www.cookcfb.org Vol. 97, No. 5 | May 2023



COOK COUNTY GO PERATOR

To serve all our members with meaningful and beneficial programs that reflect our agricultural heritage

SEE INSIDE:

The Discover Local Pull-out Section

Mark Your Calendar



May

Make a Spring Planter
Workshop **PG 12**

17th Social Security 101 Webinar PG 12

June

 ${f 14}^{th}$ Raffle for Ag Education Drawing PG 1

15th Shaken or Stirred with Herbs **PG 12**

19th - 22nd Summer Ag Institue PG 10

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.

Question of the Month



The Member Relations Team is sponsoring a photo contest this Spring, Summer and Fall. The Spring photos deadline is June 15. What is the theme for the Spring portion of the contest?

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 number, and phone number)

April Winner: Leah Mae Walton

Question: What are the dates for CCFB Member Appreciation Week this year?

Answer: April 17-21





POLLINATORS In preparation for pollination and production needs for vegetable, fruit and honey production during the upcoming growing season, local beekeepers have bought boxes of bees to replenish area beehives that did not overwinter. For a detailed listing of Cook County Farm Bureau members who supply fresh and local products (courtesy of bees and other pollinators), see our special May pullout section of this publication pages 5 – 8. (Photos courtesy of Ruth Zeldenrust, Owner of Zee's Bees at Zeldenrust Farm.)

First Generation Farmer Supplies Produce to Chicago Chefs

By Carrie Steinweg, Freelance Writer

Many of today's farmers were raised on farms where it's been the family business for decades and through generations. That wasn't the case for Carl Smits, owner of Smits Farms in Chicago Heights. His father was a builder, but somehow Smits was always drawn to farm life. "I always liked tractors, farms and growing things, even as a little boy," he said.

A high school job working for DeJong Bros. Farms in Lansing was a dream job for him, but he said he felt called to ministry and went to college as a Spanish major and theology minor. When he needed to take an elective during his junior year, a friend suggested a class in soil science. "It was by far my most enjoyable class," said Smits.

At a World Mission job fair in college, he talked to the head of missions and expressed interest in serving in a Spanish speaking country where he could teach farming. Nothing like that existed. He wasn't sure which direction he would go in.

Then in 1989 when visiting his girlfriend (now wife) on Christmas break, he walked in on a conversation between his father-in-law and two brothers-in-law about a new law going into effect July 1, 1990 banning yard waste from going into landfills.

Produce continues on Page 2

"Raffle for Agriculture Education"

Buy your tickets today while they last!

To Purchase tickets over the phone, call (708) 354-3276.

*Payouts are based on selling 300 tickets. If fewer tickets are sold, see raffle rules on CCFB Foundation webpage for adjusted payout schedule. \$50 per ticket. Three big payout winners!

CASH PAYOUTS:

1st: \$2,500 2nd: \$1,500 3rd: \$500

Must be 18 or older at the time of entry purchase. Winner need not be present to win, and winner is responsible for all local, state and federal taxes associated with prize.

The intended purposes from the proceeds of the raffle are to:

- Fund the Cook County Farm Bureau's award-winning Ag in the Classroom program
- Provide scholarships for members and their dependents pursuing agriculturally related careers
- Fund the Foundation-sponsored internship to support the agriculture literacy program

For sponsors, official rules and to purchase ticket please go to www.cookcfb.org/foundation

Drawing will be held **Wednesday**, **June 14**, **2023**. Details on how to tune in online to watch the drawing live will be shared on https://cookcfb.org/foundation/raffle-for-ag-education.

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 in an effort to support the success of local farmers and to keep agriculture present and strong in Cook County.

This Co-Operator publication for members is designed 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 fuel that comes from farming.

As an added value, we are able to provide great membership deals, savings, discounts, benefits, programming and activities that reflect our agricultural heritage and modern expectations.

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

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Produce

Continued from Page 1



The Smits Family - Carl and Debra Smits (center) flanked by their children and spouses. Photo provided by Carl Smits.

"It was as if God was speaking directly to me and saying 'This is my plan for you. Take yard waste, solve people's problem and build up your soil.' Now Smits had to figure out how to move forward with this plan when he had no land, no equipment and no yard waste.

He started writing letters - old school on a typewriter - to area communities to see if he could take their yard waste. He found one town who agreed. Then he noticed a piece of land for sale on Sauk Trail and contacted the owner. It had been in her family and been farmed since the 1800s, but they were ready to sell. She liked his plans when she heard them. He borrowed money and bought the farm and then a small John Deere that he still uses today. Within just a few months he was officially a farmer.

He started with growing mostly hard squash and tomatoes and reached out to a farmers' market in Chicago who agreed to let him sell fresh herbs there. The farm since expanded to having several greenhouses and a garden center and to growing many additional vegetables on their 600 acres, selling their crops to farmers markets, wholesalers and customers at their two farmstands. They also now sell to some Chicago chefs directly through a Chicago market, so a lot of their produce is making their way onto the plates of those dining in some of Chicago's top restaurants.

Soil quality is still a huge focus for him, and he enjoys educating others on the importance of adding organic matter to the soil and growing cover crops to prevent erosion for the good of the current crop and for future generations of farmers. Smits and his wife, Debbie (who is a bookkeeper at the farm) have six children. Their daughter, Kayla, works full time on the farm as the farm market manager and greenhouse manager. Their oldest son, Andrew, will be managing the grain division following his upcoming graduation from Purdue University and their second son, Matthew, is currently studying horticulture, also at Purdue University.

Smits Farm is located at 3437 Sauk Trail in Chicago Heights. For more information, visit SmitsFarms.com.

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...

- Carol Johnson, Katrina Milton and Janeen Pikula for their interest in Cook County Farm Bureau's newly formed Monarch Club. Members interested in monarchs and pollinators are encouraged to contact the Farm Bureau at 708-354-3276.
- Our 145 active volunteers that provide skills, knowledge, wisdom, enthusiasm and leadership to the organization. The Cook County Farm Bureau donated \$10 per active volunteer (\$1,450) to the Greater Chicago Food Depository during April's Volunteer Appreciation Week in recognition of our volunteers' efforts.
- Foundation scholarship recipients Elijah Floerke and Matthew Smits for introducing themselves to the Board of Directors and discussing their agricultural career aspirations.
- Juanita Ramos, CCFB administrative assistant, for five years
 of service to members as first to answer the phone in the
 office. Juanita has been offered an opportunity to work for
 another non-for-profit organization and will be leaving her
 administrative assistant position. We wish her well!
- Doug and Mark Yunker for setting up a location for the owner of AMOS Power tractor company to demo their new autonomous, self-driving electric tractor to prospective buyers from Indonesia (and Heidi Yunker for



driving the buyers back towards the Chicago area within range of an Uber driver).

HOW FARM BUREAU SERVED YOU IN APRIL

- Communicated Farm Bureau policies and positions with Cook County elected officials and their staffs through Farm Bureau's bi-monthly legislative publication.
- Discounted the purchase of over 70 pounds of pollinator seeds for members interested in creating pollinator habitat on their property.
- Celebrated our CCFB members during Member Appreciation Week! We truly value and appreciate your support. Thank you!
- Provided gardening and horticultural resources with our Master Gardener Resource Center.
 Volunteer Master Gardeners are available to help members and the general public until mid-November.



Co-Operator

Published Monthly

Cook County Farm Bureau

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Downwind

by BOB ROHRER, CCFB MANAGER

"May: only three letters but packed with optimism"

May on the Farm

May is a big flower and plant season for our area greenhouses and farmstands. Early-season vegetables are growing and vegetable transplants such as tomatoes, peppers and squash are going into the ground so that farmers' markets will be well-stocked in July. Strawberries are blooming as its fruit matures at the end of May. Tender asparagus stalks are ready to be snapped and munched. I am so ready!

The month of May represents a time when Cook County corn and soybean farmers are busy trying to put a crop in the ground. You will see winter wheat with its bright green, healthy growth moving towards an early July harvest! Hay fields of grass, alfalfa and red clover are growing, and farmers are carefully watching for the right window of time to cut, dry and bale the hay. The smell of freshly baled hay is incredible!

May is a wonderful time for homeowners of the area; digging in the soil, planting flowers and vegetables and enjoying the wonder that spring brings for new life. Nature's colors come to life!

May means the grass needs mowing weekly...lovely!

May at the Farm Bureau

In recent years, we have created a special pullout section of the May Co-Operator for "buy local" opportunities to support area farmers, farmstands and farm-related direct marketers. I urge you to check it out (pages five, six, seven and eight of this publication)! You will want to pull out this center section and keep it this summer as you seek local, fresh, farm-raised products!

And, of course, your Cook County Farm Bureau has fun and useful activities, programs and experiences going on for member enjoyment.

May at home

May means that my wife, the teacher, has one final month of opportunity to educate (kids would say torture) those delightful schoolchildren with brilliant lesson plans before achieving a well-deserved summer break. (From my view, it seems that the children do some torturing of the teacher.)

The windows of our house have literally burst open to encourage the fresh, clean May breezes sweep in and through our living quarters.

The "critters" that cohabitate our property survived the winter and have emerged stronger than ever. We have skunks under the shed, muskrats have re-invaded the pond and ground squirrels are tunneling under the patio. The odor, digging of holes and destruction of property is "challenging" me greatly.

"Bob versus nature" and Bob is losing badly!

May means baseball season is in full swing

My Cubs have not yet been mathematically eliminated and the White Sox have not yet imploded. Optimism remains in Chicagoland.

There would be no baseball without Agriculture

- The ball Yarn made from cotton wrapped around a core and held together by leather
- The glove Leather mitts made from cow hide with oil used to soften the glove from fish or animals

- The bat wood harvested from northern ash trees
- Tickets, programs and schedules printed on paper from trees using soy ink from soybeans
- Peanuts and Popcorn Midwestern farm grown popcorn popped in soybean oil
- Baseball hat Cotton grown by southern farmers
- · Hot dogs Pork and beef in a wheat bun with ketchup and tomatoes and relish from cucumbers... All farm produced
- Nachos and Cheese Food grade corn flour topped with cheese made from dairy cows
- Soda Sweetened using corn syrup
- Beer Farm ingredients including barley, hops and wheat
- The Field Meticulously maintained by specialty agricultural companies for great turf management

I am looking at May through Maycolored glasses and what I see is worth celebrating!

Recipe of the Month

Makes 4 servings

Soba Noodle Chicken Salad with Ginger Peanut Dressing

Gibby's Gourmet Mushrooms LLC, Chicago Ridge

INGREDIENTS:

Salad:

- 10 oz soba noodles
- 2 c shredded, cooked chicken
- 1/2 lb Maitake mushrooms (hen of the woods), sauteed, finely slivered, or left in petals
- 1 sm jar Del Ape Roasted Red Bell Peppers, slivered
- 4 green onions, thinly sliced, using green and white parts
- 1/2 c salted peanuts, chopped
- · fresh cilantro, chopped • 1-2 t sesame seeds

Dressing:

- 6 t low sodium soy sauce
- 2 t rice wine vinegar
- 2 t peanut oil
- 1 t toasted sesame oil
- 1 1/2 t creamy peanut butter
- 2 sm garlic cloves, chopped
- 1 t fresh ginger, minced
- 1 t sugar

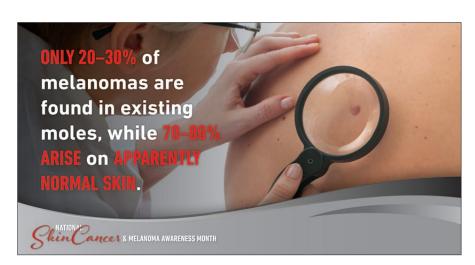
DIRECTIONS:

- 1. Salad: Cook Soba Noodle according to package directions. Drain and rinse under cold water.
- 2. Make Dressing: In small food processor or blender, combine soy sauce, vinegar, peanut oil, sesame oil, peanut butter, garlic, ginger, and sugar; blend until smooth.
- 3. Finish the Salad: In large bowl, toss the noodles with the shredded chicken, bell pepper, green onions, peanuts, cilantro, sesame seeds, and the dressing. Taste and adjust the seasoning if necessary to your liking. Serve immediately. 4 Servings.

2023 Recipe Collection Available!

To request a of the 2023 Recipe Booklet, please email: membershipdebbie@cookcfb.org or call the Farm Bureau at 708-354-3276.

May Brings Two Important "Awareness Months" That Connect with the Farm



Skin Cancer Awareness Month: Skin cancer is always a concern in the farm community with the many hours spent by farmers in the sun with skin exposed. Please cover up, apply sunscreen and visit your doctor regularly for skin checks for early detection.



Mental Health Awareness Month: Since 1949, Mental Health America, its affiliates and others have observed May as Mental Health Month. The theme for this year's Mental Health Month is look around, look within. It seems that everyone personally knows someone impacted by suicide and mental health related issues. Due to the economic pressures and the nature of the farm lifestyle, mental health has become a big concern. And we are not trying to hide it out of sight and out of mind. If you are suffering, help is at your fingertips. Please seek help for you, your family and your friend's sake. Call 1-833-FARM-SOS

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Agriculture Jobs Outpace Graduates

Good news for the soon-tobe senior in our house: The nation's largest employer is looking for applicants.

The agriculture industry comprises about 11% of the jobs in the United States, employing more citizens than any other industry at 22 million people across more than 250 career areas, according to the U.S. Department of Agriculture. Contrary to popular belief, farmers are just a sliver of agriculture's employment pie, and there's plenty of pie available for anyone with the hunger to support the nation's need for food, fiber and fuel. No farm background required.

The demand for agricultural engineers, agronomists, plant breeders, foresters, veterinarians, agriscience teachers, climate specialists and more will outpace the available college graduates in these disciplines. More than 59,000 job openings will be available – per year – in agriculture, food, renewable natural resources and related industries through at least 2025, according to the 2020-2025 Employment Opportunities Report by the U.S. Department of Agriculture and Purdue University.

Students who enjoy biochemistry perhaps haven't thought to consider a career in agronomy or biofuels. The mechanically minded may like a profession as an agriculture engineer or precision agriculture specialist. Writers may find fitting opportunities as agricultural journalists.

For good reason, the wall in

our high school agriculture classroom says, "Your Career Starts Here." In the last 10 years alone, I have watched students at our small school find their passions through agricultural education and the leadership and careerdeveloping experiences of the

They now serve the agriculture industry as agronomists, farm financial officers, agricultural educators, agricultural engineers, livestock managers and diesel technicians. My husband has hired graduates to work with precision technologies and vehicle autonomy in agriculture. Some prepare for an ag-related career, training to become agricultural accountants, veterinarians and horticulturists.

The Illinois Agri-Food Alliance, of which the Illinois Farm Bureau is a founding member, recently launched AGNITOR, a digital platform to connect agri-food professionals to classrooms for virtual chats about careers. The program intends to generate student awareness about career opportunities spanning agriculture, food and natural resources. The National FFA offers opportunities to digitally explore agricultural careers, too. These tools can help students like our daughter find their ideal fit in this diverse and necessary industry.

About the author: Joanie Stiers farms with her family, growing corn, soybeans and hay and raising beef cattle and backyard chickens in West-Central Illinois.

5 Questions with Jim Bloomstrand, CCFB Board Member



Jim Bloomstrand

What is your favorite responsibility within the Cook County Farm Bureau?

I enjoy being a part of the Agriculture in the Classroom program, which I've participated in for over two decades. It is very satisfying sharing the importance of agriculture with students who lack the opportunity to experience it on their own. I also enjoy chairing the Member Relations Team, and developing new programs, ones that will benefit our membership. I feel it is an honor to serve as a board member.

What is a favorite farm or food memory? Working alongside my dad, especially during corn harvest, and putting up hay on a sunny, hot day. This usually included eating lunch

When you are not working on Farming and Farm Bureau related business, what is something you like to spend time doing?

in the field, and sometimes sitting on the running board of our old IH pickup.

Travel. In the summer: a leisurely drive, down the backroads of the Midwest, in an automobile over a hundred years old - and doing so with like-minded friends. In the winter: visiting faraway places, by cruise ship. On rainy days: working on vintage cars, as well as farm equipment.

What is your favorite tractor?

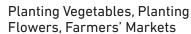
My favorite tractors are green; most that I prefer are green and white, but I also like green and yellow. I started driving on an Oliver 550 but gained interest in John Deere from visiting my grandpa at his JD dealership; I especially like the harvest equipment.

What did you want to be growing up?

This is the easiest question, as I only ever wanted to be a farmer on our family farm. Dad had other ideas for me, so I earned an Agricultural Engineering degree, and ended up working for the Allis Chalmers tractor company for several years, before returning to farm with my dad.

Cook County Farm Bureau Photo Contest: Spring Photos

Example Categories for Spring:



Prizes:

Each season will have three winners.

1st place: \$100 cash

2nd place: \$40 Farm Fresh Funds* 3rd place: \$25 Farm Fresh Funds*

Get your camera and capture moments by showcasing your best photos depicting theme of Agriculture in the Spring. Send in your photos selfies, pictures of others, landscape, etc.

The deadline for Spring photos is June 15. The winning photos will be posted in the July Co-Operator.

All participating photos will be featured on our website and social media.

The contest is open to all members in good standing. Go to https://bit.ly/3GRRXRd to submit entries.

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

CLASSIFIED ADS

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 Farmall cub 193 plow

includes coulter adjusting lever and (dog bone) \$200 obo. Model A original style, 3 x champions spark plugs, never used box of 8. \$200 obo. Call Bob 708-774-5817.

74 Corvette, T-top, white/ tan leather, 4 speed, power steering, power brakes, power windows, showroom condition, in and out needs nothing. Last owner over 20yrs. 60,000 original miles. Insured for \$28k sell for \$16k.

Call Don 847-358-0972.

"Grasshopper Quik-D-Tatch vacuum grasscatcher with Model 15 Level Actuated Hopper, 618 mount kit, and Model 948/52 vacuum and drive assembly. Must pick up. \$1700 obo. Pictures can be emailed upon request. Call 708-349-0627.

10-unopened VHS tapes Star Trek. \$75 or better offer. 10- original "Outer limits" VHS tapes-opened and 1963 & 1964 viewed. \$40 or better offer. Call William at 708-687-3894.

Vintage 1966-wheel horse 42inch cut, runs great, but mower deck is off. Have all the parts and booklets. \$4,000 obo. Call June 708-261-9531.

Sears large car top carrier, \$125. Call Ron 773-229-9123.

ED Wanting to buy your H/O and N scale electric trains; and H/O scale slot cars and tracks. I buy large and small collections. Turn those unwanted items into cash give me a call at 630-272-4433 Ron.

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

Wanted LP Rocks & Roll Albums records. Call John 708-860-9562. Pre 1971 Baseball cards. Call Gary 708-363-4559 or email bbnut123@msn.com.

Wanted to buy old balloon tire bicycles, also banana seat with high rise handlebar bikes, also pedal cars, and old toys. Call James 708-361-8230.

My name is Brian Callahan and I come from 4 generations of farmers from the LaSalle/Peru area. My grandparents were William and Mary Sale. I work for Skynet Security and Skynet Solar Energy. We are distributors for Rawicom Solar, a very large and successful European Solar Enterprise. We are interested to ask

if any farmers or landowners would be interested in leasing their land for a solar farm. We have interest in an area of 5 acres to 40 acres. You can contact me at Brian@skynetsecurity.com.

FAKM / APKILULI UKE JUBS

The Cook County Farm Bureau Agriculture Literacy Department is seeking a college intern to work in the area of education and public relations this summer. The position comes with an hourly wage and is funded by the Cook County Farm Bureau Foundation. Candidates interested in details should contact Katrina at 708-354-3276 or email aitc@cookcfb.org.

Administrative Assistant: The Cook County Farm Bureau has a full-time, entry level in-office position available immediately. Skills requested include quality verbal and written communication, Microsoft 365 programs, familiarity with membership databases, high school diploma or equivalent, and experience in office setting. \$20/hr range with strong benefits package. Send cover letter and resume to Bob Rohrer, Manager, Cook County Farm Bureau, 6438 Joliet Road, Countryside, Il. 60525 or brohrer@cookcfb.org.

MAY 2023

DISCOVER LOCAL



CO-OPERATOR PULL-OUT SECTION

Join Cook County Farm Bureau[®] in supporting agricultural and member Ag businesses:

50 Acre Barn Farm at Evergreen Park District 91st Rockwell Ave., Evergreen Park (708) 422-1551



Big John's Farm Market 1754 E. Joe Orr Rd., Chicago Heights (708) 758-2711



The Children's Farm at the Center 12700 Southwest Hwy, Palos Park (708) 361-3650



Delair's Corn Stalk Farm 13901 Wolf Rd., Orland Park (708) 785-9532



Goebbert's Farm & Garden Center 40 W. Higgins Rd., South Barrington (847) 428-672



Growing Solutions Farm 2200 W. Campbell Park Dr., Chicago



Angelic Organics Farm and CSA csa@angelicorganics.com



Brandau's Farmstand 10544 W. 191 St., Mokena (708) 479-7575



Clarke's Garden Center & Stone Depot 2061 E 14th St., Lynwood (708) 758-8500



Deer Creek Farms
360 E Glenwood-Dyer Rd., Glenwood
(708) 441-7751



Goebbert's Pumpkin Patch 42W813 Reinking Rd., Pingree Grove (847) 464-5952



Herban Produce 2900 W. Van Buren St., Chicago (708) 254-4016 / (773) 801-0853



Greenhouses,
Garden Centers,
Farm Stands,
Agritourism,
Landscaping,
Pumpkins, Flowers,
U-pick, Herbs....

Bultema's Farmstand & Greenhouse 2785 E. Lincoln Hwy., Lynwood (708) 758-1565



Crete Garden Center & Nursery 1625 East Richton Rd., Crete (708) 672-0900



Garfield Produce Company 401 N. Trumbull Ave. Unit B, Chicago (773) 703-1142



Gorman Farm Fresh Produce 6607 West Bruns Rd., Monee (708) 534-2375



Hours may change, call before you go!





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Melka Landscaping and Garden Center 11606 179th St., Mokena

(708) 349-6989

Santa Fe Landscaping & Nursery Inc

3450 W Crete Monee Rd., Monee

(708) 534-3600

Ted's Greenhouse, Inc. 16930 S. 84th Ave., Tinley Park

(708) 532-3575

West End Florist & Garden Center

3800 Old Glenview Rd., Evanston

(847) 251-1943

Greenhouses, Garden Centers, Farm Stands, Agritourism, Landscaping, Pumpkins, Flowers, U-pick, Herbs Continued....

Historic Wagner Farms 1510 Wagner Rd., Glenview (847) 657-1506



Horchers Farm & Country Flower Shop 910 McHenry Rd., Wheeling (847) 541-3276



Kolze's Corner Gardens 12717 Rt. 176, Woodstock (815) 338-1475



Puckerville Farms 13332 Bell Rd., Lemont (708) 508-0906



Schroeder's Home Landscape & Drainage Supply 10800 Southwest Hwy., Worth (708) 448-1144



Van Kalker Farms & Greenhouses 1808 E. Joe Orr Rd., Chicago Hts (708) 758-1732



Windy City Harvest/The Farm on Ogden 3555 W. Ogden Ave., Chicago (847) 835-6807



Honey Bee Gardens Farm 8405 Kearney Rd. Downers Grove (630) 269-4345



Just Picked Farm Stand 8200 171st St., Tinley Park (708) 927-9038



M & D Farms 14946 Bell Rd., Homer Glen (708) 935-1715



Ray's Quality Greenhouse 117 E. 231st St., Steger (312) 608-7042



Smits Farms 3437 E. Sauk Trail, Chicago Hts (708) 758-1244



VanderGriends Farm Stand 2812 Glenwood Lansing Rd., Lansing (708) 474-1255



Zeldenrust Farm Market 1001 Glenwood Dyer Rd., Chicago Hts (708) 758-5058







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Bees and Honey

Bee All About It (630) 207-4255



IL Bee Rescue

(630) 926-0273

Brad's Bees & Honey 1525 Dale Drive, Elgin (813) 957-0649



Moraine Valley Honey Farm (630) 816-0738



Sunny Day's Honey (630) 516-3676



S & S Apiaries 24222 S Center Rd., Frankfort (815) 464-1566



The Hive: Beekeeping Supply Store 1701 S. Clinton Ave. Floor 2, Chicago (312) 995-9508



Simrayh Apiaries (630) 546-0497



Zee's Bees at Zeldenrust Farms 1001 Glenwood Dyer Rd., Chicago Hts (708) 758-5058

Livestock, Equine, Hay/Straw, and Feed



9 Acres Equestrian Center 12211 S. La Grange Road #1149 Palos Park (708) 361-7977



Kopping Farms 12300 115th St., Lemont (630) 257-7271



Sarah's Pony Rides 8220 S. Keen Ave., Willow Springs (630) 802-1316



Forest View Farms
16717 S Lockwood, Tinley Park
(708) 560-0306



Ludwig's Feed Store 13205 131st St., Lemont (630) 257-3097



Stanley Luke Farms 10101 5th Ave Cutoff, Countryside (708) 352-1073



The Feed Store 5408 S Harlem Ave., Summit, IL (708) 458-1327



Mark Yunker 24400 S Scheer Rd., Frankfort (708) 309-2622



Janet McCabe 8420 W. 135 St., Orland Park (708) 259-7319



Mike Rauch 18330 67th Ct., Tinley Park (708) 269-6961





Value Added



Crop Protectants

Conserv FS 1110 McConnell Rd., Woodstock (815) 334-5950

Conserv FS 7851 183rd St., Tinley Park (708) 532-4723

Composting
Teegan Compost Services
(847) 565-9231

<u>Solar</u>

TrackerSled 330 South Lombard Ave., Oak Park (773) 960-4441

Cook DuPage Beekeepers Association cookdupagebeekeepers.com

Florists

Kiko's Flower Shop 650 Busse Hwy., Park Ridge (847) 696-4226

West End Florist 3800 Old Glenview Rd., Evanston (847) 251-1943 Food Specialty Growers

Gibby's Gourmet Mushrooms, Llc 10347 Oxford Ave. Chicago Ridge (708) 912-0991 or (708) 307-3732

> Galena Garlic Company 311 S Main St., Galena (815) 777-9625

Galena Garlic Company 318 W State St., Geneva (855) 464-2754

<u>Distillery/Brewery</u>
Whiskey Acres Distilling Co.
11504 Keslinger Rd., DeKalb
(844) 494-4753

Around the Bend Beer, Co. 417 N. Ashland Ave., Chicago (773) 295-1270

Flossmoor Stations Restaurant & Brewery 1035 Sterling Ave, Flossmoor (708) 957-2739 Page 8 | Co-Operator | May 2023

Soil Testing Kits

Cook County Farm Bureau offers both members and non-members an opportunity to test their garden or lawn soil by purchasing a soil testing kit. Usually, it is necessary to supplement the earth's store of plant nutrients before we can obtain the most vigorous lawn, the most abundant and brilliant flowers, the most aesthetically satisfying trees/shrubs, and the greatest yield of tasty and nutritious vegetables or crops.

Test your soil pH, potassium, phosphorous, and other key elements to begin the soil improvement process. Complete kit guidelines and instructions, as well as mailing information, included in the test kit. Members will receive test results and basic recommendations within two weeks.

Farm Bureau Soil Test Kit discounted member pricing:

- 1 sample Soil Test Kit: \$28
- 2 sample kit: \$36
- 3 sample kit: \$55
- 1 sample Soil & Lead Test Kit: \$55
- 1 sample Lead Only Test Kit: \$46

Non-member pricing also available.

Costs are subject to change.

To order, call 708-354-3276, using a Visa,

MasterCard, or Discover at no additional charge.

Shop Local

Our Shop Local directory provides simple yet powerful search tools to connect growers, buyers, sellers, and consumers.
Join and register your business today.
Whether you are a farmer looking to reach new customers or a consumer looking for fresh produce, local dairy, or a brewery in your area – our Shop Local directory is a MUST-HAVE resource!

Visit us at https://cookcfb.org/discover-local/shop-local or contact us at ccfb@cookcfb.org for additional details.

Not a part of the directory – Register Your Local Food or Farm Business today at https://foodmarketmaker.com/registration.



We always run the risk of leaving a Cook County Farm Bureau member business off a list like this and that is certainly not our intention.

We continue to update the "Buy Local" area of our website and encourage any member who wants to be added to the database to contact the office at (708) 354-3276 or email us at ccfb@cookcfb.org.

For more gardening resources and connections, go to https://cookcfb.org/discover-local/farm-products-locator.

Visit Cook County Farm Bureau® member Greenhouses, Garden Centers, and Farms for all your outdoor needs!



Cook County Farm Bureau

6438 Joliet Rd. Ste. 101 Countryside, IL 60525

(708) 354-3276

ccfb@cookcfb.org

Visit our website at www.cookcfb.org
Like us on Facebook: facebook.com/Cook.County.Farm.Bureau.IL

Page 9 | Co-Operator | May 2023 **Cook County Farm Bureau**

This ball of mane and tail is the

younger brother no one asked

for. He lives in a cloud of mis-

Manifolds, Manolos, and Manure

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



Bona Heinsohn

Nearly three years ago, a ball of mane and tail bounced his way into our lives. Our veterinarian referred to him as "old

fashioned". He is on the shorter side. Stocky. Thick. And fluffy.

Pizzazz Me Only "Makoa"

is technically a registered American Paint Horse. He's the grandson of By Invitation Only, the American Quarter Horse Association's all-time leading sire of point earners. And a great grandson of Zippo Pine Bar, one of the most prolific pleasure horse sires in history. Most paint horses are flashy. Eye catching. And colorful. Makoa is solid. A light chestnut complete with a couple of spots in his socks.

chief. He opens gates. Almost cleanly soars over fences. Runs from falling leaves. And tears through the pasture until coming to a sliding stop just in time to avoid touching the electric fence. A space cadet. Just shy of a year ago, Makoa's

big brother was sentenced to stall rest. With two performances and one rodeo short of a full season to go. Suddenly the carefully laid multi-year plan to introduce our fabled space cadet to the rodeo circuit was sidelined.

Within days of the diagnosis, I carried the U.S. Navy flag on a teammate's horse during the opening ceremonies of the McHenry County rodeo. Our space-cadet carried my blue-eyed girl in a performance that same evening in a different arena. Neither of our hearts were in it. We were still digesting the stall rest diagnosis and what it meant for our big red fire breathing dragon.

A month later during a weekend filled with chopping corn silage and horse events, our space cadet graced an arena once again. Despite a rain sodden arena, his sure-footed nature ensured that he stayed upright as he raced through intertwining figure eights. Sweeps. A company front. And a Texas box. He sat his rollbacks. But failed on his lead changes.

In the final performance of the season, our space cadet ran his older brother's spot. With another paint horse, he led the cloverleaf. Into mini-intertwining pinwheels. Pass throughs. Sweeps. Intertwining figure eights. Like many of his teammates he stood calmly before entering the arena. And slept in the trailer on the way home. If you had asked me when we first brought him home if I thought I'd let him run rein-free down the rail with the crowd on one side and the music belting out the chorus of "Light 'Em Up" by Fall Out Boy, I would've laughed.

As I sit here and write this

column, we're just days away from our largest performance of the year. My fabled space cadet with seven of his friends will enter the Blain's Farm and Fleet Coliseum and HW Brand Arena during the largest horse fair in America. He'll run the rail during the Texas box. Sit a barrel turn. Slide between others during mini-sweeps. All before racing out the arena

For our space cadet, each performance will be a great time to take a moment to be proud of just how far he's come.

Bona can be reached at Bona@cookcfb.org.



Cook County Sees Pro-Ag Resolution as First Step

By Kay Shipman, FarmWeek (originally published April 3, 2023)

The Cook County Board of Commissioners unanimously passed a resolution that celebrates agriculture's importance in the county, but that's just the beginning.

"It's important to get the (Cook) County Board to recognize agriculture does exist and use our platform to educate residents about agriculture in Cook County. This is just the beginning. ... Next is setting goals how Cook County government can support agriculture, can help support our local farmers and help grow the agricultural industry across Cook County. Education is the first step," Commissioner Josina Morita, one of the resolution's sponsors, told RFD Radio Network and FarmWeek.

Her fellow commissioner, resolution sponsor and downstate farm native, Scott Britton, agreed: "I understand the challenges that come with the family farm. In the county, through our economic development, we're giving grants. ... We still have some funding through ARPA (American Rescue Plan Act) and try to pass that through to those businesses that can use it most, including our ag businesses. And (we're) also trying to find people to work at our local farms. ... We're doing a lot of things to coordinate job training and job placement to help our businesses."

With support from Morita and Britton, the Cook County Farm Bureau highlighted agriculture's diversity in the county and its economic impact, said Bona Heinsohn, Cook County Farm Bureau director of governmental affairs.

To date this year, Cook County became one of 26 county governments around the state to pass a pro-agriculture resolution. The Illinois Farm Bureau Board made county government passage of a pro-agriculture resolution a local priority. The overall goal seeks county government recognition of agriculture's importance and support from county officials and staff.

Cook County agriculture is diverse and includes everything from traditional row crops, dairy and orchards to plant nurseries, food processing, horses and ponies and a range of urban agriculture.

In Cook County, agriculture pumps nearly \$20 million into the county economy and employs more than 4% of its workforce. The county's equine industry ranks second nationwide with sales of more \$1.5 million. Plus, 15% of the county's farmers sell directly to consumers at farmstands, roadside markets, farmers markets and subscription agriculture.

"Bona has made us all think about agriculture and farmers in Cook County," Morita said. "We think of ourselves on the consumer ag (side), but we are also producer ag and part of the entire eco system and industry."

The pro-agriculture resolution provided an opportunity to "re-imagine what ag means," Morita continued. "Ag is also urban agriculture, aquaponics, vertical farming and being creative about how we are incorporating agriculture into urban life as well."

With National Agriculture Day in March, Heinsohn had approached Morita with an idea of passing the resolution that month. But the county Farm Bureau has developed a relationship with county commissioners, who have become strong advocates for agriculture, through the years.

The resolution "was a chance for us to show how engaged and how responsive our Cook County Board is," Heinsohn added.

With a nod to his farmer grandfather, Othel Jacobs, Britton said he would take his fellow commissioners, "many of whom have probably never been to a farm," to learn how to milk a cow.

"I think I remember how to do it," he said with a chuckle. "That kind of thing helps with the understanding of modern agriculture and also the incredible work that is done through our farmers in Cook County and throughout Illinois."

Cook County Farm Bureau plans to present the county board with a plaque commemorating the resolution passage later this month.

Farm Bureau Working on Food Waste Policy

In the United States, 30 to 40 percent of the food supply is never eaten, wasting the resources used to produce it and creating environmental impacts. Food waste is the single most common material landfilled and incinerated in the U.S.

In Illinois, 20% of the 19 million tons of general waste that reaches landfills is comprised of food. Nationally, it's estimated that food loss contributes \$161 billion.

Forty percent of all food in the U.S. gets wasted. One in seven Americans are food insecure. In Illinois, more than one million people struggle with hunger and food insecurity. While rescuing and redistributing surplus food is not a cure for hunger, it is an important stopgap in meeting immediate anti-hunger efforts.

Generally, the policy supports:

- · Implementing state-based liability protections for food donors and rescue organizations that expand and strengthen those provided by the federal Bill Emerson Good Samaritan Food Donation Act. Food rescue includes donation or recovery of surplus food for feeding hungry people.
- · Expansion of tax deductions or credits, including the creation of a state tax credit, for food donors to offset the costs associated with food donation, even if the food is sold at a reduced cost.

- · The USDA and the Food and Drug Administration clarifying food safety donation regulations, including pre-cooked food
- Updating USDA's definition of compost so that a greater number of potential buyers, such as farms, golf courses or other operations near waterways, are encouraged to purchase compost. Compost refers to a mixture of various decaying organic waste substances, such as food scraps, dead leaves or manure, used as soil fertilizer.
- Streamlining and simplifying the permitting process for compost facilities, including those that accept landscape waste and food scraps. Food scraps include processed food scraps and pre-consumer food scraps, which includes waste generated during the manufacturing and production of food prior to the item being sold.
- A separate permitting pathway for anaerobic digestion of source-separated food waste that includes, when applicable, requirements similar to those imposed on composting source-separated food waste. Source-separated means organic material separated for processing and may encompass food scraps as well as yard waste.

Members interested in providing input are encouraged to contact Bona Heinsohn at 708-354-3276 or via email at bona@cookcfb.org.



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Planting Seeds



Katrina J.E. Milton

weekends.

One of my favorite events to attend growing up was the Coffee and Doughnut Sundays held once a month in the downstairs kitchen area of our church.

My mom chaired the committee, and volunteers signed up on a rotational basis to bring doughnuts, cookies, pastries, pies, and all sorts of baked goods. The sweet treats eaten in between church services helped "sweeten" waking up early on the

I never remember signing up, but my mom drafted me into service as a volunteer. One of my duties as a volunteer was to make pots of coffee and go around to the tables with a carafe to refill cups as everyone sat, snacked, and chatted. Surprisingly, not many people wanted decaf coffee at 9 a.m., but the extra strong caffeinated coffee was always a big hit.

Volunteering taught me not only how to make a great cup of coffee, it also taught me the importance of helping others and giving back. I loved chatting with others and hearing what they've been up to over the past month. It was also a way to help my mom, who was busy overseeing everything.

As Director of Agricultural Literacy, I've been pretty busy lately overseeing things: our Ag in the Classroom program, two Ag Days, teacher workshops, grant opportunities, and multiple events.

By Katrina J.E. Milton, Director of Ag Literacy

Summer is the busiest time of year for our program, with events nearly every week. The events range from library programs, booths at community fairs, and summer camps.

Our programming wouldn't be possible without the help of volunteers, who lend a hand in various ways: helping set up or take down, gathering and organizing materials, assisting at booths, etc. Volunteers also have unique skillsets and personality characteristics that enhance our programming and events as well.

Volunteering is an

easy -

and free – way to get involved with agricultural literacy and education. If you have some free time, want to meet others, and are interested in teaching Cook County residents of all ages about agriculture, don't hesitate to reach out!

Email me at aitc@cookcfb.org for more information about volunteering. I hope to see you at our next event!

Katrina can be reached at aitc@cookcfb.org.



Introducing the 2023 CookFresh® Community Urban Garden Grant Recipients

The Cook County Farm Bureau Commodities/Marketing Team allocates funds each year to support area community gardens and to match up the gardens with area Cook County Farm Bureau producers. Seven community urban gardens were awarded \$350 in grant funds to be used at area farm stands and member businesses to help manage and grow the community gardens. The 2023 recipients include:

- Dunning Community Garden, located in Chicago, is looking to expand their community garden to house a dedicated "food bank section" to provide produce to the St Cyprian food bank, serving local area residents in need. This community garden is home to many community growers' raised beds and the Global Garden Refugee Training Farm, a pollinator section housing two beehives. Grant funds will be used for vegetable seedlings, compost and garden materials.
- Barn at Sexton Park Pollinator Garden is located at the entrance of the barn and existing gardens in Evergreen Park. This new pollinator garden will educate students and visitors on the importance of pollinators to our ecosystem and to be learn about conservation, land stewardship and environmental sustainability. Special needs high school and adult transition students aged 14-22 will visit the garden to participate in work study program and a week-long camp is also planned for the garden. Funds will be used for pollinator plants, seed and mulch.
- Lemont Township Community Garden, located in Lemont, is run by community members and the Lemont Garden Club. All produce grown is donated to the Lemont Food Pantries, to citizens in need. The garden also serves a place where local primary and high school students gather to learn about growing food, pollinators (garden houses two hives) as well as fulfilling community service hours and working in the garden. The only source of funding is the garden club's annual plant sale and grant funds will be used for soil, seed, vegetable seedlings, fertilizer and garden materials.

- Tri-Village Garden Club Food Pantry
 Garden is a collaborative garden serving three county communities: Bartlett,
 Streamwood and Hanover Park. In
 2022 the garden donated over 800
 pounds of produce to their community
 food pantry, TVGC and flowers to be
 used at a local church. With no outside
 funding other than from members, the
 garden seeks to expand in 2023 and
 will use grant funding for vegetable
 plantings, soil, seed and garden
 material.
- St Irenaeus Pantry Garden, located in Park Forest, is a food production garden that provides the only fresh produce Saint Irenaeus Food Pantry has, while supporting other food pantries, when possible. Local youth utilize the garden to fulfill service requirements while learning gardening skills. This volunteer-run garden receives little to no outside funding so the grant funds will be used to purchase starter plants, seeds, fertilizer, soil and compost.
- Reavis EARTH Program Garden, located in Lansing, is a hands-on learning school with a vegetable, herb and pollinator garden (EARTH stands for: Ecology, Awareness, Research, Technology & Horticulture). The garden will show students and community the "farm to table" relationship, allow experimentation and research, learning how to better care for the environment through gardening, and train student farmers the intricacies of agriculture. Grant funds will be used for soil, vegetable plants, seed and gardening tools.
- Evergreen Park Youth Garden's mission and educational goals are building community and teaching youth to care for and grow, by learning the values of being a part of something greater than themselves, learning useful skills of growing food to donate to a local food pantry as well as to take home. The funds will be used to expand their 2021 garden space in 2023 and will utilize garden funds for vegetable plantings, soil, compost, garden materials and tools.



Congratulations to the recipients of Cook County Farm Bureau Foundation's Spring 2023 Mini Grant!



Rachel Siuda, Springfield Elementary School – "Aquaponics vs. Dirt" Using a 10-gallon fish tank and an AquaSprouts garden, students will learn about aquaponics with tetras, platies, guppies, and goldfish, and will grow lemon balm, Thai basil, Italian parsley, cilantro, sage, dill, oregano, chives, and more.

Angela O'Rourke, Saints JFX – "Starting Saints JFX"

An afterschool program will start a school food garden, starting vegetable plants from seeds and transplanting them into an outdoor growing space. Crops grown will include corn, squash, beans, radish, kale, greens, carrots, broccoli, and beets.

Eva Manzke, Argo High School – "Growing Greens"

High school students will grow herbs in pots, choosing which herbs they will grow and take care of: basil, thyme, mint, parsley, or cilantro. The project will teach the students about sustainable food production and will provide fresh herbs.

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AGRICULTURE ADVENTURES —— FOR FAMILIES——



The 149th Kentucky Derby will be held May 6, 2023, at Churchill Downs in Louisville, Kentucky

The Kentucky Derby, nicknamed "The Greatest Two Minutes in Sports," is a 1.25 mile/2,000 meter race for three-year-old Thoroughbreds. The prize purse is \$3 million, and more than 155,000 spectators watched the race in person. NBC's live Derby coverage was seen by more than 19 million people and more than 36 million people on NBC's social media accounts.

Why do Kentucky Derby attendees wear extravagant hats?

According to the Kentucky Derby's website, www.KentuckyDerby.com, the hats that have become associated with the Kentucky Derby became popular in the 1960s, "when social fashion norms loosened and the presence of television gave women a reason to stand out."



Horse Racing History

Horse racing dates back to 4500 BC in central Asia. Chariot racing was ancient Rome's most popular sport, even more popular than gladiator fights.

Farming and Horses

Before the invention of tractors in the early 1900s, horses and mules were the only means of power on farms, pulling farm implements over every acre of soil planted.



May Word Search

Last Month's Winner:

John Granko

Chariot	Ε	Е	Н	Р	L	Q	F	Z	٧	М	D	Н	W	Р	0	
Derby	Z	N	Α	Р	Υ	Α	٧	R	М	М	0	Α	٧	Ε	N	
Fashion	Υ	Z	N	Р	S	S	Q	Н	U	G	Х	Т	N	L	0	
Fast	٧	Е	D	т	В	D	Н	S	D	Z	D	S	U	U	i	
Finish	Ē	R	S	R	R	F	1	N	ı	S	Н	K	F	J	т	
Hands	_						-		-	_			-	•	:	
Hats	Т	D	Α	0	٧	Α	Т	0	I	R	Α	Н	С	Т	ı	
Horses	Е	Р	С	С	W	Z	Α	I	Т	Н	K	Υ	٧	N	D	
Kentucky	Ν	Ε	Р	٧	1	Υ	С	Α	R	0	D	K	R	1	Α	
•	R	0	Χ	0	В	N	1	Υ	D	Р	Z	С	J	М	R	
Mint Julep			^	_			-			-	_	_	•			
Power	L	W	I	R	W	L	G	I	J	В	Q	U	Υ	В	Т	
Racing	F	Е	Е	Н	٧	Ε	Т	G	R	Z	J	Т	Z	N	0	
Record	Χ	D	٧	K	S	L	R	0	Υ	0	Ν	N	М	K	Α	
Sugar	R	Α	G	U	S	Α	K	В	Ε	L	W	Ε	Н	N	Ε	
Tail	S	М	В	K	М	J	F	1	D	G	Ε	K	В	Р	X	
Tradition	Н	0	R	S	Ε	S	٧	В	N	Т	Z	S	G	L	С	

Name	Choose Your Prize Preference for If You Win:
	If a choice is not made, movie tickets will be sent
Phone #	Beggar's Pizza Gift Card 🔲 3 Movie Tickets
Membership #	Home Run Inn Gift Card (Choose one option only)

Why drink

Mint Julep?

Mint Julep has been the traditional beverage of Churchill Downs and the Kentucky Derby for almost 100 years. Each year, almost 120,000 Mint Juleps are served over the two-day period of Kentucky Oaks and Kentucky Derby weekend.

KID-FRIENDLY non-alcoholic mint julep recipe:

Ingredients:

- 1 cup water
- 1 cup granulated sugar
- 1/2 cup lemon juice
- 5 sprigs of mint
- 2 cans of ginger ale
- · Crushed ice
- Mint sprigs, lemon wedges, and maraschino cherries for garnish

Directions:

- 1. Bring water, sugar, and mint to a boil. Stir until sugar is completely dissolved, then remove from heat and cool completely.
- 2. Remove the mint leaves and stir in lemon juice.
- 3. Fill a cup with crushed ice, and fill the cup halfway with the simple syrup and halfway with ginger ale. Garnish with a lemon wedge, a maraschino cherry,



Recipe adapted from www.h com/non-alcoholic-mint-jule

Choose Your Prize: February Word Search

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 2023 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.

Deadline is the 20th of each month. GOOD LUCK!

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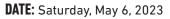
Programs, Workshops and Webinars

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.

Make a Spring Planter Workshop at Van Kalker Farms & Greenhouses

Van Kalker Farms and Greenhouses staff will lead us in creating our own Spring Flower planter filled with flowering annuals that will create a beautiful visual interest for any yard, patio or porch! Join us for this must attend spring event by registering today-class size is limited to 18.



TIME: 9:00 am

LOCATION: Van Kalker Farms &

Greenhouses,

1808 East Joe Orr Rd, Lynwood, Il 60411

FEE: \$45.00 for members and guest, includes pot, soil and all planting materials

REGISTRATION REQUIRED: Call the Farm Bureau at 708-354-

or online at the Member Center at www.cookcfb.org

Social Security 101: **Everything You Wanted to Know**

What is the future of Social Security? When are you eligible to receive retirement benefits? When should you file for Medicare? Josephine Mueller and Megan Forristall, Social Security Administration Public



Affairs Specialists, will answer those questions and many more during this workshop.

DATE: Wednesday, May 17, 2023

TIME: 4:00 - 5:30 pm

LOCATION: Zoom Webinar – link will be emailed the day

FEE: No Charge

REGISTRATION: Call the CCFB at (708) 354-3276

Shaken or Stirred with Herbs... **After Hours Event at Ted's Greenhouse**

What do you get when you bring a mixologist and horticulturist together? A unique, one-of-akind workshop! Join us for a fun after-hours event and hear from a



mixologist and horticulturist as they will lead us in creating one of a kind mocktails/cocktails using locally grown fresh herbs from Ted's Greenhouse, while creating your own herb mixology planter to bring home. Mocktails will be served with recipes to take home and recreate for your family and friends, using the freshest of herbs straight from your

DATE: Thursday, June 15, 2023

TIME: 6:00 p.m.

LOCATION: Ted's Greenhouse, 16930 84th Ave, Tinley Park

FEE: \$45.00 for members and guests, includes pot, soil and all planting materials, mocktail/cocktail making, light refreshments and recipes

REGISTRATION: Call the Farm Bureau at 708-354-3276 or online at the Member Center at www.cookcfb.org; limited space, registration required

Summer Fun is Right Around the Corner

Take advantage and save with these Farm Bureau member discounts to amuse the entire family!

RAGING WAVES WATERPARK purchase from the CCFB Office

General Admission Single Day Ticket: \$23.00 CCFB member price (regularly \$54.99); ages two and under are free. Limited supply of tickets, while supplies last. Call CCFB to order at 708-354-3276 or stop by the office. Single day ticket valid June 3 through September 4, 2023.

SANTA'S VILLAGE, Dundee – online purchase using code

Single Day Tickets: \$29.99 CCFB member price (per person/plus tax) any day May 14-October 9. Retail value: \$35.99. Guests under 36 inches are FREE, Parking is FREE. Purchase tickets online: www.SantasVillageDundee.com, enter coupon code at checkout: SV2023CDP.

DOLLYWOOD - online purchase through the Abenity App

Dollywood theme park and Dollywood's Splash Country, online discount ticket purchase program, member prices include tax. Ticket pricing and member purchase through the Abenity App only. Park details found at www.dollywood.com.

HOLIDAY WORLD - online purchase through the Abenity App

Members will receive exclusive discounts when you purchase Admission Tickets and Season Passes from the Fun Club. These discounts offer significant savings not available at the gate or elsewhere on our website. Simply log on to Link and enter your exclusive username and password. If you don't have your IFB corporate password/ username, contact us at 708-354-3276 or 309-557-2689, or online at the member Abenity App.

SIX FLAGS, Gurnee - online purchase at Tickets at Work Platform

Sign up at https://www.ticketsatwork.com/ tickets/ and use member discount code: CCFB.

Tickets at Work provides a CCFB discount and gives you access to 20-70% off on movies, hotels, shows, concerts, sporting events and SIX FLAGS tickets online!

K1 SPEED, Inc - purchase from the CCFB Office

K1 Speed is the premier indoor go kart racing company in the nation. Ticket price: \$18 per race (regularly \$30). Tickets sold at the Farm Bureau office; to purchase call 708-354-3276. Guests must be over a height of 48" to race. No one under the height of 48" will be permitted to race. Offer not valid with any other discounts, offer or group events. Valid at all K1 Speed locations nationwide.

MEDIEVAL TIMES - online purchase

Save 35% on adult admissions and 20% on child admission. There is a reduced processing fee of \$2 for each ticket purchased (the standard processing fee is \$5). Purchase tickets online: https:// drawbridge.medievaltimes.com/partner/CCFB. (If you are asked to login or register on the Medieval Times ticketing page, simply refresh the page and you will be logged in.)

Check out your member Abenity App for additional theme park options: Sign in or register using your Farm Bureau number at: https://ilfb.abenity.com/.

Cook County Farm Bureau ticket purchase and benefit info: 708-354-3276 and https://cookcfb. org/membership/member-benefits.

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Open, manage, and even complete a loan application with a few easy clicks.







Join today by scanning the QR code above or visit our website www.iaacu.org

