



# 2022 GUIDE BOOK



**July 16, 2022 • 10 am - 4 pm**

Explore local farms as they open their doors for a day full of fun, learning, and discovery.

# IT'S ABOUT THE REAL PEOPLE BEHIND THE REAL FOOD

The Co-op Farm Tour is a unique opportunity to explore the farms in your area, connect with the families that bring fresh food to your table, and inspire one another to support our local food system.

On July 16, 21 local farms will open to the public for tours, tastings, and activities. The tour is a self-guided event and free for anyone to attend. For more information, visit our website at [coopfarmtour.com](http://coopfarmtour.com).

**The Co-op Farm Tour is brought to you by these local food co-ops** who believe that supporting our local growers is vital to strengthening our communities and local food system.



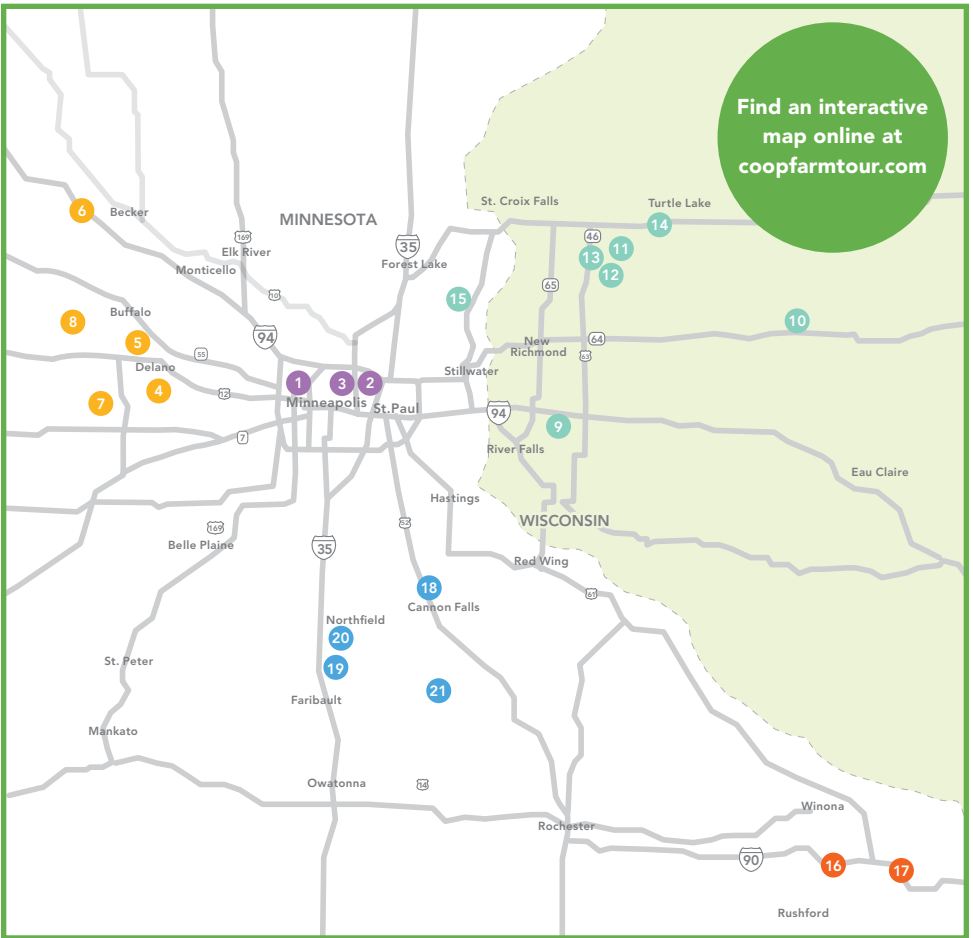
Follow us on social media!

 @coopfarmtour.coop

 @coopfarmtour

Seven Songs  
Organic Farm

Find an interactive  
map online at  
[coopfarmtour.com](http://coopfarmtour.com)



## TOUR TIPS

- GPS can be spotty in rural areas, so please check your directions on Google Maps before leaving.
  - Bring a cooler and some cash for the farm goods you may want to purchase.
  - Stay on established paths and don't pick produce without a farmer's permission.
  - Bring sturdy, comfortable shoes that can get dirty.
  - Swing by the local co-op for refreshments.
- For the safety of farm animals, NO pets are allowed on the tour when visiting any of the farms.**

## REGIONS

URBAN






WEST






EAST

SOUTHEAST

SOUTH

# WHAT TO EXPECT

-  Interactive Activities
-  Food or Farm Goods for Sale
-  Open House Tours
-  Guided Tours on the Hour, Every Hour (10 am - 3 pm)
-  Demonstrations

-  Adult Beverages for Sample or Purchase
-  Games
-  Live Music
-  Food Truck
-  No Bathrooms, plan accordingly

## URBAN



JD Rivers' Children's Garden

### 1. JD Rivers' Children's Garden

2900 Glenwood Ave.  
Minneapolis, MN 55405



*Offers on-site programs focused on gardening skills, harvesting produce, healthy eating, and exploring the surrounding natural areas.*  
[minneapolisparcs.org](http://minneapolisparcs.org)

### 2. Urban Roots

Corner of Rivoli St. N & Minnehaha Ave. E  
St. Paul, MN 55130



*Picturesque urban farm benefitting youth and community on the East Side of St. Paul.*  
**Live music from DJ Kool Akiem!**  
[urbanrootsmn.org](http://urbanrootsmn.org)

### 3. Frogtown Farm

946 Minnehaha Ave. W  
St. Paul, MN 55104



*Frogtown Farm is a 5.5-acre nonprofit urban farm committed to economic, social, and environmental sustainability.*  
[frogtownfarm.org](http://frogtownfarm.org)

## MAKE A DAY OF IT!

STOP 1  
JD Rivers'  
Children's  
Garden

STOP 2  
The Wedge  
for Lunch

STOP 3  
Frogtown  
Farm

STOP 4  
Mississippi  
Market  
for Snacks

STOP 5  
Urban  
Roots

## 4. Ames Farm

2425 County Rd. 127  
Delano, MN 55328



Honey farm and pollinator refuge producing award-winning, single-source honey. Celebrating their 28th season this year!  
amesfarm.com

## 5. Riverbend Farm

5405 Calder Ave. SE  
Delano, MN 55328



Riverbend Farm grows a wide range of certified organic vegetables for sale at local food co-ops, restaurants, and a small a la carte CSA.  
rbfcsa.com



## 6. Thousand Hills Lifetime Grazed

14688 Grover Ave. NW  
Clearwater, MN 55320



Multi-species farm utilizing regenerative agriculture practices with a main focus on 100% grass-fed beef.  
thousandhillslifetimegrazed.com

## 7. Fox and Fawn Farm

17250 County Rd. 122  
New Germany, MN 55367



Family farm featuring naturally grown fruits and veggies for local CSA distribution.  
foxandfawnfarm.com

## 8. Living Song Farm

7616 25th St. SW  
Howard Lake, MN 55349



Fourth-generation farm featuring grass-fed beef, certified organic garlic, and environmental stewardship.  
**Guided tours at 10 am, 12 pm, and 2 pm.**  
See the cattle move to new rotational grazing ground during the 12 pm tour.  
livingsongfarm.com

## MAKE A DAY OF IT!



## EAST



### 9. White Pine Berry Farm

1482 Oak Dr.  
River Falls, WI 54022



Certified organic u-pick berry farm with strawberries, blueberries, raspberries, currants, sunflowers, pumpkins, and a corn maze.

[whitepineberryfarm.com](http://whitepineberryfarm.com)

### 10. Racing Heart Farm

E7982 1200th Ave.  
Colfax, WI 54730



Racing Heart is a no-till farm that grows vegetables for CSA members and a farmers market.

[racingheartfarm.com](http://racingheartfarm.com)

### 11. Bull Brook Keep

765 50th Ave.  
Clear Lake, WI 54005



Raising grass-fed, grass-finished beef and healthful herbs for health: of land, livestock, family, and customers.

[bullbrookkeep.com](http://bullbrookkeep.com)

### 12. Turnip Rock Farm & Cosmic Wheel Creamery

260 95th St.  
Clear Lake, WI 54005



Whole farm ecosystem of low-till organic vegetables, plus an on-farm creamery with 100% grass-fed cows and pastured pigs.

[turniprock.com](http://turniprock.com)

## SOUTHEAST

### 16. Blue Fruit Farm

31762 Wiscoy Ridge Rd.  
Winona, MN 55987



Blue Fruit Farm is a certified organic perennial fruit farm featuring delicious, nutrient-dense blueberries, black currants, honeyberries, aronia, elderberries, and plums.

**Fathead Steve's food truck!**

[bluefruitfarm.com](http://bluefruitfarm.com)

### 17. Hoch Orchard and Gardens

32553 Forster Rd.  
La Crescent, MN 55947



A diverse fruit farm with fruit, sheep, hogs, veggies, and fresh and hard cider.

[hochorchard.com](http://hochorchard.com)

### 13. Blackbrook Farm

1150 35th Ave.  
Amery, WI 54001



Blackbrook Farm grows certified organic vegetables and raises pastured hogs, broiler chickens, and grass-fed beef for a 120-member CSA and farm-to-table restaurants.

[blackbrookfarmstead.com](http://blackbrookfarmstead.com)

### 14. Northwood Mushrooms

827 15th St.  
Clayton, WI 54004



Organic mushroom farm growing mushrooms on logs, in ground, and indoors on blocks.

[northwoodmushrooms.com](http://northwoodmushrooms.com)

### 15. The Food Group - Big River Farms

14220-B Ostlund Tr. N  
Marine on St. Croix, MN 55047

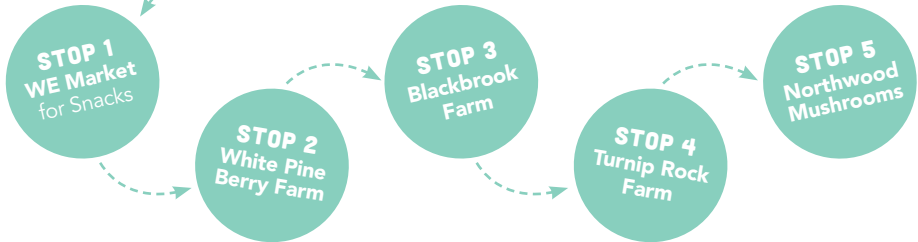


A 150-acre organic incubator farm in Marine on St. Croix. They have 15-20 farm teams every year farming 1/8 - 2 acres of land. Farmers learn to grow their farm business and how to access markets.

Wagon ride tour at 11 am.

[thefoodgroupmn.org/farmers](http://thefoodgroupmn.org/farmers)

## MAKE A DAY OF IT!



Blue Fruit Farm

## MAKE A DAY OF IT!



# SOUTH



## 19. Graise Farm

16914 Dixon Tr.  
Faribault, MN 55021



Learn about pasture-raised pigs, free-range ducks, chickens, and livestock guardian dogs through Graise Farm's self-guided walking tour.

[graisefarm.com](http://graisefarm.com)

## 20. Keepsake Cidery at Woodskeep Orchard

4609 135th St. E  
Dundas, MN 55019



Organic orchard with a cidery and tasting room featuring local foods and products.

[keepsakecidery.com](http://keepsakecidery.com)

## 18. Ferndale Market

31659 Willow Tr.  
Cannon Falls, MN 55009



The Peterson family has been raising free-range, antibiotic-free turkeys since 1939. Visit the farm to see turkeys and check out the on-farm market to find local foods you know and love!

**Farm tours on hay wagon rides begin every 30 min.**

[ferndalemarket.com](http://ferndalemarket.com)

## 21. Seven Songs Organic Farm

46544 70th Ave.  
Kenyon, MN 55946



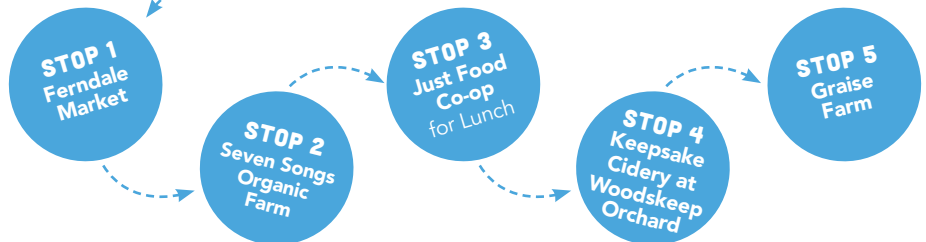
Organic vegetable, herb, fruit, and egg farm that also creates Escape garlic scape pesto.

**Guided tours at 10:30 am, 12:30 pm, and 2:30 pm.**

**Local Plate food truck!**

[sevensongsfarm.com](http://sevensongsfarm.com)

## MAKE A DAY OF IT!



Learn more about the farms, plan your day, and check for updates about the tour at [coopfarmtour.com](http://coopfarmtour.com).