



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	PAGE
8 & 15 Summer Prof. Dev, Natural Resources	6
22 & 29 Summer Prof. Dev, Livestock	6
JULY	
6 & 13 Summer Prof. Dev, Row Crops	6
20 & 27 Summer Prof. Dev, Specialty Crops	6
SAVE THE DATE	
September 11 2021 Farm Crawl	
October 2 21st Annual Giant Pumpkin Contest	

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

Question of the Month

What is the name of the CCFB 2021 Agriculture Literacy Summer Intern?

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)

May's Winner is Debbie Mullens

What is the name of our special insert in this month's Co-Operator?

Answer: "Discover Local"

Congratulations to Our Winning Bookmark



Our winning bookmark was created by 12-year-old Ana who attends St. Alphonsus St. Patrick School. Her colorful representation of local products such as bees, honey, corn, floriculture and wheat captured first place. Local youth enjoy learning about agriculture through classroom programs, visiting local farm stands and even participating in camps and library opportunities. While Ana thanked our farmers, we want to thank her and all the other entrants in our contest. See page 6 for our runner ups!

Members Urged to Enter Summer Selfie Contest

Join us as we kick off the Cook County Farm Bureau Summer Selfie 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 in June, July, and August.

Categories:

- 1) Farmers' Markets
- 2) Crops/Gardening
- 3) Farm Animals

Prizes:

Photos will be selected from each of the three categories. 1st and 2nd place winners will receive a cash prize. Photos will be featured in the Co-Operator, on our website, and social media.

- 1st place: \$75
- 2nd place: \$35
- 3rd place: CCFB swag bag

Go to <https://bit.ly/3vuzjH9> to submit entries. The contest is open to all members in good standing.



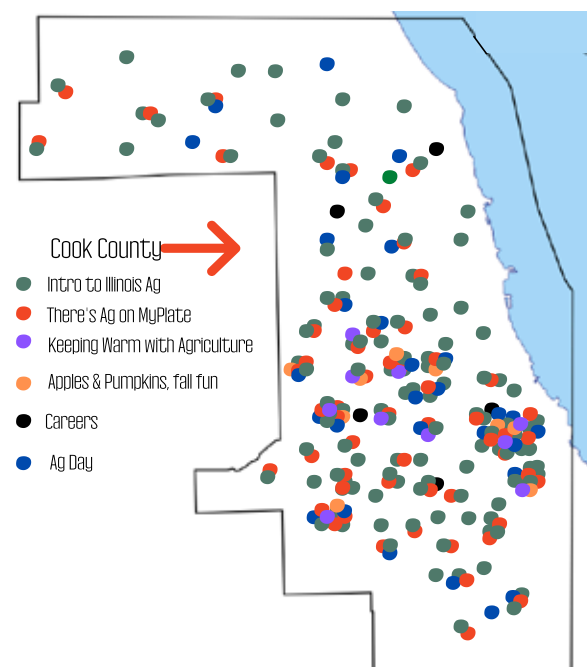
We Were All Over the Map of Cook County

- Students were extremely interested in agricultural products and our grade level will plan how to incorporate more content in our current units.
- Kids were able to make real life connections to the presentation... which led to great discussion afterwards.
- The number of jobs in the agriculture field.
- Students were very impressed to learn how much work, time, and people it takes to produce and make an item.

Our Agriculture in the Classroom also offered two seasonal lessons titled Apples & Pumpkins Fall Fun (teaching about the growth, development of these specialty crops) and Keeping Warm with Agriculture (featuring fiber production). We were also excited to get special requests for custom programs (<https://bit.ly/CustomAg>). Finally, our virtual Ag Day (where we reached an additional 1,000 students) offered

another engagement option for students to learn about agriculture locally through our partnership with The Children's Farm.

Thank you to all the schools, teachers, and partners who embraced our virtual offerings this school year. While we did not log a lot of miles, we sure logged a lot of Zooms and Google Meet time and we loved it! We cannot wait to share our programming with you next school year and welcome any inquires you may have over the summer. Let us know how we can help you by emailing Diane at aite@cookcfb.org or giving us a call at the office.



Our 2020-21 virtual school presentations have concluded! Reading the evaluations provided by many teachers, we can see the impact we had on the 12,000+ students we reached in classrooms throughout our county. Our team of presenters included Jim Bloomstrand, Sarah Koukol, Kathy Lesser, and Linda Schaeffer, who braved the world of Zoom and Google Meets to share our various agriculture themed programs, with most schools selecting our Introduction to Agriculture in Illinois and/or There's Ag on MyPlate options (<https://bit.ly/CCFBAGLit>).

Here are just a few comments shared with us when asked about the biggest takeaway of these programs.

- Empowering students to make more informed choices about what they eat and drink.
- Learning so much about agriculture in our very own state! Our kiddos were so hooked!

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 bio-fuels. 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!

5 things members should know about... The Member Relations Team

1. The mission of the Member Relations Team is to identify and develop benefits, recruitment ideas, member communications, reward programs, membership services, events, leadership training, and related activities to enhance the CCFB membership experience.
2. The members serving currently on the Team are a diverse group made up of farmers, agribusiness professionals, COUNTRY Financial Agency Managers, COUNTRY Financial Reps, and associate members.
3. The Team has developed innovative programs such as the Volunteer of the Year award, the Master Member Club, Member Appreciation Week, Member Appreciation Picnic, and a host of popular programs and seminars.
4. The Team is always looking for new membership discounts, benefits, and services that can help members save money or increase income.
5. The Team identifies the member as the most valuable asset of the Cook County Farm Bureau.



The Shop Local directory provides simple yet powerful search tools to connect growers, buyers, sellers, and consumers. Get listed and expand your reach to thousands of new customers.

How to set up your Shop Local business profile:

- STEP 1** Get started at any Shop Local partner website. Visit Specialgrowers.org/ShopLocal or visit your county Farm Bureau Shop Local website.
- STEP 2** Register and create a login.
- STEP 3** Set up your business information.
- STEP 4** Join networks and choose your business affiliations. Adding affiliations makes your business more searchable. Don't forget to add Illinois Farm Bureau, Illinois Specialty Growers Association, Buy Fresh Buy Local Illinois, and any other business affiliation you belong to.
- It's important to know that you will need your Illinois Farm Bureau membership number to add your affiliation. Not a member? Contact your county Farm Bureau or visit myifb.org to join today!*
- STEP 5** Congratulations, your profile is set up and your business is listed. Login and access your account as often as you need. You can also add an e-commerce store or link to an existing store.

- Visit <https://cookcfb.org/discover-local/shop-local/online-directory> for info.
 - For technical support, contact rscavuzzo@ifb.org.
 - For recording of ShopLocal webinar, email membershipdebbeie@cookcfb.org.



Growing Our Community Together

Shop Local is brought to you through a partnership with Illinois Farm Bureau, in cooperation with the Illinois Specialty Growers Association, and Illinois MarketMaker.



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...

- The teachers in Cook County for their ability to switch gears throughout the school year and continue to educate their students. Thank you to those of you who invited us into your classrooms and we hope to see you next year.
- Jennifer Miller, new Young Leader Team member, who recorded a new Young Leader Spotlight Video for the Farm Bureau Facebook page (and Young Leader Doug Yunker for editing/posting it).
- The many members who communicated to their area Congressional Reps and Senators about the damaging impact on family farms of the elimination of stepped-up basis and changes to capital gains tax law.
- Members for great engagement and involvement as you follow and participate in our social media agriculture literacy activities, agricultural trivia, and fun special messages. We truly appreciate the positive engagement!
- Our members for participating in programming including virtual planter workshops, our lunch and learn series, and various member online webinars. We appreciate your involvement and support.
- The 140 creative and thoughtful kids that entered our annual farm-based bookmark contest.

Young Leader Spotlight on Facebook



Check out the Cook County Farm Bureau Facebook page for our latest Young Leader spotlight video with member Jennifer Miller. Jen is studying Biological Sciences at Illinois State University in Bloomington, IL and has recently gotten involved with the Young Leaders. The Young Leaders Spotlight Videos are designed to show how young people continue to get involved in agriculture in the Chicagoland area and the importance of the Young Leaders Team.

Co-Operator

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Robert "Bob" Heine

The Cook County Farm Bureau Board of Directors and staff were greatly saddened by the recent passing of Bob Heine, part-time maintenance man for the Cook County Farm Bureau building and grounds. His pleasant demeanor and his pride in maintaining the facilities of the organization will be greatly missed. Bob worked for the Cook County Farm Bureau for 16 years.



Past issues of the Co-Operator are available online at cookcfb.org/stay updated



Downwind

by Bob Rohrer, CCFB Manager

“Wisdom and Advice”

I was in a Zoom webinar the other day when the speaker said, “The phones will be ringing off the hook.” Then she said, “That’s a saying that we are going to have to update!”

Outdated sayings and idioms. Created with meaning in context at an earlier time. We still understand the message today, although, we may have forgotten the context. It started me thinking of outdated sayings used today...

- Repeats like a broken record
- Rewind it
- Roll up the window
- Burning the midnight oil
- Mimeograph it
- At the drop of a hat
- Burning the candle at both ends
- Stay tuned
- Kick the bucket
- Spill the beans

Have you ever thought about how many sayings and idioms have their origin on the farm? There is so much wisdom and great advice wrapped around a farm saying. Here are a few examples; I’m sure you can come up with plenty more...

Land, Crops, and Machinery

- A hard row to plow
- Sowing is not as difficult as reaping
- You reap what you sow
- Make sure your fences are horse high, pig tight, and bull strong
- Knee-high by 4th of July
- Sort the wheat from the chaff
- Make hay while the sun shines
- It never rains in a dry time
- Like finding a needle in a haystack
- Sow your wild oats
- Running out of steam
- Buy the farm
- Dumb as a post (I heard that one frequently as a kid!)

Livestock

- Straight from the horse’s mouth
- Don’t count your chickens before they hatch
- Get off your high horse (a favorite of my Mom)
- Two shakes of a lamb’s tail
- When the cows come home
- Don’t let them pull the wool over your eyes
- Don’t put all your eggs in one basket
- Dirty as a pigsty (a reference to my bedroom growing up)
- Get all your ducks in a row
- Hen pecked or pecking order
- Happy as a pig in mud
- Running around like a chicken with its

head cut off

- Hold your horses (Dad’s favorite)
- When pigs fly
- Take the bull by its horns
- Put out to pasture

How about some more recent sayings farm sayings...

- My tractor cost more than your Beemer
- To make agriculture sustainable, the grower has to make a profit
- You can make a small fortune farming provided you start with a large one
- The three seasons of a farmer are before harvest, harvest, and after harvest
- A farmer has to be an optimist, or he/she wouldn’t still be a farmer
- Old farmers never die, they just go to seed
- Used cows for sale (Not sure it’s a saying, but it made me smile)

There is a monument marker in front of the Illinois Farm Bureau building in Bloomington, Illinois. It is a picture of a farmer behind a one bottom plow with a plaque that reads...

“To plow a furrow, you must look ahead.”

Great wisdom and advice from the farm will never need an update.

Bob can be reached at brohrer@cookcfb.org



This statue sits in front of the IAA Building in Bloomington. The inscription on the stone reads:

TO PLOW A FURROW,
YOU MUST LOOK AHEAD
DEDICATED TO ILLINOIS FARMERS
ON THE COUNTRY COMPANIES
75TH ANNIVERSARY
2000

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Recipe of the Month:

Canadian Honey Drops

Ray’s Quality Greenhouse Staff member, Bella

Ingredients:

- 1 c shortening
- 1 c brown sugar
- 2 eggs
- 1/3 c local honey
- 1 t vanilla
- 3½ c all-purpose flour
- 2 t baking soda

Directions:

Mix first three ingredients thoroughly. Stir in honey and vanilla. Sift flour and baking soda together and add to shortening mixture and stir. Chill until firm. Heat oven to 350°. Roll dough into ½ Inch balls and place on ungreased baking sheet.

Bake 10-12 min or until almost no imprint remains when touched. Cool and plate.

2021 Recipe Collection Booklets are available!



To receive a free copy:
Email: membershipdebbie@cookcfb.org

Download a digital copy at:
<https://cookcfb.org/discover-local/recipes>

Call the Farm Bureau at
708-354-3276



Member To Member - Buy Local

Help us to promote YOUR small business

Cook County Farm Bureau is here for you!

We want to support our small businesses by encouraging members to shop local.

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

Check out the list of local businesses already a part of this special program at www.cookcfb.org

To participate in this program, please email juanita@cookcfb.org.



Study Shows Pandemic Changed How Americans Eat Vegetables, Fruit

Americans not only cooked and ate more meals at home in 2020, but they also munched on different vegetables and fruits and changed their cooking techniques, according to a new report from FMI, the food industry association.

In its "Power of Produce 2021," FMI learned 78% of consumers changed how they prepared vegetables and fruits for meals. Americans also experimented with new flavors and cooking techniques.

The produce report highlights include:

- 33% tried to cook different fruits or vegetables,
- 33% used new spices, sauces or flavors,
- 32% followed a recipe from a cooking show or website,
- 29% tried a new cooking method, including frying, baking and grilling,
- 26% cooked with a new tool, such as air fryer and pressure cooker, and
- 20% tried a restaurant style preparation.

Younger consumers, Gen Z and Millennials, are leading the trend and most likely changed how they prepared fruits and vegetables, according to the report. Younger shoppers

are also more likely to try recipes from grocery stores.

Along with gaining new cooking skills, consumers had more time and opportunities to add more vegetables and fruits to meals they made at home. Shoppers reported adding more vegetables to their lunches and dinners. Fruits were included in more breakfasts and eaten as snacks. And online information and ideas helped boost the trend. People working from home reported using virtual cooking and food sites, especially for lunch preparation and snacks.

Consumers became particularly aware of where food came from during the pandemic and sought local sources. The pandemic has provided a strong boost and interest from consumers to spend within their communities and support local growers.

While fresh produce has long been viewed as essential to a healthy diet, Americans are eating more fruits and vegetables for their health attributes. In 2020, sales of leafy greens, berries and citrus increased faster than other produce items, according to Produce Business.

Incentive to Sign Up A Friend as Member

Want a \$20 CookFresh funds gift card redeemable to one of our area greenhouses, garden centers, farm stands, or other farm businesses? Encourage your family, friends, and neighbors to join the Cook County Farm Bureau as an associate, farmer, or professional member. If they join, you will receive \$20 in fresh funds! Call our office at 708-354-3276 to let us know that you referred a member.

Individuals can join the Cook County Farm Bureau by going to www.cookcfb.org and clicking on MEMBER CENTER.



Like us on Facebook



Follow us on Twitter



Follow us on Instagram

Meet a "face" of the Cook County Farm Bureau

Rodney & Kathleen Gibson, Owners of Gibby's Gourmet Mushrooms, LLC



Gibby's Gourmet Mushrooms, LLC

10347 Oxford Ave. Chicago Ridge, IL
Phone: K(708) 307-3732 or R(708) 912-0991
Hours: Always Growing, Varied for Curbside
Pick up, TBD with Customer
Website: www.gibbysgourmetmushroomsllc.com

- They specialize in the Indoor Cultivation of Oyster(s), Shiitake, King Trumpet, Chestnut, along with seasonal species, including Maitake.

- Rodney is a full time Local 130 Union Journeyman Plumber. Kathleen has left the corporate world to focus on the business of the best shrooms around!

- Their target customers are Fine Restaurant's, Chef's, Local Folks and it is their intention to provide for their customers only top quality species using a completely remodeled facility to ensure a pristine growing environment. Their attention to detail from, growing, customer service, and developing great relationships with all customers. Down to Earth attitude with top notch quality, using Organic materials. They will always try their best to customize a "grow plan" for their Chefs/ Restaurant owners to ensure they can contribute to their vision.

WHAT MADE YOU START TO CULTIVATE MUSHROOMS ON A LARGER SCALE?

Simply the reaction of our Chefs/customers complete amazement when we deliver fresh mushrooms. Their eye's pop and smile with excitement to work with them. Very rewarding!

WHAT IS YOUR MOST VALUABLE PRICE OF EQUIPMENT?

Air Handler Unit; which controls the growing environment in our grow rooms.

WHAT BRINGS JOY TO YOU?

Providing the most amazing and nutritious produce. The mushroom is beyond all realms of what they can be used for. I can only hope that people will learn as much as they can to appreciate all they have to offer.

WHEN YOU ARE IN THE GREENHOUSE/WAREHOUSE, WHAT ARE YOU DOING?

Clean, clean, clean. Providing the sterile environment these guy's require. Creating the substrate that is highest in quality.

WHAT IS YOUR FAVORITE GROWING RELATED MEMORY?

Rodney is the grow expert here. One time the harvest was coming in. The orders were there, but all of a sudden the harvest was exploding and I became overwhelmed! I was the "newbee" at the time. One of our Chefs said this was his favorite mushroom moment because that species was his personal favorite and bought them all up, his favorite shroom day. We still laugh about it!

FARM BUREAU CELEBRATES MEMBERS DURING MEMBER APPRECIATION WEEK

Thank you for participating in Member Appreciation Week! Below is a list of our lucky winners. We truly appreciate our members and want to say thank you for your membership, your involvement, your interest, and your support. We know that it has been a long and difficult year for many. Thank you for partnering with us to get through it!

Member Appreciation Week Winners

Monday, April 19

- Buy Local Gift Basket
- 2 AMC Tickets
- 2 AMC Tickets
- Free Membership
- Free Membership
- Pink Pillow Pet

- Linda Wagner
- Remigijus Dzerzanskas
- Steven Spellman
- Aidan Walton
- Richard D. Schultz
- Louisa Coloff

Tuesday, April 20

- Summer Gift Basket
- Soil Kit
- Soil Kit
- Free Membership
- Free Membership
- Pillow Pet

- Kathleen Down
- George Lagis
- Jessica Posada
- Robert Damico
- Jean Clough
- Jay Roberts

Wednesday, April 21

- Outdoor Fun Gift Basket
- CCFB Swag Bag
- CCFB Swag Bag
- Free Membership
- Free Membership
- Pillow Pet

- Cynthia Mack
- Linda Jacox
- Marvin Selock
- Gerhard Henning
- Loretta Gomulka
- David Jerbi

Thursday, April 22

- Family Fun Gift Basket
- Delta Sonic Car Wash
- Delta Sonic Car Wash
- Free Membership
- Free Membership
- Pillow Pet

- Karen King
- Paula Matzek
- Karen Bimler
- Steven Riggs
- Margaret Novak
- Dan Schreiber

Friday, April 23

- Pamper Yourself Gift Basket
- Home Run Inn Gift Card
- Home Run Inn Gift Card
- Free Membership
- Free Membership
- Pillow Pet

- Sheila White
- Leah Walton
- Linda Lokun
- Robert Konow
- Tony Munno
- Teresa Bross



Sheila White



Cynthia Mack

Wacky, Wild, Wonderful World of Plants



A tremendous thank you to Dan and Karen Biernacki and Greg Stack for hosting "Wacky Wonderful World of Plants" in April. This virtual program featured discussion on plant growth, educational activities, and a behind-the-scenes tour of Ted's Greenhouse in Tinley Park. To view the program, visit <https://cookcfb.org/ag-literacy-and-education/teacher-resources/profile/lunch-and-learn>.



Horticulturist Greg Stack shows us a plant that "performs" known as the Venus Flytrap. The greenhouse carries many other unique plants such as the Staghorn Fern, Starfish Sansevieria, and "String of" plants.



CENTENNIAL LEGACY PATIO CREATED TO BENEFIT FOUNDATION

A COMMEMORATIVE LEGACY PATIO IN HONOR THE FIRST 100 YEARS OF CCFB SERVICE TO MEMBERS

To mark the Centennial celebration of the Cook County Farm Bureau, the Farm Bureau and Foundation partnered to create a Commemorative Patio on the grounds of the Cook County Farm Bureau. The Commemorative Patio is close to the east entrance of the Farm Bureau building and features personalized memory pavers, three park benches, a wrought iron fence, and flower boxes. Members and Farm Bureau/Foundation supporters and partners can still 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 per IRS guidelines.

Go to www.cookcfb.org or call the CCFB office at (708) 354-3276 for order form or to donate.

Start Seeing Monarchs

Farm Bureau to Celebrate 'Pollinator Week' June 21-26

A third of the food and drinks individuals consume depends on pollination. As a keystone group, the survival of many other plant and animal species depends on pollinators for their survival. Pollinators include bees, butterflies, moths, beetles, flies, birds, and bats.

However, pollinator numbers have declined steadily due to habitat loss, degradation, and fragmentation as well as insecticide, pesticide, disease, parasite, and invasive plant pressure.

At the end of June, Cook County Farm Bureau will celebrate "Pollinator Week" and celebrate the connection between pollinators and the food we eat. Pollinator Week materials will also direct interested individuals to visit <https://bit.ly/33g5hL1> to learn more about creating your own pollinator garden, even if you have limited space.

As pollinator habitat declines, this fall Farm Bureau is creating a "Monarch Waystation," a stopping point for monarchs as each fall hundreds of millions of monarch butterflies migrate from the United States and Canada to the mountains in central Mexico for the winter. They return in spring, specifically in May.

Farm Bureau's Monarch Waystation will also be a pollinator garden and will provide habitat for a variety of bees, butterflies, moths, beetles, and flies. The garden will be located along Salford Avenue next to the Farm

Bureau building and will provide a site for both pollinators and the community members wishing to enjoy the plants and pollinators.

Farm Bureau leaders, volunteers, and staff will install the garden this summer. A portion of the plant materials will be provided by the GROWMARK Pollinator Program. After construction and installation of the garden, the garden will be registered with Monarch Watch as an official Monarch Waystation.



Switch to Biodiesel Includes Health Benefits

A new study demonstrates switching to soy biodiesel results in a number of significant health benefits, such as decreased cancer risk, fewer premature deaths and reduced asthma attacks.

The fuel research was conducted by Trinity Consultants at 13 U.S. sites exposed to high rates of petroleum diesel pollution. Trinity used well-established EPA air dispersion modeling tools coupled with health risk assessments and benefit valuations to assess the public health benefits and resulting economic savings of converting from petroleum-based diesel to 100% biodiesel, known as B100.

Researchers found that switching to 100% biodiesel in the home heating oil and transportation sectors would prevent 340 premature deaths annually, reduce or lessen 203,000 asthma attacks, reduce cancer risk by 45% when heavy-duty trucks use B100 and an

86% reduced risk when biodiesel is used for home heating oil. The combined benefits would reduce health costs by \$3 billion annually.

Today, about 8 billion pounds of soybean oil are used in the production of conventional biodiesel. By 2030, it's estimated that an additional 8 billion pounds will be needed, totaling 16 billion pounds per year, according to the National Biodiesel Board (NBB).

Trinity Consultants operates 69 offices internationally and has performed air dispersion modeling for industrial facilities, utilities and government agencies.

The research was sponsored by NBB with support from the Nebraska Soybean Board, South Dakota Soybean Research & Promotion Council, California Advanced Biofuels Alliance, Iowa Soybean Board and the Wisconsin Soybean Marketing Board, in addition to promotional support from the soy checkoff.

Hello Ciao Guten Tag Hola Bonjour Tere Olá Shalom Translate to other Languages

We are very fortunate to have members that come from various backgrounds and countries. While we publish this newsletter in English, the Google Translate App can convert the publication text through your smart phone screen into Spanish, French, Polish, Russian, Chinese, Arabic, and a host of other languages. Check it out. Enjoy and happy reading!

Cześć Aloha Zdravo Salam Dobry den Hei God Dag Alo

COOK COUNTY FARM BUREAU FOUNDATION BRICK ORDER FORM

4x8	6x8
Line 1 _____	Line 1 _____
Line 2 _____	Line 2 _____
Line 3 _____	Line 3 _____
	Line 4 _____
	Line 5 _____
	Line 6 _____

8X16 / BENCH

Line 1 _____

Line 2 _____

Line 3 _____

Line 4 _____

Line 5 _____

Line 6 _____

Name: _____

Address: _____

City: _____

Zip Code: _____

Email Address: _____

Credit Card#: _____

Exp: _____ Security Code: _____

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

6X8 BRICK - 4 LINES - 13 CHARACTERS PER LINE @ \$150.00 PER BRICK

8X16 BRICK - 4 LINES - 26 CHARACTERS PER LINE @ \$300.00 PER BRICK

PLEASE PRINT IN CAPITAL LETTERS AND CHECK FOR SPELLING ACCURACY.

PUNCTUATIONS AND SPACES COUNT AS CHARACTERS.

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

Ag with Em



Emily Lopata, 2021 Agriculture Literacy Summer Intern

Howdy everyone! My name is Emily Lopata, and I am the 2021 Agriculture Literacy Summer Intern. During my time with the Cook County Farm Bureau, I will be writing the column Ag with Em! Agriculture has always been a prominent topic in my life. As a kid, I hoped to receive cows as birthday presents and get new chicks to add to the coop each spring. Though I do not live on a farm, I am able to have countless opportunities in agriculture on my grandma's farm in Rockton, IL. There, I am surrounded by a variety of farm animals, including my own cow named Lilly, which – you guessed it – was a birthday present when I was 12. Every year on the farm, we plant a huge garden with tomatoes, hot peppers, onions, and a wide variety of other vegetables. Of course, this is after our sap collecting and maple syrup making season has ended.

In addition to my exposure to agriculture on our family farm, I was also a member of 4-H and I now attend Illinois State University where I study Agriculture Business with a minor in Business Administration. Through my involvement with agriculture on the farm, at school, and in other agricultural clubs, I have noticed a similar concern expressed by students, faculty, and even by farmers themselves: a disconnection between farmers and the public. My desire to help resolve that issue has sparked my aspiration to spread agricultural awareness to everyone.

I know my involvement as an intern will allow me to share my passion with people in

Cook County. While farmers make up just 1.3% of the employed US population, they play a vital role in our everyday lives by providing us with the food, fuel, and fiber that we use every single day. By connecting consumers and producers, we are benefited by knowing about the food we eat, where it comes from, and how it was grown. This understanding helps both parties make choices and allows us to recognize the strenuous task of farming. The future of agriculture relies on the involvement between the two groups to encourage growth.

With this goal in mind, some people may wonder how they can assist in growing widespread interest and knowledge about ag! The vast majority of farms in the United States are family owned and operated. When you shop locally at a farmers' market, for instance, you have the opportunity to interact with the people who cultivated that product for you. This allows for a unique experience to engage with producers and learn about the products that you are eating. Taking the time to learn about the processes, goals, and even issues in agriculture can make consumers more informed. Once we all realize that our food must be grown, cared for, and harvested before it reaches the grocery store, we can begin to appreciate and support the difficult, yet necessary role of the farmer! We literally cannot survive without them!

I am eager to share my passion for agriculture with others in Cook County during my summer internship! I look forward to sharing valuable information and sparking excitement about the wonders of farming and all it provides for us!

Emily can be reached at aitcintern@cookcfb.org.



Cook County Farm Bureau Foundation 2021 Bookmark Contest Winning Designs



First Place Ana from Woodridge

We were so excited to see 140 bookmark designs submitted to express gratitude for farmers and agriculture. Our annual bookmark contest is always one of the highlights of the year as we open our envelopes and emails and see how agriculture is perceived through the lens of a local artist. We thank teachers who submitted entries from their schools and individuals who entered on their own.

The winner of the contest was Ana from Woodridge, who will be awarded a \$40 Amazon gift card. The runner-up winners were Leonardo from Chicago, Maja from Orland Park, and Haley from Woodridge who will each receive a \$20 Amazon gift card. Congratulations to all! The bookmarks will be given out during our summer library programming and to all students who receive Ag in the Classroom Programming next year at their school.



Runner Up Haley from Woodridge



Runner Up Leonardo from Chicago



Runner Up Maja from Orland Park

Teachers: Summer Professional Development



Join Illinois Agriculture in the Classroom on Tuesday mornings this summer to learn more about how to incorporate agriculture-themed lessons and activities into your classroom next school year. The one-hour weekly sessions will cover the following themes: Natural Resources, Livestock, Row Crops, and Specialty Crops. Each theme will be discussed in two-week blocks.

Sign up for as many sessions as you'd like by visiting <http://bit.ly/ILAITCsummer> or emailing Diane at aitc@cookcfb.org.

Tuesdays at 9:00 - 10:00 am:
 Block 1: Natural Resources, June 8 and June 15
 Block 2: Livestock, June 22 and June 29
 Block 3: Row Crops, July 6 and July 13
 Block 4: Specialty Crops, July 20 and July 27



Ag Teachers in Demand

Illinois agriculture teacher jobs remain unfilled despite the largest number of ag ed graduates in nearly 20 years, a state ag education leader reported. And the number of openings may grow before school starts in the fall. By mid-May, 50 ag teaching positions were open across the state. Schools have hired teachers to fill 33 of those jobs, leaving 17 still open, said Dean Dittmar, coordinator

of Facilitating Coordination in Agricultural Education. One bright note, the most ag education students, 38, just graduated from the four state ag universities in last 19 years. Dittmar shared 26 of those graduates are starting teaching careers while five either accepted non-teaching jobs or will attend graduate school. For more information visit www.ILAgEd.org.

Bee School for Families

Follow along with Illinois Agriculture in the Classroom as they take you through a year in the life of an amateur beekeeper! These short videos give you a glimpse into the process of starting beekeeping at home or school. Follow along with Chris to see his successes, challenges, and possible setbacks as he shares videos every

two weeks. Excellent resource for teachers as well who can partner the videos along with books and lessons. Follow the process by going to <https://beyondthebarndoor.wordpress.com/2021/05/04/bee-school-classroom-videos/> to see what has occurred so far and keep following all summer!



Membership brings out great value!
 Go to www.cookcfb.org/membership to access great savings and discounts.

Agriculture Adventures for Families

It's easy to open that carton of milk, gallon of ice cream or package of cheese without giving much thought to how it got into that package. This month we feature a few of the many jobs in the dairy industry that work together to bring their products from the farm to your table. For more information what skills and education are needed for some of these careers, visit <https://www.agcareers.com/ag-education/education-profiles.cfm>.

Veterinarian



Large animal vets are practitioners that manage the health of livestock such as cattle, horses, sheep, goats, and pigs. These are licensed animal health professionals trained to diagnose and treat illnesses that affect livestock species. They usually make farm calls to visit their patients, often using a customized truck outfitted with the necessary medical equipment. All large animal veterinarians graduate with a Doctor of Veterinary Medicine degree. The DVM program is a rigorous course of study that covers all aspects of health care for both small and large animal species.



June is National Dairy Month!

Let's take a look at some jobs that are related to the dairy industry.

Packaging Designer/Developer



Food, chemical, and seed production companies hire packaging engineers to design packaging for their products. A bachelor's degree in packing science, engineering, logistics, or food science is required for a job as a packaging engineer. This job often requires using computer and mechanical design tools to create packaging products, evaluate current packaging and develop new package designs.



Flavorists (sometimes known as food chemists) are food scientists who combine essential oils, plant extracts and aroma chemicals to create both artificial and natural flavors and test how flavors perform in various products. This career can be in the dairy industry and do work with proteins, cheese, milk and powdered products such as creating new milk powders, protein powders and cheese or dairy flavoring. Imagine having the job of an ice cream tastemaker (food scientist, sensory analyst, or flavorologist). This career typically requires an undergraduate degree in Food Chemistry, Food Science or Biology.



Food Flavorist

Other Dairy Related Jobs

- Truck Driver
- Farm Manager
- Dairy Robotics Equipment Designer
- Equipment Technician
- Animal Nutritionist
- Lab Technician
- Milker
- Production Supervisor
- Dairy Farmer



Source: <https://www.stldairyCouncil.org/uploads/pdfs/DoTheDairySearch.pdf>

Did you know???

The average cow produces 8 gallons of milk per day, that's over 100 glasses of milk!

95% of U.S. dairy farms are family-owned and operated.



Source: <https://www.drink-milk.com/>

June Word Search

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

- | | |
|------------------|---------------------|
| Career | Industry |
| Cheese | Jobs |
| Chemist | Livestock |
| Cow | Milk |
| Dairy | Packaging |
| Degree | Products |
| Designer | Science |
| Flavorist | Veterinarian |

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 2021 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...



Anupama Ortiz

Weather Demands Resiliency, Binds Farmers Everywhere



We mount rain gauges on various fenceposts for measuring rainfall totals. My brother can cite the exact date of the previous year's last freeze of spring and first freeze of fall as if they were birthdays. And I would predict an 80% chance of weather talk at the dinner table with my family.

Weather binds farmers from coast to coast and generation to generation. Since farming began, this single variable impacts everything from morning chores and mental states to profitability and table talk. Rain makes grain, and wind can take it down. We mow hay when the sun shines, yet never rule out an irritating pop-up shower before the forage is baled. When the weather threatens or improves the global supply of food and fuel, the commodity markets react.

Data shows that over time weather comes with greater variability and extremes from cold to hot and dry to wet. Since 1980, the number of days it has rained more than two inches has doubled in Illinois, a statistic cited in a new docuseries at WatchUsGrow.org. More rain in a shorter time can trigger crop losses and soil

erosion, but farmers have adjusted to protect crops and the environment. More than ever on our farm and farms across the state, grass filter strips along streams, fields of cover crops and reduced tillage practices slow and filter water flowing across the land. In fact, Illinois farmers and landowners have dedicated more than 800,000 acres to land and water conservation.

Technology significantly advances resiliency on the farm. On our smartphones, we view subscription weather forecasts and field-specific precipitation totals. From tractor cabs, we watch live radar images for rain that threatens fieldwork. Bigger or faster planters plant crops quicker, and high-capacity combines gather more crop during windows of favorable weather. Tile drainage systems improve water management within fields. Even the tedder, a farm implement that aerates mowed hay, helps hay cure sooner to bale before a rainfall that could spoil it.

We talk to neighbors about the ground's frost depth in winter, the soil temperatures in spring and the field-to-field rainfall differences by summer. Those same friends understand the deafening yet therapeutic sound of a much-needed summer rain on the metal roof of the farm shop without discussion. But, several surely will call or text after they've seen the rain gauge.

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

Family Farm and Food Bytes

NURSING AND FARMING SHAPE ILLINOIS WOMAN'S LIFE (The Pantagraph) – For Cook County Farm Bureau President Janet McCabe, nursing and farming connect more often than one might think. See the May 8, 2021 article.

DIET COMPANIES SEE GAINS AS AMERICANS TRY TO DROP PANDEMIC POUNDS (New York Times) – Now, as the weather warms up across the country and people venture out of their homes and back into public or return to offices, many are looking to lose their pandemic pounds.

ILLINOIS #4 ON FOOD & WINE'S 10 BEST 'PIZZA STATES' IN AMERICA (NEXSTAR) – The editors at Food & Wine recently published their own list of the best "pizza states" in America. Illinois ranked fourth, thanks to its deep-dish pizza and thin-crust varieties.

MANY CONSUMERS MISINTERPRET FOOD EXPIRATION DATE LABELS (Sci Tech Daily) – Consumer education is needed to increase understanding of food date labels according to a new study in the Journal of Nutrition Education and Behavior.

NO LONGER "ACTING" DIRECTOR (FarmWeekNow) - The Illinois Senate Tuesday unanimously approved Jerry Costello II's appointment as state agriculture director. Gov. J.B. Pritzker appointed Costello to lead the Illinois Department of Agriculture (IDOA) on Feb. 28, 2020. The appointment required Senate approval. As acting director, Costello oversaw several IDOA in-person training and programs go virtual, while some events were postponed and others were cancelled. The Smithton native served in the Illinois House of Representatives from 2011 to 2019 and chaired the House Agriculture and Conservation Committee.



Jerry Costello, Director of Ag

AT-HOME COFFEE BOOM DURING PANDEMIC POWERS SALES AT NESTLE (New York Times) – Consumers stuck at home drinking coffee powered Nestle to its best quarterly sales growth in almost a decade. Nestle's challenge now, some analysts said, is seeing whether it can keep its pandemic momentum going as some major markets, like the U.S. and U.K., begin to emerge from the crisis.

JOE BIDEN ISN'T COMING FOR YOUR STEAK TO MEET CLIMATE TARGETS (Bloomberg) – President Joe Biden isn't taking hamburgers away from Americans as part of his efforts to slash greenhouse gas emissions. That's according to U.S. Agriculture Secretary Tom Vilsack, who told journalists that a spate of reports in the media linking Biden's new climate

goals to eating less meat simply aren't true.

FIRST CAME TOILET PAPER SHORTAGES. NOW CHICKEN WINGS ARE IN SHORT SUPPLY, FORCING SOME RESTAURANTS TO CALL OFF WING NIGHT SPECIALS (Chicago Tribune) – Wing prices typically increase in the run-up to the Super Bowl before returning to more normal levels, Chicago-area restaurant owners said. But this year, prices kept on rising thanks to growing demand and supply that's been slightly below 2019 levels.

MCDONALD'S CHICKEN SANDWICH SALES ARE EXPLODING AS THE FAST-FOOD GIANT FINALLY LAUNCHES A WORTHY CHICK-FIL-A RIVAL (Business Insider) – Executives said Thursday that the three new crispy sandwiches released in February are selling "substantially more" than previous versions, confirming a trend the chain's franchisees first reported earlier this month and solidifying the Golden Arches' place in a highly competitive field.

AMERICA'S BIGGEST MEAT COMPANY GIVES FAUX BURGERS ANOTHER SHOT (Bloomberg) – On Monday, Tyson unveiled a lineup of 100% vegan meat products including fresh patties, ground "beef," fake bratwurst and Italian sausage. It's the company's most ambitious bet on alternative proteins, and builds on recent moves by other meat giants, including JBS SA and Marfrig, to cash in on the rapidly growing market.

HYPOXIA TASK FORCE LOOKS FOR CONTINUED SUPPORT FROM BIDEN ADMINISTRATION (FarmWeekNow) - The Mississippi River/Gulf of Mexico Watershed Nutrient Task Force, which includes Kristi Jones, deputy director of the Illinois Department of Agriculture, is a partnership of 12 states and five federal agencies. "We respectfully request that the (Biden) administration continue the collaborative efforts and partnership of the Hypoxia Task Force and increase federal support for the action plan and ongoing implementation of the states' nutrient reduction strategies," the Task Force said in a letter sent to the USDA and U.S. Environmental Protection Agency.

CORN RALLY GETS LIFT WITH U.S. ROAD TRIPS STOKING BIOFUEL DEMAND (Bloomberg) – Gasoline demand is on the rise, which means corn-based ethanol consumption is up too after a tough year in which the beleaguered industry was forced to shut down plants as pandemic restrictions slashed automobile travel.

PRESIDENT BIDEN SIGNS FASTER ACT INTO LAW MAKING SESAME THE NINTH MAJOR FOOD ALLERGEN (FoodNavigator) – President Biden has signed into a law a food allergy labeling bill – The FASTER Act – requiring that sesame be labeled on all packaged foods beginning Jan. 1, 2023.

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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Sarah Hastings
 Sidney, IL

Manifolds, Manolos, and Manure



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

Six months. Half a year. In the grand scheme of things, it's a very short amount of time. In the scheme of do-it-yourself home repairs, it's a very long time. In six months, we've added 10 calves and a calico barn

cat; brought home an adorable, large Great Pyrenees puppy; tore out walls, ceilings, and an attic; plastered and lathed. We even learned that one of the supports of an original wall was crumbling. And we started rebuilding.

We added a stub wall for the kitchen cabinets and an incredible pantry. Did I mention that our new-to-us farmhouse didn't have a pantry and the people before us stored their food in the mudroom – with their boots? We also added a vaulted ceiling, an open landing upstairs, a ledge along the stairs, and a substantial linen closet.

It's not complete. But drywall is up. Mudded and sanded. The walls are cleaned. The floors are swept. I harbor a deep fear that we'll never get rid of all the dust. Next up is painting, electrical, and plumbing. All before the cabinets go in. Before the countertop can be ordered. Before we really move in.

Each time I'm in the barn, I stop and look at our cabinets in boxes. Thirty-eight boxes to be exact.

At some point this summer we have to put up a fence. Eight hundred feet of fence, give or take (I'm the one who measured). Five strands of electric. Wood posts. T-posts. Gates. And before the snow flies, a shelter. With any luck the fire breathing dragon and his younger

brother will move home while it's still warm enough to ride outside.

Earlier this year, I asked my farmer if we "bit off more than we could chew" with our new-to-us farmhouse and our grand remodel plans. His response was, "How do you eat an elephant?" One bite at a time. Chomp. Chomp. Sanding drywall. Chomp. Cleaning. Chomp. Priming. Chomp. Painting. Chomp. A lot of little bites.

Working with legislators is a lot like home improvements. Chomp. Chomp. Introductory meeting. Hopefully before the election. Chomp. Endorsement interview. Chomp. Post-election meeting. Chomp. Chomp. Follow-up calls. Nibble. Emails. Nibble. Newsletters. Nibble. Nibble.

Sometimes with legislators and legislative relationship-building, it feels like a monstrous task. Like the proverbial elephant. Much like my do-it-yourself home remodel, it's a step forward. A step back. Lateral to the right. Lateral to the left.

Like my new-to-us farmhouse, legislative relations aren't for the weak of heart. Or timid. Or for individuals who long for the most direct, quickest path. Instead, it's for individuals willing to take small bites. Small steps. And willing to keep pushing forward.

For us, we're pushing forward. JULIE has been called to mark out the pasture. Primer and paint are purchased. Plumbing parts are purchased. Light fixtures. The sink. And the dishwasher is purchased and just waiting to be installed. One bite at a time. But for the moment, don't remind my farmer that we still have more to go.

Bona can be reached at Bona@cookcfb.org



A tremendous thank you to Dan and Karen Biernacki and Greg Stack for hosting "Wacky Wonderful World of Plants" in April. This virtual program featured discussion on plant growth, educational activities, and a behind-the-scenes tour of Ted's Greenhouse in Tinley Park.

Cook County Farm Bureau Considering Nutrition Policy

Members of the Cook County Farm Bureau Governmental Affairs Committee continue their efforts to update policy, this time turning their attention to nutrition policy.

Many of Illinois' urban communities lack access to fresh produce and other nutritious grocery goods. In fact, at least 500,000 Illinoisans have limited or no direct access to local stores.

Generally, the draft policy supports:

- Nutrition being used as a preventive health program to reduce the prevalence of chronic disease.
- Nutrition education and counseling for individuals, including pregnant and nursing women, children, and the elderly.
- Science-based nutritional guidelines that offer consistency between foods available for purchase and the Dietary Guidelines for Americans for Supplemental Nutrition Assistance Program (SNAP) and Women Infant and Children (WIC).
- Science-based nutritional parameters for government food procurement for government ran facilities including

prisons, health care facilities, and government buildings.

- The development and funding for community wellness programs that provide for the social, economic, environmental, and cultural needs of a community.
- Scienced-based nutritional, objective labels for processed food.
- Farm to Foodbank programs to provide farmers with additional end markets for commodities, to expand the supply of fresh food to food banks, to increase food security while reducing food loss, and to foster a statewide circular economy.
- Local science-based programs that address health and economic disparities within a community.

Members interested in offering their thoughts our comments are encouraged to contact Bona Heinsohn at 708-354-3276 or via email at bona@cookcfb.org.

Farm Bureau Concerned About Proposed Changes to the Board of Review

Cook County Farm Bureau® has requested that Illinois Farm Bureau® opposes House Bill 1356. House Bill 1356 has been re-referred to the House Rules Committee; however, Farm Bureau is concerned that the content of this legislation will be amended onto a shell bill prior to spring adjournment.

House Bill 1356 amends the Property Tax Code. Provides that each member of the Cook County Board of Review must be an attorney licensed to practice law in Illinois.

Cook County Farm Bureau works extensively with the Board of Review. Given that Cook County does not have a "traditional" farm assessment designation or process, Farm Bureau advocates and provides guidance at both the Assessor and Board of Review level. Board of Review Commissioners operate predominately as administrators, their staff reviews appeal materials and provides recommendations.

All three current Board of Review Commissioners are attorneys licensed to practice law in Illinois. Farm Bureau is concerned that House Bill 1356 is a poorly veiled attempt to insulate incumbents from future challengers.

Farm Bureau will continue to monitor House Bill 1356 and legislation related to property tax administration.

Join Illinois Farm Bureau's Grassroots Advocacy Program - FB ACT

STEP 1:
TEXT "FARM" TO 52886

STEP 2:
Click on the link texted to you

STEP 3:
Fill in your information

STEP 4:
Click submit

That's it! You're now ready to stand on the frontlines and protect your family farm.

Look for text and email alerts when we need you to take action and contact your elected official.

Study Shows Repealing Stepped-Up Basis Would Damage the Economy

A new report released by EY finds that repealing the step-up in basis tax provision would damage the gross domestic product (GDP) and significantly decrease job creation. The study was conducted for the Family Business Estate Tax Coalition, which includes almost 60 organizations representing family-owned businesses.

The EY study found middle-class, family-owned businesses would be particularly hard hit by the repeal. Currently, when someone inherits assets, they aren't taxed on the appreciation that happened before they inherited them. If family-owned farms, small businesses, or manufacturers are forced to pay capital gains accrued by the prior owner, they would likely face large tax bills that put the future of their business at risk.

According to the study's findings, repealing the step-up in basis would result in:

- 80,000 fewer jobs in each of the first ten years;
- 100,000 fewer jobs each year thereafter; and
- A \$32 reduction in workers' wages for every \$100 raised by taxing capital gains at death.

It would also reduce GDP relative to the U.S. economy in 2021, by approximately:

- \$10 billion annually;
- \$100 billion over 10 years.

"Farmers and ranchers have been able to pass their farms on to the next generation thanks to the stepped-up basis tax provision," said American Farm Bureau Federation President Zippy Duvall. "The value of many farms is tied up in land and equipment and most farmers don't have large amounts of money on-hand to pay capital gains taxes. They could be forced to sell the farm or take out costly loans just to pay capital gains taxes. Eliminating the stepped-up basis isn't a tax on the rich, it's a tax on the middle class. We urge President Biden to remain true to his word that he won't increase taxes on hardworking, middle-class Americans."

Article originally published by the American Farm Bureau® Federation.

For your comprehensive access to membership discounts & offers, go to www.cookcfb.org/membership

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ILFB Partners Magazine Summer Edition Arriving

Just as asparagus and strawberries on you-pick farms ripen and many farmers' markets open across the state, Illinois Farm Bureau's Partners magazine should be arriving in your mailbox. Here is a summary of what's inside:

Features

- Cover story on what is local food, economic impact, efforts to create food communities
- How fruit and vegetable farmers work together
- Increased interest in and demand for locally-raised meats
- Different products that result from a dairy goat farm

Almanac

- Ask a Farmer: How do you decide what to plant?
- Farm Facts: Farmers' markets in Illinois
- Chicago Botanic Garden urban farming workshops
- Galena Canning Company products
- Historic Marbold Farmstead Travel & Local Flavor
- Take a journey on the Lincoln Highway
- Harner's Bakery & Restaurant in Aurora Gardening
- Why prune perennials

Recipes

- Fresh from the garden such as Summer Minestrone, Grilled Panzanella & Green Bean Salad, Veggie Scones, Cucumber Sorbet



Events

- June Festival, Andover
- Swedish Days, Geneva
- Balloons Over Vermilion, Danville
- Summer Harvest Antique Tractor &

Equipment Show, Princeville

- Peach Festival, Cobden
- History Comes Alive, Springfield
- Farm Progress Show, Decatur

Creating an innovative Farm Business? Check out the "Challenge"!

The American Farm Bureau Federation (AFBF), in partnership with Farm Credit, will open applications for the 2022 Farm Bureau Ag Innovation Challenge ("The Challenge") April 7, 2021, 8:00 a.m. EDT through August 20, 2021, 11:59 p.m. EDT.

<https://www.fb.org/land/ag-innovation-challenge-2022>

Now in their eighth year, Farm Bureau and Farm Credit, are looking to identify ten entrepreneurs who are creating innovative solutions that address the needs of American farmers, ranchers, and rural communities.

Farm Bureau will award \$165,000 in startup funds to ten businesses, culminating at a live pitch competition and networking event at the AFBF Annual Convention in January 2022 in Atlanta, GA. The Ag Innovation Challenge Winner will be awarded \$50,000 total in prize money. The Ag Innovation Challenge Runner-Up will win \$20,000 and People's Choice Team will receive an additional \$5,000 in funds. The

startup funds are provided by sponsors Farm Credit, Bayer Crop Science, John Deere, Farm Bureau Bank, Farm Bureau Financial Services, and FMC Corporation.

The ten semi-finalist businesses selected to compete at the 2022 AFBF Annual Convention will be announced and listed on fb.org/challenge on October 5, 2021. The teams will participate in two rounds of competition with a live audience and panel of judges for the titles of Ag Innovation Challenge Winner, Ag Innovation Challenge Runner-Up, and People's Choice Team.

For any Ag Innovation Challenge-related questions or for more information, please contact Sarah Brown (sarab@fb.org), Executive Director, Industry Relations or Emma Larson (emmal@fb.org), Assistant Director, Industry Relations.

For public-facing inquiries, please contact AgInnovation@fb.org.

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.



* Ilir Numani

Chicago North Agency, Victoria Nygren, Agency Manager

Ilir Numani has been named Career Financial Representative of the month for April 2021. His office is located at 6650 N. Northwest Hwy., #200 in Chicago, IL. His phone number is 773-631-2909. Ilir has been a Financial Representative since April 2005.



Samantha Ingles

Chicago North Agency, Victoria Nygren, Agency Manager

Samantha Ingles has been named Employee Financial Representative of the month for April 2021. Her office is located at 3339 N. Harlem Ave. in Chicago, IL. Her phone number is 773-427-2851. Samantha has been a Financial Representative since May 2020.



Ray Massie Sr.

Chicago Northeast, Sharon Stemke, Agency Manager

Ray Massie Sr. has been named Career Financial Representative of the month for April 2021. His office is located at 4200 W. Euclid Ave., Ste. C in Rolling Meadows, IL. His phone number is 847-991-0765. Ray has been a Financial Representative since February 1999.



Aaron Del Mar

Chicago Northeast, Sharon Stemke, Agency Manager

Aaron Del Mar has been named Employee Financial Representative of the month for April 2021. His office is located at 25 NW. Point Blvd., Ste. 850 in Elk Grove Village, IL. His phone number is 847-794-1224. Aaron has been a Financial Representative since November 2020.



Brett Riekema

Chicago Northwest, Kevin Gomes, Agency Manager

Brett Riekema has been named Career Financial Representative of the month for April 2021. His office is located at 23042 N. Main St., Prairie View, IL. His phone number is 847-415-2666. Brett has been a Financial Representative since May 2011.



*Faustino Ramirez

Chicago Northwest, Kevin Gomes, Agency Manager

Faustino Ramirez has been named Employee Financial Representative of the month for April 2021. Her office is located at 1515 E. Woodfield Rd., Ste. 930 in Schaumburg, IL. Her phone number is 847-891-6388. Renata has been a Financial Representative since July 2016.



*Nick Zegar

Chicago South Agency, Jeff Maxson, Agency Manager

Nick Zegar has been named Career Financial Representative of the month for April 2021. His office is located at 16614 W. 159TH, #303 in Lockport, IL. His phone number is 708-352-5560. Nick has been a Financial Representative since July 1998.



Arturo Salto

Chicago South Agency, Jeff Maxson, Agency Manager

Arturo Salto has been named Employee Financial Representative of the month for April 2021. His office is located at 6239 S. Archer., in Chicago, IL. His phone number is 773-306-4013. Arturo has been a Financial Representative since March 2020.



*Jim Andresen

Orland Park Agency, Cary Tate, Agency Manager

Jim Andresen has been named Career Financial Representative of the Month for April 2021. His office is located at 17605 S. Oak Park, Ste. C & D in Tinley Park, IL. His phone number is 708-633-6490. Jim has been a Financial Representative since January 2003.



*Dan Gallivan

Orland Park Agency, Cary Tate, Agency Manager

Dan Gallivan has been named Employee Financial Representative of the Month for April 2021. His office is located at 3923 W. 95th St., in Evergreen Park, IL. His phone is 708-381-4015. Dan has been a Financial Representative since January 2018.



Frank Forsythe

South Holland Agency, Jeff Orman, Agency Manager

Frank Forsythe has been named Career Financial Representative of the Month for April 2021. 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.



Jacob McGrath

South Holland Agency, Jeff Orman, Agency Manager

Jacob McGrath has been named Employee Financial Representative of the Month for April 2021. His office is located at 4845 167th St., Unit 101 in Oak Forest IL. His phone is 708-381-4011. Jacob has been a Financial Representative since May 2020.

*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.

How to Select the Best PRODUCE



HOW TO SELECT:

- When inspecting fruits and vegetables, use your senses. Ask yourself how the item smells, how it feels, and whether it looks appealing.
- Keep in mind when fruits and vegetables are in season in your area. Produce will be at peak freshness and flavor when in season and may be cheaper than other times of year due to availability.

Fruits & Melons:

- Determine if your produce is ripe by picking it up and turning it over in your hands. It should be smooth and even, with a firm-but not rock hard-surface.
- Pay attention to weight – heaviness can indicate how juicy a fruit or melon is, especially with oranges, lemons, watermelon, and cantaloupe.
- Be sure to smell your fruit. A light, sweet smell is a good indicator that your fruit is fresh and ripe.
- Fruit should have even coloration across the surface, and avoid anything with dark marks and spots, or citrus fruits with white streaks or colors on the surface. Also look for the obvious: bruises and dents.



NUTRITION:

- Fruits and vegetables are low in calories and fats and contain high amounts of antioxidants, vitamins, and minerals.
- ½ cup of fruits and vegetables is the equivalent to one serving. Adults should aim to consume 5 servings of fruits and vegetables daily.

Vegetables & Leafy Greens:

- Pay attention to the surface of the vegetable and make sure it appears consistent, evenly colored, and very firm all the way around.
- With leafy greens like lettuce and kale, look for firm, crisp, and plump leaves that are consistently colored. Expect a little brownness and a few tears in the leaves due to shipping or handling.
- Root vegetables like potatoes, garlic, and onions should be firm and tough, as well. Avoid root vegetables with cracks on the base, this means it is too dry.



STORAGE:

- Generally speaking, if a fruit or vegetable comes from a refrigerated case at the grocery store, it should be stored in the refrigerator. Utilize the crisper drawers in your refrigerator to control humidity.
- Root vegetables, like potatoes and onions, should be stored in a cool, dry, dark place to preserve freshness.
- The length of time you can keep produce without spoilage varies from a few days to several weeks. Depend on your senses to determine whether the produce remains safe to eat: bruises, soft spots, and mold are signs of spoilage.
- Cooked fruits and vegetables can generally be stored in an airtight container in the refrigerator for 3-7 days.¹

LABELS YOU MIGHT NOTICE:

- **PLU Code:** The PLU or Price look-up codes are located on a sticker and it indicates how it was grown. Fruits and vegetables that have a 4-digit code, starting with a 3 or a 4 means it is conventionally grown. If the PLU code is 5 digits and starts with the number 9, it indicates that the produce was grown organically. A five-digit code that starts with an 8 means the item is genetically modified.²
- **Natural:** Generally recognized as a product containing no artificial ingredients, added color, or chemical preservatives, and is only minimally processed (processed so the product is not fundamentally changed).¹
- **Organic:** Identifies practices employed while raising or growing the product. In organic production, crops are raised following USDA organic guidelines which do not allow the use of synthetic fertilizers or pesticides. The organic label does not indicate that the product has safety, quality, or nutritional attributes that are any higher than conventionally raised products.¹
- **Pesticide-free:** These products were grown without the use of pesticides to control damaging weeds, insects, and diseases.



¹ United States Department of Agriculture
² Source: Produce Marketing Association

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

Cybox ARC Trainer 620A. This is a commercial quality cardio exercise trainer. Includes TV monitor. Awesome workouts. No electric needed so you can place this machine anywhere in your house or gym. Has multiple programs, heart rate monitoring, Inclines and much more. Call Dave for details, test rides and photos 312-951-6412. \$2400 obo.

Leg massager for calf massager with heating function, suitable for legs, arms, feet. Home and office use. Paid \$75 brand new. Asking \$50 plus shipping \$8.23, Total 58.23. Model S9022A. Call 708-654-2010.

Piano for sale Gulbransen, \$300, wonderful sound spinet, light walnut wood with bench and cushion. Great condition call 847-297-6807.

Bicycle Schwinn ladies crisscross recently tuned up, new brake pads, new tires, color is white. Call for details 847-297-6807.

Two-man tree saw 48", Long wood handle scythe w/24" blade, Large meat cleaver, \$75 for all or best offer, Call Mike 847/910-5745.

2006 Yamaha V-star 650cc Silverado, windshield, studded seats, backrest, leather saddle bags, two-tone silver paint, approx. 6800 mi, beautiful bike in great condition. \$3750. Call Gulio at 708-267-8548.

For Sale. 1947 Farmal A. Great mechanical condition. Barn kept. Comes with a one bottom plow, three row cultivators set up, a PTO pulley. Mount Prospect. Contact Jim at 224-415-6194.

Wanted

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

Wanted to buy older musical instruments, guitars, banjos, mandolins etc. Also, old records...Rock n roll, Blues, Jazz Lp's, 45s also 78s. Call Jim 708-361-8230.

For commercial promo & discounts go to our member to member link: <https://cookcfb.org/membership/member-to-member>

FREE CLASSIFIED ADS

For Cook County Farm Bureau members All Cook County Farm Bureau members may run four non-commercial classified ads annually for 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
- For Rent
- Wanted

To place an ad, call the CCFB office at 708-354-3276 or mail details 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

Ray's Quality Greenhouse Hosts Pollinator Pot Workshop

Thank you, member business, Ray's Quality Greenhouse, for hosting a Make a Pollinator Pot & More workshop for members and guests On May 4, 2021! This great event opened with character Beekeeper and Bee, Tyler & Kayla, sharing how important each are to the pollination of plants and need for pollinators! Staff, Joy McCullah and owner, Donna Nykaza-Jones lead us in better understanding of pollinators, their importance, types of plants to attract pollinators for our gardens and lead the class to create 3 distinct planters for their homes. Staff members Bella and Lynn, treated us to hand made honey soap and honey drop cookies to take home, and a special taste of a Bees Knees cocktail...all from local honey! Thank you RAYS QUALITY GREENHOUSE for a fantastic program!



Owner Donna Nykaza-Jones (right) and workshop participant



Staff member Joy McCullah



Summer is a Great Time to Access Your Membership Benefits

Membership Travel Discounts

Car Rentals:



Budget Worldwide Discount Code #Y775713

Call (800) 527-0700 or book online at www.budget.com for discount

Save up to 30% off Budget base rates- may vary between 10% and 30%. Nationwide and 165 countries.



Avis Worldwide Discount Code #298813

Call (800) 331-1212 or book online at <https://www.avis.com/en/association/A298813> for discount

Save up to 30% off Avis base rates- may vary between 10% and 30%. Nationwide and 165 countries.



Alamo Discount code-Contract I.D.#421770

Call (800) 462-5266 or book online at <https://www.alamo.com/en/car-rental-deals.html> for discount

Save up to 20% off your next car rental from Alamo.



Enterprise Discount code: Rate Plan: ILFARM

Call (800) 736-8222 or book online at <https://www.enterprise.com/en/reserve.html#book> for discount

Exclusive Discount for Cook County Farm Bureau Members (exclusive discount may not always be greater than the regular discount offered to all Illinois Farm Bureau members, as it depends on date and size of vehicle).



National Car Rental Discount code: Contract ID # 5706352

Call (800) 227-7368 or book online at <https://legacy.nationalcar.com> discount

Cook County Farm Bureau & Illinois Farm Bureau members can save an average of 5% on National Car Rentals.

Hotels:

Wyndham Hotels Discount Code ID#: 8000002027

Call (877) 670-7088 or book online at www.wyndhamhotels.com for discount rate.



Choice Hotels CCFB/IFB Discount code#: 00800614

Call (800) 258-2847 or visit Choice Hotels online for discount

Under the "Select Rate" field, choose Special Rate/Corp ID and enter IFB#.

Santa's Village Azoosment and Water Park



**2 PARKS, 1 PRICE
FUN. FAMILY. MEMORIES.**

- One day admission to Santa's Village for any day during the 2021 season (May - Oct)
- Discounted online tickets are \$24.99 (save \$3.00 on each ticket)
- Go to <https://santasvillagedundee.com/> to purchase tickets and use discount code: 2021CCFB
- Parking is always FREE!
- Target audience is 12 and younger
- 20 rides and 100s of animals

**Santa's Village is located at
601 Dundee Ave, East Dundee, IL 60118**



Have some fun in the sun (and water) this summer. CCFB members receive a discount at Raging Waves waterpark in Yorkville.
Purchase tickets directly from the Cook County Farm Bureau for \$18 EACH
(\$16.99 savings)
and spend a day with your family.

Tickets are for full-day adult admission to the park.
Call the CCFB office at 708-354-3276 to purchase tickets.



THERE'S REALLY SOMETHING FOR EVERYONE

With membership so affordable, it's hard to believe there's something for everyone. Over 302,000 discounts available to you. Search our platform to find savings that fit your needs.

- Attractions & Tours
- Automotive
- Cellular Phones
- Concerts & Events
- Electronics
- Everyday Living
- Fashion & Beauty
- Gifts & Flowers
- Health & Wellness
- IL Farm Bureau Exclusives
- Movie Tickets
- Restaurants
- Travel
- Unique Experiences

ONE STOP SAVINGS

- Log-in to our new membership benefit platform using your county Farm Bureau® membership number at <https://ilfb.abenity.com>
- Search offers using business names, locations, categories, and more
- Change your location to see deals near you
- Show and save mobile coupons
- Provide instant, in-store discounts at nearby restaurants and retailers
- Share on your social networks and let others know about your savings, so they can start saving too



Cook County Farm Bureau members receive 10% OFF all orders at participating Culver's. Show your membership card to receive your discount.

Participating locations:

McHenry	Schaumburg (Wise Rd.)	Frankfort	Tinley Park
Mt. Prospect	Crestwood	Homewood	
Rosemont	Lansing	Matteson	
Arlington Heights	Buffalo Grove	Orland Park	

SAVE 20% OFF at Gurnee, Wisconsin Dells, WI and other locations throughout the United States!

Corporate Code #: ILLI617A

Call (800) 905-WOLF (9653) or book online at their Great Wolf Lodge website for advance reservations.

SAVE 20% OFF at Home Run Inn by purchasing discounted gift cards directly from us.

\$25 gift cards sell for \$20 and \$10 gift cards sell for \$8.

Call the Farm Bureau office at (708) 354-3276 to purchase yours today!