SATURDAYS

Cedar Falls Farmers Market
Sat 8:00 a.m.-12:00 noon
Overman Park
(327 W 3rd St & Clay St)
Julie Keifer: 319-404-0901

Downtown Waterloo Farmers Market
Sat 8:00 a.m.-12:00 noon
Riverloop Expo Plaza
(327 W 3rd St)
Joe Bohr: 319-266-8189

Kimball Ridge Family Market
Sat 8:00 a.m.-12:00 noon
Riverloop Expo Plaza
Carolyn Adolphs: 319-478-8624

TUESDAYS

Kimball Ridge Farmers Market
Tue 3:30-6:00 p.m.
Waterloo
Parking lot behind Cancer Treatment Center & KFC
Mark Letzner: 319-356-1840

FARMERS MARKETS

TASTE THE DIVERSITY OF LOCALLY GROWN FOODS!
Connect with farmers in the region every week and enjoy the freshest fruits and vegetables available - just harvested at a local family farm.
Support the vitality of rural Iowa’s food and farm economy!

BENTON

Belle Plaine Farmers Market
Fri 5:00-7:00 p.m.
6th Ave & 13 St
Becky Poduska: 641-489-2107

Urbana Farmers Market
Sat 9:00-11:00 a.m.
May-Sep: American Legion Pavilion on Wood St
Oct: Community Center, indoors
Eileen Schmid: 319-560-6829

Urbana Winter Market 🟢
Second Sat of the month (Nov-Mar): 9:00-11:00 a.m.
Community Center
Eileen Schmid: 319-560-6829

Vinton Farmers Market
Thu 5:00-7:00 p.m.
BCHS Railroad Depot
(622 2nd Ave)
Brad Barker: 319-472-4164

BREMER

Waverly Farmers Market
Sat 9:00-11:00 a.m.
Downtown Waverly
(200 block of 1st Ave SE)
Rick Montgomery: 319-230-1132

Waverly Winter Market 🟢
One Sat a month (Nov-Mar): 9:00-11:00 a.m.
Civic Center Building
Rick Montgomery: 319-230-1132

BUCHANAN

Independence Farmers Market
Sat 9:00-11:00 a.m.
Wapacrossian Mill
Joe Clair: 319-334-2709

Jesup Farmers Market
Thu 7:00 a.m.-2:00 p.m.
Land’s End Market
Paul Gudenkauf: 319-230-1132

FAYETTE

Oelwein Farmers Market
Mon 5:00-7:00 p.m.
Fri 8:00-11:00 a.m.
City parking lot NE of Subway corner at intersection of Hwy 150 & 3
Delphia Deaver: 319-283-8072

GRUNDY

Grundy Center Farmers Market
Thu 4:30-6:00 p.m.
7th St, east of courthouse
Daron or Elaine Huls: 319-560-6875

TAMA

Toledo Farmers Market
Fri 5:00-7:00 p.m.
East side of Courthouse Square
Dawn Trounson: 641-691-9770

See listings: Grocers (p.4); Meat, Eggs, & Poultry (p.5); Dairy (p.5)

Contact:
Hansen Family
319-266-8189
jeannehansen@hansendairy.com
Hansen’s Farm Fresh Dairy
www.hansendairy.com
RESTAURANTS

These restaurants support the Buy Local Initiative and serve locally grown items on their menu in season when available.

**Gardens**

**Contact:**

Offering craft beer in our taproom and in great local establishments. Contact: 319-350-0749 broadstreetbrewing@gmail.com www.broadstreetbrewing.com

**Engelbrecht Family Winery**

2806 S Washington St

Cedar Falls Farmers Market

We grow and produce 15 different award-winning estate wines. We have 11 acres of grapes and all our wines (except fruit wines) are made from our own grapes. Contact: 315-427-5965 lecowsy@windstream.net

**Ginger Thai Cuisine**

7771 I-80, Fredericksburg

Family Winery

Authentic Thai restaurant specializing in fair and direct trade wines. Contact: 563-237-5969 lonnieanddave@mchsi.com

**Sidecar Coffee**

Cedar Falls

319-296-3809

319-227-1596
gingerthai@flyingbearwinery.com

*Street foods, created by local chefs* featuring local producers, and craft beers. Vinyl played nightly. Enjoy good food & good music every Thursday and Saturday night. Contact: 319-553-2266 riverrockcafe@NewAldaya.org

**Engelbrecht Family Winery**

3220 W 1st St

Cedar Falls Farmers Market

You can come and taste our wines (except fruit wines) and buy them too. Contact: 319-234-0280 www.newtonscafe.com

**La Calle**

Latin American Bistro

College Hill

Cedar Falls

2023 B College St

We grow and produce 15 different estate wines. We have 1 acre of grapes and all our wines (except fruit wines) are made from our own grapes. Contact: 319-350-0749 broadstreetbrewing@gmail.com www.broadstreetbrewing.com

**Octopus College Hill, Cedar Falls 2025 College St**

Your friendly neighborhood bar featuring craft beers. Contact: 319-350-0749 broadstreetbrewing@gmail.com www.broadstreetbrewing.com

**River Rock Café**

At New Aldaya Lifescapes

Cedar Falls

201 Falls Ave

Buying fresh & local since 1997! Contact: 319-350-0749 broadstreetbrewing@gmail.com www.broadstreetbrewing.com

**Rudy’s Tacos**

Waterloo

2401 Falls Ave

Buying fresh & local since 1997! Contact: 319-350-0749 broadstreetbrewing@gmail.com www.broadstreetbrewing.com

**Whiskey Road Tavern & Grill**

Downtown Cedar Falls

2401 Falls Ave

Contact: 319-377-7284

Three Pines Farm

Cedar Falls

We offer classes on cooking with local foods, crafting and the arts, homemaking, and the creative series, Artists in Series. Check out our website and facebook page for information on the classes and how to register. Contact: Kara Grupp 319-242-9442 kara@threepinesfarm.org

Three Pines Farm CSA

threepinesfarm.org

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Downtown Cedar Falls

2401 Falls Ave

Contact: 319-377-7284
In Cedar Falls:
Lincoln Elementary
Cedar Falls Community School District
Cedar Falls High School
Independence Community School District
Waterloo Community School District
Waverly-Shell Rock Schools

In Waterloo:
Lou Henry Elementary

CSAs (p.6); Meat, Eggs, & Poultry (p.5); Fruits & Vegetables
us for farm events.
Heirloom vegetable plant
extensions available.
October. Spring and fall
shares run from June through
produce. Regular season
the Farm Share CSA program
year of operation in 2015.
is celebrating its eleventh

Cedar Falls Food Co-op
• keeps money in our
• creates good jobs that
• supports local farms?
• pay fair wages?
people and a healthy

Cedar Falls Food Co-op

FARM TO SCHOOL
Farm to School programs work closely with area school districts to help bring the freshest fruits, vegetables, dairy, and meat to Cedar Valley students. These programs build vital community ties and provide opportunities for students to learn where and how their food grows. For more information, contact the UNI Local Food Program at (319-273-7863) or Food Corps at Iowa State Extention (319-234-6893).

The following institutions have been proactive in purchasing a greater portion of their foods from local family farms. Thank you for your leadership.

In Cedar Falls:
Lou Henry Elementary

These schools and districts are working toward providing children with more fresh foods from local family farms. Thank you for your leadership.

Cedar Falls
Food Co-op
would you love a grocery store that:
• supports local farms?
• puts a focus on healthy people and a healthy environment?
• creates good jobs that pay fair wages?
• keeps money in our community?

Then you will love the Cedar Falls food Coop. Everyone can shop and anyone can become a member-owner. We soon will be opening a full service grocery co-op in the heart of downtown Cedar Falls, and new members are joining every day. Join our effort to get the doors open soon enough!

In Cedar Falls:
Lincoln Elementary
Cedar Falls Community School District
Independence Community School District
Waterloo Community School District
Waverly-Shell Rock Schools

See listings: Fruits & Vegetables (p.6); Meat, Eggs & Poultry (p.5); CSAs (p.6)

Contact:
Rob & Tammy Faux
Fauxfarmfarm@ SN PASTURE.COM
Genuine Faux Farm

Genuine Faux Farm
is celebrating its eleventh year of operation in 2015.
Help celebrate by joining the Farm Share CSA program that features certified organic produce. Regular season
shares run from June through October. Spring and fall
extensions available.
Genuine Faux Farm raises ducks, turkeys, and broiler
broilers that are free range and antibiotic-free. Their
spring flock includes birds that lay white, brown, and black eggs.
Heriloom vegetable plant
extensions available.

Cedar Falls
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JANUARY 2016 • 4 • BUY FRESH
HOW DO YOU BUY LOCAL MEATS?

Purchasing meats from local family farms allows you to know what the animals were fed and how well the land and the animals were treated. You may buy a whole or a part of an animal. Simply call the farmers listed here to discuss your needs, price, & questions.

Beaver Creek Farms
Cora
Beef, grass-fed and grass finished, all natural, no antibiotics, no hormones, and satisfaction guaranteed
Tom Earl: 641-228-2399
beaverseedfarm@outlook.com
www.beaverseedfarmrudy.com

Clausing Cattle Co.
Kellogg
Naturally fed beef (no hormones, antibiotics, or animal by-product protein), born and raised on farm
Craig Clausing: 319-852-5744 or 319-269-3278
craigclausing@gmail.com

Daley Shamrock Acres
New Hartford
Antibiotic free, no added hormones, pasture raised on non-GMO feed. Pasteurezauded lambs, antibiotic-free, free range fresh eggs, free-range. Apples (seasonal)
Tim Daley: 319-239-7143
daleyshamrockacres@yahoo.com

A Family Market Place
Pella
Beef, pork, chicken, lambs, goats, rabbits, and starter plants available. Visit our website to learn more
Cheri & Melanie Thomas: 319-951-6099
cherythomas@gmail.com
www.afamilymarketplace.com
A Family Market Place

Chris Fink
New Hartford
Open air pork, broken chickens (topping & tail), and eggs. No growth hormones or antibiotics. Chris Fink: 319-804-3228
chickenfarm@gmail.com

County Line Bison
Hudson
Bison meat for sale. Available in halves and quarters.
Allen Hockemeyer: 319-969-2744 or 319-968-4685
ahrock76@gmail.com
www.genuinefauxfarm.com
Genuine Faux Farm

Hansen’s Farm Fresh Dairy
Hudson
Dairy products from our 175-cow farm south of Hudson. No added hormones, high-temperature/short-time pasteurized, non-homogenized (cream rises to the top).
Wholesale: 1%, skim and chocolate milk, cheese curds, butter, cream, ice cream, seasonal egg nog. Local ground beef.
Hansen Family: 319-392-2387
jeannehansen@hansendairy.com
www.hansendairy.com

Hawksley Buffalo Ranch
Hudson
Hawksley Buffalo Ranch is a century family-run farm. We raise buffalos, turkeys, and chickens. Open air pork, broilers and pasture-fed to order. We are open to the public.
Hawksley Buffalo Ranch

Kohlari Farms
Waverly
Cattle, hogs, ducks, turkeys, chickens, happy farm, natural, sustainability poultry.
Kyle Kohlri: 319-521-7135
kylekohlri@gmail.com
www.almontgenetics.com

Timber Ridge Bison
Waverly
Cedar Falls Farmers Market
Bison meat, bison smoked meats, skins, and Bison jerky. No growth hormones or antibiotics. Grass-fed
James & Tammy Wedeking: 319-239-4957
timberridgebison@gmail.com

IF YOU BUY LOCAL...
GET INVOLVED! To start sourcing local food for your institution, school, or for personal use please contact the UNI Local Economic Viability & Environmental Sustainability of producers & communities throughout Iowa. www.uni.edu/ceee/localfoods