



IOWA FOOD COOP

July/August 2010 Newsletter

FROM THE PRESIDENT...

Greetings Fellow Members,

This newsletter brings exciting news about IFC expansion and growth in our services. This growth is evidence of the great progress we are making in bringing local foods to our tables and those of our families and friends. The opening of our second pick up location in the Village of Ponderosa in West Des Moines will help the IFC reach more central Iowans. This is great news for us and has been made possible only through the diligent work of dedicated members. Working to make the IFC more accessible and convenient for members is very important, and to that end we are hopeful that members enjoy the new ability to shop twice a month. That convenience and accessibility can best be

maintained through continued vigorous



volunteerism on the part of members. Your contributions of time and your dedication to supporting local producers is what makes all of this possible!

Keep an eye and ear open for information coming your way about opportunities for recruitment rewards for members who help the IFC grow the membership. Membership recruitment is something we can all do, and is easy considering we are simply helping other folks access the best food in the state.

While all of these changes are indeed great for us, changes often create questions and we want to help you get answers to any questions you may have. Be sure to check in with us at info@iowafood.org with concerns or suggestions.

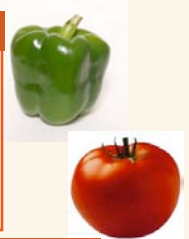
Happy shopping!!

Jason Jones
IFC President

Important Dates

Shopping Cart Opens

July 20th
August 3rd
August 17th
August 31st
September 14th



Shopping Cart Closes

July 24th
August 7th
August 21st
September 4th
September 18th

Distribution Dates

July 29th
August 12th
August 26th
September 9th
September 23rd



Des Moines

@ [Merle Hay Mall](#)

4:00 - 7:00 p.m.

W.D.M.

@ [Village of Ponderosa](#)

5:00 - 7:00 p.m.

IFC Board Meetings
1st Sunday of the month
6:00 p.m.
At Merle Hay Mall Distribution Site

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
To May 15th	342	70	412
To July 15th	28	6	34
Totals	370	76	446

P & L

IOWA FOOD COOPERATIVE

Fiscal YTD Profile & Loss Statement
July 1, 2009 - July 15, 2010

INCOME

Member Purchases	\$92,912.00
Annual Fees	\$1,260.00
Producer Fees	\$9,542.00
Consumer Fees	\$9,357.00
Other Income	\$1,032.00
	\$114,103.00

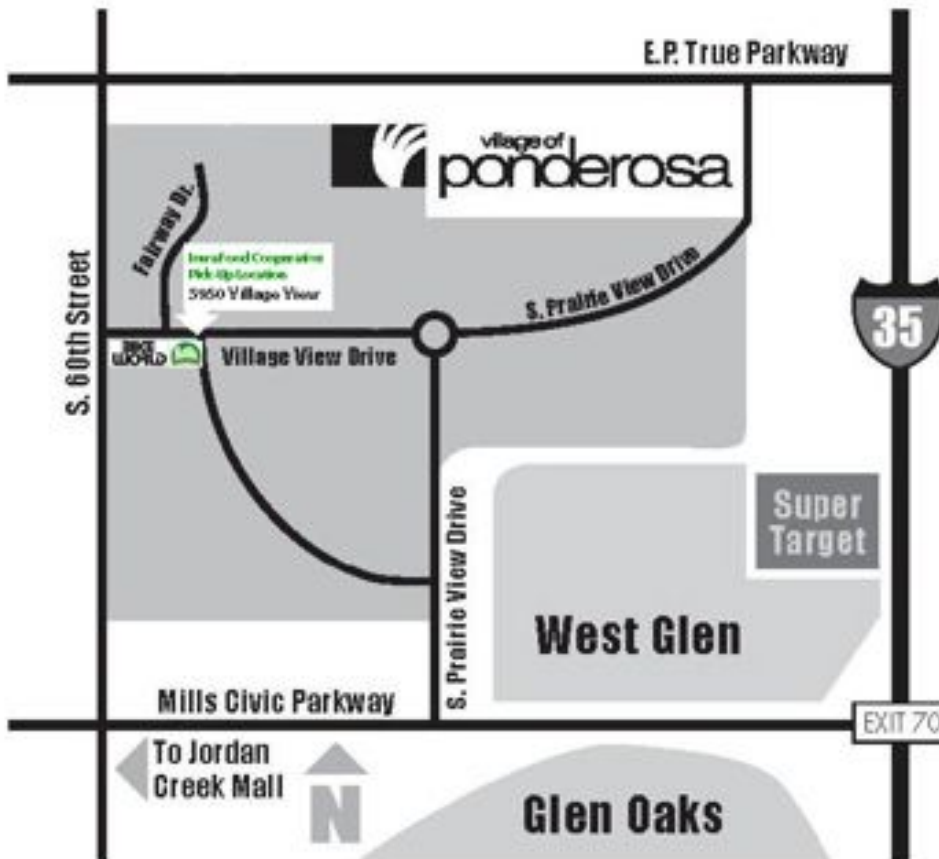
EXPENSES

Producer Sales	\$93,519.00
Other Expenses	\$14,223.00
	\$107,742.00

NET INCOME \$6,361.00

Quotable Quotes

"Get out of the supermarket whenever possible – shake the hand that feeds you."
In Defense of Food, Michael Pollan



Expanding the Iowa Food Cooperative

July saw the addition of the IFC's first satellite distribution site, which is a step towards making it easier for consumer members to purchase and receive products from producer members. The site is in a building owned by LADCO Development in the Village of Ponderosa in West Des Moines (near the intersection of 60th Street and George Mills Civic, see the map above). Members can now choose to pick up their products at this location when they log into the shopping cart portion of the website.

One key piece needed to make this site a reality were members willing to help transport product from our location at Merle Hay Mall to the site, plus be there to help members pick up their orders. A special thanks to members Jeremy Moore and Charlotte and Dennis Reynolds for being willing to help. The second piece that was needed was a suitable facility, which is being provided by LADCO Development. A special thanks to them for their support. We will now be able to work to begin to recruit new members in that area, which will help us reach our growth goals.

We are also interested in adding additional sites in other metro locations, such as Ankeny or Indianola or somewhere on the east side. If you live where you think it would be good to add a drop off site and are willing to help make it happen, please contact us at info@iowafood.org.

LADCO
development

Producer/Consumer Connections

Following is information from some of the producers:

From [Wilber's Produce](#):

We had some tomatoes, onions, green beans, cucumbers, and sugar snap peas under water. I posted pics on my FACEBOOK page. I can send you some if you would like to see. The weeds are taking over. We could handle it if we could do a few hours each day but unfortunately we

only have a day here and there that is dry enough. We need about 20 people to work 12 hours on whatever day might be dry in the next couple weeks. :)

We were lucky to have sweet corn BEFORE the 4th of July this year.

Farmers Market is going good. We have not had as much product to take because of expanding our CSA.

We will definitely have more in July. The 2x distribution will hopefully make it easier to plan what will be ready when.

From [Berry Patch Farm](#):

The weather is always important, and this season has advanced all of our berry crops about 10 days. Rain has been good for blueberries and apples, but has made field work difficult to do in a timely manner.

We are hosting a short workshop which will be of interest to gardeners that want to grow blueberries. July 18, 10:00 a.m. - 12:00 p.m. IFC members that have purchased our plants will have a discounted price and are especially invited to attend.

Pick our own blueberries is now at peak harvesting and we welcome those IFC members that have traveled to our farm - THANKS!

Check our [website](#) for daily updates. We also have [Twitter](#) and [Facebook](#) accounts. We plan to deliver twice monthly and like that idea.

From [Teddell Farm Fresh Produce](#):

I weaned my lambs on July 7 so the ewes and lambs have been making a lot of noise.

I set up my electric netting for sheep pasture so I don't have to mow as much. I use a solar charger to keep the fence electrified.

I am harvesting garlic, onions, and potatoes. The mosquitoes are thick in my garlic patch.

We have had too much rain in northern Polk County and the weeds are hard to keep up with. I have been trying to find my sweet potato vines under a canopy of weeds.

The hens like to pick through the weeds that I throw in. They eat the leaves and the insects on them.

I have been picking my lunch for the past couple of days: about lunch time I go out and pick a yellow summer squash, maybe a couple of baby turnips, a couple of Garden Salsa (medium-hot) peppers, dig a head of garlic, and onion, and a few potatoes, and head for the kitchen. I fashion that into some kind of lunch. For supper last night we even added some fresh Swiss Chard in to scrambled eggs. Fresh is good!

From [Northern Prairie Chevre](#):

We are hosting an open house Sunday, July 18 from noon to 5. There will be live music from 1:30 p.m. - 4:30 p.m., a flea market, and tours of the barn.

Samples will be available in Miss Tillie's. Sandwiches will also be available to purchase.

From [Foxhollow Poultry Farm](#):

We have an article on our heritage birds in the latest July/August issue of Iowan magazine.

We are also going to host a tour from Turkmenistan on August 9th.

Iowa City and Cedar Rapids Looking to Start a Cooperative

Ever since the IFC launched in November 2008, requests have rolled in to bring the IFC to the Iowa City and Cedar Rapids area. Although we've often thought that this part of Iowa would be ideal, we have resisted the idea because we have wanted to firmly establish our operations in the Des Moines area. However, thanks to the leadership of the Iowa Valley Resource Conservation and Development, Inc., which serves that part of Iowa, an effort is underway to establish a new cooperative in this area of Eastern Iowa.

Key people involved are Jason Grimm and Tanya Meyer-Dideriksen of the Iowa Valley RC&D and Jesse Singerman, President of Prairie Ventures. Jason and Tanya bring the resources of their organization and a passion for local food to the effort, while Ms. Singerman brings the same passion and a history of cooperative development work while with the Blooming Prairie Cooperative.

A grant from the Blooming Prairie Foundation to 1000 Friends of Iowa is helping to provide some initial resources. To date, some market research was completed that involved surveying employees at several large local companies. IFC board members Carolyn Ross and Ben Saunders and IFC Manager Gary Huber travelled to the area in late March to be part of an informational meeting that drew close to 30 local residents. A steering team has been formed, and plans are to work towards a possible launch date next spring. For more information, contact Jason at jason@ivrcd.org or Jesse at jesse.singerman@mchsi.com, or visit www.iacorridor-localfood.org/ivlocalfoodcoop.htm.

GETTING TO KNOW THE PRODUCERS

[Live Now Rest Later](#)

Kristin Wilson
Des Moines, IA
kristin@dwx.com

Kristin Wilson has been putting her creativity to work for others for quite some time. Wilson credits her love for stones and color as being the reason why she became interested in designing her own jewelry. A few years ago, however, Wilson decided to try something different.

"I started stamping words on sterling discs and that was easier to make several at a time," Wilson said. "So now I do 'batches' of necklaces."

Each piece is made to order and they make thoughtful personal gifts. A few examples of words that the necklaces are often personalized with include "Mom," "Breathe," "Courage," or a favorite school, team, or name.

"I have fun doing special requests for people," Wilson says. "It says a lot about someone by the words they choose."

Using a Dremel, Wilson drills a hole in a sterling disc. With the help of steel alphabet stamps, a word is placed on each side. The letters are hammered in once at a time, making small indentations. The disc is dropped into liver of sulfur that tarnishes the piece and turns it black. The disc is then cleaned off with a sanding attachment, leaving only the letters blackened with a clean silver surface. Steel wool gives the disc a beautiful matte finish.

More recently, Wilson has begun making and selling soap.

"I've made it for myself and for gifts for several years," Wilson said. "I just love to create and it makes my house smell so good!"

Wilson prides herself on the fact that her soap is made from the best quality ingredients she can find. Olive oil, vegetable oil and lye are often used because they smell wonderful and retain their unique healing properties to help relax and energize. Colorants are never used nor are fragrance oils.

Make sure to keep Kristin's creativity in mind for holidays and birthdays. Her love for making unique

gifts shows through her beautiful necklaces and soap.

[Crooked Gap Farm](#)
Ethan and Rebecca Book
Knoxville, IA 50138
rebeccabook@gmail.com

Crooked Gap Farm doesn't sound familiar yet? Formerly known as Stoneyfield, owners Ethan and Rebecca Book decided a name change was needed. Stoneyfield had too much resemblance to Stonyfield Yogurt, another established business similar to their farm. The Books settled on Crooked Gap Farm because that's exactly where they are located.

"There is no straight road to our farm from pavement, only 15 minutes of winding gravel no matter which way you come," Rebecca says. "Along with that, we have a crooked ravine running through the woods of our property, so the name fits."

Crooked Gap Farm is a pasture based farm which raises purebred Dexter cattle, free range poultry, and Hereford pork. After a screening for cholesterol, the couple decided to look for ways to help control and lower it; they came across information on grass fed beef. After a bit of research, the couple decided to invest in a few Dexter cattle. When a few turned into a few more, the Books decided to find land to start their own farm.

Along with the health benefits of raising grass fed beef, the Books also looked into others.

"Just like raising cattle on grass has benefits for our health, raising an animal without the use of hormones and antibiotics also brings health benefits," Rebecca says. "By having heritage breeds we are able to have animals with the genetics to live in natural settings where they can thrive without the use of antibiotics and hormones."

The Books have been blogging about their successes, frustrations, joys, and struggles of daily life on a farm for a few years now.

"Ethan got his blog, 'The Beginning Farmer' going in 2006, and I joined him in 2007 as 'The Beginning

Farmer's Wife,'" Rebecca says. "Our blogs tell the journey of finally bringing our dream to a reality as we moved out of town and started from scratch, building on 40 acres of pure sod, prairie grasses, and woods."

Links to the blogs can be found on Iowa Food Coop's website. "Our desire is to create a farm that thrives in the intricacies of God's beautiful creation and that is a sustainable part of our local community," Rebecca says. "We not only want to provide healthy, great tasting food to our customers, but we look forward to getting to know you as you come visit our farm."

[Small Potatoes Farm](#)
Rick Hartmann
Minburn, IA
smpotatofarm@yahoo.com

Small Potatoes Farm, owned by Rick and Stacy Hartmann, began in 2001 when Rick began selling to chefs and grocery stores primarily in Ames and Des Moines. In 2004, Stacy joined Rick and Small Potatoes Farm was up and running.

The ten-acre farm has three certified organic vegetable gardens; the northwest corner of has two acres of maples with prairie planted on the north and east borders. Rick and Stacy put their time and effort into conserving the soil and water resources in hopes of improving the habitat for wildlife; they also use cover cropping for soil development.

The Hartmanns devote an extensive amount of time trying to find the best crops for their customers. They focus on raising not only the highest quality vegetables but also the best tasting in Iowa. Entering their sixth year as a certified organic farm, Small Potatoes is always looking for more opportunities to help maintain and rebuild the environment.

The main goal overall for the Hartmanns is simple: serve central Iowans with fresh, organic food in order to give them a fresh, healthy future...

By Amy Johnson

Rain, Rain Go Away

No matter what town or city you call home in Iowa, there's one thing that all citizens have in common – more water than anyone knows what to do with. The local news has become hard to watch with all the updates on storm damages and river crests, and listening to the weather forecast always seems to be a bit of a downer. Ponds are popping up in fields all around the state, leaving Iowa to look more like Minnesota, the land of 10,000 lakes.

Rain waters have caused damages to many Iowans homes, roads, and crops. Highways, country roads, and bridges are closed, leaving travelers to find alternative ways to their destination. Homes are starting

to have lakeside property that wasn't there last summer; basements seem to be turning into pools, damaging carpet and furniture along the way.

And so far, there is no end in sight. The forecast has been anything but dry for most of the summer, leaving Iowans with downed trees, losses in cattle and hogs, hail damaged crops, and full rain gages. What does this mean for Iowans?

It means that since the residents don't have much control over how much precipitation will fall, Iowans have no other choice but to band together in hopes of beating the floods. Officials are keeping an eye on many parks around the Des Moines area, and closed parks and boat ramps through the big fourth of July weekend.

They are also keeping track of cresting points of the major rivers running through Iowa, along with levees and dams. Sand bagging is not out of the ordinary for most living around raging rivers, and pumps are flying out of stores as citizens try their hardest to keep rain out of their homes.

A form of relief came for citizens in Humboldt County. They were the latest county to receive a disaster proclamation, joining 28 other Iowa counties eligible for aid following all the flooding. Iowans are praying for warm, dry weather in hopes that the ponds will soon start disappearing. Until then, it's a long, frustrating process of trying to beat the ever powerful floods.

By Amy Johnson

JULY/AUGUST FEATURED RECIPE



Saucy Meatballs

Kevin & Sophie Ryan, Horsefeather Farm

Meatballs

- 2 eggs
- 2 cups quick oats
- 1 cup chopped onions
- 1 can evaporated milk (12 oz.)
- 2 teaspoons salt
- ½ teaspoon pepper
- 3 pounds grassfed ground beef

Mix and make balls. Bake uncovered at 350 degrees for 45-60 minutes.

Sauce

- 2 cups ketchup
- 1½ cups brown sugar
- ½ cup chopped onion or substitute dried onions to taste
- 1 - 2 teaspoons liquid smoke
- ½ teaspoon garlic powder

Mix together and heat in a pan. Simmer meatballs in this sauce in a crock-pot or pan and serve hot.

Contact Us

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

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

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

boardmembers@iowafood.org

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

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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We are now
[listed on](#)
[Google](#)
[Maps!](#)

FROM LYNN FALLON



Dear Friends,

Happy Summer!

I am very excited to share the good news that we now have nearly **450** members! When I first visited with Gary and Jason last December, one of the things I was impressed with was their ambition. They set a high, challenging goal of getting 600 members by the end of September. I, for one, like a good stiff challenge - especially when it's for a good cause.

But I'm also a big believer in the power of community, and I know that's what has gotten us this far. Many of you have hosted a houseparty (and I'm hoping many more will do so in the future!) and they have been very successful. Others share information about the Iowa Food Cooperative with family, friends, and co-workers whenever you have the opportunity and that too has generated new members.

We want to up the ante and tell you about the next big push to reach our goal of 600 members before the first of October. And, we want to provide some incentive to you to help. During the month of August, each person who brings a new member to the Iowa Food Co-op will receive a **\$10 gift certificate** to the IFC. But for those who like a good challenge - we'll have **three gift baskets that will go to the three people who bring in the most new members**. These gift baskets will, of course, have a food theme: a Breakfast Basket, a Lunch Basket, and a Dinner Basket.

Many of our producers are donating to the baskets, so you know they'll be good!

When you invite someone to join, just make sure they put your name in Section 5 where it says, "Please give more detail." We'll tally up the new members on September 1, and announce the winners in the September newsletter.

Let's make it happen!

Lynn

The Principles of Cooperatives # 3 – Member Economic Participation

By Gary Huber, General Manager

Cooperatives are a unique organizational form that operate using a set of seven principles. In the January newsletter, board member Carolyn Ross reviewed principle # 1: voluntary and open membership. In March, board member Stacy Hartmann reviewed principle # 2: democratic member control. This article is about principle # 3: member economic participation.

The key word that I feel best exemplifies this principle is ownership. As members, you own the Iowa Food Cooperative. This is different from being a member of, for example, Sam's Club. Sam's Club members don't own that business, but members of the Iowa Food Cooperative own our business. This means several things.

First, you have an equity stake in the IFC, meaning your membership has value that can be redeemed or transferred if you want to leave. In other words, you can get back your initial \$50 membership fee or transfer your membership to someone else.

Second, ownership fees are typically used by cooperatives to invest in capital expenses. What this means is that your membership fee was used to buy the refrigeration equipment you see in our space at Merle Hay Mall. In other words, you own part of that equipment.

Third, if the IFC succeeds, you will as well. This is because as an owner, you can receive money from the IFC if it makes a profit. Known as patronage dividends, the profits are divided into equal parts. Half is paid to the producer owners in proportion to the amount of product they sold, and half is paid to its consumer

owners in proportion to the amount of product they purchased. Note: The IFC could have paid dividends last year, but the board decided to keep the profit to help grow the IFC. Unfortunately, this meant we had to pay income taxes, but so goes life when you are making money.

Fourth, the business can't be sold without you (as owners) agreeing to this sale. It is your business, which you govern through your representatives on the board of directors and through the work done at its annual business meeting. The security of knowing you are in charge should be appealing.

This principle is, in my mind, one of the more compelling of the seven principles of cooperatives because the cooperative is yours. For more information on all seven principles, go to http://en.wikipedia.org/wiki/Rochdale_Principles.



We have a bit of a conundrum and we need your suggestions!! We are currently planning this year's Annual Meeting & Potluck and we are having a hard time finding a location that can accommodate us.

We need a location that can hold a minimum of 300 and we need to be allowed to bring in our own food. The date is October 16th.

Please submit all suggestions to: info@iowafood.org. Thank you!!