

# 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.

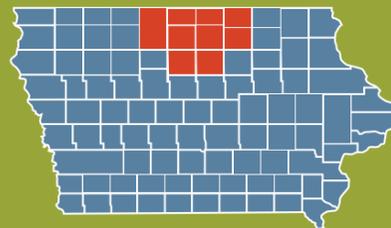
## 3. OUR FARMERS

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



WAYS to enjoy LOCAL FOOD

shop at your LOCAL FARMERS MARKET

attend a LOCAL FOOD EVENT!

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

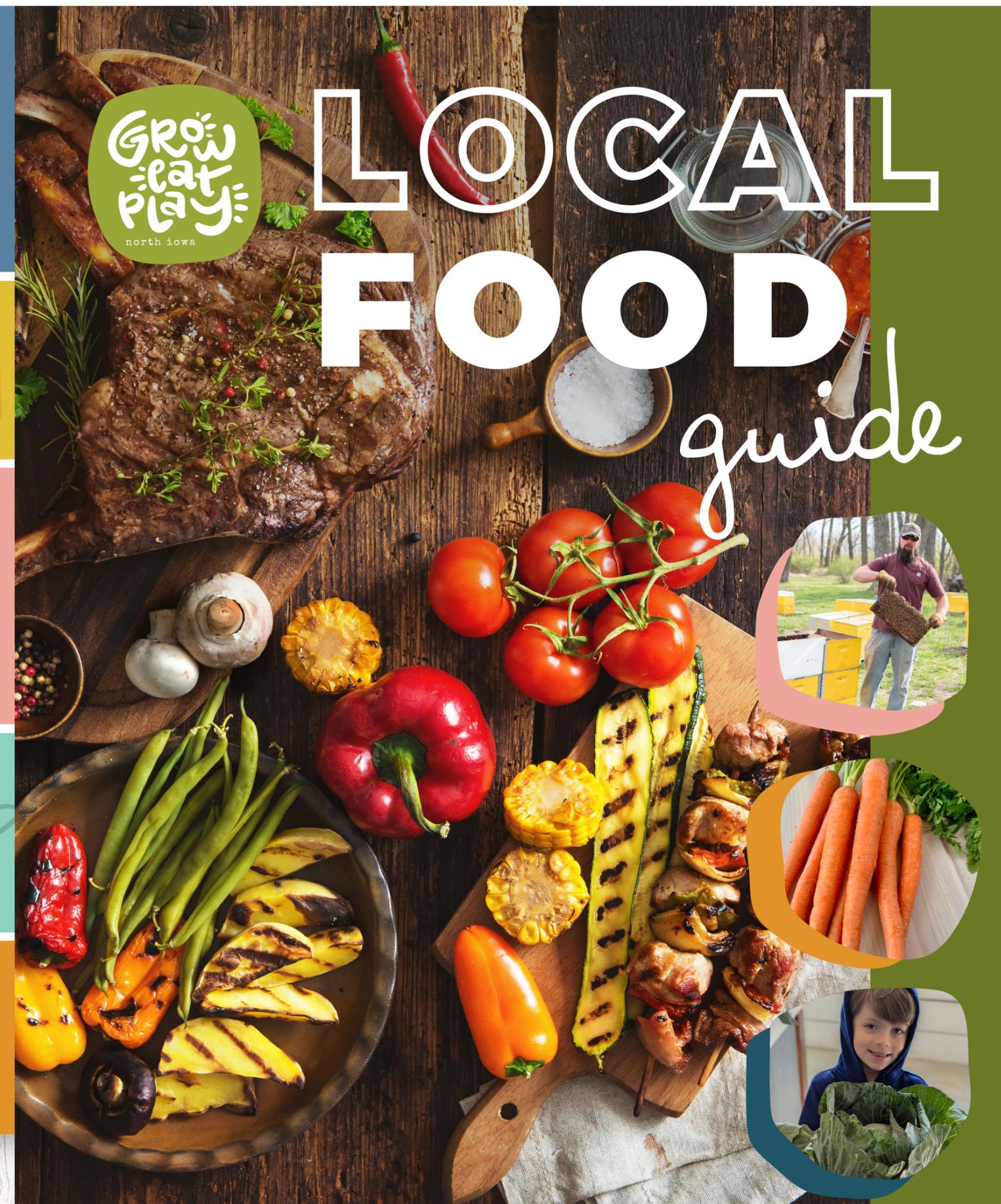
[healthyharvestni.com/events](http://healthyharvestni.com/events)

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

dine at RESTAURANTS that LOCALLY SOURCE



# LOCAL FOOD guide

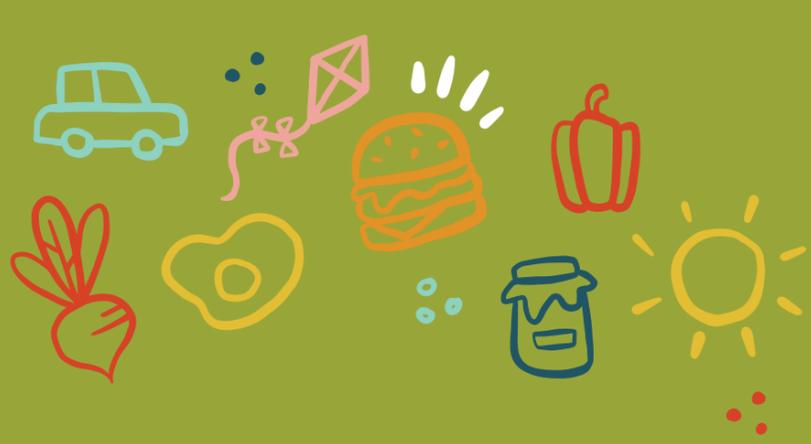


Looking for Recipe ideas?

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



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

- ★ Indicates U-Pick Offering
- Indicates CSA or Subscription
- ▲ Indicates Farm Stand/Roadside Stand

## PRODUCERS

- BODE'S MOONLIGHT GARDENS** ★ ● 📍  
ALGONA, IA • [bodemoonlightgardens@gmail.com](mailto:bodemoonlightgardens@gmail.com)  
VEGETABLES - FRUIT
- CHILDS FAMILY FARM** ▲ 📍  
CHARLES CITY, IA • [dianatchilds1973@gmail.com](mailto:dianatchilds1973@gmail.com)  
VEGETABLES - MEAT - POULTRY - EGGS
- FARMER SARGE'S** ★ 📍  
SAINT BENEDICT, IA • [thill.brad@yahoo.com](mailto:thill.brad@yahoo.com)  
FRUIT - SWEET CORN - VEGETABLES
- FERTILE VALLEY GARDENS**  
MASON CITY, IA • [rrachut6555@gmail.com](mailto:rrachut6555@gmail.com)  
VEGETABLES
- FINER HONEY FARMS** 📍  
VENTURA, IA • [finerhoneyfarm@gmail.com](mailto:finerhoneyfarm@gmail.com)  
HONEY
- FORTRESS FARMS LLC** 📍  
WESLEY, IA • [fortressfarms@protonmail.com](mailto:fortressfarms@protonmail.com)  
MEAT - POULTRY - EGGS - BAKED GOODS
- GRAND VIEW BEEF** ● 📍  
CLARION, IA • [info@grandviewbeef.com](mailto:info@grandviewbeef.com)  
BEEF
- HAZEL ACRES**  
FENTON, IA • [jeff@jenagres.com](mailto:jeff@jenagres.com)  
HAZELNUTS
- HONEY & EWE FARM** 📍  
MASON CITY, IA • [randlejd2210@gmail.com](mailto:randlejd2210@gmail.com)  
HONEY - LAMB - TURKEYS
- JÓIA FOOD & FIBER FARM** ● 📍  
CHARLES CITY, IA • [info@joiafoodfarm.com](mailto:info@joiafoodfarm.com)  
MEAT - POULTRY - EGGS - FIBER - FLOUR
- KITTLESON BROTHERS** ▲ 📍  
ST. ANSGAR, IA • [iapotato@kittleσονbrothers.com](mailto:iapotato@kittleσονbrothers.com)  
POTATOES - ONIONS
- KLOOSTER POLYPAYS** ▲  
ROCKWELL, IA • [kloosterpolypays@gmail.com](mailto:kloosterpolypays@gmail.com)  
LAMB - EGGS - POULTRY - FIBER

- KOEBRICK FARMS** ● ▲ 📍  
CHARLES CITY, IA • [srkoebriick@gmail.com](mailto:srkoebriick@gmail.com)  
MEAT - POULTRY - SEASONINGS - EGGS
- KOENIGS' ACRES FARM** ▲ 📍  
HAMPTON, IA • (641) 456-4903  
VEGETABLES - FRUIT - JAM
- KOLLASCH FAMILY FARMS** 📍  
WHITTEMORE, IA • [kollaschfamilyfarms@gmail.com](mailto:kollaschfamilyfarms@gmail.com)  
BEEF - POULTRY - EGGS
- LITTLE LEAFY GREEN MICRO FARM** 📍  
CLARION, IA • [littleleafygreens@gmail.com](mailto:littleleafygreens@gmail.com)  
MICRO & LEAFY GREENS
- MOSSY CUP FARMS & STORE** ▲ 📍  
CLEAR LAKE, IA • [mossycupfarms@gmail.com](mailto:mossycupfarms@gmail.com)  
MEAT - POULTRY - EGGS - SEASONINGS - SOAP
- NORTH FORTY GARDENS**  
GARNER, IA • [jeffshortdms@gmail.com](mailto:jeffshortdms@gmail.com)  
VEGETABLES - FRUITS
- OTTER CREEK ORCHARD** ★ ▲ 📍  
ST. ANSGAR, IA • [ottercreekorchardfarms@gmail.com](mailto:ottercreekorchardfarms@gmail.com)  
VEGETABLES - FRUITS - BAKED GOODS
- P&P HONEY & BEE SUPPLY, INC** 📍  
GOODELL, IA • [pphoneandbeesupply@gmail.com](mailto:pphoneandbeesupply@gmail.com)  
HONEY
- PURPLE RIBBON BEEF & GENERAL STORE** ● ▲ 📍  
BRITT, IA • [contact@purpleribbonbeef.com](mailto:contact@purpleribbonbeef.com)  
MEAT - POULTRY - EGGS
- RED ROOSTER RANCH MARKET**  
ST. ANSGAR, IA • [redroosterranch@mywalledgarden.com](mailto:redroosterranch@mywalledgarden.com)  
MEAT - POULTRY - EGGS - FRUIT - FLOWERS
- RED SHED GARDENS** 📍  
FOREST CITY, IA • [redshedgardens@outlook.com](mailto:redshedgardens@outlook.com)  
VEGETABLES - FRUITS - JAMS - BAKED GOODS
- REIFF'S FARMSTAND** ★ ▲ 📍  
FLOYD, IA • [charreif@gmail.com](mailto:charreif@gmail.com)  
VEGETABLES - FRUITS - PLANTS

- SASSY HENS FARM STAND** ▲  
RICEVILLE, IA • [sassyhens@yahoo.com](mailto:sassyhens@yahoo.com)  
VEGETABLES - EGGS
- SKYVIEW FARMS & MARKET** ● ▲ 📍  
NORA SPRINGS, IA • [laura@skyviewbeef.com](mailto:laura@skyviewbeef.com)  
MEAT - POULTRY - EGGS
- STEVE'S SWEET CORN** ▲ 📍  
OSAGE, IA • [steverachut@gmail.com](mailto:steverachut@gmail.com)  
SWEET CORN - HERBS
- STILLWATER GREENHOUSE** 📍  
ORCHARD, IA • [stillwatergreenhouse@gmail.com](mailto:stillwatergreenhouse@gmail.com)  
VEGETABLES - PLANTS
- THE THOMAS FARMSTEAD** 📍  
KENSETT, IA • [thomasfarmstead@gmail.com](mailto:thomasfarmstead@gmail.com)  
MEAT - POULTRY - EGGS - VEGETABLES - BAKED GOODS
- TRIPLE C LIVESTOCK**  
GOLDFIELD, IA • [tripleclivestock12@gmail.com](mailto:tripleclivestock12@gmail.com)  
BEEF - PORK
- TWISTED RIVER FARM & STORE** ● ▲ 📍  
MITCHELL, IA • [info@twistedriverfarm.com](mailto:info@twistedriverfarm.com)  
VEGETABLES - FLOWERS - FRUIT
- VONDEROHE BEES**  
MASON CITY, IA • [vonderohebees@hotmail.com](mailto:vonderohebees@hotmail.com)  
HONEY
- WOODSIDE ACRES** 📍  
CHARLES CITY, IA • [mallory@woodsideacres.com](mailto:mallory@woodsideacres.com)  
POULTRY
- SHARED USE KITCHENS**  
Find kitchens at: [iowakitchenconnect.com/](http://iowakitchenconnect.com/)
- CG COUNTY 4-H LEARNING CENTER**  
MASON CITY, IA • [education@healthyharvestni.com](mailto:education@healthyharvestni.com)  
(641) 530-5916
- THE GOLDEN HOPPER LLC**  
CLARION, IA • [thegoldenhopperllc@gmail.com](mailto:thegoldenhopperllc@gmail.com)  
(515) 408-2748

**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](http://healthyharvestni.com/find)



# Eat

## FOOD HUBS

- IOWA FOOD HUB** 📍  
DECORAH, IA • (563) 223-8845  
VARIOUS
- PRUDENT PRODUCE** ● 📍  
ELKHART, IA • (515) 367-0302  
VARIOUS

## FOOD BUSINESSES

- BROWN FAMILY FARMS** 📍  
WODEN, IA • [brownfamfarms@gmail.com](mailto:brownfamfarms@gmail.com)  
BAKED GOODS - JAMS - MAPLE SYRUP
- CARBO LOAD BAKED GOODS** 📍  
FLOYD, IA • [emhunt13@gmail.com](mailto:emhunt13@gmail.com)  
BAKED GOODS
- CLARION LOCKER** 📍  
CLARION, IA • [clarionlocker@gmail.com](mailto:clarionlocker@gmail.com)  
MEAT LOCKER
- NOT SOUR LLC** 📍  
CLEAR LAKE, IA • [notsourllc@gmail.com](mailto:notsourllc@gmail.com)  
BEVERAGES - CHARCUTERIE
- SWEETS & FEASTS BY ANNIE** 📍  
PLYMOUTH, IA • [sweetsandfeastsbyannie@gmail.com](mailto:sweetsandfeastsbyannie@gmail.com)  
BAKED GOODS

## GROCERS + HEALTH FOOD MARKETS

- ROOTS NUTRITION COUNSELING & MORE** 📍  
MASON CITY, IA • (641) 450-0003
- SIMPLY NOURISHED MARKET & MERCANTILE** 📍  
MASON CITY, IA • (641) 450-0893
- THE MARKET - OSAGE** 📍  
OSAGE, IA • (641) 832-7340

## RESTAURANTS & FOOD ESTABLISHMENTS

- CAFE MIR** 📍  
FERTILE, IA • (641) 481-4900
- CEDAR RIVER PIZZA COMPANY** 📍  
CHARLES CITY, IA • (641) 228-3590
- GOD FUEL** 📍  
HAMPTON & IOWA FALLS, IA • (641) 531-9656 / (641) 640-2304
- PIGGYBACK SMOKE SHACK** 📍  
OSAGE, IA • (641) 832-7755
- PIPE DREAM PIZZA** 📍  
MASON CITY, IA • (641) 450-0288
- TASTE** 📍  
OSAGE, IA • (641) 832-7340

# Play

## BEVERAGES

- FAT HILL BREWING** 📍  
MASON CITY, IA • (641) 423-0737
- JITTERS COFFEE BAR** 📍  
MASON CITY, IA • (641) 424-4880
- LAZY ACRE VINEYARD** 📍  
LAKE MILLS, IA • (641) 592-5299
- LIMESTONE BREWERS** 📍  
OSAGE, IA • (641) 781-0710
- WORTH BREWING COMPANY** 📍  
NORTHWOOD, IA • (641) 390-0256



## FARMERS MARKETS

- Most markets begin opening in April or May and run through October. Check with your local market for specific opening and closing dates.
- BELMOND SUMMER MARKET** 📍  
BELMOND, IA • MAIN STREET IN BELMOND  
5-8PM 2ND TUESDAY OF JUNE, JULY AND AUGUST
- BUFFALO CENTER FARMERS MARKET**  
BUFFALO CENTER, IA • NEXT TO POST OFFICE (15 2ND AVENUE)  
4-6 PM TUESDAYS
- CHARLES CITY FARMERS MARKET** 📍  
CHARLES CITY, IA • CENTRAL PARK  
SATURDAYS 9AM-NOON; WEDNESDAYS 3:30-6PM;
- CLARION FARMERS MARKET** 📍  
CLARION, IA • 115 NORTH MAIN STREET  
SATURDAYS 9-NOON
- CLEAR LAKE FARMERS MARKET** 📍  
CLEAR LAKE, IA • SURF BALLROOM PARKING LOT  
SATURDAYS 9AM-NOON; MID-MAY - MID-OCTOBER
- FOREST CITY FARMERS MARKET** 📍  
FOREST CITY, IA • 106 S. 4th STREET  
THURSDAYS 3:00-5:30PM
- HAMPTON FARMERS MARKET** 📍  
HAMPTON, IA • 206 CENTRAL AVE W  
TUESDAYS & FRIDAYS 4:30-6:30PM
- KOSSUTH COUNTY FARMERS MARKET** 📍  
ALGONA, IA • CORNER OF DODGE & NEBRASKA STREET  
SATURDAYS 9-11AM; WEDNESDAYS 3-5PM
- LAKE MILLS FARMERS MARKET** 📍  
LAKE MILLS, IA • 200 N 1ST AVE W (LOT WEST OF CITY HALL)  
MONDAYS 4-6PM
- MASON CITY FARMERS MARKET** 📍  
MASON CITY, IA • CENTRAL PARK  
SATURDAYS 9AM-NOON
- OSAGE FARMERS MARKET** 📍  
OSAGE, IA • 114 S. 7TH ST  
THURSDAYS 3:30-5:30PM
- RICEVILLE FARMERS MARKET**  
RICEVILLE, IA • 203 MAIN ST  
SATURDAYS 9-11AM
- ST. ANSGAR FARMERS MARKET** 📍  
ST. ANSGAR, IA • WEST 3RD ST  
THURSDAYS 4-5:30PM
- STACEYVILLE FARMERS MARKET**  
STACEYVILLE, IA • STACEYVILLE CITY PARK  
TUESDAYS 4:30-6:30PM

