CENTRAL UPPER PENINSULA MICHIGAN

FOOD RESOURCE LIST

# SOUTHERN DELTA/NORTHERN MENOMINEE COUNTY AREA

* GUINDON FARMS, Cornell, MI. 906-384-6517; Offer: 100% grass-fed and organic Limousine beef
* JORASZ FAMILY RANCH, Bark River, MI. 906-295-0588; joraszfamilyranch.com
	+ RAWMI listed A2 raw milk dairy herd shares, beef, bison and chicken/duck eggs, herbal supplements- to members only.
* MULBERRY HILL FARM, Bark River MI. Todd @ 906-420-1800
	+ Pasture raised pork, feeder piglets and butcher hogs, meat lambs. Reserve early in the spring if possible.
* YOOPER PRODUCE, Laura Marhonic, (906) 280-5434 or email at yooperproduce@gmail.com
	+ All of our produce starts from organic seed stock or plants from certified organic growers. We water from a resident well, and the soil where the plants are grown, both inside and outside, are tested annually. Only natural forms of pest control are used and no chemicals are used in the growing process, even if deemed organic.
* ECHOLIGHT FARM, (906) 420-3060, echolight@outlook.com, 7819 30th Rd, Rapid River, MI
	+ Goat dairy herd shares, duck eggs, goat milk soap, manure
* GLADSTONE BERRY FARM, 7772 County 426 M.5 Road, Gladstone, MI, (906) 241-7100
	+ Various farm grown products- Fresh cut asparagus, potatoes, onions, maple syrup, jams, jellies, and bake mixes
* HEALTH WAY NUTRITION CENTER, 906-786-2320, 2307 1st Ave S, Escanaba, MI 49829
	+ Bulk foods, vitamins, supplements, bulk spices by the ounce, natural skin care products, frozen food
* ESCANABA FARMERS MARKET, (906) 789-8696, 1501 Ludington Street Escanaba, MI 49829
	+ Wednesdays 3-6 pm EST, Saturdays 9-12 pm EST- The Escanaba Farmer's Market is a seasonal market offering healthy, fresh, wholesome, quality local food products to the community.
* GLADSTONE FARMERS MARKET, 911 Delta Ave, Gladstone, MI 49837, pwest@gladstonemi.gov
	+ Farmers Market takes place each Monday from 3:00 - 6:00 PM EDT beginning in June and ending in September.
* BERG’S GOURMET GARLIC FARM, 1835 US HWY 2 & 41, Bark River, MI, (906) 280-5704, hberg22576@yahoo.com, upbergfarms.com
	+ We specialize in growing hardneck garlic - Chesnok Red and Music.
* GARDEN FARM, 5856 Nn Rd, Garden, MI 49835, 906-287-6581
	+ offering home grown produce, farm-fresh eggs, and locally raised meat
* WILSON CREEK CAFÉ & FARM, W3869 Hwy US 2 & 41, Powers, MI, (906) 295-2066, wilsoncreekgardens@gmail.com
	+ Family-owned farm to table restaurant located in the beautiful Upper Peninsula
	+ Also sell vegetables, jams, bread, and pasture raised meats and eggs from their farm which is located nearby.
* ZAWADA FARMS, 5560 D.5 Lane , Bark River, MI, (906) 399-3037, zawadafarms@gmail.com
	+ Hereford beef, pasture raised pork, eggs, pumpkins in the fall.
* JASPERS SUGAR BUSH, W1867 Co. Rd. 374 Carney, Mi, To call or Fax orders: (800) 646-2753 or (906) 639-2588, https://www.jaspermaple.com/, jasper@alphacomm.net
	+ We sell only 100% PURE MAPLE SYRUP. MAPLE SYRUP is made by boiling sap gathered from hardwood Maple Trees. Depending on the sugar content of the sap used, between 35 and 50 gallons of sap are required to make one gallon of MAPLE SYRUP. MAPLE SUGAR (candy) and CREAM are made by boiling syrup to various points beyond the syrup stage without additional ingredients.
* OLSON’S SUGAR BUSH, 596 County Road 400, Bark River, MI, (906) 553-3636, olsonmaplesyrup@hotmail.com
	+ Pure maple syrup
* YOOPER FARMHOUSE, yooperfarmhouse@gmail.com, Escanaba Area
	+ Goat milk soap and products from Alpine herd

# DICKINSON COUNTY AREA

* SLAGLE’S FAMILY FARM, N7705 Metropolitan Rd. Felch, MI, call/text 906-221-5937, email slaglesfamilyfarm@gmail.com or contact us on Facebook
	+ grow and sell produce, utilize our harvest in our commercial kitchen, operate a pumpkin patch, make our own custom sausages, cook meals for the public, and sell from our farm store on Wednesday 3-7, Saturday 10-4 or by appointment

# IRON COUNTY AREA

* KURT LEHMANN, kurt@shamcoinc.com
	+ Home grown meat chickens, organic/soy free feed, can deliver to Jorasz Family Ranch also

# MARQUETTE/ALGER COUNTY AREA

* FULL PLATE FARM, Skandia, 906-869-7539; fullplatefarmmi.com
	+ CSA program with organic vegetables
* PILATED FARMS, is a CSA and market farm located on our 80 acre homestead in Chatham, Michigan.
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* SEEDS AND SPORES FAMILY FARM, Marquette, MI. 906-458-8616; seedsandspores@miuplink.com; www.seedsandspores.com
	+ CSA program with “beyond organic” vegetables and pasture-raised meat
* MARQUETTE FOOD CO-OP, 502 W. Washington St., Marquette, MI. 906-225-0671; info@marquettefood.coop; [www.marquettefood.coop](http://www.marquettefood.coop)
	+ full-service grocery store and deli with wide selection of natural, local, and organic foods.
* LAKESHORE DEPOT, 560 Fern Pl Marquette, Open 10am-7pm 7 days/week
	+ Lakeshore Depot seeks to provide an efficient outlet for customers seeking to purchase local foods. Somewhat of a hybrid between a grocery store and farmer's market
* YOOPER FARMS, N5930 Hallstrom Rd, Eben Junction, MI, (719)661-9067
	+ We are a 20 acre private membership market farm growing a wide variety of organic vegetables. We offer chicken and duck eggs and raise both meat chickens and rabbits. We are in the process of planting a large orchard including apples, plums, pears, peaches, cherries, an assortment of berries and asparagus. McKenzie & Jose
* ANDY REICHERT, (906)280-7214
	+ I have a small flock (16 ewes and 3 rams) of sheep hard at work here on our farm for the purpose of providing lamb and/or mutton. I raise hair sheep (as opposed to wool sheep) which provide a tender, sweet tasting fine grained meat useful for grilling, roasting, stews and burger. It can replace beef or pork in virtually any recipe. These are grass-fed animals with no artificial hormones, no vaccinations, and no pharmaceuticals. The breed of sheep I raise are known for meaty carcasses that are properly marbled.