FARMERS MARKETS
Taste the diversity of locally grown foods!

Connect with farmers in the region every week to enjoy the freshest fruits and vegetables available—just harvested at a local family farm. Support the vitality of small Iowa’s food and farm economy! To learn more, visit www.cvfoodfarmnetwork.org.

BLACK HAWK & NEIGHBORING COUNTIES

SATURDAYS

Cedar Falls Farmers Market
Sat 8:00 a.m.-12:00 noon (May–Oct 29)
Churman Park
Corner of 3rd St & Clay St
Joe Tyler: 319-283-6381

Waterloo Urban Farmers Market
Sat 8:00 a.m.-12:00 noon (May–Oct 29)
490 Jefferson St
Dwain Campbell: 319-227-2088
urbanfarmersmarket@mainstreetwaterloo.org

Kimball Ridge Farmers Market
Sat 8:00 a.m.-12:00 noon (May–Oct)
Waterloo NE Corner of Kimball Ave & Ridgeway Ave
Carolyn Adolph: 319-478-8624

MONDAYS

Dunkerton Farmers Market
Mon 1:00–7:00 p.m.
Gaedke Park (114 W Main St)
Tina Brown: 319-242-4247
dunkertonfarmersmarket@gmail.com

TUESDAYS

Cedar Valley Farmers Market at Kimball Ridge
Mon 3:00–6:00 p.m. (May–July 20)
Waterloo: 150 Rapids Square (by KFC)
Mark Little: 319-206-1840

WEDNESDAYS

Evansdale Farmers Market
Wed 3:00–6:00 p.m. (May–July 10)
3562 Lafayette Rd
Kelly Moore: 319-830-1391

THURSDAYS

College Hill Farmers Market
Thu 4:00–6:00 p.m. (June–July 24)
Cedar Falls: 2205 College St
collegehillfarmmarket@gmail.com

Cedar Valley Farmers Market at Shiloh Baptist Church
Thu 3:00–6:00 p.m. (May–July 24)
Waterloo: 3525 Sager Ave
Mark Little: 319-206-1840

BENZON

BELLE PLAINE

Belle Plaine Farmers Market
Fri 4:30–6:30 p.m.
129 W 5th & 9th Ave in front of the museum
Erica Dickerson: 319-361-6623

URNABARA

Urbana Farmers Market
Sat 9:00–11:00 a.m.
May–Sep: American Legion Pavilion on Wood St.
Oct: Urbana Community Center
Eileen Schmidt: 319-463-5520

Urbana Winter Market
Second Sat of the month, 9:00–11:00 a.m.
(Nov–Apr)
Urbana Community Center
Eileen Schmidt: 319-463-5520

VINTON

Vinton Farmers Market
Thu 3:00–7:00 p.m.
685 Railroad Depot (612 2nd Ave)
Matt Boggess: 319-472-4164
vprdboggess@vintoniowa.net

Buchanan County (UI) Extension & Outreach
Charlottesville: 319-334-7761
www.extension.iastate.edu/buchanan

Buchanan Farmers Market
Thu 3:00–6:00 p.m.
Downtown Parkersburg
Carla Hals: 319-334-7761
www.extension.iastate.edu/buchanan

GRUNDY

GRUNDY CENTER

Grundy Center Farmers Market
Thu 4:00–6:00 p.m.
7th St E of courthouse
Grundy County Extension & Outreach: 319-824-6679

TAKE

TOLEDO Farmers Market
Fri 5:00–7:00 p.m.
Toledo Courthouse Square
Dawn Trounson: 641-691-9710
toledofarmersmarket@yahoo.com

GRANDBROOK

Oelwein Farmers Market
Mon 3:00–6:00 p.m.
Oelwein Log Cabin Park
Delphine Deane: 319-283-8012

FAYETTE

Evansdale Farmers Market
Wed 3:00–6:00 p.m.
3562 Lafayette Rd
Kelly Moore: 319-830-1391

For more information on these markets and other local food resources near you, visit www.cvfoodfarmnetwork.org.
FRUITS & VEGETABLES

What does that mean?

Pesticide-free products are produced without the use of artificial pesticides.

No-till farming A method of growing crops from year to year without disturbing the soil through tillage to build healthier soil and prevent soil erosion.

Integrated Pest Management The careful consideration of all available pest control techniques and subsequent implementation of appropriate measures that discourage the development of pests and keep pest populations at levels that are economically justified and reduce or minimize risks to human health and the environment.

Organically grown These products are not certified organic by an accredited agency. The grower chooses to grow their products without synthetic additives like pesticides and chemical fertilizers.

Sustainably grown A practice of growing agricultural products on an understanding of the ecosystem (relationship between organisms and their environment).

Terms to Know

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Integr}
APPLES
Season is typically August-October, but you can still purchase local apples in the winter directly from the farmer or at a retail outlet selling local foods.

Beck Orchard
Buckingham
Independence Farmers Market
Over 20 varieties of apples available August-October at the farm, markets, and special events.
Louis Beck: 319-954-4552

Jefferson Greenhouse & Orchard
Duckerton (552 E Duckerton Rd)
Independence Farmers Market
We are on a 15-year family farm. Bedding plants (vegetables & flowers) available in the Spring. We specialize in tomatoes (30 plus varieties, many heirlooms), apples, red raspberries, cherries, gooseberries, blackberries.
Bruce & Jan Jefferson: 319-822-4239
jefferrumphungro@gmail.com
www.jennisonorchardandgreenhouse.com

Timeless Prairie Orchard, LLC
Winthrop (1304-260th St)
Independence Farmers Market
We grow 28 great tasting apple varieties including Honeycrisp, Crimson Crisp, Braeburn, Cosmic Crisp, Cortland, Fuji, Gala, Blondee, Jonathans, McIntosh, Zestar, and several others. Our orchard market offers cider, apple butter, maple syrup, honey, jams and other seasonal goodies. You can also find us at the farmers market!
David & Susan Differding: 319-934-3846
timelessprairie@att.net
www.timelessprairieorchard.com

Strawberries
Early-mid June
= u-pick available

Bagge Strawberries
Independence
Independence Farmers Market
Come and meet us at the farmers market (listed on our website), or take a day to drive to the farm and experience picking berries fresh from the plant. Already picked berries are also for sale.
Shelly Bagge: 319-334-3863
www.baggestrawberries.com

Heartland Farms
Waterloo (5111 Osage Rd)
Asparagus (May), strawberries (June), pumpkins & Halloween fun (Oct.). We also offer vegetables and sweet corn.
David Myers: 319-232-3779
berrypumpkinfarm@earthlink.net
www.heartlandfarmswaterloo.com

Pleasant Valley Farm
Appleton (17341 Pl. Aim)
LEDCO Certified Organic. U-pick asparagus, strawberries, raspberries, blackberries on a small acreage and quantities are limited. Call ahead to reserve your picking day. You can also find our produce at Hansen’s in Cedar Falls.
Kendall and Susan Welsh: 319-215-6607
plesantvalleyfarms@gmail.com

Honey

Laughlin Honey House
Grundy Center
Products available at Hansen’s Dairy (Cedar Falls) & Waterloo. Honey and creamed honey.
Tim Laughlin: 319-625-9462

Heartland Farms grows asparagus in May, strawberries in June, and pumpkins with Halloween fun in late September through October. The farm also offers vegetables, and sweet corn. This family has been growing the best for your family for more than 30 years! See their website for up-to-date information, and follow them on Facebook.

Contact:
David Myers 319-232-3779
berrypumpkinfarm@earthlink.net
www.heartlandfarmswaterloo.com

Apple on the Avenue
Nashua (3035 Addison Blvd on Hwy 278, 2 mi south of Nashua)

Our orchard has 15 apple varieties. We pick the apples for you or you can stroll through the orchard and pick your own! We also have apple goodies, honey, maple syrup, winter squash, pumpkins, and mums. Play in the yard on our swing sets or play a round of mini-golf (free with apple purchase).

Contact: Jodie at jodie.huegerich@uni.edu
319-273-7883 for more information.

The Greens to Go mobile produce stand helps increase access to locally grown fruits and vegetables while connecting people to local agriculture. AmeriCorps VISTA service members coordinate vegetable harvest at local farms and staff the stand. The stand operates June-October. Check Facebook for locations.

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Kendall and Susan Welsh: 319-215-6607
plesantvalleyfarms@gmail.com

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www.baggestrawberries.com

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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, and questions. Meat lockers are another way to find local products.

Contact: Dave@creeksidebrewing.com
641-220-6778
www.creeksidebrewing.com

Genuine Faux Farm
Tiptop
All poultry are free-range and pasture raised and are given feed obtained locally from the Canfield Family Farms. All poultry are antibiotic free. Our laying flock include layers of brown, white and green eggs. Eggs and poultry may be reserved for pickup at our CSA pickup locations in Waterloo, Cedar Falls and Tiptop. You can also find our broiler chickens featured at the Gateway Cafe in Jorgenson Plaza.

A Family Market Place
Waterloo
Join our CSA today! We offer three share sizes based on your family’s needs; available in either half or full season. Multiple pick-up locations available in the Cedar Valley. Visit our website to learn more and sign up.

Chris Fink
New Hartford
Open air pork, broilers chickens (lighting and fall), and eggs. No growth hormones or antibiotics.

Glen Faux Farm
Mancelona
Grain, Flat Farm, Feral, Watt Poultry.
Hahn’s Farm Fresh Dairy
Hudson

Hansen’s Farm Fresh Dairy
Hudson

Joia Food Farm
Charlton City
Animal Welfare Approved organic pork, certified grassfed lamb and eggs. Whole chickens, ducks and turkeys.

Kroogmann Heritage Meats, LLC
Lamont
Adapting for Local Market
We raise OUTSIDE heritage meat that has no extra growth hormone given. Taste the difference in our meat! Our hogs are old Hereford Beef Berkshire. We farm to finish and we put our LOVE in our meat.

LAURIC Farms, Ltd
Lamont
Grass fed mini Hereford heritage cattle producing natural, hormone free portion size beef.

Eric & Laura Marine
563-292-1429
burnfarm@windstream.net

Yellow Table Farm
Ackley
Grain fed mini Hereford heritage cattle producing natural, hormone free beef. We practice sustainability and strive to create a biodiverse landscape. We pasture-raise lamb and free-range poultry and pork. We naturally grow asparagus, garlic, artichokes, lettuce and more. Visit our website to get $2 off a dozen of eggs or lambs.

MEAT LOCKERS

Fairbanks Locker & Processing
Fairbank (104 Grove St)
Contact: 319-463-2695
www.thefairbankslocker.com

Fredenka Locker
Fredenka (100 3rd St)
Contact: 319-275-4662

Hanson’s Locker & Processing
Sebring (507 Haysy St)
Contact: 319-467-1344

Klammer Sausage
La Porte City (22 Min St)
Contact: 319-562-2693

Marks Locker
Rowley (108 Ely St)
From farm fresh to fiesta!
Contact: 319-938-2644

Newhall Locker & Processing
Newhall (17 Min St)
Contact: 319-223-5202

Orly’s Meat Locker
Clarkdale (505 N Main)
Contact: 319-278-4514

Steeges Meat Market West
Cedar Falls (109 Main St)
Contact: 319-277-1671
www.steegesmeatmarket.com

Winthrop Locker
Winthrop (321 220th St)
Contact: 319-935-3886
www.winthroplocker.com

Contact: Tom Curl
641-220-6778
beavercreekfarmsofiowa@gmail.com
RESTAURANTS
You can help support the local food system by visiting restaurants that purchase local food from local family farms. Check out the menu items and look for those items featuring local foods. If you are not sure ask your server or the manager!

Bar Happy
Cedar Falls (1310 University Ave)
Your favorite good Iowa store Come out and experience a slice of Iowa Homemadepastries, lunch, coffee bar, and unique shopping.
Contact: 319-266-0888
www.barhappy.net

Caraway Café
Cedar Falls (5407 Gateway Ln)
Fast-casual café serving breakfast, lunch, and dinner made from fresh, local ingredients. Made-to-order salads, paninis, sandwiches, soups and breakfast fare.
Contact: 319-830-0331
www.carawaycafe.com

Cup of Joe
Downtown Cedar Falls (102 Main St)
Cup of Joe specializes in fair and direct trade, organic, shade grown coffee along with homemade pastries including a vegan and wheat free selection. Live music every Thursday and Saturday night.
Contact: 319-277-1596
www.cupcoffee-cedarfalls.com

Laughing Tree Cafe & Tea
Waterloo Center for the Arts (225 Commercial St)
From the garden to your cup, our teas are hand blended using local ingredients. Serving vegetarian and gluten-free food and over 30 types of tea. Catering and wholesale tea available.
Contact: 319-447-7525
sebastiana@laughingtreecafe.com

Pablo’s Mexican Grill
Downtown Cedar Falls (501 Main St)
Fast Casual Fresh Mexican Inspired Food. To this day we hold true to our original ideals and put our product over our profit margin. We use only the best quality ingredients to make our salads and marinades fresh daily. We support the local economy that supports us, therefore, purchasing from local producers and meat lockers.
Contact: 319-277-4826
www.pablosgrill.com

Rudy’s Tacos
Waterloo (401 Falls Ave)
Buying fresh and local since 1997!
Contact: 319-334-5686

SingleSpeed Brewing Co.
Cedar Falls (128 Main St)
Waterloo (225 Commercial St)
Brewery, Taproom, Restaurant. Recipes incorporate fresh, local, seasonal, and organic ingredients from a variety of local producers.
Contact: dave@singlespeedbrewing.com
www.singlespeedbrewing.com

Table 1912
Cedar Falls (5407 Gateway Ln)
The Cedar Valley’s newest fine dining destination with a focus on fresh, made-from-scratch cuisine using select local ingredients. Open to the public for lunch and dinner.
Contact: 319-839-9334
www.table1912.com

Sidecar Coffee Roasters
Waterloo (250 Commercial St)
Fresh, locally roasted craft coffee to the Cedar Valley. Available for home, restaurant and office, every coffee is carefully roasted to bring out its unique characteristics. Sidecar Coffee brings fresh, locally roasted, craft coffee to the Cedar Valley. Available for home, restaurant and office, every coffee is carefully roasted to bring out its unique characteristics. Sidecar Coffee features specialty coffee drinks and house-made baked goods.
Contact: 319-486-0726
www.sidecarcoffee.com

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Contact: dave@singlespeedbrewing.com
www.singlespeedbrewing.com

Treppenhaus Brewing
Waterloo (2401 Falls Ave., Ste. A)
Independent. Production-only. Nanobrewery. Visit us on Facebook to see where we are on tap!
Contact: 319-721-5726
abby@treppenhausebrewing.com
www.treppenhausebrewing.com

THE COMMUNITY FOOD WEB:
There are many ways we can support local food systems as consumers - not just in the choices we make when we eat, but also as citizens and members of a community. Here are some examples:

- Buying local food
- Visiting local farms
- Engaging in policy and regulation: Learn how you can help change policies to support local foods, urban farming, produce aggregation, farmers markets, etc., in your city/county/state.

For more information, visit www.extension.iastate.edu/localfoods/resources-2/for-consumers

CARMILY
Farmers Markets
Meat Lockers
Grocers
Restaurants
Schools
Food Banks
Distributors
Farms
YOU
Gardens

BUY LOCAL • 5
Cedar Valley by a select group of local farmers. In addition to fresh produce, we sell honey, eggs, chicken, pork, and plants. Our products are grown right here in the Cedar Valley. Join today to be a part of your community-owned grocery store!

Hansen's Farm Fresh Dairy

Find our products at our farm store, Hansen's Dairy stores, UNI, Lark Casino & select Hy-Vee & Farmway stores. All natural farmstead yogurt (original & Greek), soft-serve frozen yogurt, sour cream and specialty whole milk for Baristas.

Bob Howard
563-422-4631

Contact:
Hansen Family
319-988-9834
jordanhansen@hansendairy.com
www.hansendairy.com

Country View Dairy

Find our products at our farm store, Country View Dairy stores, UNI, Lark Casino & select Hy-Vee & Farmway stores. All natural farmstead yogurt (original & Greek), soft-serve frozen yogurt, sour cream and specialty whole milk for Baristas.

Bob Howard
563-422-4631

cvdbob@hetnet.net
www.countryviewdairy.com

Contact:
Bob Howard
563-422-4631

cvdbob@hetnet.net
www.countryviewdairy.com

Hansen's Farm Fresh Dairy

Hansen's 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). Whole, 1%, skim and chocolate milk; short-time pasteurized, non-homogenized (cream rises to the top). Whole, 1%, skim and chocolate milk; short-time pasteurized, non-homogenized (cream rises to the top). Whole, 1%, skim and chocolate milk; short-time pasteurized, non-homogenized (cream rises to the top).

Hansen Family
319-988-9834

Contact:
Hansen Family
319-988-9834
jordanhansen@hansendairy.com
www.hansendairy.com

New Day Dairy Bed & Breakfast

Sleep with our cows in modern comfort with 24/7 cow-gazing from the loft!

Dan & Lynn Bolin
319-234-5403
dbolin790@gmail.com
www.newdaydairy.com

Adolphs Produce & Bakery

We are a family-owned produce farm and local distributor that specializes in locally grown products. We grow and distribute a variety of fresh produce to local restaurants, grocery stores, and other large institutions. In addition to fresh produce we sell honey, chicken, pork, and plants. All products are grown right here in the Cedar Valley to be at select farms. Visit our website to learn more.

Colt & Melanie Thomas
319-961-6099
clo/>.com
www.adolphsproduceandbakery.com

Milkbox Bakery

Cedar Falls (2223 College St. Suite B)

Artisan breads, pastries, desserts and more made from scratch with local food, craft, love, and integrity.

Andrea Geary
319-290-2086

www.milkboxbakery.com

Contact:
Andrea Geary
319-290-2086

www.milkboxbakery.com

Sidcar Coffee Shop

College Hill (2215 College St)

Cedar Falls (1710 W 1st St.)

Waterloo (1650 W Ridgeway Ave #7)

Downtown Waterloo (221 Jefferson St)

Viking Road Shop coming soon!

Cedar Falls Farmers Market

Specialty coffee drinks alongside house-made baked goods and specials featuring local producers.

Contact:
319-242-7279

www.sidcarcoffee.com

www.sidcarcoffee.com

A Family Market Place

We are a family-owned produce farm and local distributor that specializes in locally grown products. We grow and distribute a variety of fresh produce to local restaurants, grocery stores, and other large institutions. In addition to fresh produce we sell honey, chicken, pork, and plants. All products are grown right here in the Cedar Valley to be at select farms. Visit our website to learn more.

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BAKERSIES
Genuine Faux Farm

Tripp

Our family farm CSA features certified organic (since 2007) produce and includes the opportunity to add a poultry meat share. Our program includes every week alternating week shares as well as a ‘free choice’ credit for additional farm products. Tuesdays delivery at St. Andrew’s Church in Waterloo. Tuesdays delivery in Cedar Falls at Hansen’s Farm Fresh Dairy Outlet and Jorgensen Plaza at Western Hermon. We would be honored to be your personal farmers.

Rob & Tammy Faux:
319-435-5807
gf@truefauxfarm.com
www.truefauxfarm.com

FARMERS & GARDENERS:
Did you know that you can donate both plants and produce to the Northeast Iowa Food Bank?

Last year, we served 7 million meals to families, children, and seniors experiencing hunger in our 16 county service area. In FY 18, contributors donated 186,846 pounds of fresh produce, dairy, and meat to the Northeast Iowa Food Bank. A state tax credit is available for these donations!

For more information, contact
Michelle Sullivan
Director of Compliance & Operations
msullivan@northeastiowafoodbank.org
319-235-3007

Contact us about gleaning opportunities!
www.timelessprairieorchard.com

Timeless Prairie Orchard, LLC

Workshops (502-2800-90) Cedar Falls, Jorgensen Blake, Kennedy Farmers Market

We grow 28 great tasting apple varieties including Honeycrisp, Crimson Crisp, Braeburn, Cameo, Cortland, Fuji, Gala, Biondes, Jonathans, McIntosh, Zestar, and several others. Our Orchard Market offers cider, apple butter, maple syrup, honey jams and other seasonal goodies. You can also find us at the farmers markets throughout the area.

David & Susan Defending:
319-334-6694
timesprairieatt@att.net
www.timelessprairieorchard.com

Whistling Thistle Farmstead

Shell Rock

Bridging Communities, Intentional Living, Nutrient Dense Foods as Medicine, Good Stewards of GOD’s Earth. What is WT Farmstead strives for each day. We specialize in seasonal day to day veggie and medicinal herbs for preventive health. Check us out!

Stephen and Nellie Kauz:
651-466-3146
whistlingthistlefarm@gmail.com
whistlingthistlefarm.com

Three Pines Farm

Cedar Falls

A place of hands-on arts: culinary, fine & domestic, traditional crafts. Farm to table dining.

A place of hands-on arts: culinary, fine & domestic, traditional crafts. Farm to table dining.

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GET INVOLVED! To start sourcing local food for your institution, school, or for personal use please contact Jodie at jodie.huegerich@uni.edu or 319-273-7883. Established in 1997, the UNI Local Food Program provides assistance to local farmers, consumers, and businesses to simplify purchasing locally grown and produced food.

SUPPORTING ORGANIZATIONS

Creekside Harmony Educational Garden
Cedar Falls
We provide an interactive space to connect with nature and food; provide education on numerous topics through camps, workshops and classes.
Jenny Burns: 319-273-3699

Field to Family
Field to Family works to create a more local, healthy and sustainable food system in Benton County.
Michelle Kamyar: 319-635-0534 www.fieldtofamily.org

GET INVOLVED! To start sourcing local food for your institution, school, or for consumers, and businesses to simplify purchasing locally grown and produced food.

www.fieldtofamily.org
319-535-0534
Michelle Kenyon:

Provide education on numerous topics, practices regardless of label.

Get more information on where to get your school involved, contact Jodie at jodie.huegerich@uni.edu or 319-273-7883.

SCHOOLS

Farm to School programs bring locally produced products to students through snack programs, school lunches, and school gardens. Community partners (Cedar Valley Blue Zones Project, Black Hawk County Public Health, FoodCorps, ISU, UNI Health Promotion, UNI RRTTC, UNI CEEE) provide this experiential learning to help children appreciate fresh, local foods early in life. This is mutually beneficial to the students, farmers, and communities. For more information or ideas on how to get your school involved, contact Jodie at jodie.huegerich@uni.edu or 319-273-7883.

- Cedar Falls Community School District
  - Jodie Huegerich (319-273-7883)
- Aldrich Elementary
- Hansen Elementary
- Holmen Jr. High
- Lincoln Elementary
- North Cedartown Elementary
- Cedar Valley
- Catholic Schools
  - Blessed Maria Assunta Pallette Middle School
  - Sacred Heart
  - Saint Edward Elementary
- Meskwaki Settlement School
  - Wavely-Nell Rock Schools
  - Becky Prostine (319-352-3630)
- Waterloo Community School District
  - Sarah Stenmeier, Health Educator, Black Hawk County Health Department (319-250-2457)
- Cunningham Elementary
- George Washington
- Career Academy
- Highland Elementary
- Irving Elementary
- Kittrell Elementary
- Lincoln Elementary
- Low-Henry Elementary
- Lowell Elementary
- Orange Elementary
- Poyner Elementary

Iowa State University Extension Outreach
Providing resources and educational opportunities on local and regional foods. A strong partner in the regional local food system. Check out the website and social media for each county:

- www.extension.iastate.edu/Benton/Black Hawk/Bremer/Buchanan/Butler/Grundy/Tama
- University of Northern Iowa Dining Services
  - Cedar Falls
  - College dining services that focuses on homemade and from scratch cooking using local ingredients. We purchase from a variety of local producers in the region.
  - Lisa Klausman: 319-273-6537
  - dinar.org/dining

- Western Home Communities
  - Cedar Falls, Grinnell, Grundy Center
  - Provides housing and services to more than 1,000 older adults with a mission to assertively create fulfilling lifestyles for those we serve, their families, and our employees. We use fresh, local ingredients in several of our locations.
  - Eric Carnes: 319-859-9326
  - westernhomecommunities.org

VISIT IOWA FARMS

Here are more places to visit in our region! These businesses have agriculturally based operations and activities that bring visitors to their farms. Find more information on their website and/or social media. Also check out these websites for more information on local agriculture:

- iowafarms.org
- iowafarms.org

- Fitkin Popcorn, LLC
  - Cedar Falls
  - Contact: 319-961-2045
  - www.fitkinpopcorn.com

- Hansen Farm Fresh Dairy
  - Hudson
  - Contact: 319-988-2634
  - mvan.hansendairy.com

- Highland Elementary
- Irving Elementary
- Kittrell Elementary
- Lincoln Elementary
- Low-Henry Elementary
- Lowell Elementary
- Orange Elementary
- Poyner Elementary

10 Things to Know About Local Food Systems

- Source: Iowa State University Extension & Outreach

Local Food Programs

You can play a part. Everyone can play a part in supporting local food systems, from our decisions as consumers or as community citizens.

- Buying local supports your local economy. Food dollars stay in your community when you buy local food.
- Federal support for local food in the farm bill illustrates the support for local and regional food systems by the federal government. Farmers Market Nutrition Program for WIC & Senior, Supplemental Nutrition Assistance Program (SNAP)

Children are reconnected to food by growing and eating local. Studies show that children are more inclined to eat new kinds of food if they know where it comes from (www.farmtoschool.org).

Local food systems can enhance food security. Iowa imports up to 90% of its food from out of state. What happens when our national food supply chain is disrupted, by natural or human activities?

Local foods bring new markets and economic opportunities for both farmers and food entrepreneurs.

Eating local foods leads to healthier eating habits. Produce bought from a local producer has often been picked within 24 hours of your purchase. Locally grown produce can be more nutritious dense than produce shipped from across the country.

Defining Local Food

- You can play a part. Everyone can play a part in supporting local food systems, from our decisions as consumers or as community citizens.
- Buying local supports your local economy. Food dollars stay in your community when you buy local food.
- Federal support for local food in the farm bill illustrates the support for local and regional food systems by the federal government. Farmers Market Nutrition Program for WIC & Senior, Supplemental Nutrition Assistance Program (SNAP)
- Local and organic foods are two different things. “Local” food is produced and processed geographically near its point of sale. “Organic” food is produced following a defined set of standards set by USDA. By knowing your farmer locally, you have the ability to become familiar with their production practices regardless of label.
- Children are reconnected to food by growing and eating local. Studies show that children are more inclined to eat new kinds of food if they know where it comes from (www.farmtoschool.org).
- Local food systems can enhance food security. Iowa imports up to 90% of its food from out of state. What happens when our national food supply chain is disrupted, by natural or human activities?
- Local foods bring new markets and economic opportunities for both farmers and food entrepreneurs.
- Eating local foods leads to healthier eating habits. Produce bought from a local producer has often been picked within 24 hours of your purchase. Locally grown produce can be more nutritious dense than produce shipped from across the country.
- Defining Local Food: How do you define local? How do you define your favorite retail outlet or grocery store define local?

Learn more at www.extension.iastate.edu/local-food-program/10-things-to-know-about-local-food-system