

Where to find the produce on the map

Produce:	Available at Number:
All vegetables ... 11,14,16,19,20	
Apples	9,10,11,21,24
Apricots.....	10
Asparagus.....	11,22
Bakery.....	10
Beef.....	5,6,12,17,19,23,25,26,27,31
Bison	20
Blueberries.....	28
Carrots	17
Cherries.....	9
Chicken.....	6,19,23,25,27,31
CSA	18,19,25
Eggs	19,20,25,30
Fall decorations.....	1,15,22
Honey.....	3,4,8,19,24,25,29
Jams.....	3,25
Lamb	18,25,31
Maple syrup	2,3,8,10,13,16,24,25
Onions.....	17
Pickled vegetables.....	3,16
Plums	10
Pork.....	5,6,19,20,23,25,31
Potatoes.....	4,17
Pumpkins.....	1,13,15,22,24
Raspberries	9,19
Rhubarb.....	22
Shell Corn.....	12
Squash.....	22
Strawberries.....	7,9,22
Stove Corn.....	12
Sweet corn	9
Tomatoes	9
Vegetables. mixed.....	29
Watermelons	9

Your Sources For Fresh Produce



Courthouse
 1926 Hall Avenue
 Marinette WI 54143-1717
 Phone: 715-732-7510
 Toll-free: 877-884-4408
 Email: sreuss@marinettecounty.com

We're on the web!
<https://marinette.extension.wisc.edu/>

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

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Guide to Home Grown Produce



in Marinette, Florence and Oconto Counties, Wisconsin

Distributed by Extension Marinette County
 1926 Hall Avenue, Marinette WI 54143-1717
 Phone: 715-732-7510, toll-free 877-884-4408
 Email: sreuss@marinettecounty.com

Farmers' Markets

Marinette: Wednesdays beginning June 3rd, 10 am-3 pm, located at Merchants Park, 1607 Main St., Marinette, and will run through Sept. 30th. The market will accept Wisconsin WIC coupons, Wisconsin Senior coupons and possibly SNAP benefits. If anyone is interested in being a part of the Farmers Market, contact Melissa at mebsch@marinette.wi.us or by phone at 715-732-5162 for additional information.

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)

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 farm stands.

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.

Wisconsin WIC participants are eligible to go to any Wisconsin approved farm stand.

For information contact the WIC program in your county:

Marinette County 715-732-7680

Oconto County 920-834-7072

Florence County 715-528-4837

Farmers/Growers/Producers

1. 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

Vegetable transplants in spring

2. 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

3. Beaver Brook Foods LLC—Dave & Susan Goddard

N5164 Hwy. 141 (6 miles south of Crivitz, WI) 715-927-4110 or 715-927-2324

We are licensed by the state of Wisconsin. We produce Maple Syrup. We grow and can: Garlic Dill Pickles, Spicy Dill Pickles, Bread & Butter Pickles, Spicy Dilly Beans, Spicy Asparagus, Pickled Beets & various Jams; also make Bloody Mary Mix & have Honey for sale. Please call ahead.

4. 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. Raw, unprocessed honey.

5. 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.

6. 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. 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.

7. 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, 4:30-7 p.m.

Farmers/Growers/Producers

8. 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

9. Garden Spot

3645 Highway 22, Oconto 920-835-1237

Spring bedding plants and fruit trees;

Strawberries, Cantaloupes, Tomatoes, Raspberries, Peaches, Watermelons, Blueberries, Cherries, Apples, Sweet Corn & other vegetables.

May-October

10. 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, Plums, Apricots, Maple Syrup, and Bakery

11. 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.

12. Kuchta Farms

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

Shell corn and stove corn, sunflowers. Selling Angus beef by the quarter or half. Year round availability.

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

13. Wagner's Sugar Hill

W6756 Aspen Lane, Crivitz

715-927-4022

Pure maple syrup and Pumpkins

Call to arrange pick-up.

14. Wagner's

W5604 Hwy 64, Peshtigo 715-938-0176

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.

15. Bergeson Farm

N3166 Jandt Road, Peshtigo

715-923-7332

Pumpkins, cornstalks, gourds. Hayrides for families or groups. September and October, weekends 10 am– 5 pm or by appointment during week or other hours.

16. 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-

Please visit our stand located at the roundabout at Co. Hwy. T and State Hwy. 64, Marinette.

17. Nicolet Farms, Inc.

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

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

18. 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.

19. Behnke's Grassfed Beef and Pasture Pork

4420 Behnke Road, Lena, WI 54139 920-829-5196

Packaged cuts of grass-fed & finished beef, pasture pork, pasture chickens & (pasture) fresh eggs, raw honey and vegetables. CSA shares of vegetables, eggs and meat. Raspberries in season. We are a working farm, so please call ahead to order and arrange pick-up or delivery time. Buy local and check us on FaceBook.

20. 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.

21. Cottontail Orchard

17485 County Road F, Lakewood

3 miles east of intersection of Hwy 32 and Cty F

715-276-3025 - Kevin or Pamela

150+ tree orchard is producing a good variety of apples grown to order (call ahead to order) and farmstand sales at the Mares Farmstand on Hwy 32 in Lakewood, Thurs.-Sun., September and October.

22. BerryLand

Andy & Suzanne LeFebre, 5810 Heimke Lane, Abrams. 920-826-

7297/920-621-6971. On the web at pickberryland.com and BerryLand

on FaceBook. CALL AHEAD for picking times, availability, and to order pre-picked. Open daily in different seasons when conditions permit and ripe produce is available.

Two locations:

(1) Just off Hwy 41/141, take Abrams Exit 185 then go North on WEST Frontage Rd (EE) 1/2 mile to BerryLand at 5810 Heimke Ln. for:

May/June: ASPARAGUS & RHUBARB

June/July: STRAWBERRIES

(2) PUMPKINS. Just 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 old Farmhouse Ice Cream Parlor just north of McDonald's. Seven (7) days a week late Sept. thru Oct., 9 am-5:30 pm.: Mini to giant pumpkins, squash, gourds, stalks, bales, painted pumpkins, decorative corn, Munchkin Maze, Ducky Derby, face painting, giant bale fort, corn box, obstacle course, climbing wall, game tent. Child-friendly haunted hayrides, Saturdays & Sundays starting last weekend in September through October, 10 am– 4 pm. Weekday school field trip rides by appointment.

23. Pape Family Pastures

W5420 Leslie Rd., Peshtigo WI 54157. Tel. 262-674-4021

papefamilypastures@gmail.com www.papefamilypastures.com

100% grass-fed beef available as whole, half, quarter, sampler boxes, and cuts. Heritage breed Red Wattle pigs raised on green grass. Available as whole, half, sampler boxes, cuts. Pastured chickens available as whole birds. All animals are hormone & antibiotic free. All animals are rotationally grazed.

Farmers/Growers/Producers

24. Ponderosa Pines Orchard

Jeff & Julie Wyman, W7544 CTY Road P, Crivitz WI

www.ponderosapinesorchard.com

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. Honey and maple syrup.

Call with any questions. Open late August until the end of the season. Check us on Facebook.

25. Norsk Farm

6366 Fredrickson Road, Lena, WI 54139

norskfarm@gmail.com

[920-834-4587](tel:920-834-4587)

Grass-fed Beef & Lamb, Pastured Pork & Chicken, Brown Eggs from Pastured Hens, Local Honey, Maple Syrup & Jams, & more at the On-Farm Store.

Open for business year-round. Monthly meat CSAs.

26. 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.

27. Wellens Beef Farm

Richard Wellens

9115 Cty K, Lena, WI

920-373-4262

All natural 100% grass fed beef—individual cuts and ground beef available, chickens. Available year round. Call ahead.

28. Doda Blueberries

Kathy Doda

1891 Elmer St., Aurora, WI

715-499-1604

Pre-picked or You-pick by appointment.

Look us up on Facebook at Doda Blueberries.

29. TiBets Produce

Timothy & Betty Kutschera, W7715 Barker Rd, Amberg, WI

715-716-0491

Mixed vegetables, Organic Production Practice. Honey. Farmstand at address. Call for availability.

30. Milo's Poultry Farms

Milo & Edna Ellen Bontrager, N3873 Valley Rd., Bonduel WI 54107

Phone 715-758-6709. Website: www.milospoultryfarm.com

Open Mon. thru Sat., 7 am-7 pm. Holiday hours vary.

Available: Certified organic, cage-free, free-range eggs.

31. Sweet Grass Farm

Dan and Erin Hischke, 8742 Red Bank Rd., Suring WI 54174.

We would be happy to talk with you. Give us a call or shoot us an e-mail with your questions. We invite you to see our farm. Call 920-590-0432 for an appointment. E-mail: edhischke@centurylink.net Website: www.sweetgrassfedfarm.com

Available: Grassfed and finished beef, pork, chicken and lamb.

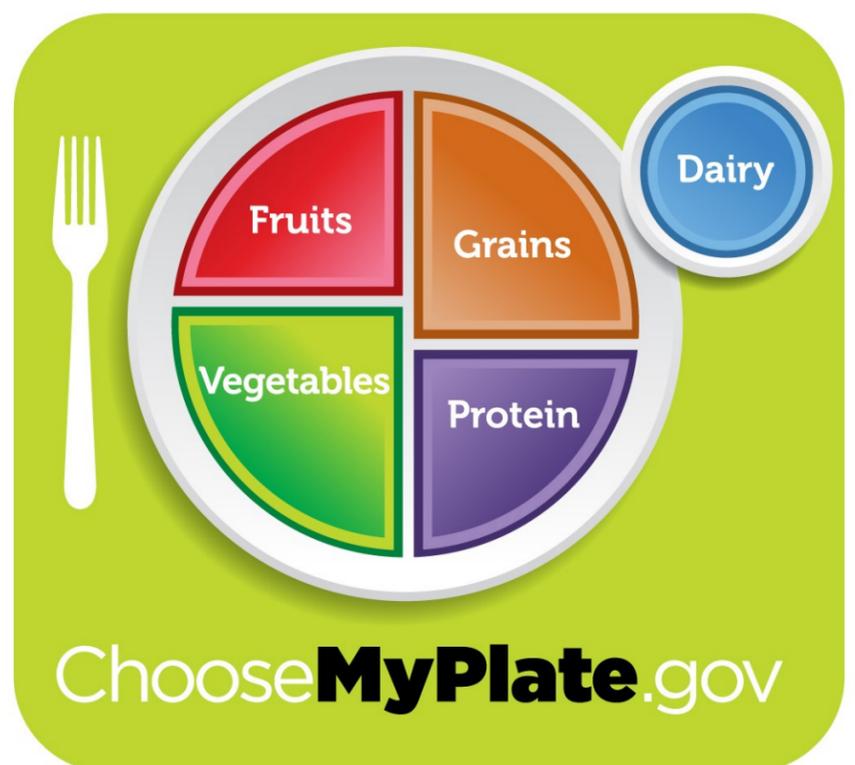
What can Extension Marinette County do for you?

This brochure is just one of the myriad of education-oriented activities that UW-Madison Extension personnel work with throughout the year. The Marinette County Extension office (contact information on front cover) is responsible for this publication, but there are also offices in every county around the state, including Florence (715-528-4480) and Oconto (920-834-6845). County offices have staff that work in Extension's program areas: Health and Well-Being; FoodWise; Human Development and Relationships; Positive Youth Development & 4-H; Community Development; and Agriculture/Horticulture. The following are some of the horticultural and agricultural programs and services provided by Scott Reuss, Marinette County Agriculture and Horticulture Agent:

- 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 research and demonstration plots
- Horticulture topic seminars & workshops
- Agricultural topic seminars, field days, and workshops
- Individual farm management issues
- Individual horticulture issue discussions

To learn more about UW-Madison Extension, visit:

<https://extension.wisc.edu/>



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/