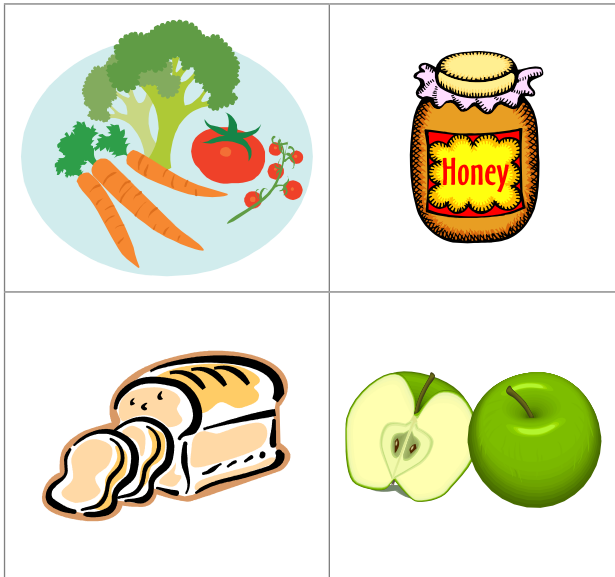




---

---

# Grinnell Area Local Foods Guide



---

---

April 2011





---

This directory provides information about locally produced foods for sale 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 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](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*.

Center for Prairie Studies Staff:

Professor Jonathan Andelson, Director  
Larissa Mottl, Biological Field Station Manager  
Lauren Van Wyk, Program Associate

# Contents

Healthy Iowans, Farms and Communities .....4

Key Reasons for Buying Locally Grown Food.....5

Directory of Producers .....6

Directory of Producers by City .....17

Directory of Producers by Product .....18

Directory of Regional Farmers Markets .....20

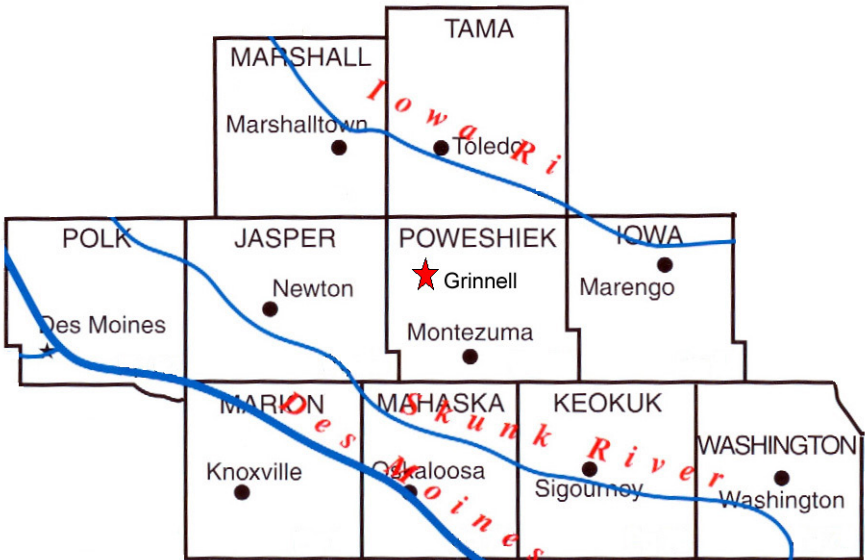
Community Supported Agriculture (CSA) Organizations .....21

Comparison of Local versus Conventional Source

    Food Miles (WASDs) for Produce .....22

Seasonal Availability.....23

Glossary .....24



# 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, UNI, 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.**

## **A & A Growers**

Marsha Atkinson  
4571 55th Street; Grinnell, IA 50112  
641-260-0599

Venues: Grinnell farmers market

Herbs

Vegetables: peas, salad greens, green beans, squash, tomatoes (wide variety)

## **A Taste of Country**

Barb Orr  
PO Box 256; Brooklyn, IA 52211  
641-522-7626, 641-990-4101  
bfmjorrr@netins.net

Venues: Grinnell and Belle Plaine farmers markets

Baked goods

Specialty: "all natural" jar soy candles

Vegetables: assortment

*Atkinson, Marsha, see A & A Growers*

## **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

Meats: beef, pork, lamb

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, 641-691-7453

Venues: Grinnell, Marshalltown, and Toledo farmers markets

Fruits: berries

*Burnell, Larry, see Rebel's Cove Honey*

**C & T Gardens**

Dawn Troutner

1894 290th St.; Melbourne, IA 50162

641-691-9710

moralhunter@yahoo.com

Venues: direct marketing, Toledo and Marshalltown farmers markets

Baked goods

Eggs

Fruits: apples, raspberries

Herbs

Specialty: jams and jellies

Vegetables: assortment, rhubarb

**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

Vegetables: pumpkins

**Compass Plant CSA**

Ann Brau, Lisle Dunham

2039 N. Penrose Street; Grinnell, IA 50112

641-990-6832, 641-236-7400

lbdunham@iowatelecom.net

Venues: CSA, direct marketing, Grinnell and Toledo farmers markets

Baked goods

Eggs

Herbs

Poultry: chickens, turkeys, ducks

Vegetables: assortment

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

**Deep River Chicken**

Gary Maske

2922 C Avenue; Deep River, IA 52222

319-655-7673

gmaske@netins.net

Venues: direct marketing, Grinnell farmers market

Eggs

Poultry: chicken

**Deo Gloria Elk Products**

Frank & 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,

Iowa Food Cooperative

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

dreesman@iowatelecom.net

Venues: direct marketing, wholesale – local health food stores

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, beeswax - filtered or unfiltered, beeswax

candles, unfiltered, unheated raw honey, chunk honey, package bees

**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

Vegetables: assortment (specialty: potatoes and popcorn)

**Esther's Place**

Esther Huedepohl

1742 410 Avenue; 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

Eggs

Fruits: melons

Herbs

Meats: lamb

Poultry: chickens

Vegetables: assortment

**Grinnell Heritage Farm, Inc.**

Andrew & Melissa Dunham  
1933 Penrose St.; Grinnell, IA 50112  
641-236-4374, 641-990-5249  
grinnellheritagefarm@gmail.com  
www.grinnellheritagefarm.com

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

Herbs

Meats: beef

Poultry: chickens

Vegetables: assortment

*Hala, Margaret, see Hala's Honey & Produce*

**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

Eggs

Herbs

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

Nuts

Vegetables: potatoes, onions, green beans, broccoli, carrots, beets,  
zucchini, radishes, peppers, and tomatoes

**Hempy, Frances**

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

Venues: Toledo and Garwin farmers markets

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 Des Moines (down-  
town on Saturdays) farmers markets, wholesale  
Fruits: apples, berries, melons, pears  
Meats: beef  
Soy Products  
Vegetables: assortment (specialty: squash, gourds, pumpkins)

**Hopkins Family Farm**

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

Venues: direct marketing  
Poultry: chickens

*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  
Fruits: apples  
Vegetables: sweet corn, tomatoes and cucumbers

*Keller, Cameron; see Keller's Breads*

## **Keller's Breads**

Cameron Keller  
407 E. 5th Street; Des Moines, IA 50311  
515-771-4444  
kellersbreads@gmail.com  
www.kellersbreads.com

Venues: Grinnell, Newton, Des Moines, Ankeny, and Valley Junction farmers markets

Baked goods: breads (sourdough, baguette, roasted garlic & cheddar, 5-grain wheat); Pair au Cereal (flax & sesame)

## **KIOWA House of Herbs**

Cyndy J. Nelson  
PO Box 582; 502 S. 3rd Street; Montezuma, IA 50171  
641-260-1487, 641-260-1138  
timandcyndy@hotmail.com  
www.thekiowahouse.com

Venues: CSA, direct marketing, Grinnell, Oskaloosa, and Des Moines farmers markets

Baked goods: pies, cakes, cookies and bread

Fruits: red raspberries, strawberries, grapes

Eggs

Herbs: fresh and dried, medicinal and ceremonial

Honey: bottled, jarred and comb

Meats: beef, pork, canned meats

Nuts: black walnuts

Poultry: chicken, canned

Soy Products: bread

Specialty: pickles, herbal teas, jam, jelly, apple and pear butters

Vegetables: tomatoes, cucumbers, radishes and rhubarb

## **Landmark Farms**

Jack & 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

Fruits: melons

Specialty: cut flowers

Vegetables: cucumbers, eggplant, okra, peppers, squash and zucchini

**Mama Teresa Salsa**

Marilyn J. D'Aguanno  
191 Forest Home Road; Montezuma, IA 50171  
641-623-2696, 641-569-0916, fax: 641-623-8040  
marilyndaguanno@gmail.com  
Venues: Grinnell farmers market  
Specialty: salsa, apple butter and jalapeño jam

*Maske, Gary, see Deep River Chicken*

**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

*Minehart, Ned & Mary, see Southview Acres*

*Mitchell, Rick & Martha, see Foreside Acres*

*Nelson, Cyndy, see KIOWA House of Herbs*

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

**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  
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 & Lori Norton

700 W. Ross St.; Toledo, IA 52342

641-484-3995

Venues: wholesale

Fruits: apples, berries (limited quantities)

Herbs: as plant starts

Vegetables: assortment; (specialty: fall cole crops)

**Parker, Donald**

3276 Hwy. 63; Malcom, IA 50157

641-528-4505, 641-990-1344

P0314@iowatelecom.net

Venues: Grinnell farmers market, 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: CSA, direct marketing, Des Moines farmers market 2nd Saturday of May, June, July, and September. Des Moines' indoor market in November and December

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

Meats: beef

**Rebel's Cove Honey**

Larry Burnell

PO Box 638, Grinnell, IA 50112

641-990-7404

Venues: direct marketing from farm, Grinnell farmers market

Honey

Vegetables: limited assortment

*Reitsma, Frank & Carmen, see Deo Gloria Elk Products*

### **Rock Creek Honey**

Delmar & Fern Nelson  
630 Rock Creek W.; Kellogg, IA 50135  
641-990-3040  
rockcreekhoney@hughes.net

Venues: Grinnell farmers market, Marketplace on Main in Grinnell,  
Iowa State Fair

Honey: comb, chunk and creamed honey, honey straws, honey lemonade, 2 oz. flavored honey bears, honey jelly and honey wine jelly

### **Rusty Plow Garden, Orchard & Bakery**

Mary Shutts  
467 360th Avenue; Grinnell, IA 50112  
641-236-5458, 641-990-0110  
shutts@iowatelecom.net

Venues: Grinnell farmers market

Baked goods: sourdough and cheese bread

Fruits: apples, cherries, raspberries, blueberries and peaches

Specialty: jam and jelly

Vegetables: tomatoes, peppers, green beans, potatoes

*Shutts, Mary, see Rusty Plow Garden, Orchard & Bakery*

### **Sojourn Farm**

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

Venues: Grinnell farmers market, wholesale

Fruits: apples, berries, cherries, grapes, melons, pears

Herbs

Vegetables: assortment (specialty: asparagus)

### **Southview Acres**

Ned & Mary Minehart  
1874 415th Avenue; Brooklyn, IA 52211  
641-522-9644, 641-275-0475  
nemarent@netins.net

Venues: Grinnell farmers market

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

Vegetables: potatoes, cabbage, squash, cucumbers and tomatoes

*Suiter, Jack & Barb, see Landmark Farms*

**The Utility Shop**

1419 Spencer Street; Grinnell, IA 50112

641-260-0284

whitneydavis64@gmail.com

Venues: direct marketing, Grinnell farmers market

Baked goods: breads

*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 markets

Baked goods

Eggs

Fruits: apples, berries, melons

Grains

Herbs

Nuts

Poultry: chickens, ducks, geese

Vegetables: (specialty: pumpkins, squash, gourds, Indian corn)

From 1994 to 2004, the number of farmers markets in the United States increased 111%. In 2009, Iowa had 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.

Source: Leopold Center, Iowa State

# Directory of Producers by City

## **Brooklyn**

*A Taste of Country*

*Esther's Place*

*Sojourn Farm*

*Southview Acres*

## **Chelsea**

*Werner, Chuck & Ginger*

## **Colfax**

*Emmack Farms*

## **Deep River**

*Deep River Chicken*

## **Des Moines**

*Keller's Breads*

## **Gilman**

*Humphrey Sweet Corn*

## **Grinnell**

*A & A Growers*

*B & B Farms*

*Carroll's Pumpkin Farm*

*Compass Plant CSA*

*Foreside Acres*

*Grinnell Heritage Farm, Inc.*

*Rebel's Cove Honey*

*Rusty Plow Garden, Orchard &*

*Bakery*

*The Utility Shop*

## **Kellogg**

*Rock Creek Honey*

## **Laurel**

*Paul's Grains*

## **Lynnville**

*Ebert Honey Co.*

## **Malcom**

*Parker, Donald*

## **Marshalltown**

*Hala's Honey & Produce*

## **Melbourne**

*C & T Gardens*

## **Montezuma**

*KIOWA House of Herbs*

*Mama Teresa Salsa*

## **Montour**

*Hempy, Frances*

*Hinegardner Orchard*

## **New Sharon**

*Deo Gloria Elk Products*

## **Newton**

*Hopkins Family Farm*

*Maytag Dairy Farms*

## **Searsboro**

*North Skunk Sawmill & Market, Inc.*

## **Sully**

*Landmark Farms*

## **Tama**

*Brezina, Rudolph & Helen*

*Dreesman Buffalo Ranch*

## **Toledo**

*Norton's Greenhouse*

# Directory of

	A & A Growers	A Taste of Country	B & B Farms	Bresina, Rudolph & Helen	C & T Gardens	Carroll's Pumpkin Farm	Compass Plant CSA	Deep River Chicken	Deo Gloria Elk Products	Dreesman Buffalo Ranch	Ebert Honey Co.	Emmack Farms	Eshter's Place	Foreside Acres	Grimmell Heritage Farm, Inc.	Hala's Honey & Produce
<i>Baked Goods</i>		X			X		X						X			X
<i>Cheese</i>																
<i>Eggs</i>					X		X	X						X		X
<i>Fruits</i>				X	X									X		
<i>Grains</i>																
<i>Herbs</i>	X				X		X							X	X	X
<i>Honey</i>											X					X
<i>Meats</i>			X						X	X				X	X	
<i>Nuts</i>				X												X
<i>Poultry</i>			X				X	X						X	X	
<i>Soy Products</i>		X														
<i>Specialties</i>		X			X											
<i>Vegetables</i>	X	X			X	X	X					X		X	X	X



# Directory of Regional Farmers Markets

## Grinnell

- May 19 – October 29
- Thursdays 3:00 – 6:00 pm and Saturdays 10:00 am – noon
- 4th Avenue between Broad and Park Streets
- Contact: Bud Doane, farmers market manager, 641-236-7000

## Knoxville

- May 28 – October 8
- Tuesdays 2:30 – 6:00 pm and Saturdays 8:00 am – noon
- West side of Town Square
- Contact: Maxyne Chambers, 641-943-2223

## Marshalltown

- May 11 – mid-October
- 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 – October 4
- Tuesdays 4:00 – 6:00 pm
- 501 West 3rd Street N (next to Centre for Arts and Artists)
- Contact: Diane Martinson, 641-792-9193

## Oskaloosa

- May 24 – October 15
- Tuesdays 4:00 – 6:00 pm  
East side of Town Square
- Saturdays 8:00 – 11:00 am  
South of Hy-Vee parking lot along South D Street
- Contact: Lyle Siefering, 641-673-6683
- [ruritan@hawkeye-re.com](mailto:ruritan@hawkeye-re.com); [www.hawkeye-re.com/farmersmarket](http://www.hawkeye-re.com/farmersmarket)

## **Pella**

- April 28 - October 21  
Thursdays 3:00 - 6:00 pm
- June 4 - August 27  
Saturdays 9:00 - 11:00 am
- First Reformed Church parking lot at 603 Broadway
- Contact: Vivian Rippentrop, 641-628-5314

## **Toledo**

- May 6 - October 28
- Fridays 5:00 - 7:00 pm
- East side of Courthouse
- Contact: Dawn Troutner, 641-691-9710
- toledofarmersmarket@yahoo.com

## **Traer**

- May 4 - October 19
- Wednesdays 4:00 - 6:00 pm
- Farmers Savings Bank parking lot at corner of 63 and Hwy 8
- Contact: 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.

# 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
<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							

# Glossary

The desire on the part of many people to eat food that is healthier for the consumer, is produced in ways less detrimental to the environment, and (in the case of animal products) comes from animals that have been treated humanely throughout their lives has generated a large and sometimes confusing vocabulary. It has also led to the development of various “standards” and certifications aimed at clarifying the meaning of these terms and ensuring that producers who use them follow consistent practices. The following glossary is by no means complete, but it can serve as a beginning guide to some of the terminology. Readers may wish to consult the websites of the certifying organizations.

**“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/>

**“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 where the animals are allowed to roam freely instead of being confined closely or caged. It may apply to meat, eggs or dairy farming.

**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.

**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.

**"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.

**Pastured 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, considers issues of human health as well as societal and economic well-being while seeking to be environmentally and socially responsible without sacrificing profitability.

# Notes

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>



## Center for Prairie Studies

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