

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.

Look for the * on the directory inside for producers who offer u-pick.

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.

attend LOCAL FOOD EVENTS

Farm Crawl
AUGUST 28, 2022

Local Food Dinner
FEBRUARY 2023

Local Food & Film Festival
MARCH 2023

shop at your LOCAL FARMERS' MARKET

buy direct from the FARM STAND and/or PICK-YOUR-OWN

dine at RESTAURANTS that are LOCALLY SOURCED

Looking for Recipe Ideas?

visit healthyharvestni.com/recipes to explore our searchable database!

WAYS TO ENJOY

LOCAL FOOD IN

CEDAR VALLEY

Grow Eat Play

Learn more about local food and farm businesses at cvfoodfarmnetwork.org/local-food-guide/.

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

CVRFFN
Cedar Valley Regional Food & Farm Network

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.

UNI / University of Northern Iowa
Center for Energy & Environmental Education



GROW

EAT

PLAY

LOCAL FOODS DIRECTORY

FARMS -----

ADOLPHS PRODUCE & BAKERY
TRAER, IA • (319) 478-8624
BAKERY - VEGETABLES - FRUIT

BAGGE STRAWBERRIES ★ ⓘ
INDEPENDENCE, IA • (319) 334-3983
FRUIT

BEAVER CREEK COWS ◆
IONIA, IA • (641) 228-2089
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

FITKIN 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) 573-6208
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) 296-3809
HONEY

WE AROSE ◆ ⓘ
WATERLOO, IA • (319) 252-4622
VEGETABLES

WW HOMESTEAD DAIRY ◆ ⓘ
WAUKON, IA • (563) 568-4950
DAIRY

YELLOWTABLE FARM ⓘ
TRIPOLI, IA • (319) 486-8745
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/

COFFEE SHOPS -----

SIDECAR COFFEE SHOP(S) ⓘ
CEDAR FALLS/WATERLOO, IA • (319) 242-7278

GROCERS -----

BARN HAPPY ⓘ
CEDAR FALLS, IA • (319) 266-0888

CARTER HOUSE MARKET & CAFE ⓘ
CEDAR FALLS, IA • (319) 260-4030

HANSEN'S FARM FRESH DAIRY ⓘ
CEDAR FALLS/WATERLOO, IA • (319) 242-1074

ROOTED CARROT CO-OP MARKET ⓘ
CEDAR FALLS, IA • (319) 535-0281

THE MARKET ⓘ
CEDAR FALLS, IA • (319) 859-9344

RESTAURANTS -----

BARN HAPPY ⓘ
CEDAR FALLS, IA • (319) 266-0888

CARTER HOUSE MARKET & CAFE ⓘ
CEDAR FALLS, IA • (319) 260-4030

GEORGES LOCAL ⓘ
CEDAR FALLS, IA • (319) 260-2280

GILMORE'S PUB ⓘ
CEDAR FALLS, IA • (319) 859-9342

LARK BREWING ⓘ
CEDAR FALLS, IA • (319) 260-2279

PABLO'S MEXICAN GRILL ⓘ
CEDAR FALLS, IA • (319) 277-8226

TEASHINE MEALS ⓘ
CEDAR FALLS, IA • (319) 209-9725

UNI DINING SERVICES ⓘ
CEDAR FALLS, IA • (319) 273-6937

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 3:30-6PM MAY-OCTOBER

CEDAR VALLEY FARMERS MARKET AT SHILOH BAPTIST CHURCH ⓘ
WATERLOO • 3525 SAGER AVE.
THURSDAYS 3-6PM 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 8:30-11:30AM JUNE-MID-OCTOBER;
TUESDAYS 3-5:30PM 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

