

# *Guide to Home Grown Produce*



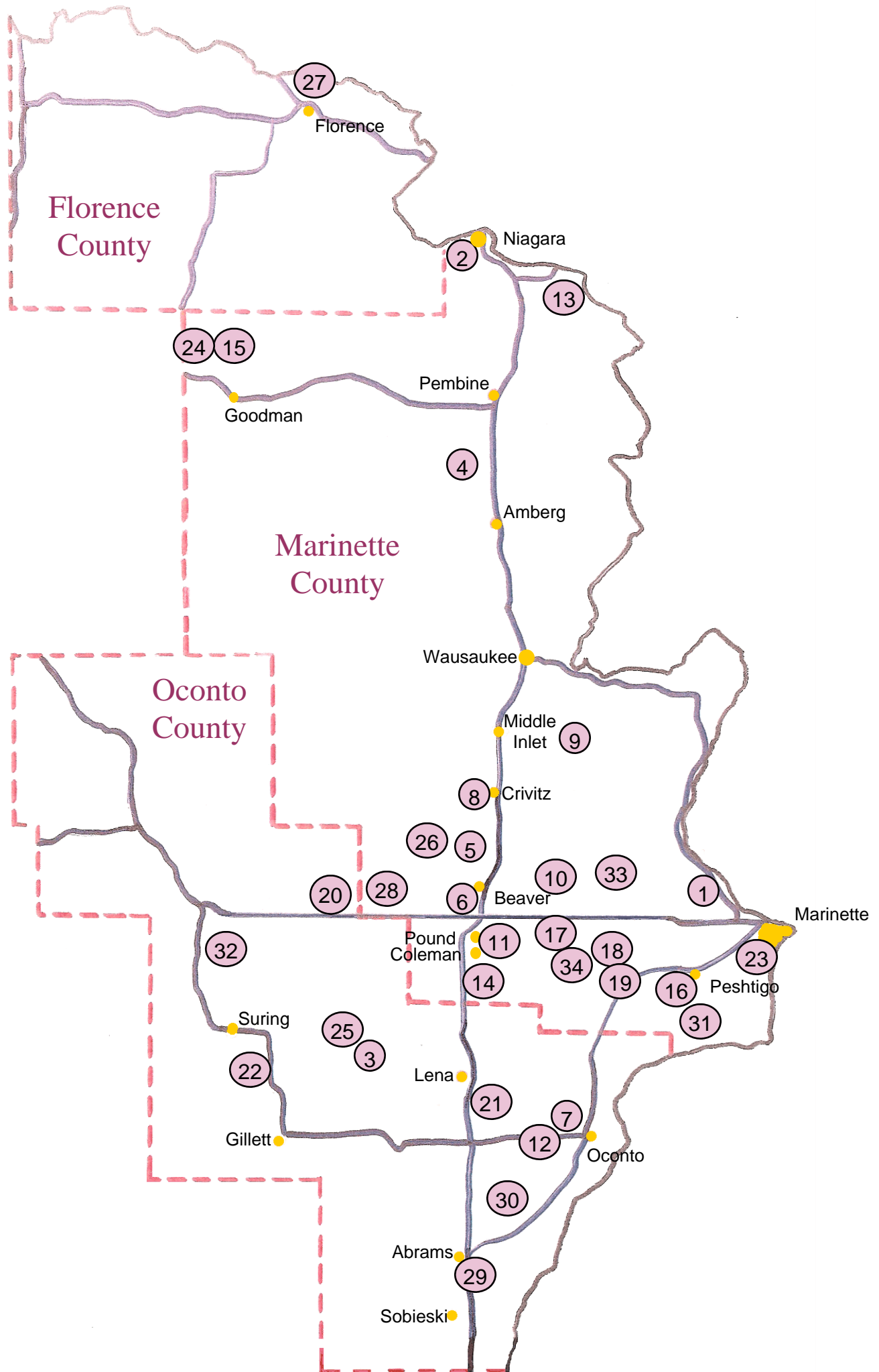
*in Marinette, Florence and  
Oconto Counties, Wisconsin*

Your Source  
For Fresh Produce

Distributed by The University of Wisconsin Cooperative Extension  
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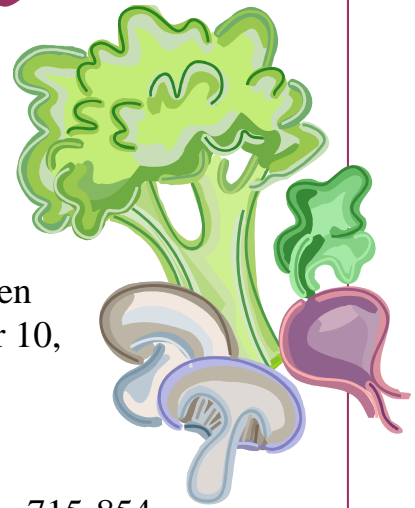
# Farmers' Markets

**Marinette:** The Main Street (farmers') Market is held Tuesdays and Fridays throughout the growing season, starting at 7:00 a.m. Location: Merchants' Park, on the corner of Main and Wells Streets in downtown Marinette. For more information call 715-732-5120.

**Crivitz:** Farmers' Market held Saturdays at The Green Thumb Garden Shoppe, 913 Mira Street, Crivitz (715-854-3250) July 11—October 10, 8:00 a.m.—noon. (WIC vouchers accepted.)

Flea Market: Memorial Day weekend through Labor Day weekend. "Downtown" Crivitz, 800 Henriette Ave., Crivitz, WI 54114 . Phone: 715-854-2030. Hours of operation: 7:00am—2:00pm

**Oconto:** The Farmers' Market is located in the parking lot of the Oconto County Courthouse. First and third Thursdays of each month, 11:30 a.m.—4:30 p.m., July 2—October 1. Call 920-834-7072 for more information.



## 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 amounts of the checks 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 Sherry Stender at the Dept of Health and Human Services, 2500 Hall Avenue, Marinette; phone 715-732-7688.

Any 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 715-508-4837.

### Marinette Farmstands

Corner of Hwy 64 and 180, BP Gas Station Daily 10-5pm

County B, Golden Sands Mini Mart Daily 10-5pm

Marinette Ave, Next to Mickey Lou's Daily 9-6pm

Corner Hwy 41 and Cty T, Holiday Gas Station Daily 9-6pm

### Peshigo Farmstands

N3439 Jandt Rd, Wed, Sat, Sun - 9-5pm: Mon, Tues, Thurs, Fri - 8-5pm

W3023 Hale School Rd, Tues, Fri, Sat, 10-5pm

Wagner Farm, W5605 Hwy 64, Daily 9-6pm

### Crivitz Farmstands

Shell Gas/McDonald's Lot, Daily 9-5pm

One Block south of McDonald's, MEGA Parking Lot Daily 10-5pm

Beaver Trading Post Parking Lot, Daily 10-5pm

Crivitz Flea Market Across from City Hall - Thurs 7-2pm

Al Salewsky's Yard, 3041 Hwy 141, Daily 9-7

### Pembine Farmstand

Corner of Hwy 141 and 8Thurs 9-4, Fri 9-5, Sat 9-4, Sun 9-2

## *Where to find the produce on the map*

<b>Produce:</b>	<b>Available at Number:</b>
<i>All vegetables</i>	<b>3, 4, 14, 17, 18, 19, 21, 31</b>
Apples	13, 14, 22, 27, 31
Asparagus	10, 29
Beef	20, 25, 26
Bison	24
Blueberries	12, 32
Cauliflower	23
Carrots	20
CSA	21, 30
Eggs	10
Fall decorations	2, 19, 29
Garlic	9
Ginseng	28
Grapes	14, 22
Honey	11, 15

<b>Produce:</b>	<b>Available at Number:</b>
Maple syrup	6, 11, 13, 16, 19
Melons	12
Onions	20
Organic	4, 7, 20
Pears	22
Plums	14, 22
Potatoes	5, 6, 16, 20
Pumpkins	2, 6, 7, 13, 16, 23, 29
Raspberries	1, 12, 13, 31, 32
Rhubarb	29
Squash—Winter	6
Strawberries	8, 12, 29, 31
Sweet corn	6, 12, 16, 23, 29
Tomatoes	12, 16
Watermelons	12

# Farmers/Growers/Producers

## 1. Ann & Adam Kresl

N5071 Deer Trail, Marinette WI 54143  
(Hwy 180 to Nettleton Road to Deer Trail—  
approximately 3 miles north of the City of  
Marinette)  
715-732-9870—Call ahead for appointment: PYO  
or pre-picked  
Raspberries - Start picking first week in July

## 2. Dave & Sharon Antonissen

W8703 Cty N., Niagara  
1½ miles w. of 141 on N 715-251-3866  
Pumpkins, Decorative Corn Stalks - end of  
September, early October

## 3. Alan and Barbara Hager

7798 Pagel Lane, Lena WI 54139  
Northwest of Spruce on Cty A West 920-829-  
5037  
Please call ahead for availability  
All varieties of vegetables June 1 thru September  
30

## 4. Ravenwoods

Janine Strzyzewski, N16718 Smeester School  
Road, Pembine  
715-324-5575  
Organic Produce. Call for more information.

## 5. Joe Fiedorowicz Farms

W7982 W 22<sup>nd</sup> 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. Holley's Harvest

N5137 21st Road, Crivitz  
1 mile W. of Beaver on Cty P to 21st Rd N. 920-  
897-2688  
Maple syrup, Potatoes, Sweet Corn, Pumpkins,  
Winter Squash - In season

## 7. Harvest Headquarters

6485 Van Hecke Avenue, Oconto 920-834-2562  
lisabenoit2@msn.com  
Pumpkins, Organically Grown Produce, Crafts,  
Petting Zoo 1—Nov 15

## 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.

## 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. Dale Reisner

W6963 Cty P, Porterfield 715-789-2841  
Asparagus mid-May - mid-June.  
Fresh Eggs

## 11. Patz Maple & Honey Farm

241 River Drive, Pound  
<http://www.patzmapleandhoney.com> 800-897-  
2488  
wholesale/retail/mail-order  
Maple Syrup, Granulated Maple Sugar, Maple  
Cream, Maple Candy, Honey - Creamed & Liquid  
(10 flavors), Comb Honey, Honey Straws,  
Gourmet Honey Mustard — Year Round

## 12. Garden Spot

3645 Highway 22, Oconto 920-834-9237  
Spring bedding plants and fruit trees  
Strawberries, Sweet Corn, Cantaloupes, Tomatoes,  
Raspberries, Watermelons, Blueberries 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, Maple Syrup, Raspberries, Pumpkins, and  
Bakery



# Farmers/Growers/Producers

## 14. Bobwhite Trout & Bait

W8860 Benser Lane, Coleman (off Hwy 141, 3 miles south of Coleman)

920-897-3812 we pick/PYO available

Almost all vegetables available, *except asparagus!*

Fruits available include Grapes, Plums, Apples

Early vegetables available around July 1. Produce available from then through fall and early winter

## 15. Kanters Northwoods Wildflower Apiaries

N19444 Cty H, Goodman

715-336-2728—Call ahead or email:

kanters@centurytel.net

Locally produced raw Honey

## 16. Wagner's Sugar Hill

564 French Street, Peshtigo

715-582-3243 call ahead. We pick

Potatoes, Sweet Corn, Tomatoes, Pumpkins, Pure Maple Syrup Sold at Hwy W & 64, and Peshtigo - Hwy 41

## 17. Wagner's

W5604 Hwy 64, Peshtigo 715-789-2471

we pick

Beans, Tomatoes, Peppers, Cukes, Carrots, Onions, Sweet Corn, Potatoes

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

- Apples, 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

Potatoes, Onions, Carrots, Organic Potatoes

Grass-fed beef Late August

Thru December

## 21. Johanna Olson

6366 Frederickson Road, Lena 920-834-4587

C.S.A. Shares available

Most vegetables available in season

## 22. Maple Valley Orchards & Nursery

11541 Claywood Road, Gillett

6 miles north of Gillett on Hwy 32 to Claywood, then ½ mile west

920-842-2904. Pick your own. Call for more information

Pears, Plums, Grapes, Apples (many varieties of each)

August 1 thru November

Also fruit trees, shrubs, hardy roses Open daily

## 23. Jim VandeHei

W2143 Old Peshtigo Road, Marinette (corner of Old Peshtigo and Rader Rd) 715-735-7807

Sweet corn -3<sup>rd</sup> week in July

Cauliflower -September-fall

Pumpkins -fall

## 24. Armstrong Creek Bison Co.

Walter & Kathleen Wysocki

8109 County Line Road, Armstrong Creek

715-336-2351, fax: 715-336-2050, email:

wysochi@acbison.net

web: <http://www.acbison.net>

100% Bison meat. All cuts are state inspected and

cryovaced (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 feed lots, no grain, no

antibiotics, no growth hormones or stimulants.

# Farmers/Growers/Producers

## 25. Wellens Beef Farm

Richard Wellens 9115 County K, Lena WI 54139  
920-373-4262—Call Ahead

All natural grass-fed Beef (1/2 or whole) -  
September-November

## 26. Baranek's Farm Fresh Beef & Cheese Mart

Rich Baranek, 600 Main Avenue, Crivitz 715-  
854-7676

"Naturally Raised" Quality Beef, corn fed, no  
growth implants.

All beef cuts sold in our store. Also sold by whole,  
half or quarter. Year round. Also Natural Pasta  
Sauces, Maple Syrup, Honey, Jams etc. Fresh  
Produce in summer. Store hours: *May-December—*  
*Mon-Sat., January-April—Wed.-Sat.*

## 27. Rural Girls

(Near Florence)

715-696-6151—Call to place order

Apples and Deer Apples - September through  
mid-October

## 28. N.E.W. Gardens

Ron Tachick, W11202 W 6<sup>th</sup> Road, Pound  
920-897-4343 (best time after 5pm)

Ginseng. 500mg caplets: 100% Wisconsin ginseng,  
50 and 100 count. Available by the dozen or case.  
Year round

## 29. BerryLand

Tony & Kris LeFebre, 5810 Heimke Lane, Abrams.  
920-826-7297, on the web at <http://pickberryland.com>

Call ahead for picking times, availability, and to  
order pre-picked. Open daily in season  
Two locations:

(1) Off Hwy 41-141 take Abrams Exit 185 then go  
North on the West Frontage Rd (EE) to  
BerryLand.

Asparagus - May/June (PYO/picked)

Rhubarb - May/June (picked)

Strawberries - June/July (6:30 am—7:30  
pm PYO/picked)

(2) Off Hwy 41/141 take Abrams Exit 185 then go  
North on the East Frontage Rd, then left to 5687  
Steinkraus Ln (look for our white tent)

Sweet Corn - Aug/Sept

Pumpkins - Late Sept. Thru Oct (Mini to  
giant, pie and painted) (9 am—5:30 pm daily)

Also: stalks, bales, squash, gourds, decorative corn,  
fall decorations, haunted hay rides Saturdays and  
Sundays in October, noon-4pm (weekdays-by  
appointment)

## 30. Nichols Gardens

4295 Co. Road J, Oconto WI 54153

Two miles north of Hwy 41 on Co. J

920-834-3860, email: [nichols44@ez-net.com](mailto:nichols44@ez-net.com)

CSA (Community Supported Agriculture)

Sign up for basket size to pick up weekly.

## 31. Russ Coble

W3023 Hale School Road, Peshtigo. 715-582-3668  
(order at 2C's Game Farm) Call ahead for large  
orders.

Most vegetables (NO asparagus)

Strawberries, Raspberries, Apples

Crivitz Flea Market—Thursdays 7 am—1 pm

Memorial Day to Labor Day

## 32. C R Berries

12978 Wendt Road, Suring 920-842-2728

Call ahead.

Pre-picked or PYO

Blueberries, Raspberries - Early July thru August

## 33. Edgar Voelker

W4369 Mudbrook Road, Marinette WI 54143

Located 1 mile west of downtown Porterfield.

715-789-2445

Call ahead

Raspberries (pre-picked), starting July 10th)

## 34. Farmer's Pocket (Bridget, Delia, Mike

Paquette) W5221 Loucks Road, Peshtigo WI 54157

715-789-2497. Growing a variety of vegetables;  
special orders taken. CSA delivery to surrounding  
areas once a week June through October

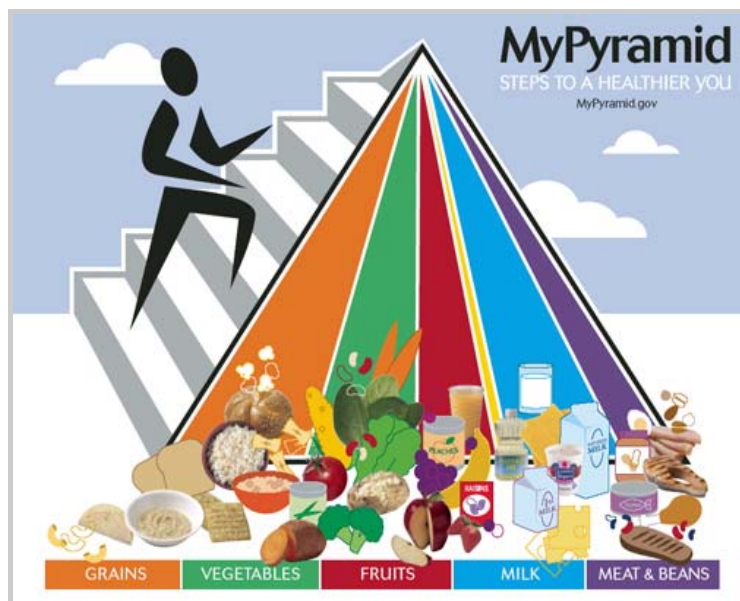


## What can UW-Extension do for you?

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; 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.MyPyramid.gov](http://www.MyPyramid.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/](http://www.health.gov/dietaryguidelines/).