



# IOWA FOOD COOP

## FROM THE PRESIDENT...

Greetings fellow members,

This has been a good month for growth of the Iowa Food Cooperative. Growing our membership while also building the capacity to manage that growth continues to be the focus of your board of directors.

I am excited to report that we have hired Deb Edmondson to work as a Distribution Coordinator for the co-op and I encourage you to help us welcome her.

As spring approaches, think about ways you can help the co-op grow. The easiest way to do this is by volunteering and continuing to talk with family, friends and the new people you meet about what makes the IFC so great – fabulous food and wonderful people!

Jason Jones

President  
Iowa Food Cooperative

Join us on Facebook & Twitter!



<http://www.facebook.com/IowaFoodCoop>



<http://twitter.com/iowafoodcoop>



## Dates to Remember



### March 18

Iowa Food Coop Pickup  
4:00 - 7:00 p.m.

Merle Hay Mall

### April 1

Shopping Cart Opens

### April 10

Shopping Cart Closes



### April 15

Iowa Food Coop Pickup  
4:00 - 7:00 p.m.

Merle Hay Mall

### May 1

Shopping Cart Opens

### May 13

Shopping Cart Closes

### May 20

Iowa Food Coop Pickup  
4:00 - 7:00 p.m.

Merle Hay Mall

"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	22	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	16	2	18
Apr. 09	8	2	10
May. 09	4	1	5
June. 09	11	1	12
July. 09	4	1	5
Aug. 09	21	0	21
Sept. 09	9	4	13
Oct. 09	13	2	15
Nov. 09	10	0	10
Dec. 09	14	1	15
Jan. 10	20	2	22
Feb. 10	23	1	23
Mar. 10	2	1	3
Totals	273	66	339

## P & L

### IOWA FOOD COOPERATIVE

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

#### INCOME

Member Purchases	\$58,099.21
Annual Fees	\$1,060.00
Producer Fees	\$5,977.56
Consumer Fees	\$5,818.21
Other Income	\$1,904.02
	\$72,859.00

#### EXPENSES

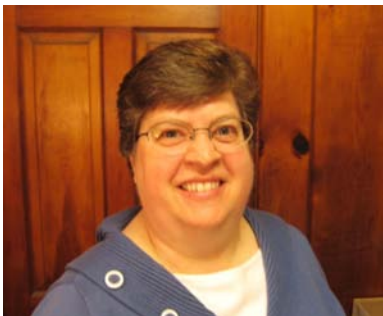
Producer Sales	\$58,388.26
Other Expenses	\$8,413.55
	\$66,801.81

**NET INCOME** \$6,057.19

### Quotable Quotes

*Farmers using sustainable methods cannot prosper without the help of urban and rural consumers.*

[www.landstewardshipproject.org](http://www.landstewardshipproject.org)



Hi members of IFC!

My name is Deb Edmondson and I am replacing Carolyn Ross as Distribution Coordinator. It will be my job to make sure you get the products you order.

We have limited space but I will work to make the process as efficient as possible within that space as our membership grows. I look forward to meeting all of you over the next few months.

# Producer/Consumer Connections

Following are questions and comments from some of the producers:



We would love to know how IFC members first became interested in natural, locally produced foods. Also, what are some of their favorite local food memories or experiences?

Lucy  
Thistles & Clover  
Danbury, Iowa



We have an orchard and would be delighted to have volunteers. The winter has not been too bad on the trees except for several that the rabbits got to.

Some of the jobs might include cleaning out the chicken house and spreading the manure under the trees (that may get you a free dozen of eggs), chipping the prunings, pruning trees, weeding and all kinds of things, even some simple landscaping, etc. Our 2 dogs always like helping anyone out working and even a hen or 2 might follow you around. The cats will expect to be petted and fed. Depending on when you come there might be picking of fruit or helping make jam and jelly. There is always something to be done, just let us know. Things have to dry out a little before we can do much.

William Eggers  
Burr Oak Farm  
Winterset, Iowa



Because of the long cold winter, it has delayed my broiler production by about 3 weeks. Normally by now I

would be raising my first brood of chicks. This year I will be starting March 18.

Also, the winter has taken a toll on the layers. This month I had far fewer eggs available for sale. I have rid myself of my old hens, and the pullets are just now starting to lay. So, in the month of April, I may still be short on eggs, and of course, these being pullet eggs, they will be smaller on the onset.

It has been very difficult doing chores, keeping water available, and very difficult to keep the chicken houses dry as the humidity seemed to be continuous throughout the winter.

Ron  
Anna's Place Poultry Products



## Why do you enjoy being a part of IFC?

Because it is a wonderful option to allow us to provide our customers with an outlet that they can purchase our products year round (not just during the market season). It is also pretty easy for us to deliver/order once a month. I also like ordering online as it can be done at my leisure, not just during regular business hours.

Tai Johnson-Spratt  
Foxhollow Farms



When I review what is available on the website – not only in terms of quantity and variety, but quality – I'm impressed. Some of the finest producers in the state have their items for sale, and that challenges me to provide IFC members with the

highest quality product possible. Who would think that you could get beeswax and high-quality steaks all at one place.

Bill Martin  
Producer



It is great to be able to network with other producers who are in a similar situation to us. It is also nice to see customers purchasing products time and again showing that our products are hitting their mark and enjoyed by the consumer.

Chris Lerch  
Blue Heron Organics & Natural Products



The reception has been incredible, and we've had inquiries from across Iowa asking when we are going to bring it to their communities. The idea of expanding is something we've discussed. A concern is people ordering from farmers half way across the state when they could buy locally. Our idea is a series of hubs and spokes, and when you log in you indicate which hub you are part of, and then you have access to the products of local farmers. What we need for this is people willing to put time into getting things in place in their community - things like an appropriate location for distribution, plus enough local farmers with products to attract consumers to join.

Gary Huber

Direct Questions and Answers to:  
[membership@iowafood.org](mailto:membership@iowafood.org)

# Fall 2009 Survey Results

The following questions were asked of our members in a survey that was conducted last fall.

## Why did you join?

We wanted to have a year around contact for local food products.

I joined because I like to buy local and organic when possible. Although I have my own produce in the summer, I like to supplement that and also have access to the meats and other products.

We joined because of a desire to support local farmer/gardeners as well as a general belief that home-grown/local food tastes better, is more efficient and supports the local economy. We're not ideologues but want to do the morally correct thing.

I joined in order to have access to healthier food choices which includes more organic or at least less chemical use in all food areas (meat, poultry, produce, etc); more fresh produce options; and to support the local/central Iowa farmers/producers.

We joined primarily for the fresh healthy food options. Living in the Midwest allows for a variety of foods that can be locally grown/raised and we like to enjoy these fresh foods. Also, we like to support our local food growers, and we believe that purchasing locally produced food is good for the environment (versus shipped oranges from South Africa).

We were on the verge of moving to Brooklyn (NYC) and found out they had a food coop there. We thought it was a really neat idea and a good way to make local products more readily available. We ended up staying in Des Moines, so we looked for something similar here. We didn't know until doing research that this was available to us. That was almost a year ago and we have been very pleased with what we have gotten out of being members of the coop.

We believe Iowa needs to grow a wide diversity of food crops so that we do not have to depend on food from afar.

We joined because we wanted to start buying our meat from local sources. We feel it is important to know where our meat comes from and that the animal has a better quality of life than the typical large corporate farming operations.

A lot of the organic food in the regular super-market is from far away and is usually not too fresh. The co-op vegetables are usually picked the day of delivery or shortly before-always very fresh.

## Favorite product[s]?

The meat: pork, chicken, beef, turkey, lamb things you can't easily find in stores that is produced locally.

Probably the mushrooms, eggs, lamb, cheeses. Iowa Farms Hickory bacon (my husband; I am a vegetarian). For me it is difficult to pick a favorite, though I am very fond of the Northern Prairie goat cheeses. Also, the eggs are far and away better than any you can buy in the grocery store.

Meat, poultry, and eggs. The once-monthly distribution affects our choices. We would LOVE local farm-raised fish!

Everything!! But I must admit that the whole chickens are some of the best I have ever had! I like the fresh vegetables as well - oh and the soy oil!!

Flax-fed beef from Timber Ridge; raspberry cream honey from Log Chain; carrots/potatoes from Hubers...and much more!

I love the frozen sour cherries and great bacon from Cindy and Vic Madsen, the gouda from Frissian Farms, the flats of green sprouts, getting fresh mulberries once (!), the lovely green Araucana eggs. Really, I adore everything and have never, ever been disappointed.

Apples, sweet corn, summer squash, cucumbers, sweet peppers, greens, garlic, winter squash, onions, eggs....We are vegetarians, so we really delight in the variety of fresh vegetables and fruits.

Mast family farms whole wheat bread, honey, cheese from Northern Prairie, goats milk fudge, all the veggies have been wonderful, especially Tesdell's German garlic.

## Anything else the consumer would like to add or would want someone else to know about.

I've been really pleased with the products we have gotten from IFC. We have also been cooking more, which has definitely improved our eating habits overall. As a vegetarian, the selection is a very "heavy" on meat, so I would like to see more non-meat items. Even so, it is good to see that some IFC members are making extra efforts with regard to how they treat their animals.

I really like the internet ordering. Pickup only once a month is somewhat limiting, though it is OK for our small family. We considered a CSA, but most have way too much produce for us.

I have enjoyed meeting producers and other consumers, even though we are not really social

people (I admit, I am in IFC for the food, not the social aspect).

I've been impressed w/ the website and distribution. This is a new non-profit that from our perspective has been w/o many glitches. That's impressive!

This is a great idea - I can't always get to the farmers market in the summer, and we don't have a farmers market in the winter, so this is a very convenient and great way to still purchase locally grown foods - I would love to see it expand!!!!

I would tell people it is well worth the \$50 membership fee to join IFC. I think of it as an investment in the future of Central Iowa and an investment in my family's good health.

No, but they should know that being a member of IFC is really, really easy and the benefits are boundless.

I love to cook! I get lots of inspiration from being more connected to the seasons and the growers. I look forward to meeting and visiting member farmers and farms.

I would just like to comment on the belief of some that buying fresh, locally grown food is too expensive. To some extent it is true that local food can cost more than what you might purchase in a grocery store, but we have found that we do a much better job of meal planning when we order our food from IFC. Thus, we make fewer last-minute purchases of prepared foods and also find that we eat out less. In the long run, I'm not sure that we do spend much more. And, of course, we're eating a much healthier diet.

I think this is a genius concept—I have told other people about it and they are so impressed with the elegance and simplicity of the idea of on-line ordering, access to producers from out of town, and local pick up. My brother does niche semi-organic farming in Colorado, and I keep telling him he should start something like this for farmers in his area.

I so admire the small farmer. Through their dedication and hard work, I can enjoy what they do so well and that prevents me from trying in vain to grow a garden and keeps me focused on what I do well.

I've volunteered to help with the monthly pick-up at Merle Hay Mall several times in the past year. It has been interesting to visit with some of the vendors, who also volunteer, and to learn more about their businesses. Now my food comes from people I know, instead of some vague corporate entity

# The Principles of Cooperatives #2 - Democratic Member Control

By Stacy Hartmann, Board Member & VP of Producers

**G**reetings IFC Members,  
This month we continue our examination of the principles of co-operatives with the second principle: Democratic Member Control.

This principle is perhaps best exemplified by the fact that the IFC membership votes for the Board of Directors. As elected representatives, this eight person board is accountable to the membership. Speaking as a new board member and chair of the Producer Care Committee, I can say we take very seriously our service role as a board, and strive to make decisions that will contribute to the long term success of the IFC. Moreover, as a board we endeavor to be democratic in our own decision making process and in the policies we create.



The fulfillment of Principle Two requires members to actively participate in setting policies and

making decisions. Beyond voting for your board there are a number of other ways to be active in this capacity. The IFC Board wants your input on how things are operating and suggestions for improvements. In fact, soon you will be receiving a survey intended to gauge how the co-op is working for you and provide an opportunity for general feedback. Please take some time to complete the survey and remember that we encourage members to contact the Board anytime with any questions or concerns they may have.



In addition, we are currently revising some of the IFC Standards, which will soon be posted on the website along with some new policies we've adopted related to product quality and conflict resolution. Please review this information and let us know what you think. Finally, for those members who want more participation in their co-op, I encourage you to take advantage of the many opportunities to volunteer as a

committee member or at distribution, and to attend the annual meeting in October. This direct, hands-on involvement of members is necessary and invaluable to a co-op, and transforms members from buyers and sellers into forces that guide and shape the organization.

Thank you,

Stacy Hartmann  
IFC Board Member

2nd Principle: Democratic Member Control Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and co-operatives at other levels are also organized in a democratic manner.



This recipe is adapted from Heidi Swanson's new cookbook, "Super Natural Cooking." It's a simple bowlful of spring.

From the Facebook group:  
"Be a Flexitarian."

## MARCH FEATURED RECIPE

### Spring Asparagus Fettuccine

- 1 bunch asparagus
- 3 cups baby spinach
- 2 cloves garlic
- ½ cup + 2 Tbsp grated parmesan
- ½ cup + 2 Tbsp toasted pine nuts
- ¼ cup olive oil, extra virgin
- 2 Tbsp lemon juice, fresh squeezed
- 1 tsp salt, kosher
- 4 oz. fettuccine, spinach
- 4 oz. fettuccine, egg

Bring of pot of salted water to a boil. Remove the rough stem ends from the asparagus and cut in half lengthwise. Cook

in boiling water until vibrant green about 2 minutes, and immediately place in ice water to cool. Once the water comes back up to a boil, cook pasta until al dente. While the pasta is cooking, make the asparagus puree. Place asparagus, baby spinach, garlic, ½ cup of parmesan, ½ cup of pine nut, olive oil, lemon juice and salt into a food processor and blend until smooth. It should be the consistency of pesto. Place cooked drained hot pasta in a bowl and toss with 1 cup of the asparagus puree. Add more if desired. Garnish with additional parmesan cheese, toasted pine nuts and crushed red chillies.

## 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.

---

**FROM LYNN FALLON**

---



Hello IFC Members!

Some of you "met" me via the article in last month's newsletter, and I've also met many of you at the monthly distribution site when you've come to pick up your orders.

My job, as you recall, is to help increase our membership to 600 by the end of September. We're making headway, but it will take all of us working together to make it happen. To that end, I'd like to invite you to consider hosting an IFC House Party. That's just a short name for inviting friends, family and co-workers to join you to sample some great IFC food and learn about the organization in the hope that they too will want to join.

House parties are a fun and effective way to raise awareness and build our local grassroots organization. For some of you, this will be your first experience with them. Don't worry – we'll work closely with you all along the way. I can provide a step-by-step guide for organizing your successful house party. And if you can find a way to work with someone else, this can maximize the effectiveness of your gathering. It may also increase the attendance and ease the workload.

House parties do require time and resources to organize, but they don't require vast amounts of either! If you'd like to take a look at the organizing tool I have available, please write to me at: [fallonlynn@gmail.com](mailto:fallonlynn@gmail.com).

I hope to hear from many of you.

Lynn