FARM FRESH ATLAS™
of Northern Wisconsin 2020

Celebrating 50 Years of Earth Days
•1970-2020•

Connecting more people to more local foods in Northern Wisconsin:
ASHLAND | BAYFIELD | DOUGLAS
FLORENCE | FOREST | IRON
LINCOLN | ONEIDA | PRICE | SAWYER
VILAS | WASHBURN
Welcome to the second annual 2020 Northwoods Farm Fresh Atlas:

Supporting our local food economy benefits us all! We hope the Northwoods Farm Fresh Atlas will help connect you to healthy local foods, so you can eat well, build community resilience where you live, and support the farmers, food producers and businesses who grow, make or serve the healthiest foods in northern Wisconsin. And when you do, please tell them you saw them in the Atlas!

We heartily THANK all those who participated in our first Northern Atlas in 2019, including our two major Sponsors, who continue their support this year: Treehaven of the UW-Stevens Point/College of Natural Resources and the Holy Cross Sisters, both headquartered in Lincoln County. We’ve also received special support from the Bayfield County Health Department. Immense thanks too to all our farmers, farmers’ markets, businesses, and institutions that Listed or Advertised with us both last year and this year, as we continue to build together a strong, sustainable local food network in our Northwoods region. If you know a farmer, farmers’ market, business or agency that might want to list or advertise in the Northern Atlas, please share a copy of the Atlas with them, or direct them to the state-wide website where all 6 regional Farm Fresh Atlases of Wisconsin can be found. They can all be viewed at www.farmfreshatlas.org. Share the love for all things fresh, healthy, and local!

This year we mark and celebrate as our theme the 50th anniversary of EARTH DAY! Started back in 1970 by our own Wisconsin Governor and Senator, Gaylord Nelson, 50 years on we know more clearly than ever how important conserving and protecting the Earth is -- in all its beauty, diversity, complexity, and finitude. And no where is the bounty of our planet more readily evident in our lives than in the foods we gratefully eat and share every day. Eat Fresh. Eat Healthy. Eat Local. Be Happy.

Rita Webb. Volunteer Coordinator & Treehaven Volunteer; Tomahawk/Lincoln County
farmfreshnorthernwi@gmail.com

The Northwoods Atlas is printed by Woodward Printing Services
11 Means Dr, Platteville, WI 53818
Layout/Design: Brigit Olson, Eau Claire, WI
Editor/Coordinator: Rita Webb, Tomahawk, WI (Volunteer)
Assistant: Tammy Neeb, Volunteer

To List or Advertise in the 2021 Northwoods Farm Fresh Atlas, contact: Rita Webb, Coordinator/Volunteer
farmfreshnorthernwi@gmail.com | 715.436.0990 (C) | 715.224.2336 (H)
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The wealth of the nation is its air, water, soil, forests, minerals, rivers, lakes, oceans, scenic beauty, wildlife habitats and biodiversity... that’s all there is. That’s the whole economy. That’s where all the economic activity and jobs come from. These biological systems are the sustaining wealth of the world.

- Gaylord Nelson, Former Wisconsin Governor & Senator
  Founder of Earth Day, 1970
PLEDGE OF COMMITMENT

We ask that all farms and businesses listed in the Atlas pledge their commitment to the criteria below:

Farms pledge that they are:
• Family or cooperatively owned
• Reducing the application of synthetic pesticides and fertilizers
• Operating in a way that protects and sustains the region’s land and water resources
• Treating animals with care and respect
• Providing safe and fair working conditions for employees
• Selling Wisconsin products that are grown on farm or they helped produce

Businesses/Organizations pledge that they are:
• Family or cooperatively owned or are a nonprofit
• Organizations whose missions promote a sustainable, regional food system
• Operating in a way that protects and sustains the region’s land and water resources
• Providing safe and fair working conditions for employees
• Selling products made using raw materials grown on Wisconsin farms
## What's in Season?

### PRODUCE

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<th>Produce</th>
<th>June</th>
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<td>Apples</td>
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<td>Beets</td>
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<td>Blueberries</td>
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<td>Bok Choy</td>
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<td>Cabbage</td>
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<td>Corn, Sweet</td>
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<td>Cucumbers</td>
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<td>Dill</td>
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### PRODUCE

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<td>Green Beans</td>
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<td>Spinach</td>
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<td>Squash, Summer</td>
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<td>Squash, Winter</td>
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<td>Strawberries</td>
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*Based on average central Wisconsin growing season. May vary.*

## Ways to Support Locally Grown

### SHOP AT A FARMERS’ MARKET

Buy directly from your farmers! Learn about how and where your food is grown by asking questions at the market.

### JOIN A CSA

CSA stands for Community Supported Agriculture, which is a model that creates partnerships between farmers and consumers. Become a member of a local farm in the spring and receive a box of produce throughout the growing season. Some CSA’s extend their subscriptions beyond the traditional northern growing season. See, for example, Northwoods Farm Share in Vilas County and Bayfield Foods CSA, which offer year-round CSAs.

### VISIT A FARM OR FARMSTAND

Take the family for a berry picking adventure, stop at your favorite farmstand or place an order with a farmer in advance and pick up your items from the farm.

### FIND LOCAL PRODUCTS AT YOUR GROCERY STORE

Grocers are starting to source and feature local products. If you don’t see any, be sure to ask!

### EAT AT RESTAURANTS THAT SOURCE LOCALLY

Enjoy fresh, delicious food prepared by chefs and support your local economy at the same time!

### GROW YOUR OWN

It doesn’t take much space to grow a little food for your family. Whether you have a garden plot or a few containers on your patio, get a taste of something fresh off of the vine.
MAP LOCATIONS

GROW WITH US! GET ON THE MAP IN 2021!

LANGLADE

OUR SPONSORS:
❤️ Holy Cross Sisters/Merrill
❤️ Treehaven/Tomahawk
The Farm Fresh Atlas Network of Wisconsin is divided into 6 Regional Atlases: Southern, Southeastern, Eastern, Central, and Western, with the newest Northern region added in 2019. As you travel around Wisconsin, look for copies of the regional Farm Fresh Atlas wherever you go, and tell farmers and businesses that you saw them in the atlas!
Our Pasties are made fresh by hand in small batches with local ingredients and organic when possible. We start with raw ingredients, par-bake, and then freeze so you can carry them home to enjoy whenever you desire.

Our traditional pasty dough is made with freshly rendered lard from local pork. We avoid hydrogenated oils and preservatives. Our special whole wheat pasty dough is made with sunflower oil from Wisconsin grown sunflowers. Pure Goodness.
100% Grass-Fed Beef
Never any hormones, antibiotics, or grain

McLaughlin Family Farms
Jim: 715.369.0300
Wisconsin-grass-fed-beef.com
ASHLAND COUNTY

ASHLAND AREA FARMERS MARKET
Cheyanne Reeves, Market Manager
850-896-9597
ashlandfarmersmarket@gmail.com
www.ashlandareafarmersmarket.com

Beginning of June – mid-October; Saturdays 8:00 AM-12:00 PM
Location: 6th Avenue West and Main Street. Next to Ashland City Hall and Howard Pearson Plaza in downtown Ashland. The Ashland Area Farmers Market is a thriving market overlooking Lake Superior. Our market boasts a vibrant mix of produce, meat, fiber, and craft vendors. Most Saturdays include live music. We host a variety of community activity events at market, such as Kids Day and Harvest Fest. We also work with local organizations to provide double value for EBT purchases, (for example: charge $10 on your EBT card and get $20 in tokens to spend on food at the farmers market).

BAY AREA WIC PROGRAM (see ad, p. 16)
Caloney Mesik, WIC Director
216 3rd St West, Ashland, WI 54806
715-682-6661
https://www.bayfieldcounty.org/182/Bay-Area-WIC

The Bay Area WIC Program serves low income families to provide food packages, nutrition counseling services, and immunization for pregnant women, infants, and children up to the age of 5.

BEAR TRAP CREEK FARMS AND FARM STORE & GIFTS
Jennifer and Bill Lavasseur
47923 State Hwy 112, Ashland, WI 54806
715-209-0930
jenniferlmika@hotmail.com

Bear Trap Creek Farms is family-owned and operated by Bill and Jenny Lavasseur, located about 4 miles south of Ashland. We have free- range/pastured animals, vegetable gardens, fruit trees and honeybees. We do not use pesticides on our gardens and our animals are all fed Non-GMO feed. Visit our Farm Store 7am-7pm, 7 days per week for eggs, beef, pork, vegetables, jam, honey, maple syrup, handmade soap and unique gift items. Find us on Facebook and at the Ashland Area Farmers Market from June- October.

CHEQUAMEGON FOOD CO-OP (see ad, p. 11)
Kiana Abel, Marketing & Member Services Manager
700 Main Street West, Ashland, WI 54806
715-682-8251
outreach@cheqfood.coop
www.chequamegonfoodcoop.com

Providing local, fresh, natural, and organic products since 1976. We offer fresh fruits and vegetables, specialty cheeses, microbrews, bulk foods, self care & wellness products, grab-and-go deli meals, local gift items, local meat and fish, and so much more. Check out our community events and cooking classes. See website for more details.

HERITAGE MEATS LLC
Locally & Naturally Pasture Raised
Beef, Pork, Lamb & Chicken available by the cut, 1/4, or 1/2.

Domestic and Wild Game Processing
Smoking
Vacuum Packaging

Honey & Maple Syrup
Smoked Ham & Bacon

Call For Appointments
Retail Hours: Monday-Friday 9AM-4PM
Travis Pydo
109 South Main St. Butternut, WI 54514 • (715) 360-3427
Email: heritagemeatsslc@gmail.com • Website: heritagemeatsslc@weebly.com

Larson Food Lab
Commercially licensed food processing and storage facility for product development, business incubation, and co-packing services. Kitchen and classroom space available for workshops, workforce training, and programs.

Hulings Rice Food Center
NORTHLAND COLLEGE
northland.edu/hrfc
HERITAGE MEATS LLC (see ad, p. 10)
Travis Pydo
109 South Main St., Butternut, WI 54514
715-360-3427
heritagemeatsllc@gmail.com
www.heritagemeatsllc.weebly.com

We are a family-owned farm and State of Wisconsin licensed meat processing facility. We strive to raise meat products that have been naturally and ethically raised utilizing heritage breed animals. Our animals are raised stress free and go directly from our farm to local consumers, restaurants and colleges. See website for more information.

HULINGS RICE FOOD CENTER AT NORTHLAND COLLEGE (see ad, p. 10)
Todd Rothe, Manager
1411 Ellis Ave., Ashland, WI 54806
715-682-1268
trothe@northland.edu
www.northland.edu/sustainability/hrfc

The Hulings Rice Food Center at Northland College is committed to bolstering the local food economy of northern Wisconsin by providing a shared-use state-licensed processing kitchen to local farmers and food entrepreneurs. Equipped with a walk-in blast freezer, 40-gallon tilting skillet, digital combi-oven, six-burner gas range, and an industrial vacuum sealer, our processing kitchen can help you develop value-added food products for local markets and expand your local business.

RIVER ROAD FARM
Todd and Kelsey Rothe
61817 Marengo River Rd., Marengo, WI 54855
715-278-3383
rothesrrfarm@gmail.com
www.riverroadfarmwi.com

River Road Farm is a local family-run organic vegetable farm that has been producing delicious fresh products and hosting a variety of fun farm activities since 2012. River Road Farm utilizes high tunnel greenhouse structures to produce high quality produce through all four seasons of the year. Find our products at the Chequamegon Food Coop in Ashland and at various restaurants between Ashland and Madeline Island. Contact us for on-farm sales of bulk produce. See website for more details.
BAYFIELD COUNTY HEALTH DEPARTMENT PASSPORT TO WELLNESS PROGRAM (see ad, p. 13)
www.bayfieldcounty.org/852/Passport-to-Wellness
117 E. 6th St., Washburn, WI 54891
715-373-6109

Participating agencies or organizations in the Passport to Wellness project include:
• Ashland County Health & Human Services
• City of Ashland Parks & Recreation
• Ashland Area Chamber of Commerce
• Bay Area WIC
• Bayfield Chamber & Visitor Bureau
• Bayfield County Health Department
• Chequamegon Food Co-op
• Memorial Medical Center
• Northern Great Lakes Visitor Center
• Washburn Area Chamber of Commerce

BAYFIELD FARMERS MARKET
Tom Galazyn, Market Manager
715-779-3254
bayfieldwifarmersmarket@gmail.com
www.bayfieldfarmersmarket.com

Mid-June - Mid-October; Saturdays 8:30 AM-12:00 PM
Location: S 1st street between Rittenhouse and Manypenny. (Between the Bayfield Inn and Howl, Bayfield, WI) The Bayfield Farmers Market is dedicated to providing high quality, sustainable, organic produce, baked goods, flowers, meat, jams, jellies, fermented food, herbs and crafts to its customers. All products are grown or produced locally by each seller.

BAYFIELD FOODS CSA (see ad, p. 12)
Chris Duke, CSA Manager
PO Box 412, Washburn, WI 54891
csamanager@bayfieldfoodproducers.org
www.bayfieldfoods.org

Bayfield Foods CSA is a cooperative made up of 20 farms and food producers in the Chequamegon Bay region of northern Wisconsin. We offer customizable weekly summer boxes and monthly winter boxes of meats, fruits, vegetables, flowers, and a variety of value added goods produced on our farms and delivered throughout northern WI and the Twin Ports area of MN. See our website for more details.

HIGHLAND VALLEY FARM
The Dale Family
87080 Valley Road, Bayfield, WI 54814
715-779-5446
highlandvalleyfarm@gmail.com
www.bayfieldblues.com

Visit our farm during berry season (mid-July through early Sept). Check website for current info and open hours. Sustainably grown certified by Midwest Food Alliance. Pick-Your-Own and Ready Picked: BLUEBERRIES, RASPBERRIES, CURRANTS. Farm Produced: HONEY, MAPLE SYRUP, FRUIT WINES and SPARKLING CIDER (tastings available). Quality bulk FROZEN BLUEBERRIES sold retail (farm pick-up) or wholesale (food coops, wineries, breweries, commercial kitchens, farm-to-school programs). USDA food safety certified. Refrigerated transport. Accepting pre-season orders, contact Jon Dale @ 715-779-3941.

To List or Advertise in the 2021 Northwoods Farm Fresh Atlas, contact:
Rita Webb, Coordinator/Volunteer
farmfreshnorthernwi@gmail.com
715.436.0990 (C) | 715.224.2336 (H)
The Passport To Wellness highlights many of our local nature trails and encourages you and your families to walk and enjoy while on your path to wellness. Each trail page will have a question to answer about the trail. Record the answer in the designated spot. Once you have completed 80% or more of the routes in Passport To Wellness, you may return to one of our partnering agencies for a wellness prize for all your hard effort!

Pick up a Passport at one of these locations:
- Bayfield Chamber & Visitor Bureau
- Chequamegon Food Co-op
- Northern Great Lakes Visitor Center
- Washburn Area Chamber of Commerce

More at:
www.bayfieldcounty.org/852/Passport-to-Wellness
DOUGLAS COUNTY

BARKER’S ISLAND FARMERS’ MARKET
Sue Ann Dumke, Market Manager
Superior, WI 54880
715-372-8441
sa_dumke@yahoo.com
May 18 - October 26; Saturdays 9:00 AM-12:00 PM
Location: Parking lot in Barker’s Island Festival Park, near the S.S. Meteor. Hwy 2/53 and Marina Dr., Superior. A great assortment of truly local products grown, raised or made in the Douglas County, WI area. Fresh vegetables and fruit, baked goods, meat, jam and condiments, maple syrup, honey, eggs, cut flowers, plants, handmade soaps, garden crafts, and many more choices available every Saturday mid-May through October.

SOLON SPRINGS FARMERS MARKET
Ashley Nelson, Market Manager
Solon Springs, WI 54873
715-558-3016
ssmarketbeautiful@gmail.com
May 22 – Oct 2; Fridays 3:00 PM – 7 PM
Location: 11178 O’Brien Parkway (in new market/retail space called Market Beautiful) off northbound Hwy 53, between NAPA and Dollar General Store. Local. Farm. Fresh. Artisans. Musicians. Food Trucks. Experience it all! Come to the Solon Springs Farmers’ Market to enlighten all your senses. To smell and taste the farm-fresh foods, to touch the handmade items, to see the beautiful works of art, and to enjoy local music while you shop! See you there on Fridays... and visit us on Facebook anytime!

SUPERIOR DOWNTOWN FARMERS’ MARKET
Sue Ann Dumke, Market Manager
Superior, WI 715-372-8441
sa_dumke@yahoo.com
May 27 - Oct 28, Wednesday, 11:00 am-2:00 pm
Location: Parking lot at 1215 Banks Avenue, Superior
A great assortment of truly local products grown, raised or made in the Douglas County area. Fresh vegetables and fruit, baked goods, meat, jam and condiments, maple syrup, honey, eggs, cut flowers, plants, handmade soaps, garden crafts, and many more choices available every Saturday late-May through October.

FLORENCE COUNTY AND FOREST COUNTY

We don’t have any participants from these counties this year, but we hope to in future editions of the Northwoods Farm Fresh Atlas. Help us spread the word to these counties too. If you know a grower or producer in Forest or Florence Counties who markets their sustainably-grown products directly to consumers, please share the Farm Fresh Atlas with them!
Has a bee ever landed on you, and instead of getting scared, you appreciated the possibility that you got confused for a flower?

We Need More Bees in the Northwoods!

Yes, we all know the World needs more pollinating honey bees, but we’re also all a-buzz about NEXT year’s Northwoods Farm Fresh Atlas! We want to GROW our Farm Fresh network in our 12 northern counties; and for that we need to put together a hive of volunteer “Worker Bees”! To build a Bigger and Better Farm Fresh Atlas for 2020, we need help with a variety of tasks:

- **Outreach**: We need Worker Bees to reach out to and build relationships with farmers and growers in our 12-county area to invite them to join our Atlas for the 2020 edition. We also need to reach out to businesses, restaurants, and institutions that want to support and promote healthy local foods through Ads or Sponsorships.

- **Data Base Management**: We need Worker Bees with Excel spreadsheet skills.

- **Bookkeeping**: And basic accounting skills.

- **Social Media Management**: We also need Bees with Facebook/Instagram skills for online communication and sharing.

- **Distribution**: Once printed, we need help getting copies out to consumers through a variety of distribution points throughout our region, like: libraries, co-ops, healthcare facilities, restaurants, UW-Extension offices, County Health departments and facilities, churches, Chambers of Commerce, etc.

Are you buzzing with excitement yet??

To convey your enthusiasm and ability to help, send an email asap to Rita Webb at farmfreshnorthernwi@gmail.com and share your interest area(s).

**Buy Fresh, Buy Local! We’re Better Together...and Healthier!**
For Healthy Moms and Kids
Women, Infants, and Children Nutrition Program

Nutrition Information
Healthy Foods
Breastfeeding Support
And more!

This institution is an equal opportunity provider.

Contact Us
1-800-642-7837
WWW.DHS.WISCONSIN.GOV/WIC
FARM TO FORK CUISINE

HASSTEAD ACRES, INC. (see ad, p. 16)
Richard and Susan Hass
N2010 CTY RD E, Merrill, WI 54452
715-536-7364
susansews2@msn.com

Locally grown seasonal fresh vegetables, fruits, and maple syrup, a large variety of canned goods, including jams, and fresh home baked breads. Find us at the Merrill Area Farmers Markets or call for more information.

MERRILL AREA FARMERS MARKET
Susan and Richard Hass, Market Managers
715-536-7364 / 715-218-2586
susansews2@msn.com

June 13 - October 31: On Wednesdays and Saturdays, 7:30am to 12:30pm. Location: Normal Park near the Gazebo, 500 N. Center Ave., Merrill. On Mondays, 3-6pm: Location: parking lot at Good Samaritan Hospital Center Ave & E 7th St., Merrill. Locally grown produce, maple syrup, honey, baked goods, canned goods, crafts, flowers and other things to entice you! We are open three days a week, rain or shine, mid-June through the last weekend in October.

PINEGROVE PASTURES
Matt and Krista Hau
N9439 Pine Grove Lane, Tomahawk, WI 54487
715-224-2395
pinegrovepastures@gmail.com
www.pinegrovepastures.com

Pine Grove Pastures is a small family farm nestled in the pristine northwoods of Lincoln County. We specialize in organic produce including an 18 week CSA, grass fed beef, pastured pork, and pastured chicken. If you’re looking for clean, healthy food you can trust for you and your family. Give us a call or send us a message. Or find us at the Tomahawk Mainstreet Farmers Market. We would love to be your farm!

TOMAHAWK MAINSTREET FARMERS MARKET
Matt Hau, Market Manager
715-224-2395
pinegrovepastures@gmail.com

June 9 - October 6; Tuesdays 1:00 PM-5:30 PM Location: 3rd Street and Wisconsin Avenue (between Dunn Financial Services and Century 21), Tomahawk. Our market offers fresh local produce, pastured pork, beef, baked goods, herbal products, and more. While you’re here, check out the many unique small businesses in the area!

NORTHWOODS MAPLE FARM, LLC
Anthony & Rebecca Renken
W1291 County Road P, Merrill, WI 54452
715-551-9369
northwoodsmaplefarm@outlook.com
www.northwoodsmaplefarm.com

We are an established farm with 4 generations of sugar making experience specializing in the creation of premium maple syrup. We create a variety of maple based artisan products from start to finish. We are always growing our product base and expanding our farm. See our website to see our full range of products, distribution points, and events.

NORTHWOODS NATURALS
Jerry and Stephanie Conlan
N11231 Callahan Rd., Tomahawk, WI 54487
715 612-0760
jerry.conlan@sdiesel.com

Northwoods Naturals is a family operated, all grass-fed beef operation practicing regenerative agriculture. We do daily rotational grazing to ensure the best forage for our animals & rest for the plants & soil. In dormant months we rely on bale grazing to provide forage for the animals & even distribution of nutrients for the soil. We do not give our cattle any grains, processed or animal by-products, hormones, medicated feeds, or antibiotics. Farm visits encouraged, by appointment. Beef products available by appointment on farm and at Tilly’s Restaurant in Rhinelander.
ONEIDA COUNTY

CAMP FOUR FARM
Scarlet and John Sweeney
4146 Camp Four Road, Rhinelander, WI 54501
715-272-1781
sjsweeney@frontiernet.net
https://facebook.com/CampFourFarm

We use earth-friendly sustainable practices to grow fresh produce and raise grass fed beef on our fourth generation family farm in Sugar Camp in northern Oneida County. Purchase some of our honey or pick your own blueberries, apples, or grapes in season. Follow us on Facebook or call for availability.

CLEARWATER FARMS LLC (see ad, p. 20)
Steve Leach
1824 Lighthouse Lodge Rd
Eagle River, WI 54521
715-617-5020
Hotline: 855-479-3276
www.facebook.com/ClearwaterFarmsWI

Established in 2011, Clearwater Farms offers you-pick strawberries, you-pick blueberries, exclusively grass-fed beef, pumpkins and more every year. The automated farm hotline (855) 479-3276 has info, directions, and picking dates & times.

CT’S DELI
Rhonda Jicinsky, Manager
17 Brown St. Rhinelander, WI 54501
715-369-8988
tcsdeli@yahoo.com
https://cheftomsdeli.com

CT’s Deli (Chef Tom’s Deli) is a family-owned, fast casual deli in Downtown Rhinelander. We bring to Rhinelander made-from-scratch fresh salads, hot and cold sandwiches with in-house smoked meats, paninis, and 3 soups daily. We carry a fine line of Italian Deli meats, Wisconsin cheeses, and small-producer balsamic vinegars and olive oils. Our chef-inspired foods always pair well with our craft beer, wine, or full line of liquor. We support local farmers. Come taste the difference. See website for hours, specials, and all the yummy details.

EVERGOOD FARM
Brendan and Jenny Tuckey
3673 County A, Rhinelander, WI 54501
715-610-4759
office@evergoodfarm.com
www.EverGoodFarm.com

We are a small family-run farm specializing in no-till, organically grown vegetables. Find our veggies at 2 local farmers markets, our farmstand, and local restaurants. We believe in providing our local community with fresh, healthy vegetables using ecologically sound principles. Visit our farmstand, take a self-guided tour, and enjoy the beauty of our farm and local area. Learn more at our website.

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HOMETOWN Chiropractic Center

Caring for all your family’s needs!

Tomahawk (715) 453-5365
Rhinelander (715) 365-1200
www.tomahawkhometownchiro.com
HANSON’S GARDEN VILLAGE
Brent and Sue Hanson
2660 County Highway G, Rhinelander, WI 54501
715-365-2929
info@hansonsgardenvillage.com
http://www.hansonsgardenvillage.com/

We are the Northwoods’ most complete greenhouse, farm, nursery and garden center, operating since 1985. We carry a huge selection of seeds and growing supplies, including lawn and garden art. We grow annuals, organically grown vegetable starts and herbs, perennials, an entire section devoted to Northwood’s natives, trees and shrubs including fruiting varieties in both bare root and pots. U-Pick strawberries, aronia, black currants and pumpkins. We are open spring through the fall. See our website for all details, and sign up for our e-newsletter so you don’t miss any classes and special events!

HODAG FARMERS MARKET
Amanda Puhl, Tanya Hofrichter, Jasmyn Schmidt
715-617-7903
hodagfarmersmarket@gmail.com
www.hodagfarmersmarket.com

May 25 - October 19; Saturdays 8:00 AM-1:00 PM
Location: Pioneer Park, across from the playground, on Oneida Avenue; Rhinelander. Running since 1995, the Hodag Farmers’ Market in Rhinelander offers produce and goods grown, made or produced locally by the person selling them. Local has been defined as any producer from either Oneida County or a bordering county. Shopping at the Hodag Farmers’ Market is a great way to get local in-season food, and to make connections with the people who grow it. Find local fresh and flavorful produce, meats, cheeses, breads and much more.

JOE’S PASTY SHOP
Larry and Jessica Lapachin
123 Randall Ave
Rhinelander, WI 54501
715-369-1224
https://ilovepasties.com/

Take-n-Bake Pasties made fresh by hand in small batches with local ingredients and organic when possible. We par-bake and then freeze so you can take them home to enjoy whenever you desire. Visit the website for all the details, including hours, location, and full menu. Pure goodness!

From our state-of-the-art aquaponic/hydroponic greenhouses we grow the finest lettuce, micro greens and herbs year round. All natural, no pesticides or herbicides. We also raise delicious Berkshire pork and laying hens for eggs. No antibiotics or hormones are added to our animal feed.

Group or individual tours available, call for more information.

The Lakeland Area’s Premier Natural Food Store

Wild Berry MARKET
715-356-2635
9699 Highway 70 West | Minocqua, WI
wildberry@nnex.net | www.wildberrymarket.org

LARGEST GARDEN CENTER IN THE AREA

Annuals, Planters & Hanging Baskets
Organically Grown Vegetables & Herbs
Ornamental Perennials
Northwoods Native Plants
Spring Bare Root Trees & Shrubs
Unique Garden Decor
Fall Mums, Pumpkins & Decor
Annual Events & Fun Planting Classes
Lakeshore Restorations
ONEIDA COUNTY (CON’D)

MCLAUGHLIN FAMILY FARMS (see ad, p. 9)
James McLaughlin & Family
818 Kurtz Rd, Monico, WI 54501-7725
715-369-0300
mclaughlinfamilyfarms@gmail.com
www.wisconsin-grass-fed-beef.com

We raise 100% grass fed beef. No grain, no hormones, no antibiotics. All our pastures and hay acres are organically managed and no GMO. We rotate the herd through 27 pastures every three days. Farm tours are welcome! You need to know where your food comes from! Find our meat at Golden Harvest and Trigs in Rhinelander, and at Wild Berry Market in Minocqua. Or purchase directly from the farm by calling 715-369-0300.

MINOCQUA FARMERS’ MARKET
Travis Pydo, Market Manager
715-360-3427
MinocquaFarmersMarket@gmail.com
www.MinocquaFarmersMarket.com
May 15 - October 9; on Fridays, 8:00 AM-1:00 PM
June 22 - August 31; on Mondays 3:00 PM-6:00 PM
Location: Minocqua Park Complex, 10295 WI-70, Minocqua

The Minocqua Farmers’ Market Inc. is a vibrant market where local farmers, producers, crafters, artisans and non-profit groups come together to offer a variety of agricultural and related products directly to the public. The market connects the community with local food growers and producers, encouraging agricultural participation along with social gathering and community building.

WILD BERRY MARKET (see ad, p. 19)
The Lakeland Area’s Premier Natural Food Store
9699 Highway 70 West, Minocqua, WI 54548
715-356-2635
wildberry@nnex.net
www.wildberrymarket.org

Wild Berry Market is a full service natural food store located in Minocqua. We carry local and organic produce, a full line of organic and natural foods, supplements and health & beauty products. Our deli is open daily for homemade soups, salads and sandwiches. We even bake our own bread from scratch!

THREE SONS LLC (see ad, p. 19)
Ann & Patrick Ertl
Frostbite Trail, Hazelhurst, WI 54531
715-358-5290
threesonsporkngreens@gmail.com

Three Sons LLC is a family operated farm located in Hazelhurst. We have a state of the art aquaponic/hydroponic greenhouse for growing a variety of lettuces, micro greens, and herbs. We grow year round. All natural - no pesticides - no herbicides - no preservatives. We also raise Berkshire pork and laying hens for eggs. No antibiotics or hormones are added to the animal feed. Individual or group Farm tours by appointment. Like us on Facebook or give us a call to learn more.
**PRICE COUNTY**

**AUTUMN LARCH FARM LLC**
Jane Hansen
W7120 County Road O, Prentice, WI 54556
715-767-5958
autumnlarch@gmail.com
www.autumnlarchfarm.wordpress.com
https://www.instagram.com/autumnlarchfarmllc/
https://squareup.com/store/autumn-larch-farm-llc/

We’re small, diverse, and striving towards sustainability. We use management intensive rotational grazing for our flock of registered Coopworth sheep and purebred Romeldale CVM sheep. They provide us with wool which is locally milled into sheep-specific farmyarn and roving. We also raise heirloom garlic, make handcrafted soaps, and more. Our On-Farm store is open by appointment. Contact Jane or access the above social media platforms for more information.

**PARK FALLS FARMERS MARKET**
Linda Daubner, Market Manager
715-762-7457
delightfullydried@gmail.com

Late May - Mid October - Wednesdays 2:00 - 5:15 PM
Location: Christ the Servant Church, 1185 S. Fourth Ave., Park Falls, WI 54552 (one block north of Super One Foods). At the Park Falls Farmers Market you will find friendly vendors and awesome locally grown and produced items. Products include produce, plants, baked goods, jams and jellies, honey and maple syrup, pastured meats, canned goods like salsa and pickles and more! The market includes weekly recipes and food samples. Customer appreciation day is held in August with live music and shopping opportunities for children. EBT can be used at the market. Weekly availability of products can be found on Park Falls Farmers Market Facebook page.

**SAWYER COUNTY**

**HAYWARD FARMERS’ MARKET**
Beverly Thompson, Market Manager
715-550-5720
HaywardFarmersMarket@yahoo.com

June 1st - September 28th; Mondays 11:30 AM-4:00 PM
Location: At the corner of Hwy 63 and Michigan, 15886 W U.S. 63, Hayward. The Hayward Farmers Market is a vibrant, diversified market where you’ll find seasonal vegetables & fruits, natural beef, chicken, pork, lamb, fresh home-made baked goods, eggs, jams & jellies, home- canned goods, soaps & lotions, plants & shrubs, honey & maple syrup and much more!

**MILES LAMB FARM**
Steven & Dianne Miles
12782 N. Pfeifer Rd., Hayward, WI 54843
715-558-1784 or 715-934-9535
mileslambfarm@gmail.com

Miles Lamb Farm is located 8 miles north of Hayward off Hwy 63. The 60 acre lamb farm benefits from Steve’s 40 years’ experience in raising homegrown Hampshire sheep and has given him an excellent reputation in quality meats. Lambs are sold on the hoof, whole, half, and specialty cuts. Cut, wrapped, and state inspected. We sell from the farm, may be found at the local farmers markets, and do some deliveries. We also raise free range chickens. Early orders are appreciated.

**VILAS COUNTY**

**EAGLE RIVER FARMERS MARKET**
Martha Geiseman, Market Manager
715-477-0645
erp@nnex.net
www.eaglerivermainstreet.org

Sundays: June 7-October 4 10:00-2:00
Location: Hwy 45, just north of the Bridge, Eagle River, WI
We have many wonderful vendors with great produce, honey, jams, jellies, syrups, flowers and crafts. The market will also have some fun activities planned throughout the summer. We hope to see you there often! Visit the Eagle River Main Street website for more details.

**EGGS & SUCH - A FARM; AND MILKY WAY COFFEE CO.**
Debra Stephenson
8177 Plum Lake Station Road, Sayner, WI 54560
414-312-1630
eggsandsuch.afarm@gmail.com

Eggs & Such - A Farm is licensed to sell eggs. Currently, we produce duck and chicken eggs, raised cage free and organic. Costs are $3/dozen chicken eggs and $3/half dozen duck eggs. Eggs are available either at the farm in Sayner or at Milky Way Coffee Co., Inc., 103 Elm Street at the old bank building in Woodruff/Minocqua. Eggs can be purchased at either the drive-up window or inside. Coming this year: Heritage KuneKune pork!
HILLBILLY HOLLOW, LLC
Kathy Martin
Farm: 4570 County Road S, Conover, WI 54519
Retail Store: 708 E. Wall Street, Eagle River
715-477-2771
hillbillyhollow@newnorth.net

Hillbilly Hollow, LLC is an artisan goat dairy and cheese plant as well as a bakery and food manufacturing facility. Hillbilly Hollow produces all the cheese and food on the farm and then is sold at our store in Eagle River along with other locally produced foods and crafts. We are also part of the year-round Northwoods Farmshare CSA cooperative. Store hours in Eagle River: 10 am-6 pm Mon-Fri; 10 am-5 pm Saturday; 10 am-3 pm Sunday.

LAKE NOKOMIS CRANBERRY
WINE & GIFT SHOP (see ad, p. 21)
Eileen Splitt
6041 Cty Road D, Eagle River, WI 54521
715-479-6546
LakeNokomisCranberries@yahoo.com
www.lakenokomiscranberries.com

Lake Nokomis Cranberries is 320 planted acres, established in 1977. The farm also hosts a Gift Shop that is open year-round selling everything cranberry and a Winery that produces award winning cranberry wines. Wine tasting is offered daily, product samples are also available. Fun and informative tours of the farm/marsh are given mid June thru harvest. See our website for more details and information.

NORTHWOODS FARMSHARE
Jasmyn Schmidt and Kathy Martin
708 E Wall Street, Eagle River, WI 54521
715-617-7903
northwoodsfarmshare@gmail.com

Northwoods FarmShare is a year-round local foods CSA co-operative of several local farmers centered around Eagle River. Our purpose is to get locally grown, produced, raised and processed food and goods directly to local residents, by means of a digital ordering service, and local pick up. Products available vary based on the season and Farmer offerings. Products include, goat cheeses, artisan breads, gourmet jams and jellies, produce, greens, lettuces, pastured meats and eggs, and much more. For information on how to be a part of Northwoods Farm Share, email us at northwoodsfarmshare@gmail.com.

WARRENS CRANBERRY FESTIVAL
September 25-27, 2020
Opens 7 a.m. All 3 Days
Phone: 608-378-4200 Fax: 608-378-4250
cranfest@cranfest.com

WARRENS, WI
8 MILES NORTH OF TOMAH
TAKE I-94 WEST TO EXIT #135

• Cranfest Marsh Tours & Video, Fri. & Sat.
• 850 Arts & Crafts booths all 3 days!
• 50 Food Booths

• 350 Antiques & Flea Market booths all 3 days!
• Gigantic Parade
Sun., at 1:00 p.m.

www.cranfest.com

WASHBURN COUNTY
SPOONER FARMERS MARKET
Lei Jerry and Sherry Sutton, Market Managers
805 S. River St., Spooner, WI 54801
715-919-0470
spoonerfarmersmarket@live.com

June 27 - October 10; Saturdays 8:00 AM-1:00 PM
Location: 805 S River Street, Spooner (Hwy 63 across from EconoMart). Join us for a wonderful market. Fresh vegetables, beautiful flowers, canned goods, jams, fresh local honey, maple syrup, Organic, mushroom infused coffee, teas, protein shakes and more! Fresh baked goods - bread, cinnamon rolls, cookies, granola, pies. Hand made wood items Pumpkins, gourds - in season. Locally raised Pork, Handmade greeting cards, Homemade soaps, Locally harvested mushrooms, And so much more!
Denali Worm Casting/YieldBuilder (Worm Tea). Our product is OMRI listed, with good biological load that reboots the soil food web in a way that creates better soil and plant development. Inject your soil with new life to speed up your soil’s recovery process and increase those beneficial microbes. Nature’s natural fertilizer. Let us earn your business.

**L&M FRUIT AND FOWL FARM**

Rick Montgomery & Doua Lor
N2237 Koszarek Rd, Antigo, WI 54409
715-889-2409, 715-203-6586
rick@fruitnfowl.com
www.fruitnfowl.com

A family experience destination in Langlade County. We have White Doves for release at weddings, funerals or any special occasion. Farm Fresh Chickens live or butchered and eggs. All natural, no additives. Chicken Dog Jerky. Jumbo Quail live or butchered and their eggs. Honey and honey products. Feed the ducks and Diana the Peacock. Starting July 2020 PICK YOUR OWN BLUEBERRIES as the white doves circle. See website for more details.

**MONROE COUNTY**

**WARRENS CRANBERRY FESTIVAL INC**

(see ad, p. 22)
Kim Schroeder
402 Pine Street, Warrens, WI 54666
608-378-4200
cranfest@cranfest.com
www.cranfest.com

Warrens in Monroe County is host to the annual World’s Largest Cranberry Festival!! The Festival is best known for its shopping and boasts over 800 arts & crafts booths, 300 flea & antique booths, 100 farm market booths, and 100 food vendors for a three-mile shopping extravaganza!! It’s a Berry Good Time! Join us! September 25-27, 2020. See the festival website for more details and directions.

**EAU CLAIRE COUNTY**

**WISCONSIN LOCAL FOOD NETWORK**

(see ad, p. 25)
wilocalfoodnet@gmail.com
117 W. Spring St., Chippewa Falls, WI 54729

WLFN is a collection of individuals and organizations that share a common vision for Wisconsin: a state that empowers communities and businesses to build healthy, local food systems that support sustainable farms of all sizes, a strong infrastructure for those farms and supporting food businesses to thrive, and equitable access to healthy locally grown food for all Wisconsin residents. If you support this vision and are working toward such a Wisconsin – then you are a part of the WLFN and the WI Good Food Vision. Attend our annual summit, invite us to facilitate a regional WI Good Food Vision stakeholder meeting, and join our statewide listserv today!
The overwhelming consensus of the scientific community is that the Earth’s climate is, by many crucial indicators, dangerously more compromised than it was 50 years ago due to rising global temperatures. We know now the causes and consequences of this planetary fever and, increasingly, we know the solutions as well. As it turns out, how we grow and produce FOOD, and how we use the LAND, is hugely important in moving regions, states and nations toward the carbon-neutral Solutions we need in the 21st century to restore and protect a stable climate on planet Earth.

So, in honor of the 50th anniversary of EARTH DAY, we celebrate the LOCAL FOOD CHAMPIONS listed here in our Farm Fresh Atlas, and we also highlight 13 proven Climate Solutions related to how we can grow and manage food resources in a changing world. What can we do here in northern Wisconsin, individually and together, to help further a healthy environment today, and secure a thriving tomorrow everywhere?

The Climate Solutions featured below come from Project Drawdown, a global leader in mapping, measuring, and modeling the 100 best substantive and impactful Solutions to address global warming. Working together to transform our Food Systems, from local to global, we can help restore and regenerate the Earth for the benefit of all Life, far into the future.

See Project Drawdown at https://www.drawdown.org/ to explore the details of these and all the 100 top-ranked Climate Solutions that are already being demonstrated and implemented in communities around the world.

**Climate Solution #3 – Reduced Food Waste**
Uneaten food squanders money and resources—and generates 8 percent of green house gas emissions. Learn about various Interventions that can reduce food waste at key points as food moves from farm to fork.

**Climate Solution #4 – Plant-Rich Diet**
Factory-farmed and meat-centric diets come with a steep climate price tag: 1/5 of global emissions. Plant-rich diets can dramatically reduce emissions and rates of some chronic diseases.

**Climate Solution #9 – Silvopasture**
An ancient practice, Silvopasture integrates trees and pasture into a single system for raising livestock. It sequesters carbon while improving animal health and productivity.

**Climate Solution #11 – Regenerative Agriculture**
Explore proven strategies that increase carbon-rich soil organic matter, enhancing and sustaining the health of the soil, sequestering carbon, and improving productivity.

**Climate Solution #16 – Conservation Agriculture**
Conservation agriculture avoids tilling and employs cover crops and crop rotation. By protecting the soil, it makes land more resilient and sequesters carbon.

**Climate Solution #17 – Tree Intercropping**
A regenerative land-use practice, intercropping intermingles trees and crops, increasing carbon content of soil and land productivity.

**Climate Solution #19 – Managed Grazing**
Imitates the activity of migratory herds to improve soil health, carbon sequestration, water retention, and forage productivity.

**Climate Solution #23 – Farmland Restoration**
Abandoned farmland is an opportunity for drawdown. Restoring it sequesters carbon and can improve food security, farmers’ livelihoods, and ecosystem health.

**Climate Solution #28 – Multistrata Agroforestry**
Blends taller trees and one or more layers of crops; achieves high rates of carbon sequestration, similar to forests, while producing food.
In 50 more years, our children and grandchildren will be the ones to judge if our responses and actions were adequate to the challenges we faced—or failed to face—in 2020. If not us, who? If not here, where? If not now, when?

We know what to do.

Let’s help each other do it better….Us. Here. Now.

Climate Solution # 60 – Composting
From backyard bins to industrial-scale operations, composting food wastes converts organic material into stable soil carbon and valuable fertilizer, averting methane emissions.

Climate Solution #65 – Nutrient Management
When overused, nitrogen fertilizers destroy soil organic matter, pollute waterways, and create nitrous oxide. More efficient management can reduce these negative impacts.

Climate Solution #67 – Farmland Irrigation
Pumping and distributing water requires large quantities of energy. Drip and sprinkler irrigation, among other practices, make water use more precise and efficient.

Climate Solution #72 – Biochar
Biochar results from slowly baking biomass in the absence of oxygen. Retaining most of the feedstock’s carbon, biochar can be buried for sequestration, while enriching the soil.

Wisconsin conservation and restoration photos shown above are provided by Alice Thompson of Thompson & Associates Wetland Services, South Milwaukee, Wisconsin

Working toward a healthy, sustainable, equitable, accessible, & thriving food system:

Wisconsin Local Food Network

Support the WI Good Food Vision
visit WILocalFood.com

Join our List Serve  Post Events and Job Openings
Get Connected Locally, Regionally, Statewide
Follow us for Summits, Webinars, Meetings & Resources
The Perfect Pollinator Garden

"Bee" the Change

Early Bloomers
- Provide early food sources
  - Native Willows and Cherries
  - Wild Columbine

Late Bloomers
- Extend the flowering season
  - New England Aster
  - Native Sunflowers

Grasses/Sedges
- Provide nesting sites and protection
  - Little Bluestem
  - Pointed Broom Sedge

Shrubs/Trees
- Can be great nectar sources
  - Basswood
  - Blueberry

Nesting Habitat
- Pollinators need homes
  - Utilize hollow stems, tubes, and drilled wood pieces
  - Provide areas of bare ground

Water Source
- Pollinators need water
  - Keep shallow; bird baths are too deep
  - Use marbles or stones for landing pads

Pollinators are in serious decline due to habitat loss, pesticide use, invasive species, and climate change.

How can you help?
Incorporating elements into your garden, from the flower petals above, or creating a new native plant garden will help strengthen pollinator populations.

Why native plants?
They provide the best forage and breeding grounds for our native bees and butterflies.

Without pollinators, much of the world’s food supply, fibers, and raw materials would disappear. However, by supporting your local pollinators with a perfect pollinator garden, you can contribute to a healthier, more sustainable earth.

Visit us at www.oclw.org
You can make a difference.

www.holycrosssisters.org

715-539-1460
Treehaven is Wisconsin’s center for integrating natural resources education, management, research, and recreation.

Treehaven is a natural resources education, conference and research center located in the Northwoods between Tomahawk and Rhinelander, Wisconsin. Treehaven rests on a glacial ridge overlooking 1,400 acres of forest and wetlands. We offer classroom, lodging, and dining opportunities for your professional development courses and outdoor education programs for schools.

- Classrooms accommodating 15–100
- Lodging $45–80 per person/per night
- 1 to 4 person occupancy per room; with bathroom, shower and linen set included
- Year-round food service staff
- 9,000 square-foot organic sustainable garden
- Dinner and a Speaker series each winter/spring

Testimonial: “I can share with you this facility is the best we’ve been to. Your meeting space, lounge, dining and grounds afforded opportunities to learn and relax over our time here.” Fall 2018 DNR Meeting Attendee