



# COOK COUNTY GO-OPERATOR

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

## Mark Your Calendar



### November

- 2 & 3 Conceal & Carry Class **PG 12**
- 13 Disguise a Turkey Contest Deadline **PG 6**
- 18 Membership Monday **PG 12**
- 20 Virtual Teacher Workshop **PG 6**

### December

- 16 Membership Monday **PG 12**

### January

- 29-31 From Food to Flowers: Everything Local Conference **PG 8**

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

## Question of the Month



**Which Congressman recently met with CCFB leaders to tour and discuss farming and the agriculture industry in Cook County?**

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

**October Winner: Ed Bujnowski**

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

**Answer: Tereon Ward**

## HONEY CONTEST

*Judges in Action*



Thank you to local honey contest judges, Heather Heggemann and Pete Soltesz of the Cook Du-Page Beekeepers Association. Judging components in the honey contest included flavor and aroma, appearance, freedom from crystals, and no impurities/froth. Photos and contest winners of the Honey, Giant Pumpkin, Carving, and Pumpkin Dessert event can be found on page 4.

## Dear Voting and Associate Members,

We would like to personally thank you on behalf of the board and staff for renewing your membership in the Cook County Farm Bureau®. We commend all of our members for your continued resilience, determination, and energy. We value your commitment as we partner for a strong agriculture present and future.

As your partner, your Cook County Farm Bureau offers great resources, information, and programs for essential support for you and our other members, farmers and farm owners, workers, small businesses, parents and youth, and affiliated companies. We love being a strong partner to you.

We continue to see firsthand the important role farming and agriculture plays every day in the Chicagoland area and in our country. We continue supporting area food, fiber, and fuel producers to help provide high-quality, farm fresh products to local consumers. We view this as important work.

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

Best wishes!

**Janet McCabe**, CCFB President  
Certified Director

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

## RENEW NOW

Scan below to renew your ccfb membership



[www.cookcfb.org](http://www.cookcfb.org)

## LOCAL VETERAN FINDS MISSION IN COMMUNITY GARDEN

By TAMMIE SLOUP, *FarmWeek*

Steve Archer found his mission in life.

When the Marine veteran returned to civilian life after serving in Iraq in the early 2000s, adjusting to his new world was challenging.

"I was having difficulties fitting in when I wasn't busy, and my doctor said you need to find something to take care of in your downtime so that you don't just focus on the past," he

said. "I needed something to keep me in the moment, and that something was bees and chickens."

Archer's hobby ultimately morphed into a community garden in Chicago's Englewood neighborhood. The 60-by-125-foot plot has been in his family since the 1920s. A house on the property was demolished, but the garden required significant soil preparation due to lead contamination.



The Archer Urban Garden Initiative entails growing produce such as kale, sweet potatoes and Swiss chard, among other items, to be donated to community organizations in Chicago. Steve Archer started the community garden in 2023.

*Community Garden continued on page 5*

## Signup for your E Co-Operator

The *Co-Operator* publication has been a Cook County Farm Bureau member staple in the mailboxes of members since the 1930s. We plan on continuing to produce this high-quality publication for members moving forward.

However, as our members know, postage rates continue to increase with delivery issues popping up frequently.

Therefore, we will be testing some options including sending the publication electronically to Associate members during the months of January and July in 2025.

We want to make sure you receive the e-version. To ensure that you electronically receive the publication, we need quality email addresses for every Associate member.

Contact the Cook County Farm Bureau with your email address today! **708-354-3276 OR [ccfb@cookcfb.org](mailto:ccfb@cookcfb.org)**



## Farm Bureau Leaders Share Pollinator Information with Families at Navy Pier

Cook County Farm Bureau® and neighboring county Farm Bureaus shared information about pollinators and farmers' contributions to the expansion and preservation of pollinator habitats with families at Navy Pier as part of Farm Bureau's sponsorship of the Butterfly House. Cook County Director of Gov Affairs/PR, Bona Heinsohn, talks with a Navy Pier visitor.



## Reduce your Tax Burden Even if you don't itemize

### An IRA Charitable Rollover Gift:

- May satisfy your annual required minimum distribution, or RMD, up to the amount of your gift
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The Cook County Farm Bureau® Foundation  
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This information is not intended as tax, legal or financial advice. Gift results may vary. Consult your personal financial advisor for information specific to your situation.

# HOW FARM BUREAU SERVED YOU IN OCTOBER

- ▶ Engaged with Chicagoland consumers during a fall pollinator promotion at Navy Pier.
- ▶ Engaged with numerous Cook County legislators and candidates on priority Farm Bureau issues.
- ▶ Concluded our photo contest for members to share their exciting photos representing agriculture in the spring, summer, and fall.
- ▶ Celebrated Illinois pumpkins at member business, Puckerville Farms in Lemont, host site of CCFB's 24th Giant Pumpkin Contest, while engaging with local growers, honey producers and members.
- ▶ Assisted members with their membership renewals and benefit sign up.



## 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...

- All who served in observance of Veterans Day (November 11, 2024)
- Rebecca Biernacki and the Biernacki family for hosting Congressman Sean Casten at Ted's Greenhouse as part of a fall farm visit in his congressional district.
- Mike Rauch for hosting Congressman Casten for a fall combine ride.
- Members of the PAC Governance Committee for taking time out of their schedule to interview Cook County candidates.
- The members that participated in our spring, summer, and fall member photo contests... nice work!
- The Voting members who were kind enough to return a proxy as a part of the Cook County Farm Bureau Annual Meeting.
- Joy and Rick Homerding of Puckerville Farms and the Commodities & Marketing Team for hosting and ensuring a successful 24th annual Giant Pumpkin and related contests.
- Blake Lanphier, CCFB board member, for preparing for and passing the tests to become a County Farm Bureau certified director. The program provides knowledge and professional skills to help build stronger agricultural organizations. Congratulations!
- The Wake County Farm Bureau (North Carolina) and Cook County Young Leaders who participated in a virtual discussion about the documentary, The Hog Farmer, featuring Joey Carter.
- The many Voting and Associate members who have renewed their memberships for 2025!

## Co-Operator

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



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

**Editor** Bob Rohrer | **Copy Analyst** Ashley Christensen | **Copy Development** CCFB Office Staff

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

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

The Co-Operator, the monthly publication of the Cook County Farm Bureau®, is available to members through mail delivery, email, or by viewing online at www.cookcfb.org. Members that wish to receive the publication solely by email can let us know by sending an email to fbcooperator@gmail.com with the subject: E-Cooperator.



# Downwind

by **BOB ROHRER, CCFB MANAGER**

## Let's talk "food"

Food is always a fascinating topic to me both from a Farm Bureau perspective and personally. Topics related to food and farming jump out at me as I skim headlines and go about the daily business of Farm Bureau. Some people collect antiques. Some collect stamps. Some collect arrowheads. Some collect baseball cards. Some collect pig art.

I apparently collect food and farm articles. My collection has no value (except giving me something to write about on occasion).

Here are some recent observations from my collections:

Stay away from that cheese! Researchers 20 years ago, perhaps named "Indiana Jones and Co.", discovered three ancient mummies in China who had a strange white substance around their necks. Now, new research has revealed the mysterious substance to be a once soft cheese named kefir. They dated the age of the cheese at 3,600 years old. I can't help wondering how much mold that cheese had on it... It's only recently that I've felt mature enough to be able to eat bleu cheese.

I saw an article about the "innovative protein market" (I call it test tube meat). Republican lawmakers recently wrote a letter to the Director of National Intelligence and the USDA

Director of Homeland security urging action to understand the agricultural implications of Chinese biotechnology innovation as China researches the innovative protein market (lab grown meat products). The lawmakers are concerned that China will control more of the world's food supply by growing more meat in the labs. Maybe we should let China "own" the test tube steak, test tube porkchops, and test tube chicken leg meat production market while US farmers excel at providing consumers the real thing! Side question: Would we define test tube meat as "factory meat production"?

Eat your beets! Who heard that phrase as a child? I have collected articles about the super-food characteristics of beets. Those beets are allegedly good for brain health, blood pressure, anti-inflammatory, vitamins and minerals, antioxidants, and helps keep you regular. Apparently, we can't produce enough beets in the USA to keep up with demand, so we've agreed to trade for more beets from the United Kingdom. The United Kingdom is seeking to export some 20 metric tons of table beets (the English say "beetroot") to the United States. I hope those English have enough beets to stay healthy as I would hate to deprive them.

In September, the USDA made \$58 million available to organic dairy producers to expand the dairy market and increase consumption for milk from cows, goats, and sheep. Perhaps marketing will help but maybe it's the 2X price tag of organic milk

over conventional milk that is the sales obstacle in the dairy section?

California has banned six food colors following the banning of red dye number three last year. Based on my ROY G BIV knowledge, there are not many rainbow colors left to ban. An oversimplification?

This year's winning pumpkin at our 2024 Giant Pumpkin Contest came in at a whopping 1,424 pounds. My internet search found articles indicating it takes about two pounds of pumpkin to make your average pumpkin pie. Imagine over 700 pies provided by that one pumpkin brought in on that trailer! Warning: Those pies may be a little chewy.

And speaking of pumpkin pie, Thanksgiving is right around the corner. A day of family, football, and feasting. For this 2024 Thanksgiving, please remember to thank the farmers that helped create this year's feast. I do plan on avoiding a lab grown, test tube turkey (how do you stuff the test tube with the stuffing?) and the side of beets on the holiday table.

Every year, the American Farm Bureau Federation conducts a market study snapshot of the cost of Thanksgiving dinner. We expect that article to be released in mid-November and we will post it on our website and Facebook page. Fingers crossed that food price inflation does not prevent people from enjoying this holiday.

Bring on the pumpkin pie and a triple helping of whipped cream!

## Recipe of the Month



### Minestrone Soup

Victoria Larkin, Riverside

#### INGREDIENTS:

- ¼ c olive oil
- 1 medium onion, sliced
- 2 t dried leaf basil
- 1 t dried leaf oregano
- 2 garlic cloves, minced
- 1 t salt
- ¼ t pepper
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 (15 oz) cans cannellini beans or dark red kidney beans, drained
- 1 leek, sliced
- 1 (28 oz) can Italian plum tomatoes
- 2 c shredded cabbage
- 1 medium zucchini, sliced
- 1 qt chicken broth (or 2 14 ½ oz cans)
- 1 T chopped fresh parsley
- ½ c uncooked elbow or small-shell macaroni
- Freshly grated Parmesan cheese

#### DIRECTIONS:

Heat olive oil in a 4-qt pot. Add onion, garlic, carrots, celery and leek. Sauté until onion is tender. Add tomatoes with liquid, breaking up tomatoes with a knife and fork. Stir in broth, parsley, basil, oregano, salt and pepper. Bring mixture to a boil: reduce heat. Cover and simmer 20 minutes. Stir in beans and cabbage. Simmer 10 minutes longer. Stir in zucchini and macaroni. Simmer, uncovered, 10 minutes. Serve with Parmesan cheese. Makes 6 (2-c) servings.

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

### 2024 Recipe Collection is Still Available!

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



## MASTER GARDENER RESOURCE CENTER Wrapping Up Horticulture Assistance for the Year

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

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

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

# 24<sup>TH</sup> GIANT PUMPKIN, DESSERT, CARVING, DECORATING & LOCAL HONEY CONTESTS

## Winners CIRCLE

<b>Giant Pumpkin Contest   Adult</b>	1st	Mark Mourlas	1,424 lbs
	2nd	Don Carlson	697 lbs
	3rd	David Wilkes	185 lbs
<b>Giant Pumpkin Contest   Youth</b>	1st	Valerie Doorneweerd	78 lbs
	2nd	Amelia Doorneweerd	58 lbs
<b>Local Grown Honey Contest</b>	1st	Kate Swain	
	2nd	John F Rolowicz, Sr	
	3rd	John T Rolowicz, Jr	
<b>Pumpkin Carving Contest</b>	1st	Daisy Rivera	
	2nd	Mary Gavenda	
	3rd	Cassandra Rivera	
<b>Pumpkin Dessert Contest</b>	1st	Carolina Rivera Pecan Pumpkin Pie	
	2nd	Mary Gavenda Pumpkin Cheesecake	
	3rd	Lynne Rine Pumpkin Sour cream Coffeecake	



**Pumpkin Winner:**  
Mark Mourlas' 1st place winner with his record setting 1424 lb home grown Giant Pumpkin.



**Pumpkin Winner (Youth):**  
1st pl Giant Pumpkin youth division winner, Valerie Doorneweerd.



**Honey Winners:**  
3rd place John F Rolowicz (Jr), 2nd place John T Rolowicz (Sr) & 1st place Kate Swain, local Honey Contest winners.



**Carlson Family:**  
The Carlson family, a staple at the contest, with their 2nd place 697 lb giant pumpkin (Don, Don's dad, Donny and Kelly). This is Don's 16th contest entry, still holding the record for the most 1st place wins.

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

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



**Carving Judging:**  
Carving judges Ruth Zeldenrust and Ellen Phillips determine the fate of 5 brave carvers.



**Moving Pumpkin:**  
It takes a lot of hands to move a giant pumpkin!

## COOK COUNTY FARM BUREAU FOUNDATION'S / OUTSTANDING IN THEIR FIELD Ag Student of the Month



**NOVEMBER:**  
**TESSA KNEPPER**

**Grade:** 12

**School:** Rolling Meadows High School

**Involvement in Agricultural Groups:** Tessa has helped build the FFA chapter at Rolling Meadows High School since her freshman year. She served as FFA chapter president for two years and vice president for two years. She is currently the Section 8 Treasurer. She joined the section officer team with the hopes of getting more chapters involved in Cook County, as she wants other students her age to see the importance of agriculture.

**Involvement in Ag:** During her time at Rolling Meadows High School, Tessa has competed in several FFA competitions, including Floral Design, Public Speaking, Horse Evaluation, Agriscience Fair (where

her project on the environmental effects of fast fashion made it to nationals and won first at state), and Vet Science (where she helped her team get third overall at state and seventh individually out of 127 students statewide).

Tessa enjoys animal agriculture, including the topics of animal genetics and reproduction. In her spare time, she helps at a rescue horse farm that also has rescue dogs. Her family fosters dogs and helps them find forever homes. She also volunteers at a local cat shelter, helping with cat adoptions.

**Words from the Nominee:** "Tessa shows great commitment to agriculture and the betterment of the animal industry. She picks every volunteer opportunity that

is offered to her that is related to animals, knowing that she is making a positive impact. [...] Tessa is also very active in both our local and section FFA officer teams and has gone to several conferences that are related to agriculture to learn more about how she can be involved and be a leader for others."

~ Kirsten Eubanks, Agriculture Teacher/FFA Advisor

**Plans for the Future:** Tessa plans to attend a four-year university, where she is planning on getting an animal science degree while actively participating in FFA and other student organizations that will give her to opportunity to continue sharing her passion for agriculture with others and encourage more involvement.

continued from page 1

## Local Veteran finds mission in community garden

Steve Archer holds up a drawing he saved from a student in his wife's classroom. The students drew pictures for Archer while he was deployed with the Marines in Iraq.



Farmer veteran Steve Archer says everything he grows in his community garden in Chicago has multiple purposes.

The first seeds were planted in spring 2023, and today, the garden is home to sunflowers, Swiss chard, fairytale eggplants, spearmint, sweet potatoes, tomatoes, kale and more. He also raises about 20 chickens as well as bees at the garden.

"I decided to farm the lot so I could grow food and give it away, because we should not have hungry people in Chicago," said Archer, who grew up on the South Side of Chicago. Aside from its reputation as being dangerous, Englewood also is located in a food desert. He donates the produce to community organizations, including Stein Learning Gardens at St. Sabina and Stone Temple Baptist Church.

From grants to volunteers, the Archer Urban Farms Initiative came to life with the help of many hands. Archer has also continuously been educating himself, starting with the University of Illinois Extension's urban farming program.

"There are just times where the difference between being a victim or an observer is not hesitating and throwing yourself fully into something, and by throwing myself fully into this, I can get the joy out of it without having any of the reservations," he said.

With a long family history of military service, Archer joined the Marines after college in 1999 and served for five years. Aside from his tour in Iraq, he also was deployed to the Philippines.

"When you get into the military, you have a mission, and then when you get out of the military, you have three days of, 'See you later, you're a civilian again,' and now you don't have a chain of command, you don't have a mission. You're not preparing for your next deployment," Archer

explained. "But with this farm, I can plan what I'm going to do, and then do it, and then act on those things, and then I can look back and say, 'This is where we need to improve.'

"I have a mission again. And it's something quantifiable that I can see, I can taste and I can feel it when we drop off the stuff, or people come over and they're like, 'Oh, that's the best honey ever.'"

The transformation to a community garden where Archer can educate residents about where food comes from, how to grow it and sustainability practices has inspired neighbors to pay it forward.

The garden was made possible with many partners and volunteers, including Advocates for Urban Agriculture, Farmer Veteran Coalition, Cook DuPage Beekeepers Association, Cook County Farm Bureau, the Green Gang, Homan Grown, Gaia Movement, neighbors and family.

Archer was named the 2024 Illinois Farmer Veteran of the Year at the Farmer Veteran Coalition of Illinois annual meeting at the Everything Local Conference in January.

The farmer veteran finally found a way to combat his PTSD — focusing on the mission in front of him.

"I think we have to live as if this is it. There are no promises. And if something I do today might have made somebody else's day a little bit better, then I'm serving the purpose that I'm here for."

**See Illinois Farm Bureau interview with Steve Archer at <https://bit.ly/3Ub4eXu>.**

*The Cook County Farm Bureau Commodities/Marketing Team urban grant program has supported the Archer Urban Farm Initiative.*

## CASTEN, FARMER CONNECTION COMES FULL CIRCLE

By TAMMIE SLOUP, *FarmWeek*

Three months ago, Rebecca Biernacki made her first face-to-face connection with her congressman, Sean Casten.

Her family's greenhouse in Cook County has been around for decades, but labor, transportation and production costs continue to eat away at revenue.

She shared these concerns with Casten, D-Downers Grove, during a July Leaders to Washington trip organized by Illinois Farm Bureau.

On Oct. 4, Biernacki and Casten met on her turf — her family's greenhouse, so Casten could see firsthand how the operation works to better understand the family's challenges.

"I hope that that's the relationship we can further grow from what was in Washington, D.C.," Biernacki told *FarmWeek*. "We can grow that today and continue that partnership on, and I hope to be a resource for him as he continues to make decisions, and someone that he feels comfortable reaching out to with any questions he has."

Biernacki is a fourth-generation operator of Ted's Greenhouse in Tinley Park, which is a 10-acre production horticulture facility that's been in operation since 1948. The greenhouse provides different types of flowering products, everything from herbs to vegetables, cactus, succulents, tropicals and house plants.

Agriculture in Illinois' 6th Congressional District looks quite a bit different than downstate districts, as it's largely made up of urban and suburban areas.

The Biernacki family, including parents Dan and Karen Biernacki, told Casten finding reliable labor has been a major issue, especially since the pandemic. They now rely on four H-2A workers from Mexico.

"We saw a lot of jobs go remote during the pandemic and kind of stay that way, but unfortunately, we can't grow plants remotely, it's a

very hands-on, very present type of job," Rebecca Biernacki said. "Some other challenges that we face are our production costs and expenses — costs for transportation and shipping of products with fuel. And just the way the economy has shifted, our expenses are up, and we really try not to reflect that with rapid increases in prices of our products. We try to absorb as much as we can."

Ineligible for federal crop insurance, the pandemic's impact nearly shuttered the operation.

"It was a fascinating education on what kind of operation it takes to run something like that, the kind of bets that you have to take on — the weather, the fickleness of our markets and what people are going to buy," Casten told *FarmWeek*. "I'm delighted the folks at Ted's Greenhouse are still here, because we had a lot of conversations about how hard it was during COVID when you're planting things to sell."

Following the greenhouse tour, the congressman also met up with Cook County Farm Bureau Director Mike Rauch, who was sidelined from combining soybeans due to a burst of rain earlier that morning.

But that didn't stop Casten from his first time driving a combine, only it was around a gravel driveway rather than a field.

Casten said he was appreciative to Farm Bureau for setting up the two tours. He pointed to the saying: "You can make a lot of money in the food industry as long as you're not a farmer."

"We're going to do a better job to make that not such a joke," he said.

**See video interview at <https://bit.ly/4hcl8Py>.**



Rebecca Biernacki (L) and Dan Biernacki (R) describe the Ted's Greenhouse operation and farming issues to Congressman Sean Casten.



Cook County Farm Bureau Director Mike Rauch, right, shows U.S. Rep. Sean Casten, D-Downers Grove, a recently harvested corn cob during an Oct. 4 farm visit.

# Planting Seeds

## Giving Thanks



**Katrina J.E. Milton**

There's something about food that brings people closer together, whether it's everyone sharing a meal around the table or rolling up your sleeves and putting on an apron to help make food in the kitchen.

Food is a vital part of any celebration, especially Thanksgiving. Last year's Consumer Food Insights Report from

Purdue University stated that 79% of consumers celebrate Thanksgiving with a meal.

According to Butterball's Togetherness Report: 2024 Thanksgiving Outlook, 87% of people surveyed plan to serve turkey during their Thanksgiving dinner. The report also mentioned that 51% of consumers consider turkey to be their favorite part of the meal.

Although I consider turkey an unofficial requirement for Thanksgiving dinner, the meal is made special by the sides and desserts. Many of those dishes are eaten for holidays only: green bean casserole, sweet potato and marshmallow casserole, cranberry sauce, stuffing, and pumpkin pie.

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

Regardless of what you're eating this Thanksgiving, everything on your plate has one thing in common: agriculture. Farmers raised the turkeys and grew the potatoes, green beans, cranberries, pumpkins, and apples.

You probably have Illinois' top crops on your Thanksgiving plate without even realizing it. The tofu in tofurkey and vegetable oil are made from soybeans. Dent corn is used to make the cornstarch in corn bread and muffins and the corn syrup in soda. Morton, Illinois is nicknamed "The Pumpkin Capital of the World" because 90-95% of the pumpkins used for processing (i.e. canned pumpkins) are grown there.

Maybe your Thanksgiving dinner also has locally-grown produce, desserts made with local eggs or milk, or local honey is used to sweeten things up (bees are Cook County's #1 livestock!).

Agriculture makes your Thanksgiving meal – and every meal – possible. This Thanksgiving, give thanks to the farmers, transportation workers, grocery store employees, production and manufacturing workers, and 22.1 million agriculturally-related jobs that bring the food we eat from the farm to our table. Happy Thanksgiving and give thanks!

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



## Morton Grove Public Library Apples and Pumpkins Program

Cook County Farm Bureau's Director of Ag Literacy Katrina Milton, top right, carves into a pumpkin during the Apples and Pumpkins program held Oct. 9 at the Morton Grove Public Library. About 30 people attended the program, where they learned about apples and pumpkins by weighing, measuring, and counting seeds. The next program, which will be about ag innovation, will be held at the Morton Grove Library on Nov. 6.



## FFA National Convention & Expo

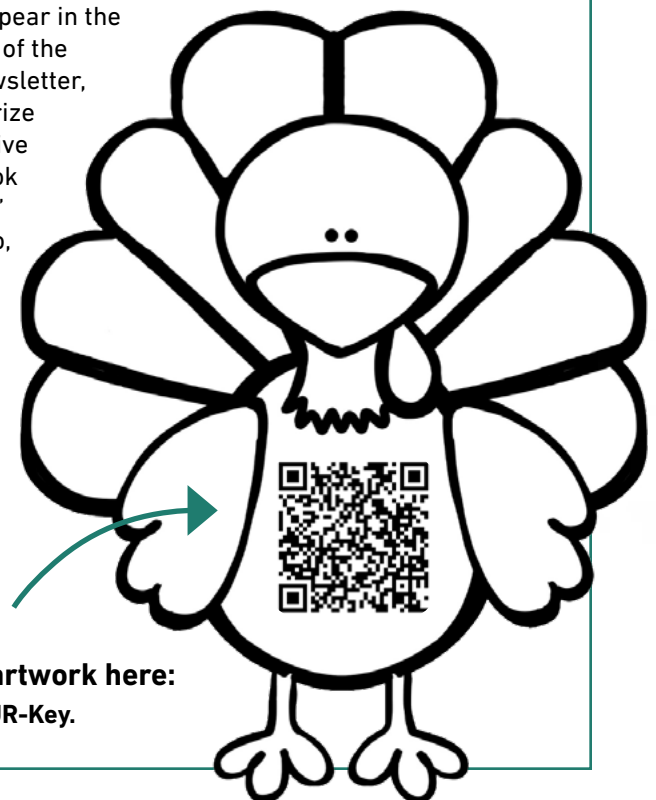
On Oct. 23 and Oct. 24, 18 FFA students from three Cook County high schools (Chicago Vocational Career Academy, Gary Comer High School, and John Marshall Metropolitan High School) traveled together to attend the 97th annual FFA National Convention & Expo, held in Indianapolis, Indiana. More than 67,000 FFA students attended the national convention. The national convention included competitive events, an expo, delegate events, student and teacher workshops, career success tours, award recognition ceremonies, FFA for All experiences, a concert, rodeos, hypnotist shows, and the American Degree ceremony.

## 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](mailto: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>

## Cook County Farm Bureau® FREE Virtual Teacher Workshop

Hands-on materials shipped prior to event so you can follow along in real time as you earn two PDCH.



### AG INNOVATION

Explore the amazing innovations of agriculture. Enjoy the expertise of a guest speaker.

Thursday, November 14, 2024  
4-6 p.m. via Zoom



Registration required! Email Jill to reserve your spot at [aitc2@cookcfb.org](mailto:aitc2@cookcfb.org)

# AGRICULTURE ADVENTURES FOR FAMILIES



## NOVEMBER AGVENTURE: CRANBERRIES

### FUN FACTS *About Cranberries*

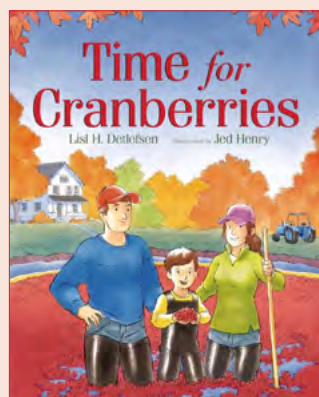


- Cranberries were once called “cranberries” because the plant’s flower looks like a crane’s neck and “bearberries” because bears enjoy eating them.
- Ripe cranberries will bounce.
- Cranberry fields aren’t always full of water. The fields, called bogs, are flooded with 6-8 inches of water during harvest and the berries float to the top. Water reels, nicknamed “eggbeaters,” churn the water to loosen the cranberries from the vines. A boom with a chain underneath the water is used to corral the berries into a circle. A pump under the water then pulls the corral to tighten the berries and push them into the pump. The berries are then inspected for leaves and debris.
- The top five cranberry-producing states are Wisconsin, Massachusetts, New Jersey, Oregon, and Washington.
- Cranberries are one of the fruits with the most antioxidants, which help support memory function and coordination.
- Cranberries also help with kidney and urinary tract function, preventing ulcers, minimize the formation of dental plaque, and defend against cardiovascular disease.
- Correctly cared for cranberry vines can live indefinitely. Some Cape Cod cranberry vines are over 150 years old and continue to bear fruit.

### Ag-accurate Book

“Time for Cranberries” by Lisl H. Dettlefsen

From the cranberry bog to the Thanksgiving table, join Sam and his family as they harvest a classic American fruit. When the vines hang heavy with berries that the autumn winds have turned deep red, it’s time for cranberries, and Sam is finally old enough to help with the harvest! This charming, lyrical picture book follows Sam and his family as they raise the water in the bog, pick the cranberries, and gather the fruit for processing. It’s a story of modern family farming in action, showing readers where their food comes from but mostly delighting them along the way.



Book photo and description from Amazon.com

## November Word Search

Last Month’s Winner:  
**Terri Galazka**

Bogs	K	B	J	D	F	A	S	Y	L	O	P	G	S	S	C
Bounce	R	E	W	O	L	F	U	E	N	S	U	X	E	D	I
Churn	A	L	D	Z	U	D	A	P	N	P	M	T	I	L	B
Corral	I	P	J	M	X	E	C	B	A	I	P	I	R	E	I
Cranberries	B	V	Y	E	B	O	U	N	C	E	V	U	R	I	F
Eggbeaters	G	O	P	K	T	C	H	U	C	N	W	R	E	F	A
Fields	I	I	G	U	X	E	H	O	H	B	A	F	B	G	E
Float	R	H	G	S	A	A	C	F	M	U	T	F	N	Z	G
Flower	I	Y	M	L	R	T	A	O	L	F	E	O	A	Z	B
Fruit	C	L	T	V	P	R	U	B	O	D	R	Y	R	U	L
Harvest	O	H	E	G	G	B	E	A	T	E	R	S	C	A	W
Healthy	Y	S	U	H	J	J	Q	F	W	A	O	B	R	H	S
Pump	T	R	R	R	V	X	H	W	C	H	B	R	Y	B	K
Ripe	S	X	A	B	N	R	J	Z	L	M	O	M	U	K	X
Vines	Y	Q	E	W	Y	F	O	W	P	C	K	N	T	G	M
Water															

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

### STEM Activity: CRANBERRY STRUCTURES



This fun hands-on STEM activity requires only two items: cranberries and toothpicks. Practice your engineering skills by connecting toothpicks and cranberries together, similar to playing with Tinkertoys (See Did You Know Below). Have fun and get creative! **Send in a photo of your cranberry structure to [aic@cookcfb.org](mailto:aic@cookcfb.org) to have your STEM skills featured in next month’s Co-Operator.**



Members of Girl Scouts Troop 56095 of LaGrange make cranberry structures during an after-school program held at the CCFB last year.

**Did You Know?** Tinkertoys were invented in Cook County! The construction set was designed in 1914 by Charles H. Pajeau, who formed the Toy Tinker Company in Evanston. The brand is now owned by Hasbro.

### 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



## FARMERS CARE FOR OUR ENVIRONMENT

Soil not only nurtures the crops as they grow, but it has a vital role to play in climate change as well. Our soil has the capacity to store two to three times more carbon than they currently do. As populations grew over the last 100 plus years, forests and prairies were converted to farmland, and that land was tilled to grow crops. Every time the soil is tilled or turned over, carbon that is in the soil is released back into the air. Farmers can have a positive impact on climate change by doing lots of things, but two main ones are related to protecting the soil. This can be done by 1) reducing the amount of carbon lost to the atmosphere by tilling the ground less and 2) adding even more plants to take additional CO2 out of the air.

Historically, every farmer would plow their entire fields after harvest and leave the ground a blank slate. Today, many farmers practice no-till which means entire plant residue is left on top of the soil. This adds organic plant matter back into the soil which keeps carbon trapped in the soil instead of being released into the air.

Another opportunity to protect the soil is by planting cover crops. Cover crops are like grasses and are planted in the fall and instead of being harvested, are left in the ground when crops are planted in the spring. This not only keeps carbon trapped in the soil, but it actually allows the plants to capture even more carbon from the air and use it for photosynthesis. The practice of cover crops alone not only protects the carbon currently trapped in the soil, but provides a way to clear more carbon out of the atmosphere.

In Illinois, farmers care for 75% of the land. When that much ground is being cared for in these ways, just imagine the positive impact that has on our environment, and our world.

Source: Jeff Jarboe, as part of the Innovation Grows Here series by Illinois Farm Families

### For more information about Cover Crops and Soil Health, go to...

- [www.watchusgrow.org](http://www.watchusgrow.org)
- [www.agintheclassroom.org](http://www.agintheclassroom.org)

## Uncovering the Benefits of Cover Crops

Grandpa never dreamed we'd be planting and harvesting at the same time. Nor did we.

A sizable percentage of our farmland will green up with new growth as we park the harvesting equipment in the shed for the season. Because shortly after corn is harvested from the fields, our local cooperative plants cereal rye that grows to provide a protective growing blanket before the next cash crop of soybeans.

The rye survives the winter and by early spring, the green-and-growing cover crop in our fields contrasts the otherwise barren landscape. You can literally see that you're keeping the soil alive.

Alive and well: Earthworms thrive. Soil feels soft and smooth in our hands. Cover crops help the land percolate, welcoming water and nutrients to reach the roots of our soybeans rather than run off the surface.

Throughout the Illinois landscape, more farmers adopt the use of cover crops, a groundcover planted with the intention of never harvesting it. Instead, a cover crop's job is to hold soil in place, keep the soil active, store nutrients, retain moisture and improve the soil structure. The cover crop makes an impressive mechanism that chokes out yield-robbing weeds. Environmental benefits abound, including reduction of both

soil erosion and nutrient loss into rivers and streams. The practice is highly rewarded in carbon programs for a farm's ability to cut its carbon footprint.

By spring, I plant soybeans directly into what appears to be fields of grass. Dad then terminates the cover crop with herbicide, prompting a residual blanket between the rows for continued weed suppression while the decomposing material releases moisture and nutrients for the new growing crop.

This fall, some farms will use a drill to mechanically sow cover crops on the land. Others hire aerial applications by plane or drone, which involves showering cover crop seed above standing corn or soybeans just before fall harvest to grow by late fall. For us, the local cooperative uses fertilizer-spreading trucks to broadcast cover crop seeds across a harvested field.

No matter the method, those seeds make soil contact, grow and green up the landscape soon after harvest, ensuring a form of crop continuously covers a growing percentage of farmland in our state – even in the dead of an Illinois winter.

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

## SIGN UP TODAY TO RECEIVE THE DISCOUNTED PRICE!

Illinois Farm Bureau, Illinois Specialty Growers Association, and the Illinois Farmers Market Association are excited to announce the return of the From Food to Flowers: Everything Local conference in January 2025.

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

SAVE THE DATE  
**2025**

FROM FOOD TO FLOWERS  
**EVERYTHING LOCAL**

THE ILLINOIS FOOD, FARMERS MARKET & SPECIALTY CROP CONFERENCE

**JANUARY 29-31**  
BANK OF SPRINGFIELD CENTER  
1 CONVENTION CENTER PLAZA • SPRINGFIELD, IL 62701

	DEADLINE	COST
Members (IFB, ISGA, ILFMA) - pre-Registration	Jan 13, 2025	\$100.00
Non-Member - Pre-Registration	Jan 13, 2025	\$225.00

After January 17, only in-person registrations will be accepted at the conference on January 29, 30, 31. The increased rate will be the same regardless which day attending.

PLEASE NOTE: Illinois Farm Bureau and Illinois Specialty Growers Association memberships are individual memberships. To receive member conference rate each individual attendee must be a registered member. The only association that accepts organizational/business membership is Illinois Farmers Market Association. We ask each attendee to please consider membership to an association to guarantee member discount rate. If you are not a registered member or do not become a member, we will bill for full conference rate.

Cook County Farm Bureau has allocated limited funds to assist Cook CFB members with registration expenses on a first come basis.

To register or for more information, go to: <https://web.specialtygrowers.org/events/2025-Everything-Local-Attendee-Registration-202211/details>

## BOARD OF DIRECTORS ACHIEVE 100% CERTIFICATION

In 2022, the Illinois Farm Bureau kicked off a new organizational leadership growth and training program: the County Farm Bureau (CFB) Certified Director Program in an effort to provide County Farm Bureau directors with board and leadership training skills to raise the bar across the state. The CFB Certified Director Program uses online instruction through the American Farm Bureau University platform, accessing various modules that provided education on key aspects for board member best practices including membership, advocacy, leadership, volunteerism, governance, and more.

In October 2024, when recently appointed CCFB board member Blake Lanphier received notification of his approved Director Certification, that brought the total to 100% of the Cook County Farm Bureau Board of Directors with the Certified Director designation. He joined the other 11 Cook County Farm Bureau certified directors Dan Biernacki, Jim Bloomstrand, Roger Freeman, Pat Horcher, Gerry Kopping, Janet McCabe, Todd Price, Greg Stack, Mark Yunker, Ruth Zeldenrust, and Mike Rauch.

In addition, past board members Jim Gutzmer, Tim Stuenkel, and Farm Bureau manager Bob Rohrer also passed the certification testing.

Certified directors received recognition, a certified director lapel pin, a certified director logo shirt, and the knowledge necessary to serve as a quality leader of the Cook County Farm Bureau. Cook County is one of a handful of County Farm Bureaus in Illinois in which 100% of the directors have chosen to become certified directors.

Instruction and testing included information on the history of Illinois Farm Bureau and American Farm Bureau Federation, County Farm Bureau board development, advocacy and issue management, governance, membership, foundation, public relations, and organizational planning.

Cook County Farm Bureau President Janet McCabe, said, "I am so proud of each director and the hard work and dedication that everyone gave to become certified. The program required time and focus to achieve and Cook County Farm Bureau members will benefit from their efforts."

# Manifolds, Manolos, and Manure



**Bona Heinsohn**

Since its inception, the city of Chicago has been home to 57 mayors. Early mayors including William B. Ogden and James Hutchinson Woodworth were elected for two-year terms while later mayors including Fred A. Buse and Richard J. Daley benefited from four-year and most general terms possible, the mayor directs city departments.

Chicago's 57th mayor is a politician. Union organizer. And former teacher. In 2018 he knocked off incumbent Cook County Board Commissioner Richard Boykin in the democratic primary. Boykin had made the mistake of opposing a very influential individual in the party on a very high-profile tax aka the beverage tax.

Taking a step back to 2012, Chicago's now-57th mayor helped organize the Chicago teachers strike (the first teachers strike since 1987). Chicago Teachers Union (CTU) members wanted better pay, better benefits, and protections for those teachers who lose their jobs due to school closures. Students returned to the classrooms after nine days.

A step even further back places the now-57th mayor in the classroom as a social studies teacher at Jennar Academy Elementary and George Westinghouse Prep. Both schools are part of the Chicago Public Schools (CPS) system. The same

school system that would later strike during his tenure as a paid organizer for CTU.

During Chicago's now-57th mayor's term on the Cook County Board, Illinois Governor JB Pritzker signed legislation transitioning CPS to an elected school board. The first election for the school board occurs in November. The mayor will appoint 11 members and voters will elect 10 additional members. The remaining members will be elected in 2026.

School board members hire and evaluate the Chief Executive Officer. Establish the direction, goals, and priorities of CPS. Approve the school year calendar. And approve the dismissal of probationary appointed teachers, contract principals, and tenured teachers, and non-probationary educational support personnel. Read the first sentence again. School board members hire and evaluate the Chief Executive Officer, not the mayor.

Since 1995, the mayor has had the sole authority to appoint CPS board members. Although that is changing, the now-57th mayor appointed 6 of the 7 members in October after current members resigned. The members who resigned were appointed by him. Were allies of him. And left to avoid pressure from him to fire CPS Superintendent Pedro Martinez. Martinez has refused to endorse a \$300 million short-term borrowing plan to fund increased teachers' salaries.

It's anticipated that recently appointed lame duck members who will serve for three months will do his bidding including approving a \$300 million

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

short-term borrowing plan that at this time has no repayment plan other than badgering the state for a bailout. Governor Pritzker of the same political party has said that there's no money for a bailout.

Board members will likely approve a new CTU contract.

Oh, and let's not forget, they will also likely fire the superintendent. As a reminder, Martinez's contract provides for a six-month termination notice and five months of severance pay unless there's just cause. Anything short of that could result in costly litigation.

All of this is likely to occur before the 10 newly elected CPS board members can even take the oath of office.

Chicago's 57th mayor has ignored calls by 41 aldermen who have demanded a hearing on the situation. Granted the city council has almost no authority over CPS since it's a "sister-agency" and the city has no control over its budget or board.

He's also ignored the call of the state representative who shepherd the very same legislation that initiated an elected school board. In an interview, State Representative Ann Williams told WBEZ, "We want stability. We want certainty. We don't want rancor and divisiveness, and unfortunately, that's how it feels right now."

Allies of the mayor claim that the city council is trying to strip power from the mayor. I would argue that it's a case of "buyer's remorse" as individuals realize just how firmly CTU has the mayor's ear.



Pictured left to right is Bona Heinsohn, Cook County Farm Bureau staff, and MWRD Commissioner Cam Davis, sponsor of the resolution.



## Cook County Farm Bureau Applauds Water District for Recognizing the Benefits of Urban Agriculture

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.

Metropolitan Water Reclamation District Resolution 24-0817 encourages urban agriculture on suitable district property and encourages other units of government to promote the benefits of urban agriculture.

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.

A copy of the resolution can be found at [www.cookcfb.org/stay-updated-/ccfb-news/article/2024/10/ccfb](http://www.cookcfb.org/stay-updated-/ccfb-news/article/2024/10/ccfb).



## Representative DeLuca Recognized for having an Outstanding Voting Record

State Representative Anthony DeLuca (80th District) received a 2024 Friend of Agriculture award for his outstanding voting record on agriculture and small business issues. Pictured left to right is Steve Warrick, Will County Farm Bureau®; State Representative Anthony DeLuca; and Bona Heinsohn, Cook County Farm Bureau®.



## Congresswoman Jan Schakowsky Visits Local Farm

Congresswoman Jan Schakowsky joined Cook, Lake, and McHenry County Farm Bureau leaders for a fall visit to Golden Oaks Farm, a dairy farm located in Wauconda. Schakowsky, who was first elected in 1998 now serves on the House Budget and Energy and Commerce Committees. Her district includes Skokie, Evanston, Niles, Glenview, Cary, and parts of Buffalo Grove, Wauconda, and Algonquin. **See a recap of the visit at [https://www.farmweeknow.com/policy/national/schakowsky-dairy-farm-tour-good-for-the-soul-mind/article\\_e945305c-8654-11ef-9cf5-e3bb0deb918c.html](https://www.farmweeknow.com/policy/national/schakowsky-dairy-farm-tour-good-for-the-soul-mind/article_e945305c-8654-11ef-9cf5-e3bb0deb918c.html)**

# FARM BUREAU POLICY TO MOVE FORWARD

Cook County Farm Bureau® leaders forwarded the following policy to the state Resolutions Committee prior to their late summer meeting.

## FOOD LABELING

In the United States, more than one-third of food goes to waste annually. This waste is the single largest category of material sent to municipal landfills. Date labels contribute to this problem as they can be confusing to consumers and prompt consumers to throw out food that is still safe to eat. A 2016 Harvard study found that more than 80% of consumers throw away food that is at or near the "date" label at least some of the time.

Standardizing the language on food labels would reduce confusion and improve understanding among consumers. With the exception of baby formula, date labels on food are not federally regulated or standardized.

Consumers are bombarded with all types of expiration date formats, up to 50 different phrases nationwide. Each term can be used to mean different things by different brands, and some expiration dates have no phrase next to them at all.

The draft food labeling policy would support the promotion of nutritional information on food labels; science-based labeling of foods, fibers, and other agricultural products; and science-based labeling policies while also providing labeling requirements for honey, products of the U.S., and protein sources.

Food labeling was approved by the Resolutions Committee and will be considered by Farm Bureau delegates during the Illinois Agricultural Association Annual Meeting in December.

# Congratulations to the FALL photo contest winners:



1<sup>ST</sup>



2<sup>ND</sup>



3<sup>RD</sup>

## 1<sup>ST</sup> PLACE WINNER:

"Harvest Helper-field mouse supervising a garden harvest" by John Saluski

## 2<sup>ND</sup> PLACE WINNER:

"Picking Apples with Grandpa" by Debb Hankey

## 3<sup>RD</sup> PLACE WINNER:

Pumpkin Picking" - Eleanor Preedin

## Cook County Farm Bureau Photo Contest: FALL Photos



Thank you to all those that participated in the 2024 Photo Contest!! Your photos captured all the exciting and beautiful images that showcased Agriculture in the spring, summer, and fall.

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

We thank you and look forward to seeing your photos in 2025!

**DECK your HALLS**  
this holiday season with fresh trees, garland, wreaths, poinsettias, greens and décor!



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

### MEMBER BUSINESS

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

## COOK COUNTY Cook County Agents of the Month

The Agent 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 Agent of the Month designation.



### \* MARGARET JURA

Margaret's office is located at 6136 N. Milwaukee Ave. Ste F, Chicago, IL 60646. Her phone number is 773-631-9107. Margaret has been a Financial Representative with COUNTRY® Financial since January 2008.

Chicago North Agency, Vicki Nygren, Agency Manager



### \*TROY VIDOVIC

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.



### \*MICHAEL SPADONI

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

Orland Park Agency, Cary Tate, Agency Manager



### BILL SCHUTZ

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 Agent is a CCFB Financial Certified Agent. The Cook County Farm Bureau Certified Agent Program is designed to strengthen the partnership and relationship shared by COUNTRY® Financial.

## CLASSIFIED ADS

All ads that we receive for the Co-Operator are also listed on our website at [cookcfb.org/stay-updated/classified-ads](http://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](mailto:fbcooperator@gmail.com). Please be sure to include your full name, Farm Bureau number, and phone number. Deadline for Classified ads is the 17th of each month. Any ads submitted after the 17th will appear in the following month's 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

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

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.**

2010 Volkswagen Jetta. One owner, great motor and transmission, clean. 185,000 miles. \$2,650. **Call Louie 847-361-9292.** Pictures available online.

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 2002 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 Art Courvoisier Cognac bottle 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" porcelain tile for master bath. Over \$5,000 worth of tile and 300 square feet available. New in box. Will sell for \$2,500. **Call Jim 773-581-4400** for description of tile and pictures.

Outdoor Christmas Décor. Pictures available online. Call Chet **815-838-4764.**

Santa with sleigh and 7 reindeer, including Rudolph with brightly lighted nose, elevated stands and 2 spotlights. \$800.

8ft snowman needs some work, restoration to your desire. \$150.

Glittering sign with spotlight. Peace on Earth Good Will Toward Men. \$100.

Town of Bethlehem includes 4"x 8" plywood boards with fluorescent paint and 8 black lights each 4' long. Star of Bethlehem \$250.

Manger scene: 8' wide x 4' deep x 5' high. Includes Baby Jesus, Virgin Mary, St. Joseph, animals, and three kings. \$275.

Four Elves 4' tall. \$125 for all.

Drummer boy on stool with drum. \$100.

### 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.**

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.**

## 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  
"F"

**FENUGREEK**



Fenugreek is a fragrant herb of the pea family (Fabaceae) and its dried flavorful seeds are used as a spice.

**Fenugreek plants are erect, loosely branched, and less than three feet tall.**

They have trifoliate light green leaves and small white flowers.



The seeds are commonly ground and used as a spice and may also be mixed with flour for bread or eaten raw or cooked.

Traditionally considered an aid to digestion, the seeds have been used as an internal emollient for inflammation of the digestive tract.



**IT IS NATIVE TO SOUTHERN EUROPE AND THE MEDITERRANEAN REGION.**

The seeds' aroma and taste are strong, sweetish, and somewhat bitter, reminiscent of burnt sugar.



Next month... Galangal

Source: <https://www.britannica.com/plant/fenugreek>

## THIS MONTH in Cook County Agriculture...

### University of Illinois Extension is bringing back the Farmland Owners Conference.

The one-day event is designed to empower current and future farmland owners and will be held from 8 a.m. to 3 p.m. on Nov. 25 at Illinois Valley Community College in Oglesby.

Registration fee is \$65 and covers all presentations, refreshments, and lunch by Nov. 15 at <http://go.illinois.edu/Landowner2024>.

The conference offers a valuable opportunity for landowners to connect with industry professionals, peers, and potential partners. Attendees will walk away with the knowledge needed to manage and maintain their land, develop strong working relationships with tenants and farmers, and confidently plan out the future legacy of their land.

To promote your activity, email [ccfb@cookcfb.org](mailto: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.

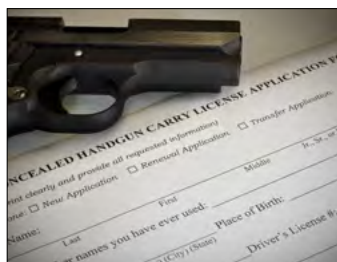
# Programs, Workshops and Webinars

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**

## 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](http://www.cookcfb.org). Must be a minimum of 10 participants.

## Membership Mondays (November & December 2024)

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, November 18 & December 16

**TIME:** 4:00-4:30 minutes with Q & A

**LOCATION:** Zoom; link will be emailed prior

**REGISTRATION:** Registration is required by emailing [ccfb@cookcfb.org](mailto:ccfb@cookcfb.org) or call the Farm Bureau at 708-354-3276.

## Beginning Beekeeping in Person 2025

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



**DATE:** Saturday & Sunday, March 1-2, 2025

**TIME:** 9:30 am – 3:30 pm

**LOCATION:** Cook County Farm Bureau, 6438 Joliet Rd, Countryside, Lower-Level Meeting Room

**COST:** \$125.00 for members of CCFB or CDDBA. \$150.00 for non-members; ask how to join!

**REGISTRATION & PAYMENT:** Registration and payment is required in advance by credit card at 708-354-3276.

# 2025 FOUNDATION SCHOLARSHIPS NOW BEING ACCEPTED



Careers in agriculture include farming and much more! The Cook County Farm Bureau Foundation has many support opportunities for those who are pursuing careers in the following fields: plant science, animal science, agricultural business, agricultural mechanics, food science, diesel mechanics, ag-related education, education, and/or rural mental health plus more!

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

The CCFB Foundation scholarship application window for the 27<sup>th</sup> Annual "Farm and Food" Agricultural Scholarship Program is now open. The Foundation offers these scholarships to college students who are pursuing an ag-related career with the opportunity to start or continue their higher education.

**Howard Paarlberg Excellence in Agriculture (\$3,500)** – This scholarship will be provided to the individual with the top ranked application determined by the scholarship review committee with a focus on an agriculturally related career.

**Stuenkel Family Scholarship (\$3,000)** – This scholarship has been designed for individuals and CCFB members who are pursuing higher education with a focus on an agriculturally related career in the areas of technology, education, leadership development, and/or mental health. (*Application window opens in December*)

**Other "Farm and Food" Scholarships (up to \$2,500)** – College scholarships will go to other qualified applicants pursuing agriculturally related careers.

**Deadline for Applications is February 14, 2025.**

**Visit [www.cookcfb.org/foundation](http://www.cookcfb.org/foundation) for more information on these scholarships and to apply.**

In addition to the "Farm and Food" Agriculture Scholarships, there are other scholarship opportunities available as shown below

### More Scholarship Opportunities Available...

**"Moving Ag Forward" Vocational Ag Career Training (available in three cycles in 2024/2025)** – These scholarships have been designed for individuals and Cook County Farm Bureau members pursuing training in agriculturally related skills including tractor/truck diesel mechanics, CDL for crop, food and livestock hauling, welding, agricultural technology, etc. (*Application window open now*)

**Adult Scholarships (availability based on training sessions and acceptance)** – Scholarships for Cook County Farm Bureau members include tuition assistance for:

- Master Urban Farmer training and certification
- Master Gardener training and certification
- Illinois Ag Leadership Program (IALP) training program
- Ag Leaders of Tomorrow (ALOT) training program

(*Application window open now*)

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

**Visit [www.cookcfb.org/foundation](http://www.cookcfb.org/foundation) for more information on these scholarships and to apply.**

## End of Year Foundation Contributions

Cook County Farm Bureau Foundation is very fortunate that we have members seeking to contribute charitable donations to the Agricultural Literacy cause as we close out the year. Members seeking to contribute to the Foundation can do so using the form below:

### THANK YOU FOR MAKING A DONATION

Donor Name/Organization: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Enclosed is my gift of: \$100 \$250 \$500 \$1,000 Other: \_\_\_\_\_  
 Credit Card: Visa Master Card Discover  
 Card# \_\_\_\_\_ Exp: \_\_\_\_\_ Signature: \_\_\_\_\_

Donations to the CCFB Foundation can be made by:

Mailing a check to  
 6438 Joliet Rd., Ste 101  
 Countryside, IL 60525

Visiting our website at  
[www.cookcfb.org/foundation](http://www.cookcfb.org/foundation)

Calling the office at  
 708-354-3276