



COOK COUNTY GO-OPERATOR

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

Mark Your Calendar



March

- 11th / 12th Beginning Beekeeping Course **PG 8/12**
- 14th Documentary Screening – Rancher, Farmer, Fisherman **PG 8**
- 15th Credit System & Improving Credit Score Workshop **PG 12**
- 16th Ag Day South **PG 6**
- 22nd Ag Day North **PG 6**

April

- 27th Intro to Backyard Chickens **PG 12**

May

- 2nd DIY Barn Quilt Workshop **PG 12**
- 5th Make a Spring Planter Workshop **PG 12**
- 17th Social Security 101 Webinar **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



Last month, the Cook County Farm Bureau Foundation kicked off its 2023 fundraising raffle to benefit agricultural literacy and education in Cook County. What is the price of a raffle ticket?

Call the Farm Bureau at 708-354-3276, fax your answer to 708-579-6056, or email to fbcooperator@gmail.com to enter the drawing for a \$25 gas card. (Please include name, FB number, and phone number)

February Winner: Roy Cheskie

Question: Illinois Farm Families recently helped kick off the “We are the 96” campaign designating 2023 as the “Year of the Farmer”. What does the number “96” represent?

Answer: 96 is the % of farms in Illinois that are family-based farms



AG IN THE CLASSROOM

Ag in the Classroom Presenter Barbara Bhojraj presented to 22 fourth grade students at Peck Elementary School in Chicago. During the “Intro to Illinois Ag” presentation, students learned how agriculture provides food, fiber, and energy, reviewed the food supply chain, and learned examples of STEM in agriculture, such as robotics, drones, and GPS systems. **More info about our AITC presentations can be found at <https://bit.ly/3YCH3Wr>. For more Ag Literacy news go to page 6.**

Did you HEAR? CCFB announces NEW member benefit!

We are excited to be partnering with Great Hearing Benefits to offer a new benefit for our members.

Great Hearing Benefits works to improve hearing health, which is essential to overall health. They are comprised of thousands of credentialed hearing care professionals in their nationwide network, providing the latest technology with affordable pricing, award-winning care and record-breaking patient satisfaction.

1. Program Details

- a. Up to 50% off retail pricing on today’s top hearing aid technology
- b. Free 60-day trial
- c. 3-year warranty and service plan: lost, stolen or damaged coverage
- d. 4,500+ hearing care locations nationwide
- e. Share your benefits with up to 3 immediate family members
- f. 25% discount on all Jabra audio products (more to come on this portion of the benefit)

Benefit continues on Page 11

Soil Testing Kits Available THIS SPRING

Cook County Farm Bureau offers both members and non-members an opportunity to test their garden or lawn soil by purchasing a soil testing kit. Soil, in its natural state, is rarely fertile enough for the best growth of plants. Usually, it is necessary to supplement the earth’s store of plant nutrients before we can obtain the most vigorous lawn, the most abundant and brilliant flowers, the most aesthetically satisfying trees/shrubs, and the greatest yield of tasty and nutritious vegetables or crops. Test your soil pH, potassium, phosphorous, and other key elements to begin the soil improvement process.

Complete kit guidelines and instructions, as well as mailing information, included in the test kit. Members will receive test results and basic recommendations typically within two weeks, with more extensive test interpretation provided by the partnering volunteer Master Gardener Unit with the University of IL Extension South Suburban Horticulture Team.

Farm Bureau Soil Test Kit discounted member pricing:

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

Non-member pricing also available and pricing subject to change. Soil Kits are available for purchase at the Cook County Farm Bureau by calling 708-354-3276, using a Visa, MasterCard, or Discover at no additional charge, or stop by the office to purchase, Mon-Fri 8:00 am - 4:30 pm.



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!



WHISKEY ACRES

A group representing the Cook County Farm Bureau Board of Directors checked out the value added farming practices that have been implemented at Whiskey Acres in DeKalb. L-R Bob Rohrer, Jayne Rohrer, Greg Stack, Laura Rauch, Mike Rauch, Heidi Yunker, and Mark Yunker stand in front of bourbon barrels from some of the first batches of product made by the estate distillery.

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...

- Longtime member Michael O'Brien for coming into the office once a month to respond to the questions of the month and to share his smile and good nature!
- Our friends at Whiskey Acres in DeKalb for providing a great tour and fun of their facility for board members and spouses.
- Steve Stasys from the CME Group for presenting How Futures and Options Help Manage Price Risk Webinar to our farming members.
- Member Roselyn King for allowing manager Bob Rohrer to stop in and present a gift basket to her for completing every Ag Adventures word search during the year 2022. (Thank you to the other 30 members who also completed the word search every time in 2022 as well!)
- Board members Jim Gutzmer, Jim Bloomstrand, Todd Price, Gerry Kopping, Mark Yunker, Roger Freeman and Pat Horcher for recently preparing for and passing the tests to complete the Certified Director Training program offered by the Illinois Farm Bureau in their quest to better serve members as leaders. They joined certified directors Janet McCabe and Ruth Zeldenrust. The program provides knowledge and professional skills to help build stronger agricultural organizations. Congratulations!
- Board member Jim Gutzmer and staff member Bona Heinsohn for representing the Cook County Farm Bureau at the recent Governmental Affairs Leadership Conference and Legislative Reception in Springfield.
- The great group of volunteers that attended in person and virtually the February 8 Team meetings for Ag Literacy, Commodity/Marketing, Governmental Affairs, Member Relations, Public Relations, and Young Leaders! Your thoughts, input, suggestions and creative ideas enhance the Cook County Farm Bureau.



AG ADVENTURES FOR FAMILIES WINNER: ROSELYN A. KING

Roselyn A. King (age 88) was drawn as the winner of the special group of members (25 members were eligible) who entered the Ag Adventures for Families word search every month in 2022. Her prize was a basket packed with agricultural related items with ties to Illinois, the Chicagoland area and Cook County Farm Bureau. Roselyn lives in

Des Plaines and has been a member since 2009. Farm Bureau manager, Bob Rohrer, stopped by her place to drop off the basket and had a great conversation.

She's a widow, lives with her daughter and has 4 grandkids youngest is 23yrs old, no little ones in the house. She has donated to the CCFB Foundation, she's a coffee drinker, loves to read and garden when she's able to, loves animals; and shares a cat with her daughter. Originally from the Rochelle area, she never lived on the farm but has great memories of the rural areas. She was educated in one room schoolhouse.

Co-Operator

Published Monthly

Cook County Farm Bureau

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VOLUNTEER

Cook County Farm Bureau is dedicated to bridging the gap between farmers and our urban neighbors, our volunteers enable us to share the importance of agriculture with consumers, youth, members, legislators, and the general public. Our volunteers enable us to achieve our mission.



CONSIDER VOLUNTEERING TODAY

Contact:

Bona Heinsohn
(708) 354-3276
bona@cookcfb.org



Downwind

by **BOB ROHRER, CCFB MANAGER**

“What’s Hot in 2023?”

The Illinois Farm Families coalition has named 2023 “The Year of the Farmer”. To help promote it, the coalition kicked off a campaign called “We are the 96” during the Super Bowl on February 12.

Everyone knows you have to be hot or famous to be a part of the Super Bowl, right? Therefore...

Farmers are HOT!



Illinois Farm Families provides more details at Wearethe96.org.

What does that mean “We are the 96”? According to the United States Department of Agriculture, 96% of farming operations in Illinois are family-based. This is a powerful message to share: 96% of Illinois farms are still owned and operated by families, just like yours.

My family is part of that 96%. Dad and Mom farmed with my uncle and aunt for many years. My siblings and I provided what I define as “unskilled” labor to support the farm operations. While some of us are a bit quirky, we are a farm family. We are the 96.

When my father and mother retired from farming, Dad chose to lease the farm to two brothers...another family farm. The lease is a crop share lease which means Dad remains an active

farmer from the management side. That’s two family farms that are the 96. And for more “hot” farm connections...

Food is HOT (and sometimes not)!

Each year, I make a point of checking out the National Restaurant Association’s “What’s Hot” Culinary Forecast. I like to know about the foods and food trends that I probably won’t eat in the coming year.

In January, I checked out the 10 hot food trends that made the 2023 list – and a shocker – I’m all about the top four! Look at me, I’m a trendsetter!

- #1: Experiences/local culture and community (my wife says every meal shared with me is a local experience)
- #2 Fried chicken sandwiches and

chicken sandwiches (Hey, I plan on eating a lot of chicken sandwiches this year...maybe I can boost it to the number one position?)

#3: The charcuterie board (I call that my late-night, after a board meeting snack... “cheese, summer sausage, and crackers on a paper plate”)

#4: Comfort fare (I eat that every day in my expandable, comfy jeans!)

In the ‘not hot category’, there were some “what’s hot” items on the list that I’m going to leave off my list in 2023...

- Flat bread sandwiches/ healthier wraps
- Sriracha variations
- Globally inspired salads
- Zero waste/sustainability/ upscaled foods

Perhaps next year I will give them a try.

From the “cooling down” foods from last year’s list (do we call them fads?), there is not much that I will miss...

- pickle pizza (who even thought to try that?)
- breakfast salads (add fried eggs, hash browns, and bacon and you got something going)
- fruit flavored coffee (I would love to see that offered at a small-town diner)
- pickled French fries (why do they have to go ruin the fried deliciousness?)

- ranch water (I picture a horse trough)
- up-scaled pigs-in-a-blanket (hmm - upscale pigs?)
- Crudit  platters (a veggie tray... I had to look that one up)

And, as the National Restaurant Association attempts to figure out what will be popular in 2024, I should let them know I plan on eating a lot of cheeseburgers!

However, I do not plan on eating a lot of mealworm cheeseburgers in 2024. Even if...

Insect protein is HOT?

The headline, “Beetleburgers could soon reach mass production – helping to feed the world” leapt off the page at me. Beetle larva, better known as mealworms, is being used to act as a meat alternative to alleviate hunger worldwide. Mealworms also could be used as alternatives to sausages or chicken nuggets!

According to the article, a French bio company, Ynsect, is planning a global network of insect farms including nurseries and slaughterhouses to make this vision a reality. These mealworms can be turned into protein powders, burgers, shakes, cereal bars, and even cooking oils.

Imagine the potential: an entire bug growing facility, slaughterhouse, processing, and restaurant all under one roof. A true farm to table story!



Have a recipes using, fresh, local ingredients that your wanting to share, please submit by: **Email:** membershipdebbie@cookcfb.org or **Mail:** CCFB/Recipes 6438 Joliet Rd Countryside, IL 60525. **Deadline March 25th!**

Recipe of the Month

Frito Corn Salad

Illinois Farm Families/IFB

INGREDIENTS:

- 3 c fresh corn off the cob OR 2 - 12-14 oz cans corn drained
- 1/2 red pepper diced
- 1/2 green pepper, diced
- 1/2 red onion, diced
- 4 oz can dice jalapenos, drained
- 2/3 c mayonnaise
- 2 t chili powder
- 1/2 c cheddar cheese
- 5 oz Fritos chips

DIRECTIONS:

Combine all ingredients except Fritos in a large bowl and mix well. Just before serving, stir in Fritos.



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Matthew Schrodtt

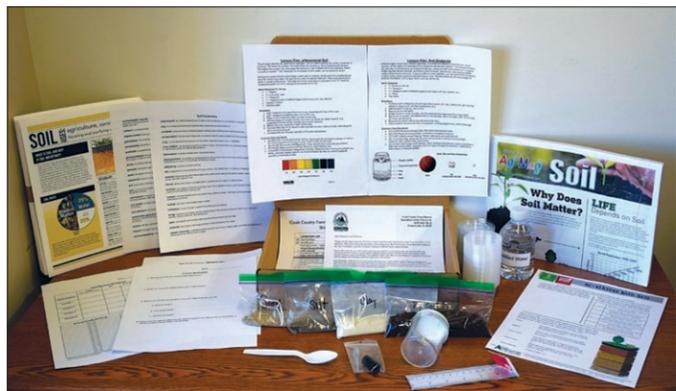
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Cook County Farm Bureau News



The Ag Literacy Department finalized development of a mailable soil educational kit for teachers of fourth-eighth grade classrooms.



Jonny Poole aims and rolls a bocce ball during the Young Leaders Team night out as members look on.



The Junior Sheriff educational program with the Ag Literacy Department took place on February 10.

There is always a lot of action and activities going on at the Cook County Farm Bureau. Here are some updates to recent activities and programs.

- The Board of Directors recently supported a concept offered by the Bureau County Farm Bureau for a "Members in the Middle" statewide program designed for farmer members ages 35-50 to keep these individuals

involved and connected with the organization following their Young Leader involvement.

- The Board of Directors renewed the organization's membership in the Illinois Farmers Market Association.
- The Board of Directors approved an annual contribution to the Illinois Agricultural Leadership

Foundation to support agriculturally related leadership training by the organization.

- The Ag Literacy Department finalized development of a mailable soil educational kit for teachers of fourth-eighth grade classrooms which features lessons, soil related supplies, and hands-on STEM activities thanks to a grant received from

Compeer. In connection with the kit, a new AITC Specialty Program for fourth through eighth grade students entitled "What's the Dirt on Illinois Soil?" was developed and is ready for delivery by presenters.

- The Public Relations Book Club has enjoyed reading and discussing the book *Rancher, Farmer, Fisherman* and is looking forward to the

documentary screening by the same name at Wagner Farm in Glenview on March 14 at 6p.m.

- The Young Leaders Team had a Friday night "out" at Pinstripes in Oak Brook playing bocce ball, catching up with one another and enjoying pizza as a group.

- Cook County Farm Bureau leaders were part of the Illinois Farm Bureau Governmental Affairs Conference and legislative reception in Springfield. During the event, Cook County Farm Bureau had an opportunity to connect with area legislators and communicate Cook County Farm Bureau/Illinois Farm Bureau policy.

- The Cook County Farm Bureau Foundation kicked off its 2023 "Raffle for Ag Education" fundraiser with ticket sales with and sponsorships.

- Members and Dependents seeking an agricultural related career submitted scholarship applications for higher education support. The Cook County Farm Bureau Foundation Board is evaluating those applications.

- The Cook County Farm Bureau Public Relations Committee developed plans for the 2023 Food Check out Day with members and Country Financial agencies providing financial support for local food pantries.

- The Commodities/Marketing Team hosted an informational lunch and learn webinar on risk management of commodities for farmer members.

- The Public Relations Team continued its sponsorship of the Facebook "Fact or Fiction" posts for educational purposes and prizes.

- The Ag Literacy Department participated in the Junior Sheriff educational program on Feb. 10 at Catalyst Circle Rock School in Chicago by presenting details to fourth through eighth grade students about agriculture and sports just prior to the big Super Bowl game.

The SIU Medicine Center for Rural Health and Social Service Development Farm Family Resource Initiative presents

WOMEN IN AGRICULTURE SERIES



As women in agriculture, we are faced with a multitude of challenges. This webinar series focuses on strategies to confront these challenges head on through improving our sense of wellbeing, both as individuals and in our relationships. All women who work in agriculture are invited to attend. Come prepared to learn more about yourself and how you can move forward with renewed resilience!

12 - 1 pm | Virtual (Zoom)

Thursday, March 9
Learning to Love Ourselves

Thursday, March 23
Building and Maintaining Healthy Relationships in Times of Stress

Thursday, March 30
Bend Don't Break: Becoming Resilient



PRESENTER:
Monica Kramer McConkey, LPC
Rural Mental Health Specialist
Eyes on the Horizon Consulting

TO REGISTER:
Visit siumed.edu/cpd
(Under 'Learners', click 'Conferences')
or call 618.713.0759.



TO JOIN SCAN QR CODE:
Meeting ID: 973 191 6324
Passcode: 032023



Financial support provided by Illinois Department of Human Services, Division of Mental Health and the Illinois Department of Agriculture in cooperation with USDA National Institute of Food and Agriculture.

Lanphier re-elected to Chair of the Young Leaders Team

During the February 8, 2023 Young Leaders Team meeting, the group elected leadership for the Team for the upcoming year.

The Young Leaders Team is designed to involve Cook County Farm Bureau members ages 18-35 in the organization and enhance leadership skills amongst the group. They meet four times annually for planning purposes and participate in both fun and educational activities throughout the year.



Blake Lanphier

BLAKE LANPHIER will continue the chairmanship responsibilities after a year as chair. Blake serves as the farm manager of Wagner Farm in Glenview. He has a Bachelor of Science degree in animal sciences from Iowa State University. Blake is a 2020 graduate of the two-year agricultural educational leadership experience through the Illinois Ag Leadership Program. He provides support and program assistance for the Glenview 4-H club which is one of the largest in Cook County. Blake is a Professional Member of the CCFB.



Karina Barrios

KARINA BARRIOS will serve as Vice-Chair of the group. Karina is employed in the food production industry in the Chicago area. She is a past Ag literacy intern through the Cook County Farm Bureau Foundation. Karina has a Bachelor of Science degree in Agricultural and Biological Engineering from the University of Illinois Urbana-Champaign. Karina is a professional member of the CCFB.



Doug Yunker

DOUG YUNKER was elected as recorder for the group. Doug is a part of Yunker Farms, a 4th generation family farm in Northeastern Illinois. Yunker Farms grows conventional and organic corn, soybeans, wheat, and hay. Doug has previously worked for an area agricultural company serving area farmers. Doug previously served as Chairman of the Young Leaders Group.

Members interested in participating in the group can contact the Cook County Farm Bureau at 708-354-3276 or email bona@cookcfb.org.

5 Questions with Ruth Zeldenrust, CCFB Secretary/Treasurer

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

My favorite responsibility is going to Board and Team Meetings. It's an honor and true pleasure to serve with so many dedicated people that care about agriculture and each other. Cook County Farm Bureau is my "home away from home" and the members and staff are my extended family. Each person at the Farm Bureau has their own niche of expertise.

What impresses you about the CCFB staff?

What impresses me about the staff at CCFB and all the way to the Illinois Farm Bureau is that there is only excellence in every task, every day, all the time. Everyone is consistently doing their best – and nothing is done halfway. Cook County Farm Bureau has the best and friendliest staff on the planet.

What is a memory stamped into your mind from your involvement with Cook County Farm Bureau?

I've been with the Farm Bureau since I was in college. Some of my fondest memories have been talking to legislators that come to visit our farm. They are always so interested to know that there are family farms in Cook County. Some of my favorite memories are during spring planting both in the greenhouse



Ruth Zeldenrust "relaxing" as a beekeeper

and in the field. It's such a great time of coming together. The weather has changed, and everyone is happy, working together, eating meals outside, being tired and dirty, laughing, maybe some yelling, but mostly the teamwork involved in making a family farm run every year. It makes me smile.

What is your favorite food?

Pizza. Pizza. Oh, and more pizza! My standard is sausage/pepperoni, and new favorite is ham and pineapple. Also love taco pizza, veggie pizza, and deep dish. (Only from Chicago, of course.)

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

In my spare time I like beekeeping and going bowhunting for elk with my husband. Probably neither are very relaxing. However, we also love fishing as well.

Heinsohn Renews CAE Certification



Bona Heinsohn

Cook County Farm Bureau® staff member, Bona Heinsohn, successfully renewed her Certified Association Executive® (CAE) credential from the CAE Commission of the American Society of Association Executives®, joining more than 4,700 industry leaders worldwide.

Heinsohn completed over 50 continuing education hours in the areas of leadership, association management, finance, communication, ethics, association law, and

governmental affairs. Additionally, four credits were in the area of qualifying leadership, authorship, and teaching activities contributing to the profession of association management.

CAEs are required to renew their certification every three years.

The CAE Program elevates professional standards, enhances individual performance, and designates those who have acquired and have demonstrated the knowledge essential to the practice of association management. The CAE Program is accredited by the National Commission for Certifying Agencies.

HOW FARM BUREAU SERVED YOU IN FEBRUARY

- ▶ **Advocated for Farm Bureau and Farm Bureau policies to Cook County elected officials and their staffs.**
- ▶ **Promoted agriculture and farm facts to the general public through social media.**
- ▶ **Improved member hearing discounts by offering the new and enhanced Great Hearing Benefits Program.**
- ▶ **Offered a "How Futures and Options Help Manage Price Risk" webinar to our farming community.**



Planting Seeds

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



Katrina J.E. Milton

Growing up rurally, I loved playing outside. Living in the country, I loved riding my bike up and down the long gravel roads, taking photos of crops growing in the

fields, butterflies, and wildflowers (a.k.a. weeds) along the ditches. I spent the days of summer vacation monkeying around on my backyard playground set, swimming in our pool, and playing kickball, baseball, and basketball with my cousins. I looked forward to summer vacation not only for a hiatus from homework, but also because I was able to spend time adventuring outdoors.

How children spend their leisure time in a post-pandemic world in 2023 is much different from how I spent mine. Although I grew up playing video games and loved to read, I didn't have the internet at home or a cell phone until high school, via AOL dial-up and a Motorola flip phone.

According to an article entitled "Why Kids Need to Spend Time in Nature" by The Child Mind Institute, the average American child spends about 4 to 7 minutes a day playing outside and more than 7 hours a day in front of a screen. I fondly remember my time playing outdoors as a child, and it made me sad to learn that statistic.

Last fall, as Ag in the Classroom (AITC) Assistant Jill Drover and I were

discussing upcoming programming, we realized that we weren't offering a specialty program in the spring. For fall, we offer "Pumpkin and Apple Fall Facts" and for winter, we offer "Keeping Warm with Agriculture." After brainstorming, we decided upon a program all about soil for the spring to connect to Earth Day, warmer weather, and seed germination.

When looking into which Illinois State Board of Education Common Core Standards our new program would align with, I realized that soil science is only mentioned in passing in earth science standards. Without it being a standard and an objective, that means that students may be missing out on learning about soil at all, at every grade level.

Our new soil program, "What's the Dirt on Illinois' Soil?" is a free in-person presentation for fourth through eighth grades. Topics covered in the presentation include earthworms, Illinois' rich minerals and resources under our feet, ice ages creating Illinois' flat prairies, the Dust Bowl, how plants require nutrients found in soil, how to prevent soil erosion, how to conserve soil, and more.

In conjunction with the program, we are also providing free mailable soil kits to teachers of fourth through eighth grades. All of the materials required for lessons and hands-on STEM activities will be provided in the

Ship-a-Kit Soil Kit. The kit includes lesson plans, hands-on activities, and Illinois Ag in the Classroom's Soil Ag Mag, Ag-venture Worksheet, and Ag Reader. The kits will also include a URL link to additional lesson plans that will help educators continue teaching their students about soil. Additional resources, such as a list of ag-accurate books, websites, videos, and related lesson plans, will be provided virtually on CCFB's website.

I recently read an Illinois Ag in the Classroom Jr. Reader that stated that "soil matters because it's matter." Soil isn't just one thing, it's a mixture of many, many things. Soil is made up of 45% mineral particles, 25% air, 25% water, and 5% organic matter. There are millions of species and billions of organisms in soil, including bacteria, algae, microscopic insects, earthworms, beetles, ants, mites, fungi, and more.

My hope with the new program and mailable kits is to spark students' interest in soil, to help them realize the importance of soil conservation, and to foster a love for nature and the outdoors. Topsoil, which is used to plant and grow crops, is a depth of only 5 to 10 inches on average, or less than the length of two \$1 bills. Only 1/32 of the earth's surface is available for farming. Every minute

of every day, the U.S. loses about an acre of farmland. Over 70% of America's fruit, vegetables, and dairy products are produced on farms near cities that are expanding and developing. Since soil supports 95% of all food production, and soil is a nonrenewable resource, we have to do all that we can to conserve the soil we have and keep it healthy and full of nutrients for future generations.

Astronaut Neil Armstrong's first words upon stepping on the surface of the moon in 1969 were, "That's one small step for man, one giant leap for mankind." I think learning about the surface of the earth – and its soil – is similar: it all starts with a small step.

For more information about the Ship-a-Kit Soil Kit: <https://bit.ly/SoilShip>

To request a Ship-a-Kit Soil Kit: <https://bit.ly/SoilFun>

For more information about the soil presentation: <https://bit.ly/CCFBAgLit>

To request a soil presentation: <https://bit.ly/AgPlease>

Katrina can be reached at aite@cookcfb.org.



Junior Sheriff's Program

Middle school students in the Cook County Junior Sheriff's Program work together to solve a matching game, connecting agriculture to sports, at Catalyst Circle Rock School. During the program, the 26 students learned about sod, how sports balls, equipment, and jerseys are made, Clydesdale horses, and the farm-to-table connection of game time snack foods, including popcorn, pretzels, and Cracker Jack.

Soil Kits Now Available

Fourth through eighth grade classrooms can dig into soil science with a Cook County Farm Bureau Foundation's Ship-a-Kit Mailable Soil Kit. All of the materials required for lesson plans and hands-on STEM activities will be provided in the free soil kit. The kits will also include QR code link to additional lesson plans and resources, including ag-accurate books, websites, and videos.



For more information about the soil kits, visit <https://bit.ly/SoilFun>. To request a soil kit, visit <https://bit.ly/SoilShip>.

Presentations Now Available

Teachers of fourth through eighth grade students can bring soil science and agriculture into their classroom with AITC's newest specialty program, "What's the Dirt on Illinois' Soil?" During the free, in-person presentation, students will learn about the soils of Illinois and how nutrient-rich soil makes our state an agricultural powerhouse. Topics covered in the presentation include: earthworms, Illinois' minerals and resources under our feet, ice ages creating Illinois' flat prairies, the Dust Bowl, how plants require nutrients found in soil, how to prevent soil erosion, how to conserve soil, and more. Program lasts approximately 60 minutes.

For more information about the presentation, visit <https://bit.ly/CCFBAgLit>. To request a soil presentation for your classroom, fill out the request form online at <https://bit.ly/AgPlease>.

Free to attend

Ag Day 2023

Bring Your 3rd Grade Students to the Farm

Free to attend

March 16, South
March 22, North
9:15-11:15AM session or
11:30-1:30PM session

Contact Jill for additional information
708.354.3276 or aite2@cookcfb.org

Ag Day South will be held at The Children's Farm in Palos Park

Ag Day North will be held at Historic Wagner Farm in Glenview



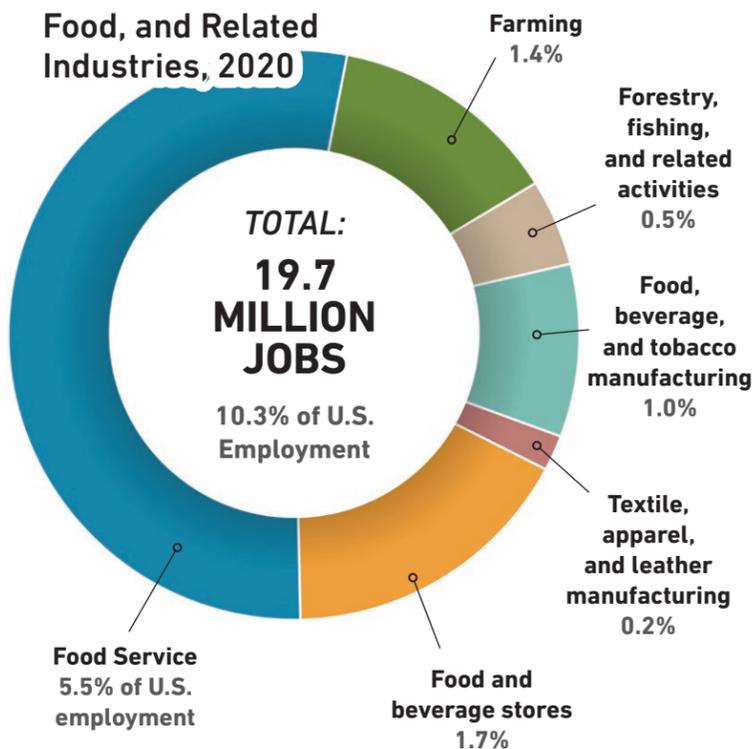


CAREERS IN AGRICULTURE ARE MORE THAN FARMING!

According to the USDA's Economic Research Service, a total of 19.7 million jobs, or 10.3% of U.S. employment, was related to agriculture in 2020. Farming only made up 13.5% of agricultural employment; food service made up 53.4% and food and beverage stores made up 16.5%.

There are more than one million agriculture-related jobs in Illinois. Ag-related careers include plant science, animal science, natural resources, agricultural business, environmental science, agricultural mechanics, and food science.

Employment in Agriculture, Food, and Related Industries, 2020



Note: Employment includes full- and part-time jobs

Source: USDA, Economic Research Service using data from U.S. Department of Commerce, Bureau of Economic Analysis, data as of September 23, 2021



Choose Your Prize: February Word Search

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

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

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

FAX TO: 708-579-6056

EMAIL TO: FBcooperator@gmail.com

Complete and submit an entry every month all in 2023 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.

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

Below are descriptions of a few of the "-ists" working in ag careers and descriptions of what they study from the Illinois Agricultural Education:

- **AGRONOMIST** – soil management and crop development
- **APICULTURIST** – bees and the art of beekeeping
- **BIOCHEMIST** – the chemical and physical principles of living things and their biological processes
- **BIOLOGIST** – living organisms
- **BIOTECHNOLOGIST** – develops products and technologies that help fight disease, feed the hungry, use cleaner energy, etc.
- **BOTANIST** – the science of plants
- **CLIMATOLOGIST** – weather patterns over a period of time to discover trends over months, years, or even centuries; also researches the impacts of climate changes
- **CONSERVATIONIST** – manages, improves, and protects natural resources, including soil, the environment, animals, and wildlife

- **ECONOMIST** – the production and distribution of goods and services
- **ENTOMOLOGIST** – insects
- **GENETICIST** – the transmission of hereditary characteristics from one generation to the next
- **HORTICULTURIST** – the science of raising and caring for plants, flowers, and greenery
- **MICROBIOLOGIST** – living things seen through a microscope
- **NUTRIENT MANAGEMENT/WASTE MANAGEMENT SPECIALIST** – develop appropriate methods for removing and managing animal and food waste from or in the environment
- **PEDOLOGIST** – all living and non-living aspects of soil, soil formation, and erosion
- **PRODUCT DEVELOPMENT FOOD SCIENTIST** – improves methods of processing, canning, freezing, storing, packaging, and/or distributing food
- **TAXONOMIST** – the structure of a species, maps its DNA, and groups organisms into categories
- **ZOOLOGIST** – animals and how they interact with their ecosystems

March Word Search

Last Month's Winner:
Clarence Debauche

Botanist	R L O J T T S E E C C Z J N B
Business	T I O C O T K C Y C Q N S K O
Career	N B N R T F N N E Z I S Y P T
Crops	S Z E O J L Y E S P E V E C A
Employment	A M R P J J D I M N H D R T N
Farming	G P O S N F O C I Y O F I E I
Food	G N I M R A F S V L O F H V S
Forestry	X J W Z Z C U O O C V L P J T
Jobs	B S Y G K B W G A A R I P A R
Mechanics	M E C H A N I C S R S E F M M
Pedologist	M L M P O S M Q F E N T A Y E
Science	H I W D T Z J O V E S S U P L
Service	Y R T S E R O F U R D O J D Y
Soil	Y C D M K D Z D Z P R G I R Y
Specialist	S P E C I A L I S T B Z L L B
Study	

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



MARCH 2023
At The Farm Gate
 by Joanie Stiers



Farming: A job with as many boots as hats

Before the first puddles of spring arrived, I would rummage through the supply of hand-me-down rubber boots, searching for the size that our young kids had grown into for the season. The appropriate footwear lined the back hall, ready for water to pond in the driveway.

Today, my teenagers splash less, but the boot dryer has a permanent space near an outlet and the family's boots now take up more space for a household with adult-sized feet. Shoes and boots for "farm" and "good" fill cabinets and cubbies by the back door. Rubber boots – both insulated and not – line part of the garage wall. Shelves display the nicer western boots that our kids wear to school, FFA events and the 4-H fair for showing livestock. Boots for the chicken coop stay in the garage.

Farmers wear as many boots as hats on the farm, symbolic of a wide range of skills worth recognizing in this season that honors National Ag Day on March 21, 2023. In Illinois, families (not corporations) own and operate an overwhelming 96% of farms. Those families pull on boots as agronomists, veterinarians, accountants and mechanics. They operate heavy machinery, manage employees, build fence and monitor weather to know what boots to wear.

In this job of many boots, we may scout bean fields on a dewy summer morning or clean a livestock stall for the next cow to give birth. Hard-soled boots climb from the tractor to check seed depth behind the planter. We attend farm conferences in our best boots or spend a winter afternoon with the family in snow boots, sledding the slope southeast of the farmstead.

For some farms, plastic boot covers protect animals from devastating diseases that could transmit from boot treads. That's not the case for us but boot covers would help at times. Someone occasionally leaves a trail of mud in the farm office, despite the boot scraper outside the door.

Three boot dryers await their duties along the footwear wall where Dad and the guys store boots for every season and task, from chores to cheer – or sometimes, the unexpected. I wore rubber boots to my aunt's funeral a few years ago to keep my heels out of the mud. It was my nod to the career farm woman, who would have done the same.

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



Beginning Beekeeping Class

Are You Interested In:

- Keeping bees to connect with nature?
- Improving your health with raw honey, bees wax, pollen, antibacterial propolis, and bee venom?
- Pollinating your flower and vegetable gardens?
- Growing the right type of plants to maintain native pollinators and honey bees in balance?

Or, You May-Bee:

Already a beekeeper and have experienced some losses thus far?

We'll share our understanding of how bees overcome challenges. And you'll learn techniques that leverage their natural abilities to adapt and thrive. This program will guide you season by season into keeping bees sustainably.

Location:	Cook County Farm Bureau 6438 Joliet Road, Countryside IL 60525
Format:	Two-day, weekend class Saturday & Sunday, March 11 th and 12 th 2023 9:30 am – 3:30 pm
Register:	Call the Farm Bureau at 708-354-3276; For additional information, email Debbie: membershipdebbie@cookefb.org
Cost:	\$75 for CCFB or CDBA members, \$100 non-members; ask how to join!

Learn All About:

- ✓ Honey Bee Behavior, Biology, and Fascinating Features;
- ✓ Selecting the Right Hive: Advantages and Challenges with Langstroth, Top-Bar, Flow, and more;
- ✓ Tools and Equipment You Will Need and How Much to Budget;
- ✓ Practical Ways to Obtain High Quality Bees;
- ✓ How the Hive Evolves from Day 1 in Spring thru Winter and into next Season;
- ✓ Leveraging Bees Innate Capacity for Immunity, Without Antibiotic or Chemical Treatments;
- ✓ Case Studies on What You May Find While Inspecting Your Hive; and,
- ✓ Best practices on How and When to Harvest Honey and Other Hive Products.

Classes are led by Kim Kulton, President, Bee All About It. Kim operates a commercial beekeeping business producing honey, breeding Queens, and rescuing bees. She's joined by Pete Soltesz, President of Cook DuPage Beekeepers Association. Learn how to raise bees that thrive in a chemical-free environment; produce an abundance of great-tasting honey; and survive the duration of our Chicago winters.



RANCHER, FARMER, FISHERMAN

Documentary Screening and Panel

March 14 at 6:00 PM

Historic Wagner Farm, 1510 Wagner Rd., Glenview

RESERVE YOUR SPOT TODAY!



Unfolding as a journey down the Mississippi River, *Rancher, Farmer, Fisherman* tells the stories of five representatives of the stewardship movement: a Montana rancher, a Kansas farmer, Mississippi riverman, Louisiana shrimper, and Gulf fisherman. In exploring their work, family histories and essential geographies they protect, *Rancher, Farmer, Fisherman* challenges pervasive and powerful myths about American and environmental values.

A brief panel discussion will follow the screening.

SAVE THE DATE!!

COOK COUNTY FARM BUREAU

Member Appreciation Week

APRIL 17 - APRIL 21

WATCH THE APRIL EDITION OF THE CO-OPERATOR FOR MORE DETAILS. AS A TEASER, EACH DAY, WE WILL OFFER A GRAND PRIZE GIFT FOR A LUCKY MEMBER WITH OTHER OPPORTUNITIES FOR PRIZES AND GIFTS THROUGHOUT THE WEEK.



Manifolds, Manolos, and Manure

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



Bona Heinsohn As Chicago voters faced ballots longer than my favorite corgi is tall, Alderman Matt Martin (47th ward) dared to suggest that Chicago transition to an increasingly popular idea: ranked choice voting.

With ranked choice voting, voters rank candidates by preference. First choice. Second choice. Third pick. All the way down the race.

If a candidate wins over 50 percent of the first-preference votes, that candidate is declared a winner. If none of the candidates receive 50 percent an instant-runoff is held in which the candidate with the fewest first-choice votes is eliminated. First choice votes for the eliminated candidate go to their second-choice candidate. A new tally is done to see if any candidate has received over 50 percent. The process is repeated until a candidate receives over 50 percent. Yes, there are instances in which the voting and tallying is complete, and a candidate still does not have 50 percent of the vote.

Chicago aldermen and mayoral candidates currently face off in a non-partisan election. If a candidate does not receive 50 percent of the vote they go to a

run-off (not an instant runoff). The existing system is expensive, not only for taxpayers but also for those candidates who essentially have to run two races.

Yes, if Chicago transitions to a ranked choice voting system there will be initial costs to modify voting systems. Ask Evanston about the costs, as Evanston voters will utilize ranked choice voting for municipal elections beginning in April of 2025.

Alaska, Hawaii, Maine, and Washington utilize ranked choice voting. San Francisco, Minneapolis, New York City, and Memphis either already use ranked choice voting or are transitioning to it.

Reform For Illinois has advocated for ranked choice voting across the state, saying that it's a more democratic way to elect local leaders. FairVote, an organization that advocates for election reforms, argues that when state and legislatures use a winner takes all approach they place parties and elections over voters. Those races tend to be more partisan. Polarized. And lower turnout.

In addition, proponents argue that ranked choice voting could expand the pool of candidates. Voters often weigh the decision of voting for their preferred candidate or the candidate they think will do the best in the race with ranked choice voting

voters don't have to make that choice. With ranked choice voting, voters can rank their preferred candidate and the candidate they feel will do the best in the race.

Deseret News, based out of Salt Lake City, Utah, counters that there's no good way to handle races with multiple candidates. In fact, when there are more than two candidates involved "democracy gets fuzzy". Their word not mine. Critics take it another step further, saying that the system is complicated. Voters struggle to understand it. And that there's value in that final, expensive round of voting.

Looking at the 2014 Chicago mayoral election, Lori Lightfoot and Toni Preckwinkle received around 33 percent of the vote. Both advanced to the runoff. However, 60 percent of voters didn't vote for either Lightfoot or Preckwinkle. With a ranked choice election perhaps those voters' second or third choices would've been Lightfoot or Preckwinkle but we'll never know that. It's arguable that in the situation illustrated above democracy didn't prevail.

With the municipal election in the rear-view mirror, maybe it's time for Chicago to have a serious conversation about ranked choice voting. After all, the next nonpartisan election is just four years away.

Bona can be reached at Bona@cookcfb.org.

LOCAL LEGISLATORS



Former Cook County Farm Bureau® President Jim Gutzmer (pictured left) discusses Farm Bureau's effort in local government advocacy with State Representative Hurley during this year's Statewide Legislative Reception in Springfield. Representative Hurley represents portions of Chicago and Cook County and recently received a 2022 Friend of Agriculture award in recognition of outstanding voting record.



Newly elected Representative Abdelnasser Rashid (pictured left) meets with Farm Bureau board member Jim Gutzmer during a late winter legislative reception. Representative Rashid resides in Bridgeview and has extensive experience in government as well as an undergraduate degree from Harvard University as well as a Masters in Business Administration in Finance and Economics from the University of Chicago Booth School of Business.



Cook County Farm Bureau® board member Jim Gutzmer (pictured left) takes a quick photo with Representative Jennifer Sanalitro. Representative Sanalitro is newly elected and represents both Cook and DuPage County. Her district office is located in Carol Stream.

LEGISLATIVE ADVOCATES ELIGIBLE FOR YEAR END PRIZE

Every day, politicians and regulators in Washington, D.C., Springfield, or your local community make decisions that impact you and your family.

In today's world, your voice can be easily drowned out by other interest groups. We need you to speak out and advocate to protect your interests. That's where our grass-roots advocacy program, FB ACT, comes in to play. With the world at your fingertips, we make being an advocate for Cook County Farm Bureau®, the easiest thing you'll do all day.

As a thank you to active FB ACT members, we are giving away one Picnic Time® Gardner Seat and Tools. This lightweight and portable seat includes a sturdy steel frame along with five steel gardening tools including a garden fork, weeder, broad face trowel, hand rake, and narrow face trowel as well as a storage tote that detaches from the seat.

Timeframe: March 1- September 1, 2023

To be eligible, individuals must:

1. Be a member in good standing of Cook County Farm Bureau®.
2. Be a FBACT member. To join text 'FARM' to 52886.
3. Respond to at least one legislative action request. You will receive an entry for each action request you respond to.

The winner will be announced in the October Co-Operator!

If you have any questions please contact Bona Heinsohn at (708) 354-3276.



Farm Bureau Establishes National Priorities

Farm Bureau set the following national priorities for 2023:

- Pass a farm bill that meets the needs of all segments of the farm industry.
- Put trade back on the national economic agenda.
- Push for actions that reduce both agricultural production and transportation costs.
- Create conditions for stronger biofuel.
- Identify and develop new congressional champions for agriculture.

The priorities provided above center on ensuring farmers have access to new market opportunities and to federal programs that bolster the industry. Members with questions regarding these priorities or other Farm Bureau issues are encouraged to contact Bona Heinsohn at **708-354-3276**.

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**:

Taylor Coday	Steve Stasys
Kaitlyn Joyce	Jonathan Poole
Vicky Ludwig, Ludwigs Feed Store	Chicago St Sunflower Co.
Natascha Coleman	Justin Kopping
Clarence Smith, One Fam Farms	James O'Connor
Bob Zeni	Raymond Schultz
Angelics Organics North	Samantha Bretz
Steve Archer	Shanell Rainey-Jacob

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, provides 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.

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.



***MIRSAD KLJUCANIN** has been named Financial Rep of the month for January 2023. His office is located at 5750 Old Orchard Rd., Ste 550, in Skokie, IL. His phone number is 773-728-3041. Mirsad has been a Financial Representative since February 2010.

Chicago North Agency, Victoria Nygren, Agency Manager



BRETT RIEKEMA has been named Financial Rep of the month for January 2023. His office is located at 23042 N. Main St., in Prairie View, IL. His phone number is 847-415-2666. Brett has been a Financial Representative since May 2011.

Chicago Northwest, Kevin Gomes, 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.

Other "Stuff" from the World of Agriculture

Spring Tree and Fish Sale:

The Will – South Cook Soil and Water Conservation District is currently taking orders for the spring tree and fish sale. Plants, shrubs, and trees are available this spring in various starter sizes. Tree orders must be placed by April 12 (prepaid only). Tree order pickup is on April 20-21 during office hours and Saturday, April 22 from 11am-3pm.

Fish varieties include channel catfish, largemouth bass, triploid grass carp, rainbow trout, bluegill, and minnows. Fish orders must be placed by Wednesday, March 29 for grass carp and April 7 for other fish species. All orders are prepaid only. Fish pickup is Saturday, April 22 from 11am-3pm.

All pickups will be at the Will – South Cook SWCD building located at 1201 S. Gouger Rd. in New Lenox. Order forms are available on the District Facebook page, website, or from the office. Contact **815-462-3106 x3** or

- info@willscookswcd.org
- www.facebook.com/willsouthcookSoilandWater/
- www.will-scookswcd.org

USDA Job Opportunity:

The USDA Rural Development office would like to pass along the following USDA Rural Development career opportunity (Civil Engineer – Department of Agriculture, Rural Development). Find out more at <https://www.usajobs.gov/GetJob/ViewDetails/706040900>

University of Illinois Extension Offers New Training Sessions in Cook County

March 7, from 6 to 8 PM – Introductions and Volunteer Engagement

Learn about Illinois Extension in Cook County programming and meet Extension staff. Local Foods Systems and Small Farms educator Kathryn Pereira and Horticulture Educator Nancy Kreith will walk you through the steps of forming and leading a school or community garden and fostering volunteer engagement.



March 14, from 6 to 8 PM – Vegetable Gardening

Horticulture Educator German Cutz will cover the basics of vegetable gardening. For advanced garden topics, Local Food Systems and Small Farms Educator Zack Grant will deliver ideas for extending the season during the winter months along with best harvesting practices.

March 21, from 6 to 8 PM – Ornamental and Food Donation Gardens

Horticulture Educator Nancy Kreith will cover an overview of incorporating ornamental plants into your school or community garden. Val Kehoe and Navraaz Basati will introduce the Conservation@Home program, which has resources for gardening using environmentally friendly practices and educational opportunities. SNAP-Ed Educator Bianca Bautista will review the benefits of food donation gardens to the community, schools, and recipients of the garden harvest.

Register at go.illinois.edu/gardens2023

Headed to the Movies?

As a CCFB member, you have access to so many benefits and one of those benefits is the access to purchase discounted movie tickets. Tickets are available for purchase by calling the Farm Bureau office at (708) 354-3276. We will mail the tickets to you at no additional cost. Some restrictions may apply. Discounted tickets are available for: Marcus Theatres, AMC Theatres and Regal Cinemas.

MARCUS SILVER TICKETS: \$7.00 Void on films listed as an Extra Special Attraction (marked with an 'X' - the first 14 days of select features)*, Not valid for VIP Seating, when valid, 3D and D-Box surcharges apply.

Please note... **MARCUS SILVER TICKETS have been discontinued for purchase at the theatre, however, you can still purchase them from us directly. There are no expiration dates and are still valid at Marcus Theatres. Limited supply is available and once they're gone, they're gone for good!

MARCUS PLATINUM TICKETS \$8.00 Valid for any movie, anytime at all Marcus Theatres locations! NOT valid for VIP Seating, 3D or SuperScreen DLX. Extra charge will apply if going to see a movie in 3D or SuperScreen DLX.

AMC YELLOW TICKETS \$9.50 Valid for any movie, any time. Hard tickets can be used to purchase your tickets online. If used to purchase online, service fee will apply.

REGAL TICKETS \$9.50 Valid for any movie, any time.

CLASSIFIED ADS

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

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

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

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

FOR SALE

For sale Queen cushion firm pillow top, in case coil mattress, and 9inch back sense platinum box, wellington luxury firm PT collection by Therapedic, brand new still wrapped in factory plastic, \$600. **Call 708-361-8230**.

FOR RENT

Vacation Villas at Fantasy World II Resort in Kissimmee, Florida. Seven (7) nights in one bedroom suite, full kitchen, outdoor swimming pool, sleeps four (4). \$650 for seven (7) nights. No presentation is required. **Call Ms. Day at (708) 347-9369 for availability.**

5 Star resort 3br/2ba condo 2 miles from Disney World Orlando. Rental rates from \$149/ night. **Call 630-853-7669 or go to www.vrbo.com/218673**

WANTED

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

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

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

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

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
"N"

NECTARINE



A nectarine (*Prunus persica* variety *nectarina*) is a fuzzless variety of peach.

Nectarines are more delicate than peaches, bruising very easily.



In appearance, nectarine trees are the same as peach trees, and are virtually indistinguishable from one another.

The word 'nectarine' means sweet as nectar, and this is very likely the obvious origin of the name.

Their yellow flesh has a noticeable pink tinge, with a distinct aroma and a more pronounced flavor.

NECTARINES ARE GENERALLY AVAILABLE FROM JUNE TO LATE SEPTEMBER

They are low in calories (and like most fruit - no sodium or cholesterol). They are a good source of vitamins A and C, beta-carotene and potassium.



Compared to peaches, nectarines are smaller and smooth skinned (looking more like plums), golden yellow with large blushes of red.

Next month...Okra

Member Resources Abound This Spring

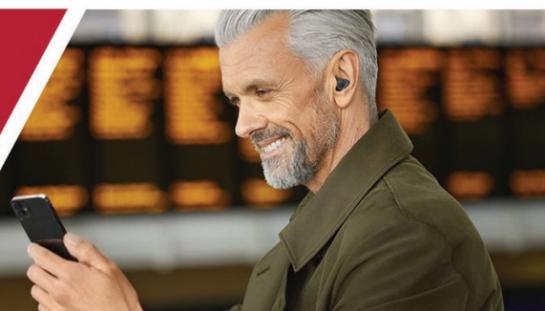
Join Kelli Villarreal, Coordinator: Membership and Communications, as she discusses upcoming programs and classes available to Cook County Farm Bureau members. Members are encouraged to contact Cook County Farm Bureau at (708) 354-3276 to learn more about the programs or to sign up. **The video is available:** <https://youtu.be/zNDzr8FSsf8>.



greatearingbenefits.com/farmbureau-il

Latest consumer electronic and hearing aid technology at significantly discounted prices.

Call now to schedule your appointment 877-683-3387



Benefit

Continued from Page 1

2. Farm Bureau has a dedicated number: 1-877-683-3387

- a. Members calling this number will reach the call center and will need to provide their Farm Bureau number as it appears on their membership card.
- b. The call center representative will ask for the member's zip code, so they can locate the providers closest to the member. The member will be given provider options and the call center will assist with setting up an appointment.
- c. A representative from Great Hearing Benefits will follow-up with the member 30 days after their appointment to get feedback and make sure that the discount was applied properly.

For more info, visit <https://cookcfb.org/membership/member-benefits>

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.

Beginning Beekeeping Course In Person at the CCFB

See page 8 for more details.

Workshop on the Credit System and Improving the Accuracy of Your Credit Report



(Presented by Jim Droske, President of Illinois Credit Services)

What is a credit score? Is it important and how can I improve it? This program will help understand the credit system and improve the health and accuracy of your credit reports. Credit expert witness, Jim Droske, will take you through the process of understanding of credit reporting, credit scores, the credit disputing process, and how to get help.

DATE: Wednesday, March 15, 2023 **TIME:** 6:30 - 7:30 pm

LOCATION: Zoom Webinar - link to be emailed the day before

FEE: Free for CCFB Members! \$10 for Non-Members

REGISTRATION: Call the CCFB at 708-354-3276

Intro to Backyard Chickens... Urban Style at The Feed Store



Thinking about raising chickens in your yard? We are offering 2 sessions with Q & A at The Feed Store to hear from owner/experts Brooke and Blaire, as they educate us on all things chickens. Topics will include starting baby chicks and selection, general chicken care and management, housing and coop options, nutrition, feed, and health management, safety against predators and protection for raising chickens, open Q & A and see, touch and feel real baby chickens. The Feed Store in its 75th year, carries food for a variety of animals, plus cages, bedding, feeders & more.

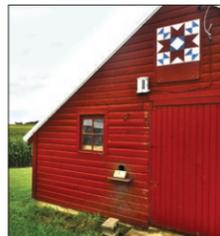
DATE: Thursday, April 27, 2023 **TIME:** 10:00 am - 4:00 pm

LOCATION: The Feed Store | 5408 S Harlem Ave, Summit IL

FEE: Free! **IN-PERSON:** 20 max registrations per session

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

DIY Barn Quilt Painting Workshop



Learn about the history of barn quilts and paint your own design during this 2-hour make-and-take workshop. A barn quilt is a piece of wood, painted in simple geometric patterns to resemble a quilting block, that is hung on the exterior of a building. During this beginner-level class, you will paint a 12x12 barn quilt design on wood to hang indoors. Barn quilts make a creative, personalized gift for Mother's Day, Father's Day, anniversaries, birthdays, or to keep yourself.

DATE: Tuesday, May 2, 2023 **TIME:** 6:00 - 8:00 pm

LOCATION: Cook County Farm Bureau - 6438 Joliet Rd., Countryside

FEE: \$20 for CCFB members, \$25 for non-members (includes materials: board, stencil, paint, apron, etc.)

REGISTRATION REQUIRED: Call the Farm Bureau at 708-354-3276 or at the online Member Center. For additional information, email Kelli at membershipkelli@cookcfb.org. Registration must be made by April 27th.

Make a Spring Planter Workshop at Van Kalker Farms & Greenhouses



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

DATE: Saturday, May 6, 2023 **TIME:** 9:00 am

LOCATION: Van Kalker Farms & Greenhouses, 1808 East Joe Orr Rd, Lynwood, IL 60411

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

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

Cook County Farm Bureau® Foundation Fundraiser

"RAFFLE FOR AGRICULTURE EDUCATION"

\$50 PER TICKET.
3 BIG PAYOUT WINNERS!

*Cash Payouts:

1ST: \$2,500

2ND: \$1,500

3RD: \$500



To Purchase over the phone, call 708-354-3276

*Payouts are based on selling \$300 tickets. If fewer tickets are sold, see raffle rules on CCFB Foundation landing page for adjusted payout schedule.

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

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

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

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

We'd like to send a huge thank you to our "Raffle for Ag Education" sponsors!

CURRENT SPONSORS AS OF FEBRUARY 22ND ARE:

PLATINUM



BRONZE



Mark Olander
Attorney at Law
(312) 634-1107
Chicago, IL



Drawing will be held Wednesday, June 14, 2023. Details on how to "tune in" online to watch the drawing live will be shared on the website landing page.



2023 Cook County Farm Bureau® Foundation "Raffle for Ag Education"

SPONSORSHIPS

Join the Friends of the Cook County Farm Bureau Foundation in support of the 2023 raffle to fund ag career related scholarships, Ag in the Classroom programming, an internship, and ag experiences for area youth in urban areas of Chicagoland. The event will culminate with a live virtual, online drawing on Wednesday, June 14th, 2023. See details on the event landing page at cookcfb.org/foundation.

Sponsorship Benefits	Platinum \$1,500	Gold \$1,000	Silver \$500	Bronze \$250
Company logo on Foundation Event website landing page & virtual platform	✓	✓	✓	✓
Recognition during virtual drawing event	✓	✓	✓	✓
Recognition of sponsorship in the CCFB publication, the Co-Operator (cir. 41,000)	✓	✓	✓	✓
Sponsorship may be tax-deductible per IRS guidelines as a charitable or business expense	✓	✓	✓	✓
Sponsorship appreciation placard for company or individual use/display	✓	✓	✓	
Recognition posts on Facebook/Twitter/Instagram (7,000+ subscribers)	✓	✓		
Company logo added to event promotional materials and mailings	✓			
Banner during virtual event	✓			
1-3 minute video promotion message during virtual event and on event landing page/virtual platform (subject to approval by CCFB)	✓			
Mention as presenting sponsor in Foundation Annual Report	✓			
Complimentary ads 1/4 page in CCFB publication, the Co-Operator (subject to approval by CCFB)	4 ads	2 ads	1 ad	

I/We would like to support CCFB Foundation's Agricultural Literacy efforts through sponsorship at the following level (please check one):

- Platinum \$1,500 Gold \$1,000 Silver \$500 Bronze \$250

Business/Organization Name: _____

Contact Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Business Phone: _____ Cell Phone: _____

Email: _____ Website: _____

Social Media: (please specify if Facebook, IG, Twitter) _____

Other pertinent information: _____

Company logo can be emailed to: linda@cookcfb.org. Call (708)354-3276 to donate by credit card. If you are making a donation by check, please mail to: CCFB Foundation, 6438 Joliet Rd, Countryside, IL 60525.

*The Cook County Farm Bureau® Foundation is a 501(c)(3) not-for-profit organization. Donations/contributions to the Foundation may be tax-deductible under IRS guidelines. Please consult your tax advisor if you have any questions.