

They're Selling Mushroom Coffee

A New England-based functional mushroom brand now offers coffee packed with wellness benefits.

"North Spore was launched in 2014 by a mycologist, an organic farmer and a photojournalist—three college friends brought together through their shared love of the mycological world," says Brenna Heaps, North Spore Customer Service Manager. "What began as simple love for mushroom foraging and cultivation quickly developed into an obsession with all things fungi. From there, an urban mushroom farm was born."

North Spore's products are based on science. The company grew tired of the "snake-oil" hype surrounding the mushroom industry and aimed to highlight the real, evidence-based benefits that functional mushrooms can offer.

"We've developed into a one-stop shop for mushroom enthusiasts," Heaps says. "Our expertise in the field has made our wellness line a trusted source for medicinal mushroom products, and mushroom coffee is an awesome way to seamlessly integrate medicinal mushrooms into your daily routine without changing your normal habits. It's a win-win."

The company kept mushroom coffee in their staff room, but couldn't find a brand that offered great taste without questionable additives.

"Our Head of Functional Mushroom Products, Tanya Donatelli, worked with a local roasting company to find the perfect bean, roast and mushroom combination for this coffee," Heaps says. "There were several taste tests and versions before we agreed upon this final formula. We wanted it to be versatile enough for all coffee drinkers, so we settled on a medium-roast bean from Nicaragua combined with our signature mushroom blend to provide a smooth, bright, umami flavor and tons of benefits."

The coffee is described as "smooth and grounding," with an energy lift that doesn't spike and crash. Each serving provides 500 mcg of fruiting body extracts from the company's Functional 5 Mushroom Blend. This includes five distinct mushrooms: Lion's Mane (enhances focus and cognitive clarity), Cordyceps (supports endurance and stamina), Reishi (maintains emotional balance), Chaga (rich in antioxidants) and



Each serving provides 500 mcg of fruiting body extracts from the company's Functional 5 Mushroom Blend.

Turkey Tail (provides a prebiotic super-fuel for a healthy gut microbiome). The company uses only 100% fruiting body extracts, never grain-grown mycelium.

"Our mushroom coffee is locally roasted, fair trade, single origin and made with organic beans," Heaps says. "We use third-party tested organic mushroom extracts and provide a supplement facts panel, so people know exactly what they're getting. There are no fillers or mycelial-based products—just organic coffee beans and organic extracts."

While some mushroom coffees taste bitter, North Spore's coffee offers a smooth, full-bodied flavor. Customer reviews say that the coffee tastes great and makes them feel energized, even after being skeptical from trying different brands. Others mentioned they love the "well-balanced and smooth taste" along with the sustained energy it provides. They appreciated the ability to drink multiple cups in a day without feeling jittery.

The organic ground coffee works with any brewing method. For the best flavor, the company recommends using 1.5 to 2 Tbsp. per 6 oz. of filtered water.

"We have a variety of products that all work really well together," Heaps says.

Earth Nectar is a new product featuring mushroom-infused wildflower honey with functional mushrooms.

"It pairs really well with our coffee and offers a fun way to get your daily dose of shrooms."

Contact: FARM SHOW Followup, North Spore, 921 Riverside St., Portland, Maine 04103 (info@northspore.com; www.northspore.com).

Company Takes Down Silos In Minnesota

Neisen Silo Demo will take down silos within a six-hour radius of New Prague, Minnesota.

"I started this business 40 years ago," says founder Kenny Neisen. "It's usually a two to three-man operation."

The team works fast, since all onsite iron is usually gone within the second day.

"We like to have several demolitions scheduled in an area at a time," Neisen says. "So, give us a week or two to schedule things out."

The team will separate the tin and cement from any iron in the silo, all of which is 100% recyclable.

"We're careful to pull the steel out for the scrap yard," Neisen says.

He explains that farmers are paid for the take-down of steel silos but are charged for cement.

"We'll pay as high as 25% for steel, and usually charge \$600 to \$750 for taking



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down a cement silo."

Neisen is confident in the services he provides.

"I don't want to brag, but we've done this for half a lifetime," he says with a smile. "We know our way around a construction site. And we're personable. Feel free to make us lunch if we get the job."

Contact: FARM SHOW Followup, Neisen Silo Demo, Kenny Neisen (ph 952-292-5255).



Owners of a Minnesota farmstead transformed a small acreage into a seasonal business called The Lavender Barnyard.

Lavender Makes A Sweet Farm Business

Unlike some old farm sites with large barns and livestock buildings that fall into disrepair if unused, Marty and Marie Schuhwerck turned theirs into a pristine three-and-a-half-acre farm with a sweet-smelling business. The couple transformed their well-maintained 75-year-old barn and surrounding small acreage into The Lavender Barnyard, a thriving home-grown business. It's the only farm in Minnesota that specializes in lavender.

Marie started growing lavender as an experiment in 2020, knowing the plants aren't native to her Minnesota growing zone. She studied a farm design in Michigan, which has a growing zone similar to Minnesota, planting Hidcote Blue and Phenomenal varieties. She says those did very well, and after testing others for winter hardiness, now grows several varieties of the colorful and fragrant plants.

"There are more than 400 varieties to grow, and I've got 15, including pink, white and lavender colors," she says.

The plants are spaced roughly 2 to 3 ft. apart on pathways covered with gray landscape fabric that controls weeds and keeps the area tidy.

Marie credits her success to careful plant management and taking an online class on small agribusiness marketing. Visitors to her farm can pick their own lavender bouquets during the blooming season from mid-June to mid-August. For a \$10 fee, she includes a short tour, scissors, and a wood gathering ring.

Marie says lavender bundles can be preserved by hanging them upside down in a dry place for about two weeks. The dried stems can be used for decorating, cooking and self-care products. She makes several items, including aromatherapy mists, sachets, scented stuffed animals and inhalers. She sells these products in a store that she and her husband created from the farm site's old 14 by 32-ft. chicken coop. She also sells her products and different varieties of lavender

plants at area farmers markets.

Always someone who enjoys experimenting and being creative, Marie makes lavender sugar that can be used for baking or added to beverages. She says chefs use lavender to flavor ice cream and desserts, while home canning hobbyists use it in syrups, jams and jellies. A local brewery has used her lavender for its Lavender Moon beer. Another business has produced Valkyrie's Kysee mead using lavender.

The farm hosts Picnic in the Lavender events, along with yoga and meditation classes. On Wednesdays, she offers Kidsploration events for youngsters, which include a self-guided pollination tour and brief educational sessions on topics like beekeeping, raising small farm animals, and other ag topics.

Groups can rent the farm for private events, and photographers can rent the site for family, graduation and wedding portraits. She converted the old milk house into a bridal dressing suite that's close to a rustic corncob, often used as a backdrop for wedding photos.

Marty Schuhwerck grew up on a nearby farm and recalls visiting this place as a young boy. He eventually bought the farm after the owners died. After he and Marie married, he lamented the cost of maintaining the farm.

"I explored a few ideas, choosing lavender as the first option, hops as the second and critters as the third," Marie says. "He didn't want the hops, and I didn't want critters, so now we have lavender. It's a fun business where I meet a lot of wonderful people and can actually make money doing it," she adds. "We've come a long way in five years, and I have several more ideas brewing that I've learned about from visiting other lavender farms."

Contact: FARM SHOW Followup, The Lavender Barnyard, 6401 225th St. W, Farmington, Minn. 55024 (www.lavenderbarnyard.com).

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