



# COOK COUNTY GO-OPERATOR

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

## Mark Your Calendar



### November

- 9<sup>th</sup> Farm Estate Planning Series Webinar **PG 12**
- 14<sup>th</sup> Workshop on Preparing Wills/Trust **PG 12**

### January

- 16/30<sup>th</sup> Zoom Book Club **PG 12**

### February

- 13/27<sup>th</sup> 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](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 is the name of the book being used for the 2024 Book Club for members?**

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)

**October Winner: Harry Nelson**

**Question:** 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?

**Answer:** Reducing Food Waste

## FALL PHOTO CONTEST WINNER NAMED

Congratulations to the CCFB Fall Photo Contest 1st place winner, Stephanie Oehmen, for her photo "Fall Flowers and Pumpkins" taken in Western Suburbs. Thank you to all those that participated!! Your photos captured all the exciting and beautiful images that showcased Agriculture in the spring, summer, and fall. Additional fall photo winners can be found on **Page 5**.



## From Food to Flowers: Everything Local Conference

### SAVE THE DATE January 17-19, 2024 at the Crowne Plaza in Springfield, IL

This combined Illinois Food, Farmers Market and Specialty Crop Conference is a collaboration among the Illinois Farm Bureau, Illinois Specialty Growers Association and Illinois Farmers Market Association to bring together more people than ever from across Illinois' local food,

specialty crop and farmers market supply chains. Available in both in-person and virtual formats, this unique gathering combines the best parts of the events previously known as the Illinois Specialty Crop Conference and the Live Local: Local Food and Farmers Market conference.

This one-of-a-kind event brings together farmers and agribusiness leaders from across the state with other partners throughout the Illinois local food supply chain. By more efficiently connecting the supply chain, more income is generated; fewer businesses handle the product in processing and transit; and the products are harvested and packaged at a fresher stage. These improvements benefit the local economies and food opportunities of communities across the state.

more about getting the most from their farms. Local food interests and farmers markets want to work with excellent producers to promote our state's local food systems. These efforts to build relationships don't stop at the fencerow or market gate. So, we've found a way to connect the right people to enhance the robust Illinois local and specialty agriculture system.

#### What You Can Expect at the Conference:

Aside from the networking opportunities to develop and share new ideas,

You asked, and we listened. Producers want to know

*Conference continues on Page 4*

## 2024 Summer Internships

**Are you a college student looking for an ag-related summer internship?**

Apply to become Cook County Farm Bureau's Agriculture in the Classroom 2024 Summer Intern.

The paid internship will be held June through August 2024 at the Cook County Farm Bureau office located at 6438 Joliet Road in Countryside.

*Internships continues on Page 8*

## 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!

## Past issues of the Co-Operator are available online

at [cookcfb.org/stay updated](http://cookcfb.org/stay updated)



## Young Leaders 'Host' Wake County Farm Bureau

Members of the Cook County Farm Bureau Young Leaders met virtually with young farmers and ranchers in Wake County, North Carolina Young Farmers and Ranchers in October. Members discussed their takeaways from the *Rancher, Farmer, Fisherman* documentary as well as conservation and land management practices in North Carolina and Illinois.

## 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...

- The Wake County Farm Bureau (North Carolina) and Cook County Young Leaders who participated in a virtual discussion about the documentary, *Rancher Farmer Fisherman*.
- The many voting and associate members who have renewed their membership for 2023!
- The Voting members who were kind enough to return a proxy as a part of the Cook County Farm Bureau Annual Meeting.
- Joy and Rick Homerding of Puckerville Farms and the Commodities & Marketing Team for hosting and ensuring a successful 23rd Giant Pumpkin Contest.
- Volunteer Amy Hansmann for providing her "on-camera" talents during a film session for an upcoming documentary.
- Member Steve Archer for sharing urban agriculture legislation proposals for us to review.
- Our many voting and associate members that have agreed to serve on the various teams of the Cook County Farm Bureau to design and administer programs and activities that benefit all members.
- The members that participated in our spring, summer, and fall member photo contests... nice work!
- The members that frequently call us, send us notes, or stop in with comments regarding this publication and our other communications... You are all so kind!
- The University of Illinois Extension Master Gardener volunteers who have partnered with us to share their expertise with members throughout the year on growing plants, soil test results, pest identification and treatment, etc. as a part of the Master Gardner help desk. You are truly valued!

## HOW FARM BUREAU SERVED YOU IN OCTOBER

- ▶ **Advocated for property tax incentives for industrial and commercial properties wishing to install rooftop solar panels.**
- ▶ **Communicated to Ag members the upcoming educational and informational programming.**
- ▶ **Assisted members to access member benefits using the Akenity App platform.**
- ▶ **Held a photo contest for members to share their exciting photos representing agriculture in the spring, summer, and fall.**



## Co-Operator

Published Monthly

### Cook County Farm Bureau

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# Downwind

by **BOB ROHRER, CCFB MANAGER**

## “Time Moves On”

When does one’s path toward an agriculturally related career begin?

Is such a course towards agriculture predetermined?

What influences impacts an individual’s decision of what to do when she or he grows up?

These questions have crossed my mind recently as I consider my own course of a farm-related, lifelong career and the paths both taken and not taken.

I grew up in farm country in western Illinois. Farming is the economic driver in the region. In my youth, most of my friends had parents that farmed or were connected to farming. Even the kids that lived in-town had parents with farming related jobs.

Many of us participated in a 4-H club. We attended the county fair. We detasseled corn. We walked beans. In high school, we joined the Future Farmers of America (FFA). Some went

directly into the workforce out of high school. A few went on to community college to study. Others, headed toward a four-year university. A handful of my friends seemed to know their future... next stop, farming. The rest of us, like me, wandered and wondered.

I had not been back to my high school town in decades (we moved after my senior year to my grandfather’s farm). A recent high school class reunion changed that. I won’t tell you the “number” for this reunion, but it rhymes with “shorty,” “sporty,” and “sortie”.

The return to my high school community after so many years of absence was fascinating. What remained the same? What changed? One memory led to another memory which led to another.

Upon arrival back in town, I checked out and showed my wife the two different homes/farms we lived in

when I was a kid. One house was no longer there...just farm buildings. The other house no longer was surrounded by the confinement hog houses of my high school years. Time moves on.

With so many rural farm towns struggling economically, I expected to see shuttered businesses in the downtown area. Of course, the Ben Franklin dime store was gone. The Coast-to-Coast hardware store no longer exists. Also gone were the family shoe store, the barbershop, the diner. The town library was just a memory. However, in each of those spaces, new (and modern) businesses occupied the old spaces of my memory. A yoga studio, a tech company, a realtor, a boutique/nail salon, an antique store, and a Mexican restaurant now occupy those spaces. The town is looking prosperous, clean, and proud. Time moves on.

A class reunion brings memories of superficial stuff...cliques, personalities, embarrassing moments, etc. My goals: Don’t embarrass myself or my wife. Don’t do or say something stupid. Remember classmates’ names. Yes, I set the bar high.

Upon arrival, it felt like a bunch of old people crashed my high school gathering. A few wrinkles. Baldness. Gray. Some gimpy and some not (that was my main contribution). Yet, I recognized those people. Time moves on.

Stories were told. Decades of catch-up were summarized in a few short sentences. People reconnecting with people. The superficial “stuff” fell away. My brave and lovely wife joined in and participated. I’m pretty sure she was seeking dirt on me. And weird, everybody in that room was the same age. Spooky!

The reunion caused me to reflect on the career and life paths taken by me and some of my classmates.

There was Greg who has been a successful farmer since he graduated from high school. That evening, he told me that as he left the farm to come to the class reunion, he could see his father and his son harvesting together with a beautiful farm sunset behind them. I think I saw a glint of a tear in his eye.

There was Kim who originally entered the agricultural world out of college and then left it to work in the educational field. She has returned to agriculture with a job in regenerative agriculture, producing a successful, agricultural podcast. She radiated positive energy.

There was Russ who had agricultural affiliated support jobs for many years, bouncing from one to the next until he created his own agricultural equipment high pressure washer cleaning business that is going great guns. He projected a weary yet proud aura.

There was Mike who works behind the scenes at large agricultural manufacturing companies to write marketing and promotional copy. Unassuming and lighthearted.

There was Diane who helps support her brothers and family who farm around the area. She loves coming back to visit to soak up the farm atmosphere.

There was Mark who worked for a local agricultural parts manufacturing company and then bought the company, taking it to new heights, providing jobs and support for many citizens in the community. He is proud of how his company navigated the COVID years to serve.

There was Buck who used his high school farm mechanical repair skills to create a successful truck and trailer repair company. He is “supporting farms from the tires up”.

Many of my classmates from “shorty” years ago found a pathway that became an agricultural career and future. Some naturally led that direction. For others, it was not so easy. Most importantly, all are playing a vital role in today’s agriculture, helping to make farming in our country a wonderful success story.

Today, your Cook County Farm Bureau Ag Literacy Department provides agricultural knowledge and experiences for the urban youth through in-class, farm-related topic presentations, trips to farm locations, and examples of career opportunities through the Farm Shadows program. Further, the Cook County Farm Bureau Foundation continues to expand higher education scholarship opportunities and possibilities.

Like my classmates, who knows how those agricultural connections and contacts may impact today’s young people, leading to an agriculturally related career or farm future?

In “shorty” years, perhaps I will write about a whole new generation of agriculturalists!

Yes, time moves on.

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



## Recipe of the Month — NOVEMBER —

### Rosemary White Bean Soup

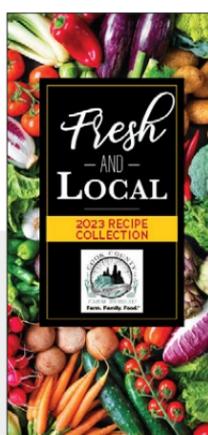
By: *Jodie Shield* • Featured In: *Illinois Farm Bureau Partners*

#### INGREDIENTS

- 2 T olive oil
- 1 med onion, chopped
- 3 stalks celery, trimmed and diced
- 2 carrots, peeled and chopped
- 30 oz (2 cans) Great Northern or navy beans, drained and rinsed
- 3 potatoes, peeled and diced
- 15 oz (1 can) fire-roasted diced tomatoes, undrained
- 32 oz (1 carton) low-sodium vegetable broth
- 1 T fresh rosemary, finely chopped
- 1 t coarse salt
- 1/2 t ground black pepper

#### DIRECTIONS

Heat the oil in a large soup pot over medium heat. Add the onion, celery and carrots and cook for about 10 minutes, or until the vegetables are tender. Add the beans, potatoes, diced tomatoes with their liquid, broth, rosemary, salt and pepper and increase the heat to high. Bring to a boil, then reduce heat and simmer for 20 minutes. Remove soup from heat and use a potato masher or immersion blender to partially puree the soup. If soup is too thick, thin with water or additional broth to reach desired consistency. Serve immediately. Leftover soup can be stored in the refrigerator for 4 to 5 days.



### 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.

### Dear Voting and Associate members,

We would like to personally thank you on behalf of the board and staff for renewing your membership in the Cook County Farm Bureau®. Recent years have been difficult for many of our members, and we are so glad you choose to belong to the organization for advocacy support and so much more.

Your Cook County Farm Bureau continues to offer resources, information, and programs for necessary and essential support to you and our other members, farmers and farm owners, workers, small businesses, parents and youth, and affiliated companies.

We have seen firsthand the important role farming and agriculture plays every day in everyone’s lives in the Chicagoland area. We continue the important work with area food, fiber, and fuel farm producers to help them be able to provide high-quality, farm fresh products to local consumers.

Cook County Farm Bureau membership remains the best value in town. We thank you for your membership and we look forward to serving you!

Best wishes!

**Janet McCabe**, President

**Bob Rohrer**, CAE, FBCM, Manager

## 23rd annual Giant Pumpkin, Dessert, Carving, Decorating & Local Honey Contests

# Winners CIRCLE

Giant Pumpkin Contest   Adult	1st	Roger Freeman	335 lbs
	2nd	David Wilkes	210 lbs
	3rd	Rick Homerding	189 lbs
Giant Pumpkin Contest   Youth	1st	Maria Gallegos	207 lbs
	2nd	Landon Milella	91 lbs
	3rd	Josie Disabato & Conor Libby	68 lbs
Local Grown Honey Contest	1st	Mike Davies/Moraine Valley Honey Farm	
	2nd	Kate Swain	
	3rd	John Rine, Galster Honey	
Pumpkin Carving Contest	1st	Maricela Rivera	
	2nd	Daisy Rivera	
	3rd	Mary Gavenda	
Pumpkin Dessert Contest	1st	Maricela Rivera	Pumpkin Pecan Pie
	2nd	Lynn Rine	Pumpkin Cupcakes w/Cinnamon Cream Cheese Frosting
	3rd	Mary Gavenda	Pumpkin Cheesecake
Youth Pumpkin Decorating Contest	1st	Landon M (0-6 Years)	
	1st	Elsa V (7-11 Years)	
	1st	Emilija V (12-16 Years)	

Special thanks to Puckerville Farms in Lemont for hosting the event, Cook - DuPage Beekeepers Association for judging the honey contest, and the many volunteers that supported all the activities!

**Current and past contest photos online at <https://cookcfb.org/discover-local/community-programs/profile/giant-pumpkin-contest>.**



Roger Freeman proudly displays his 1st place winning giant pumpkin, checking in at 335 lbs on the scale.



Mike Davies (L) and Dean Day (R) chatted while they waited for the results of the annual local honey contest judged by leadership of the Cook - DuPage Beekeepers Association. Mike was excited to take home the 1st place blue ribbon.



## PHOTOS FROM THE EVENT

(Left) A group of members featuring strong backs and enthusiasm were vital to the process of lifting pumpkins out of truck beds, trailers, and trunks for the giant pumpkin contest weigh-in.



Kids had a blast (we are not sure about the parents) during the fun chaos of the pumpkin decorating contest.



There was no shortage of creative talent during the Giant Pumpkin Contest event as evidenced in our first, second, and third place pumpkin carving winners, Daisy Rivera (2nd), Maricela Rivera (1st), and Mary Gavenda (3rd).

## Conference

Continued from Page 1

attendees of the From Food to Flowers: Everything Local Hybrid Conference will have the chance to:

- Hear perspectives from general session keynote speakers who understand and champion the specialty and local food markets.
- Engage in breakout tracks ranging from grower production practices and business development to farmers market management and community food systems.
- Attend workshops on GAP certification, farm-to-school training, social media management and more.
- Interact with vendors, associations and non-profits at the conference's trade show.

\*Attendee registrations may be cancelled for a full refund until November 20, 2023. No refunds will be available after this time.

For more information, go to <https://www.specialtygrowers.org/everything-local-2024.html>

Event Item Name	Expires	Pricing
Members (IFB, ISGA, IFMA) Pre-Registration	Jan 08, 2024	\$75.00
Non-Member Pre-Registration	Jan 08, 2024	\$175.00
Students (age 12-18)	Jan 20, 2024	\$50.00

**Veterans DAY**

**SATURDAY**  
November 11, 2023

**HONORING ALL WHO SERVED**

# Cook County Farm Bureau Photo Contest: FALL PHOTOS

*Congratulations*  
to the FALL photo contest winners

Thank you to all those that participated in the 2023 Photo Contest!! Your photos captured all the exciting and beautiful images that showcased Agriculture in the spring, summer, and fall.

All participating photos are featured on our website at <https://cookcfb.org/membership/ccfb-photo-contest>.

## Fall Photo Contest Winners:

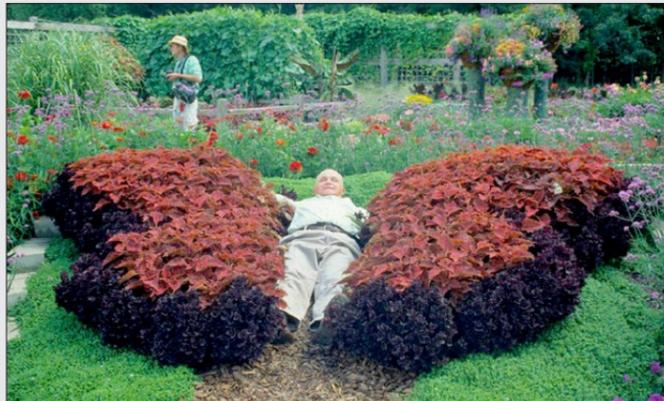
- 1<sup>st</sup>** **1st Place Winner:**  
"Fall Flowers and Pumpkins"  
by Stephanie Oehmen
- 2<sup>nd</sup>** **2nd Place Winner:**  
"Learning Harvest from Grandpa"  
by Keith Bruinsma
- 3<sup>rd</sup>** **3rd Place Winner:**  
"Fall Cranberries"  
by Jen Van Hyfte



*"Fall Flowers and Pumpkins" by Stephanie Oehmen  
Reprinted from Page 1*

## 5 Questions with Greg Stack, CCFB Board Member

Hello! My name is Greg Stack and I'm the newest member of the Cook County Farm Bureau Board of Directors. I am honored to have been asked to serve on the board with 11 other more seasoned members in helping to guide Farm Bureau as an organization for all members at all levels. With that said, on to the five questions.



*Greg as a beautiful butterfly*

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

While I may be a newly elected director, my involvement with Farm Bureau goes back many years. I spent 43 years with the University of Illinois Extension, many of those years as a horticultural educator for the county. During that time I would often represent Extension at board meetings delivering program updates and answering questions (often times very pointed questions). Those interactions with board members were highly cherished as I got to know the directors personally as well as their agricultural operations. Being invited out to their farms was always a treat. From sitting on a straw bale talking about "stuff" to entering a large storage/drying facility for onion sets to being invited for a lunch of pig ear sandwiches were all things that made working with the agricultural community

memorable and different from the 9-5 ho hum office job. All of these as well many other moments are all cherished and will remain with me forever.

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

I think my most favorite responsibility is having the opportunity to work with one of the many subcommittees within the organization. I am part of the ag literacy team of which I am the chairperson. Working with the ag literacy program director and other team members in developing and delivering programs to school-aged children is both rewarding and fun.

### What is the best thing about the CCFB members?

Farm Bureau members are individuals who care about what is going on around them and I think are "real" people. They are not afraid of or shy away from asking the tough questions and then doing their best to address them.

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

Just about anybody can join any organization just by sending in their check and putting the membership card in their wallet. But the most important reason should be to participate and get involved in some aspect of the organization and its programming. Everyone has a talent that can and should be used to advance an organization. If you join, ask the question, "What can I do to help move the organization forward?" Don't just join to join. Join to become involved, and to share your knowledge, expertise, and enthusiasm. That is the most important reason to join.

### What is your favorite food?

Nothing beats a thick cut, bone-in pork chop cooked on the grill to a slight pink center and served with homemade potato salad and a nice craft brewed I.P.A.



*"Learning Harvest from Grandpa" by Keith Bruinsma*



*"Fall Cranberries" by Jen Van Hyfte*

**We thank you and look forward to seeing your photos in 2024!**

# Planting Seeds

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



**Katrina J.E. Milton**

“What is a soybean?”

It’s amazing how a simple question, asked in four short words, can leave you speechless.

I was giving a presentation at a school, and a student asked me

the question after I mentioned that Illinois grows more corn, soybeans, and pumpkins than any other state. Illinois and Iowa fight for the #1 spot each year, and in 2022, Illinois was the corn and soybean-growing champion.

I thought the follow-up question would be, “What state is #2?,” not what a soybean was.

After blinking for a few seconds and feeling shellshocked, I cleared my throat and began trying to explain what the crop was: a seed of the soybean plant, which is in the same classification family (Fabaceae) as beans, peas, lentils, and peanuts. Soybeans have a variety of uses, including vegetable oil, bioplastics, biodiesel fuel, animal feed, and wax for candles and crayons.

Soybeans are popular in Asian cuisine and are used to make tofu, edamame, miso soup, and soy sauce. According to the USDA, China is the world’s largest soybean importer. During the 2022 fiscal year,

soybeans accounted for nearly half of U.S. agricultural exports to China at a record \$16.4 billion.

Although I’ve been teaching for years, I never had someone ask me what a soybean was before. I grew up surrounded by fields of soybeans. This year, the three farms that corner my house all grew soybeans. Being asked what a soybean is was similar to being asked, “What is grass?” or “What is an oak tree?”

But for a young student that has only lived in the city, surrounded by pavement, asphalt, and skyscrapers, a soybean is something they never experienced before, something they knew nothing about. They never saw a 5,000-acre field of soybeans, much less a single soybean, which is round and about the size of a pencil’s pink eraser.

In early October, members of the Cook County Farm Bureau’s Young Leaders had a Zoom virtual meeting to talk to Young Leaders from Wake County, North Carolina. During the meeting, we talked about agriculture in our states and the documentary “Rancher, Farmer, Fisherman,” based on the book by Miriam Horn, which was our Farm Bureau’s book club read this past spring.

Within the first few minutes of our meeting, it was easy to tell that there were vast differences between the two groups’

accents and our agriculture, including talk of what crops we grow the most of – North Carolina grows a lot of tobacco, sweet potatoes, and cotton, and you should now know Illinois’ top three crops!

However, something the Young Leaders from both states had in common is our love and appreciation of agriculture. We both have a common goal of bringing ag education and knowledge to the next generation. We both discussed the need for sustainability, for soil and water conservation and health, and making the earth and methods of agriculture better.

The meeting left me inspired and made me realize we’re not alone. Although we grow different crops, we have different twangs to our voices, and we are more than 800 miles away, we are standing side by side in the same mission: agriculture is our future.

So the next time a student asks me, “What is a soybean?,” I won’t blink or hesitate. I’ll be ready to teach them about one of Illinois’ top commodities and part of what makes agriculture and agricultural education so special.

My favorite reaction to teaching someone something is, “Oh, wow! I never knew that!” I think we



Photo by Katrina Milton

all have “soybeans” we don’t know about. It only takes a little bit of learning to open a whole new door of knowledge – or an entire soybean field.

For more information about soybeans, read Illinois Farm Bureau’s Soybean Ag Mag: [www.bit.ly/AgMagSoybean](http://www.bit.ly/AgMagSoybean).

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



## Landlubbers and Seafarers Alike Sure to Enjoy ‘Potatoes for Pirate Pearl’

New from Feeding Minds Press

Children of all ages will enjoy adventuring with Pirate Pearl to learn how potatoes are grown!

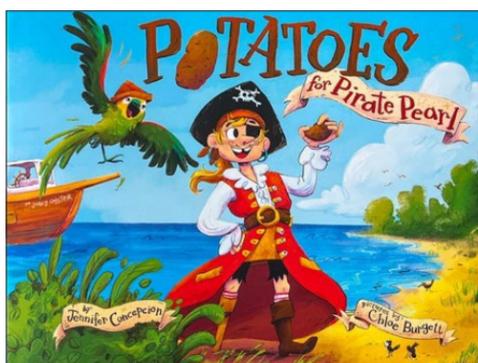
Young readers can embark on a swash-buckling adventure to learn where potatoes come from in “Potatoes for Pirate Pearl,” the newest title from Feeding Minds Press, the American Farm Bureau Foundation for Agriculture’s publishing venture.

Readers join Pirate Pearl and her parrot, Petunia, as they set out to find the perfect provision for their next sea voyage. Their search leads them to Farmer Fay who teaches them how potatoes are planted, grown and harvested.

This entertaining and colorfully illustrated tale will not only help children and their families gain an understanding of farming, but also reminds everyone of the importance of friendship and asking for help. Written by Jennifer Concepcion and illustrated by Chloe Burgett, “Potatoes for Pirate Pearl” includes potato facts, recipes and a guide for growing your own potatoes.

“Potatoes for Pirate Pearl’ is a great addition to our collection of fun and engaging books that instill a love of agriculture,” Foundation for Agriculture Executive Director Daniel Meloy said. “We’re thrilled to continue to inspire kids to learn about where their food comes from.”

“Potatoes for Pirate Pearl” joins the growing collection of titles from Feeding Minds



Press, including “Farm Boots,” published earlier this year, and “I LOVE Strawberries,” a winner of 7 awards, including the Good Housekeeping 2022 Best Kids’ Book Award.

Feeding Minds Press also offers several free printable books that focus on careers in agriculture. All books are available for purchase directly from Feeding Minds Press, as well as on Amazon.

### About Feeding Minds Press:

Feeding Minds Press is a project of the American Farm Bureau Foundation for Agriculture. The mission of the Foundation is to build awareness and understanding of agriculture through education. The goal of Feeding Minds Press is to publish accurate and engaging books about agriculture that connect readers to where their food comes from and to who grows it.

## Upcoming Contest

### 2023 Disguise a Turkey Art Contest

Students ages 18 and younger can participate in the Cook County Farm Bureau’s 2023 Disguise a Turkey art contest.

A blank form to color will be posted on the Cook County Farm Bureau website under the Ag Literacy & Education tab. Entries will be displayed and posted on our website.

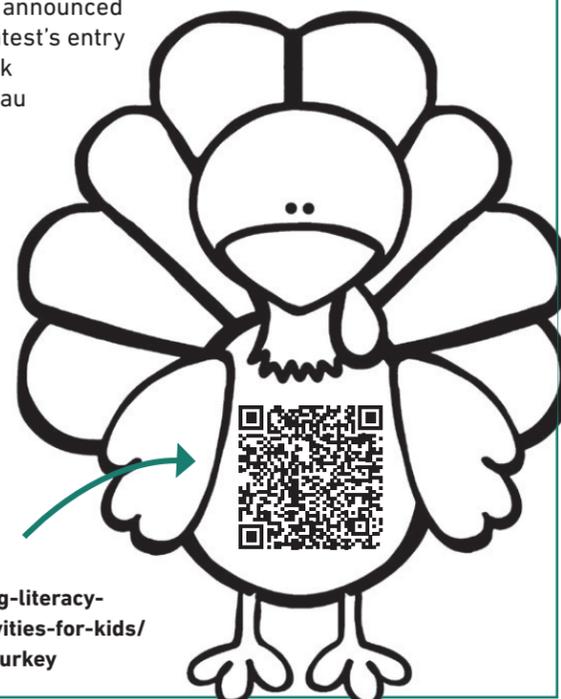
Winners will have their artwork appear in the December issue of the Co-Operator newsletter, and the grand prize winner will receive a copy of the book “Turkey Trouble” by Wendi Silvano and two movie tickets.

Email a photo of your entry to [aitc@cookcfb.org](mailto:aitc@cookcfb.org). The contest will run Nov. 1 through Nov. 30, and the winner will be announced Dec. 1. For the contest’s entry form, visit the Cook County Farm Bureau website under the Ag Literacy & Education tab or scan the QR code.

**SCAN HERE**

With Your Smart Phone Camera

[www.cookcfb.org/ag-literacy-and-education/activities-for-kids/profile/disguise-a-turkey](http://www.cookcfb.org/ag-literacy-and-education/activities-for-kids/profile/disguise-a-turkey)



# AGRICULTURE ADVENTURES FOR FAMILIES



## COOKING WITH *Agriculture*



Not only the turkey and side dishes on Thanksgiving come from agriculture, so do all of the spices and herbs! Learn more about adding flavor to your holiday dishes with agriculture.

### SPICES

**Allspice** – the brown dried berry of the tropical Pimenta dioica tree, native to West Indies and Central America

**Cardamom** – the dried fruit of Elettaria cardamomum, native to southwest India

**Chocolate/Cacao** – roasted and ground seed kernels from the Theobroma cacao tree

**Cinnamon** – the inner bark of the Cinnamomum tree, found in East Asia and Mexico

**Clove** – dried flower buds of the Syzygium aromaticum tree, native to Indonesia

**Coriander** – the small fruits of the cilantro plant

**Cumin** – small, ridged dried fruits of Cuminum cyminum, native to Southwest Asia

**HERB** – fresh leaves of the plant

**SPICE** – dried root, stalk, seed, or fruit of the plant

**SEASONING** – an herb or spice added to a recipe to add flavor

**Ginger** – the underground stem (not the root!) of Zingiber officinale

**Mace and Nutmeg** – the seed of the fruit of Myristica fragrans, an evergreen tree native to Indonesia

**Pepper** – fruits of the black pepper vine, Piper nigrum

**Turmeric** – the underground stem of Curcuma longa

**Vanilla** – the pod-shape fruit from the tropical climbing orchid plant



## Holiday Spice Cookies

YIELD: 1 DOZEN



Make a sweet and spicy dessert to celebrate the holidays!

### INGREDIENTS

- 1 1/4 cups flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 1/3 cup butter, melted
- 1/2 cup light brown sugar
- 1/4 cup white granulated sugar plus two tbs.
- 1 tablespoon vanilla
- 1 egg

### DIRECTIONS

1. Preheat oven to 350°F.
2. Add dry ingredients to a large bowl and mix together.
3. In a small bowl, beat together the melted butter, egg, sugar, and vanilla with a fork.
4. Add wet ingredients to bowl of dry ingredients. Stir all ingredients together with a wooden spoon to form a dough.
5. Wrap dough in plastic wrap or aluminum foil and chill in the refrigerator for 30 minutes.
6. Roll dough into 1 1/2-inch balls and freeze for 15 minutes.
7. Roll frozen dough balls in 2 tablespoons of white granulated sugar.
8. Place dough balls on a cookie sheet 2 inches apart and bake for 15 minutes.

## November Word Search

Last Month's Winner:  
**Brenda Faris**

Baking	S	I	P	S	C	Q	Q	V	D	T	E	R	Y	J	R
Cinnamon	N	P	V	O	Z	M	F	I	V	I	E	N	X	M	V
Clove	L	U	I	K	Q	H	S	D	K	P	J	E	J	P	T
Cookie	E	V	T	C	W	H	R	O	P	S	X	V	W	A	Q
Dessert	I	T	G	M	E	V	O	E	X	X	E	M	T	S	Q
Dishes	Q	S	A	S	E	C	P	V	A	N	I	L	L	A	E
Dozen	G	Q	S	H	J	G	C	U	W	P	P	U	F	Y	L
Flavor	B	H	E	R	B	N	E	Z	O	D	C	Q	L	A	Q
Herb	X	A	H	F	J	I	J	A	T	P	T	G	A	D	X
Holiday	C	N	M	S	Y	K	F	C	C	R	U	K	V	I	C
Nutmeg	B	F	M	E	H	A	P	L	L	W	E	P	O	L	D
Pepper	N	Y	N	A	V	B	O	Q	G	X	A	S	R	O	W
Season	C	X	M	S	S	V	L	G	M	A	L	Q	S	H	Z
Spice	Y	N	R	O	E	N	O	M	A	N	N	I	C	E	N
Sweet	C	I	Z	N	Q	I	P	A	H	K	T	J	K	P	D
Vanilla															

Name \_\_\_\_\_  
 Phone # \_\_\_\_\_  
 Membership # \_\_\_\_\_

Choose Your Prize Preference for If You Win:  
 If a choice is not made, movie tickets will be sent

Beggar's Pizza Gift Card     3 Movie Tickets  
 Delta Sonic Car Wash    (Choose one option only)

Located on front of paper

### Choose Your Prize: November 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!**

NOVEMBER 2023

# At The Farm Gate

by Joanie Stiers



## In the Bag



### Pizza project promotes the families in farming

For years, I triggered curious looks from fellow restaurant patrons while holding my commercial-sized pizza delivery bag. Nowadays, I get asked if I'm with DoorDash, a food delivery service.

Until recently, the presence of this red pizza bag felt so unorthodox that my husband and kids were too embarrassed to show it in public. But I had no shame for the sake of hot pizza and took that bag right inside the front doors of Casey's General Store or other pizza places during an era when only delivery drivers carried them. We live 30 minutes from a city with significant grocery shopping and restaurant options. We clock 15 minutes from the nearest Casey's, where we frequently order pizza. I permanently carry a cooler in my van, too.

Appropriately timed, National Pizza Month falls in October during the heart of the harvest season when pizza pickups equally deliver "pick-me-ups" for the harvest crew. Field meals provide a moment to look forward to in a 12-plus-hour harvest day. And this year, Casey's teamed with the Illinois Farm Bureau and Illinois commodity groups to use pizza to promote the "We are the 96%" Campaign in celebration of the family farmer.

Contrary to common belief, families – not corporations

– own and operate 96% of Illinois farms. Farm groups and Casey's sought to debunk the corporate myth with images of Illinois farm families like ours in self-stick flyers on 250,000 Casey's pizza boxes statewide in the month of October.

Three generations of our family and employees make up our harvest crew, and the pizza bag performs. It maintains warmth for up to 10 meals in Styrofoam containers and up to five large pizzas, one more than advertised. The bag doubles as an over-sized soft cooler when I throw in some ice packs and certainly makes my list of favorite things. Today, I own pizza bags for two vehicles. My sister-in-law owns one. My mom, three. Collectively, we can handle delivery for the annual 4-H pizza party for 100 people.

"Is Grandma bringing food?" our son often texts from the tractor with grain cart during the 5 o'clock hour. Our now-15-year-old asked the same question at age 4 when he visited the fields during harvest. Now he's working in them.

Yes, and by family tradition, expect pizza one night a week.

*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.*

## Internships

Continued from Page 1

The position is for a student that is enrolled at an accredited college or university. Applicants must be pursuing a degree in agriculture education, agriculture communications, or a related field.

The qualified student will possess excellent oral and written communication skills, including the ability to speak in front of large groups; will have experience with computers and technology, including proficiency in Microsoft Office and virtual meeting platforms; have good organizational skills; be able to work independently on a wide variety of assignments simultaneously; and have a passion for ag education.

The intern's responsibilities will include designing and overseeing a summer ag program, which will include giving presentations and conducting activities at community, library, and school summer events, assisting with planning and organizing our Summer Ag Institute for K-12 educators, creating posts for social media, and performing miscellaneous duties as they relate to the AITC program.

The position is selected through an interview process and application, as well as a resume, academic transcripts, and references.

For more information or to apply, contact Katrina Milton at 708-354-3276 or aitc@cookcfb.org.

## Family Farm and Food Bytes

### Inflation Reduction Act Drives Surge in US Imports of Chinese Used Cooking Oil

U.S. incentives to boost consumption of more environmentally friendly fuel has created a new market for used Chinese cooking oil, worth almost \$390 million in the last 12 months and growing rapidly, China's customs data shows.

China has been shipping more waste oil to the U.S. since October 2022, two months after the Biden administration passed the Inflation Reduction Act (IRA) to promote clean energy, which included tax credits for production of sustainable aviation fuel (SAF) and extended incentives for biodiesel.

Used cooking oil can be refined into fuels such as biodiesel and SAF, which can be blended with conventional fuels to reduce carbon emissions. It is also a feedstock for renewable diesel, which is chemically equivalent to petroleum-based diesel.

### Spotted lanternfly confirmed in Illinois (FarmWeekNow)

The invasive spotted lanternfly (*Lycorma deliculata*) has been detected in Illinois for the first time. Federal, state and local officials collected and submitted specimens from Cook County and received confirmation Sept. 26. The spotted lanternfly (SLF) does not present any human or animal health concerns.

SLF is an invasive plant hopper native to eastern Asia and was first found in the U.S. in southeastern Pennsylvania in 2014. SLF has continued to spread throughout the eastern U.S. and recently into the Midwest. Confirmed identifications of SLF have been recorded in Indiana, Michigan and Ohio, in addition to some eastern and southeastern states.

SLF feeds on a wide variety of plants, including a strong affinity to the invasive tree of heaven (TOH), grapes (both wild and cultivated), and maple trees. These plants should be targeted for any monitoring activities. When feeding, SLF produces honeydew which is a sticky liquid that often coats or accumulates on the foliage and other parts of plants.

People are encouraged to report any believed sightings of SLF and photos are necessary to verify a report and to aid in identification.

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



## Animal Care



Farmers take great personal interest in the care of their animals. Depending on the type of livestock farmer they are, their animals may spend time on pasture, in large environmentally controlled barns, or a combination of both. Some, like this dry pack monoslope barn (pictured), are specially designed with the cow's comfort in mind. The roof is sloped to allow the maximum or minimum warmth from the sun (depending on the time of year). Other barns feature misting fans and floors covered with slotted rubber mats, allowing manure to pass through to a pit under the barn. The manure is then used as fertilizer on the fields.

## '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](https://cookcfb.org/file/1386/23-1434%20Cook_Were%20Neighbors%20Booklet_Web.pdf) or scan the QR code



# Manifolds, Manolos, and Manure

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



**Bona Heinsohn**

Our rodeo drill season has come to a close. As we hang up our chaps for the winter, it's important to take inventory. After over a year off for an injury, our big red grumpy dragon again graced an arena. With my blue-eyed girl in tow, he ran a sweep. Pinwheeled. Barrel turned. And rolled back into a flying v. If you had asked us a year ago if we thought he would make it back for the 2023 season, we would've told you no. This is a win.

His younger brother, on the other hand, graced eight arenas. From the Blain's Farm and Fleet Coliseum and HW Brand Arena at the largest horse fair in America to a professional rodeo circuit pen and finally to one of my favorite fall fests. He ran four different spots and ended the season leading the clover-leaf. Windows. One-armed pinwheel. Mini-sweep. The diagonal across the arena. And the race out of the arena gate. This is a win.

If you had asked me when we first brought him home if I thought I'd let him run rein-free in a mini-sweep with the crowd on one side and the music

belting out the chorus of "Light 'Em Up" by Fall Out Boy, I would've laughed. He also raced rein-free down the rail as Shania Twain crooned out "Giddy Up" but that was because I had to fix my hat. This is a win.

This year, he overcame his fear of cattle. Bucking chutes. And bulls. He stood nose to nose with a steer at the Stephenson County Fair. And demonstrated his roll-back skills at a sorting clinic. As a team we joked that after this year our 'green' horses are actually a shade of 'yellow.' Not quite finished. Not quite a newbie. A delicious, crazy stage in between. This is a win.

My blue-eyed girl joined drill in 2018 as a fill-in. At the time we were leasing our trainer's buckskin, "Lady." She officially earned herself a spot in 2019 a top of our big red grumpy dragon. This year marked her fifth season and the season she earned her "whistle." The rider responsible for carrying the whistle in drill has to "see" the entire arena and know where each rider is. They're responsible for signaling the next move. Ensuring that timing is correct. And making split-second decisions if a move needs to be extended or shortened. For many this is a

coveted spot since it's usually reserved for the most senior, seasoned rider. This is a win.

A semi-well-hidden secret is that this spring we welcomed another horse to the zoo. A little horse is more accurate. "Fritz" barely tops the ruler at 34 inches. In addition to four of the tiniest hooves I've ever seen, he boasts a wild mane. One blue and one bi-colored eye. And a stripe that crookedly runs down his face and makes his lip look lopsided. "Fritz" comes at a run to his name, scurries to the gate when grandma arrives, and despises needles with a healthy passion. To that end, every time we handle him, we poke him with a finger. Hoof pick. Spoon. Measuring scoop. Basically, anything we have in our hands. This fall he nearly stood like a gentleman for shots. This is a win.

This winter my blue-eyed girl will officially earn her red hat. Her chaps. And red glitter. No longer will she watch rodeos or be gate crew. Instead, she'll line up. Race through the alley with her flag dipped just enough not to catch the top support. Run a rodeo pen. Stand for the National Anthem. And race out of the arena before turning back to give it one last look. All to do it over again. This is a win.



As we hang up our chaps it's important to take a minute to be proud of just how far everyone has come.

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

## Averted shutdown keeps funds flowing to ag, nutrition programs

**BY TIMOTHY EGGERT FarmWeek**

Federal lawmakers narrowly averted a government shutdown Sept. 30, passing legislation that among other measures will maintain funding for key agricultural and nutrition programs through Nov. 17.

Approval of a continuing resolution (CR) to keep the government operational for 45 days came Saturday afternoon in the U.S. House on a 335-91 vote, then in the U.S. Senate on an 88-9 vote. President Joe Biden signed the measure into law Saturday evening.

All three GOP House members from Illinois voted against the CR, along with U.S. Rep. Mike Quigley, D-Chicago. Both U.S. Sens. Tammy Duckworth,

D-Hoffman Estates, and Dick Durbin, D-Springfield, voted in favor.

Because the legislation allows the government to remain open, federal employees, like the 50,000 who work at USDA and other ag-related agencies, will continue to receive pay and provide technical assistance for farmers at county-level offices.

The stopgap bill also allows a range of ag and food-related programs that were at risk of being impacted by a shutdown to continue, and includes funding for:

- USDA to keep distributing federal grants to states for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) at a "rate for operations necessary to maintain

participation." WIC provides food, nutrition education and other benefits to low-income women who are pregnant, breastfeeding and postpartum non-breastfeeding and their children.

- USDA's Food and Nutrition Service to "maintain current program caseload" in the Commodity Supplemental Food Program (CSFP). CSFP aims to improve the health of low-income people who are at least 60 years old by supplementing their diets with nutritious USDA-approved foods.
- Approved applications under the Farm Service Agency's direct and guaranteed farm ownership loan program.
- Maintaining activities and operations under Rural Development's Rural

Housing Service Rental Assistance Program.

- Extending the Livestock Mandatory Reporting program.
- Continuing rural broadband programs administered by the National Telecommunications and Information Administration.

But despite the extension, Congress still needs to agree on a package of 12 agency appropriations bills. Among those is legislation for spending at USDA and the Food and Drug Administration.

A version of that bill with steep cuts to both agencies ultimately failed Sept. 28, when the House voted 191-237 to reject it.



### PRESIDENT PRECKWINKLE DELIVERS FY 2024 BUDGET

Cook County President Toni Preckwinkle presented her FY 2024 budget proposal in October. The \$9.14 billion budget proposal includes no new taxes, fees, or layoffs. Instead, the proposal calls for the elimination of 300 vacant positions within the Health System. A majority of the positions proposed to be eliminated are non-nursing.

The Cook County Board of Commissioners is expected to vote on the budget in November. Cook County Farm Bureau staff will monitor the hearings and provide input when warranted. Farm Bureau's primary issues of concern include new or increased taxes, fees, or costs of doing business.

## Farm Bureau Supports Solar Panels on Cook County Properties

The Cook County Business and Economic Development Committee is considering options to incentivize the installation of rooftop solar panels on commercial and industrial properties. Ordinance 23-3872 would exclude solar energy systems i.e. panels from the market value of the property.

Farm Bureau policy supports incentives for renewable energy including solar panels. Additionally, Farm Bureau is supportive of rooftop solar panels thus preserving productive farmland.

In support of Ordinance 23-3872, Cook County Farm Bureau sent the following brief note to the sponsor, Commissioner Bridget Gainer, and to be entered into the committee record.

Cook County Farm Bureau supports

Ordinance 23-3872, an ordinance excluding solar energy systems from assessor's market valuation of structures and improvements. Farm Bureau policy #11. Energy (pg. 8, line 30) supports programs and efforts to increase renewable fuel production in Illinois. We encourage committee members to support this ordinance in an effort to encourage solar panel installation on commercial and industrial properties.

Ordinance 23-3872 was approved by the Cook County Board of Commissioners at their September board meeting.

Members with questions regarding this ordinance or renewable energy matters are encouraged to contact Bona Heinsohn at [bona@cookcfb.org](mailto:bona@cookcfb.org).

# COOK COUNTY

## Financial Representative of the Month

The Financial Representative of the Month program is designed by COUNTRY® Financial Agency Managers of Cook County to recognize overall Insurance Leaders in Life, Disability, Auto, Home, and Health production during the month. The agent earns the award through efforts to provide quality service to existing and new clients. Listed below are the various agents honored by their agency manager with the Financial Representative of the Month designation.



### \*ILIR NUMANI

has been named Career Financial Representative of the month for September 2023 by Vicki Nygren, Agency Manager. Ilir's office is located at 6650 N Northwest Hwy, Ste 200, Chicago, IL 60631. His phone number is 773-631-2909. Ilir has been a Financial Representative with COUNTRY® Financial since April 2005.

Chicago North Agency, Vicki Nygren, Agency Manager



### \*MIKE SPADONI

has been named Career Financial Representative of the month for September 2023 by Cary Tate, Agency Manager. Mike's office is located at 3923 W 95th Street, Evergreen Park, IL 60805. 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



### \*BRETT RIEKENA

has been named Career Financial Representative of the month for September 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 Agency, 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.*

## Applying for Beginning Farmer Loans

The Farm Service Agency (FSA) assists beginning farmers to finance agricultural enterprises. Under these designated farm loan programs, FSA can provide financing to eligible applicants through either direct or guaranteed loans. FSA defines a beginning farmer as a person who:

- Has operated a farm for not more than 10 years
- Will materially and substantially participate in the operation of the farm
- Agrees to participate in a loan assessment, borrower training and financial management program sponsored by FSA
- Does not own a farm in excess of 30 percent of the county's average size farm.

For more information contact, contact your local County USDA Service Center or visit [www.fsa.usda.gov](http://www.fsa.usda.gov).

# 2024 Farmland Questionnaire/Affidavit

AVAILABLE SHORTLY

The 2024 Farmland Questionnaire/Affidavit for Cook County should be sent out by the Cook County Assessor shortly. The filing deadline date is January 31, 2024, and the forms must be notarized.

Cook County Farm Bureau has two staff members who are notaries and will notarize documents free of charge (please call in prior to stopping in the office to ensure they're in the office).

Copies of the 2024 Farmland Questionnaire/Affidavit can be obtained at [www.cookcountyassessor.com/farms](http://www.cookcountyassessor.com/farms)

**Notarized copies should be sent to:**

**Cook County Assessor's Office**  
Incentive Department  
Farmland Questionnaire/Affidavit  
118 N. Clark Street  
Room 301  
Chicago, IL 60602

*Be sure to retain a copy for future reference.*



*Happy*  
**THANKSGIVING**

**We are thankful to farmers for the food on our tables.**



## FUN FACTS ABOUT Turkeys

- Illinois farmers produce close to 3 million turkeys each year
- Americans consume more than 1.4 billion pounds of turkey each Thanksgiving
- Benjamin Franklin preferred the turkey to the bald eagle as America's national bird
- Wild turkeys can fly and sleep in trees
- Only male turkeys gobble
- The foil packets of the astronauts' first meal on the moon contained roast turkey

## 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

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.

Cemetery plots: Mt. Vernon Memorial Estates, Lemont, IL. Located in the Garden of Apostles, Blk #3, Lot #56-B, graves 1 & 2. Cemetery price \$3649.00 each. Asking \$2900.00 each which includes transfer fees. **Call Dolores @ 708-935-6470.**

Bedroom set for sale, excellent condition. \$400 cash only. **Call 708-426-9065.** Pictures are available on the website.

### 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](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.**

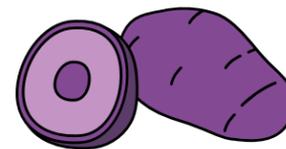
Wanted LP Rock & Roll album records, call **John 708-860-9562.** Pre-1971 Baseball cards, call **Gary 708-363-4559.**

## 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  
"U"

**UBE**



*Ube (Dioscorea alata) is a purple yam that is native to Southeast Asia and predominantly used in Filipino cuisine.*

Ube, which means tuber in Tagalog, is known for its vibrant purple color and sweet taste.



Ube has a sweet but nutty flavor with a hint of vanilla that makes it an excellent ingredient for your dessert menu.

The skin of ube is a creamy, off-white color while the flesh of raw ube is a light purple (it becomes dark purple when it's cooked).

Ube is most often boiled, mashed, and mixed with condensed milk to bring out its sweetness.

**THEY ARE A GOOD SOURCE OF HEALTHY CARBS, VITAMINS, ANTIOXIDANTS, AND FIBER.**

Ube yams have a rough, dark-brown skin that is usually bark-like in texture. The inside flesh ranges in color, from pale pink to deep lavender, almost fuchsia.



Ube is not typically found in its raw form in the United States, more often available in powdered and extract forms.

Next month...Vegetable Soup

Source: <http://www.foodreference.com/html/artnectarine.html>



## RURAL-URBAN DOCUMENTARY

Cook County Farm Bureau volunteer, Amy Hansmann (R) was interviewed and filmed by the Illinois Farm Bureau (IFB) film crew in October as a part of the Rural-Urban documentary that is being created by the IFB. Scott Anderson from the Illinois Farm Bureau interviewed Amy with videographers Mack Klingbeil and Mark Pressburger providing camera support.



## 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](mailto:membershipdebbie@cookcb.org).**

## 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.

### 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? 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/w1s6vkm1cvncp3/>



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 CDDBA, \$100.00 for non-members

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



## COOK COUNTY FARM BUREAU FOUNDATION

### “MOVING AG FORWARD” VOCATIONAL AG CAREER TRAINING SCHOLARSHIPS

The CCFB Foundation is offering four vocational agriculture career training scholarships up to \$1,250 to students enrolled in a vocational training program or at an Illinois Community College for Truck Driver Training, diesel mechanics, welding, or technology with a focus on an agriculturally connected career.



**Agriculture and farming needs skilled workers to support the industry including:**

- CDL drivers for hauling agricultural commodities, food products, inputs and equipment.
- Diesel mechanics to keep agricultural equipment running in the fields and on the road
- Welders for construction and repair of agricultural equipment and systems
- Technology specialists for high-tech agricultural equipment, machines, and systems.

**There are 3 open enrollment cycles to apply:**

**Cycle 1:** Deadline for consideration is October 31, 2023.

**Cycle 2:** Deadline for consideration is February 28, 2024.

**Cycle 3:** Deadline for consideration is July 31, 2024.

For more information and to apply for a scholarship, please visit our website at [www.cookcfb.org/foundation](http://www.cookcfb.org/foundation) or call the Cook County Farm Bureau office at (708)354-3276.



## 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 are 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.

**DECK your HALLS**

this holiday season with fresh trees, garland, wreaths, poinsettias, greens and décor!



**Purchase from a Farm Bureau Member Business.**  
To locate one near you, visit our ShopLocal online directory at:  
<https://cookcfb.org/discover-local/shop-local/online-directory>

### MEMBER BUSINESS

- Clarke’s Garden Center** Chicago Hts. | Wreaths, garland, greens, poinsettias, decor
- Gorman Tree Farm** Monee | Trees, wreaths, garland
- Horcher’s Farm** Wheeling | Trees, handmade wreaths, greens, flowers
- Kolze’s Corner Garden** Woodstock | Trees, wreaths, garland, poinsettias, decor
- Melka’s Garden Center** Mokena | Trees, wreaths, garland, greens, poinsettias, decor
- Puckerville Farms** Lemont | Trees, wreaths, garland, decor
- Smits Farms** Sauk Village | Trees, wreaths, greens
- Ted’s Greenhouse** Tinley Park | Poinsettias, greens, handmade bows
- The Children’s Farm** Palos Park | Wreaths
- Historic Wagner Farm** Glenview | Trees, wreaths, roping, garland, greens
- West End Garden Ctr** Evanston | Trees, wreaths, greens, flowers, plants, decor