Grow with the Flow

Grow with the Flow, located in Denton, Nebraska, is owned and operated by Jeff Jirovec.

At Grow with the Flow we believe in the purpose of our products and the power of people, which is why we strive to bring sustainably produced horticultural products to local markets in Nebraska. We cultivate a wide variety of produce, cut flowers, and live plants with the use of our aquaponic systems. Aquaponics is the cultivation of fish and plants together in a symbiotic system. By putting to use the natural relationships of these organisms, we are able to cultivate our products using less resources than traditional practices. This means our products are not only environmentally-friendly, but budget-friendly too! As part of our mission, we encourage all our customers to see for themselves just how their products are produced, so stop on by or drop us a line, because a community in the know will Grow with the Flow!

They believe local food is important because:
Local food isn't important, it's essential! By supporting local agriculture, one simply isn't supporting a single farm, you're supporting your entire community. At Grow with the Flow it is our goal to became a wholesale provider to local grocery stores, floral shops, and restaurants; never big box/out of state retailers. That way every dollar you spend on a Grow with the Flow product is a dollar invested in your own community. We all know the saying, "the grass isn't always greener on the other side" and neither is produce! So buy fresh, by local, and support the businesses that in return will support you!

We began last year at the Haymarket Farmers Market, selling produce, cut flowers, and live plants. This year we will again be at the Haymarket, but will also be expanding to the Old Cheney Road Farmers Market, as well as developing new partnerships with local retailers. Visit our website GWTFAQUAPONICS.COM for a complete list of preferred venders as well as other opportunities to buy Grow with the Flow products.

Sometime the best thing is in your own back yard, but if you don't look around, you'll never see it. Grow with the Flow is Nebraska's only aquaponic nursery, but if customers don't know that we're here, they'll never be able to see all the wonderful products we produce locally. With the help of BFBLN, customers can be updated on what's happening at GWTF and where to find our aquaponic horticulture. The connection between farm and table is only strengthened by the work BFBLN does to help Nebraska consumers find Nebraska products!

For more information on Grow with the Flow visit their website at gwtfaquaponics.com or their Facebook page: https://www.facebook.com/gwtfaquaponics
Straight Arrow Bison Ranch

Straight Arrow Bison Ranch, located in Broken Bow, Nebraska, is owned and operated by Marty and Karen Bredthauer.

We have been raising bison since 1994. We went to 100% grass-feeding about 2005. We began doing field-slaughter about 4 years ago and have been using a mobile meat processing unit the past 2 years. We believe these practices allow us to produce the healthiest meat possible with no medications, no GMO grains, no-stress slaughter. We focus on keeping our soils healthy to get the most production possible without chemical inputs. This in turn keeps our animals healthy without the need for any medications. (We also add apple cider vinegar to their water to improve their immune system.) Because of these practices we were able to get certified by American Grass-fed Association and Animal Welfare Approved without making any changes to our practices.

They believe local food/produce is important because:
Local food is produced with the customer in mind. It allows for dialog between the producer and the consumer so that both have input into what goes into that food. It is fresher because it has not traveled long distances or sat in a warehouse. Because the food is both grown and consumed in the same area, it provides the consumer with a connection to the earth and the producer with a link to the final destiny of his efforts.

We started the buffalo business with the business model of direct-to-consumer marketing. We have a sales trailer that goes to Grand Island, Kearney, North Platte, & McCook. When the trailer is not on the road it is available for on-farm sales. We also market through Nebraska Food Coop and retail stores, including Akins in Omaha, Open Harvest in Lincoln, HyVee in Kearney (and possibly Omaha), Schmick’s Markets in Lincoln, Broken Bow, and McCook, Family Fresh Mart in Kearney, and SunMart stores in North Platte. Tomato Tomato in Omaha is working to help market our meat in the Omaha market. We also have a web site from which we can ship all over the United States.

We are looking forward to working with BFBLN.

For more information on Straight Arrow Bison Ranch visit their website at: http://straightarrowbison.com or their Facebook Page: https://www.facebook.com/StraightArrowBisonRanch?fref=ts
Wenninghoff Farm and Farmers’ Market

Wenninghoff Farm and Farmers’ Market, located in Omaha, Nebraska, is owned and operated by Amy Wenninghoff.

Our family has been growing produce for over 87 years on the same farm; each generation teaching and working along side the next younger generation. We have known from the very beginning how important it is to keep the soil healthy. Grandpa always said, "Good soil can't be bought. It must be cultivated!"

We practice that concept in everything we do because we want this farm to stay healthy and fertile for the generations to come. Farming is in our blood line. To allow our children and grandchildren the opportunity to grow produce on the farm, we use sustainable methods to keep the soil healthy and fertile.

Our farm sits right in the middle of Omaha so consumers can actually see their food growing. They know it is fresh since they can see it being harvested. We feel so honored to be part of the Nebraska local food movement.

They believe local food/produce is important because:
Local food is so much fresher. Food doesn't need to be picked too early to withstand shipping and warehouse conditions. When eating local food, you are helping your local community and economy by supporting your local farms.

When the family began growing produce 87 years ago, most of it was raised for the family to eat during the depression years. As life became better, the extra produce was sold at the original Omaha Market (1940's) then to the local Safeway food store in the 1960's.

Today we sell direct to the consumer at our on-farm store open seven days a week, July through October. We also sell through our CSA and at our local farmer's markets.

Wenninhoff Farm and Farmers' Market has been a member of BFBLN for many years. BFBLN has been a great resource for getting the consumers to know their farmer's. Also, before BFBLN, we didn't know nearly as many farmers as we do today. BFBLN has been a good tool for getting farmer's to network together so we can learn from each other. BFBL has been a great resource in getting the word out about local food. They have done an excellent job in connecting the consumer with the growers, which definitely helps business grow.

Wenninghoff's Farmer's Market
Wenninghoff's farm has partnered with many local farmers to offer everything under one roof seven days a week. You can shop any day of the week during a wide span of hours. Items are available in small amounts or by bulk. There are chickens & bunnies to see and a variety of activities for the kids.

Wenninghoff Farmer's Market has been a main-stay in the community for many years. Many students and young adults have found employment with the farm and market. As those
employees started their families, many of their children have come to work at the farm where they are taught not only how to work, but many life lessons. Our market supports brain injury patients on their journey of recovery by partnering with Quality Living Staff and offering opportunities for patients to work at the farm.

Wenninghoff market offers opportunities for special needs students from nearby Madonna School to learn job skills. We live and farm in the community. The community has supported us for many years and we try our best to support our community. They are what keep us going.

For more information on Wenninghoff Farm or Farmers’ Market visit their website at: http://www.wenninghoff.com or their Facebook Page. https://www.facebook.com/wenninghofffarm?fref=ts
Omaha Farmers’ Markets

The Omaha Farmers’ Market has three locations: 1) Aksarben Village at 67th and Center Street, 2) Charles Drew Health Center at 29th and Grant Street, and 3) Old Market at 11th and Jakson Street.

1) Aksarben Village: 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. The market has over 75 vendors. Since the Omaha Farmers Market was introduced in 1994, we have looked for new ways to enhance the market to better serve the community. We currently donate fresh produce to the Stephen Center every Sunday. The introduction of our SNAP / EBT system was a natural step in our desire to use the Markets to better serve and impact the health of our community.

Some of our vendors have been at the Market from it’s inception 5 seasons ago. Customers have developed relationships with our vendors. They have stories that go back for years. Having that kind of a relationship with the people who provide you with the food you eat is priceless.

2) Charles Drew Health Center: Produce only Market with 4-5 vendors providing easy access to fresh, local food for the clients of Charles Drew. The vendors that come to Charles Drew are committed to making fresh food accessible to all.

3) Old Market: 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 the historic downtown area with a fantastic atmosphere filled with unique shops/restaurants (Old Market). The market has over 100 vendors. Since the Omaha Farmers Market was introduced in 1994, we have looked for new ways to enhance the market to better serve the community. We currently donate fresh produce to the Siena Francis House and the Open Door Mission on a rotating weekly basis. In addition, the Market hosts an annual Shelter Meal at the Siena Francis House. For this meal, market vendors donate all of the ingredients for a full meal and market staff, vendors and sponsors provide the food line staffing. The introduction of our SNAP / EBT system was a natural step in our desire to use the Markets to better serve and impact the health of our community.

Some of our vendors have been at the Market from it’s inception 5 seasons ago. Customers have developed relationships with our vendors. They have stories that go back for years. Having that kind of a relationship with the people who provide you with the food you eat is priceless.

Local food is fresher food. Most produce sold at our Market is picked less than 24 hours before you buy it, and because it’s that fresh it keeps that much longer. Buying local food is also safer...you can shake the hand of the grower and he or she can tell you their practices. You can know if it’s truly organic. You can find out what kinds of fertilizer they use and how your food is transported to the Market. Also, eating only local food encourages you to eat food
that is actually in season. We've gotten pretty accustomed to getting things like tomatoes year round, but you know that a tomato that you buy from the Farmers Market in July tastes a whole lot better than a tomato you bought at the grocery store in February. That July tomato also puts money into the pocket of your local farmer, or that loaf of bread bought at the Market puts money in the pocket of your local baker. These people are our neighbors; that's something that usually can't be said for the grower of the February tomato.

One of the very best things about buying local is the sense of community you garner from buying food from people that you come to know.

The Omaha Farmers Market has been a member of BFBLN since it's inception as we, too, wish to be a part of a greater community that promotes fresh local food and the betterment of the world around us. BFBLN lets the community know that there are many options for people to find truly fresh, truly local food.

For more information on the Omaha Farmers’ Markets check out their website at: http://omahafarmersmarket.com or their Facebook page. https://www.facebook.com/omahafarmersmarket
Old Cheney Road Farmers’ Market

Old Cheney Road Farmers' Market, located in the parking lot of the Old Cheney Center in Lincoln, NE (55th & Old Cheney Road) runs from late April through October. The market is open Sundays from 10am-2pm, rain or shine.

Celebrating 10 Seasons at Old Cheney Road Farmers’ Market!

Old Cheney Road Farmers' Market (OCRFM) began in the Fall of 2005 by a handful of vendors wanting to start a Sunday farmers’ market. The vision for OCRFM had always been to start a market where the farmers were well-represented and the focus was on fresh, local food grown with integrity. Today we are a farmer-owned farmers’ market with over 60 vendors—Lincoln’s largest food and produce market. With a priority for farmers and farm products, we always have the variety and abundance for making OCRFM part of your weekly grocery shopping! Our vendors provide seasonal produce and fruit, pastured and cured meats, artisan cheeses and breads, herbs, plants, pasta, pastries, hot food, sweet treats, and much more.

In 2008, OCRFM received non-profit status as a 501(c)(3) organization because our commitment to local food goes beyond just setting up a weekly farmers’ market. We are frequently in the community, educating and advocating for a strong, healthy local food system. At market, we host kid-friendly activities and have resources available such as Master Gardeners, seasonal recipes, and information on food safety and preservation. We also were one of the first farmers’ markets in Nebraska to accept SNAP benefits (formerly known as food stamps) to help make local food accessible to everyone.

OCRFM runs one of the longest market seasons in Nebraska, starting in late April and going through October. In 2013, we extended the season even further and partnered with Community CROPS and Open Harvest to start the Holiday Harvest Farmers’ Market, an indoor, winter market. This year we’re expanding winter markets by offering two in November and December, and hosting a late-season, bulk buying event with the Nebraska Food Co-op. These markets offer customers late-season produce and increase opportunities for our farmers.

Watch for information on our website and mark the dates for this year’s Holiday Harvest Farmers’ Markets on November 21 and December 12!

They believe local food/products are important for many reasons. It is the mission of Old Cheney Road Farmers’ Market to provide access to high quality, fresh food produced with integrity by local family farmers and producers—bringing value to the social, environmental, and economic fabric of our community.

Old Cheney Road Farmers’ Market has been a member of Buy Fresh Buy Local Nebraska for several years. We joined Buy Fresh Buy Local Nebraska in 2006 because we believe a strong, local food system is important to a healthy community, food security, and supporting local, family farms.
In 2011, Old Cheney Road Farmers' Market was voted the number one market in Nebraska by "America's Favorite Farmers Markets". We aim to continue to be a Lincoln favorite and to be a trusted source for local and fresh food.

We have plenty of accessible parking, shaded seating, and proudly accept EBT/SNAP benefits and debit/credit cards.

For more information on Old Cheney Road Farmers' Market, visit their website at oldcheneyroadfarmersmarket.com and their Facebook page!

--Information provided by Megan Jackson
Branched Oak Farm-Certified Organic Dairy and Cheese
Branched Oak Farm, owned and operated by Dough and Krista Dittman, is a certified organic dairy and creamery located in northwestern Lancaster County, located 15 miles from downtown Lincoln, Nebraska.

Milking between 20 to 30 Jersey cows year round, we're able to give the animals and the land the care that they deserve and require. During the growing season, our cows are moved onto fresh grass every 12 hours ensuring that our milk is healthy and vitamin rich. Only organic fertilizers are used, all produced on farm, primarily our own compost, whey, as well as purchased lime. When it comes to animal welfare, our motto is 'Ask the cow and she will tell you', enabling us to run the dairy in accord with the innate behavior of the cattle.

We are fortunate to have a direct connection to our customers, keeping the consumer in mind from the management of the pastures and soils, through the milking process and cow health, and throughout the process of producing our award winning dairy products. Instead of producing an anonymous commodity, we take great satisfaction in making the best food we can make and selling it directly to consumers, as well as some of Nebraska's best restaurants and grocers. We love hearing back from our customers - please let us know what you think!

We sell via our on-farm store, farmer's markets, and area restaurants and grocery stores. We have been marketing directly since 2001 - fourteen years has gone by in a hurry! It helps us to connect to the larger community and has been helpful in advertising our business, making local foods more accessible, and promoting local foods throughout Nebraska and surrounding states.

Branched Oak Farm-Certified Organic Dairy and Cheese has been a member of Buy Fresh Buy Local Nebraska for several years.

To find out more about Branched Oak Farm, check out their website at: http://branchedoakfarm.com or their Facebook Page https://www.facebook.com/pages/Branched-Oak-Farm-Organic-Dairy-and-Cheese/124824139527?fref=ts.

Prairie Plate Restaurant
Prairie Plate Restaurant is a true Farm-to-Table Restaurant located on Lakehouse Farm outside of Waverly, Nebraska. We are a family owned and operated restaurant. The Kitchen sources over 85% of the produce from Lakehouse Farm, our co-located, certified organic farm. We use local, pasture raised meats and eggs. More than 75% of our dairy products are locally sourced. Being local and seasonal, our menu changes every week to take advantage of nature's bounty at its peak. We host weddings, family gatherings, business retreats/conferences/board meetings, dinner clubs, cooking classes, education focused groups, outdoor and birding groups.

It starts with the Soil...we live in a region blessed with fertile, mineral-rich soils that support an incredible diversity of plants and animals – that's why we source our ingredients from local producers. Those rich soils produce outstanding ingredients and carry a flavor of the land...
and connection to it. We source livestock products from farmers and ranchers that understand this and synchronize their system with the soil and climate. The result is pasture-raised beef, pork, poultry, lamb and dairy products that are flavorful and unique. The same is true of fruits and vegetables. Our farm and those we partner with select cultivars based on flavor and suitability to the region and season which are then harvested to arrive in the Kitchen while they are at the peak of flavor and texture. The region and season is the foundation for our weekly-changing menu. We source the highest quality ingredients and prepare each component on your plate with respect for those ingredients – a warm spinach salad or fingerling potato as memorable as the pasture-raised pork or grass fed beef.

The connection between our Kitchen and our Producers is symbiotic allowing us to multiply local dollars in the economy as well as local flavors in our dishes.

Prairie Plate Restaurant strives to showcase the best flavors our area has to offer. We discuss the attributes of our dishes and ingredients with our guests - what is on your plate (pastured meat, heirloom vegetable…), who produced it and their practices (organic, humanely raised, etc.) , why it is special (unusual variety, health benefits, artisan method of production, wood oven, etc.). This is a force multiplier for the local food system when our customers realize the region offers quality ingredients that are easy to find and simple to prepare. We offer cooking classes for those who are timid about trying something new as well as farm tours to let kids taste tomatoes in the field. We also are supporting our 'farming community' by hosting formal and informal opportunities to share knowledge, skills, abilities, resources, and opportunities with each other and the next generations of farmers.

BFBL has helped me locate outstanding producers and sources for ingredients as well as being supportive about spreading the word about what we are doing. Without the foundation BFBL has built over the past years it would have been much more difficult to source the diversity of quality ingredients we have the privilege of using in the kitchen and sharing with our guests.

**MEMBERS WHO USE THEM:** Nebraska Food Coop; Back Alley Bakery, Blue valley Aquaculture, Blooms Organic, Bluff Valley Farm, Branched Oak Farm, Caruso-Rozzano Farm, Clear Creek Farm, Common Good Farm, Cultiva Coffee, Darlin Reds, Davis Family Sugar Shack (Wisconsin), Davey Road Ranch, Deer Springs Winery, Ely Farms, Erstwhile Farm, Feather River Vineyard, Fox Run Farms, Grain Place Foods, Harvest Home Farm, Jones Produce, Heartland Nuts & More, Heartland Organics, Lakehouse Farm, Nebraska Brewing Co., Nebraska Mushroom, North Star Neighbors, Prairie Pride Poultry, Range West Beef, Shadowbrook Farm & Sutch Girl Creamery, TD Niche Pork, Twin Springs Pecans, Union Orchard, FarmTable Delivery, Lone Tree Foods.
18th Street Farmers' Market

18th Street Farmers' Market provides a fun family gathering for a Saturday morning. We usually have live music or some other special event going throughout the season. Come check us out downtown Scottsbluff, Nebraska! Every Saturday morning 8 a.m. to 11 a.m. June through September.

Our little market has a great variety of products. We consistently have artisan bread, goat cheese, local honey, grass-fed beef, pork, lamb, goat, chicken, eggs, baked goods, handmade jewelry, hand spun yarn from local fibers, fair-trade goods, fruit (Colorado peaches), melons, strawberries, raspberries, rhubarb, greens, garlic, onions, tomatoes, and more! We have had our market compared to large markets on the west coast and been complimented that we have as much variety and just as good, if not better, quality goods. We have all types of producers. From the small, part-time gardener that just has a bumper crop of tomatoes that year to large market gardeners that do this for a living year round. Certified organic is available and all the producers are happy to answer questions about their practices. Many also provide u-pick operations, CSAs (community supported agriculture), roadside stands, or are just happy to have you come visit the farm.

18th Street Farmers’ Market has been a member of Buy Fresh Buy Local Nebraska for two years.

Our farmers' market is important to our community because it brings people downtown every Saturday morning for a mini-festival that helps keep local money in our community. It supports local growers, producers, craftsmen, and helps to keep our economy healthy. By supporting these local producers our local farming families can stay in the area and helps to provide fresh, delicious, local produce to lots of the community that may not otherwise have access to the fresh fruits and vegetables.

For more information on 18th Street Farmers’ Market check out there website: https://18thstreetfarmersmarket.wordpress.com
Finke Gardens & Nursery

Finke Gardens and Nursery is located in Lincoln, Nebraska. They are open April through May (Monday - Friday) 9:00am - 6:00pm, June through October (Monday-Friday) 9:00am - 5:00pm, and open Sundays in April, May and September.

Rich and Luann Finke started Finke Gardens in 1987 with goal of providing a diverse selection of sustainable plants, teamed with educational programs to increase gardening success and interest. We grow most of our annuals, perennials, herbs, vegetables, trees and shrubs at the store location on North 66th Street. We have been designing and installing landscapes for Nebraska clients since 1987. In 2015 we celebrate 20 years in our retail store where we offer top quality plants and distinctive garden furnishings.

Local foods/products are important to them because:
We take every opportunity to remind people how important it is to support the local businesses that support our community. We are local producers of the plants that create wonderful places to live outdoors. Our local expertise and understanding of unique Nebraska environments and challenges enables Finke Gardens to make the best choices for what we offer to Nebraska customers.

We provide services and product of the highest quality. We provide educational opportunities to all community members, most without charge. We are committed to the highest professional standards within the industry. And we generously support community projects like the Lincoln Parks Foundation, Friends of Wilderness Park, The Lighthouse, Sheldon Museum of Art, Backyard Farmer, Lincoln Public Schools, and many local service groups.

Finke Gardens & Nursery is a first year member of Buy Fresh Buy Local Nebraska. We have not been part of the organized effort until 2015, but the principles that guide BFBL have been part of our business growth plan since 1987, so there's the evidence of the importance of these efforts.

For more information on Finke Gardens & Nursery check out their website at: http://finkegardens.com or their Facebook page at: https://www.facebook.com/finkegardens?fref=photo.
Arbor Grove Produce

Arbor Grove Produce, located near Burr, Nebraska, is owned and operated by Dean and Maria Eisenhauer.
Our farm has been in the family for 124 years.

Local food/produce is important to them because:
I feel good about supplying healthy and fresh products to the local people. I like that I don't have to use pesticides so that I don't have to worry about the impacts of consumption on the customers health. Good for the local economy. Plus it is good that people have access to fresh and healthy fruits and vegetables and other produce.

We have been selling for six years. We sell at the Syracuse Farmers Market and two grocery stores in Lincoln and deliver to the Food Bank in Lincoln.

Arbor Grove Produce joined Buy Fresh Buy Local Nebraska this year!
A & T Farms, Inc.

A&T Farms, located in Valley, Nebraska, is owned and operated by Tyler Nelson and Jennifer Nienaber.

Tyler Nelson began growing vegetables with his grandpa as a young boy. His early love of farming evolved into the creation of his own operation, A&T Farms, in 2002. Located west of Omaha, NE near the Elkhorn River, Tyler and his wife, Pamela, with their three daughters grow over 100 acres of produce. Tyler grows a variety of vegetables, specializing in tomatoes, watermelons, and cucumbers. A&T Farms prides themselves on growing high-quality products, while maintaining small business ethics and values.

I began working with customers at the age of 14 with my Grandpa and selling the produce we grew together. Now I sell to a number of roadside vendors and several local grocery stores.

They think local food/produce is important because:

Not only is the produce more fresh for better taste and quality for our customers, it also helps to stimulate the local economy, and promotes healthy living.

A&T Farms, Inc. is a new Buy Fresh Buy Local Nebraska member this year.

Several other local farmers that we work with are members of BFBLN. Seeing the impact BFBLN has made on their business' growth is what prompted us to join as well.
Bloom Where You’re Planted Farm & Pumpkin Patch

Bloom Where You’re Planted Farm & Pumpkin Patch, located in Avoca, Nebraska, is owned and operated by Teresa and Terry Lorensen.

We work hard to provide a true rural experience for our guests. The farm has been in our family since 1944 and features many original farm buildings including a restored barn, corn crib and granary. Our cafe is housed in a restored 1890s one-room schoolhouse original to this neighborhood. Visitors can enjoy nature trails adjacent to corn and soybean fields and visit our cows, horses, goats and chickens. In addition to the jack-o-lantern pumpkins in our U-pick patch (accessed via hay rack ride) we showcase many heirloom pumpkin and squash varieties, broom corn, straw, and corn shocks grown on the farm.

They believe local food/products are important because:
Local food is important because it supports small farmers and helps to ensure that family farms will be around for future generations to appreciate. This will be our 11th pumpkin patch season. All produce sales are conducted on-farm.

Bloom Where You’re Planted Farm & Pumpkin Patch has been a member of Buy Fresh Buy Local Nebraska for many years. We have enjoyed working with BFBLN for several years now. They help to advertise our events via social media and bring exposure to our farm through the food guide and website. We have met other farmers and agriculture professionals through our membership that have resulted in group visits to our farm and many networking opportunities.

For more information on Bloom Where You’re Planted Farm & Pumpkin Patch visit their website at: http://bloompumpkinpatch.com or their Facebook Page: https://www.facebook.com/pages/Avoca-NE/Bloom-Where-Youre-Planted-Farm/241468197126?ref=nf
Open Harvest Co-op Grocery
Open Harvest Co-op Grocery is a cooperatively owned grocery store that's been providing Lincoln with fresh, local and organic food for 40 years. Over the years we have grown to thousands of member-owners and into a full-service grocery store that offers incredible fresh options and the brands you love. The food we carry and ingredients we use are carefully selected for taste and subjected to our strict buying guidelines. Not only is this food tasty, but it is free from many of the additives and bad practices that are common in our food supply today. And we don't cut corners in our kitchen: all of our fresh items are created from scratch in our deli and bakery.

When you walk in our doors you'll find amazingly fresh foods produced by over 100 of our friends and neighbors. Supporting these farmers and producers lies at the core of our mission statement because where food comes from and how it's produced is important to us. Not only do we want to provide healthy food to our customers -- but we want to make sure that the practices used to grow and produce the food are healthy for our environment too. We believe that our farmers deserve a fair price and recognition for their hard work and dedication to the land. We promote our farmers and producers in our store and through our many community events throughout the year.

At the very foundation of our business lies the simple idea that a group of people investing just a few resources each can accomplish enormous things. Together, over the past forty years, we've changed the way Lincoln eats. And we do more than provide great food. We play an active role in our community; providing donations and sponsorships, educational presentations to groups, and planning annual events like the Dig Deeper Farm Tour and the Eat Local Challenge. We partner with dozens of other community focused businesses and organizations that share our vision of a sustainable and equitable food system.

Open Harvest looks forward to partnering with Buy Fresh Buy Local Nebraska in 2015!

For more information check out Open Harvest Co-op Grocery on their website: http://www.openharvest.coop.
**common good farm**

Common Good Farm, located in Raymond, Nebraska, is owned and operated by Ruth Chantry and Evrett Lunquist. Common Good Farm is stepping towards our 19th season of growing good food through good farming in Lancaster County, Nebraska! We are a certified organic & certified Biodynamic®/Demeter farm – one of about 150 certified Biodynamic farms in the United States. In some ways, the certifications are just a reflection of our striving to grow the highest quality produce, eggs & meat through soil vitality & conscientious farming practices. We use Biodynamic & organic seeds as available, focus on open-pollinated & heirloom varieties & limit our use of hybrids. We're a mom & pop farm...food is grown from seed to harvest by Evrett Lunquist & Ruth Chantry. Our farm is located just 1 1/2 miles north of Raymond, Nebraska.

Prior to farming in Nebraska we worked on a community farm/CSA in Wisconsin & Evrett worked on market farms in Minnesota. Ruth was born & raised in Omaha, so our Nebraska roots & commitment to the area runs deep & long. Our impulse for farming Biodynamically comes from our experience with observing plants as living things, not merely as passive recipients of soil-based nutrients. With Biodynamics, farming is about creating a whole farm as a vibrant entity through the farmers’ impulses. Through it we develop ourselves as individuals & farmers to serve our land & our community through agriculture. Biodynamics & sustainable farming are exciting & creative endeavors...directed but not prescriptive. Why do we farm the way we do? We feel called to grow good food, pure & simple...for people we know or come to know. Farming this way provides that which is uplifting nutritionally & spiritually for us & for our customers.

We provide much that is delicious & hopeful & dynamic in CSA & sustainable farming:
- Stewardship of our human, animal & plant communities.
- Growing & providing the most local, delicious, nutritious foods we can...good food for the spirit & the body.
- Preserving & creating wildlife habitats with farmer as land steward.
- A family owned & operated farm that is supported by the community & in turn supports the community with good food & good farming.
- Engaging, supporting & helping to sustain the most local food system we can...this creates some level of personal sovereignty that isn't part of any industrial food system (This from our website at commongoodfarm.com)

Local food is everything we need it to be -- personal sovereignty, nutrition, taste, choice, relationships with growers, supporting the most local economy, creation of a strong community at it's most immediate in proximity & relationships. Since 1996, we have been serving southeastern Nebraska (and beyond) with our farm goods. The heartbeat of the farm is our CSA (the oldest in Nebraska!), at Old Cheney Road Farmers Market in Lincoln, at Open Harvest in Lincoln, on farm as well as some wholesale, on-farm, and sometimes through Nebraska Food Cooperative. The beautiful directory is a helpful piece of promotion for our farm, as well as links from the website!

For more information on Common Good Farm check out their website at [commongoodfarm.com](http://commongoodfarm.com) or their Facebook page:
Bluff Valley Farm Natural Meats

Our farm has been in our family since the 1870's. Our children are the sixth generation to operate our farm. Our passion for raising local food comes from our deeply-held beliefs that proper care of the land and animals will yield a healthy product. We therefore, strive to grow our food products as naturally as possible. We raise our own corn for feed that is non-GMO. We use no antibiotics and our forages are certified organic. We cherish our relationships with the families who buy our food. We at Bluff Valley Farm feel that local food is important because it allows the consumer to be more closely connected to the source of their food. The relationship we have with our customers is very special. We have direct marketed meats for over 15 years. We sell through our on-farm store, through the Nebraska Food Cooperative, the Haymarket Farmers' Market in Lincoln, at Open Harvest Coop and Red Clover Market in Lincoln, to the University of Nebraska and to restaurants in Lincoln and Omaha. Great exposure through BFBLN has been very helpful.
Chisholm Family Farm & Orchard Hill Creamery

Chisholm Family Farm & Orchard Hill Creamery, located in Lincoln, Nebraska, is owned and operated by Laura Chisholm. Nestled between Omaha and Lincoln, you will find our 160 acre Certified Naturally Grown Farm. We milk thirty jersey cows. Certified Naturally Grown means that our land if farmed without the use of chemicals, we do not use antibiotics, we do not feed GMO grain or use GMO seed, no hormones or pesticides.

We produce Farmstead Artisan cheeses with natural rinds, fresh cheeses, soft ripened and washed rind cheeses. All of our cheese is made by hand, using old world methods. Our milk is vat pasteurized cream top milk and is bottled here on the farmstead.

Our yogurt features live active cultures, flavored yogurts are made using minimal sugar, no corn syrup or artificial ingredients. Laura's Homemade Ice Cream and Frozen Yogurts is our newest addition and features no gums, no corn syrup, no emulsifiers, and no artificial flavors or colors. Producing real food with high quality ingredients has become a passion of ours. Food you can trust, never anything artificial.. no cutting corners. We hope you enjoy our products as much our family loves producing them!

Everyone should know their farmers! Connecting with where your food comes from is a key ingredient in developing a relationship with your food that provides long term benefits. There is a comfort that comes with knowing who made your food.. a trust that you are eating good food. Food produced in a factory generally contains ingredients not beneficial to health or environment.

Keeping your food dollars local benefits our local economy and develops a deeper sense of community. We have been direct marketing our products here in Nebraska since 2009.

You can find us at the Old Market on Saturdays and at Aksarben Village on Sundays. We are currently making decisions about which Lincoln markets will work well for us this year, but we will be participating in at least one market in Lincoln. You can find our products in Lincoln at Open Harvest Coop and in Omaha at Daddy's Neighborhood Fresh Market. Our products are also available through Nebraska Food Cooperative. BFBLN is a a great resource for finding local farmers and businesses. It helps new customers find us!

For more information you can visit their website at or their Facebook page.
Community Crops

Community Crops, located in Lincoln, Nebraska, is owned and operated by Kirstin Bailey and Ingrid Kirst. Community Crops provides training, technical assistance and land access to beginning, immigrant and limited-resource farmers. Our goal is to help people create sustainable farm businesses to feed their families and their community. The Growing Farmers Winter Workshops from January-April are the first step in our program. Each year, twenty-five beginning farmers learn the basics of starting a sustainable farm business, with an emphasis on direct marketing.

Beginning farmers at Prairie Pines Training Farm begin producing on 1/8 acre, where they receive access to water, tools and equipment, and other supplies. Participants receive ongoing technical assistance as well as marketing support. The site, in northeast Lincoln, is a collaboration between Community Crops and the University of Nebraska-Lincoln’s School of Natural Resources.

Our farm stands apart as a training--or "incubator"--site for beginning and limited-resource growers. Each year we hold a Winter Workshop series as part of our Growing Farmers Training Program, and recruit several participants to grow alongside us at our training farm. Each participant rents their own plot (1/8 acre-1/4 acre), where they grow vegetables to sell through a variety of outlets. Crops usually purchases most of their vegetables for our CSA! This provides our growers with a steady wholesale market, and broadens the variety of produce we can provide you with.

Many people buy local share to simply get high-quality, fresh vegetables. Nothing quite compares to the fresh taste of locally-grown produce! Buying local helps keep small farms in business.

Buying local creates relationships. As a customer, you can eat with confidence, knowing who grew your food and how it was grown. No worries about toxic pesticides to spoil your appetite! You gain a valuable connection to the farm over the season, sharing not only in the harvest, but also in the lives of the farmers who work hard to grow your food.

Community Crops has been selling produce since 2005. We sell our produce primarily through our CSA, but also at the Old Cheney Road Farmers Market and on-farm at special events.

BFBLN has provided good awareness of local food in general and connected us to many local consumers, as well as producers who might benefit from our classes.

For more information on Community Crops check out their website at: http://www.communitycrops.org or their Facebook page.

https://www.facebook.com/communitycrops?fref=ts