Meet the Nebraska farmers and ranchers who fill your plate!

**FRUITS**

My husband and I raise and sell produce right on the family farm located in Omaha. Paul’s father started raising vegetables as a way to keep his siblings from starving during the Great Depression. The family farm has been growing fruits and vegetables ever since! As the city grew, so did the family business. Today we raise over 100 acres of watermelon, tomatoes, sweet corn and many more market favorites.

Paul and Amy Wenninghoff
Nebraska Fruit Farmers

“Make half your plate fruits and vegetables.”

**VEGETABLES**

For more than 30 years, my wife and I have strived to offer our customers across Nebraska with a safe and delicious product. Here at Daniels Produce, we grow over 600 acres of vegetables ranging from cabbage to corn. We take pride in providing your family a quality source of vegetables rich in minerals and vitamins.

Andy and Tannie Daniels
Nebraska Vegetable Farmers

“Make half your plate fruits and vegetables.”

**GRAINS**

My wife and I own and operate Fairley Fine Ag. We are fourth generation farmers raising dairy cattle. We take great pride in keeping our cows healthy so they can produce the world’s best milk. Milk is an excellent source of protein, calcium and vitamin D – all of which are needed for a healthy, balanced diet.

Dave and Vicki Nielsen
Nebraska Grain Farmers

“Try to get 3 servings of dairy each day.”

**DAIRY**

We at Garr Creek Farms have been raising corn, soybeans and wheat for your family for four generations. These grains are used to make things you eat every day including bread, cereal, noodles, crackers and much more. Whole grains are an essential part to a healthy diet.

Dave and Vicki Nielsen
Nebraska Grain Farmers

“At least half of all the grains you eat should be whole grains.”

**PROTEIN**

My husband and I, along with our six children, have a passion for raising cattle. We built our feedlot from the ground-up and are dedicated to providing for the health, well-being and comfort of our cattle. We work with veterinarians and animal nutrition experts to provide your family and ours with high quality beef products to enjoy as an excellent protein source.

Thorpe and Shelly Thompson
Nebraska Cattle Ranchers

“Protein is an essential building block for growth.”

ChooseMyPlate.gov

“Protein is an essential building block for growth.”