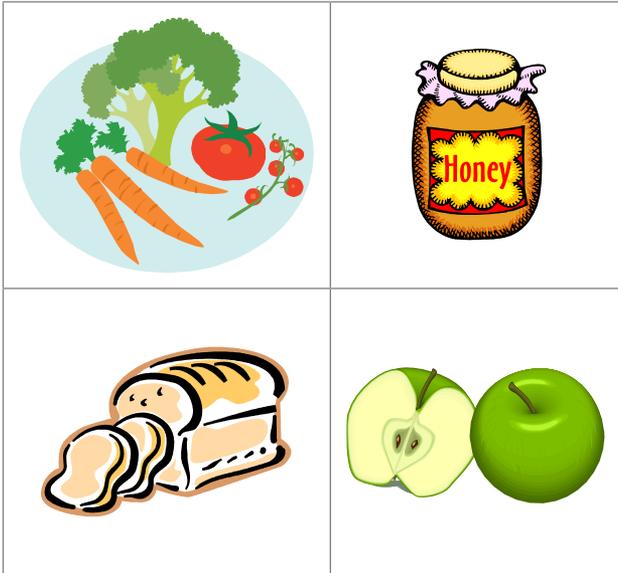




Grinnell Area Local Foods Guide



June 2014





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 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 641-269-4720. 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.

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

Elizabeth Hill, Cera Manager/Center for Prairie Studies Outreach Coordinator

Jan Graham, Program Associate

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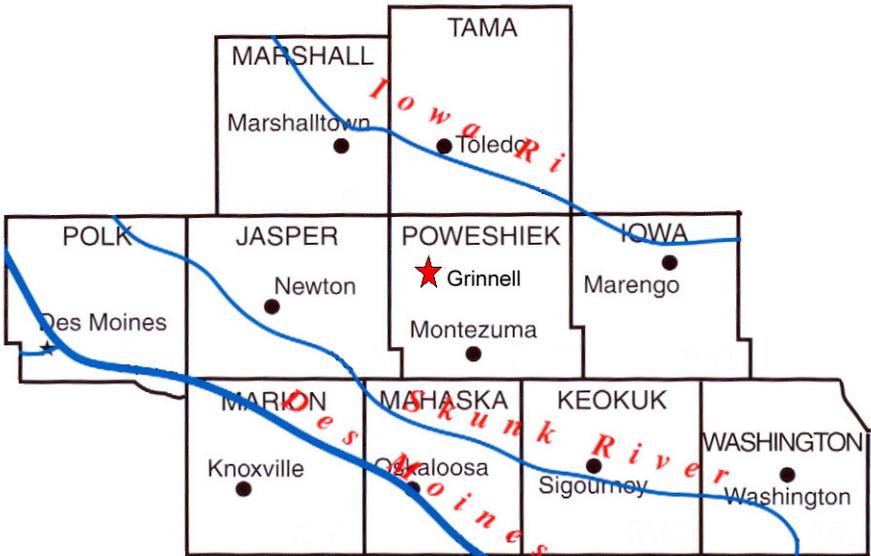
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Healthy Iowans, Farms and Communities

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/

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: assortment

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; personally designed quilts
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 (No GMO crops)
Venues: direct marketing
Meats: beef, pork, lamb
Poultry: chickens

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

Brau, Ann, see Compass Plant CSA

C & T Gardens

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

Venues: direct marketing, Toledo, Marshalltown and Nevada farmers markets

Baked goods

Eggs (chicken and duck)

Fruits: raspberries, peaches

Herbs

Poultry: ducks, geese, turkey and broilers

Specialty: jams and jellies

Vegetables: assortment, rhubarb

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 markets

Baked goods

Eggs

Herbs

Poultry: chickens, turkeys

Vegetables: assortment

D'Aguanno, Marilyn, see Momma Teresa Salsa

Deep River Chicken

Gary & Julie Maske
2922 C Avenue; Deep River, IA 52222
319-655-7673
gmaske@netins.net

Venues: direct marketing

Eggs

Poultry: chicken

Doty Angus Cattle Co.

Daryl & Melissa Doty
304 Chapman Street, Malcom, IA 50157
641-528-4049
dotyangus@yahoo.com
www.beefforyourfreezer.com

Venues: direct marketing, Grinnell and Cedar Rapids farmers market,
Relish

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

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

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, 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: pineapple plants

Vegetables: assortment

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

641-236-4374

grinnellheritagefarm@gmail.com

www.grinnellheritagefarm.com

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

Herbs

Meats: beef

Poultry: chickens

Vegetables: assortment

Guthrie, Tassy, see Just Let Me Bake

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

Hinegardner Orchard

David & Julie Hinegardner

1348 295th St.; Montour, IA 50173

641-492-6353

hinie@iowatelecom.net

Facebook.com/Hinegardners-Orchard

Venues: direct marketing, u-pick, Grinnell and Des Moines (down-town 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 farmers market (Thursdays)

Baked goods

Berries

Nuts

Vegetables

Just Let Me Bake

Tassy Guthrie

4928 60th St., Searsboro, IA 50242

641-593-6529

Venues: Grinnell farmers market

Baked goods: bars, breads, cookies, cupcakes, soft pretzels

Vegetables: lettuce, onions, peas, rhubarb, spinach, tomatoes

KIOWA House of Herbs

Cyndy J. Nelson

686 512th Ave; Searsboro, IA 50242

641-593-6672, 641-260-1487

timandcyndy@hotmail.com

Venues: Grinnell College Local Foods Coop, direct marketing, Grinnell, Mercy Center Hospital in Des Moines, SS Jungle Gardens in Toledo

Baked goods

Eggs

Herbal Teas (much of it wild crafted or cultivated)

Herbs

Jams and jellies

Nuts: black walnuts, hickory, chestnuts

Pickles and sauerkraut

Soups & pot pies

Specialty: prairie grass seeds (milled into flour)

Vegetables: assortment

Landmark Farms

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

Venues: direct marketing, produce stand 3 mi. west of Sully on F62.,
wholesale

Eggs - free range (antibiotic and hormone free)

Fruits: melons

Poultry: broiler chickens

Specialty: cut flowers

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

Maske, Gary & Julie, see Deep River Chicken

Maytag Dairy Farms

2282 E. 8th St. North; Newton, IA 50208
641-792-1133, fax: 641-792-1567
support@maytagdairyfarms.com

Venues: direct marketing, Des Moines farmers market, wholesale

Cheese: Blue Cheese

Middle Way Farm

Jordan Scheibel
1325 4th Ave.; Grinnell, IA 50112
641-821-0753
middlewayfarmer@gmail.com
www.middlewayfarm.com

Venue: Grinnell farmers market, CSA, Grinnell local food source,
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

Venues: Grinnell farmers market, grocery stores in Poweshiek County

Specialty: salsa, apple butter and jalapeño jam

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

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 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, May - September. Des Moines' indoor market in Novem-
ber and December

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

Honey: comb, chunk and creamed honey, honey straws,
honey lemonade

Rusty Plow Garden, Orchard & Bakery

Mary Shutts
12 Washington Place; 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

Schiebel, Jordan, see Middle Way Farm

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

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

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: all

Winburn, Angela

915 440th Avenue, Malcom, IA 50157

641-260-0236

Venues: direct marketing, Grinnell Local Foods Source

Goats (half and whole)

Lamb (half and whole)

Poultry: pastured broilers, ducks and turkeys

Seasonal Availability

	APR	MAY	JUN	JUL	AUG	SEP	OCT
FRUIT							
Apples							
Blueberries							
Elderberries							
Gooseberries							
Melons							
Raspberries							
Strawberries							
VEGETABLES							
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							

	<i>A & A Growers</i>	<i>A Taste of Country</i>	<i>B & B Farms</i>	<i>C & T Gardens</i>	<i>Compass Plant CSA</i>	<i>Deep River Chicken</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>Gnau, Jarrod</i>	<i>Grinnell Heritage Farm, Inc.</i>	<i>Hala's Honey & Produce</i>	<i>Hingarder Orchard</i>
<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		X
<i>Nuts</i>															X	
<i>Poultry</i>			X	X	X	X								X		
<i>Soy Products</i>		X														X
<i>Specialties</i>		X		X								X				
<i>Vegetables</i>	X	X		X	X					X		X	X	X	X	X

Directory of Producers by City

Brooklyn

A Taste of Country
Esther's Place
Southview Acres

Chelsea

Werner, Chuck & Ginger

Colfax

Emmack Farms

Deep River

Deep River Chicken

Gilman

Humphrey Sweet Corn

Grinnell

A & A Growers
B & B Farms
Compass Plant CSA
Foreside Acres
Gnau, Jarrod
Grinnell Heritage Farm, Inc.
Middle Way Farm
Olson Garden Market
Rusty Plow Garden, Orchard & Bakery
Uncle Bill's Farm

Kellogg

Rock Creek Honey

Laurel

Paul's Grains

Lynnvile

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

Maytag Dairy Farms

Searsboro

Just Let Me Bake
KIOWA House of Herbs

Sully

Landmark Farms

Tama

Dreesman Buffalo Ranch

Toledo

Imhoff, Joe & Barb

Directory of Regional Farmers Markets

Grinnell

May 15 - October 25

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

4th Avenue between Broad and Park Streets

Contact: Rachael Kinnick, 641-236-6555

Knoxville

May 24 - October 11

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

West side of Town Square

Contact: Maxyne Chambers, 641-943-2223

Marshalltown

Mid May - 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 3 - September 30

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 26 - October 14

Tuesdays 4:00 - 6:00 pm

East side of Town Square

Contact: Sandi Fell, 641-673-0641, sankeke@mahaska.org

Pella

April 24 - October 30 (Thursdays 3:00 - 6:00 pm)

May 24 - September 13 (Saturdays 9:00 am - 12:00 pm)

First Reformed Church parking lot at 603 Broadway

Contact: Vivian Rippentrop, 641-628-4581

Toledo

May 2 - October 31

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 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 for information.

Others

Grinnell Local Food Source, LLC

The Grinnell Local Food Source connects consumers directly with local food farmers and producers through an online ordering system and a central distribution site at 1032 Main Street in Grinnell, Iowa. During the growing season (May-October), we offer bi-monthly distributions on the first and third Tuesdays of the month, 4:30-6:30 pm. During the winter months (November - March), we have once monthly distributions on the third Tuesday of the month (except January). Owned and operated by Jorden Scheibel, 641-821-0753, and Angela Winburn, 641-260-0236. Email: localfoodgrinnell1@gmail.com
Website: www.localfoodssource.com

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, Meskawki settlement farm stand set up every Thursday from 2 – 5, Meskwaki Bingo Casino and Hotel, and the Marshalltown HyVee.

Tribally Supported Agriculture (TSA) 15-week produce share.

Contact: Jennifer Vazquez, 321 Meskwaki Road, Tama, IA 52339,
641-484-4678 ext. 2249 or 641-481-0330,
Email: mfsi.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>

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.

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/>

“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.

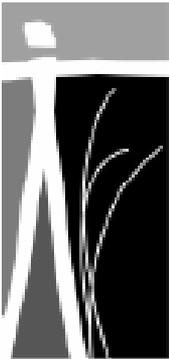
“Non-GMO Verified” This program was developed by a retail organization, “Non-GMO Project.” There is currently no government or third-party auditing of this. As claimed by Non-GMO Project, the verification seal indicates that the product bearing the seal has gone through “our verification process. Our 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.



CENTER FOR PRAIRIE STUDIES

Grinnell College
Grinnell, IA 50112
Phone: 641-269-4384
Fax: 641-269-4718
www.grinnell.edu/academic/cps