



# COOK COUNTY GO-OPERATOR

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

## Mark Your Calendar



### September

- 9<sup>th</sup> Fall Planter Workshop **PG 12**
- 19-20<sup>th</sup> Land Lease, Trends & Rate Projection Webinar **PG 12**
- 19-20<sup>th</sup> Defensive Driving Course **PG 12**
- 27<sup>th</sup> Get-A-Grant Virtual Workshop for Teachers **PG 6**
- 30<sup>th</sup> 23rd Annual Giant Pumpkin / Honey Contest **PG 12**

### October

- 15<sup>th</sup> Fall Photo Contest Deadline **PG 4**

### November

- 9<sup>th</sup> Farm Estate Planning & Business Continuation Workshop **PG 12**
- 14<sup>th</sup> Workshop on Preparing Wills/Trust **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



**What did the Cook County Farm Bureau recently purchase from the Lake County Fair?**

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)

### August Winner: Michael Bavier

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

**Answer:** Julie Hespeneide



## FARM EXPLORATION

Cook County Commissioners joined Cook County Farm Bureau and Wagner Farm for a Farm Exploration program. Pictured left to right is Ryan Whitehouse, Illinois Farm Bureau; Commissioner Monica Gordon; Commissioner Maggie Trevor; Commissioner Josina Morita; Commissioner Bridge Degnen; Commissioner Anthony Quezada; Jonathan Kuester, Wagner Farm Director; Commissioner Scott Britton; and Bona Heinsohn, Cook County Farm Bureau. Commissioners, staff, and family toured the farm before joining Farm Bureau for lunch.

## Watch for SMV Signs on Roads This Fall

The Slow Moving Vehicle (SMV) sign is a reflective orange triangle bordered with red that warns other road users that the vehicle displaying the sign is traveling slower than the normal speed of traffic.

The fall season is a busy time of the year in which farmers share roadways with other motorists as they travel from field to field harvesting crops, transporting commodities and equipment, and preparing ground for the winter or next planting season. The Cook County

Farm Bureau urges Cook County area motorists to be on the lookout for the SMV emblems and to practice "safe driving" to protect yourself, loved ones, and the loved ones of others.

Cook County Farm Bureau does have a small supply of SMV replacement decals remaining, purchased in part through a farm safety grant provided by the Illinois Farm Bureau and COUNTRY Financial. These replacement emblem decals are available first come, first served for members interested.

Contact the Cook County Farm Bureau at 708-354-3276.

The Cook County Farm Bureau reminds homeowners and businesses that the sign

should not be used to mark mailboxes and driveways. Improper and illegal use of the SMV can cause confusion to motorists and create a dangerous situation.



**Gerry Kopping, Cook County Farm Bureau Vice President, snapped a photo through the window of his truck of a newly replaced Slow Moving Vehicle (SMV) emblem display properly on the back of his tractor.**

## Master Gardener Resource Center

### Continues to Assist Members During the Fall Season

The Cook County Farm Bureau® and the University of Illinois Extension continue to partner on a project that benefits local Farm Bureau members and the general public. Since April 15, the master gardeners have been back (working virtually) to answer questions from members and the general public related to gardening and horticulture. This dedicated group will continue to respond to questions through mid-November of 2023.

The master gardeners will be accessible by emailing [mastergardener@cookcfb.org](mailto:mastergardener@cookcfb.org) or by contacting the Cook County Farm Bureau at 708-354-3276.

General topic areas that can be addressed include soil test recommendations, plant disease issues and treatments, horticulture related questions, pest identification and treatment, and more. Commercial related questions will be forwarded to the University of Illinois Extension professional staff.

## 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!

**COOK COUNTY FARM BUREAU**

## MONARCH CLUB

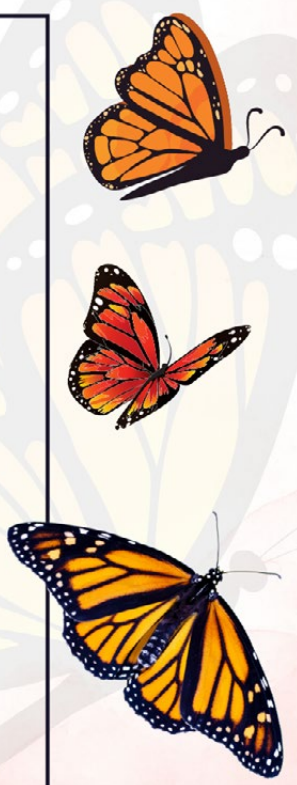
The mission of the Monarch Club is to connect individuals interested in learning more about expanding monarch populations with others who share a similar interest. It is designed for individuals to share resources, build their personal networks, and assist with the Cook County Farm Bureau® pollinator garden.

**Opportunities include:**

- Networking
- Resource sharing- speakers for the group, habitat guide sharing, speakers on the topic for the Speakers Bureau

---

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



# HOW FARM BUREAU SERVED YOU IN AUGUST

- ▶ In partnership with Cook County Commissioner Scott Britton and Wagner Farm, we hosted over 50 individuals from Cook County government and their families for a Farm Exploration Event at historic Wagner Farm in Glenview.
- ▶ Supported local families and partner Food Checkout Day food pantries by purchasing Cook County 4H members' animals at the 4H auction at the Lake County Fair. Meat will be donated to the partner food pantries to support families in need.
- ▶ Provided a Conceal and Carry Class for members to receive their Illinois concealed carry permit certification. The class consisted of a minimum of 16 hours of training and covering Illinois laws.
- ▶ In partnership with the U of I Extension South Suburban Cook County Master Gardener Unit, we provided horticultural assistance to hundreds of community members through the Soil Testing Program.



## 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...

- Jim Gutzmer and Todd Price for braving the heat to represent Cook County Farm Bureau at the Lake County Fair 4H Animal Auction.
- Past President Jim Brandau (and brother Mike) for dropping by the office to catch up and for bringing a huge bag of fresh sweetcorn for the office staff to share and enjoy! What a treat!
- Board member Ruth Zeldenrust for helping out Wrought Iron Farm as they dealt with an issue.
- The U of I Extension Master Gardener Unit, Master Gardeners, Coordinator, Margaret Burns-Westmeyer, and Educator, Nancy Kreith, for their unwavering dedication to serving community and members' horticultural needs.
- C/M Team volunteer, Rick Johnson and his spouse, Cathy, for touring and presenting signage to garden grant recipient's Dunning Community Garden in Chicago and Tri-Village Garden Club in Bartlett. For more garden grant recipients, go to page 8.



Left, Dunning Garden  
Above, TriVillage Garden

- Board member Mike Rauch for becoming the latest to become certified through the Illinois Farm Bureau certified director testing program.
- CCFB member Larry Pelcher, owner of Pelcher's Shooting Supply, and his instructor John for hosting a 16-hour conceal and carry class for members to receive an Illinois concealed carry permit certification.
- Board President Janet McCabe for supplying CCFB's Ag in the Classroom program with wheat for the 2023-2024 school year.
- Glenview and Morton Grove Public Libraries for hosting agricultural summer reading programs.
- CCFB Ag in the Classroom presenters for bringing agricultural education to the students of Cook County.

## 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](mailto:ccfb@cookcfb.org) (website) [www.cookcfb.org](http://www.cookcfb.org)



USPS No 132180 Periodical Postage Paid at LaGrange, IL 60525 & additional mailing office

<p><b>Editor</b> Bob Rohrer</p>	<p><b>Copy Analyst</b> Ashley Christensen</p>	<p><b>Copy Development</b> CCFB Office Staff</p>																				
<p><b>Officers &amp; Directors</b>                  Janet McCabe, President                  Gerry Kopping, Vice President                  Ruth Zeldenrust, Secretary-Treasurer</p>		<p><b>Farm Bureau Manager</b> Bob Rohrer</p>																				
<table border="0" style="width: 100%;"> <tr> <td>Dan Biernacki</td> <td>Mark Yunker</td> </tr> <tr> <td>James Gutzmer</td> <td>Roger Freeman</td> </tr> <tr> <td>Mike Rauch</td> <td>Todd Price</td> </tr> <tr> <td>James Bloomstrand</td> <td>Greg Stack</td> </tr> <tr> <td>Patrick Horcher</td> <td></td> </tr> </table>		Dan Biernacki	Mark Yunker	James Gutzmer	Roger Freeman	Mike Rauch	Todd Price	James Bloomstrand	Greg Stack	Patrick Horcher		<p><b>Office Staff</b></p> <table border="0" style="width: 100%;"> <tr> <td>Jill Drover</td> <td>Katrina Milton</td> </tr> <tr> <td>Kelli Villarreal</td> <td>Linda Tobias</td> </tr> <tr> <td>Bona Heinsohn</td> <td>Tim Rost</td> </tr> <tr> <td>Melanie Senne</td> <td>Julie Hespeneide</td> </tr> <tr> <td>Debbie Voltz</td> <td></td> </tr> </table>	Jill Drover	Katrina Milton	Kelli Villarreal	Linda Tobias	Bona Heinsohn	Tim Rost	Melanie Senne	Julie Hespeneide	Debbie Voltz	
Dan Biernacki	Mark Yunker																					
James Gutzmer	Roger Freeman																					
Mike Rauch	Todd Price																					
James Bloomstrand	Greg Stack																					
Patrick Horcher																						
Jill Drover	Katrina Milton																					
Kelli Villarreal	Linda Tobias																					
Bona Heinsohn	Tim Rost																					
Melanie Senne	Julie Hespeneide																					
Debbie Voltz																						

### Affiliated Companies

- Victoria Nygren ..... Insurance Agency Manager, Chicago North
- Kevin Gomes ..... Insurance Agency Manager, Chicago Northwest
- Sharon Stemke ..... Insurance Agency Manager, Chicago South
- Cary Tate ..... Insurance Agency Manager, Orland Park
- David Swigart ..... General Manager, Conserv FS

**Postmaster - Mail Form 3579 to 6438 Joliet Road, Countryside, IL 60525**  
 "Co-Operator" (USPS No 132180) is published monthly as a membership publication for \$2.50 per year to members as a part of their annual membership dues by Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525. Periodical postage paid at LaGrange, IL and additional mailing office. Postmaster: send address changes to the Co-Operator, 6438 Joliet Road, Countryside, IL 60525.

The Co-Operator, the monthly publication of the Cook County Farm Bureau®, is available to members through mail delivery, email, or by viewing online at [www.cookcfb.org](http://www.cookcfb.org). Members that wish to receive the publication solely by email can let us know by sending an email to [juanita@cookcfb.org](mailto:juanita@cookcfb.org) with the subject: E-Cooperator.



# Downwind

by **BOB ROHRER, CCFB MANAGER**

## “Thump It?”

Watermelon. A true summer treat!

I love it and I am so pleased that my five-year-old grandson loves it as much as I do. In fact, we now make sure watermelon is a part of almost every meal when he visits. Like most people, we both prefer a watermelon that is very fresh, sweet, and ripe. We both want melon flesh to be so juicy that it leaks with every bite, rolling down one’s lip and over the chin. Perfect photo ops of grandchildren and grandparents alike!

This puts a lot of pressure on me to pick out a great watermelon (and everyone know what I mean by great!)

In the supermarket, my wife patiently waits for me as I stare at the heap of watermelons, eyeing our options and deciding which one of them holds the sweet, tender, juicy goodness hidden behind that green watermelon rind.

I have attempted all the “secrets”. Short of a Harry Potter Sorting Hat, how does one select the best watermelon option? Somehow, I need watermelon wisdom.

I have thumped them trying to figure out if that was a hollow sound of ripeness or a higher sound of greenness. Yeah, they all sound hollow and ripe to me.

I have inspected the watermelons for their “field spots” where the fruit laid on the ground. Allegedly, the whiter the field spot is, the less flavor the watermelon has so I need to find a yellow-colored spot on the melon. It would be help if the grocery store provided field spot color cards similar to paint chips color cards offered by the hardware store.

I check out the watermelon’s stem for dryness. I’ve heard a green stem may signify that the watermelon was not quite ripe when picked, lacking in desired sweetness flavor. They are all green to me.

Was there something about the stripes of the fruit being important? The deeply colored rind with a more uniform pattern being significant? Of course, I don’t remember the significance and hey, what about the watermelons that are a single deep green dull color with no stripes?

I’ve read that some people attest that a riper watermelon will feel heavier than it looks, being denser and higher in water content resulting in a sweeter riper fruit. That’s when a patient wife really comes in handy as I ask her to start picking up the various watermelon options for weight analyzation.

Knowing my grandson will judge the result, the pressure builds with my selection batting average hovering at around .500. The epic fails are what we remember.

Having no ripeness detection skill, I finally just pick one, knowing that buying an “in-season” watermelon in August/September is the most failsafe.

At the kitchen table, butcher knife in hand, that first cut carries with it

Grandpa’s hopes, dreams, and potential hero status... please let the watermelon be juicy!

As a kid, watermelon provided me great opportunities to spit without hearing a lecture from Mom, Dad, and other adults. Great seed spitting competitions with my siblings and cousins spontaneously erupted. My winning technique was to create strong but controlled wind velocity with a focused exhale followed by a nudge of the watermelon seed with my tongue into the slipstream. A powerful launch was sometimes the result. Very scientific. Distance was good but I found that accuracy was more important when engaged in seed wars against family.

Today, watermelon seeds are becoming a thing of the past as they are “bred out” of many watermelon hybrids, creating seedless varieties. Probably, a bunch of parents got together and said, “We’ve got to stop this spitting once and for all!” It certainly makes the consumption more convenient.

However, the seedless watermelon makes it more difficult for this grandpa to be “cool” by teaching a grandson certain life skills...the art of watermelon spitting. So much wisdom for me to pass on.

\*\*\*

FarmWeek, the weekly publication provided to Farmer members, recently published an article by Ben Croft about Sarah Pratt who annually carves the butter cow for the Illinois State Fair (and other butter creations across the country). I found it fascinating that someone has the creativity and ability to create a life-size cow from 500 pounds of butter.

I have questions!

How does one get into the butter carving/molding business?

More importantly, what does one do with a 500-pound stick of butter at the end of the event? Does everyone receive a roll of snack crackers for butter dipping upon the Fair’s adjournment? Perhaps a giant enormous corn boil? How about a huge lobster bake? Provide butter cookies for everyone in the state? I love popcorn!

I was a bit disappointed to learn, according to the article, the same butter is recycled and used year after year. Where do you store 500 pounds of butter in the off-season? One big tub or 500 little ones? Does the butter go “bad”?



**FarmWeekNow photo: The Pratt family, from left to right, Hannah, Dean, Sarah, Andy, and Grace with a past state fair butter cow sculpture. (Photo courtesy of Sarah Pratt)**

## Recipe of the Month SEPTEMBER



### Corn Chicken Casserole

IFB | From the Kitchen of: IL Corn

#### INGREDIENTS:

- 1 c uncooked brown rice
- 1 T olive oil
- 1/2 med sweet onion, chopped
- 3 cloves garlic
- 2 t chili powder
- 1 t ancho chili powder
- 2-3 c fresh corn from cobb or frozen corn
- 2 c cooked chicken shredded or chopped
- 1-2 c shredded Mexican cheese
- 14.5 oz can fire-roasted diced tomatoes (undrained) or 4-5 fresh tomatoes roasted on grill then diced
- 1/2 c cilantro, chopped
- 2 green onions, chopped
- 8 oz can tomato sauce
- 1/2 t salt & pepper
- sour cream for topping

#### DIRECTIONS:

Preheat oven to 350°. Cook rice according to package directions. Meanwhile, heat oil in a skillet over medium heat. Add chopped onion and cook, stirring occasionally, until onions start to soften, about 5 minutes. Add garlic and both chili powders; cook about 1 more minute. Add corn, chicken, 1/2 of the cheese, fire-roasted tomatoes, tomato sauce, rice and onion mixture to a greased casserole dish; mix well then add salt and pepper to taste. Sprinkle with remaining cheese. Bake uncovered for 20 minutes. Garnish with cilantro, chopped green onions, and sour cream on the side. **Serves 6.**



#### 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.

### Freshened Up!

[www.ilfbpartners.com](http://www.ilfbpartners.com)

- Features & Events
- Made in Illinois
- Photos & Videos
- Recipes
- Improved Functionality
- Easy Access to Podcasts



### Refreshed, Reinvigorated Partners Website

Have you visited the Illinois Farm Bureau Partners website lately? More people are; in fact visits climbed 9% in the last three months compared to the first quarter of the calendar year. The site has been updated for the first time in nearly a decade to keep the content convenient and topical for all Farm Bureau members.

#### What’s different:

- Improved mobile, laptop, and desktop functionality
- Easier access to the most popular content
- More prominent videos
- Bigger, bolder photos
- More convenient access to podcasts

The Partners website, quarterly magazine, and weekly podcast feature the best of Illinois farm-, family- and food-related people, places, and events. Each component of the Partners franchise recognizes the partnerships and shared values that exist among rural, suburban, and urban Illinois.

# Cook County Farm Bureau Photo Contest: FALL PHOTOS



**Example Categories for Fall 2023:**  
Pumpkin Picking, Apple Picking, Hay Rides, etc.

**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 Fall**. Send in your photos – selfies, pictures of others, landscape, etc.

The deadline for fall photos is **October 15**. The winning photos will be posted in the November Co-Operator.

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.*



**1st Place Winner:** "Grandson enjoying fresh-picked tomato!!" by Wanda Bruinsma



**2nd Place Winner:** "The youngest farmer in the Dotson's Farm family by the season's first beans and pickles" by Bonnie Dotson



**3rd Place Winner:** "Summer's a Goat time for a friendly game of Leap Goat!" by Colleen Blevins

Check out all the Summer photos at <https://cookcfb.org/membership/ccfb-photo-contest>

## 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\*\*:

- Sunflower City, Chicago
- Noreen Edwards
- The Working Farms Fund/Conservation Foundation
- Ed Elfman

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).*

## Dial 988 to Connect with a Counselor

September is Suicide Prevention Month, a time to prioritize mental health and support those who may be struggling. Let's break the stigma and create a world where everyone feels safe and valued. If you or someone you know is in an emergency, DIAL 988 to contact the Suicide and Crisis Lifeline or call 911 immediately.

Within the membership of the Cook County Farm Bureau, we have seen some members struggle with mental health related issues. We want to make sure that our members know that the 988 number is a quick access lifeline. Members can talk to a professionally trained counselor and find other resources in the local community to provide potential relief and support.

**September is Suicide Prevention Month**

**How you can help**

Throughout Suicide Prevention Month, it's extremely important to spread awareness, take time to reach out to those in need and help people understand the severity of this cause.




If you or someone you know is in an emergency, **DIAL 988** to contact the Suicide and Crisis Lifeline or call 911 immediately.

# 5 Questions with Todd Price, CCFB Board Member

## What is your favorite tractor?

I have two favorites. The first is the Fordson. It was made in the early 1920's and for \$750 made tractors affordable enough to be practical on the farm. It is so much fun to start up and drive. My other favorite is the John Deere 4020. I remember riding on the fender with my grandfather as a kid. It had such a space age look to the design and when you start it, the beast roars to life. In my current farming operation, I still use a 4020 regularly.

## What is your favorite farm or food memory?

One memory that is so strong I can still smell and taste it is fall supper in the field during harvest. Because the work couldn't stop, every night mom would bring food to all the guys in the field. When she pulled in, we would head over to the rig. There were so many funning stories shared over that amazing food.

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

For generations my family has been involved in the Farm Bureau however, I am the first to serve on the board. One memory that has stayed with me is when I went to my first Illinois Farm Bureau Annual meeting. Some of the topics that Cook County members had shared with our local board were actually being discussed at the regional and then state level. "Grass roots organization" is something a lot of groups claim but it really is the case with Farm Bureau. Issues that impact the local farmer have a direct path to being addressed at the local, state, and national level. When there are so few engaged in actual farming it is nice to know they have an advocate that is there to lend support.

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

One of the opportunities we have is to

volunteer to work with the Ag in the Classroom team and offer Ag Days. There is usually one offered on the south part of the county and one on the north. Getting to teach students about the food system is a highlight. I have a lot of fun with their great questions and thoughts on what they think farming is and farmers do. One of the most overused clichés, "milk doesn't come from the store, it comes from a cow". If we don't take the responsibility to tell that story and how farmers take good care of their livestock and farmland no one else will.

As a follow up- a lot of the teachers have their classes write thank you notes to us for doing the program. It is a hoot to see what resonated with the kids and the crayon pictures of their favorite parts of the program.

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

I think the most important reason for people to consider joining the Farm Bureau is to support the wide-ranging efforts that the organization tackles. From interviewing local political candidates to providing college scholarships, there is a lot more to



Farm Bureau than just what happens at the farm gate. Membership in the Farm Bureau allows you to take advantage of discounts at local businesses and take part in activities all over the county. By supporting Cook County Farm Bureau, you are honestly helping our local farmers have voice. So, on behalf of the staff and board, thank you for being a member and please consider renewing when it comes time. It really does make a difference to have your support.



Cook County Farm Bureau® purchased first year 4H member, Lillian Schirmer's lamb during the Lake County Fair 4H Animal Auction. The lamb, as well as a hog purchased from Janet Gumm, will be processed and donated to Food Checkout Day partner food pantries.

## FARM BUREAU® MEMBERS SAVE ON EVERYDAY NEEDS WITH GRAINGER!

**From Your Front Door to Your Back Fence, Grainger's got you covered!**

- 15% OFF LIGHT BULBS
- 10% OFF PAPER PRODUCTS
- 10% OFF CLEANING SUPPLIES
- BATTERIES
- FURNITURE
- APPLIANCES
- 15% OFF PLUMBING
- 15% OFF HVAC
- 15% OFF GENERATORS
- 15% OFF TOOLS
- 15% OFF PAINT & SUPPLIES
- 17% OFF SAFETY BOOTS
- 10% OFF HEAT SAFETY
- SAFETY APPAREL
- WASTE CONTAINERS
- OUTDOOR ENTERTAINMENT
- OUTDOOR EQUIPMENT
- POOL SUPPLIES
- OUTDOOR SHED
- SAFETY APPAREL
- WASTE CONTAINERS
- OUTDOOR FURNITURE
- MOWERS
- GARAGE DOOR OPENER
- VEHICLE MAINTENANCE
- STORAGE & WORKSPACE

## IT'S AS EASY AS 1-2-3

- 1** Illinois Farm Bureau account number is **853007128**
- 2** Head to **GRAINGER.COM/FARMBUREAU/** (Choose **BUSINESS USE** and place **853007128** in the account box at the bottom of the screen) or call **1-800-GRAINGER** or email **customersupport@grainger.com** to get started
- 3** **START SHOPPING!**

August 13, 2023

Dear Cook County Farm Bureau,

Thank you so much for purchasing my lamb at the Lake County Fair. It was very important to me that my lamb went somewhere where I knew it would be appreciated. I was extremely happy when the Cook County Farm Bureau bought her because I knew she was going somewhere where she would help others. This was my first year showing a lamb and I am so glad that I had such a wonderful auction experience. Thank you again and I look forward to seeing you next year!

Sincerely,  
*Lillian Schirmer*



1.5 MILLION PRODUCTS • FREE SHIPPING • DEEP DISCOUNTS  
ONE-CLICK ORDERING • FARM BUREAU SUPPORT



# Planting Seeds

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



**Katrina J.E. Milton**

I love butterflies: I love taking photos of butterflies, I love seeing them flit and flutter as they fly from flower to flower, I love the science and magic of their transformation from egg to caterpillar to

butterfly. In college, my sorority's sister name was Butterflie (-ie ending to match my family tree), due to my social butterfly personality.

I have visited butterfly gardens, houses, sanctuaries, and exhibits around the world, including in St. Maarten, Niagara Falls, St. Louis, and Orlando. Local exhibits where you can be immersed in butterflies include the Judy Istock Butterfly Haven at the Peggy Notebaert Nature Museum in Chicago, Butterflies & Blooms at the Chicago Botanic Garden, Butterflies! at Brookfield Zoo, and the butterfly exhibit at Nicholas Conservatory and Gardens in Rockford.

My love of all things butterfly-related made it an easy decision for me to join Cook County Farm Bureau's newest group: the Monarch Club. During our first meeting in July, the club discussed the importance of butterflies and all pollinators, and planned our first outing, a tour of Lake Katherine Nature Center & Botanic Gardens in Palos Heights at 10 a.m. September 7.

During our July meeting, members of the Monarch Club toured the Cook County Farm Bureau's pollinator garden, where we found three Monarch butterfly eggs on leaves of milkweed. I volunteered to take care of them, and I placed the leaves with eggs on them in a plastic container in my office. After two days, the caterpillars

hatched from their eggs. However, one died the first day, and another died a few days later. The remaining caterpillar ate and ate (Monarch butterfly caterpillars only eat leaves from the milkweed plant), and a few weeks later, it found a position, hung into a "J" shape, and formed its chrysalis.

Eleven days later, on August 18, our butterfly emerged! After letting its wings dry and harden, our butterfly – a boy! – was released back into our pollinator garden. A butterfly's gender is determined by pheromone sacks on its wings. If it has small black spots on its lower wings, it's a male; if not, it's a female. Our butterfly will mate, and his offspring will be the generation that will fly to Michoacán, Mexico, where they overwinter in Oyamel fir trees. In the spring, our butterflies' children and grandchildren will return north.

Taking care of our baby butterfly and seeing his transformation was exciting and educational. Although I raised and released Monarch butterflies last year, they were caterpillars, not eggs, when I found them. Over the past month and a half, I was able to see and document every stage of the butterfly's lifecycle. I was able to watch as a tiny egg (the size of a pencil's tip) grew into a chubby striped caterpillar and transformed into a beautiful butterfly. The experience made me appreciate the beauty and fragility of nature and in awe of God and the science behind it.

I'd love to hear your butterfly stories and experiences, so please email me at [aitc@cookcfb.org](mailto:aitc@cookcfb.org)!

### More about a Butterfly's Lifecycle

The female butterfly stores the male's sperm in a bursa, or



sac, until she is ready to lay eggs. Depending on the species, females lay eggs one at a time, in clusters, or in batches of hundreds. Monarch butterfly females lay one egg at a time on a milkweed plant's leaf, and she will lay 100 to 300 eggs during her lifetime. The eggs will hatch about four days after they are laid, and the baby caterpillars are also known as larva. After hatching, the larva eats its egg for nutrition.

During its larva stage, an insect eats and grows, molting and shedding its skin multiple times. Molting is when an insect sheds its exoskeleton and grows a new one. The stages between larval molts are called instars, and Monarch butterflies have five instars. After the fifth instar, a butterfly will form a chrysalis, which is a hardened layer of skin over its body. Moths, on the other hand, form a cocoon, which is a protective wrapping of silk made from its saliva. Both chrysalises and cocoons are known as the

insect's pupa stage and protect the caterpillars as they transform. After seven to 14 days, depending on the species of insect and other factors, including climate and temperature, the pupa emerges as an adult, spreads and dries its wings, and flies away. An adult butterfly's lifespan is two to six weeks, except the last generation of the year, which travels to Mexico and can live eight to nine months.

To read more about Monarch butterflies, I recommend the books "Winged Wonders: Solving the Monarch Migration Mystery" by Meeg Pincus and "Butterflies Belong Here: A Story of One Idea, Thirty Kids, and a World of Butterflies" by Deborah Hopkinson.

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



On August 16, the seven Ag in the Classroom presenters met at the Cook County Farm Bureau to prepare for the upcoming 2023-2024 school year.

Free AITC presentations are available for your school from Labor Day to Memorial Day. For more information about the program, different presentation options, and Common Core standards, visit [www.cookcfb.org](http://www.cookcfb.org).

CCFB Director of Ag Literacy Katrina Milton hosted two summer library programs on the summer reading program theme of "magic" at Morton Grove and Glenview Public Libraries. "Spectacular Soil: The Science and Magic of Soil" was held July 28, and "It's Corn!: The Many Magical Uses of Corn" was held August 9. Both free programs featured a story time, arts and craft projects, science demonstrations and experiments, and snacks. The soil program was attended by more than 30 participants and more than 40 participants attended the corn program.



**Using Agricultural Books & Activities in Your Classroom**

**Get-a-Grant Virtual Workshop**

**EARN 2 FREE PDCH**

**Wednesday, September 27<sup>th</sup>**

**4:00 - 6:00 PM**

**Virtual Zoom Meeting**

Learn fun ways to add agricultural topics to your curriculum through Illinois Ag in the Classroom Book and/or Project Grant applications. The workshop will also feature free resources and activities.

Call **(708) 354-3276** or email **[aitc2@cookcfb.org](mailto:aitc2@cookcfb.org)** for more information

# AGRICULTURE ADVENTURES FOR FAMILIES

## AGVENTURE RECIPE: MAKE YOUR OWN

# Apple Walnut Bread

**YIELD:** 2 loaves of bread

### INGREDIENTS:

- 3 cups flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 2 tbs. ground cinnamon
- 2 tbs. ground ginger
- 2 tbs. ground nutmeg
- 2 tbs. ground cloves
- 1/2 tsp. salt
- 3 eggs
- 2 cups sugar
- 1 cup vegetable oil
- 1 tbs. vanilla
- 2 large apples or 4 small apples
- 1/2 cup chopped walnuts

### DIRECTIONS:

1. Preheat oven to 350F
2. In a large bowl, mix sugar, baking soda, baking powder, salt, and spices together
3. Add eggs, vanilla, and vegetable oil
4. Add flour
5. Wash apples and dice them
6. Mix in diced apples and chopped walnuts
7. Spray loaf pans with cooking spray
8. Fill loaf pans halfway with batter
9. Bake for 45 minutes
10. Allow bread to cool completely before removing from loaf pans
11. Slice and enjoy



## September Word Search

Last Month's Winner:  
**Janice Konow**

Acre	F K H F O S V P C B G N K R D
Bread	L U E A P W J E U P O B U F E
Bushel	S F C V R A V S H I W R V U T
Crop	W H E A T V H W T C H E M R A
Farmer	R X H N A E E C K R C A F W N
Feed	C E A P L C U S R O D D A L I
Field	W L M I U D R F T P A E E Z L
Harvest	P B M R O F L E N R E K E S L
Kernel	T G Y R A W I N T E R A E S O
Plant	I F P F X F N O Q A K R S I P
Pollinated	R I E X R Z W A R T S Q K H R
Production	N E V V P B E P K V J T M D Y
Seed	D S M S W I K K A N P M K E Q
Straw	X E D Q N H H D T A F I E L D
Wheat	L W Q Y U P F P H P M H D S Y
Winter	

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

## Fun Facts ABOUT WHEAT

- In 2022, Illinois farmers harvested 560,000 acres of winter wheat for a total production of more than 44 million bushels of the crop.
- Illinois ranks seventh in the nation for winter wheat production.
- Approximately 83% of the state's wheat production takes place in the southern half of Illinois, from Springfield south.
- When pollinated, the wheat flower develops into wheat kernels. About 30 to 60 days after flowering, the kernel becomes ripe, and the entire plant becomes dry and turns golden brown.
- A wheat seed is called a kernel. A head of wheat contains approximately 50 kernels, and a pound has 12,000 to 14,000 kernels.
- Wheat ranks third among U.S. field crops (behind corn and soybeans) in planted acreage, production, and gross farm receipts.



### PRODUCTS FROM WHEAT:

- **Food:** breads, cereals, cakes, cookies, pretzels, pastries, pancakes, and biscuits
- **Nonfood:** glue, pastes, cosmetics, vitamin E extracts, pharmaceuticals, pet food, livestock feed, and straw

### Choose Your Prize: September 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!**

SEPTEMBER 2023

# At The Farm Gate

by Joanie Stiers



## Transport by Trailer

College move-in successful minus the pigs

The gal in the neighboring dorm room rented a U-Haul to transport her belongings to college. Other families had minivans with the back seats removed for their students. We had a pickup truck pulling a livestock trailer that stated the name and location of our farm.

I avoided eye contact with the upper-classmen helpers as my dad removed the pin, lifted the bar lock assembly and swung open the rear gate. With ease, the trailer held my bookshelf, mini-fridge, microwave and television with built-in VCR. I grabbed a lamp and headed to my second-floor room. Perhaps the volunteers didn't realize this rig hauled pigs most other days of the year.

For six consecutive years, livestock trailers hauled my brother or me to college. Later, they moved us to new homes. The trailers were "special-event spotless," or as clean as possible with a pressure washer and relentless focus on the toughest layers of manure. We cleaned the trailers with the same precision for a shining appearance at the county 4-H fair livestock shows.

My college move-in experience merely represented the norm for a farm kid: Farmers maximizing the potential of their farm equipment. As a

child, Mom swam in a large, round livestock water tank, which served the cattle when she and her brothers were done with it. Old tractor tires became sandboxes. The hayrack doubled as a float in the homecoming parade. We used the farm shop for our wedding reception.

By my senior year, I appreciated the practicality of our pig-turned-furniture hauler. Now, our kids witness my tolerance of embarrassment. The minivan (my farm car) has mudflaps and rugged, all-terrain tires. I take an insulated delivery bag into the local pizza places. Mistaken for DoorDash, I explain the bag keeps both pizza and field meals warm in transit to rural locations.

So if you see a livestock trailer backing with ease to the neighboring sidewalk, admire the skill. Then, just realize it's likely not a cow moving in next door, but rather someone with some unique resources potentially sharable with friends.

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

## 2023 COMMUNITY GARDEN GRANT RECIPIENT GARDENS



Grant recipient, **Lemont Township Community Garden** is a small gem of a garden that packs a huge punch, donating all produce to the local food pantry. Garden coordinator and volunteers (left) Christine, Pat and Jane do a terrific job maintaining the garden.



Pyeisha Allen has created a wonderful opportunity for the youth of Evergreen Park to learn about agriculture, growing food and caring for the garden at grant recipient **Youth Community Garden of Evergreen Park**.



U of I Extension Educator, Nancy Kreith watering after assisting with the creation of the pollinator garden habitat at grant recipient, **Barn Pollinator Garden at Sexton Park**.



Garden Coordinator, Mary Kay Nielson along with U of I Extension South Suburban Master Gardeners created a beautiful and necessary garden, educating all who visit.



Get a career without limits.  
Ask me how.

With no sales caps, an attractive compensation plan, and the opportunity to earn bonuses and incentives, there's no limit to your success.

**Matthew Schrod**  
Agency Recruiting Consultant

Chicagoland Area  
Chicago, IL 60666  
www.countrycareer.com  
matthew.schrod@countryfinancial.com  
308-821-4030

COUNTRY Financial® is the marketing name for the COUNTRY Financial family of affiliated companies (collectively, COUNTRY), which include COUNTRY Life Insurance Company®, COUNTRY Mutual Insurance Company®, and their respective subsidiaries, located in Bloomington, Illinois. 0322-021MM\_26544-1/23/2023





# Manifolds, Manolos, and Manure

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



Fair season has come to an end for our house. The animals are back home. The show box is supposed to be cleaned and tucked away. And the truck has been cleaned out.

**Bona Heinsohn** For us, our luck held. Weather was perfect. Fair food caused only slight stomach upset. And our blue-eyed girl's prized cow Red Carpet Apple Crsip-Red-ET or "Crsip" returned 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. For our family, "Crsip" represents the beginning of our blue-eyed girl's passion for dairy nutrition and genetics.

"Crsip" like her granddam, dam, and siblings, brought home hardware. Standing first as a registered junior three-year-old, "Crsip" along with her first daughter, "Alamode" walked their way to top dam and daughter.

As a spring yearling, "Alamode" stood second behind our big-little boy's big red girl, "Burrito." "Alamode" unlike "Burrito" is not an early bloomer.



Instead, she's thick with too heavy of legs. "Burrito" on the other hand is tall. Deep chested. And walks on a great set of legs. She spent her final weeks before fair remembering that she's a nine-year-old's yearling and should not communicate through head butting.

On the note of not communicating through head butting, "Alamode" walked her way to Reserve Grand Champion Intermediate Showmanship. With her showman in tow, "Alamode" set up her



legs. Kept her head up high. And stood when she was supposed to. To say she's a pro would be an understatement. "Alamode" stood first in showmanship last year.

Our final red and white calf was Red Carpet A Covenant-Red-ET or "Sunset" used her height and rear legs to her advantage to glide her way to a first-place finish in her class.

Speaking of gliding, our blue-eyed girl's spring registered Swiss calf Acclaimed

Woody Journey ETV or "Doby the house elf" pranced her way to a first-place finish in her class followed by being named Registered All Other Breeds Calf Champion. This little calf was a struggle. She refused to eat. Loves a good stomach bug. And flops on her side when she doesn't want to walk somewhere. To say she's one of our favorites is an understatement.

"Doby's" pasture mate "Sprinkled Donut" defied everyone's expectations. She's a spring calf with a heart of gold. 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.

"Donut", with our big-little boy in tow, won Grade All Other Breeds Calf Champion and Reserve Grand Champion. A dairyman from Pennsylvania was disappointed to learn that "Donut" isn't registered and is not for sale.

With another fair in the books, 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](mailto:Bona@cookcfb.org).**



## REPRESENTATIVE CARROLL FARM VISIT

State Representative Jonathan Carroll from Northbrook joined Winnebago-Boone and Cook County Farm Bureau for a farm visit. Representative Carroll along with his staff toured Ben's Christmas Tree Farm and a hog farm prior to discussing agricultural issues during lunch. Representative Carroll is "adopted" by Winnebago-Boone County Farm Bureau through Farm Bureau's Adopt-a-Legislator® program.



## REPRESENTATIVE GONG-GERSHOWITZ FARM VISIT

State Representative Jennifer Gong-Gershowitz joined Lee and Cook County Farm Bureau for a farm visit to Lee County this summer. Representative Gong-Gershowitz learned about corn breeding, seed corn harvest, and on-farm conservation practices before visiting the Lee County Fair. Representative Gong-Gershowitz is "adopted" by Lee County Farm Bureau through Illinois Farm Bureau's Adopt-a-Legislator® program.

## EXPLORED WAGNER FARM

Cook County Commissioners, staff, and family joined Commissioner Scott Britton, Wagner Farm, and Cook County Farm Bureau for a Farm Exploration in Glenview. Wagner Farm is an 18-acre farm offering educational opportunities for families throughout Cook County. The farm is located within Commissioner Britton's north shore district.



## FAMILIES VISIT FARM

Cook County Commissioners, staff, and family joined the Farm Bureau, Wagner Farms, and Commissioner Scott Britton for a farm exploration in Glenview. The cattle were a highlight for many young children.

# 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.



### \*BRETT RIEKENA

has been named Career Financial Representative of the month for July 2023 by Kevin Gomes, Agency Manager. Brett's office is located at 23042 N Main St, Prairie View, IL 60069. His phone number is 847-415-2666. Brett has been a Financial Representative with COUNTRY® Financial since May 2011.

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

*\*Indicates that this Financial Representative is a CCFB Financial Certified Representative. The Cook County Farm Bureau Certified Financial Representative Program is designed to strengthen the partnership and relationship shared by Financial Representatives from Country Financial with the Cook County Farm Bureau organization.*



## Legal Training for Illinois Small Farms

ADDRESSING LEGAL FARM RISKS CAN KEEP YOUR FARM IN BUSINESS

### THE SERIES

Legal risks can be fatal to a farm business. Understanding legal issues can dispel anxiety and help farmers realize their power to control their circumstances. University of Illinois Extension partners with Farm Commons for a 4-part series on legal issues for farms. Every farm or ranch no matter its size, location, or longevity is in a great position to build resilience.

### WORKSHOPS

Register for each individual session at links below

September 18  
7 PM

#### Five Steps to Protect Your Farm



Every farm, no matter its size, location, or longevity, is in a great position to build resilience. Register at [go.illinois.edu/ProtectYourFarm](https://go.illinois.edu/ProtectYourFarm)

December 18  
7 PM

#### Land Leasing Basics



Prevent problems with a strong lease while building a path to a resilient future. Register at [go.illinois.edu/LandLeasingBasics](https://go.illinois.edu/LandLeasingBasics)

March 18, 2024  
7 PM

#### Forming an LLC



How to form an LLC, best practices, and obligations to keep the LLC in top legal shape. Register at [go.illinois.edu/FormingAnLLC](https://go.illinois.edu/FormingAnLLC)

If you need an accommodation to participate, contact Sarah Batka at [sbatka@illinois.edu](mailto:sbatka@illinois.edu). Early requests are strongly encouraged to allow sufficient time to meet your access needs.



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

College of Agricultural, Consumer and Environmental Sciences  
University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating.  
University of Illinois Extension provides equal opportunities in programs and employment.

## 2023 Master Urban Farmer Training Program Tuition Assistance

The Cook County University of Illinois Extension has announced that the next session of the Master Urban Farmer Training Program will be offered online on Monday evenings from 6 – 8 p.m. from September 25 through December 11, 2023. Applications for the program are available. If you have questions, please contact Sarah at [sbatka@illinois.edu](mailto: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.

Fall is here and it's the time for fall items like pumpkins, gourds, popcorn, fall flowers, hay straw, or fresh harvest vegetables, and the time is ripe to experience a classic fall outing to a local pumpkin patch, go apple picking, or trail riding!

The Cook County Farm Bureau wants to help by making it easier for you to shop local and support businesses in and around your community with ShopLocal.

This directory is a **MUST-HAVE** resource where you will find diverse local food and agriculture businesses in Cook County. Local Farmers Markets, and more to help with fall purchases, local food, and fall fun experiences!

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



## SWCD Taking Fall Tree, Fish Orders

The Will – South Cook Soil and Water Conservation District is currently taking orders for the fall tree and fish sale. Plants, shrubs, and trees are available in various starter sizes. Tree order deadline is Wednesday, September 20. Tree order pickup is on Thursday and Friday, October 5 and 6 (during office hours) and Saturday, October 7 from 11 a.m. – 3 p.m.

Fish varieties include channel catfish, largemouth bass, triploid grass carp, rainbow trout, bluegill, and minnows. The grass carp needs to be ordered by Wednesday, September 13. Other fish orders must be placed by Friday, September 22. All orders are prepaid only. Fish stock pickup is scheduled for Saturday, October 7 from 11 a.m. – 3 p.m.

All pickups will be at the Will – South Cook SWCD building (in the back parking lot) located at 1201 S. Gouger Rd. in New Lenox. Order forms are available by calling office at 815-462-3106 x3 or email [www.will-scookswcd.org](http://www.will-scookswcd.org).

## CLASSIFIED ADS

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

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

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

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

### FOR SALE

1920-1930 Bartlett Antique Stove for sale. Excellent condition. \$300 or best offer. **Call 708-373-1257**. Photo can be found online at [www.cookcfb.org/stay-updated/classified-ads](http://www.cookcfb.org/stay-updated/classified-ads).

1966 vintage wheel horse mower, 42" cut. Deck is off, needs to be put on. Have all parts, also may need a battery. Runs great! \$1,000 OBO. **Call 708-261-9531**.

#### MISC. ELECTRICIAN TOOLS FOR SALE:

**1)** Chicago Bender (Lidseen) 1-1/4" & 1-1/2" rigid heavy wall bender, \$500.00. **2)** Hand Bender, 1-1/4" thin wall bender, \$100.00. **3)** Portable, standing Tripod Pipe Vise, \$100.00. **4)** Large Conduit Reamer for rigid pipe up to 2", \$100.00. **5)** All Metal Masonry Hammer Drill with three (3) bits and wood carrying case. \$75.00. **6)** Brand new Milwaukee 1/2" 90° drill, \$100.00 **7)** Heavy Duty Cable Cutters, \$40.00, able to cut 2/0. **8)** Ratcheting Pipe Threader Set, with sizes 1/2", 1-1/4" and 2", \$100.00. **9)** Dewalt 12V Max Laser Level with Case and Battery, Cross Line Laser, Green, \$300.00.

#### MISC. LAWN/OUTDOOR EQUIPMENT FOR SALE:

**1)** Craftsman, 5 HP, 24", gasoline powered snow blower, \$300. **2)** Craftsman lawn mower, 20", gas powered, with grass catcher, \$50.00. **3)** Sun Joe TJ603E 16-Inch 12-Amp Electric Tiller and Cultivator, Green, \$75.00. **Call Marty at 773-225-0356 (cell phone). Photos available upon request.**

"Voyager" Standard Conversion Trike Kit for Harley Davidson – only 60 miles. Originally \$4,000 now \$1,500. **Call 708-717-5149**.

(\$1,200) Diesel Generator. Denyo Whisper WATT 40/3 Phase/240 V or 480 V/240/120, Good Condition (sold "as is"), includes Heavy Duty Trailer with new tires and Illinois Title. **Call 773-218-5747**.

### FOR RENT

Horse farm: Modern, nicely remodeled farmhouse, tree shaded lot, barn with 3 stalls, loft, electric and water, large grassy fenced pasture, on good road, near Frankfort, IL. **Call 708-670-2118**.

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

### 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**.

Wanted to buy: Moped motorbikes and Honda small/mini dirtbikes or similar brands. **Call James at 708-361-8230**.

## 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!).

### SQUASH



**U.S. is the biggest importer of squash.**

Squash are in the Cucurbitaceae family, which includes cucumbers, melons, pumpkins, and gourds.



Almost every part of the squash plant is edible, including the leaves, tendril shoots, stems, flowers, seeds, and fruit.

**Squash is a good source of minerals, carotenes, and vitamin A, with moderate quantities of vitamins B and C.**

The word squash comes from the Algonquin word "askutasquash" which means "eaten raw".

Winter varieties grown in the U.S. include types of pumpkins, butternut, acorn, spaghetti, buttercup, and Hubbard.



**Winter squash grows late and has a hard, thick rind, with usually a dense orange or yellow flesh.**

**SUMMER VARIETIES GROWN IN THE U.S. INCLUDE ZUCCHINI, YELLOW, AND SCALLOP.**

Summer squash is small, fast-growing, and usually consumed while the fruit is immature.



Next month... Turnips



## COOK COUNTY POLLINATOR GARDEN

As fall nears, Cook County Farm Bureau's pollinator garden remains in bloom and playing host to pollinators as they prepare for the winter ahead. Earlier this year, the Farm Bureau added a wren birdhouse.

## Back To School with Agriculture



**DID YOU KNOW...**

Beef by-products can be used in glue and new pencil erasers.





Source: <https://blog.aghires.com/15-squash-facts/>

# 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.

## DATE CHANGE: Make a Fall Combo Planter at Big John's Farm Market & Greenhouse

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



**DATE:** Saturday, September 9, 2023

**TIME:** 9:00 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](mailto:membershipdebbie@cookcfb.org); online at the Member Center at [www.cookcfb.org](http://www.cookcfb.org).

## AARP Smart Driver 2-Day Course

The AARP Smart Driver course is the nation's largest classroom driver safety course and is designed especially for drivers aged 50 and older. 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.

## Land Leases, Trends, Projection 2024 Lunch & Learn Webinar

U of I Extension Educator and Farm Manager, Kevin Brooks will present Information on farmland rental, price markets, and forecasts of farmland returns to Illinois farmland will be presented. Opportunity for Q & A for land owners and growers; grab your lunch and learn with us.



**DATE:** Thursday, September 19, 2023 **TIME:** 1:00 p.m.

**LOCATION:** Zoom Webinar – Zoom link emailed the day prior

**REGISTRATION:** Email: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org), by phone: **708-354-3276** or online at the Member Center at [www.cookcfb.org](http://www.cookcfb.org).

## Estate Planning & Business Continuation from Generation-to-Generation Webinar

What happens to your family and your family farm when you are gone? Hear firsthand experiences of a Farm Fund Officer and learn how to keep family relationships intact, later when you are not there. Kevin Brooks, Farm Business Management and Extension Marketing Educator will present the webinar.



**DATE:** Thursday, November 9, 2023 **TIME:** 5:00 p.m.

**LOCATION:** Zoom Webinar – Zoom link emailed the day prior

**REGISTRATION:** Email: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org), by phone: **708-354-3276** or online at the Member Center at [www.cookcfb.org](http://www.cookcfb.org).

## Workshop on Preparing Wills and Trusts and Transferring Non-Titled Property (Estate Planning and Trust Administration), Presented by Thomas J. Olofsson, J.D., Estate Planning Attorney

Do you need to update your will? Do you know what to do in preparing a will and a trust? This program will provide the advantages and disadvantages of preparing a will and trust. The program will inform you what types of information you will need to gather and decisions you will need make before meeting with a lawyer to prepare a will or trust.



**DATE:** Tuesday, November 14, 2023 **TIME:** 6:30 – 8:00 p.m.

**LOCATION:** Zoom Webinar – Zoom link emailed the day prior

**FEE:** No charge for CCFB Members; \$10 for non-members

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

## 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](mailto: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** 1<sup>st</sup> Place - \$250 Youth 1<sup>st</sup> Place - \$100  
2<sup>nd</sup> Place - \$150 2<sup>nd</sup> Place - \$75  
3<sup>rd</sup> Place - \$75 3<sup>rd</sup> 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: 1<sup>st</sup> Place - \$100  
2<sup>nd</sup> Place - \$50  
3<sup>rd</sup> 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: 1<sup>st</sup> Place - \$100 & ribbon  
2<sup>nd</sup> Place - \$50 & ribbon  
3<sup>rd</sup> 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: 1<sup>st</sup> Place - \$100  
2<sup>nd</sup> Place - \$50  
3<sup>rd</sup> Place - \$25

### Youth Fun Contest:

Guess The Weight of the Pumpkin! Contest open to anyone 16 yrs and younger in 3 age categories.

Prizes: 1<sup>st</sup> 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.** 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](mailto:membershipdebbie@cookcfb.org)  
Register by phone at: 708-354-3276





# Fall

## SAVINGS

WITH Your

### Membership



Download the App Today!  
Over 302,000 Benefits for YOU!  
Need Assistance? Email [SKnittel@ilfb.org](mailto:SKnittel@ilfb.org)

