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

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

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.

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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.

Key Reasons for Buying Locally Grown Food

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

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

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

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

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

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

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

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

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

Aldrich, Charles & Marilyn
Box 181, Beaman, IA  50606
641-485-0302
Marilyn.aldrich@yahoo.com
Venues: Grinnell farmers market
Baked goods
Nuts
Specialty: Homemade noodles

A Taste of Country
Barb Orr
PO Box 256; Brooklyn, IA  52211
641-522-7626, 641-990-4101
bfmjorrr@netins.net
Venues: Belle Plaine, Grinnell, and Victor farmers markets
Baked goods
Specialty: “all natural” jar soy candles; personally designed quilts
Vegetables: assortment

B & B Farms
Robert (“Barney”) Bahrenfuse, Suzanne Castello
15365 S. 12th Ave. E.; Grinnell, IA  50112
641-990-8643, 641-990-7843 (No GMO crops)
Venues: direct marketing
Meats: beef, pork, lamb
Poultry: chickens

Bahrenfuse, Robert (“Barney”), see B & B Farms
Bauman Farm Fresh Produce  
Bauman, Dwaine  
807 430th Avenue, Grinnell, IA  50112  
641-204-1677  
Dwaine.a.bauman@gmail.com  
Venues: Grinnell farmers market  
Herbs  
Specialty: flowers  
Vegetables  

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

Brau, Ann, see Compass Plant CSA  

Busy Bee Acres  
Jim Dolezal  
1460 370th Street, Tama, IA  52339  
641-751-2985  
busybeacresiowa@gmail.com  
Venues: Grinnell farmers market  
Honey: creamed honey, lip balms, beeswax  
Specialty: maple syrup  
Vegetables
C & T Gardens
Dawn Troutner
1894 290th St.; Melbourne, IA 50162
641-691-9710
andyanddawnt@yahoo.com
Venues: direct marketing, Toledo and Newton farmers markets
Baked goods
Eggs (chicken and duck)
Fruits: apples, peaches, raspberries
Herbs
Poultry: ducks, geese
Specialty: jams and jellies
Vegetables: assortment, rhubarb

Ceres Baked Goods
Laura Engel
514 S. 6th Avenue W., Newton, IA 50208
641-781-0184
lengel29@gmail.com
Venues: Grinnell farmers market, Grinnell Local Food Source
Baked goods: traditional and gluten-free

Compass Plant CSA
Ann Brau, Lisle Dunham
2039 N. Penrose Street; Grinnell, IA 50112
641-990-6832
ladunham@wildblue.net
Venues: CSA, direct marketing, Grinnell farmers market
Baked goods
Eggs
Herbs
Meat: pork
Poultry: chickens, turkeys
Vegetables: assortment

Cranston, Steve, see Irish Ridge Produce

D’Aguanno, Marilyn, see Momma Teresa Salsa
**Daisy Hill Farm**  
Katy Harris  
5780 Hwy T12 N, Newton, IA 50208  
319-432-4900  
ktlnharris@netins.net  
Venue: Grinnell and Newton farmers market  
Vegetables

**Doty Angus Cattle Co.**  
Daryl & Melissa Doty  
304 Chapman Street, Malcom, IA 50157  
641-528-4049  
dotyangus@yahoo.com  
www.beefforyourfreezer.com  
Venues: direct marketing, Grinnell farmers market, Relish, Iowa Valley Food Coop in Cedar Rapids, and the Grinnell Local Food Source  
Meats: Angus beef (quarters, halves, whole or individual cuts; beef sticks, jerky and hot dogs)

**Dreesman Buffalo Ranch**  
Tom Dreesman  
3575 L. Ave.; Tama, IA 52339  
641-484-6725, 641-481-3492  
Venues: direct marketing, wholesale – local health food stores  
Meats: bison

*Dunham, Andrew, see Grinnell Heritage Farm*  
*Dunham, Lisle, see Compass Plant CSA*  
*Durr, Sandra, see Soaring Creations*

**Ebert Honey Co.**  
Phil Ebert  
14808 S. 102nd Ave. E.; Lynnville, IA 50153  
641-527-2639  
ehoney37@netins.net  
Venues: direct marketing, wholesale  
Honey: liquid, comb, beeswax - filtered or unfiltered, beeswax candles, unfiltered, unheated raw honey, chunk honey, package bees
Emmack Farms
Mary Emmack
7044 S. 60th Ave. W.; Colfax, IA  50054
515-994-2810
Venues: Prairie City, Newton, and Des Moines farmers markets
Vegetables: assortment (specialty: potatoes and popcorn)

Engel, Laura, see Ceres Baked Goods

Esther’s Place
Esther Huedepohl
1742 410 Avenue, P.O. Box 387, Brooklyn, IA  52211
641-522-7888, 641-990-7960
Venues: Grinnell farmers market
Baked goods: rolls, breads, kolaches, pies, cookies, muffins, cakes

Foreside Acres
Rick & Martha Mitchell
162 380th Ave.; Grinnell, IA  50112
641-236-3580, fax: 641-236-3580
foreside@foresideacres.com;
www.foresideacres.com
Venues: direct marketing
Herbs
Meats: lamb
Specialty: Asian vegetables and winter greens
Vegetables: longevity spinach, bitter gourd, winter melon. and edible
gourds

Gnau, Jarrod
447 320th Ave.; Grinnell, IA  50112
641-888-0265, jarrod_gnau@msn.com
Venue: Grinnell farmers market
Vegetables: corn, cucumbers, green beans, peas, peppers, radish,
squash (summer and winter varieties), tomatoes
Grinnell Heritage Farm, Inc.
Andrew & Melissa Dunham
1933 Penrose St.; Grinnell, IA  50112
641-990-0018
grin nellheritagefarm@gmail.com
www.grinnellheritagefarm.com
Venues: Produce (USDA Certified Organic) available in Grinnell through CSA shares, through farmers markets in Cedar Rapids (downtown) Des Moines, and Iowa City (Saturdays), and through New Pioneer Coop, Wheatsfield Coop, Gateway Market, and Whole Foods Market
Herbs
Meats: beef
Poultry: chickens
Vegetables: assortment

Hala’s Honey & Produce
Margaret Hala
1988 Vine Avenue; Marshalltown, IA  50158
641-752-2981, 641-485-0813
mhala@mchsi.com
Venues: Grinnell (Thursdays), and Marshalltown (Wednesday and Saturdays) farmers markets
Baked goods
Herbs
Honey: 8oz., 12 oz, pint, quart and gallon
Vegetables: peppers, tomatoes

Harris, Katy, see Daisy Hill Farm

Hinegardner Orchard
David & Julie Hinegardner
1348 295th St.; Montour, IA  50173
641-492-6353
hinie@iowatelecom.net
Facebook.com/Hinegarders-Orchard
Venues: direct marketing, u-pick, Grinnell and Des Moines (downtown on Saturdays) farmers markets, wholesale
Fruits: apples, black berries, melons, pears, raspberries, strawberries
Vegetables: assortment (specialty: squash, gourds, pumpkins)
Humphrey Sweet Corn
Rich Humphrey
11293 Hwy F 17 E.; Gilman, IA  50106
641-498-7317
randchum@gmail.com
Venues: direct marketing, produce stands at 4th & West St. in Grinnell and K-Mart parking lot in Marshalltown; wholesale
Vegetables: sweet corn, tomatoes

Imhoff, Joe & Barb
2307 310th St., Toledo, IA  52342
641-691-1670
Venues: Direct marketing, Grinnell (Thursday) and Toeldo (Friday) farmers market
Baked goods: Artisan breads, pastries
Berries
Nuts
Vegetables

Irish Ridge Produce
Steve Cranston
2093 470th Avenue, Deep River, IA  52222
641-990-5882, 641-595-6121
fsbcranston@yahoo.com
Venues: Grinnell farmers market
Herbs: garlic
Specialty: ornamental and broom corn
Vegetables

Laackmann, Darold & Ruth, see Botanical Goodness

Landmark Farms
Jack, Barb and Jim Bob Suiter
9038 Station Street; Sully, IA  50251
641-594-3232, 641-275-2128
landmarkfarms@netins.net
Venues: direct marketing, wholesale
Eggs - free range (antibiotic free)
Poultry: broiler chickens, turkeys (antibiotic free)
Vegetables: cucumbers, eggplant, kohlrabi, okra, peppers, rutabaga, squash, tomatoes, and zucchini
Lincoln, Greg, see Top of the Hill Nuts

Maske, Gary & Julie, see Deep River Chicken

**Middle Way Farm**
Jordan Scheibel  
farm address: 3633 Hwy. 146, Grinnell, IA 50112  
mailing address: 1325 4th Ave.; Grinnell, IA 50112  
641-821-0753  
middlewayfarmer@gmail.com  
www.middlewayfarm.com  
Venue: Grinnell farmers market, CSA, Grinnell Local Food Source, Cedar Rapids downtown market, Farm to Folk (Ames), wholesale  
Fruits  
Herbs  
Specialty: flowers, bedding plants  
Vegetables

**Momma Teresa Salsa**
Marilyn J. D’Aguanno  
191 Forest Home Road; Montezuma, IA 50171  
641-623-2696, 641-569-0916  
marilyndaguanno@gmail.com  
Venues: Grinnell farmers market, grocery stores in Poweshiek County  
Specialty: salsa, apple butter

Minehart, Ned & Mary, see Southview Acres

Mitchell, Rick & Martha, see Foreside Acres

Nelson, Delmar & Fern, see Rock Creek Honey
Olson Garden Market
Brian & Kerri Olson
5809 Hwy. T38N, Grinnell, IA  50112
641-990-6605, 641-990-6362
kerriolson56@gmail.com; brian.olson.O@gmail.com
Venues: Grinnell farmers market
Herbs
Vegetables: asparagus, beets, carrots, green beans, yellow beans, kohlrabi, summer squash, radishes, rhubarb, horseradish, new potatoes, tomatoes

Orr, Barb, see A Taste of Country

Parker, Donald
3276 Hwy. 63; Malcom, IA  50157
641-528-4505, 641-990-1344
P0314@iowatelecom.net
Venues: Grinnell produce stand, Toledo produce stand
Fruits: watermelon, cantaloupe
Specialty: popcorn
Vegetables: sweet corn

Paul’s Grains
Steve & Teresa Paul
2475B 340th St.; Laurel, IA  50141
641-476-3373
spaul@heartofiowa.net
www.paulsgrains.com
Venues: Grinnell Local Food Source, direct marketing
Grains: barley, buckwheat, corn, oats, rye, soybeans, spelt, wheat (made into flour and cereal)
Meats: grass-fed beef, lamb and goats
Poultry: free-range chickens

Rock Creek Honey
Delmar & Fern Nelson
630 Rock Creek W.; Kellogg, IA  50135
641-526-8866
rockcreekhoney@yahoo.com
Venues: direct marketing, Iowa State Fair, Southern Iowa Fair
Honey: 1, 2, 3, and 5 pound bottles, comb honey, chunk honey, creamed honey, and pollen. We do swarm removal.
Soaring Creations
Sandra Durr
671 E 132nd Street N, Grinnell, IA  50112
641-990-3900
Sjdurr1@gmail.com
Venue: Grinnell farmers market
Eggs

Schiebel, Jordan, see Middle Way Farm

Southview Acres
Ned & Mary Minehart
1874 415th Avenue; Brooklyn, IA  52211
641-522-9644, 641-275-0405
nemarent@netins.net
Venues: Grinnell farmers market
Baked goods: banana, zucchini and pumpkin breads, various cookies
Vegetables: potatoes, cabbage, squash, cucumbers, tomatoes, green beans and more

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

Top of the Hill Nuts
Greg Lincoln
4054 20th Street, Grinnell, IA  50112
641-990-2005
glincoln49@gmail.com
Venue: Grinnell farmers market
Nuts: roasted almond, cashews, pecan (sugar coated)

Troutner, Dawn, see C & T Gardens

Uncle Bill’s Farm
Bill Owen
244 400th Ave.; Grinnell, IA  50112
641-236-7043
unclebillsfarm@hotmail.com
www.unclebillsfarm.com
Venues: direct marketing
Specialty: potted bedding plants
Vegetables: pumpkins, tomatoes, squash, red and green peppers
Werner, Chuck & Ginger
3456 T Ave.; Chelsea, IA  52215
641-489-2046
Venues: direct marketing, Toledo and Grinnell (Saturday only) farmers markets
Baked goods
Eggs
Fruits: apples, berries, melons
Grains, Herbs, Nuts
Poultry: chickens, ducks, geese
Specialty: gourds, Indian corn
Vegetables: potato, green beans, salad greens, onions

Winburn, Angela
915 440th Avenue, Malcom, IA  50157
641-260-0236
winburn@grinnell.edu
Venues: direct marketing, Grinnell Local Foods Source
Poultry: turkeys (seasonal)
# Seasonal Availability

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## Directory of Producers by Product

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**Legend:**
- X: Presence
- No Symbol: Absence

**Note:** The directory is organized by product categories, with each producer listed across the rows and the presence of a product indicated by an 'X'.
## Producers by Product

<table>
<thead>
<tr>
<th>Producers</th>
<th>Grinnell Heritage Farm, Inc.</th>
<th>Halda’s Honey &amp; Produce</th>
<th>Hingarder Orchard</th>
<th>Humphrey Sweet Corn</th>
<th>Irish Ridge Produce</th>
<th>Landmark Farms</th>
<th>Momma Teresa Salsa</th>
<th>Middle Way Farm</th>
<th>Olson Garden Market</th>
<th>Parker, Donald</th>
<th>Paul’s Grains</th>
<th>Rock Creek Honey</th>
<th>Soaring Creations</th>
<th>Southview Acres</th>
<th>Top of the Hill Nuts</th>
<th>Uncle Bill’s Farm</th>
<th>Werner, Chuck &amp; Ginger</th>
<th>Winburn, Angela</th>
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19
Directory of Producers by City

Beaman
Aldrich, Charles & Marilyn

Brooklyn
A Taste of Country
Esther’s Place
Southview Acres

Chelsea
Werner, Chuck & Ginger

Colfax
Emmack Farms

Deep River
Irish Ridge Produce

Gilman
Humphrey Sweet Corn

Grinnell
B & B Farms
Bauman Farm Fresh Produce
Compass Plant CSA
Foreside Acres
Gnau, Jarrod
Grinnell Heritage Farm, Inc.
Middle Way Farm
Olson Garden Market
Soaring Creations
Top of the Hill Nuts
Uncle Bill’s Farm

Kellogg
Rock Creek Honey

Keystone
Botanical Goodness

Laurel
Paul’s Grains

Lynnville
Ebert Honey Co.

Malcom
Doty Angus Cattle Co.
Parker, Donald
Winburn, Angela

Marshalltown
Hala’s Honey & Produce

Melbourne
C & T Gardens

Montezuma
Mama Teresa Salsa

Montour
Hinegardner Orchard

New Sharon
Deo Gloria Elk Products

Newton
Ceres Baked Goods
Daisy Hill Farm

Sully
Landmark Farms

Tama
Busy Bee Acres
Dreesman Buffalo Ranch

Toledo
Imhoff, Joe & Barb
Directory of Regional Farmers Markets

Grinnell
May 12 - October 22
Thursdays 3:00 - 6:00 pm and Saturdays 10:00 am - noon
Central park, corner of 4th Avenue and Broad Street
Contact: Rachael Kinnick, 641-236-6555

Knoxville
May 28 - October 15
Tuesdays 2:30 - 6:00 pm and Saturdays 8:00 am - noon
West side of Town Square
Contact: Cathy Priest, 641-414-0892

Marshalltown
May 14 - October 22 (closed for Octoberfest)
Wednesdays 4:00 - 6:00 pm and Saturdays 8:00 - 11:00 am
108 N. 2nd Avenue
Contact: Margaret Hala, 641-752-2981

Newton
June 7 - September 20
Tuesdays 4:30 - 6:30 pm
Northwest corner of Courthouse square
Contact: Andrew Bassman, 641-792-5545
andrewjbassman@gmail.com

Oskaloosa
May 17 - October 15
Tuesdays 4:00 - 6:00 pm, Saturday 8:00 - 11:00 am
East side of Town Square
Contact: Blain Vos, 641-777-2857, oskyhope@gmail.com

Pella
April 21 - October 27 (Thursdays 3:00 - 6:00 pm)
May 14 - October 22 (Saturdays 9:00 am - 12:00 pm)
First Reformed Church parking lot at 603 Broadway
Contact: Vivian Rippentrop, 641-628-4581

Toledo
May 6- October 28
Fridays 5:00 - 7:00 pm
East side of Courthouse
Contact: Dawn Troutner, 641-691-9710, toledofarmersmarket@yahoo.com
Community Supported Agriculture (CSA) Organizations

Compass Plant CSA: serves the immediate Grinnell area, provides a weekly share of locally grown fresh produce and eggs to members. Contact Ann Brau at (641) 990-6832 or ladunham@wildblue.net 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 conscientious consumers with local food farmers and producers through an online ordering system and a central distribution site at the First Presbyterian Church, 1025 5th Avenue in Grinnell, Iowa. We offer monthly distributions on the third Tuesday of the month (except January). Choose products from more than a dozen local producers including: beef, pork, chicken, and lamb; eggs, vegetables, breads, baked goods, noodles, pickles, salsa, grains, flours, dried beans, plant starts, and more. For questions, contact Angela Winburn at 641-260-0236. Email: Angela@localfoodgrinnell.com Website: www.localfoodmarketplace.com/grinnelllocalfoodsource/

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

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

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

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

Contact: Sandy McAntire, 321 Meskwaki Road, Tama, IA 52339, 641-484-4678 ext. 2513 or 641-484-9513, Email: fbdc.econdev@meskwaki-nsn.gov
According to the US Department of Agriculture, the number of farmers’ markets directory listings increased from 1,755 in 1994 to 8,476 in 2015, an increase of 6,721.

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

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
Food Labels

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

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

“Antibiotic” food labels:

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

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

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

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

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

“Certified Humane Raised and Handled®” means the producer and thereby their products have been certified as adhering to this organization’s standards for animal welfare, requiring the humane treatment of farm animals from birth through slaughter. The goal of the program is to improve the lives of farm animals by driving consumer demand for kinder and more responsible farm animal practices. Meets the Humane Farm Animal Care program standards, which includes nutritious diet without antibiotics or hormones, animals raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.
“Certified Naturally Grown” means the producer and thereby their products have been certified as adhering to this organization’s standards, which entail a commitment to work within the natural biological cycles that are necessary for a truly sustainable farming system - a system that works in harmony with micro-organisms, soil flora and fauna, pollinators, plants and animals. CNG offers certification of the following types of operations: Produce (including maple), Apiaries (for honey), and Livestock (including poultry and eggs). http://www.naturallygrown.org/programs

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

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

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

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

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

“Minimum to no chemical usage” or similar phrasing, is used by some producers who avoid using chemicals but for one reason or another have not sought organic certification and therefore are not permitted to use the word “organic” to describe their products. Consumers should realize that there is no standardization or certification process for such phrases, and they should ask the farmer about his or her growing practices.
“Non-GMO Verified” This program was developed by a retail organization, “Non-GMO Project.” There is currently no government or third-party auditing of this. As claimed by Non-GMO Project, the verification seal indicates that the product bearing the seal has gone through “our verification process. Our verification is an assurance that a product has been produced according to consensus-based best practices for GMO avoidance.” Due to limitations of testing methodology, the verification seal does not guarantee that a product is completely GMO-free.

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

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

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

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