



CO-OPERATOR

To serve all our members of the Cook County Farm Bureau® with meaningful and beneficial programs that reflect our agricultural heritage.

Mark Your Calendar

AUGUST		
	Selfie Contest	1
31	Solar & ComEd Energy Efficiency Program	12
SEPTEMBER		
17	Farm Crawl	12
20/21	Smart Driver Course	12
OCTOBER		
1	Giant Pumpkin Contest	12
6	Wills & Trust Workshop	12
15	Shred Day	12

For participation details on these programs and activities, check out the related information in this publication, go to www.cookcfb.org, or contact the office at 708-354-3276. You can register for most programs by using the member service center at www.cookcfb.org.



The public and Farm Bureau members enjoyed honey tasting as part of Party for the Pollinators in July. In addition to sampling different types of honey, individuals discussed pollination, honeybee hive development, and bee facts. Farm Bureau board member and beekeeper Ruth Zeldernust provided the booth and materials. See page 4 for the event details and more photos from this fun event.

Question of the Month

On what date is the 6th Annual CCFB Farm Crawl?

Call the Farm Bureau at 708-354-3276, fax your answer to 708-579-6056, or email to fbcooperator@gmail.com to enter the drawing for a \$25 gas card.

(Please include name, FB#, and phone number)

July Winner is Brenda Bonnema

Q. The Illinois General Assembly through legislation recently selected August 1 to commemorate what farm crop?
Answer: "Sweet Corn"

Board, Volunteers, Friends Help Staffer Diane Merrion Celebrate Her Retirement



On July 13, 2022, on Diane Merrion's final day of work for the Cook County Farm Bureau, approximately 55 Ag Literacy supporters helped the Director of Ag Literacy retire in style! Board members, Ag Literacy Team members, Ag in the Classroom presenters past and present, education partners, farmers and staff joined together for a celebratory dinner, cake and gifts at the Farm Bureau building following the Party for the Pollinator event (which Diane assisted in its success).

Following dinner, Bob Rohrer, Cook County Farm Bureau Manager, read a quote written by

Merrion in her Co-Operator column in July: "All good books must come to an end, although many stay with you forever". "How very true with you, Diane!"

Mike Rauch, Chairman of the Ag Literacy Team, remarked, "Diane's smile has been so warm and welcoming throughout her service to the organization for the team and volunteers that she led...we are going to miss her leadership". During her work at CCFB, Diane and her team imparted over a quarter million students with ag education.

At the podium, CCFB President, Janet McCabe reviewed some key data regarding Diane's service to the Ag Literacy Department.

- Diane began as an AITC Administrative Assistant in 2009
- Named Ag in the Classroom Coordinator in 2012
- Her title was broadened to Director of Ag Literacy with additional responsibilities.
- Over the course of 13 years, she led efforts including:
 - o 12,222 classrooms
 - o 291,199 students
 - o Influenced thousands of teachers
 - o Created numerous partnerships
 - o Recruited teachers to become members

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Final Chance! Cook County Farm Bureau® Summer Selfie Contest

Join us to be a part of the Cook County Farm Bureau Summer Selfie Contest action!

Win a cash prize or Farm Fresh Funds this August by capturing the best photo from one of the selected categories. Don't forget to include yourself in the "selfie"!

Categories:

- 1) Farmers' Markets
- 2) Crops/Gardening
- 3) Farm Animals

Prizes:

Each month, a winning photo will be selected from each category. Winners will receive \$50, and all remaining entries will be entered into a random drawing to win \$20 in Farm Fresh Funds. Photos will be featured in the Co-Operator, on our website, and social media.

Go to <https://cookcofarmbureau.wufoo.com/forms/rwk7mey1s46rup/> to submit entries. The contest is open to all members in good standing. We are holding this contest to obtain usable and appropriate photos that accurately portray today's agriculture in Cook County.

* Farm Bureau Farm Fresh Funds are funds that can be redeemed at local farm stands, greenhouses, and garden centers just as you would use cash.

Access your great membership benefit package of discounts, deals, and services at cookcfb.org/membership/member-benefits

Who We Are...

Cook County Farm Bureau is made up of many members including farmers, landowners, foodies, greenhouse operators, specialty growers, food consumers and customers of the Farm Bureau's affiliated companies (Country Financial, Conserv FS, IAA Credit Union, etc.). We bring together many members with diverse backgrounds and food interests to support the success of local farmers and to keep agriculture present and strong in Cook County.

This Co-Operator publication is designed for members to share more about how Cook County Farm Bureau is working for local farmers and agriculture and to help our members know more about farming, food, fiber and bio-fuels. As an added value, we provide great membership deals, savings, discounts, benefits, programming and activities that reflect our agricultural heritage and members' modern expectations.

Please enjoy reading and thank you for your support of area agriculture and your membership!

Board, Volunteers, Friends Help Staffer Diane Merrion Celebrate Her Retirement

Continued from Page 1

- The Covid years felt like another 13 years as it could have ended our ed efforts. However, with grit, determination, creativity and leadership (and with Jill at her side), the Ag Literacy program prevailed and paved the way for new opportunities today.

Bob Rohrer wrapped up the remarks by saying, "Diane radiates sincerity, empathy, support and awareness! Thank you for always bringing your best to the organization. Your efforts made CCFB and AITC stand out! Congratulations!"

Diane Merrion provided complimentary remarks regarding the Board, Team members, leaders, presenters, farmer supporters, staff, and her family. She expressed appreciation to the Cook County Farm Bureau for giving her, without a farm background, the confidence and



freedom to create and succeed in the world of Ag Literacy!"



Gratitude Journal

Each month, there are people that go out of their way to lend a hand to help with our cause in many ways, both big and small. We appreciate it greatly!

The Cook County Farm Bureau thanks...

Dan and Karen Biernacki and Greg Stack for hosting the Kentucky Farm Bureau Market Study Group at Ted's Greenhouse!

Everyone who joined us as a presenter, volunteer or guest at the Pollinator Party! We couldn't have asked for a more enjoyable evening celebrating the amazing contributions of Midwest pollinators.

Diane Merrion for 13 outstanding years as a staff leader in the area of Agriculture Literacy...

Congratulations on your retirement! Thank you also for all the friends that came out to help Diane celebrate her retirement during the dinner on July 13.

Member Rania LeL-Sorogy who is our first member to receive tuition reimbursement as a graduate of the Master Urban Farmer from the Master Urban Farmer Training Program provided through the Cook County University of Illinois Extension. The Cook County Farm Bureau Foundation sponsors this reimbursement program through an application process.

The Foundation Fundraising Committee Janet McCabe (chair), Mike Rauch, Gerry Kopping, Ruth Zeldenrust, Dan Biernacki, Kim Morton, Jeff Orman, Heidi Yunker and Karen Biernacki for putting together a wonderful "Evening for Ag Education" gala on July 22 in Lemont. We thank all of the members and friends that participated in the event to raise funds to improve Ag Literacy in Cook County.

Jim Gutzmer, CCFB board member, for preparing for a passing the tests to become a County Farm Bureau certified director. The program provides knowledge and professional skills to help build stronger agricultural organizations. Congratulations!

Dan Biernacki, Building Committee Chair, for moving a storage shed on the CCFB grounds in the rain.

The members that have completed survey requests from the Illinois Farm Bureau/Aimpoint to help develop the strategic plan of the Illinois Farm Bureau.

HOW FARM BUREAU SERVED YOU IN JULY

- ▶ Engaged numerous members and community members in conversations about pollinators and their importance to the nation's food supply.
- ▶ Engaged candidates and local elected officials in conversations regarding agriculture and Farm Bureau policy.
- ▶ Brought personal safety awareness to our voting members by providing SMV decals. Funded in part by a Farm Safety Grant provided by Illinois Farm Bureau and COUNTRY Financial.
- ▶ Offered member benefit discount ticket pricing to local amusement parks for members to enjoy during their summer fun.



Co-Operator

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Cook County Farm Bureau

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Tips for Motorists

SHARE THE ROAD SAFELY with farm equipment. He is moving the planter to the next field. She is hauling corn to the grain elevator. Farm equipment travels at a slow rate of speed and may be wider than other vehicles. If road and shoulder conditions are safe, the farmer may try to pull over to let you pass safely.

Above all, slow down and be patient.

- ▶ Reduce speed when encountering farm equipment on public roads. Flashing amber lights mean "caution."
- ▶ Slow down when you see the Slow Moving Vehicle Emblem—the orange and red reflective triangle warns you that the tractor or combine travels at a slow rate of speed.
- ▶ Keep a safe distance from the farm equipment so the farmer can see you. If you can't see his mirrors, he can't see you.
- ▶ Pass wide, large farm equipment only if you know conditions are safe and you are sure the farmer will not be making a left-hand turn. Be cautious when pulling back in.
- ▶ It is illegal to pass in a no passing lane or within 100 feet of an intersection, railroad crossing, or bridge.
- ▶ Be prepared to yield to wide equipment.
- ▶ Always wear a safety belt and heed the road's speed limit.
- ▶ Watch for the farmer's indication of a turn. Newer equipment has one or more amber lights flashing rapidly to indicate a turn. Older equipment is typically not equipped with turn signals so watch for the farmer's hand signals.

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Driver Education Association, Inc.

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Tips for Farmers

SHARE THE ROAD SAFELY with motorists. She is going to work. He is dropping the kids off at school. He is making deliveries for his company. They are traveling to visit family.

Do everything possible to alert motorists to the presence of your farm equipment and slow travel speed.

- ▶ Plan travel to avoid rush hours, bad weather, the busiest roads, and the time before daylight and after dark.
- ▶ Be obvious to motorists by proper use of reflective Slow Moving Vehicle emblems on any implement of husbandry operated on public roadways. It's the law!
- ▶ Use reflective marking tape and reflectors at the extremities of equipment.
- ▶ Turn on hazard lights mounted on farm equipment and turn off field work lights for all roadway travel.
- ▶ Install mirrors that are wide enough for you to see what is following you.
- ▶ Always use turn signals to indicate plans to turn into fields or driveways.
- ▶ Be aware of traffic—oncoming, in front of you, and behind you.
- ▶ If road and shoulder conditions are safe, pull over temporarily to allow traffic to pass.
- ▶ Slow down on turns and curves. Check the traffic behind you.
- ▶ Minimize the width of equipment as much as possible. You may not interfere with traffic in an adjoining lane.
- ▶ When practical, truck larger equipment to the next location.

A project of the Illinois Farm Bureau

"Quality of Life" Action Team



All members are encouraged to acknowledge signage for safe driving. CCFB voting members were offered SMV decals, funded in part by a Farm Safety Grant provided by Illinois Farm Bureau and COUNTRY Financial. The Illinois Vehicle Code requires that certain vehicle types display the SMV emblem when operated on public roads—day and night. Please help Illinois farm families and the motoring public stay safe.



Downwind

by Bob Rohrer, CCFB Manager

“Market Price”

When I was growing up on the farm, market price to me always meant the price per pound we would receive for our hogs when we sold them at the market. That market price always meant a great deal because most of the family income came from the hogs during that period of time. My dad, the Farmer, spent a lot of time shaking his head when he heard Orion Samuelson announce the market price for hogs. Headshaking meant the market price was too low.

Recently, I did some headshaking regarding the meaning of “market price”. In June, my wife and I took a wonderful vacation to the Northeast area of the United States, experiencing Maine (Acadia National Park and Baxter State Park), New Hampshire (the White Mountains), Vermont (Green Mountain National Forest), and New York (the Adirondacks). Most of my whining (and headshaking) during the trip occurred as we approached gas stations. There’s some market price for you.

What does one do while in Maine? Hike a lot, admire amazing scenery, and eat fresh lobster, of course. Lobster in Maine, like everywhere else, is always advertised as “market price”. Being closer to the source and knowing summer season creates the biggest supply, I figured lobster would be a great deal in Maine. Day one and day two, I ordered lobster for dinner and my first ever lobster omelet for breakfast. Both meals were pricey but within my tolerable limit.

On day three, we were exploring the quieter, more secluded area of Mount Desert Island of Acadia National Park and realized we had not yet tried our first ever lobster roll. Our time on the Maine coast was disappearing.

We drove past a 1950’s style sandwich shop with a walk-up order window and picnic tables surrounding the place. Its quaint aura shouted to me “best lobster roll ever.” I glanced at my wife who nodded. I did a quick, illegal U-turn.

We decided to order one lobster roll to share. We would supplement our meal with the chips and drinks that we had in the car. Value shoppers!

We walked up to the service counter under the awning and stared at the menu board. Six-inch or 12-inch lobster rolls: “market price.” I have ordered Subway sandwiches... I know that a 12-inch sandwich always trumps a six-inch sandwich (especially when you’re sharing).

I confidently ordered a 12-inch lobster roll. The teenager at the counter asked, “With butter?” I had no idea but knowing that everything tastes better with butter, I responded confidently, “Absolutely.”

The teenager at the counter punched a computer screen and said “\$75.70”. “Pardon me,” I said, (my hearing is poor) as I started the process of rifling through my wallet for cash. A bunch of questions flooded my mind:

- Was I really going to spend all my cash for the vacation on a sandwich?
- How many lobsters are in a lobster roll?
- Why didn’t I asked the price before being so confident in my order?
- Can I get out of this order?



Later, after my heart stopped palpitating, I figured that sandwich was \$6.30 per inch. I did some serious headshaking.

We took our gold-plated lobster roll sandwich down the road to the seawall area of the peninsula to watch the Atlantic Ocean roll in and investigate the sandwich. I was hoping we would not get robbed in transit. As we opened the sandwich, I expected a deep resonant voice to say, “Behold” with strobe lights and sound effects. It looked like a regular hoagie bun with orange meat sticking out. I’m not too proud to tell you that following consumption, I licked the sandwich wrapper. Yes, the sandwich was tasty.

Today, as I research lobster roll sandwich market pricing in the Northeast, it looks like I probably paid at least double market price. Perhaps next vacation, I won’t wear the hat with the blinking red light that reads, “Sucker Tourist.” I’m sure that teenage worker owns a lobster boat by now.

With inflation continuing to ramp up to ridiculous levels, pricing and availability of food/ ingredients continues to become more unpredictable in restaurants and grocery stores. I can’t help but wonder if more restaurants may start moving to those words “market price.” The waiter hands you the menu and you scan it...

Cobb salad market price	Flourless cake market price
Hamburger market price	Water market price
Turkey club market price	Napkin market price
Soup of the day market price	Silverware market price
Ribeye steak market price	Tip double market price
Pork chop market price	
Catch of the day market price	My advice... cater to gullible tourists.



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Recipe of the Month:

Corn Queso!

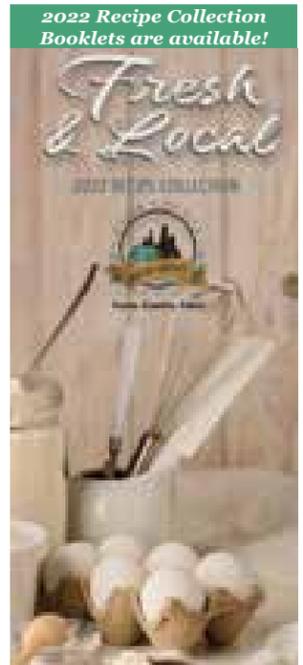
11 Farm Families thekitchen.com

Ingredients

- 2 T butter
- 2 T cornstarch
- 2 oz cream cheese
- 4 oz Sharp Cheddar cheese, cubed
- 4 oz Monterey Jack cheese, cubed
- 1 (12 oz) can evaporated milk
- 1 c Rotel (diced tomatoes with green chilis)
- 5 ears of corn, local & fresh
- Tortilla chips

Shuck the corn, and then steam it in a large pot filled with 2 inches of water. It takes about 8-10 minutes for the corn to get tender. Let the corn cool and then slice it off the cob. Melt the butter in a saucepan over medium heat. Whisk in the cornstarch, and let cook over the heat for one minute, while whisking. Then whisk in the evaporated milk and continue to whisk until the milk and cornstarch mixture are well blended. Let the mixture thicken a little. Reduce the heat to low. Stir in the cream cheese. Once the cream cheese has been mixed in, add the cheddar and Monterey Jack a little handful at a time. Wait for each addition of cheese to melt before you add more, this is the way to make sure your queso is nice and smooth. Once all of the cheese has been added and is melted, stir in the Rotel and the corn. Heat the queso up until it begins to bubble again, then serve with tortilla chips. Makes 8-10 servings.

2022 Recipe Collection Booklets are available!



To receive a free copy: Email: membershipdebbie@cookefb.org

Download a digital copy at: <https://cookefb.org/discover-local/recipes>

Call the Farm Bureau at 708-354-3276



To watch Discover Local video with Deb Voltz, go to <https://www.youtube.com/watch?v=lbu5z-pZ8HI>.

Local Foods Resources Available

Cook County is notorious for its amount of concrete, congestion, and people. But it’s also home to an abundance of local, fresh, and home-grown farm products.

Members are encouraged to visit <https://www.youtube.com/watch?v=lbu5z-pZ8HI> to

learn more about the local foods and fresh produce resources available.

Members are also able to visit <https://cookefb.org/discover-local/farm-products-locator> to locate farm products or a vendor near them.

MEMBER-TO-MEMBER BENEFIT PROGRAM

We want to support our members who own businesses by encouraging families to shop local at their business! Businesses may also offer a Member-to-Member discount to other Cook County Farm Bureau members. Be sure to check our member businesses categories online at: cookefb.org/membership/member-to-member

Some of our member-to-member business categories include:



Financial & Legal Service



Entertainment



Health & Fitness



Home Improvement



Photography



Website/Communications

If you are a member who owns a business and would like to be a part of our Member-to-Member/Buy Local promotion, please visit our website for full program details and to sign up:

cookefb.org/membership/member-to-member/profile/member-to-member-discount-program-details

Party for the Pollinators

We had a great turnout for the Party for the Pollinators on July 13. The event featured tables and booths to educate the community and Farm Bureau members about pollinators, as well as celebrate our pollinator garden. A pollinator garden is a garden that is planted predominately with plants that provide nectar or pollen for a range of pollinating insects. Pollinators include bees, butterflies, moths, beetles, flies, birds, and bats.

During the event, the Ag Literacy Program offered arts and crafts, Greg Stack taught attendees how to make art using pressed leaves, the University of Illinois Extension taught about worms and composting, Board Secretary/Treasurer Ruth Zeldenrust brought honeybees, Nancy Kreith brought worms, and there were plenty of snacks and treats for everyone.



Attendees of the Party for the Pollinators create a butterfly craft at the Ag Literacy table during the event.



Karen Biernacki (pictured left) engages with the community and Farm Bureau members about pollinator, honey, and farm trivia.



Lori Harris (pictured left) helps a youth feed a monarch butterfly during the July Party for the Pollinators hosted by the Cook County Farm Bureau®. In addition to the monarch tent, community members enjoyed honey tasting, learning about compost and worms, and Agriculture in the Classroom activities and crafts.



Greg Stack (pictured right) teaches attendees of the Party for the Pollinators how to make art using pressed leaves.

Leaders from KY Farm Bureau Visit Area Farms



Cook County Farm Bureau® volunteer Karen Biernacki (pictured in gray) meets with Kentucky Farm Bureau® members as part of their Certified Farm Market Tour. In addition to visiting Ted's Greenhouse, the tour group also

visited the Green City Market, Herban Produce, and Goebbert's Farm and Garden Center in Cook County as well as other farms in Northeast Illinois area.

Reminder: Illinois Sales Tax on Groceries Has Been Suspended

As of July 1, Illinois' one percent sales and use tax on retail sales of groceries has been suspended now through June 30, 2023.

Groceries taxed at the low rate include food for human consumption that is to be consumed off the premises where it is sold (other than alcoholic beverages, food consisting of or infused with adult use cannabis, soft drinks, candy, and food that has been prepared for immediate consumption).

Example

Groceries normally taxed at the one percent rate

Retail sale of groceries	\$145.29
One percent tax	\$1.45
Total	\$146.74

During the tax suspension

Retail sale of groceries	\$145.29
One percent tax	\$0
Total	\$145.29

The Regional Transportation Authority and Metro-East Mass Transit District impose an additional local tax on grocery food that is not suspended under P.A. 102-0700. Local sales taxes also remain in place.

Retailers and consumers with questions are encouraged to contact the Illinois Department of Revenue at 800-732-8866 or 217-782-3336.

Hello Ciao Guten Tag Hola Bonjour Tere Olá Shalom Translate to other Languages

We are very fortunate to have members that come from various backgrounds and countries. While we publish this publication in English, the **Google Translate App** can convert the publication text through your smart phone screen into Spanish, French, Polish, Russian, Chinese, Arabic and a host of other languages. Check it out. Enjoy and happy reading!

Cześć Aloha Zdravo Salam Dobry den Hei God Dag Alo

For your comprehensive access to membership discounts & offers,
Go to www.cookcfb.org/membership

Viewpoint – Farming in the Suburbs, Sustaining Local Agriculture by Zippy Duvall



Credit: AFBF Photo, Kari Barbic

Farming and rural. Those words used to go hand in hand. And in most areas, they still do, but more and more farmers in every region of the country are finding themselves surrounded by suburban communities as our population grows. Farmers in urban and suburban counties face unique challenges, but they also have a unique set of opportunities and lessons we can glean from as we work together to strengthen agriculture.

Get to Know Your Neighbors

Highways and houses have dramatically changed the landscape as urban centers spread. What doesn't change with the landscape, however, is the farm spirit. I recently traveled to Connecticut where farmers have decades of practice farming in the middle of suburban sprawl. Every farmer I met there was committed to making their community better, whether they were just starting out or farming land that has been in the family for generations. These farmers connect with consumers directly, as many of them sell straight to the customer or in a local market. Others have regular opportunities to share more about farm practices with their neighbors who look out on their fields from less than 100 yards away.

We can't expect our neighbors, suburban or rural, to naturally understand the ins and outs of farming. Simply living next to a business doesn't make you an expert, any more than living near a hospital makes you a doctor. That's why building relationships and listening is so important. Being a good farmer starts with being a good neighbor, whether that be planting extra trees or helping prepare the soil for a neighbor's home garden. Farmers in suburban and urban counties are on the frontlines of building bridges with consumers.

Agriculture is critical to local communities and economies in all 50 states and Puerto Rico.

Engaging with Lawmakers

Agriculture is critical to local communities and economies in all 50 states and Puerto Rico. Unfortunately, lawmakers in urban areas often lose sight of that, simply because they don't know farmers or haven't ever been to a farm. This is where farmers near suburban areas are uniquely positioned to give lawmakers a firsthand look at agriculture. During my visit to Connecticut, a local farm family hosted a dinner where about half of the state's Congressional delegation, plus several state leaders, made an appearance. In many states that's unheard of!

But that's the power of farmers who are active in their local communities. Don't ever lose sight of the valuable role you play. You have a voice and a vote. You might not turn the tide with one farm visit, but building relationships over time with local, state and national leaders can reap benefits in strengthening our farm communities for the future.

Adapting to the Market

While there are a good number of farms around the country that have been in business for generations, I'd wager that few of them, if any, look the same as when they started. I know mine sure doesn't, three generations in. Farmers must adapt and diversify to meet the demands of changing markets. I am amazed when I meet a farmer who can point to a sign that says, "Established in 1819." And I am just as amazed when I speak with a farmer who got a loan and started from scratch in 2019. Both are producing for what today's customers want and need, and both are committed to leaving their land and communities better than when their farms began.

Farmers are innovators, always looking for ways to be more efficient and adapt to the changing times, from testing out new crops to adding robotic technology. I met with one apple grower who pointed out innovations from his father, grandfather, great grandfather and great-great grandfather. Today, he's adding his own to the list with an automated packing line and plans to break ground on a cider distillery.

Of course, I know there are real challenges that come with farming close to suburban areas as well, from safety concerns near busy highways to the added pressure of development and rising land costs. We need to work through those challenges together in a manner that avoids hostility while ensuring farmers can continue stocking America's pantries.

Farm Bureau is committed to providing all our members with the tools they need to succeed. If you farm in or near an urban county, I encourage you to check out the new Urban County resources page on Farm Bureau University (<https://university.fb.org/>). And as always, please reach out to Farm Bureau staff—from the county to the state to the national level, we are here to serve you.

While our challenges may vary from region to region, American farmers are united in our dedication to support our neighbors and to grow safe, sustainable food for all. It's not easy work, but we farm because we love what we do and we want to see our families, our communities, and our nation thrive.



Zippy Duvall

President, American Farm Bureau Federation® [twitter.com/@ZippyDuvall](https://twitter.com/ZippyDuvall)
Vincent "Zippy" Duvall, a poultry, cattle, and hay producer from Greene County, Georgia, is the 12th president of the American Farm Bureau Federation.

5 Questions for Juanita Ramos, CCFB Administrative Assistant – Membership & Benefits



What is the best thing about CCFB members?

I love speaking to our (elderly) longtime farm bureau members. Speaking with them puts a smile to my face, especially when they start off with, "I've been a member since...". To know that there are people in our county who dedicate their time and interest for so long - it amazes me!

What is a favorite farm or food memory?

My favorite food memory is applesauce.

When I was a child, I never liked vaccinations (afraid of needles) and so whenever my mom would take me for my checkups, I would cry, but the moment my mom said, "you can have applesauce when we get home as a treat", my demeanor would change, and just like that, applesauce would make all the pain go away.

When you are not working on CCFB business, what is something you like to spend time doing?

I enjoy spending time at festivals, concerts, traveling, and eating at new restaurants. Especially when I'm with family and friends, it makes my time memorable and joyous. I always say, "I need to try things at least once in life".

What did you want to be growing up?

Growing up, I always wanted to be a detective, the thought of investigating and solving crimes is fascinating to me. I guess that's why I find myself constantly watching crime shows on the I.D Channel, and investigating my own family with Who? What? Where? (Which they don't appreciate), but I'll always be MOM. I guess I can say I have a little bit of detective in me.

What is your favorite food?

I am a foodie, but my favorite food right now is 'flautas'. It's a deep-fried rolled up tortilla, filled with your choice of shredded chicken, beef, steak, or chorizo (Mexican sausage) with potato. What I enjoy most with flautas is the 'Crunch' and condiments, lettuce, tomato, onion, sour cream, queso fresco and the salsa to spice it up. Delicious!

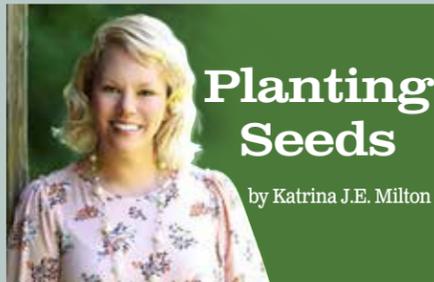
Ag Literacy Program Contributes to Sheriff's Summer Youth Camp



On July 14, Director of Ag Literacy Katrina Milton attended a session of the Cook County Sheriff's Department's youth leadership camp to teach students about agriculture and nutrition. The 19 students enjoyed playing the "Epic

Wrap Battle" game, where they chose fruits and vegetables to add to a flour tortilla wrap to make either a sweet or savory healthy snack. The students also learned about corn, wheat, dairy cows, and how to make ice cream in a bag.

Past issues of the Co-Operator are available online at cookcfb.org/stay updated



Planting Seeds

by Katrina J.E. Milton

August has always been my favorite month. Not only is it the month of my birthday (August 2), it is the start of my favorite time of year: the school year.

As a child, I loved the excitement that came with the first day of school. I loved having new school supplies, a new backpack, new shoes, and new outfits. I looked forward to meeting my new teacher and seeing my friends again after summer vacation. My mom used to take a photo of me on the front porch on the first day of school, and every year I had a big smile on my face because I was eager to catch the school bus, get back into the classroom, and learn.

On my first day of work at my new job as Director of Ag Literacy for the Cook County Farm Bureau, I had the same excited, nervous feeling in the pit of my stomach that I used to have on my first day of school. I wore a new outfit, I had all new supplies, and I was looking forward to meeting and making friends with my new coworkers. I was ready to learn.

As an adult, you don't often get that feeling of excitement that you felt as a child on the first day of school. Adults don't have many "firsts," but I think that that's a shame. Adults should seek out new experiences, new firsts. We should have that queasy, excited feeling in the pit of our stomachs,



not only at the top of a roller coaster or before making a big speech on stage. We should be excited to learn and try new things. Learning isn't just for kids. I learn something new every day, and I encourage everyone to continue learning, too.

This August, pick up a new book or re-read one of your favorites. Visit a museum. Watch a documentary, even if it's only a 5-minute video on YouTube. The excitement that comes with learning doesn't have to be age-specific. Gear up for a new school year, even if it's been years – or decades – since your last first day of school. Every day can be a day for firsts.

I'd love to hear your stories of your firsts this month. Send me an email with your name, age, city, and first experience at aitc@cookcfb.org. I'll include some of your firsts in my column next month.

Enjoy your first days!

Katrina J.E. Milton, Director of Ag Literacy
Katrina can be reached at aitc@cookcfb.org.

National Agriculture in the Classroom Convention



An apprentice mechanic works on fixing a vintage tractor at Salem Farm Supply in Salem, New York. Salem Farm Supply is a woman-owned agriculture equipment dealer that sells and repairs new and used tractors, hay equipment, spreaders, mixers, excavators, turf equipment, and more.

Director of Ag Literacy Katrina Milton attended the National Agriculture in the Classroom Convention from June 29 through July 1 in Saratoga Springs, New York.

In addition to getting to know the Illinois AITC team better, Katrina attended multiple workshops and presentations. Her workshops included the topics of: "The Mechanics and Art of Agriculture," pollinators and bees, drone technology, milk from cow to carton, gardening in the urban desert of Arizona, animal agriculture around the world, apple diversity, the history of agriculture, tips and tricks for planning an Ag Day, "The Many Hats a Farmer Wears," and insects and the crops they eat.

Katrina is looking forward to implementing some of what she learned into Cook County's AITC programs in the future. Next year's conference will be held June 28 through 30, 2023, in Orlando, Florida.

Summer Ag Institute Highlights



The 11 educators that participated in Cook County's Summer Ag Institute (SAI) each had the opportunity to learn how to drive a tractor with a McClean County farmer.

Cook County Ag in the Classroom's Summer Ag Institute (SAI) took place June 20 through 22 with 11 educators.

Overall, the educators were highly impressed and immensely enjoyed the SAI. Stops on this year's trip included Janie's Mill, a flour mill in operation, a wheat field; Kilgus Farmstead and their dairy farm; the Illinois Farm Bureau and McClean County Farm Bureaus; Finding Eminence Farm, a small, family-owned organic flower farm; Prairie Central Co-Op's grain elevator in Chenoa; Pontiac Flying Services; Smits Farms; and the Chicago High School for Agricultural Sciences.

"Our students have very little prior understanding of just how important agriculture is to their daily lives," one educator wrote in their evaluation. "I have decided to insert many more activities and themes to my own curriculum."

Another educator wrote that "the process of getting a crop from farm to table or store is a science as well as an art."

"It takes a dedicated, knowledgeable individual that is willing to learn and change with the times," they wrote. "There is a place for everyone in agriculture and a need for trained, passionate people in this industry."

Past issues of the Co-Operator are available online at [cookcfb.org/stay updated](https://cookcfb.org/stayupdated)

Farmers: Adopt a Classroom for the 2022-2023 School Year

Farmers and agricultural writers can be matched with classes in Cook County and exchange information throughout the year through the Illinois Farm Bureau's Adopt a Classroom Program.

From fall through spring, farm writers share what they are doing on their farms and their farm life experiences. In addition to writing letters and sending emails, farmers can send photos and videos and visit classrooms in person or virtually.

Students will correspond with their farmer throughout the year, sending questions and letters asking about agricultural topics and farming.

For more information or to sign up, visit <https://iaitc.co/AAC22-23>.

These haiku poems were submitted by attendees of the Party for the Pollinators on July 13.



What is a Haiku?

A haiku is a type of short form poetry originally from Japan with three phrases: five syllables, seven syllables, and five syllables.

Haiku are traditionally about nature.

Maelee Heinsohn
Age: 13
City: Kirkland

Butterflies flying,
Pollinating the flowers,
Helping the farmers

Cynthia Trevino
Age: 13
City: Brookfield

Beautiful Monarch
So soft and so colorful
Flying over fields

Maelee Heinsohn
Age: 13
City: Kirkland

Bees, beetles, and bugs,
Helping humans in ways that
Most don't understand

Agriculture Adventures for Families

Are you all ears to learn about sweet corn?



Although most people think of summer and barbecues when they think of sweet corn, corn on the cob can be a tasty and nutritious addition to meals year-round. Sweet corn is a good source of Vitamin C and Vitamin A, thiamine, fiber and antioxidants. One ear of boiled sweet corn on the cob contains 113 calories containing over 10% of the Daily Value (DV) of Vitamin C, over 6% DV of Vitamin A and 10% DV of fiber. As of 2010, Americans were consuming an average of 26 pounds of sweet corn per person.



Sweet Corn Recipe

Ingredients:

- 6 ears of sweet corn
- 8 tablespoons or 1 stick of salted butter
- ¼ cup of white granulated sugar
- 6 cups of water
- 2 cups of milk

Directions:

- Shuck and the ears of corn, cutting them in half if desired.
- Rinse off ears of corn with water.
- Add water, milk, butter, sugar, and corn cobs into a large pot.
- Boil for at least 30 minutes, rotating the corn and mixing the pot every few minutes.
- Drain the liquid and remove the corn from the pot.



Enjoy the sweetest sweet corn you've ever had, no extra butter needed. Add black pepper or garlic powder for extra flavor.



Did you know??



August 1 is Sweet Corn Appreciation Day in Illinois.

- In 2022, Illinois House Bill 4766 designated August 1 of each year as Sweet Corn Appreciation Day.
- Sweet Corn Day celebrates the importance of sweet corn to Illinois agriculture and recognizes family farmers.



About 1% of all corn grown in Illinois is sweet corn.

- Illinois is number two in the U.S. in corn production; Iowa is number one.
- 99% of corn grown in Illinois is field corn.
- Field corn is primarily used for livestock feed, ethanol production, manufactured goods and occasionally corn starch and oil.

Other facts

- Corn is grown on every continent except Antarctica.
- There is one strand of silk for each kernel on a cob.
- On average there are about 800 kernels on an ear of corn.
- An ear of corn always has even number rows.
- The average yield per 100 feet of row is about eight dozen ears of corn, or about 17,000 plants per acre.
- Sweet corn comes in three colors: yellow, white, and bicolor.



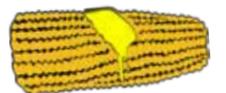
Source: www.ilcorn.org and www.fsi.colostate.edu/sweetcorn.

Corny Jokes

Q: What's the best food to talk to?
A: Corn. They're all ears.



Q: What do you call a single kernel on a corn cob?
A: A unicorn.



August Word Search

Boil
Cob
Corn
Ear
Family
Farm
Field
Illinois

Kernel
Plant
Row
Shuck
Silk
Summer
Sweet
Tasty

H I F Q T I L L I N O I S H S
 I F L L P N S F A O C Q N H O
 A Z F S I T A J I N P B U L M
 N E I W E P F L R A E C I B D
 O L U O I P N I P N K O U G S
 K E B R R K O R E F B I M F K
 R E M M U S A T O L A Y G A W
 D Z I K F W C E L C D M Q R K
 L T U E E D N E Q Q X W I M Q
 N V V R C X W W I I D S L L E
 B S F N T A A S G C F W A D Y
 N X S E E H N T A S N Q A A F
 B D C L S G O V Q P Q D M B P
 I X E Q C M C G H D J L O Y R
 V L T A S T Y F F F F C X T Y

Name: _____
 Phone #: _____
 Membership #: _____
 (Membership # is located on front of paper)

If you were to win, check your preference:
 Beggar's Pizza GC HRI GC 3 Movie Tix
 (If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.

Choose your prize:

Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR *3 AMC Movie Tickets *AMC Yellow tickets not valid in California, New York & New Jersey .

Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.

Mail to: Cook Co. Farm Bureau
 Ag Adventures Word Search

6438 Joliet Rd
 Countryside, IL 60525
 Fax to: 708-579-6056

Email to: FBcooperator@gmail.com

Complete and submit an entry every month all in 2022 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.

Good luck!

Last Month's Word Search Winner Is..
Scott Henderson

Beefing Up the Freezer Stocks



Every summer, we defrost the 30-cubic-foot chest freezer, pulling its contents and removing the frosty ice chunks in preparation for the annual supply of beef from our family farm. We receive up to 200 pounds of steaks, roasts and ground products by August, all harvested, processed and frozen by our local family butcher. Since my ability to chew ground beef, I have dined on “freezer beef,” or local-sourced beef in bulk quantities equivalent to a quarter, half or whole animal raised on the farm.

On our farm, we raise cattle like Grandpa did – from birth on both grass and grain, providing a combination of flavor and quality that is signature of American-raised beef. The main difference: We raise beef more efficiently with improved genetics and growth technologies. Within the last 60 years, the U.S. beef industry has reduced emissions per pound of beef by more than 40% while producing 60% more beef per animal, according to the National Cattlemen’s Beef Association. A top protein source, beef also supplies 10 essential nutrients like iron, zinc and B-vitamins. And cattle farmers

care, making beef a meal choice to feel great about.

My family does. On weekends, a couple chuck roasts smoke low and slow for nine hours for a barbecue-inspired meal. I equally love my time-saving microwave cooker, which takes a pound of ground beef from frozen to browned in 7.5 minutes for a quick taco meal. Under-rated for nutrition, ground beef contains eight times more Vitamin B12, six times more zinc and more than two times more iron compared to chicken.

While we may feast on our own farm-raised beef, so do those who shop grocery stores or dine at restaurants. We raise only a couple calves to process locally for freezer beef. Most of our cattle are sold at market, destined as beef for restaurants and grocery stores, providing the nutrition-packed protein for those who lack the space or desire to buy beef in bulk.

While grocery store shoppers have the option to buy certain cuts repeatedly, we live on the variety and quantity of steaks, roasts and ground products that cut from a quarter of the animal. That means the deep freezer in the garage dictates home-cooked meals around our house. We welcome the annual summertime replenishment of freezer beef, which resets the menu.

About the author: Joanie Stiers farms with her family in west-central Illinois, where they grow corn, soybeans, wheat, hay and cover crops and raise beef cattle, backyard chickens and farmkids.

Family Farm and Food Bytes

Illinois Supreme Court upholds riparian landowner rights on non-navigable waters

- State law prohibits a landowner with property adjacent to a non-navigable river or stream from using that waterway to cross the property of another riparian owner without their permission, Illinois’ high court has ruled.

The Illinois Supreme Court’s unanimous June 16 decision regarding Holm vs Kodat reaffirmed previous decisions from the 13th Circuit Court and the 3rd District Appellate Court. Illinois Farm Bureau submitted an amicus brief in the case supporting Kodat, a longtime Farm Bureau member who owns and farms land along the river.

Laura Harmon, senior counsel with Illinois Agricultural Association, said IFB filed the brief because the case’s outcome could have had a widespread impact on members.

What is Link Up Illinois? – “Link Up Illinois” began in 2011 as an effort to build on the success of the LINK acceptance program at Illinois farmers markets and to increase access to fresh, healthy food. The program allows LINK card holders who spend \$25 at farmers markets to receive a matching \$25 that can be spent on market fruit

At least 775 farms directly benefit from Link Match, and as of the 2022 market season 86 different farmers markets and farm stands spread across the state participate in the program. Markets apply for funds before each market season, and can continuously apply for more if they run out. A majority of the award, 80%, must be used to fund the actual vouchers or match used by LINK customers while the remaining 20% can be used for implementation costs, like staffing and promotion.

Link Up Illinois has received millions of dollars from federal and state appropriators, with the Illinois General Assembly in 2021 allocating \$1 million to the Healthy Local Food Incentives Fund for FY 2022 and FY 2023. Markets and farmers participating in the program saw a total of \$639,691 in LINK sales and redeemed matching dollars in 2019. Last year, they collected a total of \$2.243 million.

Robotic milking system featured at Dairy Tech Tour - Dairy farmers from around the state received an inside look at an automated milking system during this year’s Dairy Tech Tour organized by the Illinois Milk Producers Association (IMPA) and the University of Illinois Extension.

Beer’s Robo Holsteins Dairy Farm near Mascoutah in St. Clair County, this year’s host, opened its doors and provided live viewings of cows using its four Lely A3 Next robotic milkers. Nearly 100 people attended the event.

It takes about a week to 10 days to train the cows to use the robotic milkers on their own. The cows receive feed pellets as an incentive to step into the robotic milker, but only on a limited basis to avoid overdoing it.

The system has certainly improved milk output on the farm, with a current 90-plus pound tank average, up from 75 pounds, along with averages of 3.9% fat and 3% protein. The Beers sell all their milk to Prairie Farms Dairy.

Each cow wears a transponder with a pedometer so the system tracks rumination minutes, the cow’s temperature, its steps and if it’s in heat. The Beers milk between 200 and 220 cows in their facility.

Illinois acreage shift would be first in nearly 40 years - Illinois appears well positioned to maintain its recent run as the top soybean producing state in the nation.

While soybean plantings fell more than 2 million acres short of expectations in USDA’s June 30 acreage report nationwide, the Ag Department raised soybean plantings by 200,000 acres in Illinois compared to the March estimate.

Crop	June Estimate	Change from March	Change from Last Year
Soybeans	11.2 million	+200,000	+600,000
Corn	10.7 million	unchanged	-300,000

The current projections place Illinois plantings at 11.2 million acres of soybeans, up 600,000 from last year when it produced 672.6 million bushels – the most of any state in the nation. USDA currently estimates Illinois farmers planted 10.7 million acres of corn this season, down 300,000 from last year.

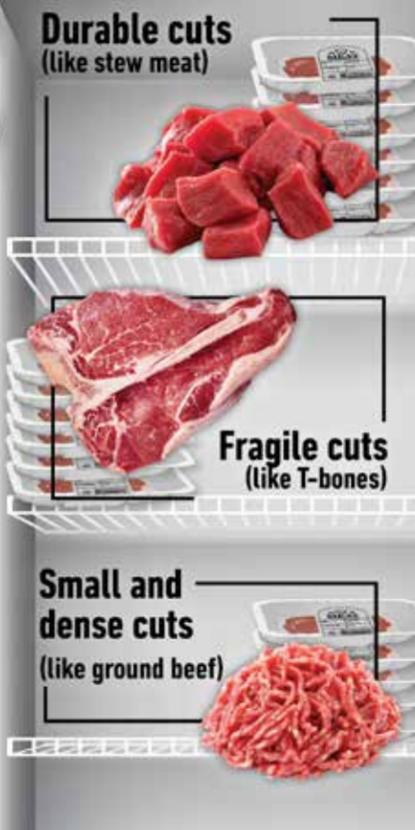
It not only would buck a long-time state trend, but the acreage shift in Illinois was the opposite of the national trend. The U.S. soybean planting estimate declined 2.6 million acres from March to June to just 88.3 million acres. The national corn acreage estimate increased 400,000 acres to 89.9 million last month.

About Family Farm and Food Bytes: This is a collection of articles gathered from Illinois FarmWeekNow and other media sources and is designed to keep you informed as a member and leader within the Cook County Farm Bureau® organization. The articles summarized above are not intended to represent Cook County Farm Bureau policy or positions, but rather to provide members an idea of what is being reported regionally, nationally, and globally.

Freezer FRENZY

Why Stock Up?

A well-organized freezer can help you take advantage of discounts at the grocery store while keeping meat in pristine condition. It doesn’t get much better than saving money and having nutritious beef always on hand while your freezer is rocking its new organized look.



Transportation Resources Available to Members



In an effort to meet the needs of Farm Bureau members, resources on commonly asked questions regarding transportation issues is now available.

The two videos, titled Transportation Q&A with Rodney K, are less than five minutes and can only be accessed by members through

MyIFB.org. The videos cover questions regarding Entry Level Driver Training (ELDT) and the type of license a farmer may need to legally drive a truck.

More videos on more topics are being planned. These videos are a benefit of Farm Bureau membership.



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By Bona Heinsohn, CCFB Director of Gov. Affairs and Public Relations

I was never an outstanding student until I reached graduate school. I excelled at discussing policy. American government. Campaign finance. And state government. As an undergrad, calculus was my undoing. Followed by statistics. Crop science and I never quite got along. But I rocked animal science. Animal behavior. Technical writing. Farm management.

Since math has always evaded me, I had to double check Cook County's voter turnout. Just over 20 percent of registered suburban Cook County voters turned out for the June primary.

Registered Chicago voters showed up at basically the same rate. Voters ages 65-74 led the way followed by voters ages 55-64. Twenty percent is by far not the lowest voter turnout in recent history. It's not the best either. In fact, in Chicago, one in five voters went to the polls. An eight-year low.

Thirty-three percent of registered voters turned out for the 2018 primary. The 2018 primary featured a six-way race on the Democratic ticket for Governor. Then Illinois Senator Daniel Biss and Chris Kennedy came in second and third respectively to now Governor J.B. Pritzker. On the Republican side then Governor Bruce Rauner faced Jeanne Ives. On the Democratic ticket for Attorney General, then Senator Kwame Raoul bested former Governor Pat Quinn. My point isn't a walk down political memory lane though I quite enjoyed it. My point is that while this year's primary featured some excitement on the Republican side of the ticket, primaries are historically lackluster. Non-Presidential primaries are especially lackluster.

It's also reasonable to assume that a

summer primary when most people are headed to the beach. Vacation. Festivals. Isn't top of their 'to do' list. Voters are supposed to trudge through snow to vote. Through cold sheets of rain. Across sodden ground. Not under the most perfect mid-summer sun and cool early evening breeze.

Despite lackluster interest and a summer primary date, voter access was at an all-time high. Early voting sites increased. Mail-in ballots remained the new norm. The DuPage County Election Authority even debuted their 'Vote Anywhere' voting system, which allowed DuPage County voters to go to any polling place, enter their address and have an individualized ballot printed. Again voter access was at an all-time high.

Dismissal primary turnout is especially disheartening in Cook County where the primary essentially serves as "the final election." All 17 Cook County Board seats are up for election this fall but only 4 look to have competitive races. Voters in the ninth, fourteenth, fifteenth, and seventeenth districts will have the option of selecting a Republican or Democratic to represent them. I don't mean to sound like a downer, but the rest of the local races are pretty well decided. By just over 20 percent of registered voters.

I haven't missed a primary election since turning 20. I didn't appreciate the importance of voting right away. I still remember the excitement I felt voting in my first election. At the time I was working for a downstate senator who wasn't running for re-election, but his handpicked successor was on the ballot. I waltzed right into that booth and cast my vote for him.

This fall all voters need to waltz into the voting booth and vote for the candidates of their choice.

Bona can be reached at Bona@cookcfb.org

Cook County Commissioners Approve Pay Increase

The following policies were approved by the Cook County Farm Bureau® Board of Directors during a recent meeting and will be considered by delegates at the upcoming Resolutions Committee meeting.

Directors approved a resolution creating a food access policy to support:

1. Incentives, including but not limited to, offering tax credits or breaks to grocery stores in underserved areas.
2. Policy development to support grocery stores and neighborhood-based farmers markets.
3. Simplifying the process for permitting and launching grocery stores.
4. Programs to encourage healthy eating, food preparation, and proper food storage.
5. Partnering with the community when selecting food desert measurements, policies, and interventions.
6. Increasing the use of third-party and digital platforms for all approved Supplemental Nutrition Assistance Program (SNAP) retailers providing that benefits are not used for service fees or delivery charges.
7. Increasing SNAP approved food sales outlets.

8. Food insecurity networks, like food banks, non-profit grocers, and produce carts.

9. Farmer cooperatives to provide services such as crop marketing, distribution, guidance on partnering with food banks, and farmer training.

10. The aggregation of farm products and partners to connect institutions, municipalities, school districts, hospitals, community-based organization, government agencies, and other groups to provide produce to families living in food deserts.

11. Farms connecting directly with food banks, food recovery organizations, and other distributing nonprofits.

12. Expanding the existing tax deduction for food donations to non-profits.

13. Simplifying food pantry partnerships, expansions, and new development.

Members also approved grammatical and technical changes to policy 93 Government Assistance Programs/ Government Assisted Nutrition Programs.

Members interested in providing comments or feedback are encouraged to contact Bona Heinsohn at bona@cookcfb.org.



Representative Margaret Croke (pictured in white) hosted Cook and Pike-Scott County Farm Bureaus for a district visit in July. In addition to visiting Lincoln Park Zoo, Farm Bureau members joined Representative Croke for an evening Cubs game at Wrigley Field in Chicago. Representative Croke has been a member of the legislature since January of 2021. Amy Hansmann (far left), CCFB Governmental Affairs Team member, participated in the day's activities and legislative conversations.

ARPA v. IIJA

Originally printed in LINK May- June 2022

In recent months, legislation has been passed containing large amounts of money, including funding for local governments, rural communities and infrastructure projects. Most notable are the American Rescue Plan Act (ARPA) and the Infrastructure Investment and Jobs

Act (aka the Infrastructure Law). The timing of these two acts, along with the large spending packages and some similar infrastructure applications, make it easy to confuse the two. Here is a table that helps illustrate some of the key components of the ARPA and the Infrastructure Law.

American Rescue Plan Act (ARPA)	Infrastructure Investment and Jobs Act (IIJA)
\$1.9 trillion total funding	\$1.2 trillion total funding
ARPA funds go to local governments through two rounds of direct payments until 2024. The money, which was originally intended to be used in specific areas, such as replacing lost revenue; investing in water, sewer and broadband; and covering costs associated with COVID-19, is now largely unrestricted.	IIJA funds will be distributed to state and local governments through formula grants and competitive grants/loans managed by federal agencies over the next 10 years. The money will also replenish existing agency programs and fund new ones. It is assigned to specific categories related to infrastructure, like transportation, broadband and energy.
<i>Elected officials decide how their government's allocation is spent.</i>	<i>States, local governments and non-government organizations apply for funds, and agencies decide which proposed projects will be funded.</i>
Illinois total: \$13.705 billion	Illinois' formula total: \$17.81 billion
Illinois state government total: \$7.492 billion	Federal highway projects in Illinois: \$9.8 billion
Illinois metro municipalities total: \$2.683 billion	Public transportation in Illinois: \$4 billion
Illinois counties total: \$2.539 billion	Bridge repair and replacement in Illinois: \$1.4 billion
Illinois small municipalities total: \$681 million	Expanding broadband in Illinois: \$100 million

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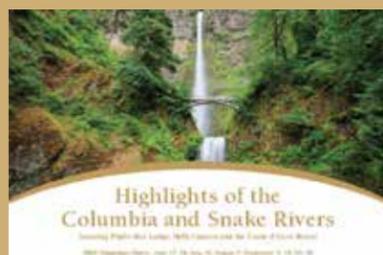
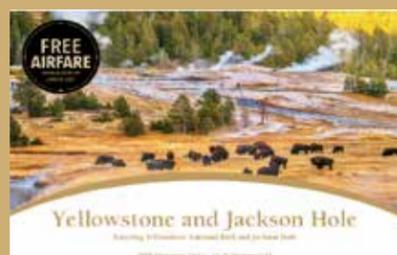
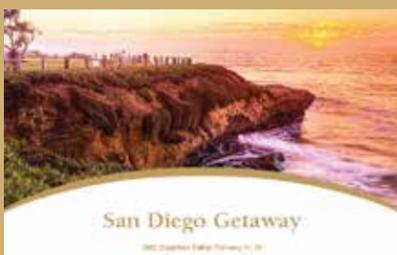
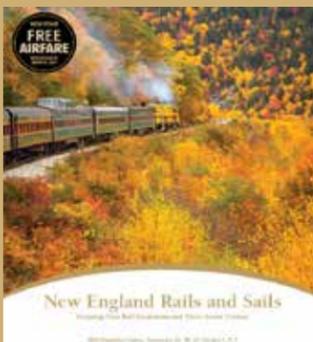
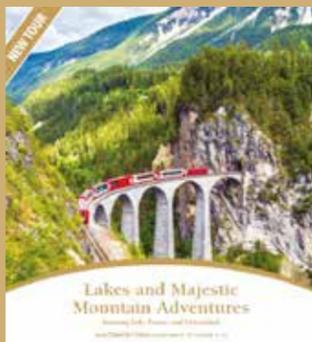
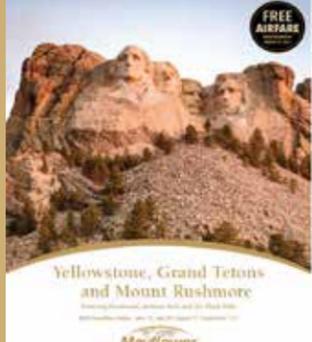
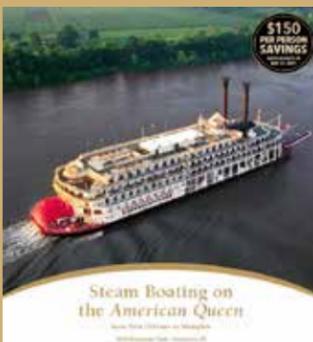
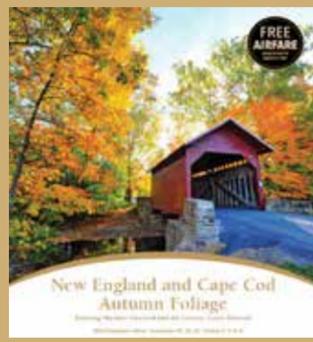
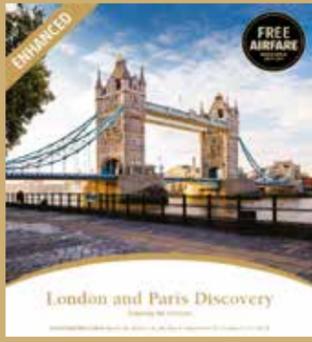
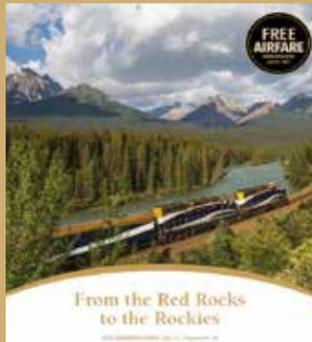
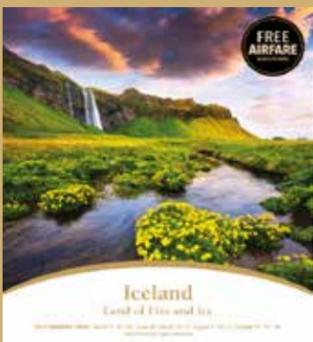
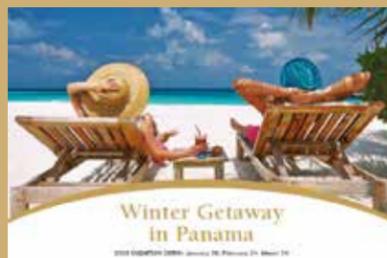
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Country Financial Area Update

As Country Financial continues to seek to improve efficiencies and service to members, the Market 4 territory which includes Cook County has merged South Holland and Chicago Northeast agencies into existing Country Agencies. Agents within those agencies will now serve within one of the existing agencies in the area.

The Cook County area will now be home to Chicago Northwest Agency (Kevin Gomes, Manager), Chicago North Agency (Victoria Nygren, Manager), Chicago South Agency (Sharon Stenke, Manager) and Orland Park Agency (Cary Tate, Manager).

Longtime area agency manager, Jeff Orman, will shift from the South Holland agency to serve as manager of St. Charles/Elgin agency. Agency manager Jeff Maxson moves from the Chicago South agency to the Lake Agency.

Cook County Financial Agents of the Month

The Financial Representative of the Month program is designed by COUNTRY Financial Agency Managers of Cook County to recognize overall Insurance Leaders in Life, Disability, Auto, Home, and Health production during the month. The agent earns the award through efforts to provide quality service to existing and new clients. Listed below are the various agents honored by their agency manager with the Financial Representative of the Month designation.

**Indicates that this Financial Representative is a CCFB Financial Certified Representative. The Cook County Farm Bureau Certified Financial Representative Program is designed to strengthen the partnership and relationship shared by Financial Representatives from Country Financial with the Cook County Farm Bureau organization.*



Ilir Numani

Chicago North Agency, Victoria Nygren, Agency Manager

*Ilir Numani has been named Financial Rep of the month for June 2022. His office is located at 6650 N Northwest Highway, Suite 200, in Chicago, IL. His phone number is 773-631-2909. Ilir has been a Financial Representative since April 2005.



Brett Riekema

Chicago Northwest, Kevin Gomes, Agency Manager

Brett Riekema has been named Financial Rep of the month for June 2022. His office is located at 23042 N Main St., in Prairie View IL. His phone number is 847-415-2666. Brett has been a Financial Representative since May 2011.



Martha Dominguez

Chicago South Agency, Sharon Stenke, Agency Manager

*Martha Dominguez has been named Financial Rep of the month for June 2022. Her office is located at 5060 S. Archer Ave., in Chicago, IL. Her phone number is 773-254-5891. Martha has been a Financial Representative since August 2008.



Nadia Abueid

Orland Park Agency, Cary Tate, Agency Manager

*Nadia Abueid has been named Financial Rep of the Month for June 2022. His office is located at 12130 S Harlem Ave., Unit A, in Palos Heights, IL. His phone number is 708-995-0233. Nadia has been a Financial Representative since December 2019.

ABC'S OF FOOD

At Cook County Farm Bureau, we love food... All types of foods in all types of shapes and all types of flavors. In this feature, we will be highlighting different types of food, primarily fruits and vegetables, from A to Z (we are not sure what to do with X yet!).

This month "G"	GARBANZO BEANS	
Hummus – A simple garbanzo bean recipe that uses minimal ingredients to create a tasty dip for sandwiches, veggies, and more!		Spanish name for chickpeas
Aquafaba – The liquid that comes from a can of garbanzo beans can be turned into a thickening agent and used as an egg replacement in many recipes, including desserts.	Crispy Croutons or Snack – Roasting garbanzo beans is the easiest way to transform this legume into a crunchy snack that can go atop salads or even enjoyed on their own with your choice of seasoning!	
	1 CUP OF CHICKPEAS HAS 14.5 GRAMS (G) OF PROTEIN	
Garbanzo beans are the world's second most widely grown legume after the soybean, and one of the eight founder crops.		
1 CUP	1 cup of chickpeas has 269 calories	Garbanzo beans offer potential health benefits related to cardiovascular, weight management digestive and metabolic benefits.
	Garbanzos originated in the Middle East, likely in what are now the regions of southeastern Turkey or northern Syria.	

Source: <https://www.bushbeans.com> and <https://health.clevelandclinic.org/health-benefits-of-chickpeas>

Next month...Iceberg Lettuce

Cook County Farm Bureau® is sponsoring its

6th CCFB FARM CRAWL!

Save the Date: Saturday, September 17, 2022

SAVE THE DATE: The Cook County Farm Bureau is sponsoring a Cook County member FARM CRAWL on **Saturday, September 17th.**

The Farm Crawl is self-guided using a passport, allowing members and the public flexibility to choose the farms and agri-businesses to visit during the CRAWL times.

Full program details, and participating farms and business information will be available early September and on the Cook County Farm Bureau Events Calendar at <https://cookcfb.org/stay-updated/upcoming-events>.

The Farm Crawl is an event all ages can enjoy – we hope to see you on Saturday, September 17th!

Have a passport sent to you by calling the FB at 708-354-3276 or membershipdebbie@cookcfb.org.

Classifieds

All ads that we receive for The Co-Operator are also listed on our website at cookcfb.org/membership/classifieds. If you have a photo of the item(s) that you are selling you can email it to us to include it on our 'Classifieds' page on our website only along with your ad.

Email your ad (and photo if you have one) to fbcooperator@gmail.com. Please be sure to include your full name, Farm Bureau number, and phone number. Deadline for Classified ads is the 17th of each month. Any ads submitted after the 17th will appear in the following months. Co-Operator. Members may run up to four non-commercial classified ads annually for free. Any ads submitted after the fourth, will be charged.

If mailing your ad, please mail to: Cook County Farm Bureau, Attention: Classified Ads, 6438 Joliet Rd, Countryside, IL 60525. You can also fax your ad to 708-579-6056.

For Sale

Williams, Get-a-way Pinball Machine \$2600. Chrome wall mount pay telephone from the 1960's \$200. A pair of 1931 Illinois license plates \$100. Call 708-784-1208.

Treated wood wall panels 24ft x 8ft x 6in., delivery available. Call Bill 708-415-4716

Model A Ford Parts, rebuild engine, fender seats, extra engine block, and many miscellaneous parts. Call Ron 630-257-6487.

Antique Cultivator with extra set of shovels \$50. Call 815-320-6178.

Fantastic opportunity- Solo brick commercial building, with full basement, zone b2, 2350 sq. ft., 1 mile from expressway, very near Arlington Park Metra and future Chicago Bears Stadium. Call 847-259-9339.

Wanted

Wanted LP Rock & Roll Album Records, call John 708-860-9562. Pre 1971 Baseball cards, call Gary 708-363-4559. Bbnut123@msn.com

Wanted 1972 older cars, Trucks/Parts unfinished projects, and 1967/69 Camaros. Call 708-439-9770.

Wanted: Part Time worker to provide periodic maintenance for 20,000 sq. feet, office building and grounds. Diverse skills in areas in HVAC systems, carpentry, plants and grounds, basic electrical and comfortable with hands-on labor. Hourly 8-12 hours per week. Send cover letter and resume to Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525.

FREE CLASSIFIED ADS

For Cook County Farm Bureau members All Cook County Farm Bureau members may run four non-commercial classified ads annually for free in the Co-Operator. Only items of personal property will be accepted. Ads must be in the office by the 17th of each month.

Category:

- For Sale
- For Rent
- Wanted

To place an ad, call the CCFB office at 708-354-3276 or mail details to Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525. You can also fax your ad to 708-579-6056 or email to juanita@cookcfb.org. Non-member ad rate: \$.75 per word; \$15.00 minimum

This Month in Cook County Agriculture...

The Will – South Cook Soil and Water Conservation District is currently taking orders for the Fall tree and fish sale. Plants, shrubs, and trees are available this spring in various starter sizes. Tree order deadline is Wednesday, September 21. Tree order pickup is on Thursday and Friday, October 6 and 7 and Saturday, October 8 from 11 AM – 3 PM.

Fish varieties include channel catfish, largemouth bass, triploid grass carp, rainbow trout, black crappie, bluegill, and minnows. Fish orders must be placed by Wednesday,

September 14. All orders are prepaid only. Fish stock pickup is scheduled for Saturday, October 8 from 11 AM – 3 PM.

All pickups will be at the Will – South Cook SWCD building located at 1201 S. Gouger Rd. in New Lenox. Order forms are available on the District Facebook page, website, or from the office. Contact 815-462-3106 x3, info@willscookswcd.org, www.facebook.com/willsouthcookSoilandWater/, www.will-scookswcd.org

22nd Annual

Giant Pumpkin, Local Honey, Pumpkin Dessert, Carving & Youth Contest

Saturday, October 1, 2022, 9 a.m. - 11 a.m.

9:00 a.m. Registration/Check-In

Puckerville Farms - 13332 Bell Rd, Lemont IL

Giant Pumpkin Weigh in Contest:

Divisions: Adult and Youth (16 and younger)
Rules: Contest open to CCFB members and their dependents. One pumpkin **grown** per person may be entered into the contest.
Prizes: Adult 1st Place - \$250 Youth 1st Place - \$100
2nd Place - \$150 2nd Place - \$75
3rd Place - \$75 3rd Place - \$50

Homemade Pumpkin Dessert Contest:

Rules: Contest open to any CCFB member/dependents; open to all ages and must be present to win. Dessert will be judged by appearance, taste, and texture.
Prizes: 1st Place - \$100
2nd Place - \$50
3rd Place - \$25

Home Grown Local Honey Contest:

Rules: Contest open to CCFB or CDDBA members/dependents and open to all ages. Honey judging criteria will be provided once registered, prior to contest.
Prizes: 1st Place - \$100 & ribbon
2nd Place - \$50 & ribbon
3rd Place - \$25 & ribbon

Pumpkin Carving Contest 3rd year!

Division: Ages 16 & up members and their dependents
Rules: Pumpkin will be provided by CCFB; free hand carving only, no patterns allowed. Carvers will have 1 hour to carve using their own carving tools.
Prizes: 1st Place - \$100
2nd Place - \$50
3rd Place - \$25

Youth Fun Contest:

Contest open to anyone 16 yrs and younger in 3 age categories.
Prizes: 1st Place & Runner up prize in each age group
Participation Prize: All entries receive a pie pumpkin, activity bag

Entry Fee: Free for Members, Non-members may enter by joining CCFB.
Rules: Contest open to any CCFB member & dependents. Check in **by 9:15 a.m. to be considered; must be present to win.** Members of the Commodities/Marketing Team will serve as judges. The decision of the judges is final.

CONTESTS Registration Form

____ Giant Pumpkin ____ Adult ____ Youth-17 & under
____ Pumpkin Dessert (open to all ages)
____ Youth Pumpkin Guess How Much Contest:
 ____ 6 & under ____ 7-11 ____ 12-16 years
____ Home Grown Honey (open to all ages)
____ Pumpkin Carving Contest (16 yrs & up)

Name: _____
Email: _____
Telephone: _____
Farm Bureau Member Number: _____

Registration form online:
<http://cookcfb.org/stay-updated/upcoming-events>
Mail, fax, or email entry form to:
Cook County Farm Bureau
Attn: Debbie Voltz
6438 Joliet Road Countryside, IL 60525
Fax: 708-579-6056
Email: membershipdebbie@cookcfb.org
Register by phone at: 708-354-3276





Programs, Workshops, and Webinars

For Members, Farmers, Teachers, Landowners, Foodies, Business owners, and those that want new experiences and to have a great time!

Register today for the following great programs by calling the office at 708-354-3276 or at www.cookcfb.org. Scan our QR for our Events Calendar.



Solar & ComEd Energy Efficiency Programs for Ag Professionals – Meeting and Box Lunch

Grab some lunch and hear from Solar and Energy experts about solar and energy efficient programs available for the Ag industry.

Date: Wednesday, August 31, 2022

Time: 1:00 PM

Location: CCFB Meeting Room | 6438 Joliet Rd, Countryside 60525

Registration: Required - Call the Farm Bureau at 708-354-3276; email: membershipdebbie@cookcfb.org; or online at the Member Center at www.cookcfb.org.



22nd Annual Giant Pumpkin, Dessert, Carving, Local Honey & Youth Contest

Giant pumpkin growers, bakers, carvers, and beekeepers this is the contest for you! Adult and Youth (under 16 yrs) divisions. Contest is free to members and registration is required. Cash prizes awarded to in all categories.

Date: Saturday, October 1, 2022

Time: 9:00 AM check in time

Location: Puckerville Farms, 13332 Bell Rd, Lemont

Registration: Call the Farm Bureau at 708-354-3276

or online at the Member Center at www.cookcfb.org. Registration form and full program details at: <https://cookcfb.org/stay-updated/upcoming-events>



Farm Crawl – Cook County Ag Member Locations

The Cook County Farm Bureau is sponsoring its 6th member FARM CRAWL on Saturday, September 17th. The Farm Crawl is self-guided with no set schedules allowing members and the public flexibility to choose the farms and agri-businesses to visit during the CRAWL times. Full program details, and participating farms and business information will be available soon as well as on the Cook County Farm Bureau Events Calendar at <https://cookcfb.org/stay-updated/upcoming-events>

Date: Saturday, September 17, 2022

Time: 10:00-4:00 PM; hours may vary by location

Registration: None needed! To obtain a crawl passport Call the Farm Bureau at 708-354-3276; email: membershipdebbie@cookcfb.org; or online at the Member Center at www.cookcfb.org, and we will email/mail before the crawl!



Workshop on Preparing Wills and Trusts and Transferring Non-Titled Property

Estate Planning and Trust Administration
Presented by Thomas J. Olofsson, J.D., Estate Planning Attorney

Do you need to update your will? Do you know what to do in preparing a will and a trust? Do you understand what probate court is? This program will provide the advantages and disadvantages of preparing a will and trust. The program will inform you what types of information you will need to

gather and decisions you will need make before meeting with a lawyer to prepare a will or trust. Also, tips will be shared on what to look for in choosing a lawyer and where to locate a lawyer for this task.

Date: Thursday, October 6

Time: 6:30-8:00pm

Location: Zoom (the zoom link will be emailed to all participants the evening before the class)

Price: No charge for Cook County Farm Bureau Members. \$10 for non-members

Date: Call the CCFB at 708-354-3276.



AARP SMART DRIVER 2 Day COURSE

The AARP Smart Driver course, offered by AARP Driver Safety, is the nation's largest classroom driver safety course and is designed especially for drivers age 50 and older. You'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. By successfully completing this course, you may be eligible for a discount on your COUNTRY Financial auto insurance. People over 55 who have not had a motor vehicle accident or violation within the past twelve months are eligible.

**** CDC COVID-19 Community Level being in the HIGH category just prior to course may result in postponement or cancellation.

Date: Tuesday, September 20 and Wednesday, September 21

Time: 9AM-1PM

Location: CCFB – 6438 Joliet Road Countryside, IL 60525

Price: The classroom course costs \$20 for AARP members and \$25 for non-members. Non Farm Bureau members will also be charged an additional \$5 registration fee.

Registration/Description: Space is limited, so register now by calling 708.354.3276 or at our Member Center. Those attending should bring there AARP membership card, if members (phone app acceptable) and driving license as these numbers are entered onto the course completion record/certificate.



Shred Day

Bring any old documents (up to 3 bankers' boxes) that you would like to have shredded.

Date: Saturday, October 15

Time: 10am-12pm

Location: 4200 Euclid Ave., Rolling Meadows

Price: No Charge

Registration/Description: Call the CCFB at 708-354-3276 to make a reservation



LOCAL FARM STANDS ARE STILL OPEN OFFERING FRESH, LOCAL PRODUCE TO COOK FRESH AND HEALTHY!

VISIT OUR MEMBER FARMSTANDS AND BUY LOCAL! LOCATE A MEMBER FARMSTAND OR FARMERS MARKET NEAR YOU USING OUR SHOPLOCAL DIRECTORY FOR BUSINESS PROFILES, THEIR LOCATION, HOURS, AND PRODUCT/SERVICE INFORMATION. BUY FRESH, BUY LOCAL, EAT DELICIOUS!

[HTTPS://COOKCFB.ORG/DISCOVER-LOCAL/SHOP-LOCAL/ONLINE-DIRECTORY](https://COOKCFB.ORG/DISCOVER-LOCAL/SHOP-LOCAL/ONLINE-DIRECTORY)



We're looking for two volunteers to join our Agricultural Literacy and Governmental Affairs Committees

- Individuals interested in the Agricultural Literacy Team should have an interest in promoting and developing curriculum focused on the connection between agriculture and our everyday lives. An ideal volunteer would have elementary school or dietary/nutrition experience.

- The Governmental Affairs Committee is also looking for an additional member. An ideal member would have an interest in and be comfortable with meeting with and discussing issues with legislators.

Interested individuals should be familiar with Cook County Farm Bureau and be willing to assist with programs.



Interested individuals are encouraged to visit: <https://cookcfb.org/contact-us/volunteer-opportunities> or to contact Bona Heinsohn at (708) 354-3276.

New Member Benefit Platform

Sign up to access over **302,000** discounts
<https://ilfb.abenity.com>