

eat local: why should I?

WE INVITE YOU TO EXPLORE THE BENEFITS OF SOURCING LOCAL FOODS WHENEVER POSSIBLE. EATING LOCALLY BENEFITS...

1. YOU

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

2. OUR COMMUNITY

Keeping our local farmers and producers in business supports our local economy. Dollars spent close to home tend to stay close to home. Our local producers understand our community and work to provide nutritious affordable food for all our citizens. The more we feel connected to the people who produce what we eat, the better we preserve our regional food heritage. Rural and urban— we're all connected.

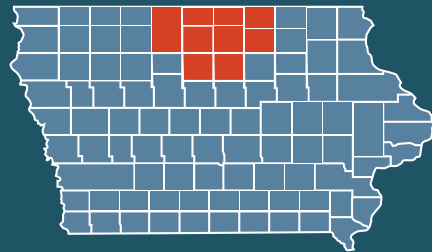
3. OUR FARMERS

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

4. OUR ENVIRONMENT

Most of the food we eat travels an average of 1,500 miles from the farm to our table. By reducing the travel distance our food takes, we save energy and reduce carbon dioxide emissions that likely contribute to global warming. By buying whole local foods, we also reduce packaging, further saving energy and resources.

Where we work



Looking for recipe ideas?

visit healthyharvestni.com/recipes to explore our searchable database!

WAYS to enjoy LOCAL FOOD



LOCAL FOOD guide

shop at your LOCAL FARMERS MARKET



attend a LOCAL FOOD EVENT!

Find Farm to Fork Dinners, Cooking Classes, Field Days, Workshops and more at:

healthyharvestni.com/events

buy direct from a FARM STAND and/or PICK-YOUR-OWN



dine at RESTAURANTS that LOCALLY SOURCE



Healthy Harvest of North Iowa is a local nonprofit organization that works to connect and educate in support of the local food system. Grow.Eat.Play was made possible by the USDA Farmers Market Promotion Program Grant.



grow

eat

play

LOCAL FOODS DIRECTORY

PRODUCERS

14 ACRE FARM ●●●

MANLY, IA • 14acrefarm@gmail.com
VEGETABLES - FRUITS - CSA

BAILEY CREEK FARM ▲●●

THORNTON, IA • baileycreekfarm@gmail.com
VEGETABLES - FRUITS

BERRY HILL ORCHARD ★●●

HANLONTOWN, IA • berryhillorchardllc@gmail.com
FRUITS

BODE'S MOONLIGHT GARDENS ★●●

ALGONA, IA • bodemoonlightgardens@gmail.com
VEGETABLES - CSA

BROWN FAMILY FARMS ●●●

WODEN, IA • BrownFamFarms@gmail.com
VEGETABLES - HONEY - MAPLE SYRUP - MEAT -
POULTRY - EGGS - BAKERY

CARBO LOAD BAKED GOODS ●●●

FLOYD, IA • emhunt13@gmail.com
BAKERY

CHILDS FAMILY FARM ▲●●

CHARLES CITY, IA • dianatchilds1973@gmail.com
VEGETABLES - MEAT - POULTRY - EGGS

COTTONWOOD CORNER ●●●

THOMPSON, IA • cottonwoodcornerfarm@gmail.com
BEEF - PORK

FERTILE VALLEY GARDENS

MASON CITY, IA • rrachut6555@gmail.com
VEGETABLES

FINER HONEY FARMS ●●●

VENTURA, IA • finerhoneyfarm@gmail.com
HONEY

FORTRESS FARMS LLC ●●●

WESLEY, IA • fortressfarms@protonmail.com
MEAT - POULTRY - EGGS - SPECIALTY BUSINESS

GRAND VIEW BEEF ●●●

CLARION, IA • info@grandviewbeef.com
BEEF

HAZEL ACRES

FENTON, IA • jeff@jenagres.com
HAZELNUTS

HONEY & EWE FARM ●●●

MASON CITY, IA • randlejd2210@gmail.com
VEGETABLES - HONEY - MEAT - POULTRY - EGGS

JÓIA FOOD & FIBER FARM ●●●

CHARLES CITY, IA • info@joiafoodfarm.com
MEAT - POULTRY - EGGS

KOENIGS' ACRES FARM ▲●●

HAMPTON, IA • (641) 456-4903
VEGETABLES - FRUITS - CHICKEN - HONEY - EGGS - JAMS

KOHLHAAS CATTLE COMPANY ●●●

ALGONA, IA • jasonkohlhaas@gmail.com
BEEF

KOLLASCH FAMILY FARMS ●●●

WHITTEMORE, IA • kollaschfamilyfarms@gmail.com
MEAT - POULTRY - EGGS

LAZY ACRE VINEYARD ●●●

LAKE MILLS, IA • kerry@lazyacrevineyard.com
WINE

MOSSY CUP FARMS ▲●●

CLEAR LAKE, IA • (952) 836-6551
MEAT - POULTRY - EGGS - SPECIALTY BUSINESS

NORTH FORTY GARDENS

GARNER, IA • jeffshortdms@gmail.com
VEGETABLES - FRUITS

OTTER CREEK ORCHARD ★▲●

ST. ANSGAR, IA • ottercreekorchardfarms@gmail.com
VEGETABLES - FRUITS

P&P HONEY & BEE SUPPLY, INC ●●●

GOODELL, IA • pphoneyandbeesupply@gmail.com
HONEY

PURPLE RIBBON BEEF ●●●

BRITT, IA • contact@purpleribbonbeef.com
BEEF

RED ROOSTER RANCH MARKET

ST. ANSGAR, IA • redroosterranch@mywalledgarden.com
MEAT - POULTRY - EGGS - OTHER (HERBS, POPCORN, ETC)

RED SHED ●●●

FOREST CITY, IA • (641) 512-1194
VEGETABLES - BAKED GOODS - HERBS

REIFF'S FARMSTAND ▲●●

FLOYD, IA • (641) 398-2276
VEGETABLES - FRUITS - EGGS

SKYVIEW FARMS ●●●

NORA SPRINGS, IA • laura@skyviewbeef.com
BEEF

STEVE'S SWEET CORN ▲●●

OSAGE, IA • rachutfarms@osage.net
VEGETABLES

STILLWATER GREENHOUSE ●●●

ORCHARD, IA • stillwatergreenhouse@gmail.com
VEGETABLES

VONDEROHE BEES

MASON CITY, IA • vonderohebees@hotmail.com
HONEY

WOODSIDE ACRES ●●●

CHARLES CITY, IA • mallory@woodsideacres.com
MEAT - POULTRY - EGGS

MEAT LOCKERS

CLARION LOCKER ●●●

CLARION, IA • clarionlocker@gmail.com

VENTURA LOCKER ●●●

VENTURA, IA • venturaloocker@outlook.com

★ Indicates U-Pick Offering

●●● Indicates CSA

▲ Indicates Roadside Stand



FOOD HUBS

IOWA FOOD HUB ●●●

DECORAH, IA • (563) 223-8845
VEGETABLES - FRUITS - HONEY - MAPLE SYRUP -
BEEF - CHICKEN - TURKEY - EGGS - DAIRY

PRUDENT PRODUCE ●●●

ELKHART, IA • (515) 367-0302
VEGETABLES - FRUITS - HONEY - MAPLE SYRUP - MEAT -
EGGS - BAKED GOODS - DAIRY - HERBS - MUSHROOMS

GROCERS + HEALTH FOOD MARKETS

GRANNY'S IOWA MARKET ●●●

CLARION, IA • (515) 532-2788

ROOTS NURTITION

COUNSELING & MORE ●●●

MASON CITY, IA • (641) 450-0003

SIMPLY NOURISHED MARKET

& MERCANTILE ●●●

MASON CITY, IA • (641) 450-0893

THE MARKET @ TASTE ●●●

OSAGE, IA • (641) 832-7340

RESTAURANTS

BLACK SHEEP COFFEE BAA ●●●

GREENE, IA • (641) 816-3102

CAFE MIR ●●●

FERTILE, IA • (641) 481-4900

CEDAR RIVER PIZZA COMPANY ●●●

CHARLES CITY, IA • (641) 228-3590

CEDAR VALLEY SEMINARY ●●●

OSAGE, IA • (641) 832-2857

GOD FUEL LLC ●●●

HAMPTON, IA • (641) 531-9656

GROUNDSD ●●●

CLARION, IA • (515) 602-6212

PIGGYBACK SMOKE SHACK ●●●

OSAGE, IA • (641) 832-7755

PIPE DREAM PIZZA ●●●

MASON CITY, IA • (641) 450-0288

TASTE ●●●

OSAGE, IA • (641) 832-7340

BREWERIES

FAT HILL BREWING ●●●

MASON CITY, IA • (641) 423-0737

LIMESTONE BREWERS ●●●

OSAGE, IA • (641) 781-0710

RUSTIC BREW ●●●

HAMPTON, IA • (641) 456-2141

WORTH BREWING COMPANY ●●●

NORTHWOOD, IA • (641) 390-0256



COFFEE SHOPS

JITTERS COFFEE BAR ●●●

MASON CITY, IA • (641) 424-4880

THREE ON THE TREE ●●●

MASON CITY, IA • (641) 423-0929

FARMERS MARKETS

BELMOND SUMMER MARKET ●●●

BELMOND, IA • MAIN STREET IN BELMOND
5-8PM 2ND TUESDAY OF JUNE, JULY AND AUGUST

CHARLES CITY FARMERS MARKET ●●●

CHARLES CITY, IA • 401 NORTH MAIL STREET
SATURDAYS 9AM-NOON; WEDNESDAYS 3:30-6PM;
MAY 4 - OCTOBER 19

CLARION FARMERS MARKET ●●●

CLARION, IA • 100 NORTH MAIN STREET
SATURDAYS 9-11AM; JUNE 1 - SEPTEMBER 28

CLEAR LAKE FARMERS MARKET ●●●

CLEAR LAKE, IA • 460 N. SHORE DR.
SATURDAYS 9AM-NOON; MID-MAY - MID-OCTOBER

FOREST CITY FARMERS MARKET ●●●

FOREST CITY, IA • 106 S. 4th STREET
THURSDAYS 3:00-5:30PM; JUNE 13 - SEPTEMBER 26

HAMPTON COMMUNITY FARMERS MARKET ●●●

HAMPTON, IA • 206 CENTRAL AVE W
TUESDAYS & FRIDAYS 4:30-6:30PM; MAY 17 - OCT 18

KOSSUTH COUNTY FARMERS MARKET ●●●

ALGONA, IA • CORNER OF DODGE & NEBRASKA STREET
SATURDAYS 9-11AM; WEDNESDAYS 3-5PM; SATURDAYS JUNE 1 -
OCTOBER 12; WEDNESDAYS JULY 3 - SEPTEMBER 4

NORTH IOWA BETTERMENT ●●●

BUFFALO CENTER, IA • POST OFFICE PARK
TUESDAYS 4-6; MAY - EARLY OCTOBER

OSAGE FARMERS MARKET ●●●

OSAGE, IA • 114 S. 7TH ST
THURSDAYS 3:30-5:30PM; MID MAY - MID OCTOBER

RICEVILLE FARMERS MARKET

RICEVILLE, IA • 203 MAIN ST
SATURDAYS 9-11AM; LATE MAY - AUGUST

ST. ANSGAR FARMERS MARKET ●●●

ST. ANSGAR, IA • WEST 3RD ST
THURSDAYS 4-5:30PM; MAY 30 - OCTOBER 31

STACEYVILLE FARMERS MARKET

STACEYVILLE, IA • STACEYVILLE CITY PARK
TUESDAYS 4:30-6:30PM; LATE MAY - OCTOBER



WHY EAT LOCAL? Because what we eat **MATTERS.**

Buying locally grown food is good for **YOU**, our **COMMUNITY**, our **FARMERS**, and our **ENVIRONMENT.**



Learn more about these local food supporters and more at:
<https://www.healthyharvestni.com/find>