

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. <

