



HEALTHY HARVEST of North Iowa



2020

NORTH IOWA LOCAL FOOD GUIDE

FEATURING: PRODUCERS, FARMERS MARKETS,
RESTAURANTS, GROCERY STORES, AND MORE!



WWW.HEALTHYHARVESTNI.COM



**HEALTHY
HARVEST**
of North Iowa

Healthy Harvest connects and educates to support the local food system.

WE PARTNER WITH:



PRODUCERS



**CONSUMERS and
COMMUNITIES**



REGIONAL PARTNERS

MEET OUR TEAM

Director

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info@healthyharvestni.com
515-337-2445

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Elizabeth Faber, Vice Chair
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Alex Crippin
Beth Myers
Sara Pearson



**WHY
EAT
LOCAL?**

BUYING LOCALLY GROWN FOOD IS GOOD FOR YOU.

Food tastes better and is more nutritious when it's fresh. And in these times, when obesity and diet related illnesses are on the rise, replacing heavily processed foods with whole fresh produce will improve your health.

You have a dentist...



You have an optometrist...



But...do you have an audiologist?



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Extension and Outreach



WHAT WE WANT
#STRONGIOWA

CERRO GORDO FLOYD FRANKLIN MITCHELL WORTH



Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu. ADV.17.06 July 2017

FOOD PRODUCERS

VEGETABLES

CERRO GORDO

1 BAILEY'S SWEET CORN

Ann & Todd Bailey
7326 210th St., Clear Lake, Iowa 50428
(641) 529-7265
annmbailey28@gmail.com
Sweet Corn - Non-GMO, Low Chemical Use

2 NORTH IOWA FRESH ★ f @

Andrea Evelsizer
1465 120th St., Kanawha, Iowa 50447
(319) 325-4222
sales@northiowafresh.com
www.northiowafresh.com
Fruit, Vegetables, Herbs/Spices, Meat, Poultry, Eggs, Specialty Products - Organic Practices, Low Chemical Use

FLOYD

3 MAPLE GROVE FARM

Mary Jane Newswanger
1415 160th St., Nora Springs, Iowa 50458
(641) 715-4130
maplegrovefarm@myomnitel.com
Diverse selection of vegetables - Low Chemical Use

4 REIFF'S FARMSTAND

Charlene Reiff
1465 Hwy 218, Floyd, Iowa 50435
(641) 398-2276
charreiff@gmail.com
Diverse selection of vegetables, fruits, flowers - Low Chemical Use

FRANKLIN

5 KOENIG ACRES FARM ★ f

Karen Koenig
1510 110th St., Hampton, Iowa 50441
(641) 494-7163
Diverse Selection of Vegetables, Fruit, Eggs

WAYS
TO BUY
LOCAL

SHOP AT THE FARMERS' MARKET

There are tons of markets across North Iowa. Find ones close to you on page 11.

WHY
EAT
LOCAL?

BUYING LOCALLY GROWN FOOD IS GOOD FOR OUR COMMUNITY.

Our local farmers understand our community and work to provide nutritious affordable food for all our citizens. Local farmers then spend their income in our communities, **supporting the local economy**. Buying local allows consumers to feel **more connected** to the farmers who grow the food, which preserves our regional food heritage.

KOSSUTH

6 BODE'S MOONLIGHT GARDENS ★ f

Joanne Roepke Bode
2304 140th Ave., Algona, Iowa 50511
(515) 295-6060, (515) 341-4864
bodemoonlightgardens@gmail.com
www.bodemoonlightgardens.com
Diverse selection of vegetables, fresh herbs - Low Chemical Use

HANCOCK

7 BROWN FAMILY FARMS f @

Myla Brown
660 310th St., Woden, Iowa 50484
(641) 926-5030, (641) 860-0228
brownfamfarms@gmail.com
www.brownfamfarms.com
Baked Goods, Diverse Selection of Vegetables, Maple Syrup, Chickens - broilers, Eggs - Organic Practices, Free Range/ Pastured, Hormone/Drug Free, Cage Free, Non-GMO

MITCHELL

8 CAMEO VIEW ACRES f

Nic Schulmeister
4111 Cameo Ave., St. Ansgar, Iowa 50472
(563) 554-1757
cameoviewacres@gmail.com
Diverse Selection of Vegetables - Organic Practices

9 TWISTED RIVER FARM f @

Steve Strasheim
195 S. Madison St., Mitchell, Iowa 50461
(641) 903-1942
info@twistedriverfarm.com
www.twistedriverfarm.com
Salad Greens; Micro-Greens - Organic Practices

WINNEBAGO

10 LINDEN HILL FARM f

Mary Walk
38127 90th Ave., Thompson, Iowa 50478
(641) 584-2836
lindenhillfarmcsa@gmail.com
Diverse selection of vegetables - Organic Practices

11 RED SHED GARDENS f @

Mat Prather
36788 150th Ave., Forest City, Iowa 50436
(641) 512-1194, (641) 581-3189
redshedgardens@outlook.com
www.redshedgardens.com
Diverse Selection of Vegetables, Strawberries, Baked Goods, James/Jellies - Organic Practices

FOOD PRODUCERS

WORTH

12 FERTILE VALLEY GARDENS

Ron Rachut
Box 121, Fertile, Iowa 50434
(641) 420-6555, (641) 797-2811
[Diverse selection of vegetables - Organic Practices](#)

HONEY & MAPLE SYRUP

CERRO GORDO

13 HONEY & EWE FARM

Randy Elsbernd
19050 Thrush Ave., Mason City, Iowa 50401
(641) 420-7297
randlejd2210@gmail.com
[Diverse Selection of Vegetables, Honey, Bees, Bee Products, Chickens - Broilers & Layers, Turkey, Lamb, Free-range eggs - Low Chemical Use, Free Range/Pastured, Grain Fed, Corn Fed](#)

HANCOCK

14 FINER HONEY FARMS

Riley Finer
3065 Apple Ave., Ventura, Iowa 50482
(641) 494-7442, (641) 829-3011
finerhoneyfarm@gmail.com
[Honey, Bees, Bee Products - Other](#)

15 P & P HONEY AND BEE SUPPLIES INC.

Pat & Peggy Ennis
2105 110th St., Goodell, Iowa 50439
(641) 444-4767
pphoneyandbeesupply@gmail.com
[Honey, Bees, Bee Products](#)

KOSSUTH

16 FABER MAPLE SYRUP

Melvin Faber
205 Bush St., Burt, Iowa 50522
(515) 924-3489
[Maple Syrup](#)

WHY
EAT
LOCAL?

BECAUSE WHAT WE EAT MATTERS.

How our food is grown, processed, and packaged really does matter. Our food choices influence our health, the quality of our environment, jobs in our community, and the culture and diversity of our society.

FRUIT

CERRO GORDO

17 FURLEIGH FARMS

Erik Furleigh
811 N 56th St., Clear Lake, Iowa 50428
(641) 357-4097
erikfurleigh@yahoo.com
<https://furleighfarms.wordpress.com/>
[Strawberries, Melons, Jellies, Jams, Diverse Selection of Vegetables, Brown eggs - LISA- Low Input Sustainable Agriculture](#)

18 NORTH IOWA BERRIES AND MORE

Becky Huang
19343 C 220th St., Mason City, Iowa 50401
(641) 423-0030
northiowaberries@gmail.com
www.northiowaberries.com
[Berries, Jellies/Jams, Diverse Selection of Vegetables, Baked Goods, Fresh Herbs - Organic Practices, Low Chemical Use](#)

CHICKASAW

19 APPLES ON THE AVENUE ORCHARD

Darin Enderton
3035 Addison Blvd, Nashua, Iowa 50658
(641) 210-5506, (641) 425-4948
applesontheave@gmail.com
www.applesontheavenue.com
[Apples, Pies, Baked Goods, Honey, Maple Syrup, Brown Eggs - Low Chemical Use](#)

MITCHELL

20 LOG CABIN PRODUCE

Leroy & Marlene Zimmerman
3011 Mitchell Line St., Orchard, Iowa 50460
(641) 982-4866
[Berries, Melon, Sweet Corn, Diverse Selection of Vegetables](#)

WINNEBAGO

21 THE PONDEROSA FARMSTEAD, LLC

Matt & Julie Helgeson
24342 470th St., Lake Mills, Iowa 50450
(641) 425-1515
theponderosafarmstead@gmail.com
[Aronia Berries - Organic Practices](#)

WRIGHT

22 FROHLING STRAWBERRY HILL

Aimee Miller
3115 230th St., Rowan, Iowa 50470
(641) 425-8074
frohling.enterprises.inc@gmail.com
[Strawberries - PYO](#)

FOOD PRODUCERS

MEAT, POULTRY & EGGS

BUTLER

23 WEST FORTY ENTERPRISES

Sue & John Ebensberger
107 E Traer St., Greene, Iowa 50636
(641) 823-4679
ebensberger@hotmail.com
www.westforty.com

Beef, Chickens - broilers, Pork, Brown eggs - Hormone/Drug Free, Cage Free, Grain Fed, Non-GMO, Corn Fed

CERRO GORDO

24 C & K FARM

Chris Petersen
7645 180th St., Clear Lake, Iowa 50428
(641) 425-8760
cpetersn@cltel.net

Beef, Berkshire hogs, Free-range eggs, Hay - Organic Practices, Free Range/Pastured, Hormone/Drug Free, Cage Free, Sustainable

25 MOSSY CUP FARMS

Laura Tidrick
20573 Finch Ave., Clear Lake, Iowa 50428
(952) 836-6551
mossycupfarms@gmail.com
www.mossycupfarms.com

Pork, Chicken, Turkey, Free-Range Eggs, Handmade Lard Soap, Herb Blends - Organic Practices, Free Range/Pastured, Hormone/Drug Free, Cage Free, Non-GMO

FLOYD

26 JOIA FOOD FARM

Wendy Johnson
2038 March Ave., Charles City, Iowa 50616
(641) 228-1583
info@joiafoodfarm.com

Chickens - broilers and layers, Duck, Lamb, Berkshire hogs, Pork, Turkey, Free-range eggs - Certified Organic (USDA)*, Transitioning to Organic (USDA)*, Organic Practices, Free Range/Pastured, Hormone/Drug Free, Cage Free, Non-GMO, Grass Fed

27 SKY VIEW FARM

Laura Cunningham
1175 Balsam Ave., Nora Springs, Iowa 50458
(641) 425-4473
cunningham.lauraa@gmail.com

Beef

HANCOCK

28 WINGS & THINGS

Brittany Koehler
2480 110th St., Meservey, Iowa 50457
(641) 847-0971
info@wingsandthingsiowa.com
Wingsandthingsiowa.com

Duck, Free-range eggs - Organic Practices, Free Range/Pastured, Cage Free, Non-GMO

KOSSUTH

29 IOWA SUPREME MEATS

Darell Spear
1307 330th St., Burt, Iowa 50522
(515) 341-3630, (515) 320-2122
iasuprememeats@hotmail.com

Beef, Lamb, Pork, Duck eggs - Corn fed

30 KOHLHAAS CATTLE CO.

Jason Kohlhaas
1908 Call Park Drive, Algona, Iowa 5011
(515) 368-0302, (515) 368-0315
jkohlhaas@kcnelsen.com
www.kohlhaascattleco.com

Beef

31 KOLLASCH FAMILY FARMS

Hilary Kollasch
614 4th St., Whittemore, Iowa 50598
(515) 320-0245, (515) 341-2650
hilarykollasch@gmail.com
www.kollaschfamilyfarms.com

Beef - Organic Practices, Hormone/Drug Free, Non-GMO, Corn Fed, Grass Fed

32 PRAIRIE SKY FARM

Sara & Bob Pearson
2505 220th Ave., Wesley, Iowa 50483
(515) 928-7690
farm.prairiesky@gmail.com

Beef - Organic Practices, Hormone/Drug Free, Grain Fed, Non-GMO, Grass Fed

WINNEBAGO

33 J & J DRY DOCK SHRIMP

Jeff & Julie Tegland
15487 370th St., Forest City, Iowa 50436
(641) 581-5259, (641) 590-1494
jnjtgInd@wctatel.net

Shrimp

WHY
EAT
LOCAL?

BUYING LOCALLY GROWN FOOD IS GOOD FOR OUR FARMERS.

When farmers sell directly to their neighbors, fewer middlemen cut into their profits. Farmers can afford to stay on their land producing an abundance and variety of food while being good stewards of the land.

FOOD PRODUCERS

MEAT, POULTRY & EGGS

WORTH

34 THE THOMAS FARMSTEAD ★ f i

Aaron & Dana Thomas
816 410th St. NW, Kensett, Iowa 50448
(515) 257-6216
thethomasfarmstead@gmail.com
www.thethomasfarmstead.com

Chickens - broilers, Pork, Free-range eggs - Organic Practices, Free Range/Pastured, Hormone/Drug Free, Non-GMO

WRIGHT

35 GRAND VIEW BEEF ★ f i

Amanda Severson
1591 Nelson Ave., Clarion, Iowa 50525
(515) 851-2200, (515) 344-2353
info@grandviewbeef.com
www.grandviewbeef.com

Beef - Organic Practices, Free Range/Pastured, Hormone/Drug Free, Non-GMO, Grass Fed

36 PURPLE RIBBON BEEF ★ f i

Ashley Recknor
1788 200th St., Clarion, Iowa 50525
(515) 571-2758, (515) 571-5630
contact@purpleribbonbeef.com
www.purpleribbonbeef.com

Beef - Hormone/Drug Free, Grain Fed, Corn Fed

SPECIALTY BUSINESSES

CERRO GORDO

37 FAT HILL BREWING f i

Molly Angstman
17 N. Federal Ave., Mason City, Iowa 50401
(641) 423-0737
www.fathillbrewing.com

Beer

FRANKLIN

38 ENCHANTED ACRES

Shannon Latham
1071 250th St., Sheffield, Iowa 50475
(515) 371-0450
shannonl@lathamseeds.com

Pumpkins, Winter Squash, Baked foods, Flowers, Jams/Jellies

39 RUSTIC BREW f

Joel & Kathy Jo Heuer
117 1st St. NW, Hampton, Iowa 50441
(641) 456-2141
www.rusticbrew.com

Beer, Roasted coffee

40 TOWNSEND WINERY & VINEYARD f

Judy & Vernon Harper
2138 160th St., Hansell, Iowa 50441
(641) 456-2836, (641) 425-3175
townsendwinery@wbfreq.com
www.townsendwinery.com

Wine - Locally or Iowa grown products used

KOSSUTH

41 HAZEL ACRES

Jeff Jensen
3503 40th Ave., Fenton, Iowa 50939
(515) 320-6756

jeff@jenagres.com

Hazelnuts

MITCHELL

42 LIMESTONE BREWERS f i

Laura Wynohrad
518 Main St., Osage, Iowa 50461
(641) 781-9018
laura@limestonebrewers.com
www.limestonebrewers.com

Beer - Low Chemical Use

43 STILLWATER GREENHOUSE

Daniel Zimmerman
3110 Shadow Ave., Orchard, Iowa 50460
(641) 732-3252
stillwatergreenhouse@gmail.com

Pumpkins, Sweet Corn, Watermelon, Flowers, Plants

WORTH

44 WORTH BREWING COMPANY f

Peter Ausenhus
835 Central Ave., Northwood, Iowa 50459
(641) 324-9899
brewer@worthbrewing.com
www.worthbrewing.com

Beer, Honey, Maple, or Popcorn

WRIGHT

45 THE BARN AT WALTON FARMS f i

Olivia Walton
2291 195th St., Clarion, Iowa 50525
(641) 691-6086
thebarnatwaltonfarms@gmail.com

Pumpkin Patch, Winter Squash

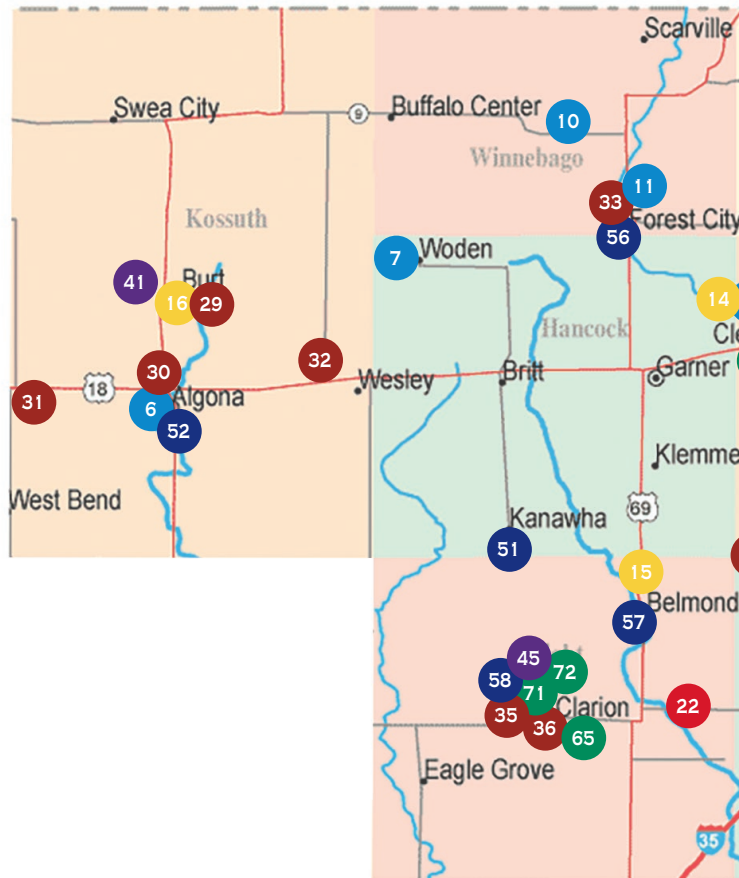


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FAT HILL BREWING

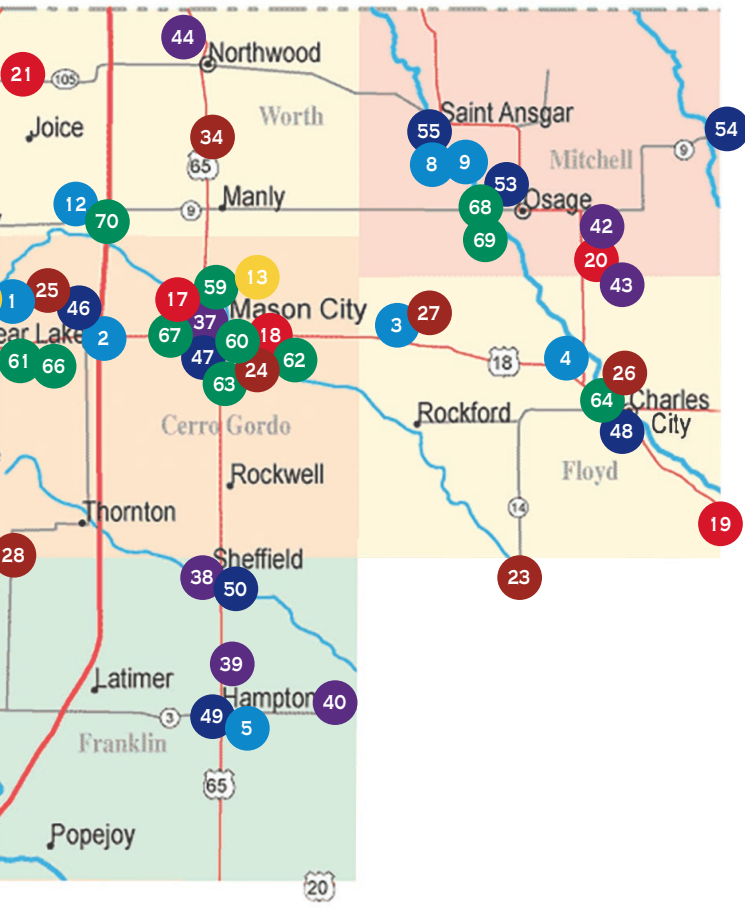
4 PM - 11 PM Wednesday - Friday
 Noon - 11 PM Saturday



17 N. Federal Ave.
 Mason City
www.fathillbrewing.com

-  **VEGETABLES**
-  **HONEY & MAPLE SYRUP**
-  **FRUIT**
-  **MEAT, POULTRY & EGGS**
-  **SPECIALTY BUSINESSES**
-  **FARMERS MARKETS**
-  **BUYERS**

Additional information available in our online searchable directory on www.healthyharvestni.com.



GET READY TO ENJOY TASTE & CONVENIENCE ALL SEASON!



HOW IT WORKS:



Sign up online.



Choose your box size and customize.



Pick up in Mason City, Clear Lake, Garner, Belmond, Clarion & TBD in Hampton, Sheffield & Forest City



BOUNTY BOX PROGRAM

www.NorthIowaFresh.com

EARLY BIRD DISCOUNT UNTIL MARCH 20

WHY EAT LOCAL?

BUYING LOCALLY GROWN FOOD IS GOOD FOR OUR ENVIRONMENT.

Most of the food we eat travels an **average of 1,500 miles** from the farm to our table. Some benefits of buying local include:

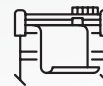
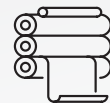
- Reducing the travel distance of our food = Saving energy and reduce CO2 emissions
- Buying direct from farmers = Reduced need for packaging
- Conservation farming practices = Protecting the quality of our water and soil



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PRACTICAL
FARMERS
of Iowa

**Visit a farm, meet new people, connect with old friends,
find local farms and learn from each other
at a Practical Farmers of Iowa field day this year.**

Visit our website to find out more about our 2020 field day season!
practicalfarmers.org/field-days



FARMERS MARKETS

Local & Fresh. Every Day. Across North Iowa, you can find a market every day of the week!

CERRO GORDO


- 46 CLEAR LAKE FARMERS MARKET**  
Saturdays 9am–Noon, Late-May–Mid-Oct.
460 N Shore Dr, Clear Lake
clfarmersmarket@gmail.com
www.clearlakefarmersmarket.com
Check/Cash, Credit Cards, WIC/Farmers Market, SNAP

- 47 NORTH IOWA FARMERS MARKET**  
Tuesdays & Fridays 4–6pm, May 19–Oct. 16
Corner of 1st St. and Delaware, Mason City
(515) 337-0996, niowafarmersmarket@gmail.com
www.northiowafarmersmarket.com
Check/Cash, Credit Cards, WIC/Farmers Market, SNAP

FLOYD

- 48 CHARLES CITY FARMERS MARKET**
Saturdays 9am–Noon & Wednesdays 3:30–6pm, May–Mid-Oct.
Central Park, Charles City
(641) 228-4234, info@charlescitychamber.com
Check/Cash, Credit Cards, WIC/Farmers Market, SNAP

FRANKLIN

- 49 HAMPTON COMMUNITY FARMERS MARKET** 
Tuesdays & Fridays 4:30–6:30pm
200 Central Ave. (West of Hardees), Hampton
Karen Koenig, (641) 456-4811, hamptonfarmersmarket@gmail.com
Check/Cash, WIC/Farmers Market

- 50 SHEFFIELD FARMERS MARKET**
Mondays 5–6pm, Mid-June–Oct.
Corner of Gilman & South 1st St., Sheffield
Katy Flint, (641) 892-4718, sheffieldclerk@outlook.com
Check/Cash

HANCOCK

- 51 KANAWHA FARMERS MARKET**
Mondays 3–5pm, Mid-June–Early-Oct.
Blue Water Tower Park on W 3rd St., Kanawha
Sharon Clark, (641) 860-1409
Check/Cash, WIC/Farmers Market

KOSSUTH

- 52 KOSSUTH COUNTY FARMERS MARKET** 
Saturdays 9–11am, Mid-May–Mid-Oct. &
Wednesdays 3–5pm, Jul.–Sept.
Corner of Dodge and Nebraska Street, Algona
Joanne Roepke Bode, (515) 295-6060, jroepkebode@yahoo.com
Check/Cash, WIC/Farmers Market

WAYS TO BUY LOCAL

DINE AT RESTAURANTS THAT LOCALLY SOURCE

More and more restaurants are starting to locally source their products from local farms. Find your next date-night restaurant on page 13.


MITCHELL

- 53 OSAGE CHAMBER OF COMMERCE**  
Thursdays 3–6pm, May 7–Oct. 15
114 S 7th St., Osage
Kati Henry, (641) 732-3163, osageiachamber@gmail.com
www.osagechamber.com
Check/Cash, WIC/Farmers Market

- 54 RICEVILLE FARMERS MARKET**
Saturdays 9–11:30am, Late-May–Early-Sept.
203 Main St./HWY 9, Next to City Hall, Riceville
Elaine McGovern, (641) 220-2685
Check/Cash, WIC/Farmers Market

- 55 ST. ANSGAR FARMERS MARKET** 
Thursdays 4–5:30pm, Jun.–Oct.
White Deer Park on 4th Street, Downtown, St. Ansgar
Debbie Oulman, (641) 985-2791
Check/Cash

WINNEBAGO

- 56 FOREST CITY FARMERS' MARKET** 
Thursdays 3:30–5:30pm, Jun.–Mid-Oct.
126 S Clark St., Forest City
Norma Hertzler, (641) 251-1667
Check/Cash, Credit Cards, WIC/Farmers Market

WRIGHT

- 57 BELMOND SUMMER MARKETS**
First Saturday 9–11am, June and August
City Park - 200 1st St NE, Belmond
(641) 444-3937
Check/Cash, Credit Cards
- 58 CLARION FARMERS MARKET** 
Saturdays 9–11am & Wednesdays 4–6pm, May 30–Oct. 3
Courthouse Square, 115 N Main St., Clarion
Milissa Katschke, (515) 851-0567, bzeiger82@gmail.com
Check/Cash, Credit Cards, WIC/Farmers Market

WAYS TO BUY LOCAL

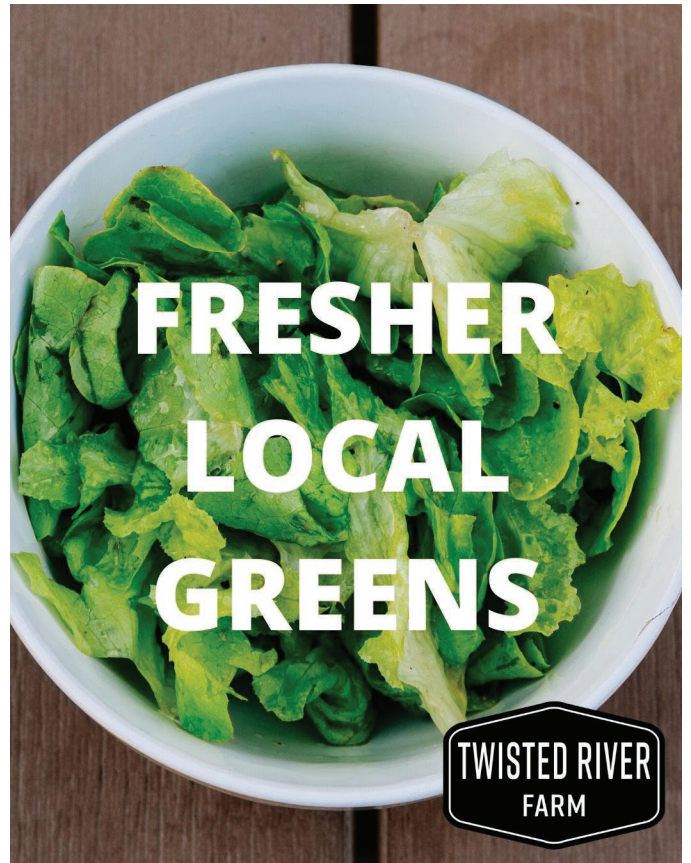
GET FRESH FOOD WEEKLY – JOIN A CSA!

Sign up for your weekly box of fresh, seasonal produce (and more!) Look for the ★ on pages 4-7 to find a CSA program near YOU.

EATING SEASONALLY? Keep this calendar handy!

These are the best times to buy Iowa fruits and vegetables. The harvest seasons are approximate. Weather conditions can speed up or delay crop maturity.

Produce	May	June	July	Aug	Sept	Oct
Apples						
Apricots						
Asparagus						
Beans						
Blueberries						
Beets						
Broccoli						
Brussels Sprouts						
Cabbage						
Cantaloupe						
Carrots						
Cauliflower						
Cherries						
Collard Greens						
Cucumbers						
Currants						
Eggplant						
Gooseberries						
Grapes						
Kale						
Kohlrabi						
Leeks						
Lettuce						
Mustard Greens						
Okra						
Onions (green)						
Onions (dry)						
Parsnips						
Peaches						
Pears						
Peas						
Peppers						
Plums						
Potatoes						
Pumpkins						
Radishes						
Raspberries						
Rhubarb						
Rutabaga						
Spinach						
Squash						
Strawberries						
Sweet Corn						
Sweet Potato						
Swiss Chard						
Tomatoes						
Tumips						
Tumip Greens						
Watermelon						
Zucchini						



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CERRO GORDO

- 59 FAT HILL BREWING**  
Molly Angstman & Jake Rajewsky
17 N. Federal Ave., Mason City, Iowa 50401
(641) 423-0737, contact@fathillbrewing.com
www.fathillbrewing.com

COFFEE SHOP

CERRO GORDO

- 60 JITTERS COFFEE BAR** 
Candy & Scott Elsbury
124 4th St. SW, Mason City, Iowa 50401
(641) 424-4880

CUSTOM LOCKER

CERRO GORDO

- 61 VENTURA LOCKER** 
Jeremy Moorehead
111 Nelson St., Ventura, Iowa 50482
(641) 829-3823, venturalocker@outlook.com
www.venturalocker.com

GROCER


CERRO GORDO

- 62 HY-VEE EAST, MASON CITY**
Brian Hamrick
551 S. Illinois Ave., Mason City, Iowa 50401
(641) 424-9741
- 63 HY-VEE WEST, MASON CITY** 
Mark Hoppel
2400 4th St. SW, Mason City, Iowa 50401
(641) 424-2605
www.hy-vee.com

FLOYD

- 64 HY-VEE CHARLES CITY**
Ryan Parker
901 Kelly St., Charles City, Iowa 50616
(641) 228-1726

WRIGHT

- 65 GRANNY'S IOWA MARKET** 
Dawn Hamilton
202 N Main St., Clarion, Iowa 50525
(515) 532-2788, grannysmixingbowl@gmail.com

NATURAL HEALTH FOOD STORE

CERRO GORDO



- 66 SIMPLY NOURISHED**  
Ashley Coleman
419 Main Ave., Clear Lake, Iowa 50428
(641) 357-4444, simplynourishedclearlake@gmail.com

RESTAURANT

CERRO GORDO

- 67 1910 GRILLE**
Kurt Nyguard
15 W. State St., Mason City, Iowa 50401
(641) 422-0015

MITCHELL

- 68 PIGGYBACK SMOKE SHACK**  
Jessica Baldus
715 Main Street, Osage, Iowa 50461
(641) 832-7340, sales@uncs4cheesecakes.com
www.piggybacksmokeshack.com

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(515) 602-6212
www.groundedonmain.com

WAYS TO BUY LOCAL

BUY DIRECT FROM THE FARM

Farm stands and on-farm sales allow customers to visit where the magic happens, and some farms even let you Pick-Your-Own. See where your food comes from by visiting one of the farms listed on pages 4-7.

COOKING WITH LOCAL INGREDIENTS

SPRINGTIME FRITATTA

A quick, easy, and delicious early season staple, frittatas are endlessly adaptable. Make it your own by adding whatever you have in the fridge! Ingredients with an asterisk (*) are available seasonally right here in North Iowa! Find them nearby or stop by your local farmer's market.

INGREDIENTS

2 tbsp olive oil
4 cups chopped fresh spinach*
1 bunch green onions*, sliced
1 cup chopped tomatoes*
salt + pepper
4 eggs*
1 cup half & half
1 tbsp flour
1.5 cups grated cheese
chopped herbs
(thyme, basil, oregano, parsley)
Optional: Sliced Deli Meat or Bacon
Optional filling ideas: asparagus*

INSTRUCTIONS

Saute in a heated skillet: olive oil, spinach, green onions, tomato, pinch of salt and pepper. Combine in a blender or whisk in a mixing bowl: eggs, half & half, pinch salt and pepper, flour, cheese, and herbs.

Preheat oven to 400 degrees and spray a 12 cup muffin tin with non-stick spray. Optional: line each cup with a piece of deli meat. Put a tablespoon of spinach filling in each muffin tin and sprinkle with a tablespoon of cheese. Pour 1/4 cup of combined egg mixture in each muffin tin. Sprinkle with herbs. Bake approx. 15 mins or until eggs are set and beginning to lightly brown. Remove from oven and let sit 5 minutes. Run a knife around the edges of each frittata and remove.

Yield: 12 mini frittatas

From Sally Pressly, Mason City

Find other recipes at healthyharvestni.com/recipes

The North Iowa Local Food Connection is a network of local farm and food businesses and friends building relationships, collaborating, learning together, creating connections that build business and productive communities.

SUMMER FIELD DAY SERIES

Immerse yourself "in the field" as farmers and local business owners highlight how their operations contribute to our local food system. Great place to meet others and learn more about their projects and practices.

EDUCATIONAL WORKSHOPS

Gain skills and information to improve your business by learning from experts in marketing, financial management, business planning, and more.

BUSINESS NETWORKING

Meet other local business owners to strengthen relationships and share in discussion of shared opportunities. There's often great food, drink, and conversation available.



Get the Full Program Schedule at: healthyharvestni.com/connection

ARE YOU SPENDING TOO MUCH ON YOUR FARM INSURANCE?

LET US GIVE YOU A QUOTE TO COMPARE.

SCOTT SACKVILLE
SACKVILLE INSURANCE
HAMPTON/LATIMER
(641) 456-5521



What is AgriTourism?

- A **Farm to Fork Event** is an all-local meal event designed to facilitate relationships and inspire community conversation in a delicious, fun, and healthy way.



- A **Fresh on the Farm Tour** is a series of on-farm tours that provide the public an opportunity to meet local farmers, learn about their farms, sample the foods they grow and purchase their products.

- A **Restaurant Crawl** is an event that highlights local restaurants for their dedication to buying local by serving a sample dish at each spot along a crawl route.

These events benefit the local community by cultivating conversations and inspiring guests to “taste” the difference of buying local.

We have partnered with communities to host events across North Iowa. Visit the Events Calendar and/or subscribe to our e-newsletter to keep updated on the schedule of these local events!

www.healthyharvestni.com/events

HEALTHY HARVEST MEMBERSHIP

Put Local Food at the Center of YOUR Plate by Becoming a Healthy Harvest Member!

I am joining at the level of

- Student (\$20) – up to college senior
- Individual (\$50)
- Household (\$90)
- Organization (\$200)

All gifts are tax deductible.

Name _____

Farm or organization name _____

For Farm/Household membership, please list names of all included.

For Organization membership, please list one or two contacts.

Mailing address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Payment

\$ _____ per year, for _____ year(s)

Join for multiple years today and eliminate reminder mailings.

Additional donation* \$ _____

**Contact us for additional information about sponsorships.*

- Check enclosed to Healthy Harvest of North Iowa
- Voided check enclosed (please set up direct deposit payment on monthly basis)

Thank you!

Visit www.healthyharvestni.com/membership for details on member benefits.

SPECIAL THANK YOU TO OUR SPONSORS FOR THEIR SUPPORT

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Hearing Associates, LLC
Iowa Arts Council

Iowa Department of Agriculture & Land
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USDA Farmers Market
Promotion Program (FMPP)

LOCAL FOOD CULTIVATOR

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Mitchell County Board of Supervisors
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LOCAL FOOD PROMOTER

Albert Lea Seed
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Cerro Gordo County Community Foundation

City of Charles City
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