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# Grinnell Area Local Foods Guide



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June 2016





This directory provides information about direct-market sale of locally produced food in the Grinnell area. It contains a listing of **area producers** and the foods they raise as well as information about how to contact them and where to buy their products. It also contains a listing of area **farmers markets** and **community supported agriculture (CSA)** organizations.

This directory is a publication of the Center for Prairie Studies at Grinnell College, in association with the Grinnell Area Local Food Alliance (GALFA). We have included as many of the region's producers as we were able to contact. If you are a local producer but not listed in this directory and would like to be in future editions, please contact the Center for Prairie Studies office at 641-269-4384. This directory is also available online at [www.grinnell.edu/academic/cps/publications](http://www.grinnell.edu/academic/cps/publications).

For state-wide listings of growers who direct-market vegetables, fruits, meat, eggs, and other foods, consult the Iowa Department of Agriculture's webpage: [www.agriculture.state.ia.us](http://www.agriculture.state.ia.us).

We thank Jason Grimm of the Iowa Valley RC&D for his assistance in providing some of the information about terms. We also thank Angie Tagtow and Susan Roberts for permission to reprint the introductory section of their 2011 publication, *Cultivating Resilience*.

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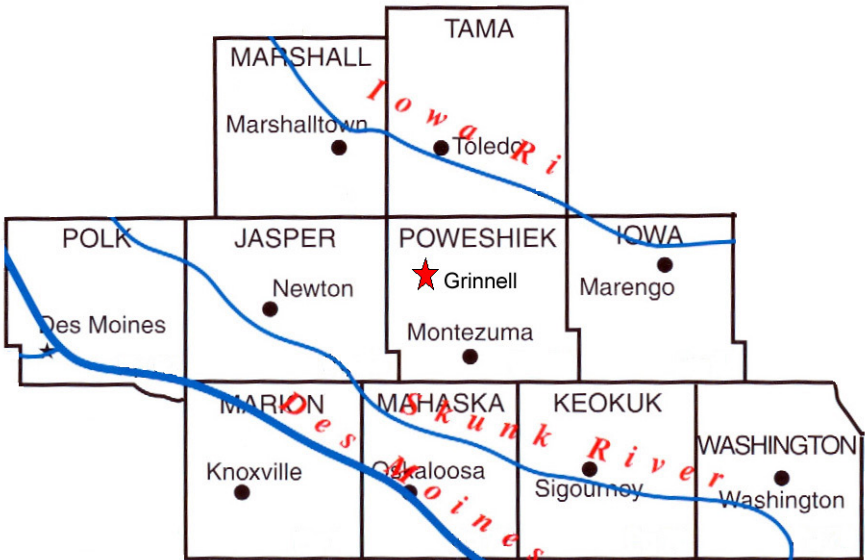
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# Healthy Iowans, Farms and Communities

By Angie Tagtow and Susan Roberts

*“Eating is an agricultural act.”*

This famous quote by renowned farmer and author Wendell Berry reminds us that all food originates on farms. And, what happens on farms directly influences the quality, quantity, safety and availability of our food supply.

As health professionals, we have witnessed rising rates of diet-related diseases such as diabetes, obesity, cardiovascular disease and certain cancers – not only in adults but also in Iowa’s children. At the current rates, it is estimated that children born in Iowa today will have a shorter life expectancy than their parents.

We recognize the need to move beyond just the treatment of these diseases, but to explore efforts that create environments and systems in which healthy food is the most accessible and easiest choice for all Iowans. Evaluating the food system as a whole, allows a broad, comprehensive perspective on the complexities and interconnectedness of our food system and frames how decisions made across the food system impact the health of Iowans, farms and communities.

Iowans recognize the vulnerabilities and challenges of our food system. Their observations include the bleeding of food dollars out of Iowa; continued loss of Iowa’s natural resources, such as soil and water needed for growing food; the great distances that food travels and the heavy dependence on fossil fuels to grow, harvest, process and transport food; and the manner in which food is grown and processed and the effects on food safety, health and nutrition. Iowans are puzzled on how a majority of our landscape is dedicated to agriculture, yet very little food is grown that directly feeds Iowans. Iowans are anxious about the significant dependence on other states and countries that put food on our plates; and how erratic weather conditions and foodborne diseases will impact our food supply and public health.

Although it may appear that attempts to transform Iowa’s food system are insurmountable, now is the time to guide and shape Iowa’s food system. We need to advance a food system that: ensures farms are part of our rural and urban landscapes; conserves and renews natural resources; builds community wealth; and advances fairness and social justice. Most importantly, Iowa’s food system must fulfill the food, nutrition and health needs of all eaters, now and in the future.

Reprinted with permission from: Tagtow A, Roberts S. *Cultivating Resilience: A Food System Blueprint that Advances the Health of Iowans, Farms and Communities*. February 2011. The full report is available at [www.IowaFoodSystemsCouncil.org/cultivating-resilience/](http://www.IowaFoodSystemsCouncil.org/cultivating-resilience/)

# Key Reasons for Buying Locally Grown Food

**Freshness and taste-** Locally grown fruits and vegetables are usually purchased within 24 hours of being harvested. Produce picked and eaten at the height of ripeness tastes better. Produce imported from distant places is often harvested unripe, treated with preservatives, and bred for long distance shipping and lengthy storage.

**Variety-** Farmers markets can offer produce varieties bred for taste and beauty rather than for shipping and long shelf life. Also, local producers often raise types of vegetables and fruits not available in supermarkets.

**Regional economic vitality-** If every Iowan spent only \$10 a week on locally grown food, it would amount to \$1.5 billion every year invested in local people, local farms, and independent local businesses.

**Food security-** Dependence on distant food sources leaves us vulnerable to supply disruptions and reduces any real accountability and relationship between producers and consumers.

**Food safety-** Numerous recent publications have documented that food from a global supermarket (dominated by a few corporate giants with considerable influence on governments) is troublesome, and that strengthening local food connections is a practical necessity.

**Energy conservation-** Fruit and vegetables sold at farmers markets or through community supported agriculture (CSA) programs generally travel between 5 and 50 miles before they are sold. In contrast, most fruit and vegetables sold in Midwestern supermarkets travel nearly 1,600 miles before the point of sale, entailing the use of significantly more energy for packaging, shipping, distributing, and retailing.

**A new way of eating-** Eating is an agricultural act, and also an ethical act. A growing number of people are interested in knowing how their food was grown, whether pesticides and antibiotics were used, and how the land was cared for. People are also interested in knowing who raised their food, whether the farmer received a living wage, and whether the working conditions of the people who processed the food are safe and just. Current food labels are silent about all of these questions. Consumers closer to their food source can find answers to these questions.

*Adapted from materials published by the Center for Energy & Environmental Education, University of Northern Iowa, Cedar Falls, IA 50614; 319-273-2573.*

# Directory of Producers

*Consumers should ask farmers about their production methods. Listings in this guide are not intended as endorsements of any grower's production methods.*

## **Aldrich, Charles & Marilyn**

Box 181, Beaman, IA 50606

641-485-0302

Marilyn.aldrich@yahoo.com

Venues: Grinnell farmers market

Baked goods

Nuts

Specialty: Homemade noodles

## **A Taste of Country**

Barb Orr

PO Box 256; Brooklyn, IA 52211

641-522-7626, 641-990-4101

bfmjorrr@netins.net

Venues: Belle Plaine, Grinnell, and Victor farmers markets

Baked goods

Specialty: "all natural" jar soy candles; personally designed quilts

Vegetables: assortment

## **B & B Farms**

Robert ("Barney") Bahrenfuse, Suzanne Castello

15365 S. 12th Ave. E.; Grinnell, IA 50112

641-990-8643, 641-990-7843 (No GMO crops)

Venues: direct marketing

Meats: beef, pork, lamb

Poultry: chickens

*Bahrenfuse, Robert ("Barney"), see B & B Farms*

**Bauman Farm Fresh Produce**

Bauman, Dwaine  
807 430th Avenue, Grinnell, IA 50112  
641-204-1677  
Dwaine.a.bauman@gmail.com  
Venues: Grinnell farmers market  
Herbs  
Specialty: flowers  
Vegetables

**Botanical Goodness**

Darold & Ruth Laackmann  
1183 69th Street, Keystone, IA 52249  
319-439-5305  
daroldl@netins.net  
Venues: Grinnell farmers market  
Eggs  
Vegetables

*Brau, Ann, see Compass Plant CSA*

**Busy Bee Acres**

Jim Dolezal  
1460 370th Street, Tama, IA 52339  
641-751-2985  
busybeeacresiowa@gmail.com  
Venues: Grinnell farmers market  
Honey: creamed honey, lip balms, beeswax  
Specialty: maple syrup  
Vegetables

## **C & T Gardens**

Dawn Troutner

1894 290th St.; Melbourne, IA 50162

641-691-9710

andyanddawnt@yahoo.com

Venues: direct marketing, Toledo and Newton farmers markets

Baked goods

Eggs (chicken and duck)

Fruits: apples, peaches, raspberries

Herbs

Poultry: ducks, geese

Specialty: jams and jellies

Vegetables: assortment, rhubarb

## **Ceres Baked Goods**

Laura Engel

514 S. 6th Avenue W., Newton, IA 50208

641-781-0184

lengel29@gmail.com

Venues: Grinnell farmers market, Grinnell Local Food Source

Baked goods: traditional and gluten-free

## **Compass Plant CSA**

Ann Brau, Lisle Dunham

2039 N. Penrose Street; Grinnell, IA 50112

641-990-6832

ladunham@wildblue.net

Venues: CSA, direct marketing, Grinnell farmers market

Baked goods

Eggs

Herbs

Meat: pork

Poultry: chickens, turkeys

Vegetables: assortment

*Cranston, Steve, see Irish Ridge Produce*

*D'Aguanno, Marilyn, see Momma Teresa Salsa*



**Daisy Hill Farm**

Katy Harris

5780 Hwy T12 N, Newton, IA 50208

319-432-4900

ktlnharris@netins.net

Venue: Grinnell and Newton farmers market

Vegetables

**Doty Angus Cattle Co.**

Daryl & Melissa Doty

304 Chapman Street, Malcom, IA 50157

641-528-4049

dotyangus@yahoo.com

www.beeforyourfreezer.com

Venues: direct marketing, Grinnell farmers market, Relish, Iowa Valley Food Coop in Cedar Rapids, and the Grinnell Local Food Source

Meats: Angus beef (quarters, halves, whole or individual cuts; beef sticks, jerky and hot dogs)

**Dreesman Buffalo Ranch**

Tom Dreesman

3575 L. Ave.; Tama, IA 52339

641-484-6725, 641-481-3492

Venues: direct marketing, wholesale – local health food stores

Meats: bison

*Dunham, Andrew, see Grinnell Heritage Farm*

*Dunham, Lisle, see Compass Plant CSA*

*Durr, Sandra, see Soaring Creations*

**Ebert Honey Co.**

Phil Ebert

14808 S. 102nd Ave. E.; Lynnville, IA 50153

641-527-2639

ehoney37@netins.net

Venues: direct marketing, wholesale

Honey: liquid, comb, beeswax - filtered or unfiltered, beeswax candles, unfiltered, unheated raw honey, chunk honey, package bees

**Emmack Farms**

Mary Emmack

7044 S. 60th Ave. W.; Colfax, IA 50054

515-994-2810

Venues: Prairie City, Newton, and Des Moines farmers markets

Vegetables: assortment (specialty: potatoes and popcorn)

*Engel, Laura, see Ceres Baked Goods*

**Esther's Place**

Esther Huedepohl

1742 410 Avenue, P.O. Box 387, Brooklyn, IA 52211

641-522-7888, 641-990-7960

Venues: Grinnell farmers market

Baked goods: rolls, breads, kolaches, pies, cookies, muffins, cakes

**Foreside Acres**

Rick & Martha Mitchell

162 380th Ave.; Grinnell, IA 50112

641-236-3580, fax: 641-236-3580

foreside@foresideacres.com;

www.foresideacres.com

Venues: direct marketing

Herbs

Meats: lamb

Specialty: Asian vegetables and winter greens

Vegetables: longevity spinach, bitter gourd, winter melon. and edible gourds

**Gnau, Jarrod**

447 320th Ave.; Grinnell, IA 50112

641-888-0265, jarrod\_gnau@msn.com

Venue: Grinnell farmers market

Vegetables: corn, cucumbers, green beans, peas, peppers, radish, squash (summer and winter varieties), tomatoes

**Grinnell Heritage Farm, Inc.**

Andrew & Melissa Dunham  
1933 Penrose St.; Grinnell, IA 50112  
641-990-0018  
grinnellheritagefarm@gmail.com  
www.grinnellheritagefarm.com

Venues: Produce (USDA Certified Organic) available in Grinnell through CSA shares, through farmers markets in Cedar Rapids (downtown) Des Moines, and Iowa City (Saturdays), and through New Pioneer Coop, Wheatsfield Coop, Gateway Market, and Whole Foods Market

Herbs

Meats: beef

Poultry: chickens

Vegetables: assortment

**Hala's Honey & Produce**

Margaret Hala  
1988 Vine Avenue; Marshalltown, IA 50158  
641-752-2981, 641-485-0813  
mhala@mchsi.com

Venues: Grinnell (Thursdays), and Marshalltown (Wednesday and Saturdays) farmers markets

Baked goods

Herbs

Honey: 8oz., 12 oz, pint, quart and gallon

Vegetables: peppers, tomatoes

*Harris, Katy, see Daisy Hill Farm*

**Hinegardner Orchard**

David & Julie Hinegardner  
1348 295th St.; Montour, IA 50173  
641-492-6353  
hinie@iowatelecom.net  
Facebook.com/Hinegardeners-Orchard

Venues: direct marketing, u-pick, Grinnell and Des Moines (downtown on Saturdays) farmers markets, wholesale

Fruits: apples, black berries, melons, pears, raspberries, strawberries

Vegetables: assortment (specialty: squash, gourds, pumpkins)

*Huedepohl, Esther; see Esther's Place*

**Humphrey Sweet Corn**

Rich Humphrey  
11293 Hwy F 17 E.; Gilman, IA 50106  
641-498-7317  
randchum@gmail.com

Venues: direct marketing, produce stands at 4th & West St. in  
Grinnell and K-Mart parking lot in Marshalltown; wholesale  
Vegetables: sweet corn, tomatoes

**Imhoff, Joe & Barb**

2307 310th St., Toledo, IA 52342  
641-691-1670

Venues: Direct marketing, Grinnell (Thursday) and Toledo (Friday)  
farmers market  
Baked goods: Artisan breads, pasteries  
Berries  
Nuts  
Vegetables

**Irish Ridge Produce**

Steve Cranston  
2093 470th Avenue, Deep River, IA 52222  
641-990-5882, 641-595-6121  
fsbcranston@yahoo.com

Venues: Grinnell farmers market  
Herbs: garlic  
Specialty: ornamental and broom corn  
Vegetables

*Laackmann, Darold & Ruth; see Botanical Goodness*

**Landmark Farms**

Jack, Barb and Jim Bob Suiter  
9038 Station Street; Sully, IA 50251  
641-594-3232, 641-275-2128  
landmarkfarms@netins.net

Venues: direct marketing, wholesale  
Eggs - free range (antibiotic free)  
Poultry: broiler chickens, turkeys (antibiotic free)  
Vegetables: cucumbers, eggplant, kohlrabi, okra, peppers, rutabaga,  
squash, tomatoes, and zucchini

*Lincoln, Greg, see Top of the Hill Nuts*

*Maske, Gary & Julie, see Deep River Chicken*

**Middle Way Farm**

Jordan Scheibel

farm address: 3633 Hwy. 146, Grinnell, IA 50112

mailing address: 1325 4th Ave.; Grinnell, IA 50112

641-821-0753

[middlewayfarmer@gmail.com](mailto:middlewayfarmer@gmail.com)

[www.middlewayfarm.com](http://www.middlewayfarm.com)

Venue: Grinnell farmers market, CSA, Grinnell Local Food Source,

Cedar Rapids downtown market, Farm to Folk (Ames), wholesale

Fruits

Herbs

Specialty: flowers, bedding plants

Vegetables

**Momma Teresa Salsa**

Marilyn J. D'Aguanno

191 Forest Home Road; Montezuma, IA 50171

641-623-2696, 641-569-0916

[marilyndaguanno@gmail.com](mailto:marilyndaguanno@gmail.com)

Venues: Grinnell farmers market, grocery stores in Poweshiek

County

Specialty: salsa, apple butter

*Minehart, Ned & Mary, see Southview Acres*

*Mitchell, Rick & Martha, see Foreside Acres*

*Nelson, Delmar & Fern, see Rock Creek Honey*

**Olson Garden Market**

Brian & Kerri Olson

5809 Hwy. T38N, Grinnell, IA 50112

641-990-6605, 641-990-6362

kerriolson56@gmail.com; brian.olson.O@gmail.com

Venues: Grinnell farmers market

Herbs

Vegetables: asparagus, beets, carrots, green beans, yellow beans, kohlrabi, summer squash, radishes, rhubarb, horseradish, new potatoes, tomatoes

*Orr, Barb, see A Taste of Country*

**Parker, Donald**

3276 Hwy. 63; Malcom, IA 50157

641-528-4505, 641-990-1344

P0314@iowatelecom.net

Venues: Grinnell produce stand, Toledo produce stand

Fruits: watermelon, cantaloupe

Specialty: popcorn

Vegetables: sweet corn

**Paul's Grains**

Steve & Teresa Paul

2475B 340th St.; Laurel, IA 50141

641-476-3373

spaul@heartofiowa.net

www.paulsgrains.com

Venues: Grinnell Local Food Source, direct marketing

Grains: barley, buckwheat, corn, oats, rye, soybeans, spelt, wheat (made into flour and cereal)

Meats: grass-fed beef, lamb and goats

Poultry: free-range chickens

**Rock Creek Honey**

Delmar & Fern Nelson

630 Rock Creek W.; Kellogg, IA 50135

641-526-8866

rockcreekhoney@yahoo.com

Venues: direct marketing, Iowa State Fair, Southern Iowa Fair

Honey: 1, 2, 3, and 5 pound bottles, comb honey, chunk honey, creamed honey, and pollen. We do swarm removal.

### **Soaring Creations**

Sandra Durr

671 E 132nd Street N, Grinnell, IA 50112

641-990-3900

Sjdurr1@gmail.com

Venue: Grinnell farmers market

Eggs

*Schiebel, Jordan, see Middle Way Farm*

### **Southview Acres**

Ned & Mary Minehart

1874 415th Avenue; Brooklyn, IA 52211

641-522-9644, 641-275-0405

nemarent@netins.net

Venues: Grinnell farmers market

Baked goods: banana, zucchini and pumpkin breads, various cookies

Vegetables: potatoes, cabbage, squash, cucumbers, tomatoes, green beans and more

*Suiter, Jack, Barb & Jim Bob, see Landmark Farms*

### **Top of the Hill Nuts**

Greg Lincoln

4054 20th Street, Grinnell, IA 50112

641-990-2005

glincoln49@gmail.com

Venue: Grinnell farmers market

Nuts: roasted almond, cashews, pecan (sugar coated)

*Troutner, Dawn, see C & T Gardens*

### **Uncle Bill's Farm**

Bill Owen

244 400th Ave.; Grinnell, IA 50112

641-236-7043

unclebillsfarm@hotmail.com

www.unclebillsfarm.com

Venues: direct marketing

Specialty: potted bedding plants

Vegetables: pumpkins, tomatoes, squash, red and green peppers

**Werner, Chuck & Ginger**

3456 T Ave.; Chelsea, IA 52215

641-489-2046

Venues: direct marketing, Toledo and Grinnell (Saturday only)  
farmers markets

Baked goods

Eggs

Fruits: apples, berries, melons

Grains, Herbs, Nuts

Poultry: chickens, ducks, geese

Specialty: gourds, Indian corn

Vegetables: potato, green beans, salad greens, onions

**Winburn, Angela**

915 440th Avenue, Malcom, IA 50157

641-260-0236

winburn@grinnell.edu

Venues: direct marketing, Grinnell Local Foods Source

Poultry: turkeys (seasonal)





# Seasonal Availability

	APR	MAY	JUN	JUL	AUG	SEP	OCT
<b>FRUIT</b>							
Apples							
Blueberries							
Elderberries							
Gooseberries							
Melons							
Raspberries							
Strawberries							
<b>VEGETABLES</b>							
Asparagus							
Beets							
Broccoli							
Carrots							
Cauliflower							
Cucumbers							
Eggplant							
Garlic							
Green Beans							
Leek							
Lettuce							
Onions							
Peas							
Peppers							
Potatoes							
Radishes							
Rhubarb							
Soybeans							
Spinach							
Summer Squash (Zucchini)							
Sweet Corn							
Tomatoes							
Winter Squash							

# Directory of

	<i>Aldrich, Charles &amp; Marilyn</i>	<i>A Taste of Country</i>	<i>B &amp; B Farms</i>	<i>Botanical Goodness</i>	<i>Bauman Farm Fresh Produce</i>	<i>Busy Bee Acres</i>	<i>C &amp; T Gardens</i>	<i>Ceres Baked Goods</i>	<i>Compass Plant CSA</i>	<i>Daisy Hill Farm</i>	<i>Doty Angus Cattle Co.</i>	<i>Dreesman Buffalo Ranch</i>	<i>Ebert Honey Co.</i>	<i>Emmack Farms</i>	<i>Eshter's Place</i>	<i>Foreside Acres</i>
<i>Baked Goods</i>	X	X					X	X	X						X	
<i>Cheese</i>																
<i>Eggs</i>				X			X		X							X
<i>Fruits</i>							X									X
<i>Grains</i>																
<i>Herbs</i>					X		X		X							X
<i>Honey</i>						X							X			
<i>Meats</i>			X						X		X	X				X
<i>Nuts</i>	X															
<i>Poultry</i>			X				X		X							
<i>Soy Products</i>		X														
<i>Specialties</i>	X	X			X	X	X									X
<i>Vegetables</i>		X		X	X	X	X		X	X				X		X

# Producers by Product

	<i>Ghau, Jarrod</i>																	
	<i>Grinnell Heritage Farm, Inc.</i>																	
	<i>Hala's Honey &amp; Produce</i>		X															
	<i>Hingarder Orchard</i>																	
	<i>Humphrey Sweet Corn</i>																	
	<i>Imhoff, Joe &amp; Barb</i>				X													
	<i>Irish Ridge Produce</i>																	
	<i>Landmark Farms</i>							X										
	<i>Momma Teresa Salsa</i>																	
	<i>Middle Way Farm</i>								X									
	<i>Olson Garden Market</i>									X								
	<i>Parker, Donald</i>										X							
	<i>Paul's Grains</i>										X							
	<i>Rock Creek Honey</i>											X						
	<i>Soaring Creations</i>												X					
	<i>Sojourn Farm</i>													X				
	<i>Southview Acres</i>																	
	<i>Top of the Hill Nuts</i>														X			
	<i>Uncle Bill's Farm</i>																	
	<i>Werner, Chuck &amp; Ginger</i>															X		
	<i>Winburn, Angela</i>																X	
X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

# Directory of Producers by City

## **Beaman**

*Aldrich, Charles & Marilyn*

## **Brooklyn**

*A Taste of Country*

*Esther's Place*

*Southview Acres*

## **Chelsea**

*Werner, Chuck & Ginger*

## **Colfax**

*Emmack Farms*

## **Deep River**

*Irish Ridge Produce*

## **Gilman**

*Humphrey Sweet Corn*

## **Grinnell**

*B & B Farms*

*Bauman Farm Fresh Produce*

*Compass Plant CSA*

*Foreside Acres*

*Gnau, Jarrod*

*Grinnell Heritage Farm, Inc.*

*Middle Way Farm*

*Olson Garden Market*

*Soaring Creations*

*Top of the Hill Nuts*

*Uncle Bill's Farm*

## **Kellogg**

*Rock Creek Honey*

## **Keystone**

*Botanical Goodness*

## **Laurel**

*Paul's Grains*

## **Lynnville**

*Ebert Honey Co.*

## **Malcom**

*Doty Angus Cattle Co.*

*Parker, Donald*

*Winburn, Angela*

## **Marshalltown**

*Hala's Honey & Produce*

## **Melbourne**

*C & T Gardens*

## **Montezuma**

*Mama Teresa Salsa*

## **Montour**

*Hinegardner Orchard*

## **New Sharon**

*Deo Gloria Elk Products*

## **Newton**

*Ceres Baked Goods*

*Daisy Hill Farm*

## **Sully**

*Landmark Farms*

## **Tama**

*Busy Bee Acres*

*Dreesman Buffalo Ranch*

## **Toledo**

*Imhoff, Joe & Barb*

# Directory of Regional Farmers Markets

## ***Grinnell***

May 12 - October 22

Thursdays 3:00 - 6:00 pm and Saturdays 10:00 am - noon

Central park, corner of 4th Avenue and Broad Street

Contact: Rachael Kinnick, 641-236-6555

## ***Knoxville***

May 28 - October 15

Tuesdays 2:30 - 6:00 pm and Saturdays 8:00 am - noon

West side of Town Square

Contact: Cathy Priest, 641-414-0892

## ***Marshalltown***

May 14 - October 22 (closed for Octoberfest)

Wednesdays 4:00 - 6:00 pm and Saturdays 8:00 - 11:00 am

108 N. 2nd Avenue

Contact: Margaret Hala, 641-752-2981

## ***Newton***

June 7 - September 20

Tuesdays 4:30 - 6:30 pm

Northwest corner of Courthouse square

Contact: Andrew Bassman, 641-792-5545

andrewjbassman@gmail.com

## ***Oskaloosa***

May 17 - October 15

Tuesdays 4:00 - 6:00 pm, Saturday 8:00 - 11:00 am

East side of Town Square

Contact: Blain Vos, 641-777-2857, oskyhope@gmail.com

## ***Pella***

April 21 - October 27 (Thursdays 3:00 - 6:00 pm)

May 14 - October 22 (Saturdays 9:00 am - 12:00 pm)

First Reformed Church parking lot at 603 Broadway

Contact: Vivian Rippentrop, 641-628-4581

## ***Toledo***

May 6 - October 28

Fridays 5:00 - 7:00 pm

East side of Courthouse

Contact: Dawn Troutner, 641-691-9710, toledofarmersmarket@yahoo.com

# Community Supported Agriculture (CSA) Organizations

**Compass Plant CSA:** serves the immediate Grinnell area, provides a weekly share of locally grown fresh produce and eggs to members. Contact Ann Brau at (641) 990-6832 or [ladunham@wildblue.net](mailto:ladunham@wildblue.net) for information.

**Grinnell Heritage Farm CSA** serves the Grinnell, Cedar Rapids, Iowa City, Des Moines, and Ames areas, provides a weekly share of locally grown produce to members. Contact Andrew or Melissa Dunham at 641-236-4374 or [grinnellheritagefarm@gmail.com](mailto:grinnellheritagefarm@gmail.com) for information.

## Others

### **Grinnell Local Food Source, LLC**

The Grinnell Local Food Source connects conscientious consumers with local food farmers and producers through an online ordering system and a central distribution site at the First Presbyterian Church, 1025 5th Avenue in Grinnell, Iowa. We offer monthly distributions on the third Tuesday of the month (except January). Choose products from more than a dozen local producers including: beef, pork, chicken, and lamb; eggs, vegetables, breads, baked goods, noodles, pickles, salsa, grains, flours, dried beans, plant starts, and more. For questions, contact Angela Winburn at 641-260-0236. Email: [Angela@localfoodgrinnell.com](mailto:Angela@localfoodgrinnell.com) Website: [www.localfoodmarketplace.com/grinnelllocalfoodsource/](http://www.localfoodmarketplace.com/grinnelllocalfoodsource/)

### **Red Earth Gardens, Meskwaki Nation (Sac and Fox Tribe of the Mississippi in Iowa)**

We grow a diversity of vegetables, fruits, herbs and flowers using organic methods, meaning all food is raised without chemical fertilizers or pesticides.

Venues: Toledo Farmer's Market on Fridays 5-7, Meskwaki settlement farm stand set up every Thursday from 2 – 5, Meskwaki Bingo Casino and Hotel, and the Marshalltown HyVee.

Tribally Supported Agriculture (TSA) 16-week produce share.

Contact: Sandy McAntire, 321 Meskwaki Road, Tama, IA 52339,  
641-484-4678 ext. 2513 or 641-484-9513,  
Email: [fbdc.econdev@meskwaki-nsn.gov](mailto:fbdc.econdev@meskwaki-nsn.gov)

United States farm policy has encouraged overproduction of commodity grain and oilseed crops such as corn and soybeans, thereby driving down prices—often below the cost of production. This has significant implications for public health. Food companies are able to purchase these commodities at artificially cheap prices, fueling their rise in our food supply in the form of added fats and sugars. Livestock producers are able to obtain below-cost feed, encouraging the production of grain-fed livestock over healthier grass-fed meat and dairy and driving the development of confined, industrial livestock facilities that themselves pose public health risks.

Institute for Agriculture and Trade Policy, A Fair Farm Bill for Public Health (2007).

<http://www.iatp.org/iatp/publications.cfm?accountID=258&refID=98598>



According to the US Department of Agriculture, the number of farmers' markets directory listings increased from 1,755 in 1994 to 8,476 in 2015, an increase of 6,721.

According to the website: [civileats.com](http://civileats.com), the number of Community Supported Agriculture (CSA) farms has grown from 2 in 1986 to approximately 6,200 in 2014.

# Food Labels

Many people want to eat food that is healthier, is produced in ways less detrimental to the environment, or (in the case of animal products) comes from animals that have been treated humanely throughout their lives. The food industry has created a variety of labels to help consumers identify food produced in certain ways. However, many of these labels are not standardized or rigorously certified. Here is a beginning guide to some of those labels.

**“Animal Welfare Approved”** means the producer and thereby their products have been certified as adhering to this organization’s standards for farm animal welfare. Animal Welfare Approved’s standards incorporate best practice and recent research and have been adopted only after rigorous review. The basic premise of all the standards is that animals must be able to behave naturally and be in a state of physical and psychological well-being. <http://www.animalwelfareapproved.org/about/>

## **“Antibiotic” food labels:**

**Antibiotic free:** term not permitted by the U.S. Department of Agriculture because *all* foods should be free of antibiotic residues.

**No antibiotics administered or raised without antibiotics:** animals never received antibiotics. Not independently verified, so claim depends on the honesty of the company making it.

**USDA Certified Organic or American Grassfed Certified:** Use of antibiotics prohibited. Verified by independent audits.

**Certified Humane or Animal Welfare Approved:** Antibiotics permitted only to treat sick animals. Verified by independent audits.

**“Cage-Free”** As the term implies, hens laying eggs labeled as “cage-free” are uncaged inside barns, but they generally do not have access to the outdoors. They can engage in many of their natural behaviors such as walking, nesting and spreading their wings. Beak cutting is permitted. There is no third-party auditing, although some chicken and/or egg companies offer their own “certified cage free” promise.

**“Certified Humane Raised and Handled®”** means the producer and thereby their products have been certified as adhering to this organization’s standards for animal welfare, requiring the humane treatment of farm animals from birth through slaughter. The goal of the program is to improve the lives of farm animals by driving consumer demand for kinder and more responsible farm animal practices. Meets the Humane Farm Animal Care program standards, which includes nutritious diet without antibiotics or hormones, animals raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.



**“Certified Naturally Grown”** means the producer and thereby their products have been certified as adhering to this organization’s standards, which entail a commitment to work within the natural biological cycles that are necessary for a truly sustainable farming system - a system that works in harmony with micro-organisms, soil flora and fauna, pollinators, plants and animals. CNG offers certification of the following types of operations: Produce (including maple), Apiaries (for honey), and Livestock (including poultry and eggs). <http://www.naturallygrown.org/programs>

**“Certified Organic”** means the producer and thereby their products have been certified by a USDA-accredited agent to be following certain ecological standards, established by the National Organic Program, that exclude the use of synthetic pesticides, herbicides or fertilizers, growth hormones, and routine antibiotics in their farming and/or processing. Congress declared that after October 21, 2002, any farmer selling over \$5,000 worth of produce may NOT refer to their produce or growing methods as “Organic” unless they have been certified by a USDA accredited certification agency. Failure to comply with this order is punishable with fines up to \$10,000 per violation per day.

**“CSA or Community Supported Agriculture”** consists of a community of individuals who become shareholders in a farm operation, so the growers and consumers provide mutual support and share the risks and benefits of food production. Typically, CSA members purchase shares of the harvest at the beginning of the season to cover the anticipated costs of the farm operation and farmer’s salary. In return they receive portions, usually weekly, of freshly harvested produce throughout the growing season.

**“Fair Trade”** typically refers to exports (like coffees, teas, and chocolate) from developing countries to developed countries, which return a “fair price” to the producer, are made under good working conditions, and which use practices that minimize negative environmental impacts.

**“Free range”** is a method of farming husbandry in which the animals are allowed to roam freely instead of being confined closely or caged. The term can be applied to the animals themselves or to the products from the (i.e., meat, eggs, dairy) products.

**“Local”** (as in “local food”) is a widely used but not standardized term. In this guide it means roughly within a 50-miles radius of where you live.

**“Minimum to no chemical usage”** or similar phrasing, is used by some producers who avoid using chemicals but for one reason or another have not sought organic certification and therefore are not permitted to use the word “organic” to describe their products. Consumers should realize that there is no standardization or certification process for such phrases, and they should ask the farmer about his or her growing practices.

**“Non-GMO Verified”** This program was developed by a retail organization, “Non-GMO Project.” There is currently no government or third-party auditing of this. As claimed by Non-GMO Project, the verification seal indicates that the product bearing the seal has gone through “our verification process. Our verification is an assurance that a product has been produced according to consensus-based best practices for GMO avoidance.” Due to limitations of testing methodology, the verification seal does not guarantee that a product is completely GMO-free.

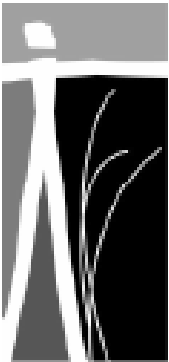
**“Organic”** is a form of non-chemical farming and food processing. Farmers farming organically generally don’t use synthetic chemicals, genetically engineered seeds or products, growth hormones or routine antibiotics in their farming practices. This term does not imply independent certification.

**“Participatory Guarantee Systems (PGS)”** is an internationally recognized “grassroots” alternative organic certification program. PGS programs are fully committed to recognized organic practices, but they differ from third-party inspector models like the USDA’s National Organic Program (NOP) in that they minimize paperwork and certification fees, and employ a peer-review inspection process built on local networks. This model is typically a better fit for small-scale producers who sell locally and directly to their customers.

**“Pasture raised” or “grass-fed”** meat, dairy and poultry come from animals raised primarily on a diet of freshly grazed pasture during the growing season and stored grasses (hay or grass silage) during the winter months or drought conditions. They are generally not given growth hormones or growth-promoting additives.

**“Sustainable”** indicates farming that strives for harmony with the natural environment. It considers issues of human health as well as societal and economic well-being while seeking to be environmentally and socially responsible without sacrificing profitability. Does not imply independent certification or verification.





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[www.grinnell.edu/academics/centers/prairie-studies](http://www.grinnell.edu/academics/centers/prairie-studies)