



From the IFC President, Jason Jones

Well, Hello Stranger,

It has been a while since you've heard from us and while we haven't been as communicative as we'd like, we have certainly been busy. Recent changes in IFC staffing and some significant leaps forward have helped position the cooperative to be more organizationally and financially stable. Many of you have already met our new distribution manager, Connie Maxwell. We are excited to have Connie as part of the IFC team and look forward to working with her.

We are working to make your experience with the co-op better and hope that you have noticed the changes. The most notable change was the overhaul of the IFC website. Many thanks to our in-house experts David Couch and Kelly Tagtow for all they have done and continue to do to make

the website work well. In addition, the IFC has worked hard to give you more reasons to use it as well. Our product offerings continue to grow and expand, especially evident in the availability of produce this summer.

Since this is my final time to address the IFC as president of the board, I want to share my thoughts as I reflect on my experience. I am proud and elated that the IFC has become a reflection of a simple reality in life: that a relatively small group of people can create positive change in the community. The membership of the IFC has shown that committed volunteers can and do accomplish amazing things. I strongly urge all of you to again consider your talents and how they might benefit the IFC's growth and development. Time is the precious commodity most of us have the least to give, but even the busiest of us can

always help by talking about the benefits of the Iowa Food Cooperative to our community, to our state, and to the change that we all strive to create.

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P.S. We are really hoping you'll join us for the IFC's annual meeting on November 5th (more details on next page.) Come out to the Griffieon's farm for good times, absolutely great food, and the chance to cast your ballot for the IFC board elections.

About This Publication...

Publisher: Iowa Food Cooperative, 2402 South Duff, Ames, IA 50010

Newsletter Coordinator: Michelle Heater

Board meetings are held the third Sunday of each month at 11:30 a.m. at the Merle Hay Mall Distribution Site (unless otherwise posted). Coop consumer members and producer members are encouraged to attend.

CONTACT US

news@iowafood.coop

Producers and members - please submit any "news" you may have that's related to food production, agriculture, local arts & crafts, etc. to this address. Some submissions will be selected for the newsletters.

info@iowafood.coop

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

boardmembers@iowafood.coop

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

problems@iowafood.coop

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

connie@iowafood.coop

Use this address if you need to use the alternate pick-up date. Must be pre-approved by management.

membership@iowafood.coop

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

volunteer@iowafood.coop

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

OUR NEW STAFF MEMBERS...

Courtney Vonnahme

IFC Producer Oversight Coordinator



One of the things we've wanted to work on is helping producers get all the information needed for consumers to make informed

choices when buying products. We've got a great person for this work. Her name is Courtney Vonnahme, and she and her husband, plus their two-year old son and two-month old baby girl, are consumer members who live near Colfax on an acreage. She has a strong background in marketing, most recently as a marketing analyst with a national agriculture business based in Des Moines, and as a freelance graphic designer and writer. Her main job is to work to help producers get all the information that we want included in their product listings and producer profile. This involves ingredients list for processed foods, plus information on practices. The basic premise is that we do not want to tell producers how to farm, but we want them to include all the information needed for consumer members to make informed purchasing decisions. Whether or not any sprays have been applied to produce is one example. The use of purchased chemical fertilizers is another. Feel free to contact Courtney at courtney@iowafood.coop. Welcome aboard, Courtney!

Connie Maxwell

Distribution Coordinator



Searching for real local food, Connie Maxwell came to the Iowa Food Cooperative as a consumer member in

2010. She was hired to be the new distribution coordinator in July 2011, replacing Deb Edmondson. She graduated from Drake with a degree in Business Management and has worked in operations and facilities for school districts, city government, and non-profits. She also served on the Friends of the Neal Smith National Wildlife Refuge board and has volunteered over 3000 hours on the refuge. She holds a certificate of Volunteer Management from DMACC, and she attended Iowa Culinary Arts Institute at DMACC and became a certified chef.

Connie has 3 grown children with 2 son-in-laws, 3 growing grandchildren, and a husband, Douglas Maxwell, who is an RN at the VA hospital in Des Moines. Connie's hobbies include gardening, canning, writing Western novels, and training her dogs Max and Rina. Her passion for the stewardship of the land, her experience as a volunteer coordinator, and her knowledge of facilities and food were reasons she was chosen as the next distribution coordinator for the IFC. She is available by email at connie@iowafood.coop. Welcome aboard, Connie!

NOTE: WE HAVE ADDED TWO NEW PICK UP LOCATIONS

- First Family Church in Ankeny (317 SE Magazine Road). Pick up is from 4:30 - 6:00 p.m. the same day as Merle Hay Mall and West Des Moines. To use this location, choose First Family Church from the drop down menu for pick up locations when you open your shopping cart. Thanks to IFC member Amber Gustafson (the church's wellness director) for helping make this option available. Also, because of liability issues, wine will not be able to be delivered to this location.

- Prairie Rivers RC&D office in Ames (2402 South Duff). Pick up is from 9:00 a.m. - 5:00 p.m. on the Friday following distribution in Des Moines. To use this location, choose Prairie Rivers RC&D from the drop down menu for pick up locations when you open your shopping cart. Also, let us know the approximate time you will be picking up your order with an email to orders@iowafood.coop.

- The site's been chosen in Pleasant Hill and all we need is YOU! We have not yet lined up the volunteers needed to make this one work. It takes one or two people to help members find their orders during pick up, plus a person at Merle Hay Mall to put together the orders for delivery. We will transport the product. If you are interested in helping, send an email to distribution@iowafood.coop.

Important Dates

Tuesdays	Thursdays	Saturdays
10/4 Cart Opens		10/8 Cart Closes
	10/13 Distribution Day	10/15 Alternate Pickup
10/18 Cart Opens		10/22 Cart Closes
	10/27 Distribution Day	10/29 Alternate Pickup
Cart Opens 11/1		Cart Closes 11/12
	Distribution Day 11/17	Alternate Pickup 11/19
Cart Opens 12/1		Cart Closes 12/10
	Distribution Day 12/15	Alternate Pickup 12/17

Alternate Pick-Up

We have an additional pick-up time ONLY for those who are unable to make it for the regular distribution time. Members MUST contact the distribution coordinator ahead of the regular distribution day to notify her they will be unable to pick up at the regular time.

This cannot be your regular pick up time unless there are special circumstances which management must agree to.

Additional time to pick up items are at Merle Hay Mall on the **Saturday following the standard distribution from 4:00 p.m. – 5:00 p.m.** Any items not picked up then will be donated to the Urbandale Food Pantry. Even items that would “keep” until next distribution will be donated. The cost of items left unclaimed will still be due from the member and will be added to their next invoice. You must pay by check or the exact amount in cash if picking up on Saturday since the credit card machine isn't always available on the weekends.

From Gary Huber, IFC Manager

Member numbers: We are currently at **593 member-owners**. Ninety are producer members and 503 are consumer members. Forty-four are EBT cardholders (which allows families in need to purchase our products). We've also had 59 members redeem their memberships for various reasons (which is one of the features of our organizational structure, meaning members can redeem their equity investment in the cooperative if they wish to leave.) Growth was averaging around 18 members per month last winter and spring, but it has dropped into the single digits this summer. We are looking to increase our membership numbers starting this fall as the farmers markets begin to come to an end.

Save the Date: The **third annual meeting** of the Iowa Food Cooperative will be on **Saturday, November 5th at the Griffieon Family Farm** just north of Ankeny. There will be an optional tour of the farm starting at 3:30 p.m., followed by a potluck at 5 p.m. The business meeting will start after the potluck. It will include elections of one producer and one consumer board member. Note: We currently have three people interested in serving as a consumer representative on the board,

but only one producer. Absentee ballots will be sent out in late October for those who can't make the meeting. It's not too late to play a more active role in “pioneering” our organization. Just throw your name in the hat for the board member nominees! If you are a producer member and would like offer yourself as a candidate, please send an email to the Pete Woltz, who is chair of the nominations committee (peter.woltz@timberridgecattle.com).

Thank you to Deb Edmondson! We'd like to take this opportunity to thank our previous distribution coordinator, Deb Edmondson. Deb began working for us in March 2010. Before then no one person was responsible for making sure our distributions worked well. She was a wonderful addition to our operation.

She helped organize our efforts in a way that made distributions more efficient and a lot of fun as well. She left us in June to pursue opportunities for employment that would include more hours and more income for her family. But, she is still an IFC member, and we hope we will continue to see her smiling face.

YOUR PRODUCERS

If you'd like your business featured here, please send an email to:
info@iowafood.org.

Berry Patch Farm / Dean & Judy Henry / 515-382-5138 / info@berrypatchfarm.com

Dean and Judy Henry realized a dream by establishing the Berry Patch Farm in the early 1970s. Today you'll see Judy at the markets, Dean on the tractors, and their son Mike at the stand and picking the freshest harvest. Throughout the Berry Patch you'll see the personal touches of each individual involved.

We grow strawberries, blueberries, raspberries, currants, gooseberries, vegetables, apples, and more.

The Berry Patch is known for its fine produce and innovative techniques. At the farm you won't find carnival rides, cotton candy, or silly entertainment to detract from the genuine quiet of the country. We focus our energy on growing good food and being good stewards of the land.

Dean is a scientist at heart, who thrives on knowledge and challenge. He studies the latest methods and tests techniques to raise the best produce in ways that are healthy for the land.

We use sustainable farming techniques in all of our crops. Some are produced organically and other crops are produced utilizing the latest integrated pest management techniques (IPM). We use a great deal of compost for fertilizer and weed control. Drip irrigation makes the best use of our pure well water to produce top quality apples and berries for you.

Daily Bread Bakery / Alison Hill / 515-395-3387

We are a family owned and operated microbakery. We are certified organic and are all about 100% whole grain. Alison Hill has been making breads most of her life. She is a generational baker and started in her kitchen and then moved on to farmers' markets and now we have our own free standing bakery/café in Algona. We grind our own grain with a stone mill to ensure not only freshness but also true whole grain quality. We've won many awards with our delicious breads and want to share our love of amazing whole goodness with you and your family. Learn more about us at www.thedailybreadbakery.com or find us on face book - The Daily Bread Bakery.

Ebert Honey Co. / Phil Ebert

This is a family owned operation I operate with two of my sons. We started in 1980 with two colonies of bees. We now have around 750. Most of them are in the Lynnvillle area but my son Adam has 150 in an area south of Cedar Rapids. He also has a queen rearing operation. My son Alex and I sell package bees, nucs, beeswax and honey in all forms. Comb honey production is our specialty. The heart of our business is direct sales to grocery stores but we also sell direct to consumers.

Hedgeapple Farm / Scott & Lorraine / 515-720-4309 / scott@hedgeapplefarm.net

We are a family owned farm located in southwest Dallas County near Earlham. We raise Icelandic sheep for their meat, wool and breeding stock. We also raise broilers and layers. We market our lamb, broilers, eggs and fiber products through the Iowa Food Coop, Des Moines Farmer's Market and direct to consumers. We raise our sheep and lambs on pasture for a true, grass fed product. Our broilers are raised in our chicken tractor on our pastures and supplemented with organic feed. Our fiber products include fleeces, rovings and yarns along with a variety of clothing and other specialty items created by Lorraine using fiber from our farm and combined with other fibers like angora, llama and fine wools from other sheep breeds.

Iowa Farm Families is a network of dedicated family farmers involved in producing and coordinating independent Duroc pork production in Iowa. Iowa Farm Families producers utilize deep straw bedded hoop buildings that create their own heat when filled with pigs. All of our pigs are raised without antibiotics or hormones.

Iowa Farm Families pork program has its roots in research conducted in coordination with Iowa State University. Duroc sires are selected to target ideal marbling. These pigs are selected for optimum meat PH, a critical piece in the tenderness puzzle. Duroc Pork is a breed high in marbling (small flecks of fat in the muscle), which makes it one of the juiciest and most flavorful pork available.

Jasper Winery / Katie Bradshaw / 515-282-9463

Located in the middle of Des Moines, we're an estate-style winery making wine with only grapes that grow in Iowa. We source grapes from our vineyard in Jasper County as well as other central-Iowa vineyards. While best-known for our dry wines, we produce high-quality dry, semi-sweet and sweet wines. Stop by our winery, located just off of Fleur Drive near Gray's Lake, to taste our wines and enjoy a glass on the patio. Open every day.

“One of the most interesting social movements to emerge in the last few years is the “food movement,” or perhaps I should say “movements,” since it is unified as yet by little more than the recognition that industrial food production is in need of reform because its social/environmental/public health/animal welfare/ gastronomic costs are too high.” – Michael Pollan, “Food Movement Rising.”

YOUR PRODUCERS, cont.

SalAmander Farms / 515-957-0844 / macsond@dwx.com

We have been producing fresh vegetables and other locally-grown food since 1998. Our lamb is produced by the kids' 4-H flock, raised without antibiotics or growth hormones. Our vegetables are grown in soil enriched with manure from the sheep as well as the family's chickens and horses. My gardening focuses on heirloom vegetables, which don't always produce the highest yield but have great flavor and color. Heirloom vegetable transplants are available in the spring. With the oldest child off to college and child #2 getting a driver's license, I anticipate slowly increasing our summer produce offerings in coming seasons.

Timber Ridge Cattle Co. / Peter Woltz / 515-314-2478

In 2006 we started Timber Ridge Cattle Co. in Osceola, Iowa and devoted a significant proportion of the operation to the production of a more healthy beef product both in terms of the cattle and the meat. Published studies at that time by Kansas State University showed significant improvement in herd health and an increase in the Omega-3 fatty acids in the beef muscle by feeding flax-seed in the ration. We began implementing these feeding practices along with a strict no hormone, no feed additive (ionophores) and an as-needed-only antibiotic policy. The results have been encouraging. Iowa State University testing of our flax-fed beef has showed a 500% increase in Omega 3's, a 3 - 1 Omega-6 to Omega-3 ratio, and 20% less saturated fats.

Our primary products are beef sticks, beef jerky, and summer sausage. We chose the smoked meat process to deliver our high Omega-3 beef to the consumer because of its use of low heat. Exposure to high heat will convert healthy fats into unhealthy trans-fats.

Wagner Enterprises / Donna Wagner / 515-992-3220

I am married, have 5 children, and live on the farm where I grew up raising hogs. We no longer have livestock, but we do have a small orchard and a large garden. My passions are baking and being in the great outdoors. My business has been a natural outgrowth of my passions, and my main product is pies.

I process my own fruit, when available, and purchase raw fruit from friends and local growers when possible. I hand make the crusts with real lard, and the filling from scratch in my state licensed kitchen. I have a standard line-up of pies, which changes seasonally, and will make any variety on special order. I will also make special order baked goods, such as, Cookies, Cakes, and Breads.

Wheatgrass on the Go / Joyce Williams / 515-745-0548 / hawk2va@msn.com

"Fifteen pounds of wheatgrass is equal in overall nutritional value to 350 lbs of ordinary garden vegetables. We have not even scratched the surface of what wheatgrass can mean to man in the future." - Charles F. Schnabel (The Father of Wheatgrass)

Dr. Schnabel started eating grass in 1930. He knew from his research and experiments with animals, that it would boost our nutrition, build good blood, and strengthen our immunity against disease.

Wheatgrass on the Go has 5" pots to snip and add to your foods or give to your pets. We also have 10"X 20" trays for juicing or for floral arrangements, and some nice clear see-thru trays to show the growing process!! Look for us at up-coming local green events.

Wilber's Northside Market

We are a small family farm in Boone that started growing produce part-time and now my husband farms full-time. We enjoy providing a source for friends and neighbors to find fresh locally grown produce.

We order seed in the winter and start the plants in our greenhouse. We transplant the plants in the spring into the field. We prepare the field by putting down plastic to help control weeds. Everything is hand-picked and cleaned if needed and hauled to market.

We are not organic but we eat all the food that we grow and feed it to our children and friends so we are very cautious of how the plants are treated because "you are what you eat."

Yoke S Ranch, LLC / Rick Schlutz / 641-535-2483 / schlutz.rk@gmail.com

Yoke S Ranch, LLC is a family owned and operated cattle ranch. There are 3 generations of Schlutzes living on it at the present time. We raise Corriente cattle. Corrientes are a small athletic breed, that are very athletic, quite hearty and have an agreeable disposition. Corrientes as it happens is the healthiest kind of beef to eat that we have found. They are low cholesterol, low fat and low calorie. Our cattle are grass-fed and raised as naturally as possible while maintaining a healthy condition. They have that good old-time taste and texture that I remember from when we use to eat our own beef when I was a youngster.

"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."