



# Dietitian-Approved Minnesota Farms

In Minnesota, our farmers work hard to make sustainable, certified organic, responsibly raised products accessible to us. Many of these farms offer convenient Community Sustainable Farms (CSA) programs that aim to make responsibly-raised products accessible to you. Here is a list of dietitian-approved farms that you should check out this farmer's market season!

## Animal Products

### Poultry & Eggs

#### **Larry Schultz Organic Farm**

A small, family-owned farm in Owatonna, Minnesota. Schultz's chickens are free-range, and certified organic. The family grows most of their own crops, grinds their own feed, and handles and grades their own eggs. Their chickens and turkeys are also fed certified organic feed containing no antibiotics, herbicides, or pesticides.

**Products:** chicken, turkey, eggs

**Where to find:**

- Try your local Kowalski's market
- Co-ops: Lakewinds, Eastside, Seward Community, Mississippi Market, The Wedge, and Valley Natural Foods
- On the farm: 3510 Park Dr. Owatonna, MN. Open M-F 8:00am – 5:00 pm.



#### **Callister Farms**

A 6<sup>th</sup> generation family farm located in southern Minnesota. They have been raising free range poultry since 1998 and process right on their farm.

**Products:** Chicken and turkey products. Visit their website for a full list of their products:

<http://www.callisterfarm.com/>

**Where to find:**

- St. Paul Farmer's Market
- On the farm: 52237 170<sup>th</sup> Avenue, West Concord MN 55985. Open Wednesday afternoons from 1:00-6:00 pm

## Beef

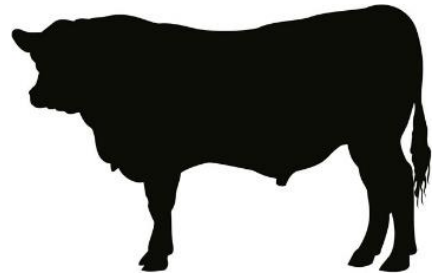
### **Thousand Hills Farms**

"...100% Grass Fed to us means: No Antibiotics, No Artificial Hormones and No Grain—ever in the animal's life." Thousand Hill Farms promises that their meat is good for you, good for animals, and good for the earth. Their cattle live on grass pastures and are never confined to a feedlot and are never given antibiotics, artificial growth hormones or grain.

**Products:** 100% grass-fed beef

**Where to buy:** Various restaurants and markets throughout the metro area. Visit their website to find stores near you.

<http://www.thousandhillscattleco.com/wheretofind.asp>



### **Stormy Creek Farm Beef**

"Our family never fed their cattle grain or gave them hormones and antibiotics. And we don't either." Stormy Creek Farm was established in 1920. They are devoted to providing healthy meat for fellow Minnesotans.

**Products:** Beef; order various cuts and packages depending on your needs. You can buy into a beef share or place a small order.

**Where to buy:** Place an order online or call Kay at 507-276-1433

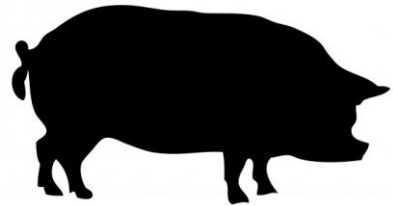
## Pork

### **Beeler's Pork Farm**

A Madison County Iowa pig farm using simple, humane natural way of raising pork. Their sows are not housed in gestation crates, and the pigs are raised without antibiotics, hormone growth promotants (HPGs), or ractopamine. They never add MSG, sodium nitrate or chemical preservatives and their products are verified non-GMO.

**Products:** Pork products - bacon, bone in chop, boneless chop, boneless tenderloin, chorizo, ham, loin rack, pork belly, pork butt, porterhouse chop.

**Where to find:** Hy-Vee stores and most co-ops in the Twin Cities carry their products. Some items are available for online order. If you would like to see these products in a store near you, contact them.



## Fish

### **Wild Run Salmon**

Fresh caught Alaskan salmon or cod brought directly to the Twin Cities. How? The fresh-caught salmon is vacuum packed and frozen within hours of being caught so that you get a consistent product that is as good or better than fish sold fresh. Alaska commercial salmon fisheries are carefully managed to ensure sustainability of the stocks.

**Products:** Salmon & Cod

**Where to buy:**

Mills City farmers market and Kingsfield farmers market If you can't make these markets, contact them directly: 651-999-9410

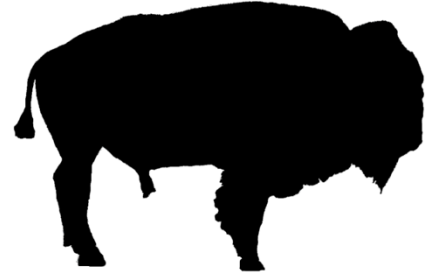




## Multispecialty Farms

### Fischer's Sleepy Bison Acres

As members of the Minnesota Buffalo Association and the National Bison Association, their mission is to raise healthy, tasty animals with respect in nature's image. They don't use pesticides, fungicides, or synthetic fertilizer, in addition, no growth hormones, steroids, or unnecessary antibiotics. If you are interested in a farm visit or get on their bison meat list, pre-order their poultry or hogs or pick up some eggs. Call them at 507-766-1405 or message Craig on Facebook. They offer farm visits by appointment.



**Products:** Pastured bison, pork, chickens and free-range eggs. Apples, pears, and veggies are available seasonably on the farm.

**Where to find:** Patrick's on Third in St. Peter uses their bison meat, and Lola's in New Ulm carries their pork, chicken and eggs.

### Sunshine Harvest Farm

Fourth generation family farm that raises and direct markets beef, pork, lamb, chicken & eggs. They do not feed antibiotics or animal by-products and do not use hormones or chemicals. They are strong proponent of sustainable agriculture and manage intensive grazing on pastures free of pesticides, herbicides, and chemical fertilizers.

**Products:** beef, pork, lamb chicken & eggs

**Where to buy:**

- Mills city farmers market
- Kingfield farmers market

### Nelson Grass Farm

A family farm in Ogilvie Minnesota that offers weekly delivery to the Twin Cities and periodic delivery to St. Cloud. If you'd like to learn more about this farm, they are having an open house in June. Visit their website for more information: <http://www.nelsongrassfarm.com>

**Products:** Pastured poultry, eggs, pork and rabbits.

**Where to buy:** You can pre-order products and either pickup at their farm, pick up your products at one of the pickup spots in the Twin Cities or St. Cloud, or get your order delivered directly to your home. Some of the products may require pre-ordering. It is best to get on their email list if you want to know when products are available. There are limited products in the winter, but an abundance in the spring.

### Together Farms

A Wisconsin farm that uses Intensive Rotational Grazing giving their animals lots of room to roam. Their animals are never fed grain.

**Products:** Wide variety of 100% grass-fed beef products, lamb, and pastured pork products including freezer meals.

**Where to buy:** They offer many different purchasing options online.

- Buy in bulk – choose from a variety of bundles that allow you to pick the thickness, number of items in a package, etc.
- Shop online by specific cut (freezer ready meals available)
- Get a meat membership card to get items for a discount (10%-15% off retail price)

### **Bar Five Meat & Poultry**

A sixth-generation family farm located in Arlington MN. They have one of the few on the farm poultry processing plants, allowing them to control quality and freshness.

**Products:** poultry products, pork products, beef products, sausages & patties, duck, and whole goose

**Where to find:** Contact them directly at 507-964-5612 to pre-order meat that they will have ready for you at the farmers market.

- Minneapolis Farmer's Market
- St. Paul Farmer's Market

### **Prairie Pride Farms**

Owned by the Hubmer Family in Blue Earth County and holds many awards including Outstanding Conservationist in 2014 as well as many Pork specific awards.

**Products:** Wide variety of pork products, and chicken.

Blackberry blaze/chipotle BBQ sauce locations: Hyvee Hilltop location Mankato, Steve's Meat Market – Ellendale MN, Hilltop Meat Market – Hilltop Mankato

**Where to find:**

- St. Paul Farmers Market
- Ferndale Market- Cannon Falls, MN
- Co-ops: St. Peter Food Coop & Deli – St. Peter MN, Valley Natural Foods – Burnsville MN, Mississippi Market Natural Foods Co-op – Saint Paul MN, Just Foods Co-op – Northfield, MN
- Order online

## Animal CSA Packages

### **TC Farms**

A collective of farmers in Minnesota dedicated to raising foods to the highest standards. Through their CSA program, you get quality meat delivered once per month, and you get to pick an amount that fits your budget- you choose what types of meats you want to receive, specific cuts, how much your family typically eats and how much you want to spend.

**Products:** pasture raised eggs, chicken, 100% grass beef and lamb, no-soy grass fed pork, heritage turkey, handmade organic sausages, and ready to eat meals

**About their CSA:** Monthly pickups to over 50 locations throughout the Twin Cities metro area. The packages are modifiable to fit your needs, all you must do is tell them what you like and how often you



cook and modify it to fit your monthly budget. They describe it as a combination of the CSA programs and the best of traditional grocery stores.

### **Hilltop Pastures**

A sustainable family farm in southeastern Minnesota, owned and operated by Tom and Sara Austin. Their practices are as “wild raising” as possible in Minnesota – this means that when they must use feed during the winter, it is certified organic. The beef, lamb and goat are completely grass fed; the pigs and poultry are also grass fed, but also eat non-GMO grain that they need to supplement with the grass. Their product rotation depends on the time of year and availability of products. They also do farm tours – call for available hours.

**Products:** pork, chicken, free-range eggs, lamb, turkey & goat

**Where to buy:**

The Scandinavian Inn – Lanesboro MN or Midtown Farmers market

### **About their CSA:**

They offer a CSA program but, it’s not necessary to participate. Anyone can order from them, it just requires signing up for their email notifications. They deliver to the Midtown Farmers Market parking lot, and during the farmers market months they will be at the market 3pm -7p for pickup on those Tuesdays. A delivery schedule is available on their website.

### **Green Machine Farm**

“Farming like the future depends on it.” This small family farm located in south of Zumbrota Minnesota strives to provide families with the best quality meat. They say that they hold themselves to the highest standards of sustainability, animal welfare and product quality.

**Products:** Beef, freezer beef, pork, freezer pork, heritage pasture-raised chicken, eggs

**Where to find:**

- St Paul Farmer’s Market
- Apple Valley Farmer’s Market
- Bloomington Farmer’s Market

### **About their CSA**

They have winter bundles that give a large variety of products at a reduced price. You can pick up your bundle at the designated pickup locations every other week in the winter. They have three pickup locations: one in Downtown St. Paul market, one at the Apple Valley city hall, and one at the Bloomington City Hall. Visit their website for more information about what is in a bundle.

# Produce CSA Packages

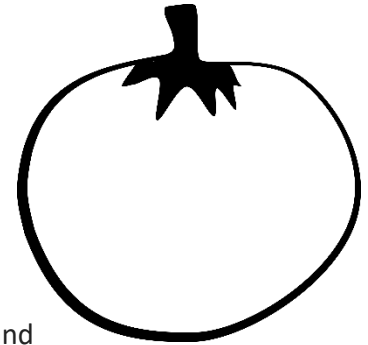
## **Easy Bean Farm**

Fresh, organic Minnesota-grown produce farm owned and managed by spouses Michael Jacobs and Malena Arner Handeen since 1996. They believe in eating in season, and an agricultural system that leaves farms and communities better than we found them.

**Products:** Fresh organic Minnesota-grown produce

**About their CSA:** Participants receive a box of fresh produce each week from early June to mid-October that contains 10-15 different items including herbs and heirlooms and a few unusual varieties. A week, their newsletter will inform participants about the fruits and veggies in the share. The items you receive will get to you within 24 hours of harvest making them more flavorful and nutritious. Various drop sites throughout the twin cities and surrounding areas. You can get a full share or a half share (5/9<sup>th</sup> bushel box) – typically feeds two adults, full share is twice that.

- \$635 for a full – just over a bushel, feeds a family of 4
- \$435 for a half (more than half of a full share) 5/9<sup>th</sup> bushel box – typically feeds two adults.



## **Burning River Farm**

A farm in Wisconsin with their own twist on the CSA program. Instead of receiving a preselected delivery of vegetables, Market Members can attend any farmers markets that they attend and redeem the value of their share throughout the season at the farm stand. If you just want to participate in the traditional CSA program, they have three options for traditional box shares all averaging 18 weeks of deliveries.

**Products:** Traditional staples with some eclectic varieties of produce

**Where to find:**

- Mill City Farmers Market
- Northeast Minneapolis Farmers Market
- Midtown Farmers Market

**About their CSA:** They offer traditional shares and farmers market shares. The traditional CSA functions like most others, but instead of receiving a preselected delivery of vegetables, Market Members can attend any farmers markets that they attend and redeem the value of their share throughout the season at the farm stand.

If you want to participate in the traditional CSA program, they have three options for traditional box shares all averaging 18 weeks of deliveries:

- Family share – 7-12 vegetables a week for \$625
- Single share – same variety as a family share, but less quantity for \$545
- Salad share – contains less variety, but includes items that can be easily integrated into meals (heavy on greens for salads and easy cooking for \$370)

Visit their website for more information on their seasonal produce and frequently asked questions.

**Amador Hill Farm & Orchard** run by the **Women's Environmental Institute (WEI)**



**Functional Nutrition Dietitians**  
Minneapolis Networking Group

Their mission: environmental farming, food justice and really, really good food. The WEI has used the Amador Hill farm to connect their environmental justice work with agricultural justice – they have spent the last 9 years working to restore the soil quality through cover crops and rotation. They grow 150 varieties of vegetables and fruit.

**Products:** Visit their website to get a peek at what a box will look like for the 18-week CSA

**Where to find:** Any of their drop-site locations, or the WEI's booth at the Mill City Farmer's Market

**About their CSA:**

Features organically certified fruits and vegetables delivered on Fridays to one of their drop-sites, and you will receive 7-10 varieties of produce picked from Amador Hill Farm and orchard. See their website for a wide variety of share options.