



COOK COUNTY GO-OPERATOR

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

Mark Your Calendar



November

15th Tree Science Teacher Workshop **PG 8**

19th Make Holiday Swag Workshop **PG 12**

January

24th Zoom Book Club **PG 12**

February

7th / 21st Zoom Book Club **PG 12**

Save the Date

March 11th & 12th

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, or contact the office at 708-354-3276. You can register for most programs by using the member service center at www.cookcfb.org.

Question of the Month



New membership travel discount programs have been made available to Cook County Farm Bureau members through the Illinois Farm Bureau. **Can you name one of our new travel discount programs?**

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

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

October Winner: Michael Bavier

Question: Congress approved the nationwide three-digit number "988" for what purpose?

Answer: Dial 988 - To connect with a counselor



GIANT PUMPKINS This year's Giant Pumpkin contest was filled with great pumpkin desserts, honey, and a few giant pumpkins. Congrats to pumpkin carver winners **Mary Gavenda**, 1st place with her Owl pumpkin carving design (left), **Daisy Rivera**, 2nd place (middle), and first-time carver contestant, **Joe Gavenda** took 3rd place (right). *See page 5 for more photos and results.*

Record Turkey Prices Expected

AS THANKSGIVING APPROACHES

Families can expect to pay record high prices at the grocery store for turkey this upcoming holiday season thanks to the impacts of the bird flu and inflation. American Farm Bureau Federation economists analyzed turkey and egg costs in their latest Market Intel.

The retail price for fresh boneless, skinless turkey breast reached a record high of \$6.70 per pound in September, 112% higher than the same time in 2021 when prices were \$3.16 per pound. The previous record high price was \$5.88 per pound in November 2015, during the 2015 highly pathogenic avian influenza (HPAI) outbreak.

Inflation is adding to the price hikes. All retail food prices were 11.4% higher in August compared to the same time last year. Despite the higher prices, there should be enough turkeys available for the Thanksgiving demand.

"All of us are feeling the pain of higher prices at the grocery store," said AFBF President Zippy Duvall. "HPAI outbreaks in the spring and an uptick in cases in



Credit: National Turkey Federation

the fall are taking a toll, but farmers remain dedicated to ensuring America's food supply remains strong."

It is important to understand that farmers aren't profiting from record high retail prices. High supply costs from feed, fuel, fertilizer and labor make raising turkeys even more expensive. USDA's most recent Farm Sector Income Forecast predicts record high total production costs, increasing by 17.8% from 2021 to \$437.4 billion in 2022.

While egg prices have come down from record highs in July, the average price for a dozen grade A eggs is \$2.34, 27% higher than the same time in 2021, and 44% above the five-year average of \$1.29.

Co-Operator: THE SAME, BUT DIFFERENT

In order to trim rising expenses we continue to face with the Co-Operator publication, we have sought out new approaches to generating and sending out the Co-Operator each month to all members of the organization. This includes new design processes and a change in printing company.

Our first issue using this new approach was the October issue. Members likely noticed late arrival in your mailbox of the October hard copy version of the publication (the electronic version e-Co-Operator was right on schedule...the first of the month).

We are ironing out the bumps that caused the delay in delivery and members can begin expecting a more consistent and timely publication arrival. Thank you for your patience as we seek to provide a quality publication that all members enjoy.

Bob Rohrer, Co-Operator editor

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!



COMBINE RIDE

Scott Elkins (right) and his neighbor, Carson, enjoyed a combine ride courtesy of Cook County Farm Bureau board member, Mark Yunker on October 11. Scott and Laura Elkins “purchased” the experience as a part of the Cook County Farm Bureau Foundation Evening for Ag Education Gala fundraiser during the live auction event in July.

Gratitude Journal



Pictured: Sherryanne Porter

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...

- Sherryanne Porter for sharing her “selfie” photo submission in the Illinois State Beekeepers Association newsletter.
- The many voting and associate members who have renewed their membership for 2023!
- Gerry and Linda Kopping for hosting Metropolitan Commissioner Kimberly Du Buclet and her staff for a fall farm visit.
- The Voting members who were kind enough to return a proxy as a part of the Cook County Farm Bureau Annual Meeting.
- Gary Weber for reaching out through the website to share his thoughts on the Forest Preserve referendum. We appreciate hearing from members!
- Board member Mike Rauch for collecting soybean plants and seeds to help us in our Ag Literacy program for the upcoming year.
- Joy and Rick Homerding of Puckerville Farms and the Commodities & Marketing Team for hosting and ensuring a successful 22nd Giant Pumpkin Contest.
- Farmers Mike Rauch and Mark Yunker for providing recent combine rides for the high bidders during the live auction of the Foundation Evening for Ag Education Gala.
- Jim Gutzmer for volunteering to represent the Farm Bureau at the Fall Shred Day in Rolling Meadows on October 15.

HOW FARM BUREAU SERVED YOU IN OCTOBER

- ▶ **Supported the repeal of the Cook County wheel tax to save money for members living in unincorporated Cook County.**
- ▶ **Advocated for the implementation of a Class 7d real estate incentive to spur the establishment or expansion of grocery stores in food deserts.**
- ▶ **Offered a free PDCH workshop on Sept. 29 for Cook County educators to learn ways to integrate agricultural topics, books, and projects into their curriculum.**
- ▶ **Engaged with members, community and local pumpkin and honey growers by hosting an annual Giant Pumpkin & Local Honey Contest at Puckerville Farms. Members were able to compete in 5 different categories for cash prizes.**
- ▶ **Introduced Travel Sherlock, Farm Bureau’s newest benefit discount platform, available to members to help with travel needs.**
- ▶ **Hosted a workshop to inform members about preparing wills and trusts.**



Co-Operator

Published Monthly

Cook County Farm Bureau

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

Downwind



BY BOB ROHRER,
CCFB Manager

Cold, snow, wind, and weather discomfort season is approaching. For me, this also means biscuits and gravy season. The season is best survived from the comfort of a country café or one's own kitchen.

Biscuits and gravy season is not like hunting season...there is no seasonal limit.

I "bagged" a great plate of Bs and Gs recently in Wisconsin at the Eagle Inn in Prairie Du Sac. The hot and creamy breakfast was made all the better coming off of 2 days of camping with my wife as night temps hovered around 32° F. The warmth of the biscuits and gravy flooded deep into my stomach and my soul with every bite. As I wrapped up the breakfast, I wondered how to get away with licking the plate. Societal norms competed with the thought that no one knows me in Prairie Du Sac. My wife subtly shook her head no.

Speaking of healthy foods...

The Food and Drug Administration (FDA) hosted a stakeholder webinar on the topic of "definition of 'healthy' on food labels". I did not see a healthy label when I ordered the biscuits and gravy breakfast but that did not stop me. We each have our own definition of healthy and I guess the FDA needs one, too, so that everyone plays by the same rules. But what is that definition?

I hear people define healthy as:

- Low-fat?
- Low in saturated fat?
- Low carb?
- High in fiber?
- Organic?
- Locally grown?
- High in protein?
- Low in sodium
- Vegetarian?
- Grass fed?

I tend to believe healthy is in the eye of the beholder.

Many food companies use of the word "healthy" for marketing purposes. Just add the word "healthy" and it must be true. In fact, why not just add the word "healthy" to the name of the product. I can think of several products that have the word healthy within their name. Are they actually healthy? It probably depends on who you ask.

Would I order biscuits and gravy if the name included the word "healthy"? Probably once

for a taste test. Today's increased attention to mental health also falls into the definition of healthy, maybe even with food. I know that my outlook on life and positive mental attitude can be greatly enhanced by a big plate of steaming hot Bs and Gs. There is a version of "healthy"!

I call on the FDA to include "comfort food" within the definition of healthy. One's mental health may depend on it.

Obviously, I used the term healthy very loosely in this article. Below is a link to the Federal Register that contains the details of the proposed healthy definition change for the purpose of food labels in great detail...87 pages worth of detail.

<https://www.federalregister.gov/documents/2022/09/29/2022-20975/food-labeling-nutrient-content-claims-definition-of-term-healthy>

I have been writing Downwind since 1988 when I started as the new manager of the Carroll County Farm Bureau. I continued writing at Adams, Kane, and then finally Cook County Farm Bureau. Over the years, it has mostly been published on a monthly basis, corresponding with the publication printing schedule of each County Farm Bureau. Originally, when I first wrote the column, the purpose was to communicate directly to members what was going on within the organization. Useful... perhaps. Boring...definitely. It was a "just the facts" update. Through the years, the column evolved to be more of a connection with members to communicate about agriculture, farm life, food, issues, and whatever else crossed my mind. I truly thank each County Farm Bureau for giving me the latitude to explore some new dimensions, make plenty of writing faux pas, and have a little fun.

Through these years, a number of different things, including family, volunteers and leaders, friends, current events, farm policy, and life in general, have influenced Downwind content. One of those influencers passed away recently. Edna Nykaza (from Steger) was a volunteer, greenhouse owner, and the spouse of former Farm Bureau president, Ray Nykaza. For 23 years, she provided feedback regarding my topics and did not hold back on her punches. She would send me a note with two thumbs up when she thought I wrote a good one. She always told me that her favorite columns were when I wrote about farm life growing up as a kid (this article may have disappointed her).

At the visitation last month, her daughter, Donna, told me that due to Edna's deteriorating health in recent months, Donna would read my column to her mother. I did not know how to respond and still do not. I am humbled by the thought. RIP, Mrs. Nykaza, you will be missed.

Cook County Farm Bureau® to Receive National Award

FOR CONSERVATION EFFORTS

Pollinators are important to the food system and ecosystem – and fun to talk about! Cook County Farm Bureau recognized urban consumers enjoy conversations about pollinators and designed a project to share farmers' efforts to preserve and increase pollinator habitats as well as to illustrate the connection between pollinators and the food system.

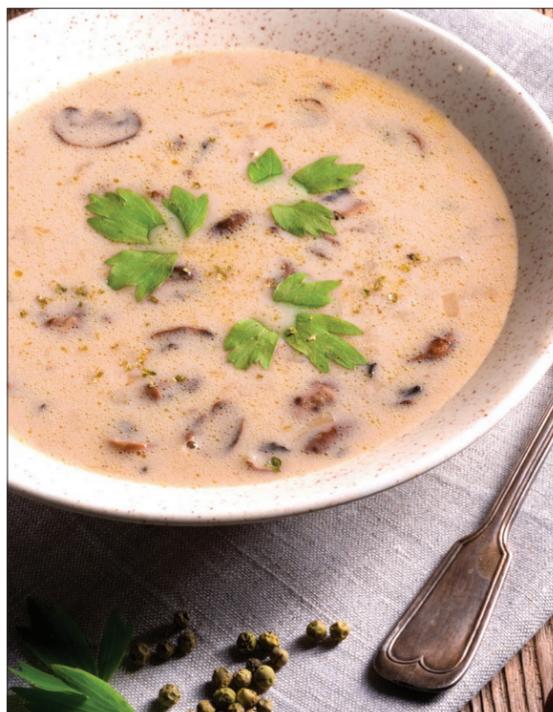
This project included four sub-projects: creation of a community pollinator garden, community presentations, a pollinator garden community event, and a large-scale community education event. An event this summer featured tables and booths to educate the community and Farm Bureau members about pollinators, as well as celebrate the pollinator garden.

The project reached more than 5,500 individuals while engaging 13 Farm Bureau leaders, 34 community volunteers, and 17 community partners, including the city of Countryside, Freeman Fence, Ted's Greenhouse, Zeldenrust Farm Market, and University of Illinois

'Party for the Pollinators' was one of 24 selected out of 143 projects submitted to receive the County Activities of Excellence award designation from the American Farm Bureau Federation.

In Loving Memory — of Edna Nykaza —

We are saddened with the passing of longtime and proud Cook County Farm Bureau member, Edna E. Nykaza (nee Zelinski), aged 90, of Steger, IL. Edna was an active volunteer for decades and beloved wife of the late Raymond W. Nykaza, past president of the Cook County Farm Bureau (2001-03). Edna always enjoyed a good laugh and sharing her joy with others. Edna and her husband were the founders of Ray's Quality Greenhouse. Our thoughts go out to the Nykaza family.



Recipe of the Month

Creamy Chestnut & Shitake Mushroom Soup

by Gibby's Gourmet Mushrooms, LLC | Servings: 6-8

INGREDIENTS:

- 2 T butter or oil
- ½ onion, diced
- 1 – 2 lg garlic cloves, minced
- ½ lb chestnut and ½ lb. shiitake mushrooms (*don't use shiitake stems, save for stock*)
- 4 sprigs fresh thyme
- 48 oz (6 c) broth of choice, vegetable, chicken, mushroom, or mix it up
- ¼ c heavy whipping cream
- salt & pepper
- 3 T of choice: Worcestershire sauce, low sodium soy sauce, or dry sherry

INSTRUCTIONS:

In large pot melt the butter, add onions, mushrooms and sauté, about 5 minutes. (Save large handful of sautéed mushrooms to top to soup at the end). Add garlic, thyme, sauce of choice. Sauté another 2 minutes. Add the remaining ingredients except heavy cream and bring to a boil. Reduce to a simmer, uncovered about 20 minutes. Remove thyme sprigs and let soup cool. Use blender or immersion blender, until desired smoothness. Bring to medium heat and add your heavy cream and stir in. Add the handful of mushrooms and sprinkle some thyme leaves as a light garnish. Add salt/pepper to taste.

2022 Recipe Booklets Are Available!

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

TO RECEIVE A COPY:

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

5 Questions for Katrina Milton

Director of Ag Literacy



Homemade pierogi always taste best, and I enjoy making traditional Polish dishes for Christmas Eve dinner, Wigilia. However, nearly every culture has a dumpling: Italian ravioli, Chinese wontons, Indian samosas, Spanish empanadas, Japanese gyoza... I'm making myself hungry just thinking about them all!

What impresses you about the Cook County Farm Bureau?

As the newest member of the CCFB staff, what has impressed me the most is everyone's willingness to help one another. From helping each other plan and volunteer at our annual events, answering questions from farm bureau members and the public, to even helping with paper jams at the office printer, everyone goes out of their way to assist. Everyone has supported me and welcomed me with open arms into my new role. The teamwork and friendly community of the farm bureau stand out the most to me!

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

When not working at the farm bureau, my biggest hobby is photography. I bring my DSLR with me almost everywhere I go. It's not rare for me to take 250+ photos while at an event or 2,000 photos a day while on vacation. My photos decorate my office and home, and I love sharing my creativity and art with others. Flowers and gardens are my favorite photography subjects.

What is your favorite food?

My favorite food is pierogi. My Polish heritage is important to me, and I love making – and eating – the dumplings. My favorite kind are Ruskie with potato and cheese, fried onions, and a mountain of sour cream on top, but I love all fillings, including cabbage, mushrooms, and even fruit.

What is your favorite tractor?

I love steam engine tractors. The history and science behind them have always amazed me. I am fascinated at the technological advances that were made during the Industrial Revolution. We still use the inventions that were created back then every day, such as the telephone and light bulb. One of my favorite events to attend is the Steam Show and Threshing Bee hosted by the Northern Illinois Steam Power Club in Sycamore. At 12 p.m. sharp, there's the 'noon toot,' when all of the steam engine whistles loudly announce that it's lunchtime. Nothing beats the smell of burning coal or the sooty billowing smoke of a steam engine! I would love to one day travel cross-country via steam train.

What did you want to be growing up?

When I was younger, I wanted to be lots of things. A vampire slayer like Buffy, a meteorologist like Tom Skilling, a teacher, a writer, a ballerina, a librarian, and a waitress were some of my top picks. I think my role as the director of ag literacy combines a little bit of everything: writing and creativity skills, teaching and education, knowledge of a vast array of subjects, and a love of all things agricultural. Just like how the dad in "My Big Fat Greek Wedding" relates everything back to Greece, I think that everything can be related back to agriculture: the food you eat, the clothes you wear, the gasoline you put into your car. I love that part of my job is to share that knowledge with others and make learning about agriculture relevant and fun.

Meet a "face" of the Cook County Farm Bureau

Kevin and Molly Gorman, Owners Gorman Farm Fresh Produce



Gorman Farm Fresh Produce

6607 W Bruns Rd Monee, IL 60449

Email: gormanfarmfreshproduce@gmail.com

Website: <https://www.gormanfarmfreshproduce.com/>

Facebook: <https://www.facebook.com/GormanFarmFreshProduce>

- Kevin and Molly Gorman are fifth generation farmers in Monee.

- Kevin's great-grandfather homesteaded the land in 1849 and grew corn, soybeans, wheat, and oats and raised cattle, hogs, and chickens.

- Over time, the family business shifted to landscaping and selling Christmas trees in the winter. Kevin and Molly decided to shift focus back to full-time farming on their 11-acre farm.

- In June of 2022, they were awarded the 2021 Conservation Farm Family of the Year by the Will Cook Soil & Water Conservation District.

- They want customers to know they are dedicated and guided by the principals of good agricultural practices for growing and producing without compromising or disrupting the environment for OUR future generations.

WHAT IS GROWN ON THE FARM AND HOW?

All types of spring greens, summer produce, herbs, roots vegetables, as well as specialty jams, popcorn, and teas. We grow traditional ground crops as well as high tunnel production. We harvest on Thursdays and Fridays and orders are filled on Friday afternoon. In the winter we sell Christmas trees, wreaths, and garland at the farm.

DO YOU SELL YOUR PRODUCE AT ANY AREA FARMERS MARKETS?

We sell our produce and farm products at two Chicago farm markets. We have been at the 61st Street Market located in Woodlawn for the last 8 years and Logan Square Market. These markets fill a critical need to residents by providing fresh and affordable, sustainably and locally raised produce!

HOW CAN PEOPLE BUY YOUR PRODUCE?

We went to an online order system and CSA as a result of Covid shutdown. Orders are placed at our online store Wed-Friday mornings, with pick up at three locations: at the farm on Friday, from 4-5pm, at the 61st Street Farmers Market Saturday from 9am-2pm, or at the Logan Square Farmers Market Sunday, from 9am-3pm.

WHAT ELSE WOULD YOU LIKE US TO KNOW ABOUT GORMAN FARM FRESH PRODUCE?

We regularly donate a share of our produce to the Kenwood Hyde Park Food Pantry, weekly at a pantry near 61st St Market, and a Logan Square-based food pantry, as well as supporting a local food pantry in our immediate area, Helping Hands Pantry. Donating contributes to our community and those least likely to be able to access fresh, nutritious produce.

EXCERPTS PROVIDED BY MOLLY GORMAN.

PDCH Workshop for Educators Held Sept. 29

On Sept. 29, the Cook County Farm Bureau's Ag in the Classroom program held a free PDCH workshop for educators. The workshop featured ILAITC book and project grants and accompanying activities.

During the workshop, the teachers designed a blueprint of a chicken coop and then made a 3-D representation using playing cards. They learned about pumpkins and received a printout with local pumpkin patch locations. They became pumpkin investigators by first predicting the weight and circumference of pumpkins and then determining whether their pumpkin will roll and float. They created problem-solving inventions, learned about pollinators, including bees and monarch butterflies, read about rice-growers in Cahokia and a tofu factory in Chicago, and were able to make rice dance using vinegar and baking soda. Relevant Ag Mags and Ag Adventure worksheets were discussed, and teachers received bundles of Ag Mags for their classrooms.

Two upcoming workshops are scheduled for educators: "Branching Out into Tree Science" on November 15, and "Earth, Water, and Soil" on March 8.



Teacher Lorelei Buen learns that pumpkins float in water during CCFB's PDCH workshop on September 29.

Dear Voting and Associate Members,

We would like to personally thank you on behalf of the board and staff for renewing your membership in the Cook County Farm Bureau®. Recent years have been difficult for many of our members and now inflation is hitting hard for many of you.

Your Cook County Farm Bureau continues to offer resources, information, and programs for necessary and essential support to you and our other members,

farmers and farm owners, workers, small businesses, parents and youth, and affiliated companies.

We have seen firsthand the important role farming and agriculture plays every day in everyone's lives in the Chicagoland area. We continue the important work with area food, fiber, and fuel farm producers to help them be able to provide high-quality, farm fresh products to local consumers.

Cook County Farm Bureau membership remains the best value in town. We thank you for your membership and we look forward to serving you!

Best wishes!

JANET MCCABE,
President

BOB ROHRER,
CAE, FBCM, Manager



County Coalition Grants Help Fund Illinois AITC Programs

On Oct. 17, the Illinois Agriculture in the Classroom (IAITC) program received funding to continue classroom lessons thanks to IAA Foundation grants to local county coalitions.

Eighty coalitions serving 89 Illinois counties were awarded \$647,000 in grant dollars which can be used for materials, trainings, educational lessons and activities taking place during the 2022-2023 school year.

“Providing these grants ensures access to lessons with emphasis on STEM that incorporate accurate agricultural content for teachers and students,” said Kevin Daugherty, education director, IAITC.

During a typical school year, more than 650,000 students and close to 40,000 teachers engage in ag literacy lessons through IAITC.

“The last two years have been anything but typical in Illinois schools, however this past school year, we saw student reach increase by 25% and teacher reach increase by

55%, showing a positive trend as re-adjustments continue,” Daugherty reflected.

During the 2021-2022 school year, Cook County Farm Bureau’s Ag in the Classroom program reached 17,240 students in 811 classrooms in 334 schools. Six presenters conducted in-person and virtual presentations to fourth grade students throughout Cook County. Presentation topics included Introduction to Illinois Ag and There’s Ag on MyPlate, as well as two specialty seasonal programs, Pumpkin and Apple Fall Facts and Keeping Warm with Agriculture.

“Our AITC programs would not be possible without the coalition grant,” said CCFB Ag Literacy Coordinator Katrina Milton. “In addition to helping fund our fourth grade in-school field trips, the coalition grant supports our programs, including our summer ag institute, educator workshops, and Ag Day for Cook County third graders.”

County coalition grants are made possible through funding



from the IAA Foundation, the charitable arm of the Illinois Farm Bureau. The IAA Foundation raises funds for the IAITC program each year, and in addition to county grants, provides funding for Ag Mags, teacher grants, Summer Ag Academies and more.

“Consistent outreach requires steadfast supporters,” said Susan Moore, director, IAA Foundation. “We are grateful to annual donors who understand how important efforts to enhance agriculture

literacy can be. Every year there are new fourth graders to connect with, and our donors understand and appreciate IAITC’s efforts to get the job done.”

Partner organizations of IAITC include Illinois Farm Bureau, Facilitating Coordination in Agricultural Education, University of Illinois Extension, Illinois Beef Association, Illinois Corn Marketing Board, Illinois Pork Producers Association, Illinois Soybean Association, Midwest

Dairy Association, Illinois Department of Agriculture and the Association of Soil and Water Conservation Districts.

In addition, annual donors include agribusiness partners and individuals with an interest in supporting the future of agriculture. For information on how individuals can contribute, visit www.iaafoundation.org. For information on IAITC, visit www.agintheclassroom.org.

22nd Annual Giant Pumpkin, Dessert, Carving, and Local Honey Contests

WINNERS CIRCLE

Giant Pumpkin Contest

ADULT	YOUTH
1 st : Joy Homerding 157 lbs	1 st : Landon M. 53 lbs
2 nd : Glenn Van Milligan 108 lbs	2 nd : Valerie D. 50 lbs
3 rd : Marcos Gallegos 75 lbs	3 rd : Amelia D. 31 lbs

Local Grown Honey Contest

- 1st: John Rine
- 2nd: Mike Davies/Moraine Valley Honey Farm
- 3rd: Kate Swain

Pumpkin Carving Contest

- 1st: Mary Gavenda
- 2nd: Daisy Rivera
- 3rd: Joe Gavenda

Pumpkin Dessert Contest

- 1st: Maricella Rivera – Pumpkin Pie
- 2nd: Donny Carlson – Pumpkin Crumble Tart
- 3rd: Mary Gavenda – Pumpkin Pie Cheesecake

Youth Guess Weight Contest

- 1st: Landon M. 0-6 years
- 1st: Valerie D. 7-11 years
- 1st: Amelia D. 12-16 years
- 2nd: Chloe W. 12-16 years



CCFB Board member, Dan Biernacki (left) gets help from twin brothers Justin and Jarod Kopping, with lifting giant pumpkins for weigh in.



Member and local grower, Glenn Van Milligan took 2nd place in the adult division with a 108 pounder.



Kim Kulton and Pete Soltész, Cook DuPage Beekeepers Board, had a difficult job of judging the Local Honey Contest.

Thank you to Puckerville Farms in Lemont for hosting the event! Current and past contest photos online at: <https://cookcfb.org/discover-local/community-programs/profile/giant-pumpkin-contest>

Planting Seeds

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



Katrina J.E. Milton

One of my favorite memories of school was when we had the Star Lab visit. The large inflatable gray dome looked like an out-of-place igloo as it took up half of

our elementary school gymnasium. Every class was given a one-hour presentation inside the Star Lab. The students crawled inside the small tunnel to sit inside the dome, where a projection of the night sky was cast overhead. We learned about constellations and our solar system during the middle of the day, without having to step foot outside. I loved the mythological stories of the constellations: Queen Cassiopeia hanging upside down in her chair, the belt of the hunter Orion, Cancer the crab that attacked Hercules, and the big bear Ursa Major and small bear Ursa Minor.

The stories and science of the Star Lab have remained with me. I took a course in college on astronomy and one of my majors was Classical Civilization: the study of ancient lands

and their history, culture, mythology, languages, and texts.

I never had an ag in the classroom program visit my elementary school, but I know I would have loved it as a student. I would have loved to learn about all the ways corn is used, including to make ethanol for gasoline and dissolvable packing peanuts. I would have been fascinated by pollinators and the fact that one out of every three bites of food you eat depends on bees. I would have read more about specialty crops grown in Illinois, including pumpkins and horseradish.

Like the Star Lab, Cook County Farm Bureau's ag in the classroom program is an opportunity for students to have a crash course in an interesting subject without having to leave their school building. We call our presentations "in-school field trips," and I think that the name is fitting. We bring history, science, and agriculture into classrooms. Our presenters use a Google slideshow, but they incorporate hands-on activities, science experiments, and interactive games into their presentation.

I was able to observe two of our

presenters in the classroom in late September. Although I knew all of the material and information they were presenting because I helped create the slideshow, I was enthralled during both presentations. The presenters knew how to gather their audience's full attention. I wanted to raise my hand and participate along with the students. I wanted to play the games and answer questions.

The excitement of the students was infectious, too. After years of remote and hybrid learning, having a classroom visitor was a special occasion. The students were eager to learn, ready to participate, and engaged the entire time.

During the presentations, I was also reminded of the joyful energy and precociousness of youth. Comments they made to the presenters included, "What would happen if aliens took all the pigs?," "My dad eats chicken hearts," "I've never had Lucky Charms," and "I love engineering! I have two Lego sets at home." One student guessed

that Old MacDonald was the first farmer in Cook County. At the end of a presentation, one student asked the presenter if he gets paid for his presentations "because you did a good job and that was a lot of information."

The goal of our program is to bring agricultural education to students. One in five of those students will one day work in an agriculturally-related career field. They will be chefs, scientists, horticulturalists, truck drivers, grocery store employees, and maybe even farmers. I hope our in-school field trip sparks their curiosity and that they get bitten by the agricultural bug. Maybe they will take an agronomy course in college or major in agricultural science. The opportunities are endless, and so are the possibilities.

Katrina can be reached at aitc@cookcfb.org.



Ag in the Classroom Programming Brings Agriculture Education to Your School

Our AITC presenters have been busy so far this school year!

During the month of September, we brought agricultural education to 1,078 students in 46 classrooms in 36 schools. That number includes 979 students receiving Part 1: Intro to Illinois Ag, 60 students receiving Part 2: There's Ag on MyPlate!, and 39 students receiving our Apples and Pumpkin Fall Facts presentation.

If your school's fourth grade is interested in having an Ag in the Classroom presenter visit their classroom for a free in-school field trip, email Jill at aitc2@cookcfb.org. Presentations are conducted live in person or live virtually via Zoom or Google Meets.

For more information about our program, visit <https://bit.ly/3fSPCux>.



Ag in the Classroom Presenter Michael Galassini calls upon a student in Mr. Garcia's fourth grade classroom. Galassini visited Meadow Ridge Elementary School in Orland Park on Sept. 23.



Sarah Koukol does a science experiment in Mrs. Plotke's fourth grade classroom. Koukol visited Meadow Ridge Elementary School in Orland Park on Sept. 23.

Upcoming Contest

Participate in the 2022 Disguise a Turkey Art Contest

Students ages 18 and younger can participate in the Cook County Farm Bureau's 2022 Disguise a Turkey art contest.

A blank form to color will be posted on the Cook County Farm Bureau website under the Ag Literacy & Education tab. Entries will be displayed and posted on our website.

Winners will have their artwork appear in the December issue of the Co-Operator newsletter, and the grand prize winner will receive a copy of the book "Turkey Trouble" by Wendi Silvano and two movie tickets.

Email a photo of your entry to aitc@cookcfb.org. The contest will run Nov. 1 through Nov. 30, and the winner will be announced Dec. 1.

For the contest's entry form, visit the Cook County Farm Bureau website under the Ag Literacy & Education tab or scan the QR code inside the turkey graphic on this page.



Thank-A-Farmer Letter Collection

Celebrate your gratitude this Thanksgiving by saying thank you to a farmer. Cook County residents of all ages are invited to thank a farmer by writing a letter.

Farmers do more than grow and raise food the food we eat! Agricultural products are found in almost all aspects of our daily lives: ethanol used for gasoline comes from corn, soybeans are used to

make crayons, tires, and shoes, fibers including cotton and wool keep us warm, violin strings, bone china, drumheads, and the hair used for brushes come from pigs, and leather for purses and furniture, gelatin for Jell-O, makeup, and shampoos, and tallow for paints, candles, and soaps come from cows.

The Cook County Ag in the Classroom program will

collect the thank you letters and publish them online on our farm bureau website. A selection of letters will appear in the December issue of The Co-Operator newsletter.

Mail letters to:
Cook County Farm Bureau
c/o Ag in the Classroom
6438 Joliet Road
Countryside, IL 60525

Or email them to aitc@cookcfb.org.

AGRICULTURE ADVENTURE FOR FAMILIES

Why is There Football on Thanksgiving?

In an effort to appeal to fans in their inaugural season, the newly-created Detroit Lions played the Chicago Bears on Thanksgiving Day 1934. Although the Lions lost 19-16, the game had a strong turnout – 26,000 seats sold – and was broadcast nationally on NBC Radio. The Cowboys joined the Thanksgiving Day games in 1966 in an effort to build their brand and fan base. In 2006, the NFL added a third game to the lineup. The NFL holds three games on Thanksgiving Day, two of which always feature the Detroit Lions and the Dallas Cowboys.



Agricultural Ties to Football

Uniforms Come from cotton plants

Turf Grass Comes from sod grass

Tickets, Programs and Schedules
Come from trees and soybean ink

Tape and Bandages
Come from corn dextrines and cattle gelatins

Photography Film Comes from cornstarch and gelatin

Football Comes from cowhides



HISTORY OF THANKSGIVING

After spending 10 weeks at sea, English pilgrims traveling from Holland arrived at the tip of Cape Cod, Massachusetts, on Sept. 20, 1620. Their ship, the Mayflower, carried 102 passengers and 30 crew.

The winter was difficult for the settlers, and many died due to sickness, cold, and starvation.

In November 1621, after the pilgrims' first harvest proved success-ful, Governor William Bradford organized a celebratory feast and invited a group of the colony's Native American allies, including Wampanoag Chief Massasoit.

The 53 Plymouth colonists and the 90 members of the Wampanoag Tribe shared an autumn harvest feast that lasted three days. The festival also included games, races, and bow and arrow competitions.

What Was Eaten at the First Thanksgiving?

- Fowl: Turkey, Ducks, Geese, Swans
- Fish: Cod, Sea Bass, Stewed Eel
- Cornmeal Stuffing
- Deer Venison
- Beer, Spring Water, Apple Cider
- Fresh Vegetables: Onions, Spinach, Lettuce, Cabbage, Carrots, Peas, Beans, and Pumpkins

They Did NOT Eat:

- Clams
- Mussels
- Pigs
- Milk
- Cranberries
- Sugar, Molasses, or Honey

THANKSGIVING FUN FACTS

- About 46 million turkeys are cooked for Thanksgiving each year.
- Only male turkeys gobble. Gobbling is only done by males during mating season.
- An estimated 50 million pumpkin pies are eaten on Thanksgiving.
- Thanksgiving leftovers led to the first-ever TV dinner. Swanson & Sons overestimated how much turkey would be consumed on Thanksgiving and had to get creative with the 260 tons of leftover meat.
- When astronauts Neil Armstrong and Edwin Aldrin sat down to their first meal on the moon, their foil packets contained roast turkey.
- President Abraham Lincoln proclaimed Thanksgiving a national holiday in 1863.



Source: www.goodhousekeeping.com/holidays/thanksgiving-ideas

November Word Search

Last Month's Winner:
Joe Skinner

Bears	O	T	C	V	Q	C	T	X	L	S	G	D	G	F	L
Cotton	Z	M	U	M	N	H	O	L	I	D	A	Y	G	T	T
Cowboys	G	Q	T	R	M	Z	A	T	Z	A	N	H	J	H	P
Cranberry	S	P	I	V	K	B	W	E	T	E	C	O	N	A	E
Dinner	Z	Y	V	M	T	E	S	K	E	O	P	H	X	N	W
Football	I	K	O	O	F	D	Y	K	C	Y	N	T	Z	K	T
Games	M	S	O	B	W	R	D	B	R	G	D	A	N	S	V
Gobble	L	F	X	L	W	Y	U	R	D	A	J	P	L	G	Q
Holiday	G	M	B	M	B	O	E	T	S	M	I	Y	Q	I	E
Lions	C	L	J	E	A	B	C	L	W	E	A	W	R	V	L
Pie	I	Y	A	S	N	O	I	L	X	S	G	L	E	I	B
Pumpkin	N	R	U	A	A	O	L	S	L	X	J	D	N	N	B
Thanksgiving	S	T	R	H	I	U	N	I	F	O	R	M	N	G	O
Turf	T	C	J	A	Q	V	G	M	X	Y	W	W	I	F	G
Turkey	N	I	K	P	M	U	P	B	C	K	F	Y	D	J	U
Uniform															

Name _____

Phone # _____

Membership # _____

Choose Your Prize Preference for If You Win:

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

Beggar's Pizza Gift Card 3 Movie Tickets

Home Run Inn Gift Card (Choose one option only)

Located on front of paper

Choose Your Prize: November Word Search

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

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

MAIL TO:

Cook Co. Farm Bureau
Ag Adventures Word Search
6438 Joliet Rd
Countryside, IL 60525

FAX TO: 708-579-6056

EMAIL TO: FBcooperator@gmail.com

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

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

NOVEMBER 2022
Farm Gate
 by Joanie Stiers



Farmers Feed the Need for Nutrients

Like humans, crops have dietary needs. And just as food prices have soared, fertilizers that provide nutrients for crops have nearly tripled since 2020.

Farmers take great responsibility in managing the land under their care, including the need, timing and placement of fertilizer that

provides essential nutrients for crop growth and development. Skyrocketing costs accelerate the motivation to use them effectively to maximize profitability and minimize environmental impact.

The goal: Make the desired nutrients available and accessible when crops need

them yet keep those necessary nutrients out of groundwater, lakes, streams and rivers. On our farm, we drink from the former and play in the latter.

Improving nutrient retention in the soil is the premise of the Illinois Nutrient Loss Reduction Strategy, a statewide, voluntary effort to improve water quality. The science-based initiative uses research, technology and industry experience to assess and reduce nitrogen and phosphorous losses to Illinois waters, the Mississippi River and the Gulf of Mexico.

Armed with generations of experience, evolving research and modern technology, today's farmers have more tools than during Grandpa's farming career to finetune management of soil nutrients. A significant part of that effort focuses on the 4R strategy, or placing the right fertilizer source, at the right rate, right time and in the right place. Success combines

these specific fertilizer targets with agronomic and conservation practices.

Cover crops grow on a larger base of Illinois land, including our own, to provide a groundcover to hold nutrients between growing seasons. Grass waterways and buffer strips in our fields filter nutrients from water that moves across the land. Reduced tillage and no-tillage practices inhibit loss of soil and nutrients.

Global-positioning technology allows us to variably apply nutrients across soils based on defined, site-specific needs, which vary by crop, by field and soil types within a field. Our tests with the evolving market of biologicals shows promise to use soil microbes to enhance

fertilizer's availability to plants while supporting yield.

Nutrient retention proves the right decision both economically and environmentally. Illinois Farm Bureau believes so, too, and since 2015, the organization has committed more than \$2.4 million of its own funding through county-level Nutrient Stewardship Grants and other efforts to support implementation of the Illinois Nutrient Loss Reduction Strategy.

Illinois is blessed with some of the best soil and water resources in the world, and farmers assume great responsibility to protect them as they feed the soil that helps feed the world.

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.

Taking the Initiative to Help Farmers

Over the past few years, the topic of mental health has become more prevalent in our daily lives. Constant change and stress, compounded by the pandemic, has left many people feeling depressed or anxious – to the point it affects their health. Farmers and those involved in agriculture are not immune to these challenges.

Help is here and it's only a phone call away. SIU Medicine has new programs to assist farmers and their families, and to train medical professionals to understand the specific needs for those in rural areas.

The Farm Family Resource Initiative (FFRI) is a network of support and resources for farmers and their families, including a free helpline (1-833-FARM-SOS). The 24/7 helpline connects you to health professionals who specialize in ag-related stress.

This means you are talking to medical professionals living in Illinois who can relate to the local economy, weather, and other daily stressors specific to our region.

In addition to text, email, and website services, telehealth counseling sessions 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.

FFRI Ag Resource Specialist Karen Stallman lives on a farm in southern Illinois and understands the challenges farm families may encounter.

"Going into harvest, the stress from input costs and availability of supplies, equipment, and parts can make things difficult. Dealing with unpredictable weather is always a challenge, too," Stallman says.

FFRI also provides opportunities for health care professionals to learn more about farming-related issues and earn CME credits through its Rural Community Mental Health program. The virtual training illuminates how mental and physical health issues can impact those working in farming

and agriculture. **To learn more, visit siumed.edu/cpd.**

In addition, the AgriSafe Nurse Scholar Program is available to rural nurses through on-demand webinars. These lessons will increase knowledge in prevention, identification, and assessment of diseases related to agricultural work exposures. **Details are at learning.agrisafe.org/nurse-scholar-program.**

Many stressful issues confront those in agriculture. Please check on friends, family members, and neighbors throughout this season. Spread the word about the Farm Family Resource Initiative and encourage others to reach out and talk to someone. It's free, it's confidential, and it may save the life of someone you know!

Find out more at siumed.org/farm.



Illinois Senate President Don Harmon received his 'Friend of Agriculture' award this fall from Cook and Illinois Farm Bureaus. President Harmon has received numerous 'Friend of Agriculture' awards during his tenure in the Senate. Pictured left to right is Mark Raney, Illinois Farm Bureau; Bona Heinsohn and Amy Hansmann, both of Cook County Farm Bureau; Senate President Don Harmon; and Kevin Semlow, Illinois Farm Bureau.



State Representative Eva Dina Delgado received her first 'Friend of Agriculture' award from Cook and Illinois Farm Bureaus this fall. Representative Delgado was appointed to the House of Representatives in 2019. Pictured left to right is Kevin Semlow, Illinois Farm Bureau; Representative Delgado; Amy Hansmann and Bona Heinsohn, both of the Cook County Farm Bureau.

2 Hour Professional Development Workshop Tuesday, November 15, 2022 4-6PM

Branching Out into Tree Science



Get your students excited about trees while you earn 2 free PDCH at our hands-on educator workshop

Topics include:

- Tree science
- Agroforestry
- Christmas tree farms
- And more.

Registration required:
 email Jill at aitc2@cookcfb.org or
 call 708.354.3276



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



Bona Heinsohn

Article Seven of the Illinois Constitution provides for the creation of local governments. County boards.

Municipalities. Townships. Special districts. Units of local government. These units have the authority to exercise limited governmental power. Some can levy taxes. Some have separate governing boards.

It is also within Article Seven that confusion reigns. The Article allows for the creation of units of local government. But not for their classification. So, deciding what classification a local government does or does not fit in is a recurring problem in Illinois.

Illinois is home to townships. School and park districts. Road and bridge districts.

Community colleges. Police and fire departments. And the random water, housing, cultural, cemetery, and mosquito abatement districts.

Illinois has enough local governments that no one can even agree on the actual total. The Civic Federation, a non-partisan research organization tallies the count at 8,923. Illinois Policy Institute, a conservative research organization, comes in a shade lower at 6,918. The U.S. Census Bureau reports that Illinois has 6,032 local governments. The Illinois Department of Revenue identifies 6,042 units of local government. And the Illinois Comptroller reports 8,529 units of local governments.

Differences in the total numbers are likely due to how each agency defines 'local government' and what data they collect about each unit. The Department of Revenue collects data on "taxing districts" which would exclude

those districts that do not have taxing authority.

The Census Bureau excludes districts that do not have a separate governing board. Often misclassified units are road and bridge districts, library districts, and forest preserve districts; the Forest Preserve District of Cook County is one such example.

Am I the only person who thinks that Illinois has too many local governments when we can't even agree on the total number of local governments?

Illinois has 17 townships whose boundaries are identical to the municipalities (or in Cicero's situation, a town) they serve. Those townships are Alton. Berwyn. Bloomington. Capital. Champaign. Cicero. Cunningham. East St. Louis. Granite City. Macomb. Oak Park. Peoria. Quincy. River Forest. Warsaw. And Zion.

Nearly 50% of Illinois'

townships have fewer than 1,000 residents. Residents in the above townships are paying twice when in theory one entity could provide all of the services. However, what works for residents in northern Illinois may not work for residents in central or southern Illinois or vice versa.

I realize that townships are a sensitive subject for many Illinoisans. And my purpose isn't to advocate one way or the other but to draw attention to what appears to be an abundance of local governments.

When individuals live under multiple layers of government, it becomes difficult to participate in the democratic process. Difficult to find the right unit of government to contact regarding a problem or concern. And the sheer volume also makes it harder for oversight from state or federal authorities.

Consolidation has the potential to simplify Illinois' democratic processes and residents' lives.

Bona can be reached at Bona@cookcfb.org.

LOCAL LEGISLATORS



Nik Jakobs (pictured left) discusses distillers dried grain with Illinois House of Representatives Speaker Chris Welch and his wife ShawnTe Raines-Welch during a recent farm visit to Jakobs Brothers' Farm in Sterling, Illinois. Jakobs Brothers' Farm is a third-generation farm raising beef cattle, corn, and soybeans. Speaker Welch has been "adopted" by Whiteside County Farm Bureau for more than 10 years.

Class 7D Grocery Store Incentive

Farm Bureau Submits Letter of Support on Property Tax Incentives for Grocery Stores Located in Food Deserts

Cook County Farm Bureau® supports Ordinance 22-5345 to create a Class 7d property tax incentive to spur and support the establishment or expansion of grocery stores in food deserts.

Earlier this year, Farm Bureau advanced a policy position to increase food access in Cook County and Illinois. A copy of the policy is provided below.

We encourage you to support Ordinance 22-5345 to incentivize the development of grocery stores located in food deserts. If CCFB can provide any assistance, please don't hesitate to contact Bona at 815-979-5458 or via email at bona@cookcfb.org.

Food Access

Food insecurity occurs when food is either too distant or too expensive to purchase. A food desert is one type of food insecurity.

The U.S. Department of Agriculture defines a food desert as any census tract where at least 20 percent of the inhabitants are below the poverty line and 33 percent live over a mile or in rural areas more than 10 miles from the nearest supermarket.

We support:

1. Incentives, including but not limited to, offering tax credits or breaks to grocery stores in underserved areas.
2. Policy development to support grocery stores and neighborhood-based farmers' markets.

3. Simplifying the process for permitting and launching grocery stores.
4. Programs to encourage healthy eating, food preparation, and proper food storage.
5. Partnering with the community when selecting food desert measurements, policies, and interventions.
6. Increasing the use of third-party and digital platforms for all approved Supplemental Nutrition Assistance Program (SNAP) retailers providing that benefits are not used for service fees or delivery charges.
7. Increasing SNAP approved food sales outlets.
8. Food insecurity networks, like food banks, non-profit grocers, and produce carts.
9. Farmer cooperatives to provide services such as crop marketing, distribution, guidance on partnering with food banks, and farmer training.
10. The aggregation of farm products and partners to connect institutions, municipalities, school districts, hospitals, community-based organization, government agencies, and other groups to provide produce to families living in food deserts.
11. Farms connecting directly with food banks, food recovery organizations, and other distributing nonprofits.
12. Expanding the existing tax deduction for food donations to non-profits.
13. Simplifying food pantry partnerships, expansions, and new development.



Cook County Commissioner Kevin Morrison received a '2022 Friend of the Farm Bureau' in recognition of his outstanding voting record on county agricultural and small business issues. This was Commissioner Morrison's first award and first opportunity to receive a 'Friend of the Farm Bureau' award. Commissioner Morrison is pictured with Farm Bureau staff Bona Heinsohn.

Cook County Wheel Tax Repealed

Effective June 30, 2023, Cook County's wheel tax will no longer be in effect. Citing suburban repeals of similar vehicle taxes and the lackluster contributions of the vehicle tax to the county's budget (\$3.6 million annually or 0.045% of the county's \$8 billion budget), commissioners approved the repeal of the wheel tax.

"The Cook County Wheel Tax is

regressive and unnecessary. And it disproportionately impacts the Black and Brown residents of Cook County who can least afford to pay it," said President Preckwinkle. "The resources we spend enforcing it outweigh its gains, and we're proud that we can give the taxpayers some of their hard-earned money back."

The ordinance was sponsored

by Commissioner Kevin Morrison with the following co-sponsors: Aguilar, Anaya, Arroyo Jr., Britton, Daley, Degnen, Deer, Gainer, Johnson, Lowry, Miller, Moore, S. Morrison, Silvestri, Sims, and Sufferdin.

Cook County Farm Bureau® actively supported the ordinance to repeal the wheel tax.



Metropolitan Water Reclamation District Commissioner Kimberly Du Buclet (pictured center) visited Kopping Farms in Lemont. Pictured with Commissioner Du Buclet left to right is Gerry Kopping, Cook County Farm Bureau® board member; Dean Alonistiotis and Richard Greenfield, both staff with MWRD Commissioner Du Buclet.

National Pork Board

Country Music Star Teamed Up with NPB to Support Pig Farmers

The National Pork Board (NPB) teamed up with country music star and five-time Entertainer of the Year Luke Bryan as part of an ongoing effort to dispel common misconceptions about modern pig farming.

Bryan kicked off his Farm Tour in September in which he hosted concerts on farms around the central U.S.

Drawing on his childhood upbringing on a Georgia farm, Bryan understands and appreciates the daily hard work of more than 60,000 pig farmers across the U.S. As part of the tour, NPB partnered with Farmland, a brand of Smithfield Foods, to donate a truckload of pork to local foodbanks in each of the states

hosting the six tour stops. The donations provide high-quality protein, which is one of the most valuable resources food banks distribute, to help fight food insecurity across the Midwest.

Learn more about pig farming, NPB and watch the focus group video online at: www.pork.org/wecare



Luke Bryan launched his 13th Farm Tour this month. A truckload of pork will be donated to local food banks at each stop. He's also part of a National Pork Board (NPB) campaign to help dispel myths about modern pig farming. (Photo courtesy of NPB)

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.



ZACHARY GOMES has been named Financial Rep of the month for September 2022. His office is located at 4200 Euclid Ave., Ste. E, in Rolling Meadows, IL. His phone number is 847-934-5112. Zach has been a Financial Representative since October 2021.

Chicago North Agency, Victoria Nygren, Agency Manager



ZACHARY YOUNGBLOOD has been named Financial Rep of the month for September 2022. His office is located at 10A W. Schaumburg Rd., in Schaumburg IL. His phone number is 847-519-3595. Zachary has been a Financial Representative since February 2002.

Chicago Northwest, Kevin Gomes, Agency Manager



***NICK ZEGAR** has been named Financial Rep of the month for September 2022. His office is located at 16614 W 159th St., #303, in Lockport, IL. His phone number is 708-352-5560. Nick has been a Financial Representative since July 1998.

Chicago South Agency, Sharon Stemke, Agency Manager



***MIKE SPADONI** has been named Financial Rep of the Month for September 2022. His office is located at 3923 W. 95th St., in Evergreen Park, IL. His phone number is 708-425-1825. Mike has been a Financial Representative since June 2005.

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.*

DECK your HALLS

this holiday season with fresh trees, garland, wreaths, poinsettias, greens and décor!



Purchase from a Farm Bureau Member Business. To locate one near you, visit our ShopLocal online directory at: <https://cookcfb.org/discover-local/shop-local/online-directory>

MEMBER BUSINESS

- Big John's Farm Market** Chicago Hts. | Trees, wreaths, greens, flowers, decor
- Clarke's Garden Center** Chicago Hts. | Wreaths, garland, greens, poinsettias, decor
- Gorman Tree Farm** Monee | Trees, wreaths, garland
- Horcher's Farm** Wheeling | Trees, handmade wreaths, greens, flowers
- Kolze's Corner Garden** Woodstock | Trees, wreaths, garland, poinsettias, decor
- Melka's Garden Center** Mokena | Trees, wreaths, garland, greens, poinsettias, decor
- Puckerville Farms** Lemont | Trees, wreaths, garland, decor
- Smits Farms** Sauk Village | Trees, wreaths, greens
- Ted's Greenhouse** Tinley Park | Poinsettias, greens, handmade bows
- The Children's Farm** Palos Park | Wreaths
- Historic Wagner Farm** Glenview | Trees, wreaths, roping, garland, greens
- West End Garden Ctr** Evanston | Trees, wreaths, greens, flowers, plants, decor



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SAVE WITH CCFB

On Your Upcoming Holiday & spring Travel

Family vacations and weekend getaways just became even more affordable for Farm Bureau members. We are pleased to announce TWO new hotel benefits - Drury Hotels & Travel Sherlock.

In addition to our other hotel discounts with Choice Hotels & Wyndham Hotel Group, members can now save 15% at Drury hotels. Plus, members can also save up to 30% on THOUSANDS of other hotels across the country with Travel Sherlock.

Your membership benefit package just got a little sweeter!

Whether it's a quick road trip or a longer vacation, these member benefits along with travel packages available through Mayflower Tours, we can help make traveling more affordable.

Visit <https://rb.gy/s300xz> to view all of our travel benefits.

Members can obtain discount codes by contacting our office at 708-354-3276.

Mayflower
CRUISES & TOURS

DOMESTIC & INTERNATIONAL DESTINATIONS

2023 RIVER CRUISING & SMALL SHIP ADVENTURES
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To begin your Life Enriching Experience, learn more about Mayflower Tours, and the Exclusive Discount Cook County Farm Bureau® members receive!

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SAVE 15%
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Travel Discounts Powered By **Travel Sherlock™**

Census of Agriculture Survey Process Underway

This fall, USDA's National Agricultural Statistics Service (NASS) is sending the 2022 Census of Agriculture to nearly three million ag producers across the country, including all of the farms and producers in Cook County. NASS is trying to get as many internet responses as possible, so survey codes for responding securely online will be sent this November, with paper questionnaires mailed out in December. Online responses will save taxpayer dollars by eliminating the need for data entry and saving postage and paper.

The ag census includes every operation - large or small, urban or rural - from which \$1,000 or more of agricultural products are produced and sold, or would normally be produced and sold, in the ag census year. This includes greenhouse growers, backyard chicken coop, and horse owners, along with wheat, cattle, and dairy producers. The Census data not only influence business and supply chain logistics, but it also informs policy and program decisions that directly impact producers, ag operations, and communities across the United States.

To learn more about the 2022 Census of Agriculture, visit nass.usda.gov/AgCensus.

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CLASSIFIED ADS

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

Email your ad (and photo if you have one) to fbcooperator@gmail.com. Please be sure to include your full name, Farm Bureau number, and phone number. Deadline for Classified ads is the 17th of each month. Any ads submitted after the 17th will appear in the following months.

Co-Operator. Members may run up to four non-commercial classified ads annually for free. Any ads submitted after the fourth, will be charged.

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

FOR SALE

(2) Reznor hanging heaters 110,000 BTU, \$50 for both. Call Dan 312-969-4831.

Vintage Military Items: Vietnam era helmet liner and shell \$100. Early World War II Air Force Aeronautic complete medic kit in a khaki case \$300. Three World War II Navy knives: Mark 2 \$50, Mark 1 \$100 with scabbard, and Mark 2 with scabbard \$200. Buy all three for \$275. Military footlocker with misc. contents \$150. Several Vietnam era ammo boxes \$20 each. Call Diana at 630-908-0142.

Large vintage Ice Cream pushcart, Large real Buffalo skull, Antique Iron bed (child's bed) and other antiques & collectibles. Call 708-532-4656

Amazon Deal- Leg massager with heating functions, brand new, never used, paid \$100. Asking for \$40. Call 708-654-2010.

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

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

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

Wanted- Older sports & non-sports cards autographs and memorabilia. Call or text John 773-213-4204.

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.

Programs, Workshops and Webinars

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



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

Make a 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

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

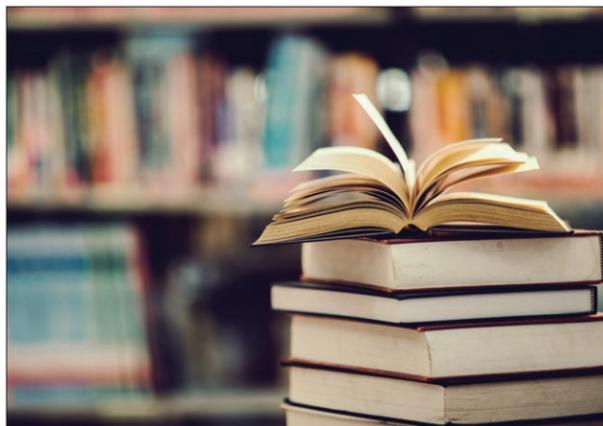
REGISTRATION: Call the Farm Bureau at 708-354-3276 or members online at the Member Center at www.cookcfb.org.

REGISTRATION FEE: \$45.00 for members and guests, includes 28" - 36" mixed winter evergreens, pinecones, and bow.



"Rancher, Farmer, Fisherman" Zoom Book Club

Unfolding as a journey down the Mississippi River, Rancher, Farmer, Fisherman tells the stories of five representatives of this stewardship movement: a Montana rancher, a Kansas farmer, a Mississippi riverman, a Louisiana shrimper, and a Gulf fisherman.



In exploring their work and family histories and the essential geographies they protect, Rancher, Farmer, Fisherman challenges pervasive and powerful myths about American and environmental values.

DATES: January 24, February 7, February 21, and March 7

TIME: 6:30 pm

FEE: No Charge

LOCATION: Live via Zoom

REGISTRATION: Register by January 13th at <https://cookcofarmbureau.wufoo.com/forms/rlwjmtq0jfspvj/>

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 CDBA. \$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.

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>

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
"J"

JICAMA



Looks similar to a potato or turnip, with brown skin and starchy, white flesh. The edible part, which is underneath the outer peel, is very juicy and crunchy.

Jicama is a root vegetable that is native to Mexico and used throughout Latin American countries.

Other names for this vegetable: yam bean, Mexican potato, and Chinese turnip.



The flavor of jicama is mild, lightly sweet, and slightly nutty. It's tastes like a cross between an apple, a potato, a water chestnut, and a pear.

The most traditional way to eat this food is by peeling, slicing it into strips, and munching on it raw, usually with lemon or lime juice and chili powder. It's most often used raw, but you can cook it several different ways as well.



CONTAINS A WIDE VARIETY OF VITAMINS AND MINERALS, ESPECIALLY FIBER AND POTASSIUM. IT ALSO CONTAINS A HIGH LEVEL OF VITAMIN C.

In the garden, the jicama grows on a vine up to 20 feet tall, but the leaves and seeds are toxic, so only the root portion can be eaten.



Next month... Kohlrabi

Agricultural Literacy Resources Available

Cook County Farm Bureau's Ag in the Classroom program offers free, one-hour presentations to fourth grade students in Cook County in an effort to expand students' awareness of and appreciation for the importance of agriculture everywhere. Learn more about the program at <https://youtu.be/lou-u2oIZV4>.

