



# Coop Farm Tour Guide

Saturday, July 15, 2017 • 10 a.m. to 4 p.m. • FREE!

Discover where your food comes from as 27 urban and rural farms open their doors for self-guided farm visits filled with learning and discovery!



[facebook.com/CoopFarmTour.coop](https://facebook.com/CoopFarmTour.coop)

**BROUGHT TO YOU BY YOUR LOCAL COMMUNITY FOOD CO-OPS**

# Participating Farms

## NORTHWEST

**1. Farm Farm**  
5476 Brighton Ave. SE, Montrose, MN 55363  
763-913-5465  
*Farm Farm is a diverse and intensive produce farm that has fresh produce for 10 months of the year.*  
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farmfarmcsa.com

**2. Garden Farme**  
7363 175th Ave NW, Ramsey, MN 55303  
763-753-5099  
*Century family farm, organic certified since 1977*  
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gardenfarme.wordpress.com

**3. Riverbend Farm**  
5405 Calder Ave. SE, Delano, MN 55328  
763-972-3295  
*Certified organic vegetable farm focused on local seeds and cover crops.*  
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rbfcsa.com

**4. TC Farm # 2**  
10389 Baker Avenue SW, Montrose, MN 55363  
612-217-1770  
*Sustainable, pasture-raised pigs, cows, sheep, chickens, turkey, and lamb—no GMOs or hormones.*  
🏠🗺️ (tours at 11 am, 1 and 3pm)  
https://TC.Farm

**5. TC Farm #1**  
4432 County Road 12, Montrose, MN 55363  
612-217-1770  
*Sustainable, pasture-raised pigs and small scale chickens and ducks—no GMOs or hormones.*  
🏠🗺️ (tours at 10 am, 12 and 2 pm)  
https://TC.Farm

**6. Thousand Hills Cattle Company's Pasture Grazing Farm**  
15554 Grover Ave. NW, Clearwater, MN 55320  
612-366-0753  
*Lifetime grazed 100% Grass fed beef*  
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thousandhillscattleco.com

**7. Will Heal Farm**  
2365 Lake George Dr. NW, Cedar, MN 55011  
763-753-8611  
*Organic vegetable, medicinal herbs, plants and educational opportunities*  
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willhealfarm.com

## URBAN

**8. Mississippi Mushrooms**  
3750 N. Washington Ave. Minneapolis, MN 55412 (complicated to find, but worth it! Follow the farm tour signs!)  
612-547-6450  
*Indoor/urban exotic culinary mushroom farm*  
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mississippimushrooms.com

**9. The Beez Kneez**  
2204 Minnehaha Ave. S. Minneapolis, MN 55404 (entrance on 22nd St.)  
*A pedal-powered beekeeping social enterprise that focuses on sustainable beekeeping practices, education and advocacy.*  
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thebeezkneezdelivery.com

## SOUTH

**10. Ferndale Market**  
31659 Willow Trail, Cannon Falls, MN 55009  
507-263-4556  
*Come see our free-range turkeys and visit our in-farm store!*  
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ferndalemarketonline.com

**11. Graise Farm**  
16914 Dixon Trail, Faribault, MN 55021  
507-491-8188  
*Ensuring community members have access to healthy, flavorful food from compassionately raised animals. Come see our ducks, pigs, chickens, and goats.*  
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graisefarm.com

**12. Hoch Orchard and Gardens**  
32553 Forster Rd., La Crescent, MN 55947  
507-313-0645  
*Certified Biodynamic Organic diversified farm. Fruit, veggies, animals, cider and more.*  
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hochorchard.com

**13. Hope Creamery**  
9043 SW 37th Ave., Hope, MN 56046  
763-242-9433  
*Making small batches of fresh butter every day*  
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hopecreamery.com

**14. Shepherd's Way Farm**  
8626 160th St. E, Nerstrand, MN 55053  
507-663-9040  
*Family-based farm and sheep-cheese dairy*  
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shepherdswayfarms.com

**15. Simple Harvest Farm Organics**  
9800 155th St. E., Nerstrand, MN 55053  
507-664-9446  
*An organic omnivore food farm*  
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simpleharvestfarm.com

**16. TC Farm #3**  
12456 Bagley Ave, Dundas, MN 55019  
612-217-1770  
*Sustainable, pasture-raised chickens, laying hens, and pigs—no GMOs or hormones.*  
🏠🗺️ (tours at 10 am, 12, and 2 pm)  
https://TC.Farm

## EAST

**17. 10th St. Farm**  
13197 10th St. S., Afton, MN 55001  
612-770-7194  
*An organic practicing, extended season farm*  
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10thstfarmandmarket.com

**18. Humble Pie Farm**  
N4271, 150th St, Plum City, WI 54761  
952-451-5393  
*Growing beautiful, in season flowers for our local Twin Cities region.*  
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humblepiefarm.com

**19. Whistling Well Farm**  
8973 St. Croix Trail S., Hastings, MN 55033  
651-998-0301  
*Family-friendly pick-your-own apple orchard and pumpkin farm.*  
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whistlingwellfarm.com

**20. White Pine Berry Farm**  
1482 Oak Dr., River Falls, WI 54022  
715-222-2946  
*Organic pick-your-own berry farm with strawberries, raspberries, pumpkins, etc.*  
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whitepineberryfarm.com

## NORTHEAST

**21. Big River Farms/Minnesota Food Association**  
14220-B Ostlund Trail N. Marine on St. Croix, MN 55047  
651-433-3676  
*MFA operates a certified organic farm providing education in organic farming for immigrant and minority farmers, year-round youth and family programming and delivery of fresh local produce through our food hub.*  
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mnfoodassociation.org

**22. Bull Brook Keep**  
765 50th Ave., Clear Lake, WI 54005  
651-238-8525  
*All about 100% grass-fed beef raised for great taste, high nutrition and environmental stewardship. Farming with a tiny carbon hoofprint™*  
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bullbrookkeep.com

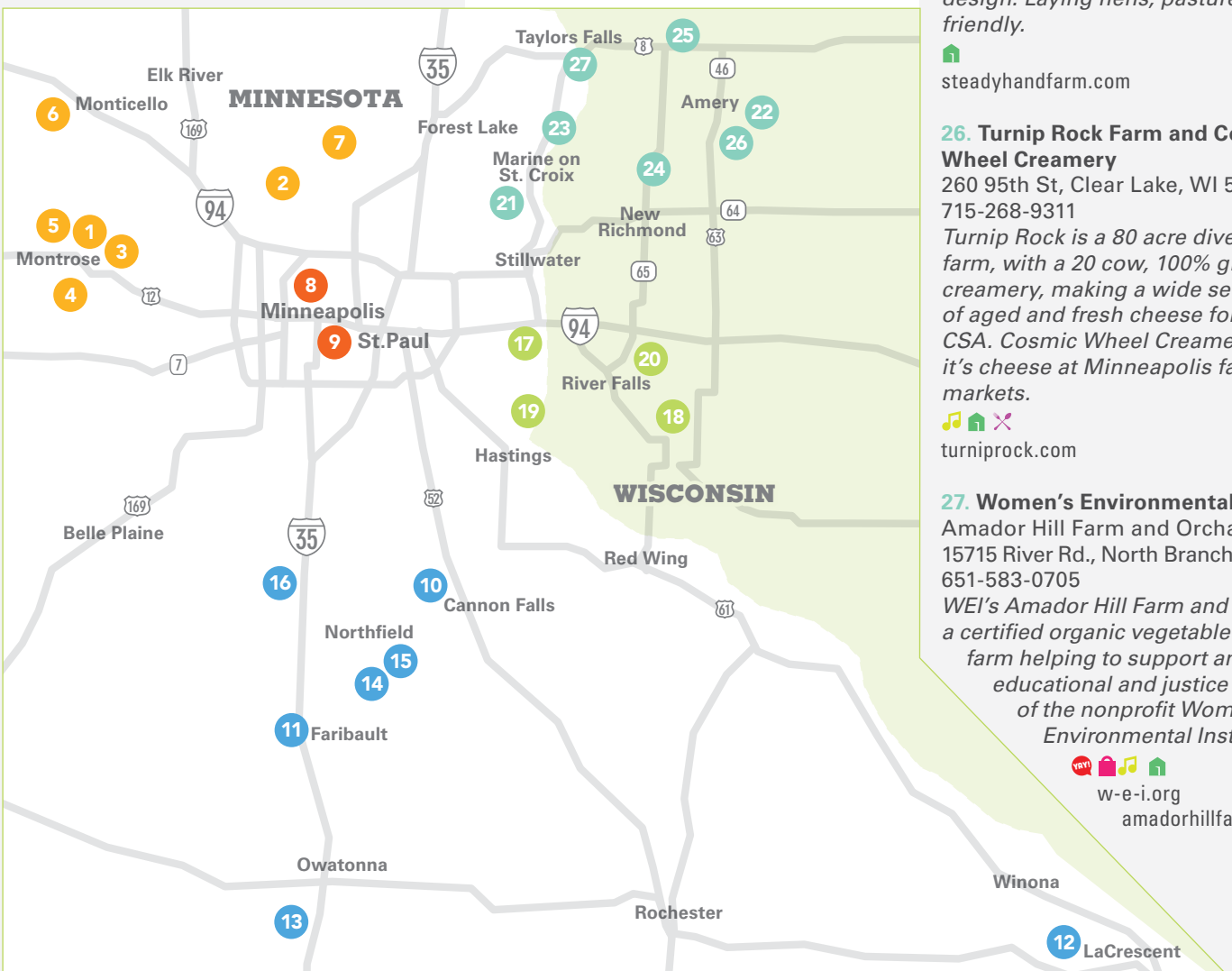
**23. Buttermilk Falls CSA/Philadelphia Community Farm**  
599 280th St., Osceola, WI 54020  
715-294-4048  
*Intergenerational residential farm community. Biodynamic principles inform our CSA. Tours will feature Buttermilk Falls, a 40-ft waterfall and the barnyard.*  
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buttermilkcsa.com

**24. Star Prairie Trout**  
400 Hill Ave., Star Prairie, WI 54026  
715-248-3633  
*Spring fed trout from Wisconsin.*  
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starprairietrout.com

**25. Steady Hand Farm**  
1231 135th Street, Amery, WI 54001  
*Diversified CSA vegetable family farm alongside young nut orchard featuring permaculture practice of keyline design. Laying hens, pasture pigs, kid friendly.*  
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steadyhandfarm.com

**26. Turnip Rock Farm and Cosmic Wheel Creamery**  
260 95th St, Clear Lake, WI 54005  
715-268-9311  
*Turnip Rock is a 80 acre diversified farm, with a 20 cow, 100% grass fed creamery, making a wide selection of aged and fresh cheese for the CSA. Cosmic Wheel Creamery sells it's cheese at Minneapolis farmers markets.*  
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turniprock.com

**27. Women's Environmental Institute**  
Amador Hill Farm and Orchard  
15715 River Rd., North Branch, MN 55056  
651-583-0705  
*WEI's Amador Hill Farm and Orchard is a certified organic vegetable and apple farm helping to support and serve the educational and justice mission of the nonprofit Women's Environmental Institute.*  
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w-e-i.org  
amadorhillfarm.org



**WHAT TO EXPECT?**

- 🗺️ • INTERACTIVE
- 🗺️🗺️ • ACTIVITIES—good for kids!
- 🏠 • GOODS for SALE
- 🎵 • MUSIC
- 🏠 • OPEN HOUSE TOURS
- 🗺️ • TOURS on the HOUR, EVERY HOUR
- 🗺️🗺️ • NO BATHROOMS, plan ahead!
- 🗺️🗺️ • SAMPLES
- 🗺️🗺️ • DEMO

## TIPS

- Because GPS can be spotty in rural areas, check your directions on Google Maps before heading out: <http://s.coop/1usbu>
- Bring a cooler to store all 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 food co-op for snacks and drinks.
- We aim to make this tour accessible to all, but can not guarantee accessibility at every farm. If you have specific questions or needs, please call the farm directly.



## The Coop Farm Tour is brought to you by these local food co-ops

who believe that supporting our local growers is vital to providing healthy food and participating in environmental protection. In the cooperative spirit, we work together to bolster our local foods economy.

