Ways to Enjoy Local Food in Cedar Valley

Grow: Eat: Play

A coalition of individuals, food and farm businesses, UNI Local Food Program, Northeast Iowa Food Bank, Iowa State University Extension & Outreach, and other community organizations & leaders working together to positively impact the local food system.
Farms

Adolphs Produce & Bakery
Traer, IA • (319) 478-9624
Bakery - Vegetables - Fruit

Bagge Strawberries ★
Independence, IA • (319) 334-3983
Fruit

Beaver Creek Cows
Ionia, IA • (641) 226-2089
Grass fed Beef

Beck Orchards ★
Buckingham, IA • (319) 939-4532
Fruit - Honey - Plants/Flowers - Vegetables

Country View Dairy ★
Hawkeye, IA • (563) 422-8633
Dairy - Roadside Stand

Debs Berry Farm, LLC ★
Newhall, IA • (319) 533-2944
Fruit - Honey - Plants/Flowers - Vegetables

Eli’s Organic Garlic
Waterloo, IA • (319) 230-7218
Vegetables

Fittkin Popcorn, LLC ★
Cedar Falls, IA • (319) 961-2045
Popcorn

Garden of Life
Reinbeck, IA • (319) 269-1311
Bakery - Fruit - Eggs - Plants/Flowers - Vegetables

Hansen’s Farm Fresh Dairy ★
Hudson, IA • (319) 242-1074
Meat - Dairy

Hightail ★
Plainfield, IA • (319) 939-8648
Dairy - Meat - Poultry - Eggs - Vegetables

Jóia Food Farm ★
Charles City, IA • (641) 228-1583
CSA - Meat - Poultry - Eggs

Kaiser Farm Fresh ★
Waverly, IA • (319) 325-0606
Eggs - Plants/Flowers - Vegetables

Laughlin Honey House
Grundy Center, IA • (319) 825-6462
Honey

Lucky Bites Bakery ★
Cedar Falls, IA • (319) 450-0813
Pet Bakery

Marks Family Purebreads LLC ★
New Hartford, IA • (319) 415-9215
Beef

New Day Dairy ★
Clarksville, IA • (319) 278-4455
Dairy - Beef

Singing Sourdough ★
Shell Rock, IA • (319) 579-6208
Bakery

Solstice Farm ★
Waverly, IA • (319) 596-6785
Poultry - Eggs - Vegetables

Southern Goods LLC ★
Waterloo, IA • (319) 830-7470
Vegetables

Timeless Prairie Orchard ★
Winthrop, IA • (319) 934-3846
Fruit

Wildflower Acres ★
Evansdale, IA • (319) 295-3809
Honey

We Arose ★
Waterloo, IA • (319) 252-4622
Vegetables

WW Homestead Dairy ★
Waukon, IA • (563) 568-4950
Dairy

Yellowtable Farm ★
Triolo, IA • (319) 488-8755
Meat - Poultry - Eggs - Vegetables

★ Indicates U-Pick Offering
◆ Indicates Home Delivery Offering

Why Eat Local? Because what we eat MATTERS.
Buying locally grown food is good for YOU, our COMMUNITY, our FARMERS, and our ENVIRONMENT.

Learn more about these local food supporters and more at: cvfoodfarmnetwork.org/local-food-guide/
**Farmers Markets**

**Cedar Falls Farmers Market***
- Cedar Falls • Overman Park
  - Saturdays 8:30am-noon May-October

**Cedar Valley Farmers Market at Kimball Ridge***
- Waterloo • 3065 Kimball Ave.
  - Tuesdays 2:00pm-6:00pm May-October

**Cedar Valley Farmers Market at Shiloh Baptist Church***
- Waterloo • 3525 Sager Ave.
  - Thursdays 2-6pm May-October

**College Hill Farmers Market***
- Cedar Falls • 22nd St.
  - Wednesdays 4-6pm May-October

**Greens To Go Online Market***
- Cedar Falls & Waterloo
  - Greenstogo@localfoodmarketplace.com

**Dunkerton Farmers Market***
- Dunkerton • 114 W. Main St.
  - Mondays 5-7pm May-October

**Evansdale Farmers Market***
- Evansdale • 3562 Lafayette Rd.
  - Saturdays 9am-1pm; Wednesdays 3-6pm May-October

**Independence Farmers Market***
- Independence • Wapsipinicon Mill
  - Saturdays 8am-noon Mid-May October

**Kimball Ridge Family Market***
- Waterloo • 2200 Kimball Ave.
  - Saturdays 8am-noon Mid-May October

**Urbana Farmers Market***
- Urbana • 204 W. Wood St.
  - Saturdays 9-11am; Late May-October

**Vinton Farmers Market***
- Vinton • 201 B Ave.
  - Thursdays 5-7pm June-August

**Waterloo Urban Farmers Market***
- Waterloo • 460 Jefferson St.
  - Saturdays 8am-noon May-October; Wednesdays 4-7pm June-August

**Waverly Farmers Market***
- Waverly • 200 1st Ave. SW
  - Saturdays 8:30-1:00pm; June Mid-October; Tuesdays 3-6:30pm May-Mid-October

** Farms **

**Baggie Strawberries***
- Independence, IA • (319) 334-3983

**Hansen's Farm Fresh Dairy***
- Hudson, IA • (319) 242-1074

**Hanson's Hollow***
- La Porte City, IA • (319) 939-3248

**New Day Dairy***
- Clarksville, IA • (319) 278-4455

**Three Pines***
- Cedar Falls, IA • (319) 404-2942
What does that mean?

CERTIFIED ORGANIC
A product marketed organic requires annual inspection and certification by a National Organic Program accredited agent. Certified organic farms follow management practices to improve soil health and fertility without synthetic pesticides, fertilizers, and other prohibited substances. It also requires specific record keeping and proof of organic seeds/inputs sources, post-harvest handling, and field practices.

CSA (COMMUNITY-SUPPORTED AGRICULTURE)
AKA “Subscription Farming.” You buy a subscription from a local farmer just like you buy a newspaper subscription and in return you receive weekly shares of fresh, locally grown produce throughout the farming season. Some farmers also offer CSA shares that include meat, eggs, dairy, bread, honey, and other products. Another farm share model is a “Buyers Club.”

ORGANICALLY GROWN
These products are not certified organic by an accredited agent. The grower chooses to grow their products without synthetic additives like pesticides and chemical fertilizers.

SUSTAINABLY GROWN
A practice of growing agricultural products based on an understanding of the ecosystem (relationship between organisms and their environment).

PESTICIDE-FREE
Products are produced without the use of artificial pesticides.

NO-TILL FARMING
A method of growing crops from year to year without disturbing the soil through tillage to build healthier soil and prevent soil erosion.

Looking for recipe ideas?
Visit healthyharvestni.com/recipes to explore our searchable database!

CVFOODFARMNETWORK.ORG | CVRFFN@GMAIL.COM | (319) 273-7883 | 📞