

Summertime Bucket List



Summer is the perfect time to #GrowEatPlay and indulge in the bounties of local flavors. As the sun shines bright and the days get longer, embark on a culinary adventure with our Summertime Bucket List that revolves around savoring delicious local foods.

- Shop at a Farm Store or Roadside Stand**
Hit the backroads and stock up on the best food in our region.
- Pack a Local Picnic**
Enjoy the sunshine while relishing the flavors of your community.
- Attend a Farmers Market You've Never Been To**
Discover unique offerings and support new local vendors.
- Try a Free Sample at a Farmers Market**
Discover delightful treats while supporting local vendors.
- Find the Perfect Tomato**
Nothing beats the burst of flavor from a ripe, juicy tomato.
- Attend a Farm-to-Fork Dinner**
Indulge in exquisite dishes crafted with the best ingredients.



Visit HealthyHarvestNI.com/hub
to find local farms, seasonal
recipes, and so much more!





Grow Flat Play

north iowa