



COOK COUNTY CO-OPERATOR

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

Mark Your Calendar

October

15th Fall Photo Contest Deadline

November

9th Farm Estate Planning Series Webinar **PG 12**

14th Workshop on Preparing Wills/Trust **PG 12**

January

16/30th Zoom Book Club **PG 12**

February

13/27th Zoom Book Club **PG 12**

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



Question of the Month

The IFB Resolutions Committee advanced a Cook County Farm Bureau new policy recommendation for consideration by the IFB delegates in December. **What is the topic of that new policy proposed by the Cook County Farm Bureau?**

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)

September Winner: Rose Avery

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

Answer: Lillian Schirmer's lamb and a hog from Janey Gumm.

Newly Elected Representative Syed Hosts Cook and Henry County Leaders

State Representative Nabeela Syed from Palatine hosted Cook and Henry County Farm Bureau leaders for a district tour. Rep. Syed joined the Illinois General Assembly in January of 2023 and Farm Bureau's Adopt-a-Legislator® program shortly after. She is "adopted" by Henry County Farm Bureau.

Farm Bureau developed its Adopt-A-Legislator® program in 2001 with the purpose of building long-term personal relationships between urban state legislators and farmers from across the state. The goal of the program is to educate urban legislators about agriculture, while also helping members better understand the needs and concerns of an urban district like those in Cook County. Legislators are matched with a "downstate" county Farm Bureau (which "adopts" the legislator), and the program kicks off by holding a district visit. Cook County Farm Bureau works in tangent with the "adopted" county and legislator on the district visit.



Pictured back row left to right is Steve Nightingale and Brian Corkill both with Henry County Farm Bureau. Pictured center row left to right is Heather Poppy and Katie Laleman with Henry County Farm Bureau and Bona Heinsohn, Cook County Farm Bureau. Front row left to right is Christina Nourie, Illinois Farm Bureau and Representative Syed.

TOUCHDOWN!

Thank a farmer for those fall football feasts

By Carrie Steinweg, Special Feature Writer

In the fall, the weather cools and we tend to crave warm, hearty foods that will fill your belly. It's also time for a lot of fun fall celebrations- and most involve food.

Though it often goes unnoticed, agriculture plays a big part in all those weekend football-watching gatherings, tailgating parties and Halloween get-togethers. Without farmers, we wouldn't have the meats that make their way beneath two buns, the gooey cheese that we scoop up with chips or the veggies that we put on the side of the plate to help balance the calories we might be taking in.

Garry Kopping, a fourth-generation farmer on an 1870 farm in Lemont, raises mostly Black Angus cows. "Beef is one of the more versatile meats that are used in many different recipes," he said. "From burgers to tacos to steak."

Beef will definitely be a big part of fall festivities. "It's great for fall grilling and barbecues or for chili," he said.

"Fall is game time for farmers. Just like in football, it's time to get out all the equipment to make sure that it's working because this is the day we have worked all summer for," said Ruth Zeldenrust, owner of Zeldenrust Farms and Greenhouse in Chicago Heights. "When harvest time is upon us, that's what

we're working for, so it's a 'game day' so to speak and it's happy time for farmers for ones that are lucky enough to harvest and have good crops and we're thankful for all that."

In the fall her stand is brimming with apples, pumpkin, cauliflower, kale, tomatoes, different varieties of squash and apple cider- as well as the last call for sweet corn.

Touchdown continues on Page 2

Maui/Big Island Agricultural Relief Fund

The Cook County Farm Bureau Board of Directors received the correspondence below from the Hawaii Farm Bureau and approved a \$1000 donation from the organization in September. The Illinois Farm Bureau Board of Directors also contributed to the fund. We wanted to share the information with members who may also be concerned.

Maui continues on Page 5

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!

Touchdown

Continued from Page 1

A favorite fall recipe of hers is Squash and Apple Bake, a filling side dish that utilizes the best of the fall produce (see recipe below).

Squash & Apple Bake

DIRECTIONS:

Cut squash in half lengthwise. Remove seeds. Peel and cut into 1/2 inch slices. Arrange in a lightly greased 12 X 8-inch baking dish. Top with apple slices. Combine remaining ingredients and mix well then spoon over apples.

Cover tightly with foil and bake for 1 hour and 15 minutes at 350 degrees or until tender.

Source: Ruth Zeldenrust, Cook County Farmer

INGREDIENTS:

2 lb. Butternut squash (or use a mix of winter squash varieties)
2 honey crisp apples (or favorite baking apples), cut in 1/2-inch slices
1/2 cup brown sugar
1/4 cup melted butter
1 tablespoon flour
1 teaspoon salt
Cinnamon to taste (optional)

Classic Fall Chili

DIRECTIONS:

Brown ground beef with peppers and onion on medium heat. Once full cooked, drain and return to heat. Add cans of tomatoes and beans (and mushrooms if opting to add them) and add seasonings to taste. Simmer on low for 30-40 minutes.

Scoop into a bowl. Suggested toppings: shredded cheddar cheese, sour cream, diced chives, diced raw onion, oyster crackers.

You can also substitute or add additional meats, including ground turkey, diced Italian sausage or bratwurst, diced steak, diced brisket, pulled pork or shredded chicken.

Source: Carrie Steinweg, ChicagoFoodieSisters.com

INGREDIENTS:

1 pound ground beef	1 can dark red kidney beans (drained)
1 green bell pepper, finely diced	Black pepper
1/2 yellow onion, finely diced	Red pepper flakes
1/2 cup diced mushroom (optional)	Sea salt
2 cans diced, seasoned tomatoes	Steak seasoning
1 can mild chili beans	Oregano
	Basil
	Chili powder
	Barbecue seasoning
	Garlic salt
	Paprika

HOW FARM BUREAU SERVED YOU IN SEPTEMBER

- ▶ **Donated 266 pounds of fresh meat to four Cook County food pantries as part of Farm Bureau's 2023 Food Checkout Day.**
- ▶ **Hosted numerous partners for a Nutrient Loss Reduction Stewardship Idea Exchange. The program focused on avenues and collaborations to reduce nutrient loss.**
- ▶ **Kicked off fall by hosting a Make a Fall Planter member event at member business Big John's Farm Market and hosting the 23rd Giant Pumpkin Contests and Activities, celebrating Illinois pumpkins at member business, Puckerville Farms in Lemont.**
- ▶ **Provided Ag community information to members on Land Leases, Trends, Projection 2024, during a lunch & learn webinar.**
- ▶ **Hosted a Smart Driver course, offered by AARP Driver Safety, for drivers aged 50 and older to learn the current rules of the road and defensive driving techniques.**



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...

- Gareth Blakesley and the staff at the Lake Katherine Nature Center and Botanic Garden for hosting the September Monarch Club tour and meeting.
- The Village of Alsip, Metropolitan Water Reclamation District, and the Chicago Region Trees Initiative for a tour of the Alsip Boat Launch and the Mary Schmidt Community Sanctuary as part of Cook County Farm Bureau's Nutrient Loss Reduction Stewardship Idea Exchange.
- Member Janet Lence for sending us a nice card regarding the ag adventures word search.
- COUNTRY® Financial Agent Dave Forrester for sharing a client testimonial about the Farm Bureau.
- Board member Greg Stack for becoming a Certified Director through the Illinois Farm Bureau certified director testing program. (And a "shout out" to all 12 Cook County Farm Bureau board members for becoming certified!)
- Our great group of FBACT Members, led by the Board of Directors and Governmental Affairs Team, and other Cook County Farm Bureau members, who made contacts to government leaders and policymakers throughout the year regarding agriculturally related policy matters and action requests on priority legislative issues.
- Member Erica Nunez for volunteering and assisting members via the Master Gardener Help Desk after completing her U of I Extension Master Gardener Training Program.

Co-Operator

Published Monthly

Cook County Farm Bureau

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



Farm. Family. Food.™

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"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. Members that wish to receive the publication solely by email can let us know by sending an email to fbcooperator@gmail.com with the subject: E-Cooperator.



Downwind

by BOB ROHRER, CCFB MANAGER

"Download me some of that artificial intelligence"

I've tried to write an Artificial Intelligence (AI) column several times in 2023. It has proven to be difficult. Intelligence is not my forte. I need an AI download.

My exposure to artificial intelligence has been mostly through movies...War Games, the Terminator, the Matrix, Star Trek, 2001 – A Space Odyssey, I - Robot, Robo -Cop and Disney's Wall - e. These movies feature "thinking" computer machines that seem really "mean". Mostly, the Artificial Intelligence is bent on the eradication of the human species (which I have fondness for!). As a result, AI scares me! AI is certainly low on my trust barometer.

The concept of Artificial Intelligence, a machine or system that makes decisions on its own without human input, is nothing new, right? I suppose the concept of AI has been around as long as there's been human imagination and the envisioning of computers. That's for really smart people to think of and create.

Recently, however, I've come to realize that Artificial Intelligence is no longer some futuristic, movie based make-believe creation. AI has come to the forefront of commerce, potentially revolutionizing business operations for consumer marketing, healthcare, finance, real estate, language and more. There are a number of AI companies and software brands with products and systems now available. It is all very confusing to try to sort out.

Chat GPT is perhaps the most widely known due to huge usage growth in its first few months of "life". It reportedly has over a million users per week. Chat GPT functions by creating text generated responses based on the user prompts (guidelines and questions posed). It makes decisions and recommendations based on the data and information available "out there" available in public spaces. Microsoft, Google, Meta and other big tech players are all working on AI products. Their goal...to revolutionize our lives with a cure all diseases, end world hunger, make a decent cup of coffee? I know that most people are using the AI for innocuous purposes... generating the best plan to build a kids cabin out of leftover giant zucchini, building a better resume or finding relationship advice.

And this brings me back to those scary AI movies with the premise of "death to humans". One minute, I'm asking Chat GPT to write a Downwind column for me on the topic of "Artificial Intelligence" and the next minute, my brain is mush and the energy from my body is used to fuel the evil mega-computer focused on taking over the universe.

And here's probably the biggest obstacle for me... "I'm too old to learn

about this new dog trick". Somehow, I survived many decades without AI in my life. I find it difficult to believe that I have to worry about AI today, in present tense. I don't even know enough to be dangerous. Or if AI is dangerous.

So why should I, as a lowly Farm Bureau manager, bother figuring it out?

1. We must protect the privileged and confidential data of our members and prevent its misuse.
2. We should prevent any bias, discrimination, plagiarism, licensing, copyright, etc. that could result from AI usage.
3. I believe we need to establish policy within our nonprofit Association office on staff and volunteer usage of AI related to Cook County Farm Bureau.
4. We need to help our farmers and other members by developing strong and effective policy on regulations and guidance regarding AI usage in agriculture and farming.

So is AI good, neutral or evil? Time will tell but no matter what it is, good or evil, it is here to stay.

On the pro side, I can see the advantages of AI doing routine jobs quickly and accurately, streamlining of time for efficiencies, translations, complex and massive data organization, etc. On the con side, I can see disadvantages including plagiarism, licensing and copyright, bias, loss of data or privileged intellectual property, liability/misuse by companies and staff.

AI will save time, money, and labor. But will it eliminate the need for people, certain jobs and businesses?

My skeptical nature makes me ask question ... "Are these AI programs really "artificial intelligence" from a thinking computer/system or is it simply an elaborate software package that scours what's "out there" to grab, repackage and plagiarize?"

The American Farm Bureau Federation is seeking input from members regarding how AI should be governed and what ground rules should be established. At Farm Bureau, privacy remains one of our top concerns. Through our grassroots process, we welcome any input or feedback that a farmer member may have in regards to AI and agriculture related policy moving forward.

Author's note: A human being entirely wrote this Downwind column ... not an AI bot. (Alright, I confess that I went to ChatGPT and asked it to write this column for me but what it produced was too beautifully written ... no one would have believed I wrote it.)

Recipe of the Month OCTOBER



Pumpkin Crumble Tart with Apple Cider Syrup

Donnie C, Plainfield - 2nd Place Winner, 2022 Pumpkin Dessert Contest

INGREDIENTS

CRUMBLE:

- 1/2 c all-purpose flour
- 1/3 c granulated sugar
- 3 T brown sugar
- 1/4 t cinnamon
- 1/8 t salt
- 5T unsalted butter
- 1/2 c chopped pecans

FILLING:

- 1- 15 oz can pumpkin or 2 c fresh
- 2 Large eggs
- 1/2 c brown sugar
- 1/2 c evaporated whole milk
- 1/8 t orange zest
- 1 t pumpkin pie spice
- 1/2 t salt

DIRECTIONS

Crumble: In a med bowl, stir together flour, sugars, cinnamon and salt. Using a fork, cut cold butter until mixture is a crumble. Stir in pecans. Cover and refrigerate for 20 minutes. Pre-heat oven to 375°. Transfer a premade pie crust to a shallow plate. Fold edges under and crimp or design as desired.

Filling: In a large bowl whisk together pumpkin, eggs, brown sugar, milk, zest, pumpkin pie spice, and salt. Pour filling into the prepared crust. Sprinkle the crumble over the filling.

Bake until the crust is golden brown, and filling is set, about 35 minutes. Let completely cool on a wire rack. Drizzle with fresh apple cider syrup... Apple Cider Syrup-yield 1 cup: 1 quart of apple cider. In a small pan, bring cider to a boil over med-high heat. Boil until cider reduced to 1 cup, about 40 minutes. Pour into bowl, serve warm or let stand to cool. The mixture will thicken as it cools. Drizzle over tart and serve. Refrigerate up to 2 weeks.

2023 Recipe Booklet Available!

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

HOUSEHOLD HAZARD WASTE COLLECTION

This event is co-sponsored by local governments and provide residents the free opportunity to safely dispose of unused or leftover hazardous products commonly found in homes.



ONE-DAY COLLECTION EVENT

Saturday, October 14, 2023 from 8 a.m. to 3 p.m.
Orland Park village office: 14700 S Ravinia Ave, Orland Park, IL

Free to all IL residents

Registration/Info: <https://calendly.com/othd/hhwc2022?month=2023-10>

Pre-registration is required.

YEAR LONG COLLECTION FACILITIES

Cook County - Goose Island, 1150 North Branch, Chicago; 312-744-3060

DuPage County - 156 Fort Hill Drive, Naperville; 630-420-6095

Lake County - the Solid Waste Agency of Lake County operates a long-term household chemical waste collection; 847-336-9340



Items not accepted include latex paint, explosives, propane tanks, fire extinguishers, smoke detectors, agricultural chemicals and business wastes.

For more information visit bit.ly/ILwasteinfoFW or contact the Illinois EPA Materials Management Unit at 217-524-3300.

Seeking an Agriculture, Farm or Food Related Career?

CCFB Foundation Has Scholarship Opportunities Available!

Careers in agriculture are more than farming.

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

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

Scholarship opportunities available...

If you're looking to pursue one of the many careers available in the agriculture industry, Cook County Farm Bureau Foundation has scholarships!

"Moving Ag Forward" Vocational Ag Career Training (Available in 3 cycles in 2023/2024)

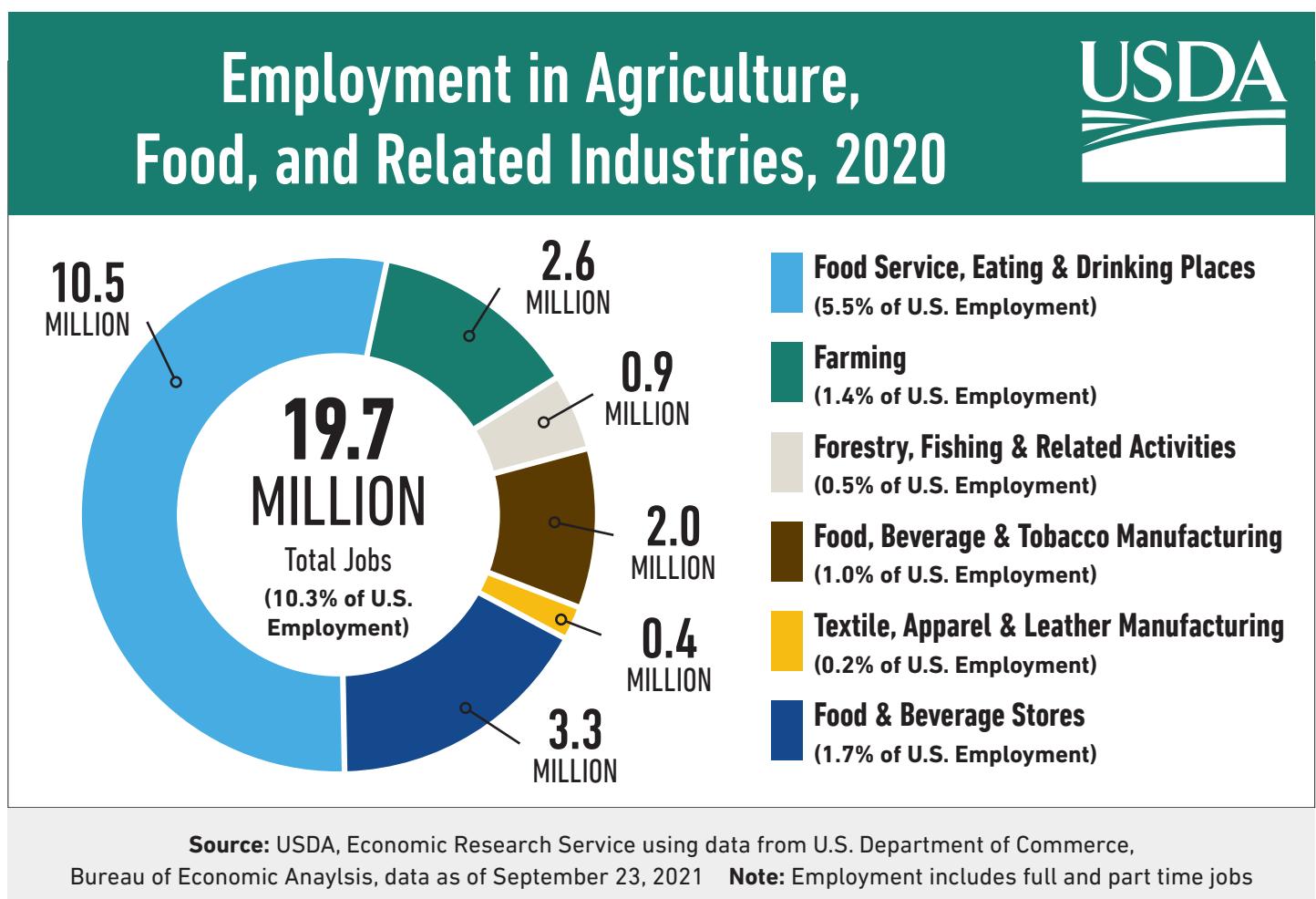
These scholarships have been designed for individuals and Cook County Farm Bureau members pursuing training in agriculturally related skills including tractor/truck diesel mechanics, CDL for crop, food and livestock hauling, welding, agricultural technology, etc. (Application window open now)

Adult Scholarships

(Availability based on training sessions and acceptance)

Scholarships for Cook County Farm Bureau members include tuition assistance for

- Master Urban Farmer training and certification



Source: USDA, Economic Research Service using data from U.S. Department of Commerce,

Bureau of Economic Analysis, data as of September 23, 2021

Note: Employment includes full and part time jobs

- Master Gardener training and certification
 - Illinois Ag Leadership Program (IALP) training program
 - Ag Leaders of Tomorrow (ALOT) training program
- (Application window open now)

Howard Paarlberg Excellence in Ag Scholarship (\$3500) and General Scholarships (\$2000)

Scholarships are available for individuals and Cook County Farm Bureau members that are focused on agriculturally related careers including those interested in farming, greenhouse,

agronomy, horticulture, aquaculture, agribusiness/management, rural healthcare, veterinarian medicine, nutrition/food science, agriculture education, forestry, or a number of other agriculturally related pursuits. (Application window opens in December)

Stuenkel Family Scholarship (\$3000)

This scholarship has been designed for individuals and CCFB members who are pursuing higher education with a focus on an agriculturally related career in the areas of technology, education, leadership development, and/or mental health. (Application window opens in December)

Mental Health Training Expense Reimbursement

Mental Health Professionals or Cook County Farm Bureau members seeking to assist the farmers and rural community who attend and participate in mental health/suicide prevention training seminars, conferences, or educational sessions may be eligible for support and reimbursement. Contact the Cook County Farm Bureau Foundation at 708-354-3276 or email ccfb@cookcfb.org. (Available throughout the year)

Visit www.cookcfb.org/foundation for more information on these scholarships and to apply.

Master Gardener Resource Center

Wrapping Up Horticulture Assistance for the Year

Throughout the 2023 growing season, the Cook County Farm Bureau® and the University of Illinois Extension Master Gardeners have partnered on a project that benefits local Farm Bureau members and the general public. Since April 15, the master gardeners have been 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 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.

FARM BUREAU OFFERS SPEAKERS ON A VARIETY OF TOPICS

Cook County Farm Bureau® is excited to offer presentations on a variety of subjects to interested groups and gatherings in the Cook County region. Past presentation topics include: the use of biotechnology, farming in an urban area, container gardening, farming from a non-farmer perspective, and on-farm health and sanitation. Speakers are available civic and community groups as well as schools, garden clubs, and other organizations.

To schedule a presentation, visit <https://cookcfb.org/request-a-speaker>. Presentations are offered throughout the year and are available on a first-come, first-serve basis.

Presentations are offered at no charge.

Planting Seeds

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



Katrina
J.E. Milton

"I'm so glad I live in a world where there are Octobers."

This is one of my favorite quotes from one of my favorite books, "Anne of Green Gables" by L.M. Montgomery. In

makes the comment while carrying maple tree branches and leaves into the house as she plans to decorate her room with them.

Like Anne, I always decorate for fall. I have at least 10 ceramic pumpkins on my office's windowsill, a few decorative signs, and a homemade wreath I made from clothespins.

I'm also glad I live in a world with Octobers for many reasons: cooling temperatures, no mosquitoes or humidity, the leaves

changing colors, the crisp fall air, apples and pumpkins, and all of the fun and festivities of Halloween. I'm happy that I can finally wear knee-length boots and warm scarves while sipping on a pumpkin spice latte and baking apple bread.

Many of the joys of fall are tied to the harvest, but we rarely make time to celebrate the agricultural ties to the season. Apples come from orchards, pumpkins come from patches, dried corn stalks, hay, and straw come from fields.

One of my favorite memories of fall was an unexpected surprise. My mom picked me and my cousin up from elementary school

one warm autumn day. Living in the country, getting picked up by car at school never happened because we always rode the school bus home. Piling into the car, we asked where we were going, but we were told it was a surprise.

That surprise turned out to be Honey Hill Orchard in Waterman, where we were able to pick our own berries, apples, and a pumpkin to take home and decorate. My mom also bought us apple cider doughnuts and apple cider. When we returned home, we decorated our pumpkins with permanent markers and placed them outside our front door. By drawing on the pumpkins instead of carving them, our pumpkins remained fresh and lasted until Thanksgiving.

The trip wasn't expensive or extravagant, but what I remember the most about that day was the fun we had together as a family. We enjoyed a sunny, warm fall afternoon out on the farm, strolling through rows of apple trees and acres of pumpkins. Thinking back to that day reminds me why I love autumn and why I'm so glad I live in a world where there are Octobers.

I'd love to hear your favorite fall memories! Email me to tell a tale or share a photo at aitc@cookcfb.org.

Katrina can be reached at aitc@cookcfb.org.



BOOK AND PROJECT GRANTS

Classroom grants for Illinois teachers to stock your classroom library and fund your newest project!

Application deadline: Friday, October 20, 2023

Teachers selected for funding will be notified on or before November 10, 2023

Find the applications online at
<http://iaitc.co/bookgrants> and
<http://iaitc.co/projectgrants>

Fall Into Gardening WITH A WEBINAR!

As seasons shift, take care and fall into gardening with ease. Find healing, growth, and how adding a little planning keeps the mind going and growing.

Explore how to keep the season alive with tips for dividing perennials, continuing self-growth, and healing with time spent in nature, and hear how to get a jumpstart on next year's growing season by getting the most out of the current garden space.

- **Oct. 17:** Wellness in Nature
- **Nov. 28:** Planning and Growing Vegetables Through the Seasons

Each session begins at 1:30 p.m., is free to attend, led by Extension's horticulture experts, and registration is required. Can't make the live session? Sign up! The link to the recorded webinars will be emailed to registered participants about two weeks after the program.

Register at: <https://extension.illinois.edu/plants/four-seasons-gardening>.

SOIL TESTING AVAILABLE

Need a Soil Test for your lawn or garden...contact the Cook County Farm Bureau to purchase a kit today. Full program details and pricing brochure available at:

<https://cookcfb.org/file/1112/2023%20Soil%20Testing%20Brochure.pdf>



WAYNE CHAS CAREER DAY

On Sept. 21, CCFB Director of Ag Literacy Katrina Milton and AITC Presenter Wayne Kolweier, pictured, gave presentations to more than 100 high school students during the Chicago High School for Agricultural Sciences' Career Day. Milton spoke to the students about ag education and scholarship and grant opportunities available. Kolweier presented about his career of more than 24 years in agribusiness with several Fortune 500 companies. They both thank CHAS for the opportunity to speak and present during this year's Career Day.

Fall Teacher VIRTUAL Workshop

Earn 2 Free PDCH

THANKFUL For FOOD and Harvest™

4 - 6 P.M. Thursday, November 2
708-354-3276 or aitc2@COOKCFB.ORG

AGRICULTURE ADVENTURES FOR FAMILIES

5 FUN FALL AGRICULTURE Activities

1 CORN MAZES

Get lost in a maize maze!



2 PUMPKIN PATCH

Find your pick of the patch and some good gourds.



3 APPLE PICKING

Depending on the variety, apples are available from late July through early November.



4 HAYRIDES

Did you know most hayrides use straw instead of hay?



5 CARVE A JACK-O'-LANTERNS

Carving jack-o'-lanterns began in Ireland, where they originally used large turnips, potatoes, or beets, not pumpkins.



To find local farm products, including pumpkin patches, visit www.cookcfb.org/discover-local/farm-products-locator.

October Word Search

Last Month's Winner:
Janet Lence

Apples	F R W S X F W E C L V T A A I
Carving	N Y H L T S D P A T V Z I N F
Cider	V O L A J R I E R L L M Q U O O
Fall	S A T D Y C A W V E W A N K W
Fun	F Q R R K R I W I G U N C X D
Gourds	J K G I O G I J N N Z I Z O M
Hayride	C I N S Z M H D G A O K F C L
Local	F G P Y V Y N G E R T P W F X
Maze	S E H C T A P S M O U M T Y N
Morton	M F U I H J T C K A Y U I G A
Orange	E Z A M U N Z L Z X D P Y O L
Patches	A P P L E S A U F O B P J U O
Picking	Z Z E W C T G R D G Q L J R H
Pumpkin	R L Y G S C I D E R D G Y D C
Stalk	L F J N G H Y C D P X G O S Z

Name _____

Phone # _____

Membership # _____

Located on front of paper

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)

Fun Fall Facts FROM Illinois AGRICULTURE in the Classroom™

- Most hayrides use straw instead of hay. Hay is green, includes seed heads, stalks, and leaves, and is often fed to livestock. Straw is golden yellow, is the dried stalk of cereal plants once the grain and chaff have been removed, and is used as animal bedding, mulch, building material, and biofuel.
- Morton, Illinois, where 85% of the world's canned pumpkin is processed, is considered the Pumpkin Capital of the World.
- The heaviest pumpkin on record in the United States was 2,528 pounds. The heaviest pumpkin on record in the world was 2,624 pounds.
- Most pumpkin varieties are orange in color. The orange color is a clue that they are full of the antioxidant beta-carotene. Carrots, sweet potatoes, and apricots also have high amounts of the antioxidant.
- Apple trees can live for more than 100 years.
- It takes 36 apples to create one gallon of apple cider.
- The world record for the tallest corn stalk is more than 35 feet.



Choose Your Prize: October 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!

OCTOBER 2023

At The Farm Gate

by Joanie Stiers



Fine Swine Dining

Pork delicious, economical mealtime tradition

Sometime around age 40, my guilty pleasure food changed to pulled pork nachos: tortilla chips softened with melted nacho cheese, topped with pulled pork and drizzled with barbecue sauce.

I ordered a boat of them at the only Illini football game we attended last fall. The daytime high reached 34 degrees with sustained winds around 15 mph against our faces in the upper deck. The nacho cheese congealed, napkins blew, and my gloveless hand turned a bit numb. But, I pulled down my fleece face mask and ate them anyway.

Memories are made at mealtime and what better month to celebrate pork on the menu than October, National Pork Month. Pork represented the world's most widely eaten meat in 2022, and Illinois ranks No. 4 in the United States in its production.

Our family cherishes the tradition of ham for the holidays. We slow life's pace when we put racks of pork ribs on the smoker on a weekend afternoon. Our son microwaves bacon for breakfast before school. Sunday night means sausage on either store-bought or homemade pizza. And well-seasoned pork burgers reign at county fairs – no ketchup or garnish necessary.

Prepared to the correct temperature, pork proves

moist and delicious. The meat is nutritious in its leanest cuts, and pork adds considerable flavor at an economical price. I figure my family of four can eat a 6-ounce serving of lean pork loin every day for a week for less than \$30. Dress it up with pork gravy or change it up with stir fry and that's some fine swine dining for the week.

Pork is a powerful and productive protein. Pork loin, pork sirloin and pork tenderloin pack around 23 grams of protein in 3 ounces. Over the last 30 years, farmers have reduced pork's saturated fat content by 27%, and since my grandpa raised pigs, farmers require 76% less land and 25% water to produce a pound of the protein.

This week, I made 10 pounds of pulled pork from pork tenderloin, a new favorite on the back porch smoker. Mom watched a food show where chunks of loin are "pulled" in a stand mixer. The result: an easy, flavorful and lean meat for pulled pork sandwiches, pork tacos, protein on salad, or toppings on barbecue pizza.

Tonight, a pork-loaded nacho summons me.

About the author: Joanie Stiers farms grows crops and raises livestock on her family's multi-generational farm in West-Central Illinois.

MONARCH CLUB TOURS LOCAL GARDEN

Lake Katherine Nature Center and Botanic Gardens



Gareth Blakesley, Director and Chief Naturalist for the Lake Katherine Nature Center and Botanic Gardens (pictured left) discusses native pollinator plants with Kathy Brew during a September Monarch Club tour and meeting. The Monarch Club is open to Farm Bureau members and non-members who have an interest in monarchs, pollinators, and conservation. For more information and to get involved, contact Bona Heinsohn bona@cookcfb.org

Family Farm and Food Bytes

Free Oak Saplings Available (MWRD Flow)

Complimentary red, pin, bur, black or swamp white oak saplings are available at our water reclamation plants on Wednesdays from 9 a.m. to noon. The saplings come in one gallon pots or can be requested as bare roots in bags of 100. These must be planted within a matter of days for premium viability. If more than 50 potted saplings are desired, delivery is available, or park districts, residents and municipalities can schedule pick ups. Learn more at <https://mwrdr.org/treesrestore-canopy>.

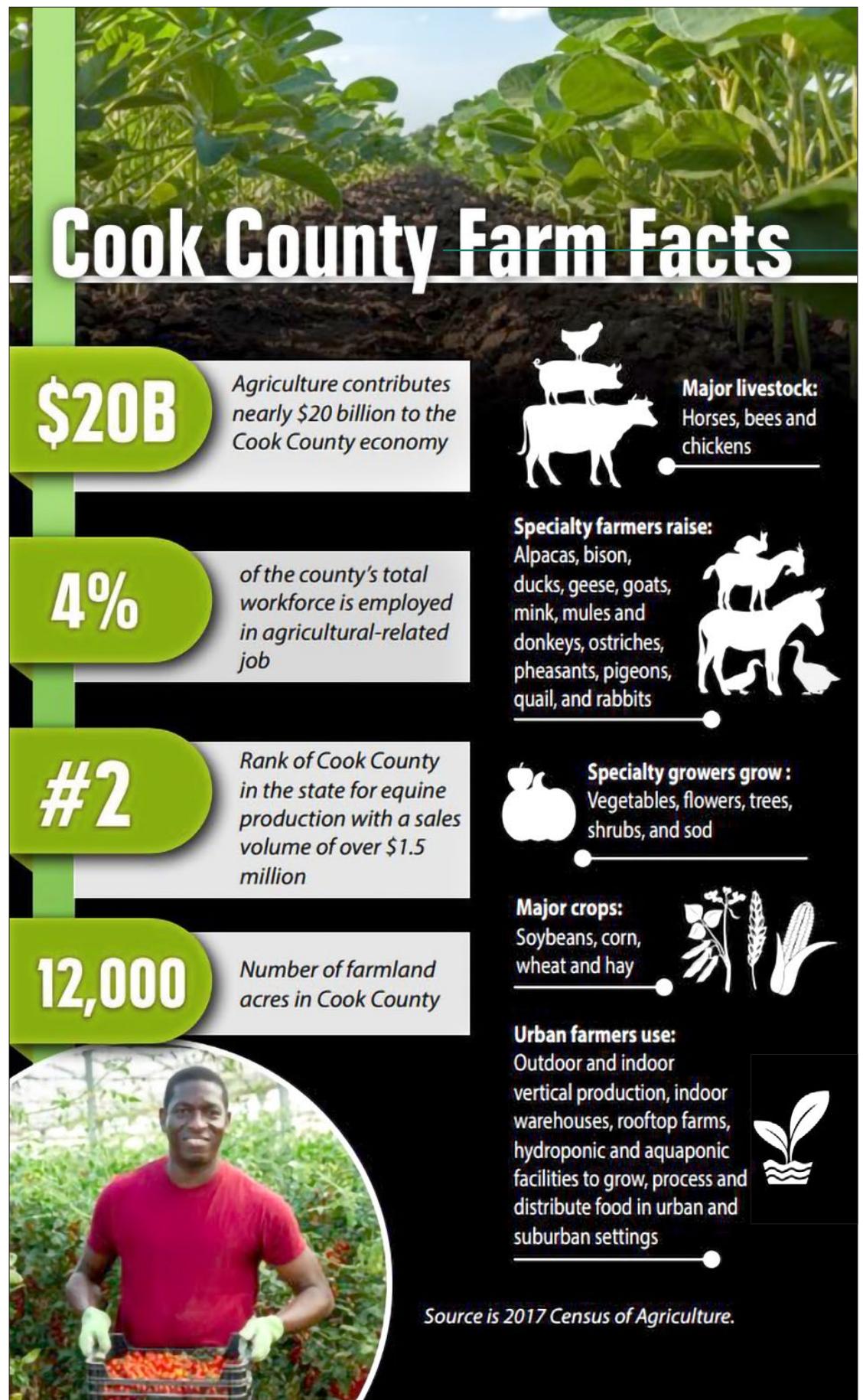
Cash Rental Rates Under Pressure for 2024 (FarmWeekNow)

The average cash rental rate for non-irrigated farmland reached record levels in 2023 According to the National Agricultural Statistics Service (NASS). But the recent

run-up in rental rates does not appear to be sustainable as crop prices – corn and wheat in particular – are down significantly from a year ago according to Gary Schnitkey, soybean industry chair in ag strategy at the University of Illinois. All bids for corn recently dipped to near \$4.50 per bushel compared to \$6.80 last year.

Interested in being a rural doctor or nurse? (FarmWeek)

The Rural Illinois Medical Student Assistance Program (RIMSA) is accepting qualified applicants to provide financial assistance to gain acceptance to the University of Illinois College of Medicine. Applicants agreed to practice medicine in a rural Illinois community for five years. The Rural Nurse Practitioner Scholarship program is also accepting applicants. To find out more, visit www.rimsap.com or contact Donna Gallivan at 309-557-2350.



'WE'RE NEIGHBORS' PUBLICATION

Cook County Farm Bureau is happy to be located right here in Cook County. Our farmers are excited to be your neighbors! Learn more about Cook County agriculture and how farmers care for their animals and land in this multipart series. If you don't want to wait, see the full publication at https://cookcfb.org/file/1386/23-1434%20Cook_Were%20Neighbors%20Booklet_Web.pdf or scan the QR code



Manifolds, Manolos, and Manure



Mississippi River Basin states, including Illinois, have received guidance from U.S. Environmental Protection Agency to develop state-led plans to reduce nutrient loads discharged into rivers and ultimately the Mississippi River. Based on federal guidance, Illinois released their statewide Nutrient Loss Reduction Strategy (NLRS), which was developed by numerous partners including state agencies, extension services, and a multi-stakeholder group, which included Illinois Farm Bureau®.

NLRS charged point source and nonpoint source stakeholders with supporting research and implementing practices that would contribute to targets of reducing total phosphorus and nitrogen loss. Point sources are those you can "point to" – examples include wastewater treatment plants, factories, etc. Non-point sources are a little harder to define but include cropland, forest lands, etc.

Illinois Farm Bureau® developed the Nutrient Stewardship Grant Program, which Cook County Farm Bureau® has utilized to develop locally led projects to support the reduction of nitrogen and phosphorus loss. Farm Bureau has allocated up to \$165,000 for county Farm Bureau-led nutrient loss reduction projects.

Cook County Farm Bureau's projects to date include

- Struvite Research Support:** Research by the Margenot group at the University of Illinois has established that struvite is a viable slow-re-

lease phosphorus source for corn, soybeans, and wheat production in Illinois. Struvite can meet crop needs while offering a 'double dipping' of phosphorus loss reductions: first at the point source (Metropolitan Water Reclamation District or MWRD) and when re-used as a phosphorus fertilizer. A portion of this research is being conducted on Cook County farms and is supported through Farm Bureau grant funds.

• EQ Bio-Solids and Compost Promotions: Cook County Farm Bureau in collaboration with MWRD engaged in an effort to share information about bio-compost and bio-solids. Cook CFB led promotional efforts through several media outlets, including paid social media posts and targeted advertisements in Cook CFB's publications. Through social media, Farm Bureau reached over 20,000 users and engaged nearly 15,000 individuals.

Sustainability Summit: As part of the MWRD Sustainability Summit, Farm Bureau staff highlighted the District and Farm Bureau's areas of collaboration to advance nutrient loss goals.

Nutrient Loss Reduction Exchange: To foster further collaboration and the sharing of knowledge, MWRD and Farm Bureau developed a partnership exchange program at MWRD facilities. These exchange days allowed Farm Bureau to bring farmers and other partners to MWRD facilities to see some of their point source nutrient reduction practices in action while fostering conversations about future efforts. Farm Bureau held this year's program in conjunction with the Village of Alsip and the Chicago Region Trees Initiative.

Partnerships Report: To communicate and promote Farm Bureau's efforts in the area of nutrient loss reduction, Farm Bureau drafted and distributed the "Agriculture



Exchange participants- including State Representative Kimberly duBuclet, pictured right join the Village of Alsip, Metropolitan Water Reclamation District, and the Chicago Region Trees Initiative for a tour of the Alsip Boat Launch and the Mary Schmidt Community Sanctuary as part of Cook County Farm Bureau's Nutrient Loss Reduction Stewardship Idea Exchange. The site received the 2022 Biosolids Beneficial Reuse award from the Metropolitan Water Reclamation District during the Sustainability Summit.



State Representative Kimberly duBuclet (pictured in the black coat) and State Representative Kelly Burke (pictured in the pink coat) listen as Zach Wirtz with the Chicago Region Trees Initiative discusses the use of EQ biosolids and compost to reconstruct topsoil and create a new, fertile growing space for over 200 trees, shrubs, and native prairie plants at the new Alsip Boat Launch and the Mary Schmidt Community Sanctuary.

and Point Source Partnership Report." In addition to promoting research efforts and partnerships in the nutrient loss reduction arena, the report also detailed future goals including expanding collaborations with the district, partners, and farmers.

Updates regarding Farm Bureau's efforts in the nutrient loss reduction sphere will continue to be shared with members.

Bona can be reached at Bona@cookcfb.org.

Farm Bureau Members Advocate for Key Issues

Cook County Farm Bureau® routinely engages in action on priority legislative issues. Recent priority legislative issues include the responsible use of Atrazine, excessive climate reporting, averting the rail strike, trespass, and electric vehicles. We appreciate those members who have engaged in a majority of action requests including:

Board Members

Dan Biernacki	Gerry Kopping
James	Janet McCabe
Bloomstrand	Todd Price
Roger Freeman	Mike Rauch
Jim Gutzmer	Mark Yunker
Pat Horcher	Ruth Zeldenrust

Governmental Affairs Committee Members

Beth Doria	Amy Hansmann
Cindy Gustafson	Kim Morton

Members

James Adams	Kristen Mars
Bryan Blau	Carl Smits
Karen Gutzmer	Doug Yunker
Robert Hummel	Tabitha Welsh

Staff Members

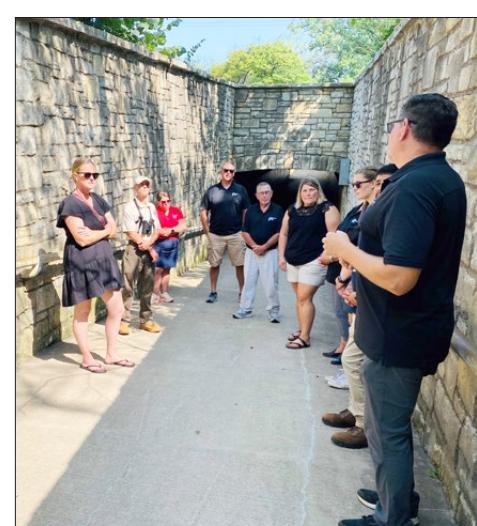
Bob Rohrer	Kelli McSherry
Bona Heinsohn	Debbie Voltz

As a thank you to active FBACT members, we're excited to announce the winner of our FBACT giveaway! Timothy Graff from Arlington Heights, you have won a Picnic Time® Gardner Seat and Tools. Please pick up your prize at Farm Bureau's office located at 6438 Joliet Road in Countryside.



REPRESENTATIVE CANTY TOURS BUREAU COUNTY SITES

Representative Mary Beth Canty from Arlington Heights joined her "adopted" county, Bureau County Farm Bureau for a fall farm visit. Pictured with William Anderson of Cornbelt Ag Services in Walnut, Illinois Rep. Canty learned more about on-farm research and avenues for farmers to grow healthy, nutritious food with minimal disruption of the soil biome.



REPRESENTATIVE GILL HOSTS "ADOPTED" FARMERS

State Representative Mary Gill (pictured left) listens to a representative from the Cook County Forest Preserves during a late summer Adopt-a-Legislator® district visit to Dan Ryan Woods. Representative Gill like her predecessor Fran Hurley is "adopted" by the Stephenson County Farm Bureau.

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.



*MARGARET JURA

has been named Career Financial Representative of the month for August 2023 by Vicki Nygren, Agency Manager. Margaret's office is located at 6136 N. Milwaukee Ave. Ste F, Chicago, IL 60646. Her phone number is 773-631-9107.

Margaret has been a Financial Representative with COUNTRY® Financial since January 2008.

Chicago North Agency, Vicki Nygren, Agency Manager



*ERIN COON

has been named Career Financial Representative of the month for August 2023 by Kevin Gomes, Agency Manager. Erin's office is located at 23042 N. Main St., Prairie View, IL. Her phone number is 847-415-2666. Erin has been a Financial Representative with COUNTRY® Financial since March 2019.

Chicago Northwest Agency, Kevin Gomes, Agency Manager



*MIKE SPADONI

has been named Career Financial Representative of the month for August 2023 by Carry Tate, Agency Manager. Mike's office is located at 3923 W 95th St., Evergreen Park, IL. His phone number is 708-425-1825. Mike has been a Financial Representative with COUNTRY® Financial since June 2005.

Orland Park Agency, Carry Tate, Agency Manager

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

Discover LOCAL

Fall is here and it's the time for fall items like pumpkins, gourds, popcorn, fall flowers, hay straw, 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!

Shop Local:
<https://coockcfb.org/discover-local/shop-local/online-directory>



BIG JOHN'S FALL PLANTER EVENT

Member business, Big John's Farm Market, hosted a Fall Combo Planter event for our members on Saturday, September 9. The owner, Sandy DeBoer, and her daughter Jenn led the small but lovely group in selecting plants to create their own design to take home. Thank you to Big John's and our members for kicking off fall with a great event! Big John's Farm Market is located at 1754 E Joe Orr Rd, Lynwood, and is open from April through the end of October.



Brenda creating her planter



Sandy assisting members, Christine and Karen (L to R)



Kim Farmer's beautiful creation

RESOLUTIONS COMMITTEE Advances New Food Waste Policy

(Originally published in FarmWeek Aug. 7, 2023 edition)

By Erin Henkel, FarmWeek

Illinois Farm Bureau's Resolutions Committee advanced a new policy Aug. 1 aimed at reducing food waste that emits greenhouse gases, clogs landfills, and hurts both urban and rural communities.

Cook County Farm Bureau introduced the proposal after surveying its members about what issues are most important to them.

"The amount of food that's in a landfill is increasing, so we thought we needed to have something to address the fact," Janet McCabe, Cook CFB president, told FarmWeek. "We're trying to get people thinking about how we need to do something about this problem."

One in seven people in the United States is food insecure and more than 1 million people in Illinois are struggling with hunger. Meanwhile, nearly 40% of food produced for human consumption in the U.S. is wasted and is the most common material found in landfills.

The resolution, which will be debated by Farm Bureau delegates during the Annual Meeting in December, supports ways to turn non-consumed

food into a resource through composting. It also supports reducing the regulatory constraints for on-farm materials, urban food scraps, and processing facilities.

The proposed policy also supports:

- Incentives for farmers to donate surplus crops and expanded tax reductions, including creating a state tax for food donors, even if the food is sold at low cost to families.

A marketing campaign about composting and an updated USDA definition of compost to increase consumer demand.

Simplifying the permitting process for compost facilities, including those that accept landscape waste and pre-consumer food scraps. The measure supports exemptions for community and small-scale facilities, as well as encouraging local zoning to consider composting facilities as agricultural or commercial operations.

Implementing a state-based version of the Bill Emerson Good Samaritan Food Donation Act, which protects food donors who donate in good faith from criminal or civil liability. While there is a federal law, current

interpretation by the U.S. Department of Justice may allow states to implement laws that provide greater protection.

The resolution was heard in the Agricultural Production and National Issues Subcommittee, chaired by Brent Clair, Adams County Farm Bureau president. "When you think about how a majority of the state and how rural it is and you consider the food issues going on inside cities, and the waste that is being generated in production of food, it's an awesome idea, (taking) that and (putting) it back into the food system through recycling and composting," he said.



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 fbcoperator@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

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**.

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. 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. **Call Marty at 773-225-0356 (cell phone)**. Photos available upon request.

(\$12,000) Denyo Whisper WATT 40 / ,3 Phase / 240 V or 480 V / 240 / 120, Good Condition (sold "as is") include Heavy Duty Trailer with new tires and Illinois Title. **Call 773-218-5747**.

FOR RENT

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.

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**.

Zoom Book Club

A TASTE OF GENERATION YUM
BY EVE TUROW

How the Millennial Generation's Love for Organic Fare, Celebrity Chefs and Microbrews Will Make or Break the FUTURE of FOOD

Dates: Tue. Jan. 16 / Tue. Jan. 30 / Tue. Feb. 13 / Tues. Feb. 27*

Time: 6-7:30 p.m. via Zoom

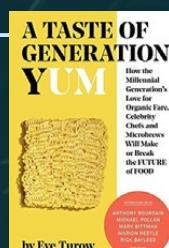
Cost: Free for CCFB Members, \$10 for non-members

Sign up Link <https://cookcfbureau.wufoo.com/forms/wls6vkm1cvncp3/>

*Author Eve Turow tentatively scheduled to join, but the meeting time may be later in the evening due to author's schedule.

There are roughly 80 million Millennials in America. Never before has a young generation paid this much attention to food. Starting back in 2012, Millennial, Eve Turow set out on a journey to understand why.

Deadline to register is January 10, 2024



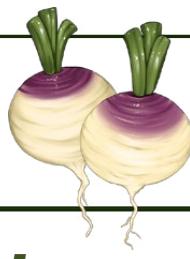
ABC'S OF FOOD

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

"T"

TURNIP



Turnips belong in the same family as radishes, mustard greens and arugula.

They have a sweet, peppery, radish-like taste.

The stringy bottom of the plant is called the tap root. This part remains below the ground with most of the bulb.

The bulb portion of turnips is a good source of vitamin C, and the greens contain folate, calcium and vitamin E.

THE ROOTS, STEMS AND LEAVES OF A TURNIP ARE ALL EDIBLE.



This coloring is developed from sun exposure in the final growth stage.

Large turnips were used to carve Jack-O-Lanterns prior to the pumpkin.

Turnips can be eaten raw, but they can also be enjoyed any way you would prepare a potato.



The most common commercial Turnip is ivory to white with a signature purple ring surrounding the stem.



Next month...Ube

Landlease Webinar Recording Available

The Cook County Farm Bureau C/M Team hosted a Land Lease, Trends 2024 Projection Webinar. The webinar was presented by Kevin Brooks, U of I Extension Farm Business Management and Marketing Educator; Kevin did a wonderful job of presenting information, answering questions and connecting with local members.

If you are interested in reviewing the webinar recording, please email membershipdebbie@cookcb.org.

Source: https://www.bushbeachchickpeas.com/produce/Turnips_4032.php and https://specialtyproduce.com/produce/Turnips_4032.php

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.

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, by phone: **708-354-3276** or online at the Member Center at 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? Do you understand what probate court is? 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. Also, tips will be shared on what to look for in choosing a lawyer and where to locate a lawyer for this task.



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**

"A Taste of Generation YUM" Zoom Book Club

The book club will be reading: How the Millennial Generation's Love for Organic Fare, Celebrity Chefs and Microbrews Will Make or Break the FUTURE of FOOD. There are roughly 80 million Millennials in America. Never before has a young generation paid this much attention to food. Starting back in 2012, Millennial author Eve Turow set out on a journey to understand why.



DATE: January 16, January 30, February 13, and February 27

TIME: 6:00 p.m. each night

LOCATION: Live via Zoom

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

REGISTRATION: Register by January 10 at <https://cookcofarmbureau.wufoo.com/forms/w1s6vkm1cvnnp3/>



SCAN TO REGISTER

Beginning Beekeeping Course

Beekeeping for those interested and never kept bees and beekeepers looking to learn and overcome challenges of bee loss and keeping bees sustainably.



DATE: Saturday & Sunday, March 9 & 10, 2024

TIME: 9:30 am – 3:30 pm each day

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

FEE: \$75.00 for members of CCFB or CDBA, \$100.00 for non-members

REGISTRATION: Call the Farm Bureau at **708-354-3276**; For additional information, email Debbie at membershipdebbie@cookcfb.org.

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.

Check out all Spring and Summer photo entries at <https://cookcfb.org/membership/ccfb-photo-contest>

*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.

Member Benefits Through Abenity

Check out these new benefit offers from our member businesses through the Abenity App

Chocolate Shoppe Ice Cream

4041 Dempster St., Skokie, IL
(847) 674-2900

Ice cream, cake, fudge, chocolate covered frozen bananas, and bites. Cook County Farm Bureau members receive 10% off. Just show your membership card to receive discount.

Teegen Compost Services

1404 N. Loma Ln., Mount Prospect, IL
(847) 565-9231

CCFB members receive 10% off their first season processing fee for shredding/screening. This business has a community garden and backyard compost bins, shredding/screening services, compost turf application, etc.

Tuff Shed

11039 Gage Rd., Franklin Park, IL
(847) 768-1505

CCFB members receive 10-30% off display shed. This business has monthly promotions and offers custom built sheds, garages, discounted display sheds, lean-tos, cabins, and other custom buildings. Open Monday to Saturday from 9:00 a.m.-6:00 p.m. Visit online: <https://www.tuffshed.com/chicago-metro-area/>

To view these benefits and many others, download the Abenity App to your phone or visit their web platform at ilfb.abenity.com.

Exclusive Discount for CCFB Members

Mayflower Cruises & Tours offers an exclusive discount to Cook County Farm Bureau members. Start your travel planning for 2024 and 2025 with Mayflower!

To begin your "Life Enriching Experience" and learn more about Mayflower Tours call Kayla Grajeda and state you're a Cook County Farm Bureau member to receive added savings:

Discount Code: ccfb16

Kayla: 800-728-0724 or 800-323-7604

Email: kayla@mayflower-cruisesandtours.com

Mayflower Cruises & Tours, LLC, is a division of the Scenic Group, located in Lisle, IL.



Mayflower
CRUISES & TOURS