



# COOK COUNTY GO-OPERATOR

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

## Mark Your Calendar



### June

- 14<sup>th</sup> Raffle for Ag Education Drawing **PG 1**
- 15<sup>th</sup> Shaken or Stirred with Herbs **PG 12**
- 23<sup>rd</sup> Lincoln Park Zoo Pollinator Event **PG 12**
- 23<sup>rd</sup> Young Leaders Cookout **PG 3**

### July

- 11<sup>th</sup> Monarch Club Meeting **PG 4**

### August

- 19-20<sup>th</sup> Conceal/Carry Class **PG 12**

### September

- 19-20<sup>th</sup> Defensive Driving Course **PG 12**

For participation details on these programs and activities, check out the related information in this publication, go to [www.cookcfb.org](http://www.cookcfb.org), or contact the office at 708-354-3276. You can register for most programs by using the member service center at [www.cookcfb.org](http://www.cookcfb.org).

## Question of the Month



The Cook County Farm Bureau Board of Directors approved a resolution in May that focuses on what flying (Lepidoptera) insect?

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

### May Winner: Mike O'Brien

**Question:** The Member Relations Team is sponsoring a photo contest this spring, summer and fall. The spring photos deadline is June 15. What is the theme for the spring portion of the contest?

**Answer:** Agriculture in the Spring



## PRO-AG RESOLUTION

Cook County Farm Bureau® leaders and staff presented the Cook County Board of Commissioners with a plaque recognizing the passage of the pro-agriculture resolution supporting and promoting agriculture in the county. Pictured with members of the Cook County Board of Commissioners are leaders Amy Hansmann (center left) and Ruth Zeldenrust (center right) and Farm Bureau staff Bob Rohrer and Bona Heinsohn. A copy of the resolution is available at <https://cookcfb.org/ccfb/policy-and-action/legislative-priorities>. See pages 3 and 9 for more details!

## Summer is Right Around the Corner

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

### RAGING WAVES WATERPARK – purchase from the CCFB Office

General Admission Single Day Ticket: \$23.00 CCFB member price (regularly \$54.99); ages

two and under are free. Limited supply of tickets, while supplies last. Call CCFB to order at 708-354-3276 or stop by the office. Single day ticket valid June 3 through September 4, 2023.



### SANTA'S VILLAGE, Dundee – online purchase using code

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

### SIX FLAGS, Gurnee – online purchase through the Abenity App

Members save up to 56% off gate prices with E-Tickets to Six Flags Parks Nationwide

Discount member ticket price SOLD via online using Abenity App only.

Summer Benefits continues on Page 10

## “Raffle for Agriculture Education” LAST CHANCE!!

Buy your tickets today while they last!

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

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

\$50 per ticket. Three big payout winners!

### CASH PAYOUTS:

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

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

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

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

For sponsors, official rules and to purchase ticket please go to [www.cookcfb.org/foundation](http://www.cookcfb.org/foundation)

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



Platinum Sponsor

## 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!





## WE ALL NEED SOMEONE WE CAN TALK TO

Call or Text  
**1-833-FARM-SOS**  
(833-327-6767)

### Illinois Helpline for Opioids & Other Substances

Dial 1-833-234-6343

If you or someone you know is suffering from an opioid use disorder or other substance use disorders, call the Illinois Helpline for Opioids and Other Substances to speak with a trained professional for support and advice.

Dial 988

24 Hour Suicide & Crisis Lifeline Dial 988

If you or a loved one are experiencing a mental health crisis call or text 988, the 24-hour Suicide & Crisis Lifeline. You will be connected to the closest possible crisis center in your area.

### Veteran's Crisis Line

Dial 988+1

To reach caring, qualified responders within the Department of Veterans Affairs, connect with the Veterans Crisis Line. This free support is confidential, available 24/7, and serves all veterans, service members, National Guard and Reserve, and their families and friends.

### If you'd rather TEXT Call4Calm Text Line

Text 'TALK' or 'HABLAR' to 552020

If you or a loved one are struggling with stress related to the COVID-19 pandemic and need emotional support text 'TALK' or 'HABLAR' for Spanish to 552020 to reach a counselor in your area.

### Crisis Text Line

Text 'HELLO' to 741741

To reach free, high-quality text-based mental health support and crisis intervention text 'HELLO' to 741741 to be connected with a trained volunteer.

### Cook County Farm Bureau

<https://cookcfb.org/stay-updated/stress-management-and-mental-health-resources>



This project was made possible in part by funding from a Farm Safety Grant provided by Illinois Farm Bureau and COUNTRY Financial.

Cook County Farm Bureau in partnership with Illinois Farm Bureau and COUNTRY Financial is promoting mental health openness and resources to farmers and Farm Bureau members.

Mental health and substance abuse resources are available at the County Farm Bureau office and during events. These resources were partially funded through a Farm Safety Grant provided by the Illinois Farm Bureau and COUNTRY Financial.

Additional resources are also available at <https://cookcfb.org/stay-updated/stress-management-and-mental-health-resources>.

## 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...

- Ruth Zeldenrust and Amy Hansmann for taking time out of their schedule to present the Cook County Board with a plaque recognizing the Board's passage of the pro-agriculture resolution.
- The Foundation Fundraising Committee and Board of Directors for working so hard on the Foundation Raffle for Ag Education and to all the members who have purchased tickets!
- The Ag in the Classroom presenters, Barbara Bhojraj, Jim Bloomstrand, Michael Galassini, Wayne Koweier, Sarah Koukol, Kathy Lesser and Linda Schaeffer, for all of their hard work and dedication to bring agricultural education to the students of Cook County schools during the 2022-2023 school year.
- The more than 80 students that participated in the 2023 Cook County Farm Bureau Foundation's Bookmark contest.

To view the winning designs, visit <https://bit.ly/2023BookmarkContestResults> or <https://bit.ly/2023BookmarkContestVideo>.

## HOW FARM BUREAU SERVED YOU IN MAY

- ▶ Presented the Cook County Board of Commissioners with a plaque recognizing their support for not only the pro-agriculture resolution but also for the Cook County agricultural community.
- ▶ Hosted a Social Security webinar discussing and answering questions about Social Security, retirement benefits, and Medicare.
- ▶ Provided a directory of agricultural businesses to members to shop and support local businesses in the community.
- ▶ Hosted a Barn Quilt make-and-take workshop teaching about the history of barn quilts and helping participants get creative by painting their own design.
- ▶ Members learned to create a spring planter for their home at member business, Van Kalker Farms & Greenhouses. Members were then given a tour of their operation, observing what goes on behind the scenes at a large greenhouse operation.
- ▶ Hosted two sessions on the ins and outs of raising Backyard Chickens in an urban environment at member business The Feed Store, Summit.



## Co-Operator

Published Monthly

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# Downwind

by **BOB ROHRER, CCFB MANAGER**

## “A long way from the farm”

Sometimes, I feel a very long way from the farm of my youth. April 27th was one of those days.

I negotiated snarled traffic on the Stevenson and Dan Ryan to head to the Cook County building in Chicago. No traffic like that on the farm. A Farm Bureau group from Cook County as well as Illinois Farm Bureau was attending the county board Meeting to present a plaque commending the Cook County Board for approving a sweeping resolution that recognizes and declares the importance of agriculture in Cook County.

I first realized this was going to be “something” of a meeting as I approached the Cook County building

that morning on the 27th. Walking by the Daley Center, news trucks were set up and a TV interview was occurring on the sidewalk at the corner of Clark and Randolph. As I entered the County building, a news conference “circus” was in progress by the ground floor entrance. All of this for our pro-agriculture resolution?

Picking my way around the gawkers, I made my way up to the fifth floor to the county board room. The gallery area was packed...standing room only. Great. That’s what I get for running tight on time always – I should know better! Always blame the traffic.

Everyone who crowded in the room must love our resolution!

Starting a few minutes after 10 a.m., President Preckwinkle called the meeting to order and roll call was taken. Public testimony to follow...our time to recognize the county board for passing the agriculture resolution. A quick in and out... I wouldn’t have to stand too long!

Oops, check that...First on the agenda, Mdm. Pres. Preckwinkle accepted a motion not to follow the published agenda, postponing the public testimony until later in the meeting. The motion carried.

The county board moved into the important topic of passing a resolution honoring the work, service and success of Commissioner Brandon Johnson as a Cook County Commissioner on his road to becoming the new mayor of Chicago. The room was not packed to celebrate agriculture.

Mayor-elect Johnson was attending and participating in his final Cook County Board of Commissioners meeting on April 27 before heading to the Chicago Mayor’s office. I’m guessing he experienced a significant upgrade in his office desk and décor when he moved his nameplate from the county side to the city side of the building. His successful election victory over incumbent Mayor Lightfoot, Paul Vallas and many more was surprising. As a non-Chicago resident, I did not have a vote but like many, I did pay attention to the mayoral election. Chicago’s influence throughout the region is undeniable.

A lengthy “Brandon is Awesome” resolution was read by the County Clerk, Karen Yarbrough. This was followed by each of the remaining 16 Cook County Commissioners and many other elected officials (including Congressman Danny Davis and the county clerk) taking the mic for 3-5 minutes to praise, provide personal stories, provide advice, joke and subtly share their vital role in Mr. Johnson successes.

Lovefest and total gushing time by politicians: 1 hour, 5 minutes.

Following the “roast” and passage of the resolution, mayor-elect Johnson spoke to those assembled with many platitudes that focused on anticipated

transformation towards equity and justice in Chicago.

The Cook County Board of Commissioners collectively seemed to look forward to a quality working relationship with the new Chicago mayor. Apparently, the previous two mayoral administrations have been difficult to work with for the county board.

I’m a long way from the farm.

**Two questions:**

- There will be a honeymoon period between the mayor and other local elected powerbrokers. How long will that honeymoon period last?
- Will those on the county board remember all the gushing praise heaped upon the new mayor on April 27 when Chicago and Cook County’s leadership interests diverge?

Eventually, public testimony was opened, led off by the colorful figure of George Blakemore (do a search for him if you don’t know who he is) and a series of individuals presenting comments and testimony.

I’m a long way from the farm.

Finally, Bona Heinsohn, Cook County Farm Bureau staff leader stepped to the mic and Cook County Farm Bureau was able to properly commend the Cook County Board of Commissioners for approving the agriculture importance resolution. Bona suggested a group photo and I was stunned that they stopped the meeting to gather for a photograph. Of course, all the commissioners wanted to be in the commemorative photo op with CCFB members Ruth Zeldenrust, Amy Hansmann, Bona and me! However, I believe that Mr. Johnson exited the meeting by that point to take care of a mounting pile of important city business.

Mayor Johnson missed that photo op but I know how he can set up another photo op with his Cook County Farm Bureau friends. I call upon Mayor Brandon Johnson to now pass a pro-agriculture resolution through the Chicago City Council for one of his first major Chicago policy actions. Politicians like to eat.

Yep. I’m a long way from the farm.

## Recipe of the Month

— JUNE —



### Edna’s Favorite Broccoli Salad

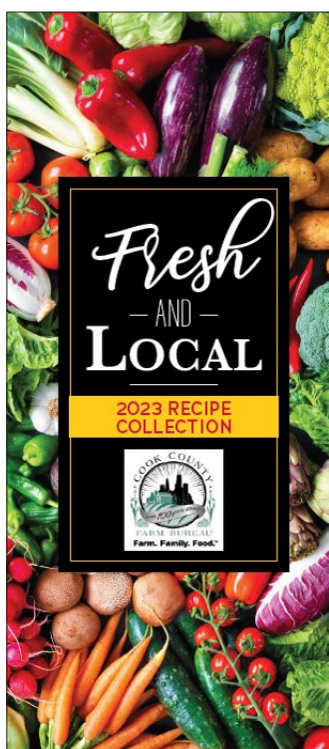
Edna Nykaza, Ray’s Quality Greenhouse

**INGREDIENTS:**

- 1 med head cauliflower
- 1 med bunch of broccoli
- 5 or 6 green onions
- 1/2 lb bacon, fried crisp and drained
- 1/4 c white vinegar
- 1/2 c granulated sugar
- 1 c Miracle Whip
- Optional: 1/4 c dried cranberries, 1/8 c hulled sunflower seeds

**DIRECTIONS:**

Separate the cauliflower and broccoli stalks and cut into bite-size pieces. Mix together vinegar, sugar, and Miracle Whip in a separate bowl. Place all vegetables into a large bowl with bacon pieces. Mix liquid ingredients into vegetables and bacon. Refrigerate for several hours or overnight and mix well before serving. Optional: You can add a scant ¼ c cup of dried cranberries for extra flavor and/or about 1/8 cup of hulled sunflower seeds for extra crunch before serving. This is a staple at the Nykaza family Thanksgiving dinners – rest in peace, Edna.



**2023 Recipe Booklet Available!**

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

Join Us For a

# SUMMER YOUNG LEADER COOKOUT

Young Leaders, spouses and friends welcome to join!

**Friday, June 23**

7 pm at Ted’s Greenhouse in Tinley Park

Menu to be determined

RSVP to Bona at [bona@cookcfb.org](mailto:bona@cookcfb.org)



# IAA Foundation Awards \$144,501 in Scholarships to Students Pursuing Agriculture Degrees Chicago High School for Agricultural Sciences Student Among Recipients



Students can count on support of scholarships for college tuition during the 2023-2024 school year, courtesy of the IAA Foundation.

The charitable arm of the Illinois Farm Bureau, the IAA Foundation awarded \$144,501 to 75 students pursuing degrees in agriculture-related fields. Students are selected based on their academic achievements, leadership involvement, professional career goals and overall commitment to success.

"It is a privilege to invest in students who represent a strong and vibrant future and will contribute significantly to agriculture," said Jennifer Smith, Development Manager, IAA Foundation.

Zach Kampwerth of Carlyle, in Clinton county is the Illinois Farm Bureau Legacy of Leadership Scholarship recipient and receives a \$7,500 scholarship for the honor. IAA Foundation Distinguished Scholars Gage Miller of Cambridge, Halie Kohl of Herscher, and David Mock of Galva, each will receive a \$5,000 award. Other scholarships being presented range in value from \$1,000 to \$3,001.

Cook County resident, Jarvis Williams, received \$3001 by being named the first

recipient of the new Sandhu Minority in Agriculture scholarship. Williams attended the Chicago High School for Agricultural Sciences and he is pursuing an Engineering Technology and Management for Agricultural Systems major at the University of Illinois Urbana-Champaign.

Sim Sandhu is Director of Strategy & Innovation for the Illinois Farm Bureau Finance Division. Sim created the scholarship for racial minority students from Illinois who are interested in a career in agriculture to help foster an agricultural industry that more closely represents the world it feeds and to ensure the diverse perspectives needed for innovation are accessible.

Annually, the Illinois Farm Bureau and county Farm Bureaus combine to award more than \$1,000,000 in scholarship support.

"We work to expand our scholarship program each year to support more students as they pursue careers in agriculture," Smith said. "Through generous farm gifts and contributions from individuals, farm families, Illinois Farm Bureau members, and others who support our industry, we continue to see diversification growth in our program."

For more information on the IAA Foundation scholarship program, how to establish a scholarship, or to donate to a scholarship fund, visit the IAA Foundation's website at [www.iaafoundation.org](http://www.iaafoundation.org) or call 309-557-2232.



Jarvis Williams

**Cook County resident, Jarvis Williams, received \$3001 by being named the first recipient of the new Sandhu Minority in Agriculture scholarship.**



**COOK COUNTY FARM BUREAU**  
**MONARCH CLUB**  
 JOIN US FOR THE FIRST GATHERING OF THE MONARCH CLUB!

**Tuesday, July 11th**  
**10 a.m.**  
**Cook County Farm Bureau**  
**small conference room**

Attendees will begin the conversation on club goals, schedule, and discussion topics while also touring and learning more about Farm Bureau's pollinator garden.

## 5 Questions

with Roger Freeman, CCFB Board Member

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

It is not an organization just for farmers or greenhouse folks, but for the average person who likes backyard gardening and horticulture. You don't have to be a traditional farmer to enjoy benefits from the organization.

### What is your favorite food?

The food that I love is any vegetable that is picked from my garden and then prepared the same day, such as corn, green beans and tomatoes.



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

I am a die-hard fisherman (I answered these questions over the phone while on a fishing trip). My favorite place to fish is Costa Rica, catching mahi-mahi and then bringing it to a restaurant to be prepared. True farm to table!



Roger Freeman

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

I wanted to be a professional baseball player. I played a lot of baseball, and my team was the Chicago Cubs!

### Who was a mentor growing up?

My mom and dad were my mentors growing up. They were also Farm Bureau members! They provided me with my first Farm Bureau membership. I was 10 years old and rode on the Boone County Farm Bureau float with the 4th of July parade.

## Farm Bureau Pollinator Garden Receives Monarch City USA Designation

In May, the Cook County Farm Bureau® Board of Directors approved a resolution for the Farm Bureau to join Monarch City USA. Monarch City USA strongly encourage municipalities and organizations to directly help the monarch butterfly population recover through planting milkweed and nectar plants within their borders.

A portion of the resolution is provided below.

**WHEREAS**, the monarch's habitat needs are specific; its caterpillars can only survive if they have milkweed, and the adult butterflies need nectaring plants and wildflowers; and

**WHEREAS**, monarch populations are measured by the total forest area occupied by monarchs over the winter in the oyamel forests of central Mexico, the destination of their 3,000 mile migration; and

**WHEREAS**, during the 2017- 2018 winter season, the total forest area occupied by overwintering monarchs was just over six acres; and

**WHEREAS**, conservation experts hope to bring the overwintering coverage area to over 15 acres on average, which they believe will result in a sustainable population that can withstand seasonal variations; and

**WHEREAS**, increasing monarch populations to a sustainable level will require a multi-pronged approach from a variety of stakeholders across the monarch's migration range, including stakeholders in Illinois and Cook County.

**NOW, THEREFORE**, Cook County Farm Bureau® recognizes the shared responsibility of farmers and others to expand, enhance, protect monarch butterfly habitat; and

**NOW, THEREFORE**, Cook County Farm Bureau with the assistance of partners has established pollinator habitat, engaged in community and member outreach, and provided pollinator seeds to farmers interested in establishing habitat.

**BE IT RESOLVED**, Cook County Farm Bureau will continue its efforts to expand, enhance, and protect pollinator and monarch butterfly habitat; and

**FURTHER RESOLVED**, Cook County Farm Bureau Board of Directors wishes to join Monarch City USA, a nonprofit dedicated to helping the monarch butterfly population recover by encouraging and planting milkweed and nectar plants; and

A sign designated the pollinator garden will be added later this summer. Members interested in learning more about Farm Bureau's pollinator efforts are encouraged to reach out to Bona Heinsohn at (708) 354-3276 or join the Monarch Club at 10 a.m. on July 11 at the Farm Bureau office.



# Meet a "face" of the Cook County Farm Bureau

Kim Kulton, Illinois Bee Rescue



Illinois Bee Rescue

Phone: 630-926-0273

Website: [www.IL-Bee-Rescue.com](http://www.IL-Bee-Rescue.com)

Facebook: <https://www.facebook.com/profile.php?id=100090870711479>

- Kim is one of a select few beekeepers who are licensed, insured, and certified by the State of Illinois, Department of Public Health to relocate pollinators.

- She is called on daily during the summer to safely remove and relocate Honey Bees, Carpenter Bees, Bumble Bees, and Native Bees. And she provides concerned homeowners with strategies to manage ground wasps, yellow-jackets and bald-faced hornets.

- Her business collects and removes swarms of honey bees, raises local queens, promotes bee venom Apitherapy, provides pollination services and produces local honey for sale.

- She is a leading advocate for planting natives, shopping local (farm to table), and aspiring to live a self-sufficient lifestyle. She has nearly 100 colonies of bees across 10 locations in Cook, DuPage, Will, LaSalle and Walworth Counties. Kim is a Director on the Board of the CookDuPage Beekeepers Association.

- Kim has 4 dogs, 2 cats, 2 horses and a small flock of chickens.



### WHAT TYPE OF FARMING ARE YOU INVOLVED IN AND HOW DID YOU GET INTO IT?

My career began as an entomologist with the State of Illinois. My journey with rescuing bee pollinators began in 2013 when a friend asked me to help solve a mystery: "Why are dead Honey Bees appearing on my front steps every morning," she was asked? Turns out, a colony of bees had "swarmed" into the home's roof, and I helped the bees find a new home. This is how it began! I got "the bug," and later went on to start my own company: "Illinois Bee Rescue."

### WHAT IS YOUR FAVORITE FOOD?

Cherries from the trees my bees pollinate. Or for that matter, anything I can snap right off the vine, pull from the ground, or clip from a tree. If it comes straight from the plant into my mouth, I am "Lovin-it!"

### WHAT BRINGS JOY TO YOU?

After a long day at work, cuddling-up with my Australian and English shepherds.

### DO YOU HAVE A FAVORITE BEEKEEPER'S TASK?

Tough question because there are so many things about beekeeping I enjoy. I would have to say creating artistic designs on my hives to inspire curiosity and engage dialog with our community about the fragile state of pollinators in our immediate areas.

### DID YOU HAVE A MENTOR OR SOMEONE YOU LOOK UP TO?

Steve Irwin, rest his soul, the Crocodile Hunter. He was a conservationist, wild-life educator, and environmentalist. Throughout the course of my childhood, I watched every single one of his episodes.

### WHAT IS YOUR FAVORITE FARM ANIMAL?

Indio and Wyatt, my horses. Indio, in his prime, was a jumper. At the same time, so gentle and forgiving as to teach autistic children to ride. And his buddy, Wyatt - his nick name: Chunky-Monkey. His favorite pass-time is munching hay!

# 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\*\*:

- Warren Bakker • British Griffis
- Casey Leja • Dan McAllister
- Vickie Renick • Pyeisha Allen
- David Brown • Brian Callahan
- Theresa Cool • Louise Johnson
- Christine Kuemmeth
- Sarah Miller • Shan Siddique

Regular and Professional member status is important in the support of the Cook County Farm Bureau's efforts at advocacy, education and public relations. These members also receive FarmWeek, the largest weekly agricultural newspaper in the state of Illinois, that 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 see CCFB at 708-354-3276 or go to [www.cookcfb.org](http://www.cookcfb.org).*

## A little Illinois history, anyone?

- Did you know that Marquette and Joliet explored the Mississippi River and the Illinois area 350 years ago?
- Did you know that Fort Dearborn was established on the Chicago River 220 years ago?

- Do you recall that President Abraham Lincoln signed into law the Department of Agriculture Act, the Homestead Act, the Pacific Railway Act and the Morrill Act 161 years ago?

To learn more about agriculture and Illinois history, go to [www.il.stateaghistory.org](http://www.il.stateaghistory.org)

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# Planting Seeds

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



Katrina J.E. Milton

When I was younger, the last day of the school year was always bittersweet. I knew I would miss my friends and teacher, but I was always excited for the warm weather

and unlimited free reading time summer vacation would allow.

As an avid reader and bibliophile, I spent my summer days (and nights) with my nose stuck in a book. I had a swing set with a treehouse, and I always wished the treehouse would be "The Magic Treehouse" from the Mary Pope Osborne book series, so I could go on time-traveling adventures like Jack and Annie.

I always participated in my library's summer reading program, and I am still a regular at my library, where all of the librarians have known me by name since childhood. However, when I was younger, I visited the library for the 30 minutes of computer and internet time, shelves of VHS tapes and extensive annual book sale. These days, I borrow cookbooks, travel guides and novels.

To help bring agricultural books to classrooms, Illinois Ag in the Classroom has opened up their 2023 Book Grant for teachers. Teachers can apply for up to \$250 in books, with the application due Oct. 20. For a full list of grant books and the application, visit <https://bit.ly/2023IAITCBookGrant>.

Below are a few books available through the grant. These agriculturally accurate books would make a great starting point for summer reading at any age!

**Up in the Garden and Down in the Dirt**  
By: *Kate Messner*

Explore the secret realm beneath the dirt that brings the world of nature to life: Follow a young girl and her grandmother on a journey through the year planning, planting and harvesting their garden—and learn about what's happening in the dirt to help make it all happen.

**Logan's Greenhouse**  
By: *JaNay Brown-Wood*

Logan searches for carrots in his wheelchair-accessible greenhouse in this vibrant exploration of gardening and healthy eating, from the Where in the Garden? picture book series.

**Soul Food Sunday**  
By: *Winsome Bingham*

Granny teaches her grandson to cook the family meal in this loving celebration of food, traditions and gathering together at the table.

**May Your Life Be Deliciosa**  
By: *Michael Genhart*

A delicious and fortifying picture book inspired by the author's family, featuring the Mexican tradition of holiday tamale-making.

**Dry**  
By: *Neal and Jarrod Shusterman*

When the California drought escalates to catastrophic proportions, one teen is forced to make life and death decisions for her family in this harrowing story of survival.

**Save Me a Seat**  
By: *Sarah Weeks and Gita Varadarajan*



Two boys—one white, one Indian American—gain strength from each other from afar as they struggle to navigate middle school, family and friendships.

Illinois Ag in the Classroom has created a summer reading list that corresponds to iREAD's 2023 summer reading theme, "Find Your Voice." To view IAITC's summer reading list, visit <https://bit.ly/IAITCiREAD2023>.



## SAI Cancellation Notice


We regretfully have to cancel this year's Summer Ag Institute, which was scheduled to be held June 19-22. We are sorry for the inconvenience, and we look forward to offering other PDCH opportunities for educators in the future.

## ATTENTION COOK COUNTY TEACHERS!

Bring Illinois Agriculture into your classroom and be "adopted" by an IL Farm Family. Illinois Agriculture in the Classroom will pair your classroom with a farmer volunteer. Your students and your farmer will share letters throughout the year to help increase your students' understanding and appreciation of where their food comes from.

**To sign up, scan the QR Code or go to:**  
<https://iaitc.co/aac23-24>  
 Deadline to sign up is Monday, October 2nd



\*\*Only available for teachers in Cook County, Illinois\*\*

### 2023 Bookmark Winners



First Place Riyo from Fairview Elementary



Runner-Up Urszula from Fairview Elementary



Runner-Up Danna from Goodwin Elementary



Runner-Up Aryan from Whiteley Elementary

Thank you to the students that submitted artwork. View all the submissions at: <https://youtu.be/Cb2ogMXre-Y>

Thank you to the more than 80 students who submitted their artwork for the 2023 Cook County Farm Bureau Foundation's Bookmark Contest. The designs, showing what agriculture means to them with the theme "Agriculture is...", were creative and colorful examples of Cook County students' artistic skills.

The 2024 Bookmark Contest's theme is "Year of the Farmer." 2023 has been designated as the Year of the Farmer by Illinois Farm Families to promote the statistic that 96% of Illinois farms are family owned. Illinois is home to more than 70,000 family farms. We look forward to seeing students' artwork depicting the Year of the Farmer as we celebrate local agriculture, farming and food production.



# AGRICULTURE ADVENTURES FOR FAMILIES



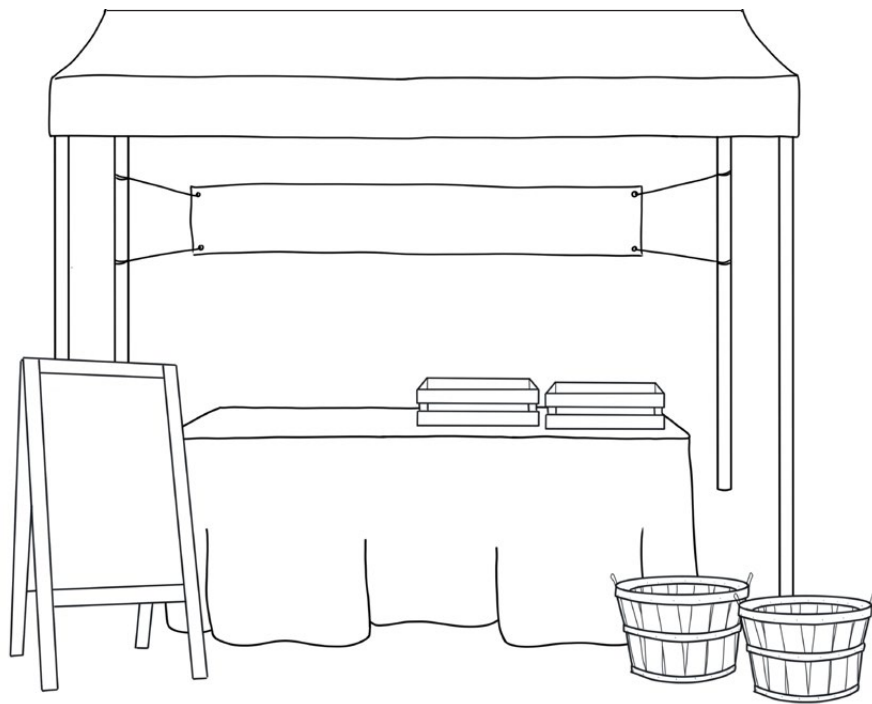
## WHAT IS A *Farmers Market?*

A **farmers market** is a food market in which farmers sell products from their farms directly to consumers. Vendors sell items including fruits, vegetables, meat, dairy, and bakery items. Many farmers markets also feature arts and craft vendors, food trucks, and live music.

For a list of farmers markets in Chicago, visit:  
<https://bit.ly/2023ChicagoFarmersMarkets>

For a list of farmers markets in the suburbs, visit:  
<https://bit.ly/2023SuburbanFarmersMarkets>

## DRAW YOUR OWN BOOTH!



To design your own farmers market booth, visit: <https://bit.ly/DesignaFarmersMarketBooth>

## *Farmers Market* SCAVANGER HUNT

How many can YOU find at your local farmers market?

- A Vegetable
- A Fruit
- Something Red
- Something Yellow
- Something Purple
- Honey
- A Loaf of Bread
- Flowers
- Something Sweet
- Something Spicy
- Eggs
- Jam or Jelly
- Something Homemade
- Something You've Never Eaten Before
- Something You Love to Eat



Share Your Farmers Market Finds!  
Email photos to [aitc@cookcfb.org](mailto:aitc@cookcfb.org)

Adapted from Illinois Farm Bureau's  
*Ag in the Classroom Lesson*

## June Word Search

Last Month's Winner:  
**Claudia Siboda**

|           |                               |
|-----------|-------------------------------|
| Booth     | Q P P R K C D S F L R Z R Q H |
| Dairy     | W S Z E D F J L T B N Z A O N |
| Eggs      | Y T H A V D L U X C Q O N D N |
| Farmstand | A S T R R E C I K I U E A O M |
| Flowers   | D N A T S M R A F H Y D L O P |
| Food      | R V E G E T A B L E I N O F W |
| Fresh     | U F D L S S T S R R G O S R U |
| Fruits    | T M A X B R G W Z B X W S H P |
| Grown     | A G I W O O E T D S D K D U X |
| Herbs     | S O R U P K O W T E K R A M L |
| Honey     | G C Y O U W D T O G Z H P R D |
| Market    | F B M S W E S K H L S J M D L |
| Products  | S D Z I G N P T T E F J Q V P |
| Saturday  | A Z P G I G B W R F R U I T S |
| Sell      | W A S R F J H F M P L I X B W |
| Vegetable |                               |

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

Delta Sonic Car Wash *(Choose one option only)*

*Located on front of paper*

## Choose Your Prize: June Word Search

Choices include a \$25 Beggar's Pizza Gift Card, Delta Sonic Car Wash (Super Kiss Wash and \*10-min Interior Cleaning) OR \*\*3 AMC Movie Tickets

\*Additional charge will apply when using Interior cleaning for Full-sized Vehicles

\*\*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](mailto: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!**



JUNE 2023

## At The Farm Gate

by Joanie Stiers



# Sunrise, set prominent lure to country living



In her earliest drawings, our daughter frequently sketched the sunset and its brilliant hues, including the shades of pink and purple most don't consider. She would compare anything fiery orange to the daily phenomenon. And since acquiring a cell phone in her teenage years, she takes photos of both the sunrise and sunset, often several times a week. She sends Snaps on Snapchat, pairing her photo with a country song for a poetic start or end to the day for her friends.

Our daughter keeps her eyes on the horizon, one of the wonders of farm and country life. Out here, we can watch the sun arrive and disappear at a horizon of trees and corn fields without obstruction. Seeing the sun touch the earth ranks one of the most common reasons for living out here. At every cloudless sunrise and sunset, we feel unbound and free in peaceful solitude. For me, the daily moments create a direct connection with Mother Nature that amplifies the praise that we vocalize in unison at Sunday worship: God is good. But I would understand if any eastbound drivers heading 20 miles to work around 6 a.m. may disagree.

The sun most often determines the length of the workday, outside of late harvest nights by tractor light. Hunters hunt from dawn to dusk. We start scouting fields at daybreak, expecting the sun's length of exposure and heat to advance the crops.

Farmers look to the horizon to monitor summer storms approach or drift away with their anxiety dependent on the farm's needs.

In contrast, I enjoy visiting the Chicago suburbs, where my sister-in-law thoughtfully schedules experiences with new shops, parks and beautiful urban landscapes. I soak in doses of the city's culture, energy and especially the delicious food with accessibility. But I miss the horizon and the indescribable liberty that brings. Returning home, I look most forward to reconnecting with it.

Ironically, a day this weekend started with a friend's meme of a country sunrise on Facebook. By evening, a friend texted me a sunset photo taken near the farm. Among my favorite summer sunrises is when I pull eastward into the driveway of the home farm by 6 a.m. The sun's rays cut through the trees of the pasture and accentuate the fog that hangs low in the river bottom of corn below the farmstead.

In paraphrasing Franklin Roosevelt, we hold to hope and belief in a better life beyond the horizon. I agree as long as we never overlook the good life within it.

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

## Farm Bureau Supports Measures to Improve Access to Fresh Produce

In an effort to ease regulations on urban farms and gardens, Farm Bureau supported measures introduced by the Lightfoot Administration to allow produce stands to remain on farm sites or urban gardens providing those locations sell fresh, uncut and unprocessed produce directly to consumers.

Farm Bureau Urban Agriculture policy supports urban agriculture and recognizes the contributions of urban agriculture to the agricultural economy. The policy specifically supports urban agriculture sites, including urban farms and gardens gaining access to markets and developing the infrastructure to store and sell food. Ordinance 2022-3989 specifically permits produce and farmstands located on urban agricultural sites within the City of Chicago. A copy of the policy is available at <https://cookcfb.org/ccfb/policy-and-action/urban-agriculture>.

**Members with thoughts or comments are encouraged to contact Bona Heinsohn at 708-354-3276 or via email at [bona@cookcfb.org](mailto:bona@cookcfb.org).**

# An Overview of County Government in Illinois

Originally published in LINK September/October 2022

Counties are political subdivisions of the state, created by statute to carry out state policy and administer state regulations, services and functions at the local level. The history of Illinois counties has been traced as far back as 1778, when the Illinois territory was first a county before becoming a state in 1818. From that year on, county duties and structure changed with each new state constitution. Today, they change seemingly with every legislative session.

## ROLE

In Illinois, counties serve as the primary general purpose local unit of government in unincorporated areas. In that role, counties provide law enforcement, construct and maintain county roads and bridges, provide public health and welfare assistance, conduct elections and adopt an annual budget.

Counties can also provide a large and diverse variety of services and functions. A few of the most common include:

- Providing recreational services, public parks and museums
- Maintaining a public health department
- Engaging in land use planning and zoning
- Providing transportation services
- Operating a senior care facility

Another function of county government is to maintain the property tax system. While each unit of local government is responsible for its own budget, which in many cases is largely funded by property tax dollars, it is the county that calculates levies, distributes tax bills, collects tax dollars and disseminates those dollars to all local units of government within its jurisdiction.

## STRUCTURE

Counties have the option to operate under a township form (also referred to as the board form) or a commission form of government. We currently have 85 counties operating under the township form and 17 counties structured under the commission form.

## COUNTY BOARD

The Illinois Constitution requires each county to elect a county board. The number of members shall be fixed by ordinance with limitations provided by law. Counties structured under the township form can have five to 29 board members elected at large or by district.

Counties structured under the commission form may have three members elected at large or by district, or five members elected by district. Under this structure, the members are known as commissioners. In both cases, county boards serve as the legislative and executive arm of the county.

As the legislative body, the board has the authority to pass resolutions and adopt ordinances in areas such as land use, zoning, public health and safety and support for agriculture. As the executive body, the board manages county funds and administers activities of many of the county departments and offices.

## COUNTYWIDE OFFICIALS

The Illinois Constitution also mandates each county elect a sheriff, county clerk and treasurer.

Counties may also elect or appoint other officials, including a coroner, recorder, assessor and auditor.

## 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.**





# Manifolds, Manolos, and Manure

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



**Bona Heinsohn** Less than a year ago during a conference in Bloomington, County Farm Bureaus were asked to engage with their county boards to build a greater awareness of Farm Bureau and to lobby said county boards to approve a resolution recognizing and celebrating agriculture in the county.

Since joining the Farm Bureau many years ago, a portion of my duties has been building relationships with county board members. Early on in my tenure I identified commissioners who might be receptive to conversations about Cook County agriculture and Farm Bureau policies. Many were recently elected, suburban or located in a district with a strong link to agriculture.

Some initial meetings were easy to schedule. Some took a little longer. Some were held "on the fly" during walks to or from elevators or off to the side in the boardroom. In the end,



**Farm Bureau staff Bona Heinsohn delivers comments during the May Cook County Board meeting. Heinsohn returned to the board after the passage of the pro-agriculture resolution to present the Cook County Board of Commissioners with a plaque commemorating the passage of the pro-agriculture resolution and their support of agriculture in the county.**

doors were opened and the foundation for lasting relationships was built.

In January I had the opportunity to sit down with Commissioner Josina Morita in Skokie. During an amazing breakfast at Alexander's (I strongly suggest the Churro French Toast), I mentioned a draft resolution celebrating Cook County

agriculture. Commissioner Morita didn't miss a beat, she was on board and confident. We talked briefly about co-sponsors. Allies. And opportunities to go beyond a simple, positive resolution.

Shortly thereafter, Farm Bureau's legislative publication carried a brief article about the resolution and asking for

sponsors. Commissioner Scott Britton immediately reached out and asked for a copy of the resolution and to be added as a sponsor. Commissioner Britton grew up on his family farm in Central Illinois and remains an outstanding advocate for agriculture.

Joining Britton and Morita as sponsors on the resolution were nine commissioners: Sean Morrison, Dennis Deer, Bridget Degnen, Bridget Gainer, Brandon Johnson, Donna Miller, Kevin Morrison, Maggie Trevor and Alma Anaya.

Commissioners S. Morrison and Miller, along with Commissioner Monica Gordon, represent most of Cook County's farmland.

Commissioner Johnson is now Mayor Johnson, and we wish him the best at the helm of the City of Chicago. Commissioner Anaya has a reputation for supporting pro-agriculture, pro-food access initiatives while Commissioner Degnen's record on environmental issues is unparalleled. Commissioner Deer's efforts in mental health and on the Health and Hospitals Committee make him an outstanding advocate for mental

health issues and especially for Cook County youth. Commissioner Trevor is one of the newest members of the board. She brings a wealth of knowledge, especially in the area of the environment and natural resources. Commissioner K. Morrison joined the Cook County Board at 28, making him the youngest in history. His record on small business development is unmatched.

The Cook County Land Bank Authority was created in 2013 to address Cook County's inventory of vacant residential, industrial and commercial property. The land bank was spearheaded by Commissioner Gainer.

The above commissioners lent their knowledge. Enthusiasm. And support to Resolution 23-1426, which recognized and celebrated Cook County agriculture – conventional, specialty, livestock and urban. This resolution is just a first step and we're looking forward to the journey and our tremendous partners, the Cook County Board of Commissioners.

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

## COOK COUNTY'S CONNECTION TO AGRICULTURE

The Cook County agricultural industry and related sectors contribute over \$57.7 billion to the county's economy.

3% OF COOK COUNTY'S WORKFORCE IS RELATED TO AGRICULTURE.

OVER 765,600 JOBS ARE RELATED TO AGRICULTURE.

OVER 332,300 JOBS ARE DIRECT AGRICULTURAL JOBS.

AGRICULTURAL WAGES TOTALED OVER \$15.5 BILLION.

Sources: 2023 Food and Agriculture Industries Economic Impact Study, Illinois County Data

Agriculture includes the growing of crops and livestock in all types of settings, rural, suburban, and rural. Agriculture includes the on-site production of crops and animals, inputs, and food processing. Agriculture extends from the farm to individuals' tables.



## 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.

**Live LOCAL SHOP LOCAL**  
GROW. BUY. EAT.

[specialtygrowers.org/ShopLocal](http://specialtygrowers.org/ShopLocal)





**BARN QUILT CREATIONS** On May 2, 15 people attended Cook County Farm Bureau's barn quilt painting event. The attendees learned about barn quilt designs and were able to create and paint their own barn quilt pattern to hang or display indoors. Barn quilts, which are designed using quilt block patterns, are typically painted and displayed on the side of a barn or other structure. Thank you everyone who attended and shared your creativity to make the event a success!

**How Do You Qualify for Retirement Benefits?**

- By earning "credits" when you work and pay Social Security taxes
- You need 40 credits (10 years of work) and you must be 62 or older
- Each \$1,640 in earnings gives you one credit
- You can earn a maximum of 4 credits per year

*Note: To earn 4 credits in 2023, you must earn at least \$6,560.*

Securing today and tomorrow SocialSecurity.gov

## SOCIAL SECURITY WEBINAR

The CCFB hosted a webinar for members about Social Security. Josephine Mueller and Megan Forristall, Social Security Administration Public Affairs Specialists, answered questions regarding the future of Social Security, retirement benefits, and Medicare. A recording of the webinar is available to members by calling our office at **708-354-3276**.

## COOK COUNTY Financial Representative 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.



**\*KATHY SPIEWAK** has been named Career Financial Representative of the month for April 2023 by Kevin Gomes, Agency Manager. Kathy's office is located at 11 W. Wise Rd., Schaumburg, IL 60193. Her phone number is 847-716-1010. Kathy has been a Financial Representative with COUNTRY® Financial since February, 2007.

**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.*

## INTRODUCTION TO BACKYARD CHICKENS CLASS A SUCCESS

The Feed Store in Summit is home away from home for owner Brooke Bestwina. Thank you to Brooke for hosting the Intro to Backyard Chickens for members in April. Brooke conducted two sessions to meet and chat with members about starting baby chicks as well as selection, general chicken care and management, housing and coop options, nutrition, feed, health management, safety against predators, protection for raising chickens and so much more. The Feed Store, in its 75th year, carries food for a variety of animals, plus cages, bedding, feeders and more.



## Summer Benefits

Continued from Page 1

### DOLLYWOOD – online purchase through the Abenity App

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

### HOLIDAY WORLD – online purchase through the Abenity App

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

### MEDIEVAL TIMES – online purchase

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

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

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

## FARMFRESH FUNDS

Want a \$20 Farm Fresh Funds voucher redeemable to one of our area greenhouses, garden centers, farm stands or other farm businesses?

Encourage your family, friends, and neighbors to join the Cook County Farm Bureau as an associate, farmer, or professional member. If they join, you will receive \$20 in fresh funds! Call our office at 708-354-3276 to let us know that you referred a member.



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





## MAKE A SPRING PLANTER AT VAN KALKER FARMS & GREENHOUSES

Nikki Van Kalker, co-owner and operator of Van Kalker's (left) lead a wonderful workshop for our members and guests, providing instruction on plant selection, how to plant a planter, care instructions, soil management, and then gave a behind-the-scenes tour! Members and guests created beautiful one-of-a-kind planters to take home. Thank you, Nikki!

Twin sisters, Cam and Pam (below) enjoyed the workshop together!



### 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  
"P"

### PASSION FRUIT



The passion fruit is a pepo, a type of berry, round to oval, with a soft to firm, juicy interior filled with numerous seeds.

It is native to southern Brazil through Paraguay and northern Argentina.

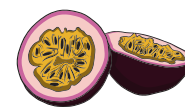


The passion fruit vine can grow in a variety of soil environments. The vine itself is strong, woody, and can climb up to 4.5 meters (15 feet) long.

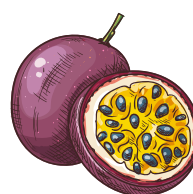
Most commonly purplish-brown, other varieties make their appearance varying from gold to orange to reddish.

A good source of vitamin C, one passion fruit has about 15 calories.

Passion fruit can used to make juice or is eaten raw with chilli powder and lime. It also makes a good topping for ice cream, cakes, tarts, pavlova; we're good in fruit salads, drinks, sauces, or jam.



**THE PURPLE FRUIT VARIETY AVERAGES ONE TO TWO INCHES IN DIAMETER.**



Offering a distinctive sweet-sour flavor, some describe the taste of passion fruit as a blend of lemon, jasmine, and honey. Others say jasmine, banana, and lime.

Next month...Quince

Source: <https://specialtyproduce.com/produce/Passionfruit> and <https://justfunfacts.com/interesting-facts-about-passion-fruit/>

## CLASSIFIED ADS

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

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

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

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

## FOR SALE

Many tools for sale: electrical, plumbing, tile, etc. All name brands. **For information call Mary at 847-297-6807.**

Great opportunity for sale: 2 land lots on Cumberland Cove Rd. in Putnam County, Tennessee. 1) Lot 1, Block 33 in Cumberland Cove Unit 5, 4.10 acres. 2) Lot 2, Block 33 in Cumberland Cove Unit 5, 4.00 acres. **Please contact Marina at 773-712-7949 or [mmaeda735@gmail.com](mailto:mmaeda735@gmail.com) for more information.** Photo available at: [cookcfb.org/stay-updated/classified-ads](http://cookcfb.org/stay-updated/classified-ads)

Selling 12 new white-colored double hung residential windows manufactured by Monda Industrials in Chicago. Made of vinyl material to preserve energy. Sizes and prices are: Qty: 1 Size: 32w x 64h, Price: \$225/ea. Qty: 1, Size: 33w x 38h, Price: \$190/ea. Qty: 2, Size: 37w x 48h, Price: \$210/ea. Qty: 2, Size:

26w x 52h, Price: \$225/ea. Qty: 6, Size: 33w x 63h, Price: \$225/ea. **Contact Marina at 773-712-7949 or by email: [mmaeda735@gmail.com](mailto:mmaeda735@gmail.com).** Photo available at: [cookcfb.org/stay-updated/classified-ads](http://cookcfb.org/stay-updated/classified-ads)

Harley Davidson motorcycle, 100th Anniversary. Low mileage, mint condition, comes w/all new extra accessories. \$9,000 OBO. **Please call 847-297-6807 and ask for Mary.**

Grasshopper Quik-D-Tatch vacuum grasscatcher with Model 15 Lever Actuated Hopper, 618 Mount Kit, and Model 948/52 Vacuum and Drive Assembly. Must pick up. \$1,700.00 OBO. Pictures can be emailed upon request. **Call 708-349-0627.**

Automobile – 2018 Ford Focus SE 2.0, 4 Cylinder, automatic, 4-door. 10,116 Original miles, purchased from 91 year-old woman who can no longer drive. Excellent condition, like new. \$17,500. **Call James at 708-361-8230.**

## WANTED

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

My name is Brian Callahan and I come from 4 generations of farmers from the LaSalle/Peru area. My grandparents were William and Mary Sale. I work for Skynet Security and Skynet Solar Energy. We are distributors for Rawicom Solar, a very large and successful European Solar Enterprise. We are interested to ask if any farmers or landowners would be interested in leasing their land for a solar farm. We have interest in an area of 5 acres to 40 acres. **You can contact me at [Brian@skynetsecurity.com](mailto:Brian@skynetsecurity.com).** Thank you for your interest.



## Programs, Workshops and Webinars

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



**REGISTER TODAY** for the following great programs by calling the office at **708-354-3276** or at [www.cookcfb.org](http://www.cookcfb.org). Scan our QR for our Events Calendar.

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

What do you get when you bring a mixologist and horticulturist together? A unique, one-of-a-kind workshop! Join us for a fun after-hours event and hear from a mixologist and horticulturist as they will lead us in creating one of a kind mocktails/cocktails using locally grown fresh herbs from Ted's Greenhouse, while creating your own herb mixology planter to bring home. Mocktails will be served with recipes to take home and recreate for your family and friends, using the freshest of herbs straight from your planter.



**DATE:** Thursday, June 15, 2023 **TIME:** 6:00 p.m.

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

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

**REGISTRATION:** Call the Farm Bureau at 708-354-3276 or online at the Member Center at [www.cookcfb.org](http://www.cookcfb.org); limited space, registration required

### Conceal and Carry Class

The Illinois concealed carry permit certification consists of a minimum of 16 hours of training and range time. This class is a two-day class, broken into two 8-hour segments. The first eight hours takes place in the classroom covering gun safety, basic firearm knowledge and the basics of marksmanship, followed by two or more hours of actual live fire on the shooting range. The second eight hours takes place in the classroom covering Illinois laws pertaining to the "Concealed Carry Act" and the legal use of deadly force with a firearm.



**DATE:** Saturday, August 19 and Sunday, August 20

**TIME:** Saturday 10 a.m. - 7 p.m. and Sunday 10 a.m. - 5 p.m.

**LOCATION:** Pelcher's Shooters Supply Classroom, 18200 Chicago Ave., Lansing, IL

**FEE:** \$150 Members/\$200 Non-Members (includes instructors, classroom, range fees, the use of .22 caliber firearms, eye and hearing protection, ammunition, targets, printed material and refreshments/lunch); \$125 for vets or active military.

**REGISTRATION:** Call the Farm Bureau at 708-354-3276 or online at the Member Center at [www.cookcfb.org](http://www.cookcfb.org). Must be a minimum of 10 participants.

### AARP Smart Driver 2-Day Course

The AARP Smart Driver course, offered by AARP Driver Safety, is the nation's largest classroom driver safety course and is designed especially for drivers aged 50 and older. You'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. By successfully completing this course, you may be eligible for a discount on your COUNTRY Financial auto insurance. People over 55 who have not had a motor vehicle accident or violation within the past twelve months are eligible.



**DATE:** Tuesday, September 19 and Wednesday, September 20

**TIME:** 9:00 a.m. - 1:00 p.m.

**LOCATION:** CCFB, 6438 Joliet Road Countryside, IL

**FEE:** The classroom course costs \$20 for AARP members and \$25 for non-AARP members. Non-Farm Bureau members will also be charged an additional \$5 registration fee.

**REGISTRATION:** Space is limited, so register now by calling 708-354-3276 or at our Member Center. Those attending should bring their AARP membership card, if members (phone app acceptable) and driving license as these numbers are entered onto the course completion record/certificate.

## Cook County Farm Bureau Photo Contest: Spring Photos

### Example Categories for Spring:



Planting Vegetables, Planting Flowers, Farmers' Markets

### Prizes:

Each season will have three winners.

**1st place:** \$100 cash

**2nd place:** \$40 Farm Fresh Funds\*

**3rd place:** \$25 Farm Fresh Funds\*

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

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

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

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



**July 2022 Winner Mariola Bisakowska**

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



**Cook County greenhouse and flower growers are coming off of a busy spring season.**



Stop by our Family Ag Literacy Table

Pollinator Event at Lincoln Park Zoo  
Free Activities, Giveaways, and a  
Monarch Butterfly Craft  
June 23rd from 10 a.m. - 1 p.m.



### Save the Dates: Details coming:

- Saturday, September: Make a Fall Planter Workshop, location and date coming
- Saturday, September 30: 23rd Annual Giant Pumpkin, Honey, Carving, Dessert and Youth Contests, Puckerville Farms, Lemont