG.23

BUY FRESH BUY LOCAL
Nebraska
buylocalnebraska.org
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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 support 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. Visit buyfreshbuylocal.org to learn more.

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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LEARN MORE AT buylocalnebraska.org
Your Guide to NEBRASKA’S FARM FRESH FOODS!

A NOTE FROM THE LOCAL COORDINATOR

Connection in Every Bite

In 2021 I had the privilege of traveling to a few of the 90+ farmers’ markets in the state. I went to meet vendors and market organizers, take photos, and to ask people a simple but important question: What do you love about your farmers’ market?

I asked this question of market-goers as they walked by with their bags bursting with sweet corn, arms full of melons, pushing kids in strollers, juggling multiple dogs, and wrote their answers on a big piece of paper to be shared with market organizers. The question almost always led to a longer conversation about food, farming, gardening, the weather, the best way to cook a favorite vegetable, and what motivates them to buy local.

A taste of the quotes collected:

Watermelons
Everything is so tasty and the people are so nice

The people
Seeing friends

The sweet corn
Brings me back home, memories of family and big gardens

REAL tomatoes
Visiting with people

Camaraderie
All the fresh stuff

Fresh food
I don’t have to grow

What about you? Why is local food important to you? What motivates you to seek it out? These are questions that get to the heart of the matter, and their answers are as complex and diverse as we are. For me, growing, buying, and eating local food connects me to the place I call my home. It links me to my heritage, and it is a tangible way to provide care for others in the form of home cooked meals, shared fresh veggies, and spaces to slow down and get your hands in the dirt.

Consider contemplating these questions this season … preferably on the hottest day of the year, sitting in the shade, while biting into a slice of the most perfect cantaloupe ever grown.

What you’ll find in our guide:

• A directory listing of over 100 farms, ranches, and food businesses from across the state
• Articles that showcase the power of local food
• Recipes from our members that highlight the flavors of Nebraska

May your season be full of good food!

Margaret Milligan
Buy Fresh Buy Local Nebraska Coordinator

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

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

Keeping the food chain shorter, transparent, and sustainable
Educating on the social, environmental, and economic benefits of eating locally
Improving wellness and quality of life by promoting healthy, in-season eating
Cultivating a future for Nebraska’s family farms by expanding the market for locally produced foods

Watermelon is as red as Husker game day
I appreciate farmers who provide them
Their rind is green like my last name
Oh, sweet red melon segments
Stick to my sun-burnt cheeks
And seeds are as black as Husker Blackshirts
Oh, such a cool snack on a blazing hot summer day
Watermelon, oh so red and juicy!
Thank you, farmers who provide it!

Brooklyn
LINCOLN, NEBRASKA

Seasons of Nebraska
Order a print of the beautiful illustration on the next page at BUYLOCALNEBRASKA.ORG

2022
LOCAL FOOD GUIDE
SEASONS OF NEBRASKA

SPRING
- spinach
- white turnip
- pea shoots
- eastern egg radish
- lettuce
- morel mushrooms
- strawberrries
- sweet peas
- ramps
- asparagus
- tulip

SUMMER
- cucumber
- sweet peppers
- heirloom tomatoes
- chive tomatoes
- plums
- watermelon
- pumpkins
- blackberries
- raspberries
- napa cabbage

FALL
- kale
- green beans
- apples
- peas
- winter squash
- carrots
- beets
- brussels sprouts
- broccoli

WINTER
- sweet potatoes
- parsnip
- butternut squash
- purple daikon radish
- honey
- locally baked bread
- yellow onions

BUY FRESH
Nebraska
Buy Local
Amy Milller
Lincoln Area (continued)
87 Thursday Farmers' Market, Lincoln
88 Trackside Farm, Hickman
89 Twin Springs Pecans, Bennet
90 West Van Dorn Farm and Ranch, Lincoln
91 Yankee Hill Landscape Co., Inc., Lincoln

Omaha Area
92 Barreras Family Farm, Blair
93 Benson Bounty, Omaha
94 Big Muddy Urban Farm, Omaha
95 D&D Beef LLC, Herman
96 Fruit of Levine LLC, Omaha
97 GreenLeaf Farms, Omaha
98 Little Mountain Ranch and Garden LLC, Ft Calhoun
99 No More Empty Pots, Omaha
100 Omaha Farmers’ Market—Aksarben Village, Omaha
101 Omaha Farmers’ Market—Old Market, Omaha
102 Stream Meadow Farms, Papillion
103 Turco Farms, Springfield
104 Village Pointe Farmers’ Market, Omaha
105 Wenninghoff Farm, Omaha
GROWING PRACTICES
What do we mean?

The best option to learn about how your food is grown is to talk to local farmers about their practices and their farms. Only the local food system gives you that kind of access to the people producing your food! Here are some of the terms and programs listed in this guide.

GAP Certified: Good Agricultural Practices (GAP) is a voluntary certification program which verifies, through an independent third-party audit, that sound food safety practices are being used on a farm or produce handling facility.

Animal Welfare Approved: Certified Animal Welfare Approved by A Greener World (AGW) is a label that guarantees animals are raised outdoors on pasture or range for their entire lives on an independent farm using sustainable, high-welfare farming practices.

No Synthetic Inputs: Produce is grown without the use of synthetic chemicals, pesticides, or herbicides.

Certified Organic: Farms, ranches, and processors are inspected and certified yearly by a third-party agency to the U.S. Department of Agriculture’s National Organic Program’s rules.

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

100% Grass-Fed: Most beef and lamb are grass-fed for most 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, animals must be fed an exclusive diet of grass and forage plants only, with no grain or by-products.

Grass-Fed Grain-Finished: Animals, usually cattle, who are fed grain before slaughter. Some producers raise their animals on pasture but feed them grain for a certain amount of time before slaughter.

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 about all the growing practices mentioned in our food guide online at buylocalnebraska.org/.gfbl-glossary
KNOW YOUR MEAT, EGGS, AND DAIRY!

Buying animal products directly from the farmer or rancher means more transparency and knowledge. You can find out how animals are raised, get your questions answered by the people who care for them, and support independent producers.

Programs that help EVERYONE afford local food:

EBT/SNAP: Supplemental Nutrition Assistance Program. Some farmers’ markets and vendors accept SNAP benefits, making it easy to use your EBT card for local food!

Double Up Food Bucks/SNAP matching dollars: Available at select farmers’ markets and grocery stores. Each day, a SNAP customer can earn an additional $20 of Double Up Food Bucks to purchase fresh local produce when they spend $20 at a participating retailer.

NE Senior Farmers Market Coupons: Qualifying seniors can receive coupons to purchase local produce and honey at farmers’ markets.

WIC Farmers Market Nutrition program: Women, Infant’s, & Children (WIC) Farmers’ Market Nutrition Program provides funds for WIC participants to buy local produce.

Search by specific product, region, or sales method in our easy-to-use online food guide at buylocalnebraska.org.

LEARN MORE AT
buylocalnebraska.org
BFBL Members

Western Nebraska

Businesses

1. CIBO—Meat & Complete, LLC
   Local Food Processor
   404 E 5th St.
   Valentine, NE
   402-389-1304
   chelsea@meat-complete.com
   meat-complete.com
   Hours: Mon-Fri: 9 am–5 pm, Sat & Sun: Closed
   CIBO makes meat protein bars from local grass-fed beef and uses fruits, vegetables, and spice blends for a nutritious and delicious complete meal. Check out our Give Back Program!

2. Farm Girl Fresh Market
   Colleen Johnson
   Mitchell, NE
   308-225-0128
   farmgirlfreshmarket@gmail.com
   facebook.com/farmgirlfreshnebraska
   • No Synthetic Inputs
   • CSA, Direct Sales—Call or Email, Farmers’ Market—Home Delivery
   Our farm is located in Mitchell, Nebraska. We do not use synthetic fertilizers or pesticides of any kind—just hard work and the love of bringing a natural product to our customers.

3. Heritage Acres
   Paula Sandberg & Ann Penano
   Stratton, NE
   308-340-9872
   hello@heritageacres.net
   heritageacres.net
   • Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, Grass Fed, Grain Finished
   • Farmers’ Markets, Wholesale, Online Ordering, In-Town Drop Sites
   Grain-finished beef, pastured eggs, pastured poultry, and open-air pork. Welcome to our farm family—there is always room for one more around our table.

4. Heritage Acres Online Market
   Online Farmers’ Market
   Keystone Business Center
   McCook, NE
   308-340-9872
   hello@heritageacres.net
   heritageacres.net
   Hours: Order Fri–Mon, Pick-up/Weekly delivery in southwest Nebraska Thursdays 4:30–5:30 pm
   Heritage Acres brings a curated supply of the best locally grown and produced food to your family in a cost-effective and convenient manner on a weekly basis.

5. Hoyt Farms
   Janice & Dennis Hoyt
   Colbertson, NE
   309-278-2607
   jdhoyt@msn.com
   • Farmers’ Markets, U-Pick
   My husband and I began growing Aronia Berries four years ago to keep us busy during retirement and because of the incredible nutritional value that it has.

6. Imperial Farmers’ Market
   740 Court St.
   (Parking lot and grass of City Square)
   Imperial, NE
   308-882-4368
   tylerp@imperial-ne.com
   facebook.com/imperialfarmersmarket
   Date & Time: Saturdays 9 am–Noon
   (July 9–Oct 8)
   The Imperial Farmers’ Market brings the community together for fresh produce, including five acres of delicious sweet corn.

7. Meadowlark Hearth Farm
   Beth Everett & Matt Barton
   Scottsbluff, NE
   308-632-3399
   meadowlarkhearth@gmail.com
   meadowlarkhearth.org
   • Certified Biodynamic, Certified Organic
   • Non-GMO Feed, Pasture Raised, Cage Free, Rotational Grazing, 100% Grass Fed
   • CSA, Farmers’ Markets, Wholesale, Online Ordering
   We have seven seed gardens and 500 acres of grazing for our 100% grass fed dairy/beef herd. Order vegetable seed and more online. Five generations of same family.

8. Megan’s Market
   Tracy Gifford
   Gering, NE
   308-631-4660
   mrmath1@hotmail.com
   • No Synthetic Inputs
   • Antibiotic Free, Hormone Free
   • On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, U-Pick, Home Delivery
   Megan’s Market started 11 years ago, when Megan was in eighth grade. It has grown from an oversized garden to ten acres of vegetables, including five acres of delicious sweet corn.

9. Painter Produce
   Tracy & Dan Painter
   Henry, NE
   308-247-1003
   painter.produce@gmail.com
   painterproduce.wix.com/painterproduce
   • Non-GMO Feed, Antibiotic Free, Hormone Free, Outdoor Access
   • On Farm Store, Direct Sales—Call or Email, Home Delivery
   We are a small family farm growing farm-to-table, organic produce free of pesticides, herbicides, and commercial fertilizers in the Panhandle of Nebraska since 2011. Comfort food!

10. The Prairie Garden
    Ryan Zimmerman
    Madrid, NE
    308-352-6035
    theprairiegarden@gmail.com
    theprairiegarden.net
    • No Synthetic Inputs
    • CSA, Farmers’ Markets, Wholesale, Online Ordering, Home Delivery
    The Prairie Garden is a small family farm on a bit of prairie in western Nebraska. We’re pretty passionate about growing safe, delicious, and beautiful food for our community.

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

ROASTED EGGPLANT SALAD
with Goat Cheese and Smoked Almonds

Ingredients

- 2 lbs eggplant*
- Kosher salt
- ½ c olive oil
- 2 Tbsp cider vinegar
- 1 Tbsp honey*
- 1 Tbsp smoked paprika
- ½ tsp ground cumin
- 4 cloves garlic, roughly chopped
- 2 Tbsp lemon juice, freshly squeezed
- 1 Tbsp soy sauce
- 1 c flat leaf parsley,* roughly chopped
- ½ c smoked almonds, roughly chopped
- 2 oz goat cheese* crumbled, reserve 1 Tbsp
- ¼ c scallions,* finely chopped

Instructions

1. Heat the oven to 400°F.
2. Cut the eggplant into 1-inch cubes and put in a large bowl. Sprinkle lightly with kosher salt, and set aside while making the marinade.
3. Whisk together the olive oil, cider vinegar, honey, smoked paprika, and cumin. Dab away any extra water that has beaded up on the eggplant, and toss with the marinade. Stir in the garlic.
4. Spread the eggplant on a large baking sheet lined with parchment, and slide onto a rack placed in the center of the oven. Roast at 400°F for 40 minutes, or until very tender and slightly browned. (Stir every 15 minutes and check after 30 minutes to make sure it isn’t burning.)
5. Remove from the oven and cool slightly. Whisk together the lemon juice and soy sauce.
6. Return the eggplant to the bowl, and toss with the lemon juice mixture.
7. Stir in the parsley leaves, smoked almonds, and most of the goat cheese, reserving a little.
8. Spread the finished salad in a serving bowl and sprinkle the reserved goat cheese crumbles and scallions on top.

From the kitchen of
GI ACRES, GRAND ISLAND, NE

食欲

*LOCAL ingredient
Nebraska Extension invites you
to participate, learn and connect to local community resources!

- **Produce Grown in Nebraska**
  Explore many of the popular produce items grown in Nebraska while learning how to select, store and prepare them.

- **Nutrition Education Program**
  Find tips, recipes, and free resources to help you make healthier food choices and choose a physically active lifestyle.

- **Home Food Preservation Series**
  Learn how to safely preserve food at home using methods such as canning, pickling, freezing, drying, and dehydrating.

- **Food in the Field**
  Learn how to make healthy choices for yourself and your family during the busy planting and harvest seasons.

- **Growing Together Nebraska**
  Explore ways to volunteer at a community garden and donate freshly grown produce to increase access for families and individuals who are food insecure.

Connect with @NLfoodfitness

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**Nebraska Cooperative Development Center**

Are you a local food producer interested in joining forces with others to expand your market or improve your quality of life?

**Cooperatives** are created by people who have a specific need and who are willing to work together to operate and organize a business that will meet that need.

In Nebraska there are opportunities for producers to start cooperative businesses around **marketing** and **distribution** of local foods, business and **farm transition, land access, equipment** and **supply** purchasing – to name a few!

The **Nebraska Cooperative Development Center** works with groups to explore and develop cooperative businesses that bring value and services to their lives.

**For more information** and to start your cooperative journey, visit: [ncdc.unl.edu](http://ncdc.unl.edu)
The Connections Among Us

The other day I was outside on the farm. It was a pleasant day, very quiet and peaceful. I heard a screech not far away. It took a bit to locate the source but finally I saw the bird, possibly a small hawk, high in a tree. I paused for a few moments to enjoy that connection with another living creature. Eventually it flew off and I resumed my work.

I love thinking about connections on all levels. They exist in so many different forms. Local food embodies the topic particularly well. Many interdependencies are nurtured and supported when we engage with local food.

When you buy that fresh tomato or bunch of kale from the market, the connections to that food started in the soil. Farms that mindfully choose practices to build healthy soils mean that a dazzling array of microscopic connections are at work. Billions and trillions of microorganisms symbiotically work together converting raw materials in the air, water, and soil into substances made available to the plant as it grows. The plant in turn is crucial to maintaining that population of tiny inhabitants.

Later, when you’re at home preparing the food, those local purchases help to foster interpersonal connections. It helps us slow down. We’re focusing for a time on the simple, enjoyable act of meal preparation, conversation with our kids or other household members, and detaching from our phones and tablets. We become grounded while we experience the textures, tastes, and smells of the food, and the presence of our loved ones.

When you eat the meal made from fresh, whole ingredients we think of the connection of the food to the physiology of our bodies. Medical science continues to learn of the important connections between eating nutrient-dense, minimally processed food and our overall physical and mental wellness. Rather than zipping through the drive-through en route to the next thing, local food gives this opportunity to enhance our wellness.

The connections within our community are strengthened by local food. Attending the farmers market not only keeps our dollars in the local economy but increases a sense of connection to our community and becomes an important way to bond socially.

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Green School Farms sells produce at farmers’ markets and to Nebraska schools!

Getting fresh, nutritious, local products into Nebraska schools is a win for both the 230,000 students who eat school lunch daily and local producers. Let’s get more local products onto the lunch tray in 2022!

Is YOUR district participating?

Find out more at: go.unl.edu/farmtoschool
Central Nebraska

**Businesses**

**Back Alley Bakery**
Restaurant, Caterer, Bakery, Retail Store
609 W 2nd St.
Hastings, NE
402-460-5056
john@backalleybakery.com
backalleybakery.com
HOURS: Mon–Wed & Fri: 9 am–5:30 pm, Thurs: 9 am–7 pm, Sat: 8 am–4 pm
The Back Alley Bakery creates natural, unprocessed artisan breads baked fresh every day. We use wholesome ingredients in everything we serve in our restaurant daily.

**Grain Place Farm**
Local Food Processor & Farm
1904 N Hwy 14
Marquette, NE
501-765-2732
grainplacefarm@gmail.com
grainplacefoods.com
HOURS: Tues & Thurs–Fri: 9 am–4 pm, Sat: By Appointment
Organic since 1953, second generation farm focusing on soil health and working with nature. We grow, source, and sell some of the finest ingredients in the midwest and beyond.

**GROW Nebraska**
Retail Store, Non-Profit
421 W Talmadge St., Ste. #1
Kearney, NE
308-338-3520
info@grownebraska.org
308-338-3520
grainplacefarm@gmail.com
grainplacefoods.com
HOURS: Mon–Wed & Fri: 8 am–5 pm, Sat: 9 am–4 pm
Buy Nebraska (buynebraska.com) is a nonprofit gift shop featuring products made in Nebraska. The GROW Nebraska Foundation helps around 400 Nebraska businesses be visible online yearly.

**Roberts Seed Inc.**
Local Food Processor
982 22 Rd.
Axtell, NE
308-743-2565
robertssseed@gtmc.net
robertssseed.com
HOURS: Mon–Fri: 8 am–5 pm, Sat: 9 am–Noon, other times available upon request
Roberts Seed processes and sells grain for seed, feed, and human consumption. We focus on non-GMO and organic grain, and have been Certified Organic since 1991. Call or stop in!

**Wildflower Grocer**
Grocery Store
112 S 4th St.
O’Neill, NE
402-336-8988
info@wildflourocergrocer.com
wildflourocergrocer.com
HOURS: Mon–Wed & Fri: Noon–6 pm, Thurs: Noon–7 pm, Sat: 10 am–2 pm
An indoor, year-round farmers’ market and community space in the heart of north central Nebraska. We focus on locally grown and produced goods and items from our certified kitchen.

**Farmers’ Markets**

**Farmers Market 365**
1308 N Diers Ave. (Tractor Supply parking lot)
Grand Island, NE
308-216-1192
farmersmarket365ne@gmail.com
farmersmarket365.org
DATE & TIME: Sundays 1–4 pm
A downtown farmers market with multiple vendors, a featured food truck, and live music from 6:30–7:30 pm!

**Hastings Downtown Market**
2nd St. & Saint Joseph (East of Odyssey and North of First Street Brewery)
Hastings, NE
402-469-5065
director@hastingsdowntownmarket.com
hastingsdowntownmarket.com
DATE & TIME: Thursdays 5–7:30 pm (June 9–Aug 25)
NE Senior Farmers Market Coupons
The Hastings Downtown Market is on Tuesday evenings. Enjoy a quaint setting with multiple vendors, a featured food truck each week, and live music from 6:30–7:30 pm!

**Sutton Farmers’ Market**
Sutton City Park Pavilion
(Corner of N Saunders Ave. & E Ash St.)
Sutton, NE
402-773-0195
farmersmarketsutton@gmail.com
suttonfarmersmarket.com
DATE & TIME: Saturdays 8 am–4 pm
Enjoy the morning in the park! Visit with local hand crafters and vendors, selling locally grown produce, hand crafted local wood items, fresh eggs, artisan baked goods, and more!

**Farms & Ranches**

**402 Beef Co**
Kristi & Cody Allen
Spencer, NE
402-340-9019
08kallen@gmail.com
402beefco.com
• Pasture Raised, Grass-Fed Grain-Finished
• On Farm Store, Direct Sales—Call or Email, Wholesale, Online Ordering, Home Delivery, In-Town Drop Sites
Our family farm is committed to excellence! We want to put a supreme quality of beef on your table. Quarters, halves, wholes, and USDA inspected individual packages available.

**Freed Brothers Farms at Violets and More, LLC**
Jenny Enchayan
Holdrege, NE
308-991-3650
jenny.enchayan@gmail.com
violets-and-more.myshopify.com
• On Farm Store, Online Ordering
Shop our products on the back porch at Violets and More, LLC on Wednesdays and Saturdays in season. Look for the giant metal spiders!

**GI Acres**
Chad & Kathy Nabity
Grand Island, NE
308-379-3882
chadn1@grandislandacres.com
grandislandacres.com
• No Synthetic Inputs
• Outdoor Access
• CSA
At GI Acres, our modified-market style CSA allows our members to enjoy both traditional and unusual varieties of fresh, local produce all summer. We do the work, you enjoy fresh!

**Lambert Melons**
Tim & Ben Lambert
Erwin, NE
402-340-3646
klambert@esu8.org
facebook.com/lambertmelons
• On Farm Store, Direct Sales—Call or Email, Wholesale
We are known for spring asparagus and strawberries, summer melons, and autumn pumpkins. We have a passion for local food, because it has been part of our family for over 100 years.
Corn is a cereal grain domesticated by Indigenous peoples in southern Mexico about 10,000 years ago. Over 95% of the corn grown in Nebraska is field corn used for livestock feed and ethanol. The corn you’ll find from farmers in this guide is either sweet corn, popcorn, or flour corn!

**Corn is a cereal grain domesticated by Indigenous peoples in southern Mexico about 10,000 years ago. Over 95% of the corn grown in Nebraska is field corn used for livestock feed and ethanol. The corn you’ll find from farmers in this guide is either sweet corn, popcorn, or flour corn!**
Make 2022 THE YEAR OF THE MELON!

Among the most beloved seasonal crops in Nebraska, melons—to many of us mean—summer! Lucky for us, Nebraska grows great melons. In fact, due to the sandy, loamy soil that watermelons love, a strip of Highway 281 around St Libory, Nebraska, was known as the “Melon Strip” with many roadside stands selling the treasured summer treat.

For a cooling treat on the hottest days of summer enjoy them sliced on the rind, juices dripping down your chin. Or, try this refreshing recipe:

**Recipe**

**MELON YOGURT SMOOTHIE**

*(and Ice Pop Variation)*

**Ingredients**

- 3 c watermelon or muskmelon/cantaloupe, cubed (black seeds removed if necessary)
- ½ c yogurt
- 3 Tbsp honey or your choice of sweetener
- 1 c ice
- 1 Tbsp lemon juice (optional)
- Sprinkle of ground cinnamon and/or ground cardamom (optional)

**Instructions**

1. Mix watermelon, yogurt, honey/sweetener, ice, lemon juice (optional), and spices (optional) in a blender.
2. Serve on a hot day, preferably in the shade!

**NOTE:** To make ice pops, omit the 1 c ice. Blend remaining ingredients, pour into popsicle molds or 4 oz disposable cups, and insert sticks. Freeze until firm—about 4 hours or overnight. Enjoy!

Recipe adapted from NEBRASKA HARVEST OF THE MONTH PROGRAM

Learn more at education.ne.gov/ns/farm-to-school/harvest-of-the-month
Thank you to those who attended the 2022 Regional Food Systems Summit. This year we were proud to partner with the Nebraska Extension Specialty Crop Conference and Nebraska Sustainable Ag Society to host the summit as part of the inaugural Nebraska Local Food and Farm Conference.

Looking for ways to get involved? We are always looking for new members to help plan events and shape the work that we do. For those interested, please email vwegian2@unl.edu.

Visit our website for more information
foodsystems.unl.edu

Sign up for our mailing list!
go.unl.edu/nerfsi-mailing-list

Incredible volunteers doing incredible work in their community landscapes.
mastergardener.unl.edu

Lincoln’s Most Family-Friendly Market!
EVENTS-MUSIC-KIDS ACTIVITIES
EVERY OTHER THURSDAY
JUNE 9 - OCTOBER 13
FROM 4 TO 7 PM
ALL PROCEEDS SUPPORT COMMUNITY SERVICE TO BENEFIT LOCAL FAMILIES.
FALLBROOK TOWN SQUARE
600 FALLBROOK BLVD.
MORE INFORMATION AT
WWW.FACEBOOK.COM/THURSDAYFARMERSMARKET
Nebraska Farmers' Markets: Good Food and Much More!

With over 90 active markets in the state, farmers’ markets are a great way to get your hands on fresh local food. Markets are based on buying and selling, but they are also destinations and hubs for the community.

Check out these community-centered activities that occur at various markets across the state:

Learn Something New at the Market
- Chef demonstrations to learn how to use all the local goodness!
- Workshops—gardening, food preservation, and flower arranging are just some of the workshops we’ve seen at markets.
- Talk with vendors about their products and learn tips and tricks from the pros.

Bring the Kids to the Market
- Some markets have kids’ days and events like storytelling, fire-truck tours, taste-testing, or garden-based activities.
- Exploring a market educates and entertains kids—so many sights, textures, smells, and tastes they can enjoy!

Catch Up and Slow Down at the Market
- Enjoy live music that many markets book.
- Catch up with friends and community members over a prepared meal, cup of coffee, or homemade pastry.
- Partake in Yoga, Tai Chi, and other group wellness activities.

Hot Tip!
Follow your farmers’ market on social media or subscribe to their online newsletter to learn about their special activities, events, and promotions!

First Time at the Market?
- Grab a friend for fun and support.
- If you’re not into crowds, try hitting the market later in the day when it is usually less busy.
- Take the kiddos to learn about agriculture, beekeeping, baking, and cultural food!
- Allow for wandering time ... take a couple loops through the market, be sure to stay hydrated and fed, then go back to stands and make a purchase.
- Markets change with the seasons—depending on the week, vendors and products might be different.
Farmers’ Market Scavenger Hunt

Farmers’ markets are a great way to explore what food grows in Nebraska, meet farmers, and try new things!

- Find something green.
- Find 3 vegetables that grow underground.
- Find the smallest vegetable you can!
- Find a vegetable that is bigger than your hand.
- Buy and taste something you’ve never eaten before.
- Ask a farmer their favorite thing about their farm.
- Find a jam or jelly you’ve never tried before. What was it made from?
- Find 3 things that you would like to try on a pizza.
- Name two different types of meat you find at the market.
- Find a food that relies on pollinators to grow. You may have to ask a farmer!

What’s something you enjoy eating, but don’t find at the market? Why not? Can it grow in Nebraska or be found during a different time of year?

FIND YOUR FARMERS’ MARKET AT buylocalnebraska.org/go-to-grow

This activity can be done during different times of the year as the products at the market will change as the seasons change.
Graf Bees
Local Food Processor, Honey & Honey-Related Retail Store
110 N Main St., PO Box 233
Emerson, NE
308-962-4376
mgraf28@yahoo.com
facebook.com/graf-bees-the-BUZZ-259676711356450

HOURS: Mon, Wed & Sat: 9 am–Noon, Tues: 3:30–5 pm, Thurs 3:30–7 pm, Fri & Sun: Closed
We are a family operation that raises bees and sells honey and honey related products. We are located in northeast Nebraska. We make several products from our honey and bees wax.

Columbus Farmers Market
2610 14th St. (Frankfort Square across from the Courthouse)
Columbus, NE
402-910-6205
senquist@yahoo.com
facebook.com/farmersmarketonthesquare

DATE & TIME: Saturdays 7:30 am–Noon (May 7–Oct 29)
• NE Senior Farmers Market Coupons
All grown, raised, baked, and handmade within 50 miles of Columbus. 30+ vendors. Curb side delivery available. Fresh spring produce available May 7th. Chemical and gluten free options.

Ar-Dot Farmstead Foods
Ruth & Sid Ready
Scribner, NE
402-380-0214
freadyhome765@gmail.com
facebook.com/ar-dot-farmstead-foods-104763081630073

• Pasture Raised, Outdoor Access, Cage Free, Rotational Grazing, Grass-Fed Grain-Finished
• Direct Sales—Call or Email, Farmers’ Markets
Ar-Dot Farmstead Foods raises, beef, chickens, turkeys, and eggs for your family. We also have sweet corn and other vegetables in season. Our family loves growing good food for you.

Country Lane Gardens LLC
Annette & Cody Hellbusch
Columbus, NE
402-270-9072
countrylanegarden@gmail.com
countrylanegardens.org

• Non-GMO Feed, Pasture Raised
• On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
We are a family farm near Columbus, with a retail greenhouse/nursery and pastured non-GMO laying hen operation. Start a family tradition and come pick that perfect Christmas tree!
Recipe

BACON, EGG, SUNFLOWER & TOMATO (BEST) Breakfast Sandwich

Makes 2 sandwiches

**Ingredients**

- 2 slices bacon* (try locally raised bacon)
- Oil or butter
- 2 eggs* (try local eggs)
- Sunflower microgreens* (can sub other microgreens)
- 2–4 slices tomato* (preferably garden fresh)
- 2 english muffins
- Mayonnaise & hot sauce (optional)

**Instructions**

2. Melt a small amount of butter or oil in a pan. Crack eggs into the pan, and fry eggs to your desired doneness.
3. Toast english muffins.
4. Assemble sandwiches: spread mayo over the english muffins, add bacon, fried egg, tomatoes, and sunflower microgreens. Add a few dashes of hot sauce!

Give your breakfast a boost of nutrition and flavor!

*LOCAL ingredient

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**KrazyWoman Orchard**

Woody & Marianne Slama
Scribner, NE
402-719-6161
krazywoman385@live.com
facebook.com/krazywomanorchard

- GAP Certified
- Direct Sales—Call or Email, Farmers’ Markets, Online Ordering
KrazyWoman Orchard has roughly 250 apple trees with 23 varieties and an established pecan grove. Farmers markets: Aksarben and Village Pointe in Omaha, Sunday Market in Lincoln.

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**Stick Figure Farm**

Kelly Palmer Burns & Rich Burns
Hartington, NE
402-254-9183
hops101@hartel.net

- No Synthetic Inputs
- Farmers’ Markets
Small family farm raising heritage and specialty apples for farmers’ markets. Future endeavors include hard and fresh ciders, baking, drying, and decorative apple creations.

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**TLC Country Floral**

Sue Fase
Hooper, NE
402-654-2058
tlccountryfloral@yahoo.com
tlccountryfloral.blogspot.com

- No Synthetic Inputs
- On Farm Store, Online Ordering
Flowers, vegetables, herb plants, succulents, and rare, unusual plants. Freeze dried florals, vintage treasures, and garden art in our gift shop. Online ordering available.

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On average a worker honeybee produces \( \frac{1}{12} \) of a teaspoon of honey in her 5-week life span.

**LEARN MORE AT**

buylocalnebraska.org
Southeast Nebraska

**Businesses**

**Heartland Nuts**
Distributor, Retail Store, Local Food Processor
206 W 2nd St., Box 489
Valparaiso, NE
402-784-6887
heartlandnuts@gmail.com
heartland-nuts.com
HOURS: Wed 8:30 am–Noon
Heartland Nuts (formally Heartland Nuts ‘N More) purchases, processes, and markets only high-quality-cultivar, Midwest-grown black walnuts, pecans, and hazelnuts.

**Rich Harvest Vineyard and Winery**
Winery
3010 G Rd.
Syracuse, NE
402-878-0708
cathy@richharvestwine.com
richharvestwine.com
HOURS: Fri–Sat: 1–9 pm, Sun: Noon–5 pm
Rich Harvest Winery offers welcoming hospitality, delicious wines, and gorgeous views of the vineyard and surrounding countryside. Estate wines for tasting at your next getaway.

**Seward Farmers Market on the Square**
Courthouse Square
Seward, NE
402-641-4670
carol.bluevalley@gmail.com
facebook.com/sewardfarmersmarket
DATE & TIME: Wednesdays 5–7 pm, Saturdays 8 am–Noon (May 18–Oct 29)
• EB/T/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons
Seward Farmers Market is located in a lovely shaded area on the courthouse square in Seward’s downtown area. It makes shopping from a wide variety of vendors a great experience.

**Broken Arrow Farm**
Riley Reinke
Filley, NE
402-768-1145
brokenarrowfm@outlook.com
brokenarrowfm.com
• No Synthetic Inputs
• Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised
• Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
Broken Arrow Farm seeks to cultivate human and environmental health through regenerative farming.

**Food4Hope**
Terri Sue & Ron Mazza
Beatrice, NE
402-306-7561
food4hope@yahoo.com
food4hope.org
• No Synthetic Inputs
• Animal Welfare Approved, Non-GMO Feed, Soy Free Feed, Antibiotic Free, Hormone Free, Pasture Raised
• On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Home Delivery
Food4Hope is a non-profit, 501(c)(3) organization that is in the process of building a community teaching and commercial kitchen on our farm to provide the best whole food experience.

**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!

**Farms & Ranches**

**Al-Be Farm**
Beth Kernes Krause & Ralph Krause
Julian, NE
402-274-8836
al-befarm@windstream.net
facebook.com/albefarmNE
• Non-GMO Feed, Hormone Free, Pasture Raised
• Direct Sales—Call or Email, Wholesale, Home Delivery
Non-GMO grain-based feed and fresh pasture daily, in a chicken tractor. We do not free range our birds, due to the high level of predators in our area.

**Arnold Acres**
Larry & Mary Kay Arnold
Syracuse, NE
402-217-2930
larry@arnoldacresne.com
arnoldacresne.com
• On Farm Store, Direct Sales—Call or Email, Farmers’ Markets
We are a small vegetable and fruit farm that grows vegetables and fruits in a sustainable manner using regenerative soil building methods. We sell jams and jellies from our fruit.

**Goats are thought to be one of the first animals domesticated by humans—around 11,000 years ago!**
Egg color is dependent on breeds of chicken—some breeds lay brown eggs, others pure white. A few breeds lay dark brown, or pastel green, blue, and pink eggs.

Martin’s Hillside Orchard
Barbara & Alex Martin
Ceresco, NE
402-665-2140
nitbm8@dishmail.net
hillside-orchard.com
- On Farm Store, Direct Sales—Call or Email, U-Pick.
A great weekend getaway at a scenic, twenty acres of apple orchard, raspberry, and pumpkin patch. Fun for kids! Corn maze, corn box, hay rides, apple slush, lunches, and parties.

Paradise in Progress Farm
Jim & Ellen Shank
Nebraska City, NE
402-874-9540
paradiseinprogressfarm@gmail.com
facebook.com/paradise-in-progress-farm-1403878523249930
- GAP Certified
- Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets
Growing a wide variety of fruits and veggies along with chicken eggs and value-added products. Get our delicious produce through our CSA, Farmers’ Markets, and on farm store!

Pekarek’s Produce
Ryan & Katie Pekarek
Dwight, NE
402-641-3305
pekareksproduce@hotmail.com
pekareksproduce.com
- CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
Pekarek’s Produce is a family-run farming operation near Dwight, Nebraska. The farm produces good produce for our customers to enjoy with their family.

Raikes Beef Co.
Lindsey Raikes
Ashland, NE
402-944-2474
info@raikesbeef.co
raikesbeef.co
- Hormone Free, Grass-Fed Grain-Finished
- On Farm Store, Wholesale, Online Ordering
100% Nebraska raised American Wagyu beef directly from our 5th generation family farm. Storefront in downtown Ashland offering other locally sourced proteins and specialty foods.

Sicily Creek Jellies and Produce
Frederick & Lauri Baumann
Blue Springs, NE
402-645-8396
sicilycreekjelly@yahoo.com
- Farmers’ Markets
We personally produce all of our fresh fruits, veggies, jams, and jellies. Proud members and supporters of Home Grown by Heroes (farmer Veteran coalition).

West End Farm
Katie Jantzen
Plymouth, NE
402-239-9822
westendfarmne@gmail.com
westendfarmne.com
- Hormone Free
- CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering, In-Town Drop Sites
We’re a family farm west of Beatrice growing fresh vegetables, fruits, berries, and herbs without the use of synthetic insecticides. We also sell eggs, honey, jam, and baked goods.
7 WAYS TO GET LOCAL FOOD

CSA & SUBSCRIPTIONS

CSA stands for **Community Supported Agriculture**. Think of a CSA as a farm subscription. You pay for your share of the farm harvest upfront, directly to the farmer, and the farm provides you with veggies and other farm products weekly over a period of time. Your farm share is usually packed in a box and picked up or delivered.

Want to join? Look for “CSA” in this guide, or visit: [BUYLOCALNEBRASKA.ORG/METHODS-SALE/CSA](http://BUYLOCALNEBRASKA.ORG/METHODS-SALE/CSA)

GROCERY & RETAIL STORE

Look for signage in grocery stores that calls out the product as “local”—often grocers will highlight the producer to distinguish the product. Retail and specialty shops also stock local products.

ON-FARM STORE & U-PICK

Heading to the farm is a great way to see how the produce and livestock products you love to eat are raised. Popular u-pick options are **apples**, **pumpkins**, and **berries**, but u-pick **cut-flower options** are gaining popularity!
Online Meat Sales—Get Local Meat Shipped Directly to Your Doorstep!
Some producers offer shipping of their frozen pork, beef, and lamb. Typically, customers can order a minimum amount of meat, either individual cuts, or bundled products, and get them shipped frozen to their doorstep!

It’s a great way to purchase smaller amounts of high-quality, locally-raised meat (rather than a whole or half animal) for your family. Bundles of local meat also make tasty, shippable gifts.

Farm to School
Farm to School is growing in Nebraska. More schools are purchasing local products for their cafeterias and getting kids into the garden!
Learn how you can get local into your school here: GO.UNL.EDU/FARMTOSCHOOL

Farmers’ Markets
Buy directly from the farmer at one of Nebraska’s 90+ farmers’ markets. Markets typically run May to October but look for special holiday and winter markets!
Locate your nearest market here: GOTOGROW.ORG

Restaurants
The best restaurants in Nebraska are choosing fresh, local ingredients for their menus. The next time you visit, thank them for supporting our farmers!

Local Online!
Online ordering increased A LOT in the past few years. Some farms have online stores or order forms. Delivery, shipping, and local pickup options abound! Look for “Online Ordering” in this guide for businesses that offer online sales!

Food Hubs & Local Food Distributors
These businesses aggregate local products, streamline sales and transport, and get local food to grocery stores, schools, hospitals, and consumers. No More Empty Pots, Lone Tree Foods, and Nebraska Food Cooperative are just a few examples of such businesses.

Learn how you can get local into your school here: GO.UNL.EDU/FARMTOSCHOOL

Learn more at buylocalnebraska.org
BUSINESSES

70 Hub Café
Restaurant, Caterer, Event Space
250 N 21st St.
Lincoln, NE
402-474-2453
trailcentrevents@gmail.com
hubcafe.lincoln.com
HOURS: Tues–Sun: 7:30 am–2:30 pm, Mon: Closed

71 Leon’s Gourmet Grocer
Grocery Store
2200 Winthrop Rd.
Lincoln, NE
402-488-2307
chad@leonsgourmetgrocer.com
leonsgourmetgrocer.com
HOURS: Sun: 9 am–6:30 pm, Mon–Sat: 8 am–9 pm
At Leon’s you can find local cheese, produce, jams, chicken, eggs, and milk that were raised in Nebraska, along with an incredible meat department. Food is our passion!

72 Lincoln Mediterranean Market
Grocery Store, Retail Store
1618 O St.
Lincoln, NE
531-500-2164
buffalo_lincoln@yahoo.com
facebook.com/lincolnmedmarket
HOURS: Mon–Sun: 9 am–9 pm
Lincoln Mediterranean Market is a family owned, family operated grocery store located in downtown Lincoln. It focuses on Mediterranean products, local produce, and household essentials.

73 Lone Tree Foods
Distributor
220 P St.
Lincoln, NE
402-413-0079
info@lonetreefoods.com
lonetreefoods.com
We are Nebraska’s local foods distributor. We connect farmers and producers to wholesale buyers and build sustainable, win-win relationships in the food supply chain.

74 Milkweed Kitchen
Caterer, Bakery, Pop-Up Café
6220 Havelock Ave.
Lincoln, NE
402-730-4372
milkweedyoga@gmail.com
Milkweed Kitchen provides vegetarian and vegan catering services and pop-up events using indigenous, native, organic, non-GMO, and local ingredients. Located in historic Havelock.

75 Mystic Rhoads Productions Inc.
Local Food Processor, Non-profit
Lincoln, NE
402-617-5214
info@mysticrhoads.org
mysticrhoads.org
Mystic Rhoads Productions is a 501(c)(3) nonprofit charitable organization whose mission is to use the power of our products to build momentum for positive community change.

76 Nebraska Food Coop
Distributor, Food Cooperative
Centennial Mall N
Lincoln, NE
800-993-2379
gm.nebraskafood@gmail.com
nebraskafood.org
Shop Nebraska’s Online Farmers’ Market 24/7 during one of our scheduled cycles. As an online farmers’ market, we support local food sales and distribution across much of Nebraska, allowing producers to stay on the farm and focus on growing food the right way.

77 Nebraska Sustainable Agriculture Society
Agricultural Member Organization, Non-Profit
Lincoln, NE
402-235-6743
info@sustainablenebraska.org
sustainablenebraska.org
Nebraska Sustainable Agriculture Society is a non-profit, grass-roots membership organization started over 50 years ago by local farmers. We welcome farmers and non-farmers alike.

78 Open Harvest Co-op Grocery
Co-op Grocery
1618 South St.
Lincoln, NE
402-475-9069
harvest@openharvest.coop
openharvest.coop
HOURS: Sun–Sat: 8 am–9 pm
Open Harvest Co-op Grocery is a cooperatively owned grocery store that’s provided Lincoln with fresh, local, and organic food for 45+ years.

FARMERS’ MARKETS

61 Bennet Farmers’ Market
Village Park (Elm & Harrison Streets)
Bennet, NE
402-326-6845
kramerlarry@outlook.net
bennetfarmersmarket.com
DATE & TIME: Wednesdays 4–6 pm (May 4–Sept 14)
• NE Senior Farmers Market Coupons
The market operates in the shaded Village Park to promote direct sale of Nebraska produced products directly to the consumer.

62 East Campus Discovery Days and Farmers Markets
310 Ag Hall (East Campus Mall)
Lincoln, NE
402-472-7080
jbrophy3@unl.edu
discoverydays.unl.edu
DATE & TIME: Saturdays 10 am–2 pm, (June 11, July 9, and August 13)
The East Campus Discovery Days and Farmers Market at the University of Nebraska–Lincoln is a fun, family-friendly event for all ages with vendors, food trucks, live music, and more.

63 Historic Haymarket Farmers’ Market
7th & P St. (Historic Haymarket District)
Lincoln, NE
402-435-7496
jeff@lincolnhaymarket.org
lincolnhaymarket.org/events/farmers-market
DATE & TIME: Saturdays 8 am–Noon (May 7–Oct 15)
• NE Senior Farmers Market Coupons
The Haymarket lives up to its name each Saturday morning as farm fresh produce, flowers, baked goods, and handmade items from over 100 vendors are sold on the streets and sidewalks.
Bees carry pollen on their hind legs in what is called a pollen basket. Pollen is a source of protein for the hive and is needed to help baby bees grow.

**Sunday Farmers’ Market at College View**
4801 Prescott Ave. (48th & Prescott)
Lincoln, NE
402-217-9215
sundayfarmersmarket.manager@gmail.com
sundayfarmersmarket.org

**DATE & TIME:** Sundays 10 am–2 pm (April 24–Oct 30)
Holiday Markets in Nov & Dec
• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC
For people who love food! We are a producer-only market. Everything is guaranteed to be grown or processed by our members. We have more than 40 vendors! Open rain or shine.

**Thursday Farmers Market**
600 Fallbrook Blvd. (Fallbrook Square Greenspace)
Lincoln, NE
308-216-0411
fallbrookfm.manager@gmail.com
facebook.com/fallbrookfarmersmarket

**DATE & TIME:** Thursdays 4–7 pm (Every other week June 9–Oct 6)
• EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Markets, Wholesale
Let our market be your first stop for seasonal produce, farm-raised meats, crafts, and more. Family friendly activities are scheduled each week. Come for the food, stay for the fun!

**FARMS & RANCHES**

**Bright Hope Family Farm**
Lainey & Andy Johnson
Firth, NE
402-450-9715
brighthopefamilyfarm@gmail.com
brighthopefamilyfarm.com

- No Synthetic Inputs
- On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, U-Pick, Wholesale, Online Ordering
We strive to provide cut flowers and produce grown with ecological integrity using no till farming practices. This translates to a high quality product for you to enjoy!

**Emerald Acres**
Sandy Roush
Lincoln, NE
402-480-8197
sroush@ilc.net
facebook.com/emeraldacresfarm
- Animal Welfare Approved, Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised
- Direct Sales—Call or Email, Farmers’ Markets, Wholesale
Emerald Acres is set on twenty acres just west of Lincoln in Emerald, Nebraska. Our goal is to produce the finest naturally-grown vegetables, as well as other plants for the community.

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

- Certified Biodynamic, Certified Organic
- Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed.
- CSA, Direct Sales—Call or Email, U-Pick, Wholesale
Common Good Farm is in season 26 of growing good food (and plants) through good farming. A Certified Organic and Biodynamic Mom and Pop farm: eggs, plants, produce, pork, and beef.

**Green School Farms**
Gary Fehr
Lincoln, NE
402-570-4382
fehrgary@gmail.com
greenschoolfarms.com
- No Synthetic Inputs
- Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering, Home Delivery, In-Town Drop Sites
We are a sustainable vegetable farm near Lincoln. We’re committed to the health of ourselves, our communities, and our earth through conscious use of healthy growing practices.

**Community Crops—Prairie Pines Incubator Farm, Air Park Farm**
Amy Gerdes & Megan McGuffey
Lincoln, NE
402-474-9802
amy@communitycrops.org
communitycrops.org

- CSA, Direct Sales—Call or Email, Farmers’ Markets, Wholesale
We are a non-profit with two farms and one urban agriculture site. Eight farmers of diverse backgrounds farm at these sites. We are not certified organic but follow organic practices.

**DS Family Farm**
Doug & Sheila Garrison
Malcolm, NE
402-796-2208
doug@dsfamilyfarm.com
dsfamilyfarm.com

- Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed,
- Direct Sales—Call or Email
Healthy soils and healthy prairies, result in healthy animals for you, your family, and our community. Beef and chicken from our farm will result in a flavor unique to our pastures.

**Hunter’s Honey**
Michelle & Doug Hunter
Hickman, NE
402-792-2345
mmhunter0203@gmail.com
purenebraskahoney.com
- On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Online Ordering
Hunter’s Honey is a family owned and operated farm in Hickman, Nebraska. Our family has been working with bees since 2007. Our honey is produced locally from southeast Nebraska.
Off the Grid! Reed’s Green Growers LLC
Dakota Dzerk & Rosemary Reed
Lincoln, NE
402-617-2837
dakota@reedsgreengrowers.com
reedsgreengrowers.com
- Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Cage Free
- Direct Sales—Call or Email, U-Pick

We are a family owned 4th generation farm. We sell free range chicken eggs, seasonal vegetables, nursery trees, and have U-pick aronia berries. This farm is licensed to grow hemp.

Picnic Hill Orchard
Jason & Sara Steele
Lincoln, NE
402-417-0734
info@picnichillorchard.com
picnichillorchard.com
- On Farm Store, Direct Sales—Call or Email, U-Pick, Wholesale

U-pick orchard serving the Lincoln community. We offer over 20 varieties of apples, blackberries, cherries, and asian pears.

Robinette Farms
Chloe Diegel & Alex McKiernan
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com
- Certified Organic, No Synthetic Inputs
- CSA, Wholesale, Online Ordering, Home Delivery, In-Town Drop Sites

Working with local farmers to supply consumers with food year-round through our Local Food Subscription Program. Our farm grows certified organic microgreens and salad greens.

ShadowBrook Farm & Dutch Girl Creamery
Charuth & Kevin Loth & Ian Richmond
Lincoln, NE
402-413-9764
info@shadowbrk.com
shadowbrk.com
- No Synthetic Inputs
- Non-GMO Feed, Antibiotic Free, Hormone Free, Outdoor Access
- CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering, In-Town Drop Sites

We run a 34 acre diversified farming operation on the southwest edge of Lincoln, three miles from city limits. We have seasonal produce, award winning goat cheeses, and cow cheese.

Sleepy Bees Lavender Farm
Jerry & Holly McCabe
Firth, NE
402-730-2508
sleepybeeslavenderfarm@gmail.com
sleepybeeslavenderfarm.com
- No Synthetic Inputs
- On Farm Store, Farmers’ Markets, Wholesale, Online Ordering

We grow six varieties of lavender. We do everything by hand—plant, weed, and harvest. We handmake all our products in small batches. We also have lavender honey in late summer.

SR Pumpkin and Flower Farm
Sara Rippe
Lincoln, NE
402-321-9976
sarpfarm@gmail.com
srpumpkins.com
- On Farm Store, U-Pick, Wholesale, Online Ordering, Home Delivery

Our customers love picking their own bouquets in our two acre flower field that is bursting with butterflies! Come fall, we have over 70 varieties of pumpkins and squash at our farm!

Twin Springs Pecans
Sarah Ferdico & Charlie Willnerd
Bennet, NE
402-525-8071
willnerdfarms@yahoo.com
twinspringspecans.com
- On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering, Home Delivery

We grow fresh, northern pecans, which have a buttery taste and contain heart-healthy oils to promote sustainable eating. We process only pecans from our family operated facility.

West Van Dorn Farm & Ranch
Troy Kash-Brown
Lincoln, NE
402-202-5686
kash-brown@outlook.com
- No Synthetic Inputs
- Direct Sales—Call or Email
We are dedicated to building healthy soil life for healthy food. Looking for producers to partner on a cooperative, educational site involving multi-species grazing, perennial plantings, and honeybees. Have space and experience to share.

Yankee Hill Landscape Co.
Tammy & Todd Magee
Lincoln, NE
402-416-2611
info@yankeehilllandscaping.com
yankeehilllandscape.com
- On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Home Delivery

Our farm is located on the southeast edge of Lincoln. We love growing produce, flowers, pumpkins, trees, and more. Stop on by for a visit. We’d love to show you around.
There is a special relationship between the Yazidi peoples and food," says Shahab Bashar—a farmer and Community Crops Yazidi Cultural Liaison. The Yazidi, a religious, minority, ethnic group make up an estimated 3,000 people in Lincoln, Nebraska. This refugee community immigrated to the United States over a period of time between 1991 and 2017, and many were drawn to the Midwest because of their rural, agrarian roots.

Community Crops, a non-profit organization focused on gardening, farming, and food access, operates two farms at Prairie Pines and in Air Park in Lincoln, where 5 Yazidi farmers produce food as part of the Yazidi Farmer Outreach and Education Project. Here, they grow many crops that hold significant cultural importance, including eggplant, okra, garden cress, cutting celery, parsley, daikon radish, tomato, Jerusalem artichoke, cowpea, and pickling pepper. This project began in 2019, and since then, they have made major steps in rebuilding their cultural foodshed.

Farmers in the program have grown their businesses with vigor in the last three years. Since 2019, they have not only risen to the challenge of adapting to production in a different climate and soil type but have provided their community with food.

This group sells mainly to the Arabic and Yazidi markets in Lincoln, like Lincoln's Mediterranean Market. You can also find their produce at the Sunday Farmers' Market, Open Harvest Food Co-op, Lone Tree Foods, a handful of local restaurants, and the Union Bank and Trust Veggie Van Mobile Market. Additionally, several of these farmers sell directly to friends, family, and individuals in their community who visit Prairie Pines to buy produce and commune with the land.

These farmers have impacted their community by providing healthy and culturally important food to individuals and families.

By selling to local small businesses, they have strengthened both our local economy and local foodshed. By providing familiar foods to their community and opportunities to visit their farm, they have facilitated both physical and mental health, and helped to ease the shock of resettlement that refugee communities face due to displacement and trauma. We at Community Crops are very proud of and inspired by the Yazidi farmers in our program! To support their farms, you can visit them every week at the Sunday Farmers' Market this year or purchase a CSA share.
DID YOU KNOW?

IN TIMES OF EXTREME DROUGHT WATERMELONS HAVE BEEN USED BY HUMANS AND ANIMALS AS A SOURCE OF UNCONTAMINATED WATER.

The melons we grow and eat in Nebraska are members of the Cucurbitaceae family—along with gourds, winter squash, and cucumbers. Watermelons (Citrullus Lanatus) and Muskmelons (Cucumis Melo) are the most common melons in Nebraska.

Watermelons are large, heat-loving fruits originating from central Africa.

What many Nebraskans call Cantaloupes are Muskmelons—vining plants, with fruits that have a “netted” appearance and slip off their stems when ripe. These plants originate from Africa and areas around Iran, Southern Russia, and parts of Southeast Asia.

Brain BUILDERS

LOCAL FOODS Word Match

Fennel
Orpington
Propolis
Green Zebra
Forage

A mixture produced by the bees from tree resins and other botanical sources. It is used to close all unwanted narrow gaps, cracks, or holes of the enclosure/hive to prevent diseases and parasites from entering the hive and to inhibit fungal and bacterial growth.

Plants or parts of plants eaten by grazing livestock. Can be growing/live or cut and dried.

A tomato variety that is chartreuse, with darker, verdant stripes. Favorite among home gardeners and chefs.

Highly aromatic and flavorful plant with an Anise-like flavor. Root, stem, leaf, and seed are delicious and have been eaten for thousands of years. Swallowtail butterfly caterpillars also love to eat this plant!

A breed of chicken. Popular because of its sweet disposition and prolific egg laying—around 200 eggs per year! Comes in many colors.
WHAT DO You Think?
WHAT JUST TASTES BETTER WHEN PURCHASED LOCALLY?

WHAT NEBRASKA-GROWN PRODUCT DESERVES ITS OWN YEARLY FESTIVAL?

WHAT IS YOUR FAVORITE SEASON FOR EATING LOCAL AND WHY?

Everyday Tomato Sauce

This sauce can be made with fresh, frozen, or canned tomatoes. It’s a starting point, so add more of whatever you love—garlic, herbs, black pepper, hot peppers—or add a dash of dairy (cream, milk, or sour cream) for a creamy treat.

1. Sauté 1 c chopped onion and 2 cloves garlic in 2 Tbsp butter or oil until fragrant and translucent.

2. Add ½ c finely chopped carrots to the onions and garlic. Sauté until carrots have softened.

3. Chop a couple handfuls, around 4 c tomatoes—however many you have!

4. Add chopped tomatoes to onion and carrot mixture.

5. Add 1 Tbsp of sugar or honey, a pinch of hot pepper powder/flakes, salt & pepper to taste, and a hearty pinch of dried or fresh parsley, oregano, basil, or thyme.

6. Simmer for however long you’ve got—20 minutes or 4 hours!

7. If you like a smooth sauce, transfer to a blender (or use an immersion blender). Blend to your preference!

Serve with pasta, gnocchi, crusty bread, or meat.
Omaha Area

BUSINESSES

No More Empty Pots
Food Hub, Caterer, Distributor, Local Food Processor
8511 N 30th St.
Omaha, NE
402-933-3588
info@nmepomaha.org
nmepomaha.org
HOURS: Mon–Fri: 9 am–5 pm, Sat–Sun: Closed
NMEP connects individuals and groups to improve self-sufficiency, regional food security, and economic resilience of urban and rural communities through advocacy and action.

FARMS & RANCHES

Barreras Family Farm
Mariel & Anthony Barreras
Blair, NE
402-906-9766
barrerasfamilyfarm@gmail.com
barrerasfamilyfarm.com
- Certified Naturally Grown
- Animal Welfare Approved, 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, U-Pick, Online Ordering, In-town drop sites

Benson Bounty
Michelle & Mark Brannen
Omaha, NE
402-214-7365
bensonbounty@gmail.com
bensonbounty.com
- No Synthetic Inputs
- Antibiotic Free, Hormone Free
- Direct Sales—Call or Email, Wholesale, Online Ordering, Home Delivery
Growing the freshest culinary and medicinal herbs at our farm in Benson! Creating tasty preserves, handcrafted body care products, and gift baskets with our homegrown ingredients.

FARMS & RANCHES

Big Muddy Urban Farm
Brent Lubbert
Omaha, NE
402-213-9646
director@bigmuddyurbanfarm.org
bigmuddyurbanfarm.org
- No Synthetic Inputs
- Antibiotic Free, Hormone Free, Pasture Raised
- CSA, Farmers’ Markets
Big Muddy Urban Farm is a nonprofit dedicated to making sustainable agriculture education accessible to all. We offer farm training programs, and grow fruits and vegetables.

FARMS & RANCHES

D&D Beef LLC
Michaela Mann
Herman, NE
402-237-1489
danddbeeff@gmail.com
danddbeeff.com
- Hormone Free, Pasture Raised, Rotational Grazing, Grass-Fed Grain-Finished
- Direct Sales—Call or Email, Farmers’ Markets, Online Ordering, In-Town Drop Sites
At D&D Beef we provide you with a wholesome product that is born, raised, and fed all in one location. Superior dry-aged beef shipped or delivered from our ranch to your plate.

FARMS & RANCHES

Fruit of Levine LLC
Jodi & Mike Levine
Omaha, NE
402-312-9560
mdl1356@gmail.com
fruitoflevine.com
- No Synthetic Inputs
- Antibiotic Free, Hormone Free, Pasture Raised
- Direct Sales—Call or Email
Producers of local honey, honey comb, bee pollen, hive products, free range duck eggs, and goose eggs (antibiotic free, hormone free). No synthetic inputs.

FARMS & RANCHES

GreenLeaf Farms
Joletta Hoesing & Tim Rogers
Omaha, NE
402-614-0404
info@greenleaffarms.biz
greenleaffarms.biz
- Certified Organic, No Synthetic Inputs
- CSA, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, In-Town Drop Sites
GreenLeaf Farms is a small, family owned/operated certified organic farm. We grow a large variety of vegetables and fruits, taking pride in offering the finest quality produce.

Omaha Farmers’ Markets

Omaha Farmers Market—Aksarben Village
Aksarben Village (67th St. & Mercy Rd.)
Omaha, NE
402-345-5401
kbeck@vgagroup.com
omahafarmersmarket.org
DATE & TIME: Sundays 9 am–1 pm (May 8–Oct 16)
- EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC

Omaha Farmers Market—Old Market
11th & Jackson St. (Old Market)
Omaha, NE
402-345-5401
kbeck@vgagroup.com
omahafarmersmarket.org
DATE & TIME: Saturdays 8 am–12:30 pm (May 7–Oct 1)
- EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, NE Senior Farmers Market Coupons, WIC

Village Pointe Farmers’ Market
168th & Dodge (Parking lot behind Old Navy)
Omaha, NE
402-505-9773
vpfmanager@gmail.com
facebook.com/villagepointefarmersmarket
DATE & TIME: Saturdays 8:30 am–12:30 pm (May 7–Oct 15)
- 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.

FARMS & RANCHES

GreenLeaf Farms
Jodi & Mike Levine
Omaha, NE
402-312-9560
mdl1356@gmail.com
fruitoflevine.com
- No Synthetic Inputs
- Antibiotic Free, Hormone Free, Pasture Raised
- Direct Sales—Call or Email, Farmers’ Markets, Wholesale, In-Town Drop Sites
Producers of local honey, honey comb, bee pollen, hive products, free range duck eggs, and goose eggs (antibiotic free, hormone free). No synthetic inputs.

FARMS & RANCHES

GreenLeaf Farms
Joletta Hoesing & Tim Rogers
Omaha, NE
402-614-0404
info@greenleaffarms.biz
greenleaffarms.biz
- Certified Organic, No Synthetic Inputs
- CSA, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, In-Town Drop Sites
GreenLeaf Farms is a small, family owned/operated certified organic farm. We grow a large variety of vegetables and fruits, taking pride in offering the finest quality produce.
If you’ve ever bought a tomato or herb plant from a local farmer, those plants were started from seed in late winter. Growers use cold frames, heated greenhouses, or hoop houses to germinate seed in time for us to plant them in our gardens by May.

**Little Mountain Ranch and Garden LLC**
Billy Alward & Rebecca Moshman
Fort Calhoun, NE
765-585-2723
littlemountain.ri@gmail.com
littlemountainrg.com
- No Synthetic Inputs
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- CSA, Direct Sales—Call or Email, Farmers’ Markets, Online Ordering, Home Delivery
Forest and pasture raised pork, grass-fed/grass-finished beef, pastured poultry, small market garden, log-grown mushrooms, and more!

**Stream Meadow Farms**
Carol Olson
Papillion, NE
402-681-9044
streammeadowfarms@gmail.com
streammeadowfarms.com
- Certified Organic
- Direct Sales—Call or Email, Wholesale
Stream Meadow Farms combines healthy soil, sunlight, water, and air flow to produce USDA certified organic tomatoes boasting flavor, texture, and color.

**Turco Farms**
Lara & Jim Turco
Springfield, NE
402-290-6775
turcofarm20@gmail.com
facebook.com/turcofarms
- Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- Direct Sales—Call or Email, Online Ordering, Home Delivery
Welcome to Turco Farms. We are located in Springfield, Nebraska, just south of Omaha. At Turco Farms, we grow pastured poultry on our prairie grass piece of paradise.

**Wenninghoff Farm**
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Omaha, NE
402-571-2057
wenninghofffarm@hotmail.com
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GrafBees@yahoo.com

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**EASY, LOCAL EATS**

**Perfect for Kids**

ADAM RHOADS, MYSTIC RHOADS PRODUCTIONS, LINCOLN, NEBRASKA

Cooking is the best. And the worst, right? It’s a joy to cook a big, homemade meal filled with local ingredients and shared with friends and family. But we all know the real deal—it’s a drag to make multiple meals a day for your family on top of the rest of life’s demands. Forget about trying to keep it local AND healthy. Have fun making dinner when the kid that is supposed to be doing homework is trying to do headstands on the kitchen counter, while the other kid standing directly next to you hasn’t stopped talking for 5 minutes.

On nights like this, it’s nice to have a go-to meal to fall back on that’s quick, healthy, local, and fun. My daughter Emory loves all things pasta, and spaghetti pie is neck and neck with lasagna for her favorite meal. With a little prep, this meal is easy to make, highlights ingredients you can pick up at your local farmers’ market, sneaks in healthy vegetables, and the kids will have fun eating their “pie.” They might even help cook if you can stand a little gymnastics and story time.

### INGREDIENTS

- 8 oz whole wheat spaghetti
- 2 large eggs,* beaten
- ½ c grated Parmesan cheese
- ½ tsp Italian seasoning
- 1 lb ground beef*
- 12 oz carrots* (about 2 c)
- 1 jar (24 oz) marinara sauce
- 2 Tbsp Dirt Nap Dip Original Blend hot sauce
- 1 c ricotta cheese
- 1 c shredded mozzarella
- Salt and pepper

*GET IT LOCAL! The eggs, herbs, ground beef, and carrots in this recipe are ingredients that are readily found at a Nebraska Farmers’ Market or purchased directly from a local farmer or rancher.

### DIRECTIONS

1. Preheat oven to 350° and grease an 8” springform pan with cooking spray.
2. In a large skillet cook ground beef. Season with salt and pepper. Pour in marinara sauce and hot sauce. Heat until warmed through—about 5 minutes.
3. Steam or boil carrots until soft. Mash or puree until smooth. Stir into sauce.
4. In a large pot of boiling salted water, cook spaghetti for 3 minutes less than the package calls for. Drain. Rinse spaghetti with cold water and drain again.
5. In a large bowl, toss spaghetti with beaten eggs, ¼ c Parmesan, and Italian seasoning. Transfer to the prepared springform pan to form “crust.”
6. Spread ricotta cheese over the spaghetti crust then pour in meat sauce. Top with mozzarella and remaining ¼ c Parmesan.
7. Bake until spaghetti is set, and cheese is melty, about 30-40 minutes. Let cool for at least 10 minutes before removing from the pan.

**HOT TIP!**

This recipe “sneaks” in mashed carrots to pump up the nutrition. Finely dicing, mashing, pureeing, and shredding are all great strategies to “sneak” more veggies into ANY meal!

Adam is a local food producer, home cook, and BFBL member. He manages Lincoln-based charitable organization Mystic Rhoads Productions (MRP). MRP creates handcrafted, made-in-Lincoln hot sauces and seasonings that help support the organization’s community programs. At home, Adam enjoys cooking local for his family and passing on the ‘Buy Fresh Buy Local’ tradition to his children.

Learn more about MRP at MYSTICRHOADS.ORG
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.

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