

sweet corn, oats, wheat, soybeans, barley, rye, grass-raised beef, chicken, lamb, tomatoes, pumpkins, melons, squash, goats, pork, milk, berries, kale, beans, butter, herbs, eggs, honey, grapes, asparagus, peaches, broccoli, HEALTH, cheese, carrots, cucumbers, zucchini, potatoes, garlic, apples, onions, lettuce, sweet potatoes, millet, buckwheat, sweet corn, oats, GARDENS, wheat, soybeans, barley, rye, grass-raised beef, chicken, lamb, tomatoes, pumpkins, melons, squash, goats, pork, milk, berries, FARMS, kale, beans, butter, herbs, eggs, honey, grapes, asparagus, peaches, broccoli, cheese, carrots, cucumbers, zucchini, potatoes, garlic, apples, onions, lettuce, sweet potatoes, millet, FREEZING, buckwheat, sweet corn, oats, wheat, soybeans, barley, rye, grass-raised beef, chicken, lamb, tomatoes, pumpkins, melons, URBAN AGRICULTURE, squash, goat, pork, milk, berries, kale, beans, butter, herbs, eggs, honey, grapes, asparagus, peaches, broccoli, cheese, carrots, cucumbers, zucchini, potatoes, garlic, apples, onions, lettuce,

A RESOURCE GUIDE

TO CULTIVATE THE

LINN COUNTY

LOCAL FOOD SYSTEM

winter 2010

cheese, carrots, cucumbers, zucchini, potatoes, garlic, apples, onions, lettuce, sweet potatoes, SCHOOLS, millet, buckwheat, sweet corn, oats, wheat, soybeans, barley, rye, grass-raised beef, chicken, lamb, tomatoes, pumpkins, melons, squash, goats, pork, milk, berries, kale, beans, butter, herbs, eggs, honey, grapes, asparagus, peaches, broccoli, cheese, carrots, cucumbers, zucchini, potatoes, garlic, apples, onions, lettuce, sweet potatoes, millet, buckwheat, sweet corn, oats, wheat, soybeans, barley, rye, grass-raised beef, chicken, lamb, tomatoes, pumpkins, melons, squash, goats, pork, milk, berries, kale, beans, butter, herbs, eggs, honey, grapes, GROCERY STORES, asparagus, CANNING, peaches, broccoli, cheese, carrots, cucumbers, zucchini, potatoes, garlic, apples, onions, lettuce, sweet potatoes, millet, buckwheat, sweet corn, oats, wheat, soybeans, barley, rye, grass-raised beef, chicken, lamb, tomatoes, pumpkins, melons, squash, goats, HOMES, asparagus, peaches, broccoli, cheese, carrots, cucumbers, zucchini, potatoes, garlic, apples, onions, lettuce, sweet potatoes, millet, buckwheat, sweet corn, oats, wheat, soybeans, barley, rye, grass-raised beef, chicken, lamb, tomatoes, pumpkins, melons, squash, goats, pork, milk, berries, kale, beans, butter, herbs, eggs, honey, grapes, LOCAL FOOD TASK FORCE

<http://johnsonlinn-localfood.webs.com>

CHURCHES, sweet corn, oats, wheat, soybeans, barley, rye, grass-raised beef, chicken, lamb, tomatoes, pumpkins, EXERCISE, melons, squash, goats, pork, milk, berries, kale, beans, butter, herbs, eggs, honey, grapes, asparagus, peaches, broccoli, cheese, carrots, cucumbers, zucchini, potatoes, garlic, apples, onions, lettuce, sweet potatoes, millet, buckwheat, sweet corn, oats, wheat, soybeans, barley, rye, grass-raised beef, chicken, lamb, tomatoes, pumpkins, melons, squash, goats, pork, milk, berries, kale, beans, butter,

Users of this resource guide are advised to contact individual representatives for details not included in the directory, such as directions, hours, etc.

The inclusion or exclusion of individuals or organizations in this directory is in no way an endorsement. Individuals or organizations who would like to be included in future printings of this resource guide should contact:

Jason Grimm - Food System Planner
Iowa Valley Resource Conservation and Development
920 48th Ave.
Amana, IA 52203
Phone: (319) 622.3264
Email: jason@ivrkd.org



The information contained in this directory is believed to be correct and accurate. However, the Linn/Johnson Local Food Task Force and I-FOOD assumes no responsibility for producer misrepresentations of listed products, and does not assume liability for any misprints, typographical errors, or other unintended inaccuracies in content.

The Linn/Johnson Local Food Task Force and I-FOOD in no way guarantees certified organic producer compliance with the Organic Agricultural Products law, Iowa Code Chapter 190C. Claims that a product was produced using “natural,” “chemical-free” or other specific techniques, have not been verified. Consumers should contact individual producers with questions about production. The Linn/Johnson Local Food Task Force and I-FOOD is not responsible for, and does not regulate or monitor, producer compliance with county, state, or federal health codes and licensing requirements.

PLEASE NOTE:

Area codes and phone numbers sometimes change with little notice. If you cannot reach a producer at the number listed, call Directory Assistance to see if a new number is available.

Information in this resource guide is believed to be accurate, but listings may change without notice. It is best to call ahead before visiting.

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KEY

** Certified Organic

* Producer indicates that “natural,” “drug-free,” “chemical-free” or similar production techniques were used, but product is not certified organic and therefore may not legally be marketed as “organic.”

Purchasing Options

CSA - Offers a Community Supported Agriculture Share

DM - Directly marketed from farm/home

FM - Sold at farmer's market

FS - Sold from farm stand not at farm/home

GS - For sale at grocery store/supermarket

SR - Sold to restaurants/eateries

WS - Sold to wholesale distributor

OV - Other venues for marketing

UP - Go to the farm/orchard and pick your own

MZ - Enjoy a corn or haybale maze

Funds for the Linn County Local Food System Resource Guide come from the Regional Food Systems Working Group (RFSWG) of the Iowa State University Leopold Center: Value Chain Partnerships project.





**what is our
local food
system?**

Many would agree that whenever they hear the phrase, “local food system” they think of the local farmer and the vegetables they may sell at the farmer’s market. If you asked a farmer in Linn County what the definition of the local food system is, they would tell you that they are not the only players in the chain of activities that your food passes through from field to fork. However, the food system includes butchers, millers, truck drivers, local grocers, and the community that supports them in all their efforts (Larsen).

A food system can be defined as the chain of activities connecting food production, processing, distribution, marketing, access, consumption, and waste management. It includes the diverse agriculture system that produces our food, the natural resource base and the people that live and work in the county. The food system in Linn County is a diverse and complex

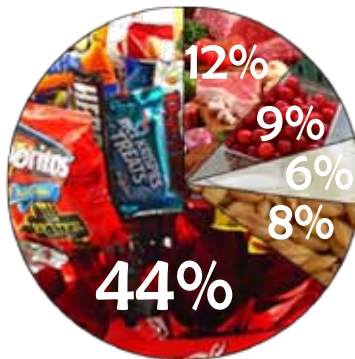







-  Away from Home
-  At Home

IN 2007 LINN COUNTY CONSUMERS SPENT \$497.2 MILLION ON FOOD

Ken Meter: Crossroads Resource Center

\$537,000 bought directly from farmers



-  Other
-  Cereals & Bakery
-  Dairy Products
-  Fruits & Vegetables
-  Meats, poultry, fish & eggs

Ken Meter: Crossroads Resource Center

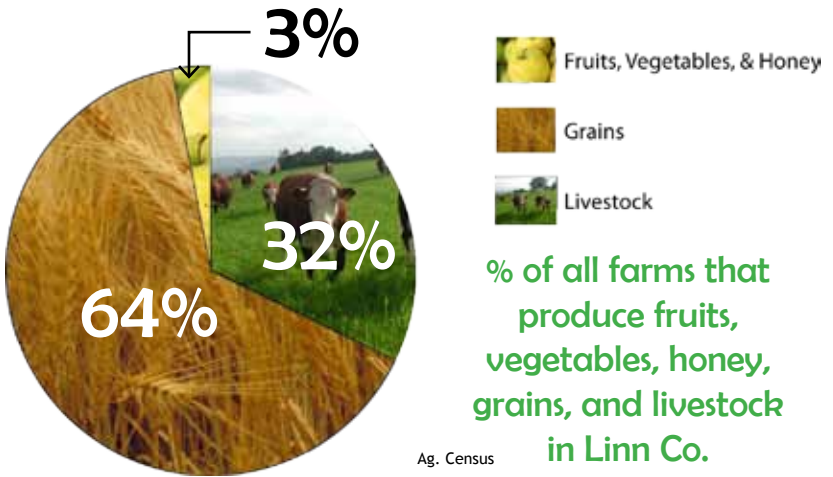
system that every one of us participates in. As a consumer do you consider every other piece of the food system: the farmer in the production sector, the person who slaughters the pig for your ham sandwich or the garbage collector who collects your trash each week? Our food system is deeply integrated in our daily lives and the activities of the communities where we live.

As you read this guide you may be eating a ham sandwich with a slice of cheddar cheese on whole wheat bread. Do you know what farm the pig, that your ham came from, was raised on, or the dairy farmer that milked the cow to make the cheese on your sandwich? The answer is probably “no,” but don’t worry because it is very hard to know for the average consumer. This is because in Iowa approximately 90% of our food is imported from farms outside of Iowa (Tagtow). The U.S. Census of Agriculture in 2007 only estimated that \$537,000 was sold directly to consumers out of 1,213 farms in Linn County. Linn County households spent \$497.2 million on food in 2007 of which 56% was on food for at home and 44% on food away from home.

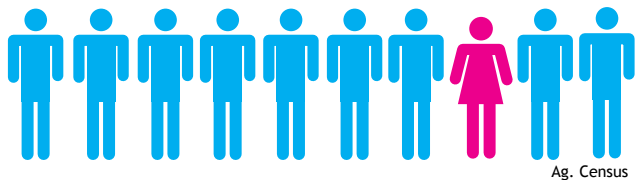
As we purchase food we think about how we are going to prepare it. For example, when we purchase a cheese pizza we already know that we are going to set the oven to 425 degrees and cook the pizza for 15-17 minutes or whatever the package says. What we don’t think about when we purchase the pizza is what we are actually buying. We know the general ingredients of the pizza we bought but if we looked at the ingredients more closely we see many items that most of cannot even pronounce.

Today, we often cannot recognize the raw ingredients that make up our food because everything is pre-made and frozen in the freezer section of the store. Many of us could not even find the raw ingredients to make our own pizza in the grocery store and we certainly don’t know where they came from or the farmer that grew and harvested the crop.

In 2007, the production sector of Linn County’s food & agriculture system was occupied by 1,213 farms that raise beef, dairy, pork, lamb, chicken, goat, eggs, turkeys, bison, honey, corn, soybeans, oats, wheat, and fruits and vegetables. The average farmer in Linn County is 56 years old and 48% of them farm as their primary occupation. 90% of the primary operators of Linn County farms are male. 145 out of the 525 female farmers in Linn County are primary operators of a farm. The production sector in Linn County has a very limited production system and is not highly diversified since



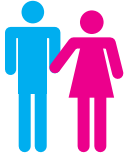
64% of farms in Linn County produce grains, 32% produce livestock and only 3% raise fruits, vegetables, and honey. 99.7% of these products are marketed indirectly through commodity agriculture markets. Many would think that Linn County farmers grow a lot of food but in 1920 34 commodities were produced for sale on at least 1% of all Iowa farms. Today Iowa only produces 9 commodities for sale on at least 1% of their farms. Linn County had a concentration of apples, sweet cherries, pears, strawberries, and raspberries in 1940 (Pirog).



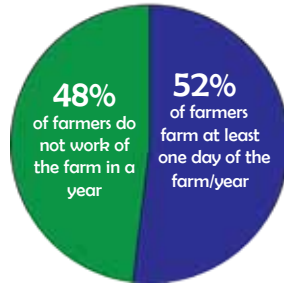
Only 1 in 10 Linn County Farmers are Female

The food system in Linn County includes more than the local farmers. All the things we typically think of as raw when we eat them, for example apples and salad greens, must be washed and sorted before they can be sold. The processing and distribution sectors are often overlooked in the food system. In Linn County the processing infrastructure for fruits and vegetables, grains and other crops are almost gone. Today, there are only five meat & poultry processing plants in Linn County limiting a farmers ability to process their meat for sale in Linn County. The two canneries operating in 1920 in Linn County are long gone (Pirog).

The food system also includes the retailers in the marketing and access sector. This sector includes grocery stores, supermarkets, health food stores, food pantries, CSA (community supported



**the average farmer is
56 years old in Linn Co.**
Ag. Census



agriculture), food pantries and dining centers. In Linn County this includes HyVee, Fareway, Walmart, Target, Big Creek Market (Mt. Vernon), Whole Health (Marion), HACAP Food Reservoir sites, the Linn Community Food Bank and many other food assistance locations.

The most important part of the food system is the people in Linn Co. that make up the community. In order for there to be a strong local food system there must be a vibrant community with respected opportunities for careers everywhere in the food system.

References

Larsen, Steph. "It takes a community to sustain a small farm." Jan. 2010. *Grist* 7 Jan. 2010. <http://www.grist.org/article/2010-01-05-it-takes-a-community-to-sustain-a-small-farm>.

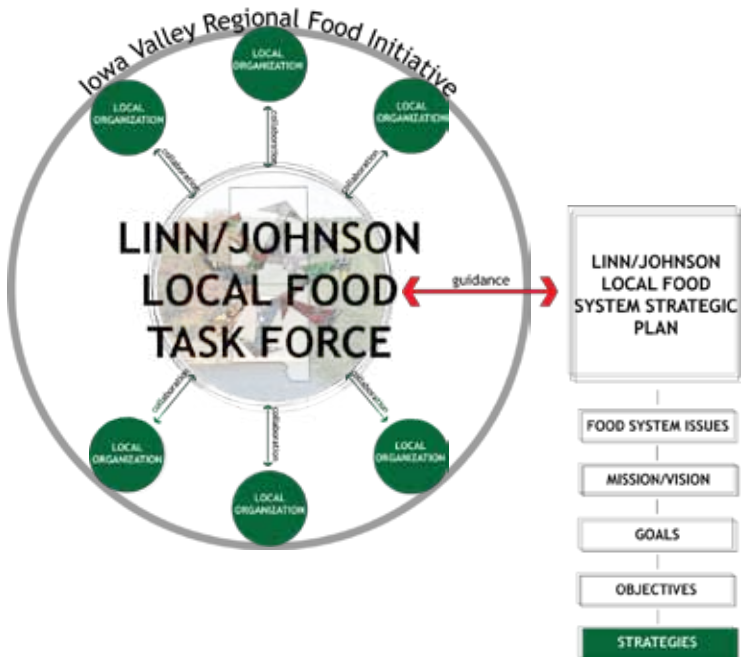
Tagtow, Angie. "A Vision for "Good Food" for Iowa." April 2008. Environmental Nutrition Services.

Pirog, Rich. "A Geography of Taste: Iowa's Potential for Developing Place-based and Traditional Foods." Ames, IA: Leopold Center for Sustainable Agriculture. 2004.



**rebuilding
our local food
system**

In Linn and Johnson counties multiple organizations and partners have created a Task Force to identify issues in the Linn and Johnson local food system and develop a strategic food system plan to address the issues. The Linn-Johnson Local Food Task Force’s mission is to develop strategic partnerships to revitalize a local food system within the corridor. Their vision describes the corridor as a place that embraces local foods in a diversified and environmentally conscious agricultural community; serving as a hub for a revitalized regional food system.



The diverse group of organizations, agencies, and community members of Linn and Johnson Counties that developed the task force identified the need to revitalize the North Corridor as the hub of the region’s food system. The Corridor is the 2nd fastest growing region in Iowa that is occupied by a diverse number of communities including the cities of Iowa City and Cedar Rapids. In 2007, the Task Force began researching and identified the following issues in the Linn and Johnson local food system.

Top 10 Issues identified by the Task Force in the Linn-Johnson Local Food System

1. There are not enough local food producers.
2. The industrialization of food production has destroyed the formerly vibrant food networking and processing facilities, as well as the social and cultural heritage of producing local food in the Corridor.
3. Environmental concerns, such as urban sprawl and Iowa's strong emphasis on bio fuel production, are growing pressures that impact local food producers, and local governmental entities, in the Corridor negatively.
4. Food insecurity, particularly among the poor, the elderly and children, has risen throughout the state and in the Corridor.
5. Food safety is an issue of concern to Linn and Johnson County residents.
6. There are growing health concerns in Linn and Johnson Counties, particularly in regard to obesity (36.7% of Linn County residents are classified as overweight, 28% obese, and 6.4% diabetic).
7. There is limited, to no, meat processing, fruit and vegetable processing or dairy processing in the corridor.
8. Residents surveyed supported an expanded local food system, particularly a winter farmer's market, a more diverse selection of local food products, and an emphasis on organic production.
9. There is a need for more food producers, for mentoring young producers, and for providing producers with financial and governmental support, including efforts to improve the availability of labor.
10. An education component regarding the various benefits of local food production is lacking.

These issues are at the forefront of the mission of the Task Force. As chapter one of this guide describes, a local food system can be defined as the chain of activities connecting food production, processing, distribution, marketing, access, consumption, and waste management plus the diverse agriculture system that produces our food, the natural resource base and the people that live and work in the region.

In the last five years there have been numerous positive changes in the Linn-Johnson local food system. From surveys of consumers it has been determined that there is an enormous demand for a diverse selection of locally grown foods year around, including

milk, cheese, grains, legumes, and much more. The rise of chronic diseases and many health concerns, including obesity, have placed more pressure on meeting the demand for healthy, locally grown food products.

Problem Statements

summarizing the issues in the local food system

It is best to describe the problems and issues that are present today in the local food system in seven problem statements that correlate with the seven sectors of the food system.

Problem Statement 1:

The strength of the **production link** of the food system has a significant effect on the other links in the chain of activities. The lack of local food producers limits the ability to fulfill the enormous demand for locally grown food. The lack of producers is partially because there is a limited amount of social and cultural heritage of growing food today in our communities. This heritage is missing because of a lack of mentoring and support for beginning farmers and networking amongst the existing farmers. Continual education and training is not easily accessible in schools or from other venues. The loss of farmland because of urban sprawl, and the high cost of land prices place an enormous constraint on beginning farmers. Concern over food safety and limited processing infrastructure also contributes to reduce the feasibility of many local food production enterprises.

Problem Statement 2:

The **processing link** of the food system is mostly impacted by the lack of processing infrastructure. There is limited meat, fruit and vegetable and dairy processing capacity within the Linn-Johnson local food system. Concerns over food safety and the complex food safety regulations limit the ability for small scale local food enterprises to be feasible and profitable. The lack of knowledge of food preparation and preservation has limited the idea of a local culture that includes a diet of locally produced food.

Problem Statement 3:

The strength of the **distribution link** of the food system is highly interrelated with the demand, production capacity, and price structures of locally produced food. In the purchasing and distribution industries in the food system budgeting processes and profit margins tremendously impact the distribution of locally produced food in the Linn-Johnson food system. Lastly food safety concerns, warehousing and quantity play a role in the distribution of locally produced food.

Problem Statement 4:

The **marketing link** of the food system is impacted by the enormous demand for locally-produced foods. The minor amount of marketing of locally grown food in Linn and Johnson counties has reduced the ability of consumers to identify locally grown food and to be self-empowered to search out for it in the region's local food system. It is very important that both food insecure and food secure consumers are educated about what is locally grown food, where to purchase it, and how to access it. It has been difficult to market locally grown food without focusing on the intrinsic differences in taste and quality compared to conventional sourced food products.

Problem Statement 5:

The **access link** of the food system is impacted by the growing issue of food insecurity among the poor, elderly and children. The USDA defines food security as a household with access by all members at all times to enough food for an active, healthy life. Food security includes the ready availability of nutritionally adequate and safe foods, with an assured ability to acquire acceptable foods in socially acceptable ways. One of the issues of food insecurity is the lack of knowledge about these populations to improve the accessibility of locally grown food. Since lack of access to healthy, locally grown food is a large problem, there are increasing health concerns within those populations that are food insecure.

Problem statement 6:

The **consumption link** of the food system involves the home kitchen and food eateries, and includes what type of food is consumed and how it is prepared. The consumption link of the food system has been highly impacted by the social and culturally acceptable forms of preparing and eating, that our society has developed in the last 70 years. The loss of a local food culture and its traditions has reduced the accessibility and transparency of nutrition and diet education that is available to consumers today. The inability to understand and access this knowledge has diminished the ability for most consumers to be able to actively regulate their personal nutrition and diet. The lack of knowledge of cooking and meal preparation has also been lost with our traditions and local food culture. The depressing result of this new food culture is the increasing numbers of chronic diseases and other health conditions in addition to food insecurity.

Problem statement 7:

The **waste management link** of the food system completes the entire system and creates a closed loop. This link is usually

described as the three “r’s” reduce, reuse, and recycle. However, in our food system food waste is a large portion of the organic waste stream that is not being recycled, reused, or reduced. This is in part because of a lack of knowledge of how to compost food waste and its societal acceptance. A large reason why food waste is so large is a result of our culture’s inability to control meal portions. A result of this is a lot of food being wasted and thrown away. As populations continue to grow and urban sprawl continues this issue will only become larger. Much of the possible solutions of composting and recycling the nutrients back into the production link of the food system have been halted by concerns of food safety. Many municipalities and waste management companies have met low thresholds that cannot be surpassed without passing through slow permitting processes.

Goals of the Task Force

These issues within the local food system in Linn - Johnson counties are parallel to the issues within the regional food system. By understanding and addressing these issues in Linn-Johnson counties’ food system it is possible to develop the North Corridor into the hub of the regional food system. As the 2nd fastest growing metropolitan area in the state it will serve as the foundation of the regional food system. To achieve the development and revitalization of the local food system in Linn and Johnson counties the Task Force’s goals of their strategic plan are to:

- Ensure the **viability** of existing and beginning local food producers and entrepreneurs that produce, process, distribute, and market products in the Linn-Johnson local food system;
- Increase the **availability** of healthy seasonal locally grown food in Linn and Johnson Counties;
- Increase the **infrastructure** that forms the foundation of the Linn-Johnson local food system;
- Strengthen the local food **marketing** campaign and ensure **access** to healthy seasonal and affordable food for Linn and Johnson County residents;
- Increase the **knowledge** and understanding of food preparation and preservation amongst consumers, and;
- Ensure the **recycling, reuse and reduction** of waste as nutrients in the Linn-Johnson local food system.

The Task Force's objectives range from holding a workshop series for both existing and beginning farmers, enabling more on-farm processing, establishing new marketing and sales opportunities for producers and residents, establishing programs to ensure low income families access to healthy local food, expanding local farmer's markets, and holding educational sessions on safe processing, preserving and preparing of food.

The Task Force's vision can only be achieved through strategic partnerships and coordinated activities. As the diagram on page 11 represents local organizations and individuals form the foundation of the Task Force. Meetings allow for networking and coordination amongst local partners so that all efforts can be strategically planned together.

To ensure the revitalization of the local food system within the corridor it is important to create a vibrant and involved community of customers that will ensure the sustainability of every component of the local food system: bakers, farmers, millers, butchers, truck drivers, retailers, etc.

To become a partnering organization of the Task Force contact:

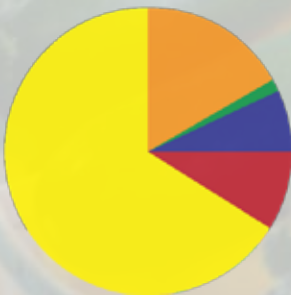
Jason Grimm • Food System Planner
Iowa Valley RC&D
920 48th St. • Amana, IA 52203
319.622.3264 • jason@ivr.cd.org

Follow the Task Force's efforts and review their strategic plan at their website:

<http://johnsonlinn-localfood.webs.com>

why? No Fresh Local Food In Schools

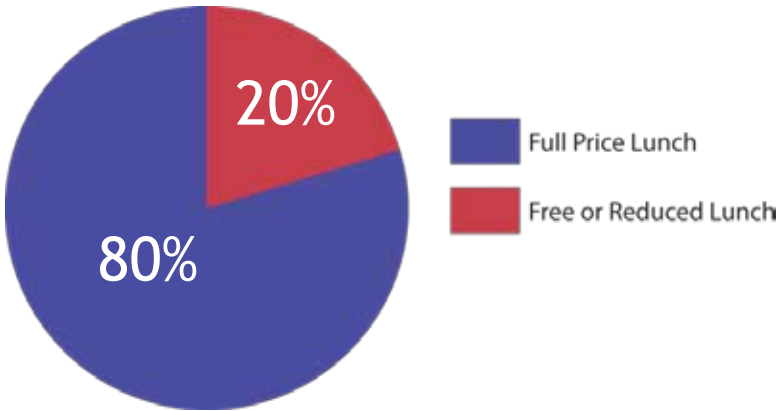
What Funds Cover the Cost for a Average School Lunch in Iowa?



- student lunch payment
- federal reimbursements
- entitlement foods
- state reimbursements
- other revenue sources (ex: ala carte revenue)

The National School Lunch Program was created in 1946 with the National School Lunch Act. The program is administered by the USDA Food and Nutrition Service at the Federal Level and by State education agencies at the state level. The USDA provides support in the form of cash reimbursements for each meal served. There are meal payment structures that children qualify for based on their family income.

Percentage of Students Eligible for Free & Reduced Meals in Linn County

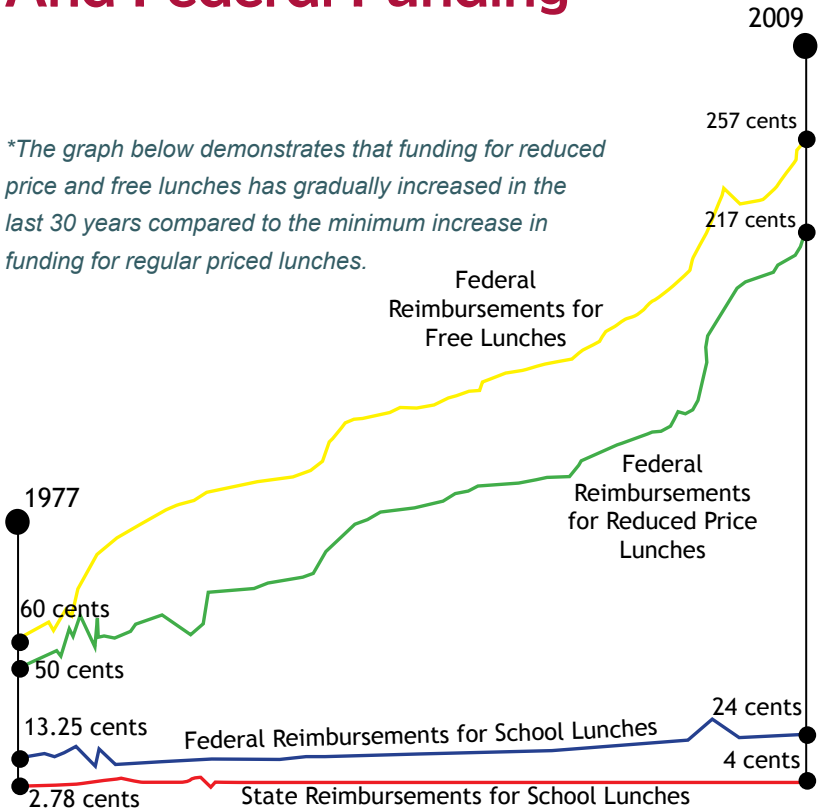


In 2009 Linn County included 19 school districts that were part of the national school lunch program. This chapter highlights the procurement challenges that school food authorities face as they seek to purchase healthy fresh local food from farmers in the region.

in the 2008-09 school year the average Iowa student paid **\$1.86 per lunch**

Cash Reimbursements Since 1977 Per Lunch For Both State And Federal Funding

**The graph below demonstrates that funding for reduced price and free lunches has gradually increased in the last 30 years compared to the minimum increase in funding for regular priced lunches.*



Regulation and Infrastructure Limitations

Food safety requirements and facility limitations challenge school food authorities seeking to purchase and serve locally produced food. Food processing infrastructure is limited in the region, so schools have to buy raw products and do the processing themselves. Many schools do not have this equipment to process the quantities of food needed to serve all students.

Price Limitations

In the national school lunch program every child is able to purchase a lunch from their school food authority. School food authorities maintain the lowest priced school lunches possible so that every family can afford to pay for a school lunch.

Avg. Iowa School Lunch Price & Funding Per Income Tier



Insufficient state and federal support prevent school food authorities from upgrading their facilities and paying for the extra labor needed to process locally produced foods without increasing the price that families must pay for a school lunch.

Potential Solutions

Potential solutions to overcoming the barriers and challenges of purchasing and serving of locally produced food in schools include:

- Increasing federal and state support so schools can upgrade facilities and increase staff in order to use more fresh products in their meals
- Rebuilding local food processing infrastructure so that farmers can sell their products to be processed and packaged into products that our schools can purchase
- Local farmers and schools working together cooperatively to efficiently improve quality and quantity of products produced to meet the large demands of schools
- Encouraging our leaders and politicians to evaluate the current National School Lunch Program, create new funding sources, and, potentially, create a new school lunch program that is incorporated into every school day
- and, lastly, supporting our local farmers and schools in this cooperative effort because everyone wants the best for their community and children

Local Food Programs & Organizations



The following organizations and programs in Linn County are supporters and advocates of the local food system. Contact them for resources and ask to get involved.

Linn/Johnson Local Food Task Force

MISSION OR GOAL

Develop strategic partnerships to revitalize a local food system within the corridor that embraces local foods in a diversified and environmentally conscious agricultural community; serving as a hub for a revitalized regional food system.

<http://johnsonlinn-localfoods.webs.com>

Jason Grimm • Food System Planner

jason@ivr.cd.org • 319.622.3264

Iowa Valley Regional Food Initiative (I-FOOD)

MISSION OR GOAL

To build a regional network of diverse people and organizations to cultivate a sustainable food system locally

www.ivfoodsystemplanning.wordpress.com

Jason Grimm • Food System Planner

jason@ivr.cd.org • 319.622.3264

Friends of the Cedar Rapids City Market

MISSION OR GOAL

The Cedar Rapids City Market is first and foremost a meeting place, a public space that provides the opportunity for people to encounter one another in an informal setting. A center for social interaction, the Market serves the dual purpose of generating traffic and providing a “town center” where people can meet, greet and, of course, eat.

Sarah Ordovery • board president

sarah@stolbas.com • [find us facebook](#)

Iowa Valley Farm to School Program

MISSION OR GOAL

We will work with the Food Service Directors and others interested in a Farm to School program to:

- Facilitate discussions on ways to include local foods in the school menu
- Evaluate the feasibility and implications of a universal meal program on local food
- Research the present funding streams and procurement laws as they relate to introducing locally produced food in the schools
- Facilitate the inclusion of food and nutritional education into the existing curriculum
- Develop suggestions for new and revised legislation that will affect school wellness policies as they relate to local food access and health in the schools.

www.ivfoodsystemplanning.wordpress.com

Jason Grimm • Food System Planner

jason@ivr.cd.org • 319.622.3264

Linn County Hunger Free Network

MISSION OR GOAL

The Linn County Hunger Free Network will bring members of the community together once a month, to review and address the various issues and barriers affecting food access and availability.

Judy Stoffel • United Way Community Building Manager

jstoffel@uweci.org • 319.398.5372

Linn County Planning and Development

MISSION OR GOAL

Implement Local Food Policies in the Linn County Land Use Plan

Les Beck • Director

les.beck@linncounty.org • 319.892.5130

Matthew 25 Ministry Hub

MISSION OR GOAL

To empower the Taylor and Time Check neighborhoods in Cedar Rapids with the ability to directly improve their own health through a CSA shares programs and gardening initiatives to install home gardens in participants' homes as well as provide education around cooking with fresh foods, food preservation, growing their garden space, school orchards and community gardens.

Matthew 25 is also the managing partner for the Cedar Rapids Tool Lending Library where members can check out tools for their homes or gardens for a small yearly fee.

Clint Twedt-Ball and Courtney Ball • Co-Executive Directors
courtney@hub25.org or clint@hub25.org • 319.362.2214

ISU Extension

MISSION OR GOAL

As your front door to Iowa State University, we are your access to information and services to improve the quality of life in your community. ISU Extension promotes healthy people and provides research and education on public issues, food and nutrition, health, financial management, youth development, and family relationships.

Linda Fischer • ISU Extension Region 10 Director
lefisch@iastate.edu • 319.377.9839

Linn County Public Health

MISSION OR GOAL

Linn County Public Health's mission is to support health and healthy eating habits as well as health promotion and disease prevention.

Jill Roeder • Healthy Linn Care Network
Jill.Roeder@linncounty.org • 319.892.6082

Linn County Community Garden Network

MISSION OR GOAL

An engaged community that produces healthy food to benefit Linn County.

The Community Garden Network supports efforts to grow and enhance access to fresh produce. The support efforts include;

- Connect people and resources
- Connect individuals and groups to the natural environment
- Assist to secure space, skills and plans for sustainable community garden projects
- Cultivate entrepreneurs and community action
- Educate the rewards of self-reliance, health and community

Dora Bopp • HACAP Community Development
dbopp@hacap.org • 319.551.7182

Human Services Transportation Advisory Group

MISSION OR GOAL

The mission of the Human Services Transportation Advisory Group is to coordinate convenient, reliable, affordable, accessible transportation services to residents of Benton, Iowa, Johnson, Jones, Linn and Washington Counties and surrounding communities. Our group can support the Johnson/Linn Local Food Task Force, and thereby the Strategic Food System Plan, by assessing and improving access through transportation to all people who seek venues that provide and sell locally grown food.

Gina Johnson • ECICOG Mobility Manager
gina.johnson@ecicog.org • 319.365.9941

Prairiewoods Franciscan Spirituality Center

MISSION OR GOAL

Provide educational programs and resources for prairie, woodland and garden land management. We serve as a holistic site where people can visit and connect to nature and increase their ecological awareness. We offer support to other community initiatives that promote locally grown and healthy food

Mary Ellen Dunford • Program coordinator and Holistic practitioner
mdunford@prairiewoods.org • 319.395.6700

HACAP

MISSION OR GOAL

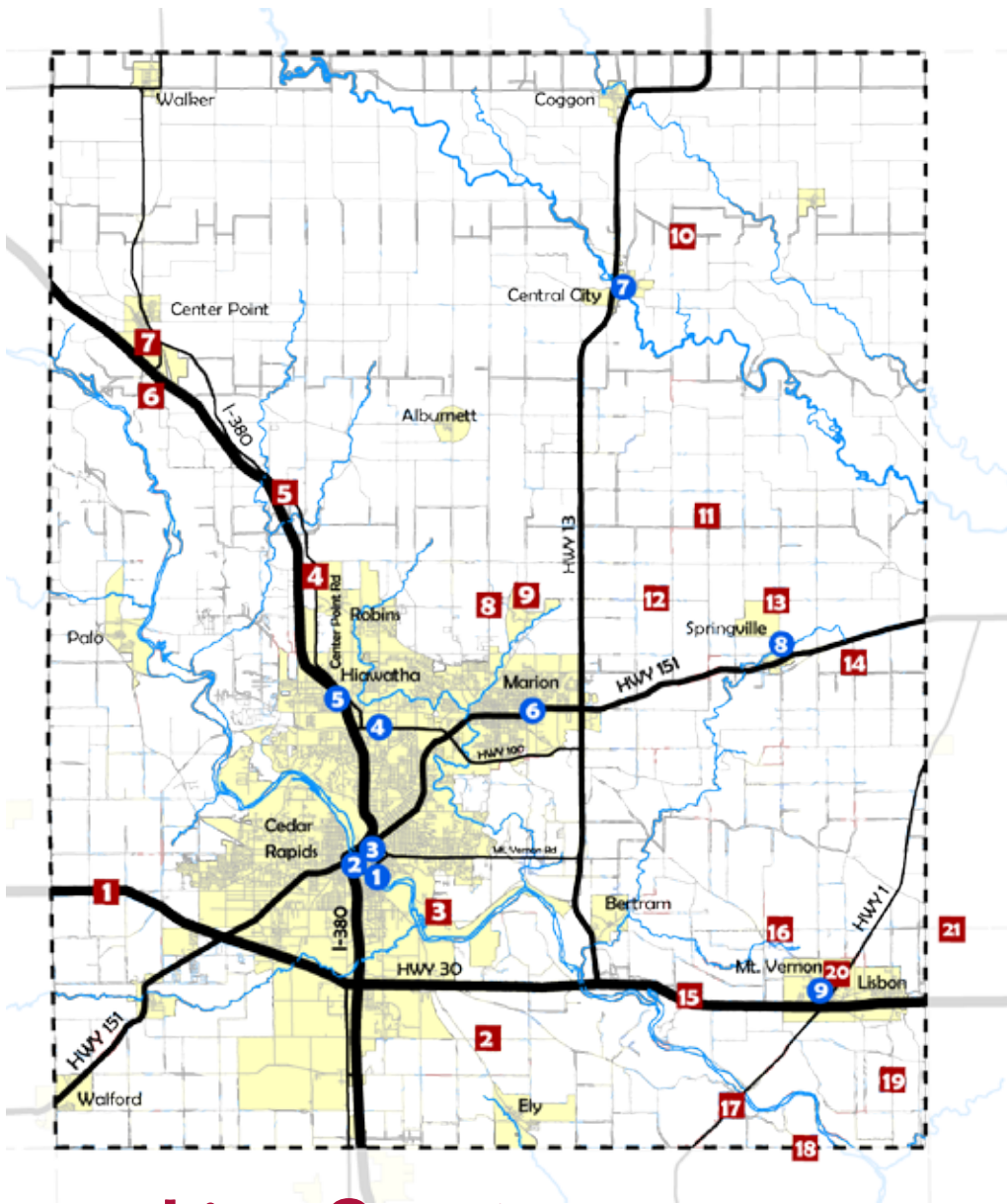
As a member of Feeding America, the Nation's Food Bank Network, the HACAP Food Reservoir channels donated products to area soup kitchens, pantries, senior and daycare centers, drug and alcohol treatment centers, homeless shelters and other nonprofit food programs that feed the needy.

Our program thrives through donations and volunteer support. We have several special events where organizations and individuals can get involved with improving the overall food security of our local communities.

Barb Elsasser - HACAP Food Reservoir
belsasser@HACAP.org • 319.393.7811



**local
producers &
farmer's
markets**



Linn County - Producers & Farmers' Markets

■ producers

● farmer's markets

Local Food Producers

Refer to the legend in the front of the resource guide for purchasing options

1 Morgan Creek Market & Nursery - Bob Vanous

10501 Hwy 30 W
Cedar Rapids, IA 52404
P: 319.390.7903

Produce: asparagus, sweet corn, 15 acres of vegetables

Other: nursery products

Purchasing options: DM

2 Ridgeview Farm - Ray Bures & Jean Smith

2403 Prairie School Rd
Ely, IA 52227
P: 319.848.4833
ridgfarm@southslope.net

***Produce:** tomatoes, sweet corn, broccoli, cabbage, pumpkins, squash, carrots, onions, cucumbers, beans, melons, zucchini, lettuce/greens, potatoes, garlic

Beef: grass raised beef

Other: baked goods - kolaches, honey

Purchasing options: FM - Knolridge, Mt. Vernon & Springville, DM

3 Red Cedar Farm - Kate Hogg

2750 Otis Rd SE
Cedar Rapids, IA 52403
P: 319.247.0223
redcedarfarm@earthlink.net

Produce: beans, greens, herbs, peas, sauce tomatoes

Other: Eggs

Purchasing options: CSA - Local Harvest CSA

4 Legacy Gardens - Jennifer Zieser

3329 Ziezer Lane
Robins, IA 52328
P: 319.360.3941
jenniferzieser@gmail.com

***Produce:** beets, cucumber, hot peppers, kale, onions, pumpkins, tomatillos, tomatoes, winter squash, watermelons

Other: eggs, herbs

Purchasing options: FM

5 Wilson's Feathered Friends - Keith & Linda Wilson

3574 N Center Point Rd
Toddville, IA 52341
P: 319.393.9031
www.heartlandemu.com

***Meat and/or Poultry:** emu

Other: Emu Oil Products

Purchasing options: DM, OV - mail order

6 H & P Meats - Jay Dee & Carol Coffland

4246 Cedar Heights Rd.
Center Point, IA 52213
P: 319.849.1689

***Meat:** beef - not antibiotic, steroids, or hormones

Purchasing options: FM - Hiawathia, Iowa City, Coralville, Sycamore Mall Iowa City, DM - by order whole, half, or quarter

7 Bob King

323 Crestview Dr
Center Point, IA 52213
P: 319.560.4259
bobking@fmtcs.com

Produce: pumpkins, squash, green beans, tomatoes, onions, carrots, potatoes, fruit trees

Purchasing options: we are a community garden of neighbors that donate food and do tastings at schools, etc. for education

8 Allen's Orchard - Morris & Diane Allen

5801 N 10th St
Marion, IA 52302
P: 319.377.1408
appleallen@ccr.net
www.allensapples@me.com

Produce: apples, pears, berries, tomatoes, pumpkins, gourds, cucumbers

Other: jams, school tours

Purchasing options: DM

9 Supernatural Organics - Shane Reilly & Nikki Dietze

6707 Lucore Rd
Marion, IA 52303
P: 319.210.1390
info@supernaturalorganics.com
www.supernaturalorganics.com

***Produce:** Arugula, Asparagus, Baby Greens, Beets, Bok Choy, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Cucumbers, Eggplant, Fennel, Garlic, Leeks, Lettuce, Melons, Mixed Greens, Okra, Onions, Green Onions, Peppers, Potatoes, Pumpkins, Radishes, Spinach, Sugar Snap Peas, Summer Squash, Swiss Chard, Tomatoes, Turnips, Winter Squash, Zucchini

Purchasing options: CSA, SR

10 Buffalo Ridge Apple Orchard & Gardens - Vern and Mary Zahradnik

1337 Rollins Rd
Central City, IA 52214
P: 319.438.6521
vernzah@hotmail.com

Produce: tomatoes, potatoes, lettuce/greens, broccoli, cabbage, sweet corn, carrots, onions, melons, cucumbers, beans, zucchini, garlic, squash, apples, winter root crops

Purchasing options: FM - Marion, Downtown Ceder Rapids, Iowa City, Mt. Vernon

11 Knight's Farm - Gary Knight

3482 Whittier Rd
Springville, IA 52336
P: 319.854.7057
Gknightsfarm@aol.com
www.knightsfarm.com

Produce: asparagus, beets, cabbage, carrots, green beans, peas, lettuce, potatoes, spinach, tomatoes, zucchini and of course, sweet corn, pumpkins

Other: straw

Purchasing options: FM, DM, FS, GS, UP, MZ

12 Big Spring Farm - Kristin Kujawa

1481 Big Spring Rd
Marion, IA 52302
P: 319.431.3609
kristin@bigspringfarm.com

***Meat and/or Poultry:** Free Range Poultry and All Natural Beef

Other: Free Range Eggs

Purchasing options: DM, SR

13 Fireweed Farm - Brad Wilson

807 Hodgin Rd
Springville, Iowa 52336
P: 319.854.6391
fireweed@netins.net

***Meat and/or Poultry:** beef, chicken, lamb, goat, pork, turkey

Other: eggs

Purchasing options: FM, WS, GS

14 Acoustic Farms - Mark Armstrong & Barbara Grant

2674 Linn Grove Rd
Springville, Iowa 52336
P: 319.560.2565
acousticfarms@hotmail.com

***Other:** cheese - fromage blanc con ali, fromage blanc con citrone, fromage blanc bella gusta, fresh mozzarella, mozzarella cheese curds, aged parmesan

Purchasing options: GS - New Pioneer Co-op, DM

15 Bass Farms - Chris Bass

1325 Highway 30 West
Mt. Vernon, IA 52314
P: 319.558.8199
cbass95841@aol.com
www.bassfarms.org

***Produce:** beets, broccoli, cabbage, carrots, cauliflower, sweet corn, cucumber, eggplant, green beans, hot peppers, kohlrabi, leeks, lettuce, onions, peas, potatoes, pumpkins, radishes, rutabagas, salad greens, summer squash, sweet peppers, tomatoes, zucchini

Other: baked goods, honey, fresh flowers, firewood

Purchasing options: FM, CSA, DM

16 Abbe Hills Farm - Laura Krouse

825 Abbe Hills Rd
Mt. Vernon, IA 52314
P: 319.895.6924
laura@abbehills.com
www.abbehills.com

Produce: tomatoes, potatoes, lettuce/greens, broccoli, cabbage, sweet corn, carrots, onions, melons, cucumbers, beans, zucchini, garlic, squash

Other: eggs

Purchasing options: FM, CSA mid-June to end of October, 20 weeks

17 Kroul Farm Gardens - John & Kaylene Kroul

245 Hwy 1 S
Mt. Vernon, IA 52314
P: 319.895.8944

Produce: tomatoes, sweet corn, asparagus, broccoli, cabbage, pumpkins, squash, onions, gourds, cucumbers, beans, melons, zucchini, lettuce greens, berries, potatoes

Other: eggs, honey, flowers, vegetable transplants

Purchasing options: DM, FM

18 Pavelka's Point Inc. - Lois Palvelka & Bill Ellison

710 Ivanhoe Rd
Mt. Vernon, IA 52314
P: 319.624.2392
loisbill@southslope.net

Meat and/or Poultry: lamb, pork & beef; featuring picnic bacon

Purchasing options: FM - Mt. Vernon, Iowa City, Springville; DM - by appointment, whole lamb, pork & beef

19 Sutliff Cider Company - Scott Ervin

382 Sutliff Rd
Lisbon, IA 52253
P: 319.455.4093
scott@sutliffcider.com
www.sutliffcider.com

Other: Hard Cider, Soft Cider, and Pure Cider - made from but are not limited to, Jonathan, Gala, Cortland, and Macintosh. The apples we use come from many local orchards, including our own small orchard on the estate where we are growing many varieties of traditional cider apples.

Purchasing options: GS, DM - Sat. & Sun. 11 AM - 6 PM May - Nov.

20 Pure Prairie Gardens - David & Mickey Miller

406 6th St. NW
Mt. Vernon, IA 52314
P: 319.310.6399
mtvernonfm@yahoo.com

Produce:

Purchasing options: FM - Mt. Vernon

21 Wild Prairie Acres - Laura & Danielle Strabala

23844 Cedar-Jones Rd.
Lisbon, IA 52213
P: 319.455.0056
wildprairieacres@gmail.com

Produce: heirloom tomatoes, asparagus, cucumbers, green beans, herbs, leafy greens, onions, potatoes, pumpkins, squash, sweet corn, tomatoes, okra, garlic, peppers, carrots, beets, turnips, apples, raspberries, strawberries, table grapes, wine grapes, cherries, peaches, pears, currants, serviceberries

Other: baked bread, popcorn, jams & jellies

Purchasing options: FM - Mt. Vernon, SR

Farmer's Markets

- 1 Cedar Rapids 8th Ave City Market**
Location: 8th Ave. and 2nd St SE
Dates: Tuesdays 4 - 6 PM, Saturdays 7:30 AM - NOON except on days of Downtown Farmers Market
Contact: 319.286.5731
- 2 Cedar Rapids Downtown Farmer's Markets**
Location: 3rd and 4th Avenues from 2nd to 5th Streets
Dates: June 5 & 19, July 3 & 17, Aug. 7 & 21, Sept. 4 & 18
Contact: 319.398.0449
- 3 Cedar Rapids Green Square Park**
Location: 400 4th Ave SE
Dates: Thursdays 4 - 6 PM
Contact: 319.286.5731
- 4 Cedar Rapids Knolridge Farmer's Market**
Location: Corner of Collins Rd and Council St NE
Dates: Mondays, Wednesdays, & Fridays 4-6 PM
Contact: 319.286.5731
- 5 Hiawatha Farmer's Market**
Location: 10th Ave Parking Lot of Guthridge Park
Dates: April - August Sundays 11:00 a.m. to 3:00 p.m.
Contact: 319.393.1515
- 6 Marion Farmer's Market**
Location: 3375 7th Ave.
Dates: Wednesdays 3-6 PM and Saturday 8 - 11:30 AM
- 7 Central City Farmer's Market**
Location: Brendal Park
Dates: June - September Thursday, 5:00 - 6:30 PM
- 8 Springville Farmer's Market**
Location: June - August Cox Lake Pavilion (behind city hall)
Winter: Springville Community Center 265 Broadway St.
Dates: June - August: Tuesdays 4-6 PM
Winter: 11 AM - 1 PM - Feb. 20th, March 20th, & April 10th
- 9 Mount Vernon Farmer's Market**
Location: May - Oct.: Mt. Vernon Visitors Center (West 1st St.)
Winter: Basement of City Hall (West 1st St.)
Dates: May - Oct: Thursdays 4-6 PM
Winter: 11 AM - 1 PM - Feb. 13 & 27, March 13 & 27, April 3 & 17

The image shows three clear plastic containers filled with bright red cherry tomatoes. The containers are arranged on a light-colored wooden surface. The word "Resources" is overlaid in white, bold, sans-serif font in the center of the image. The tomatoes are fresh and glistening, and the containers have a ribbed, perforated design.

Resources

Iowa Food & Agriculture

www.leopold.iastate.edu

The Leopold Center is a research and education center with statewide programs to develop sustainable agricultural practices that are both profitable and conserve natural resources. It was established under the Groundwater Protection Act of 1987 with a three-fold mission:

- to conduct research into the negative impacts of agricultural practices;
- to assist in developing alternative practices; and
- to work with ISU Extension to inform the public of Leopold Center findings

www.practicalfarmers.org

Practical Farmers of Iowa (PFI) is a non-profit, educational organization that began in 1985 and now has over 700 members in Iowa and neighboring states. Our mission is to research, develop and promote profitable, ecologically sound and community-enhancing approaches to agriculture. We carry out diverse programs to assist farmers with both production and marketing needs, to raise public awareness of where food comes from and how it is grown, and to educate youth about agriculture and the environment.

www.valuechains.org/

Value Chain Partnerships (VCP) is an Iowa-based network for food and agriculture working groups that brings together producers, businesses, and state and federal organizations. Learn about how Iowa is leading the way in statewide local food system planning efforts.

Iowa Local Food Online Guides

www.corridorlocavore.com

This website is to provide the resources for Iowans in Cedar Rapids, Iowa City and the surrounding areas to find sources of locally and sustainably produced food and goods.

www.localharvest.org

Use this website to expand your knowledge of farmers' markets, family farms, and other sources of sustainably grown food outside of Linn County, where you can buy produce, grass-fed meats, and many other goodies.

www.ampleharvest.org

Use this website to search a central directory of food pantries where gardeners and farmers can take ample harvests to be received by those in need. Is your food pantry registered?

National Local Food Programs and Organizations

www.ediblecommunities.com

Edible Communities Inc. is a publishing and information services company that creates editorially rich, community-based, local-foods publications in distinct culinary regions throughout the United States, Canada, and Europe.

www.attra.ncat.org

ATTRA - National Sustainable Agriculture Information Service provides information and other technical assistance to farmers, ranchers, Extension agents, educators, and others involved in sustainable agriculture in the United States.

www.foodroutes.org (Buy Fresh Buy Local)

We are a national non-profit dedicated to reintroducing Americans to their food, the seeds it grows from, the farmers who produce it, and the routes that carry it from the fields to our tables.

www.communitygarden.org

The Mission of the American Community Gardening Association is to build community by increasing and enhancing community gardening and greening across the United States and Canada

www.farmland.org

American Farmland Trust is the leading national organization dedicated to saving America's farm and ranch land, promoting healthy farming practices and supporting farms and farmers. As the vital link among farmers, conservationists and policy-makers, we're focused on ensuring the availability of fresh food, a healthy environment and strong local economies across the nation.

www.foodsecurity.org

The Community Food Security Coalition (CFSC) is a non-profit 501(c)(3), North American organization dedicated to building strong, sustainable, local and regional food systems that ensure access to affordable, nutritious, and culturally appropriate food for all people at all times.

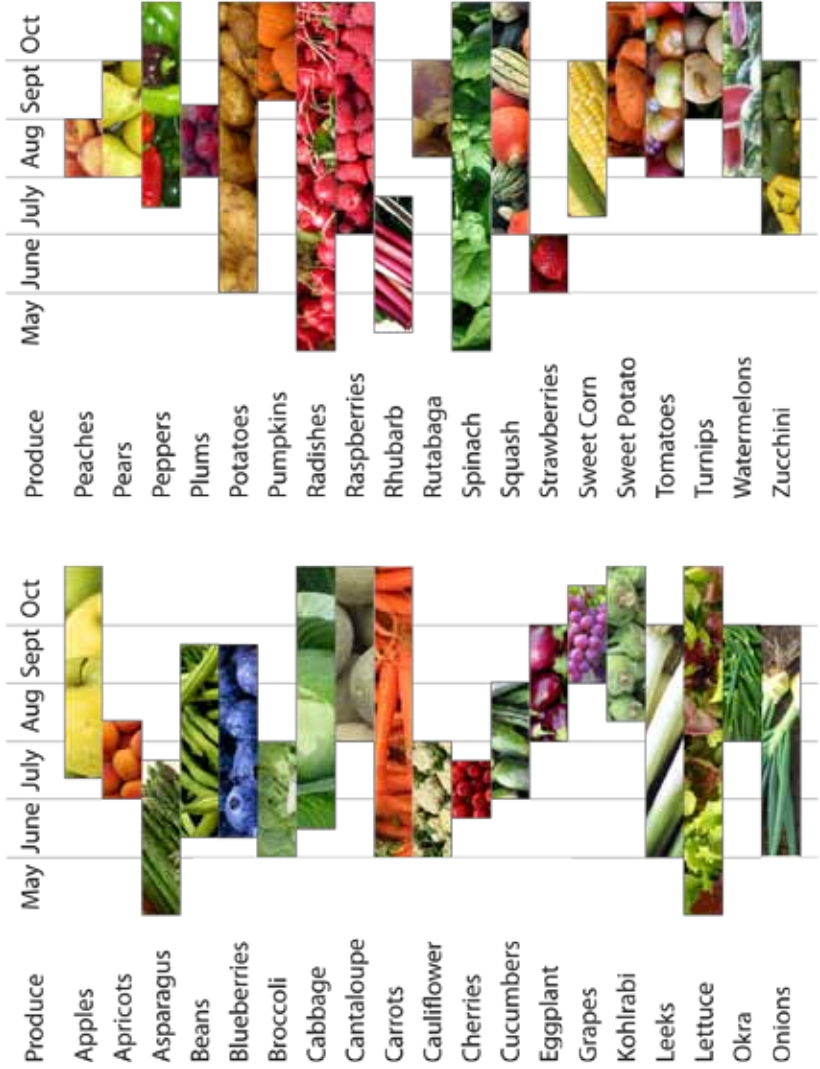
www.slowfood.com

We believe that everyone has a fundamental right to pleasure and consequently the responsibility to protect the heritage of food, tradition and culture that make this pleasure possible. Our movement is founded upon this concept of eco-gastronomy - a recognition of the strong connections between plate and planet.

www.sustainabletable.org

Sustainable Table celebrates local sustainable food, educates consumers on food-related issues and works to build community through food.

Iowa Fruit and Vegetable Harvest Schedule



Recreated based on Iowa Department of Agriculture and Land Stewardship Harvest Schedule (funded through USDA Speciality Crops Grant)

TOP 10

things you can do to support the LOCAL FOOD SYSTEM

- 1 Introduce yourself to a local farmer at the Linn County Local Farmer & CSA Fair March 28th, 2010.
- 2 Try a new recipe from as many items as you can buy at a farmer's market.
- 3 Spend \$10 dollars at your farmer's market (this equals more than \$800,000 in Linn County per week if everyone does this).
- 4 Read the book Animal Vegetable Miracle by Barabara Kingsolver; followed by a book discussion with your family and friends.
- 5 Prepare a meal with your family from scratch using ingredients you purchased locally.
- 6 Eat at a local restaurant that serves local food.
- 7 Volunteer to help your children's school preserve local food to be used in school meals.
- 8 Start a garden with your family, friends or neighbors.
- 9 Join a local CSA farm (Community Supported Agriculture).
- 10 Get involved with the Linn-Johnson Local Food Task Force efforts.



<http://johhsonlinn-localfood.webs.com>