

Eat Well. Think Local.



The Marquette Food Co-op is your neighborhood full-service grocery store offering everything from local produce to home cleaning products. Everyone is welcome at our store where ownership is encouraged but never required. Our store offers a wide selection of natural, local, and organic foods in a clean and comfortable environment. If you have not had the opportunity to visit our store, we invite you to stop in and check us out. Our friendly, knowledgeable staff is eager to give you a tour, answer your questions, and make you feel right at home.

When you shop at the Marquette Food Co-op, you are supporting a local business that in turn supports local farmers, producers, and artisans. Hope to see you soon!

The Marquette Food Co-op

Natural & Organic Grocery

109 W. Baraga, Marquette, MI 49855

Phone 906.225.0671 • Fax 906.225.1169

www.marquettefood.coop • info@marquettefood.coop

U.P. FARM



DIRECTORY

YOUR GUIDE

to local food & farms
courtesy of

The Marquette
Food Co-op

Table of Contents

| | |
|--------------------------------------|---------|
| Introduction..... | 1 |
| Local Food Terminology..... | 2 |
| Alger County..... | 4 |
| Baraga County..... | 7 |
| Chippewa County..... | 8 |
| Delta County..... | 13 |
| Houghton County..... | 15 |
| Iron County..... | 17 & 20 |
| Seasonal Produce Guide..... | 18 |
| Luce County..... | 21 |
| Mackinac County..... | 22 |
| Marquette County..... | 23 |
| Menominee County..... | 29 |
| Ontonagon County..... | 30 |
| Schoolcraft County..... | 31 |
| Upper Peninsula Farmers Markets..... | 32 |
| Index..... | 37 |

Farm Directory Listings

This directory is updated on a regular basis. Still, you may run into incorrect or outdated information from time to time. If this is the case, we would appreciate you letting us know. Additionally, if you or someone you know would like to be listed in the directory, please contact Natasha at 906-225-0671, ext. 11, or e-mail outreach@marquettefood.coop.

Disclaimer - The Marquette Food Co-op has made no attempt to verify the information provided by the farms regarding their products and practices. It is up to you, the consumer, to do the research on where your food comes from. You are encouraged to visit the farms, ask questions, support local, and enjoy eating the bounty provided here in the beautiful U.P.

Why a Farm Directory?

The Marquette Food Co-op is dedicated to creating a healthy, diverse, educated, and sustainable community. A strong local food network is a key component to this mission. It helps our local economy, contributes to our food security, is better for the environment, and ensures we all have access to the healthiest foods available. In other words, food is not just the basis for keeping our bodies functioning at their best, it is the basis of helping our community function at its best.

With these thoughts in mind, our Co-op decided to produce *The U.P. Farm Directory* as a way to help consumers connect with the farmers who grow their food. The directory is also intended to serve as a marketing tool for the farms that are listed. Only those farms that sell their products and services directly to the general public are eligible for inclusion in this directory. It is a "producer-only" directory, which means that the farms included must grow, raise, or gather their own products. For purposes of this directory, the entire Upper Peninsula is considered "local."

Producers of herbs, vegetables, fruit, meat, eggs, plants, flowers, honey, maple syrup, fiber, and hay are included.

You will see that we have provided a key to help you better understand the growing practices employed by each respective farm. Please note that farms are listed as "conventional" even if they only use one synthetic product such as a spray for potato beetles. The rest of their operation may be chemical-free. This is why it's so important that you contact each farm to learn more about their specific growing practices.

This Upper Peninsula Farm Directory is just one piece of our *Think Local First!* campaign. In our store, all locally-made products are clearly labeled to give you the choice to purchase local before you reach for a national brand. Brochures and business cards from local producers are available in a custom-designed wall display at the entrance to our store

Our Co-op also creates opportunities to meet local farmers, such as the Annual Local Food & Farm Fair and Farm Tours. There are always new chances to learn more about local food through a cooking class, a new cookbook, or by just chatting up one of our friendly and knowledgeable staff.



Understanding Local Food Terminology

USDA Certified Organic

Organic farmers use compost, crop rotations, and cover crops instead of chemical additives to grow food. Certified Organic meat, eggs, and dairy are free of antibiotics and growth hormones and are produced in environments where animals are fed 100% organic feeds and have access to outdoors and pasture. Chemical fertilizers, pesticides, GMO seeds, sewage sludge, and irradiation are prohibited. Certified organic farmers follow strict rules and are monitored closely to ensure that the standards are being upheld. Organic farmers have a formal “organic systems plan” to document how they improve soil, manage animals, and use only natural materials or synthetics allowed on the “national list.” Their farms are inspected annually by accredited certification agents to guarantee they are following their approved system plan. http://rodaleinstitute.org/organic_or_natural

Certified Naturally Grown

Certified Naturally Grown is a grassroots alternative to the USDA's National Organic Program meant primarily for small farmers distributing through local channels—farmers markets, roadside stands, local restaurants, CSA programs, and small local grocery stores. The CNG Standards and growing requirements are no less strict than the USDA National Organic Program rules. The primary difference between Certified Naturally Grown and the USDA Organic program is cost to farmers and paperwork requirements. <http://www.naturallygrown.org/>

Grass-Fed

To be labeled as Grass-fed, an animal must have been fed nothing but grass or forage for the entirety of its lifetime, with the exception of its mother's milk during nursing. Animals cannot be fed grain or grain byproducts and must be given continuous access to pasture during the growing season. <http://www.usda.gov>

Hormone-Free

The USDA prohibits the use of hormones in both pork and poultry production, but not in beef. Commercial farmers will use hormones to pump up the production of meat and dairy. The resulting products will carry the residuals of those hormones. Hormone-Free means that no hormones were given to the animal during its lifetime at that particular farm. <http://www.sustainabletable.org/issues/hormones/>

Raised Without Antibiotics

Use of the term “antibiotic free” is considered “unapprovable” by USDA on any meat products. Variations of this claim, such as “no antibiotics administered,” are allowed by the USDA, but they have no verification system established. In this guide, “Raised Without Antibiotics” means that there were no antibiotics administered to the animal. The only exception would be in the case of antibiotics administered to a sick animal that is quarantined away from the herd or flock for the duration of its illness and then reintroduced to the herd or flock. <http://www.greenerchoices.org/eco-labels/>

USDA Certified Organic

Organic farmers use compost, crop rotations, and cover crops instead of chemical additives to grow food. Certified Organic meat, eggs, and dairy are free of antibiotics and growth hormones and are produced in environments where animals are fed 100% organic feeds and have access to outdoors and pasture. Chemical fertilizers, pesticides, GMO seeds, sewage sludge, and irradiation are prohibited. Certified organic farmers follow strict rules and are monitored closely to ensure that the standards are being upheld. Organic farmers have a formal “organic systems plan” to document how they improve soil, manage animals, and use only natural materials or synthetics allowed on the “national list.” Their farms are inspected annually by accredited certification agents to guarantee they are following their approved system plan. http://rodaleinstitute.org/organic_or_natural

Certified Naturally Grown

Certified Naturally Grown is a grassroots alternative to the USDA's National Organic Program meant primarily for small farmers distributing through local channels—farmers markets, roadside stands, local restaurants, CSA programs, and small local grocery stores. The CNG Standards and growing requirements are no less strict than the USDA National Organic Program rules. The primary difference between Certified Naturally Grown and the USDA Organic program is cost to farmers and paperwork requirements. <http://www.naturallygrown.org/>

Grass-Fed

To be labeled as Grass-fed, an animal must have been fed nothing but grass or forage for the entirety of its lifetime, with the exception

Food Terminology

of its mother's milk during nursing. Animals cannot be fed grain or grain byproducts and must be given continuous access to pasture during the growing season. <http://www.usda.gov>

Hormone-Free

The USDA prohibits the use of hormones in both pork and poultry production, but not in beef. Commercial farmers will use hormones to pump up the production of meat and dairy. The resulting products will carry the residuals of those hormones. Hormone-Free means that no hormones were given to the animal during its lifetime at that particular farm. <http://www.sustainabletable.org/issues/hormones/>

Raised Without Antibiotics

Use of the term “antibiotic free” is considered “unapprovable” by USDA on any meat products. Variations of this claim, such as “no antibiotics administered,” are allowed by the USDA, but they have no verification system established. In this guide, “Raised Without Antibiotics” means that there were no antibiotics administered to the animal. The only exception would be in the case of antibiotics administered to a sick animal that is quarantined away from the herd or flock for the duration of its illness and then reintroduced to the herd or flock. <http://www.greenerchoices.org/eco-labels/>

Conventional

Operations are considered conventional if they use ANY synthetic fertilizers, pesticides, herbicides, insecticides, hormones, antibiotics, or common enhancers like Miracle Gro™, on ANY crop or animal at any time. Defined by the Marquette Food Co-op



Frederick Christmas Tree Farm and Produce

Dean R. Frederick
N-6310 Connors Rd.
Munising, MI 49862
(906) 387-2361
1 Acre

Products: We grow fresh vegetables, red raspberries, and Christmas trees.
Purchase at: I sell my products 10am to 7pm Mon-Sat. No sales on Sunday on produce.
Availability: July-October, when things are ready.
This operation is: Conventional.

Kouw's Farm

Jason Jak Kouw
N2892 Dunklee Rd.
Munising, MI 49862
(906)387-5327
upkouw@hotmail.com
About 75 Chickens

What we provide: We raise free range chickens for eggs. We do not use hormones, stimulants, or routine antibiotics. We treat our chickens humanely and with respect.
Purchase at: We sell our eggs at the farm by appointment.
Availability: Our coop is heated so we sell eggs year round.
This operation is: Authentic.

Munising Hoop House

Laurie Tracey
321 1/2 Munising Ave.
Munising, MI 49862
(906) 387-3611
ltracey@up-pathways.org
30'x48' Hoop House

Products: This is a community project supported by Michigan State University. The community grows organic vegetables through an extended season as afforded by the use of the Hoop House. We grow lettuce, bok choy, radishes, spinach, turnips, and other garden vegetables.
For more information about funding of this project, contact Jeffrey W. Dwyer, PhD: Jeffrey.dwyer@hc.msu.edu
Purchase at: Munising Farmers Market
Availability: Year-round.
This operation is: Authentic.



The Marquette Food Co-op's Upper Peninsula Farm Directory

Rock River Farm

Rowan Bunce
N6302 Rock River Rd.
Chatham, MI 49816
Production, .5 Acre Greenhouses
(906) 439-5233
rrfarms@tds.net
6 Acres of Rotational Pasture, 1 Acre

Products: We raise pastured chickens, turkeys, and pigs. We are attempting to herd sheep for meat and milk. We have sustainably produced and cultivated vegetables. We extend growing seasons through six greenhouses and a cold frame.
Purchase at: Marquette, Munising, and Negaunee Farmers Markets and the Marquette Food Co-op. We also sell at our farm and offer farm shares.
Availability: Produce, meat, and poultry are available June-October. We sell eggs year-round.
This operation is: Certified Naturally Grown, Hormone-Free, Raised without Antibiotics, Authentic, CSA.



Rock River Perennial Garden and Greenhouse

Elise Bunce
N6301 Rock River Rd.
Chatham, MI 49816
(906) 439-5746
eliseb@tds.net
www.rockriverpg.com
1 Acre

Products: We offer naturally grown vegetable and herb plants for the home garden or patio. We have several varieties of tomatoes, peppers, and basil among other produce. We have heirloom varieties, as well.
Purchase at: Our farm, the Marquette Food Co-op, and at local Farmers Markets.
Availability: The greenhouse and gardens are open Friday 7p- 9p, Saturday and Sunday 10a - 6p May 7 through June 27.
This operation is: Authentic.

Alger County

Trenary Duck Farm

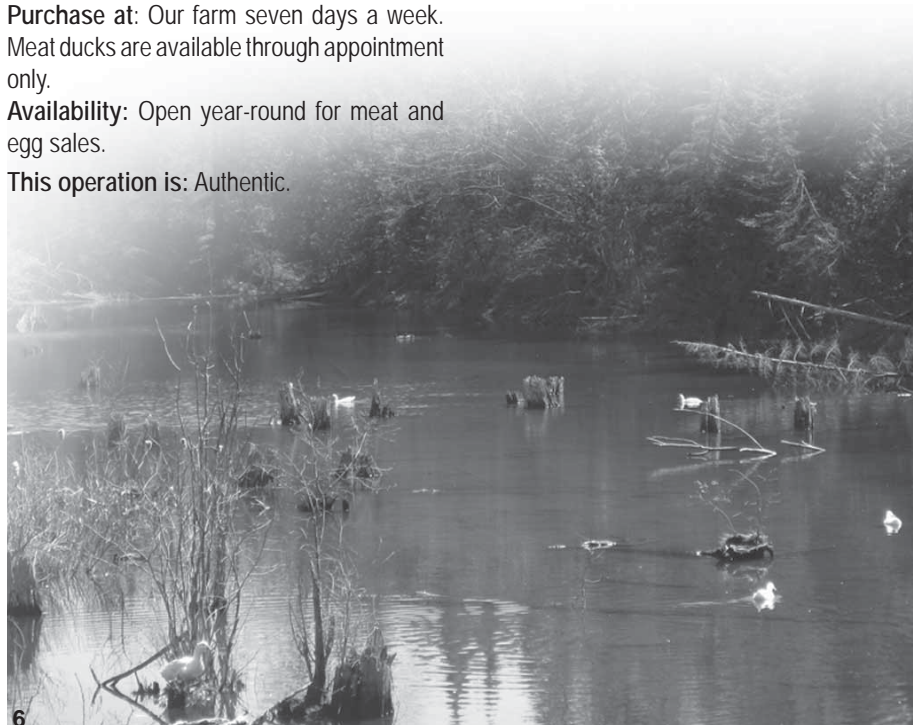
David Lengmann
E2943 Timonen Road
Trenary, MI 49891
(906) 446-3126
david.lengemann@trenaryducks.com
www.trenaryducks.com
6 Acres

Products: We raise pekin, muscovy, and flying mallard ducks for eggs and meat. All the ducks are either free-ranged on a three acre wooded pond, or pastured with moveable electric fences and portable shelters. The ducks eat a grower formula from the local feed mill in Trenary, supplemented with what they can forage on their own. We do not use hormones, stimulants, or routine antibiotics. Predators are discouraged from bothering the ducks by using a Great Pyrenees livestock guardian dog.

Purchase at: Our farm seven days a week. Meat ducks are available through appointment only.

Availability: Open year-round for meat and egg sales.

This operation is: Authentic.



6

Winding Creek Farm

Wayne & Wenda Trierweiler
N5115 Oja Rd.
Chatham, MI 49816
Mailing Address: PO Box 165
(906) 439-5284
25 Acres

Products: We grow grass hay without the use of any synthetic fertilizers, pesticides, herbicides, or insecticides.

Purchase at: Our farm by appointment.

Availability: Seven days a week from July through September by appointment only. Call for availability during the rest of the year.

This operation is: Authentic.



Grand Bee's

Dan & Lee Grandy
7N 3rd St.
L'Anse, MI 49946
(906) 524-7343
Dangr49946@yahoo.com
130 Hives

Products: Our honey comes from Pelkie, L'Anse, Alston, and Covington. Our honey is made from trefoil and wildflower. We have hives in several locations and we inquire about pesticide use in the roaming range of those locations so they can be avoided.

Purchase at: We are on the shelves at Larry's in Baraga, Pat's in L'Anse, Super One and Econo in Marquette, and Super One in Negaunee.

Availability: We are available year-round.

This operation is: Conventional.



Tanglewood Farm

Susan Rasch
13189 Townline Road
L'Anse, MI 49946
(906) 524-7899
srasch@up.net
4 Acres of Fruit Trees, Large Hoop House

Products: All of our animals are much-loved pets who are in barns only when they choose to go into them. Otherwise they are free to run, browse, and play on ten wooded acres. We have free-range chickens, various breeds of sheep and goats, and a wide array of other animals. With their assistance, we are able to sell eggs and chicks—sometimes kid goats, lambs, and miniature foals. In the near future, we are hoping to provide hand-spindled yarn created from our sheep's wool. We have nearly 100-year-old apple trees that still produce apples each fall. We are adding a variety of peach trees this year. With the addition of our 26'x48' hoop house, we grow veggies from early spring through late fall without the use of pesticides or chemical fertilizers.

Purchase at: L'Anse Farmer's Market and by appointment most days at the farm.

Availability: Produce is available from roughly June through October. Eggs are available year-round.

This operation is: Authentic.

7



A & A Bison

Alex Wieczorek
10502 S. Kinross Rd.
Dafer, MI 49724
(906) 632-6295
200 Acres

Products: We offer bison meat and bison breeding stock. We specialize in Woodland Bison.

Purchase at: You can purchase our products at the farm by appointment.

Availability: We are open September through December.

This operation is: Hormone-Free, Raised Without Antibiotics, Authentic.

Bay Mills Maple Products

Richard Timmer
18310 Shields Rd.
Brimley, MI 49715
(906) 437-5470
dtimmer@bmcc.edu
45 Acres and 800 Maple Taps

Products: We offer natural maple syrup and square hay bales.

Purchase at: Sault Ste. Marie Farmers Market and year-round at the farm in the evenings.

Availability: We are open year-round.

This operation is: Authentic.

Beaver Meadow Creek Farms

Mark & Deanna Jones
3065 W 5 Mile Rd.
Sault Ste. Marie, MI 49783
(906) 253-9670
beavermeadowfarms@att.net
6 Acres

Products: We offer mixed fruits and vegetables. We never use pesticides, herbicides, or insecticides.

Purchase at: Sault Ste. Marie and Pickford Farmers Markets as well as anytime at our farm. Just call to make sure we are home.

Availability: We are open May through October.

This operation is: Conventional.

Besteman Maple Products

Marvin Besteman
15689 S. Tilson Rd.
Rudyard, MI 49780
(906) 478-5412

Products: We sell maple syrup, maple granulated sugar, maple candy, and maple cream.

Purchase at: Our home 8 am - 5 pm Monday through Saturday, closed Sunday.

Availability: We are open for business all year.

This operation is: Authentic.

Birch Ridge Acres

George, Delores, & George Jr. Freeborn
11072 W. M-28
Brimley, MI 49715
(906) 248-2796
9 Acres

Products: We grow Norland (red) potatoes, zucchini, acorn squash, tomatoes, pumpkins, and our biggest crop—strawberries.

Purchase at: We sell from our farm everyday but Wednesday from 9-8pm and on Wednesday from 8-3pm. We also sell at the Sault Ste. Marie Farmers Market.

Availability: We run from late June through the first part of September.

This operation is: Conventional.

Burdock Farm

Karen Bartunek
10477 S. Maple Rd.
Dafer, MI 49724
(906) 632-1370 or (906)203-7056
karen@burdockfarm.com
www.burdockfarm.com
3 Greenhouses—two 12x20, one 30x30,
& approx. 1 Acre Perennials

Products: We offer an assortment of annuals and perennials, vegetable starts suitable for the U.P. climate, and native wildflower plants.

Purchase at: Our farm from 9 am - 6 pm Monday - Saturday and Sunday from 10 am - 4 pm May 1st - July 15th and 10 am - 4 pm Friday - Sunday from 10 am - 4 pm July 15th - September 1st. We also sell at the Sault Ste. Marie Farmers Market.

Availability: We are open May 1 through September 1.

This operation is: Conventional.

Circle K Buffalo Ranch

Orville Kabat
8596 W. 19 Mile Rd.
Rudyard, MI 49780
(906) 478-7531/ (906) 630-0361
kabatranch@yahoo.com
www.circlekbuffalo.com
800 Acres/ 150 Buffalo

Products: We sell 100% grass-fed USDA inspected frozen buffalo meat. We have burgers, steaks, roasts, summer sausage, jerky, and polish dogs. We are a family-run operation and have been in business since 1988.

Purchase at: Our farm by appointment, Sault Ste. Marie Farmers Market, Neville's Market in Sault Ste. Marie, Marquette Meats on US41W, and Northern Michigan Meats on M-28.

Availability: We operate year-round.

This operation is: Conventional.



Collins Farm

E. Selden Collins
1628 W. Town Line Rd.
Pickford, MI 49783
(906) 647-2011
esc413@centerytel.net
www.lswoolen.com
240 acres

Products: We have a flock of registered and commercial Corriedale ewes. The sheep wear coats year-round and we offer exceptionally clean white and natural colored raw fleeces for spinners. The fleeces have lots of crimp and springiness and are very soft. No vegetable matter is present. These ewes and their lambs are raised in a grassland setting. I have a donkey that serves as a guard animal for predators. Corriedale sheep are considered a dual-purpose breed known for their wool and meat. The ewes are very good mothers during lambing and are gentle to handle.

Purchase at: We sell at the farm by appointment or by email. We sell our products through the Lake Superior Woolen Company.

Availability: We are open year-round.

Dale's Produce Stand

Dale Kriesche
7514 N. Bay Rd.
Rudyard, MI 49780
(906) 478-7201
4 Acres

Products: Our produce stand is located at the intersection of M-134 and I-75 at the Cedarville exit. We sell several varieties of vegetables, fruit, syrup, honey, and eggs.

Purchase at: Our stand from 10am to 6pm Wednesday through Monday. We are closed Tuesdays.

Availability: We will be open from late June through Labor Day.

This operation is: Authentic.

Dutcher Farm

John & Cindy Dutcher
25525 S. Angora Rd.
Goetzville, MI 49736
(906) 297-2120
dutchfarm@sault.com
Approx. 150 acres

Products: We raise pastured meat chickens seasonally in movable pens we move daily to fresh ground. We have egg laying hens that are free run, no cage, and soy free. We raise a limited number of turkeys for Thanksgiving, hogs, grass-fed beef, and lamb. We have blueberries and vegetables. We use no chemical fertilizers, insecticides, herbicides, added growth hormones, or routine antibiotics in feed.

Purchase at: Our licensed processing room at the farm as well as the Sault Ste. Marie and Pickford Farmers Market. Our eggs and chickens are available at Harmony Health Food Store in Sault Ste. Marie.

Availability: May to October for vegetables; Memorial Day to mid-October for chickens; turkeys pre-ordered the Tuesday before Thanksgiving; fall through early winter for beef, pork, and lamb; eggs most of the year.

This operation is: Hormone-Free, Raised without antibiotics, Authentic.



Gardenville Gardens

Andy, Karen & Andrea Kucharczyk
3241 S. Ridge Rd.
Sault Ste. Marie, MI 49783
(906) 635-9561
akakuch@yahoo.com
.5 Acres

Products: We have a variety of vegetables for summer and fall.

Purchase at: Sault Ste. Marie Farmers Market.

Availability: We operate June through November.

This operation is: Authentic.

Nicolet Berry Farm

Angie & Dan Ellis
6495 S. Nicolet Rd.
Sault Ste. Marie, MI 49783
(906) 635-1037
angleaellis@charter.net
5-7 Acres

Products: "U-Pick" strawberries or we can pick for you.

Purchase at: Call farm prior to picking.

Availability: June & July

This operation is: Conventional.

Northern Michigan Trefoil Honey

Brian Bush
12063 Shunk Rd.
Dafer, MI 49724
(906) 632-0581
honeybush@gmail.com
150 Hives

Products: We offer honey in 8 or 12 oz. containers or 1.5, 2, or 3 lb. containers. We sell honey comb when available.

Purchase at: Grocery stores or retail outlets in Northern Michigan as well as the Sault Ste. Marie Farmers Market.

Availability: Our honey is available year-round.

This operation is: Conventional.

Old Yellow Horse Gifts

Tammy Biron
PO Box 117
Brimley, MI 49715
(906) 630-5612
tami@oldyellowhorsegifts.com
www.oldyellowhorsegifts.com
17 1/2 Acres

Products: We raise a variety of heirloom seeds, the primary focus being the rare heirloom "Bearpaw Popcorn," hubbard squash varieties of "Lokota" and "Anna Swartz." We also have an antique French "Harlequin Marigold" seed. All seeds are grown here by us on chemical free soils. We also sell herbal soaps and salves.

Purchase at: Sault Ste Marie Farmers Market. You can also find some of our seeds and soaps at the River of History Museum and on our web-site.

Availability: Soaps and seeds are sold year round or until the seeds are sold out.

This operation is: Authentic.

RMG Sugarbush

Mike & Joyce Ross
11866 W Thompson Rd.
Rudyard, MI 49780
(906) 478-3030 or (906) 630-8000
mjross@sault.com
www.rmgmaple.com

Products: We offer 100% natural maple syrup and maple syrup-derived products. We don't use additives or preservatives. We sell maple cream, candy, maple-coated nuts, and marinade for meats.

Purchase at: We sell online or directly from the farm store—its best to call ahead. We are also available at several stores around the U.P., including the Marquette Food Co-op.

Availability: We are open year-round.

This operation is: Authentic.

Chippewa County

Ski's Northern Plants

Geogry Zimmerman, Carolyn Rajewski
Dafer, MI 49783
(906) 635-5248
cgazr@nodinwifi.com
sites.google.com/site/skinorthernplants/
1 Acre

Products: Because of our hoop house, we can offer broccoli and a few other crops over an extended season and also have green beans and other produce available in the customary season.

Purchase at: Sault Saint Marie and Pickford Farmers Markets as well as by arrangement with individual customers.

Availability: Late May through early November

This operation is: Authentic.



Wallis Family Farm

Eric Wallis
7538 West M48
Rudyard, MI 49780
(906) 478-7451
upshepherd@hotmail.com
600 Acres

Products: We raise pastured sheep on our farm. We do not use hormones, growth stimulants, or any other routine drugs or antibiotics. We typically market our lambs right off of pasture in the fall after rotationally and intensively grazing them. We also produce hay for sale as well as baleage. We sell silage wrap film, round baler twine, repair tape, and net wrap.

Purchase at: Our farm by appointment. We also sell blankets made from our wool at the Lake Superior Woolen Company.

Availability: Year-round.

This operation is: Hormone-Free, MAEAP, Conventional.

Wind Dance Farm

Tom & Bonnie Weise
12751 S Shunk Rd.
Dafer, MI 49724
(906) 253-1815
quercus@lighthouse.net
5-10 Acres

Products: We offer breeding stock sheep, mixed vegetables, and cut flowers. We also have free-range brown eggs and wool for spinners.

Purchase at: We sell our products at the Sault Ste. Marie Farmers Market.

Availability: Our eggs are available April through October. Our vegetables are available June through November.

This operation is: Authentic.



Four Seasons Natural Beef

David & Lenora Hayes
3474 St. Nicholas Rd.
Rock, MI 49880
(906) 359-4825
www.fourseasonsnaturalbeef.com

Products: We offer all natural Angus beef in quarter cuts or whole sides.

Purchase at: Please contact us by phone for orders from farm—home delivery is an option. We also have beef available at Marquette Meats in Marquette and Better Health Foods.

Availability: We take orders by phone year-round.

This operation is: Raised without antibiotics, Hormone-Free, and Authentic.

Green Family Farm

Andy & Janice Green
5856 NN Rd.
Garden, MI 49835
(906) 644-7089
threefoldvine@hotmail.com
www.threefoldvine.com
600 Acres

Products: We offer apples, fall decorations, grapes, hay, peaches, pumpkins, squash, sugar beets, and wine from our fruit.

Purchase at: Elmer's in Escanaba, Cut River Store in Cut River, Rappaports in Escanaba, and the BP in Munising and the Garden Farmers Market.

Availability: End of June through October. Our wine will be available year-round.

Guindon Farms

Matt & Barb Guindon
9111 CTY 416 H Rd.
Cornell, MI 49818
(906) 384-6517
info@guindon.com
223 Acres

Products: We are a fourth generation family owned beef farm. All crops, pastures, and land are Certified Organic. Certified organic meat will be available spring of 2011. Our cattle are raised on organic pastures, no hormone implants or antibiotic feeds. Cattle have access to pasture year-round and fresh water is supplied to all pastures in the summer. We offer 100% grass-fed cattle which are finished on intensively managed, high-quality pasture and hay that is certified organic and we grow. All meat is cut to order. We are committed to personal care of our cattle, our land, our customers, and to being a partner in sustainable agriculture.

Purchase at: Downtown Marquette Farmers & Artists Market, the Marquette Food Co-op, and at our farm seven days a week. We don't mind you just stopping in, call to see if we are home. Our ground beef is also sold at the Flat Rock Grocery. The Landmark Inn in Marquette uses our steaks on their menu as a grass-fed option for the health conscious diner and our transitional "natural" ground beef is used at Doncker's in Marquette.

Availability: Farm is open year-round.

This operation is: Certified Organic with OCIA, Certified Naturally Grown, Certified Grass-Fed, Hormone-Free, Raised without antibiotics.

Delta County

Gustafson Farm

Leonard Gustafson
16164 US 41
Rapid River, MI 49878
(906) 446-3030
400 Acres

What we provide: We offer farm-raised Angus and Hereford. We have a closed herd and utilize no chemicals or animal byproducts. We sell cuts by the quarter, half, or whole.

Purchase at: Please contact us by phone.

Availability: We accept orders anytime in the fall based on availability.

This operation is: Hormone-Free, Raised without Antibiotics.



Pellegrini Farms

David Pellegrini
2702 16.5 Rd.
Escanaba, MI 49829
(906) 786-9084 for Strawberries
(906) 786-5140
dpellegrini@pellegrinifarms.com
www.pellegrinifarms.com
7 Acres Strawberry, 10 Acres Cabbage

Products: Our farm offers pick-your-own strawberries and provides you with the option to place an already-picked order by simply calling during the picking season. Our website lists the dates, prices, and directions. We sell feed cabbage during the season by pickup or trailer-load.

Purchase at: Our farm

Availability: Strawberry season usually begins in late June and last until mid-July. Cabbage season begins around the last week of September and ends when sold out.

This operation is: Conventional.

VanDrese Beef Farm

Neil & Susan VanDrese
10010 County 426 E Rd
Cornell, MI 49818
(906) 384-6364
vandrese@up.net
200 Acres

Products: We offer beef by the hanging half or quarter.

Purchase at: We sell off farm by appointment only. Please call.

Availability: We are open year-round.

This operation is: Conventional.



Cloverland Apiary

Sue Raker & Fred Galloway
56480 N. Cloverland Rd.
Calumet, MI 49913
(906) 337-4333
suzanna.raker@gmail.com
120 Acres

Products: We have always been certified organic. Since 2007, we have been members of CROPP/Organic Valley Cooperative, furnishing certified organic hay to dairy members. We grow and harvest organic vegetables, garlic, apples, potatoes, and field corn. We have been raising honeybees and producing honey for over twenty-five years. Our bees, hives, and honey are certified organic– the only ones to meet organic criteria in Michigan, to date. Our farm utilizes many energy-saving practices. We use solar energy to furnish electricity and heat our water, and we work to have our equipment and buildings be as thrifty and functional as possible.

Purchase at: Keweenaw Gold honey is available seasonally at the “Jam Pot,” located on the grounds of the monastery, at Jacob’s Falls; M-26, near Eagle Harbor, MI. It is available year-round at the Marquette Food Co-op and seasonally at Sweetwater Café in Marquette. Mail orders may be placed at any time of the year by calling the Marquette Food Co-op’s customer service desk.

Availability: We operate year-round.

This operation is: Certified Organic by MOSA, Certified Grass-Fed, Authentic.

Gierke Blueberry Farm

John & Lynn Gierke
37915 Klingville Rd.
Chassell, MI 49916
(906) 523-6112
lgierke@msn.com
www.gierkeblueberryfarm.blogspot.com

Products: Our hobby farm consists of approximately 3,600 highbush blueberries. We want to encourage healthy eating habits and encourage children to pick with their families so they know where their food comes from. Please respect our property by reading signs available at the blueberry station or elsewhere on the property. No chemicals are used on the blueberries. We try and practice organic methods.

Availability: We are open dawn to dusk., or when it is light and you can “see” the blueberries. Please call ahead before coming from long distances.

Availability: Usually during the month of August. Can call mid-July to see how the crop is doing.

This operation is: Authentic.



Houghton County

Hughes Farm

Gary & Pat Hughes
53206 Golf Course Rd.
Calumet, MI 49913
(906) 337-5185
phughes@up.net
www.hughesfarm.net
15 Acres

Products: We grow fruits and vegetables using no synthetic herbicides, pesticides, or fungicides. We grow strawberries, raspberries, blueberries, cherries, apples and pears. The vegetables we grow include a variety of peppers, tomatoes, cucumbers, beets, carrots, potatoes, beans, onions, broccoli, cauliflower, cabbage, lettuces, spinach, kale, swiss chard, pumpkins, and winter and summer squash.

Purchase at: Strawberries and raspberries are pick your own. We have a farm stand that is open on Tues., Thurs, and Sat. from 11-4, usually from late July through October. Some of our produce is also available at the Keweenaw Co-op in Hancock.

Availability: Strawberry picking is usually in July and raspberry picking follows strawberry season. The farm stand is open from late July through October, depending on the weather.

This operation is: Authentic.



Makinen Farm

Arleen & Jim Morrissey
40326 Lower Worham Rd.
Chassell, MI 49916
Mailing: PO Box 320
(906) 523-9018
acmorrissey713@att.net
1 Acre

Products: Our raspberries have been raised using composed manure and are irrigated to insure plump juicy berries even in drought situations.

Purchase at: We sell from our farm during growing season. Please call ahead for appointments and availability. We are also at the Tori Open Air Market in Hancock.

Availability: Raspberry season begins mid-July and lasts about six weeks.

This operation is: Conventional.

Osma Acres Farm CSA

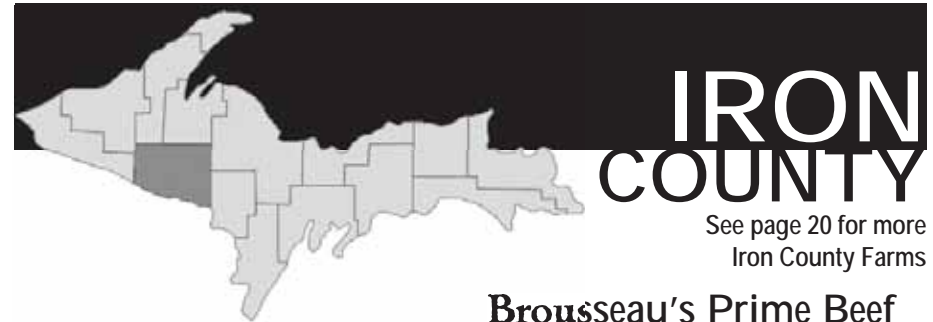
Billy Lell
53464 Osma Plat Rd.
Houghton, MI 49931
(906)-483-0586
billylell@yahoo.com
www.osmaacresfarm.com
3.5 Acres

Products: We are a CSA (cooperative) farm that accepts members to share in our annual produce crops. Members deposit a Membership Fee each spring towards produce during the harvest season. The farm will be accepting 10 new members during 2010. Our farm grows vegetables, raspberries, and gourds for crafts. We offer gourd bird-houses and baskets, seeds, and soaps.

Purchase at: Our farm welcomes visitors Mon-Sat, 9-6. We participate in the Tori Farmers Market.

Availability: We are open June to October for produce.

This operation is: Conventional, CSA.



See page 20 for more
Iron County Farms

Brousseau's Prime Beef

Carl & Carolyn Brousseau
272 Long Lake Rd.
Crystal Falls, MI 49920
(906) 875-3884 or (906) 284-3361
160 Acres

Products: We feed Black Angus beef a corn-distillers grain diet. We do not use hormones or antibiotics. We sell hanging beef by the side or mixed quarters. Our beef is butchered in a federally inspected facility. We sell cow/calf pairs, or calves, for late summer and fall. We have a wide variety of vegetables. We produce 1,500 round bales of net-wrapped hay which we deliver.

Purchase at: Our beef and hay are available by phone orders. We are available by appointment for pick-your-own vegetables. We sell produce at the local Farmers Market.

Availability: We can be contacted by phone all year.

This operation is: Conventional.





Eating with the Seasons

When will we have Tomatoes?

This timing will vary depending on weather and farming techniques, such as the use of hoop houses and greenhouses

May

- Asparagus
- Lettuce
- Kale
- Chard
- Radishes
- Rhubarb

June

- Broccoli
- Cauliflower
- Green Onions
- Kohlrabi
- Sugar Snap Peas
- Snow Peas
- Strawberries
- Herbs

July

- Beans
- Beets
- Blueberries
- Brussel Sprouts
- Cabbage
- Carrots
- Cucumbers
- Raspberries
- Storage Onions
- Summer Squash

August

- Corn
- Eggplant
- Peppers
- Potatoes
- Tomatoes

September

- Apples
- Pumpkins
- Rutabagas
- Winter Squash

Every summer, people's gardens burst with the bounty of the season. The produce often needs no seasoning or dressings; its lush, flavorful flesh is tasty enough to make eating it off the vine better than just about anything. Such treats are part of what makes summer so precious here in the Upper Peninsula. We have the good fortune, however, to be able to obtain this same produce all year long. We often take for granted our ability to walk into any grocery store and buy tomatoes and cucumbers in February.

While handy, to be sure, the February tomato is a pale ghost of the warm, sweet, and infinitely fresher tomato of late summer. The February tomato cannot help its shortcomings; our winter produce comes from a warmer climate many miles away. It is bred to withstand long travels

and careless handling, to resist bruising and molding, splitting and squashing. It was bred to look supple, smooth, and to taste unobtrusively bland, to appeal to the most people possible.

Unfortunately, this convenience is causing us to miss out on more than just taste. Food that travels great distance loses much of its nutritional value. Odds are you will never see the farm it came from or meet the people who grew it. You will never get to ask them how they like to use the tomato, or what their favorite variety is. The money you spent on the February tomato leaves your community, rather than supporting your neighbor.

This summer, don't spend your money on the tomato available, as always, from some distant location. Be patient, wait, and watch as local

produce becomes available. Build up your anticipation for that late summer tomato. Visit farmers markets and learn about new produce as you wait. Talk with the people who grew it. Purchase food as it is available close to your home and taste the difference.

The February tomato is a wonderful treat as the Upper Peninsula winter drags on, but it simply can't compare to the August tomato grown here. Why send your money to California or Mexico when you can give it to a community member and get better value for your money? Come down to your local farmers market and taste for yourself. Buy fresh produce while we have it and go home with the most nutritious, affordable, community-minded, and delicious food around.



Short & Sweet
10
Reasons to Buy Local Food

1. Healthier Choices
2. Nutritious & Affordable
3. Tastes Better
4. Supports Local Families
5. Keeps Money in the Community
6. Preserves Open Spaces
7. Benefits Wildlife & is Better for the Environment
8. No Genetically Modified Food
9. Preserves Genetic Diversity
10. Keeps Us Connected to Our Seasons

Iron County

Elson's 2 Tracks

Richard and Maureen Elson
130 Buck Lk. Rd.
Crystal Falls, MI 49920
(906) 284-0661
mce459@yahoo.com
www.porterschoolmarketplace.com
1.5 Acres

Products: We offer in-season, naturally grown farm fresh produce to include: rhubarb, spring onions, mixed salad greens and beet greens, radishes, herbs, beets, sugar peas, green and yellow beans, slicing and pickling cucumbers, summer and winter squash, golden zucchini, tomatoes, sweet corn, Yukon gold and Norland red potatoes, Chinese cabbage, green, red and yellow bell peppers, butternut squash, acorn squash, sugar pumpkins and carrots. We also make lavender bar soaps in shea butter, aloe vera and olive oil. Soothing lavender bath salts and laundry and dish soaps complete our collection.

Purchase at: We participate in the Porter School Farmers Market. Our soaps are available seasonably at the Porter School Market Place in Alpha and year round at the Alpha General Store under the name "Maureen's Soap Shop." Call the farm for produce pick-ups.

Availability: Mid-June through mid-October.

This operation is: Authentic.



Woodwinds Farms

Margaret Cappone & Barbara Halazon
631 Raubbiw Trail
Crystal Falls, MI 49920
(906) 875-6314
Tamaracksni@msm.com
40 acres

Products: We raise pastured, free-ranged beef, chickens, eggs, hogs. We do not use hormones, stimulants or routine antibiotics. We treat our animals humanely and with respect. We bake Artisan whole grain breads and select scones, biscottis, and pasta. We have bee honey and maple syrup available. We prepare our products in accordance with our State of Michigan licensed kitchen.

Purchase at: Our products are available year-round from our farm by appointment only. Our products are also available at the Alpha Farmers Market and the Alpha General Store.

Availability: Products are available from our farm year round. Please call to place orders year round or for any questions. We are open year-round for egg, meat, bread, jam/honey products.

This operation is: Authentic.



Flatt's Greenhouse

Rex & Coloria Matchinski
1011 1/2 Newberry Ave.
Newberry, MI 49868
(906) 293-8901
44"000 Square ft. with 15'960 Greenhouses

Products: We grow bedding plants, annual and perennial flowers, and hydroponic tomatoes and cucumbers.

Purchase at: Our farm and at the Sault Ste. Marie Farmers Market.

Availability: April to December.

This operation is: Conventional.



Northern Sky Orchard

Jerry Bishop
26304 M-28
McMillian, MI 49853
(313) 640-8243

Products: We have almost twenty varieties of apples grown using organic insect and disease control products and techniques. We also have pears, plums, and cherries. We take great care in our cultivation and growth.

Purchase at: Products are available at the Sault-Ste. Marie, Munising, and Engadine Farmers Markets. We also offer direct sales from the farm during our harvest season.

Availability: Late August through late-October, depending on crop and weather.

This operation is: Authentic.



Hiawatha Farms

Richard & Janice Pershinske
7319 Indian Trail
Engadine, MI 49827
(906) 477-6642
greenacres0609@yahoo.com
200 acres

What we provide: We offer hay suitable for horses, dairy, and deer; beef with no hormones or stimulants; veggies grown naturally with no commercial fertilizers. Likewise, all pesticides used are natural or organic.

Purchase at: We offer our garden crops at the Engadine Farmers Market. Our hay is available for pickup—please call first.

Availability: Year-round for hay, seasonal for garden crops.

This operation is: Hormone-free, Raised without antibiotics, Authentic.

Jones Gardens

William & Betty Jones
1379 E. Swede Rd.
Cedarville, MI 49719
(906) 484-3102
betjones13@yahoo.com
5 Acres

Products: We offer a variety of seasonal vegetables.

Purchase at: Sault Ste. Marie and Pickford Farmers Markets and from the farm by appointment.

Availability: July through October.

This operation is: Conventional.

Krause Farm

Greg, Diane & Brian Krause
W-13456 Raski Rd.
Engadine, MI 49827
(906) 477-3047
gakrause1234@hotmail.com
650 Acres

Products: We offer pastured beef, pork, chicken, eggs, honey, pastured buffalo, organic chicken, pastured turkey product, pastured lamb, maple syrup, certified organic hay, oats, spring wheat, barley, straw, and compost. All available to season. We have 97 years of humane and respectful animal treatment & farming and 25 years organic practices with 16 years Certified Organic Farming.

Purchase at: At the farm by phone appointment, home delivery every two weeks to the Marquette area, the Marquette Food Co-op, and the Engadine Farmers Market.

Availability: Year-round beef, buffalo, chicken, lamb, turkey, maple syrup, and honey. All other products are seasonal.

This operation is: Certified Organic.

Moore's Salad Greens

Dale & Kame Moore
N7201 Krause Rd.
Engadine, MI 49827
(906) 477-3047
kamoore@yahoo.com
Less than 1 Acre

Products: We have salad greens, spinach, and other lettuces. We sell quail and chicken eggs by appointment.

Purchase at: Engadine Farmers Market.

Availability: We grow seasonally.



Avalon Farm Alpacas

Donna Pearre & Carole Van House
118 McLaughlin Rd.
Skandia, MI 49885
(906) 869-4086
alpacaAFA@aol.com
www.AvalonFarmAlpacas.com
95 Alpacas

Products: We raise high quality Huacaya alpacas for breeding, fiber production, and show. Our breeding program emphasizes fiber fineness, strong conformation, and gentle personalities. All of our alpacas are DNA blood typed to guarantee pedigree and are registered with the Alpaca Registry, Inc. We sell raw fiber, rovings, yarn, felt, and a variety of alpaca products. We practice humane and respectful animal handling utilizing TTeam and Camildynamic concepts.

Purchase at: Farm visits are available by appointment. We offer several open houses throughout the year. Please see our website for dates.

Availability: We are open year round.



The Marquette Food Co-op's Upper Peninsula Farm Directory

Beaver Grove Bison

Jerri & Robert Haglund
336 County Rd. 480
Marquette, MI 49855
(906) 249-1126
beavergrovetbison@aol.com
35 Acres

Products: We provide Bison meat for burgers, steaks, and roasts.

Purchase at: You can purchase off the farm, but we prefer you call ahead first. We also have bison available at the Marquette Food Co-op.

Availability: Our farm is open year-round.

This operation is: Authentic.

Big Creek Hydroponics

Jill Bradford
555 Old Little Lake Rd.
Marquette, MI 49855
(906) 249-5297
hydrop@aol.com
Currently less than one acre with plans to expand.

Products: We raise hydroponic basil, European cucumbers, and other niche crops on occasion. We use the highest quality hydro-organic or mineral organic nutrients. No pesticides are used during the production. Water is recycled. We offer hydroponic agriculture consultation, school demonstrations, and greenhouse botany supplies.

Purchase at: We sell our products year-round by appointment.

Availability: Herb and vegetable production is primarily December through June. We are open year-round for consultation, education, and agro-supplies.

The Blueberry Knoll Cattle Company

Joe & Jennifer Wixtrom & Family
South Marquette
Sands Township
(906) 346-4642
azulmoo@att.net
80 Acres

Products: We raise all-natural lean beef, pork, and Amish-style chicken meat. It is all pastured and sold by quarters, halves, or whole. We also have free-range chicken eggs, spinners wool, and acres of garden produce and flowers. In the spring, we have tours for children to see the baby chicks, ducklings, lambs, and calves.

Purchase at: At our farm by appointment. We will contact you prior to butchering to arrange your choice of cuts. We will be at the Negaunee, Marquette, and Gwinn Farmers Markets.

Availability: We are open year-round. The garden is open August through October.

This operation is: Authentic.



Bright Angels Farm/ Winter Sky Wool Co.

Karen Valley & Meghan Namaste
9497 CR 510
Negaunee, MI 49866
(906) 458-5318
upwintersky@yahoo.com
www.winterskywool.blogspot.com
15 acres pasture, 40 woods & preserve

Products: We raise Shetland sheep, natural colored Cormo X sheep, Nigerian Dwarf goats, and Australian Spotted Bantam ducks. The ducks are free-range. The sheep have access to pasture every day and are treated with chemical wormers only when absolutely necessary. The goats are on herbal wormers and are allowed to free-range daily. We interact with our flocks and herd twice a day and know every animal. The sheep are raised for their fine natural colored wool. We sell fleeces, processed roving for spinning, yarns and knit goods. We also sell breeding stock, pet stock, and duck eggs along with a wide range of berries from our gardens which are no-till and chemical free.

Purchase at: We sell our products at the Marquette Farmers Market and the pet swaps in Trenary. Farm visits are encouraged.

Availability: We are open year-round.

This operation is: Authentic.

Catnip Creek Greenhouse

Monica & George Larson
610 Co. Rd. 545 N
Marquette, MI 49855
(906) 942-7036
mlarson@live.com
40x16 Greenhouse

Products: We offer annual flowers, herbs, and a few plants by appointment only.

Purchase at: We operate at our greenhouse.

Availability: May through September.

This operation is: Conventional.

Cedar Creek Farm

Gary Shaffer & Dave Cotton
678 Cherry Creek Road
Marquette, 49855
cedarcreekfarmup@gmail.com
2 Acres

Products: We are a small farm specializing in vegetables, herbs, blackberries, and strawberries. We are transitioning to USDA certified organic. The Midwest Organic Services Assoc. (MOSA) is our certifying organization. Some products may be certified this year. During the spring of 2011 we also hope to offer USDA Certified Organic seedlings.

Purchase at: We hope to start selling our products at the Co-op and other local markets this summer.

Availability: We operate seasonally.

This operation is: Transitioning to Organic Certification, Authentic.

Dancing Crane Farm

Natasha & David Gill, Hannah Lantz,
& Kelly Cantway
348 Lawson Road
Skandia, MI 49885
(906) 942-7975
info@dancingcranefarm.com
www.dancingcranefarm.com
20 acres (4 under cultivation)

Products: We are a produce and flower farm with the distinction of being a community gathering place. We provide fresh, healthful food and also experiential learning opportunities in the form of workshops, classes, tours, film showings, apprenticeships, and volunteer projects. We do not use any synthetic chemicals or fertilizers on our farm and have a deep respect for human, animal, and environmental health.

Purchase at: Our farm Monday - Saturday starting in July, the Marquette Farmers and Artisans Market on Saturdays and the Marquette Food Co-op.

Availability: We sell our produce and flowers from July - October.

This operation is: Authentic.

Dukes Farm

Gabriel Caplett
254 Dukes Rd.
Skandia, MI 49885
(906) 942-7325
gcaplett@gmail.com
www.dukesfarm.wordpress.com
2 Acres

Products: We offer a wide variety of fresh vegetables, herbs, and cut flowers. We offer CSA-style "farm shares" that, among other benefits, provides a box of produce at a discount during the growing season. Most of our plant varieties are heirlooms and open pollinated.

Purchase at: We sell at the Marquette, Skandia, and Munising Farmers Markets and the Marquette Food Co-op.

Availability: Our farm is open May through October.

This operation is: Certified Naturally Grown, CSA.

Gather'n Greens

Lee Ossenheimer & Lisa Long
116 Arbutus Trail
Negaunee, MI 49866
(906) 475-9338
gatherngreens@ymail.com
.5 acres, over 12 beehives, 300+ mushroom logs; 650 square foot greenhouse

Products: We raise seedlings for transplants and fresh garden vegetables, all organic or heirloom varieties. We raise culinary and therapeutic herbs with plans to expand in the future. Mushrooms, primarily shiitake, are also available. Honey is typically available in the late fall.

Purchase at: We are typically found at the Negaunee Farmers Market and for sales by appointment at our house.

Availability: Late May (for transplants) through October (for honey).

This operation is: Authentic.

Hyer Farm

Jim Hyer
306 Kunde Rd.
Scandia, MI 49885
(909) 942-7546
happyhyeracres@live.com
50 Acres (1 acre crops)

Products: We mainly grow vegetables and a few berries and fruit. We do not use artificial fertilizer, pesticides, or herbicides. Our main crops are sweet corn and squash, but we also grow beans, carrots, cabbage, cucumbers, rhubarb, asparagus, and other vegetables.

Purchase at: The Marquette Food Co-op and the Farmers Markets in Marquette, Munising, Negaunee, and Gwinn. You can purchase produce at our farm by calling for an appointment.

Availability: We are open May - October.

This operation is: Authentic.

Halfway Acres

Chantel & David Niven
227 Co Rd. 571
Marquette, MI 49855
Marquette County
(906) 345-9242
fluffysugarpie@aol.com
Less than 1 Acre

Products: We have a variety of seasonal vegetables.

Purchase at: We will be at the Marquette Farmers and Artists Market.

Availability: We run from May until October.

This operation is: Authentic.

Marquette Hoop House Pilot Project

Kelly Cantway - Hoop House Manager
109 W. Baraga Ave.
Marquette, MI 49855
(906) 225-0671 ext. 26
services@marquettefood.coop
22x48 Hoop House

Products: We are an educational facility that focuses on helping current farmers, potential farmers, and the greater community learn about sustainable growing methods and season extension in our area. We offer educational workshops May through September on site, volunteer days, and year round tours by appointment.

Purchase at: We partner with the NMU Culinary Department to provide healthy veggies for their program. This project is a partnership between Northern Initiatives, Northern Michigan University, and the Marquette Food Co-op.

Availability: May through September

This operation is: Authentic.

Mindowkwin Sugar Bush

Jerry Mohlman
PO Box 86
Gwinn, MI 49841
(906) 346-4307
180 Acres, 30 Acres Sugar Bush

Products: We have a mixed forest containing about 1,000 taps over 30 Acres. The sap is boiled in a 4' x 12' wood-fired evaporator. The wood fuel is sustainably harvested from the forest by the owner, a professional forester with over thirty years' experience.

Purchase at: We sell off farm by appointment. Please call ahead.

Availability: We are open year-round.

This operation is: Authentic.

Raspberry Lady

Mary Collins
609 M94
Skandia, MI 49885
(906) 942-7728
1 acre

Products: We offer naturally grown raspberries, rhubarb, and asparagus. Raspberries are sold to customers on my list first, then at the Farmers Markets in Marquette and Munising.

Purchase at: We are open to general public when the raspberry sign is up. Call and place an order. Have your name placed on the list and we'll call you.

Availability: We have rhubarb and asparagus May through July and raspberries mid-July through August.

This operation is: Authentic.

Seeds & Spores Family Farm

Jeff Hatfield & Jeff Chiodi
724 Greenfield Rd.
Marquette, MI 49855
(906) 458-8616
seedsandspores@miuplink.com
www.seedsandspores.com
7 acres vegetables, 60 acres pasture

Products: Our main focus is growing seven diverse acres of vegetables. We also grow shiitake mushrooms, vegetable transplants, herbs, and flowers. The farm includes a flock of pastured laying hens, grass-fed Scottish Highland and Piedmontese cattle, and pastured pigs. We also raise turkeys and board horses. We strive to create an integrated farm organism. All of our produce and livestock are raised using only natural and authentic farming techniques. Synthetic chemicals, pesticides, herbicides, fertilizers and growth hormones are never used on our farm.

Purchase at: Our farm store is open 2-7 Thursdays and Fridays. We also attend the Marquette Farmers Market and sell our produce at the Marquette Food Co-op and many local restaurants.

Availability: We are open May-December for vegetable sales and year-round for eggs, pork, and beef.

This operation is: Authentic, CSA.



Marquette County

The Smiling Dog Cut Flower Farm

Dan & April Meister
321 Westbranch Rd.
Marquette, MI 49855
(906) 362-3759
www.smilingdogflowerfarm.com
meister906@aol.com

1 acre Christmas Trees, 1+ acre Flowers

Products: We grow ornamental cut flowers using Integrated Plant Management Practices. This entails the practice of field rotation, cover crops, and organic and mechanical pest control. Weed control is by hand, horticultural vinegar, mulching, or hoeing. Organic & mechanical pest control is only applied when bees or other beneficial insects are not harmed. Great care is taken to keep our water source clean. We produce over 50 different varieties of flowers, grasses, and woody cut stems.

Purchase at: Marquette and Gwinn Farmers Markets and by appointment. Wreaths, swags, evergreen bunches, and arrangements are available at the Marquette Farmers Market Nov-Dec or by pre-sale by phone.

Availability: We are open for business June-October for cut flowers & arrangements—pending weather, November-December for winter holiday goods. Please call ahead for availability, especially if you wish to purchase flowers for weddings or events.

This operation is: Authentic.

Wixtrom Natural Farms

Mike & Lyn Wixtrom
4697 Fence River Rd
Republic, MI 49855
(906)376-2136
mlwix@yahoo.com
20 acres

Products: We have garden produce, potatoes, and sweet corn and free-range, chemical-free eggs.

When we are available: We are at the Marquette, Negaunee, and Republic Markets, the Marquette Food Co-op, and at the farm by appointment.

This operation is: Authentic

The Speckled Hens Garden

Jan & Alison Kangas
6774 Caps Creek Rd.
Republic, MI 49879
(906) 376-2267
Countrymom89@hotmail.com
1 Acre

Products: We raise pastured chickens and eggs. Our chickens are day-ranged. We do not use hormones, stimulants, or antibiotics. We grow a large variety of vegetables.

When we are available: Our vegetables and eggs can be purchased at the Republic Farmers Market as well as at our farm—please call first.

Availability: Late June until October.

This operation is: Conventional.

Virgin Earth Farm

Gregg Wixtrom
2480 Yukon Trail
Republic, MI 49879
(906) 376-2011
glwixtrom@uplogon.com
9 Acres for Hay, 1.5 Acres for Fenced Garden

Products: I raise authentic garden vegetables. Some vegetables are grown throughout the year inside large pyramid shaped poly greenhouses heated with wood. I also use tipis and long tunnels during the summer. I fertilize only with materials approved for Certified Organic production. I use mainly grass clippings and composted hay with small amounts of black rock phosphate and Dramm liquid fish with kelp added to the root zone. Crops are never sprayed with anything.

Purchase at: The Negaunee and Republic Farmers Markets. Call for hay.

Availability: Seasonal vegetables are available through spring/summer. Potatoes, parsnips, and greenhouse vegetables may be available throughout the winter—please call.

This operation is: Authentic.



The Blueberry Pier

Lucy & Darrell Pier
N724 South P-3 Lane
Menominee, MI 49858
(906) 863-8718
dpier@new.rr.com
3.75 Acres

Products: We raise certified organic fruit, herbs, and vegetables. This is our third year of certification and we're very proud of it. We are in our second year of doing a CSA Community Supported Agriculture project where we offer most of our fruits, herbs, and vegetables. **Purchase at:** We sell our items at the Menominee Historical Downtown Farmers Market, which is also our CSA pickup location. We sell at the Menominee Historical Downtown Winter Farmers Market.

Availability: We have had success in expanding our growing season with a new hoop house. Regular season vegetables start in late May and go to October.

This operation is: CSA, Certified Organic; MOSA, Working towards MAEAP, Registration of Organic Handler/Producer with MDA.

Wilson Creek Farm

Dottie & Chad Sydor
N16071 Hansen Lane
Wilson, MI 49896
(906) 563-7400/ (906) 221-0319
chadsydor@gmail.com
120 Acres

Products: We offer brown eggs, chicken, beef, pork, lamb, turkey, vegetables and herbs.

Purchase at: We sell our products by appointment at the farm, but we also deliver when possible. We are also at the Iron Mountain Farmers Market.

This operation is: Authentic.





DeHaan Farm & Forest, Inc.

Richard DeHaan
25367 Mud Creek Rd.
Mass City, MI 49948
(906) 883-3417 or (906) 883-3566
570 Acres

Products: We raise pastured beef—sixty brood cows and approximately fifteen steers per year. All our animals, except bulls, are born on the farm and have never been exposed to hormones, stimulants, vaccines, or antibiotics. All of our feed is raised on farm utilizing sustainability measures. We sell beef by side or quarter cut, or by special order.

Purchase at: Our farm Sunday- Friday, 7 am - 5:30 pm by appointment at site. No Saturday business.

Availability: We operate year-round.

This operation is: Conventional.



30

Kolpack Family Farms

Julie Kolpack
13670 M-38
Ontonagon, MI 49953
(906) 883-3151
catrinaautofina@aol.com

Products: All of our animals are raised on pastures with no hormones or alterations. We offer chicken, lamb, pork, beef, and eggs. We have CSA cow & goat shares available. We have medium and Shetland fiber in the spring.
Purchase at: By phone or email. We will attend various Farmers Markets in Marquette, Houghton, and Ontonagon.

Availability: Products are available when in season. Contact by phone or email year round for more details.

This operation is: CSA, Authentic.

White Birch Apiary

Les McBean
15646 Gem Hill Rd.
Bruce Crossing, MI 49912
(906) 827-3224
whitebirchapiary@yahoo.com
40 Acres/250 Hives

Products: We supply, mostly wholesale, honey, maple syrup, and beeswax products.
Purchase at: We sell directly off farm but please phone ahead for appointment.
Availability: We are open year-round.

This operation is: Conventional.

The Marquette Food Co-op's Upper Peninsula Farm Directory



High Post Farm

Matt Miotke
2546N North Gulliver Rd.
Gulliver, MI 49840
(906) 283-3262

Products: We offer eggs that are free-range in the summer, always cage-free, and hormone and Raised without antibiotics. We have produce in season that is naturally grown. We have beef that is mostly grass-fed and utilizes some conventional grains but remains hormone and anti-biotic-free, rabbits, turkeys, and baby chicks.

Purchase at: Eggs are available at the Marquette Food Co-op. Produce and other products are available by appointment.

Availability: Eggs and rabbits are available year-round, baby chicks are available April through October, produce is available July-October, and steers are shipped around late September.

This operation is: Authentic.



LaBar Poultry Farm

Jeff & Heidi LaBar
1484 N. M-94
Manistique, MI 49854
(906) 341-6867
10 Acres

Products: We have range-raised chickens and eggs. Our products are USDA inspected exempt and state inspected. We do not use hormones, stimulants, or routine antibiotics.

Purchase at: Our farm or at Econo Foods, Marquette; Elmer's Country Market, Escanaba; or Valle's Market, Marquette.

Availability: Year-round.

This operation is: Hormone-Free, Raised without antibiotics, Free Range.

LDC's Wegotta Farm

Linda & Dan Casteel
984 N Dixon Rd.
Manistique, MI 49854
(906) 341-6150
wegotta@centurytel.net

Products: We offer large, brown, farm fresh eggs that are free-range and free of chemicals or steroids.

Purchase at: At our farm by appointment and by delivery within the local area. Please call for details.

Availability: We are open year-round.

This operation is: Authentic.

31

Schoolcraft County

Rondeau's Ruff Acres

Ed Rondeau
11812 W Spielmacher Rd.
Cooks, MI 49817
(906) 644-2777
www.upbeef.com
100 Acres

Products: We have a quarter acre dedicated to strawberries, an eighth of an acre dedicated to blueberries, and we have a few raspberries, as well. We also raise Peidmontese Beef.

Purchase at: We supply beef year-round and provide berries seasonally. Please call ahead for appointments.

Availability: We operate year-round.

This operation is: Beef is Hormone-Free and Raised without antibiotics. Our berries are Conventional.

Troyer's Market Garden

James & Anna Troyer
5824 W River Rd.
Manistique, MI 49854
(906) 341-5007
jytoyer@centurytel.net

Products: We offer strawberries, vegetables, and apples.

Purchase at: At the farm.
Call ahead for times and dates.

Availability: June-October.

UP Sugarshack

Mark & Susan Majszak
760 W US Hwy 2
Blaney Park, MI 49836
Schoolcraft County
(906) 283-3275
www.upsugarshack.com
mark@upsugarshack.com
2,150 Taps, 40 Acres

Products: We offer pure maple syrup, maple cream, maple candy, and pure granulated maple sugar. We also provide seasonal vegetables during the summer.

Purchase at: We will be at the Engadine and Curtis Farmers Markets. We also have a Highway Market stand that we operate seven days a week. To be sure not to miss us, call ahead. Our products are also sold at Jack's Market.

Availability: We sell maple products year-round. Our garden vegetables are seasonal.

This operation is: Authentic.



FARMERS MARKETS

Big Bay Farmers Market

Sundays 10a -1p • June 27 – September
Location: Big Bay Outfitters • Big Bay, MI 49808
Contact: Kristi Mills
250-3350
Resellers: No

Chassell Farmers Market

Thursdays 4- 6p • July - October
Location: US41 Across from Chassell School
Chassell, MI 49916
Accepts: Project FRESH
Contact: Teresa Palosaari & Scott Noble
906-523-6114 or 906-481-1097
teresa.palosaari@yahoo.com
Resellers: Yes

Curtis Farmers Market

Wednesdays 2- 5p • July – September
Location: Lions Pavilion • McMillan, MI 49853
Accepts: Project FRESH
Contact: Jerry Beaudin
906-586-3021 • b3aud1n@gmail.com
Resellers: No

Daggett Farmers Market

Fridays 3- 6p • May – October
Location: Fran's Rink and Park
Stephenson MI 49887
Contact: Dale Anderson
906-753-4056 • dale@mrcedar.com
www.da-farmers-mkt.com
Resellers: Yes



Farmers Markets

Engadine Farmers Market

Saturdays 9a – Noon • August – October
Location: Mill Pond Park • Curtis MI 49820

Accepts: Project FRESH

Contact: Amelia Duberville
906-586-6267 • kamemoore@
yahoo.com

Resellers: Yes

Escanaba Farmers Market

Wednesdays & Saturdays 3- 6p,
8a-Noon • June – October

Location: 9th & 1st Avenue N.
Powers, MI 49874

Accepts: EBT & Project FRESH

Contact: Jim Gorzinski
906-497-5255

Resellers: Yes

Garden Farmers Market

Saturdays 9a- 1p

End of May - September

Location: M183 (Behind Garden House and
across the street from the Garden
Historical Society) Garden, MI 49835

Gladstone Farmers Market

Mondays 3- 6p • July – October

Location: Vancleve Park Pavilion • Powers,
MI 49874

Accepts: Project FRESH

Contact: Jim Gorzinski
906-497-5255

Resellers: Yes

Gwinn Farmers Market

Thursdays 5- 7p • June – ?

Location: Peter Nordeen Park
Gwinn, MI 49427

Accepts: Credit, Debit, EBT, &
Project FRESH

Contact: Libby Buchler
906-346-3600 • rlht@charter.net

Resellers: No

Hancock Tori Open Air Market

Wednesdays & Saturdays 9a - 2p
June – September

Location: Montezuma Park
Hancock, MI 49930
Accepts: Project FRESH

Contact: Jeanne Medlyn
906-482-1605
torimarket@blogspot.com

Resellers: Yes

Iron Mountain Farmers Market

Saturdays 8 am – Noon • June - October

Location: East A Street Parking Lot across
from the old Champion Building
Iron Mountain, MI 49801

Contact: Jonathan Ringel
906-774-8530 • mainstreet@
cityofironmountain.com
www.ironmountaindowntown.com

Resellers: Yes

Jackson Mine Farmers Market

Wednesdays 4:30-6:30p • May - September

Location: Corner of Iron & Tobin Streets
Negaunee, MI 49866

Accepts: EBT & Project FRESH

Contact: Bill Brazier
906-869-4859
brazier@chartermi.net

Resellers: No

L'Anse Farmers Market

Saturdays 9a - 1p • June – September

Location: Waterfront Park on Front Street
L'Anse, MI 49946

Contact: Susan Rasch
906-524-7899 • srasch@up.net

Resellers: Yes

The Marquette Food Co-op's Upper Peninsula Farm Directory

Farmers Markets

Pickford Farmers Market

Thursdays 4- 7p • May – October

Location: Behind Pickford Township Hall
Pickford, MI 49774

Accepts: Project FRESH • No resellers

Contact: Sheila Bergdoll
906-647-8500 • sbergdoll@msn.com

Porter School Farmers Market

Saturdays 9a – Noon • June - October

Location: 402 Main Street
Crystal Falls, MI 49920

Accepts: Project FRESH

Contact: Julie Melchiori
906-875-0603
melchio5@msu.edu
www.porterschoolmarketplace.com

Resellers: No

Republic Farmers Market

Saturdays 10a - Noon

August – September

Location: North Republic Munson Park
Republic, MI 49879

Contact: Olga Williams
906-376-2139
owilliams3411@att.net

Resellers: No

St. Ignace Farmers Market

Saturdays 10a – Noon • June – September

Location: 13 S. State Street
St. Ignace, MI 49781

Accepts: Project FRESH • No resellers

Contact: Michelle Walk
906-643-7307
walkmich@msu.edu

Resellers: No

Manistique Harvest Market

Wednesdays 3- 7p • August 11

One day event

Location: Bandshell behind Little Bear
West Arena • Manistique, MI 49854

Contact: Doug Smith
906-341-2290

Marquette Farmers & Artists Market

Saturdays 9a - 2p • May - October

Location: 112 S. Third Street
Marquette, MI 49855

Accepts: Credit, Debit, EBT,
& Project FRESH

Contact: Sarah Monte
906-228-9475 • marketmaster@
downtownmarquette.org

Resellers: Yes

Menominee Historical Downtown Farmers Market

Thursdays & Saturdays 3-7 pm,

9a-Noon • May – October

Location: 902 Second Street, Timeless
Treasures Antique Mall
Menominee, MI 49858

Accepts: EBT & Project FRESH

Contact: Lucy Pier
906-863-8718 • dpier@new.rr.com
www.culinate.com/market/
MenomineeHistoryFM

Resellers: No

Munising Farmers Market

Tuesdays 4- 7p • May – October

Location: Bayshore Park
Munising MI 49862

Accepts: Project FRESH

Contact: Jim Isleib
906-387-2530 • isleibj@msu.edu

Resellers: No

The Marquette Food Co-op's Upper Peninsula Farm Directory

Farmers Markets

Sault Ste. Marie Farmers Market

Wednesdays & Saturdays 4- 7p, 11-2p

April - November

Location: 110 Portage

Sault Ste. Marie, MI 49783

Accepts: EBT & Project FRESH

Contact: Jim Lucas

906-635-6368 • lucasj@msu.edu

www.ssmfarmersmarket.blogspot.com

Resellers: No

Skandia Farmers Market

Fridays 4- 7p • August – September

Location: Skandia Township Hall,

Kreiger Drive • Skandia, MI 49885

Accepts: Project Fresh

Contact: Gabriel Caplett

906-942-7325

gcaplett@gmail.com

Resellers: No

South End Farmers Market

Saturdays 9a – Noon • July - September

Location: Stannard Park

Bruce Crossing, MI 49912

Accepts: Project FRESH

Contact: Bonnie Howard

906-827-3429 • msue66@msu.edu

www.msue.msu.edu/ontonogan

Resellers: By approval

Superior Farm Market

Saturdays 9a – Noon • July – September

Location: 900 River Street

Ontonogan, MI 49953

Accepts: Project FRESH

Contact: Jody Malloney

906-884-4386 • msue66@msu.edu

www.msue.msu.edu/ontonogan

Resellers: By approval

Farm Index

| | | | |
|--|----|---|----|
| A&A Bison..... | 8 | Jones Gardens..... | 23 |
| Avalon Farm Alpacas..... | 23 | Kolpack Family Farms..... | 30 |
| Bay Mills Maple Products..... | 8 | Kouws Farm..... | 4 |
| Beaver Grove Bison..... | 23 | Krause Farm..... | 22 |
| Beaver Meadow Creek Farms..... | 8 | LaBar Poultry Farm..... | 31 |
| Besteman Maple Products..... | 8 | LDC's Wegotta Farm..... | 31 |
| Big Creek Hydroponics (BCH)..... | 23 | Makinen Farms..... | 16 |
| Birch Ridge Acres..... | 9 | Marquette Hoop House Pilot Project..... | 27 |
| The Blueberry Knoll Cattle Company..... | 24 | Mindowkin Sugar Bush..... | 26 |
| The Blueberry Pier..... | 29 | Moore's Salad Greens..... | 22 |
| Bright Angels Farm/Winter Sky Wool Co..... | 24 | Munising Hoop House..... | 4 |
| Brousseau's Prime Beef..... | 17 | Nicolet Berry Farm..... | 11 |
| Burdock Farm..... | 9 | Northern Michigan Trefoil Honey..... | 21 |
| Catnip Creek Greenhouse..... | 25 | Northern Sky Orchard..... | 21 |
| Cedar Creek Farm..... | 25 | Old Yellow Horse Gifts..... | 11 |
| Circle K Buffalo Ranch..... | 9 | Osma Acres Farm CSA..... | 16 |
| Cloverland Apiary..... | 15 | Pellegrini Farms..... | 14 |
| Collins Farm..... | 10 | Raspberry Lady..... | 27 |
| Dale's Produce Stand..... | 10 | RMG Sugarbush..... | 11 |
| Dancing Crane Farm..... | 25 | Rock River Farm..... | 5 |
| DeHaan Farm and Forest, Inc..... | 30 | Rock River Perennial Garden & Greenhouse..... | 5 |
| Dukes Farm..... | 26 | Rondeau's Ruff Acres..... | 32 |
| Dutcher Farm..... | 10 | Seeds & Spores Family Farm..... | 27 |
| Elson's 2 Tracks..... | 20 | Ski's Northern Plants..... | 12 |
| Flats Greenhouse..... | 21 | The Smiling Dog Cut Flowers and Perennials..... | 28 |
| Four Seasons Natural Beef..... | 13 | The Speckled Hen..... | 28 |
| Frederick Christmas Tree Farm and Produce..... | 4 | Tanglewood Farm..... | 7 |
| Gardenville Gardens..... | 11 | Trenary Duck Farm..... | 6 |
| Gather'n Greens..... | 26 | Troyer's Market Garden..... | 32 |
| Gierke Blueberry Farm..... | 15 | UP Sugarshack..... | 32 |
| Grand Bee's..... | 7 | VanDrese Beef Farm..... | 14 |
| Green Family Farm..... | 13 | Virgin Earth Farm..... | 28 |
| Guindon Farms..... | 13 | Wallis Family Farm..... | 12 |
| Gustafson Farm..... | 14 | Wixtrom Natural Farms..... | 28 |
| Halfway Acres..... | 26 | White Birch Apiary..... | 30 |
| Hiawatha Farms..... | 22 | Wilson Creek Farm..... | 29 |
| High Post Farms..... | 31 | Wind Dance Farm..... | 12 |
| Hughes Farm..... | 16 | Winding Creek Farm..... | 6 |
| Hyer Farm..... | 26 | Woodwinds Farms..... | 20 |

Suggested websites for finding out more about farms, markets, and local food

www.marquettefood.coop
<http://www.farmersmarkets.msu.edu/>
<http://www.michigan.gov/mda>
www.localharvest.org
<http://www.slowfoodusa.org/>
www.culinate.com



Publications Coordinator - Sarah Monte

Copy Editor- Robby Cole

Cover Art by Mark VandenBosch

Last updated June 24, 2010