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

BEEKEEPING AND HONEY
Local beekeepers share all about our favorite pollinators! PG.15

BUY FRESH
BUY LOCAL
Nebraska
buylocalnebraska.org
NEIGHBORHOOD
Grocery + Deli

Supporting our local farmers & producers since 1975.

OPEN DAILY: 8 AM-9 PM
1618 South Street, Lincoln, NE, 68502
Email: harvest@openharvest.coop
Phone: 402-475-8069

@OpenHarvest
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.

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**GET IN THE GUIDE!**

Do you grow food to sell to local markets? 
Do you buy local foods for your business? 
Do you manage a farmers’ market?

Join our community! As a Buy Fresh Buy Local® Nebraska member, you join a growing network dedicated to transforming communities through food. For more information on membership, please visit [BUYLOCALNEBRASKA.ORG/GET-INVOLVED](http://buylocalnebraska.org/get-involved)

[LEARN MORE AT buylocalnebraska.org](http://buylocalnebraska.org)
One of the things I enjoy most about being program coordinator for Buy Fresh Buy Local Nebraska is the fact that I’m always learning. With over 90 farmers’ markets across the state, hundreds of direct-market farms, and many, many businesses that stock, serve, and promote local agricultural products, a person could spend a lifetime delving into Local Food in Nebraska.

When you start exploring local food, you’ll learn about and encounter tasty, delicious home-grown goodies. More than that, you’ll not meet nicer folks than the producers and businesses listed in this guide. They are passionate about raising high-quality, safe food, and sharing it with their community.

I hear again and again from shoppers how important it is to them to know where their food comes from. I also hear from producers how significant it is for them to see and know the people they are growing food for.

Much of our food system has become anonymous and opaque, buyers don’t know farmers, and farmers don’t know buyers. Buying directly from the producer and supporting local breaks down the cycle of anonymity and apathy; and in its place, creates meaningful relationships.

This year I encourage you to relish good, local food, share it with others, and celebrate the bridges that are built around the dinner table.

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

Elote, meaning corn in Spanish, is also the name of a popular Mexican street food staple—sweet corn on the cob, coated in mayonnaise, rolled in Cotija cheese, and sprinkled with chili powder. Try this salad version to experience the delicious flavor combinations.

**Why should I eat this?**

Sweet corn is a good source of fiber, which helps provide a feeling of fullness and aids in digestion. It also contains potassium, which helps regulate fluid balance and muscle contractions.

**Elote Salad**

From the kitchen of Nebraska Extension’s Nutrition Education Program

**Yield:** 8 servings

**Ingredients:**
- 1 Tbsp vegetable oil
- 4 ears of corn, scrubbed with clean vegetable brush under running water, cut from the cob*
- 1 jalapeno, gently rubbed under cold running water, seeds removed, diced
- ¼ c onion, scrubbed with clean vegetable brush under running water, diced
- ¼ c fresh cilantro, gently rubbed under running water, diced
- ¼ c non-fat sour cream
- ¼ c Cotija cheese, crumbled
- 1 Tbsp lime juice
- ½ tsp chili powder**

*Three cups of canned or frozen corn can be used instead of fresh corn.
**For a spicier salad, ancho chili powder, chipotle powder, or cayenne pepper can be used.

**Directions:**

1. Wash hands with soap and water.
2. In a large skillet, heat oil over high heat. Add corn, and cook while occasionally stirring for 5 minutes, or until slightly charred. Transfer to a large bowl, and let cool.
3. Add the remaining ingredients to the corn, and stir until combined.
4. Cover and refrigerate until ready to serve.
5. Store leftovers in a sealed container in the refrigerator for up to four days.
SEASONS OF NEBRASKA

SPRING
- spinach
- white turnip
- pea shoots
- enoki egg radish
- lettuce
- maitake mushrooms
- strawberries
- sweet peas
- Wild onions
- asparagus
- tulips

SUMMER
- cucumber
- sweet peppers
- husk tomato
- cherry tomato
- plum tomato
- muskmelon
- okra
- nectarine
- raspberries
- corn
- napa cabbage

FALL
- kale
- green beans
- apples
- pears
- winter squash
- carrots
- broccoli

WINTER
- sweet potatoes
- parsnip
- butternut squash
- purple daikon
- locally baked bread
- yellow onions
- oyster mushrooms

Order a print of this beautiful illustration at BUYLOCALNEBRASKA.ORG
Find local foods & farms near you!

Western Nebraska
1 Meadowlark Hearth Organic Seed, Scottsbluff
2 Heritage Local Co.—McCook, McCook
3 Heritage Local Co.—North Platte, North Platte
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5 Farm Girl Fresh Market, Mitchell
6 Megan’s Market, Gering
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Omaha Area

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102 Fruit of Levine LLC, Omaha
103 Green Leaf Farms, Omaha
104 Little Mountain Ranch and Garden LLC, Ft Calhoun
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/bfbl-glossary
LOCAL PRODUCTS LEGEND

Find out who’s growing what!

These icons appear under the directory listing of each member and lets you know what the member grows or raises.

- Fruits
- Vegetables
- Herbs
- Grains & Dried Beans
- Dairy
- Eggs
- Honey
- Value-Added Products
- Flowers, Seeds, Trees & Transplants
- Beef
- Bison
- Lamb
- Pork
- Chicken
- Turkey
- Mushrooms
- Nuts

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.

Searching for a specific ingredient? LIKE LOCAL ASPARAGUS OR LOCAL HONEY?

Search by specific product in our easy-to-use online food guide at **buylocalnebraska.org**

Find out more about these local food programs, and find YOUR farmers’ market at **buylocalnebraska.org/go-to-grow**

LEARN MORE AT buylocalnebraska.org
**BUSINESSES**

1. **Meadowlark Hearth Organic Seed**
   Seed Business & Farm
   120024 Everett Dr.
   Scottsbluff, NE
   308-632-3399
   meadowlarkhearth@gmail.com
   meadowlarkhearth.org
   HOURS: Order vegetable seeds grown in Nebraska online! Vegetable seed and more for sale online. Seed grown on our diverse farm and selected for growing in Nebraska. Find our veggies at Scottsbluff farmers' markets. Grass-fed beef available, too!

**FARMERS’ MARKETS**

2. **Heritage Local Co.—McCook**
   McCook, NE (Online)
   308-340-9872
   heritagelocalmccook@gmail.com
   heritage.local.co
   DATE & TIME: Order online Sunday–Tuesday, Pick-up Thursday. Location listed online. (Apr 2–Dec 19)
   Online market on an easy ordering platform with convenient weekly delivery methods. Link to small family producers and businesses with just a few clicks.
   Local made easy.

3. **Heritage Local Co.—North Platte**
   North Platte, NE (Online)
   308-340-9872
   heritagelocalnpl@gmail.com
   heritage.local.co
   DATE & TIME: Order online Sunday–Tuesday, Pick-up Thursday. Location listed online. (Apr 2–Dec 19)
   Online market on an easy ordering platform with convenient weekly delivery methods. Link to small family producers and businesses with just a few clicks.
   Local made easy.

4. **Winter Farmer’s Market**
   2930 Old Oregon Trail
   (Legacy of the Plains Museum)
   Gering, NE
   scottsbluffwinterfarmersmarket@gmail.com
   facebook.com/winterfarmersmarket
   DATE & TIME: Saturdays 10 am–1 pm (Nov–end of Mar)
   At the Winter Farmer’s Market we are proud to serve the Panhandle with fresh homegrown, homemade, handmade items. With 10 Vendors each market you will always find something new.

5. **Farm Girl Fresh Market**
   Colleen Johnson
   Mitchell, NE
   308-225-0128
   farmgirlfreshmarket@gmail.com
   facebook.com/farmgirlfreshnebraska
   • No Synthetic Inputs
   • Direct Sales—Call or Email, Farmers‘ Markets, In-Town Drop Sites
   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.

6. **Megan’s Market**
   Tracy Gifford
   Gering, NE
   308-631-4660
   mrmath1@hotmail.com
   facebook.com/megansmarket
   • 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.

7. **Painter Produce**
   Tracy & Dan Painter
   Henry, NE
   308-247-1003
   painter.produce@gmail.com
   painterproduce.wixsite.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!

**FARMS & RANCHES**

8. **Radishes come in a rainbow of colors and sizes! Purple daikons, hot pink french breakfast radishes, and spanish black radishes are just a few of hundreds of varieties—some used fresh, some for oil, and others for cover crops!**
Butternut Squash Mac ’N Cheese

Ingredients:
• 1 small OR ½ large butternut squash, scrubbed with clean vegetable brush under running water
• 1½ Tbsp olive oil, divided
• 1 tsp black pepper
• 1 tsp garlic powder
• 2 c uncooked whole wheat pasta (macaroni or rotini)
• ¼ c white onion, scrubbed with clean vegetable brush under running water, chopped
• ½ tsp salt*
• ½ tsp dried mustard*
• ½ tsp paprika*
• ⅓ c low-fat milk
• 1 c Cheddar cheese, shredded
• ⅓ c Mozzarella cheese, shredded
• Parmesan cheese*
• Green onion, gently rubbed under cold running water, chopped* *optional

Directions:
1. Wash hands with soap and water.
2. Preheat oven to 350 °F.
3. Cut squash in half, and remove skin and seeds.
4. Cut squash into small cubes, and place on sheet pan sprayed with non-stick cooking spray. If squash is too hard to cut, microwave 2 to 3 minutes before cutting it. Be careful—it could be hot! 5. Brush squash with 1 Tbsp olive oil and sprinkle evenly with pepper and garlic powder. Roast in the oven for about 25 minutes or until soft.
8. Place squash, onion, milk, and spices (dried mustard, paprika and salt) into a blender. Puree until smooth.
9. Pour puree over noodles and mix evenly.
10. Stir in shredded cheeses. Add milk to adjust consistency if desired. 11. May top with Parmesan or chopped green onions. 12. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Why should I eat this?
Winter squash is a good source of Vitamin A, which promotes eye health and cell growth. It also has potassium, which helps regulate muscle contractions, and fiber!

This recipe and more (videos, too!) using seasonal Nebraska produce can be found at FOOD.UNL.EDU/NEP

From the kitchen of Nebraska Extension’s Nutrition Education Program
Central Nebraska

**Businesses**

**Grain Place Foods, Inc.**
Local Food Processor
1904 N Hwy 14
Marquette, NE
402-854-3195
dvetter@grainplacefoods.com
grainplacefoods.com
HOURS: Mon–Fri: 8 am–4 pm (Closed Sat & Sun)
The Grain Place Farm is focusing on soil health and working with nature. We grow, source, process, and sell some of the finest organic ingredients in the midwest and beyond.

**GROW Nebraska**
Retail Store, Non-Profit Organization
421 W Talmadge St., Ste. #1
Kearney, NE
308-338-3520
info@grownebraska.org
buynebraska.com
HOURS: Call Mon–Fri: 8 am–5 pm,
(Online)
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: Call Mon–Fri: 8 am–5 pm, Sat: 9 am–Noon, other times available upon request
Roberts Seed processes and sells grain for Cover Crop/Farm seed, animal feed, and human consumption. We focus on non-GMO and organic grain and have been Certified Organic since 1991.

**Wildflour Grocer**
Grocery Store
112 S 4th St.
O’Neill, NE
402-336-8988
info@wildflourgrocer.com
wildflourgrocer.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**

**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 8–Aug 31)
$NE Senior Farmers Market Coupons
The Hastings Downtown Market is on Thursday evenings. Enjoy a quaint setting with multiple vendors, a featured food truck each week, and live music from 6:30–7:30 pm!

**Heritage Local Co.—Kearney**
Kearney, NE (Online)
308-340-9872
heritagelocalkearney@gmail.com
heritagelocal.co
DATE & TIME: Order online Sunday–Tuesday,
Pick-up Thursdays, Location listed online.
(Apr 2–Dec 19)
Online market on an easy ordering platform with convenient weekly delivery methods. Link to small family producers and businesses with just a few clicks.
Local made easy.

**Kearney Area Farmer’s Market**
4915 2nd Ave. (Hilltop Mall Parking Lot)
Kearney, NE
308-224-5441
kafmnebraska@gmail.com
facebook.com/kearneyareafarmersmarket
DATE & TIME: Order online Sunday–Tuesday,
Pick-up Thursdays. Location listed online.
(Apr 2–Dec 19)
$NE Senior Farmers Market Coupons
Since the ‘70s the market has been bringing a wide variety of local products to Kearney. With an upwards of 50 vendors during peak season, there is something for everyone.

**Sutton Farmers’ Market**
Sutton City Park Pavilion (Corner of N Saunders Ave. & E Ash St.)
Sutton, NE
402-773-0195
farmersmarketsutton@gmail.com
farmersmarketsutton.com
DATE & TIME: Saturdays 8 am–Noon
(July 8–Sept 30)
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**

**Freed Brothers Farms at Violets and More, LLC**
Jenny Enchayan
Holdrege, NE
308-991-3650
jenny.enchayan@gmail.com
freedbrothersfarms.com
$On Farm Store, Farmers’ Markets, Online Ordering
Shop our products on the driveway at Violets and More, LLC. Self service available. Look for the giant metal spiders!

**GI Acres**
Chad & Kathy Nabity
Grand Island, NE
308-379-3882
chadn1@grandislandacres.com
grandislandacres.com
$NE Senior Farmers Market Coupons
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
Erwing, 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.

**Little Town Gardens**
Candi & David Benge
Gibbon, NE
308-216-1192
littletowngardens@gmail.com
littletowngardens.com
$CSA, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Home Delivery, In-Town Drop Sites
We are learning organic and regeneration practices as we learn to grow. We love to grow new and interesting varieties and vegetables not usually available.
A grain is a small, hard, dry seed. Cereal grains like rye, wheat, and millet are from the grass family (Poaceae), while Pulse grains like chickpeas, dry beans, and lentils are from the bean family (Fabaceae).

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<tr>
<th>Nebraska Heritage Turkeys</th>
<th>Setting D Ranch LLC</th>
<th>The Hoagland Homestead</th>
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<tbody>
<tr>
<td>Leah Hipps</td>
<td>Clarissa &amp; Dan Feldman</td>
<td>Amy &amp; Adam Hoagland</td>
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<tr>
<td>Bradshaw, NE</td>
<td>Litchfield, NE</td>
<td>Inland, NE</td>
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<tr>
<td>402-380-0412</td>
<td>308-367-6326</td>
<td>402-469-5065</td>
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<td><a href="mailto:neturkey@gmail.com">neturkey@gmail.com</a></td>
<td><a href="mailto:settingdranch@hotmail.com">settingdranch@hotmail.com</a></td>
<td><a href="mailto:thehoaglandhomestead@gmail.com">thehoaglandhomestead@gmail.com</a></td>
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<td>nebraskaheritageturkey.com</td>
<td>settingdranch.com</td>
<td>facebook.com/thehoaglandhomestead</td>
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<td>§Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing §Direct Sales—Call or Email, Online Ordering, In-Town Drop Sites Nebraska Heritage Turkeys has been breeding, hatching, and raising pastured turkeys for Nebraska’s Thanksgiving dinner tables since 1999. Only the best—from our family to yours!</td>
<td>§Pasture Raised, Rotational Grazing, Grain Finished §Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering, Home Delivery, In-Town Drop Sites Setting D Ranch LLC is a 3rd generation ranch raising beef and pork. We offer it by the carcass or as frozen, pre-packaged cuts. Processed in a local USDA inspected facility.</td>
<td>§Direct Sales—Call or Email, Farmers’ Markets, U-Pick We are a three generation garden. We offer a diverse variety of vegetables, honey, jelly, cut flowers, and more! Find us at the Highland Park and Downtown Hastings markets!</td>
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<th>Nutt Family Country Market</th>
<th>Sky Chief Springs</th>
<th>Third Day Microgreens, LLC</th>
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<tr>
<td>Danelle &amp; Josh Nutt</td>
<td>Sara Brubacher</td>
<td>Sarah Martin</td>
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<tr>
<td>Ravenna, NE</td>
<td>Cambridge, NE</td>
<td>Grand Island, NE</td>
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<td>308-440-7833</td>
<td>402-853-4466</td>
<td>308-370-1201</td>
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<td><a href="mailto:jnd9608@gmail.com">jnd9608@gmail.com</a></td>
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<td>facebook.com/countrygrownmarket</td>
<td>facebook.com/skychiefsprings</td>
<td>thirddaymicrogreens.com</td>
</tr>
<tr>
<td>§Direct Sales—Call or Email, Wholesale, Home Delivery, In-Town Drop Sites We are a family owned and ran business that offers a wide variety of jams, jellies, syrups, elderberry supplements, hand scrubs, fresh eggs, and seasonal customized produce baskets!</td>
<td>§No Synthetic Inputs §Direct Sales—Call or Email, Farmers’ Markets Clinical Herbalist and grower, I offer produce and herbs grown with regenerative farming practices, and make herbal products using all natural ingredients.</td>
<td>§No Synthetic Inputs §Direct Sales—Call or Email, Wholesale, Online Ordering, Home Delivery We grow nutrition packed microgreens. Our subscription service delivers to Grand Island, Phillips, and Aurora. You can also buy them at Hy-Vee and Natural Food Products in Grand Island.</td>
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<th>Prairie Pride Acres</th>
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<tr>
<td>Daniel Hromas</td>
<td>Karen &amp; Marty Bredthauer</td>
<td>Jessica Swanson</td>
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<tr>
<td>Grand Island, NE</td>
<td>Broken Bow, NE</td>
<td>Alma, NE</td>
</tr>
<tr>
<td>402-217-2797</td>
<td>308-870-4045</td>
<td>308-920-1275</td>
</tr>
<tr>
<td><a href="mailto:prairieprideacres@gmail.com">prairieprideacres@gmail.com</a></td>
<td><a href="mailto:mail@straightarrowbison.com">mail@straightarrowbison.com</a></td>
<td><a href="mailto:jessica@walnutrangefarms.com">jessica@walnutrangefarms.com</a></td>
</tr>
<tr>
<td>facebook.com/prairieprideacres</td>
<td>straightarrowbison.com</td>
<td>walnutrangefarms.com</td>
</tr>
<tr>
<td>§No Synthetic Inputs §Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing §On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering We raise 100% grass-fed bison south of Broken Bow and sell the meat from our Log Cabin Mobile Store. We make monthly trips to Grand Island, Kearney, North Platte, and McCook.</td>
<td>§Animal Welfare Approved, 100% Grass-Fed §On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering We raise 100% grass-fed bison south of Broken Bow and sell the meat from our Log Cabin Mobile Store. We make monthly trips to Grand Island, Kearney, North Platte, and McCook.</td>
<td>§Antibiotic Free, Hormone Free, Rotational Grazing, 100% Grass-Fed §Direct Sales—Call or Email, Farmers’ Markets, Online Ordering Our beef is grass-fed and finished. Tender, flavorful, and nutritious! We hope you enjoy Nebraska’s grass-finished beef!</td>
</tr>
</tbody>
</table>
Northeast Nebraska

BUSINESSES

Graf Bees—The Buzz
Retail Store (Honey & Bee-related), Local Food Processor
110 N Main St., PO Box 233
Emerson, NE
308-962-4376
grafbees@yahoo.com
facebook.com/graft-bees-the-BUZZ-25967671356450
HOURS: Mon, Wed & Sat: 9 am–Noon, Tues: 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.

FARMS & RANCHES

Ar-Dot Farmstead Foods

Ruth & Sid Ready
Scribner, NE
402-380-0214
readyhome765@gmail.com
facebook.com/ar-dot-farmstead-foods-104763081630073
★Pasture Raised, Outdoor Access, Cage Free, Rotational Grazing, 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

Cody Hellbusch
Columbus, NE
402-276-3438
countrylanegarden@gmail.com
countrylanegardens.org
★Non-GMO Feed, Pasture Raised
★On Farm Store, Direct Sales—Call or Email
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!

Daniels Produce

Tannie Daniels & Kelly Jackson
Columbus, NE
402-897-4253
kelly@danielsproduce.com
danielsproduce.com
★CSA, Farmers’ Markets, Wholesale, Online Ordering
Daniels Produce is owned and operated by Andy and Tannie Daniels, son Jason Daniels, and daughter Kelly Daniels/Jackson. We strive to give our customers the best produce possible.

Fat Head Honey Farms

Kathy Suchan
Clarkson, NE
402-910-7028
fatheadhoneyfarms@gmail.com
fatheadhoney.com
★Wholesale, Online Ordering
At Fat Head Farms we create artisanal handcrafted honey using pure practices. Bees are at the heart of our mission, and we strive to keep our bees in the most natural way possible.

Johnson Farm

Ruth & Robert Johnson
North Bend, NE
402-652-3769
rrjohnson@gpcom.net
facebook.com/johnsonfarmnebraska
★No Synthetic Inputs
★Direct Sales—Call or Email, Farmers’ Markets
Johnson Farm is a small family farm and has been growing vegetables for the last 30 years. We are committed to the production of safe and high quality foods.

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.

Oak Barn Beef

Hannah & Eric Klitz
West Point, NE
402-269-0036
hannah@oakbarnbeef.com
oakbarnbeef.com
★Hormone Free, Rotational Grazing, Grain Finished
★On Farm Store, Wholesale, Online Ordering
Oak Barn Beef sells their family farm beef online and in store in West Point, Nebraska. Utilizing cattle DNA testing and dry-aging, the beef is said to be the best you’ll ever try!
Nebraska has many different ecological regions and soils—different soils, climates, and geologic history are better for growing or raising certain things. For example, potatoes love the sandy, loose soil of northern Nebraska. Dry beans thrive in the dry climate of western Nebraska.

**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 farmer's markets. Future endeavors include hard and fresh ciders, baking, drying, and decorative apple creations.

**The Hog Yard**
Aliza Brunsing & Kelly Wiechman
West Point, NE
402-440-3734
thehogyard@gmail.com

- Antibiotic Free, Hormone Free, Outdoor Access
- Direct Sales—Call or Email, Farmers' Markets, Online Ordering, In-Town Drop Sites

The Hog Yard is a family-owned and operated pork business in West Point, Nebraska. We are dedicated to bringing quality, sunshine raised pork products from our farm to your table.

**TLC Country Floral**
Sue Fase
Hooper, NE
402-654-2058
tlccountryfloral@yahoo.com
tlccountryfloral.blogspot.com

- No Synthetic Inputs
- On Farm Store, Online Ordering

Flower, vegetable, and herb plants. Succulents and rare, unusual plants. Freeze dried florals, vintage treasures, and garden art in our gift shop. Online ordering available.

*“To plant a garden is to believe in tomorrow.”*  
—Audrey Hepburn
NEBRASKA Beekeeping and Honey

The next time you are in the produce aisle of your local grocery store, keep in mind that many of our most enjoyed fruits, vegetables, nuts, and seeds—around three-quarters (75%) of the different crops we grow for food—depend on pollinators to some extent. These crops receive pollination from birds, bats, animals, and a huge variety of insects including honeybees. Apis Mellifera (honey bees) and humans have a long history—around 9,000 years of known interaction. Nebraska beekeepers—and those of us who enjoy honey or the foods they help pollinate—are a part of that sweet, sweet history.

Bee Seasons: A Year in the Life of a Nebraska Bee Keeper

WINTER  Bees are cold blooded. In the winter they pack close together in hives and vibrate to generate heat. They eat stored honey and pollen to survive until the summer. Beekeepers in Nebraska insulate or wrap their hives in the winter and use windbreaks to provide protection and warmth. On a nice day they might open the hive to make sure the bees are alive, and have enough to eat. If they are running low on food, rations of stored honey, sugar

SPRING  When the weather warms and early plants begin to bloom, bees venture out to collect pollen and nectar. Queens start laying eggs. Beekeepers check on bees to make sure they have enough room, and split hives if they are too crowded. They might catch a wild swarm of bees, and give it a home. They start growing things for bees, like old-fashioned sunflowers with lots of pollen.

SUMMER  May through September, (searching for food) intensely. This is the time of year that bees make honey. During the summer beekeepers will make sure their bees have enough space to store the honey. These honey storage boxes are called “supers.” If the bees are making a decent amount of honey, beekeepers will start removing some of 

FALL  During fall bees will continue to forage and store honey until temperatures dip below 50 degrees. At that point they start gathering in the hive to keep warm. Depending on how much honey was produced, beekeepers will extract honey again in August and September. They will also check for and treat varroa mites, a harmful parasite for bees. Most importantly they make sure the hives have enough honey stored for winter. Just like we might have a well stocked pantry of home-grown, canned tomatoes to get us through the winter, bees need their own well stocked pantry!

— GARY KIMMANEU, GAR BEAR HONEY
What’s one cool thing about bees or beekeeping?

At our farm bees are the stars, and we’re supporting them. We make sure they have what they need. Watching them create their hive is fascinating. A ball of insects creating an intricate structure and social system is amazing to witness.

—MIKE LEVINE, FRUIT OF LEVINE

I got into beekeeping to improve the pollination of my vegetable crops. Then I fell in love with honey, especially comb honey. It’s delightful. It reminds people of Dad or Grandpa bringing back honey as a special treat. It feels good to offer that to my community.

—KATIE JANTZEN, WEST END FARM

What can we do to help bees?

Pollinator numbers in general are declining in the US likely due to dwindling habitat, diseases, parasites, and environmental contaminants. Here’s a few things you can do to help:

✔️ Plant a diversity of pollen and nectar rich flowering plants, including trees and shrubs.
✔️ If you find a swarm of bees, call a beekeeper—not an exterminator. It may look intense, but they are just looking for a new home. If a bee colony gets too crowded, feels threatened, or lacks resources like food and water, they take off for greener pastures!
✔️ Bees drink water! Fill a shallow container with water, and add some pebbles or twigs for the bees to land on.

Did you know?

Did you know that honey comes in a variety of shades and tastes? The differences in color and taste are due to the different nectar and pollen sources bees forage on (blooming plants). Pollen from early blooming linden trees might produce a light-colored honey, while honey from blooming buckwheat will produce a darker colored honey. Eating honey is a natural way to get an energy boost. It is a mixture of simple sugars, glucose, and fructose. Honey keeps very well. Pots of honey in good condition have been found in the pyramids of Egypt. Honey contains lots of vitamins and essential minerals, antioxidants, and amino acids.

Honey Pancakes and Syrup

From the kitchen of Kathy Suchan, Fat Head Honey Farms, Clarkson, NE

Ingredients

Honey Pancakes
- 2 c Original Bisquick mix
- 1 c milk
- 2 Tbsp honey
- 1 egg

Honey-Cinnamon Syrup
- ¾ c honey
- ½ c butter or margarine
- ½ tsp ground cinnamon

Directions

1. In a 1 qt saucepan, heat all syrup ingredients over low heat, stirring occasionally, until warm. Keep warm.
2. Heat griddle/skillet over medium heat or electric griddle to 375ºF. Grease with cooking spray, vegetable oil, or shortening. Surface is ready when a few drops of water sprinkled on it dance and disappear.
3. In a medium bowl, stir all pancake ingredients until blended. For each pancake, pour slightly less than ¾ c batter onto hot griddle.
4. Cook until edges are dry. Flip. Cook other side until golden. Serve with warm syrup.
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: Open by appointment
Heartland Nuts, formally Heartland Nuts ‘N More, purchases, processes, and markets only high-quality-cultivar, Midwest-grown black walnuts, pecans, and hazelnuts.

Great Plains Nursery
Native Tree & Shrub Nursery
3074 County Road
Weston, NE
402-540-4801
heather@greatplainsnursery.com
greatplainsnursery.com
HOURS: Mon–Fri: 8 am–4:30 pm
We grow native trees and shrubs for conservation, mitigation, and landscape use. We focus on regional native plants that support our local ecosystems.

Seward Farmers Market on the Square
Courthouse Square
Seward, NE
402-641-4670
carol.bluevalley@gmail.com
facebook.com/sewardnefarmersmarket
DATE & TIME: Wednesdays 5–7 pm, Saturdays 8 am–Noon (May 17–Oct 28)
$EBT/SNAP
$Double Up Food Bucks
$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.

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.

Anchor Meadow Farm
Emely & Matt Hendl
Milford, NE
402-613-5483
anchormeadowfarm@gmail.com
anchormeadowfarm.com
§No Synthetic Inputs
§Pasture Raised, Outdoor Access, Rotational Grazing
§On Farm Store, Online Ordering, Home Delivery
At Anchor Meadow Farm, our happy hogs are on pasture all year with access to forage daily and some grain. The bees provide amazing raw honey. Shop on site from 13 local vendors!

Barada Hills Trading Co., LLC
Aly & Blake Yount
Shubert, NE
816-341-9881
baradahills@gmail.com
baradahillsbeef.com
§Pasture Raised, Outdoor Access, Rotational Grazing, Grain Finished
§On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Online Ordering, Home Delivery, In-Town Drop Sites
We are a family-owned, fourth-generation farm offering our grass-fed and grain-finished beef, as well as locally-sourced Fritz Farms pork out of our on-farm storefront.

Beauty View Farm
Melisa Konecky
Wahoo, NE
402-443-7240
koneckyfamilyfarm@gmail.com
beautyviewfarms.com
§Hormone Free, Outdoor Access
§On Farm Store, Wholesale
Beauty View Farm is home to Guernsey cows as well as a few Jerseys and Holsteins. We have milked cows since the 1950s and work hard to care for our animals and quality products.

Briar Rose Farms
Brenda Dutcher
Humboldt, NE
402-862-5016
briarrosefarms1966@gmail.com
briarrosefarms.com
§No Synthetic Inputs
§Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing
§On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Online Ordering, In-Town Drop Sites
Briar Rose Farms provides customers with superior quality, pasture raised meat, eggs, dairy, and produce. Special attention is given to animal care and the stewardship of the land.
There are nearly 23 million acres of range and pastureland in Nebraska—half of which are in the Sandhills.

<table>
<thead>
<tr>
<th>Cottage Hill Farm</th>
<th>Food4Hope</th>
<th>Paradise in Progress Farm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Riley Reinke</td>
<td>Terri Sue &amp; Ron Mazza</td>
<td>Jim &amp; Ellen Shank</td>
</tr>
<tr>
<td>Filley, NE</td>
<td>Beatrice, NE</td>
<td>Nebraska City, NE</td>
</tr>
<tr>
<td>402-768-1145</td>
<td>402-306-7561</td>
<td>402-874-9540</td>
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<tr>
<td><a href="mailto:brokenarrowfm@outlook.com">brokenarrowfm@outlook.com</a></td>
<td><a href="mailto:food4hope@yahoo.com">food4hope@yahoo.com</a></td>
<td><a href="mailto:paradiseinprogressfarm@gmail.com">paradiseinprogressfarm@gmail.com</a></td>
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<tr>
<td>cottagehillfm.com</td>
<td>food4hope.org</td>
<td>facebook.com/paradise-in-progress-farm-1403878523249930</td>
</tr>
<tr>
<td>§No Synthetic Inputs</td>
<td>§No Synthetic Inputs</td>
<td>§Hormone Free, Pasture Raised, Pasture Raised</td>
</tr>
<tr>
<td>§Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised</td>
<td>§Non-GMO Feed, Soy Free Feed, Antibiotic Free, Hormone Free, Pasture Raised</td>
<td>Pasture Raised, Rotational Grazing, 100% Grass-Fed</td>
</tr>
<tr>
<td>§Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering</td>
<td>§On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Home Delivery</td>
<td>CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, In-Town Drop Sites</td>
</tr>
<tr>
<td>Cottage Hill Farm seeks to cultivate human and environmental health through regenerative farming.</td>
<td>Food4Hope is a non-profit, 501(c)3 organization located in rural west Beatrice. We just built a community teaching and commercial kitchen and are expanding our operations in 2023!</td>
<td>We are located on Highway 75 between Union and Nebraska City. Our farm store features a wide variety of vegetables that are grown just a few feet away—talk about fresh!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DND Farms</th>
<th>Hintz Produce</th>
<th>Pekarek’s Produce</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dani &amp; Dylan Spatz</td>
<td>Ben &amp; Mark Hintz</td>
<td>Ryan &amp; Katie Pekarek</td>
</tr>
<tr>
<td>Prague, NE</td>
<td>Hebron, NE</td>
<td>Dwight, NE</td>
</tr>
<tr>
<td>402-432-0862</td>
<td>402-768-1621</td>
<td>402-641-3305</td>
</tr>
<tr>
<td><a href="mailto:dndspatz@gmail.com">dndspatz@gmail.com</a></td>
<td><a href="mailto:hintzproduce@gmail.com">hintzproduce@gmail.com</a></td>
<td><a href="mailto:pekareksproduce@hotmail.com">pekareksproduce@hotmail.com</a></td>
</tr>
<tr>
<td>dndfarm.com</td>
<td>hintzproduce.com</td>
<td>pekareksproduce.com</td>
</tr>
<tr>
<td>§Hormone Free, Grain Finished</td>
<td>§Antibiotic Free, Rotational Grazing, Grain Finished</td>
<td>§CSA, On Farm Store, Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering</td>
</tr>
<tr>
<td>§Direct Sales—Call or Email, Online Ordering, In-Town Drop Sites</td>
<td>§CSA, Farmers’ Markets, Wholesale</td>
<td>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.</td>
</tr>
<tr>
<td>Irish Dexter Beef, the portion-appropriate option for beef! Grass-fed and grain finished, this small size breed of cattle is known for their tender beef cuts and phenomenal flavor.</td>
<td>Just outside of Hebron, when our small 7th generation family farm isn’t busy getting cows back in, we do our best to supply southeast Nebraska with the most flavorful fresh produce around!</td>
<td>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.</td>
</tr>
</tbody>
</table>

Lincoln’s authentic farm-to-fork cafe and bistro

- The Hub Cafe
- 250 N 21st St. Lincoln, NE 68508
- Two blocks North of O Street on 21st, just East of UNL city campus

Heartland Nuts
- 206 W 2nd Street, Valparaiso, NE 402.784.6887
- heartland-nuts.com
- Local pecans, black walnuts, & hazelnuts
- Brittle, toffee, creamed honey too!
Raikes Beef Co.
Lindsey Raikes
Ashland, NE
402-944-2474
info@raikesbeef.co
raikesbeef.co

- Hormone Free, 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).

Slezak Ag & Natural Resources
Gerald & Kim Slezak
Milligan, NE
402-366-4267
gerald@slezakag.com
slezaknaturalbeef.com

- Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing
- Direct Sales—Call or Email, Farmers’ Markets, Online Ordering, Home Delivery
- Small family farm by Milligan, Nebraska, growing natural healthy foods and makes wood products from rescued trees.
- Hormone free cattle are raised on grass, cover crops, alfalfa, and stalks.

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, Home Delivery, 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.

On average a worker honeybee produces $\frac{1}{12}$ of a teaspoon of honey in her 5-week life span.
Across the State
Cooperatives in Nebraska

Connect Consumers & Local Foods

Did you know Nebraska cooperatives have helped connect consumers and local foods for nearly 50 years?

1. OPEN HARVEST CO-OP GROCERY located in Lincoln, Nebraska, opened in 1975 to provide access to healthy food. About 27% of the store's sales are from local products—that's approximately $1,000,000 in sales. By partnering with local farms and food businesses, Open Harvest is a reliable source of local food.

Chadron, Nebraska, is home to the 2. NATURAL FOOD CO-OP that has operated since 1976 with a mission of healthy food, community service, and a place to share ideas. This volunteer-run co-op stocks locally produced eggs, honey, meats, seasonal produce, and activated charcoal in addition to other healthy food options.

The 3. NEBRASKA FOOD COOPERATIVE (NFC) was started in 2005 and functions as an online farmers' market. During order cycles, members shop online and add items to a shopping basket. At the end of an order cycle, products are collected and delivered to designated pickup sites across Nebraska.

The 4. OMAHA SUNFLOWER CO-OP focuses on replenishing, strengthening, and elevating the BIPOC community in Omaha. In 2022, Food Day identified the co-op as the producer of the year. New in 2023, the co-op is offering seedlings wholesale to plant nurseries and businesses around town.

5. SALT SLOPE CO-OP Founded in 2022, Salt Slope is Nebraska's only worker-owned cooperative farm. Salt Slope's primary purpose is to increase Lincoln's food sovereignty by sharing with others the joy of local, sustainably farmed flowers, herbs, and veggies. Salt Slope is currently working directly with Lincoln and Omaha's sustainably minded chefs.

For more information and to start your cooperative journey, visit NCDC.UNL.EDU

The Nebraska Cooperative Development Center works with groups to explore and develop cooperative businesses that bring value and services to their lives. Content sponsored by the Nebraska Cooperative Development Center at the UNL Department of Agriculture of Economics. NCDC is funded in part by a USDA Rural Cooperative Development Center grant.
BFBL MEMBERS

Lincoln Area

BUSINESSES

61 Hub Café
Restaurant, Event Space
250 N 21st St.
Lincoln, NE
402-474-2453
trailcentrevents@gmail.com
hubcafelincoln.com
HOURS: Cafe: Tues–Sun: 7:30 am–2:30 pm,
Mon. Closed. Farmers Market: Wed: 5–7 pm
(May 24–Sept 20)
Farm-to-Fork Café serving breakfast and lunch,
featuring locally-sourced products. Wine, beer,
and vegetarian friendly. Patio dining, farmers market,
concert series, and private events.

62 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!

63 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.

64 Mystic Rhoads Productions Inc.
Local Food Processor
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
hot sauces, rubs, and games) to build
momentum for positive community change.

65 Nebraska Food Coop
Distributor, Food Cooperative
Lincoln, NE
800-993-2379
gm.nebraskacofood@gmail.com
nebraskacofood.org
HOURS: Shop Nebraska’s Online
Farmer’s Market 24/7 during one
of our scheduled cycles.
As an online farmer's 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.

66 Nebraska Sustainable Agriculture Society
Agriculture Member Organization
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.

67 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 47+ years.

68 Robinette Farms
Distributor, Retail Store
17675 SW 14th St.
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com
HOURS: (Online) Fri afternoons–Sun 11 pm
We farm organically and operate the Local
Food Subscription: a year-round, flexible
membership for local produce, meat, dairy,
grains, and more. Pick-ups in the Lincoln
and Omaha areas!

69 Bennet Farmers’ Market
625 Elm St.
(Two blocks east of Hwy 43 at City Park)
Bennet, NE
402-326-6485
kramerlarry@earthlink.net
bennettfarmersmarket.com
DATE & TIME: Wednesdays 4–7 pm
(May 3–Sep 27)
$NE Senior Farmers Market Coupons
A community market for Nebraska growers,
bakers, and crafters to sell their value-added
and created products direct to the consumer.

70 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 8 am–2 pm
(June 10, July 8, and Aug 12)
The East Campus Discovery Days and Farmers
Market at the University of Nebraska in Lincoln
is a fun, family-friendly event for all ages with
vendors, food trucks, live music, and more.

71 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 6–Oct 14)
$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.

72 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
(Apr 30–Oct 29)
$EBT/SNAP
$Double Up Food Bucks
$NE Senior Farmers Market Coupons
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.
There are at least 7,500 apple varieties worldwide. There are 2,500 varieties grown in the United States, and about 100 varieties grown commercially. Each variety has different qualities, and are used for different purposes—cider, fresh eating, processing, etc.
Lincoln Area
continued from previous page

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, Online Ordering, Home Delivery
Located in Lincoln, Nebraska, the orchard features over 20 varieties of apples. Open seasonally during the fall for u-pick and pre-picked apples.

Sleepy Bees Lavender Farm
Jerry & Holly McCabe
Firth, NE
402-730-2508
sleepybeeslavenderfarm@gmail.com
sleepybeeslavenderfarm.com
• No Synthetic Inputs
We grow six varieties of lavender. We do everything by hand—plant, weed, and harvest. We hand make all of our products in small batches. We also have lavender honey in late summer.

Salt Slope Co-op
Nash Leef & Dylan Usher
Roca, NE
303-817-0189
saltslopefarm@gmail.com
saltslope.com
• No Synthetic Inputs
• Direct Sales—Call or Email, Wholesale
Salt Slope is a worker owned co-op growing vegetable, herbs, and cut flowers on two working acres. All workers have a path to ownership. We focus on sustainable and organic practices.

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.

Twin Springs Pecans
Sarah Ferdico
Bennet, NE
402-525-8071
help@twinspringspecans.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.

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
Color is nature’s way of smiling! Let us help fill your world with color and smiles! Pick your own tulips, specialty cut flowers, and over 100 varieties of specialty pumpkins!

Trackside Farm
Nancy Scanlan & Sandy Williams
Hickman, NE
267-331-1070
tracksidegrown@gmail.com
facebook.com/hicktracks
• Direct Sales—Call or Email
We're excited to offer this line of buttery, melt in your mouth, quality like no other beef. We sell both Fullblood Wagyu beef, as well as American Wagyu (Angus/Wagyu cross) beef.

Wellman Wagyu
Dixi & Rusty Wellman
Waverly, NE
402-416-2895
rdskwellman@windstream.net
wellmanwagyu.com
• Hormone Free, Rotational Grazing, Grain Finished
• Direct Sales—Call or Email
We're excited to offer this line of buttery, melt in your mouth, quality like no other beef. We sell both Fullblood Wagyu beef, as well as American Wagyu (Angus/Wagyu cross) beef.

Yankee Hill Landscape Co., Inc.
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.

Nuts in Nebraska! We're home to many wild and farmed nuts like black walnut, pecans, acorns, shagbark hickories, and hazelnuts.
An antique apple variety, excellent for cider and baking.

A litter of pigs.

A breed of pig from England, known for its black hair, good nature, and delicious meat.

A variety of flat parsley, know for its large leaf size and strong flavor.

A young turkey.

A variety of carrot from France, medium-sized and known for its sweetness.
Local food GUIDE

Nebraska Meat, Poultry, and Dairy.

Know your farmer. Taste the difference.

Why Buy Local Meat, Eggs, and Dairy?

Here are two big reasons—transparency and taste. When you buy directly from local producers, you are able to get your questions answered—anything from how the animals are cared for and managed, to the best way to prepare them. Transparency is key.

One really special thing about raising livestock?

“We grow row crops too, and mostly we don’t see our end user. Raising livestock and selling it directly to people is a great way to be connected—we know that animal has had a real purpose in providing nutrition for the person eating.”

—Ruth Ready, Ar-Dot Farmstead

“The connection to nature, creation...whatever you want to call it. When things seem to be going crazy in the world, it’s so grounding that I can go out and be with these animals, and it’s just going on as nature. Being part of nature is very healing. That’s why we love to have people out to the farm—to experience what we get to experience every day.”

—Doug Garrison, DS Family Farm

One thing you wish more people knew about raising livestock?

“The people who are raising these animals truly care about the well-being of the animal. Knowing that you gave the animal a good life while they were in your care is so important. And you really have to love what you do to go out and do it every day, in every condition.”

—Aliza Brunsing, The Hog Yard

Any tips for the people buying local meat for the first time?

“I’d encourage people to get in touch with a farmer. Many farms are open to giving tours. Go out there and ask any questions. There is no stupid question, and the farmers want to share.”

—Billy Alward, Little Mountain Garden and Ranch

“Ask around for recommendations. Find what you like. Find people you trust.”

—Dixi Wellman, Wellman Wagyu

What are the benefits of buying from a local producer?

“We put a lot of effort into raising animals right, so that our customers get high quality products. When they buy from us they are supporting our small community. The effects ripple out. We use the local butcher, print shop, bank, accountant, supplies— it’s all local.”

—Hannah Klitz, Oak Barn Beef
Breakfast Frittata

FROM THE KITCHEN OF D&D BEEF, HERMAN, NE

This easy, delicious recipe features local eggs, meat, milk, cheese, and veggies! Perfect for a weekend breakfast.

INGREDIENTS:
- 1 small onion, chopped (get it local!)
- 9 eggs (get it local!)
- ½ c whole milk (get it local!)
- 1 tsp salt
- ¼ tsp cayenne pepper
- ½ teaspoon pepper
- 2 c broccoli florets (get it local!)
- 1½ c meat, cooked and chopped—your choice of ham, sausage, bacon, or leftover steak! (get it local!)
- 6 oz cheddar cheese, shredded (get it local!)

INSTRUCTIONS:
1. In a large cast iron pan (or oven safe pan), turn stove top to medium high heat. Drizzle olive oil on the bottom of the pan. Once hot, add the chopped onions, and cook until getting soft.
2. Meanwhile, in a medium bowl, add the eggs, milk, salt, pepper, and cayenne pepper. Whisk until combined. Set aside.
3. Next, layer the broccoli over the onions, then the ham over the broccoli, and then spread the cheese all over.
4. Pour the egg mixture over everything. Do not stir. Turn heat to medium and let sit for about 9 minutes.
5. Turn oven to broil on low. After 9 minutes, move entire pan to the oven and place under broiler for 2-4 minutes. Watch carefully, and check every minute. Once slightly browned, remove. Let cool slightly, slice up like a pie, and enjoy!
Omaha Area

**BUSINESSES**

**Dante**
Restaurant/Caterer  
16901 Wright Plaza, #173  
Omaha, NE  
402-932-3078

nstrawhecker@danteomaha.com  
danteomaha.com

HOURS: Tues–Sun: 11:30 am–10 pm,  
Mon: Closed

Italian wine, hyper-seasonal, wood-fired  
Italian cuisine, and Neapolitan pizza

**Ellsworth Crossing**
Grocery Store, Retail Store  
26902 W Center Rd.  
Waterloo, NE  
402-359-8747

ellsworthcrossing@gmail.com  
ellsworthcrossing.com

HOURS: Tues–Fri 10 am–6 pm,  
Sat: 10 am–5 pm, Sun & Mon: Closed

Ellsworth Crossing is a ‘Farm to Fork’  
market, which acts as a convenient service  
retail hub for local Nebraska farmers to offer  
their products directly to the public.

**No More Empty Pots**
Caterer, Distributor, Local Food Processor,  
Food Hub  
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.

**FARMERS’ MARKETS**

**Omaha Farmers Market—Aksarben Village**
Aksarben Village (67th & Mercy Rd.)  
Omaha, NE  
402-345-5401

kbeck@vgagroup.com  
omahafarmersmarket.org

DATE & TIME: Saturdays 9 am–1 pm  
(May 7–Oct 15)

EBT/SNAP  
Double Up Food Bucks  
Nebraska Senior Farmers Market Coupons  
Support over 100 local vendors, and eat  
fresh every Sunday at the Omaha Farmers  
Market in Aksarben Village—celebrating  
30 years in 2023!

**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 6–Oct 14)

EBT/SNAP  
Double Up Food Bucks  
Nebraska Senior Farmers Market Coupons  
With over 90 local vendors each Saturday,  
the Omaha Farmers Market has been  
a beloved tradition in the Old Market  
spanning 30 years!

**Legacy Farmers Market**
The Shops of Legacy (1688th & W Center)  
16939 Wright Pkz., Ste. #120  
Omaha, NE  
402-498-9660

legacyfm.manager@gmail.com  
facebook.com/legacyfarmersmarketomaha

DATE & TIME: Saturdays 8:30 am–12:30 pm  
(May 6–Oct 7)

Bringing you real food from local farmers  
and producers. In season vegetables, meat  
& eggs, specialty foods, plants, and more!  
Brought to you by Legacy Farmers Market.

**FARMS & RANCHES**

**Barreras Farm Market & Barreras Family Farm LLC**
  
Mariel Barreras  
14449 F St  
Omaha, NE  
402-906-9766

barrerasfamilyfarm@gmail.com  
barrerasfamilyfarm.com

STORE HOURS: Tues–Sat: 9 am–7 pm

Corn Free Feed, Antibiotic Free, Hormone  
Free, Pasture Raised, Rotational Grazing,  
100% Grass-Fed

CSA, On Farm Store, Direct Sales—  
Call or Email, Farmers’ Markets, U-Pick,  
Online Ordering, In-Town Drop Sites

Barreras Family Farm’s mission is to feed the  
body and enrich the mind, forging new ways  
to serve our community through customer  
interaction, conversation, and connection.

**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, Farmers’  
Markets, Wholesale, Online Ordering

Growing the freshest produce and herbs  
at our farm in Benson! Creating tasty  
preserves, handcrafted body care  
products, and gift baskets with our  
homegrown ingredients.

**Big Muddy Urban Farm**
  
Omaha, NE  
402-213-9646

info@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.
Cottonwood Hill Farms

John Springhower
McClelland, IA
402-926-6268
cwhfarmfresh@gmail.com
cottonwood-hill.com

- Non-GMO Feed, Soy Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing, 100% Grass-Fed
- On Farm Store, Direct Sales—Call or Email, Online Ordering, In-Town Drop Sites

We are a regenerative, pasture-based farm, and we promote public engagement in the food production process. We believe collectively we need to be more engaged in local agriculture.

D&D Beef LLC

Michaella Mann
Herman, NE
402-237-1489
danddbeef@gmail.com
danddbeef.com

- Hormone Free, Pasture Raised, Rotational Grazing, 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.

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, hive products, free range duck eggs, and goose eggs (antibiotic free, hormone free). “You Pick” cut flowers and seasonal produce.

GreenLeaf Farms

Joletta Hoesing & Tim Rogers
Omaha, NE
402-614-0404
info@greenleaffarms.biz
greenleaffarms.biz

- Certified Organic, No Synthetic Inputs
- Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering

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.

Little Mountain Ranch and Garden LLC

Billy Alward & Rebecca Moshman
Fort Calhoun, NE
765-585-2723
littlemountain.rg@gmail.com
littlemountainrg.com

- No Synthetic Inputs
- Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass-Fed
- 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!

“When planning for a year, plant corn. When planning for a decade, plant trees. When planning for life, train and educate people.”
—Chinese Proverb

A beehive in summer can have as many as 50,000 to 80,000 bees. A bee must collect nectar from about 2 million flowers to make 1 pound of honey.

Sundays
10 am - 2pm
48th & Prescott in Lincoln
April 30 - October 29

Holiday Markets
November 5th, 12th, 19th & December 17th!
Nebraska schools and students learn the answers to the above questions, and get to sample locally grown products when they participate in the Nebraska Harvest of the Month program.

Nebraska Harvest of the Month is a statewide farm to school program that features a different Nebraska agricultural product each month of the year. The program promotes locally grown products and provides schools with resources to sample and serve local foods to students.

In Harvest of the Month, schools procure local products and conduct taste tests of recipes that students sample and rate. Fun information like growing habits, historical tidbits, and nutritional information is shared with students, staff, teachers, and families. If it’s a good fit for the school, sampled dishes can then be rolled into their regular menu. It’s a great way to get started with farm to school, and connect with a local producer!

Resources like tested school recipes, posters, newsletters, trivia cards, stickers, as well as taste-test and communication guides are available for free to anyone interested in getting more local food onto their plates!

Offering local foods to students in the form of taste tests, samples, and on school menus has proven to be an effective way to increase student interest in healthy food, expand taste palates, and develop lasting healthy eating habits.

To learn how YOU can get involved in Nebraska Harvest of the Month, visit the Nebraska Department of Education’s Farm to School website here: education.ne.gov/ns/farm-to-school/harvest-of-the-month
SPOTLIGHT

DID YOU KNOW...

CABBAGE IS ONE OF THE OLDEST KNOWN VEGETABLES, AND HAS BEEN PLANTED AND HARVESTED FOR OVER 4,000 YEARS?

“...The kids really enjoy it. They get excited, because it’s a new, special thing. It was surprising to find out that they like the roasted turnips. None of them had eaten turnips before!”

—KRISTAL GONZALEZ, SUTTON PUBLIC SCHOOLS

Thursday Farmers Market
in Fallbrook
Fallbrook Town Square - 600 Fallbrook Blvd.
JUNE 8TH - OCT. 12
EVERY OTHER WEEK
6/8, 6/22, 7/6, 7/20, 8/3, 8/17, 8/31, 9/14, 9/28, 10/12
4 pm - 7 pm
Local Producers Family Activities Arts & Crafts Over 20 Vendors Food Trucks
For more information, check out our website www.thursdayfarmersmarket.org
Facebook at www.facebook.com/thursdayfarmersmarket/

Locally grown produce & plants available at our convenient Lincoln location Monday-Saturday:
11855 Yankee Hill Road Lincoln, NE 68526
YankeeHill.lanscaping.com
402-416-2611

-Peaches - Vegetables - Pumpkins - Perennials - Annual Flowers - Herbs - Vegetable Plants - Hanging Baskets-
70 YEARS and STILL GROWING!

BACKYARD FARMER

WATCH THURSDAYS 7 pm CT
April - September

Send us your questions!
byf@unl.edu

NebraskaPublicMedia.org

This television series is a co-production of Nebraska Public Media and Nebraska Extension.