



COOK COUNTY GO-OPERATOR

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

Mark Your Calendar



August

- 9th "It's Corn" Library Workshop **PG 6**
- 9th Virtual Get-a-Grant Workshop **PG 6**
- 19-20th Conceal/Carry Class **PG 12**
- 26th Fall Planter Workshop **PG 12**

September

- 7th Monarch Club **PG 4**
- 19-20th Defensive Driving Course **PG 12**
- 30th 23rd Annual Giant Pumpkin / Honey Contest **PG 10**

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



What is the name of the new Administrative Assistant that joined the CCFB staff Team?

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)

July Winner: Leann Pettis

Question: The Cook County Farm Bureau Ag in the Classroom program had another successful year reaching students and teachers with the importance of food, fiber and fuel. How many students did the program reach during the 2022-2023 school year?

Answer: 22,389 students



FULTON WATER VISIT

Metropolitan Water Reclamation District Commissioner Daniel Pogorselski (pictured centered) visits with Fulton County Farm Bureau Manager Elaine Stone (L), Cook County Farm Bureau staff Bona Heinsohn, and Cook County Farm Bureau President Janet McCabe (R) during a recent visit to the MWRD site in Fulton County as part of Farm Bureau's Field Days. Cook, Fulton, Illinois Farm Bureau and MWRD have been collaborating on a number of programs and projects in recent years for nutrient loss reduction.

Cook County Farm Bureau Photo Contest: SUMMER PHOTOS

Example Categories for Summer 2023:

Horseback Riding, Farmers' Markets, Fun with Animals

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 the theme of **Agriculture in the Summer**. Send in your photos – selfies, pictures of others, landscape, etc.

The deadline for summer photos is **August 15**. The winning photos will be posted in the September 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.

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



**BUY FRESH,
BUY LOCAL,
EAT DELICIOUS!**

**Local Farm Stands Are Open
Offering Fresh, Local Produce
to Cook Fresh and Healthy!**

Visit our member farmstands and buy local! Locate a member farmstand or farmers market near you using our **ShopLocal** directory for business profiles, their location, hours, and product/service information.

cookcfb.org/discover-local/shop-local/online-directory

EDUCATOR OPPORTUNITY

We are seeking an independent contractor for our Ag in the Classroom Program. This individual will provide in-person and virtual ag literacy programs during the school year based on demand and contractor availability. Teaching experience and knowledge of agriculture/horticulture is preferred but not required.

For more information, email Katrina Milton, Ag Literacy Coordinator at aitc@cookcfb.org.



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!



YOUNG LEADERS COOKOUT

Cook County Farm Bureau Young Leaders gathered in Tinley Park for an evening summer cookout. Young leaders are individuals ages 18 to 35 who have an interest in agriculture. Around the table, members (from right clockwise) Doug Yunker, Lexi Yunker, Jennifer Miller and Gerardo Gonzales, Katrina Milton and Blake Lanphier had great interactions with others from the YL group that evening. In addition to enjoying traditional cookout food, Young Leaders learned more about upcoming programs and events.

New Administrative Assistant joins CCFB staff



Julia "Julie" Hesperheide has been hired as a full-time Membership Administrative Assistant to work in the CCFB office in Countryside.

Health. While working full time, Julie also worked part time for a Penn State professor, creating and managing a database of east coast based indoor agriculture operations consisting of box car ag, vertical farming, hoop house operations, hydroponics, microgreens, as well as a part time Wine Associate.

Julie is originally from Pennsylvania and relocated to the southwest suburbs of Chicago in late 2021 to be closer to family. Julie has been working as a Wine Team Associate with Binny's Beverage since November 2021.

In addition to some prior knowledge of agriculture, Julie brings solid customer service experience, excellent verbal and written communication skills, solid understanding of Microsoft 365, data entry, working in a team environment, and other skills.

Prior to relocating to Illinois, Julie's 20-plus years of experience in PA include Inside Sales Representative/ Customer Service for Craftsman Company and Administrative Assistant Supervisor for Optum

In her spare time Julie likes to spend time with her family and friends, especially her granddaughter. She is looking forward to exploring and learning more about the area.

HOW FARM BUREAU SERVED YOU IN JULY

- ▶ **Provided great member benefit discount pricing to local and regional entertainment and amusement locations for summer fun.**
- ▶ **Promoted members and local farm stands encouraging members to buy local and fresh.**
- ▶ **Highlighted recipes from the 2023 Recipe Collection using local and fresh food.**
- ▶ **Brought soil science, a story time, arts and crafts, a science demonstration, and a soil-themed snack to more than 50 youth and their families that attended programs at Morton Grove Public Library and Glenview Public Library.**



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...

- Young Leaders who joined us for the summer Young Leader Cookout and especially to the cookout hosts, Jessica and Becca Biernacki, along with their parents Dan and Karen Biernacki!
- Doug Yunker, Heidi Yunker, Linda Bosy, Ruth Zeldenrust, and Katrina Milton, along with volunteers from the Master Gardeners, Metropolitan Water Reclamation District, Lincoln Park Zoo, and Illinois Farm Bureau for an outstanding pollinator event at the Lincoln Park Zoo.
- Milton Duehr (center) for 74 years on being a Cook County Farm Bureau member and COUNTRY Financial client! Long time agent Dan Stumpf (R) served Milton's insurance needs and when Dan retired and Piero Setta (L) became Milton's agent, Milton would call once a week to check up on Piero regarding some health issues. Piero and Dan recently gave Milton a nice plaque and a COUNTRY/Farm Bureau tumbler to recognize him for his years of support and kindness.
- The Cook County Farm Bureau Foundation and Cook County Farm Bureau Board of Directors that braved the inclement weather (and tornado) to conduct board business on July 12 in Countryside.



Co-Operator

Published Monthly

Cook County Farm Bureau

6438 Joliet Road, Countryside, IL 60525
(ph) 708-354-3276 (fax) 708-579-6056
(e-mail) ccfb@cookcfb.org (website) www.cookcfb.org



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Editor Bob Rohrer	Copy Analyst Ashley Christensen	Copy Development CCFB Office Staff
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Downwind

by **BOB ROHRER, CCFB MANAGER**

“National Security”

This month’s topic is a bit heavy. Bear with me. I want to talk about this little piece of federal legislation commonly called the “Farm Bill”. It is a complex piece of legislation that I will breakdown in simple “Bob” terms.

It has a “tricky” name! When you hear the term “Farm Bill”, you would think that the legislation is primarily targeted at farmers, and it is but it is much more. The Farm Bill is intended to help create a sound, consistent food delivery system for all. Every American including non-farmers feels the impact of the farm bill.

Food Security: America’s public investment in agriculture through Farm Bill programs helps secure our domestic food supply and keep our country strong while consumers get the benefits of high-quality, affordable food.

Jobs: The food and agriculture industry directly supports nearly 46.2 million U.S. jobs (that’s more than 14 percent of U.S. employment) and contributes more than \$1 trillion to U.S. gross domestic product.

Conservation: The Farm Bill’s investment in ag research and conservation programs are critical to ensure the productivity and sustainability in our farms and domestic food supply.

Risk Management: We all depend on the success of American agriculture so it’s important for America’s farmers and ranchers to be supported by strong farm programs as they face down weather disasters, high supply costs, and inflationary pressures. Managing risk is critical to keep food on the table.

Addressing Hunger: The Farm Bill includes nutrition programs intended

to ensure the most vulnerable among us have access to healthy, affordable food.

Important stuff!

Every five years or so, farm bill legislation is debated, revised, and re-authorized by Congress. The first and original Farm Bill was created in the 1930s to help struggling farmers. The farm bill is primarily executed by the United States Department of Agriculture (USDA) and covers a multitude of agricultural and food programs. The current Farm Bill is set to expire on September 30, 2023.

99% of the Farm Bill spending falls into four categories – nutrition, commodities, crop insurance, and conservation (less than 1% goes to forestry, bio-energy, extension/ research, rural broadband, etc.).

By far, the greatest share of the funds within the farm bill goes to federal food assistance programs such as Supplemental Nutrition Assistance Program (SNAP), Women, Infants and Children (WIC), and a bunch of other acronym programs. The next farm bill may reach \$1.5 trillion (spread throughout its lifespan) with 81% of that spending total projected to be go to food nutrition assistance.

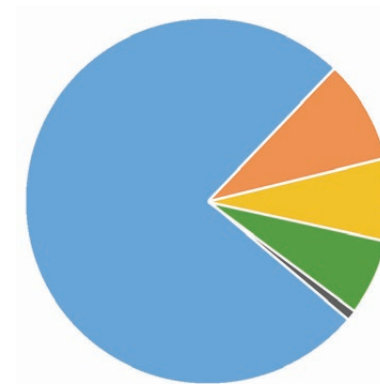
Feeding the hungry. I have never met someone who wants other people to go hungry. The Farm Bill helps prevent food and nutrition deficiencies for young and old alike.

Who are these people? According to a recent FarmWeek article, the Illinois Department of Human Resources (IDHR) reports that over 1.7 million Illinoisans are SNAP participants...

- About 44% of Illinois SNAP participants are younger than 18 years of age
- About 14% are adults age 60+
- About 8.5% are adults under 60 with disabilities

Some taxpayers want able-bodied adults to find gainful employment to move off SNAP support. That requirement was a big part of the recent debt ceiling debate and will feed

Projected Outlays Under the 2018 Farm Act, 2019-23



Source: USDA

into this Farm Bill debate.

A provision in the 2018 Farm Bill addressed historically underserved producers and farmers. The newly formed urban Cook County Farm Service Agency office with staff is a direct result. The underserved will receive additional scrutiny as a part of this 2023 Farm Bill debate.

Most fascinating to me are the curious “bedfellows” that come about as a result of Farm Bill legislation. Congressional members that have virtually nothing in common join together to pass this common cause. Urban legislators work in concert with rural legislators, and Democrats work with Republicans to craft a bill that touches multiple constituencies. Reauthorization of the Farm Bill has this way of bringing together advocates from both political parties and different ideological backgrounds, as well as hunger and food advocates, conservation advocates, and agricultural groups.

Why should the average American care? We all want and need a stable, quality, and affordable food supply for all Americans.

National Security!

Recipe of the Month — AUGUST —



Fresh Bruschetta with Burrata Cheese & Basil

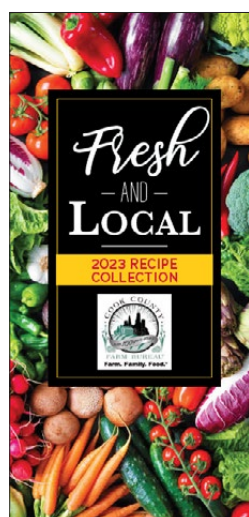
Kelly W, Honey Bee Gardens Farm

INGREDIENTS:

- 1 loaf thin sliced French baguette
- 4-6 fresh farm stand tomatoes, diced
- 2-3 fresh balls of Burrata cheese
- Fresh farm stand Basil
- Extra Virgin Olive Oil
- Balsamic Crema

DIRECTIONS:

Spread baguette slices on a cookie sheet and brush lightly with EVOO. Toast in oven under broiler for 1-3 minutes, until toasted. Dice fresh HBGF tomatoes and spoon onto each baguette slice. Chop Burrata into small pieces and spoon onto top of tomatoes. Roll multiple leaves of HBGF basil together and cut into thin “ribbons”, sprinkle across all toast. Sprinkle salt and fresh ground pepper on top. Drizzle Balsamic Crema across. Serve immediately.



2023 Recipe Booklet Available!

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

What is the (Food &) Farm Bill?

The first Farm Bill was created in the 1930s to help struggling farmers. Since its creation, the bill has been reauthorized and expanded roughly every five years to help the industry grow. The Farm Bill is primarily executed by the United States Department of Agriculture (USDA) and covers a multitude of agricultural and food programs.

The Farm Bill supports commodity programs for corn, cotton, wheat, soybeans, rice, dairy, peanuts, and sugar producers as well as including program support on nutrition assistance, conservation, research, specialty crops, and bioenergy programs.

Reauthorization of the Farm Bill brings together advocates from both political parties and different ideological backgrounds, as well as hunger and food advocates, conservation advocates, and agricultural groups. The current Farm Bill is set to expire on September 30, 2023.

The farm bill supports commodity programs for corn, cotton, wheat, soybeans, rice, dairy, peanuts, and sugar producers as well as including program support on nutrition assistance, conservation, research, specialty crops, and bioenergy programs.

There are twelve titles to the Farm Bill:

- | | |
|---------------------------------|--------------------------|
| Title I: Commodities & Disaster | Title VII: Research |
| Title II: Conservation | Title VIII: Forestry |
| Title III: Trade | Title IX: Energy |
| Title IV: Nutrition | Title X: Horticulture |
| Title V: Credit | Title XI: Crop Insurance |
| Title VI: Rural Development | Title XII: Miscellaneous |

5 Questions

with Pat Horcher,
CCFB Board Member

What impresses you about the Cook County Farm Bureau?

The staff is impressive in how willing they are to try new membership programs and how quickly they will respond in creating activities like defensive driving classes, concealed carry or beekeeping. When this is combined with the information available from board members and, of course, the research capabilities of the Illinois University, there's really no other group that can provide resources like Farm Bureau can.

Why do you think that the Cook County Farm Bureau is important to your farming profession?

Farm Bureau is an umbrella type organization that represents farming in general, not just a specific production method or field of products. When this is combined with the research available from Illinois University and the legislative outreach programs to keep lawmakers informed about why and how farmers do what we do, Farm Bureau really secures itself as a resource for reliable information as well as a credible voice for all agriculture.

What is your favorite tractor?

My favorite tractor is an Allis Chalmers G. This is a tractor designed for small crop (vegetable) production. It has a planter system based on the planet jr push type seeders. There is a cultivator tool bar that attaches on to the same hooks that hold the planters. Everything is visible from the seat because there are no safety shields. A hammer and adjustable wrench are all the tools you need to change of the row width's tool bars.

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

When I'm not doing farming related tasks or local government tasks, I like to do some woodworking and learn.



What is the most important reason members should join the Cook County Farm Bureau?

The most important reason to join Farm Bureau is the unbelievable volume of resources and information that membership gives you access to.

When the Farm Bureau answers your questions about soil conditions and recommendations for improvements or why certain practices are used in conventional farming or organic growing, there is generally research available backing the info. Aside from the farming or gardening info, agricultural political outreach, and environmental info, there are member benefits like seminars for estate planning, wills and trusts, defensive driving courses, concealed carry certification courses, beekeeping, and more.

Really anything members might ask for will be considered. If none of that appeals to you, your membership can simply get you discounts on a lot of stuff from vehicles to prescription. If you're someone who is just looking at the bottom line, the membership cost can be earned back several times over as soon as you get your card.

CCFB Foundation Supports Leadership Training

The Cook County Farm Bureau Foundation, in July, acted to provide tuition support for two Young Leader members who have been selected as participants in the next class of the Illinois Agriculture Leadership Program.



Angelica Carmen

Angelica Carmen, Lockport and Jessica Biernacki, Tinley Park will begin the 19-month leadership training program later on this summer. Both Carmen and Biernacki have been Cook County Farm Bureau members for many years and serve on the organization's Action Teams to develop programming and activities beneficial to members.



Jessica Biernacki

The CCFB Board views the program as a premier leadership development program which provides training for outstanding leadership skills, world knowledge and understanding on a number of key agricultural and food related issues. The program consists of classes, workshops, group activities, and experiences in Washington DC and overseas.

The board goal through support is that participants enjoy the experiences, grow through participation, and seek to continue strengthening area agriculture and community locally as a result.

COOK COUNTY FARM BUREAU

MONARCH CLUB

Thursday, September 7
10 a.m.

Lake Katherine Nature Center & Botanic Gardens
7402 W. Lake Katherine Dr.
Palos Heights

Attendees will tour the center and learn more about their efforts to provide pollinator habitat and to educate individuals interested in learning more creating their own pollinator habitat.

IF YOU'RE INTERESTED IN ATTENDING,
CONTACT BONA AT
[BONA@COOKCFB.ORG](mailto:bona@cookcfb.org)



MONARCH CLUB

In July Cook County Farm Bureau® held the first meeting of the Monarch Club for individuals interested in supporting and promoting monarch and pollinator habitat. During the meeting, club members visited the Cook County Farm Bureau pollinator garden to look for monarch eggs. The club will meet again in September. Individuals interested in learning more about the club or joining for the next meeting should contact Bona at bona@cookcfb.org.

CCFB Board Submits Comments for U of I Extension – Strategic Planning

The Cook County Farm Bureau Board of Directors, during its July board meeting, approved comments to be submitted to the Illinois Extension Strategic Planning Steering Committee. The Illinois Extension is undergoing a process to build a new strategic plan, using the summer months to gain insights from the many stakeholders that impact and are affected by Extension’s work. Illinois Extension will use comments submitted by stakeholders to help define its priorities and to allocate available resources in an effort to

maximize positive impacts of its work on the health and well-being of Illinois.

The Cook County Farm Bureau board focused in on area agriculture, horticulture and farmers as the most important demographic for the Extension resources and expertise in our area. In addition, food and food access, beginning in urban farmers, and support of urban gardeners and the entire horticulture industry were also identified as important users of the expertise and training resources that Illinois Extension provides.

The comments submitted by the Board of Directors are reprinted below...

July 13, 2023

University of Illinois Extension
 Attn: Illinois Extension Strategic Planning Steering Committee
 111 Mumford Hall (MC-710)
 1301 W. Gregory Dr.
 Urbana, IL 61801



Re: Comments/feedback on Illinois Extension Strategic Plan

To whom it may concern,
 We appreciate the opportunity to provide comments and feedback during your strategic planning process.

The Extension’s mission statement provides the following We are committed to our mission linking local communities to the university, to develop programs, tools, and knowledge that will support needed change. Our mission is to align research to needs and translate research into action plans that allow Illinois families, businesses, and community leaders to solve problems, make informed decisions, and adapt to changes and opportunities. While this is a laudable mission, Extension’s history dates back to the Smith Lever Act in 1914, which formally established the U.S. Department of Agriculture’s partnership with land-grant universities to apply research and provide education in agriculture. Farmers and those involved in agriculture throughout Illinois benefited from and depended on the research and guidance provided through the Extension experts and those valued needs exist and are important today.

Despite more individuals living in urban and suburban areas, Extension should remain tasked with helping farmers achieve greater success while also assisting consumers to connect with their food. Illinois Extension should return to a mission, vision, and value statements that reflect a commitment to agriculture and food production.

Food production and food access are two of the top five priorities that are needed and unmet needs for our local target population. In addition to those two priorities, the remaining unmet priorities for our communities are food safety, engagement with home and community landscapes, and enhancing and preserving natural resources.

Extension should renew its focus on the agricultural community by continuing its efforts in the area of beginning farmers, local food systems, and farm product marketing. Even in an urban area, agriculture and access to food is essential.

Extension should also engage in efforts in the area of food rescue- assisting farmers interested in connecting with food banks, addressing food donation questions, and educating consumers about proper food storage.

Like Farm Bureau, Extension’s roots are in the agricultural industry. Even as communities change and families become further removed from food production, it is essential that consumers know who is growing and raising their food and that farmers have the support necessary to produce and market their product. We recognize that as communities have become more urban, the services and resources provided may also look different.

Cook County Farm Bureau® works closely with the Cook County Extension South Suburban Master Gardener Unit. Master Gardeners provide expertise and guidance regarding horticultural and soil testing questions. They also are a resource for Master Gardener training and volunteer opportunities. The Master Gardeners program is essential in Cook County and provides resources to individuals interested in gardening while also addressing food production and access.

We appreciate the opportunity to provide comments during the Illinois Extension strategic planning process. If we can provide any additional information or feedback, please feel free to contact us at the Farm Bureau office at (708) 354-3276.

As the county’s largest general farm organization, Cook County Farm Bureau® is dedicated to bridging the gap between farmers and urban consumers. Through education programs targeting youth and their parents and programs designed to connect farmers with potential consumers, Farm Bureau members are actively engaging in conversations about food and the shared values between farmers and consumers.

Sincerely,
Janet B. McCabe
 President, Cook County Farm Bureau®

A DAY OF LEARNING AT THE LINCOLN PARK ZOO



Cook County Farm Bureau volunteer Linda Bosy helps a family create a butterfly craft as part of the Lincoln Park Zoo pollinator event. The event was held in conjunction with Pollinator Week and celebrated the impact of pollinators on our food system. Cook County Farm Bureau Ag in the Classroom provided a booth and family friendly activities.



Cook County Farm Bureau member and farmer Doug Yunker spoke with zoogoers during the pollinator event coordinated by Cook County and Illinois Farm Bureau in conjunction with the Lincoln Park Zoo. This program was partially funded through the Illinois Farm Bureau pollinator grant program.



Farm Bureau member and owner of Zeldenrust Farm Market Ruth Zeldenrust offered zoogoers an opportunity to taste local honey. In addition to honey tasting, zoogoers also transplanted zinnias at the Cook County Master Gardener tent.



Metropolitan Water Reclamation District Commissioner Eira Sepulveda joined MWRD staff at the pollinator event at the Lincoln Park Zoo. MWRD’s resources and handouts focused on Monarch Butterflies and the importance of pollinators.



Planting Seeds

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



Katrina J.E. Milton

In June, I traveled to Orlando, Florida for the National Ag in the Classroom Conference. The conference, held June 27-29, featured workshops and classes, guest speakers, a bingo fundraiser, and a traveling workshop.

I thought that the traveling workshop was the highlight of the conference because I was able to travel to a citrus farm and learn how they use Citrus Under Protective Screen (C.U.P.S.). The C.U.P.S. protect growing citrus trees from sap-sucking insects. The insects, especially psyllids, infect plants with citrus greening disease, which is a bacteria that causes fruit to have a stunted growth and remain green and unripe. The bacteria has no known cure.

Just like how Floridians protect their pools and sitting areas from insects with large screened-in patios, the C.U.P.S. protect growing citrus trees from the psyllids. The large rectangular-room shaped screens allow in sunlight and water, but not bugs. The C.U.P.S. seem to be working – the grapefruit trees I saw were 13 months old and were the size of 3-year-old trees, most already bearing fruit. The citrus farm is already planning to build more C.U.P.S. in the future.

In addition to learning all about Florida agriculture and how to bring those topics back into Cook County classrooms, I was able to spend time with Illinois Agriculture in the Classroom (IAITC) staff and IAITC 2023 Teacher of the Year Eva Manzke.

Eva, who has been an elementary school teacher for 30 years, teaches at Walker Elementary School in Bedford Park where she integrates agriculture across the curriculum. She started the afterschool program B.A.M., the first of program of its kind in her school district. B.A.M. combines body movement in physical exercise, agriculture, and mental wellness and well-being.

After attending the three-day national conference together, Eva and I decided to extend our stay in Orlando and enjoy a few days of vacation. Although we did find the time to relax by the pool, we couldn't stay away from agriculture for long! We visited Disney's EPCOT and went "Behind the Seeds" on a tour of the fish farm and four greenhouses that make up the theme park's The Land Pavilion. The pavilion supplies shrimp, tilapia, produce, and greens for Disney restaurants, as well as food for animals in Animal Kingdom. The tour showed hydroponics (growing using water), aeroponics (growing using water vapor), aquaculture (fish and aquatic



Plants grow in vertical pots at EPCOT's The Land Pavilion.

species farming), and aquaponics (growing using a combination of hydroponics and aquaculture), as well as real-life applications of modern variations of agriculture.

As with the conference, I thought the tour and its hands-on agricultural experience was the highlight of the day. At EPCOT, we were not only able to travel "around the world" by having gelato in Italy, green tea in Japan, and Kvæfjordkake (also known as "Verdens beste kake," or "world's best cake" in Norwegian), we were able to experience the future of agriculture and its impact on the world. The day ended with a celebratory firework show and the bittersweet knowledge that our vacation was coming to an end.



Katrina holds a fluted pumpkin and poses next to a hidden Mickey Mouse topiary pepper plant with IAITC Teacher of the Year Eva Manzke. The plant is the oldest plant in EPCOT's greenhouse, more than 40 years old.

For me, my trip to Florida epitomized the best of summer: a little bit of work, a little bit of leisure, travel, time spent in the sun relaxing, a new friend, and agriculture. I can't wait to see what the remainder of the summer will bring!

Katrina can be reached at aitc@cookcfb.org.



Get-a-Grant Virtual Workshop

August 9th at 10:00 am

Join Us Wednesday, August 9 for Two Opportunities to Discover the Many, Magical Uses of Corn!

11 a.m. – 12 p.m. at Glenview Public Library
1930 Glenview Road in Glenview

3 p.m. – 4 p.m. at Morton Grove Public Library
6140 Lincoln Ave in Morton Grove



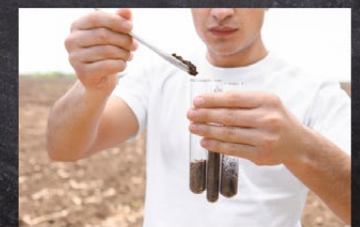
Goodbye Summer, Hello Free, In-school Field Trips!

Contact Jill at aitc2@cookcfb.org or Visit bit.ly/CCFBAgLit for information or to schedule

From agriculture basics nutrition soil science and more, we have something for all your K-12 needs

Educators, Sign up for Virtual Get-a-Grant Workshop

Never applied for one of Illinois Ag in the Classroom's grants before? No worries! Sign up for a one-hour Zoom webinar to receive bushels of ideas on how to best apply for a book or project grants. You will also receive ideas from past recipients to help inspire your own grant applications. All who register will receive a link to the recorded version, so you don't even have to attend in real time. **Register online at <https://bit.ly/43jyNvG>**



AGRICULTURE ADVENTURES FOR FAMILIES



AGVENTURE CRAFT: MAKE YOUR OWN

Apple Stress Ball

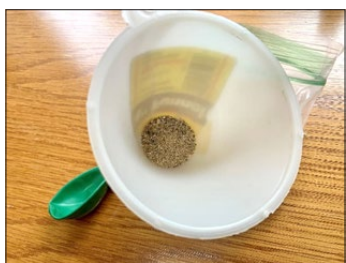
Going back to school can be stressful. Create a make-and-take craft that can help!

SUPPLIES:

- 1 cup of sand
- 2 balloons
- 1 strip of green felt (approximately 8 inches in length)
- Brown acrylic paint
- Paint brush
- Super glue
- Scissors
- Funnel

DIRECTIONS:

1. Funnel ½ cup of sand into each balloon
2. Tie the ends of each balloon into a knot
3. Cut two leaf shapes out of the strip of green felt
4. Superglue the green felt onto the sand-filled balloon, pinching at the bottom of the leaf shape
5. Paint the knot of the balloon brown using acrylic paint and a paint brush. Allow to completely dry before handling



STEP ONE



STEP TWO



STEP THREE



STEP FOUR



STEP FIVE

August Word Search

Last Month's Winner:
Thomas Wengel

Backpack	K	Z	S	M	C	S	X	P	J	C	Z	A	S	N	J
Corn	E	C	P	U	C	C	E	E	I	M	V	T	O	I	M
Cotton	R	T	A	H	P	N	I	R	Q	R	Y	E	Y	E	U
Crayon	G	U	O	P	C	P	B	Y	X	Y	A	R	B	T	L
Fabric	T	O	P	I	K	A	L	M	Z	C	D	G	E	O	P
Glucose	L	W	L	I	F	C	M	I	W	Q	O	S	A	R	W
Glue	D	P	K	O	B	Q	A	G	E	A	D	R	N	P	T
Milk	A	R	Y	W	Y	J	Z	B	E	S	N	Z	N	D	P
Pencil	V	A	A	I	H	G	K	U	D	E	H	M	V	T	H
Prang	X	N	C	Q	C	F	L	J	U	O	Y	G	A	E	T
Protein	W	G	V	C	T	G	I	P	X	H	O	I	Z	T	M
School	N	O	Y	A	R	C	M	H	B	N	D	W	I	B	G
Soybean	A	G	L	U	C	O	S	E	E	R	T	N	H	P	J
Supplies	S	Y	R	T	Z	I	G	E	I	H	M	V	A	L	H
Tree	G	A	T	Y	K	S	Q	C	O	T	T	O	N	F	F
Wood															

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

Back to School WITH AGRICULTURE



PENCILS COME FROM TREES!

California cedar trees are most used in pencils due to its non-warping features. One tree can make up to 300,000 pencils. Pencils no longer contain lead; instead, they are made with graphite and clay.



CRAYONS COME FROM SOYBEANS!

Some brands, including Prang, use soybean oil to make their crayons. Crayola Crayons are made from paraffin wax, which is refined from petroleum.



SANITIZER COMES FROM CORN!

Cornstarch is converted to glucose and combined with yeast to produce ethanol, a main ingredient in many hand sanitizers. Ethanol can also be found in alcoholic drinks, disinfectants, and gasoline.



BACKPACKS COME FROM COTTON!

Some backpacks are made from cotton, but many are made from nylon, a synthetic material. Cotton fabrics include velvet, corduroy, velour, denim, and flannel.

Choose Your Prize: August 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

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!**

AUGUST 2023

At The Farm Gate

by Joanie Stiers



Farm Provides Summer Education

Having braved a gravel road, a long driveway and an unleashed outdoor dog, a college intern approached our front steps ready to give his pitch. He worked door-to-door selling books and digital resources that supplement school coursework in math, science and language arts. I kindly shared some time with the business major on the front porch, where he quickly learned that supplemental education of a different sort defines our kids' summer days.

Our 15-year-old son works on the family farm. Our 17-year-old daughter operates small businesses selling baked goods and home-grown sunflowers. Together, the kids maintain a flock of hens and sell eggs to family, neighbors and our daughter's home-based bakery. With poultry in view, the San Diego native wondered what it meant to "show chickens," as the kids had done that morning at the fair.

The farm offers a summer classroom filled with opportunities to gain life skills in problem-solving, management, organization and efficiency. The kids learn to work in heat, identify approaching rain and witness the implications of drought. We hope they gain responsibility, a sense of self-sufficiency and a work ethic through a combination of disappointment, triumph, energy and exhaustion.

Because classroom experiences

don't teach how to handle a calf that escapes the pasture fence. Or that drought means feeding winter stores of hay to the cows when the summer grass doesn't grow. Our daughter reconciles bank statements, communicates with adult customers, and studies the bloom habits of various sunflower varieties. Our son changes oil in tractors, understands the functions of a planter meter and can operate more than a dozen pieces of farm equipment.

The farm work shifts to maintenance of harvest machinery by mid-summer. Sunflowers bloom and roadside sales ensue. Planning work accelerates for the kids' biggest community service event just after Labor Day. Their summers are spent unrelatable to their peers at times, but I hope they enter society as responsible, self-driven citizens who can express compassion, exhibit common sense and make a difference.

The intern left with a tip in lieu of a sale and a glimpse into a farm-inspired approach to education. Like us, he desired to make the most of the opportunities presented to him.

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.

2023 Farm Progress Show Details

70th Anniversary event
4275 E Mound Rd., Decatur, Illinois
August 29-31

Show Hours:
Tuesday, August 29 and Wednesday, August 30
8 a.m. - 5 p.m.

Thursday, August 31
8 a.m. - 4 p.m.

For 70 years, the Farm Progress Show has connected farmers from across the globe with agriculture's leading companies. With hundreds of exhibitors, there's no better place to engage with the latest farm products and the specialists who developed, tested, and designed them. Whether you are looking to innovate with the latest ag technology, learn from industry experts, or share your farming legacy with your family, the Farm Progress Show has it all.

At the gate, tickets are \$20 for adults, \$10 for ages 13-17, and 12 & under are free. Discounted advance tickets can be purchased for \$15 online at www.FarmProgressShow.com.

Parking is free.

Stop by the Illinois Farm Bureau tent: #753 on 7th Progress Street.



EXCELLENCE IN AGRICULTURE

Cook County Farm Bureau Ag in the Classroom 2015 intern, Nicole Roper (née Zeien), and her husband, Cole, were awarded the Excellence in Agricultural Award from the Georgia Farm Bureau. They were presented with a plaque and won a new John Deere Gator.

After serving as the Ag in the Classroom intern in 2015, Nicole went on to become an ag educator and teaches ag education at West-Oak Middle School in Westminster, SC. Nicole and Cole produce sweet corn in Royston, GA (Coles Sweet Corn) and have a daughter, Blakley. Congratulations to the Roper family; we are thrilled that your hard work has been recognized.

Family Farm and Food Bytes

IFB Comments on Proposed PFAS Drinking Water Standards

Drinking water regulations surrounding per- and polyfluoroalkyl substances (PFAS) proposed by the U.S. Environmental Protection Agency (EPA) overlook cost and compliance challenges for rural communities, according to Illinois Farm Bureau.

In comments submitted to EPA on May 30, IFB also raised concerns about the agency promulgating a rule when research and data about the topic is incomplete.

"Illinois farmers share concerns regarding the health impacts of PFAS exposure; however, research to prove causation is still under development," IFB President Richard Guebert Jr. wrote. "We encourage this work to continue as there are many factors that must be considered when developing regulatory limits."

Mexico Announces White Corn Tariff

The Mexican government announced a 50% tariff on all white corn imports, a move that is estimated to impact about 1% of U.S. corn production but 20% of U.S. corn exports to Mexico.

The new tariff, coming just three years after the U.S. Mexico Canada (USMCA) deal was ratified, draws another line in the sand between U.S. trade policy and Mexican President Andres Manuel Lopez Obrador.

Mexico's government cited that "white corn is of the utmost importance in the diet of Mexicans, with an annual per capita consumption of 346 kg, and it is the grain with the highest production in the country with an 88.2% participation in the national production of grains." Citing supply and the need to "promote the strengthening national production, the internal market and the productive chain" of white corn, a 50% tariff on imports is needed. The tariff will run through the rest of 2023.

Mexico remains the top U.S. export destination for corn at more than 35% of all export sales.

Lonestar to Preform at IFB Annual Meeting

Country band Lonestar to play at the 2023 Annual Meeting of the Illinois Farm Bureau. Lonestar was formed in the early 1990s and has won multiple awards. For the second year, Illinois Farm Bureau's Annual Meeting will feature a concert for attendees on Dec. 2 in the Grand Ballroom of the Palmer House in Chicago.

USDA Outlines Framework to Measure Ag Emissions

USDA is establishing a Soil Carbon Monitoring and Research Network to measure greenhouse gas (GHG) emissions and quantify outcomes of climate-smart agriculture programs.

The \$300 million investment utilizing funding from the Inflation Reduction Act aims to improve measurement, monitoring, reporting and verification of GHG emissions and carbon sequestration, which will advance priorities set in a broader federal strategy released Wednesday.

During a news conference, USDA Secretary Tom Vilsack said the investment is not only about promoting proper science, but it's also about expanding income sources for farmers.

About Family Farm and Food Bytes: This is a collection of articles gathered from Illinois Farm Bureau FarmWeek, FarmWeekNow and other media sources and is designed to keep you informed as a member and leader within the Cook County Farm Bureau® organization. We thank the FarmWeek staff for their reporting skills and talents. The articles summarized above are not intended to represent Cook County Farm Bureau policy or positions, but rather to provide members an idea of what is being reported regionally, nationally, and globally.

Check out the Farmside Chat with American Farm Bureau Federation President, Zippy Duvall

Is It a Fruit or a Vegetable? All Your Avocado Questions Answered

The avocado has increased in popularity in recent years, yet, it's still a mystery to many consumers. Is it a fruit or a vegetable? How long does it take to grow?

How long does it take to ripen?

How can you pick the best avocado in the grocery store?

In this episode of Farmside Chat, Farm Bureau President

Zippy Duvall gets answers to these questions and more

when he chats with Southern California avocado farmer Al Stehly.



SCAN TO WATCH

Manifolds, Manolos, and Manure

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



Bona Heinsohn

For most families summer brings excitement. Pool time. Baseball games. And vacations. For our family summer brings cultivating. Flaming. Zapping. Walking calves. And rodeos.

Our blue-eyed girl and big little boy have worn a path along the road to the creek. With their calf in tow, they walk south to the creek. Visit the neighbor's beef cows. And return. It's usually an uneventful process. Once a year or so one of the calves gets loose and we have a roundup on our hands but otherwise it's just a lot of walking. The new calves start earlier in the year. Yearlings returning to the show ring get a pass until the final month.

With 10 animals entered in our home fair, it's a lot of walking. Returning to the show ring for

our big little boy is "Burrito" his red and white spring yearling that stood fourth in her class last year. Yearlings walk a fine line between being a gangly teenager. An early bloomer. Or chunky. "Burrito" is an early bloomer, she's tall. Deep chested. And walks on a great set of legs. She'll be a hard one to beat in the show ring this year.

Our big little boy will also debut his first Ayrshire calf. "Sprinkled Donut" is a winter calf with a heart of gold. She's all legs. Spots. And curiosity. The key to her is to remember that she's a nine-year-old's calf and prefers lots of cuddles. Treats. And little boy germs.

Our blue-eyed girl will return to the show ring with more calves than I care to count. But with some luck her prized cow Red Carpet Apple Crsip-Red-ET or "Crsip" will return to the show ring. "Crsip" is a granddaughter of KHW Regiment Apple-Red. In the dairy industry, "Apple" was truly a legendary cow in both

the show ring and in milk production. Her genetics remain some of the most sought-after ones on the market.

"Crsip" delivered Red Carpet Apple Alamode-Red or "Alamode" in spring of 2022 and unfortunately suffered a displaced abomasum (DA). DAs occur when the abomasum, a compartment of the stomach, shifts out of place and occasionally twists. DAs can be caused by a number of reasons, but they tend to be more common in high producing dairy cows that recently delivered a calf. "Crsip" underwent surgery and recovered beautifully. After a prolonged rehab and being cleared by our veterinarian, she was bred to Woodcrest King Doc.

After almost 10 months or over 283 days, "Crsip" delivered a beautiful black and white calf. Had our blue-eyed girl gotten up with her alarm she might have made it in time for the birth, instead her dad spotted the calf before heading to



work. Like her sister before her, she's bright eyed. Curious. And absolutely perfect. Unlike her sister and mother before her, she'll be our first "Apple" in her registered name instead she'll be Red Carpet Doc Crsipy Potato and much to my blue-eyed girl's displeasure I intend to call her "Tatertot."

With a little luck and careful

attention, "Crsip" will again grace the show ring, this time as a junior three-year-old cow. As the fair draws near, we want nothing more than our two kids to want to milk the cows. Drive the tractors. Farm. Just like their dad, grandfather, and great grandfather before them.

Bona can be reached at Bona@cookcfb.org.



FULTON COUNTY

President Janet McCabe (pictured left) speaks with a reporter from 94.1 BYS Radio in Canton after the 2023 Fulton County Field Days held in conjunction with the Metropolitan Water Reclamation District and Farm Bureau. Cook County Farm Bureau®, through support from the Illinois Farm Bureau®, has been engaged in nutrient loss reduction conversations, research, collaborations, and promotions since 2021.

Strong Relationships Ease Passage of Pro-Ag Resolution in Cook County

Originally printed in LINK, May- June 2023

Pro-Agriculture Resolutions, once considered a long shot for passage in Cook County, could now set the stage for additional support for ag in the state's most populated county.

With support from strong relationships previously built with members of the Cook County Board of Commissioners, Cook County Farm Bureau (CCFB) pursued the resolution and ultimately got it passed this spring, one of 43 counties to achieve passage so far this year.

"When IFB came up with the idea of having that resolution and having counties involved, I think they were, to be honest, skeptical that Cook County could get something like this passed," said CCFB President Janet McCabe. "We've worked really hard to keep a relationship with the Cook County commissioners. ... I honestly don't think it was as hard as a lot of people thought."

CCFB recently welcomed six Cook County commissioners to a community youth garden in Evergreen Park, where teaching youth how to grow fresh produce is among the uses for the space. It was the latest chance for CCFB leaders and staff to interact and educate county commissioners on the state's biggest industry.

Cook County's agricultural landscape includes traditional row crop and dairy production as well as plant nurseries, equine and food processing. Altogether, that's worth nearly \$20 million to the county economy and accounts for more than 4% of its workforce. For Monica Gordon, a commissioner representing the 5th District in the southern part of Cook County, urban farms represent agriculture.

"What comes to mind when I think about Cook County Farm Bureau is diversity," Gordon said at the event. "Why that's very important is because that allows everyone to know that there is an opportunity for them to embrace agriculture. It's not just for rural areas."

Commissioner Josina Morita, one of the sponsors of the Pro-Agriculture Resolution, said she hopes it sets the stage for the Cook County Board to better support agriculture in the future.

"The first resolution was about education and committing Cook County to the value of the role of agriculture," said Morita, who represents the 13th District in northeastern Cook County. "The next step is finding opportunities for partnership, finding opportunities to make sure that our farmers are getting the resources they deserve from Cook County and continuing to set goals."

"How are we supporting the existing farms? How are we expanding farming? How are we redefining farming and city life in a way that can be more dynamic?" McCabe said she considers attendance by the six commissioners at the garden visit to be an indicator of the strong relationships CCFB has built.

"They do appreciate the connection they have with Cook County Farm Bureau," she said. "We're just trying to keep agriculture in the forefront of their mind and realize that there's opportunities for them with agriculture in their districts."

Farm Bureau Supports Local Grocery Stores

Senate Bill 850 creates the Grocery Initiative Act. In addition to studying food insecurity in urban and rural food deserts, the Illinois Department of Commerce and Economic Opportunity will also establish a Grocery Initiative to expand access to healthy foods in food deserts in Illinois by providing assistance to independently owned for-profit grocery stores, as well as grocery stores owned and operated by local governmental units.

The bill also amends the Illinois Enterprise Zone Act and enables a grocery store to receive financial support under the Grocery Initiative Act. The goal of this bill is to support grocery stores in food deserts in an effort to reduce food insecurity in Illinois.

Senate Bill 850 is awaiting the Governor's signature. Farm Bureau supported the initiative. Last year, Cook County Farm Bureau drafted and led the passage of Farm Bureau's first ever Food Access policy, which enabled the organization to actively work with Representative Canty on this piece of legislation.



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.



***ILIR NUMANI**

has been named Career Financial Representative of the month for June 2023 by Vicki Nygren, Agency Manager. Ilir's office is located at 6650 N Northwest Hwy Ste 200, Chicago,

IL 60631-0000. His phone number is 773-631-2909. Ilir has been a Financial Representative with COUNTRY® Financial since April 2005.

Chicago North Agency, Vicki Nygren, Agency Manager



***BILL SCHUTZ**

has been named Career Financial Representative of the month for June 2023 by Kevin Gomes, Agency Manager. Bill's office is located at 51 W Seegers Rd, Ste 1, Arlington Heights, IL.

His phone number is 847-690-1980. Bill has been a Financial Representative with COUNTRY® Financial since November 1985.

Chicago Northwest Agency, Kevin Gomes, Agency Manager



***KIRK GREGORY JR**

has been named Career Financial Representative of the month for June 2023 by Sharon Stemke, Agency Manager. Kirk's office is located at 1401 S State St Ste 150 Chicago, IL.

His phone number is 773-420-0154. Kirk has been a Financial Representative with COUNTRY® Financial since February 2018.

Chicago Northwest Agency, Sharon Stemke, 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.*

Local HONEY CONTEST

On
Saturday, September 30, 2023
9 AM—11 AM
at
Puckerville Farms
13332 Bell Rd Lemont, IL

Our 8th local Honey competition to be held in conjunction with the Cook County Farm Bureau's
**23rd annual
Giant Pumpkin Contest**
No Entry Fee

Registration and Festivities begin at 9 AM.
Contest open to all CDBA/ CCFB members and their dependents. Must be present to win.
Decision of the judges is final.

Voting Criteria	100 Points
• Flavor and Aroma	25
• Appearance	25
• Freedom from crystals	25
• No impurities/froth	25

Prizes*
\$100—1st place
\$50—2nd place
\$25—3rd place
*Top 3 will receive a Ribbon

Judging Samples
Clear, unlabeled, GLASS container
(no less than 8 oz, not greater than 16 oz)

Register: by phone: (708)354-3276
email: membershipdebbie@cookcfb.org
CCFB members can register online at the Member Center

Cook County Farm Bureau®
6438 Joliet Rd Countryside, IL 60525
708-354-3276

**23rd Annual
Giant Pumpkin, Local Honey, Pumpkin Dessert, Carving & Youth Contests**
Saturday, September 30, 2023, 9 a.m. - 11 a.m.
9:00 a.m. Registration/Check-In
Puckerville Farms - 13332 Bell Rd, Lemont IL

Giant Pumpkin Weigh in Contest:
Divisions: Adult and Youth (16 and younger)
Rules: Contest open to CCFB members and their dependents. One pumpkin **grown** per person may be entered into the contest.
Prizes: Adult 1st Place - \$250 Youth 1st Place - \$100
2nd Place - \$150 2nd Place - \$75
3rd Place - \$75 3rd Place - \$50

Homemade Pumpkin Dessert Contest:
Rules: Contest open to any CCFB member/dependents; open to all ages and must be present to win. Dessert will be judged by appearance, taste, and texture.
Prizes: 1st Place - \$100
2nd Place - \$50
3rd Place - \$25

Home Grown Local Honey Contest:
Rules: Contest open to CCFB or CDBA members/dependents and open to all ages. Honey judging criteria will be provided once registered, prior to contest.
Prizes: 1st Place - \$100 & ribbon
2nd Place - \$50 & ribbon
3rd Place - \$25 & ribbon

Pumpkin Carving Contest
Division: Ages 16 & up members and their dependents
Rules: Pumpkin will be provided by CCFB; free hand carving only, no patterns allowed. Carvers will have 1 hour to carve using their own carving tools.
Prizes: 1st Place - \$100
2nd Place - \$50
3rd Place - \$25

Youth Fun Contest:
Guess The Weight of the Pumpkin! Contest open to anyone 16 yrs and younger in 3 age categories.
Prizes: 1st Place & Runner up prize in each age group
Participation Prize: All entries receive a pie pumpkin, activity bag



Entry Fee: Free for Members, Non-members may enter by joining CCFB.
Rules: Contest open to any CCFB member & dependents. Check in by **9:15 a.m. to be considered; must be present to win.**
Judging: Members of the Commodities/Marketing Team will serve as judges. The decision of the judges is final.

CONTESTS Registration Form

____ Giant Pumpkin ____ Adult ____ Youth-17 & under

____ Pumpkin Dessert (open to all ages)

____ Youth Pumpkin Guess How Much Contest:
____ 6 & under ____ 7-11 ____ 12-16 years

____ Home Grown Honey (open to all ages)

____ Pumpkin Carving Contest (16 yrs & up)

Name: _____

Email: _____

Telephone: _____

Farm Bureau Member Number: _____

Registration form online:
<http://cookcfb.org/stay-updated/upcoming-events>
Mail, fax, or email entry form to:
Cook County Farm Bureau
Attn: Debbie Voltz
6438 Joliet Road Countryside, IL 60525
Fax: 708-579-6056
Email: membershipdebbie@cookcfb.org
Register by phone at: 708-354-3276



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

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. \$13,500.
Call James at 708-361-8230.

18 position ladder, 16 ft, asking \$200. Coleman Camp wagon, brand new in box, never opened, asking \$100. **Call 708-654-2010. Photos of ladder and wagon available online at cookcfb.org/stay-updated/classified-ads.**

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.**

Cemetery plots: Mt. Vernon Memorial Estates, Lemont, IL. Located in the Garden of Apostles, Blk #3, lot #56-B, graves 1 & 2. Cemetery price \$3,649 each. Asking \$3000 each which includes transfer fees.
Call Dolores at 708-935-6470.

Collectibles - Bells and shot glasses from many countries, states and venues. Over 100 bells for \$100 or best offer. Over 100 shot glasses for \$50 or best offer.
Call Alice at 331-245-5217 (cell phone).
Photo is available online at cookcfb.org/stay-updated/classified-ads.

FOR RENT

Horse farm: Modern, remodeled farm house, wooded lot, 3 stalls in barn, loft, water hydrant, electric, large fenced pasture, on asphalt road, near Frankfort, IL.
Call 708-670-2118.

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.**

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

Wanted LP Rock & Roll album records, call **John 708-860-9562.** Pre-1971 Baseball cards, call **Gary 708-363-4559.**

2023 Master Urban Farmer Training Program

The Cook County University of Illinois Extension has announced that the next session of the Master Urban Farmer Training Program will be offered online, Monday evenings, from 6 - 8 pm, September 25 - December 11, 2023. Applications for the program will be available soon. For questions in the interim, please contact Sarah at sbatka@illinois.edu or 217-300 8636.

The Cook County Farm Bureau Foundation offers support to members regarding this program with partial tuition reimbursement upon application and proof of completion. **Go to <https://cookcfb.org/foundation/scholarships> for more information.**



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!).

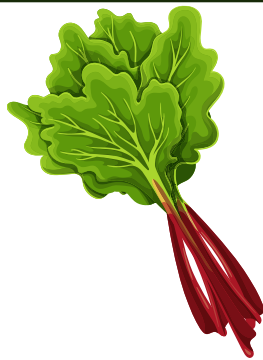
This month
"R"

RHUBARB



Rhubarb is often considered a fruit because of its use, however it is actually a vegetable.

Rhubarb has a sour taste due to its citric acid and malic acid.



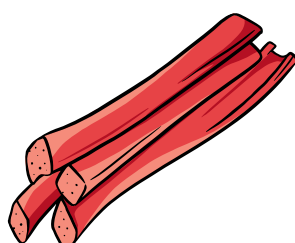
After its introduction to North America in the 1700s rhubarb quickly became known as the "pie plant" thanks to home cooks' fondness for using it as a pastry filling.

We only eat rhubarb stalks because the leaves of the plant are actually poisonous to humans due to the oxalic acid in the leaves.

Rhubarb likes cool weather and is best harvested in mid-spring to early summer.

RHUBARB IS A PERENNIAL. IF TAKEN CARE OF, IT WILL COME BACK EVERY SPRING FOR AT LEAST 10 YEARS.

Rhubarb stalks are packed full of health benefits. It is an excellent source of calcium and vitamin K, things our body needs to keep our bones and blood healthy.



Color matters when it comes to rhubarb. The color of the stalk determines the taste. The darker the red stalk, the sweeter the rhubarb!

Next month...Squash

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.

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. Must be a minimum of 10 participants.

Make a Fall Combo Planter at Big John's Farm Market & Greenhouse

Start your day and fall off right and make a Fall Planter event at member business, Big John's Farm Market & Greenhouse in Lynwood.



DATE: Saturday, August 26, 2023

TIME: 10:00 a.m.

LOCATION: Big John's | 1754 E Joe Orr Rd, Lynwood, IL 60411

FEE: \$40 for members & guests – includes pot, soil, fall plants, and fall decoration.

REGISTRATION REQUIRED: Call the Farm Bureau at **708-354-3276**; email: membershipdebbie@cookcfb.org; online at the Member Center at www.cookcfb.org.

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.

23rd Giant Pumpkin, Dessert, Carving, Local Honey Contests

Giant pumpkin growers, bakers, carvers, and beekeepers - this is the contest for you! Adult and youth (under 16 yrs.) divisions. The contest is free for members and registration is required. Cash prizes are awarded in all categories.



DATE: Saturday, September 30, 2023 **TIME:** 9:00 a.m. Check-In

LOCATION: Puckerville Farms, 13332 Bell Rd, Lemont, IL

REGISTRATION: Call the Farm Bureau at **708-354-3276** or register online at the Member Center at www.cookcfb.org. Registration form and full program details at: <https://cookcfb.org/stay-updated/upcoming-events>

Cook County Farm Bureau Member Benefits of the Month

Looking to rent a car, van or truck this end of summer vacation and back to college month? Look no further, members have access to 5 great the Farm Bureau Car Rental Discounts all year round.

Budget Worldwide

Discount Code #Y775713; Call (800) 527-0700 or book online at budget.com/ilfb



Save up to 30% off Budget base rates- may vary between 10% and 30%. Nationwide and 165 countries.

Avis Worldwide

Discount Code #298813; Call (800) 331-1212 or book online at avis.com/ilfb



Save up to 30% off Avis base rates- may vary between 10% and 30%. Nationwide and 165 countries.

Alamo

Discount code-Contract I.D.#421770; Call (800) 462-5266 or book online at alamo.com/offer/ilfb



Save up to 20% off your next car rental from Alamo.

Enterprise

Discount code: Rate Plan: ILFARM; Call (800) 736-8222 or book online at enterprise.com/ilfb



Exclusive Discount for Cook County Farm Bureau Members (exclusive discount may not always be greater than the regular discount offered to all Illinois Farm Bureau members, as it depends on date and size of vehicle).

National Car Rental

Discount code: Contract ID # 5706352; Call (800) 227-7368 or book online nationalcar.com/offer/ilfb



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