



# 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

Selfie Contest	12
9 Lincoln Park Zoo	12
16 Cubs vs. Padres Game	12
18 Intro to Backyard Chickens	12
20-22 Summer Ag Institute	
28 Primary Election Day	9

### JULY

Selfie Contest	12
13 Party for the Pollinators	12
22 An Evening for Ag Education Gala	12

### SAVE THE DATE

September	
17 Fall Planter Workshops	
17 Farm Crawl	
October	
1 Giant Pumpkin Contest	
15 Shred Day	

For participation details on these programs and activities, check out the related information in this publication, go to [www.cookcfb.org](http://www.cookcfb.org), or contact the office at 708-354-3276.

You can register for most programs by using the member service center at [www.cookcfb.org](http://www.cookcfb.org).

## Question of the Month

### Where is the farm Herban Produce located?

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

### May Winner is Sunil Johnston

Q. What is the Special Feature Pull-Out Section called in this month's publication on pages 5-8?

Answer: "A. Discover Local"

### Bonus Question

Q. How will you plan on using the Special Feature?  
Most Popular Answer: "I am going to keep this insert in my car so I can visit local farmstands for fresh produce and spices."

## But Wait, There's More...

Go to [www.cookcfb.org](http://www.cookcfb.org) for these extras...

- Nominations sought out for Farm Dog of the Year
- Dairy Month
- USDA Renews Peoples Garden
- White House to Host Anti-Hunger Conference



A recent Farm Shadows high school Farm Shadow experience was held at Nova Quarter Horse Farm and organized by Dr. Alison Powers from Premier Equine Veterinary Ambulatory Services in Lemont. Dr. Powers explained the many services required of a veterinarian including the procedures used to treat colic in horses (photo on left). A farrier provided students with an understanding of the education, experience, and role of his profession as a highly skilled equine hoof-care professional, while allowing students to understand how to begin the process of working with the horse's hooves (photo on right). For full article go to page 5.

## Members and Friends Invited for A Spectacular Evening of Fun to Support Agricultural Education

Cook County Farm Bureau® members and friends are invited to participate in the return of the Foundation's Gala event in 2022! After a two-year Covid induced hiatus, the CCFB Foundation's July 22 Evening for Ag Education Gala Fun'raiser is a must attend, signature event!

The headline entertainment is the band, Libido Funk Circus. In addition to the live band, the event price features a full plated dinner, four-hour open bar, live band, live auction, silent auction baskets, Truth or Hogwash game, and split-the-pot 50/50 raffle.

Tickets to the event may be purchased at

**CFB Foundation  
"Evening for Ag  
Education Gala"**  
\$100 per person (early bird rate)

**Friday, July 22, 2022  
6:00-11:00p.m.**  
Crystal Grand Banquets  
12416 S. Archer Ave.  
Lemont, Illinois

the Cook County Farm Bureau office, by mailing a check to CCFB Foundation, 6438 Joliet Rd., Countryside Illinois or by calling 708-354-3276 to pay by credit card.

Janet McCabe, CCFB Foundation President, said "We are thrilled to return to an in-person, fun-filled event and want you to be a part of it!"

Those attending this event will support the Foundation's Agriculture Literacy efforts to

- Help urban kids, their parents, and teachers know about where their food, clothing, fuel, and nutrition comes from.

**Continued on Page 2**

## MWRD and Farm Bureaus Work Together on Nutrient Loss Reduction Strategy

By Carrie Steinweg, Freelance Writer

The Illinois Nutrient Loss Reduction Strategy (NLRs), coordinated by the Illinois Environmental Protection Agency (IEPA), Illinois Department of Agriculture (IDOA), University of Illinois Extension, and a multi-stakeholder working group, was established in 2015. Its creation follows a 2008 U.S. Environmental Protection Agency (EPA) plan to achieve at least a 45% reduction in total nitrate-nitrogen (N) and total phosphorus (P) discharged into rivers. The U.S.

EPA recommended provided framework in 2011 and in 2015, the IL NLRs was developed with its first goal of reducing the total P load by 25% and the N load by 15% by 2025.

In working toward that goal, a collaboration was established between the Metropolitan Water Reclamation District of Greater Chicago (MWRD) and the Illinois Farm Bureau (IFB). Lauren Lurkins, Director of Environmental Policy at the Illinois Farm Bureau, represented

IFB in early NLRs meetings looking at how to move forward in reducing nutrient load. "We focused on awareness of the issue among our farmer members, and then moved toward a focus on implementation," she said. "In doing so, we created IFB's Nutrient Stewardship Grant Program to provide resources to county farm bureaus for the NLRs efforts at the local level." The grant program has helped to further Cook

**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 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!

# Members and Friends Invited for A Spectacular Evening of Fun to Support Agricultural Education

Continued from Page 1

- Provide scholarships to help area young adults attend college to pursue farm and food related career paths.
- Provide farm experiences and hands-on lessons about farming and food-based education for teachers, schools, and Chicago area families.

Sponsors as of May 15, 2022 include:



- Chicago South Agency • Chicago North Agency
- Orland Park Agency • Chicago Northwest Agency
- South Holland Agency • Chicago Northeast Agency



Members or member businesses interested in becoming a sponsor can contact the Cook County Farm Bureau office at 708-354-3276. Additional details and perks are available at the Gala Fun'raiser landing page <https://cookcfb.org/foundation/>.

"The Foundation has the unique opportunity to see kids and adults experience new connections with farming, farmers, and food and we want you to feel the same joy of agricultural discovery!" stated McCabe. "Please partner with us on this farm education journey by attending this event!"

Call the Cook County Farm Bureau Foundation at 708-354-3276 to purchase your Gala event ticket today.

# MWRD and Farm Bureaus Work Together on Nutrient Loss Reduction Strategy

Continued from Page 1

County Farm Bureau's participation in the NLRs. A rural-urban partnership created a link with the MWRD and IFB at a research and demonstration site in Fulton County. "The MWRD is the state's largest wastewater treatment organization, and they own land in Fulton County just outside of Cuba, Illinois. MWRD has dedicated portions of the Fulton County property to aid in the research of best practices with an eye toward nutrient loss reduction," said Lurkins.

The site has been a gathering location for several Nutrient Stewardship Field Days where information is shared about site projects that include cover crop inter-seeding, woodchip

bioreactors, grass buffer, and drainage water management research. The field days have been an opportunity for farmer leaders from the Cook County Farm Bureau to strengthen and expand their relationship with MWRD Commissioners and staff.

This year's focus for Cook County Farm Bureau under the Nutrient Stewardship Grant Program will involve partnering with MWRD and the University of Illinois on on-farm research of slow-release fertilizer products from the MWRD treatment process, promotion and distribution of MWRD compost and biosolids products, and additional collaboration in the form of tours and meetings between the partners.

## HOW FARM BUREAU SERVED YOU IN MAY

- ▶ **Engaged 21 candidates for local office, including candidates for Assessor, Board of Review, Cook County Commissioner, and Metropolitan Water Reclamation District in conversations about Farm Bureau policy and member concerns.**
- ▶ **Forged new conversations with urban families through the Ag Trivia social media program. Trivia questions focused on nutrition, food processing, and plant science.**
- ▶ **Provided an equine experience with industry professionals for 20 Rolling Meadows High School FFA students while also sharing agricultural information with nearly 3,000 4th grade students through our Ag in the Classroom program.**
- ▶ **Created a Discover Local guide featuring local greenhouses, garden centers, farms, etc. for members to find all of their outdoor needs this spring and summer.**



## 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...

Carl Smits for participating on the Illinois Food Scrap Coalition Farmer Expert Panel on Compost. And a special thank you to Theresa Johnson for inviting Cook County Farm Bureau to assist with the panel and identifying panelists.

Jeanne and Shelly from Goebbert's Farms & Garden Center for leading members and guests to make beautiful Butterfly Planters during our workshop; and a special thank you to Holly Danielson for making this happen.

Dr. Alison Powers, Premier Equine Veterinary Service, for making our Farm Shadow experience possible for high school students.

The parents, teachers, and 150 children who took the time to enter our annual bookmark contest.

The 760 members that registered to be a part of our drawing and rewards during our Member Appreciation Week...we appreciate you all!

Board members Janet McCabe and Tim Stuenkel, for earning the certified director designation from the Illinois Farm Bureau.

The Master Gardeners that have been providing great support, guidance, soil test evaluation, and recommendations for members to improve gardening and plant care in the Cook County area.

Members of the Cook County Farm Bureau PAC and Governmental Affairs Team who spent many hours interviewing local candidates on issues and positions affecting agriculture and members.

Ellen Phillips for donating a tiller to Bronzeville Community Garden and to Jimmy Richardson for picking it up at the CCFB and transporting to the garden. (See Photo Above)



Jimmy Richardson



Our hearts go out to the Stuenkel family as well as the extended Farm Bureau family as we mourn the recent passing of Tim Stuenkel, Cook County Farm Bureau board member, Foundation board member and friend.

## Co-Operator

published monthly

Cook County Farm Bureau

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# Downwind

by Bob Rohrer, CCFB Manager

## “Appreciate a Teacher Today!” (Part 2)

Last month, I celebrated May’s Teacher Appreciation Week by writing a column reflecting on teachers that were very influential in my life. I quickly discovered that there were too many influential teachers in my life to fit into one column!

So, I continue with part two of my Teacher Appreciation column. (part 1 is available at [www.cookcfb.org](http://www.cookcfb.org))

During my eighth grade year, Dad and Mom were provided with a new farming opportunity which required another relocation, back to the Aledo area which we left when I was in second grade.

As an early teenager, eighth grade was a wonderful time to move again and attend a new school (I say with sarcasm). As the “new” student, I became reacquainted with many of my early childhood friends from kindergarten-second grade (who wrote me the notes as a part of Mrs Anderson’s second grade class I “appreciated” last month). They seemed really cool and me, not so much...just in time to start those pressure years, high school!

In high school, I was fortunate to have three different Ag teachers/FFA instructors who helped me find my way.

### My freshman year, I appreciated my agriculture teacher, Mr. Hennefent, and here is why:

Mr. Hennefent selected me to join him and fellow students, including several high school upperclassman, for a road trip to the National FFA Convention in Kansas City. Through this trip, Mr. Hennefent provided me the chance to mix and interact with him and the older students in high school, effectively helping me exit my shy shell with a new level level of confidence and surety.

Mr. Hennefent was a teacher with impact!

### My sophomore year, I appreciated my agriculture teacher, Mr. Erickson, and here is why:

I first met Mr. Erickson as an eight-year-old in our community 4-H club. Yikes! As an older kid, he intimidated me with his teenage maturity! As my teacher in high school, he provided great coaching in the area of meeting management and public speaking.

As an adult, I feel blessed to be able to interact and work with Mr. Erickson as he returned to farming and eventually became the vice president of the Illinois Farm Bureau. (I always worried that he may have remembered and exposed my many negative traits from high school to the Farm Bureau organization...thankfully, he is too classy to have done so!)

Mr. Erickson was a teacher with impact!

### My junior and senior year, I appreciated my agriculture teacher, Mr. Schwarzkopf, and here is why:

It is surprising that I made it through these upperclassman years. Mr. Schwarzkopf and I had a like/dislike relationship. In fairness, I was not very likable. I was a bit full of myself, always pushing the envelope and the freedoms Mr. Schwarzkopf provided as a part of the ag instruction, shop classes, and the FFA experience. I do remember a devastating elbow I received to the jaw on the basketball court from Mr. Schwarzkopf (he said it was inadvertent, not retaliation).

Despite my “know it all” attitude, I learned so much from him during those two final years of high school. Electrical wiring, welding, leadership skills, mechanics, and machinery repair come to mind. Stuff I still use today.

25 years later, I traveled to a Farm Bureau meeting in Ottawa. Prior to the meeting, while taking a moment to use the men’s restroom, I glanced to my right to see Mr. Schwarzkopf standing there in the stall next to me. What a shocker! Quite a location to get caught up on life!

Mr. Schwarzkopf was a teacher with impact!

### During college, I appreciated Illinois State University professor, Dr. Benton K. Bristol, and here’s why:

I had many professors that I could add to this list but the one that jumps out at me taught Farm Safety at Illinois State University. However, it wasn’t the farm safety curriculum that I remember. It was his quirky truths. He made us memorize truths of life that didn’t seem to have much to do with the curriculum of Ag safety. I quickly realized the importance of memorizing these truths of life because they were on his tests! I don’t remember much of the curriculum but I do remember the truths of life that I still use to this day (much to my children’s chagrin): “Everything Matters, Everything Counts” and “Decisions Determine Destiny” popped into my head as I wrote this. When you take these truths of life to heart and reflect upon them, they have a way of influencing your life.

Dr. Bristol was a teacher with impact!

### For life, I appreciate my wife, the most influential teacher of all:

The number one, most influential teacher impacting my life is my wife, a junior high teacher and my life partner/coach. Back in college, when we were 18 years old, she told me her goal was to be a teacher of the deaf and hard of hearing. She not only accomplished this goal at the junior high level but has done so with such dedication that through the years, she has impacted countless students to pursue their life dreams in a world that can sometimes be difficult and unkind to the those with perceived disabilities. I am fortunate to have a behind-the-scenes view of how hard she works and how much she passionately cares about each child’s learning circumstances, present and future. Through her continuing examples and in so many other ways, she influences me positively, every day. I am so appreciative!

Mrs. Rohrer is a teacher (and wife) with impact!

### Please thank a teacher today!

As the 2021-22 school year wraps up, teachers across the country (including my wife and the Ag in the Classroom presenters) are taking a big sigh of relief to enjoy some summer downtime. Cook County Farm Bureau is proud to have many teacher as members and we hope this summer helps rejuvenate their teaching pride and spirit. I know it has been a difficult few years for teachers but please know your work matters. Thank you for positively influencing so many lives and making an impact!

## Helping you protect what matters most



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## Master Gardener Resource Center is Available for Member Use

The Cook County Farm Bureau® and the University of Illinois Extension continue to partner on a project that benefits local Farm Bureau members and the general public. During the growing season (April – November), Master Gardeners are available to answer questions from members and the general public related to gardening and horticulture.

Master Gardeners are available through the Cook County Farm Bureau on Mondays and Thursdays 9am – 1pm by emailing [mastergardener@cookcfb.org](mailto:mastergardener@cookcfb.org) (preferred) or by

calling the Cook County Farm Bureau at 708-354-3276. The Master Gardeners continue to work effectively responding to members through remote service.

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

### Recipe of the Month:

## Spring Greens Mixed Berry Salad with Garlic Vinaigrette

Jodie Shields, Partners Spring 2022

### Garlic Vinaigrette:

- 3 T extra-virgin olive oil
- 2 T white wine vinegar
- 4 cloves garlic, minced
- 1 t Dijon mustard
- ¼ t salt
- ½ t freshly ground black pepper



### Salad:

- 6 c mixed spring greens (about 6 ounces)
- 1 c fresh strawberries, sliced
- 1 c fresh blueberries
- 1 c fresh blackberries
- 6 T slivered almonds

In a small bowl, whisk together the oil, vinegar, garlic, mustard, salt and pepper. Set aside. Place all spring greens into a large bowl. Add the vinaigrette and toss to coat. Divide the salad between 6 salad plates and top each with an equal amount of strawberries, blueberries and blackberries. Sprinkle 1 tablespoon of almonds over each salad before serving. Tips: For a smoky flavor, toast the almonds in a preheated oven at 325 degrees for 10 minutes before topping the salad. Don’t like blackberries? Feel free to toss in your favorite mixed berries.

2022 Recipe Collection Booklets are available!



To receive a free copy:  
Email: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org)

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

Call the Farm Bureau at  
708-354-3276

## Local Teacher, Ingredion Part of Illinois Farm Bureau Partners Podcast



Eva Manzke, teacher at Walker Elementary in Bedford Park and Illinois Agriculture in The Classroom (IATC) Teacher of the Year runner up, was recently interviewed by Mr. Mike Orso of the Illinois Farm Bureau. Part of the interview with her is included as the first part of a two-part Partners podcast about Illinois food companies, and in particular, Ingredion. Members interested

in listening and/or sharing, the link can be found below: <https://bit.ly/WhatWeEatPt1>

Part II of the podcast was recently posted and focuses on Ingredion's sustainability efforts, and in particular their partnership with PepsiCo to pay Illinois and other farmers for implementing new conservation and water quality practices.

## We Welcome New Voting Members!

The Cook County Farm Bureau Board of Directors welcomes the following Cook County Farm Bureau members who joined the organization or reclassified their membership recently to Regular\* or Professional Status\*\*:

- Stelor Astabuck, LLC**
- Mary Kay Nielsen**
- Barbara P. Pillow Sidibeh**
- Emy Brawley**
- Andy Williams**

Regular and Professional member status is important in the support of the Cook County Farm Bureau's efforts at advocacy, education, and public relations. These members also receive FarmWeek, the largest weekly agricultural newspaper in the state of Illinois, will provide great up-to-date information about agriculture issues, production, and news. Voting rights and leadership opportunities come as a part of the membership.

We also thank the many new Associate members that joined the organization to access our membership benefits and services over the past few months. We look forward to serving you as well!

\*A Cook County Farm Bureau regular voting membership is required of all who join our association that have a vested interest in and receive income from the production of farm products as an owner or operator of a farm business.

\*\*Professional voting membership status is available to all those employed in agriculture related occupations, even with no farm income.

If you are interested in this Level membership and the benefits it carries, please contact see CCFB at 708-354-3276 or go to [www.cookcfb.org](http://www.cookcfb.org).

# FARM FRESH FUNDS



Want a \$20 Farm Fresh Funds voucher 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](http://www.cookcfb.org) and clicking on MEMBER CENTER.

## New Guide Released for Illinois Cottage Food Law

A new Cottage Food Guide is available to help farmers and food entrepreneurs understand the statewide regulations that took effect Jan. 1.

**For a copy, go to the Cook County Farm Bureau website...**

**<https://cookcfb.org/discover-local/ag-resourcesfarmers-markets>**

The guide includes:

- Illinois Department of Public Health interpretation and implementation of the Cottage Food Law,
- Sample registration forms and ancillary materials,
- Labs that provide product testing,
- Links to tested and approved USDA or Cooperative Extension Service recipes,
- Resources to find certified food protection manager courses,
- Food safety best practices,
- Sample labels, and

- Frequently asked questions.

The guidebook resulted from collaborative work of the Illinois Department of Public Health and stakeholders organized by the Illinois Stewardship Alliance. Illinois Farm Bureau and Illinois Specialty Growers Association worked on the guidebook and on passing the legislation in 2021.

The new Cottage Food Law:

- Standardizes statewide regulations and county registration processes,
- Allows farms and home bakers to sell homemade foods and drinks from their homes, at fairs and festivals, through delivery and drop off, and to ship products within Illinois, and
- Protects public safety with additional safety provisions, such as water testing of well water and a food safety plan for pickled and fermented foods.

# 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

Brew & Brew Gift Basket  
2 AMC Tickets  
Free Membership  
Free Membership

Robin Scheldberg  
Ashley Lemke  
Joyce Dienes  
Steven Taft

#### Tuesday

Fiesta Gift Basket  
Soil Kit  
Free Membership  
Free Membership

Kimberly Pointer  
Kristin Erwin  
Connie Johnson  
Tim Sisk

#### Wednesday

Rainy Day Fun Gift Basket  
CCFB Swag Bag  
Free Membership  
Free Membership

Connie & Thomas Phistry  
Thomas Neubauer  
Helena Turner  
Kim Morton

#### Thursday

Gardeners Corner Gift Basket  
Delta Sonic Car Wash  
Free Membership  
Free Membership

Patricia Flores-Muller  
Stephanie King  
Diana Denton  
Gordon & Bernadette Pierce

#### Friday

Wine & Dine Gift Basket  
Home Run Inn Gift Card  
Free Membership  
Free Membership

Lisa Joyes  
Haralambos Hatzidimitriadis  
Louis Zielezinski  
Art Schmidt



Brew & Brew Basket winner Robin



Connie Phistry Rainy Day Basket Winner



Fiesta Basket Winner Kimberly Pointer



Gardeners Corner Basket Winner Patricia Flores-Muller

## 5 Questions for Kelli Villerreal, CCFB Coordinator – Membership and Communications

### What is your favorite job within the Cook County Farm Bureau?

I love anything that lets my mind be creative. My favorite job within CCFB would be designing any promotional items we use in the Co-Operator, on Facebook, etc. When someone needs to promote an event, I love being able to create something that not only I think looks great, but my coworker likes and will get our message across as an organization.

### When you are not working on CCFB business, what is something you like to spend time doing?

When I am not at work, I enjoy spending time with my family/friends as well as my husband and dog, Nixon. Sports are a big part of my life, and I still play softball during the summer. Some of my favorite things to do are wine tasting, going to concerts, traveling, and enjoying a hot summer day in my pool.

### What did you want to be growing up?

When I was very little I wanted to be a professional background singer, but I eventually grew out of that. I always wanted to be a hair stylist. I love being around

people and using my hands/mind to create something. I did graduate from beauty school years ago and still continue to do hair part-time for family/friends.

### What impresses you about CCFB and our members?

I am always impressed with the CCFB and our members when it comes to Food Checkout Day. The CCFB Board of Directors and COUNTRY Financial agencies play a big part of that as well. The generosity from our members and the amount of people that support such a great cause is amazing. Delivering the food/monetary donations to these local food pantries and seeing the impact it has on the community is the reason why I am so thankful to be a part of this event. Food Checkout Day would not be possible or successful without the help from our members and volunteers.

### What is your favorite food?

Pizza is my favorite food. You can change it up in so many ways, I probably could eat it every day. I also have to add my favorite snack, pistachios. I am pretty much sold on anything pistachio flavored, too.



## Meet a "face" of the Cook County Farm Bureau

Alicia Nesbary Moore and Barry Howard, Owners of Herban Produce



**Herban Produce**  
 2900 W Van Buren Street Chicago, IL  
 Phone: (708) 254-4016  
 Email: [alicia@herbanproduce.com](mailto:alicia@herbanproduce.com)  
 Hours: 8 am – 4 pm  
 Website: <https://www.herbanproduce.com/>  
 Facebook: <https://www.facebook.com/herbanproduce>

- Herban Produce is an urban production farm located on Chicago's Westside.

- It started off as a non-profit organization in 2016, then transitioned to a for profit farm in 2020. Herban produce is now a 2-acre production farm and agritourism destination serving restaurants, local consumers, school groups, and corporation.

- Herban Produce is your solution to sourcing hyper-local food and hosting interactive farming experiences. They also have an Airbnb Farmstay on their site!

- Herban Produce wants the farm to be known as being innovative by their customers and also to be known for producing the highest quality produce.

### WHEN YOU ARE NOT IN THE FARMING/WORKING, WHAT ARE YOU DOING?

I'm a new mom to a 9-month-old baby girl. So I'm in full mommy mode.

### WHAT TYPE OF FARMING ARE YOU INVOLVED IN?

I'm a specialty vegetable farmer. My operation grows vegetables, flowers, and herbs both in-ground and hydroponically.

### WHAT IS YOUR FAVORITE PRODUCT OR SERVICE OFFERED BY YOUR FARM?

Our youth internship. I'm amazed at how farming can be such a transformative experience for them both physically and mentally.

### DID YOU HAVE A MENTOR OR SOMEONE YOU LOOK UP TO?

My mom. She sacrifices so much for me and also works at the farm. I literally could not do life without her. I hope to be half the woman she is for my daughter.

### WHAT IS YOUR FAVORITE THING TO GROW?

Orach Spinach

### WHAT IS YOUR FAVORITE FARM RELATED MEMORY?

I came into this industry straight from academia. I had no clue if I was going to be able to pull off production growing. So my favorite memory is harvesting my first succession of lettuce and seeing that the next succession was on time to be harvested the following week.

### WHAT BRINGS JOY TO YOU?

I would say, impacting my community. People see my farm as a beacon of change for the neighborhood and I'm glad we are able to bring peace to people's everyday routines.

## Hattie B. Williams Food Pantry to Receive Grant of "Refrigeration"

This spring Cook County Farm Bureau submitted a grant application on behalf of Hattie B. Williams Food Pantry in Oak Forest – and they received the grant! The grant, provided through Midwest Dairy Association, will provide commercial refrigeration to increase dairy storage capacity at the food pantry.

Hattie B. Williams Food Pantry serves south suburban Cook County. Prior to the COVID-19 pandemic and its lasting

effects on food insecurity, the pantry served between 50 and 60 families per week; in 2020 that number grew to over 90 families.

It is anticipated that the commercial grade refrigerator will be delivered this fall. This will be the second food pantry grant that Cook County Farm Bureau has received, the first was in 2021 for Alicia's House in South Chicago Heights.

## Engaging Students in Equine Careers Through Farm Shadows Program

FFA students traveled to the opposite corner of Cook County to be a part of our final high school Farm Shadows experience for school year 2021-22. The Rolling Meadows students learned about jobs within the large animal vet science field of work including the skills needed to be a large animal equine veterinarian, farrier, and nutritionist.

The program was led by Dr. Alison Powers of Premier Equine and was held at Nova Quarter Horses Barn in Mokena, IL. Dr. Powers provided the students access to her Ambulatory Veterinary Services traveling truck that includes medical supplies and equipment where they learned about the services administered by the team. Participants observed horse movements to understand how to diagnose a variety of conditions and viewed some actual x-rays. Dr. Powers also discussed common health issues in horses and spoke about the preventive care that is required to take diligent care of the animals. "The mobile vet trucks are impressive. I never thought about the vet going to the animal," shared student, Aaron.

Speakers from Nutrena gave an overview of large animal nutrition, including costs to feed the horses a

healthy diet. They also discussed how to determine feed amount depending on each horse. One student commented, "The science that goes into feed really impressed me. I enjoyed helping with the measurements to determine the horse's weight."

A farrier, a craftsman who trims and shoes horses' hooves, provided a glimpse into the education and training required for the position. Students were surprised by the physicality of the job and the dangers of the profession.

The Farm Shadows Program wrapped up our high school series for the school year. Our thanks to the Cook County Farm Bureau® Foundation with support from Compeer Financial for allowing local students opportunities to gain experience about careers in agriculture right here in Cook County.

When asked what was helpful about the Equine Shadow, students said, "I'm really glad that they showed what they do on an actual horse which is something that I never have got to see in person on a live animal" and "The whole thing, because it was very interesting." For more information about how to become a partner in our Farm Shadow experiences for next year, email us at [aitc@cookcfb.org](mailto:aitc@cookcfb.org).

Past issues of the Co-Operator are available online at [cookcfb.org/stay updated](https://cookcfb.org/stayupdated)



**A Summer of Possibilities**

Diane Merrión, CCFB Director of Ag Literacy

School's out (or almost out) for summer, so now what? Summer was always that time we couldn't wait to

get out of school, hang outdoors, ride bikes, sleep in (not one of my young or old abilities), and make some extra money.

My early years included earning some cash doing chores such as cutting grass or washing cars. Eventually I was allowed to help at my parents' beauty shop such as cleaning, filling the pop machine, and finally shampooing hair. I couldn't wait to get a real job which I finally did with a work permit and ended up as a dental assistant. I still can't believe they would let a kid, with no experience, do such a job. I went from cleaning hair to cleaning teeth, so I felt as though I hit the jackpot when at age 16, I started work as a bank teller. I felt like a star and loved that job so much. It had all I wanted including friendly co-workers, friendly customers, and required no cleaning (except my hands from the residue of handling cash every day).

The experience of being a teller and learning about the jobs within the small savings and loan really were my first "job shadows" outside of school. I didn't mind working through summers, weekends, and after school and worked as many hours as I could. There was a lot of competition for summer jobs, just like summer internships

**Ag Lit Bit**

during college.

How things are different now! There are summer jobs (and many full-time jobs) with no one knocking down the door trying to gain a job. Being the first one to get their application in before school ended isn't really a "thing" anymore.

The Cook County Farm Bureau Foundation began a Farm Shadows Program a few years ago and built-up interest in the program not only from high schools who want to expose their students to careers in agriculture, but more recently from our professional members who want the opportunity to tell students about careers in their business sectors. Some local businesses such as the greenhouse industry are all seeking summer employees to help them and to also provide information about the opportunities in horticulture. A Farm Shadow last month showcased the job of a veterinarian and related careers in the equine industry (see article). The host farm followed up with us asking if we knew of students who were interested in summer work.

The agriculture industry has many job possibilities this summer that can provide youth exposure to learn what they may or may not end up having a passion for. I learned early in my first jobs what I didn't want to do, but it took a while to learn what I did want to do. Don't sleep in and miss the chances that are everywhere out there this summer.

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

**Rolling Meadows FFA Signs Charter, Celebrates First Banquet**



Illinois FFA State President Adam Loker (far left) joined students, dogs, and supporters at the banquet along with FFA teachers Kendall Wright (second from right) and Kirsten Raver (far right).



Advisory board members received Honorary FFA Degrees for their work with the Rolling Meadows agriculture programming. Second from right is CCFB AITC Director, Diane Merrión.

We were pleased to be a part of the first FFA Banquet at Rolling Meadows High School where Officers and Members signed their Chapter Charter as supporters of the program gathered to celebrate the accomplishments of the students.

Rolling Meadows High School Agriculture Teacher and FFA Advisor, Kendall M. Wright, shared her thoughts about the event, "After three years, we were really excited to host our first official banquet and to officially be chartered as the Rolling Meadows FFA Chapter! Our students have worked so hard in and out of the classroom to learn about agriculture, volunteer in our community, and build leadership skills in our program. It was wonderful to recognize all the time and

dedication our students, administrators, and community supporters have given to the Rolling Meadows Agriculture Program."

Attendees also included canine friends who graduated during the event from the school's Therapy Dog Program. Rolling Meadows High School hosts a dog therapy training program that provides a learning opportunity for handlers and dogs alike even as it meshes perfectly with the school's Agriculture Career Pathway, which features, among other elements, an introduction to veterinary science. Typically offered to two cohorts a year, the program allows students to train with professionals from the Masonic Association of Service and Therapy Dogs to earn certification as handlers of therapy dogs.

**Bookmark Contest**



First Place ViViene from Solomon Elementary



Runner Up Evelyn from St. Alphonsus-St. Patrick School



Runner Up Maggie from St. Alphonsus-St. Patrick School



Runner Up Nayeli from Rosa Maddock Elementary

**Ag in the Classroom**

Our six amazing classroom presenters have crisscrossed Cook County this school year, both in person and virtually. They have engaged with over 17,000 students (mainly fourth grade) to teach them about the importance of agriculture in meeting our basic needs for food, fuel, and clothing and gotten them excited about the need for individuals from their generation to keep the industry growing through technology, innovation, and expertise.

We want to thank the teachers who have invited us back again this year and those who are new to our program. The responses to our program have reinforced our Ag Literacy Mission, "To expand students' awareness and appreciation for the importance of agriculture everywhere." We would love to include all the teacher comments but will share one we recently received. "My students were super engaged in learning all about agriculture in IL, its importance, current issues, and that people often have jobs or careers someday related to this field."

We hope to see you all again next year and meet some new teachers as well.



Presenter Bloomstrand, Presenter Galassini, Presenter Lesser, Presenter Koukol, Presenter Schaeffer, Presenter Kolweier

Past issues of the Co-Operator are available online at [cookcfb.org/stay updated](http://cookcfb.org/stay updated)

# Agriculture Adventures for Families



There are signs of agriculture everywhere in Cook County. Keep this scavenger hunt handy in your car or pocket and mark off the items you see as you travel around this summer. If you see one apple tree, are there others close by? Do you see a field with field corn and sweet corn? If so, which one is taller? Does the greenhouse sell annuals, perennials, herbs? Does that greenhouse sell at the farmer's market? June is a great month for exploring the outdoors and examining the presence of and importance of farmers in the field and in the backyard.



## Ag Scavenger Hunt



We'd love to learn where you saw some of the items in Cook County. Send us how many you found and the location to be entered into a raffle for a small prize. Entries due by 8/1/22

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 2022 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.

### June Word Search

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

- |           |            |
|-----------|------------|
| Apple     | Explore    |
| Barn      | Greenhouse |
| Bees      | Goat       |
| Butterfly | Herbs      |
| Chicken   | Horse      |
| Compost   | Hunt       |
| Corn      | Sunflower  |
| Drone     | Tractor    |

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.

## Last Month's Word Search Winner Is...

**Gina DiVincenzo**

## Farmers Natural Partners in Pollinator Effort



It seems an unlikely thought that farmers would respect a plant with “weed” in its name. Yet the last few years, our farm has mowed or sprayed around patches of milkweed in pastures, ditches, field edges and grassy knolls in support of the monarch butterfly. Now, our kids experience and identify this signature orange-and-black pollinator as I did as a kid.

More importantly, scientists estimate that one of every three bites of food directly depends on pollinators like butterflies, bees, hummingbirds, moths and more, a fact more widely celebrated during Pollinator Week in late June. The amount of field edges, ditches and conservation lands under farmer care position farmers to partner in this effort to support the pollinator population.

Illinois farms like ours allow more milkweed to proliferate and other flowering plants to bloom. The state’s private landowners have committed more than 825,000 acres of sensitive lands to government-administered conservation practices sometimes mixed with native blooming plants. Nearly 120,000 of those acres

– roughly the equivalent of 120,000 football fields– bloom spring to fall as dedicated habitats for honeybees.

Farmers increasingly voice their desire to support the survival of pollinators, so the Illinois Farm Bureau this year launched a program to financially and technically support members wishing to start pollinator conservation projects. The Farm Bureau created a mowing guide for agricultural landscapes. It sponsored outreach programs and developed a video series to highlight notable projects.

The results are promising. In just 10 years, my kids are spotting more monarch butterflies around the farmyard and seeing more ditch flowers to attract bees.

With proper precautions, pollinators and pesticides also can co-exist. The pesticide applicator training and exam that I completed this winter emphasized the importance of following label directions and noted responsible practices to keep local pollinators safe. Programs like DriftWatch allow voluntary communication between applicators and owners of apiaries. And we find the 4R’s apply to pollinator stewardship as much as agronomic success: Right product at the right rate, the right time and in the right place.

Not to mention, leaving the land better than we found it is the right thing to do.

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

## Family Farm and Food Bytes

**FARMLAND MARKET STAYS HOT** - the amount farmland sales and prices paid by buyers remained well above average through the first quarter of 2022. It appears that the trend could continue. **(FarmWeek)**

**SWEET LEGISLATION PASSES IN ILLINOIS** - There’s a new day to celebrate in Illinois. State Rep. Tony McCombie, R-Savanna, sponsored legislation which recognizes Aug. 1 as Sweet Corn Appreciation Day. The day will commemorate all sweet corn growers and farmers across the state. **(FarmWeek)**



**PROPOSED SEC RULE COULD REACH NEARLY EVERY FARMER** - The American Farm Bureau Federation joined 119 other agriculture organizations in sending a letter to the Securities and Exchange Commission (SEC) asking for an extension of time to comment on its proposed rule, “The Enhancement and Standardization of Climate Related Disclosures for Investors.”

The SEC - whose primary purpose is to protect investors, maintain efficient markets and facilitate capital formation - now wants to require public companies to report data about their entire supply chain. Nearly every farmer’s and rancher’s products eventually touch a publicly traded company, meaning that farmers and ranchers could be forced to report personal information and business-related data. **(AFBF news)**

**REGIONAL FOOD DISTRIBUTOR ENVISIONS FOOD PARTNERSHIP IN CHICAGO AREA** - The Common Market specializes in

connecting local family farms with schools, hospitals and other institutions seeking locally grown and raised foods. The nonprofit, regional food distributor selected the Chicago area for its newest location. Co-founder Haile Johnston told FarmWeek the Chicago area seemed a great fit as one of the country’s largest urban centers with leadership in food and food aggregation and a vibrant food scene. Yet, the area also struggles to support small- and medium-scale family farms and is home to food-insecure communities where families face significant economic challenges. “Chicago is a place that could really benefit from partnerships,” Johnston said. **(FarmWeek)**

**USDA PLANS TRADE MISSIONS TO EXPAND EXPORTS** - USDA will sponsor missions to the United Kingdom in June, Philippines in July, Kenya in October and Spain in November to help expand export opportunities. “I believe we should look for ways to showcase what we have to offer,” said Ag Secretary Tom Vilsack. **(FarmWeek)**

**COMMUNITY COLLEGES GROWING WORKFORCE FOR HEMP, CANNABIS INDUSTRY** - Illinois is seeding the state’s hemp and cannabis industry workforce at community colleges around the state. Seven community colleges across Illinois are licensed by IDOA and the Illinois Community College Board to offer certificates in a vocational cannabis pilot program. The colleges include: Kishwaukee College, Oakton Olive-Harvey College, Shawnee Community College, Southwestern Illinois College, Triton College and Wilbur Wright College. **(FarmWeekNow)**

**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.

**Party for the Pollinators**

Join Cook County Farm Bureau and celebrate the tremendous contributions of pollinators during this educational and family-friendly free event.

Activities will include crafts, honey tasting, and pollinator programming.

Wednesday, July 13 from 5:30- 6:30 p.m. at the CCFB (bottom level parking lot)

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**COOK COUNTY FARM BUREAU POLITICAL ACTION COMMITTEE ENDORSES**

County Board District 5  
Vernard Alsberry, Jr.

County Board District 17 Democrat  
Lou Gale

County Board District 17 Republican  
Sean Morrison

Assessor  
Fritz Kaegi

Board of Review District 1  
George Cardenas

Metropolitan Water Reclamation District 2-Year Term  
Chakena Perry

Metropolitan Water Reclamation District 6-Year Term (3 Seats)  
Mariyana Spyropoulos  
Frank Avila  
Sharon Waller

Paid for by the Cook County Farm Bureau Political Action Committee. A copy of our report is (or will be) available at the Illinois State Board of Elections.



# Agricultural Appropriations in Illinois Budget

The Illinois Department of Agriculture's (IDOA) budget is similar to the previous and current years' budgets, however this year the budget includes a significant increase in both existing and new programs.

Securing \$750,000 in funding at IDOA for livestock foreign disease prevention, which would fund five additional state veterinarians (currently IDOA only has one state field veterinarian), was part of Illinois Farm Bureau's 2023 legislative priorities. We are pleased to see that funding included in the FY2023 budget. Illinois Farm Bureau worked collaboratively with the Illinois Pork Producers, Illinois Beef

Association, Illinois Corn Growers, and Illinois Soybean Association to ensure this funding was secured.

As part of the Federal relief response to COVID-19, the USDA has created Farm and Food Worker Relief Grant Program to provide support or relief services to farmworkers or meatpacking workers. Included in the FY2023 budget is a \$70 million appropriation from the federal funds to IDOA to implement the program.

The following are major agricultural related budget line items for the FY 2023 budget:

Line Item	FY 2021 Actual Expenditure	FY 2022 Enacted Appropriation	FY 2022 Estimated Expenditure	FY 2023 Enacted Budget
FFA Grants				\$100,000
Infections Disease Prevention- Additional State Vets				\$750,000
Cover Crop	\$300,000	\$660,000	\$660,000	\$660,000
Cook County Extensions	\$2,449,200	\$2,449,200	\$2,449,200	\$2,449,200
State Cooperative Extension Service Trust Fund	\$10,994,700	\$10,994,700	\$10,944,700	\$10,944,700
Ag Extension 4H	\$779,000	\$786,400	\$786,400	\$786,400
SWCD Cost Share	\$3,000,000	\$3,000,000	\$3,000,000	\$3,000,000
SWCD District Operations	\$4,500,000	\$8,500,000	\$8,500,000	\$4,500,000
Agricultural Education Program	\$4,949,000	\$5,000,000	\$5,000,000	\$7,050,000
Food Safety Modernization Initiative	\$162,400	\$200,000	\$180,000	\$200,000

## Notable Legislation Approved by the General Assembly

Throughout the legislative session there were several mentionable bills that Farm Bureau supported that passed both Houses: Farmers' Market Retail Permit, liability insurance costs, and FFA License Plate Decals.

Farm Bureau initially had concerns with the Farmers' Market Retail Permit (SB 3838) when it was introduced but worked diligently with Senate Sponsor Koehler and House Sponsor Bennett, as well as local health departments, and the Illinois Stewardship Alliance to come to an agreement and create a standard to help local foods.

The Farmers' Market Retail Permit creates a statewide permitting process, with cost controls, for farmers that wish to sell meat, dairy, poultry, and certain pre-frozen foods at farmers' markets in counties that require a permit. This permit is separate from a county's typical retail food license and will be the only permit necessary to participate in farmers' markets for the sale of meat, dairy, poultry, and certain pre-frozen foods. This was a great opportunity to work together with both a Democrat and Republican sponsor on an issue to put a cap on permit fees and make it easier for local food operations across the state. SB 3838 passed the Senate and the House concurred. Farm Bureau supported SB 3838.

The General Assembly gave Illinois agritourism businesses some relief on liability insurance costs. Lawmakers passed legislation providing agribusinesses a \$1,000 state income tax credit for liability insurance premiums and

forwarded the provisions along with other tax measures to Gov. J.B. Pritzker.

For years, Illinois Farm Bureau and the Illinois Specialty Growers Association have worked to address agritourism liability issues against stiff opposition from the Illinois Trial Lawyers Association (ITLA). After years of inaction due to ITLA opposition, Sen. Rachel Aud Crowe, D-Glen Carbon, and Senate President Don Harmon's office, with help from Rep. Katie Stuart in the House, actively partnered with Farm Bureau and lobbied each chamber to deliver aid for agritourism.

Eligible agritourism businesses include those providing historic, cultural, and on-site educational programs, tours, animal exhibitions and petting zoos, crop mazes, U-pick harvesting, horse rides, hayrides, and sleighrides. Under the law, ineligible businesses solely offer hunting, fishing, rodeos, amusement rides, off-road biking or motorized activities, outdoor recreation, and serve as wedding and concert venues.

Another notable bill supported by Farm Bureau that passed both houses with no opposition, is HB 5400 sponsored by Representative Hammond and Senator Joyce. The bill allows the Illinois Department of Agriculture to issue FFA license plate decals and the revenue generated shall be used for grants to the Illinois FFA Association. This bill was approved by both chambers unanimously. Farm Bureau supported HB 5400.

## Manifolds, Manolos, and Manure



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

Since 2010, Cook County Farm Bureau® has operated a Political Action Committee (Cook CFB PAC) designed to support candidates who are supportive of the policies, priorities, and mission of the Farm Bureau while promoting the economic and social well-being of farmers and farm-related interests in Cook County.

Since its inception, Cook CFB PAC has made 72 endorsements. Not all incumbents. Not all challengers. Not all major party candidates. But candidates who Governance Committee members felt would make the largest impact in their office and in Cook County.

Members of the Cook CFB PAC Governance Committee are charged with making endorsements. When considering a candidate, members consider the results of the candidate's interviews, questionnaires, support of Farm Bureau policies, and when applicable, voting record.

Of the candidates running for Cook County office, Governance Committee members interviewed candidates for Cook County Commissioner, Assessor, Board of Review, and Metropolitan Water Reclamation District (MWRD).

Cook County Commissioner Debra Sims will retire after 28 years representing district five on the county board. District five includes portions of the City of Chicago and suburban Cook County. Governance Committee members interviewed all but one candidate in the race and were impressed with candidates' excitement, depth of knowledge, and desire to serve. For Cook CFB PAC its Hazel Crest Village President and U.S. Air Force Veteran **Vernard Alsberry, Jr.** Also in the race are Monica Gordon, Jaylin McClinton, and Kierra Williams.

The seventeenth district of the county board is predominantly suburban and home to a vast number of Cook County farms. On the Republican ticket incumbent commissioner Sean Morrison is running for re-election. Commissioner Morrison has proven himself to be a tireless advocate for small businesses, public safety, and efficient government. For Cook CFB PAC its **Commissioner Sean Morrison.** Also in the race is Liz Gorman.

On the Democratic ticket, La Grange Village Trustee Lou Gale has lived throughout the district. He brings a wealth of knowledge and brings experience in both government and the private sector. Trustee Gale is an outstanding candidate. For Cook CFB PAC its **Lou Gale.** Also in the race is Daniel Calandriello.

Perhaps the most contested and controversial race this primary election is the race for Cook County Assessor. Incumbent Assessor Fritz Kaegi has spent the past four years cleaning up and reforming the assessor's office. Cook CFB PAC believes that Assessor Kaegi deserves another four years. For Cook CFB PAC its **Assessor Fritz Kaegi.** Also in the race is MWRD President Kari Steele.

Two years ago, Cook CFB PAC endorsed Dan Patlak in the race for Board of Review district one. Unfortunately, Patlak was not successful in his re-election attempt. For the past two years the Board of Review has been plagued with infighting, finger pointing, and blatant nepotism. Chicago Alderman George Cardenas has the potential to remedy the situation. He comes with a wealth of experience, knowledge, and skill. For Cook CFB PAC its **Alderman Cardenas.** Also in the race is Tammy Wendt.

In fall of 2021, MWRD Commissioner Debra Shore was appointed to head the Environmental Protection Agency Region 5, one of the country's largest offices overseeing air, water, and land pollution issues in Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin. Her appointment left a vacancy at MWRD. Chakena Perry was appointed to her seat in January, nearly three years after first joining MWRD Commissioner Josina Morita's team. Commissioner Perry will be a strong advocate for environmental issues, community engagement, and open government. For Cook CFB PAC its **Commissioner Chakena Perry.** Also in the race are Daniel 'Pogo' Pogorzelski and Elizabeth Joyce.

The June primary election will feature a competitive race for three six-year seats for the MWRD. Leading the race is incumbent Commissioner Mariyana Spyropoulos a tireless advocate for the environment and former MWRD President. Cook CFB PAC has previously endorsed Spyropoulos and continue to do so in 2022. Joining her is Sharon Waller, an expert in the field of sustainability and environmental engineer. Governance Committee members were most impressed with the reasonableness that she approaches business regulations in light of efforts to promote and protect the environment. On the note of engineering, engineer and former commissioner Frank Avila is also running for a seat. For Cook CFB PAC its **Commissioner Mariyana Spyropoulos, Sharon Waller, and Frank Avila.** Also in the race are Precious Brady-Davis, Yumeka Brown, Patricia Theresa Flynn, Rick Garcia, and Cristina Nonato.

Members are reminded to vote early or on June 28.

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

## Ongoing Efforts to Create Effective and Efficient Government

While local governments are created to provide services, we need to consider whether a surplus of these units can lead to inefficiencies, such as duplication of services, doubling up on equipment and/or infrastructure, and overlapping contracts with the same provider. Or do those local units lead to responsive and cost-effective services?

We can reference the Illinois legislature's interest in investigating local governments and their organization, powers, jurisdiction, functions, and inter-relationships. As a result of their interest, a state commission was created in 2011, raising the question: is this system of governance the most efficient approach to meeting citizens' needs?

The commission's report advised that efforts to eliminate layers of government should be locally driven and not state mandated. The report also suggested that in many cases, consolidation might not guarantee tax relief as

much as intergovernmental sharing of resources.

As the commission found, there's more than one approach to gaining efficiency through government restructuring. People most often think of consolidation, which is the lateral merger of similar units of government. But vertical integration is also an option, where a general-purpose unit of government absorbs the responsibilities of a

special-purpose unit of government within its jurisdiction. There's also intergovernmental cooperation, which is the coordination of services and sharing of resources. And, finally, government bodies can simply be dissolved.

There are pros and cons to having so many units of government. On the plus side is proximity. Having close connections with elected officials accommodates access. Small units of government also can be more responsive and sensitive to local needs.



# Ongoing Efforts to Create Effective and Efficient Government

Continued from Page 9

On the downside, small units often have limited resources. They might struggle to achieve efficiencies of scale and cannot afford professional staff. Small jurisdictions can also struggle with a lack of adequate funding and a smaller pool of candidates to serve as elected officials.

Prioritization of expenditures can be affected. General-purpose units must allocate limited resources across competing needs. Conversely, special-purpose units focus on funding their single, assigned responsibility without having to consider other priorities.

Whether government units consolidate, integrate, cooperate, or dissolve, one or more of the dynamics listed above will likely be affected. Voters will want to consider whether one of

these approaches could work for them locally.

Population affects the availability and delivery of government services. In rural areas, special-purpose units of government are often the provider of services that would otherwise be provided by municipalities in more densely populated areas. Where municipalities are few and far between, counties and townships are left to take up the slack. Where that happens, voters often opt to establish special-purpose units. Even if the county service is an option, voters sometimes prefer special purpose units that, like municipalities, are more localized.

One thing is for sure: we have a patchwork of local government that varies widely from one area of the state to another, so there is no one-size-fits-all solution.



**Fun Family Adventures Await...use your CCFB Discount Deals Today!**



**Santa's Village, Dundee**  
**Single Day Tickets:** Use the discount member link platform to get an ANYDAY ticket to Santa's Village for only \$27.99 (regular price \$34.99), visit [santasvillagedundee.centeredgeonline.com](https://santasvillagedundee.centeredgeonline.com)  
**Discount Ticket Bundle:** \$24.99 (\$10 discount ANYDAY Ticket) for 20 ticket minimum purchase. Call Santa's Village directly at 847-426-6751 to order. Perfect for 4-H, scouts, birthday parties, church groups etc.



**Raging Waves Waterpark**  
**General Admission Ticket:** \$21.00 member price (regularly \$44.99). 2 and under are free. Limited supply of tickets. Call CCFB to order at 708-354-3276 or stop by office. Single day ticket valid Memorial Day weekend through September 5, 2022.



**Discount Tickets SOLD on Tickets at Work Platform**  
 Sign up at: <https://www.ticketsatwork.com/tickets/>  
 Use Member discount code: CCFB  
 Tickets at Work, a CCFB discount, gives you access to 20- 70% off on movies, hotels, shows, concerts, sporting events and SIX FLAGS tickets online!

**Visit benefit details online at <https://cookcfb.org/membership/member-benefits> or call the CCFB Member Center at 708-354-3276.**

# Butterfly Planter at Goebbert's Farms & Garden Center

Goebbert's, coordinated a superb event for our members and guests and instructors Jeanne and Shelly did a magnificent job of leading this fun crowd to create unique and beautiful

butterfly planters to take home! It was an unseasonably hot and steamy May 11th but that didn't hinder the making of beautiful planters for the spring and summer season.



Michaelene R and Sue M from Mount Prospect got their hands in the dirt on this steamy, hot May morning!



Essie & Valerie L handled the heat beautifully, creating gorgeous planters to take home to Chicago!



Loretta R from Elk Grove Village received assistance from Goebbert's staff member, Shelly.

Illinois Farm Bureau members receive

# \$500 EXCLUSIVE CASH REWARD\*

ON ELIGIBLE NEW SUPER DUTY®, F-150, RANGER OR MAVERICK



FORD SUPER DUTY      FORD F-150      FORD RANGER      FORD MAVERICK

**BUILT Ford TOUGH** \*Visit [FordFarmBureauAdvantage.com](https://FordFarmBureauAdvantage.com) today!

We value our long-standing partnership with Farm Bureau and are proud to offer you exclusive savings.



Access your great membership benefit package of discounts, deals, and services at [www.cookcfb.org/membership/member-benefits](https://www.cookcfb.org/membership/member-benefits)

# 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.

\*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.



**Margaret Lyczko**

Chicago North Agency, Victoria Nygren, Agency Manager

\*Margaret Lyczko has been named Financial Rep of the month for April 2022. Her office is located at 3339 N. Harlem Ave, in Chicago, IL. Her phone number is 773-427-2964. Margaret has been a Financial Representative since February 2011.



**Faustino Ramirez**

Chicago Northwest, Kevin Gomes, Agency Manager

\*Faustino Ramirez has been named Financial Rep of the month for April 2022. His office is located at 830 E Higgins Rd., Ste V/W, in Schaumburg IL. His phone number is 847-891-3937. Faustino has been a Financial Representative since October 2017.



**Kirk Gregory Jr.**

Chicago South Agency, Jeff Maxson, Agency Manager

Kirk Gregory Jr. has been named Financial Rep of the month for February 2022. His office is located at 1401 State St., Ste# 150, in Chicago, IL. His phone number is 773-619-0649. Kirk has been a Financial Representative since February 2018.



**Erica Storrs-Gray**

Orland Park Agency, Cary Tate, Agency Manager

Erica Storrs-Gray has been named Financial Rep of the Month for April 2022. Her office is located at 12130 S Harlem Ave., Unit A, in Palos Heights, IL. Her phone number is 708-671-1465. Erica has been a Financial Representative since February 2006.



**Randall Cox**

South Holland Agency, Jeff Orman, Agency Manager

\*Randall Cox has been named Financial Rep of the Month for April 2022. His office is located at 2559 Flossmoor Rd., in Flossmoor, IL. His phone number is 708-679-1870. Randall has been a Financial Representative since March 2008.

# ABC'S OF FOOD

At Cook County Farm Bureau, we love food... All types of foods in all types of shapes and all types of flavors. In this feature, we will be highlighting different types of food, primarily fruits and vegetables, from A to Z (we are not sure what to do with X yet!).

## EDAMAME



The food contains fiber, polyunsaturated fat, fat, protein, carbohydrates, sodium, iron, calcium and two antioxidants, vitamin C and A. ½ cup of edamame contains 120 calories.

**A legume defined as the fruit of plants (used for food) in the pea family that release their seeds by splitting open along to seams.**

**A fancy name for boiled green soybeans**



Supermarkets usually feature edamame in the frozen vegetable section, shelled or with the pods, precooked and ready to be thawed and eaten.

### Benefits

**Contains the benefits of soy that studies have shown may improve certain cancers, heart disease, osteoporosis, diabetes, cholesterol, etc.**

**THE UNIVERSITY OF ILLINOIS RESEARCHERS BELIEVE EDAMAME IS A GOOD CANDIDATE FOR EXPANDING FOOD PRODUCTION SYSTEMS IN ILLINOIS.**

Edamame is a common snack food in China and Japan, where use goes back more than a thousand years.



Next month... Fennel

Source: www.webmd.com and the University of Illinois. Want more info - See Arkansas Farm Bureau YouTube videos on harvest

## Classifieds

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

Sears X-cargo car roof top storage carrier, 50" long x 22" high x 37" wide, used once, like new. \$125. Call 773-229-9123.

2002 Jaguar XKR 100 limited edition, supercharged convertibles, every available option, with 16k on it. For details call Jim 773-581-4400.

Courvoisier Erte collection Limited Edition, un-opened and other collectible items. Call for pricing 773-581-4400.

Weather Tech floor mats, driver/ passenger side. 2006 4 Runner, 2016 Highlander. \$30 a pair. Landscape and ephemeral variety plant plugs available. Call for info 708-563-1707 Mike.

Futon queen size in excellent condition. \$75. Call Mike 847-910-5745.

## Wanted

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

Wanted LP Rock & Roll Album Records, call John 708-860-9562. Pre 1971 Baseball cards, call Gary 708-363-4559. Bbnut123@msn.com

Wanted: Part Time worker to provide periodic maintenance for 20,000 sq. feet, office building and grounds. Diverse skills in areas in HVAC systems, carpentry, plants and grounds, basic electrical and comfortable with hands-on labor. Hourly 8-12 hours per week. Send cover letter and resume to Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525.

## 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](mailto:juanita@cookcfb.org). Non-member ad rate: \$.75 per word; \$15.00 minimum

# This Month in Cook County Agriculture...

**Stockshow and Dairy Festival**, Saturday, June 11, 9 am - 2 p.m. at Historic Wagner Farm, 1510 Wagner Rd Glenview, IL. Join us for a true bucolic experience! The day will include a stock show where local 4H members have their livestock projects judged (don't forget to pick your winner!), milking demonstrations, butter and cheese making, dairy trivia, wagon rides, and more! Food trucks will be on site with delicious items for purchase. Ticket price \$8 in advance; \$10 at the door. Children under 2 are free. More info visit: <https://glenviewparks.org/events/2022/06/>.

\*\*\*

The Will / South Cook Soil and Water Conservation District will hold its **Annual Recognition Dinner** on Wednesday, June 29 at 5:30 p.m. The event, which includes a Pig Roast serviced by Firewater BBQ N Brew and Margaritas on Wheels serviced by The Dock at Inwood, will be held at the Will South Cook Soil and Water Conservation District office located at 1201 S. Gougar Road, New Lenox.

The Pig Roast buffet dinner will include one spirited drink with ticket, followed by a cash bar, prize drawings, and a DJ sharing country music. Awards for three \$1,000 college scholarships, including the Allen May Memorial, the Richard "Dick" McHugh, and the Lee Deutsche Memorial will be awarded along with their Farm Family of the Year, Kevin Gorman, Gorman Farm of Monee.

Tickets are \$25 each and can be purchased from and Will-South Cook SWCD Board Member or at the District Office 815-462-3106 ext. 3.

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**WEBINAR TO FOCUS ON GENERATING INCOME FROM WOODLANDS** - The University of Illinois Extension Forestry Program will host a free webinar July 12 on ideas to generate income from privately owned woodlands. While many forest owners earn income by selling timber, landowners may have more opportunities to make money from their property than they realize.

Landowners will explore income-generating specialty products and recreational services in the webinar that starts at 6 p.m. Purdue University Extension Forester Lenny Farlee will cover such topics as sourcing medicinal herbs, fruits, nuts, and craft items from woodlands. He will also explore how owners can provide services by leasing land to the public for hunting, camping, and other recreational opportunities.

To sign up in advance, visit [go.illinois.edu/WoodlandIncome](http://go.illinois.edu/WoodlandIncome). For more information, contact the U of I's Taryn Bieri at [tbieri@illinois.edu](mailto:tbieri@illinois.edu).

*This article is for local farmstands, farmers' markets, chefs and restaurants, and organizations that are hosting farm-related activities, events, workshops, and gatherings that will occur soon.*

To promote your activity, email [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org) or call 708-354-3276 by the 15th of the month. Please include your name, the event date/time, a one-sentence description of the event, and how a reader can obtain further information in the email. We will edit submissions based on space allowances in the publication. In addition, we will post farm, garden, or livestock related photos on our social media platform if you forward those to: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org).

# Livestock's Role in Cook County

Agriculture adds over \$17.8 million to Cook County's economy. Agriculture includes the growing of plants and animals in all types of settings: rural, suburban, and urban. Agriculture includes the on-site production of crops (including horticulture) and animals, inputs, and food processing. Agriculture extends from the farm to individuals' tables.

Illinois Farm Bureau staff, Tasha Bunting, and Cook County Farm Bureau staff, Bona Heinsohn, discuss the importance of livestock to Cook County's economy during this short video:

<https://cookcfb.org/ccfb/policy-and-action/issues/article/2022/04/importance-of-livestock-to-illinois>



On May 25, Cook County Farm Bureau Manager Bob Rohrer, had an opportunity to talk to Lieut. Gov., Juliana Stratton, during a visit at Star Farm, an urban farm organization in Chicago. Stephanie Dunn, Executive Director of Star Farm (Back of the Yards Neighborhood) and her team welcomed Lieut. Gov. Stratton and Dir. of Agriculture Jerry Costello II along with staff from the Illinois Farm Bureau to hear and see the Star Farm story, tour the operation and connect through urban agriculture.

For your comprehensive access to membership discounts & offers,  
**Go to [www.cookcfb.org/membership](http://www.cookcfb.org/membership)**



# Programs, Workshops, and Webinars

For Members, Farmers, Teachers, Landowners, Foodies, Business owners, and those that want new experiences and to have a great time!

Register today for the following great programs by calling the office at 708-354-3276 or at [www.cookcfb.org](http://www.cookcfb.org). Scan our QR for our Events Calendar.



### Conceal and Carry Class 16-hour Training

The ABCs of self-defense, tools, and tactics to keep you safe. No FOID is required to complete this class and obtain your training certificate. Must be at least 21 to participate. Please bring a pen and lunch both days.

**CANCELED  
WILL RESCHEDULE  
NEXT FALL**



### Party for the Pollinators

Join Cook County Farm Bureau and celebrate the tremendous contributions of pollinators during this educational and family-friendly free event. Activities will include crafts, honey tasting, and pollinator programming.

**Date:** Wednesday, July 13

**Time:** 5:30-6:30pm

**Location:** CCFB, Near the pollinator garden off of Stalford Rd.

**Price:** Free



### Intro to Backyard Chickens...Urban Style, with Q & A at The Feed Store

Thinking about raising chickens in your yard...hear from the experts, the Bestwina sisters, Brooke and Blaire, owners of The Feed Store, as they educate us on all things chickens. Topics will include starting baby chicks and selection, general chicken care and management, housing and coop options, nutrition, feed, and health management, safety against predators and protection for raising chickens, open Q & A and see, touch and feel real baby chickens. The Feed Store Longtime store carrying food for a variety of animals, plus cages, bedding, feeders & more.

**Date:** Saturday, June 18, 2022 10-10:45 AM

**Time:** 10-10:45pm

**Location:** The Feed Store | 5408 S Harlem Ave, Summit IL

**Price:** Free

**In-Person:** 20 max registrations

**Registration:** Call the Farm Bureau at 708-354-3276 or online at the Member Center at [www.cookcfb.org](http://www.cookcfb.org).



### Save the Dates - details coming:

- Saturday, September 17th – CCFB Farm Crawl, Cook County
- Saturday, September 17th – Fall Planter Workshops at Schroeder's Garden Center, Worth and West End Flowers & Garden Center, Winnetka
- Saturday, October 1st 9 AM - 22nd Giant Pumpkin, Honey, Carving, Dessert & Youth Contests, Puckerville Farms, Lemont
- Saturday, October 15th Shred Day in Rolling Meadows

Stop by our family ag literacy table 

We are excited to explore the world of pollinators at the Lincoln Park Zoo on June 9th from 10:30 a.m. - 1:30 p.m.. Find us near Café Brauer!



LINCOLN PARK ZOO.  
FOR WILDLIFE. FOR ALL.

**Tickets on sale!!**  
**Chicago Cubs take on the San Diego Padres!**



**Wrigley Field • Thursday, June 16, 2022 • 1:20 pm**

CCFB members can purchase 300 level tickets for \$66.08 per ticket!

To order tickets, call the CCFB office at 708.354.3276.

**VERY LIMITED QUANTITY AVAILABLE!**

If you have any questions, please contact the office at 708.354.3276.

## Cook County Farm Bureau® 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 a cash prize or Farm Fresh Funds in June, July, and August by capturing the best photo from one of the selected categories. Don't forget to include yourself in the "selfie"!

### Categories:

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

### Prizes:

Each month, a winning photo will be selected from each category. Winners will receive \$50, and all remaining entries will be entered into a random drawing to win \$20 in Farm Fresh Funds. Photos will be featured in the Co-Operator, on our website, and social media.

Go to <https://cookcofarmbureau.wufoo.com/forms/rwk7mey1s46rup/> to submit entries. The contest is open to all members in good standing.

\* Farm Bureau Farm Fresh Funds are funds that can be redeemed at local farm stands, greenhouses, and garden centers just as you would use cash. [forms/mskwd5v0xxbnyf/](https://cookcofarmbureau.wufoo.com/forms/mskwd5v0xxbnyf/) to submit entries. The contest is open to all members in good standing.

COOK COUNTY FARM BUREAU® FOUNDATION

### "Evening for Ag Education" Gala Fun'Raiser

Friday, July 22, 2022 from 6:00-11:00 PM

Crystal Grand Banquets  
12416 S. Archer Ave  
Lemont, IL

Ticket includes plated dinner, 4 hour beverage package, live band, live auction, truth or hogwash game, photo booth and split-the-pot raffle!

Featuring the band....**Libido Funk Circus!**

An evening of dining, drinks, live music, games and fun-raising opportunities!



**Tickets**  
\$100 pp (early bird)  
\$125 pp (after 7/15/22)  
\$1,000 for a table of 10

To purchase tickets, call CCFB at (708) 354-3276  
Only 250 tickets available

Access your great membership benefit package of discounts, deals, and services at [www.cookcfb.org/membership/member-benefits](http://www.cookcfb.org/membership/member-benefits)