



Southwest Minnesota Local Food Guide

**WORKING TOGETHER TO BUILD HEALTH IN THE
ECONOMY, ENVIRONMENT, AND PEOPLE
OF THE SOUTHWEST MINNESOTA FOODSHED.**

ACKNOWLEDGMENTS

This book was compiled to encourage and enable health-wise and ecologically-smart purchasing decisions in our local SW Minnesota food system.

We want people to eat well.

It was compiled to honor, encourage, and make visible those brave and committed souls who work hands-on with the natural systems to make available to our whole community the health-enhancing food that can be grown right in our own richly-blessed biome.

We are lucky to have you here.

We also honor those whose work is already in progress to make it convenient for our communities and our children to choose the foods that will help make them healthy and happy. Special thanks to those who have formed up Farmers' Markets in their towns, and thanks to the city governments and regular customers who support them.

And huge Thanks to those School Food Service Directors who stand at the ready to buy and serve locally sourced food to our children whenever they can. You are improving the future of our food culture with every nutrient-dense food-choice you present.

Special thanks to Land Stewardship Project for leading the way over the years, showing us steps toward collaboration as a tool in establishing better local food systems.

Thanks to Dakota Rural Action for leading by example, developing an area producers directory, getting that catalog on the internet for ease of ordering, and by willingly sharing their information and experience.

Thanks to Coteau Ridge Sustainable Farmers Association for pushing us in the direction of organizing a Local Foods cooperative.

And a huge THANK YOU to Statewide Health Improvement Program and staff for their assistance with editing our work, and funding the publishing of this directory. We are so grateful.

May our community be blessed in using this book.

*Marshall Area Food Coop Board of Directors
Spring, 2012*

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FUN FACT: A dragonfly will eat 300-400 mosquitoes in a day. There are over 5000 species of dragonflies.



FUN FACT: A toad can consume up to 10,000 insects in one season.



WHY BUY LOCALLY PRODUCED FOODS?

From the Food Perspective: Because locally grown foods are transported much shorter distances, they remain on the plant until they reach peak maturity, thereby providing maximum nutritional value and flavor. Minimal transportation also means commercial processing to preserve “freshness” is avoided, reducing the chemicals in your diet.

From the Economic Perspective: Buying and selling locally grown foods keeps the money in our communities rather than exporting it to distant, multinational corporations.

From the Community Perspective: Buying local foods supports family farmers who are not able, or who do not wish to compete with the larger corporate farms on their own terms. This in turn, allows family farmers to preserve their land for future generations. Buying and selling locally grown foods strengthens local communities by creating and increasing quality relationships throughout the community.

From the Sustainability Perspective: Grocery store food travels an average of approximately 1,500 miles from production site to consumer plates. Buying locally produced foods reduces our reliance on fossil fuels and their harmful emissions. It also reduces all of the packaging materials required to transport, store and display grocery store food.

ECONOMIC TIDBIT: A farm includes the passion of the farmer's heart, the interest of the farm's customers. The biological activity in the soil, the pleasantness of the air about the farm- It's everything touching, emanating from, and supplying that piece of landscape.

The tragedy of our time is that cultural philosophies and market realities are squeezing life's vitality out of most farms. And that is why the average farmer is now sixty years old. Serfdom just doesn't attract the best and the brightest.

~ Joel Salatin, Everything I Want to Do is Illegal:
War stories from the local Food Front

BUYING LOCAL MADE EASY!



www.MarshallAreaFoodCoop.com

Internet Ordering System - shop at home when it is convenient for you.

PayPal - secure pre-payment saves time and hassle.

Combined Orders - no matter how many vendors you order from, you make one payment and pick up one order.

Multiple Distribution Sites - pick up your order close to home. In the spirit of sustainability, producer participation is limited to within a one-hour drive of Marshall. We will arrange multiple sites within that one-hour radius to support local distribution for both producers and consumers. Please let us know if you have an appropriate site near you such as a church or school that would be willing to support Local Producers and Consumers in this way.



KNOW YOUR FARMERS

The MAFCO website gives you access to the farmer profiles where you can read what they have to say about their own farming histories, practices, and values. Contact information lets you contact your farmers directly if you have any questions or wish to see where your food is being raised with your own eyes.

STAY INFORMED

The MAFCO Facebook Page posts daily tidbits about nutrition, gardening, recipes, and farm policies that affect our lives in SW Minnesota. Become a Facebook Fan of MAFCO and stay informed about what you eat.

USDA LABELS AND TERMS

Certified Organic: A national retail standard that is certified by the USDA to contain ingredients that have not been grown with “conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering, or ionizing radiation.” Operations that have less than \$5,000 of annual sales in organics do not need to be certified. Organic growers produce crops with sustainable methods that protect the environment.

Free-range/Free-roaming: This term is regulated in reference to poultry only. Producers must demonstrate that the poultry has been allowed access to the outside.

Grass-fed: Grass and forage shall be the feed source consumed for the lifetime of the ruminant animal, with the exception of milk consumed prior to weaning. Animals cannot be fed grain or grain byproducts and must have continuous access to pasture during the growing season.

Natural: A product containing no artificial ingredient or added color and is only minimally processed (a process which does not fundamentally alter the raw product) may be labeled natural.

GENERAL LABELS AND TERMS

Community Supported Agriculture (CSA): An arrangement between consumer “shareholders” and producers. The shareholders pay the producer in advance for shares of produce as they become available throughout the growing season.

Genetically Modified Organisms (GMOs): Organisms, or plant materials, that have been genetically modified by using transgenic DNA technology. Examples of genetically modified organisms are crops, like corn and soybeans, that have DNA inserted from unrelated species to repel insects or to become an herbicide.

rGBH-free or rBST-free: rGBH (Recombinant Bovine Growth Hormone) or rBST (Recombinant Bovine Somatotropin) refers to a genetically engineered hormone designed to increase milk production in dairy cows. The use of these hormones in milk is controversial, and out of growing consumer concern, some dairies label their milk as ‘rBGH-free’ or ‘No artificial growth hormones.’

Permaculture: The conscious design and maintenance of agriculturally productive ecosystems which have the diversity, stability, and resilience of natural ecosystems. It is the harmonious integration of landscape and people providing their food, energy, shelter, and other material and non-material needs in a sustainable way.

Sustainable Agriculture: Agriculture that produces abundant food without depleting the earth’s resources or polluting its environment. It follows the principles of nature to develop systems for raising crops and livestock that are, like nature, self-sustaining. Sustainable agriculture embraces the social values of vibrant rural communities, rich lives for families on farms, and wholesome food for everyone.

BUYING MEAT DIRECT FROM PRODUCERS

The meat that you purchase will have been processed at a federal-inspected, a state-inspected, or a custom processing plant. In the case of poultry (chicken, duck, pheasant, etc.), your meat may have been butchered and dressed by the producers themselves.

What does this mean? By law, all meat that is sold to foreign countries or across state lines must be inspected by the United States Department of Agriculture Food Safety and Inspection Service. State-inspected processors are certified as “equal to” federal standards, but are able to be inspected by state inspectors, rather than inspectors from the USDA. Currently, state-inspected meat cannot be sold across state lines, but that may change in the coming Farm Bill.

A “custom” meat processor is typically smaller, and is restricted to processing a live animal for the animal’s owner. Meat from a custom meat processor is stamped “not for sale,” indicating that it cannot be sold by the package to another person or retail store. In order to purchase meat processed at a “custom” processing plant, the buyer will legally purchase a quarter, half, or whole animal live from the producer, and then pay to have it processed at the custom processing plant. Most often the producer handles all of the transactions and transportation, so that the buyer simply pays the producer and receives the meat that their portion of the animal yielded.

PRODUCT ICON GUIDE

Look for these icons to locate specific products at a glance.



Baked Goods



Fruit



Plants



Bee Products



Goat Products



Pork



Beef, Buffalo & Elk



Grain & Grain Products



Poultry



Eggs



Herbs



Value Added Products



Flowers



Lamb



Vegetables

FARMERS' MARKETS

BUFFALO LAKE

Saturday 8 am to noon

Hwy 212 at the Park

Doug Rath 320.389.1006

CLARA CITY

Thursday evening

Wild Hare Floral & Garden Center

320.847.2411

COTTONWOOD

Wednesday 3:30 pm to 6 pm

Main Street by the Hardware Store

John Blake 507.423.6402

DAWSON

Thursday 4 pm to 6 pm

Veteran's Park on Main Street

Gloria Kerkaert 320.769.4608

EDGERTON

Wednesday 5 pm to 8 pm

Main Street in front of Post Office

Betty Houston 507.442.6881

FULDA

Friday 7 am to 11:30 am

Fulda Depot Parking Lot

Roxanne Hakeneis 507.425.2663

GRANITE FALLS

Wednesday 10 am to 4:30 pm

Saturday 8 am to 12:30 pm

Sorlien Park, Hwys 212 & 23

Soja Siemieniewski 320.765.2549

HECTOR

Wednesday 3 pm to 6 pm

Hwy 212 & Co Rd 4

LaVonne 320.848.2195

HENDRICKS

Friday 3 pm to 5:30 pm

North End of Main Street

Linda Buller 507.275.3089

IVANHOE

Wednesday 3 pm to 5:30 pm

Gibson Field Shelter, Main Street

Linda Buller 507.275.3089

LUVERNE

Thursday 4 pm to 7 pm

Main St between Estey & Freeman

Corrine Bonnema 507.283.4451

MADISON

Saturday 9 am to 1 pm

Jacobson Memorial Park

Betty Lou Mathiowetz

507.277.5218

MARSHALL

Saturday 7:30 am to noon

Schwans Parking Lot H on Hwy 19

John Blake 507.423.6402

MONTEVIDEO

Thursday 3:30 to 6:30 pm

Saturday 8 am to 1 pm

Smith Park, Canton Ave & Co Rd 15

Pauline Stanlund 320.841.1234

MORTON

Friday 9 am to 3 pm

City Parking Lot on Hwy 19

Shirley 507.697.6712

OLIVIA

Thursday 2 pm to 6 pm

City Parking Lot, 9th St & Fairview

Cathy Balderston 320.523.2162

FARMERS' MARKETS

PIPESTONE

Saturday 8 am to noon

Wednesday 5 pm to 7 pm

Municipal Bldg on SW 2nd Ave

Mary Stoel 507.825.5921

Carol Scotting 507.825.6715

REDWOOD FALLS

Tuesday 2 pm to 5:30 pm

Saturday 9 am to noon

Main Street at Bridge (Hwy 19)

Mike Roach 507.829.4583

RUSSELL

Wednesday 3 pm to 6 pm

Center Street & Old Hwy 23

Rachel LeClair 507.829.0266

SLAYTON

Thursday 6:30 am to 11 am

Main St, SW of Minnwest Bank

Donna Pueppke 507.926.5963

SPRINGFIELD

Saturday 8 am to noon

Tauer's SuperValue, Downtown

Paul Tauer 507.723.4175

TRACY

Saturday 9 am to 1 pm

Morgan Street, Northside

between 3rd & 4th Streets

Tracy Area Chamber 507.629.4021

WALNUT GROVE

Friday 4 pm to 7 pm

Hwy 14, Midtown

Sunny Ruthchild 507.629.8276

WORTHINGTON

Tuesday 4 pm to 7 pm

2nd Ave at 10th St.

Saturday 6:30 am to noon

Ace Hardware Parking Lot





PARTICIPATING LOCAL SCHOOL DISTRICTS

Adrian Public Schools

Heather Wahl 712-266-6469
heather@lunchtimesolutions.com

BOLD Public Schools

Margaret Fleming 320-523-1031
margaretflemming@bold.k12.mn.us

Canby Public Schools

Vicki Lozinski 507-223-2016
vicki.lozinski@canbylancers.org

Edgerton Public School District #581

Thelma Scholten 507-442-7881
thelmasc@epf.mntm.org

Fulda Public School

507-425-2514

Holy Redeemer Schools

507-537-4140
hrscafeteria@holy-redeemer.com

Jackson County Central Schools

Lonnie Voll & Sheri Moen
507-847-5310
smoen@artisolutions.net

Lake Benton Public School

Teresa Bunkers 368-4235 ext 2223
teresa.bunkers@lb.k12.mn.us

Lakeview Public Schools

Marilyn Jarcho 423-5164 ext 1350
marilynjarcho@lakeview2157.com

Luverne Public Schools

Ann Rigney 507-283-4491
a.rigney@isd2184.net

Lynd Public School

Peggy Meyer 507-865-4404
peggy.meyer@lyndschool.org

MACCRAY Senior High School

Linda Rhode 320-847-5346

Marshall Area Christian School

Lori Skrien 507-537-2762
macsgs@iw.net

Marshall Public Schools

Lori Fruin 507-929-2660
lori.fruin@marshall.k12.mn.us

Murray County Central

Marge Freeburg 507-836-6183
marge_freeburg@mcc.mntm.org

Minneota Public Schools

Sue Fox 507-872-6175
sue.fox@minneotaschools.org

Pipestone Area School District

Cathy Rogers 507-562-6018
cathy.rogers@pas.k12.mn.us

Redwood Area Schools

Laurie Milbrandt 507-644-8012
taher@redwood.mntm.org

Renville County West

Val Zaske 320-8368 ext. 5
vzaske@rcw.k12.mn.us

Round Lake-Brewster Schools

507-842-5951
a.luitjens@rlb.mntm.org

RTR School District**Elementary**

Lois Hellwinckel (ES) 507-658-3301
monica.lutterman@rtrschoools.org

Middle

Lori Taveirne (MS) 507-823-4370
lori.taveirne2@rtrschoools.org

High

Lorraine Maleyko (HS) 507-247-5911

Tracy Area Public Schools

Laurie Maeyaert 507-829-8439
maeyaertl@tracy.k12.mn.us



PARTICIPATING LOCAL SCHOOL DISTRICTS (continued)

Westbrook-Walnut Grove Schools

Michelle Freeburg 507-859-2144
chele@walnut.mntm.org

Windom Area Schools

Elaine Deutchman 507-831-6910
edeutchman@staff.windom.k12.mn.us

Worthington District 518

Michele Hawkinson 507-727-1184
Michele.hawkinson@isd18.net

Yellow Medicine East

Valerie Wensauer 320-564-4081
vwensauer@isd2190.org



MAFCO is an on-line food coop providing food service directors, restaurants, grocery stores, and community members a convenient website ordering system with access to local producers within an hour's distance from Marshall. Products are accumulated and delivered collaboratively, reducing the time, effort and environmental impact of separate orders and deliveries between individual producers and consumers.

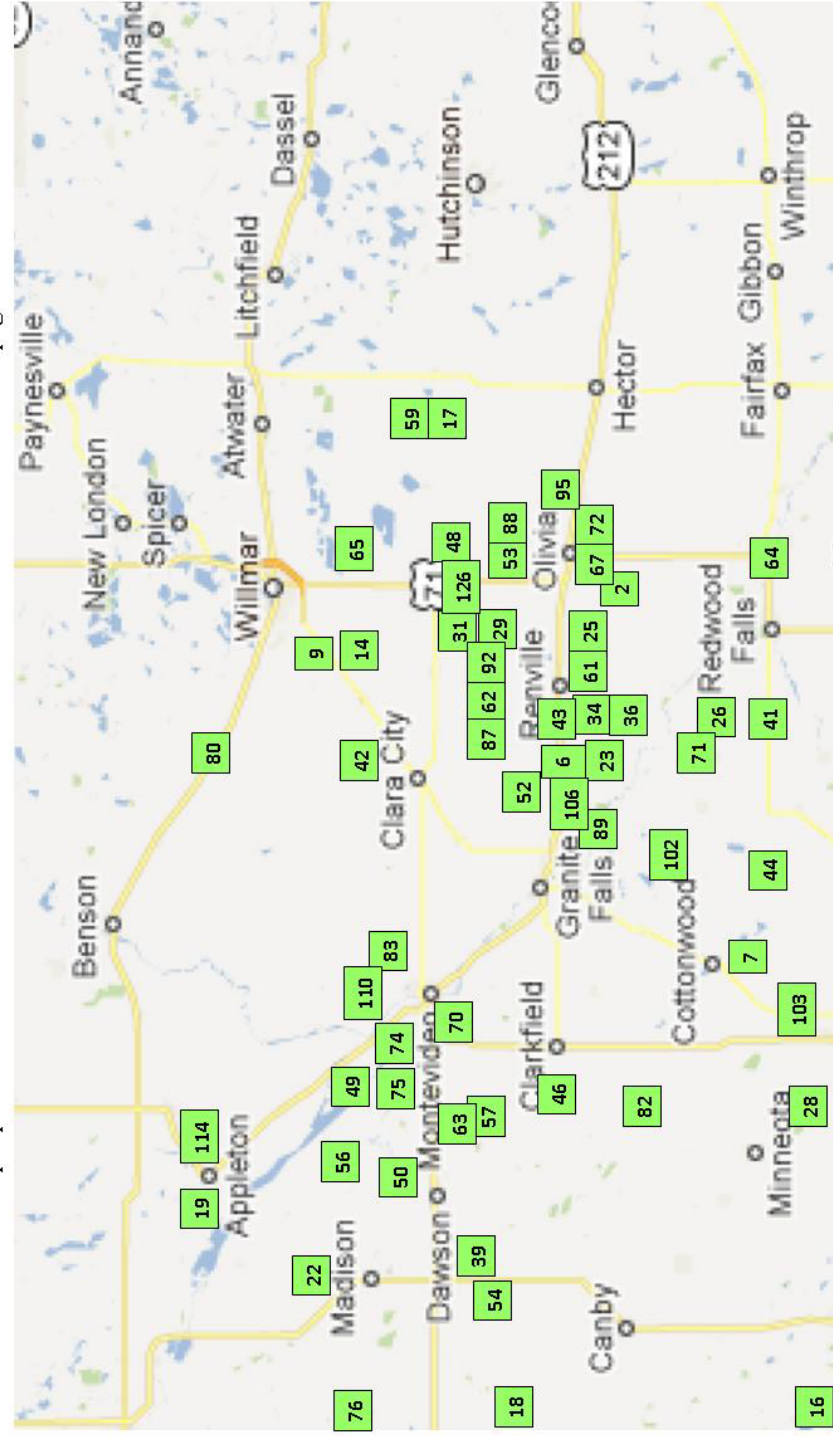
Why Local Foods?



- ◆ Fresh, healthy, locally grown foods support the health of the community.
- ◆ Buying from local producers keeps food dollars circulating locally, strengthening the local economy.
- ◆ Building markets for locally grown and raised food means more farmers on the land, more kids in our schools, and more customers for local businesses.
- ◆ A strong local foods movement in our community attracts new residents who want a healthy lifestyle for themselves and their families.
- ◆ Fresh, local foods just plain taste better!

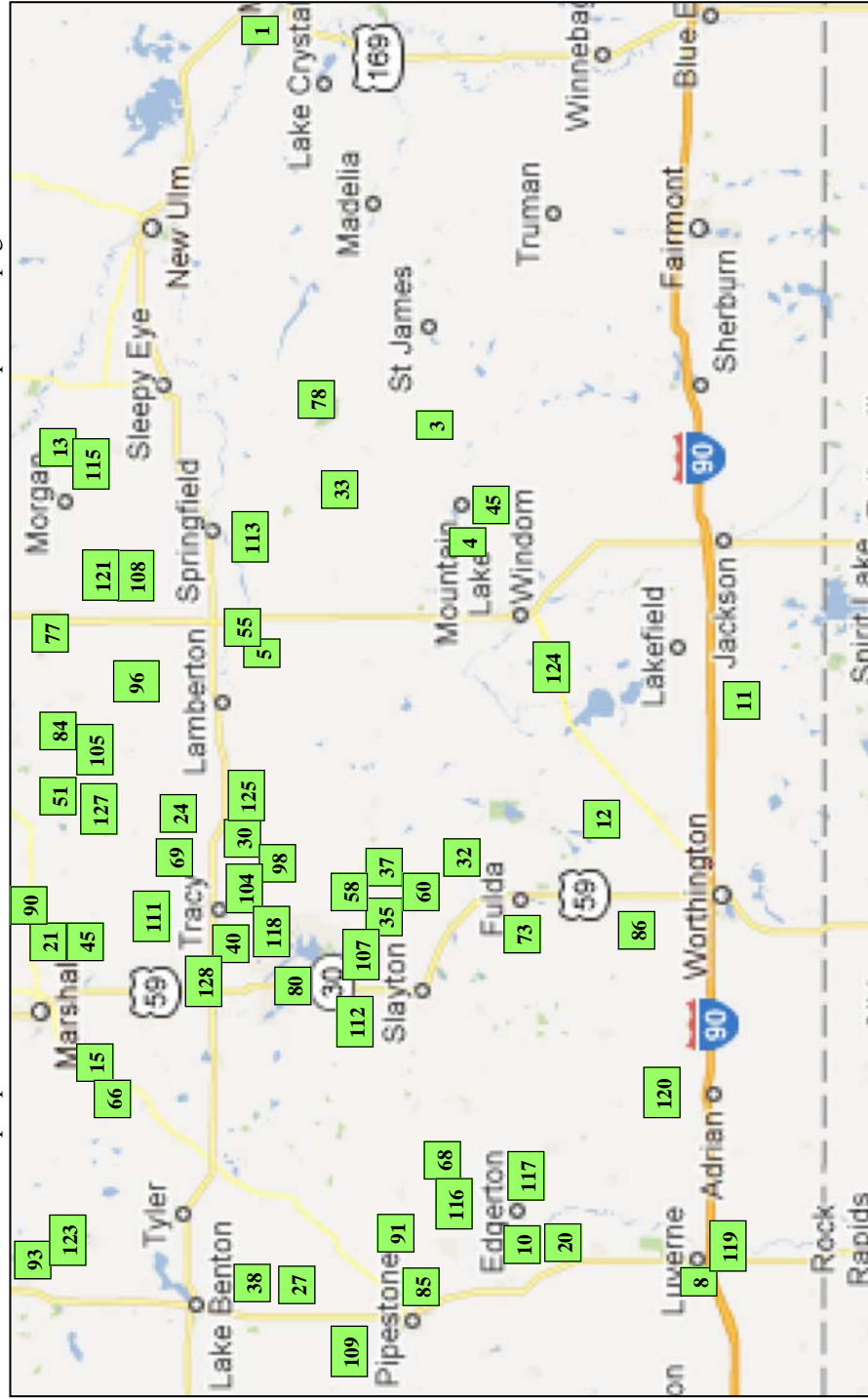
1	Anderson Truck Farm	33	Halls Across the Prairie	65	Lubbers, Diane	97	Sandy River Huttenre Colony
2	ASB Vineyard	34	Hansen Ranch	66	Lucky Dreamer Herb Farm	98	Schmidt Farm
3	Asbury Produce & Petals	35	Hansen, Richard	67	Mages Gardens II	99	Schnoll's Sweet Corn
4	Batalden Farms	36	Hansen, Sharon & Wayne	68	Masselink, Bob & Esther	100	Schreier Farm
5	Beranek Farms	37	Haylee and Zachery's Garden Produce	69	Merryweather Gardens	101	Shady Knoll Farm
6	Bev's Crocheting & Pickles	38	Hearland Huttenre Colony	70	Minnesota River Bison	102	Sher's Stuff
7	Blake, John	39	Heritage Grove Farm	71	Minnesota Valley Organics	103	Silver Leaf
8	Bonnema Orchard	40	Herr's Garden	72	Mitchell, Patsy	104	Snowflower Farm
9	Boonstra Brothers Buffalo	41	Hilltop Harvest	73	Moger, Marilyn & Arland	105	Sobocinski, Paul
10	Boverhof Produce	42	Hinterland Vineyards	74	Moon Creek Ranch	106	Sonja's Farm Fresh Vegetables
11	Brandt Gardens and Greenhouse	43	Holm, Brenda & Paul	75	Moonstone Farm	107	Stonegate Orchard & Market
12	Brewster Fresh Produce	44	Holmberg Orchard	76	Murphy, Leona	108	Sundown Creek Dairy Goats
13	Broekemeier, Ernie	45	Jask Farm	77	Northern Lights Lamb Company	109	Sunnyside Gardens
14	Brouwer Berries	46	JC Farms	78	Northouse, Duane & Jane	110	Swensen's Orchard
15	Bussing, Jeff	47	Jubilee Fruits and Vegetables	79	Omega Maiden Oils	111	Tholen Ag Enterprises
16	Buller Gardens	48	K & C Gardens	80	Pastures A Plenty Co	112	Three Acre Farm
17	Cindy's Country Gardens	49	Kalliroe Farm	81	Peterson & Fransen	113	Tomschin Produce
18	Cliff's Grass Grown Beef	50	Kerkaert, Gloria	82	Pitzl Acreage	114	Tosel, Colleen
19	Coyote Grange Organic Farm	51	Kicking Mule Farm	83	PK Strandlund Farm	115	Trebesch, Dale & Patty
20	Dakota Garlic	52	Kingstrom, Chad	84	Prairie Gardener	116	Valley View Natural Beef
21	Double Cross Bison Farm	53	Kingstrom, Cory & Danielle	85	Prairies Past Pork & Produce	117	Van Stelten Farms
22	Earthrise Farms	54	L&L Hilltop Gardens	86	Pueppke, Donna	118	Vang, Sunita
23	Elliot Vinyard	55	La Pano	87	R & L Gardens	119	Verhey, Bert
24	Evergreen Angus	56	Lac Qui Parle Valley Vineyard	88	Rachel's Garden	120	Vortherms, Sylvester & Ellen
25	Farm Country Chickens	57	Laehelt Farms	89	Red Tail Valley Beef	121	Walter, Nicolas
26	Fieldstone Vineyards	58	Lakeside Hideaway	90	Restless Wind Acres	122	Wanzek, Nathan & Kelly
27	Fountain Prairie Produce	59	LaVonne's Garden	91	Rock River Ranch	123	Wild Wind Farms
28	Four Seasons Organic Farms	60	LeClaire, Don & Darlene	92	Rohlik Hobby Garden	124	Wildier Thymes Farm
29	Fredrickson, Shirley & Bob	61	Lenz, Ron & Lois	93	Rolling Acres	125	Yang, Yer
30	Freeburg, Dave	62	Lindahl Vineyard	94	Ross, Stacy	126	Zenk's Prairie Vine Farm
31	Groen Elk Farm	63	Longview Gardens	95	Rouse Vinyard	127	Zeug's Tasty Treasures
32	Hakenels, Roxanne	64	Lothert, Leroy	96	Ruprecht, Chad	128	Zoual's Garden

Map representation of farm locations South of Marshall can be found on the next page.



1	Anderson Truck Farm	33	Halls Across the Prairie	65	Lubbers, Diane	97	Sandy River Hutterite Colony
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20	Dakota Garlic	52	Kingstrom, Chad	84	Prairie Gardener	116	Valley View Natural Beef
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ANDERSON TRUCK FARM

Lake Crystal, MN — 507-947-3219 -- andersontruckfarm@hotmail.com



Our 5th generation, 125-acre garden has been producing since 1967! We currently have 3 generations actively working the garden producing all types of vegetables to sell from our stands and wholesale.



ASB VINEYARD

Olivia, MN — 320-523-2627 — www.ASBvineyard.com



Producing Minnesota Marquette grapes in a non-chemical, vibrant environment in-tune with the totality of life forces affecting their growth. Healthier for the plant, the Earth and those who enjoy fine wine.



ASBURY PRODUCE AND PETALS

Granite Falls, MN — 320-564-3585 — David & Karen Haroldso



Growing vegetables and flowers has been and continues to be a passion of mine. We grow numerous varieties of produce and try to use as close to organic practices as possible.



We are weekly contributors to the Wednesday Farmers' Market located by the dam in Granite Falls.



BATALDEN FARM

507-220-1036 — batalden77@yahoo.com — Lamberton, MN

We have been raising Organic beef on our 5th generation farm for almost ten years, and we love it! Our cows are on Certified Organic pasture most of the year and all of our beef cattle are born, grazed and raised on our farm. They get Certified Organic corn and hay before being processed. The meat is processed and dry-aged at a local, family-owned butcher shop, and delivery is included in our pricing. We are proud of our meat's flavor – you won't be able to eat grocery-store beef again!



We also raise Certified Organic corn, soybeans, wheat, rye and other grains. We sell wheat berries and wheat flour, as well as other grains, flour/baking mixes, and popcorn. Our farming methods focus on cover crops, rotational grazing, building soil organic matter, green manures,, and promoting healthy soil. Our honest intent is to leave our soil healthier than when we began farming it.

BERANEK FARMS

507-828-8284 — wabnews@redred.com — Sanborn, MN

Our family of four lives on a farm just south of Wanda. Besides the farm crops of corn and soybeans, we also have a two acre vineyard growing three kinds of wine grapes and two kinds of edible grapes. Every summer we tend to a large garden full of all types of vegetables, various kinds of garlic, and even have a chicken coop with 12 chickens which produce many eggs all year long. We would be happy to provide your family or business with our farm fresh produce.



We also sell our own Gourmet Jelly. Flavors include: Wine, Jalapeno Pepper, Habanero, Corn Cob, and Lemon Meringue Pie.



BEV'S CROCHETING & PICKLES

Sacred Heart, MN — 320-226-7641



Using only biological inputs, we grow cucumbers, onions, peppers and such, and sell lots of pickles, especially my famous green tomato-dill pickles.



I also sell lots of crocheted items, especially baby blankets, baby hats, pot holders, scarves, and little purses. My grandma showed me how to do these things and I've been carrying on the traditions for 32 years. I work in the garden 5 to 6 hours a day, except for those days when I just crochet all day!



No Order
Too Big
or
Too Small

BLAKE, JOHN

Cottonwood, MN — 507-423-6402 — bjc4wd@hotmail.com



Feeding the world was always an intended life goal for me, but I thought it would be via the life of an Iowa farmer. Following an auto accident in 1975, that now confines me to a wheelchair, the farmer way of life was ended when I was just 22. Then, in 1982, shortly before our wedding, my future wife decided we should have a garden.

I had no interest in this gardening thing. But after playing in the dirt for a few weeks I was hooked. In fact, I insisted on freezing beans before leaving on the honeymoon.

In 1985, we purchased a farm site with 2 plus acres. My garden went from postage stamp size to football field. When I planted 12 zucchini my step father-in-law had a good laugh at my expense as he thought I could feed the county with so many plants. He also thought I should probably be checking out a local farmers' market to find a home for all my garden produce, and the rest, as they say is now history.

BONNEMA ORCHARD

507-283-4451 — flowergb@iw.net — Luverne, MN

The whole orchard project started as a 4-H project when my son was really young. By the time he was in high school, he was making a nice amount of money. Then he left for college and we started going to the markets with all the fruit. We now have about 100 trees providing early, midseason, and late apples from August through October.



We also sell raspberries and homemade fruit pies.

BOONSTRA BROTHERS BUFFALO

donnaboo47@msn.com — 320-231-1398 — Raymond, MN

Our bison is raised naturally, without hormones, pastured on 40 acres. We started raising buffalo 24 years ago because we wanted to offer a healthier meat choice. Our families work together, with a lot of help from our kids. It's a great experience for all of us.



Bison meat, sold off the farm in cuts, quarters and halves.

ECONOMIC TIDBIT: There seems to be but three ways for a nation to acquire wealth. The first is by war, as the Romans did in plundering their conquered neighbors. This is robbery. The second is by commerce, which is generally cheating. The third is by agriculture, the only honest way; wherein man receives a real increase of the seed thrown into the ground in a kind of continual miracle.
~ Benjamin Franklin

BOVERHOF PRODUCE

Edgerton, MN — farmergary@frontiernet.net — 507-442-4874



We have been raising and selling vegetables on our farm for 10 years, growing and expanding more each year. We now sell from the farm, at 4 local farmers' markets, and wholesale to warehouses and grocery stores. We are also involved in the Farm to School Program with local schools.

We start all our plants from seed, beginning in February in the greenhouses, and sell in-season vegetables at the markets from late May thru early November. We have a wide variety of vegetables, specializing in sweet corn, green beans, peppers, zucchini, and squash.

Our farm is 2 miles west of Edgerton on County Road 9.



BRANDT GARDENS & GREENHOUSE

Lakefield, MN — 507-662-5631 — brandtfarm@myclearwave.net



My mission is to grow a business that can sustain itself while being an asset of trust and service to surrounding community members who wish to purchase locally grown food. For over 30 years I've been producing corn, soybeans, oats, grass hay, market lambs, seasonal vegetables, annual flowers, perennial, herb & vegetable plants.

My high tunnel allows me to grow vegetables directly in the soil in a protected so I can harvest vegetables earlier as well as later in the growing season.

I hope to be a part of the solution helping society get healthy. By growing local fresh vegetables and fruits we can positively change our health for the better while enhancing our local economy.



BREWSTER FRESH PRODUCE

507-360-0655 — Brewster, MN

Brewster Fresh Produce is a family operated business that grows more than thirty types of vegetables 3.7 miles North of Brewster, MN. It keeps Pat and Doreen Haberman, their three sons, and other hired help busy most of the year. We start planting in February and have in-season vegetables until Halloween. After Halloween (by appointment) we usually still offer carrots, potatoes, squash, and tomatoes until Christmas.



BROEKEMEIER, ERNIE

507-249-3323 — Morgan, MN

My farm has been certified organic for 10 years. I started growing organic because it made good financial sense, and kept on because of the health and environmental benefits. Growing organic makes the soil healthier.

I use rotational grazing for our Red and Black Angus / Hereford mix cattle. I got into grass finishing beef for conservation reasons. It's good to put some land back into pasture because it helps clean the water and stop erosion. When I started it was more like a hobby. Now it's become my lifestyle.

I sell Flax, Barley and Peas in bulk and grass finished beef by the 1/4, 1/2, whole or live animals.



BROUWER BERRIES

320-967-4718 — www.brouwerberries.com — Raymond, MN

There is nothing better than fresh, local, juicy MN berries. We offer pick-your-own and pre-picked strawberries and raspberries in season, Monday through Saturday from 8 am until we're sold out for the day.



Go to our website or like us on Facebook to be alerted to season start dates.



BUESING, JEFF

Marshall, MN — 507-532-9569



Using only naturally grown fruit from our own place, we make and sell jams and jellies. We grow raspberries, apples, cherries, apricots, pears, and blackberries, watered by the rainwater we harvest from our own roof.



A recipe I like to share to encourage sustainable living:

HOW TO FREEZE SWEET CORN WITHOUT BOILING

Cut off 12 cups raw kernels and mix with

6 Tablespoons lemon juice

6 Tablespoons sugar

1 Tablespoon pickling salt

Let it sit for at least five minutes, then bag and freeze.

It really makes the best sweet corn!



BULLER GARDENS

Lincoln County, MN — 507-275-3089 — dlbuller@itctel.com



Our goal is to be a one-stop, full-service veggie shop. We grow most veggies and try not to use unnecessary sprays. We are easy to find, located on a tar highway close to the South Dakota state line. Just give us a call for directions and let us know what you want so we can get your stuff picked before you arrive. We also take pre-orders for the Ivanhoe, Hendricks and Marshall Farmers' Markets. ~ Linda and Doug Buller

QUOTABLE: Be careful about reading health books.
You may die of a misprint. ~ Mark Twain

CAMDEN VALLEY GARDENS

Lynd, MN — 507-829-5372



Fresh Vegetables available during early, mid and late season, grown in our high-tunnel greenhouses. Including tomatoes, cucumbers, peas, beans, squash and more! Available for pick-up or through the Marshall Farmers' Market

~ Doug & Bob Wing



CINDY'S COUNTRY GARDENS

pcaaagrams@msn.com — Hector, MN

My half acre garden grows all the great vegetables, and lots of them, using natural inputs only. Gardening is the best thing I do!



I've been going to farmers' markets for ten years now and also sell salsa, old fashioned pickles, pickled asparagus, and sauerkraut.

CLIFF'S GRASS GROWN BEEF

ccmillsapps@gmail.com — 605-880-0658 — Gary, SD

Cliff's Grass Grown Beef is fed only grass, high quality forage, and mineral supplements, never receiving any antibiotics or hormones. I believe in the SPIRIT of organic and since certified organic allows feed lots, my operation is beyond current organic standards. I strive to produce grass finished beef that has the best of both worlds: great taste and excellent health benefits. I plant productive crop land to high energy grasses to keep the marbling and tenderness of the beef you've grown to expect. I work with highly organic and mineralized soil so the plants and beef are highly mineralized. The beef you get from me are raised to a flavorful two years old.



My beef is also available by the individual package at the Brookings and Watertown Farmers' Markets, and Pomegranate and Natural Food Coop in Sioux Falls. Please visit our website at homegrownbeef.com

COYOTE GRANGE ORGANIC FARM

coyotegrange@farmerstel.net — 320-752-4462 — Appleton, MN



Along the Minnesota River and surrounded by native prairie, the Coyote Grange certified organic farm produces carrots and strawberries as well as miscellaneous farm produce.



DAKOTA GARLIC

Edgerton, MN — 507-442-3587 — www.dakotagarlic1.com



Dakota Garlic is a family farm specializing in gourmet hardneck garlic. Originally in North Dakota we purchased and moved the business to SW Minnesota in 2005. We believe our combination of climate and soil type make possible an exceptional quality garlic. All our garlic is grown and stored chemical free (Non-certified organic). We raise 12 varieties of hardneck and 2 varieties of softneck garlic. Our signature varieties are Music, Georgia Crystal, and Montana Giant.



DOUBLE CROSS BISON

Marshall, MN — 507-532-3854 — doublecrossbison@hotmail.com



Natural, grass-fed bison sold at the Marshall Farmers' Market and right from the farm.



EARTHRISE FARM

Madison, MN — 320-752-4700 — www.earthrisefarmfoundation.org



Earthrise Farm was established in 1996 by Kay and Annette Fernholz on the 240-acre family farm purchased by their parents in 1944. Rooted in the charism and ministries that define the School Sisters of Notre Dame, a 12-acre portion of the farm has developed into a community-supported garden, poultry coop, with a yurt being offered for some time away and opportunities for experiential Earth Literacy. In 2004, the nonprofit Earthrise Farm Foundation, was founded to fulfill our mission. With the help of our board of directors, volunteers and interns, we continue to grow our Earth connections.



ELLIOT VINEYARD

320-765-2376 — Sacred Heart, MN

We started growing wine grapes in 2005 and now have 624 plants on a full acre. It's lots of work, but it's also lots of fun.

We grow LaCrescent, a University of Minnesota grape.



EVERGREEN ANGUS

Evergreenangus.com — 507-829-6499 — Walnut Grove, MN

Evergreen Angus has cattle from several lines, all with two things in common: intense selection to thrive on forage and produce tender, marbled beef on grass only *and* intense selection for outstanding females with longevity and fertility.



Grassfed beef,
sustainably raised pork,
bulls, females, semen
and embryos are
available for sale.



FARM COUNTRY CHICKENS

gwertish@mvtvwireless.com — 320-826-2451 — Renville, MN

We started raising chickens and turkeys for our own family. Soon word traveled around the neighborhood that we had home grown chickens. We received many requests for these great tasting birds, and decided to raise them for direct sale.



The chickens and turkeys are processed locally in a state inspected processing facility. They are vacuumed packed and flash frozen and can be cut in half for a small charge.



*"Naturally raised,
just for you!"*
Gary and Jeanne Wertish

FIELDSTONE VINEYARDS

Redwood Falls, MN — 507-627-9463 — www.fieldstonevineyards.com



We are one of Minnesota's largest 100% locally grown and produced wineries. Our wines are available at the winery, through our website and across the state at over 100 liquor stores. Please visit our website for videos, tour and event information, and much more.



QUOTABLE: Avoid food products containing ingredients that a third grader cannot pronounce.
~ Michael Pollan

FOUNTAIN PRAIRIE PRODUCE

Pipestone, MN — 507-820-2809 — fountainprairieproduce@wildblue.net



Growing lettuce greens including Bib, Romaine, and Leaf lettuce year-round in a carefully controlled hoop house atmosphere where fans and heaters keep the temperature at 65 to 70 degrees. We seed into porous volcanic rock and then put it on a water table to germinate and begin to grow. After three weeks we transplant the small greens and place them into a growing channel with continuously circulating water. A month later we are ready to harvest!



FOUR SEASONS ORGANIC FARMS

ajdecock@fourseasonsorganicfarms.com — 605-380-2908 — Ghent, MN

We are a family run farm that felt called to grow healthy organic food for our community. We run a non-certified organically grown CSA that includes a wide range of vegetables, with weekly deliveries to Marshall and surrounding areas. We raise and sell chemical free chickens and turkeys fed allowed to free range and fed organic feed. We also have a flock of laying hens that supply us with non-certified organically raised brown eggs year round. We enjoy spending time as a family in the garden teaching our children how our food is grown, where it comes from, and helping others learn the same.



Visit us on the web at
<http://fourseasonsorganicfarms.com>



FREDRICKSON, SHIRLEY & BOB

320-329-3349 — Renville, MN

Gardening provides us with exercise and an opportunity to work together outdoors. We both grew up on farms and love the farm lifestyle.



FREEBURG, DAVE

dlfreeburg@mvtvwireless.com — 507-859-2231 — Walnut Grove, MN



Hormone Free, silage and corn fed Angus Beef sold by the 1/4, 1/2, and whole.

My dad bought some cows back in 1974, and in 1983 I bought a few heifers myself. The herd grew year by year and eventually came to be mine. It's a cow/calf operation, in which I finish out the steers for meat and hold back the heifers to breed.



GROEN ELK FARM

Blomkest, MN — 320-826-2142 — ssgroen@redred.com



Pastured elk, buffalo and chicken
for 17 years.

We sell direct from our farm.

HAKENEIS, KEITH, ROXY & SISTER SANDY

Fulda, MN — 507-425-2663 — khakeneis@centurytel.net



We grow a little of everything
and also sell canned items
including salsa, pickles, and jams.
Everything is grown without
chemicals.

In addition, we sell craft items
such as quilts, blankets and
crochet work and baked goods.

We are especially known for our
Amish Friendship Bread.



QUOTABLE: People seem to think that money is
the bottom line, but it's not. It's at least a step
away. Health and happiness - that's what I see as the
bottom line. ~ Sunny Ruthchild

HANSEN, SHARON & WAYNE

Renville, MN — 320-329-3670



Veggies—Corn—Apples—Pears

HALLS ACROSS THE PRAIRIE

tereseh77@gmail.com — 507-956-2657 — Butterfield, MN

We are at home on the flat land prairie, where livestock, family and neighbors strive to live in harmony with mother nature. 35 years at the same location growing grass fed beef, chickens and laying hens. The beef herd is at home on the prairie when mother nature grows green grass then on hay and vitamins when she lets the snow fly. Broilers are raised on sunshine and a healthy diet of grass with supplemental feed spring and fall.



Call & come see us.
Daniel & Terese Hall



THE HANSEN RANCH

hansensh@live.com — 320-329-3670 — Renville, MN

A lovely apple orchard featuring the Red Baron Apple, The Northwest Greening Apple, The Honey Gold Apple, The Haralson Apple, The Fireside Apple, The State Fair Apple and The Keepsake Apple. The pear trees featuring the Luscious Pear, The Lincoln Pear, and the Douglas Pear. I only use organic fruit tree spray for insect control.



HANSEN, RICHARD

507-763-3943 — Currie, MN

I've been growing vegetables for a long time, first to feed my six kids, then to sell at the old Walnut Grove Sale Barn. For the last five years I've been selling vegetables, especially potatoes, squash, pumpkins and root vegetables, at the Walnut Grove Farmers' Market. My customers won't let me quit!



HAYLEE & ZACHERY'S GARDEN PRODUCE

Currie, MN — 507-763-1550 — teddy@rconnect.com



We are a family farm located 2 miles southeast of Currie. With the help of my Mom and Dad, my brother and I have a very large garden, growing 15 kinds of fruits and vegetables. We save the money we make from the garden and put it in our college funds. We have been selling our produce at the local farmers' markets for the last 6 years as well as schools and restaurants in the area.



HEARTLAND HUTTERITE COLONY

Lake Benton, MN — 507-368-9589



QUOTABLE: Nature distributed medicine everywhere.
~ Pliney the Elder

HERITAGE GROVE FARM

Lac qui Parle, MN — 320-769-4803 — ckflemmino@yahoo.com



Our farmstead was established over 100 years ago and we are happy to continue the excellent stewardship of the previous owner. Everything grown on our farm is done sustainable, without the use of chemical herbicides, pesticides or fertilizers. The focus of our efforts is the promotion and preservation of heirloom fruits and vegetables.

Please visit our website:
www.heritagegrovefarm.com



HERR'S GARDEN

peemonh@hotmail.com — 507-401-2059 — Tracy, MN



Growing Organic Asian Vegetables including bok choy, peppers, green onions, mustard greens, lemon grass, pea pods and lentils.



I started my garden to help my children learn about agriculture, farming, and marketing their own business.

This garden is their lesson on working for themselves to earn their own money.

~ Peemon Herr

FUN FACT: Take five ounces of sugar, shake it into a quart of water, and spray it around the periphery of your garden to attract beneficial insects, especially lady bugs. ~ Utah State University

HILLTOP HARVEST

www.hilltopharvest.com — 507-641-6655 — Redwood Falls, MN

Hilltop Harvest is a 4th generation farm owned by the Pless family and located in the fertile farmlands near Redwood Falls. During the summer, hundreds of people come to our farm, enjoy the fresh air and sunshine, and of course, our mouth-watering strawberries and raspberries. We invite you to visit our farm and take home some fresh sweet berries.



We are also excited to share with you our delicious preserves! Our strawberry spread is bursting with strawberry flavor in every bite – giving you a “taste of summer” all year long.

HINTERLAND VINEYARDS

Clara City, MN — 320-847-3060 — hinterlandvineyards@gmail.com



Hinterland Vineyards is a Farm Winery located one mile east of Clara City on HWY 23. We currently have a 9.5 acre vineyard, of which all the vines are producing fruit. The vineyard varieties consist of four different University of Minnesota cold hardy hybrids (La Crescent, Frontenac Gris, Frontenac, and Marquette) and also two grape varieties from private breeders (Brianna, and Petite Amie). The winery is located on site, from which we make a selection of white and red wines with the fruit we grow in our own vineyard. The tasting room is open on the weekends from May to January 1st (further info below). The first vineyard blocks were planted in 2005, with the winery to follow in 2009. The entire operation is family owned and operated.



Our hours change according to season, so please check the website. Also look us up on Facebook for more pictures and updates!

HOLM, BRENDA & PAUL

Renville, MN — 320-329-3856 — bholm@redred.com



We purchased our farm site in 1992. A few years later, we started a garden center and operated that for 13 years. During that time, we also decided to expand our garden and offer fresh produce to local residents. We continue to enjoy gardening and being a local provider of fresh produce.



HOLMBERG ORCHARD

www.holmbergorchard.com — 507-762-3131 — Vesta, MN

Daily activities at Holmberg Orchard include juicy apple samples, build-you-own scarecrows, the boat yard with a boatload of corn and haystacks for the kids. Weekends are packed full of activities for the entire family. You can ride through the orchard on a farm wagon, help stir apple butter cooked over an open fire and hunt for that perfect pumpkin in the Pumpkin Patch. There are special treats at our weekend lunch stand; old fashioned hot dogs, walking tacos, BBQ's, apple crisp and caramel apples.



FUN FACT: Hairy caterpillars usually become moths; smooth caterpillars usually become butterflies.

JASK FARM

perfectharvest1@gmail.com — 507-532-3344 — Marshall, MN

Jask Farm is a new venture by four siblings that enjoy raising fresh garden products. We started in 2011 and sell our products at a farm stand located by our garden on County Road 9. We plan on growing some unique vegetables as well as all the common ones, so stop by and check us out. We also sell duck and chicken eggs from our organically fed birds.



QUOTABLE: Agriculture is the most complex and mentally and physically demanding of all professions. It also has the greatest influence on all mankind. ~ Arden Andersen

JC FARMS

Clarkfield, MN — 320-841-1044 — peppermint_p_a@yahoo.com



We are a local food producer with a vision to make nutrient rich, local foods available to the surrounding community. We use natural soil amendments and IPM (Integrated Pest Management) with natural insect enemies and natural chemical control, only if necessary. Much of the food American's eat today are picked weeks before making it to the shelves of local markets. We pick our vegetables the day or evening before selling our produce. Freshness is key to good nutritional value.

Join us on Facebook!

~ Patty Citrowske



JUBILEE FRUITS AND VEGETABLES

Mountain Lake, MN — 507-360-3293 — www.jubilee.mtlake.org



Our goal is to delight and satisfy customers by providing quality produce that is grown locally using sustainable agricultural methods. The challenge is to extend the short growing season by using outdoor gardens, quick hoops and movable high tunnels in a comprehensive manner. Rotating crops, windrow composting and improving soil health are a few of the variables that help produce the exceptional quality of the harvests.

We offer CSA shares in Spring, Summer and Fall and have a farm market on site during CSA pick up on Wednesdays, 3-6 p.m., May through November. We also have wholesale accounts with area public schools, retirement homes and other settings within a 20 mile radius of our farm.

Our farm and home are solar powered. We are connected to the grid and provide clean power to our neighbors down the street when we have an overabundant streaming of photons!



~ Steve, Judy & Nathan Harder

K&C GARDENS

kcgardens@yahoo.com — 320-523-2162 — Olivia, MN

Offering all variety of vegetables, we added pickles, jam and sauerkraut in 1996 when our 8 children started asking for our canned goods for their Christmas presents. We ended up making too much and expanded our sales in the community.



In 2012 we will be adding extended season produce when our new high tunnel goes into production. We'll have peppers and tomatoes available much earlier now, and offer them by half and full bushel. All produce grown with natural inputs only.



~ Ken & Cathy Balderston

KALLIROE FARM

kalliroefarm@gmail.com — 320-269-6176 — Montevideo, MN

Kalliroe Farm is a small diversified farm located ten miles West of Montevideo. We raise hormone and antibiotic free hogs on pasture and sell pork direct to our customers as wholes and halves. We also sell organic apples from our certified organic apple orchard. We currently offer a limited number of apple shares in the Montevideo area.



KERKAERT, GLORIA

320-769-4608 — Dawson, MN

I garden because I like being outdoors. I also enjoy mentoring lots of kids and their clubs, helping to get them gardening too.



I started going to the Madison Farmers' Market because I had a lot of extra produce. Then I started at Dawson too. Somehow I've ended up heading up both markets! I even sell sweet corn to Dawson School.

KICKING MULE FARM

Lucan, MN — 507-828-8895 — www.kickingmulefarm.blogspot.com



We are a small farm specializing in organically grown vegetables, herbs, and fruit. We also offer free-range eggs and free-range pork, custom processed at our local locker. We sell directly to customers at our farm and at several farmers markets.



In any given week, we offer between 15 and 30 distinct items or varieties. We plant successive crops of many vegetables, such as beans, broccoli, cauliflower, beets, carrots and more, to offer freshly throughout the season. We grow many seasonal items such as early and late crops of lettuce and peas.



We utilize high tunnels to expand the growing season and speed production of some crops, like tomatoes & peppers. We also grow an extensive selection of herbs and offer them fresh in season as well as dried available year round, including basil, thyme, oregano, tarragon, rosemary, dill and many more.



~ Steve & Molly Suss

KINGSTROM, CHAD

Sacred Heart, MN — 320-765-2534 — ckingstrom@hotmail.com



We've been selling fruits and vegetables from this garage for over 20 years. First my Grandparents, now me. The process of deciding on how much and what to grow is ongoing, but we do have the sweet corn figured out. I'm not ashamed to say it is the best. Never left in the sun. It either goes from the field to a cooler or right into your car. I've added my love of trees to the mix. Oak, maple, basswood, pine and more. Call ahead to be safe or venture down Hwy 212 on a Saturday morning and look for the sign, "Sweet Corn 2 Blocks -->".



KINGSTROM, CORY & DANIELLE

320-523-2824 — Olivia, MN

We started growing a big garden about 5 years ago, then in 2010 we moved to the family farm and picked up where Grandma left off! Currently studying to be a Master Gardener, we want to be self-sufficient. Using only natural inputs, we are growing and canning everything we can; jams and salsa and lots of vegetables.



Our children are a big part of the program. They help with the growing and the chickens and everything. We also make and sell natural soy candles and natural paper greeting cards.



ECONOMIC TIDBIT: \$32,000,000,000.00 a year is now spent on marketing processed food, while \$250,000,000,000.00 a year is spent on diet related healthy-care costs. ~ Linus Pauling



L&L HILLTOP GARDENS

lyack26@gmail.com — 507-223-5755 — Canby, MN

~ Bedding plants ~
~ Flowering plants ~
~ Vegetable plants ~
~ Hanging baskets ~
~ Fresh veggies ~



QUOTABLE: We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect. ~ Aldo Leopold

LA PANO

Sanborn, MN — 507-430-7447 — breadgods@gmail.com



Artisan Breads and Spreads is located in Sanborn, MN. Owners Erik and Sarah Posz have had extensive training and background in food and bakery operations. The name of the game with La Pano is simplicity - simple, good, fresh artisan breads and spreads. Erik utilizes locally grown, organically and sustainably raised small grains in his bakery products. Sarah makes use of locally grown, pesticide-free fruits in her jellies, jams and pies.

It is our philosophy to
buy, produce and sell
locally whenever possible,
in a sustainable and environmentally
conscious way.

Erik & Sarah Posz



QUOTABLE: Find the shortest, simplest way
between the earth, the hands, and the mouth.

~ Lanza Del Vasto

LAC QUI PARLE VALLEY VINEYARD

Dawson, MN — 320-752-4538 — lqpvgrapes@farmerstel.net



Lac Qui Parle Valley vineyard was established in 2001. Our 10 acre vineyard is nestled on the Lac Qui Parle river and includes Minnesota varieties of wine grapes: Frontenac, Frontenac gris, Frontenac blanc, Marquette. Other varieties for the picking are King of the North, a good juice grape and Sommerset seedless, a table grape. All varieties ripen mid August through the end of September. We market juice and table grapes on the farm. Wine grapes are contracted to a Minnesota winery. Come visit us for a great family outing to pick your own, spend some time on a tour, or just linger in the country.

~ Jon & Sue Roisen



LAECHELT FARMS LLC

www.laecheltfarms.com — 320-855-2556 — Boyd, MN

We are a Mom & Pop chemical-free farm. We work the old fashioned way; we hand-pick rocks and pull weeds. We have 10 acres with over 100 varieties of fruits & vegetables. We preserve our produce by canning, freezing or drying. We also have fresh-baked bread, buns and cinnamon rolls daily.

I am so proud of our Chicken Coop and Playground. We have converted on old grainery and made a "Nursery" and "Hen" side complete with a playground. Yes! The chickens have swings, ladders, a sandbox and even playground rules. Depending on the weather, they are allowed to run and play outside which is completely fenced to protect them from predators. Every evening we put them inside their house where they roost and rest for the next day of laying eggs and playing.



~ Mark & Natalie Laechelt



LAKESIDE HIDEAWAY CASUAL DINING

www.lakesidehideaway.com — 507-763-3338 — Currie, MN

Lakeside Hideaway believes in providing the freshest ingredients and understands the importance of eating locally. We purchase local foods whenever possible and planted our first garden plot in the summer of 2011. We really enjoy providing our own fresh vegetables to our customers.



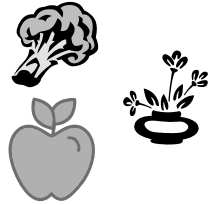
Matt & Elizabeth Schreier

The garden did so well that we often had more produce than we could use in our restaurant, so we are expanding our efforts to provide nutritious, sustainable food to our community with a stall at the Slayton Farmers Market.



LAVONNE'S GARDEN

Hector, MN — 320-848-2195



I started growing my garden 50 years ago. We had a large family and it really helped to feed us all. Now we grow for our family and seasonal vegetables, sweet potatoes, strawberries and pears for the community. I keep doing it because I really enjoy being outside and gardening. And I LOVE my flowers!

~ LaVonne Lothert

LeCLAIRE, DON & DARLENE (& Loraine Jones)

Currie, MN — 507-763-3109



Our place is in a beautiful setting near Beaver Creek. Our son made a big area into a wildlife refuge. It's like a sanctuary. We had eight kids so we have always gardened, it keeps us healthy. We're getting up in age, so gardening is a way to stay active.

We like folks to stop out and buy directly from our home on Highway 30. We also sell at the Slayton Farmers' Market.

LeCLAIRE, RACHEL

Russell, MN — 507-829-0266 — leclairerachel@yahoo.com



Rachel's Fresh Veggies and canned goods are available at Farmers' Markets in Balaton, Russell and Marshall. We also deliver to schools and grocery stores, as well as sell direct from our Russell home all week long.

LENZ, RON & LOIS

Renville, MN — 320-329-3669



All natural and organic veggies and watermelon sold by the honor system at our roadside stand. We've always loved to garden and now have 3 to 4 acres planted every year. We even added popcorn and Indian corn to our assortment of produce.



LINDAHL VINYARD

wsind@redred.com — 320-329-3149 — Renville, MN

We've been growing 2 acres of grapes totaling 1224 plants since 2005. When we harvest, we have our family and friends help with one acre, then invite a different group out each year to help with the other in exchange for a donation. For example, we've had our school booster club, a Relay for Life team, and our school band help with past harvests to raise money.



WINE GRAPES:
LaCrescent Frontenac
Gris Marquette

Wayne & Stacy Lindahl

LONGVIEW GARDENS

loboalamo@gmail.com — 320-226-7646 — Boyd, MN

Using only natural inputs, I grow raspberries, and seasonal vegetables, specializing in many types of green beans and squash. My produce is available in large and small quantities.



I grew up watching my grandma grow things in France and bought my first pack of seeds when I was 14. Now it's all I want to do. It's a family thing. If I can continue to grow things and garden every day for the rest of my life I will be happy!



~ Lori Pieper

FUN FACT: Worm castings (poop) are 50% higher in organic matter than soil that has not gone through a worm. There are, on average, 50 earthworms in a square foot of good soil.

LOTHERT, LEROY

Morton, MN — 507-697-6478



Growing one acre of vegetables, clean and natural, for the community. When I retired from the Lutheran Ministry, I came back to live on the place my parents rented while I was growing up.

I have always loved to garden. Before I even went to school I was making compost and improving the soil to grow vegetables. It is in my genes; all my ancestors were farmers.

Now I grow at least 120 tomato plants and lots of other vegetables. I teach organic gardening at the Redwood Falls High School, where I focus on showing kids how to use natural things to build up the soil. That's the secret of a good garden!

QUOTABLE: Chemicals have replaced bacteria and viruses as the main threat to human health. The diseases we're beginning to see as the major causes of death in the 21st century are diseases of chemical origin.

~ Rick Irvin, Toxicologist at Texas A&M

LUBBERS, DIANE

Svea, MN — 320-995-6789 — dilub1203@yahoo.com



I love to bake, I always have. At the Becker Market I sell all sorts of breads, including Foccacia, Banana, Pumpkin, Zucchini, Chocolate Chip and Monkey Bread. I also make pretzels.



FUN FACT: A skunk can accurately hit its target up to twelve feet away. It can shoot six times before its musk gland is empty.

LUCKY DREAMER HERB FARM BED & BREAKFAST

www.LuckyDreamerHerbs.com — 507-865-1550 — Lynd, MN

We are a family owned business located on the spring-fed Redwood River in Lynd, MN. We established Lucky Dreamer Herb Farm in 2005 and the Bed & Breakfast opened in 2011. With nearly 35 years of combined employment at Walt Disney World, our goal is to exceed all of our Guests' expectations!

While not certified organic, we grow all of our plants the old-fashioned way with NO pesticides, herbicides, fungicides or insecticides. We have thousands of potted & fresh cut herbs ready for purchase (when in season). We also sell and grow Heirloom vegetable plants, including several varieties of tomatoes & squashes.



Cheryl & Jeff McConnaughey



MAGES GARDENS II

nancy.mages@wildblue.net — 320-579-0415 — Olivia, MN

The Mages family has been gardening for the community for two full generations. The garden is as much as 2 1/2 acres. We



do it for a little extra money, and because Nancy really enjoys canning, a dying art. We really enjoy the people at the markets, and they really love Nancy's canned goods!



QUOTABLE: Bad things happen to people who eat bad things. ~ John Powles

MASSELINK, BOB & ESTHER

Edgerton, MN — 507-442-6811 — bobmass@frontier.com



We will be raising and have for sale a few different varieties of certified organic potatoes from Sept. through the winter of 2012.

Our farm is located in the Chanarambie Valley five miles west of Chandler. We are certified Organic since 1998.

You are welcome to stop for a visit.



MERRYWEATHER GARDENS

Walnut Grove, MN — 507-629-8276 — sruthchild@redred.com



The main goal at Merryweather Gardens is to deliver beautiful and tasty nutrient dense food to our customers, friends, and family. We do that by taking steps each year to increase the soil life to optimal levels, and by giving special attention to pollinators and food webs. All food grown at Merryweather Gardens is grown using only biological inputs.



We also raise heritage turkeys, chickens and ducks.



Merryweather Gardens is on the outrageously beautiful open prairie in rural Redwood County. It's a little bit of heaven here.

~ Sunny Ruthchild



If it came from a plant, eat it.
If it was made in a plant, don't.

~ Michael Pollan
"Food Rules"

MINNESOTA RIVER BISON

halbison@mvtvwireless.com — 320-269-6060 — Montevideo, MN

Buffalo meat and live animals available year round in quarters, halves, wholes and as live animals.

~ David Halverson



MINNESOTA VALLEY ORGANICS

minnesotavalleyorganics@yahoo.com — 507-430-2162 — Belview, MN

Larry Donner raises chickens, pigs and cows on pasture in the scenic Minnesota River Valley. In addition to selling his pasture-raised meat and eggs at farmers' markets in Minnesota, Larry offers Community Supported Agriculture (CSA) shares of his products.



Though MN Valley Organics has a website, it is best to contact Larry by phone for more information.



MITCHELL, PATSY

320-523-5641 — Olivia, MN

After my daughter passed away back in 1975 I needed to do something to keep my mind busy, so I put my degree in Culinary Arts to work and started baking. People loved the results and I've made over 200 wedding cakes since then, as well as cakes and cupcakes for all occasions.



I also make seasonal pies including peach, apple, strawberry, cherry, and real pumpkin, as well as breads such as banana, pumpkin, zucchini, and cranberry-orange. I sell my baked goods at the Farmers' Markets in Redwood and Olivia.

MOGER, MARILYN & ARLAND

Fulda, MN — 507-227-4671 — mogeram@swwner.com



Growing extended-season raspberries using high tunnel technology and natural inputs. Marilyn has been a master gardener for a long time, and we have both always been interested in gardening. We studied what U of MN Morris was doing with horticulture and high tunnels, and we were really impressed. So we have gone in that direction and have found that it is more fun for us to focus on an intense, smaller space.

MOON CREEK RANCH

Montevideo, MN — 320-269-5957 — www.mooncreekranch.com



Our cattle are maintained on grass pastures during the summer. Over the winter months, mother cows are fed a recipe of distiller's grain, ground hay and corn stover. The calves are taken off mother's milk after six months and fed a diet of grass, hay and minerals and vitamins. When they reach 750 lbs. they are self-fed with a special diet in an open lot until they reach high choice or prime grade. They are harvested and dry aged for 21 days at a family owned USDA inspected plant. The beef is then ready to be sold in quarters, halves or cuts and variety meats. Our beef is natural and guaranteed to be safe, tasty, tender and juicy; vacuum packed to seal in freshness and prolong freezer life.

~ John & Patty



FUN FACT: Grazing cattle consume as much as 1000 IU of vitamin E each day, which is passed on in their meat.

MOONSTONE FARM

www.moonstonefarm.net — 320-269-8971 — Montevideo, MN

Moonstone grass-fed beef is raised for you on 100% grass and hay without pesticides, antibiotics, hormones or genetic engineering. We are committed to land stewardship, contented livestock, clean water and wholesome, healthy food.



Our on-farm shop, "The Carriage House," features our all-natural grass-fed beef products, Millefiore honey, Kalliroe pork, award-winning PastureLand cheeses & butter, Stranlund Farm local preserves, Dry Weather Creek flours and baking mixes, White Earth wild rice, coffees, chocolates, books and hand-thrown Handeen pottery.



We are students and teachers of holistic management, permaculture design, and sustainable community. We are slowly and continually learning what is required of us to live well in this place, while leaving it in even better condition than when we arrived.

Richard Handeen & Audrey Arner

QUOTABLE: Graziers take advantage of the fact that cows like to move and grass likes to stand still.

~ Audrey Arner

MURPHY, LEONA

320-668-2613 — Marietta, MN

Using only natural inputs, I grow tomatoes, cabbage and root vegetables. I also do lots of canning and drying. I started going to the farmers' market for something to do and ended up learning a lot, including how to ferment produce like I do now to make sauerkraut. I really enjoy it!



NORTHERN LIGHTS LAMB COMPANY, LLC

Redwood Falls, MN — 507-430-0032



Northern Lights Lamb Company started as my FFA project in 2011. NLLC sells fresh, home-raised, hand fed, premium quality, natural lamb meat. My family and I raise our lambs from birth to market, ensuring that quality is maintained. We take pride in the individual attention that each animal receives.

Lamb,
not just for
Holidays!

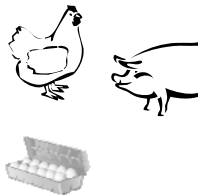
Please call to place
your order for
whole lamb or
individual cuts.

Scott Dingels



NORTHHOUSE, DUANE & JANE

Comfrey, MN — 507-276-6909 — jdpaints@earthlink.net



We use all natural methods and raise our animals on pasture. We sell our free range chickens, eggs and pasture pork at the farmers' markets in New Ulm and Redwood Falls.

The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.

Nursery rhyme
quoted by
Wayne Fields,
*What the
River Knows*,
1990

OMEGA MAIDEN OILS

507-822-6100 — www.OmegaMaidenOils.com — Lamberton, MN

Rich in Omega-3's and antioxidants, *Omega Maiden* camelina oil is mild and nutty in flavor, gorgeously golden in color, and well-suited for a wide variety of dishes. Organically grown on our fifth-generation family farm south of Lamberton, our camelina is cold-pressed and unrefined. Add this heart-healthy oil to your salad dressings, pancakes, granola, breads, roasted vegetables, meat marinades, cornbread, or pesto.



Unlike flaxseed, olive, and sunflower oils, camelina oil has an *ideal* Omega-6:Omega-3 ratio of 2:1 – this means your body gets the maximum benefits that Omega-3's have to offer. *Omega Maiden* is also rich in Vitamin E antioxidants, which gives it a long shelf life and ensures its vitamins and nutrients reach you while they're fresh and at their best. Visit our website to learn more about the health benefits of camelina and why it's a sustainable, Minnesota-grown oil that's good for the earth.

Kathy Batalden-Smith

PASTURES A PLENTY CO

shop@pasturesaplenty.com — 320-367-2061 — Kerkhoven, MN

We produce our animals outdoors as much as possible. Sunshine & fresh air are the best guarantee of animal health. Beef is grass fed



& maintained in pasture. Chickens are raised on grass in summers only. Hogs are kept on pastures or they live in the open airy hoops & barns on deep straw beds. We use no drugs in feed to promote growth & no liquid manure systems. We are a three generation farm. Best to call/email ahead. Mon-Fri 8a-5p, Sat 9a-noon.



PETERSON & FRANSEN

Slayton, MN — rppeterson69@gmail.com



We garden 1/2 acre, all organic. We even start our own plants. We do this because we believe in eating right and living right. We like the exercise, so this life style suites us fine. We all need to take steps like eating good, wholesome, local vegetables to improve the well being of our community.

PITZL ACREAGE

Clarkfield, MN — 507-640-2237 — bjpitzl@mvtvwireless.com



Pitzl Acreage is a family gardening adventure. Each year we explore and learn more about the great world of gardening, health and nutrition. We started out in 2004 with pumpkins and still consider pumpkins to be our specialty.

We also grow common vegetables with minimal chemical use and enjoy selling at the Marshall Farmers' Market.



PK STRANDLUND FARM

Montevideo, MN — 320-841-1234 — country_girlz@hotmail.com



I live on a 10 acre hobby farm where I raise vegetables and make jams, jellies, pickles, salsa, corn relish and baked goods. I also have crocheted dishcloths, hats, potholders and other items for sale.



You can find me at the Montevideo Farmers' Market and the Hanley Falls Farm Museum.



~ Pauline Strandlund



PRAIRIE GARDENER

theprairiegardener@yahoo.com — 507-829-0535 — Wabasso, MN



The Prairie Gardener is a small retail greenhouse. We grow everything from annuals, perennials and veggies. We have a large range of products available like fertilizers, knickknacks, pots, arranged planters and the list can go on and on. We have over 2500 daylilies that can be dug just about anytime the weather permits. If you're looking for fresh produce just give us a call and we will be more than happy to help you out.

~ Matt Plaetz



PRAIRIES PAST PORK & PRODUCE

lisasmith@nobleswildblue.com — 507-825-3845 — Pipestone, MN

Prairies Past Pork & Produce is a family owned business near Pipestone. We are committed to using sustainable practices to provide high-quality pork and produce to local consumers. Prairies Past pork comes from hogs that are raised the "old-fashioned" way. Sows farrow in straw pens rather than crates, allowing them to exhibit natural behaviors to give birth to and care for their piglets. Finishing hogs are allowed access to the outdoors year round and to green pasture in season. There



are no hormones or antibiotics added to their feed rations. Using breeds known for meat quality, we are able to produce a great-tasting product. Pork is available as whole or half hogs in April & October.



A large variety of fresh produce is grown in our 1 1/2 acres of garden plots. No chemical fertilizers, herbicides or pesticides are used. Vegetables are hand-picked, sorted, and packaged to ensure the very best quality. Our newest feature is a winter greenhouse which extends our availability of fresh greens through the winter months. Both pork and produce are marketed from our home or at the Pipestone Farmers' Market from June - October.

~Allen & Lisa Smith

PUEPPKE, DONNA

Reading, MN — 507-926-5963



My husband Scott got me gardening a few years back after I had an accident at work and couldn't walk too well any more. He helps me out a lot and we really enjoy our garden which has grown to about 2 acres with room to expand.



We grow all kinds of greens, onions, vegetables, corn and vine peaches. We also raise goats and make goat soap.



I also bake seasonal fruit pies and cookies, as well as preserve jams. My specialty is Jaleapeno Jam made with either raspberries, strawberries, or peaches!



R & L GARDENS

Renville, MN — 320-212-9329 — rlenz29@gmail.com



We sell fresh vegetables and melons at an affordable price using the honor system. We both work full-time jobs away from home, so we bag and price our produce and leave it at the gazebo on Hwy 112. The people we serve are honest, good folks, and we have no problem with theft.



RACHEL'S GARDEN

Olivia, MN — 320-523-1535 — gmiller@rswb.coop



In the Spring of 2010, my daughter Rachel and I started a small market garden on our farm site located south of Olivia. We expanded in 2011 and in 2012 we expect to plant three to four times more produce than in 2010. We market our produce, along with baked goods, in Morton, MN next to the City Hall on Fridays starting in mid-June through the fall.



RED TAIL VALLEY BEEF

320-981-0134 — www.pasturesaplenty.com — Granite Falls, MN



Red Tail Valley Beef is raised on grassland nestles under the bluffs overlooking the Minnesota River east of Granite Falls. In addition to the cattle, a motley mixture resulting from angus type cows and a Scottish Highlander bull -- the valley supports a variety of wildlife including bob o links, coyotes, eagles and the signature Red Tailed Hawk riding the air currents. Our beef is 100% grass-fed.

QUOTABLE: Love people, and feed them. ~ Buddha

RESTLESS WIND ACRES

cherylwipp@hotmail.com — 507-532-2587 — Marshall, MN



Knowing it's fresh and knowing where it came from makes it even more enjoyable, safe and wholesome! Our seasonal veggies include: tomatoes (several heirloom varieties), onions, lettuce, spinach, potatoes, cucumbers, squash, bell peppers, hot peppers, corn and everything else to make homemade salsa! We are increasing our asparagus and strawberry patches this spring also.

In our gluten-free kitchen we have experimented on recipes and have developed many delicious gluten free items such as cookies, muffins, cakes, breads, pies, lefse, hamburger buns, and canned foods. Watch for us at the farmers' markets too!

~ Roger & Cheryl Wipperman



QUOTABLE: The common denominator of good health is a diet based on fresh foods from plants and animals grown on soils that are themselves rich in nutrients. ~ Weston Price

ROCK RIVER RANCH

Woodstock, MN — 507-920-6005 — rockriverranch@hotmail.com



Ours is a family project. We grow and sell tomatoes and sweet corn using natural methods. It's something we enjoy doing together. It just seems right to grow good, wholesome food for our families and community.

ROHLIK HOBBY GARDEN

Renville, MN — 320-329-3391 — allenrohlik@centurylink.net



My hobby garden keeps growing bigger every year. It's for ourselves and our community, providing cut flowers and vegetables, especially tomatoes.

~ Allen Rohlik



ROLLING ACRES

Ivanhoe, MN — 507-530-8111 — a.chr.schmidt@gmail.com



Rolling Acres is and has been a family farm since 1942. Our objective is to produce nutritious, wholesome and chemical free foods for a local market in a naturalistic manner.



We offer geese, chickens, eggs, produce, jams & jellies, honey and bread.

Richard Rolling & Andrea Schmidt



ROSS, STACY

saross1@frontiernet.net — 507-828-3486 — Marshall, MN

The Ross family produces a vast offering of organically grown produce, specializing in greens for salads and smoothies. We also grow squash, gourds, pumpkins, tomatoes, peppers, cabbage, cucumbers, beets and brussel sprouts just to name a few. We've been growing on our land for 9 years using organic practices and the produces keeps getting better and better."



ROUSE VINYARD

320-523-2635 — Olivia, MN

Five years of production with more than an acre of grapes.

WINE GRAPES: Frontenac Gris ~ Marquette



ECONOMIC TIDBIT: My own take on the name game focuses on invigorating local agriculture to provide nutrient-dense foods from healthy soils at prices that give each hardworking farmer a sustainable living. The certification that counts is being able to look into the eyes of the other, knowing that what we do honors the integrity and concern that reflects back at us.

~ Michael Phillips

RUPRECHT, CHAD

507-430-5453 — Wanda, MN

I have always loved to grow things and now my garden is over 1-1/2 acres. I grow everything by natural methods which I am always learning more about from books. I especially love to grow peppers and have at least 10 different types in my garden every year.



I also sell home-made seasonal breads at the Farmers' Markets in Walnut Grove, Redwood Falls, and Marshall.

SANDY RIVER HUTTERITE COLONY

Lamberton, MN — 507-752-7803 — bttrflydnc@yahoo.com



Sharon and her Hutterite family grow lots of sweet corn, vegetables, melons and squash. They also sell canned goods including pickled beets, sauerkraut, and pickled cucumbers.



And they raise broilers.

SCHMIDT FARM

Walnut Grove, MN — 507-829-9091



Our family grows a wide arrange of vegetables that are for sale throughout the summer. Some of which is available at Tracy Food Pride grocery store and some we sell in front of Tracy Computer Shop. We grow peppers, cucumbers, tomato, sweet corn, watermelon, zucchini, and much more. We mainly grow to provide for our family of 6 but always have more the any one family could store away. Growing up, gardening has always been a way of life for my family for many years. It seems each year our garden grows bigger and bigger. We live on a small farm southeast of Tracy, MN.



SCHMOLL'S SWEET CORN

Olivia, MN — 320-523-5976



Started growing sweet corn 30 years ago to build a college fund for our kids. We now plant 25 acres of sweet corn and pick all of it by hand!

SCHREIER FARM

stv_schr@yahoo.com — 507-763-3754 — Tracy, MN

We are offering high quality farm fresh pork and lamb. The pork we offer is raised in inside outside feed lots. They are fed corn raised in our fields and their bedding also comes from our corn stalks and bean stubble. It's a self-sufficient operation using the manure and composted dead livestock as fertilizer for our crops. Our lamb operation is also an inside/outside operation. They are fed home grown corn and alfalfa and bedded with corn stalks and bean stubble. We are a family farm with one full time hired man working hard to keep the proud family tradition going.



Pork and lamb offered only in wholes by prior arrangement. Give us a call: Steve, Diane, and Mike Schreier



SHADY KNOLL FARM

www.shadyknollfarm.com — 507-640-0993 — Redwood Falls, MN

We believe in developing our land with an Holistic approach. This produces an aerobic and anaerobic environment full of healthy microbes and fungi necessary for quality forages high in energy and protein. This is key, as it will give the animal the selection of forages it needs to produce a quality product, with the marbling and tenderness that is desirable. Healthy ground produces healthy plants which produces healthy animals. Our goal is to provide a healthy, consistent, quality product for a pleasurable eating experience.

Because of our healthy pastures and animals, we have no need for, and do not use any Antibiotics, Hormones or Artificial Proteins. Our cattle are 100% Grass Finished! This is different from Grass Fed. From birth to harvest they have never been fed any grain, therefore are also Gluten Free. Our happy animals eat all of the plants in the pastures, therefore we do not use any Herbicides or Pesticides.

Currently we supply whole, halves or quarters of beef and pork, processed to your needs at a USDA Inspected Establishment, as well as whole chicken and duck.



~ Daniel Tiffany

SHER'S STUFF

Woodlake, MN — hustad@redred.com — 507-485-2297



We grow a variety of vegetables. Sweet corn, green beans, potatoes, tomatoes, peppers, melons, squash, onion, pumpkin, beets, carrots, snow peas, cabbage, spinach, lettuce, radish, kohlrabi, zucchini... We are hoping to have blueberries this year, and will be adding some fruit trees to the planting list. We also have canned goods for sale: pickles, pickled beets, tomato products, jams...

We are located 4 miles east of Wood Lake, or 2 miles north and 2 1/4 miles west of Echo. This will be our 6th year raising vegetables to sell. We have a 2 acre garden that keeps us busy all summer! We try to be chemical free, but we have sprayed for bugs on occasion.



SILVER LEAF FARMS

Marshall, MN — 507-532-7290



We are Dan Jr. and Dan Sr., a father and son team producing real maple syrup from our own silver maple trees. While "the Dans" are out boiling sap, Dan Jr.'s wife Joy is busy baking bread using freshly ground grains with the kids. We truly enjoy keeping our growing family busy working together to make something delicious for our neighbors to enjoy. From our family to yours.



QUOTABLE: Nature heals; the physician is only
nature's assistant. ~ Hippocrates

SNOWFLOWER FARM

farmlife@redred.com — 507-859-3532 — Walnut Grove, MN



Our goats are born and raised with loving attention, exceptionally well fed and residing in total barn comfort with free access to the great outdoors 24/7. Through years of careful breeding we are able to produce goat kids that reach substantial market weight at an early age, ensuring remarkably tender meat.



Order on-line at
www.MarshallAreaFoodCoop.com

Jim & Karen Malmberg

QUOTABLE: Plastics, like diamonds, are forever.
~ Karen Malmberg

SOBOCINSKI, PAUL

sobopaul@redred.com — 507-342-5280 — Wabasso, MN

Our farm is dedicated to sustainable practices. We use only natural inputs for our livestock and pasture. Our cattle are grazed on pasture. Our pigs are not crated, but are farrowed and raised in a deep-straw system.

Call to order wholes and halves.



SONJA'S FARM FRESH VEGETABLES

320-765-2549 — Sacred Heart, MN

Sonja uses all natural growing techniques on 6-1/2 acres of garden to grow seasonal vegetables available by the half and full bushel.



STONEGATE ORCHARD & MARKET

Slayton, MN — 507-835-8373 — stonegate@frontiernet.net



The Stonegate Market is open in September and October selling a variety of apples as well as other locally grown fall goodies including squash, pumpkins and honey.

SUNDOWN CREEK DAIRY

Springfield, MN — 507-723-5154



Using rigorous good management practices, as natural as possible, we raise our goats without hormones and use medicines only if absolutely warranted.



We sell artisan cheeses and goat milk, as well as meat goats. Look for us at the Farmers' Markets in Redwood Falls, New Ulm and Walnut Grove.



SUNNYSIDE GARDENS

Pipestone, MN — 507-825-2465 — pete.sunnyside@agapemail.com



Spring products available: Spring bedding plants, vegetable and herb transplants, regular or mixed hanging baskets, mothers day and memorial day pots and planters, perennials, a few shade/ornamental trees, fruit trees, shrubs including some of the new hydrangeas and more. Starting April 15th we are open 9 am to 7 pm Monday through Friday and 9 am to 5 pm on Saturdays.



During the summer we are usually here watering perennials, trees, shrubs, and summer annuals, harvesting produce, growing fall mums, etc. but occasionally leave on errands... If you are making a special trip you may want to call ahead.

In addition to fresh vegetables and plants, we sell custom window boxes out of wood or curled metal, hay bale style drip irrigation set up on pots, planters, window boxes etc...

SWENSEN'S ORCHARD

swensendaveavis@yahoo.com — 320-269-7838 — Montevideo, MN



We are determined to provide good tasting apples for our customers, using the least toxic and fewest sprays possible. We began our Orchard after consulting with other orchardists who had worked with Robert Rodale of "Organic Farming and Gardening". The beneficial

insects, birds and amphibians we see in our Orchard are our best indication that this is working.

Visit our website at <http://prairiefare.com/swensonhp.htm>



THOLEN AG ENTERPRISES

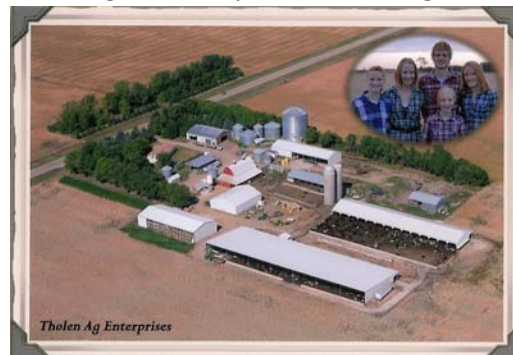
ret@mytvwireless.com — 507-629-3505 — Tracy, MN

We have always had a large garden for our family. About ten years ago we planted a third of an acre of Jersey asparagus that we cover with mulch every spring for weed control, taking care to never use chemicals of any kind. We also fertilize the patch occasionally with manure. We plan to plant another 1600 roots in spring of 2012. The asparagus itself is simultaneously sturdy and tender, and we have had several people tell us it is the best they have ever tasted.



During the summer we also raise pastured broiler chickens. We house them in a portable, open-sided, shaded structure on an alfalfa/grass mix pasture, moving the structure every day to

provide them with new foliage to eat. We also supplement their diet with non-GMO feed. They grow fast and remain very healthy.



Randy, Elaine,
Jillian, Ryan, Karlie,
Elodie & Amber

THREE ACRE FARM

Slayton, MN — 941-323-7952 — danielsthreeacrefarm@yahoo.com



Growing hydroponic tomatoes in a greenhouse, I plan to have tomatoes from April through November. During an extended 2012 growing season I will be adding hydroponic green beans in a high tunnel and sweet corn to my offerings.

The Three Acre Farm Store, located in the Slayton Industrial Park next to the Murray County Recycling Center, is open to the public during tomato season from 9:00 am to 6:00 pm. I also sell produce through Jim's Market in Slayton and at the Slayton Farmers' Market .



TOMSCHIN PRODUCE

Springfield, MN — 507-723-5375 — tomschin@newulmtel.net



We have 4 acres of vegetables located 5 miles south of Springfield on County Road 5. We are not certified organic but use pesticides only on our vine crops as needed (pumpkins and gourds). We sell our produce at the farm and at the Saturday morning Farmers' Market at Springfield's Solar Drive-In on Highway 14. We also sell at the Redwood Falls Market on Tuesday afternoons. We have a 100 ft. hoophouse in which we grow about thirty varieties of tomatoes.



We also sell vegetable and annual flowering bedding plants in the spring at our farm location.

Mike & Cheri
Tomschin



TOSEL, COLLEEN

dctosel@live.com — 320-289-1789 — Appleton, MN

Our family gardens are located north of Appleton and grow all types of vegetables, and fall raspberries. Sales are through the Appleton Farmers' Market as well as direct from the farm. Increasing the local availability of healthy food choices is our goal. Varieties offered vary each season, including heirloom as well as new hybrids.



TREBESCH, DALE & PATTY

trebpork@redred.com — 507-249-3293 — Morgan, MN

Selling premium pork since 1975 in halves and wholes only.



VALLEY VIEW NATURAL BEEF

bolisch@frontiernet.net — 507-442-8492 — Edgerton, MN



Our farm overlooks the Chanarambie River Valley. We pasture our herd in open country with room to roam and be comfortable. We have always used environmentally friendly farming practices. We received the Soil Conservation Award in 1971 for implementing contour practices, crop rotation



and constructing grass waterways. In 1995 we received another Conservation Award for planting windbreaks in our fields, a small wildlife wetland and using rotational grazing plans in our pasture.

This history shows our long commitment to land stewardship and raising a healthful product. This is not a whim, or a hop-on-the organic-bandwagon scheme. Farming is our way of life, and through Valley View Natural Beef, we would like to bring some of that good life to you. We strive to provide the best quality meat raised in an environmentally friendly, people friendly and healthy manner.

~ Bob & Linda Schelhaas

VAN STELTEN FARMS

Edgerton, MN — 507-920-8628 — cvsinc@frontiernet.net



We are a small family farm just starting out in the direct marketing of our grains, selling from our home with delivery available. We currently offer fresh ground whole wheat and rye flours. Let us know If you are interested in other grains for flour, we are looking at adding more variety in the future.

~ Corey Van Stelten

VANG, SUNITA

Tracy, MN — 507-476-0659



We grow our vegetables to be fresh and organic using our hands in the traditional methods of our people. We grow to provide fresh vegetables for our families and our community. We sell our fresh vegetables at the Famers Markets in Worthington and Marshall.

An agriculture that integrates ongoing human
needs with ecological sanity is sustainable.
~ Michael Phillips

VERHEY, BERT

Luverne, MN — 507-283-9012 — verhey26@gmail.com



I started small back in 2000, and now the garden has grown to six acres. Now it's a family operation with three generations helping out. I have a full acre of sweet corn and there's always at least 1500 pumpkins. We also grow potatoes, green beans, squash, tomatoes, and lots of watermelon.

We sell at the end of our driveway by the honor system, and are always pleasantly amazed at how honest people are.



VORTHERMS, SYLVESTER & ELLEN

507-472-8556 — Adrian, MN

We grow lots of asparagus. Our asparagus plot is about one and a half acres. People come from all over to buy from us. They say it is the best asparagus they have ever tasted.



We also have almost 1500 feet of raspberries, and we also grow big sweet onions. Some of our onions get to be two to two and a half pounds a piece and very sweet!



I like to do the gardening and I like to see people happy. People like home grown!

FUN FACT: Flies have two wings; bees and wasps have four.

WALTER, NICOLAS

nicwalter@myclearwave.net — 507-692-2291 — Clements, MN

We have vegetables for those who are concerned about the health of their families. You can come out to our farm and pick your own, or have us pick them for you. So call ahead for an appointment and we will help you feed your family better.



We also have heirloom, non-GMO seeds and vegetable starts, as well as over 1,000 fresh flowers.

We also participate in the Farmers' Markets in Redwood Falls, Springfield, Sleepy Eye and New Ulm, so look for us there.



QUOTABLE: In SW Minnesota, we mostly like to cook for ourselves. And when we do, we want local food, grown by our neighbors. Somehow it just tastes better! ~ Patrick Moore

WANZEK, NATHAN & KELLY

Redwood County, MN — 507-828-8957 — nwanni@hotmail.com



All of our animals enjoy outdoor access. Our pork is raised in bedded barns with access to pasture or outside lots throughout the year. Our beef is raised on pasture with constant access to grass hay supplemented with corn. Our chickens and turkeys are raised on pasture in movable houses relocated every other day to ensure fresh grass and ground to forage on.

We do not use growth hormones or animal by-products in our feeds. Very seldom do we need to treat any animals, however when an animal does get sick or wounded, we don't deny them therapeutic antibiotics. We carefully document any animal given an antibiotic so our customers have the choice to purchase meat from that animal or not.

WILD WIND FARMS

Ivanhoe, MN — 507-694-1486



We've been farming since 1960, since I came home after six years as a pilot in the US Air Force. We farm using only sustainable practices. Most of our 440 acres is in grass, although we do raise some corn, oats, and soy beans, all for feed for our livestock. It's a beautiful place we live in.

Our beef is all natural, drug and hormone free, and mostly Angus. Some are exclusively grass fed, some are corn finished. We sell by the 1/4, 1/2, or whole. We also expect to grow some pumpkins and squash for market as well.

~ Jim Sovell

FUN FACT: 75% of flowering plants require pollinators to set fruit or seed. One in three mouthfuls of food requires the presence of pollinators. ~ National Academy of Sciences



FUN FACT: There are four major groups of pollinating insects: bees and wasps, flies, butterflies and moths, and beetles.

WILDER THYMES

wilderthymes@yahoo.com — 612-310-5589 — Wilder, MN



All varieties grown on Wilder Thymes Farm are painstakingly chosen so that none of our seed comes from Large Corporate Agriculture. It takes a lot of research, but we do raise over 500 varieties of fruits, vegetables, and herbs without contributing to Corporate Agriculture, and we do so using only natural and sustainable methods.

~ Brian Quiring



YANG, YER

507-626-4209 — Walnut Grove, MN

Growing all types of vegetables, including hard to find Asian vegetables and melons. Yer sells her vegetables and pickles at the Farmer's Markets in Walnut Grove, Worthington, and St. Paul.



ZENK'S PRAIRIE VINE FARM

szenk@rswb.coop — 320-826-2370 — Danube, MN

Family owned & operated. We raise naturally fed Miniature Hereford Beef & Hereford Cattle breeding stock, broiler chickens, locally processed, flash frozen & vacuum sealed. We also have fresh herbs, eggs, high tunnel grown heirloom vegetables, tomatoes, potatoes & peppers. Wine grapes: Frontenac, Frontenac Gris, Marquette, Sabrevois, LaCrescent & Lacrosse. Table & juice grapes; Blue Bell, King of the North & Somerset Seedless. Jul 1-Oct 1: call for hrs.



ZEUG'S TASTY TREASURES

Lucan, MN — 507-829-3319



My kids enjoy eating our fruits and vegetables right out of the garden. We also can and freeze them to enjoy all year round. My vegetable crop includes green beans, tomatoes, peppers, cucumbers, cabbage and carrots. I also dabble with a few others on occasion.

My fruit crop consists of strawberries, raspberries and rhubarb. To us, gardening is a way of life and a family project all summer long that is enjoyed all year long. I would love to share our nutritious joy with anyone interested.

~ Krista Zeug



QUOTABLE: It's bizarre that the produce manager is more important to my children's health than the pediatrician.

~ Meryl Streep

ZOUA'S GARDEN

Tracy, MN — 507-626-1823



I have planted a garden for my family for years but have never tried to sell my produce before. Now I want to try selling my Hmong Vegetables, hot peppers, bell peppers, string beans, peapods, and more.

QUOTABLE: Farming, education, and democratic liberty are indissolubly linked. Cultivators of the earth are the most valuable citizens. They are the most independent, the most virtuous, and they are tied to their country, and wedded to its liberty and interests by the most lasting of bonds.

~ Thomas Jefferson



**Sustainable Farming
Association of Minnesota
www.SFA-MN.org**

The Sustainable Farming Association of Minnesota supports the development and enhancement of sustainable farming systems through innovation, demonstration, education, and farmer-to-farmer networking.

What is Sustainable Agriculture?

1. Over the long term, Sustainable Agriculture improves productive land and the surrounding ecosystem.
2. Sustainable Agriculture provides an economically viable business for the producer and his/her family, while attaching all the costs associated with food production.
3. Sustainable Agriculture by its adoption and growth restores rural communities and provides healthy food locally and regionally.

QUOTABLE: Most of us need to be humbled more often, to be reminded that nature is more complex than we think; it's more complex than we can think.
~ Gary Paul Nabhan

Conservation

An ethic of resource use, allocation, and protection. Its primary focus is upon maintaining the health of the natural world: its, fisheries, habitats, and biological diversity. Secondary focus is on materials conservation and energy conservation, which are seen as important to protect the natural world. Those who follow the conservation ethic and, especially, those who advocate or work toward conservation goals are termed conservationists.

QUOTABLE: Unless we change direction we are likely to end up where we are headed.
~ Chinese proverb

Why are my prices higher than those at the supermarket? Glad you asked.

By Shannon Hayes (for Yes! Magazine) posted 1/30/2012

Every week during the growing season, my husband and I cart our family's grassfed meats to market. Every week, we meet someone who tells us the prices are too high. In fact, the average net income for our family members has maxed out at \$10 per hour. But part of our job is to hold our chins up and accept weekly admonishment for our inability to produce food as cheaply as it can be found in the grocery store.

The truth is, food in the grocery store is not cheap. We pay for it in advance with our tax dollars, which support farm subsidies that go to support an ecologically problematic industrialized food system. We pay for it with the lives of our soldiers and with the unfathomable military expenditures that support our national reliance on fossil fuels, upon which the industrial farming model is completely dependent. The prices only look cheap because we are paying for them someplace else: through our taxes, and via the destruction of our soil, water, and natural resources through irresponsible farming practices.

The viability of a small farm is dependent not just on garnering a living wage, but on our ability to steward our land in a way that allows it to stay healthy and productive into the future. Industrial food production, in contrast, currently depends on farm subsidies—and on a license to deplete soils and pollute water for immediate profit with no regard for what happens tomorrow. This is our nation's cheap food policy: Make the food in the grocery store as inexpensive as possible, so that we can justify lower working wages for Americans.

With policies like this, we are losing our farmers; we are also poisoning our public with toxic food. Between 1999 and 2006, the CDC estimated that 45% of American adults were suffering from chronic illness. You can't tell me that has no connection to the food supply.

Even with chronic illness rampant in our society, our current government oversight policies for food safety favor the production of unhealthy, industrial food. My family farm shoulders a disproportionate burden of expense in order to meet regulations that prove the safety of our products—even though they are more easily traced, and more cleanly produced, than corporate food. This adds to our prices and makes it difficult for many of our fellow farmers to stay in business. Rather than adhering to policies that favor an industrial food supply, we need regulations that level the playing field, enable living wages, and ensure that every citizen can afford the price of real food produced in a way that honors a life-serving economy.

My family wants to nourish our local community. We want to sell pork chops from real pigs, ground beef from real cattle. We want to conduct our business honestly, and we want to see our fellow Americans compensated fairly for their contributions, so that we can all earn a decent living. We want to see government policies that would help bring to an end our ecologically rapacious, gastronomically toxic food system. We want to go to our weekly market with our heads held high, carrying wholesome food that our neighbors can afford.

NUTRITIONAL BENEFITS OF PASTURED MEAT

Less Fat Grassfed meat has about the same amount of fat as skinless chicken or wild deer or elk. Because grassfed meat is so lean, it is also lower in calories.

Fat has 9 calories per gram, compared with only 4 calories for protein and carbohydrates. The greater the fat content, the greater the number of calories.

Extra Omega-3s Although grassfed meat is low in "bad" fat (including saturated fat), it gives you from two to six times more of a type of "good" fat called "omega-3 fatty acids."

Omega-3 fatty acids play a vital role in every cell and system in your body. For example, of all the fats, they are the most "heart friendly." People who have ample amounts of omega-3s in their diet are less likely to have high blood pressure or an irregular heartbeat. Remarkably, they are 50 percent less likely to have a serious heart attack.

Omega-3s are essential for your brain as well. People with a diet rich in omega-3s are less likely to be afflicted with depression, schizophrenia, attention deficit disorder (hyperactivity), or Alzheimer's disease.

Omega-3s are most abundant in seafood and certain nuts and seeds such as flaxseeds and walnuts, but they are also found in grassfed animal products. When chickens are housed indoors and deprived of greens, their meat and eggs become artificially low in omega-3s. Eggs from pastured hens can contain as much as 20 times more omega-3s than eggs from factory hens.

Grazing cattle consume as much as 1000 IU of vitamin E each day, which is passed on in their meat.

HOW BIG IS BEEF?

A typical beef carcass will provide between 400-500 lbs of packaged meat.

Whole beef = 18 cu ft chest freezer

1/2 beef = 15 cu ft chest freezer with room to organize it well

1/4 beef = fills about 4 brown shopping bags

Tips for Cooking Grass Fed Beef, Bison and Elk

1. Your biggest culprit for grass fed beef is overcooking. This beef is made for rare to medium rare cooking. If you like well done beef, then cook your grass fed beef at very low temperatures in a sauce to add moisture.
2. Since grass fed beef is extremely low in fat, coat with virgin olive oil, truffle oil or a favorite light oil for flavor enhancement and easy browning. The oil will, also, prevent drying and sticking.
3. We highly recommend the Jaccard meat tenderizer which uses no chemicals. This tenderizer has won the prestigious Gold Medal presented by Chefs in America and the easiest way to produce a great meal. Plus in literally seconds the Jaccard will tenderize all your meats including grass fed beef, grain feed beef, poultry, veal, venison, pork, goat and lamb.
4. If you don't own a Jaccard meat tenderizer, we recommend marinating your beef before cooking especially lean cuts like NY Strip and Sirloin Steak. Choose a recipe that doesn't mask the delicate flavor of grass fed beef but enhances the moisture content. A favorite marinade using lemon, vinegar, wine, beer or bourbon is a great choice. Some people use their favorite Italian salad dressing. If you choose to use bourbon, beer or vinegar, use slightly less than you would use for grain fed beef. Grass fed beef cooks quicker so the liquor or vinegar won't have as much time to cook off. For safe handling, always marinate in the refrigerator.
5. If you do not have time to marinate and don't own a Jaccard meat tenderizer, just coat your thawed steak with your favorite rub, place on a solid surface, cover with plastic and pound your steak a few times to break down the connective tissue. As an added benefit your favorite rub will be pushed into your grass fed beef. Don't go overboard and flatten your beef unless your recipe calls for it. If you don't have a meat mallet, use a rolling pin or whatever you feel is safe and convenient.
6. Stove top cooking is great for any type of steak . . . including grass fed steak. You have more control over the temperature than on the grill. You can use butter in the final minutes when the heat is low to carry the taste of fresh garlic through the meat just like steak chefs.
7. Grass fed beef has high protein and low fat levels, the beef will usually require 30% less cooking time and will continue to cook when removed from heat. For this reason, remove the beef from your heat source 10 degrees before it reaches the desired temperature.

8. Use a thermometer to test for doneness and watch the thermometer carefully. Since grass fed beef cooks so quickly, your beef can go from perfectly cooked to overcooked in less than a minute.
9. Let the beef sit covered and in a warm place for 8 to 10 minutes after removing from heat to let the juices redistribute.
10. Never use a fork to turn your beef . . . precious juices will be lost. Always use tongs.
11. Reduce the temperature of your grain fed beef recipes by 50 degrees i.e. 275 degrees for roasting or at the lowest heat setting in a crock pot. The cooking time will still be the same or slightly shorter even at the lower temperature. Again . . . watch your meat thermometer and don't overcook your meat. Use moisture from sauces to add to the tenderness when cooking your roast.
12. Never use a microwave to thaw your grass fed beef. Either thaw your beef in the refrigerator or for quick thawing place your vacuum sealed package in water for a few minutes.
13. Some suggest bringing your grass fed meat to room temperature before cooking . . . rather than cold straight from a refrigerator.
14. Always pre-heat your oven, pan or grill before cooking grass fed beef.
15. When grilling, sear the meat quickly over a high heat on each side to seal in its natural juices and then reduce the heat to a medium or low to finish the cooking process. Also, baste to add moisture throughout the grilling process. Don't forget grass fed beef requires 30% less cooking time so watch your thermometer and don't leave your steaks unattended.
16. When roasting, sear the beef first to lock in the juices and then place in a pre-heated oven. Save your leftovers . . . roasted grass fed beef slices make great healthy luncheon meats with no additives or preservatives.
17. When preparing hamburgers on the grill, use caramelized onions, olives or roasted peppers to add low fat moisture to the meat while cooking. Make sure you do not overcook your burgers . . . 30% less cooking time is required.

QUOTABLE: Eat all the junk food you want as long as you cook it yourself. ~ Michael Pollan "Food Rules"

ENVIRONMENTAL AND NUTRITIONAL BENEFITS OF GOAT MEAT

From a purely environmental perspective, not all meat is created equal. That's why many people are turning back to a somewhat ignored (in the US at least) source of animal protein in the search for more sustainably produced meat—goat. They may even find their health improves as a result too. For those of us who eat meat and believe that animals are an important part of viable, sustainable agriculture, it is important to understand the relative benefits and drawbacks of different types of farm animals.

Consumers are rediscovering goat meat as a healthy, more sustainable source of animal protein. Boasting fewer calories and less fat than chicken, beef, lamb or pork, there is certainly a health case to be made for goat meat, but it is the environmental impact that may be most compelling from a societal point of view. Because goats are browsers, not grazers, they have a much smaller impact on the land—and consequently farmers are able to produce more goat meat from the same sized pasture than they would with beef.



Additionally, studies show greater production and better pasture utilization are achieved when cattle and goats are grazed together, as opposed to grazing only goats or cattle alone. This is especially true where a diverse plant population exists.

Because of the complimentary grazing habits, the differential preferences, and the wide variation in vegetation within most pastures, one to two goats can be grazed with every beef cow without adversely affecting the feed supply of the beef herd. The selective grazing habits of goats in combination with cattle will eventually produce pastures which are more productive, of higher quality, and have few weed and brush problems.

Mixed-species grazing can have additional benefits. Because gastrointestinal parasites from goats cannot survive in the stomach of cattle, and because gastrointestinal parasites from cattle cannot survive in the stomach of goats, mixed-species grazing will decrease gastrointestinal parasite loads and slow resistance of gastrointestinal parasites to conventional dewormers.

Goat meat has been established as a lean meat with favorable nutritional qualities, and it's an ideal choice for the health-conscious consumer. The following table compares the nutrient values of prepared goat meat, chicken, and other red meats consumed in the United States.

Nutrient Composition of Goat & Other Types of Meat.

Per 3 oz. of cooked meat according to the
USDA Nutrient Database for Standard Reference, Release 14 (2001)

<u>Nutrient</u>	<u>Goat</u>	<u>Chicken</u>	<u>Beef</u>	<u>Pork</u>	<u>Lamb</u>
Calories	122	162	179	180	175
Fat (g)	2.6	6.3	7.9	8.2	8.1
Saturated Fat (g)	0.79	1.7	3.0	2.9	2.9
Protein (g)	23	25	25	25	24
Cholesterol (mg)	63.8	76.0	73.1	73.1	78.2
Iron (mg)	3.2	1.5	2.9	2.7	1.4

Goat meat is best when cooked at low temperatures. Due to its low-fat content and lack of marbling (small streaks of fat found within the muscle), goat meat can lose moisture and toughen quickly if cooked at high temperatures. To enhance flavor and increase tenderness, use a marinade on the meat before cooking and cook with moist heat, such as stewing.

Too-Easy Pot Roast

- 5 pound **goat shoulder**
- 2 cups water
- 1 large onion
- 2 cloves garlic
- Worcestershire sauce
- Salt
- Pepper
- 5 medium potatoes

Put goat meat into roasting pot with water. Sprinkle well with salt, pepper and Worcestershire sauce. Add chopped onion and garlic. Put on lowest heat on stove. Cook for 5 hours. Add potatoes 1/2 hour to 1 hour before serving.

West Texas Cabrito Loaf

- 2 lbs **ground cabrito (goat)**
- 1/4 cup chopped bell pepper
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup shredded carrots
- 1 chopped Jalapeno
- 1 egg (beaten)
- 1 cup bread crumbs
- 1 Tbs each: salt, black pepper, and minced garlic

Mix all ingredients except meat and let stand five minutes. Add ground meat and mix well. Pack into loaf pan. Bake at 350 for 1 1/2 hours. Remove from oven. If desired, top with catsup and/or BBQ sauce and bake another 5 minutes.

HERBS FOR COOKING; HERBS FOR BUILDING HEALTH **by Sunny Ruthchild, Doctor of Naturopathy**

What's the difference between an herb and a plant-based food? It's a matter of intensity, with lots of overlap in the categories, I think.

A vegetable or fruit is relatively mild in flavor and smell, often has lots of stored carbohydrate, and is preferred to be fresh and in a nutrient dense and poison-free state.

An herb is more intense in taste, and in the degree to which our bodies respond to it. Herbs are plants that our bodies love to interact with. Herbs are used with a light touch much of the time, and are usually cooked only a short time, or are steeped well in very hot water for teas.

Carrot family herbs are all soothing to the digestion, help reduce gas, inhibit e coli growth, work to purify blood, sweeten the breath, and are anti-oxidant and anti-aging.

Examples are: Carrot, Fennel, Dill, Cilantro, Caraway, Anise, and Parsley

Mint family herbs are antibiotic, antioxidant, and antiseptic, sooth nausea and motion sickness, relieve headache, depression and anxiety.

Examples are: Thyme, Oregano, Rosemary, Sage, Horehound, Hyssop, Lavender, Lemon Balm, Lovage, Peppermint, and Spearmint

Asparagus, Garlic, Onion, and Shallots are all edible lilies. All are thought to be anti-cancer herbs. Asparagus also serves as a bladder, kidney, and bowel tonic.

Tomatoes contain anti-oxidants that lower blood pressure, maintain the prostate, and are anti-cancer and anti-aging food.

Sunflower seeds and Pumpkin seeds may help prevent prostate problems.

Basil works as an anti-depressant, is anti-septic, reduces nausea, stimulates the adrenal cortex, soothes itching, and helps reduce fever.

Edible flowers make a simple salad dramatic. Flowering tops of any herbs, elder flowers, garlic scapes, nasturtiums, violets, the petals of pinks, calendula, bee balm, Echinacea, marigolds, all can be eaten. Red clover blossoms are filled with natural antibiotics.

Cinnamon is an antiseptic, expectorant, and decongestant for the respiratory system, and helps the body to use insulin more effectively.

Cayenne and chili powder can be used lightly in almost any food. If you don't want the taste or the heat of peppers, use just a sprinkle. They will help purify the blood, stimulate the digestive system to improve use of nutrients, and can act as a pain reliever.

QUOTABLE: If you understand the uses of garlic, you understand 50% of all herbal medicine. ~ Steven Foster

Garlic is a powerful anti-cancer food, is anti-microbial, anti-biotic, heart-protector, reduces blood pressure, lowers excessive cholesterol, is anti-parasitic, and inhibits inflammation.

Ginger is an effective anti-nausea herb, can relieve headaches and arthritis, is anti-inflammatory, guards against blood clots, and is anti-oxidant.

Rosemary is anti-oxidant, anti-cancer, and anti-inflammatory, is good for the gall bladder, is an anti-depressant, and a nerve and cardiac tonic.

Sage is anti-oxidant, anti-microbial, anti-inflammatory, and a uterine tonic.
Chinese Proverb: In old age, eat sage.

Thyme is anti-oxidant, antiseptic, expectorant, relieves spasms, is a wound healer, soothes coughs, and is good for the nervous system.

Turmeric is anti-oxidant, anti-inflammatory, antimicrobial, anti-fungal, anti-cancer, blocks buildup of plaque in arteries, is a wound healer, acts to protect the liver, and boosts insulin activity.

Tea made with stinging nettle is a great wash for acne.

Tea made from chamomile, St John's Wort, & lemon balm soothes anxiety.

Tea made with calendula and sage can help reduce cold sores.

Garlic in green tea will help reduce high blood pressure.

Tea made from ginger root, chamomile, and basil will soothe indigestion.

Cilantro aids digestion, alleviates gas, reduces allergic response, and makes a great eye wash.

Elderberry flowers made into tea, or fruits when they are ripe, helps relieve flu, colds, and fever.

Teas made from bee balm, chamomile, violets, lavender, lemon balm, lemon verbena, mugwort, mullein, St. John's wort, and valerian, are thought to help enhance sleep, encourage dreams, and improve mood.

HARVEST TIME TABLE

Fruit/Vegetable	Normal Harvest Dates						Greenhouse/High Tunnel					
	J	F	M	A	M	J	J	A	S	O	N	D
Apples												
Asparagus												
Beans												
Beets												
Blueberries												
Brussel Sprouts												
Carrots												
Cucumbers												
Garlic												
Grapes												
Greens/Lettuces												
Melons												
Onions, Green												
Onions, Globe												
Peppers												
Potatoes												
Raspberries												
Rhubarb												
Strawberries												
Squash - Summer												
Squash - Winter												
Sweet Corn												
Sweet Potatoes												
Tomatoes												
	J	F	M	A	M	J	J	A	S	O	N	D

QUOTABLE: Farming looks mighty easy when your plow is a pencil and you're a thousand miles from a corn field.
~ Dwight D Eisenhower

ECONOMIC TIDBIT: The Organic ethic as expressed in food and farming systems is based on families, vibrant local communities, and a philosophy of integrated equity.

~ Fritj of Capra, The Web of Life

IDEAL PRODUCE STORAGE CONDITIONS

Optimal Storage Conditions for Fresh Produce	Temperature				Relative Humidity				
	Cold < - - - > Warm				Moist < - - - - - > Dry				
	32 - 41 F	45 - 50 F	32 - 55 F	55 - 60 F	90 - 95%	80 - 90%	80 - 85%	60 - 70%	50 - 60%
Asparagus									
Beans, Green									
Beans, Lima									
Beets									
Broccoli									
Brussel Sprouts									
Cabbage									
Carrots									
Cauliflower									
Chinese Cabbage									
Sweet Corn									
Cucumber									
Eggplant									
Garlic									
Greens/Lettuces									
Horseradish									
Kale									
Kohlrabi									
Lettuce									
Melon									
Okra									
Onions, Green									
Onions, Dry									
Parsley									
Parsnips									
Pea									
Peppers, Fresh									
Peppers, Dry									
Potato									
Pumpkins									
Radish									
Rhubarb									
Salsify									
Spinach									
Squash, Summer									
Squash, Winter									
Sweet Potato									
Swiss Chard									
Tomato									
Turnip									

VEGETABLE STORAGE TIPS

C = suitable for canning **F = suitable for freezing** **P = suitable for pickling**

ASPARAGUS - Store in plastic bag in refrigerator up to 1 week. **C F P**

BEANS, GREEN - Store in perforated plastic bag in warmest part of refrigerator up to 1 week. **C F P**

BEANS, LIMA - Store shelled limas in perforated plastic bags in refrigerator 1 week. **C F**

BEETS - Wash roots, trim tops to 1/2", store in perforated plastic bag in refrigerator, cold moist cellar or pit for 2 to 4 months. **P**

BROCCOLI - Store in perforated bag in refrigerator up to 3 weeks. **F**

BRUSSEL SPROUTS - Store in perforated bag in refrigerator up to 3 weeks **F**

CABBAGE - Store in plastic bag in refrigerator, cold cellar or outdoor pit

CARROTS - Wash roots, trim tops to 1/2", store in perforated plastic bag in refrigerator, cold moist cellar or pit up to 2 to 4 months. **F P**

CAULIFLOWER - Store in perforated plastic bag in refrigerator up to 2 weeks **F**

CHINESE CABBAGE - Store in perforated plastic bag in refrigerator, cold cellar, or outdoor pit up to 2 months

CORN, SWEET - Husk corn and store in plastic bag in refrigerator 2 days to 1 week. **C F**

CUCUMBER - Store slicing cucumbers in plastic bag in the warmest part of the refrigerator up to 1 week. Pickling cucumbers should be cooled quickly in ice water before storing in plastic bag in refrigerator for just a day or two. **P**

EGGPLANT - Keep in warmest part of refrigerator up to 1 week.

GREENS - Store in plastic bag in refrigerator up to 2 weeks. **F**

HORSERADISH - Store in ground all winter mulched with straw/leaves to dig up as needed.

LETTUCE - Store in perforated plastic bag in the refrigerator up to 2 weeks.

KALE - Store in plastic bag in refrigerator up to 2 weeks. **F**

KOHLRABI - Cut off root and leaf stems and store in plastic bags from 2 to 4 weeks.

MELONS - Store at room temperature for about 1 week or cooler for 2 to 3 weeks. Store ripe melon in plastic bag in refrigerator, or cut up and freeze. **F**

OKRA - Store in plastic bag in warmest part of refrigerator up to 1 week

ONIONS, DRY - Remove tops and put in shallow box or mesh bag and cure for 3 to 4 weeks. Store in well ventilated cool place. **F**

VEGETABLE STORAGE TIPS (cont.)

C = suitable for canning **F** = suitable for freezing **P** = suitable for pickling

ONIONS, GREEN - Cut off root and remove top, leaving 1" of green leaves.
Place in plastic bag and store in refrigerator up to 2 weeks.

PARSLEY - Store in plastic bag in refrigerator up to 1 week.

PARSNIPS - Wash roots, trim tops to 1/2" and store in perforated plastic bag in refrigerator, cold moist cellar or pit up to 4 months.

PEAS - Refrigerate unshelled peas in perforated plastic bag up to 1 week. **F**

PEPPERS, DRY - Hang to dry in sun or warm place, Store in dry, cool location.

PEPPERS, FRESH - Plastic bag in warmest part of refrigerator up to 3 weeks.

POTATO - Wash potatoes and cure for approximately 1 week in a shaded, ventilated location. Store in a dark, well ventilated location up to 4 months.

PUMPKIN - Store whole in a cool room in a single layer so air can circulate around them. **F**

RADISH - Wash roots, trim off taproot and tops, store in plastic bag. Store winter radishes like carrots.

RHUBARB - Discard leaves and store stalks in perforated plastic bag in refrigerator up to 3 weeks. **F**

SPINACH - Store in plastic bag in refrigerator up to 2 weeks. **F**

SQUASH, SUMMER - Perforated plastic bag in refrigerator up to 1 week.

SQUASH, WINTER - Store in a single layer so air can circulate around them

SWEET POTATO - Cure for 1 week at 80 to 85 F, then move to 55 F storage and keep in ventilated boxes covered with periodically moistened burlap sacks.

SWISS CHARD - Store in plastic bag up to 2 weeks.

TOMATO - Store ripe tomatoes at 55 to 60 F, which is warmer than average refrigerator temperature. To ripen, raise temperature to 65 - 70 F. **C** **F**

TURNIP - Wash roots, trim tops to 1/2", store in perforated plastic bag in refrigerator, cold moist cellar or pit up to 4 months.

QUOTABLE: The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease. ~ Thomas Edison

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