2020 Directory

BUY FRESH BUY LOCAL

www.csee.uni.edu/uni-local-food-program

BLACK HAWK & NEIGHBORING COUNTIES

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 rural Iowa’s food and farm economy!

Double Up Food Bucks is a healthy food incentive program allowing SNAP customers to match purchases 1:1 made with their EBT card. A customer who spends $10 on SNAP benefits at a participating site receives an additional $5 in free Double Up Food Bucks which can be spent on locally grown fruits and vegetables.

FMNP & SNAP

The Iowa Farmers Market Nutrition Program (FMNP) consists of the Women, Infants and Children (WIC) FMNP and the Senior FMNP. They are congressionally-authorized programs. Each participant in the WIC/FMNP receives a one-time benefit in the form of checks to be used June 1 through October 31 in the year the checks are issued. Checks can be used to purchase fresh, unprepared, locally grown fruits, vegetables and herbs at authorized farmers markets and farm stands.

Source: www.iao.gov

Supplemental Nutrition Assistance Program (SNAP)

SNAP customers to match purchases 1:1 made with their EBT card. A Double Up Food Bucks is a healthy food incentive program allowing SNAP customers to match purchases 1:1 made with their EBT card. A customer who spends $10 on SNAP benefits at a participating site receives an additional $5 in free Double Up Food Bucks which can be spent on locally grown fruits and vegetables.

Source: www.fns.usda.gov/snap

UNI Local Food Program

Cedar Valley Regional Food & Farm Network – a regional working group of food and film festival organizers, extension & outreach staff, family farmers, managers, emergency food organizations, and other community leaders.

Cedar Valley Regional Food & Farm Network (CVRFN) was formed in 2011 by merging the Cedar Valley Good Food Network and Northern Iowa Food & Film Partnership. The group meets four times per year and works on convening our region’s key organizations and leaders to:

* Create food- and farm-related economic opportunity.
* Increase access to fresh produce for low-income Americans by helping farmers markets and direct marketing farmers become SNAP authorized.

Source: www.cvfoodfarmnetwork.org

NEIGHBORING COUNTIES

BENTON

Belleville Farmers Market
Fri 4:30-6:30 p.m.
12th St & 9th Ave in front of the museum

Urbania Farmers Market
Sat 9:00-11:00 a.m.
Map: Say American Legion Pavilion on Wood St
City: Urbania Community Center

Urbania Winter Market
Sat 9:00-11:00 a.m.
Map: Say American Legion Pavilion on Wood St
City: Urbania Community Center

Vinton Farmers Market
Thu 5:00-7:00 p.m.
BCHS Railroad Depot (612 2nd Ave)

BREMER

Wavelo Farmers Market
Tue 3:00-5:00 p.m.
Sat 8:30-11:30 a.m.
Downtown Wavelo

WAVELO

Wavelo Farmers Market
Tue 3:00-5:00 p.m.
Sat 8:30-11:30 a.m.
Downtown Wavelo

WATERLOO

Waterloo Urban Farmers Market
Sat 8:00 a.m.-12:00 noon (May-Oct)
Riverplace Expo Plaza 660 Jefferson St
urbanfarmers@mainstreetwaterloo.org

Mondays

Dunkerton Farmers Market
Mon 5:00-7:00 p.m.
Gaebels Park 1414 Main St
Dunkertonfarmersmarket@gmail.com

Tuesdays

Cedar Valley Farmers Market at Kimball Ridge
Tue 3:30-6:30 p.m. (May-Oct)
Waterloo: 3015 Kimball Ave
Heritage Square, paved parking lot behind Miso Ros
kmherbgirl1@gmail.com

WEDNESDAYS

Evansdale Farmers Market
Wed 3:00-6:00 p.m. (Jun-Oct)
Waterloo: 3525 Sugar Ave
Corner of Greenwill Rd and Katoski
kmherbgirl1@gmail.com

Thursdays

College Hill Farmers Market
Thu 4:00-6:00 p.m. (Jun-Oct)
Cedar Falls: 2205 College St
jimfitkin@gmail.com

Cedar Valley Farmers Market at Shiloh Baptist Church
Thu 3:00-6:00 p.m. (May-Oct)
Waterloo: 3015 Kimball Ave
Heritage Square, paved parking lot behind Miso Ros
kmherbgirl1@gmail.com

FARMER'S MARKETS

Source: www.fns.usda.gov/snap

www.csee.uni.edu/uni-local-food-program

Would you like to get involved, receive information by email, or have questions?

Follow UNI Local Food Program on

UNI Local Food Program

The UNI Local Food Program works to develop a local and regional food system that positively impacts local farmers, consumers, and businesses through education, collaboration, and economic development.

Learn more about this UNI Local Food Program including local food events (Local Food & Film Festival and Farm Crawl), learn more about our work, producer education opportunities, and view this guide on our mobile friendly website. You can search for producers by their products (ex: apples) and easily find farmers markets!

Website: www.csee.uni.edu/uni-local-food-program

We strengthen the local food economy in Iowa communities by working through the Cedar Valley Regional Food & Farm Network—a regional working group of food and film festival organizers, extension & outreach staff, family farmers, managers, emergency food organizations, and other community leaders.

Cedar Valley Regional Food & Farm Network (CVRFN) was formed in 2011 by merging the Cedar Valley Good Food Network and Northern Iowa Food & Film Partnership. The group meets four times per year and works on convening our region’s key organizations and leaders to:

* Be a catalyst for collaboration towards meeting region’s community food-related needs and understanding food insecurity.
* Raise awareness of local food resources of our region.
* Create food- and farm-related economic opportunity.

To learn more, visit www.cvfoodfarmnetwork.org.
Pesticide-free
Products are produced without the use of artificial pesticides.

No-till farming
A method of growing crops from year to year is to till the soil only as needed to build soil to conserve soil erosion.

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

FRUITS & VEGETABLES

Purchasing produce from local family farms allows you to know where your food is coming from and what growing practices are being used. Check out their websites and social media for more information. Visit them at a local farmers market or contact them if you have more questions.

Heartland Farms

www.HeartlandFarms.net

Kaiser Farm

www.KaiserFarm.com

Jefferson Greenhouse & Orchard

Wapello


Kiefers Farm

Waterloo (Highway 70 & US 160)

KiefersFarm.com

W.E. Arose Gardens

Waterloo

www.WeAreArose.com

BREMER

Burl Dick Farm

Shell Rock

www.BurlDickFarm.com

Genuine Faux Farm

Toogoo

www.GenuineFauxFarm.com

Hansen’s Hollow

Cedar Falls

www.HansensHollow.com

Gardens Circle

Cedar Falls

Frisch. Click farms name for more information.

BLACK HAWK

Deep Root Acres

Cedar Falls

www.DeepRootAcres.com

Eli’s Organic Garlic Farm

Waterloo

www.ElisOrganicGarlic.com

A Family Market Place

Waterloo

www.AFamilyMarketPlace.com

Fitzkin Popcorn LLC (FIT-POPC)

Cedar Falls

www.Fit-Pop.com

Garden Circle

Cedar Falls

www.GardenCircle.com

Hannah’s Hollow

Cedar Falls

www.HannahsHollow.com

Diamond Event Center | 319-859-9324

Flexible seating and event space for 450+.

Table 1912 | 319-859-8934

Chef prepared unique, delicious dishes.

Gilmores’ Pub | 319-859-8934

Burgers, fries, sandwiches and happy hour specials.

Caraway Cafe | 319-859-9331

Breakfast, lunch, soups, sandwiches, salads and breakfasts.

Eric Cornish | 319-859-8936

www.westernhomecommuterbus.org

Eric Cornish | 319-859-8936

www.westernhomecommuterbus.org

What does that mean?

Terms to Know

Certified Organic
A product marketed organic requires annual inspection and certification by a National Organic Program accredited agent. Certified organic farms follow management practices to improve soil health and fertility without synthetic pesticides, fertilizers, and other prohibited substances. It also requires specific record keeping and proof of organic seeds, inputs, sources, post-harvest handling, and seed practices.

Organically grown
These products are not certified organic by an accredited agent. The grower chooses to follow practices with synthetic additives like pesticides and chemical fertilizers.

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

OPEN TO THE PUBLIC

Jorgenson Plaza for Well-Being

8007 Caraway Lane, Cedar Falls.

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

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A practice of growing agricultural products based on an understanding of the ecosystem (relationship between organisms and their environment).
APPLES
Season is typically August-November, but you can still purchase local apples in the winter directly from the farmer or at a retail outlet selling local foods.

APPLIES

Baggie Strawberries
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 also for sale.
Shelby Bagge:
319-334-3983
berrypumpkinfarm@earthlink.net
www.berrypumpkinfarm.com

Timeless Prairie Orchard, LLC
Winthrop (5049 S 260th St)
Gale & Verna Keller
Galeville Farm Keller
We grow 28 great tasting apple varieties, including Honeycrisp, Crimson Crisp, Braeburn, 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 markets, specialty grocery stores, and restaurants in Iowa and Chicago.
Contact: David & Susan Differding
319-934-3846
timeless@prairieorchard.com
www.timelessprairieorchard.com

Heartland Farms
Waterloo (517 Osage Rd)
Asparagus (May), strawberries (June,), pumpkins & Halloween fun (Oct.). We also offer vegetables and sweet corn.
David Myer:
319-232-5773
berrypumpkinfarm@earthlink.net
www.heartlandfarmwaterloo.com

Laughlin Honey House
Grundy Center
Products available at Hansen’s Dairy (Cedar Falls & Waterloo). Honey, raw honey, and homme.
Tim Laughlin:
319-625-6462

Honey
Laughlin Honey House

Wildflower Acres
Waterloo
Sundale Farms Market
Deli Gift Store Market
Koinonia Farms Market
Small family run market, which is organic and chemically-free as possible.
Lorne Emlore:
319-296-3300
lorne@emlore.com
www.emlore.com

STRAWBERRIES
Early-mid June

Baggie Strawberries
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 also for sale.
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berrypumpkinfarm@earthlink.net
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lorne@emlore.com
www.emlore.com

VEGGIE VOUCHERS

Veggie Vouchers are coupons worth $3 a piece that can be spent on produce at participating stands within area farmer’s markets (Cedar Falls, Waterloo, E resembl). Vouchers can be found at multiple locations: Black Hawk County Health Department, Pohlman Community Health Clinic, MercyOne, and UnityPoint Health.
If you have questions about participating with the Veggie Voucher program, you can contact the Americorps VISTA service member at the UNI Center by emailing cve@univiewscenter.org or calling (319) 273-2626.

Greens to Go is a mobile produce stand that increases access to fresh, afford-
ables fruits and vegetables in food desert neighborhoods throughout Waterloo. All of the produce is sourced locally from area producers. Americorps VISTA service members from the UN Center for Energy and Environmental Education coordinate produce harvests at local farms and staff the stand. The stand proudly accepts SNAP/EBT and VISTA Vouchers. Greens to Go operates June-October. Follow Waterloo Greens to Go on Facebook for operating times and locations. Contact the VISTA service member at cve@univiewscenter.org or (319) 273-2626 for more information.

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Waterloo (5049 S 260th St)
Gale & Verna Keller
Galeville Farm Keller
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timeless@prairieorchard.com
www.timelessprairieorchard.com

Heartland Farms
Waterloo (517 Osage Rd)
Asparagus (May), strawberries (June,), pumpkins & Halloween fun (Oct.). We also offer 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.
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319-232-5773
berrypumpkinfarm@earthlink.net
www.heartlandfarmwaterloo.com

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lorne@emlore.com
www.emlore.com

BUY LOCAL • 3
The annual Local Food Dinner is an evening of great food and great conversation with community members, local food supporters, and local food producers! Everyone is welcome but tickets must be purchased. Limited seats available.

More information and ticket deadlines can be found at ceei.unitedfood.com or contact unilocalfood@gmail.com.

The UNI Local Food Program hosts additional events throughout the year. Check the website for more information: ceei.uninet/i/localfood

Arrow Acres
Waterloo
1800 grass-fed beef. No antibiotics or growth hormones. Available in quarters, halves and whole.
Lindsay Homar: 319-529-2059
lindsethomsar@gmail.com

Beaver Creek Farms
Ionia
Beef. Grass-fed and finished. All natural, no hormones or antibiotics. Satisfaction guaranteed. Sold in quarters, halves, whole cow and bundles.
Tom Curl: 641-228-2089
beavercreekfarmsofiowa@gmail.com
641-228-2089

A Family Market Place
Waterloo
We are a family owned fresh produce farm and local distributor that specializes in locally grown products. We grow and distribute a variety of fresh produce to local restaurants and other large institutions. In addition to fresh produce we sell honey, brown eggs, chickens, pork, and flowers. All products are grown right here in the Cedar Valley by a select group of local farms. Visit our website to learn more.
Chad & Melanie Thomas: 319-961-6099
candymfarm@gmail.com
www.afamarketplace.com

Chris Fink
New Hartford
Open air pork, broilers chickens (spring & fall) and eggs. No growth hormones or antibiotics.
Chris Fink: 319-454-3228
chickenfarm@gmail.com

Genuine Faux Farm
7iapal
We raise a selection of certified organic vegetables and fruit, featuring heirloom varieties. We also feature free-range turkeys, chickens and laying hens. Produce and poultry products may be purchased as part of a customizable share or direct purchase.
Rob & Tammy Fauce: 319-610-4200
genuinefauxfarm.com
www.genuinefauxfarm.com

Green Pasture Meats from Canfield Family Farm
Dunkerton
Andrew F. Canfield
We offer seasonally produced chickens raised on our own green pastures. Eggs from our pastured chickens are also available. All of our chickens are fed non-GMO feed made right on our farm! Non-GMO livestock feeds, hay, and straw are also available.
Andrew Canfield: 319-265-5155
canfieldfamilyfarm@dunkerton.net
www.canfieldfamilyfarm.com

Hansen’s Farm Fresh Dairy
Hudson
Responsibly raised products are sold at Hansen’s Dairy store in Waterloo and Cedar Falls. Beef: Hansen’s Dairy Wagyu, Holstein beef, Duroc Angus, Holstien’s Place, Mark’s Locker, Pork: Edgewood Locker, Beef’s, Webster City Custom Meats, holiday hams, Bison: Timmer Ridge Bison, Poultry: Bilt, Evans, Grouthaus, Eggs: Grouthaus, Heartland Farms. Hansen Family.
Jordy Hansen: 319-698-9834
jordyhansen@hansenfamily.com
www.hansenfamilydairy.com

Joa Food Farm
Charles City
We practice regenerative, organic agriculture because our health begins with the soil. Our labors that include pork, lamb, chicken, turkey, duck, beef, bison, cheese, honey and eggs from our farm and nearby regenerative farms. A-la-carte and whole chickens are also available.
Wendy Johnson: 641-228-1383
info@joafoodfarm.com
www.joafoodfarm.com

LAURIC Farms, Ltd.
Lomont
Grass-fed mini Hereford heritage cattle. Producing natural, hormone-free portion size beef:
Eric & Laura Morine: 563-230-1499
beeffarm@windstream.net

Marks Family Purebreds LLC
New Hartford
Your source for delicious Black Angus beef, cut your way. Available year-round.
James E. Marks: 319-45-9215
jemarks1@msn.com

Red Rock Farms
Iowa City
Raising animals under the highest standards, we grow our own organic corn just miles from where we raise our cattle. We currently provide organically raised beef, non-GMO feed pork, free-range chicken, and free-range eggs. Fall pumpkin patch, too!
Landon Kane: 319-265-3122
redrockfarm2015@gmail.com
www.redrockfarmiowa.com

Solistice Farm
Waverly
Kelly & Jeff Klein (W) (L)
White Oak Farm
A small, diversified farm committed to raising healthy food for our community while respecting the environment and the animals we raise. Pasture-raised and non-GMO fed chicken, eggs, turkeys, pork, and duck; mushrooms; select produce. We are solar powered!
Mark Westbrock: 319-529-6780
mark@solsticefarm.net
www.solsticefarm.net

Timber Ridge Bison
Waverly
Grafd’s Farm Market
Bison meat, smoked Bison jerky, Bison summer sausage:
James & Tammy Wedeking: 319-454-9857
bjbisonjerky@hotmail.com
arowenbisonjerky@gmail.com

Yellow Table Farm
7iapal
Collegiate Efforts at alternate food sources. Large 325 Commercial St Downtown Waterloo 128 Main St Downtown Waterloo Waverly Local microbrewery who believes in involvement, and environmental stewardship. We want to show Iowans how good for the cattle and good for the environment, and feel our beef is good for the environment, good for the community, and great conversation with community members, local food supporters, and local food producers! Everyone is welcome but tickets must be purchased. Limited seats available.

More information and ticket deadlines can be found at ceei.unitedfood.com or contact unilocalfood@gmail.com.

The UNI Local Food Program hosts additional events throughout the year. Check the website for more information: ceei.uninet/i/localfood

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

MEAT, EGGS, & POULTRY

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.
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 Iowa 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.

- **Donating extra garden produce to**
  - the Northeast Iowa Food Bank
  - Getting involved with community development and design: Community members come together to take collective action and generate solutions to common problems.

For more information, visit [www.extension.iastate.edu/localfoods/resources-2for-consumers](http://www.extension.iastate.edu/localfoods/resources-2for-consumers). Source: Iowa State University Extension & Outreach Local Foods Program.

Buy Local • 5
### Grocers

**Cedar Falls Food Co-op**
- The Cedar Falls Food Co-op is a start-up full-service grocery cooperative focusing on providing healthy, sustainable, locally-sourced products to the Cedar Valley.
- Visit their website to learn more.

**Hansen’s Farm Fresh Dairy**
- Hansen’s Farm Fresh Dairy is a family-owned dairy farm located in the Iowa Valley.
- Visit their website to learn more.

### Dairy

**Country View Dairy**
- Located near Waukon, Iowa.
- Offers a full line of dairy products produced with hormone-free milk from Iowa farms.

**Hansen’s Farm Fresh Dairy**
- Hansen’s Farm Fresh Dairy is located in the Iowa Valley.
- Visit their website to learn more.

### Bakers

**Adolphs Produce & Bakery**
- Located near Dubuque, Iowa.
- Offers a full line of bakery products including bread, pastries, and baked goods.

**Milkbox Bakery**
- Located in Cedar Falls, Iowa.
- Offers Artisan breads, pastries, and desserts made with locally sourced ingredients.

### Bakers

**Saticoy Depot**
- Located in Cedar Rapids, Iowa.
- Offers a full line of bakery products including bread, pastries, and desserts.

### Iowa Harvest Calendar

These are the best times to buy Iowa fruits and vegetables. The harvest seasons are approximate. Weather conditions can speed up or delay crop maturity.

<table>
<thead>
<tr>
<th>Month</th>
<th>Fruit/vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>May</td>
<td>Strawberries, Green Beans, Spinach</td>
</tr>
<tr>
<td>June</td>
<td>Blackberries, Blueberries, Squash, Green Tomatoes</td>
</tr>
<tr>
<td>July</td>
<td>Tomatoes, Peaches, Zucchini</td>
</tr>
<tr>
<td>August</td>
<td>Peaches, Cantaloupe, Watermelon</td>
</tr>
<tr>
<td>September</td>
<td>Apples, Pears, Pumpkin</td>
</tr>
<tr>
<td>October</td>
<td>Apples, Sweet Potatoes, Brussels Sprouts</td>
</tr>
</tbody>
</table>

### Farmers & Gardeners

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

Last year, we served 6.7 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 319-385-6507

Contact us about gleaning opportunities! northeastiowafoodbank.org
Country View Dairy

Multiple pick-up locations available in the Cedar Valley.

Join our CSA today! We offer three share sizes based on your needs:
- Standard share
- Deluxe share
- Premium share

What is Community Supported Agriculture?
Community Supported Agriculture (CSA) is a way for consumers to buy fresh, seasonal produce directly from local farmers. You pre-pay for a share at the beginning of the growing season, and in return, you receive a box or bag of fresh, locally grown produce throughout the season. CSA memberships can be purchased at local farmers markets, on-farm stand, or online.

How does a CSA work?
1. Sign up for a CSA share.
2. Pick up your box or bag each week.
3. Enjoy fresh, seasonal produce all season long!

What do I get in my CSA share?
Each week, you will receive a box or bag of fresh, seasonal produce. The specific contents will vary depending on the farmer’s harvest schedule.

Who are the farmers?
Our farmers are passionate about growing healthy, sustainable food and providing high-quality produce to their members. They use traditional farming methods and focus on growing a variety of crops to ensure a diverse and nutritious CSA share.

How much does a CSA share cost?
The cost of a CSA share can vary depending on the size and location. Generally, a standard share is around $40-$60 per month, but prices can range from $25-$80 per month.

What is included in a CSA share?
Typically, a CSA share includes a variety of fresh vegetables, herbs, and sometimes fruits. Iso-real and sweet corn, squash, pumpkins, berries, lettuce, cold crops, and more fresh, seasonal produce. Iso-real specialize in unusual and hard-to-find varieties. Petting zoo, playground, and plenty of sites to take beautiful fall pictures. Free admission.

What is additional community support needed for a CSA share?
- Finding a convenient pick-up location
- Arranging for weekly delivery
- Storing and preserving fresh produce

How can I get started with a CSA share?
1. Contact your favorite local farm to learn more about their CSA programs.
2. Sign up for a share online or in person at a local farmers market.
3. Enjoy fresh, seasonal produce all season long!
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.

10 Things to Know About Local Food Systems

1. Buying local supports your local economy. The dollars stay in your community when you buy local food.
2. Local food and food justice. When defining your food system and the changes you are hoping to see, it is vital to create an inclusive space that takes into account your community’s diversity, including race, class, gender and more.
3. Local or organic. Local and organic 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 the USDA. By knowing your farmer locally, you have the ability to become familiar with their production practices regardless of label.
4. 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? More local production will increase Iowa’s food security.
5. Local foods bring new markets and economic opportunities for beginning farmers and food entrepreneurs.
6. 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 and dense than produce shipped from across the country.
7. Local food programs provide access to fresh vegetables for families and our employees. We use fresh, local ingredients in several of our locations.
8. Local food systems are a partnership between the school parent organizations (Aldrich CARE, Hansen PTA, Lincoln PALS), UNI Local Food Program, and UNI Health, Recreation and Community Service, and local producers.
9. Local food programs improve access to fresh vegetables for families and our employees. We use fresh, local ingredients in several of our locations.
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