



# IOWA FOOD COOP

## FROM THE PRESIDENT...

**F**riends,

Congratulations on reaching the 400-member mark! Our continued growth highlights the value the Iowa Food Cooperative is bringing to Iowans in search of local food. Each day offers you a new opportunity to help the co-op grow by introducing someone new to the great food and wonderful people that make up the IFC. I highly encourage you to take that opportunity every chance you get.



The Iowa Food Cooperative board recently clarified the policy defining Value Added Products sold through the IFC. There was much discussion as to what constituted an Iowa product and what types of product ingredients meet the definition of IFC producer standard number three. The final decision was that the essential component of Producer Standard number three will remain the same, that which requires a producer selling value added products to obtain ingredients from an Iowa producer if

those ingredients are available in sufficient quantity and or quality. This wording of this standard may be changed in the future to better define "sufficient quantity or quality". However for now the standard will remain as it is written. The board agreed the standard allows IFC producers to offer more products, which gives you more choices, thereby benefiting us all.



The IFC board is always interested in feedback concerning the products we allow to be sold. So let us know what you think about the products we have listed each month. We want to hear about the products you like, those that you don't, and of course the products you want that we don't currently have. In a cooperative every member has a say, so be sure to have yours!

**Jason Jones**

President, Iowa Food Cooperative



## Dates to Remember



**Thurs., May 20**

Iowa Food Coop Pickup  
4:00 - 7:00 p.m. @ [Merle Hay Mall](#)

**Tues., June 1**

Shopping Cart Opens

**Fri., June 4**

Membership Recruitment Committee Meeting

6 p.m. @ [Merle Hay Mall](#)

**Sun., June 6**



IFC Board Meeting

6 p.m. @ [Merle Hay Mall](#)

**Sat., June 12**

Shopping Cart Closes

**Thurs., June 17**

Iowa Food Coop Pickup  
4:00 - 7:00 p.m. @ [Merle Hay Mall](#)

**Thurs., July 1**

Shopping Cart Opens

**Sun., July 10**

Shopping Cart Closes

**Thurs., July 15**

Iowa Food Coop Pickup  
4:00 - 7:00 p.m. @ [Merle Hay Mall](#)

**SAVE THE DATE ~ Sat., Oct. 16**

Iowa Food Coop  
Annual Meeting & Potluck  
Location & Time: TBD

"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."

## CONSUMER/PRODUCER MEMBERSHIPS

	Consumers	Producers	All
Sept. 08	23	12	35
Oct. 08	26	19	45
Nov. 08	33	6	39
Dec. 08	11	2	13
Jan. 09	18	7	25
Feb. 09	8	2	10
Mar. 09	15	2	17
Apr. 09	8	2	10
May 09	4	1	5
Jun. 09	10	2	12
Jul. 09	4	1	5
Aug. 09	21	0	21
Sep. 09	10	3	13
Oct. 09	12	3	15
Nov. 09	10	0	10
Dec. 09	14	1	15
Jan. 10	20	2	22
Feb. 10	22	1	23
Mar. 10	18	3	21
Apr. 10	41	1	42
May 10	14	0	14
Totals	342	70	412

P & L

### IOWA FOOD COOPERATIVE

Fiscal YTD Profile & Loss Statement  
July 1, 2009 - May 10, 2010

#### INCOME

Member Purchases	\$74,087.43
Annual Fees	\$1,180.00
Producer Fees	\$7,661.02
Consumer Fees	\$7,465.93
Other Income	\$1,961.36
	\$92,355.74

#### EXPENSES

Producer Sales	\$74,681.95
Other Expenses	\$11,886.03
	\$86,567.98

**NET INCOME** \$5,787.76

### Quotable Quotes

*One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.*  
~Luciano Pavarotti and William Wright, Pavarotti, My Own Story

### Interested in helping the Iowa Food Cooperative grow?

If so, the IFC's Membership Recruitment Committee needs your help. Membership recruitment is one of the most important elements to sustaining our cooperative and it is imperative that we make every effort to build our customer base. We all know how great the IFC is and it is up to us to make sure everyone else knows as well. To that end, please consider becoming an active member of the Membership Recruitment Committee. The committee meets monthly for an about an hour. The next scheduled meeting is set for Friday, June 4th at 6 p.m. We will meet at the distribution site in Merle Hay Mall. Please email [Jason Jones](#) if you are interested in joining the membership recruitment committee or if you have questions about the work of the committee.

[Article](#) by Miranda Knake, a student at Simpson College, on the topic of "Want Better Food?"

Check it out - the Iowa Food Coop is mentioned!

# Producer/Consumer Connections

Following is information from the producers:



## From [Sugar Creek Farm](#):

A new restaurant - Ralph's Garden Cafe - will open mid-May at 5 South Federal Avenue in Mason City. It will feature locally grown meat & produce, including Sugar Creek Farm beef, pork & poultry!

We will be at the following markets this summer:

North Iowa Farmers Market  
Mason City, KMart parking lot  
3:00-6:00 every other Friday  
starting May 28.

Downtown Farmers Market  
Mason City, Central Park  
9:00-noon every other Saturday  
starting June 5.

(both markets run every week, but we're going to alternate each week)



Congratulations to [Blue Heron Organics & Natural Products](#) for recently achieving Animal Welfare Approved certification for its grass-fed beef!

Animal Welfare Approved (AWA) is a third party certification label that allows consumers to know that the products they purchase have been raised humanely on pasture or range, and have not been raised in feedlots, cages, or crates. AWA supports independent family farms and audits the farms annually to ensure compliance for healthier, safer food. It is a nonprofit

organization that is offered to farmers and ranchers at no cost.

Visit the Animal Welfare Approved [website](#) to see if your farm could be the next to obtain this distinguished label. AWA provides certification for chicken, beef, pork, lamb, dairy, turkey, duck, goat, bison, and eggs.

Look for the Animal Welfare Approved label on your meat or dairy products and make a choice you can feel good about.



## From [Wild Rose Pastures](#):

All,

Our daughter **Hazel Lillian Marquardt** was born early the morning of May 2nd at 3:41 AM. She weighed 7 lbs 5.5 oz and is 19.5" long. Everyone is healthy and doing well.

Ryan & Janice



## The Truth About Pesticides

It is something we are around daily and may not even realize it. It's in our food, it's in our soil, and it's in our fields. Pesticides. A pesticide is a substance or mixture of substances used to prevent, destroy, or repel a pest. In agriculture, chemicals are used in order to get rid of insects and other nuisances; because of this, people are exposed to low levels of the pesticides through what they eat.

Pesticides cause damage in many different ways other than just being found on produce. If farmers are not careful, pesticides can easily

drift into water, contaminating hundreds or people, or they can be carried in the wind to be breathed in by you. Since farmers use pesticides quite often, they and their families are at the greatest risk for built up pesticides in their bodies. The effects of pesticide on the body depends on the exposure and the person him/herself. It can be something relatively minor, such as fatigue or headaches to something as major as cancer and death.

So with all of the potential health risks, what can we as consumers do in order to keep ourselves and our families safe from these pesticides? It's simple:

- Buy organically-raised fruits and veggies
- Choose produce low in pesticides
- Grow your own garden
- Use your own organic pesticides
- If living on a farm and pesticides are being used, limit your exposure. Invest in a mask to be worn when around these chemicals. Be alert to your surroundings - if your neighbor is spraying, close your windows!
- Make sure not to spray on windy days. Every little bit helps.

These options are all the safe and healthy way to go. Not only does this take out the risk of unwanted health problems, it also is a step in the right direction to saving the environment.

# GETTING TO KNOW THE PRODUCERS

## **Black's Heritage Farm**

***Duane & Norine Black***

***26156 530th Ave.***

***Ames, IA 50010***

Duane Black has farming in his blood, working the land all his life. He and his wife Norine run Black's Heritage Farm in Ames producing sweet corn, tomatoes, peppers, squash, pumpkins and most other vegetables along with range chickens. A generation family farm, the Black's have anywhere from 50-75 acres of vegetables depending on the year. They previously owned their own seed company as well, but like anything else in life, the Black's have had to adapt in order to accommodate the ever changing ways of life on the farm.

"It's a lifestyle," Norine explains. "We have enjoyed the lifestyle, and you get to meet so many different people. You go backwards sometimes, but you just have to regroup and change with the times."

The Black's use a high tunnel on their farm to help grow some of their produce. A high tunnel is a big garden house that allows for more control than out in the field. Another way the Black's have tried to accommodate to the changes is that they start their seeds inside to later transplant onto plastic in order to increase the soil temperature; it helps control weeds, reducing the need for any chemicals.

In addition to trying out new ways in order to keep their farm as healthy as possible, Duane and Norine love taking their produce and giving it back to the community.

"We donate a lot of food to the churches and organizations," Norine said. "We try very hard to give back not only to the Earth but to the people who see the need. It's our obligation to the world to set the trend. The land is forever."

If you ever happen to be in the Ames area, don't hesitate to stop in to talk with Duane and Norine.

"We encourage people to come to the farm to buy produce themselves. That way they can get to see things in action and the way of life on the farm," Norine said. "We appreciate their patronage."

## **Heart of Iowa Soapworks**

***Karla & Warren Moore***

***53123 180th Street***

***Gilbert, IA 50105***

The Moore's have been in the business of soap for ten years, using only the best to make soap from scratch. Frequently using oils such as palm and avocado oil along with shea and cocoa butters, the Moore's focus on giving their customer the best soap possible without any unnecessary add ins.

"I don't add any artificial coloring, no preservatives,"

Karla said. "You won't find any pre-made bases here."

The vast majority of the soaps made do not contain any additional colorant; if color is desired, naturally derived clays, herbs and plant extracts are used. Using locally produced ingredients when possible, the soap is created with a cold process procedure.

"No extra heat is added," Karla said. "With a hot process procedure, you cook the soap with heat on it. With the cold process, you mix the lye and water together, and then that has to cool. Oils and milk are put together separately and when the two different mixtures are about the same temperature, you combine them. With the cold process, you can make bigger batches. Our soaps are created using the cold process method to insure that the naturally occurring glycerin remains in the final product to clean your skin."

When ordering your next batch of goodies from the Coop, make sure to give the Heart of Iowa Soapworks a chance if you haven't already. It is a great way to pamper your skin with a soap made with the perfect ingredients.

By Amy Johnson

Hello friends,

For those of you that are in a CSA, those of you that have a tendency to overbuy at the Farmers Market, or for those of you that just want to work more vegetables into your family's meal, we have the answer!

Throughout the summer, I'll be teaching a series of cooking classes focused on using the produce that might show up on your Farmers Market table or in your weekly CSA delivery. The classes will be held on Thursdays throughout June, July, August, and September.

The classes will be held at Bolton & Hay on the east side of Des Moines and the cost is \$50 per person or \$195 for the entire series. As always, you will receive samples of all of the recipes with complimentary beer and wine. However, this series is a little different – I will continue to demonstrate 4 or 5 recipes in class, but you will receive a booklet of 10-15 recipes to take home. Should you decide to sign up for the entire series, you will have a mini cookbook filled with exciting new ideas for your summer veggies. Bolton & Hay's [website](#) has specific information about

each month's class and when registration will be open. We anticipate these classes filling very quickly, as local farms will be promoting these to their CSA patrons as well. I wanted to ensure that you were amongst the first to know in the event that you wanted to sign up! If you have any questions or are interested in learning more, please don't hesitate to contact me.

Cheers!

Jennifer & Ben Brady

[contactus@jbsavor.com](mailto:contactus@jbsavor.com)

515.460.4570

*Forwarded to the IFC from Luke Gran, the Next Generation Coordinator for Practical Farmers of Iowa.*

## MAY FEATURED RECIPE



### Raw Apple Cookies

posted on website by Iowa Food Coop

½ cup shortening  
1 cup brown sugar  
2 eggs  
1½ cups flour  
½ tsp. EACH salt  
½ tsp. baking powder  
½ tsp. baking soda  
½ tsp. cinnamon  
½ tsp. cloves  
½ cup dried sunflower seeds (can substitute chopped walnuts)  
1 cup uncooked quick oats  
1¾ cups chopped tart red apples  
½ cup plumped raisins  
½ cup chopped pitted dates

### Directions

Beat shortening and brown sugar until creamy. Add eggs and beat until mixed in. Stir in dry ingredients (flour, salt, baking powder, baking soda, cinnamon, cloves, and sunflower seeds). Then stir in oats, apples, raisins and dates. Drop by well-rounded teaspoonfuls 1 ½ - 2 inches apart on greased cookie sheets.

Bake 350 for 12-15 minutes until light brown.

## 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.

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

Use this address when you have a problem with your order or you have a missing/damaged item.

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FROM LYNN FALLON

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Hello Again!

Wow! We're really making some headway in our membership drive – we're over 400 members!! Thanks to everyone who is spreading the word about the Iowa Food Cooperative (IFC), you're making it happen.

*I'm often in conversation with Gary Huber and Jason Jones about how we can keep raising our profile and encouraging people to join the IFC, and I want to share a couple of ideas we've come up with recently.*

*First, thanks to the members who have agreed to host a houseparty over the next several months. At last count, nine people will be inviting friends, family, neighbors, and co-workers to their house to share some delicious food samples and invite them to join the IFC. And a BIG THANK YOU to Jason and Cynthia Kapela, two of our members who are amazing chefs, and who are often providing the samples for these houseparties. Their preparation of our producers' products show those attending the houseparties the great taste of good local food. The presentation by a producer member and a board member lets folks know how easy it is to join and how important it is to support our local farmers and economies.*

*So, if you think you might be able to provide your home and invite 10-15 prospective IFC members, send me a note ([fallonlynn@gmail.com](mailto:fallonlynn@gmail.com)) and I'll help you get it set up.*

*Another new idea we would like you to consider is speaking engagements, or presentations, about the Iowa Food Cooperative. I've done several over the last few weeks – at Plymouth Congregational Church, to the Central Iowa Sierra Club, with Montessori classes, and casually with a couple reporters from The Des Moines Register. Each time, some new people sign up and join the IFC.*

*So, think about how much more we could spread the word if each of us who is comfortable doing public speaking would approach the groups we come in contact with on a regular basis and ask to be put on their agenda as a speaker. There are so many angles: health, food safety, local economy, sustainable agriculture, taste. Gary has a 10-minute powerpoint presentation he can share, or you can develop your own. Again, if you're interested in pursuing this angle, feel free to contact me (at the above email address) if you have questions. I'd love to talk with more of you about how to make this happen.*

*Keep spreading the word so we can continue to grow the IFC with new consumers and new producers. Our farmers produce some of the best food in the country – let's not keep that a secret!!*

Lynn

# Five Attractions of the Iowa Food Coop Website

The ins and outs of daily life tend to be very busy, and surfing the Internet does not always make our to do lists. However, it does sometimes help to serve as a form of procrastination for some or a much needed break from life's hectic schedule. It is very easy to just use the Coop's website for ordering, but some of the most interesting articles and news can go unnoticed. Iowa Food Coop has a great website with a wealth of information on producer families associated with the coop. Although there are plenty of useful links to look at and read, here are five components to the website that are definitely worth checking out next time you go to the website to order.

## 1. Member Blogs

A handful of blogs are found along the left hand side of the website under the search bar. Many helpful articles have been written by members about numerous subjects, ranging from how to make hooded bath towels to which flowers should be planted that won't be eaten by pesky rabbits. Tasty recipes can also be found in the blogs along with comical stories about everyday life on the farm. The blogs are updated regularly, sometimes daily, with new information. Checking in with some of the producers through their website is a great

way to get to know them a little better. Not only are the blogs interesting and fun, they also give other producers and consumers a taste of what life is like for other farmers around the state.

## 2. Meet Our Producers

This portion of the [website](#) is very beneficial to consumers as well as other producers as they are able to read a small biography about the producers they are buying from. It also gives the producers a place to profile themselves so that potential buyers can learn a little bit about their farm and products. Consumers are able to get a feel for who they are buying from and how their products arrive from the farm to the coop. Contact information is also located here in case any other questions or comments pop up.

## 3. Producer Standards

The Producer Standards link is found under the header of "Join the IFC" on the left side of the [website](#). It shows both producers and consumers the high standards that the co-op has set for itself. The list goes through the standards and regulations that the IFC has, letting potential buyers know that the products they buy are very credible. These standards are incredibly useful especially for new members and potential members.

## 4. RSS: Recipes of the IFC

An RSS (Really Simple Syndication) feed allows you to stay up to date with the latest content from the IFC recipes. All of the recipes that have been added to the [website](#) are linked directly to the RSS feed meaning less work for you. There's no need to search for the specific recipe; all of them are found on the same page within the feed. It's a new advancement in technology that helps save time. It's a perfect opportunity to find a new recipe to use your fresh, new products in.

## 5. Resources – Good Food Checklist For Families

This link is located along the left hand side of the [website](#) under "Resources." The checklist includes ways to be more aware of why eating healthy food is not only good for you and your family, it also benefits the environment. Print out the checklist and hang it somewhere handy; see how many you can do in a month. It is a great way to teach children and grandchildren the importance of eating healthy, treating the environment well, and supporting local farmers.