

# Current work

HEALTHY HARVEST OF NORTH IOWA WORKS TO CONNECT AND EDUCATE IN SUPPORT OF THE LOCAL FOOD SYSTEM.

## SUPPORT TO FOOD & FARM BUSINESSES

We coordinate educational workshops, encourage business networking, provide technical support, host field days and work on expanded market development. Key programs include the North Iowa Local Food Connection Program, the North Iowa Local Food Guide and Producer Profile Projects.

## SUPPORT TO CONSUMERS

We promote the purchase and consumption of locally produced foods through farmers markets, restaurants, and retail locations. Key programs include recipe demonstrations at farmers markets, seasonal cooking classes, and promotion of local products and recipes through our online searchable databases.

## SUPPORT TO COMMUNITIES

We connect producers and food businesses and host events to engage community members in brainstorming about local food system development opportunities in their communities. Key programing includes agritourism event development (Farm to Fork Events) and farmers market technical support.

## COORDINATION OF REGIONAL PARTNERSHIPS

We develop partnerships and lead discussions on numerous topics throughout our regional food system. Key programing includes: facilitation of the North Iowa Local Food Coalition, hosting our annual Farm Fresh Food Fest, and being a key partner in Farm to School planning and Value Chain Coordination throughout North Iowa and statewide.

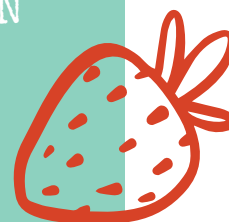
get  
FRESH  
FOOD  
weekly -  
JOIN A  
CSA



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](http://healthyharvestni.com/recipes)  
to explore our  
searchable database!



# Ways to enjoy

# LOCAL FOOD

IN  
NORTH IOWA

# Grow eat play



Special thanks to the support from Ag VA Foundation, Albert Lea Seed, Clear Lake Bank & Trust, Hearing Associates LLC, IDALS, MercyOne North Iowa Medical Center, Newman's Own Foundation, Practical Farmers of Iowa, USDA AMS, Visit Mason City and the County Board of Supervisors from Cerro Gordo, Franklin, Mitchell, Worth and Wright Counties

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**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.



## LOCAL FOODS DIRECTORY

### FARMS -----

#### 14 ACRE FARM

MANLY, IA • (641) 420-7533  
VEGETABLES - APPLES - HERBS - PRODUCE BOXES - CSA

#### BACKYARD BERRIES

EAGLE GROVE, IA • (515) 851-8954  
STRAWBERRIES

#### BERRY HILL ORCHARD

HANLONTOWN, IA • (712) 330-0413  
ARRONIA BERRIES - JAMS

#### BODE'S MOONLIGHT GARDENS

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

#### C&K FARM

CLEAR LAKE, IA • (641) 425-8760  
BEEF - PORK - EGGS - HAY

#### CHILDS FAMILY FARM

CHARLES CITY, IA • (641) 257-8817  
FLOWERS - HERBS - VEGETABLES - EGGS

#### CHRIS' KETTLE CORN

CLEAR LAKE, IA • (641) 530-8068  
POPCORN

#### COTTONWOOD CORNER

THOMPSON, IA • (641) 251-1107  
BEEF - PORK

#### FABER MAPLE SYRUP

BURT, IA • (515) 924-3489  
MAPLE SYRUP

#### FERTILE VALLEY GARDENS

FERTILE, IA • (641) 420-6555  
VEGETABLES

#### FINER HONEY FARMS

VENTURA, IA • (641) 829-3011  
HONEY - SPECIALTY PRODUCTS

#### GRAND VIEW BEEF

CLARION, IA • (515) 344-2353  
BEEF

#### HAZEL ACRES

FENTON, IA • (515) 320-6756  
HAZELNUTS

#### HONEY & EWE FARM

MASON CITY, IA • (641) 420-7297  
HONEY & BEES - BEEF - CHICKEN - LAMB -  
TURKEY - EGGS - VEGETABLES

#### IOWA FOOD HUB

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

#### JÓIA FOOD & FIBER FARM

CHARLES CITY, IA • (641) 228-1583  
BEEF - CHICKEN - DUCK - LAMB - PORK -  
TURKEY - BISON - EGGS

#### KOENIGS' ACRES

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

#### KOHLHAAS CATTLE COMPANY

ALGONA, IA • (515) 368-0302  
BEEF

#### KOLLASCH FAMILY FARMS

WHITTEMORE, IA • (515) 341-2650  
BEEF

#### MOSSY CUP FARMS

CLEAR LAKE, IA • (952) 836-6551  
CHICKEN - DUCK - PORK - TURKEY - EGGS -  
HERBS - LARD - STOCK - SOAP

#### NORTH 40 GARDENS

GARNER, IA • (641) 430-6210  
VEGETABLES - FRUIT - HERBS

#### OTTER CREEK ORCHARD

ST. ANSGAR, IA • (507) 438-3569  
APPLES - BAKED GOODS - PUMPKINS

#### P&P HONEY & BEE SUPPLY, INC

GOODELL, IA • (641) 444-4767  
HONEY

#### PRUDENT PRODUCE

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

#### PURPLE RIBBON BEEF

BRITT, IA • (515) 571-2758  
BEEF

#### RED ROOSTER RANCH MARKET

ST ANSGAR, IA • (641) 381-0054  
BEEF - CHICKENS - PORK - EGGS - FLOWERS

#### RED SHED GARDENS

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 • (641) 425-4473  
BEEF

#### STEVE'S SWEET CORN

OSAGE, IA • (515) 460-5961  
SWEET CORN - VEGETABLES

#### STILLWATER GREENHOUSE

ORCHARD, IA • (641) 732-3252  
PUMPKINS - SWEET CORN - MELON

#### THE THOMAS FARMSTEAD

KENSETT, IA • (515) 257-6216  
VEGETABLES - CHICKEN - TURKEY - PORK -  
BAKED GOODS

#### VONDEROHE BEES

MASON CITY, IA • (641) 430-8673  
HONEY

#### WOODSIDE ACRES

CHARLES CITY, IA • (319) 883-9246  
VEGETABLES - APPLES - HERBS - CHICKEN -  
EGGS - MUSHROOMS - FLOWERS

 Indicates U-Pick Offering

 Indicates CSA

 Indicates Roadside Stand



# Eat

### COFFEE SHOPS -----

#### JITTERS COFFEE BAR

MASON CITY, IA • (641) 424-4880

#### THREE ON THE TREE

MASON CITY, IA • (641) 423-0929

### FOOD TRUCKS -----

#### CEDAR VALLEY SEMINARY

OSAGE, IA • (641) 832-2857

### GROCERS -----

#### GRANNY'S IOWA MARKET

CLARION, IA • (515) 532-2788

#### 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 -----

#### ROOTS NURTITION

#### COUNSELING & MORE

MASON CITY, IA • (641) 450-0003

#### SIMPLY NOURISHED

CLEAR LAKE, IA • (641) 357-4444

### RESTAURANTS -----

#### CAFE MIR

FERTILE, IA • (641) 481-4900

#### GOD FUEL

HAMPTON, IA • (641) 531-9656

#### GROUND

CLARION, IA • (515) 602-6212

#### PIGGYBACK SMOKE SHACK

OSAGE, IA • (641) 832-7755

#### PIPE DREAM PIZZA

MASON CITY, IA • (641) 450-0288

#### TASTE. BY UNC'S CHEESECAKES INC.

OSAGE, IA • (641) 832-7340

# PLAY

### BREWERIES -----

#### FAT HILL BREWING

MASON CITY, IA • (641) 423-0737

#### LIMESTONE BREWERS

OSAGE, IA • (641) 832-3100

#### RUSTIC BREW

HAMPTON, IA • (641) 456-2141

#### WORTH BREWING COMPANY

NORTHWOOD, IA • (641) 324-9899



### FARMERS MARKETS -----

#### BELMOND SUMMER MARKET

BELMOND, IA • MAIN STREET IN BELMOND  
JUNE 10, JULY 8 & AUGUST 12

#### 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 • 100 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 - MID-OCTOBER

#### FOREST CITY FARMERS MARKET

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

#### HAMPTON COMMUNITY FARMERS MARKET

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

#### KOSSUTH COUNTY FARMERS MARKET

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

#### MASON CITY FARMERS MARKET

MASON CITY, IA • 1st ST NW & N FEDERAL AVE  
SATURDAYS 9AM-NOON; JUNE - MID-OCTOBER

#### OSAGE FARMERS MARKET

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

#### RICEVILLE FARMERS MARKET

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

#### ST. ANSGAR FARMERS MARKET

ST. ANSGAR, IA • CLAUSEN CITY PARK - N. WASHINGTON ST  
THURSDAYS 4-5:30PM; JUNE - MID OCTOBER

#### STACEYVILLE FARMERS MARKET

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

### VINEYARDS -----

#### 99 BOTTLES WINERY & VINEYARD

GARNER, IA • (641) 425-6003

#### LAZY ACRE VINEYARD

LAKE MILLS, IA • (641) 592-5299

#### TOWNSEND WINERY & VINEYARD

HANSELL, IA • (641) 456-2836

**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>