

Harmony's Local Growers Guide



**Virtually meet your local food producer
with Harmony's Digital Local Growers Guide!**

See firsthand the dedication, heart, and hard work that goes into producing all of the products you've come to love. As this document grows throughout the years so does Harmony's commitment to local!



Bar Bell Bee Ranch
has been Harmony's
main supplier of local
honey for decades.

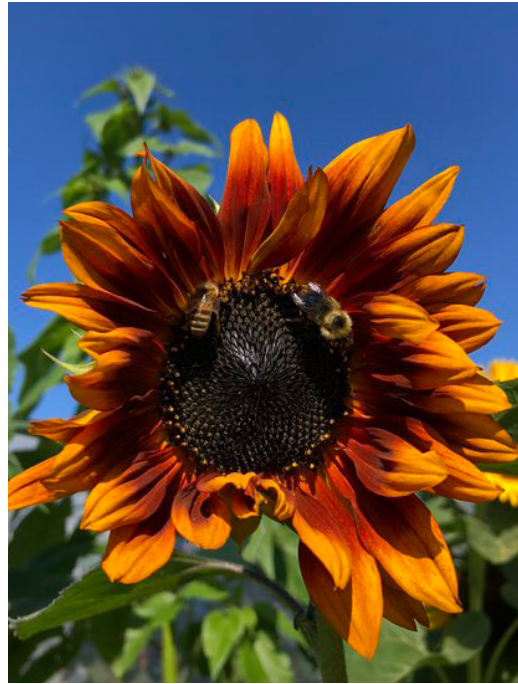


S. LAKE, MN

www.barbellbee.com

Family owned apiary since 1976

Bar Bell Bee Ranch prides itself on their sustainable practices and supporting the local environment and economy.



“The cooperation of farmers to let us use their land for our bee yards has been invaluable to our small commercial apiary”

Bar Bell Bee Ranch produces honey and beeswax from our apiary of 700-1000 colonies of honeybees



CLEARWATER PRODUCE

Ivan's Farm in Leonard, MN is a longtime partner of Harmony Co-op's and we are proud to carry their produce all year round.



LEONARD, MN

Ivan is a staple in our community. He and his family raise their produce and livestock with natural, sustainable methods and only the finest care.



Describe why you started farming: We want to make our living by doing something of value to our part of the world. Our farming lifestyle allows us to pass our values on to our children.

Describe your farm operation: We rotate our produce over approx. 50 acres, returning the fields to pasture for cows and horses after 3 years in production.

Describe your farming ethic: We're pretty much old-fashioned; we rotate cows across the acreage, use horse drawn equipment, and haul hog manure from the barns for the fields.



GITIGAANIKE INITIATIVE

was created with the goals to decrease diet-related health issues, increase access to local healthy foods & develop a local foods economy incorporating community beliefs & attitudes about contemporary & traditional foods.



RED LAKE NATION, MN

Gitigaanike encompasses Project Grow

a reservation-wide program to encourage home gardening, land stewardship, and healthy eating habits. Every year, we till about 400 home gardens, 100 in each of the four districts of Red Lake, and distribute a packaged seed kit to each home.



Describe your farm operation: We are dedicated to training new farmers every year, so through our Farmer-Trainee program we develop new farmers & pass on knowledge about growing. Second year trainees are given their own plot at our Farm Incubator to test the ropes of farming & produce their own products, to see what interests them most.

Describe your farming ethic: We grow organically & more importantly, we try to grow food in culturally relevant ways. At times we operate 3 sisters gardens, put down tobacco, have our farm blessed in the spring & give thanks to the Creator. Above that, we add local composted manure & fermented organic fish for fertilizer applications.



HONEYBERRY FARM USA

These healthy berries can be eaten fresh off the bush, or used fresh or frozen in your favorite blueberry recipe.

Honeyberry Farm



BAGLEY, MN

www.honeyberryusa.com

The flavor of honeyberries reminds some people of blackberry, cherry and even grape or kiwi. With a very thin skin, the zesty berries melt in your mouth!



Describe your farm operation: We offer 6 acres of specialty berries for U-Pick and grow nursery stock on another half an acre. A commercial jelly producer makes up batches of jelly which we can sell to local stores - like Harmony Co-op!

What makes these crops unique? Honeyberries are our trademark berry but we also offer tart cherries, juneberries (saskatoons), black, red, pink and white currants, elderberries, aronia berries and seaberries.

Did you know... Honeyberry USA partners with another Harmony Producer, Ice Cube Enterprises, to make wild berry antioxidant tincture?!

ICE CUBE ENTERPRISES

Chaga has proven itself to be one of nature's oldest, safest, and most powerful medicinal full spectrum extraction mushrooms, that stimulates the body to heal itself.



www.theicecubetray.com



Describe why you started producing chaga products?

In 2011 we learned about the amazing healing properties of chaga mushrooms, and began processing and selling it. We are now one of the largest professional chaga operations in MN, and have an ever-growing line of all natural herbal remedies. Harmony carries ground chaga in Bulk, course and chunk chaga in Produce, and Chaga Tinctures in Wellness.

Describe your farm operation: We make over 20 different tinctures. All triple extracted alcohol based products. Uses range from anti-inflammatories to immune system boosters to

anti-viral and anti-bacterial, heart health and skin conditions to name a few. All product extracted is either wild harvested or organically purchased.

Foraging Procedures

Our foragers harvest only wild grown Chaga with the following restrictions:

1. No power tools are used in removing Chaga.
2. They may only harvest off live birch trees.
3. They may only harvest "softball" size or larger.
4. When harvesting Chaga, foragers may not "dig out" from the interior of the tree.

Inspecting & Processing: Chaga is harvested and brought to our store fully dried. I then personally inspect all Chaga before it is purchased. Next, the Chaga is processed into chunks, ground or tinctures and then packaged. All of our processing is completed in accordance to MDH & FDA regulations.





FOX FARM PORK



BROWERVILLE, MN

Hogs are our specialty. We also raise non-GMO corn and beans to feed to our hogs, and bag feed for others who wish to purchase non-GMO feed.



Describe why you started

farming: I've been raising hogs since I was 14 years old. Since then, I've always wanted to follow through from farrowing (birthing), feeding (fattening) and preparing them for the table!



Describe your farm operation: We own 80 acres and rent more land besides. We have a MN-state inspected meat processing plant on our farm. We raise our own hogs, and process them on-farm. We offer all the various pork cuts besides value-added products such as lard and many kinds of sausages. Our hams and bacons and other smoked products are cured with naturally-occurring nitrites from celery juice.

Describe your farming ethic: The fodder from our crops is used as bedding pack for our hogs. That used bedding is then composted with the refuse from the processing plant. The finished product is spread on the fields as fertilizer to help create a sustainable cycle.

NATURAL WAY Mills Trust

Ray and Helen Juhl of Middle River, Minnesota, founded Natural Way Mills in 1973. They fulfilled their dream of providing an alternative to the 20th century diet of additive-laden, processed foods



MIDDLE RIVER, MN

The Juhls believe completely in their naturally grown and produced products, especially so in face of the present growing awareness of chemical residues in food and more recently the genetically modified organisms (GMO) affecting grains and the harmful effects they may have on the human body.



Natural Way Mills is dedicated to providing foods that can increase well being and life in the new millennium!

Ray and Helen Juhl founded Natural Way Mills in 1973.

They fulfilled their dream of providing an alternative to the 20th century diet of additive-laden, processed foods. Natural Way Mills currently processes and markets ORGANIC, NON-GMO whole grains, flours, and cereals.

Merry Gardens — farm —



Everything we plant
is grown according
to organic standards
and practices.



www.merrygardensfarm.com 

As a certified organic farm
we use only natural, non-synthetic
methods of maintaining soil health.



Describe why you started farming? Love of working with the earth. Irreplaceable value of healthy foods and healthy planet. Feeds the body, feeds the soul!

Describe your farm operation: We have two high tunnels and two smaller greenhouses plus a hot house for starting plants in early spring.

Describe your farming ethic: We practice crop rotation and light till. Pest management is with biological applications or other proven natural methods. Drip tape helps deliver water efficiently. We use a wood boiler to heat our hot house in early spring. We have a couple of small tractors with implements that help us get the field work done. Planting is done with push behind seeders designed for the variety of seeds and size of farm we have.

MILLER HOLSTEINS

Harmony works hand-in-hand
with local farms and food producers to
bring you and your family fresh, local food.



**“ We started farming organic sweet
corn because we love it! It is delicious!”**
“Great customers have been invaluable to us”

PRAIRIE SPY ORCHARD

Alan “Lindy” Linda has been growing and developing apple varieties for over 40 years



NEW YORK MILLS, MN

When you buy local products, more money stays in your local community, making it even more economically resilient and sustainable!



Describe why you started farming? I didn't want to eat apples sprayed with commercial herbicides and pesticides.

Describe your farm operation. I protect the fruit from chewers with screen, I water when needed, I prune every year and I spray frequently with home-made hot pepper juice to keep deer away!

Describe your farming ethic. I do not use herbicides or pesticides.



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economically resilient and sustainable!



REDBY, MN



Red Lake Nation Fishery's mission
is to sustainability manage, harvest, and prepare
superior quality wild fish products, inspired by our
Native American culture, and deliver them directly to
your doorstep. Our products are purchased and shipped
daily, so our customers are able to enjoy the highest-
quality fish products available anywhere on earth.



We are the **ONLY** American Indian tribe in the U.S. that grows and harvests our own wild rice on local lands.



Red Lake Nation Foods is wholly owned and operated by the Red Lake Band.

Our mission is to offer unique, specialty natural foods and gift products which represent our cultural heritage for the benefit of over 9600 members of the Red Lake Nation. Harmony Co-op proudly carries our wild rice and wild rice flour, as well as a selection of locally-harvested jams and syrups. We are pleased to share the bounty of the harvests.



My mission is to make delicious nutritious, value - conscious mixes that you'll enjoy preparing, and your family (and friends) will enjoy eating.



PARK RAPIDS, MN



Describe why you started food production? Everything I make has to be wholesome. No artificial ingredients or preservatives, no MSG or aspartame. I don't want my kids and grandkids eating that stuff--and I don't want yours to, either.

What do you consider your specialty product(s)? Our soup mixes are made with locally-grown wild rice, whole grains, herbs and spices, and healthy vegetables.

Describe your food production ethic. We are a family owned and operated business and all of our packages are made by Minnesota companies.

STRICTLY MUSHROOMS LLC

We provide gourmet mushrooms like lions mane, chestnuts, nameko, multiple oyster strains and seasonal specialties all year long. Because they are grown inside a controlled environment, there are no harsh element, chemicals, or bugs.



Describe why you started mushroom production? It was a unique, healthy and uncommon product we could offer.

Describe your production operation. We currently use about 5,000 cubic feet to process and grow the mushrooms. The final goal is to move to a hobby farm to take another large leap toward self-sustainability with a larger garden and livestock along with large scale mushroom production.

Describe your production ethic. We produce artificial logs to grow the mushrooms indoors year round and then get to compost the logs after harvest to use for gardening!



BAGLEY, MN

Describe why you started farming:
To be able to know where our food comes from and know how it's grown or raised.



Describe your farm operation? We have 40 acres of pasture and hay fields. We raise goats for meat and milk, sheep for meat and wool, poultry for meat and eggs, beef cows and rabbits for meat and pelt. We are currently building a processing room and production kitchen. We have an in farm butchering and processing facility available to people who want to butcher the livestock they buy from us.

What do you consider your specialty product(s)? We specialize in grass fed, pasture raised livestock and egg production. They are not chemically treated or overly crowded. They get fresh air, lots of pasture and lots of fresh grazing land.

Describe your farming ethic. We use water recapture techniques as much as possible and we rotate our crops as well as our livestock. We do this so the soil can have time to regenerate naturally for our crops. The soil also gets natural manure from the animals. The animals get rotated to lessen the parasite population and have fresh pasture available.



• Locally Grown •

is a family-run,
independent farm offering
the best quality produce
from sustainable and eco-
friendly farming projects



LAPORTE, MN

I wanted to grow healthy greens for my family and realized I greatly enjoyed growing fresh greens throughout the year. And the business literally grew from there.



Describe your farm operation: We have 2 tunnel greenhouses. But we grow all the shoots in our remodeled, finished garage. It is an easier environment to control from temperature swings and outside critters.

What do you consider your specialty product? The micro greens are our specialty crop, and we care for them daily.

Describe your food production ethic: For our outdoor farming we practice crop rotation, compost tea, and very aged manure. For our indoor farming we use sterile potting mix to avoid cross-contamination for fungal issues, which we later use as compost for the outdoor garden.



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WEST NARY FRUIT AND BERRY FARM



BEMIDJI, MN

Harmony works hand-in-hand
with local farms and food producers to
bring you and your family fresh, local food.



Describe why you started farming? We believe in local food production and self-sufficiency.

Describe your farm operation. We grow on .25 acres of silty loam soil. Inside a high tunnel we grow fall bearing raspberries, tomatoes, peppers, basil, and a few other crops. Our orchard has 80 apples trees.

Describe your farming ethic. High tunnel fruit and high density apple planting.