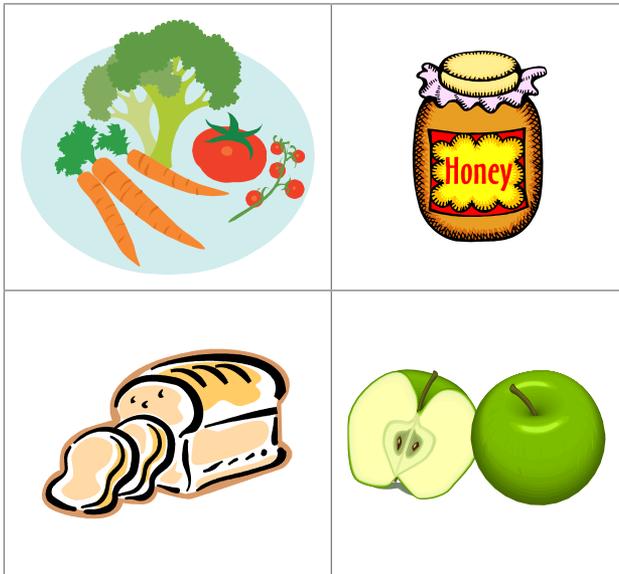




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# Grinnell Area Local Foods Guide



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June 2013





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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](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*.

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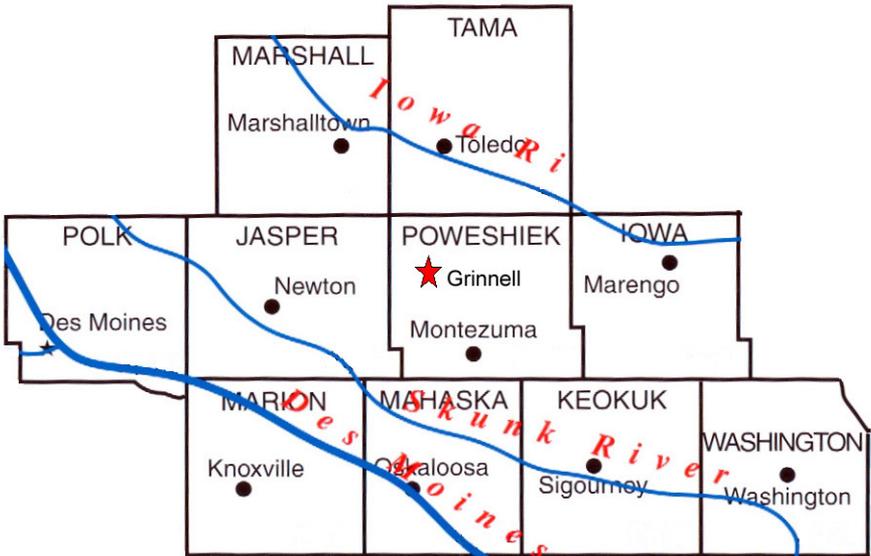
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# Healthy Iowans, Farms and Communities

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/](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: 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  
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

Fruits: raspberries

Herbs

Poultry: ducks and geese

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

*De Vilder, David & Margery, see Sojourn Farm*

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

**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

Eggs

Fruits: melons

Herbs

Meats: lamb

Vegetables: assortment

*Gimse, Sarah, see Sarah's Simples*

**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](mailto: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

*Hefflon, Lorena, see Little Red Hen Productions*

**Hinegardner Orchard**

David & Julie Hinegardner

1348 295th St.; Montour, IA 50173

641-492-6353

[hinie@iowatelecom.net](mailto:hinie@iowatelecom.net)

[Facebook.com/Hinegardners-Orchard](https://www.facebook.com/Hinegardners-Orchard)

Venues: direct marketing, u-pick, Grinnell and Des Moines (down-town on Saturdays) farmers markets, wholesale

Fruits: apples, berries, melons, pears

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](mailto: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 and cucumbers

## **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

*Kimball, Timothy, see Sarah's Simples*

## **KIOWA House of Herbs**

Cyndy J. Nelson  
686 512th Ave; Searsboro, IA 50242  
641-593-6672, 641-260-1138  
timandcyndy@hotmail.com

Venues: Grinnell College Local Foods Coop, direct marketing,  
Grinnell, Oskaloosa, and Des Moines farmers markets

Baked goods

Fruits: berries

Eggs

Herb

Nuts: black walnuts, hickory, chestnuts

Specialty: prairie grass seeds

Vegetables: assortment

## **Landmark Farms**

Jack & Barb 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

Specialty: cut flowers

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

**Little Red Hen**

Lorena Hefflon

1470 380th Street, Tama, IA 52339

641-781-0266

lrh88thewillow@gmail.com

Venues: Grinnell farmers market

Baked goods: breads, biscuits, cookies

Herbs: garlic

Specialty: homemade doggie treats

Vegetables: radishes, broccoli, carrots, cauliflower, peppers, corn, tomatoes, potatoes, peas, green beans, lettuce

*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, LLC**

Jordan Scheibel

1325 4th Ave.; Grinnell, IA 50112

641-821-0753

jordanscheibel@gmail.com

Venue: Grinnell farmers market

Fruits

Herbs

Specialty: flowers, bedding plants

Vegetables

**Momma Teresa Salsa**

Marilyn J. D'Aguzzo

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*

**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, various locations in Grinnell, 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

www.nortonsgreenhouse.com

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: grass-fed beef, lamb and goats

Poultry: free-range chickens

**Rock Creek Honey**

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

Venues: Marketplace in Grinnell, Iowa State Fair

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

**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

## **Sarah's Simple**

Tim Kimball & Sarah Gimse

1525 6th Ave. #1, Grinnell, IA 50112

641-236-6750

sarahsimples@live.com

Facebook.com/cheftimothykimball/zestcatering

Venues: Grinnell farmers market, Grinnell College Local Foods Co-Op, Midway Farm's C.S.A.

Baked goods: classic French Bread, 100% Whole Wheat Loaves, Honey Oat Rustic Rounds, Super Sticky Pecan Rolls, Fresh hand-made Pies, flavorful Jalapeno Cheddar Biscuits, real butter Cakes, fresh fruit and savory Kolaches

*Schiebel, Jordan, see Middle Way Farm, LLC*

*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, 641-275-0405

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, 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: pumpkins, squash

# 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							

	<i>A &amp; A Growers</i>	<i>A Taste of Country</i>	<i>B &amp; B Farms</i>	<i>C &amp; T Gardens</i>	<i>Carroll's Pumpkin Farm</i>	<i>Compass Plant CSA</i>	<i>Deep River Chicken</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 &amp; 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
<i>Nuts</i>															X	
<i>Poultry</i>			X	X		X	X							X		
<i>Soy Products</i>		X														X
<i>Specialties</i>		X		X												
<i>Vegetables</i>	X	X		X	X	X				X		X	X	X	X	X



# 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*

## **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, LLC*  
*Rusty Plow Garden, Orchard & Bakery*  
*Sarah's Simples*  
*Uncle Bill's Farm*

## **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**

*Hinegardner Orchard*

## **New Sharon**

*Deo Gloria Elk Products*

## **Newton**

*Maytag Dairy Farms*

## **Searsboro**

*Just Let Me Bake*  
*North Skunk Sawmill & Market, Inc.*

## **Sully**

*Landmark Farms*

## **Tama**

*Dreesman Buffalo Ranch*  
*Little Red Hen*

## **Toledo**

*Norton's Greenhouse*

# Directory of Regional Farmers Markets

## Grinnell

- May 16 – October 26
- 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 25 – October 12
- 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 4 – September 24
- Tuesdays 4:00 – 6:30 pm
- 501 West 3rd Street N (next to Centre for Arts and Artists)
- Contact: Diane Martinson, 641-792-9193

## Oskaloosa

- May 28 – October 12
- 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 25 - October 31  
Thursdays 3:00 - 6:00 pm
- May 25 - September 14  
Saturdays 9:00 am.- 12:00 pm
- First Reformed Church parking lot at 603 Broadway
- Contact: Vivian Rippentrop, 641-628-4581

## **Toledo**

- May 3 - October 25
- 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](mailto: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](mailto:grinnellheritagefarm@gmail.com) for information.
- **Sarah's Simples** serves the Grinnell farmers market, Grinnell College Local Foods Co-Op, Midway Farm's C.S.A. Contact Tim Kimball or Sarah Gimse at 641-236-6750 or [sarahsimples@live.com](mailto:sarahsimples@live.com) for information.

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.

Source: Leopold Center, Iowa State

# 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”** indicates that the flock was able to freely roam a building, room or enclosed area with unlimited access to food and fresh water during their production cycle. The size of the building and the number of animals within the building is not specified. The cage-free label does not guarantee the flock has access to outdoors.

**“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.

**“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.





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