

**Farm to Table: Better Living Through Food and  
Agricultural Innovations**  
**August 24 to September 1, 2023**



**friendship force**  
LINCOLN























DER CLOSET  
Monday - Friday  
AA Union, Room 345





And welcome also to UNL's Newest Center



NEBRASKA  
**FOOD FOR HEALTH**  
CENTER at the University of Nebraska

Est. 2018

**Goal:** Improve human and animal health  
through microbiome research















MEAT &

& DELI  
Made from scratch.

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HELP KEEP OUR CO-OP  
GROWING AND GOING!  
WE NEED YOUR SUPPORT.  
INVEST IN PREPARED SHARES

BIGGS  
MILK

COOP





\$1.75M  
\$1.5M  
\$1.25M  
\$1M  
\$750K  
\$500K  
\$250K  
\$2

**\$1,548**  
Total income

**MEAT & SEA**

**sweet savings**  
treat yourself

**BAKERY & DELI**

everyday low prices!  
**Coop basics**

**CH**  
Farm fresh

RESERVED

The Partnership Program  
**TAKE A LEAP**

2022 ANNUAL REPORT

HEART

for kids















































This room was originally the upstairs bathroom, which was added in the 1885 renovation. When

Joy remodeled the house in 1903 and added more modern facilities to the addition, this room was turned into a nurse's room or a nursery.

The furniture is made of walnut and is of the post-Civil War era.

Ladder-back rocking chair is constructed of mahogany.

Cradle is walnut and shows a patent date of August 13, 1872 to Kearney & Wiggers, of Cincinnati, OH.















Old black dress.

The purple dress was made with black silk and was worn by the bride at the wedding of the Duke of Cambridge on 10th June 1857.

Black boots.

Wedding Dress of Victoria and Albert, 1840.

























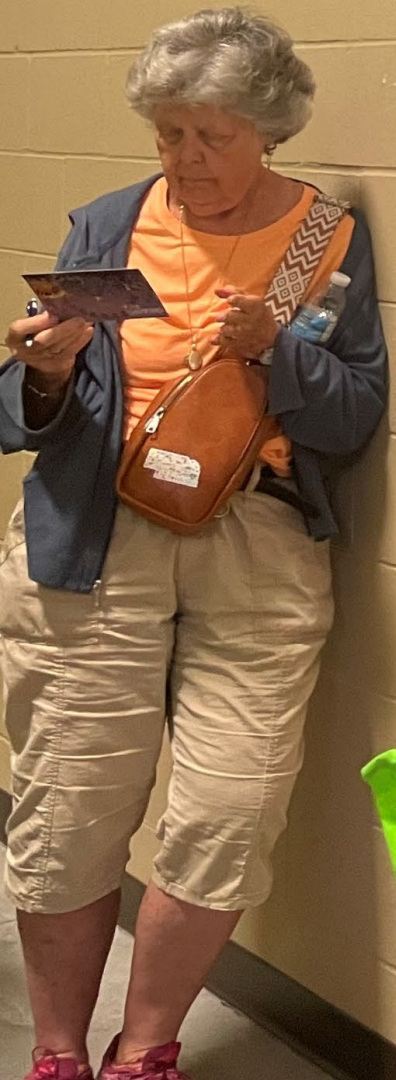




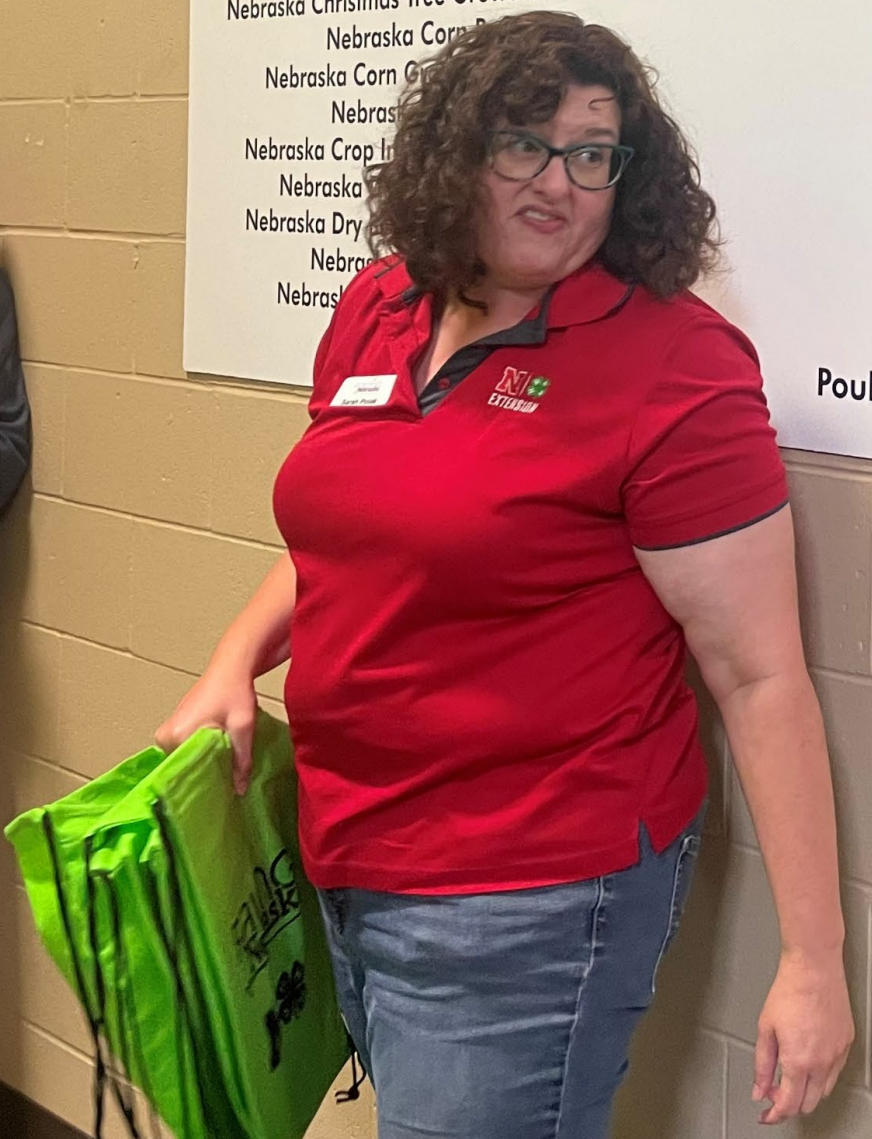








Buy Fresh Buy Local  
Midwest Dairy Association  
NEBCO Beet Growers Association  
Nebraska Alfalfa Marketing Association  
Nebraska Bee Keepers Association  
Nebraska Beef Council  
Nebraska Cattlemen  
Nebraska CattleWomen  
Nebraska Christmas Tree Growers Association  
Nebraska Corn Producers Association  
Nebraska Corn Growers Association  
Nebraska Crop Insurance Association  
Nebraska Dry Bean Producers Association  
Nebraska Fruit & Vegetable Producers Association  
Nebraska



Nebraska Nursery & Landscaping Association  
Nebraska Nut Growers Association  
Nebraska Pork Producers Association  
Nebraska Poultry Industries, Inc.  
Nebraska Sheep and Goat Producers  
Nebraska Soybean Association  
Nebraska Soybean Board  
Nebraska State Dairy Association  
Nebraska Sugarbeet Growers Association  
Nebraska Weed Control Association  
Nebraska Wheat Board  
Nebraska Wheat Growers Association  
Nebraska Winery and Grape Growers Association  
Poultry & Egg Division, Nebraska Department of Agriculture







Nebraska's Panhandle  
is the sweet spot for  
sugar beet production.

# sugar beets

Cool nights and warm days are ideal for producing high levels of sugar.

One sugar beet  
produces about  
**3 teaspoons**  
of sugar.

A full grown  
sugar beet is  
**one foot long**  
and weighs  
**2 to 5 pounds!**

**DID YOU KNOW?**  
Sugar beets have been grown in  
Nebraska for more than 100 years.

**DID YOU KNOW?**  
A sugar beet seed is about half the  
size of a grain of rice.

**DID YOU KNOW?**  
Sugar beets make up  
about 55% of the sugar  
produced in the U.S.





# dry edible beans

Nation-leading nutrition from

Beans are big business for

**#1 Great Northern Beans**  
 You enjoy them in:  
 • Soups & stews  
 • Cassoulet

**Navy Beans**  
 You enjoy them in:  
 • Baked beans  
 • Soups & stews

**Light Red Kidney Beans**  
 You enjoy them in:  
 • Chili  
 • Rice dishes

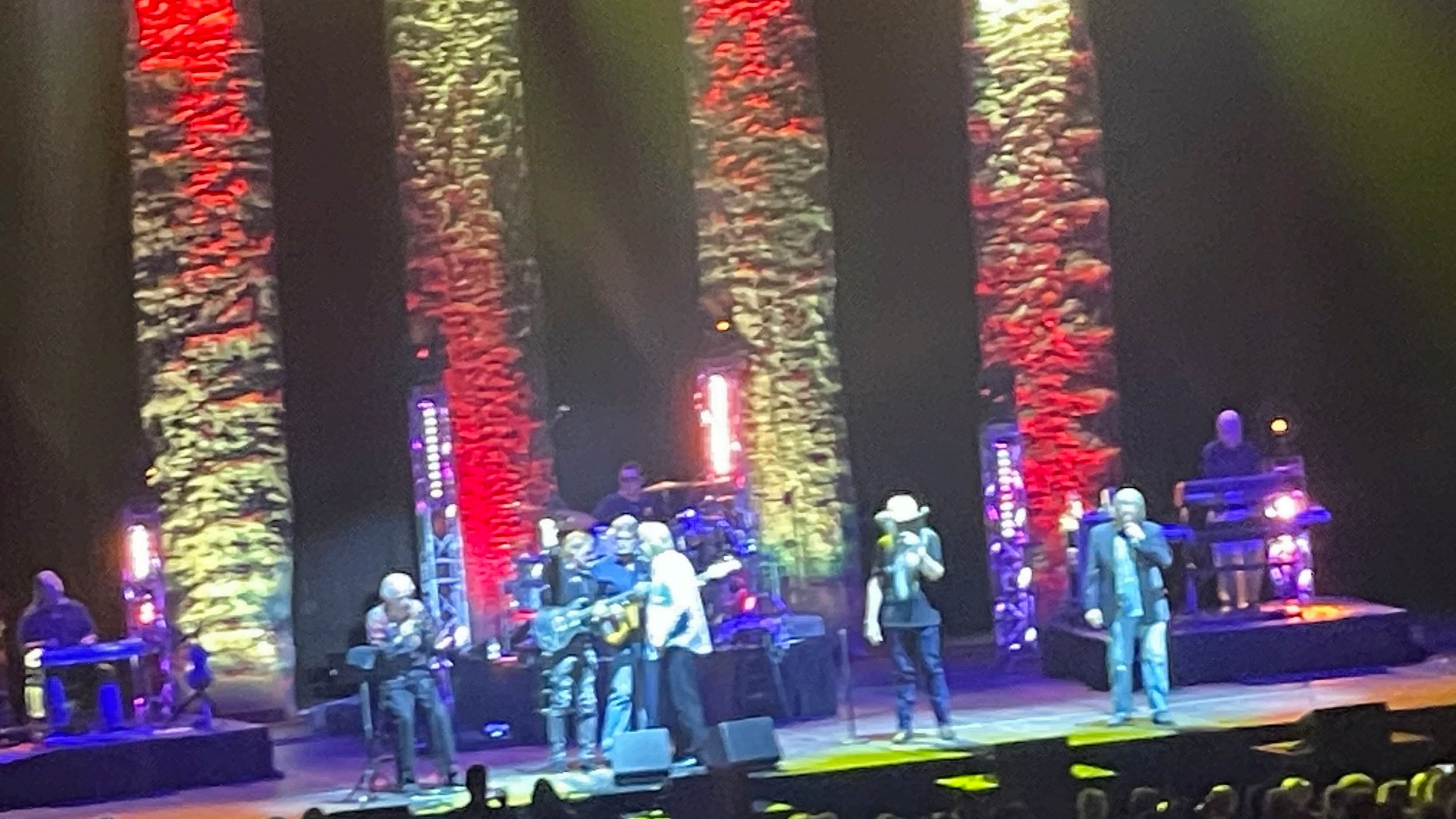
**Black Beans**  
 You enjoy them in:  
 • Chili  
 • Soups & stews  
 • Rice dishes

**Garbanzo Beans**  
 You enjoy them in:  
 • Soups & salads  
 • Hummus & falafel

**#2 Pinto Beans**  
 You enjoy them in:  
 • Baked beans  
 • Soups & stews  
 • Rice dishes

**Pink Beans**  
 You enjoy them in:  
 • Chili  
 • Old West recipes













Friendship Force  
Elton Lanciano  
Southwest Area Director







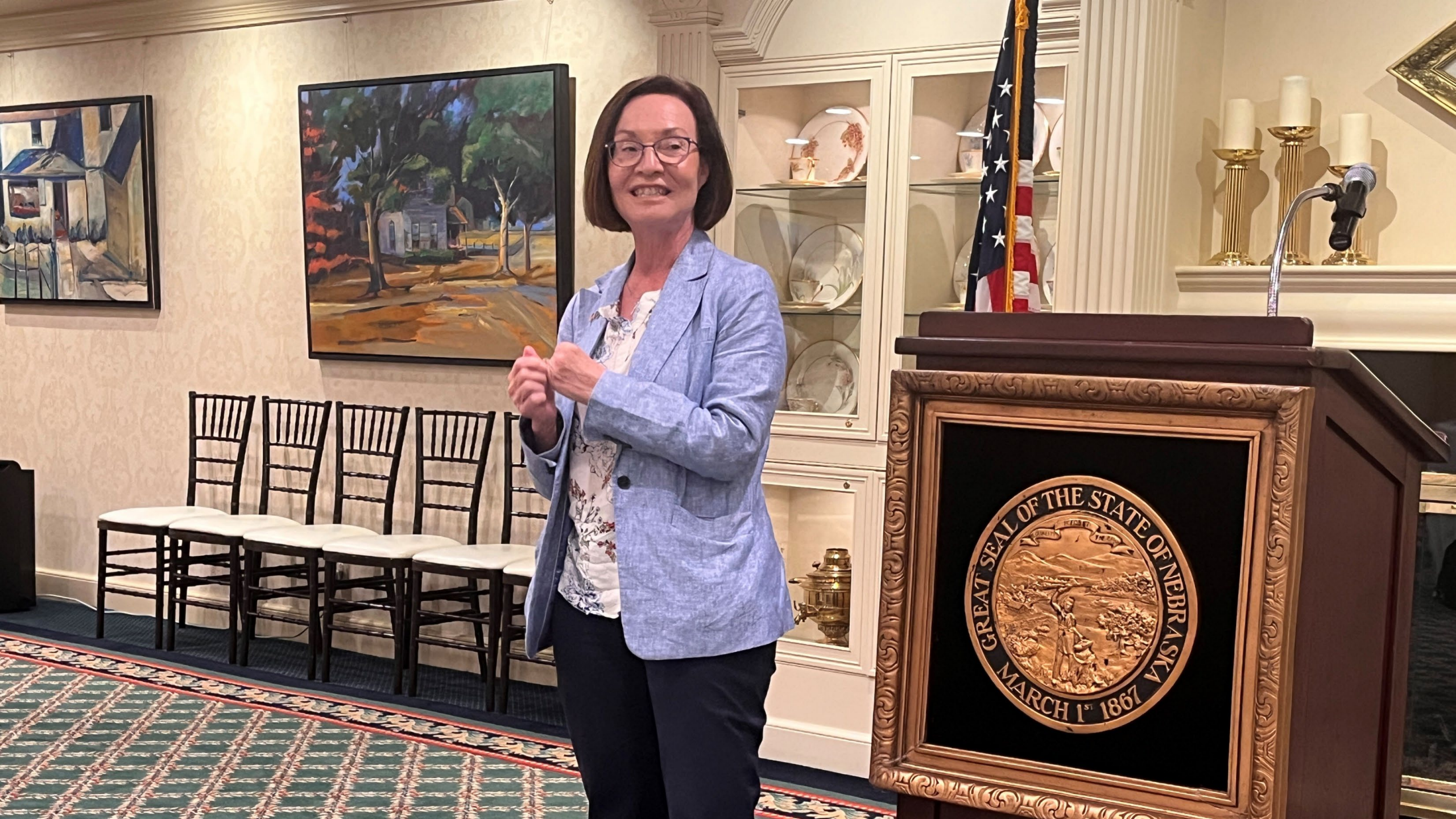




























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Locally Produced

























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T1

T2

T3

T4

T5

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