

2008 DIRECTORY

IOWA

BUY FRESH BUY LOCAL

NORTHERN IOWA FOOD & FARM PARTNERSHIP • UNI

Compre Fresco.
Compre Localmente

Kupi Svježe.
Kupi Domaće

FRESH FOODS FROM FAMILY FARMS NEAR YOU!
BLACK HAWK & NEIGHBORING IOWA COUNTIES



FARMERS MARKETS

BLACK HAWK FARMERS MARKETS

SATURDAYS

CEDAR FALLS FARMERS MARKET
SAT 8:30 AM-NOON
South side of Overman Park on 3rd St.
Joe Bohr / 319-266-8189

DOWNTOWN WATERLOO FARMERS MARKET
SAT 8:00 AM-NOON
Regions Bank parking lot between E.4th St. & Park Ave.
Terry Poe Buschkamp / 319-291-2038

KIMBALL RIDGE FAMILY MARKET
SAT 8:00 AM-NOON
NE Corner of Kimball & Ridgeway Ave.
Carolyn Adolphs / 319-478-8624

TUESDAYS

CEDAR VALLEY FARMERS MARKET
AT KIMBALL RIDGE
TUE 3:30-6:00 PM
Corner of Kimball & Ridgeway Ave. Behind the Cancer Treatment Center & KFC
Brenda Pfautsch / 319-822-2464

WEDNESDAYS

THUNDER RIDGE FARMERS MARKET
WED 3:30-5:30 PM
2302 W. 1st St., Cedar Falls
Denise Hoffman / 319-233-5479

EVANSDALE FARMERS MARKET
WED 2:30-5:30 PM
3524 LaFayette St.
Dave Strack / 319-291-6109

THURSDAYS

CEDAR VALLEY FARMERS MARKET
AT CROSSROADS SHOPPING CENTER
THU 3:30-6:00 PM
JCPenney parking lot across from Regions Bank
Rick Kiefer / 319-296-1421

UNIVERSITY AVENUE FARMERS MARKET
AT HY-VEE
THU 4:00-7:00 PM
Hy-Vee parking lot (near K-Mart)
Dave Bowling / 319-236-0580

FRIDAYS

CITY PARK FARMERS MARKET
FRI 4:00-6:00 PM
La Porte City Park
Bernie Oberhauser / 319-342-2476

BENTON

BELLE PLAINE FARMERS MARKET
FRI 5:00-7:00 PM
7th Ave. & 13 St.
Becky Poduska / 641-489-2107

VINTON FARMERS MARKET
THU 5:00-7:00 PM
BCHS Railroad Depot, 612 2nd Ave.
Duane Randall / 319-472-4164

YOUNGVILLE CAFÉ FARMERS MARKET
FRI 3:30-6:00 PM
East of Hwy 218 & 30
Richard H. Grovert / 319-223-5465

BREMER

WAVERLY FARMERS MARKETS
www.waverlyfarmersmarket.com
Lara Martinsen-Burrell / 319-352-3076

SAT 8:30-11:30 AM
Downtown Waverly
200 Block of 1st Ave SE

TUE 3:00-6:00 PM
Downtown Waverly
200 Block of 1st Ave SE

TRIPOLI FARMERS MARKET
FRI 4:00-6:00 PM
Swimming pool parking lot
Jean Ranard / 319-882-3002

BUCHANAN

INDEPENDENCE FARMERS MARKET
SAT 8:00 AM-NOON
Wapsipican Mill
Joseph Olson / 319-334-2709

JESUP FARMERS MARKET
THU 11:00 AM-2:00 PM
Land o Corn Park
Paul Gudenkauf / 319-827-2030

BUTLER

ALLISON FARM STAND
WED 10:00AM-1:00PM
Main Street
Tammy Mundt / 319-939-8387

PARKERSBURG FARM STAND
MON 4:30-6:30 PM
City Hall
Tammy Mundt / 319-939-8387

FAYETTE

OELWEIN FARMERS MARKETS
MON 3:00-6:00 PM
FRI 8:00-11:00 AM
South City Parking Lot, 1st Street SW
Delphine Deaner / 319-636-9122

FLOYD

CHARLES CITY DOWNTOWN FARMERS MARKET
WED 3:30-6:00 PM
SAT 9:00 AM-NOON
Central Park, Downtown Charles City
Veronica Litterer / 641-228-2335

GRUNDY

CONRAD FARMERS MARKET
THU 4:30-6:30 PM
Oakview Nursing Home
Kelly Case / 641-366-2212

GRUNDY CENTER FARMERS MARKET
THU 4:30-6:30 PM
7th Street, East of Courthouse
Julie Grunklee / 319-345-6902

TAMA

TOLEDO FARMERS MARKET
FRI 5:00-7:00 PM
East side of Courthouse Square
Dawn Kupka / 641-484-2177

TRAEER FARMERS MARKET
WED 4:00-6:00 PM
North parking lot of Farmers Savings Bank & Trust, Corner of Hwy. 8 & 63
Marius Svoboda / 319-479-2279

Dine Fresh!
Dine Local!

RESTAURANTS

These restaurants support the Buy Local initiative and serve locally grown items on their menu in season when available.

BARN HAPPY
Cedar Falls
266-0888
Your barn good Iowa store

BECK'S SPORTS BREWERY
Waterloo
234-4333
Best sports bar in the Cedar Valley with micro-brewed beers!

BECK'S SPORTS GRILL
Cedar Falls
277-2646
Your Panther headquarters, with 26 hi-def TVs and 242 front row seats to every game!

BOURBON STREET
Downtown Cedar Falls
266-5285
Bold flavors of excellence! Wine Spectator Award, 'Best locally owned restaurant'

CUP OF JOE
Downtown Cedar Falls
277-1596
Specializing in fair trade & organic coffee, and local homemade desserts

HANSEN'S FARM FRESH DAIRY OUTLET
Cedar Falls
266-3044

MOOROO
Waterloo
234-3309
Ice cream made fresh at Hansen's Dairy

PABLO'S MEXICAN GRILL
Where farm-fresh meets fiesta!
Downtown Cedar Falls
277-8226

Waverly
352-3388

PARK PLACE EVENTS CENTRE / FERRARI'S RISTORANTE
Cedar Falls
277-1255
Iowa's premier event centre/ Upscale Italian dining at casual prices

RUDY'S TACOS
Waterloo
234-5686
Buying fresh & local since 1997!

SOHO SUSHI BAR & DELI / THE STUFFED OLIVE
Downtown Cedar Falls
266-9995
California-style sushi and New York-style deli

SUNNYSIDE COUNTRY CLUB
Waterloo
215-9997

These grocers sell locally grown products!

GROCERS

BARN HAPPY
Cedar Falls
319-266-0888
Your barn good Iowa store

DEAN'S GROCERY & NATURAL FOODS
Aplington
319-347-2342

HANSEN'S FARM FRESH DAIRY OUTLET
Cedar Falls
319-266-3044

HOMETOWN FOODS
Waterloo
319-233-6628

HY-VEE
Waterloo
319-236-0580
Where there's a helpful smile in every aisle

ROOTS MARKET
Cedar Falls
319-266-3801
Your neighborhood grocery store

INSTITUTIONS

The following institutions have been proactive in purchasing a greater portion of their foods from local family farms. We thank them for their leadership in strengthening the local economy through their purchases of fresh, locally grown products.

ALLEN MEMORIAL HOSPITAL
Waterloo
Larry Jacobson / 319-235-3146

BARTELS LUTHERAN RETIREMENT COMMUNITIES
Waverly
Tracy Wilson / 319-352-4540
www.bartelscommunity.org
Enriching Lives through Quality Service and Christian Care

CEDAR FALLS LUTHERAN HOME
Cedar Falls
Carol Hofstadter / 319-553-2249
www.cflh.org

UNI DINING SERVICES
Cedar Falls
Gale Carlson / 319-273-6036

WAVERLY HEALTH CENTER
Waverly
Max Reeves / 319-352-4903 or 319-483-4065

WESTERN HOME COMMUNITIES
Cedar Falls
Kathleen Niedert, Nick Ducharme, & Don Jones / 319-277-2141

FARM SHARES

At the beginning of the growing season, sign up to receive weekly deliveries of fresh produce from a local family farm! Contact one of these farmers for more information.

SUNFLOWER FIELDS
Solveig Hanson & Michael Nash
Postville
563-380-8847
growers@sunflowerfields.org
www.sunflowerfields.org
Vegetable Farm Shares available for 20-week season or just the weeks you choose

GENUINE FAUX FARM
Rob & Tammy Faux
Tripoli
319-610-9201
gff@genuinefauxfarm.com
www.genuinefauxfarm.com
CSA Farm Shares Available



FRUITS & VEGETABLES

BENTON

ANNABETH'S GARDENS

Anne Schoonover
Garrison
319-477-6191
ahschoonv@netins.net
Green Beans, Tomatoes, Loose-leaf Lettuces,
Beets, Ground Cherries and Cut Flowers

APPLECART ORCHARD

Tom Lunkley
Vinton
319-472-3900
applecartorchard@aol.com
We offer the highest quality fruits and vegetables
to our customers
Pears, Raspberries, Asparagus

PHEASANT RUN FARM

Eric & Ann Franzenburg
Van Horne
319-228-8758
eafra@netins.net
Herbs, Tomatoes, Cut Flowers, Etched Pumpkins

BLACK HAWK

BROWN'S GARDEN

Lowell & Bridget Brown
Waterloo
319-984-5307
lafrogger30@msn.com
Sweet Corn, Pumpkins, Strawberries, Beans, Melons,
Sweet Onions, Snow Peas, Pickling Cucumbers,
Cauliflower (White, Purple, & Cheddar), Peppers

FITKIN POPCORN

Jim Fitkin
Cedar Falls
319-961-2045
www.fit-pop.com
Contact us for both popped and unpopped corn.
All of your popcorn needs.

FRIEDRICH'S FRESH FOODS

Shannon & Brynn Friedrich
Cedar Falls
319-266-3938
friedrichfamily@hotmail.com
www.freewebs.com/friedrichsfreshfoods
See us at Hy-Vee and Cedar Falls markets or U-pick!
Businesses call to order for free delivery
Most Produce Items, Eggs

GARY TEDORE ORCHARD

Gary & Judy Tedore
La Porte City
319-342-2540
gtedore@avalon.net
Apples, Asparagus, Blueberries,
Greenhouse Tomatoes, Cucumbers

HEARTLAND FARMS

Waterloo
319-232-3779
www.heartlandfarmswaterloo.com
U-Pick or buy fresh-picked daily.
Our 24th year
Pumpkins in October

HOFFMAN PRODUCE FARM

Greg & Denise Hoffman
Waterloo
319-233-5479
Come visit us Saturday morning at the
Cedar Falls Farmers Market
Cabbage, Peppers, Potatoes,
Tomatoes, & a Variety of
Other Fruits & Vegetables,
Fresh Herbs, and Plants

ROSE HILL FARM

Steve & Jean Moseley
Hudson
319-988-4445
sjmrosehillfarm@yahoo.com
Tomatoes, Cucumbers, Onions,
Peppers, Squash, Beans, Peas,
Black Raspberries, Blackberries,
Apples, Plants, Cut Flowers,
Baked Goods

TOMATERS & SUCH

David Strack
Waterloo
319-291-6109
SDC5347@aol.com
Garlic, Peppers,
Winter Squash, Tomatoes

BREMER

GENUINE FAUX FARM

Rob & Tammy Faux
Tripoli
319-610-9201
gff@genuinefauxfarm.com
www.genuinefauxfarm.com
Vegetables, Turkeys, Chickens

JASON GOMES

Waverly
319-504-7695
Chemical-Free Potatoes,
Sweet Potatoes, Garlic

M&K PRODUCE

Steve Kazda & Joyce Maxey
Waverly
319-352-2363
Tomatoes, Radishes,
Strawberries, Apples

BUCHANAN

JENNIFER & LONNIE BREWER

Hazleton
319-636-9027
jbrewer@iowatelecom.net
Maple Syrup, Jam

FAYETTE

RAWSON BERRIES

Randy & Rosalie Koehn
West Union
563-422-3716
rkberries@afo.net
www.rawsonberries.com
See us at our farm,
the West Union Farmers Market,
and the Decorah Farmers Market
Asparagus, Raspberries, Tomatoes,
Green Beans, Snap Peas, Shelling Peas,
Sweet Corn

GRUNDY

COLLEGE FUND FARMS

Christi Ross
Grundy Center
319-824-3565
collegefundfarms@gmail.com
www.collegefundfarms.blogspot.com
Visit our blog for the latest farm news,
photos, market booth and delivery information
Heirloom Vegetables, Salad Mixes,
Flowers, Baked Goods

GRUNKLEE'S GREENHOUSE

Dave & Julie Grunklee
Reinbeck
319-345-6902
djgrunklee@yahoo.com
Baked Goods, Bedding Plants,
Fresh Vegetables, Rustic Crafts

HARDIN

HERSHEY FAMILY NURSERY

Tony Hershey
Ackley
319-347-2731
dayspring@chooseblue.coop
hersheyfamilynursery.tripod.com
Quality Produce Grown Without Chemicals
Hostas, Perennials, Gourmet Garlics,
Raspberries, Garden Produce

MITCHELL

LOG CABIN PRODUCE

Leroy Zimmerman
Orchard
641-982-4866
See us at the Waterloo Farmers Market
Watermelons, Sweet Corn, Tomatoes,
Cantaloupes, Pumpkins, Large variety
of Other Vegetables

TAMA

ADOLPH'S PRODUCE & BAKERY

Ken & Carolyn Adolphs
Traer
319-478-8624
adolphs@fctc.coop
See us at the Sat. Kimball Ridge Family Market
Romaine & Bibb Lettuce,
Supersweet Sweet Corn,
Sweet Onions, Red & Yukon
Gold Potatoes, Pumpkins, Squash,
Tomatoes, Broccoli

HERITAGE FARM

Laurence & Marlis Svoboda
Clutier
319-479-2279
heritagefarm@fctc.coop
Onions, Tomatoes

LORENZ PRODUCE

Rod & Dawn Lorenz
Traer
319-478-2941
traeriowa@yahoo.com
Beets, Carrots, Cucumbers, Gourds,
Ornamental Pumpkins, Red White
& Yukon Gold Potatoes, Supersweet Corn,
Tomatoes, Cut Flowers

HONEY

APPLECART ORCHARD

Tom Lunkley
Vinton
319-472-3900
applecartorchard@aol.com

BJ HONEY

Bob & Vicki Jenkins
Gilbertville
319-296-2490



MEAT PRODUCTS

HOW DO YOU BUY LOCALLY GROWN MEAT?

When you buy your meats from local farms, you can find out how the animals were raised, what they were fed, and how well the land and animals were treated. For example, you can learn that a pound of ground beef actually came from one local cow, rather than a mixture of thousands of cows from unknown sources. You can learn whether or not antibiotics, hormones, or ground up animals were routinely used in the feed.

Purchase a whole or a part of an animal by simply calling the farmers listed here and discuss your needs, price, and other questions.

Farmers will transport their animals to an inspected meat locker. You can specify cuts (i.e. thickness of steaks, amount of ground beef or pork, numbers of brats, etc.) You will pick up your meat at the locker. Some farmers may have smaller quantities of specific cuts (i.e. ground beef, chickens) in frozen storage ready for pick up. Some grocers listed in this directory also carry local meats.

MEAT, EGGS, & POULTRY

BURNS ANGUS FARM

David Burns
Lawler
888-388-3276 (home)
319-240-6351 (cell)
Hay/Grass-Fed Beef & Lamb

C-V FARM

Jim & Elly Fink
Vinton
319-443-2117
Beef, Chicken, Pork

CLAMPITT BEEF

Greg & Jayne Clampitt
Independence
319-334-6934
clampitt5@trx.net
Hormone- and Antibiotic-Free Beef (Corn-Fed
Angus Steers), Open Range Brown Eggs

CLAUSING CATTLE CO.

Craig Clausing
Waverly
319-352-5744
Natural Beef - No Hormones, Antibiotics,
or Animal Byproduct Proteins

DALEY'S SHAMROCK ACRES

Tim Daley
New Hartford
319-983-2141
daleysshamrockacres@yahoo.com
Pasture-Raised Lamb, Broilers, Turkey Eggs

DREESMAN BUFFALO RANCH

Tom & Connie Dreesman
Tama
641-484-6725
Dreesman@iowatelecom.net
www.dreesmanbuffaloranch.com
At Ranch or Roots Market in Cedar Falls
Buffalo Meat, #1 Hot Dogs in the State

ROGER & PEG DRINOVSKY

Hudson
319-988-4488
Eggs, Homemade Noodles, Angel Food Cakes

GATEWAY NATURAL MEATS

Bellevue
563-872-4327 (home)
563-249-5766 (cell)
gateway@yousq.net
www.gatewaynaturalmeats.com
Natural & Certified Organic Products: Meat, Poultry,
Dairy, Cheese, Frozen Organic Fruits & Vegetables

GREEN'S ORGANICS

Devan Green
Conrad
641-751-6706
devangreen@hotmail.com
Naturally Raised Pork and Poultry

GROOTHUIS FARM

Craig & Darlene Groothuis
Nashua
641-435-4585
See us at the Cedar Falls Farmers Market
Beef, Chicken, Ducks, Eggs, Geese, Lamb,
Pork, Turkeys, Goat

HAWKEYE BUFFALO RANCH

Dan McFarland
Fredericksburg
563-237-5318
mcf@rconnect.com
100% Grass Fed; No Hormones, Stimulants, Shots
or Antibiotics; All Kinds Buffalo Meat & Jerky



LEAN PORK LANE

Ron & Steven Brunk
Eldora
641-939-3239
brunks2@adiis.net
Free-Range Antibiotic-Free, High Omega-3 Eggs,
Pastured Antibiotic-Free Chickens, Strawberries,
Asparagus

MONAT NATURAL BEEF

Jim & Nancy Monat
Traer
319-478-2098
Corn, Beans, Oats, Barley, Hay, Beef (by the quarter)

PRIEBE FAMILY ORGANIC FARM

Stan & Jane Priebe
Brandon
319-938-2801
priebefamily@fmcswb.com
Beef, Pork, Chicken, Turkey, Geese, Duck, Eggs

REICKS VIEW FARMS

Lawler
641-364-7843
laurie@reicksviewfarms.com
www.reicksviewfarms.com
Visit us on our website to place your order
for a wide variety of quality pork products

DAIRY

HANSEN'S FARM

FRESH DAIRY
Brent Hansen
Hudson
319-988-9828
info@hansendairy.com
Pasteurized Milk (Creamline) in Whole, 1%, & Skim,
Heavy Cream, White Cheddar Cheese Curds, Ice
Cream (mix made & processed on farm), Butter
One of a few dairies in Iowa to pasteurize and
bottle their own milk on the farm and market
in a 25 mile radius of the dairy.
Retail outlets are MooRoo in Waterloo, 234-3309
(corner of Kimball and Ridgeway) and Hansen's
Farm Fresh Dairy Outlet in Cedar Falls, 266-3044
(E. 18th St. across from fire station).
Tours of the farm are available by appointment.
Call 319-939-2187 or email tours@hansendairy.com.

RUNNING BUFFALO RANCH

Ronald Zubrod
Center Point
319-929-2677
buffaloranch@peoplepc.com
Bacon, Bison, Breakfast Links, Burgers, Grass-Fed
All Natural (Hormone, Antibiotic & Chemical Free)
Steaks, Sticks, Summer Sausage

TIMBER RIDGE BISON

James & Tammy Wedeking
Waverly
319-483-9857
tridgebison@netzero.com
State-inspected, Grass-fed, Hormone & Antibiotic
Free Products: Bison Burgers, Steaks, Roasts, Summer
Sausage, Jerky, Sticks, Half & Whole Carcasses Available

VAN DEEST SPECIALTY MEATS

Grundy Center
319-824-6117
Custom Butchering & Processing of Cattle-Hogs-Sheep

WOLF CREEK FARMS

Greg & Stephanie Stewart
Traer
319-478-2062
stewfam5@iowatelecom.net
Eggs

APPLES

AUGUST-NOVEMBER

ADOLPHS PRODUCE & BAKERY

Ken & Carolyn Adolphs
Traer
319-478-8624
adolphs@fctc.coop
See us at the Sat. Kimball Ridge Family Market

APPLECART ORCHARD

Tom Lunkley
Vinton
319-472-3900
applecartorchard@aol.com
Apples, Cider, Apple Wine

GARY TEDORE ORCHARD

Gary & Judy Tedore
La Porte City
319-342-2540
gtedore@avalon.net



STRAWBERRIES

EARLY-MID JUNE

APPLECART ORCHARD

Tom Lunkley
Vinton
319-472-3900
applecartorchard@aol.com

BAGGE STRAWBERRIES

John & Shelly Bagge
Independence
319-334-3983
jsbagge@msn.com
U-pick available!

HEARTLAND FARMS

Waterloo
319-232-3779
www.heartlandfarmswaterloo.com
U-Pick or buy fresh-picked daily in June
Our 24th year

LOG CABIN PRODUCE

Leroy Zimmerman
Orchard
641-982-4866
We have U-Pick. Also, see us at the
Waterloo Farmers Market

RAWSON BERRIES

Randy & Rosalie Koehn
West Union
563-422-3716
rkberries@afo.net
www.rawsonberries.com
See us at our farm,
the West Union
Farmers Market,
and the Decorah
Farmers Market



BUY FRESH, BUY LOCAL IOWA was developed as a collaboration between Practical Farmers of Iowa, University of Northern Iowa, FoodRoutes Network and other founding Buy Fresh, Buy Local states. The FoodRoutes Network, Kellogg Foundation, USDA and the Wallace Genetic Foundation provided financial support for development of the program in Iowa.

Buy Fresh, Buy Local Iowa is a branch of FoodRoutes Network, a Tides Center project.

Oversight and support for BFBL Iowa is provided by the Buy Fresh, Buy Local Iowa Partnership:

- Drake Agricultural Law College
- Iowa Farmers Union
- Iowa Network for Community Agriculture
- Practical Farmers of Iowa
- University of Northern Iowa



NORTHERN IOWA FOOD & FARM PARTNERSHIP

MISSION STATEMENT

To support the development of a local and regional food economy that positively impacts local farmers, consumers, and businesses through education, collaboration, and economic development.

WE STRENGTHEN THE LOCAL FOOD ECONOMY IN IOWA BY:

- Fostering strong relationships among consumers, grocers, meat lockers, restaurant owners, dining service staff, farmers, local government, and economic development officials.
- Making it easier for Iowans to buy locally grown and produced food.
- Providing educational support about the impact local food and farm businesses have on Iowa's economy.
- Sharing our successes with other communities and policy makers.

FOR MORE INFORMATION on the Buy Fresh, Buy Local Campaign call (319)273-7883, email andrea.geary@uni.edu, or visit www.uni.edu/ceee/foodproject.



BUY FRESH BUY LOCAL



NORTHERN IOWA FOOD & FARM PARTNERSHIP • UNI