

LOCAL *food* GUIDE

2019

LOCAL FOOD MAP

Locate local foods near you! PG.5

SPAGHETTI SQUASH WITH GREEK MEAT SAUCE

One of four *MUST-TRY* recipes throughout! PG.16

NEBRASKA

**BUY FRESH
BUY LOCAL**

WWW.BUYLOCALNEBRASKA.ORG





SATURDAYS, MAY 4 – OCTOBER 5
8:30AM - 12:30PM

Real Food. Real Farmers. Bring the perfect mix of culinary inspiration, from organic vegetables to farm fresh eggs and cheeses, to your table from the Village Pointe Farmers Market.

Located in the southeast parking lot behind Old Navy.

Village Pointe Farmers Market
 Sponsors Include:



168th & W Dodge Rd | 402.505.9773 | VillagePointeShopping.com | [f](#) [t](#) [i](#) [g](#)



DANIELS PRODUCE
 Columbus, NE
 402.897.4253

Farmers Market

Find our tent at:
 Village Point- Omaha
 Old Market-Omaha
 Aksarben- Omaha
 College View- Lincoln
 Haymarket-Lincoln
 Highland Park-Hastings

www.danielsproduce.com

Dirt Nap Dip
 Hot sauces and seasonings
25% off online orders
 Use promo code BFBL19
 at MysticRhoads.org/local

Hand-crafted in Lincoln
 All sales support charitable causes.

the HUB CAFE
 Lincoln's authentic farm-to-fork cafe and bistro

250 N 21st St. Lincoln, NE 68508
 Two blocks North of O Street on 21st, just East of UNL city campus

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Wildflower GROCER
 112 N. 4TH ST., O'NEILL, NE 68763

CONNECTING THE COMMUNITY TO THE LAND, THEIR FOOD, & EACH OTHER

CONTACT US: 402-336-8988
 WILDFLOURGROCER@GMAIL.COM
 ON FB @WILDFLOURGROCER
 WWW.WILDFLOURGROCER.COM

HOURS
 M-W, F: 12-6
 THURS: 12-7
 SAT: 10-2

WHAT'S ON THE COVER?

Kohlrabi is a headless cabbage that has been selected by humans for hundreds of years to grow a bulbous stem.

- Kohlrabi means cabbage (Kohl) turnip (Rabi) in German.
- The bulb can grow as large as a small watermelon!
- In Nebraska, look for it in the summer or fall.
- Colors vary from green to purple.
- Kohlrabi bulb is delectable raw, roasted, shredded, or baked!

FALLBROOK FARMERS MARKET

Thursdays 4-7 PM

June 6-Aug 1
 *no market on July 4

Autumn Markets
September 12 & October 10

Lincoln's Most Family-Friendly Market!
 Events • Music • Kids Activities • Park Setting

Producer-only market with seasonal produce, food, crafts and more!
 Find us on Facebook for weekly schedule and updates

Fallbrook Town Square •
 600 Fallbrook Blvd
 in NW Lincoln

All proceeds support community service activities to benefit kids and families.

- Peaches – Vegetables -
 - Pumpkins – Perennials -
 - Annual Flowers & Hanging Baskets -

Fresh, local produce available at:

Our Farm: Monday – Saturday

Haymarket Farmers Market
 Saturdays 8AM -12PM

Bennet Farmers Market
 Wednesdays 4PM-7PM

Convenient Lincoln Location:
 11855 Yankee Hill Road Lincoln, NE 68526
YankeeHillLandscaping.com
402-416-2611

Your Guide to NEBRASKA'S FARM FRESH FOODS!

A NOTE FROM THE LOCAL COORDINATOR

Eat locally. Eat slowly.

Eating is a daily act that should nourish us, but also please us. Whether it be the crunch of a spring carrot or the smell of a pork roast in the oven, our human senses cannot resist the pleasure of food. But in our fast-paced world, the food we eat is easily taken for granted. Today, it is easier than ever to eat and prepare meals quickly ... from instant meals and processed snacks to drive-thru restaurants and meal services. Although fast foods provide convenience, they often cost us nutrition and flavor. In a world telling us to go faster, what if we use food to slow us down?

What we need more than ever is to rediscover slow foods. Slow foods are good, clean and fair for all. Slow foods encompass the flavor of a place, value traditional preparation methods, and preserve the health of people and the land. Slow foods like sourdough breads, fermented foods, wholesome grass-fed meat, and fresh, in-season fruits and vegetables come with a story. The stories of how the food was grown, who grew it, and how it was prepared, can all add to our enjoyment.

You don't have to be a world-class chef to enjoy slow foods. Sometimes the simplest ways of preparing food are the most satisfying. Try using fewer ingredients, letting the flavor and character of an ingredient shine. Allow yourself time to savor the food on your table and the people you are sharing it with. Our communities are full of local farmers, ranchers, and food businesses committed to bringing us good food. Explore the Nebraska Food Guide to find more ways to connect with food and those that grow it. Together, we can build a vibrant food community, one bite at a time!

Buy Fresh Buy Local® Nebraska is dedicated to:

- Keeping the food chain shorter, transparent, and sustainable
- Improving wellness and quality of life by promoting healthy, in-season eating
- Cultivating a future for Nebraska's family farms through the development of market opportunities
- Retaining local food dollars in Nebraska by strengthening regional markets

Best,

Skylar Falter

Skylar Falter
Buy Fresh Buy Local Nebraska Coordinator

Buy Fresh Buy Local® Nebraska
University of Nebraska—Lincoln
58F Filley Hall
Lincoln, NE 68583-0922

Skylar Falter
402-472-5273
sfalter@unl.edu
buylocalnebraska.org

2019 LOCAL FOOD GOALS

- ☑ Prepare a dish with kohlrabi, and share with a friend!
- ☑ Choose a vegetable of the year, and explore new ways of eating it!
- ☑ When shopping at the farmers market, put something new in your basket!
- ☑ Choose an adventurous cut of meat. Eat tail to snout!



Nebraska HARVEST SCHEDULE

	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
APPLES									
APRICOTS									
ASIAN PEARS									
ASPARAGUS									
BEANS LIMA									
BEETS									
BLACKBERRIES									
BROCCOLI									
BRUSSEL SPROUTS									
CABBAGE									
CANTALOUPE									
CARROTS									
CELERY									
CHERRIES									
CAULIFLOWER									
CUCUMBERS									
EGGPLANT									
GARLIC									
GOOSEBERRIES									
GRAPES									
GREEN BEANS									
GREEN ONIONS									
GREENS									
HERBS									
KALE									
LEEK									
LETTUCE									
MELONS									
MUSHROOMS (CULTIVATED)									
NECTARINES									
ONIONS									
PARSNIPS									
PAW PAWS									
PEACHES									
PEARS									
PEAS									
PEPPERS									
PERSIMMONS									
PLUMS & PLOUTS									
POTATOES									
PUMPKINS									
RADISHES									
RASPBERRIES									
RHUBARB									
SPINACH									
SQUASH (SUMMER)									
SQUASH (WINTER)									
STRAWBERRIES									
SWEET CORN									
SWEET POTATOES									
TOMATOES (FIELD)									
TOMATOES GREENHOUSE									
TURNIPS									
WATERMELONS									
ZUCCHINI									

BUYING LOCAL DOESN'T HAVE TO STOP WHEN SUMMER'S OVER!

Nebraska family farmers offer many locally grown and value-added products all year long, including:

- Beef, buffalo, chicken, fish & other aquatic meat, goat, lamb, ostrich, pork, rabbit, turkey, etc.
- Eggs, butter, cheese, kefir, ice cream, milk, yogurt
- Breads, baked goods, cider, dried vegetables, honey, jams, nuts, preserves, etc.
- Don't forget about these locally grown products: flowers, soaps, transplants, trees, wreaths and woody florals

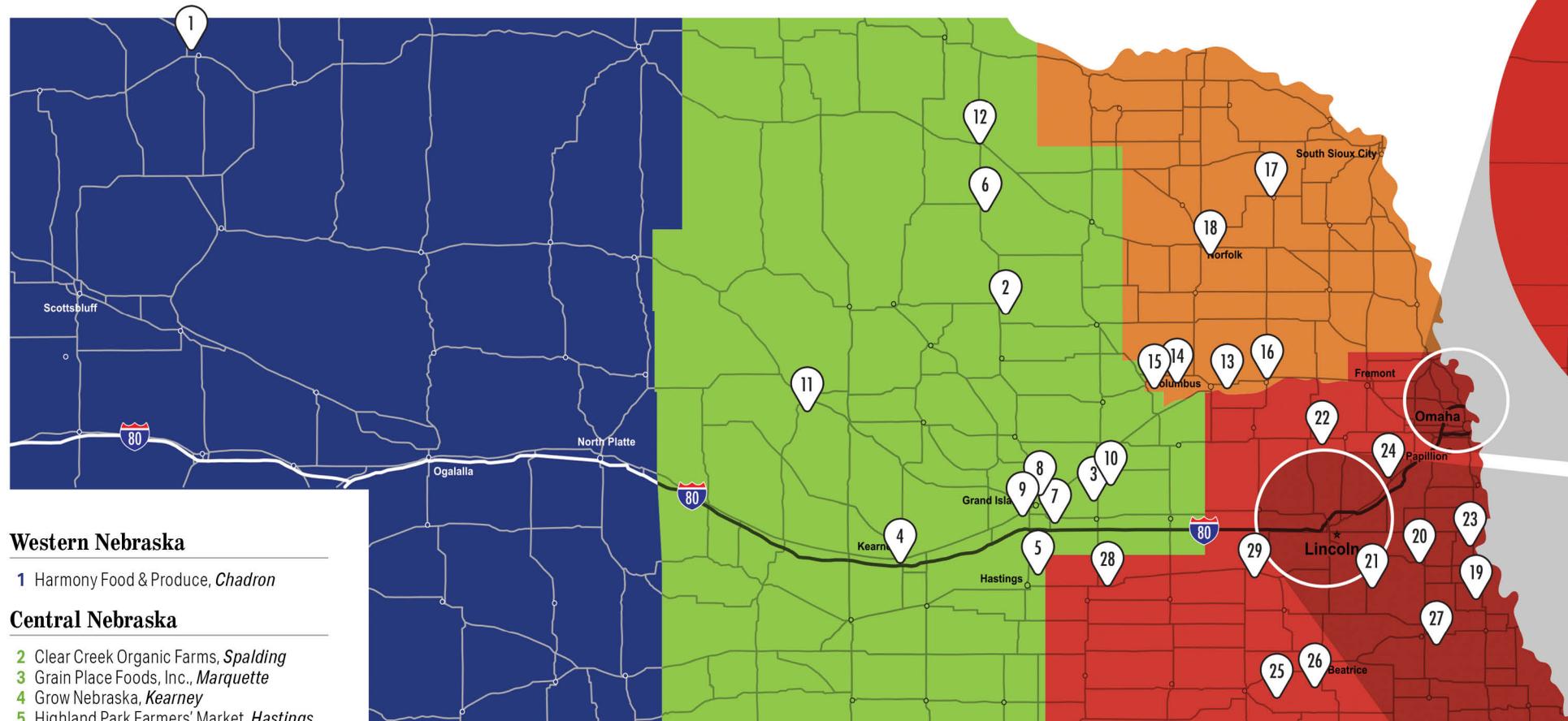
Find it fast at buylocalnebraska.org



LEARN MORE AT buylocalnebraska.org

LOCATE local foods NEAR YOU!

USE THE COLOR-CODED REGIONS BELOW TO HELP YOU QUICKLY FIND YOUR FAVORITE LOCAL PRODUCERS THROUGHOUT THIS GUIDE.



Western Nebraska

- 1 Harmony Food & Produce, *Chadron*

Central Nebraska

- 2 Clear Creek Organic Farms, *Spalding*
- 3 Grain Place Foods, Inc., *Marquette*
- 4 Grow Nebraska, *Kearney*
- 5 Highland Park Farmers' Market, *Hastings*
- 6 Lambert Melons, *Ewing*
- 7 Miller Omega 3 Beef, *Phillips*
- 8 Nebraska Mushroom LLC, *Grand Island*
- 9 Prairie Pride Acres, *Grand Island*
- 10 Range West Beef, *Marquette*
- 11 Straight Arrow Bison Ranch, *Broken Bow*
- 12 Wildflour Grocer, *O'Neill*

Northeast Nebraska

- 13 Country Lane Gardens, *Columbus*
- 14 Daniels Produce, *Columbus*
- 15 Erstwhile Farm LLC, *Columbus*
- 16 Theilen Produce Gardens, *Schuyler*
- 17 Wayne Farmers Market, *Wayne*
- 18 Wolff Farms, *Norfolk*

Southeast Nebraska

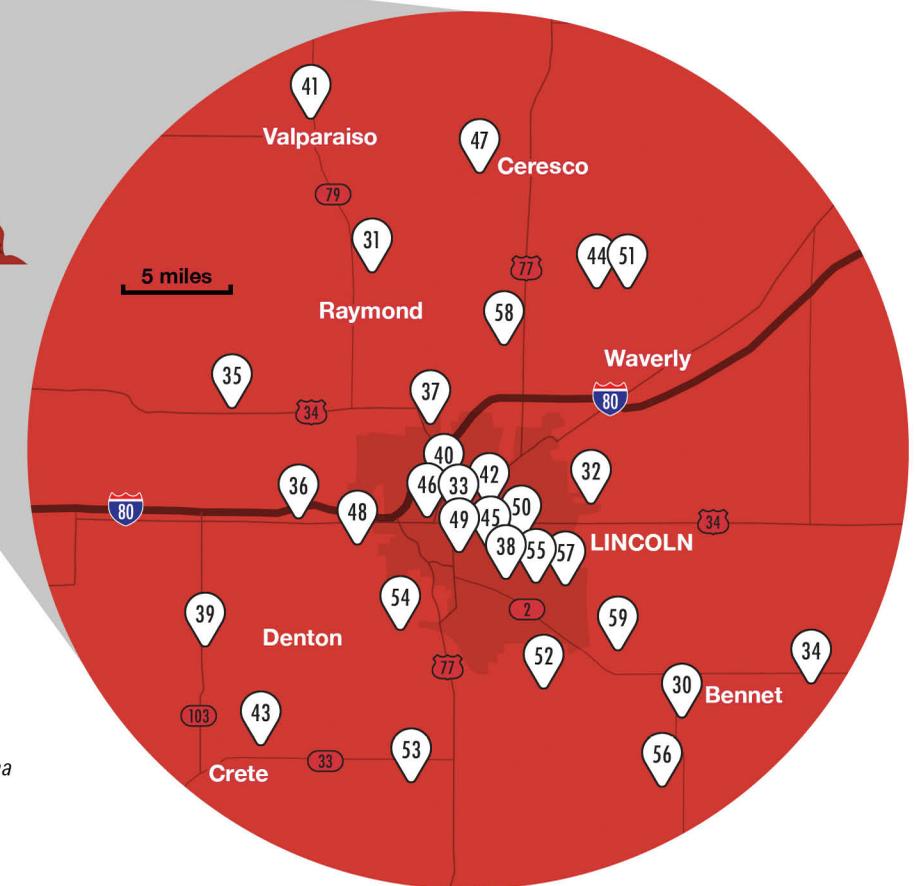
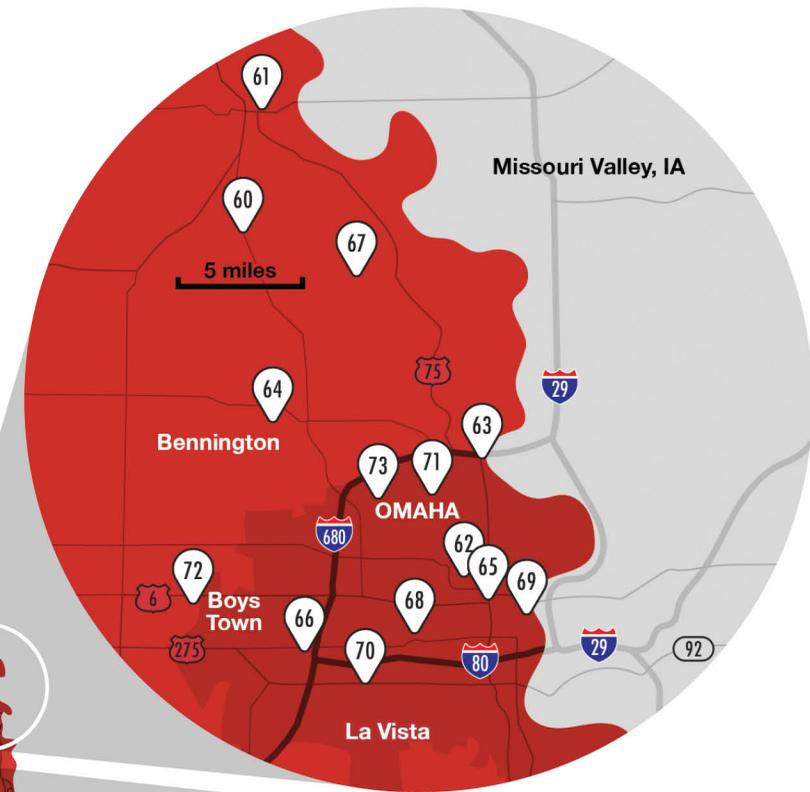
- 19 Al-Be Farm, *Julian*
- 20 Arnold Acres, *Syracuse*
- 21 Docs' Holiday Healthy Farms, *Adams*
- 22 Great Plains Nursery, *Weston*
- 23 Paradise in Progress Farm LLC, *Nebraska City*
- 24 Raikes Beef Co, *Ashland*
- 25 Rock Creek Aquaculture, *Diller*
- 26 Sicily Creek Jelly and Produce, *Blue Springs*
- 27 TD Niche Pork, *Elk Creek*
- 28 The Country Pumpkin, LLC, *Sutton*
- 29 West Blue Farm, *Dorchester*

Lincoln Area

- 30 Bennet Farmers' Market, *Bennet*
- 31 Common Good Farm, *Raymond*
- 32 Community Crops, *Lincoln*
- 33 DISH Restaurant, *Lincoln*
- 34 Divino Nino Dairy, *Palmyra*
- 35 DS Family Farm, *Malcolm*
- 36 Emerald Acres, *Lincoln*
- 37 Fallbrook Farmers' Market, *Lincoln*
- 38 Goldenrod Pastries, *Lincoln*
- 39 Grow with the Flow, *Denton*
- 40 Haymarket Farmers' Market, *Lincoln*
- 41 Heartland Nuts N' More, *Valparaiso*
- 42 Hub Cafe, *Lincoln*
- 43 Jones EcoFarms - Produce, Plants, and Pastured Meats, *Crete*
- 44 Lakehouse Farm, *Waverly*
- 45 Leon's Gourmet Grocer, *Lincoln*
- 46 Lone Tree Foods, *Lincoln*
- 47 Martin's Hillside Orchard, *Ceresco*
- 48 Mystic Rhoads Productions Inc. (MRP), *Lincoln*
- 49 Open Harvest Co-op Grocery, *Lincoln*
- 50 Piedmont Bistro by Venue, *Lincoln*
- 51 Prairie Plate Restaurant, *Waverly*
- 52 Prairieview, *Lincoln*
- 53 Robinette Farms, *Martell*
- 54 Shadowbrook Farm, *Lincoln*
- 55 Sunday Farmers' Market at College View, *Lincoln*
- 56 Twin Springs Pecans, *Bennet*
- 57 Venue Restaurant & Lounge, *Lincoln*
- 58 Willow Way Farms, *Davey*
- 59 Yankee Hill Landscape Co. Inc., *Lincoln*

Omaha Area

- 60 Barreras Family Farm, *Blair*
- 61 Blair Farmers' Market, *Blair*
- 62 City Sprouts, *Omaha*
- 63 Florence Mill Farmers' Market, *Omaha*
- 64 Fruit of Levine LLC, *Omaha*
- 65 Gifford Park Neighborhood Market, *Omaha*
- 66 GreenLeaf Farms Inc, *Omaha*
- 67 Little Mountain Ranch & Garden, *Fort Calhoun*
- 68 Omaha Farmers Market - Aksarben Village, *Omaha*
- 69 Omaha Farmers Market - Old Market, *Omaha*
- 70 Paradigm Gardens, *Omaha*
- 71 The Big Garden, *Omaha*
- 72 Village Pointe Farmers Market, *Omaha*
- 73 Wenninghoff Farm, *Omaha*



BUSINESSES THAT support LOCAL AGRICULTURE

RESTAURANTS & BAKERIES

DISH Restaurant
Restaurant
 1100 "O" St.
 Lincoln, NE
 402-475-9475
 info@dishdowntown.com
 dishdowntown.com
 Mon-Fri: 11:30 am-1:30 pm
 Mon-Sat: 5 pm-9:30 pm

Goldenrod Pastries
Bakery
 3947 S 48th St.
 Lincoln, NE
 402-486-4103
 hello@goldenrodpastries.com
 goldenrodpastries.com
 Tues-Fri: 10 am-6 pm
 Sat: 9 am-4 pm
 Sun: 9:30 am-2 pm

Hub Café
Restaurant, Caterer,
Coffee House
 250 N 21st St. #3
 Lincoln, NE
 402-474-BIKE
 hubcafeincoln@gmail.com
 hubcafeincoln.com
 Tues-Sun: 7:30 am-2:30 pm

Piedmont Bistro by Venue
Restaurant
 1265 S Cotner Blvd.
 Lincoln, NE
 402-975-2816
 info@yourvenue.net
 piedmontbistro.com
 Mon-Thur: 8 am-11 pm
 Fri & Sat: 8 am-Midnight
 Sun: 8 am-3 pm

Prairie Plate Restaurant
Restaurant, Caterer
 10405 Branched Oak Rd.
 Waverly, NE
 402-786-2239
 info@prairieplaterestaurant.com
 prairieplaterestaurant.com
 Wed-Sat (April-New Year's Eve)
 Plus occasional special
 events and brunch
 Check website for hours

Venue Restaurant & Lounge
Restaurant
 4111 Pioneer Woods Dr. Ste. 100
 Lincoln, NE
 402-488-8368
 info@yourvenue.net
 yourvenue.net
 Mon-Thur: 11 am-11 pm
 Fri & Sat: 11 am-1 am

GROCERY STORES

Leon's Gourmet Grocer
Grocery Store
 2200 Winthrop Rd.
 Lincoln, NE
 402-488-2307
 chad@leongourmetgrocer.com
 leongourmetgrocer.com
 Mon-Fri: 8 am-9 pm
 Sun: 9 am-6:30 pm

Open Harvest
Co-op Grocery
Grocery Store
 1618 South St.
 Lincoln, NE
 402-475-9069
 harvest@openharvest.coop
 openharvest.coop
 Sun-Sat: 8 am-9 pm

Wildflour Grocer
Bakery, Coffee House,
Grocery Store
 112 S 4th St.
 O'Neill, NE
 402-336-8988
 info@wildflourgrocer.com
 wildflourgrocer.com
 Mon-Wed & Fri: Noon-6 pm
 Thurs: Noon-7 pm
 Sat: 10 am-2 pm

Paradigm Gardens
Garden Store
 8949 J St.
 Omaha, NE
 402-339-4949
 paradigmgardens.com
 Mon-Fri: 11 am-7 pm
 Sat: 10 am-5 pm
 Sun (seasonal): 11 am-5 pm
Online ordering available!

Lone Tree Foods
Food-Hub—Online Store,
Distribution, Aggregation,
Sales, Logistics
 210 "O" St.
 Lincoln, NE
 402-413-0079
 info@lonetreefoods.com
 lonetreefoods.com
Online ordering available!

Mystic Rhoads
Productions Inc. (MRP)
Local Food Processor,
Non-Profit Charitable
Organization
 Lincoln, NE
 info@mysticrhoads.org
 mysticrhoads.org
Online ordering available!

BUSINESSES

Grow Nebraska
Retailer of Nebraska
Products, Non-Profit
Educational Organization
 421 W Talmadge Rd. #1
 Kearney, NE
 308-962-6767
 info@grownnebraska.org
 buynebraska.com
 Mon-Fri: 10 am-9 pm
 Sun: Noon-6 pm
Online ordering available!

Heartland Nuts 'N More
Food Cooperative,
Local Food Processor
 206 W 2nd, P.O. Box 439
 Valparaiso, NE
 402-784-6887
 lottanuts@windstream.net
 heartlandnutsnmore.com
 Mon-Fri: 8 am-3 pm
Online ordering available!



FARM TO SCHOOL IN NEBRASKA



Nationally, 30 million children are participating in the National School Lunch Program; and here in Nebraska, school cafeterias are serving 232,941 students daily. Farm to school efforts benefit these students with improved lifelong eating habits, increased agricultural awareness, and positive impacts to the local economy.

Nebraska Thursdays and Nebraska Harvest of the Month (coming in school year 2019/2020) are two emerging programs available in our state that help schools and communities take that first initial step into farm to school or boost an already active program. These programs will make it even easier for farm and food businesses, or wholesale buyers sourcing local foods, to connect with schools.

Schools participating in Nebraska Thursdays serve a Nebraska-sourced menu the first Thursday of each month. Nebraska Department of Education, in partnership with the Center for Rural Affairs, offers a website portal that provides participating school food service teams with resources for menu development, recipes, free promotional items, and connections to other schools in the program.

Nebraska Harvest of the Month, led by Nebraska Department of Education and in partnership with Buy Fresh Buy Local® Nebraska, promotes nine Nebraska fruits and vegetables available seasonally across the state. Schools receive free materials to promote each of the highlighted local products, an outreach toolkit to help spread the word, a guide that assists schools in offering student taste tests of the local items, and recipes to support schools in rolling the items out on menus.

These efforts can mean a big move forward for our students and our communities. It's an opportunity for farmers, ranchers, food processors and food manufacturers to open doors to an institutional market worth billions of dollars. And when schools and institutions buy from local producers and processors, it creates new jobs and strengthens the local economy. Farm to school is a win for students, a win for farmers and producers, and a win for our communities. Take the initiative to introduce these programs to your local districts today!

And when schools and institutions buy from local producers and processors, it creates new jobs and strengthens the local economy.

SARAH SMITH, Nebraska Department of Education, sarah.e.smith@nebraska.gov
 SANDRA RENNAR, Center for Rural Affairs, sandrar@cfra.org

LEARN MORE ONLINE AT:

- education.ne.gov/ns/farm-to-school
- cfra.org/farm-school
- food.unl.edu/direct-sales-opportunities

LEARN MORE AT
 buylocalnebraska.org

FRUITS, HERBS & VEGETABLES

Arnold Acres

Larry & Mary Kay Arnold
Syracuse, NE
402-217-2930
larry@arnoldacresne.com
arnoldacresne.com

- Sustainable
- Farmers' Markets

Barreras Family Farm

Anthony & Mariel Barreras
Blair, NE
402-906-9766
barrerasfamilyfarm@gmail.com
barrerasfamilyfarm.com

- Certified Naturally Grown, Heirloom, Sustainable
- On-Farm Store/Stand, U-Pick, Wholesale, Farmers' Markets, Grocery Store

City Sprouts

Aaron French
Omaha, NE
402-504-1910
farm@omahasprouts.org
omahasprouts.org

- Heirloom, IPM, Non-GMO, Sustainable
- CSA, On-Farm Store/Stand

Clear Creek Organic Farms

Robert Bernt
Spalding, NE
308-750-1086
clearcreekorganicfarm@hotmail.com
clearcreekorganicfarm.com

- Heirloom, Non-GMO, Sustainable
- CSA, On-Farm Store/Stand, U-Pick, Grocery Store

Common Good Farm

Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com

- Certified Biodynamic, Certified Organic, Heirloom, IPM, Non-GMO, Sustainable
- CSA, On-Farm Store/Stand, U-Pick, Wholesale, Farmers' Markets, Grocery Store

Community Crops

Barb Brockley & Matt Pirog
Lincoln, NE
402-474-9802
matt@communitycrops.org
communitycrops.org

- Certified Naturally Grown
- Grocery Store, Mobile Market

Country Lane Gardens

Annette Hellbusch & Macey Fuhr
Columbus, NE
402-276-3438
cdhellbusch@gmail.com
countrylanegardens.org

- Heirloom, Non-GMO, Sustainable
- CSA, On-Farm Store/Stand, Wholesale, Grocery Store

Daniels Produce

Andy, Tannie, Kelly & Jason Daniels
Columbus, NE
402-649-7818
kelly@danielsproduce.com
danielsproduce.com

- Conventional, GAP Certified, Heirloom
- CSA, On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store

Emerald Acres

Sandie Roush
Lincoln, NE
402-480-8197
emeraldacres@integratedlifechoices.com
Facebook.com/emeraldacresfarm

- Heirloom, Hydroponic, IPM, Non-GMO, Sustainable
- CSA, Wholesale, Farmers' Markets

Erstwhile Farm, LLC

Lanette Stec
Columbus, NE
402-897-4065
erstwhilefarm@gmail.com
erstwhilefarm.com

- Certified Organic, Heirloom, Non-GMO, Sustainable
- On-Farm Store/Stand, U-Pick, Wholesale, Farmers' Markets, Grocery Store

Fruit of Levine LLC

Mike & Jodi Levine
Omaha, NE
402-312-9560
fruitoflevinellc@gmail.com
fruitoflevine.com

- Non-GMO, Sustainable
- On-Farm Store/Stand, Wholesale

GreenLeaf Farms

Joleta Hoelsing
Omaha, NE
402-614-0404
info@greenleafarms.biz
greenleafarms.biz

- Certified Organic, Heirloom, IPM, Non-GMO, Sustainable
- CSA, Wholesale, Farmers' Markets, Grocery Store

Grow with the Flow Aquaponic Horticulture

Jeff Jirovec & Heather Husen
Denton, NE
402-890-4388
contact@gwtfaquaponics.com
gwtfaquaponics.com

- Aquaponic, Conventional, Heirloom, Sustainable
- Farmers' Markets

Harmony Food and Produce

Lyn Miller
Chadron, NE
308-432-3640
lyn_miller77@yahoo.com

- Certified Naturally Grown, Heirloom, Non-GMO, Sustainable
- On-Farm Store/Stand, Farmers' Markets

Jones EcoFarms—Produce, Plants, and Pastured Meats

Justin Jones & Elayne Woods Jones
Crete, NE
402-613-2035
justin@jonesproduce.net
jonesproduce.net

- Certified Organic, Non-GMO, Sustainable
- On-Farm Store/Stand, Wholesale

Lakehouse Farm

Jerry & Renee Cornett
Waverly, NE
402-786-2239
info@lakehousefarm.com
lakehousefarm.com

- Certified Organic, Heirloom
- Wholesale

Lambert Melons

Tim & Ben Lambert
Omaha, NE
402-340-3646
klambert@esu8.org

- IPM
- On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store

Little Mountain Ranch & Garden

Bill Alward
Fort Calhoun, NE
765-585-2723
littlemountain.rg@gmail.com

- Heirloom, Non-GMO, Sustainable
- On-Farm Store/Stand, Farmers' Markets

Martin's Hillside Orchard

Barbara & Alex Martin
Ceresco, NE
402-665-2140
nitbm8@gmail.com
hillside-orchard.com

- Conventional, IPM, Non-GMO, Sustainable
- On-Farm Store/Stand, U-Pick, Wholesale, Farmers' Markets

Nebraska Mushroom LLC

Ash Gordon
Grand Island, NE
308-384-1430
ash@nebraskamushroom.com
nebraskamushroom.com

- Non-GMO, Sustainable
- On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store

Paradise in Progress Farm

Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseinprogress@gmail.com

- Conventional, IPM
- CSA, On-Farm Store/Stand, Farmers' Markets

Robinettes Farms

Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com

- Certified Organic, Heirloom, IPM, Non-GMO, Sustainable
- CSA, Wholesale, Farmers' Markets, Grocery Store

For a full glossary of terms, visit BUYLOCALNEBRASKA.ORG

Recipe

common good farm.

FARM SOCIAL SWEET POTATO BISCUITS

Ingredients:

- 2 c mashed sweet potatoes (boil sweet potatoes until very tender and mash with potato masher)
- 2/3 c oil
- 1/4-1/2 c sugar
- 3 c all-purpose flour
- 4 tsp baking powder
- 1 tsp salt

Directions:

1. Stir mashed sweet potatoes and oil together until blended.
2. Separately mix together sugar, flour, baking powder, and salt.
3. Stir dry ingredients into sweet potato/oil combo just until incorporated.
4. Either drop by heaping tablespoon onto greased baking sheet OR pat out (too sticky to roll out) to 1/2-3/4 inch thickness and cut into rounds or squares.
5. Bake for 15-20 minutes at 350°F. (Closer to 20 minutes is what seemed to be best for me).



From the kitchen of [Common Good Farm](http://CommonGoodFarm.com)

Prairie Pride Acres

Daniel Hromas
Grand Island, NE
402-217-2797
prairieprideacres@gmail.com
facebook.com/prairieprideacres

- Sustainable
- On-Farm Store/Stand, U-Pick, Farmers' Markets, Grocery Store

Prairieview

Bonnie & Jim Henshaw
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net

- Conventional, Sustainable
- Farmers' Markets

Robinette Farms

Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com

- Certified Organic, Heirloom, IPM, Non-GMO, Sustainable
- CSA, Wholesale, Farmers' Markets, Grocery Store

Shadowbrook Farm

Kevin, Charuth, & Diane Loth
Lincoln, NE
402-499-7578
dutchgirlcreamery@gmail.com
shadowbrk.com

- Heirloom, Non-GMO, Sustainable
- CSA, Wholesale, Farmers' Markets

Sicily Creek Jelly and Produce

Fred Baumann
Blue Springs, NE
402-230-8953
pwf43@hotmail.com

- Conventional, Non-GMO
- Farmers' Markets

The Country Pumpkin, LLC

Brett Nunnenkamp
Sutton, NE
402-773-0232
bnunnenkamp@gmail.com
thecountrypumpkin.com

- Conventional
- On-Farm Store/Stand, Farmers' Markets

Theilen Produce Gardens

Kristy Theilen
Schuyler, NE
402-615-2854
theilenproduce@gmail.com
theilenproduce.com

- Heirloom, IPM, Non-GMO, Sustainable
- CSA, On-Farm Store/Stand, Wholesale, Farmers' Markets

Wenninghoff Farm

Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghofffarm@hotmail.com
wenninghoff.com

- Sustainable
- CSA, On-Farm Store/Stand

Willow Way Farms

Devon Crews
Davey, NE
402-430-4101
devon@willowwayfarmsne.com
willowwayfarmsne.com

- Sustainable
- CSA, Wholesale, Farmers' Markets

Wolff Farms

Duane & Jay Wolff
Norfolk, NE
402-841-0130
dwolff@hotmail.com
wolfffarmsproduce.com

- Certified Organic, Sustainable
- On-Farm Store/Stand, Farmers' Markets, Grocery Store

Yankee Hill Landscape Co.

Tammy & Todd Magee
Lincoln, NE
402-416-2611
info@yankeehilllandscaping.com
YankeeHillLandscaping.com

- Conventional
- On-Farm Store/Stand, Wholesale, Farmers' Markets

Farmers' MARKETS



MARKET	CITY	DAY	TIME	DATES	ADDRESS	CONTACT	PAYMENTS ACCEPTED	NOTES
Bennet Farmers' Market	<i>Bennet</i>	Wed	4-7 pm	May 1–Sept. 25 (excluding July 3)	Village Park at Elm St. & Harrison St.	402-326-6485 kramerlarry@outlook.com bennetfarmersmarket.com	Checks, Cash, Nebraska Farmer Market Senior Coupons	Nebraska grown and Nebraskan made products for sale in a park setting. About 12 vendors with a variety of goods. Concessions by local restaurant.
Fallbrook Farmers' Market	<i>Lincoln</i>	Thur	4-7 pm	Summer Season: June 6–Aug. 1* Fall Season: Sept. 12 and Oct. 10 *closed July 4th	600 Fallbrook Blvd.	402-202-2018 fallbrookfm.manager@gmail.com fallbrookfarmersmarket.com	EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons	Lincoln's most family friendly farmer's market! Weekday market with awesome vendors selling locally grown produce and locally crafted products. Weekly music, activities and ready-to-eat foods.
Lincoln Haymarket Farmers' Market	<i>Lincoln</i>	Sat	8 am–Noon	May 4–Oct. 12	7th & P St. (Historic Haymarket District)	402-435-7495 jeff@lincolnhaymarket.org lincolnhaymarket.org	Checks, Cash	Wide variety of homegrown produce, meats, cheeses, bedding plants, baked goods, crafts.
Sunday Farmers' Market at College View	<i>Lincoln</i>	Sun	10 am–2 pm	Apr. 28–Oct. 27	48th & Prescott	402-937-1630 sundayfarmersmarket.manager@gmail.com sundayfarmersmarket.org	EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons	For people who love food! We are a producer-only market, so everything sold at market is guaranteed to be grown or processed by our members. Throughout the season, we have more than 40 farmers and food vendors set up in our open-air market. Open every Sunday rain or shine!
Blair Farmers' Market	<i>Blair</i>	Sat	8 am–Noon	May 18–Oct. 26	102 S 12th St. (American Legion Parking Lot)	402-426-5971 ddvan@abbnebraska.com facebook.com/blairfarmersmarket	Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons	First farmers market in the state, started in 1980. About 10 vendors, friendly & helpful people, locally grown produce.
Florence Mill Country Market	<i>Omaha</i>	Sun	10 am–3 pm	June 2–Sept. 29	9102 N 30 St. (Next to I-680 at Exit 13)	402-551-1233 thefloremill@gmail.com facebook.com/thefloremill	Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons	Historic setting inside & outside Nebraska's oldest mill & grain elevator with Growers/Crafters, Music, Animals & Free Last-Sunday Pony-Rides + Museum & Art Gallery.
Gifford Park Neighborhood Market	<i>Omaha</i>	Fri	5–8 pm	May 31–Sept. 27	520 N 33rd St.	916-529-8577 and 712-310-4699 gpnmarket@gmail.com facebook.com/GiffordParkNeighborhoodMarket	EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC	All local, volunteer-run community market featuring fresh seasonal produce, handmade goods, kids' activities, live music, and more! Creating economic and social opportunities for all.
Omaha Farmers Market - Aksarben Village	<i>Omaha</i>	Sun	9 am–1 pm	May 5–Oct. 13	67th & Center St.	402-345-5401 kbeck@vgagroup.com omahafarmersmarket.org	EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC	OFM accepts a wide range of vendors such as produce, meat, crafts and more. We are located in a vibrant area with 120 vendors.
Omaha Farmers Market - Old Market	<i>Omaha</i>	Sat	8 am–12:30 pm	May 4–Oct. 12	11th & Jackson St.	402-345-5401 kbeck@vgagroup.com omahafarmersmarket.org	EBT/SNAP, Double Up Food Bucks/SNAP matching dollars, Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons, WIC	OFM accepts a wide range of vendors such as produce, meat, crafts and more. We are located in a vibrant area with 90 vendors.
Village Pointe Farmers Market	<i>Omaha</i>	Sat	8:30 am–12:30 pm	May 4–Oct. 5	17101 Davenport St. (SE parking lot of Village Pointe Shopping Center on 168th & W Dodge Rd.)	402-505-9773 vpfm.manager@gmail.com facebook.com/villagepointefarmersmarket	Cash	The only Omaha Farmers Market for farm foods only. Established to elevate awareness of local, family-owned farms, and to provide that wholesome food in West Omaha.
Wenninghoff's Farmers' Market	<i>Omaha</i>	Sun-Sat	M-F: 9 am–7 pm Sat: 9 am–5 pm Sun: 10 am–5 pm	July 1–Oct. 31	6707 Wenninghoff Rd.	402-571-2057 wenninghofffarm@hotmail.com wenninghoff.com	Cash, Credit Cards	Omaha's Only On The Farm Market. You can see where the produce grows!
Highland Park Farmers' Market	<i>Hastings</i>	Sat	8 am–Noon	June 8–Oct. 26	14th St. & Hastings Ave.	402-519-3932 akrugerne@gmail.com highlandparkmarket.org	Checks, Cash, Credit Cards, Nebraska Farmer Market Senior Coupons	Fresh locally grown vegetables, beef, pork, chicken, eggs, honey, popcorn, artisan baked goods and crafts. Easy access parking all in a beautiful National arboretum park.
Wayne Farmers' Market	<i>Wayne</i>	Wed & Sat	Wed: 5–7 pm, Sat: 9 am–Noon	June 12–Mid Oct.	Downtown Wayne	402-375-2240 ifletcher@waynetworks.org waynetworks.org	Cash	Wayne Farmers Market offers a variety of fresh produce, eggs, salsa, honey, jellies, and baked goods, live music, and adjacent retail in a downtown setting. Various activities scheduled throughout the season.

Specialty PRODUCTS

Arnold Acres

Jams/Jellies
Larry & Mary Kay Arnold
Syracuse, NE
402-217-2930
larry@arnoldacresne.com
arnoldacresne.com
• Farmers' Markets

Barreras Family Farm

Dehydrated Herbs, Dried Decorative Materials (Flowers, Gourds, Corn), Jams/Jellies, Pet Treats, Syrups
Anthony & Mariel Barreras
Blair, NE
402-906-9766
barrerasfamilyfarm@gmail.com
barrerasfamilyfarm.com
• On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store

City Sprouts

Dehydrated Herbs, Honey, Jams/Jellies, Syrups, Teas, Vinegars, Fermented Foods, Pickles
Aaron French
Omaha, NE
402-504-1910
farm@omahasprouts.org
omahasprouts.org
• On-Farm Store/Stand

Clear Creek Organic Farms

Jams/Jellies
Robert Bernt
Spalding, NE
308-750-1086
clearcreekorganicfarm@hotmail.com
clearcreekorganicfarm.com
• On-Farm Store/Stand, Grocery Store

Country Lane Gardens

Dehydrated Herbs, Dehydrated Vegetables, Honey, Jams/Jellies, Popcorn Products
Annette Hellbusch & Macey Fuhr
Columbus, NE
402-276-3438
cdhellbusch@gmail.com
countrylanegardens.org
• On-Farm Store/Stand, Wholesale

Daniels Produce

Dehydrated Vegetables, Honey, Jams/Jellies, Popcorn Products, Pickles, Salsa, Hot Sauce, Cut Fruits & Veggies
Andy, Tannie, Kelly & Jason Daniels
Columbus, NE
402-649-7818
kelly@danielsproduce.com
danielsproduce.com
• On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store

Doc's Holiday Healthy Farms

Pet Treats
Steven Whitla
Adams Nebraska
402-853-4883
docsholidayhealthyfarms@gmail.com
docsholidayhealthyfarms.com
• On-Farm Store/Stand, Farmers' Markets, Grocery Store

Erstwhile Farm, LLC

Jams/Jellies, Vinegars, Frozen Fruits/Vegetables
Lanette Stec
Columbus, NE
402-897-4065
erstwhilefarm@gmail.com
erstwhilefarm.com
• On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store

Fruit of Levine LLC

Honey, Honeycomb, Beeswax, Lip Balm, Candles, Bee Related Products
Mike & Jodi Levine
Omaha, NE
402-312-9560
fruitoflevinellc@gmail.com
fruitoflevine.com
• On-Farm Store/Stand, Wholesale

GreenLeaf Farms

Dehydrated Herbs, Dehydrated Vegetables, Jams/Jellies, Syrups
Joletta Hoelsing
Omaha, NE
402-614-0404
info@greenleafarms.biz
greenleafarms.biz
• Wholesale, Farmers' Markets, Grocery Store

Grow with the Flow Aquaponic Horticulture Dried Decorative Materials (Flowers, Gourds, Corn)

Jeff Jirovec & Heather Husen
Denton, NE
402-890-4388
contact@gwtfaquaponics.com
gwtfaquaponics.com
• Farmers' Markets

Martin's Hillside Orchard

Apple Cider
Barbara & Alex Martin
Ceresco, NE
402-665-2140
nitbm8@gmail.com
hillside-orchard.com
• On-Farm Store/Stand, Wholesale, Farmers' Markets

Nebraska Mushroom LLC

Dehydrated Mushrooms
Ash Gordon
Grand Island, NE
308-384-1430
ash@nebraskamushroom.com
nebraskamushroom.com
• On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store

Prairieview

Dehydrated Herbs, Dried Decorative Materials (Flowers, Gourds, Corn), Honey, Jams/Jellies
Bonnie & Jim Henshaw
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
• Farmers' Markets

Range West Beef

Popcorn Products, Tallow Based Skin Care Products
Luke & Lori Jacobsen
Marquette, NE
402-854-3104
rangewestbeef@gmail.com
rangewestbeef.com
• On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store

Robinette Farms

Microgreens & Shoots
Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com
• Wholesale, Farmers' Markets, Grocery Store

Sicily Creek Jelly and Produce

Jams/Jellies
Fred Baumann
Blue Springs, NE
402-230-8953
pwf43@hotmail.com
• Farmers' Markets

The Country Pumpkin, LLC

Frozen Pumpkin Puree
Brett Nunnenkamp
Sutton, NE
402-773-0232
bnunnenkamp@gmail.com
thecountrypumpkin.com
• On-Farm Store/Stand, Farmers' Markets

Theilen Produce Gardens

Dried Decorative Materials (Flowers, Gourds, Corn), Honey, Jams/Jellies
Kristy Theilen
Schuyler, NE
402-615-2854
theilenproduce@gmail.com
theilenproduce.com
• On-Farm Store/Stand, Wholesale, Farmers' Markets

Twin Springs Pecans

Pecans
Charles Willnerd & Sarah Ferdico
Bennet, NE
402-788-2870
Willnerdfarms@yahoo.com
twinspringspecans.com
• On-Farm Store/Stand, Farmers' Markets

Wenninghoff Farm

Honey
Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghofffarm@hotmail.com
wenninghoff.com
• On-Farm Store/Stand

Wolff Farms

Hops
Duane & Jay Wolff
Norfolk, NE
402-841-0130
dwolff@hotmail.com
wolffarmsproduce.com
• On-Farm Store/Stand, Farmers' Markets, Grocery Store

Yankee Hill Landscape Co.

Jams/Jellies
Tammy & Todd Magee
Lincoln, NE
402-416-2611
info@yankeehilllandscaping.com
YankeeHillLandscaping.com
• On-Farm Store/Stand, Wholesale, Farmers' Markets



Color, Design & Doodle

EGGS COME IN A RAINBOW OF BEAUTIFUL COLORS—HAVE YOU EVER WONDERED WHY?

The reason lays in the genetics of the breed of chicken. At the end of the 26-hour process of transforming a yolk into an egg, some breeds release color specific pigments that color the outer layer of the shell.

If no pigments are released, the eggshell remains white. A speckled egg is caused from the egg rotating slower than normal during the pigmentation stage.

The next time you buy a dozen eggs at the farmers' market, ask the farmer about chicken breeds!

“Food reveals itself for what it is: no mere thing but a web of relationships among a great many living beings, some of them human, some not, but each of them dependent on each other, and all of them ultimately rooted in soil and nourished by sunlight.”

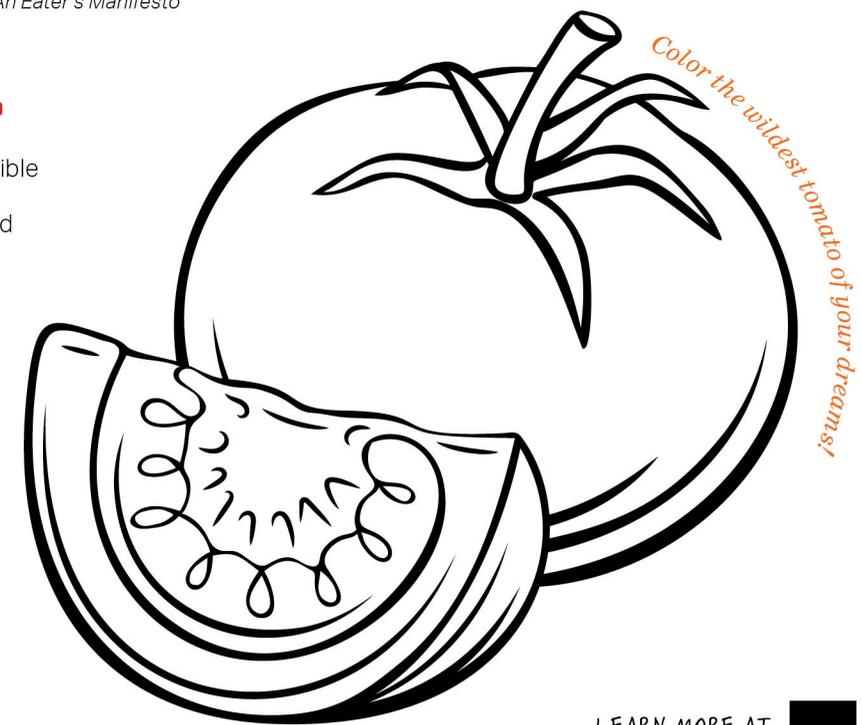
—Michael Pollan, *In Defense of Food: An Eater's Manifesto*

THERE ARE AROUND 20,000 VARIETIES OF TOMATOES! WHY SO MANY YOU MAY ASK?

Tomatoes are a good example of the incredible genetic diversity of the plant and its history of selection. Tomatoes have been well-loved by many people in many climates for many generations. Each generation of seed savers leaves their mark on tomato varieties, be it color, taste, growing conditions, or disease resistance!

The next time you buy a pint of cherry tomatoes at the farmers' market, ask the farmer why they chose to grow those particular tomatoes.

What qualities do you cherish in a tomato?



Recipe

PASTURE GRAZED BEEF ROAST IN AN INSTANT POT

Ingredients:

- 3 lbs grass-fed beef roast
- 1 medium onion, sliced
- 3 garlic cloves, peeled and smashed
- 2 Tbsp coconut oil
- Sea salt and pepper to taste
- 2 c beef bone broth or water

Directions:

1. Turn Instant Pot to sauté.
2. Add coconut oil.
3. When simmering, add the roast.
4. Cook 2-3 minutes until browned, then flip roast to brown the other side.
5. Sprinkle on salt and pepper. Top with onion and garlic. Pour in broth or water.
6. Close and lock Instant Pot lid.
7. Set Instant Pot to "Manual" and program for 70 minutes.

Tip: Plan on extra time for natural release, so the roast retains the juices better.

From the kitchen of

Sheila Garrison, DS Family Farm



MEAT & POULTRY

Al-Be Farm

Chicken, Quail
Beth Kernes Krause & Ralph Krause
Julian, NE
402-274-8836
al-befarm@windstream.net
• **Antibiotic Free, Hormone Free, Non-GMO**
• **On-Farm Store/Stand, Grocery Store**

Barreras Family Farm

Beef, Pork, Chicken, Duck, Turkey
Anthony & Mariel Barreras
Blair, NE
402-906-9766
barrerasfamilyfarm@gmail.com
barrerasfamilyfarm.com
• **Antibiotic Free, Corn Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Soy Free, Sustainable**
• **On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store**

Clear Creek Organic Farms

Beef, Pork
Robert Bernt
Spalding, NE
308-750-1086
clearcreekorganicfarm@hotmail.com
clearcreekorganicfarm.com
• **Antibiotic Free, Free Range, Grass Fed, Heritage, Hormone Free, Pasture Raised, Soy Free, Sustainable**
• **On-Farm Store/Stand, Grocery Store**

Common Good Farm

Beef, Pork, Stewing Hens
Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
• **Certified Organic, Antibiotic Free, Grass Fed, Heritage, Hormone Free, Non-GMO, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store**

Country Lane Gardens

Goat, Chicken
Annette Hellbusch & Macey Fuhr
Columbus, NE
402-276-3438
cdhellbusch@gmail.com
countrylanegardens.org
• **Antibiotic Free, Free Range, Hormone Free, Non-GMO, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Wholesale, Grocery Store**

Doc's Holiday Healthy Farms

Goat, Pork, Chicken, Duck, Turkey
Steven Whitla
Adams, NE
402-853-4883
docsholidayhealthyfarms@gmail.com
docsholidayhealthyfarms.com
• **Antibiotic Free, Free Range, Hormone Free, Pasture Raised, Soy Free, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets, Grocery Store**

DS Family Farm

Beef, Chicken
Doug Garrison
Malcolm, NE
402-796-2208
doug@dsfamilyfarm.com
dsfamilyfarm.com
• **Animal Welfare Approved, Antibiotic Free, Corn Free, Free Range, Grass Fed, Hormone Free, Non-GMO, Pasture Raised, Sustainable**
• **On-Farm Store/Stand**

Erstwhile Farm, LLC

Pork, Chicken
Lanette Stec
Columbus, NE
402-897-4065
erstwhilefarm@gmail.com
erstwhilefarm.com
• **Animal Welfare Approved, Antibiotic Free, Heritage, Non-GMO, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store**

Harmony Food and Produce

Beef, Pork, Chicken
Lyn Miller
Chadron, NE
308-432-3640
Lyn_miller77@yahoo.com
• **Antibiotic Free, Hormone Free, Pasture Raised, Sustainable**
• **On Farm Store/Stand, Farmers' Markets**

Jones EcoFarms—Produce, Plants, and Pastured Meats

Pork, Turkey
Justin Jones & Elayne Woods Jones
Crete, NE
402-613-2035
justin@jonesproduce.net
jonesproduce.net
• **Non-GMO, Pastured Raised**
• **On-Farm Store/Stand, Wholesale**

Recipe

SPAGHETTI SQUASH WITH GREEK MEAT SAUCE

Ingredients:

MEAT SAUCE

- 2 Tbsp olive oil
- 1 onion
- 1½ lbs Leon's ground beef
- 1 c water
- 9 oz tomato paste
- 2 Tbsp red wine vinegar
- 2 cloves minced garlic
- 1 tsp salt
- Freshly ground black pepper to taste
- 1 tsp whole mixed pickling spice (this is the secret ingredient!)

SPAGHETTI SQUASH

- 1 large spaghetti squash (about 3 lbs)
- ¼ tsp salt
- ¼ tsp freshly ground pepper
- 2 Tbsp unsalted butter (or none!)
- 1 avocado, diced
- 12 cherry tomatoes (red and yellow) halved
- ½ c fresh Parmesan or Pecorino Romano cheese shavings
- 2 Tbsp chopped fresh flat leaf parsley

Directions:

MEAT SAUCE

1. In a large saucepan, brown the hamburger and onions. Add the water, tomato paste, vinegar, garlic, salt, and pepper.
2. Tie the pickling spice and cinnamon in a small piece of cheesecloth, and add to the stew.
3. Reduce the heat to low, cover, and simmer for 1 hour, stirring occasionally and adding additional water if necessary. Discard the cheesecloth.

SPAGHETTI SQUASH

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. Cut the squash in half lengthwise, and scoop out the seeds.
3. Place the squash, cut side down, on the prepared pan. Bake until the flesh can be easily scraped into strands with a fork, 50-70 minutes.
4. Using a fork, scoop out all the flesh into a bowl, and fluff the spaghetti like strands. Toss in the salt and pepper.



From the kitchen of Chad Winters, Leon's Grocer



Little Mountain Ranch & Garden

Beef, Lamb, Pork, Chicken
Bill Alward
Fort Calhoun, NE
765-585-2723
littlemountain.rg@gmail.com
• **Antibiotic Free, Free Range, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets**

Miller Omega-3 Beef

Beef
Russell Miller
Phillips, NE
402-631-7780
rmiller1368@yahoo.com
• **Antibiotic Free, Grass Fed, Corn Finished, Hormone Free, Non-GMO**
• **Farmers' Markets, Grocery Store**

Paradise in Progress Farm

Lamb, Chicken
Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseinprogress@gmail.com
• **Antibiotic Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets**

Prairie Pride Acres

Beef, Pork
Daniel Hromas
Grand Island, NE
402-217-2797
prairieprideacres@gmail.com
facebook.com/prairieprideacres
• **Antibiotic Free, Corn Free, Free Range, Hormone Free, Soy Free, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets, Grocery Store**

Raikes Beef Co

Beef
Lindsey & Justin Raikes
Ashland, NE
402-944-2474
info@raikesbeef.co
raikesbeef.co
• **BQA Certified, Grass Fed, Corn Finished, Hormone Free**
• **On-Farm Store/Stand**

Range West Beef

Beef
Luke & Lori Jacobsen
Marquette, NE
402-854-3104
rangewestbeef@gmail.com
rangewestbeef.com
• **Antibiotic Free, Corn Free, Grass Fed, Hormone Free, Non-GMO, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store**

Rock Creek Aquaculture

Shrimp
Scott Pretzer
Diller, NE
402-793-5553
sdpretzer@gmail.com
rockcreekshrimp.com
• **Aquaculture, Antibiotic Free, Hormone Free, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets**

Shadowbrook Farm

Pork
Kevin, Charuth, & Diane Loth
Lincoln, NE
402-499-7578
dutchgirlcreamery@gmail.com
shadowbrk.com
• **Antibiotic Free, Hormone Free, Non-GMO, Pasture Raised, Sustainable**
• **Wholesale, Farmers' Markets**

MEAT & POULTRY
continues on next page →

MEAT & POULTRY *continued from previous page*

Straight Arrow Bison Ranch

Buffalo
Martin & Karen Bredthauer
Broken Bow, NE
308-872-3066
mail@straightarrowbison.com
straightarrowbison.com
• **Animal Welfare Approved, Antibiotic Free, Grass Fed, Hormone Free, Non-GMO, Pasture Raised**
• **On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store**

TD Niche Pork

Pork
Travis Dunekacke
Elk Creek, NE
402-335-0197
tdpork@gmail.com
• **Antibiotic Free, Free Range, Heritage**
• **On-Farm Store/Stand, Wholesale**

Theilen Produce Gardens

Chicken
Kristy Theilen
Schuyler, NE
402-615-2854
theilenproduce@gmail.com
theilenproduce.com
• **Antibiotic Free, Heritage, Hormone Free, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Wholesale, Farmers' Markets**

West Blue Farm

Beef, Pork, Chicken
Joe & Shanae Yeackley
Dorchester, NE
402-641-0331
westbluefarm.com
• **Antibiotic Free, Hormone Free, Non-GMO**
• **Wholesale**

Wolff Farms

Beef, Chicken
Duane & Jay Wolff
Norfolk, NE
402-841-0130
dwolff@hotmail.com
wolfffarmsproduce.com
• **Antibiotic Free, Free Range, Grass Fed, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets, Grocery Store**

FLOWERS, SEEDS, TREES & TRANSPLANTS

Common Good Farm

Transplants, Perennials
Ruth Chantry & Evrett Lunquist
Raymond, NE
402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
• **On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store**

Community Crops

Transplants, Perennials, Seeds
Barb Brockley & Matt Pirog
Lincoln, NE
402-474-9802
matt@communitycrops.org
communitycrops.org
• **Grocery Store, Mobile Market**

Country Lane Gardens

Perennials, House Plants, Christmas Trees, Cut Flowers, Seeds, Woody Florals
Annette Hellbusch & Macey Fuhr
Columbus, NE
402-276-3438
cdhellbusch@gmail.com
countrylanegardens.org
• **On-Farm Store/Stand, Wholesale, Grocery Store**

Emerald Acres

Transplants, Cut Flowers
Sandie Roush
Lincoln, NE
402-480-8197
emeraldacres@integratedlifechoices.com
facebook.com/emeraldacresfarm
• **Wholesale, Farmers' Markets**

Great Plains Nursery

Perennials, Fruit Trees, Nut Trees, Native Trees, Shade Trees, Evergreens
Heather Byers
Weston, NE
402-540-4801
info@greatplainsnursery.com
greatplainsnursery.com
• **On-Farm Store/Stand, Wholesale**

GreenLeaf Farms

Transplants, Cut Flowers
Joletta Hoising
Omaha, NE
402-614-0404
info@greenleaffarms.biz
greenleaffarms.biz
• **Wholesale, Farmers' Markets, Grocery Store**

Grow with the Flow

Aquaponic Horticulture Transplants, Perennials, House Plants, Cut Flowers, Woody Florals
Jeff Jirovec & Heather Husen
Denton, NE
402-890-4388
contact@gwtaquaponics.com
gwtaquaponics.com
• **Farmers' Markets**

Jones EcoFarms—Produce, Plants, and Pastured Meats

Perennials, Fruit Trees, Nut Trees, Woody Florals
Justin Jones & Elayne Woods Jones
Crete, NE
402-613-2035
justin@jonesproduce.net
jonesproduce.net
• **On-Farm Store/Stand, Wholesale**

Nebraska Mushroom LLC

Mushroom Spawn and Grow Bags
Ash Gordon
Grand Island, NE
308-384-1430
ash@nebraskamushroom.com
nebraskamushroom.com
• **On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store**

Prairieview

Cut Flowers
Bonnie & Jim Henshaw
Lincoln, NE
402-423-5489
jbhenshaw@windstream.net
• **Farmers' Markets**

Robinette Farms

Transplants
Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com
• **Wholesale, Farmers' Markets, Grocery Store**

Shadowbrook Farm

Transplants, Cut Flowers
Kevin, Charuth, & Diane Loth
Lincoln, NE
402-499-7578
dutchgirlcreamery@gmail.com
shadowbrk.com
• **Wholesale, Farmers' Markets**

Theilen Produce Gardens

Transplants, Cut Flowers
Kristy Theilen
Schuyler, NE
402-615-2854
theilenproduce@gmail.com
theilenproduce.com
• **On-Farm Store/Stand, Wholesale, Farmers' Markets**

Wenninghoff Farm

Transplants, Perennials
Paul & Amy Wenninghoff
Omaha, NE
402-571-2057
wenninghofffarm@hotmail.com
wenninghoff.com
• **On-Farm Store/Stand**

Yankee Hill Landscape Co.

Transplants, Perennials, Fruit Trees, Woody Florals
Tammy & Todd Magee
Lincoln, NE
402-416-2611
info@yankeehilllandscaping.com
YankeeHillLandscaping.com
• **On-Farm Store/Stand, Wholesale, Farmers' Markets**

KITCHEN BASICS & COOKING STAPLES

TIPS FOR A low waste kitchen

BUY IN BULK

Grains, rice, beans, corn, honey, flour, sugar, nuts, seeds, oil, and dried fruits can be bought in bulk using your own containers or reusable bags.

EAT IT ALL!

Did you know broccoli leaves and stems are delicious, or that carrot tops make great pesto? The leaves and stems of vegetables like radishes, carrots, broccoli, and kohlrabi are a treat—use them like other cooking greens.

SWAP PLASTIC FOR CLOTH

Make or buy reusable grocery bags and produce bags.

SWAP PAPER FOR CLOTH

Paper towels and napkins can easily be replaced by cutting up old towels and sewing or buying cloth napkins.

COMPOST!

Try your hand at a turned compost pile, under counter vermicomposting system (worm bin), or connect with a composting service to collect food waste!

RICH vegetable broth FROM SCRAPS

After prepping fresh, local produce for a tasty, home-cooked meal, our cutting boards overflow with tips, tops, bottoms, peels, and stems. These scraps are worth their weight in gold! When simmered in water they add their own unique flavors and nutrients to make a broth perfect for soups, sauces, or cooking grains.

HOW TO SAVE SCRAPS:

Every time scraps are created, get into a routine of adding them to a container kept in the freezer.

TO MAKE 2 QUARTS OF VEGETABLE BROTH:

1. Gather 4–8 cups of vegetable scraps. If you want, throw in additional non-scrap vegetables to balance flavors, or to customize the final flavor of your broth.
2. In a large pot, add vegetable scraps and 10 cups of water.
3. Add aromatics of your choice—thyme, rosemary, hot peppers, bay leaves, peppercorn, etc.
4. Simmer for at least 1 hour. Cooking time depends on the time you have! This broth can be done in an hour, or you can leave it to slowly cook overnight.
5. Cool until room temperature. From here, you can either strain the vegetables for a clear broth, or blend it all for a velvety broth.
6. Transfer broth to containers. Store in refrigerator (for a couple weeks) or freezer (for a couple months).



DAIRY & EGGS

Al-Be Farm

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Beth Kernes Krause & Ralph Krause
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al-befarm@windstream.net
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• **On-Farm Store/Stand, Grocery Store**

Barreras Family Farm

Chicken Eggs, Goat Milk
Anthony & Mariel Barreras
Blair, NE
402-906-9766
barrerasfamilyfarm@gmail.com
barrerasfamilyfarm.com
• **Antibiotic Free, Corn Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Soy Free, Sustainable, Transitional Organic**
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City Sprouts

Chicken Eggs
Aaron French
Omaha, NE
402-504-1910
farm@omahasprouts.org
omahasprouts.org
• **On-Farm Store/Stand**

Clear Creek Organic Farms

Cow Butter, Cheese & Ice Cream
Robert Bernt
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308-750-1086
clearcreekorganicfarm@hotmail.com
clearcreekorganicfarm.com
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• **On-Farm Store/Stand, Grocery Store**

Common Good Farm

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402-783-9005
farmers@commongoodfarm.com
commongoodfarm.com
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Chicken & Duck Eggs
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Columbus, NE
402-276-3438
cdhellbusch@gmail.com
countrylanegardens.org
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Divino Nino Dairy

Cow Milk & Cream
Melissa Rawe
Palmyra, NE
402-310-6056
divinoninodairy@outlook.com
divinoninodairy.com
• **On-Farm Store/Stand**

Doc's Holiday Healthy Farms

Chicken Eggs
Steven Whittle
Adams, NE
402-853-4883
docsholidayhealthyfarms@gmail.com
docsholidayhealthyfarms.com
• **Antibiotic Free, Free Range, Hormone Free, Pasture Raised, Soy Free, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets, Grocery Store**

Emerald Acres

Chicken Eggs
Sandie Roush
Lincoln, NE
402-480-8197
emeraldacres@integratedlifechoices.com
facebook.com/emeraldacresfarm
• **Antibiotic Free, Heritage, Non-GMO, Pasture Raised, Sustainable**
• **Wholesale, Farmers' Markets**

Erstwhile Farm, LLC

Chicken Eggs
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Columbus, NE
402-897-4065
erstwhilefarm@gmail.com
erstwhilefarm.com
• **Antibiotic Free, Heritage, Non-GMO, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store**

Fruit of Levine LLC

Duck Eggs
Mike & Jodi Levine
Omaha, NE
402-312-9560
fruitoflevine@gmail.com
fruitoflevine.com
• **On-Farm Store/Stand, Wholesale**

Harmony Food and Produce

Chicken Eggs
Lyn Miller
Chadron, NE
308-432-3640
Lyn_miller77@yahoo.com
• **Antibiotic Free, Hormone Free, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets**

Little Mountain

Ranch & Garden Chickens Eggs
Bill Alward
Fort Calhoun, NE
765-585-2723
littlemountain.rg@gmail.com
• **Antibiotic Free, Free Range, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets**

Paradise in Progress Farm

Chicken & Duck Eggs
Ellen & Jim Shank
Nebraska City, NE
402-874-9540
paradiseinprogress@gmail.com
• **Antibiotic Free, Free Range, Grass Fed, Hormone Free, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets**

Robinette Farms

Chicken Eggs
Alex McKiernan & Chloe Diegel
Martell, NE
402-794-4025
farmers@robinettefarms.com
robinettefarms.com
• **Wholesale, Farmers' Markets, Grocery Store**



Shadowbrook Farm

Goat Cheese
Kevin, Charuth, & Diane Loth
Lincoln, NE
402-499-7578
dutchgirlcreamery@gmail.com
shadowbrk.com
• **Antibiotic Free, Hormone Free, Non-GMO, Pasture Raised, Sustainable**
• **Wholesale, Farmers' Markets**

Theilen Produce Gardens

Chicken Eggs, Goat Milk
Kristy Theilen
Schuyler, NE
402-615-2854
theilenproduce@gmail.com
theilenproduce.com
• **Antibiotic Free, Heritage, Hormone Free, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Wholesale, Farmers' Markets**

Wolff Farms

Chicken Eggs
Duane & Jay Wolff
Norfolk, NE
402-841-0130
dwolff@hotmail.com
wolfffarmsproduce.com
• **Antibiotic Free, Free Range, Pasture Raised, Sustainable**
• **On-Farm Store/Stand, Farmers' Markets, Grocery Store**

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Robert Bernt
Spalding, NE
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clearcreekorganicfarm@hotmail.com
clearcreekorganicfarm.com
• **Heirloom, Non-GMO, Sustainable**
• **On-Farm Store/Stand, Grocery Store**

Country Lane Gardens

Barley, Oats, Popcorn, Rye, Wheat
Annette Hellbusch & Macey Fuhr
Columbus, NE
402-276-3438
cdhellbusch@gmail.com
countrylanegardens.org
• **Heirloom, Non-GMO, Sustainable**
• **On-Farm Store/Stand, Wholesale, Grocery Store**

Emerald Acres

Black Beans, Great Northern Beans, Red Beans, Sorghum
Sandie Roush
Lincoln, NE
402-480-8197
emeraldacres@integratedlifechoices.com
facebook.com/emeraldacresfarm
• **Heirloom, IPM, Non-GMO, Sustainable**
• **Wholesale, Farmers' Markets**

Erstwhile Farm, LLC

Rye
Lanette Stec
Columbus, NE
402-897-4065
erstwhilefarm@gmail.com
erstwhilefarm.com
• **Certified Organic, Heirloom, Non-GMO, Sustainable**
• **On-Farm Store/Stand, Wholesale, Farmers' Markets, Grocery Store**

Recipe

GREENS AND QUINOA PIE

Ingredients:

- ½ c quinoa, rinsed and drained
- 1 large bunch swiss chard (1 to 1¼ lbs), cut into bite-sized pieces
- 3 Tbsp olive oil, divided
- 2 medium onions, thinly sliced (1 c)
- 2 green onions, thinly sliced (¼ c)
- ¼ c chopped fresh dill
- ¼ c crumbled feta cheese, like Calypso from Shadowbrook Farm
- 3 eggs, lightly beaten

Directions:

1. Place rinsed quinoa in small saucepan. Add 1 cup water, and season with salt, if desired. Cover, and bring to a boil. Reduce heat to medium-low, and simmer, covered, 15 minutes. Remove from heat, and transfer to large bowl.
2. Steam chard until wilted, stirring frequently or tossing with tongs. Cool slightly then squeeze out excess moisture. Transfer to cutting board, and chop into small pieces. Stir greens into quinoa.
3. Preheat oven to 350°F. Heat 1 Tablespoon oil in skillet over medium-high heat. Add onions, diced white part of green onions, and diced chard stems, and sauté 10 minutes, or until browned. Add cooked onion mixture, green onions, dill, feta cheese, and goat cheese to quinoa mixture. Stir in eggs; season with salt and pepper, if desired.
4. Pour 1 Tablespoon oil into 9-inch pie pan, and place in oven. Heat 5 minutes, or until oil is hot. Swirl oil to coat bottom of pan, then spread quinoa mixture in pan with spatula. Bake 20 minutes. Drizzle pie with remaining 1 Tablespoon oil, and bake 20 to 30 minutes more, or until golden brown. Cool 15 minutes before slicing.

Tip: Serve with dill or mint yogurt sauce.

From the kitchen of Renee Cornett, Prairie Plate Restaurant





Meet our **ADVISORY BOARD MEMBERS:**

- | | |
|--|--|
| <p>Alice Henneman
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|--|--|

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PARTICIPATING LOCATIONS

For most up to date information visit
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Aksarben Village Farmers Market

67th & Center Streets, Omaha, NE

May 5-October 13, 2019

Sundays: 9am-1pm

www.omahafarmersmarket.com/aksarben-village

Community Crops Veggie Van

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June-September. For locations and times visit:

www.facebook.com/CropsVeggieVan

Fallbrook Farmers Market

Fallbrook Town Center,

570 Fallbrook Blvd, Lincoln, NE

Thursdays 4-7pm

www.fallbrookfarmersmarket.com

Leon's Gourmet Grocer

2200 Winthrop Rd, Lincoln, NE

Monday-Saturday: 8am-9pm, Sunday: 9am-6:30pm

www.leonsgourmetgrocer.com

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