

Welcome to the



Sauk County Farm Connect Guide

This special listing ties together Wisconsin's largest industry - agriculture - with another of its top segments - tourism. Everyone is welcome to shop at these local agribusinesses and in the process, put money into the pockets of the area's family farms.

Many consumers are now three to five generations removed from their agricultural roots. This guide aims to help reconnect people with the source of their food. By visiting these unique places and buying their products, consumers have a great opportunity to learn first hand about agriculture today, the environmental care, respect practiced, attention to detail and quality of production.

Sauk County draws strengths from its deep agricultural roots. Enjoy our rich heritage of diverse farms, classic barns, silos, and windmills, and the exceptional beauty of our rural countryside. This publication is brought to by your friends at UW Madison Division of Extension - Sauk County and the Sauk County Land Resources & Environment Department. Please call the Extension Sauk County office at 608-355-3250 if you would like to be featured in the Sauk County Farm Connect Guide.

The Sauk County Farm Connect Guide is intended to be used for informational purposes only to connect Sauk County residents and visitors with local producers. Sauk County does not attest to and makes no warranty regarding the validity, or the accuracy of the information contained herein. Inclusion of a business in the Sauk County Farm Connect Guide is not to be construed to be a recommendation or endorsement by Sauk County. It is the producer's responsibility to comply with all applicable laws, regulations, and licensing.

We recommend contacting the producer prior to visiting for current information about their products. This guide is provided as a general reference as a service to residents. To be added or removed from the list, please contact UW-Extension Sauk County.

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Find the 2022 Sauk County Farm Connect Guide at:

SAUK COUNTY FARMERS MARKETS

BARABOO

Wednesdays & Saturdays, 7:30 AM - 12:30 PM May - October

Located at the courthouse square in downtown Baraboo. Beginning in 1986, the Baraboo Farmers Market offers a broad selection of agricultural products from local growers and farmers, who must personally grow or produce everything they sell.

Contact: Katie Pettit | 608 - 963 - 9879 baraboofarmersmarket@gmail.com www.baraboofarmersmarket.com

LA VALLE

Saturdays, 7:30 AM - 12:00 PM

Memorial Day - Labor Day

Located at the Hartje's Farm Home & Sport, north of

La Valle on HWY 23.

Contact: Hartje | 608 - 985 - 8124

NORTH FREEDOM

Saturday July 12th, July 26th, Aug. 9th, Aug. 23rd, Sept. 6th, and Sept. 20th from 4:30 PM - 6:00 PM. Located at the Center of Hope Church parking lot.

Contact: Deb Moses | 608 - 712 - 2951 cliffbrakefarm@gmail.com

REEDSBURG

Reedsburg City Park Farmers Market

Wednesdays, Thursdays & Fridays 9:00 AM - 5:00 PM

May - October

Located at Reedshurg City Park, 222 N. Park Street

Located at Reedsburg City Park, 222 N. Park Street, Reedsburg.

Contact: City of Reedsburg | 608 - 524 - 6404

RAMC Market

Fridays, 10:00 AM - 3:00 PM May - October

Join the Reedsburg Area Medical Center's journey to good health for our communities! Our market is on the front lawn of our hospital campus.

> Contact: Carla Mercer | 608 - 786 - 6246 cmercer@ramchealth.org

SAUK PRAIRIE

Meyer Oak Grove Market

Saturdays, 9:30 AM - 1:00 PM May - October

Located at Meyer Oak Grover Park. This market is for the Sauk Prairie Community to have a great place to gather and enjoy this wonderful spacious park and purchase local goods. Enjoy a nice walk or bike ride to the market or bring your lawn chairs & a blanket.

Contact: meyeroakmarket@gmail.com

SPRING GREEN

Year-round, Saturdays Spring, Summer, Fall, 9:00 AM - 12:00 PM Winter, 10:00 AM - 11:00 AM

Located at the Spring Green Community Library parking lot. The Spring Green Farmers Market offers a wide array of fresh vegetables, fruits, meats, eggs, honey, maple syrup, baked goods, canned goods, and flowers from area farmers. We also have handcrafted body care products, pet treats, toys, baskets, and fresh roasted coffee. Listen to music while you enjoy a latte and pastry!

Contact: Jane Hausner | 608 - 575 - 9787 sgfarmersmarket@gmail.com

WISCONSIN DELLS

Sundays, 9:30 AM - 2:00 PM June - October

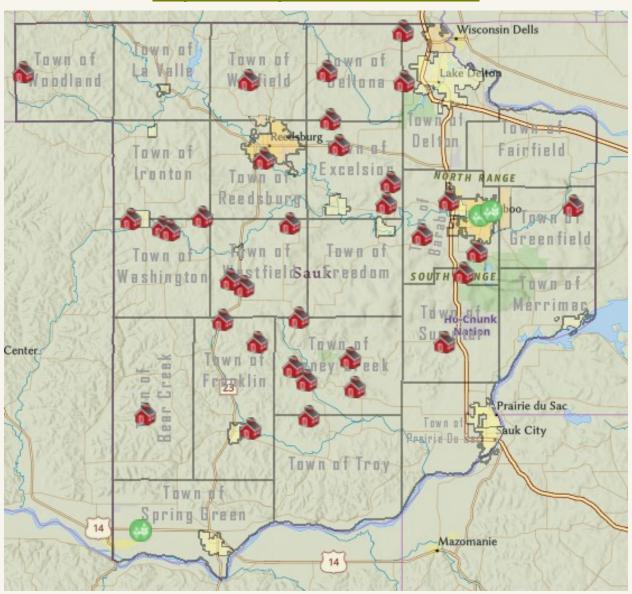
Located at the intersection of Broadway and Cedar Street, in downtown Wisconsin Dells. Check out our Facebook page for the latest information on vendors.

> Contact: Briana Faber | 608 - 291 - 5157 briana@wisdells.com



Interactive Map of Area Farms

https://bit.ly/SaukFarmConnect





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What's In Season?

B4166-32 Healthy Seasonal Produce

WHAT'S IN SEASON THIS MONTH?



	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
Rhubarb					
Strawberries					
Peas	-				
New potatoes					
Green beans					
Greens					
Spinach					
Summer squash					
Raspberries					
Cucumbers					
Sweet corn					
Tomatoes					
Herbs	1				
Beets					
Broccoli					
Garlic and onion					
Cauliflower	1				
Eggplant					
Melons					
Apples					
Carrots					
Peppers	1				
Cabbage					
Cranberries					
Parsnip					
Potatoes					
Rutabaga					
Turnip					
Winter squash					



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UNIVERSITY OF WISCONSIN-MADISON

Healthy Seasonal Produce: What's in Season this Month? (B4166-32)

R-03-2019

Sauk County Conservation Resources

Sauk County Land Resources & Environment Department

The Sauk County Land Resources and Environment (LRE) Department assists landowners with installing conservation practices that protect land and water resources. LRE provides financial and technical assistance that helps maximize farm profitability and sustainability keeping local agriculture a viable asses in Sauk County. More information can be found on the LRE website: www.co.sauk.wi.us/landconservation

• Follow us on Facebook <u>@sauk.lre</u> to stay up to date with programs and events!

Sauk County Farm

The Sauk County Farm is located three miles south of Reedsburg and consists of 566-acres of cropland, pasture, wetland, and forest. It is a demonstration farm that provides opportunities for local farmers to learn about regenerative agriculture practices that help create landscapes resilient to dramatic economic and environmental change. Future plans include community gardens, and pollinator fields. More information can be found on the LRE website: www.co.sauk.wi.us/landconservation/sauk-county-farm

Natural Resource Conservation Service (NRCS)

The Natural Resource Conservation Service (NRCS) is the federal agency that works with landowners on private lands to conserve natural resources and is part of the United States Department of Agriculture (USDA). More information can be found on the Wisconsin NRCS website: www.nrcs.usda.gov/wps/portal/nrcs/site/wi/home

Farm Service Agency (FSA)

The Farm Service Agency (FSA) is the federal agency that provides financial stability to farmers through USDA farm programs. More info can be found on the Wisconsin FSA website: www.fsa.usda.gov/state-offices/Wisconsin/index





ARENA

Ducks in a Row Family Farm

Nadia Alber

5737 County Rd H, Arena, WI 53503

608 - 924 - 1154 | nadia.alber@gmail.com

www.farmfreshatlas.org/view/ducks-in-a-row-family-farm

6 ducksinarowfamilyfarm

Open: Year-Round | Hours: By appointment, Farm Market

We are a pasture-based farm in lowa County (just over the Wisconsin river south of Spring Green). We strive to provide nutrient dense, 100% grass fed meats and organically grown produce, as well as high quality hay for your livestock. We offer tours and farm-stays during the warmer months.

Cash/Check, EBT Card, and Farm Market Vouchers accepted.

BARABOO

Black Diamond Angus

Jim & Suzanne Dohner

E10861 Terrytown Rd., Baraboo, WI 53913

608 - 393 - 5040 l sizzling@blackdiamondangus.com

www.blackdiamondangus.com

Open: Year-Round I Hours: By appointment only

Black Angus Beef processed to your specifications. Because out meat is pasture raised on natural grasses (no feed lots, no grain, no hormones) they are loaded with heart healthy Omega-3 fatty acids and conjugated linoleic acid (CLA). Now you can have great tasting Black Angus meat that's good for you. Cash/Check accepted.



Bula's Pleasant Valley Farm

Ron & Maureen Bula S4515 Scenic Rd., Baraboo, WI 53913 608 - 924 - 1154 l bulaspleasantvalleyfarm@gmail.com www.bulaspleasantvalleyfarm.com

f bulaspleasantvalleyfarm

Open: Year-Round | Hours: Daily 8 AM - 6 PM

Our farm is a regenerative farm just west of Baraboo. We're here to help you find delicious, high quality food. Our gardens grow without chemicals. Our grass-fed beef, Berkshire pork, chicken, and lamb are raised in sunshine. Fresh eggs, maple syrup, honey and cuts of meat are available year round.

Cabin Creek Herbs

Brad Wilson

S3997A Mountain Road, Baraboo, WI 53913 608 - 477 - 5903 l bradwilson@cabincreekherbs.com www.cabincreekherbs.com

Open: Spring - Fall I Hours: 9 AM - 5 PM, By appointment,

Vegetable and Herb plants and produce. WE have been growing high quality plants and produce since 1994 with a large variety of heirloom and hybrid vegetable and herb plants. We grow with a deep respect for the environment and our workers. Cash/Check, EBT Card, or Credit/Debit Card accepted.

Little Society Farm

Brad Wissmueller & Eleanor Johnson E11540 State Rd 136, Baraboo, WI 53913 608 - 220 - 4853 | littlesocietyfarm@gmail.com www.littlesocietyfarm.com

f littlesocietyfarm

Open: Year-Round for meats, May-October for vegetable CSA

We are a small-scale, diversified farm that prioritizes ecosystem health through our no-till vegetable CSA, our pastured meat products, and hopefully more complementary enterprises in the future! For a lot more details, or to order meat or sign up for our CSA or newsletter, visit our website! Cash/Check or Credit/Debit Card accepted.

Fun Fact

Food waste currently makes up **30 to 40%** of U.S. household waste. Home composting can reduce the use of water and synthetic fertilizers while improving the health of your soil and plants.

Division of Extension - University of Wisconsin – Madison "Making and Using Compost in the Garden A4021", Christine Wen, Joe Van Rossum (2013)



Rowley Creek Lavender Farm

Kehaulani Jones

E13901 County Rd. W, Baraboo, WI 53913 608 - 844 - 9635 I rowleycreekfarm@gmail.com www.rowleycreekfarm.com

• rowleycreekfarm

Open: End of May through end June. Check website for updates and off season events.

What is a 'Kiwi' from New Zealand and a Hawaiian doing in Wisconsin? Passionate about family and nature, we are home. In the spirit of inventiveness, we've coupled Wisconsin winters with summer lavender for a truly unique experience. Enjoy home grown lavender products created on the farm. Rowley Creek Farm offers a wide range of lavender and herbal goods and remedies, unique outdoor events and nature experiences, farm tours, yoga and wellness classes, private farm events, herbal, aromatherapy, and healthy living classes.

Cash/Check, EBT Card, or Credit/Debit Card accepted.

Ski-Hi Fruit Farm

Jacob Franzen

E11219A Ski Hi Road, Baraboo, WI 53913 608 - 356 - 3695 l info@skihifruitfarm.com

www.skihifruitfarm.com

♠ SkiHiFruitFarm

Open: End of May through end June. Check website for updates and off season events.

Ski-Hi Fruit Farm has been serving up fresh apples, pies, cider, donuts, turnovers and memories for over 100 years. Our market & bakery open in the spring to visitors looking to enjoy a snack, drink and shopping. Ski-Hi Apple season is late August through early fall.

Cash/Check, Credit/Debit Card, and Farmers Market Vouchers are accepted.

The Berry Farmer

John & Jean Pinkston

E10222 Hoot Owl Valley Road, Baraboo, WI 53913

608 - 355 - 1965 | info@theberryfarmer.com

www.theberryfarmer.com

1 TheBerryFarmer

Open: July - Mid August I Hours: Wed.: 5 AM - 8 PM,

Sat: 8 AM - 5 PM

Pick your own blueberries. We provide containers or you can pick into your own. Season begins around July 4th and lasts until early August. We pick only two times a week—Wednesday evenings from 5 PM to 8 PM and Saturdays from 8 AM to 5 PM. Cash/Check, Credit/Debit Card, and Farmers Market Vouchers are accepted.



Dandelion Ridge Farms

Peter Kinsman

E2940 County Road K, La Valle, WI 53941

608 - 344 - 8988 I dandelionridgefarms@gmail.com

www.dandelionridgefarms.com

? Dandelionridgefarms

Products available year-round through website, farm visits, and product pickup by appointment.

Located west of Lime Ridge, in the beautiful rolling hills of the driftless area, Dandelion Ridge Farms offers healthy, nutrient dense pasture based beef. A third generation family farm with the goal of producing healthy local food in a sustainable manner.

Cash/Check or Credit/Debit Card are accepted.

Narrows Creek Garden

Melvin Smith

E3698 County Road S, La Valle, WI 53941 608 - 415 - 0091 | mel4150091@gmail.com

www.narrowscreekgarden.com

narrowscreekgarden

Open: Year-Round | Hours: Daily 10 AM - 4 PM

Aronia berries, maple syrup, garden produce. Pick your own aronia berries in September at Narrows Creek Garden. We are located 1.5 miles east of Lime Ridge and can be found on Google Maps.

Cash/Check accepted.

Summit Ridge Farms

Brian & Shelly Daugs

W7071 Clark Road, La Valle, WI 53941

608 - 792 - 3036 l shellydaugs@gmail.com

www.summitridgefarms.com

summitridgefarmsllc

Open: End of May through end June. Check website for updates and off season events.

Summit Ridge Farms offers high quality, local, grass-fed beef available in cuts, quarters, halves, or whole. We produce superior hay that the cattle consume year-round. They also have prime pasture; ideal for producing grass-fed cattle. Our goal is to meet the nutritional needs of the cattle to produce high quality, well marbled products without sacrificing taste. Cash/Check accepted.

Food Safety & Preservation

Learn about safe food preserving recipes and tricks by visiting the Safe & Healthy Food for your Family website:

https://fyi.extension.wisc.edu/safefood/recipes/



Direct Marketing & Licensing Resources



Check out the Quick Tips: Farmers' Market Vendors in Wisconsin for information on licensing and additional information on requirements for various products.

Scan the QR code or visit https://fyi.extension.wisc.edu/safefood/2022/03/20/
quick-tips-farmers-market-vendors-in-wisconsin

Please contact the Sauk County Environmental Health Department at (608) 355-3290 for more information on Food Safety & Licensing requirements.

Additional resources for direct marketing products & the licensing required:

- Direct Marketing of Meat and Poultry: https://datcp.wi.gov/Documents/
 DirectMktingMeatPoultry.pdf
- Department of Agriculture Trade and Consumer Protection (DATCP) Meat Safety
 Inspection Program: https://datcp.wi.gov/Pages/Programs_Services/MSInspection.aspx
- Wisconsin Local Food Marketing Guide: https://datcp.wi.gov/Documents/DAD/
 LocalMarketingFoodGuide 1 16.pdf

Sauk County Agriculture Community Groups

Sauk Soil & Water Improvement Group (SSWIG) (

The Sauk Soil & Water Improvement Group is a community of farmers and partners that share a common goal of improving soil health and water quality through regenerative agricultural practices and education to build resilient family farms and thriving rural communities. Learn more about the group and stay up to date with their programs and events by following them on Facebook.

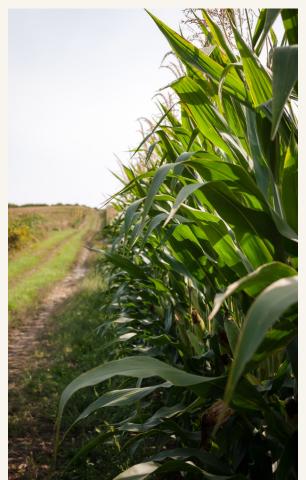
Producers of the Lake Redstone Watershed

The Producers of the Lake Redstone Watershed are working towards the goal of improving the water quality and soil health within the watershed. With a focus on innovative practices and on-farm research to improve conservation in and out of the watershed. Learn more about the group and stay up to date with their programs and events by following them on Facebook.

Farmer Angel Network (FAN)

The Farmer Angel Network is grassroots organization that builds strong rural communities that support agriculture by providing education, resources, and fellowship with a focus on mental health. FAN is a coalition working towards education on how to manage farm stress, how to support your neighbors, farmers, and advocacy for the farming community. Learn more about upcoming program or how to join the FAN by following them on Facebook.

If you or someone you know are experiencing chronic stress that is impacting your mental and physical well-being, relationships, and decision making, there are resources for you. There is a Wisconsin Farmer Wellness Program through the USDA website and a 24/7 hotline at 1-888-901-2559. They also have a lot of great resources available online at: www.datcp.wi.gov/Pages/AgDevelopment/FarmCenterOverview.aspx









Custom Quality Meats

Kenneth Yoder

S5167 Tuckertown Road, Loganville, WI 53943

608 - 986 - 2501

Open: Year-Round | Hours: 8 AM - 5 PM

Custom slaughtering for beef, pork, lamb, goat, chicken, selling 1/2 hogs, 1/4 beef, whole chicken. Also have individual cuts of beef and pork from USDA inspected facility Cash/Check accepted.

Echo-Y Farms

Darren Yanke

S7909 Skyview Road, Loganville, WI 53943 608 - 381 - 0656 l echoy4@gmail.com

G EchoYFarms

Open: Year-Round, Summer: Saturdays at Oak Grove Market I

Hours: By appointment only

Grass finished Aberdeen Angus raised sustainably on green pastures in the heart of Sauk County. Cattle raised on a 4th generation farm where land conservation is our main focus. Stop by to grab one pound or ninety pounds of delicious beef. Also schedule a farm tour as everyone enjoys watching newborn calves run wild in the summer grass! Cash/Check or Credit/Debit cards accepted.

WISCONSIN FACT # 1

Wisconsin exported \$3.96 billion of agricultural and food products in 2021 to 146 countries.

Wisconsin currently ranks 13th among U.S states in food, forestry, and agriculture exports.

Department of Agriculture, Trade, and Consumer Protection -Wisconsin Agriculture Statistics (updated April 28, 2022)



Hickory Hill Farm

Gretchen Kruse

S6551 State Road 23, Loganville, WI 53943 608 - 727 - 2302 (land line) I 608 - 659 - 2038 (cell)

hickoryhillfarmloganville@live.com

hickoryhillfarm

Open: Saturdays at Dane County Farmers Market, On-Farm by appointment, Delivery options available year-round |

Hours: By appointment only

Located 2 miles south of Loganville on Hwy 23, Hickory Hill Farm is a 4th generation organic family farm. Our products are MOSA certified organic and some are specialized and include: produce, herbs, canned acidified foods, vegan/wheat free taken-bake items, bakery items (vegan/wheat free), unique items, maple syrup, and edible flower. Primary sales are through the Dane County Farmer's Market as well as various local food fairs and events. On-farm sales available with prior contact. On-farm produce road cart may be open daily from late June-October (season production permitting).

Cash/Check, EBT card, Credit/Debit, Venmo, PayPal are accepted.

Hill and Valley Flowers

William Bontrager

S6383 Spring Valley Road, Loganville, WI 53943

Open: Summer - Fall I Hours: Monday - Saturday: 8 AM - 6 PM In season cut flowers, bouquets for any occasion and for that special someone in your life. Flowers say it in a positive and correct way, never as a negative. Also we sell retail or wholesale fresh or dried and seed garlic.

Cash/Check accepted.

Schlieckau Sorghum

David Schlieckau

S7324 Hwy. 23, Loganville, WI 53943

608 - 727 - 5647 l iwantsorghum@gmail.com

www.iwantsorghum.com

Open: Year-round | Hours: 8 AM - 6 PM

We are a 4th generation family farm located 4 miles south of Loganville on Hwy. 23, and have been producing sweet sorghum syrup the old fashioned way over an open fire since 1912. Schlieckau Sorghum is a member of the NSSPA and a licensed producer, supplying sorghum syrup to local businesses, orchards, local events and via the web.

Cash/Check accepted.

WISCONSIN FACT # 2

Wisconsin agriculture provides jobs.

Annually, **435,700 jobs** or **11.8%** of the state's employment.

On-farm production contributes **154,000 jobs**.

Processing contributes **282,000 jobs**.

Department of Agriculture, Trade, and Consumer Protection -Wisconsin Agriculture Statistics (updated April 28, 2022)

Simple Stuffed Peppers

These simple stuffed peppers are fun and flavorful. Use yellow, red, green, and orange peppers for a colorful dish.

Makes: 4 Servings

Ingredients:

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced-fat)
- 1 tomato, sliced
- 1 cup salsa
- Salt (to taste, optional)

Directions:

- 1. Preheat the oven to 400 degrees F.
- **2.** Cook brown rice according to package instructions.
- 3. Wash the peppers under running water.
- 4. Cut the tops off of the peppers and spoon out the seeds

- 5. Drain and rinse the black beans.
- 6. Combine the beans, rice, salsa, and salt (optional)
- 7. Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
- **8.** Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
- 9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
- **10.** Bake peppers for 30 minutes, top each with 2 tablespoons of cheese and continue baking for 15 minutes more.



Simple Stuffed Peppers. Retrieved April 30, 2022. www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-stuffed-peppers

Fruit Crisp

Slightly sweetened apples topped with a mixture of flour, oats, and brown sugar crumble baked until tender and golden brown. Substitute berries, peaches, or a mix of favorites.

Makes: 8 Servings

Ingredients:

- 3/4 cup white whole wheat flour
- 3/4 cup rolled oats
- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 1/3 cup canola oil (or unsalted butter, melted)
- 6 cups apples (peeled and diced)
- 1 Tablespoon white whole wheat flour
- 3 Tablespoons white sugar

- together. Add the oil (or butter) and toss again.
- 3. For the filling, fill the baking pan with the fruit and the remaining 1 Tablespoon of flour and 3 Tablespoons sugar. Mix well and then cover with the topping.
- 4. Transfer to the oven and bake until the fruit is tender and the topping is golden, about 45 minutes. Serve right away or cover and refrigerate up to 2 days.

Directions:

- 1. Preheat the oven to 350 degrees F. Lightly grease a baking dish with butter or oil.
- 2. To make the topping: Place the flour, oats, sugar, and salt in the mixing bowl and toss

Fruit Crisp. Retrieved April 30, 2022. www.myplate.gov/recipes/myplate-cnpp/fruit-crisp.

Note: Frozen unsweetened berries, like blueberries, can be used instead of apples.

Broccoli-Cheddar Frittata

This egg dish provides a quarter cup serving of vegetables during breakfast and uses reduced fat cheddar cheese and non-fat milk to limit fat. Prep and cook in about 30 minutes make this recipe an easy breakfast for both the weekday or the weekend.

Makes: 6 Servings

Ingredients:

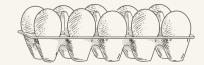
- 1 package (10-oz) frozen chopped broccoli
- 1/4 cup water
- 8 eggs
- 1/4 cup nonfat or low fat-milk
- 2 teaspoons seasoned salt
- 1 teaspoon seasoned salt
- 1/8 teaspoon pepper
- 3/4 cup shredded reduced-fat cheddar cheese (3 oz)
- 1 tablespoon chopped green onion
- 1 small carrot (diced)
- Nonstick cooking spray

Directions:

 Combine broccoli, carrot, if desired, and water in 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break

- up broccoli, about 10 minutes; drain well.
- 2. Beat eggs, milk mustard, salt and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion; mix well.
- 3. Coat same skillet with cooking spray; heat over medium heat until eggs are almost set, 8 to 10 minutes.
- 4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. Cut into wedges.

Note: Broil option: after removing from heat, frittata can be broiled, 6 in. from heat until eggs are completely set and no visible liquid egg remains, 2-3 minutes.



Broccoli-Cheddar Frittata. Retrieved April 30, 2022.
 www.myplate.gov/recipes/myplate-cnpp/broccoli-cheddar-frittata

Slow Cooker Beef Stew

Prepare this in the morning and let it cook all day, so that you can enjoy a healthy and hearty dinner as soon as you walk in the

Makes: 6 Servings

Ingredients:

- 2 pounds stew meat (cut into 1 inch cubes)
- 1/4 cup flour (all purpose)
- Salt and pepper (optional, to taste)
- 2 cups water
- 2 teaspoons beef bouillon (2 cubes)
- 1 garlic clove (finely chopped)
- 3 carrot (sliced)
- 3 potatoes (diced)
- 1 onion (chopped)
- 1 celery stalk (sliced)
- Add herbs as desired: bay leaf, basil, oregano, etc.

Directions:

- 1. Place meat in slow cooker.
- 2. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
- 3. Add remaining ingredients and stir to mix.
- 4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
- 5. Stir stew thoroughly before serving. If using bay leaf, discard before serving.



Slow Cooker Beef Stew. Retrieved April 30, 2022.

www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/slow-cooker-beef-stew

LYNDON STATION

Orange Cat Community Farm

Laura Mortimer

S1280B Cherry Lane, Lyndon Station, WI 53944

608 - 963 - 4231 | orangecatcommunityfarm@gmail.com

www.orangecatcommunityfarm.com

orangecatcommunityfarm

CSA shares delivered to Reedsburg, Baraboo, Lake Delton, Wisconsin Dells, Portage and La Valle. Farm stand at Baraboo Farmers Market

We are certified organic CSA vegetable farm located just off of Co. Hwy H, between Reedsburg and Wisconsin Dells. We offer weekly and every-other-week CSA shares over a 20 week summer season, an early season spring share, and a winter share to help you keep local produce on your table year round. Find us at the Baraboo Farmers' Market on Saturday mornings. It is a lot of fun. Come be a part of it! Cash/Check accepted.

NORTH FREEDOM

Omni Pastures

Alan Pinnt

E10749 County Road C, North Freedom, WI 53944

608 - 475 - 1599 | alan@omnipastures.com

www.omnipastures.com

• omnipastures

Open: Year-round | Hours: Contact us for appointment

A regenerative farm producing naturally grown beef, chicken, duck, lamb, firewood, veggies, fruits, and tree seedlings. Find our products at local farmers markets or order online from our store. Pickup available by appointment.

Cash/Check and Credit/Debit cards are accepted.

Veggie Emporium

Jacquelyn & Dan Enge

E8407 County Road C, North Freedom, WI 53951 561 - 603 - 1476 | ve.farmstand@gmail.com

O Veggie.emporium

Open: Late spring - October | Hours: 24/7 for self-serve

We provide our local community with fresh nutrient rich produce while building soil and promoting biodiversity. All of our produce is grown with organic and regenerative practices. Find our self serve farm stand, 1 mile west of Denzer, WI on County Rd C

Cash/Check accepted.

Wilkinson Farms

Jackie Wilkinson

E7071 Hwy. PF, North Freedom, WI 53951 608 - 415 - 0639 l gjtwilkinson@gmail.com

wilkinsonfarmsmeatandproduce

Open: Year-round

Establish in 2006, Greg, Jackie along with our 4 children run a crop and steer operation as well as raise pigs chickens and lamb! We have a produce stand with seasonal produce. (Vegetables, sweet corn, popcorn, ornamental corn, pumpkins, gourds, squash) our family takes great pride in how our animals and vegetables are raised. From our family farm to your family's table. #knowwhereyourfoodcomesfrom

Cash/Check, EBT card, Farmers Market Vouchers are accepted.

PLAIN



Cedar Grove Cheese

Robert Wills

E5904 Mill Road, Plain, WI 53577

608 - 546 - 5284 | info@cedargrovecheese.com

www.cedargrovecheese.com

f cedargrovecheese

Open: Year-Round | Hours: Varies Seasonally, Winter: 9 AM - 3 PM, Summer: 8 AM - 4:30 PM

We have made a wide variety of artisan and specialty cheese since 1878. Varieties include sheep and goat milk in addition to cow. Fresh cheese curds are nearly always available. Tours include history, cheese making techniques and environmental efforts. We love visitors.

Cash/Check and Credit/Debit cards are accepted.

Cliffbrake Farm

Deb Moses

S8524 Giese Road, Plain, WI 53577

608 - 712 - 2951 | cliffbrakefarm@gmail.com

www.cabincreekherbs.com

CliffbrakeFarm

Open: April - October | Hours: By appointment only

Located near Leland, we grow vegetables and flowers using organic methods. We offer local delivery, on-farm pick-up, and also do pop-up markets in the Sauk Prairie area and Bluffview. Please contact us or see our Facebook page for more information.

Cash/Check, EBT card, Farmers Market Vouchers are accepted.



Green Pastures Cattle Co.

Aaron & Courtney Feigl S8857 County Road C, Plain, WI 53577 608 - 393 - 1817 | greenpasturescattleco@gmail.com www.greenpasturescattleco.com

greenpasturescattle

Open: Year-Round I Hours: By appointment only

We raise Texas Longhorn cattle because they are so beautiful & their beef is inherently leaner. Our farm offers a few events per year where you can come out and visit the longhorns your shop at our on the farm store by contacting us & setting up a time. Cash/Check and Credit/Debit cards are accepted.

Mary's Organic Farm

Mary Nachreiner E3346 Kessinisch Road, Plain, WI 53577 757 - 660 - 9291 l mary5959@gmail.com www.marysorganicfarm.com

Marysorganicfarm

Open: Year-Round | Hours: 9 AM - 6 PM

Our small farm goal is to be sustainable & environmental stewards. We sell organic, no-soy, grass-fed beef & replacement stock for Belted Galloways, heifers, calves, & bulls. We have organic chickens for no-soy eggs and take orders for organic, so free, meat chickens.

Cash/Check and Credit/Debit cards are accepted.

REEDSBURG

Gavin Farms

Matt, Jim & Jenni Gavin E8128 State Road 23 and 33, Reedsburg, WI 53959 608 - 393 - 7415 | info@gavinfarms.com www.gavinfarms.com

G gavinfarms

Open: Year-Round | Hours: By appointment only

We are a 1st generation, family farm focused on caring for our animals, crops, and land with honesty and integrity in every step of the process. We are determined to provide quality, locally raised beef to our community in a transparent, easily accessible, and responsible way. Our beef is offered by the quarter, half, or whole and we strive to make the process of ordering simple and informative. Contact us for more information.

Cash/Check and Credit/Debit cards are accepted.







Highview Bison and Beef

Charles Gall

E6868 Highview Road, Reedsburg, WI 53959 608 - 524 - 4180 | 2gall4341@gmail.com Open: Year-Round | Hours: 9 AM - 5 PM

At Highview Bison and Beef we do our best to provide you with a high quality product. Selling bison or beef by the whole or half

Cash/Check accepted.

Jumping Jersey Meats

Amy & Marques Koenig E5861 Old Town Hall Road, Reedsburg, WI 53959 608 - 393 - 3396 | rabione04@gmail.com

jumpingjerseymeats

Open: Year-Round | Hours: 6 AM - 9 AM & 5 PM - 8 PM every day and by appointment.

Our family wants to provide you with the leanest, healthiest beef! We have been MOSA Organic Certified for more than twenty years over two generations. Come tour the dairy farm where you will see amazing views, animals, conservation practices, and try our steaks, roasts, ground chuck, and all-beef summer sausage!

Nue Erth Wormfarm

Jay Salinas

E7904 Briar Bluff Road, Reedsburg, WI 53959 608 - 415 - 0910 | Salinas.jay1@gmail.com www.nueerthwormfarm.com

nueerthwormfarm

Open: Year-Round | Hours: Call for appointment.

Wormfarm builds healthy soil for vegetables with compost, vermi-compost and extensive use of cover crops. We use no synthetic pesticides or fertilizers. We provide vegetable to shareholders in our CSA as well as at farmers markets in Reedsburg & Wisconsin Dells.

Cash/Check accepted.

Riverbend Livestock Farm

Ervin & Linda Borleske

E6248 Lane Drive, Reedsburg, WI 53959

608 - 524 - 2509 | sheep@rucls.net

Open: Meats available year-round, vegetables available June 1 – October 31 l Hours: CSA Pickup & Farm store open Monday/ Wednesday/Friday 10 AM - 6 PM or call for an appointment.

We take great pride in our farm that has been in our family over 150 years. Fresh vegetables, honey, maple syrup, and CSA shares available June through October. Lamb, beef, pork, and chicken available year-round by appointment. Our animals are rotationally grazed using "environmentally friendly" farm practices. We use no synthetic pesticides or fertilizers. Cash/Check accepted.





Valley Springs Farm

Don & Dorothy Harms E4381 County Road S, Reedsburg, WI 53959 608 - 524 - 2421 | valleyspringsbb@gmail.com www.valleyspringsbb.com

• valleyspringsfarmfreshbeef

Shop online or in person. Delivery and shipping available year-round I Hours: Thursdays: 3 PM - 6 PM, Saturdays: 9 AM - 12 PM, or by appointment

Attention to detail and a love for cattle have led this farm operation to maintain a sustainable small family farm. Our cattle are pasture fed with supplemental forage in the winter. Valley Springs Farm Fresh Beef- available at our on-farm store, local delivery, or shipped to your door.

Dorothy's Homemade Delights, also located at Valley Spring Farm, offers homemade jams and jellies, most made from homegrown apples, rhubarb, raspberries, and grapes. Available most times; please call ahead.

Cash/Check and Credit/Debit cards are accepted.

Valley Springs Farm Bed & Breakfast

Don & Dorothy Harms E4381 County Road S, Reedsburg, WI 53959 608 - 495 - 1096 | valleyspringsbb@gmail.com

www.valleyspringsbb.com
valleyspringsfarmfreshbb

Open: Year-Round | Hours: Check-in 4 PM - 6 PM,

Check-out 11 AM

alley Springs Farm Bed & Breakfast takes you out to the tranquility of the rural countryside. Don and Dorothy Harms welcome you to stay and experience farm living on their fourth generation family farm.

Cash/Check and Credit/Debit cards are accepted.

SAUK PRAIRIE

Six Sons Farm

Judy Fossen & Dale Gasser E7415 Spring Drive, Sauk City, WI 53583 608 - 438 - 4067 I judy@sixsonsfarm.com www.sixsonsfarm.com

a sixsonsfarm

Open: Year-Round | Hours: Saturdays at the Spring Green Farmers Market or by appointment

Six Sons Farm produces pickled vegetables, savory sauces, wild berry jellies and butter-based cookies. Handmade microwavable bowl cozies too. Purchase our products year-round at Spring Green's Farmers Market on Saturdays, 230 E. Monroe St, Spring Green. Baked goods, handmade kitchen textiles also available by appointment at our farm.

Cash/Check and Credit/Debit cards are accepted.

Tower Rock Farmstead Bakery

William & Alma Gasser S9010 Denzer Road, Prairie du Sac, WI 53578 757 - 660 - 9291 l trfbakery@gmail.com www.towerrockfarmsteadbakery.com

TowerRockBakery

Open: March - December | Hours: Fridays: 2 PM - 6 PM, Saturdays: 7:30 AM - 12:30 PM. You can also find us at the Baraboo Farmers Market

Naturally grown grains and freshly milled flours are used in our fresh baked breads, cookies, cupcakes; muffins & cinnamon rolls available Saturday mornings. A true farm-to-table bakery, we grow and mill our own fresh, non-GMO natural grains. Our bakery features handcrafted, small batch artisan breads & desserts-always from scratch- utilizing grains & produce grown right on our fifth generation dairy farm. Come taste the difference! Updates on Facebook. Located near the corner of Co. Rd PF & Denzer Rd, across from Tower Rock School. Call or email for special hours the of Thanksgiving & Christmas. Cash/Check and Credit/Debit cards are accepted.

WISCONSIN DELLS

Country Bumpkin Farm

Cindy Rhinehart

E9745 County Road P, Wisconsin Dells, WI 53965 608 - 254 - 2311 l info@countrybumpkinfarm.com www.countrybumpkinfarm.com

G countrybumpkinfarm

Open: May - October | Hours: 9 AM - 6 PM

Family fun on the Farm! U-pick and We-pick strawberries, blueberries, raspberries, fall pumpkins, squash, and fall décor, vegetables, honey, on-site CSA, flower baskets and assorted flower pots, yummy pies and other bakery items, hand dipped ice cream from Chocolate Shoppe in Madison, homemade caramel apples in the fall, corn maze, train rides to the pumpkin patch. The entire family can make memories exploring and playing in our Lil' Bumpkin Play Village & Petting Farm which includes: kid's zipline, obstacle course, full-size John Deere Combine jungle gym, and more. It is our goal to provide you with wholesome family fun AND great things to eat!

Cash/Check, Credit/Debit Card, EBT Card, and Farmers Market Vouchers are accepted.



Mary Tylka

S270 Birchwood Road, Wisconsin Dells, WI 53965 608 - 253 - 6804 l hiddenvalleymushrooms@gmail.com

HiddenValleyMushrooms

Open: Year-Round | Hours: By appointment only. Please call ahead for product availability.

Hidden Valley Mushrooms has been a family owned and operated producer and distributor specializing in various types of fresh/dry mushrooms since 1992. Our farm is certified organic and customizes orders for graduations, showers, wedding and family reunions.

Cash/Check accepted.





Meadowlark Community Farm

Lauren Kreutzer

W8130 Van Wormer Road, Wonewoc, WI 53968 608 - 464 - 3434 l farmers@meadowlarkcommunityfarm.com www.meadowlarkcommunityfarm.com

(iii) meadowlarkcsa

Open: May - December

Meadowlark Community Farm is honored to grow organic produce for out local community. We offer customizable spring, summer and fall CSA shares. Shares are available for pick up in Wonewoc, Hillsboro, New Lisbon, Necedah, Tomah, Mauston, and Reedsburg

Cash/Check, Credit/Debit Card, and EBT Card are accepted.

Wilderness Valley Stock Farm

Kim Wilcox

S1317 County Hwy. Y, Wonewoc, WI 53968 608 - 464- 3181 | wildernessvalley@gmail.com

wildernessvalley

Open: Year-Round | Hours: Call ahead

We are long time members of the Wonewoc Badgers 4H Club and we breed, birth, raise, and grow out many different types of livestock for fun, show, and meat. We direct market cuts or whole and 1/2 carcasses and focus on Healthy Grass-fed Meat Animals and Purebred Stock.

Cash/Check and Credit/Debit cards are accepted.

Sauk County Gardening Resources

Community Gardens

Community gardens are plots of land, usually within urban areas, that are rented by individuals or groups for private gardens or are for the benefit of the people caring for the garden. Sauk County has three garden spaces available at this time:

PRAIRIE DU SAC COMMUNITY GARDEN | 608 - 355 - 2700 or www.cityofbaraboo.com
PRAIRIE DU SAC COMMUNITY GARDEN | 608 - 355 - 3250
RIVER VALLEY COMMUNITY GARDEN | 608 - 588 - 6040 or www.rvacg.org





Master Gardener Program

In the Master Gardener Program, you receive 36-50 hours of horticulture training with UW Madison Division of Extension university specialists, faculty, and local experts. The course fee includes instructional materials, which you keep. To become a certified Master Gardener, you must attend the designated training sessions, volunteer time to your community, and pass a final exam. To remain certified, each year you will need to take 10 hours of additional training and volunteer 24 hours of your time. To learn more about the Master Gardener program visit: https://mastergardener.extension.wisc.edu/ or contact Tim Ripp, Sauk County Horticulture Educator, at 608 - 355 - 3250.

The Vegetable Garden

Gardening is a universal hobby. A vegetable garden can provide nourishing food, healthful exercise and profitable leisure for people of all ages. Vegetable plants, like other living, growing things, have certain requirements. They need a good fertile soil, water, sunlight, and protection from their enemies. The successful gardener knows these requirements and carefully fulfills them at the right time. This detailed publication covers all the fundamentals of vegetable gardening, including plant selection, management, and harvesting. Find a copy by contacting Extension Sauk County or visiting The Learning Store at https://learningstore.extension.wisc.edu (Harrison, The Vegetable Garden, SKU A1989)

Growing Vegetables in Containers

Live in an apartment or condo? You can still raise a garden's worth of flowers or vegetables in pots and other containers by mastering these methods. To learn more about container gardening, check out the "Container Gardening" publication by contacting Extension Sauk County or visiting The Learning Store at https://learningstore.extension.wisc.edu (Harrison, Container Gardens, SKU A3382)

Freezing Fruits and Vegetables

Would you like to enjoy bright, crisp garden green beans all year long? How about ripe juicy raspberries? Freezing lets you enjoy the bounty of your garden and orchards all year long. To learn more about freezing your harvest, check out the "Freezing Fruits and Vegetables" publication by contacting Extension Sauk County or visiting The Learning Store at https://learningstore.extension.wisc.edu (Ingham, Freezing Fruits and Vegetables, SKU B3278)

Compost Bins

Making your own compost is an easy, practical, and satisfying way make use of yard waste and table scraps. With this publication, designed for the home gardener, you'll be composting like a pro in no time.. To learn more about freezing your harvest, check out the "Freezing Fruits and Vegetables" publication by contacting Extension Sauk County or visiting The Learning Store at https://learningstore.extension.wisc.edu (Wen, Van Rossum, Making and Using Compost in the Garden, SKU A4021)

Rain Barrels

Rain barrels are a great way of reducing stormwater runoff and storing rain water for later distribution to gardens, lawns, and other uses around the yard and . Find more resources on rain barrels by visiting: https://fyi.extension.wisc.edu/sewraingardens/other-stuff/









Sauk County Pollinator Resources

Wisconsin Pollinator Protection Plan

The Wisconsin Pollinator Protection Plan is an educational resource meant to provide voluntary guidance and scientifically sound information for broad audiences. Users are encouraged to pull relevant information from this document to serve their specific needs or those of their organizations.

You can find a copy of this publication by visiting the Department of Agriculture Trade and Consumer Protection (DATCP) website at: https://datcp.wi.gov/Pages/Programs_Services/PPPResources.aspx (Department of Agriculture, Trade and Consumer Protection, The Wisconsin Pollinator Protection Plan, 2016)

Sauk County Pollinator Protection Resources

This website includes resources to help you learn more about pollinators and it also includes ideas on how you can support pollinators. Learn about local events, programs, funding opportunities to help restore or install pollinator habitat whether you are a landowner, farm, school or nonprofit, and more!

Sauk County Monthly Pollen Newsletter

The Sauk County Monthly Pollen Newsletter was created to highlight native pollinators and plants in an effort to bring greater awareness to our native species and the habitat they depend on. The publication runs once a month from April through October. You can find copies of the Monthly Pollen on the Sauk County Land Resources and Environment website at: https://www.co.sauk.wi.us/cpz/monthly-pollen-newsletter

Rain Gardens

Rain gardens, which are small, shallow areas filled with beautiful native plants, reduce polluted runoff from entering Wisconsin's waters. Creating a rain garden is a great way for homeowners, schools, businesses, churches, and other organizations to help protect our lakes and streams. Rain gardens capture 30% more water than a regular lawn and filter that water into the ground. This reduces the amount of water containing household fertilizers, pesticides, oils, and other contaminants from coming from our roofs, lawns, driveways, or parking lots running into storm sewers. Rain gardens are also a delight to view and are a nice place for birds and butterflies to live.

There are lots of great resources to help you plan and build your own rain garden. Check out the "Rain Gardens: A Guide for Homeowners and Landscapers" from the Wisconsin Department of Natural Resources (DNR) this publication is available online at https://dnr.wisconsin.gov/topic/Stormwater/raingarden (Wisconsin Standards and Oversight Council, Rain Gardens: A Guide for Homeowners and Landscapers, November 2018)





Sauk County Community Food Resources

Senior Farmers' Market Program

Each summer, the Aging and Disability Resource Center (ADRC) helps distribute the Senior Farmers' Market Nutrition checks. These checks are provided to seniors by the USDA to encourage shopping at local farmer's markets and eating more fresh fruits and vegetables. Eligible households receive \$25.00 in checks, which are spent just like cash at approved farmer's markets and farm stands. Please contact the ADRC with any questions at (608) 355-3289 or visit the ADRC website: www.co.sauk.wi.us/adrc/senior-farmers-market

Sauk County Food Pantry's

Please see this resource for a list of free food distribution sites serving Sauk County residents. More information can be found on the Sauk County ADRC website: www.co.sauk.wi.us/adrc/sauk-county-food-distribution-sites

WIC-Sauk County

You want to keep your family healthy and strong. The Women, Infants, and Children Nutrition Program helps do just that! WIC provides nutrition and Breastfeeding counseling along with a WIC Food Card to buy specific foods that helps keep you and your family strong and healthy, and more! You must be income eligible and under age 5, pregnant, breastfeeding, or had a baby in the last 6 months. Please contact the Public Health Department with any questions at (608) 355-4320 or visit their website: www.co.sauk.wi.us/publichealth/women-infant-children-wic

FoodShare

FoodShare can help you buy groceries. FoodShare benefits help buy nutritious food by depositing money on a QUEST card (a debit-like car) once a month. In Sauk County, call Angela Perez at (608) 515 - 4113 or call the FoodShare hotline at 1-877-366-3635.

If you are a farmer and you are interested in being a farmer that accepts Farmers Market checks, you can contact Joyce Smidl from the Sauk County Public Health Department at joyce.smidl@saukcountywi.gov or call (608) 355-3290. You can also find more information on the requirements to participate online:

www.dhs.wisconsin.gov/wic/fmnp/farmers.htm





