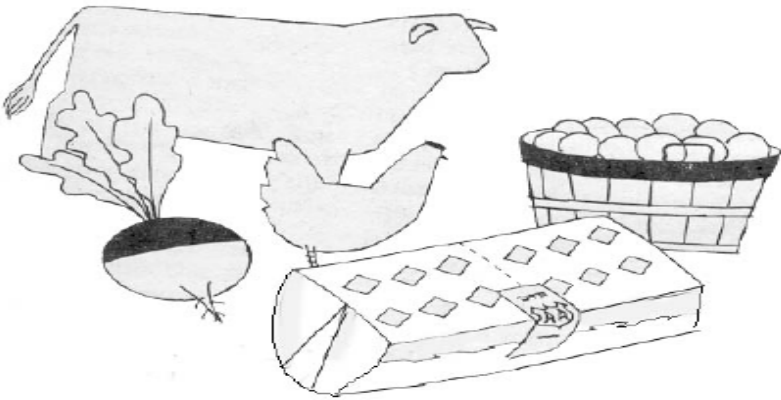


Center for Prairie Studies

Directory of Grinnell Area Food Producers Who Market Locally



April 2010

GRINNELL COLLEGE





This directory provides information about locally produced foods in the Grinnell area. It contains a listing of area producers and the foods they raise and sell, along with information about how to contact them and where to buy their products. It also contains a listing of regional 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 641-269-4720. This directory is also available online at www.grinnell.edu/academic/cps/publications.

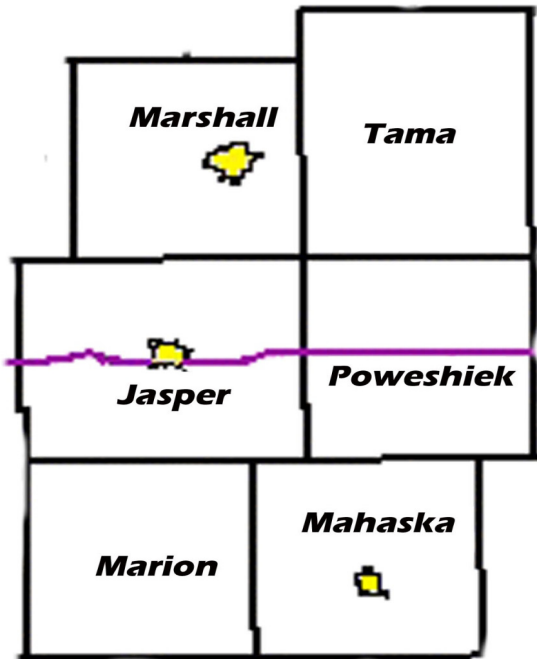
For state-wide listings of growers who direct-market vegetables, fruits, meat, eggs, and other foods, consult the Iowa Department of Agriculture's webpage: www.agriculture.state.ia.us.

Center for Prairie Studies Staff:

Professor Jonathan Andelson, Director
Larissa Mottl, Biological Field Station Manager
Laureen VanWyk, Program Associate

Contents

Key Reasons for Buying Locally Grown Food.....	4
Directory of Producers.....	5
Directory of Producers by Product	12
Directory of Producers by City	13
Comparison of Local versus Conventional Source	16
Food Miles (WASDs) for Produce.....	16
Seasonal Availability.....	17
Notes	18



Key Reasons for Buying Locally Grown Food

Freshness and taste- *Locally grown fruits and vegetables are usually harvested within 24 hours of being purchased. 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 lowan 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 travels between 5 and 50 miles before it is 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, UNI, Cedar Falls, IA 50614; 319-273-2573.

Directory of Producers

A Taste of Country

Barb Orr

PO Box 256; Brooklyn, IA 52211

641-522-7626, 641-990-4101

bfmjorrr@netins.net

Venues: Grinnell farmers market

Methods: organic methods, but not certified

Baked Goods

Vegetables: assortment

B & B Farms

Robert (“Barney”) Bahrenfuse, Suzanne Castello

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

641-990-7843

Venues: direct marketing, wholesale: Café Phoenix

Methods: minimum chemical usage, free-range, no GMO grains

Meats: beef, pork, lamb, goats

Poultry: chickens

Bahrenfuse, Robert (“Barney”), see B&B Farms

Brau, Ann, see Compass Plant CSA

Brezina, Rudolph & Helen

1333 380th St.; Tama, IA 52339

641-498-7453

Venues: Grinnell, Marshalltown, and Toledo farmers markets

Methods: minimum chemical usage

Fruits: apples, berries, melons

Nuts

Vegetables: assortment

C & T Gardens

Dawn Troutner
1894 290th St.; Melbourne, IA 50162
641-691-9710
morallhunter@yahoo.com

Venues: direct marketing, Toledo and Marshalltown farmers markets,
Methods: organic methods, but not certified, free-range
Baked Goods
Eggs
Fruits: apples
Herbs
Vegetables: assortment

Carroll's Pumpkin Farm

Danny & Joy Carroll
244 400th Ave.; Grinnell, IA 50112
641-236-7043, fax: 641-236-7897
dcarroll@iowatelecom.net
www.carrollspumpkinfarm.com

Venues: direct marketing
Methods: minimum chemical usage
Vegetables: pumpkins

Compass Plant CSA

Ann Brau, Lisle Dunham
2039 N. Penrose Street, Grinnell, IA 50112
641-236-7400, 641-990-6832
lbdunham@iowatelecom.net

Venues: CSA, direct marketing, Grinnell and Toledo farmers markets
Methods: organic methods, but not certified, free-range, greenhouse
Baked Goods
Eggs
Herbs
Poultry: chickens
Vegetables: assortment
Deo Gloria Elk Products
Frank and Carmen Reitsma
1125 Kent Ave.; New Sharon, IA 50207
641-637-2666, fax: 641-637-2666
fc_reitsma@yahoo.com
Venues: direct marketing, Des Moines farmers market, wholesale
Methods: organic methods, but not certified
Meats: elk

De Vilder, David & Margery, see Sojourn Farm

Doane, Bud, see North Skunk Sawmill & Market, Inc.

Dreesman Buffalo Ranch

Tom & Connie Dreesman

3575 L. Ave.; Tama, IA 52339

641-484-6725, 319-330-9029, fax: 641-484-6725

dreesman@iowatelecom.net

Venues: direct marketing, wholesale – local health food stores

Methods: free-range

Meats: bison

Dunham, Andrew, see Grinnell Heritage Farm

Dunham, Lisle, see Compass Plant CSA

Ebert Honey Co.

Phil Ebert

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

641-527-2639

ehoney37@netins.net

Venues: direct marketing, Des Moines farmers market, wholesale

Honey: liquid, comb

Emmack Farms

Delmar & Mary Emmack

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

515-994-2810

Venues: Prairie City, Newton and Des Moines farmers markets

Methods: minimum chemical usage

Vegetables: assortment (specialty: potatoes and popcorn)

Foreside Acres

Rick and Martha Mitchell
162 380th Ave.; Grinnell, IA 50112
641-236-3580, fax: 641-236-3580
foreside@foresideacres.com;
www.foresideacres.com

Venues: direct marketing

Methods: organic methods, but not certified, free-range

Eggs

Fruits: melons

Herbs

Meats: lamb

Poultry: chickens, ducks, geese

Vegetables: assortment

Grinnell Heritage Farm, Inc.

Andrew Dunham
1933 Penrose St.; Grinnell, IA 50112
641-236-4374
grinnellheritagefarm@gmail.com

Venues: CSA, Grinnell, Cedar Rapids, and Iowa City farmers markets, wholesale

Methods: certified organic, pending first inspection, greenhouse

Herbs

Meats: beef

Poultry: chickens

Vegetables: assortment

Hempy, Robert & Frances

2952 D. Ave.; Montour, IA 50173
641-492-6252, 641-750-2961

Venues: Toledo and Garwin farmers markets

Methods: minimum chemical usage

Baked Goods

Fruits: apples, berries, grapes, melons, pears

Nuts

Vegetables: assortment

Hinegardner Orchard

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

Venues: direct marketing, u-pick, Grinnell and Marshalltown farmers markets, wholesale
Fruits: apples, berries, melons, pears
Meats: beef
Soy Products
Vegetables: assortment (specialty: squash, gourds, pumpkins)

Hopkins Family Farm

Steve & Sara Hopkins
7000 Clay St.; Newton, IA 50208
641-791-2740
andhop@pcpartner.net

Venues: direct marketing
Methods: organic methods, but not certified, free-range
Poultry: chickens

Humphrey Sweet Corn

Brad & Rich Humphrey
11293 Hwy F 17 E.; Gilman, IA 50106
641-498-7317
sweetcorn_guy@hotmail.com
www.humphreysweetcorn.com

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

Landmark Farms

Jack and Barb Suiter
9038 Station Street; Sully, IA 50251
641-594-3232, fax: 641-594-3232
landmarkfarms@netins.net

Venues: direct marketing, produce stand 3 miles west of Sully on F62., wholesale
Methods: organic methods, but not certified, minimal chemical usage
Cut Flowers
Fruits: melons
Vegetables: cucumbers, eggplant, okra, peppers, squash and zucchini

Maytag Dairy Farms

2282 E. 8th St. North; Newton, IA 50208

641-792-1133, fax: 641-792-1567

mverploeg@iowatelecom.net

Venues: direct marketing, wholesale

Cheese: Blue Cheese

Mitchell, Rick and Martha, see Foreside Acres

North Skunk Sawmill and Market, Inc.

Bud Doane

396 515th Ave.; Searsboro, IA 50242

641-593-6615, 641-990-4192, fax: 641-741-6028

buddoane@northskunk.com

www.northskunk.com

Venues: direct marketing, Grinnell and Des Moines farmers markets, wholesale

Methods: organic methods, but not certified, minimal chemical usage, greenhouse

Fruits: apples, berries, cherries and melons

Herbs

Vegetables: assortment (specialty: tomatoes grown in greenhouse for extended season)

Orr, Barb, see A Taste of Country

Norton's Greenhouse

Don and Lori Norton

700 W. Ross St.; Toledo, IA 52342

641-484-3995

Venues: wholesale

Methods: organic methods, but not certified, greenhouse

Fruits: apples, berries

Herbs: as plant starts

Vegetables: assortment; (specialty: fall cole crops)

Paul's Grains

Steven Paul
2475B 340th St.; Laurel, IA 50141
641-476-3373
spaul@heartofiowa.net
www.paulsgrains.com

Venues: CSA, direct marketing, Des Moines farmers market 2nd Saturday of May, June, July, and September. Des Moines' indoor market in November and December, Grinnell farmers market in September,
Methods: certified organic fields
Grains: barley, buckwheat, corn, oats, rye, soybeans, spelt, wheat,
Meats: beef

Reitsma, Frank and Carmen, see Deo Gloria Elk Products

Sojourn Farm

David & Margery De Vilder
1535 345th Ave.; Brooklyn, IA 52211
641-522-9605
devilder@netins.net

Venues: Grinnell and Newton farmers market, wholesale
Methods: minimum chemical usage
Baked Goods
Fruits: apples, berries, cherries, grapes, melons, pears
Herbs
Vegetables: assortment (specialty: asparagus)

Suiter, Jack and Barb, see Landmark Farms

Troutner, Dawn, see C & T Gardens

Werner, Chuck & Ginger

3456 T Ave.; Chelsea, IA 52215
641-489-2046

Venues: direct marketing, Toledo, and Grinnell farmers market
Methods: organic methods, but not certified, free-range
Baked Goods
Eggs
Fruits: apples, berries, melons
Grains
Herbs
Nuts
Poultry: chickens, ducks, geese
Vegetables: (specialty: pumpkins, squash, gourds, Indian corn)

Directory of Producers by Product

Baked Goods

A Taste of Country	Brooklyn
C & T Gardens	Melbourne
Compass Plant CSA	Grinnell
Hempy, Robert & Frances	Montour
Werner, Chuck & Ginger	Chelsea

Cheese

Maytag Dairy Farms	Newton
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Eggs

C & T Gardens	Melbourne
Compass Plant CSA	Grinnell
Foreside Acres	Grinnell
Werner, Chuck & Ginger	Chelsea

Fruits

Brezina, Rudolph & Helen	Tama
C & T Gardens	Melbourne
Foreside Acres	Grinnell
Hempy, Robert & Frances	Montour
Hinegardner Orchard	Montour
Humphrey Sweet Corn	Gilman
Landmark Farms	Sully
North Skunk Sawmill & Market	Searsboro
Norton's Greenhouse	Toledo
Sojourn Farm	Brooklyn
Werner, Chuck & Ginger	Chelsea

Grains

Paul's Grains	Laurel
Werner, Chuck & Ginger	Chelsea

Herbs

C & T Gardens	Melbourne
Compass Plant CSA	Grinnell
Foreside Acres	Grinnell
North Skunk Sawmill & Market	Searsboro
Norton's Greenhouse	Toledo
Sojourn Farm	Brooklyn
Werner, Chuck & Ginger	Chelsea

Honey

Ebert Honey	Lynnville
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Meats

B & B Farms	Grinnell
Deo Gloria Elk Products	New Sharon
Dreesman Buffalo Ranch	Tama
Foreside Acres	Grinnell
Grinnell Heritage Farm, Inc.	Grinnell
Hinegardner Orchard	Montour
Paul's Grains	Laurel

Nuts

Rudolph & Helen Brezina	Tama
Robert & Frances Hempy	Montour
Werner, Chuck & Ginger	Chelsea

Poultry

B & B Farms	Grinnell
Compass Plant CSA	Grinnell
Foreside Acres	Grinnell
Grinnell Heritage Farm, Inc.	Grinnell
Hopkins Family Farm	Newton
Werner, Chuck & Ginger	Chelsea

Soy Products

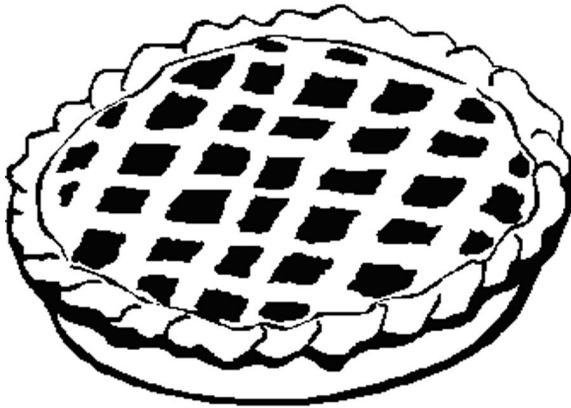
Hinegardner Orchard	Montour
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Vegetables

A Taste of Country	Brooklyn
Brezina, Rudolph & Helen	Tama
C & T Gardens	Melbourne
Carroll's Pumpkin Farm	Grinnell
Compass Plant CSA	Grinnell
Emmack Farms	Colfax
Foreside Acres	Grinnell
Grinnell Heritage Farm, Inc.	Grinnell
Hempy, Robert & Frances	Montour
Hinegardner Orchard	Montour
Humphrey Sweet Corn	Gilman
Landmark Farms	Sully
North Skunk Sawmill & Market	Searsboro
Norton's Greenhouse	Toledo
Sojourn Farm	Brooklyn
Werner, Chuck & Ginger	Chelsea

Directory of Producers by City

Brooklyn	A Taste of Country Sojourn Farm	Melbourne	C & T Gardens
Chelsea	Werner, Chuck & Ginger	Montour	Hempy, Robert & Frances Hinegardner Orchard
Colfax	Emmack Farms	New Sharon	Deo Gloria Elk Products
Gilman	Humphrey Sweet Corn	Newton	Hopkins Family Farm Maytag Dairy Farms
Grinnell	B & B Farms Carroll's Pumpkin Farm Compass Plant CSA Dunham Farm Foreside Acres Grinnell Heritage Farm, Inc.	Searsboro	North Skunk Sawmill & Market
Laurel	Paul's Grains	Sully	Landmark Farms
Lynnville	Ebert Honey Co.	Tama	Brezina, Rudolph & Helen Dreesman Buffalo Ranch
		Toledo	Norton's Greenhouse



Directory of Regional Farmers Markets

Grinnell

- Thursdays 3:20–6:20 pm and Saturdays 10:00 am–noon
- Thursdays: May 20 – Oct. 29; Saturdays: May 22 – Oct. 31
- On 4th Avenue between Broad Street and Park Street
- Sheryl Parmley at Chamber of Commerce 641-236-6555
- events@grinnellchamber.org

Knoxville

- Tuesdays 2:30 - 6:00 pm; Saturdays 8:00 am–noon
- May 29 – Oct. 9
- west side of Town Square
- Maxine Chambers 641-943-2223

Marshalltown

- Wednesdays 4:00–6:00 pm and Saturdays 8:00–11:00 am
- May 12 to mid-October
- 108 N. 2nd Avenue
- Margaret Hala 641-752-2981

Newton

- Tuesdays 4:00 – 6:30 pm
- June 1 – Oct. 7
- 501 West 3rd St. N (next to Centre for Arts and Artists)
- Diane Martinson 641-792-9193

Oskaloosa

- Tuesdays 4:00–6:00 pm; Saturdays 8:00–11:00 am
- May 25 – October 16
- Tuesday market: east side of Town Square
- Saturday market: Hy-Vee parking lot on High Avenue West
- Lyle Siefering 641-673-6683
- ruritan@hawkeye-re.com; www.hawkeye-re.com/farmersmarket/

Pella

- Thursdays 3:00–6:00 pm; Saturdays 9:00 - 11:00 am
- Thursdays: April 29 - October 21; Saturdays: June 5 - August 28
- First Reformed Church parking lot at 603 Broadway
- Vivian Rippentrop 641-628-5314

Toledo

- Fridays at 5:00 pm–7:00 pm
- May 7 - October 1
- east side of Courthouse
- Dawn Troutner 641-691-9710

Traer

- Wednesdays at 4:00 pm–6:00 pm
- May 5 - October 20
- Farmers Savings Bank parking lot at corner of 63 and Hwy 8
- Carolyn Adolphs 319-478-8624

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 lbdunham@iowatelecom.net for information.

• **Grinnell Heritage Farms CSA:** serves the Grinnell, Cedar Rapids, and Iowa City areas, provides a weekly share of locally grown fresh produce to members. Contact Andrew Dunham at 641-236-4374, 641-990-5249, or grinnellheritagefarm@gmail.com for information.

From 1994 to 2004, the number of farmers markets in the United States increased 111%. In 2009, Iowa has approximately 202 farmers markets, one of the largest number per capita of any state. In 2006, Iowa farmers markets generated an estimated \$20.8 million in sales.

According to a 2002 survey of Midwestern farmers, CSAs generate an average per acre net return of \$2,500 per acre.

Source: Leopold Center, Iowa State

Comparison of Local versus Conventional Source Food Miles (WASDs) for Produce

There is a striking difference between the distances that foods from conventional sources and locally grown foods travel to our table. To obtain the average food miles a certain food item travels via all sources to reach a certain city or community, it is necessary to calculate a Weighted Average Source Distance (WASD) food mile. This distance estimate combines information on the distances from producers to consumers and amount of food product transported.

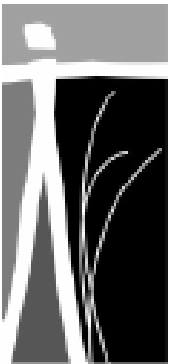
Source: Food Miles: A Simple Metaphor to Contrast Local and Global Food Systems By Rich Pirog, Marketing and Food Systems Research Program Leader, Leopold Center for Sustainable Agriculture, Ames, Iowa

Produce Type	Locally Grown Food Miles	Conventional Source Food Miles
Apples	61	1,726
Beans	65	1,313
Broccoli	20	1,846
Cabbage	50	719
Carrots	27	1,838
Corn, Sweet	20	1,426
Garlic	31	1,811
Lettuce	43	1,823
Onions	35	1,759
Peppers	44	1,589
Potatoes	75	1,155
Pumpkins	41	311
Spinach	36	1,815
Squash	52	1,277
Strawberries	56	1,830
Tomatoes	60	1,569
WASD - for all produce	56	1,494
Sum of all WASDs	716	25,301

Seasonal Availability

	APR	MAY	JUN	JUL	AUG	SEP	OCT
<u>FRUIT</u>							
Apples				◆	◆	◆	◆
Blueberries			◆	◆			
Elderberries				◆	◆		
Gooseberries			◆				
Melons					◆	◆	
Raspberries			◆	◆			
Strawberries			◆				
<u>VEGETABLES</u>							
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						◆	◆

Notes



Center for Prairie Studies

Grinnell College
Grinnell, IA 50112
Phone: 641-269-4720
Fax: 641-269-4877
www.grinnell.edu/academic/cps