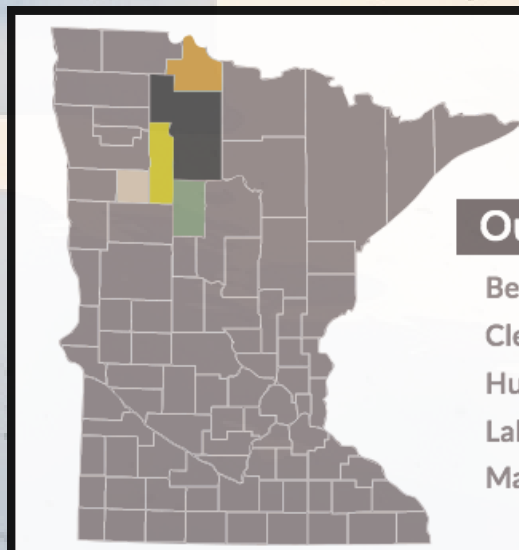


HEADWATERS LOCAL FOOD GUIDE



Our Region:

- Beltrami
- Clearwater
- Hubbard
- Lake of the Woods
- Mahnomen



Headwaters Local Foods Directory

Connecting schools and local producers

Welcome to the Headwaters Local Foods Directory! This resource is designed to bridge connections between schools and local food producers within the Headwaters Regional Development Commission (HRDC) region of north-central Minnesota.

Our aim is to promote healthy eating, support local agriculture, and strengthen community bonds through increased access to fresh, locally sourced foods for students and staff.

Why Local Foods?

For Schools:

- Access to fresh, nutritious food
- Educational opportunities for students
- Support for the local economy
- Reduced transportation costs & environmental impact

For Local Producers:

- Expanded market opportunities
- Direct relationships with schools
- Community recognition and support
- Contribution to a healthier future for our youth

How to Use the Directory

This directory provides a comprehensive listing of local food producers in the Headwaters region. Schools can use this resource to identify potential suppliers for fruits, vegetables, dairy, meat, and other locally produced goods.

Producers can use this directory to connect with schools and showcase their products.

Next Steps

- **Schools:** Review the directory and contact producers to discuss your needs and explore partnership opportunities.
- **Producers:** Ensure your listing is up-to-date and reach out to schools to introduce your products and services.

Together, we can cultivate a healthier and more vibrant Headwaters region!



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This directory is brought to you by a grant supporting local foods.

SUPPORTERS



FARM TO SCHOOL HIGHLIGHT

It's important to access local food for the health of our students and our local community. The food doesn't travel as far, is more nutritious, and tastes better. It can seem like a large task to source local food and we are hoping with this directory you will find it a little easier. Be sure to ask your farmers about whether they are washing their produce or can, at least the first wash to get dirt off. Don't be afraid to ask farmers if they can deliver. With bulk orders many are willing to. See what farmers have available and try to work that into your menu!



FRESH PRODUCE IS TASTY!


STORY FROM A SCHOOL CHEF

Change to healthy local food can be made. Just start small. Local meat is the easiest way to start and is available year round. Then in the spring and fall use one or two ingredients each week on your menu. Also, do a monthly highlight page in the school newsletter or lunchroom. Include a recipe for families to try. Let students know you are sourcing local food and to try it! Just one bite! Since I started local food 25% more kids eat school lunch!



SUPPORT LOCAL FARMERS

REACH OUT

 218-760-3212

 ALYNNETGL@GMAIL.COM

 FOOD SERVICE DIRECTOR/CHEF FOR SCHOOLCRAFT LEARNING COMMUNITY, AURORA WASAKONE COMMUNITY OF LEARNERS, VOYAGEURS EXPEDITIONARY SCHOOL, & TREK NORTH HIGH SCHOOL

A SEASONAL LOOK AT PRODUCE...

FALL

Onions
Radish
Spinach
Kale
Broccoli
Cabbage
Kholrabi
Beets
Carrots
Potatoes
Cauliflower
Cucumbers
Melons
Herbs
Peppers
Tomatoes
Squashes
Corn
Apples
Parsnips/Turnips
Pumpkins

WINTER

Many root vegetables are available from southern MN farms. Contact St. Paul Coop Partners to take advantage of this.

St. Paul Coop Partners
746 Vandalia St.
St. Paul, MN 55114
651-644-7000
<https://www.cpw.coop>

SPRING

Asparagus
Lettuce Greens
Green Onions
Radish
Snap Peas
Rhubarb
Spinach

BELTRAMI

Bemidji Area Farmers Market

200 Paul Bunyan Drive
Bemidji, MN 56601
Early July through September
Tuesdays 11:30 am - 2 pm
Thursdays 3:30 - 6 pm
218-694-2934

Natural Choice Farmers Market

Union Square 2nd St & Paul Bunyan Drive
Bemidji, MN 56601
Memorial Saturday through September
Saturdays 9 am - 1 pm
218-556-4761

Blackduck Farmers Market

Wayside Rest Park
Blackduck, MN 56630
July through September
Wednesdays 2 - 5:30 pm

Ashange Farmers Market

23744 Hwy 1 E
Red Lake, MN
July through September
Rotated between Redby, Little Rock,
Ponemah, and Red Lake
Check schedule at
www.4directionsdevelopment.com

Cold Bore Ranch

5008 Cold Bore Road SW
Bemidji, MN 56601
218-766-8193
www.coldboreranches.com
yak, wagu beef, apples

Grandpa Roy's Produce/Pickles

Bemidji, MN 56601
218-760-2085/218-760-1107
jjudkins@paulbunyan.net

Farms

218 Honeybees LLC

23347 Hwy 1 NE
Blackduck, MN
Daryl & Holly Davis
218-368-3299
218honeybees@gmail.com
honey

Red Lake Nation Foods

15550 Chippewa Ave
Redby, MN 56670
888-225-2108
www.nawapo.com
wild rice, jams, jellies, syrups

Red Lake Nation Fishery

19050 Highway 1
Redby, MN 56670
877-834-2954
www.redlakewalleye.com
walleye, perch, northern pike

Lone Rock Farms

5309 15th Street
Bemidji, MN 56601
612-655-3770
www.lonerockfarms.com
potatoes, tomatoes, peppers, honey, and variety
of other produce

Molnar Gardens

5298 Old Long Lake Rd
Bemidji, MN 56601
jmolnar@paulbunyan.net
218-368-2510
variety of produce

Red Barn Family Farm

6353 N Grace Lake Rd SE
Bemidji, MN 56601
218-333-1315
theredbarnfamilyfarm@gmail.com
beef, chicken, variety of produce



Grilled Walleye



2-4 servings



20 minutes

INGREDIENTS

4 4-6 oz. walleye filets

juice of 1 lemon

2 Tbsp olive oil

3 sprigs fresh rosemary

kosher salt & ground pepper

2 Tbsp chopped parsley

lemon wedges for serving

DIRECTIONS

1. Prepare gas or charcoal grill or use broiler oven. The fire should be medium-hot and the grill rack should be about 4 inches from the heat source.
2. Rinse the walleye filets and pat dry with paper towels. In a small dish whisk together the lemon juice and olive oil. Divide in half. Place rosemary sprigs on the top of the filets, pressing down. Season with salt & pepper.
3. Grill or broil the walleye about 5-10 minutes basting several times with the lemon juice oil mixture. The fish is done when the flesh is white and flaky and reaches 145 degrees.
4. Discard the rosemary. Drizzle the filets with the remaining lemon juice oil mixture. Garnish with chopped parsley and lemon wedges.

Recipe courtesy of Red Lake Nation Fishery

CLEARWATER

Bagley Area Farmers Market

Great Northern Dr
Bagley, MN 56621
July through September
Friday's 3 pm-6 pm
218-358-1990

Fosston Farmers Market

910 Hilligoss Blvd
Fosston, MN 56542
May through October
Saturdays 8 am - 12 pm
218-431-0717

Farms

Honeyberry USA

19736 350th Street
Bagley, MN 56621
218-694-3071
www.honeyberryusa.com
honeyberries, dwarf sour cherries, currants,
saskatoon berries, aronia berries, elderberries,
seaberries, and more

Ter-Lee Gardens

20027 320th Street
Bagley, MN 56621
800-251-1689
www.terleegardens.com
strawberries, asparagus, and wide variety of other
produce

Merry Gardens Farm

27081 Lower Rice Lake Rd
Bagley, MN 56621
218-467-0725
www.merrygardensfarm.com
tomatoes, apples, and variety of produce



Pickled Red Onion



1 cup



10 minutes

INGREDIENTS

1 large red onion

1 cup water

2 cup vinegar

1 Tbsp salt

2 Tbsp sugar

DIRECTIONS

1. Cut the onion any way you like, just be sure to slice it very thin - julienne, cut in half and thinly slice or thinly slice whole. Using a mandoline is also helpful. Stuff the onion tightly into a mason jar or jars.
2. Heat the water, vinegar, salt, and sugar over medium heat stirring until salt and sugar is dissolved and mixture is hot but not boiling.
3. Pour into prepared jars. Seal and let stand on the counter for 1 hour then refrigerate.
4. Make it fun by adding bay leaf, a few peppercorns, or herbs!

Recipe courtesy of Amber Lynne, chef & farmer

HUBBARD

Rustic Routes Small Town Market

US Hwy 71 & County 4 Intersection
Lake George, MN 56458
Memorial Day Weekend through
September
2nd & Last Sunday of every Month
12 - 5 pm

Nevis Farmers Market

Belle Taine Storage/Market Building
CR 18
Nevis, MN 56467
Late May through September
Fridays 4-7 pm

Osage Farmers Market

Corner of St Hwy 34 & Cty Hwy 48
Osage, MN 56570
May through October
Saturdays 9 am - 2 pm

Park Rapids Farmers Market

Main Ave & 4th St W
Park Rapids, MN 56470
May through October
Wednesdays & Saturdays 9 am - 1 pm

Farms

First Fruits Blueberry Farm

15364 130th Street
Menahga, MN 56464
218-732-1958
Find them on Facebook
blueberries

The 4 Word Farm

25590 240th Street
Nevis, MN 56467
Eric & Becky Hudrlick

Wright Way Farms

39385 County 39
Laporte, MN 56461
507-251-8590
Find them on Facebook
variety of produce

New North Farm

26764 County 9
Bemidji, MN 56601
812-212-5036
newnorthfarm@gmail.com
<https://newnorthfarm.com/>
variety of produce

Carter's Red Wagon Farm

14766 119th Ave
Park Rapids, MN 56470
218-732-4979
www.redwagonfarm.net
asparagus, rhubarb, and strawberries

Vibrant Farm

Guthrie, MN 56461



Roasted Radishes



2 servings



15 minutes

INGREDIENTS

2 bunches local radishes

1 handful of fresh thyme

extra virgin olive oil

zest of 1 lemon

2 Tbsp local honey

kosher salt

DIRECTIONS

1. Wash and halve radishes, cutting off tops and bottoms. Radish greens make great pesto or an addition to your sandwich or salad.
2. Preheat oven to 350 degrees. Remove leaves from thyme stems or if tender chop the stem. Zest your lemon. Saving the whole lemon for another purpose.
3. Arrange radishes on a lined baking sheet. Drizzle with olive oil and honey. Sprinkle lemon zest and fresh thyme over the radishes.
4. Bake at 350 degrees for about 20 minutes, until roasted and tender. Enjoy!

Recipe by Amber Lynne, chef & farmer

LAKE OF THE WOODS

Farms

Fresh Start Farmers Market

Hardware Hank Lot
804 Main Street West
Baudette, MN 56623
June-September
Saturdays 9 am - 1 pm
218-634-1331



Green Onion Pancake



2 servings



15 minutes

INGREDIENTS

2 local green onions

3 local farm fresh eggs

pinch of salt

1 Tbsp water

optional for serving:

Laoganma Spicy Chili

Crisp

DIRECTIONS

1. Slice green onions thinly using white and green parts.
2. Scramble eggs with salt and water. Add green onion.
3. Heat a small approximately 7-8 inch skillet with olive oil or cooking spray. When pan is warmed up but not hot pour in egg mixture. Fry on medium low heat until set, working the edges so they don't stick with a spatula. Flip if you are comfortable or use a lid to set the top of the pancake.
4. Turn out and garnish with Laoganma Spicy Chili Crisp or your favorite hot sauce.

recipe by Amber Lynne, chef & farmer

MAHNOMEN

White Earth Community Farmers Market

222 Main St

Mahnomen, MN 56557

June through September

Thursdays 3 pm - 6 pm

218-983-3286

Farms

Clay Hill Farm

3021 180th Street

Lengby, MN 56651

218-230-4515

clayhillprocessing@gmail.com

Find them on Facebook

beef, pork



Wild Rice



2 servings



30 minutes

INGREDIENTS

Your favorite squash - delicata or acorn work great

- 4 cups cooked wild rice, warm
- 2 cups shaved brussel sprouts
- 2 cups chopped apple
- 1 cup dried cranberries
- 1 cup of toasted nuts - hazelnut, walnut, or pecan or use pumpkin seeds

maple syrup, extra virgin olive oil, salt, pepper
balsamic or maple vinaigrette

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Halve or quarter squash and remove seeds. Drizzle with extra virgin olive oil, maple syrup, and sprinkle with salt and pepper.
3. Roast on a lined baking sheet cut side up until just tender, 20 -30 minutes. Flip over and finish cooking for another 10-15 minutes, until very tender.
4. Meanwhile, make wild rice filling by mixing the remaining ingredients. Fill squash when it comes out of the oven. Drizzle with balsamic vinaigrette or make Maple Vinaigrette!

Maple Vinaigrette: 1/2 cup apple cider vinegar, 1/2 cup neutral oil like canola, 1/4 cup maple syrup (or more to taste), 1 tsp whole grain mustard, pinch of salt, pinch of pepper. Mix with a whisk or use a small blender until smooth. Taste and adjust seasonings and sweetness. Enjoy!

Recipe by Amber Lynne, chef & farmer

Nearby Growers Outside of the Headwaters Region

Green Scene Farmers Market

617 Michigan Ave W
Walker, MN 56484
June through September
Thursdays 9 am - 2 pm
612-812-4272

Farms

RJ Acres

4085 Cty Rd 5 NW

Hackensack, MN

Cass County

218-536-9165

rjacres.com

Varieties of lettuce, swiss chard, kale, herbs, and microgreens



HRDC is a regional planning and development organization that serves local governments, development organizations, community leaders, and others in the five counties of Beltrami, Clearwater, Hubbard, Lake of the Woods, and Mahnomen in north central Minnesota. The HRDC can help these customers identify needs, develop appropriate solutions, and find the resources to carry out their plans. Most importantly we provide staff leadership to move our communities forward.

WHAT WE DO:

COMMUNITY DEVELOPMENT

HRDC Community Development staff work on projects to improve the lives of residents by addressing critical issues in collaboration with various stakeholders.

- Sustainability and Clean Energy**
- Community Action Plan Developing**
- Radio Board**

Statewide Health Improvement Partnership(SHIP)

ECONOMIC DEVELOPMENT

HRDC Economic Development staff work with regional and local partners to create new jobs by providing planning guidance, technical assistance, and services to government units.

- Planning Services**
- Revolving Loan Fund (RLF)**
- Board Management**
- Strategic Planning and Leadership**
- Regional Food Business Center**

HOUSING RESOURCES

HRDC offers a variety of housing resources to assist low and moderate-income households in achieving homeownership and maintaining safe, habitable homes

- Homeownership Assistance Programs**
- Home Improvement Program**
- Placemaking**

TRANSPORTATION RESOURCES

HRDC collaborates with MnDOT on regionally significant transportation projects, serving as experts, facilitators, grant writers, and planners to ensure a safe and reliable transportation network.

- Transportation Alternative (TA) Funding**
- Regional Transportation Coordinating Council(RTCC)**
- Active Transportation (AT)**
- Carbon Reduction Program (CRP)**
- Safe Routes to School (SRTS)**

CONTACT US

(218) 444-4732

1320 Neilson Ave SE Bemidji, MN 56601

www.hrdc.org

PO BOX 906 Bemidji, MN 56619

