

**FARMERS | MARKETS | CO-OPS | RESTAURANTS**

**The definitive guide to the  
freshest, most sustainable  
ideas for your table...  
from Hayward to  
La Crosse and back.**



**FARM  FRESH**  
**ATLAS™**  
**of Western Wisconsin 2023**




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**FARMFRESHATLAS.ORG**  
 (connects to website, not app)



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At Sunny Skies CBD, we take pride in crafting the highest quality CBD products. Our business is family-owned and operated. Our field and production facilities are located in Durand, Wisconsin, and our staff upholds the Wisconsin work ethic.

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Sunny Skies CBD | 100 West Main St. | Durand, WI 54736  
 SunnySkiesCBD.com | 715-672-8760




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126 S Main St., Downtown River Falls

# SUPPORT LOCAL AND KNOW YOUR FOOD

The food we eat, where it comes from, and who grows it has become a topic of immense interest for many locavores and foodies. In the 2023 Atlas, we bring you highlights of farmers tilling it up old school – natural and organic, free range and grass fed – the way your grandma used to eat. We guide businesses that support local farmers and their sustainable practices and let you know the closest place for you to find good, quality homegrown goodness.

I hope that you grab an Atlas for yourself and a friend, that you find the information in its pages useful and educational, and along the way add a little more locally grown freshness to your table. The Western Wisconsin Farm Fresh Atlas™ 2023 is out now and online at [farmfreshatlas.org](http://farmfreshatlas.org).

## FARM FRESH ATLAS PLEDGE:

**Farms and other businesses listed in this atlas pledge their commitment to the following:**

### Farms pledge that their farm:

- Is family or cooperatively owned.
- Is committed to reducing the application of synthetic pesticides and fertilizers.
- Is operated in a way that protects and sustains the region's land and water resources.
- Treats animals with care and respect, and gives them access to the outdoors.
- Provides safe, fair working conditions for employees.
- Sells Wisconsin products that they have grown on their farm or helped produce.

### Businesses pledge that their business:

- Is locally and family or cooperatively owned or is a nonprofit organization whose mission includes promoting a sustainable, regional food system.
- Is operated in a way that protects and sustains the region's land and water resources.
- Provides safe and fair working conditions for employees.
- Sells and/or uses products grown on Wisconsin farms, or sells and/or uses products made by their business using raw materials grown on Wisconsin farms, and uses fair trade, sustainably, or organically raised ingredients in their products when local ingredients are not available.

# FIND YOUR FOOD

Farmers | Markets  
Co-ops | Restaurants

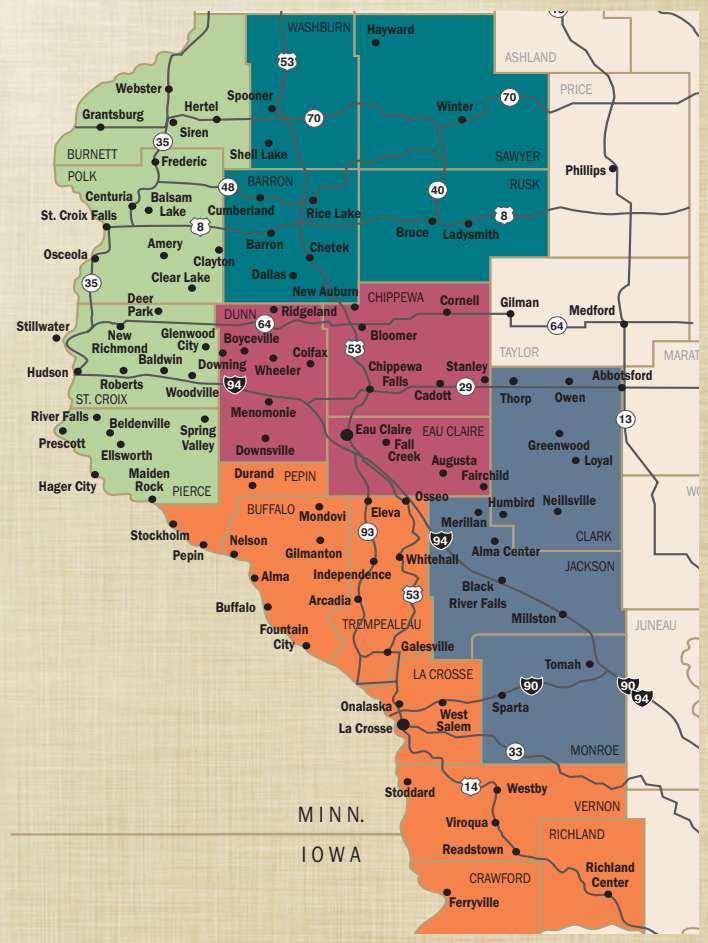
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COULEE REGION PAGE 12



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# BLUE HILLS COUNTRY

WASHBURN, BARRON, OCONTO, ONEIDA & RUSK

Farms, Markets, CSAs, and U-Pick



Northstar Bison ...now offering 100% grass fed cheese that they make on the farm!

### Country Lane Farmers' Market

1642 16th Street | Barron | 715-637-5367  
countrylane@countrylanemarket.com  
countrylanemarket.com

June 15 - September 28 | Thursday 2pm - 7pm  
Bring your friends and neighbors, load your baskets with FRESH wholesome local Wisconsin produce, fresh baked loaves of bread and other baked goods. Some vendors plan to have good food available for eating so no one has to walk around hungry, including homemade ice cream!

### DragSmith Farms

Maurice or Gail Smith  
1304 16th Avenue | Barron | 715-537-3307  
dragsmithfarms@gmail.com  
dragsmithfarms.com

DragSmith Farms is a certified organic produce farm originally founded in 1899 by Arnt and Julia Dragseth. Through the years it has been a lumber camp and mill, a tobacco farm, a dairy farm, a beef and crop farm. In 1988 Gail and Maurice Smith bought Gail's family farm and created DragSmith Farms a 104-acre certified organic produce farm.

Our products are sold at our farm store the "Packing Shed and Market" and some of the finest restaurants and food co-ops in Minnesota and Wisconsin.

### Hansen Honey Farm

Chris or Jodie Hansen  
3279 Hwy 8 | Rhinelander | 715-482-0136  
sales@hansenhoneyfarm.com  
hansenhoneyfarm.com

Hansen Honey farm is a family owned and operated farm and retail store. We offer local, raw honey and honey products such as creamed honey, beeswax, and honey taffy. We also service the needs of area beekeepers with a full line of beekeeping equipment and supplies. In the spring we bring in honeybees to begin new colonies or replace colonies that have died. We offer information and support for our community related to beekeeping and the benefits of local, raw honey.

### Maple Hill Farm

Brian or Tammy Michielson  
N4009 Townline Road | Ladysmith  
715-415-3736  
maplehillfarmwi@yahoo.com  
maplehillfarmwi.com

We have an on-site farm store featuring all our own meats (grassfed beef, pastured chicken and eggs, lamb, and pastured pork) along with our sheep milk soaps and lotions. We want you to know exactly how your food is raised and where it comes from.

### Mommsen's Pumpkin Patch and Orchard

Andrew Mommsen  
1696 20 1/2 Street | Rice Lake | 715-234-2665  
fallmarket@gmail.com  
ricelakepumpkinpatch.com  
June -July pick your own or already picked strawberries. Call 715-234-6363 for availability. Open September - October, 10 am to 6 pm every day. Pumpkins, squash, apples, and fall decorations as well as corn mazes, hayrides, and a large petting farm. Fun for the whole family.

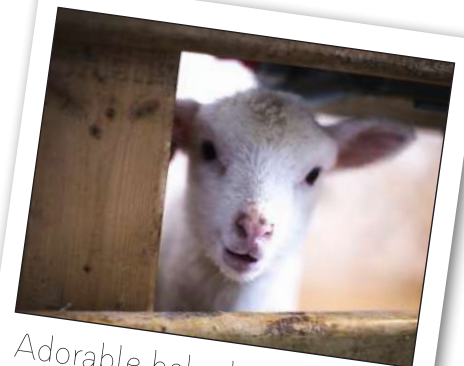
### Northstar Bison

Mary Graese  
222 Birch Avenue | Cameron | 715-458-4300  
northstarbison.com

A regenerative, family-owned ranch that began in 1994 as a fulfillment of a dream to own a couple of bison. Owning our own harvest and processing facilities allows us to control every step of the process to the nth degree for the highest quality possible. Our unique and ultra-respectful field harvest honors the animal while also preserving an incredible eating experience. We also offer Elk, Beef, Pork, Chicken, Turkey, Lamb, Rabbit, and Wild Alaskan fish. We have low histamine options as well! Visit us online or take advantage our our wholesale outlet in Cameron, open 8-5, Monday thru Friday.

### Rusk County Farmers' Market

Hwy 8 & East 2nd Street | Ladysmith  
715-532-3791  
Saturday, June 10 - Saturday, October 14  
Saturday 8:30 am - noon;  
Wednesday noon - 4 pm  
Since 1990 the Rusk County Farmers Market has been bringing the best of local vegetables, fruits, and meat to the Ladysmith area. From mid-June until late October customers can also find a great selection of fresh flowers, honey, maple syrup, personal care products, crafts, and live music.



Adorable baby lamb on the farm at Maple Hill Farm in Ladysmith



# BLACK RIVER COUNTRY

CLARK

Farms, Markets, CSAs, and U-Pick

### Marth Homestead Farm

N4263 County Road G | Neillsville | 715-937-1323  
West of Neillsville by 3 miles along Hwy 10, North on County Road G 1/4 mile, we are on the West side of the road  
hb28\_uwrf@yahoo.com  
marthhomesteadfarm.com

G'day, Mate! We specialize in 100% grass-fed Murray Grey beef. The Murray Grey breed originated in Australia where these docile cattle are known for their ability to produce tender, juicy, and flavorful meat solely on grass. On-farm store and Delivery available. Eggs & Turkeys as well!



100% grass-fed Murray Grey beef in the pasture at Marth Homestead Farm




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*with locations*  
**in La Crosse, WI & Rochester, MN**

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[wisconsinfarmersunion.com](http://wisconsinfarmersunion.com)



**100% grass fed & finished beef available year round**  
**Pastured chickens available on a pre-order basis each spring**

**Heather & Mark Flashinski • 16294 250th St - Cadott**



**715.289.4896 FarmSweetFarm.com**



**FARMERS Market**

*Tuesdays 3-6pm*  
*June - September*

**OCTAGON HOUSE MUSEUM**  
 1004 3rd St, Hudson, WI 54016

More information visit our website

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

 HudsonOctagonHouse  OctagonHouseMuseum




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 ORGANIC MEATS  
 EST 2008

This farm has been  
 in our family for  
 over 100 years.



We know how important it is to know where your food comes from and we take pride in caring for our animals to bring you the best possible product.

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**Bloomer, Wisconsin**  
**seibelsorganic.com**

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**Open 10-6; seven days a week until Halloween**




1696 20 1/2 Street • Rice Lake • 715.234.2665  
**ricelakepumpkinpatch.com**

# 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 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

Reduce even further the "food miles" your food travels by growing some of your own. Give the kids their own little plot or pots to care for. Get a taste of something fresh off the vine!



# Start Seeing Bees

By Becky Streater

**B**etween 70 and 80% of the world's crops are pollinated by bees. That's a lot! And yet bee populations have been in decline for almost two decades due to climate changes, bee-killing pesticides, parasites, and habitat loss. Accurate studies on bee populations are difficult to compile because they usually only take into account farmed bees. Below, however, are a few ways you can help researchers gather data and learn more about the wild bee populations hovering in your own backyard or neighborhood.



to add health metrics and colony weight to their national database so they can observe "the relationship between forage, nectar flows and disease." They also provide emergency response kits for failing colonies. And each year they hold a citizen science collaboration called the Sentinel Apiary Program to help alert beekeepers of increases in the destructive Nosema bee parasite. You can register for this program on their website [beeinformed.org/citizen-science/sentinel-apiaries](http://beeinformed.org/citizen-science/sentinel-apiaries).

## iNaturalist ([inaturalist.org](http://inaturalist.org))

iNaturalist is a joint initiative of the California Academy of Sciences and the National Geographic Society for everyday people to make observations and record them in a collective database. Scientists then used these submissions to help better understand organisms and work to protect their habitats. iNaturalist has many bee-related projects, such as the BeeWise Honey Bee Pollen & Nectar Map, where you can submit photos of the bees you find to help further the program's mission. They have also held a survey the past four years called Backyard Bumble Bee Count to track where certain bees are and help determine how they're doing and how to protect them in their natural environment. In 2022, 642 observations were received and included 19 different species. Keep an eye out for (hopefully) this year's count at [backyardbbcount.wixsite.com/bumblebeecount](http://backyardbbcount.wixsite.com/bumblebeecount), it should get rolling sometime in July.

## Bumble Bee Watch ([bumblebeewatch.org](http://bumblebeewatch.org))

Working to track and conserve North America's bumble bees, this is another initiative where you can submit photos of the bees in your area. Scientists will help identify the species, and the overall collection of data will help researchers determine the status and conservation needs of bumble bees.

## Bee Informed Partnership ([beeinformed.org](http://beeinformed.org))

If you own a bee farm or are thinking about starting one, research or become a member of the Bee Informed Partnership. They are a nonprofit national collaboration founded to better understand honey bee decline in the United States. Bee Informed encourages beekeepers

## Other ways to help the bee population:

- Create a habitat in your own backyard! The Xerces Society for Invertebrate Conservation has a multitude of resources to get you started: [xerces.org/pollinator-conservation/habitat-restoration](http://xerces.org/pollinator-conservation/habitat-restoration)
- Buy local and/or organic produce from farmers that use little or no pesticides.
- Spread the word about how helpful bees are! Many people are afraid of bees and don't understand the importance they play in helping feed the world. There is also a fun children's book called Give Bees a Chance by Bethany Barton that can help get little ones in the right frame of mind from the get-go.

Source: Kendrick, Julie. "33% of Our Food Would Disappear Without Bees—Here Are 4 Simple Ways to Help." *Eating Well*. 15 March 2021. <https://www.eatingwell.com/article/7893191/resources-helping-bees>.



Locally owned, the greenhouse and farm stand have been a presence in the St. Croix Valley since 1997. Opening mid-April with annuals, perennials, veggie starts, baskets, and on-site grown produce all 3 seasons. We feature custom planters and offer planting services to meet your needs. Fall offerings include pyo pumpkins, mums, and fall décor.

Call us at 715.426.1831 or visit our web site at [cedarhillgreenhouse.com](http://cedarhillgreenhouse.com)

**Cedar Hill Greenhouse**  
W10041 State Road 29, River Falls, WI



# CHIPPEWA RIVER VALLEY

## CHIPPEWA, EAU CLAIRE & DUNN

Farms, Markets, CSAs, and U-Pick



Freshly picked strawberries from McIlquham Orchard and Strawberry Farm in Foster

### Amanda's Eggs & Pasture Poultry LLC

Amanda Bohl  
9359 100th Avenue | Chippewa Falls  
715-556-3469  
amandarbohl@icloud.com  
amandaseggs.com

A family farm that produces cage free brown eggs and pasture poultry. Products: Eggs-by the dozen or case, whole chicken, pieced chicken-breasts, leg quarters, wings, feet, backs-, stewing hen, and live chicken sales. Individual sales and wholesale for retail food establishments, meat shops, restaurants, and events. Farm store open daily 6am-8pm or check website for locations near you. Online ordering with weekly delivery inside city limits.

### AVeNue Orchard

Ronnie Knutson  
6700 Hwy 53 | Eau Claire | 715-563-5874  
ronnieappleseed1@gmail.com  
aveappleorchard.com

Over 20 varieties of apples, means there is something for everyone at AVeNue Orchard! We offer a relaxing orchard with standard & dwarf trees. We have Pick Your Own & Pre-Picked apples & pears. We are well known for our fresh cider & unique jams-jellies-butters that can be purchased at farmers markets all year round. AVeNue Store has crafts from local artisans and baked goods from our Kreation

Kitchen. AVeNue Orchard has a unique backdrop for photos. Schedule your school tour with us. Follow our webpage, Facebook & other social media for hours, info & specials. AVeNue Store is now open year round, Saturday - Monday 2 pm - 6 pm. During apple season we are open 7 days a week, 10 am - 6 pm. Closed holidays. Harvest season for 2023 is September 5th through October 30th.

### Blueberry Ridge Orchard

Mark & Andrea Nyseth  
E2795 Hageness Road | Eleva | 715-287-3366  
blueberryridge@tcc.coop  
blueberryridge-orchard.com  
We grow 20 acres of highbush blueberries in several varieties offered u-pick and prepicked. The season normally starts in early July. Prepicked apples and plums available. Conveniently located 12 miles south of Eau Claire off Hwy 93 or 3 miles north of Eleva. For updates, call us, visit our website or Facebook page.

### Chippewa Valley Farmers Market

2615 N Clairemont Avenue | Eau Claire  
715-497-5207  
galen@birchwreath.com  
eauclairefarmersmarket.com  
June - October at Festival Foods  
Three locations, five days!  
Saturday: Festival Foods West Ridge 8am - 2pm  
Saturday: Elk Mound Mercantile 8am - 2pm  
Sunday: Festival Foods Birch Street 8am - 2pm  
Monday: Festival Foods Mall Drive 11am - 5pm  
Tuesday: Festival Foods Birch Street 11am - 5pm  
Wednesday: Festival Foods West Ridge: 11am - 5pm  
Winter Market: Saturdays - The Brewing Projekt  
Nov. through April 1st: 3rd Saturdays 12pm-4pm

### Farm Sweet Farm LLC

Heather and Mark Flashinski  
16294 250th Street | Cadott | 715-289-4896  
info@farmsweetfarm.com  
farmsweetfarm.com  
Farm Sweet Farm is a grass-based family farm dedicated to using organic principles to produce naturally grown foods, for your

health and environment. The farm is your source for 100% grass fed beef, pasture raised whole chickens, and farm fresh eggs. We sell direct from the farm by appointment. Pastured chickens available by preordering in the spring.

### McIlquham Orchard and Strawberry Farm in Foster

Paul McIlquham  
S13247 Finch Drive | Osseo | 715-533-0620  
honeycrispgal@gmail.com  
McIlquham Orchard and Strawberries has been a family-owned farm since 1993. We pride ourselves on the quality in flavor of our honeycrisp apples and our strawberries. We challenge you to taste the difference. We have both pick your own or pre-picked available at our farm. Strawberry season starts about the middle of June, and apple season about the middle of September.

### Menomonie Farmers' Market

8th Street & 9th Avenue | Menomonie  
715-641-0050  
Wilson Park, downtown Menomonie at the corner of 8th Street & 9th Avenue  
manager@menomoniefam.org  
menomoniefam.org  
May - October  
Saturday 8:00 am - 1:00 pm  
Wednesday 10:00 am - 6:00 pm  
Market features local farmers, producers, artists, musicians, authors and is one of the best markets in the area! In addition to fresh local produce, crispy right-from-the-oven breads, grass-fed meats, free-range eggs and handmade cheese, visitors can also enjoy hot lunches, fresh popcorn and fair trade coffee while listening to the performances of local musicians.

### Menomonie Market Food Co-op

Kendall Sukopp, Marketing Manager  
info@mmfc.coop  
mmfc.coop  
[Menomonie Store](#)  
814 Main Street East | Menomonie | 715-231-3663  
[Eau Claire Store](#)  
1117 South Farwell Street | Eau Claire | 715-552-3366





# CHIPPEWA RIVER VALLEY

## CHIPPEWA, EAU CLAIRE & DUNN

Farms, Markets, CSAs, and U-Pick

### Menomonie Market Food Co-op (cont'd)

Menomonie Market Food Co-op is a 49-year-old community-owned grocery cooperative with two locations in Menomonie and Eau Claire. The co-op's mission is to be central in building a thriving, healthy community, which they fulfill by offering full-service grocery, a from-scratch deli, local foods, and friendly service to everyone in the Chippewa Valley.

### Seibel's Organic Meats, LLC

Adam & Chrissy Seibel  
10494 157th Avenue | Bloomer | 715-568-1227  
seibelsorganic@gmail.com  
seibelsorganic.com

We are a 5th generation family farm that raises grass fed, certified organic beef. We take great pride in the health and well-being of our animals. Our steers receive a majority of their feed from our rich, lush pastures. If the weather is not ideal for them to be outside, they can come into the barn to cool off in the summer or warm up in the winter. All of our facilities are modern and well-ventilated. We have many cuts of beef on hand year round, including ground beef, steaks, and roasts. Beef is also available by the eighth or quarter. Please call or email to arrange on-farm

pickup. Nationwide shipping is now available, see our website for details.

### Tin Roof Garden

Tory and Beth Luck  
5310 Friedeck Road | Eau Claire | 715-834-4232  
tinroofgarden.com  
Monday-Saturday 8:30am-5pm, Sunday 10am-4pm  
Vegetable and herb seeds, vegetable and herb starts in 6 packs and 4", a variety of Wisconsin natives, fruit trees, large assortment of succulents, houseplants, growing supplies and tools, 4" annuals and mixed hanging baskets, variety of trees, shrubs and perennials.

### Wisconsin Farmers Union

Danielle Endvick  
117 W. Spring Street | Chippewa Falls  
715-723-5561  
info@wisconsinfarmersunion.com  
wisconsinfarmersunion.com  
Wisconsin Farmers Union is a member-driven organization committed to enhancing the quality of life for family farmers, rural communities, and all people through educational opportunities, cooperative endeavors, and civic engagement. Educational efforts focus on renewable energy, land conservation, sustainable



Get out to Tin Roof Garden this year to pick from their huge selection of hanging baskets!

farming, fair trade and local foods. Since 1930, WFU has championed cooperatives and other community-based businesses. WFU Kamp Kenwood summer camps on Lake Wissota deliver a unique blend of cooperative philosophy, leadership development, and social justice education to rural and urban kids, while building awareness of the value of family farms and strong communities. Together, we're "United to Grow Family Agriculture."

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PASTURE-GROWN POULTRY

Pasture Poultry, Quality Brown Eggs, Live Chicken

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▶ FREE delivery every Friday in city limits



@Amanda's Eggs

9359 100th Avenue, Chippewa Falls | 715-556-3469  
[www.amandaseggs.com](http://www.amandaseggs.com) | [amandarbohl@icloud.com](mailto:amandarbohl@icloud.com)



N4009 Townline Rd | Ladysmith | [maplehillfarmwi.com](http://maplehillfarmwi.com)



# ST CROIX RIVER VALLEY

## PIERCE, BURNETT, POLK & ST. CROIX

Farms, Markets, CSAs, and U-Pick



Beautiful, delicious grapes available at Maple Leaf Orchard. Wonderful for eating, juice, jelly, wine, etc.

### Baldwin's Main St. Farmers Market

Main Street (corner of 6th Ave and Main)  
Baldwin  
715-684-3426  
info@villageofbaldwin.com  
villageofbaldwin.com  
June 10 - September 30, 2023  
Saturdays 9:00 am - 12:00 pm  
Baldwin's Main St. Farmers Market is located at the end of Main St in a well maintained park with plenty of parking available. We feature numerous local vendors who provide locally grown produce, salsas and seasonings, beef, fresh cut flowers, Amish baked goods and so much more. Enjoy entertainment almost weekly as you browse our exceptional selection of homegrown goodness.

### Cedar Hill Farm & Greenhouse

Bill Kelly  
W10041 State Rd 29 | River Falls | 715-426-1831  
cedarhillgreenhouse@comcast.net  
cedarhillgreenhouse.com  
Providing three seasons of high quality plants and produce. We start with asparagus and end the season with fall decor and pumpkins. Annuals, perennials, and veggie starts as well as fresh vegetables are available.

### Johnson Family Pastures, LLC

872 320th Avenue | Frederic | 262-354-5737  
farmer@JohnsonFamilyPastures.com  
JohnsonFamilyPastures.com  
Our family humanely raises 100% grass-fed and grass-finished beef and lamb, and pasture-raised pork. Our products are raised with the health of the land, our animals, and our customers in mind. We offer meat shares, accept online orders and sell our products on our farm and at farmers markets. Join us in becoming a member of our community-supported farm. Visit our website to learn more and contact us with any questions.

### Maple Leaf Orchard LLC

Mark and Sue Christopher  
W3901 750th Ave | Spring Valley | 715-778-5881  
MapleLeafOrchard.com  
Open seven days a week in the fall, Labor Day-Halloween 10 am- 5 pm, and Wed and Sat November-Christmas. Fall weekends feature hayrides for U-pick Apples and Bakery shop with our delicious Apple Donuts and Apple Pies! Taste test 30 varieties of APPLES in season, Pears, unpasteurized Apple Cider, farm raised Honey, Maple Syrup, Jellies, and Squash, plus U-pick Grapes and Pumpkin patch. U-pick Tart Cherries, Currants, and Gooseberries in July--Picking times TBD by weather and by appt.

### Morning Sun Farms

Everett and Janet Marsh  
1063 280th Avenue | Frederic | 715-296-7909  
morningsunfarms@gmail.com  
morningsunfarms.net  
We offer organically grown seasonal and extended season produce, beef, poultry, eggs, and maple syrup. We can also provide freshly popped Organic Kettle Corn for your next event. All of our products are GMO-free. We never use antibiotics, hormones, conventional feed, or synthetic chemicals. Our products are available for on-farm purchase at the Siren Farmers market, local retailers, and through our CSA.

### Octagon House Museum Farmers Market

Tori Boomsma  
Located at the Octagon House Museum  
1004 3rd Street | Hudson | 715-386-2654  
www.HudsonOctagonHouse.org  
Visit the Octagon House Museum Tuesdays from 3pm to 6pm weekly June through September. We have local producers & vendors set up in our beautiful yard. Stop by to grab delicious goodies for your family!

### Whole Earth Market Co-op

126 S Main Street | River Falls | 715-425-7971  
Robin Boles  
robin@wholeearthgrocery.coop  
wemarket.coop  
WE Market Co-op started as a small group of 16 passionate people looking to take control of the food they buy and eat. Not much has changed since 1974, except we are now a strong group of over 2000 owners; Still passionate about the food, our community, and the world beyond the doors of the co-op. These 2000 owners are your neighbors, friends, and community members supporting a different way of buying food. The difference is that by choosing the co-op first you help us build and maintain strong relationships with local farmers and artisans, which is an important part of our co-op's values. WE provide shoppers with access to organic, local, wholesome, and fairly traded food and products.



Colorful carrots for sale at Whole Earth Market Co-op in River Falls

# New Farm Store Opening Soon at Together Farms!

By Becky Streeter .....

Once again, the staff at Together Farms is hard at work, prepping for summer, and this year they are introducing their brand new Farm Store! You literally have to walk right past it to get to the Burger Night area, so if you plan to head over there for a burger this summer, it will be easy to pop in and take a peek at what they've got going on.

Even though it's still under construction (in multiple senses of the phrase), Stephanie Schneider, co-owner of Together Farms, is very excited about the progress and potential of the Farm Store. The physical space is much larger and more efficient than their previous setup, with the retail at the front of the store, offices in the back, and supplies for shipping and local deliveries in the back and basement. Aesthetically speaking, they used reclaimed materials from Dell's Architectural Antiques for many parts of the building—for example, the ceiling is from an old milk farm that was taken down. Schneider says they already have some good stories about the building process—make sure to ask about the “incident” with the flooring when you stop by this summer.

The retail side of the store is coming along as well. Together Farms has been in discussions with over 50 businesses and local artists to sell their products in the store. In conjunction with this, each week Together Farms will have a Store Spotlight, where they feature a business in tandem with the Burger of the Week. Burgers will be announced on the



calendar page of their website as soon as the staff knows what they will be, and then the “spotlight” business will come to the farm on their featured weekend for a meet and greet and sampling offers, and they will likely have additional items from their product line for purchase. Schneider says, “We’re trying to build community and make connections. Plus, now folks have another reason to come back every week and try some new, exciting things and meet other local producers while they’re here.” A few events are already planned, check out their website for more details.

The Store Spotlight is a great marriage between Burger Night and the Farm Store. Schneider states, “Our goal is not to be a food co-op or to create a tourist trap—we just want to carry the products that complement our meats (and make for easy meals) and that our customers want. It will very much be driven by demand, so there may be a lot of ‘evolving’ and testing the first year or two. Any feedback will be very valuable!”

The Store is set to open to the public this summer with a Grand Opening TBD, so keep your eyes open for that, because it’s going to be awesome.

For more information about Together Farms products or Burger Nights, check out their website at [togetherfarms.com](http://togetherfarms.com).

**menomonie FARMER'S MARKET**  
May - October

**SNAP MARKET MATCH**

**Wilson Park**  
WEDNESDAYS: 10 AM - 6 PM  
SATURDAYS: 8 AM - 1 PM

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pfclacrosse@pfc.coop | pfc.coop  
People's Food Co-op is a locally owned natural foods grocery store with locations in La Crosse, WI and Rochester, MN. PFC features local farmers and producers, fresh and organic produce, made-from-scratch deli, vegetarian and gluten free options, in-house bakery, full-service meat and seafood, coffee and tea bar, wine, beer and spirits, fair trade products, and a health, beauty and supplement department. Anyone can shop. Everyone is welcome!

### Sacred Blossom Herb Farm

Tony DiMaggio  
PO Box 5 | Gilmanton  
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SunnySkiesCBD.com  
We are a family-owned and operated USDA licensed hemp grower, processor, and CBD product manufacturer in Durand, Wisconsin. By keeping every step of the process in-house, we are able to keep prices low and provide high-quality, consistent products.

### Together Farms

Andy and Stephanie Schneider  
W93 Norden Road | Mondovi | 715-210-4740  
togetherfarms@gmail.com  
togetherfarms.com  
Together Farms offers a variety of 100% grass-fed beef and lamb, as well as pastured pork and chicken you're sure to love. Together Farms is dedicated to providing their community with nourishing food, straight from the farm. All of the livestock are raised humanely on pasture without GMOs, antibiotics, or hormones. The meat is processed without any weird stuff (no MSG, nitrates, etc). Ordering is easy, with the online store & weekly farm-to-door delivery. This is also a farm you'll want to visit, with weekly tours in the summer and the popular Burger Nights from May through October. Whatever your style, this is a farm that makes eating well healthy, easy, and even fun.

### Viroqua Food Co+op

609 N Main Street | Viroqua | 608-637-7511  
viroquafood.coop  
Located in the heart of the Driftless Region, everyone is welcome to shop at the Viroqua Food Co+op. The Co+op is so much more than a grocery store. We're a big part of a caring community, pooling our change to support non-profits, and putting local farmers first in our efforts to build a local and organic

food economy. With products from over 200 local producers, we showcase a taste of the Driftless Region every single day. Stock up on your local favorites or discover something new, pick up your grocery staples, enjoy a meal, grab a bottle of wine, peruse our cheese display, or unwind with a cup of coffee and a tasty treat! Indoor and outdoor seating. Open daily 7 am to 8 pm.

### Warrens Cranberry Festival Inc.

402 Pine Street | Warrens | 608-378-4200  
cranfest@cranfest.com  
cranfest.com  
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 22-24, 2023.



Don't miss out on Burger Nights at Together Farms!

# FARMERS MARKET RECIPES



## FRESH SUGAR SNAP PEA SALAD

### Ingredients

- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 2 teaspoons honey
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1/2 cup chopped onion
- 1/2 teaspoon poppy seeds
- 1 pound fresh sugar snap peas, trimmed and halved (about 4 cups)

### Directions

1. Place the first 7 ingredients in a blender; cover and process until blended. Transfer to a large bowl; stir in poppy seeds.
2. Add peas to dressing and toss to coat. Refrigerate, covered, 30 minutes before serving.

Total Time: Prep: 15 min. + chilling  
Makes 6 servings.

Recipe & photo by Taste of Home



## CUCUMBER-STUFFED CHERRY TOMATOES

### Ingredients

- 24 cherry tomatoes
- 3 ounces cream cheese, softened
- 2 tablespoons mayonnaise
- 1/4 cup finely chopped peeled cucumber
- 1 tablespoon finely chopped green onion
- 2 teaspoons minced fresh dill

### Directions

1. Cut a thin slice off the top of each tomato. Scoop out and discard pulp; invert tomatoes onto paper towels to drain.
2. In a small bowl, combine cream cheese and mayonnaise until smooth; stir in the cucumber, onion and dill. Spoon into tomatoes. Refrigerate until serving.

Prep/Total Time: 25 min.  
Makes 2 dozen.

Recipe & photo by Taste of Home



## HONEY-ROASTED BEETS

### Ingredients

- 2 tablespoons avocado oil or canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 pounds medium beets, peeled, halved and cut into small wedges
- 2 tablespoons honey
- 2 tablespoons lemon juice

### Directions

1. Place a large rimmed baking sheet in the oven. Preheat to 425 degrees F.
2. Stir oil, salt and pepper together in a large bowl. Add beets & toss well to coat. Transfer the beets to the hot baking sheet and roast until almost tender, 20 to 25 minutes. Remove from the oven and drizzle with honey & lemon juice, tossing to coat. Continue roasting until tender, about 5 minutes more.

Prep/Total Time: 35 min.  
Makes 6 servings.

Recipe & photo by Eatingwell.com



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**westernwifarmfreshatlas@gmail.com**  
**715-831-0325**



# PRODUCE IN SEASON BY THE MONTH

ITEM	MAY	JUNE	JULY	AUG	SEPT	OCT
APPLES				██████████	██████████	██████████
ASPARGUS	██████████	██████████				
BAKERY ITEMS	██████████	██████████	██████████	██████████	██████████	██████████
BEETS			██████████	██████████	██████████	██████████
BLACKBERRIES				██████████		
BOK CHOY		██████████	██████████	██████████		
BROCCOLI			██████████	██████████	██████████	
CABBAGE				██████████	██████████	██████████
CARROTS			██████████	██████████	██████████	██████████
CAULIFLOWER			██████████	██████████	██████████	
CUCUMBERS			██████████	██████████	██████████	
DAIRY PRODUCTS	██████████	██████████	██████████	██████████	██████████	██████████
DRIED FLOWERS					██████████	██████████
DRY ONIONS					██████████	██████████
EDIBLE POD PEAS		██████████	██████████			
EGGPLANT				██████████	██████████	
FARM FRESH EGGS	██████████	██████████	██████████	██████████	██████████	██████████
FRESH CUT FLOWERS	██████████	██████████	██████████	██████████	██████████	
GARDEN PEAS		██████████	██████████			
GREEN BEANS		██████████	██████████	██████████		
GREEN ONIONS				██████████	██████████	██████████
HONEY	██████████	██████████	██████████	██████████	██████████	██████████
KOHLRABI			██████████	██████████	██████████	
LETTUCE	██████████	██████████	██████████	██████████		
MAPLE SYRUP	██████████	██████████	██████████	██████████	██████████	██████████
MEAT ITEMS	██████████	██████████	██████████	██████████	██████████	██████████
MELONS				██████████	██████████	
MUSHROOMS		██████████	██████████	██████████	██████████	
PEPPERS				██████████	██████████	
POTATOES			██████████	██████████	██████████	██████████
PUMPKINS					██████████	██████████
RADISHES	██████████	██████████	██████████			
RASPBERRIES			██████████	██████████	██████████	
RHUBARB	██████████	██████████				
SNOW PEAS		██████████	██████████			
SPINACH	██████████	██████████	██████████			
STRAWBERRIES		██████████	██████████			
SUMMER SQUASH			██████████	██████████	██████████	
SWEET CORN			██████████	██████████	██████████	
TOMATOES			██████████	██████████	██████████	██████████
WAX BEANS			██████████	██████████	██████████	
WINTER SQUASH					██████████	██████████
ZUCCHINI			██████████	██████████		



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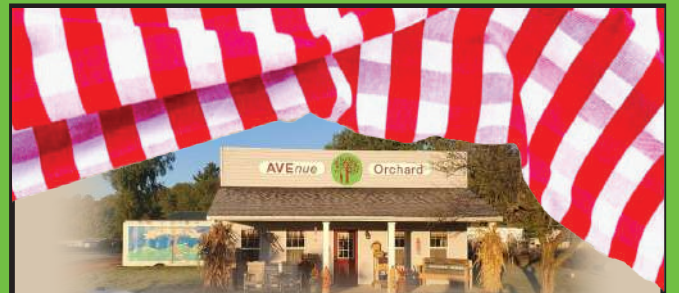
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