

*Free*

2023

FARM FRESH  
WISCONSIN  
THE ATLAS

YEAR-ROUND LOCAL FOOD GUIDE

*Find Your Farmer*





## *Pledge Of Commitment*

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

### **BUSINESSES/ORGANIZATIONS THAT 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

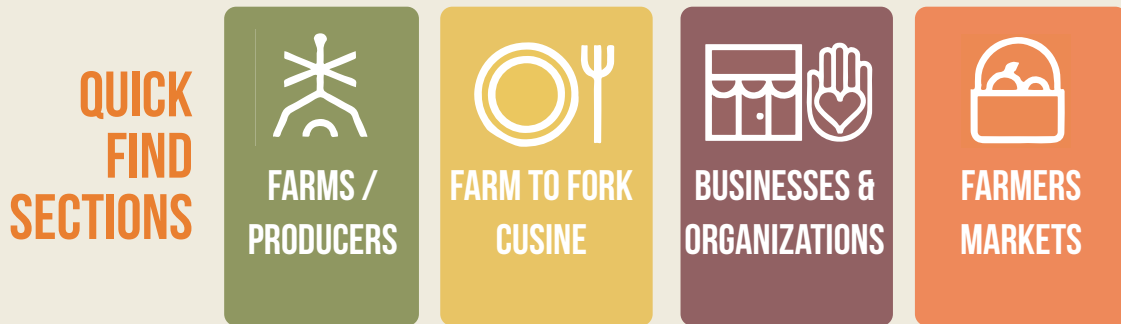
### **FARMS THAT PLEDGE THAT THEY ARE:**

- 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



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Farms, Farm to Fork Cuisine, Businesses & Organizations, and Farmers' Markets sections can be easily found using markers at the top right-hand corner of the pages.

## HOW TO USE OUR ATLAS

The Farm Fresh Atlas™ of Central Wisconsin is your guide to finding local food year-round. It features farms, businesses, restaurants, and farmers' markets.

- Farms and businesses are listed alphabetically
- Use the Farm / Product Quick Reference Guide on pages 5 - 9 to find specific items
- Please make sure visitors are welcome or call before you visit farms
- Tell farms/buisnesses you found them in the Atlas!
- View the Atlas online at [farmfreshatlas.org](http://farmfreshatlas.org)

*What did you think of our 2023 Atlas?*



**FOLLOW THE LINK AND LET US KNOW!**

*This Atlas wouldn't have been possible without Krista Bretl.*

....

**SINCE ITS INCEPTION, KRISTA HAS PUT COUNTLESS HOURS & ENERGY INTO THE DEVELOPMENT OF THIS ATLAS - BOTH LOCALLY AND STATEWIDE. THANK YOU KRISTA! YOU ARE A CHAMPION OF THE LOCAL FOOD MOVMENT AND INSPIRATION TO ALL WHO KNOW YOU.**



# CENTRAL RIVERS FARMSHED

*Farmshed's mission is to grow a resilient local food economy.*

**We partner with family and cooperatively owned farms and local food businesses throughout the region to:**

Ensure everyone in our community can choose healthy and delicious food.

Provide fun ways to enjoy food grown in central Wisconsin throughout the year.

Demonstrate growing practices that are good for our water and soil.

Launch new businesses, and encourage all businesses to source ingredients locally.

**Our goals are two-fold:**

- 1) Expand our programs to ensure everyone in our community can choose healthy locally grown food.
- 2) Ensure more farm-to-table farms and small food based businesses thrive in central Wisconsin.

## OUR TEAM

Our small but mighty non-profit team is made up of our Executive Director, Sib Pab Kitchen Lead, Growing Collective Coordinator, AmeriCorps Volunteer Coordinator, Kitchen Staff, Interns, our Board of Directors, and many dedicated, hardworking volunteers.

## THE ATLAS

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Photos: FS Staff & Volunteers, Ella Janson,

Publication Development: Krista Bretl

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[maddie@farmshed.org](mailto:maddie@farmshed.org)

[volunteer@farmshed.org](mailto:volunteer@farmshed.org)

David Ogden & Mohommad | Kitchen Staff



## OUR BOARD OF DIRECTORS

**Executive Chair** - Charles Clark  
**Vice Chair** - John Sheffy (*Farmer*)  
**Secretary** - Stephanie Daniels  
**Treasurer** - Bo Decker  
Forrest Fleishauer (*Farmer*)  
Penny Thao  
Donna Perzewski  
Ashley Chrisinger  
Scott Gile  
Joe Kotlowski  
Kat Becker (*Farmer*)



## FARMSHED PROGRAMS & EVENTS

*We believe everyone deserves to eat healthy and delicious food, and we envision a bustling community of farmers, entrepreneurs, organizations, and impassioned eaters.*

### Sib Pab Meal Program

Farmshed prepares and delivers culturally appropriate meals to the Hmong community.

### Food Security

Farmshed works to bring locally-grown food to regional and community food banks.

### Local Food Fundraisers

Community fundraisers keep money in the local economy.

### Growing Collective

Farmshed Growing Collective members grow bedding plants each spring. Farmshed Members receive early access to the annual plants sale.

### Local Food Fair

Central Wisconsin's largest local food celebration that connects the attendees with local farms, businesses, and restaurants.



# FRUITS & VEGETABLES

FARM/PRODUCER	FRUIT	HERBS	MUSHROOMS	VEGETABLES	PUMPKINS	EBT	CERT. ORGANIC	CSA	ON-FARM SALES	TOURS	U-PICK	WHOLESALE	ONLINE SALES	HEMP/ CSA	DELIVERY	PAGE #	COUNTY
Alice's Rabbit Whole		☒							☒				☒			16	Portage
Bloom Brothers Naturals CBD												☒		☒		11	Portage
Bloom Flower Farm					☒			☒					☒			11	Wood
Cathys Creations	☒								☒				☒			11	Marathon
Cattail Organics		☒		☒		☒	☒	☒	☒	☒		☒				11	Marathon
Chets Blueberry Farm LLC	☒										☒					11	Portage
Dancing Bear Apiary												☒	☒			11	Waupaca
Decker Family Vegetable Farm	☒	☒		☒	☒				☒			☒				11	Waushara
Divine Hollow Mushrooms			☒										☒			11	Waushara
Family Natural Foods	☒	☒	☒	☒		☒	☒									16	Wood
Fields & Flora LLC		☒						☒				☒	☒			11	Portage
Gering Gardens Blueberry Farm	☒								☒		☒					12	Marathon
Igl Farns LLC				☒			☒		☒			☒				12	Langlade
January Farms	☒			☒												12	Portage
Lakeview Berry Farm Mosinee wi	☒					☒		☒	☒	☒	☒	☒				12	Marathon
Liberation Farmers			☒	☒				☒	☒				☒			12	Portage
Lonely Oak Farm	☒	☒		☒	☒	☒		☒	☒	☒	☒	☒				12	Wood
Marth Homestead Farm									☒							12	Clark
Meadow Lane Farms	☒	☒	☒				☒		☒			☒				13	Wood
Meadowlark Community Farm	☒	☒		☒			☒	☒				☒	☒			12	Juneau
NeedFire Farm				☒								☒				13	Marathon
Ninepatch	☒	☒		☒	☒	☒	☒		☒	☒			☒			13	Marathon
Oak Knoll Acres			☒						☒							13	Wood
Produce Point		☒		☒		☒		☒				☒				13	Portage
Segura & Sons Mushroom Farm			☒			☒		☒				☒	☒		☒	13	Portage
Stevens Point Area Co-op	☒	☒	☒	☒	☒	☒	☒									17	Portage
Turners Fresh Market	☒	☒	☒	☒	☒		☒		☒	☒		☒			☒	14	Waupaca
We Grow LLC		☒		☒				☒	☒	☒	☒	☒	☒			14	Taylor
Whitefeather Organics	☒	☒	☒	☒	☒	☒	☒	☒		☒	☒	☒	☒			14	Portage



# MEATS

FARM/PRODUCER	BEEF	BISON	FISH	LAMB	PORK	POULTRY	RABBIT	MEAT CSA	CERT. ORGANIC	CSA	ON-FARM	TOURS	WHOLESALE	ONLINE SALES	PAGE #	COUNTY
Cathys Creations				☒		☒					☒				11	Marathon
Family Natural Foods	☒	☒	☒	☒	☒	☒		☒							16	Wood
Liberation Farmers					☒	☒		☒			☒				12	Portage
Lonely Oak Farm	☒			☒	☒					☒	☒	☒	☒		12	Wood
Marth Homestead Farm	☒										☒				12	Clark
Meadow Lane Farms	☒							☒		☒			☒		13	Wood
Oak Knoll Acres	☒				☒	☒					☒				13	Wood
Stevens Point Area Co-op	☒	☒	☒	☒	☒	☒		☒							17	Portage
We Grow LLC	☒				☒	☒	☒			☒	☒	☒	☒		14	Taylor
Wisconsin Grass-fed Beef Cooperative	☒				☒								☒	☒	17	Portage



MAKERS MARKET

964 Main Street

Downtown Stevens Point



Curated boutique of fun things that make you feel like yourself

Proudly championing local and indie designer makers since 2018

SHOP ONLINE: [agoramakersmarket.com](http://agoramakersmarket.com)

📷 📌 | [agoramakersmarket](https://www.instagram.com/agoramakersmarket)

# OTHER AGRICULTURAL PRODUCTS

FARM/PRODUCER	BAKED GOODS	BEDDING PLANTS	BEVERAGES	EGGS	DAIRY	FIBER	FLOWERS	HEALTH & BEAUTY	HONEY	MAPLE SYRUP	PREPARED FOODS	TOURS	DELIVERY	HEMP CSA	ONLINE SALES	CERT. ORGANIC	WHOLESALE	PAGE #	COUNTY
Alice's Rabbit Whole								☒										16	Portage
Bloom Brothers Naturals CBD								☒						☒				11	Portage
Bloom Flower Farm							☒											11	Wood
Cathys Creations						☒		☒										11	Marathon
Cattail Organics		☒					☒		☒	☒								11	Marathon
Central Waters Brewing Company			☒									☒			☒			16	Portage
curbwise LLC													☒					16	Portage
Dancing Bear Apiary									☒									11	Waupaca
Decker Family Vegetable Farm				☒					☒	☒								11	Waushara
Divine Hollow Mushrooms							☒	☒										11	Waushara
Earthcrust Bakery LLC	☒																	15	Portage
Family Natural Foods	☒		☒	☒	☒	☒		☒	☒	☒	☒			☒				16	Wood
HUS Growing Supply															☒	☒	☒	16	Marathon
Fields & Flora LLC						☒	☒						☒					11	Portage
January Farms		☒		☒						☒								12	Portage
Liberation Farmers			☒	☒					☒		☒							12	Portage
Lonely Oak Farm				☒		☒			☒		☒							12	Wood
Main Grain Bakery & Eatery	☒														☒		☒	15	Portage
Marth Homestead Farm				☒														12	Clark
Meadow Lane Farms										☒								13	Wood
Meadowlark Community Farm				☒					☒									12	Juno
Meet the Herb Halfway								☒							☒		☒	13	Portage
NeedFire Farm										☒			☒					13	Marathon
Rockman's Catering	☒		☒								☒							15	Portage
Ruby Cafe			☒						☒	☒	☒					☒		15	Portage
Simple Harvest											☒				☒			13	Portage
Siren Shrub Company LLC			☒												☒			13	Portage
Stevens Point Area Co-op	☒		☒	☒	☒		☒	☒	☒	☒	☒							17	Portage
Tapped Maple Syrup										☒		☒		☒		☒		13	Portage
Turners Fresh Market		☒	☒	☒	☒		☒	☒	☒									14	Waupaca
We Grow LLC		☒		☒			☒											14	Taylor





# FAMILY NATURAL FOODS

Community Based Since 1946



Local Foods - Supplements  
Essential Oils - Health & Beauty

910 W Grand Ave, Wisconsin Rapids, WI 54495 715-423-3120



## Gramma Miller's Market & Cafe

Wine Flowers Bakery Ice Cream Gifts

N4317 Elizabeth Lane

Hancock, WI 54943

(715) 249-3060

pmillerfarms@gmail.com

www.grammamillersmarket.com

# Cafe Closed



## Family Fun on the Farm & Fresh Food from the Fields

A COMMUNITY MARKET WITH LOCAL PRODUCE, PLANTS AND FAMILY FUN!



Become a Member!  
Get a Season Pass!

6 Miles West Of Waupaca  
E208 Hwy. 54 • 715.258.3355

[f/TurnersFreshMarket/](https://www.facebook.com/TurnersFreshMarket/)

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



## FARMSHED

Growing Collective

# Annual Plant Sale

Sun, May 21st - Fri, May 26th | 12pm - 7pm

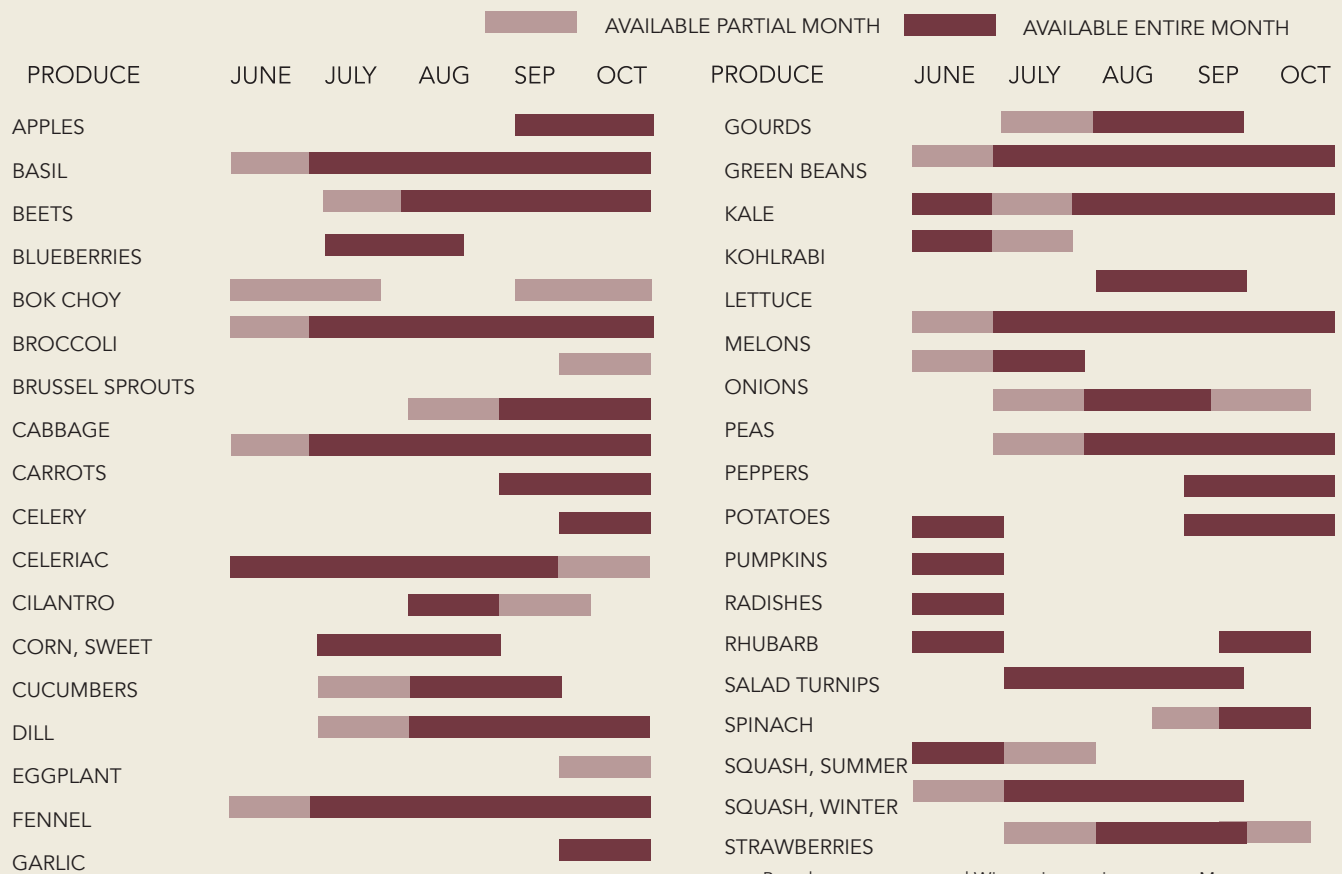
Sat, May 27th | 10am - 5pm

LOCATION:

CENTRAL RIVERS FARMSHED  
1220 BRIGGS COURT  
STEVENS POINT, WI 54481

VEGETABLES - HERBS - EDIBLE  
FLOWERS - NATIVE PLANTS

# 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.

## 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.





# MAIN GRAIN

BAKERY & EATERY

don't forget  
to eat lunch!



OPEN TUESDAY - SUNDAY 7A-3P  
LUNCH starts at 11A

ONLINE ORDERING  
MAINGRAINBAKERY.COM  
1009 1ST ST STEVENS POINT WI

cinnamon roll~breads~pastries~cookies~muffins~wheat-free options



THE BEST LITTLE BAKERY IN TOWN!

m-f 7am to 2pm

(715) 341-4155

solar

powered

633 2nd Street Stevens Point, WI



spacoop.com



*process*  
a sustainable lifestyle store

1008 MAIN STREET COOPERATIVE

OPEN EVERY DAY  
10-6

LOWWASTE.SHOP



# FARMS & PRODUCERS

## BLOOM BROTHERS NATURALS CBD



**Jeremy Erickson**

Stevens Point, WI 54481

[jeremy.bloombrothers@gmail.com](mailto:jeremy.bloombrothers@gmail.com)

We specialize in natural, chemical-free, holistic growing practices and processing methods to produce the purest and highest quality CBD and hemp products possible. Our dedication to our soil building techniques and the use of natural organic based fertilizers allow us to harness the many powerful botanical benefits of the hemp plant.

## BLOOM FLOWER FARMS



530 27th Ave S,  
Wisconsin Rapids, WI 54495

(715) 340-9795

[bloom.flowerfarm.wi@outlook.com](mailto:bloom.flowerfarm.wi@outlook.com)

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

Bloom Flower farm grows and sells local, cut flowers during the growing season (May-October). Hand arranged bouquets provide unique, bright arrangements for gifts, weddings, events, or just because. Find Bloom at the Wisconsin Rapids Downtown Farmers Market. CSA subscriptions available. Bloom Flower Farm operates under the mission of spreading joy throughout the community, a bloom at a time.

## CATHY'S CREATION



**Cathy Wineman**

209291 Galvin Ave.

Stratford, WI 54484

(715) 506-0096

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

Cathy's Creations sells lamb by the half, whole, or by the cut; pasture raised chicken; and free-range eggs. They make an unscented sheep fat soup, spin and sell yarn, as well as hand knitted/crocheted items made from it. They will do custom spinning of whatever fiber you have, and also have tanned sheep hides. There is a shop on the property with the hours being 12 to 5 on Tue. and Thurs. And 9 to 4 on Saturday, but will come out at any time by appointment.

## CATTAIL ORGANICS



**Kat Becker**

7163 Rangeline Rd.

Athens, WI 584411

(715) 432-4683

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

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

Cattail Organics is an 100% USDA and Real Organic Certified farm with over 17 seasons of production experience and 5 acres of vegetable production. We manage our woods for certified organic syrup production. We have three season CSA serving (Marshfield, Weston, Wausau, Medford, Athens and some areas in between), attend farmers markets (Wausau), and provide highest quality vegetables for groceries, schools, food businesses, and restaurants. Look for our spring seedling sale annually to get the best organic local plants in the region.

## CHETS BLUEBERRY FARM LLC



**Chet Skippy**

525 Cty Rd J N

Custer, WI, 54423

(715) 340-4989

[info@chetsblueberryfarm.com](mailto:info@chetsblueberryfarm.com)

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

Blueberries are antioxidant superstars. Our U-pick farm has over 14,000 Highbush blueberry plants with eight different varieties on 12 acres. The farm has a well groomed picking field and plenty of parking. The season usually starts around July-mid August. Call for updated picking dates and times. From Hwy 10, exit Cty Rd. J Go north 1.5 miles on J to farm on the right at the intersection of Cty Rd J and 9th St. Find us on Facebook.

## DANCING BEAR APIARY



**Kent Pegorsch**

103 N Main St.

Waupaca, WI, 54981

(715) 258-0590

[kent@pegorsch.com](mailto:kent@pegorsch.com)

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

We are a small family-owned beekeeping farm. For over 40 years, we've been taking the greatest care in producing and harvesting our raw honey. We ensure every jar of honey is in perfect condition right up to handing it over to you. For sale exclusively at Main Street Marketplace (our store in Downtown Waupaca) and on our online store. Come visit our observation bee hive in our store from May to October!

## DECKER FAMILY VEGETABLE FARM



**Dave & Dee Decker**

N2320 22nd Ln.

Wautoma, WI 54982

(920) 295-5396

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

In our family since 1936. Bi-color sweet corn, red, white, Yukon, Russet and fingerling potatoes, asparagus, pumpkins, gourds, squash, sweet potatoes, beets, carrots, green beans, tomatoes, peppers, colorful corn, straw bales, eggs, corn stalks, kohlrabi, cabbage, and zucchini. Located 6 miles east of Wautoma, next to Hometown Bank in Redgranite, and in the Hardee's parking lot at South Koeller St. and Hwy 44 in Oshkosh. Roadside stands are open (approx) mid July through the end of October. Our farm is open for sales year round.

## DIVINE HOLLOW MUSHROOMS



**Mitchell Millot**

N3593 Oak Dr.

Wautoma, WI 54982

(262) 442-8184

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

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

We are a family run small scale mushroom producer that implements sustainable and organic practices in the production of our fungi. We believe in production methods that produce the smallest possible wasted system and know that fungi play a crucial role in our food systems as well as in nature. We believe in promoting personal and community health through high quality food, food education and community engagement projects. Contact us today!

## FIELDS & FLORA LLC



**Ella Janson & Rosie Minster**

178 N. Main St.

Rosholt, WI 54473

(920) 277-1169

[ella\\_rosie@fieldsflora.com](mailto:ella_rosie@fieldsflora.com)

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

Fields & Flora is a flower farm and floral design studio based in CW. Our time is dedicated to all things flowers, which we both forage and grow at several locations throughout the area. We offer multiple flower CSAs, host workshops, sell at farm markets & local businesses, and design for weddings & other events. We also specialize in pressing, drying, and preserving flowers as keepsakes. If it involves flowers, we're more than happy to provide!

# FARMS & PRODUCERS

## GERING GARDENS BLUEBERRY FARM

Tom & Lorrie Gering

134144 Cty Rd C  
Mosinee, WI 54455  
(715) 475-3010  
geringtl@gmail.com

We are a family owned farm that grows Highbush Blueberries in a quiet country setting. We offer PYO and pre-picked berries. The bushes are tall (up to 5ft.) and the berries are big, so picking is easy. We welcome everybody, especially families who want to spend quality time together. Find details on our Facebook page.



## IGL FARMS LLC

Tom, Brian & Brad Igl

W9689 Cherry Rd.  
Antigo, WI 54409  
(715) 627-7888  
iglfarms@frontier.com

Family owned and operated for over 75 years, we specialize in growing healthy nutritious organic potatoes and can sell in small and large quantities. We are Certified Organic and GAP certified. Availability generally from September to April. We also raise small grains and hay and have a small herd of grass-fed pasture raised beef. We are located 1 mile north of Antigo on the corner of Cherry and Pioneer Road.

## JANUARY FARMS

Debra Junt and Kim Beckham

4282 Cty Rd. Y  
Custer WI 54423  
(715) 347-3144  
januaryfarms@gmail.com

January Farms produces field and greenhouse-grown herbs, vegetables, hand-harvested apples and pears, and old fashioned, pan-boiled maple syrup. Our free-ranged and lovingly tended hens produce extra-large mixed colored eggs on land that has been chemical free for 25 years. Each spring we sell robust heirloom vegetable seedlings. We practice diverse culture farming to yield richly flavored, wholesome foods.

## LAKEVIEW BERRY FARM

Dennis and Fran Lewer

203121 Bergen Rd.  
Mosinee, WI 54455  
(715) 457-2704  
franlewer@hotmail.com

Since opening in the late 80s, we've grown a 1-acre patch of red raspberries into 48 acres of red, black, purple, and gold raspberries, red, white, champagne, and black currants, red and green gooseberries, rhubarb, and blueberries. We begin our season with rhubarb in May, and berry picking typically starts at the very end of June. At Lakeview Berry Farm, we pride ourselves on being family friendly, welcoming, and accessible. We offer pick-your-own or pre-picked berries, a picnic area, and a play area for kids. We invite you to stay as long as you'd like to enjoy our beautiful view and refreshing countryside.



## LIBERATION FARMERS & ADELANTE

John Sheffy and Holly Petrillo

Farm: 8762 3rd Street  
Adelante: 123 Main Street  
Almond, WI 54909  
(715) 366-2656  
liberationfarmers@gmail.com  
www.liberationfarmers.com

Our small, diversified farm offers pasture raised meats (goat, chicken, pork), eggs, produce, and restoration goat grazing services. We sell meat, egg, and coffee CSA shares and vend every Saturday at the Stevens Point Farmers Market (summer and winter locations). We also prepare our meats and produce at our farm-to-table café Adelante in Almond for Taco Tuesday and Pizza Friday during the summer and fall months. Visit Adelante Wednesday afternoon when we roast Liberation Coffee that we source directly from our partner farmers in Kenya and Mexico, where we lead volunteer coffee harvest trips annually.



## LONELY OAK FARM

Joel Kuehnhold

11946 County Rd. S  
Milladore, WI 544549  
(715) 321-0229  
lonelyoakfarmers@gmail.com  
www.lonelyoakfarm.net

Focused on growing community, offering CSA shares with our organically grown vegetables, grass fed lamb and beef, and eggs from our cage free hens. Visit the farm every Sunday from Mothers Day til the end of October for Sunday Brunch-serving from 10 a.m. to 2 p.m.! Farm to table at its freshest, vegetables and meats from our fields to your bellies. Bring your own adult beverages to mix with our bloody marys or fruit juices. Open to the public and no reservations needed. Check out our website or social media for information on CSA shares or brunch. Visit our stand at the Stevens Point Winter or Summer Markets.



## MARTH HOMESTEAD

Haly & Joe Schultz

N4263 County Rd. G  
Neillsville, WI 54456  
(715) 973-1323  
hb28\_uwrf@yahoo.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. Free range turkeys and pasture-raised Jersey beef (very tender with traditional beef taste) also available upon request. We are 6th generation farmers who believe in providing a pasture-based environment for animals to express their natural behaviors. Stop by our on-farm store or arrange a delivery of our fabulous beef to taste what our customers have been raving about: "Ridiculously amazing sirloin!" "Best frozen ground beef I've ever had!" "I used to buy burgers from the grocery store, but never again!"

## MEADOWLARK COMMUNITY FARM

W8130 Van Wormer Rd  
Wonewoc, WI 53968  
(608) 464-3434  
farmers@meadowlarkcommunityfarm.com  
www.meadowlarkcommunityfarm.com

Meadowlark Community Farm is honored to grow nourishing, organic produce for our community. We offer a customizable CSA with spring, summer, and fall/winter shares available. Our members may pick up their CSA shares in Hillsboro, Mauston, Necedah, New Lisbon, Reedsburg, Tomah, or Wonewoc.

## MEADOW LANES FARMS

Denise & John Hilgart

11637 North Rd.

Auburndale, WI 54412

(715) 652-2297

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

Organic certified, Meadow Lane Farms is a 3rd generation & Century old family farm. Our passion is Healthy Earth, Healthy Animals which create Quality Food to make your tongue smile. Producers of Organic Certified grass-fed humanely raised beef, maple syrup, raspberries, and herbs with an extended season high tunnel.

## MEET THE HERB HALFWAY

Stevens Point, WI

(715) 347-7474

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

Award Winning Solid Perfumes: Meet the Herb Halfway practices the ancient art of natural botanical perfumery using infusions, effleurage, absolutes, and perfume grade essential oils. Alchemists, chemists, herbalists, and perfumers were once one in the same. Enhancing your life, health, and joy all can be influenced by aroma. Combining fragrances with breathing and mindfulness practices can allow you to direct your energy. Enjoy one of our artisan perfumes, sign up for monthly classes, or try a combination of both.

## NEEDFIRE FARM

Gordan Cunningham

159015 Zorowski Rd.

Mosinee, WI 54455

(715) 432-3087

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

Sustainably grown garlic, carrots, and other vegetables plus maple syrup is the basic theme here. Besides enjoying a small farm operation, the importance of local food production for food security and building community is our main driving force. We are small but have room for expansion. It's fun to boil maple sap in spring and garden on no tan lines Tuesdays.

## NINEPATCH

Craig & Susan Carlson, Dylan & Nelle, Flynn & Mary

242768 Schoolhouse LN.

Athens WI, 54411

(715) 443-6647

[ninepatch00@gmail.com](mailto:ninepatch00@gmail.com)

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

Twenty years has stretched our belief that caring well for our land and animals would result in food that is safe, wholesome, and richly flavored. It's a privilege to offer these choice ingredients to our community face to face at our market table every Saturday at Wausau's Farmers markets.

## OAK KNOLL ACRES

Jeff & Angie Nyquist

8884 3rd St.

Almond, WI 54909

(715) 343-5819

[thefarm@oakknollacres.com](mailto:thefarm@oakknollacres.com)

2023 marks our tenth growing season! Our family raises grass-fed beef using sustainable, rotational grazing practices that improve the soil. Beef is available by the whole, half or quarter or by the pound. Pastured chicken, turkey and pork round out our nutritious offerings. Visitors are welcome (please call ahead). We'd love to show you around.

## PRODUCE POINT

Forrest Fleishauer and Greg Cole

Forrest: (715) 572-5241

Greg: (715) 897-1892

[info@produce-point.com](mailto:info@produce-point.com)

Produce Point is a vertical hydroponic farm that produces chemical free herbs and greens year round while prioritizing conservation of land and water! We have grown over 50 varieties of living, root on lettuce that lasts for weeks instead of days. We offer memberships, retail through local food vendors such as Stevens Point Area CoOp, The Nutrition Center in Waupaca, and Hewitt Meats in Marshfield. Wholesale accounts for bars and restaurants looking for herbs and greens are available as well. Follow



## SEGURA & SONS MUSHROOM FARM

Jerome Segura III

2117 Main St.

Stevens Point, WI 54481

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

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

Segura & Sons Mushroom Farm is located in the heart of Stevens Point. We grow a unique collection of wood loving mushrooms. Our speciality is fresh gourmet mushrooms grown using creative methods that are regenerative, maximizing our sustainability efforts. We also offer mushroom grow kits. Visit us at the Farmers Market, online, or Facebook to find the latest of what we're up to and have to offer.



## SIMPLE HARVEST

Michelle Shulfer

6835 Old Hwy 18

Stevens Point, WI 54482

(715) 592-4477

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

Simple Harvest offers the highest quality fruit and berry syrups, jams, and jellies made in small batches. Products have 3 simple ingredients and are made with locally sourced produce grown using organic practices.

## SIREN SHRUB COMPANY LLC

Layne Cozzolino & Mindy Mccord

2949b Hoover Rd.

Stevens Point, WI 54481

(715) 544-7873

[info@sirenshrubs.com](mailto:info@sirenshrubs.com)

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

Siren Shrub Co is a women-owned, Wisconsin-based beverage company focused on creating space at the table for everyone regardless of their drinking preference.



## TAPPED MAPLE SYRUP

Jeremy Solin

4501 Nicolet Ave.

Stevens Point, WI 54481

(715) 498-4733

[hello@tappedmaplesyrup.com](mailto:hello@tappedmaplesyrup.com)

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

We make infused, barrel aged, and pure maple syrup from sustainably managed forests at the base of the glacial moraine north of Antigo, where our family has been making maple syrup and caring for the land for 5 generations.





# FARMS & PRODUCERS

## TURNERS FRESH MARKET

**Tara Turner**  
 E208 Hwy. 54  
 Waupaca, WI. 54981  
 (715) 258-3355  
[turners@turnersfreshmarket.com](mailto:turners@turnersfreshmarket.com)  
[www.turnersfreshmarket.com](http://www.turnersfreshmarket.com)



Family operated since 1963, Turners is a 3rd generation community market with produce, plants and family fun! We sell a variety of conventional and organic fruits and vegetables individually and in bulk. Open from late April through October, we have something for every season: from PYO opportunities to seasonal events. Become a member by joining our popular Season Pass Program! Like a CSA, you commit to buy local, but you only buy what you want. Open Monday - Saturday 9am-5pm and on Sundays from 10am-5pm. 6 Miles West of Waupaca.

## WE GROW LLC

**Dennis and Fran Lewer**  
[www.wegrowfoods.com](http://www.wegrowfoods.com)

Providing a full-range of vegetables and pastured pork via CSA, farmers markets and online webstore. Sustainable growing techniques ensure a healthy product for our customers while reducing the ecological impact on the land. Variety of CSA member options including custom market shares. Heritage breed hogs are raised on forage and non-GMO local grains, no antibiotics or growth hormones. Online store with pick-up available on farm or at Medford and Phillips and thru Northwoods Farm Share serving Northern WI. Wholesale available.

## WHITEFEATHER ORGANICS

**Tony & Laura Whitefeather**  
 2239 Sky View Rd.  
 Custer, WI 54423  
 (715) 630-9045  
[whitefeatherorganics@gmail.com](mailto:whitefeatherorganics@gmail.com)  
[www.whitefeatherorganics.farm](http://www.whitefeatherorganics.farm)



Our farm offers Certified Organic vegetables, mushrooms, and some fruit. Customizable CSA Shares Full/Half during Spring, Summer, and Fall April-December. Delivering to the greater central WI area. Also raising pastured, organic fed chicken and eggs. Wholesale is welcomed. See us at the Stevens Point Market on Saturdays, summer & winter! Retail locations at Stevens Point Area Coop, Family Natural Foods, Downtown Grocery, and Red Clover Market.

## WISCONSIN RIVER MEATS

**John Hamm**  
 N5340 Cty Road HH  
 Mauston WI, 53948  
 (608) 847-7413  
[john@wisconsinrivermeats.com](mailto:john@wisconsinrivermeats.com)  
[www.wisconsinrivermeats.com](http://www.wisconsinrivermeats.com)

January Farms produces field and greenhouse-grown herbs, Wisconsin River Meats makes and sells Wisconsin beef, pork, lamb, bison, elk, and red deer. WRM makes 40 varieties of sausage (including landjaeger, summer sausage, brats), jerky, ham, bacon, and other meats. WRM



## Fields & Flora LLC

Organically grown, locally foraged, and designed with a deep love of flowers.

Follow us on  
 instagram...



FLOWER CSA'S  
 FARMERS MARKET &  
 WHOLESALE  
 WEDDINGS & EVENTS  
 HOLIDAY WREATHS  
 PRESSED &  
 PRESERVED  
 FLOWERS  
 FLORAL DECOR &  
 JEWELRY



SERVING CENTRAL & EASTERN  
 WISCONSIN



# FARM TO FORK CUISINE

## EARTH CRUST BAKERY

**Margaret Witt**

633 2nd St.

Stevens Point, WI 54481

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

(715) 341-4155

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

Solar powered since 1976, Earthcrusts bakes with organic flours and grains, local dairy products, free range eggs, honey, equal exchange chocolate chips and vegetables. Located within the Stevens Point Area Co-op, Earthcrust specializes in fresh cinnamon rolls, organic breads and buns, hot lunch pastries, Danish and cookies.



## ROCKMAN'S CATERING

**Scott Rockman**

2807 Plover Springs Dr.

Plover, WI, 54467

(715) 341-2552

[srockman@rockmancatering.com](mailto:srockman@rockmancatering.com)

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

Since 1985 we've provided the area with exceptional service & quality. We've earned a reputation for commitment to excellence, attention to detail, and the ability to create unique, unforgettable meals. Our willingness to satisfy our clients' visions & expectations has made us Central Wisconsin's Most Requested and Most Respected Caterer. Hours Monday- Saturday 8am-7pm, Sunday 10am-2pm



## RUBY STEVENS POINT



**Deanna & Jared Linzmeier**

1410 Third Street, Stevens Point, WI 54481

(715) 544-6139

[cafeGM@RubyCoffeeRoasters.com](mailto:cafeGM@RubyCoffeeRoasters.com)

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

Cafe, restaurant, and coffee shop with a full kitchen and food menu. Guests can experience a variety of seasonal coffees brewed fresh, tea, local bakery items, and seasonal features with vegetarian, vegan, and gluten-free items..

## MAIN GRAIN BAKERY & EATERY

**Sarah Jo More**

1009 1st St. Suite B

Stevens Point, WI 54481

(715)630-1486

[sarahjo@maingrainbaker.com](mailto:sarahjo@maingrainbaker.com)

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

Main Grain Bakery and Eatery creates hand shaped sourdough bread, soft pretzels, sweet treats, specialty cakes, & more. Our eatery offers artisan sandwiches, fresh soups, & house salad. Supporting our local farmers & makers, we source and value natural, organic, and local ingredients.



## ZEST BAKERY AND COFFEESHOUSE



624 Isadore St.

Stevens Point, WI 54481

715-344-6185

At Zest we like to keep the creativity flowing with bakery items that change daily, a lunch menu full of big flavors, and a monthly latte menu with a fun theme and unique flavor combinations. We also offer custom cakes and cookies to fit any theme and occasion!



# BUSINESSES & ORGANIZATIONS



## AGORA

**Cara Adams & Carrie Schittger**

964 Main Street, Stevens Point, WI 54481

(715) 544-4220

store@agoramakersmarket.com

agoramakersmarket.com

Agora specializes in curating the highest quality, locally created and themed goods in Central Wisconsin. Located in downtown Stevens Point, we have community at the heart of everything we do. Agora strives to create fair trade economy in our region. Shop in-store or online.



## ALICE'S RABBIT WHOLE

**Alice Helen Dolata**

8981 Riley Rd.

Amherst, WI 54406

(715) 824-5294

alice@alicesrabbitwhole.com

www.alicesrabbitwhole.com

Alice's Rabbit Whole is a place of learning, growing, & healing which is situated on a 38 acre farmstead in central Wisconsin. It is a business that sells organic & wild-crafted medicinal herbs & hand-crafted herbal products. Services offered are Wijara Intuitive Massage, Next Step Consultations, mentoring & classes. Find me on Facebook.



## THE BOTTLE STOP

835C Park Ridge Dr.

Stevens Point WI 54481

(715) 341-7400

Conveniently located just west of the Highway 10 / I-39 interchange, The Bottle Stop is your go to local store for those hard to get bourbons and spirits, delicious craft beers, and a carefully curated wine selection. We look forward to seeing you!



## CURBWISE LLC

**Trevor Rorak**

P.O. Box 447

Stevens Point, WI 54481

715-570-1961

trevor@gocurbwise.com

www.gocurbwise.com

Delivery, cranked out. Curbwise LLC is a bicycle-powered delivery service in Stevens Point providing local delivery & distribution for farms/businesses/organizations to their customers within the Stevens Point, Plover, Whiting, Park Ridge, and Hull areas. Deliveries range from perishable & non-perishable foods, boxed goods, apparel, supplies, to equipment.



## CENTRAL WATERS BREWING COMPANY

**Paul Graham**

351 Allen St.

Amherst, WI 54406

(715) 824-2739

info@centralwaters.com

www.centralwaters.com

Solar thermal, solar, electric arrays and extreme water conservation practices make Central Waters Wisconsin's greenest brewery. We also lead the industry by working with local farmers to help grow our ingredients. Visit our Tap Room for beer to-go, growler fills, or to enjoy a pint! Monday 9am-5pm, Tuesday, Wednesday 9am-7pm, Thursday-Friday 9am-9pm, Saturday 10am-9pm, and Sunday Noon to 7pm, tours Saturday.



## DOWNTOWN GROCERY

**Kevin Korpela & Megan Curtes Korpela**

607 3rd St.

Wausau WI 54403

(715) 848-9800

food@downtowngrocery.com

downtowngrocery.com

Downtown Grocery offers unique, world inspired, local-focused, and organic grocery selections featuring an everyday farmers market and prepared foods made in our kitchen. Enjoy a unique selection of wine, beer and spirits, and relax in our second floor loft seating space!

## FAMILY NATURAL FOODS

910 W Grand Ave.

Wisconsin Rapids, WI 54495

(715) 423-3120

Family-owned and operated since 1946, Family Natural Foods offers the resources and expertise to support your overall health. Our friendly and knowledgeable staff will work with you to address your personal health and wellness goals. Stop by to explore a wide variety of products including supplements, vitamins, homeopathics, and cosmetics and our natural grocery featuring organic and allergen-free items, local produce, local dairy and meats, and gourmet VomFass oils and balsamics. Check out our speaker series or sign up for a free natural health consultation. Visit our Facebook page for hours and other information.



## GOLDEN SANDS RESOURCE & CONSERVATION DEVELOPMENT COUNCIL INC.

**Amalia Priest, Brooke Sperberg, and Denise Hilgart**

1110 Main Street #150

Stevens Point, WI 54481

(715) 343-6215

info@goldensandsrccd.org

We are a 501-c3 nonprofit celebrating 50 years of solutions for a healthy economy and a healthy environment within 13 counties of central Wisconsin. We provide technical assistance for managed grazing and organic transition planning. Whether looking to improve your current grazing practices, or starting to think about organic, we can help!



## HSU GROWING SUPPLY

237502 County Rd.

W Wausau WI 54403

(715)-675-5856

www.husgrowingsupply.com

Hsu Growing Supply is a supplier of organic-based and sustainable growing supplies as well as a manufacturer of various, high quality composts and soil blends. Currently, Hsu creates custom blended potting mixes for home gardeners, greenhouses, nurseries and landscapers as well as engineered soils for the Wisconsin Department of Transportation (DOT) and Department of Natural Resources (DNR). Hsu also offers natural and colored wood mulches, firewood and seasonal workshops.



## ID LIFE

**Leslie VanNover**

W12168 St. Hwy. 64

Antigo, WI 54409

(715) 627-2283

lesdeb2011@hotmail.com

lvannover.idlife.com

IDLife is a customized wellness program targeted to you the individual. All products are tested for their purity. IDLife is GLUTEN FREE, SOY FREE, and GMO FREE. IDLife's mission is for a healthier if for a healthier you and only you. Please feel free to contact me for more information.





# BUSINESSES & ORGANIZATIONS

## INFINITY WELLNESS & CHIROPRACTIC

2016 County Rd HH  
Plover, WI 54467  
715-544-6508 (phone)  
715-204-8924 (text)

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



Helping our community go from tired and in pain to energized and revitalized. We help families and individuals of all ages discover their optimal health through chiropractic care, supportive exercises and laser therapy. Our mission is to help you live a vibrant, dynamic life.

## MEET THE HERB HALFWAY

Stevens Point, WI  
(715)-347-7474

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



Award Winning Solid Perfumes: Meet the Herb Halfway practices the ancient art of natural botanical perfumery using infusions, effleurage, absolutes, and perfume grade essential oils. Alchemists, chemists, herbalists, and perfumers were once one in the same. Enhancing your life, health, and joy all can be influenced by aroma. Combining fragrances with breathing and mindfulness practices can allow you to direct your energy. Enjoy one of our artisan perfumes, sign up for monthly classes, or try a combination of both

## NORTHWIND SOLAR

(715) 630-6451  
[info@northwindre.com](mailto:info@northwindre.com)

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

Northwind Solar is Central Wisconsin's premier solar installer, providing high-performance solar power and battery storage systems homes and businesses, and a 10-year labor warranty behind our work. We are a worker-owned cooperative with over 80 years of collective experience in renewable energy.



## PROCESS

Rubina Martini, Sheena Meddaugh, Lyn Cuirro

1008 Main St.  
Stevens Point, WI 54481  
(715) 997-9094

[www.lowwaste.shop](http://www.lowwaste.shop)

Process is a lifestyle store curated and collaboratively owned by queer rural/urban transplants. We are located in Stevens Point, central Wisconsin. We source sustainable home goods and personal care items for everyone in the family.



## SPA CONVENTION & VISITORS BUREAU

340 N Division St.  
Stevens Point, WI 54481  
(715)344-2556

[info@stevenspointarea.com](mailto:info@stevenspointarea.com)  
[www.stevenspointarea.com](http://www.stevenspointarea.com)

Discover the delicious local flavor of the Stevens Point Area, by following your fork or mug. Explore local products at the Farmers market. Grab a seat and enjoy the local craft brews, wines and spirits, all with a distinct style. Start planning your local flavor trip by visiting [StevensPointArea.com](http://StevensPointArea.com).



## STEVENS POINT AREA CO-OP

633 2nd St.  
Stevens Point, WI 54481  
(715) 341-1555

[info@spacoop.com](mailto:info@spacoop.com)  
[www.spacoop.com](http://www.spacoop.com)

Stevens Point's source for organic, local and bulk foods. Featuring: organic and local produce; natural wellness and body care products; pre-packaged and frozen grocery; local dairy, meat, vegan, dairy-free, and gluten-free options. Located just north of downtown. Visit our website. for hours and other exciting information!



## TEAM EARLY FIT & COACHING

Bill Koepke  
[coachbillkoepkeat@gmail.com](mailto:coachbillkoepkeat@gmail.com)  
[www.patreon.com/user?u=10594390](http://www.patreon.com/user?u=10594390)

Team Early and Fit Coaching is owned by Bill Koepke. Bill is a Certified Athletic Trainer with a degree in sports medicine from UWSP. Bill has over a decade of experience helping people with habit change and implementing in person and hybrid personalized fitness programs into their lives. Bill is passionate about the connection between seasonal food, fitness, and outdoor recreation.



## WISCONSIN GRASS-FED BEEF COOPERATIVE

PO Box 269 Viroqua, WI 54665  
800-745-9093  
[www.wisconsingrassfed.coop](http://www.wisconsingrassfed.coop)

The Wisconsin Grass-fed Beef Cooperative, made up of over 230 Wisconsin family farms, believe that rotational grazing cattle is the best way to raise our lean, tasty beef - sold as the brand Wisconsin Meadows. Our well-managed pastures protect soil, water resources, and provide wildlife habitat. We care about that because we live here, too! Our member farms are committed to producing high quality, sustainably raised beef for you and your family. Working cooperatively, we're able to keep the best interests of both our customers and the families who farm the land in mind. We are grateful to those who support our mission with their food dollars and allow us to keep on grazing!







**Central Waters Brewing Company**  
351 Allen Street | Amherst  
715-824-2739 | [CentralWaters.com](http://CentralWaters.com)

**Sunset Point Winery**  
1201 Water Street | Stevens Point  
715-544-1262 | [SunsetPointWinery.com](http://SunsetPointWinery.com)

**O'so Brewing Company**  
1800 Plover Road | Plover  
715-254-2163 | [OsoBrewing.com](http://OsoBrewing.com)

**Stevens Point Brewery**  
2617 Water Street | Stevens Point  
715-344-9310 | [PointBeer.com](http://PointBeer.com)

**District 1 Brewing Company**  
200 Division Street N. | Stevens Point  
715-544-6707 | [District1Brewing.com](http://District1Brewing.com)

**Great Northern Distilling**  
1011 Second Street | Stevens Point  
715-544-6551 | [GreatNorthernDistilling.com](http://GreatNorthernDistilling.com)

**McZ's Brew Pub**  
178 N. Main Street | Rosholt  
715-677-3287 | [Facebook.com/mczsbrewpub](https://www.facebook.com/mczsbrewpub)

[cwCraftCollective.com](http://cwCraftCollective.com) | 715-344-2556



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Stevens Point | Plover | Marshfield | Neenah | Neillsville



**Zorlan Acres**

We have selected a variety of chickens and ducks that are cage free, free ranged and extremely spoiled to give us a colorful egg basket without the use of medicated feeds.

Shawn & Sara Harlan - 6920 State Highway 66 - Custer, WI 54423  
Phone: (715) 340-1299 - Email: [zorlan.acres@gmail.com](mailto:zorlan.acres@gmail.com)



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- ★ BEST LOCALLY OWNED BUSINESS ★
- ★ BEST REAL ESTATE AGENT: KYLE BISSEN ★

2417 Post Road, Plover, WI 54467  
715-598-6367 | [kprbrokers.com](http://kprbrokers.com)







# FARMERS MARKETS

## **ABBORSFORD FARMERS MARKET**

June-September, Tuesday 11AM-3PM

*Hwy 13 & 29, Abbotsford WI 54405*

## **ADAMS COUNTY NIGHT MARKET**

May-Oct, Wednesday 3PM-7PM

*Friendship Park N Main St., Friendship, WI 53934*

## **ANTIGO FARMERS MARKET**

June-Oct., Saturday 8AM- 12PM

*Between 6th & 7th Ane Peaceful Valley Park Pavilion 303 Superior St. Antigo WI 54409*

## **BIG BULL FALLS FARM MARKET**

June- Oct, Thursday 10AM-3PM

*Aspirus Corporate Building 2200 Westwood Dr., Wausau, WI 54401*

## **FESTIVAL FOODS FARMERS MARKET**

May-Oct, Saturday & Sunday 8AM-1PM

*Festival Foods Parking Lot 1613 North Central Avenue, Marshfield, WI 54449*

## **KRONENWETTER FARMERS MARKET**

June-Oct. Sunday 9AM- 2PM

*2390 Terrebonne Dr, Kronenwetter, WI 54449*

## **MAIN STREET MARSHFIELD FARMERS MARKET**

June-Oct, Tuesday 8AM-1PM

*Pick n' Save parking lot, 641 S Cebntral Ave, Marshfield, WI 54449*

## **MAUSTON FARMERS MARKET**

May-Oct, Tuesday and Saturday 2PM-6PM

*State St, Juneau Court House Lawn 200 Oak Street, Mauston, WI 53948*

## **MEDFORD DOWNTOWN FARMERS MARKET**

May-Oct, Tuesday 12PM-6PM

*S Whelen St. City Park South Whelen St. Medford, WI 54451*

## **MEDFORD DOWNTOWN FARMERS MARKET**

May-Oct, Tuesday and Saturday 2PM-6PM

*State St, Juneau Court House Lawn 200 Oak Street, Mauston, WI 53948*

## **MEDFORD FARMERS MARKET**

May-Nov, Saturday 8AM-12PM

*Taylor County Fairgrounds, Hwy 13 & WI-64, Medford, WI 54451*

## **MOISINEE CHAMBER OF COMMERCE FARMERS MARKET**

June-Oct, Tuesday 11AM-5PM

*Along Main Street/Hwy B in Mosinee between 7th & 11th streets, River Park, Mosinee WI 54455*

## **NEILLSVILLE FARMERS MARKET**

June-Oct, Saturday 8AM- 12PM

*Sniteman Town Square, Corner of Hewett St & 5th St. Sniteman Town Square, Hewett St, Neillsville WI 54456*

## **OWEN FARMERS MARKET**

June-Oct, Saturday 8AM-12PM

*Mill Pond Park, County Road X, Owen, WI 54460*

## **PITTSVILLE FARMERS MARKET**

May-Oct, Friday 9AM-1PM

*Baum's Mercantile Parking Lot 5307 2nd Ave, Pittsville, WI 54466*

## **ROME FARMERS MARKET**

June-Oct, Friday 8AM-1PM

*Alpine Business Park off Hwy 13 & Alpine Dr, Rome, WI 54457*

## **STEVENS POINT AREA WINTER FARMERS MARKET**

Nov-April, Saturday 8AM-12PM

*Boys & Girls Club 941 Michigan Ave, Stevens Point, WI 54481*





# FARMERS MARKETS



## STEVENS POINT FARMERS MARKET

May-Oct, all week 8AM-3PM  
Saturdays 7AM-12PM

*The Downtown Square 802 Main Street,  
Stevens Point, WI 54481*

## SPARTA FARMERS MARKET

May-Oct. Wednesday and Saturday  
8AM-12PM

*Downtown Sparta's Mueller Square 120 N.  
Water St. Sparta, WI 54656*

## STRATFORD FARMERS MARKET

June-Sept, Wednesday 4PM-7PM

*Stratford Homes Parking Lot 402 S Weber  
Ave, Stratford, WI 54484*

## TOMAH FARMERS MARKET

May-Oct, Wednesday & Saturday  
7AM-1PM

*Gillet Park 1316 Superior Ave, Tomah, WI  
54660*

## SPARTA FARMERS MARKET

May-Oct. Wednesday and Saturday  
8AM-12PM

*Downtown Sparta's Mueller Square 120 N.  
Water St. Sparta, WI 54656*

## STRATFORD FARMERS MARKET

June-Sept, Wednesday 4PM-7PM

*Stratford Homes Parking Lot 402 S Weber  
Ave, Stratford, WI 54484*

## TOMAH FARMERS MARKET

May-Oct, Wednesday & Saturday  
7AM-1PM

*Gillet Park 1316 Superior Ave, Tomah, WI  
54660*

## WAUPACA FARM MARKET

May-Oct, Saturday 9AM-1PM

*Intersection of Fulton and Main Street 205  
W Fulton St, Waupaca WI 54981*

## WAUSAU ASPIRUS FARMERS MARKET

June- Oct, Thursday 10AM-3PM

*Aspirus Corporate Building 2200  
Westwood Dr., Wausau, WI 54401*

## WAUSAU FARMERS MARKET

May-Nov, Wednesday & Saturday 7AM to  
sell out

*388 River Dr, Wausau, WI 54401*

## WAUSAU MARKET PLACE THURSDAY

June-Sept, Thursday 9AM-2PM

*Downtown Wausau 400 Block, Wausau,*

## WAUSAU WINTER MARKET

Nov-April, Saturday 8AM-12PM

*Boys & Girls Club of Wausau Area 1710 N  
2nd St, Wausau, WI 54403*

## VILLAGE OF WESTON FARMERS MARKET

May- Oct, Tuesday & Saturday 8AM-  
3PM

*Weston Market Place 3910 Schofield Ave,  
WISCONSIN RAPIDS DOWNTOWN  
FARMERS MARKET*

June-Sept, Thursday 8AM-2PM

*1st Ave. S. along Wisconsin River 100-198  
1st Ave S, Wisconsin Rapids WI 54494*



# YIELD BUILDER

Brewed from Denali OMRI - Listed Worm Castings



715-627-2283  
Antigo, WI 54409



ORGANIC / SUSTAINABLE / ENVIRONMENTALLY FRIENDLY



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# FARMSHED

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## *Growing Collective*

By: Meliss Haack

The Growing Collective (GC) is a unique program of Farmshed that utilizes the on-site greenhouse to grow an upwards of 10,000 plant starts. With an incredibly dedicated volunteer base hovering between 40-60 people, the GC is a group of Stevens Point area gardeners who take on the spring growing challenge together. In Wisconsin our growing season is so short that certain plants need to be started inside in order to get to full maturity before winter. The GC pools their resources together and works as a group to start seeds and grow plants inside the greenhouse at Farmshed. The membership consists of all levels of gardeners: from first time growers to master gardeners with decades of experience. In addition to this wide range of skill levels, some amazing community groups have memberships or assist in volunteering, including: Giving Gardens & UW-Stevens Point Students for Sustainability.

The Growing Collective members grow vegetable starts from seed including heirloom, organic, and unusual selections of tomatoes, peppers, herbs, & edible flowers. Over the past 5 years the collective has increased the selection and amount of native plants that are available as well. The native plants have been a huge hit amongst the community and that owes a huge thanks to Wild Ones. Each GC member gets to place an order for their garden and the amount of plants they order is based on the amount of hours they commit to volunteering with the collective. Prior to the big plant sale, which is hosted at the Farmshed greenhouse around Memorial Day weekend in May, the GC members pick out their plants.

The GC blossomed in 2013 with a group of 17 founding members who got together and needed space and resources to start their seeds. Those 17 members used the office space and had





plant trays lining the windowsills at Farmshed. Once each member got the plants they desired for their home gardens they set up a card table outside Farmshed and sold what was left.

Fast forward to nine years later and you have a group of 80 people growing over 10,000 plants bringing in an average of \$18,000 from the sale! The money from the sale goes back into the GC to pay for their expenses and any leftover funds are donated to Farmshed for other programs and events. It is a beautiful cycle of sharing resources and knowledge.

The thing that makes the GC so amazing is the impact it makes. The collective grows unique varieties that you can't find anywhere else, which is important for biodiversity of insects and soil fertility. The GC sells plants to lots of community members to get a head start on their gardens and grow food for themselves. In the late winter there is really nothing better or more wholesome than warming up in the greenhouse with friendly faces and getting your hands dirty. For me, the GC is more than just a cool way to get plants, it's a community driven effort to help people see the connection between themselves and the earth.

I've been a part of this community for 13 years and the GC is something that keeps me here. I love being able to volunteer for a program and take on real responsibility-like growing plants or executing a plant sale. It's really rewarding and gives me a sense of place. I have also gained friends of all ages; friendly faces that I run into when I'm out shopping or on a walk. There are, of course, times where the collective has its challenges, but I know in the end all we are hoping for is a successful growing season with a bounty of plants. I always look forward to seeing the greenhouse come to life during the growing season. As well as during the sale, when community members come in and buy the best plants available to them, grown with the helping hands of people that love gardening.

This year will be our ten year anniversary, a whole decade of plant sales! It will be a celebration of the resilience of collaboration and the illustration of what a group of people can do if they meet each other where they're at, see through differences, and don't lose sight of their goal: taking on the spring growing challenge through shared resources, knowledge, and care.





# Central Wisconsin Farmers Markets

by Taylor Christiansen

Central Wisconsin is a fruit and vegetable growing haven, which is apparent as you walk through any summer or winter farmers market and see piles of carrots, potatoes, leafy greens, and more. Did you know the oldest continuously operating summer farmers market in the state is located in Stevens Point? They are celebrating 175 years in 2022!

Maybe it's been a while since you've been able to attend a farmers market- let's review the best way to be a market customer:

- 1. Bring bags! Most vendors have to provide their own bags, which are usually plastic. You can bring your own produce bags, reused plastic bags, picnic baskets, or canvas bags instead.*
- 2. Bring cash- preferably in smaller bills. More vendors are able to take credit and debit cards, but farmers still have to pay a processing fee to do so. Cash ensures they receive the full payment and speeds up the transaction process- plus all vendors will take cash.*
- 3. Gear up and go if it's raining or cold. While it may not be the idyllic scene of a sunny market day, farmers still show up and have beautiful food products to sell whether it's nice out or not. If you want to support your farmers, shopping on poor weather days is a must.*
- 4. Check the market's social media or website. Markets may have special events, altered hours, or other updates which may impact your visit.*





Come to a farmers market with an open mind. You will definitely see essential ingredients like peppers, tomatoes, and onions, but you may also discover unique seasonal options like wild leeks, bitter melon, and garlic scapes. Vendors generally pre-portion their products to make transactions simpler and more efficient, and they will always make sure the best product is on their table.

If you have questions, the farmers are truly the experts. Whether you're looking for a certain vegetable or want to know how something is grown, farmers are happy to answer questions from curious customers.

Some markets offer additional payment options, such as Electronic Benefits Transfer (EBT) programs to use their FoodShare dollars to purchase fresh produce, eggs, meat, baked goods, and other food products. The Senior Farmers Market Nutrition Program and Women Infant and Children (WIC) Nutrition Programs also offer vouchers that allow those that qualify to purchase fresh fruits and vegetables directly through farmers that accept them. To learn if you qualify or for more information you can contact your local Health Department.

Do you want to support your local growers? Find your new favorite farm? Try some yummy vegetables? Head to the farmers market!



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# Sib Pab (Helping Hands)

## A Cultural Food Security Program

by Maddie Kinscher

Having access to foods that reflect one's cultural background helps them maintain a sense of identity, emotional well-being, belonging, and safety. In all food security programming, culture is an essential component to best serve the population you are working with. Sib Pab, which translates to 'Helping Hands' in Hmong, is a unique and powerful program in Stevens Point. In the midst of the COVID-19 pandemic, the disparity in food access for Hmong elders and disabled residents became apparent to the Client Assistance Program (CAP) Services Hmong UPLIFT program. CAP Services and Farmshed built a partnership in order to address and intervene on this health disparity. The individuals who built this program are from the Hmong community because involving community members in a community health project is essential to build a sustainable, expansive, and successful program. They helped Farmshed establish trust with the elders and Hmong farmers, allowing us to continuously source as many ingredients as possible from Hmong farmers, including seeds and plants for Farmshed's garden. Since its beginning Hmong farmers across the Atlas region have been granted more funding opportunities and gained assistance with technical support related to their farms.



Starting in the fall of 2021, we started to serve Sib Pab meals to the Stevens Point Area Senior High (SPASH) Hmong and students of color. Sib Pab in the schools has expanded by 60% in 2022. We started the 2021-2022 school year lunch with 30 students and are currently in the 2022-2023 school year serving 50. Our long term goal is to grow in capacity and resources to serve more students and cater meals from Latinx, Black, and Indigenous cultures made by contracted chefs from those cultures.

Students reported these lunches bring representation of various cultures, improved feelings of belonging, overall mood improvement, and increased access to a variety of fruits and vegetables

Students have directly stated that they "devour (their) veggies," from the Sib Pab program, but don't take the vegetables offered by regular school lunch. Thus showing that cultural foods play an essential role in both social and physical well-being. The students who receive Sib Pab lunches are vocal advocates for themselves, their younger siblings, and their peers from other cultural backgrounds to continue and expand the Sib Pab program. Students shared their experiences with the Sib Pab program, and why it is important to them:





*"This program lets Hmong people express themselves through food."*

*"Having access to this program has given me the opportunity to experience my culture in a space where it can be hard to be Hmong."*

*"The program is a wonderful way to have Hmong food at school instead of just at home."*

*"When I get food, it makes me feel like I am at home."*

*"I feel less ashamed to have my cultural foods now that it is provided by a school partnership."*

*"I feel a greater sense of belonging with people from other backgrounds."*

*"Having this program makes me excited that we, diverse students, can have our traditional food for lunch!"*

*"Sib Pab was an amazing opportunity for the seniors and juniors to share a meal and some laughs. Thank you for the food and the memories!"*

Sib Pab has received continuous support from the general public as well. Regular volunteers come in to help prepare meals with our Sib Pab lead, Ann. She offers the opportunity to learn about Hmong culture, food preparation, and taste the meals. This program supports building cultural humility among the community to better understand why culture is an important part of food and health.



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# Dark Cherry Tonic

Recipe Provided by Siren & Shrub



## INGREDIENTS

- 3 ounces tonic water (Top Note Tonic)
- 2 ounces tart cherry juice (Cherryland's Best)
- 1 ounce Maple Ginger Siren Shrub (feat. Tapped Maple Syrup)
- 3 dashes orange bitters (Bittercube)
- Optional: 1.5 ounces of Gin

## INSTRUCTIONS

*In a glass with ice, add cherry juice, (gin), shrub and bitters. Top with tonic water and stir to combine. Garnish with a dried citrus wheel.*

# Fish Fry

Few things are better than a shore lunch with great friends.

These simple additions to the classic Wisconsin fish fry will make the food just as memorable as the trip.



Recipe Provided by the Bottle Shop

## INGREDIENTS & INSTRUCTIONS

- 1 cup flour
- 1 cup panko
- 1/4 cup cornmeal
- 1 tbs salt

*Try coating the fish in Franks red hot before dredging in breading. Then, fry in lard. Always salt and pepper immediately after the fish comes out of the oil, I do this on a plate covered with paper towel.*

## COCKTAIL SAUCE

- Cocktail sauce 1/2 cup ketchup
- 1 tbs prepared horseradish (not creamed)
- Juice from 1/2 lemon





# Maple Balsamic Vinaigrette

Cattail Organics is a Diversified Organic Vegetable Farm in Athens Wisconsin which provides vegetables through a 3 season CSA, at the Farmers Market of Wausau, and to local schools, stores and food banks year round. Lettuce and Carrots are two of Cattail Organics most popular crops and they produce Maple Syrup in the spring. We are passionate about good food for all.



Recipe  
Provided  
by Cattail  
Organics



*This is a great, all-purpose salad dressing. It is wonderful on leaf and butterhead lettuce, spinach and massaged kale salads. Use on slaws in winter, or spooned over roasted root veggies. Add lean proteins or nuts to the salad for a full meal. It also makes a great base to experiment from: switch the vinegar or the type of mustard used, add in more, less, or no garlic to your liking, replace 1/4 of oil with 1/2 cup of yogurt, add some chopped fresh herbs in summer (chives, basil, and thyme all work exceptionally well).*

## INGREDIENTS & INSTRUCTIONS

- 1 cup extra-virgin olive oil
- 1/2 cup balsamic vinegar
- 1/4 cup maple syrup (can reduce to 2 tablespoons if you prefer a less sweet dressing)
- 2 tsp Dijon mustard
- 1 garlic clove, minced
- Salt and pepper to taste

*Combine all ingredients in a jar or container with a lid. Shake well or emulsify using an immersion blender. Blending is a good option if making it creamy with yogurt or adding garlic or herbs. Store this dressing in the fridge for up to 2 weeks or 1 week (if using yogurt/herbs). If oil solidifies, remove from the fridge and reshake.*

# Thai Basil Pesto



**PRODUCE POINT.**

Recipe Provided by  
Produce Point

## INGREDIENTS & INSTRUCTIONS

- 2-3 cups Thai basil leaves and stems
- 3 tbsp roasted peanuts
- 1 tbsp sugar or other sweetener
- 1 tbsp rice wine vinegar
- 2 tbsp sesame oil
- 3 garlic cloves peeled
- 1/2 tsp red pepper flakes
- 1/2 tsp low sodium soy sauce or tamari
- 1 tbsp lime juice

*Combine ingredients in a food processor until it reaches a creamy consistency.*



# Candied Jalapeños

Recipe Provided by Cherie Klessing

Makes 7 ½ pint jars. Let sit for at least 3 weeks for best flavor. Can use any hot peppers with sufficient thickness. The Sugar Rush Peaches from the Growing Collective were fun and colorful additions!

I have a problem with hot peppers. It's a love/hate thing, really. I love to grow them but hate how small our growing window is here in Wisconsin. How can you grow enough?!! The first year I found the Candied Jalapeño recipe, I had a lucky bumper crop of jalapeños (technically, Jalafuegos) and needed a way to use them all. Garden changer.

I have since made growing enough peppers to make this recipe a priority every year. Especially since I have never seen it available commercially.

And then I met the Growing Collective and my planning changed. The plants from the Growing Collective are next level productive with the early greenhouse start and unique varieties bred for our growing season...organically. Which means bumper crops every year and enough of these sweeties to share! Trust me...you will want a double batch. Or people will get salty.

Sweet and spicy, these will become a favorite topping for pretty much anything. Don't toss out the extra juice! Mix with cream cheese for a spread with a kick! Originally from blog Foodie with Family. I often have enough leftover juice to can a pint of the juice for use in chilis and soups.

## INGREDIENTS & INSTRUCTIONS

- 3 lb fresh, firm jalapeños. Include some red ones for color!
- 2 cups cider vinegar
- 6 cups sugar
- ½ tsp turmeric
- ½ tsp celery seed
- 3 tsp granulated garlic
- 1 tsp cayenne pepper

Mix all ingredients besides jalapenos in non-reactive kettle.

Cut jalapenos to about ¼" thickness

Bring sugar syrup to boil. Add jalapenos.

Cook for 4 mins (do not need to bring back to boil).

Remove them with slotted spoon and pack into ½ pint jars.

Return syrup to boil and cook for 6 minutes.

Pour syrup into jars. Leave ½" headroom.

Can and process in hot water bath for 15 minutes.



# Savory Venison Rhubarb Meatballs

## by Bill Kopeke

### MEATBALLS

- 1 lb ground venison and bacon ends (80:20 ratio) or ground beef of choice
- 2 tbs almond flour or sourdough bread crumbs
- 2 tbs whole fat yogurt of choice
- 1 egg

### VEGGIES

½-1 cup of each:

Finely chopped Rhubarb, Radishes + greens, Carrots, Seasonal greens, Garden chives or similar

Sauté rhubarb, radishes, carrots until soft. Then add in greens until wilted.

Mix in veggies with all other ingredients. Form meatballs into size of choice. I like a hefty meatball.

Cook at 400 degrees 20-30 minutes.

### SAUCE

- One small can/jar of tomato sauce
- 4 tbs dry rub of choice
- 1 tbs dried wild leeks
- 2 tbs local maple syrup
- 2 tbs rhubarb Siren Shrub
- 2 tbs brown sugar
- ½ tbs liquid smoke
- Salt and pepper to taste

Mix the ingredients together

Pour sauce over meatballs, or use as a dip prior to serving.





## INGREDIENTS & INSTRUCTIONS

### WINTER SQUASH MASA

1 lb dry dent corn  
(Meadowlark Organics)  
1 tbs cal -- calcium hydroxide,  
pickling lime-- (Mi Tiendita)  
1.5 qt water  
1 winter squash  
(Lonely Oak Farm)  
1 tsp salt

*Simmer corn, water, and cal for 10 minutes. Turn off the heat and soak overnight. Wash and rinse the corn well. Grind the wet corn in a hand grinder or food processor. For tamales it can be coarse. Roast winter squash and scoop out the dry flesh. Mix 3 parts masa, 1 part winter squash, and salt. It should be soft, wet, squasy and corny.*

### REFRIED BEANS

1 lb dry black beans  
(Red Door Family Farm)  
2 qt water  
¼ cup sunflower oil  
(Century Sun Oil)  
1 medium onion  
(Whitefeather Organics)  
1 tsp salt

*Cook black beans in water until very soft. Drain beans and reserve their stock. Dice onion and fry in sunflower oil until browned. Blend cooked beans, onions, oil, salt, and bean broth as needed. Should be thick and earthy.*

*Soak husks in hot water until soft. Press ¼ cup balls of winter squash masa between plastic sheets in a tortilla press (or by hand). Remove the top plastic sheet and add a spoonful of refried beans to the center. Fold up the tamale by lifting each side of the bottom plastic and folding the masa over the beans. Carefully peel back the plastic sheet away from the masa with each fold. Lay the tamale into a corn husk and fold the husk around it and put into the steamer with seams down.*

### TAMALES

Dried Corn Husks for  
Tamales (Mi Tiendita)  
Tortilla Press  
Steamer Pot



## Three Sisters Tamales

### Recipe Provided by Liberation Farmers

In Braiding Sweetgrass, Robin Wall Kimmerer beautifully describes how the 3 Sisters Garden demonstrates reciprocity between plants in the garden that work together to create something greater than any one of the plants alone. She reminds us that the gardener also plays her role by tending the garden and expressing gratitude for her gifts received. In The Sioux Chef's Indigenous Kitchen, Sean Sherman shares an epiphany he had while immersed in indigenous foodways in Mexico that motivated him to rediscover his own indigenous foods. This recipe is inspired both by our coffee farmers Elvira and Tomas in Oaxaca, and our fellow farmers here in Central Wisconsin. We serve these tamales at our cafe Adelante, 123 Main Street, Almond.



## Sooyook, Steamed pork belly Recipe Provided by Dosirak Restaurant

### INGREDIENTS & INSTRUCTIONS

2 lb pork belly, skin on  
10 cloves garlic  
1 tsp ginger  
1 tsp black pepper  
5 green onion stalks  
1 onion, skin on  
1/2 cup cooking wine/sake  
2 tsp soy bean paste  
1 tsp coffee bean, optional  
1 qt water

Rinse the onions well, but leave the skin on (the onion skin is a part of the broth).

Place the vegetables at the bottom of the pot first then place a pork belly on it.

Fill the water into the pot then medium high heat.

Once the pot start boiling, reduce the heat to medium low heat and keep boiling for about 1 1/2hour

Turn off the heat and take the pork belly out of the pot(rest of the vegetable must be dissolved into the broth. Discard them) Rest the pork belly for 10 minutes.

Slice the pork belly and serve with Bossam kimchi.



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