



COOK COUNTY GO-OPERATOR

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

Mark Your Calendar



August

- August - Sept.** BINGO Farm Crawl **PG 12**
- 14** Nutrient Stewardship Field Day **PG 8**
- 15** Summer Photo Contest Deadline **PG 5**
- 18** Membership Monday **PG 12**

September

- 13** Foliage Fest **PG 12**
- 16** Intro to Candle Making **PG 12**
- 20** Shred Day **PG 12**
- 24-26** Leaders to Washington

October

- 1** Fall Barn Quilt Workshop **PG 12**
- 4** Giant Pumpkin, Dessert, Carving, Honey Contest **PG 12**
- 21** Cheese and Halloween Candy Pairing **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



Which plant was named National Garden Bureau's 2025 Plant of the Year?

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

July Winner: Mary Bell

Question: Which Ag in the Classroom presenter just retired after teaching over 50,000 students about agriculture?

Answer: Jim Bloomstrand

Cook CFB to Host Farm Crawl BINGO

August 1 to September 13, 2025

B-I-N-G-O Farm Crawl 2025 . . .

Play and fill our BINGO Farm Crawl 2025 Card by visiting participating Cook County Farm Bureau member Farms, Farmstands, Greenhouses, Garden Centers, and Agribusinesses during our self-guided BINGO Farm Crawl and qualify for our BINGO ca\$h prize raffle. BINGO Cards submitted to the CCFB office will be entered into a drawing for the chance at top ca\$h and other small prizes.

Farm Crawl BINGO is free, offering diverse agri-locations to visit starting August 1 to September 13, 2025, allowing ample time to crawl our many locations in and around

the county. Crawlers use the BINGO Farm Crawl card to record visits which will provide BINGO details, locations, times, and special crawl offers.

How do I get the BINGO card?

- Downloadable BINGO Card: <https://cookcfb.org/stay-updated-/events-and-programs/>



- Email ccfb@cookcfb.org for one to be emailed
- Mail: call the CCFB and we will mail
- Stop by the CCFB and pick up one

FARM CRAWL BINGO 2025

COOK COUNTY FARM BUREAU

Horchers Farm & Garden Center, Wheeling	Brandau's Farmstand, Mokena	The Children's Farm, Palos Park	Honey Bee Gardens Farm, Downers Grove	Smits Farm, Chicago Heights
VanderGriens Farm Market, Lynwood	Ludwig's Feed Store, Lemont	Bultema's Farmstand & Greenhouse, Lynwood	Just Picked Farm Stand, Tinley Park	Goebberts Farm, South Barrington
Wagner Farm, Glenview	Clarke's Garden Center, Lynwood	 Countryside	Melka Garden Center, Orland Park	The Feed Store, Summit
Conserve FS, Tinley Park	Whiskey Acres, Dekalb	West End Florist & Garden Center, Evanston	Big John's Farm Market, Lowell, IN	Evergreen Park Urban Barn, Evergreen Park
M & D Farms, Homer Glen	Farm on Ogden, Chicago	Illinois Bee Rescue	Ted's Greenhouse, Tinley Park	Zeidenrust Farm Market

BINGO locations will have a limited supply of BINGO cards (Pictured card is not an actual BINGO card)



Young Leaders Travel to Southwest & Central IL

Cook County Farm Bureau Young Leaders traveled throughout central and southwestern Illinois as part of this year's Illinois Ag Industry Tour. Tour stops included Andras Stock Farm, Roodhouse; Heepke, Edwardsville; Eckert's Orchard, Belleville; J.O. Harris Sales, Alexander; Triple M Farm: Mariah's Mums & More, Clinton; and Kilgus Farmstead & Country Store, Fairbury. Young Leaders are pictured with the owners and operators of Triple M Farm: Mariah's Mums & More, a Clinton agritourism destination featuring U-pick strawberries, pumpkins, cut flowers, and mums. Back row pictured left to right: Mariah Dale-Anderson, Justin Kopping, Stephanie Gregus, Jarrod Kopping, British Griffis, and Blake Lanphier. Front row pictured left to right: Greg Anderson, Carmen Trotta, Rebecca Biernacki, and Jessica Biernacki. **For more information, go to Page 4.**

Word of the Day

During Member Appreciation Week we introduced a "Word of the Day" feature. We enjoyed the opportunity to talk with our members, and we believed those who called enjoyed it as well!

You will have to continue to read the Co-Operator carefully to find the word and the date to call in as it will in a different spot each month. We look forward to continuing these calls. It was a lot of fun! Good luck to you!

July Winner: Sophie Zielezinski

July word was Greenhouse and found on Page 11. Start your search for the August word today!!!

The Answer: Yes – Yes, You can!

The Question: Can I retain my membership even though Country Financial says I do not need a membership to access insurance?

Members are a part of the Farm Bureau family. Farmers are strong, resilient, faithful, generous, and hardworking.

Continue to be a part of this wonderful family and community.

We have been pleasantly surprised by how many people ask us that question and we want to assure current members (even implore current members) that . . .

We love our members and renewals

We love serving your membership needs through humor, great information, programming, membership discounts, local farmer support, and so much more.

We even answer the phone!



Farm Bureau and Partners Host Pollinator Event at Lincoln Park Zoo

Cook County Farm Bureau Public Relations Team volunteers discuss pollinators and farming practices during a pollinator event at Lincoln Park Zoo in Chicago. The event is conducted in partnership with the University of Illinois Master Gardeners, the Metropolitan Water Reclamation District, the Illinois Farm Bureau, and the Cook County Farm Bureau Ag in the Classroom.

HOW FARM BUREAU SERVED YOU IN JULY

- ▶ **Connected future and young Cook County leaders, with leaders throughout downstate Illinois, to learn more about Illinois agriculture.**
- ▶ **Assisted community gardens with funds and highlighted their efforts to members and the public.**
- ▶ **Provided a Soil Test Program that is affordable and useful for members and the public to purchase.**
- ▶ **Visited member Ag / farm business locations and provided materials for use with customers. We will continue to promote local to members and customers.**
- ▶ **Provided great member benefit discount pricing to local and regional entertainment and amusement locations for summer fun.**



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...

- Young Leader Committee Ag Industry tour hosts Will Andras of Andras Stock Farm; Dennis Heepke of Heepke; Tom Dutkanych of Eckert's Orchard; Jay Harris of J.O. Harris Sales; Greg and Mariah Anderson of Triple M Farm: Mariah's Mums and More; and Jenna Kilgus of Kilgus Farmstead and Country Store and tour participants Jessica Biernacki, Rebecca Biernacki, Stephanie Gregus, British Griffis, Jarrod Kopping, Justin Kopping, Blake Lanphier, and Carmen Trotta for taking time out of their summer to explore and learn more about central and southwestern Illinois agriculture.
- Young Leader members British Griffis and Rebecca Biernacki for seeking to grow their knowledge and leadership skills through the Illinois Agricultural Leadership Foundation Class of 2027.
- Board President Janet McCabe for supplying CCFB's Ag in the Classroom program with wheat for the 2025-2026 school year.
- Young leader Blake Lanphier for pursuing the Excellence in Agriculture award through the Illinois Farm Bureau.
- Young leaders Blake Lanphier, Jennifer Miller, Doug Yunkers, and others who participated in the Advocacy Essentials training on making your agriculture voice heard.
- The many members who have taken advantage of our great discount savings to Raging Waves.
- The safety of Daniel Lyons, CCFB Foundation recipient and Young Leader who was caught in the flash flood of the Guadalupe River as an intern on a ranch in Texas.
- State Representative Mary Gill for joining Young Leaders for the Advocacy Essentials: Skills for Effective Impact training program and sharing her experience and insights about the power of connections.



Pictured: Janet McCabe

Co-Operator

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Downwind

by **BOB ROHRER, CCFB MANAGER**

“Pass It Forward”

Have you ever seen a couple people on the side of the road looking a bit helpless. Frustrated. A bit peeved? That could have been me and my wife a few weeks ago while in Wyoming.

The day did not start helpless, frustrated, or peeved. We had enjoyed a delightful morning up in the mountains. The yellow, purple, red, and blue wildflowers were on the mountainside in full glory. We witnessed with appreciation three large male moose lounging and munching on grass in a meadow. We completed a fresh pine scented four-mile hike up and around Twin Lakes in the Big Horns. No kidding, the mosquitoes were even friendly and polite. My heart was bursting with joy.

And then we headed back towards civilization down the mountain...the dirt road to rock road to the traditional gravel road to the blacktop road. Upon reaching the blacktop, I detected a smell of something getting hot...my brakes from the descent? About then, the low tire pressure light angrily blinked, and the car began to sway and thump. Burning rubber smell “courtesy” of a flat tire.

Upon inspecting the tire with my wife, I said, “Yep, it’s flat.” She just looked at me. I refrained from saying, “Perhaps this is the issue” while pointing at the spike in the tire.



“Yep, it’s flat”



“Perhaps this is the issue”

Plan A: Flat tire, no problem. I have changed many a flat through the years. On the farm, in high school and college, I couldn’t afford good tires, so I kept three spares in the back of the truck. Those gravel roads back around the farm loved to eat all those bald tires. With frequent flats, my brothers and I would attempt to set tire changing speed records. Not quite a Daytona pit stop but sub-four minute?

After lowering the spare tire from the underbody of our SUV and pulling out the car jack, tire iron, tire chocks, I went to loosen the lug nuts. Very puzzling. Realization struck: the tire iron socket size was too small and did not fit onto the lug nuts. What the help... who does that?

Plan B: Don’t panic. While there was not a lot of traffic, we were not in the most remote area of Wyoming. I dug through the glove box (does anyone keep gloves in the glove box) and found my COUNTRY Financial auto insurance card to call the highway helpline. I couldn’t help thinking, “How are they going to help us out here?” I dialed and had a signal!

Plan C pulled up as I was calling COUNTRY Financial: A truck with a trailer loaded with a couple dirt bikes. Dad and son, I concluded. When the dad asked if we needed help, I refrained from hugging him. Instead, I asked the strange question, “Would you have a 7/8-inch socket to fit my vehicle’s lug nuts?” His response: “Yes!”

Now, I was fully prepared to get serious with that tire. The dad would have none of it. He wanted to teach his son how to change a tire and this was the perfect opportunity! It took them sub-four minutes working in tandem. My brothers would have been proud.

With tremendous appreciation in my heart, I reached for my wallet. The dad simply shook his head and said, “It was our pleasure... Please pass it forward.”

I’ve thought about those simple and clear words since.

I believe agriculture and farmers “pass it forward” every day. Planting seeds today for food for all of us tomorrow. Caring for livestock today to serve us tomorrow. Protecting the environment for our next generation’s tomorrow. And by stopping to help their neighbor or stranger who needs a little assist during a moment of need.

Let’s all pass it forward.

Recipe of the Month

Variety Bean & Veggie Salad

Alexia Koliatsis, Arlington Heights



INGREDIENTS

SALAD:

- 1 can garbanzo beans, drained
- 1 can black beans, drained
- 1 can red kidney beans, drained
- 1 jar of pickled beets, drained
- 1-2 cucumbers, sliced
- 3 stalks celery, chopped
- ½ red onion, sliced

- 3 green onions, sliced
- Dash of fresh garlic
- Dash of parsley
- Few Greek olives
- Few cherry tomatoes
- *Optional: add feta or fresh mozzarella cheese*

DRESSING:

- ½ c olive oil
- ¼ c Balsamic vinegar
- ¼ c Ranch dressing

DIRECTIONS

Add all the salad ingredients to a large bowl and toss together. Add all the dressing ingredients to a separate bowl and mix well. Pour the dressing over the salad, ensuring the vegetables are coated. Eat and enjoy!

Correction from July Recipe of Month: Mike’s Pot Pie = 2 large bone in beef shanks

2025 Recipe Collection is Available!

To receive a copy of the 2025 Recipe Collection Booklet, call 708-354-3276, email: ccfb@cookcfb.org, or register from the MyIFB member center account.



Milkweed Snags 2025 National Garden Bureau’s Plant of the Year Title

BY PHYLLIS COULTER FarmWeek

Milkweed, which a generation ago was seen as something to hoe out when walking beans or to use chemicals to control in Illinois, is the National Garden Bureau’s 2025 Plant of the Year.

The plant got its prowess in part due to its role as food for pollinators.

“Monarch caterpillars feed exclusively on the milkweed plant. Without it, the monarchs would not survive. Thinking of this stark and vulnerable fact is rather astounding, but true,” said Bena Pegg, Illinois Farm Bureau’s environmental program manager.

“There is a resurgence for the milkweed plant, however. The plant that was once expertly eradicated from farm fields across the country is finding its way back—this time in our gardens and pollinator plots,” she said.

“Milkweed was a key seed in our Butterfly Seed Mix this year (provided by Growmark). IFB delivered more than 750 pounds of seed through the Pollinator Conservation Grant Program and planted an estimated 170 acres of pollinator plots across the state,” Pegg told FarmWeek.

IFB recognized Pollinator Week (June 16-22) with a social media campaign “to celebrate pollinators and farmers who support them.” Cook County Farm Bureau hosted a Pollinator Awareness Celebration at Lincoln Park Zoo on June 18 featuring beekeeping resources and pollinator education, trivia, seed giveaways and activities.

Also, to honor the humble milkweed for its new title as 2025 Plant of the Year, Chris Enroth and Ken Johnson, University of Illinois horticulture educators, highlight the genus asclepias, also known as milkweed, in their Good Growing podcast at [youtube.com/watch?v=Qw24JnU0itQ](https://www.youtube.com/watch?v=Qw24JnU0itQ).



A Monarch butterfly feeds on milkweed. (Photo by Catrina Rawson)

Snapshots From Cook County Farm Bureau Young Leaders Summer Activities



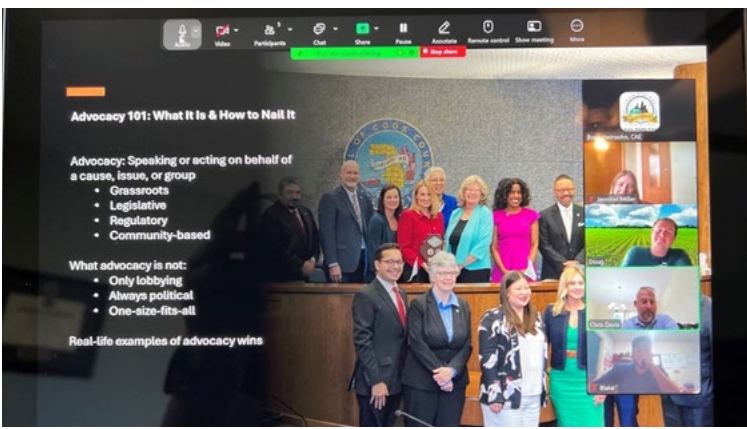
Young Leaders Visit Central Illinois Dairy and Creamery

Jenna Kilgus pictured right, discusses cattle housing and feeding as part of a recent visit to Kilgus Farmstead & Creamery in Fairbury. Cook County Farm Bureau Young Leaders visited the dairy as part of the Illinois Ag Industry Tour, which focused on engaging young leaders with Illinois growers.



Young Leaders Experience Gravity Course as Part of This Year's Summer Activity

Young Leaders Committee member Jonny Poole tests his creativity, strength, and endurance on the gravity course at Main Event in Warrenville as part of this year's Young Leaders summer activity. The Young Leaders Committee is open to those aged 18 to 35 with an interest in agriculture. For more information contact **Bona Heinsohn** at bona@cookcfb.org.



Young Leaders Ignite Their Passion for Advocacy

In July Cook County Farm Bureau Young Leaders participated in **Advocacy Essentials: Skills for Effective Impact** and gained practical tips and tricks to connect with their legislators and make their message count. In addition, Young Leaders met with State Representative Mary Gill to learn more about the importance of advocacy and building relationships with local legislators.



Young Leaders Learn About Horseradish Production

Dennis Heepke (pictured left) from Edwardsville discusses the processing and storage of fresh horseradish with Cook CFB Young Leaders during the Illinois Ag Industry Tour. An objective of the tour was to explore different facets of southwest and

central Illinois agriculture. Illinois is the leading producer of horseradish in the United States, with most of the crop grown in Madison and St. Clair counties. This area near the Mississippi River provides ideal conditions for growing horseradish, including deep, loamy soils rich in potash.

Matt Huonder Named to Lead Chicago Northwest COUNTRY Financial Agency

COUNTRY Financial has announced the hiring of Mr. Matt Huonder as District Leader to lead the Chicago Northwest agency. He takes over the role after Kevin Gomes, long-time Agency Manager/District Leader, retired in July.



Matt Huonder with wife Nicole and children Landon and Addison.

Throughout his professional career, Huonder has led diverse teams, driven organizational growth, and worked hard to create cultures of collaboration and innovation. Prior to joining COUNTRY Financial, Matt worked as an education professional, where he earned his master's in leadership and served as an athletic director, department chair, and administrator.

In his early career with COUNTRY, he experienced success as a Country Club winner, P/C Honor Roll, All-Star, and All-American.

Huonder said, "I am eager to further grow and partner with my agency. I look forward to collaborating with them so they find success, feel valued, and are motivated to maximize their potential as agents!"

DISCOVER LOCAL



CO-OPERATOR PULL-OUT SECTION 2025

Join Cook County Farm Bureau® in supporting agricultural and member Ag businesses:



Visit Cook County Farm Bureau® member greenhouses, garden centers, and farms for all your outdoor needs this spring! Their vegetable and flower plantings, trees, shrubs, lawn, landscape materials, grills, and garden décor await you!

Farm Stands are also open for the freshest in season produce and herbs ...get out and discover local! To assist, we have a listing of participating member businesses and producers in the Cook County area, waiting to serve you.

Discover Local at: <http://bit.ly/4jRhKKE>.



Member businesses offering additional discounts to CCFB members include Goebbert's Farm and Garden Center in South Barrington, Ted's Greenhouse in Tinley Park, Teegan Compost, Grainger, John Deere, Harvard Products, and more. Check our website for details and restrictions at:

<https://cookcfb.org/membership/member-resources/member-benefits/profile/home-business-and-agriculture>

From Piggy Banks to Paychecks: Growing with IAA Credit Union's Youth Program

By Jennifer Killian, IAA Credit Union Marketing Manager

At IAA Credit Union (IAACU), financial education begins at an early age. Our Youth Program is designed to grow with your children from their first savings to their first paycheck. Meet Avery, a graduate of the IAACU Youth Program. She'll walk us through her journey and how the program helped her develop lifelong money management skills.



Jennifer Killian

Kids Club: Ages 0-12

Avery's journey began with the Kids Club, where she opened her very own savings account and learned the importance of keeping money safe at a trusted financial institution.

When Avery turned eight, her mom signed up for Greenlight! The best part? Avery's mom was able to get Greenlight for free* by linking her IAA Credit Union checking account as the funding source. With Greenlight, Avery's mom could set controls like where Avery could use her Greenlight debit card and how much she could spend. She also set up chores for Avery to earn an allowance.

Avery used her Greenlight debit card to make purchases, set savings goals (like the new bike she'd been asking for), and play the financial education game LevelUp®!

Dollars & Sense Club: Ages 13-17

When Avery turned 13, she joined the Dollars & Sense Club. The money she had saved in her Kids Club Savings account automatically rolled over into her new Dollars & Sense Savings account. Her parents also opened a Dollars & Sense Checking account for her.

Avery's family took advantage of an exclusive

investment opportunity: a Youth Shared Certificate (CD) starting as low as \$500! With her Youth CD, Avery learned about setting money aside for a fixed period and watching it grow with a high interest rate.

Elite Club: Ages 18-23

As Avery transitioned into adulthood at 18, the Elite Club supported her growing financial independence. With a part-time job and college underway, she managed her income through her Elite Checking account.

As an Elite Club member, Avery qualified for IAACU's lowest rate on her first auto loan just in time to purchase her first car.

In college, Avery applied the knowledge she gained from using her Greenlight debit card to start building credit with a Secured VISA credit card linked to her Elite Savings account. She learned to manage credit responsibly while building a strong financial foundation.

Mobile banking, direct deposit from her part-time job, and automatic savings transfers helped Avery stay on track with her financial goals even while away at school.

Looking Back

Avery credits IAACU's Youth Program for her financial confidence. "I didn't just learn how to save, I learned how to plan, budget, and grow my savings," she said. "Start early, ask questions, and take advantage of every tool IAACU offers."

Ready to Start Your Child's Financial Journey?

IAACU offers a variety of resources to help children build financial literacy, from counting coins to managing their first paycheck. Learn more about our Youth Program and our Greenlight partnership by visiting www.iaacu.org/youth.

CCFB Photo Contest SUMMER PHOTOS

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

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

Example Categories for Summer:

Horseback Riding, Farmers' Markets, Fun with Animals, and More!

Prizes: Each season will have three winners.

1st place: \$100 cash

2nd place: \$40 Farm Fresh Funds*

3rd place: \$25 Farm Fresh Funds*

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/4jyhUWV> to submit entries.

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



A Century of Trust

In 1925, a group of Illinois farmers came together to provide fire and lightning insurance, helping to ensure their farms and crops would be protected. Over the next century, COUNTRY Financial® grew to offer a diverse range of personal and business insurance products, as well as retirement and investment services.

Over the next 100 years, our insurance will do more to protect you and your loved ones, so you can enjoy the moments that make your life full.

COUNTRY Financial® is the marketing name for the COUNTRY Financial family of affiliated companies (collectively, COUNTRY), which include COUNTRY Life Insurance Company®, COUNTRY Mutual Insurance Company®, and their respective subsidiaries, located in Bloomington, IL. 0125-043CP



Cook County Farm Bureau congratulates Country Financial and its family of companies for 100 years of service to members and clients, building trust, earning business and remaining client centric.

Planting Seeds *There's a Place for Everyone in Agriculture*

In August and September, AITC Summer Intern Elizabeth "Libby" Heenan will be taking over my **Planting Seeds** column to tell you a little more about herself and all of her activities this summer with the Cook County Farm Bureau. I hope you learn a little more about Libby and enjoy getting to know our summer intern!

Katrina Milton, Director of Ag Literacy
 Katrina can be reached at aitc@cookcfb.org.

Growing up on the southwest side of Chicago, my understanding of agriculture was limited to my family's weekly trips to the grocery store. Little did I know that just a few years later, I would find myself fully immersed in the world of farming and education as an intern with Cook County Farm Bureau's Ag in the Classroom Program!

Having lived in the city my entire life, I had no background in agriculture whatsoever. My first experience on a farm came on my very first day of high school when I started at the Chicago High School for Agricultural Sciences. As a

city girl, I was at first hesitant about attending the "farm school," but over time, I grew to love both the school and the agriculture industry. I became heavily involved in their FFA and animal science programs, even welcoming my own dairy cow, Biscuit, who still stays at the school. Now, as I prepare to enter my senior year at the University of Nebraska-Lincoln, where I'm studying agricultural education, I aspire to become a middle school agriculture teacher back home in Chicago.

This summer, I've had the incredible opportunity to travel around my hometown and the rest of Cook County, educating people of all ages about the importance of agriculture, as well as who the farm bureau is and what we do! I've been busy participating in various events, including running cow crafts at Wagner Farms, creating games and activities for this year's Summer Ag Institute, and presenting at the

Evergreen Park Public Library on how tacos are made! When I'm back in the office, I focus on updating old flyers, brochures, and other materials, ensuring they are current and ready for the upcoming school year.

Looking back on my journey from the start of high school to becoming an AITC Intern, I can't help but feel grateful for all the growth and skills I've gained. Every day I spend at the farm bureau fuels my passion for agricultural education. I'm really excited to inspire others, especially those in urban areas, to see just how important agriculture is in our lives and to show them that there's a place for everyone in this industry.

Libby Heenan, AITC Summer Intern



AITC Celebrates Dairy Day on July 12, 2025

CCFB's AITC Program helped Elk Grove Park District celebrate Dairy Day on July 12 with a booth at their annual event. AITC's booth featured two make-and-take arts and craft activities. The event celebrated the community's agricultural roots with a celebration of the dairy industry, including crafts, games, and ice cream for the whole family.

Pictured: AITC Summer Intern Libby Heenan helps event attendees make cow paper bags.



Evergreen Park Library Program

On July 11, CCFB's Ag in the Classroom Program presented "Taco Adventure" at Evergreen Park Public Library. The presentation taught the attendees how corn becomes tortillas, from the field to the table, and featured story time, craft, and snack.

Pictured: AITC Summer Intern Libby Heenan helps a program attendee make a taco craft.

Educators Learn About Ag Transportation During Summer Ag Institute Day 2

On July 9, six Cook County teachers attended Day 2 of Summer Ag Institute, hosted by CCFB's Ag in the Classroom Program.

The second day, held in the farm bureau's conference room, had the theme "Roads, Rivers, and Rails with Illinois Ag in the Classroom."

The teachers were able to learn more about Illinois' agricultural connections to transportation with Illinois Ag in the Classroom. Guest speakers from IL Corn and IL Soybean Association presented about biofuels, including ethanol and biodiesel.

In their feedback response forms, the teachers described Day 2 of SAI as "excellent" and wrote that "the materials and presenters were outstanding." One teacher responded, "What a fun day spent learning about



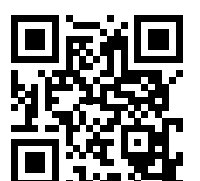
Teachers attending Summer Ag Institute Day 2 play a game they created with Illinois Ag in the Classroom on July 9. The game featured modes of transportation related to agriculture, including barges, bridges, trucks, tractors, and Illinois crops.

agriculture in Illinois! The information felt very local and made me proud and excited to share with others. I think this

is a fascinating area to explore for Chicago schools that may be disconnected from the rest of Illinois."



We are excited to bring agriculture to your Cook County classroom! If CCFB's Agriculture in the Classroom Program visits your classroom before October 10, 2025, you will automatically be entered in a drawing to win a \$50 Amazon gift card. The winning educator will be announced via email October 13. **Visit bit.ly/AITCplease today to schedule your in-school field trip!**



AGRICULTURE ADVENTURES FOR FAMILIES



Agriculture *IN SPACE*

Did you know that plants can grow – and have been grown – in outer space? The first plant to grow in outer space was thale cress, which flowered and produced seeds on the Soviet Salyut 7 Space Station in 1982. In January 2016, a zinnia growing on the International Space Station (ISS) became the first flower to bloom in space. In January 2019, it was reported that cotton

seeds became the first plant to grow on the moon's biosphere during China's Chang'e-4 mission.

ASTROBOTANY is the study of plant life and its interactions within the unique environment of space.

SPACE FARMING is crop cultivation in non-Earth (extraterrestrial) environments. Space farming is crucial for long-duration space missions and potential off-Earth settlements.

Out of this World FUN FACTS

PLANETARY CRAFT



DIRECTIONS:

1. Cut the eight planets out of coffee filters.
2. Put the filter on a paper plate and start to color in the coffee filter. The paper plate will help contain the marker and water mess.
3. Once the coffee filters are colored in, spray water onto them.
4. Remove the coffee filters from the paper plates and place them in an area to dry.
5. Use a hole puncher to put a hole in the top of each planet.
6. Use the string to tie each planet to the stick.



MATERIALS:

- Coffee filters
- Scissors
- Paper plates
- Washable markers
- Spray bottle filled with water
- Hole punch
- String or ribbon
- Stick, wooden dowel, or hanger

August Word Search

Last Month's Winner:
Richard Blume

Bloom	T	Q	G	V	N	R	L	F	H	T	R	A	E	N	S
Earth	R	R	S	A	E	O	E	R	S	E	L	Z	H	E	D
Flower	X	Z	S	W	R	G	L	W	C	Z	H	I	N	D	E
Garden	L	A	D	A	O	X	G	A	O	N	P	N	K	R	E
Grow	M	F	O	O	K	S	P	I	L	L	X	N	T	A	S
Lada	S	U	N	F	O	S	K	M	E	P	F	I	F	G	Y
Mission	M	Q	S	U	L	S	S	E	M	Q	Q	A	A	E	Z
Moon	O	V	H	Z	P	X	F	T	X	I	N	G	O	L	B
NASA	O	I	P	U	C	I	D	O	N	Y	S	T	R	L	X
Outer	N	V	G	X	R	C	P	L	S	A	E	S	O	M	E
Plants	Q	T	X	X	Q	D	M	W	F	N	L	O	I	D	K
Seeds	G	L	T	D	L	Y	L	L	K	E	M	P	Z	O	W
Space	E	G	Q	D	E	U	R	E	T	U	O	T	S	O	N
Sun	U	H	C	Q	K	P	A	J	F	Q	Z	R	R	P	D
Veggie	Y	C	M	C	C	Y	S	V	H	G	A	G	J	T	T
Zinnia															

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 2025 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



FFA Blue Jacket Delivers Lifetime Impact

I have an FFA sticker on my phone, an "FFA Bed" in our loft and the beat of blue and gold in my heart. My son quickly points out my FFA Mom t-shirt as an example of my FFA fascination, but I also own a navy blazer with gold blouse and FFA lapel pin.

I love FFA, and I'm proud to show it.

FFA done well transforms lives. Likewise, agriculture programs with good teachers bring notice to the often-unnoticed teens. Immeasurable satisfaction swells within me and every one of our passionate volunteers who witness this national youth organization use agriculture as the avenue to develop young leaders, spark career interests, connect classroom learning to competitions, and provide conference and convention opportunities unlike any other school organization.

FFA is our family's sport, a competitive and disciplined organization with its own uniform. It is uniquely inter-curricular not extra-curricular as FFA weaves into agricultural education curriculum at the 7-12 grade level. Often, membership generates an incredible everlasting loyalty, adoration and allegiance that keeps the signature corduroy jackets in our closets decades past wearing them.

Through my two kids, our chapter's members and our FFA Alumni group, I'm gaining more from the blue jacket today than when I wore it. Our son leads quietly, a servant leader with a stellar record book in his passion for ag mechanics. My daughter just finished her term as the first major state officer in 60 years from our tiny school's FFA Chapter.

The high-profile privilege came with responsibility, never complacency. She deferred college for a year to serve and travel more than 20,000 miles in-state to advocate for agriculture, vocational education and FFA. She commonly worked 60-hour weeks, sometimes more, with her teammates. They led thousands of students at workshops and conferences with record-breaking attendance. The team traveled to D.C. twice in 12 months and conversed with nearly 30 legislators representing Illinois. Each state officer visited almost 100 high schools in the fall alone and delivered more than 25 speeches across the term.

Our daughter found inspiration in the people she met, was challenged by the demands of leadership and humbly accepted the constant requirement to perform in public and leave an impact. Through exhaustion, challenge, triumph, criticism and praise, she grew more personally and professionally in the last 12 months than I will in my lifetime.

I took photos or videos almost every weekend when the FFA-wrapped Bronco she drove during the term left our driveway. Eventually, I'll hang a photo of it near our "FFA Bed," a spare queen topped with navy linens and gold throw pillows to accommodate FFA state officer guests.

My drive to support FFA will never rest.

About the author: Joanie Stiers farms with her family in Knox County, where her kids are fourth-generation FFA members.

U of I Extension Farm Estate Planning Series: Quick Tips for Farm Estate Planning

Studies have shown that fewer than 20 percent of farm families have an effective estate plan to roadmap what happens to the family farm when dad and mom retire or pass away. Death is inevitable. What is very normal is that families avoid talking about what is unavoidable.

Stop Avoiding Talking About Your Death

Make your best effort to devise a farm estate plan to minimize the damage to the family members due to an inadequate or incomplete estate plan. Poor or no planning at all can lead to deep scars that may last forever. Such damage is something that parents, as farm owners, should strive relentlessly to prevent.

The primary reason for the lack of estate planning is avoidance. Avoiding difficult discussions does not mean that the difficulties of the task will go away. Both death and accumulated wealth are complicated, complex subjects to discuss. Even more challenging is discussing your desires for the farm's future and anticipating how your family members as heirs will react to what you want to happen after you are gone.

All Families Have Dysfunction in Estate Planning

Most families have complex and challenging issues, and this is normal. Having communication struggles doesn't mean family relationships are bad; it just means the task is complex. Even families with normal communication abilities can greatly struggle with farm estate planning. Even the best communicating families may have dysfunctional roles within the family unit, and these roles become more obvious when discussing the farm's future.

Family members can take on several different dysfunctional roles in trying to piece together their ideas on what should happen to the farm after the last living parent dies. Avoiding the discussion of the plan does not make the issues go away. Careful planning makes the struggles less painful.

In addition to creating a good plan, the dysfunctional roles (referring to the estate plan) should be identified to address problems. There are names for these roles that family members assume. These roles are the Lost Child, the Golden Child, the Caretaker, the Dominator/Bully, the Enabler, the Scapegoat, the Clown, and the Hero. Most parents can identify these roles in the family with some thought or with a counselor's assistance. Parents can rest assured that their children know who plays what roles.

Developing and Finishing the Plan

Not having a plan can cause irreparable damage to family relationships. In addition, there are potentially significant tax expense consequences, which can motivate families to understand the need for a plan, but completing the plan usually does not get done. The first and most challenging hurdle to overcome is starting a plan, and the second most difficult is finishing

the plan. Below are some quick tips to consider when creating a farm estate plan.

Quick Tips for Farm Estate Planning

- Parents, make sure that you are showing a unified approach to your children as heirs. Make sure that you agree with each other before you meet with your heirs.
- Get the estate plans done while you both are still living and mentally fit.
- Develop a trustworthy and competent team of planning advisors, including an attorney, an estate plan advisor, an accountant, and a trusted counselor/therapist. They will help you sort out family issues and emotions. The counselor can help you sort out your anxiety over the matter, which can lead to avoidance issues.
- Consider the family dynamic by asking family members what they are thinking. Often, the lost child will say, "I do not care what happens with the farm," when, in fact, they do but struggle to say it. Others might be afraid of the dominator, and so on. Do not accept simple, short answers. Find out what they are thinking and let everyone be heard.
- Consider very carefully who you choose as the executor/trustee. A hired executor may well be worth the cost.
- Understand that keeping a farm trust flowing over multiple generations is very challenging. Fully understand that you cannot rule from the grave for very long without creating family struggles.
- Carefully assess the abilities of the family member(s) chosen to operate the farm. They must be able to manage the full array of duties required, which may require training. Professional and practical communication skills are imperative when dealing with other heirs.
- Make a realistic decision about whether the farm will be financially viable in the coming years. Seek advice, as ending the direct family farm operation might be the best choice.
- Accept that it is almost impossible to be completely equal in dividing a farm operation.
- Discuss your final plans. Make sure all main assets are known to all family members.
- All significant discussions, including changes, should be held as a family meeting.
- Simultaneously, every family member should receive copies of all legal documents for the estate plan.

There is a whole lot more that goes into developing estate plans. This quick guide is a starting point for estate plan considerations. For more information, please contact Kevin Brooks at kwbrooks@illinois.edu and visit <https://extension.illinois.edu/fmpt/farm-succession>.

Contact/Source: Kev in Brooks, University of Illinois Extension Farm Business Management and Marketing Educator, kwbrooks@illinois.edu; Editor: Meints, Jill, Commercial Agriculture Special Projects Assistant, Illinois Extension.

FARM PROGRESS SHOW TICKETS ON SALE

Farmers and others interested in attending the Farm Progress Show Aug. 26-28 can save on tickets by visiting the website farmprogressshow.com.

Those who purchase tickets online can save on admission and automatically be entered for a chance to win a Big Green Egg grill and multi-purpose outdoor cooker.

This year's Farm Progress Show returns to its biennial Decatur home the last week of August. It will mark the 20th anniversary since the semi-permanent location was established for the event, which originally began in Armstrong in 1953.

Over time, the Farm Progress Show has evolved into the nation's premier outdoor agricultural event, continuing the goal of connecting farmers across generations with the technologies that shape the future of ag.

The show hours this year are 8 a.m. to 4 p.m. daily.

JOIN US 2025
NUTRIENT STEWARDSHIP FIELD DAY

SUSTAINABLE GROWING PRACTICES

THURS **AUG 14TH**

11:00 A.M. – 3:00 P.M. | RAIN OR SHINE

LOCATION: 3437 E Sauk Trail, Chicago Heights, IL

RSVP: By Aug 11 – Call Cook CFB, at (708) 354-3276

DETAILS: FREE Lunch Provided



Manifolds, Manolos, and Manure



Bona Heinsohn

The Final Say, or Just Another Negotiation Tool

The 1970 Illinois Constitution, Article 4, Section 9 establishes the Governor's veto powers, which are among the most extensive in the nation.

The Governor is allotted four types of vetoes: total, item, reduction, and amendatory. A total veto can apply to any bill, whereas item and reduction vetoes apply only to appropriation bills. Most controversially, an amendatory veto can be used on non-appropriation items.

Amendatory vetoes allow the Governor to approve part of the bill and to change the part of the bill that s/he doesn't agree with. As to the degree that a Governor can wield their amendatory veto pen, the Illinois Supreme Court has held that a completely new bill cannot be penned in. Equally, the fundamental purpose of the original bill cannot be changed. The Governor make any "substantial or expansive changes." But the Governor can make more than technical changes.

Voters in 1974 rejected a proposed constitutional amendment to restrict the Governor's amendatory veto power to only technical corrections and matters of form. Farm Bureau policy supports limiting the Governor's amendatory veto power to only technical corrections and matters of form (Policy 109 Legislative Bodies).

If the General Assembly disagrees with the Governor, they have the ability to override the veto with a three-fifths vote. If they agree or want to restore an amount reduced by an item veto, they need a simple majority.

Since taking office, Governor Pritzker has rarely issued vetoes, instead opting to negotiate with the supermajority in the legislature. Former Governor Bruce Rauner, on the other hand, issued vetoes every year he was in office. Notably, Rauner vetoed 83 bills in 2018 and the Illinois budget in 2017.

Speaking of veto power, the Illinois Municipal Code (65 ILCS 5/Art. 6-4-2) provides the veto power of Chicago's Mayor. The power is further reflected in the operations of the city.

According to the City Clerk's office, veto power has been used sparingly by recent Chicago mayors. According to a recent WBEZ article, Chicago mayors have issued at least 1,889 vetoes since 1851. A

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

vast majority of those vetoes occurred from 1871 to 1931 during the 'Council of the Gray Wolves' era. Unsurprisingly, like gray wolves sparing over their quarry, aldermen who were also party bosses scrapped over their split of the city's budget. Hence the moniker.

Vetoes are typically used in one of two manners. To return all parties to the negotiating table. Or because the Executive opposes the measure.

Veto power has been used sparingly during the twenty-first century. However, just 17 months into office Chicago's mayor issued the first Chicago veto in 19 years. Prior to that Mayor Richard M. Daley issued one veto during his entire 22 years in office.

Time has yet to tell whether today's veto will stand or be overridden. The measure passed with 27 votes, 7 shy of a veto-proof majority.

However, the single veto issued by Mayor Daley passed with a veto-proof 35-member majority; but when the dust settled Mayor Daley had flipped just enough members to ensure that the veto override failed.

Veto power is an integral part of the process of checks-and-balance in the great experiment we call democracy.

CCFB to Support Urban Agriculture District in Chicago

In light of Farm Bureau policy #49 Urban Agriculture, which was developed and proposed by Cook County Farm Bureau in 2021, Farm Bureau asked City of Chicago Aldermen to support ordinance 2025-0018235, the sale of city property in the Pullman neighborhood for the purpose of creating an urban agriculture district.

Policy #49 supports the inclusion of urban agriculture into land developments and encourages the use of land management tools to create urban agriculture areas. The policy also recognizes the economic value and importance of urban agriculture to the economy.

Prior to the July Chicago City Council meeting, Farm Bureau sent the following letter in support of the ordinance:

Cook County Farm Bureau®, the county's largest general farm organization, **Supports** 02025-0018235, the sale of City property in the Pullman neighborhood to be repurposed as the We Sow We Grow urban agriculture district. This project would

include an education farm, a production farm, a Zen garden, and an orchard near the intersection of 120th Street and Union Avenue.

NeighborSpace and the Morton Arboretum are both listed partners on this project. This project was brought forward through ChiBlockBuilder, which encourages the purchase and redevelopment of vacant city-owned land.

This project would advance the community's knowledge of and enthusiasm for food and agriculture. Cook County Farm Bureau encourages you to support this matter as it proceeds forward.

As the county's largest general farm organization, Cook County Farm Bureau® is dedicated to bridging the gap between farmers and urban consumers. Through education programs targeting youth and their parents and programs designed to connect farmers with potential consumers, Farm Bureau members are actively engaging in conversations about food and the shared values between farmers and consumers.

USDA Plans Sterile Fly Facility in Texas to Combat NWS

To help combat New World Screwworm (NWS), USDA launched a sterile insect dispersal facility in south Texas with future plans possibly including construction of a sterile fly production facility at the same location.

Ag Secretary Brooke Rollins Wednesday announced the \$8.5 million sterile NWS fly dispersal facility at Moore Air Base along with a five-pronged plan to enhance USDA's ability to detect, control and eliminate the pest.

NWS is a devastating pest that causes serious and often deadly damage to livestock, wildlife, pets, and in rare cases, humans. While NWS has been eradicated from the United States for decades, recent detections in Mexico as far north as Oaxaca and Veracruz, about 700 miles away from the U.S. border, led to the immediate suspension of live cattle, horse and bison imports through U.S. ports of entry along the southern border on May 11.

"The United States government will use all resources at its disposal to push back NWS, and (the) announcement of a domestic strategy to bolster our border

defenses is just the beginning," Rollins said. "We have the proven tools, strong domestic and international partnerships, and the grit needed to win this battle."

USDA will immediately begin building a sterile insect dispersal facility in Texas, set to be completed in 2025. The facility will have the capability to disperse sterile flies in northern Mexico.

USDA is exploring all options to eradicate NWS, which includes potential expenditures in new technologies, new science, including possible plans to move forward with the design process of a domestic sterile fly production facility to compliment the new dispersal facility at Moore Air Base, which has also been identified as the proposed location, according to a USDA press release. The facility could boost domestic sterile fly production by up to 300 million flies per week and could complement current production that already exists in Panama and Mexico.

Rollins clarified during a press conference at the air base a production facility will take two to three years to develop.

Rollins also planned to meet with Animal and Plant Health Inspection Service cattle fever tick riders along the Rio Grande River. If NWS advances northward into the U.S., these tick riders will play a crucial role in spotting and combatting the pest.

USDA also is investing \$21 million to renovate an existing fruit fly production facility in Metapa, Mexico, which will provide an additional 60-100 million sterile flies a week to stop the spread, on top of the over 100 million already produced in Panama. This will result in at least 160 million flies per week.

The department also will hold four public listening sessions to get feedback on the following topics: sterile fly production technology, eradication tools and technologies aside from sterile fly production, the benefits and barriers including timelines and costs of enhanced domestic versus international sterile fly production and other innovative ideas.

For more information on eradication efforts, visit bit.ly/3HHG8QZ.

Farm Bureau Advancing Conversations on Farm Labor

Despite rising costs and regulations, the H-2A program remains critical to American farming. Rising costs of labor puts American farmers at a disadvantage in the global market. Many specialty crop sectors rely on H-2A workers to sufficiently staff their farms and maintain production, as mechanization is limited in the fruit and vegetable industries.

The intent of the H-2A program is to fill labor shortages in U.S. agriculture while making sure that U.S.-based farmworkers are not negatively impacted. Recognizing the importance of a viable, consistent labor supply, Cook County Farm Bureau members have introduced a statewide policy resolution calling for changes to existing Farm Bureau labor policy. Changes include:

We support:

- Clarity in H-2A regulations and administration.
- Streamlining the H-2A application process by using electronic application filing.
- Allowing employers to file a single application for labor needs, even if labor needs are staggered throughout the year.
- Removing the "seasonality" requirement to make all agricultural jobs, including dairy, eligible.
- A quicker, less intensive application process for hiring H-2A workers if the farm has had no changes from the previous year.
- Administration and oversight of the H-2A guest worker program within the United States Department of Agriculture (USDA).
- More flexibility for agricultural employers in the H-2A visa program.

We oppose:

- The Adverse Effect Wage Rate being above the state minimum wage.
- Employers having to guarantee employment hours and wages equal to 75 percent of the workdays in the contract period for guest workers.
- Increased administrative expenses of the guest worker program.
- Administrative steps and paperwork that slow down the hiring process.

The resolution now goes to the Resolutions Committee for further discussion. Members who would like additional information or have any questions or concerns regarding the resolution are encouraged to **contact Bona Heinsohn at bona@cookcfb.org**.



STAY OUT OF THE HEAT WITH INDOOR FAMILY FUN!
Great Discounts Are Available to CCFB Members

Discounted Movie Tickets

As a member, you have access to money-saving benefits, and discounted movie tickets are just one of many! Call us to order your tickets by phone and we will mail them to you free of charge – **708.354.3276**.

CCFB Member Ticket Prices:

- AMC Theatres:** \$9.50 each
- Marcus Platinum:** \$8.00 each
- Marcus Silver*:** \$7.00 each

Medieval Times Tickets

Members can save 25% on adult and child admission tickets. The online processing fee is also waived. Purchase tickets online at: <https://partners.medievaltimes.com/partner/CCFB>



*Exclusions apply. Please visit our website at www.cookcfb.org for details.

NASCAR CUP RACE MEMBER APPRECIATION EVENT
SEPTEMBER 7, 2025 • MADISON, IL
 Tickets for \$200/each (Value is \$400/each)

Your **MEMBER EXCLUSIVE PACKAGE** includes:
 Buffet meal with cash bar in a private VIP hospitality structure with a turn 4 view
 • FS 1 Section tickets • Gateway Garage Experience Infield Fan Zone Pass
 • Free Parking • Limit 5 tickets per paid membership

All Cook County Farm Bureau members are eligible to participate!!!!

To register, visit
[https://cvent.me/xB3VIZ?](https://cvent.me/xB3VIZ?RefId=EnjoyIL300)
 RefId=EnjoyIL300

SATURDAY, OCTOBER 4th Giant Pumpkin, Local Honey, Pumpkin Dessert, Carving & Decorating Contests

25th...Woo hoo!!!

Giant Pumpkin, Local Honey, Pumpkin Dessert, Carving & Decorating Contests

Saturday, October 4, 2025, 9 a.m. - 11 a.m.

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

Puckerville Farms - 13332 Bell Rd, Lemont IL

Giant Pumpkin Weigh in Contest:

Divisions: Adult and Youth (16 and younger)
Rules: Contest open to CCFB members and their dependents. One pumpkin grown per person may be entered into the contest.
Prizes: **Adult** 1st Place - \$250 Youth 1st Place - \$100
 2nd Place - \$150 2nd Place - \$75
 3rd Place - \$75 3rd Place - \$50

Homemade Pumpkin Dessert Contest:

Rules: Contest open to any CCFB member/dependents; open to all ages and must be present to win. Dessert will be judged by appearance, taste, and texture.
Prizes: 1st Place - \$100
 2nd Place - \$50
 3rd Place - \$25

Home Grown Local Honey Contest:

Rules: Contest open to CCFB or CDBA members/dependents and open to all ages. Honey judging criteria will be provided once registered, prior to contest.
Prizes: 1st Place - \$100
 2nd Place - \$50
 3rd Place - \$25

Youth Fun Contest:

Guess The Weight of the Pumpkin! Contest open to anyone 16 yrs and younger in 3 age categories.
Prizes: 1st Place & Runner up prize in each age group

Pumpkin Carving Contest

Division: Ages 16 & up members and their dependents
Rules: Pumpkin will be provided by CCFB; free hand carving only, no patterns allowed. Carvers will have 1 hour to carve using their own carving tools.
Prizes: 1st Place - \$100
 2nd Place - \$50
 3rd Place - \$25



Entry Fee: Free for Members, Non-members may enter by joining CCFB.
Rules: Contest open to any CCFB member & dependents. Check in **by 9:15 a.m. to be considered; must be present to win.**
Judging: Members of the Commodities/Marketing Team will serve as judges. The decision of the judges is final.

CONTESTS Registration Form

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

Name: _____
 Email: _____
 Phone: _____ FB #: _____

Registration form online:
<http://cookcfb.org/stay-updated/upcoming-events>
Mail, Email, Phone or Fax entry form to:
 Mail: Cook County Farm Bureau
 6438 Joliet Rd Ste 101, Countryside, IL 60525
 Email: ccfb@cookcfb.org
 Phone: 708-354-3276
 Fax: 708-579-6056



Cook County Agents of the Month

The Agent of the Month program is designed by COUNTRY® Financial District Leaders 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 District Leaders with the Agent of the Month designation.



MICHAEL SPADONI has been named Agent of the Month for June 2025. 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.**



CHUCK SATTERLEE has been named Agent of the Month for June 2025. Chuck's office is located at 4306 N Lincoln Ave #1, Chicago, IL. His phone number is 773-628-2662. Chuck has been an agent with COUNTRY® Financial since February 2025. **Chicago North Agency, Vicki Nygren, District Leader**



ERIN COON We would like to highlight Erin Coon for the month of June 2025. Erin's office is located at 23042 N. Main St, Prairie View, IL. Her phone number is 847-415-2666. Erin has been a Financial Representative with COUNTRY® Financial since March 2019. **Chicago Northwest Agency, Matt Huonder, District Leader.**

*Indicates that this COUNTRY® Agent is a CCFB 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. 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 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

18 position ladder, 16 ft, asking \$100. **Call 708-654-2010**. Picture available online.

I RIDE electric scooter new. Asking \$950, paid \$1,300. Weight 32 lbs. (base), length 38", width 19.25". **Call 708-654-2010**. Pictures available online.

Harley Davidson Motorcycle 2005 883 model, blue. Kept under flannel sheets, never washed, less than 1000 miles. Clean - cherry - cannot tell from new. \$5,000. **Call 708-784-1949**.

Oak dining table set. Table 48" to 70" (2 leaves) with 6 chairs. Pictures available online. \$185 cash only. **Call Mike 847-910-5745**.

Weber Grill. Performer charcoal grill in red. Never used. Garage kept. 2014 or 2015 year. Smoker attachment still in box. Cover still in box. Ace price \$580 + \$160 for smoker. Asking \$300 total. **Call 708-784-1949**.

Crosby radio cathedral cd (cr32cd). Photo available online. \$55 cash only. **Call Mike 847-910-5745**.

Antique walnut step back kitchen cabinet. Top with two glass doors, two drawers, two doors on bottom. Asking \$295. Oak Forest area. **Call Allen 708-687-2897**.

1956 Ford F-150 truck hood. Asking \$95 obo. Oak Forest Area. **Call Allan 708-687-2897**

2 Rain Barrels with hardware. Brand new, never used. Orange. \$40 each. **Call or text Vic 847-909-0181**

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

End table medium oak 27" long x 21" wide x 22" high. Comes with lamp 34" high with gold color base that has 22" circle base \$50. Picture available online. **Call Chet 815-838-4764** Lockport

Video cassette recorder. JVC VHS with remote. \$30 obo. **Call Allen 708-518-8980**.

Zenith 4 head VHS with remote. \$30 obo. **Call Allen 708-518-8980**

Poker Table \$20. **Call or text Vic 847-909-0181**

Entertainment center 76" high x 8' wide x 18 1/2" deep. Medium oak. Has storage space on each side with glass doors. \$100. Good condition. Picture available online. **Call Chet 815-838-4764** Lockport

Typewriters: Royal antique \$50, Royal electric \$30, Royal manual \$30, Smith Corona electric \$30. **Call Chet 815-838-4764** Lockport

Hayrite 16 ft bale elevator, 3/4 HP, used seven times, works great. Stored indoors. \$1000 obo. **Call Todd 815-575-2036**

2016 Dodge Grand Caravan. 6 cylinder, 67,000 miles. Asking \$10,900. Very clean, one owner, runs like new, retired and moving to Florida. **Call Louie 847-361-9292**. Picture available online.

Cemetery plots for sale. Mt Vernon Memorial Estates in Lemont, IL. Located in the Garden of the Apostles, Blk #3, Lot#56-B, graves 1 & 2. Cemetery price \$3649.00 each. Asking \$2400 each, which includes transfer fees. OBO. **Call or text Dolores 708-935-6470**.

WANTED

Wanted 5 ft blow mold Santa, with or without light. **Call 708-439-9770**.

Wanted 1972 older cars, trucks, parts, unfinished projects, and 1967/69 Camaros. **Call 708-439-9770**

Wanted 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 Ron a call at 630-272-4433**

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
"N"

NUTMEG

People grow it for two main spices: nutmeg, which is the seed itself, and mace, which is a covering around the seed.

Nutmeg is a popular spice that comes from the seed of a special tree called *Myristica fragrans*.

Nutmeg has a strong, sweet smell and a warm, slightly sweet taste.

Mace is made from the reddish covering (aril) that surrounds the nutmeg seed.



YOU CAN USUALLY BUY IT ALREADY GROUND OR GRATE A WHOLE NUTMEG AT HOME USING A SPECIAL GRATER.

Dried nutmegs are oval-shaped and grayish-brown with lines on their surface.



Nutmeg and mace contain 7 to 14 percent essential oil

AS WITH MOST SPICES, NUTMEG SHOULD BE STORED IN A COOL, DRY PLACE AWAY FROM LIGHT.



Nutmeg and mace are both used in cooking, but nutmeg is a bit sweeter, and mace has a more delicate flavor.

Source: <https://kids.kiddle.co/Nutmeg>

This Month in Cook County Agriculture

Master Urban Farmer Training Program

The 2025 Master Urban Farmer Training Program (MUFTP) is scheduled to be offered this coming fall. Individuals interested in this Cook County University of Illinois Extension 12-week training program can go to <https://extension.illinois.edu/cook/master-urban-farmer-training-program> to join the MUFTP Interest list.



For answers to questions about the program, contact Sarah Batka at 217-300-8636 or sbatka@illinois.edu. Cook County Farm Bureau Foundation has supported members who have completed the training and earned a certificate by reimbursing 50% of the program tuition cost up to \$150.

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.

Soil Testing Kits Available From CCFB

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.

Soil Test includes soil pH, Potassium, Phosphorous, Calcium, Magnesium, Organic Matter, and Cat Ion Exchange Capacity.

Members will receive emailed 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.

Complete kit includes:

- Step by step instructions on how to sample soil
- Sample bag and form
- Convenient pre-paid shipping box and label via USPS
- U of I Extension Master Gardener Info Form and pre-paid envelope

Farm Bureau Soil Test Kit discounted member pricing:

1 sample Soil Test Kit: \$32 | **2 sample kit:** \$42 | **3 sample kit:** \$65

1 sample Soil plus Lead Test Kit: \$60

1 sample Lead Only Test Kit: \$49

*Pricing subject to change **Non-member pricing available *** Additional kit pricing available online at <https://cookcfb.org/stay-updated/-events-and-programs/programs-and-events/profile/soil-testing>.

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 a.m. - 4:30 p.m.

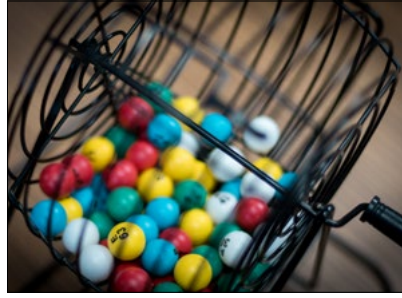
Programs, Workshops and Webinars

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**

Farm Crawl Bingo

The Cook County Farm Bureau is sponsoring its 8th member FARM CRAWL of participating member Ag locations later this summer. Our Bingo inspired self-guided tour will offer plenty of time to visit locations, filling our BINGO location card for our Raffle Entry of cash and prizes, along the way.



LOCATIONS: Participating member Ag businesses and farms located on Bingo Board
DATE: August 1st thru September 13th, 2025 **TIME:** See Bingo Card

BINGO CARD: BINGO board containing crawl details and locations via:

- Download online at: <https://cookcfb.org/stay-updated/-/events-and-programs/programs-and-events/profile/farm-crawl>
- Email ccfb@cookcfb.org for a Bingo card or Via Mail - call the CCFB office 708-354-3276



Membership Mondays 2025

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 so members can take full advantage. An open Q&A session will follow the short staff presentation.



LOCATION: Zoom; link will be emailed the Friday prior

DATE: Monday, August 18, 2025 **TIME:** 4:00-4:30 p.m. with Q & A

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

Cook CFB Booth at Foliage Fest

Join the CCFB at Foliage Fest on Saturday, September 13th, where we will promote membership, answer member benefit questions, sell Soil Test Kits and more. Join us and take a chance with our wheel of ag for FB prizes, and kids can do an Ag inspired activity all while shopping the Best Plant and Artesian vendors from all over the Midwest. The fest will have Raffles, Giveaways, Music, Amazing Food, Drinks and Snacks.



LOCATION: Foliage Fest at Ted's Greenhouse, 16930 84th Ave, Tinley Park

DATE: Saturday, September 13, 2025 **TIME:** 12:00-4:00 p.m.

REGISTRATION: Event Tickets can be purchased at Ted's Greenhouse and online at: <https://allevents.in/tinley-park/foliage-fest-2025-the-epic-plant-event-tickets/200027865255134>



Intro to Organic Candle Making

Join Soapy Roads of Lombard for a 'Clean Candle' Workshop and Candle Makery Bar where you will craft your own custom candle. Soapy Roads will provide the clean ingredients which include phthalate-free fragrance oils blended with essential oils, organically grown soy wax base, lead-free wicks, and an 8oz fill glass vessel. Learn why cheap candles can be dangerous and techniques for getting the best life and safe burning out of your candle.



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

DATE: Tuesday, September 16, 2025 **TIME:** 6:00 – 8:00 p.m.

FEE: \$22 for members, \$25 for non-members

REGISTRATION: Call the Farm Bureau at 708-354-3276 or go online to the Member Center at www.cookcfb.org.

Shred Day

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



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

DATE: Saturday, September 20, 2025

TIME: 10am-12pm **FEE:** No Charge

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

DIY "Fall" Barn Quilt Painting Workshop

Learn about the history of barn quilts and paint your own FALL 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.



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

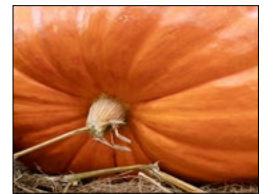
DATE: Wednesday, October 1, 2025 **TIME:** 5:30 – 8:30 p.m. **FEE:** \$20 for CCFB members, \$25 for non-members (includes materials: board, stencil, paint, apron, etc.)

REGISTRATION: Call the Farm Bureau at 708-354-3276 or at the Member Center.

For additional information, email Kelli at membershipkelli@cookcfb.org.

25th Giant Pumpkin, Dessert, Carving, Local Honey Contest – Register Now!

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.



LOCATION: Puckerville Farms, 13332 Bell Rd, Lemont

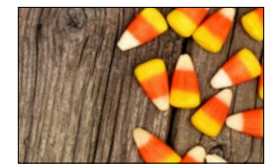
DATE: Saturday, October 4, 2025 **TIME:** 9:00-11:00 a.m.

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

Cheese and Halloween Candy Pairing

Presented by Meredith Meder, ACS CCP

Get in the spirit of Halloween when we pair up classic trick-or-treat candy with cheese. From Kit Kats to candy corn, there's a pairing for everyone!



LOCATION: Cook CFB, 6438 Joliet Rd. Countryside, Lower Level Conference Room

DATE: Tuesday, October 21, 2025 **TIME:** 7:00-8:30 p.m.

REGISTRATION: Registration is required in advance by calling the FB at 708-354-3276

FEE: \$18 for CCFB members, \$20 for non-members

Call the Office on August 20th with the Word of the Day, "SUNFLOWER"




BUY TICKETS





SPECIAL MEMBER PRICING

ANYDAY TICKETS \$29.99 EACH W/CODE

INCLUDES BOTH AMUSEMENT AND WATER PARK

USE PROMO CODE 2025CDP

SANTASVILLAGEDUNDEE.COM







Special ticket pricing for CCFB members

CCFB Single Day Ticket Price \$29.00

Regular Ticket Price \$62.99

Tickets are valid any operating day. A limited supply of tickets are available.

To order your tickets call us at 708.354.3276