

# LOCAL food 2026 GUIDE

**CHEERS TO  
20 YEARS**

of the printed food guide  
and Buy Fresh Buy Local  
Nebraska! PG. 14

**LOCAL FOOD MAP**

Find local food near you. PG. 8

**CELEBRATING 20 YEARS!**

**BUY FRESH  
BUY LOCAL**



**Nebraska**

[buylocalnebraska.org](http://buylocalnebraska.org)



# OPEN HARVEST CO-OP GROCERY



SUPPORTING OUR LOCAL FARMERS & PRODUCERS SINCE 1975.

OPEN DAILY 8AM-9PM

330 S. 21<sup>ST</sup> STREET LINCOLN, NE 68510

follow us!

AT Buy Fresh Buy Local® Nebraska, WE ARE PROUD TO CALL THESE FOLKS OUR SPONSORS:



NEBRASKA SUSTAINABLE AGRICULTURE SOCIETY



CENTER for RURAL AFFAIRS



NEBRASKA COOPERATIVE DEVELOPMENT CENTER

AND OUR FRIENDS AT

Big Muddy Urban Farm and Tim Rinne

Their commitment to the BFBLN program enables us to continue to develop outreach, marketing, and education programs that supports a brighter tomorrow for Nebraska's small to mid-scale farmers, ranchers, and the lands on which our food is grown.

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



Educating on the social, environmental, and economic benefits of eating locally



Cultivating a future for Nebraska's family farms by expanding the market for locally produced foods



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## GET IN THE GUIDE!

Do you grow food to sell to local markets?  
Do you buy local foods for your business?  
Do you manage a farmers' market?

Join our community! As a Buy Fresh Buy Local® Nebraska member, you join a growing network dedicated to transforming communities through food. For more information on membership, please visit:

[BUYLOCALNEBRASKA.ORG/GET-INVOLVED](http://BUYLOCALNEBRASKA.ORG/GET-INVOLVED)



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# Welcome to the 2026 LOCAL FOOD GUIDE!

## A NOTE FROM THE LOCAL NEBRASKA COORDINATOR

Taking the helm as the newest Buy Fresh Buy Local Nebraska Coordinator right in time for the 20th Anniversary is a humbling honor. The Local Food Guide has evolved tremendously since 2006. It started as a simple newsprint publication and is now a gorgeous full-colored magazine with nearly twice the membership.

Over the years, the mission has stayed the same. Through education, marketing and promotion, BFBLN works to support our state's farmers and ranchers and connect consumers to Nebraska-grown foods. In the last twenty years, the world has seen catastrophic events that remind us of the importance of a shorter and more sustainable food chain. The 2025 "Nebraska Farm & Food Economy" report written by Ken Meter of Crossroads Resource Center and released by the Center for Rural Affairs and Heartland Regional Food Business Center, reveals that Nebraskans spend \$5 billion per year on food sourced from outside the state. If each Nebraskan spends just \$5 per week on local food purchases, that would equate to \$512 million in new farm income. We not only build food security this way, we also enrich the economy! The environment also benefits as many local food producers follow practices that enrich soil health, support pollinators and wildlife, and reduce the number of chemicals applied. Eating in-season produce and local proteins also leads to better nutrition and overall health. Put everything together and you see a brighter future for the survival and PROSPERITY of family farms and communities across the state.

My hope is that this Guide inspires you to connect with more Nebraska producers and savor not only the delicious foods, but the fact that you are making a difference for the future of rural America, one dollar at a time. I envision an increase in slower, simpler, and more wholesome meals that bring families and communities together. I imagine walking into a hometown school and every student can tell you a story about where their meal came from.

Yes, these are big dreams, but it starts right here. This Guide is for all Nebraskans, and our hope is that it is your go-to resource as you make your family, institution, or business plates or products increasingly "local".

*Michelle J. Garwood*

Michelle Garwood, Program Coordinator  
Buy Fresh Buy Local Nebraska  
University of Nebraska-Lincoln  
58 Filley Hall, Lincoln, NE. 68583-0922

✉ BuyLocalNebraska@unl.edu  
🌐 BuyLocalNebraska.org  
📘 Facebook.com/BuyLocalNebraska  
📷 Instagram.com/BuyLocalNebraska

# 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									
LEEKs									
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](http://BUYLOCALNEBRASKA.ORG)

Look for the BFBLN Member Logo at a farm, farmers' market, restaurant, or retailer near you!



**OMAHA Farmers MARKET**

**SATURDAY** Old Market 8 a.m. to 12:30 p.m.  
**SUNDAY** Aksarben Village 9 a.m. to 1 p.m.

**MAY 2 - OCT. 11**  
omahafarmersmarket.org

**ROBINETTE FARMS**

*Local Food Subscription*

Local Food Delivered Year Round

[www.robinettefarms.com](http://www.robinettefarms.com)

Sourced From Local Farmers and Artisans

# Supporting

## LOCAL FARMERS & SMALL BUSINESSES

The Center for Rural Affairs has partnered with Buy Fresh Buy Local Nebraska for the past two years with support from the Farmers Market Promotion Program to increase access to resources for Nebraska farmers market managers and vendors, and to promote access to healthy, delicious locally-grown foods for communities.



### WHY ARE FARMERS MARKETS IMPORTANT?

Community support for farmers, food producers, and crafters keep local dollars in the community, and sustain food access in rural communities that may not have a grocery store nearby.

*Photos courtesy Center for Rural Affairs, [cfra.org](http://cfra.org).*

*Funding for this article was made possible by a grant from the U.S. Department of Agriculture (USDA) Agricultural Marketing Service. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.*

### HOW CAN A FARMERS MARKET INCREASE CUSTOMER ACCESS TO NUTRITIOUS FOOD?

Some farmers markets in Nebraska accept nutrition benefits:

- **Supplemental Nutrition Assistance Program (SNAP)** - SNAP benefits can be used to purchase farm fresh foods for the household to eat, such as: breads and cereals; fruits and vegetables; meats, fish, and poultry; and dairy products. Seeds and plants that produce food can also be purchased.
- **Double Up Food Bucks (DUFb)** - For every dollar that a SNAP recipient spends on fresh fruits and vegetables, that customer receives a dollar-to-dollar match to spend on more fruits and vegetables. This match is capped at \$20 per day. DUFb can be spent at participating farmers markets and grocery stores in Nebraska.
- **Senior Farmers Market Nutrition Program (Senior FMNP)** - The Senior FMNP provides low-income seniors with vouchers that can be exchanged for eligible foods, like fruits, vegetables, honey, and fresh-cut herbs, at farmers markets, roadside stands, and community-supported agriculture programs. Senior FMNP benefits are distributed at Area Agency on Aging and senior centers across the state. Coupons are disbursed June through September (while supplies last). Participants can spend them at markets throughout the season.

If your farmers market does not accept the above benefits, check out the Nebraska Rural Farmers Market Handbook ([cfra.org/ne-farmers-market-handbook](http://cfra.org/ne-farmers-market-handbook), also available in Spanish), which outlines the steps on how to accept these programs. Additional resources are available at the Center's website: [CFRA.ORG/FARMERSMARKETS](http://CFRA.ORG/FARMERSMARKETS).



CENTER for RURAL AFFAIRS



From the Kitchen of Holly and Jerry McCabe, Sleepy Bees Lavender Farm (Firth, NE)

### Ingredients

- 1 cup granulated sugar, divided
- ¼ cup water
- ½ teaspoon dried lavender buds (add more if you prefer a stronger lavender flavor; grind for a smoother texture if desired)
- 4-6 large peaches, peeled and sliced (about 4 cups)
- ¼ cup butter
- 1 cup self-rising flour
- 1 cup milk
- 1 teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

### Directions

1. Preheat oven to 350°F.
2. Combine ¼ cup sugar, water and lavender in a medium saucepan. Bring to a simmer over medium-high heat. Stir until sugar dissolves. Add the lavender. Reduce the heat to low and cook for 5 minutes. Add the peach slices and cook for 5 minutes.
3. Place the butter in a 9 x 9 baking dish. Put in the oven to melt the butter.
4. In a large mixing bowl, add the flour, remaining ¾ cup sugar, milk, vanilla, and cinnamon. Stir until smooth.
5. Pour the batter into your baking dish on top of the melted butter.
6. Spoon the peach mixture evenly over the batter. Bake for about 50 minutes, or until golden brown.
7. Serve while warm with a scoop of vanilla ice cream or sprinkled with cinnamon sugar.



Find more recipes from Buy Fresh Buy Local Members at [BUYLOCALNEBRASKA.ORG/RECIPE-BOX](http://BUYLOCALNEBRASKA.ORG/RECIPE-BOX)

## Discovery Days+ FARMERS MARKET

10 a.m. to 1 p.m. | East Campus Loop

**JUNE 13**    **JULY 11**    **AUG 8**

- LOCALLY PRODUCED GOODS
- LIVE MUSIC
- FOOD TRUCKS
- ACTIVITIES FOR ALL AGES
- BACKYARD FARMER GARDEN TOURS

SHOP FROM SMALL BUSINESSES OR RUN YOUR OWN STALL!

Learn more at [discoverydays.unl.edu](http://discoverydays.unl.edu)



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## AMERICAN BEEF

FROM BIRTH TO

- 0g ADDED SUGARS
- NO FILLERS
- GLUTEN FREE\*
- RANCHER OWNED



WE SHIP NATIONWIDE!  
[FREEDOM-BEEF.COM](http://FREEDOM-BEEF.COM)  
VALENTINE, NE

# Find Local FOODS & FARMS NEAR YOU!

## Western Nebraska

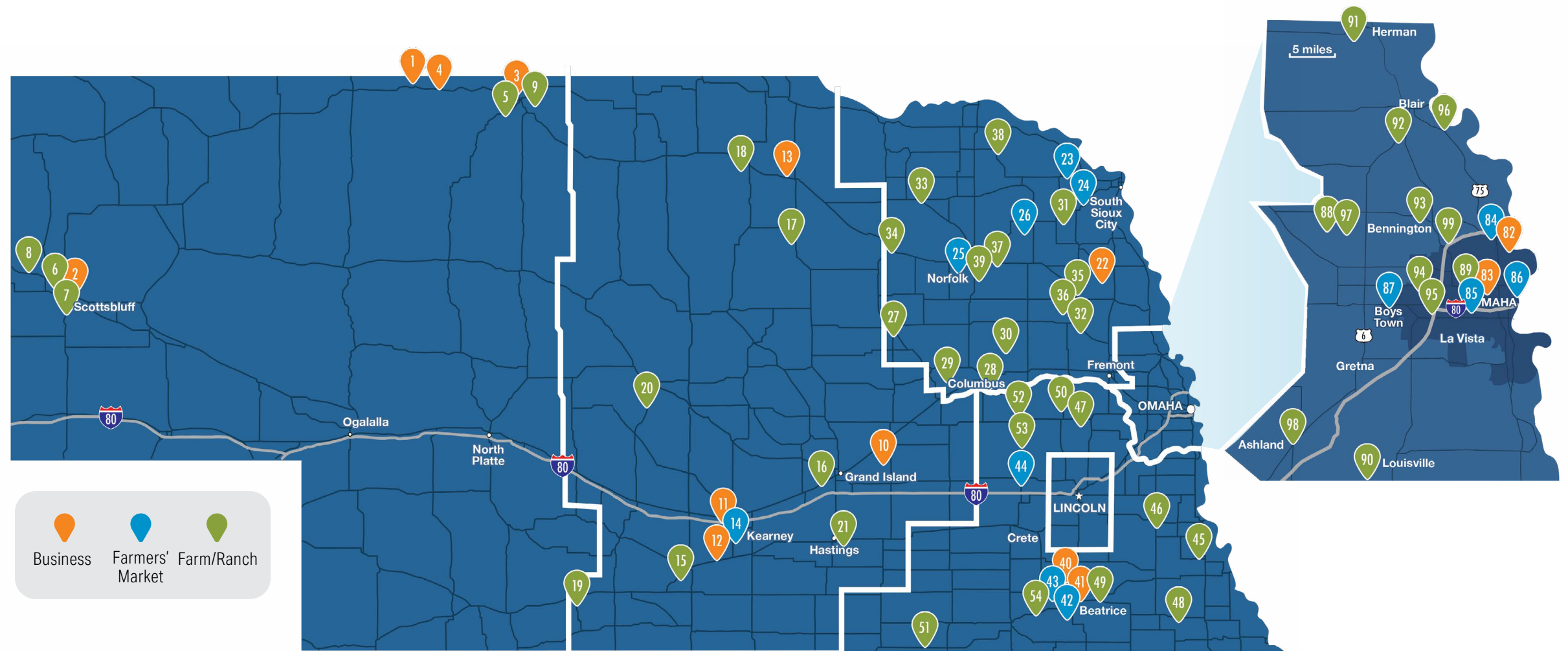
1. George Paul Vinegar, *Cody*
2. Meadowlark Hearth, *Scottsbluff*
3. Niobrara Grain and Milling, *Valentine*
4. Niobrara Valley Vineyards LLC, *Nenzel*
5. Freedom Beef, *Valentine*
6. Marigold Farm LLC, *Mitchell*
7. Megan's Market, *Gering*
8. Painter Produce, *Henry*
9. Pleasant Valley Grain & Livestock, *Valentine*

## Central Nebraska

10. Grain Place Foods Inc., *Marquette*
11. GROW Nebraska, *Kearney*
12. Roberts Seed Inc., *Axtell*
13. Wildflour Grocer, *O'Neill*
14. Kearney Area Farmers Market, *Kearney*
15. Freed Produce Farms, *Holdrege*
16. GI Acres, *Grand Island*
17. Lambert Melons, *Ewing*
18. Regenesi Acres LLC, *Atkinson*
19. Starflower Botanicals, *Cambridge*
20. Straight Arrow Bison LLC, *Broken Bow*
21. The Hoagland Homestead, *Inland*

## Northeast Nebraska

22. Center for Rural Affairs, *Lyons*
23. Dixon County Farmers Market, *Ponca*
24. Hubbard Farmers Market, *Hubbard*
25. Norfolk Farmers Market, *Norfolk*
26. Wayne Farmers Market, *Wayne*
27. Classen Land & Cattle LLC, *Albion*
28. Country Lane Gardens, *Columbus*
29. Daniels Produce, *Columbus*
30. Fat Heat Honey Farms, *Clarkson*
31. Graf Bees LLC, *Emerson*
32. KrazyWoman Orchard, *Scribner*
33. Midwest Mushrooms, *Plainview*
34. NE-Leigh Farm LLC, *Neligh*
35. Nebraska Heritage Turkeys, *West Point*
36. Oak Barn Beef, *West Point*
37. Payne Creek Acres, *Stanton*
38. Stick Figure Farm, *Hartington*
39. Wolff Farms Produce LLC, *Norfolk*



## Southeast Nebraska

- |  |  |
|--|--|
| 40. Food4Hope, <i>Beatrice</i>                         | 48. Briar Rose Farms LLC, <i>Humboldt</i>  |
| 41. Vintage Venue Events and Catering, <i>Beatrice</i> | 49. Cottage Hill Farm, <i>Beatrice</i>     |
| 42. Beatrice Farmers Market, <i>Beatrice</i>           | 50. DND Farms LLC, <i>Prague</i>           |
| 43. Beatrice Saturday Farmers Market, <i>Beatrice</i>  | 51. Free Day Popcorn Company, <i>Byron</i> |
| 44. Seward Farmers Market, <i>Seward</i>               | 52. NaTerra Farms, <i>David City</i>       |
| 45. Al-Be Farm, <i>Julian</i>                          | 53. Pekarek's Produce, <i>Dwight</i>       |
| 46. Arnold Acres, <i>Syracuse</i>                      | 54. West End Farm LLC, <i>Plymouth</i>     |
| 47. Beauty View Dairy Products, <i>Wahoo</i>           |  |

## Lincoln Area

- |   |  |
|---|--|
| 55. A+ Berry, <i>Lincoln</i>                                      | 67. Common Good Farm, <i>Raymond</i>                       |
| 56. Community Crops Program, Family Service, <i>Lincoln</i>       | 68. DS Family Farm, <i>Malcolm</i>                         |
| 57. Leon's Gourmet Grocer, <i>Lincoln</i>                         | 69. Gare Bear Honey, <i>Lincoln</i>                        |
| 58. Lone Tree Foods, <i>Lincoln</i>                               | 70. Hunter's Honey, <i>Hickman</i>                         |
| 59. Mystic Rhoads Productions Inc., <i>Lincoln</i>                | 71. Pearson's Pumpkin Place, <i>Eagle</i>                  |
| 60. Nebraska Sustainable Agriculture Society, <i>Lincoln</i>      | 72. Picnic Hill Orchard, <i>Lincoln</i>                    |
| 61. Open Harvest Co-op Grocery, <i>Lincoln</i>                    | 73. ShadowBrook Farm & Dutch Girl Creamery, <i>Lincoln</i> |
| 62. Robinette Farms, <i>Martell</i>                               | 74. Shalom Farms, <i>Lincoln</i>                           |
| 63. The Hub Cafe, <i>Lincoln</i>                                  | 75. Sleepy Bees Lavender Farm, <i>Firth</i>                |
| 64. East Campus Discovery Days and Farmers Market, <i>Lincoln</i> | 76. SR Pumpkin and Flower Farm, <i>Lincoln</i>             |
| 65. Sunday Farmers Market at College View, <i>Lincoln</i>         | 77. Tenacious Acres, <i>Elmwood</i>                        |
| 66. Bright Hope Family Farm, <i>Firth</i>                         | 78. Trackside Farm, <i>Hickman</i>                         |
|   | 79. Vital Vines, <i>Lincoln</i>                            |
|   | 80. Wellman Wagyu, <i>Waverly</i>                          |
|   | 81. Yankee Hill Landscape, <i>Lincoln</i>                  |

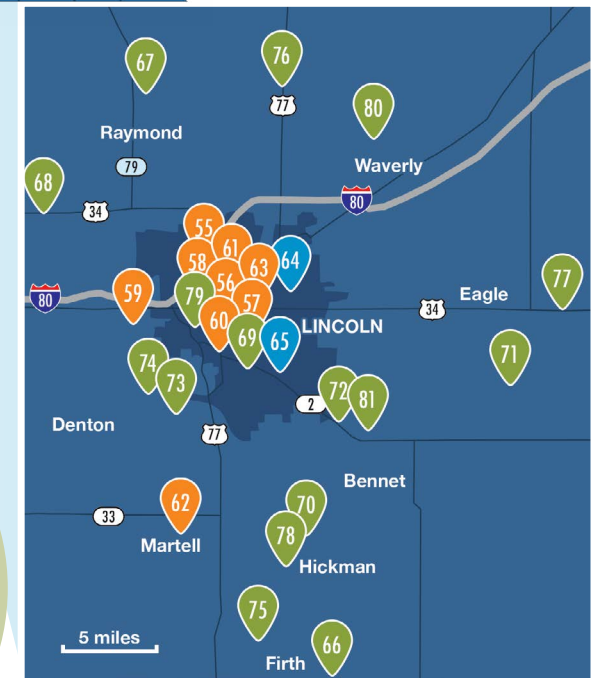
## Omaha Area

82. No More Empty Pots, *Omaha*
83. Take Root Farm Stop, *Omaha*
84. Florence Mill Country Market, *Omaha*
85. Omaha Farmers Market - Aksarben Village, *Omaha*
86. Omaha Farmers Market - Old Market, *Omaha*
87. West O Farmer's Market, *Omaha*
88. A&T Farms, *Valley*
89. Benson Bounty LLC, *Omaha*
90. Curious Roots Herb Farm, *Louisville*
91. D&D Beef, *Herman*
92. Damme Good Honey LLC, *Blair*
93. Fruit of Levine LLC, *Omaha*
94. Good Life Mushrooms LLC, *Omaha*
95. GreenLeaf Farms, *Omaha*
96. Little Mountain Ranch and Garden LLC, *Fort Calhoun*
97. Nelson Produce Farm, *Valley*
98. Raikes Beef Co., *Ashland*
99. Tree in a Silo Farm, *Omaha*

ARE YOU A farmer OR business SUPPORTING LOCAL FOODS IN NEBRASKA?

Get on the local food map by becoming a member at

[BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG)



# LOCAL PRODUCTS LEGEND

Find out who's growing what!

These icons appear under the directory listing of each member and lets you know what the member grows or raises.

- |  |   |   |
|--|---|---|
|  Fruits                 |  Value-Added Products                  |  Goat      |
|  Vegetables            |  Nuts                                 |  Pork     |
|  Herbs                |  Mushrooms                           |  Chicken |
|  Grains & Dried Beans |  Flowers, Seeds, Trees & Transplants |  Turkey  |
|  Dairy                |  Beef                                |  Goose   |
|  Eggs                 |  Bison                               |  Duck    |
|  Honey                |  Lamb                                |  Rabbit  |

Searching for a specific ingredient?



Search by specific product in our easy-to-use online food guide at: [BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG)

# Western Nebraska

## BUSINESS

### 1. George Paul Vinegar

*Vinegery*  
Emily Johnson & George Johnson  
Cody, NE  
402-823-4067  
gpv@georgepaulvinegar.com  
georgepaulvinegar.com

The ONLY vinegery in the US still crafting vinegars old world style, in open containers from French-American hybrid grapes grown in Nebraska.

### 2. Meadowlark Hearth

*Online Seed Store*  
Beth Everett & Matt Barhafer  
120024 Everett Drive  
Scottsbluff, NE  
308-631-5877  
meadowlarkhearth@gmail.com  
meadowlarkhearth.org

Order online Nebraska grown certified organic & Biodynamic vegetable & garlic seed! Annual internships & events-Biology Tour (July), Ancestral Skills (Aug), and Seed Festival (Oct).

### 3. Niobrara Grain and Milling

*Flour Mill*  
Nicole Ragon & Bart Tetherow  
105 West 2nd  
Valentine, NE  
402-560-5563  
nicole@niobraragrainandmilling.com  
niobraragrainandmilling.com

Niobrara Grain and Milling, located in Valentine, Nebraska, produces certified organic flour using an Unifine mill. The whole-grain flour is more nutritious than commercial flour.

### 4. Niobrara Valley Vineyards LLC

*Winery*  
Greg Nollette & Reed Ford  
90256 State Spur 16F  
Nenzel, NE  
402-823-4131  
nvv@nvv-ne.com  
nvv-ne.com

**HOURS:** Wed, Thurs, & Sun: 2pm-6pm MT, Fri & Sat: 2pm-8pm MT

A NE Farm Winery nestled in the picturesque Sandhills that manufacturers hand-crafted award-winning wines, ciders, wine jelly, seasoning, summer sausage & other meat products.

## FARMER/RANCHERS

### 5. Freedom Beef



Marshall Simmons  
Valentine, NE  
402-389-1085  
info@freedom-beef.com  
freedom-beef.com

- Pasture Raised, Rotational Grazing
- Wholesale, Online Ordering, Nationwide Shipping

Freedom Beef was created to offer high-quality beef sticks that are American From Birth to Beef, while supporting American ranchers who strive to improve soil and rangeland health.

### 6. Marigold Farm, LLC



Colleen Johnson & Michael Johnson  
Mitchell, NE  
308-225-0128  
marigoldfarmllc@gmail.com

- CSA or Subscription Box, On Farm Store/Farm Stand, Direct Sales – Call or Email, Farmers Markets, U-Pick, Online Ordering, Home Delivery

We are a local farm growing food without pesticides. We take pride in using organic compost and are chemical-free. All of our food products are made from produce grown on the farm.

### 7. Megan's Market



Tracy Gifford  
Gering, NE  
308-631-4660  
tracyhightunnel@outlook.com

**HOURS:** Mon-Fri: 8am-6pm HB (Honor Box), Sat: 8am-1pm (staffed) & 1pm-6pm HB, Sun: 8am until out HB

- Pasture Raised, Outdoor Access
- On Farm Store/Farm Stand, Direct Sales – Call or Email, Farmers Markets, Wholesale, Home Delivery

We are a small family operation that believes in growing with fewer herbicides and pesticides. We strive to produce high quality sweet corn, watermelon, cantaloupe, and vegetables

### 8. Painter Produce



Dan & Tracy Painter  
Henry, NE  
308-247-1003  
painter.produce@gmail.com  
painterproduce.wixsite.com/painterproduce

**HOURS:** Winter/Spring – Sat: 11am-2pm. Summer/Fall – Tues & Thurs: 3pm-6pm, Sat: 10am-2pm

- Certified Naturally Grown, No Synthetic Inputs, Animal Welfare Approved, Non-GMO Feed, Antibiotic Free, Hormone Free, Outdoor Access, Cage Free
- On Farm Store/Farm Stand, Direct Sales – Call or Email, Home Delivery, Nationwide Shipping

We are a small, family farm growing farm-to-table, organic produce in the Panhandle of Nebraska since 2011. Farm Stand is open year round.

### 9. Pleasant Valley Grain & Livestock



Mark Monroe & Michelle Monroe  
Valentine, NE  
402-322-9096  
memonroe78@gmail.com

- Antibiotic Free, Hormone Free, Outdoor Access
- Direct Sales – Call or Email, Wholesale, Grocery Stores

We are a family run laying business in North Central Nebraska. Our happy chickens look forward to working with new customers!

# Central Nebraska

More than half of America's farmers intentionally provide habitat for wildlife. These efforts have contributed to population increases in native wildlife such as deer, and certain species of birds.

**FUN  
FACT**

**BUSINESS**

**10. Grain Place Foods, Inc.**

*Local Food Processor*  
David Vetter  
1904 N Hwy 14  
Marquette, NE  
402-854-3195  
info@grainplacefoods.com  
grainplacefoods.com

**HOURS:** Mon-Fri: 8am-5pm

The Grain Place Farm is focusing on soil health and working with nature. We grow, source, process and sell some of the finest organic ingredients in the midwest and beyond.

**11. GROW Nebraska**

*Retail Store, Non-Profit Organization*  
421 W Talmadge St, Ste #1  
Kearney, NE  
308-338-3520  
info@grownebraska.org  
grownebraska.org

**HOURS:** Mon-Fri: 8am-5pm, Sat: 9am-1pm

GROW Nebraska has a non-profit gift shop featuring products made in Nebraska. The GROW Nebraska Foundation helps over 400 Nebraska businesses be visible online yearly.

**12. Roberts Seed Inc.**

*Local Food Processor*  
Leisha Roberts & Joe Roberts  
982 22 Rd  
Axtell, NE  
308-743-2565  
robertsseed@gtmc.net  
robertsseed.com

**HOURS:** Mon-Fri: 8am-5pm, Sat: 9am-12pm, or by appointment

We process grain and sell NOP Certified Organic & non-GMO grains for food, animal feed and seed. Products are available in 25 or 50 lb. bags, 1 ton tote bags or bulk.

**13. Wildflour Grocer**

*Grocery Store*  
Amy Seger & Barbara Bailey  
112 S 4th St  
O'Neill, NE  
402-336-8988  
info@wildflourgrocer.com  
wildflourgrocer.com

**HOURS:** Mon-Fri: 12pm-6pm, Sat: 10am-2pm, Sun: closed

A year-round market in O'Neill supporting NE farmers, ranchers, & craftspeople. We carry local meats, produce, dairy, body care products, & handcrafted foods from our own kitchen.

**FARMERS MARKET**

**14. Kearney Area Farmers Market**

Erin Lewis & Candi Bengé  
4700 2nd Ave  
Kearney, NE  
308-520-4110  
kafmnebraska@gmail.com

**HOURS:** Sat: 8am-12pm (5/2/2026-10/24/2026)

At the Kearney Area Farmers Market we highlight local farmers, producers and artisans, showcasing their freshest locally grown, raised, and handmade goods. Shop, Eat, Be Local.

**FARMER/RANCHERS**

**15. Freed Produce Farms**

Jenny Freed  
Holdrege, NE  
308-991-3650  
jennyfreed4@gmail.com  
freedproducefarms.com

- Pasture Raised
- On Farm Store/Farm Stand, Farmers Markets

Freed Produce Farms is a family-run farm stand in Holdrege, NE offering sweet corn, seasonal produce, pumpkins, plants, and more! Fresh, local, self-serve.

**16. GI Acres**

Chad Naby & Kathy Naby  
Grand Island, NE  
308-379-3882  
chadn1@grandislandacres.com  
grandislandacres.com

- No Synthetic Inputs, Outdoor Access
- CSA or Subscription Box, Direct Sales – Call or Email

At GI Acres, our modified-market style CSA allows our members to enjoy both traditional and unusual varieties of fresh, local produce all summer. We do the work; you enjoy fresh!

**17. Lambert Melons**



Tim Lambert  
Ewing, NE  
402-340-3646  
tklambert92@gmail.com

**HOURS:** Farm store open daily in O'Neill, NE

- On Farm Store/Farm Stand, Direct Sales – Call or Email, Farmers Markets, Wholesale

This farm has been in the Lambert family since 1883. We have raised both conventional crops and produce for most of those years. We take pride in the history of our farm.

**18. Regenesis Acres LLC**



Jessie Poesnecker & Megan Poesnecker  
Atkinson, NE  
402-340-4212  
regenesisacres@gmail.com  
facebook.com/regenesisacres

- No Synthetic Inputs, Non-GMO Feed, Soy Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Cage Free, Rotational Grazing
- Direct Sales – Call or Email, Farmers Markets, U-Pick, Wholesale, Online Ordering

Regenesis Acres seeks to honor God's creation through the faithful stewardship of land, plants, and animals-promoting human health and restoring community connection.

**19. Starflower Botanicals**



Sara Brubacher Steinbrink  
Cambridge, NE  
402-853-4466  
sara@starflowerbotanicalsne.com  
starflowerbotanicalsne.com

- No Synthetic Inputs, Regenerative Practices
- Direct Sales – Call or Email, Farmers Markets, Online Ordering, In Town Drop Sites

We grow medicinal herbs using regenerative practices for use in our herbal products, community classes, and one-on-one herbal health consultations.

**20. Straight Arrow Bison, LLC**



Karen Bredthauer & Martin Bredthauer  
Broken Bow, NE  
308-872-3066  
mail@straightarrowbison.com  
straightarrowbison.com

**HOURS:** Mon-Fri, call ahead

- Animal Welfare Approved, Pasture Raised, Rotational Grazing, 100% Grass Fed
- On Farm Store/Farm Stand, Direct Sales – Call or Email, Farmers Markets, Online Ordering

We raise 100% grass-fed and grass-finished bison using regenerative practices. We market the meat, hides, bone broth, tallow and value-added products such as soap and tallow balm.

**21. The Hoagland Homestead**



Amy Hoagland & Adam Hoagland  
Inland, NE  
402-469-5065  
thehoaglandhomestead@gmail.com

- On Farm Store/Farm Stand, Direct Sales – Call or Email, Farmers Markets, U-Pick

We grow a wide variety of vegetables along with honey, jelly, and some cut flowers. In 2025 we harvested our first wheat crop. Join us for our potato UPick this fall!

**KLASSEN'S FARM**  
NOSE TO TAIL - STEAKS • ROASTS • STAPLES • CUSTOM ORDERS • BEEF SHARES  
581-810-1107

**Farmers Markets:**  
• Saturday - Bellevue Farmers Market  
• Sunday - Lincoln Market at College View

**Local Deliveries:**  
• Lincoln, Omaha, Columbus & surrounding areas.

INDIVIDUAL CUTS    BEEF SHARES    NATIONWIDE SHIPPING

**Wildflour GROCER**  
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**HOURS**  
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SATURDAY: 10-2  
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FRESH & LOCAL CHEMICAL-FREE PRODUCE,  
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INFO@WILDFLOURGROCER.COM  
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WWW.WILDFLOURGROCER.COM

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Valentine, NE 402-560-5563  
www.niobrara-grainandmilling.com

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Alfalfa Pellets • Alfalfa Seed • Barley • Chicken Feed Mixes • Corn • Wheat  
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# CELEBRATING 20 Years OF BUY FRESH BUY LOCAL NEBRASKA!

## OUR WORK OVER THE YEARS:

- Nebraska's most trusted resource for local food
- 20 editions of the annual Nebraska Local Food Guide
- Approximately 220,000 Nebraska Local Food Guides distributed to date
- Around 30,000 visitors at buylocalnebraska.org annually
- Social media impressions reach 200,000 annually
- Monthly internal and public newsletters
- Outreach events like Local Food Showcases, CSA Fairs, Harvest Celebrations, Chef Cook-offs, and informational booths
- Youth and adult farm tours and group presentations
- Online resources and recipes for consumers
- Presentations and tabling at conferences and events
- Through dynamic state-wide partnerships, we provide Farmers Market, producer scale-up, and farm to school programming, education, and technical assistance.
- Participation in local, regional and state-wide conversations that seek to grow the local food movement through innovation and cooperation
- Staffed by real people, passionate about local agriculture who can answer farmer and consumer questions about local food in Nebraska!

**“BUY FRESH BUY LOCAL NEBRASKA HAS BEEN CHAMPIONING LOCAL FOOD AND PROMOTING OUR LOCAL PRODUCERS SINCE BEFORE ‘LOCAL’ WAS A ‘THING’. IT’S ANNUAL LOCAL FOOD GUIDE IS THE BIBLE FOR HOW TO SUPPORT OUR NEIGHBOR FARMERS AND MARKET GARDENERS AND KEEP OUR ‘FOOD DOLLARS’ IN OUR COMMUNITIES WHERE THEY DO THE MOST GOOD. BUY FRESH. BUY LOCAL. BUY SMART.”**

Tim Rinne, former BFBLN Board member, Co-Founder of the national award-winning Hawley Hamlet Neighborhood Garden in Lincoln and Co-Chair of the Mayor of Lincoln’s Community Committee on Local Food.

**“BUY FRESH BUY LOCAL HAS PROVIDED ME WITH ANOTHER PLACE TO FIND COHORTS IN THE LOCAL FOODS INDUSTRY AND HAS HELPED PROVIDE TRAINING TO HELP MY BUSINESS GROW AND SUCCEED.”**

Jenny Freed - BFBLN Member, Freed Produce Farms, Holdrege, NE

### Did You Know?

The farmers/ranchers, farmers’ markets and businesses in the Nebraska Local Food Guide are members of Buy Fresh Buy Local Nebraska. Over 100 members work together to promote Nebraska-grown food. Membership fees fund the design of this food guide and other promotional materials and events. The program is also supported by sponsors and advertisements. See the “Get Involved” page at [BUYLOCALNEBRASKA.ORG](http://BUYLOCALNEBRASKA.ORG) to see how you can be a part of the movement!

**“BUY FRESH BUY LOCAL IS A GREAT RESOURCE THAT HELPS CONNECT GROWERS AND CONSUMERS TOGETHER IN A WIN-WIN PARTNERSHIP.”**

David Lott – former BFBLN Board member, UNL Extension Educator - Horticulture

### Fun Fact!

The Nebraska Local Food Guide has evolved from a newsprint publication to a 32-page magazine! It has nearly doubled in size over the years (along with membership), and has included recipes, advertisements, articles, puzzles, helpful facts, and even poetry! The online version of the food guide includes an interactive map to give consumers a very visual representation of local food accessibility across the state!

## 20 YEARS OF PRINTED FOOD GUIDES!



# Northeast Nebraska

One worker bee actually makes only 1/12 of a teaspoon of honey in her lifetime. But working together, a colony of bees may bring in as much as 50 pounds of nectar in a day and make 200 or 300 pounds of honey in a year.

**FUN  
FACT**

**BUSINESS**

**22. Center for Rural Affairs**

Non-Profit Organization  
145 Main St, PO Box 136  
Lyons, NE  
402-687-2100  
info@cfra.org  
cfra.org

**HOURS:** Mon-Fri: 8am-4:30pm

We are unapologetically rural and stand up for the small family farmer, new small business owner, and rural communities. Nonpartisan nonprofit.

**FARMERS MARKET**

**23. Dixon County Farmers Market**

Ken Johnson & Peggy Gregg  
119 W 3rd (Ponca Community Hall)  
Ponca, NE  
402-755-2742  
prazhym2004@yahoo.com

**HOURS:** Fri: 4pm-7pm, Sat 9am-1pm  
(5/22/2026-10/10/2026)

Our motto is Learning, Growing, Serving. We offer educational events throughout the market season. We have a lunch counter and homemade baked goods on a freewill donation basis.

**24. Hubbard Farmers Market**

Mellany VanLent  
310 Nebraska St (Hubbard Community Center)  
Hubbard, NE  
712-560-2477  
hubbardbettermentcommittee@gmail.com

**HOURS:** Thurs: 4pm-7pm (6/18/2026-10/15/2026)

The Hubbard Farmers Market is a community service project of the Hubbard Betterment Committee with the goal of reducing food insecurity and providing a community gathering space.

**25. Norfolk Farmers Market**

Elissa Mathis & David DeCarolis  
Riverpoint Square  
Norfolk, NE  
802-989-0940  
norfolknefarmersmarket@gmail.com  
norfolknefarmersmarket.org

**HOURS:** Tues: 4:30pm-6:30pm, Sat: 9am-12pm  
(5/2/2026-10/31/2026)

The Norfolk Farmers Market is a vibrant market offering produce, meats, eggs, and honey while also showcasing bakers, musicians, crafters, and a variety of other artisans.

**26. Wayne Farmers Market**

Luke Virgil & Rachel Miller  
108 W 3rd St (Courthouse Lawn)  
Wayne, NE  
402-375-2240  
info@wayneamerica.org  
wayneamerica.org/tourism/farmersmarket

**HOURS:** Wed: 4pm-6pm, Sat: 9am-12pm  
(6/3/2026-10/10/2026)

Fresh produce, baked goods, cut flowers, and more.

**FARMER/RANCHERS**

**27. Classen Land & Cattle, LLC**

Jordan Classen & Travis Classen  
Albion, NE  
531-810-1107  
info@classenmercantile.com  
classenmercantile.com

**HOURS:** Thurs: 4pm-6pm or by appointment  
On Farm Store/Farm Stand, Farmers Markets, Online Ordering, Home Delivery

Our farm's priority is to bring restaurant quality beef to your table and connection to us, your farmer. Proudly offering Nebraska beef as individual cuts, bundles or gifts.

**28. Country Lane Gardens**

Cody Hellbusch  
Columbus, NE  
402-270-9072  
countrylanegarden@gmail.com  
countrylanegardens.org

**HOURS:** Spring - Mon-Fri: 10am-7pm, Sat: 9am-5pm, Sun: 1pm-5pm. Summer - call for assistance. Fall - Mon-Fri: 10am-7pm, Sat: 9am-3pm, Sun: Closed. Winter - Mon-Fri: 10am-6pm, Sat: 9am-3pm, Sun: 12pm-3pm

- Antibiotic Free, Hormone Free, Pasture Raised,
- On Farm Store/Farm Stand, Direct Sales - Call or Email, Wholesale

Country Lane Gardens is a greenhouse & nursery entering our 12th season. We also have pastured laying hens. Like us on Facebook to see current hours and upcoming events!

**29. Daniels Produce**

Tannie Daniels & Kelly Jackson  
Columbus, NE  
402-897-4253  
kelly@danielsproduce.com  
danielsproduce.com

- GAP Certified, Primus Food Safety Certified
- CSA or Subscription Box, Farmers Markets, Wholesale, Online Ordering

Daniels Produce is owned and operated by Andy and Tannie Daniels, son Jason Daniels and daughter Kelly Daniels/Jackson. We strive to give our customers the best produce possible.

**30. Fat Head Honey Farms**

Kathy Suchan  
Clarkson, NE  
402-910-7028  
fatheadhoneyfarms@gmail.com  
fatheadhoney.com

**HOURS:** Wed-Sun: 10am-6pm

- On Farm Store/Farm Stand, Wholesale, Online Ordering, Nationwide Shipping

Fourth-generation beekeeping meets modern flavor. We care for 800 bee colonies the slow, intentional way. Visit our honor-system farm stand or enjoy the self-guided summer tour.

**31. Graf Bees LLC**

Mark Graf  
Emerson, NE  
308-962-4376  
info@grafbees.com  
grafbees.com

**HOURS:** Mon, Wed, Sat: 9am-12pm, Tues: 3:30pm-5pm, Thurs: 3:30pm-7pm, Sun: closed

- On Farm Store/Farm Stand, Direct Sales - Call or Email, Farmers Markets, Wholesale, Online Ordering

We are a family-owned business that raises bees. We harvest and bottle our own honey. We make our own body care products with beeswax and honey. We like to visit about beekeeping.

**32. KrazyWoman Orchard**

Woody Slama & Marianne Slama  
Scribner, NE  
402-719-6161  
krazywoman385@live.com

- GAP Certified
- Farmers Markets, Wholesale, Online Ordering

KrazyWoman Orchard began as a hobby that grew. KrazyWoman Orchard has approximately 250 apple trees with 25 varieties. Our season begins mid-July and ends late November.

**33. Midwest Mushrooms**

Brian Ickler & Selena Ickler  
Plainview, NE  
402-841-3695  
mwmnebraska@gmail.com  
midwestmushrooms.store

- No Synthetic Inputs
- Direct Sales - Call or Email, Farmers Markets, Wholesale, Online Ordering, Home Delivery, In Town Drop Sites

Midwest Mushrooms is a gourmet mushroom farm dedicated to growing high-quality, flavorful mushrooms and value-added mushroom products.

**34. NE-Leigh Farm LLC**

Gus Leigh & Stephanie Leigh  
Neligh, NE  
402-316-8496  
gleigh7703@gmail.com

- Antibiotic Free, Hormone Free, Pasture Raised
- Farmers Markets

Veteran-owned NE-Leigh Farm near Neligh, NE produces pasture-raised chicken and pork using regenerative practices that build soil, support wildlife, and provide clean food.

**35. Nebraska Heritage Turkeys**

Leah Hamburger  
West Point, NE  
402-380-0412  
neturkey@gmail.com  
nebraskaheritageturkeys.com

- Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised
- Online Ordering, In Town Drop Sites

Nebraska Heritage Turkeys has been bringing pasture raised turkeys from our family farm to Nebraska's Thanksgiving dinner tables since 1999.

**36. Oak Barn Beef**

Hannah Klitz & Eric Klitz  
West Point, NE  
402-512-3643  
hannah@oakbarnbeef.com  
oakbarnbeef.com

**HOURS:** Thurs & Fri: 12:30pm-5:30pm, Sat: 9am-12pm

- Rotational Grazing, Grass-Fed, Grain-Finished, Dry Aged Beef
- CSA or Subscription Box, On Farm Store/Farm Stand, Wholesale, Online Ordering, Nationwide Shipping

Raised by 5th-generation cattle producers in West Point, NE. Premium dry-aged beef, expertly cut minutes from the farm and shipped nationwide.

**37. Payne Creek Acres**

Elissa Mathis & Aaron Mathis  
Stanton, NE  
402-347-0059  
paynecreekacres@gmail.com  
paynecreekacres.com

- No Synthetic Inputs, Pasture Raised, Rotational Grazing, 100% Grass Fed
- On Farm Store/Farm Stand, Direct Sales - Call or Email, Farmers Markets, Home Delivery

Payne Creek Acres is a diversified regenerative family farm focused on soil health, animal welfare, and food sovereignty, offering pastured meats, Jersey milk, veggies, and honey.

**38. Stick Figure Farm**

Kelly Palmer Burns  
Hartington, NE  
707-367-0458  
hops101@hartel.net

- No Synthetic Inputs
- Farmers Markets

Stick Figure Farm offers heritage and specialty apples. Our 35 organic varieties are selected for their fresh eating, cider, pie, drying, and decorative qualities.

**39. Wolff Farms Produce LLC**

Jay Wolff & Duane Wolff  
Norfolk, NE  
402-992-3055  
wolff-farms@hotmail.com  
wolfffarmsproduce.com

- Certified Organic, No Synthetic Inputs, Antibiotic Free, Outdoor Access, Cage Free
- CSA or Subscription Box, On Farm Store/Farm Stand, Direct Sales - Call or Email, Farmers Markets, Wholesale, Online Ordering, In Town Drop Sites

Wolff Farms is a certified organic farm with a vision to give everyone in eastern NE the option to eat local organic food. Contact us about our year-round weekly delivery route.

# Southeast Nebraska

## BUSINESS

### 40. Food4Hope

*Local Food Processor*  
Terri Sue Mazza  
12134 W Belvedere Rd  
Beatrice, NE  
402-306-7561  
terrissue@food4hope.org  
food4hope.org

Food4Hope is a nonprofit food hub in Southeast Nebraska making delicious, from-scratch foods using locally grown, seasonal ingredients from area farmers.

### 41. Vintage Venue Events and Catering

*Caterer*  
Colleen Schoneweis  
620 Court St  
Beatrice, NE  
402-239-3304  
vintagevenueevents@gmail.com  
vintagevenuebeatrice.com

Vintage Venue Events and Catering focuses on buying locally grown products as much as possible. We love contributing recipes and samples to the Beatrice Farmers Market every year.

## FARMERS MARKET

### 42. Beatrice Farmers Market

Katie Jantzen  
318 North 6th St  
Beatrice, NE  
402-239-9822  
beatricefarmersmarket@gmail.com  
beatricefarmersmarket.com

**HOURS:** Thurs: 4pm-6:30pm (5/14/2026-10/8/2026)

Serving the community since 1997 with fresh produce, baked goods, eggs, honey, meats, crafts, and more. Join us downtown every Thursday and support your local farmers!

### 43. Beatrice Saturday Farmers Market

Terri Sue Mazza  
2205 N 6th St (Indian Creek Mall parking lot)  
Beatrice, NE  
402-306-7561  
food4hope@yahoo.com  
food4hope.org

**HOURS:** Sat: 9am-12pm (5/16/2026-10/3/2026)

The Beatrice Saturday Farmers Market is a weekly gathering in Southeast Nebraska featuring fresh, locally grown food, handcrafted goods, and a welcoming community vibe.

### 44. Seward Farmers Market

Carol Albrecht  
529 Seward St  
Seward, NE  
402-641-4670  
carol.bluevalley@gmail.com  
facebook.com/sewardnefarmersmarket

**HOURS:** Wed: 5pm-7pm, Sat: 8am-12pm (5/16/2026-10/28/2026)

Seward Farmers Market is located on the beautiful courthouse square. We emphasize everything is homegrown, hand crafted or home baked.

## FARMER/RANCHERS

### 45. Al-Be Farm

Beth Kernes Krause  
Julian, NE  
402-274-8836  
al-befarm@windstream.net

- Non-GMO Feed, Antibiotic Free, Cage Free
- Direct Sales – Call or Email, Wholesale, Home Delivery, Quail eggs available at Oriental Market in Lincoln, Nebraska

We raise heritage breed chickens and coturnix quail for their eggs.

### 46. Arnold Acres

Larry Arnold & Mary Kay Arnold  
Syracuse, NE  
402-217-2930  
la048803@yahoo.com

- No Synthetic Inputs
- Direct Sales – Call or Email, Farmers Markets

We are a vegetable and fruit growing operation near Syracuse. We use regenerative growing practices which includes compost, mulches, and cover crops. HEALTHY SOIL=HEALTHY FOOD!

### 47. Beauty View Dairy Products

Melisa Konecky  
Wahoo, NE  
402-443-7240  
melisakonecky@gmail.com  
beautyviewfarms.com

**HOURS:** Everyday: 8am-8pm

- Outdoor Access, Cage Free
- On Farm Store/Farm Stand, Wholesale

Beauty View Farm is run by the Konecky Family, where they milk cows and make delicious pasteurized dairy products to sell at their on-farm store and wholesale.

### 48. Briar Rose Farms, LLC

Brenda Dutcher & Andy Dutcher  
Humboldt, NE  
402-862-5016  
briarrosefarms@gmail.com  
briarrosefarms.com

**HOURS:** Tues- Fri: 9am-6pm, Sat: 1pm-6pm, Sun & Mon: Closed

- No Synthetic Inputs, Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- CSA or Subscription Box, On Farm Store/Farm Stand, Direct Sales – Call or Email, Farmers Markets, Online Ordering, In Town Drop Sites

Briar Rose Farms, LLC is dedicated to providing customers with superior quality pasture raised meat, eggs, dairy, produce, and baked goods.

### 49. Cottage Hill Farm

Riley Reinke  
Beatrice, NE  
402-768-1145  
cottagehillfarm@outlook.com  
cottagehillfm.com

- No Synthetic Inputs, Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access
- Direct Sales – Call or Email, Farmers Markets, Wholesale

Cottage Hill Farm seeks to cultivate human and ecological health through regenerative farming by providing fresh nutritious produce to consumers in our local communities.

### 50. DND Farms, LLC

Dani Spatz  
Prague, NE  
402-432-0862  
dndspatz@gmail.com  
dndfarm.com

- Hormone Free, Grass-Fed, Grain-Finished
- Direct Sales – Call or Email, Online Ordering, In Town Drop Sites

Farm to table producer raising and finishing Dexter beef on our farm and then sold directly to consumers in the Southeast Nebraska area. Package cuts to whole carcasses available.

### 51. Free Day Popcorn Company

Stacey Freitag & Nate Freitag  
Byron, NE  
531-361-5567  
info@freedaypopcorn.com  
freedaypopcorn.com

- On Farm Store/Farm Stand, Direct Sales – Call or Email, Wholesale, Online Ordering, Nationwide Shipping

Free Day Popcorn is grown on a small family farm in Byron, NE. Our non-GMO popcorn kernels boast farm-fresh, big flavor in yellow, white, and mushroom varieties.

### 52. NaTerra Farms

Sandro Lopes  
David City, NE  
402-747-0067  
sandrowendell@icloud.com  
naterrafarms.com

**HOURS:** Mon-Fri: 10am-2pm, Sat: 10am-12pm, Sun: closed

- Indigenous Agriculture Practices, Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access
- Direct Sales – Call or Email, Farmers Markets, U-Pick, Wholesale, Online Ordering, Home Delivery

NaTerra Farms is a regenerative farm located in David City, Nebraska, dedicated to cultivating nutrient-dense produce and forest chicken eggs through ecological stewardship.

### 53. Pekarek's Produce

Ryan Pekarek  
Dwight, NE  
402-641-3305  
pekareksproduce@hotmail.com  
pekareksproduce.com

**HOURS:** During the growing season, Tues-Fri: 10am-4pm, Sat: 10am-12pm

- CSA or Subscription Box, On Farm Store/Farm Stand, Direct Sales – Call or Email, Farmers Markets, Wholesale, Online Ordering

We are a family farm producing fruits and vegetables for sale at markets, CSA, and direct to buyer sales (schools, restaurants, wholesales) since 2004.

### 54. West End Farm LLC

Katie Jantzen  
Plymouth, NE  
402-239-9822  
westendfarmne@gmail.com  
westendfarmne.com

- Antibiotic Free, Hormone Free, Pasture Raised
- CSA or Subscription Box, Direct Sales – Call or Email, Farmers Markets, Wholesale, Online Ordering, Home Delivery, In Town Drop Sites

Our family farm west of Beatrice grows fresh, seasonal vegetables, fruits, berries, and herbs without synthetic insecticides. We also sell eggs, honey, jam, and baked goods.

About 6% of U.S. farms market food locally through direct-to-consumer sales.

# Lincoln Area

## BUSINESS

**55. A+ Berry**  
*Local Food Processor*  
 Xiaoqing Xie  
 1901 N 21st St, Suite 271  
 Lincoln, NE  
 402-803-0402  
 xxie@aplusberry.com  
 aplusberry.com

**HOURS:** Mon-Fri: 9am-5pm, Sat: 10am-12pm, Sun: closed

A+ Berry is a Nebraska-based, science-driven food brand making antioxidant-rich aronia berry products from Midwest-grown berries for everyday wellness.

**56. Community Crops Program, Family Service Lincoln**

*Local Food Nonprofit*  
 Megan McGuffey & Amy Gerdes  
 501 S 7th St  
 Lincoln, NE  
 402-474-9802  
 contact@familyservicelincoln.org  
 communitycrops.org

**HOURS:** Mon-Fri: 8am-4:30pm

The Community Crops Program of Family Service Lincoln provides education, advocacy, and experiences to grow local food. We provide land access, educational opportunities, and more.

**57. Leon's Gourmet Grocer**

*Grocery Store*  
 Chad Winters & Topher Vorhies  
 2200 Winthrop Rd  
 Lincoln, NE  
 402-488-2307  
 info@leongourmetgrocer.com  
 leongourmetgrocer.com

**HOURS:** Mon-Sat: 8am-9pm, Sun: 9am-6:30pm

At Leon's you can find local cheese, produce, jams, chicken, eggs, and milk that were raised in Nebraska, along with an incredible meat department. Food is our passion!

**58. Lone Tree Foods**

*Distributor*  
 Justin Jones & Amanda Watters  
 220 P St  
 Lincoln, NE  
 402-413-0079  
 sales@lonetreefoods.com  
 lonetreefoods.com

**HOURS:** Mon-Fri: 9am-2pm

We are Nebraska's local foods distributor. We connect small farms and food producers to local restaurants, hotels, markets, schools, and organizations.

**59. Mystic Rhoads Productions Inc.**

*Local Food Processor*  
 Adam Rhoads  
 Lincoln, NE  
 402-617-5214  
 info@mysticrhoads.org  
 mysticrhoads.org

Lincoln-based Mystic Rhoads Productions is a mission-first non-profit. We sell Dirt Nap Dip goods to fund local community projects. Every purchase fuels a greater good.

**60. Nebraska Sustainable Agriculture Society**

*Agriculture Member Organization*  
 PO Box 22573  
 Lincoln, NE  
 402-327-1775  
 director@sustainablenebraska.org  
 sustainablenebraska.org

Non-profit, grass-roots membership organization started 50+ years ago by local farmers. Farmers, local food supporters, and those with interest in lands and communities welcome.

**61. Open Harvest Co-op Grocery**

*Grocery Store*  
 Shelly Salem & Amy Tabor  
 330 S 21st St  
 Lincoln, NE  
 402-475-9069  
 help@openharvest.coop  
 openharvest.coop

**HOURS:** Mon-Sun: 8am-9pm

Open Harvest Co-op Grocery is your community-owned grocer. Shop our full-service deli, bakery, fresh produce, beer, wine, and more. Serving Lincoln, with pride, for over 50 years!

**62. Robinette Farms**

*Distributor*  
 Chloe Diegel  
 17705 SW 14th St  
 Martell, NE  
 402-794-4025  
 office@robinettefarms.com  
 robinettefarms.com

At Robinette Farms, we operate the Local Food Subscription: a year-round, flexible membership for local produce, meat, dairy, grains, and more. Serving the Lincoln and Omaha area!

**63. The Hub Cafe**

*Restaurant*  
 Jake Thiessen & Crystal Bock  
 250 N 21st St  
 Lincoln, NE  
 402-474-2453  
 trailcenterevents@gmail.com  
 hubcafelincoln.com

**HOURS:** Café - Tue, Sat, Sun: 7:30am-2:30pm, Wed-Fri: 7:30am-9pm, Mon: closed. Farmers Market - Wed: 5pm-7pm (May-Sept)

Inspired by the power of Lincoln's local food system, owners Jake and Crystal Thiessen cultivate an atmosphere that serves as a hub for friends, food, community, and bicycling.

## FARMERS MARKET

**64. East Campus Discovery Days and Farmers Market**

Jordan Slagle  
 3550 E Campus Loop  
 Lincoln, NE  
 402-472-2089  
 jslagle10@unl.edu  
 discoverydays.unl.edu

**HOURS:** Sat: 10am-1pm (6/13/2026, 7/11/2026, 8/8/2026)

A fun family-focused event for all ages. Come for hands-on, science-focused fun! Enjoy live music and food trucks. Activities are free, food and crafts are available for purchase.

**65. Sunday Farmers' Market at College View**

Jennifer Murrell  
 4801 Prescott Ave  
 Lincoln, NE  
 402-217-9215  
 Sundayfarmersmarket.manager@gmail.com  
 sundayfarmersmarket.org

**HOURS:** Sun: 10am-2pm (4/26/2026-10/25/2026)

Sunday Farmers' Market at College View provides access to high-quality, fresh food produced by local family farmers and producers, bringing value to our community.

## FARMER/RANCHERS

**66. Bright Hope Family Farm**

 Laine Johnson & Andy Johnson  
 Firth, NE  
 402-450-9715  
 brighthopefamilyfarm@gmail.com  
 brighthopefamilyfarm.com

- No Synthetic Inputs, No-till
- Direct Sales - Call or Email, Farmers Markets, Wholesale, Online Ordering, Grocery Store

Our mission is to spread joy through high-quality cut flowers. We are focused on pursuing excellence within our industry, customer service, and environmental stewardship.

**67. Common Good Farm**


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

- Certified Biodynamic, Certified Organic, Real Organic Project Certified, Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- Direct Sales - Call or Email, U-Pick, Wholesale, Online Ordering

Since 1996, Common Good Farm has been growing good food (and plants) through good farming. Certified Organic and Biodynamic Mom and Pop farm: eggs, plants, produce, pork and beef.

**68. DS Family Farm**



Doug Garrison  
 Malcolm, NE  
 402-796-2208  
 doug@dsfamilyfarm.com  
 dsfamilyfarm.com

- Non-GMO Feed, Soy Free Feed, Corn Free Feed, Antibiotic Free, Hormone Free, Pasture Raised, Outdoor Access, Cage Free, Rotational Grazing, 100% Grass Fed
- Direct Sales - Call or Email, Home Delivery

Healthy soil & healthy prairies equal healthy animals for your family. In nature, nutrition always follows flavor. Customers come in search of healthy food & stay for the flavor.

**69. Gare Bear Honey**



Gary Kimminau  
 Lincoln, NE  
 402-525-8098  
 garebear@garebearhoney.com  
 garebearhoney.com

- CSA or Subscription Box, Direct Sales - Call or Email, Farmers Markets, Wholesale, Online Ordering, Home Delivery, Nationwide Shipping

Local honey producer offering raw, pure honey straight from our hives. Naturally harvested with care for our bees and community.

**70. Hunter's Honey**



Michelle Hunter & Doug Hunter  
 Hickman, NE  
 402-792-2345  
 nehuntman@gmail.com  
 purenebraskahoney.com

- Direct Sales - Call or Email, Farmers Markets, U-Pick

Hunter's Honey Farm is family owned and operated in Hickman, Nebraska. Our family has been working with bees since 2007. Our honey is produced locally from SE Nebraska.

**71. Pearson's Pumpkin Place**



Alex Pearson  
 Eagle, NE  
 402-990-7538  
 info@pearsonspumpkinplace.com  
 pearsonspumpkinplace.com

**HOURS:** Sept. 12th - Nov. 1st

- On Farm Store/Farm Stand, U-Pick, Wholesale
- Our mission is to provide memories and experiences in nature that build family traditions.

**72. Picnic Hill Orchard**



Jason Steele  
 Lincoln, NE  
 402-417-0734  
 info@picnichillorchard.com  
 picnichillorchard.com

**HOURS:** Open on weekends during the fall, based on availability

- Integrated Pest Management
- CSA or Subscription Box, On Farm Store/Farm Stand, Direct Sales - Call or Email, U-Pick, Wholesale, Online Ordering, Home Delivery

Situated in Lincoln, Nebraska, our orchard showcases more than 25 different types of apples, blackberries and cherries. Visit market for fresh made cider, donuts and ice cream.

**73. Shadow Brook Farm & Dutch Girl Creamery**



Charuth & Kevin Loth  
 Lincoln, NE  
 402-413-9764  
 info@shadowbrk.com  
 shadowbrk.com

- No Synthetic Inputs, Non-GMO Feed, Antibiotic Free, Hormone Free, Outdoor Access
- CSA or Subscription Box, On Farm Store/Farm Stand, Direct Sales - Call or Email, Farmers Markets, Wholesale, Online Ordering, In Town Drop Sites

We run a 34 acre diversified farming operation on the southwest edge of Lincoln, three miles from city limits. We have seasonal produce, award winning goat cheeses, and cow cheese.

# Lincoln Area (continued)

74. Shalom Farms



Lorraine Penner  
Lincoln, NE  
402-314-7098  
hello@shalomfarms.co  
shalomfarms.co

- Outdoor Access, Cage Free, 100% Grass Fed
- Direct Sales – Call or Email

At Shalom Farms, we're proud to offer heritage grass-fed beef and lamb, raw goat milk, and farm fresh eggs. We believe in sustainable farming and nourishing our neighbors!

75. Sleepy Bees Lavender Farm



Jerry McCabe & Holly McCabe  
Firth, NE  
402-730-2508  
sleepybeeslavenderfarm@gmail.com  
sleepybeeslavenderfarm.com

- No Synthetic Inputs
- On Farm Store/Farm Stand, Farmers Markets, U-Pick, Online Ordering, Nationwide Shipping

We have complementing niche resources, lavender and honey bees, working together in unison. We focus on farming sustainably, using nothing on our farm that will harm the habitat.

76. SR Pumpkin and Flower Farm



Sara Rippe  
Lincoln, NE  
402-321-9976  
sarpfarm@gmail.com  
srpumpkins.com

- HOURS:** Vary based on season
- CSA or Subscription Box, On Farm Store/Farm Stand, Direct Sales – Call or Email, U-Pick, Wholesale, Online Ordering, Home Delivery
- Our U-pick offers tulips, various cut flowers, and over 200 varieties of pumpkins. Brighten your winter days with our forced tulips starting in January.

77. Tenacious Acres



Heidi Cline & Scott Cline  
Elmwood, NE  
402-350-9494  
tenaciousacres68349@gmail.com  
tenaciousacres.net

- No Synthetic Inputs, Animal Welfare Approved, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, Grass-Fed, Grain-Finished
- Direct Sales – Call or Email, Farmers Markets, Online Ordering, Home Delivery, In Town Drop Sites

Tenacious Acres is a Nebraska regenerative farm raising pasture-raised pork and poultry with care for land, animals, and families—clean food, honest practices, local roots.

78. Trackside Farm



Nancy Scanlan  
Hickman, NE  
267-331-1070  
tracksidegrown@gmail.com

- Direct Sales – Call or Email, Farmers Markets
- We are a small women/veteran owned farm in SE Nebraska specializing in garlic and chile peppers, as well as seasonal produce and unique value added items.

79. Vital Vines



Sydney Vecchio  
Lincoln, NE  
531-333-0812  
vitalvines402@gmail.com

- Direct Sales – Call or Email, Farmers Markets, Wholesale, Home Delivery
- Vital Vines is an urban farm in downtown Lincoln offering local produce, custom florals, and garden consulting with a mission to help others grow food in everyday spaces.

80. Wellman Wagyu



Dixi Wellman & Rusty Wellman  
Waverly, NE  
402-416-2895  
rdskwellman@windstream.net  
wellmanwagyu.com

- Antibiotic Free, Hormone Free, Rotational Grazing
  - Direct Sales – Call or Email
- We humanely raise Fullblood Wagyu, creating ABOVE PRIME beef every time. We sell quarters, halves, and wholes direct to consumers who can choose their own cuts of beef.

81. Yankee Hill Landscape



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

- HOURS:** In Season - Mon-Fri: 7:30am-6pm, Sat: 8am-2pm, Sun: closed
- On Farm Store/Farm Stand, Direct Sales – Call or Email, U-Pick

We grow and sell vegetable & herb plants, annuals, perennials, shrubs and trees throughout the season. We have mums & pumpkins in the fall. We are growing cut flowers this year.

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at COLLEGE VIEW

**Every Sunday  
10 AM – 2 PM**

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**Interested in Sourcing Local?**

- Customized local food procurement for institutions and businesses
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- Receive home delivery of meals or CSA

[www.nmepomaha.org](http://www.nmepomaha.org)  
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Omaha, Nebraska

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Monthly Rotating  
**PIZZA & DINNER**  
5:00-9:00pm, Wednesdays-Fridays

Corner of 21st & Q @hubcafelincoln

# Omaha Area

## BUSINESS

### 82. No More Empty Pots

*Local Food Processor*  
Talia McGill & Amy Wehlander  
8501 N 30th St  
Omaha, NE  
402-502-1642  
info@nmepomaha.org  
nmepomaha.org

**HOURS:** Mon-Fri: 9am-4pm

No More Empty Pots runs a storefront and a subscription/delivery service. It offers storage and kitchen rental, food business training, and procurement and processing assistance.

### 83. TakeRoot Farm Stop

*Grocery Store*  
Carla Gornall & Gordon Miller  
5018 Underwood Ave  
Omaha, NE  
402-251-5557  
admin@takerootfarmstop.com  
takerootfarmstop.com

**HOURS:** Mon-Fri: 9am-6pm,  
Sat & Sun: 10am-4pm

A year-round indoor farmers market featuring seasonal produce, dairy, eggs, meats, and pantry goods-sourced from local producers.

## FARMERS MARKET

### 84. Florence Mill Country Market

Linda Meigs & Doug Meigs  
9102 N 30th St  
Omaha, NE  
402-551-1233  
lsmeigs@msn.com

**HOURS:** Sun: 10am-3pm (6/7/2026-9/27/2026)

Florence Mill's market is a field full of fresh farm goods, baked goodies, artisans, healers, massage, live music, food trucks, crafts & weekly critter encounters set in history.

### 85. Omaha Farmers Market - Aksarben Village

Maggie Winton & Kristen Beck  
2285 S 67th St  
Omaha, NE  
402-320-1896  
info@omahafarmersmarket.org  
omahafarmersmarket.org

**HOURS:** Sun: 9am-1pm (5/3/2026-10/11/2026)

We seek to ensure the availability and accessibility to fresh, unique products for the public and provide a sales revenue for local growers, artisans, and producers.

### 86. Omaha Farmers Market - Old Market

Maggie Winton & Kristen Beck  
519 S 11th St  
Omaha, NE  
402-320-1896  
info@omahafarmersmarket.org  
omahafarmersmarket.org

**HOURS:** Sat: 8am-12:30pm  
(5/2/2026-10/10/2026)

We seek to ensure the availability and accessibility to fresh, unique products for the public and provide a sales revenue for local growers, artisans, and producers.

### 87. West O Farmer's Market

Krista Conley  
16831 Lakeside Hills Plaza  
Omaha, NE  
402-417-5057  
WestOFarmersmarket@gmail.com

**HOURS:** Sat: 8am-12pm  
(5/2/2026-10/31/2026)

A small local farmers market featuring fresh produce, flowers, honey, and homemade baked goods—all from local growers and makers.

## FARMER/RANCHERS

### 88. A&T Farms

Miranda Moisant  
Valley, NE  
402-779-5787  
info@atfarms.com  
atfarms.com

- GAP Certified
- Wholesale

A&T Farms grows and supplies a variety of produce to over 40 roadside produce stands and businesses in Eastern Nebraska and neighboring states.

### 89. Benson Bounty LLC

Michelle Brannen & Mark Brannen  
Omaha, NE  
402-214-7365  
bensonbounty@gmail.com  
bensonbounty.com

- No Synthetic Inputs
- On Farm Store/Farm Stand, Direct Sales – Call or Email, Farmers Markets, U-Pick, Wholesale, Online Ordering, Home Delivery, Nationwide Shipping

Benson Bounty is owned and operated by Michelle and Mark Brannen, and is located on 1.5 acres in the Benson neighborhood of Omaha.

### 90. Curious Roots Herb Farm

Shea Harkness  
Louisville, NE  
402-980-5917  
shea@curiousrootsherbs.com  
curiousrootsherbs.com

- No Synthetic Inputs
- On Farm Store/Farm Stand, Direct Sales – Call or Email, Wholesale, Online Ordering

We are a botanical sanctuary located between Omaha and Lincoln that cultivates medicinal and culinary herbs sustainably on enriched soils without the use of chemicals.

### 91. D&D Beef

Michaela Mann  
Herman, NE  
402-237-1489  
michaela@danddbeef.com  
danddbeef.com

- Hormone Free, Pasture Raised, Rotational Grazing, Grass-Fed, Grain-Finished
- CSA or Subscription Box, Direct Sales – Call or Email, Online Ordering, In Town Drop Sites, Nationwide Shipping

At D&D Beef we provide you with a wholesome product that is born, raised, and fed all in one location. Superior dry-aged beef shipped or delivered from our ranch to your plate.

### 92. Damme Good Honey, LLC

Tony Damme & Carley Damme  
Blair, NE  
402-669-1551  
dammegoodhoney@gmail.com  
dammegoodhoney.com

- Direct Sales – Call or Email, Farmers Markets, Wholesale, Vendor Fairs from Valentine to Norfolk along Hwy 20 and Hwy 275

Damme Good Honey, LLC produces honey in various counties of Nebraska. Office locations in Blair & Clearwater, NE. Products: raw, whipped/creamed, & infused honey & honey mustards.

### 93. Fruit Of Levine LLC

Mike Levine & Jodi Levine  
Omaha, NE  
402-312-9560  
mdl1356@gmail.com  
fruitoflevine.com

- No Synthetic Inputs, Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised
- Direct Sales – Call or Email, Wholesale

We offer locally produced free range duck and goose eggs, honey comb, honey, beeswax, flowers, specialty fruits and vegetables.

### 94. Good Life Mushrooms LLC

Joseph Wolverton  
Omaha, NE  
402-922-MUSH  
sales@goodlifemushrooms.com  
goodlifemushrooms.com

- No Synthetic Inputs
- Farmers Markets, Wholesale, Online Ordering, Wholesale to the public for 7lbs+ orders

Organic gourmet mushrooms from Good Life Mushrooms. Explore the flavors and benefits of our mushrooms today. Grown with love, from our farm to your fork - Savor the Good Life!

### 95. GreenLeaf Farms

Joletta Hoelsing & Tom Rogers  
Omaha, NE  
info@greenleafaffarms.biz

- Certified Organic, No Synthetic Inputs
- Direct Sales – Email, Farmers Markets

GreenLeaf Farms is a small, family owned/operated certified organic farm. We grow a variety of vegetables and fruits, taking pride in offering the finest quality produce.

### 96. Little Mountain Ranch and Garden LLC

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

- Non-GMO Feed, Antibiotic Free, Hormone Free, Pasture Raised, Rotational Grazing, 100% Grass Fed
- CSA or Subscription Box, Direct Sales – Call or Email, Farmers Markets, Wholesale, Online Ordering, Home Delivery

Our hogs are born and raised on our farm in forest and pasture settings and supplemented with non-GMO feed. Our beef is 100% grass-fed.

### 97. Nelson Produce Farm

Valley, NE  
402-343-2486  
info@nelsonproduce.com  
nelsonproducefarm.com

**HOURS:** June-November – Tues-Thurs & Sun:  
9am-5pm, Fri & Sat: 9am-9pm

- Antibiotic Free, Hormone Free, Pasture Raised, Grass-Fed, Grain-Finished
- On Farm Store/Farm Stand, Direct Sales – Call or Email, U-Pick, Wholesale, Online Ordering

Nelson Produce Farm offers locally grown produce and farm-raised beef, providing fresh, high-quality food to families across eastern Nebraska.

### 98. Raikes Beef Co.

Lindsey Raikes  
Ashland, NE  
402-944-2474  
info@raikesbeef.co  
raikesbeef.co

**HOURS:** By appointment only. No regular shop hours.

- Animal Welfare Approved, Hormone Free, Outdoor Access, Rotational Grazing, Grass-Fed, Grain-Finished
- Direct Sales – Call or Email, Online Ordering, Home Delivery, Nationwide Shipping

Farm-raised American Wagyu beef, grass-fed, grain-finished and always hormone free. Nationwide shipping plus local pickup or delivery. Click "Local Customers Shop Here" on website.

### 99. Tree in a Silo Farm

Patricia Pinto  
Omaha, NE  
402-709-9799  
tiasfarmomaha@gmail.com  
tiasfarm.now.site

- No Synthetic Inputs, Non-GMO Feed, Hormone Free, Pasture Raised, Outdoor Access, Rotational Grazing
- On Farm Store/Farm Stand, Direct Sales – Call or Email, U-Pick

Sustainable agriculture practices. Fresh from my farm to your table. Stewardship of the land with agronomic practices to build the soil, erosion prevention and water retention.

“THIS NEBRASKAN VINEGAR IS ITALIAN-LEVEL GOOD.”

- Clayton Chapman, Chef/Owner of Grey Plume in *Food & Wine* magazine



The Johnson family has been making small batch vinegars since 2008 in our strawbale vinegery in the Sandhills of Nebraska. Our gourmet vinegars are traditionally crafted with considerable care and patience - five unique wine vinegars, an exceptionally fragrant Apple Cider Vinegar, a one-of-a-kind Raspberry wine vinegar, and our signature Emilia balsamic.



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TRADITIONALLY CRAFTED FRUIT & WINE VINEGARS



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(402) 823-4067 - Cody, Nebraska



as featured in:

- Saveur*
- All Recipes*
- Food & Wine*
- Country Woman*
- Wall Street Journal*

**Concerned that a business in your town like your grocery store, restaurant or daycare will close ?**

Your community could keep these vital businesses open and thriving by working together as a cooperative.

The Nebraska Cooperative Development Center has worked with numerous communities to establish cooperatives that bring value and services to their towns.

For more information, & to start your cooperative journey, visit: [ncdc.unl.edu](http://ncdc.unl.edu)



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Contact person: Cindy at [cbrison1@unl.edu](mailto:cbrison1@unl.edu)



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[www.meadowlarkhearth.org](http://www.meadowlarkhearth.org)

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Mushrooms  
from Good Life  
Mushrooms,  
Omaha Ne.



Explore the flavors and benefits of our mushrooms today - grown with love, from our farm to your fork!



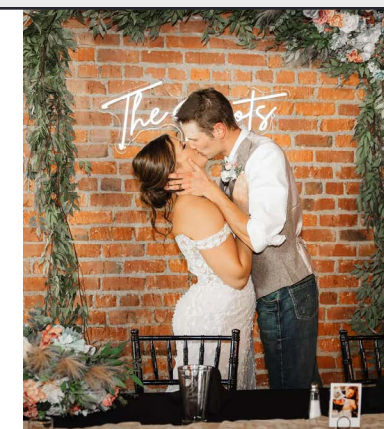
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Mark & Linda Graf  
110 N Main St  
Emerson, NE 68733  
[GrafBees@yahoo.com](mailto:GrafBees@yahoo.com)

Hours: M 9-12, T 3:30-5, W 9-12, Th 3:30- 7 Sa 9-12

- Local Raw Honey
- Creamed Honey
- Homemade Lotions
- Comb Honey
- Homemade Soaps
- Beeswax Candles
- Bee Nucs

# Caramelized Carrots

This is one of our favorite ways to eat fall veggies. For everyday meals we usually use a red wine vinegar like our Prairie Red, but for special occasions we highly recommend using Emilia balsamic to make it extra special.

## Ingredients:

- 3 cups carrots, roughly, cut into ½ inch spears or use baby carrots
- 1 tablespoon butter
- 2 tablespoons brown sugar (can substitute honey or maple syrup)
- 2 tablespoons red wine vinegar or Emilia balsamic
- Salt to taste

## Instructions

1. Cook the carrots (choose one method):

*Simmer: Place carrots in a saucepan or skillet with about ½ inch of water and a pinch of salt. Bring to a boil, immediately reduce to a simmer, and cover. Cook 5–10 minutes, until just barely tender and still bright orange. Drain well.*

*Roast: Toss carrots lightly with oil and a pinch of salt. Roast at 400°F for 15–30 minutes, until just tender but not overly soft.*

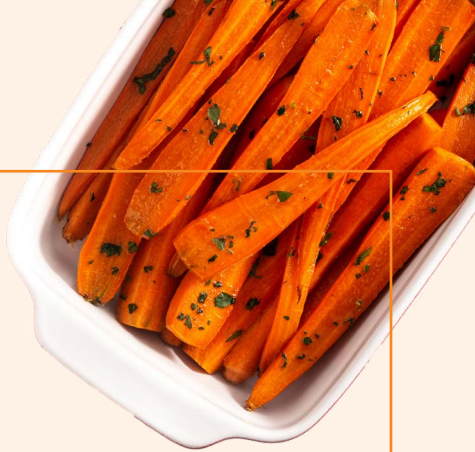
2. Heat a skillet with a pat of butter over medium heat. Add the cooked carrots, along with the sugar and salt. Sauté, tossing occasionally, until the edges begin to brown and caramelize.

3. Just before removing from heat, sprinkle with vinegar and toss to coat. Serve immediately.

**Note:** Yams or winter squash (delicata works wonderfully) may be substituted. Cut into ½-inch strips or cubes and take care not to overcook.

From the kitchen of

Emily Johnson, George Paul Vinegar (Cody, NE)



# Grandma Cindi's Ham Loaf

One of the things our family always looks forward to is Grandma Cindi's ham loaf! She always grinds the ham the old-fashioned way using her 1880s hand grinder, but a food processor works too. **Serves a crowd (makes 3–4 loaves).**

## For the loaves:

- 8–10 pounds cured boneless ham (such as Tenacious Acres Cured Boneless Ham)
- 1 sleeve club crackers, crushed into fine crumbs
- 3 eggs, beaten
- ½ cup milk
- ½ teaspoon ground allspice

## For the glaze:

- 2 cups brown sugar
- 1 tablespoon yellow mustard
- ½–¾ cup pineapple juice or orange juice

## Instructions

1. Preheat oven to 350°F. 2. Grind the ham (*Traditional method: Grind using a meat grinder.*

*Food processor method: Cut ham into 1" chunks and pulse in batches until finely ground, being careful not to over-process into a paste).* 3. Place ground ham in a very large mixing bowl.

4. Add cracker crumbs, beaten eggs, milk, and allspice. Mix thoroughly until evenly combined. 5. Shape into 3–4 loaves and place in a large cake pan or roasting pan.

6. Bake for 1 hour 15 minutes, or until the internal temperature reaches 160°F.

7. While baking, stir together brown sugar, mustard, and enough juice to create a thick but spreadable glaze. 8. About halfway through baking, remove loaves from the oven and spread the glaze evenly over the tops. Return to the oven and continue baking until the glaze is bubbly and caramelized. 9. Cool slightly before slicing and serving.

**Note:** This recipe freezes well. Allow loaves to cool completely, wrap tightly, and freeze for up to 3 months. Thaw overnight in the refrigerator before reheating.

From the kitchen of

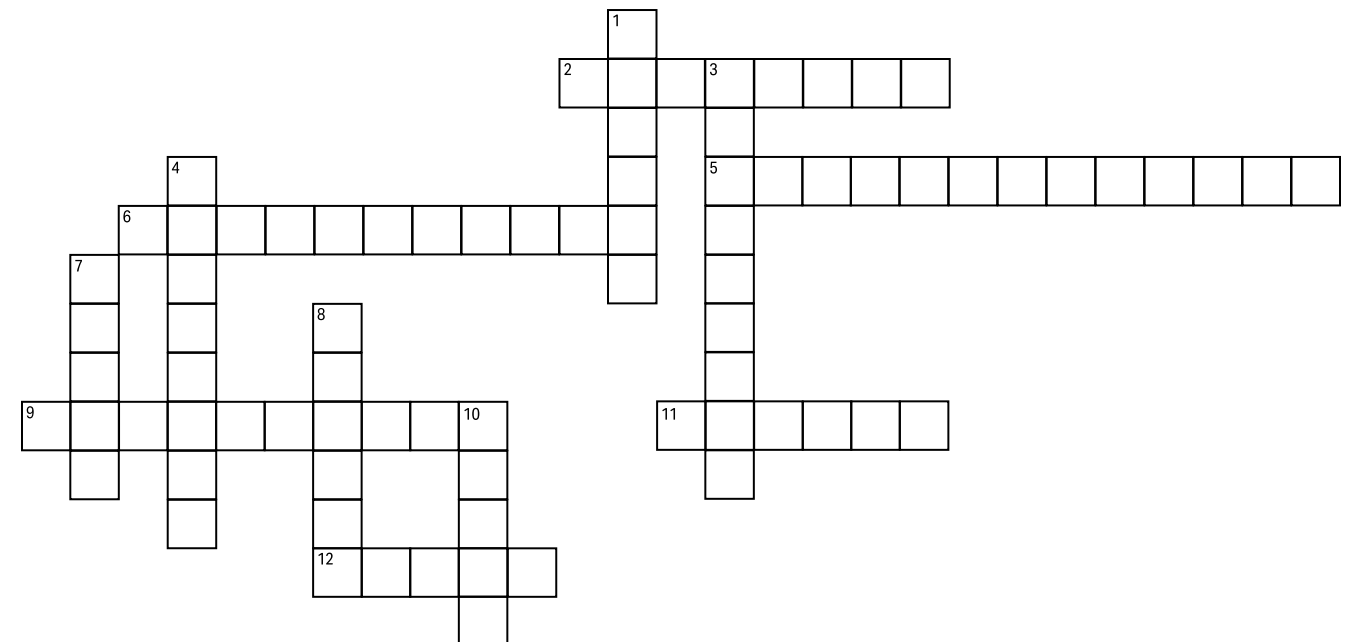
Scott and Heidi Cline,  
Tenacious Acres (Elmwood, NE)



# Brain BUILDER



## Local Foods Crossword



### Across:

- This vegetable loves the sandy, loose soil of northern Nebraska.
- Animals were raised outdoors with constant access to fresh-growing vegetation.
- A private business that is owned and controlled by the people who use its products, supplies, or services.
- One of the most popular apple varieties for snacking.
- A young hen, perhaps who just started laying small eggs.
- This cereal grain is from the grass family.

### Down:

- A type of bee that performs multiple tasks like gathering nectar and pollen, attending the queen, gathering water and building honeycomb.
- A popular spring spear-shaped vegetable.
- A breed of dairy cow known for its high milk production.
- A meat high in nutrients with a similar flavor to beef, but with 25–40% less fat.
- A litter of pigs.
- A type of nut grown in Nebraska.

Answers: 1. Worker, 2. Potatoes, 3. Asparagus, 4. Holstein, 5. PastureRaised, 6. Cooperative, 7. Bison, 8. Farrow, 9. Honeycrisp, 10. Pecan, 11. Pullet, 12. Wheat

# TASTES of the HEARTLAND

CELEBRATING THE FLAVORS OF NEBRASKA

Written by Skylar Falter,  
BFBLN Program Specialist

Across Nebraska, local food is more than what is on the plate. It is an experience of connection, community, and flavor. From sweet mulberry jelly to caramelized zucchini fries, Nebraska-grown produce is meant to be tasted, shared, and celebrated.

Through a three-year Specialty Crop Block Grant from the Nebraska Department of Agriculture, Buy Fresh Buy Local Nebraska is hosting Local Food Showcases across the state. These events bring together farmers, chefs, and community members to highlight the diversity and quality of locally grown food.

Even though Nebraska is a major agricultural state, more than 90 percent of the food consumed here comes from outside the state. Local Food Showcases help reconnect Nebraskans with their local food system, giving people a chance to discover what is grown right at home.

At each showcase, attendees can taste freshly prepared local foods, meet the farmers who grow them, and purchase products to bring these flavors into their own kitchens.

## WHY THESE EVENTS MATTER

For Nebraska producers, growing food is only half the equation. Consumers also need to know how to select, store, and cook it. When knowledge grows, demand grows. When demand grows, farms and rural economies thrive.

These showcases bring energy and programming to rural farmers' markets, which often have limited resources. By providing hands-on experiences with local foods, we spark interest. That interest turns into purchasing and support for Nebraska local food farmers.

O'Neill, NE



In 2025, we partnered with Wildflour Grocer during O'Neill's Summerfest to host a showcase featuring a tasting table, activity booths, and a pop-up farmers market. Chefs from Wildflour Grocer and Teal's Westside Dining prepared dishes using local ingredients, including rhubarb lemonade, street corn stuffed jalapeños, herb-crusted zucchini fries, and mulberry jelly on homemade bread.

Activities went beyond the tasting table. Kids and adults explored groundwater and geology through UNL Extension Educator Amy Timmerman's "edible aquifer" demonstration and observed bees in a live hive provided by Damme Good Honey.

Conversations between farmers and consumers thrived, turning the event into a celebration of local flavors and community.



## EVERY COMMUNITY DESERVES THIS

Local food is not just about what's on the plate. It is about pride, resilience, and opportunity. When a community gathers around locally grown food, it strengthens relationships between neighbors, producers, and the land.

The Local Food Showcases are free, family-friendly, hands-on, and designed to help communities celebrate what is already growing around them.

Bring your friends.  
Bring your family.  
Bring your appetite.

Beatrice, NE



At the Beatrice showcase, held alongside the downtown farmers market, community members sampled local harvest focaccia, charred eggplant, summer slaw with turnips and kohlrabi, and zucchini muffins, all made with Nebraska-grown ingredients. Dishes prepared by Natural Vibes, Kala's Savory Bites & Sifted Sweets, and Vintage Venue highlighted the richness of local flavors.

Families also created bouquets from locally grown flowers while learning how buying local blooms supports pollinators, biodiversity, and small businesses. The highlight of the day was the interaction between growers and attendees. Farmers shared their bounties, consumers asked questions, and smiles followed every first bite.

Left: Skylar Falter at the Beatrice Downtown Farmers Market



## NEBRASKA HAS SOMETHING WORTH TASTING.



Find out more, see where we will be in 2026, and learn how to host your own showcase at:  
[BUYLOCALNEBRASKA.ORG/LOCAL-FOOD-SHOWCASES](https://buylocalnebraska.org/local-food-showcases)

Funding for this project is provided through the Nebraska Department of Agriculture's Specialty Crop Block Grant Program.



# BACKYARD FARMER

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Nebraska  
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