

WAYS to
enjoy

LOCAL
FOOD

IN

NORTH IOWA



Grow
eat
play

north iowa



HEALTHY
HARVEST
of North Iowa

Healthy Harvest of North Iowa is a local non-profit organization that works to connect and educate in support of the local food system.



FARMS

APPLES ON THE AVENUE ORCHARD* f

NASHUA, IA • (641) 210-5506
FRUITS - HONEY - MAPLE SYRUP - EGGS - BAKERY

BERRY HILL ORCHARD* f @

HANLONTOWN, IA • (712) 330-0413
VEGETABLES - FRUITS

BODE'S MOONLIGHT GARDENS* f @

ALGONA, IA • (515) 295-6060
VEGETABLES - CSA

C&K FARM

CLEAR LAKE, IA • (641) 425-8760
MEAT - EGGS - SPECIALTY

CAMEO VIEW ACRES f

ST. ANSGAR, IA • (563) 554-1757
VEGETABLES

CHILDS FAMILY FARM* f

CHARLES CITY, IA • (641) 257-8817
VEGETABLES - FRUITS - OTHER

ENCHANTED ACRES* f @

SHEFFIELD, IA • (515) 371-0450
VEGETABLES - BAKERY - SPECIALTY

FABER MAPLE SYRUP f

BURT, IA • (515) 924-3489
MAPLE SYRUP

FERTILE VALLEY GARDENS

FERTILE, IA • (641) 797-2811
VEGETABLES

FINER HONEY FARMS f

VENTURA, IA • (641) 494-7442
HONEY

FROHLING STRAWBERRY HILL* f

ROWAN, IA • (641) 425-8074
FRUITS

GRAND VIEW BEEF f @

CLARION, IA • (515) 344-2353
MEAT

HAZEL ACRES

FENTON, IA • (515) 320-6756
HAZELNUTS

HONEY & EWE FARM f

MASON CITY, IA • (641) 420-7297
VEGETABLES - HONEY - MEAT - POULTRY - EGGS

JÓIA FOOD FARM f @

CHARLES CITY, IA • (641) 228-1583
MEAT - POULTRY - EGGS - CSA

KOENIGS' ACRES* f

HAMPTON, IA • (641) 456-4903
VEGETABLES - FRUITS - POULTRY - EGGS - CSA - ROADSIDE STAND

KOHLHAAS CATTLE COMPANY f @

LU VERNE, IA • (515) 368-0302
MEAT

KOLLASCH FAMILY FARMS f @

WHITTEMORE, IA • (515) 341-2650
MEAT

LINDEN HILL FARM f

THOMPSON, IA • (641) 584-2836
VEGETABLES - ROADSIDE STAND

LOG CABIN PRODUCE* f

ORCHARD, IA • (641) 982-4866
VEGETABLES - FRUITS - ROADSIDE STAND

MOSSY CUP FARMS f @

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

NORTH IOWA BERRIES & MORE* f

MASON CITY, IA • (641) 423-0030
VEGETABLES - FRUIT - BAKED GOODS - SPECIALTY

OTTER CREEK ORCHARD* f @

ST. ANSGAR, IA • (507) 438-3569
FRUIT - BAKERY - SPECIALTY

P&P HONEY & BEE SUPPLY, INC f

GOODELL, IA • (641) 444-4767
HONEY

PRAIRIE SKY FARM f @

WESLEY, IA • (515) 928-7690
MEAT

PURPLE RIBBON BEEF f @

CLARION, IA • (515) 571-5630
MEAT

RED ROOSTER RANCH

ST. ANSGAR, IA • (641) 381-0054
VEGETABLES - FRUITS - HONEY - MEAT - POULTRY - EGGS - OTHER

RED SHED GARDENS f @

FOREST CITY, IA • (641) 512-1194
VEGETABLES - FRUITS

REIFF'S FARMSTAND* f @

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

SKYVIEW FARMS f @

NORA SPRINGS, IA • (641) 425-4473
MEAT

STEVE'S SWEET CORN f

OSAGE, IA • (515) 460-5961
VEGETABLES

STILLWATER GREENHOUSE f

ORCHARD, IA • (641) 732-3252
VEGETABLES

SUNFLOWER FARMSTAND

OSAGE, IA • (641) 210-5635
VEGETABLES - FRUITS - EGGS - ROADSIDE STAND

THE BARN AT WALTON FARMS* f @

CLARION, IA • (641) 691-6086
PUMPKINS - SPECIALTY

THE PONDEROSA FARMSTEAD, LLC* f @

LAKE MILLS, IA • (641) 425-1515
FRUITS

THE THOMAS FARMSTEAD f @

KENSETT, IA • (515) 257-6216
MEAT - POULTRY - EGGS - CSA

TWISTED RIVER FARM f @

MITCHELL, IA • (641) 903-1942
VEGETABLES - OTHER

VONDEROHE BEES f

MASON CITY, IA • (641) 430-8673
HONEY

WINGS & THINGS @

MESERVEY, IA • (641) 847-0971
POULTRY - EGGS

WOODSIDE ACRES f @

CHARLES CITY, IA • (319) 883-9246
POULTRY - EGGS - SPECIALTY

FOOD HUBS

NORTH IOWA FRESH f @

CLEAR LAKE, IA • (319) 325-4222
VEGETABLES - FRUITS - HONEY - MAPLE SYRUP - MEAT - POULTRY - EGGS - SPECIALTY - OTHER - CSA

*Indicates U-Pick Offering

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 healthyharvestni.com/find!

eat

DIRECTORY

COFFEE SHOPS -----

JITTERS COFFEE BAR  
MASON CITY, IA • (641) 424-4880

FOOD TRUCKS -----

CEDAR VALLEY SEMINARY 
OSAGE, IA • (641) 832-2857

GROCERS -----

HY-VEE CHARLES CITY  
CHARLES CITY, IA • (641) 228-1726

HY-VEE EAST, MASON CITY  
MASON CITY, IA • (641) 424-9741

HY-VEE WEST, MASON CITY  
MASON CITY, IA • (641) 424-2605

LOCKERS -----

CLARION LOCKER 
CLARION, IA • (515) 532-2350

VENTURA LOCKER 
VENTURA, IA • (641) 829-3823

NATURAL HEALTH FOOD STORES -----

SIMPLY NOURISHED  
CLEAR LAKE, IA • (641) 357-4444

SIMPLY NOURISHED MC  
MASON CITY, IA • (641) 450-0893

RESTAURANTS -----


1910 GRILLE  
MASON CITY, IA • (641) 422-0015

BAKERY LANE  
MASON CITY, IA • (641) 420-7189

CAFE MIR  
FERTILE, IA • (641) 481-4900

FUEL COAL-FIRED PIZZA 
CLARION, IA • (515) 532-3835

GROUNDUP 
CLARION, IA • (515) 602-6212

PIGGYBACK SMOKE SHACK  
OSAGE, IA • (641) 832-7340

TASTE.BYUNC'S CHEESECAKES INC.  
OSAGE, IA • (641) 832-7340



play

BREWERIES -----

FAT HILL BREWING  
MASON CITY, IA • (641) 423-0737


LIMESTONE BREWERS  
OSAGE, IA • (641) 781-9018

RUSTIC BREW 
HAMPTON, IA • (641) 456-2141

WORTH BREWING COMPANY  
NORTHWOOD, IA • (641) 324-9899



FARMERS MARKETS -----

BELMOND GROWTH ALLIANCE  
BELMOND, IA • BELMOND CITY PARK
JUNE 5 & AUGUST 7 9-11AM

CHARLES CITY FARMERS MARKET 
CHARLES CITY, IA • CENTRAL PARK
SATURDAYS 9AM-NOON; WEDNESDAYS 3:30-6PM;
EARLY MAY - MID OCTOBER

CLARION FARMERS MARKET 
CLARION, IA • 115 NORTH MAIN STREET
SATURDAYS 9-11AM; EARLY JUNE - EARLY OCTOBER

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

FOREST CITY FARMERS MARKET 
FOREST CITY, IA • 126 S. CLARK STREET
THURSDAYS 3:30-5:30PM; EARLY JUNE - LATE SEPTEMBER

HAMPTON COMMUNITY FARMERS MARKET 
HAMPTON, IA • 225 CENTRAL AVE W
TUESDAYS & FRIDAYS 4:30-6:30PM; MID-MAY - MID-OCTOBER

KANAWHA FARMERS MARKET
KANAWHA, IA • KANAWHA CITY PARK - N MAIN ST
MONDAYS 3-5PM; SECOND WEEK OF JUNE - LATE SEPTEMBER

KOSSUTH COUNTY FARMERS MARKET 
ALGONA, IA • CORNER OF DODGE & NEBRASKA STREET
SATURDAYS 9-11AM; WEDNESDAYS 3-5PM; SATURDAYMID-MAY -
MID-OCTOBER; WEDNESDAY JULY - SEPTEMBER

MASON CITY FARMERS MARKET  
MASON CITY, IA • 1st NE AND DELAWARE AVE
TUESDAYS & FRIDAYS 4-6PM; MID MAY - MID OCTOBER

OSAGE CHAMBER OF COMMERCE  
OSAGE, IA • 114 S. 7TH ST
THURSDAYS 3-6PM; EARLY MAY - MID OCTOBER


RICEVILLE FARMERS MARKET
RICEVILLE, IA • 203 MAIN ST/HWY 9 (NEXT TO CITY HALL)
SATURDAYS 9-11AM; LATE MAY - EARLY SEPTEMBER

SHEFFIELD FARMERS MARKET
SHEFFIELD, IA • CORNER OF GILMAN & SOUTH 1ST ST
MONDAYS 5-6PM; MID-JUNE - OCTOBER

ST. ANSGAR FARMERS MARKET 
ST. ANSGAR, IA • CLAUSEN CITY PARK - N. WASHINGTON ST
THURSDAYS 4-5:30PM; FIRST THURSDAY IN JUNE - LAST THURSDAY
IN SEPTEMBER

VINEYARDS -----

LAZY ACRE VINEYARD  
LAKE MILLS, IA • (641) 592-5299

TOWNSEND WINERY & VINEYARD  
HANSELL, IA • (641) 456-2836



What does THAT mean?

CERTIFIED ORGANIC

A product marketed organic requires annual inspection and certification by a National Organic Program accredited agent. Certified organic farms follow management practices to improve soil health and fertility without synthetic pesticides, fertilizers, and other prohibited substances. It also requires specific record keeping and proof of organic seeds/inputs sources, post-harvest handling, and field practices.

Look for the * on the directory inside for producers who offer U-Pick.

CSA (COMMUNITY-SUPPORTED AGRICULTURE)

AKA "Subscription Farming." You buy a subscription from a local farmer just like you buy a newspaper subscription and in return you receive weekly shares of fresh, locally grown produce throughout the farming season. Some farmers also offer CSA shares that include meat, eggs, dairy, bread, honey, and other products. Another farm share model is a "Buyers Club."

ORGANICALLY GROWN

These products are not certified organic by an accredited agent. The grower chooses to grow their products without synthetic additives like pesticides and chemical fertilizers.

SUSTAINABLY GROWN

A practice of growing agricultural products based on an understanding of the ecosystem (relationship between organisms and their environment).

PESTICIDE-FREE

Products are produced without the use of artificial pesticides.

NO-TILL FARMING

A method of growing crops from year to year without disturbing the soil through tillage to build healthier soil and prevent soil erosion.

get
FRESH
FOOD
weekly -
JOIN A
CSA



shop
at your
LOCAL
FARMERS'
MARKET



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



dine at
RESTAURANTS

that
LOCALLY
SOURCE



Looking for
Recipe ideas?

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

Special thanks to local support from MercyOne North Iowa Medical Center, Hearing Associates LLC, Kolbet Realtors, and County Board of Supervisors from Cerro Gordo, Floyd, Franklin, Mitchell, Worth, and Wright Counties