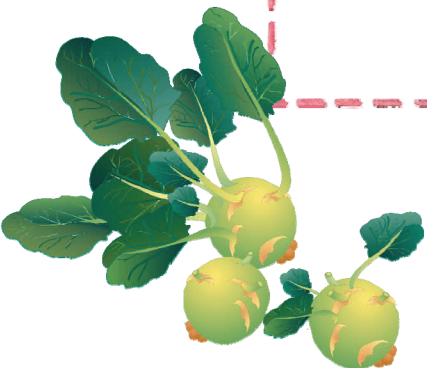
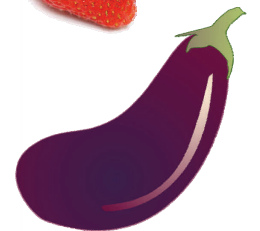
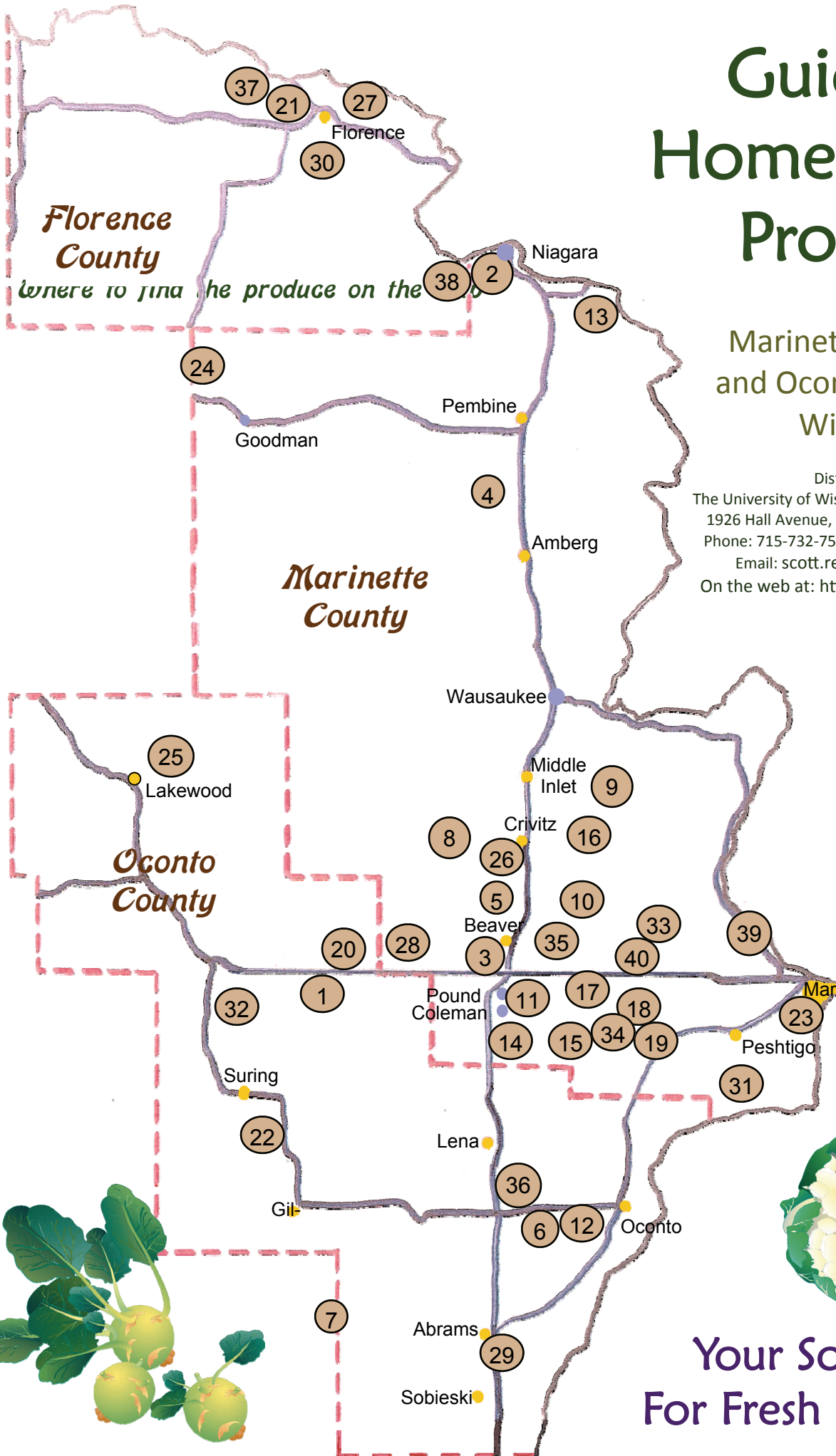


# Guide to Home Grown Produce

In  
Marinette, Florence  
and Oconto Counties,  
Wisconsin

Distributed by  
The University of Wisconsin Cooperative Extension  
1926 Hall Avenue, Marinette WI 54143-1717  
Phone: 715-732-7510, toll-free 877-884-4408  
Email: [scott.reuss@ces.uwex.edu](mailto:scott.reuss@ces.uwex.edu)  
On the web at: <http://marinette.uwex.edu>



Your Sources  
For Fresh Produce

## *Where to Find the Produce*

Produce:	Available at Number:	Produce:	Available at Number:
<i>All vegetables</i> .....	1,14,17,18,19,31,37	Jams/jellies .....	26,40
Apples .....	1,13,22,25,27,31,35	Lamb .....	21,36
Apricots .....	13	Lettuce .....	39
Asparagus.....	14,29	Maple syrup.....	3,11,13,16,19,26,37
Beef .....	6,7,20,26,30,36,38	Melons .....	1,12,18,19,39
Bison.....	24	Onions.....	20,31,39
Blueberries.....	12,32	Organic.....	4,7
Cabbage (Napa).....	39	Pac Choi .....	39
Carrots.....	20,39	Pears .....	1,22
Cherries .....	13,	Plums .....	1,13,22
Chicken.....	7,36,37	Pork.....	6,7,36
CSA .....	21,34,36	Potatoes.....	3,5,20,31,39
Cucumbers .....	39	Pumpkins .....	1,2,3,16,17,18,19,23,29,31,35
Dill .....	17	Raspberries .....	12,31,32,33
Ducks (meat) .....	37	Rhubarb .....	29
Eggs .....	21,24,36,37	Shell Corn.....	15
Fall decorations.....	1,2,18,19,29,35	Squash.....	1,3,17,18,19,29,31
Fish (tilapia).....	39	Strawberries .....	8,12,29,31
Garlic .....	9	Stove Corn .....	15
Ginseng .....	28	Sweet corn.....	3,12,17,18,19
Grapes.....	22	Tomatoes.....	1,12,17,18,19,31,39
Herbs.....	10,39	Watermelons .....	12
Honey.....	11,26,36		

## *Farmers' Markets*

**Marinette:** The Stephenson Island Market will be held on Tuesdays 3:00—7:00 p.m., and Fridays 7:00 a.m.—Noon on Stephenson Island. Contact the Community Development Office, 715-732-5139 for more information.

**Crivitz Farmers' Market:** Outdoors at the Evergreen Market, 412 S. Hwy 141 in Crivitz from 9:00 a.m.—1:00 p.m. on Saturdays, June—October. Offering locally grown fruits and vegetables, honey, maple syrup, handmade soaps and personal care items, fresh-baked breads and baked goods, etc.

**Oconto:** The Farmers' Market is located on historical downtown Main Street in Oconto. Saturdays 8-noon, mid-June through October.



### **Cooperative Extension**

Courthouse  
 1926 Hall Avenue  
 Marinette WI 54143-1717  
 Phone: 715-732-7510  
 Toll-free: 877-884-4408  
 Email: [scott.reuss@ces.uwex.edu](mailto:scott.reuss@ces.uwex.edu)

*If you will need any type of accommodation or assistance as you attend any UW-Extension sponsored event, please contact the Marinette County office at least two days prior to the event. All requests will be confidential.*

*An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements.*

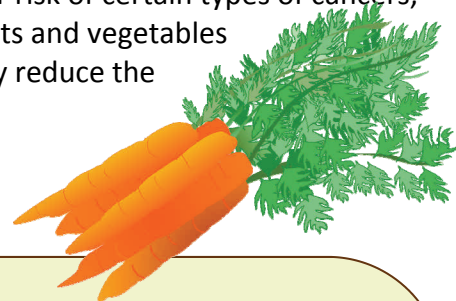
*La Universidad de Wisconsin-Extensión, un empleador con igualdad de oportunidades y acción afirmativa (EEO/AA), proporciona igualdad de oportunidades en empleo y programas, incluyendo los requisitos del Título IX (Title IX) y de la Ley para Americanos con Discapacidades (ADA).*

# Why Eat Fruits & Vegetables

As part of an overall healthy diet, the addition of fruits and vegetables has been shown to help reduce the risk of certain types of chronic diseases. This is in addition to the vitamin and mineral content that fruits and vegetables provide as part of daily nutrition.

One of the main reasons for the decreased risk is that when you are eating fruits and vegetables, you are eating foods that are nutrient dense (vitamins and minerals). Conversely, they are naturally low in fat, sodium, and calories and contain no cholesterol. Thus, when you replace other foods with fruits and vegetables you usually have a lower caloric intake, higher nutrient intake, and less sodium and cholesterol in your overall diet. Fresh, non-processed fruits and vegetables are also high in fiber, another important dietary component lacking in many people's food intake.

This type of diet leads to significantly lower risk of adult onset diabetes (Type II), reduces the likelihood of becoming overweight, and reduces the risk of stroke and other cardiovascular disease. In addition, the antioxidant content of many fresh fruits and vegetables likely decreases your risk of certain types of cancers, particularly mouth, stomach, and colon. Similarly, eating potassium-rich fruits and vegetables helps to decrease bone loss, helps maintain healthy blood pressure, and may reduce the risk of developing kidney stones.



## The WIC Farmers' Market Nutrition Program

The WIC Farmers' Market Nutrition Program offers eligible WIC families checks to buy fresh fruits, vegetables, and fresh cut herbs at approved farmers' markets and farmstands.

The dollar amounts are preprinted on the checks. Look for the farmers with the yellow sign posted. They are the ones that can take your WIC checks. Many of them are listed in this publication. For the current list of approved places contact Krysta Van Dyck at the Marinette County WIC office, 2500 Hall Avenue, Suite C Marinette WI 54143. 715-732-7680

Wisconsin WIC participants are eligible to go to any Wisconsin approved farm stand, including those below. For information on the WIC program in Oconto, contact 920-834-7072. In Florence contact 715-528-4837.

### Stephenson Island Market

Hwy 41, located on the Interstate Bridge, Marinette  
Tuesday evenings 3-7  
Friday mornings 7-12

### Marinette Farmstands

- Corner of Hwy 64 and 180, BP Gas Station Mon-Sat 10-5pm & Sun 10-3 (Diane Risner)
- County B, Golden Sands Mini Mart Mon-Sat 10-5pm & Sun 10-3 (Diane Risner)
- Marinette Ave, Next to Mickey Lou's Daily 9-6pm (Wagner Farm)
- Corner Hwy 41 and Cty T, Holiday Gas Station Daily 9-6pm (Brosig Produce)

### Peshigo Farmstands

- Wagner Farm, W5605 Hwy 64, Daily 9-6pm (Wagner Farm)

### Crivitz Farmstands

- Shell Gas/McDonald's Lot, Daily 9-5:30pm (Brosig Produce)
- Al Salewski's Yard, 3041 Hwy 141, Daily 9-5 (Brosig Produce & Sweetcorn)

### Pembine Farmstand

- Aalmosta Farm Kelly's Market on Hwy 141, Beecher: daily 10-5

### Niagara

- Tinker's summer kitchen, across from Best buy, top of hill. 10-6 Tues-Sat & 10-4 Sun & NO Mondays

# Farmers/Growers/Producers

## 1. Wirth Produce

10999 Hwy 64, Suring WI 54174. Wide variety of produce in season (apples, green beans, beets, broccoli, peas, Brussels sprouts, cabbage, carrots, cauliflower, sweet corn, garlic, gourds, kohlrabi, melons, parsnips, pears, green peppers, hot peppers, plums, pumpkins, rutabagas, squash, radishes, tomatoes, turnips and more). Some vegetables available year-round. Email us at [dwirth000@centurytel.net](mailto:dwirth000@centurytel.net) or call 715-850-0494. Hours: 8:00 a.m.—4:30 p.m. August 1st—October 31st.

## 2. Dave & Sharon Antonissen

W8703 Cty N., Niagara  
1½ miles w. of 141 on N 715-251-3866  
Pumpkins, Decorative Corn Stalks - end of September, early October

## 3. Holley's Harvest

N5137 21st Road, Crivitz  
1 mile W. of Beaver on Cty P to 21st Rd N.  
920-591-1611  
Maple syrup, Potatoes, Sweet Corn, Pumpkins, Winter Squash - In season

## 4. Ravenwoods

Janine Strzyzewski, N16718 Smeester School Road,  
Pembine, Ph.715-324-5575  
Organic Produce. Call for more information.

## 5. Joe Fiedorowicz Farms

W7982 W 22<sup>nd</sup> Road, Crivitz 715-854-3132  
Potatoes - Russet, Red Norland, Yukon Gold - 10, 20, 50 lb bags Starting with  
reds mid-July onwards, others August -April

## 6. Schneider Family Farms

5982 Cream City Road, Oconto Phone: 920-321-6701  
Hogs, beef cattle: 100% Red Angus. Halves or whole.

## 7. Seifarm Organic Grass-fed Beef

Ken & Gayle Seidl, W455 Carlson Lane, Oconto Falls, WI 54154

715-745-6017, [www.freewebs.com/seifarm/](http://www.freewebs.com/seifarm/)

Certified organic in 2007.

Beef animals are finished on grass, never given grain.

Sold as quarters and halves in fall; cuts of frozen beef at area farmers markets or the farm.

Organic pastured chicken. We are taking orders for this summer already. Our first 2 processing dates are May 18th and June 29th. Order now for your freshly processed never frozen chicken.

Pork: limited organic pork by the half or whole.

## 8. Wojtkiewicz Strawberry Acres

4½ miles west of Crivitz on Co. Hwy W to Hideaway Lane.  
715-854-7818

Strawberries - PYO only

(call ahead for hours - early season limited hours)  
mid-June - early July.

Hours: Mon-Sat. 7-noon, 4:30-7p.m.

## 9. Paul & Vicky Plas

N9129 Just Road, Wausaukee, WI 54177  
5 miles east of 141, off Cty Hwy X 715-854-2248  
garlic—late July-September

## 10. Peterman Brook Herb Farm

Deb & Pat Doubek  
N6280 Riverview Road, Porterfield, WI 54159.  
Phone: 715-927-2330

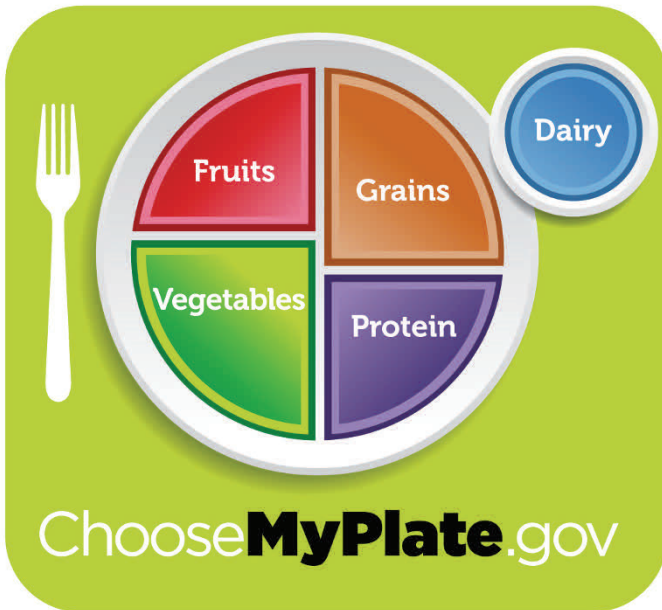
Website: [petermanbrookherbfarm.com](http://petermanbrookherbfarm.com)

Fresh Herbs, Potted Herbs, Dried Herbs & Flowers, Herbal Soaps & Sundries

Farm visits by appointment, please. We offer herb related classes and hold events on the farm. See our website for more details.

## 11. Patz Maple & Honey Farm

241 River Drive, Pound  
<http://www.patzmapleandhoney.com> 800-897-2488  
wholesale/retail/mail-order  
Maple Syrup, Granulated Maple Sugar, Maple Cream, Maple Candy, Honey - Creamed & Liquid (14 flavors),



For more information on getting the most nutrition from the calories you eat, visit <http://www.choosemyplate.gov/>, a personalized, interactive tool to help you plan and assess your food choices. Or, download the Dietary Guidelines for Americans at <http://www.health.gov/dietaryguidelines/>

# Farmers/Growers/Producers

Comb Honey, Honey Straws, Bee Pollen, Bee Propolis, Beebread, Apitherapy Clover Honey, Apitherapy Buckwheat Honey, Gourmet Honey Mustard — Year Round

## 12. Garden Spot

3645 Highway 22, Oconto 920-835-1237

Spring bedding plants and fruit trees

Strawberries, Sweet Corn, Cantaloupes, Tomatoes, Raspberries, Watermelons, Blueberries May-October

## 13. Pleasant View Orchard

Hal & Carol, Hwy 141 south of Niagara, 1¼ miles East on Hwy 8. Turn right on Chapman Road and travel 3 miles Call ahead 715-927-2050

Apples, Cherries, Plums, Apricots, Maple Syrup, and Bakery

## 14. Bobwhite Trout & Bait

W8860 Benser Lane, Coleman (off Hwy 141, 3 miles south of Coleman)

920-897-3812 we pick/PYO available

Almost all vegetables available, including asparagus.

Apples.

Vegetables available from May 1 through late fall.

## 15. Kuchta Farms

W6586 County M, Coleman 715-582-1000 or 715-923-5163

Shell corn and stove corn

Year round availability

Grain bins are 1.5 miles west of Marinette Cty W on Mar. Cty M

## 16. Wagner's Sugar Hill

W6756 Aspen Lane, Crivitz

715-927-4022

Pure maple syrup and Pumpkins

Call to arrange pick-up.

## 17. Wagner's

W5604 Hwy 64, Peshtigo 715-789-2471

We pick

Beans, beets, tomatoes, peppers, cukes, carrots, sweet corn, potatoes, onions, squash, pumpkins, dill.

Daily in season. Sold at Mickey Lu's parking lot, Marinette and at the farm

## 18. Bergeson Vegetable Farm

N3166 Jandt Road, Peshtigo

715-789-2664

PYO or we pick.

For larger pre-picked orders, please call ahead

- Beans, Broccoli, Cabbage, Cucumbers, Beets, Carrots, Cauliflower, Dill, Indian Corn, Onions, Peppers, Sweet Corn, Tomatoes, Zucchini

- Cantaloupe, Gourds, Potatoes, Squash, Cornstalks, Pumpkins

Open 7 days a week 7am-7pm July—Oct 31

## 19. Jandt Bros

N3439 Jandt Road, Peshtigo 715-789-2264

we pick. Call for more information

Beans, Cabbage, Cukes, Pickles, Onion, Cauliflower, Peppers, Dill, Gourds, Squash, Melon, Zucchini, Bi-color Sweet Corn, Tomatoes, Eggplant, Maple Syrup, Potatoes, Indian Corn, Pumpkins

Every day in season

## 20. Nicolet Farms, Inc.

11008 Hwy 64, Suring 715-276-7655, 920-842-2076

<http://www.nicoletfarms.com/>

Potatoes, Onions, Carrots, Grass-fed beef. Year-round

## 21. Sunnybrook School Farm & CSA, LLC

Rebecca L. Krans, 4246 Blome Helgren Rd, Florence, WI 54121

Phone: 906/282-5065 email: [sunnybrookschooll-farm@charter.net](mailto:sunnybrookschooll-farm@charter.net)

website: <http://www.sunnybrookschoollfarm.com>

We offer naturally-raised vegetables to CSA members on a weekly or biweekly basis during the growing season.

Egg shares are offered year round; free range eggs

during the growing season. Most types of vegetables

are grown for members. Flower shares are also available.

CSA worker shares are available. Grass fed lamb

meat available in whole, half, quarter, or cuts. Children's

and family farm programs are available. Please

call ahead for a farm visit.

## 22. Maple Valley Orchards & Nursery

11541 Claywood Road, Gillett

(6 miles north of Gillett on Hwy 32 to Claywood, then ½ mile west)

920-842-2904. Pick your own. Call for more information

Pears, Plums, Grapes, Apples (many varieties of each).

Also fruit trees.

August 1 thru November.

Open daily

## 23. Jim VandeHei

W2143 Old Peshtigo Road, Marinette (corner of Old Peshtigo and Rader Rd) 715-735-7807

Pumpkins in the fall



# Farmers/Growers/Producers

## 24. Armstrong Creek Bison Co.

Walter & Kathleen Wysocki, Tom & Cris Wysocki  
8109 County Line Road, Armstrong Creek  
715-336-2351, fax: 715-336-2050, email:  
ctwysocki@gmail.com  
web: www.acbison.blogspot.com  
100% Bison meat, or live animals. All cuts state inspected and vacuum packed. Bison by-products also available by request (hides, heads, leather, leather work). List of products and prices available on our web site.  
Year round.  
100% grass fed American bison on rotational and cell grazing system. No grain, no antibiotics, no growth hormones or stimulants.  
Free range eggs and various vegetables also available.

## 25. Cottontail Orchard

17485 County Road F, Lakewood  
3 miles east of intersection of Hwy 32 and Cty F  
715-276-3025 - Kevin or Pamela  
Orchard in progress but a good variety of apples grown to order (call ahead to order) and stand sales Sat-Sun mid-September through October.

## 26. Baranek's Farm Fresh Beef & Cheese Mart

Rich & Lorie Baranek, 600 Main Avenue, Crivitz, 715-854-7676  
Our own naturally raised, high quality, farm fresh beef, no growth hormones. All beef cuts sold in our store. Also sold by whole, half or quarter. Year round. Also Maple Syrup, Honey, Jams, and other natural products. Fresh Produce in summer. Store hours: May-Sept-Mon-Sat, Oct-April-Wed thru Sat. For further information call Richard at 715-927-5089, email: bffb@centurytel.net.

## 27. Rural Girls

(Near Florence)  
715-696-6151—Call to place order  
Delicious McIntosh and Cortland apples by the 1/2 peck, peck or bushel. Also 40 lb deer apple bags. -  
September through mid-October

## 28. N.E.W. Gardens

Ron Tachick, W11202 W 6th Road, Pound  
920-897-4343 (best time after 5pm)  
Ginseng. 500mg caplets: 100% Wisconsin ginseng, 50 and 100 count. Available by the dozen or case. Year round

## 29. BerryLand

Tony & Kris LeFebre, 5810 Heimke Lane, Abrams.  
920-826-7297, on the web at <http://pickberryland.com>  
Call ahead for picking times, availability, and to order

pre-picked. Open daily in season.

Two locations:

(1) Off Hwy 41-141 take Abrams Exit 185 then go North on the WEST Frontage Rd (EE) to BerryLand for:

Asparagus - May/June (PYO/picked)  
Rhubarb - May/June (picked)  
Strawberries - June/July (PYO/picked 6:30 am—7:30 pm)

(2) Off Hwy 41/141 take Abrams Exit 185 then go North on the EAST Frontage Rd, then left to 5687 Steinkraus Lane, just north of McDonalds at the Farmhouse Ice Cream Parlor for:

Pumpkins - Late September thru October  
(Mini to giant, pie and painted)

Open: 9 am—5:30 pm 7 days a week

Also: squash, gourds, stalks, bales, decorative corn, fall decorations, ducky derby, face painting, giant bale fort, and other family activities. Child-friendly haunted hayrides Saturdays and Sundays in October: 10 a.m.—4 p.m.  
Weekday group rides by appointment.

## 30. Buckeye Valley Farm—Grass Fed Beef

Mike & Kathy Bednarski, 3907 County Rd D, Florence WI 54121

715-528-4202 <http://buckeyevalleybeeffarm.com>  
No added antibiotics or hormones. Calves stay with their mothers until 4 months old: best practice for the animal, better for the environment, and produces a healthier beef product.

We sell by the pound, whole, half, or split half. All meat is USDA inspected and sold deep frozen.

Call or email on website.

## 31. Russ Coble

W3023 Hale School Road, Peshtigo. 715-582-3668  
Call ahead for large orders and questions about inventory.  
Most vegetables (NO asparagus)  
Strawberries, Raspberries, Apples  
Crivitz Flea Market—Thursdays 7am—1pm: Memorial Day to Labor Day  
Marinette County Fair (end of August): pumpkins, apples, squash, tomatoes, potatoes, onions)

## 32. CR Berries

12978 Wendt Road, Suring 920-842-2728  
Call ahead.  
Pre-picked only  
Blueberries, Raspberries - Early July thru August

## 33. Mr. Ed's Raspberries

W4369 Mudbrook Road, Marinette WI 54143  
Located 1 mile west of downtown Porterfield.  
715-789-2445. Call ahead. Raspberries (pre-picked), starting July 10th.

# Farmers/Growers/Producers

## 34. Paquette's Farmers Pocket

Mike & Bridget Paquette, W5221 Loucks Road, Peshtigo WI 54157,  
715-789-2497.

CSA providing naturally grown vegetables, via shares, to the surrounding areas once a week June through October. <http://www.localharvest.org/paquettes-farmers-pocket-M28967>

## 35. Ponderosa Pines Orchard

Jeff & Julie Wyman, W7544 Cty road P, Crivitz WI 920-897-4348. Directions: 2 miles east of Hwy 141 on Cty Road P out of Beaver.

Apples: (Honeycrisp, Zestar, Snowsweet, Cortland, Sweet 16, Fireside, over 40 varieties) Baking, canning or eating.

Pumpkins: Decorative, jack-o-lantern and baking.

Call with any questions.

Open late August until the end of the season.

## What can UW-Extension do for you?

This brochure is just one of the myriad of education-oriented activities that UW-Extension personnel work with throughout the year. The Marinette County UW-Extension office (contact information on front cover) is responsible for this publication, but there are also offices in Florence (715-528-4480) and in Oconto (920-834-6845). All three offices have staff that work in the five program areas of UW-Extension: Family Living; Wisconsin Nutrition Education Program (WNEP); 4-H & Youth Development; Community, Natural Resources, and Economic Development; and Agriculture/Horticulture.

Each program area has an array of topics with which they work over the course of a year. The following are some of the horticultural and agricultural programs and services provided by Scott Reuss, Florence and Marinette County Agriculture and Horticulture Agent, and Linda Warren, Horticulture Program Assistant:

- Plant pest diagnostics
- Nutrient Management (farms & gardens)
- Soil and water sample analysis, in conjunction with the UW Lab System.
- Horticultural demonstrations at the Harmony Arboretum Demonstration Gardens
- Agricultural demonstration plots
- Horticulture topic seminars & workshops
- Agricultural topic seminars, field days, and workshops.
- Individual farm management issues
- Individual horticulture issue discussions

## 36. Norsk Farm

6366 Fredrickson Road, Lena, WI 54139920-834-4587, 920-676-2516. email: [norskfarm@gmail.com](mailto:norskfarm@gmail.com)  
Grass-fed Beef & Lamb, Pastured Pork & Chicken, Brown Eggs from Pastured Hens, Local Honey & More at the On-Farm Store.

Open for business year-round.

Monthly meat CSAs, plus halves & quarters for sale.

## 37 Florence Maple Farm and The Rock Garden

Clint and Jill Burns, 4814 First Crossing Road, Florence, WI54121

Call ahead 715-528-5333

We-pick fruits and vegetables.

Pure Maple Syrup, maple sugar, maple cream, cranberry maple syrup and cinnamon-vanilla maple syrup.

Fresh farm eggs, meat birds, meat ducks, baby chicks and muscovy ducklings in spring.

All natural, pesticide-free vegetables, perennials and annuals in season.

Tours available throughout the year.

See our website [www.florencemaplefarm.com](http://www.florencemaplefarm.com)

## 38. Todd and Kim Broullire

1281 Broullires Rd (Aurora), Niagara WI 54151

715 589 2116

Naturally raised/grass finished beef: whole, halves, quarters (we tend to raise/butcher animals of smaller size to accommodate those who have less freezer space but will raise larger if desired).

Available throughout the year but also depends on growth stage of animals

## 39. All Natural Greens LLC

Jeff Veriha

W1855 Schaefer Lane, Marinette, WI 54143

715-330-5899

Open 24/7.

Products include Lettuce, Tomatoes, Cucumbers, Napa Cabbage, Pak Choi, Basil, Chives, Mint, Tilapia, and seasonally Potatoes, Carrots, Onions, and Melons.

## 40. Homestead Gardens & Gifts

At Stephenson Island Mkt, Marinette: Fri. 7:00 am-Noon, Tues. 3:00-7:00 pm

Crivitz Farmers & Flea Market: Thursdays 7:00 am—2:00 pm Fresh produce. Canned acid foods—tomatoes sauerkraut, pickles. Jams, jellies.

