

# 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.

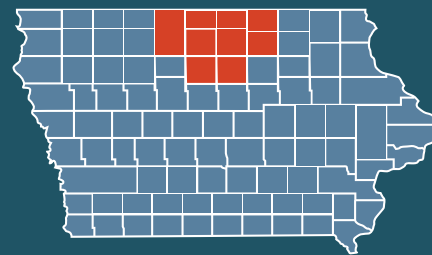
## 3. OUR FARMERS

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](http://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](http://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

CLEAR LAKE, 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

#### GROUNDLED

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

#### 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>