

where to find it,
how to buy it.

where to find it, how to buy it.



LOCAL FOODS

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LOCAL FOOD

why buy?

The simple joy of eating fresh, delicious, nutritious food is a great reason to buy local! If your lunch today was typical of most American meals, the food you ate traveled more than 1,500 miles to get from the farms that grew it to you. A lot of effort—and a lot of fossil fuel—went into the refrigerating, processing, packaging, and transporting of that food to make it taste fresh (Pirog, Rich et al.). More and more people nationwide are discovering that for true freshness, flavor, and nutrition, local food is hard to beat.

Going beyond freshness and flavor, buying locally grown food is an investment in the economic, social, and environmental well-being of your community. When you buy locally grown food, you put your consumer food dollars directly into the hands of the farmers who grew the food. When family farmers spend those dollars at local businesses, they create a “multiplier effect” that is good for their local economy. For example, the farmer may spend the dollar at a local hardware store, which in turn may pay the same dollar as wages to an employee, who may spend it for fuel at a local gas station. That one dollar has then

been involved in the support of two local businesses.

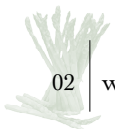
Buying locally grown food helps farm families stay on the land. Rural communities thrive when the farm families are there to be involved in the schools, churches, sports leagues, and community organizations. If family farmers are going to stay on their farms, though, they have to be profitable. When farmers sell their products on the open market, they get only a small fraction of the retail value of their products. When you put your consumer food dollars directly in the hands of the farmers, you increase their profitability and help them to keep their farms and sustain local communities.

When you buy locally grown food, you vote with your dollars for farmers who practice good stewardship of the environment. You can ask the farmers about their practices, and buy from the ones who match your values. Your food-buying choices can directly support the use of crop rotations to reduce pesticide use and soil erosion, the humane treatment of farm animals, and the setting aside of some acreage for wildlife habitat. The power to choose is in your hands!

top 10 reasons to buy locally grown food.

- > helps to sustain the environment <
- > promotes tourism within the area <
- > grown locally instead of traveling 1,500 miles from field to the table <
- > promotes healthy food choices <
 - > maximum freshness <
 - > exceptional taste <
 - > unique varieties <
- > nutritious and affordable <
- > helps to support our family farms <
- > retains food dollars in the community <

—Central Minnesota Farmers’ Markets; “Come Grow With Us.” In Partnership with the University of Minnesota Central Region, (877) 997-7778.



local food system definitions.

buying club.

A group of people placing a combined order for food. There are varying degrees of formality.

community supported agriculture [csa].

The farmer sells shares or subscriptions for the year's crop of vegetables (some farms also include fruits or flowers). Customers who buy a share usually pay for it early in the year and then receive a weekly box of produce for a set number of weeks.

congregationally supported agriculture [csa].

With the same abbreviation as Community Supported Agriculture, things can get confusing. In Congregationally Supported Agriculture, a religious congregation's members make a commitment to buy locally grown food. Sometimes this involves buying shares from the other kind of CSA, and sometimes this is handled more along the lines of a buying club.

direct marketing.

When a consumer buys a product directly from the farmer who produced it, that is direct marketing. Farmers' markets, Community Supported Agriculture, roadside stands, and direct meat sales are all forms of direct marketing.

farmers' market.

Usually in the open air, usually on a regular schedule of time and day (or days) of the week, these are gatherings of farmers who set up displays of products for sale.

local food.

Any food that is grown by farmers who live in the same area as the people who buy the food. Local food sales include all of the forms of direct marketing. Local food also includes the sale of food by a farmer or a group of farmers to a restaurant, grocery store, caterer, etc., who will then sell the food to customers.

producer co-ops.

This is a marketing method in which a group of farmers get together and sell their products cooperatively. This is a step away from direct marketing because the co-op acts as a broker and distributor, but it allows the farmers to offer a wider array of products to customers than would be possible if they were each selling independently.

regional food.

Food that is produced in a certain region may come to be identified as a regional specialty. People can buy this food to get a "taste of place." Minnesota has several regional food networks that are working on building a brand identity for food produced in that region; such as the Southeast Minnesota Food Network and Superior Grown (see Appendix 2: Guide to Minnesota's Local Food Directories).

roadside stands.

A "Farmers' Market" of one farmer, these stands are usually set up along roadsides that border the farmer's property. They display farm products for sale and may be staffed, or unstaffed and on the "honor system" for payment.

seasonal food.

This refers especially to fresh fruits and vegetables, which are available from local farmers only at certain times of the year. For example, rhubarb and asparagus are some of the first fresh foods available in the spring. Minnesota-grown sweet corn and raspberries are generally not available before July.

sustainable.

A farming system or any other kind of system that is sustainable is one that can continue far into the future because it does not overuse its resources. Sustainable agriculture is a farming system that balances economic, environmental, and quality of life benefits for the farmers and their communities.

read more.

>Community Farm Alliance. *L.I.F.E.: Locally integrated food economies*. Online: www.communityfarmalliance.org/life.htm <

>Forbord, Mary Jo. *The Eye of the Storm*. Sustainable Farming Association of Minnesota. Online: www.sfa-mn.org/pages/cpost/cp-0141.html#1. Request a print copy from the SFA of MN, 29731 302 St, Starbuck, MN 56381. Telephone: (866) 760-8732 <

>Pirog, Rich et al. *Food, Fuel, and Freeways: An Iowa perspective on how far food travels, fuel usage, and greenhouse gas emissions*. Leopold Center for Sustainable Agriculture, June, 2001. Online: <http://www.misa.umn.edu/forum/foodmiles.pdf>. Print copies may be ordered through an online form: www.leopold.iastate.edu/forms/pubrequest.htm Or contact the Leopold Center by telephone at (515) 294-3711. <

>Salatin, Joel. *Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm Friendly Food*. 2004. Polyface, Inc. <



LOCAL FOOD

where to find.

Where can you find great, fresh, delicious local food? Lots of places in Minnesota! Farmers' markets are located all over the state, and are a great opportunity to meet the people who grow the food. Many farmers sell food right on their farms, giving their customers the chance to really see and touch the farm life. Community Supported Agriculture is a way for consumers to actively buy in to a seasons' worth of a farm's production. Some farmers have banded together into groups to offer customers easy access to a wide variety of products. Some grocery stores even sell locally grown foods! Read on to find out just where the local food sources are near you.

farmers' markets.

Farmers' markets are an excellent place to purchase fruits and vegetables, as well as many other products, directly from the producer. Many farmers' markets limit the distance that producers can travel to sell at the market. The farmers usually pick their produce only a day or so in advance of the market, and sometimes even the same day as the market. Besides getting great food, many people simply enjoy the color and character of an open-air market, the ability to visit with those who grow their food, and the chance to meet other community members.

Minnesota farmers' markets attract people with a wide diversity of incomes, ethnic backgrounds, and lifestyles. The Farmers' Market Nutrition Program (FMNP) helps low income families buy high quality food from farmers' markets.

Generally, people eligible for the WIC (Women, Infants and Children) program are eligible for the Farmers' Market Nutrition Program. There is also a Senior Farmers' Market Nutrition Program that provides vouchers to low-income senior citizens. Participating farmers' markets accept vouchers issued by this program. For more information about how to participate in the Farmers' Market Nutrition Program, contact the agency that administers the WIC program in your area. This is usually the county or city public health office.

Minnesota now has more than 70 Farmers' Markets located all over the state! Find one near you in Appendix 1: List of Farmers' Markets in Minnesota.

If there are no farmers' markets in your area, you might consider getting one started yourself. Some basic issues you will need to consider are location, licensing and regulation, and farmer and consumer support for the market. The Minnesota Department of Agriculture has a publication called "Starting a Farmers' Market," available online: www.mda.state.mn.us/mngrown/startfarmmkt.pdf. For more information on starting a farmer's market, contact:

state farmers' market representative.

ruth white
minnesota department of agriculture
agricultural marketing & development
625 robert street north
st. paul, mn 55155
(651) 201-6494
ruth.white@state.mn.us

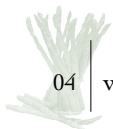
fresh from the farm.

There is nothing quite as satisfying as knowing the person who grew your food. A whole lot of Minnesota consumers are making direct connections with farmers, to buy the food those farmers produce. There are people in the countryside who will be delighted to sell you fresh vegetables and fruits, eggs, chicken, honey, and meats—not to mention grains, flowers, homemade soap, and wool.

Buying direct from the farmer takes a little effort. You might have to make a telephone call, or send an e-mail, and maybe drive out to the farm. There are plenty of possibilities for making that connection. If the farmer sells at a farmers' market, she or he can bring along "special request" items on market days. Some farmers or farmer groups have storefronts or drop sites to make things easy for their customers. Nonperishable foods can be shipped right to your address. In return for your extra effort, you get to learn exactly where and how your food was grown—and the name and the face of the person who grew it.

Find out where to get all kinds of foods and other fresh-from-the-farm products in Appendix 2: Guide to Minnesota's Local Food Directories. A number of organizations in the state have put together lists of farmers that sell directly to consumers. You can find the directory that covers your part of the state, and see what's available right in your own neighborhood.

If you are interested in buying meat in bulk directly from a farmer, it helps to know what regulations the farmer needs to follow. You can find all of the details in Appendix 3: Consumer Information on Buying Meat Direct from Farmers. That section tells you everything you need to know—in fact, it might actually be more than you need to know! If you are buying meat or poultry at a farmers' market or through a cooperative, that meat has been processed according to rules that allow it to be sold as a retail product. In those situations you just buy the meat like you would in a grocery store.



local food system definitions.

antibiotic-free.

This means that no antibiotic drugs have been given to the animal in its feed or by injection.

free-range.

Often used to describe poultry and sometimes pork, “free-range” usually means that the animals have room to run around outside. It does not necessarily mean that the animals can go anywhere they please. Fences may be used to keep the animals from destroying crops or to protect them from predators.

grain-fed.

Some livestock producers use this term to mean that the grain fed to their animals is 100 percent grain, and contains no animal by-products such as rendered fat or blood meal.

grass-fed, grass-finished, grass-based, or grazing-based.

This is a production system for grazing (grass-eating) animals such as cows, bison, goats or sheep in which the animals spend nearly all their time outside eating grass or other plants in a pasture. They are fed little or no grain. If animals are 100% grass-fed, no grain is fed to the animals at any time.

hormones not used.

In beef production, this means that the animals have not been given synthetic growth hormones to make them grow faster. In dairy, this means that the cows have not been given injections of bovine growth hormone to increase their milk production.

humane-raised.

This is a term that means many different things to different people, so ask the person using the term to explain exactly what they mean. There is a label for “Certified Humane Raised and Handled” meat, and farmers using this label have to meet some standards of animal care. You can learn more about this at www.certifiedhumane.org.

natural.

This is a word that has been used to mean so many different things that it is now almost meaningless. If you hear this, ask for more specific information.

organic.

Food that is labeled as organic has been grown according to the National Organic Standards. Synthetic fertilizers and synthetic pesticides cannot be used on crops. Antibiotics and growth hormones cannot be used on livestock, animals must eat organic feed, and animals cannot be fed animal by-products. Genetically modified organisms are prohibited. In addition, organic farmers are to have a management plan to improve their soil and to manage weeds and other pests without harming the environment. (“Answers to your organic certification questions.” James Riddle, Organic Inspector, Chair of The New Farm® Answer Team. Online:www.newfarm.org/certification/intro.shtml.)

pasture-raised.

This is a production system in which the animals spend most of their time living on a pasture, with access to shelter. Pasture-raised is a little different from grass-fed. Pork and poultry can be pasture-raised, but because hogs and chickens have a different digestive system from grazing animals like cows, they do not eat just grass. Hogs and chickens will eat some green plants, but usually get a grain ration as well.

>farmers who sell food directly to customers often use certain words to describe how that food is produced.< “**organic**” is a term that is regulated by the **united states department of agriculture**, but the other terms do not have similar regulation.>they can mean different things to different people.<

pick-your-own or u-pick places.

For a summertime day-trip, how about a visit to a pick-your-own berry patch, orchard, or pumpkin patch? At a pick-your-own patch, you get to—of course—pick your own fruit, and it doesn't get any fresher than that! Start with strawberries in June, move on to raspberries and blueberries in July and August, then apples in September, and both apples and pumpkins in October. Some people follow the turning of the leaf color in the fall, visiting scenic spots in northern Minnesota first and then moving farther south in the state as the season advances. You can do that in reverse with berries. Strawberries are ripe in southern Minnesota in early June. As the season progresses, you can still pick strawberries in northern Minnesota in late July.

Minnesota Grown, a program of the Minnesota Department of Agriculture, has a listing of more than 80 pick-your-own

farms all over Minnesota. Also take a look at the advertising sections of local newspapers during the summer and early fall, because berry patches and orchards often place local ads.

where to find minnesota grown berries.

www.mda.state.mn.us/mngrown/berries/default.htm.

You can request a free print copy of the Minnesota Grown directory by filling out and submitting the form on this web page: www.mda.state.mn.us/mngrown/request.htm; contact:

brian erickson
minnesota department of agriculture
625 robert street north
st. paul, mn 55155
(651) 201-6539

community supported agriculture.

Community Supported Agriculture in the United States got its start in New England in the 1980s. Now there are CSA farms in all 50 states. When you join a Community Supported Agriculture farm, or CSA, you enter into a direct partnership with the farmer. As a CSA customer you pay up front, in early spring, for a "share" of the CSA farm's production for the whole summer season. In return for your up-front support, the farmer commits to providing you with a container of fresh vegetables every week throughout the growing season. Paying in advance means that you share in the farmer's risks of bad weather, insects, and so on that might damage crops. Payment in advance also means that the farmer has money to work with to produce the crops—to buy seeds, equipment, and hire help.

Every CSA farm is different in the way that it sets the price for a share, the weekly amount and variety of vegetables, and how the produce is packaged and delivered. Some CSAs in Minnesota run for 16 weeks, some for a few weeks longer. Some CSAs send out newsletters and recipes with the packages of vegetables. Some offer fruits, flowers, or eggs in addition to vegetables. Some even have storage areas for root crops so they can offer "winter shares." Many CSAs encourage their members to come out and visit the farm, and they might even offer a reduced price on shares if you agree to spend some time helping out on the farm during the summer. Buying a "working share" is a terrific way to really get connected to the food you eat.

Visit Appendix 2: Guide to Minnesota's Local Food Directories to find out where there is a CSA near you. There are some CSAs from outside the Twin Cities metro area that have metro-area drop sites, so don't automatically rule out a CSA that seems far away. Choose a CSA that has payment and delivery procedures that work for you, and a farmer you can relate to. A good relationship between the farmer and the customers is really important to the success of a CSA. CSA customer Lisa Genis talks about her experiences with Community Supported Agriculture in the profile that follows.

learn more about csa.

community supported agriculture
www.nal.usda.gov/afsic/csa/
alternative farming systems information center
usda, ars, national agricultural library
10301 baltimore ave, room 132
beltsville, md 20705-6409
(301) 504-6559
afsic@nal.usda.gov

robyn van en center for csa resources.
www.csacenter.org
wilson college, fulton center for sustainable living
1015 philadelphia ave
chambersburg, pa 17201
(717) 264-4141 ext. 3352
info@csacenter.org

>read about a csa customer<



lisa genis,

>Csa customer<

Lisa Genis has always enjoyed “playing in the dirt.” During her childhood her mother was an avid gardener, even convincing some of their neighbors to grow a garden. Over the years Lisa has come to value a real connection to her food and its source. For the past ten years she has been getting almost all of her vegetables during the growing season through membership in a local CSA. The letters CSA stand for Community Supported Agriculture. A CSA farm sells season-long subscriptions to its vegetable production, and customers get a weekly container of produce. This innovative approach to direct marketing of locally grown foods has grown rapidly in the past decade. Lisa’s experience is shared by many people throughout Minnesota and the rest of the U.S.

Community Supported Agriculture is a risk-sharing venture between the farmer and the customers. The customers pay for their share up front. They share the risk of a poor harvest, and share in the benefits of a good harvest. If weather conditions are poor, there will be fewer vegetables in the weekly deliveries. On the other hand, many CSAs will let members take all they want of surplus vegetables if there is a bumper crop. Lisa said she usually paid for her share all at once, but one year she also paid part in March and the rest by May first. Typically she would send in her payment when she registered with the CSA, which was usually in the beginning of March. Most CSA producers are fairly lenient about the payment schedule, but it is also necessary for a certain amount of customers to pay early so that the producer has the capital to begin planting in the spring.

The Red Cardinal CSA near Stillwater, MN, was Lisa’s CSA from 1995 to 2000. Lisa also worked part-time at the Red Cardinal farm, cooking food for the field hands a couple days a week. She would also prepare sample foods for other members to try when they picked up their produce, often including the recipe and ingredients in their boxes.

Community Supported Agriculture is fairly new to this country, and it is a very specialized way of farming. The CSA farmers have had to learn as they go. Some have found that the CSA model was too intense for them to keep up. In 2000 the owners of Red Cardinal stopped farming, and Lisa shopped...

retail stores.

More and more grocery retailers are starting to realize the benefits of selling locally grown foods. Others have quietly carried a few local products for many years. Some types of retailers, such as consumer cooperatives, may have a membership committed to supporting local food producers. All this adds up to good opportunities for savvy consumers to combine the ease of grocery store shopping with the great taste and freshness of local food.

How can you find a grocery store near you that carries local food? There are several directories:

food alliance midwest.

www.foodalliance.org
blair arcade west, suite Y
400 selby ave
st. paul, mn 55102
(651) 265-3682

Food Alliance Midwest is an organization that certifies farmers who follow sustainable farming practices. They have an online list of retail stores that carry their certified products.

food routes.

www.foodroutes.org
po box 443
millheim, pa 16854
(814) 349-6000
info@foodroutes.org

This website features lots of information about buying local food, as well as a map that allows you to search for farms, farmers’ markets, restaurants, and food co-ops in your area.

co-op directory service.

www.coopdirectory.org/directory.htm#Minnesota
thegang@coopdirectory.org

If your favorite store isn’t listed in any of these directories, that doesn’t necessarily mean that it has no locally produced food. Lots of grocery stores have been selling local products without much fanfare. Some carry local potatoes or other root crops in the fall. Some have local rhubarb or asparagus in the spring. Some have honey from local beekeepers. Ask at your store whether they have any local products. If the answer is no, let them know that you are interested in buying locally grown foods—maybe you will get something started.



lisa genis, >Csa customer< [continued]

...for a new CSA. She became a member of Riverbend Farm, run by Greg and Mary Reynolds and located in Delano, MN, about 40 miles west of the Twin Cities.

The Riverbend CSA offered the option of working shares. A regular share in 2002 was \$525, and a working share was \$400. Working shareholders were required to come out to the farm on two days during the growing season to help with weeding, transplanting, harvesting, and other tasks. Many CSA farms offer the working share option to encourage their customers to learn more about how their food is produced.

Riverbend Farm supplied vegetables to restaurants and grocery stores in the Twin Cities metro area, in addition to its CSA operation. Beginning with the 2003 season, the Reynolds decided to focus on those wholesale accounts and to end the CSA part of their farm. David and Melinda Van Eeckhout, who had been partners in Riverbend Farm, decided to start their own CSA farm in western Wisconsin. Lisa and a number of other former Riverbend customers as well as some new customers became members of the Van Eeckhout's "Hog's Back Farm CSA." The Hog's Back CSA sold 30 shares for its first season in 2003. By 2005 the CSA had grown to 85 shares, and had begun to offer winter shares in addition to the more common summer shares. Storage facilities for root vegetables and other season-extension techniques allow some CSAs to continue weekly deliveries after the ordinary growing season has ended.

Lisa's box of vegetables from her CSA changes with the seasons. The boxes from her CSAs have usually included a large number of heirloom varieties of popular produce such as lettuce, spinach, arugula, turnips, beets, carrots, potatoes, tomatoes, peppers, squash, onions, and herbs. There was also a variety of seasonal items too numerous to list. Members of a CSA usually do not know exactly what will be included in their weekly box of produce, and can expect to occasionally see some unfamiliar vegetables. Lisa said this can be a thrill. When she gets her weekly box, she asks herself, "OK, what do I have to work with this week?" As she put it, "You have to be flexible, like any thing that is weather- and people-dependent." Often

the CSA farmers will include a newsletter or some recipes that offer suggestions for how to prepare the unusual vegetables. The Hog's Back CSA even puts its newsletters online:

www.hogsbackfarm.com/almanac/archive.php#2004.

For part of the growing season customers may be receiving a 12-15 lb. box of produce each week, and during other parts of the season, the box may weigh up to 30 lbs. Most CSA producers have an average weight for the weekly boxes, and ensure that their customers are getting fair value and quantity in exchange for their share money. A single person or someone who does not cook a lot may find it difficult to use all the vegetables in their weekly box. Some CSAs offer half-shares for people who need smaller quantities. Some CSAs also offer products from other producers. For example, at Easy Bean CSA in Milan, MN, a customer may pay a little extra for their share and receive eggs in their weekly box. The eggs come from another farm in that area.

Producers with CSAs usually try to make things as convenient as possible for their customers. The CSA farmers may ask the members to come out to the farm to pick up their weekly box of vegetables, but most also offer delivery to a central location. Riverbend delivered to consumer co-ops in the metro area, which was a convenient place for people to pick up their weekly boxes. Lisa's home is a pick-up location for Hog's Back CSA customers. Boxes of produce from the farm are dropped off at her home once a week, and CSA members come within about a two-hour time period to pick up their boxes. Lisa says, "I do my best to create a sense of community;" and adds that her dog loves pick-up day because she gets to play with the children who come along with their parents.

Despite changes in the CSA farms, Lisa Genis has always continued her close connection to her CSA. She appreciates the opportunity to have a tangible connection to her food and how it is grown, and to meet others who share her values. For her, a CSA is the perfect way to support local food and farmers.

>benefits of consumer cooperatives<



restaurants.

Chefs in Minnesota are getting excited about the fabulous results they can achieve with fresh, locally grown ingredients. Now, more than ever, it is possible to eat local while eating out. Similar to the situation with grocery stores, some restaurants throughout the state have been quietly using local foods in season for years. Others are making a commitment to buy local ingredients as much as possible, and letting their customers know.

The “Blue Sky Guide” lists restaurants in the Twin Cities metro area that have locally grown foods on the menu. Outside of the metro area, several directories list restaurants

that serve local food. See Appendix 2: Guide to Minnesota’s Local Food Directories, and check the listings for the Southeast Minnesota Food Network, Superior Grown, Aitkin County Food & Farm, Northeastern Minnesota-Northwestern Wisconsin Food Producers and Pride of the Prairie.

If your favorite restaurant uses local food, let them know that you appreciate it. And of course, if your favorite restaurant does not use local food, you could suggest that they start.

blue sky guide.

www.dinefreshdinelocal.com — (651) 698-5586.

consumer cooperatives.

Consumer cooperatives (co-ops) are grocery stores that are run by their members, but you do not need to be a member to shop at a cooperative. These stores often provide local dairy and meat products and, although keeping fresh produce stocked is more difficult, this can often be found at co-ops as well. Many co-ops also carry a variety of other local products, including organic food.

Minnesota boasts 43 consumer food co-ops; in the communities of Albert Lea, Anoka, Bemidji, Blue Earth, Brainerd, Burnsville, Cambridge, Dawson, Duluth, Ely, Finland, Grand Marais, Hackensack, Hastings, Isle, Lake City, Litchfield, Long Prairie, Minneapolis, Minnetonka,

Moorhead, Morris, Ortonville, Northfield, Owatonna, Rochester, St. Cloud, St. Paul, St. Peter, Stillwater, Virginia, Willmar, Windom, and Winona.

Find all the details of location, store names and telephone numbers online:

co-op directory services.

www.coopdirectory.org/directory.htm#Minnesota

food alliance midwest: where to buy.

www.foodalliance.org/producers/fa_midwest/mwwhere.html

> benefits of consumer cooperatives <

- > some cooperatives are members of organizations, such as food alliance midwest, which helps them to carry a larger variety of local foods. <
- > they help to promote a sense of community, and foster a healthy and informed relationship between people and their food. <
- > some co-ops are “volunteer co-ops” that allow members to receive a significant discount on their groceries for volunteering some of their time each month. <
 - > local foods are marked as such, and usually include other information about the source of the food. <
 - > they stock as much local food as possible. <

producer organizations.

Some farmers have found that they can connect better with consumers if they work together to market their products. Producer cooperatives or similar groups can offer a wide variety of products on one product list, so that you do not have to contact each farmer individually. Ordering from a producer group can often be done online, or with a telephone call.

Producer organizations can offer much more than a convenient system for ordering a large variety and quantity of sustainably produced farm products. They also offer consumers a chance to meet the farmers—either through farm profiles that are on the group’s website, or through special events where the farmers and consumers meet each other face to face.

These producer organizations work very well with businesses such as grocery stores or restaurants; and with groups of consumers. In fact, some of them require that orders be placed by a business or a group. The producer group may have specific delivery dates and drop sites for orders, so it makes a lot of sense for several people to get together and place a larger order than any of them could by themselves. Some consumer groups are informal groups of a few friends or neighbors, some are members of a religious congregation (Congregationally Supported Agriculture), and some are formal buying clubs. If you are interested in joining a buying group—or forming your own—contact one of the producer organizations. They can tell you about how they handle orders and deliveries, and where their existing buyer groups are. Some of this information is available online as well.

organic valley family of farms.

www.organicvalley.com

cropp cooperative
one organic way
lafarge, wi 54639
toll-free (888) 444-6455

pride of the prairie

www.prideoftheprairie.org

land stewardship project
301state road, suite 2
montevideo, mn 56265
(320) 269-2105
lspwest@landstewardshipproject.org

southeast minnesota food network.

www.localfoodnetwork.org/producers.html

1222 west fifth street
winona, mn 55987
(507) 474-1465

whole farm co-op.

www.wholefarmcoop.com

33 second street south, lower level
long prairie, mn 56347
(320) 732-3023
info@wholefarmcoop.com

tom & dorothy davey, >whole farm co-op customers<

About four years ago, Tom and Dorothy Davey made a decision about the food they ate. They came to realize that their food choices had impacts that reached far beyond their own dining room. Dorothy said, “I grew up on a farm, but agriculture has changed tremendously since then.” Indeed, the global food system impacts peoples’ lives around the world on a scale unprecedented in history.

They heard about Whole Farm Co-op through

JoAnne Rohricht, the chairperson of the environmental affairs committee at the First Congregational Church of Minnesota. Although Tom and Dorothy now order from Whole Farm Co-op through someone outside the church, their experience represents a new trend in local food systems called “Congregationally Supported Agriculture.” Many of the people ordering through Whole Farm Co-op have become involved as a result of efforts by various congregation members.



Dorothy explained their motivation: “I think one of the things that we were concerned about was the antibiotics being fed to the cattle and the way the chickens were raised, so we were happy to have an opportunity to buy our meat from people who had the same feelings.” Tom also added, “I think originally it was the loss of the family farm, the idea of big corporations taking over all the farms I didn’t like.” Indeed, such motivations are behind many of the current local food system initiatives. People like Tom and Dorothy are becoming aware of the impact that the agricultural system has on the environment and peoples’ health. The Whole Farm Co-op was an excellent opportunity to support an agricultural system that strives to maintain its sustainability far into the future.

The Whole Farm Co-op, based in Long Prairie, Minnesota, brings together thirty member families from throughout Central Minnesota, all of whom are committed “to creating farms that nourish our families spiritually and economically, sustain the environment, and provide eaters not only with safe wholesome food but with a clear sense of who and where their food came from” (Whole Farm Co-op, www.wholefarmcoop.com). In addition to the many benefits offered to the environment and the consumers, these producers are currently receiving between 70 to 85 percent of the retail value of their products, while producers active in the conventional food system are often receiving 10 percent or less. This is a very encouraging statistic for those interested in seeing the family farm and rural areas survive and thrive.

The ordering system for Whole Farm Co-op has been simplified since they first began ordering. There is now a web page with price lists and order forms. Members can now check the foods they want on the online order form, and then e-mail their order straight to the co-op. They pick up their orders from a friend’s home on the first Wednesday of every month. This person acts as the go-between for the co-op and several of its customers. It is especially convenient that these members can send their orders up to the Monday before the pick-up date, so food may be ordered and received within three days. People purchasing food through the co-op are billed when they pick up their food, and they simply send their check in the mail. People purchasing products from Whole Farm Co-op can get anything from free-range chicken to Amish aged cheddar cheese to wild rice from the White Earth Band of Ojibwe.

Tom and Dorothy purchase all of their meat products through the Whole Farm Co-op, and occasionally other products as well. Tom mentioned that one of the coordinators “sends us e-mails quite a lot if they have specials on vegetables and things like that this time of year, as that stuff becomes available.” Customers of the cooperative have a large variety of options.

Tom and Dorothy also pointed out a few challenges to purchasing foods through the co-op. Dorothy said “Our problem is there’s just the two of us and sometimes the things we get are way too big for us.” She wasn’t the only customer with that concern. Co-op members responded to customer feedback by offering cut-up chicken or half a chicken as well as the whole chicken, and pork chops now come in packages of two as well as four. Dorothy mentioned that cooking the free-range and grass-fed animals required slower and longer cooking times. Other challenges to buying all of their meat through the co-op were a limited amount of freezer space and, at times, slightly higher prices. But as Tom said, “we don’t buy it because they’re cheap.” They have found some creative ways to adjust their meal planning to use the foods offered by the Whole Farm Co-op.

Besides producing good food in ways that are good for the environment and humane for the animals, projects like the Whole Farm Co-op also take into account the social sustainability of the food system. As Tom put it, “It’s better for families, and I think it builds a bond between the people in the city and the people on the farms that they wouldn’t have otherwise. It makes us more related. We know where the food is coming from and in some cases we’ve met the farmers who are producing it.” The Whole Farm Co-op arranges several field days every year where customers can meet member farmers and tour their farms, getting to know firsthand where and how their food is produced. Overall, Tom and Dorothy seem to have found a way to purchase meat that offers them peace of mind. They can assure that their food is produced in an environmentally, socially, and economically sustainable manner, and animals are raised under humane conditions. As Tom said, “We are preserving the family farm. At least it’s a little effort. It makes me feel better.” Dorothy adds that it’s “a little opposition to the corporate farms.” Tom and Dorothy’s experience is an excellent example of how people with concern for environmental, social, and economic sustainability can do their part through their food purchasing decisions.

LOCAL FOOD

buying.

People with lots of experience in buying locally grown food estimate that it costs them 20 to 25 percent more than buying typical supermarket fare. Wait—wait—don't go away! There are also many ways to add some locally grown foods to your diet without breaking your grocery budget. Read on to find out more.

why do locally grown foods sometimes cost more?

Sometimes locally grown foods are more expensive than the typical supermarket price because of the production system. Farmers may sell grass-fed beef or dairy products, or pasture-raised pork or chicken. In these systems, unlike conventional meat production, the animals can move around outdoors on grass pasture and harvest (by grazing) all or some of their own food. The farmers' focus is on producing a quality product, rather than producing the absolute maximum possible volume of meat. Similarly, locally grown vegetables are produced with attention to quality, freshness, and flavor rather than the conventional production focus on maximum yield and long storage life. When you buy these local products you are getting fresh, high-quality, specialty foods. The higher price reflects the quality, and the extra effort and labor that went into raising that quality.

Sometimes a locally grown food is more expensive because it is an item that grocery stores may sell at a loss to attract customers. This is a common grocery store practice with basic items such as bread, eggs, and potatoes. Farmers who direct-market their products cannot match the grocery store's strategy of taking a loss on some products. The farmers need to charge a price on every item that is high enough to give them a profit.

why do locally grown foods sometimes cost less?

Some foods sold directly by farmers to customers have less processing and less packaging than similar foods sold in a supermarket, so they cost less. Sometimes the customer buys a large quantity at one time, and this cuts their cost per pound. An example that shows both of these cost-cutting measures is a quarter of beef bought directly from the farmer. The customer gets about 100 lbs. of beef, and several different kinds of cuts such as roasts, hamburger, and steaks. The packaging of this meat can be a lot simpler than the packaging needed for sale in a grocery store. Also, the farmer and the processor do not have to do a separate sale of each kind of cut—the customer is

taking them all. That savings in packaging and labor means that the cost per pound of a quarter of beef is often less than the cost of buying the same cuts in the grocery store.

Sometimes locally grown vegetables cost less than vegetables in the supermarket because they are “in season.” When it is the right time of year for strawberries to be ripe in Minnesota, for instance, there is a temporary large supply of fresh strawberries. Often you can buy fabulous, fresh strawberries at that time for less than you would pay in the supermarket. The hitch is that the fabulous, fresh strawberries don't last very long—the season is short—so enjoy them while you can, and put some in the freezer for later!

how can you buy local food without breaking your budget?

Think about your food budget as a whole. Buying some local products that are cheaper than the supermarket, such as a quarter of beef or half a hog and fresh vegetables in season, can offset the higher price for locally pasture-raised chicken and eggs.

The USDA reports that the average amount that households spend on food is \$38 per person per week. That adds up to \$7904 per year for a family of four. (Household Food Security in the United States. 2003. Mark Nord, Margaret Andrews, and Steven Carlson. Food Assistance and Nutrition Research Report No. [FANRR42] 69 pp, October 2004. Online: www.ers.usda.gov/publications/fanrr42)

The table on page 13 shows how a family might add local foods to their diet over the course of a year, without increasing their overall food budget. In fact, in this example the family saved a few dollars by buying bulk quantities and doing some of their own processing.

what about the time it takes to prepare local foods?

Locally grown foods tend to be fresh and unprocessed, and so you need to do some food preparation. Cooking a meal together is a great family activity! Children are more likely to enjoy a nutritious meal—including vegetables—when they helped to make it.

Remember, “buying local” doesn't have to be an all-or-nothing diet of local foods. You might just have a couple of locally grown ingredients in your main dish a couple of nights each week, or maybe local fruit for dessert. There are plenty of ways to prepare local foods that are quick and easy. Take a look at the list of ten easy ways to prepare local foods, on page the next page.

sample annual budget.

[sample annual budget for minnesota-produced food for a family of four, with comparison retail prices from usda. prices in your area may vary.]		[usda reported price for comparable quantity.]
product.	“buy local” price.	usda prices.
half beef. [about 200 pounds]	\$500 [includes processing]	\$722
whole hog. [about 170 pounds]	\$370 [includes processing]	\$474
twenty chickens. [4 pounds each]	\$120 - 240 [includes processing]	\$83.60
cheddar cheese. [100 pounds]	\$470	\$425
eggs. [50 dozen]	\$75 - 110	\$49.50
potatoes. [200 pounds]	\$40	\$84.48
apples. [1 bushel, 48 pounds]	\$25 [first quality]	\$44
apples. [1 bushel made into 15 quarts of sauce]	\$10 [sauce quality]	\$23.30 [applesauce]
strawberries. [6 gallons]	\$50 [pick-your-own]	\$71
tomatoes. [2 bushels]	\$50 [sauce quality]	\$40 [canned]
flour. [100 pounds]	\$48.80 [organic]	\$30 [non-organic]
oatmeal. [50 pounds]	\$49.50 [organic]	\$51.30 [non-organic]
TOTALS.	\$1,963.30	\$2,098.08
remainder of \$7,904 annual budget.	\$5,940.70	\$5,805.92

[sources of data.]

“Buy Local” prices for chicken, cheese, eggs, flour, and oatmeal were taken from the Whole Farm Co-op price list, www.wholefarmcoop.com/.

“Buy Local” prices for beef, pork, potatoes, apples, strawberries, and tomatoes were taken from informal survey of producers. USDA prices were taken from Economic Research Service reports. For beef, pork, chicken, cheese, and eggs: www.ers.usda.gov/Briefing/FoodPriceSpreads/meatprice-spreads. Beef and pork prices shown are the averages of all retail cuts from

four quarterly reports for 2004. Chicken, cheese and egg prices shown are the average of monthly reports from October 2004 through March 2005. USDA price for potatoes (average 2004 price): usda.mannlib.cornell.edu/data-sets/specialty/89011/vgstab082.xls USDA prices for apples, canned tomatoes, flour, and oatmeal (1998 through 2000): www.ers.usda.gov/Briefing/FoodPriceSpreads/spreads/table1.htm USDA price for strawberries (average price, March through September 2003): usda.mannlib.cornell.edu/data-sets/specialty/95003/table09.xls

10 easy ways to add some local foods to your diet.

> Cook a soup or stew on your days off with fresh local vegetables and pasture-fed beef. Freeze in small containers for lunches during the week. <

> Take a beef, pork, or lamb roast or a whole chicken out of the freezer in the morning and put in a slow-cooker or crockpot set on medium heat. It will be ready for supper that evening. Slice leftovers and use for sandwiches. <

> Pick up a ready-made pizza crust on your way home. Mix one 6-ounce can of italian tomato paste with one can of water for pizza sauce. Brown one pound of local pastured pork sausage for the pizza, and top with shredded locally produced cheese. Bake at 400° for 17 to 20 minutes. <

> Serve crisp minnesota-grown apples for dessert. <

> Use a bread mix from the whole farm co-op in your bread machine. <

> Whip up pancakes using a mix from the whole farm co-op. Top with locally grown berries, honey, or maple syrup. <

> Make a batch of egg salad for sandwiches, using local pasture-raised eggs. <

> Make cornbread with locally grown cornmeal to go with soup or chili. Serve with locally grown butter and honey. <

> Make a big, crunchy salad from csa or farmers’ market veggies: lettuce, romaine, carrots, cucumbers, sweet peppers, tomatoes, zucchini, etc. Divide leftovers into small containers and keep in the fridge for lunches. <

> Make a batch of granola for quick and satisfying breakfasts using locally grown oatmeal and honey. <

LOCAL FOOD

and a healthy diet.

All the kinds of foods that you need for a healthy diet are available from Minnesota farmers. The new USDA Food Guide Pyramid below shows the kinds and amounts of foods that make up a healthy diet.

Below is a list of Minnesota-grown foods that fit into each Food Guide Pyramid category. You can find out where to get these locally grown foods in Appendix 2: Guide to Minnesota's Local Food Directories.

the food guide pyramid choices available from minnesota producers.

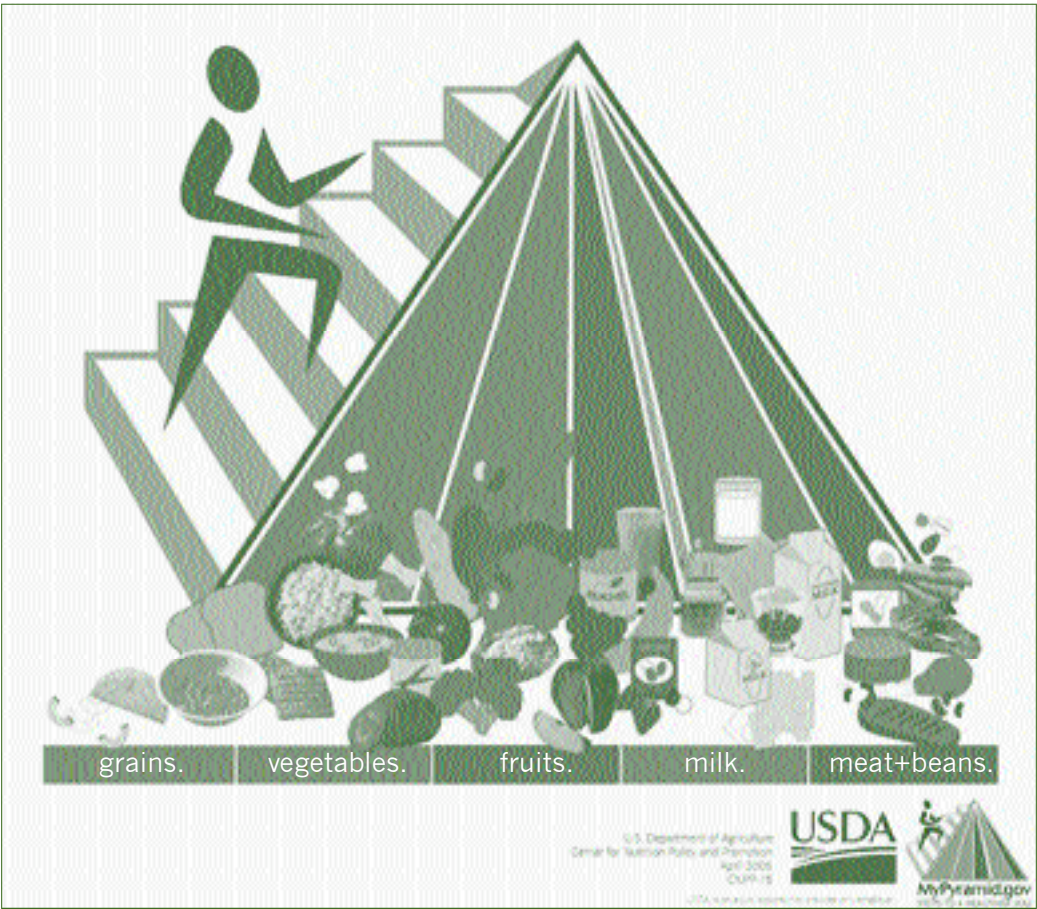
<p>fats, oils and sweets group. Jams, jellies, honey, maple syrup, cookies</p> <p>milk, yogurt and cheese group. Butter, cheese, milk, ice cream, yogurt, kefir</p> <p>meat, poultry, fish, dry beans, eggs, and nuts group. Beef, bison, elk, deer, goat, lamb, pork, chicken, turkey, duck, goose, pheasant, dry beans, hazelnuts, eggs</p>	<p>bread, cereal, rice and pasta group. Barley flour, buckwheat flour, corn meal, corn flour (masa), flax, oatmeal, spelt, whole wheat flour, white flour, wild rice, rye flour, popcorn, bread mixes, pancake mixes, breads</p> <p>vegetable and fruit groups. Wide variety; availability changes with the seasons. See the Seasonal FoodGuide on page 15.</p>
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my pyramid.

steps to a healthier you.

[www.mypyramid.gov]



MINNESOTA

seasonal food guide.

Fruits and vegetables that you buy locally and in season are the freshest possible! Use the chart below to find out what is available in each season of the year. The chart was developed by Pride of the Prairie, a collaborative project of area farmers and citizens, Land Stewardship Project, University of Minnesota-Morris, University of Minnesota Extension, West Central Sustainable Development Partnership, and the Sustainable Farming Association of Minnesota.

You can find an even wider variety of locally grown foods than those listed on the Seasonal Food Guide. Minnesotans with Asian, Latin American, or African heritage are contributing to the agriculture of the state. At farmers' markets and cooperatives you might find herbs such as epazote; several kinds of mustard greens; and vegetables such as edamame, bitter melon, and burdock. These are just a few examples of the great variety that Minnesota farmers can grow.

pride of the prairie. [modeled after the regional food guide, wilkins and bokaer-smith, cornell university, 1996.]
 seasonal food guide for the upper minnesota river valley.

spring.	summer.	fall.	winter.
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Nutritious fresh spring greens from a local grower are a welcomed sign of things to come at the start of a new growing season.	Summer's heat is cooled by fresh fruits and vegetables. The season's bounty is an opportunity to freeze, can, or dry summer's surplus.	Late season fruits and vegetables grace the fall table with a colorful variety of squashes. Surplus produce can be stored for winter use.	Winter is a great time to combine canned, frozen, dried, and stored produce with products like locally grown grains and meats available all year round.
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vegetables.	vegetables.	vegetables.	vegetables.
-------------	-------------	-------------	-------------

asparagus cauliflower garlic greens greens- arugula beet bok choi chard collard cress dandelion kale mustard sorrel turnip kohlrabi lettuce mushrooms parsnips peas	radishes rhubarb scallions spinach sprouts turnips	beets broccoli cabbage carrots cauliflower celery cucumbers eggplant endive fennel garlic green beans kohlrabi lettuce mushrooms okra onions peppers potatoes radicchio	beets broccoli brussels sprouts cabbage carrots cauliflower celeriac daikon greens arugula beet bok choi chard collard cress dandelion kale mustard sorrel	fennel garlic horseradish kohlrabi lettuce mushrooms okra onions peppers potatoes pumpkins purslane rutabaga scallions shallots sweet potatoes turnips winter squash	beets cabbage carrots celeriac daikon garlic horseradish jerusalem artichoke kale kohlrabi leeks mushrooms onion parsnips potatoes rutabagas shallots sweet potatoes turnips winter squash
--	---	--	---	---	---

fruits.	fruits.	fruits.	fruits.
---------	---------	---------	---------

raspberries strawberries	currants chokecherries gooseberries melons	plums raspberries strawberries	apples apple cider raspberries plums late melons	apples apple cider plums raspberries
-----------------------------	---	--------------------------------------	--	---

season with.	season with.	year round.
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chives cilantro dill oregano parsley sage	basil cilantro dill marjoram mint oregano	parsley sage savory tarragon	beef barley buckwheat butter cheese chicken	corn meal dried herbs duck eggs flax goat	honey jams jellies lamb oats popcorn	pork rye soybeans spelt turkey wheat
--	--	---------------------------------------	--	--	---	---

LOCAL FOOD

saving.

Buying and eating local fruits and vegetables in season might taste so good that you want to extend the experience! You can, with a little bit of food storage and preservation. This might bring to mind images of aproned women working for hours over a hot cookstove. Actually, some basic food preservation is pretty easy. It can be a fun family activity that involves even the smallest children.

freezing.

A simple food storage activity for the whole family is freezing of berries, other fruits, tomatoes, pumpkin and squash, and sweet corn. Even very small children can help clean (and eat!) berries, slip skins off tomatoes, and help measure pumpkin and corn kernels into bags. Use plastic freezer bags of any brand.

For best keeping quality, it is important to squeeze as much air as you possibly can out of the bag before sealing the bag. There are vacuum-sealer units on the market that do this, but here's a very cheap and effective method: fill a deep pan or a sink full of water. Fill a plastic freezer bag with your fruit or vegetable, then put the bag in the water almost-but-not-quite up to the top of the bag. This forces air out of the bag. Squeeze the bag if needed to bring air bubbles up to the surface. Then, without taking the bag out of the water, close it up; either by "zipping" shut the zipper-type bags, or twisting the top closed of bags with a twist-tie closure. Now take the sealed bag out of the water and dry it off with a towel before putting it in your freezer.

berries.

Pick out any leaves and stems, wash berries, and measure into plastic freezer bags. Seal the bags, label, and put them in the freezer. Nothing to it! You can also put a thin layer of berries on a cookie sheet and freeze them before putting them into bags. This technique keeps the frozen berries from sticking together. In the winter, toss a few berries into your cereal, or put them on ice cream, or use in muffins or fruit salad.

rhubarb.

Remove leaves, wash stalks, cut up into bite-sized pieces, measure into plastic freezer bags, seal bags, label, and freeze. Use for rhubarb cake or pie, or make a rhubarb sauce.

apples.

Peel apples, cut in quarters, and remove cores from apples. Slice apples into a bowl of cold water with one tablespoon of

vinegar or lemon juice per quart of water (this keeps the apple slices from turning brown). Drain the slices and measure into plastic freezer bags, seal the bags, label, and freeze. Use for apple pie, crisp, or cobbler.

tomatoes.

Blanch the tomatoes in boiling water to make it easy to remove skins. Heat a large pot of water to boiling, and drop in four or five tomatoes. Time for one minute. Use a slotted spoon or a ladle to remove the tomatoes from the pot, and put them in a bowl or sink full of cold water. This loosens the skins and makes them easy to slip off. Repeat the blanching process until you run out of tomatoes, changing your blanching water from time to time if you are doing a lot of tomatoes. Toddler-age children can learn how to stick their little thumb into a blanched and cooled tomato and pull off the skin. Cut the tough stem ends out of the tomatoes, cut tomatoes in chunks if desired, and pack into freezer bags. Seal bags, label, and freeze. Use tomatoes for chili, spaghetti sauce, soup, or stew.

squash or pumpkin.

The easiest way to cook a squash or pumpkin for freezing is to just bake it whole. Place the squash or pumpkin on a cookie sheet or a disposable metal foil baking pan. Prick it a couple of times with a fork to release steam, and put it in the oven at 350° F for about an hour. Test it with a fork while it's baking; when the fork goes in easily, it is done. Let it cool, then peel off the skin and separate the flesh from the seeds and membrane. You can run the flesh through a strainer if you want to, but it isn't necessary. Measure cooked squash or pumpkin into freezer bags, seal the bags, label, and freeze. Heat up squash with butter, salt, and pepper for a side dish with any meal; use pumpkin or squash for muffins, cake, and pie.

sweet corn.

This is a little more complicated than squash or fruit, but so worth it. Imagine getting that just-picked-five-minutes-before-cooking sweet corn flavor in the middle of January! Here's how: boil a large pot of water and shuck (peel) the ears. Drop four or five ears in the pot and time for four and one-half minutes. Remove the ears to a pan or sink of cold water (a tongs is invaluable for this). Repeat the process until you run out of corn. Keep the cold-water bath cold by running more cold water or adding ice; this cools the cobs quickly to stop the cooking process so that your kernels won't be overcooked.

Then, on a cutting board, stand a cob on end and slice off kernels from tip to base with a sharp knife. You need to make four or five vertical cuts per cob to get all of the kernels.



saving local food for year long eating.

Measure the cut kernels into freezer bags; plan about one-third cup of kernels per family member for a meal. Seal bags, label, and freeze. Let the children eat the spilled kernels. Wash off sticky fingers!

Use corn as a vegetable at any meal. Thaw the bag just enough to be able to slip the frozen corn out of the bag, then put the frozen corn in a pan with a little water and heat to simmering, breaking the frozen chunks apart with a fork as it begins to thaw. After corn is completely thawed, simmer for a couple more minutes to complete cooking and heat thoroughly.

other vegetables.

Almost any vegetable can be frozen using a blanching-then-cooling technique similar to that for corn. Blanching times are different for each vegetable. If you would like to experiment with other vegetables, there are good references available:

freezing fruits and vegetables.

William Schafer and Shirley T. Munson. University of Minnesota Extension Service. FO-00555.
www.extension.umn.edu/distribution/nutrition/DJ0555.htm

ball blue book guide to home canning, freezing, and dehydration.

Available at some hardware stores, and online:
www.homecanning.com/usa/ALProducts.asp?M=265

stocking up III: the all-new edition of america's classic preserving guide.

Carol Huppung. 1986. Rodale Press (available at many libraries),

national center for home food preservation.

www.uga.edu/nchfp/

cool storage.

The easiest food preservation activity, if you are lucky enough to have a cool but not freezing storage spot, is to store some sacks of potatoes or apples in that cool storage area. Potatoes and apples will keep for a couple of months at 50° F, but cooler is better. Around 40° F is ideal for keeping them all winter. If you have a chilly corner in a basement, or an entryway, or an upstairs closet, you have a good potential food storage location.

Onions and garlic are good vegetables to store in a cool spot. Potatoes and apples do well in moist air, such as in a basement; but onions and garlic need to be dry. Hang a

bag or braided rope of onions or garlic from a hook in a cool closet or entryway.

Carrots, parsnips, beets, turnips, and rutabagas dug in September or October will keep for a couple of months in an unsealed plastic bag in your refrigerator. If you have an unfinished section of your basement that is chilly (under 40° F) and not too dry, you can keep these kinds of root vegetables there in boxes or bags for several months. Use several smaller containers instead of one large container. That way, if you have some spoilage in one container, it won't affect all of your stored vegetables.

With any kind of cool storage of apples or root vegetables, look over your stored food fairly often. Throw out anything that is starting to spoil. If you really want to get into this easy and inexpensive type of food storage, here is a superb reference:

root cellaring: natural cold storage of fruits and vegetables.

Mike and Nancy Babel 1991. Storey Communications,
www.storeybooks.com

canning.

Canning is a very useful food preservation practice. Properly canned foods will keep well on a shelf for an extended period of time. Canning is more complicated than cool storage or freezing, but not difficult. Mainly it requires attention to detail. You must carefully follow modern canning instructions to ensure the safety of the canned food. It is very important to make sure that all spoilage- and disease-causing organisms in the food are killed during the canning process.

Canning may seem like a slow process the first couple of times that you try it, but once you get used to the process it becomes very easy. There are some good reference books and websites that explain how to can just about anything.

>canning continued on
the bottom of page 18<

LOCAL FOOD

the last word.

Buying local is good for the farmers who grew the food, good for the communities where the farmers and their customers live, and good for the people who eat the food. Locally grown food on your table means that you have chosen

to be connected in a positive way to your local environment, your local economy, and to the people in your community. Good for you!

>canning

continued.<

quantities.

- >One bushel of **apples** weighs about 48 lbs. and yields 14 to 19 quarts of **applesauce**.<
- >One bushel of **tomatoes** weighs about 53 lbs. and yields 15 to 18 quarts of **tomato juice**.<
- >One bushel of **cucumbers** weighs about 48 lbs. and yields 16 to 24 quarts of **pickles**.<
- >Twelve pounds of **berries** are needed for a “canner load” of 7 quarts.<

[from the National Center for Home Food Preservation, www.uga.edu/nchfp]

equipment

Canning does require some special equipment. Fruits, tomatoes, pickles, jelly, and jam—foods that are high in sugar or that are acidic—can be safely canned using a boiling water “bath.”

Equipment needs for water bath canning:

- A “canner” or other pot large enough to hold several jars and deep enough that water can completely cover the jars.
- Glass canning jars (these come in half-pint, 12-ounce., pint, and quart)
- A jar tongs for lifting hot jars out of boiling water
- Canning lids and bands for the jars.
- A jar funnel and ladle for getting food into the jars without spilling

All of these basic needs can be found at hardware stores. The two common brands of jars and jar lids are Ball and Kerr, and the lids and jars of these brands are interchangeable.

The Lehman’s Non-Electric Catalog website has pictures of all this equipment. Go to www.lehmans.com, click on “Kitchen Implements,” then on “Home Canning and Preserving,” then on “Canning Helpers.”

If you want to can meats or vegetables other than tomatoes, you need to do pressure canning. This requires a pressure canner: a pot with a lid that locks on tightly so that steam pressure can build up inside the pot, which increases the heat inside the pot to hotter than boiling. Pressure canners can be found at hardware stores. The other equipment—jars, lids, tongs, etc.—is the same for either water bath or pressure canning.

If you want to make canned tomato juice or applesauce, you need a food mill or strainer. There are several kinds on the market that vary in price and ease of use.

The cheapest, and slowest, is a funnel-shaped metal strainer with a wooden plunger. You pour cooked tomatoes or apples into the strainer and mash with the plunger to squeeze juice and pulp out the sides of the strainer. Then you scrape seeds and skin out of the inside.

A step up is the “Foley Food Mill,” a metal pan with a strainer-type bottom, little metal “feet” that hold it on to a pot or bowl, and a hand crank on top that turns a metal plate inside the pan. You pour the cooked tomatoes or apples into the pan, and turn the hand crank to squeeze pulp and juice out the bottom of the mill. Turn the crank in reverse to loosen seeds and skin for removal from the pan.

The top of the line is a food mill with a large funnel on top to take the cooked tomatoes or apples, that funnels into a cone-shaped screen with a large screw inside it. You turn a hand crank on the side of the unit to turn the screw and squeeze juice and pulp through the screen. A little chute directs the juice and pulp to a container, and seeds and skins come out the end of the cone. This type of unit is sold under the brand names “Victorio,” “Roma,” and “Squeezeo.”

safe home canning

William Schafer. University of Minnesota Extension Service. BU-00516. www.extension.umn.edu/distribution/nutrition/DJ0516.html. (Order a print copy through your local Extension office.)

ball blue book guide to home canning

Available at some hardware stores, and online: www.homecanning.com/usa/ALProducts.asp?M=265

stocking up III: the all-new edition of america’s classic preserving guide.

Carol Huppung. 1986. Rodale Press (available at many libraries).



appendix one: farmers' markets in minnesota.

about.

The following list of farmers' markets was current as of August 2005. There is growing interest in farmers' markets in Minnesota, and the number of markets has increased greatly in the past few years. The trend is likely to continue, so this list could quickly become outdated. Check the sources given below for updated lists of farmers' markets. You can also check with your local Extension office or Chamber of Commerce to find out about farmers' markets in your area.

state farmers' market representative.

ruth white
www.mda.state.mn.us
minnesota department of agriculture
agricultural marketing & development
625 robert street north
st. paul, mn 55155
(651) 201-6494
ruth.white@state.mn.us

sources.

Minnesota Grown Directory, Minnesota Department of Agriculture; online, www.mda.state.mn.us/mngrown. You can request a free print copy of the directory by filling out the form on this web page: www.mda.state.mn.us/mngrown/request.htm or contact:

brian erickson
minnesota department of agriculture
625 robert street north
st. paul, mn 55155
(651) 201-6539

Central Minnesota Farmers' Markets; "Come Grow With Us." In Partnership with the University of Minnesota Central Region, Regional Sustainable Development Partnership
(877) 997-7778

regional farmers' markets

aitkin.

(218) 927-7321, Thursday 9 am—1 pm, mid-May—Oct,
Westside Church, Hwy 210 W

albert lea.

(507) 297-5546, Wednesday 4—6 pm and Saturday 9 am—noon,
May—Oct, downtown at corner of N Broadway and Water St

alexandria.

<http://www.mfma.org/Alex%20Market.htm>, (320) 763-6893,
farmmkt@rea-alp.com,
Thursday 4-7 pm, Tuesday and Saturday 8—11 am; May—Oct,
Viking Plaza parking lot, 3015 Hwy 29 S

andover.

www.stpaulfarmersmarket.com, (651) 227-6856,
spmkweb@aol.com, Tuesday 3—7 pm, late June—Oct,
Grace Lutheran Church, 13655 Round Lake Blvd

anoka/anoka county growers association.

(763) 792-4025, (763) 753-2076, Thursday 2—6 pm, May—Oct,
N 2nd Ave and Jackson St

apple valley.

www.stpaulfarmersmarket.com, (651) 227-8101,
spmkweb@aol.com, Saturday 8 am—1 pm, June—Oct,
Apple Valley Municipal Center, 7100 W 147th St

austin area.

(507) 437-2642, Monday 4—6 pm, Oak Park Mall parking lot,
NW corner; Thursday 4—7 pm, downtown Main St; June—Oct

bemidji—north country.

(800) 251-1689, (218) 694-2934, tnenn@gvtel.com,
mid-June—Oct, call for hours. Pamida Parking Lot,
Paul Bunyan & Babe Lakefront Area

benson.

(320) 843-3618, selected Saturdays in July, Aug, and Sept.;
call for dates and times. Benson Railroad Park

blaine/anoka county growers association.

(763) 792-4025, Tuesday 2—6 pm, Saturday 8 am—noon,
May—Oct, between University Ave and Hwy 65 at 707—89th Ave
NE in Blaine

brainerd lakes area.

(218) 829-8181, Tuesday and Friday, 8 am—12:30 pm;
mid May—Oct, downtown at 7th St S and Maple St

buffalo.

www.buffalo-mn.org, (763) 308-2664, (763) 682-6290,
phil_hannay@kaphian.com, Saturday 8 am - noon, May—Oct,
downtown across from Buffalo Cinema

burnsville.

www.stpaulfarmersmarket.com, (651) 227-6856,
spmkweb@aol.com, Saturday 8 am—1 pm, June—Oct,
Diamondhead Senior Campus (Burnsville Parkway and Pleasant
Ave); Thursday noon—5 pm, May—Oct, parking lot of
Mary, Mother of the Church, 3333 Cliff Rd

cambridge.

(763) 434-6280, Saturday 8 am—1 pm, May—Oct,
downtown on Hwy 95, one block W of Hwy 65

carlton county.

(218) 384-3269, Saturday 9 am—sellout, July—mid-Oct,
just north of I-35 and the Scanlon Hwy 45 Exit 239

champlin.

(763) 923-7163, dmasloski@ci.champlin.mn.us,
Wednesday 9 am—1 pm, mid-July—Oct, Champlin Ice Forum,
just off Hwy 169 N and 120th Ave

appendix one: farmers' markets in minnesota. [continued]

chanhassen.

(952) 934-2114, (952) 443-2068, jbledsaw@visi.com,
Saturday 9 am—1 pm, July—Oct, City Center Park on the corner
of 78th St and Market Blvd

columbia heights/

anoka county growers association.

(763) 792-4025, Thursday 2-6 pm, July—Oct,
Two blocks west of Hwy 65 at 40th Ave NE and Jackson St NE

crosby.

(218) 546-6824, Monday 11 am—5 pm, Memorial Day—
mid-Oct, Hwy 6 N, next to C-I Communication

delano.

(952) 955-2080, Wednesday 2:30—6 pm, May—Oct,
on Hwy 12 & County Line Rd

detroit lakes area.

(218) 847-9202, vanoff@lakesnet.net, Tuesday and Saturday
10 am—2 pm, May—Oct, City Park by the Detroit Lakes Beach,
Washington Ave and West Lake Drive

duluth.

www.duluthfarmersmarket.com, (218) 724-9955,
loisdoug@cpinternet.com, Wednesday and Saturday
7 am—noon, May—Oct, corner of 14th Ave E and 3rd St

duluth-sfa farmers' market at umd.

(218) 722-5052, (218) 393-3276, shub@shubatsfruits.com,
Wednesday 2—4:30 pm, May-Sept, University of Minnesota -
Duluth in the middle of Kirby Drive

excelsior.

www.excelsioronline.com, (952) 474-5330, Thursday 2—6 pm,
May—Oct, downtown, one block off Hwy 7 and 19

falcon heights.

www.stpaulfarmersmarket.com, (651) 227-6856,
spmweb@aol.com, Tuesday, 8 am—noon, May—Oct, Twin City
Co-op Credit Union parking lot, 2025 Larpenteur Ave W

gaylord.

(507) 232-3497, Wednesday 3 pm—sellout, mid-June—Oct,
downtown, 5th St and Main Ave, across from City Hall

glencoe area.

www.glencoechamber.com, (320) 864-3650, chamber@glen-
coechamber.com, Monday and Friday 2:30-6 pm, mid-June—Oct,
in the library parking lot at 13th and Hennepin Ave

glenwood/starbuck—pope county.

(320) 634-3278, Tuesday 3—6 pm, Saturday 8—11 am,
mid-June—mid-Sept, fairgrounds, west from downtown
Glenwood on Hwy 28/29

grand rapids.

www.cpinternet.com/~kentl/grfm.html, (218) 245-1549,
(218) 752-6678, kentl@cpinternet.com, Wednesday and
Saturday 8 am—noon, mid-June—mid-Oct,
Wal-Mart parking lot, Hwy 169 S

hackensack.

(218) 675-6179, Tuesday 9 am—noon, June—Sept,
Countryside Food Co-op parking lot, Hwy 371 S

hibbing.

(218) 263-6173, Tuesday and Friday 8:30 am—12:30 pm,
seasonal, Ogles parking lot, Hwy 169 & Newberg Rd behind KFC

hopkins.

http://www.mfma.org/Hopkins%20Market.htm, (952) 922-7703,
(952) 936-9458, beeprepared@usfamilynet.com,
elsherbs@aol.com, Saturday 7:30 am—noon, mid-June—Oct,
downtown on 9th Ave, next to the Downtown Park

hugo.

www.stpaulfarmersmarket.com, (651) 227-6856,
spmweb@aol.com, Thursday 3—7 pm, Church of
St. John the Baptist, 14383 Forest Lake Blvd N

hutchinson.

(320) 234-4223, (320) 587-5151,
mseppelt@ci.hutchinson.mn.us, Wednesday 3—6 pm and
Saturday 8 am—noon, May—Oct, one block off Main St
(Hwy 15), next to Library Square

lakeville.

www.stpaulfarmersmarket.com, (651) 227-8101,
spmweb@aol.com, Wednesday noon—5 pm, mid-June—Oct,
208th St & Holyoke Ave

lindstrom.

(651) 257-3514, (651) 257-5079, marthamn@citlink.net,
Wednesday 4—6 pm and Saturday 8 am—noon, downtown at
St. Bridget's Catholic Church parking lot, Hwy 8

little falls.

(800) 325-5916, Wednesday and Saturday 7 am—noon,
mid-May—Oct, 550 W Broadway Ave

long prairie.

(218) 756-2499, Tuesday and Friday 8 am—noon, July—Oct,
Hwy 27, 3 blocks off Hwy 71

mankato.

www.mankatogrowers.com, (507) 420-8711, Tuesday and
Thursday 3:30—6 pm, Saturday 8 am—noon, May—Oct, front lot
of Madison East Center on Madison Ave

maple grove.

www.ci.maple-grove.mn.us, (763) 494-5955,
farmersmarket@ci.maple-grove.mn.us, Thursday 3—7 pm,
mid-June—Oct, Maple Grove Community Center parking lot



maple lake.

www.maplelakemn.org, (763) 221-1141,
phil_hannay@kaphian.com, Friday 3—6 pm, May-Labor Day,
Cenex Convenience Store parking lot on Hwy 55

maplewood—aldrich arena.

www.stpaulfarmersmarket.com, (651) 227-6856,
spmkweb@aol.com, Wednesday 8 am—noon, May—Nov,
Aldrich Arena north side parking lot, 1850 White Bear Ave

minneapolis—lyndale ave.

www.mplsfarmersmarket.com, (612) 333-1737, (612) 333-1718,
daily 6 am—1 pm, Earth Day—Christmas Eve, Exit 230 from
I-94, follow signs 3 blocks to market; 312 E Lyndale Ave N

minneapolis—midtown public market.

www.midtownpublicmarket.org, (612) 724-7457,
midtownmarket@qwest.net, Saturday 8 am—1 pm, May—Oct; also
Tuesday 3:30—7:30 pm and Sunday 9 am—1 pm, July—Oct, at the
corner of Lake St and 22nd Ave (near Hiawatha) in S. Minneapolis

minneapolis—nicollet ave.

www.mplsfarmersmarket.com, (612) 333-1737, Thursday 6 am
—6 pm, Saturday 8 am—3 pm, May—Oct, On the sidewalks of
Nicollet Mall in downtown Minneapolis, between 5th and 10th Sts

montevideo.

(320) 269-6789, (320) 841-1234,
Pauline_Stranlund@slmti.com, Saturday 8 am—1 pm,
June—Oct, Runnings Fleet and Farm parking lot, E Hwy 7

motley.

(218) 352-6410, Friday 2—6 pm, late May—Oct,
Countryside/Eastwood Inn, Hwy 10 S

new prague.

(952) 758-6648, Saturday 9 am—noon, mid-May—Oct; also later
in season Wednesday 3—6 pm, parking lot of Strike Force
Bowling Alley, 309 Main St W

new ulm (knuj).

www.knuj.net, (507) 359-2921, Thursday 2:30-5:30 pm,
mid-July—Oct, Runnings Farm & Fleet, 16th N and Broadway

nisswa.

(218) 963-2620 Thursday 9 am—1:30 pm, mid-May—Sept,
American Legion parking lot, N Main St

north st. paul

www.nstpaulevents.com, (651) 485-5920, Fridays, 3—8pm,
7th Ave between 1st St and Helen St

northeast minneapolis (eastside food cooperative).

www.eastsidefoodcoop.org, (612) 788-0950,
eastsidefoodcoopgm@yahoo.com, Saturday 9 am—1 pm,
June—Oct, St. Boniface Church parking lot,
corner of University Ave and 7th Ave

northfield.

(651) 463-3577, Tuesday and Friday 11:45 am—sellout,
Saturday 9 am—sellout, Downtown at Riverside Park on 7th St

park rapids.

(218) 732-8185, Saturday 9 am—2 pm, June—Oct,
Main St Pioneer Park

pelican rapids.

(218) 863-1221, Tuesday 9 am—noon, June—Aug,
E.L. Peterson Park Entry, 25 N Broadway

pequot lakes.

(218) 568-8483, Wednesday, Friday, and Saturday 9 am—2 pm,
late May—mid-Oct, Oasis Center, Hwy 371 S

perham.

(218) 346-7710, Monday, Wednesday, and Saturday 8 am—
noon, late May—Oct. Two Locations: Downtown Main St in
NP (Turtle) Park; and Hwy 8 N at Blossoms Birds & Beyond

princeton.

http://www.mfma.org/Princeton%20Market.htm, (763) 389-
2567, JQFruit@sherbte.net, Saturday 8:30—11:30 am,
May—Oct; also Tuesday 3:30—5:30 pm, July-Sept,
downtown at Princeton Mall parking lot, 111 S Rum River Drive

prior lake.

(952) 447-0263, Saturday 8 am—noon, May—Oct, downtown

richfield.

www.richfieldrecreation.com, (612) 861-9385, Saturday
7 am—noon, May—Oct, Veterans Memorial Park,
64th St and Portland Ave S

rochester.

(507) 398-8791, rochfarmmkt@hotmail.com, Saturday
7:30 am—noon, May—Oct, city parking lot at
4th St and 3rd Ave SE

rosemount.

www.stpaulfarmersmarket.com, (651) 227-6856,
spmkweb@aol.com, Tuesday 2—6 pm, July—Sept, Community
Center parking lot, 13885 S Robert Trail

rush city.

(320) 358-0225, leapfarm@msn.com, please call for hours,
one block west of Co. Rd. 30

st. cloud.

(320) 202-0334, (320) 894-3071, mthorson@wcta.net,
Saturday 8 am—noon, May—Oct, Bremer Bank parking lot,
12th Ave and Division St

appendix one: farmers' markets in minnesota. [continued]

st. joseph farmers' market.

(320) 363-8407, adufner@csbsju.edu, Friday 3—6:30 pm, mid-May—mid-Oct, by the city water tower on County Hwy 2

st. louis park.

www.stlouispark.org/permitsforms/farmersmarket.pdf, (952) 924-2540, Friday 11 am—4 pm, mid-June—mid-Sept, on the Town Green at the intersection of Excelsior Blvd and Grand Way

st. paul—downtown.

www.stpaulfarmersmarket.com, (651) 227-6856, (651) 227-8101, spmkweb@aol.com, Saturday 6 am—1 pm, Sunday 8 am—1 pm, April—Nov, Lowertown

st. paul—jackson plaza.

www.stpaulfarmersmarket.com, (651) 227-6856, spmkweb@aol.com, Wednesday 10 am—2 pm, June—Sept, 375 Jackson St

st. paul—payne avenue.

www.stpaulfarmersmarket.com, (651) 227-8101, spmkweb@aol.com, Tuesday noon—5 pm, July—Sept, on the corner of Payne Ave and Sims St

st. paul—st. luke's.

www.stpaulfarmersmarket.com, (651) 227-6856, spmkweb@aol.com, Friday 1:15—5 pm, May—Oct, at the intersection of Summit Ave and Lexington Ave

st. paul—seventh place mall.

www.stpaulfarmersmarket.com, (651) 227-6856, spmkweb@aol.com, Thursday 10 am—2 pm, June—Oct; also Tuesday, 10 am—2 pm, June—Sept, Seventh Place Mall

st. paul—signal hills.

www.stpaulfarmersmarket.com, (651) 227-6856, spmkweb@aol.com, Friday, 8 am—noon, June—Oct, Signal Hills Mall parking lot next to K-Mart

st. peter.

(507) 931-6571, kienlengrandma@aol.com, Tuesday 3—5 pm and Saturday 8—11 am, July—Oct, one block E from Hwy 169 on corner of Nassau St & Front St

sartell.

(320) 202-0334, (320) 894-3071, mthorson@wcta.net, Wednesday 3—6 pm, mid-July—Sept, Abbott Northwestern Clinic parking lot, Hwy 15 and County Rd 134

sauk center.

(320) 352-6255, Wednesday and Saturday 8 am—noon, July—Oct, American Legion parking lot on Main St

sebeka.

(218) 472-3395, Friday 8 am—1 pm, mid-May—Oct, Sebeka Park, Hwy 71 S

shoreview.

www.ci.shoreview.mn.us, (651) 490-4631, Tuesday 3—7 pm, mid-July—mid-Oct (3-6 pm in the final two weeks), upper parking lot of Shoreview Community Center, 4600 N Victoria St

south st. paul.

www.stpaulfarmersmarket.com, (651) 227-6856, spmkweb@aol.com, Wednesday 3—7 pm, July—Sept, 600 Marie Ave

staples.

(218) 894-4000, Saturday 8 am—12:30 pm, late June—Oct, East end of town; south of Hwy 10/210 next to T. Maxwell's and Dairy Queen

stillwater.

(651) 439-6888, (612) 600-0417, landofansul@aol.com, Saturday 7:30—11:30 am, June—Oct, Across from the old historic courthouse, 3rd St and Pine St

university of minnesota—twin cities.

www1.umn.edu/ohr/eb/wellness/farmers/index.html, (612) 626-WELL, (888)-433-WELL, well@umn.edu, Wednesday 11 am—2 pm, July—Aug, Church Street Mall, south of University Ave

virginia.

(218) 865-4732, Tuesday and Friday 2—5:30 pm, July—Sept, Armory Parking Lot

wadena.

(877) 631-7704, Thursday 7 am - sellout, late June—Oct, Burlington Northern Park, Hwy 71

white bear lake.

www.whitebearlake.org, (651) 429-8566, mhelmerick@whitebearlake.org, Friday 8 am—1 pm, late June—Oct, between 3rd St and 4th St on Washington Ave

winona.

(507) 450-4718, ktmae@riseup.net, Saturday 7:30 am—noon and Wednesday 2—5 pm, May—Oct, downtown at 2nd St and Main St

woodbury.

www.stpaulfarmersmarket.com, (651) 227-6856, spmkweb@aol.com, Sunday 8 am—1 pm, July—Oct, Central Park/YMCA parking lot on Radio Drive

youth farm and market project—minneapolis.

www.youthfarm.net, (612) 872-4226, (612) 990-9261, deb@youthfarm.net, Saturday 10 am—2 pm, mid-June—Sept, excluding 4th of July and Labor Day holiday weekends, Pizza Luce II, 3200 Lyndale Ave S, Minneapolis.

youth farm and market project—st. paul

www.youthfarm.net, (651) 283-0562, gunnar@youthfarm.net, Saturday 11 am—3 pm, mid-June—Aug, La Placita Marketplace, in the heart of "District del Sol" on St. Paul's West Side



appendix two: guide to minnesota's local food directories.

about.

There are quite a few different local food guides or farmer directories in Minnesota. Which one should you use? That depends on where you live, and what kind of product you are looking for. Some of these directories cover the whole state, and some cover a smaller region. Some include a whole range of foods and other products, and some are focused on a few kinds of products. Most of the directories include both certified organic and non-certified products. Our list below will help you find the most useful directory for you. Visit the website of the Minnesota Institute for Sustainable Agriculture (MISA) and look at the "Food and Farm Directories" section (www.misa.umn.edu/Food_and_Farm_Directories2.html) to find links to Minnesota and national directories of local food.

aitkin county food and farm directory.

Contact: Aitkin County Extension service, (218) 927-7321 or email: aitkin@extension.umn.edu. The directory includes farmers from around Aitkin County and nearby areas. Products include nursery plants and trees, eggs, honey, specialty items, and a variety of meats, vegetables, and berries.

community supported agriculture (csa) directory.

www.landstewardshipproject.org/csa.html. Call (651) 653-0618 or e-mail lsqwbl@landstewardshipproject.org to request a print copy. Produced by the Land Stewardship Project, this directory covers CSA farms in the Twin Cities metro area, including some in western Wisconsin. Community Supported Agriculture customers buy a season-long share of vegetables from the farm. Many CSA farms also produce meat, eggs, and other products.

food alliance midwest certified farmers.

www.foodalliance.org/producers/fa_midwest/mwfarmers.html
The Food Alliance Midwest is a nonprofit organization that certifies that farmers are meeting strict environmental and social standards. The certified farmers are located throughout Minnesota and Wisconsin, plus a few in South Dakota and North Dakota. Products include: dairy, chicken, beef, pork, apples, vegetables, and berries. The Food Alliance Midwest also has a list of cooperating retail grocery stores that carry products from certified farmers:
www.foodalliance.org/producers/fa_midwest/mwwhere.html

land stewardship food network.

www.landstewardshipproject.org/foodfarm-main.html#SFN. Call (651) 653-0618 or e-mail: lsqwbl@landstewardshipproject.org to request a print copy. The Land Stewardship Project produces this directory of their farmer-members. The directory covers the whole state of Minnesota as well as parts of surrounding states, and includes a variety of products: beef, pork, fruits, vegetables, poultry, eggs, turkeys, lamb, wool, herbs, goat, dairy products, flowers, and grains.

minnesota grown.

www.mda.state.mn.us/mngrown. Call (651) 201-6539 to request a print copy. This directory is published annually by the Minnesota Department of Agriculture. It covers the whole state, but is broken down into regions. The online version allows you to search by region and product type and lists over 575 places to purchase directly from the producer. Products include: fruits, vegetables, bakery products, bed & breakfast inns, nursery plants, meat and poultry, fish, Christmas trees, farm tours, farmers' markets, dairy products, eggs, soap, honey, maple syrup, textiles, and specialty and gift items.

northeastern minnesota-northwestern wisconsin food producers' directory.

Contact: Jean Sramek, (218) 393-3276 or e-mail: farming@charter.net. This is a regional directory produced by the Sustainable Farming Association of Northeast Minnesota. It includes a wide range of meats, fruits, vegetables, and specialty items.

northwestern minnesota local foods partnership.

www.localfoods.umn.edu. Northwest Minnesota Regional Sustainable Development Partnership, University of Minnesota; Linda Kingery, Executive Director, 262 Owen, 2900 University Ave, Crookston, MN 56716. (877) 854-7737. kinge002@umn.edu. Products include: bison, a wide variety of fruits and vegetables, beef, goat, lamb, poultry, syrups, jams and jellies, wine, flowers, and gift baskets; also some services such as milling, catering, and meat-processing.

prairiefare.

www.prairiefare.com. aarner@maxminn.com, or vanderpol@prairiefare.com. PrairieFare is a group of six western Minnesota farms. Their products include: beef, pork, lamb, chicken, apples, vegetables, and ornamental corn and gourds.

pride of the prairie.

www.prideoftheprairie.org. For a print copy, contact Land Stewardship Project, 301 State Road, Suite 2, Montevideo, MN 56265. (320) 269-2105. lsqwbl@landstewardshipproject.org. Pride of the Prairie is a collaborative project of area farmers and citizens, Land Stewardship Project, University of Minnesota—Morris, University of Minnesota Extension, West Central Sustainable Development Partnership, and the Sustainable Farming Association of Minnesota. The directory lists locally produced food available in western Minnesota: eggs, elk, flax, grains and flour, wide variety of fruits and vegetables, flowers, herbs, honey, goat and lamb, poultry, milk, and wool. You can also click on the "Buy Fresh Buy Local" logo on the website to get a nationwide searchable database of farm-fresh food.

appendix two: guide to minnesota's local food directories. [continued]

sfa of central minnesota marketing directory.

www.sustainablefarmingcentralmn.com/market.html. For a print copy, contact Chuck Knierim, (218) 562-4864.

As the name suggests, this is a regional directory. It is made up of members of the Sustainable Farming Association of Central Minnesota, based in the Long Prairie-Browerville-Wadena area. Products in this directory include: grains, beef, pork, horses, poultry, eggs, honey, lamb, wool, vegetables, fruits, maple syrup, hay, herbs, flowers, dairy, goat meat and milk, organic feeds and fertilizers, pet care products, and lumber. This directory also features some services: grain drying and cleaning, forestry consultation, custom poultry processing, and soil testing.

southeast minnesota food network.

www.localfoodnetwork.org/producers.html. 1222 W 5th St., Winona, MN 55987. (507) 474-1465.

About 40 producers and food processors from eight southeastern Minnesota counties are featured in this directory. Products include: beef, bison, elk, lamb, pork, turkey, chicken, eggs, honey, flax, popcorn, and a wide variety of fruits and vegetables. Online ordering from the network is available to businesses and organizations (including buying clubs). Individuals can contact the farmers directly.

superior grown directory.

www.superiorgrown.org. Call (218) 525-4781 or e-mail: holtz@isfusa for more information.

This regional directory includes farmers in northeastern Minnesota and northwestern Wisconsin. It includes a variety of products, such as: goat meat and goat milk, eggs, beef, pork, vegetables, berries, herbs, flowers, apples, pears, lamb, wool, poultry, Christmas trees and wreaths, bison meat, maple syrup, grains, and rabbit meat. Superior Grown also has a separate directory of retail stores, farmers' markets, restaurants, and other places where consumers can find locally grown foods.

whole farm co-op.

www.wholefarmcoop.com. Whole Farm Co-op, 33 2nd St S, Lower Level, Long Prairie, MN 56347. (320) 732-3023. info@wholefarmcoop.com

This is a group of about 30 farm families located in central Minnesota that have joined together to offer an array of products. They make regular deliveries to drop sites around the Twin Cities metro area. Products include: beef, bakery products, candles, cheese, soap, fish, gift items, lumber, honey, lamb, organic coffee, variety of grains and flours, pork, and poultry.

why buy meat from local sources?

background: why buy meat directly through local livestock producers?

- > It's a great chance to **meet the person** who raised the animal, and learn how the animal was raised. <
- > You can have the meat processed to **YOUR** own specifications. <
 - > The **price** is often **less** than the average retail price. <
- > **You contribute** toward a more sustainable regional **economy**, **supporting** our local **farm** and rural economy. <



appendix three: consumer information on buying meat direct from farmers.

about.

If you are interested in buying meat in bulk directly from a farmer, you can find all of the details here about buying a quarter, half, or whole animal. In fact, this section might actually tell you more than you need to know. If you are buying meat or poultry at a farmers' market or through a cooperative, that meat has been processed according to rules that allow it to be sold as a retail product. In those situations you just buy the meat exactly as you would in a grocery store, and the information in this section is more than you need.

minnesota regulations for direct-marketed meat.

A fairly new and popular type of meat processing in Minnesota is in "state-equivalent" processing plants. These processors offer an inspected slaughter similar to federally inspected slaughter, but done by state inspectors. Inspected slaughter assures that the animal was healthy at the time of slaughter. Farmers who use either a federally inspected or a "state-equivalent" plant can sell beef by the quarter, half, or whole animal; hogs by the half or whole animal; and lamb and goat by the whole animal. Farmers that have their animals processed under inspection and also get their own food-handler's license may sell meat in smaller packages.

State-equivalent plants and federally inspected plants are still not common in some areas of Minnesota, so buying locally produced meat often means buying "custom processed meat." Farmers who are using custom-exempt processors must sell live animals, and must allow their customers to inspect and choose their animals. Customers can share an animal, so a farmer might have two customers who each buy half of the same hog, or four customers who each buy a quarter of the same beef animal.

Custom processed animals are processed specifically for the end user, to be consumed by him or her, family members, and nonpaying guests. The meat is not to be sold subsequently to other people, which is why packages are labeled "not for sale."

State or federal inspection of the animals is not required during custom-exempt slaughter and processing because it is assumed that the customer has chosen a healthy animal to buy. All facilities that hold custom-exempt certificates are themselves licensed annually and inspected by the state four times per year.

buying an animal for custom processing.

>You first purchase the animal live, prior to slaughter.

The buyer has a right to inspect the animal before agreeing to buy it.

The farmer may ask the buyer to sign a form verifying that he or she chose the animal, and may ask for a down-payment.<

>You then have it slaughtered and processed.<

You will pay the farmer for the animal and its transportation, and then pay the processor separately for the processing. Buying an animal for custom processing does not mean that you will pick up and take care of a live animal. Farmers will typically provide transportation for the animal. The buyer then needs to contact the processor with instructions on how to process the meat (for example: steaks, roasts, ground meat, and sausage).

buying poultry directly from farmers.

Poultry producers are permitted to process and sell up to 1,000 birds per year directly from their farm without a license. The birds must be processed on the farm under sanitary conditions, and the farmer must be registered as an exempt poultry producer with the Minnesota Department of Agriculture. Only whole processed birds may be sold directly to consumers from the farm premises. No further processing (such as cutting, smoking, etc.) is permitted under this exemption. Poultry processed under an exemption cannot be sold to grocery stores for resale.

...how to buy locally produced meat.

questions to discuss with the producer.

>Do you have animals for sale in the amount—whole, side, or quarter (for beef and bison)—I want? Farmers using custom-exempt processing must sell whole animals; if you want less, you may have to wait until another customer agrees to share your animal.<

>When will the animal be ready?<

>Can you provide customer references?<

>When can I come out to look at the animal? If you want to, you have the right to see the animal while it is still alive. You can waive this right and let the farmer choose a healthy animal for you.<

>What is the cost of the animal, and what are the payment terms? If you are using custom-exempt processing, the farmer and the processor must be paid separately. The farmer may request a down-payment on your animal.<

>Which of us will contact the processor?<

>Will you haul the animal to the processor? There may be a limit to the distance the farmer will haul the animal.<

>How much will hauling cost? Is hauling included in the animal's price?<

why buy meat from local sources?



appendix three: consumer information on buying meat direct from farmers. [continued]

having the meat processed.

There are a number of questions that the processor will have about the meat that you have processed. Both producer and processor can help you with these decisions:

- >How thick would you like your steaks cut? <
- >How many steaks or chops per package? <
- >How many people will you be serving (to determine size of individual packages)? <
- >How much of the roast or stew meat do you want ground and how much left whole? <
- >What size would you like your roasts? <
- >What size packages do you want ground meat in (typically one or two pounds)? <
- >How lean would you like your ground beef? <
- >Would you like any special products or services— if they are available— such as smoking, deboning the meat, or making the meat into sausage? <
- >Would you like to have the heart, tongue, liver, tail, etc.? <

Also make sure you know:

- >How much is the basic processing cost?
- Ask about additional charges for sausage making, deboning, smoking or beef jerky; and ask what the payment terms are. <
- >Is there is a wait (especially during deer hunting season)? <
- >When will the meat be ready for pick up, and at what location? <

Not all processors also conduct slaughter. Unless you have the capacity to do your own slaughtering, find someone who does both.

calculating costs.

meat	weight.	hypothetical cost.
beef	live weight 1,100 lbs. hanging weight 682 lbs. edible product 550 lbs.	Cost for 550 lbs. edible beef product: 682 lbs. @ \$1.50 = \$1,023, plus about \$250 or more for processing.
pork.	live weight 250 lbs. hanging weight 175 lbs. edible product, 165 lbs.	Cost for 165 lbs. edible pork product: 175 lbs. @ \$1.50 = \$263, plus about \$100 or more for processing.
lamb.	live weight 100 lbs. hanging weight 42 lbs. edible product, 35 lbs.	Cost for 35 lbs. edible lamb product: 42 lbs. @ \$1.50 = \$63, plus about \$30 processing.

Understanding the price of an animal purchased whole, or by the side or quarter, is a little more complicated than looking at retail stickers. The final cost of a custom processed animal is often determined by the “hanging weight” of the carcass. Individual meat cuts are not priced separately.

The following chart provides typical figures to help you calculate approximately how much you would pay for and how much you would take home, based on a whole animal. Note that prices, amounts and proportions vary depending on the specific animal.

what are you getting?

In general:

- >A beef carcass divides up roughly into 15 to 25 percent steaks, 25 percent roasts, 25 to 35 percent ground beef, and 25 percent bone and fat. <
- >A hog carcass divides roughly into 55 percent chops, steaks and roasts, 13 percent ground/stir-fry, 10 percent ribs, 3 percent hocks, and 6 percent bone and fat. <
- >A lamb divides up roughly into 25 percent leg roast and steaks, 30 percent chops and roasts, 20 percent riblets, 20 percent bone and fat. <

Note that custom processed meat is not graded.

getting the meat home.

Purchasing custom processed meat means buying meat in greater volume than many people usually do. In order to preserve meat quality and safety, you should prepare in advance to keep it frozen during transport and storage. A larger freezer, such as a chest freezer, is invaluable.

meat is frozen by the processor.

To ensure food safety, all meat products are frozen right after they are cut and wrapped. They will need to stay frozen from the time you pick them up, through the time you put them in your freezer, up until you thaw them for use.

space requirements.

In general, 30 pounds of meat takes up one cubic foot. Make sure that you have ample freezer space at the time that you order your meat, before you get the meat home!

transporting meat in the car.

If you are picking up the meat, be prepared to keep the meat frozen for the entire trip home. Total trip time from picking up the meat to putting it in your freezer should be no more than 4 hours.

In the winter, keeping meat frozen is usually not a problem. If you will be carrying the boxes in the car with you, do not run the heater. Take a blanket with you to spread over the boxes to reduce sweating.

In the summer, take one or more good quality coolers. Meat will stay frozen 1 to 2 hours in a cooler if it is completely frozen and wrapped. Move it into a freezer as soon as possible.

definitions



storage.

Meat freezes at 28.6° F. Refrigerator life at 30 to 32° F is normally five to seven days. Long-term storage of meat should be at 0° F.

other resources.

To find a livestock producer: See Appendix 2: “Guide to Local Food Directories in Minnesota.” You can also visit the “Food and Farm Directories” section of the MISA website, www.misa.umn.edu/Food_and_Farm_Directories2.html.

To find a meat processor: The MISA website has a list of processors in Minnesota, www.misa.umn.edu/Meat_Processing_Plants.html

More information on some of the topics in this brochure appears in the following “Meat Sheets.” Contact the Sustainable Farming Association (farming@charter.net) to request them:

- >Cuts of beef, pork and lamb.<
- >Calculating costs.<
- >Safe handling of meat.<
- >Definitions of common terms.<
- >State and federal regulations governing direct sale of meat.<
- >Tips for cooking with local lean beef.<

also check your county extension office.

- >In Minnesota, www.extension.umn.edu<
- >In Wisconsin, www1.uwex.edu<

credits.

This information in this section, “Consumer Information on Buying Meat Direct From Farmers,” was compiled by Jenifer Buckley during her tenure as Coordinator for the Northeast Minnesota Chapter of the Sustainable Farming Association, a membership-based nonprofit coalition of producers and consumers moving farm practices and food systems into a sustainable future.

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definitions.

- >Live weight: Weight of typical live animal.<
- >Hanging weight, or carcass weight: Weight after slaughter, leaving meat, fat, and bone.<
- >Edible product weight: Weight after the cutting process that trims fat and bone, leaving the product that you take home.<

appendix four: delicious local food recipes.

raw vegetables.

Of course you can eat those leafy greens raw in a salad, but many other vegetables are tasty eaten raw, either plain or with a dip. Wash the vegetable, peel root vegetables if you wish, and cut into slices or chunks. Good raw vegetables: broccoli, carrots, cauliflower, cucumbers, green beans, green onions, kohlrabi, radishes, snap peas or edible pod peas, summer squash or zucchini, sweet peppers, tomatoes.

very simple spinach dip.

- 1 bunch fresh spinach (or one package of frozen spinach)
- 1/2 cup sour cream
- 1/2 cup of your favorite mayonnaise or similar salad dressing
- 1 tsp. salt
- Optional seasonings (choose one or two):
 - 1/2 tsp. onion powder
 - 1/2 tsp. garlic powder
 - 1/2 tsp. paprika
 - 1/4 tsp. black pepper

If you are using fresh spinach, wash the spinach and chop it coarsely. Put a medium-sized cooking pot on the stove over medium heat. Put the chopped spinach and about 1/4 cup of water in the pan. Stir the spinach occasionally while it is cooking, and cook it until it is tender. Drain off excess water, and let the cooked spinach cool. Chop the cooked spinach more finely if you wish—either with a knife or in a food processor. Mix the sour cream, mayonnaise, salt, and seasonings in a large bowl. Add the spinach and mix thoroughly. Chill the dip in the refrigerator. Serve spinach dip with raw vegetables.

carrot-raisin salad.

- 4 large carrots
- 1/2 cup raisins
- 1/2 cup of your favorite mayonnaise or similar salad dressing

Peel the carrots. Chop, grate, or coarsely grind the carrots. Mix the carrots with the raisins and the mayonnaise.

winter squash slaw.

- 2 tart red apples, cored and grated with skins
- 1/3 cup dried cranberries
- 3 tbs. cider vinegar plus 2 tbs. honey)
- 1/2 small butternut squash, peeled, seeded and grated (about 3 cups)
- 1 cup shredded green cabbage
- salt & freshly ground black pepper

In a small bowl, toss the apples and dried cranberries with the vinegar. Set aside. Spread the grated squash on a flat pan and sprinkle with 1/2 tsp. salt. This draws out a bitter substance in the squash. After 5 minutes, pat the squash dry and transfer it to a large bowl. Add the shredded cabbage. Add the apple-cranberry mixture to the squash and cabbage. Mix thoroughly. Season with salt and pepper.

fried parsnips.

- Parsnips
- Vegetable oil

Cut parsnips into slices that are about 1/4 inch thick. Put a large cooking pot on the stove over medium-high heat, and add two teaspoons of vegetable oil for every cup of sliced parsnips. As soon as the oil is hot, add the sliced parsnips. Stir the parsnips often while they are cooking. When the parsnip slices are tender and a little bit browned, they are ready to eat. Season with kosher salt and freshly ground black pepper.

buttered beets.

- Beets
- Butter
- Salt

Use any amount of beets that you choose. Cut large beets into quarters. Small beets can be left whole. Put the beets in a cooking pot and cover them with water. Bring to a boil, then turn down the heat and let them simmer until they are tender enough that a fork goes into them easily. Drain off the cooking water, and fill the pot with cold water. Let the beets cool. When they are cool enough to touch, you can easily slip off the beet peelings with your fingers. Cut the cooked beets into bite-sized pieces. In a cooking pot or pan, melt one teaspoon of butter for each cup of cut-up beets. Add the beets and stir often until they are heated. Add salt to your taste.



roasted root vegetables.

- 3 lbs root vegetables cut into 1 inch pieces
- 2-3 tablespoons extra-virgin olive oil
- 3-5 fresh sprigs of rosemary or thyme
- kosher salt and freshly ground black pepper

For this recipe you can use almost any combination of root vegetables you have on hand. Winter squashes, sweet potatoes, peeled garlic cloves, small yellow onions, potatoes, fennel bulbs, parsnips, turnips and of course, the star of any roasted root vegetable dish — beets! Preheat the oven to 400°F. Peel the vegetables and cube. Be sure to keep the pieces approximately the same size so they cook evenly. Toss in olive oil and arrange in a large shallow roasting pan. You can throw in a few sprigs of rosemary or thyme if you desire. Rearrange the vegetables every 15 minutes to cook evenly, begin checking to see if the beets are tender at around 35 minutes. Take the vegetables out of the oven when tender then season to taste and serve.

mashed potatoes and rutabagas.

- 4 medium potatoes
- 1/2 of a rutabaga
- 1/4 cup butter
- 1/2 cup milk
- 1/2 tsp. salt
- 1/4 tsp. black pepper

Peel the potatoes and the rutabaga. Cut each potato into four pieces. Cut the rutabaga into one-inch chunks. Put the potato and rutabaga pieces into a medium cooking pot and cover them with cold water. Cook the vegetables over medium heat until they come to a boil. Turn the heat down and let them simmer until a fork goes easily into both the potatoes and the rutabagas. Remove the pot from the stove and drain off the liquid. Add the butter, milk, salt and pepper. Mash the mixture vigorously with a potato masher. (You can also use an electric mixer, but do not mix too long or the potatoes may get a gummy texture.)

spaghetti sauce.

- 1 lb. lean ground beef or pork sausage
- 1 quart bag frozen tomatoes, thawed
- 1 6-oz. can tomato paste
- 1 tsp. oregano (dried leaves)
- 1 tsp. basil (dried leaves)
- 1/4 tsp. rosemary (dried leaves)
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- Optional additions: minced garlic, chopped onion, mushrooms, or green pepper.

Fry the ground beef or pork sausage over medium heat until brown, breaking chunks apart and stirring as it browns. Add optional ingredients, if desired, and fry them along with the meat for a couple of minutes until they begin to soften. Drain off excess fat. Add the thawed tomatoes, tomato paste, oregano, basil, rosemary, salt and pepper. Simmer 10 minutes. Add extra water if sauce seems too thick.

beef-barley soup.

- 1 lb. lean ground beef or stew meat
- 1 medium onion
- 1 quart tomato juice
- 1 quart water
- 4 medium carrots, peeled and diced
- 4 medium potatoes, peeled and diced
- 1 turnip or rutabaga, peeled and d i c e d
- 2 stalks celery, washed and diced
- 1/2 cup dry pearled barley
- 1 tsp. salt
- 1/2 tsp. ground black pepper

Fry the ground beef or stew meat in a pot to brown it, stirring often. Use a tablespoon of vegetable oil in the pot if using stew meat, to prevent sticking. Chop the onion and add it to the browning meat. When meat is browned, drain off excess fat. Add all other ingredients. Bring to boiling and then reduce heat so the soup simmers. Simmer until the barley and vegetables are tender. Add extra water while cooking, if needed.

appendix four: delicious local food recipes. [continued]

applesauce-whole wheat cake.

- 1/2 cup vegetable oil
- 3/4 cup brown sugar
- 1 cup applesauce
- 1-1/2 cups whole wheat flour
- 1 tsp. baking soda
- 1 tsp. cinnamon

Mix the vegetable oil and brown sugar together thoroughly. Mix in the applesauce and baking soda. Add flour and cinnamon and mix well. Pour into a greased 8" x 8" square pan, or a 9" round cake pan. Bake at 375° F for about 30 minutes, or until a toothpick inserted in the center of the cake comes out clean. Cool. If desired, drizzle powdered sugar glaze over the cake: put one cup of powdered sugar in a bowl and add milk, one tablespoon at a time, stirring until the glaze is runny enough to drizzle off a spoon onto the cake.

baked apples.

- 1 large firm apple per person (this recipe is for 4)
- 2 cups apple cider
- 1 cup chopped dried fruit (combination of raisins, apricots, figs or cranberries)
- 1 teaspoon butter per apple
- 1 small sprig of rosemary per apple (optional)

Preheat the oven to 350°. Cut off the top half inch of the apple and remove the core. Fill the apple with dried fruit and rosemary, then arrange the apples side by side in an oven proof baking dish. Place a bit of butter on top of the fruit and drizzle the cider on top (you can add honey or maple syrup if you wish.) Replace their tops. Bake for 40 minutes or until just soft. Spoon the remaining cider from the baking dish over the apples and serve with sweetened cream or vanilla ice cream.

pumpkin-blueberry muffins.

- 2-1/2 cups all-purpose flour
- 2 cups sugar
- 1 tablespoon pumpkin pie spice
(or 1 tsp. cinnamon and heaping half-teaspoons of cloves, ginger, and nutmeg)
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 eggs

- 1-1/2 cups cooked pumpkin (thawed, if frozen pumpkin)
- 1/4 cup vegetable oil
- 1/2 cup milk or apple juice
- 1 cup fresh, frozen, or well-drained canned blueberries
- 1/4 cup vegetable oil
- 1/2 cup milk or apple juice
- 1 cup fresh, frozen, or well-drained canned blueberries

streusel topping.

- 1/4 cup sugar
- 2 tablespoons flour
- 1/2 tsp. cinnamon
- 2 tablespoons butter or margarine

Heat oven to 350° F. Grease or paper-line 18 muffin cups.

To make streusel topping: combine sugar, flour, and cinnamon; cut in the butter with a pastry cutter or fork until the mixture is crumbly.

To make muffin batter: combine flour, sugar, spices, soda, and salt in a large bowl. Combine pumpkin, eggs, vegetable oil, and milk (or apple juice) in a medium bowl. Stir pumpkin mixture well, then stir it into the flour mixture just until the dry ingredients are moistened. Gently fold in blueberries.

Spoon muffin batter into prepared muffin cups. Sprinkle streusel topping over each muffin. Bake for 28 to 30 minutes. Cool slightly and remove muffins from pans. These freeze well and microwave well.

swedish rhubarb sauce.

- 1 cup water
- 1 cup sugar
- 3 cups rhubarb pieces
- 2 tsp. cornstarch
- 1 tablespoon water

Put one cup water and one cup sugar in a pan and bring to boiling over medium heat. Add the rhubarb and return the mixture to boiling. Turn down the heat a little and boil gently for about five minutes, stirring often. Mix the cornstarch with the one tablespoon of water, and add to the rhubarb mixture. Bring back to boiling, stirring constantly. Simmer over low heat for 3 to 4 minutes.



minnesota institute for sustainable agriculture

This publication is part of a series developed by MISA, through its Information Exchange Program, a clearinghouse of sustainable agriculture information and materials in Minnesota. These informational materials are accessible to the public by phone (toll-free), fax, e-mail, or the World Wide Web.

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MISA is a partnership between the University of Minnesota's College of Agricultural, Food and Environmental Sciences and the Sustainers' Coalition, a group of individuals and community-based, nonprofit organizations. MISA's purpose is to bring together the agricultural community and the University community in a cooperative effort to develop and promote sustainable agriculture in Minnesota and beyond.