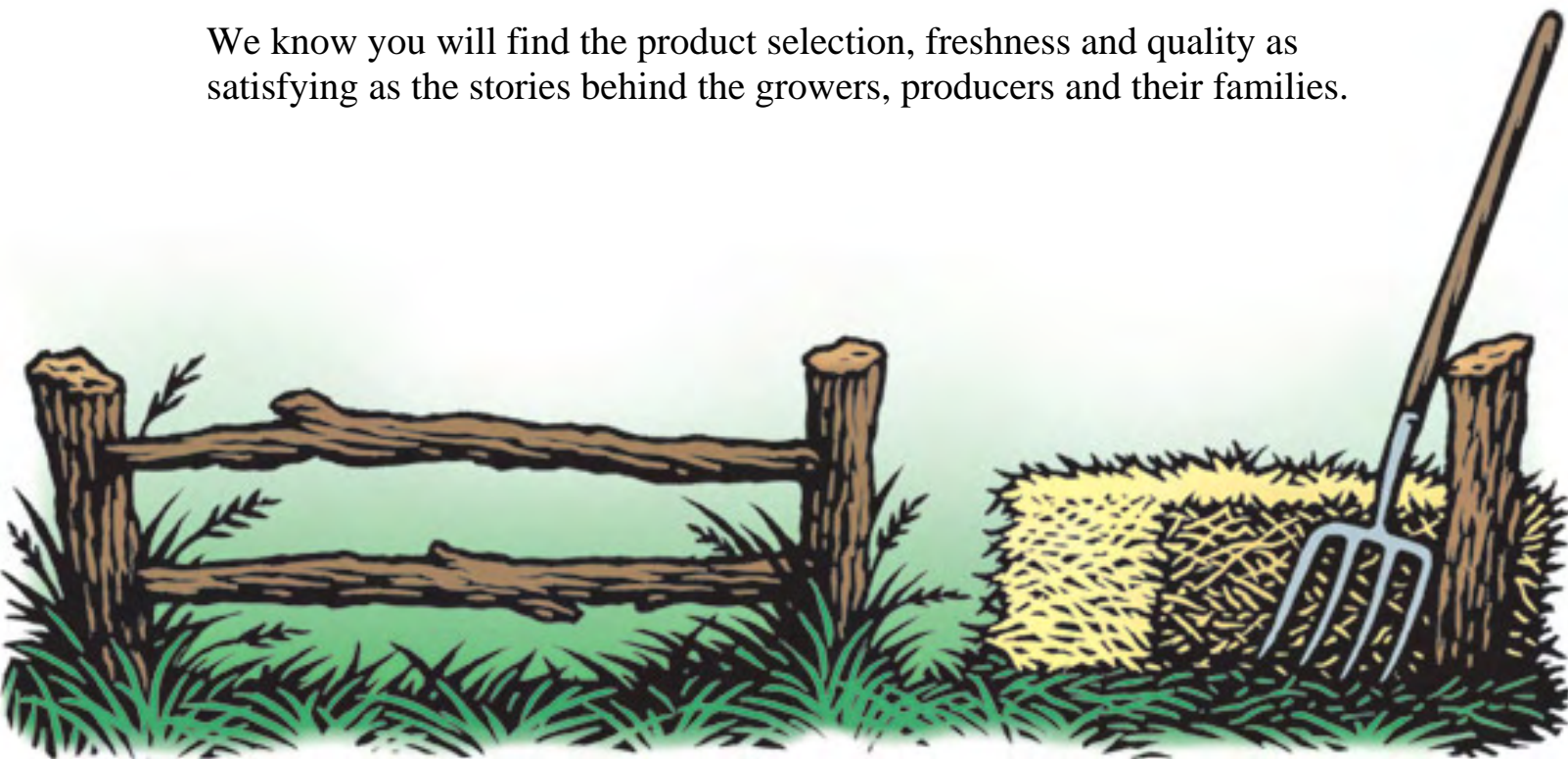




It is Sysco Minnesota's intention to fully support the efforts of the Heartland Food Initiative and the work of the local sustainable agriculture groups. It is our mission, pleasure and honor to work with these local groups, state and local governments, processors and growers to bring these products to market. We will strive to maintain product integrity, grower and producer identity, overall value to our customers and, ultimately, sustainability for the families involved.

With that in mind, it is our pleasure to present the Sysco Minnesota Farmer's Market. A joint effort has been made with the following companies and organizations to bring to market these products.

We know you will find the product selection, freshness and quality as satisfying as the stories behind the growers, producers and their families.





Sysco Minnesota
is proud to be a charter member
of the Heartland Food Network. This unique
program brings together chefs, farmers, processors and
distributors in an effort to provide locally grown, sustainable
and organic products to our region's dinner tables. We
fully support this innovative collaboration and invite
you to contact us or visit the HFN website
at www.mnproject.org for more information



Sysco Minnesota's Farmers' Market

Items and pack sizes subject to availability.

Anderson Maple Syrup - Cumberland, WI

6561534	Anderson	Maple Pancake Syrup (25%)	4/1 gal.
6561195	Anderson	Pure Maple Syrup (Grade A)	1/1 gal.
6561922	Anderson	Pure Maple Syrup (Grade B)	1/1 gal.

Faribault Dairy - Faribault, MN

6736698	Amablu	Cave Aged Blue Cheese Crumbles	4/5 lb.
6710057	Amablu	Cave Aged Blue Cheese Wheel	2/6 lb. avg.

H. Brooks & Co. – New Brighton, MN

6122646	MN Grown	Fresh Green Onions	1/48 ct.
6053858	MN Grown	Fresh Red Radishes w/Green Tops	1/48 ct.
6053900	MN Grown	Fresh White Icicle Radishes w/Green Tops	1/12 ct.

Nuto Farms – Rice Lake, WI

1489764	Packer	Fresh Baking Potato	1/50 lb.
2328649	Packer	Fresh Multi-Purpose Russet Potato	1/50 lb.
6328199	Sysco Classic	Fresh Russet Baking Potatoes	1/50 ct.
1396720	Sysco Classic	Fresh Russet Baking Potatoes	1/70 ct.
1396712	Sysco Classic	Fresh Russet Baking Potatoes	1/80 ct.
1396738	Sysco Classic	Fresh Russet Baking Potatoes	1/90 ct.
1396696	Sysco Classic	Fresh Russet Baking Potatoes	1/100 ct.
1397033	Sysco Classic	Fresh Russet Baking Potatoes	1/110 ct.
1397041	Sysco Classic	Fresh Russet Baking Potatoes	1/120 ct.
6328207	Sysco Classic	Fresh Russet Baking Potatoes	1/140 ct.



Pahl Farms – Apple Valley, MN

6189559	MN Grown	Fresh Acorn Squash	1/35 lb.
6190102	MN Grown	Fresh Butternut Squash	1/35 lb.
6586349	MN Grown	Fresh Green Cabbage (Jumbo)	1/25 lb.
6586323	MN Grown	Fresh Green Cabbage (Medium)	1/25 lb.
6586368	MN Grown	Fresh Red Cabbage (Medium)	1/25 lb.
6772230	MN Grown	Fresh Pumpkin	1/3-6 lb.
6772354	MN Grown	Fresh Pumpkin	1/5-10 lb.
6785950	MN Grown	Fresh Pumpkin	1/10-15 lb.
6189658	MN Grown	Fresh Yellow Sweet Corn (48 ct.)	1/45 lb.
6772743	MN Grown	Corn Stalks - Bunched & Tied	1/6-8 ct.

Pepin Heights Orchard – Lake City, MN

6868541	MN Grown	Fresh Haralson Apples (Tray Pack)	1/40 lb.
6868624	MN Grown	Fresh Honeycrisp Apples (Tray Pack)	1/40 lb.
6868590	MN Grown	Fresh McIntosh Apples (Tray Pack)	1/40 lb.
5403696	Pepin Heights	Apple Cider (Frozen)	4/1 gal.
6645956	Pepin Heights	Fresh Pressed Apple Cider	4/1 gal.
2153633	Pepin Heights	Sparkling Apple Cider	12/750 ml.
4980124	Pepin Heights	Sparkling Apple Cider	24/12 oz.

Svihel Farms – Foley, MN

5274499	MN Grown	Fresh Anaheim Peppers	1/10 lb.
6166233	MN Grown	Fresh Canteloupe	1/30 lb.
6222434	MN Grown	Fresh Green Beans	1/bushel
6189666	MN Grown	Fresh Green Bell Peppers (Chopper)	1/25 lb.
6189716	MN Grown	Fresh Green Bell Peppers (Large)	1/25 lb. avg.
6129892	MN Grown	Fresh Hot Hungarian Banana Peppers	1/10 lb.
2722726	MN Grown	Fresh Jalapeno Peppers	1/10 lb.
7870668	MN Grown	Fresh Okra	1/10 lb.
2723849	MN Grown	Fresh Poblano Peppers	1/10 lb.
6166213	MN Grown	Fresh Red Tomatoes	1/10 lb.
6172512	MN Grown	Fresh Seedless Watermelon	1/2/3 bin
9798828	MN Grown	Fresh Strawberries	1/flat
6129942	MN Grown	Fresh Sweet Hungarian Banana Peppers	1/10 lb.
6189450	MN Grown	Fresh Whole Eggplant	1/bushel



Vine Valley Farms – Stewart, MN

7769278	MN Grown	Fresh Beets	1/25 lb.
7954599	MN Grown	Fresh Red Onions (2-1/4"-3")	1/40 lb.
6150114	MN Grown	Fresh Red Radishes	1/5 lb.
7732496	MN Grown	Fresh Select Cucumbers	1/50-55 lb.
6189435	MN Grown	Fresh Super Select Cucumbers	1/50-55 lb.
6586376	MN Grown	Fresh Super Select Cucumbers	1/24 ct.
7143199	MN Grown	Fresh Yellow Onions (2-1/4"-3")	1/40 lb.
6190136	MN Grown	Fresh Yellow Squash	1/18-20 lb.
6190276	MN Grown	Fresh Zucchini Squash	1/24-28 lb.

Wholesale Produce – Minneapolis, MN

6993988	MN Grown	Fresh Iceless Green Onions	1/8 lb.
8473700	MN Grown	Fresh No Wax Parsnips	1/20 lb.
6772529	MN Grown	Indian Corn	1/24 ct.
6772586	MN Grown	Indian Corn - Mini Bunched	1/24 ct.
6785901	MN Grown	Mini Decorative Pumpkins	1/10 lb.
6772495	MN Grown	Ornamental Gourds	1/20 lb.

TFC Poultry – Alexandria, MN

1087610	TFC Poultry	CVP Whole "Ugly" Chicken	12/3.25 lb.
1286729	TFC Poultry	CVP Whole "Ugly" Chicken	14/2.75 lb.



Compart Family Farms – Nicollet, MN

8547350	Compart	Applewood Layout Bacon (10/12 ct.)	1/15 lb.
6792002	Compart	Applewood Layout Bacon (14/18 ct.)	1/15 lb.
0517902	Compart	Bone-In Pork But	4/2 pc.
5850845	Compart	BSR Bonesless Center Cut Pork Loin	3/8 lb. avg.
5850837	Compart	Chine Off Frenched Pork Rib Rack	2/2 pc.
0339030	Compart	Dry Aged Porterhouse Pork Chops	12/14 oz.
5479565	Compart	Duroc Boneless Neck-Off Pork Butt	10/8 lb. avg.
0517989	Compart	Loin Back Pork Ribs	12/2.25 lb.
8701803	Compart	Peeled Loin Back Pork Ribs 2-2.25 lb.)	1/12 pc.
6428243	Compart	Peeled St. Louis Pork Ribs	12/2 pc.
0517876	Compart	Pork Spare Ribs (4.95 lb. & down)	3/3 pc.
7738788	Compart	Ribeye Pork Chops (10-12 oz.)	16/1 pc.
6596385	Compart	Skinless Osso Bucco Pic Pork Shank	4/2 pc.
8282438	Compart	Square Cut Skinless Pork Belly	2/1 pc.
5732724	Compart	St. Louis Style Skirt-Off Pork Ribs	1/30 lb. avg.
0113569	Compart	Volcano Ham Pork Shank	4/4 pc.
6888099	Compart	Whole Pit Ham	2/10 lb. avg.



**Compart Family
Farms, Inc.
Nicollet, Minnesota**

Compart Family Farms™ is made up of third generation swine producers. Initially started as a 4-H project, it has grown to one of the largest family-owned swine genetics businesses in the Midwest. Originating at Nicollet, Minnesota, Compart Family Farms has grown to having multiple locations in Minnesota as well as a central Iowa location.

The family philosophy has always been doing what is right for the long term and never cutting corners. On-the-farm performance testing of hogs was the Compart Family Farms trademark. Implementing extra testing procedures for growth rate, backfat and carcass data has always been used and will continue to help make genetic progress for years to come. As a result of this genetic improvement, breeding stock with the Compart Duroc™ name was in high demand.

In the early 1990's, the consumer began asking for leaner pork and suddenly there was an emphasis on eating qualities by the pork producers. Compart Family Farms responded to this challenge by participating in many genetic evaluations that compared their products to that of other genetic companies. With favorable results from several comparisons under their belts, the family decided to take their story to the consumer.

The Compart Duroc premium pork label is the result of the family commitment and superior product produced on the Compart Family Farms. Compart Duroc hogs are bred, born and raised on small farms where family members are involved in the day-to-day management of their stock. The breeding program is the result of over 55 years of combining the very best purebred lines of the Duroc breed. Compart Family Farms has also conducted extensive research and development to create a proprietary Compart Duroc feeding program. This feeding program optimized both the pig's performance and its meat quality. This, coupled with raising the pigs in comfortable, environmentally stable facilities, reduced stresses that adversely affect muscle quality.



Dennis Courtier, standing third from right

Dennis Courtier

Pepin Heights Orchard Lake City, Minnesota



Apples
Fresh Apple Cider
Sparkling Apple Cider

In 1978, Dennis Courtier bought Pepin Heights Orchard, a small apple farm on the bluffs overlooking the Mississippi River in Lake City, Minnesota. More than 20 years later, using farming practices that call for less pesticide use and an intimate understanding of nature's balance, the operation now produces 20% of all the apples grown in Minnesota. Committed to stewardship of the land and an approach that takes into account the farm's entire ecosystem, Courtier sees his role as working with nature rather than against it. The farm produces 60-70 varieties of apples for eating and the making of cider.

According to Dennis: "An apple orchard is a complex eco-system into which we reach with the specific purpose of producing a perennial crop. Biologically there is a ton of stuff going on in that ecosystem and as much as possible we try to work with the natural balance of things and to disrupt as little as possible in meeting the goals of producing the crop." The basic philosophy that underlines Pepin Heights is understanding how to work with nature—most important to understand what is going on in the environment in which we operate and seeing it as a system, an eco-system, not just a monoculture.

The Midwest Food Alliance program is important to Courtier because as the population of this country becomes increasingly urban, people become less and less in touch with where their food comes from and how it is produced. "MWFA is about trying to reverse that and to get people thinking about how the food they eat affects them and the world around them. Ultimately we've got to collectively start thinking about the quality of our food and stop thinking of it only in terms of bigger, faster, cheaper."

Pepin Heights is continually looking to improve the production of healthy food in a healthy environment. Often times when man tries to tweak things, he disturbs and disrupts the natural course of things. Farming is about gaining a greater understanding of how the ecosystem works and the minimum to keep it on track. That's what reduces the amount of pesticides. "There are few fundamental pleasures in life greater than picking a Honey Crisp apple off a tree at the peak of its flavor and taking a big bite of it. One tends to perceive the world differently if one is eating good food."



Dennis, Donn and Brian West

Donn, Dennis and Brian West

Nuto Farm Supply Rice Lake, Wisconsin



Kitchen Kleen Potatoes
(Burbank Russets)

Kitchen Kleen Potatoes have been gracing the tables of Midwesterners in Wisconsin, Illinois, Michigan and Minnesota for over 60 years. The Wests of Nuto (Nuto is short for nutritious potato) Farm Supply in Rice Lake, Wisconsin have been working together since 1929 to grow the Burbank Russet, one of the best tasting potatoes available on the market today.

The original site of the farm was in Sarona, Wisconsin where Barron West planted his first five acres of potatoes. Mild temperatures during the day and cool temperatures at night provided the ideal growing environment for potatoes. The farming operation was moved in the 1960's to Rice Lake, and extended to Chetek Wisconsin in the 1980's increasing Nuto's total production to 5000 acres. The sandier soil conditions of the Chetek area improved irrigation practices, made harvest easier, and grew a more uniform potato than the clay soils of the Rice Lake region—though the Wests still farm about 150 – 200 acres in the Rice Lake area.

Today, the farm is operated by Barron's son Donn and his grandsons Dennis and Brian. Brian is responsible for the cultivation and harvesting of Nuto potatoes, while Dennis oversees the packing, processing and marketing of the potato crop. Donn handles all other administrative aspects of the farm, including bookkeeping and acting as government liaison. The family likes working together and everyone stays busy. Every season's cycle is different than the previous one, providing challenges and new opportunities during the year.

The Wests have always farmed their land based on a philosophy of environmental stewardship. Incorporating sustainable farming practices such as buffer strips and sweeping the fields for insects were being routinely practiced prior to third party certification. They also know how important environmental stewardship is to their customers. Becoming certified by Midwest Food Alliance for their environmentally friendly and socially responsible farming practices is a perfect fit for the Wests. They believe third party certification through MWFA provides assurance to consumers and backs up the claims Nuto Farm Supply makes with regards to their farming and labor practices.



Gary Pahl

Pahl Farms Apple Valley, Minnesota



Green Beans
Fall Squash
Green Cabbage
Red Cabbage
Pumpkins

Gary Pahl is a fifth generation farmer. Pahl Farms originally began in Bloomington, a second tier suburb of the Twin Cities. But due to increasing urban pressures, the farm has relocated to the flat, sandy loam of third tier suburb Apple Valley and surrounding areas.

Gary has always worked in the family business and he hopes his children will also consider farming. Gary says, "I farm because I enjoy it. It's a good way to make a living — I have never starved a day in my life."

The greatest attributes to the Pahl farm is its location and ability to take part in a large urban market, as well as great workers who have a wonderful work ethic. Having a large market within a few miles of the farm is great for a local vegetable farmer, providing a means of distribution without the middle man. "Every producer needs a population base and this area provides it"

"Being good stewards is an obligation we as growers have to pay back for our bountiful harvests. Sustainable agriculture is important for myself and my kids. If my kids go into farming, I want to leave them soil and land that is fertile and able to produce quality produce."

Gary practices integrated pest management and often seeds rye once he has harvested early season crops in order to keep the soil in place and avoid erosion problems. Crop rotation and planting crops that are best suited to the soil conditions are other methods that Gary uses as a responsible steward of the land.

The biggest challenge for Pahl Farms is the increasing pressure from urban growth. As sprawl continues, the farm is forced to find land further and further south. Other challenges include low prices and high input costs. As a member of MWFA Gary has been able to open other markets and feels that the organization is helpful in educating consumers about the importance of locally grown, sustainable agricultural practices.

John & Wendy Tanata Vine Valley Farms Inc. Stewart, Minnesota

Vine Valley Farms Inc. is a third-generation farm that rests on 600 acres of black, heavy, loam-clay soil in central Minnesota, just 60 miles west of Minneapolis in Hutchinson.



The farm is owned and operated by John and Wendy Tanata and managed by their three sons Josh, Adam, and Anthony. Josh graduated from Southwest State University with a B.S. degree in Agronomy. Adam attended college at South Dakota State University and received a B.S. degree in Horticulture and Anthony graduated with a B.S. degree in Marketing from Minnesota State University, Mankato. All of their degrees combined contribute a bundle of knowledge and make a perfect fit to the operation.

The farm's geographic location provides rich soil and moisture for successful crop production making irrigation not necessary. All 600 acres are entirely owned by the Tanata family so they are able to monitor the soil's fertility level and use crop rotation to maintain weed control and pest management.

The Tanatas' use several sustainable farming practices to preserve the natural habitat. "We provide areas for wildlife and natural pests and are still able to farm efficiently," John said. Vine Valley Farms Inc. land is home to windbreaks, native plants, and pastures. "We are trying to preserve the land and pass it on to the next generation," said Tanata.

Vine Valley Farms produces green and yellow zucchini, yellow summer squash, cucumbers, green beans, green and red cabbage, onions, peppers, radishes, red beets, pumpkins, and winter squash. Tanata believes in minimal usage of synthetic chemicals for his crops. He monitors pests and takes action only when certain thresholds are reached. He tries to keep his crops as organic as possible.

John hopes Food Alliance Midwest will benefit his farm by providing him with education on better overall sustainable production practices and educating consumers about the benefits of foods produced in this manner.

Tanata finds tremendous satisfaction in managing his vegetables from start to finish and in dealing with people. "There is nothing more satisfying than when a customer buys your product," he said. "You have to listen to what the customer wants and shape your operation around that."



Meet the Farmer

Svihel Farms



Our Story

John Svihel grows extra-tender sweet corn, as well as tomatoes, berries, melons, peppers, and squash on 180 acres near Foley, MN. Customers buy John's famous sweetcorn by the dozen at any of his roadside stands throughout Minnesota. John also markets his produce to food service venues and retail grocery stores.

John purchased this land near Foley four years ago, but he has been involved in the vegetable business for many years. While an undergraduate at St. John's University in Collegeville, John started his own business, operating roadside stands where he sold farm-fresh vegetables. Years later, John's farming style is characterized by this entrepreneurial spirit, as well as a strong commitment to environmental responsibility. Being "an outdoors person, and pretty conservation-minded," John takes care to grow his vegetables with minimal environmental impact.

"The less spray the better, for beneficial bugs, birds, and people," John says, and he constantly monitors his fields in order to avoid excessive pesticide applications. John rotates his crops and extensively uses cover crops to keep the soil fertile to reduce reliance on chemical fertilizers. He reduces soil erosion by planting windbreaks and by not tilling his fields in the fall. John believes in farming in harmony with the natural world; he keeps areas of his farm as habitat for wildlife, and every year plants food plots for pheasants, deer, and turkeys.

John's commitment to environmental and social responsibility made Food Alliance certification a natural fit for him. "I believe in what they're trying to do," he asserts. Food Alliance certification recognized John's efforts to grow his crops with minimal environmental impact. Certification also opened new markets for John to sell his products, including food service. With the Food Alliance Seal of Approval, John assures his customers that his sweet corn—as well as all his other products—is eco-friendly as well as melt-in-your mouth tender.

About the Farm

Svihel Farms
John Svihel
2935 Hwy 25 NE
Foley, MN 56329
320.968.7365
jsvihel@msn.com

Products

Mixed seasonal vegetables

Where to buy

Roadside stands in St. Cloud area
Regional grocery stores

Sysco Minnesota Farmers' Market Fact Sheet

What is it?	The Farmers' Market is a unique partnership among Sysco Minnesota, the Minnesota Department of Agriculture, local growers' associations, and certain Minnesota and Wisconsin farmers and producers.
Why are we doing this?	This program is designed to help small producers and family farmers to bring their products to the foodservice market in an efficient way.
What products are available?	A variety of products will be offered under this program. Currently, there are a variety of cheeses, produce items, and some meat items. There are products we've carried for years that are now part of this program (e.g. Nuto Farms potatoes and Pepin Heights cider products).
Other than being locally grown and/or produced, is there anything special about the products?	Yes! Crops are grown utilizing principles of "sustainable agriculture", meaning that they are produced in an environmentally responsible way using techniques geared toward sustaining the families and communities in which they are produced. The animals used in the meat and cheese products are cared for humanely.
Are products always available?	No. Products will be offered for sale as they are available. Because the products are coming from small producers and farmers, quantities may be limited and are seasonal.
How can a customer get more information?	You can request that a customer be added to the flyer email distribution list by providing the customer information (including contact name and email address) to Maria Jepson in the Merchandising department. (Jepson.Maria@min.sysco.com)
What if a farmer or producer wants to get into the program?	Please take the contact information (name, company, phone number) and forward to Jeff Larson, VP of Merchandising.



Minnesota and Wisconsin Company:

Lisa Salsa Company – St Paul MN

Best maid cookie - River Falls, WI

Best Bakery products- Eagan MN

Midwest nut company-Mpls

Franklin Bakery-Mpls

Kemps-Mpls

Red lake wild rice- Red Lake MN

W.W Johnson meat Company- Mpls

Schroeder Milk-ST. Paul

Custom Cuts-MPLS

Great Northern Bakery-Mpls

Nelson Brothers-Clearwater

Regency coffee

Arden Foods-Lakeville

Barrel-of-Fun-Pelham MN

Royalton Cheesecake-mpls

Land-o-Lakes- Arden Hills

Ken Davis Barbeque sauce-mpls

Mrs. Gerry's- Albert Lee

JB Meat Company-ST.Micheal

Swanson Meat Company-Mpls

Ballinger Bread company-ST. Paul

JB Meats – St Michael

Fish Guys-Mpls

Vine Farms-Stewart MN

Pahl Farms- Apple Valley

Svihel Farms-Big Lake

Faribault Dairy- Faribault MN

Nunto Farms Rice Lake WI

Eichten Hidden Acres-Center City MN

Compart Pork-Nicollet MN

Hormel-Austin MN

Pepin Height-Lake City
State Butter-New Ulm MN
Saputo Cheese-Saputo WI
Presidents Brie-Belmont WI
Green Bay Cheese- Green Bay WI
AMPI Dairy-Portage WI
Kickapoo Dairy-Milladore WI
Michaels' Foods-Gaylord MN processed Eggs
Hillsdale Eggs
Frozen Vegetables- Packed through MN and WI farmers in
Rockchester MN

Golden Plump-Cold Springs MN
Wholesale Produce-ST Paul
Brooks Produce-New Brighton
New French Bakery-MPLs
La Brea Bakery-Fridley
Main Street Bakery-Mpls
Catalina tortillas-Eagan MN
LaPella tortillas-Mpls
JenniO-Willmar
General Mills-Golden Valley MN
Malt o Meal-Northfield MN
Schroeder Dairy- Maplewood MN