

2012  
FOOD GUIDE

IOWA

# BUY FRESH BUY LOCAL®

NORTHERN IOWA FOOD & FARM PARTNERSHIP • UNI

Compre  
Fresco,  
Compre  
Localmente

FRESH FOODS FROM FAMILY FARMS NEAR YOU!  
BLACK HAWK & NEIGHBORING IOWA COUNTIES

Kupi Svježe,  
Kupi Domaće

YOUR GUIDE TO

*fresh & delicious*

LOCALLY GROWN:

Meats, Fruits, Vegetables...

People who grow and sell them...

& more!

## RESTAURANTS

These restaurants support the Buy Local initiative and serve locally grown items on their menu in season when available.

**ARTHOUSE CAFÉ**  
Waterloo Center for the Arts  
319-296-5071

Find us on Facebook!  
*artful, delicious, unique.*

**BARN HAPPY**  
Cedar Falls  
319-266-0888  
www.barnhappy.net  
Your 'barn' good Iowa store!

**BOURBON STREET**  
Downtown Cedar Falls  
319-266-5285

**CUP OF JOE**  
Downtown Cedar Falls  
319-277-1596  
www.cupofjoe-cedarfalls.com  
Specializing in Organic, Fair-Trade, Shade-Grown Coffees & Locally Made Pastries

**MONTAGE**  
Cedar Falls  
319-268-7222

**MOO ROO**  
Waterloo  
319-234-3309  
Ice cream made fresh at Hansen's Dairy

**MY VERONA**  
Cedar Falls  
319-266-9920  
cbramblett@my-verona.com  
www.my-verona.com  
Get "Fresh" at My Verona

**NEWTON'S CAFE**  
Downtown Waterloo  
319-234-0280  
www.newtonscfe.com  
Now serving breakfast, lunch, and dinner!

**PABLO'S MEXICAN GRILL**  
Downtown Cedar Falls  
319-277-8226  
www.pablosgrill.com  
From Farm Fresh to Fiesta!

**RUDY'S TACOS**  
Waterloo  
319-234-5686  
Buying fresh & local since 1997!



## Farm to School

The Northern Iowa Food & Farm Partnership works closely with area school districts to help bring the freshest fruits, vegetables, dairy and meat to Cedar Valley students. Besides the taste and health benefits for school meals, Farm to School programs strengthen the local economy, build vital community ties, and provide important opportunities for students to learn where and how their food grows.

For more information and to get involved, visit our website!



WWW.NIFFP.ORG



## SCHOOLS

These schools and districts work to provide children with more fresh foods from local family farms. Thank you for your leadership!

**DIKE-NEW HARTFORD SCHOOLS**  
Angie Dieken  
319-989-2485

**INDEPENDENCE COMMUNITY SCHOOL DISTRICT**  
Jessica Weber  
319-334-7423

**SUMNER-FREDERICKSBURG SCHOOLS**  
Mary Thorpe  
563-578-3354

**WAVERLY-SHELL ROCK SCHOOLS**  
319-352-3630



## GROCERS

These grocers sell locally grown products!

**HANSEN'S FARM FRESH DAIRY OUTLET**  
Cedar Falls  
319-266-3044  
info@hansendairy.com  
www.hansendairy.com  
Milk, Ice Cream, Cheese Curds, Butter, Cream, Ground Beef

**HOMETOWN FOODS**  
Conrad  
641-366-2244

**HY-VEE** (4000 University Avenue)  
Waterloo  
319-236-0580  
www.hy-vee.com  
Making lives easier, healthier, happier at your University Avenue Hy-Vee!

**MOO ROO**  
Waterloo  
319-234-3309  
info@hansendairy.com  
www.hansendairy.com  
Delivering the best quality farm-fresh dairy products from our family to yours  
Milk, Ice Cream, Cheese Curds, Butter, Cream, Ground Beef

**RIVERLOOP PUBLIC MARKET CO-OP**  
Waterloo  
319-287-9227  
www.riverlooppublicmarket.com  
Find us on Facebook!

**ROOTS MARKET**  
Cedar Falls  
319-266-3801  
www.rootsmarket.net  
Find us on Facebook!  
Natural Foods Grocery and Deli:  
made to order sandwiches, salads and smoothies. Catering and party trays for all occasions.



LOOK FOR THE LABEL AND TASTE THE DIFFERENCE!





FRUITS & VEGETABLES



BENTON

**ANYTHING BUT GREEN GARDENS**  
Brein Osborn  
Vinton  
319-241-9490  
anythingbutgreengardens@hotmail.com  
www.freshiowamushrooms.com  
Iowa's Best Mushrooms Picked Fresh Daily!  
Shiitake Mushrooms, 4 Kinds of Oyster Mushrooms (Pink, Yellow, Brown, Blue)

**PHEASANT RUN FARM**  
Eric & Ann Franzenburg  
Van Horne  
319-228-8758 or 319-640-0262  
Lettuce, Ginger, Tomatoes, Strawberries, Blueberries, Cut Flowers



BLACK HAWK

**A FAMILY MARKET PLACE**  
Chad Thomas  
Waterloo  
319-961-6099  
chadrythomas@gmail.com  
Find us on Facebook!  
Fresh Produce, Brown Eggs, Chickens, Rabbits, Also Offering Baked Goods, Flowers, Catering, Don't Forget Our October Pumpkin Patch!

**BROWN'S GARDENS**  
Lowell & Bridget Brown  
Waterloo  
319-984-5307  
iafrogger30@msn.com  
Sweet Corn, Vegetables, Fruits (Strawberries)

**DAVE'S GARLIC HERD**  
David Strack  
Waterloo  
319-291-6109  
SDCS347@aol.com  
Garlic, Leeks, Bell Peppers, Winter Squash

**ROGER & PEGGY DRINOVSKY**  
Hudson  
319-988-4488  
Eggs, Garden Products

**FITKIN POPCORN (FIT-POP)**  
Jim Fitkin  
Cedar Falls  
319-961-2045  
jimfitkin@gmail.com  
www.fit-pop.com  
Popcorn Seeds (Yellow, White, Microwave) and Popped Popcorn in a Variety of Flavors  
When you want popcorn, just ask for Fit-Pop!

**FUGGITI APPLE ORCHARD**  
Sergio Fuggiti  
Waterloo  
319-342-3220  
Apples



**HEARTLAND FARMS**  
David Myers  
Waterloo  
319-232-3779  
berrypumpkinfarm@earthlink.net  
www.heartlandfarmswaterloo.com  
Find us on Facebook!  
Serving the Cedar Valley for 25 Years.  
On-Farm Sales  
Asparagus (May), Strawberries (June), Raspberries (Sept.), Pumpkins (Oct.)

**HILLCREST FARM**   
Robin & Jack Darland, Jr.  
Cedar Falls  
319-231-3058 or 319-231-2206  
2petalpushers@gmail.com  
Find us on Facebook!  
See us at Cedar Falls Farmers Market  
We Deliver!

**HOFFMAN PRODUCE FARM**  
Greg & Denise Hoffman  
Waterloo  
319-233-5479  
See us Saturdays at Cedar Falls Farmers Market  
Cabbage, Peppers, Potatoes, Tomatoes, A Variety of Other Fruits & Vegetables, Fresh Herbs, Plants

**JEFFERSON GREENHOUSE & ORCHARD**  
Bruce & Jan Jefferson  
Dunkerton  
319-822-4239  
Bedding Plants, Vegetables, Perennials, Raspberries, Tomatoes, Apples

**MAMA MADE BABY FOOD**  
Jess Hansen  
Cedar Falls  
319-775-0147  
mamamade21@yahoo.com  
facebook.com/mamamade21  
Dept. of Health Certified Homemade Baby Food Prepared with Local Produce:  
Seasonal Varieties Include Apple, Sweet Potato, Carrot, Beet, Pumpkin, Green Bean, Squash

**ROSE HILL FARM**  
Steve & Jean Moseley  
Hudson  
319-988-4445  
sjmrosehillfarm@yahoo.com  
See us at Kimball Ridge Saturday Market and Ansborough Hy-Vee Wednesday Market  
Tomatoes, Cucumbers, Onions, Peppers, Squash, Pumpkin, Plants, Cut Flowers, Jams, Baked Goods

**KIM SITTIG**  
Waterloo  
319-610-4285  
Heirloom Varieties of Tomatoes, Hot Peppers, Onions, Green Beans, Cucumbers, Peas, Lettuce, Kale

BREMER

**BLUERIDGE ORCHARD**  
Mark & Abby Rippe  
Denver  
319-984-5718  
blueridgeorchard@gmail.com  
Premium Hand-Picked Apples

**GENUINE FAUX FARM**  
Rob & Tammy Faux  
Tripoli  
319-610-9201  
gff@genuinefauxfarm.com  
www.genuinefauxfarm.com  
Certified Organic, All Local Sales  
CSA Product Shares (June-Oct), Vegetable Plant Starts, Turkeys, Chickens, Ducks, Eggs  
Certified Organic Produce (IDALS)

**LAHR ORGANIC FARMS**  
Jason Lahr  
Waverly  
319-415-8299  
Jasonlahr2@yahoo.com  
Find us on Facebook!  
See us at Waverly Farmers Market  
Tomatoes, Peppers, Ground Cherries, Cucumbers, Eggplants, Watermelons, Pumpkins

**RAINBOW RIDGE FARM**  
Jason, Jordan, & Olivia Gomes  
Waverly  
319-230-5495  
jagomes@netins.net  
Melons, Squash

**SAGE GARDENS**  
Jeff Sage  
Waverly  
319-885-4645  
Grass-Finished Lamb, Asparagus, Carrots, Beets, Sweet Potatoes

**BRENT & TRACY WILKER**  
Waverly  
319-230-9269  
Tomatoes, Bell Peppers, Cantaloupe, Watermelon, Zucchini, Cucumber, Winter Squashes, Pumpkins



FARM SHARES

At the beginning of the growing season, sign up to receive weekly deliveries of fresh produce from a local family farm! Contact for more information.

**GENUINE FAUX FARM**  
Rob & Tammy Faux  
Tripoli  
319-610-9201  
gff@genuinefauxfarm.com  
www.genuinefauxfarm.com  
CSA Product Shares (June-Oct), Vegetable Plant Starts, Turkeys, Chickens, Ducks, Eggs, Certified Organic Produce (IDALS)



IOWA HARVEST CALENDAR

These are the best times to buy Iowa fruits and vegetables. The harvest seasons are approximate. Weather conditions can speed up or delay crop maturity.

	MAY	JUNE	JULY	AUG	SEP	OCT
Apples						
Apricots						
Asparagus						
Beans						
Blueberries						
Beets						
Broccoli						
Brussels Sprouts						
Cabbage						
Cantaloupe						
Carrots						
Cauliflower						
Cherries						
Collard Greens						
Cucumbers						
Currants						
Eggplant						
Gooseberries						
Grapes						
Kale						
Kohlrabi						
Leeks						
Lettuce						
Mustard Greens						
Okra						
Onions (Green)						
Onions (Dry)						
Parsnips						
Peaches						
Pears						
Peas						
Peppers						
Plums						
Potatoes						
Pumpkins						
Radishes						
Raspberries						
Rhubarb						
Rutabaga						
Spinach						
Squash						
Strawberries						
Sweet Corn						
Sweet Potato						
Swiss Chard						
Tomatoes						
Turnips						
Turnip Greens						
Watermelon						
Zucchini						

SOURCE: IOWA DEPARTMENT OF AGRICULTURE AND LAND STEWARDSHIP



APPLES



AUGUST-NOVEMBER

**ADOLPHS PRODUCE & BAKERY**  
Ken & Carolyn Adolphe  
Traer  
319-478-8624  
cadolphs@yahoo.com  
See us at Kimball Ridge Saturday Market and Ansborough Hy-Vee Wednesday Market  
Bakery, Apples, Green Beans, Romaine & Lettuce Varieties, Sweet Onions, Potatoes, Sweet Corn, Hot & Sweet Peppers, Tomatoes, Cut Flowers, Bedding Plants, Plus More!



**BLUERIDGE ORCHARD**  
Mark & Abby Rippe  
Denver  
319-984-5718  
blueridgeorchard@gmail.com  
Premium Hand-Picked Apples

**HOFFMAN PRODUCE FARM**  
Greg & Denise Hoffman  
Waterloo  
319-233-5479  
See us Saturdays at the Cedar Falls Farmers Market  
Cabbage, Peppers, Potatoes, Tomatoes, A Variety of Other Fruits & Vegetables, Fresh Herbs, Plants

**TIMELESS PRAIRIE ORCHARD**  
David & Susan Differding  
Winthrop  
319-934-3846  
timelessprairie@att.net  
www.timelessprairieorchard.com  
See us at Cedar Falls Farmers Markets: Awarded "Overall Best Fruit" at the 2011 Iowa State Fair  
Honeycrisp Apples, Asian Pears

Fresh Food for Families!

FARMERS & GARDENERS!

Did you know you can **PLANT & DONATE EXTRA PRODUCE** in support of the Northeast Iowa Food Bank and the over 40,000 individuals that we serve?

Last year, contributors donated almost 40,000 pounds of fresh produce to the Food Bank (the farmers market alone contributed over 14,000 pounds of fresh foods as part of this total).



**Help collect Fresh Food for Families!**  
Contact Sheri Huber-Orting (319-235-0507, x114 or shuber-orting@feedingamerica.org).



## FRUITS & VEGETABLES

U-PICK



### BUCHANAN

**DEANER ORCHARD**  
Steve & Delphine Deaner  
Hazleton  
319-283-8012  
sdeaner@iowatelecom.net  
Apples

**BAGGE STRAWBERRIES**   
John & Shelly Bagge  
Independence  
319-334-3983  
jsbagge@gmail.com  
We have U-Pick. Children are welcome.  
Strawberries, Red Raspberries

**TIMELESS PRAIRIE ORCHARD**  
David & Susan Differding  
Winthrop  
319-934-3846  
timelessprairie@att.net  
www.timelessprairieorchard.com  
See us at Cedar Falls Farmers Markets; Awarded  
"Overall Best Fruit" at the 2011 Iowa State Fair  
Honeycrisp Apples, Asian Pears

### BUTLER

**HERSHEY FAMILY NURSERY**  
Tony Hershey  
Ackley  
319-347-2731  
dayspring@chooseblue.coop  
hershefamilynursery.tripod.com  
Gourmet Garlic, Raspberries, Garden Produce,  
Cut Flowers, Hostas, Lilies (All Crops Grown  
without Chemicals)

### CHICKASAW

**ENGELBRECHT FAMILY WINERY**  
Loren & Dianna Engelbrecht  
Fredericksburg  
563-237-5969  
lecows@windstream.net  
www.thefarmhousebb.com  
See us at Waterloo and Cedar Falls  
Farmers Markets  
Wine

### CLAYTON

**JOHNSON HONEY FARM**  
Bill & Louise Johnson  
Guttenberg  
563-252-2340  
louisej@alpinecom.net  
www.johnsonhoneyfarm.com  
See us at West Union and  
Guttenberg Farmers Markets  
Wildflower Honey, Basswood Honey,  
Comb Honey, Creamed honey

### GRUNDY

**MEOW ACRES**  
Darwin & Elaine Huls  
Grundy Center  
319-824-6075  
Asparagus, Eggs,  
Jelly, Fresh Fruits  
& Vegetables

### TAMA

**ADOLPHS PRODUCE & BAKERY**  
Ken & Carolyn Adolfs  
Traer  
319-478-8624  
cadolfs@yahoo.com  
See us at Kimball Ridge Saturday Market  
and Ansborough Hy-Vee Wednesday Market  
Bakery, Apples, Green Beans, Romaine &  
Lettuce Varieties, Sweet Onions, Potatoes,  
Sweet Corn, Hot & Sweet Peppers, Tomatoes,  
Cut Flowers, Bedding Plants, Plus More!

**KELLER BERRY FARM**   
Paul & Esther Keller  
Toledo  
641-484-0802  
contact@kellerberryfarm.com  
www.Kellerberryfarm.com  
Bring the whole family out for some  
fun berry picking!  
Aronia Berries, Blueberries, Elderberries,  
Raspberries, Strawberries, Vegetables



## ASPARAGUS

**HEARTLAND FARMS**  
David Myers  
Waterloo  
319-232-3779  
berrypumpkinfarm@earthlink.net  
www.heartlandfarmswaterloo.com  
Find us on Facebook!  
Serving the Cedar Valley for 25 Years.  
On-Farm Sales  
Asparagus (May), Strawberries (June),  
Raspberries (Sept.), Pumpkins (Oct.)

## STRAWBERRIES

U-PICK

### EARLY-MID JUNE

**BAGGE STRAWBERRIES**   
John & Shelly Bagge  
Independence  
319-334-3983  
jsbagge@gmail.com  
We have U-Pick. Children are Welcome  
Strawberries, Red Raspberries

**HEARTLAND FARMS**  
Waterloo  
319-232-3779  
berrypumpkinfarm@earthlink.net  
www.heartlandfarmswaterloo.com  
Find us on Facebook!  
Serving the Cedar Valley for 25 Years.  
On-Farm Sales  
Asparagus (May), Strawberries (June),  
Raspberries (Sept.), Pumpkins (Oct.)

**HINEGARDNERS ORCHARD**   
Montour  
641-492-6353  
www.Hinegardnersorchard.com  
We have U-Pick  
Strawberries, Raspberries, Apples, Pears,  
Peaches, Squash, Pumpkins

**KELLER BERRY FARM**   
Paul & Esther Keller  
Toledo  
641-484-0802  
contact@kellerberryfarm.com  
www.Kellerberryfarm.com  
Bring the whole family out for some  
fun berry picking!  
Aronia Berries, Blueberries, Elderberries,  
Raspberries, Strawberries, Vegetables

## DAIRY

**HANSEN'S FARM FRESH DAIRY**  
Hansen Family  
Hudson  
319-939-2187  
info@hansendairy.com  
www.hansendairy.com  
Open for tours March-November.  
Come see our new tour center!  
Milk, Ice Cream, Cheese Curds,  
Butter, Cream,  
Ground Beef



## How do you buy locally grown meat?

When you buy your meats from local farms, you can find out how the animals were raised, what they were fed, and how well the land and animals were treated. For example, you can learn that a pound of ground beef actually came from one local cow, rather than a mixture of thousands of cows from unknown sources. You can learn whether or not antibiotics, hormones, or ground up animals were routinely used in the feed.

*Purchase a whole or a part of an animal by simply calling the farmers listed here and discuss your needs, price, and other questions.*

Farmers will transport their animals to an inspected meat locker. You can specify cuts (i.e. thickness of steaks, amount of ground beef or pork, numbers of brats, etc.). You will pick up your meat at the locker. Some farmers may have smaller quantities of specific cuts (i.e. ground beef, chickens) in frozen storage ready for pick up. Some grocers listed in this directory also carry local meats.



AUGUST 25, 2012  
**Local Food Festival**  
CONRAD, IOWA  
(Grundy National Bank)

SEPTEMBER 9, 2012  
**Farm Crawl**

(Watch the website for details as the time draws near: [www.NIFFP.org](http://www.NIFFP.org))



*Mark your calendar!*

For more information: 519-273-7883 • [andrea.geary@uni.edu](mailto:andrea.geary@uni.edu)



## MEAT, EGGS, & POULTRY

**BURNS ANGUS FARM**  
David Burns  
Lawler  
319-240-6351  
Grass and Hay Fed Black Angus Beef,  
Limited Supply of Lamb & Goat - Available  
by Special Order Only

**CHRIS FINK**  
New Hartford  
319-404-3228  
cfchickenfarm@gmail.com  
Eggs, Broilers, Pigs

**CLAUSING CATTLE CO.**  
Craig Clausing  
Waverly  
319-352-5744 or 319-269-3273  
Naturally Fed Beef (No Hormones,  
Antibiotics, or Animal By-Product Protein)

**DALEY'S SHAMROCK ACRES**  
Tim Daley  
New Hartford  
319-983-2141  
daleyshamrockacres@yahoo.com  
Pasture Poultry, Turkey, Pasture Lamb,  
Farm Fresh Eggs

**D AND C ANGUS**  
Dan Gingerich  
Independence  
319-404-2018  
Certified Organic, Grass-Fed Beef For Sale

**HAWKEYE BUFFALO RANCH**  
Dan McFarland  
Fredericksburg  
563-237-5318  
mcf@rconnect.com  
www.hawkeyebuffalo.com  
Buffalo Burgers, Steaks, Bacon, and Jerky  
(Grass-Fed, Hormone & Antibiotic Free)

**MARK'S LOCKER**  
Rowley  
319-938-2844  
markslocker@hotmail.com  
Custom Butchering and Processing

**TIMBER RIDGE BISON**  
James & Tammy Wedeking  
Waverly  
319-483-9857  
Prime Bison Burgers, Roasts, Steaks

**WOLFFPACK FARM**  
Josh Wolff  
Aplington  
319-269-8252  
joshw@iowatelecom.net  
Beef, Eggs, Chicken





## FARMERS MARKETS

### BLACK HAWK FARMERS MARKETS

#### SATURDAYS

##### CEDAR FALLS FARMERS MARKET

SAT 8:30 AM-12:00 NOON  
South side of Overman Park  
on 3rd Street  
Joe Bohr / 319-266-8189

##### DOWNTOWN WATERLOO FARMERS MARKET

SAT 8:00 AM-12:00 NOON  
Riverloop Expo Plaza  
327 W 3rd St  
Julie Keifer / 319-404-0901

##### KIMBALL RIDGE FAMILY MARKET

SAT 8:00 AM-12:00 NOON  
NE Corner of Kimball  
& Ridgeway Avenue  
Carolyn Adolphs / 319-478-8624

#### TUESDAYS

##### KIMBALL RIDGE FARMERS MARKET

TUE 3:30-6:00 PM  
Parking lot behind Cancer  
Treatment Center & KFC  
Mark Litteaur / 319-2 96-1840

#### WEDNESDAYS

##### ANSBOROUGH AVE. HY-VEE FARMERS MARKET

WED 3:30-6:30 PM  
2834 Ansborough Avenue  
Dave Bowling / 319-233-3266

##### CEDAR FALLS MAIN STREET FARMERS MARKET @ THUNDER RIDGE

WED 3:30-5:30 PM  
2302 W. 1st Street  
Bridget Brown / 319-984-5307

#### EVANSDALE

##### FARMERS MARKET

WED 2:30-5:30 PM  
3524 LaFayette Street  
Dave Strack / 319-291-6109

#### THURSDAYS

##### UNIVERSITY AVE. HY-VEE FARMERS MARKET (NEAR KMART)

THU 3:30-6:00 PM  
4000 University Avenue  
Stephanie Beenken / 319-236-0580

#### FRIDAYS

##### CITY PARK FARMERS MARKET

FRI 4:00-6:00 PM  
La Porte City Park  
Bernie Oberhauser / 319-342-2476

### BENTON

##### BELLE PLAINE FARMERS MARKET

FRI 5:00-7:00 PM  
7th Ave. & 13 St.  
Becky Poduska / 641-489-2107

##### URBANA FARMERS MARKET

SAT 9:00-11:00 AM  
May-Sept: American Legion  
Pavilion (Wood St.)  
Oct: Community Center (Indoors)  
Eileen Schmidt / 319-560-6829

##### VINTON FARMERS MARKET

THU 5:00-7:00 PM  
BCHS Railroad Depot  
612 2nd Avenue  
Duane Randall / 319-472-4164

### BREMER

##### WAVERLY FARMERS MARKETS

SAT 8:30-11:30 AM  
TUE 3:00-6:00 PM  
Downtown Waverly  
200 Block of 1st Avenue SE  
Rick Montgomery / rick.montgomery@butler-bremer.com

##### TRIPOLI FARMERS MARKET

FRI 4:00-6:00 PM  
Jean Ranard / 319-882-3002



### BUCHANAN

##### INDEPENDENCE FARMERS MARKET

SAT 8:00 AM-12:00 NOON  
Wapsipinican Mill  
Joe Olsen / 319-334-2709

##### JESUP FARMERS MARKET

THU 11:00 AM-2:00 PM  
Land o Corn Park  
Paul Gudenkauf / 319-240-9060

### FAYETTE

##### OELWEIN FARMERS MARKETS

MON 3:00-6:00 PM  
FRI 8:00-11:00 AM  
City Parking Lot (NE of Subway  
corner @ int. of Hwys 150 & 3)  
Delphine Deaner / 319-283-8012 or

### FLOYD

##### CHARLES CITY DOWNTOWN FARMERS MARKET

WED 3:30-6:00 PM  
SAT 9:00 AM-12:00 NOON  
Central Park  
Downtown Charles City  
Veronica Litterer / 641-228-2335

### GRUNDY

##### GRUNDY CENTER FARMERS MARKET

THU 4:30-6:30 PM  
7th Street, East of Courthouse  
Darwin or Elaine Huls / 319-824-6075

### TAMA

##### TOLEDO FARMERS MARKET

FRI 5:00-7:00 PM  
East side of Courthouse Square  
Dawn Troutner / 641-691-9710

## WINERIES

##### ENGELBRECHT FAMILY WINERY

Fredericksburg  
563-237-5969  
lecows@windstream.net  
www.thefarmhousebb.com  
See us at Downtown? Waterloo  
Farmers Market, Cedar Falls  
Farmers Market, or visit our winery  
(2866 270th Street, Fredericksburg)  
Wines, All Estate-Grown  
and Made From Our  
Own Grapes



## HONEY

##### BJ HONEY

Bob & Vicki Jenkins  
LaPorte City  
319-404-2548  
beejhoney@forbin.net

##### FIELDSTONE FARMS Clemons

641-477-8521  
fieldstonefarms@netins.net  
See us at Toledo's Farmers Market or we  
can ship directly to your door!  
Honey, Creamed Honey, Comb Honey,  
Beeswax, Candles, Pollen, Lotions,  
Lip Balm

##### SHELL ROCK HONEY

Galen Eiben  
Shell Rock  
319-885-6264  
Honey, Beeswax

##### JOHNSON HONEY FARM

Bill & Louise Johnson  
Guttenberg  
563-252-2340  
louisej@alpinecom.net  
www.johnsonhoneyfarm.com  
See at the West Union and Guttenberg  
Farmers Markets  
Wildflower Honey, Basswood Honey,  
Comb Honey, Creamed Honey

##### LAUGHLIN HONEY HOUSE

Tim Laughlin  
Grundy Center  
319-825-6462  
Products Available at Hansen's Dairy  
Outlet (Cedar Falls) & Moo Roo (Waterloo)  
Honey & Creamed Honey



### THIS GUIDE IS A PUBLICATION OF:



*Supporting the development of a local & regional food economy  
that positively impacts local farmers, consumers, & businesses  
through education, collaboration, & economic development*

*We strengthen the local food economy in Iowa by:*

- Fostering strong relationships among consumers, grocers, meat lockers, restaurant owners, dining service staff, farmers, local government, and economic development officials.
- Making it easier for Iowans to buy locally grown and produced food.
- Providing educational support about the impact local food and farm businesses have on Iowa's economy.
- Sharing our successes with other communities and policy makers.



## INSTITUTIONS

The following institutions have been proactive in purchasing a greater portion of their foods from local family farms. Thank you for your leadership in strengthening the local economy through your purchases of fresh, locally grown products!

##### FRIENDSHIP VILLAGE

Waterloo  
Diane Derifield / 319-291-8100  
www.friendshipvillageiowa.com  
The right place for retirement

##### GRUNDY NATIONAL BANK

Conrad  
641-366-3898  
www.gnbbank.com

##### UNI DINING SERVICES

Cedar Falls  
Lisa Krausman / 319-273-6937  
www.uni.edu/dor/dining  
Great food, great friends, great times

##### THE W

Waverly  
Dawn Wiegmann / 319-352-8437

##### WAVERLY HEALTH CENTER

Waverly  
Max Reeves / 319-483-4065

##### WESTERN HOME COMMUNITIES

Cedar Falls  
Sarah Harmer or Nick DuCharme / 319-266-5764  
www.westernhomecommunities.org  
A charitable Christian service  
organization which assertively seeks  
to create fulfilling lifestyles for seniors

##### WHEATON FRANCISCAN

HEALTHCARE  
Waterloo  
Therese Flesch / 319-272-7874  
www.wheatoniowa.org

For all your healthcare  
needs, at every  
time of life,  
one name  
serves them  
all: We are  
Wheaton  
Franciscan  
Healthcare



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For more information on Buy Fresh, Buy Local:  
(319)273-7883 • andrea.geary@uni.edu • www.niffp.org

