



2015 FARM GUIDE

JULY 18, 2015

FARM INFO & HOURS • ACTIVITIES • MAPS

Explore your local farms as they open their doors for the 2015 Eat Local Farm Tour—a day full of fun, learning and discovery.

Brought to you by your local food co-ops.



IT'S ALL ABOUT THE REAL PEOPLE BEHIND THE REAL FOOD

Experience your food in a new way: directly from the source. The Eat Local Farm Tour is a unique opportunity to explore the diverse farming operations in your area, to meet the families that bring fresh food to your dinner plates, and to inspire future generations to support local, sustainable agriculture.

The tour is produced annually by Twin Cities area food cooperatives and is free for anyone to attend. As this is a self-guided event, you will need this handbook to help you shape your local farm experience. Inside, you'll find descriptions and operating hours of participating farms, maps of suggested farm clusters, useful tips for tour-goers, and restaurant recommendations in case you want to make a day of it.

On July 18, over 20 local farms will open their gates and barn doors to the public, ready to share their knowledge, stories, and homes with you. Don't miss out!



facebook.com/EatLocalFarmTour.coop



[#eatlocalfarmtour](https://twitter.com/eatlocalfarmtour)



[#eatlocalfarmtour](https://www.instagram.com/eatlocalfarmtour)

THE EAT LOCAL FARM TOUR IS SPONSORED BY THESE LOCAL FOOD CO-OPS who believe that supporting our local growers is vital to providing healthy food and participating in environmental protection. In the cooperative spirit, we work together to bolster our local foods economy. In 2013, \$30 million flowed to local growers and producers from the system of Twin Cities area food co-ops.

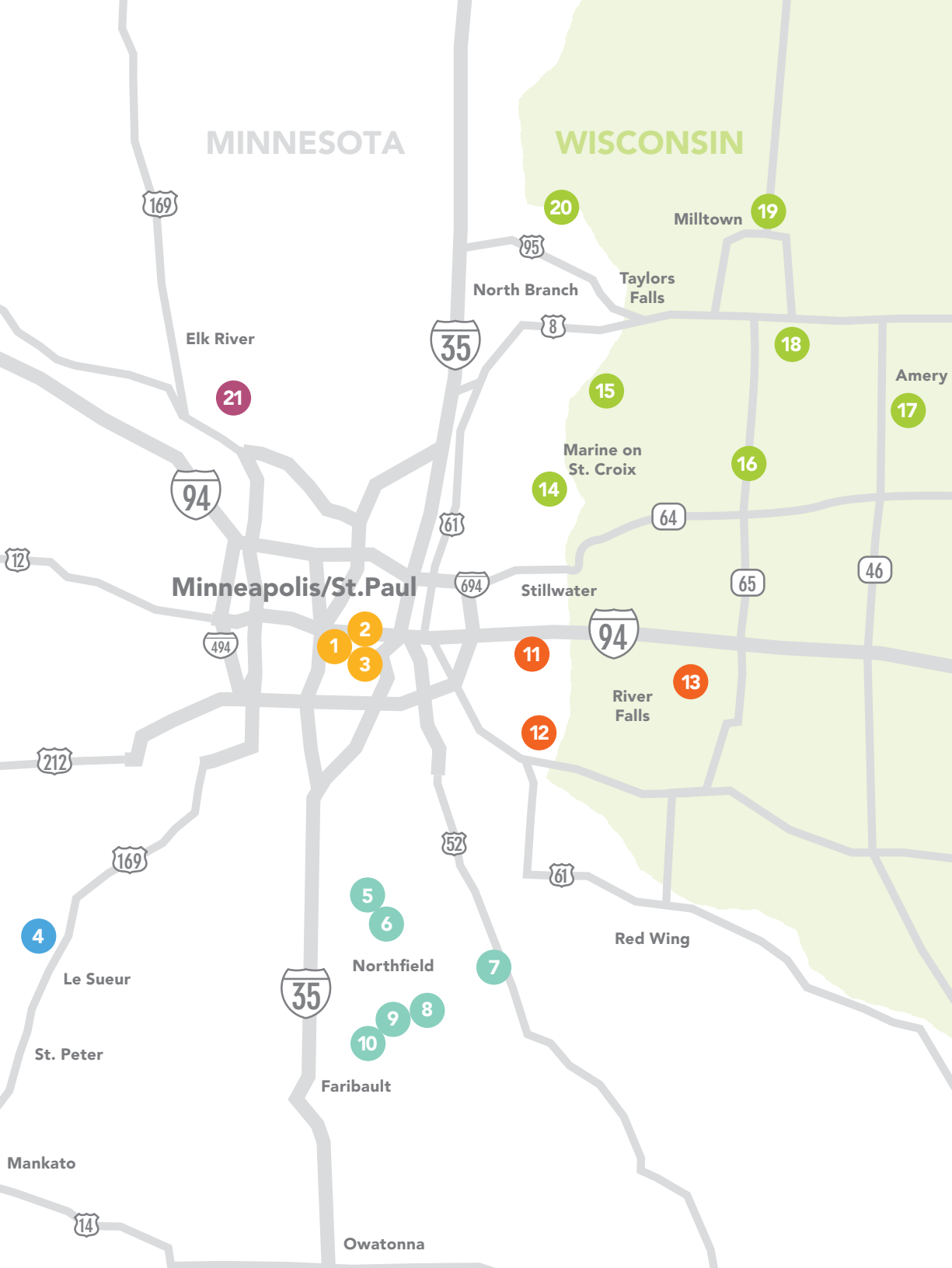


FIND OUT MORE about your area co-ops in the back of this guide.



TIPS

- Visit farms only during their set open hours.
- Because GPS can be spotty in rural areas, check your directions on Google Maps before heading out: <http://s.coop/1usbu>
- Bring a cooler to store all the farm-fresh goods you find.
- Stay on established paths and don't pick produce without a farmer's permission.
- Leave pets at home.
- Swing by the local food co-op for snacks and drinks.



MINNEAPOLIS

1. Stone's Throw Urban Farm (Minneapolis, MN)
 2. Growing Lots Urban Farm (Minneapolis, MN)
 3. The Beez Kneez (Minneapolis, MN)
-

SOUTHWEST

4. East Henderson Farm (Henderson, MN)
-

SOUTH

5. Humble Pie Farm (Northfield, MN)
 6. Gardens of Eagan (Northfield, MN)
 7. Thousand Hills Cattle Company (Cannon Falls, MN)
 8. Simple Harvest Farm Organics (Nerstrand, MN)
 9. Shepherd's Way Farm (Nerstrand, MN)
 10. Singing Hills Goat Dairy Farm (Nerstrand, MN)
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EAST

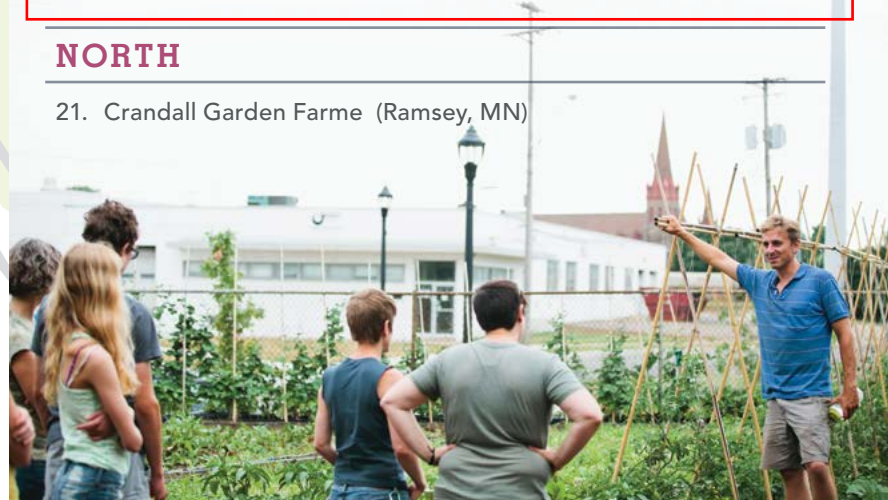
11. 10th Street Farm & Market (Afton, MN)
 12. Whistling Well Farm (Hastings, MN)
 13. White Pine Berry Farm (River Falls, WI)
-

NORTHEAST

14. Big River Farm/Minnesota Food Association (Marine on St. Croix)
 15. Buttermilk Falls CSA & Folk School Retreat (Osceola, WI)
 16. Star Prairie Trout Farm (Star Prairie, WI)
 17. Bull Brook Keep (Clear Lake, WI)
 18. Steady Hand Farm (Amery, MN)
 19. Fresh Pastures Neighborhood Farm (Milltown, WI)
 20. Women's Environmental Institute (North Branch, MN)
-

NORTH

21. Crandall Garden Farme (Ramsey, MN)
-





MPLS



MAKE A DAY OF IT
with restaurant recommendations:

TINY DINER
1024 E. 38th St. • Minneapolis, MN
Diner focuses on updated diner dishes made from local, sustainable ingredients.

THE WEDGE TABLE
2412 Nicollet Ave. • Minneapolis, MN
New market and farm-to-table café from the dedicated people of the Wedge Co-op.

FIKA
2600 Park Ave. • Minneapolis, MN
Housed inside the American Swedish Institute, Fika fuses Nordic-style cuisine with local ingredients.

THE SEWARD CAFÉ
2129 E. Franklin Ave. • Minneapolis, MN
A great spot to find locally sourced, homemade fare suitable for everyone from vegans to omnivores.

STONE'S THROW URBAN FARM

1

OPEN: 10 a.m.–2 p.m., with FORMAL TOURS at 11 a.m. & 1 p.m.
Alex Liebman, Robin Major and Eric Larsen • 2820 15th Ave. S., Minneapolis, MN 55407
413-320-7018 • www.stonethrowurbanfarm.com

Stone's Throw Urban Farm, located within the limits of the Twin Cities, is intent on providing a livable wage for farm partners and employees, improving the ecological health of the land upon which we farm, and engaging our communities in on-farm activities and equitable food access. You will have a chance to observe a beautiful, productive farm located on biologically active vacant lots inside the cities. Farm tours will highlight intensive production techniques, soil-improvement methods, and our efforts to produce high quality vegetables in the city. Stone's Throw

produce will be available for sampling and purchase.

HIGHLIGHTS

- Kids' activities

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Refreshments
- ✓ Samples offered

GROWING LOTS URBAN FARM

2

OPEN: 11 a.m.–4 p.m., with FORMAL TOURS starting at noon, 1 p.m., 2 p.m. & 3 p.m.
Iman Mefleh & Joe Silberschmidt • 1912 E. 22nd St., Minneapolis, MN 55404
612-987-3648 • www.growinglotsurbanfarm.com

Tour our urban farm operation in which we'll show off our no-till raised beds, our high-tunnel growing tomatoes and ginger, and discuss how a verdant urban farm sprung from two parking lots. There will be samples of our locally grown and produced You Betcha Kimchi and a farmstand offering seasonal vegetables.

HIGHLIGHTS

- Learn about the transformation from parking lot to urban farm

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Samples offered

THE BEEZ KNEEZ

3

OPEN: BIKE TOURS leave The Beez Kneez Honey House at 1 p.m. & 4 p.m. RSVP ONLY. Tours limited to 35 participants each. To reserve your spot on the bike tour, contact Kristy at kristy@thebeezkneezdelivery.com. BYOB (Bring Your Own Bike).

Kristy Allen • The Beez Kneez Honey House

2204 Minnehaha Ave. S., Minneapolis, MN 55404 (entrance on 22nd St.)

www.thebeezkneezdelivery.com

The Beez Kneez mission is to “Revive the Hive for Healthy Bees and Healthy Lives”. They establish and maintain honey bee hives in the Twin Cities community gardens, parks, schools, and urban farms; and they deliver by bicycle local, raw honey to the sweet people of Minneapolis and St. Paul. In addition, they provide education and raise awareness of the vital role honey bees and other pollinators play in our food system. During the Eat Local Farm Tour, join the owners of the Beez Kneez at their 2013 Kickstarter-funded, Beez Kneez Honey House. Tour the facilities, take a spin on one of their pedal-powered honey extractors, sample some zip-code-specific honey, learn about bees and end the trip with a leisurely bike ride to one of their teaching hives in beautiful South Minneapolis. Weather permitting. You’ll learn about what it takes to have healthy bees and why this is so important to our own healthy lives.

HIGHLIGHTS

- Bike Tour at 1 p.m. and 4 p.m.
- Tour facilities, sample honey and learn about bees

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Samples offered
- ✓ Refreshments





SOUTHWEST

EAST HENDERSON FARM

OPEN: 10 a.m.–4 p.m., with FORMAL TOURS every hour on the hour
Josh and Sally Reinitz • 30083 290th St., Henderson, MN 56044
612-756-3971 • www.easthendersonfarm.com

East Henderson Farm grows and sells a diversity of vegetables, livestock, hay and small grains, and some wild edibles on the bluffs of the Minnesota River. Join us for our open house—we'll be giving tours of our farm every hour on the hour. We will also have a groomed nature trail to explore our woods and meadows! Our vegetables are certified organic and are sold through a 75-member community-supported agriculture (CSA) group, restaurants, and food co-ops. Our livestock is not certified but is organically raised on pasture. We have laying hens, pigs and a few beef steers. Much of our land is wooded hills and meadows, and we work very hard to preserve the ecology as our first priority. We champion historic preservation, as well as reused/salvaged tools and materials. Many of our

farm buildings (including our house) are built from lumber salvaged from barns and log cabins, and we use restored antique tractors and implements.

HIGHLIGHTS

- Hourly tours of livestock and produce

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Refreshments



MAKE A DAY OF IT

with restaurant recommendations:

THE ETLIN'S CAFÉ
208 4th Ave. SW. • New Prague, MN
A family-run diner serving made-from-scratch American and Czech fare for breakfast, lunch, and dinner.

PERRON'S SUL LAGO
16154 Main Ave. SE. • Prior Lake, MN
Take the scenic way home up Highway 19 and stop for dinner at this Italian bistro snugly located between upper and lower Prior Lakes, with a wide selection of pizzas, pastas, risottos, and steaks.





SOUTH



MAKE A DAY OF IT with restaurant recommendations:

CHAPATI'S
214 Division St. S. • Northfield, MN
Authentic, aromatic Indian food inside the historic Archer House River Inn. Try it all at the lunch buffet.

HOGAN BROTHERS ACOUSTIC CAFÉ
415 Division St. S. • Northfield, MN
A local favorite with delicious sandwiches, soups and ice cream.

TANDEM BAGELS
317 Division St. S. • Northfield, MN
Made-from-scratch bagels using fresh, seasonal, local and organic ingredients.

THE CONTENTED COW PUB
302B Division St. S. • Northfield, MN
The best place to enjoy a cold pint and English pubstyle food is on the Cow's river-facing rear deck.

HUMBLE PIE FARM

5

OPEN: 10 a.m.–2 p.m.

Jennifer Nelson, Mike Leck and Baby Earl • 29011 Eveleth Ave., Northfield MN 55057
952-451-5393 • www.humblepiefarm.com

We grow beautiful, fresh, cut flowers and herbs on our humble half-acre, using organic methods. Our flowers bring the diversity of beneficial insect and bird life and love to our rented incubator farm land at Gardens of Eagan organic vegetable farm. We offer community-supported agriculture (CSA) shares, local retail and co-op bouquets, event flowers, and farmers market made-to-order bouquets in a natural, bohemian design style that showcases the spectacular beauty of fresh, in-season flowers. Come meet our family, harvest beautiful flowers and join our “flower child” wreath-making class for children and parents!

HIGHLIGHTS

- U-pick flowers
- Kids’ activities—“flower child” wreath making

SERVICES

- ✓ Restrooms available
- ✓ Refreshments

GARDENS OF EAGAN

6

OPEN: 10 a.m.–2 p.m.

Diedre Austin • 5680 W. 290th St. Northfield, MN 55057
507-645-5244 • www.gardensofeagan.com

Visit Gardens of Eagan (GOE) in their fourth year of production at their new location in Northfield. Tour the activity in 12 greenhouses and 40 acres of production for GOE and meet the resident incubator farmer at Humble Pie organic flower growers. Certified organic since 1974, Gardens of Eagan has been owned by the Wedge Co-op for the last eight years.

HIGHLIGHTS

- Greenhouse tours
- Wagon tours
- Self-guided walking tours

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale—GOE T-Shirts (collector’s item)
- ✓ Samples offered

THOUSAND HILLS CATTLE COMPANY

7

OPEN: 1 p.m.–2:30 p.m., MAKE A RESERVATION for our FORMAL TOUR at 1 p.m. at the warehouse. Caravan to the farm.

Jude Larson • 6492 318 St., Suite A, Cannon Falls, MN 55009

507-263-4001 x225 • jlarson@thousandhillscattleco.com • www.thousandhillscattleco.com

When the farmers at Thousand Hills Cattle Co. discovered they couldn't find fresh, grass-fed beef close to their home in Cannon Falls, MN, they decided to provide it. Now, they're legendary among local chefs and discerning eaters in the region, providing 100-percent grass-fed beef. You can learn more about this local legend during the Eat Local Farm Tour. Meet at their warehouse in Cannon Falls at 1:00 p.m. They will give you an overview of what they do, and then you'll caravan to the farm to see their cattle and tour their operation. Space is limited to 40 spots, call Jude at Thousand Hills (507-263-4001 x225) to reserve your spot.

HIGHLIGHTS

- Tour the farm
- Visit the cattle

SERVICES

- ✓ Restrooms available
- ✓ Refreshments
- ✓ Samples offered

SIMPLE HARVEST FARM ORGANICS

8

OPEN: 10 a.m.–3 p.m.

Kathy Zeman • 9800 155th St. E., Nerstrand, MN 55053

507-664-9446 • www.simpleharvestfarm.com

Simple Harvest Farm Organics highlights a full range of food and fiber opportunities. Kathy Zeman, farm owner, and her brother Nick Zeman live on the 20-acre certified-organic farm in the rolling hills of Nerstrand, MN, just down the hill from the historic Valley Grove Churches and Big Woods State Park.

Visitors will get a chance to milk a goat, skirt some wool, and walk around the farm to see all the animals and gardens. Farm visitors will be encouraged by the variety of the work, for we feel strongly that a resilient food system feeds itself with all manner of reuse and diversity: vegetable compost becomes treats for the hens, fallen apples are pig snacks, and livestock manure feeds the crops and replenishes the soil.

We will have for sale in our Farm Shoppe our fresh eggs, frozen free-range chickens, goat-milk soap, soap-on-a-rope, beeswax lip balm, wool dryer balls, and more! Joining us for the day will be our neighboring farm, Schoolhouse Apiary, with their honey and beeswax candles and ornaments.

Simple Harvest Farm products sold in the Just Food Co-op include Nick's Eggs and goat-milk soap.

HIGHLIGHTS

- Kids' activities
- Milking goats
- Skirting wool

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Samples offered
- ✓ Refreshments



SHEPHERD'S WAY FARM

9

OPEN: 11 a.m.–3 p.m., FORMAL TOURS of milking and cheese-making facilities at noon and 2 p.m.

Jodi Ohlsen-Read • 8626 160th St. E., Nerstrand, MN 55053

612-306-4211 • www.shepherdswayfarms.com

Making award-winning artisan sheep-milk cheese since 1998, Shepherd's Way Farms is located just outside Northfield, MN. Visit our sheep dairy farm 11 a.m.–3 p.m., view our on-farm milking and cheese-making facilities, enjoy samples of our artisan cheeses and sausages, and say hello to our East Friesian dairy sheep. Join us for guided tours of the milking and cheese-making facilities at noon and 2 p.m. Cheese and sausages are available for purchase. Ask about our cheese community-supported agriculture (CSA) program!!

HIGHLIGHTS

- Visit on-farm milking and cheese-making facilities (guided tours)
- Friendly dairy sheep

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Samples offered
- ✓ Refreshments



SINGING HILLS GOAT DAIRY

10

OPEN: 2 p.m.–5 p.m.

Lynne Reeck and Kate Wall • 16765 Hall Ave., Nerstrand, MN 55053

507-334-5109 • www.facebook.com/SingingHillsGoatDairy

Singing Hills Goat Dairy makes fresh goat's milk cheese on a 25-acre farm located adjacent to the Big Woods State Park, near Nerstrand, MN. We regularly make chevre in several flavors, feta, and yogurt. Our cheese is made using only the highest quality goat's milk produced by our goats, and those on a neighboring goat dairy farm. All of our dairy products are made from 100% fresh goat's milk.

Singing Hills Dairy is committed to sustainable farming, and humane animal husbandry practices. Our animals are given access to pasture, and top quality

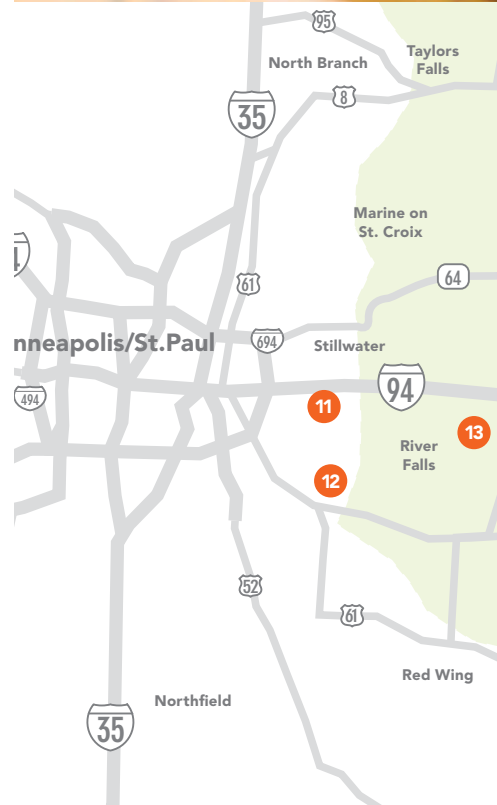
feed to ensure their lives are very healthy and happy. Stop by for a tour of our milking facility and enjoy a pasture walk. Bring a blanket and picnic supper and enjoy the show the goats put on, playing on the hills.

HIGHLIGHTS

- Tour the milking facility
- Visit with goats
- Pasture walk

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Samples offered



MAKE A DAY OF IT
with restaurant recommendations:

L'ETOILE DU NORD CAFÉ

320 5th Ave. N. • Bayport MN
Belgian-style café serving local and seasonal meals, artisan pastries, coffee, and authentic neighborhood hospitality. (Open Saturdays from 7 a.m.–3 p.m.)

THE WEDGE & WHEEL

308 Chestnut St. E. • Stillwater, MN
Artisan cheese bar and shop. Perfect for a quick lunch. Well-chosen beer and wine list.

DOMACIN RESTAURANT & WINE BAR

102 2nd St. S. • Stillwater, MN
A simple but sophisticated menu with small plates, heartier entrées and a 650-bottle wine list.

PHIL'S TARA HIDEAWAY

15021 60th St. N. • Stillwater, MN
This off-the-highway hidden gem serves a likeable combo of contemporary Mediterranean cuisine and American supper club food.

10TH STREET FARM & MARKET

11

OPEN: 10 a.m.–3 p.m.

Hallie and Lisa Talbott • 13197 10th St. S., Afton MN 55001
612-770-7194 • www.10thstfarmandmarket.com

We are a mother-daughter farming team running an extended-season farm in Afton, Minn. We utilize three movable, unheated high tunnels; organic practices; and low-acreage/high-production techniques to supply a small community-supported agriculture (CSA) program, wholesale markets, and our on-farm stand 10 months out of the year. We welcome you to tour our tunnels, enjoy refreshments, watch the ducks scurry about and relax around our small orchard. We will be giving tours from 10 a.m. to 3 p.m.. Our farm stand will be open, and we will have micro green samples for you to try; so come on out for a lovely day in our fields.

Our farm stand will open all day, as well as every Thursday from 4 p.m. to 7 p.m. and Friday mornings from 9 a.m. to noon.

HIGHLIGHTS

- Tour unheated high tunnels
- Relax in our orchard

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Samples offered
- ✓ Refreshments



WHISTLING WELL FARM

12

OPEN: 10 a.m.–2 p.m.

Charlie Johnson and Chad Johnson • 8973 St. Croix Trail S., Hastings, MN 55033
651-998-0301 • www.whistlingwellfarm.com

Whistling Well Farm (so named because our well whistles when the east wind is just right off of the St. Croix River) is located just south of the Afton State Park in the beautiful St. Croix River valley.

Approximately 10,000 apple trees consisting of over 20 varieties, are grown on the farm. Visitors will have the opportunity to tour the orchard, learn about growing apples and ask questions about our integrated pest management program. It should be noted that, for the past several years, our apples have been Food Alliance certified.

Whistling Well Farm apples are sold at the River Market Co-op in Stillwater, Mississippi Market in St. Paul, the St. Paul Farmers Market and at the farm in the fall, both as pick-your-own and prepicked. We also ship apples to the South Washington County Schools as part of their Farm-to-School Program.

Learn about our apple production, integrated pest management and our new weather station connected with Cornell University. Visitors will also have the opportunity to meet Emmy of Whistling Well Farm. Emmy, an English Springer Spaniel, is the main character of a children's book recently published about the farm.

HIGHLIGHTS

- Kids' Activities—feed our chickens!
- Orchard tours
- Serving River Market hot dogs and chips
- Learn about our new weather station

SERVICES

- ✓ Restrooms available
- ✓ Refreshments

WHITE PINE BERRY FARM

13

OPEN: 9 a.m.–7 p.m.

A member of the Hungry Turtle Farmers Co-op • 1482 Oak Dr., River Falls, WI 54022
715-222-2946 • www.whitepineberryfarm.com

White Pine Berry Farm, located north of River Falls, Wis. is just a 30-minute drive from the I-94/694/494 interchange. We are a pick-your-own berry farm, but we will pick them for you upon request. Our season starts with over 4 acres of seven different varieties of strawberries for picking. Next in season are red, gold, and black raspberries and blueberries on 3 1/2 acres. We make jams and jellies from our berries, too. We have not used any herbicides, pesticides, or fungicides since we opened in 2012, and we are hoping to become organically certified this year. We currently utilize a new, unheated high tunnel (or hoop house), with peppers and tomatoes growing in it. Many other vegetables are also grown, including asparagus, rhubarb, peas and edible pea pods, kale, broccoli, cauliflower, watermelons, squash, rainbow carrots, and lots of pumpkins in the fall.

Throughout the year, there are several events planned. June 20 is our Strawberry Shortcake Social, with our own berries garnishing shortcake or ice cream. Raspberry Razzmatazz, a new

event this year, features raspberry treats and bluegrass music, and coincides with the 2015 Eat Local Farm Tour. Our annual Fall Family Day is Sept. 19, with a petting barnyard, wagon rides, pumpkin painting, piñata breaking, corn box and food. This also is the kick-off to our annual corn maze.

The beautiful red barn is used to host weddings as well as other parties and events. A third-level balcony adds a special bird-s-eye view to the inside of the hay barn and across a sweeping valley with a spring-fed stream called Parker Creek.

HIGHLIGHTS

Raspberry Razzmatazz Event!

- Raspberry treats
- Bluegrass music
- Wagon rides—guided tour
- Raspberry and blueberry picking

SERVICES

- ✓ Restrooms available
- ✓ Refreshments
- ✓ Goods for sale



NORTHEAST

OPEN: Noon–4 p.m., with FORMAL TOURS every hour on the hour

14220-B Ostlund Trail N., Marine on St. Croix, MN 55047

651-433-3676 • Info@mnfoodassociation.org • www.mnfoodassociation.org

Big River Farms will provide tours beginning at 1:00 p.m., on the hour. No pets please! We'll also have a small farmers market for visitors to shop for fresh produce. The Minnesota Food Association (MFA) is dedicated to growing farmers and growing food. The Big River Farms Program of the MFA operates a nonprofit immigrant- and minority-farmer training program, a community-supported agriculture (CSA) program and wholesale distribution service. Our aim is to equip farmers with the skills and knowledge to operate their own certified-organic and sustainable produce farming

business. Our programs also provide fresh, certified-organic produce to local consumers grown by farmers-in-training, thereby promoting a more sustainable food system. MFA is a nonprofit organization counting on generous tax-exempt donor support.

HIGHLIGHTS

- Tours of the farm and training program

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale

MAKE A DAY OF IT
with restaurant recommendations:

THE FARM TABLE RESTAURANT

110 Keller Ave. • Amery, WI
Chef Jesse brings the flavors and sensibilities of France, Japan and the Upper Midwest to the 100-seat restaurant. And when the weather's warm, visitors can enjoy eating alfresco on the 35-seat patio.

TABLE 65

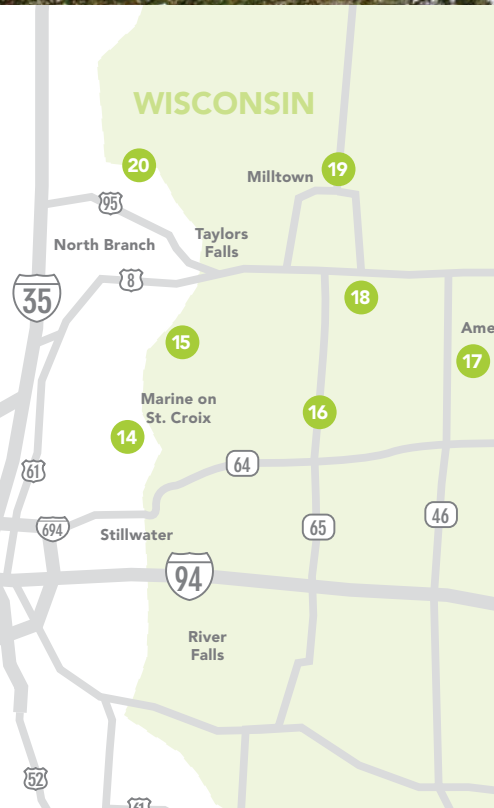
729 N. Knowles Ave. • New Richmond, WI
An independent, locally owned restaurant, featuring a fresh, healthy menu including gluten-free, vegetarian and vegan options.

TANGLED UP IN BLUE

425 Bench St. • Taylors Falls, MN
A warm and charming atmosphere with a menu featuring fresh fish and seafood, hand-cut beef filets, scrumptious desserts.

BRADY'S BREWHOUSE

230 S. Knowles Ave. • New Richmond, WI
Wood-fired appetizers, lunch and dinner menu paired with hand crafted beers.



OPEN: 10 a.m.–2 p.m.

Run by the co-workers of Philadelphia Community Farm • 599 280th St., Osceola, WI 54020 • 715-294-4048 • csa@buttermilkcsa.com

Philadelphia Community Farm was one of the first community-supported agriculture (CSA) program in the Midwest, and has hosted groups and members of all ages, from far and wide, for over 25 years. Buttermilk Falls CSA & Folk School is honored to be carrying on the PCF traditions of biodynamic farming practices, living in a multigenerational/multi-ability community, and providing a site for essential nature-centered educational programs and retreats.

Buttermilk Falls serves surrounding communities not only as a source for fresh, seasonal produce, but also as an outdoor classroom, a rural retreat space, folk school, and a place to come to reconnect with Nature. Come see why our land has served as a healing sanctuary for thousands of people since the early 1900s.

Buttermilk Falls will be open from 10-2 for self-guided nature hikes, greenhouse exploration and visits to our barnyard. Gather friends and family, pack a picnic and head out to the farm—take time to enjoy the beautiful St. Croix River Valley—from forest to prairie and garden to spring. Start your

visit with an invigorating scenic hike and then meet back near the barnyard for some farm-fresh tea and a BYO lunch. Complete your visit by shopping at our farm stand and checking in about upcoming Folk School workshops and events.

HIGHLIGHTS

- Folk School demonstrations throughout the day
- More than just a farm—a nourishing agricultural retreat
- Nature hike options available (40 foot waterfall, natural spring, river overlook) self-guided with map
- Ideal lunch stop on your farm tour—picnic area just minutes from our waterfall!

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale (seasonal produce, maple syrup, herbal wellness products, cookbooks)
- ✓ Spring water, tea and garden-inspired refreshments available

OPEN: FARM TOURS will be held 11 a.m.–3 p.m.

Ian Kirkegaard, Cindy Johnson, Zack Stewart, Ron Johnson, Patty Taylor, Jeff Frienak, Trey 400 Hill Ave., Star Prairie, WI 54026 • 715-248-3633 • www.starprairietrout.com

Since 1856, Star Prairie's ice-cold spring water has provided an ideal natural habitat for commercial trout-raising. Fifteen-hundred gallons per minute of flow at a steady rate and temperature provide open water and continuous growth and harvests year-round.

Upon arrival at the farm, you will find an area of ponds out of which you can fish. A fishing license is not required. The cost of a fish is determined by its weight and we do not have a catch-and-release system. Any fish you catch, you must keep. Bring a cooler to take home your catch.

Our tour will include a walk through the farm and a view of our class-A hatchery, where we raise trout from eggs. It takes about 22 months for trout to reach their adult size of 12 inches long and 3/4 pound. As they grow, trout progress to different ponds according to size.

We also invite you to join us in celebrating the annual Fish Farm Day in Wisconsin during the Eat Local Farm Tour. Experience fish farming and learn

firsthand how locally grown, fresh fish are raised on today's farms.

During your visit you'll find free activities including farm tours, cooking demonstrations, Japanese fish painting, recipes and educational talks to all our visitors. The grounds are perfect for a picnic lunch, we highly encourage you to bring some food and a beverage and stay, while enjoying the scenic view of the farm and the Apple River.

No pets allowed.

HIGHLIGHTS

- Bring your fishing gear and catch your own fish (remember to bring a cooler to take home your catch)
- Kids' activities
- Cooking demonstrations
- Japanese fish painting

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Samples offered



BULL BROOK KEEP

17

OPEN: 9:30 a.m.–4 p.m.

A member of the Hungry Turtle Farmers Co-op • Sylvia Burgos Toftness & David Toftness
765 50th Ave., Clear Lake, WI 54005 • 651-238-8525 • www.bullbrookkeep.com

Bull Brook Keep is all about 100 percent grass-fed beef raised for great taste, high nutrition and environmental stewardship. We do not feed grain, growth hormones or subclinical antibiotics. Our aim is to work with nature. For example, we get triple duty from our free-range chickens: eggs, meat and insect control. And our calves are born in spring, in harmony with the seasons. We practice rotational grazing: with every move to a new field, our BueLingo beef cattle get fresh grass, and the pastures get natural fertilizer. We farm with a tiny carbon hoofprint® and believe in transparency so that

you—the consumer—can be part of a more sustainable food system. We sell a range beef packages sized to meet customer needs, starting with our 25 lb. sampler and on up to a full steer. You can reserve your beef online at www.bullbrookkeep.com.

HIGHLIGHTS

- A demonstration of moving the herd from one paddock (field) to another at 10 a.m., 1:00 p.m. and 3:00 p.m.
- Kids' Plant survey—pick plants from a square yard of pasture and try to identify the grasses, herbs and legumes.

- Restrooms available
- Sample and Order beef

STEADY HAND FARM

18

OPEN: 10 a.m.–4 p.m.

A member of Hungry Turtle Farmers Co-op • Jason & Juli Montgomery-Riess
1231 135th St., Amery, WI 54001 • 715-768-0719 • www.steadyhandfarm.com

Interested in seeing a family-run, diversified-vegetable operation in its first season? Steady Hand Farm welcomes you to tour our 70 acres near Amery, Wis., owned by Eco Forest Farm. Alongside our annual vegetables, most of the tillable land has been reshaped into berms and swales (by Mark Shepard) in an effort to retain as much water in the landscape as possible. The orchard is in its beginning stages, as well, including seedling hazelnuts, among other nut and fruit trees. Walk the groomed forest trails, check out the Pollinate MN bee hives, hang out near the pasture where we raise

laying hens and a few pigs, or talk cover crop rotation and variety selection with the farmers. All are welcome. Family-friendly. Quiet, private road near Hwy. 8, 20 minutes east of Taylors Falls. Prime local fishing spots and public county parks just down the road.

HIGHLIGHTS

- Tour a brand new farm in its first year

SERVICES

- ✓ Restrooms available
- ✓ Refreshments

FRESH PASTURES NEIGHBORHOOD FARM

19

OPEN: anytime by appointment

A member of Hungry Turtle Farmers Co-op • Steve & Christine McGrane
2316 WI-35, Milltown, WI 54858 • 240-515-6332 • www.freshpastures.farm

We are a brand new farm, working to create a sustainable ecosystem for sheep, turkeys, pigs, and chickens. We have 38 acres of grass and wooded pasture, feed organically, practice managed rotational grazing, and sell meats directly as well as to several area stores and restaurants. During your visit, you can walk our pastures and observe nature and our livestock. Farm-raised pork, chicken, lamb and turkey will be available for purchase.

HIGHLIGHTS

- Tour a new farm with livestock

SERVICES

- ✓ Goods for sale



OPEN: 10 a.m.–3 p.m.

Elly Balmer • Amador Hill Farm and Orchard

15715 River Rd., North Branch, MN 55056 • 651-583-0705 • www.w-e-i.org

Women's Environmental Institute (WEI) at Amador Hill is a nonprofit, charitable environmental research, renewal, and retreat center working for environmental, farming, and food justice and sustainability. WEI's farm campus supports a certified-organic community-supported agriculture (CSA) farm, participates in a number of farmers markets, and provides a rigorous organic farming education program. Our rural community resource center also offers a small-group retreat space, workshops, classes, events, policy research and advocacy, environmental and women's health education, and leadership training, along with our organic farm! WEI is located near Almelund, Minn., about a one-hour drive north of the Twin Cities, between North Branch and Taylors Falls, MN For map: go to www.w-e-i.org.

WEI will be giving tours of our farm, orchard, green houses, hoop houses and retreat center. In the morning, children can explore the farm with a scavenger hunt. There will be a hike through the woods at 11:00 a.m. to explore natural flora and fauna on our beautiful farm. After searching high and low in the scavenger hunt, kids can learn more about where their vegetables come from and follow the process from the ground to their tables.

Feeling hungry? We will offer a make-your-own fresh veggie pizza appetizer station where you can make your own delicious pizza treat from produce grown on our farm. After a taste of our fresh, organic veggies on your pizza, stop by our farm stand and buy some produce to take home. Sign up for our Growing Power Training Weekend or one of our fall/winter classes or workshops.

HIGHLIGHTS

- Kids' scavenger hunt
- Tours of the farm, orchard, green houses, hoop houses and retreat center
- Make-your-own wood-fired pizza
- 11 a.m. hike through the woods

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Refreshments





NORTH

CRANDALL GARDEN FARM

OPEN: Noon–5 p.m.

Bruce Bacon • 7363 175th Ave. NW, Ramsey, MN 55303

763-753-5099 • www.facebook.com/pages/Garden-Farme/211348525579104

Certified Organic since 1977, and a family farm since 1913, Crandall Garden Farme offers specialty market gardening and custom growing for restaurants and caterers. They offer internships with fresh garden food, lodging and cooperative work agenda. They sell a five-gallon wildflower bulk honey. They have a potted-tree nursery, 25-acre prairie restoration and are a permaculture demonstration site. They are available as a host site for agroecology research projects, seminars and retreats, private parties, picnics, weddings, plein air painting, et al. They also offer a site to incubate your own micro-enterprise (e.g. community-supported agriculture (CSA) program, cut-flower summer garden, etc. Located 30 miles northwest of the Twin Cities. They are members of the Sustainable Farming Association, Crow River Chapter.

HIGHLIGHTS

- Tasting-the-garden walk
- Soil-building demo.discussion

SERVICES

- ✓ Restrooms available
- ✓ Goods for sale
- ✓ Samples offered
- ✓ Picnic tables



MAKE A DAY OF IT
with restaurant recommendations:

POMPEII PIZZERIA

315 Jackson Ave. • Elk River, MN
Artisan fire-baked, Neapolitan pizzas and salads. Star Tribune Best of MN 2014.

POUR WINE BAR & BISTRO

15704 90th St. • Otsego, MN
Charcuterie, small plates, and an impressive wine and craft cocktail list.

RIVER INN

11220 River Rd. NE • Hanover, MN
Family-owned restaurant famous for BBQ ribs and small town hospitality.

LEARN MORE about the co-ops behind the Eat Local Farm Tour

MINNEAPOLIS, MN

EASTSIDE FOOD CO-OP

2551 Old Central Ave., Mpls, MN 55418
eastsidefood.coop

Buys from these farmers:

East Henderson Farm
Gardens of Eagan
Stone's Throw Urban Farm
The Beez Kneez, LLC
Thousand Hills Cattle Company
Women's Environmental Institute

SEWARD COMMUNITY CO-OP

2823 E. Franklin Ave., Mpls, MN 55406
seward.coop

Buys from these farmers:

Gardens of Eagan
Humble Pie Farm
Star Prairie Trout Farm
The Beez Kneez, LLC
Thousand Hills Cattle Company
Women's Environmental Institute
Crandall Garden Farme

WEDGE COMMUNITY CO-OP

2105 Lyndale Ave. S., Mpls, MN 55405
2412 Nicollet Ave., Mpls, MN 55404
wedge.coop

Buys from these farmers:

Gardens of Eagan
Humble Pie Farm
Shepherd's Way Farm
Star Prairie Trout Farm
The Beez Kneez, LLC
Thousand Hills Cattle Company
Crandall Garden Farme

LINDEN HILLS CO-OP

3815 Sunnyside Ave., Mpls, MN 55410
linden hills.coop

Buys from these farmers:

Shepherd's Way Farm
Stone's Throw Urban Farm
The Beez Kneez, LLC
Thousand Hills Cattle Company
Hungry Turtle Farmers Co-op

MINNETONKA, MN

LAKEWINDS FOOD CO-OP

17501 Minnetonka Blvd.
Minnetonka, MN 55345
lakewinds.coop

Buys from these farmers:

Big River Farms
Gardens of Eagan
Shepherd's Way Farm
Singing Hills Goat Dairy Farm
The Beez Kneez, LLC
Thousand Hills Cattle Company
Hungry Turtle Farmers Co-op

RICHFIELD, MN

LAKEWINDS FOOD CO-OP

6420 Lyndale Ave. S.
Richfield, MN 55423
lakewinds.coop

(farmer list under Minnetonka store)

BURNSVILLE, MN

VALLEY NATURAL FOODS

13750 County Road 11
Burnsville, MN 55337
valleynaturalfoods.coop

Buys from these farmers:

Gardens of Eagan
Shepherd's Way Farm
Singing Hills Goat Dairy Farm
The Beez Kneez, LLC
Thousand Hills Cattle Company

and where to buy more products from the farms you visit!

ST. PAUL, MN

MISSISSIPPI MARKET NATURAL FOODS CO-OP

622 Selby Ave., St Paul, MN 55104
1500 7th St. W., St Paul, MN 55102
msmarket.coop

Buys from these farmers:

Gardens of Eagan
Growing Lots Urban Farm
Shepherd's Way Farm
Star Prairie Trout Farm
Thousand Hills Cattle Company
Whistling Well Farm
Hungry Turtle Farmers Co-op

CHANHASSEN, MN

LAKEWINDS FOOD CO-OP

435 Pond Promenade
Chanhasseen, MN 55317
lakewinds.coop

(farmer list under Minnetonka store)

STILLWATER, MN

RIVER MARKET COMMUNITY CO-OP

221 Main St. N. #1, Stillwater, MN 55082
rivermarket.coop

Buys from these farmers:

10th Street Farm & Market
Big River Farms
Gardens of Eagan
Thousand Hills Cattle Company
Whistling Well Farm
Hungry Turtle Farmers Co-op

ROCHESTER, MN

PEOPLE'S FOOD CO-OP

519 1st Ave. SW.
Rochester, MN 55902
pfc.coop

Buys from these farmers:

Gardens of Eagan
Thousand Hills Cattle Company

ST. PETER, MN

SAINT PETER FOOD CO-OP

228 W. Mulberry St.
St. Peter, MN 56082
stpeterfood.coop

Buys from these farmers:

East Henderson Farm
Shepherd's Way Farm
Thousand Hills Cattle Company

NORTHFIELD, MN

JUST FOOD CO-OP

516 Water St. S.
Northfield, MN 55057
justfood.coop

Buys from these farmers:

Gardens of Eagan
Humble Pie Farm
Shepherd's Way Farm
Simple Harvest Farm Organics Farm
Singing Hills Goat Dairy Farm
Thousand Hills Cattle Company

LACROSSE, WI

PEOPLE'S FOOD CO-OP

315 5th Ave. S.
LaCrosse, WI 54601
pfc.coop

(farmer list under Rochester store)





facebook.com/EatLocalFarmTour.coop



[#eatlocalfarmtour](https://twitter.com/eatlocalfarmtour)



[#eatlocalfarmtour](https://instagram.com/eatlocalfarmtour)