



Local Food at CERTs 2009

The story behind the food





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The Story Behind the Food

The average meal travels between 1,500 to 2,500 miles before it reaches our dinner plates. Yet, delicious, local ingredients are available year round even in cold regions like Minnesota.

The majority of the ingredients used to prepare the food for CERTs 2009 have come from Minnesota, Iowa, the Dakotas and Wisconsin.

These farmers, producers, artisans and business owners have worked diligently so that we may enjoy food and beverage that benefits our health, our communities and our earth.

We are grateful for them. *Here are their stories...*



Chef Mark Larson

Chef Mark Larson began his career in foodservice in 1970. He spent 8 years in the U.S. Army's foodservice and an additional 2 years in chef school. He became certified by the American Culinary Federation in 1980. Mark has worked in hotels and restaurants in St. Cloud since 1978.

He opened Creative Catering in 1986. Over the past 2 decades he has catered for groups from 4 to 10,000 people.





CERTs 2009 Local Food Sources



Northeast CERT Region



Lake Superior Fish Company



Smoked White Fish

In 1892 Severin ("Sam") Sivertson, with his two brothers, emigrated from Norway and settled with his family on Lake Superior's north shore. He soon joined the fishing communities on Isle Royale, an archipelago located in northern Lake Superior, where he found one of the lake's richest sources of prime lake trout, herring, whitefish and ciscoes. In the 1960's Sivertson Fisheries expanded its retail fish marketing under the "Lake Superior Fish Company" banner. Its fish production, processing, sales and fishery support enterprises became specialized into what are now known as "Lake Superior Fish Company" and "Grand Portage-Isle Royale Transportation Line." The Sivertson family involvement continues, having been passed on to two of Severin's grandchildren and their families.

Lake Superior Fish Company hand-picks some of their finest cuts of fish and has them specially prepared and smoked over select hardwoods. Their delicate blend of seasonings gives their final product a rich flavor that will satisfy even the most discriminating taste!



CERTs 2009 Local Food Sources



Metro CERT Region



Common Roots Café



Bagels and Cream Cheese Spreads



At Common Roots Cafe, they serve good food made from scratch — using high quality, local, organic, and fair-trade ingredients. Their goals are ambitious. They opened in July of 2007 with a commitment to provide support for local farmers, operate in an environmentally responsible way, serve as a community meeting place, and pay a living wage with benefits to their employees. They don't just dabble in local and organic foods, or save it for the priciest parts of their menu.

Everyone should have access to good food from farmers they know. Common Roots works both in the kitchen and throughout their community to make that happen. Responsibility to the land and community should be the norm, not the exception.



Chef Jenny Breen

Artisan Breads, Rolls and Muffins

Jenny Breen has been cooking and baking with local and sustainable ingredients in the Twin Cities for over 20 years. She is Co-owner and Head Chef of Good Life Catering, Resident Chef/Educator at the Minnesota Landscape Arboretum, and Nutrition Consultant for food related organizations. Jenny is a passionate advocate for the use and celebration of local and sustainable foods, their producers and all aspects of healthy living.





Co-op Partners Warehouse



Food Distribution

Co-op Partners Warehouse is committed to fostering sustainable farming practices and organic agriculture by supporting local producers, small farmers, and family farms. In locating sources for their products, they actively seek out local producers and quality-conscious growers who exhibit commitment to the land and to organic principles. They are dedicated to offering unique items with their "growers personalities" included. As the organic industry continues to evolve and expand, Co-op Partners reaffirms their loyalty to the pioneer growers who forged the current demand for organics and who are its active, visible proponents.



CERTs 2009 Local Food Sources



Southeast CERT Region




Thousand Hills Cattle Company

Beef Roast and Hard Salami

Thousand Hills Cattle Company exists to:

- Profitably serve the best eating, healthful and safe 100% grass fed beef to educated and discriminating customers, primarily in the Upper Midwest.
- Educate current and potential customers about the importance of diet, nutrition and quality food.
- Create and nurture a profitable market for small-scale family farm and ranch-raised livestock.
- Develop the capacity to source and distribute other foods that are protocol-driven and match our 100% grass fed beef's quality, healthfulness, low carbon footprint and sustainability.

A photograph of a rancher standing in a field with a herd of cattle in the background. The rancher is wearing a green shirt, blue jeans, and a hat, and is holding a clipboard. The field is filled with tall, golden-brown grass. In the background, there is a line of trees with autumn foliage in shades of yellow, orange, and green.

“I believe the food industry is supposed to be about distributing nourishing food that makes people well.”

TODD CHURCHILL, Owner



Cedar Summit Farms

Cream and Ice Cream

Cedar Summit has been a dairy farm for three generations. In an effort to sustain their farm for future generations, Dave and Florance Minar have adopted a grazing system where all animals are pastured on the land most of the year.

Cedar Summit Farm is an organic, grass based (no grain) dairy and creamery. The Minar family processes and sells pasteurized, non-homogenized milk & chocolate milk, in returnable glass bottles and cartons, & ice cream made from their milk. Their dairy products are sold in stores throughout Minnesota.



Many consumers are generations removed from farming and have no clear understanding of where their food is grown. The Minars believe you can be an important link in an effort in which consumers have a real connection to the farm. Everyone has their own doctor, dentist and baker. The Minar Family at Cedar Summit wants to be your Farmer!



Featherstone Farms

Local Vegetables

Featherstone is an 80 acre family produce farm, certified organic since 1997. The farm is located in the scenic bluffs of southeast Minnesota, in Winona & Fillmore Counties.

Featherstone Fruits and Vegetables produces over 40 different vegetable crops for fresh delivery to food co-ops, natural foods stores and wholesalers from the Twin Cities to Chicago.

They have also operated a successful Community Supported Agriculture (CSA) program for more than ten years, serving over 500 families in Houston, Rushford, Winona, Rochester and the Twin Cities.

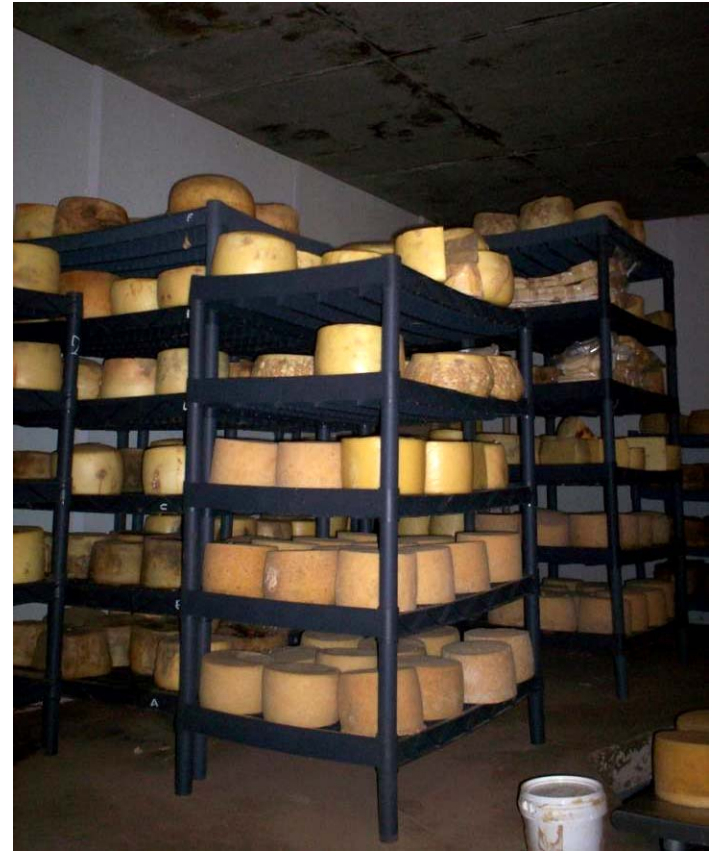




Prairie Hollow Farm

Artisan Cheeses

Prairie Hollow Farm is a grass-based dairy farm one and a half miles south of Elgin. The cows are pastured during the summer and fall and fed baled hay during the winter. The cheese is hand-made in a small on-farm plant by the Benike family, using old-time processes and ingredients. The Benikes produce many types of cheese including cheddar, Colby, feta, havarti, Monterey jack, hand pulled mozzarella, and ricotta.





PastureLand Dairy Cooperative

Artisan Cheeses and Butter

PastureLand is a small cooperative of family operated, organic grass-based dairy farms located in southeastern Minnesota. Their grass-fed Summer Gold cultured butter and artisanal cheeses have been made exclusively from the milk of their pastured herds since 2000. On each PastureLand dairy farm, the grass is the thing.

Stop by any time of year and you'll find PastureLand member-farmers carefully tending the soils and pastures that nourish their small dairy herds. Their cows harvest their own feed from these pastures, grazing pasture segments for a few hours before being moved to fresh pasture. The cows are housed outdoors year-round and produce milk that is rich and distinctive...much like the milk of European dairies that share our traditional farming methods.

PastureLand farms have all been certified organic in accordance with the USDA's National Organic Program, and for their sustainable farming practices by Food Alliance. No antibiotics or hormones, including rGBH/rBST, are used to enhance the growth or production of their dairy herds.





Pepin Heights

Sparkling Apple Cider

Owner Dennis Courtier's parents first planted this land to apples in 1949. An excellent site and careful management have allowed the Courtiers and the rest of the Pepin Heights family to produce high quality fruit from those early years to the present day.

Their goal is to grow apples that are fresh, crisp, and delicious! With state of the art facilities, their apples are sorted, packed, and stored in optimum conditions. So whether you shop at their Lake City store or at your local supermarket, with Pepin Heights apples you can be sure you'll get that distinctive, just-picked flavor.

All of Pepin Heights' Apple Ciders are 100% all-natural. They do not add additional sugars or preservatives. You are tasting the pure, refreshing flavor of apples. Pepin Heights Sparkling Apple Cider stands out because it is so naturally good.





SE Minnesota Food Network

Local Ingredients and Distribution

In the fall of 2001, after many months of consideration, a group of food producers, processors and consumers decided to organize a food network to accomplish together what they were unable to accomplish on their own. Through the generous financial support of the Experiment in Rural Cooperation and the Community Design Center, the network has created a new marketing, sales, distribution and education collaborative that can change the way Southeast Minnesota purchases and consumes food.





CERTs 2009 Local Food Sources



Central CERT Region



Swany White Flour Mills

Rolled Oats, Locally Grown and Milled Flour

Swany White Flour Mill is located in beautiful Freeport, Minnesota! The Mill has been family owned and operated by the Thelen family since 1903 and their products are still being produced with much of the original equipment. Their store is located at their Mill and offers a wide variety of regular and organic products.





Donnay Dairy



Artisan Goat Cheese

Donnay Dairy, located in Kimball, Minnesota is a fourth generation family farm. They strive to keep a strong tradition of family farming and the value of hard work alive. The Donnay's

believe healthy goats are the key to high quality cheese. No hormones, antibiotics or pesticides are used in their dairy operation. They pride themselves in using traditional methods to ensure the highest standards for every batch of cheese produced. They always maintain the highest quality control to ensure freshness and consistency vat after vat. They are dedicated to producing handcrafted farmstead goat cheese, with an unprecedented flavor that will surely tantalize your taste buds.



Pastures A Plenty Pork

Pork Roast

Pastures A Plenty is a two-family farm and business located in Chippewa county in western Minnesota. It is operated by the Van der Pols- Jim and LeeAnn in partnership with son Josh and daughter-in-law Cindy and their three children. The farm produces about 1000 head of pigs, farrowed in pastures in summer and strawed pens in winter.



The hogs were at first sold to Niman Ranch Pork company, a buyer of quality specialty pork, while the family worked on building its own pork markets using their own Pastures A Plenty label. Today, all of the farm's hogs are marketed as pork under the Pastures label and their market keeps growing.

Pastures A Plenty is very much interested in local food systems as a primary driver for local economies in rural Minnesota. They hope to encourage the spread of this kind of business as they believe it is good for the economy and the community. It is home grown economic development and it looks as if it will dovetail into major changes in food and fuel that seem to be in the near future for all of us.



Sweet Tree Farm

Maple Syrup

Charlie & Linda Dinkel and their 5 children have been producing maple syrup on their farm since 1991. With their own trees and those of several neighbors, the Dinkels cook the sap from 500 to 700 trees, producing anywhere from 50 gallons of syrup (if it was a really bad year) to 180 gallons (if it was a really good year). They also produce and sell pancake mixes, fish breading and ship gift boxes during the Christmas season. In addition to the maple syrup season, they stay busy managing their 250-acre organic dairy farm. While their syrup is not certified organic, there are no chemicals used near their maple trees nor in the cooking or bottling process.





Whole Farm Co-op

Local Ingredients and Distribution

Whole Farm Co-operative represents 30 member families in Central Minnesota. They are committed to creating farms that nourish their families spiritually and economically, sustain the environment, and provide people not only with safe wholesome food but with a clear sense of who and where their food came from.





CERTs 2009 Local Food Sources



Southwest CERT Region



Whole Grain Milling Company

Cornmeal and Popcorn

Doug and Lin Hilgendorf of Whole Grain Milling in Welcome, MN proudly grow and process all of their own products on-site with the help of their two grown sons who have both come back to work on the family farm. Ground fresh when orders are placed, the Hilgendorf's whole grain products are processed minimally to preserve their inherent goodness. Proud to be certified organic since 1989, Lin avows, "Our goal is to grow quality grains through care for the environment and our soil, benefiting both the people and the animals that eat them." Look for their award-winning tortilla chips and other delicious whole grain products at co-ops, markets, and restaurants throughout Minnesota and northwestern Wisconsin.





CERTs 2009 Local Food Sources



West Central & Southwest WI



Castle Rock Organic Farm

Artisan Blue Cheese

When you choose Castle Rock Organic Farm products you are supporting a Wisconsin, sustainable, organic farm. They practice stewardship of land, body and soul. They believe in nurturing future generations through the quality and craftsmanship of every product they create. Their exceptional product quality begins with cows that lead relaxing lives, grazing on green pastures. It is the superior milk that harvests their premium organic dairy products.



Castle Rock offers a variety of artisanal cheeses. Their artisan cheese are hand crafted with pride - from the time the milk enters the vat to the final aging of their product in the temperature and humidity controlled curing rooms. They use non-pooled milk from their own herd of cows that allow the flavors of the seasons to emanate in their specialty raw milk cheeses. Their Wisconsin Artisan Blue Cheese and Wisconsin Smokey Blue Cheese, both served at this year's CERTs Conference, are two of the specialty artisan raw milk cheeses they handcraft.



Organic Valley

**ORGANIC
VALLEY**[®]



Family of Farms

Cream Cheese

Organic Valley products are produced by family farmers in harmony with nature without antibiotics, synthetic hormones or pesticides. Their animals are raised humanely and given certified organic feed—never any animal by-products. Their pastures are certified organic.

Organic Valley's cream cheese is a natural for bagels, toast, hors d'oeuvre and countless other culinary creations. It is a true cultured cream cheese, made from 100% organic cream and milk for a rich, nutty flavor. Enjoy!



CERTs 2009 Food Sources



Michigan/Ohio Tofu
Fair Trade Coffee
Fair Trade Tea



When ingredients could not be sourced locally we committed ourselves to finding as many ingredients as possible that were grown nearby and those that were traded fairly



Peace Coffee

Fair Trade Coffee

Peace Coffee is a 100% fair trade, certified organic & shade grown. Since 1996, they've been buying their beans direct from farmers & providing pre-harvest financing. This has allowed them to develop equitable and sustainable relationships that positively affect the farmers, their families, their community and the end coffee consumer. They roast in small batches in the heart of south Minneapolis and deliver by bike & biodiesel van throughout the metro area. Peace Coffee thanks you for choosing them for your morning cup of java!





Zhena's Gypsy Teas

Fair Trade Teas

Zhena's Gypsy Tea produces handcrafted, premium quality, all natural and organic healthy infusions to please the palate and delight the senses. They take pride in selling only teas that are 100% organic and 100% Fair Trade certified.



Zhena's Gypsy Tea realizes that the health of our environment is a reflection of the choices they make and the actions they take. By committing themselves to green practices such as buying wind power through the purchase of green tags to offset their company's carbon footprint they hope to set an example for other companies and individuals to follow. Their environmental approach begins at the very source by focusing on the impact of how the ingredients in their products are grown and continues all the way through to the packaging that they use. Their use of minimal, eco-friendly materials for our packaging, represents a lesser impact on the environment. All of their teas are available in fully recyclable and reusable containers and paper wrap refills that protect the tea and keep it fresh.



Rosewood Products

Tofu

Rosewood Product tofu is made with Ohio soybeans, Michigan water, and traditional Nigari extracted from seawater in China. It is made is a very traditional Chinese method, formed, cut and packaged by hand. They offer 2 unique features - freshness (our tofu is not pasteurized, as virtually all mass market tofu is) and Nigari coagulation (this give a nutty flavor and brownish color that is missing from most tofu's that use Calcium Chloride for coagulation).



ROSEWOOD PRODUCTS

Natural Foods and Soy Products Since 1976



CERTs 2009 Local Food Forager



Many thanks to
Trish Johnson
for her local food foraging
and for planning delicious,
low-carbon meals for our
entire two-day conference

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Enjoy your meals and snacks!

