



# Co-Operator

official publication of the Cook County Farm Bureau®



Scan for more farm bureau info. & events

A "staple" in the Farm Bureau member's home since 1938

**Mission:** To serve all members of the Cook County Farm Bureau® with meaningful and beneficial programs that reflect our Agricultural Heritage.

Vol. 91 No. 7

Countryside, IL 60525

[www.cookcfb.org](http://www.cookcfb.org)

July 2017

## New IFB/CCFB Web Platform Expands Member Benefits

More than 300,000 discounts for hotels, restaurants, theme parks, movie theaters, prescriptions and more await Farm Bureau members. Thanks to a new membership benefit web platform, there's something for every member to enjoy!

This new benefit platform provides access to member discounts while on the go. To access the new web platform, visit <https://ilfb.abenity.com>. Members must create an account and provide your three digit county code (Cook's is 016) and dash followed by their membership ID number.

Members can also go to the iPhone App Store, search 'IL Farm Bureau Membership Benefits' and download the app on their iPhone or iPad. Once downloaded, members may customize the app to include frequently used offers; search offers by business name, location and category; and provide instant in-store discounts at nearby restaurants and retailers.

Members who have questions about the app or additional member benefits may contact the Cook County Farm Bureau at 708-354-3276 or the IFB Membership Call Center at 309-557-2689. See page 12 ad for details!



The Young Leaders Group of the Cook County Farm Bureau, along with several other groups who volunteered on June 10 at the Greater Chicago Food Depository (GCFD), bagged a total of 10,430 lbs of apples which will go to area food banks and those in need of food in our neighborhoods. The group also presented \$400 to the GCFD from the Illinois Farm Bureau Young Farmers Committee's Harvest for All efforts. Members included from right to left Maddie Poole, Doug Yunker, Brittney Nash, Jessica Biernacki, Tom Poole, Becca Biernacki, Jayne Quetsch - Rohrer and Bob Rohrer, Farm Bureau Manager.



## Upcoming Events

<b>11th Annual Family Celebration Picnic</b>	<b>Page 1</b>
<b>Defensive Driving Course</b>	<b>Page 10</b>
<b>Farm Bureau Night w/White Sox</b>	<b>Page 10</b>
<b>Cook County Farm Crawl</b>	<b>Page 12</b>

## The Member Relation Team is excited to invite you to the 11th Annual CCFB Family Celebration Picnic!



Sunday August 13, 2017  
Brookfield Zoo  
Zoo opens at 9:30 am  
Lunch Served from 12-2pm



**Only 300 Tickets available!**

**\$25** (\$40 value) Adults (ages 12-64)

**\$18** (\$30 value) Children & Seniors  
(ages 3-11 and 65 & up)

**FREE** (ages 2 & under)

Brookfield Zoo  
3300 Golf Road  
Brookfield, IL 60513

\*Tickets & parking pass will be mailed a week prior to the event.

**Ticket orders must be in our office by Wednesday, August 2, 2017.**

**The event will feature a picnic buffet lunch which includes:**

- 1/4 lb Burgers & Cheeseburgers
- Chicago-Style Hot Dogs
- Country Style Fried Chicken
- Old-Fashioned Potato Salad
- Vegetarian Baked Beans
- Fresh Sliced Watermelon
- Assorted Sodas/Juices/Water
- Ice Cream Novelties

**Each person will receive:**

- Admission to Brookfield Zoo
- 1 parking pass per family
- Admission to private pavilion where lunch will be served from noon-2pm

### Family Celebration Picnic Order Form

Name _____	Adult Ticket \$25.00 x _____ = _____ (Ages 12-64)
Farm Bureau Number _____	Child/Senior Ticket \$18.00 x _____ = _____ (Ages 3-11 and 65 & up)
Address _____	City _____ Zip _____ Phone # _____ 2 & under FREE _____
Email Address _____	Total amount _____

Mail to: Cook County Farm Bureau  
6438 Joliet Rd, Countryside, IL 60525  
or call 708-354-3276 to charge your Visa, MasterCard or Discover.  
\*Price includes food, parking pass and admission to Brookfield Zoo

## Farm Bureau Surveys Seek Data from Members

Recently, the Illinois Farm Bureau began a project to collect information from our members in an effort to more effectively provide service and value. This information will allow both the county and IFB to know more about the needs and interests of our members.

For Farmer Members, the June 12 issue of FarmWeek

included a wrap with a five-question survey that can be completed by our M members and returned through the mail.

For Associate Members, the summer issue of IFB Partners Magazine will include a full-page ad designed to gather information from our A members via an electronic survey.

Cook County Farm Bureau encourages all of our members to respond to the surveys. Not only will you be assisting your organization better serve you but responding members will also be eligible for a prize incentive drawing. If you have any questions, please feel free to contact us at [ccfb@cookcfb.org](mailto:ccfb@cookcfb.org) or call 708-354-3276.

## Question of the Month

What Cook County High School used a \$300 Food Science Grant from the Cook County Farm Bureau® Foundation to build a hydroponics garden?

Call the Farm Bureau at 708-354-3276, fax your answer to 708-579-6056, or email your answer to [membershplinda@cookcfb.org](mailto:membershplinda@cookcfb.org) (Please include Name, FB# and phone number) for your chance to enter a drawing for a \$25 gas card.

June's winner is **Evelyn Bruno**.

**Last Month's Question:** What was the theme for the 2017 Cook County Farm Bureau® Ag in the Classroom Bookmark Contest for kids?  
Answer: "Thank a Farmer"

**THE POWER OF (A) AWARDS**

**Cook County Farm Bureau Winner of the Power of 'A' 2012 Summit Award**

# Let's Talk About the Ag on Your Plate What is a GMO? Are GMOs safe for my family to eat?

Answered by Kim Morton, a Cook County Farm Bureau® member

Genetically modified organisms or GMOs are developed through a process in which a specific gene or attribute of one plant or organism is placed into the seeds of another plant to achieve a desired trait, such as resistance to an insect, disease or drought or to improve the ripening process to better meet consumer desires. The trait for herbicide resistance comes from petunias.

Each new GMO variety is tested for an average of 13 years to determine



Kim Morton, Cook County Farm Bureau® member

if it is safe and effective before being reviewed by the Environmental Protection Agency (EPA), the

United States Department of Agriculture (USDA), and the Food and Drug Administration (FDA). The EPA reviews GMOs that enhance pest control to prove that they are safe for the environment. The USDA reviews the product to ensure that it is safe to grow. The FDA reviews the product to ensure that it is safe to eat.

Have a question? Submit it to [bona@cookcfb.org](mailto:bona@cookcfb.org). We'll share questions with our farmers and publish their answers as space allows in upcoming issues of *The Co-Operator*.

## Dear Reader,

You receive the "Co-Operator" because you or a family member is a Farm Bureau member. Our farm owners and operators, as members, benefit from a local, state, and national organization committed to a strong and productive agricultural way of life.

Members without direct ties to farming, help to promote a strong local and regional farming lifestyle, encourage wise use of our limited natural resources, and help preserve our farming heritage. In addition, members are provided the opportunity to enjoy our affiliated company, Country Financial and have access to the many other benefits provided by Cook County Farm Bureau.

Thank you for your membership and continued support. We welcome member input on content, including suggestions of farm, home, food, natural resource, renewable energy, agricultural heritage, and farm history for future issues.

**Bob Rohrer, CAE, FBCM, Editor**

P.S. For more information, please access [www.cookcfb.org](http://www.cookcfb.org) and checkout the "Who We Are" video and the Country Financial Connection history.

The "Co-Operator", the monthly publication of the Cook County Farm Bureau, is available to members through mail delivery, e-mail, or by viewing at [www.cookcfb.org](http://www.cookcfb.org). Members that wish to receive the publication solely by email can let us know by sending an email to [membershplinda@cookcfb.org](mailto:membershplinda@cookcfb.org) with the subject: E-Co-Operator.

## Summer Reading from the Foundation for Agriculture

Schoolkids across the country are set to dash out of their classrooms into summer, but it's also the perfect time for them to jump into learning more about where their food comes from. The American Farm Bureau Foundation for Agriculture creates educational resources for teachers and families to help kids understand agriculture, including a summer reading list.

The Foundation's list of books and activities is geared to help kids of all ages learn more about what happens on

the farm and how food gets to your table, picnic or summer cookout.

### PreK- K

- **PB&J Hooray!**— Get ready for lunch time! This story walks readers through the process of creating a peanut butter and jelly sandwich—from seed to factory to store to plate.
- **Tyler Makes Pancakes**— This fun read explores the agricultural origins of the ingredients needed to make pancakes.
- **The Beeman** — Written

in fun rhymes, this is a story of a little boy and his grandfather taking care of honeybees.

### K-2nd

- **Diary of a Farmer** — Enjoy a tall glass of milk and let this story walk you and your child through a day in the life of a dairy farmer.
- **How Did that Get in my Lunchbox?** — From chocolate milk to the slices of apple to sandwich bread, this book explores where common lunchbox foods come from. (For

a fun follow-up activity, play Load the Lunchbox!)

- **A Year on the Farm** — Modern farming is an explosion of innovation. Explore several different machines used on a farm throughout the year with this read.
- **Sleep Tight Farm** — The Foundation's 2017 book of the year shows how a farm family cares for their land and animals as they prepare for winter.
- **First Peas to the Table** — Did you know that

Thomas Jefferson loved peas? Read this fun story to learn more.

- **Apple Orchard Riddle** — Can you guess the answer to the riddle as students learn clues and find out how apples grow? Can you tell we're excited about ag literacy? If you share our passion for education, you can help support the creation of ag literacy resources by donating today ([www.agfoundation.org/about/donate](http://www.agfoundation.org/about/donate)). For more educational resources visit [www.agfoundation.org](http://www.agfoundation.org).

Gratitude

**Gracias** THANK YOU **Gratified**

# The Gratitude Box

*Each month we would like to give thanks to those who have helped us in some way.*

*No matter how big or small...We appreciate you!*

Recognition Appreciative

- Marc Rogala (Chicago South Country Financial Manager) & Tony Munno (Chicago South Country Financial Rep) who stepped in to a combined billing evaluation and review meeting and provided great insight from the client/member perspective.
- William Bokina (teacher and past SAI participant) for his dedication to mailing agriculture articles he reads in National and local publications to our Ag Literacy Coordinator. These newsworthy features are shared with educators through SAI programs and teacher newsletters. Thank you for your continued interest in agriculture.
- Debbie Jimenez for her dedication to including agriculture in her classroom at St. Albert the Great in

Burbank, IL for many years. Debbie was an Illinois Teacher of the Year for Agriculture and attended all SAI Programs as well as regular workshops hosted by CCFB AITC. We wish you good luck and more ag educational possibilities in California.

- The members that said "hi" to us at the Wagner Dairy Breakfast on June 10th. It was great to see you and the Country Financial Reps from the NE agency who helped us out that day.
- The Greater Chicago Food Depository for doing such great work in providing food for the food insecure in Cook County. The Young Leaders Group had a great time helping out.

Gratitude

**Gracias** THANK YOU **Gratified**

### Co-Operator

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# Downwind

by Bob Rohrer, CCFB Manager

## DIY a Farm Attitude

**“Do It Yourself” (DIY)** TV shows flood the cable networks. My father, The Farmer, would probably say that farming is just one huge, never-ending DIY project. Building, repairing, fixing, constructing, and creating is every day on the farm. Being part of the unpaid labor (I was worth it) on the farm, I was fortunate to be involved with many DIY projects during the years. A special thank you goes to the sharing nature of the Farmer. Here are a few quick DIY examples that I still carry skills (scars) from today...

- We took a massive section of roof off of a confinement chicken grower building, hauled it 5 miles using a tractor and to jack it up 14 feet to set it on top of telephone poles that we had stuck in the ground. A DIY machine shed!
- We tore down a barn and saved the wood and the roofing tin to construct a new shop (to complete DIY projects in comfort and style during the winter). We neatly stacked the wood and the roofing tin for its reuse. That night, someone set fire to all of our work. We later learned that the pyromaniac was one of the volunteer firefighters who came out to fight the blaze (he finally got caught repeating the act). My brothers and I were so mad. What wasted sweat and labor. DIY firefighter?
- The Farmer and his partner, my Uncle Keith, really enjoyed salvaging old, obsolete farm

equipment and robbing their parts to create their own homemade farm equipment versions. They would purchase odds and ends, hunks of metal, broken implements, and old equipment at farm sales and proudly bring the treasure back to the shop. The next step was to spend a lot of time looking at the parts and piles and drinking a lot of coffee. This would eventually lead to the demise of the pile followed by creation... cutting with acetylene torches, hack sawing, greasing, welding, stripping, painting, drilling, bolting and bending. Inevitably, creation would include many trips to Farm King, Farm and Fleet, Tractor Supply, or the local hardware store for additional parts and supplies. Ultimately, the result was actually quite impressive. I can remember rotary hoes, crop spraying systems, a field cultivator with soil saver, seed corn harvesting equipment, and equipment haulers coming out of the shop. After all of my doubts, the creations actually worked! DIY torture

- My Mom’s favorite DIY project was always called “plant/tend the garden”. The Farmer would bring the tractor and plow and tear up an area that seemed like the size of a football field. We would spend hours breaking up the clods with hoes and rakes. Why he used the plow rather than the field cultivator which would’ve broken the soil up much

finer, I never understood. It was probably another one of those “work ethic” or “elbow grease” lessons. I have learned that my children love those same lessons! DIY summer camp.

\*\*\*\*

Illinois has an alpaca shortage. There are only 2,380 alpacas in the state according to the 2016 Farm and Food facts book. (located on the Illinois Farm Bureau® website). In a state that is 57,915 square miles, finding one of these small, wooly “camelid” creatures can be

difficult. Described as cute, and quirky, I choose not to denigrate the defenseless alpaca. I hear that alpacas are supposed to produce fine wool and a meat that is lean, low-fat, and high in protein. This, I do not know firsthand. I may have to try an alpaca steak.

If there is an alpaca shortage, we have an ostrich crisis. There are only 406 of these big birds in Illinois (data from the same facts book). My knowledge of ostrich is composed of attending a Specially Growers tradeshow at Pheasant Run in St. Charles over 20 years ago and chatting

with a few ostrich ranchers. I do recall enjoying some ostrich jerky at that event: Ostrich is a low-fat, red meat, their eggs make ginormous omelets, and their feathers, eggshells, and leather contain great retail value for artisans.

I can remember the excitement of those ostrich ranchers at the tradeshow. Ostrich (and Emu) was the new and exciting livestock option that was going to boom in Illinois!

Bob Rohrer can be reached at brohrer@cookcfb.org or at the CCFB office.



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*A tremendous thank you to the Biernacki family and Ted's Greenhouse for planting the rooftop garden on the Ronald McDonald House near Lurie. Cook County Farm Bureau® has been fortunate to have a 17-year partnership with Ronald McDonald House Charities® of Chicagoland and Northwest Indiana.*

# “Where Am I?”

If you can guess where in Cook County Calvin was when this photo was taken, you will be entered to win a \$25 gas gift card! To enter, call us at 708-354-3276 with your answer OR email your answer (please include name & member number) to [membershiplinda@cookcfb.org](mailto:membershiplinda@cookcfb.org) using the subject “Where Am I?” A name will be drawn at random.



## Last Month’s “Where Am I?”

In last month’s “Where Am I?”, Calvin was at Daley Plaza (by the Chicago Picasso) in Downtown Chicago, IL.

Congratulations to Stephanie Oehmen for being last month’s winner!



## Can You Name This Antique Farm Tool?

Do you know what the name of this tool is or what it’s used for? Each month we will post a photo of an antique farm tool until the end of the year. There will be a total of seven antique tools (one being featured each month in the Co-Operator until December). Try to name each tool each month, and once we post the final tool, you can submit to us your list with the name of all of the tools. If you name all seven tools correctly, you will be entered into a drawing for a \$50 gas card.



(If you miss a month, you can always go to [cookcfb.org](http://cookcfb.org) to view past issues of the Co-Operator).

### Name That Antique Farm Tool Contest

June: *See the June Issue*

July:

August:

September:

October:

November:

December:

The winner of the drawing will be announced in January 2018. Submit your list of guesses in December to CookCFB, 6438 Joliet Rd, Countryside, IL 60525. Submit via fax: 708-579-6056 or email to [membershiplinda@cookcfb.org](mailto:membershiplinda@cookcfb.org).

## Meet a “Face” of the Cook County Farm Bureau®

Each month we highlight a volunteer, staff member, or ag partner of the Cook County Farm Bureau. **This month’s “Face of CCFB” is ...**

### Thomas Poole

- Serves on the Cook County Farm Bureau Young Leaders Group
- Was born and raised on the Southside of Chicago, and attended the Chicago High School for Agricultural Sciences (CHSAS) which sparked his interest in pursuing agriculture as a career
- Currently working for Ag-Sensus, an agricultural start-up at UIUC that designs crop analysis software for drones
- Runs a student led-academic program “Unify” set to facilitate collaboration in the areas of food security, sustainable systems, and human livelihood



**IF YOU COULD BE ANY TYPE OF FARMER, WHAT TYPE WOULD YOU BE?**

I would probably be a cocoa farmer. Nobody hates chocolate!

**WHAT IS YOUR FAVORITE TIME OF THE YEAR?**

Summer, when growing season begins!

**WHAT IS YOUR FAVORITE WAY TO CONTROL CALORIES?**

I like to swim, bike, and run in my free-time.

**WHAT IS YOUR FAVORITE FARM MEMORY?**

Managing my high school’s poinsettia crop. It was refreshing working in the greenhouses during the winter months.

**WHAT IS YOUR FAVORITE FARM SMELL?**

Freshly laid manure (reminds me of my high school!)

## Soil Test Kits on Sale

**Why should I test my soil?** Soil testing takes the guess work out of soil improvement, growing plants and fertilizer recommendations insuring plant growth to its fullest potential.

How do I get a soil test kit? Contact the Cook County Farm Bureau® at 708-354-3276 to request your soil test kit. You can purchase your kit by using a credit over the phone or mailing in a check. Upon payment, your soil test kit will be sent to you. The kit includes: soil sample bag (s), instructions on how to take a soil sample, questionnaire about your soil samples and a shipping box with a pre-paid USPS label. You will receive your test results and basic recommendations within two weeks.

### Soil Test Kit Pricing:

**One sample: \$20.00 (\$30 for non-members)**

**Two samples: \$30.00 (\$40 for non-members)**

**Lead testing only: \$37.00 for members (\$42.00 for non-members).**

**Who can assist with results? Our Master Gardeners Resource Center can!** Master Gardeners are available in the Cook County Farm Bureau suite located at 6438 Joliet Rd., Countryside, IL during the office hours of 9:00 AM to 1:00 PM on Mondays and Thursdays through November 13. To contact a Master Gardener, call the Cook County Farm Bureau at 708-354-3276 or email: [mastergardener@cookcfb.org](mailto:mastergardener@cookcfb.org).



## Trivia

- Corn is a grain, not a vegetable, and it is part of the grass family.
- One ear of corn averages 800 kernels in 16 rows, and there is always an even number of rows on an ear of corn.

## Summer Fun!

**Medieval Times**  
DINNER & TOURNAMENT

Members can save on ticket prices. Click on the Member Benefits link on our website at [cookcfb.org](http://cookcfb.org) for pricing and to purchase your tickets online.

Keep the Cook County Farm Bureau® in mind when making your entertainment and travel plans this summer!

Call us at 708-354-3276 or visit [www.cookcfb.org](http://www.cookcfb.org)!

Discounted Movie Tickets!



Contact our office for ticket prices and to purchase your tickets at (708)354-3276.

### Save 20% with Choice Hotels, Wyndam Hotel Group & Great Wolf Lodge Wisconsin Dells



Save up to 25%



### Purchase discounted Car Wash Tickets!



- Super Kiss Car Wash Member Ticket Price: \$9.50
- Basic/Touchless Car Wash Member Ticket Price: \$6.00
- Super Interior, Larger Vehicles (Trucks, Van, Jeeps, Etc.) Member Ticket Price: \$7.50
- Super Interior, Smaller Vehicles Member Ticket Price: \$6.50

## “From the Country”

### Ten Tips to Get Your Vehicle Ready for Vacation



Cary Tate,  
Country  
Financial Agency  
Manager,  
Orland Park  
Agency

should help get your vehicle ready for a vacation drive:

**1. Check the oil and have it changed if necessary.**

Fresh oil and a clean oil filter will get you better gas mileage.

**2. Inspect the radiator and radiator hose.** Don't get stalled on the side of the road with an overheated vehicle.

**3. Check the suspension and steering.** Loose suspension and uneven steering prevent a comfortable and safe ride and can even cause carsickness.

**4. Check all fluid levels.**

These include brake fluid, transmission fluid, power steering fluid and engine coolant. Also, look under your

vehicle for fluid on the ground. Leaks and low fluid levels can damage your vehicle and leave you stranded.

**5. Inspect your windshield and windows.** Repair chips and cracks, clean all of the windows, check the windshield wipers and make sure the windshield washer reservoir is filled. Replace the windshield wipers and clean bugs and road film from the windshield, if needed.

**6. Check the condition of your braking system.** This system includes brake linings, pads and drums. A vehicle's braking system should be checked every 15,000 miles. Leaky brake fluids, as well as worn pads and drums

can cause you some serious problems down the road.

**7. Have your battery tested.** Replace it if it has lost a significant amount of power. It's cheaper to replace it now than on the road where you might have the added cost of a service call.

**8. Check the tires, including the spare tire.** Make sure they are properly inflated. Look for breaks and blisters in the sidewalls and excessive or uneven wear. If you don't, a tire could blow out.

**9. Test all lights on the vehicle.** These include headlights (bright and dim), parking lights, taillights, brake lights, back-up lights

and turn signals. Don't waste your time replacing burnt out lights on the road.

**10. Pack a travel kit.** Include a tire-changing kit, a heavy-duty flashlight, a first aid kit, a small fire extinguisher, a towel or blanket and bottled water. Pack these necessities on top of your luggage so you can find them fast in an emergency.

Don't wait for something bad to happen on the road. Prepare your vehicle for those vacation highway miles. It's worth the time and investment!

Cary Tate can be reached at 708-226-1111 or at [cary.tate@countryfinancial.com](mailto:cary.tate@countryfinancial.com).

The reservation is made, the car's packed and the travel route is planned. But what about your car? Is it ready for the trip?

Whether you're planning a long trip or a short one, nothing ruins a vacation faster than car trouble. A quick, thorough checkup by a local automotive specialist or yourself can save you a vacation-load of trouble.

Here are 10 useful tips that



Congratulations to Thomas and Eleanor, this year's drawing winner of the John Deere pedal tractor! Each year, Cook County Farm Bureau® presents a pedal tractor to one lucky family as part of the Dairy Breakfast held at Wagner Farm.

### Recipe of the Month: Black Bean and Corn Salsa



**Dressing:**

1/3 c olive oil  
2 T balsamic vinegar (white)  
1 t cumin  
Combine in a shaker and shake well to mix thoroughly

**Salsa:**

2 c cooked black beans, rinsed (15 oz can)  
1 1/2 c corn, cooked and cut from kernel (11 oz can)

1 small green or red bell pepper  
1/3 c green onion, minced  
1/3 c fresh cilantro  
1 jalapeno pepper, chopped (keep seeds for hotter salsa)  
2 c fresh tomatoes, peeled, seeded and finely chopped  
1 clove garlic, finely minced  
Combine all ingredients and toss with dressing. Let stand for 1 hour before serving.

From the new 2017 Recipe Collection! Order your free copy today!

### Trivia

- Fossilized corn cobs and pollen found in Mexico suggest that ancient Mayans cultivated corn sometime between 1700 and 1240 BC.

AUTO | HOME | LIFE | BUSINESS | RETIREMENT



## Your South Holland Agency



**Jeff Orman**  
Agency Manager  
708-560-7777



**Andrew Carrell**  
South Holland  
708-596-3999



**Jim Verduin**  
South Holland  
708-596-0008



**Randall Cox**  
Matteson  
708-679-1870



**Elliot Day**  
Matteson  
708-679-1870



**Gary Molenhouse**  
Matteson  
708-679-1870



**Jason Riha**  
Worth  
708-361-4330



**Pat Hickey**  
Worth  
708-361-4081



**Tim Winters**  
Worth  
708-480-5094



**Josh Van Namen**  
Worth  
708-361-3925



**Jim Pathmore**  
Orland Park  
708-226-1896



**Tim Perchinski**  
Steger  
708-754-7300



**Bob Smith**  
Homewood  
708-798-4844



**Paul Turay**  
Mokena  
708-478-0423



**John VanGennep**  
Mokena  
708-478-5500



**Bob Deenik**  
Lansing  
708-474-5600



**Tim Van Zuidam**  
Lansing  
708-474-0006



**Mike Cerf**  
Oak Forest  
708-560-7777



**Mike McKenny**  
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**Wendy Boston-Robinson**  
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Cook County Farm Bureau®  
Ag in the Classroom

# Agricultural Literacy & Public Relations

## Ag Lit Bit By Brittany Nash



### Ag is in Session!

For the past few weeks I have been part of the Cook County Farm Bureau® Ag in the Classroom as Diane Merrion's intern. Despite school being out for summer, agriculture never takes a break and is always in session!

I was able to accompany Diane to various programs that voice the importance of agriculture to the younger population that is engaging and eye-opening to our food's future. My favorite part of teaching these lessons to our students is describing the process of how a bag of chips started on the farm and ends

in our hands. This discussion leads to the realization of how many jobs agriculture can provide and emphasizes the types of careers that can be filled in between the farm and consumers!

The kids are not the only ones asking the questions. The other adults in the room are equally as interested in what the Farm Bureau has to offer and the new knowledge we bring to them. It is important that we keep informing one another about agriculture so that we can be more conscientious of what we consume and how we treat our earth.

## 503,414

What does this number represent? 503,414 is the number of students that Ag in the Classroom (AITC) reached in the 2016-2017 school year! The Cook County Farm Bureau® started the Ag in the Classroom presentations during the 1986-87 school year and hasn't stopped since then. During that first year, AITC visited 79 classrooms and reached 2018 students. Through the efforts of the AITC Coordinators, Gail Petersdorff, Katie Schmidbauer-Aikens, Haley Loy-Siergiej and Diane Merrion our outreach efforts have increased and the education community in Cook County has responded.

Our committed presenters deliver the program from September to June to 4th

grade teachers throughout the county. Recently, the program has grown to include a second program for 4th grade students, a junior high presentation, career day presentation and some specialty seminars for students through high school. The mission of Ag Literacy, "To expand students' awareness and appreciation

for the importance of agriculture everywhere" has stood the test of time and inspired many educators to learn more through our summer teacher professional development, teacher workshops and even national conferences. Interest in agriculture has never been greater.



Our 2016-17 presenters pictured here are (front row) Diane Wiley, Wendy Carter, Toni DeLaurentis, Jill Drover (staff), Sarah Koukol, Jim Bloomstrand, (back row) Kathy Lesser, Diane Merrion (staff), Amy Toth, Linda Dunn.

## Food Science Grant Results

Five schools used \$300 grants provided by the Cook County Farm Bureau Foundation® in their middle and high school classes by incorporating the topic of agriculture into a lesson plan or unit. Results of the projects were very impressive and included:

- Holding a home economics lab for several weeks featuring corn products which partnered 6th and 7th grade students with preschoolers.
- Conducting a four-week nutrition lesson on how to prepare nutritious locally grown foods. Utilized farm bureau speakers and culminated in a school food drive.
- Studying cultures around the world including food production, resources, ingredients, diet and nutrition. Local farming and economics was studied and included food preparation highlighting assigned regions.

- Developing a cross-curricular unit using grant money to purchase locally grown foods. The unit combined high school Biology, Engineering, US History and Culinary Arts classes to determine how to supplement a family of four with a continuous supply of vegetables using less than eight square feet with no access to fertile soil.
- Preparing food for and sponsored a charity soup luncheon featuring locally grown produce.

We commend the efforts of Komarek School (North Riverside), Nathan Hale School (Crestwood), Westchester Middle School, Rolling Meadows High School, and Schaumburg High School.

Cook County teachers in middle and high schools are encouraged to contact the Ag Literacy Coordinator to learn about new grant opportunities available beginning 9/1/17 for use in the 2017-18 school year.



Students at Rolling Meadows High School designed and developed a hydroponics garden using grant monies from the Cook County Farm Bureau Food Science Grant. Their "Unbound Project" combined several classes in a cross-curricular experience with agriculture as the focus.

# Flavors of Ag

## A Classroom and Consumer Experience

We're celebrating the different flavors of ag...classroom experiences, a food demonstration culinary delight, (courtesy of the Joliet Junior College Culinary School) and ag tours. Expand your mind, experience new things and revel in the Flavors of Ag.

**Date:** July 27, 8:30 a.m. to 3 p.m.

**Place:** Weitendorf Ag Education Center  
17840 W. Laraway Road  
Joliet, IL 60433

**Reservations:** Go to <https://form.jotform.us/WebServ/flavors-of-ag-summer-ag-institute>  
Reservations limited to 60

**Cost:** \$25

**First Course - Breakout sessions**  
Whet your appetite with ideas to inspire your students, peers and family about agriculture.

**Second Course - Culinary Experience - Chicken Fabrication**  
Experience a demonstration which will have your mouth watering for the 3rd course...lunch! Chef Paul, Chef at the Culinary School of Arts.

**Third Course - Lunch**  
Prepared by the students of the renown Joliet Junior College Culinary School of Arts, experience a feast for your eyes and palate.

**Fourth Course - Exploratory Ag Tours**  
Buses will be ready to whisk you away to one of two tours as you experience more flavors of ag.



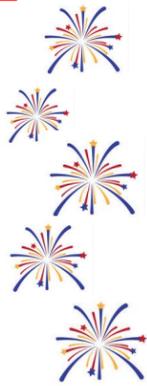
The 2017 National Ag in the Classroom Conference took place in Kansas City, MO the week of June 19<sup>th</sup>. The Cook County Farm Bureau Foundation® offered a grant to fund one teacher to attend. Ms. Carole Scannell represented Cook County and brought back lessons, ideas and photos which will be shared with local teachers at our fall workshops. The Conference included tours (Carole visited the Kansas City Speedway) and activities (art & ag, for example) to further demonstrate the connections between agriculture and all curriculums.

# AGRICULTURE ADVENTURES FOR FAMILIES

This month we celebrate 4th of July, pickles, and ice cream! What a great combo! The reason we celebrate pickles and ice cream in addition to Independence Day, is because it's National Pickle Month & National Ice Cream Month.



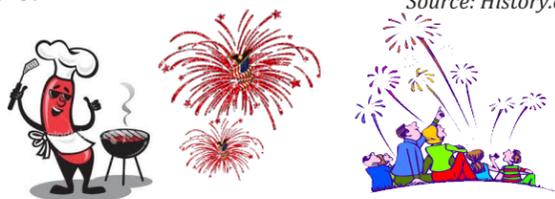
Our founding fathers celebrated July 4, 1776 in Philadelphia's City Tavern, however the restaurant confirms there is no record of the bill of fare served that day. Since then, Americans began celebrating Independence Day on July 4 (beginning the following year in 1777), but an official event at the White House wasn't held until 1801 when President Thomas Jefferson opened the mansion's doors. According to the White House Historical Association, Jefferson held a public open house at which "bowls of punch and plates of sweets" were served to anyone who ventured inside. Continuing Jefferson's tradition, today's Fourth of July celebrations at his personal residence, Monticello, also are open to the public. Since 1963, these events have included a naturalization ceremony at which as many as 3,000 people take the oath of citizenship.



The practice of barbecuing spread in the first half of the 19th century as top political leaders in certain regions of the United States began creating rallies to mark Independence Day; which was not yet a national holiday. Specifically in the South, political leaders used the rallies to celebrate the barbecue as an expression of regional pride. They created these rallies in order to draw attention to themselves and to show off their dedication to the country. In doing so, they drew crowds by holding large barbecues, often roasting pigs or oxen. In the 20th century, July 4th cookouts altered from public to private family affairs. Around the same time the charcoal grill was introduced and was heavily popularized by the media, encouraging families to use the grill celebrate on the Fourth.

What do you eat on the 4th of July and how does it relate to agriculture?

Source: History.com



## Pickle Month

Did you know that pickles are eaten more on July 4th than any other time of the year? Yep! They are put on top of hot dogs as relish and sliced dills are put inside hamburgers. Since July 4th is basically a picnic day it means pickles all the way! July also happens to be National Pickle Month.

This month is the perfect time for people to appreciate the pickle. It doesn't matter if it's a sweet pickle or a dill pickle, most of us love pickles in one form or the other. During this month make it a point to add more pickles in your diet and familiarize yourself with all the different ways pickles can be used in our daily menu or in cooking. We already know how popular and traditional it is to serve a pickle alongside a sandwich for lunch so make this month fun by planning more juicy pickles on your plate. Maybe you can learn to grow your own cucumbers so that you can make your very own homemade pickles.

### Pickle Fun Facts



- The mighty pickle is over 4,000 years old.
- Americans eat about nine pounds of pickles a year.
- Dill pickles are the most popular.
- Like pickles? So did George Washington, John Adams and Dolly Madison. Cleopatra claimed pickles contributed to her beauty.
- If all of the pickles consumed each year were placed end to end, they would reach the moon and back 8.25 times.

Source: Gone-ta-pott.com

### Homemade Ice Cream Recipe

#### Ingredients:

- 2 cups heavy cream
- 1 cup whole milk
- 1/8 tsp fine sea salt
- 2/3 cup of sugar
- 6 egg yolks
- few drops of vanilla extract

1. Pour milk into a pot with vanilla extract and bring to an almost boil.
2. Beat the egg yolks and sugar.
3. Pour some of the milk into the egg mixture, whisking constantly.
4. Pour egg and milk mix back into the pot, still whisking. Heat gently until thickened.
5. Pour into a bowl and place in sink half-filled with cold water to cool.
6. Stir occasionally, then chill in the fridge.
7. Whip the cream and fold into the mix.
8. Pour into an ice cream tub.
9. Prepare as per your ice cream machine's instructions.
10. Alternately, freeze in tub for 3 hours. Every hour, whisk the ice cream to stop ice crystals from forming.



## Ice Cream Month

Get the ice cream machine out and get it cranked up. It's time to make some homemade ice cream! Homemade ice cream is traditional on July 4th for many families! Maybe that's because the month of July is National Ice Cream Month.

In 1984, President Ronald Reagan declared July as National Ice Cream Month and the third Sunday in July as National Ice Cream Day. According to the International Dairy Foods Association (IFDA), Reagan signed the proclamation with the request that Americans celebrate ice cream throughout July with "appropriate ceremonies and activities."



Source: Gone-ta-pott.com

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: [membershiplinda@cookcfb.org](mailto:membershiplinda@cookcfb.org)

Complete and submit an entry every month all in 2017 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies. Good luck!



**Diane Kelley**

**Congratulations for being last month's word search winner!**

## July Word Search

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

Barbecue  
Celebrate  
Cucumbers  
Dill  
Fireworks  
Homemade  
Hot Dogs  
Ice Cream

Independence  
July  
Pickles  
Picnic  
Relish  
Sugar  
Sweet  
Vanilla

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

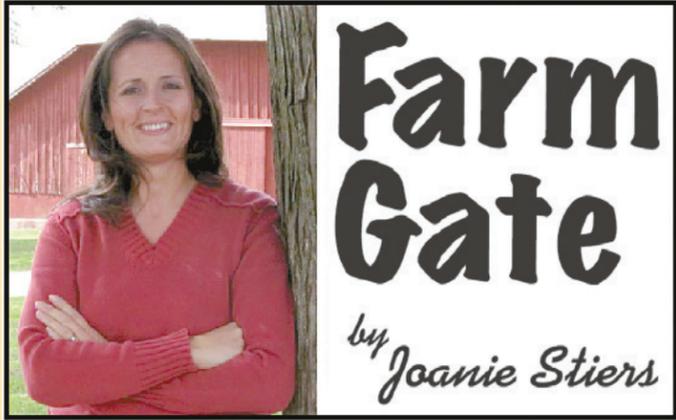
Membership #: \_\_\_\_\_  
(Membership # is located on front of paper)

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.

# Farm and Food Bytes



## 4-H Fair Showcases “Learning to Do”

Our daughter tucked a red hen under an arm and called the rest of the flock as she walked across the yard at sunset. Our 4-H hens had grazed the lawn much of the day and needed shut in for the night. She herded them well, exhibiting a familiarity with the flock that comes from daily chores. And I just smiled.

Experiences like these affirm why we live out here and do what we do. Camera-less at the time, I enlarged the scene and framed it in my mental archives.

The 4-H Fair countdown begins in our household. Our son joined the club this year, so I expect many fair-time scenes worth capturing by mind or camera. I also anticipate a moment or more of drained batteries. Last-minute project preparations and dawn-to-dusk days at the fair with livestock will do that to a person.

So will the fair’s signature heat and crying cats.

Our farm cat last year made clear that he disliked traveling by vehicle. He equally vocalized his disapproval as an exhibit for our daughter’s 4-H cat care project. Fellow moms stood nearby their minivan hatchbacks and handed general show projects to their kids with a whining cat as their background music. With blue ribbon earned, I summoned my husband to take “Prince” home as soon as possible.

Moments like these make me appreciate my own parents even more, yet realize why they plodded through project mishaps or stresses when my brother and I were kids. Thankfully,

we laugh about the feline fiasco and look at the collective 4-H picture. What a joyful, satisfying feeling to watch your kids personally grow, learn life skills and discover their passions. Quite frankly, I find it thrilling to relive the 4-H experience through them. I watch them learn to cook on their own, grow green beans, construct a wood project, craft a junk drawer robot and raise chicks from two days old. They gain the confidence to speak with adult judges about their experiences. I see them strengthen decision-making skills and tap their creativity. They feel good about themselves, make new friends with similar values, and experience the motivation to make their best better.

For some inspirational thoughts about today’s youth, I recommend a stop to your local 4-H Fair. Browse through the general project displays, walk through the livestock barns, and see what they have accomplished. The project showcase in my county reminds me that much has stayed the same about 4-H’s traditions, impact and values. Yet, the nation’s largest youth organization evolves. Expanding project selections and new learning experiences invigorate young, modern minds – and even my own at a generation removed.

*About the author: Joanie’s family grows corn, soybeans and hay and raises beef cattle in West-Central Illinois. She is a wife and mother of two farm kids.*

**U.S. EXPORTS TO MEXICO FALL** (Wall Street Journal) – Tensions about the North American Free Trade Agreement (NAFTA) are starting to cut into sales for farmers while they continue to struggle with low commodity prices and excess global supply. Over the first four months of 2017, Mexican imports of U.S. soybean meal dropped 15 percent – the first decrease for the period in four years, according to the (U.S. Department of Agriculture (USDA). Shipments for U.S. chicken meat fell 11 percent during the same period.

**HOW NOW, BROWN COW?** (Washington Post) – A surprising number of U.S. adults – about 7 percent – believe that chocolate milk comes from brown cows, according to a nationally representative online survey commissioned by the Innovation Center of U.S. Dairy. In case you’re wondering, that adds up to about 16.4 million people – more than the population of Pennsylvania. While the numbers are shocking, experts in ag education are surprised that number isn’t higher.

**HOG WILD** (Washington Post)– Americans’ taste for pork is growing so much that the USDA predicts pork production will equal, and occasionally exceed, that of beef by the end of 2018. The increased demand for pork is due to growing foreign markets as well as domestic demand from the rising influence of Asian cuisines; increased patronage of fast-food breakfasts which include pork sausage and bacon; changing demographics, including an increased Latino population; and Americans’ love of all things bacon.

**PINK SLIME DEFAMATION TRIAL TO BEGIN** (New York Times) – Jury selection has begun in a more than \$1 billion defamation case over ABC’s news reports on Beef Products Inc.’s (BPI) lean, finely textured beef product. BPI sued ABC in 2012 saying the network’s coverage of its product, dubbed “pink slime,” misled consumers into believing the product is unsafe, and led to the closures

of three plants and layoffs of roughly 700 workers.

**FDA DELAYS NEW NUTRITION LABEL** (NPR’s The Salt) – The Food and Drug Administration has delayed the deadline for food companies to adopt a new nutrition facts label on food and beverage packages. The updated label, which includes a larger font for calories and labels added sugar, was unveiled by former First Lady Michelle Obama in 2014. Companies were initially given until July 2018 to comply with the new label, though industry groups had asked for more time.

**Organic Operations Growing (FarmWeek)** –The USDA has announced data indicating that the organic industry continues to grow domestically and globally. 2016 numbers show that the United States is home to 24,650 certified organic farms with another 37,032 spread around the world. The 2016 count of US certified organic farms and businesses reflects a 13% increase between the end of 2015 and 2016. The number of certified operations is increased since the count began in 2002 and this marks the highest growth rate since 2008. Organic certification is a voluntary standard managed through a public– private partnership.

**10 Most Profitable Specialty Crops to Grow** (Craig Wallin, Profitable Plants Digest) - The author lists lavender, gourmet mushrooms, woody ornamentals, landscaping trees and shrubs, bonsai plants, Japanese maples, Willows, garlic, bamboo and herbs as profitable crops to grow on small acreages. (Go to [www.profitableplantsdigest.com](http://www.profitableplantsdigest.com) to check out the detail in the entire article).

**Three Farm Credit Organizations merge into One** – 1st Farm Credit based in Normal, Illinois will be joining Farm Credit organizations from Minnesota and Wisconsin after stockholders voted to merge the three organizations. Effective July 1, 2017, 1st Farm Credit, AgStar Financial Services in Minnesota and Badgerland Financial from Wisconsin will become

Compeer Financial with headquarters in Sun Prairie Wisconsin. The new cooperative will have nearly 50,000 clients and \$18.6 billion in assets.

**What’s in Season** – Market Maker, Illinois Department of Agriculture, and the Illinois Farmers Market Association have teamed together to launch a new app. The app is designed to show what currently is in season at your current location or based on the zone that you live in. The app also has a feature that maps all local farmers markets. Visit the website [whatsinseasonapp.com](http://whatsinseasonapp.com) for details. If you are a farmer and want to be listed on this website, contact Rich Knipe at [contact@foodmarketmaker.com](mailto:contact@foodmarketmaker.com)

**Colored Corn Source of Natural Food Dyes** – Researchers look for ways of extracting high-value dyes without wasting the rest of the kernel.

Consumers insist on all-natural ingredients, and food dyes are no exception. Even if food manufacturers are willing to make the change, current sources of natural dyes are expensive and hard to come by. However, a University of Illinois project aims to fill the gap with colored corn.

“Most natural colors come from things like wine skins, red carrots and beets. The problem with that is most of the product is wasted in extracting the coloring. It’s not good value,” said Jack Juvik, a U of I crop sciences geneticist. Juvik and an interdisciplinary team have been experimenting with purple and blue corn varieties, noting that health-promoting pigments known as anthocyanins are located in the outer layers of the corn kernel. That makes a big difference economically.

“You can process corn in different ways to remove only the outer layer. The rest can still be fed into the corn supply chain to make ethanol or grits or any of the other products corn is already used for. That outer layer becomes a value-added co-product,” Juvik said.

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## Trivia

- Each corn kernel contains four major components: starch, protein, oil and fiber.
- Ethanol, a high-performance fuel made from corn, is a renewable resource.

# PUBLIC POLICY UPDATE

## Legislative Update

Senate Bill 3 (Sen. T. Cullerton/Rep. Yingling) establishes new local government consolidation reforms in Illinois. The bill grants local voters the ability to:

- Consolidate two or more townships that share a boundary
- Merger one township into other townships
- The dissolution of a township that has a coterminous boundary with a municipality.

Each action must be approved through front door referendum. Senate Bill 3 passed both chambers and will be sent to the Governor for his consideration. Farm Bureau is neutral to Senate Bill 3.

Senate Joint Resolution Constitutional Amendment 14 (Sen. McCann) amends the Executive Article of the Illinois Constitution. The amendment would expand the current officers of the executive branch to include the Director of the

Department of Agriculture. This would make the office of the Director of Agriculture a statewide elected office, which is currently a Governor appointed position. Illinois Farm Bureau leadership will continue to review this proposal. This issue remains referred to the Senate Assignments Committee.

Senate Bill 1529 (Sen. Tracy/Rep. Spain) adds land used for the keeping of livestock, horse keeping, and horse boarding to the term “farm” in the Farm Nuisance Suit Act. This would provide additional protection from nuisance lawsuits for horse farms in operation at least one year. Senate Bill 1529 passed both chambers and will now be sent to the Governor for his consideration. Farm Bureau supports Senate Bill 1529.

Additional updates regarding these matters and other pending issues will be provided throughout the summer.

## President Trump’s Budget a Starting Point for Discussions

Cook County Farm Bureau® members joined Farm Bureau members from across Illinois to fight for federal regulatory reform. One of Farm Bureau’s top federal legislative priorities is regulatory reform. All Americans have an interest in a regulatory process that is transparent, is facts-based, respects the will of Congress

and observes the separation of powers in the Constitution.

Earlier this year, the U.S. Environmental Protection Agency (EPA) asked the public’s input on which regulations should be repealed, replaced and modified. Cook County Farm Bureau members overwhelmingly mobilized and asked the EPA to tone

down the endless list of regulations that farmers face.

Copies of the comments submitted can be found at [regulations.gov/document?D=EPA-HQ-OA-2017-0190-0042](https://www.regulations.gov/document?D=EPA-HQ-OA-2017-0190-0042). Additional information on this federal legislative priority issue and others is available by contacting Bona Heinsohn at (708) 354-3276.

## Farm Bureau Schedules Staff Exchange Program for Legislators and Staff

On Monday, July 10 and Tuesday, July 25 Cook County Farm Bureau® is hosting a Cook County farm-business/food processor tour for Cook County government officials and staff.

The program is designed to provide Cook County legislators and their staffs with an enhanced understanding of Cook County farms-businesses and how they relate to Cook County government.

All tour sites will be located in Cook County.

There are no repeat sites from prior programs.

On Monday, July 10 tour participants will depart from the Cook County Farm Bureau office in Countryside. This tour will include a visit to Nufarm Limited in Alsip and Chicago Heights. Nufarm is one of the world’s leading crop protection and specialist seeds companies and produces products to help farmers protect their crops against damage caused by weeds, pests and disease.

On Tuesday, July 25 tour

participants will depart from the Cook County building in Chicago. This tour will include a visit to the North Lawndale Youth Farm and Incubator Program and Legends South Farm. Both sites are Windy City Harvest sites. Windy City Harvest is the Chicago Botanic Garden’s urban agriculture education and jobs-training initiative.

This program is limited to Cook County legislators and staff. For additional information, contact the Farm Bureau at 708-354-3276.

### FOR MORE INFORMATION CONTACT:

Bona Heinsohn

Director of Governmental Affairs and Public Relations

6438 Joliet Rd., Countryside, IL 60525 [bona@cookcfcfb.org](mailto:bona@cookcfcfb.org) phone: (708) 354-3276 fax: (708) 579-6056

Please visit us on Facebook at [facebook.com/Cook.County.Farm.Bureau.IL](https://www.facebook.com/Cook.County.Farm.Bureau.IL) to be updated on agricultural issues and Cook County Government.

## Cook County Minimum Wage Increase to go into Effect on July 1

Under an ordinance approved by the Cook County Board of Commissioners, Cook County employers will be required to pay the following hourly rates:

- \$10.00 per hour beginning on July 1, 2017
- \$11.00 per hour or the greater of the hourly wage set by the Fair Labor Standards Act beginning on July 1, 2018
- \$12.00 per hour or the greater of the hourly wage set by the Fair Labor Standards Act beginning

on July 1, 2019

- \$13.00 per hour or the greater of the hourly wage set by the Fair Labor Standards Act beginning on July 1, 2020

Beginning on July 1, 2021 and on every July 1 thereafter, the greater of:

- The minimum wage set by the Minimum Wage Law or
- The minimum hourly wage set by the Fair Labor Standards Act or
- Cook County’s minimum hourly wage from the

previous year, increased in proportion to the increase, if any, in the consumer price index (CPI), provided that the CPI increases by more than 2.5 percent in any year.

There will be no Cook County minimum wage increase in any year when the unemployment rate in Cook County for the preceding year is equal to or greater than 8.5 percent.

Exceptions exist for employees receiving

gratuities, youth employed in a subsidized temporary youth employment program, and for individuals working in a subsidized transitional employment program. In some cases, federal law and agricultural minimum wage exemptions may also apply. Please contact the Farm Bureau at (708) 354-3276 for additional information.

Cook County Farm Bureau® actively opposed the minimum wage increase. Cook County Commissioners supporting the increase

include: Arroyo, Boykin, Daley, Fritchey, Gainer, Garcia, Moore, Moody, Sims, Steele, Suffredin, and Tobolski.

Farm Bureau members and business owners concerned about the impact of the minimum wage increase are encouraged to contact their Commissioner. If you are unsure of who your Commissioner is, contact the Farm Bureau office at (708) 354-3276 and we’d be happy to assist.



By Bona Heinsohn

Five short years ago, I sat before a county committee to plead my case. In 15 short minutes, I explained why I wanted to serve as a trustee for my local conservation district. I didn’t want to become a trustee for the glamour or the pay (it’s a volunteer position after all) but because one of my earliest memories is of my mom chaperoning a school field trip to the Festival of the Sugar Maples, a site famous for its maple trees and delicious maple syrup. I want my children to have those memories—of their grandma chaperoning school field trips—and the opportunity to explore the trails, fens, groves, savannahs, and bogs. I want them to embrace open

## Manifolds, Manolos, and Manure

space and treasure the sacrifices that past generations have made to ensure that public open space is preserved into perpetuity.

Over the past five years, I’ve had the opportunity to work with a highly skilled, professional, and innovative staff. From the individuals who maintain the sites to the ecologists and naturalists who preserve and improve the land to the officers who ensure everyone’s safety and to the leadership staff who have kept me informed, up-to-date, and educated it has been an honor to work along side of them. When I joined the board of trustees, I made a commitment to do what was best for the entire district.

At the end of May, with a heavy heart I stepped down from the conservation district board of trustees five weeks

prior to the end of my five-year term. Later that day, surrounded by family, I took the oath of office for alderman for a far northwest suburban town.

Several times in the past month, my husband and I have privately questioned “what the heck I got myself into.” However, we shared the same thoughts when I was appointed to the conservation district board of trustees.

In the past month, I’ve shelved my knowledge of land preservation methods and the steps the staff and board of trustees took to reduce the conservation district’s budget by over a million dollars and have instead been immersed in noise ordinances, sidewalk plans, sewerage treatment methods, and public works equipment. Glamorous, right? Since day one, I’ve caught myself comparing the

differences between the two units of government and questioning my decision to transition to municipal government.

What isn’t different is the commitment and time I’m willing to put forth. Since joining Cook County Farm Bureau® nine years ago, I’ve continued to encourage members to become more aware of their local governments and to become involved. It’s incredibly easy to critique how government operates but without individuals willing to dedicate time, talent, and their broad shoulders, government can’t function. Additionally, government can’t function effectively without citizen input.

Not everyone is interested in serving as alderman or trustee, but everyone is able to become aware of and involved in local government.

# MEMBER RELATIONS

## Defensive Driving Course

\$\$\$Receive discounts on your auto insurance\$\$\$

Spots are limited!



The Cook County Farm Bureau® and Country Financial will be hosting a Defensive Driving Course on July 19, 2017 & July 20, 2017 from 10:00 am to 3:00 pm at the CCFB office in Countryside. Both days must be attended to receive the certification. Cost for the class is \$15 for members and \$25 for non members (includes course materials and lunch both days).

The course explores the causes of vehicle collisions (mental, physical and environmental factors) and teaches how defensive driving principles can prevent most of these costly incidents. Upon completion, you may be eligible for a discount on your auto insurance. Rated drivers 55 and over who have not had a motor vehicle accident or violation within the past 12 months are eligible. The savings will extend for 3 years on the policy.

This program was developed by the National Safety Council and will be taught by safety specialist, Doug Sommer. The course, which is conducted in a classroom setting, is very informative, entertaining and relevant to today's driving environment and standards. An exam is not required to complete the course or receive certification.

Reservations are required and class size is limited. Call the CCFB at 708-354-3276 to make your reservation or for more information.



**GRAND SLAM GROUP FARM BUREAU**



**WHITE SOX VS. TWINS**  
Wednesday, August 23, 2017 @ 7:10 P.M.  
Guaranteed Rate Field

**SPECIALY PRICED WHITE SOX TICKETS!**

[www.whitesox.com/fbn](http://www.whitesox.com/fbn)

On this special night the White Sox would like to offer specially priced tickets to all Farm Bureau members, their families and friends. Tickets start as low as \$12!

Orders will NOT be redeemed at the Guaranteed Rate Field ticket windows or the White Sox administrative offices.

**ALL ORDERS MUST BE RECEIVED BY FRIDAY, AUGUST 11<sup>TH</sup>.**

4 OPTIONS TO ORDER TICKETS:	# OF TICKETS	TICKET PRICE	TOTAL
<b>WEB:</b> Visit <a href="http://www.whitesox.com/fbn">www.whitesox.com/fbn</a> (Service fees will apply) <b>PHONE:</b> Call 866-769-4263 for Ticketmaster and give the "FBN" code. Service fees will apply. <b>MAIL:</b> with payment to: Chicago White Sox Sales Department ATTN: Farm Bureau GSG 333 W. 35th St, Chicago, IL 60616 <b>FAX:</b> with payment to: 312-674-5140		Lower Box @ \$27 (regular \$42)	
		Outfield Reserved @ \$14 (regular \$24)	
		Bleachers @ \$12 (regular \$22)	
		Upper Box @ \$12 (regular \$17)	
		Hot Dog Value Meal (hot dog, chips, soda @ \$7.50)	
		Car Parking @ \$20	
		Handling Fee (groups of 19 or less)	\$5
		Total Enclosed	

**ALL GAME TIMES AND PROMOTIONS ARE SUBJECT TO CHANGE. NO REFUNDS OR EXCHANGES.**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
 Please charge my:  Visa  Mastercard  Amex  Discover  
 Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_  
 Signature \_\_\_\_\_



Lower Box       Premium Upper Box (Rows 1-6)  
 Outfield Reserved       Upper Box  
 Bleachers       Upper Reserved  
 Lower Corners       Upper Corners

OR: Enclosed is a check or money order payable to the Chicago White Sox. (If check or money order is greater than total cost of the tickets, the difference will be made up in Comiskey Cash.)

Check # \_\_\_\_\_

**FOR MORE INFORMATION, GO TO [WHITESOX.COM/SPECIALEVENTS](http://WHITESOX.COM/SPECIALEVENTS)**

MR

## FOR MORE INFORMATION CONTACT:

Katie Smith, Director of Membership, 6438 Joliet Road, Countryside, IL 60525  
[membershipkatie@cookcfb.org](mailto:membershipkatie@cookcfb.org) phone: (708) 354.3276 fax: (708) 579.6056

Cook County Farm Bureau's Member Service Center is now on Facebook. We will keep you up-to-date on all upcoming events, new membership benefits, and programs. Look us up by searching "Cook County Farm Bureau Membership/Benefits."

## Correction



We apologize for an error made in last month's Country Financial Reps of the Month. South Holland's Country Rep of the Month was in fact Gary Molenhouse, however that was not his photo that was used. Gary Molenhouse was the Country Financial Career Financial Rep of the Month for April 2017 and his office is located at 4749 Lincoln Mall Dr, Ste. 310 in Matteson, IL. His phone number is 708-679-1870 and he has been a financial representative since September 2009. We're very sorry for our error, Gary!

## Country Financial Representatives 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.



**\*Matt Whitsett**  
Chicago North Agency, Victoria Nygren, Agency Manager  
Matt Whitsett has been named Career Financial Representative of the month for May 2017. His office is located at 4306 N. Lincoln Ave. #2F in Chicago, IL. His phone number is (773) 267-1584. Matt has been a Career Financial Representative since November 2009.



**Sylwia Grochowska**  
Chicago North Agency, Victoria Nygren, Agency Manager  
Sylwia Grochowska has been named Employee Financial Representative of the Month for May 2017. Her office is located at 3703 N. Harlem in Chicago, IL. Her phone number is (773) 628-2502. Sylwia has been a Financial Representative since February 2016.



**Brett Riekema**  
Chicago Northwest Agency, Jack Smith, Agency Manager  
Brett Riekema has been named Career Financial Representative of the month for May 2017. His office is located at 23042 N. Main St. in Prairie View, IL. His phone number is 847-415-2666. Brett has been a Career Financial Representative since May 2011.



**\*Renata Bondarowicz**  
Chicago Northwest Agency, Jack Smith, Agency Manager  
Renata Bondarowicz has been named Employee Financial Representative of the month for May 2017. Her office is located at 2435 W. Schaumburg Rd. in Schaumburg, IL. Her phone number is 847-891-6388. Renata has been a Financial Representative since July 2016.



**\*Nick Zegar**  
Chicago South Agency, Marc Rogala, Agency Manager  
Nick Zegar has been named Career Financial Rep of the Month for May 2017. His office is located at 6438 Joliet Rd. in Countryside, IL. His phone number is 708-352-5560. Nick has been a Career Financial Representative since June 1996.



**Ed Beavers**  
Chicago South Agency, Marc Rogala, Agency Manager  
Ed Beavers has been named Employee Financial Representative of the month for May 2017. His office is located at 1401 S. State St., Ste 150 in Chicago, IL. His phone number is 312-846-4723. Ed has been a Financial Representative since April 2015.



**Nick Burke**  
Orland Park Agency, Cary Tate, Agency Manager  
Nick Burke has been named Career Financial Rep of the Month for May 2017. His office is located at 3923 W. 95th St. in Evergreen Park, IL. His phone number is 708-425-1816. Nick has been a Career Financial Representative since September 2005.



**Kevin Gardner**  
Orland Park Agency, Cary Tate, Agency Manager  
Kevin Gardner has been named Employee Financial Rep of the Month for May 2017. His office is located at 3923 W. 95th St. in Evergreen Park, IL. His Phone number is 708-425-2251. Kevin has been a Financial Representative since July 2016.



**\*Randall Cox**  
South Holland Agency, Jeff Orman, Agency Manager  
Randall Cox has been named Career Financial Representative of the Month for May 2017. His office is located at 4749 Lincoln Mall Dr, Ste 310 in Matteson, IL. His phone number is 708-679-1870. Randall has been a Career Financial Representative since June 2008.



**Monica Moore**  
South Holland Agency, Jeff Orman, Agency Manager  
Monica Moore has been named Employee Financial Representative of the Month for May 2017. Her office is located at 4845 167th St, Unit 101 in Oak Forest, IL. Her phone number is (708) 560-7777. Monica has been a Financial Representative since April 2015.

*\*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.*

**“546,000”**  
 is the number of  
**Cooperators sent to**  
 households in the  
**last year!**

**Classifieds**

All items listed are for the accommodation of the membership and without guarantee of the publisher.

**Miscellaneous**

Free treadmill Proform 700 Series, needs a little work. You transport. Located in Palatine, IL. Call 847-359-4162.

Misc. items for sale: 2 Bassett bookcases/hutch, golden oak, 74" x 29". Price negotiable. A set of Funk & Wagnall's encyclopedias, hardly used, great condition, best offer. Bassett/Virginia Colony bedroom set in a maple finish on maple wood, Micarta plastic top, triple dresser with mirror, two nightstands, 1 student desk w/ hutch, 4 drawers and one chair. Please call 708-460-8195.

5' almond color polyvinyl fence. 179.5' plus two 5' wide gates with standard hardware and posts. Scallop top with gothic style post caps. Dismantled, needs to be cleaned. This is not a big box store fence, \$2,000. Also, antique 1950's American Seating Co. desk \$75. The desk is an old time school desk w/ seat attached. Lid lifts up. Call 708-349-0627.

Beautiful sectional oak etagere (4): 90" w 73" h 13.5" d. Price negotiable. Call 708-349-3161.

Selling brand new Ab Lounger. Price paid was \$100 but asking \$50 or best offer. Still in box, has not been taken out. Call 773-488-3424.

Sony reel to reel stereo tape recorder, cpap machine with accessories , antique natural gas stove, step master exercise machine . All reasonable offers will be considered. Call 708-535-1497. See photos at cookcfb.org.

Franklin & Danbury Mint 1/25 scale model cars. Many to choose from, \$20 to \$40 each, 1930's to 1970's. Call 708-448-6048.

Antique curved glass solid oak china cabinet. 3 solid oak wood shelves, also all 3 panels of glass are good. Needs a lock and a little bit of TLC. \$135. Call 708-361-8230.

**Motorized Vehicles Boats & Accessories**

Ford Ranger truck bed \$50. Car ramps \$20/ pair. Ladder jacks \$15. Call 708-371-0163.

5-Sahara 2013 Jeep tires and rims, \$300. Call 708-369-0925.

**Real Estate for Sale/Rent**

Lovely solid home features 3 bed, 1 bath up in Northern, WI. Propane heat, water sewer, many newer upgrades to home. Hawkins, WI. 24 x24 ft. garage, back deck, walk-in porch, \$75,000. Call 708-870-8459.

35 plus acres for rent for farming purposes in Oswego, IL. Please contact Ray at 773-431-8510 or email: qcmaintenance@gmail.com

**Vacation Sale/Rentals**

5 star resort: 3 br/2 ba condo 2 miles from Disney World Orlando. Rental rates from \$80/night. Call 630-853-7669 or go to www.vrbo.com/218673.

**Wanted**

Wanting to buy your HO scale or N scale electric train engines, cars, buildings, or anything train related. Do you have electric trains in your closet, basement, crawl space, attic or garage that you're not using? I buy train items from just a few pieces to hundreds of pieces at a time. Why sell them bit by bit, I'll offer you a price on all you have! I'm retired and just enjoy trains. I realize that some may need work from sitting for a long time, but I have the time to fix them! TURN THOSE UNWANTED TRAIN ITEMS INTO CASH, and give me a call! I also buy slot cars. Call 630-272-4433 ask for Ron. Thanks!

Wanted to buy: Old balloon tire bicycles w/ tool or horn box, also front spring fork type: Schwinn, Elgin, Ranger, Monark, Silver King, J.C. Higgins, etc. Also older boys 20" banana seat models. Call 708-361-8230.

**Plant Chicago's 6th Annual Closed Loop Food Fest**



Plant Chicago (PC), a local nonprofit, will be hosting its 6th annual Closed Loop Food Fest on Saturday, July 29th from 10:00 a.m until 6 p.m. at The Plant, 1400 W. 46th Street, Chicago, IL 60609.

Plant Chicago develops circular economies of food production, energy conservation and material reuse through education and research. The festival will feature live performances by artists and DJ's from the Chicagoland area. SolarBeatz, a solar powered mobile venue, is providing the tunes and sound stage. Several local food trucks and vendors will celebrate sustainable food systems and energy production with some of the best food and music on the Southwest side.

The Closed Loop Food Fest is a family-friendly fundraiser with activities for all ages. The 2016 event was a huge success, and we anticipate 500 attendees this year!

There will be many activities and workshops at the Closed Loop Food Fest in addition to food & music. Activities include an interactive art wall, yoga, caricature drawing, and material reuse experiments. Plant Chicago and tenants at The Plant will host mini workshops on fish filleting, vermiculture, composting, the circular economy, and more. The Closed Loop Food Fest is running in conjunction with PC's year round farmers market (market ends at 2pm).

Proceeds from the event support Plant Chicago's year-round farmers market, education & research programming.

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

**FREE Classified Ads**  
 for Cook County Farm Bureau members

All Cook County Farm Bureau members may run four non-commercial classified ads annually free in the Cooperator. Only items of personal property will be accepted. **Ads must be in the office by the 15th of each month.**

Category:  For Sale Misc.  For Rent  Wanted

Name \_\_\_\_\_

Farm Bureau # \_\_\_\_\_ Phone \_\_\_\_\_

Ad \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*Please be sure to include a contact phone number where interested buyers can contact you. Ad can be typed or written. PRINT CLEARLY. (If not enough room, put on separate sheet)

Complete the above form and mail to:  
 Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525.  
 You can also fax your ad to (708) 579-6056 or email to membership@cookcfb.org  
 Non-member ad rate: \$.75 per word; \$15.00 minimum.

**Visit a Member Farm Stand Today!**

Looking for fresh vegetables, herbs, and fruit to make your favorite summer recipes? Visit one of our member Farm Stands for the freshest, locally grown produce and products. Many offer U-Pick or roadside stands, and can be found at favorite area Farmer Markets in Chicago and the suburbs of Cook County.

Member farm stands and business information and locations can be sourced by going to [localfarmproducts.org](http://localfarmproducts.org), a website dedicated for the entire Chicagoland area to help consumers find local farm product marketers. The site features information about area farmers markets, a variety of recipes using fresh,

local products, how-to guidance when it comes to canning and food preservations, Cook area agricultural statistics and local foodie news.

- Big John's Farm Market
- Bultema's Farmstand
- Gorman Farm Fresh Produce
- M & D Farms
- Smits Farms
- VanderGriends Farm Stand

- Brandau Farm & Produce
- Goebbert's Farms
- Horcher's Farm
- McCarthy Farms
- Van Kalker Farms
- Zeldenrust Farm Market



**Fresh & Local**

**2017 Recipe Collection**  
 Cook County Farm Bureau®  
 Cook Fresh Locally  
 6438 Joliet Rd, Countryside, IL 60525  
 708 354 3276 • www.cookcfb.org

**The 2017 Cookfresh® Recipe Collection Is Here!**

Recipes focus on cooking with the freshest, locally grown ingredients and are submitted by Cook County Farm Bureau members!

To receive a free copy, email: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org) or call 708.354.3276

To download a copy online, visit: [www.cookcfb.org/buy-local/recipe-collection](http://www.cookcfb.org/buy-local/recipe-collection)

Mark your calendar for the **2018 "Farming for Our Future" Gala**

**March 10, 2018 at 6:00 pm**  
**Ruffled Feathers Country Club, Lemont**

**Fun, Food, Festive**  
 Live Auction, Silent Auction and Sponsorships Appreciated

A benefit event for the **Cook County Farm Bureau Foundation®... Planting Seeds of Agricultural Literacy in Cook County**

## Theme Park Tickets



**Six Flags Great America in Gurnee, IL**  
**Online 1-Day General tickets: \$45.63\*** (ages 3 yrs & up)  
\*\$8.99 processing fee per on-line order, plus tax  
**Tickets bought directly from Cook County Farm Bureau® are \$47.00\*\***

\*\*Tickets bought over the phone/in person are slightly higher but there is no processing fee or tax.



**Raging Waves, Yorkville, IL**  
**1-Day General Admission Tickets: \$18.00** Ages 2 and under are **FREE**  
 Tickets only available at the Cook County Farm Bureau office



**Silver Dollar City, Stone City, MO**  
**Adult 1-Day: \$52.70, Child 1-Day (Ages 4-11): \$43.35**  
 Ages 3 and under are free.  
 Tickets for Silver Dollar City are only available online.



**Santa's Village, East Dundee, IL**  
**1-Day: \$16.25** Ages 2 and under are free.  
 Tickets for Santa's Village are available online and at the CCFB office.

**For pricing and to order tickets online for Six Flags Gurnee, Silver Dollar City and Santa's Village visit [cookcfb.org](http://cookcfb.org) and click on 'Member Benefits'.**

**To order tickets by phone call (708) 354-3276.**

**Cook County Farm Bureau® is sponsoring its first ever Cook County FARM CRAWL!**



**Cook County Farm Bureau member FARM CRAWL**  
**Saturday, August 19<sup>th</sup>**  
**10 AM – 4 PM**

- ✓ The CRAWL is an **educational event for all ages to enjoy!**
- ✓ The Farm Crawl is **self-guided with no set schedules!**  
 You choose the participating farms and agri-businesses to visit during the Crawl.
- ✓ The **CRAWL is free** but **bring money to purchase products or produce!**
- ✓ Participating Farms may offer a **CCFB member discount or promotion!**  
 Special promotions, discounts or tours will be advertised in August prior to the Crawl. Members, show your member card to receive discounts.
- ✓ Attendees will have access to a **Passport to Ag** booklet to be entered into a drawing!  
 Passports turned in to the CCFB office that indicate Crawl visits will be entered into a special drawing for gift certificates to visited Crawl locations.

Full Crawl details, participating farms / Agri- business information, and **Passport to Ag** booklet will be available in the August on the Cook County Farm Bureau Events Calendar at [www.cookcfb.org/Events](http://www.cookcfb.org/Events). Details in the next issue of The Co-Operator.

**We hope to see you on a member Farm, Greenhouse, Garden Center, or Agribusiness on Saturday, August 19<sup>th</sup> from 10 AM – 4 PM!**



## Grocery Giveaway



"Our animals' health and well-being is our most important priority. We give them good care and treat them humanely."  
 The Kopping Family, Lemont

Farm Bureau's third giveaway of the summer is a \$150 grocery store/farmstand gift card AND a \$100 food pantry donation to the food pantry of the winner's choice. To enter, individuals should LIKE Cook County Farm Bureau®'s Facebook page and COMMENT ON or SHARE the post (referring to this giveaway) to enter to win. The winner will be chosen on August 1! Official contest rules are available at [cookcfb.org](http://cookcfb.org).

### Want a free movie ticket? Encourage your family, friends and neighbors to join the Cook County Farm Bureau as an associate, farmer or professional member. If they join, you will receive a free movie ticket! Call our office at 708-354-3276 to let us know that you referred a member.

Individuals can join the Cook County Farm Bureau by going to [www.cookcfb.org](http://www.cookcfb.org) and clicking on **MEMBER CENTER**.






# MEMBERSHIP

## MAKES MEMORIES





Sign up today!

[ifb.abenity.com](http://ifb.abenity.com)

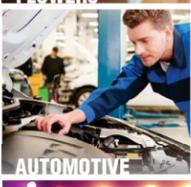
We invite you to access your New Membership Benefit Platform.

To show appreciation to our members, you will now have access to more discounts than ever before on agriculture, entertainment, travel, theme parks, movie tickets, restaurants and automotive programs.

Cook County Farm Bureau  
 6438 Joliet Rd., Countryside, IL 60525  
 Ph: 708-354-3276 • [www.cookcfb.org](http://www.cookcfb.org)

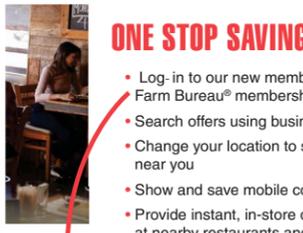
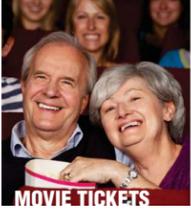
### THERE'S REALLY SOMETHING FOR EVERYONE

With membership so affordable, it's hard to believe there's something for everyone. **Over 302,000 discounts** available to you. Search our platform to find savings that fit your needs.






ONE STOP SAVINGS

- Log- in to our new membership benefit platform using your county Farm Bureau® membership number at <https://ifb.abenity.com>
- Search offers using business names, locations, categories, and more
- Change your location to see deals near you
- Show and save mobile coupons
- Provide instant, in-store discounts at nearby restaurants and retailers
- Share on your social networks and let others know about your savings, so they can start saving too