Dedicated to assisting people prosper in rural Nebraska by helping them work together through cooperative business development.

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at College View
APR. 29 - OCT. 28
10am - 2pm
Previously Old Cheney Road Farmers’ Market
NEW LOCATION - SAME GREAT VENDORS!
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College View Neighborhood
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sundayfarmersmarket.org
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VEGGIE VAN
Mobile Farmers Market
Join us Thursdays June 7th-October 25th
2:00 pm - 5:00 pm
Health 360 Clinic parking lot (3201 O Street)
Use your SNAP/EBT Card & Crops will match your purchases up to $20
Cash, checks & credit cards accepted
More info: https://gogo.ltcap7s

VEGETABLES
Asparagus with Mustard Vinaigrette
Know Your Butcher, Know Your Meat
Meat & Poultry
Specialty Products
SUMMER RECIPES:
Vegetable & Feta Sandwiches
Farmers' Markets
Dairy & Eggs
Grains & Dried Beans
FALL RECIPES:
Cabbage & Apple Slaw
Kitchen Basics & Cooking Staples
Flowers, Seeds, Trees & Transplants
WINTER RECIPES:
Baked Sweet Potato Fries
Sponsors

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

A NOTE FROM THE LOCAL COORDINATOR

Nebraska is known for its agriculture. We have great sunshine, soil, and weather for growing farm fresh foods for your kitchen year-round. From heirloom tomatoes and salad-turnips to local meats, farm-fresh, and nationally-known farmstead cheeses—Nebraska has something to offer everyone! Whether you are a local food guru or just starting out—our guide is here to help you explore and eat more local foods. We desire to be more engaged in our food system and we want to help you!

If you are looking to satisfy your taste buds, there is no better way to use your dollar than on food from the tremendous farmers, ranchers, farmers’ markets, and businesses in this guide. Agriculture is more than just growing food; it is about being part of a culture that creates connections to each other, to the land, and to good food. Local foods can be affordable and worth the time to find. And good food takes time. So in 2018, take more time with your food. Take time to buy local, time to ask questions, and time to sit down with friends and enjoy a hearty meal full of Nebraska flavor.

Buy Fresh Buy Local® Nebraska is dedicated to:
- Keeping the food chain shorter, sustainable, and transparent.
- Promoting and educating eaters on the social, economic, and cultural benefits of local foods.
- Improving wellness and quality of life by promoting healthy, in-season eating.
- Cultivating a future for Nebraska’s family farms through the development of new market opportunities.
- Retaining local food dollars in Nebraska by strengthening regional markets.

The Nebraska Local Food Guide is a product of Buy Fresh Buy Local® Nebraska (BFBLN). BFBLN is part of the University of Nebraska—Lincoln, Nebraska Cooperative Development Center. BFBLN is a member-based marketing, promotion, and education program that promotes the production and enjoyment of local foods, from seed to plate, across the state. If you support the mission of BFBLN, join our community! Everyone in the local food chain can become a member at buylocalnebraska.org. Together, we are building a vibrant food community; one bite at a time!

Best,
Sylvia Tatko
Buy Fresh Buy Local Nebraska Coordinator

WHAT IS LOCAL?
We define local as any agricultural product produced within Nebraska or a bordering county.

2018 LOCAL FOOD GOALS
- Meet a farmer! Thank them. Ask them why they like to play in the soil.
- Find out if your favorite restaurants buy local ingredients. If not, encourage them to check out this guide!
- Try a new local vegetable! Have you tasted kohlrabi? Leeks?
- Grill some local meat and zucchini and invite your friends over.

NEBRASKA HARVEST SCHEDULE
BUYING LOCAL DOESN’T HAVE TO STOP WHEN SUMMER’S OVER!

Nebraska family farmers offer many locally grown and value-added products all year long, including:
- Beef, buffalo, chicken, fish & other aquatic meat, goat, lamb, ostrich, pork, rabbit, turkey, etc.
- Eggs, butter, cheese, kefir, ice cream, milk, yogurt
- Breads, baked goods, cider, dried vegetables, honey, jams, nuts, preserves, etc.
- Don’t forget about these locally grown products: flowers, soaps, transplants, trees, wreaths and woody floral

Find it fast at buylocalnebraska.org

Join Our Community!
To become a member, visit buylocalnebraska.org

Learn more at buylocalnebraska.org
LOCATE local foods NEAR YOU!

Match the color of your region with the member listings on this page and throughout the guide to quickly find your favorite local producers.

Western Nebraska
1. Meadowlark Health Biodynamic Farm and Seed Initiative, Living Environment Foundation, Scottsbluff

Central Nebraska
2. Clear Creek Organic Farms, Spalding
3. Grain Place Foods, MacClellan
4. Grow Nebraska, Kearney
5. Lambert Melons, Elgin
7. Nebraska Mushroom LLC, Grand Island
8. Prairie Pride Poultry, Grand Island
9. Range West Beef, Margarita
10. Roberts Seed Inc., Axtell
11. Scratchtown Brewing Company, Chadron

Northeast Nebraska
12. Daniels Produce, Columbus
13. Embree Farm LLC, Colbandus
14. Wolf Farms, Aurora

Southwest Nebraska
15. As-Be-Farm, Julian
16. Arnold Acres, Grand Island
17. Doc’s Holiday Healthy Farms, Adena, NE
18. Fox Run Farms, Grand Island
19. Garrison Great Company, Grand Island
20. Nebraska Food Cooperative, Julian
21. McKee’s Acres, Fairbury
22. Paradise in Progress Farm LLC, Nebraska City
23. The Country Pumpkin, LLC, Salina
24. Rock Creek Aquaculture, Diller
25. Sicily Creek Jelly and Products, Blue Springs
26. West Blue Farm, Douthat

Lincoln Area
27. Bennett Farmers Market, Bennett
28. Common Good Farm, Raymond
29. Community Crisp, Lincoln
30. Darby Springs Farm, Ceresco
31. Ed Family Farm, Malcolm
32. Emerald Acres, Lincoln
33. F Street Neighborhood Farmers Market, Lincoln
34. Folsom Farmers’ Market, Lincoln
35. Grow with the Flow, Bennington
36. Heartland Rustic Millwork, Valparaiso
37. Husk Cabs, Lincoln
38. Lakehouse Farm, Elkhorn
39. Leo’s Gourmet Grocer, Lincoln
40. Lincoln Haymarket Farmers Market, Lincoln
41. Lone Tree Farm, Gretna
42. Martin’s Hillside Orchard, Gretna
43. Open Harvest Co-op Grocery, Lincoln
44. Pecan Mill by Versus, Lincoln
45. Prairie Place Restaurant, Waverly
46. Prairie Preserve Beef, Lincoln
47. Prater Acres, Lincoln
48. Robenato Farms, Martell

Omaha Area
49. Shadowbrook Farm, Lincoln
50. Small Sturr’s Farm, Lincoln
51. Sunday Farmers’ Market at College View, Lincoln
52. Venue Restaurant & Bar, Lincoln

LEARN MORE AT buylocalnebraska.org
Eating with the Seasons

I f you know the difference between a grocery store tomato and one plucked from the garden right before dinner, you understand the concept of eating with the seasons. When “what’s for dinner” depends on “what’s in season,” we take advantage of food that has been harvested locally and at the peak of freshness, meaning tastier and more nutritious food at a great value. And whenever a particular ingredient goes out of season, it’s a guarantee that another delicious food is coming back into season to tempt us all. Perhaps one of the best things about eating with the seasons is that it forces us to cook more, and there really is nothing better we could do for our health.

Whether the fresh produce comes from our own garden, the farmer’s market, or a CSA, eating seasonally challenges us creatively to come up with new, fun, and delicious dishes. Building a lifestyle around seasonal food keeps meals time-saving. Just as importantly, it brings us more into tune with nature’s rhythms making us more aware and appreciative of the beauty around us—every season of the year.

Local, Seasonal Food Just Makes Sense

- **Flavor & Nutrition.** Plants get nourishment from the sun and soil. Seasonally fresh produce is picked fully developed, at its peak nutritionally and when it tastes the best.

- **Community Food brings us together.** Knowing who grows the food we eat and how they do it makes us more connected to each other and agriculture.

- **Farmers’ markets and restaurants that source locally grown foods create micro-communities** that encourage us to share our knowledge, ask questions, and engage in our own local environment.

- **Local economy.** Buying locally keeps money circulating in the community and creates jobs.

- **Environment.** Food produced locally reduces the “food miles” necessary to feed people. That is, it reduces the energy, fossil fuels and associated CO2 emissions) to transport food.

- **Harmony.** Eating what is seasonally available encourages us to reconnect with nature’s cycles and the passing of time.

- **Creativity & Variety.** With each season we are encouraged to explore new and different recipes, and at the same time add variety to our diet.

The Seasons

- **Spring.** The abundance of leafy greens in the spring helps us detox and loose extra pounds after a long winter of heavier foods. Think fresh, brightly colored salads full of crunchy greens with peas, asparagus, radishes, and arugula.

- **Summer.** In the summer we need to cool down and stay hydrated. Think: juicy tomatoes, cucumbers, watermelon, and bell peppers.

- **Fall.** Apples harvested in the fall are the perfect transition food to help our body get rid of excess heat and cool down before winter. Other fall season pleasures are pears, cabbage, garlic, and rutabaga. Tomatoes, deep yellow or orange, and sweet potatoes are on the menu.

- **Winter.** Think: deeply colored root vegetables like beets, carrots, and rutabaga; peripatetic hearty cold-weather soups. Other winter produce includes squash, pumpkin, sweet potatoes, and onions.

Kimberly Sturm is a writer and editor who specializes in content related to sustainable agriculture.

LEARN MORE AT buylocalnebraska.org
FRUITS, HERBS & VEGETABLES

- Al-Be Farm
  Beth Kernew-Krause
  Ralph Krause
  Julian, NE
  402-274-1616
  albefarm@windstream.net

- Arnold Acres
  Larry & Mary Kay Arnold
  Syracuse, NE
  402-217-2920
  La486903@yahoo.com

- Barreras Family Farm
  Anthony & Marilu Barreras
  Omaha, NE
  402-316-8319
  barrerasfamilyfarm@gmail.com

- Clear Creek Organic Farms
  Robert & Kristina Bernt
  Spalding, NE
  308-750-1006
  kb_172@yahoo.com

- Community Crops
  Sue McShane-Jewell
  & Stark Brockway
  Lincoln, NE
  402-478-8802
  ben@communitycrops.org

- Daniels Produce
  Andy, Inigo, Kelly
  & Estefania Daniels
  Columbus, NE
  402-649-7910
  fernandodaniels@yahoo.com

- Emerald Acres
  Roger & Debra Black
  Lincoln, NE
  402-490-8197
  emeraldacresb@gmail.com

- Emerald Acres
  Roger & Debra Black
  Lincoln, NE
  402-490-8197
  emeraldacresb@gmail.com

- Fruit of Lebanon LLC
  Michael & Judi Levine
  Omaha, NE
  402-312-3069
  fruitoflevinemail@gmail.com

- Green Leaf Farms
  Tim Rogers & Joelle Hosing
  Omaha, NE
  402-614-8404
  info@greenleaffarms.biz

- Grow with the Flow
  Jeff Jerome
  Denton, NE
  402-540-4388
  contact@growwiththeflowfarms.com

- Lakehouse Farm
  Jerry & Renee Barnett
  Waverly, NE
  402-756-2229
  info@lakehousefarm.com

- Lambert Melons
  Tim & Bert Lambert
 wing, NE
  402-242-7797
  prairiempiremelons@gmail.com

- Martin’s Hillside Orchard
  Alex & Barbara Martin
  Lincoln, NE
  402-545-2471
  frxmsrvs@gmail.com

- Meadowlark Heath
  Brandy Brown & Farm
  and Seed Initiative
  Beth Coryn
  Scottsdale, NE
  308-631-5877

- Nebraska Mushrooms LLC
  Achs Gordon
  Grand Island, NE
  308-394-1493
  achsgordon@nebrasilchrooms.com

- Nebraska Mushrooms LLC
  Achs Gordon
  Grand Island, NE
  308-394-1493
  achsgordon@nebrasilchrooms.com

- Sicily Creek Jelly
  and Produce
  Columbus, NE
  402-280-9750
  shadowbrookshadowbrook.com

- Small Starts Farm
  Abigail Sites, Ian Richmond
  & Ashley Finnegan
  Lincoln, NE
  402-733-0439
  smallstartsfarm@gmail.com

Asparagus with Mustard Vinaigrette

### Ingredients
- 4 local eggs
- 1 small shallot, minced
- 2 Tablespoons red wine vinegar
- 2 Tablespoons olive oil
- 1 teaspoon mayonnaise (look for a brand low in sugar)
- 2 Tablespoons olive oil
- Salt and pepper
- 3 tablespoons asparagus

### Directions
1. Place eggs in a medium saucepan. Add enough cold water to cover eggs by one inch. Carefully add the eggs and simmer for about 10 minutes. Drain. Add cold water to cover. When eggs are cool enough to handle, shell and set aside.
2. In a small bowl, whisk together shallots, vinegar, olive oil, and mayonnaise. Slowly whisk in olive oil. Add salt and pepper.
3. Slice off and discard the bottom inch of each asparagus if using thick asparagus, peel about the bottom two inches.
4. Add about 1/4 cup water to a large skillet. Add about one teaspoon salt, cover, and bring to a boil. Add asparagus and cook until asparagus can be easily pierced with a knife, about 3 to 5 minutes. Drain.
5. Coat warm asparagus with vinaigrette. Cut eggs into quarters. Serve with the asparagus.

**Tip:** Don’t have shallots? Try substituting with the white portion of green onions in this delicious spring dish!
Know Your Butcher, Know Your Meat

Jared Ucker, Oldie Pork & Pantry

First things first, when it comes to purchasing good, quality meat at your local shop don’t be afraid to ask your butcher the tough questions. We encourage it can feel like navigating your local market it can often feel like there are many choices. Without the right information, you might end up buying cuts you knew or look for pieces with the largest color or best deal. Your butcher should be there for you, prepared to answer all the questions you might have about specific cuts for specific cooking techniques. Question you should ask include: Where did the animal come from? How was it raised? What did it eat? This is all information you deserve to know as a consumer, and frankly should want to know. As they say, we are what we eat.

By focusing on spending our money locally, we are not only giving back to ourselves, healthier, cleaner, nutrient-rich foods but we are supporting a system that gives back to the entire community, in, turn, to the environment itself. We are choosing to support hardworking individuals and families around us that have dedicated their lives to providing us food. As an eater, buying food should be more than getting maximum yield for our dollar; it’s about getting maximum benefit for your dollar.

Tips:
- Brine your bird and pork! This is how to prepare restaurant-quality meats.
- Offal isn’tAwful—Cuts like heart, neck, tongue, etc., can be quite cheap and have amazing health benefits. Don’t be afraid to give it a try.

Beef Ravioli—Try beef ravioli. This cut has become quite popular over the past few years in the culinary scene, but to many, it is still an unknown. This cut of beef is referred to as the sirloin tip, looks like a skirt steak but it’s usually much thinner and can be quite well-marbled. This cut is great for a marinade and on the grill.

Oldie Pork & Pantry is a local butcher and meat processor in Omaha focused entirely on local food production with a strong emphasis on pork products and preserves. For more information, visit oldiepork.com.

MEAT & POULTRY

- Al-Ba Farm
  * 810 Sardis Rd
  * 402-297-8260
  * albafarm@verizon.net
  * facebook.com/AlBaaFarm
  * Beef, Pork, Sausage

- Barlow Family Farm
  * 820 Sardis Rd
  * 402-297-8260
  * beef@barlowfamilyfarm.com
  * Beef, Pork, Lamb, Sausage

- Clear Creek Organic Farms
  * 810 Sardis Rd
  * 402-297-8260
  * clearcreekorganicfarms.com
  * Beef, Pork, Lamb, Sausage

- Common Good Farm
  * 810 Sardis Rd
  * 402-297-8260
  * commongoodfarm.com
  * Beef, Pork, Sausage

- Doe’s Holiday Healthy Farms
  * 810 Sardis Rd
  * 402-297-8260
  * d oe'sholidayhealthyfarms@gmail.com
  * Lamb, Chicken, Pork, Sausage

- Eastridge Farm
  * 810 Sardis Rd
  * 402-297-8260
  * eastridgefarm.com
  * Beef, Pork, Sausage

- Farm Fresh Meats
  * 810 Sardis Rd
  * 402-297-8260
  * farmfreshmeats.com
  * Beef, Pork, Sausage

- Galloway Family Farm
  * 810 Sardis Rd
  * 402-297-8260
  * gallowayfamilyfarm.com
  * Beef, Pork, Lamb, Sausage

- Holstein Family Farm
  * 810 Sardis Rd
  * 402-297-8260
  * holsteinfamilyfarm.com
  * Beef, Pork, Lamb, Sausage

- Krause Family Farm
  * 810 Sardis Rd
  * 402-297-8260
  * krausefamilyfarm.com
  * Beef, Pork, Sausage

- Krause Family Farm
  * 810 Sardis Rd
  * 402-297-8260
  * krausefamilyfarm.com
  * Beef, Pork, Sausage

- Meadview Beef
  * 810 Sardis Rd
  * 402-297-8260
  * meadviewbeef.com
  * Beef, Pork, Sausage

- Nebraska Grass Fed Beef
  * 810 Sardis Rd
  * 402-297-8260
  * nebrakgrassfedbeef.com
  * Beef, Pork, Sausage

- Paradise in Progress Farm
  * 810 Sardis Rd
  * 402-297-8260
  * paradiseinprogressfarm.com
  * Beef, Pork, Sausage

- Prairie Preserve Beef
  * 810 Sardis Rd
  * 402-297-8260
  * prairiepreservebeef.com
  * Beef, Pork, Sausage

- Rock Creek Aquaculture
  * 810 Sardis Rd
  * 402-297-8260
  * rockcreekaquaculture.com
  * Beef, Pork, Sausage

- Schoenhorst Farm
  * 810 Sardis Rd
  * 402-297-8260
  * schoenhorstfarm.com
  * Beef, Pork, Sausage

- West Blue Farm
  * 810 Sardis Rd
  * 402-297-8260
  * westbluefarm.com
  * Beef, Pork, Sausage

- Wolf's Farm Products
  * 810 Sardis Rd
  * 402-297-8260
  * wolfsfarmproducts.com
  * Beef, Pork, Sausage

LEARN MORE AT buylocalnebraska.org
Specialty PRODUCTS

- Al-Be Farm
  Beth & Kevin Krause
  & Ralph Krause
  Jordan, NE
  402-234-9836
  albefarm@windstream.net
  facebook.com/Al-BeFarmNE
  - forged stringing nettles, wild violets, catnip and lamb's-quarter

- Arnold Acres
  Larry & Mary-Kay Arnold
  Sycamore, NE
  402-217-2902
  LaSchrock@yahoo.com
  arnoldacres.com
  - Jame's Jellies
  - Farmers Market

- Common Good Farm
  Ruth Clancy & Everett Lumpe
  Raymond, NE
  402-785-9005
  farmers@commongoodfarm.com
  commongoodfarm.com
  - Jame's Jellies
  - Roadside Stand, Wholesale, Farmers Market, Grocery Store

- Danielle Produce
  Andy, Tannie, Kelly
  & Jason Daniels
  Columbus, NE
  402-645-7818
tannedel9@gmail.com
danielle@bbzeich.com
  - Dryerated Vegetables, Honey, Popcorn Products, Pickles, Balis, Hot Sauce, Cilantro and Vegetables
  - On Farm Stand/Stand, Wholesale, Farmers Market, Grocery Store

- Darby Springs Farm
  William & Kristi Powers
  Cresco, NE
  402-625-0657
darby springs@gmail.com
  facebook.com/darbyspringfarm
  - Cow Duke de L'Esche Caramel
  - On Farm Store, Grocery Store

- Doc's Holiday Healthy Farms
  Steven Wettin
  Adams, NE
  402-695-4813
doctholidaysfarm@gmail.com
  doc@doctholidaysfarm.com
  - Artisan Treats
  - On Farm Store, Farmers Markets, Grocery Store

- Estherville Farms, LLC
  Lancaster, NE
  402-897-4066
  esthervillefarms@gmail.com
  - Popcorn Products, Vegetables, On Farm Store, Wholesale, Farmers Market, Grocery Store

- Fruit of Levine LLC
  Mike & Julie Levine
  Omaha, NE
  402-372-0660
  fruitoflevine@gmail.com
  - Honey, Honeycomb, Beehives, Lip Balms, Candles, Other Bee Related Products
  - On Farm Store, Wholesale

- GreenLeaf Farms
  Tom Rogers & Jolenta Hatting
  Omaha, NE
  402-374-5404
  info@greenleaffarms.biz
  - Goat Milk Soaps and Lotion
  - On Farm Store

- Nebraska Mushroom LLC
  Erik Groden
  Grand Island, NE
  308-349-4520
  nelaraina@gmail.com
  - Dehydrated Mushrooms
  - On Farm Store, Wholesale, Farmers Market, Grocery Store

- Nebraska Mushroom LLC
  Abigail Bitts, Ian Richmond & Edsha Fenney-Chatten
  Lincoln & Casper, WY
  - Dehydrated Herbs
  - Wholesale, Farmers Market

- Sippewissett Farms
  Jennifer & Tim Schreiber
  Grand Island, NE
  402-394-8565
  jnschreiber@gmail.com
  - Goat Milk Soap
  - On Farm Store, Wholesale

- Summer RECIPE
  Wrap up all the wonderful ingredients from summer's harvest in this tasty sandwich!

Vegetable & Feta Sandwiches

Ingredients:
- 2 small summer squash (zucchini)
- 1 medium red bell pepper
- 4 (bruschetta) slices red onion
- 2 tablespoons olive oil
- 6 cups grape tomatoes, halved, or slicing tomatoes, cubed
- 3 tablespoons light Italian or other sweet dressing of choice
- 1 tablespoon chopped fresh basil, halved lengthwise
- ½ cup (5 ounces) crumbled goat, cow, or sheep feta cheese

Directions:
1. Wash squash and bell pepper. Peel onion. Preheat a griddle or skillet. When oil is hot, add squash, bell pepper and onion. Saute until vegetables are crisp-tender, about 5 minutes.
2. Place tomatoes in a medium bowl; add salt and pepper. Toss until mixture is coated. Add cheese; toss to mix well.
3. Coat cut sides of bread with cooking spray. Grill or toast bread 1 minute on each side until lightly toasted. Spread vegetable mixture over bottom half of bread; sprinkle evenly with cheese. Top with remaining bread half. Garnish with fresh basil. Serve warm.

Recipe Alternatives:
- 1. Add shredded pork shoulder roast to this sandwich.
- 2. Try this in a wrap instead of a sandwich.

LEARN MORE AT buylocalnebraska.org
# Farmers' Markets

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<th>DATES</th>
<th>ADDRESS</th>
<th>CONTACT</th>
<th>WHAT YOU'LL FIND</th>
<th>PAYMENTS ACCEPTED</th>
<th>NOTES</th>
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<tr>
<td>Lincoln</td>
<td>TUE</td>
<td>F Street Neighborhood Market</td>
<td>4-7 pm</td>
<td>May 28-Sept. 25</td>
<td>1302 F Street (corner of 13th &amp; F Street in the parking lot)</td>
<td>402-680-3359 anna@annaw Rosenberg.com</td>
<td>Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Eggs, Value added products by grower (example: sausages, honey, jams/jellies, dehydrated food, Transplants annuals &amp; perennials, Fresh Cut Flowers</td>
<td>Checks, Cash, Nebraska Farmer Market Senior Coupons</td>
<td>Nebraska grown and Nebraska made products for sale in a park setting. About 12 vendors with a variety of goods. Concessions by local restaurant. We're an all-season neighborhood Farmers' Market. We offer activities for the kiddos every week as well as live music and grilled food and of course fresh produce.</td>
</tr>
<tr>
<td>Lincoln</td>
<td>THU</td>
<td>Fallbrook Farmers' Market</td>
<td>4-7 pm</td>
<td>May 13-Oct. 11</td>
<td>570 S 40th St</td>
<td>402-330-1581 fallbrookfarmersmarket.com</td>
<td>Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Eggs, Meat, Poultry, Value added products by grower (example: sausages, honey, jams/jellies, dehydrated food, Transplants annuals &amp; perennials, Fresh Cut Flowers</td>
<td>Checks, Cash, Nebraska Farmer Market Senior Coupons</td>
<td>Lincoln's most friendly farmer's market! Enjoying market with amazing vendors selling locally grown produce and locally crafted products. Weekly music, activities and ready-to-eat foods.</td>
</tr>
<tr>
<td>Lincoln</td>
<td>SAT</td>
<td>Lincoln Haymarket Farmers' Market</td>
<td>8 am-noon</td>
<td>May 5-Oct. 13</td>
<td>7th &amp; P Street Historic Haymarket District</td>
<td>402-435-7405 lincolnfarmersmarket.org</td>
<td>Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Eggs, Dairy, Meat, Poultry, Value added products by grower (example: sausages, honey, jams/jellies, dehydrated food, Transplants annuals &amp; perennials, Fresh Cut Flowers</td>
<td>Checks, Cash, Nebraska Farmer Market Senior Coupons</td>
<td>Lincoln's Haymarket Farmers' Market is a weekly farmers' market featuring fresh produce, bread, baked goods, and ready-to-eat foods. They also have music and activities for all ages.</td>
</tr>
<tr>
<td>Lincoln</td>
<td>SUN</td>
<td>Sunday Farmers' Market at College View</td>
<td>10-7 pm</td>
<td>Apr. 26- Oct. 28</td>
<td>3rd &amp; P Street</td>
<td>402-997-1630 sundayfarmersmarketmanager.com</td>
<td>Baked Goods, Concession Food (ready to eat), Herbs, Eggs, Dairy, Meat, Poultry, Value added products by grower (example: sausages, honey, jams/jellies, dehydrated food, Transplants annuals &amp; perennials, Fresh Cut Flowers</td>
<td>Checks, Cash, Nebraska Farmer Market Senior Coupons</td>
<td>Lincoln's Haymarket Farmers' Market is a weekly farmers' market featuring fresh produce, bread, baked goods, and ready-to-eat foods. They also have music and activities for all ages.</td>
</tr>
<tr>
<td>Omaha</td>
<td>SUN</td>
<td>Florence AEIOU Country Market</td>
<td>10-7 pm</td>
<td>June 3-Sept. 30</td>
<td>9100 North 30th St (next to I-680 at Exit 13)</td>
<td>402-965-1221 <a href="mailto:thefarmeroeiou@gmail.com">thefarmeroeiou@gmail.com</a></td>
<td>Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Eggs, Meat, Value added products by grower (example: sausages, honey, jams/jellies, dehydrated food, Transplants annuals &amp; perennials, Fresh Cut Flowers</td>
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<td>Omaha</td>
<td>SAT</td>
<td>Omaha Farmers Market - Old Market</td>
<td>8 am-12 pm</td>
<td>May 5-Oct. 13</td>
<td>1116 &amp; Jackson Streets</td>
<td>402-276-3401 omahafarmersmarket.com</td>
<td>Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Eggs, Dairy, Poultry, Value added products by grower (example: sausages, honey, jams/jellies, dehydrated food, Transplants annuals &amp; perennials, Fresh Cut Flowers</td>
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<td>Omaha Farmers Market - Old Market</td>
<td>9 am-7 pm</td>
<td>Nov. 5-Oct. 13</td>
<td>6441 Nebraska Ave</td>
<td>402-265-4001 omahafarmersmarket.com</td>
<td>Baked Goods, Artisan/Craft, Concession Food (ready to eat), Herbs, Eggs, Dairy, Poultry, Value added products by grower (example: sausages, honey, jams/jellies, dehydrated food, Transplants annuals &amp; perennials, Fresh Cut Flowers</td>
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</tbody>
</table>
DAIRY & EGGS

Al-Be Farm
Beth Karmas Krause & Ralph Krause
Julian, NE
402-274-8836
albefarm@windstream.net
facebook.com/albefarm
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Barreras Family Farm
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933-216-8839
barrerasfamilyfarm@gmail.com
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Pasture Raised, Sustainable

Clair Creek Organic Farms
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308-750-7066
berntfarm@yahoo.com
bclairag@aglink.com
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Council, NE
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dairysprings@gmail.com
facebook.com/dairyspringsfarm
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Pasture Raised, Sustainable

Doe's Holiday Healthy Farms
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Adams, NE
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doesholidayhealthyfarms@gmail.com
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Pasture Raised, Sustainable

Emerald Acres
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Lincoln, NE
402-400-1917
aremalacres@integratedhealth.com
facebook.com/emeraldaresfarm
chickens, duck eggs
Pasture Raised, Sustainable

Eastridge Farm, LLC
Laurel Stet
Columbus, NE
402-891-4065
erheiferfarm@gmail.com
chickens, eggs
Pasture Raised, Sustainable

Emu Creek Organic Farms
Robert & Kristine Bernt
Spalding, NE
308-750-1086
berntfarm@yahoo.com
bclairag@aglink.com
organic, pasture raised

Fall Recipe

Cabbage & Apple Slaw

Ingredients:
- 2 cups green cabbage, shredded
- 2 cups red cabbage, shredded
- 1 cup mayonnaise
- 1/2 cup red wine vinegar
- 1 teaspoon celery seed
- 1 teaspoon black pepper

Directions:
1. In a large bowl, combine the green and red cabbage, and salt.
2. In a small bowl, whisk together mayonnaise, vinegar, celery seed, and pepper. Add the spices to the cabbage.
3. Combine with cabbage and toss gently until coated. Cover and chill one hour.
Kitchen Basics & Cooking Staples

Basic Pot of Beans

Beans are a nutritious and easy meal addition. You can grow your own!

1. Soak the beans for at least 4 hours, 8 hours is best.
2. Rinse the beans and place in a large bowl and cover with several inches of water. You want the water to remain covering the beans the entire time they are soaking.
3. Tip: Start soaking before you go to work and they’ll be ready to cook when you get home. Or start soaking the night before you need to cook them.
4. Drain the beans and put into a pot. Cover beans with fresh water, at least 3 times the height of the beans in the pot. You can add carrots, bay leaves, onions, or celery for flavor (but it isn’t necessary).
5. Simmer uncovered until the beans are tender. Add a couple pinches of salt in the last 10 minutes of cooking. Standard cooking times are listed below, but you should always taste a few to determine when beans are done.
6. Drain any extra liquid.
7. Store in the refrigerator or freezer until ready to eat!

KITCHEN CONVERSIONS

- 3 teaspoons = 1 tablespoon
- 2 tablespoons = ¼ cup
- 4 tablespoons = ⅛ cup
- 2 cups = ⅔ pint
- 4 cups = ⅔ quart
- 4 quarts = 1 gallon

Standard Cooking Times for Beans

Beans take to triple in size when you soak them in the recipe. For three cups cooked beans, you need one cup of dry beans:

- Black: 1-½ hours
- Black-Eyed Peas: 1 hour
- Kidney: 1½ hours
- White/Great Northern/Navy: 1-½ hours
- Pinto: 1½-2 hours

Other Staples to Try:
- Millet
- Barley
- Brown rice

Flowers, Seeds, Trees, & Transplants

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www.meadowlarkheath.org
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- Organic Seeds
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ash@nebraskamushroom.com
www.nebraskamushroom.com
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- Non-GMO, Sustainable
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- Conventional, Sustainable

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robinettefarms.com
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Small Start Farm
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208-784-6359
smallstartfarm@gmail.com
www.smallstartfarm.com
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- Certified Naturally Grown, Sustainable
- Wholesale, Farmers’ Market

Shadowsbrook Farm
Kevin, Cheryl & Diane Loft
Lincoln, NE
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- Heirloom, Non-GMO, Sustainable

Weaninghoff Farm
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- Wholesale, Farmers’ Market
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**Baked Sweet Potato Fries**

**Ingredients:**
- Baked sweet potatoes
- 2 tablespoons olive oil
- 1 teaspoon paprika
- Salt and pepper to taste

**Directions:**
1. Preheat the oven to 400°F (200°C).
2. Cut the sweet potatoes into thin wedges and toss with the olive oil, paprika, salt, and pepper.
3. Spread the wedges in a single layer on a baking sheet lined with parchment paper.
4. Bake for 20-25 minutes, or until crispy and golden brown, flipping them halfway through.
5. Serve hot with your favorite dip.

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