



# COOK COUNTY GO-OPERATOR

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

## Mark Your Calendar



### October

- 1<sup>st</sup> Giant Pumpkin Contest
- 6<sup>th</sup> Wills & Trust Workshop **PG 12**
- 13<sup>th</sup> Thankful for Food / Harvest Teacher Workshop **PG 6**
- 15<sup>th</sup> Shred Day **PG 12**

### November

- 19<sup>th</sup> Make Holiday Swag Workshop **PG 12**

### Save the Date

- March 11<sup>th</sup> & 12<sup>th</sup> Beginning Beekeeping Course **PG 12**

For participation details on these programs and activities, check out the related information in this publication, go to [www.cookcfb.org](http://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](http://www.cookcfb.org).

## Question of the Month



Congress approved the nationwide three digit number "988" **for what purpose?**

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

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

### September Winner

**Janice McArthur**

**Question:** SMV stands for what kind of sign?

**Answer:** "Slow Moving Vehicle"



The Cook County Farm Bureau sponsored the 6<sup>th</sup> Annual member Farm Crawl on Saturday, September 17<sup>th</sup>. M&D Farms (above) was a member business featured in the successful tour. For program details and participating farms, check out page 4.

## Mental Health Resources Available

The Southern Illinois University School of Medicine Center for Rural Health and Social Service Development (CRHSSD) is leading the effort to build a network of support and resources for Illinois farm families. The purpose of the initiative is to provide a range of resources including a helpline to assist with farmer and farm-related issues that include mental and physical health needs.

Additionally, the initiative offers ongoing outreach, education, and training to rural clients and partners working to improve the health and safety of farm families.

The Farm Family Resource Initiative (FFRI) seeks to improve the health and well-being of Illinois farm owners and families by

- Identifying farm family needs, including mental health needs
- Identifying available resources for farm families
- Creating new resources for farm families
- Developing a network of partners to respond to farm family needs

Additional information about FFRI is available at <https://www.siuedu/farm> and at [https://youtu.be/swzo\\_wMODzs](https://youtu.be/swzo_wMODzs).



## Young Leaders Cookout

Young Leaders from throughout Cook County met in August for a late summer cookout and tour of historic Wagner Farm in Glenview. Young Leaders able to attend included Chair Blake Lanphier, Daniel Kucharzak and guest, Jonathan Poole, Kurt and Abby Hansen, Ethan, and Farm Bureau Manager Bob Rohrer and his wife Jayne. Individuals ages 18-35 interested in joining the Young Leader Group are encouraged to contact the Farm Bureau at 708-354-3276.

## 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!

# Achieving Organizational Goals in the Food Space

Our work in the food space continues to achieve organizational goals. We are developing new market opportunities for farmers, and building deeper partnerships with organizations like Feeding Illinois, which allow us to be a solution to the food insecurity and food waste challenges right here in our communities. At the recent State Fair, we announced, along with our partners, new functionality on the MarketMaker platform that will allow farmers and food businesses to list available products for sale or donation and to hear directly

from registered Illinois nonprofit organizations. This could be food banks, shelters, or other nonprofits serving their communities. This is in addition to the existing MarketMaker functions which allow farmers to advertise their products and sell directly to consumers online. The connection to nonprofits is a pilot program that we hope will become a blueprint around the country. To read more and to sign up your business or nonprofit, check out the FarmWeek coverage of this important announcement.



Cook County Farm Bureau delivered fresh meat to Hattie B. Williams Food Pantry in Oak Forest. The meat was purchased from the Lake County Fair 4H Animal Auction and donated to Food Checkout Day partner food pantries. Hattie B. Williams Food Pantry was selected by representatives from COUNTRY Financial South Holland agency.



This spring Cook County Farm Bureau submitted a grant application for a commercial grade refrigerator for Hattie B. Williams Food Pantry in Oak Forest and the refrigerator has arrived! The grant, provided through Midwest Dairy Association, covers the cost of the refrigerator.

Hattie B. Williams Food Pantry serves south suburban Cook County. Prior to the COVID-19 pandemic and its lasting effects on food insecurity, the pantry served between 50 and 60 families per week; in 2020 that number grew to over 90 families.

## 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...

- Members engaging in 75% or more of action requests on recent priority legislative issues including changes to the Waters of the U.S., responsible use of Atrazine, and the Inflation Reduction Act.
- 2022 Farm Crawl member businesses for opening their doors to members and the public to see Cook County agriculture up close, with many offering freebies, tours, discounts, and more!
- Farm Bureau members and public who participated in our 6th Farm Crawl on Saturday, September 17!
- CCFB PAC members, ACTIVATOR trustees for hard work reviewing Voting Records, meeting candidates and making endorsement choices.

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

# HOW FARM BUREAU SERVED YOU IN SEPTEMBER

- ▶ Engaged with and shared Farm Bureau's policy position with candidates for Cook County Board.
- ▶ Named ten Cook County Commissioners 'Friend of the Farm Bureau' in recognition of their voting records on priority issues related to farm Bureau policy.
- ▶ Hosted Smart Driver Course, offered by AARP Driver Safety. Participants learned the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment.
- ▶ Engaged with 24 local member Farm/Ag locations by hosting a Farm Crawl for members and public to participate in.



## Co-Operator

Published Monthly

### Cook County Farm Bureau

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# Downwind

by Bob Rohrer, CCFB Manager

## “Two Truths and a Lie”

Farm Bureau is at its best when it is an in-person, person-to-person, interactive organization. Sure, during the last two years, we managed to Zoom. We got by with Microsoft Teams. Conference calls worked. Email sufficed.

BUT it is so very nice to be in-person in the office, in-person at programs, in-person at events, and in-person during meetings. I have a new appreciation for in-person meetings (not that meetings are necessarily great) which are so much better than sitting in front of the computer.

Recently, I enjoyed an in-person meeting with some fellow manager colleagues from area Farm Bureaus and COUNTRY Financial agencies.

Because not everyone knew one another, we started the meeting with an icebreaker.

“Two truths and a lie” is a group icebreaker game with a simple premise: individuals in a meeting introduce themselves and share with the group “two truths and one lie.” Then, the rest of the group tries to figure out which of the statements are truths and which one is the lie. This icebreaker provides a great way to find out interesting facts and mis-facts about people quickly and serves to loosen up the group. The game also gives individuals a unique insight into one another.

Using myself as an example, the icebreaker goes something like this...

The introduction: Hi everyone...I’m Bob Rohrer, Manager of the Cook County Farm Bureau. I have worked in the Farm Bureau system for 35 years

**My 2 truths and a lie, in no particular order, are:**

1. I grew up on a dairy farm (false... hog and crops farm)
2. I am a proud graduate of Illinois State University (true)
3. I was on my high school golf team that finished 6th in state (true- I helped the team by not playing that day!)

Sometimes, to get a cheap laugh, I might blend in one of the following “truths”:

- My name is spelled backwards
- I am right-handed

During the gathering of Farm Bureau managers and COUNTRY Financial agency managers, the icebreaker helped me discover a number of interesting facts from people that I thought I knew. I wish I wrote them all down...here are some of the truths I learned that day (and remember):

“My family tree can be traced back to the Mayflower”

“I was a part of Desert Storm”

“I am a state champion archer”

“My family had connections to Al Capone”

“I have had a hole-in-one”

“I am color blind”

“I was a radio DJ”

“I have a federal license to remove endangered tortoises from construction sites”

“I used to have a job moving pianos”

“My father won the lottery”

These truths were great! So interesting!

I also learned that there are some pretty good “liars” amongst of Farm Bureau and COUNTRY ranks! It certainly helps when someone is quick-witted and has a great poker face!

Working in this new Covid and post-Covid environment has proven to be challenging and getting back to a more normal work environment feels good. It is really difficult to truly connect with people beyond the “surface” through the mediums of email, texting, and videoconferencing using Teams, Zoom, etc. I call that hard work!

Cook County Farm Bureau, through it all, remains an organization of people and relationships. We continue to seek in-person, face-to-face opportunities to work with and serve members. Those quality connections help us better know you...so we can figure out your “two truths and a lie!”



## 5 Questions for Jill Drover

— *Ag in the Classroom Assistant* —

### What impresses you about Cook County Farm Bureau?

That there is a farm bureau in Cook County! I became a member after taking a backyard chicken class at the farm bureau office. My \$20 annual membership included the monthly Co-Operator, and I answered an ad for the Ag in the Classroom assistant; eight happy years later I am constantly amazed by all we offer members.

### What is your favorite job within the Cook County Farm Bureau?

I like all aspects of my Ag in the Classroom assistant job at the farm bureau, but my favorite has been building relationships with Cook County educators. I look forward to long-time teachers calling each fall to schedule since it’s like catching up with old friends.

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

Anything outdoors.

My husband, Jeff, and I enjoy archery, hunting, kayaking, hiking, camping, and fishing and the best part is sharing my love of the outdoors with the ones I love most, my family. I am looking forward to instilling my love for the outdoors in my new grandson, Colton.

### What is your favorite tractor?

I am fascinated by all farm machinery, but the combine amazes me. It is such a complex piece of machinery; I am in awe every time I see one in operation. We have been known to pull over on country roads just to watch them in action. That being said, I am team green all the way!

### What did you want to be growing up?

Growing up I wanted to be a nurse and mother. One out of two isn’t bad! I have been blessed with two amazing sons: Joe is a high school educator and Jon is an ag mechanic. Looks like I followed their lead and love being in ag education.



## Recipe of the Month

# Cabbage Patch Casserole

by Dorothy Kuzelka

### INGREDIENTS:

- 1 head cabbage, sliced
- 2 lbs ground beef
- 2 onions, sliced
- 5-6 medium potatoes, sliced thin
- 1 can (10 ¾ oz) tomato soup
- ¼ can water
- salt & pepper to taste
- margarine or butter

### INSTRUCTIONS:

In 9x13 baking dish, layer ½ of sliced cabbage and season with salt and pepper. Brown ground beef, drain and spread meat over cabbage. Add sliced onion over beef, then layer thinly sliced potatoes over onions and season with salt and pepper. Pour can of tomato soup mixed with ¼ can of water over casserole contents. Dot with margarine or butter and cover tightly with foil. Bake at 350° oven for 2 hours.

## 2022 Recipe Booklets Are Available!

View or Download Online at <https://cookcfb.org/discover-local/recipes>

### TO RECEIVE A COPY:

- Email: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org)
- Call the Farm Bureau: (708) 354-3276

# National Latino Farmers & Ranchers Donate 3 Horses to CHSAS

The National Latino Farmers & Ranchers (NLFR) donated three horses to the Chicago High School for Agricultural Sciences (CHSAS) on Sept. 2.

The donation of the horses was celebrated with a program at CHSAS' riding arena, which was attended by members of the media and invited dignitaries, including State Sen. William Cunningham, State Reps. Fran Hurley and Kelly Burke, 19th Ward Alderman Matthew O'Shea, and Deputy Director of the Illinois Department of Agriculture Kristi Jones.

Pedro Martinez, CEO of Chicago Public Schools, described CHSAS as "a model school" which shows the importance of agriculture across all fields.

"The reason it is so strong is that it unites people," Martinez said. "All aspects of ag, it is here in this school."

Antonio Contreras, a junior at CHSAS



in the food science pathway, thanked NLFR for their donation during the program.

"It will provide an opportunity for more hands-on learning and will leave a really big impact on students," Contreras said.

Sophomore Sophia Roy spoke of how the horses will be used by CHSAS'

Cluster program as part of the high school's diverse therapeutic riding program. According to the CPS website, Cluster programs are designed for students requiring a significantly modified curriculum with moderate to intensive supports in a separate classroom from general education peers for the majority of the day. Principal William Hook said that at 80 students, CHSAS'

Cluster program is the largest CPS school-integrated Cluster program for students with special needs.

The program ended with Principal Hook exchanging plaques with leaders of NLFR, including CEO Rudy Arredondo.

"We commemorate today and every day going forward with these plaques," Hook said.

Eugene Pickett, deputy director of NLFR, said that he hopes his organization continues to partner with CHSAS and other schools around the country.

"Our dream is to have many more institutions across America doing something like this," Pickett said. "This is like a dream come true."

For more information about CHSAS, visit [www.chicagoagr.org](http://www.chicagoagr.org). For more information about NLFR, visit [www.NLFR.org](http://www.NLFR.org).

## Farm Crawl 2022 is in the books!

This year's crawl saw 24 new and returning member Farm/Ag businesses opening their doors to members and public, showcasing Cook County's agricultural diversity! Crawlers were able to participate in many experiences including farm, animal, and greenhouse tours, Fall Festivals, Fall Planter workshops, Kokedama plant artform workshop, U-Picks, fresh produce, herbs, honey, feed and seed, flowers, perennials, pumpkins, mums, discounts, 2 for 1's, freebies and more!

A giant shout out to our 24 businesses, CCFB volunteers, and you – the CRAWLERS for making this event a success: 61st St Farmers Market, Barn at 50 acre Park, Big John's farm Market, Brandau's farmstand, Bulterma's Farm & Garden Center, Clarke's garden Center, Crete garden Center & Nursery, Demonstration farm at U of I Extension, Goebbert's Farm & Garden Center, Honey Bee Garden Farm, Kopping Farms, Ludwig's Feed Store, M&D Farms, Melka's Garden Center, Puckerville Farms, Ray's Quality Greenhouse, Schroder's Garden Center, Smits farms, Ted's Greenhouse, The Feed Store, VanderGriend's Farm Market, Historic Wagner Farms, Whiskey Acres Distilling Co, Farm on Ogden-Windy City Harvest, Ellen, Katrina and the C/M Team!



Diana from Schroeders Garden Center in Worth



Brandaus Farmstand in Mokena



Whiskey Acres in Dekalb



Member Kim Farmer at Planter Workshop hosted by Schroeders Garden Center in Worth



Teds Greenhouse in Tinley Park



Melkas Garden Center in Mokena



Mariola Bisakowska, Crops and Gardening



Becky Glimco, Farm Animals



Donnie Carlson, Crops and Gardening



Zoe McManmon, Farmers Markets



Lisa Nehls, Farm Animals

# Cook County Farm Bureau Summer Selfie Contest Winners

The Member Relations Team sponsored the Summer Selfie Contest for June, July, and August submissions. The photos will be featured in various publications, on our website, social media, etc. We thank all members who joined in the fun to participate and congratulations to all the winners! Below are some of the winning photos. All contest photos can be found on our website at [www.cookcfb.org/membership/summer-selfie-contest](http://www.cookcfb.org/membership/summer-selfie-contest). Thanks for a great crop of photos and fun this summer!



Lisa Challenger, Crops and Gardening



Mary Jo Ingolia, Farmers Markets

## We Welcome New Voting Members!

The Cook County Farm Bureau Board of Directors welcomes the following Cook County Farm Bureau members who joined the organization or reclassified their membership recently to Regular\* or Professional Status\*\*:

- |                               |                             |
|-------------------------------|-----------------------------|
| Mary K Nielsen – 50 acre farm | Lisa Hansen – Braun         |
| Stelor Astabuck               | Dsean Ruane                 |
| Barbara Pillow Sidibeh        | Stephanie Vojas Taylor      |
| Emy Brawley                   | Douglas Croft, Sr.          |
| Andy Williams                 | Rover Worldwide             |
| Neil and Tracy Charlet        | Peter Converse              |
| Olga Arias                    | Janusz and Katarzyna Gaidyn |
| Dominic Balmaseda             | Daniel Kucharzak            |
| Melissa Drozd                 | Catherine Goleash           |
| Brigid Hansen                 |                             |

Regular and Professional member status is important in the support of the Cook County Farm Bureau's efforts at advocacy, education, and public relations.

FarmWeek, the largest weekly agricultural newspaper in the state of Illinois, will provide great up-to-date information about agriculture issues, production, and news. Voting rights and leadership opportunities come as a part of the membership.

We also thank the many new Associate members that joined the organization to access our membership benefits and services over the past few months. We look forward to serving you as well!

*\*A Cook County Farm Bureau regular voting membership is required of all who join our association that have a vested interest in and receive income from the production of farm products as an owner or operator of a farm business.*

*\*\*Professional voting membership status is available to all those employed in agriculture related occupations, even with no farm income. If you are interested in this Level membership and the benefits it carries, please contact CCFB at 708-354-3276 or go to [www.cookcfb.org](http://www.cookcfb.org)*

## Members Engage on Priority Issues

Cook County Farm Bureau® routinely engages in action on priority legislative issues. We appreciate those members who engaged in 75% or more of action requests including:

### Board Members

- |                   |               |             |
|-------------------|---------------|-------------|
| Dan Biernacki     | Pat Horcher   | Mike Rauch  |
| James Bloomstrand | Gerry Kopping | Mark Yunker |
| Roger Freeman     | Janet McCabe  |             |
| Jim Gutzmer       | Todd Price    |             |

### Governmental Affairs Committee Members

- Cindy Gustafson  
Kim Morton

### Members

- |                 |               |             |
|-----------------|---------------|-------------|
| Marilyn Barengo | Karen Gutzmer | Kevin Snow  |
| Karen Biernacki | Joseph Rojek  | Doug Yunker |

### Staff Members

- |            |               |              |
|------------|---------------|--------------|
| Bob Rohrer | Bona Heinsohn | Debbie Voltz |
|------------|---------------|--------------|

Recent priority legislative issues include changes to the Waters of the U.S., responsible use of Atrazine, and the Inflation Reduction Act.

## Cook County Commissioners Named "Friend of the Farm Bureau"

Numerous Cook County Commissioners were named 'Friend of the Farm Bureau' in recognition of their voting records on issues related to Farm Bureau policy including revisions to the county's ethic ordinance, public facing rules, tax district debt disclosure ordinance, Independent Revenue Forecasting Commission, and a resolution naming Monarch Month.

**Commissioners receiving the 'Friend of the Farm Bureau' award are:**

- |                             |                             |
|-----------------------------|-----------------------------|
| Alma Anaya, district 7      | Bill Lowry, district 3      |
| John Daley, district 11     | Donna Miller, district 6    |
| Dennis Deer, district 2     | Stanley Moore, district 4   |
| Bridget Degnen, district 12 | Kevin Morrison, district 15 |
| Brandon Johnson, district 1 | Sean Morrison, district 17  |

'Friend of the Farm Bureau' awards are determined based on an elected official's voting record and are purchased using political action committee funds. All awards are (or will be) properly reported to the Illinois State Board of Elections.

# Planting Seeds

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



**Katrina J.E. Milton**

On September 13, I traveled to Bloomington to the Illinois Farm Bureau to meet with other new county ag literacy coordinators from throughout the state.

The new coordinators hold the same job title as me, but our jobs couldn't be more different.

One coordinator oversees ag literacy programming for three counties, and two oversee programs for two counties. Only one other coordinator holds the position as a full-time job, the others work part-time. Most of the coordinators have ag and education backgrounds; they come from farming families and have previously worked as teachers.

Their approach to agricultural literacy is also different: most of the communities they serve live rurally, and if students do not live on a farm, they are familiar with farming practices and agriculture.

During the 2021-2022 school year, Cook County's Ag in the Classroom program reached 811 classrooms in 334 schools and 17,240 students. Many of the coordinators' towns don't even have 17,000 residents. One coordinator mentioned only having four schools in their entire county.

Attending the meeting made me realize how important agricultural education in Cook County is. Most of Cook County's young students have never visited a farm or raised chickens or helped harvest acres of crops, all activities in other counties routinely have the access and the ability to pursue.

A running joke in the ag literacy world is that our job is to teach students that chocolate milk doesn't come from brown cows. But teaching students about cows when they have never seen one in person – or may never see one – is entirely different from teaching students from dairy farming communities.

I am grateful for the opportunity to have attended the new coordinator meeting, where I was able to meet the other new coordinators, share our contact information, and know that we can rely upon each other as resources and references.

The meeting made me realize that it's not one county

seeking to out-educate another. It's not a competition over the number of students reached or programs offered. It's not a comparison between rural or urban. It's everyone in the 90 out of 102 Illinois counties that have farm bureaus working together for one common mission and one collaborative goal: bring agricultural education to the students, families, and communities of Illinois – and to teach them that chocolate milk doesn't come from brown cows.

**Katrina can be reached at [aitc@cookcfb.org](mailto:aitc@cookcfb.org).**



## 'AGRICULTURAL CAREERS ARE FOR EVERYONE:'

# How Indian American Sim Sandhu is breaking down racial barriers and encouraging diversity in Illinois Agriculture



**Sim Sandhu**

Sim Sandhu has advice for students thinking about their future career field: "Whatever you want

to do professionally, you can find it in ag."

Sim Sandhu is the manager of business analytics and innovation with the Illinois Farm Bureau. Although he was born in Bloomington and lived there for most of his life, Sandhu is not a farmer – and he doesn't have a farming background.

His parents farmed in India before they emigrated from India in the 1980s. He has visited his

father's family farm in India while there on vacation.

"It isn't anything like the farms we know and see here in Illinois," Sandhu said. "It is small, and they use very little equipment. Four families work on the farm together. They grow a little bit of everything. Whatever they want to eat over the next few months, they grow it."

Growing up, Sandhu didn't dream of one day working for the Illinois Farm Bureau. He didn't really know much about the farm bureau until he heard about an internship available through a friend that worked for COUNTRY Financial's human resource department, which also oversees the farm bureau's HR.

At that time, about 10 years ago, Sandhu was working on

his undergraduate degree in an IT-related field and was working part-time at Best Buy.

"It was around that time that I realized that as much as I like technology and computers, I didn't want it to be my 9-to-5," Sandhu said. "I wanted it to be more of a hobby and an interest than a full-time job."

Sandhu later received a graduate degree in economics, which he describes as "combining math and what goes on in the world." Sandhu decided to stay in the agricultural industry "because it is ever-changing, and I want others to realize that agricultural careers are for everyone."

"When most people think of agriculture, they think of an old white man in overalls standing out in a field," Sandhu said. "But

the industry isn't like that at all. Ag industry is very diverse. The question shouldn't be 'How do I become a farmer?' it should be 'How do I get into the ag industry?' At the Illinois Farm Bureau, there are five divisions: legal, finance, news and communication, PR and programs, and governmental affairs. There are so many career options in ag. You don't have to be a farmer."

Sandhu hopes to encourage more youth to consider jobs in agriculture.

"We need people from all walks of life sharing their diverse voices," he said. "We need farmers' perspectives, but we also need 20 more perspectives, everyone sitting at the table."

Sandhu recently started the

Sandhu Minority in Agriculture Scholarship, which is administered through the IAA Foundation, the charitable arm of the Illinois Farm Bureau. The annual scholarship will be available to racial minority students from Illinois interested in a career in agriculture.

"I want everyone to know that everyone can have a career in ag if they're passionate about the industry," Sandhu said. "Don't look for a path to follow. Look at what you like to do and make that your own. Take a leap of faith. You'll never know if the position you were interested in turns into the career you love."

Sim Sandhu can be reached via email at [ssandhu@iflb.org](mailto:ssandhu@iflb.org).

## Fall Teacher Workshop

### Earn 2 Free PDCH



"THANKFUL FOR FOOD AND HARVEST"  
THURSDAY, OCT. 13, 2022 4:00-6:00 PM

Registration Required;  
email Jill at [aitc2@cookcfb.org](mailto:aitc2@cookcfb.org)

## WANTED: FARM WRITERS FOR ADOPTED CLASSES

Illinois Agriculture in the Classroom's popular Adopt a Classroom program is returning, but needs more farmers to write students.

Two dozen Chicago-area teachers want to participate and share stories about farming with their students. At least five more farmer writers are needed as the program kicks off.

The writers could be a farm family, county Farm Bureau committee, 4-H club or FFA chapter. From fall through spring, farm writers share what they are doing on their farms and farm life experiences. They may write letters, send emails, photos, videos or even TikTok short videos.

Students correspond with their farm writer and send questions and comments about agriculture topics or their farmer's farm.

### INTERESTED?

Complete the form at <https://iaitc.co/AAC22-23>.  
Email questions to [aitc@iflb.org](mailto:aitc@iflb.org).

# Agriculture Adventures for Families

## Harvest

- the process of gathering a ripe crop from a field, from the Old English word "hærf-est," meaning "autumn," "harvest time" or "August."

## History

In 1835, inventor Hiram Moore of Michigan built and patented the first combine harvester that could reap, thresh, and winnow cereal grain. The first combine was 17 feet long and had a cut width of 15 feet. Operators needed 20 horses to pull the equipment through a field.  
Source: [www.farms.com/ag-industry-news/7-agricultural-firsts/](http://www.farms.com/ag-industry-news/7-agricultural-firsts/)

In 1911, California led the charge of manufacturing self-propelled combines with the Holt Manufacturing Company. Prior to the combine, the typical threshing crew consisted of 20 to 30 workers, while a combine required only four or five men.

Beginning in 1915, International Harvester released its first line of tractor-pulled combines with an engine aboard that powered the threshing mechanism. J.I. Case and John Deere introduced their tractor-pulled combines in the 1920s.

In 1925, Holt and Best merged to form Caterpillar and dominated the combine market. In 1936, Caterpillar sold the entire combine line to Deere and Company, to concentrate on crawler tractors.

In 1975, New Holland introduced the first commercial twin-rotor combine, which is still in use today.  
Source: <https://ironsolutions.com/a-brief-history-of-the-combine/>

New models of combines can range in price from \$400,000 to \$700,000. With the additional cost of attachments, costs can rise to more than \$1 million.

Combines are divided into classes based on their power. Classes are defined by the Association of Equipment Manufacturers. The class of combine is determined by the model's horsepower: the higher the horsepower, the higher the class number. Most new combines sold are Class 7 or larger, which is greater than 323 hp.

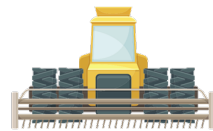


The combine harvester, also known as the combine, is a machine designed to efficiently harvest a variety of grain crops. The name derives from its ability to "combine" three separate harvesting operations:

**Reaping** – the process of cutting a crop for harvest, typically using a scythe, sickle, or reaper.

**Threshing** – the process of loosening the edible part of the crop from the straw to which it is attached.

**Winnowing** – the process by which chaff is separated from grain via blown air. Chaff is the seed coverings and other debris separated from the seed during the threshing process.



### Crops harvested with a combine include:

Barley

Corn

Flax (Linseed)

Oats

Rapeseed

Rice

Rye

Sorghum

Soybeans

Sunflowers

Wheat



Case Combine, c.a. 1900

Source: Zechariah Judy from Idaho Falls, ID  
J.I. Case combine and crew with 20-mule team pulling the machine, c.a. 1900



John Deere Combine

Source: [www.deere.com/en/harvesting/s-series-combines/s/](http://www.deere.com/en/harvesting/s-series-combines/s/)



Case IH Combine

Source: [www.caseih.com/northamerica/en-us/products/harvesting/axial-flow-combines/](http://www.caseih.com/northamerica/en-us/products/harvesting/axial-flow-combines/)



New Holland Combine

Source: [www.assets.cnhindustrial.com/nhag/nar/en-us/assets/pdf/combines/](http://www.assets.cnhindustrial.com/nhag/nar/en-us/assets/pdf/combines/)

### Choose your prize:

Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR 2 AMC Movie Tickets.

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

Mail to: Cook Co. Farm Bureau

Ag Adventures Word Search

6438 Joliet Rd

Countryside, IL 60525

Fax to: 708-579-6056

Email to: FBcooperator@gmail.com

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

Good luck!

## October Word Search

Autumn  
Combine  
Crops  
Cutting  
Engine  
Field  
Grain  
Harvest

Horsepower  
Machine  
Process  
Reaping  
Seed  
Threshing  
Tractor  
Winnowing

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

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

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

Membership #: \_\_\_\_\_

(Membership # is located on front of paper)

If you were to win, check your preference:

\_\_\_Beggar's Pizza GC \_\_\_HRI GC \_\_\_Movie Tix

(If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.

## Last Month's Word Search Winner Is...

**Tracy VanVuren**

OCTOBER 2022 **Farm Gate**  
by Joanie Stiers



# “Til Death Do Us Part” Farmers share profound commitment to the land

Grandpa expressed concern about three things when he left the hospital: Getting home to the farm. Making sure the yard was mowed. And checking that the crops were planted.

He died on May 21 in a makeshift bedroom in the

farmhouse living room on the farm where he had raised crops, hogs, cattle and a family. The grass had been mowed, and we finished planting corn and soybeans 48 hours before his death.

This fall, we harvest the first

crop without our “S-1,” his call sign on our two-way radios. Rather, our family and employees remember him across the terraces at Ostroms, the timber-lined fields of the Hurlbutt farm, and the rich and flat black soils of the Billtown 80 field. We sense him in the calm, pre-dawn air as early as 4:30 a.m., when he witnessed the earth wake around him. And we see him in our pastures, where his cows’ genetics live on in our farm’s herd today.

I cannot adequately express the powerful connection farmers have to the land – to take care of it until death do them part. The land intertwined with each of Grandpa’s dying wishes. And while his body shut down, we determinedly fulfilled one wish while planting the same fields he had cared for during his career the previous half century.

Throughout Grandpa’s lifetime, he witnessed some of the most incredible advancements in agriculture. U.S. farm production tripled with innovations in animal and crop genetics, chemicals and equipment that reduced environmental impact while improving productivity. As a youngster, Grandpa’s family used horses to plow, plant and cultivate. By age 80, he operated a 500-horsepower tractor hands-free, guided by satellites. Until 85, Grandpa and I worked together during fall harvest, operating grain auger carts that took turns collecting grain from the combines and then filling the grain trucks. After school, the kids called dibs for a ride in

the tractor with “Gramps” to enjoy both his company and the red licorice that Granny packed in his lunch box.

The week of Grandpa’s death, my brother and I stopped to see him one morning before heading to the field. We talked about crops, cattle, the weather and my new roles with equipment operation on the farm. I choked to silence when his hands clenched mine at my departure. His palm, fingers and knuckles were as thick, stout and strong as any working hand could come.

“One thing I never got to do was ride with you in the tractor,” he said.

He rides in my heart.

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

**UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)**

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(4)	Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	25	25
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\* If you are claiming electronic copies, go to line 16 on page 3. If you are not claiming electronic copies, skip to line 17 on page 3.

PS Form 3526, July 2014 (Page 2 of 4)

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18. Signature and Title of Editor, Publisher, Business Manager, or Owner  
 Robert A. Rohrer, Manager  
 Date: 9-13-2022

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

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## Family Farm & Food Bytes

### ARE FARMLAND VALUES NEAR A PLATEAU?

Farmland values continued to climb the first half of 2022 in Illinois, according to the Illinois Society of Professional Farm Managers and Rural Appraisers (ISPFMRA). “In the

first half of 2022, we’ve seen on average of an additional 18% increase in farmland values,” Luke Worrell, of Worrell Land Services and chair of ISPFMRA’s land values and lease trends program, told the RFD Radio Network.

This comes on the heels of an average increase in farmland values of 24% statewide in 2021.

The surge in farmland values is the result of everything from historically-high commodity prices and rising investor interest to the overall inflationary environment in the U.S. and low interest rates.

But now, with tightening farm

margins and higher interest rates compared to the last few years, more than half of ISPFMRA members feel the farmland market possibly reached a plateau and will settle near current values the second half of the year.

USDA’s National Agricultural Statistics Service (NASS) recently released its annual estimates of average cash rental rates in Illinois.

The state averages this year are \$243 per acre for non-irrigated farmland (up \$16 from 2021), \$259 for non-irrigated land (up \$17) and \$39.50 for pastureland (down \$1.50).

For more information about the annual NASS cash rent report and a county breakdown, visit [nass.usda.gov/Statistics\\_by\\_State/Illinois](https://nass.usda.gov/Statistics_by_State/Illinois).

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**Growing To Serve You Better**

# Mum MANIA

**With Cook County Grower Carl Smits**

On this Illinois Farm Bureau Partners podcast, local Cook County farmer Carl Smits joins Jenny Matheny from Fayette County for a conversation about mums and how individuals can keep them looking great and maybe even return for an encore performance next year.

**LISTEN HERE:** <https://www.speaker.com/user/11445384/final-partnerspodcast-mummania-methenyj->

**OR Scan the QR Code**



# Manifolds, Manolos, and Manure By Bona Heinsohn, CCFB Director of Gov. Affairs and Public Relations



**Bona Heinsohn**

Article three, Section three of the Illinois Constitution provides that all elections shall be free and

equal. Although this provision has varied slightly in versions of the Constitution, it generally means that qualified voters

may freely express their vote and that each person's vote has the same influence as their neighbor's.

What the Constitution doesn't speak to is society's prevalent negativity. Rampant partisanship. Deep ideological divisions among voters. An article in Pew Research highlights that voters just don't view political parties negatively, they view individuals in those parties

negatively. Regardless of political affiliation, individuals view others with different political views as closed-minded, dishonest, immoral, and unintelligent. Perhaps what's most worrisome is that despite negative partisanship being at an all-time high, it continues to increase.

Also at an all-time high is frustration with the two-party system and political parties themselves. Neither party is

popular with the public. Which of course begs the question, are political parties still relevant?

Is Illinois' open primary system still the best approach? Simply stated, Illinois' primary exists so voters can choose which candidate they think should represent the party in the general election. In Illinois, voters don't have to register with a party but they do have to select a Republican or Democrat ballot at the time of voting in a Primary Election.

Open primaries are a primary in which voters don't have to formally affiliate with a party but may have to select a party ballot at election time. Twenty-one states, including Illinois, operate with an open primary.

USA Today once argued that open primaries produce more moderate candidates, candidates that can win in the general election. Additionally, open primaries are thought to bring people together and to promote accountability. On the flip side, Andrew Gripp penned a piece for the Independent Voter Network that argues that parties' freedom of association is violated by forcing voters to select a ballot. In a separate piece, on a separate day, a party chairperson suggested that open primaries enable political parties to sabotage the nominating process of other parties. Hello shell candidates. Candidates with similar names. Candidates from one political party who run with the other designation behind their name.

Queue Illinois politics.

Alternates to an open primary are a closed primary and a semi-closed primary. In a closed primary a voter must formally affiliate with a political party before the election. Whereas in a semi-closed primary unaffiliated voters may participate in the partisan primary of their choice. They all kinda sound similar, don't they?

Perhaps the two most interesting alternatives are a top-two primary and a top-four primary. In a top-two primary all candidates are listed on the same primary ballot and the top two vote getters regardless of their party affiliation advance to the general election. Similarly, a top-four primary advances the top four vote getters to the general election.

Arguments for these types of primary center around the idea that top-two or top-four primaries can mitigate the influence of political parties while bolstering the voices of voters. Chicago uses a somewhat similar process for their municipal elections. Proponents argue that top-two or top-four primaries have the potential to advance more moderate candidates to the general election. Reduce political parties' influence. Eliminate having to declare a party at election day. And offer more voting choices.

**Bona can be reached at [Bona@cookcfb.org](mailto:Bona@cookcfb.org).**

## Forest preserve ballot **QUESTIONS**

In November, voters will be asked to approve or deny a property tax increase of 0.025% or less than \$1.66 per month for the majority of property owners.

Proponents of the measure argue that the funds are needed to protect, restore, and expand the forest preserves to ensure clean air and drinking water and reduce area flooding. Cook County Farm Bureau® has not joined the "Vote Yes" coalition in support of the property tax increase. At the end of 2021, CCFB Board of Directors opted not to support the referendum due to numerous concerns about the use of the funds.

Common questions that we've received regarding the proposal include:

### What will the new funding be used for?


Ballot language is often confusing and cumbersome. In general, the funds can be used for a variety of purposes including funding projects to improve air and water

quality, reduced flooding, and wildlife protection throughout Cook County. Additionally, the Forest Preserves will use the new funding to address deferred maintenance on public lands, acquire new lands, and resolve pension shortfalls.

### When will this question be on my ballot?

The question has been approved by the Forest Preserve District board and will appear on the November 2022 ballot. Applications for mail-in ballots were available beginning August 10. In-person early voting will begin October 2. Election Day is November 8. Residents who are not registered to vote may register and cast their ballot on Election Day with two qualifying forms of identification.

Members are encouraged to contact Bona Heinsohn at [bona@cookcfb.org](mailto:bona@cookcfb.org) with questions or concerns. Additional information about the referendum will also be available in October.



## Members are reminded to

# ★★★★ VOTE ★★★★★

## November 8

		Endorsed	'Farm Bureau' Award Recipient*	Incumbent
District 1	Brandon Johnson		✓	✓
District 2	Dennis Deer		✓	✓
District 3	Bill Lowry		✓	✓
District 4	Stanley Moore		✓	✓
District 6	Donna Miller		✓	✓
District 7	Alma Anaya		✓	✓
District 9	Matt Podgorski	✓		
District 11	John Daley		✓	✓
District 12	Bridget Degnen		✓	✓
District 14	Scott Britton	✓		✓
District 15	Kevin Morrison		✓	✓
District 17	Sean Morrison		✓	✓

\*Friend of the Farm Bureau' awards are determined based on an elected official's voting record to receive an award an incumbent must have over a 77% voting record. 'Friend of the Farm Bureau' award represent an endorsement.

Paid for by the Cook County Farm Bureau Political Action Committee (Cook CFB PAC). A copy of our report is or will be available at [www.elections.il.gov/](http://www.elections.il.gov/).



Cook and Stephenson County Farm Bureaus presented Representative Fran Hurley and Senator Bill Cunningham with the 2022 Friend of Agriculture Award. Pictured left to right is Bona Heinsohn, Cook County Farm Bureau; Sen. Cunningham; Rep. Hurley; and Victoria Hansen, Stephenson County Farm Bureau. Rep. Hurley is "adopted" by Stephenson County Farm Bureau.



Senator Ann Gillespie (pictured left) received the 2022 Friend of Agriculture Award from Cook County Farm Bureau®. The Friend of Agriculture Award recognizes legislators with outstanding voting records on agricultural and small business issues. Pictured with Senator Gillespie is Bona Heinsohn, Cook County Farm Bureau.

# Farm Bureau support continues at Community Gardens through the Cookfresh Urban Community Garden Grant Program

**ST IRENAEUS PANTRY GARDEN** in Park Forest is a food production farm that produces more than 3,000 pounds of food for their pantry, used by area residents! This garden is cared for and overseen by volunteer coordinator, Dominic Balmaseda (left) and the volunteers have created a space to grow food, fruits and a garden that encourage pollinators and residents to visit. Fr. Kris Paluch (right) is responsible for the garden property and two other area parish properties.



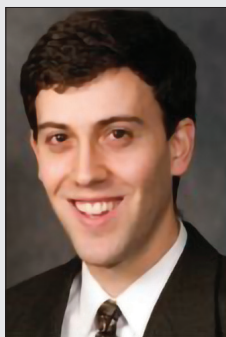
## COOK COUNTY Financial Representatives of the Month

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.



**\*ALTAF LAKHANI** has been named Financial Rep of the month for August 2022. His office is located at 2335 W Devon Ave., Ste. 207, in Chicago, IL. His phone number is 773-687-0441. Altaf has been a Financial Representative since October 2019.

**Chicago North Agency, Victoria Nygren, Agency Manager**



**\*MICHAEL WEINSTEIN** has been named Financial Rep of the month for August 2022. His office is located at 5 E College Dr., in Arlington Heights IL. His phone number is 847-749-1740. Michael has been a Financial Representative since November 2003.

**Chicago Northwest, Kevin Gomes, Agency Manager**



**\*TIMOTHY PERCHINSKI** has been named Financial Rep of the month for August 2022. His office is located at 29 E. 34th St., in Steger, IL. His phone number is 708-754-7300. Tim has been a Financial Representative since December 2002.

**Chicago South Agency, Sharon Stemke, Agency Manager**



**\*JIM ANDRESEN** has been named Financial Rep of the Month for August 2022. His office is located at 17605 S Oak Park Ave., Ste. C & D, in Tinley Park, IL. His phone number is 708-633-6490. Jim has been a Financial Representative since January 2003.

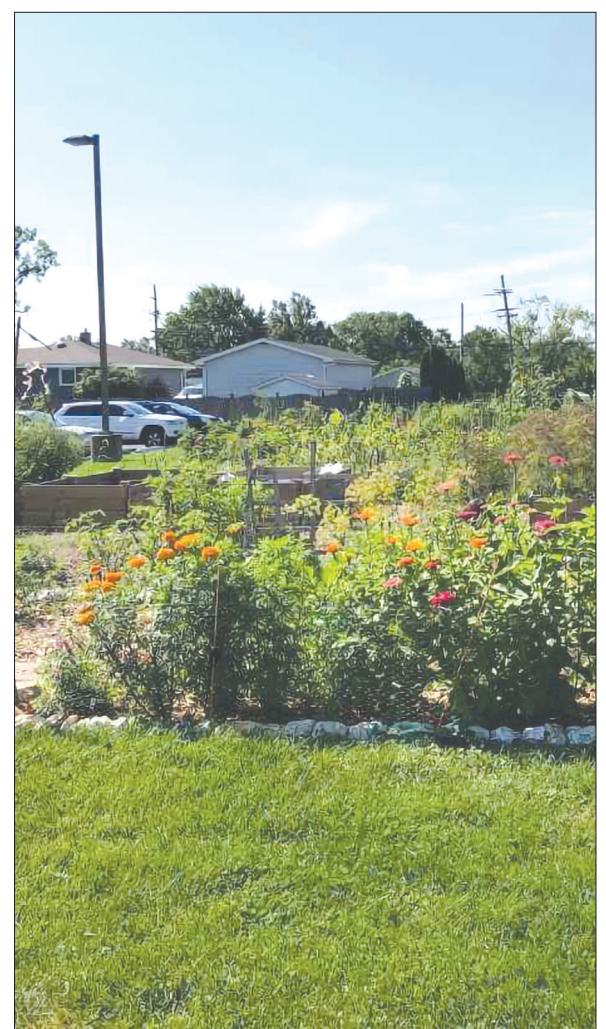
**Orland Park Agency, Cary Tate, Agency Manager**

*\*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.*



### OAK FOREST POLLINATOR GARDEN

located in Oak Forest is a community pollinator garden that was established in 2021 and is an extension of the community food garden. The garden educates the citizens of Oak Forest and surrounding neighborhoods, with in-garden presentations on the importance of pollinators in food production and the environment.



# This month in Cook County Agriculture...

**(Urban) Foraging** presented by the Plant Chicago on Sat, October 15, 2022, 10:30 AM – 12:30 PM at the Plant Chicago, 4459 South Marshfield Ave, Chicago, IL 60609; Tickets: \$25 – \$45. Urban Foraging: the ancient art of gathering plants and fungi for food, medicine, ceremony, utilitarian uses, and connection, now within the city. This class is great for beginners-intermediate plant lovers and foragers. There will most likely be some foraged treats to taste, so come with an adventurous appetite to taste your landscape! Recipes provided.

**CDBA (Cook DuPage Beekeepers Association) Fall Picnic**, Saturday, October 22, 12 – 3:00 pm, Churchill Woods Picnic Shelter is located at: 1059 W. St. Charles Rd, Lombard. The CDBA October Fall picnic at Churchill Woods in Lombard from noon to 3pm. We will be grilling on-site this year! An email will be sent soon asking you RSVP and to choose a grilled meat or a grilled vegetarian option. Everyone should plan on bringing a side dish or a dessert. A \$10 per person fee will be collected with half going to the Club and half going into a 50/50 raffle to be drawn at the picnic. Join us and you might be the lucky raffle winner!

**A Family Halloween** at Historic Wagner Farm on Sunday, October 23, 2022 3pm-6pm. The farm is transformed into a spooky site with ghostly cows and haunted hay rides. Kid friendly activities include haunted building, arts and crafts, and ghoulish games. Limited admission. Wagner Farm 1510 Wagner Rd Glenview.

**Agroforestry 101 Webinar:** How trees can support farms and landscapes, Illinois Extension webinar, Oct. 26, 2 to 3 p.m. The webinar will focus on agroforestry

practices that are perfectly suited for farm landscapes across Illinois. Using real-world examples from working lands, we'll cover how to incorporate trees and perennials into landscape for conservation, profit, and beauty through multi-functional windbreaks, hedgerows, alley cropping, and riparian buffers. For more information and to register, visit [www.bit.ly/3drMwg2](http://www.bit.ly/3drMwg2).

Illinois Extension in Cook County offers five **live virtual horticulture workshops** at no charge, but registration required, and space is limited. Cook County Zoom Workshops are on the following dates from 6-8 p.m.

- October 11, 2022 Landscape Design
- October 25, 2022 Season Extension
- November 1, 2022 Native Plants and Conservation@Home
- November 29, 2022 School and Community Garden Management
- December 13, 2022 Researching Plant Questions

*This article is for local farmstands, farmers' markets, chefs and restaurants, and organizations that are hosting farm-related activities, events, workshops, and gatherings that will occur soon.*

*To promote your activity, email [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org) or call 708-354-3276 by the 15th of the month. Please include your name, the event date/time, a one-sentence description of the event, and how a reader can obtain further information in the email. We will edit submissions based on space allowances in the publication. In addition, we will post farm, garden, or livestock related photos on our social media platform if you forward those to: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org).*

## CLASSIFIED ADS

All ads that we receive for The Co-Operator are also listed on our website at [cookcfb.org/membership/classifieds](http://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](mailto: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

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

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

Antique rocking chair with matching ottoman. Chair is 100 years old and was reupholstered 10 years ago. Ottoman was created 25 years ago to match chair. Wood on chair needs refinishing and regluing. \$125. Call or text 602-717-2577.

Brown leather couch, 8ft long, in perfect condition, \$250. In the Barrington area, call Mike at 847-910-5745.

"Grasshoper Quik-D-Tatch vacuum grass catcher with

Model 15 Lever Actuated Hopper, 618 Mount Kit, and Model 948/52 Vacuum and Drive Assembly. Must pick up. \$1700 OBO. Pictures can be emailed upon request. Sue can be reached at 708-349-0627.

Quality leather sleep sofa, Hancock & Moore, Emerald Green \$4000, when new, excellent condition. \$475. Or best offer. Call Dee 630-664-2230.

Tow behind 36-inch-wide roto tiller, in good condition. Please call 847-975-6615

Antique 1870 Buggy Tongue with double tree, and two single trees \$100. Call 847-975-6666.

Electric Stove 4 burner glass top, Free. Motorcycle CX650 turbo Honda, \$9900. 2001 Harley Davidson bagger, \$7000 obo. Call 815-464-5747.

### WANTED

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

Wanted to buy heavy metal, rock & roll, blues, jazz, albums, 45's. Rock & Roll, heavy metal, Harley Davidson t-shirts and jackets, and memorabilia etc. Call 708-361-8230.

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

One thing to buy your electric trains and slot cars turn those unwanted trains and slot cars into cash. Call Ron 630-272-4433.


Cook County Farm Bureau is seeking bids on snow removal services at 6438 Joliet Rd. Countryside, for the 2022 season...active membership is a plus but doesn't guarantee contract. Contact Melanie at 708-354-3276 for those interested in submitting a proposal.




**FALL INTO Savings**

**MEMBERS CAN SAVE EVERY DAY!**


Cook County Farm Bureau has a variety of benefits and discounts that offer savings. Here are just a few ways you can save...



Save on Residential Mowing, Commercial Mowing, Utility Vehicles & Tractors. CCFB Members can sign up to receive an automatic John Deere Rewards membership upgrade to Platinum 1, which unlocks BIG SAVINGS on select agriculture and turf equipment. Platinum 1 members will also receive monthly offers for Rewards-exclusive discounts on parts, merchandise, and much more!\*



In need of new car tires? Visit any of Cassidy Tire and Service's 14 Chicagoland locations for discount towards tires, brakes, oil changes, batteries, and nitrogen(if available). Present your Cook County Farm Bureau Membership Card for a 10% discount of your total purchase.



Farm Bureau members receive discounts on equipment and supplies from Grainger, PLUS free standard ground shipping on standard Grainger products. To save, you'll need the Farm Bureau account number.\*

\*FOR DETAILS & MORE INFORMATION ON MEMBER BENEFITS, PLEASE VISIT: [COOKCFB.ORG/MEMBERSHIP/MEMBER-BENEFITS](http://COOKCFB.ORG/MEMBERSHIP/MEMBER-BENEFITS)



**WE ALL NEED SOMEONE WE CAN TALK TO**

CALL OR TEXT  
**1-833-FARMSOS**  
(833-327-6767)

EMAIL  
[FarmFamilyResourceHelpline@mhsil.com](mailto:FarmFamilyResourceHelpline@mhsil.com)

VISIT  
[siumed.org/farm](http://siumed.org/farm) for more resources

Someone is always here to listen. Anytime. Anywhere. We know the struggles of farming and are here to help.

Telehealth counseling sessions with SIU Medicine counselors are available for those in need of additional support. Up to six individual, couple or group sessions are available at no cost to the farmer or farm family member with the support of grant funding.

### FREE CLASSIFIED ADS

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 our office by the 17th of each month. Ads received after the 17th will be in the following month's paper.

#### CATEGORY:

- For Sale  For Rent  Wanted

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

# 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](http://www.cookcfb.org). Scan our QR for our Events Calendar.

## Workshop on Preparing Wills and Trusts and Transferring Non-Titled Property (Estate

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

Do you need to update your will? Do you know what to do in preparing a will and a trust? Do you understand what probate court is? This program will provide the advantages and disadvantages of preparing a will and trust. The program will inform you what types of information you will need to gather and decisions you will need make before meeting with a lawyer to prepare a will or trust. Also, tips will be shared on what to look for in choosing a lawyer and where to locate a lawyer for this task.



**DATE:** Thursday, October 6  
**TIME:** 6:30-8:00pm

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

**LOCATION:** Zoom (the Zoom link will be emailed to all participants the evening before the class)

**REGISTRATION:** Call the CCFB at 708-354-3276

## Shred Day

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

**DATE:** Saturday, October 15

**TIME:** 10am-12pm

**LOCATION:** 4200 Euclid Ave., Rolling Meadows

**PRICE:** No Charge



**REGISTRATION/DESCRIPTION:**

Call the CCFB at 708-354-3276 to make a reservation

## Make a Holiday Swag for Your Door or Mantle Workshop at West End Florist & Garden Center

Join us as we begin the holidays in making a winter Holiday Swag workshop, led by co-owner and general manager Elizabeth!

**DATE:** Saturday, November 19, 2022

**TIME:** 10:00 am -11 am

**FEE:** TBD; Member and guest fee includes all materials.

**LOCATION:** West End Florist & Garden Center 3800 Old Glenview Rd, Evanston

**REGISTRATION:** Call the Farm Bureau at 708-354-3276 or members online at the Member Center at [www.cookcfb.org](http://www.cookcfb.org).

**REGISTRATION FEE:** \$45.00, 28" - 36" mixed winter evergreens, pinecones and bow \$45.00 per made swag



## Beginning Beekeeping Course In Person at the CCFB

Beekeeping for those interested and never kept bees and beekeepers looking to learn and overcome challenges of bee loss and keeping bees sustainably.

**DATE:** Saturday & Sunday, March 11-12, 2023

**TIME:** 9:30 am - 3:30 pm

**LOCATION:** Cook County Farm Bureau 6438 Joliet Rd Countryside 60525

**FEE:** \$75.00 for members of CCFB or CDDBA. \$100.00 for non-members; ask how to join!

**REGISTRATION & PAYMENT:** Call the Farm Bureau at 708-354-3276; For additional information, email Debbie at [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org).



# ABC'S OF FOOD

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

This month

"I"

## ICEBERG LETTUCE

**Similar greens to Iceberg Lettuce:**



**Romaine Hearts  
Finely Shaved Cabbage  
Belgian Endive**

Iceberg delivers a 2 out of 5 for color with the core delivering a more pale color and the outer leaves a deeper green hue

*Lettuce contains substances (Zeaxanthin) that promote Eye health.*

People usually consume Iceberg lettuce fresh, either in salads or in other foods, such as sandwiches or burgers.



**Nutritious**

Provides the human body with protein, minerals, iron and plenty of vitamins (vitamin K, vitamin C, vitamin A, etc.).

**ICEBERG DELIVERS A 5 OUT OF 5 FOR TEXTURE WITH THE HEART OF THE HEAD DELIVERING THE MOST CRISP TEXTURE.**

Top 5 lettuce producing countries are:



China  
USA  
India  
Spain  
Italy

Next month...Jicama

## Dial 988

# To Connect with a Counselor

In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline. The 988 number became active on July 16, 2022.

Within the membership of the Cook County Farm Bureau, we have seen some members struggle

with mental health related issues. We want to make sure that our members know that the 988 number is a quick access lifeline. Members can talk to a professionally trained counselor and find other potential resources in the local community to provide potential relief and support.

## ShopLocal FALL IS HERE!

This directory is a MUST-HAVE resource where you will find diverse local food and agriculture businesses in Cook County, local farmers' markets, and more to help with fall purchases, local food, and fall fun experiences!

<https://cookcfb.org/discover-local/shop-local/online-directory>