



2019 CO-OP FARM TOUR GUIDE BOOK

SATURDAY, JULY 13 • 10AM to 4PM

Explore your local farms as they open their doors for a day full of fun, learning and discovery.





IT'S ALL ABOUT THE REAL PEOPLE BEHIND THE REAL FOOD.

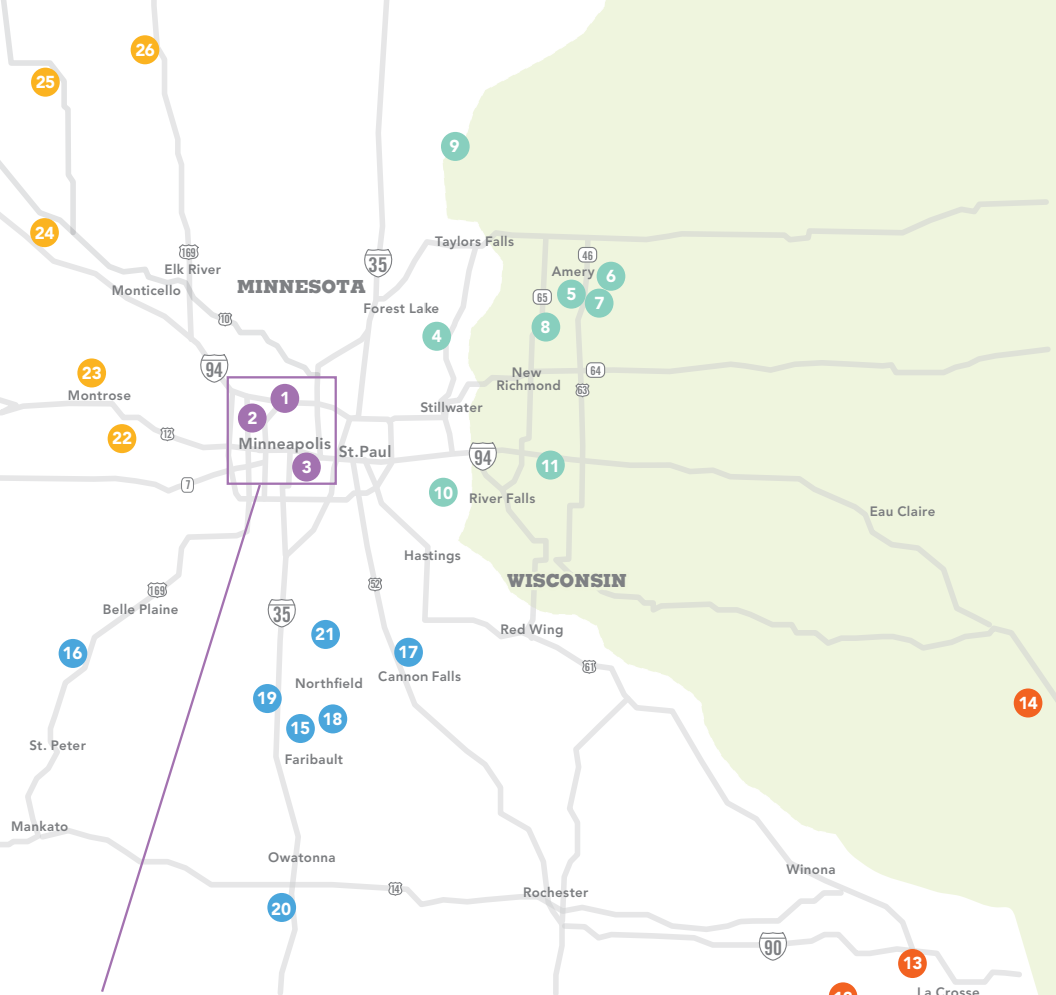
Visit Twin Organics owners and brothers
Jacob and Andrew Helling on the tour!

The Co-op Farm Tour is a unique opportunity to explore the farms in your area, to connect with the families that bring fresh food to your table, and to inspire one another to support our local food system.

On July 13th, over 25 local farms will open their barn doors to the public for tours, tastings and activities. The tour is a self-guided event and free for anyone to attend. For more information visit our website at coopfarmtour.com

The Co-op Farm Tour is brought to you by these local food co-ops who believe that supporting our local growers is vital to strengthening our communities and local food system.





REGIONS

URBAN

EAST

SOUTHEAST

SOUTH

WEST

Find an interactive map online at coopfarmtour.com

WHAT TO EXPECT

-  INTERACTIVE ACTIVITIES
-  GOODS for SALE
-  MUSIC
-  OPEN HOUSE TOURS
-  TOURS on the HOUR,
EVERY HOUR (10AM to 3PM)
-  NO BATHROOMS, plan ahead!
-  DEMONSTRATIONS
-  SAMPLES
-  FOOD TRUCK

TOURING TIPS

- GPS can be spotty in rural areas, check your directions on Google Maps before heading out
- Find an interactive map online at coopfarmtour.com, along with suggested itineraries and more details about the farms
- Bring a cooler to store the farm-fresh goods you find
- Stay on established paths and don't pick produce without a farmer's permission
- Leave pets at home
- Swing by the local co-op for snacks and drinks

URBAN

1. Mississippi Mushrooms

3750 N. Washington Ave.
Minneapolis, MN 55412



Mississippi Mushrooms uses locally sourced waste materials like sawdust and brewer's grain to grow fresh exotic mushrooms!

mississippi mushrooms.com

2. JD Rivers' Children's Garden

2900 Glenwood Ave.
Minneapolis, MN 55405



A garden just for kids, connecting them to the joys of growing, harvesting, and eating the delicious fruits (and veggies) of their labor.

minneapolis parks.org/jd_rivers_childrens_garden

3. The Beez Kneez

2204 Minnehaha Ave. S.
Minneapolis, MN 55404 (entrance on 22nd St.)

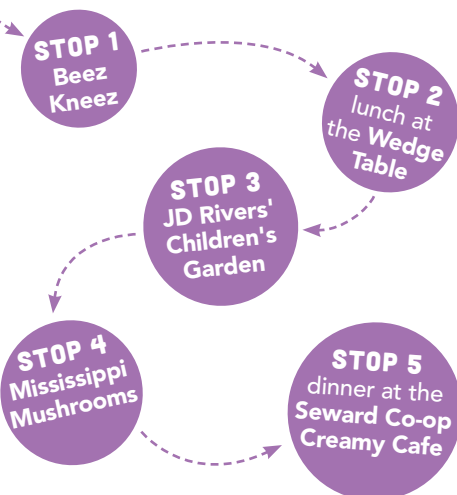


The Beez Kneez Honey House is a pedal-powered honey production and community beekeeping center.

thebeezkneezdelivery.com



MAKE A DAY OF IT!





EAST

4. Big River Farms

14220-B Ostlund Trail N.
Marine on St. Croix, MN 55047



Certified organic vegetable farm providing education and land access for beginning farmers, immigrants, and farmers of color; CSA and community events.

• **Live music!**

bigriverfarms.org

5. Blackbrook Farm

1150 35th Ave.
Amery, WI 54001



Certified Organic farm on 140-acres growing vegetables for CSA, raising pastured hogs and grazing Scottish Highland Cattle.

• **Wagon rides**

blackbrookfarmstead.org

6. Bull Brook Keep

765 50th Ave.
Clear Lake, WI 54005



We farm - so you can eat - with a tiny carbon hoofprint®: 72 acres of grass-fed-grass-finished beef. See cows move to fresh pasture at 10AM, 1PM and 3PM!

bullbrookkeep.com

7. Turnip Rock Farm and Cosmic Wheel Creamery

260 95th St,
Clear Lake, WI 54005



Certified organic vegetables farm and on-site creamery making a variety of sustainable, artisan cheese.

• **Hayride tours**

turniprock.com

8. Star Prairie Trout

400 Hill Ave.
Star Prairie, WI 54026



Premium quality trout raised all year round in ice-cold spring water.

• **Try out trout fishing on the farm!**

starprairietrout.com

9. Amador Hill Farm and Orchard

15715 River Rd.
North Branch, MN 55056



Amador Hill Farm & Orchard is a small certified organic farm, committed to four-season sustainable agriculture and operates as a program of the Women's Environmental Institute.

w-e-i.org & amadorhillfarm.org

EAST

10. Whistling Well Farm

8973 St. Croix Trail S.
Hastings, MN 55033



Family friendly apple orchard, featuring several of the latest varieties of Minnesota apples.

• **Complimentary all-beef natural hot dogs, chips and beverages**

whistlingwellfarm.com

11. White Pine Berry Farm

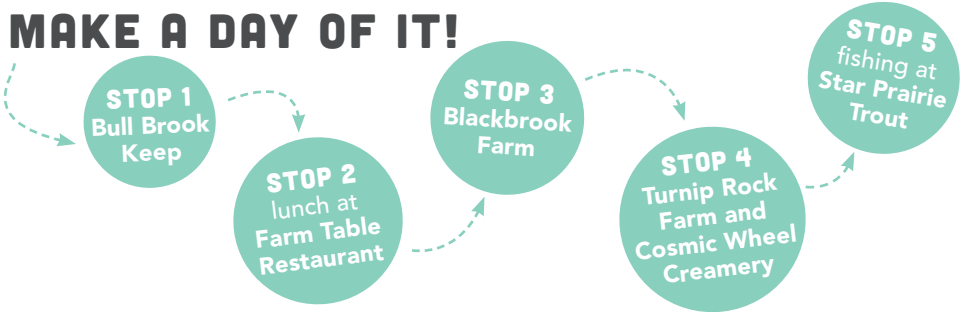
1482 Oak Dr.
River Falls, WI 54022



Organic pick-your-own berry farm with a beautiful red barn, farm animals and hay rides. Blueberry, raspberry and strawberry picking, depending on availability.

whitepineberryfarm.com

MAKE A DAY OF IT!



SOUTHEAST

12. Sweet 16 Farm

21215 State Highway 16
Houston, MN 55943



A picturesque destination farm in the heart of Minnesota's bluff country focused on sustainability and community. Cut flowers, fresh produce, and hops.

• **Live music and local beer!**

sweet16farm.com

14. Superior Fresh

W15506 Superior Fresh Dr
Hixton, WI 54635



Largest aquaponics facility in the world, local, fresh, organic, and truly sustainable with zero water wasted.

superiorfresh.com

13. Hoch Orchard and Gardens

32553 Forster Rd.
La Crescent, MN 55947



Certified biodynamic organic diversified farm with fruit, veggies, fresh cider, animals and more.

• **Enjoy their homemade hard cider and wine!**

hochorchard.com

MAKE A DAY OF IT!



SOUTH

15. Graise Farm

16914 Dixon Trail
Faribault, MN 55021



Experience ducks, chickens, pigs, goats, dogs, and cats living in harmony with nature on this re-purposed dairy farm. Narrated walking tours on the hour.
graisefarm.com

16. Little Big Sky Farm

30012 290th St.
Henderson, MN 56044



Naturally grown produce, flowers and microgreens with a Community Supported Agriculture (CSA) focus!
littlebigskymn.com

17. Ferndale Farm & Market

31659 Willow Trail
Cannon Falls, MN 55009



Third-generation free-range turkey farm. Treating turkeys like family since 1939.
• **Hayride tours**
ferndalemarketonline.com

18. Shepherd's Way Farm

8626 160th St. E.
Nerstrand, MN 55053



Shepherd's Way Farms is a pasture-based sheep dairy that produces artisan cheese.
• **Guided tours at 11AM, 1PM, and 3PM**
shepherdswayfarms.com

19. TC Farm

12456 Bagley Ave.
Dundas, MN 55019



Sustainable family farm raising pasture-based and organic-fed meats. Meet our laying hens and chickens!
https://TC.Farm

20. Hope Creamery

9043 SW 37th Ave.
Hope, MN 56046



Fresh handcrafted butter made every week in our historic creamery.
hopecreamery.com

21. Twin Organics

5680 290th St. W.
Northfield, MN 55057



An organic farm by twin brothers supplying vegetables for the Twin Cities.
twinorganics.com



MAKE A DAY OF IT!

STOP 1
Valley Natural
pack a picnic
lunch

STOP 2
Ferndale
Market

STOP 3
Twin
Organics

STOP 4
TC Farm

STOP 5
Hope
Creamery

WEST

22. Ames Farm

2425 County Road 127
Delano, MN, 55328



Nationally recognized honeybee farm producing unique single source honey.

• **Taste award winning honey!**

amesfarm.com

23. Riverbend Farm

5405 Calder Ave. SE
Delano, MN 55328



Certified organic vegetable farm dedicated to selecting and saving local seeds!

rbfcsa.com

24. Thousand Hills Lifetime Grazed

15554 Grover Ave. N.W.
Clearwater, MN 55320



100% Grass Fed Beef focusing on nourishing soil, plants, cattle and people by holistically grazing cattle throughout their lives.

• **Herd demos at 10AM, 1PM & 3PM**

thousandhillslifetimegrazed.com

25. Mighty Axe Hop Farm

8505 95th St. N.E.
Foley, MN 56329



Minnesota's largest hop farm bringing the best of MN terroir to brewers and drinkers across the country.

• **Learn about hops!**

mightyaxehops.com

26. Pluck Flower Farm

14841 140th Ave.
Milaca, MN 56353



Woman owned and operated farm using organic practices to grow fresh, seasonal flowers for you!

pluckflowerfarm.com

MAKE A DAY OF IT!

STOP 1
Wedge Co-op
coffee and
pack a picnic
lunch

STOP 2
Thousand Hills
Lifetime Grazed
10AM herd
demo

STOP 3
Mighty Axe
picnic lunch

STOP 4
Pluck
Flower
Farm

