



# Eating Local Made Easy



Detroit Lakes, MN

## Compiled by *Natural Innovations*, Detroit Lakes

*Natural Innovations is a community-driven nonprofit organization committed to assisting individuals and organizations in developing a better understanding of how the health of humans and the environment are interrelated. [www.naturalinnovations.org](http://www.naturalinnovations.org)*

### **Becker Pet and Garden/The Candy Store, 1008 Washington Ave**

Gourmet chocolates.....	Fargo
Mabel’s pancakes, scones, jam and sauces .....	Fargo

### **Hoffman’s Meat Market, 114 North St W**

Pam’s Salsa .....	Detroit Lakes
Wild Preserves .....	Callaway
The Blue House Salsa, Jam and Jelly .....	Hitterahl
Red Cabin Wild Rice.....	Ogema
Carl’s Lefse.....	Hawley
Pam’s Cookies and Pastries .....	Detroit Lakes
Lakeview Greenhouse Tomatoes.....	Detroit Lakes
Processed meats.....	Detroit Lakes
Kuchen, Lapp’s Bakery .....	Hebron

### **Lakes Processing, 18776 US Highway 59**

Jake’s Syrup .....	Vergas
Swedberg Honey .....	Ogema
Native Harvest Wild Rice .....	Callaway
Processed meats and brats.....	Detroit Lakes
Kuchen, Lapp’s Bakery .....	Hebron

### **Detroit Lakes Farmer’s Market, DL City Park, Tuesdays and Saturdays, May 16 – Oct**

Produce, Flowers, Baked Goods, Preserves, Honey

### **Central Market, 310 Frazee St E**

Tomatoes, Lakeview Greenhouse.....	Detroit Lakes
Valley Maid Smoked ham, smoked turkey, summer sausage.....	West Fargo
Freddy’s Lefse, .....	West Fargo
Cass Clay Sour Cream, dips, whipping cream, half and half, milk, ice cream.....	Fargo
Kettle Creek Outfitters Beef Jerkey.....	Perham
Barrel O’ Fun chips, salsa, cheesy curls .....	Perham
Licorice, Kenny’s Candies .....	Perham
Flour, Dakota Maid .....	Grand Forks
Sunflower Seeds, Dakota Kid .....	Detroit Lakes
Pam’s Salsa, .....	Detroit Lakes
Village hot sauce.....	Grand Forks
Fiesta hot sauce .....	Fargo
Ole Salsa and jelly, Marton Parker Co.....	Detroit Lakes
Country Hearth Bread, Village Hearth Bread .....	St. Cloud
Lakeland Kaiser Rolls .....	Fargo
Jam, Greenhill Farms .....	Audubon
Frozen Cookie dough, Sweet Comfort.....	Fargo
Frozen Bread dough, Fetting’s .....	Finley, ND