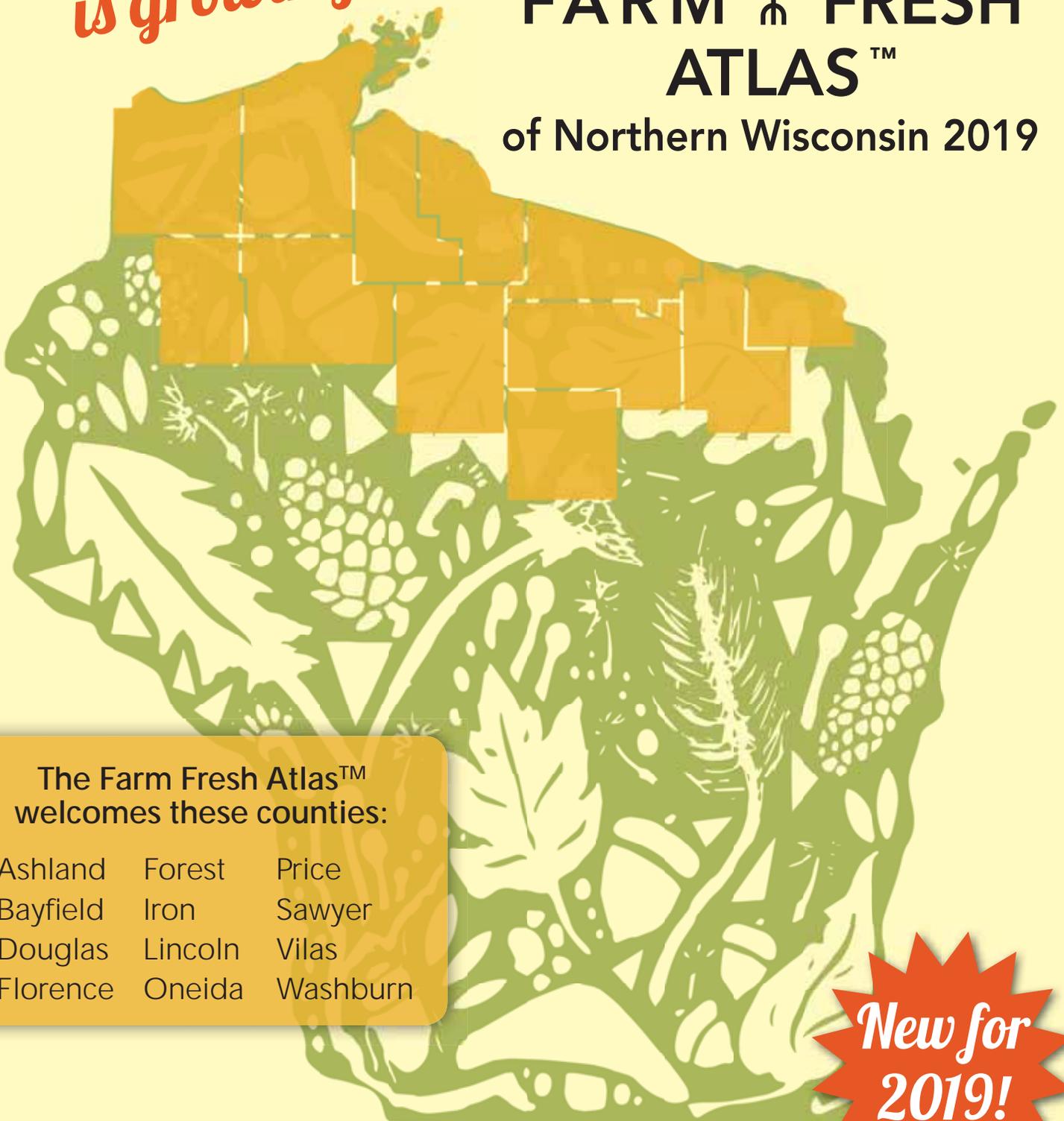


*The Northwoods  
is growing too!*

FARM  FRESH  
ATLAS™  
of Northern Wisconsin 2019



The Farm Fresh Atlas™  
welcomes these counties:

- |          |         |          |
|----------|---------|----------|
| Ashland  | Forest  | Price    |
| Bayfield | Iron    | Sawyer   |
| Douglas  | Lincoln | Vilas    |
| Florence | Oneida  | Washburn |

*New for  
2019!*

*Connecting more people to more local food*

# WELCOME

## A Welcome Message from the Editor:

**Welcome, Local Food Enthusiasts, to the inaugural issue of the Northwoods Farm Fresh Atlas!** We thank all those who have joined us in building the first annual **Farm Fresh Atlas for Northern Wisconsin**, especially our two major sponsors - Holy Cross Sisters from Merrill and Treehaven located near Tomahawk.

We're convinced that our Best Future will be a more Local Future. And nothing is more important than localizing more and more of our **FOOD**. So **Thank You** -- our subscribers, advertisers, sponsors, volunteers, and consumers -- for helping to take us all to this Better Future in the Northwoods! This 12-county Atlas completes Farm Fresh Atlas coverage of the whole state and will help you connect with farmers, producers and consumers in YOUR community - creating and strengthening relationships and keeping more money circulating locally. Help us spread the good news so we can aim for doubling our listings next year!

In addition to thanking farmers markets, and those that purchased listings or ads, we also would like to thank many behind-the-scenes partners including UW-Extension staff, Bayfield County Health Department, Treehaven staff, especially Seasonal Field Instructor, Riley, and guest artists Hallye Webb, Sarah Brooks, and the art collective Tangled up in Hue for donating their artwork. Read more about the artists and enjoy their garden artwork sprinkled throughout this publication.

Please pick up a copy of the Northwoods Atlas for a friend who you know would love this initiative, or who might consider buying a listing or an ad next year, and please pass along via social media to everyone you know who would benefit from being part of this or who have interest in growing a vibrant, local food network in their communities in northern Wisconsin.

It has taken a lot of volunteer hours and commitment to make this happen. We could not have done it without the help of the statewide Farm Fresh Atlas team and Central Wisconsin Farm Fresh Atlas. They generously shared their experience which helped develop this Atlas. Enjoy!

Eat Fresh. Eat Local. Be happy.

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

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Layout/Design: Brigit Olson, Eau Claire, WI  
Editor/Coordinator: Rita Webb, Tomahawk, WI  
(Volunteer)

Wondering how to list your farm or business in the 2020 Northwoods Farm Fresh Atlas?  
Or want more copies to distribute?

Email: [farmfreshnorthernwi@gmail.com](mailto:farmfreshnorthernwi@gmail.com) or call 715.436.0990

## Trademark Statement

Farm Fresh Atlas™ is a trademark of REAP Food Group, Inc., used with permission by grassroots coalitions throughout Wisconsin to produce five independent atlases: Farm Fresh Atlas™ of Eastern Wisconsin, Western Wisconsin Farm Fresh Atlas™, Farm Fresh Atlas™ of Southeastern Wisconsin, Southern Wisconsin Farm Fresh Atlas™, and Central Wisconsin Farm Fresh Atlas™.



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by Hallie Webb

# ATLAS INFORMATION

## HOW TO USE OUR ATLAS

We're building a network of farmers, local food producers, farmers markets, businesses, institutions and organizations that support a vibrant local foodshed in northern Wisconsin.

- Farms and businesses are listed alphabetically by COUNTY
- Use the map on pages 6-7 to find a farm, business, or market by approximate location
- Please make sure visitors are welcome or call before you visit farms
- Tell growers you saw them in the Northwoods Farm Fresh Atlas!
- View all SIX regional Atlases online at [www.farmfreshatlas.org](http://www.farmfreshatlas.org)
- With your support to extend our reach, we'll add a Product Guide and additional features in future Atlases



[www.farmfreshatlas.org](http://www.farmfreshatlas.org)

## PLEDGE OF COMMITMENT

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

### 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

### 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

# ARTISTS' RECOGNITION

## Tangled Up in Hue (Cover Photo)

Tangled Up in Hue is an art collective located in downtown Eau Claire showcasing the unique hand-made work of over 150 artists and makers from around Wisconsin. Art, Jewelry, Pottery, Soaps, Lotions, Apparel and Accessories are all found here. Truly a one-stop gift shop that all can enjoy!



## Sarah Brooks



For 15 years Sarah Brooks worked at the Dane County Farmer's Market selling vegetables. She turned many of the eccentric shapes into stars in her touring photo exhibit, Vegetable Matters. Her husband never knew if he should eat what was in the refrigerator or if they were art projects to be

saved. Her super-sized outdoor papier-mache vegetables have been in Madison school gardens as well as at busy commuter intersections around town. Sarah can be reached at [vegetablematters@gmail.com](mailto:vegetablematters@gmail.com).



"Crocus on Speedway"

## Hallye Webb



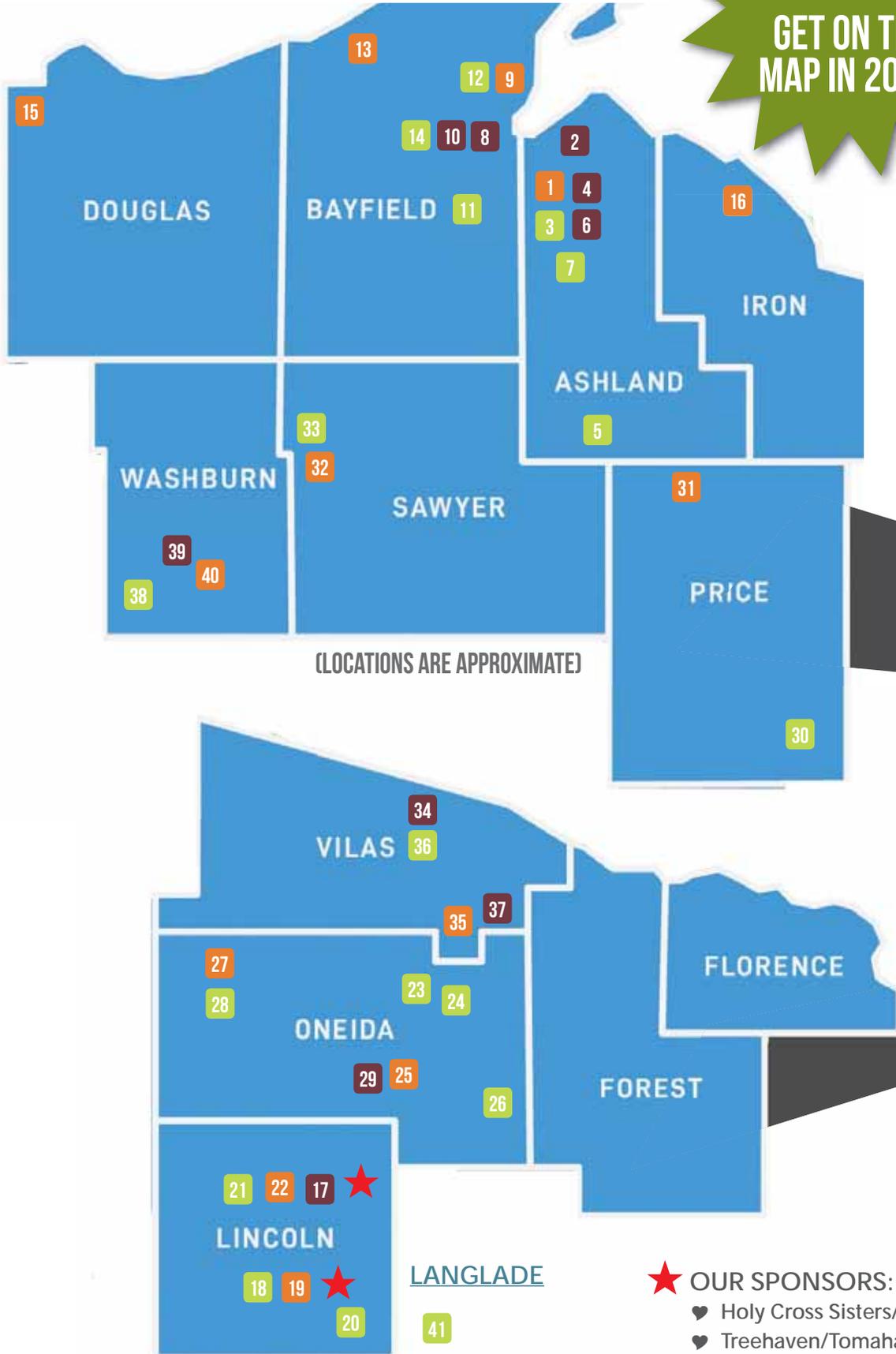
Hallye Webb is a Minneapolis-based illustrator whose work is inspired by the natural world and the various places she has lived. Her colorful illustrations are created with watercolors and occasionally ink, and clients include REI, Friends of the High Line, and 826CHI. In addition to illustrating, Hallye spends her time writing, reading, cooking,

enjoying the outdoors, and advocating for the arts. Follow along on Instagram at [@hallyewebb](https://www.instagram.com/hallyewebb) or visit [hallyewebb.com](http://hallyewebb.com) for a full portfolio.



# MAP LOCATIONS

**GROW WITH US!  
GET ON THE MAP IN 2020!**



**★ OUR SPONSORS:**  
 ♥ Holy Cross Sisters/Merrill  
 ♥ Treehaven/Tomahawk

# MAP LOCATIONS



**FARMS/PRODUCERS**



**BUSINESS/ORGANIZATIONS**



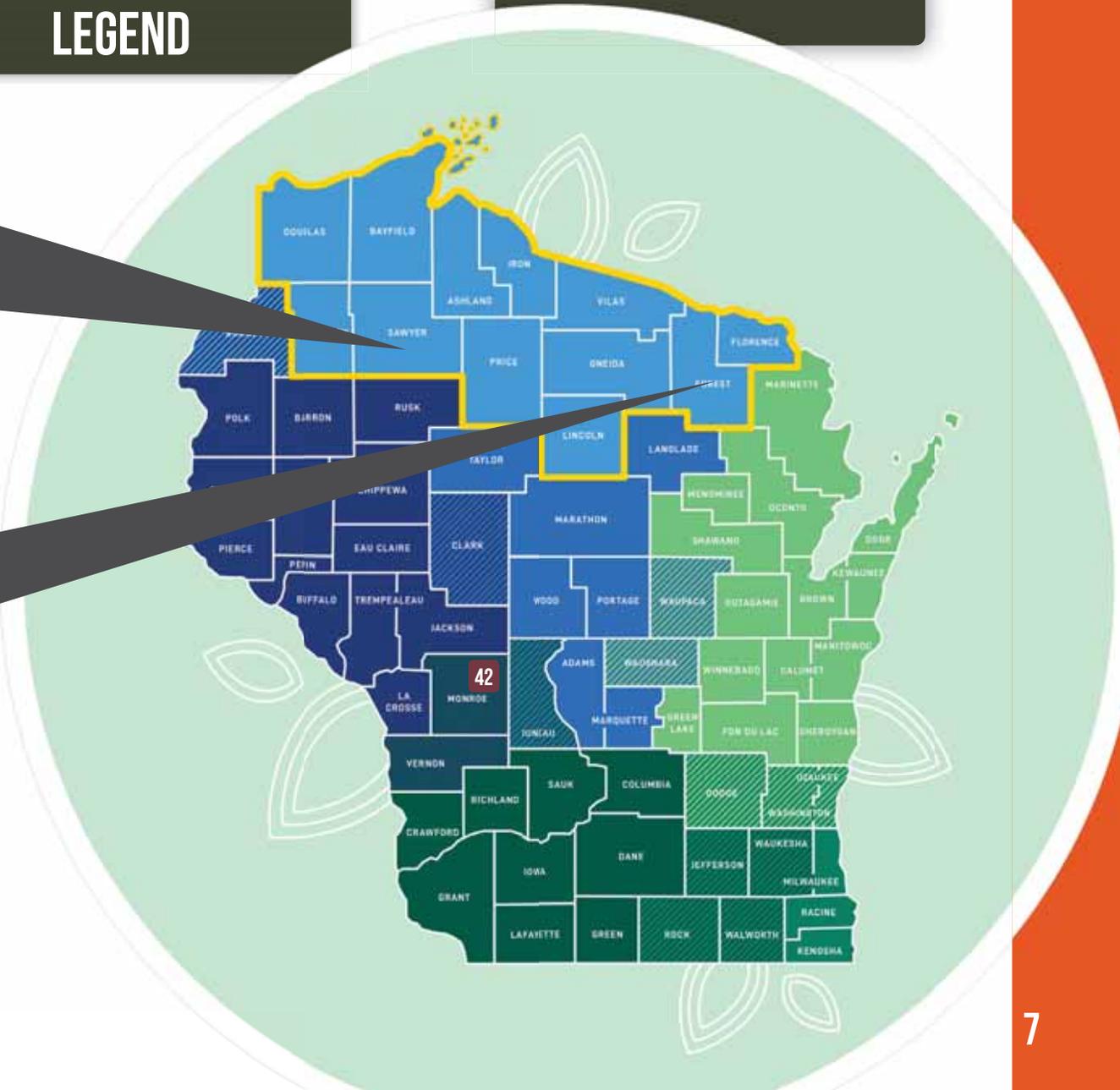
**FARMERS' MARKETS**

This map provides a general reference and is not intended for navigation. Please contact the farm or business for specific directions.

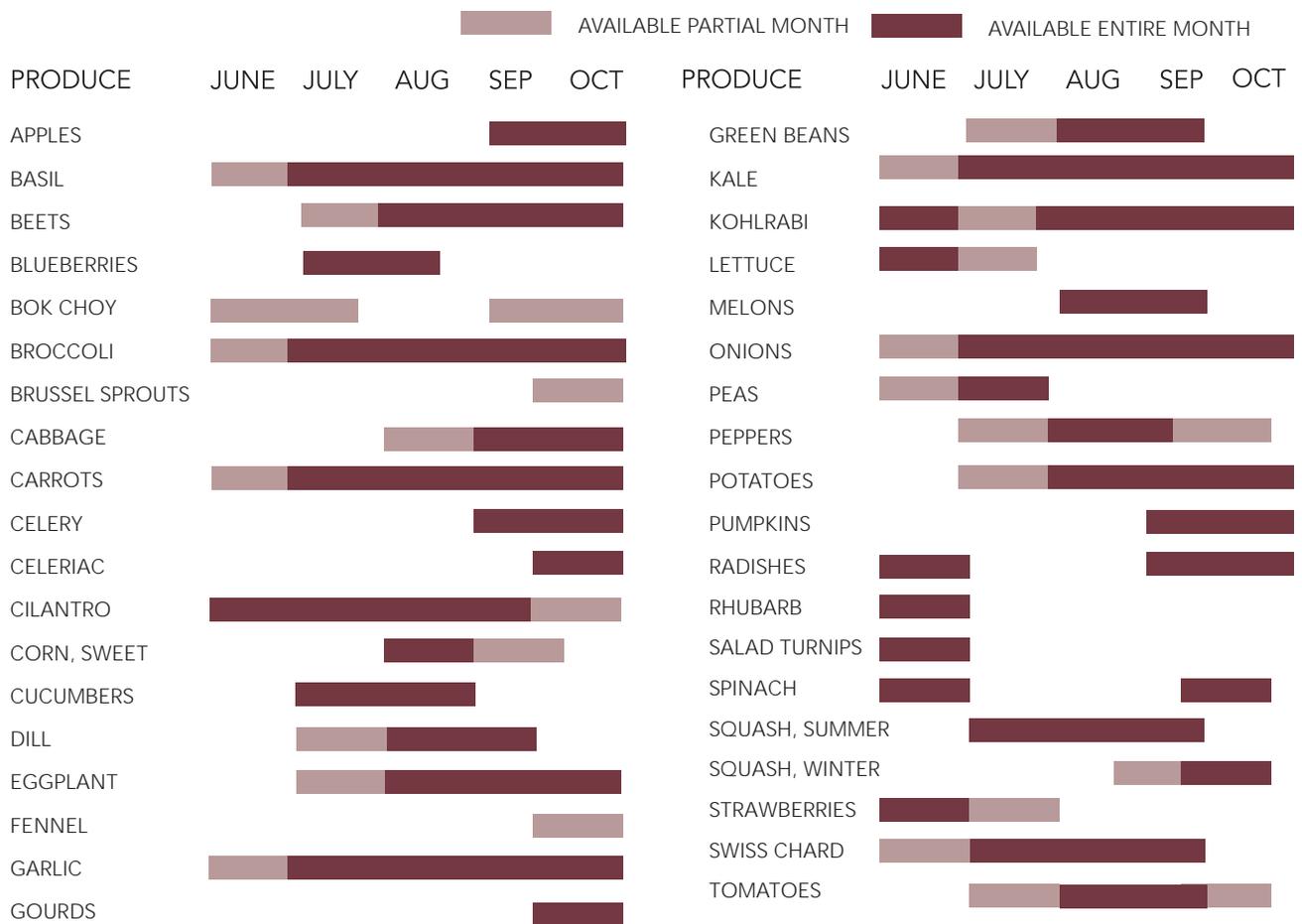
## LEGEND

## FARM FRESH ATLAS REGIONS

The Farm Fresh Atlas Network of Wisconsin is divided into 6 Regional Atlases: Southern, Southeastern, Eastern, Central, and Western, with the newest Northern region now added. As you travel around Wisconsin, look for copies of the regional Farm Fresh Atlas wherever you go.



# What's in Season?



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 CSAs extend their subscriptions beyond the traditional northern growing season. See, for example, Northwoods Farm Share in Vilas County, which offers a year-round CSA.

### 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

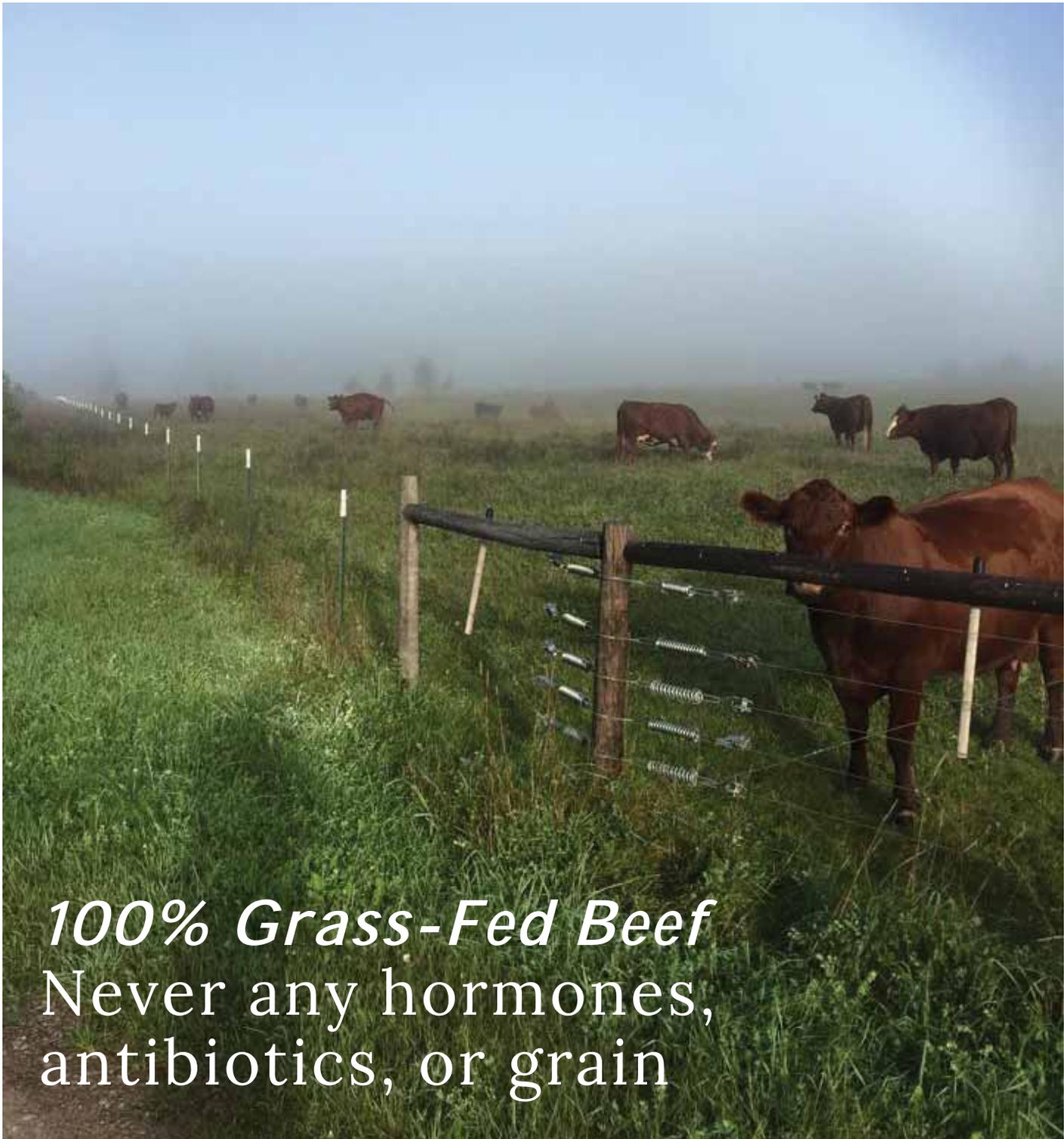
Grocers are starting to source and feature local products. If you don't see any, be sure to ask!

### 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.



*100% Grass-Fed Beef*  
Never any hormones,  
antibiotics, or grain



## McLaughlin Family Farms

---

Jim: 715.369.0300

[Wisconsin-grass-fed-beef.com](http://Wisconsin-grass-fed-beef.com)

## ashland county

### 1 ASHLAND AREA FARMERS MARKET

**Cheyenne Reeves, Market Manager**  
6th Avenue West and Main Street. Next to Ashland City Hall and Howard Pearson Plaza in downtown Ashland. Ashland, WI 54806  
850-896-9597  
ashlandfarmersmarket@gmail.com  
www.ashlandareafarmersmarket.com

June 1 - October 19; Saturdays 8:00 AM-12:00 PM

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).

### 2 BAY AREA WIC (See Ad, p. 15)

**Kelsey Latimer**  
216 3rd St W, Ashland, WI 54806  
715-682-6661  
klatimer@bayfieldcounty.org  
www.bayfieldcounty.org/182/Bay-Area-WIC  
Bay Area WIC program serves low income families to provide food packages, nutrition counseling services, and immunization for pregnant women and children up to the age of 5.

### 3 BEAR TRAP CREEK FARMS

**Bill and Jenny Lavasseur**  
47923 State Hwy 112, Ashland, WI 54806  
715-209-0930  
jenniferlmika@hotmail.com  
Bear Trap Creek Farms is a local family farm owned by Bill and Jenny Lavasseur. We are located about 4 miles south of Ashland on Highway 112. Our animals are free range/pastured and fed a Non-GMO Barley Mix. We have beef, pork, eggs and honeybees and we do not use pesticides or commercial fertilizer on our gardens. You can come to our farm to shop (there is a self-service fridge and freezer on our deck), call/message us your order, or find us at the Ashland Area Farmers Market.

### 4 CHEQUAMEGON FOOD CO-OP (See Ad, p. 13)

**Meagan Van Beest**  
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, health and beauty 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.

### 5 HERITAGE MEATS LLC (See Ad, p. 14)

**Travis Pydo**  
16112 Amsler Rd.  
Butternut, WI 54514  
715-360-3427  
heritagemeatllc@gmail.com  
www.heritagemeatllc.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.

### 6 HULINGS RICE FOOD CENTER AT NORTHLAND COLLEGE (See Ad, p. 18)

**Todd Rothe**  
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.

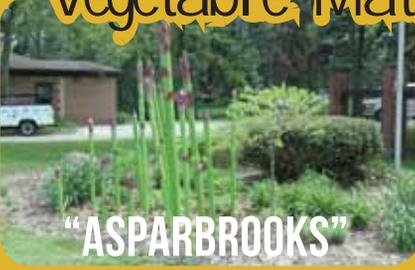
### 7 RIVER ROAD FARM

**Todd and Kelsey Rothe**  
61817 Marengo River Rd., Marengo, WI 54855  
715-278-3383  
rothesrffarm@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.



If you've never experienced the joy of accomplishing more than you can imagine, plant a garden.  
— Robert Braille

by  
Hallie Webb



Vegetable Matters  
by Sarah Brooks  
"ASPARBROOKS"

## bayfield county

### BAYFIELD COUNTY HEALTH DEPARTMENT

(See Ad, p. 19)

#### Passport to Wellness Project:

[www.bayfieldcounty.org/852/Passport-to-Wellness](http://www.bayfieldcounty.org/852/Passport-to-Wellness)

Participating agencies or organizations participating in the Passport to Wellness project.

- Ashland County Health & Human Services Department
- Ashland Bretting Center
- Bayfield Chamber of Commerce
- Bayfield County Health Department
- Washburn Chamber of Commerce

8



### BAYFIELD FARMERS MARKET

Aimee Kaufmann

S 1st street between Rittenhouse and Manypenny.

Between the Bayfield Inn and Howl; Bayfield, WI 54814

715-209-8000

[bayfieldwifarmersmarket@gmail.com](mailto:bayfieldwifarmersmarket@gmail.com)

[www.bayfieldfarmersmarket.com](http://www.bayfieldfarmersmarket.com)

June 15 - October 12; Saturdays 8:30 AM-12:00 PM

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 by each seller. The Bayfield Farmers Market opens Saturday's at 8:30 - Noon (weather permitting) from mid June through mid October at the corner of S 1st, between Rittenhouse and Manypenny.

9



### BAYFIELD FOODS (See Ad, p. 19)

Evan Flom

PO Box 412, Washburn, WI 54891

218-409-6406

[csamanager@bayfieldfoodproducers.org](mailto:csamanager@bayfieldfoodproducers.org)

[www.bayfieldfoods.org](http://www.bayfieldfoods.org)

Bayfield Foods was formed in June of 2010 by farmers and food producers in the Chequamegon Bay region of northern Wisconsin. Our mission is to provide customers with high quality, nutritious, and sustainably-grown foods produced in Ashland and Bayfield Counties in Wisconsin.

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### HAYPENNY STOCKWORKS

Christie Ketring

63375 US HWY 63, Mason WI 54856

715-292-5267

[lulichfarm@gmail.com](mailto:lulichfarm@gmail.com)

Small family pasture based sheep farm. We raise White Dorper Sheep from Oregon and Australia. Lambs are grass fed through the summer months and are ready for freezer by fall. Pasture lambs for spring, are available as well as lamb meat throughout the winter. Learn how to grow your own lamb this summer or try some local lamb chops!

11

### HIGHLAND VALLEY FARM

The Dale Family

87080 Valley Rd, Bayfield, WI 54814

715-779-5446

[highlandvalleyfarm@gmail.com](mailto:highlandvalleyfarm@gmail.com)

[www.bayfieldblues.com/](http://www.bayfieldblues.com/)

Join us during berry season--mid-July through early September--on the largest field of cultivated blueberries in the Western Lake Superior region. Producing quality farm products for over 40 years: pick-your-own and ready-picked blueberries, raspberries, and currants, maple syrup, honey, beeswax candles, and hand-crafted fruit wines. Sustainably grown certified by Food Alliance Midwest. Three miles outside of Bayfield, WI. More info at [www.bayfieldblues.com](http://www.bayfieldblues.com). Picking report posted daily.

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### PORT WING SATURDAY MARKET

Judie and Kathy

In Port Wing town pavillion; State Hwy 13 and

Grand Avenue; Port Wing, WI 54865

715-774-3944

[portwingmarket@gmail.com](mailto:portwingmarket@gmail.com)

[www.portwingmarket.com](http://www.portwingmarket.com)

May 25 - October 5; Saturdays 9:00 AM-12:00 PM

Port Wing Saturday Market offers fresh, locally grown produce, plants and flowers. Our local farmers grow a wide variety of your favorite veggies and fruits. They also sell maple syrup, jams, jellies, farm fresh eggs & meats. Not only do we have fresh local produce, we offer local artists the opportunity to showcase their art: handmade books, stone and beaded jewelry, wood-carved and wood-turned spoons and other utensils, pottery, soaps and lotions, knitted hats & mittens.

13



### SURI FINA ALPACA FARM

Abigail Klema

31300 Engoe Road, Washburn, WI 54891

715-413-1201

[surifinaalpacaafarm@gmail.com](mailto:surifinaalpacaafarm@gmail.com)

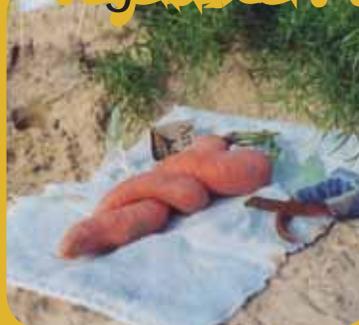
We raise suri alpacas way up North by Lake Superior. Get your hands on our natural and hand-dyed yarns and clothing at local farmers markets or visit our farm store in our alpaca barn. We also have eggs, alpaca meat, and seasonal vegetables. Nourish your body and your creative spirit. Contact us and follow us on Facebook.

14



## Vegetable Matters

by  
Sarah  
Brooks



"FUN IN  
THE SUN"



## douglas county

### BARKER'S ISLAND FARMERS' MARKET

**Sue Ann Dumke, Market Manager**  
 Parking lot in Barker's Island Festival Park,  
 near the S.S. Meteor.  
 Hwy 2/53 and Marina Dr. (Barker's Island Festival Park)  
 Superior, WI 54880  
 715-372-8441  
 sa\_dumke@yahoo.com

15



**May 18 - October 26; Saturdays 9:00 AM-12:00 PM**  
 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.

## florence and forest counties

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!

## iron county

### IRON COUNTY FARMERS MARKET

**Shelly Roncali**  
 Corner of 10th Ave and Hwy 51, Hurley, WI 54534  
 Hurley, WI 54534  
 906-285-0757  
 ironcountymarket@gmail.com  
 www.ironcountymarket.com

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**June 29 - October 12; Saturdays 10:00 AM-1:00 PM; Wednesdays 3:00 PM-6:00 PM**  
 The Iron County Farmers Market provides an outlet for area growers and artisans to sell locally grown and handmade products while providing an education forum for customers to learn the uses and benefits of buying locally-produced products that will enhance their quality of life and foster social activities in our local communities.



by Hal Iye Webb

There are two spiritual dangers in not owning a farm. One is the danger of supposing that breakfast comes from the grocery, and the other that heat comes from the furnace.

- Aldo Leopoldo

## lincoln county

### BECOMING AN OUTDOORS WOMAN (BOW) WINTER WORKSHOP

*(See Ad, p. 14)*  
**Peggy Farrell**  
 Becoming an Outdoors Woman Workshops are held in August & February at Treehaven. For more information call Peggy Farrell at 715-346-4681.

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### HASSTEAD ACRES, INC.

**Richard and Susan Hass**  
 N2010 CTY RD E, Merrill, WI 54452  
 715-536-7364  
 susanews2@msn.com

18

Locally grown seasonal fresh vegetables including sweet corn, pumpkins and squash, our own maple syrup, a variety of canned goods, including jams, pickles and salsa, fresh baked breads and other baked goods.

### MERRILL AREA FARMERS MARKET

**Susan and Richard Hass**  
 Located in Normal Park, near the Gazebo, on Wednesdays and Saturdays from 7:30am to 12:30pm. Located in the parking lot at Good Samaritan Hospital on Mondays from 3 - 6pm.  
 Center Ave & E 7th St., Merrill, WI 54452  
 715-536-7364  
 susanews2@msn.com

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**June 15 - October 26; Mondays 3:00 PM-6:00 PM; Saturdays & Wednesdays 7:30 AM-12:30 PM**

Locally grown produce, maple syrup and honey, baked good, 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.

### NORTHWOODS MAPLE FARM, LLC.

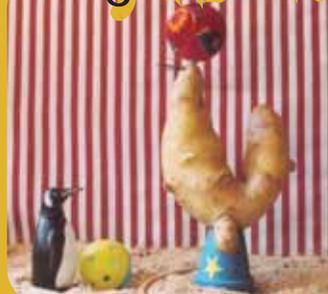
**Anthony & Rebecca Renken**  
 W1291 County Road P, Merrill, WI 54452  
 715-551-9369  
 northwoodsmaplefarm@outlook.com  
 www.northwoodsmaplefarm.com

20



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.

## Vegetable Matters



by Sarah Brooks

"BALANCING ACT"

**PINE GROVE 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 Wisconsin. 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. We would love to be your farm!

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**TOMAHAWK MAIN STREET FARMER'S MARKET**

Matt Hau  
 Located between Dunn Financial Services and Century 21; 3rd Street and Wisconsin Avenue; Tomahawk, WI 54487  
 715-224-2395  
 pinegrovepastures@gmail.com

**June 4 - October 8; Tuesdays 1:00 PM-5:30 PM**  
 The Tomahawk Main Street Farmer's Market is open from 1:00-5:30 pm every Tuesday, June through mid October. Our market offers fresh local produce, pastured pork, beef, baked goods, herbal products, and more. Located at the intersection of 3rd and Wisconsin Ave in downtown Tomahawk. While you're here, check out the many unique small business in the area!

22



CHEQUAMEGON FOOD CO-OP

**Rooted in Community!**  
 SINCE 1976



FRESH • LOCAL • ORGANIC

CHEQUAMEGON FOOD CO-OP

700 Main Street West • Ashland, WI • (715)682-8251 • chequamegonfoodcoop.com



A vegetable garden in the beginning looks so promising, and then after all, little by little, it grows nothing but vegetables, nothing, nothing but vegetables.

– Gertrude Stein

by Hallie Webb

Introducing the **Wisconsin Local Food Network**

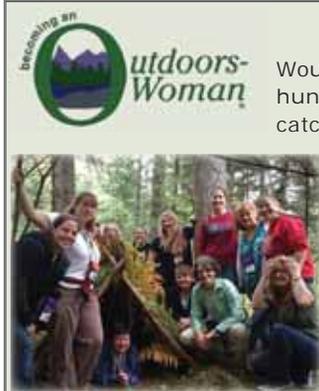
Working toward a fair, healthy, sustainable food system.



**WILocalFood.com** 

- Join our List Serve • Post Events & Job Openings
- Get Connected Locally, Regionally, Statewide

Follow for Summits, Webinars, Meetings, & Resources



Would you like to learn to hunt for sustainable **FOOD**, catch and prepare **FISH**, identify and **FORAGE** for wild **EDIBLES**, bake **BREAD** outside in a Dutch oven, gain **SKILLS** and **KNOWLEDGE** in survival, **SELF RELIANCE**, wildlife ecology, **NATURE** journaling, archery, or choose from dozens of other hands-on activities?

The **Becoming an Outdoors-Woman (BOW)** program will teach you! **Explore, Learn, Grow** h

BOW is a non-profit, educational program offering hands-on workshops to adult women. We encourage a supportive environment conducive to learning, making friends, and having fun.

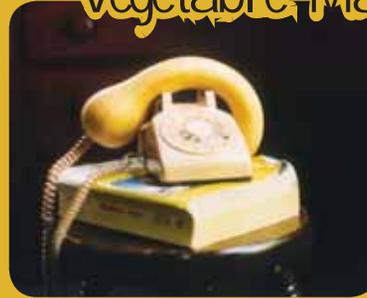
No experience is necessary. BOW is for women of all ages and fitness levels.



Visit our website: [www.uwsp.edu/cnr-ap/bow](http://www.uwsp.edu/cnr-ap/bow)  
 Find us on Facebook: [www.facebook.com/WisconsinBOW/](http://www.facebook.com/WisconsinBOW/)  
 Contact: [pfarrell@uwsp.edu](mailto:pfarrell@uwsp.edu) 715-346-4681

## Vegetable Matters

by Sarah Brooks



“CALL WAITING”

We do not inherit the earth from our ancestors. We borrow it from our children.

– Chief Seattle



by Hallie Webb

# 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

Honey & Maple Syrup

Smoking  
 Vacuum Packaging

Snack Sticks, Brats,  
 Sausage, & Hot Dogs  
 Variety of Flavors Offered!



Smoked Ham & Bacon



Requests Welcome for  
 Specialty Items, Bulk  
 Purchases, Custom Cuts  
 & Meats!

Call For Appointments

Retail Hours: Monday-Friday 9AM-4PM

Travis Pydo



109 South Main St. Butternut, WI 54514 • (715) 360-3427

Email: [heritagemeatllc@gmail.com](mailto:heritagemeatllc@gmail.com) • Website: [heritagemeatllc.weebly.com](http://heritagemeatllc.weebly.com)



For Healthy Moms and Kids

Women, Infants, and Children Nutrition Program



Nutrition Information



Healthy Foods



Breastfeeding Support



And more!

YOU GOT  
THIS,  
MOM.



Contact Us

1-800-642-7837

[WWW.DHS.WISCONSIN.GOV/WIC](http://WWW.DHS.WISCONSIN.GOV/WIC)

*This institution is an equal opportunity provider.*

## oneida county

### CAMP FOUR FARM

Scarlet and John Sweeney  
4146 Camp Four Road, Rhinelander, WI 54501  
715-272-1781  
sjsweeney@frontiernet.net

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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.

### EVERGOOD FARM

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

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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.

### HODAG FARMERS MARKET

Amanda Puhl, Tanya Hofrichter, Jasmyn Schmidt  
In Pioneer Park, across from the playground,  
on Oneida Avenue, Rhinelander, WI 54501  
715-617-7903  
hodagfarmersmarket@gmail.com  
www.hodagfarmersmarket.com

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May 25 - October 19; Saturdays 8:00 AM-1:00 PM

Running since 1995, the Hodag Farmers' Market is a local food market in Rhinelander. All goods sold are produced locally by the person selling them. Local has been defined as any producer from Oneida County or any county bordering Oneida 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. It's a great place to shop and get local fresh and flavorful produce, meats, cheeses, breads and much more.

### MCLAUGHLIN FAMILY FARMS (See Ad, p. 9)

James McLaughlin  
818 Kurtz Rd, Monico, WI 54501-7725  
715-369-0300  
mclaughlinfamilyfarms@gmail.com  
www.wisconsin-grass-fed-beef.com

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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!



## MINOCQUA FARMERS' MARKET

Tyrena

Minocqua Park Complex;  
10295 WI-70, Minocqua, WI 54548  
715-536-6413

MinocquaFarmersMarket@gmail.com  
www.MinocquaFarmersMarket.com

May 17 - October 11; Fridays 8:00 AM-1:00 PM  
June 17 - September 2; Mondays 3:00 PM-6:00 PM

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.

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## 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

We're small, diverse, and striving towards sustainability. We raise registered Coopworth sheep, primarily for wool; heirloom garlic, handcrafted soaps, and more. On-Farm store open by appointment.

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## THREE SONS LLC

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, WI. We have a state of the art aquaponic/hydroponic greenhouse for growing a variety of lettuce, 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 appt. Like us on facebook or give us a call to learn more.

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## PARK FALLS FARMERS MARKET

Located at Christ the Servant Church, one block north of Super One Foods.

1185 S. Fourth Ave., Park Falls, WI 54552  
715-762-7457

delightfullydried@gmail.com

June 5 - October 9; Wednesdays 2:00 PM-5:15 PM

The market features locally grown produce and plants, and locally produced food products of all kinds.

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## VITAL INDUSTRIES (See Ad, p. 20)

Brett & Crystal

806 N Stevens St., Rhinelander, WI 54501  
715-420-1860

shop@vitalindustries.com  
www.vitalindustries.com

We screen print custom goods for regional businesses in our Rhinelander studio. Our products are designed and printed with quality and aesthetics in mind for everyday use. In addition, all of our glassware is sourced in the U.S.A and we offer a line of environmentally and ethically sourced clothing.

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Earth does not belong to us. We belong to Earth.  
— Chief Seattle

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Farming is a profession of hope.  
— Brian Brett

by Hallie Webb

## Vegetable Matters

by Sarah Brooks



“PARAKEET ON THE LAM”

LOCAL & HANDMADE - ART & GIFTS - APPAREL & ACCESSORIES



305 S BARSTON ST SUITE B    www.TANGLEDINBLUE.COM    EAU CLAIRE WISCONSIN  
MADE IN WISCONSIN | SHOP LOCAL

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??*

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

Buy Fresh, Buy Local! We're Better Together...and Healthier!



CONNECT WITH LOCAL,  
WHEREVER YOU ARE.



[FARMFRESHATLAS.ORG](http://FARMFRESHATLAS.ORG)

(connects to website, not app)



# 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](http://northland.edu/hrfc)

## sawyer county

### HAYWARD FARMERS' MARKET

Beverly Thompson

At the corner of 63 and Michigan next to the old Gordy's Grocery store; 15886 W U.S. 63, Hayward, WI 54843  
715-550-5720

HaywardFarmersMarket@yahoo.com

June 3 - September 30; Mondays 10:30 AM-3:00 PM

The Hayward Farmers Market is a growing, vibrant, diversified market that runs every Monday, June thru September, 11:30 to 4:00. You'll find seasonal vegetables & fruits, natural beef, chicken, pork, lamb, fresh home-made baked goods, eggs, jams & jellies, coffee, lemonades, soaps & lotions, plants & shrubs, honey & maple syrup and much more!

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by Hall ye Webb

Urban friends ask me how I can stand living here, 'so far from everything?' When I hear this question over the phone, I'm usually looking out the window at a forest, a running creek, and a vegetable garden, thinking: Define 'everything'.  
— Barbara Kingsolver

### 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 Wi. off Hwy 63. The 60 acre lamb farm is owned by Steve & Dianne Miles. Steve's 40 years experience in raising homegrown Hampshire sheep 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 are raising free range chicken, early orders are appreciated.

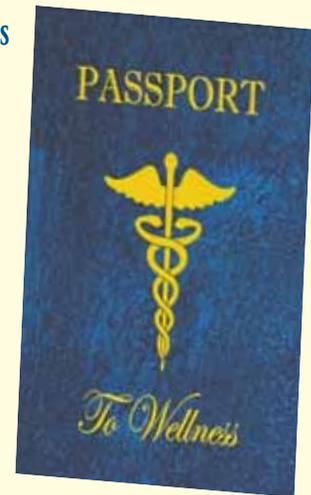
33



## PASSPORT To Wellness

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](http://www.bayfieldcounty.org/852/Passport-to-Wellness)

Orders for 2019-2020 are open!



Monthly payments available!

SEASONAL SUBSCRIPTIONS OF ORGANIC VEGGIES, GRASS-FED MEATS, BAYFIELD FRUITS AND MORE!

Learn more and order at [BayfieldFoods.org](http://BayfieldFoods.org)

**vilas county**

**CONSERVE SCHOOL** (see Ad, p. 16) **34**  
 5400 N. Black Oak Lake Rd., Land O' Lakes, WI 54540  
 715.547.1300  
 info@conserveschool.org

A life-changing semester-school in the Northwoods for high school students, inspiring young people to environmental stewardship through academics and engagement with the forests, lakes, and wildlife of Lowenwood. 

**EAGLE RIVER FARMERS' MARKET** **35**  
 Martha Geiseman  
 Hwy 45 just north of the Bridge, Eagle River, WI 54521  
 715-477-0645  
 errp@nnex.net

www.eaglerivermainstreet.org  
**May 8 - October 9; Wednesdays 8:30 AM-1:00 PM**  
 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. For further information about the Farmers Market please contact Martha at 715-477-0645 or errp@nnex.net. 

**HILLBILLY HOLLOW, LLC** **36**  
 Kathy Martin  
 4570 County Road S  
 Conover, WI 54519  
 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. The farm is located at 4570 County Road S, Conover, WI and our retail store is located at 708 E wall Street, Eagle River WI. Hillbilly Hollow, LLC 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. 

**NORTHWOODS FARM SHARE** **37**  
 Jasmyn Schmidt/ Kathy Martin  
 708 E Wall Street, Eagle River, WI 54521  
 715-617-7903  
 northwoodsfarmshare@gmail.com

Northwoods Farm Share is a local foods, CSA type co-op of several local farmers centered around Eagle River. Its 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. 



**POWERFUL PRINTS**



Screen printing & embroidery on T-shirts, hats, tote bags, glassware and more!



Quick turn around!  
 2 weeks from artwork approval on most items



Visit [vitalindustries.com/farmfresh](http://vitalindustries.com/farmfresh) for special offers and more information!

**vital.**  
**INDUSTRIES**

RHINELANDER, WI 715.420.1860

## washburn county

### BASHAW VALLEY FARM & GREENHOUSE

Steve & Linda Degner

W7402 Fox Trail Road, Shell Lake, WI 54871

715-468-2591

[basawvalley@gmail.com](mailto:basawvalley@gmail.com)

Nestled in the woods of NW Wisconsin our picturesque family farm implements environmentally sound practices that our customers have been enjoying for more than 30 years. The year-round retail store features our All Natural Grass-fed Angus Beef, Pastured Pork and Certified Organic blueberries & asparagus. The greenhouse specializes in custom moss baskets, annuals, perennials, shrubs & trees. The retail shop is filled with seeds, soils, decorative containers, tools and other great gift ideas.

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### PINE BROOK FARM, INC

Jason & Michele Martell

W4221 County Hwy A, Spooner, WI 54801

715-635-4511

[pinebrookfarmwi@gmail.com](mailto:pinebrookfarmwi@gmail.com)

[www.pinebrookfarmwi.com](http://www.pinebrookfarmwi.com)

Serving up REAL food that is simple & delicious. Relax & dine in our cozy farmhouse setting year-round. Enjoy beautiful landscapes & gorgeous sunsets. Seasonal outdoor dining, grill & unique bar. Located 8 miles from Spooner on a historic 85-acre farm. Sourcing local ingredients & supporting local farms. WI beer, wine & spirits. Gluten free, dairy free, & vegetarian options. Weekly specials. Homemade desserts. Available for weddings & parties. Open at 5 pm. Days of operation vary seasonally.

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### SPOONER FARMERS MARKET

Lei Jerry, Sherry Sutton, Angie LaPorte

Across Hwy 63 from Economart, in the parking

lot near the Washburn County fairgrounds.

805 S River Street, Spooner, WI 54801

715-919-0470

[spoonerfarmersmarket@live.com](mailto:spoonerfarmersmarket@live.com)

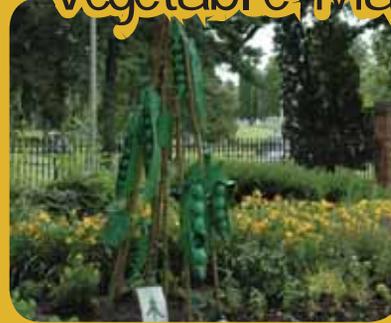
June 15 - October 12; Saturdays 8:00 AM-1:00 PM

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!

40



## Vegetable Matters



by  
Sarah  
Brooks

“PEAPOD  
258”

**WHY BUY LOCAL?**

More reasons:  
[amiba.net/localhero](http://amiba.net/localhero)

# You Can Try It Where You Buy It!

Local stores enable you to try on and try out items before you buy -- and get real expertise -- saving your time and money.



## Other Unique Growers/ Counties Marketing to the Northwoods

### L&M FRUIT AND FOWL FARM LANGLADE COUNTY

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

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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 chickens, ducks and Diana the Peacock. Starting July 2020 PICK YOUR OWN BLUEBERRIES as the white doves circle above. Goats and more to come. No crocodiles, but plenty of smiles!

### WARRENS CRANBERRY FESTIVAL INC MONROE COUNTY

Kim Schroeder  
402 Pine Street, Warrens, WI 54666  
608-378-4200  
cranfest@cranfest.com  
www.cranfest.com

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Warrens WI 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! September 27-29, 2019.

### WISCONSIN LOCAL FOOD NETWORK

(See Ad, p. 13)  
Jessica Jayne Spade  
117 W. Spring St, Chippewa Falls, WI 54729  
608-520-6222  
wilocalfoodnet@gmail.com  
www.wilocalfood.com

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The WLFN is a collection of individuals and organizations that share a common vision for WI: 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 business 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. Attend our annual summit, invite us to facilitate a regional stakeholder meeting, and join our statewide listserv today!

## Vegetable Matters



by  
Sarah  
Brooks

“LANDING AT  
LAMBEAU”

# Warrens Cranberry Festival

Sept. 27-29, 2019

Opens 7 a.m.  
All 3 Days

Phone: 608-378-4200

Fax: 608-378-4250

cranfest@cranfest.com

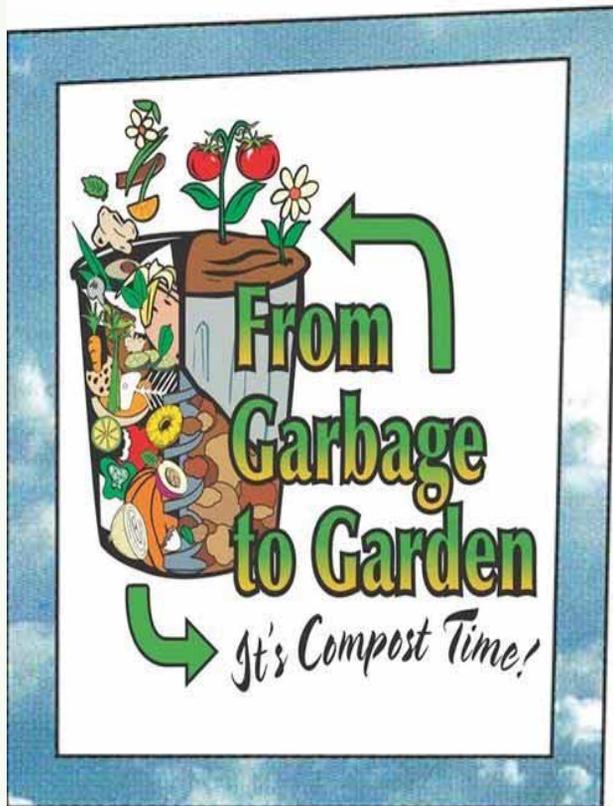
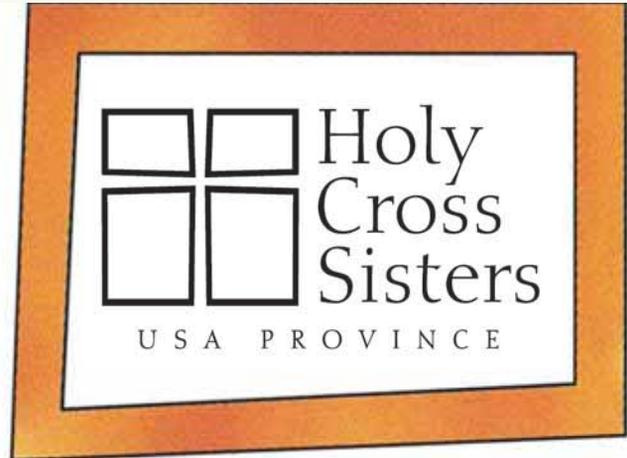
8 Miles North of Tomah  
Take I-94 West to Exit #135



- Cranfest Marsh Tours & Video Friday & Saturday
- 850 Arts & Crafts Booths All Three Days!
- 350 Antiques & Flea Market Booths All 3 Days!
- 80 Food Booths Including Our Famous Cranberry Cream Puffs
- Gigantic Parade Sunday at 1:00 p.m.
- Festival App now available
- Follow us on Facebook, Pinterest, and Twitter.

[www.cranfest.com](http://www.cranfest.com)

THANK YOU TO OUR TWO MAJOR SPONSORS!



**You can make a difference.**

[www.holycrosssisters.org](http://www.holycrosssisters.org)  
715-539-1460 Merrill, WI 54452

# THANK YOU TO OUR TWO MAJOR SPONSORS!



## Treehaven College of Natural Resources University of Wisconsin - Stevens Point

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. Each summer we host College of Natural Resources students for 6 week classes. During the non-summer months 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

W2540 Pickerel Creek Road  
Tomahawk, WI 54487  
Phone: 715-453-4106

For more information on Treehaven or Questions contact us at [treehaven@uwsp.edu](mailto:treehaven@uwsp.edu)



**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*