



COOK COUNTY GO-OPERATOR

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

Mark Your Calendar



September

- 16th Membership Monday **PG 12**
- 18/19th Smart Driver 2 Day Course **PG 12**
- 28th Shred Day at CCFB **PG 12**

October

- 5th Giant Pumpkin & Local Honey Contest **PG 1 & 12**

November

- 2/3rd Conceal & Carry Class **PG 12**
- 14th DIY Holiday Barn Quilt **PG 12**

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

Question of the Month



The CCFB recently supported a resolution being considered by the Metropolitan Water Reclamation District of Greater Chicago which will improve access to what?

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)

August Winner: Josephine Vallis

Question: Which Young Leaders Committee member represented CCFB during a recent Leaders to Washington, D.C. visit?

Answer: Rebecca Biernacki

“There’s ‘AG’ in Chicago” Float Showcases Urban Ag at Bud Billiken Parade

Marching bands, dance teams, community groups, large corporations, news channels, and celebrities were among the floats at the 95th annual Bud Billiken parade in Chicago, but one of the most unique floats was a hayrack pulled by a tractor.

On Aug. 10, more than 100,000 parade-goers lined Chicago’s King Drive from 35th to 55th streets to attend the South Side back-to-school parade. More than 1 million people watched the parade on TV.

“There’s ‘AG’ in Chicago” parade float was organized by the Illinois Agri-Food Collaborative, which included members of Illinois Agri-Food Alliance, the Cook County Farm Bureau, Farm Foundation, Facilitating Coordination in Agricultural Education, the Gardeners, Chicago Grows Food, Project Exploration, and students and teachers from local schools, including Chicago High School for Agricultural Sciences and Michelle Obama School of Technology and the Arts.

The parade float was a hayrack with straw bales for seating pulled by a tractor. Volunteers passed out pens, seeds, bookmarks, popcorn, and goodie bags full of information about agricultural careers during the parade. The float brought awareness to the existence of agriculture in Cook County, as well as educating the public about agriculture and ag careers.

“Adult men were coming over to take photos with the tractor, almost like it was a Corvette,” said Shanell Rainey – Jacob, Careers Coordinator with Illinois Agri-Food Alliance. “People were also shouting out to us that they have gardens and grow their own food. ... We were well-received, and people were genuinely excited to see more representation of agriculture in the parade.”



Top photo: A tractor driven by Farm Foundation Vice President and CCFB Board Director Todd Price pulled a hayrack down King Drive in Chicago as a float in the 95th annual Bud Billiken Parade.

Bottom photo: Ag in the Classroom Presenter Wayne Kolweier handed out bookmarks with ag trivia during the 95th annual Bud Billiken Parade, held Aug. 10 in Chicago.

2024 LOCAL HONEY CONTEST

Saturday, October 5, 2024
9 am – 11 am
Puckerville Farms
13332 Bell Rd Lemont, IL

Our 8th Local Honey Competition to be held in conjunction with the Cook County Farm Bureau’s 24th Giant Pumpkin Contest & Activities

Registration check-in and festivities begin at 9 am.

Contest open to all CDDBA & CCFB members and their dependents. Must be present to win.

No entry fee.

Register:
by phone: (708)354-3276
email: membershipdebbie@cookcfb.org
CCFB members online account at MyIFB.org

VOTING CRITERIA

- Flavor and Aroma 25
- Appearance 25
- Freedom from crystals 25
- No impurities/froth 25

Cash Prizes*

- 1st place
- 2nd place
- 3rd place

*Top 3 will receive a Ribbon

Judging Samples

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

100 Points



Cook County Farm Bureau®
6438 Joliet Rd Ste 101 | Countryside, IL 60525
708-354-3276 | www.cookcfb.org

See page 12 for the rest of the days events

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.



Young Leaders Develop Speaking Skills at District Discussion Meet

Cook County Farm Bureau Young Leader Chair Blake Lanphier competed at the District 5 Young Leader Discussion Meet in Mazon. Lanphier (standing) placed second in the contest and will represent District 5 and Cook County at the State Young Leader Discussion Meet in December during the Annual Meeting. The Discussion Meet is designed to assist young Farm Bureau leaders to develop speaking skills and promote problem solving.



HOW FARM BUREAU SERVED YOU IN AUGUST

- ▶ Engaged county leaders and their staff in conversations regarding the economic contributions of urban agriculture in Cook County.
- ▶ Provided travel benefit info for members to enjoy discounted summer getaways and vacations.
- ▶ Supported local families and partner Food Checkout Day food pantries by purchasing Cook County 4H members' animals at the 4H auction at the Lake County Fair. Meat will be donated to the partner food pantries to support families in need.
- ▶ Engaged with local member Farm/Ag locations by hosting a 3-day Farm Crawl for members and public to participate in.
- ▶ Continued to bring mental health awareness to our farmer members by providing "Strength Over Silence" giveaway bags.



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...

- Todd Price and Bryan Blau for representing Cook County Farm Bureau at this year's Animal Auction at the Lake County Fair. All animals purchased will be donated to the Food Checkout Day partner food pantries.
- Janet McCabe and Kim Morton for representing Cook County Farm Bureau at this year's Cook County Idea Exchange at Windy City Mushroom in Chicago. A tremendous thank you to the staff at Windy City Mushroom for a tremendous tour of an amazing urban agricultural gem located in the Ford City neighborhood of Chicago.
- Blake Lanphier for representing Cook County and District 5 at the Districts 5 and 6 Discussion Meet.
- Member farm businesses who opened up their operations for visits from members and the public during the Farm Crawl in August.
- The U of I Extension Master Gardener Unit, Master Gardeners, Coordinator Margaret Burns-Westmeyer, and Educator Nancy Kreith, for their unwavering dedication to serving community and members' horticultural needs.
- Commodities/Marketing Team volunteers, Rick and Cathy Johnson for touring and presenting signage to garden grant recipients.
- Board President Janet McCabe for supplying CCFB's Ag in the Classroom program with wheat for the 2024-2025 school year.
- CCFB Ag in the Classroom presenters for preparing to bring agricultural education to the students of Cook County.
- Intern Amanda Maiers for assisting the Ag Literacy program this summer with such enthusiasm and skill!
- Blake Lanphier for all of his efforts related to the Lake County Fair, 4H animal auction, and the 4H program.
- Jon Kuester and Blake Lanphier for hosting Illinois Agricultural Leadership Foundation Class of 2025 at Wagner Farm in Glenview.

Co-Operator

Published Monthly

Cook County Farm Bureau

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Downwind

by **BOB ROHRER, CCFB MANAGER**

“Office Life Snapshot”

The Cook County Farm Bureau office is like a living organism. In the office, people (that are living) called “Staff” provide daily energy, problem-solving, resource engagement, motivation, people skills, service, brainpower, physical strength, and many intangibles.

Each day, you will find CCFB Staff busily working away at a myriad of tasks to develop programming, educational materials, planning, finance, lobbying, publications, membership benefits, research, building needs, and so much more. Collectively, the group functions together by providing great service to members and the public alike.

Increasingly prevalent is that the office and staff serve as “information central”. Back in 2010, during a Board of Directors strategic planning brainstorming session, one of the board goals identified was for the Cook County Farm Bureau to become a clearinghouse for agricultural information as an area resource center. We have certainly moved in that direction and beyond.

The phone rings constantly with questions from members and nonmembers alike. Emails flow into general office mail, through our website, and through Facebook with various questions or and requests for resources.

Many farm related questions that come in I would naturally expect to receive as a general farm organization. Others are a bit more “unusual”. The staff shared with me some recent examples. Some make us smile. Some make us think. Some make us a little uncomfortable.

Here are some recent examples followed by my thoughts (not those of the Staff). I removed names to protect the innocent and abbreviated for brevity’s sake.

Emails:

I would like to start a farm. I’m currently a college student. I love donkeys. I can spend day and night reading about them and/or being near them, if I could. I don’t know where to begin with the farm starting process. Let me know what you think.

I don’t think you want to know my thoughts!

*My name is XXX. I’m from Brasil and am a doctor. With my brother and father, who works with agronomy! We are interested in participate of farm tours in Illinois. Could you give some informations to us? It would be amazing to know about the location, price and dates! **Sorry, not a travel agency.***

*Good morning – my name is XXX. I helped organize a health and back to school fair for my local community. I am looking for donations of pots and seeds for first time planters. I would like young people to experience the benefits of growing and eating from their own backyard. **Teaching our youth about agriculture is terrific!***

*Good Evening, my name is XXX. I have properly completed August Word Search. On this day August 8, 2024 I am submitting via Email at 8:56pm Tuesday. We then received a followup email: I apologize This is XXX. I put incorrect date on August Word Search. I put the 8th. It is actually Tuesday August 6th 2024 At 8:56 pm. Sorry for that!!! **Love the exactness and formality!***

Phone calls:

*This is XXX. Conserv FS has asked me for proof of membership in order to continue to provide farm related products for my operation. Would you provide to them a proof of membership note? **Of course!***

*This is XXX. I heard that there may be a bill in Springfield that proposes a change in the definition of agriculture to make it more urban. Could you check to find out more? **Not a state bill. We have been working with the Cook County assessor’s office for a farm definition that is more flexible for urban agriculture properties.***

*This is XXX. I would like to know the status of the Electric vehicle bill that would tie Illinois law to California standards referenced in the April Co-Operator. **Held in Committee. We appreciate our members who get involved in the legislative process.***

*This is XXX. I am cleaning out a barn that has old containers of chemicals that I would like to properly dispose of. Do you know if there is a farm chemical disposal program (coordinated by the Illinois Department of Agriculture) in Cook County or nearby this year? **A good example of an area farmer seeking to do the right thing!***

*This is XXX (not a member). Would you renew my concealed carry license? **Sorry...we are not a governmental regulatory agency.***



*This is XXX (not a member). I need your help to get rid of my neighbor’s goats. **Yikes!***

We do receive some common repeat questions through email and phone that include...

*You offer hotel discounts... I would like to book a room. **Sorry, not a travel agency.***

*You offer car rental discounts... I would like to rent a car. **See above.***

*I need to travel to XXX... Would you provide me directions? **We double as a mapping app***

Finally, there are a few questions we have received from the past that are on our all-time “favorites” list...

How do I sell my homemade dog food?

Why haven’t I seen many bats lately?

My cat died and I want to have it stuffed. Do you do taxidermy?

We love serving members. If you read this and you said, “Hey, I submitted that!” please know that you have earned a special place in the heart of our staff!

Keep those questions and requests coming!

Recipe of the Month



INGREDIENTS:

- 2 ½ c Coarse Stone Ground Yellow Cornmeal (Local Farm or Bob’s Red Mill)
- 2. ½ c all-purpose flour
- ½ c granulated sugar
- 4 t baking powder
- 1 t baking soda
- 1 T salt
- 2 whole eggs, farm fresh
- ½ c mayonnaise
- 3 ½ c buttermilk
- 1 c cheddar cheese
- 1 c fresh or frozen corn (off the cob)
- Finishing Glaze: Honey Butter
- 8 T butter (Local Farm/Amish)
- 4 T Honey Bee Garden’s honey or other local honey

Southern Cornbread

Ezekiel Preedin,
Chef & Honey Bee Gardens Contributor

DIRECTIONS:

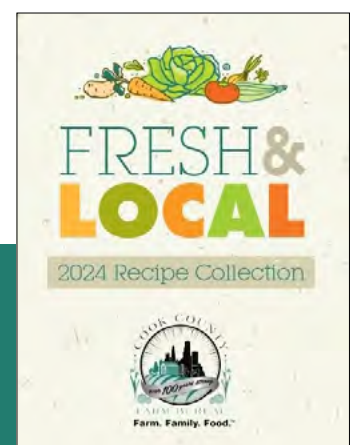
Mix Dry Ingredients; In a separate bowl, whisk eggs until fully blended. Whisk in the mayonnaise. Slowly whisk in Buttermilk until fully incorporated. Mix wet into dry. Fold until fully incorporated. Do not over mix. Fold in cheddar and corn. Grease cast iron pan with a pad of butter or bacon fat. Optional: Line pan with coarse yellow corn meal (polenta grind is best), this gives an added crunch to the crust. You can use this technique for muffins too!

Add batter to pan, melt butter slowly and incorporate fresh honey. Use pastry/BBQ brush to apply Honey Butter while cornbread is still warm. Finish with Maldon/Flake Sea Salt. Recipe Yield: 12” Cast Iron Pan or 30 muffins (paper liners are not necessary for muffins)

Modifications:

Fresh Jalapeños (3, seeded and diced small); Pickled Jalapeños (1 c chopped); Green Onions (1 bunch or 4-6 stalks sliced (greens only) mix into batter and reserve some to garnish the top; Bacon (mix in 1 c of crispy chopped bacon); Bacon (top with ½ c of crispy finely chopped bacon); Fresh/Dry Herbs (add ¼ c of herbs to batter)

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



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.



CCFB Young Leader Reports to the Board

Rebecca Biernacki, Cook County Farm Bureau Young Leader, presented comments and information regarding the recent Illinois Farm Bureau Leaders to Washington lobbying trip that she Attended July 9 – 11. The program included meetings with members of Illinois’ congressional delegation, staff at federal agencies and industry representatives. Rebecca and other members engaged with lawmakers on issues including the farm bill, trade, sustainable aviation fuel and the Tax Cuts and Jobs Act, among other topics.

The trip provides members the opportunity to share their stories and perspectives on legislation and rules impacting their daily lives and their livelihood. Farm Bureau members can communicate with elected officials and agencies so they hear directly from farmers and their constituents.

Biernacki met with Congressman Sean Casten as a part of the program. She is working with the Cook County Farm Bureau Governmental Affairs Team to provide the congressman a local farm/ greenhouse visit and experience as a follow-up to the trip.



AITC HEADS BACK INTO THE CLASSROOM



Cook County Farm Bureau’s Ag in the Classroom program is ready to teach your students about agriculture during the 2024-2025 school year.

AITC presentations this year include:

- Intro to Illinois Ag (4th grade)
- There’s Ag on MyPlate! (4th grade)
- Investigating Illinois’ Soil (4-5th grades and 6-8th grades)
- Specialty Crops through the Seasons (4th grade)
- Keeping Warm with Agriculture (4th grade)
- Taco Adventure (2nd grade)

Our program’s goal is for our seven presenters to visit 1,200 classrooms throughout Cook County this school year.

In addition to in-class presentations, we will also offer Farm Shadow programs, where 6-12th grade students can gain insight into potential agricultural careers through classroom or virtual presentations and field trips.

To educate teachers about agriculture, we will offer free PDCH workshops. Two-hour virtual PDCH workshops will be held, one each semester. We also offer free in-school PDCH during teacher institute or school improvement days.

If you are interested in more information about AITC or any of our programs, email Katrina at aitc@cookcfb.org.

To bring ag education to your classroom with a free presentation, visit bit.ly/AITCplease.



Farm Bureau Supports Cook County 4H Members During Fair

Cook County Farm Bureau leaders Blake Lanphier (pictured in green), Todd Price (pictured in gray), and Bryan Blau (pictured in blue) supported Cook County 4H members Honesty Kaunert and Mae Donnersberger during the Lake County Fair 4H animal auction. Both lambs will be donated to the four Food Checkout Day partner food pantries later this summer.



Cook County Farm Bureau Leaders Purchase 4H Member’s Hog

During this year’s Lake County Fair, Farm Bureau leaders Bryan Blau (pictured in blue) and Todd Price (pictured in gray) purchased Zoe Steven’s 300-pound 4H hog. The animal will be donated to the four Food Checkout Day partner food pantries.

Dial 988 to Connect with a Counselor

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

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



September is Suicide Prevention Month

How you can help

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

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



Family Farm and Food Bytes

Pritzker signs grocery tax repeal (FarmWeek). Illinois Gov. JB Pritzker recently signed a bill to eliminate Illinois 1% tax on groceries, though local taxes may now increase. Part of the Illinois 2025 budget passed in May, this bill aims to provide financial relief to lower income families. Although signed into law in July, the measure won't take effect until January 1, 2026.

Illinois Farm Bureau launches new student recognition award (FarmWeek). High school students who invest their time and talents across the wide array of programs and interests will be celebrated through the new Illinois Farm Bureau Actively Engaged Student of the Month program. Illinois Farm Bureau is now accepting student nominations, which should come from an FFA advisor, coach, club or activity sponsor, 4-H or County fair representative. Students will be selected on the first Friday of each month, beginning in September.

Nominations may be made online, www.farmweeknow.com/activelyengaged

"We are the 96%" campaign summary reveals massive results for Illinois Farm Families (ILCorn.org). Statewide campaign featuring Illinois farm families the scene 50+ million times. Working together, Illinois agriculture is left a big impression on the nonfarming segment of the state. The Illinois Farm Families team dialed in on one important message – that 96% of the farms in Illinois are family-owned and operated. The campaign revealed that consumers who identify farms as being family owned is trending upward – 49% family-owned in 2024 compared to 47% in 2022.

National FFA reaches record – breaking membership (FarmWeekNow). National FFA's student membership has surpassed a million, marking a record-breaking milestone for the organization dedicated to student leadership development. The organization now boasts 1,027,273 members, and 8.6% increase from last year, spread across 9,235 chapters in the United States, Puerto Rico and the Virgin Islands. Illinois alone saw its FFA membership rise to 42,217 in 2023. 42.4% of the FFA members are female and FFA chapters are present in 23 of 25 of the largest US cities. The wider range of student participation sheds light on the value of both traditional and urban farming.

Newly established San Francisco Farm Bureau works to enhance city residents' understanding of agriculture (Farm Bureau News). California's newest County Farm Bureau, the first chartered in the state in nearly 40 years, is dedicated to nurturing local agriculture and enhancing urban food security education in San Francisco, the 17th largest US city. Spearheaded by California Treasurer Fiona Ma, the San Francisco Farm Bureau was established following a year of diligent planning and collaboration with local agriculture enthusiast and has been officially chartered by the California Farm Bureau.

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.

Master Gardener Resource Center continues to assist members during the fall season

The Cook County Farm Bureau® and the University of Illinois Extension continue to partner on a project that benefits local Farm Bureau members and the general public. Since April 15, the master gardeners have been back (working virtually) to answer questions from members and the general public related to gardening and horticulture. This dedicated group will continue to respond to questions through mid-November of 2024.

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

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

-  **Like us on Facebook**
-  **Like us on X**
-  **Like us on Instagram**

CONGRATULATIONS to the SUMMER Photo Contest Winners:

1ST PLACE WINNER:

"For the Love of Bees and Family" by Michele Yanong

2ND PLACE WINNER:

"Two Upside Down Ducks" by Nancy Crowther

3RD PLACE WINNER:

"Fun with Animals" by Yusuf Masha

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



"For the Love of Bees and Family" by Michele Yanong

Cook County Farm Bureau Photo Contest: FALL Photos

Example Categories for Fall:

Pumpkin Picking, Apple Picking, Hayrides, etc.



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.

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

The deadline for fall photos is October 15.

The winning photos will be posted in the November Co-Operator.

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.



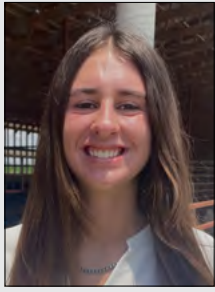
"Two Upside Down Ducks" by Nancy Crowther



"Fun with Animals" by Yusuf Masha

Agriculture in Rural and Urban Illinois

By AITC Summer Intern Amanda Maiers



Amanda Maiers

This summer, I have had the chance to experience what my rural family and friends would call the “full urban lifestyle.” I commute to work through traffic for half an hour every morning and afternoon with hundreds of other Chicagoland workers, I work in an office, and I complain when the dog next door uses the bathroom on my lawn. The place I call home is in west central Illinois. Back home, the commute to my job is a gravel road where I work with my family to raise cattle, and if a dog was using my lawn, I would be more concerned because the nearest house to us is too far for a dog to travel.

All this to say, I can now compare these two experiences, and I have learned two things. First, no matter where you are in the state of Illinois, people will complain about the conditions of the roads and the price of gas. Second, agriculture is just as important and present in Cook County as in rural Illinois.

Through my internship at the Cook County Farm Bureau, I have got to see firsthand the kinds of agriculture happening here. There are more apiaries here than I have ever seen, herbs growing in repurposed gutters, sunflower fields under train lines, and community markets

growing food for the people around them. What I thought was my definition of agriculture has been challenged and adjusted after my summer here.

During events at the nearby zoos, library programs, teacher workshops, meeting urban farmers, and spending time with high school students, I have learned that there is a strong passion to understand the agricultural industry in Cook County. People are always interested in learning about where their food comes from, and the number of different careers related to agriculture.

When I was picking what I wanted my career to be, I knew that I wanted to be a part of the agriculture community. I thought about what I was good at, and I knew I was good at telling people chocolate milk does not come from brown cows and alpacas are very different than alfalfa. In all seriousness, I landed on agriculture education because I wanted to be in a profession that allowed me to learn more about what I am passionate about and share my knowledge with others.

Thank you so much to the Cook County Farm Bureau

for giving me the opportunity to learn and grow this summer. My view of agriculture has been able to adapt and in turn, I can better understand this industry even better.



Plants growing in repurposed gutters at Herban Produce in Chicago, Illinois.



A pen in my family's cattle operation MAC Cattle Co. located in Payson, Illinois.

SUMMER AG INSTITUTE WORKSHOP TEACHES AGRICULTURE TO EDUCATORS

On July 24, 10 educators attended a Professional Development Credit Hours (PDCH) workshop which covered agricultural topics, including soil and land use through time. There were two guest speakers: Education Specialist Lee Deal with Illinois Ag in the Classroom and Agricultural Education Program Advisor Luke Allen with Facilitating Coordination in Agricultural Education. During this workshop, teachers were supplied with many agricultural lesson plans and resources they could bring back to their classrooms.



Teachers Janet Geary, left, and Rose Munizzo test their paper horses after engineering what they think would work the best during an Illinois Ag in the Classroom activity



Educator Sandra Rodriguez studies vermicomposting and sees how worms can break down food and improve soil.

Nominate a

HIGH SCHOOL STUDENT FOR AG STUDENT OF THE MONTH

To recognize and celebrate Cook County high school students doing great things agriculturally, the Cook County Farm Bureau is starting the “Outstanding in Their Field” Ag Student of the Month Award.

If you would like to nominate a student, fill out a nomination form by visiting bit.ly/AgStudentoftheMonthNomination.

Recipients of the award will receive a certificate and will be featured in an upcoming issue of The Co-Operator.

If you have any questions regarding nominating or the award, email aitc@cookcfb.org.



Monarch Program at Glenview Public Library

About 30 people attended a program about Monarch butterflies held at Glenview Public Library on July 31. The program was presented by Cook County Farm Bureau's Monarch Club and Ag in the Classroom. Topics covered during the program included the lifecycle of Monarch butterflies, raising and releasing the butterflies, their migration to and overwintering in Mexico, and the importance of pollinator gardens and milkweed.



Bud Billiken Parade

Cook County Farm Bureau helped sponsor an ag-themed float during the 95th annual Bud Billiken Parade, held Aug. 10 in Chicago.

AGRICULTURE ADVENTURES FOR FAMILIES



SEPTEMBER AGVENTURE: MICROGREENS

What is a MICROGREEN?

Microgreens are young, edible plants that are harvested at an early stage of growth, just after the first true leaves (cotyledons) have developed. Growing microgreens has become popular because they can be grown in small spaces indoors with minimal equipment – and because of their taste. Microgreens have been nicknamed “vegetable confetti” because of their tiny shape, variety of colors, and “pop” of flavor when they are eaten.

WHAT IS A SPROUT?

A sprout is NOT a microgreen! Sprouts are germinating seeds that have been soaked in water, often in the dark, and the edible portion includes the whole sprout: the seedling, the radicles, and what remains of the seeds.

Early research has indicated that microgreens contain up to 40% more phytochemicals (beneficial nutrients and components) than their full-grown counterparts.

Nutrients found in microgreens include Iron, Boron, Calcium, Folic Acid, Lecithin, Magnesium, Manganese, Selenium, Vitamin B, Vitamin C, Vitamin E, and Vitamin K.



Microgreens Salad Recipe

Ingredients

- 2 cups spring greens or lettuce
- 2 tbsp. arugula microgreens
- 1/4 cup shredded mozzarella cheese
- 1/2 tomato, diced
- 1/2 avocado
- 1 hard-boiled egg, deshelled and cut into quarters

Honey Ginger Dressing

Ingredients

- 1/8 cup olive oil
- 1 tbsp. apple cider vinegar (more or less to taste)
- 1 tbsp. honey mustard
- 1 tbsp. honey
- 1 tbsp. chopped ginger
- 1/2 tsp. ginger powder
- 1/2 tsp. salt
- 1/2 tsp. pepper

Use a blender or food processor to mix salad dressing ingredients together. Pour dressing over salad, toss, and enjoy!

4th-8th Grade Cook County Teachers

Request a FREE microgreens kit for use in your classroom using this link:
bit.ly/MicrogreensKitRequest



September Word Search

Last Month's Winner:
Yevette Killingsworth

Confetti	T	L	X	P	Z	W	E	P	T	T	T	L	M	E	I
Edible	J	N	M	B	X	V	N	L	J	T	O	Y	D	G	N
Grow	I	W	E	I	Y	C	C	A	M	N	P	I	P	N	D
Indoors	G	T	W	I	C	R	G	N	U	N	B	T	T	U	O
Leaves	L	F	T	K	R	R	B	T	L	L	A	M	S	O	O
Microgreen	Z	N	Z	E	O	T	O	S	E	D	E	M	Z	Y	R
Nutrient	A	M	A	W	F	N	U	G	F	Q	H	L	T	B	S
Plants	B	G	K	K	S	N	W	N	R	C	V	B	U	R	B
Popular	O	G	P	D	H	H	O	A	S	E	G	F	O	K	X
Seeds	A	L	E	A	V	E	S	C	T	T	E	N	R	M	Y
Small	I	E	P	O	P	U	L	A	R	E	A	N	P	Y	P
Sprout	S	R	N	I	N	K	A	V	E	F	R	G	S	V	C
Stages	O	R	C	I	U	U	D	M	U	H	U	N	E	W	Q
Vegetable	L	U	E	L	B	A	T	E	G	E	V	J	R	S	O
Water	I	B	W	M	G	O	L	O	H	X	F	H	B	O	K
Young															

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: 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



Volunteer for the Better

During my side gigs over the years as parent-teacher club president, Sunday School teacher and FFA alumni volunteer enthusiast, my home office has served as much a dumping grounds for community service projects as it has a private space for writing commentaries and paying bills.

I call it my staging area, a designated place that holds the intent to make a difference in our small town of 600 people. I have friends with such spaces, too, because if small towns want or need something, their citizens often must collaborate to provide for the community.

Our parks offer some of the most visual evidence of volunteerism in our village, which lacks a taxpayer-funded park district. Volunteers fundraise, install and oversee the 18-hole disc golf course, perennial beds, arboretum, depot pavilion, caboose museum and the barn playground, an incredible project that alone won the state's top award for volunteerism. Currently, talented community members donate time and resources to install a mini golf course with nine holes of unique themes to reflect our community's history – a coal shovel, grain bins and iron river bridge among them.

Unthinkable to my city friends, trained volunteers fight fires and provide our first-response medical care. Unpaid folks decorate the downtown for the holidays and archive our history in a small museum. Veterans hang dozens of flags in the park and cemetery every Memorial Day. Our musical leaders at church sing and play for God's glory without compensation. Passionate volunteers endlessly support student success in the local FFA and make youth soccer, summer ball, 4-H and the scouts a reality.

Our kids learn at a young age that community service provides church dinners, roadside cleanups, fun youth programs, impactful non-profits and special events like the upcoming town festival. For the latter, more than 125 volunteers will organize and deliver agri-entertainment-style fun for free to attendees at a festival that encapsulates the power of community service. Magic happens and friendships form when talents, skills and resources of volunteers come together for the common goal of community betterment.

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.

Metropolitan Water Reclamation District to Promote Urban Agriculture on Their Lands

Cook County Farm Bureau® sent the following letter to MWRD Commissioner Cam Davis in support of his resolution to promote and recognize urban agriculture in Cook County.

Cook County Farm Bureau supports the Metropolitan Water Reclamation District's (MWRD) efforts to facilitate the expansion of urban agriculture through its Green Infrastructure Partnership Program and real estate program.

Farm Bureau has a proven history of supporting food access and urban agriculture issues. Including support for Senate Bill 850, which creates the Grocery Initiative Act. The Act provides that 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.

Also, 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. The bill 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. It 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.

Prior to our work on food insecurity in Springfield, 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 conversations about food access. On the note of policy, Cook County Farm Bureau also drafted and led the passage of Farm Bureau's first ever Urban Agriculture policy, which has since been adopted as the American Farm Bureau Federation's Urban Agriculture policy.

The policy provides that urban agriculture includes community gardens and urban farms. The policy supports:

- County Farm Bureaus working with units of government to develop agriculture-friendly policies.
- Using land management tools such as land banks, land trusts, conservation easements, and long-term leases on public and private lands so urban agriculture can flourish.
- Advocating for new developments to include opportunities for agriculture, including rooftop and home gardens, community gardens, and urban farms, where appropriate.
- Diverting organic waste into compost.
- Using raised beds or hydroponics to address soil quality concerns.
- Using season extension tools such as indoor facilities and high tunnels.
- Urban agriculture sites gaining access to agricultural markets.

Given this policy, Cook County Farm Bureau looks forward to working with the MWRD to expand and promote urban agriculture opportunities.

VOLUNTEER OPPORTUNITIES

Cook County Farm Bureau® is a volunteer driven organization and we're looking forward to welcoming you as a volunteer!

Learn more at: <https://cookcfb.org/contact-us/volunteer-opportunities>



Farmers Anhydrous Ammonia Certified Grower Training

All Illinois growers or grower farm operators who transport or apply anhydrous ammonia, or otherwise maintain anhydrous ammonia equipment, are required to be certified to understand:

- Properties of ammonia
- Competent in safe operating practices
- How to take appropriate actions in the event of a leak or emergency
- Personal protective equipment & first aid
- Transportation safety

These guidelines went into effect April 1, 2022

Ongoing training opportunities are being offered for growers and grower farm operators. **Certification is good for three years** after being initially certified. Check your existing certification date and don't miss this opportunity to get re-certified.

For your convenience, certification training is also available on-line on the Illinois Department of Agriculture's website. <https://agr.illinois.gov/plants/fertilizer/anhydrous-ammonia.html>

Who needs to be certified?

GROWER: Any individual who produces an agricultural commodity on property he or she owns or controls

GROWER FARM OPERATOR: An individual employed by or otherwise authorized by a grower to transport or apply anhydrous ammonia, or to otherwise maintain anhydrous ammonia equipment. These individuals include grower family members, full-time and part-time hired help, and others providing anhydrous ammonia services at no fee.

**This requirement is found in the IDOA regulations regarding anhydrous ammonia at 8 Illinois Administrative Code 215.*

Please contact Jenny Eisenbeis (Illinois Farm Bureau) at 309-557-3207 or jeisenbeis@ilfb.org with any registration questions.

FREE In-Person Training 1:30 – 3:00pm

September 5
Asmark Agricenter
14171 Carole Dr.
Bloomington, IL 61705

September 9
Unique Suites Hotel
920 W. Lincoln Ave.
Charleston, IL 61920

September 10
Prairie View Reception Center
8865 State Route 4
Chatham, IL 62629

September 11
Knox Agricenter
180 S. Soangetaha Rd.
Galesburg, IL 61401
Maximum 60 attendees

September 12
Deer Valley Banquets
3298 Hoover Rd.
Deer Grove, IL 61243

October 8
Asmark Agricenter
14171 Carole Dr.
Bloomington, IL 61705



Manifolds, Manolos, and Manure

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



Bona Heinsohn

I'd love to tell you that we've wrapped up another year of fairs, but I'm not entirely sure that's the truth. Instead, let's say we ended a chapter.

Our blue-eyed girl walked at four fairs this summer. Her big-little-brother graced three show rings. Our most recent fair was bittersweet for all of us.

It marks the end of a handful of animals' tenure on our show string.

Sparkledust, Sandi, and Potato walked for likely the last time. Sparkledust will become a milking cow in 2025. Sandi doesn't have the overall look to compete at a higher level. And Potato is a summer yearling. With a mid-July birthday, she's a little too young to breed in time for her to compete next year.

Sparkledust and Potato's tenure in the show ring is a hard one for me since my blue-eyed-girl bottle fed them from day one. She chose their sires. She helped deliver Sparkledust. And both of them were raised on our farm.

Dobby and Donut may or may not return to the show ring. Dobby is my blue-eyed-girl's spring Brown Swiss yearling. Despite being a well-bred calf, she struggled last year but walked her way to a second-place finish in Showmanship. This year, she stood top of her class and was Reserve Breed Champion for the 4H Show. My blue-eyed-girl's other Brown Swiss is a lot like Dobby was as a calf. A little too small. Too short. But angular. She'll be one to watch next year.

Her awkward field mate, Donut is my big-little-boy's favorite girl. As a spring Ayrshire yearling she walked her way to Junior Champion. Last year she was Calf Champion. Donut was our entry into the world of Ayrshires, she wasn't selected for her all-star genetics or how she walked but instead for her personality. She's a kid's animal. More accurately, she thrives on little boy germs. Hugs. And treats.

Others in our show string will walk again. Pippa has walked at all four shows after we bought her at an early spring auction. She has been a struggle. She would look great one day and the next she would look too thin. Most recently, she stood top of her class and was Honorable Mention of the Red and White Holstein show but the week before the judge placed her near the bottom citing concerns about her weight. This was a win for this yearling and my blue-eyed-girl.

They also walked their way to Senior Showmanship Champion. In a class deep with her friends and peers, they set feet. Answered the judge's questions. And traded animals. Had the day been as hot as most years, we probably would've lost showmen to heat exhaustion, but since it wasn't the judge worked the top four showmen until he was confident in his placing.



In a moment of weakness, we picked up our first Guernsey calf. Candidly, I don't know much about Guernsey animals, but Lightbulb is tall. Long. And well put together. She and my blue-eyed-girl walk themselves past Junior Champion to junior show Grand Champion and open show Reserve Grand Champion. Together they earned themselves a spot in the show ring for Supreme Grand Champion. Lightbulb is one that may walk again this year, but at Madison, Wisconsin for the world's largest dairy show.



Rounding out our show string is arguably the prettiest calf we've ever raised. Despite an off birthday, she's tall. Long. Well put together. Delicate. And striking. Her maternal aunt is a two-time champion at World Dairy Expo and her sire is one of the top Ayrshire sires in the world. With my big-little-boy in tow she walked past Junior Champion all the way to Reserve Grand Champion for the junior show and Honorable Mention Supreme Junior Champion of the junior show. She too may walk on the colored shavings at World Dairy Expo this fall. Like his Ayrshire heifer, she wasn't chosen for her genetics or looks but her personality. She's kind. Playful. And snuggly.



With another fair in the books, we want nothing more than our two kids to want to milk the cows. Drive the tractors. Farm. Just like their dad, grandfather, and great grandfather before them.



Agronomist Ken Ferrie Discusses No-Till and Cover Crops with Local Farmers

Ken Ferrie with Crop-Tech Consulting in Heyworth, Illinois met with local farmers to discuss no-till farming and the implementation of cover crops. Ferrie is a native of Iowa and grew up working on his family farm before attending Illinois State University. Ferrie apprenticed under Dr. Evertt Dennis, a private agronomist from Manhattan, Kansas before starting Crop-Tech.



Andrew Margenot Meets with Farmers

During the recent Nutrient Loss Reduction Strategy Field Days, Andrew Margenot from the University of Illinois met with farmers to discuss strategies and research related to nitrogen and phosphorus. Dr. Margenot is also conducting fertilizer research in Cook County in conjunction with Smits Farms, the Metropolitan Water Reclamation District, Illinois Farm Bureau®, and Cook County Farm Bureau®.

Idea Exchange Participants Explore Mushroom Cultivation

Windy City Mushroom leader Guy Furman, pictured left, discusses the cultivation of lions mane mushrooms with Selah Curran-Blakely from MWRD Commissioner Precious Brady-Davis's office during this year's Cook County Idea Exchange. The Idea Exchange is designed to connect Cook County legislators and their staff with agriculture in the county. Past locations include Green Era, Testa Produce, Smits Farm, NuFarm, and OSI Chicago among many others.



DISCOVER LOCAL this FALL!

Fall is here and it's the time for fall items like pumpkins, gourds, popcorn, fall flowers, hay straw, and fresh harvest vegetables. The time is ripe to experience a classic fall outing to a local pumpkin patch, go apple picking, or trail riding! The Cook County Farm Bureau wants to help by making it easier for you to shop local and support businesses in and around your community with Discover Local. This section is a MUST-HAVE resource where you will find diverse local food and agriculture businesses in Cook County, local farmers' markets, and more to help with fall purchases, local food, and fall fun experiences!

Discover Local: <https://cookcfb.org/file/1890/2024%20May%20Insert%20CoOp-compressed.pdf>

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.



*JUSTIN TRUONG

has been named Financial Representative of the month for July 2024. Justin's office is located at 4306 N. Lincoln Ave #1, Chicago, IL. His phone number is 773-498-1016. Justin has been a Financial Representative with COUNTRY® Financial since October 2023.

Chicago North Agency, Vicki Nygren, Agency Manager



*TROY VIDOVIC

has been named Career Financial Representative of the month for July 2024 by Cary Tate, Agency Manager. Troy's office is located at 12130 S. Harlem Ave, Unit A, Palos Heights, IL. His phone number is 708-425-1816. Troy has been a Financial Representative with COUNTRY® Financial since February 2010.

Orland Park Agency, Cary Tate, Agency Manager



*BRETT RIEKEMA

has been named Career Financial Representative of the Month for July by Kevin Gomes, Agency Manager. Brett's office is located at 110 N. Brockway, Ste 230, Palatine, IL. His phone number is 847-383-4321. 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 COUNTRY® Financial.*

Fall SAVINGS WITH Your Membership

Download the App Today!
Over 302,000 Benefits for YOU!
Need Assistance? Email SKnittel@ilfb.org

MEMBERS SAVE \$500*
Search local food and products on the go!
LOCAL SHOP LOCAL
RESTAURANTS

ILLINOIS FARM BUREAU
Farm. Family. Food.™

\$500 SAVINGS
Some restrictions apply



Garden Grant Recipient

Garden Grant recipient, Edna White Community Garden in Chicago's Morgan Park neighborhood, is home to a beautiful multiacre food production garden, apiary, native and perennials and more. Garden Coordinator, Kathy Figel (left) pictured with her firefighter son are the main volunteers who care for this beautiful neighborhood space. Grant funds were used at Clarke's Garden Center in Lynwood to purchase tools and perennials.

THIS MONTH in Cook County Agriculture...

SWCD Taking Fall Tree, Fish Orders

The Will – South Cook Soil and Water Conservation District is currently taking orders for the fall tree and fish sale. Plants, shrubs, and trees are available in various starter sizes. Tree order deadline is Wednesday, September 18. Tree order pickup is on Thursday and Friday, October 3 and 4 (during office hours).

Fish varieties include channel catfish, largemouth bass, triploid grass carp, rainbow trout, black crappie, redear sunfish, bluegill, and minnows. The grass carp needs to be ordered by Wednesday, September 11. Fish stock pickup is scheduled for Saturday, October 5 from 11 a.m. – 3 p.m.

All pickups will be at the Will – South Cook SWCD building (in the back parking lot) located at 1201 S. Gouger Rd. in New Lenox. Order forms are available online at:

<https://www.will-scookswcd.org/tree-and-fish-sale>

To promote your activity, email ccfb@cookcfb.org or call 708-354-3276 by the 15th of the month. Please include 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.

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.**

Retractable Cargo Cover for 2017 Honda CR-V \$50. **Call 708-227-8162.** Picture available online.

Vintage 4 drawer dresser \$125. **Call 708-227-8162.** Picture available online.

Weslo Cardio Glider \$75. **Call 708-227-8162.** Picture available online.

Total Gym \$100. **Call 708-227-8162.** Picture available online.

Casita Screenhouse \$100. **Call 708-227-8162.** Picture available online.

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

2006 Suzuki Boulevard C50 Touring. Like new, 2,000 miles \$5900. Shaft Drive. Studded leather bags. **Call Bob 708-602-3350.**

4 Uniroyal tires, less than 300 miles. Size 255-47ZR20. \$290. **Call Don 847-358-0972.**

91 Cadillac 4 door, 112,000 original miles, no rust, runs and drives perfect, needs nothing. Cold AC and recent brakes. Paint is faded. \$950. **Call Don 847-358-0972.**

Collector 87 Chrysler Fifth Avenue, loaded, black with red interior, 318 cubic inch engine, 44,000 original miles. Stored last 28 years – showroom condition in and out. Insured by Haggerty Insurance for \$13,500. Asking \$11,500 obo. **Call Don 847-358-1718.**

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.

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.

Diesel Generator. Denyo Whisper WATT 40 / 3 Phase / 240 V or 480 V / 240 / 120. Good condition (sold "as is") includes heavy duty trailer with new tires and Illinois title. \$12,500. For info **Call 773-218-5747.** Pictures available online.

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

LA-Z-BOY all leather couch (including the back) w/ power recline, power lumbar adjust & power headrest adjust on both end seats (not middle seat), all adjusters working. Excellent condition, no tears in leather. \$400.00 firm. Pictures can be emailed upon request. **Call 630-918-2516.**

Dining/Kitchen table 61" long x 41" wide. Dark Oak. Comes with 2 leaves, 6 chairs with 6 pads. \$100. **Call Chet 815-838-4764.** Lockport area. Picture available online.

Dresser 52" wide, 19" deep, 76" high. Cream color with gold trim. Comes with 2 extra shelves above dresser with 3 drawers and light. Comes with 2 optional mirrors 46" high x 19" wide with framing same as dresser, cream color with gold trim. Comes with twin bed, box spring, and matching headboard. \$100. **Call Chet 815-838-4764.** Lockport area. Picture available online.

Entertainment Center 76" high x 8' wide x 18.5" deep. Medium Oak. Has storage space on each side with glass doors. Good condition. \$100. **Call Chet 815-838-4764.** Lockport area. Picture available online.

FOR RENT

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

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

Need Cash? Wanted – old broken or new gold jewelry, coins, diamonds, watches, gold teeth. I also install watch batteries for \$10. **Call Bob 708-62-3350.**

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
"D"

DILL



Dill is versatile and can be used as both an herb and a spice.

Dill is a delicate and fragrant herb averaging 90 centimeters tall.

Dill is available year-round, with a peak season in the spring and early summer.

It has slender stems with alternating green leaves that are soft and feathery with a fern-like appearance.



THE UNIQUE TASTE IS OFTEN DESCRIBED AS A BLEND OF ANISE, PARSLEY, AND CELERY WITH A SLIGHT LEMONY FINISH.

Its fresh leaves are often used in salads, soups, and sauces, while its dried seeds are commonly used in pickling and baking.

It is a good source of vitamins A and C.



DILL HAS BEEN USED SINCE ANCIENT TIMES TO SOOTHE BABIES WITH COLIC AND CALM DIGESTIVE ISSUES.



It is a particularly popular ingredient in eastern European, Russian, Scandinavian, Indian, and Mediterranean cuisines.

Next month... Espresso powder



Soil Testing Program



Soil Testing Kits Available

For details go to <https://cookcfb.org/stay-updated/-events-and-programs/programs-and-events/profile/soil-testing>

Source: https://specialtyproduce.com/produce/Dill_Weed_3062.php

Programs, Workshops and Webinars

For Members, Farmers, Teachers, Landowners, Foodies, Business owners, and those that want new experiences and to have a great time!

REGISTER TODAY for the following great programs by calling the office at **708-354-3276** or at www.cookcfb.org

Membership Monday – September

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, September 16, 2024 **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**.

Smart Driver Two-Day Course

The Two-Day 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 a.m. – 1 p.m. each day

LOCATION: CCFB, 6438 Joliet Road, Countryside, IL

FEE: The 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.

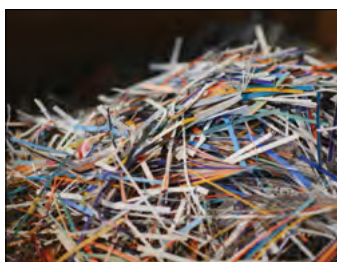
DATE: Saturday, September 28

TIME: 10am-12pm

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

FEE: No Charge

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



24th Giant Pumpkin, Dessert, Carving, and 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 5

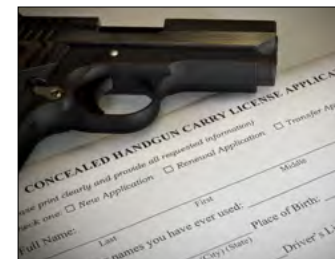
TIME: 9:00-11:00 a.m.

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>.

Conceal and Carry Class

The Illinois concealed carry permit certification consists of a minimum of 16 hours of training and range time. This class is a two-day class, broken into 2–8-hour segments. The first eight hours consists of 7 hours in the classroom covering gun safety, basic firearm knowledge, and the basics of marksmanship, followed by two or more hours of actual live fire on the shooting range. The second 8 hours consists of classroom time 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 a.m. – 7 p.m. and Sunday, November 3 from 10 a.m. – 5 p.m.

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

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

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.

DIY Barn Quilt Painting Workshop

Learn about the history of barn quilts and paint your own holiday design during this 3-hour make-and-take workshop. A barn quilt is a piece of wood, painted in simple geometric patterns to resemble a quilting block that is hung on the exterior of a building. During this beginner-level class, you will paint a 12x12 barn quilt design on wood to hang indoors. Barn quilts make a creative, personalized gift for the holidays, anniversaries, birthdays, or to keep yourself.



DATE: Tuesday, November 12 **TIME:** 5:30 – 6:30 p.m.

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

FEE: \$20 for CCFB members, \$25 for non-members (Includes materials: board, stencil, paint, apron, etc.)

REGISTRATION REQUIRED: Call the Farm Bureau at **708-354-3276** or at the Member Center. For additional information, email Kelli at membershipkelli@cookcfb.org.

24th 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

