LOCAL food GUIDE

2020

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

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

BUY FRESH
BUY LOCAL
Nebraska
buylocalnebraska.org
Central Nebraska

8

Southeast Nebraska

9–10

Omaha Area

24

Northeast Nebraska

13

Participating Locations

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

Ak-sar-ben Vil-lage Farm-ers Mar-ket
67th & Ce-ter Streets, Om-a-ha, NE
Sun- Fri: 9am-5pm, Sat: 9am-1pm www.omahafarmersmarket.com/ak-sar-ben-village

Com-mu-ni-ty Crops Of-fice and Veg-gie Van
Store-front at 1301 S. 11th Street, Lin-coln, NE
Pop-Up Mar-kets al-l over Lin-coln, NE
Jun–Oct For lo-ca-tions and times visit:
www.facebook.com/CropsVegetableVan

Fall-brook Farm-ers Mar-ket
Fall-brook Town Center,
570 Fallbrook Blvd, Lin-coln, NE
Thursdays 4-7pm, Jun 18-Aug 13 (no market Aug 6)
Fall mar-kets on Sep 10 and Oct 8
www.fallbrookfarmersmarket.com

F Street Neigh-bor-hood Mar-ket
1302 F St., Lin-coln, NE
Tuesdays: 4:30pm-7pm, Jun 16 – Aug 25
www.fsstreetchurch.org/farmersmarket

La-s Nena’s Za-mora Mar-ket
4957 South 24th St, Om-a-ha, NE
402-733-0737
Open Daily: 8am-8pm

Le-on’s Gourmet Grocer
2200 Win-hop Rd, Lin-coln, NE
Mon-Sat: 8am-9pm, Sun: 9am-6:30pm
www.leonsgourmetgrocer.com

Old Mar-ket Farm-ers Mar-ket
11th & Jeckson Streets, Om-a-ha, NE
Sat: 8am-12:30pm, May 2-Oct 10
www.omahafarmersmarket.com/old-market

Open Har-vest Co-op Grocer
1618 South Street, Lin-coln, NE
Open Daily: 8am-9pm
www.openharvest.coop

Sun-day Farm-mers Mar-ket at Col-lege View
4801 Prescot Ave, Lincoln, NE
Sun: 10am-2pm, Apr 26th–Oct 25th
www.sundayfarmersmarket.org

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 farmer’s 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

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Recipe:

What’s Your Local Food Score?

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.

Meet our
Advisory Board Members:

Alice Henne-man
Nebraska Extension, Emeritus

Chad Win-ners
Grocery Owner

David Lott
Horticulture Extension Educator

Gary Lessing
Extension Educator;
SARE State Coordinator

Georgia Jones
Extension Food Specialist;
Associate Professor; Nutrition and Health Sciences

Pam Edwards
University Dining Services Assistant Director;
Good Fresh Local Program

Tim Rine
Co-Founder, Hawley Hamlet;
Lincoln–Lancaster County Food Policy Council Member

Vaug-hn Hammon
Agriculture Manager, Valas
Pumpkin Patch and Orchard

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Recipe:
**Your Guide to NEBRASKA’S FARM FRESH FOODS!**

**A NOTE FROM THE LOCAL COORDINATOR**

**What is your connection to agriculture?**

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

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

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

1. Back Alley Bakery, Hastings
2. Clear Creek Organic Farm, Spalding
3. GI Acres, Grand Island
4. Grant Place Foods, Marquette
5. GROW Nebraska® Foundation and the Buy Nebraska Store, Kearney
6. Hastings Downtown Market, Hastings
7. Lambert Melons, Ewing
8. Nebraska Mushroom LLC, Grand Island
9. Prairie Pride Acres, Inc., Grand Island
10. Hastings Downtown Market, Hastings
11. Lambert Melons, Ewing
12. Straight Arrow Bison LLC, Broken Bow
13. Wildflower Grocer, O’Neill

### Southeast Nebraska

14. Country Lane Gardens, Columbus
15. Daniels Produce, Columbus
16. ELITE Mangalitsa LLC, Pendant
17. Esteban White Farm, LLC, Columbus
18. Nebraska Heritage Turkeys, West Point
19. TLC County Fair, Hooper
20. Wayne Farmers Market, Waverly
21. Wolff Farms Produce, Norfolk

### Omaha Area

22. Al-Be Farm, Julian
23. Arnold Acres, Syracuse
25. Beatrice Farmers Market, Beatrice
26. Broken Arrow Farm, Filley
27. Divine Nino Dairy, Polny
28. Great Plains Nursery, Weston
29. Heartland Nuts ‘N More, Wapakoneta
30. Martin’s Hillside Orchard, Ceresco
31. Paradise in Progress Farm, Nebraska City
32. Pawnee Pride Meats, St.到达
33. Raikes Beef Co., Ashland
34. Sicily Creek, Jolly and Produce, Blue Springs
35. Sunny Slope Farm, Filley
36. The Hoagland Homestead, Inland
37. West End Farm, Plymouth

### Lincoln Area

38. Bennet Farmers’ Market, Bennet
39. Common Good Farm, Raymond
40. Community Crop, Lincoln
41. DISH Restaurant, Lincoln
42. DS Family Farm, Malcolm
43. Fallonbrook Farmers’ Market, Lincoln
44. Green School Farms, Raymond
45. Grow with the Flow, Denton
46. Hub Cafe, Lincoln
47. Jones Eco Farms, Crete
48. Lakehouse Farm, Waverly
49. Leont’s Gourmet Grocer, Lincoln
50. Lincoln Haymarket Farmers Market, Lincoln
51. Lone Tree Foods, Lincoln
52. Lotus Gardens, Lincoln
53. Mystic Rhoda Productions Inc. (MRRP), Lincoln
54. Nebraska Food Cooperative, Giena
55. Nebraska Mushroom LLC, Grand Island
56. Open Harvest Co-op Grocery, Lincoln
57. Prairie Plate Restaurant, Waverly
58. Prairieview, Lincoln
59. Rhino City Farms, Lincoln
60. Robinette Farms, Martin
61. Shadowbrook Farm, Lincoln
62. Sleepy Bees Lavender Farm, Firth
63. Spirita Vitae Botanicals, Martell
64. Sunday Farmers’ Market at College View, Lincoln
65. Trackside Farm LLC, Hickman
66. Twin Springs Pecans, Bennet
67. Yum Yum Greens, Lincoln

### Northeast Nebraska

68. Barreras Family Farm, Blair
69. D&D Beef, Herman
70. Florence Mill Farmers Market, Omaha
71. Fruit of Levine LLC, Omaha
72. GreenLeaf Farms, Omaha
73. It’s All About Bees!, Omaha
74. Little Mountain Ranch & Garden, Fort Calhoun
75. Nebraska Heritage Turkeys, West Point
76. No More Empty Pots, Omaha
77. Omaha Farmers Market—18th & Farnam, Omaha
78. Omaha Farmers Market—Old Market, Omaha
79. Stream Meadow Farms, Papillion
80. Village Pointe Farmers Market, Omaha
81. Weninghoff’s Farm, Omaha
GROWING PRACTICES
What do we mean?

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

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

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

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

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

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

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

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

Learn about all the growing practices mentioned in our food guide online at BUYLOCALNEBRASKA.ORG/6801-GLOSSARY

Looking for a specific ingredient?

Find a farmer with this search index! Each number corresponds to a member listing in this food guide.

FRUIT
3, 7, 9, 14, 15, 17, 21, 23, 26, 30, 31, 34, 35, 36, 38, 40, 41, 45, 48, 53, 57, 59, 60, 64, 66, 71, 72, 74

HONEY
15, 26, 38, 60, 64, 68, 71, 79

VEGETABLES
2, 3, 7, 9, 14, 15, 17, 21, 23, 26, 30, 31, 34, 35, 36, 38, 40, 41, 45, 46, 49, 50, 53, 57, 59, 60, 64, 66, 67, 68, 71, 72, 74, 79

VALUE-ADDED PRODUCTS
2, 8, 12, 15, 16, 17, 19, 23, 30, 34, 36, 38, 40, 41, 45, 46, 49, 50, 57, 61, 62, 64, 68, 71, 72, 79

HERBS
3, 14, 18, 31, 35, 38, 40, 41, 45, 46, 49, 53, 57, 58, 59, 60, 61, 62, 64, 66, 68, 71, 72, 74

FLOWERS, SEEDS, TREES & TRANSPLANTS
8, 11, 14, 19, 28, 40, 41, 45, 46, 48, 60, 62, 64, 66, 72

GRAINS & DRIED BEANS
2, 11, 64

BEEF
2, 9, 10, 21, 32, 33, 37, 40, 43, 68, 69, 74

DAIRY
2, 27, 60, 68

TURKEY
2, 18, 32, 37, 48

EGGS
2, 3, 14, 17, 21, 22, 26, 27, 31, 35, 38, 40, 60, 68, 71, 74

MUSHROOMS
8

LAMB
9, 31

NUTS
29, 65

PORK
2, 5, 11, 16, 17, 32, 37, 40, 48, 60, 68, 74

CHICKEN
2, 14, 17, 21, 31, 32, 37, 43, 74

BISON
12

Value-added products

10405 Branched Oak Rd.
Waverly, NE 68462

HOURS
April - New Year’s Eve
Hours change seasonally
January – March by arrangement

Enjoy an experience like no other – Lakeside dining in rural Nebraska where the region and season provide the foundation for a weekly changing menu from our farm to your table.

Too old-school? Quickly search our online food guide at BUYLOCALNEBRASKA.ORG

Learn about all the growing practices mentioned in our food guide online at BUYLOCALNEBRASKA.ORG/6801-GLOSSARY

From the Farm, Through our Kitchen, To Your Table
Enjoy an experience like no other – Lakeside dining in rural Nebraska where the region and season provide the foundation and ingredients for a weekly changing menu from our farm to your table.

402-985-2139
Reservations Accepted
10405 Branched Oak Rd.
Waverly, NE 68462

Editors: April - Nov.
Evening Hours change seasonally
January - March by arrangement

402-933-3588

PrairiePlateRestaurant.com

bit.ly/nmepchm

bit.ly/nmepcups

Pay What You Can Happy Hour
Monday 4p-8p

Weekly Hours
Tues. - Fri., 7:30a-2p
Sat., 8a-2p

Tues. - Fri. 7:30a-2p
Sat. 8a-2p

NMEPOMAHA.ORG | 8501 N 30TH ST. | 402.933.3588

buylocalnebraska.org

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VALUE-ADDED PRODUCTS
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HERBS
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FLOWERS, SEEDS, TREES & TRANSPLANTS
8, 11, 14, 19, 28, 40, 41, 45, 46, 48, 60, 62, 64, 66, 72

GRAINS & DRIED BEANS
2, 11, 64

BEEF
2, 9, 10, 21, 32, 33, 37, 40, 43, 68, 69, 74

DAIRY
2, 27, 60, 68

TURKEY
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EGGS
2, 3, 14, 17, 21, 22, 26, 27, 31, 35, 38, 40, 60, 68, 71, 74

MUSHROOMS
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LAMB
9, 31

NUTS
29, 65

PORK
2, 5, 11, 16, 17, 32, 37, 40, 48, 60, 68, 74

CHICKEN
2, 14, 17, 21, 31, 32, 37, 43, 74

BISON
12

Value-added products
Central Nebraska

Businesses

Back Alley Bakery
Restaurant. Caterer. Bakery
609 W 2nd St.
Hastings, NE
402-460-5056
charlotte@backalleybakery.com
backalleybakery.com

Grain Place Foods
Retail Store, Distributor, Grain Processing
1904 N Highway 14
Marquette, NE
402-854-3195
info@grainplacefoods.com
grainplacefoods.com

GROW Nebraska® Foundation and the Buy Nebraska Store
Retail Store, Wholesale
421 Talmadge St., Ste. 1
 Kearney, NE
308-335-3020
info@grownebraska.org
grownebraska.org

Roberts Seed Inc.
Grown Processing & Sales, Park
982 22nd Rd.
Axtell, NE
308-743-2565
robertsseed@msn.com
robertsseed.com

Farms & Ranches

Clear Creek Organic Farm
Organic & Non-GMO
Grand Island, NE
308-750-1086
ashley@clearcreekorganicfarm.org

Roberts Seed Inc.
Grown Processing & Sales, Park
982 22nd Rd.
Axtell, NE
308-743-2565
robertsseed@msn.com
robertsseed.com

FARMERS' MARKET

Hastings Downtown Market
2nd St. and St. Joseph (East of
Odyssey and North of 9th Street Brewery)
Hastings, NE
402-469-2281
kohstensen614@gmail.com
DATE & TIMES: Thursdays 5–7:30 pm
Lunie 11–Aug 27

GI Acres
Patricia & Denny Hoge
Grand Island, NE
308-384-3341
cheryl@grandislandacres.com

GI Acres
Patricia & Denny Hoge
Grand Island, NE
308-384-3341
cheryl@grandislandacres.com

GROW Nebraska® supports Nebraska businesses by connecting them to the global marketplace and allowing them to market their Nebraska products to a broader clientele. #NebraskaBiska

Wildfire Grocer
Grocery Store, Local Food Processor,
Year-Round Indoor Farmer’s Market
112 5th St.
O’Neill, NE
402-336-8988
info@wildfiregrocer.com
wildfiregrocer.com

Wildfire Grocer
Grocery Store, Local Food Processor,
Year-Round Indoor Farmer’s Market
112 5th St.
O’Neill, NE
402-336-8988
info@wildfiregrocer.com
wildfiregrocer.com

Prairie Pride Acres, Inc.
Daniel Hromicka
Grand Island, NE
402-217-2797
prairieprideacres@gmail.com
facebook.com/prairieprideacres

A new variety of tomato that combines the flavor and sweetness of a tomato with the fruitiness of a cucumber. It's called... Cucumber & Tomato Salad

Ingredients

4 small cucumbers, peeled
3 ripe, firm tomatoes
¾ medium red onion or fresh green onion
2 thinly sliced sweet yellow or green peppers
3 Tbsp roughly chopped parsley
¼ Tbsp kosher salt
3 Tbsp of fresh squeezed lemon juice (about one medium lemon)
1–2 Tbsp of vinegar
2 Tbsp olive oil

Instructions

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

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

From the kitchen of

Yazidi Farmers
COMMUNITY CROPS, LINCOLN, NE
@YAZIDI_KITCHEN_IN_AMERICA

KEEP YOUR FRIENDS CLOSE, AND YOUR FARMERS CLOSER!
Buy Fresh Buy Local!
Why Buy Local Food?

The Social, Environmental, Economic Benefits to your Community

ECONOMIC IMPACT

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

$10 per week on local food = $690 million added to state economy

FARMERS NEED MULTIPLE MARKETS TO BE SUSTAINABLE.

Early Picked

Peak less than 1500 miles

Travel less than 15 miles

Dollars go to

Brokerage, Packing House, Distribution

Local Farmer

Out of State Nebraska

GROW LOCAL FOOD

PROTECTS LOCAL LAND

BUILD LOCAL RELATIONSHIPS

MORE LOCAL SPENDING

Buy Local Food

More than one million acres of U.S. farmland is lost each year due to residential and commercial development.

A typical American meal travels an average of 1,500 miles to get to you. 257.1 more miles than 2 decades ago.

KNOW WHERE YOUR FOOD COMES FROM

SOCIAL IMPACT

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

Buy Fresh Buy Local

Nebraska

buylocalnebraska.org

This graphic was originally created by Taste the Local Difference and has been edited with their permission and support.
Use Cooperatives To DRIVE COMMUNITY DEVELOPMENT!

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

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

Well-Known National Cooperatives:
- ACE Hardware: retailer-owned cooperative
- Land O’Lakes: member–owned agricultural cooperative
- Organic Valley: farmer-owned organic cooperative
- REI: consumer cooperative

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

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

For more information, visit the NCDC website at ncdc.unl.edu.

The Nebraska Cooperative Development Center (NCDC) is dedicated to assisting people prosper by helping them work together through multi-owner and cooperative businesses.
Nebraska is home to many native fruits—paw paw, wild plum, black raspberry, elderberry, juneberry, choke cherry, crab apple, and ground cherry are just a few!

Look for them in the wild and at farmers markets—usually jellyed!

**FARMERS’ MARKETS**

<table>
<thead>
<tr>
<th>Market Name</th>
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<tbody>
<tr>
<td>Haymarket</td>
<td>Lincoln</td>
<td>Phone: 402-471-5464, Email: <a href="mailto:haymarket@cityoflincoln.org">haymarket@cityoflincoln.org</a></td>
</tr>
<tr>
<td>Highland Park</td>
<td>Hastings</td>
<td>Phone: 402-362-3031, Email: <a href="mailto:highlandparkfarmersmarket@gmail.com">highlandparkfarmersmarket@gmail.com</a></td>
</tr>
<tr>
<td>Village Point</td>
<td>Omaha</td>
<td>Phone: 402-331-4412, Email: <a href="mailto:villagepointfarmersmarket@gmail.com">villagepointfarmersmarket@gmail.com</a></td>
</tr>
<tr>
<td>Old Market</td>
<td>Omaha</td>
<td>Phone: 402-346-1178, Email: <a href="mailto:oldmarketfarmersmarket@gmail.com">oldmarketfarmersmarket@gmail.com</a></td>
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<tr>
<td>Aksarben</td>
<td>Omaha</td>
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</tr>
<tr>
<td>College View</td>
<td>Lincoln</td>
<td>Phone: 402-475-6113, Email: <a href="mailto:collegeviewfarmersmarket@gmail.com">collegeviewfarmersmarket@gmail.com</a></td>
</tr>
</tbody>
</table>

**BUTTLE MEMBERS**

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artesian Mark Coffee + Goods</td>
<td>Beatrice, NE</td>
<td>Phone: 402-223-3244, Email: <a href="mailto:info@artesianmarkcoffee.com">info@artesianmarkcoffee.com</a></td>
</tr>
<tr>
<td>Heartland Nuts ‘N More</td>
<td>Beatrice, NE</td>
<td>Phone: 402-784-6887, Email: <a href="mailto:lottanuts@windstream.net">lottanuts@windstream.net</a></td>
</tr>
<tr>
<td>Artisan Mark Coffee + Goods</td>
<td>Beatrice, NE</td>
<td>Phone: 402-223-3244, Email: <a href="mailto:info@artesianmarkcoffee.com">info@artesianmarkcoffee.com</a></td>
</tr>
<tr>
<td>Broken Arrow Farm</td>
<td>Filley, NE</td>
<td>Phone: 402-768-1145, Email: <a href="mailto:brokenarrowfarm@outlook.com">brokenarrowfarm@outlook.com</a></td>
</tr>
<tr>
<td>Divino Nino Dairy</td>
<td>Palmyra, NE</td>
<td>Phone: 402-310-6556, Email: <a href="mailto:divinnodairy@outlook.com">divinnodairy@outlook.com</a></td>
</tr>
<tr>
<td>Pawnee Pride Meats</td>
<td>Steinauer, NE</td>
<td>Phone: 402-889-2396, Email: <a href="mailto:pawneepridemeats@gmail.com">pawneepridemeats@gmail.com</a></td>
</tr>
<tr>
<td>Sunny Slope Farm</td>
<td>Milford, NE</td>
<td>Phone: 402-662-1777, Email: <a href="mailto:sunnyslopeberries@gmail.com">sunnyslopeberries@gmail.com</a></td>
</tr>
<tr>
<td>The Hoogland Homestead</td>
<td>Inland, NE</td>
<td>Phone: 402-469-5065, Email: <a href="mailto:thehooglandhomestead@gmail.com">thehooglandhomestead@gmail.com</a></td>
</tr>
<tr>
<td>West End Farm</td>
<td>Stanley, NE</td>
<td>Phone: 402-239-9822, Email: <a href="mailto:westendfarm@gmail.com">westendfarm@gmail.com</a></td>
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**FARMS & RANCHES**

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<tr>
<td>Al-Be Farm</td>
<td>Elkhorn, NE</td>
<td>Phone: 402-223-3244, Email: <a href="mailto:info@albefarmNE.com">info@albefarmNE.com</a></td>
</tr>
<tr>
<td>Bellevue and Nebraska City The Hoogland Homestead</td>
<td>Inland, NE</td>
<td>Phone: 402-469-5065, Email: <a href="mailto:thehooglandhomestead@gmail.com">thehooglandhomestead@gmail.com</a></td>
</tr>
<tr>
<td>Belvedere</td>
<td>Bellevue, NE</td>
<td>Phone: 402-223-3244, Email: <a href="mailto:info@belvederefarm.net">info@belvederefarm.net</a></td>
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**ARTISANS**

<table>
<thead>
<tr>
<th>Artisan Name</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Heather Byers</td>
<td>Weston, NE</td>
<td>Phone: 402-540-4801, Email: <a href="mailto:heather@greatplainsnursery.com">heather@greatplainsnursery.com</a></td>
</tr>
<tr>
<td>Martin’s Hillside Orchard</td>
<td>Ceresco, NE</td>
<td>Phone: 402-665-2140, Email: hillside-orchard.com</td>
</tr>
<tr>
<td>Paradise in Progress Farm</td>
<td>Nebraska City, NE</td>
<td>Phone: 402-874-9940, Email: <a href="mailto:paradiseprogress@gmail.com">paradiseprogress@gmail.com</a></td>
</tr>
<tr>
<td>Raikes Beef Co</td>
<td>Ashland, NE</td>
<td>Phone: 402-944-2474, Email: <a href="mailto:info@raikesbeef.co">info@raikesbeef.co</a></td>
</tr>
<tr>
<td>Great Plains Nursery</td>
<td>Weston, NE</td>
<td>Phone: 402-540-4801, Email: <a href="mailto:heather@greatplainsnursery.com">heather@greatplainsnursery.com</a></td>
</tr>
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<td>Raikes Beef Co</td>
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Feathers

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

Katie Polacek
BRUNO, NEBRASKA

“Fat Water”
Tomatl

The passive, ripening fruit
suspended in the sunlight,
draws in from all sides.
Stem from
vine from
stalk from
roots from
fungi from
soil from
worm from
rock, leaves, roots,
inner passages taking in and
redistributing the remains of our days.

Outside the “plump thing with a naval” (xitomatl)
basks in the sun,
thin skin touched by rays,
passing particles dusting the surface,
absorbed in the mix of
expanding flesh.
Transformation of color
beckons the curious to
touch, taste, and
receive the whole process.

Over and over this
continuous loop of life
provides more than we could ask for or
imagine, naturally.

At home, fruits continuously
give from their abundance.
Here in the plains,
removed from continuous heat,
tomatoes drop from the vine,
and held in the earth,
undeterred by the cold,
wait for the signal to begin again.

Angela Barber
LINCOLN, NEBRASKA

Katherine Carpenter
LINCOLN, NEBRASKA

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

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

DISH Restaurant
Restaurant
1100 “O” St.
Lincoln, NE
402-475-9475
info@dishdowntown.com
dishdowntown.com
HOURS: Mon–Fri: 11:30 am–1:30 pm, Mon–Sat: 5–9:00 pm, Sun: Closed
DISH is an upscale American Continental restaurant in the heart of downtown Lincoln. Our seasonally focused menu showcases original and updated American cuisine.

Hub Cafe
Restaurant, Coffee, Coffee House
250 N 21st St.
Lincoln, NE
402-474-2453
hubcaleincoln@gmail.com
hubcaleincoln.com
HOURS: Tues–Sat: 7:00 am–2:30 pm, Evening Specials
Sourcing from local farmers allows us to create a menu that may inspire you to serve the freshest, best-tasting produce, dairy, and meats in creative dishes that connect our customers to our local and seasonal landscapes and the seasons.

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

Mystic Rhoads Productions Inc. (MRP)
Local Food Processor
Lincoln, NE
402-617-5214
info@mysticroads.org
mysticroads.org
Order online 24/7
MRP is an ordinary charitable organization. We’ve created a line of products that funnel profits back to charitable causes. You buy, and we give. 100%.

Open Harvest Co-op Grocery
Co-op Grocery, Bakery, Retail Store
Food Cooperative
1816 South St.
Lincoln, NE
402-475-9069
harvest@openharvestcoop.com
openharvestcoop.com
HOURS: Mon–Fri: 8 am–9 pm
Open Harvest is a community owned grocery store, dedicated to fostering a sustainable food system through consumer education and the cooperative principles since 1975.

Prairie Plate Restaurant
Restaurant
10405 Branked Oak Rd.
Waverly, NE
402-786-2239
info@PrairiePlateRestaurant.com
PrairiePlateRestaurant.com
Visit website for hours
Prairie Plate Restaurant is a farm-to-table restaurant in a rural (brick and mortar) setting where guests enjoy a seasonal menu based on products from regional farmers, ranchers, and artisans.

Prairieview
Farmers’ Market
College View Seventh-Day Adventist Church
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
Lincoln, NE
Bonnie Henshaw
Prairieview
Lotus Gardens
Farmers’ Market
College View Seventh-Day Adventist Church
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
Lincoln, NE
Bonnie Henshaw
Prairieview

Lincoln Area

FARMERS’ MARKETS

• Bennett Farmers’ Market
  675 Elm St. (Village Park)
  Bennett, NE
  402-782-3300
  Bennett@violedecom.net
  Bennettfarmersmarket.com
  DATE & TIME: Wednesdays 4–7 pm
  Bennett Farmers’ Market promotes opportunities for Nebraska fruit, vegetable, and meat producers, bakers, and crafters to market high-quality products directly to consumers.

• Fallbrook Farmers’ Market
  570 Fallbrook Blvd Fallbrook Town Square Gretnespac
  Lincoln, NE
  308-216-0411
  fallbrookfarmersmarket@gmail.com
  DATE & TIME: Tuesdays 4–7 pm
  Fallbrook Farmers’ Market connects local farmers and artisans. Our seasonally focused menu showcases original and updated American cuisine.

• Open Harvest Co-op Grocery
  Co-op Grocery, Bakery, Retail Store
  Food Cooperative
  1816 South St.
  Lincoln, NE
  402-475-9069
  harvest@openharvestcoop.com
  openharvestcoop.com
  Open Harvest is a community owned grocery store, dedicated to fostering a sustainable food system through consumer education and the cooperative principles since 1975.

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

FARMS & RANCHES

• Commongood Farm
  Ruth Chucholl, & Erett Luongquist
  Raymond, NE
  402-783-9005
  commongoodfarm.com
  commongoodfarm@gmail.com
  • Certiﬁed Organic
  • Certified Organic
  • No-GMO Feed, Antibiotic-Free, Hormone-Free, Pasture Raised, Rotational Grazing
  • Certified Organic
  • CSA, Direct Sales—Call or Email
  • Farmers’ Markets, Wholesale
  • Prairie Plate Restaurant is a farm-to-table restaurant in a rural (brick and mortar) setting where guests enjoy a seasonal menu based on products from regional farmers, ranchers, and artisans.

• DS Family Farm
  Doug & Sheila Garrison
  Malcolm, NE
  402-786-2208
  dsgfamilyfarm.com
  dsgfamilyfarm.com
  • Animal Welfare Approved, Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic-Free, Hormone-Free, Pasture Raised, Rotational Grazing
  • Direct Sales—Call or Email, Online Ordering
  • Healthy locally raised healthy animals = healthy animals, resulting in healthy food for you. Beef and chicken from our farm will result in a unique flavor you have never experienced before.

• Green School Farms
  Gary Fehr
  Raymond, NE
  402-570-4382
  facebook.com/greenschoolfarms
  • No Synthentic Inputs
  • CSA, Direct Sales—Call or Email
  • Farmers’ Markets, Wholesale, School
  • Prairie Plate Restaurant is a farm-to-table restaurant in a rural (brick and mortar) setting where guests enjoy a seasonal menu based on products from regional farmers, ranchers, and artisans.

• Lakehouse Farm
  Jerry & Cornett
  Waverly, NE
  402-786-2339
  info@PrairiePlateRestaurant.com
  LakehouseFarm.com
  • Certified Organic
  • Direct Sales—Call or Email
  • Farmers’ Markets
  • Lakehouse Farm is a family owned produce farm northwest of Waverly, Nebraska. We provide a market basket of certified organic produce while managing the land sustainably.

• Lotus Gardens
  Michelle & James Tolston
  Lincoln, NE
  402-990-4103
  lotusgardenshealthyfood@gmail.com
  lotusgardenslincoln.com
  • Aquaponic
  • Direct Sales—Call or Email, Farmers’ Markets, Wholesale, Online Ordering
  • Lotus Gardens farm duplicates a naturally occurring ecosystem to grow year-round food and resources to grow their own food, and is part of a larger, sustainable, beautiful, and healthy food system.

• Jones EcoFarms
  Justin Jones
  Crete, NE
  402-613-2035
  justin@Jonesproduce.net
  jonesecofarms.com
  • CSA, Direct Sales—Call or Email, Online Ordering
  • Farmers’ Markets, Wholesale, School
  • Jones EcoFarms takes an ecological approach to raising pastured livestock, perennial gardens, and aquaponics.

3040
Local Food Guide

LEARN MORE AT
buylocalnebraska.org

FUN FACT
There are hundreds of breeds of pigs—each one developed from a specific environment and purpose. When you buy pork direct from the farm, ask about the breed.
**Lincoln Area**

continued from previous page

Robinette Farms
Chloe Diegel & Alex McKiernan
Martell, NE
402-794-4025
farmer@robinettefarms.com
robinettefarms.com
- Certified Organic
- CSA, Farmers’ Markets, Wholesale
We are a certified organic, diversified small-scale family farm growing microgreens and over 80 varieties of vegetables.

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

Spirits Vitae Botanicals
Nicole & Paul Saville
Martell, NE
402-413-1495
spiritsvitaebotanicals@gmail.com
spiritsvitaebotanicals.com
- No Synthetic Inputs
- Direct Sales—Call or Email, Farmers’ Markets, U-Pick, Wholesale, Online Ordering
We serve as stewards of the land, working in tandem with Mother Nature to grow potent, high-quality medicinal herbs, thus providing the community and land with optimal nourishment.

Trackside Farm LLC
James & Nancy Scantlon
Hickman, NE
267-809-4993
tracksidegreen@gmail.com
facebook.com/hicktracks
- No Synthetic Inputs
- Direct Sales—Call or Email, Farmers’ Markets, U-Pick, Wholesale, Online Ordering
We are a 15 acre farm in Hickman, specializing in naturally grown, with a focus on the unique varieties. Chile peppers, garlic, and fun things not often seen are our specialties.

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

Yankee Hill Landscape
Tammy & Todd Magee
Lincoln, NE
402-416-2611
info@YankeeHillLandscaping.com
YankeeHillLandscaping.com
- On Farm Store, Farmers’ Markets, Wholesale
We are a family-owned operation conveniently located on the S3 edge of Lincoln. Visit our location for fresh produce, beautiful plants, or landscape supplies throughout the season.

Yum Yum Greens
Baron Kimble
Lincoln, NE
402-413-1416
yumyumgreens.com
yumyumgreens.com
- No Synthetic Inputs
- Direct Sales—Call or Email, Farmers’ Markets, Wholesale
We are a 15 acre farm in Hickman, specializing in naturally grown, with a focus on the unique varieties. Chile peppers, garlic, and fun things not often seen are our specialties.

**Word Match**

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

| Food Desert | Pullet | Celeriac | Duroc | Guernsey | Worker Bee | Mirepoix | Papalo | Chevre | Dirt Nap Dip
|-------------|--------|----------|-------|---------|------------|---------|-------|-------|-----------------------------------
| Worker Bee  | Pullet | Celeriac | Duroc | Guernsey | Worker Bee | Mirepoix | Papalo | Chevre | Dirt Nap Dip

A young hen, perhaps who just started laying small eggs.

A variety of celery selected for its enlarged stem, which looks like a knobby bulb.

A creamy, tangy cheese known for its rich smooth milk.

A dairy cow breed that is good forager, and famous for its rich smooth milk.

A food that has extremely limited access to fresh, nutritious, affordable food. 23.5 million Americans live in fresh, nutritious, and affordable food.

A dairy cow breed that is good mothers, and who just started laying small eggs.

A young hen, perhaps who just started laying small eggs.

A young hen, perhaps who just started laying small eggs.

A young hen, perhaps who just started laying small eggs.

A young hen, perhaps who just started laying small eggs.
LEARN MORE AT

WITH POSITIVE ANIMAL IMPACT

Doug and Sheila 

Garrison of DS Family

Farms have been 

raising beef cattle in 

Malcolm, Nebraska, 

for the past 10 years. 

They are managing 

their herd in a way 

that increases the 

biological activity 

(life) of the soil in 

their pastures. 

DF: Why do our lands need healing? 

DG: It’s all based on past human management, and I’ll use our farm as an example. If you look back to the aerial imagery of the farm from the 1930’s, this entire quarter section was farmed—that’s 150 plus years of releasing carbon into the atmosphere through tillage, and overgrazing. It’s years of topsoil washing away from erosion. Our soils are degraded. Over half the organic matter in Nebraska soils is gone due to human management. That’s why the land needs healing. 

SF: Could you share a couple ways you mimic nature at DS Family Farms? 

DG: We keep our cows “herded up,” and we keep moving them to fresh grass. Most of the time they are in an area for one day, then on to the next area. Nature’s important insight to grazing is best expressed by Joel Salatin as, “Fresh Grass and Move, Fresh Grass and Move.” Instead of overgrazing the tastiest plants (usually native prairie grasses), the cattle are taking a few bites of everything. This means no one type of plant is getting overgrazed, and that leads to a more diverse plant community. A whole bunch of biological processes also go on when there are many hooves on the ground. Concentrated hooves from a moving herd will chip vegetation, break the soil surface, and put grass seed in contact with soil, very similar to how you use a hoe to plant your garden! 

So, in the past predators and seasonal migrations would bring about this much needed animal impact. At our farm, we utilize portable electric fence to concentrate and move the herb following nature’s pattern. 

SF: What are some ways people benefit from pasture grazed meat? 

DG: Improving our soils, improving our grass, improving our animals leads to more healthy food options, and more nourished humans. Our animals are healthier. We don’t use any antibiotics or vaccines on the cattle and we haven’t done any fertilizing orbroadcast herbicides on the pastures. We’re using free sunlight energy and moving carbon from the atmosphere into plants. The plants are moving the carbon into critters above and below ground. Our customers are enjoying this carbon in the form of pasture grazed beef. What we are doing is having a positive impact, and people can be a part of that positive impact when they eat our pasture grazed meat.

Bison Meatballs

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

Ingredients

1 lb ground bison 

1 tsp dried herbs, such as Italian seasoning (optional) 

⅛ tsp black pepper 

2 Tbsp finely chopped onion (optional) 

½ tsp sea salt 

1 egg, lightly beaten

Instructions

1. Mix all ingredients until well-combined. Use hands if needed. 

2. Form into one inch balls (medium cookie ball scoop works well). Place close together on baking sheets. Bake at 350º for 15 minutes. 

3. May be used in spaghetti sauce, cheese sauce, sweet/sour sauce, etc. 

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

From the kitchen of 

Martin & Karen Bredthauer 

STRAIGHT ARROW BISON, BROKEN BOW, NE
In 2010 the Omaha Area

**You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.**

—JULIA CHILD

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**FARMERS’ MARKETS**

<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Dates</th>
<th>Hours</th>
<th>Contact</th>
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<tr>
<td>Omaha, NE</td>
<td>Village Pointe Farmers Market</td>
<td>May 2–Oct 10</td>
<td>9 am–12:30 pm</td>
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<td>May 3–Oct 11</td>
<td>9 am–1 pm</td>
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<td>May–Nov</td>
<td>9 am–1 pm</td>
<td>omahafarmersmarket.org</td>
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<tr>
<td>Omaha, NE</td>
<td>Barreras Family Farm</td>
<td>May–Oct</td>
<td>9 am–5 pm</td>
<td><a href="mailto:barrerasfarmfamily@gmail.com">barrerasfarmfamily@gmail.com</a></td>
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<tr>
<td>Omaha, NE</td>
<td>Fruit of Levine LLC</td>
<td>May–Nov</td>
<td>9 am–5 pm</td>
<td><a href="mailto:jodibrodsky5@gmail.com">jodibrodsky5@gmail.com</a></td>
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**FARMS & RANCHES**

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<th>Dates</th>
<th>Hours</th>
<th>Contact</th>
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<tr>
<td>Fort Calhoun, NE</td>
<td>Little Mountain Ranch &amp; Garden</td>
<td>May–Nov</td>
<td>9 am–5 pm</td>
<td>littlemountainrg.com</td>
</tr>
<tr>
<td>Papillion, NE</td>
<td>Stream Meadow Farms</td>
<td>May–Oct</td>
<td>9 am–5 pm</td>
<td>streammeadowfarms.com</td>
</tr>
</tbody>
</table>

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**BARRY THE BEES (Aksarben Village)**

On average a worker honeybee produces 1/2 of a teaspoon of honey in her 5-week life span.

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**BACKYARD FARMER**

68 YEARS AND STILL GROWING! 

WATCH THURSDAYS 7 pm CT on NET April–September

Send us your questions! byf@unl.edu

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**FOOD FACT**

You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.

—JULIA CHILD

---

**LOCAL FOOD GUIDE**

LEARN MORE AT buylocalnebraska.org
Cabbage Salsa

Cabbage is one of our favorites from the garden. Coleslaw, homemade runzas, sauerkraut, and this recipe is a fun way to use it up, along with garden fresh tomatoes, peppers, onions, garlic, and cilantro.

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

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

From the kitchen of
THE HOAGLAND HOMESTEAD, HASTINGS, NE

Egg Skills

HOW TO POACH AN EGG

Lightly cooked egg whites with an oozy, goopy yolk in the center—these are the eggs on “eggs benedict.” They are perfect served with toast or atop a pasta, noodle, or curry dish.

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

SALAD DRESSING

Herbaceous Nebraska Vinaigrette

- Peaches – Vegetables –
- Pumpkins – Perennials –
- Annual Flowers & Hanging Baskets –

Fresh, local produce available at:

Our Farm: Monday – Saturday
Haymarket Farmers Market
Saturdays 8AM -12PM
Bennet Farmers Market
Wednesdays 4PM-7PM
Convenient Lincoln Location:
11855 Yankee Hill Road Lincoln, NE 68526
YankeeHillLandscaping.com
402-416-2611

1 c oil of your choice (try sunflower)
1 tsp honey, maple syrup, or sweetener of your choice
½ c vinegar of your choice
¼ c fresh squeezed lemon juice
Pinch of salt and pepper
1 Tbsp (or more) chopped herbs of your choice—mix and match and play with amounts! Basil, oregano, mint, thyme, sage, parsley, papalo, bee balm, cilantro, dill, etc.

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

Nebraska Honey Bee Dijon

SALAD DRESSING

1 ¼ c local honey
1 ¼ c dijon mustard
1 Tbsp vinegar of your choice
1 tsp salt
Dash of pepper

Blend or whisk all ingredients. Adjust amounts of honey or vinegar for more or less tanginess or sweetness.

LEARN MORE AT
buylocalnebraska.org

KITCHEN BASICS

COOKING STAPLES

SOMETHING FATTY—try pecans, black walnuts, hazelnuts, or sunflower seeds. Pan roast them with spices for a crunchy treat!

DO FRUIT! Chopped apples, Asian pears, strawberries, cool watermelon, or peaches take salads to the next level, plus their textures and colors add Playfulness to your plate.

EAVER—tip your toes into the wide world of greens. Lettuce is so good, but why not try a handful of chard, baby kale, spinach, microgreens, dandelion greens, mizuna, or bok choy?

ALTERNATIVE VEGETABLES—everyone has those forgotten veggies in the fridge or counter. Prep them up by cutting them into fun shapes like ribbons, matchsticks, or rounds.

DESSING—the secret is out...homemade dressing is so easy and a million times tastier than store bought! See recipes on this page.

LEARN MORE AT
buylocalnebraska.org
Stuffed Acorn Squash

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

**Instructions**
1. Heat oven to 400°. Cut a thin slice off round side of each squash half to create a stable base.
2. Place squash hollow side down on a baking sheet lined with aluminum foil and bake until golden, 1–2 minutes (keep watch—it browns quickly).
3. Cook sausage. Using grease from sausage, cook onion and celery for 3 minutes. Add apples and sauté another 2 minutes or until softened. Add garlic and cook another minute. Add greens and toss, then add broth. Cover and steam until greens are tender, 5 minutes. Stir in sausage.
4. Divide filling among squash. In a bowl, combine walnuts, cheese, sage, and breadcrumbs; sprinkle evenly over squash bowls. Broil until topping is golden, 1–2 minutes (keep watch—it browns quickly).

From the kitchen of
Katie Jantzen
WEST END FARM, PLYMOUTH, NE

**Instructions**
- Brush/spray halves with oil and sprinkle with salt and pepper.
- When squash is golden and tender (but still holding its shape), 30–45 minutes. Remove from oven, flip and set aside. Heat broiler to high.

**Ingredients**
- 2 acorn squash, halved, seeds removed
- 1 onion, finely chopped
- 1 celery stalk, chopped
- 1 apple, diced
- 8 oz ground sausage
- ¼ tsp black pepper
- ½ tsp salt

**Instructions**
- Cook sausage. Using grease from sausage, cook onion and celery for 3 minutes. Add apples and sauté another 2 minutes or until softened. Add garlic and cook another minute. Add greens and toss, then add broth. Cover and steam until greens are tender, 5 minutes. Stir in sausage.
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From the kitchen of
Katie Jantzen
WEST END FARM, PLYMOUTH, NE
We are celebrating our 45th anniversary this year!

That’s 45 years of being your locally grown food co-op and supporting our local farmers and producers. By shopping at our co-op, you help keep money in our local economy.

THANK YOU FOR YOUR SUPPORT!