

# Iowa Food Cooperative News



**January 21, 2010**

**"The mission of the Iowa Food Cooperative is to facilitate farmer-consumer relationships and build our farms and communities through web-based marketing of Iowa products."**

Keep an eye on the website; we're making some pretty big changes under the hood and are excited about it!

In addition to bringing the site more up to date, we'll be adding those recipes from the annual meeting and the ability to blog soon!

For now check us out on [Facebook](#) and [Twitter](#)!

*Issue #1*

Friends,

Well, it has taken some time but here we are with our first newsletter. As board president I have had the unique opportunity to see this cooperative make some giant leaps since our first order cycle in November of 2008. Notable achievements include bringing the organization into the black and increasing the membership of the cooperative. These accomplishments were possible only because we have a strong membership interested in purchasing quality products from local producers. Speaking of membership, the total number of coop members is up to 304. The bulk of that increase has come from you! Sharing with friends and family your experiences with the IFC is one of the best tools we have for increasing awareness and participation, so keep it up.

While it is nice to see our membership growing, we have a long row to hoe with regard to membership recruitment. However, I am pleased to announce that the IFC has hired a Membership Recruitment Coordinator to help us increase membership in the cooperative. Many of you may be familiar with Lynn Fallon through her work and involvement with various community issues in the greater Des Moines area. Lynn is very excited to promote membership in the co-op and we are certainly excited to have her on our team. I am confident Lynn will help us reach the goal of increasing our membership to 600 by August 2010 and that her impact will carry over beyond that goal.

I'd like to extend a great big thanks to all of you who have volunteered in some capacity with the IFC. Distribution days would not be possible without your participation. If you haven't volunteered yet, I highly encourage you to do so. If you are interested in volunteering, contact Carolyn Ross at [volunteer@iowafood.org](mailto:volunteer@iowafood.org).

Sincerely,

Jason Jones  
President of the Iowa Food Cooperative

The following article is based upon the 7 principles of cooperatives as outlined in the “**Statement on the Co-operative Identity**”, which can be found at [www.ica.coop/coop/principles.html](http://www.ica.coop/coop/principles.html)

## The Principles of Cooperatives

Cooperatives by definition are open, honest and place value in social responsibility. They are also based on self-help and self-responsibility. When you become a member of a cooperative you are really becoming an owner and participant in the common cause the cooperative represents.

There are seven defined principles of cooperatives. Within each newsletter we will take a closer look at one of the seven principles.

### Principle 1: Voluntary and Open Membership

Cooperatives are open to all people that are able to use the services of the cooperative and are also willing to accept the responsibilities of membership. Discrimination based on social, racial, political or religious differences is not allowed.

I have seen cooperative responsibility in action through the network of volunteers that help every distribution day. I admire not only their willingness to work, but also their ability to enjoy the work they are doing. It is evident that they all take responsibility for and believe in the values of the cooperative.

Besides distribution day, there are many other opportunities for you to help support the Iowa Food Cooperative. You could serve on one of the committees. Both the **Member Services Committee**, chaired by David Couch, and the **Membership Recruitment Committee**, chaired by Jason Jones, are looking for members.

We also are looking for people with IT experience as systems administrators, database analysts or software developers. Someone to assist with the accounting work would be appreciated, as would editors for on-line content, event planners for the annual meeting, creative thinkers to draft articles for the newsletter, and the list can go on.

If you have a skill that you could put to use for the IFC do not be afraid to offer. We will find a way to use you. Talk to any one of the 8 board members, Gary Huber, or send me an e-mail.

Thanks again to all those that volunteer.

Carolyn Ross  
[volunteer@iowafood.org](mailto:volunteer@iowafood.org)

## Financial Report

Fiscal YTD Profit & Loss Statement  
July 1, 2009 – January 14, 2010

### Income

Member Purchases	\$41484.51
Annual Fees	\$650.00
Producer Fees	\$4245.47
Consumer Fees	\$4160.86
Other Income	\$1854.67
Total Income	\$52395.51

### Expenses

Producer Sales	\$41583.91
Other Expenses	\$5721.98
Total Expenses	\$47305.89
Net Income	\$5089.62

For more detail please see last year’s financial report available on the site, under ‘About Us’.

### Electronic Benefits Transfer

EBT is a USDA program that supports families in need by providing debit cards that can be used for food purchases.

The purchase of product #480 serves as a donation to help families in need purchase local food. These funds pay for the membership and handling fees for EBT cardholders.

To date we've raised **\$852.50** (thank you!!!). Ron Bartelt of Anna's Place also secured a \$500 donation for this purpose from the Dallas County Farm Bureau, bringing the total to **\$1,352.50**.

EBT customers have used just over \$270 of available funds, but the IFC Board wishes to increase the involvement of families in need. Please spread the word!  
~The Board



**Judy Henry** drops off some apples on Distribution day.

### Our Membership:

Month	Consumers	Producers	All
2008			
Sept	23	12	35
Oct	23	23	46
Nov	34	6	40
Dec	11	2	13
2009			
Jan	19	7	26
Feb	8	2	10
Mar	16	2	18
Apr	8	2	10
May	4	1	5
June	11	1	12
July	4	1	5
Aug	20	1	21
Sept	8	5	13
Oct	13	2	15
Nov	10	0	10
Dec	13	1	14
2010			
Jan	11	0	11
Totals	236	68	304

## Featured Members

The Iowa Food Cooperative is made up of such a variety of individuals that have a common interest in local foods. Do you know a member that has done something you feel should be acknowledged? Tell us about it! Send an e-mail to [membership@iowafood.org](mailto:membership@iowafood.org)

### Anna's Place Poultry Products

Ron Bartelt

32984 230th Street, Grimes, Iowa 50111

Ron is a fourth generation farmer on a century old farm, about 3 miles from Grimes. Before he started the poultry business, named after his mother, in about 2001, he taught in Des Moines Public Schools. Ron has a long lasting connection to the community through education; he has also been active in the Farmers Market at Drake University.

### The Berry Patch Farm

Dean and Judy Henry

62785 280 Street, Nevada, Iowa 50201

Dean and Judy Henry have lived on their farm since 1970. They were both teachers; Dean taught at DMACC for 28 years and Judy was a pre-school teacher. They began farming during the summer when school was not in session. Thirty-six years ago, the Henrys began offering pick-your-own strawberries, soon to be followed by apples from the orchard planted around the same time. Once they retired from teaching, they gradually expanded into more fruits, most recently adding blueberries in 2008.

To extend the growing season, they have added a greenhouse and a hoop house. The Henrys' only son, Mike, lives on the farm; he and a hired hand help out on the farm. They sell at the Downtown Des Moines Farmers Market, the Johnston Farmers Market on Tuesdays, and supply several CSAs.

For more information regarding producer operations please review the [producer list](#) on the website.

# Recipes

## Roast Pork / Pulled Pork Sandwiches

Cindy Madsen of Audubon County Family Farms  
2186 Goldfinch Avenue, Audubon, IA 50025

3-4 lbs. Boneless pork shoulder roast  
1 tsp. McCormick's seasoned salt  
1 tsp. Garlic powder  
1 tsp. Onion powder

Place roast in Crock Pot with about 1/4 cup water. Sprinkle seasonings on top of roast. Cook on high for one hour, then on low for 4 to 6 hours. You can substitute any seasonings you like.

### For Pulled Pork Sandwiches:

Place cooked roast in bowl or container so that you can pull the pork apart with a couple forks. Add your favorite BBQ sauce if desired. Place in refrigerator and reheat when ready for sandwiches.

### For Sliced Roast Pork Sandwiches:

Remove roast from Crock Pot and place in refrigerator to cool. The pork slices much easier when the roast has been chilled.

### For Pork Roast Dinner:

About an hour or two before serving the pork, add carrots and potatoes to the Crock Pot.

## Contact Us

[info@iowafood.org](mailto:info@iowafood.org)

This is the general email for the cooperative and good to use when you need general information about our services.

[membership@iowafood.org](mailto:membership@iowafood.org)

This is the email address to use when you have questions regarding your membership, activation, gift memberships, and other set-up questions.

[volunteer@iowafood.org](mailto:volunteer@iowafood.org)

This address should be used for responses to volunteer schedules, scheduling your volunteer activity and/or volunteer related questions.

[boardmembers@iowafood.org](mailto:boardmembers@iowafood.org)

If you need to express your opinions to the board, we're here to listen.

We're on Twitter & Facebook too!

[www.twitter.com/iowafoodcoop](http://www.twitter.com/iowafoodcoop)

[www.facebook.com/iowafoodcoop](http://www.facebook.com/iowafoodcoop)



The Board: Ben Saunders, Carolyn Ross, Chris Lerch, Linda Gobberdiel, David Couch, Stacy Hartmann, Jason Jones, and Amy Miller.