



COOK COUNTY GO-OPERATOR

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

Mark Your Calendar



August

- 15th Summer Photo Contest Deadline **PG 11**
- 22-24th Farm Crawl **PG 1 & 12**

September

- 18/19th Smart Driver 2 Day Course **PG 12**
- 28th Shred Day at CCFB **PG 12**

October

- 5th Giant Pumpkin & Local Honey Contest **PG 10 & 12**

CFB Foundation "Evening for Ag Education Gala" recap and photos on page 4.

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



Which Young Leaders Committee member represented CCFB during a recent Leaders to Washington DC visit?

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

July Winner: Jerry Robinson

Question: Cook County Farm Bureau Foundation is funding an Ag Literacy Internship in the CCFB Ag Literacy Department this summer. What is the intern's name serving in this position?

Answer: Amanda Maiers



Respond Now Community Garden

Respond Now Community Garden is a much-needed green space nestled in the center of a cross street in Chicago Heights. This food production garden supports the attached organization's Food Pantry, serving many local families with fresh produce including collard greens, tomatoes, peppers, herbs, squash, and more. Garden Coordinator, Susan McCarthy, along with volunteers, tends and cares for the garden while serving on the Respond Now Board of Directors. For more garden grant recipients, go to page 8.



PASSPORT PARTICIPATION CASH RAFFLE:

PASSPORT RAFFLE:

Top 3 cash prizes: \$500.00, \$350.00, \$150.00

Additional small prizes awarded in passport raffle

"FAVORITE AG PASSPORT LOCATION" PASSPORT RAFFLE:

\$500.00, \$350.00, \$150.00

Awarded to 3 Crawl locations identified as a favorite on passports will receive a cash prize

It's back better than ever!

PASSPORT TO AGRICULTURE

Thursday, August 22nd, Friday Aug 23rd & Saturday, August 24th

All Are Welcome To "Crawl" On This Self-Guided Tour and Visit Our Diverse Member Businesses:

Family Farms, Greenhouses, Garden Centers, Feed Stores & More

Farm Crawl location and details on Passport made available:

- Online: <https://bit.ly/3LtTPBy>
- Email: ccfb@cookcfb.org
- Crawl locations will have limited number of passports.
- Stop by the CCFB office.

Entry to the Raffle:

1. Visit CCFB Member Ag Businesses locations on passport
2. Have your passport signed/verified by a minimum of 3 locations
3. Submit your Passport and be entered into raffle for cash and prizes by August 30th!

Raffle Entry RULES:

- One passport per person - must include name and contact info/email to qualify
- Passport must include 1 favorite crawl location
- Deadline to submit Passport: August 31, 2024
- Passport submitted via:
 - Email: ccfb@cookcfb.org
 - Fax: 708-579-6056
 - Mail: CCFB 6438 Joliet Rd Ste 101, Countryside, IL 60525, Attn: Farm Crawl

If you prefer to receive this publication exclusively in our electronic format, the e-Co-Operator, simply send us a request by contacting us by phone at **708-354-3276** or email us at fbcooperator@gmail.com.

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!

Board of Directors Meet in July

During the regular monthly meeting of the Cook County Farm Bureau held July 10, the Board welcomed Willene Buffett, Director, and Zach Grant, Educator – Local Food Systems and Small Farms, from the Cook County University of Illinois Extension to provide a review of Extension programming and to discuss partnering opportunities. The board continues to seek strong partnerships to better assist members.

The Board reviewed and approved a plan of action for Ag in the Classroom Department for the 2024 – 25 school year. Following a terrific growth, 1261 presentations to 28,629 students, the board approved a plan to repeat the success in the upcoming school year with a focus on in-person, hands-on presentations by our skilled presenters featuring Intro to Illinois Agriculture, There's Ag on my Plate!, and What's the Dirt on Illinois Soil?.

During the meeting, the board also approved a director nominating committee and received various updates from teams, building, foundation, membership, finance, and staff.

HOW FARM BUREAU SERVED YOU IN JULY

- ▶ **Assisted community gardens with funds and highlighted their efforts to members and the public.**
- ▶ **Visited member Ag / farm business locations and provided materials for use with customers. We will continue to promote local to members and customers.**
- ▶ **Provided a Soil Test Program that is affordable and useful for members and the public to purchase.**
- ▶ **Held a program about Monarch butterflies at Glenview Public Library to teach about the butterflies' lifecycle, raising and releasing the butterflies, their migration to and overwintering in Mexico, and the importance of pollinator gardens and milkweed.**
- ▶ **Held a Summer Ag Institute workshop where educators earned 6.5 hours of PDCH learning about agriculture, soil science, and land use through time.**



Mental Health

Care Package

Cook County Farm Bureau in partnership with Illinois Farm Bureau and COUNTRY Financial is bringing mental health awareness to our farmer members by providing "Strength Over Silence" giveaway bags. These bags include stress balls, sleep masks, air fresheners, and magnets highlighting the resources available to Illinois farmers.

Mental health and substance abuse resources are available at the County Farm Bureau office and during events.



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

Gratitude Journal

Each month, there are people that go out of their way to lend a hand to help with our cause in many ways, both big and small. We appreciate it greatly!

The Cook County Farm Bureau thanks...

- Chicago Northwest COUNTRY® Financial representatives for taking time out of their busy days to join Cook County Farm Bureau for a 'Tipping the Scales' luncheon to celebrate their support of Food Checkout Day and local food pantries.
- Rick and Cathy Johnson for taking time to coordinate and tour 2024 Community Garden Grant recipient gardens and present signage.
- U of I Extension South Suburban Master Gardener Help Desk Team for their dedication to members and the general public answering horticulture questions, emails, and soil test interpretations. Special shout out to Extension Coordinator, Margaret Westmeyer Burns; Extension Hort Educator, Nancy Kreith; and Master Gardener volunteers, Jackie, Ed, and Claudia for their expertise in all things Soil Results!
- The Foundation Fundraising Committee Janet McCabe (chair), Mike Rauch, Gerry Kopping, Ruth Zeldenrust, Dan Biernacki, Kim Morton, Sharon Stemke, Heidi Yunker, Terry Landschoot, Greg Stack, and Karen Biernacki for putting together a wonderful "Evening for Ag Education" gala on July 19 in Orland Park. We thank all of the members and friends that participated in the event to raise funds to improve Ag Literacy in Cook County.

Co-Operator

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



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

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

Officers & Directors

Janet McCabe, President
 Gerry Kopping, Vice President
 Ruth Zeldenrust, Secretary-Treasurer

Dan Biernacki	Roger Freeman
Mike Rauch	Todd Price
James Bloomstrand	Greg Stack
Patrick Horcher	Blake Lanphier
Mark Yunker	

Farm Bureau Manager

Bob Rohrer

Office Staff

Jill Drover	Katrina Milton
Kelli Villarreal	Linda Tobias
Bona Heinsohn	Tim Rost
Melanie Senne	Julie Hespeneide
Debbie Voltz	

Affiliated Companies

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

Postmaster - Mail Form 3579 to 6438 Joliet Road, Countryside, IL 60525

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

The Co-Operator, the monthly publication of the Cook County Farm Bureau®, is available to members through mail delivery, email, or by viewing online at www.cookcfb.org. 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**

“Republicans, Democrats, and Independents”

I have known my parents for many decades. They are farming Americans from the rural area. They might be Republicans or Democrats or Independents. I don't know. After all those decades, I still do not know who they have voted for, if they have a party affiliation, or who they will vote for in the upcoming presidential election. Their vote has always been very personal, and they believe it is no one's business to know how they vote (including their nosy son).

As we are approaching another presidential election, I will not know which candidate Mom and Dad support. I do know that political ads will take over the airways and media. Will those ads carry a positive or negative message? I think we know the answer to that one as well.

The national political conventions, Democratic Party in Chicago and Republican Party in Milwaukee, provide the additional benefit of local favor, hype, spin, drama, polls, news, protests, and commentary.

Political drama includes age, cognitive ability, fitness for office, and court cases for both parties to wrestle. Following the assassination attempt and words of unity, what will prevail...a higher ground of statesmanship? Partisan bickering? True issue debate? What will happen before, during, and after November. And now, President Biden has announced his plan not to seek re-election...fall out?

I am really (add another “really”) thankful that as a general farm organization, the Farm Bureau does not select

a presidential candidate to support or to oppose. We have members that are staunchly Republican, loyally Democrat, and proudly Independent. Endorsing one candidate over another would not play out well with a chunk of members, and would be a great way to lose segments of the “member” vote. Members vote with their wallets and purses!

Ultimately, members want (and need) Farm Bureau to achieve the farm related policies and beliefs approved through our grassroots processes, no matter which party is in the majority. I've have seen it play out during the Carter, Reagan, Bush, Clinton, Bush 2, Obama, Trump, and now the Biden administrations (others before that are beyond my feeble memory). Each President arrived on the Washington scene with some good and some not so good farm related impact intentions. Knowing we need to work with whoever arrives in the office, Farm Bureau focuses on farm issues and communications about food, fiber, and fuel. We work to implement member policy related to those issues in a non-partisan approach with the President as well as elected bodies at the federal, state, and local levels.

And speaking of politics, cultivating the “farm vote” does not seem to be a concern to the presidential candidates or parties this year. Back in the day, presidential candidates and political parties would have a segment of their campaign platform focused on farming and agriculture. Just over 1% of the population farms. Certainly,

not a big voting block unless farmers voted as a unified block (fat chance). However, the agricultural industry is huge with associated jobs, economics, and consumer impact. I guess polling data says the farm vote doesn't matter.

The party platforms reflect that conclusion. I did a quick farm policy platform promises/proposals check and there is not much from either party.

The Democratic Party platform has a short section on rural

Americans that includes mentions of family farmers, farm programs, non-discrimination by the USDA, and net-zero emissions.

The Republican Party platform has even less farm policy addressed with just a mention to protect farmers from unfair foreign competition.

On a personal note, when each presidential election cycle rolls around, I remind myself not to get too wrapped up in all the blustering winds of rhetoric. Now if the President were king, there would be more to be worried about. I have come to realize it is the actions of elected officials from municipalities, townships, the county, and other local units of government that have a greater direct impact on my life, family, home, and property.

If I were king, I would proclaim...love, peace, and



tranquility to all voters. Maybe those farmers I call “Mom” and “Dad” have it right.

August must be the time for Downwind heavy topics. My topic last August was the pending Farm Bill and the reasons why the average American should care about it. Here we are one year later, and I can't believe that the US Senate and House have not yet approved a new Farm Bill... A year of wasted time, rhetoric, and unsurety for farms and landowners across the country.

At least I did not write about the Chevron Doctrine reversed by the Supreme Court last month and its impact on farming...talk about a heavy topic.

Recipe of the Month



Zucchini Casserole

Joyce Holste, Midlothian

DIRECTIONS:

Layer all in 1 qt casserole dish sprayed with pam, etc in order given. Bake 350 covered for 20 minutes and then uncovered for 10 minutes.

For more fresh recipes from our collections, go to: <https://cookcfb.org/discover-local/community/recipes>

INGREDIENTS:

- 2 c zucchini, washed, unpeeled, sliced
- 1 ½ c sliced fresh mushrooms
- ¼ c sliced or diced onions
- ½ c shredded cheddar cheese
- ½ t basil

2024 Recipe Collection is Here!

To receive a copy of the 2024 Recipe Collection Booklet, email: membershipdebbie@cookcfb.org, call: 708-354-3276 or register from the MyIFB member center account.



COUNTRY Financial® is growing!

We're looking for entrepreneurial, client-focused professionals to join our sales team.

Do you know someone who might be a good fit?

Refer them and you may be eligible to receive a \$1,500 reward!*



Scan the code to submit a referral.

*The COUNTRY Financial Quest for the Best candidate referral program does not guarantee the opportunity to contract. Review terms and conditions at <http://cfin.us/referralFAQs>.

COUNTRY Financial® is a family of affiliated companies (collectively, COUNTRY) located in Bloomington, IL. Learn more about us at COUNTRYFinancial.com.



Cook County Farm Bureau® Foundation



An Evening for Ag Education GALA

helps plant the seeds of farm and food literacy

The "Evening for Ag Education" Gala fundraiser was a fun-filled night to remember, raising more than \$30,000 to support agricultural literacy efforts in Cook County. The event was held Friday, July 19, at Silver Lake Country Club in Orland Park.

Attendees enjoyed hors d'oeuvres, dinner, entertainment by the band The Hat Guys, a live auction, a silent auction, a Truth or Hogwash trivia game, as well as other fundraising activities for the Farm Bureau's Ag Literacy Program and Foundation. Most importantly, members and supporters came together for a fun-filled evening focused on raising money to further the cause of the Cook County Farm Bureau Foundation.

A new 5 minute video was premiered to promote the Foundation's efforts in support of students, classrooms, and agricultural education in Cook County. The video may be viewed at cookcfb.org/about-the-foundation

Money raised will be used to support the Cook County Farm Bureau Agriculture Literacy Program and Foundation scholarships. The program helps urban children, their parents, and teachers know about where their food, clothing, fuel, and nutrition comes from. The program also offers scholarships to help area young adults attend college to pursue farm and food-related career paths, as well as provide farm experiences, hands-on lessons about farming, and food-based education to the community.

Goals/ Objectives Achieved:

- 190 people attended
- We substantially surpassed our fundraising goal of \$12,500
- Attendees gained a better idea of the importance of the scholarship program for agricultural careers
- We showcased the programming efforts of the Cook County Farm Bureau Agriculture Literacy Program and the Foundation support

Sponsors

Presenting Platinum - COUNTRY Financial and Kopping Farms Equestrian Center.

Gold - Julie and Dwayne Michaels Family, Cook County Farm Bureau Board, Ted's Greenhouse, IAA Credit Union, Compeer Financial

Silver - Conserv FS, Goebbert's Farm and Garden Center

Bronze - Prairie Creek Grain Company, Prairie Farms Dairy, Matthew O'Shea Consulting, ADM, J.L. Woode. LTD

Friends of Foundation - Mark Olander, Attorney at Law, Bob and Jayne Rohrer, First Bank of Manhattan, Cook – DuPage Beekeepers Association, The Feed Store, Enterprise Mobility.

Thank you

Live Auction and Silent Auction donors – Thank you to our many Live Auction and Silent Auction donors.

Planning Committee – Janet McCabe (Chair), Gerry Kopping, Ruth Zeldenrust, Mike Rauch, Dan Biernacki, Sharon Stemke, Kim Morton, Heidi Yunker, Karen Biernacki, Greg Stack, Terry Landschoot, and CCFB Staff.

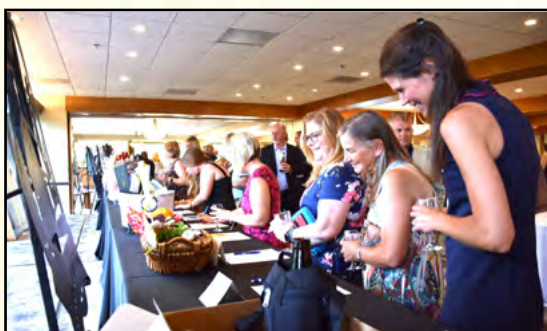
We would like to share our sincere thanks and gratitude to the Fundraiser Committee, the Board of Directors for the Farm Bureau and the Foundation, the Cook County Farm Bureau staff, donors and buyers for the silent and live auction, and our sponsors, with whom the event would not have been possible.



Gala attendees dance along to music provided by The Hat Guys.



Event MC Luke Allen, Program Advisor for Facilitating Coordination in Agricultural Education (FCAE), reads questions for the Truth or Hogwash trivia game. The game was won by Rick Johnson.



During the Evening for Ag Education Gala, attendees view and bid on silent auction items.



A video summarizing the Cook County Farm Bureau Foundation's programs, mission, and outreach was debuted during the Evening for Ag Education Gala.



Scholarship recipients were special guests of the event. Elijah Floerke poses next to his recognition banner as a 2024 scholarship recipient.



Photo Booth – CCFB Foundation Board President Janet McCabe and her family and friends take a group photo at the photo booth during the gala. Items for the photo booth, including fresh hay and the horse saddle, were provided by Heidi Yunker.



CCFB Foundation Board Vice President Gerry Kopping, left, and his daughter Rebecca choose plants as favors for attending the Evening for Ag Education Gala. The favors, a variety of cocktail herbs, were provided by Ted's Greenhouse.



Raffle Drawing – Carmen Trotta, the recipient of CCFB's Howard Paarlberg Excellence in Agriculture Scholarship, chooses the winning 50/50 raffle ticket with Bona Heinsohn, CCFB Staff and Luke Allen, Emcee. The raffle was won by Ron Leahy.



Ken Freeman, left, conducted the live auction during the gala.

For more details about the event and photos, visit the Foundation section of our website, www.cookcfb.org.

Pollinator Outreach Blooms at Chicago's Lincoln Park Zoo

By HANNAH SPANGLER, *FarmWeek*

Pollinators provide invaluable support to agricultural production and supply chains — a message that matters to farmers and Lincoln Park Zoo in Chicago, especially during Pollinator Week.

To provide outreach about the importance of pollinators, the zoo hosted its third annual Pollinator Week education collaboration alongside community partners from Illinois Farm Bureau and the Cook County area. Tourists and residents of all ages visiting on June 18 had the chance to learn about the work pollinators do to support food production and how farmers and consumers alike can work to implement practices that can support them long-term.

"This is a really easy way for everyone to come together and contribute in our own ways to pollinator education conservation efforts," said Raelynn Parmely, Illinois Farm Bureau environmental program manager. "Hopefully, people learn something from the day and can see how they can dig into pollinator resources locally."

Pollinators are responsible for fertilizing over 180,000 plant species and 1,200 crops. Some scientists estimate three out of

five bites of food exist because of pollinators such as native bees, butterflies and beetles. "A lot of our specialty crops would not be produced without the help of pollinators," said Parmely.

Bona Heinsohn, Cook County Farm Bureau (CCFB) director of governmental relations and public affairs, said that talking with consumers about pollinators and bringing in other community partners is extremely beneficial. The conversations help the public see how much farmers are doing to support pollinators. "I consider pollinators to be kind of a gateway question," said Heinsohn. "People ask about bees and what we're doing with pollinator habitats, and then it's really easy to talk about what farmers are doing on a large and small scale."

The partnership with the zoo grew with assistance from IFB's pollinator grant program. Since 2021, the grants have helped county Farm Bureaus apply for funds to implement projects such as planting pollinator habitats or providing outreach events. With grant funding, CCFB grew its pollinator network locally and connected with Lincoln Park Zoo.

Through stronger community outreach, CCFB also added community partners to Pollinator Awareness Day such as Metropolitan Water Reclamation District and Cook County Ag in the Classroom. Natasha Nicholes of The We Sow We Grow Project was also a part of the day as this year's "Ask a Farmer."

Emma Martell, Lincoln Park Zoo director of Child, Teen and Family Engagement, said the day also brings awareness to the zoo's participation in Monarch SAFE (saving animals from extinction), a consortium of over 100 accredited zoos providing educational programs or equipping people with tools to create pollinator habitats.

"We are always looking for ways to get the message out there that anyone, whether they're located in a city or in a rural area, can create pollinator habitats in their own homes," said Martell. "At Lincoln Park Zoo, we are for wildlife, and we want to continue supporting others making conservation-friendly choices."

MORE INFORMATION: To learn more about the zoo and its work with pollinators can visit Lincoln Park Zoo in person for free or visit its website, lpzoo.org



AITC Summer Intern Amanda Maiers helps sisters create a Monarch butterfly craft at Lincoln Park Zoo on June 18 during the zoo's pollinator event celebrating Pollinator Week.



Cook County Farm Bureau's Ag in the Classroom program had an arts and crafts project, reading material, and educational activities related to pollinators at their booth at Lincoln Park Zoo's event celebrating Pollinator Week on June 18. Pictured are AITC Summer Intern Amanda Maiers, center back, and Director of Ag Literacy Katrina Milton, right.

Brookfield Zoo Celebrates Pollinator Week



Urban Farming, Living, and Pollinators

Cook County Farm Bureau staff Bona Heinsohn discusses the importance of pollinators to agriculture, including traditional and urban and avenues to support and promote pollinator habitat. Heinsohn's presentation was part of the Brookfield Zoo's partnership for pollinators. Farm Bureau also had activities and information for families to interact with during the event.



Brookfield Zoo Pollinator Partnership

Cook County Farm Bureau leaders hosted zoo camp goers during this year's pollinator program in celebration of Pollinator Week. Funding for this program was made possible through a pollinator grant from the Illinois Farm Bureau®.



Farm Bureau Celebrates Pollinators with Lincoln Park Zoo

Cook County Farm Bureau volunteers engaged with families about the impact of pollinators on the food web during this year's pollinator celebration at Lincoln Park Zoo. In addition to Farm Bureau, zoogoers visited with volunteers from the University of Illinois Extension, Agriculture in the Classroom, Metropolitan Water Reclamation District, and the Cook DuPage Beekeepers Association. Funding for this program was made possible through a pollinator grant from the Illinois Farm Bureau.

Planting Seeds

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

Wild West Adventure



Katrina J.E. Milton

During the last week of June, I traveled to Utah to attend the National Agriculture in the Classroom Conference. The three-day annual conference is an event I eagerly look forward to all year. The conference not only offers a traveling workshop to learn about local

agriculture in the event's hosting state, it also offers educational workshops on a variety of ag topics, from chocolate to hydroponics.

In the fall, I applied to present at this year's conference, and my workshop "Branching Out into Tree Science" was accepted as three mini-workshops, 20 minutes in length. Between 100 and 150 educators attended the three workshops, where they learned the agricultural uses of trees, the process of grafting, and how a tree's age is determined using their rings.

What I love most about the National AITC Conference is not sitting and listening to lectures – or standing and giving a lecture. Instead, I love the opportunity to network and get to know other educators that are passionate about agriculture. I met a scholarship-winning teacher from California that is bringing agriculture to her classroom with hands-on growing projects and a new teacher from Canada who was looking for ag lesson plans to add to her curriculum.

My three mini-workshops were the last workshops of the conference, and after my presentations, I returned to the Salt Lake City airport for the second half of my Utah trip: a travel excursion to national parks and historic destinations.

Joining me for the four-day weekend was Illinois Ag in the Classroom Education Specialist Stephanie Hospelhorn. Our first stop was Arches National Park, where we made a five-mile trek up a steep rocky

mountain to see the famous Delicate Arch, the arch depicted on Utah's license plate. During our extended weekend, we also saw petroglyphs carved into rock formations by the Fremont Indians, camped in a teepee, went horseback riding, and saw Pando, a quaking aspen tree clonal system that is thought to be the world's oldest, largest, and heaviest organism.

Although I wasn't in a classroom or a workshop, traveling around Utah was educational and taught me about agriculture in the Southwest. I saw fields of hay being irrigated, a donkey farm, cows grazing in a mountain's valley, a small grove of apricot trees, and ancient corn-grinding stones and 2,000-year-old corn kernels preserved in mud. I saw a small one-room schoolhouse and a small wooden one-room cabin that housed a mother, father, and their 11 children.

My trip taught me how important agriculture was to the native people and the early settlers of the West. They were inventors and innovators, finding ways to make life easier and grow crops and raise livestock. I saw granaries dug into the mountainside, pit houses underground accessed by ladders, and wooden barns and fences.

Although they were busy trying to survive, the residents of Utah always found ways to relax and enjoy life. Native Americans carved images of sheep and horses into rock and had drums and flutes to play music. Early settlers wrote poems and songs and painted pictures. And, like Stephanie and me, they found time to take the scenic route and look up at the starry sky.

Looking back at the photos I took and thinking back and all the great memories I made, I hope to visit Utah again in the future. We only visited a small section of the state, and I'd love to visit the salt flats, Zion National Park, and Bryce Canyon National Park. There's so much to be explored and so much to still learn – but first I might have to learn how to ski!



Left: Katrina presents "Branching Out into Tree Science" at the National Agriculture in the Classroom Conference in Salt Lake City, Utah on June 27.



Right: Katrina hugs Pando, a tree believed to be the world's oldest, largest, and heaviest organism. Pando is thought to be more than 80,000 years old and is located in Fishlake National Forest in Utah.

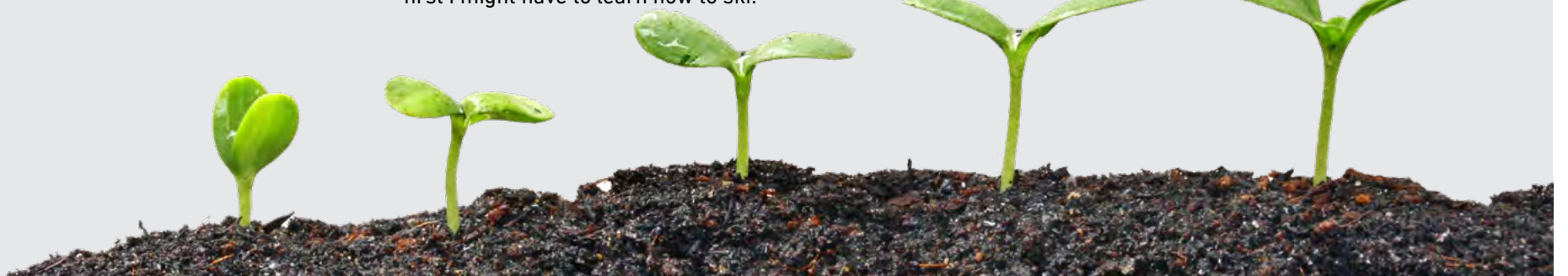


Left: Wolfe Ranch, a one-room cabin built by John Wesley Wolfe in 1906. He lived there with his son Fred, daughter Flora, her husband Ed Stanley, and their children Esther and Ferol. All six members of the family lived in the 15x17 cabin for two years.



Right: Fremont Indians carved petroglyphs into the rock formations of Fruita, Utah.

Katrina can be reached at aitc@cookcfb.org.



EDUCATORS: FREE SOIL AND MICROGREEN KITS AVAILABLE

Free mailable kits on the topics of soil and microgreens are available to Cook County teachers of 4th-8th grades. The all-inclusive kits for up to 30 students ship directly to your classroom free of charge. The kits are available while supplies last. **For more information or to request a kit, visit <https://bit.ly/ShipAKit>.**

AGRICULTURE IN THE CLASSROOM

Contract Presenter Opportunity

Our school outreach program is looking to add a contract presenter to our AITC Program. The educator will provide in-person programming to students in Cook County classes.

Our contracted presenters typically have classroom experience, as well as excellent presentation and communication skills. Knowledge of agriculture/horticulture has proven to be helpful.

This is an independent contractor position. Presentations and timeframes vary each week, between the months of September and May and offer great flexibility. **For more information, email Katrina Milton, Director of Ag Literacy, at aitc@cookcfb.org.**

COOK COUNTY FARM BUREAU® FOUNDATION



2025 BOOKMARK CONTEST

THEME: "FARMING IS FOOD"

Agriculture makes feeding the world possible! According to the American Farm Bureau Federation, **one U.S. farm feeds 166 people annually.** Farmers not only grow crops, such as corn and tomatoes, but also raise livestock, including cows for beef and dairy, pigs for pork, chickens for eggs, and bees for honey. We want YOU to show us how farmers work hard to help feed the world with the food they help produce.

Submit your artwork at <https://bit.ly/bookmarkAITC>
Open to students up to age 12.

AGRICULTURE ADVENTURES FOR FAMILIES



AUGUST AGVENTURE: STEM

STEM UP *for a great school year with agriculture!*

Every aspect of STEM (science, technology, engineering, and mathematics) is ag-related. If you enjoy STEM topics, you can one day have a career connected to agriculture! Below are descriptions of ag STEM fields and ag-related career opportunities.

<p>AG SCIENCE: sciences related to the production and processing of food and fiber</p> <ul style="list-style-type: none"> • Veterinarian • Soil Scientist • Livestock Nutritionist • Food Scientist • Researcher 	<p>AG ENGINEERING: a branch of engineering that applies engineering principles and biological science to agricultural systems and tools</p> <ul style="list-style-type: none"> • Equipment Operator • Equipment Technician • Design Engineer • Remote Pilot • Water Management Specialist
<p>AG TECHNOLOGY: the use of technology to improve the efficiency, profitability, and yields of agriculture</p> <ul style="list-style-type: none"> • Agronomist/Crop Scientist • Fertilizer Specialist • Ag Mechanic • Robotics Scientist • Plant Geneticist 	<p>AG MATH: applying mathematical concepts to agricultural topics</p> <ul style="list-style-type: none"> • Economist • Stock Trader • Purchasing Agent • Agribusiness • Sales Representative

Soybean Car

Did you know that Henry Ford invented the world's first plastic-bodied car using soybeans in 1941? Ford debuted the car on August 13, 1941, at Dearborn Days, an annual community festival.

According to the Henry Ford Museum's website:

"The frame, made of tubular steel, had 14 plastic panels attached to it. The car weighed 2000 lbs., 1,000 lbs. lighter than a steel car. The exact ingredients of the plastic panels are unknown because no record of the formula exists today. One article claims that they were made from a chemical formula that, among many other ingredients, included soybeans, wheat, hemp, flax and ramie; while the man who was instrumental in creating the car, Lowell E. Overly, claims it was '...soybean fiber in a phenolic resin with formaldehyde used in the impregnation' (Davis, 51)."



Photo from the Henry Ford Museum website: <https://www.thehenryford.org/collections-and-research/digital-resources/popular-topics/soy-bean-car/>

STEM Activity: Make Soybean Plastic

Taken from the Illinois Ag in the Classroom lesson "Soybean Plastic"

Materials Needed:

- 1 tbs. Cornstarch
- 1/3 tsp. Soybean oil
- Food coloring
- 1 tbs. Water
- Resealable sandwich-sized bag
- Microwave
- Pipette or eye dropper
- Measuring spoons



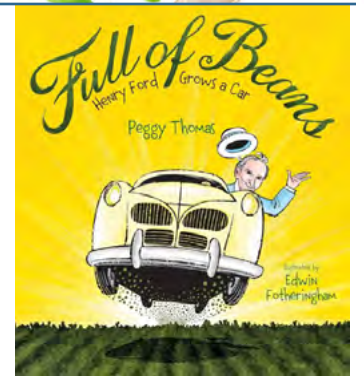
Directions:

1. Place one tablespoon of cornstarch, 1/8 teaspoon of soybean oil, and one tablespoon of water into a resealable sandwich-sized bag.
2. Close the bag and knead the materials together.
3. Open the bag and add two drops of food coloring. Close the bag and mix again.
4. Open the bag a little to create a vent and then heat it in the microwave for 20-25 seconds.
5. Remove the bag and let it cool. Be careful, the bag and contents will be hot! Once it's cooled, take it out of the bag. You now have soybean plastic!



Interested in soybeans and cars?

Read "Full of Beans: Henry Ford Grows a Car" by Peggy Thomas.



August Word Search

Car	D	C	S	I	O	S	F	M	N	E	M	J	F	F	Q
Career	N	R	X	X	C	M	X	O	C	R	A	C	I	J	A
Engineering	E	X	O	H	I	Y	Q	N	O	W	T	N	B	E	R
Fiber	K	N	O	F	H	W	E	Q	U	D	H	O	E	U	Q
Fields	R	O	G	S	C	I	P	O	T	S	E	I	R	N	S
Food	L	E	U	I	C	Z	S	Q	O	Y	M	T	C	E	Y
Ford	H	B	E	S	N	D	S	Y	H	I	A	C	V	N	I
Mathematics	D	J	A	R	L	E	B	H	M	B	T	U	F	M	D
Process	T	K	R	E	A	E	E	M	D	W	I	D	C	E	U
Production	R	N	I	S	A	C	F	R	J	Y	C	O	S	T	S
School	U	F	K	N	Z	C	O	I	I	R	S	R	Q	S	J
Science	V	P	R	O	C	E	S	S	S	N	N	P	S	X	K
STEM	S	W	U	D	Q	A	I	W	C	Z	G	C	E	Q	Q
Soybean	A	U	B	Y	X	I	T	S	K	I	E	J	O	U	E
Technology	Q	A	T	E	C	H	N	O	L	O	G	Y	P	R	R
Topics															

Last Month's Winner:
Karen Wendling

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: May 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 2024 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!**

At The Farm Gate

by Joanie Stiers



Drones Take Off in Agriculture

Most have seen those cool, little drones that hover like hummingbirds to capture bird's-eye images at festivals, weddings and sporting events. In agriculture, these unmanned aerial vehicles survey cattle, monitor plant health, locate wind-damaged crops and define field boundaries.

But check out the big brother: A drone with a footprint the size of a small SUV and the weight-holding capacity that could (but shouldn't) carry a small adult. These high-tech, spider-like pieces of technology rank among the must-see items at farm shows, where companies like my husband's deliver first-hand accounts of the drone's ability to use next-level technology to apply liquid products of herbicides, fungicides and biologicals and dry products of cover crop seeds and granular fertilizers.

As drones start to grow in the agricultural space, they are gleaming second glances from a generation with thumbs skilled enough to message on phones without auto-correction and power game controllers with precision. Their minds carry a keen desire to use technology to make jobs better, easier and more accurate while bringing excitement and new-age thinking to age-old farm tasks.

Drones are attracting young people who love technology to an industry that they misinterpreted as just for farmers. Meanwhile, these large-capacity drones are giving next-generation farm kids a way to generate income to support the family farm's growth with

a sideline gig as a licensed, for-hire drone application business. It's another exciting example of innovation in agriculture.

The capacity currently does not match that of its rubber-tired counterpart but drones can still operate when field conditions are muddy. It needs more fill-ups, requires frequent battery swaps and licensing may overwhelm newbies, though it's attainable. The future holds promise for larger storage capacity, longer battery life and swarm technology that allows multiple drones to work in concert to complete a task. The devices seem a prime candidate to deliver see-and-spray technology for weed control, and the potential is untapped in field boundary generation, crop indexing and thermal imaging.

In our farm's wheat fields this spring, a drone corrected a ground rig's mis-applied batch of dry fertilizer. Using a satellite-guided prescription written to deliver fertilizer only on the field's under-nourished areas, the drone's fully autonomous application noticeably improved the plant health within the week. So, we hired the drone to spray fungicide. It applied the product without leaving a track in the wheat as our own sprayer would have. The result: a fantastic grain yield and a barn full of bright yellow straw bales.

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

DRONES



EYES IN THE SKY

As farmers are constantly working toward more sustainable and efficient methods of growing food, drones are becoming more popular than ever. Drones allow farmers to analyze their crops from a new perspective and gather more accurate data quickly. With this data farmers can customize the treatment for more specific sections of the crop rather than a majority of the field. Sprayer drones allow for precise applications of the treatment eliminating excess spraying and cutting back on the cost for farmers. Drones in agriculture are not only beneficial for crop farmers but also for maintaining a healthy herd of livestock. Drones allow farmers to quickly account for the animals in their herd, check the health of the animals without being directly with them, and are a critical time saver while searching for lost animals. As the development of drones continues, livestock farmers are finding them more and more beneficial for their operations. Farmers wear several hats daily, and having drones allows farmers to be more precise, time efficient, and gives that extra peace of mind knowing they have eyes in the sky.

NOT ONLY FOR THE FARMERS

The usage of drones in farming benefits more than just the farmer using them. Drone usage reaches everyone from the farmer to the consumer to the new employee. The technology that is credited to the continuing advancement of drones for agricultural use opens a new door for employment in the agriculture industry by way of technological heavy degrees and careers previously seen as not needed in farming. The growing usage of drones in agriculture opens the door for anyone interested in technology, flying, and innovation to have a place in the agriculture and farming industry. It creates an opportunity for agriculture to be in front of more non-ag consumers by way of college programs and technological companies and organizations who now cannot ignore the huge market for drones in agriculture. Drones are an excellent example of how farmers are creating innovative ways to care for the environment and manage their resources. The expanding usage of drones gives those in the agricultural community a platform to share how the industry is constantly growing and adapting with our world. In a time when the disconnect between farmers and the non-ag community is growing, drones may serve to bridge that disconnect and allow agriculture to build new relationships with other industries.

2024 Community Garden Grant Recipient Garden Visits

Riverside Community Garden may be one of the most robust gardens we have visited, with amazing food production and unique compost systems. It is a space that is well received by community members. The food and herbs harvested are available to community members and is used in the adjacent church's meals in need program; it also supports a local refugee family program. This garden is home to many adult and youth educational and volunteerism programming! Garden Coordinator, Elaine, has her teen daughters (right) volunteer in the rotation as they love to harvest, work with the fairy gardens, pollinator spaces (not pictured), and of course, watering.

3 Brothers Community Garden coordinator and volunteers Liz, Rebecca, Ruth (coord) and (college students) Sara, Melanie and Joyce (photo left to right) met our volunteers Rick and Cathy Johnson to tour the garden, who were "very impressed with the scope, condition, the team's enthusiasm, and their participation in the local food pantry." This garden was an excellent choice for the CCFB Garden Grant, which is located on a 1/2 city lot small, compact and very well organized. The garden incorporated raised garden beds, compost bins, a garden shed and pergola on a small deck and all structures were built by Boy Scouts doing their Eagle projects. Volunteers meet on Tuesdays to tend the garden and harvesting 47 pounds for the local community food bank, so far this year.

Oriole Park Teaching Farm Garden, knowledgeable and enthusiastic hosts, Desi and Maria of the garden provided an impressive tour to CCFB volunteer, Rick Johnson. The teaching farm's primary emphasis is to educate students and community with a focus on planting, growing, and harvesting. The farm coordinators created events in coordination with classroom teachers and the art teacher, including a scavenger hunt, "Hungry, Hungry Caterpillar", hands-on planting, picking, plant identification, farmstand sharing and more. The garden is supported by the CCFB grant, local resources, family contributions, business donations and the Chicago Botanic Garden.



Manifolds, Manolos, and Manure

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



Bona Heinsohn

I've worked in some aspect of government or government relations since college. First as a legislative intern. Followed by a legislative staff intern. Legislative staff. Political staff. Communications staff. And so on.

My blue-eyed girl will happily tell you that knowing about and

participating in government is mandatory in our house. That her mom doesn't care who you vote for as long as you vote. And that her farmer father is told loudly and routinely that no complaints will be listened to unless he votes each and every election. And to silence his wife, he votes in each and every election.

In junior high school civics, my blue-eyed girl was informed that under no circumstances would her

mother accept any grade less than an A. That knowing and appreciating the different levels of government was mandatory. That memorization of the U.S. Constitutional Amendments could easily be accomplished through good old-fashioned flashcards. And that she was welcome to borrow her mother's tattered copy of the 1970 Illinois Constitution Annotated for Legislators provided that it was returned in the same condition in which it was borrowed. Tattered but well appreciated. Needless to say, she never took me up on the last one. However, that tattered beauty has graced many family dinners when a question or friendly disagreement arises.

Earlier this summer, a friend of my blue-eyed girl informed me that she failed freshman civics. But no need to worry because she was able to retake the class during "credit recovery" this summer. I believe that's a new name for summer school.

Unsurprisingly, I was unimpressed. Flabbergasted. And irate. Her lackadaisical attitude about

the crazy experiment we call democracy left me wondering about others' attitudes about democracy. About people's attitudes about voting.

According to the Pew Research Center, voter turnout was the highest in recent decades in the 2018, 2020, and 2022 elections. Sixty-six percent of voting-aged adults turned out for the 2020 presidential election – the highest turnout rate since 1900. Even though the 2018 election was a midterm election, 49 percent of voters turned out, the highest midterm election turnout rate since 1914. Even turnout for the 2022 election, another midterm election, was record-breaking with a turnout rate of 46 percent, the highest since 1970.

What turnout rates of 66 percent, 49 percent, 46 percent, and on down tells us is that many voters are inconsistent. Voters vote intermittently. Given how close recent elections have been, it's these intermittent voters that often decide the outcome of the election. Your vote decides the outcome of the election. Your vote.

Farm Bureau Supports Increased Food Access

Senate Bill 3407 amends the Wildlife Code to permits a meat processor to donate deer meat that the meat processor has processed to a charitable organization or local food bank. Provides that if a properly tagged deer is processed at a licensed meat processing facility and if the owner of the deer fails to claim the processed deer within a reasonable time or notifies the licensed meat processing facility that the owner no longer wants the processed deer or wishes to donate the deer, then the deer meat may be given away by the licensed meat processor to another person or donated to a charitable organization or community food bank. Farm Bureau supported Senate Bill 3407, which is awaiting the Governor's signature.

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

House Bill 2879 creates the Illinois Farm to Food Bank Program Act and establishes

the Illinois Farm to Food Bank Program within the Department of Human Services to help expand the availability of nutritious, locally grown, raised, or processed foods for Illinois' emergency food system. Provides that the program shall acquire and distribute agricultural products from Illinois agricultural entities or aggregators to Illinois' emergency food system, and provide grants to improve capacity of the emergency food system to allow for the proper transportation, storage, or distribution of agricultural products to underserved areas. Provides that the program shall target fruits, vegetables, meat and poultry, dairy, and eggs produced in Illinois. House Bill 2879 also creates the Farm to Food Bank Advisory Council to provide support to the program through facilitating relationship-building and partnerships between the Illinois agricultural sector and the emergency food system and other matters. Farm Bureau supported House Bill 2879, which has been signed by the Governor.

Cook County Farm Bureau continues to be committed to improving food access in Cook County and Illinois. To facilitate that Cook County Farm Bureau drafted and led the passage of Farm Bureau's first ever Food Access policy, which enabled the organization to actively support and engage in.



Cook County Young Leader Meets with Congressman Casten

Cook County Farm Bureau® Young Leader Rebecca Biernacki, pictured right, met with Congressman Sean Casten during a recent lobby visit as a part of the IFB Leaders to Washington D.C. program. In addition to discussing the importance of trade and crop insurance, Biernacki also highlighted the necessity of passing a Farm Bill. Pictured with Biernacki, left to right, is Mark Tuttle, Illinois Agricultural Association Board Member and Congressman Sean Casten. Biernacki is an active member of Cook County Farm Bureau's Young Leader Committee as well as an agriculture teacher and FFA Advisor.



County and Water District Leadership and Staff Visit Windy City Mushroom

Cook County leadership and staff and Metropolitan Water Reclamation District staff toured Windy City Mushroom in the Ford City neighborhood of Chicago as part of this year's Cook County Idea Exchange. Offices represented include Cook County Commissioner Donna Miller (pictured right center) and staff from MWRD Commissioners Precious Brady-Davis, Cam Davis, Marcelino Garcia, and Kari Steele.



State Representative Camille Lilly Hosts Farm Bureau Leaders

State Representative Camille Lilly, pictured left, discusses her district and urban agriculture with Cook County Farm Bureau leader Amy Hansmann during a recent visit to her district. Representative Lilly's "adopted" County Farm Bureau, Menard, prepared burgers during her recent 'Beef up the Block' neighborhood party.

21st Annual

GIANT PUMPKIN, LOCAL HONEY, PUMPKIN DESSERT, CARVING & DECORATING CONTESTS

SATURDAY, OCTOBER 5, 2024, 9 A.M. - 11 A.M.

9:00 a.m. Registration/Check-In

Puckerville Farms - 13332 Bell Rd, Lemont IL

Giant Pumpkin Weigh in Contest:

Divisions: Adult and Youth (16 and younger)
Rules: Contest open to CCFB members and their dependents. One pumpkin **grown** per person may be entered into the contest.

Prizes: Adult 1st Place - \$250 Youth 1st Place - \$100
2nd Place - \$150 2nd Place - \$75
3rd Place - \$75 3rd Place - \$50

Homemade Pumpkin Dessert Contest:

Rules: Contest open to any CCFB member/dependents; open to all ages and must be present to win. Dessert will be judged by appearance, taste, and texture.

Prizes: 1st Place - \$
2nd Place - \$
3rd Place - \$

Home Grown Local Honey Contest:

Rules: Contest open to CCFB or CDBA members/dependents and open to all ages. Honey judging criteria will be provided once registered, prior to contest.

Prizes: 1st Place - \$100 & ribbon
2nd Place - \$50 & ribbon
3rd Place - \$25 & ribbon

Youth Fun Contest:

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

Prizes: 1st Place & Runner up prize in each age group. **Participation Prize:** All entries receive a pie pumpkin, activity bag

Pumpkin Carving Contest 3rd year!

Division: Ages 16 & up members and their dependents
Rules: Pumpkin will be provided by CCFB; free hand carving only, no patterns allowed. Carvers will have 1 hour to carve using their own carving tools.

Prizes: 1st Place - \$100
2nd Place - \$50
3rd Place - \$25

Entry Fee: Free for Members, Non-members may enter by joining CCFB.

Rules: Contest open to any CCFB member & dependents. Check in by 9:15 a.m. to be considered; must be present to win.

Judging: Members of the Commodities/Marketing Team will serve as judges. The decision of the judges is final.

CONTESTS Registration Form

____ Giant Pumpkin
 ___ Adult ___ Youth-16 & under
____ Pumpkin Dessert (open to all ages)
____ Youth Pumpkin Guess How Much Contest:
 ___ 6 & under ___ 7-11 ___ 12-16 years
____ Home Grown Honey (open to all ages)
____ Pumpkin Carving Contest (16 yrs & up)

Name: _____

Email: _____

Phone: _____ FB #: _____

Registration form online: <http://cookcfb.org/stay-updated/upcoming-events>

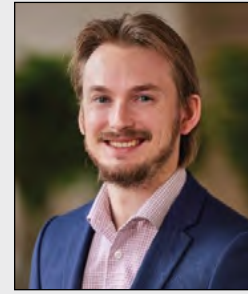
Mail, Email, Phone or Fax entry form to:

Mail: Cook County Farm Bureau
6438 Joliet Rd Ste 101, Countryside, IL 60525
Email: membershipdebbie@cookcfb.org
Phone: 708-354-3276
Fax: 708-579-6056



COOK COUNTY Financial Representatives of the Month

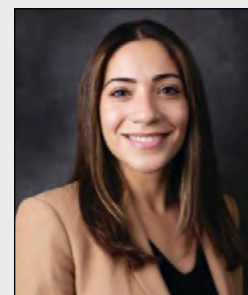
The Financial Representative of the Month program is designed by COUNTRY® Financial Agency Managers of Cook County to recognize overall Insurance Leaders in Life, Disability, Auto, Home, and Health production during the month. The agent earns the award through efforts to provide quality service to existing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



*ZACK GOMES

has been named Financial Representative of the month for June 2024. Zack's office is located at 334 E Colfax St, Ste A-2, Palatine, IL. His phone number is 847-934-5112. Zack has been a Financial Representative with COUNTRY® Financial since October 2021.

Chicago North Agency, Vicki Nygren, Agency Manager



*NADIA ABUEID

has been named Career Financial Representative of the month for June 2024. Nadia's office is located at 12130 S. Harlem Ave, Unit A, Palos Heights, IL. Her phone number is 708-995-0233. Nadia has been a Financial Representative with COUNTRY® Financial since December 2019.



*MICHAEL SPADONI

has been named Financial Representative of the month for June 2024. Mike's office is located at 5003 W 95th St, Oak Lawn, IL. His phone number is 708-425-1825. Mike has been a Financial Representative with COUNTRY® Financial since June 2005.

Orland Park Agency, Cary Tate, Agency Manager



* TINO RAMIREZ

has been named Financial Representative of the month for June 2024. Tino's office is located at 830 E Higgins Rd Ste 111A, Schaumburg, IL. His phone number is 847-891-3937. Tino has been a Financial Representative with COUNTRY® Financial since October 2017.

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 COUNTRY® Financial.*

THIS MONTH in Cook County Agriculture...

University of Illinois Extension Small Farm Cook County South Unit hosting **2024 MUFTP** (Master Urban Farmer Training Program) Applications Open Now through Aug 5th, 2024. The program runs 12-weeks on Monday nights from 6 - 8 pm via Zoom. MUFTP program runs:
September 23 - December 9, 2024 | Field Day Saturday September 28th, Matteson, IL. Course registration fee is \$150.00**. Program information at: go.illinois.edu/MUFTP and the 2024 Application link at: go.illinois.edu/urbanfarmer.

Northern IL Young Farmers Education CoHort, Meets 4th Monday each Month at 3 pm

Live doc for educational opportunities <https://meet.google.com/tia-bvhs-tpc>

IL Farm Bureau Urban Growers Network

Meets Virtually 3rd Tues of Each Month @ 9:30 am; sign up at <https://form.jotform.com/232974532554058>

USDA Innovative Urban Ag Micro-grants available for up to \$25,000 for Cook Ag producers. For information and grant link go to: <https://emails.illinois.edu/files/48/536343748/iamchigrants2024.pdf>

Metropolitan Water Reclamation District Commissioner Eira Corral Sepúlveda is hosting an annual **Monarch Festival & Environmental Resource Fair at Liberty Park** in Hanover Park, IL on Tuesday, August 6, 2024 from 4:30-7:00 pm.

Star Farm Chicago is hosting a **September Soiree 2024** on Saturday, September 14th 2024, 6 pm - 10pm on their beautiful urban farm. The annual Star Farm gala will feature a 5-course farm to table meal featuring local produce and products. Partnering with local chefs and farmers, as well as chocolatiers

and pastry chefs, serving a buffet as well as table-side salad service for guests. Farm Chicago September Soiree is located at 5152 S Carpenter St, Chicago, IL 60609. Tickets are available at www.shopstarfarmchicago.com, click on events; dinner ticket prices vary.

Star Farm Chicago is a non-profit urban farm and landscaping service established in 2016 in the Back of the Yards neighborhood for increased access to local organic produce through farmers markets, pop-ups, delivery, and a local foods co-op.

To promote your activity, email ccfb@cookcfb.org or call 708-354-3276 by the 15th of the month with your name, the event date/time, a one-sentence description of the event, and how a reader can obtain further information in the email. We will edit submissions based on space allowances in the publication. In addition, we will post farm, garden, or livestock related photos on our social media platform if you forward those to: ccfb@cookcfb.org.

CLASSIFIED ADS

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

Email your ad (and photo if you have one) to fbcooperator@gmail.com. Please be sure to include your full name, Farm Bureau number, and phone number. Deadline for Classified ads is the 17th of each month. Any ads submitted after the 17th will appear in the following months Co-Operator. Members may run up to four non-commercial classified ads annually for free. Any ads submitted after the fourth, will be charged.

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

FOR SALE

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 OBO. Pictures can be emailed upon request. **Call 708-349-0627.**

4ft. rounded nail table with light. 4 slide drawers and 4 shelves. Like new, black marbleized formica. Asking \$200.00. **Call 708-654-2010.** Picture available online.

18 position ladder, 16 ft, asking \$200. **Call 708-654-2010.** Picture available online.

Brand new Craftsmans electric chain saw with case. Asking \$50 or best offer. **Call 708-799-6234.** Pictures available online.

Barely used rapid groom heavy duty horse vacuum. Bought December 2022. \$250. **Call 847-981-1527.**

I RIDE electric scooter new. Paid \$1,300 asking \$1,000. Weight 32 lbs. (base), length 38", width 19.25". **Call 708-654-2010.** Pictures available online.

2 Sets of older model golf clubs with bag, one woman set. Asking \$50 each or best offer. **Call 708-799-6234.** Pictures available online.

2 Vintage Bag Boy automatic folding golf bag pull carts with (2) wheels. One cart has an attachable seat. Asking \$25 each or best offer. **Call 708-799-6234.** Pictures available online.

Golf Bag with miscellaneous older model woods and specialty irons. Asking \$30 for all or best offer. **Call 708-799-6234.** Pictures available online.

FOR RENT

Vacation Villas at Fantasy World II Resort in Kissimmee, Florida, \$125 per night. Full kitchen, outdoor swimming pool, sleeps four. No presentation is required. **Call Ms. Day at 708-347-9369.**

VACATION SALES/ RENTALS

Great opportunity to invest in International Real Estate. For sale by owner. The property is located in the central region of Mexico, on the commercial corridor of the Uriangato-Morelia Boulevard. Near the Soriana shopping center.

Situated approximately 2 hrs. away from the picturesque San Miguel de Allende, Gto; 40 minutes from the colonial Morelia, Mich and 3-4 hrs. from Mexico City. The building is approximately 1170 square feet and is a mixed use (1 storefront + 1 residential apartment) masonry building featuring an ample storefront with a 1/2 bathroom on the first floor and a 1 bed/1 bath + utility solar atrium apartment on the second floor. Price \$102,000 US.

Ideal for the business/owner occupancy setting or as an income-producing property. Only earnest and dollar transaction offers will be considered. **Email: mmaeda735@gmail.com.** Picture available online.

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 to buy vintage sports cards and memorabilia. **Call or text John 773-213-4024.**

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

ABC'S OF SPICES

We already gave you the ABC's of Food but the Cook County Farm Bureau also loves spices... All types of spices with all types of flavors. In this feature, we will be highlighting different types of spices, from A to Z. If you'd like a full list of the ABC's of Food, contact the CCFB office.

This month
"C"

CLOVES



Cloves are dried flower buds with a unique aroma and flavor, used in both sweet and savory dishes.

They have a unique flavor profile that combines sweetness with a hint of bitterness and a touch of spiciness.



One of the most significant characteristics of cloves is their strong, warm, and sweet aroma.

The word "cloves" originated from the Latin word "clavus," which means nail. This is due to the shape of the buds, which resemble small nails or tacks.

In certain cultures, cloves are considered a symbol of love and protection.

Cloves are an important ingredient of aromatic tea preparations very popular in different countries.



The antibacterial properties of cloves make them an excellent natural breath freshener.

CLOVES ARE ALSO RICH IN ANTIOXIDANTS AND CAN HELP IMPROVE DIGESTION AND ALLEVIATE TOOTHACHES.

80%

Eugenol is the chemical compound most responsible for the cloves' aroma, constituting around 80% of it.

Source: Next month...Dill

Source: <https://facts.net/lifestyle/food/12-facts-about-cloves/>

Cook County Farm Bureau Photo Contest: SUMMER Photos

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

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

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

The contest is open to all members in good standing. Go to <https://bit.ly/43qdydE> to submit entries.

Example Categories for Summer:

Horseback Riding, Farmers' Markets, Fun with Animals

Prizes:

Each season will have three winners.

1st place: \$100 cash

2nd place: \$40 Farm Fresh Funds*

3rd place: \$25 Farm Fresh Funds*

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



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

Membership Monday – August

Are you a member or prospective member interested in learning more about the benefits and programs a CCFB membership provides? Then join us to hear from CCFB staff who will highlight member programs, member benefits, and the website. Staff will provide demonstrations to access membership benefit discounts via our Abenity App so members can take full advantage. An open Q&A session will follow the short staff presentation.



DATE: Monday, August 19 **TIME:** 4:00 p.m.; 30 minutes with Q & A

LOCATION: Zoom; link will be emailed a few days prior

REGISTRATION: Registration is required by emailing ccfb@cookcfb.org or call the Farm Bureau at 708-354-3276.

Farm Crawl – County Ag Member Locations

The Cook County Farm Bureau is sponsoring its 7th member ag business FARM CRAWL in August. The Farm Crawl is self-guided allowing members and public flexibility to choose the farms and agri-businesses to visit during the CRAWL times via our Crawl Passport. Participating farm/ag business information with crawl times will be available in the August Co-Operator and on the Cook County Farm Bureau Events Calendar at <https://cookcfb.org/stay-updated/upcoming-events>



DATE: Thursday, Friday, Saturday, August 22-24 **TIME:** Hours vary by location

LOCATION: Passport will highlight Crawl locations and details (available in August)

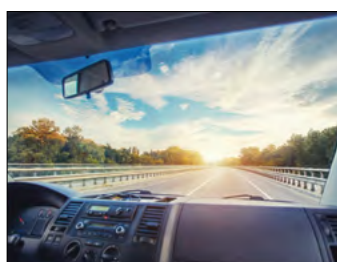
REGISTRATION: Obtain a Crawl Passport. Call the Farm Bureau at **708-354-3276** to get it mailed

EMAIL: membershipdebbie@cookcfb.org;

DOWNLOAD A PASSPORT: <https://cookcfb.org/stay-updated/-/events-and-programs/programs-and-events/profile/farm-crawl>

AARP Smart Driver 2 Day Course

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



DATE: Wednesday, September 18 and Thursday, September 19

TIME: 9:00 a.m. – 1:00 p.m. each day

LOCATION: CCFB, 6438 Joliet Road, Countryside, IL

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

REGISTRATION: Space is limited, so register now by calling **708-354-3276** or at our Member Center.

Shred Day

Bring any old documents (up to three bankers' boxes) that you would like to have shredded.

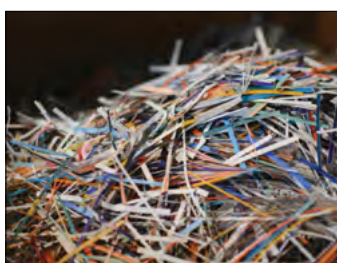
DATE: Saturday, September 28, 2024

TIME: 10:00 a.m.-12:00 p.m.

LOCATION: CCFB Parking Lot: 6438 Joliet Rd., Countryside, IL 60525

FEE: No Charge

REGISTRATION: Call the CCFB at **708-354-3276** to make a reservation.



Mayflower

CRUISES & TOURS

Mayflower Cruises & Tours offers an exclusive discount to Cook County Farm Bureau members. Start your travel planning for late 2024, 2025 & 2026 with Mayflower!



To begin your "Life Enriching Experience" with North American Group travel, River Cruising & Small Ship Adventures, European Holidays, Railway Adventures and so much more.

Contact Tina Patel at Mayflower and state you're a Cook County Farm Bureau member to receive added savings:

Discount Code: Cook County Farm Bureau Member

Call Tina Patel at 630-435-8259 or

E-mail: tinap@mayflowercruisesandtours.com

Digital brochures at: <https://www.mayflowercruisesandtours.com/>

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

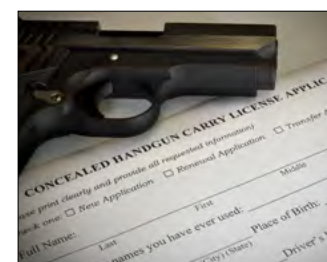
Local Farm Stands are open offering fresh, local produce to cook fresh and healthy!

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

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

Conceal and Carry Class

The Illinois concealed carry permit certification consists of a minimum of 16 hours of training and range time. This class is a 2-day class, broken into 2-8-hour segments. The first eight hours consists of 7 hours classroom covering gun safety, basic firearm knowledge and the basics of marksmanship, followed by two or more hours of actual live fire on the shooting range. The second 8 hours consists of eight hours of classroom covering Illinois laws pertaining to the "Concealed Carry Act" and the legal use of deadly force with a firearm.



DATE/TIME: Saturday, November 2 from 10:00 a.m. – 7:00 p.m. and Sunday, November 3 from 10:00 a.m. – 5:00 p.m.

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

LOCATION: Pelcher's Shooters Supply Classroom - 18200 Chicago Ave., Lansing, IL 60438

REGISTRATION: Call the Farm Bureau at 708-354-3276 or online at the Member Center at www.cookcfb.org. Must be a minimum of 10 participants.

24th Giant Pumpkin, Dessert, Carving, Local Honey Contests

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



DATE: Saturday, October 5th **TIME:** 9:00-11:00 a.m.

LOCATION: Puckerville Farms, 13332 Bell Rd, Lemont

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