

Current work

THE UNI LOCAL FOOD PROGRAM WORKS TO DEVELOP A LOCAL AND REGIONAL FOOD SYSTEM THAT POSITIVELY IMPACTS LOCAL FARMERS, CONSUMERS AND BUSINESSES THROUGH EDUCATION, COLLABORATION, AND ECONOMIC DEVELOPMENT.

CEDAR VALLEY REGIONAL FOOD & FARM NETWORK (CVRFFN)

We lead the Cedar Valley Regional Food & Farm Network. A coalition of individuals, food and farm businesses, Black Hawk County Public Health, Iowa State University Extension & Outreach, Northeast Iowa Food Bank, UNI Local Food Program and other community organizations & leaders working together to positively impact the local food system.

SERVICES TO FARMERS

We help local farms find local markets, build connections among farmers, and offer educational programs to assist direct-marketing farms in our region.

SERVICES TO INSTITUTIONAL FOOD BUYERS

We connect schools, grocers, restaurants, and distributors with local farms.

LOCAL AND REGIONAL FOOD SYSTEMS EDUCATION

Our staff and partners host local food events that make it easier for everyone to see and appreciate the local food treasures of our region.

NOURISH IOWA

Increasing access to fresh fruits and vegetables in Iowa's communities. Projects include increasing community garden capacity, free produce distribution programs, various efforts to increase land access, nutrition assistance programming, and more.

Looking for
Recipe Ideas?

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

dine at
RESTAURANTS

that
LOCALLY
SOURCE

attend
LOCAL
FOOD
EVENTS

All Iowa Eats
Festival
APRIL 1, 2023

Farm Crawl
AUGUST 13, 2023

Local Food
Dinner
FEBRUARY 2024

shop
at your
LOCAL
FARMERS'
MARKET

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

ways to
enjoy
LOCAL
food
IN

CEDAR VALLEY

Grow
eat
play



grow

eat

play

LOCAL FOODS DIRECTORY

FARMS -----

A FAMILY MARKET PLACE

WATERLOO, IA • (319) 493-2323
CSA - FRUIT - EGGS - HONEY - POULTRY - VEGETABLES - PLANTS - FLOWERS - POPCORN

ADOLPHS PRODUCE & BAKERY

TRAER, IA • (319) 478-8624
BAKERY - VEGETABLES - PLANTS - FLOWERS - POPCORN

APPLES ON THE AVENUE ★ ⓘ

NASHUA, IA • (641) 257-9547
FRUIT

BAGGE STRAWBERRIES ★ ⓘ

INDEPENDENCE, IA • (319) 334-3983
FRUIT

BECK ORCHARDS

BUCKINGHAM, IA • (319) 939-4532
FRUIT

BLUE JAY ORCHARD

WATERLOO, IA • (641) 505-3988
FRUIT

COUNTRY VIEW DAIRY ⓘ

HAWKEYE, IA • (563) 422-8633
DAIRY - ROADSIDE STAND

EARLY MORNING HARVEST ⓘ

PANORA, IA • (641) 757-2620
FRUIT - EGGS - HONEY - POULTRY - VEGETABLES - PLANTS - GRAINS

ELI'S ORGANIC GARLIC FARM

WATERLOO, IA • (319) 230-7218
EGGS - VEGETABLES - PLANTS

FITKIN POPCORN, LLC ⓘ

CEDAR FALLS, IA • (319) 961-2045
FRUIT - VEGETABLES - POPCORN

GARDEN OF LIFE

REINBECK, IA • (319) 269-1311
BAKERY - FRUIT - EGGS - VEGETABLES - PLANTS - FLOWERS

HANSEN'S DAIRY ⓘ

HUDSON, IA • (319) 242-1074
DAIRY - MEAT

HANSON'S HOLLOW ⓘ

LAPORTE CITY, IA • (319) 939-3248
FRUIT - VEGETABLES - PLANTS - FLOWERS

HAWKEYE BUFFALO & CATTLE RANCH ⓘ

FREDERICKSBURG, IA • (641) 229-6701
MEAT

HERSHEY FAMILY NURSERY

ACKLEY, IA • (319) 347-2731
BAKERY - FRUIT - VEGETABLES - PLANTS - FLOWERS

IOWA FOOD HUB ⓘ

DECORAH, IA • (563) 223-8845
DAIRY - FRUIT - EGGS - HONEY - MEAT - POULTRY - VEGETABLES - MAPLE SYRUP - POPCORN

JEFFERSON ORCHARD & GREENHOUSE ★ ⓘ

DUNKERTON, IA • (319) 415-7700
FRUIT - VEGETABLES - PLANTS - FLOWERS

JÓIA FOOD FARM ⓘ

CHARLES CITY, IA • (641) 228-1583
CSA - EGGS - MEAT - POULTRY

JUBILEE FARM & NURSERY ★ ⓘ

LAPORTE CITY, IA • (319) 440-4027
FRUIT

LAUGHLIN HONEY HOUSE

GRUNDY CENTER, IA • (319) 825-6462
HONEY

MARKS FAMILY PUREBREADS LLC ⓘ

WAVERLY, IA • (319) 415-9214
MEAT - POULTRY

NEW DAY DAIRY ⓘ

CLARKSVILLE, IA • (319) 278-4455
MEAT

SINGING SOURDOUGH ⓘ

SHELL ROCK, IA • (319) 573-6208
BAKERY

SOLSTICE FARM ⓘ

WAVERLY, IA • (319) 596-6785
EGGS - POULTRY

SOUTHERN GOODS LLC ⓘ

WATERLOO, IA • (319) 830-7470
VEGETABLES

TIMELESS PRAIRIE ORCHARD ⓘ

WINTHROP, IA • (847) 648-0568
FRUIT

WE AROSE CO-OP ⓘ

WATERLOO, IA • (319) 252-4622
BAKERY - CSA - ROADSIDE STAND - VEGETABLES - PLANTS

WHISTLING THISTLE FARM ⓘ

SHELL ROCK, IA • (319) 230-9502
CSA - EGGS - ROADSIDE STAND - VEGETABLES

WOODSIDE ACRES ⓘ

CHARLES CITY, IA • (319) 883-9246
CSA - EGGS - POULTRY - VEGETABLES - FLOWERS

WW HOMESTEAD DAIRY ⓘ

WAUKON, IA • (563) 568-4950
DAIRY

YELLOW TABLE FARM ⓘ

TRIPOLI, IA • (319) 486-8745
FRUIT - EGGS - MEAT - VEGETABLES - PLANTS

★ 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 -----

CUP OF JOE ⓘ

CEDAR FALLS, IA • (319) 277-1596

HANSEN'S DAIRY ⓘ

CEDAR FALLS, IA • (319) 242-1074

SIDECAR COFFEE ⓘ

CEDAR FALLS/WATERLOO, IA • (319) 242-7278

GROCERS -----

BARN HAPPY ⓘ

CEDAR FALLS, IA • (319) 266-0888

HANSEN'S DAIRY ⓘ

CEDAR FALLS/HUDSON/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

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

SINGLESPEED BREWING CO. ⓘ

CEDAR FALLS/WATERLOO, IA • (319) 883-3604

UNI DINING SERVICES ⓘ

CEDAR FALLS, IA • (319) 273-6937

WILD CARROT ⓘ

WAVERLY, IA • (319) 352-2215



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 3-6PM 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 MID MAY - OCTOBER

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 8:30AM-NOON MID MAY- MID OCTOBER

SHELL ROCK FARMERS MARKET ⓘ

SHELL ROCK • HOLLEY PARK
WEDNESDAYS 4:30-6:30PM JUNE-AUGUST

URBANA FARMERS MARKET ⓘ

URBANA • 204 W. WOOD ST.
SATURDAYS 9-11AM LATE MAY - OCTOBER

VINTON FARMERS MARKET ⓘ

VINTON • 105 WEST 2ND ST.
THURSDAYS 5-7PM JUNE-AUGUST

WATERLOO URBAN FARMERS MARKET ⓘ

WATERLOO • 460 JEFFERSON ST.
SATURDAYS 8AM-NOON MAY -OCTOBER

WAVERLY FARMERS MARKET ⓘ

WAVERLY • 200 1ST AVE. SW
SATURDAYS 8:30-11:30AM MID MAY-MID-OCTOBER;
TUESDAYS 3-5:30PM JUNE-MID-OCTOBER

WE AROSE GREENS TO GO ONLINE MARKET ⓘ

WATERLOO
WEEKLY MAY-OCTOBER

FARMS-----

APPLES ON THE AVENUE ★ ⓘ

NASHUA, IA
(641) 257-9547

BAGGIESTRAWBERRIES ★ ⓘ

INDEPENDENCE, IA
(319) 334-3983

HANSEN'S DAIRY ⓘ

HUDSON, IA
(319) 242-1074

HANSON'S HOLLOW ⓘ

LA PORTE CITY, IA
(319) 939-3248

JEFFERSON ORCHARD & GREENHOUSE ★ ⓘ

DUNKERTON, IA
(319) 415-7700

JUBILEE FARM & NURSERY ★ ⓘ

LAPORTE CITY, IA
(319) 440-4027

NEW DAY DAIRY ⓘ

CLARKSVILLE, IA
(319) 278-4455

NON-PROFITS-- --

NORTHEAST IOWA FOOD BANK ⓘ

WATERLOO, IA
(319) 235-0507
DONATIONS - VOLUNTEER - LOCAL PARTNERSHIP

SILOS AND SMOKESTACKS NATIONAL HERITAGE AREA ⓘ

WATERLOO, IA
(319) 234-4567
DONATIONS - EVENTS - LOCAL PARTNERSHIP

