

Current work

THE UNI LOCAL FOOD PROGRAM WORKS TO DEVELOP A LOCAL AND REGIONAL FOOD SYSTEM THAT POSITIVELY IMPACTS CONSUMERS, FARMERS, AND COMMUNITIES THROUGH EDUCATION, COLLABORATION, AND ECONOMIC DEVELOPMENT. WE ARE ACTIVE IN BLACK HAWK COUNTY AND SURROUNDING COUNTIES.

CEEE.UNI.EDU/UNI-LOCAL-FOOD-PROGRAM

FOR CONSUMERS: Veggie Vouchers • Education on Nutrition Assistance Programs • Garden in Every Lot

FOR FARMERS: Incubator Farm/Land Access • Connecting to Wholesale Buyers and Direct to Consumer Markets • Networking Events • Education

FOR COMMUNITIES: Nourish Iowa • Cedar Valley Regional Food & Farm Network • Farm To School

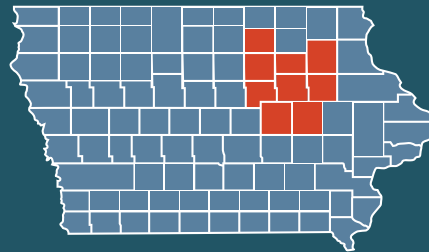
CEDAR VALLEY REGIONAL FOOD & FARM NETWORK (CVRFFN)

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

NOURISH IOWA VISTA PROGRAM

Building community capacity to increase food access for all Iowans, especially those who experience food insecurity, in order to create a more just and equitable food future, in which all Iowans have bountiful access to culturally-relevant, locally grown and produced food. Projects include increasing community garden capacity, free produce distribution programs, various efforts to increase land access, and nutrition assistance programming.

Where we work



WAYS to
enjoy
LOCAL
FOOD

shop
at your
LOCAL
FARMERS'
MARKET



attend LOCAL
FOOD EVENTS

Local Producer/Buyer
Networking Events

JULY 2024 & JANUARY 2025

Farm Crawl

AUGUST 11, 2024

Farm to Fork Dinner

FEBRUARY 2025

Farmers Market Workshop

FEBRUARY 2025

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



dine at
RESTAURANTS
that
LOCALLY
SOURCE



LOOKING FOR
RECIPE IDEAS?

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



Grow
eat
play

LOCAL
FOODS

CEDAR
VALLEY





GROW

EAT

PLAY

LOCAL FOODS DIRECTORY

FARMS

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

APPLES ON THE AVENUE ★ f i
NASHUA, IA • (641) 257-9547
FRUIT - POPCORN - HONEY

ARNKA ACRES ◆ f i
DIKE, IA • (319) 464-2129
CSA - VEGETABLES - EGGS

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

BECK ORCHARDS
BUCKINGHAM, IA • (319) 939-4532
FRUIT - HONEY

BLUERIDGE ORCHARD f
DENVER, IA • (319) 984-5718
FRUIT - HONEY - ROADSIDE STAND

COUNTRY VIEW DAIRY f i
HAWKEYE, IA • (563) 422-8633
DAIRY - ROADSIDE STAND

DEBS BERRY FARM
NEWHALL, IA • (319) 533-2944
FRUIT - HONEY

EARLY MORNING HARVEST f i
PANORA, IA • (641) 757-2620
DAIRY - FRUIT - EGGS - HONEY - MEAT - POULTRY -
VEGETABLES - MAPLE SYRUP - GRAINS

ELI'S ORGANIC GARLIC FARM
WATERLOO, IA • (319) 230-7218
VEGETABLES

FITKIN POPCORN, LLC f
CEDAR FALLS, IA • (319) 961-2045
POPCORN

GARDEN OF LIFE
REINBECK, IA • (319) 269-1311
BAKERY - FRUIT - EGGS - ROADSIDE STAND -
VEGETABLES - PLANTS - FLOWERS

HANSEN'S DAIRY f i
HUDSON, IA • (319) 242-1074
DAIRY - MEAT

HANSON'S HOLLOW f i
LAPORTE CITY, IA • (319) 939-3248
FRUIT - VEGETABLES - PLANTS - FLOWERS

HAWKEYE BUFFALO & CATTLE RANCH f i
FREDERICKSBURG, IA • (641) 229-6701
MEAT

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

IOWA FOOD HUB f i
DECORAH, IA • (563) 223-8845
DAIRY - FRUIT - EGGS - HONEY - MEAT - POULTRY -
VEGETABLES - MAPLE SYRUP - POPCORN - GRAINS

JEFFERSON ORCHARD & GREENHOUSE f
DUNKERTON, IA • (319) 290-9896
FRUIT - VEGETABLES - PLANTS - FLOWERS

JÓIA FOOD FARM ◆ f i
CHARLES CITY, IA • (641) 228-1583
CSA - EGGS - HONEY - MEAT - POULTRY -
MAPLE SYRUP - GRAINS

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

MARKS FAMILY PUREBREADS f
NEW HAFFORD, IA • (319) 415-9214
MEAT

NEW DAY DAIRY f i
CLARKSVILLE, IA • (319) 278-4455
DAIRY - MEAT

PAHA CIDER f i
WAVERLY, IA • (319) 596-6265
HARD CIDER

SINGING SOURDOUGH f i
SHELL ROCK, IA • (319) 573-6208
BAKERY

SOLSTICE FARM f i
WAVERLY, IA • (319) 596-6785
EGGS - POULTRY

SOUTHERN GOODS LLC f
WATERLOO, IA • (319) 830-7470
MEAT - VEGETABLES

TREPPENHAUS BREWING f
WATERLOO, IA • (319) 721-5726
HARD CIDER - MEAD

WE AROSE CO-OP ◆ f i
WATERLOO, IA • (319) 252-4622
BAKERY - CSA - FRUIT - ROADSIDE STAND - VEGETABLES

WOODSIDE ACRES ◆ f i
CHARLES CITY, IA • (319) 883-9246
CSA - EGGS - POULTRY

YELLOW TABLE FARM f i
TRIPOLI, IA • (319) 486-8745
EGGS - MEAT - VEGETABLES - PLANTS

★ Indicates U-Pick Offering

◆ Indicates CSA Offering



CATERERS

BLACK HAWK PROVISIONS i
WATERLOO, IA • (319) 504-5279

CONCEPT KITCHEN f i
CEDAR FALLS, IA • (319) 830-9368

COFFEE SHOPS

CUP OF JOE f i
CEDAR FALLS, IA • (319) 277-1596

HANSEN'S DAIRY f i
CEDAR FALLS/WATERLOO, IA • (319) 266-3044

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

GROCERS

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

HANSEN'S DAIRY f i
CEDAR FALLS/WATERLOO, IA • (319) 266-3044

RESTAURANTS

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

CONCEPT KITCHEN f i
CEDAR FALLS, IA • (319) 830-9368

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

UNIVERSITY OF NORTHERN IOWA DINING f i
CEDAR FALLS, IA • (319) 273-6937



FARMERS MARKETS

CEDAR FALLS FARMERS MARKET f
CEDAR FALLS • OVERMAN PARK
SATURDAYS 8:30AM-NOON MAY-OCTOBER

CEDAR VALLEY FARMERS MARKET AT KIMBALL RIDGE f
WATERLOO • 3025 KIMBALL AVE.
TUESDAYS 3-6PM MAY- OCTOBER

CEDAR VALLEY FARMERS MARKET AT SHILOH BAPTIST CHURCH f
WATERLOO • 3525 SAGER AVE.
THURSDAYS 3-6PM MAY-OCTOBER

DUNKERTON FARMERS MARKET f
DUNKERTON • 114 W. MAIN ST.
MONDAYS 5-7PM MAY-OCTOBER

EVANSDALE FARMERS MARKET f
EVANSDALE • 3562 LAFAYETTE RD.
SATURDAYS 9AM-NOON; WEDNESDAYS 3-6PM
MAY-OCTOBER

INDEPENDENCE FARMERS MARKET f
INDEPENDENCE • WAPSIPINICON MILL
SATURDAYS 8AM-NOON MID MAY-OCTOBER

KIMBALL RIDGE FAMILY MARKET f
WATERLOO • 2200 KIMBALL AVE.
SATURDAYS 8:30AM-NOON MID MAY- MID OCTOBER

SHELL ROCK FARMERS MARKET f
SHELL ROCK • HOLLEY PARK
WEDNESDAYS 5-7PM JUNE-AUGUST

TOLEDO FARMERS MARKET f
TOLEDO • 100 N BROADWAY ST
FRIDAYS 5-7PM JUNE-MID-OCTOBER

VINTON FARMERS MARKET
VINTON • 105 WEST 2ND ST.
THURSDAYS 5-7PM JUNE-SEPTEMBER

WATERLOO URBAN FARMERS MARKET f i
WATERLOO • 460 JEFFERSON ST.
SATURDAYS 8AM-NOON MAY-OCTOBER

WAVERLY FARMERS MARKET f
WAVERLY • 300 BLOCK 1ST ST SW
SATURDAYS 8:30-NOON MID MAY-MID-OCTOBER;

WE AROSE GREENS TO GO ONLINE MARKET f i
WATERLOO
WEEKLY MAY-MID-OCTOBER

FARMS

APPLES ON THE AVENUE ★ f i
NASHUA, IA
(641) 257-9547

BAGGIESTRAWBERRIES ★ f i
INDEPENDENCE, IA
(319) 334-3983

HANSEN'S DAIRY f i
HUDSON, IA
(319) 242-1074

HANSON'S HOLLOW f i
LA PORTE CITY, IA
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HAWKEYE BUFFALO AND CATTLE RANCH f i
FREDERICKSBURG, IA
(641) 229-6701

JEFFERSON ORCHARD & GREENHOUSE ★ f i
DUNKERTON, IA
(319) 290-9896

NEW DAY DAIRY f i
CLARKSVILLE, IA
(319) 278-4455

SUPPORTING ORGANIZATIONS

CEDAR FALLS SEED LIBRARY f
CEDAR FALLS, IA • (319) 273-8643
SEED SAVING - GARDEN CLASSES

NORTHEAST IOWA FOOD BANK f i
WATERLOO, IA • (319) 235-0507
DONATIONS - VOLUNTEER -
LOCAL PARTNERSHIP

ROOTED CARROT CO-OP MARKET f i
CEDAR FALLS, IA • (319) 535-0281
MEMBERSHIPS - EVENTS -
LOCAL PARTNERSHIP

SILOS AND SMOKESTACKS NATIONAL HERITAGE AREA f i
WATERLOO, IA • (319) 234-4567
DONATIONS - EVENTS -
LOCAL PARTNERSHIP

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 businesses and more at:
cvfoodfarmnetwork.org/local-food-guide/

