



2024 GUIDE BOOK

July 13, 2024 • 10 am - 4 pm

Get out and 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 local farms, connect with the people who provide fresh food for your table, and inspire one another to support the local food system.

After a year off, the tour is back with an updated format that focuses on two regions, including new featured farms as well as longtime favorites. On July 13, get out and explore 16 farms with 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.

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.

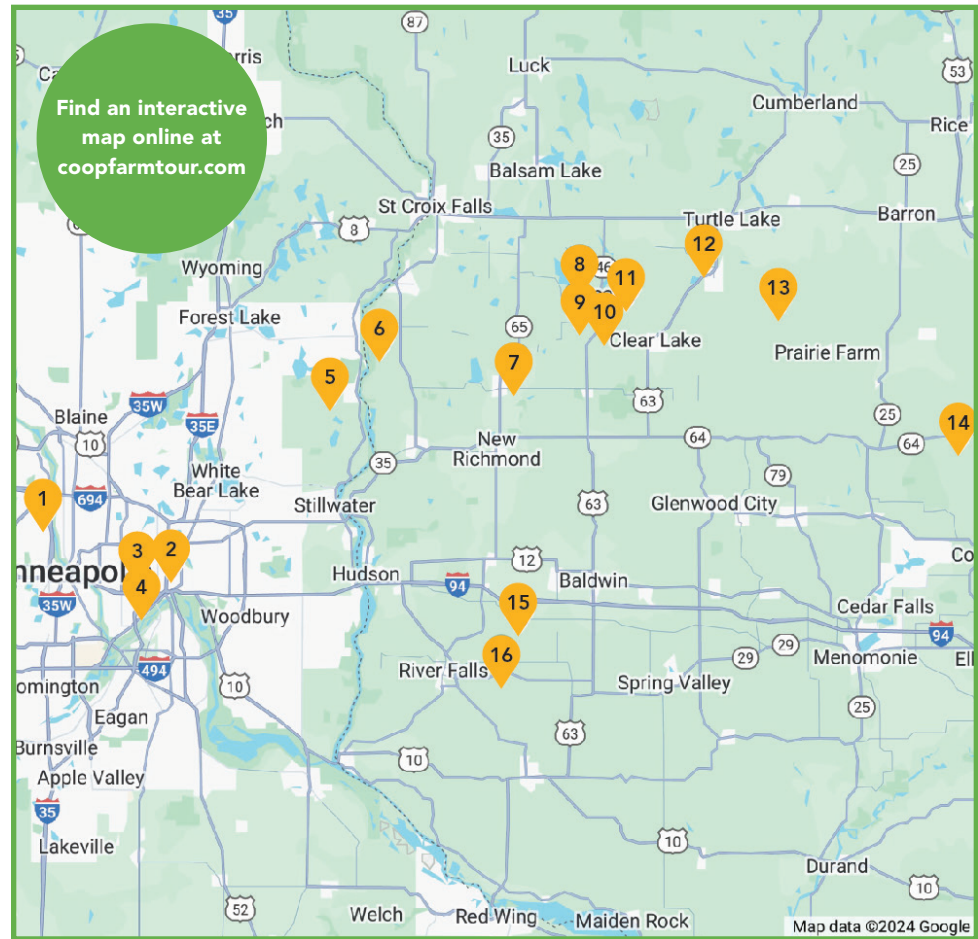


Follow us on social media!

@coopfarmtour.coop
 @coopfarmtour



Foxtail Farm



TOUR TIPS

- GPS can be spotty in rural areas, so please check your directions 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.

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), unless otherwise noted
- Demonstrations
- Games
- Live music
- Food truck
- No bathroom
- And more!

URBAN FARMS



1. Youth Farm

807 N 27th Ave.
Minneapolis, MN 55411



The Nellie Stone Johnson school garden serves as an outdoor classroom where students engage in hands-on educational activities regarding urban agriculture and food production.

After 1 pm, only self-guided tours will be available.
youthfarm.org

2. Urban Roots

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



A picturesque farm on the east side of Saint Paul run by nonprofit Urban Roots to benefit youth and community.

After 2 pm, only tours will be available.
urbanrootsmn.org

3. Frogtown Farm

946 Minnehaha Ave. W
St. Paul, MN 55104



Frogtown Farm stands as a cornerstone of regenerative agriculture, dedicated to nurturing community wellness, ensuring access to nutritious food, and fostering impactful transformation for all residents.

frogtownfarm.org

4. Open Arms (Abundance Farm)

668 Victoria St. S
St. Paul, MN 55102

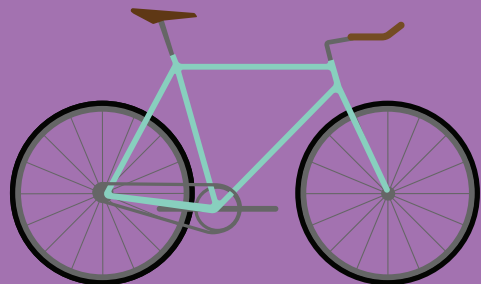


Nonprofit Open Arms grows, prepares, and delivers medically tailored meals to critically ill Minnesotans. They operate five urban farms where they grow fresh vegetables for their kitchen and CSAs.
openarmsmn.org/openfarms



BIKE ROUTE

Explore urban farms by bike! Start at Union Depot in St. Paul (ample parking if arriving by vehicle), and stop by the Lowertown Bike Shop for a parking voucher, \$1 off a coffee to fuel your ride, and a map if you need one. This beginner-to-intermediate level route is 15 miles long, utilizing bike paths and low traffic city streets with bike lanes. This self-guided route is bike at your own risk, and at your own pace.



START

Union Depot

DESTINATION 2

Urban Roots

DESTINATION 3

Frogtown Farm

DESTINATION 4

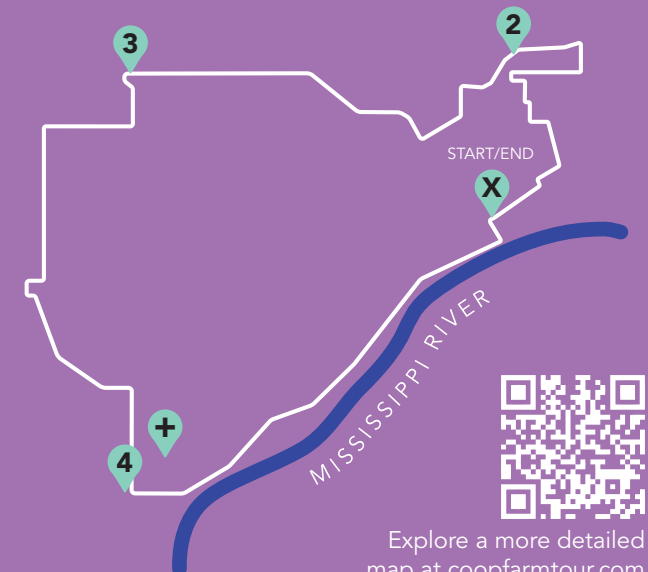
Open Arms

+ ADDITIONAL STOP

Mississippi Market Co-op
for snacks or restroom

END

Union Depot



Explore a more detailed map at coopfarmtour.com



Big River Farms

5. Big River Farms (The Food Group)

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



Big River Farms is an incubator farm that teaches farmers how to grow organic food and develop the basics for launching a farm business or community program. It is designed to support immigrants, those with limited resources, and historically underserved populations. thefoodgroupmn.org

6. Foxtail Farm

124 280th St.
Osceola, WI 54020



Foxtail Farm focuses on climate-first agricultural practices. Building the soil web through no-till practices, caretaking flora and fauna without use of chemical sprays, and working toward a farm that co-exists within the local ecosystem are at the center of work on the farm. foxtailcsa.com

7. Threshing Table Farm

2249 150th St.
Star Prairie, WI 54026



This vegetable CSA farm grows for 250 members plus community partners. They use regenerative soil practices, farm animals, and a kids play area. Jewelltown Roastery will be on hand with coffee and sweets for the day!

threshingtablefarm.org

8. Z-Orchard

654 115th St.
Amery, WI 54001



Z-Orchard grows pesticide-free apples, honey, and maple syrup. They have a farm store where they sell their products.

z-orchard.com

9. Blackbrook Farm

1150 35th Ave.
Amery, WI 54001



This 140-acre certified organic small family farm grows vegetables, grazes 100% grass-fed beef, and raises pastured heritage pigs, chickens, and turkeys.

blackbrookfarmstead.com

10. Turnip Rock Farm & Cosmic Wheel Creamery

260 95th St.
Clear Lake, WI 54005



Turnip Rock Farm & Cosmic Wheel Creamery offer veggies, 100% grass-fed farmstead cheeses, and pastured meats. They view their farm as a whole ecosystem, with all aspects interdependent.

turniprock.com

11. Herbal Safari at Bull Brook Keep

765 50th Ave.
Clear Lake, WI 54005



Bull Brook Keep is devoted to stewardship, learning, and conversation. They graze cattle and nurture medicinal permaculture. Enjoy herbal safaris (guided herb explorations), remedy-making classes, and delicious events.

herbalsafari.com

12. Northwood Mushrooms

827 15th St.
Clayton, WI 54004



This organic mushroom farm grows on sustainably sourced logs, in ground, and indoors on blocks.

northwoodmushrooms.com

13. LTD Farm

454 4½ Ave.
Clayton, WI 54004



LTD is a small farm that grows vegetables and fruits and raises beef and lamb.

livingthedreamfarm.com

14. Racing Heart Farm

E7982 1200th Ave.
Colfax, WI 54730



Racing Heart is a 2-acre, no-till, certified organic vegetable farm that focuses on growing for CSAs and farmers markets.

racingheartfarm.com

15. White Pine Berry Farm

1482 Oak Dr.
River Falls, WI 54022



This is a certified organic U-pick and prepicked strawberry, raspberry, blueberry, & currant farm. They also have flowers, a farm store, and farm animals.

whitepineberryfarm.com

16. Rising Sun Farm and Orchard

W7901 830th Ave.
River Falls, WI 54022



This diversified, organic family farm has been in production since 1974. They grow mixed vegetables and apples, raise pigs and chickens, and bottle maple syrup, all using regenerative practices.

risingsunfarmandorchard.com



Blackbrook Farm

MAKE A DAY OF IT!

There are numerous routes you can take as you plan your day of fun! Here are a few suggestions you can use or adapt, based on your personal preferences. See you at the farm!



White Pine Berry Farm



WE Market for lunch



Rising Sun Farm & Orchard



Wedge or Seward for snacks



Turnip Rock & Cosmic Wheel



Herbal Safari at Bull Brook Keep



Z-Orchard



Blackbrook Farm



River Market for snacks



Big River Farms



Foxtail Farm



Threshing Table Farm