Local Foods Guide

2013–14
A guide to the farms, farmers’ markets, wineries, restaurants and retailers that sell and grow local foods in west central and southwestern Minnesota.
**INTRODUCTION**

Pride of the Prairie is...

- A BRAND that identifies the southwest and west central Minnesota region and its abundant supply of local, sustainable, healthy foods.
- A CAMPAIGN that helps people understand food systems and make ethical and sustainable choices.
- A CHAPTER, with partners representing the various sectors of a local food system, working together to promote healthful, sustainable and ethical food choices.

**Buy Fresh Buy Local Pride of the Prairie Goals:**

- To expand local markets for sustainably grown local foods.
- To increase the consumption of local, healthy food.
- To diversify the economic base and agricultural landscape.
- To protect the natural resources of the southwest and west central Minnesota region.

**Structure of Buy Fresh Buy Local Nationally**

The Pride of the Prairie Chapter is one of nearly 70 Buy Fresh Buy Local (BFBL) chapters nationwide coordinated by Food Routes Network. The Southwest Regional Sustainable Development Partnership (SWRSDP) and its local foods work group organize and sponsor the regional campaign together with its regional partners including the University of Minnesota, Morris and Land Stewardship Project.

The brand was originally developed in 2002 as part of the Pride of the Prairie Local Foods System initiative lead by Land Stewardship Project along with the Sustainable Farming Association of Minnesota, Morris Prairie Renaissance, Pomme de Terre Food Co-op, Prairie Renaissance Cultural Alliance, University of Minnesota (Morris campus, West Central Partnership, West Central Research and Outreach Center, and Extension), Sodexho Campus Services, and area farmers.

The BFBL label is a registered trademark owned by FoodRoutes. FoodRoutes provides communication tools, organizing support and marketing resources to local chapters to create their own unique, community-based local food campaigns. All local chapters pay a yearly fee of $500 to FoodRoutes or the Regional Chapter Affiliate. Each must sign onto the master agreement and also sign a chapter memorandum of agreement with FoodRoutes that outlines the chapter work plan and reporting requirements to FoodRoutes.

**Local Chapter Structure**

A Local Partner of Buy Fresh Buy Local (BFBL) Pride of the Prairie is a farm, a small-scale processor utilizing local farm products, a farmers’ market, or a retail business such as a restaurant, caterer, food cooperative, or locally owned retail grocery store selling local products.

Partners can also be organizations, government agencies, chambers of commerce, tourism bureaus and individuals who can endorse the chapter goals and participate in chapter activities.

A Steering Committee, composed of farmers, other market partners, and collaborating organizations guide the activities of BFBL Pride of the Prairie. The University of Minnesota Southwest Regional Partnership hosts the chapter and staffs the steering committee.

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**To learn more, visit** www.prideoftheprairie.org

**Special Thanks:** University of Minnesota West Central/Southwest Partnership for its generous funding; Buy Fresh Buy Local Steering Committee; and Pride of the Prairie “Foodies,” a group of western Minnesota farmers and food citizens. The Buy Fresh Buy Local brand is property and trademark of the FoodRoutes Network.


**Contact:** Direct Buy Fresh Buy Local Pride of the Prairie questions to Ryan Pesch, Pride of the Prairie Chapter Chair | pesch@umn.edu or (218) 770-4398 | www.prideoftheprairie.org

Buy Fresh Buy Local | www.prideoftheprairie.org
INTRODUCTION

BUY FRESH BUY LOCAL

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Why Buy Local?

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When visiting a Farm or Farmers Market

• Check to see that the farm or market is open.
• Ask whether the product that you are seeking is available.
• Verify directions to the farm or market if it is your first visit.
• BYOB: Bring Your Own Bag. No canvas bag? Grab plastic or paper bags left over from your last visit to reduce waste.
• If you don’t see it, ask—often there’s more than meets the eye at the farmers market. Also, ask farmers for recipes and storage tips. Who better to ask how to prepare and store food than the person who grew it?
• Go early—arrive near opening time to access the widest selection.
• Or come late—you may find some of the best deals of the day near closing time.
• Pack a cooler—if you are going to spend time at the market rather than hurry home to the fridge, or if it’s a hot summer day, a cooler with ice keeps perishable items fresh.
• If you plan on bringing children or pets, make sure they will be welcomed (not all farms allow children or pets).
• Give the kids a couple of bucks—let kids choose and purchase some fruits and veggies on their own. They may be more willing to eat healthy foods they picked out and purchased.

University of Minnesota

SOUTHWEST REGIONAL SUSTAINABLE DEVELOPMENT PARTNERSHIP

The Southwest Minnesota Sustainable Development Partnership is a citizen-driven Board of Directors working with citizens in the region to create and sustain healthy ecosystems: strong local economies; and vibrant, self-reliant communities. Its mission—launching education and research that help people understand and achieve sustainability in their region—supports projects that demonstrate public purpose and builds partnerships with citizens of the region and links these projects to local assets and University of Minnesota research and educational resources.

WWW.RSDP.UMN.EDU/WESTCENTRALANDSOUTHWEST

www.prideoftheprairie.org | Pride of the Prairie
Production Practices

What’s happening in the fields

What is the best way to know that your food is produced in a manner you support? Get to know the person who raised it.

A whole range of production practices concerns today’s food consumer. Does the farm use chemicals? How does the farm conserve wildlife habitat? Are livestock free range? Pastured? 100% grass-fed? Many of the farmers featured in this guide undertake sustainable agriculture practices to build soil and livestock health. Below are the practices our Buy Fresh Buy Local chapter partners self-reported about their operations:

- I use practices that conserve soil—40 farms
- I employ practices that protect wildlife habitat—39 farms
- I use methods that preserve water quality—39 farms
- I conserve on-farm energy use—38 farms
- I minimize product packaging—37 farms
- I do not use any synthetic herbicides or pesticides—32 farms
- I humanely treat livestock—21 farms
- My livestock are pastured or free range—20 farms
- I do not use feed that contains antibiotics—18 farms
- I use integrated pest management (IPM)—17 farms
- Non-certified organic (follow all NOP regulations but gross less than $5,000 annually)—16 farms
- Certified Organic—10 farms
- My livestock are 100% grass-fed—9 farms
- I use organic feed—7 farms
- Food Alliance Certified—1 farm

Although there are many certifications in the current marketplace, your best assurance of verifying any practice is to go to the source. Farmers who sell directly to consumers, like our chapter partners, are more than happy to give you detail about how they raise their crops or livestock. You may even want to request to visit their operation, not to play “food detective”, but to learn about local food production first-hand and witness practices with your own eyes.

When discussing practices with local farmers, please be respectful of time and consider time constraints throughout the growing season. Farmers are generally busy people. Trying to carry on a long discussion about composting may not be appropriate at a busy farmers market nor would simply stopping by to “take a tour” during planting season in May. Make arrangements to visit in advance and limit your questions to your main interests. Our farm partners will be happy to share and both eater and producer will be richer for the exchange.

–Ryan Pesch, Pride of Prairie Chapter Chair and Farmer

BFBL Partner Criteria

Partner criteria are used to assure that foods promoted with Buy Fresh Buy Local (BFBL) marketing materials are locally grown or produced. Partner criteria are outlined below based on business category.

Farmers
Farmers that grow or raise foods or other agricultural products (ornamental plants, bedding plans, or Christmas trees) in a campaign region primarily for consumption in that same region.

Please note:
- The primary market for products promoted with BFBL materials must be in West Central or Southwest Minnesota.
- BFBL products must be traceable to a specific farm.
- BFBL materials should be used only for locally grown projects. BFBL Partners that also retail non-locally produced items are expected to take care that such products are properly labeled to distinguish them from local foods. Example: Fair Trade Coffee.

Institutions, Restaurants, Caterers & Stores
Eligible Partners are businesses that use or sell locally produced foods from West Central or Southwest Minnesota. Please note:
- A commitment to purchasing and promoting local foods should be a stated marketing strategy/message or valued principle of the business.
- Foods promoted with BFBL materials must contain at least one featured or primary ingredient that is grown or raised on a BFBL member farm. Example: local apples in an apple pie.

Farmers Markets
Farmers markets can use BFBL materials only to promote their markets. Vendors must join individually to use signage and point of purchase materials.

Food Processors
Eligible Partners are processing facilities, meat lockers, bakeries and commercial kitchens that buy locally produced foods from West Central or Southwest Minnesota. Please note:
- A commitment to purchasing and promoting local foods should be a stated marketing strategy/message or valued principle of the business.
- Foods promoted with BFBL materials must contain at least one featured or primary ingredient that is grown or raised on a BFBL member farm. Example: local apples in an apple pie.

Vocal Locals and Sponsors
Vocal Locals (any individual) and Sponsors including organizations, agencies, and government in or near the region that supports the campaign can use BFBL logos and labels in their communications materials.
Sustainable Food Vocabulary

A brief glossary of sustainable food and meat-related terms drawing from a variety of sources, including but not limited to: the United States Department of Agriculture (USDA); Minnesota Department of Agriculture (MDA); www.mda.state.mn.us; “Marketing Local Foods, a publication by the Minnesota Institute for Sustainable Agriculture (MISA)”; agriculture-focused non-profits; food blogs; and the Merriam Webster Dictionary.

**ANIMAL HUSBANDRY** • The breeding, feeding and care of farm animals; also called ranching.

**ANTIBIOTIC FREE** • Refers to meat animals that have grown up without ever ingesting antibiotics. Organic certification prohibits the use of antibiotics in animal husbandry.

**CERTIFIED HUMANE** • An independent certification for animals that were provided a nutritious diet without antibiotics or homones and were raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.

**CERTIFIED ORGANIC** • A third-party certifying agency has inspected and documented use of organic practices.

**COMMUNITY SUPPORTED AGRICULTURE (CSA)** • A system where consumers buy a “subscription” in a farm before the growing season begins. In return, they receive a weekly delivery of produce throughout the growing season.

**CUSTOM EXEMPT MEAT PROCESSOR**
A meat or poultry processor that does not have continuous inspection of the slaughter and processing. The meat or poultry cannot be re-sold and can only be consumed by the owner of the animal, the owner’s immediate family, and non-paying guests. For individual customers that purchase quarter, half or whole animals from a farm, the livestock can be slaughtered and processed at a Custom Exempt Meat Processor because you own the animal before it is slaughtered. Packages of individual cuts of meat must be labeled “not for sale.” Custom Exempt Meat Processors are inspected by MDA on a regular basis.

**E2 (STATE “EQUAL TO” USDA) INSPECTION** • MDA inspector continuously oversees the slaughter and processing of poultry or livestock. Meat or poultry package is properly labeled with the product identity and MDA inspection stamp.

**FOOD ALLIANCE** • Farms with the Food Alliance (FA) seal of approval have been certified as environmentally-friendly and socially-responsible producers. The FA seal empowers consumers to support the good stewardship of local farms.

**FREE RANGE** • A technical term defined by the USDA that requires animals have access to the outdoors.

**GRAIN FED** • Refers to ruminants such as cows, goats, and sheep whose natural diets consist of fiber-rich grasses, but are fed corn instead.

**GRASS-BASED LIVESTOCK PRODUCTION** • In this system, a large part of an animal’s needs are met by grass and forage. Animals are moved through numerous paddocks, spreading manure in a biologically sound manner.

**GRASS-FED** • To qualify for the USDA grass-fed label, cattle must be fed only mother’s milk and forage (grass and other greens) during their lifetime. The forage can be grazed or consumed as hay or other stored forage. Also, cattle must have access to pasture during the growing season.

**HIGH TUNNEL** • A walk-in, pipe frame structure, typically hoop-shaped, that is covered with a single layer of film plastic where vegetables are grown directly in the soil. It generally does not have electricity and the only heat is provided by the sun. This allows growers to extend the length of their season.

**NON-CERTIFIED ORGANIC** • Food produced without chemical insecticides, fertilizers, herbicides, antibiotics, growth hormones, or genetically modified foods or seeds.

**PASTURED** • A term currently undefined by the USDA. Pastured implies that animals grazed and/or lived outdoors on grass.

**SUSTAINABLE AGRICULTURE** • A management philosophy and attitude that honors nature and strives to cooperate with natures’ processes. To be sustainable, farms must support a healthy ecosystem, a healthy economy, and a healthy human community. Sustainable agriculture is a dynamic and changing process that integrates relationships between natural resources and the human community.

**USDA INSPECTION** • USDA inspector continuously oversees the slaughter and processing of poultry or livestock. Meat or poultry package is properly labeled with the product identity and USDA inspection stamp.

**WITHOUT GROWTH STIMULANTS**
Most commercially grown livestock is implanted with or fed hormones or other stimulants to promote rapid growth. Animals raised without growth stimulants grow and develop at their own natural rate.

Original Meatnomers are used with permission from CAFF (Community Alliance with Family Farms). For more information, www.eatwild.com.

**SUPPORT LOCAL FARMS.**
Every dollar you spend for local food goes to a local farmer and that dollar circulates through your community. The farmers listed in this directory produce and sell food that is important to the local economy and culture.

**IT’S FUN!**
Learn how your food was grown and who grew it. Reconnect with your farmer neighbors. Teach your children where food comes from and how to grow, prepare and store it. Got questions? Ask your local farmer!

**REDUCE TRANSPORTATION.**
Most of the food on our table travels thousands of miles. This requires dependence on an energy-intensive distribution system, which brings us foods we could be producing in our own region.

**FOOD SECURITY.**
Our global food system leaves us vulnerable to supply disruptions and food safety crises. Buying food locally strengthens our ability to feed ourselves and our communities.

**FRESH TASTES BETTER!**
Taste and quality are priorities for all of the farmers listed in this directory, and YOUR health is also a primary concern.

**HELP SHAPE OUR ENVIRONMENT AND QUALITY OF LIFE.**
Use your food dollars to give yourself a strong voice in the long-term prosperity, health and beauty of southwest and west central Minnesota.

**BECAUSE YOU CAN!**
Just look at the incredible diversity of foods in our local pantry: veggies, fruits, berries, meats, dairy products, legumes, grains, honey and more! We are blessed with the soil and climate to produce an abundance of tasty and nutritious foods, and people with the skills and desire to grow them.
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<th>TOWN</th>
<th>MAP</th>
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<td>Alexandria</td>
<td>A</td>
<td>Sat</td>
<td>9am–12pm</td>
<td>May–mid-Jun</td>
<td>Big Ole Central Park at 2nd &amp; Broadway</td>
<td>Ron Branch (320) 763-6893</td>
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<td>Tues</td>
<td>9am–12pm</td>
<td>mid-Jun–Oct</td>
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<td><a href="mailto:farmmkt@rea-alp.com">farmmkt@rea-alp.com</a></td>
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<td>Thurs</td>
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<td>Appleton</td>
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<td>Wed</td>
<td>8am–12pm</td>
<td>Jun 19–Oct</td>
<td>Camping park on Hwy 7-119</td>
<td>Colleen Tosel (320) 297-0469, <a href="mailto:dctosel@live.com">dctosel@live.com</a></td>
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<td>Battle Lake</td>
<td>C</td>
<td>Fri</td>
<td>3pm–5pm</td>
<td>May–Oct</td>
<td>Lakes Area Community Center (112 E Main St)</td>
<td>Pat Crepps (218) 864-5104</td>
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<td><a href="mailto:battlelakefarmersmarket@gmail.com">battlelakefarmersmarket@gmail.com</a></td>
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<td>Barrett</td>
<td>D</td>
<td>Tues</td>
<td>3pm–5pm</td>
<td>Jul–Oct</td>
<td>Powers Park</td>
<td>Byron Bartz (320) 528-2301</td>
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<td>Benson</td>
<td>E</td>
<td>Thurs</td>
<td>3:30pm–6pm</td>
<td>mid-Jul to early Oct</td>
<td>East Railroad Parking Lot on Hwy 12.</td>
<td>Benson Area Chamber of Commerce (320) 843-3618</td>
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<td><a href="mailto:bensonchamber@embarqmail.com">bensonchamber@embarqmail.com</a></td>
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<td><a href="http://www.visitbensonmn.com">www.visitbensonmn.com</a></td>
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<td>Buffalo Lake</td>
<td>F</td>
<td>Sat</td>
<td>8am–12pm</td>
<td>mid-Jun–Fall</td>
<td>Buffalo Lake City Park (Hwy 212)</td>
<td>Renville County HRA/EDA</td>
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<td><a href="http://www.renville.com">www.renville.com</a></td>
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<td>Dawson</td>
<td>G</td>
<td>Thurs</td>
<td>4pm–6pm</td>
<td>Late Jun–2nd week of Oct</td>
<td>South on 6th St. (Main St.), take a right on Ash, shelter house by walking bridge in Veterans Park.</td>
<td>Gloria Kerkaert (320) 769-4608, <a href="mailto:kerka004@umn.edu">kerka004@umn.edu</a></td>
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<td>Detroit Lakes</td>
<td>H</td>
<td>Tues</td>
<td>10am–1pm</td>
<td>Late May to late fall (weather permitting)</td>
<td>People Park near Fairgrounds (500 People St)</td>
<td>Buddy Norman (218) 483-3104</td>
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<td>Sat</td>
<td>10pm–2pm</td>
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<td><a href="http://www.lakesareafarmersmarket.com">www.lakesareafarmersmarket.com</a></td>
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<td>Elbow Lake</td>
<td>I</td>
<td>Thurs</td>
<td>3pm–5pm</td>
<td>May–Oct</td>
<td>Zoo Park by elevators</td>
<td>Byron Bartz (320) 528-2301</td>
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<td>Fairfax</td>
<td>J</td>
<td>Tues</td>
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<td>Jul–Sep</td>
<td>1st St SE off Hwy 19</td>
<td>Renville County HRA/EDA</td>
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<td><a href="http://www.renville.com">www.renville.com</a></td>
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<td>Fergus Falls</td>
<td>K</td>
<td>Sat</td>
<td>9am–1pm</td>
<td>late Jun–Sep</td>
<td>1110 W Lincoln Ave</td>
<td>Emily Tonello &amp; Lynn Brand (218) 205-5899, <a href="mailto:libramaid42@gmail.com">libramaid42@gmail.com</a></td>
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<td><a href="http://www.facebook.com/fergusfallsfarmersmaret">www.facebook.com/fergusfallsfarmersmaret</a></td>
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<td>Glenwood (Pope County)</td>
<td>L</td>
<td>Tues</td>
<td>3am–6pm</td>
<td>mid-Jun to mid-Oct</td>
<td>Pope Co Fairgrounds. From the downtown stoplight go west by Hwy 28/29.</td>
<td>Carol Cheeseman (320) 634-3278, <a href="mailto:cjcheese@charter.net">cjcheese@charter.net</a></td>
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<tr>
<td>Graceville</td>
<td>M</td>
<td>Tue</td>
<td>5pm–7pm</td>
<td>Jun–Oct</td>
<td>Senior Center Lot - Studdard Ave</td>
<td>Ray Thielke (320) 324-2697, <a href="mailto:raythielke@fedtel.net">raythielke@fedtel.net</a></td>
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<td>Granite Falls</td>
<td>N</td>
<td>Wed</td>
<td>12pm–3pm</td>
<td>mid-Jul to mid-Nov</td>
<td>Sorlien Park (by the dam off Prentice St)</td>
<td>Sonja Siemieniewski (320) 765-2549</td>
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<td>Cenex Corner (Intersection of Hwy 212 &amp; Hwy 23)</td>
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<td>Hector</td>
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<td>Wed</td>
<td>3pm–6pm</td>
<td>Jul–Fall</td>
<td>Hwy 212 &amp; Co Rd 4 (South Central Grain &amp; Energy C-Store)</td>
<td>Renville County HRA/EDA</td>
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<td>Hendricks (Lincoln County)</td>
<td>P</td>
<td>Fri</td>
<td>3pm–5:30pm</td>
<td>Jul–mid-Oct</td>
<td>North Main St</td>
<td>Linda Buller (507) 275-3089, <a href="mailto:dbuller@itctel.com">dbuller@itctel.com</a></td>
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<td>Hoffman</td>
<td>Q</td>
<td>Wed</td>
<td>5pm–7pm</td>
<td>early Jun to late Sept</td>
<td>Hoffman City Park</td>
<td>Muriel Krusemark (320) 986-2448, <a href="mailto:HEDA@runestone.net">HEDA@runestone.net</a></td>
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<td>Hutchinson</td>
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<td>Wed</td>
<td>3pm–6pm</td>
<td>Jun–Oct</td>
<td>VFW Parking Lot–8 Adams St SE</td>
<td>Hutchinson EDA (320) 234-5652</td>
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<td>Ivanhoe (Lincoln County)</td>
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<td>Wed</td>
<td>3pm–5pm</td>
<td>Jul–Sep</td>
<td>Gilson Field Shelter</td>
<td>Linda Buller 507-275-3089, <a href="mailto:dlbuller@itcel.com">dlbuller@itcel.com</a></td>
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<tr>
<td>Litchfield</td>
<td>T</td>
<td>Tues</td>
<td>Contact us for times</td>
<td>May–Oct</td>
<td>Central Park in downtown Litchfield</td>
<td>Pam Bagley (320) 693-5375 <a href="mailto:pambagley@cc.meeker.mn.us">pambagley@cc.meeker.mn.us</a> <a href="http://www.facebook.com/">www.facebook.com/</a> litchfieldfarmersmarket</td>
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<td>Luverne</td>
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<td>Thurs</td>
<td>4pm–7pm</td>
<td>Jun–Oct</td>
<td>Redbird Field</td>
<td>Corrine Bonnema (507) 920-3802 <a href="mailto:luvernefarmersmarket@gmail.com">luvernefarmersmarket@gmail.com</a></td>
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<td>Madison</td>
<td>V</td>
<td>Tues</td>
<td>8:30am–12pm</td>
<td>mid-Jun–2nd week of Oct</td>
<td>Hwy 40 East and 1st St Shelter House by water treatment plant</td>
<td>Gloria Kerkaert (320) 769-4608 <a href="mailto:kerka004@umn.edu">kerka004@umn.edu</a></td>
</tr>
<tr>
<td>Marshall</td>
<td>W</td>
<td>Sat</td>
<td>7:30am–12pm</td>
<td>mid-Jul–Oct</td>
<td>100th Block of west College Dr (first block off Main Street across street from Schwan’s corporate office)</td>
<td>John C. Blake (507) 423-6402</td>
</tr>
<tr>
<td>Montevideo</td>
<td>X</td>
<td>Thurs</td>
<td>3:30pm–6:30pm</td>
<td>Jun–Oct</td>
<td>Smith Park (Canton 8 Parkway Drive–across from City Hall)</td>
<td>Pauline Stranlund (320) 841-1234 <a href="mailto:countrigirl.stranlund0@gmail.com">countrigirl.stranlund0@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat</td>
<td>8am–1pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Morris</td>
<td>Y</td>
<td>Mon</td>
<td>3pm–6pm</td>
<td>mid Jun–late Sep</td>
<td>Colorado &amp; 7th St</td>
<td>Paula Feutchenberger (320) 349-0201, manager@ morrisareafarmersmarket.com</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Thurs</td>
<td>3pm–6pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Morton</td>
<td>Z</td>
<td>Fri</td>
<td>9am–3pm</td>
<td>mid-Jun–Fall</td>
<td>City parking lot (downtown Morton on Hwy 19)</td>
<td>Renville County HRA/EDA <a href="http://www.renville.com">www.renville.com</a></td>
</tr>
<tr>
<td>Olivia</td>
<td>AA</td>
<td>Thurs</td>
<td>2pm–6pm</td>
<td>Jul 11–Fall</td>
<td>City parking lot at 9th St &amp; Fairview</td>
<td>Renville County HRA/EDA <a href="http://www.renville.com">www.renville.com</a></td>
</tr>
<tr>
<td>Ortonville (Big Stone Lake)</td>
<td>AB</td>
<td>Sat</td>
<td>8am–11am</td>
<td>May–Oct</td>
<td>Lakeside Park</td>
<td>Jan Eifealdt (320) 305-0652 <a href="mailto:janeifealdt@bigstonelake.net">janeifealdt@bigstonelake.net</a> bigstonelakefarmers market.wordpress.com/</td>
</tr>
<tr>
<td>Paynesville</td>
<td>AC</td>
<td>Sat</td>
<td>8am–12pm</td>
<td>mid-May to mid-Oct</td>
<td>Downtown (corner of Augusta Ave &amp; James St)</td>
<td>Richard Geers (320) 243-1675, <a href="mailto:dadgeers@yahoo.com">dadgeers@yahoo.com</a></td>
</tr>
<tr>
<td>Redwood Falls</td>
<td>AD</td>
<td>Tues</td>
<td>2pm–5:30pm</td>
<td>mid-Jul–Fall</td>
<td>2nd St 8 Washington St (downtown)</td>
<td>Mike Roach, (507) 627-3124 <a href="mailto:redwoodfarmersmarket@hotmail.com">redwoodfarmersmarket@hotmail.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat</td>
<td>9am–12pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sauk Centre</td>
<td>AE</td>
<td>Thurs</td>
<td>3pm–6pm</td>
<td>mid-Jun–Oct</td>
<td>Westside Liquor Parking Lot</td>
<td>Alice Karaks (320) 351-8583</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat</td>
<td>8am–2pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheaton</td>
<td>AF</td>
<td>Thurs</td>
<td>5pm–7pm</td>
<td>mid-Jun to mid-Sep</td>
<td>Traverse County Fairgrounds (Hwy 75)</td>
<td>Roxy Fischer <a href="mailto:roxyshg@gmail.com">roxyshg@gmail.com</a></td>
</tr>
<tr>
<td>Willmar Becker Market</td>
<td>AG</td>
<td>Thurs</td>
<td>2pm–5pm</td>
<td>Jun–Sep</td>
<td>Becker Ave between 4th &amp; 9th Sts</td>
<td>Nancy Johnson &amp; Beverly Dougherty (320) 235-5978 willmardesigncenter.com</td>
</tr>
<tr>
<td>Willmar</td>
<td>AH</td>
<td>Sat</td>
<td>6:30am–12pm</td>
<td>Jul–Oct (15 weeks)</td>
<td>Westside Liquor Store (parking lot)–1600 Hwy 12 East</td>
<td>Miriam VandeSteeg (320) 235-4847</td>
</tr>
</tbody>
</table>

FARMERS MARKETS

www.prideoftheprairie.org | Pride of the Prairie
North Area
Becker, Clay, Otter Tail, Todd & Wilken Counties

Becker County

Gottenborg Apple Orchard (1)
David Gottenborg
South Audubon Lake Rd
Audubon, MN 56511
(218) 863-2134
got2134@loretel.net

We are a 1500-tree apple orchard in west central Minnesota, featuring University of Minnesota varieties. Find us at the corner of US Hwy 10 and Co Rd 11 in Audubon. We also sell at area farmers’ markets and to local restaurants.

Gulseth Farms (2)
Ken Gulseth
24427 260th St
Detroit Lakes, MN 56501
(218) 850-1347
kengulseth@aruig.net

On my farm, I use a variety of production practices that conserve the soil, preserve water quality, protect wildlife, conserve on-farm energy use along with using integrated pest management techniques. I sell from the farm, at area farmers’ markets, to restaurants and institutions.

Lakeview Greenhouses (3)
John Skarie & Don Skarie
25793 Co Rd 149
Detroit Lakes, MN 56501
(218) 847-8163
lakeviewg@msn.com

Our farm raises hydroponic tomatoes and produces Pam’s salsa. We sell our products in local stores and at the Lakes Area Farmers’ Market in Detroit Lakes. We also sell wholesale.

Maple Hills Orchard, LLC (4)
Gary & Jonna Goreham
29355 130th St
Frazee, MN 56544
(218) 844-5445
maplehillsorchard@hotmail.com
www.maplehillsorchard.com

We feature Minnesota’s favorite apples and orchard honey, along with a wide variety of pick-your-own (PYO) pumpkins, fall raspberries and mums. Come spend a fall day at Maple Hills Orchard! We are open during apple season Sat 10am–6pm and Sun 11am–6pm.

Otter Tail County

Boyum Farms (6)
Pat Crepps
16926 State Hwy 78
Battle Lake, MN 56515
(218) 864-5104
boyumfarms@gmail.com
www.facebook.com/boyumfarms

We provide naturally raised produce and pastured, GMO-free poultry and meat in a manner that sustains both our community and our planet. We sell from the farm, at area farmers’ markets, to local retailers and to restaurants.

Forget-Me-Not Flower Farm (7)
Kendra Ferencak
1221 N Union (Store)
29368 Riverview Rd (Farm)
Fergus Falls, MN 56537
(218) 736-5216
kferencak@yahoo.com
www.forgetmenotflowerfarm.com

I grow flowers and plants available for summer weddings, at area farmers’ markets, through a 14-week CSA bouquet subscription program and at a seasonal retail store in Fergus Falls.

Clay County

Hugh’s Gardens (5)
Hugh Dufner
1701 3rd St S
Moorhead, MN 56501
(218) 291-1000 or (218) 456-2143
hdufner@aol.com
www.hughsgardens.com

Hugh’s Gardens is a potato washing, packing and shipping operation, marketing organically grown red, yellow, and russet potatoes grown in the Red River Valley of ND and MN from Sept 1–July 1, as well as other seasonal vegetables. We sell online, through retailers, to institutions and wholesale. We also offer home delivery.

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Fergus Falls, MN 56537
(218) 736-5216
kferencak@yahoo.com
www.forgetmenotflowerfarm.com

I grow flowers and plants available for summer weddings, at area farmers’ markets, through a 14-week CSA bouquet subscription program and at a seasonal retail store in Fergus Falls.
Gardens Gourmet (8)
- Diane & Chuck Webb
- 23750 State Hwy 29
- Henning, MN 56551
- (218) 640-FARM (3276)
- diane@gardensgourmet.com
- www.gardensgourmet.com

We grow naturally—and naturally good—berries, herbs and vegetables, which means we do not use any chemicals. Our on-farm country store is open Sun–Fri 8am–8pm, and we have u-pick berries in season. You can find us at the Wadena Farmers’ Market, and we also sell to restaurants and institutions.

Lida Farm (9)
- Ryan & Maree Pesch
- 44593 275th Ave
- Pelican Rapids, MN 56572
- (218) 342-2619
- lidafarmer@gmail.com
- www.lidafarm.com

Our diversified family operation raises chemical-free produce available through CSA delivery, an on-farm roadside stand, or at the Lakes Area Farmers’ Market in Detroit Lakes on Saturdays. We also sell to restaurants and institutions, and offer home delivery.

Paradox Farm (10)
- Sue Wika & Tom Prieve
- 11643 State Hwy 78
- Ashby, MN 56309
- (218) 747-2202
- paradoxhomestead@gmail.com

Paradox Farm is a forage-based permaculture farm featuring integrated livestock systems. Contact us for dairy and meat goats, sheep and pastured eggs.

Terry Prairie (11)
- Karen Terry
- 26156 Brekke Lake Rd
- Fergus Falls, MN 56537
- (218) 770-9301
- kerry@umn.edu

I raise free-range egg laying chickens in the Fergus Falls/Underwood/Ottertail area. Customers can pick up eggs year-round at the farm, or I can deliver to nearby locations. I also sell at farmers’ markets, to retailers, restaurants and institutions.

Stonebridge Beef (13)
- Mike Stine
- 26668 290th St
- Long Prairie, MN 56347
- (320) 594-0031
- mike@stonebridgebeef.com
- www.stonebridgebeef.com

We raise hormone- and chemical-free “prairie-fed” beef. We call it “prairie-fed” because our cattle spend their entire lives on the rich prairie pastures.

Todd County

Leatherwood Vinegary (12)
- Ron & Nancy Leasman
- 20395 Co 86
- Long Prairie, MN 56347
- (320) 732-2879
- leatherwood@wisper.wireless.com
- www.leatherwoodvinegary.com

We make fruit wines and convert them to artisan vinegars including herb-infused varieties. Private wine classes and supplies are available as well. We sell online through www.leatherwoodvinegary.com, and also to restaurants and wholesalers. You can find our vinegars at a variety of retailers in west central Minnesota and in Minneapolis/St. Paul. In the future, we would like to partner with CSAs to include vinegar with deliveries.

Wilkin County

Garden on the Hill (14)
- Les & Shirley Ament
- 501 1st St
- Wollerton, MN 56594
- (701) 412-1659
- ament_1@hotmail.com

We produce fresh, homegrown vegetables. Come pick from our garden or visit our stand at the Detroit Lakes Farmers’ Market on Saturdays.
West Central Area
Big Stone, Douglas, Grant, Pope, Stevens & Swift Counties

Big Stone County

Big Stone Apple Ranch (15)

- Bette Johnson & Nick VanLith
- Address: 35445 State Hwy 7, Clinton, MN 56225
- Phone: (320) 305-1254
- Email: bette@bigstonelake.net
- CSA: Yes

We grow and sell seven varieties of Minnesota apples. During the apple season, we are open seven days a week from 10am–6pm. We also sell apples through a CSA, at area farmers’ markets, and to local retailers, restaurants and institutions.

Jorgenson Family Farm (16)

- Mike Jorgenson & Kathy Draeger
- Address: 33626 660th Ave, Clinton, MN 56225
- Phone: (320) 273-2437
- Email: draeg001@umn.edu
- CSA: Yes

We produce eggs, free-range chickens and grass-fed beef using wind energy and organic practices. Our farm includes restored prairie habitat and wetlands. We sell our farm products at area farmers’ markets, local retailers and from the farm (call for availability). We also offer home delivery.

Lismore Garden Center (17)

- Brian Tschetter
- Address: 80391 330th St, Clinton, MN 56225
- Phone: (320) 305-2437
- Email: draeg001@umn.edu
- CSA: No

Our large garden produces a huge variety of fresh homegrown produce with your health in mind. A scenic drive along beautiful Big Stone Lake will bring you to our on-farm store. We sell lettuce, radishes, sweet corn, tomatoes, cucumbers, potatoes, homemade jams, pickles, pickled beets, honey, pies and more. Fall items include pumpkins, squash, gourds and melons. We also sell at area farmers’ markets. We are located 13 miles NW of Ortonville. Call for orders or directions. Open daily 8am–8pm and Sun 3pm–5pm, in season. Call for winter hours.

Douglas County

Berry Ridge Farm (18)

- Ron Branch
- Address: 1301 Firemans Lodge Rd SW, Alexandria, MN 56308
- Phone: (320) 763-6893
- Email: berries@rea-alp.com

We grow blueberries, raspberries, strawberries, green beans, peas, cucumbers, tomatoes, peppers, squash and other assorted vegetables. You can find us at the Alexandria Farmers’ Market or call for produce availability.

Carls Creek Winery (19)

- Tami Breeden
- Address: 6693 Co Rd 34 NW, Alexandria, MN 56308
- Phone: (320) 846-5443
- Email: tami@carloscreekwinery.com

We produce, sample and sell Minnesota wine. We are home to one of the largest vineyards and apple orchards in Minnesota. Tours are available at 1pm and 3pm daily, plus 5pm on Sat. Sample the fine wines produced right at the winery. Feel free to walk around the grounds and tour the U.S.’s largest permanent maze and the wine cave. Enjoy live music every weekend, and our annual Grape Stomp and Fall Festival held the third weekend in September each year.

Fruitful Seasons Dairy (20)

- Marv & Kathy Hoffman
- Address: 7917 Co Rd 4 W SW, Alexandria, MN 56308
- Phone: (320) 305-2589
- Email: mail@fruitfulseasonsdairy.com

We are a small family farm that produces artisan cheeses aged for 2–10 months. Our 100% grass-fed jersey cows are milked seasonally. For an introduction to our farm, visit: www.fruitfulseasonsdairy.com. You can buy our cheese online, from the farm, at area farmers’ markets, or wholesale.

Ploughshare Farm (21)

- Address: 6653 Harvest Place NW, Parkers Prairie, MN 56261
- Phone: (320) 304-0918
- Email: organicploughshare@gmail.com

Named the 2012 Outstanding Farmer of the Year by Minnesota Jaycees; in 2011 featured in Lynne Rossetto Kasper’s “The Splendid Table”; and recipient of the 2009 Farm/Farmer Hero of the Year award by Edible Twin Cities magazine.

Seppanen’s Organic Farm (22)

- Irene Seppanen
- Address: 1860 Englund Rd SW, Alexandria, MN 56308
- Phone: (320) 763-7736

We grow and sell fresh-picked fruits and vegetables including salad greens, peas, and beans. We also offer sauerkraut and pickles. Our produce is available from June to November. Our farm store is 6 miles west of Alexandria off Hwy 27. You can also find us at the Alexandria Farmers’ Market.

Grant County

Lakeside Prairie Farm, LLC (23)

- Bryan Simon & Ryan Heinen
- Address: 20503 180th Ave, Barrett, MN 56601
- Phone: (320) 492-2526
- Email: lakesideprairiefarm@gmail.com

We are a sustainable, two-family meat and vegetable farm. We specialize in grass-fed beef, pastured chicken and eggs, a variety of vegetables, oats and native plant seed. Our farming practices focus on the health of the land and people. We are currently transitioning towards organic certification and use no chemical pesticides or fertilizers. We are pleased to provide quality, healthy food for the people in our local communities through area farmers’ markets’ (Alexandria, Ashby, Barrett and Hoffman) and direct from the farm. Contact us for more information.

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**Prairie Horizons Farm**

**Premium grassfed beef from certified organic pastures**

*Cut to order, direct from us to you!*

Luverne & Mary Jo Forbord 320-239-4054 horizons@hcinet.net
Also at Kadejan Market, Glenwood & Pomme de Terre Co-op, Morris

---

**Pope County**

**Prairie Horizons Farm (24)**

Luverne & Mary Jo Forbord
29731 302 St
Starbuck, MN 56381
(320) 239-4054
horizons@hcinet.net
www.localfoods.umn.edu/prairiehorizons

Prairie Horizons Farm is located in the heart of the picturesque and diverse rolling glacial moraine of western Minnesota. We rotationally graze a special breed of grass-loving black Angus cattle on certified organic pastures and native prairie.

**Stevens County**

**American Farm and Garden (25)**

Terry Lebens
379 7th St.
Hancock, MN 56244
(320) 392-1742

We grow apples, beets, cabbage, carrots, eggplant, gourds, green beans, onions, peppers, potatoes, pumpkins, radishes, rhubarb, squash, sweet corn, tomatoes, turnips, zucchini and other vegetables. We sell to individuals, retailers and restaurants. Our produce is also available at the Morris Farmers’ Market, on farm by chance or we can deliver. Call for availability.

**Freshmeister Foods (26)**

Audrey Lesmeister
4583 150th St
Morris, MN 56267
(320) 287-2916
rasmu326@morris.umn.edu

We provide a full selection of heirloom vegetables and more. We do not use chemicals or pesticides in our gardening practices. Our future goal is organic certification. We are a year round grower using a greenhouse, high-tunnel and open field plots. We also bake wheat and flax breads from locally grown seed. Our greenhouse utilizes passive solar and geothermal heat to minimize our carbon footprint. Our goal is to make fresh, local and healthy food available while maintaining sustainable growing practices. We are located 8 miles north of Morris on Hwy 59. Call for availability. We also sell at the Morris Farmers’ Market.

**Swift County**

**Dorothy Rosemeier Enterprises (27)**

Dorothy Rosemeier
680 80th Ave SE
DeGraff, MN 56271
(320) 760-3735
tdrosemeier@willmarnet.com

I produce home preserved pickles, jams and jellies from my home garden. I also bake artisan breads using fresh, organic ingredients. I sell these at the Morris Farmers’ Market on Thursdays throughout the summer.

**Honey & Herbs (28)**

Marcia Neely
155 60th St NW
Benson, MN 56215
(320) 843-3363
marciagarden@yahoo.com
www.101herbsbook.com

Honey & Herbs is a country business featuring: raw honey; chemical-free apples, herbs and vegetables in season; handmade bar and liquid soap; and beeswax candles. We sell from our farm by chance, appointment or self-service. Also find us at area farmers’ markets. We sell to individuals, institutions, retailers and restaurants.

---

**American Farm & Garden**

Terry Lebens
Hancock, MN 520-392-1742

offering:
- Apples
- Squash
- Pumpkins
- Gourds
- Plus other produce

Call and see what’s available!
Central Area
Chippewa, Kandiyohi, Lac qui Parle, Meeker & Yellow Medicine Counties

Chippewa County

Double D Natural Meats (29)

Dan Struxness & Don Struxness
14015 Hwy 40 NW
Milan, MN 56262
(320) 734-4877
dbstruxness@fedteldirect.net

We sell frozen beef quarters and individual packages that are available year round. Our grass-finished beef is naturally fed with no added hormones, implants or antibiotics. We sell direct from the farm—please call ahead. We also sell to institutions and wholesale.

Moonstone Farm (33)

Audrey Arner & Richard Handeen
9060 40th St SW
Montevideo, MN 56265
(320) 269-8971
www.moonstonefarm.net

Visit our farm shop for grass-fed meats, cheeses, honey and more from Moonstone and other producers. Our farm stay and pottery add to our perennial polyculture. Our farm products are also sold at farmers’ markets, retailers and restaurants.

Pastures A’ Plenty (34)

Joshua & Cynthia VanDerPol
Jim & LeeAnn VanDerPol
4077 110th Ave NE
Kerkhoven, MN 56252
(320) 367-2061
shop@pasturesaplenty.com
www.pasturesaplenty.com

Our products include: humanely raised Duroc/Berkshire/Hereford cross pork, grass-fed beef, chickens and eggs. Our animals are rotationally grazed on grass pastures. Winter farrowing occurs on deep straw beds in an airy new barn. You can find our farm products in grocery stores, co-ops, and restaurants, and at our on-farm store. Deliveries are available by arrangement. Our farm is Food Alliance Certified.

PK Stranlund Farm (35)

Pauline Stranlund
170 40th St SW
Montevideo, MN 56265
(320) 841-1234
country_girlz@hotmail.com

I have a 10 acre hobby farm where I grow a variety of vegetables. I sell produce, jams, jellies, baked goods, crocheted dish clothes, hats and other craft items. Find me at the Montevideo Farmers Market (Thu 3:30pm—6:30pm and Sat 8am—1pm) and the Hanley Falls Farm Museum (Wed 9am—2pm). I also do on-farm sales—call for availability.

Easy Bean Farm (30)

Mike Jacobs & Malena Handeen
5075 100th Ave NW
Milan, MN 56262
(320) 793-6675
easybeanfarm@fedtel.net
www.easybeanfarm.com

Community supported since 1996, we offer shares delivered to Montevideo, Milan, Morris, Ortonville, Minnetonka, Minneapolis and St. Paul. We raise a wide range of delicious organically grown vegetables.

Hinterland Vineyards (31)

Ronald & Karin Koenen
Aric & Afton Koenen, Ethan Koenen
3060 120th Ave SE
Clara City, MN 56222
(320) 847-3060
hinterland@hcinet.net
www.hinterlandvineyards.com

We produce and sell wines from Minnesota grown grapes, the majority of which come from our vineyard. You can find our wines at our on-farm store and tasting room, and at area liquor stores.

Moon Creek Ranch (32)

Patty & John Hahn
9030 Co Rd 15 SW
Montevideo, MN 56265
(320) 269-5957
mooncreek@mvtvwireless.com
www.mooncreekranch.com

Our Black Angus beef is home-raised on grass and finished on corn at our Minnesota River ranch. We are Beef Quality Assurance certified and USDA inspected. We have all cuts and quarters of the most delicious and healthful beef you will ever taste. This is not a hobby for us; this is our life. Find us at the farmers’ market, local retailers and restaurants. We also sell through our website and from the farm. Call us—we deliver. We also can sell to institutions and wholesale.

Swenson Orchards (36)

Dave & Avis Swenson
145 60th Ave SW
Montevideo, MN 56265
(320) 269-7838
www.prairiefare.com

We raise apples, summer and fall raspberries, plums, pumpkins, ornamental corn and gourds. We have jams, salsas, syrups, dressings, honey, cider, soy lotions and candles.

Kandiyohi County

C + S Gardens & Catering (37)

Chuck & Sandy Roelofs
PO Box 1722
Willmar, MN 56201
(320) 212-4981
chuckroelofs@gmail.com

We grow heirloom produce, bake artisan breads and cater to the demand for odd and unusual types of produce. Look for “C + S Gardens & Catering” on Facebook. We sell at area farmers’ markets, direct from the farm, online, and to restaurants, retailers and institutions. We also offer home delivery.

Explore the Upper Minnesota River Valley
Canoes & Kayaks available—for more info call: toll-free 1-877-269-2873

Clean Up the River Environment
117 South First Street
Montevideo, MN 56265
320-269-2984
www.cureriver.org
Lac qui Parle County

A-Frame Farm (38)

| | | | Carmen Fernholz
2484 Hwy 40
Madison, MN 56256
(320) 589-3010
fernholz001@gmail.com

We sell cleaned and bagged grains, including: golden flax, wheat berries, hulled barley, pearl barley and yellow corn. We sell to individuals, retailers, restaurants and institutions. Please call for availability.

The Coyote Grange (39)

| | | | Brad & Kristi Fernholz
3476 271st Ave
Appleton, MN 56208
(320) 752-4462
coyotegrange@farmerstel.net

We raise strawberries, carrots and pork. You can purchase strawberries in season through u-pick. We sell to individuals and wholesale.

Earthrise Farm (40)

| | | Kay & Annette Fernholz, SSND
2580 250th St
Madison, MN 56256
(320) 752-4700
erfarm@hotmail.com
www.earthrisefarm.org

We raise potatoes, carrots, beets and beans for school lunch programs. We welcome sales from our farm stand of available vegetables, including: tomatoes, carrots, beets, cucumbers, green beans, onions, squash and pumpkins. We also have omega-3 eggs and fresh frozen chicken for sale. It is helpful if you call ahead of time so we can assure you that what you wish to purchase is available.

Kalliroe (41)

| | | | | Paul Wymar & Amy Bacigalupo
3825 220th St
Montevideo, MN 56265
(320) 269-6176
kalliroe.farm@gmail.com

Kalliroe is a beautiful farm where we raise pigs and apples. Our pigs are raised in an environment that keeps them happy and healthy. They grow up on pasture where they have a choice of pasture feeds free of antibiotics and hormones. To supplement our pigs’ diet, they are fed local grain feeds and apples from our orchard. We sell hogs (wholes and halves). Organic apples, in wholesale and limited quantities, are available through a CSA. Chickens and individual cuts of pork are available at Moonstone’s farm shop.

Sunrise View Farms (42)

| | | Jan Eifealdt
3179 221st Ave
Bellingham, MN 56212
(320) 305-0652
janeifealdt@bigstonelake.net
Sunrise View Farms of Bellingham/Ortonville employs organic-approved practices. We raise and sell vegetables in season at area farmers’ markets and on-farm Mon–Thurs. Fri. We also sell to restaurants, retailers and would like to work with more institutions.

Meeker County

The Lamb Shoppe (43)

| | | | Connie Karstens & Doug Rathke
61231 MN Hwy 7
Hutchinson, MN 55350
(320) 587-6094
lambshop@hutchtel.net
www.ourfarmtouyou.com
www.healthbyconnie.com

We offer grass-fed meats, including: lamb, beef, chicken, free-range eggs and turkeys. We sell products such as honey, maple syrup, organic foods, seasonal produce and herbs. We also provide wellness consultations, classes, and workshops. We sell to individuals, institutions, restaurants and retailers, and we have an on-farm store.

Yellow Medicine County

Laechelt Farms LLC (45)

| | | | | Mark & Natalie Laechelt
2622 360th St
Boyd, MN 56218
(320) 855-2556
laechelfarms@mvtwireless.com
www.laechelfarms.com

From asparagus to zucchini, we grow it all using organic methods! Our country store is now open—we welcome everyone to experience how your food is grown. We sell through our CSA, direct from the farm, at area farmers’ markets, to retailers and to institutions.
South Area
Pipestone, Redwood & Renville Counties

N & J Walter’s Inc. (49)

| | CSA
Nic Walters
37556 Co Hwy 16
Clements, MN 56224
(507) 828-5489
NicWalter@MyClearWave.Net

I am a concerned producer of wholesome, naturally grown produce. I have over 80 varieties of produce grown using all organic seeds, fertilizers and pest control. I sell through a CSA, u-pick, direct from the farm, at area farmers’ markets, to local retailers and to institutions. I also offer home delivery.

Northern Lights Lamb Co. (50)

Scott Dingels & Pam Dingels
25212 Liberty Ave
Redwood Falls, MN 55283
(507) 430-0032 or (507) 430-0031
sdingels@hotmail.com
www.northernlightslamb.com

We sell fresh, home-raised, hand-fed, premium quality natural lamb meat. Our family strives to bring you the highest quality healthy and delicious lamb. We sell online at www.northernlightslamb.com, on-farm and at farmers’ markets. We are also interested in selling to stores, restaurants, institutions and wholesale.

Omega Maiden Oils (51)

Kathleen Batalden Smith
37574 Co Rd 11
Lamberton, MN 56152
(507) 822-6100
Kathleen@OmegaMaidenOils.com
www.OmegaMaidenOils.com

We proudly grow and sell camelina oil—a nutritious, nutty flavored oil ideal for salads, cooking, baking and sautéing. Learn more at www.OmegaMaidenOils.com. We sell through our website, to retailers, restaurants, institutions and wholesale. We also offer home delivery.

Lundstrum’s Vegetables (53)

Pam & Lyle Lundstrum
88794 420th St
Bird Island, MN 55310
(320) 365-4174
plundstrum@gmail.com

We produce fresh fruits, vegetables, and range-fed chickens—available at local farmers’ markets and off the farm. CSA orders are also available. Additionally, we sell to restaurants, retailers and institutions.

Ron’s Veggies & Cacti (54)

Ron Hanson
86750 150th St
Sacred Heart, MN 56285
(320) 765-2379

I raise onions using organic practices (available for sale in the fall/winter). I also have many cacti that are available year round. Please call before coming.

Pipestone County

Prairie’s Past (46)

Lisa Smith
406 US Hwy 75
Pipestone, MN 56164
(507) 825-3845 or (507) 215-5703
lisasmith@nobleswildblue.com

We have a small-scale market garden offering a large variety of produce May–Oct. We also have a newly added winter greenhouse that produces salad greens Dec–April. We sell at area farmers’ markets, from the farm and to institutions, along with offering home delivery.

Redwood County

Holmberg Orchard (47)

Sindie Holmberg
12697 325th St
Vesta, MN 56292
(507) 762-3131
sindie@holmbergorchard.com
www.holmbergorchard.com

We grow fresh apples including Honeycrisp, Haralson and Sweet Tango. During apple season, we offer wagon rides to pick-your-own (PYO) pumpkins and squash, weekend activities, a lunch stand, rich gooey caramel apples, apple pies and apple crisp. Open Sept and Oct 10am–6pm daily. We also sell apples through area retailers, institutions and wholesale.

Merry Weather Gardens (48)

Sunny Ruthchild
14888 Bunker Ave
Walnut Grove, MN 56180
(507) 629-8276
sruthchild@redred.com

I raise perennial food bearing plants, including: apples, berries, garlic, asparagus and artichokes. Water is harvested for irrigation. I use organic and sustainable practices with no toxic synthetic products. I sell from the farm, at area farmers’ markets and at the Minnesota Garlic Festival.

Renville County

Birch Coulee Creek Farm (52)

Chris & Steve Hettig
69343 360th St
Morton, MN 56270
(320) 894–6121
chris.hettig@yahoo.com

A sustainable farm nestled on Birch Coulee Creek, we raise chickens, eggs and vegetables, and produce jams and canned goods. We sell from the farm and at local farmers’ markets.

Moonstone Farm Shoppe featuring Local Foods & Handeen Pottery

A perennial polyculture on the bluffland of the Upper Minnesota River Valley

Open often and by appointment.
9060 40th Street SW
Montevideo, MN 56265
320.269.8971
moonstone@mvtviiwireless.com

WWW.MOONSTONEFARM.NET
Bakeries & Small Processors

Breadsmith (55)
Rob Roberts
1617 32nd Ave S
Fargo, ND 58103
(701) 478-8000
breadsmith@ideaone.net
www.breadsmith.com

We are an artisan bread bakery that specializes in hard crust European and soft American varieties. We also offer daily cookies, scones, coffee cake, and more.

**HOURS:** Mon–Fri 7am–7pm, Sat 7am–4pm, Sun closed.

Falls Baking Company (56)
Traci Kromenaker
1217 N Union Ave
Fergus Falls, MN 56537
(218) 739-0888
fallsbaking@hotmail.com
www.fallsbaking.com

The bread at Falls Baking Company is made from scratch with organic artisan bread flour. Our flour comes from mills in MN and ND.

**HOURS:** Wed–Sat 11am–6:30pm.

Hugh’s Gardens (5)
See page X.

Omega Maiden Oils (51)
See page X.

Florist

Forget-Me-Not Flower Farm (7)
See page X.

Groceries & Food Co-ops

A Clean Plate Local & Organic Grocery (57)
Wayne Isaacson
13 Birch Ave SE  (PO Box 87)
Menahga, MN 56464
(218) 564-1010
wayne_isaacson@hotmail.com
www.acleanplategrocery.com

We sell local and organic produce, local eggs, local pork and grass-fed beef, along with dairy, frozen and grocery items.

**Community-Owned Grocery (COG) (58)**
Kristin Anderson-Rosetti
PO Box 287
Willmar, MN 56201
(320) 441-9360
kristin@willmarcog.com
www.willmarcog.com

COG is a full-service grocery dishing up local foods in a community atmosphere. Right now the co-op is a vision that is built on the membership of your friends, your neighbors and you.

The Granary Food Co-op (59)
Rebecca Terk, Bette Johnson, Peg Dalvge
47 2nd St NW
Ortonville, MN 56278
(320) 839-6204
granarycoop@gmail.com

Serving community since 1979, the Granary specializes in bulk, organic and special diet needs. We carry a wide variety of local and regionally produced foods.

Kadejan Market (60)
Weston Gienger
500 12th St NE  (Mail: PO Box 311)
Glenwood, MN 56334
(320) 634-3561
weston@kadejan.com
www.kadejan.com

Grocery items include our own naturally grown chicken, organic produce, and a selection of local and natural foods.

**HOURS:** Tue–Fri 10am–6pm, Sat 9am–12pm.

The Lamb Shoppe (43)
See page X.

Litchfield Natural Food Co-op (61)
Holly Schultz-Anderson
230 N Sibley Ave
Litchfield, MN 55355
(320) 693-7539
nfm@hutchtel.net
www.litchfoodcoop.com

We sell a variety of local foods, including: organic flaxseed, raw honey, eggs, frozen meat (beef, buffalo and pork), cheese, jam and produce (seasonal), just to name a few!

Meadow Farm Foods (62)
Joan Kohan
23064 Co Hwy 1
Fergus Falls, MN 56537
(218) 739-4585
joankohan@hotmail.com
www.meadowfarmfoods.com

Meadow Farm Foods offers a complete selection of quality natural foods that includes many organic products, with an emphasis on promoting foods from local sources.

Pomme de Terre Food Co-op (63)
Audrey Lesmeister
613 Atlantic Ave
Morris, MN 56267
(320) 589-4332
pdtfoodsmanager@gmail.com
www.pdtfoods.com

Pomme de Terre Food Co-op is volunteer run, with local foods including: meat, dairy, produce, bread, honey and wild rice. We also offer organic and fair trade foods, bulk grains and flours, spices, specialty cheeses, ethnic foods, gluten-free and vegetarian foods.

**HOURS:** Mon–Fri 9am–6pm, Sat 10am–4pm, and Sun 12pm–4pm (excluding holidays).

Restaurants & Caterers

C + S Gardens (37)
See page X.

Cafe 116 (64)
Greg Stumbo, Jennifer Davis
116 S Union Ave
Fergus Falls, MN 56537
(218) 998-3780
jdavis@cafe116.com
www.cafe116.com
Cafe 116 serves made-from-scratch foods and handcrafted coffee drinks. We use local produce, dry goods, eggs and coffee beans roasted on the premises. **HOURS:** Mon–Sat 7am–4pm and Sun 8am–4pm.

**Common Cup (65)**
Rose Wagner (Manager)
501 Atlantic Ave
Morris, MN 56267
(320) 589-1200

The Common Cup Coffeehouse is a charitable Christian coffeehouse that welcomes all and connects communities. We use locally grown produce as much as possible, and we offer delicious fair trade coffees.

**Moon Creek Ranch (32)**
See page X.

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**Organizations**

**Benson Area Chamber of Commerce**
Mary Beth Thayer, Chamber Manager
1228 Atlantic Ave
Benson, MN 56215
(320) 843-3618
bensonchamber@embarqmail.com
www.bensonareachamber.com
www.visitbensonmn.com

**Clean Up the River Environment (CURE)**
Dixie Tilden
117 S 1st St
Montevideo, MN 56265
(320) 269-2984
dixie@cureriver.org
www.cureriver.org

**Countryside Public Health**
Natasha Haukos
342 2nd St NW
Ortonville, MN 56278
(320) 839-6135
natasha@countryside.co.swift.mn.us
www.countrysidepublichealth.org

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**Solar’s Real Food Kitchen—Café (66)**
Steve & Deanne Bryce
623 W Rock St
Springfield, MN 56087
(507) 723-9141
www.solarsrealfood.com

Our mission is to assist people to learn about healthful foods, teach them to cook using specific skills and cuisines, and to provide products made in a real kitchen using whole food ingredients for the times a person must eat on the run.

**HOURS:** Sat and Sun 8am–9pm, Tue–Fri 11am–9pm.

**Lac qui Parle County Economic Development Authority**
Pam Lehmann
600 6th St, Suite 10
Madison, MN 56256
(320) 589-7976
eda@lqpcdo.com
www.lqpeda.com

**Land Stewardship Project**
Terry VanDerPol
301 State Road, Suite 2
Montevideo, MN 56265
(320) 269-2105
tlvdp@landstewardshipproject.org
www.landstewardshipproject.org

**Morris Healthy Eating**
Mary Jo Forbord
600 E 4th St
Morris, MN 56267
(320) 589-6075
forbordm@morris.umn.edu
www.morris.umn.edu/healthyeating

**PartnerSHIP 4 Health**
Gina Nolte
715 11th St N, Suite 303
Moorhead, MN 56560
(218) 299-7185
gina.nolte@co.clay.mn.us
www.partnership4health.org

**Renville County HRA/EDA**
Susie Lang
500 E DePue Ave
Olivia, MN 56277
(320) 523-3656
hre_eda@mail.renville.com
www.renville.com

**Southwest Health and Human Services**
Carol Biren
607 W Main St
Marshall, MN 56258
(507) 532-4136
carol.biren@swmhhs.com
www.swmhhs.com

**Swift County Rural Development Authority**
Jennifer Frost, Executive Director
301 14th St N (PO Box 288)
Benson, MN 56215
rda@co.swift.mn.us
www.swiftcountyrd.com

**University of Minnesota, Morris**
Sandy Olson-Loy
600 E 4th St
Morris, MN 56267
(320) 589-6013
olsonloy@morris.umn.edu
www.morris.umn.edu/sustainability

**University of Minnesota Southwest Regional Sustainable Development Partnership**
David Fluegel, Executive Director
University of Minnesota Extension Regional Office-Morris
46352 State Hwy 329
Morris, MN 56267
(320) 589-1711
fluegel@umn.edu
www.rsdp.umn.edu/westcentralandsouthwest
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Buy Fresh Buy Local | www.prideroftheprairie.org
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RENVILLE COUNTY HRA/EDA

PROVIDING A POWERFUL PLATFORM OF ECONOMIC RESOURCES THAT RENVILLE COUNTY RESIDENTS, COMMUNITIES AND BUSINESSES CAN BUILD ON TO REACH THEIR FULL POTENTIAL.

Home Improvement Loans
Down Payment Assistance
Revolving Loan Funds
Business Assistance
Grant Research

500 East DePue Avenue
Olivia, MN 56277
(320)523-3656
WWW.RENVILLE.COM

Learn more about our Agriculture & Renewable Energy Committee

Buffalo Lake Area Farm & Flea Market
Saturdays 8AM - Noon: June 15 through the Fall
Buffalo Lake City Park Hwy 212

Fairfax Farmers Market
Tuesday afternoons 4-6 PM July - September
1st Street S.E. off Hwy 19 Fairfax

Hector Farmers Market
Wednesdays 3-6 PM; July through the Fall
Highway 212 & County Road 4
(South Central Grain & Energy C-Store)

Morton Farmers Market
Fridays 9am-3 PM; mid June through the Fall
City Hall Parking Lot
(Downtown Morton on highway 19)

Olivia Farmers Market
Thursdays 2-6 PM; July 11 through the Fall
City parking lot 9th St. & Fairview
(South of F&M Bank Minnesota)
Additional vendors welcome at all markets, contact the HRA/EDA for more information
Who can be a Partner?
Farmers, farmers’ markets, small processors, organizations, food co-ops, retailers, restaurants, agencies, grocery stores, caterers, schools, colleges, local governments, and individuals.

Pride of the Prairie Partner benefits:
Membership to Pride of the Prairie is free for farms, organizations, and individuals supportive of local foods in the West Central and Southwest regions of Minnesota. All partners enjoy the following benefits:

• Inclusion in our statewide website directories found at www.prideoftheprairie.org and www.localfoods.umn.edu with links to maps and information about your offerings which you control and update.
• Use of BFBL design materials such as logo and price cards.
• Invitation to educational workshops and events through our Pride of the Prairie listserve and opportunities to promote your business or organization through our Facebook site.

Partners agree to these terms:
• My organization is located in/near and supports local foods efforts in west central and southwest Minnesota
• I accept the goals of the Pride of the Prairie Buy Fresh Buy Local Chapter: to expand local markets for sustainably grown local foods; to increase the consumption of local, healthy food; to diversify the economic base and agriculture landscape; and to protect the natural resources of west central and southwest Minnesota.
• I will support the publicity efforts of the Pride of the Prairie Chapter.
• I have read and understand the partner criteria.
• I will display the Buy Fresh Buy Local Partner circle.
• In creating advertising materials, I will use the styles, colors and formats as trademarked by the Food Routes with no modification to maintain the integrity of brand and visual strength connection with locally grown goods or appropriate services, and abide by trademark limitations.
• I will work with other chapter partners to develop local foods initiatives in the region.
• I will post any events I host related to Buy Fresh Buy Local to the list serve (UMMFOODIES@lists.umn.edu)