



NUTRITIONAL WEIGHT & WELLNESS, Inc.  
*educating and counseling people to better health*

## How To Buy Direct From The Farm

### Twin Cities Deliveries:

**Honeymoon Creamery** | organic, beef, butter, cream, & milk  
Delivers to Bloomington, near the Mall of America  
**Contact:** Paul and Emily Reese 507-317-2036  
**E-mail:** [paulplusemily@yahoo.com](mailto:paulplusemily@yahoo.com)  
Monthly deliveries - 2<sup>nd</sup> Tuesday of each month

**Prairie Wind Farms** | organic, pastured lamb & duck, eggs and dairy  
Delivers to E. Bloomington at 10:30 and Crystal at noon  
**Contact:** Richard Owen 952-934-2616  
**E-mail:** [richardowen@usfamily.net](mailto:richardowen@usfamily.net)  
Monthly deliveries - 2<sup>nd</sup> Tuesday of each month

**Farm on Wheels** | organic, pastured beef, pork, lamb, poultry & eggs  
Located at 5<sup>th</sup> & Wall Street  
**Contact:** 507-789-6679  
**E-mail:** [farm.on.wheels@juno.com](mailto:farm.on.wheels@juno.com)  
**Website:** [www.farmonwheels.net](http://www.farmonwheels.net)

### Farms Not Too Far Away:

**Midvalleyvu Farm** | Arkansas, WI  
**Contact:** Wayne and Janet Brunner 715-285-5331  
**E-mail:** [wajabrun@nelson-tel.net](mailto:wajabrun@nelson-tel.net)  
**Website:** [www.midvalleyvu.com](http://www.midvalleyvu.com)

**Anderson Farm** | Arkansas WI  
**Contact:** Randy, Lynn, Andy & Rachelle Anderson.  
715.285.5226 or 888.700.FARM  
**Email:** [andersonfarm@nelson-tel.net](mailto:andersonfarm@nelson-tel.net)  
**Website:** [www.andersonfarm.us](http://www.andersonfarm.us)

### Other Websites With Information:

Contact USDA for current information on other farms and their products, which sell directly to the consumer.

#### Websites:

[www.mda.state.mn.us/mngrown/directory.htm](http://www.mda.state.mn.us/mngrown/directory.htm)  
[www.eatwild.com/products/minnesota.html](http://www.eatwild.com/products/minnesota.html)  
[www.eatwild.com/products/wisconsin.html](http://www.eatwild.com/products/wisconsin.html)

**Farmers Markets** | Minneapolis and St. Paul, check in your area to see more local availability: [www.mplsfarmersmarket.com](http://www.mplsfarmersmarket.com)

The increase in demand for quality products from the family farm, sold directly to the consumer, will continue to expand these programs.

**Knowing the source of your food encourages you  
to make better choices.**

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651-699-3438

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Wayzata, MN 55391  
952-345-0766

3596 Linden Ave Suite B3  
White Bear Lake, MN 55110  
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[www.WeightAndWellness.com](http://www.WeightAndWellness.com)