Local Good Guide 2016

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The Local Voice for Local Food

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Contents

In Memory of Billene Nemec 2

Businesses that Support Locally Grown 3

Fruits, Herbs, Veggies 4

Kids in the Kitchen 6

Grains & Dried Beans 7

Dairy, Eggs 8

Coloring Page 10

2016 Harvest Guide 11

Specialty Products 12

Flowers, Seeds, Transplants, Trees 14

Work 15

Farmers’ Markets 16

Meat, Poultry 18

Year of the Pulse! 21

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Recipes for the 2016 BFBLN Food Guide were submitted by:
Dr. Georgia Jones, Extension Food Specialist Department of Nutrition and Health Sciences, University of Nebraska, Lincoln, NE

Produced by Aradius Group

Your Guide for Nebraska’s Locally Grown Foods!

Buy Fresh Buy Local® Nebraska strives to:

• Increase appreciation of local small and mid-scale family farmers growing food with integrity.

• Improve wellness and quality of life by promoting healthy, in season eating of locally raised food.

• Strengthen bonds between Nebraska’s agricultural neighbors and consumers in urban and rural communities.

• Cultivate a future for Nebraska’s small and mid-scale family farmers by supporting the development of new direct marketing opportunities and services.

• Retain local food dollars in Nebraska’s communities creating entrepreneurial opportunities that in turn develop vital communities.

Buy Fresh Buy Local® Nebraska (BFBLN) connects Nebraska citizens to those who are raising regional foods—heirloom vegetables, farmstead cheeses, heritage breeds, free-range beef, pasture-raised chicken, crisp apples, etc. in healthy soils so we can enjoy the abundance and diversity of foods grown in season. It is truly inspirational!

Join BFBLN in celebrating local food by purchasing, preparing, and supporting the locally owned restaurants, grocers, and bakeries etc. that promote, sell and serve food grown by Nebraskans that are listed in the guide.

This Local Food Guide is a product of Buy Fresh Buy Local® Nebraska. BFBLN is part of the University of Nebraska—Lincoln, Nebraska Cooperative Development Center, which provides consulting and educational programs to clients, including agricultural and food-related co-op businesses, across Nebraska. Together with our national partner the FoodRoutes Network, a national nonprofit organization we are working to strengthen regional markets for locally grown foods. Visit foodroutes.org to learn how FoodRoutes is reintroducing Americans to their food.
In Memory of Billene Nemec

This year, Buy Fresh Buy Local® Nebraska and our local food communities experienced a great loss. Billene Nemec passed away on February 18, 2016. Anyone that met Billene knew of her great passion for local food and family farms. Nemec started coordinating the Buy Fresh Buy Local® Nebraska program at UNL during the fall of 2007. She helped grow the program to the success that it is today. Buy Fresh Buy Local® Nebraska was a passion of Billene’s and she knew members personally and helped them grow their businesses. Billene was instrumental in starting Lincoln’s first farmers’ market and countless other markets throughout the state. Before managing markets, she was a market gardener herself, selling her produce at farmers’ markets. Billene was a tireless champion of Nebraska’s small family farmers and ranchers and locally-owned businesses. She believed in the positive impact they have on the local economy, environment, and the health of the community. Billene will be deeply missed.

“Billene was such a kind lady! She always checked in with us and kept us up to date on events that may have been beneficial to our business. She will be missed by many!”

Oak Ridge Farm Hydroponics

“What a champion! She’s been a huge part of all things local for decades... tirelessly, joyously, fabulously! Thank you, Billene! We will miss you so much!”

Common Good Farm

“Billene was some of the early inspiration for the local food movement here. She knew everybody, and she could connect you to other people, programs or different agencies.”

Branched Oak Farm and the Hub Cafe

“Her passing creates a huge loss in the sustainable farming/gardening efforts in Nebraska. So kind, so hard working, and with a pit bulls tenacity to keep us aware and involved. A true inspiration!”

Dolo Dlong

“Billene forever changed the local foodscape in Nebraska and we are all better for her having been here.”

Nebraska Food Cooperative

“Billene laid a strong foundation for all of us working for healthy food and farms in Nebraska.”

Gretchen Swanson Center for Nutrition

CHECK THE MAP FOR A PRODUCER NEAR YOU

WE HAVE MADE IT EASIER FOR YOU TO FIND YOUR LOCAL PRODUCERS. JUST MATCH THE COLOR OF YOUR REGION WITH THE COLOR OF THE PRODUCER’S NAME IN THE MEMBER LISTINGS.

(1) RED: Butler, Saunders, Sarpy, Douglas, Seward, Lancaster, Cass, Clay, Fillmore, Saline, Gage, Otoe, Johnson, Nemaha, Nuckolls, Thayer, Jefferson, Pawnee, Richardson

(2) PURPLE: Knox, Cedar, Dixon, Dakota, Pierce, Wayne, Thurston, Madison, Stanton, Cuming, Burt, Platte, Colfax, Dodge, Washington


(4) BLUE: Sioux, Dawes, Box Butte, Scottsbluff, Banner, Kimball, Cheyenne, Sheridan, Garden, Deuel, Grant, Cherry, Arthur, Keith, Perkins, Chase, Dundy, Hitchcock, Hayes, Lincoln, McPherson, Hooker, Thomas, Logan, Frontier, Red Willow, Furnas, Harlan, Gosper, Phelps, Dawson, Custer, Blaine, Loup, Brown, Rock, Keya Paha

buylocalnebraska.org
INGREDIENTS:
2 Tablespoons mayonnaise
1 Tablespoon olive oil
1 Tablespoon white wine vinegar
1 teaspoon dijon mustard
Salt and pepper
Steamed asparagus—chilled

DIRECTIONS:
In a bowl, stir together: mayonnaise, white wine vinegar and a teaspoon of dijon mustard. Season with salt and pepper. Drizzle over chilled steamed asparagus.

Yields 4 Servings
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rk_bernt@yahoo.com
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communitycrops.org
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Yolanda & Kirstin Bailey
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402-545-2471
foxrunvines@gmail.com
foxrunfarmsne.com
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JoAnn Kugler
Elba, NE
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joannkugler@gmail.com
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contact@gwtfaquaponics.com
gwtfaquaponics.com
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308-754-8370
hollisterfarms@gmail.com
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402-652-3769
rrjohnson@gpcom.net
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402-786-2239
info@lakehousefarm.com
lakehousefarm.com
CSA
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LAMBERT MELONS
Tim & Ben Lambert
Ewing, NE
402-340-3646
klambert@esu8.org
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Barbara & Alex Martin  
Ceresco, NE  
402-665-2140  
martin5m7@dishmail.net  
hillside-orchard.com  
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Don & Sue Medinger  
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donmedinger@yahoo.com  
medingersmarket.com  
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**MICHOWA ACRES**  
John & Mary Johnson  
Madison, NE  
402-316-4006  
ja1211@outlook.com  
Facebook.com/Michowa.Acres  
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Grand Island, NE  
308-384-1430  
ash@nebraskamushroom.com  
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Ord, NE  
308-730-1783  
oakridgefarmsinc@gmail.com  
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Nebraska City, NE  
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paradiseinprogressfarm@gmail.com  
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Omaha, NE  
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tom@petersongreens.com  
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Daniel Hromas  
Stromsburg, NE  
402-217-2797  
prairiepridepoultry@gmail.com  
facebook.com/prairiepridepoultry  
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Lincoln, NE  
402-423-5489  
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rhizospherefarm.org  
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Herschel Staats  
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402-483-5673  
Hpstaats867@gmail.com  
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Sutton, NE  
402-469-0077  
bnnenenkamp@gmail.com  
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Erin Frank & Margaret Milligan  
Lincoln, NE  
402-822-0066  
thedarlinreds@gmail.com  
darlinreds.com  
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Richard Nememc  
Prague, NE  
402-613-0089  
tweencreeks@yahoo.com  
Certified Organic

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Paul & Amy Wenninghoff  
Omaha, NE  
402-571-2057  
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# Kids in the Kitchen

Your kitchen is a learning laboratory for your kids. It’s where they learn about food, shopping, cooking and cleanup. These are life skills which will help them become self-sufficient later in life.

## Ways That Children Learn Best

Children learn best when they are interested in what they are doing and are actively involved. Kids learn by touching, tasting, feeling, smelling, and listening. They are naturally curious about food and cooking, and food preparation allows them to use all their senses. When they are mixing, stirring, kneading, spreading, tossing, squeezing and pouring, they are learning without realizing it.

## Benefits of Cooking With Children

Cooking allows kids to feel good about themselves. They have a sense of pride when they prepare foods to eat and share with others. Kids who help with the planning and preparation of meals also are more likely to try new foods.

However, cooking with kids takes time, patience, and can be very messy. Remember that the food may not taste or look as good as you think it should, but many experts think it is well worth the effort.

Let kids help with the full process from shopping to setting the table to cooking. Start at the grocery store. Teach them what to look for on nutrition labels.

Show them what is low in fat and high in fiber, vitamins and minerals. Help them find out how much sugar or salt is in processed foods. Whether they realize it or not, they’re learning about important nutrients and a variety of foods at the same time.

Teach older kids to read a recipe all the way through, clean the counters and their hands, set up the work area with all utensils that will be needed, and gather all ingredients before starting to cook. They should prepare all ingredients that must be chopped, peeled, toasted, etc. so that the cooking process goes smoothly and quickly. Being organized helps them feel good about themselves.

Kids are eager to lend a hand. Letting them help you out in the kitchen says, “You are a big help, you can do this, and you are important!” This far outweighs any drawbacks. For example, small children may not be able to lift heavy pots, pans and bowls to clean them, but that can be part of the fun!

Source: Clemson Cooperative Extension clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4113.html

## CRUNCHY BREAKFAST TACOS

### INGREDIENTS
- 8 hard corn taco shells
- 6 large eggs
- 1 teaspoon taco seasoning with salt or chili powder
- 2 tablespoons unsalted butter
- 1 cup shredded Mexican-style cheese blend
- 3 or 4 scallions, chopped
- 1/2 cup salsa or taco sauce
- 1 cup shredded romaine or iceberg lettuce
- 1/2 cup grape tomatoes, halved or quartered if large
- Sliced black olives and sour cream, for serving, optional

### DIRECTIONS

1. Preheat the oven to 350 degrees F. Warm the taco shells on a baking sheet, about 5 minutes.

2. Crack the eggs into a bowl, add the taco seasoning and whisk well with a fork. Heat a medium nonstick skillet over medium-high heat. Melt the butter in the skillet; when it foams and bubbles, add the eggs and reduce the heat to low. Cook the eggs, stirring regularly with a wooden spatula to break them up, until set, three to four minutes.

3. Line the center of each taco shell with about 2 generous tablespoons of the scrambled eggs. Top with some of the cheese, scallions and lettuce and a spoonful of salsa. Garnish with some chopped tomatoes, and serve with olives and sour cream on the side if using.

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Grains & Dried Beans

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Spalding, NE
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WHAT DOES IT ALL MEAN?
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Recipe
Summer

Honey-Roasted Cherry Tomatoes

INGREDIENTS
1 pound cherry tomatoes
2 garlic cloves
1 Tablespoon honey
2 Tablespoons olive oil
Salt and pepper, to taste
1 Tablespoon parsley, minced (optional)

DIRECTIONS:
Preheat oven to 400. Spray a 9-inch square baking dish with cooking spray. Cut tomatoes in half and place in baking dish, cut side up. Tomatoes should fit together tightly. Peel and mince the garlic. Place garlic, honey, and olive oil in a small bowl. Add salt and pepper. Stir to combine. Spoon mixture over tomatoes. Roast for about 30 minutes, until tomatoes are bubbly.

Serves 4 Yields 4 Servings
Dairy, Eggs

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402-705-1664
26thstreetfarm@gmail.com
26thstreetfarm.com
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Raymond, NE
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commongoodfarm.com
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Ceresco, NE
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darbysprings@gmail.com
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Lincoln, NE
402-480-8197
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Martell, NE
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Wendy & Ken McKenzie
Rising City, NE
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402-316-4006
Jaj1211@outlook.com
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**NEBRASKA FOOD COOPERATIVE**
An online, year-round farmers market providing high-quality Nebraska food to members across the state.  
www.nebraskafood.org
**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, 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
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joannkugler@gmail.com
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johnsonfarmnebraska.com
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Barbara & Alex Martin
Ceresco, NE
402-665-2140
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Wendy & Ken McKenzie
Rising City, NE
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kwmarkpack@gmail.com
udderlynaked.com
Soap
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Don & Sue Medinger
Seward, NE
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Grand Island, NE
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ash@nebraskamushroom.com
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Bonnie & Jim Henshaw
Lincoln, NE
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jbhenshaw@windstreamn.net
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Hpstaats867@gmail.com
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Marty & Karen Bredhauer
Broken Bow, NE
308-872-3066
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Sutton, NE
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bnunnenkamp@gmail.com
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Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghoff@qwestoffice.net
Honey
CSA
On Farm Store
Sustainable

WOLFF FARMS
Duane & Jay Wolff
Norfolk, NE
402-992-3055
wolff-farms@hotmail.com
wolfffarmsproduce.com
Hops
Roadside Stand
Certified Organic, Sustainable

“Sourcing from the farmers in our local food community allows us to serve the freshest, best-tasting produce, dairy products and meats to inspire creative dishes and connect us and our customers to our landscape and the seasons.”

Recipe

Pear Pizza with Ricotta and Apricot Preserves

INGREDIENTS:
2 or 3 ripe pears
½ cup part skim ricotta cheese
1 pastry pie crust 9–10 inches
½ cup granola
½ cup apricot preserves
Mint (optional for garnish)

DIRECTIONS:
Preheat an oven to 400°F. Core, and thinly slice the pears. These can be peeled or unpeeled as desired. Microwave apricot preserves 10–15 seconds. Unroll pie crust onto a baking sheet. Spread ricotta cheese over the pie crust up to ¼ inch from the edges. Brush pears with the apricot preserves. Bake dish for 10–12 minutes or until crust is golden brown. (If using unripe pears, may need to bake up to 10 minutes longer). Top pizza with granola before serving. (May also garnish with mint if desired.)
26TH STREET FARM
Hannah Keen & Will Boal
Hastings, NE
402-705-1664
26thstreetfarm@gmail.com
26thstreetfarm.com
Cut Flowers
CSA
Heirloom, IPM, Sustainable

COMMON GOOD FARM
Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
Transplants Annual, Perennials
CSA
Pick-Your Own, Roadside Stand
Certified Biodynamic, Certified Organic,
Heirloom, IPM, Non-GMO, Sustainable

EMERALD ACRES
Roger Doerr
Lincoln, NE
402-480-8197
emeraldacres@integratedlifechoices.com
facebook.com/EmeraldAcresFarm
Transplants Annual, Cut Flowers
CSA
Heirloom, Hydroponic, IPM, Sustainable

GREENLEAF FARMS
Tim Rogers & Joletta Hoesing
Omaha, NE
402-614-0404
greeleaffarms@cox.net
Greenleaffarms.biz
Transplants Annual, Cut Flowers
CSA
Certified Organic, Heirloom, Non-GMO,
Sustainable

GROW WITH THE FLOW
Jeff Jirovec
Denton, NE
402-890-4388
contact@gwtfaquaponics.com
gwtfaquaponics.com
Transplants Annual, Perennials, House
Plants, Cut Flowers
Pick-Your Own, Roadside Stand
Aquaponics, Certified Naturally Grown,
Conventional, Heirloom, Hydroponic,
Non-GMO, Sustainable, Transitional Organic

HOLLISTER FARMS
Andrew & Miki Hollister
Martell, NE
308-754-8370
hollisterfarms@gmail.com
Transplants Annual, Cut Flowers
CSA
On Farm Store, Pick-Your Own
Certified Naturally Grown, Heirloom,
Sustainable

JOHNSON FARM
Robert & Ruth Johnson
North Bend, NE
402-652-3769
rrjohnson@gpcom.net
johnsonfarmnebraska.com
Transplants Annual, Perennials
Conventional, Sustainable

JOHNSON FARM
Robert & Ruth Johnson
North Bend, NE
402-652-3769
rrjohnson@gpcom.net
johnsonfarmnebraska.com
Transplants Annual, Perennials
Conventional, Sustainable

PARADISE IN PROGRESS FARM
Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseinprogressfarm@gmail.com
Transplants
CSA
On Farm Store
GAP Certified, Sustainable

PRAIRIEVIEW
Bonnie & Jim Henshaw
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
Cut Flowers
Heirloom, Sustainable

RHIZOSPHERE FARM
Terra & Matthew Hall
Missouri Valley, IA
712-310-3715
rhizopherefarm@gmail.com
rhizopherefarm.org
Transplants Annual, Cut Flowers
Certified Naturally Grown, Heirloom

SHADOWBROOK FARM
Kevin, Charuth & Diane Loth
Lincoln, NE
402-499-7578
shadowbrook@neb.rr.com
shadowbrk.com
Transplants Annual
CSA
On Farm Store
Heirloom, Non-GMO, Sustainable

THE DARLIN’ REDS
Erin Frank & Margaret Milligan
Lincoln, NE
402-822-0066
thedarlinreds@gmail.com
darlinreds.com
Transplants Annual, Perennials, Cut Flowers
CSA
On Farm Store
Heirloom, Non-GMO, Sustainable

WENNINGHOFF FARM
Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghoff@qwestoffice.net
Transplants Annual, Perennials
CSA
On Farm Store
Sustainable
Work

—The honeybee can fly nearly 5 billion miles on one gallon of honey. NPR news

On spring days you could hear it—buzzing cloud back and forth between fencerow and hives, over the rugosa roses and the field, forty acres of clover with its billions of tiny blooms.

My father grinned as he opened a top, brushed aside the bodies, pried out a frame oozing with sweetness, my hands on the extractor handle sticky with the great efficiency and substance of their labor.

Worker bees, like my farmer father, combed those fields for a harvest of gold. Some years crop failure and bad luck weather affected supply and yield. All that labor translated into a meager existence, a tightening of the belts.

Worker bees kick out the drones to protect their winter food. Back then, all we needed was whatever we raised, planted, butchered and preserved. There were no guarantees. We took care of the land; the land took care of us.

All honeybees need is pollen and nectar, an unspoiled spring-fed creek, the occasional gentle hand to encourage them on.

© Twyla M. Hansen, Nebraska State Poet
from Dirt Songs: A Plains Duet, 2011 The Backwaters Press

BFBL provides guidance in market development and helps expand contacts to vendors and customers outside our community.

Bennet Farmers' Market

MORE OPTIONS. MORE DATES. More fresh, late-season produce to love. Beginning November 2016

LINCOLN, NE

wwwholidayharvestfarmersmarket.com
BENNET FARMERS’ MARKET
Village Park, corner of Elm St. & Harrison St.
Bennet, NE
Wednesdays
May 4–September 28
4:00 p.m.–7:00 p.m.
402-326-5485
kramerlarry@gmail.com
Pleasant setting under shade trees at edge of park. Growing market with respect to vendors and customers.
Cash/Checks
Baked Goods, Artisan/Craft (Handmade by seller), Concession Food (Ready to Eat Food), Produce, Herbs, Specialty foods (value added by grower, example: salsa, honey, jams/jellies, pet treats, dehydrated food), Transplants (annuals), Transplants (perennials)

FLORENCE MILL FARMERS MARKET
9102 North 30th Street
Omaha, NE (Next to I-680/Exit 13)
Sundays
June 5–September 25
10:00 a.m.–3:00 p.m.
402-551-1233
theflorencemill@gmail.com
theflorencemill.org
facebook.com/theflorencemill
A country-market-in-the-city at a historic Mill with farm-fresh, local produce & handmade crafts. Live music & "country-school" presenters each Sunday. Pony-rides & kid’s activities on 4th Sundays.
30 vendors
Cash/Checks, Nebraska Farmer Market Senior Coupons
Baked Goods, Artisan/Craft (Handmade by seller), Concession Food (Ready to Eat Food), Produce, Herbs, Eggs, Dairy, Meat, Poultry, Specialty foods (value added by grower, example: salsa, honey, jams/jellies, pet treats, dehydrated food), Transplants (annuals), Transplants (perennials), Fresh Cut Flowers, inside historic Florence Mill: Gift Shop, Museum and ArtLoft

HAYMARKET FARMERS’ MARKET
7th & P Street
Lincoln, NE
Saturdays
May 7–October 15
8:00 a.m.–Noon
402-435-7496
haymarketfc@windstream.net
haymarketofc@windstream.net
Large variety of produce, crafts, baked goods and hot ready to eat foods. Nestled in the heart of Lincoln’s Historic Haymarket District.
Cash/Checks, Nebraska Farmer Market Senior Coupons
Baked Goods, Artisan/Craft (Handmade by seller), Concession Food (Ready to Eat Food), Produce, Herbs, Eggs, Meat, Poultry, Specialty foods (value added by grower, example: salsa, honey, jams/jellies, pet treats, dehydrated food), Transplants (annuals), Transplants (perennials), Fresh Cut Flowers

OLD CHENEY ROAD FARMERS’ MARKET
5500 Old Cheney Rd
Lincoln, NE
Sundays
April 24–October 30
10:00 a.m.–2:00 p.m.
402-309-9096
Ocrfm.manager@gmail.com
Oldcheneyroadfarmersmarket.com
At Old Cheney Road Farmers’ Market you’ll find the freshest local produce, artisan cheeses, baked goods, natural meats, eggs, plants, and so much more. We are producer-only market, meaning everything sold at market is guaranteed to be grown or processed by our members. With more than 60 vendors, you’ll find OCRFM the place to go for local, fresh food.
EBT, Cash/Checks, Credit Cards, Nebraska Farmer Market Senior Coupons
Baked Goods, Concession Food, Produce, Dairy, Meat, Poultry, Specialty Food, Transplants

OMAHA FARMERS MARKET–AKSARBEN VILLAGE
Aksarben Village 67th & Center Street
Omaha, NE
Sundays
9:00 a.m.–1:00 p.m.
May 8–October 16
402-345-5401 x 117
Kfeilmeier@vgagroup.com
omahafarmersmarket.com
The Omaha Farmers Market accepts ranges of vendors such as produce, dairy, meat, baked goods, crafts, bedding plants, ready to eat food, flowers, coffee, tea, etc. We are located in a high-traffic area with a fantastic atmosphere equipped with a large grassy park (Aksarben Village). The market has over 100 vendors.
EBT, Cash/Checks, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC (Women, Infant and Children Nutrition program). A handful of vendors accept WIC and FMS coupons. The Omaha Farmers Market information booth is not able to redeem them.
Baked Goods, Artisan/Craft (Handmade by seller), Concession Food (Ready to Eat Food), Produce, Dairy, Meat, Poultry, Specialty foods (value added by grower, example: salsa, jelly), Transplants

buylocalnebraska.org
OMAHA FARMERS MARKET–CHARLES DREW HEALTH CENTER
29th & Grant St.
Omaha, NE
Wednesdays
July 6–August 31
3:30 p.m.–5:30 p.m.
402-345-5401 x 117
kfeilmeier@vgagroup.com
omahafarmersmarket.com
Produce only market with four–six vendors providing easy access to fresh, local food for the clients of Charles Drew and residents of North Omaha.
EBT, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC (Women, Infant and Children Nutrition program).
Produce

OMAHA FARMERS MARKET–OLD MARKET
Historic Old Market, 11th Street between Jackson and Howard
Omaha, NE
Saturdays
May 7–October 15
8:00 a.m.–12:30 p.m.
402-345-5401 x117
kfeilmeier@vgagroup.com
omahafarmersmarket.com
The Omaha Farmers Market is located in the Historic Old Market and houses 100 vendors on average every Saturday from May 7th–October 15th. The Market offers the city’s best selection of farm-fresh, local produce, bedding plants, and fresh-cut flowers, gourmet baked goods, meats, cheeses, specialty items and much more!
EBT, Cash/Checks, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC (Women, Infant and Children Nutrition program). A handful of vendors accept WIC and FMS coupons. The Omaha Farmers Market information booth is not able to redeem them.
Baked Goods, Artisan/Craft (Handmade by seller), Concession Food (Ready to Eat Food), Produce, Herbs, Eggs, Diary, Meat, Poultry, Specialty foods (value added by grower, example: (salsa, honey, jams/jellies, pet treats, dehydrated food), Transplants (annuals), Transplants (perennials)

WENNINGHOFF’S FARMER’S MARKET
6707 Wenninghoff Road (67 blocks north of Dodge, near 90th & Military Ave)
Omaha, NE
July 1–October 31
Mon–Fri, 9:00 a.m.–7:00 p.m./Sat & Sun open until 5:00 p.m.
402-571-2057
wenninghoff.com
wenninghofffarm@hotmail.com
Our on-farm market is open daily with produce grown from Wenninghoffs and meat, eggs, cheese, salsa, jelly and value added items from other vendors.
Cash/Checks, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC (Women, Infant and Children Nutrition program), Produce, Herbs, Eggs, Diary, Meat, Poultry, Specialty foods (value added by grower, example: (salsa, honey, jams/jellies, pet treats, dehydrated food), Transplants (annuals), Transplants (perennials)

It has been invaluable
to have the support of the BFBL community as we got started.
The Guide is a go-to if I am looking for a new supplier or opportunity.”

“Prairie Plate

Fresh, local solutions to help grow your business.

Aradius Group is a marketing communications company offering solutions to fulfill any business need, from the simple and straightforward, to the most complex and ambitious. From creative concepts to website development, print and marketing, we grow and deliver ideas that build commerce.

aradiusgroup.com

Farmers’ Markets continued
BLUFF VALLEY FARM NATURAL MEATS
Ken Thiltges
Rulo, NE
402-245-5460
kmghiltg@sento.net
bluffvalleyfarm.com
Beef, Chicken, Lamb, Pork, Turkey
On Farm Store
Antibiotic Free, Free Range, Non-GMO, Pasture Raised

BRANCHED OAK FARM
Doug & Krista Dittman
Raymond, NE
402-783-2124
branchdoakfarm@gmail.com
branchedoakfarm.com
Beef, Pork
CSA
On Farm Store
Antibiotic Free, Certified Humane, Certified Organic, Hormone Free, Non-GMO, Pastured Raised, rBST Free, Soy Free

CLEAR CREEK ORGANIC FARMS
Robert & Kristine Bernt
Spalding, NE
308-750-1086
rk_bernt@yahoo.com
clearcreekorganicfarms.webs.com
Beef, Goat, Pork
CSA
On Farm Store

COMMON GOOD FARM
Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
Beef, Pork
CSA
Pick-Your Own, Roadside Stand

DARBY SPRINGS FARM
William & Crystal Powers
Ceresco, NE
402-525-7794
darbysprings@gmail.com
Facebook.com/DarbySpringsFarm
Beef, Chicken, Goose
On Farm Store

DS FAMILY FARM
Doug & Sheila Garrison
Malcom, NE
402-796-2208
doug@dsfamilyfarm.com
dsfamilyfarm.com
Beef, Chicken
On Farm Store
Antibiotic Free, Free Range, Grass Fed, Hormone Free, Non-GMO, Pastured Raised, Sustainable

FICKE CATTLE CO-GRAZE MASTER GENETICS
Del Ficke
Pleasant Dale, NE
402-499-0329
fickecattle@outlook.com
fickecattle.com
Beef
CSA
Antibiotic Free, Hormone Free, Non-GMO, Pasture Raised, Sustainable

HOLLISTER FARMS
Andrew & Miki Hollister
Martell, NE
308-754-8370
hollisterfarms@gmail.com
Goat, Lamb, Pork, Rabbit, Chicken, Duck, Goose
CSA
On Farm Store, Pick-Your Own

MCKENZIE ACRES
Wendy & Ken McKenzie
Rising City, NE
308-627-7091
kwmackpack@gmail.com
udderlynaked.com
Chicken, Duck, Goat
Free Range, Grass Fed, Pastured Raised, Sustainable

MICHOWA ACRES
John & Mary Johnson
Madison, NE
402-316-4006
ja1211@outlook.com
Facebook.com/Michowa.Acres
Chicken, Turkey
On Farm Store
Antibiotic Free, Free Range, Heritage, Hormone Free, Pastured Raised, Sustainable

MYOLEAN BEEF
Josh & Larry Moenning
Norfolk, NE
402-580-2471
myoleanpied@hotmail.com
myoleanpied.com
Beef- Whole, Half, Quarter, Cuts
On-line store
Antibiotic Free, Heritage, Hormone Free, Sustainable

PARADISE IN PROGRESS FARM
Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseinprogressfarm@gmail.com
Beef, Chicken, Lamb
CSA
On Farm Store
Antibiotic Free, Free Range, GAP Certified, Hormone Free, Pasture Raised, Sustainable

PRAIRIE PRIDE POULTRY
Daniel Hromas
Grand Island, NE
402-217-2797
prairiepridepoultry@gmail.com
Pork, Chicken
On Farm Store, Pick-Your Own
Antibiotic Free, Free Range, Pastured Raised, Sustainable

SHADOWBROOK FARM
Kevin, Charuth & Diane Loth
Lincoln, NE
402-499-7578
shadowbrook@neb.rr.com
shadowbrk.com
Pork
CSA
On Farm Store
Antibiotic Free, Hormone Free, Non-GMO, Sustainable
Meat, Poultry continued

SIX BAR S RANCH PREMIUM MEATS
William F. Kissinger
Dewese, NE
402-460-0283
Wkissinger77@gmail.com
sbsmeats.com
Beef
Antibiotic Free, Conventional, Grass Fed Corn Finished,
Hormone Free

STRAIGHT ARROW BISON RANCH
Marty & Karen Bredhauer
Broken Bow, NE
308-872-3066
mail@straightarrowbison.com
straightarrowbison.com
Buffalo
On Farm Store
Antibiotic Free, Certified Humane, Grass Fed, Pastured Raised,
Sustainable

WEST BLUE FARM
Dave & Deb Welsch
Milford, NE
dwelsch@westbluefarm.com
westbluefarm.com
Beef, Pork, Chicken
On Farm Store
Antibiotic Free, Free Range, Grass Fed Corn Finished,
Hormone Free, Non-GMO,
Pastured Raised, Sustainable

WOLFF FARMS
Duane & Jay Wolff
Norfolk, NE
402-992-3055
wolff-farms@hotmail.com
wolfffarmsproduce.com
Chicken Eggs
Roadside Stand
Antibiotic Free, Certified Organic, Free Range,
Grass Fed, Pastured Raised, Sustainable
INGREDIENTS:
1 pound Brussels sprouts
1½ teaspoon salt, divided
1 shallot, finely minced
2 Tablespoons cider vinegar
1 teaspoon sugar
2 Tablespoons olive oil
1 Granny Smith apple, cut into matchsticks

DIRECTIONS:
Fill a large saucepan about one-half full with water. Add about one teaspoon salt, cover, and bring to a boil. Add Brussel sprouts and cook for about one minute. Drain. Add cold water. After about one minute, pour off water. In a small bowl, whisk together shallots, vinegar, sugar, and one-half teaspoon salt. Slowly whisk in olive oil. Place Brussels sprouts and apples in a large bowl. Add dressing and stir to coat mixture. Serve immediately for a crunchy salad or refrigerate overnight.

Seasonal and Simple app
Downloadable app to help you find, select, store, preserve and prepare fresh produce in Nebraska.

At Buy Fresh Buy Local® Nebraska, we are proud to call these folks our sponsors.

Their commitment to the BFBLN program enables us to continue to develop outreach, marketing and education programs that supports a brighter tomorrow for Nebraska’s small to mid-scale farmers and ranchers and the lands on which our food is grown. And to strengthen our local food network which provides diners, farmers, chefs, and food service operations to build lasting relationships, develop market opportunities for locally grown products, and provide consumers with more opportunities to eat great local food.

Contact Information:
Buy Fresh Buy Local Nebraska
University of Nebraska–Lincoln
58 Filley Hall
Lincoln NE 68583-0922
402-472-1748
Email: ecranford2@unl.edu
buylocalnebraska.org
The United Nations Declared 2016 the International Year of Pulses!

The IYP 2016 aims to heighten public awareness of the nutritional benefits of pulses (dry beans, lentils & dry peas) as part of sustainable food production aimed towards food security and nutrition. The Year will create a unique opportunity to encourage connections throughout the food chain that would better utilize pulse-based proteins, further global production of pulses, better utilize crop rotations and address the challenges in the trade of pulses.

Nebraska is first in the nation in Great Northern bean production, second in pinto and light red kidney bean production and third in overall bean production!

Sources: fao.org/pulses-2016/en & nebraskadrybean.com

Ham and Beans and More
Prep Time: 30m | Cook Time: 6h | Ready in 14h 30m
Recipe By: Roxanne

“Ham and bean soup can be a little bland and requires a lot of salt to be palatable, but not so with this version. It is bursting with flavor.”

INGREDIENTS

- 1 pound dried Great Northern beans, sorted and rinsed
- 4 cups water
- 1/4 cup celery, chopped
- 1 small onion, chopped
- 2 bay leaves
- 1/4 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1 teaspoon dried parsley
- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 leeks (bulb only), cut in half lengthwise
- 1 pound cooked ham, cut into bite-size pieces
- 5 slices bacon
- 4 cups chicken stock
- 1 pinch sea salt to taste
- 1 pinch fresh ground black pepper to taste

DIRECTIONS

Place the beans into a large container and cover with several inches of cool water; let stand eight hours to overnight. Drain and rinse before using.

Combine the soaked beans, 4 cups of water, celery, onion, bay leaves, cumin, garlic powder, and parsley into a slow cooker.

Melt the butter with the olive oil in a skillet over medium heat; cook and stir the leeks in the butter mixture until tender and the smaller pieces start to brown, eight to ten minutes. Transfer the leeks to the slow cooker. In the same pan, cook and stir the ham until the edges start to brown; stir into the soup. Place the bacon into the hot skillet, and pan-fry until the bacon is crisp, about ten minutes. Cut the bacon into bite-size pieces and stir into the soup. Pour the chicken stock into the hot skillet, and stir to dissolve any brown flavor bits from the skillet; pour the chicken stock into the soup. Season with sea salt and pepper.

Set the cooker to Low cook the soup until the beans are very tender, 6 to 8 hours. Roughly mash about half the beans with a potato masher to thicken the soup.

Source: allrecipes.com/recipe/214048/ham-and-beans-and-more/

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Your source to find farmers’ markets, food producers, and businesses with products grown in your area.

Eating locally means eating seasonally, and we have many opportunities to enjoy Nebraska-grown food all year. With BFBLN you can learn:

- Local food news and events
- Locations to buy local food year-round
- Great recipes for fresh food preparation and preserving
- Safety and health tips, rules and regulations
- Gardening facts and tips for market farmers and urban gardeners from the University of Nebraska–Lincoln Nutrition & Health Sciences and Extension Educators

Join us today!
BFBLN Friend memberships available!

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