



2019 Local Food & Farm Guide

A FIELD TO FAMILY PUBLICATION FOR THE CEDAR RAPIDS/IOWA CITY REGION





Field to Family works to create a more local, healthy and sustainable regional food system.

We envision a region where people eat with the seasons, where farmers make a living, and our ecosystem is diverse, abundant and healthy.

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Thank you for the support from:

New Pioneer Food Coop

Hills Bank

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Iowa City Area Development Group

Little Village Magazine

Johnson County Board of Supervisors

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Table to Table

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Field to Family Advisory Board





Field to Family supports school gardens, procures local food for the school lunch menu and brings the “farm” to the school in order to help kids learn where their food comes from, connect farmers to schools and encourage healthy food habits. Since 2010, we have procured over 75,000 pounds of locally-grown crops from local farmers for the ICCSD lunch menu. This includes local apples, bell peppers, cantaloupe, cherry tomatoes, cucumbers, sweet potatoes, watermelon and zucchini.

Our Farm Stand program offers free fresh, locally-grown foods, prepared food samples, information on food preparation as well as youth food system and nutrition educational activities at various locations in Johnson County during the growing season, primarily set up alongside the CommUnity mobile food pantry.

In 2017, we served 600 households at 20 Farm Stands in 12 different locations—distributing 2,905 pounds of fresh foods.

In 2018, Field to Family launched a wholesale Food Hub, focusing on institutional sales of local food. We believe institutions are the great equalizer in the food system. With support from Johnson County, the USDA and the former Iowa Valley Food Co-op, we work to increase access to local food to more people in institutions such as PK-12 schools, retirement communities, colleges and universities, and hospitals.

What is a Food Hub? A Food Hub is a centrally located facility that aggregates, stores, processes, distributes and promotes local food. Field to Family’s Food Hub is a mission driven, nonprofit program that recognizes the need for and value of community education, collaboration and partnerships; supports a shared vision of a community food system that enhances our economic, environmental and community health; preserves farm land; provides new markets to local farmers; and expands access to locally-grown and -produced food to all citizens in the Iowa City/ Cedar Rapids region.

Field to Family works to promote local food and farms in the Iowa City/Cedar Rapids area, as well as promote seasonally available foods, farmers markets and retail locations offering local foods. Find a list of local farms, what they grow and how to find their products on our website at fieldtofamily.org.

If each individual in the region spends 10% of their food dollars on local food, the regional economy gains \$83 million per year.



Field to Family
 840 S. Capitol Street, Iowa City, IA 52240
 319-535-0534, fieldtofamily.org
 TWITTER: @fieldtofamily, FACEBOOK: FieldToFamily.Iowa

LOCAL FARM LISTINGS



Find your farmer! This list features farms in the Iowa City/Cedar Rapids region that produce vegetables, fruit, meat, eggs, dairy, honey and flowers. In addition, CSAs, wineries, farms that offer U-Pick opportunities and Agri-Education are included. This is not an exhaustive list—to be included in the 2020 Local Food and Farm Guide and Field to Family's new searchable online database, please contact Michelle Kenyon at director@fieldtofamily.org.



Abbe Hills Farm
Laura Krouse, Mt. Vernon
319-895-6924
laura@abbehills.com
abbehills.com

Abbe Hills Farm serves families with tasty, local vegetables. We grow food that keeps you healthy, produced in a manner that is environmentally sustainable, by workers who are fairly paid, at affordable prices.



Beal Fine Meats and Produce
John Beal, Monticello
sbeal129@yahoo.com

This Jones County family farm raises beef cattle, vegetables, corn and beans.



Beuter Farm
Judy Beuter & Joe Jedlicka,
Solon
319-624-2686
judyjedl@aol.com

A local and sustainable family farm, we raise chicken,

pork and beef outdoors on grass, sunshine, organic grains, organic hay, organic supplements. No GMOs. No antibiotics. No hormones.



Bountiful Harvest Farm
Angie Scharnhorst, Solon
512-644-1623
ascharyn@me.com

bountifulharvestcsa.com
 We are a community-supported agriculture farm located in Solon, Iowa. We believe food should taste great, be grown by people who love what they do, and be enjoyed by members of the community.



Bringman Family Farms
Justin Bringman and Colleen
McHenry, Iowa City
319-330-2594
bringmanfamilyfarms@gmail.com
bringmanfamilyfarms.com

We are an Iowa City farm located east off Highway 6. We

provide fresh, locally-grown produce to our neighbors, friends, family and community.



Bushel N Peck
Denise Harmsen, Durant
563-343-0560
harmsendenise@outlook.com

Bushel N Peck is where 450 brown egg layers do their job. We are completely chemical free! No antibiotics, no animal by-products, no hormones and the hens are free-range with both night light as well as natural sunlight.



Calico Farm
Bonnie Riggan, Iowa City
319-321-6904
bonnieriggan@yahoo.com
calicofarm.wordpress.com
 A tiny farm in Iowa City that grows good food for people who live nearby.

-  Fruit
-  Vegetables
-  Meat
-  Eggs
-  Dairy
-  Flowers
-  Honey
-  CSA
-  U-Pick
-  Agri-Education
-  Winery
-  On-site Farm Stand
-  Agrotourism



Chestnut Hill Cooperative Farm
Iowa City

319-471-2575
chestnuthillfarmers@gmail.com
 Vegetables, honey, hay and young chestnuts, persimmons, elderberries and a variety of other perennial fruits and nuts



Country View Dairy
Bob Howard, Hawkeye
563-422-8633
info@countryviewdairy.com
countryviewdairy.com

Country View Dairy makes yogurt right on our family farm using our own single source of milk.



Crows Creek Farm
Alyssa Aronson, Springville
319-573-8685

alysa@crowscreekfarm.com
crowscreekfarm.com

We are a small family farm near Anamosa, Iowa. We raise pastured heritage-breed pork and grass-fed beef. We believe in the symbiosis of farm and field, pasture and prairie, livestock and wildlife.



Destiny's Garden Herbs,
Kimberli, Cedar Rapids
319-270-0975

destinys.garden.herbs@gmail.com
 Vegetables, herbs, wild
 harvested foods—ramps,
 mushrooms, greens, berries.



Ebert Honey LLC, Phil Ebert,
Adam Ebert, Alex Ebert, Andria
Pooley-Ebert, Mt. Vernon
319-259-9377
andria@eberthoney.com
eberthoney.com

Phil Ebert began Ebert Honey
 in 1980 with only about 10
 colonies. Now their hives
 produce around 100,000
 pounds of honey every year.
 Preservation and growth of
 bee populations is one of the
 primary objectives of Ebert
 Honey.



Echollective Farm LLC
Derek Roller and Molly
Schintler, Mechanicsville
347-331-5115

echocsa@gmail.com
echollectivefarm.com
 Together with our Iowa
 Community, Echollective Farm
 grows food to nourish people
 and the planet. We envision
 a future in which all Iowans—
 regardless of race, class or
 geography—have access to
 fresh, organically grown, local
 food that is cultivated with
 consideration for clean water,
 breathable air and healthy soil.



Farmer Dave, David and Mickey
Miller, Lisbon
319-310-6299
farmerdavesfood@gmail.com
facebook.com/Farmer-Dave
 Offering high-quality fruits and

vegetables, grown responsibly
 and free of chemicals and
 synthetic pesticides.



Five Petal Farm
Jennifer Hobbs, North Liberty
319-594-1874
info@fivepetalfarm.com
fivepetalfarm.com

An urban flower and herb farm
 located in the heart of North
 Liberty, utilizing sustainable
 practices.



Friendly Farm
David Braverman, Iowa City
319-621-5462
dcbrave444@msn.com
facebook.com/Friendly-Farm

Vegetables, flowers and herbs,
 chemical-free and found at New
 Pioneer Food Co-op and local
 restaurants.



Garden Oasis, LLC,
T.D. Holub, Coggon
319-558-6481
gofarmveggies@gmail.com
gofarmveggies.com

At Garden Oasis Farm we
 believe that everyone should
 have access to safe, healthy
 and affordable food from within
 their own community.



Grimm Family Farm
Jason and Hannah Grimm,
North English
319-270-3890
grimmfamilyfarm@gmail.com
grimmfarm.com

Grimm Family Farm is a
 three-generation family farm
 marketing pasture-raised
 poultry, produce and dry beans.



Grinnell Heritage Farm,
Andy & Melissa Dunham,
Grinnell
641-236-4374
grinnellheritagefarm@gmail.com
grinnellheritagefarm.com

Certified organic, diversified
 CSA farm. Our CSA shares are
 delivered to Des Moines, Cedar
 Rapids, Iowa City, Kalona, West
 Des Moines, Grinnell, Norway,
 Altoona and Hiawatha—find a
 site near you and start receiving
 a box of fresh veggies weekly
 from the farm May through
 December.



Heartland Fresh Family Farm
Mark and Leslie Hulsebus,
Donnellson
319-838-2047
heartlandfresh@windstream.net
heartlandfreshfamilyfarm.com

We produce beef, pork, poultry
 and eggs in balance with
 nature. We use no chemicals or
 fertilizers on our pastures, our
 animals spend as much time as
 possible consuming grass as
 nature intended, and humane
 treatment of our animals is
 always at the forefront of our
 thinking.



Hinterland Farms
Scott Hintermeister
319-325-7163
farmhinterland@gmail.com

All-natural pork raised in
 an open environment on a
 vegetarian diet, with no added
 hormones. Lamb is grass-fed.



Hotz Produce
Marvin and Carolyn Hotz, Iowa City
319-629-5320

Features sweet corn, fresh
 produce and eggs.



Hue Hill Farm
Jean Donohue, Iowa City
319-631-1628
huehillfarmcsa@gmail.com
huehillfarm.com

Hue Hill transforms farm-
 grown vegetables into vibrant,
 live-cultured, probiotic-rich
 fermented food.



Jupiter Ridge Farm
William Lorenzen and
Adrian White, Garber
563-321-2829
jupiterridgefarm@gmail.com
jupiterridgefarm.com

Jupiter Ridge Farm (Jupiter
 Ridge LLC) produces ethically
 and sustainably grown gourmet
 shiitake mushrooms, herbs and
 vegetables.



Kalona Supernatural, Kalona
 To honor your commitment to
 a healthy household and planet,
 we work with small family farms
 to bring you delicious, certified
 organic cream-topped milk
 from pasture-grazed cows.



Local Harvest CSA
Carmen Black, Solon
319-331-3957
localharvestcsa@southslope.net
solonsundogfarm.com

We use sustainable practices
 to provide our CSA members a
 broad diversity of high-quality
 vegetables and herbs, delivered
 fresh the day of harvest.

LOCAL FARM LISTINGS

95% of single urban households are willing to pay more for local foods.



Lucky Star Farm
Susan Young, Iowa City
319-594-6742
susan@theluckystarfarm.com
theluckystarfarm.com

We are dedicated to natural and sustainable practices and offer pasture-raised eggs year-round. We also raise turkeys for the holidays and are milking Nigerian Dwarf goats.



Miller's Sweet Corn
Marvin Miller, Oxford
319-646-6062

An in-season farm stand west of Iowa City, just off Black Diamond Trail-F52, featuring sweet corn, asparagus, pumpkins, squash, snap peas and string beans.



The Millet Seed Farm
Jon Yagla, Iowa City
319-471-0807
jonyagla@gmail.com
themilletseed.com

The Millet Seed Farm offers members an authentic local food experience. Our CSA shares include a diversity of greens, herbs, roots, fruits, vegetables, and some specialty items including mushrooms and fermented foods.



Mogo Farms
Morgan Hoenig, Mt. Pleasant
mogoorganic@gmail.com
mogoorganic.com

Organic flower and vegetable producer, offering products through Green Share CSA, at farmers markets, and off farm.



Morning Glory Farm
Donna & Bill Warhover, Mt. Vernon
563-451-6676
donnawarhover@gmail.com
morningglory.community

We provide our community with a wide variety of seasonal vegetables, fruits and herbs grown using organic practices.



Muddy Miss Farms
Shanti Sellz, Iowa City
319-321-8838
muddymissfarms@gmail.com
muddymissfarms.com

Muddy Miss Farms is dedicated to diversified, small-scale, sustainable agriculture. We adhere to growing practices that focus on the health of plants, animals and the land while providing our community with high-quality, fresh and nutritious food.



Noble Bee Honey
Matthew Stewart, South Amana
319-662-4145

Beekeeping, honey production, honey processing and distribution.



Northern Ridge Farm
David and Penny Lacina, Oxford
319-331-4816
NRBF@southslope.net
northernridgefarm.com

Selling produce, eggs, meats, dairy, honey and baked goods.



Oak Hill Acres, Andy, Christina, Terry and Lorraine Tygrett, Atalissa
563-946-2304
oakhillacres@fbx.com
oakhillacres.com

Oak Hill Acres is dedicated to marketing high quality vegetables, bedding plants and small grains directly to customers.



Onion Grove
Forrest Kelly, Clarence
563-265-4865
forrest_kelly@yahoo.com

Onion Grove strives to produce healthy food using organic methods.



Organic Greens
James Nisly, Kalona
319-936-6510
organicgreens@kctc.net
ogitsfresh.com

Organic Greens grows certified organic, fresh foods that are healthy, delicious and of the highest quality. Featuring a beautiful palette of artistic and flavorful mini greens and microgreens; sweet potatoes, asparagus, cabbage.



Pavelka's Point Meats
Lois Pavelka and Bill Ellison, Mt. Vernon
319-624-2392
loisbill@southslope.net
facebook.com/Pavelkas-

Point-Meats
We sell our lovingly raised lamb, pork and beef year round at the Iowa City and Mt. Vernon farmers markets and to restaurants. Our livestock have free access to outdoors and are fed grains, hay and grasses on our farm.



Pheasant Run Farm
Ann and Eric Franzenburg, Van Horne
319-228-8758
pheasantrunfarmiowa.com

Pheasant Run Farm is a diversified family farm operation located in east-central Iowa. In addition to the traditional Iowa corn and soybean crops, we raise certified organic medicinal and culinary herbs, cut flowers, fruits and vegetables.



Plantchanters Garden
Mandy Dickerson
Iowa City
plantchanter@gmail.com
plantchanters.com

Urban grower of herbs and flowers, offering plant-based preparations for health and beauty.



Radiance Dairy
Frances Thicke, Fairfield
641-472-8554
facebook.com/Radiance-Dairy
Fairfield, Iowa's local organic, sustainable, grass-fed dairy. Radiance Dairy's farming

A 10% shift in buying produce from local farms within a 50 mile radius would save 310,000 gallons of fuel on an annual basis and would also reduce CO₂ by 7.3 million lbs.



operation is considered innovative in many respects—integrating livestock onto the landscape in an ecologically sound way, on-farm milk processing, rotational grazing system and the use of alternative energy systems



Rainbow Roots Farm
Corbin Scholz, Solon
319-331-3991
rainbowrootsfarm@gmail.com
rainbowrootsfarm.com

Rainbow Roots Farm focuses on having a regenerative commitment to the land, educational opportunities and a focus on growing healthy vegetables for the community.



Rapid Creek Ranch
Doug and Pam Darrow and Justin Wade, Oxford
319-330-1368
doug@rapidcreekranch.com
rapidcreekranch.com

Locally born, locally grown protein from our farm to your table: pastured beef, poultry and farm-fresh brown eggs. Visit us at the farm anytime.



Red Earth Gardens, Tama
fbdc.econdev@meskwaki-nsn.gov
facebook.com/pg/REdearthGARDEN

Red Earth Gardens is an organic farm committed to growing food in a way that was taught to us by our ancestors. Nourishing Mother Earth while supporting the community through environmentally-sustainable practices, we grow vegetables, herbs and more!



Salt Fork Farms
Eric Menzel, Solon
319-270-3449
saltforkfarms@gmail.com
saltforkfarms.com

Local small produce and pasture poultry farm located in northeast Johnson County. We provide eggs, vegetables and fruit to the community.



Skyline Farm of Johnson County, LLC
Donna Wisnousky, Swisher
319-846-2016
wizcut@southslope.net

Raising berries for farmers markets: red and black raspberries, blueberries, blackberries, ground cherries, jams and jellies from local produce.



Sievers Certified Organic Farms
Veryl & Ivy Sievers, Tama
veryl@sieversfarm.com
sweetivy@mac.com

IDALS inspected, certified organically raised grass-fed beef (60-40); wine grapes Elvira and Edelweiss; corn, oats and hay.



Small Frye Farm
Susan Frye, Maysville
319-936-1216
smallfryefarm.com

Small Frye Farm is an organic vegetable, fruit, herb and flower CSA which serves subscribers in Scott and Johnson Counties.



Squier Squash and Donnelly Farms
Shelley Squier and Mike Donnelly, North English
319-639-2430
squiersquash@netins.net

We specialize in unique and heirloom varieties of garlic, tomatoes, peppers, eggplants, basil, squash, fingerling potatoes, greens, fruits and chestnuts.



Trowel and Error Farm
Carly McAndrews and Bryant Mann, Iowa City
203-668-1278
trowelanderrorfarm@gmail.com
trowelanderrorfarm.com

At Trowel & Error Farm, we grow over 30 different kinds of veggies, from greens like arugula, spinach and lettuce to roots like carrots, beets and radishes.



Twisted Oaks Farm
Jamie and Cory Bierman, Tipton
563-889-52772
twistedoaksmeats.com

We raise grass-fed beef, non-GMO pasture pork, non-GMO pasture poultry and eggs in retail and wholesale cuts.



Wild Woods Farm
Kate Edwards, Iowa City
319-333-2980
kate.wildwoodsfarm@gmail.com
wildwoodscsa.com

Wild Woods Farm is a sustainable vegetable farm utilizing organic practices to produce local vegetables for Iowa City and the surrounding area.

FARMER PROFILES

Jamie Bierman, Twisted Oaks

What is one crop that you grow especially well that you love to eat? We grow the most delicious grass-fed beef! We prefer to grill it to just past rare, leaving all of the moist, succulent juice in the meat. For grilling, we like to pan-fry steaks in our lard. I don't really prefer one to the other, as grass-fed steaks are like butter melting in your mouth.

What is one thing you want people to know about when it comes to your farm, your land, your lifestyle and your crops/farm products? We do want you to know that we are not "conquering" farmers. We try to utilize all of nature's systems to its own benefit, the stocks' benefit and our's as well. We know that there are a lot of symbiotic relationships that work supremely well when left alone. So our goal is to advance those processes, using nature's tools (livestock, wildlife, microbes, etc.) to feed people.



▲ Justin and Colleen Bringman

What is your background and why did you choose to be a farmer? We chose to be

farmers because we like to grow vegetables and provide a healthy, quality product to the local community. We are proud to be able to do that and enjoy it very much.

What is one thing you want people to know about when it comes to your farm, your land, your lifestyle or your crops/farm products? We put our heart, soul and sweat into this farm. The dedication that goes into a vegetable farm like ours is difficult to measure. It's a labor of love and we love being able to make our community healthier.

Farmer Kate, Wildwood Farm

What is one thing you want people to know about when it comes to your farm, your land, your lifestyle or your crops/farm products? We follow organic practices on our farm and this is really important to us. Taking care of the land, our soil and our water is vital. We have opportunities for community on the farm; between mid-summer tours, volunteer opportunities and our annual potluck, there are lots of ways to see where your food is grown. We would LOVE to have you join our community this summer!

T.D. Holub

What is your background and why did you choose to be a farmer? I grew up on a family farm and have always had a passion for the outdoors and getting my hands dirty. To me farming is the most challenging and rewarding job in the world. Not only do we get to work with the life of our plants, soil

and animals everyday, but we get to grow and supply food to our local community!

What is one crop that you grow especially well that you love to eat? How do you like to prepare it? Broccoli, and we love to roast it with onions and garlic

How do you showcase your personality and/or values in how you run your farm business? We always want to make sure that the first thing a customer notices is the quality and cleanliness of our products. If we can do that, the rest is easy!

Kimberli, Destiny's Garden Herbs

What is your background and why did you choose to be a farmer? I've been organically growing culinary herbs and non-GMO vegetables for over 20 years in the Cedar Rapids area. I respect the earth and choose to grow responsibly to protect natural resources and provide the best quality product possible—if it wouldn't go on your table, it won't go to yours! We also practice a "no trace" ethic when outdoors and harvest foods respectfully and conservatively to protect natural resources. For us, this is a way of living, something we are passionate about and proud of.

What is one crop that you grow especially well that you love to eat? How do you like to prepare it? Basil! We grow seven different varieties of basil, each unique. Our favorite ways to use it are in pesto (Genovese basil) with a mixture of other herbs and greens and

home-grown heirloom garlic, or in a lovely pale garnet colored jelly (Opal basil).



▲ Emma Johnson, Buffalo Ridge Orchard

How do you showcase your personality and/or values in how you run your farm business? We are committed to growing our produce responsibly. We are a family business with two generations working together to conserve the land while still making a living for our family. This means we are constantly learning and revising our growing practices to conserve water and soil. It also means choosing to pay our employees a fair wage and setting aside a portion of our crop to donate to local food pantries.

What is one thing you want people to know about when it comes to your farm, your land, your lifestyle or your crops/farm products? Our farm is located along the top of our watershed along Buffalo Ridge. This affords us some beautiful views of the rolling landscape that surrounds us.

Matt Kroul, Kroul Farms

What is one crop that you grow especially well that you love to eat? Anything sweet potato inspired, or you can't go wrong with some homemade grilled jalapeño poppers!

How do you showcase your personality and/or values in how you run your farm business? Having a solid foundation of relationships in the communities that surround our farm is key to running our farm business.



▲ Paul Rasch, Wilson's Orchard

What is your background and why did you choose to be a farmer? I am a fourth generation fruit grower, so apples are just in my blood.

What is one crop that you grow especially well that you love to eat? How do you like to prepare it? Apples, fresh off the tree.

What is something people may be surprised to know about you? I established the first commercial juice company in China.



▲ Angie Scharnhorst, Bountiful Harvest Farm

What is one crop that you grow especially well that you love to eat? I absolutely love tomatoes. I am a big canner and processing farm-fresh, kissed-by-the-sun tomatoes to enjoy in the cold snow-covered month we have in Iowa is such a blessing. There are so many tastes, colors, sizes and shapes that make growing tomatoes a big favorite of mine. As far as preparing them in the summer—pluck them off the vine and, if they make it into the kitchen, a simple slice, sprinkle with salt and into the mouth. Nothing better!

What is one thing you want people to know about when it comes to your farm, your land, your lifestyle or your crops/farm products? We want all members, farmers market visitors, chefs, grocery owners and everyone in our community to know that each and every fruit and vegetable we grow is for you and done with love.

► Corbin Scholz, Rainbow Roots

What is your background and why did you choose to be a farmer? I graduated pre-med



from the University of Iowa and was following my parents dream of becoming a doctor. This never felt right to me, but I didn't know what it was supposed to feel like to be passionate about something. Finally, by taking a year off after graduation, I finally found something I love to do—grow food that's healthy for the people and the environment.

What is one crop that you grow especially well that you love to eat? How do you like to prepare it? I love growing cherry tomatoes. There is nothing better than working a long hot day in the field and popping a yummy cherry tomato in your mouth!



▲ Donna Warhover, Morning Glory Farm

What is your background and why did you choose to be a farmer? I started farming in 2013 after having started a garden with adults with disabilities. The experience was transformative and inspired me to create an environment where all people including those with barriers to independence could find meaningful work and contribute to the community in positive ways.

How do you showcase your personality and/or values in how you run your farm business? Morning Glory is a

welcoming place that provides a safe environment for people to connect and find healing. Morning Glory is about growing healthy food, healthy lives and a healthy community. Morning Glory is a space where we share knowledge, space, dreams and good food!

What is one thing you want people to know about when it comes to your farm, your land, your lifestyle or your crops/farm products? I am passionate about growing nutritious, healthy, beautiful food and even more passionate about creating a community to enjoy it!

DESTINATION FARMS

This list features destinations in the Iowa City/Cedar Rapids region that provide agrotourism, education, on-site Farm Stands and prepared foods. This is not an exhaustive list—to be included in the 2020 Local Food and Farm Guide and Field to Family's new searchable online database, please contact Michelle Kenyon at director@fieldtofamily.org.

-  Fruit
-  Vegetables
-  Meat
-  Eggs
-  Dairy
-  Flowers
-  Honey
-  CSA
-  U-Pick
-  Agri-Education
-  Winery
-  On-site Farm Stand
-  Agrotourism



Allen's Orchard,
Christopher Gensicke, Marion
319-270-2018
cgensicke@gmail.com
allensorchard.com

We are a family owned and operated orchard in Marion, Iowa featuring 30+ varieties of apples, seasonal tart cherries, pears, Concord grapes, gourds and pumpkins.



Bass Farms
Chris Bass, Mt. Vernon
Bass Farms is a beautiful vegetable farm located directly across the street from Palisades State Park on Highway 30. We strive to produce high quality, chemical-free produce with exceptional customer service!



Big Apple Orchard
Marti Family, Mount Vernon
319-361-7692
msmart@earthlink.net
bigappleorchard.com
The Big Apple Orchard, owned

64.8% of local farmers' revenue is reinvested back into their communities.

by the Marti family, is home to 2,200 apple trees of 20+ varieties. The Orchard Store features a bakery, gifts and more!



Buffalo Ridge Orchard
Marcus and Emma Johnson,
Central City
319-521-1353
info@buffaloridgeorchard.com
buffaloridgeorchard.com

We have a diversified family farm with over 3,500 apple trees (over 50 varieties), 350 pear trees (six varieties), and over five acres of vegetables and herbs. We sell our produce on our farm, through our CSA, and at farmers markets. Our goal is to grow quality local produce responsibly.



Colony Pumpkin Patch
Dean and Katie Colony, North Liberty
319-626-6091
info@colonypumpkinpatch.com
colonypumpkinpatch.com

Third and fourth generation farmers defying the odds by continuing to share and pass on the rural values that are at the core of family, and our growing Eastern Iowa town.



Dan and Debbie's Creamery Ely
319-848-MILK
josie@dananddebbies.com
dananddebbies.com

We are committed to maintaining the highest quality, freshest products. We make all of our products using milk from the Takes Family Dairy Farm and premium quality ingredients.



Glyn Mawr Vineyard and Winery
Brenda Broulik and Anna Wilson, Olin
319-210-4401
glynmawr@gmail.com
glynmawr.com

We grow six varieties of wine grapes: Brianna, La Crescent, Frontenac Gris, Marquette, Marechal Foch and Frontenac.



Iowa Grown Market
Bethany Fischer, Solon
563-886-7506
iowagrownproduce@gmail.com
iowagrownproduce.com
Iowa Grown Market is a seasonal roadside produce stand located between Iowa City and Solon. We grow over 100 different fruit, vegetable, fungi and flower varieties using sustainable and organic practices.



Kroul Farms
Matt Kroul, Mt. Vernon
319-895-8944
info@kroulfarms.com
kroulfarms.com
From our gardens to your

kitchen table! Kroul Farms plants almost 20 acres of fresh produce each year, and pick it all summer long in order to maximize the growing season.



Land Alliance Folk School and Retreat Center, Anna's Cutting Garden
Dave and Anna Geyer, Oxford
319-325-6609
dageyer@southslope.net
landalliancefolk.com
annascuttinggarden.com

Wood-fired pizza, U-Pick flowers, grass-fed beef, classes, retreats and lodging, as well as cut flowers for any occasion. Pick your own or place a custom order. Chemical-free.



Geyer's Oven
Anna Geyer, Oxford
319-594-7020
dageyer@southslope.net
geyersovenbreadandpizza.com
We host public pizza events on second and fourth Thursdays in the summer, using locally grown meats and veggies. Everyone is welcome!



Blueyah Organic U-Pick Blueberry Farm
Oxford
319-325-0530
blueyahfarm@gmail.com
blueyahblueberryfarm.com
We're a scenic you-pick blueberry farm near Oxford,

Iowa, a 15-minute drive from Iowa City. We follow organic practices.



**The Orchard on Sand Road
Scott and Mary Hintermeister
319-721-1532**

We are a family owned and operated pick-your-own orchard and berry farm located 15 minutes south of Iowa City. Our market features eggs, produce and local goods. You can also pre-order farm-raised chicken and source local and antibiotic-free meats.



**Muddy Boots Flower Farm
Peg Mere, Monticello
319-480-6739
peg@muddybootsflowerfarm.com
facebook.com/
muddybootsflowerfarm**

Locally grown. Naturally beautiful. Muddy Boots Flower Farm in Monticello grows beautiful farm fresh flowers for you! U-Pick or we pick. Located between Cedar Rapids and Dubuque, just off of Hwy 151.



**Under a Tin Roof Farm, Kayla Haupt, Wellman
815-274-9685
underatinroof2015@gmail.com**

Under A Tin Roof Farm is a small, sustainable vegetable, fruit and flower farm. We provide a diverse selection of vegetables and fruits, pastured eggs, honey, dried herbs, cut flowers and more to our customers and CSA members.



**Walker Homestead
Bob and Kristy Walker, Iowa City
info@walker-homestead.com
walker-homestead.com**

facebook.com/walkerhomesteadIC

Situated on an 85-acre farm, three miles west of Iowa City off IWV, we are producing a variety of foods, raising animals and honey, growing herbs and flowers as well as producing wine, using techniques that protect the environment and help foster the development of healthy living.



**Wilson's Orchard
Paul Rasch and Sara Goering,
Iowa City
319-354-5651
wilsonsorchar@gmail.com
wilsonsorchar.com**

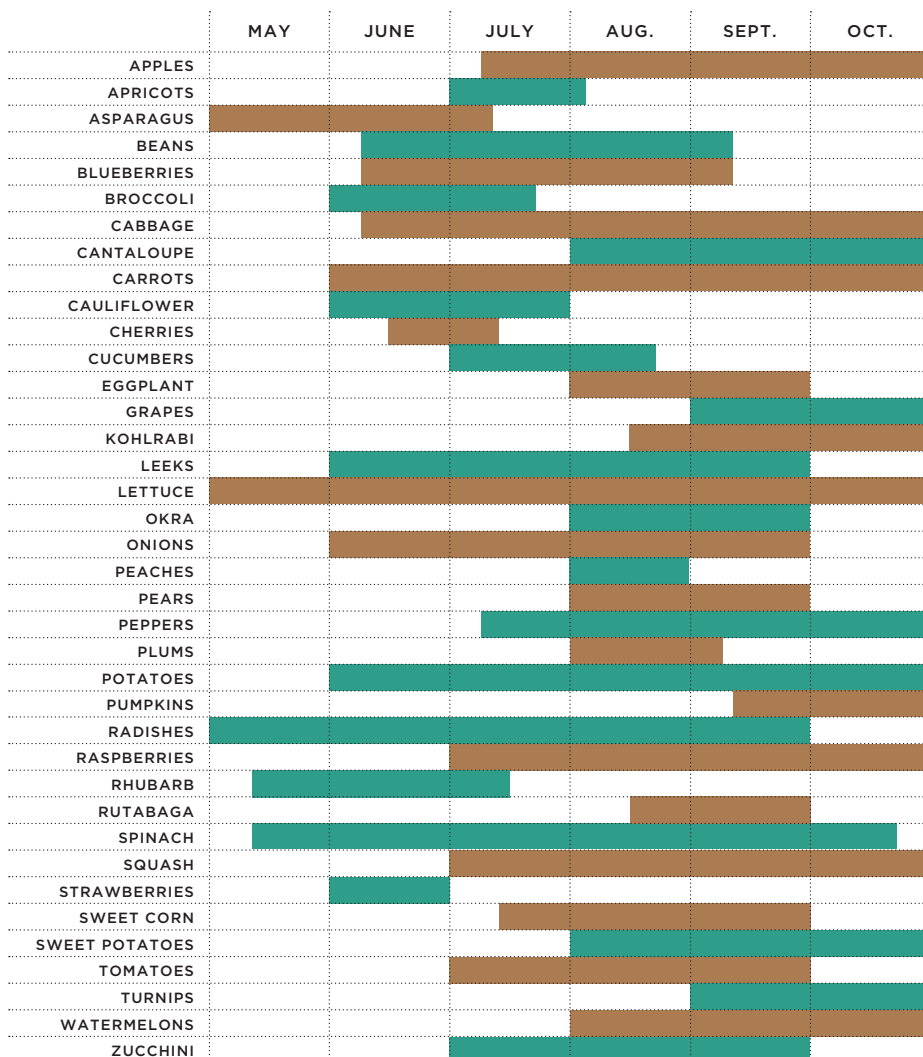
Find apples, sweet apple cider, hard apple cider, baked goods and pumpkins, as well as a restaurant and event center.



**The Berry Basket Farm
Farmers Mark and Kristina,
Iowa City
319-328-8883
berrybasketfarm.com**

We're a pick-your-own strawberry farm in Iowa City, Iowa.

Choose local while in season. Use this chart to keep track of harvest times for your favorite farm fresh foods.



FROM THE IOWA DEPARTMENT OF AGRICULTURE AND LAND STEWARDSHIP

Pledge to support local food and local farmers!

I, _____ pledge to:

SUPPORT the local economy by using my food dollars to strengthen our local food system.

SPEND 10% more of my existing food dollars locally.

MAKE A DIFFERENCE in my community by sharing my enthusiasm for fresh, local foods.

CONSERVE energy and protect the environment by purchasing local foods.

ENJOY and SHARE the delicious flavors and diversity of fresh, local Iowa foods.

Field to Family works to create a more local, healthy and sustainable regional food system. We envision a region where people eat with the seasons, where farmers make a living, and our ecosystem is diverse, abundant, and healthy.

“Field to Family strives to build an interconnected community food system that will enhance the human, environmental, social & economic health of our region.”

—Michelle Kenyon, Director

We are a mission-driven community non-profit and can't accomplish all we do without your support! Send a donation to Field to Family, 840 S. Capitol Street Iowa City, IA 52240 or submitting online at fieldtofamily.org/contact-us

Your donation to Field to Family supports the following programs:

- Farm to School
- Farm Stands, an anti-hunger initiative
- Certified Local Promotion Program
- Local Food Hub

GIFT AMOUNT

\$15 \$35 \$75 \$150 Other: _____

OR

Monthly gift of _____

PAYMENT METHOD

Cash Check Online

Name _____

Address _____

City _____ State _____ Zip _____

Email _____



SEND YOUR DONATION TO FIELD TO FAMILY

840 S. Capitol Street, Iowa City, IA 52240

OR SUBMIT ONLINE AT

fieldtofamily.org/support-us

Thank you for your contribution!

Mark your calendar's for Field to Family's annual Local Food Festival, September 16-22, 2019!

The Festival will include the Local Food Fair, Culinary Walk, Lunch and Learns, Educational Workshops and tours and more to be announced! We are seeking additional sponsors, partners and contributors to grow this annual community event! Contact us to get involved: Call/text 319-325-2701 or email info@fieldtofamily.org.