



Why Local?

Buying locally-grown produce is important for a number of reasons:

ECONOMY More of your produce dollar enters the local and regional economy, helping to keep jobs and investment in the Upper Peninsula.

ENVIRONMENT Your vegetables travel many hundreds of miles less than typical grocery store produce, meaning much reduced fuel consumption during transportation.

NUTRITION Local produce is fresher and healthier, retaining more nutritional value than food traveling long distances. This means better flavor, and more vitamins and minerals on your dinner plate.



WHERE TO PURCHASE PRODUCE

Downtown Marquette Farmers' Market

Saturdays 9am - 2pm
mid-May to Thanksgiving
The Commons Building
(3rd & Washington streets)
Marquette, Michigan

Dukes Farm's **Weekly Vegetable Box**
Delivery to Marquette or Farm Pick-up
June into October

Marquette Food Cooperative

109 W. Baraga Ave.
Marquette, MI 49855

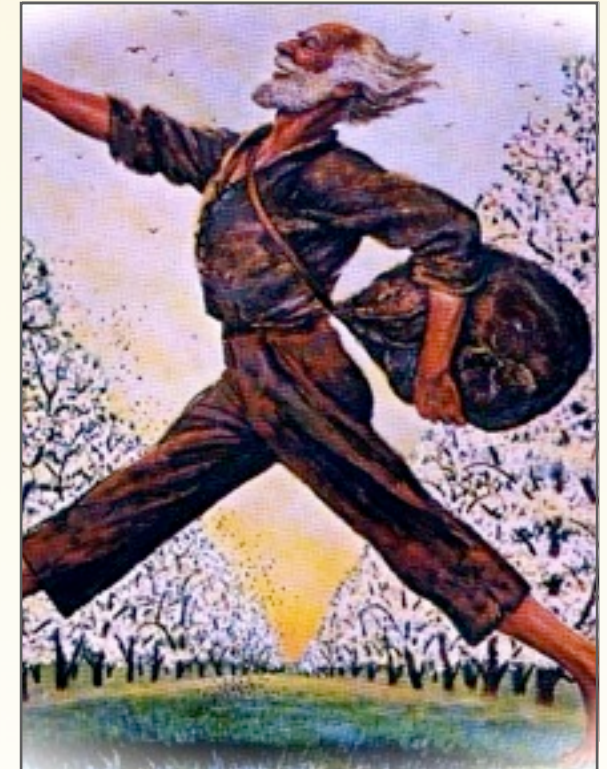
Other Farmers' Market Locations
- to be announced -



Dukes Farm
254 Dukes Rd.
Skandia, MI 49885
(906) 942.7325
caplettg@gmail.com
DukesFarm.net

DUKES FARM

FRESH VEGETABLES



SKANDIA, MICHIGAN

Dukes Farm offers fresh, safe, local produce through a weekly vegetable box program, bulk orders, farmers' markets, and grocers in the Upper Peninsula of Michigan.

Dukes Farm Products



ABOUT DUKES FARM

Dukes Farm is a small, family-run operation that sits on 40 acres in Skandia Township, about 20 miles southeast of Marquette. Vegetables are grown on about 3 acres.

Dukes Farm exceeds national USDA Organic standards for growing produce, meaning our vegetables are safe for you, your family, and wildlife.

Due to a cold growing climate, Dukes Farm specializes in cold-hardy crops, such as cabbage and greens, as well as root vegetables, such as potatoes, carrots, onions, and beets.

Seedlings and some warm-weather vegetables are grown in hoopouses.

Many of Dukes Farm's vegetables are heirloom varieties, developed over the centuries with a priority on good flavor.

WEEKLY VEGETABLE BOX

Based on the Community Supported Agriculture (CSA) model, Dukes Farm's weekly vegetable box offers customers a convenient, inexpensive option for purchasing fresh, locally-grown vegetables.

Subscribers get at least 16 weeks of freshly-picked, pesticide-free produce, available from June into October.



Subscribers can have the weekly vegetable box delivered to their door in the Marquette area, or can pick the box up at Dukes Farm, every Thursday during the growing season.

The cost for the weekly vegetable box is \$340 (*cost can be divided into multiple payments*) with Marquette-area door-to-door delivery only \$40 for the year.

New subscribers receive a free copy of the cookbook, "*From Asparagus to Zucchini.*"

WINTER STORAGE VEGETABLES

Order early for best availability on winter storage vegetables, such as: Potatoes, Carrots, Beets, Onions, Shallots, Winter Squash, Cabbage, and Pumpkins.

VEGETABLE SEEDLINGS

Dukes Farm offers a variety of vegetable and flower seedlings, primarily from mid-May to mid-June, including: Tomatoes, Peppers, Cabbage, Broccoli, Marigolds, and Petunias.

BULK VEGETABLES

Dukes Farm offers bulk vegetables, including winter storage vegetables and other items, such as:

Tomatoes,
Basil,
Peppers,
Zucchini,
Summer Squash,



Cucumbers,
and Leeks.

Please contact us for other seedling varieties, storage vegetables, and bulk items not listed.