



**HEALTHY
HARVEST
of North Iowa**

Bites from Healthy Harvest of North Iowa

Spring 2018

Cooking Up a Healthier North IA

Thanks to a grant from The Wellmark Foundation and HEALTH for Life, we are piloting local food cooking classes and demonstrations with local partners and farmers markets this coming season. We're excited to announce that classes and demos will use a 'Charlie Cart' – a mobile cooking class unit that uniquely provides equipment and workspace for presenters.



We are partnering with Cerro Gordo County Dept. of Public Health, Franklin General Hospital, the Mason City Family YMCA, and the farmers markets in Clear Lake and Mason City to impact a wide-sample of participants.

As a part of this project, we will again be offering **Kids Cooking Classes at the Farmers Markets**, including:

- 4:30-6:30pm on 2nd Tues. of June, July and Aug. at the North Iowa Farmers Market in Mason City
- 9:30-11:30am on the 4th Sat. of June & July at the Clear Lake Farmers Market.

Also look for monthly cooking demonstrations to be hosted at farmers markets in Mason City and Clear Lake.

For more details and registration visit:
healthyharvestni.com/kidscoking

Our Work Is Stronger Because of the Support We Have from These Sponsors

Ag Ventures Alliance, POET Biorefining of Hanlontown, Hearing Associates Ltd., Corporate Farmer, County Board of Supervisors in Cerro Gordo, Floyd, Franklin, Mitchell, Winnebago, and Worth Counties, CL Tel, and First Bank Hampton.

NI Local Food Connection to host Summer Field Day Series

The NI Local Food Connection hosted a successful 'Farming the Web' workshop with social media expert Ash Bruxvoort of Women Food and Agriculture Network. Recordings of the workshop are posted on the Connection's page on our website.



Now we are looking forward to the Summer Field Day series that features once a month visits to local food businesses, designed to give an inside look at how each business supports the local food system and what new projects they are working

on. Each event also allows ample time for networking so come and get connected!

We hope you can join us at some of the following events:

May 22 at 6-9pm: Fieldhouse Restaurant, Clear Lake

June 24 at 3-5pm: The Thomas Farmstead, Kensett

July 22 at 3-5pm: Fat Hill Brewing, Mason City

Aug. 12 at 2-4:30pm: Twisted River Farm, Mitchell

Sept. 23rd at 2-4:30pm: One Vision, Clear Lake

This programming is made possible thanks to a Rural Business Development Grant.

Rural Business Development

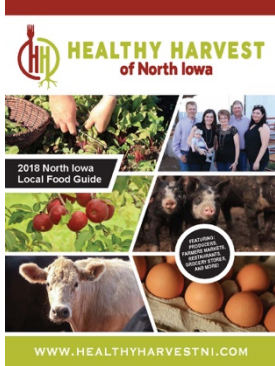
We were fortunate to attend the Rural Business Development Summit held in Grinnell thanks to the support of Franklin County Economic Development. There we heard about trends in rural businesses, how to address low-unemployment rates and mid-range housing options, and suggestions for stronger partnership development. We will use these lessons in our positioning of local food as an economic and community driver in North Iowa.



NI Food Coalition: Spring Update

The NI Local Food Coalition meeting is a great place to learn about the power of local food. The Spring meeting explored what's possible when local food is a key component in economic development. A list of priority project teams and a copy of the meeting presentation is available at healthyharvestni.com, under "Regional partners." **Save the date for our Summer Coalition Field Day with a focus on community gardens to be held on July 12th.**

2018 North Iowa Local Food Guide & Online Searchable Directory Now Available!



The 2018 Local Food Guide is printed and distributed out to various points around our region including chambers, libraries, Extension offices, partner businesses and more! **Pick up your copy** to get all the information on local producers, farmers markets and buyers in our area – sorted by product and by county. Don't forget that

we also have a **searchable database on our website** (healthyharvestni.com), with the ability to search for local food by zip code. Special thanks to all our business listings for the key role they play in our food system!

We're on Instagram!

We've joined the Instagram community so that we can share out photos of our fantastic farmers and products in North Iowa. We started things off with a #FarmFridays campaign that features a weekly producer profile for your viewing pleasure. **Head over and give us a follow @healthyharvestni.**



Farmers Market Season is here!

Spring means a bump in availability of local products will soon be upon us! A great place to meet your local farmers is at the farmers markets, and we're proud to say there are several markets all over North Iowa. Visit our website (healthyharvestni.com) to find a complete list of the times and locations of markets in the area.

Producer Profile Highlight



We believe in celebrating the great work being done in North Iowa by highlighting a local business who we feel is moving that needle. This month we'd like to shine the light on **Jóia Food Farm in Charles City**. Wendy Johnson and Johnny Rafkin's mission is for their plants and animals to work together to create healthy soils, healthy animals, a healthy environment and most importantly healthy food.

They raise 100% grass-fed lamb, diverse-diet fed pigs, chicken for meat and eggs, and seasonal turkeys all in their pastures, their fields and their farm yard. Jóia Food Farm's crops and pastures are certified USDA organic and their animals are Animal Welfare Approved, 100% Grass-fed, and Non-GMO certified. In addition to farming, Wendy is powerful advocate for women in agriculture and for transitioning to organic on Iowa farms.



Thank you, Wendy, Johnny, and Vivian, for your work, and for being a part of this local food system! Learn more about their farm at: www.joiafoodfarm.com.



Get Involved with HHNI

YOU are invited to **join our Programming Committee, become a sponsor, help to lead a local project, and more!** Those interested should contact 515-851-1690 or info@healthyharvestni.com.