

## We make it easy to eat locally!



- **Products produced or processed within the 5-state area are considered “local” at Mississippi Market**
- **All local products are marked with our handy local symbol**
- **Deli foods that are marked as local must use 80% local ingredients**
- **42 % of our food sales are from local producers or MN-owned businesses**
- **Every time you choose to buy locally, you support a rich network of farmers, artisan producers and chefs who keep food production sustainable**



Fresh Produce	Description	Location	Mi
Artemesia	Fresh Flowers	Mpls, MN	10
Barnard Farm	Cherries	Egg Harbor, WI	332
BC Gardens	Specialty vegetables	Belgrade, MN	119
DragSmith	Microgreens, variety	Barron, WI	96
Driftless Organics	Potatoes, variety of	Soldiers Grove, WI	206
Featherstone	Variety of vegetables	Winona, MN	128
Gardens of Eagan	Variety of vegetables,	Farmington, MN	29
GrownInn Hydro-	Basil	Glenwood, MN	55
Harmony Valley	Variety of vegetables	Viroquia, WI	191
Hoch Orchards	Apples, cider, jam	La Crescent, MN	145
Jack & the Green	Sprouts	River Falls, WI	31
J&R Growers	Tomatoes	Cushing, WI	62
Keewaydin Family	Variety of vegetables	Viola, WI	206
La Bore Farm	Hydroponic lettuce	Faribault, MN	57
Living Waters	Hydroponic tomatoes	Wells, MN	118
Lucille's Basil	Basil	St. Paul, MN	0
Riverbend	Variety of vegetables	Delano, MN	37
Rock Spring Farm	Herbs	Spring Grove, MN	156
Seed Saver Exchange	Seeds	Decorah, IA	148
Wheatfield Hill	Corn, melons	Durand, WI	77
Wisconsin Growers	Variety of vegetables	Mondovi, WI	101

Wellness	Description	Location	Mi
Ancient Secrets	Aromatherapy	Twin Lakes, WI	346
Aura Cacia	Aromatherapy	Norway, IA	265
Aurora Naturals	Shampoo	Mpls, MN	10
Bryn Mawr	Bar soaps	Mpls, MN	10
DDS Probiotics	Probiotic supple-	Eden Prairie, MN	24*
Enzymatic Therapy	Supplements	Green Bay, WI	279
Florajen	Probiotic supple-	North Freedom, WI	224
Four Elements	Body care	North Freedom, WI	224
Galen	Skin care	Mpls, MN	10
Historical Remedies	Homoepathic	St. Paul, MN	0
Hsu's Root To Health	Ginseng	Wausau, WI	190
Khepra	Foot balm	Mpls, MN	10
Light Mountain	Henna	Twin Lakes, WI	346
Lusa	Soaps	Viroqua, WI	191
Neem Aura	Supplements	Silver Lake, WI	348
Organic Grooming	Men body care	Mpls, MN	10
Party in my Pants	Cloth feminine care	Ashland, WI	215
Silverworks	Silver supplements	Minnetonka, MN	22
Superior Herbals	Bar soaps	Lutson, MN	243
Veritas Botanicals	Essential oils	Bloomington, MN	21
Wyndmere Naturals	Essential oils, glass	Mpls, MN	10

\* = Locally made, but distributed through a non-local distributor. These miles are not included.  
 Note: Mileage is calculated for ground travel.

Household Goods	Description	Location	Mi
Adventure Publica-	Books	Cambridge, MN	54
Alley Cat Hats	Hats, eye masks,	Ashland, WI	215
Ames Farm	Honey, bee pollen,	Watertown, MN	40
Angry Trout Cafe	Cookbook	Grand Marais, MN	260
Artists to Watch	Greeting cards	Maplewood, MN	9
Blue Hill Jewelry	Earrings	Madison, WI	262
Blues Buster	Lightbulbs	St. Paul, MN	0*
BYO Bags	Reusable produce	St. Paul, MN	0
Ceci Cela	Necklaces, small	St. Louis Park, MN	15
Enviro-Rite	Cleaning products	Mpls, MN	10
Evolution Diet	Pet foods	St. Paul, MN	0*
Excelsior Gardens	Photo greeting cards	Excelsior, MN	29
Fire cookbook	Cookbook	St. Paul, MN	0
Gryphon Press	Children's books	Edina, MN	18
Honeyglow Candles	Bees wax candles	Farmington, MN	29
Kalli incense	Incense	Mpls, MN	10
Kolling Cards	Mini-murals, station-	Gully, MN	280
Little Fish Studios	Greeting cards	Ellison Bay, WI	351
Madison Area CSA	Cookbook	Madison, WI	262
Minnesota Mittens	Seaonal mittens	Winona, MN	128
Miriam Simons	Greeting cards	St. Paul, MN	0
Mrs Meyer's Clean	Cleaning products	Mpls, MN	10
Red House Records	Music	St. Paul, MN	0
Red oak Publishing	Greeting cards	Muscoda, WI	231
Restore the Earth	Cleaning products	Mpls, MN	10*
Root Cellar Threads	Aprons & Bibs	St. Paul, MN	0
Saint Paul Almanac	Local almanac	St. Paul, MN	0
Scent From Nature	Bees wax candles	Watertown, MN	40
Sojourner Farms	Pet foods	Mpls, MN	10
Swheat	Cat litter	Detroit Lakes, MN	217
Utile Mud	Pottery	St. Paul, MN	0
Worlds Best Cat Lit-	Cat litter	Muscataine, IA	342
Z Design Studios	Greeting cards	St. Paul, MN	0
Zeichen Press	Letterpress cards	Mpls, MN	10



# Eat Local Guide

*There's plenty to eat!*

**1500 West 7th Street  
 &  
 622 Selby Avenue  
 St. Paul, MN**

**www.msmarket.coop**

**m** **Mississippi Market**  
 Natural Foods Co-op

Bakery Goods	Description	Location	Mi
A Toast To Bread	Bread, baguettes,	St. Paul, MN	0
Andrej's European	Potica sweet breads	Chrisholm, MN	204
BC2	Bread	St. Paul, MN	0
French Meadow	Breads	Mpls, MN	10*
Great Harvest	Bread, rolls	St. Paul, MN	0
New French Bread	Fresh-baked breads	Mpls, MN	10
Rustica Bakery	Fresh baked bread	Mpls, MN	10
Shega	Injera	Mpls, MN	8
St. Agnes Bakery	Bread, rolls	St. Paul, MN	0
St. Paul Bagelry	Bagels	Roseville, MN	9



Meats	Description	Location	Mi
Alaska Wild Fish Co.	Fish	Cushing, MN	123
Beaver Creek	Beef, pork, & poultry	Grantsberg, WI	76
Beeler's	Bacon, ham, & sau-	LeMars, IA	281
Bluff Country Beef	Beef	New Albin, IA	171
Eat My Fish	Smoked trout spread	Menomonie, WI	60
Dorsetdale Shepherd	Lamb	Lindstrom, MN	37
Eichten's	Cheeses, bison	City Center, MN	39
Grass Run Farm	Meat	Dorchester, IA	169
Heavenly Farms	Meat	Chaska, MN	32
Hill & Vale Farm	Lamb	Wykoff, MN	116
Kadejan	Chicken, turkey	Glenwood, MN	139
Kala's	Herring	Minnetonka, MN	19
Lorentz	Pork	Cannon Falls, MN	36
MM Homemade	Sausage, pancetta	St. Paul, MN	0
Northstar Bison	Bison	Rice Lake, WI	101
Pastures of Plenty	Pork	Kerkhoven, MN	117
Prairie Pride	Pork	Mankato, MN	87
Schultz Organic	Eggs, chicken, turkey	Owatonna, MN	66
Shepherd Song Farm	Lamb & goat meat	Boyceville, WI	60
Star Prairie Trout	Fresh and smoked	Star Prairie, WI	44
Thousand Hills	Grass-fed beef	Cannon Falls, MN	34
Whole Farm Co-op	Bratwurst, sau-	Long Prairie, MN	130

Packaged	Description	Location	Mi
Ames Farm	Honey, bee pollen,	Watertown, MN	40
Anderson's	Maple Syrup, maple	Cumberland, WI	89
Angelica's Garden	Pickled vegetables,	Elmwood, WI	57
Angie's Kettle Corn	Popped kettle corn	North Mankato, MN	87
B.T. McElrath	Gourmet chocolates	Mpls, MN	10
Back to Nature	Cookies, Crackers	Madison, WI	258
Bergin Nut Company	Nuts, seeds, some	St. Paul, MN	0
Birchwood	Granola	Welcome, MN	162
Buhl	Bottled water	Buhl, MN	201
Buon Giorno	Pasta Sauce	St. Paul, MN	0
Burrito Mercado	Corn chips and salsa	St. Paul, MN	0
Chippewa	Water	Mpls, MN	8
Country Choice	Packaged cookies,	Eden Prairie, MN	24*
Crystal Glen	Bottled water	Chippewa Falls, WI	89
Dakota Growers	Pasta	Carrington, ND	382
Doctor in the Kitchen	Crackers	Mpls, MN	17
Driftless Organic	Sunflower Oil	Star Valley, WI	158
Evolution Diet	Pet foods	St. Paul, MN	0*
Farmer to Farmer	Bulk fair trade coffee	Glenwood City, WI	55
Flint Ridge	Sorghum syrup	Kalona, IA	318
Gedney	Pickles, relish, white	Chaska, MN	34
General Mills	Cereal	Mpls, MN	8
Gunflint Trail	Jam	Grand Marias, MN	261
Grain Millers	Bulk Conventional	St. Ansgar, IA	135*
Holy Land	Pita bread, hummus,	Mpls, MN	10
Homestead Apiaries	Honey	Dennison, MN	46
Honey Man	Honey	Cannon Falls, MN	38
Just Coffee	Packaged Coffee	Madison, WI	261
La Perla	Corn tortillas, chips	Mpls, MN	10
Lucille's Kitchen	Garden jam	St. Paul, MN	0
Malt-O-Meal	Hot Cereal	Mpls, MN	9
Marimac Enchilada	Enchilada sauce mix	Cambridge, MN	54
McCann's	Oatmeal	Manawa, WI	240
Mom's	Cereals	Mpls, MN	10*
Mrs. Clark's May-	Mayonnaise	Ankeny, IA	235
Nativa Yerba Mate	Yerba Mate tea	St. Paul, MN	0
Native Harvest	Wild rice	Callaway, MN	244
Nature's Crystal	Water	Mpls, MN	8
Oskri	Date spread, tahini,	Ixonia, WI	297
Peace Coffee	Coffee	Mpls, MN	10
Peloponnese	Olives, grape leaves	Austin, MN	103
Red Lake Nation	Jelly and wild rice	Red Lake, MN	265
River Chocolate	Gourmet chocolates	Beldenville, WI	46
Salad Girl Dressings	Fresh salad dressings	Willernie, MN	14
Salsa Lisa	Salsa	Mpls, MN	10
Simply Organic	Seasoning Packets	Norway, IA	284
Snappy Dog	Salsa	Woodbury, MN	12

Packaged	Description	Location	Mi
Soda Fountain	Malted milk powder	Colfax, WI	75
Sojourner Farms	Pet foods	Mpls, MN	10
Spooky	BBQ Sauce	Eagan, MN	14
Soluppa	Ready to eat soups	St. Paul, MN	0
Sunbutter	Sunbutter	Fargo, ND	243
Tanka Buffalo Bar	Native American	Kyle, SD	577
Tiny Footprint	Packaged Coffee	Brooklyn, MN	16
Triple Crown	BBQ Sauce	Frederic, WI	86
True Stone	Coffee	St. Paul, MN	5
Uncle Pete's	Mustard	Rice, MN	94
Whole Grain Milling	Grains, beans, chips	Welcome, MN	161
Wild Country	Maple syrup	Lutson, MN	243
Parkers	Peanut Butter	Coon Rapids, MN	24
Angelica's Garden	Pickled Vegetables	Elmwood, WI	57
Deena's Gourmet	Hummus	St. Paul, MN	0
French Nugget	Refrigerated Dessert	Burnsville, MN	21



Frozen	Description	Location	Mi
Castle Rock	Milk, ice cream	Osseo, WI	106
French Meadow	Frozen desserts	Eagan, MN	9
Gourmet Parlor	Frozen Pizza	Royalton, MN	96
Trempealeau Hotel	Vegetarian burgers	Trempealeau, WI	144
Hopples Kringles	Frozen pastry	Williamsburg, IA	323
Izzy	Ice Cream	St. Paul, MN	0
Palermo's	Frozen pizza	Milwaukee, WI	327
Snopac	Frozen vegetables	Mpls, MN	10
Sonny's	Ice cream	Mpls, MN	10
Sunrich Foods	Frozen edamame	Hope, MN	78
Sunrise Gourmet	Frozen Pasta	Hibbing, MN	204
Sunshine Burgers	Veggie Burgers	Fort Atkinson, WI	288
Sweet Cheeks	Frozen Baby Food	St. Paul, MN	5
The Upper Crust	Frozen desserts	Mpls, MN	13
White Water Orchard	Apples, frozen pie	St. Charles, MN	101

Dairy, Cheese, Eggs	Description	Location	Mi
Abbotsford Farms	Egg Whites	Abbotsford, WI	145
Aleamar Cheese Co	Camebert	Mankato, MN	88
Autumwood Farm	Milk	Forest Lake, MN	27
Brunkow Cheese	Full line of cheeses	Darlington, WI	281
Carr Valley Cheese	Cheddar, mobay	La Valle, WI	205
Caves of Faribault	Cheddar	Fairbault, MN	52
Cedar Grove	Packaged, sliced	Plain, WI	229
Cedar Summit Farm	Milk, cream	New Prague, MN	47
Chippewa Valley	Full line of cheeses	Black River Falls, WI	133
Cow Caviar	Full line of cheeses	Chippewa Falls, WI	89
Crave Brothers	Marscapone cheese	Waterloo, WI	275
Cultural Revolution	Yogurts	Kalona, IA	318
Edelweiss Creamery	Aged Gouda	Monticello, WI	280
Fancy Brand Cheese	Swiss, cheddar, jack	Grantsburg, WI	74
Farmer	Cheddar	Monroe, WI	290
Farmer's Creamery	Butter	Kalona, IA	318
Farmer's Henhouse	Eggs	Kalona, IA	318*
Fenceline	Provolone	Grantsburg, WI	76
Helios Nutrition	Kefir	Sauke Centre, MN	117
Hook's Cheddar	Aged cheddar	Mineral Point, WI	266
Hope Creamery	Butter	Hope, MN	78
Living the Dream	Duck Eggs	Osceola, WI	52
Maple Leaf	Smoked Gouda	Monroe, WI	287
Montchevre	Goat cheese	Belmont, WI	279
Mt. Sterling	Goat cheese	Mt. Sterling, WI	198
Natural Valley	Cow and goat milk	Cashton, WI	177
Nordic Creamery	Capriko	Westby, WI	178
Oddesey Feta	Feta cheese crumbles	Monroe, WI	287
Old Home	Yogurt, sour cream	St. Paul, MN	0
Organic Valley	Milk, cheese, soymilk	La Farge, WI	200
Pasture Pride Juusto	Baked cheeses	Cashton, WI	177
Pastureland	Butter, cheese	Dodge Center, MN	89
Penterman Farm	Marieke gouda	Thorp, WI	118
Poplar Hill	Goat milk, goat	Scandia, MN	34
Rochdale Farms	Cheddar, Goat	LaCrosse, WI	152
Radtko	Eggs	Alden, IA	189
Roth Kase	Fontina, Gruyere	Monroe, WI	287
Salemville Blue	Amish blue cheese	Richfield, WI	340
Sartori	Gorgonzola, parme-	Plymouth, WI	312
Saxon Creamery	Green fields raw	Cleveland, WI	320
Schroeder	Milk, cream, butter	Maplewood, MN	9
St. Pete's Select	Blue cheese	Fairbault, MN	57
Stickney Hill	Chevre	Kimball, MN	69
Swiss Valley	Cream Cheese	Davenport, IA	330
Uplands Cheese	Cheese	Dodgeville, WI	272
Valley View	Milk, cream	Hastings, MN	21
Westby	Butter	Westby, WI	184
Widmer's Cheddar	Cheddar	Theresa, WI	286