



NUTRITIONAL WEIGHT & WELLNESS, INC.

HOW TO BUY DIRECT FROM THE FARM

Twin Cities deliveries

Deliveries on Mondays

HONEYMOON CREAMERY (organic, beef, butter, cream, and milk)

Delivers to Bloomington – near the Mall of America

Contact: Paul and Emily Reese ph: 507-317-2036

E-mail: paulplusemily@yahoo.com

Monthly deliveries – 2nd Tuesday of each month

PRAIRIE WIND FARMS (organic, pastured meat products, including lamb and duck, eggs and dairy i.e. milk, yogurt and cream)

Delivers to E. Bloomington at 10:30 and Crystal at noon

Contact: Richard Owen ph: 952-934-2616 e-mail: richardowen@usfamily.net

Delivery every week – Saturdays and Sundays at the St. Paul Farmers' Market

FARM ON WHEELS (organic, pastured beef, pork, lamb, chicken, eggs, turkey, duck and goose)

Located at 5th & Wall Street

Ph: 507-789-6679 e-mail: farm.on.wheels@juno.com

Website: www.cannon.net/~farmonwh

Farms "not too far away":

Midvalleyvu Farm, Arkansas WI

Contact: Wayne and Janet Brunner ph: 715-285-5331

E-mail: wajabrun@nelson-tel.net website: www.midvalleyvu.com

Sweetland Farm, Menomonie WI

Products: certified organic, 100% grass-fed RAW milk, cream, yogurt and butter from Jersey cows, organic eggs, chicken, and grass-fed beef.

Contact: Karen Bumann and David Schmidt ph: 715-232-8785 e-mail: sweetland@wwt.net

Website: www.sweetlandfarm.com

Other websites with information:

Contact USDA for current information on other farms and their products, who sell directly to the consumer. Website: www.mda.state.mn.us/mngrown/directory.htm

www.eatwild.com/products/minnesota.html

www.eatwild.com/products/wisconsin.html

FARMERS MARKETS – Minneapolis and St. Paul, check in your area to see more local availability

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 FOODS ENCOURAGES YOU TO MAKE BETTER CHOICES

708 Cleveland Avenue South • St Paul, MN 55116
Phone: 651-699-3438 • Fax: 651-695-0191 • www.weightandwellness.com