**2019 FARM CRAWL**

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**Farm Locations**

1. **Beck Orchards** 14124 Beck Rd., Buckingham
2. **Fitkin Popcorn, LLC** 5400 Ford Rd., Cedar Falls *
3. **Hanson’s Hollow** 5071 15th Ave., La Porte City*
4. **MBS Family Farms** 32859 110th St., Plainfield *
5. **OneRoot** 3164 150th St., Lamont
6. **Timeless Prairie Orchard, LLC** 3049 280th St., Winthrop *

*Restrooms available

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**Questions?**
Contact the UNI Local Food Program at uni.localfood@gmail.com

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If the event is cancelled due to weather, it will be posted on kwwl.com/closings.

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**Enjoy a day at the farms!**
Activities for all ages!
Free & no registration necessary!

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**2019 FARM CRAWL guide**

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**Sunday, September 29**
12:00-5:00 p.m.

Learn how local farmers grow your food and manage their farms. Visit one or all of these farms in any order. The more farms you visit the more chances you have to win prizes! Also, purchase local food available at some locations and earn another chance to win prizes!

Check out this guide for specific information on tours and other activities each farm has to offer.

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**cee.unl.edu/localfood**

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Please leave pets at home.
Visit local farms, enjoy activities for all ages, & more! Participation is free and no registration is required.

**Beck Orchards**
Walking tours of the farmstead will be available and will include information about the apple trees (25 varieties), vegetables, perennial flower beds, meat goats, and their bee hives. Learn how and why they started an apiary. Fresh apple cider will be available and you can purchase apples in the repurposed red barn.

**Fitkin Popcorn**
Learn all about one of America's favorite snacks, popcorn! FITKIN Popcorn, the producers of FIT-POP, is part of a fourth-generation family farm. The popcorn is grown using sustainable practices, and the kitchen is licensed by the state. Jim Fitkin will answer all your questions about growing and storing popcorn. Check out the popcorn bar and enter to win a giant FIT-POP CUBE. Kids activities.

**Hanson’s Hollow**
We are a family-friendly destination for fall produce and farm fun. We grow more than 100 varieties of pumpkins, gourds and squash and also offer a petting zoo, playground and fall-inspired family photo settings. Burgers grilled by the Benton County Cattlemen will be available for purchase. There will be recipe samples using our fall produce, as well as children’s games.

**MBS Family Farms**
“Building a legacy through traditional family values.” We are a fifth-generation family farm producing corn primarily for ethanol and soybeans primarily for seed. Land stewardship has always been our focus, and being a preferred employer in our local area is very important to us. There will be guided tours, both walking and in our “party” bus. Light snacks and drinks will be provided.

**OneRoot**
We are a new one-acre market garden producing unique vegetables and flowers. We grow veggies without the use of any synthetic chemicals or fertilizer. Fresh, all natural produce direct to the consumer. Garden tours every hour with a tomato tasting at the end! A variety of veggies will be for sale as well as build-your-own flower bouquet.

**Timeless Prairie Orchard LLC**
A family-owned and -operated 10 acre high density dwarf apple tree orchard growing 26 different apple varieties using Integrated Pest Management and Good Agricultural Practices. Our orchard has been awarded the Iowa State Fair Premier Exhibitor Award and numerous Blue Ribbons. We sell at Farmers Markets in Cedar Falls (both downtown and College Hill), Des Moines, Independence, Hiawatha, and Iowa City. Each half-hour there will be a walking orchard tour including information about the ISU research project, processing building, and cold storage facilities. Visit our Orchard Market for apple samples and to purchase apples and other goodies.