



WAYS to enjoy LOCAL FOOD



LOCAL FOOD guide

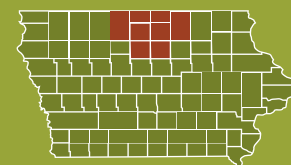
ABOUT HEALTHY HARVEST NORTH IOWA

Healthy Harvest of North Iowa is a nonprofit 501(c)(3) organization that works to build a thriving network for locally produced foods. As part of Iowa's regional food development network, Healthy Harvest is active in nine counties.

OUR MISSION

To build a thriving network for locally produced foods.

WHERE WE WORK



OUR VISION

For everyone in North Iowa to have the opportunity to enjoy local foods.

KEY PROGRAMS

For Producers/Farmers: We provide education, marketing, and networking support for producers to improve their business practices and diversify local food offerings.

For Consumers: We encourage customers to buy local by providing ideas on how to find and use local foods; We work with buyers to increase local food product offerings in their restaurants and stores.

For Communities: We work with communities to grow their local food network through farmers' market technical support, farm to fork events, and partnership development.

For the Region: We build a network of partners to develop a complete regional local food system through efforts like the North Iowa Local Food Coalition.

SUPPORT LOCAL FOOD - BECOME A MEMBER OR DONATE TODAY!

Healthy Harvest of North Iowa offers memberships for individuals, farms, businesses, and organizations who believe in the power of local food. Whether you're growing it, selling it, or simply enjoying it, your membership helps connect our community and strengthen North Iowa's local food network.



SCAN HERE!

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

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



dine at RESTAURANTS that LOCALLY SOURCE



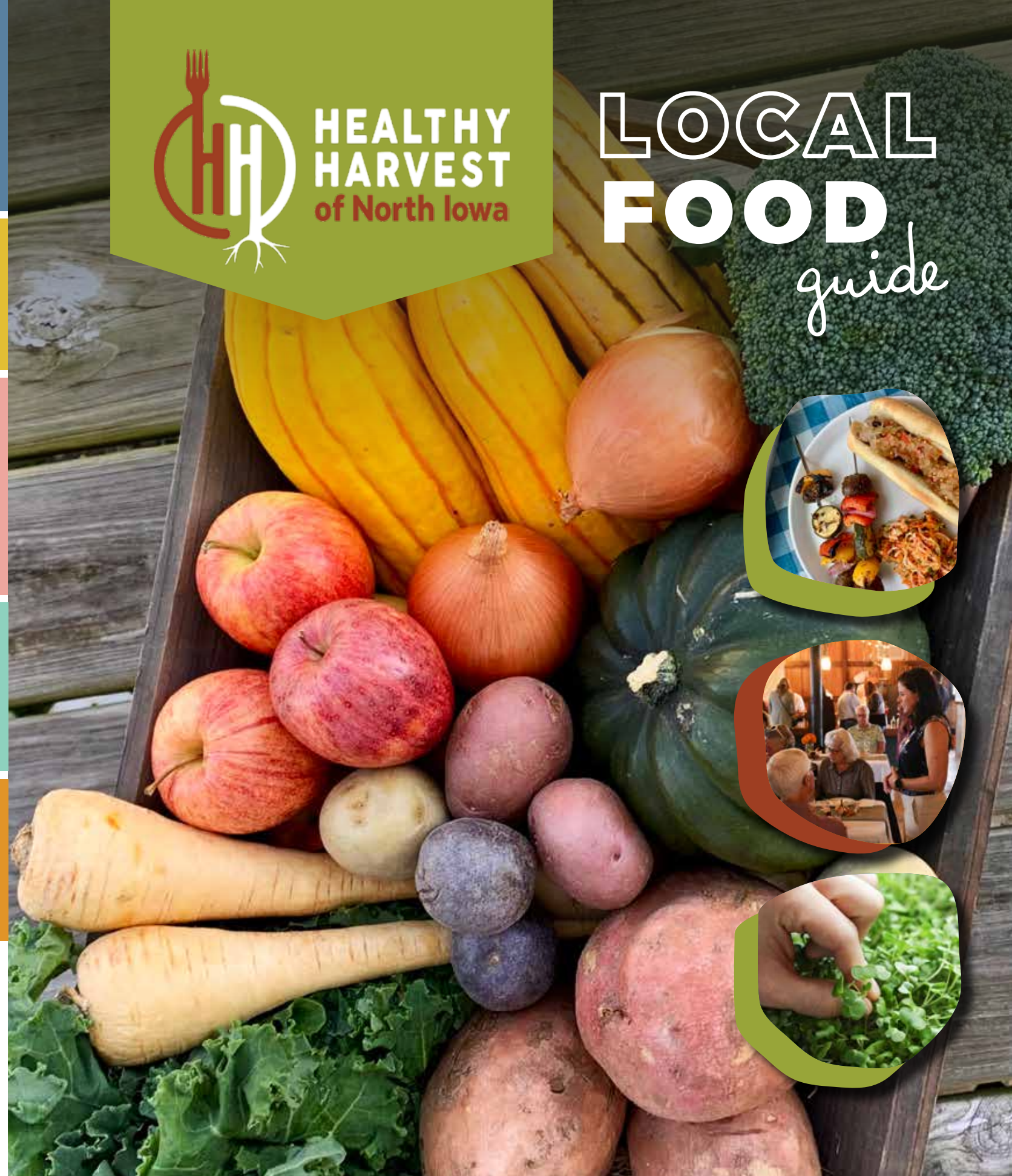
SUPPORTING ORGANIZATIONS

- CHOOSE IOWA** ● f ● @
DES MOINES, IA • chooseiowa@iowaagriculture.gov
- FOREST CITY CHAMBER** f ● @
FOREST CITY, IA • info@forestcityia.com
- MASON CITY CHAMBER** f ● @
MASON CITY, IA • chamber@masoncityia.com
- OSAGE CHAMBER** f ● @
OSAGE, IA • info@osagechamber.com
- RUSTIC BARN VENUE** f ● @
NORA SPRINGS, IA • dane@bestofshowevents.com

SPONSORS & GRANTS

- NEWMAN'S OWN FOUNDATION**
Grant \$20,000+
- MERCY ONE NORTH IOWA**
Grant \$15,000+
- HANSON FAMILY FOUNDATION**
Grant \$10,000+
- AG VA FOUNDATION**
Grant \$5,000+
- NORTH IOWA CHILDREN'S ALLIANCE**
Grant \$5,000+
- CLEAR LAKE TELEPHONE CO.**
Champion Sponsor \$5,000+
- FIRST CITIZEN'S FOUNDATION**
Champion Sponsor \$5,000+

INTERESTED IN BECOMING A SPONSOR?
Visit healthyharvestni.com/sponsor for more info!





GROW

FARMS

BODE'S MOONLIGHT GARDENS ★◆◆ f@
ALGONA, IA • bodemoonlightgardens@gmail.com
VEGETABLES - FRUIT

FINER HONEY FARMS f
VENTURA, IA • finerhoneyfarm@gmail.com
HONEY & HONEY PRODUCTS

GRAND VIEW BEEF ◆◆◆ f@
CLARION, IA • info@grandviewbeef.com
BEEF

GROOVY GREENS ◆◆◆ f@
CHARLES CITY, IA • groovygreens2025@gmail.com
MICROGREENS

HAZEL ACRES
FENTON, IA • jeff@jenagres.com
HAZELNUTS

HONEY & EWE FARM f
MASON CITY, IA • randlejd2210@gmail.com
HONEY - LAMB - TURKEYS

KOLLASCH FAMILY FARMS f@
WHITTEMORE, IA • kollaschfamilyfarms@gmail.com
BEEF - POULTRY - EGGS

NORTH FORTY GARDENS
GARNER, IA • jeffshortdms@gmail.com
VEGETABLES - FRUITS - HERBS

RED ROOSTER RANCH MARKET
ST ANSGAR, IA • redroosterranch@mywalledgarden.com
MEAT - POULTRY - EGGS - FRUIT - FLOWERS

RED SHED GARDENS f@
FOREST CITY, IA • redshedgardens@outlook.com
VEGETABLES - FRUITS - HERBS - BAKED GOODS

RUGER FAMILY FARM f@
FENTON, IA • rugerfamilyfarm@gmail.com
PORK

SUGAR MOON FARM f@
CLEAR LAKE, IA • info@sugarmoonfarm.com
HONEY - MAPLE SYRUP - BAKERY - EGGS -
FRUIT - VEGETABLES

VONDEROHE BEES f
MASON CITY, IA • vonderohebees@hotmail.com
HONEY

WOODSIDE ACRES f@
CHARLES CITY, IA • mallory@woodsideacres.com
POULTRY

FARMS WITH FARM STAND OR STORE

Check business website or Facebook for store locations and hours.

CHILDS FAMILY FARM ▲ f
CHARLES CITY, IA • dianatchilds1973@gmail.com
VEGETABLES - MEAT - POULTRY - EGGS

FARMER SARGE'S ★▲◆ f
ALGONA, IA • thill.brad@yahoo.com
FRUIT - SWEET CORN - VEGETABLES - KETTLE CORN

KITTLESON BROTHERS ▲◆◆ f@
ST. ANSGAR, IA • iapoto@kittlesonbrothers.com
POTATOES - ONIONS

KLOOSTER POLYPAYS ▲
ROCKWELL, IA • kloosterpolypays@gmail.com
LAMB - EGGS - POULTRY - FIBER

KOEBRICK FARMS ◆▲ f@
CHARLES CITY, IA • srkoebriek@gmail.com
MEAT - POULTRY - SEASONINGS - EGGS

KOENIGS' ACRES FARM ▲◆ f
HAMPTON, IA • koenig_karen1964@msn.com
VEGETABLES - FRUITS - JAM - EGGS

MOSSYCUP FARMS & STORE ▲ f@
CLEAR LAKE, IA • mossycupfarms@gmail.com
MEAT - POULTRY - EGGS - SEASONINGS - SOAP/LOTIONS

OTTER CREEK ORCHARD ★▲ f@
ST. ANSGAR, IA • ottercreekorchardfarms@gmail.com
VEGETABLES - FRUITS - BAKED GOODS

PURPLE RIBBON BEEF & GENERAL STORE ◆▲◆ f@
BRITT, IA • contact@purpleribbonbeef.com
MEAT - POULTRY - EGGS - OTHER FARM PRODUCTS

REIFF'S FARMSTAND ★▲ f@
FLOYD, IA • charreiff@gmail.com
VEGETABLES - FRUITS - PLANTS

SASSY HENS FARM STAND ▲
RICEVILLE, IA • sassyhens@yahoo.com
VEGETABLES - FRUITS - EGGS

SKYVIEW FARMS & MARKET ◆▲◆ f@
NORA SPRINGS, IA • laura@skyviewbeef.com
MEAT - POULTRY - EGGS - OTHER FARM PRODUCTS

STEVE'S SWEET CORN ▲ f
OSAGE, IA • steverachut@gmail.com
SWEET CORN - HERBS

STILLWATER GREENHOUSE ▲ f
ORCHARD, IA • stillwatergreenhouse@gmail.com
VEGETABLES - PLANTS

- ★ Indicates U-Pick Offering
- ◆ Indicates CSA or Subscription
- ▲ Indicates Farm Stand/Roadside Stand
- Choose Iowa Member



EAT

FOOD HUBS

IOWA FOOD HUB ● f@
DECORAH, IA • (563) 223-8845
VARIOUS PRODUCTS FROM MULTIPLE FARMS

FOOD BUSINESSES

BROWN FAMILY FARMS f@
WODEN, IA • brownfamfarms@gmail.com
BAKED GOODS - JAMS - MAPLE SYRUP

CLARION LOCKER ● f
CLARION, IA • clarionlocker@gmail.com
MEAT LOCKER

DECKER HOUSE B&B f
MASON CITY, IA • thedeckerhousemc@gmail.com
CATERING

LAKEHOUSE MARKET f@
CLEAR LAKE, IA • notesourllc@gmail.com
BAKED GOODS - LEMONADE - CHARCUTERIE/APPS -
MARKET STAPLES & MORE

GROCERS + HEALTH FOOD MARKETS

HEALTH COUNTRY f
MASON CITY, IA • (641) 423-6723

KOUNTRY KUPBOARD f
OSAGE, IA • (641) 732-5315

ROOTS NUTRITION COUNSELING & MORE f@
MASON CITY, IA • (641) 450-0003

SIMPLY NOURISHED MARKET & MERCANTILE f@
MASON CITY, IA • (641) 450-0893

THE MARKET - OSAGE ● f@
OSAGE, IA • (641) 832-7340

RESTAURANTS & FOOD ESTABLISHMENTS

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

CEDAR RIVER PIZZA COMPANY f@
CHARLES CITY, IA • (641) 228-3590

GOD FUEL LLC f@
HAMPTON, IA • (641) 531-9656

PIPE DREAM PIZZA f@
MASON CITY, IA • (641) 450-0288

TASTE ● f@
OSAGE, IA • (641) 832-7340

RENTABLE KITCHENS

4H KITCHEN - MASON CITY, IA
(641) 530-5916 • education@healthyharvestni.com

THE GOLDEN HOPPER f@ - BELMOND, IA
(515) 408-2748 • thegoldenhopperllc@gmail.com

PLAY

BEVERAGES

173 CRAFT DISTILLERY f@
CLEAR LAKE, IA • (641) 357-1733

BRIX WINE & WHISKEY f@
MASON CITY, IA • brixwinemc@gmail.com

FAT HILL BREWING f@
MASON CITY, IA • contact@fathillbrewing.com

LAZY ACRE VINEYARD f@
LAKE MILLS, IA • kerry@lazyacrevineyard.com

LIMESTONE BREWERS f@
OSAGE, IA • good.beer@limestonebrewers.com

WORTH BREWING COMPANY f@
NORTHWOOD, IA • operations@worthbrewing.com

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 f
BELMOND, IA • MAIN STREET IN BELMOND
9-11AM JUNE 20, JULY 18 & AUGUST 15

BUFFALO CENTER FARMERS MARKET
BUFFALO CENTER, IA • NEXT TO POST OFFICE (15 2ND AVENUE)
4-6 PM TUESDAYS; LATE MAY-EARLY OCTOBER

CHARLES CITY FARMERS MARKET f
CHARLES CITY, IA • 401 N MAIN ST - CENTRAL PARK
SATURDAYS 9AM-NOON; WEDNESDAYS 3:30-6PM; MAY 2-OCTOBER 17

CLARION FARMERS MARKET f
CLARION, IA • 115 NORTH MAIN STREET
SATURDAYS 9-11; JUNE 6-SEPTEMBER 26

CLEAR LAKE FARMERS MARKET f@
CLEAR LAKE, IA • SURF BALL ROOM PARKING LOT
SATURDAYS 9AM-NOON; MAY 16-OCTOBER 3

FOREST CITY FARMERS MARKET f
FOREST CITY, IA • PAMMEL PARK, HEART OF FOREST CITY
WEDNESDAYS 4-6PM; JUNE 10-SEPTEMBER 30

HAMPTON FARMERS MARKET f
HAMPTON, IA • 182 CENTRAL AVE W
TUESDAYS & FRIDAYS 4:30-6:30PM; MAY 12-OCTOBER 16

KANAWHA FARMERS MARKET f
KANAWHA, IA • CITY PARK
ONCE PER MONTH JUNE 2, JULY 7, AUG 4, SEPT 5; 5-7PM

KOSSUTH COUNTY FARMERS MARKET f
ALGONA, IA • CORNER OF DODGE & NEBRASKA STREET
SATURDAYS 9-11AM; MAY 30-OCT 10;
WEDNESDAYS 3:30-5:30PM; JULY 1-SEPTEMBER 2

LAKE MILLS FARMERS MARKET f
LAKE MILLS, IA • 200 N 1ST AVE W (LOT WEST OF CITY HALL)
MONDAYS 4-6PM; JUNE 15-SEPTEMBER 28

MASON CITY FARMERS MARKET f@
MASON CITY, IA • CENTRAL PARK
SATURDAYS 9AM-NOON; MAY 30-OCTOBER 3

OSAGE FARMERS MARKET f@
OSAGE, IA • CITY PARK, 809 SAWYER DR.
THURSDAYS 3:30-5:30PM; MAY 7-MID OCTOBER

RICEVILLE FARMERS MARKET
RICEVILLE, IA • 203 MAIN ST
SATURDAYS 9-11AM (NO MARKET ON JULY 4)

ST. ANSGAR FARMERS MARKET f
ST. ANSGAR, IA • CLAUSEN CITY PARK
WEDNESDAYS 4:30-6PM; MAY 27-SEPTEMBER 30

STACYVILLE FARMERS MARKET
STACYVILLE, IA • STACYVILLE CITY PARK
TUESDAYS 4:30-6PM; MAY-SEPTEMBER



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

