

The Novel Coronavirus (COVID-19) has disrupted life for many of us and our families. Luckily, we still have access to locally produced food. Buying locally can shorten the contact chain with your food and many farmers are offering new pick-up options.

Times like these remind us of the importance of a strong regional food system: local producers have thriving businesses, consumers have access to safe, healthy, delicious food, and these relationships sustain our communities. The more we support our local food system, the more resilient we are in times of crisis!





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info@upfoodexchange.com

# Interested in buying local food? Contact these farms to find out how!

#### DICKINSON COUNTY PILOT'S PASTURES

W9402 Peterson Drive, Iron Mountain 906-221-0308 Learn More facebook.com/upperpeninsulagrassfedbeef •Farm pick-up available •25 mile delivery radius •Meat, Veggies

### MENOMINEE COUNTY

BLUEBERRY PIER N724 S P-3 Lane, Menominee 906-863-8718 CSA •Farm pick-up available •15 mile delivery radius •Fruits, Veggies

#### ELMCREST ACRES

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**FOLICK FARM** 

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dens-163987557002549

•Farm pick up available

•50 mile delivery radius

WILSON CREEK GARDENS

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