



CO-OPERATOR

To serve all our members of the Cook County Farm Bureau® with meaningful and beneficial programs that reflect our agricultural heritage.

Mark Your Calendar

JUNE

- 2 AITC Teacher Training Sessions Pg. 6
(Tuesdays in June and July)
- 4 AITC Virtual Field Trips Begins Pg. 6
(Thursdays in June and July)

Save the dates

AUGUST

- 18/19 Defensive Driving Course Pg. 10

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.

Historical Question of the Month

See page 2 for a historic photo from the CCFB's first 100 years and respond to the question related to the photo.

May Winner is Harry Nelson



Last month's question: This Cook County Farm Bureau display featured dairy, vegetable, and grain farms. Where was this display used in 1949??

Answer: The County Fair at Soldier's Field.

But Wait, There's More!

Go to www.cookcfb.org for these extras...

- Farm and Food Bytes
- Member to Member Buy Local
- AITC Rescheduled Golf Outing
- May Co-Operator Shop Local Pull Out
- Soil Test Kits
- Master Gardener Program
- Spring and Summer Family Fun & Learning

2020 Cookfresh® Community Urban Garden Grant Recipients



Cook County residents are itching to get out into gardening and begin enjoying the opportunity to plant flowers and vegetables. These individuals have been supporting local community gardens by beginning the growing process. See pg. 4 for more details and for additional recipients.

...Continued on Page 4

Farm Bureau to Launch Grant Program to Support Local Food Pantries

The impacts of COVID-19 will be felt for months to come. Families are suffering. Businesses are suffering. Farms are suffering. Together with members, Cook County Farm Bureau® and local farmers growing healthy and nutritious food are poised to provide local food pantries assistance during this difficult time in Illinois and the entire United States.

To support local food pantries, Cook County Farm Bureau has created a Food Pantry Grant Program. Food pantries can self-nominate, or a

community member can nominate a food pantry.

Local food pantries are encouraged to apply for grant funds at <https://bit.ly/2LlpqGA>. Grant applications are due before midnight on Friday, June 12. Grant awards will range between \$150 to \$600.

Farm Bureau members are also encouraged to donate funds to this program. Donations may be tax deductible based on the pantry. 501(c)3 status. Donations will solely benefit Cook County food pantries.

More Details on Page 2

SPECIAL FEATURE

Illinois Corn, What Happens After The Kernels Are Planted?

by Carrie Steinweg

A lot of people don't give much thought to all that goes into a product they purchase once the food is on their plate or the package in hand.

When it comes to corn, you might be surprised at all the different things it can become in the end. Besides enjoying it on a cob slathered in butter at a summer barbecue, those little kernels of corn can mature and become used in a number of ways, from ethanol to corn chips to bioplastics to animal feed to household products. But what happens in-between the time it is planted and it gets to a consumer?

That corn you eat off a cob or get in canned or frozen form is sweet corn that makes up only about 5% of corn grown in Illinois. The other 95% is field corn and close to half of it leaves the state for international markets.

"About 23% of field corn produced in 2019 went to processing and had many different uses," said Lindsay Mitchell, director of marketing and communications for IL Corn. "It was used for food or sweeteners, to make the inside of diapers or to make an ingredient that causes suckers not to drip. Corn is in a lot of different products."

From the farm, where it takes 100 to 115 days to mature before harvest, it dries in grain elevators, harvested at moisture levels up to 25% and dried to 14% or less, said Chuck Cawley, division manager with the Illinois Department of Agriculture.

"Much of the exported corn is shipped to the Illinois River, where it is loaded on barges and travels to the Gulf for loading on vessels," said Cawley. "Some corn and the DDGs (dried distillers' grains) from some ethanol plants will travel by rail to the west coast and then be loaded for export as animal feed to Asia."

...Continued on Page 2

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 to support the success of local farmers and to keep agriculture present and strong in Cook County.

This Co-Operator publication is designed for members 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 biofuels. As an added value, we provide great membership deals, savings, discounts, benefits, programming, and activities that reflect our agricultural heritage and members' modern expectations.

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

Continued from page 1

Illinois Corn, What Happens After The Kernels Are Planted?



What remains in the U.S. can end up in a number of factories and finally show up in your breakfast cereal or cocktail glass, be the content of a drinking straw, poured into the gas tank of your car, or be used to feed livestock.

From Kernel to Final Product

- Kernels are planted in late April or May
- One kernel grows into a stalk that produces one or two ears of corn
- In the fall, corn is harvested by grain combine or by hand
- Corn is then dried and stored in a grain elevator
- From there, it is shipped to mills and refineries for processing where it is separated for different uses (Corn can be fermented in alcohol or milled to become corn meal and flour. Germs, gluten, and hulls go to animal feed companies. Grits are sold to companies that make cereal, snack foods, and beer, or it can be roasted to make

dextrin and converted into corn syrup and high fructose and dextrose syrups.)

- After processing, these corn products are packaged and distributed; about 1 in 4 products in a store use some form of corn in production or processing.

Corn use in Cook County

Locally, corn products are used in sauces made by Mullins Food Products, candy and snack items made by Tootsie Roll Industries, Mondelez International and MARS, Inc., and sweeteners, starches, nutrition ingredients, and biomaterials by Ingredion.

Photos provided by IL Corn.

Carrie Steinweg is a freelance writer, author, blogger, and photographer living in Chicago's south suburbs with her husband and five sons. Her work has appeared in dozens of print and online publications and she is the author of seven books. A passionate foodie, Carrie thoroughly enjoys traveling and visiting new restaurants and craft breweries, attending food festivals, and trying out new recipes and kitchen gadgets. She writes about her food experiences at ChicagoFoodieSisters.com.

Historical Question of the Month



Lynn and Pat Landmeier from Des Plaines captured their second straight bowling title at what tournament?

Answers (if not at the tip of your tongue) are available online at cookcfb.org/ccfb/ourhistory. Call the Farm Bureau at 708-354-3276, fax your answer to 708-579-6056. or email fbcooperator@gmail.com to enter the drawing for a \$25 gas card. (Please include name, FB#, and phone number).

Check next month's publication for the answer and the next historical question of the month.

5 Things Members Should Know About the Cook County Farm Bureau's Affiliation with Country Financial®

1. Farmers from the Illinois Farm Bureau® started COUNTRY Financial in 1925 to bring fire protection insurance coverage to Illinois farms.
2. The Illinois Farm Bureau and COUNTRY Financial Insurance was headquartered many years in the city of Chicago until 1959 when the organization moved to the more central location in the state in Bloomington, Illinois.
3. The COUNTRY Financial companies of Country Mutual Insurance Company and Country Preferred Insurance Company remain exclusive to "members only" privilege.
4. The Cook County Farm Bureau has worked with local COUNTRY Financial Representatives to create a strong working relationship that provides great value to members and clients.
5. The Cook County Farm Bureau is proud of our relationship with local COUNTRY Financial Agencies and the strength, success, growth, customer service, and product protections provided to members through COUNTRY Financial reps.



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...

Those members that have been able to provide additional support to the expanded need faced by area food banks and support services.

Our many members that are farmers, landowners, greenhouse operators, garden centers, teachers, healthcare professionals, small business owners and staff, frontline responders, public and private institution employees, and so many more for remaining strong, productive, and optimistic during this time of turmoil, concern, and unrest.

The board and staff of the Cook County Farm Bureau and the Illinois Farm Bureau® that have worked so hard to serve members, solve

problems, provide support, and to represent all aspects of agriculture at the federal and state level on behalf of the horticulture, equine, specialty, livestock, and commodity crop industries in the Cook County area.

The great member engagement and involvement as you follow and participate in our social media agriculture literacy activities, agricultural trivia, stay at home agricultural scavenger hunt, and fun special messages. We truly appreciate the positive engagement!

The willingness of members to try new approaches to our traditional programming such as our virtual planter workshop and our industrial hemp "one year later" webinar.

Co-Operator

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COOK COUNTY FARM BUREAU

FOOD PANTRY GRANT

HELP US TO SUPPORT LOCAL COOK COUNTY FOOD PANTRIES.

Food Pantry Call to Action

Apply at <https://bit.ly/2LlpqGA>. Food pantries can self-nominate. Grant applications are due before midnight on Friday, June 12. Grant awards will range between \$150 to \$600.

Community Call to Action

Nominate a local food pantry for grant funds. Apply at <https://bit.ly/2LlpqGA>.

Member Call to Action

Please consider donating funds to this program. Donations may be tax deductible and will solely benefit Cook County food pantries.



The impacts of COVID-19 will be felt for months to come. Families are suffering. Businesses are suffering. Farms are suffering. Together with members, Cook County Farm Bureau® is poised to provide local food pantries assistance during this difficult time in Illinois and the entire United States.

DONATIONS CAN BE MADE BY MAILING A CHECK TO THE CCFB OFFICE OR BY CALLING IN WITH A CREDIT CARD.

PLEASE MAKE CHECKS PAYABLE TO: COOK COUNTY FARM BUREAU®. ALL PROCEEDS WILL BE DONATED TO LOCAL FOOD PANTRIES.

COMPANY/INDIVIDUAL NAME: _____

CONTACT PERSON: _____

PHONE: _____ EMAIL: _____

MAILING ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____

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



Downwind

by Bob Rohrer, CCFB Manager

“Re-open” Farm Bureau

Re-open Illinois. Re-open Cook County Farm Bureau®? We were fortunate that we never really closed, aside from that sign on our building doors in the village of Countryside that said we were working remotely.

Over the past 2.5 months, your Cook County Farm Bureau farmers have been doing essential services like FARMING. Your Cook County Farm Bureau staff, while “sheltered in place”, have been focused on continuing to serve members in whatever capacity necessary.

Our mantra has been “be present, not MIA” while walking virtually side-by-side with our members through this continuing crisis.

- That means when there was a question whether greenhouses and garden centers were considered essential services, we kicked it into full gear to make numerous communications and appeals with the Illinois Farm Bureau, Governor’s office, as well as congressional leaders.
- That means when schools were shut down and went to remote learning, our Ag in the Classroom staff quickly transitioned to some amazing online content, farm experience videos, and at home activities/lesson plans.
- That means when members had questions about the latest COVID-19 news, programs, and guidelines for assistance through the small business administration loans, payroll protection program, coronavirus farm assistance program, and a host of rules in the changing landscape of livestock, trucking, drainage, marketing, farmland assessment, taxes, and so much more, we found answers and provided support. (See our special resource page on our website: <https://cookcfb.org/stay-updated/covid-19-resources>)
- That means when local farms and small businesses were having difficulties due to the Governor’s order with ability to move products, we developed various programs to help market and promote local products, needs, and services.
- That means when our members and COUNTRY Financial staff needed membership support and membership services throughout this time, we have provided direct and timely responses, follow-through, and action.
- That means when some of our members were sheltered in place, we delivered online trivia, stay-at-home scavenger hunts, and a myriad of other activities that provided a welcome distraction from the drum of the daily headlines.
- That means when our frontline warriors (nurses, doctors, farmers, police officers, firemen, EMTs, construction workers, and other essential personnel) carried heavy burdens, we offered our deepest appreciation and heartfelt thanks for the work and efforts that they are making.
- That means when area food banks were swamped with demand and dwindling resources, we stepped up by providing financial support and connections to access available farm food commodities.

And we know our work is far from over...

Our farmers, feeling the effects after several “down” years, are painfully aware this pandemic could not have happened at a more disastrous time... Our battle will wage on to help farmers through this difficult time.

Our many members with small businesses, devastated by Governor’s orders, will need every helping hand of encouragement and support offered... Consider participating in our Member-to-Member Buy Local campaign (we plan on promoting this program through a special 4-page insert next month!).

Our educational system may be forever changed, and our Ag Literacy program will need to plan intentionally and strategically to effectively communicate in the future to kids and their parents why farming is an essential service (is there any doubt in anyone’s mind now that farming is essential?).

COUNTRY Financial, Conserve FS, Prairie Farms Dairy, the IAA Credit Union, and our other affiliated companies will continue to support the needs of members and their families, properties, and lives.

At some point, the physical Farm Bureau office will reopen. We are developing reopen plans so that we can effectively serve members while protecting staff, guests, and tenants in the Cook County Farm Bureau building. In addition, Cook County Farm Bureau leadership is discussing our approach for the 3rd and 4th quarters of the year regarding program activities and functions and you will see more information on that topic in ensuing *Co-Operator* publications or on our website.

I believe that we have done the “right” things, including sheltering in place while continuing to fully function for members as an organization. Now, it’s time to get back to business as normal... Whatever that means.

I’m so ready.

Bob can be reached at brohrer@cookcfb.org

Online Directory Provides Enhanced Marketing Opportunities, Added E-Commerce Options for Local Farms And Businesses

As consumer demand for local food access and summer and fall market seasons approach, local supply access is more important than ever. The Illinois Farm Bureau, Illinois Specialty Growers Association (ISGA), Illinois MarketMaker and several other farm and specialty groups encourage farmers, ranchers, specialty growers, value-added producers, processors and food businesses to utilize FREE online marketing opportunities to enhance and expand their reach in communities across the state.

Prairie Bounty, a directory of over 900 farms, businesses and specialty groups across the state, is available online at specialtygrowers.org/shoplocal. Users can create an account or edit an already established account profile from their website. Illinois Farm Bureau and ISGA most recently partnered with the Illinois Department of Agriculture and 10 of the leading Illinois food and farm organizations to create Buy Fresh Buy Local Illinois, a statewide local food promotional program.

Existing participants of *Prairie Bounty* now have the opportunity to update their profile to include the Buy Fresh Buy Local Illinois affiliation, Illinois Farmers Markets Association affiliation, and/or the Homegrown by Heroes affiliation to appear on their websites for free as well. Participants manage one profile but can be found on multiple websites for promotion depending on their choice affiliations.

“By combining resources and funding, we’re creating a comprehensive food resource for Illinois shoppers and a cohesive local food marketing campaign,” said Raghela Scavuzzo, Illinois Farm Bureau associate director of food

systems development.

The *Prairie Bounty* directory contains contact information and locations for farmers of fruits, vegetables, meat, dairy and herbs as well as listings for breweries, wineries, farmers markets and processors throughout Illinois. The directory provides consumers with contact information, products available, method of sale, growing practices and in some cases, an online store.

New in 2020 is the integration of e-commerce through LocalLine. Farms and businesses can now set up e-commerce stores or post product listings in the MarketMaker buy/sell forum. This unique partnership between MarketMaker and LocalLine includes a cost of 5 percent per transaction, rather than traditional subscription fees. Users have flexibility in setting prices, delivery/pick-up methods, packaging and ordering deadlines based on their needs. If the user has an already established online store, they can embed the link on their profile.

“This is now more than ever an important free tool for local farms and businesses to reach consumers,” said Scavuzzo. “The more comprehensive information a grower can add to their profile, the better, as they will be more searchable to the consumer. This also applies to adding organizational affiliations, as a listing will then appear in those associated directories, databases and websites.”

Visit the Illinois Specialty Growers website at specialtygrowers.org/shoplocal for additional instructions on how to register. Contact Raghela Scavuzzo at 309-557-2155 or email at Rscavuzzo@ifb.org.

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1218-509HO

Recipe of the Month: Farmers Market Spring Salad 1998

Ingredients:

- 1 small head leafy lettuce
- ½ bunch fresh radishes, sliced
- ½ lb fresh mushrooms, sliced
- 1 lb fresh peas, shelled, cooked & chilled
- 2 fresh green onions, sliced

Dressing – Mix all ingredients:

- 1-pint sour cream
- fresh ground pepper
- 1 clove garlic minced
- 1 lg head of fresh fill, chopped

Directions:

Cut or tear lettuce into bite size piece. Combine lettuce with remaining ingredients and mix thoroughly with dressing.



The 2020 Cookfresh Recipe Collection is a special “throwback” edition for our 100th year with recipes selected from decades of submissions to commemorate our Centennial! Recipe Booklets are available now!

To receive a copy of the 2020 Cookfresh Recipe Brochure, Email membershipdebbie@cookcfb.org or call 708-354-3276 or find it online: <https://cookcfb.org/discover-local/recipes>.

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Growing Hemp? 5 things to Consider when Buying Seed

Illinois growers are preparing to plant the state's second crop of industrial hemp. Last year, 7,141 hemp acres were planted in Illinois.

by Kay Shipman, FarmWeek

For recommendations, especially for growers planting their first crop, FarmWeek reached out to Phillip Alberti, University of Illinois Extension commercial agriculture educator; Peoria County Farm Bureau member Marty Behrends and his partner, Jennifer Sewell, of Midwest Hemp Seed LLC; and Peoria County Farm Bureau member Eric Wall, owner of ZEBZS Hemp Inc.

Here are their five recommendations:

Determine your market: Alberti advised deciding whether to grow a single purpose or multipurpose crop to harvest for cannabinoids, grain, and/or fiber. He recommended not planting before the first or second week in June to achieve flowering in the first or second week of August. Sewell cautioned against planting a crop for fiber because Illinois currently has no fiber processors.

Monoecious (feminized) seed versus dioecious (conventional) seed: Labor and costs are two main factors when deciding which seed to plant. Monoecious seed produces fewer male plants that must be culled by hand, while dioecious seed is less expensive, although it produces male and female plants. Wall estimated dioecious seed produces 40% to 50% male plants. However, growers who plant monoecious seed still need to walk fields to cull any male plants, Sewell added. Behrends recommended choosing monoecious seed for larger fields.

According to Alberti, other factors to consider are full-season varieties that depend on daylight and darkness hours for flowering (more for cannabinoids) or auto-flowering varieties that mature in a set number of days (more for grain and fiber varieties). He urged growers to carefully read seed bag labels for percentages of seed purity, germination, and foreign material,

including weed seed and other crop seeds.

Soil conditions: Alberti recommended well-drained soil with a balance of nitrogen, phosphorus, and potassium levels. Hemp "doesn't like to stand in water," he said. Wall added hemp has produced well in former hayfields.

As for inputs, hemp requires fewer nutrients — half the amounts of nitrogen, phosphorus, and potassium — compared to a corn crop, based on University of Kentucky studies, according to Alberti.

If hemp follows a soybean crop, Wall noted additional phosphorous may be needed.

Plant spacing: Behrends and Sewell encouraged growers to consider plant spacing of 5-foot to 6-foot centers that allow mowing to control weeds and provide air circulation, which can help reduce bacterial disease. Alberti added cover crops, cultivation, and mowing may be needed because currently no pesticides are labeled for use on industrial hemp.

Buying seed and expertise: "People selling seed should know how to grow it and when it flowers," Alberti said. "You're not only buying seed; you're also buying expertise. If they don't have answers for your questions, that is not the way to go."

Sewell and Behrends stressed farmers should expect advice and answers for no extra charge. Last year, Behrends said he put 600 miles a week on his vehicle, providing guidance to growers and checking their fields. Wall agreed: "We help and consult with our growers. We want to make sure they're as successful as possible."

*To access the Cook County Farm Bureau's latest Hemp Webinar, go to: <https://drive.google.com/file/d/1x1kFKicUJehmVp7yXZ7fUEoMhIF6noy/view>

Meet the 2020 Cookfresh® Community Urban Garden Grant Recipients:



- **Urban Autism Solutions-Growing Solutions Farm**, located in Chicago's Near West Side neighborhood, is an urban ag and vocational learning site that is specifically designed for young adults who have Autism Spectrum Disorder (ASD). It is a 1.2-acre farm with over 100 raised beds, fruit trees, cooling, and hoop house with classroom space. Grant funds will be used to purchase seedlings and vegetable plantings for the garden's beds.
- **Willard-Lathrop Garden**, located in Cook County's Harvey neighborhood, is located on two neighborhood lots that have been empty for decades. Produce grown at the garden will benefit their community as produce is donated weekly to their food pantry, as well as in weekly meals provided to children in after-school programs and summer day camp, and to community residents. The garden also promotes a sense of community. Grant funds will be used to purchase soil, mulch, vegetable plants, and garden tools.
- **Sacred Greens Community Garden**, located in Chicago's near south side Fernwood neighborhood, is a garden that continues Green Lot Project's mission of neighborhood beautification, food provisions for members and neighbors, educational opportunities, and helping to create a local food system. Grant funds will be used to purchase vegetable plants, perennial herbs, fruit trees, and garden equipment.
- **Kirby's Cove**, located in Cook County's Ford Heights neighborhood, is a community garden that will educate young people on how to grow their own food, how to eat healthy, as well as how to beautify and take pride in your neighborhood. Grant funds will be used to purchase plants, fertilizer, and garden equipment.
- **Maxwell Street Community Garden**, located in Chicago's Near West Side neighborhood, is a community garden that provides area for neighbors to garden and enjoy nature. Over 50 households will have access to their own garden plot with access to clean soil to grow their own produce and sharing with public housing residents. The garden is also space for community members to meet and interact daily while gardening. Grant funds will be used to purchase seedlings, plants, annuals, fertilizer, and garden tools.
- **Palos Park Public Library Pollinator Garden**, located in Cook County's Palos Park community, is a garden that provides hands-on opportunities to educate the public on the importance of pollinators to our ecosystem. Youth activities, crafts, and lectures take place with the garden as its focus. Grant funds will be used to purchase seeds, plants, and garden supplies and tools.

Cookfresh® is an assistance program designed for Community Gardens in Cook County to beautify their "places and palates." The Cookfresh Community Urban Garden Grant program offered six \$350 grants to support urban agriculturists seeking assistance with a community garden. The community gardens will receive grant dollars in the form of Cook County Farm Bureau "Cookfresh Funds".

Meet a "face" of the Cook County Farm Bureau

Marge Trocki, Bee Wild Honey



- Marge started keeping bees as a hobby about 12 years ago when she built one hive to keep in her backyard. She loved beekeeping so much that in just a few short years, she ended up with 36 hives in several locations. To date, she has about 50 hives spread out over 8 locations.

- She enjoys taking on all aspects of beekeeping, from taking care of the bees, to bottling and selling the honey and other products of the hive and educating others on the art of beekeeping.

- If she wasn't doing this she would probably hiking or backpacking somewhere. Marge was a Naturalist for years, now retired. She knows she'd probably keep bees to some extent indefinitely.



Bee Wild Honey

mtrocki@sbcglobal.net
2831 Edgewood Pkwy,
Woodridge, IL 60517
Phone: 630-853-2704

WHAT IS YOUR FAVORITE HONEY PRODUCT OR TYPE OF HONEY?

Comb honey, especially right when it comes out of the hive. The honey bursts into your mouth as you bite into the wax.

WHAT DO YOU "SPECIALIZE" IN?

Beekeeping

WHAT IS YOUR FAVORITE FARM/APIARY RELATED MEMORY?

The one that drives me to keep bees is what I experience each time I open a hive and observe the bees actively working together as a colony. What's fascinating is that they do not seem to notice I am even there.

WHAT IS YOUR MOST VALUABLE PIECE OF EQUIPMENT?

My extractor. For years I used a hand crank extractor to spin all the honey out of the frames. That was a lot of work, so I bought one that had a motor on it which makes the job a lot easier. Now my arms do not feel like they are going to fall off after I extract!

WHEN YOU ARE AT THE APIARY, WHAT ARE YOU DOING?

I always have a purpose when I open a hive. It may be to see if there is a queen (a hive without a queen is hopeless), to see if they need more space as they grow, assess health (pests and diseases), or harvest honey.

WHAT BRINGS JOY TO YOU?

Helping others. Regarding beekeeping, it brings me joy to see people benefit from the good, clean products I harvest from the hive.

WHAT IS YOUR FAVORITE SEASON?

Spring! Plants are blooming, bees are flying, and birds are nesting, and, there are so many things to do outdoors this time of the year.

Cook County Farm Bureau® Board of Directors Continue Action

Meet remotely through videoconferencing

On Wednesday, May 13, the Cook County Farm Bureau Board of Directors met for their regular monthly meeting via videoconference system. Recognizing that during the COVID-19 recession, associations will be called on to be fiscally responsible. But they'll also be remembered for what they did to address bigger problems. The Cook County Farm Bureau wants to be remembered as "present and essential" for members during this difficult time.

During the meeting, the Board of Directors reviewed and discussed various actions, assistance, and programs offered to members by the Cook County Farm Bureau organization. The board also reviewed plans for a food bank grant program, considered next steps for Ag in the Classroom, received an update on the CARES Act 2 action request to help agriculture, discussed plans to put together volunteer management system in the future, approved a revision to the 401(k) plan related to the CARES Act, and considered a concept to replace the monument sign in front of the building that was destroyed by a semi-truck.

The Board of Directors approved a donation of \$780 to the Greater Chicago Food Depository in recognition and appreciation of the 78 active volunteers serving in the Cook County Farm Bureau. The board appreciates all of our volunteers' support and dedication!

The Board of Directors renewed support of an annual membership in the Animal Agriculture Alliance which provides positive support, recommendations, and guidance to farmers that raise livestock in our country.

The Board appointed leadership to participate in discussions regarding the Cook County Farm Bureau programming and future activities as it relates to the reopening of the economy within the state of Illinois.

ASK A GARDENER

With interest in gardening at a high level, your CCFB went out to ask an expert about key gardening questions you should consider. We thank U of I Extension Master Gardener, Margaret Burns Westmeyer, for sharing her expertise.



WHAT ARE THE FIRST STEPS TO BUILD A RAISED BED?

- Step 1: Choose a location
- Step 2: Kill off existing vegetation where your raised bed will go
- Step 3: Choose your construction materials
- Step 4: Build your bed
- Step 5: Fill your bed with soil
- Step 6: Plant your bed

**For detailed steps and instructions, visit www.cookcfb.org and go to Discover Local-Love Gardening*



HOW IMPORTANT IS MY SOIL?

Know what you have and what you want to use it for.

- Assess your soil: Drainage? Clay? Sandy?
- If growing food and planting in ground, have a soil test done and also test for heavy metals such as lead.
- Consider native plant alternatives to common non-native plants-they like our soil as it is.

WHAT CAN I STILL PLANT IN JUNE?

Brussels sprouts, kohlrabi, beets, Chinese cabbage, beans, snap, corn, eggplant, gourds, peppers, squash, okra

**Full list available at www.cookcfb.org and go to Discover Local-Love Gardening*



WHAT PESTS DO I NEED TO LOOK OUT FOR?

Some insects are friends, some are foe; act only if damage is occurring. Contact U of I Master Gardeners to help with ID if needed. For deer, raccoons, rabbits, squirrels, (and people too) the key is EXCLUSION from the garden site.

ANY ADVICE FOR THE FIRST TIME GARDENER?

Start small & have successes, then "grow" the size of your garden. Don't fight the site - put a plant that likes shade in the shade, likes wet soil in wet soil, etc. If you are on clay that doesn't drain as needed consider using a raised bed. Keep kids and pets in mind when selecting plants

Follow best practices, use chemicals sparingly and ALWAYS follow label directions. Watch University of Illinois Horticulture webinars FREE on multiple topics on YouTube: <https://www.youtube.com/channel/UCEYBGqFXZS6Sn37n1mVcY1ga>

Members are also encouraged to contact the University of Illinois Extension Master Gardener Resource Center at mastergardener@cookcfb.org with questions and for assistance with gardening and lawn questions.

SOIL TESTING KITS AVAILABLE

**Cook County Farm Bureau® offers soil kits to both members and non-members.
Farm Bureau Soil Test Kit discounted member pricing:**

**1 sample Soil Test Kit: \$22 | 2 sample kit: \$30 | 3 sample kit: \$45
1 sample Soil & Lead Test Kit: \$48 | 1 sample Lead Only Test Kit: \$40
Non-member pricing also available.**

Call the CCFB office at (708) 354-3276 to purchase your kit!

For more information on where to get supplies, soil, and flowers checkout the Pull Out Section from our May Co-Operator. That list can be found on our website, www.cookcfb.org, as well as our Farm Products Locator page.

Ag Lit Bit

“Source of Joy”



Diane Merrion,
CCFB Director of
Ag Literacy

The orioles brought much needed joy. There seems to have been such a lack of joy this past month, but perhaps I was thinking of the glass half empty vs. half full. I was missing the continuity of seeing our teachers, our presenters, my co-workers, family, and friends. Those sources of joy were absent, and I was not seeing the new signs of joy as I was so stressed about what was next in this new reality.

I am a planner and don't do well with uncertainty or procrastination so suddenly my world was full of both. As the weeks have passed, however, we're all adapting and determining what we can do moving forward. We know we cannot host our annual Summer Ag Institutes, conduct face-to-face programs with young learners at camps and libraries, or finish our school visits.

Instead of wallowing in the world of cannot, we're moving onto a new mindset wondering

just how we can continue to forge new connections with some of our partnerships. During the summer months we are excited to share more virtual learning opportunities and bring new information to you and your family to create more educational and fun family time.

I am certain this month will bring new joys beyond the oriole visitors and afford all of us more time to appreciate some little things we maybe didn't see last summer. Our son who made fun of birdwatching just last year is now regularly perched near the feeders observing the flurry of action that takes place daily. I also just noticed our 3-year-old vacant gourd bird house has a new family moving in. Glad I didn't miss that!

Diane can be reached at aitc@cookcfb.org



2020 “Thank You Farmers for 100 Years” Bookmark Contest Winners

Our 100th anniversary celebration continued through our annual bookmark contest. Thank you to the children who entered our “Thank You Farmers for 100 Years” contest this year! Some entries came from schools and others from individuals. All showed just how much children understand the importance of agriculture.

With over 20 entries, it was a tough choice! The winner of the contest was Sophie W. from

Chicago, who will be awarded a \$40 Amazon gift card. The runner-up winners are Ana K. from Woodridge, Nina R. from Lemont, and Haley Y. from Woodridge who will each receive a \$20 Amazon gift card. Congratulations to all!

The bookmarks will be given out during our summer programming and to all 4th grade students who receive our Ag in the Classroom presentation during the 2020/21 school year.

Runner Up Winner, Ana K. from Woodridge



Runner Up Winner, Nina R. from Lemont



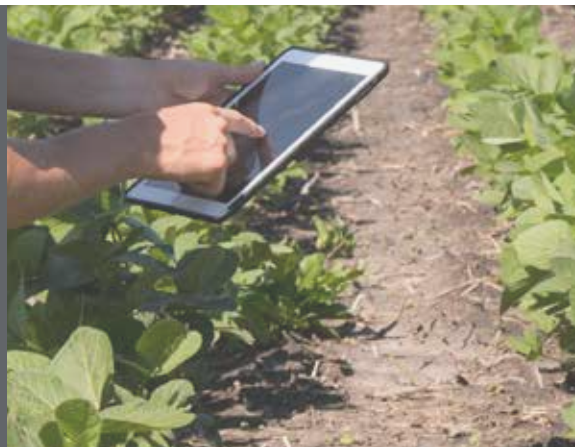
Runner Up Winner, Haley Y. from Woodridge



First Place Winner, Sophie W. from Chicago



WHERE ARE THEY NOW?



TOM POOLE

Scholarship Recipient and Young Leader

Education/Degree: Studied Crop Sciences at the University of Illinois at Urbana-Champaign and received Bachelor of Science degree in May of 2018.

Current Role: Currently based in Raleigh, NC as a consultant for food and agriculture organizations. Specialties include educational programs and events, remote sensing, and technology transfer.

Why Agriculture: Everybody needs to eat! The food and agriculture sector is complex. Yet this means there are various ways to contribute!

TOM'S CONSULTING WEBSITE:
[HTTPS://POOLECONSULTING.SQUARESPACE.COM/](https://pooleconsulting.squarespace.com/)

For full article on Tom visit <https://cookcfb.org/stay-updated/news/ccfb-news>

Young Teachers Awarded



Our virtual learning featured some young teachers including Dylan and Maggie Eastman (shown here) who were so excited to receive certificates acknowledging their contributions to youth educational programming. Their video lesson on making ice cream in a bag was featured on the Cook County Farm Bureau Facebook page. Xander, Nicholas and Jayden Koukol also were recognized for their presentation on A Cow in the Kitchen featuring the connection between French toast and agriculture.

Calling All Educators...

2020 SUMMER AGRICULTURAL UPDATE
SAVE THE DATE
June 2 | June 9 | June 16 | June 24-25 | June 30
July 7 | July 14 | July 21 | July 30

Agriculture in the Classroom Teacher Training Sessions
Follow us on Facebook for more details and information.

Illinois AGRICULTURE in the Classroom.
www.agintheclassroom.org

Sprouting Success in the Classroom

Register for Free Teacher Training at <https://bit.ly/ILAITC>

Calling All Families and Educators:

2020 SUMMER AGRICULTURAL UPDATE
SAVE THE DATE
June 4 | June 11 | June 18 | June 25
July 2 | July 9 | July 16 | July 23 | July 28

Illinois Ag in the Classroom Virtual Field Trips
Join us for a fun Agriculture-Related Field Trip at 9 am.
Follow us on Facebook for more details and information.

Illinois AGRICULTURE in the Classroom.
www.agintheclassroom.org

Sprouting Success in the Classroom

Enjoy a Virtual Field Trip Every Thursday in June and July.

Agriculture Adventure for Families

Seems like everyone is ready to get outside this month and enjoy some warm days and cool nights that June typically provides. June is National Dairy month, a perfect time to get creative and make some ice cream sandwiches. As the sun goes down many of us enjoy nothing better than gathering around a backyard fire that often includes a sweet treat such as an Iron Pie or the infamous S'mores. As you savor the fruits of your labor over the firepit, know that our farmers grow the ingredients that make the experience melt in your mouth.

History of S'mores

The history of the s'more is a mystery. No one knows who started the tradition of roasting marshmallows. However, in 1927 the Girl Scout Handbook was the first documentation of the recipe combining marshmallows with chocolate and graham crackers.

The Girl Scouts organization was likely responsible for naming the treat. The term s'more allegedly stands for "gimme some more."

S'mores have been popular throughout the years, especially with children. S'more are synonymous with camping and summer fun.



Grab your favorite fruit and two pieces of bread and make an instant pie for your family.



Celebrate National Dairy Month with ice cream!! Try creating different ice cream sandwiches using your favorite treats!!

For some outside the "ice" box ideas, check out <https://www.countryliving.com/food-drinks/g4406/homemade-ice-cream-sandwiches/>.



How are marshmallows made?

In the 19th century, marshmallows were made by mixing mallow root sap, egg whites and sugar into a fluffy mold. The French added cornstarch to help speed up the production and give the candy its unforgettable form.

Today the manufacturing of marshmallows is quite different. Mallow root sap has been replaced by gelatin. Corn syrup, starch, sugar and water are mixed with the gelatin. The fluffy mixture is piped through long tubes and then cut into equal pieces.

Source: CANCDYUSA.com

Graham Crackers are typically made using a wheat flour, sugar, soybean and/or canola oil, honey, leavening, salt, soy lecithin.

Technically, **marshmallows** aren't vegetarian. They contain gelatin, which is an animal protein. If you prefer, you can buy vegan marshmallows.

Chocolate comes from the Cocoa Bean which is a difficult crop to harvest and make into this tasty treat. Some chocolate also contains soybeans. Soy lecithin is an emulsifier added to chocolate to help bind the cocoa solids, sugar and milk so they stick to the cocoa butter. This improves the viscosity ("flowability") of the chocolate when it is melted.

New Word Search Prize Option

\$25 in Farm Bureau Farm Fresh Funds!
These funds can be redeemed at many local farm stands, greenhouses, and garden centers just as you would use cash.

Choose your prize:

Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR \$25 in Farm Bureau Farm Fresh Funds.

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 2020 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...

Calvin Harvey



June Word Search

- | | |
|---------|-----------|
| Camping | Ice Cream |
| Candy | Mallow |
| Cocoa | Pie Iron |
| Firepit | S'mores |
| Fluffy | Soybeans |
| Fruit | Summer |
| Gelatin | Treat |
| Graham | Wheat |

Name: _____

Phone #: _____

Membership #: _____

(Membership # is located on front of paper)

If you were to win, check your preference:

___ Beggar's Pizza GC ___ HRI GC ___ Farm Funds
(If a choice is not made, HRI GC will be sent)

Deadline is the 20th of each month.

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

Raise a Glass to Dairy Month



While the COVID-19 pandemic prompted many Americans to hoard toilet paper, I chose milk. I panic-purchased five gallons in late March for our family of four in case I needed to freeze some. Rather, we made smoothies and milkshakes to consume it before the best-by date.

I couldn't imagine my fridge without milk. I routinely start my day with a big glass of ice-cold 2% milk and sometimes end it with a small serving of the chocolate variety. You could say I raise my glass at dawn and dusk for dairy farmers, most fitting with the Dairy Month of June upon us.

Worthy of celebration, dairymen represent some of the most committed farm families in America. Cows need milked two to three times a day regardless of holidays or pandemics. Thankfully, advancements in technology provide labor flexibility on dairy farms where robots milk cows and automated systems deliver feed. Dairy farmers also have upgraded cow comfort, from better bedding for joints to backrubs from barn-mounted brushes. Some even use Fitbit-like collars to track individual cow activity.

Meanwhile, my Fitbit shows a little less physical activity now that our household advanced to an electric ice cream maker. When I plug it in, I think about Grandpa, who used to hand-crank our family-recipe homemade ice cream for every grandkid's birthday party.

The tradition of National Dairy Month started the month of Grandpa's 6th birthday in 1937. Throughout the nation, groups celebrate with ice cream socials, dinners at dairy farms, and promotions that tell of the nine essential nutrients in dairy products. While the satisfying taste puts milk, cheese, and yogurt on our regular grocery pickup order, the nutritious punch of calcium and protein justifies that decision.

Our household's consumption alone proves far short of the demand needed to reverse the struggles for today's dairy farmers. Oversupply from COVID-related shutdowns has forced dairymen to dump milk by the tanker full. Milk that supplied restaurants, schools, and institutions suddenly had no place to go. Even before the COVID crisis, declining milk consumption and oversupply had led to the demise of some dairy farms and processors.

While Dairy Month provides reason to celebrate, it also should bring pause to take notice and act. Add more dairy to that grocery pickup order. Ask for extra cheese on that take-out pizza. Plan ice cream for dessert, serve milk with dinner, and toast support to this long-time staple of American life.

About the author: Joanie Stiers' family grows corn, soybeans, and hay and raises beef cattle and backyard chickens in West-Central Illinois.

Local Teacher Encourages Individuals to Explore Agricultural Opportunities

Cook County Farm Bureau® Young Leaders Group Chair builds on her experiences in agriculture and horticulture while expanding students' and individuals' awareness of the opportunities presented in agriculture

FFA (formerly called "Future Farmers of America") is a dynamic youth organization that develops members' leadership, personal growth, and career success through hands-on experiences in agriculture. FFA members are future food scientists, veterinarians, small business owners, bankers, teachers, doctors, chemists, government officials, and nurses. They're leaders in their chosen career fields. FFA is a portion of students' agricultural education.

A key component of FFA is in-classroom agricultural education. Jessica Biernacki, the chair of the Cook County Farm Bureau Young Leaders Group is an agriculture teacher at Momence High School and serves as the River Valley FFA Chapter Advisor. Stationed by the owl, she teaches introduction to agricultural science, animal science, plant science, and horticulture.

Students begin their agricultural education journey with introduction to agriculture which explores how the agricultural industry is organized; its major components; the economic influence of agriculture at the state, national, and international levels; and the scope and types of job opportunities available in the agricultural field. Students also explore basic concepts in animal science, plant science, soil science, horticulture, natural resources, technology, environmental science, and aquaculture science and technology. While participation in FFA is not required, it is an integral component of a student's leadership development and career exploration.

Biernacki is a life-long agriculturalist. Her journey started in her grandparents', now parents' greenhouse. Ted's Greenhouse in Tinley Park offers the largest selection of cacti and succulents in the Midwest. In addition to cacti and succulents, the greenhouse offers a large selection of pre-made containers, perennials, annuals, herbs, and poinsettias. Biernacki remains involved in her family's greenhouse still today.



Prior to teaching at Momence High School, Biernacki completed her bachelor's and master's degrees in agricultural education at the University of Illinois Urbana-Champaign. While completing her education, Biernacki served as a Research Assistant for the University of Illinois Animal Science Department and as the Cook County Master Gardener Program Coordinator for the University of Illinois Extension.

In addition to teaching and serving as the FFA Advisory for River Valley FFA, Biernacki is the Chair of the Cook County Farm Bureau Young Leaders Group. Like many of her colleagues on the group, she believes that individuals need to seize every opportunity they're presented with because even the seemingly smallest occasion can present life-changing opportunities.

Through agriculture, horticulture, Farm Bureau, and teaching Biernacki is an integral part of an industry that positively impacts the lives of people all over the world.

***Checkout our Facebook page to learn about our other featured Young Leaders.*



Gwen Shaw
Financial Representative

Considering a new career?

As a COUNTRY Financial® representative, you can make a difference in your community by helping customers achieve financial security. If you are one part analytical, one part creative and one part compassionate, let's get together!



Robert Saunders
Agency Sales Recruiter – Northern Illinois & Chicagoland
(309) 821-5226
Want to book some time for us to talk?
Go to <https://calendly.com/rob-at-country>

0518-585HO

PPP Loan Forgiveness Explained

by Ashley Rice FarmWeek

More than \$100 billion remained available in Paycheck Protection Program (PPP) loans as of press time May 20th.

During the first round of PPP funding, which ran out April 16, Illinois received 70,000 loans and \$16 billion in funds. During the second round of PPP funding, which began April 27, Illinois has so far received 102,000 loans and \$7 billion in funds.

PPP borrowers may apply for loan forgiveness eight weeks after receiving their loan funds. Illinois Farm Business Farm Management's (FBFM) Bob Rhea and Dale Lattz explained the process during a recent University of Illinois farmdoc webinar.

"The borrower must apply with their lender for loan forgiveness," explained Lattz. "The lender is required to make a decision on a loan forgiveness within 60 days of receiving the application. But the borrower needs to initiate this."

The borrower should provide documentation verifying the number of employees on payroll and the pay rates. In addition, documentation should verify payments on covered mortgage obligations, lease obligations, and utilities. Certification from a representative of your business that the documentation and fund usage are true is also required.

"These loans could be a part of your books and records for 150 days, even though we think about it as an eight-week program," noted Rhea. "It may be a part of your books for up to two years, if not forgiven."

FBFM knows there are unanswered questions at this time, such as, do expenses accrued for more than the eight-week period and paid during that period need to be calculated for an eight-week period? And, if the payroll and nonpayroll percentages are not met, is forgiveness all or nothing?

At this time, borrowers are encouraged to document and try to meet the requirements as much as possible, until these questions can be answered.

For agricultural enterprises which do not qualify for the PPP, the Economic Injury Disaster Loan (EIDL) and EIDL Advance programs may be appealing. This may include individuals who have a negative Schedule F with no employees or wages on their Schedule F, suggested Lattz.

EIDL applicants may receive a long-term, low-interest loan of up to \$150,000, while the EIDL advance provides \$1,000 per employee. Applications are submitted directly to the Small Business Administration.

Action Request: Increased Funding for COVID-19 Relief for Agriculture

Write your member of Congress and urge passage of the COVID-19 Relief Package! Please encourage your member of Congress to pass the next CARES ACT and prioritize agricultural issues to help steer farmers through this crisis.

We are asking Congress to increase funding for USDA's Commodity Credit Corporation, provide direct payments to all farmers impacted by COVID-19, allocate funding for the humane and safe disposal of depopulated hogs, provide

flexibility to help farmers restructure USDA loans, and to provide assistance to the biofuel industry.

Be sure to customize the provided message to relay how COVID-19 has affected your farm and how prioritizing agriculture in the next COVID-19 package will help keep your farm afloat.

Visit <https://p2a.co/FhWXoo> to make your voice heard!

Illinois Counties: Anglo-Saxon Roots of the County

Reprinted from the Illinois Association of County Board Members

In the early nineteenth century, Illinois was populated by two streams of migration. Those settlers who came from the middle states wanted small-scale government at the local level. Since they did not have the strong ties to a parish, as did New Englanders, they tended to create New York-style counties. Migrants from Virginia settled in the southern part of Illinois, which was originally part of colonial Virginia. The model they adopted was similar to government in the large southern counties, with strong executives and no administrative units at more local levels.

Settlers in Illinois resolved this conflict of political culture by allowing the creation of both forms of county government (Duncombe 1977, 22). From the New England experience came the township county, where the board members were popularly elected from districts based on towns. In this form of government, each township elected a supervisor for a four-year term. The supervisors then constituted the county board, much as their counterparts did in colonial New York three hundred years ago. The township form of county government was the most prevalent form in Illinois, having operated in 84 counties until 1972 (55 ILCS 5/2-3001 et seq.).

In the seventeen commission counties there are three or five elected commissioners. One result of changes in statute law effective in 1994 is that commissioners now serve rotating six-year terms with one elected every two years (55 ILCS 5/2-4006) from the county at large. Each December the commissioners elect one of their number to serve as chairman for the ensuing year (55 ILCS 5/2-4003). As noted earlier, the

seventeen commission counties can trace their lineage to the several southern colonies of pre-Revolution America.

Cook County has long had a special form of government that does not derive from either of the traditions noted previously. In recent years, the seventeen Cook County commissioners have been elected in the following manner: ten are elected by the electors of the City of Chicago and seven are elected by electors from towns outside the city (55 ILCS 5/2-6001). The president of the Cook County Board is elected as one of the commissioners. At the same election, electors throughout the county indicate their choice of a commissioner to be president of the Cook County Board (55 ILCS 5/2-6002). This unique arrangement results in Cook County having home rule powers under the provisions of article VII, section 6(a) of the Illinois Constitution.

Summary

County government, as we know it in Illinois today, is the product of a long period of evolution. This regional unit of local government maintains a historical continuity with its early counterparts in feudal England and France. Although the selection of county officials has been taken out of the hands of the king and the high nobility and placed into the hands of the people, the legacy of this form of government is evident in centuries-old titles of office such as sheriff and assessor. We have good reason to believe that because citizens want to have their demands for government services met by locally elected and locally responsible officials, the county will endure and prosper as a unit for the foreseeable future.

Farm Bureau Providing Guidance During COVID-19 Pandemic

Farm Bureau voting members recently completed a micro-survey regarding Farm Bureau's efforts related to COVID-19. Members were asked, "Farm Bureau is committed to assisting members, especially during COVID-19. Is there assistance you need that has not previously been brought up?"

Rather than request for assistance, many members requested additional information on COVID-19-related topics, including *How are farmers helping communities during COVID-19?* Together with members, Cook County Farm Bureau® and local farmers growing healthy and nutritious food are poised to provide local food pantries assistance during this difficult time in Illinois. To support local food pantries, Cook County Farm Bureau has created a Food Pantry Grant Program. Food pantries can self-nominate, or a community member can nominate a food pantry. Local food pantries are encouraged to apply for grant funds at <https://bit.ly/2LlpqGA>. Grant applications are due before midnight on Friday, June 12. Grant awards will range between \$150 to \$600.

Farm Bureau members are also encouraged to donate funds to this program. Donations will be tax deductible and will solely benefit Cook County food pantries. Donations can be mailed to 6438 Joliet Rd., Countryside, IL 60525.

Members also asked, "What's being done to address the reductions in the amount of ethanol in gasoline during COVID-19?" At the beginning

of May, the U.S. Department of Agriculture indicated that they intend to make up to \$100 million in competitive grants available for the expansion of renewable fuels.

"America's energy independence is critical to our economic security, and President Trump fully recognizes the importance of our ethanol and biofuels industries and the positive impacts they deliver to consumers and farmers with an affordable, abundant, and clean-burning fuel," Secretary of Agriculture, Sonny Perdue said. "American ethanol and biofuel producers have been affected by decreased energy demands due to the coronavirus, and these grants to expand their availability will help increase their use during our economic resurgence."

The Higher Blends Infrastructure Incentive Program (HBIIIP) consists of up to \$100 million in funding for competitive grants or sales incentives to eligible entities for activities designed to expand the sale and use of ethanol and biodiesel fuels. Funds will be made directly available to assist transportation fueling and biodiesel distribution facilities with converting to higher ethanol and biodiesel blends by sharing the costs related to the installation of fuel pumps, related equipment, and infrastructure.

Members are encouraged to contact the Farm Bureau with any questions or concerns, especially related to COVID-19.

Manifolds, Manolos, and Manure



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

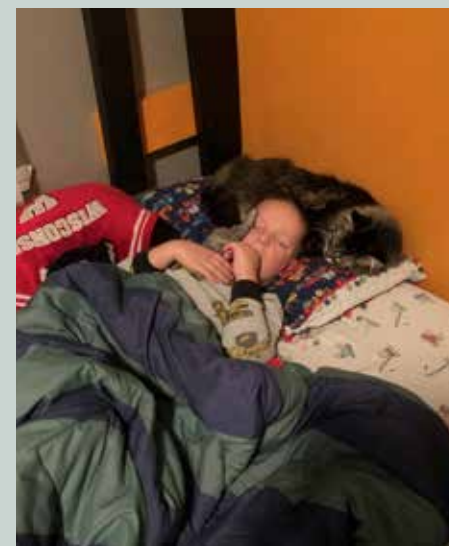
Six years ago, our big, little boy entered the world moments after his father finished planting soybeans. With his scrunchy face and no official eye color he managed to turn our entire family upside down.

My family raises tough, strong-willed women. I was raised by one of those women along with her sister. Her sister raised two tough, strong-willed women. I have a tough, amazing blue-eyed girl who despite spending her last quarter of fifth grade being home schooled by her mother is growing up to be quite a young lady. Our family raises women, or we did until my big, little boy entered the world one hot June night.

Our big, little boy loves digging seeds with his dad. He loves using his dad's knife. And despite our efforts to make sure said knife is stored safely out of his reach, we continue to find it in his room and more specifically in his bed. Under his pillow. Or clutched in his grimy little hand.

Our same big, little boy adores his cat, "Xanadau." The fluff ball lets our big, little boy throw him over his shoulder and cart him around the house. As a thank you for tolerating him our big, little boy let's Xanadau sleep on his pillow while he sleeps on his Bucky Badger pillow pet. Or without a pillow. Most nights Xanadau is wrapped protectively around our big, little boy's head.

Despite his parents' nerves, our big, little boy started kindergarten this year. Along with his friends, he has learned his "popcorn" words, letters, numbers, and basic math. More importantly he has learned the power of "yet" ... he doesn't know the answer yet. He has learned to be brave and to raise his hand to be heard. Our greatest regret is that he missed out on the final eight weeks of school with his kindergarten teacher.



Our big, little boy adores skid loaders. All skid loaders. Bobcats. Caterpillars. John Deere. New Holland. He's not picky providing it has a bucket. And preferably tracks. He adores driving them with his dad. Scooping manure. Moving feed. He'd love them even more if his dad let him drive them by himself.

On the note of farm equipment, he spends every morning "carpet farming." With his dad in tow they plant, spray, and harvest the kitchen. His bedroom. Living room. Hallway. And when his mom lets him, his parents' bedroom. For some reason, he never seems to have problems with the timing of rain.

School has given our big, little boy a love of books. Like his sister before him, he's spent this year following the adventures of Jack and Annie in the *Magic Treehouse* books by Mary Pope Osborne. He's currently in Nome, Alaska during the diphtheria epidemic of 1925 as Jack and Annie join Balto to save the town. *Balto of the Blue Dawn* was preceded by *Narwhal on a Sunny Night*.

Farm kids are resilient. They're tough. As parents we want nothing more than our big, little boy to want to milk the cows. Drive the tractors. Farm. Just like his dad, grandfather, and great grandfather before him.

Bona can be reached at Bona@cookcfb.org

EXTENDED THROUGH JUNE 30!

Cook County Farm Bureau Photo Contest

Submit photos of animals, including pets, livestock, and horses. Win one of three cash prizes in three different categories.

Winning photos will be selected from each of the following categories:

**Pets
Horses
Livestock**



**First place: \$100
Second place: \$75
Third place: \$50**

Winning entries will be announced in the July Co-Operator. For contest details and to submit entries visit <https://bit.ly/39kGB1b>. The contest is open to all members in good standing.



Defensive Driving Course Receive discounts on your auto insurance

August 18 & 19, 2020

10AM-3PM

(both dates)

Location: CCFB

**\$15 for members and \$25
for nonmembers**

*(includes course materials
and lunch both days).*



The course explores the causes of vehicle collisions (mental, physical and environmental factors) and teaches how defensive driving principles can prevent most of these costly incidents. Upon completion, you may be eligible for a discount on your auto insurance. Rated drivers 55 and over who have not had a motor vehicle accident or violation within the past 12 months are eligible. The savings will extend for 3 years on the policy.

Reservations are required and class size is limited. Call the CCFB at (708) 354-3276 to make your reservation or for more information. Program subject to change based on state order conditions in August.

Zoom Planter Workshop

We had fun during our 1st Zoom Planter Workshop at Crete Garden Center & Nursery on Saturday, May 16th. Garden Center Manager, Donna Rietveld & staff member Stacy Bukowski (left) created amazing planters and were naturals in front of the camera! Thank you to all

the Rietvelds, including Don, Donna, Josh, and the staff for opening your doors to our members at home. We encourage you to visit Crete's amazing selection of flowers, bedding plants, trees, shrubs, and landscape materials!



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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.



***Kevin Welsh**

Chicago North Agency, Victoria Nygren, Agency Manager

*Kevin Welsh has been named Career Financial Representative of the month for April 2020. His office is located at 220 S. Cook St., Ste. 102 in Barrington, IL. His phone number is 773-248-2561. Kevin has been a Financial Representative since January 2009.



***Sylwia Grochowska**

Chicago North Agency, Victoria Nygren, Agency Manager

Sylwia Grochowska has been named Employee Financial Representative of the month for April 2020. Her office is located at 3339 N. Harlem Ave., in Chicago, IL. Her phone number is 773-628-2502. Sylwia has been a Financial Representative since February 2016.



Matt Powell

Chicago Northeast Agency, Sharon Stemke, Agency Manager

Matt Powell has been named Career Financial Representative of the month for April 2020. 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.



***Ibrahim Essa**

Chicago Northeast Agency, Sharon Stemke, Agency Manager

Ibrahim Essa has been named Employee Financial Representative of the month for April 2020. His office is located at 25 NW Point. Blvd, Ste.850, in Elk Grove Village IL. His phone number is 847-963-8851. Ibrahim has been a Financial Representative since January 2017.



Kathy Spiewak

Chicago Northwest Agency, Jack Smith, Agency Manager

*Kathy Spiewak has been named Career Financial Representative of the month for April 2020. Her office is located at 11 W. Wise Rd., Schaumburg IL. Her phone number is 847-716-1010. Kathy has been a Financial Representative since February 2007.



Matthew Below

Chicago Northwest Agency, Jack Smith, Agency Manager

Matthew Below has been named Employee Financial Representative of the month for April 2020. His office is located at 1515 E. Woodfield Rd. Ste. 930 in Schaumburg, IL. His phone number is 847-891-3151. Matthew has been a Financial Representative since September 2019.



***Tom Geraghty**

Orland Park Agency, Cary Tate, Agency Manager

Tom Geraghty has been named Career Financial Representative of the Month for April 2020. His office is located at 5003 W. 95th St., in Oak Lawn, IL. His phone number is 708-425-9700. Tom has been a Financial Representative since December 1982.



Kurt Husein

Orland Park Agency, Cary Tate, Agency Manager

Kurt Husein has been named Employee Financial Representative of the Month for April 2020. Her office is located at 12130 S. Harlem Ave. Unit A in Palos Heights, IL. His phone is 708-480-5099. Kurt has been a Financial Representative since December 2017.



Frank Forsythe

South Holland Agency, Jeff Orman, Agency Manager

Frank Forsythe has been named Career Financial Representative of the Month for April 2020. His office is located at 320 W. North St., in Manhattan, IL. His phone number is 815-478-5797. Frank has been a Financial Representative since March 1994.



John Tymn

South Holland Agency, Jeff Orman, Agency Manager

John Tymn has been named Employee Financial Representative of the Month for April 2020. His office is located at 10607 S. Harlem Ave., Unit 1A in Worth, IL. His phone number is 708-480-5091. John has been a Financial Representative since June 2019.

**Indicates that this Financial Representative is a CCFB Financial Certified Representative. The Cook County Farm Bureau Certified Financial Representative Program is designed to strengthen the partnership and relationship shared by Financial Representatives from Country Financial with the Cook County Farm Bureau organization.*

The Cook County Farm Bureau Board of Directors posted this message on social media for Cook County consumers and families.



“This Month in Cook County Agriculture”

University of Illinois Extension’s Master Urban Farmer Training Program (MUFTP) is offering online training for a reduced cost in 2020. The Master Urban Farmer Training Program provides participants the knowledge and skills to start a farm. Upon completion, participants will be able to visualize their plans and have the information necessary to move forward with their goals. When: Tues & Thurs 6-8 pm | July 7-August 20 (online) and September 8- October 1 (in-person), Matteson, IL| Cost: \$100. Register by completing an application form due June 15th - class limited to 20 students and full details at: <https://web.extension.illinois.edu/registration/?RegistrationID=22099>

Cook County Farm Bureau members interested in participating in this training program may be eligible for a \$100 tuition reimbursement scholarship upon completion of the program through the Cook County Farm Bureau Foundation. Contact the Cook County Farm Bureau at 708-354-3276 for more information or see the scholarship application form on the Cook County Farm Bureau website at cookcfb.org/foundation.

University of Illinois Four Seasons Gardening Spring & Summer Webinars & Extension Webinars offered in June:

Tomato Problems

June 9 at 1:30 pm
Register at <https://extension.illinois.edu/global/four-seasons-gardening-webinar-series>

What’s in My Backyard:

Weed Identification
June 11 at 1:00 pm
Register at <https://extension.illinois.edu/events/2020-06-11-whats-my-backyard-weed-identification>

This spotlight 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.

IAA CREDIT UNION IS HERE TO HELP YOU THROUGH THESE UNCERTAIN TIMES!

For help navigating COVID-19 financial questions: Visit IAACU’s dedicated Response page at www.iaacu.org/coronavirus



IAACU serves the members and employees of the Illinois Farm Bureau and related Family of Companies.

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

A.R.E Fiberglass Tonneau cover, grey, will fit a 2007 to 2013 GMC Sierra crew cab \$600 or best offer. Call Mark at 219-617-0363.

SAE 30 weight motor oil Pennzoil & Valvoline \$2 qt. Thule bike trunk mount carrier \$50. Call Robert at 708-426-9065.

Teeter Hang-up table reduces back and sciatica pain. \$100 or better offer. Call Susan at 708-278-4168.

Commercial building 2300 sq. ft. with full basement. Fantastic opportunity, excellent location a mile from the expressway. 1 ½ block away from Arlington park train station. For more information call Rita at 847-259-9339.

Vacant Waterfront lot 8712 sq. ft. in Marco Island Florida, facing Gulf of Mexico. Call Rita at 847-259-9339.

16,000 plus Baseball cards \$100. 15,000 plus football cards \$90. If you buy both \$180. All cards are from the 1980’s to present located in New Lenox. Call Gilbert at 815-462-1455.

Vehicle

2013 Nissan Altima 4.5s like new condition, extended Nissan, newer tires, brakes, just tuned, very clean one owner, mostly highway miles. \$5900. Call Louie at 847-361-9292.

2005 Volvo V70 station wagon, like new condition, mostly highway miles, manual transmission, one owner and garage parking, leather heated seats, 162,000 miles, all maintenance records included. Call Gretchen at 708-856-5812 for more information.

Silver 2007 Honda CRV EX excellent condition, new goodyear tires, tuned- all records. \$4,900- cameras, GPS, leather. iPhone 8 rose gold (AT&T) warranty \$300. Text Annette at 708-439-8984.

For Rent

Coach house 2 bedroom, all utilities, extra nice. Calumet city, clean- quiet
Call Milan at 708-895-2713.

Wanted

1972 older cars, truck/parts unfinished projects. Call Attilio at 708-439-9770.

Wanted old and vintage items...toys, bicycles, fishing, coin operated pieces etc. Call Jim at 708-361-8230.

One thing to buy your electric trains and slot cars turn those unwanted trains and slot cars into cash. Call Ron at 630-272-4433.

FREE CLASSIFIED ADS

For Cook County Farm Bureau members

All Cook County Farm Bureau members may run four non-commercial classified ads annually free in the Co-Operator. Only items of personal property will be accepted. Ads must be in the office by the 17th of each month.

Category: For Sale Misc. For Sale Other For Rent Wanted

Name: _____

Farm Bureau # _____

Phone: _____

Ad: _____

*Please be sure to include a contact phone number where interested buyers can contact you. Ad can be typed or written. PRINT CLEARLY. (If not enough room, put on separate sheet)

Complete the above form and mail to:
Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525.
You can also fax your ad to (708) 579-6056 or email to juanita@cookcfb.org
Non-member ad rate: \$.75 per word; \$15.00 minimum.

USDA Coronavirus Food Assistance Program (CFAP)

Getting Ready to Apply: New Details

APPLICATIONS can be accepted between May 26th - August 28th.

USDA released additional details today regarding the Coronavirus Food Assistance Program (CFAP). CFAP will provide \$16 billion in direct support to farmers and ranchers impacted by the coronavirus pandemic.

Overview

CFAP provides vital financial assistance to producers of agricultural commodities who have suffered a five-percent-or-greater price decline due to COVID-19 and face additional significant marketing costs as a result of lower demand, surplus production, and disruptions to shipping patterns and the orderly marketing of commodities.

Farmers and ranchers will receive direct support, drawn from two possible funding sources.

- The first source of funding is \$9.5 billion in appropriated funding provided in the Coronavirus Aid, Relief, and Economic Stability (CARES) Act to compensate farmers for losses due to price declines that occurred between mid-January 2020, and mid-April 2020 and provides support for specialty crops for product that had been shipped from the farm between the same time period but subsequently spoiled due to loss of marketing channels.
- The second funding source uses the Commodity Credit Corporation Charter Act to compensate producers for \$6.5 billion in losses due to on-going market disruptions. Participation in the Small Business Administration's Paycheck Protection Program or Economic Injury Disaster Loan program does not affect eligibility for the CFAP or any other USDA program or loan.

Information for this program can be found on www.farmers.gov/CFAP and see the Frequently Asked Questions that can help clarify details.

Eligibility, Payment Limits, and Payment Structure

There is a payment limitation of \$250,000 per person or entity for all commodities combined. Applicants who are corporations, limited liability companies or limited partnerships may qualify for additional payment limits where members actively provide personal labor or personal management for the farming operation. Producers will also have to certify they meet the Adjusted Gross Income limitation of \$900,000 unless at least 75 percent or more of their income is derived from farming, ranching or forestry-related activities. Producers must also be in compliance with Highly Erodible Land and Wetland Conservation provisions.

To ensure the availability of funding throughout the application period, producers will receive 80 percent of their maximum total payment upon approval of the application. The remaining portion of the payment, not to exceed the payment limit, will be paid at a later date as funds remain available.

Eligible Crops and links to details

Non-specialty crops and wool
Non-specialty crops eligible for CFAP payments include malting barley, canola, corn, upland cotton, millet, oats, soybeans, sorghum, sunflowers, durum wheat, and hard red spring wheat. Producers will be paid based on inventory subject to price risk held as of January 15, 2020. A single payment will be made based on 50 percent of a producer's 2019 total production or the 2019 inventory as of January 15, 2020, whichever is smaller, multiplied by the commodity's applicable payment rates.

Wool is also eligible. Visit <https://www.farmers.gov/cfap> and click on "Wool" for details.

Livestock

Livestock eligible for CFAP include cattle, lambs, yearlings and hogs. The total payment will be calculated using the sum of the producer's number of livestock sold between January 15 and April 15, 2020, multiplied by the payment rates per head, and the highest inventory number of livestock between April 16 and May 14, 2020, multiplied by the payment rate per head.

Dairy

Visit <https://www.farmers.gov/cfap> and click on "Dairy" for details.

For dairy, the total payment will be calculated based on a producer's certification of milk production for the first quarter of calendar year 2020 multiplied by a national price decline during the same quarter. The second part of the payment is based a national adjustment to each producer's production in the first quarter.

Specialty Crops

For eligible specialty crops, the total payment will be based on the volume of production sold between January 15 and April 15, 2020; the volume of production shipped, but unpaid; and the number of acres for which harvested production did not leave the farm or mature product destroyed or not harvested during that same time period, and which have not and will not be sold. Specialty crops include, but are not limited to, almonds, beans, broccoli, sweet corn, lemons, iceberg lettuce, spinach, squash, strawberries and tomatoes. A full list of eligible crops can be found on farmers.gov/cfap. Additional crops may be deemed eligible at a later date.

Forms and paperwork

Applications and a calculator will be posted online in the coming days, and FSA staff will also help producers complete the application. USDA has provided a preview of the Payment Calculator which you can watch [HERE](#).

If you have not worked with the FSA on payment programs before, it is highly recommended that you start collecting the necessary documents now.

Your local FSA staff will work with you to apply for the program, and will ask for Contact information, Tax Identification Number, Farming operating structure, Adjusted Gross Income to ensure eligibility, and Direct deposit to enable payment processing.

The following forms will be needed for CFAP:

- CCC-901 (Also Available in Spanish) – Identifies members of a farm or ranch that is a legal entity. Member Information will be completed by legal entities and joint operations to collect the following:
 - o member names, addresses, and Tax Identification Numbers
 - o citizenship status
- CCC-941 (Also Available in Spanish) – Reports your average adjusted gross income for programs where income restrictions apply.
- CCC-942 – If applicable, this certification reports income from farming, ranching, and forestry, for those exceeding the adjusted gross income limitation.
- AD-1026 (Also Available in Spanish) – Ensures compliance with highly erodible land conservation and wetland conservation.
- AD-2047 – Provides basic customer contact information.
- SF-3881 – Collects your banking information to allow USDA to make payments to you via direct deposit

FSA has streamlined the signup process to not require an acreage report at the time of application and a USDA farm number may not be immediately needed.

Applications will be accepted through: August 28, 2020.

Resources Available to Assist Businesses During COVID- 19



Information on COVID-19 and available resources are changing daily; however, the following resources are available at the time of publication:

- Paycheck Protection Program (PPP) (federal program): Especially for small businesses, PPP includes \$347 billion for the Small Business Administration to administer the Paycheck Protection Program, a forgivable loan for businesses, non-profits, farms, and 1099 workers impacted by the COVID-19 pandemic.
- Cook County Community Recovery Fund (county program): This loan fund offers one-time, zero-interest loans of up to \$20,000 for small businesses and \$10,000 for independent contractors in suburban Cook County. Loans will be

administered by the Chicago Community Loan Fund and provided by a network of community lenders. Applications opened in mid-April on a first-come, first-serve basis.

- Chicago COVID-19 resources (Chicago program): Specifically for residents and businesses located in Chicago, these programs assist consumers and businesses.
- Small business loans (federal program): Specifically for small businesses, small business loans can assist these businesses with accessing federal resources, including access to capital.

Information on all programs is available on Cook County Farm Bureau's website at cookcfb.org/stay-updated/covid-19-resources and Illinois Farm Bureau's website at ilfb.org/resources/covid-19-resources.

Please note that this information is everchanging, so please visit the resource pages for the most up-to-date links and information.

New Member Benefit Platform

Sign up to access over 302,000 discounts
<https://ilfb.abenity.com>

ILLINOIS FARM BUREAU
Farm. Family. Food.™

Mental Health For Those In Need

Find a Mental Health Provider

- mentalhealthamerica.net/finding-help
- findtreatment.samhsa.gov
- <https://www.psychologytoday.com/us/therapists/>

Phone/Text Lines

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text TALK to 741-741
- Farm Aid Farmer Hotline: 1-800-FARM-AID (1-800-327-6243)
- Avera Farm and Rural Stress Hotline: 1-800-691-4336
- Illinois Warm Line: 1-866-359-7953 (call) or 1-866-880-4459 (text)

Websites

- American Farm Bureau Federation – Rural Resilience: <https://www.fb.org/programs/rural-resilience/>
- American Farm Bureau Federation – Farm Town Strong: <https://farmtownstrong.org/>
- Michigan State University Extension – Managing Farm Stress: https://www.canr.msu.edu/managing_farm_stress/
- North Dakota State University Extension – Farm and Ranch Stress: <https://www.ag.ndsu.edu/farmranchstress>
- University of Minnesota Extension – Coping with Rural Stress: <https://extension.umn.edu/rural-stress>
- National Farmers Union – Farm Crisis Center: <https://farmerisis.nfu.org/>
- Rural Health Information (RHI) Hub – Rural Response to Farmer Mental Health and Suicide Prevention: <https://www.ruralhealthinfo.org/topics/farmer-mental-health>

MEMBER TO MEMBER - BUY LOCAL

HELP US TO PROMOTE YOUR SMALL BUSINESS

Promote your business to our 40,000 plus CCFB members!!

Cook County Farm Bureau is here for you!
We want to support our small businesses by encouraging members to shop local.

Promotion will include social media and inclusion in the Co-Operator and on our website.

If you choose to participate in this program, please email juanita@cookcfb.org.

