

UNI LOCAL FOOD PROGRAM
STRENGTHENING IOWA'S LOCAL FOOD ECONOMY

LEARN MORE HERE

The UNI Local Food Program works to develop a local and regional food system that positively impacts consumers, farmers, and communities through education, collaboration, and economic development. We work with our valued partners to develop a diverse array of tools, education, experiences, and programs with the overarching goal of making food production and local food consumption accessible to everyone.

We support farmers and food businesses in Black Hawk County and nearby counties by helping them reach wholesale buyers—like food hubs, restaurants, grocery stores, caterers, and schools—and by connecting them directly with individual customers.



shop
at your
**LOCAL
FARMERS
MARKET**



buy direct from a
FARM STAND
and/or
**PICK-
YOUR-
OWN**



attend **LOCAL
FOOD EVENTS**

- UNI Local Food Festival
SEPTEMBER 2026
- Farm to Fork Dinner
FEBRUARY 2027
- Local Producer/Buying
Network Event
JANUARY 2027
- Farmers Market Workshop
JANUARY 2027

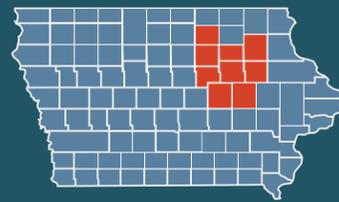


Grow. Eat. Play.

Grow. Eat. Play. is a region-wide branding campaign that celebrates and strengthens our local food community by uplifting Iowa producers, expanding access to fresh local food, and helping more people discover the diversity and benefits of choosing local.

Since replacing the Buy Fresh Buy Local brand in 2020, the campaign has grown across Iowa, bringing together farmers, food entrepreneurs, and community members to build a thriving, resilient local food culture. Grow. Eat. Play. supports producers with tools to grow their businesses, highlights the wide range of Iowa-grown foods, and invites everyone—not just food enthusiasts—to join the movement and help shape a stronger local food future.

Where we
work



Looking for
Recipe Ideas?

visit
healthyharvestni.com/recipes
to explore our
searchable database!



scan below
for more upcoming
UNI CEEE events:



dine at
RESTAURANTS
that
**LOCALLY
SOURCE**



CEDAR VALLEY

**LOCAL
FOOD**
guide



ERIC JENSEN, YELLOW FARM TABLE – PHOTO CREDIT: KAREN EVERLING





Grow

Purchase vegetables, fruit, honey, syrup, meat, poultry, eggs, dairy, bakery, a CSA, and more from these farms.



FARMS

ADOLPH'S PRODUCE & BAKERY

TRAER, IA • (319) 478-8624
BAKERY - FRUIT - VEGETABLES - PLANTS - FLOWERS

BECK ORCHARDS

BUCKINGHAM, IA • (319) 939-4532
FRUIT - HONEY - VEGETABLES - MAPLE SYRUP

BLUERIDGE ORCHARD

DENVER, IA • (319) 984-5718
FRUIT - HONEY

GROOVY GREENS

CHARLES CITY, IA • (303) 435-2643
VEGETABLES

HANSEN'S DAIRY

HUDSON, IA • (319) 988-9834
DAIRY - BEEF

IOWA FOOD HUB

DECORAH, IA • (563) 223-8845
BAKERY - DAIRY - FRUIT - EGGS - HONEY - POULTRY - VEGETABLES - MAPLE SYRUP - COFFEE - POPCORN - GRAINS - BEEF - PORK - LAMB - MISO

IOWA MISO

CEDAR FALLS, IA • (319) 575-8820
MISO

JEFFERSON ORCHARD & GREENHOUSE

DUNKERTON, IA • (319) 882-4239
U PICK - FRUIT - EGGS - VEGETABLES - PLANTS - FLOWERS

JÓIA FOOD & FIBER FARM

CHARLES CITY, IA • (641) 228-1583
EGGS - HONEY - BEEF - PORK - LAMB - POULTRY - GRAINS - MAPLE SYRUP

NEW DAY DAIRY

CLARKSVILLE, IA • (319) 529-3421
DAIRY - BEEF

RIDGE FARM

LA PORT CITY, IA • (319) 231-9865
BEEF - EGGS

PAHA CIDER

WAVERLY, IA • (319) 596-6172
BEER - HARD CIDER

SOUTHERN GOODS, LLC

WATERLOO, IA • (319) 830-7470
VEGETABLES

SOLSTICE FARM

WAVERLY, IA • (319) 596-6785
EGGS - POULTRY

TECH GNAR FARMS

WATERLOO, IA • (319) 830-8743
VEGETABLES

TIM LAUGHLIN HONEY

GRUNDY CENTER, IA • (319) 215-8237
HONEY

WE AROSE

WATERLOO, IA • (319) 252-4622
FRUIT - EGGS - HONEY - VEGETABLES

YELLOW TABLE FARM

TRIPOLI, IA • (319) 486-8745
FRUIT - EGGS - LAMB - VEGETABLES - PLANTS - FLOWERS

★ U-Pick Offering

◆ CSA (Community Supported Agriculture) Offering

▼ Farm Stand

● Choose Iowa Member

+ Online Ordering Available



WHY EAT LOCAL? Because what we eat MATTERS.

Buying locally grown food is good for **YOU**, our **COMMUNITY**, our **FARMERS**, and our **ENVIRONMENT**.



Learn more about these local farms and food businesses at: ia.foodmarketmaker.com/business/search

PHOTO CREDITS (TOP-BOTTOM): NELLIE KRAUS, JORDAN HANSEN, JAMIE ROSS



Eat

Eat or shop at a restaurant, coffee shop, grocer, or other venue supporting local food.

COFFEE SHOPS

CUP OF JOE

CEDAR FALLS, IA • (319) 277-1596

HANSEN'S DAIRY

CEDAR FALLS, IA • (319) 266-3044

SIDECAR COFFEE

CEDAR FALLS, IA • (319) 415-2547
3 LOCATIONS

SIDECAR COFFEE

WATERLOO, IA • (319) 415-2547
2 LOCATIONS

GROCERS

HANSEN'S DAIRY

CEDAR FALLS, IA • (319) 266-3044

HANSEN'S DAIRY

WATERLOO, IA • (319) 234-3309

MONARCH FARMS GENERAL STORE

EAGLE CENTER, IA

FOOD BANKS

NORTHEAST IOWA FOOD BANK

WATERLOO, IA • (319) 235-0507
DONATIONS - VOLUNTEER - LOCAL FOOD BUYER

RESTAURANTS

GILMORE'S PUB

CEDAR FALLS, IA • (319) 859-9342

HANSEN'S DAIRY

CEDAR FALLS, IA • (319) 266-3044

HANSEN'S DAIRY

WATERLOO, IA • (319) 234-3309

UNIVERSITY OF NORTHERN IOWA DINING

CEDAR FALLS, IA • (319) 273-2333

TABLE 1912

CEDAR FALLS, IA • (319) 859-9334

Play

Play at a farm that allows visitors or visit a farmers market!

FARMERS MARKETS

CEDAR FALLS FARMERS MARKET

CEDAR FALLS • OVERMAN PARK
SATURDAYS 8:30AM-NOON; MAY - OCTOBER

CEDAR VALLEY FARMERS MARKET AT KIMBALL RIDGE

WATERLOO • 3025 KIMBALL AVE.
TUESDAYS 3-6PM; MAY - OCTOBER

CEDAR VALLEY FARMERS MARKET AT SHILOH BAPTIST CHURCH

WATERLOO • 3525 SAGER AVE.
THURSDAYS 3-6PM; MAY - OCTOBER

DENVER FARMERS MARKET

DENVER • 141 W. FRANKLIN ST.
THURSDAYS 4:30-6:30PM; MID JUNE - MID OCTOBER

DUNKERTON FARMERS MARKET

DUNKERTON • 114 W. MAIN ST.
MONDAYS 5-7PM; MAY - OCTOBER

EVANSDALE IA FARMERS MARKET

EVANSDALE • 3562 LAFAYETTE RD.
SATURDAYS 9AM-NOON; WEDNESDAYS 3-6PM; MAY - OCTOBER

INDEPENDENCE FARMERS MARKET

INDEPENDENCE • WAPSIPINICON MILL
SATURDAYS 8AM-NOON; MID MAY - MID OCTOBER

KIMBALL RIDGE FAMILY MARKET

WATERLOO • 131 TOWER PARK DR.
SATURDAYS 8:30AM-NOON; MID MAY - MID OCTOBER

REINBECK FARMERS MARKET

REINBECK • BROAD STREET, OFF HWY 175
SATURDAYS 10:30AM-NOON; MAY - SEPTEMBER

SHELL ROCK FARMERS MARKET

SHELL ROCK • HOLLEY PARK
WEDNESDAYS 5-7PM; JUNE - AUGUST

TOLEDO FARMERS MARKET

TOLEDO • 100 N BROADWAY ST
FRIDAYS 5-7PM; JUNE - MID OCTOBER

URBANA FARMERS MARKET

URBANA • 204 W. WOOD ST.
SATURDAYS 9-11AM; LATE MAY - OCTOBER

VINTON FARMERS MARKET

VINTON • 105 WEST 2ND ST.
THURSDAYS 5-7PM; JUNE-SEPTEMBER

WATERLOO URBAN FARMERS MARKET

WATERLOO • 460 JEFFERSON ST.
SATURDAYS 8AM-NOON; MAY-OCTOBER

WAVERLY IOWA FARMERS MARKET

WAVERLY • SOUTH RIVERSIDE PARK
SATURDAYS 8:30-NOON; MAY-OCTOBER

WINTER FARMERS MARKETS

BLACK HAWK COUNTY FARMERS MARKET INC.

WINTER MARKET
WATERLOO, IA

URBANA WINTER FARMERS MARKET

URBANA, IA

WAVERLY FARMERS MARKET

WAVERLY, IA

WATERLOO URBAN FARMERS MARKET SPRING BREAKOUT PRE-SEASON MARKET

WATERLOO, IA

AGRITOURISM FARMS

HANSEN'S DAIRY

HUDSON, IA • (319) 988-9834

JEFFERSON ORCHARD & GREENHOUSE

DUNKERTON, IA • (319) 882-4239

JÓIA FOOD & FIBER FARM

CHARLES CITY, IA • (641) 228-1583

NEW DAY DAIRY GUESTBARN

CLARKSVILLE, IA • (319) 529-3421

PAHA CIDER

WAVERLY, IA • (319) 596-6172

SUPPORTING ORGANIZATIONS

BLACK HAWK COUNTY EXTENSION & OUTREACH

WATERLOO

BLACK HAWK WATER & SOIL CONSERVATION DISTRICT

WATERLOO

DIAMOND EVENT CENTER IN JORGENSEN PLAZA

CEDAR FALLS, IA

HEALTHY HARVEST OF NORTH IOWA

CLEAR LAKE, IA

IOWA FOOD SYSTEM COALITION

STATEWIDE

ROOTED CARROT CO-OP MARKET

STATEWIDE

SILT

STATEWIDE

WE AROSE

WATERLOO, IA