



Co-Operator

official publication of the Cook County Farm Bureau®



Scan for more farm bureau info. & events

A "staple" in the Farm Bureau member's home since 1938

Mission: To serve all members of the Cook County Farm Bureau® with meaningful and beneficial programs that reflect our Agricultural Heritage.

Vol. 93 No. 9

Countryside, IL 60525

www.cookcfb.org

September 2019

Mark Your Calendar

SEPTEMBER

- 14 CCFB Farm Crawl Pg. 12
- 14 Planter Workshop Horcher Farm Pg. 12
- 28 13th Annual CCFB Family Picnic Pg. 1

OCTOBER

- 5 19th Annual Giant Pumpkin Contest Pg. 11
- 5 Shred Day Pg. 12
- 22 Preparing Wills and Trust Pg. 12

NOVEMBER

- 19 Build a Holiday Centerpiece Pg. 12

Centennial Photo Contest Pg. 5

Centennial Patio Paver Pg. 5

HOLD THE DATE!

100year Anniversary Celebration Open House
Saturday, March 28, 2020 • 9 AM to Noon
CCFB Building
6438 Joliet Road, Countryside IL.

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 using the Member Service Center at www.cookcfb.org.



Farm Bureau leaders Jim Gutzmer, pictured left and Jim Bloomstrand, pictured right pose with Annie Ahearn, a local Glenview 4H member after the Lake County Fair 4H Animal Auction. Farm Bureau purchased Annie's lamb during the auction. Meat from the animal was donated to two Cook County charities.

Question of the Month

We are pleased to offer our 3rd annual Farm Crawl as a way for the members and general public to get out and see firsthand area farm stands and agricultural businesses. What is the date for this year's event?

☆Bonus☆:

What page of this publication is CCFB mascot Corny Calvin "hanging out" on this month?

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# and phone number)**

August winner is
Eva Ritchie

Members of the Board of Directors recently met with Mr. John Sullivan. What position does Mr. Sullivan hold?

Answer: Director, Illinois Department of Agriculture

Who We Are...

Cook County Farm Bureau is made up of many members including farmers, landowners, foodies, greenhouse operators, specialty growers, food consumers and customers of the Farm Bureau's affiliated companies (Country Financial, Conserv FS, IAA Credit Union, etc).

We bring together many members with diverse backgrounds and food interests in an effort to support the success of local farmers and to keep agriculture present and strong in Cook County.

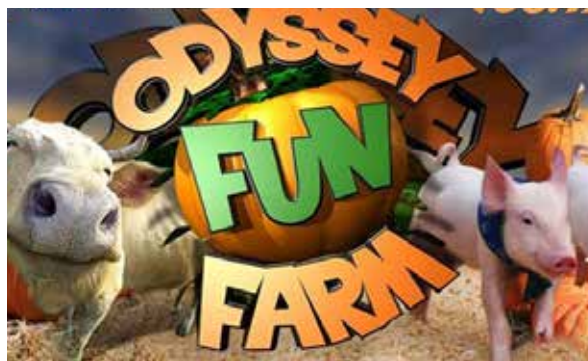
This Co-Operator publication for members is designed to share more about how Cook County Farm Bureau is working for local farmers and agriculture and to help our members know more about farming, food, fiber and fuel that comes from farming.

As an added value, we are able to provide great membership deals, savings, discounts, benefits, programming and activities that reflect our agricultural heritage and modern expectations.

Continued on page 2

13th Annual CCFB Family Celebration Picnic

Odyssey Fun Farm
18900 S. Oak Park Ave., Tinley Park, IL
Saturday, September 28, 2019
10 am-2 pm (lunch served 11 am-1 pm)
Odyssey Fun Farm is open from 10 am-6 pm
Early Bird rates end 9.16.19



Tickets are limited!

\$17 Early Bird Admission (ages 2 & up)
1 & under are FREE

\$33 value!

The event will feature a buffet lunch which includes:
Hamburgers, hot dogs, pizza fingers, corn on the cob, chips, kettle corn, pop and water

Each person will receive:

- ◆ Admission includes hay rides, cow train, inflatable kids zone, pillow jumpy, corn cannon, corn maize, petting zoo and pig races
- ◆ **1 voucher to be used for either the zip-line or zombie paintball shooting gallery
- ◆ All children will receive a pre picked mini pumpkin at departure

**1 & under excluded
*Tickets/vouchers will be picked up at the welcome table the day of the event.

Ticket sales end Monday, September 23, 2019.

Family Celebration Picnic Order Form

Name _____	General Ticket (2 & up) \$17.00(early bird price) x _____ = _____
Farm Bureau Number _____	\$25.00 (rate after 9.16.19) x _____ = _____
Address _____	1 & under FREE _____
City _____ Zip _____	Total amount _____
Phone _____	

Mail to: Cook County Farm Bureau
6438 Joliet Rd, Countryside, IL 60525 or call 708.354.3276 to charge your Visa, MasterCard or Discover.
Price includes food and activities. Rain or shine.

What's Up?

Members of the Commodities/Marketing Team were asked the fun question, "What Cook County area restaurant has the best burgers in your opinion?"

Here are a few of the team members responses:



Karen Biernacki
"Five Guys."



Roger Freeman
"Burger Antics in Brookfield."



Sheri Latash
"Stormy's in Northfield."



Gerry Kopping
"Culver's mushroom swiss with everything on it."



Alex Wojciechowski
"Nick's in Lemont."

Fall Coat Drive Details Available Next Month

The Cook County Farm Bureau Young Leaders Group is in the process of developing a charitable effort to collect coats for the needy just in time for winter. For anyone who is cleaning out closets in preparation for this year's school year, consider holding onto coats for this effort. Details will be published next month in the Co-Operator or watch the Cook County Farm Bureau Facebook and website for details.



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, big and small. We appreciate it greatly!

The Cook County Farm Bureau thanks...

- A huge shout out to volunteer and farm bureau member, Charlotte Sellers for her amazing ability to label, stuff and sort a 2,000-piece mailing in less than 5 days for Ag Literacy. There are few volunteers that can match her spirit and tenacity.
- Thank you to volunteer and daughter of farm bureau member, Alyssa Tobias for stuffing 500+ envelopes for the Ag Literacy Department. We appreciate her volunteerism and willingness to work at home on this project.
- The wheat has arrived! Thank you to Board Member Janet McCabe for her donation of fresh wheat for our Ag in the Classroom Program. Your donation reached over 10,000 students during our Ag on MyPlate presentations and thousands more through other programming.
- Members from the Board of Directors that spent 4 hot and humid hours tearing out bushes to create 2 perennial garden areas on the Farm Bureau grounds...Dan Biernacki (and Karen), Ruth Zeldenrust and Jim Bloomstrand. Amazing!
- Board member Tim Stuenkel for taking a chunk of a Saturday to answer questions about is tractor, planter, combine and agriculture at Senator Hastings' touch a truck event held August 17.



Cook County Farm Bureau® leader Tim Stuenkel assisted with Illinois Senator Michael Hasting's fall Touch-a-Truck in Matteson. The event allowed children and their families the opportunity to touch, sit in and explore real vehicles, including farm tractors and combines. Additional vehicles at the event include fire trucks, semi-trucks, a SWAT truck, a PACE bus, and an industrial crane.



C/M Team members, Rick & Cathy Johnson, Dan & Karen Biernacki for visiting Cookfresh Community Garden Grant recipient gardens, representing the Farm Bureau!

- Sheri Latash for taking minutes at the August C/M Team meeting!
- Miguel Thomas, ComEd's Ag Energy Efficiency Manager for speaking to the C/M Team regarding energy efficiency programs available.
- The U or I Extension Master Gardeners who volunteer to meet, speak, email, and answer gardening, turf and soil questions from our members and the public!

Who We Are...

Continued from page 1

Please enjoy reading and thank you for your support of area agriculture and your membership!

Cook County Farm Bureau® is a not-for-profit, general farm organization created in 1920 by area farmers, businessmen, and community leaders to improve science, knowledge, lifestyle, and standards of living on the farm and off for its members. Today, the Cook County Farm Bureau holds close

to these roots through agricultural literacy efforts, membership service, public policy interaction, consumer engagement, farm product marketing, and outreach.

Cook County Farm Bureau® Foundation is a 501c3 non-for-profit established in 1997 for the purpose of accepting tax-deductible donations to be used to carry out charitable, literary and educational work in agriculture in the Cook County area.

Pumpkin Fun Facts!

- Native to Central America and Mexico, pumpkins now grow on all continents except Antarctica.
- Native Americans developed a method of planting corn, beans, and pumpkins together call "Three Sisters".
- Native Americans used pumpkins as a staple in their diets centuries before the Pilgrims landed.
- Pumpkins grown to be used as jack-o-lanterns are much bigger and a darker color than processing pumpkins.
- Through pollination, pumpkins start by growing inside a flower and grow along a vine.
- Over time, a tiny green pumpkin grows much larger and changes in color from green to yellow to orange.
- Pumpkins are a fruit because they are the part of the plant that contains seeds.
- The flowers of a pumpkin are edible.
- Pumpkins are good for your body. The filling is rich in vitamin A and potassium. The seeds are full of protein and iron.
- Pumpkins are 90% water.



Co-Operator

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Downwind

by Bob Rohrer, CCFB Manager

The 80's

The 1980's left a big imprint on me. I graduated from high school, gained a bachelor-of-science college degree and landed my big career opportunity during this decade. The 80's was when I came to love rock 'n' roll, rejected pop music, and learned that my bowl hair cut was not a cool fashion statement. I learned that smelling like a hog farm was not the first step to attracting the opposite sex and that I probably would not become the next Pete Gray in the Major Leagues.

Impacting my future was Pres. Ronald Reagan with his America first, optimistic demeanor, the Space Shuttle Challenger disaster and the drought of 1988 (I remember the first night game at Wrigley Field in August of '88 when a deluge rained the game out on the Northside but that much needed rain did not fall on the thirsty crops in Northern Illinois).

I learned something very important in the 80s. When I left for home to attend college, a self-absorbed "me" knew that farming was in my rearview mirror. However, it only took a short time away from the farm for me to come to realize how truly lucky I was to live a farm life!

The 80's gave me the incredible opportunity of becoming manager of the Carroll County Farm Bureau in 1988 which allowed me to maintain and grow my connection to farming. This job taught me so much about the Farm Bureau organization, managing a non-for profit and working with wonderful volunteers (I recently returned to the Carroll County Farm Bureau for their 100-year celebration

event and had a wonderful time reminiscing with friends from 30+ years ago).

I enjoyed reviewing the Cook County Farm Bureau archives from the 1980s, as the life of Cook County Farm Bureau moved in parallel with many impressionable times of my life...

There was a Co-Operator article on the Carter administration Russian grain embargo in 1980 - I gave a speech on this topic in high school. The Cooperator covered topics such as farm high interest rates, the energy crisis impact on agriculture, and farm economic stresses - my family and I "lived" those concerns.

News releases and photos found in the Co-Operator were ones that I saw and read as a new Farm Bureau manager over 30 years ago. The people, photographs, announcements, statewide programs and activities that I read about took me back 30 years.

I read in the minutes about Cook County Farm Bureau participating in the Changing How Illinois Education is Financed (CHIEF) effort created by the Illinois Farm Bureau...This was one of the first big volunteer efforts I was involved with at the Carroll County Farm Bureau.

I feel so privileged to be able to work at the Cook County Farm Bureau and help celebrate this history.

Enjoy reading below about the CCFB Decade of the 80's!

Bob can be reached at brohrer@cookcfb.org.

CCFB History: 1980-89

1980

- The Board of Directors donated \$12,000 to provide fencing in support of Lincoln Park's Farm in the Zoo



James Goebbert (left), Cook County Farm Bureau president, presented a check to Ed Almandarz, curator of Lincoln Park's Farm-in-The-Zoo during the December meeting of the Cook County Farm Bureau board. The check will pay for construction of new fences around outdoor livestock pens at Lincoln Park's model farm.

- Mr. Gordon Fox, Manager, retired and Mr. Alden Kilian was hired as his replacement.
- The Carter administration's grain embargo with Russia damaged local and United States agricultural markets.

1981

- Conversations were held with the DuPage County Farm Bureau regarding a potential merger of the organizations.
- New membership benefits offered to the organization included Censible Life Insurance and the IAA Federal Credit Union.



In Representative John Dunn's office were Mr. & Mrs. Lloyd Brandau discussing current legislative issues.

1982



Farm Bureau Directors who worked the entire day at the Civic Center Plaza in Chicago were L to R: Don Zeldenrust, James Goebbert, Nick Skoufes and Ray Nykaza. Not pictured but helping were Greg Stack, University of Illinois Cooperative Extension Service and Alden Kilian, Cook County Farm Bureau Manager.

- A retirement party was held for retiring Country Agency that manager James Drake who served in the position for 34 years. Mr. Jerry Anderson was hired to serve as North Cook Agency Manager for Country Companies Insurance.

1983



Vic Pohlman in Springfield with Michael J. Madigan, Speaker of the House.

- The Board of Directors donated \$250 to the Illinois Specialty Growers Association to assist in programming.
- Don Zeldenrust participated in the Farm Bureau leaders to Washington DC program.

1984

- Howard Paarlberg was elected president of the organization.
- Ray Nykaza and Leonard Schultz were selected to represent the Cook County Farm Bureau on the Food for Thought committee.



Carl Bormet explains the operation of grain farm. The explanation of soybean production was of interest to visitors from Japan.



Left to right: Emily Stelter, Jan Stuenkel, Lorraine Dunteman, Dorothy Bos and Eleanora Schultz promoting one of the Women's Committee programs at the District Conference in DeKalb. It's a program called "Speaking Out for Agriculture."

- \$7500 was donated to the Northern Illinois Horticulture Research Center in St. Charles to support efforts for research to improve vegetable production in northern Illinois.
- The Marketing committee developed a roadside stand/U-pick directory to distribute to the public to enhance marketing and access to local farm products.

1985

- The organization worked with the Soil and Water Conservation District to sell bare root trees to members.



Cook County Farm Bureau members in attendance at a January Local Government meeting with the Illinois DOC concerning wetlands designations were: (left to right) Alden Kilian, manager, Howard Paarlberg, president and Carl Bormet.

1986

- The Women's Committee and the Marketing Committee led organizational discussions about creation of a new "Ag in the Classroom" program to teach kids about agriculture.
- The Board of Directors approved offering bail bond cards to members through a new Illinois Farm Bureau program.

1987

- The Board of Directors approved a resolution supporting an Illinois Farm Bureau proposal to create differential dues for Voting and Associate members.

1988

- \$3500 was provided to the Northern Illinois Research Center to purchase a 2- row planter to assist in research on vegetable production in northern Illinois.
- The Board of Directors approved signing a resolution for the Illinois Farm Bureau statewide effort to Change How Illinois Education is Financed program (CHIEF).
- Member involvement in the bowling activities as a part of the Illinois Farm Bureau Sports Festival continued to be very popular.



The Illinois Farm Bureau bowling tournament was held March 12 at Strike 'N Spare East in Springfield. Bill Kelch, IFB District 6 Director, presented the first place trophy in the Men's Team (five)-34 and under class to Cook County bowlers (left to right) Randy Van Prooyen, Jack Olthoff, Jay Bulthuis, Wayne Koster and Ed Lueken.

1989

- The Ag in the Classroom program reached 3,083 students
- New membership benefits offered included an Encyclopedia Britannica discount, family photo portraits, and County Dental plan. Cook County Farm Bureau implemented a "no smoking" policy in its buildings.
- The Board of Directors organized a bus tour to Washington DC.
- Plans were underway for a New CCFB headquarters building in the village Countryside.
- Max Armstrong, WGN Radio and TV personality spoke to the Farm Bureau Food for Thought Committee.



Sara Velander
Financial Representative

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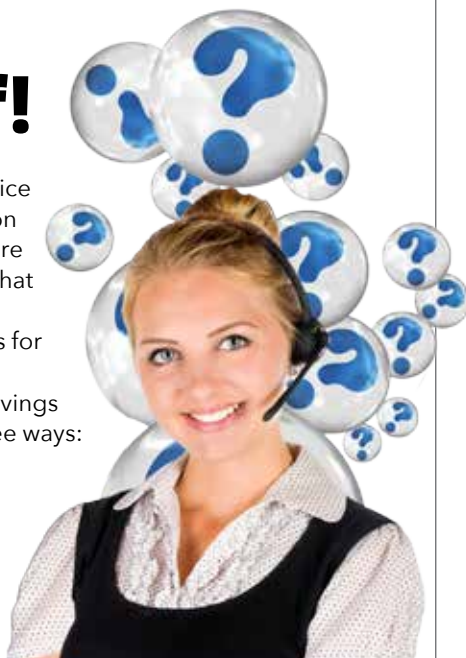
Farm Bureau donated the meat from the Lake County Fair 4H Animal Auction to the Ronald McDonald House near Loyola and Beyond Hunger in Oak Park. Nearly 300 pounds of meat was donated to the charities. Pictured left to right are: Bona Heinsohn, Cook County Farm Bureau®; Tom Schouten, Beyond Hunger volunteer; Michele Zurakowski, Beyond Hunger Executive Director; and Amy Hansmann, Cook County Farm Bureau® Public Relations Team leader.

Stump the Staff!

Every day, the Cook County Farm Bureau office fields many phone calls and provides information and answers to a variety of questions. This feature is designed to highlight some of the questions that we frequently receive...

Q. Does the Farm Bureau have any discounts for prescriptions?

A. The Cook County Farm Bureau offers a savings card called ScriptSave it can be obtained in three ways: download online at www.scriptsave.com, enter group number 162W, enter your membership number, complete enrollment information and print out card or call 1-800-700-3957 ready to use at your local pharmacy. Or you can contact the Farm Bureau office at 708-354-3276 for assistance.



Meet a "Face" of the Cook County Farm Bureau®

This month we are highlighting a CCFB Young Leaders Team Member. This month's "Face of CCFB" is ...

Kristen Yunker

- Kristen Yunker has been a member of the Cook County Farm Bureau® Young Leaders team since 2014.
- She grew up in Frankfort, IL where her family produces corn, soybeans, wheat and hay.
- She's a nurse Practitioner at a local emergency department.
- In her free time she helps with daily chores/farm functions as well as rides and competes with American Quarter Horses in barrel racing.
- Next year will be exciting as she and her fiancé Ryan will be getting married in August.



WHAT IS YOUR FAVORITE PROTEIN?

My go-to protein source is chicken. Now that I live alone, it is easy to freeze chicken breasts and cook them as needed.

WHAT IS YOUR FAVORITE FARM MEMORY?

Learning to drive as a kid. My dad put a booster on the seat for us and we had lots of acres to learn how to drive before hitting the roads as teenagers.

WHY IS IT IMPORTANT FOR MEMBERS TO INVOLVED IN CCFB?

Members should get involved to enjoy the benefits and activities the organization has to offer. It is also a great way to learn more about the farming community, where our food comes from, pending legislation that affects farming communities and other ways to support farmers and their families.

IF YOU CAN BE ANY TYPE OF A FARMER, WHAT TYPE WOULD YOU BE?

I would love to be a dairy farmer. I'm not sure how long I would last because I know it is very demanding and calls for early mornings, but I am very interested in the process as a whole.

WHY DO YOU ENJOY BEING A PART OF THE COOK COUNTY FARM BUREAU?

As the daughter of a 3rd generation farmer, with a brother that plans on continuing the tradition, I am concerned about the future of the farming industry. I enjoy that the CCFB supports farmers and provides resources to help the community understand the importance of family farms as well as being active with politicians to make sure our voices are heard.

WHAT IS YOUR FAVORITE FOOD?

My favorite food is chips and salsa (They come as a pair).

WHAT IS YOUR FAVORITE TRACTOR?

John Deere! We bleed green in this family!



Your South Holland Agency



Jeff Orman
Agency Manager
708-560-7777



Andrew Carrell
South Holland
708-596-3999



Jim Verduin
South Holland
708-596-0008



Randall Cox
Flossmoor
708-679-1870



Elliot Day
Flossmoor
708-679-1870



Gary Molenhouse
Matteson
708-679-1870



Josh Van Namen
Worth
708-361-3925



Jim Pathemore
Orland Park
708-745-5151



Tim Perchinski
Steger
708-754-7300



Bob Smith
Homewood
708-798-4844



Paul Turay
Mokena
708-478-0423



John VanGennep
Mokena
708-478-5500



Bob Deenik
Lansing
708-474-5600



Tim Van Zuidam
St. John, IN
219-365-1781



Mike Cerf
Oak Forest
708-560-7777



Charmaine Toney-Adkins
Oak Forest
708-381-4010



Monica Gross
Oak Forest
708-381-4013



Grace Cordero
Oak Forest
708-381-4011



John Tymms
Worth
708-480-5091

Helping you protect what matters most

Cook County Farm Bureau® Centennial Photo Contest



Join us as we kick off the Cook County Farm Bureau Photo Contest!

We are holding this contest to obtain usable and appropriate photos that accurately portray today's agriculture in Cook County. Win one of three cash prizes in three different categories.

Categories

- 1) Cook County Agriculture
- 2) Kids in Agriculture
- 3) Livestock and Farm Animals

Prizes

Photos will be selected from each of the three categories. The winners will receive a cash prize and photos will be featured in our 2020 commemorative 100 year anniversary calendar, on our website and on social media.

- 1st place: \$100
- 2nd place: \$75
- 3rd place: \$50

All entries will receive 1 complimentary movie voucher (limit 1 per member).

Go to <https://cookcfb.org/stay-updated/news/ccfb-news/article/2019/06/cook-county-farm-bureau-photo-contest> to learn more and to submit entries. The contest is open to all members in good standing.

Centennial Legacy Patio to be Created to Benefit Foundation



The future site of the Cook County Farm Bureau Centennial Legacy Patio is near the east entrance of the Farm Bureau building.

Creating a legacy to mark the Centennial celebration of the Cook County Farm Bureau, the Farm Bureau and Foundation are partnering to build a Commemorative Patio on the grounds of the Cook County Farm Bureau. The Commemorative Patio will be close to the east entrance of the Farm Bureau building and will feature personalized memory pavers, two park benches, a wrought iron fence, and flower boxes.

Members and Farm Bureau/Foundation supporters and partners can support the project by purchasing a paver that will be incorporated into the patio. The paver can include the member or family name, encouragement, recognition, and other well wishes.

Three sizes of paver are available and proceeds from the sale of the pavers go directly to the Cook County Farm Bureau Foundation's efforts to improve and enhance agricultural literacy in Cook County. Donation for the pavers are fully deductible based per IRS guidelines. Use the order form below or go to cookcfb.org/foundation to donate.

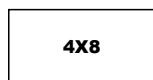


The Centennial Legacy Patio will be paved with personalized brick pavers, available in three sizes.



COOK COUNTY FARM BUREAU FOUNDATION BRICK ORDER FORM

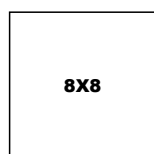
"Building a commemorative legacy patio in honor of the first 100 years of CCFB service to members"



4X8 Line 1 _____

Line 2 _____

Line 3 _____



8X8 Line 1 _____

Line 2 _____

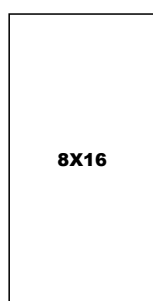
Line 3 _____

Line 4 _____

Line 5 _____

Line 6 _____

8X16 / Bench



8X16 Line 1 _____

Line 2 _____

Line 3 _____

Line 4 _____

Line 5 _____

Line 6 _____

NAME _____

ADDRESS _____ CITY _____ ZIP CODE _____

EMAIL ADDRESS _____

CREDIT CARD# _____ EXP _____ SECURITY CODE _____

MAKE CHECKS PAYABLE TO CCFB FOUNDATION AND MAIL TO:
 KATIE SMITH - DIR. OF MEMBERSHIP & ADMINISTRATION COOK COUNTY FARM BUREAU
 6438 JOLIET RD., COUNTRYSIDE, IL 60525

____ 4X8 BRICK - 3 LINES - 13 CHARACTERS PER LINE @ \$ 75.00 PER BRICK

____ 8X8 BRICK - 6 LINES - 13 CHARACTERS PER LINE @ \$150.00 PER BRICK

____ 8X16 BRICK - 6 LINES - 26 CHARACTERS PER LINE @ \$300.00 PER BRICK

____ 6 FT BENCH - 6 LINES - 26 CHARACTERS \$600.00

PLEASE PRINT IN CAPITAL LETTERS AND CHECK FOR SPELLING ACCURACY.

PUNCTUATIONS AND SPACES COUNT AS CHARACTERS.

- Sample messages for bricks*
 (followed by individual or family name, dates, etc)...
- In appreciation...*
 - In memory of...*
 - Best wishes...*
 - Many blessings or much gratitude*
 - Have another great century*
 - Side-by-side*
 - Thanks for all that you have done for our farm (or family)*
 - We celebrate 100 years of service*
 - Happy 100-year birthday*
 - Looking good, CCFB!*
 - Thank you for providing a century of leadership*
 - A great century of service*
 - This local family farm appreciates you*
 - Thanks for being a great partner*
 - Proud member for XX years*
 - Our farm story has just begun*
 - Celebrating the past*
 - Looking forward to a bright future*
 - This is just the beginning*



Agricultural Literacy

AG LIT BIT

“That’s What They Do!”



Diane Merrion, CCFB Director of Ag Literacy

The smell of new crayons, the points of newly sharpened pencils and the cleanliness of the new backpack. Yes, I miss the beginning of the school year and the tradition of sending my kids out the door all excited to experience their first day of school. As parents, that’s what we do. Prepare our kids for the first day of school and to prepare them to receive an education that will prepare them for the future.

While we are getting our kids ready, teachers share the same store aisles seeking supplies and materials for their students, often spending their own money. I challenge you to find a teacher who doesn’t invest their own money into their classrooms to make learning more meaningful. Why? That’s just what they do.

Our group of classroom presenters is ready to visit classrooms across the county to showcase our new materials and information with teachers. They drive near and far to visit students as they love sharing their knowledge of agriculture with students. It’s what they do.

I have to give a shout out to the

farmers in our county for helping Ag in the Classroom with our jobs each year by donating freshly hand-cut wheat, saving field corn and soybeans for our school year and supporting our agriculture needs.

These farmers (and board members) also recently re-planted a portion of our office landscape. The speed at which they accomplished removing bushes, planting grasses, arranging perennials and spreading mulch was mind-boggling to me. I told Bob our farm bureau manager that I couldn’t believe the transformation that took place by this small group in such a fast manner and he without a pause he said, “They’re farmers, that’s what they do!” To all of you who help others plant, learn and grow, I’m glad that’s what you do.

*Speaking of someone who helps others, my congratulations to Suzi Myers on her retirement from the Kane County Farm Bureau after serving as Ag Literacy Coordinator for 15 years. She welcomed me into the ag literacy circle and served as inspiration and mentor with her vast knowledge of education, the environment and agriculture.

Diane can be reached at aitc@cookcfb.org.

Local Teacher Attends AITC National Conference



Cook County teacher Eva Manzke (right) toured the Plantation Agriculture Museum where a docent shared her knowledge about Arkansas Agriculture farming history. Housed in a series of buildings is the main museum originally built as a general store in 1912, the Dortch Gin Exhibit containing a 1916 cotton gin, Seed Warehouse #5 which is listed on the National Register of Historic Places, and a Historic Tractor Exhibit completed in 2018.

Under the generosity of a Cook County Farm Bureau® Foundation Grant, Cook County School District 104 teacher Eva Manzke was able to attend the Natural Agriculture in the Classroom 2019 Conference in Little Rock, Arkansas from June 18-21.

During her time in Arkansas she was able to attend a traveling workshops that included stops at the Keo Fish Farm and Plantation Agricultural Museum that provided a wealth of information to bring back to both staff and students. The remainder of the conference week included a variety of workshops that could be attended based on need. Some of the workshops Eva attended were “From Apples to Zucchini: Creating a Context for Teaching Stem in the Garden”, “Classroom Aquaponics”, and “Math in Garden”. Highlights included a Temple Grandin book signing and reception and making contacts with teachers from all over the United States.

Mrs. Manzke will be bringing back to the classroom both ideas of aquaponics and hydroponics in order to grow fruits and vegetables in the classroom where they will be used to provide healthy snacks to all the students. It was a valuable learning experience for all that were involved.

Collegiate Farm Bureau Ready for Students’ Return

By Kay Shipman (Originally posted Aug. 14 on FarmWeek.com)

College students preparing for a new semester will find many opportunities through Collegiate Farm Bureau chapters around Illinois. Now entering its eighth year, Illinois Farm Bureau’s program geared specifically for college students has grown from a single chapter at Illinois State University (ISU) to chapters at all four state agricultural universities, Joliet Junior College and seven other community colleges.

“Collegiate Farm Bureau provides its members with unlimited opportunities to advocate for agriculture and grow as a young professional,” said Courtney Vitzthum, IFB program specialist who oversees the collegiate Farm Bureau program. Unlike most campus clubs that students may join, collegiate Farm Bureau members may continue their Farm Bureau membership throughout their lives, continue expanding their networks and be involved in the future of the agriculture industry, Vitzthum said.

Corrine Harding, University of Illinois Collegiate Farm Bureau President, discussed opportunities for U of I Collegiate Farm Bureau members.

“We try to be active on campus and in our community by having speakers come to all of our meetings to learn more about the industry, but we also take tours throughout the year of local agribusinesses and farms to learn more about what is going on around us in the community,” Harding said. “Being involved in Collegiate Farm Bureau can be impactful for people at any age, especially when you are coming into college for the first time. Collegiate Farm Bureau can introduce you to a lot of new people from your campus and throughout the state through opportunities offered by Illinois Farm Bureau.

“There are a lot of organizations that can be offered at college, but I feel like Collegiate Farm Bureau is one of the best ones to join,” she continued. “Not only because of the networking and opportunities offered at this level but being involved in Collegiate Farm Bureau can start a lifetime involvement with Illinois Farm Bureau from being a Young Leader to a member when you are an adult.”

For more information on becoming involved with collegiate Farm Bureau, email Vitzthum at cvitzthum@iflb.org.

The Cook County Farm Bureau Foundation also supports college students majoring in an agriculture-related field through scholarships and annual internship opportunities. For more information visit cookcfb.org and click on Foundation.

In addition, the Cook County Farm Bureau Young Leader group offers fun, leadership development and service to agriculture for members ages 18-35 with a passion for all aspects of agriculture. Become part of the group by calling 708.354.3276. Don’t miss out!

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<p>INTRO TO AGRICULTURE IN ILLINOIS</p> <p>The “In-School” Field Trip is offered to all 4th grade classes in Cook County. This free one-hour program includes, teaching students to recognize that agriculture provides our most basic necessities: food, fiber, and energy.</p>	<p>THERE’S ‘AG’ ON MY PLATE</p> <p>This follow-up to the Intro to Agriculture is designed to engage students in thoughtful discussion and activities focused on nutrition and food choices connecting what farmers produce to the USDA MyPlate®.</p>	<p>SPECIALTY PROGRAMS</p> <p>We realize that many educators are interested in adding our topics to their curriculum and we will make every effort to deliver a customized program to classrooms beyond the 4th Grade level (based on availability of presenters).</p>
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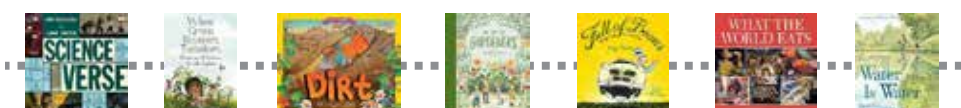
Email: aitc2@cookcfb.org

Teacher Professional Development Workshop Ag in the Classroom

September 24, 2019
Cook County Farm Bureau
6438 Joliet Road
Countryside, IL 60525
4:30-6:30 p.m.

Registration required: aitc2@cookcfb.org

Highlighting language arts, science & math lessons using accurate ag books, all aligned to NGSS and Common Core. Plant parts, pollinators, poetry and more covered in this hands-on workshop. Don't miss this chance to apply for \$250-300 book and project funding! Earn 2 PDCH



Agriculture Adventure for Families

When you start packing that brown bag to bring to school, we're guessing it contains some local farm grain products including breads, tortillas, chips and crackers. Cook County farmers and farmers across our state produce grains that are used locally and well beyond our state borders. When it comes to foods, consumers are increasingly looking to add whole grain to their diet, however, whole grains make up less than half of all grains on supermarket shelves. This month we highlight some grains that begin on the farm and make their way to you in a wide variety of forms. As you make purchases at the grocery store, read the ingredient label to see what type of grains are in your products. Looks can be deceiving so reading the label will let you know exactly what you are eating.



All grains start life as whole grains.

In their natural state growing in the fields, whole grains are the entire seed of a plant. This seed (also called a "kernel") is made up of three edible parts – the bran, the germ, and the endosperm – protected by an inedible husk that protects the kernel from assaults by sunlight, pests, water, and disease.

Consumers are increasingly aware that fruits and vegetables contain disease-fighting phytochemicals and antioxidants, but they do not realize whole grains are often an even better source of these key nutrients.

Moreover, whole grains have some valuable antioxidants not found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fiber.

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Source: www.wholegrainscouncil.org/whole-grains-101



You may already be eating whole grains. When you munch popcorn in the theater, or give Toasty-O's to your toddler, or enjoy a bowl of hot oatmeal, you're probably focusing more on the delicious taste than on the fact that these foods are whole grains.



Oats

Oats have a sweet flavor that makes them a favorite for breakfast cereals. Unique among grains, oats almost never have their bran and germ removed in processing. So, if you see oats or oat flour on the label, you're virtually guaranteed to be getting whole grain.



In the U.S., most oats are steamed and flattened to produce "old-fashioned" or regular oats, quick oats, and instant oats. The more oats are flattened and steamed, the quicker they cook – and the softer they become. If you prefer a chewier, nuttier texture, consider steel-cut oats, also sometimes called Irish or Scottish oats. Steel-cut oats consist of the entire oat kernel (similar in look to a grain of rice), sliced once or twice into smaller pieces to help water penetrate and cook the grain. Cooked for about 20 minutes, steel-cut oats create a breakfast porridge that delights many people who didn't realize they love oatmeal!

Source: www.wholegrainscouncil.org/whole-grains

Wheat

The variety of wheat grown in Illinois is soft red winter wheat. Although soft red winter wheat does not have the protein and gluten levels required for yeast breads, it is used in other food products such as flat breads, cereals, cakes, cookies, pretzels, pastries, pancakes, and biscuits, just to name a few. It is also used in non-food items such as glue, pastes, cosmetics, vitamin E extracts, pharmaceuticals, pet food, livestock feed, and straw. Southern Illinois offers a longer growing season and allows wheat to be harvested in time to plant soybeans as a "double-crop." Wheat is seeded, and after initial fall growth, is dormant throughout winter. Growth resumes in late winter. About that time, growers apply fertilizers to maximize production. Wheat begins to head about the first week in May. Harvest begins in the middle of June in the south and ends in July in the north. In 2015, Illinois was ranked 12th in the United States for Winter Wheat production. Illinois' total production in bushels was 33,800,000.



Source: www.agintheclassroom.org

Popcorn

Popcorn is another type of corn that we eat. Illinois ranks 3rd in the nation for popcorn production. Popcorn is also the official Illinois snack food.

There is a little bit of water in every kernel of popcorn. When the kernel is heated, the water heats and builds up pressure. The pressure makes the water take up all the available space. When enough pressure builds up, the kernel pops and turns inside out.



Source: www.agintheclassroom.org

Corny Facts

- Popcorn is made up of both yellow and white kernels but only about 1 in 10 kernels are white.
- A single kernel pops with such force that it can be propelled up to 3 feet in the air.
- The peak period for popcorn sales for home consumption is in the fall.
- Most popcorn comes in two basic shapes when it's popped: snowflake and mushroom. Snowflake is used in movie theaters and ballparks because it looks and pops bigger. Mushroom is used for candy confections because it doesn't crumble.

Source: www.popcorn.org/Facts-Fun/Corny-Facts

August Word Search

E K D H E E V P P A O S I A F
 W N J E X B O E G F T J L M N
 Y Y D Y E P W R K N W P L M C
 M U Y O C S Z J A Y I K I S Q
 U D J O S P L D Y X Q S N R G
 D N R L Z P I L D O B U O V T
 J N I Z U X E T E R S H I P A
 I U J A O O S R A N C J S W Y
 W R Q I X E B N M R R N I B J
 E Y T T S E V R A H S E D L O
 Z N W H E A T T M C P J K E A
 A M R E G B S I A H K Q P H T
 G R Q M A M K N K C J I F S S
 W H O L E G R A I N S L M U A
 I V K C N Z Y Y E Y P J Z B P

Antioxidants

Bran

Bushel

Endosperm

Germ

Harvest

Husk

Illinois

Kernel

Oats

Popcorn

Seed

Snack

Starch

Wheat

Whole Grains

Name: _____

Phone #: _____

Membership #: _____

(Membership # is located on front of paper)

If you were to win, check your preference:

___ Beggar's Pizza GC ___ HRI GC ___ 3 Movie Tix
 (If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.

Choose your prize:

Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR *3 AMC Movie Tickets *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 2019 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.
 Good luck!

Last Month's Word Search Winner Is...



Angelina Uselding





Back to School Not Business as Usual

A classic yellow school bus against a cornfield backdrop on a rural road says American as much as the homemade ice cream we crank for the Fourth of July. Sometimes, I snap a photo of the approaching bus as it rounds the bend, stirring a dust cloud on the gravel road to our home farm.

School enters its first full month back in session, and outside of bus routes, much has changed. My kids carry Chromebooks instead of textbooks. Students receive school email addresses by the first grade. They type instead of write cursive. Casting on classroom televisions is the norm, and my 10-year-old last year made multiple digital slideshow presentations on agricultural companies for business class.

I always thought I would know what my kids would experience and could guide them with my educational upbringing. Then, I remember that I used computers with floppy disks. My friends and I searched encyclopedias instead of Google, and my first mobile phone came in a shoebox-sized bag and not until college, where I also received my first-ever email message. Now, my teen carries her own smartphone on which she monitors two email addresses and a social media account. The kids seldom bring school papers home in this digital age. And, homework on the go requires we create a Wi-Fi hotspot in the minivan for assignments due by midnight, not in class the following day.

Even with fewer than 100 students in the high school, our small district integrates modern technology into classroom instruction, finds innovative ways to challenge each student and offers a coursework variety that helps students pursue their passions and celebrate their individuality. Older students use smartphones to photograph stages in science experiments. Students now attend and lead parent-teacher conferences. And, my daughter takes high school courses in the eighth grade at our PreK-to-12 school, where our students can now attain an associate's degree upon high school graduation.

Doing my part, I learned to navigate the online gradebook, help with math when I can, listen to my kids and support them in finding the personal study habits that work best in this digital age. The start of each school year requires an open mind to a new-age educational approach that meets the needs of our evolving world. What worked 25 years ago, may not today. But when in need of something sentimental, I can take comfort in the familiarity of the bus route and the steadfast embrace with my kids at the end of the day.

About the author: Joanie Stiers, a wife and mother of two farm kids, writes from west-central Illinois, where her family grows corn, soybeans and hay and raises beef cattle.

Family Farm and Food Bytes

PRITZKER SIGNS BILL REDEFINING 'LOCAL FOODS' IN ILLINOIS (WTTW) – A new law signed by Gov. J.B. Pritzker redefines what is considered local food in Illinois. Previously, foods were considered local only if every ingredient was sourced from within the state. That made it difficult for some local food producers to sell their products. That definition also “excluded many of our favorite truly local products, like fruit jams grown, made and packaged” in Illinois, said state Rep. Maurice West, D-Rockford. “We owed it to our constituents to fix that problem.” Under the new law, foods will be classified as local if they are processed or packaged in Illinois and contain at least one ingredient grown in the state.

US RESTAURANT CHAINS LOOK TO CHINA FOR SALES GROWTH (CNBC) – Amid the ongoing trade war, large restaurant chains in the U.S. are ramping up development in China. Fast-food chains tend to benefit from economic downturns because consumers look for cheaper options. However, as multinational restaurant companies typically source some of food from their home markets and some from local markets, restaurant chains could feel a pinch from the trade war.

CREATING THE 2050 FOOD SYSTEMS FOR FUTURE GENERATIONS (USFRA) – USFRA short film '30 Harvests' made its debut last month across digital platforms. The docudrama illustrates challenges farmers face while embracing agriculture's opportunity to create sustainable food systems over the next 30 harvests. It is inspired by true events in the lives of Texan farmer Jay Hill and Missourian soil scientist Meagan Kaiser.

FIRST FREEZE COULD CATCH CROPS BEFORE THEY MATURE – September weather will be the key for late planted crop development. With late planting comes late maturing crops and an early hard freeze will likely greatly reduce crop yields or end crop hopes for many farm producers in 2019.

PEORIA AG LAB DISCOVERS NEW USES, PROCESS FOR CORNSTARCH MATERIAL (FarmWeekNow) - The Peoria Ag Lab has discovered new uses for a longtime cornstarch material and a low-cost, convenient way to process it, poising this corn-supporting discovery for commercialization. A team of six scientists, including one who founded the life-changing absorbent starch material in diapers, made the award-winning discovery. The team identified a low-cost technique, commonly used by the paper industry, to produce corn-based amylose inclusion complexes (AIC), of which amylose is the starch material. Their research also found the resulting AIC has a variety of food and nonfood uses as emulsifiers, polymer films and antimicrobials.



Emulsifiers keep foods like mayonnaise and peanut butter and products like paints and cleaners in one phase, rather than separating like oil and vinegar. As a polymer film or coating, corn-based AIC retards water and possesses antibacterial traits, offering improvements for food applications like butcher paper and desirable attributes for bandages. In nonfood applications, the product can also kill some pesticidal insects.

FIELD OF DREAMS 30 YEARS LATER (FarmWeek) – Thirty years after the movie debuted, Field of Dreams, is still all about the corn. Kevin Costner and James Earl Jones spent around 15 weeks in Iowa filming of the movie, released in 1989. Hundreds of thousands of people have since made the journey to Dyersville.



The Field of Dreams movie site is open seven days a week from 9 a.m. to 8 p.m. during the summer months. There is no admission fee to play catch or run the bases on the field.

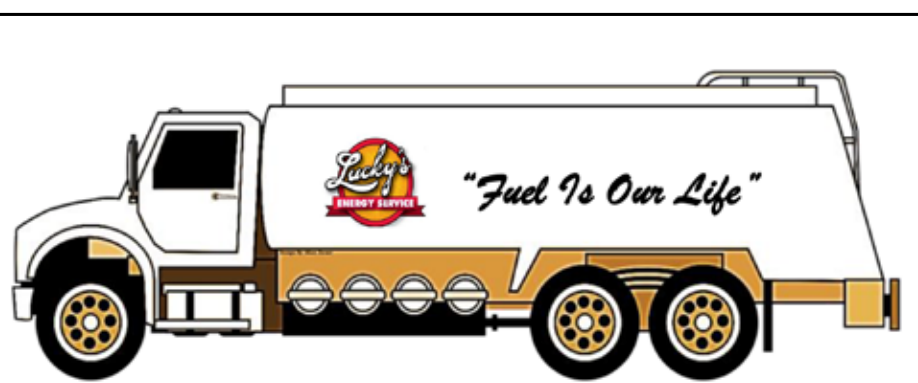
AG SECRETARY PERDUE DECLARES ILLINOIS AGRICULTURAL DISASTER (FarmWeekNow) – U.S. Agriculture Secretary Sonny Perdue on Thursday, August 7th declared an agricultural disaster in every Illinois county, immediately triggering availability of low-interest Farm Service Agency (FSA) emergency loans to eligible farmers. Emergency FSA loans help farmers who suffer qualifying farm-related losses directly caused by the disaster. Before the state was declared an agricultural disaster, multiple steps were needed.



Eligible Illinois farmers may use low-interest FSA emergency loans to rebuild or replace essential property, cover production costs, pay essential family living expenses, reorganize the family farm or refinance certain nonreal estate operating debts. To qualify, the farmer must show a production loss of 30% or more in 2019 caused by the disaster.

FARMERS ARE PLANNING FOR ILLINOIS RIVER SHUTDOWN NEXT YEAR (NPR Illinois) – It's not uncommon for many Illinois farmers to ship much, or even all, of their commodities along the Illinois River. “They're going to need to re-route, predetermine and plan to not be able to use the river for up to 4 months,” said Illinois Farm Bureau's Kirby Wagner. The Illinois Army Corps of Engineers has released a schedule that has closures of six locks next year. Wagner added that the work will be done during lower shipping times, starting after what is traditionally flood season and ending before post-harvest shipping.

About Family Farm and Food Bytes: This is a collection of articles gathered from both mainstream and agriculture media and is designed to keep you informed as a member and leader within the Cook County Farm Bureau organization. The articles summarized above are not intended to represent Cook County Farm Bureau policy or positions, but rather to provide members an idea of what is being reported regionally, nationally, and globally.



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Cook County Farm Bureau® Continues to Work for Members Behind the Scenes!

Farm Bureau continues to actively advocate for issues of importance to member. A brief update of pertinent legislative issues is provided below.

Chicago Horse Carriages

Farm Bureau continues to work with partners to ensure that Chicago horse carriage companies can continue operating despite efforts by Chicago aldermen and radical animal rights group to eliminate carriages.

Carriage horses are an iconic part of Chicago. For many families, carriage horses and their drivers may be the only contact they have with agriculture and livestock. Through scrupulous training and handling, carriage horses are comfortable in loud, urban areas.

Chicago's carriage horses are among the most regulated horses in the country to ensure that they are well cared for in terms of stabling, access to appropriate food and water, grooming, horseshoeing, veterinary care and working conditions. Repeated inspections of the horses and their stables have yielded no humane issues. In addition, the safety record of horse drawn carriages in Chicago is

exemplary.

The proposed ordinance would not only eliminate a very popular and charismatic form of tourism for the city of Chicago, it would eliminate jobs and reduce tax revenue to the city and the state.

Farm Bureau is also considering policy opposing efforts to terminate, ban, effectively ban, or create an undue financial hardship relating to the use of horses in commerce, service, agriculture, husbandry, transportation, ranching, entertainment, education, or exhibition.

Trade

Cook County farmers have endured five consecutive years of declining income and more than a year of trade policy uncertainty and retaliation that has shut off access to our biggest customer, China. Last year alone our soybean exports were cut in half. Farm Bureau continues to advocate for the U.S. Mexico Canada Agreement, which improves upon NAFTA. NAFTA has provided tariff free access to two out of three of U.S.'s largest export markets. Under the deal, Canada must import more U.S. milk and provide more favorable treatment for our

wheat exports. Cars built in Mexico will require a much higher percentage of U.S. content, creating manufacturing jobs and economic activity in the U.S.

Earlier this summer Farm Bureau issued an action request calling on members to contact their Congressmen to advocate for the ratification of the USMCA. The action request is on-going and meetings with legislators regarding this issue continue.

Cook County Zoning

Farm Bureau continues to dialogue with the Cook County Department of Building and Zoning regarding changes to the Cook County Zoning Code. The ongoing goal of these conversations is to ensure that agriculture remains economically viable in Cook County.

Nutrient Reduction

Farm Bureau continues to engage with partners to develop a pilot project to effectively reduce nitrogen and phosphorus entering area waterways. Over the summer, leadership and partners have studied existing projects and discussed nearby projects with area planning authorities.



Senator Bill Cunningham (center) hosts Farm Bureau leaders from Cook, Stephenson, and Tazwell County Farm Bureaus at the Cook County jail. Farm Bureau members toured the jail and the Chicago High School for Agricultural Sciences during an Adopt-a-Legislator® visit in August. Representative Fran Hurley (pictured left) also visited with Farm Bureau members. Farm Bureau members toured Division I, the oldest jail division. Although Division I is being decommissioned by the county, parts of it will likely remain given its historical significance.



Cook County Farm Bureau® leader Kim Morton (pictured in orange) joined State Representative Jennifer Gong-Gershowitz and members of the Lee County Farm Bureau for a tour of the 17th District. Farm Bureau leaders toured the Illinois Holocaust Museum and the Glen/Glenview Naval Air Station.

Farm Bureau Members Advocate for Agriculture

The following Farm Bureau members acted on over 80 percent of organizational action requests:

Board of Directors

- Janet McCabe
- Mike Rauch
- Ruth Zeldenrust
- Dan Biernacki
- James Bloomstrand
- Roger Freeman
- James Gutzmer
- Patrick Horcher
- Gerry Kopping
- Tim Stuenkel

Governmental Affairs Committee Members

- Cindy Gustafson
- Stephanie Harms
- Kim Morton

Farm Bureau Leaders

- Karen Biernacki
- Catherine Johnson
- Richard Johnson
- Kevin Snow
- Doug Yunker

Farm Bureau Staff

- Robert Rohrer
- Bona Heinsohn
- Diane Merrion

Thank you to everyone who has Acted for Agriculture! If you'd like to join the FB ACT and help us better advocate for agriculture, please contact text 'Farm' to 52886.

Manifolds, Manolos, and Manure



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

In our family, late summer/early fall is simply one of the best times of the year. Most years, the corn and soybeans have canopied, and we've parked the cultivator. This fall seems to be the exception since the weed zapper is still electrocuting weeds.

Fair is done and our stomachs have started to recover from Italian sausages. Baked potatoes. Lemonade shake-ups. Ice cream. Firemen's donuts. And cheese curds.

Our journey to Illinois State Fair is complete and our blisters have started to heal. Our blue-eyed girl's bread didn't win grand champion, but she ate her way through the fair. Just like her dad.

Last but certainly not least, we've finished back-to-school shopping. Notebooks. Four thousand pencils. Play dough. And glue sticks have been purchased, labeled and packed into backpacks.

Unlike prior years, the big little boy with no

official eye color is in full-day curriculum-based kindergarten. Not half-day play-based preschool. Candidly, I've dreaded this day since he started preschool. Not because he's my youngest. Only son. Or because I want him to stay young. But because of the nightmare of getting him to school each morning. Up until this point he's spent at least two days a week at our farm.

He's a busy boy. He has farming to do. And he does not have time for such silly little things as school. We anticipated fights. Temper tantrums. And meltdowns. The first day arrived and we had excitement. Laughing. A full out sprint to the bus stop. And a look of utter annoyance that we weren't sprinting behind him.

Our big little boy with no official eye color is my farmer's mini me. They're both mechanical. Analytical. Rational. And too busy for school. In college my farmer skipped his final semester. That was the spring he built his first corn planter. He'd complete the homework and rope someone

into turning it in for him but wouldn't show up to class unless he had an exam. I still remember the expression on his advanced farm accounting professor's face when my farmer graduated magna cum laude.

I on the other hand, went to every class. Read every assignment. And completed every extra credit assignment I could get my hands on. No one was surprised when I graduated from both undergrad and graduate school with honors. Our blue-eyed girl who quietly entered the world one hot Father's Day is my mini-me. She reads every book. Finishes every assignment. Corrects every test. And brings home straight A pluses.

We realize that every day won't be like the first day of school. That he won't sprint to the bus stop every morning. And that he might not be excited each and every day. But we're going to enjoy it while we can. The fact is, he's simply too busy farming for school.

Bona can be reached at bona@cookcfcfb.org.

Community Garden Grant Visits



Board member and Team volunteer Dan & Karen Biernacki met Meg, Farm Manager for Smart Farm of Barrington/Advocate Community Garden. This Cook County Garden Grant recipient is in our northern most part of Cook. Smart Farm is a non for profit, volunteer run educational farm with an annual garden that provides produce to neighbors in need while educating the community about the benefit of local food, sustainability, and a healthy lifestyle. Grant funds were used to purchase seed, soil and cover crops.



Volunteers Rick and Cathy Johnson toured another CCFB Community Garden Grant recipient, Imperial Towers Community Garden in Chicago. They met garden coordinators, Vicky and Jim Rozich, presented signage and talked gardening/farming with its residence. The garden used grant funds to help realize their plan of creating a garden of raised beds to grow produce, herbs, and fresh flowers while adding beautification to this concrete urban Chicago space.

Cook County Financial Representatives of the Month

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



Malgorzata Jura
Chicago North Agency, Victoria Nygren, Agency Manager
Malgorzata Jura has been named Career Financial Representative of the month for July 2019. Her office is located at 6136 N. Milwaukee Ave, Suite F in Chicago, IL. Her phone number is 773-631-9107. Malgorzata has been a Financial Representative since January 2008.



Matthew Powell
Chicago Northeast Agency, Sharon Stenke, Agency Manager
Matthew Powell has been named Career Financial Representative of the month for July 2019. His office is located at 4200 W. Euclid Ave., Ste E in Rolling Meadows, IL. His phone number is 847-934-5117. Matt has been a Career Financial Representative since February 2005.



Nataliya Zlotnik
Chicago Northeast Agency, Sharon Stenke, Agency Manager
Nataliya Zlotnik has been named Employee Financial Representative of the month for July 2019. Her office is located at 25 NW. Point Blvd., Ste. 850 in Elk Grove Village, IL. Her phone number is 847-794-1216. Nataliya has been a Financial Representative since February 2019.



Michael Weinstein
Chicago Northwest Agency, Jack Smith, Agency Manager
Michael Weinstein has been named Career Financial Representative of the month for July 2019. His office is located at 5 E. College Dr., Arlington Heights, IL. His phone number is 847-749-1740. Michael has been a Financial Representative since November 2003.



Renata Bondarowicz
Chicago Northwest Agency, Jack Smith, Agency Manager
Renata Bondarowicz has been named Employee Financial Representative of the month for July 2019. Her office is located at 1515 E. Woodfield Rd., Suite 930, Schaumburg, IL. Her phone number is 847-891-6388. Renata has been a Financial Representative since July 2016.



Tim Hartnell
Orland Park Agency, Cary Tate, Agency Manager
Tim Hartnell has been named Career Financial Representative of the Month for July 2019. His office is located at 1938 E. Lincoln Hwy., Unit 217 in New Lenox, IL. His phone number is 815-462-0023. Tim has been a Financial Representative since January 1993.



Dan Gallivan
Orland Park Agency, Cary Tate, Agency Manager
Dan Gallivan has been named Employee Financial Representative of the Month for July 2019. His office is located at 12130 S. Harlem Ave., Unit A in Palos Heights, IL. His phone is 708-381-4015. Dan has been a Financial Representative since January 2018.



Jim Parthemore
South Holland Agency, Jeff Orman, Agency Manager
Jim Parthemore has been named Career Financial Representative of the Month for July 2019. His office is located at 9432 W 143rd St., in Orland Park, IL. His phone number is 708-745-5151. Jim has been a Financial Representative since April 2000.



Grace Cordero
South Holland Agency, Jeff Orman, Agency Manager
Grace Cordero has been named Employee Financial Representative of the Month for July 2019. Her office is located at 4845 167th St., Unit 101 in Oak Forest, IL. Her phone number is 708-381-4011. Grace has been a Financial Representative since June 2019.



The Fall issue of Illinois Farm Bureau Partners magazine should have arrived in your mailbox. Be sure to check out the various farm feel-good articles, great places to see in Illinois, local food facts, recipes, nutritional information, gardening tips, financial information, and the special Cook County Farm Bureau page. More information, articles, and past issues are available at www.ilfbpartners.com.



Classifieds

All ads that we receive for The Co-Operator are also listed on our website at cookcfb.org/membership/classifieds. 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

Traeger wood fired grill brand new in box model TFB29L2. \$350 or better offer. Call Shirley at 708-654-2010.

6 Instamatic 24hour time clocks for table or floor lamps 3.00 each. Like new 3piece brass fireplace cleaner set \$3.00 one brass table lamp and shade like new \$5.00. Like new oak toilet seat \$3.00. One cobra trap shooter radar detector for car \$5.00. Call Allen at 708-614-8148.

8oz Mason Jars- New original package \$15.00. Puppet 1992 Lamb chop \$25.00 complete with original tags. Call Susan at 708-278-4168

Stationary exercise bike. Weslo Aero 750 dual action, calorie monitor. \$35 Call Mike at 847-910-5745.

Pool table light \$100, national cash register \$525, 5ft.

ladder \$10, ladder jacks \$12 pair, florescent lights \$10 each, car ramps \$15 pair, rocking chair \$50, 30"x72" H.D. folding table \$20, Girls green schwinn bike \$35. Call Norman at 708-371-0163.

Vehicle

2004 Jeep Grand Cherokee 4wheel drive, new tires, 147,000 miles, battery runs good no problems, general maintenance every 6 months, changed oil every 3,000 miles. Red, tan leather seats. Great in the winter months \$5000. Call Shirley at 708-654-2010.

For Rent

Hilton Grand Vacations Condo Suites Resorts- Orlando, Las Vegas, Miami Beach, Hawaii, New York, Colorado. 5-7 nights in a one bedroom suite sleeps 4 anywhere Hilton Grand Vacation Clubs. Check out www.stayhgv.com This is

my timeshare Absolutely no presentation required \$950 + reservation fee for 5-7 nights depending on dates & peak season. Call John 708-280-7975 to check availability on dates & details.

Wanted

Older fishing tackle, rods, reels, lures, outboard motors, magazines, toys, and maybe a small fishing boat. Call Jim at 708-361-8230.

Hiring

Now Hiring: Goat Yoga instructor for outdoor classes must be fun loving and flexible. Animal lover a must. Deer Creek Farm, 360 Glenwood-dyer Rd, Glenwood, IL 60425. Contact: Jo Ann Shults at 708-441-7751. You can check out Deer Creek Farm on Facebook to see videos of classes.

This Month in Cook County Agriculture

- **Farm Crawl Cook County 2019 is Saturday September 14th 10 AM – 4 PM.** This free, family friendly event in it's 3rd year, has more than 23 farms and Ag businesses waiting for you & your passport! For details and to receive a passport, email Debbie: membershipdebbie@cookcfb.org or online at: <https://cookcfb.org/stay-updated/upcoming-events/event/2019/09/14/farm-crawl-2019> for info and passport.
- **Make & Take Fall Planter at Horcher Farms & Flowers, Wheeling – on Saturday September 14th at 10 AM.** Pre-registration and \$25.00 fee – please call the Farm Bureau at 708-354-3276 or register online at the Member Center. Great way to start the Farm Crawl! Details at: <https://cookcfb.org/stay-updated/upcoming-events/event/2019/09/14/make-a-fall-planter-horcher-farm-and-flowers>
- **Tickets are on sale and going fast for the 6th Annual Smart Farm-to-Table Dinner,** hosted by The Smart Farm, Barrington, IL on Saturday, September 14, 5:30 to 9:30 pm. Tickets and details at <http://smartfarms.org/events/>. 490 W Il Rt 22, Lk Barrington | 847-875-2060.
- **Bonfire and Barn Dance, Sept 15th 4-8 PM at Historic Wagner Farm in Glenview!** Bring the family to the farm for a night filled with Fall fun for all. Wagon rides, live music, dancing, roast s'mores and storytelling by the fire. 2 & under are free - \$5 for others. 1510 Wagner Rd, Glenview 60025 | 847-657-1506. <https://www.glenviewparks.org/historicwagnerfarm/>
- **Save the Date: Fairway Farms & Apiary of Cog Hill Golf & Country Club will host a Farm-to-Table Dinner** on Wednesday, September 25. Contact Angelica Carmen, Sustainability Specialist, at acarmen@coghillgolf.com for more info. 12294 Archer Ave, Lemont, 60439 | (866) 264-4455.
- **Melka's Landscaping & Garden Center is hosting their annual Fall Festival** on Saturday, September 28th 10am-3pm. This free family, all ages event offers craft/vendor fair, pony rides, petting zoo, food trucks, prizes and of course – fall decor. Fall Planter Workshop registration is also open. Details can be found at <https://www.jimmelkalandscape.com/>. 708-349-6989 11606 179th St, Mokena 60448.

This article is for local farmstands, farmers' markets, chefs and restaurants, and organizations that are hosting farm-related activities, events, workshops, and gatherings that will occur soon. To promote your activity, email membershipdebbie@cookcfb.org or call 708-354-3276 by the 15th of the month. Please include your name, the event date/time, a short description of the event, and how a reader can obtain further information in the email. We will edit submissions based on space allowances in the publication. In addition, we will post farm, garden, or livestock related photos on our social media platform if you forward those to membershipdebbie@cookcfb.org.

19th Annual Giant Pumpkin, Local Honey, Pumpkin Dessert, Carving & Decorating Contests

Saturday, October 5, 2019, 9 am - 11 am
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 2nd Place - \$150 3rd Place - \$75
Youth 1st Place - \$100 2nd 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 CDDB members/dependents and open to all ages. Honey judging criteria will be provided once registered, prior to contest.
Prizes: 1st Place - \$100 & ribbon 2nd Place - \$50 & ribbon 3rd Place - \$25 & ribbon

Jack-O-Lantern Decorating Contest:
Rules: The contest will begin at 10 a.m. and a half hour timeframe will be used for contestants to decorate a pumpkin. **Contest open to anyone 16yrs and younger** in 3 age categories. The individual must decorate his/her own pumpkin provided by CCFB.
Prizes: 1st Place, Runner up in each age group
Participation Prize: All entries receive a prize

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



Entry Fee: Free for Members, non-members may enter by joining CCFB.
Rules: Contest open to any CCFB member & dependents. Check in by **9:15 am 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-17 & under

____ Pumpkin Dessert (open to all ages)

____ Pumpkin Decorating:
____ 6 & under ____ 7-11 ____ 12-16 years

____ Home Grown Honey (open to all ages)

____ Pumpkin Carving Contest (16 yrs & Up)

Name: _____
Email: _____
Telephone: _____
Farm Bureau Member Number: _____

Registration form online:
<http://cookcfb.org/stay-updated/upcoming-events>
Mail, fax, or email entry form to:
Cook County Farm Bureau
Attn: Debbie Voltz
6438 Joliet Road Countryside, IL 60525
Fax: 708-579-6056
Email: membershipdebbie@cookcfb.org
Register by phone at: 708.354.3276



Farm-to-Table Dinners and Events are still in demand by consumers. If you and your farm are considering hosting an event and need information/tips to help it go smoothly, contact Debbie at the Cook County Farm Bureau at 708-354-3276 or membershipdebbie@cookcfb.org. We gained insight on planning and executing a farm-to-table dinner in 2018 while partnering with Cog Hill's Fairway Farm event.

Cook County Farm Bureau Member Health Benefits



Free hearing screening! Free annual electronic hearing evaluation and a 20% discount off the dispensers' regular list price on hearing aid purchases is provided. Visit www.beltone.com to find the nearest Beltone location near you or call Beltone Hearing Center at 877-710-6228. Members present their Cook County Farm Bureau Membership Card to receive the discount use code #MC42180.



You can save at over 57,000 participating pharmacies including just about every major pharmacy chain from CVS to Wal-Mart. Visit www.cookcfb.org for more information and to print a card online OR contact our office at 708-354-3276 and request a prescription card. Once you receive it, you can take it to a pharmacy near you to receive your discount!



Lasik eye surgery with a savings of up to 45% off the national average cost for traditional Lasik. Call 1-866-977-3012 for a quote.



A medical alarm protects your loved ones with a push of a button! Members receive one month free of monitoring and no initial fees. Call toll free 1-855-872-8404 or visit on line www.peaceofmindalert.com.

Recipe of the Month: Fiesta Fresh Corn Salad

- 2-3 ears sweet corn - husked & cooked
- 1 c fresh tomato - chopped
- 1 c cucumber - peeled, seeded & chopped
- 1/2 c celery - chopped
- 1/4 c green pepper - diced
- 1/4 c red pepper - diced
- 2 green onions - sliced
- 1/4 c red onion - sliced thin
- 1/2 bottle Classic Italian or Classic Greek Salad Dressing

Husk corn, wrap in damp paper towel and cook in microwave for 3 minutes. Remove from microwave and slice corn from cobs. Chop rest of ingredients, mix all together and add salad dressing. Mix well. Ready to eat. Serve as a side at dinner, or as lunch with chunks of French bread. Serves 6-8. Stores for several days in the fridge.

Recipe reprinted with permission from member Goebbert's Farm & Garden Center, South Barrington, from our 2019 Cookfresh Recipe Collection Brochure, available online at www.cookcfb.org/discover-local/recipes.

To receive a copy of the 2019 Cookfresh Recipe Brochure, email: membershipdebbie@cookcfb.org or call 708-354-3276.

Check Out These Upcoming Programs!

Register today for the following great programs by calling the office at 708-354-3276 or visiting the website at www.cookcfb.org.



Farm Crawl 2019

The Cook County Farm Bureau® is hosting its 3rd annual Passport to Agriculture Farm Crawl **Saturday Sept. 14**, 10 am- 4 pm. Full program details, as well as all participating farms, greenhouses, stables, and feed store activities/info will be available in the coming issue as well as on the CCFB Events Calendar at www.cookcfb.org/Events. The Farm Crawl is an event all ages can enjoy.



Fall Planter Workshop During Farm Crawl at Horcher Farms

Create a fall planter to display on your porch, patio, or balcony area while learning planting tricks from the experts. Workshop includes pot, soil, and all plantings. Member and public registration & payment required. **Saturday Sept 14**, 10 am. Horchers Farm & Flower shop, 910 McHenry Rd, in Wheeling. Fee \$25. Call the Farm Bureau at 708-354-3276. Class is limited!



13th Annual CCFB Family Celebration Picnic

Farm Bureau families are encouraged to attend this year's Family Celebration Picnic at Odyssey Farm in Tinley Park. This year's picnic is scheduled for **Saturday September 28** from 10 am until 2 pm with lunch served from 11 am until 1 pm. 18900 S. Oak Park Ave., Tinley Park. Early bird rate \$17 ends Sept 16. Fee \$25 ticket sale ends Sept 23.



19th Annual Giant Pumpkin, Local Honey, Pumpkin Dessert, Carving & Decorating Contests

Free for Members, non-members may enter by joining CCFB. Contest open to any CCFB member & dependents. Check in by 9:15 am to be considered; must be present to win. To register online go to cookcfb.org/stay-updated/upcoming-events or you can contact Debbie Voltz at 708-354-3276 or by email at membershipdebbie@cookcfb.org for more information. Puckerville Farms 13332 Bell Rd. Lemont IL. **Saturday Oct 5**, Time 9-11 am.



Shred Day

The Cook County Farm Bureau will be hosting on **Saturday Oct 5**, from 10am to 12pm at the Oak Forest Country Financial Building located at 4845 W. 167th St., Oak Forest. Please call the office to make your reservation.



Preparing Wills and Trust and Transferring Non-Titled Trust

Cook County Farm Bureau will be hosting on **Tuesday October 22**, from 6:30-9pm. At the Country Financial Building 9731 165th St, Suite 36 Orland Park. No charge for Cook County Farm Bureau Members, \$10 per person for non-members. Register by Tuesday, October 15, 2019—Limited seating!



Build a Holiday Centerpiece

Cook County Farm Bureau will be hosting **Tuesday November 19**, from 6:30-9pm. At the CCFB building 6438 Joliet Rd., in Countryside. Choose from 3 holiday greetings, admission is \$35 for members (regularly \$45). Admission will include all supplies, snacks and soft drinks.

But Wait—There's More!

We have too much to deliver to members for the confines of this 12page publication. Go to www.cookcfb.org for more detail about programs, workshops, benefits and activities including...

- ComEd/ Nicor Assessment Savings Potential
- Six Flags Flight Fest
- More CCFB event photos
- \$1000 Reward Program for Farmers/Farms

Use the Farm Crawl 'Passport to Agriculture' booklet to locate crawler locations and to officially record your visits on 9.14.19! Turn in your passport for prize \$\$ drawing by Oct 1st!

Join Us...Farm Crawl 2019 Saturday, September 14th | 10 AM—4 PM

Visit our diverse Cook County Farm Bureau® member Family Farms, Greenhouses, Garden Centers, Feed Stores, and Agri-businesses on this self guided tour.

- No set schedules, a self-guided crawl
- You pick and choose where you want to visit
- Opportunity for tours, great value purchases, and fall/farm experiences

Big John's Farm Market & Greenhouse
1754 E Joe Orr Rd Chicago Hts
Kid's pumpkin painting •Special on mums•
Sweet corn roast - 1st one free w/passport

Bultema's Farmstand/Greenhse
2785 E Lincoln Hwy Lynwood
Check out our great U-Pick for the season's freshest produce—entry fee applies

Clarke's Garden Center & Stone Depot *New!*
1/4 mile East of I 394 on Rt 30 Lynwood
•Free agave plant for crawlers•30% off items in "Barn"•\$25 off \$50 card w/purchase
Seminars/Tours:
Tour Clarke's for 1st Timers 11:30am|1:30pm
How to Pick/Use Fall plants 10:30a |2:30pm
Tour of Bushes & Tree section 11 am |1pm
Which are good for Fall & attract Pollinators

Crete Garden Center & Nursery
1625 East Richton Rd Crete
Fall plants, shrubs, trees *Closes at 3PM*

Deer Creek Farm
360 Glenwood Dyer Rd Glenwood
Goat Yoga Class 10:30a-12pm \$20 for CCFB members and Passport holders
Archery Tournament Noon-4 PM
\$100 prize for best 10 shots; 2 age groups: 8-17 & over 18. Entry fee for 18yrs & up: \$15 members or Passport, \$20 non-members

Fairways Farms of Cog Hill
Main St & Parker Rd in Lemont
Free guided tours of farm and apiary at the top of every hour • crawl hours 10am-2pm

Goebbert's Farm/Garden Ctr
40 W Higgins Rd So Barrington
Fall Festival's opening weekend!
10% discount on purchases in the market only

Horcher Farms & Flower Shop
910 McHenry Rd Wheeling
Fall Planter Workshop at 10 AM **
15% off on plants w/passport or card

Kopping Farms
12300 115th St Lemont
Farm Tour at the top of every hour •Equine, beef cattle, alpacas, goats, haying•Fresh Honey

Ludwig's Feed Store
13205 131st Street Lemont
Free sample bags of dog, cat, chicken, wild bird feed or horse treats with passport

M & D Farms
14946 S. Bell Rd. Homer Glen
Fresh sweet corn 3 for \$1

McCarthy Farms *New!*
14946 S. Bell Rd. Homer Glen
Farm fresh produce & honey

Melka Landsc & Garden Center
11606 179th St Mokena
Popcorn & refreshments for crawlers•\$5 off \$30 or more• Featuring fall mums & decor

Nodding Onion Farm *New!*
4431 S Federal St Chicago
Sustainably grown & worker owned farm •CSA•3 season produce and flowers

Puckerville Farms
13332 Bell Rd Lemont
Homegrown Honey & Artisan popcorn sale
10% discount with card or passport

Schroeder's Garden Center/Ldscp
10800 Southwest Hwy Worth
Passport specials•30%off trees/shrubs•15% off perennials & more•Homegrown Honey

Smits Farms
3437 E Sauk Trl Sauk Village
Visit our Guinea Pig Farm•Featuring farm fresh honey, homemade donuts, fall mums, asters, ornamental peppers, kale & more!

Ted's Greenhouse
16930 S. 84th Ave Tinley Park
Buy 1 get 1 free perennials & shrubs
10% off total retail purchase w/member card restrictions may apply

The Feed Store
5400 S Harlem Ave Summit
Free Popcorn for crawlers•Backyard chicken experts-chicks available for purchase

VanderGriend's Farm Market
2812 Glenwood Lansing Rd Chicago Hts
Homemade Jam & Salsa sale-\$5 each w/passport or card •Fall mum sale

Van Kalker Farms Park Forest
visit us at: **Park Forest Farmers Market**
7 am-Noon only Fall flowers & produce

Wagner Farms Heritage Center
1540 Wagner Rd Glenview
Farmer's market 9-12•Dairy farm•Farm Exhibits •Ice-Cream Parlor and more

West End Garden Center
3800 Old Glenview Rd Evanston
10 % discount on purchases for Passport or CCFB card holders

Zeldenrust Farm Market
1001 Glenwood Dyer Rd Chicago Hts
Fall Planter Workshop at 10 AM **
Farm Stand & produce •10 % discount on flowers, plant, décor

****Registration and \$25 fee for Planter Workshops by calling the Farm Bureau at 708-354-3276**

Ways to obtain your Farm Crawl Passport to Agriculture:

- Download at: <http://cookcfb.org/stay-updated/upcoming-events>
- Email: membershipdebbie@cookcfb.org
- Call: 708.354.3276 • Pick up a copy at CCFB office
- Each Crawl location will have limited copies available on September 14th!

At each crawl location you visit, ask to have your Passport stamped or signed. Submit passport to the CCFB office by **October 1st** and be entered into a drawing for \$\$\$ Gift Cards to crawl location of choice!