FRESH FOODS FROM FAMILY FARMS NEAR YOU!
BLACK HAWK & NEIGHBORING IOWA COUNTIES

GROCERS

HANSEN’S FARM
FRESH DAIRY OUTLET
Cedar Falls
319-266-3044
info@hansendairy.com
www.hansendairy.com
Delivering the best quality farm fresh dairy products from our family to yours.
Milk, Ice Cream, Cheese Curds, Butter, Cream, Ground Beef

HOMETOWN FOODS
Concord
641-366-2244

HY-VEE
(4000 University Avenue)
Waterloo
319-236-0580
www.hy-vee.com
Making lives easier, healthier, happier at your University Avenue Hy-Vee!

MOO ROO
Waterloo
319-234-3309
info@hansendairy.com
www.hansendairy.com
Delivering the best quality farm-fresh dairy products from our family to yours.
Milk, Ice Cream, Cheese Curds, Butter, Cream, Ground Beef

ROOTS MARKET
Cedar Falls
319-266-3801
www.rootsmarket.net
Natural foods grocery store

RESTAURANTS

ARTHOUSE CAFÉ
Waterloo Center for the Arts
319-236-5071
www.waterloocenterforthearts.org/arthousecafe
Artful, Delicious, Unique

BARN HAPPY
Cedar Falls
319-266-0888
www.barnhappy.net
Your Start & end your day with fresh Produce, Coffee Shop, Homemade Lunch

BOURBON STREET
Downtown Cedar Falls
319-266-5285

CUP OF JOE
Downtown Cedar Falls
319-277-1596
www.cupofjoe-cedarfalls.com
Specializing in Organic, Fair-Trade, Shade-Grown Coffees & Locally Made Pastries

IMPERIAL RESTAURANT, MAPLE LANES BOWLING CENTER
Waterloo
319-244-1414
Get’s Go Bowling & Enjoy a Meal

MONTAGE
Cedar Falls
319-266-7222

MOO ROO
Waterloo
319-234-3309
info@hansendairy.com
www.hansendairy.com
Delivering the best quality farm-fresh dairy products from our family to yours.
Milk, Ice Cream, Cheese Curds, Butter, Cream, Ground Beef

PABLO’S MEXICAN GRILL
Downtown Cedar Falls
319-234-0280
www.pablosgrill.com
From Farm Fresh to Fiesta!

SCHOOLS

DIKE-NEW HARTFORD SCHOOLS
Angie Dieken
319-989-2485

INDEPENDENCE COMMUNITY SCHOOL DISTRICT
Kelly Crossley
319-334-7423

MALCOM PRICE LAB SCHOOL
Jacque Bilyeu-Holmes
319-273-2629

SUMNER-FREDERICKSBURG SCHOOLS
Mary Thorp
563-578-3354

WATERLOO COMMUNITY SCHOOL DISTRICT
Meredith Hansen
319-433-2036

WAVERLY-SHELL ROCK SCHOOLS
Maggie Elin
319-352-3630

The Northern Iowa Food & Farm Partnership is excited to have doubled the number of schools with whom we partner though our Farm to School program over the last year.
We are now working closely with six area school districts to help bring the freshest fruits, vegetables, dairy and meat to Cedar Valley students.
Besides the taste and health benefits for school meals, Farm to School programs strengthen the local economy, build vital community ties, and provide important opportunities for students to learn where and how their food grows.

For more information and to get involved, visit our website!
www.niffp.org

FARMERS & GARDENERS!

Did you know you can PLANT & DONATE EXTRA PRODUCE in support of the Northeast Iowa Food Bank and the over 40,000 individuals that we serve?
Last year, contributors donated over 24,000 pounds of fresh produce to the Food Bank (the farmers market alone contributed over 18,000 pounds of fresh foods).
Help feed Fresh Food for Families! Contact Sheri Huber-Otting (319-235-0507, x114 or shuber-otting@feedingamerica.org)!
How do you buy locally grown meat?

When you buy your meats from local farms, you can find out how the animals were raised, what they were fed, and how well the land and animals were treated. For example, you can learn that a pound of ground beef actually came from one local cow, rather than a mixture of thousands of cows from unknown sources. You can learn whether or not antibiotics, hormones, or ground up animals were routinely used in the feed.

Purchase a whole or a part of an animal by simply calling the farmers listed here and discuss your needs, price, and other questions.

Farmers will transport their animals to an inspected meat locker. You can specify cuts (i.e., thickness of steaks, amount of ground beef in pork, etc.). You will pick up your meat at the locker. Some farmers may have smaller quantities of specific cuts (i.e., ground beef, chickens) in frozen storage ready for pick up. Some growers listed in this directory also carry local meats.
FARMERS MARKETS

BLACK HAWK FARMERS MARKETS

SATURDAYS
CEDAR FALLS
FARMERS MARKET
SAT 8:30 AM-12:00 NOON
South side of Overman Park on 3rd Street
Jae Bart / 319-291-6109

DOWNTOWN WATERLOO
FARMERS MARKET
SAT 8:30 AM-12:00 NOON
Public Market Building
327 W 3rd St
Jeff Kurtz / 319-291-2038

KIMBALL RIDGE
FAMILY MARKET
SAT 8:00 AM-12:00 NOON
NE Corner of Kimball & Ridgeway Avenue
Carilyn Adams / 319-479-9054

TUESDAYS
KIMBALL RIDGE
FARMERS MARKET
TUE 10:00 AM-2:00 PM
Parking lot behind Cancer Treatment Center & KFC
Box Kellar / 319-646-0151

WEDNESDAYS
CEDAR FALLS MAIN STREET
FARMERS MARKET
THURSDAY RURGE
WED 3:30-10:30 PM
2186 W. 3rd Street, Cedar Falls
Bridge Boots / 319-944-1527

EVANSDALE
FARMERS MARKET
WED 3:30-10:30 PM
3524 Lafayette Street
dave strack / 319-291-6109

WEDNESDAYS
DOWNTOWN WATERLOO
FARMERS MARKET
THU 4:00-7:00 PM
Hy-Vee parking lot (near K Mart)
Stephanie Roussen / 319-236-2343

FRIDAYS
CITY PARK
FARMERS MARKET
FRI 4:00-6:00 PM
La Porte City Park
Barbara Horcher / 319-342-2470

FRIDAYS
BLACK HAWK FARMERS MARKETS
Harvest markets are a great time to stock up
November 5 & December 3 | 8:30-11:30 a.m.
Cedar Falls Community Center
Dave Strack / 319-291-6109

WEDNESDAYS
BREMER
WAVERLY FARMERS MARKET
THU 3:30-6:00 PM
Downtown Waverly
200 Block of 1st Avenue SE
Bob Montgomery / bob.montgomery@bremer.com

BREMER
TRIPOLI FARMERS MARKET
FRI 4:00-6:00 PM
Swimming pool parking lot
Jeff Rood / 319-291-6109

BUCHANAN
INDEPENDENCE
FARMERS MARKET
SAT 8:00 AM-12:00 NOON
Washington Mill
Joe Dole / 319-514-2701

BUCHANAN
JESUP FARMERS MARKET
TUE 6:00-10:00 PM
Land o Corn Park
Paul Saudemont / 319-240-9060

THE W
CHEF
WAVEY
FARMERS MARKET
FRI 5:00-7:00 PM
La Porte City Park
Dave Strack / 319-291-6109

FLOYD
CHARLES CITY DOWNTOWN
FARMERS MARKET
THU 3:30-6:00 PM
Old Courthouse Park
Downtown Charles City
Karen Wilmot / 319-422-2335

GRUNDY
CONRAD FARMERS MARKET
THU 3:30-6:30 PM
Oakview Nursing Home
Kathy Cady / 319-640-3262

GRUNDY
GRUNDY CENTER
FARMERS MARKET
THU 4:30-6:30 PM
Courthouse Square
West of Courthouse Square
Dawn Trutner / 319-644-9315

TAMA
TOLEDO FARMERS MARKET
FRI 5:00-7:00 PM
East side of Courthouse Square
Dave Trutner / 319-491-9173

TAMA
TRAER FARMERS MARKET
WED 4:00-6:00 PM
North parking lot of Farmers Savings Bank & Trust
Corner of Highway 69 & 63
Carilyn Adams / 319-479-9054

2011 HARVEST MARKETS
Cedar Falls Community Center
November 19 & December 17 | 12-noon
Waverly Civic Center
November 5 & December 3 | 8-30-11:30 a.m.

The end of the regular farmers market season doesn’t mean local food is not available! Many items are available in fall and winter, including root vegetables, late greens, preserved foods, baked goods, meat, and more! Late-season markets give farmers more opportunities to sell their products year-round. Harvest markets are a great time to stock up and enjoy the bounty of Iowa all year long.

INSTITUTIONS

The following institutions have been proactive in purchasing a greater portion of their foods from local family farms.

Thank you for your leadership in strengthening the local economy through your purchases of fresh, locally grown produce.

BARTELS LUTHERAN
RETIREMENT COMMUNITIES
Waverly
Gina Rasmussen or Tracy Wilson / 319-352-2001, ext. 344
Bartels Lorenzen Inc.
www.barretslorenzen.com

WARTBURG COLLEGE
Waverly
Clarence Dawson / 319-352-6002
www.wartburg.edu

WAVELLY HEALTH CENTER
Waverly
Max Reeves / 319-463-4065
www.wavellyhealthcenter.com

WESTERN HOME COMMUNITIES
Cedar Falls
Sarah Harmer or Nick DuCharme / 319-266-5754
www.westernhome.com

WHEATON FRANCISCAN HEALTHCARE
Waterloo
Crystal Peterson / 319-272-7874
www.wheatonwisc.org

BUY FRESH, BUY LOCAL IOWA was developed as a collaboration between Practical Farmers of Iowa, University of Northern Iowa, FoodRoutes Network and other funding Bay Fresh, Buy Local stations. The FoodRoutes Network, Kellogg Foundation, USDA and the Wallace Genetic Foundation provided financial support for development of the program in Iowa.

Bay Fresh, Buy Local Iowa is a branch of FoodRoutes Network, a Tides Center project.

This guide is a publication of:

Produced with support from BFBL, Iowa was provided by the Buy Fresh, Buy Local Iowa Partnership: Drake Agricultural Law Center, Iowa Farmers Union, Iowa Network for Community Agriculture, Practical Farmers of Iowa, University of Northern Iowa

BUY FRESH, BUY LOCAL IOWA is a project of the Iowa Farmers Union, the University of Northern Iowa, FoodRoutes Network and the Western Home Communities. www.buyfreshiowa.org

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WHEATON FRANCISCAN HEALTHCARE
Waterloo
Crystal Peterson / 319-272-7874
www.wheatonwisc.org

For all your healthcare needs, at every time of life, one name serves them all.
We are Wheaton Franciscan-Healthcare.

WHAT WE DO
Supporting the development of a local & regional food economy that positively impacts local farmers, consumers, & businesses through education, collaboration, & economic development

• Forming strong relationships among consumers, growers, retail owners, restaurant owners, dining service staff, farmers, local government, and economic development officials.
• Making it easier for Iowans to buy locally grown and produced food.
• Providing educational support about the impact local food and farm businesses have on Iowa's economy.
• Sharing our successes with other communities and policy makers.

BUY FRESH, BUY LOCAL IOWA
1010 3rd Ave., Suite 120
Des Moines, IA 50309
319-272-7874
www.wavellyhealthcenter.com

We are Wheaton Franciscan-Healthcare.

FOR ALL YOUR HEALTHCARE NEEDS, AT EVERY TIME OF LIFE, ONE NAME SERVES THEM ALL.
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