



COOK COUNTY GO-OPERATOR

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

Mark Your Calendar



October

- 5 Giant Pumpkin & Local Honey Contest **PG 12**
- 15 Fall Photo Contest Deadline **PG 4**
- 21 Membership Monday **PG 12**

November

- 1 ALOT Application Deadline **PG 12**
- 2 & 3 Conceal & Carry Class **PG 12**
- 13 Disguise a Turkey Contest Deadline **PG 6**
- 14 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



A new feature added to the Co-Operator is the Student of the Month. Who is the first Cook County Student we recognized?

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

September Winner: John Stromski

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

Answer: Healthy Foods

FARM CRAWL 2024



Zach Grant and Sarah Batka, U of I Extension Local Food Systems/Small Farms Educator and Coordinator in Cook County, provided tours and activities at the SoSuCo Demonstration Farm in Matteson, as a part of the 2024 Farm Crawl sponsored by the Commodities/Marketing Team. Photos and farm crawl raffle winners are pictured on page 4.

Water District Approves Resolution Opening Land to Urban Farming

Resolution 24-0817 supports urban agriculture and calls on other local units of government to apply for Metropolitan Water Reclamation District programs to expand and support urban agriculture opportunities.

District programs include the Green Infrastructure Partnership Program, which can be a potential funding source for urban agriculture projects that meet MWRD's stormwater criteria and the Real Estate program, which makes vacant District real estate available for lease to both commercial and governmental entities, including urban agriculture and community gardens.

"A recent report indicates that approximately 16% of Cook County households experienced food insecurity at some point. Urban agriculture has the potential to connect families with fresh, culturally relevant local produce. By encouraging urban agriculture on suitable MWRD

property, the District is helping to move local families down the path to food security," said Bona Heinsohn, CAE, Cook County Farm Bureau Director of Governmental Affairs and Public Relations. "Cook County Farm Bureau applauds the work of the District and Commissioner Cam Davis on this important issue and looks forward to the expansion of urban agriculture opportunities in the county."

Given Farm Bureau's Urban Agriculture policy, Cook CFB actively supported and provided public testimony in support of Resolution 24-0817, which was approved in September of 2024.

Farm Bureau Continues to Advocate for Changes to Estate Taxation

The Family Farm Preservation Act (FPPA) makes the following changes for estates that are 'eligible' for the IRS agricultural Special Use Valuation Rule (regardless of if the estate actually claims the federal rule or not):

- Changes the current Illinois \$4 million dollar threshold in three ways: increases it to \$6 million. Make it an actual exemption, not a threshold. Only dollars over \$6 million will be taxed, as opposed to the current law where the entire estate is taxed if the \$4 million threshold is breached. Ties the \$6 million exemption to inflation.

- Allows any unused exemption amounts to be transferred to the surviving spouse, thus ensuring the doubling of the exemption amount for a family to \$12 million plus inflation.
- Updates the agricultural special-use valuation, for Illinois Estate Tax purposes, to reflect modern farm estates and farm family descendants.

These changes are limited to farms only.

The Agricultural Special Use Valuation Rule (2032a) is a tool to help farm families preserve their businesses by

Estate Taxation continued on page 5

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!

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.

THE COOK COUNTY FARM BUREAU FOUNDATION

2023-2024 ANNUAL REPORT

IS NOW AVAILABLE ON OUR WEBSITE.

COOK COUNTY FARM BUREAU FOUNDATION

2024 ANNUAL REPORT

Recognized Ag in the Classroom, Sponsored by the Cook County Farm Bureau Foundation

28,629
students reached through school programming

1,261
classrooms reached

239
schools received agricultural education

Our focus: Ag in the Classroom program presentations to students throughout Cook County. Presentation topics included: Illinois Ag, Thrive! Ag in MyLife, and programs about soil, specialty crops, the farm-to-table process, ag careers, and keeping water...

2024 SCHOLARSHIP PROGRAM

The Board of Directors of the Cook County Farm Bureau Foundation selected one individual as recipient of the annual Scholarship Program. A total of \$19,000 in scholarship funds were distributed. One program offers several scholarships including vocational & adult scholarships. All of our scholarships are available to members, dependents and others seeking a major in agriculture, ag business or an ag agriculture related career.

The Howard Paulberg Excellence in Agriculture Scholarship honors the first president of the Foundation and carries the legacy financial award and is given to the top-rated applicant.

The Howard Family Scholarship honors the Howard Family and their involvement in Farm Bureau and ag literacy efforts and is awarded to an individual whose focus is on an agriculture related career in the area of technology, education, leadership development and/or mental health.

Scholarship recipients were selected to receive the scholarships for the 2024-2025 school year based on exceptional academic ability, financial need, demonstrated interest in agriculture, evidence of ability, focus on an agriculturally related need and overall character. Foundation created:

- "NEW" Foundation Created "Moving Ag Forward" Vocational Ag Career Training Scholarship has been designed for individuals increasing training in agriculturally related skills.

2024 SCHOLARSHIP RECIPIENTS



Please visit: www.cookcfb.org/foundation to view.

HOW FARM BUREAU SERVED YOU IN SEPTEMBER

- ▶ **Engaged specialty growers, researchers, and industry experts in conversations regarding beneficial nutrient reuse and composting at Smits Farms.**
- ▶ **Provided pollinator seeds to members through a late summer pollinator seed sale.**
- ▶ **Hosted Smart Driver Course, offered by AARP Driver Safety. Participants learned the current rules of the road, defensive driving techniques, and how to operate their vehicles more safely in today's increasingly challenging driving environment.**
- ▶ **Held a Shred Day event at CCFB for members to securely destroy their documents.**
- ▶ **Assisted members in renewing their Cook County Farm Bureau membership.**
- ▶ **Provided Farm Bureau members with virtual gatherings, highlighting member programs, member benefits, and the website during Membership Monday.**



Co-Operator

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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...

- Carl Smits, the Smits family, and Smits Farm staff for hosting this year's Nutrient Loss Reduction Strategy Field Day which focused on beneficial nutrient reuse and composting.
- Pat Horcher, Ruth Zeldenrust, Kim Morton, and Janet McCabe for participating in numerous discussions about elected leaders and their voting records as part of Farm Bureau's ACTIVATOR legislative endorsement process.
- Cook County Farm Bureau Political Action Committee Governance members for willingly giving their time to discuss the PAC's engagement plans for the upcoming election.
- All of the "Day at Urban Farms" host sites as well as Public Relations Team member, Amy Hansmann, for generously spending their day with Farm Bureau members.
- COUNTRY® Financial Agency managers Cary Tate, Vicki Nygren, Sharon Stenke, and Kevin Gomes for input and assistance regarding COUNTRY® changes that impact members.
- Winifred Flint, Kevin Daugherty, Janet Lence, and other members for sending us nice notes!
- The many members that participated in the Farm Crawl to check out and support farm operations throughout the Cook County area.
- Our Voting and Associate members who renew their memberships faithfully each year!



Downwind

by **BOB ROHRER, CCFB MANAGER**



A flag is an important symbol. Flags can be fought for and died for. Saluted. Cried over. Rallied upon. A flag can be used to display national pride. The swell in the number of Mexico flag car hood covers I saw in September related to Mexican Independence Day is a good example.

A flag can also be used to demonstrate anger such as burning a flag during a riot. Or hate through the Nazi swastika flag.

The Illinois legislature recently created a commission to consider a new Illinois state flag.

While creating a new flag design may be viewed as an opportunity to showcase an evolving Illinois, it also sounds to me like another reason for people in Illinois

to argue. The advocates for change may be excited. Traditionalists will probably not be happy for a new design. I'm sure some designs submitted will excite some and rub others the wrong way. Anger which seems to be the public default emotion lately, will result. Until I started writing this, I had never examined the state flag in detail. I knew it was white with an eagle and the words Illinois on it but had not really paid attention to the rest.

When I was working for Carroll County Farm Bureau back in the late 1980s, we had a Farm Bureau leader who created an "agriculture" flag to recognize and celebrate the importance of farming in the region. There was a period of time, at the office in Mount Carroll, that each

day I would raise the US flag followed by that agriculture flag to proudly show to the world.

Agriculture, as the number one industry in Illinois, should have a place on a new flag version, right? Agricultural images of corn, soybeans, greenhouses, or livestock (cannabis?) could be featured.

Rural Illinois is home to alternative energy solutions. Images of up-and-coming alternative energy structures (I can't call them "farms") multiplying across the state in the form of solar panels, wind turbines, and ethanol plants could be added.

Sometimes, it is easier to describe what we don't want on a flag. I started making a list but that seemed nega-

tive. We do not need 'negativity' flying over the Springfield capitol.

Perhaps a new flag will help us regain some of the pride I perceive we have lost in the great state of Illinois. However, I can't help thinking there might be a few other more important items that require the attention of the state leadership. Figure out a sound state budget. Remove barriers that cause inflation. Solve the growing state funded pension issue. Address spending so that taxes don't need to escalate. Limit regulation for the business economy to thrive. Reduce crime.

Yep, bigger fish to fry...maybe an image of a catfish?

Recipe of the Month



INGREDIENTS:

- ½ onion, diced
- 1-2 large garlic cloves, minced
- 1 lb Blue Oyster Mushrooms (any and all mushrooms can be used)
- 1 c roasted red bell pepper, chopped, or 1 cup pepper relish
- 1 lb dry Pappardelle pasta
- 2 T olive oil
- 1 c heavy whipping cream
- Salt & pepper to taste
- ½ c grated Parmigiano Reggiano cheese, plus more for serving

Pasta with Creamy Blue Oyster Mushroom Sauce

Gibby's Gourmet Mushrooms LLC, Chicago Ridge

DIRECTIONS:

Fill large pot with salted water and bring to boil over high heat. Cook pasta according to package directions. Reserve ¼ cup pasta water, drain, and set aside. Heat oil in large skillet over medium heat. Add onion, chopped mushrooms, roasted red peppers, season with salt and pepper and cook approximately 4 minutes. Add garlic and simmer another 2 -3 minutes. Stir in cheese and pasta until coated. If sauce is too thick add reserved pasta water. Garnish with additional cheese.

4-6 Servings

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



2024 Recipe Collection is Available!

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.

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FARM CRAWL 2024 WAS BACK!

BIGGER THAN EVER!

The 2024 Cook County Farm Bureau Farm Crawl – Passport to Ag returned with a bigger program offering a cash raffle to crawlers and member ag businesses! Twenty-one new and returning member Farm/Ag businesses opened their doors to members and public, showcasing Cook County’s agricultural diversity! Crawlers were able to participate in many activities including farm, animal, and greenhouse experiences and tours, fresh farmstand locally grown items, U-Picks, local honey, feed and seed, flowers, perennials, pumpkins, mums, discounts, 2-for-1s, freebies, and more!

Crawl Passport Raffle Winners

Claudia Guerrero-Yepez	1st	\$500.00
Joseph Gavenda	2nd	\$350.00
Barbara Clark	3rd	\$150.00

Favorite Ag Location Raffle Winners

Evergreen Park Urban Farm	\$500.00
Honey Bee Gardens Farm	\$350.00
VanderGriend’s Farm Stand	\$150.00

A giant shout out to the businesses who participated, CCFB volunteers, and you – the CRAWLERS for making this event a success: Big John’s farm Market, Bultema’s Farm & Garden Center, Clarke’s garden Center, SoSoCu Demonstration Farm, Evergreen Park Urban Barn, Farm on Ogden/Windy City Harvest/Chicago Botanic Garden, Goebbert’s Farm & Garden Center, Honey Bee Garden Farm, Il Bee Rescue, Ludwig’s Feed Store, M&D Farms, Melka’s Garden Center, Smits Farms, Star Farm Chicago, Ted’s Greenhouse, The Feed Store, VanderGriend’s Farm Stand, We Sow We Grow, Wagner Farms, West End Florist & Garden Center, Whiskey Acres Distilling Co, and CCFB volunteers, Ellen Phillips, Rick & Cathy Johnson.



Evergreen Park Urban Farm



Star Farm Chicago



IL Bee Rescue



Goebberts Farm Market



Whiskey Acres



M & D Farms



Ted’s Greenhouse



WeSowWeGrow

CHSAS Cattle Club Shines at Sandwich Fair



Chicago High School for Agricultural Sciences’ Cattle Showing Club competed at the 136th annual Sandwich Fair, in Sandwich.

Senior Sophia Roy secured third place with her steer, Pinky, and junior Destiny Perez earned second place with her steer, Buzz.

Attending the Sandwich Fair was the club’s second cattle showing competition. Their first was the Illinois Beef Expo in February in Springfield. This year, there are 22 students in the club, ranging from freshmen to seniors.

Katie McMahon, the club’s coach and animal science career pathway teacher at CHSAS, said that the club teaches about cattle “on a whole new level, because students experience hands-on learning while doing.”

“It’s not me telling them what to do, they do everything on their own,” she said. “They coordinate what days to come in, work together, and do hands-on animal handling.”

McMahon said that she has seen her students grow in their skills and confidence since the club was founded last year.

“It was initially very intimidating for them because showing cattle and being at livestock competitions are not something they’ve grown up with or been around constantly,” she said. “Now younger students see juniors and seniors doing it. They can see that other city kids do it, so they can also do it. They have gained confidence so quickly.”

Club member Sophia Roy said that regardless of winning ribbons, being able to show the cattle she and her fellow club members have raised and taken care of is the best reward.

“I learned that if we come in first or last place, we go out and have fun,” Roy said. “It’s been a lot of hard work, but I love it. I’m always learning something new, and I still have so much to learn.”

Cook County Farm Bureau Photo Contest: FALL Photos

Example Categories for Fall:

Pumpkin Picking, Apple Picking, Hayrides, etc.

Prizes:

There will be 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.

FAMILY FARM AND FOOD BYTES



Illinois Farm Bureau group Tours Chicago food waste recycling campus (Tammie Sloup, FarmWeek)

A once vacant brownfield site on Chicago's South side now serves as a campus where food waste is recycled to produce renewable energy and nutrient rich material for local food production. 20 Illinois Farm Bureau Environmental Advisory Team members and staff (including Bona Heinsohn, Cook County Farm Bureau staff member) toured the campus which includes a 35,000 square-foot facility to house an anaerobic digester system. The tour was part of the team's Sustainable Ag Exchange in Chicago.

Solar incentives changing (Hannah Spangler, FarmWeek) - In the new year, customers installing solar panels to power their homes or farms will only receive net – metering credits on

the supply portion of their bill. This is a shift from the current net metering policy that credit solar panel owners for the full one-to-one retail price of electric service, including distribution, supply, taxes and fees. Existing solar panel systems will not be affected.

USPS changes could mean slower rural delivery (Tammie Sloup, FarmWeek) - Proposed operational changes within the US postal system aim to financially stabilize the agency and improved service reliability, but critics say the plan discriminates against rural America. Changes announced last month, but not yet approved, would entail faster service to customers within 50 miles of the Postal Service's largest processing facilities. But for outlying areas, the change could add an additional day to delivery, though mail would still be

delivered within five days or fewer across the continental US.

Prairie Farms wins awards (FarmWeek) - As summer fares wrap up, Prairie Farms Dairy announced that its family of companies received 137 awards from product competitions at the Illinois, Missouri, Kentucky, Wisconsin and Iowa State fairs. The list includes three Governor's Champion Awards in Illinois, one Best of Show and two Blue Rosettes in Missouri and six Gold Medals in Kentucky.

USDA - 13.5% of US households had trouble getting enough food in 2023, up from 12.8% the year before indicating that food insecurity among Americans is on the rise. This represents 18 million households that were classified as food insecure in 2023. The highest recorded rate of insecurity of 14% occurred in 2014.

Cook County University of Illinois Extension - Local Food Systems and Small Farms Educators Zachary Grant and Kathryn Pereira have put together a compost usage paper for urban farmers that is now available for rates, type and end use.

Illinois NREC - The Illinois Centennial Soil Archive project is looking to identify and contact landowners and producers at approximately 450 locations in Illinois for permission to sample soils on private lands. A link to a Google map on the sampling locations can be found using the QR code.



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.

Estate Taxation

continued from page 1

allowing family business owners to manage their estate tax liability. A brief summary of the rule unchanged at this time by the FFA provides that the provision allows farmers to pay estate taxes on the value of farmland based on agricultural use, rather than what it would be worth if it were sold for development. To be eligible for the rule, an estate must follow these conditions:

- The farm operation must make of 50% of the value of the estate.
- At least 25% of the estates value has to be the land (including improvements) which had to have been used for farming by the decedent or family member for 5 of the previous 8 years before the decedent's death.
- The heir must continue to farm for 10 years.

Farm Bureau, along with our sponsors and allies of the Family Farm Preservation Act, are continuing to pursue passage. The FFFPA has strong bi-partisan support. We believe there is a path to eventual passage, but we must keep pushing the issue with our legislators, communicating how much of need there is for the FFFPA.

We appreciate the following Cook County legislators' willingness to sponsor the FFFPA:

Representatives Anthony DeLuca, Angelica Guerrero-Cuellar, Martin Moylan, Michelle Mussman, and Abdelnasser Rashid and Senators Cristina Castro, Lakeshia Collins, Napoleon Harris III, Mattie Hunter, Patrick Joyce, Julie Morrison, and Mike Porfirio.

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FFA JumpStart Conference

The 2024 Chicago Area FFA JumpStart Conference was held Sept. 13 and Sept. 14 at the DuPage County Fairgrounds in Wheaton. A total of 60 students and their FFA advisors attended from seven high schools: Barrington, Chicago Vocational, Gary Comer, Glenbard East, John Marshall, Rich Township, and Rolling Meadows high schools.

The two-day event prepared students for the upcoming school year and taught them the importance of leadership and agriculture. Guest speakers included State Representative Terra Costa Howard, IL-48, Wheaton Culver's owner Nicole Luna, DuPage County Agriculture in the Classroom Coordinator Kristina Baumbach and Cook County Agriculture in the Classroom Coordinator Katrina Milton, and Illinois Farm Bureau State Young Leader Committee Member Michael Bernhard.



Students attending the FFA JumpStart Conference work together to build a skyscraper made of corn packing peanuts on Sept. 13.



Students launch pumpkin catapults they made from popsicle sticks and rubber bands and compete to win prizes during the FFA JumpStart Conference on Sept. 13.

Planting Seeds

Why Agriculture?



Katrina J.E. Milton

While at an event recently, I was asked by a teacher, "Why agriculture?" She asked the question wanting to know why agriculture is relevant in the modern world and how it could pertain to everyday life, especially everyday life in an urban area like Cook County.

I sat a little bit straighter in my chair, cleared my throat, and told her the truth: from brushing your teeth in the morning to laying your head on your pillow at night, there are a million connections to agriculture in our daily lives. The cornstarch, sorbitol, and xanthan gum in toothpaste are made from corn. Cotton bedsheets are made from the cotton plant, linen is made from flaxseed, and pillow down is duck or goose feathers.

For example, when you pour yourself a bowl of cereal, it's easy to see the agricultural connection

to Lucky Charms in the sugar, wheat, and milk (whether it's dairy, oat, or soy milk). But if you dig a little deeper, you'll see that trees had to be farmed to make the cardboard box, pork collagen is in the marshmallows, and corn syrup sweetens the cereal. Agricultural jobs tied to the cereal include the nutritionists and dieticians that work on the food label, the artist that drew Lucky the Leprechaun, and the musician that created the jingle, reminding you that the cereal is "magically delicious."

Agriculture is connected not only to the creation and movement of the items, but it can be seen in behind-the-scenes ag careers: scientists, engineers, managers, technicians, foremen, consultants, tax auditors, accountants, analysts, stock traders, sales specialists, website designers, IT configurators, programmers, software developers, web developers, and more.

According to the USDA, in 2022, there were 22.1 million jobs in the U.S. related to agriculture, food, and related industries, which made up 10.4% of U.S. employment. Only 1.2% of those 10.4% jobs were farm related.

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

Since Cook County Farm Bureau's Agriculture in the Classroom began in 1987, we have brought agricultural education to 658,990 students in 27,684 classrooms. Without our AITC program, hundreds of thousands of Cook County students would not know that their food comes from a farm, not a grocery store. They would not know that Illinois' top crops are corn, soybeans, and pumpkins. They would not know that agriculture is more than just farming, it is food, fiber, and fuel. They would not know that they might one day have a job in agriculture, whether as a farmer, soil scientist, pilot, graphic designer, or mechanic.

With the countless agricultural connections to our daily lives, all of the uses of ag, the number of ag-related jobs, and the importance of knowing where your food comes from, the question should not be "Why ag?", it should be "Why NOT ag?"



COOK COUNTY FARM BUREAU FOUNDATION'S OUTSTANDING IN THEIR FIELD AG STUDENT OF THE MONTH



OCTOBER: TEREON WARD

Grade: 12

School: Chicago Vocational High School in Chicago

Involvement in Agricultural Groups: Tereon is a 3rd year FFA member and is actively working on community development for his FFA Chapter's strategic plan.

Involvement in Ag: Tereon grows leafy plants hydroponically to feed his agriculture class's African Spur Thigh tortoise named Speedy. Tereon propagates ornamental plants and mint that he sells at his school's pop-up shops and during the last days of school. Tereon acknowledges his partner, Cortrell Simmons, as one of the reasons he has succeeded in his business.

Words from the Nominee: "Tereon has been a dedicated student of mine for over two years. He loves staying busy and learning about growing plants in class. Although he struggles with written communication, when he completes his work tasks, he helps other struggling students complete their work. He is excellent at hands-on tasks and works well when helping others."

~ Joyce Stackhouse, Horticulture Educator/FFA Advisor

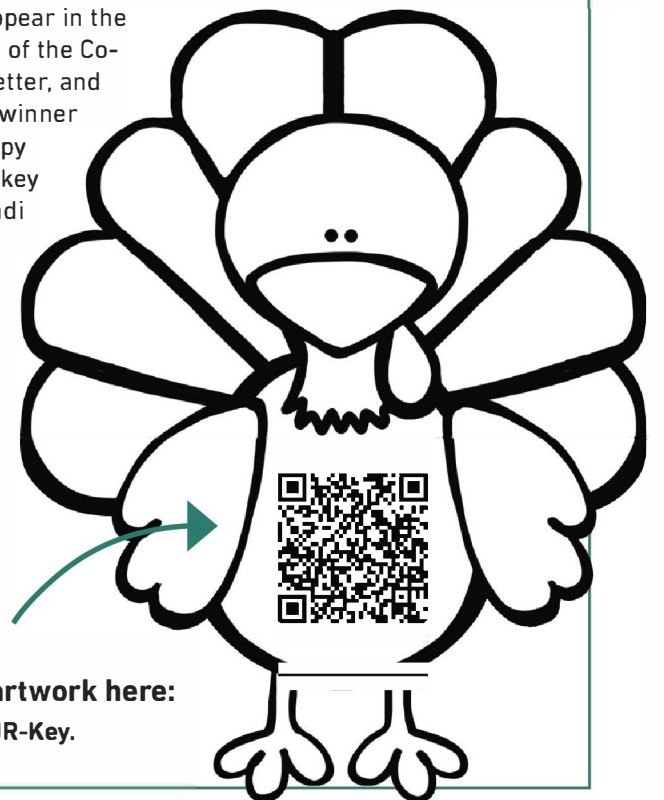
Plans for the Future: Tereon plans to own a hydroponic greenhouse with a music recording studio on the lower level, because he dreams of being a rap artist. Alumnus Kel Mitchell is an American actor, comedian, pastor, singer, and TV host who visited Chicago Vocational High School last year. Kel invited potential rappers to rap with him on stage. Of the 450 students present, Tereon was the only student who got on stage and did a freestyle rap with Kel. His peers came up afterward in support.

Upcoming Contest

2024 Disguise a Turkey Art Contest

Help Turkey escape being Thanksgiving dinner by entering our Disguise a Turkey art contest. Color and email a photo of your entry to aitc@cookcfb.org from October 1 through Nov. 13, 2024. Open to students under 18 years of age. Winner announced December 2.

Winning artwork will be posted on the Cook County Farm Bureau® website under the Ag Literacy & Education tab. Entries will be displayed and posted on our website. Winners will have their artwork appear in the December issue of the Co-Operator newsletter, and the grand prize winner will receive a copy of the book "Turkey Trouble" by Wendi Silvano, as well as two movie tickets.



SCAN HERE

Submit your artwork here:
<https://bit.ly/TUR-Key>

NOMINATE A STUDENT

"Outstanding in Their Field" Ag Student of the Month

If you know of a high school student doing great things in agriculture, the Cook County Farm Bureau wants to know!

If selected, your student will be given a certificate and will be featured in our monthly newsletter, *The Co-Operator*.

For more information, email aitc@cookcfb.org.



Scan me to nominate today!



AGRICULTURE ADVENTURES FOR FAMILIES



What is a COVER CROP?

According to the USDA, a cover crop is "any crop grown to cover the soil and may be incorporated into the soil later for enrichment." Benefits of cover crops include:

- controlling erosion
- suppressing weeds
- reducing soil compaction
- increasing moisture content of soil
- increasing nutrient content of soil, especially nitrogen
- improving yield potential
- attracting pollinators
- providing habitat for beneficial insects and wildlife
- providing food to animals

Source: <https://www.usda.gov/peoples-garden/soil-health/cover-crops-crop-rotation>

COVER CROPS UNDER COVER

Can you fill in the missing letters of examples of cover crops using the clues provided? Use the letters from the Fall phrase below to fill in the blanks. Cross off each letter as you go to help you keep track of the remaining letters.

H A V E A H A P P Y H A R V E S T

- Superstition says that finding a four-leafed one of these is good luck.
C L O _ _ R
- This grass, grown as a crop in 12 states, is also known as great millet, broomcorn, guinea corn, durra, imphee, jowar, and milo.
_ O R G _ U M
- This flowering plant, mostly used for hay and grazing, shares its name with a character from "The Little Rascals" whose hair stands straight up.
_ L F _ L F A
- A favorite hot breakfast option, this grain can also be found in cookies, granola, and Aveeno body lotion.
O _ T S
- Often made into a green soup, this flowering plant has pods.
_ _ A
- Ancient Celtic people carved this root vegetable into a jack-o'-lantern to ward off evil spirits.
_ U _ N I _
- Although this plant is toxic, it has pretty purple flowers and adds a lot of Nitrogen to soil.
H A I R _ _ E T C _
- This grain's pyramid-shaped seeds are used to make flour, porridge, noodles, and kasha.
B U C K W _ E _ T



Turnips and Pumpkins are excellent cover crops. DID YOU KNOW?

Jack-o'-lanterns were once carved from turnips. People from ancient Celtic cultures carved turnips and placed fire embers inside to ward off evil spirits.

Pumpkins are not native to Ireland. When Irish immigrants came to America, they began carving jack-o'-lanterns from pumpkins and placed candles inside, a tradition we continue today.

The "Jack" of jack-o'-lanterns could refer to a legend or an occupation. Irish legend tells of Stingy Jack, who tricked the devil. In retaliation, the devil condemned Jack to an eternity of wandering Earth with only an ember of hellfire for light. In the 17th century, the term "jack" referred to a night watchman, or a man who carried a lantern while on patrol.

October 26 is National Pumpkin Day.

A town in Illinois is known as "The Pumpkin Capital of the World." More than 85% of the world's canned pumpkin is processed in Morton, Illinois at Libby's pumpkin canning plant.

The state of Illinois grows more pumpkins than any other state. Illinois grows 90-95% of the pumpkins used for processing.

The world's largest pumpkin was 2,749 pounds. The pumpkin was grown by Travis Gienger of Minnesota in October 2023. Gienger named his pumpkin "Michael Jordan."

October Word Search

Last Month's Winner:
Candice Conner

Benefit	K	B	K	W	B	Y	E	I	C	I	E	C	E	H	M
Control	A	H	O	B	E	N	E	F	I	T	Y	C	A	D	O
Cover	A	R	P	K	C	T	I	D	L	A	U	R	N	O	I
Crop	G	R	W	O	W	U	M	Q	U	D	V	J	O	O	S
Enrichment	O	Z	M	I	R	C	P	Y	E	E	D	H	F	F	T
Erosion	T	I	O	W	D	C	R	R	S	D	V	Q	N	P	U
Food	T	A	S	N	T	Z	O	T	G	C	E	Q	Y	J	R
Grow	N	G	T	D	I	F	V	V	O	K	W	Z	N	T	E
Habitat	E	J	L	I	C	F	E	M	T	A	R	E	V	O	C
Harvest	I	R	V	E	B	L	O	R	T	N	O	C	Q	B	A
Improve	R	B	O	J	C	A	N	E	G	O	R	T	I	N	D
Moisture	T	P	F	S	V	C	H	E	S	O	H	D	E	L	W
Nitrogen	U	E	N	R	I	C	H	M	E	N	T	V	R	I	H
Nutrient	N	V	G	Y	B	O	V	C	G	B	N	Y	F	O	G
Reduce	N	J	J	D	D	Z	N	A	P	K	Z	Z	T	S	X
Soil															

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!**

PARTS RUNS Keep the Farm Running

The farmer's wife handed my husband a stick-style drawing. "He told me you will know what he needs," she said of her farmer husband while my husband paused at the brain teaser before him.

At the time, my husband worked behind a parts counter for a farm equipment dealership. The era pre-dated smart phones with capabilities of taking and sending photos, but we did have flip phones. So with a phone call to talk through the drawing, my husband figured out the farmer's need.

'Tis the season for the inevitable parts run. In Grubhub style, the run includes a designated person driving to a retail location to pick up a part and deliver it to the farm. The act's level of urgency generally falls into one of two categories.

The "rainy day parts run" includes less-urgent parts related to general maintenance or fixing something non-critical to the machine's function while the rain prevents farmers from harvesting. It likens the pre-harvest repair and maintenance intended to prevent down-time.

The "emergency parts run" indicates a machine-down situation. The parts runner immediately

abandons what they're doing to fetch a part with no opportunity to piggy-back extra errands on that trip to town. You get there. You get back. And then hope the part fixes the problem.

Getting there could take 20 minutes or it could consume a four-hour roundtrip that's still faster than Next Day Air. In the meantime, our mechanically minded team members prepare the machine to receive the part. If that repair exceeds our expertise, we call a professional technician for help.

Ideally, the fix is as simple as fetching the part. But sometimes, parts runners return with the wrong parts due to human error in the ordering process. Occasionally, runners unknowingly retrieve an incomplete order that requires a return trip. Worse yet, the fetched part doesn't fix the problem.

Technology generally improves the accuracy of parts orders as farmers can review web-based parts schematics to identify the exact part

At The Farm Gate by Joanie Stiers



numbers. Sharing smartphone photos helps parts departments with diagnosis and identification. Bringing in the broken part is almost a sure win for an identical replacement, so blown hydraulic hoses often make the trip.

My husband recalls an unusual parts pickup in which a farmer who lived hours away by car landed a helicopter in the dealership's parking lot. The farmer ran inside for his parts and left within seconds. It's an extreme case, but machine-down times call for machine-down measures to keep the farm running.

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.

NUTRIENT FIELD DAY Spotlights Potential of Struvite

By Phyllis Coulter, *Farmweek*

As a researcher, Andrew Margenot is naturally skeptical of anything that seems "too good to be true." But he told those attending the Nutrient Stewardship Field Day in Cook County that struvite, an alternative to phosphorus fertilizer, may be both good and true.

Struvite could be beneficial on several fronts including for water quality by reducing phosphorus runoff and providing a phosphorus source for crops as an alternative to more commonly used monoammonium phosphate (MAP) and diammonium phosphate (DAP) fertilizers.

With more research evidence, struvite could eventually be considered a best management practice and be eligible for cost-sharing or nutrient control credits. As a bonus, it can be reclaimed from point sources including Chicago wastewater today and, in the future, other smaller municipalities.

Margenot, a University of Illinois Urbana-Champaign crop scientist, stood in the Cook County field of Smits Farms, which features flowers, herbs and vegetables, at the event on Aug. 28 looking at the tomato plants where struvite is being tested for its effectiveness.

Previous research by Margenot has shown that "In soils with deficient soil test phosphorous, 50-50% struvite-MAP blends appear optimum for maximizing vegetative corn and soybean growth while minimizing soil test phosphorus by up to minus 18%," Margenot said using a fact sheet produced Illinois Farm Bureau® and Illinois Nutrient Research and Education Council. Ongoing research demonstrates that 100% struvite instead of MAP or DAP can support the same yields for corn, soybean, and wheat across Illinois, based on on-farm trials from LaSalle County to Effingham County.

Seeing struvite research in person was one of the objectives of the Nutrient Stewardship

Field Day sponsored by Cook County Farm Bureau, IFB and the U of I in collaboration with the Metropolitan Water Reclamation District of Greater Chicago. It was part of the conversation about reducing phosphorus losses, a goal of the Illinois Nutrient Loss Reduction Strategy.

"It seems too good to be true, but struvite seems almost perfect," said Margenot, an Institute for Sustainability, Energy, and Environment professor. However, there are a couple of drawbacks. It costs more than other phosphorus sources now- yet the return on investment could be better if less struvite is needed than other phosphorus forms, he said. Also, while the slow release is good for the environment and longer use, it does mean struvite isn't as effective in soils with extreme phosphorus deficiencies, he said.

The host farmer, Carl Smits, who farms with his son Andrew Smits, using a variety of environment-friendly practices, said he broadcast the struvite on the soil surface under the tomatoes this year because of the tomato stakes, but in the future, he would incorporate the fertilizer by tillage, which is even more effective by allowing the crop roots to dissolve the granules. He said he expects to see benefits from the struvite on the sweet corn he plants in the same spot next year. This is because the struvite dissolves very slowly, and based on Margenot's research will dissolve 50% in the first year, and the remaining fertilizer dissolving in the second year.

"Whether the plant uses it this year or next year- it's money in the bank," he said.

Struvite could help the U.S. become less reliant on foreign phosphorus and could also be an alternative as traditional world phosphorus sources become depleted – though that is likely centuries away, volatility of fertilizer markets favor more domestic production.



Panelists discussed areas of beneficial nutrient reuse, including how it might be used to help meet crop nutrient needs and environmental goals including building soil health during a Field Days program at Smits Farm in Sauk Village. Panelists included Metropolitan Reclamation District leadership; Zach Grant, University of Illinois Extension; Carrie Pollard, Winnebago County farmer; and David Ely, consultant.



Carl Smits, pictured left, discusses the history of Smits Farm in Sauk Village during a Field Days program sponsored by the Cook County Farm Bureau. Field Days participants included urban farmers, organic producers, Extension educators, researchers, and Metropolitan Water District leadership and staff.



Dr. Andrew Margenot, University of Illinois (in blue), discusses the soil fertility value of struvite as a long-lasting soil fertilizer. Through research at Smits Farm and another Cook County location prior, Dr. Margenot has been testing the nutrient value of struvite on specialty crops including tomatoes. Dr. Margenot's research is partially funded through Farm Bureau.

Manifolds, Manolos, and Manure



Bona Heinsohn

In 2021, Cook County Farm Bureau® proposed and Farm Bureau delegates approved the Farm Bureau’s first urban agriculture policy, which was subsequently incorporated into the American Farm Bureau Federation® policy book and is now nationwide policy. This policy provides that urban agriculture generally refers

to the cultivation, processing, and distribution of agricultural products in urban and suburban settings.

Urban farming has grown by more than 30% in the U.S. in the last 30 years.

Generally, the policy supports:

- The importance of urban agriculture and its contribution to the agricultural economy.
- Farm Bureau 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.
- Ensuring that urban agricultural sites have access to affordable clean water sources.
- 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.
- Providing job training and skills development to beginning farmers and garden managers.
- Farm Bureau’s urban agriculture policy along with its food access policy provides the basis for Farm Bureau’s efforts related to food and growing food.

According to recent estimates from Northwestern University, economists point to 19 percent of Chicago Metro area households and 21 percent of households with children experiencing food insecurity – similar levels seen during the first few months of the pandemic. Local Black and Hispanic households experience food insecurity at approximately double the rate of local White households – similar trends to a 2023 U.S. Department of Agriculture report. (Source: Institute for Policy Research, Northwestern University provided by Dr. Diane Schanzenbach, Food Depository board member.)

The Food Depository believes that food insecurity in 2024 is trending above what the USDA reports for last year. From January through June of this year, the Food Depository’s network of food pantries and grocery programs averaged more than 200,000 household visits each month, an increase of more than 24 percent compared to the same period in 2023 (according to September 4, 2024, statement on the release of the USDA’s Household Food Security Report of 2023).

Food insecurity is defined as the lack of consistent access to enough food for an active, healthy life.

Farm Bureau remains actively engaged in conversations and local legislation related to food access. Recently, Cook CFB has advocated on the following issues:

Property Tax Incentives for Grocery Stores Located in Food Deserts

Ordinance 22-5345 and follow-up amendments creates a special tax incentive available for grocery stores located in food deserts. The incentive is available for expansion or renovation of a grocery store, new construction of a grocery store, or re-use of vacant commercial space for a grocery store located in a food desert.

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

For the purpose of this ordinance food desert is an area within the county lacking fresh fruit, vegetables, and other healthy whole foods, in part due to a lack of grocery stores, farmers’ markets, or healthy food providers. In order to be eligible for the incentive, at least 55% of a grocery store’s workforce must be employed on a full-time basis.

The ordinance provides for property tax reduction for the first 10 years and for any subsequent 10-year renewal periods, or if the incentive is not renewed, a 15 percent reduction in year 11 and 20 percent reduction in year 12. The incentive may be renewed once.

Cook CFB actively supported the ordinance, which was approved in October of 2022.

Food is Medicine

Resolution 23-5456 recognizes the concept that food is medicine and that access to high-quality food is important in the management and prevention of chronic disease and obesity. The resolution also:

- Creates the “Food is Medicine” advertising campaign.
- Builds upon existing healthy food programs throughout Cook County Health System.
- Creates a Food Security Program Manager within Cook County Health System to prioritize equitable food security impact on health outcomes.
- Engages organizations to provide fresh produce for “Food is Medicine” programming.
- Creates a “Food is Medicine” educational interactive website.
- Creates a “Food Passport” program in partnership with local restaurants.
- Cook CFB actively supported the resolution, which was approved in November of 2023.

Farm Bureau is in the process of developing a newsletter for state legislators that will detail its efforts related to urban agriculture and food access. A copy of the newsletter will be available to members and partners later this year.



Environmental Advisory Team visits Green Era

Jason Feldman with Green Era meets with members of the Farm Bureau Environmental Advisory Team, which Cook County Farm Bureau staff Bona Heinsohn served on during the 2024 Sustainable Agriculture Exchange in Chicago. Green Era accepts a variety of food and beverage waste for recycling including packaging and post-consumer inorganic materials at their Chicago campus. Advisory Team participants also visited with John Deere, BMO Harris, Lanza Jet, and heard from Steffan Mueller from the University of Chicago on GREET.



Farm Bureau leaders present ‘Friend of Agriculture’ award to Senator

Cook and Livingston County Farm Bureaus presented Senator Javier Cervantes with a 2024 ‘Friend of Agriculture’ award in recognition of his legislative voting record. Senator Cervantes was elected to the Senate in 2022 and is “adopted” by Livingston County Farm Bureau. Farm Bureau leaders presented the award in front of the historic Chicago Stockyards gates.



Farmers tour urban farm locations in Cook County

State Representative Sonya Harper hosted several downstate Farm Bureau members for a visit to Cook County in September. During that visit, participants visited three urban farms in Chicago, including We Sow We Grow, Edens Place, and Herban Produce prior to discussing farming with the urban farmers and two downstate farmers. Pictured left to right is Ameila Howard, Edens Place; Natasha Nicholes, We So We Grow; Representative Harper; Sadie Asher, Henry County Farm Bureau; Alicia Nesbary-Moore, Herban Produce; and Angela McLemore, Office of Senator Mattie Hunter.

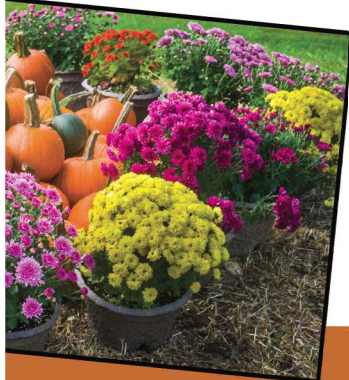


Representative Tracy Katz Muhl visits Horcher’s Farm and Greenhouse

State Representative Tracy Katz Muhl, Northbrook, visited Horcher’s Farm and Greenhouse in Wheeling as part of an Adopt-a-Legislator® visit with Cook and Winnebago-Boone County Farm Bureaus. Muhl was appointed in January and serves on the House Agriculture and Conservation Committee. Muhl is pictured left speaking with Cook County Farm Bureau board member Pat Horcher.



EXPERIENCE FALL



The time is ripe to experience a classic fall outing to a local pumpkin patch, apple picking, trail riding, making a fall planter, and all things spooktacular!

We want to help by making it easier for you to shop locally and support businesses in and around your community with Discover Local.

This is a **MUST-HAVE** resource to find diverse local food and agriculture businesses in Cook County, local farmers' markets, and more to help with fall fun experiences!

View our Discover Local at: bit.ly/4gmGfy9

FARM BUREAU® MEMBERS SAVE ON EVERYDAY NEEDS WITH GRAINGER!

- IT'S AS EASY AS 1-2-3
- 1 ILLINOIS FARM BUREAU ACCOUNT NUMBER IS 853007128
 - 2 HEAD TO [GRAINGER.COM/FARMBUREAU/](https://www.grainger.com/farmbureau/) (CHOOSE BUSINESS USE AND PLACE 853007128 IN THE ACCOUNT BOX AT THE BOTTOM OF THE SCREEN) OR CALL 1-800-GRAINGER OR EMAIL CUSTOMERSUPPORT@GRAINGER.COM TO GET STARTED
 - 3 START SHOPPING!

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

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.



*ROBERT SITKIEWICZ

has been named Financial Representative of the month for August 2024. Robert's office is located at 444 S. Rand Rd, Ste 203, Lake Zurich, IL. His phone number is 847-696-9484. Robert has been a Financial Representative with COUNTRY® Financial since March 2005.

Chicago North Agency, Vicki Nygren, Agency Manager



*TROY VIDOVIC

has been named Career Financial Representative of the month for August 2024. 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.



*NADIA ABUEID

has been named Career Financial Representative of the month for August 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.

Orland Park Agency, Cary Tate, Agency Manager



BILL SCHUTZ

has been named Financial Representative of the month for August 2024. Bill's office is located at 51 W. Seegers Rd., Ste 1, Arlington Heights, IL. His phone number is 847-690-1980. Bill has been a Financial Representative with COUNTRY® Financial since November 1985.

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...

Scaling for Success – Virtual Event for Farms & Food Businesses

Join for a two-day program of engaging workshops, insightful info sessions, and expert-led panel discussions for farmers and food business owners in operation. Discover tools to scale your business responsibly and unlock new opportunities. October 28-29, 2024, hosted by Chicago Food Policy. Info and registration: <https://www.chicagofoodpolicy.com/>

2024 National Agricultural Marketing Summit – Food with Purpose

If you are looking to expand your farm business and marketing efforts, then you'll want to join Illinois Farm Bureau at the 2024 Agricultural Marketing Summit on November 13th to the 15th in Albuquerque, New Mexico. Illinois Farm Bureau is a proud sponsor and partner coordinator of this conference.

What: IFB is taking a small group of interested farmers to the conference. Registration, lodging, and travel are included and completed by IFB staff. Some meals are included with the conference while others will be at your expense.

WHEN: November 13-15, 2024

WHERE: Albuquerque Marriott Pyramid North

COST: Free event

REGISTRATION: <https://form.jotform.com/241755432267156>

A CCFB membership is required to apply. Not a member, please call Deb at the CCFB at 708-354-3276.

The AgSummit provides a unique networking opportunity for agricultural marketing practitioners to form new partnerships and learn new business strategies that can improve the performance of their farms and businesses. The Summit will feature resources to assist market managers, direct marketing farmers and food businesses, agribusinesses with value-added products, practitioners, and technical assistance providers in understanding and enhancing marketing strategies. Learn more about the Summit at <https://localfoodeconomics.com/agsummit/>. **Deadline to Apply: October 16 at 5pm CST**

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.

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

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

18 position ladder, 16 ft, asking \$150. **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.

Stored classic Jaguar XKR super charged convertible limited edition. Excellent condition with every available option. Insured for \$80,000 asking \$35,000 obo. Pictures can be texted upon request. **Call Jim 773-581-4400.**

Stored aged high end, with documentation, Erte Park Bottle Collection Courvoisier Cognac collection. Numbered bottles from a 7-bottle collection. Numbers 2, 3, 4, 5, 7. **Call Jim 773-581-4400** for pricing and pictures.

High-end 12"x24" tile for master bath. Over 300 square feet available. **Call Jim 773-581-4400** for description of tile and price.

2015 Nissan Altima, like new condition. One owner, garage kept, only 14,500 miles. Elderly, 93-year-old gentleman, no longer driving needs to sell. New car smell only \$13,750. In Arlington Heights area. Serious inquiries only, no marketing calls. **Call Louie 847-361-9292.** Pictures available online.

RealTruck BakFlip MX4 hard folding Tonneau Cover (2014 Chevy Silverado 1500 6'6" bed). \$700 (was \$1380 new). Like new only used six months. RealTruck website lists all information details (may also fit other model years). **Call Vincent 630-276-6716.**

FOR RENT

Horse farm: Modern, nicely remodeled farmhouse perfect for a single person or a couple. Tree shaded lot, barn with three stalls, loft, electric and water. Large grassy fenced pasture, on good road, near Frankfort. **Call 708-670-2118.**

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 708-602-3350.**

Wanted Cessna 172 or 150 airplane in airworthy condition. **Call or text Joe 847-962-6745.**

Wanted to buy vintage and older motor scooters. Also, old bicycles and toy. **Call 708-361-8230.**

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
"E"

ESPRESSO POWDER

It's not just espresso coffee beans ground fine, but coffee crystals that dissolve quickly in liquid.



Espresso powder (also known as instant espresso) is very intensely dark and concentrated instant coffee.

Instant espresso has a better, darker flavor than your average store bought instant coffee.

It is primarily used by bakers for flavoring cookies/cakes and also included in coffee spice rubs or other meaty recipes.



Substitute

Instant coffee can be a substitute For Espresso Powder, but use 50% more than the amount of espresso powder called for in the recipe,

GIVES A DARKER, RICHER FLAVOR TO YOUR CHOCOLATE RECIPES; IT WON'T MAKE THEM TASTE MUCH LIKE COFFEE JUST ENHANCE THEIR FLAVOR.

Instant coffee usually has a harsher taste than instant espresso; it can taste tinny or sour if too much is used.



Next month...Fenugreek Seed

Source: www.thekitchn.com/what-is-espresso-powder-how-to-use

Soil Testing Kits Available



Soil Testing Program



Cook County Farm Bureau offers both members and non-members an opportunity to test their garden or lawn soil by purchasing a soil testing kit. Soil, in its natural state, is rarely fertile enough for the best growth of plants. Usually, it is necessary to supplement the earth's store of plant nutrients before we can obtain the most vigorous lawn, the most abundant and brilliant flowers, the most aesthetically satisfying trees/shrubs, and the greatest yield of tasty and nutritious vegetables or crops. Test your soil pH, potassium, phosphorous, and other key elements to begin the soil improvement process.

Complete kit guidelines and instructions, as well as mailing information, included in the test kit. Members will receive test results and basic recommendations typically within two weeks, with more extensive test interpretation provided by the partnering volunteer Master Gardener Unit with the University of IL Extension South Suburban Horticulture Team.

Farm Bureau Soil Test Kit discounted member pricing:

1 sample Soil Test Kit: \$28 | 2 sample kit: \$36 | 3 sample kit: \$55 |
1 sample Soil & Lead Test Kit: \$55 | 1 sample Lead Only Test Kit: \$46

Non-member pricing also available and pricing subject to change. Soil Kits are available for purchase at the Cook County Farm Bureau by calling 708-354-3276, using a Visa, MasterCard, or Discover at no additional charge, or stop by the office to purchase, Mon-Fri 8:00 am-4:30 pm.

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.

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>.

Membership Monday



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.

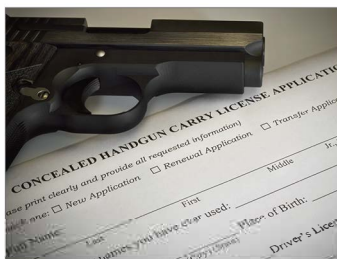
DATE: Monday, October 21

TIME: 4:00-4:30 p.m. with Q & A

LOCATION: Zoom; link will be emailed prior

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

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 two 8-hour segments. The first 8 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: 5:30-8:30 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.

2025 AGRICULTURAL LEADERS OF TOMORROW PROGRAM DETAILS RELEASED

Illinois Farm Bureau and Cook County Farm Bureau Foundation are ready to help take the next step in your leadership development?



The Agricultural Leaders of Tomorrow (ALOT) provides participants with the tools they need to reach their full potential and emerge as a leader in agriculture. Whether you serve on your county Farm Bureau board, county Farm Bureau committee, or a leader in agribusiness or your local community, you'll benefit from ALOT.

The course designed to:

- Improve communication and professional skills
- develop creative solutions
- join in the political process
- agricultural economics
- explore global issues
- develop new relationships
- understand the changes in agriculture
- exchange ideas
- learn from experts
- gain confidence
- focus on leadership development

Various aspects of the program are taught by experts in a variety of fields. Classes will be conducted over a seven-week period. In 2025, there will be seven weekly sessions held across Northwestern Illinois, Springfield, and Bloomington, Illinois. The seven-week program includes four overnight sessions, two single-day sessions, and one virtual session. The program dates are:

- February 4 - 5 - Moline, IL
- February 11 - Henry, IL
- February 18 - 19 - Springfield, IL
- February 25 - 26 - Rockford, IL
- March 4 - Location TBD
- March 11 - Zoom
- March 19 - 20 - Bloomington, IL

The ALOT program is limited to 25 participants, who are chosen following interviews conducted on December 3rd via Zoom by the ALOT advisory committee. There is an \$800 tuition fee, which includes meals, lodging, and instructional materials. Cook County Farm Bureau Foundation will help with tuition for active members interested in checking out this opportunity.

Applications are available online at www.ilfb.org/alot and are due by November 1st.

For more information about the program visit www.ilfb.org/alot or contact Cook County Farm Bureau at 708-354-3276 or the IFB Training and Development Department at 309-557-2038.

2025 Agricultural Leaders of Tomorrow Application



Cook County Nutrient Stewardship Field Day Video on FarmWeekNow

Despite the hot August day in Cook County, our video team did an excellent job capturing the Cook County Nutrient Stewardship Field Day. If you didn't catch the event or our coverage, check out the video to see what you missed. **To view video, go to <https://bit.ly/4gvSXuo>.** See page 8 for full article and photos.