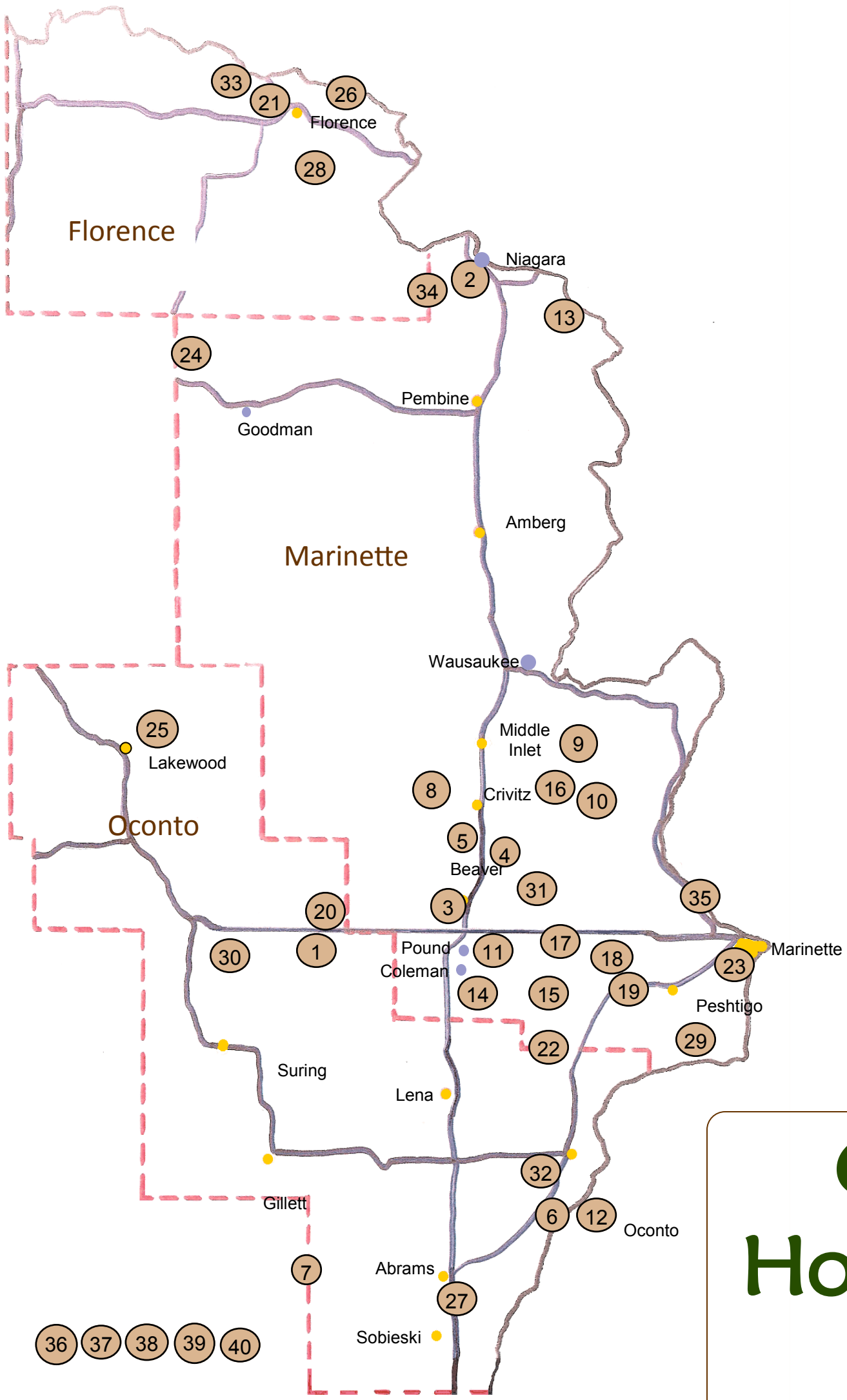


Where to find the produce on the map

Produce:	Available at Number:
All vegetables	***1,14,17,18,19,29,33***
Apples	1,13,14,25,26,29,31
Apricots	13
Asparagus	14,27
Beef	6,7,20,22,28,32,34
Beets	1,17,18
Bison	24
Blueberries	12,30
Broccoli	1,18
Carrots	17,20
Cherries	13
Chicken	7,22,32,33
CSA	21,32
Cucumbers	17
Dill	17,19
Ducks (meat)	33
Eggplant	19
Eggs	21,22,24,32,33
Fall decorations	1,2,18,19,27,31
Fish (yellow perch)	35
Garlic	1,9
Herbs	10
Honey	4,11,22,32
Lamb	21,32
Lettuce	35
Maple syrup	3,4,11,13,16,19,33
Melons	1,12,18,19
Onions	17,18,19,20,29
Organic	7
Pears	1
Pickled vegetables	4
Plums	1,13
Pork	6,7,22,32
Potatoes	3,5,17,20,29
Pumpkins	1,2,3,16,17,18,19,23,27,29,31
Raspberries	12,22,29,30
Rhubarb	27
Shell Corn	15
Squash	1,3,17,18,19,27,29
Strawberries	8,12,27,29
Stove Corn	15
Sweet corn	3,12,17,18,19
Tomatoes	1,12,17,18,19,29,35
Watermelons	12

Your Sources For Fresh Produce

UW Extension
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

We're on the web!
http://marinette.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).

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

Farmers' Markets

Marinette: The Stephenson Island Market will be held on Fridays 2:00 pm—6:00 pm in 2016. For info about the market, contact the City of Marinette, 715-732-5120 or email Jan Kust @ jkust@marinette.wi.us.

Crivitz Flea & Farmers' Market: Every Thursday from May-September from 8:00 am—4:00 pm. and on July 4.Outdoors in the Parking Lot (across from St. Mary's Church, 808 Henriette Ave); Offering locally grown fruits and vegetables, honey, maple syrup, jellies, jams, handmade soaps and personal care items, fresh-baked goods, canned goods, flowers, handmade arts & crafts, antiques, collectibles and more. (30+ vendors)

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

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.

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 (Diane Risner)
- Marinette Ave, Next to Mickey Lou's Daily 9-6pm (Wagner Farm)
- Corner Hwy 41 and Cty T, Holiday Gas Station Daily 9-5:30 pm (Brosig Produce)

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

Crivitz Farmstands
- Shell Gas/McDonald's Lot, Daily 9-5:30pm (Brosig Produce)
- Al Salewski's Yard, 3041 Hwy 141, Daily 8:30-5 pm (Brosig Produce & Sweetcorn)

Pembine Farmstand
- Danny'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 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 west of 141 on CTY N 715-251-3866
Pumpkins, Decorative Corn Stalks - end of September, early October

3. Holley's Harvest
N5137 21st Road, Crivitz
1 mile west of Beaver; from HWY 141 take CTY P to 21st Rd (north)
920-591-1611
Maple syrup, Sweet Corn, Pumpkins, Winter Squash - In season

4. Beaver Brook Foods LLC—Dave & Susan Goddard
N5111 13th Rd., Crivitz, WI 715-927-4110 or 715-927-2324
HWY 141 in Beaver to CTY P, travel 3/4 mile east to 13th Rd., turn L. On left. We are licensed by the state of Wisconsin. We produce Maple Syrup. We grow and can: Garlic Dill Pickles, Spicy Dill Pickles, Spicy Dilly Beans, Spicy Asparagus & Pickled Beets; also make Bloody Mary Mix & have Honey for sale.

5. Joe Fiedorowicz Farms
W7982 W 22nd 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 Red Angus Ranch
5982 Cream City Road, Oconto David Schneider – 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/
Certified organic in 2007.
Beef animals are finished on grass, never given grain. Cuts of frozen beef at area farmer's markets or the farm.
Organic pastured chicken. We are taking orders for this summer already. Our first 2 processing dates are in May and June. Order now for your freshly processed never frozen chicken.
Pork: limited organic pork by the half or whole and cuts @ farmer's markets or the farm.

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.

Farmers/Growers/Producers

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
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
www.patzmapleandhoney.com 800-897-2488
wholesale/retail/mail-order
Maple Syrup, Granulated Maple Sugar, Maple Cream, Maple Candy, Honey - Creamed & Liquid (14 flavors), Comb Honey, Honey Straws, Bee Pollen, Bee Propolis, Beebread, Apitherapy Clover Honey, Apitherapy Buckwheat Honey, beeswax, beeswax candles, Gourmet Honey Mustard, 100% pure Wheat Flour & Bran, 100% pure Buckwheat Flour & Groats– natural or roasted, birch & maple sap waters — Year Round

12. Garden Spot
3645 Highway 22, Oconto 920-835-1237
Spring bedding plants and fruit trees;
Strawberries, Sweet Corn, Cantaloupes, Tomatoes, Raspberries, Peaches, Watermelons, Blueberries, Cherries, Apples, Sweet Corn & other vegetables.
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, 2.5 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: krans.becca.farm@gmail.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. Behnke's Grassfed Beef and Pasture Pork
4420 Behnke Road, Lena, WI 54139 920-829-5196
Packaged cuts of beef & pork as well as halves and wholes.
Chickens by pre-arrangement. Eggs (pasture), honey and vegetables.
CSA shares of vegetables and eggs. Raspberries in season.
Call ahead to order and arrange pick-up or delivery time.

23. Jim VandeHei
W2143 Old Peshtigo Road, Marinette (corner of Old Peshtigo and Rader Rd)
715-735-7807
Pumpkins in the fall

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.
Pasture-raised pork by whole or half.
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. 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

27. BerryLand
Tony & Kris LeFebre, 5810 Heimke Lane, Abrams. 920-826-7297
On the web at pickberryland.com; Call ahead for picking times, availability, and to order pre-picked. Open daily in season.
Two locations:
(1) Off Hwy 41-141 in Oconto Cty, take Abrams Exit 185 then go North on WEST Frontage Rd (EE) 1/2 mile to BerryLand (5810 Heimke Ln.) for:

Asparagus	- May/June (PYO/picked)
Rhubarb	- May/June (picked)
Strawberries	- June/July (PYO/picked 7:00 am—7:30 pm)

(2) Off Hwy 41/141 take Abrams Exit 185 then go North on the EAST Frontage Rd 1/4 mile, then left to 5687 Steinkraus Lane at the Farmhouse Ice Cream Parlor just north of McDonald's 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, munchkin maze, ducky derby, face painting, giant bale fort, and other family activities. Child-friendly haunted hayrides Saturdays and Sundays starting last weekend in September through October: 10 a.m.—4 p.m.
Weekday school field trip rides by appointment.

Farmers/Growers/Producers

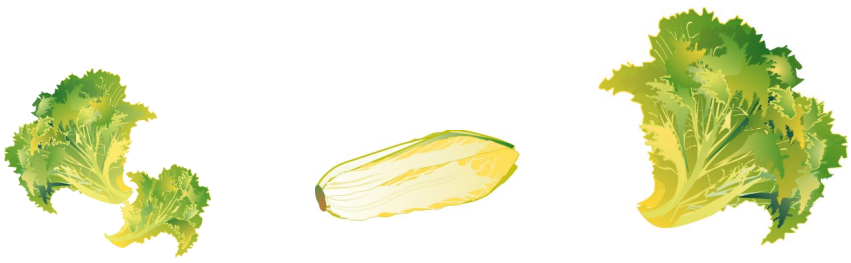
28. Buckeye Valley Farm—Grass Fed Beef
Mike & Kathy Bednarski, 3907 County Rd D, Florence WI 54121
715-528-4202 http://buckeyevalleybeeffarm.com
No added antibiotics or hormones. Calves stay with their mothers until 4 months old: best practice for the animal, better for the environment, and produces 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.

29. 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)

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

31. Ponderosa Pines Orchard
Jeff & Julie Wyman, W7544 CTY Road P, Crivitz WI
920-676-8967. Directions: 2 miles east of Hwy 141 on CTY 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.
Check us on Facebook.

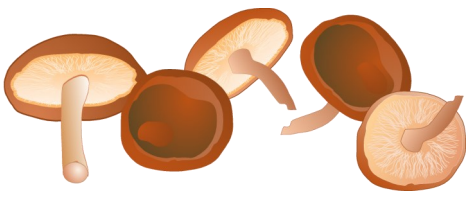
32. Norsk Farm
6366 Fredrickson Road, Lena, WI 54139
norskfarm@gmail.com
920-834-4587, 920-676-2516
Grass-fed Beef & Lamb, Pastured Pork & Chicken, Brown Eggs from Pastured Hens, Local Honey & More at the On-Farm Store.
Open for business year-round. Monthly meat CSAs.



33. Florence Maple Farm and The Rock Garden
Clint Burns, 4814 First Crossing Road, Florence, WI 54121
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.
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

34. 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

35. All Natural Greens LLC
Jeff Veriha
W1855 Schaefer Lane, Marinette, WI 54143
715-330-5899
8 am—4 pm (self-serve/pay) or by appointment.
Products include Lettuce, Tomatoes, and Yellow Perch.

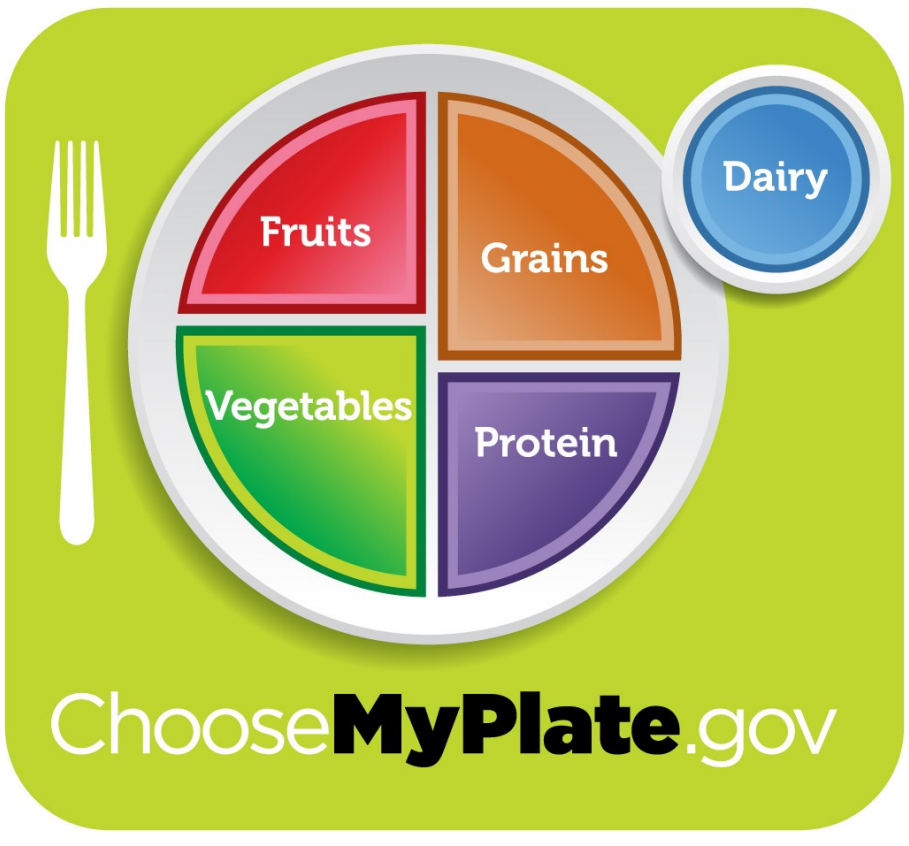


What can UW-Extension do for you?

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



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