



Grow
flat
play



Experience Guide

Share a photo of your experience today on Instagram or Facebook with the hashtag #GrowEatPlay and tag @cvrffn



#GrowEatPlay



KEEP AN EYE OUT FOR ALL #GROWEATPLAY LOCATIONS!

Where
will you
go?



We are so happy to see you here!

This guide is like a map that will lead you on your journey to tantalize your taste buds and create memories while you grow, eat and play throughout our region.

Whether you enjoy trying new recipes and foods at home or taking your family on fun local adventures, the local food scene has a lot to offer— including fresh, seasonal produce, locally raised meat, eggs, honey, and dairy products. There are great ways to enjoy your local food adventure all year long.

Share your memories and photos with our #GrowEatPlay on Instagram and Facebook.

We can't wait to meet you!

Jodie Huegerich, UNI Local Food
Program Manager

Grow
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Try a New Recipe

How about finding a new favorite recipe featuring fresh Iowa grown food? You'll find seasonal recipes at healthyharvestni.com/recipes.

Healthy Harvest of North Iowa is one of our statewide partners supporting local foods. A nonprofit organization that works to connect and educate in support of the local food system.

Cinnamon Sugar Radish Chips

Sweet, Spicy, and Crispy! Ingredients with an asterick* are available seasonally right here in our region!



Cinnamon Sugar Radish Chips



EQUIPMENT

Oven Knife Baking Sheet Microwave

INGREDIENTS

Olive Oil 15 radish* honey* cinnamon sugar

INSTRUCTIONS

Preheat oven to 350 degrees. Slice radishes 1/4 inch thick and place them into a microwave safe bowl. After all radishes are sliced, microwave for 30 seconds.

Drain liquid off of radishes. Place radishes in a larger bowl and add olive oil, honey, cinnamon sugar. Mix to evenly coat radishes.

Line a baking sheet with parchment paper. Spread radishes evenly on baking sheet in one layer. Bake for 15 minutes. Flip over radish chips.

Reduce oven to 225 degrees and bake for another 20 minutes. Chips will shrink and get crispy. Remove from the oven and enjoy.





Find a long-term local food source.



The Cedar Valley region offers access to local ingredients year round, including meat, vegetables, dairy, and kitchen essentials. Our Local Food Guide will help you find the farmers, producers and businesses that can get the freshest local food on your plate every week.

<https://cvfoodfarmnetwork.org/local-food-guide/>

Try a new ingredient.

You don't have to travel the globe in order to find new to have a culinary adventure. Cedar Valley region offers unique and new ingredients that will help you channel your inner Anthony Bourdain.

How about cooking with locally sourced...

oyster mushrooms

carrot tops

local milk

farm fresh eggs

garlic

fresh herbs

garlic scapes

microgreens

lamb

duck



Search for local ingredients using the search guide under the local food guide tab. Search Grow in your county or nearby county and check out the tags for local ingredients.

<https://cvfoodfarmnetwork.org/local-food-listings/search/>





Plan a

Gathering



Gathering Checklist



Recipe(s) featuring locally sourced ingredients (find at healthyharvestni.org)



Placecards featuring the name of each local ingredient (a great conversation starter!)



Ice breaker questions like, "If you were any fruit, which fruit would you be?"



Something sweet from a local bakery or featuring local ingredients, like honey in place of sugar.

Locally sourced beverage(s): Apple cider, beer, wine



A fun game or outdoor activity that helps all guests connect to nature



Grow
eat
play



Head out to the farm for a fun-filled day.



It's time to hop in the car and head out to personally pick ingredients straight from the farm.



Whether it's a fall pumpkin patch photoshoot, apple picking with amazing friends, or the delightfully delicious pound of strawberries for jam, you'll love heading out for a day of farm fresh fun.



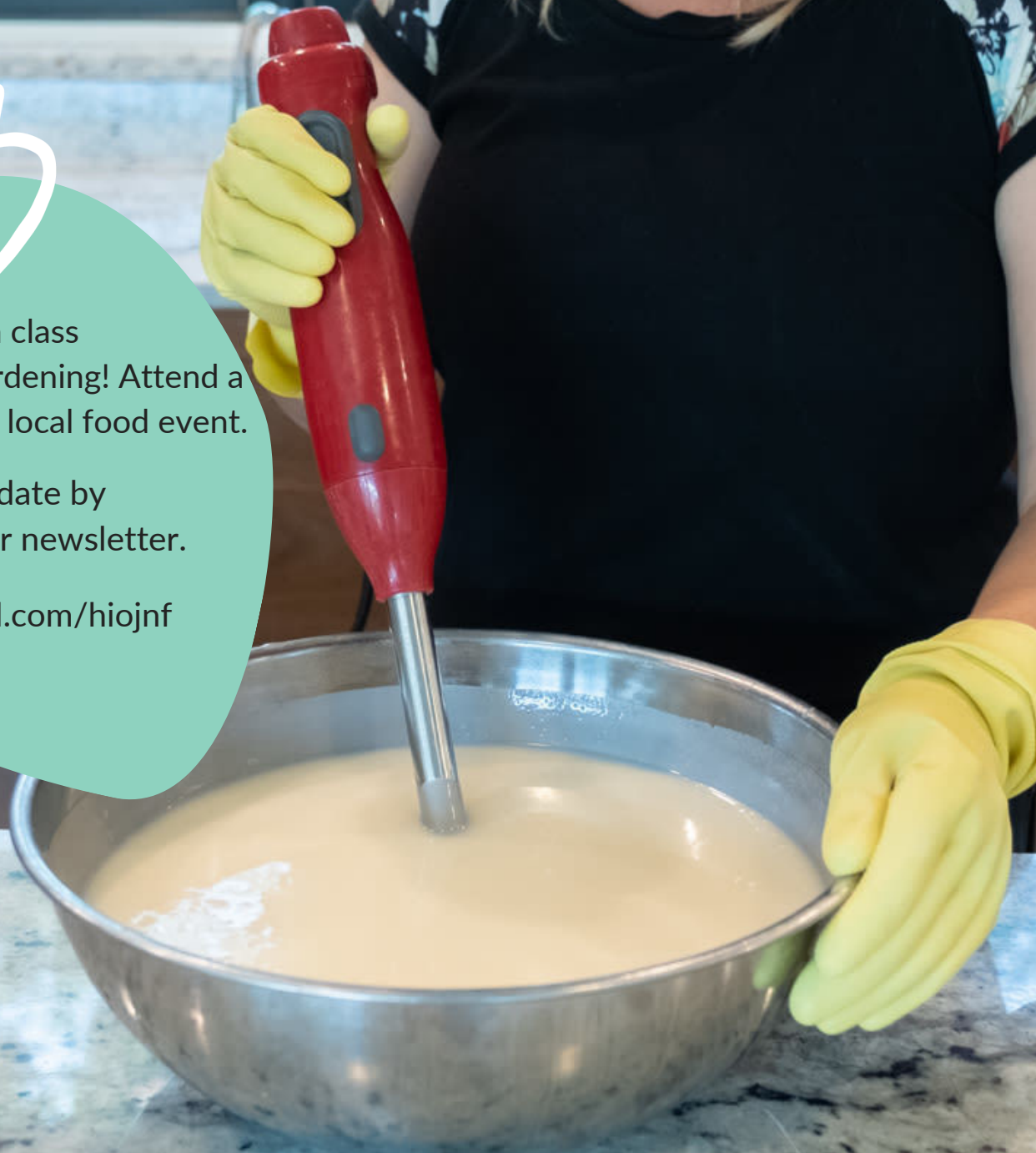
Learn something
new and have
fun!



Take a class
on cooking or gardening! Attend a
farmers market or local food event.

Stay up-to-date by
subscribing to our newsletter.

<http://eepurl.com/hiojnf>





Shop Farmers Markets

There are over 15 farmers markets in our region. Find one in your county by searching Play and your county.

Start a Garden

Start a garden at your home and enjoy fresh produce all season. Whether you are a seasoned gardener looking to expand or a novice, it's never a bad time to plan a new garden project.



Search Play for supporting organizations offering education and resources.
<https://cvfoodfarmnetwork.org/local-food-listings/search/>