

UNI LOCAL FOOD PROGRAM

STRENGTHENING IOWA'S LOCAL FOOD ECONOMY

The Local Food Program at the Center for Energy & Environmental Education works to develop a local and regional food system that positively impacts consumers, farmers, and communities through education, collaboration, and economic development.

Our team works hand-in-hand with our valued partners to develop a diverse array of tools, education, experiences, and programs with the overarching goal of making food production and local food consumption accessible to everyone. We understand the importance of fostering self-sufficiency and supporting local economies. We create experiences that connect communities with the joy of growing and harvesting their own produce. In collaboration with our partners, we strive to create a food system that encourages not only self-sustainability but also a collective effort to purchase locally sourced food, fostering a healthier and more sustainable future for all.

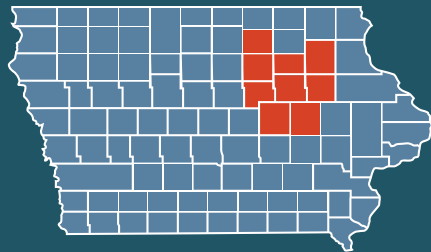
CEE.EE.UNI.EDU/UNI-LOCAL-FOOD-PROGRAM

FOR CONSUMERS: Veggie Vouchers • Education on Nutrition Assistance Programs • Garden in Every Lot • Neighborhood Trees • Farm to Fork Dinner • Cedar Valley Farm Crawl

FOR FARMERS: Incubator Farm/Land Access • Connection to Customers • Producer/Buyer Networking Event • Farmers Market Workshop • Education

FOR COMMUNITIES: Nourish Iowa VISTA Program • Cedar Valley Regional Food & Farm Network, Farm to School, Community Gardens

Where we work



WAYS to enjoy LOCAL FOOD

shop at your LOCAL FARMERS MARKET



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



attend LOCAL FOOD EVENTS

Cedar Valley Farm Crawl
AUGUST 10, 2025

UNI Local Food Festival
SEPTEMBER 2025

Farm to Fork Dinner
FEBRUARY 2026

Local Producer/Buying Network Event
JULY 2025, JANUARY 2026

Farmers Market Workshop
JANUARY 2026



dine at RESTAURANTS that LOCALLY SOURCE



LOOKING for RECIPE IDEAS?

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



CEDAR VALLEY

LOCAL FOOD guide

Grow Eat Play

SHAFFER RIDGEWAY, GRAZIN CATTLE - PHOTO CREDIT: CHRIS YOUNG

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


NORTHEAST IOWA
FOOD BANK


Cedar Valley Regional Food & Farm Network

CEE.EE.UNI.EDU/LOCAL-FOOD-PROGRAM | JODIE.HUEGERICH@UNI.EDU | (319) 273-7883 |   



GROW

Purchase vegetables, fruit, honey, syrup, meat, poultry, eggs, dairy, bakery, a CSA, and more from these farms.

FARMS

ADOLPHS PRODUCE

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

APPLES ON THE AVENUE ★▼

NASHUA, IA • (641) 257-9547
U PICK - FRUIT - FARM STAND

BAGGE STRAWBERRIES ★▼

INDEPENDENCE, IA • (319) 334-3983
U PICK - FRUIT - FARM STAND

BECK ORCHARDS

BUCKINGHAM, IA • (319) 939-4532
FRUIT - HONEY - VEGETABLES - MAPLE SYRUP

BLUERIDGE ORCHARD ▼

DENVER, IA • (319) 984-5718
FRUIT - HONEY - FARM STAND

COUNTRY VIEW DAIRY ▼

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

ENGELBRECHT FARM ★▼

WAVERLY, IA • (319) 269-7795
U PICK - CSA - FARM STAND - VEGETABLES - PLANTS - FLOWERS

FIVE R FARM ▼

REINBECK, IA • (773) 428-9353
CSA - HONEY - FARM STAND - FLOWERS

FITKIN POPCORN LLC

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

GARDEN OF LIFE ▼

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

GRAZIN CATTLE LLC

WATERLOO, IA • (319) 830-7470
MEAT

HANSEN'S DAIRY ▼

HUDSON, IA • (319) 242-1072
FARM STAND - DAIRY - MEAT

HANSON'S HOLLOW ▼

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

HERSHEY FAMILY NURSERY

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

IOWA FOOD HUB

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

IOWA MISO

CEDAR FALLS, IA • (319) 575-8820
MISO

JEFFERSON ORCHARD ★▼

DUNKERTON, IA • (319) 415-7700
U PICK - FRUIT - EGGS - FARM STAND - VEGETABLES - PLANTS - FLOWERS

JÓIA FOOD & FIBER FARM ▼

CHARLES CITY, IA • (641) 228-1583
CSA - EGGS - MEAT - FARM STAND - GRAINS

LAUGHLIN HONEY HOUSE

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

MAD ACRE FARMS ▼

GLADBROOK, IA • (319) 296-1406
CSA - FARM STAND - VEGETABLES - FRUIT

NEW DAY DAIRY

CLARKSVILLE, IA • (319) 278-4455
DAIRY - MEAT

PAHA CIDER

WAVERLY, IA • (319) 596-6265
FRUIT - HARD CIDER

SOLSTICE FARM

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

THE PIE LADY LLC

GLADBROOK, IA • (640) 750-6606
BAKERY

TREPPENHAUS BREWING

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

WE AROSE

WATERLOO, IA • (319) 252-4622
BAKERY - CSA - FRUIT - VEGETABLES

YELLOW TABLE FARM

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

- ★ Indicates U-Pick Offering
- ▼ Indicates CSA Offering
- ▼ Indicates Farm Stand



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/

Eat

Eat or shop at a restaurant, coffee shop, grocer, or other venue supporting local food.

COFFEE SHOPS

HANSEN'S DAIRY

CEDAR FALLS, IA • (319) 266-3044

GROCERS

HANSEN'S DAIRY

CEDAR FALLS, IA • (319) 266-3044

HANSEN'S DAIRY

WATERLOO, IA • (319) 234-3309

FOOD BANKS

NORTHEAST IOWA FOOD BANK

WATERLOO, IA • (319) 235-0507
DONATIONS - VOLUNTEER - LOCAL FOOD BUYER

RESTAURANTS

GILMORE'S PUB

CEDAR FALLS, IA • (319) 859-9342

HANSEN'S DAIRY

CEDAR FALLS, IA • (319) 266-3044

HANSEN'S DAIRY

WATERLOO, IA • (319) 234-3309

UNIVERSITY OF NORTHERN IOWA DINING

CEDAR FALLS, IA • (319) 273-2333

MONTAGE

CEDAR FALLS, IA • (319) 268-7222

TABLE 1912

CEDAR FALLS, IA • (319) 859-9342



Play

Play at a farm that allows visitors or visit a farmers market!

FARMERS MARKETS

CEDAR FALLS FARMERS MARKET

CEDAR FALLS • OVERMAN PARK
SATURDAYS 8:30AM-NOON; MAY - OCTOBER

CEDAR VALLEY FARMERS MARKET AT KIMBALL RIDGE

WATERLOO • 3025 KIMBALL AVE.
TUESDAYS 3-6PM; MAY - OCTOBER

CEDAR VALLEY FARMERS MARKET AT SHILOH BAPTIST CHURCH

WATERLOO • 3525 SAGER AVE.
THURSDAYS 3-6PM; MAY - OCTOBER

DENVER FARMERS MARKET

DENVER • 141 W. FRANKLIN ST.
THURSDAYS 4:30-6:30PM; MID JUNE - MID OCTOBER

DUNKERTON FARMERS MARKET

DUNKERTON • 114 W. MAIN ST.
MONDAYS 5-7PM; MAY - OCTOBER

EVANSDALE IA FARMERS MARKET

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

KIMBALL RIDGE FAMILY MARKET

WATERLOO • 131 TOWER PARK DR.
SATURDAYS 8:30AM-NOON; MID MAY - MID OCTOBER

REINBECK FARMERS MARKET

REINBECK • BROAD STREET, OFF HWY 175
SATURDAYS 10:30AM-NOON; MAY - SEPTEMBER

SHELL ROCK FARMERS MARKET

SHELL ROCK • HOLLEY PARK
WEDNESDAYS 5-7PM; JUNE - AUGUST

TOLDEDO FARMERS MARKET

TOLEDO • 100 N BROADWAY ST
FRIDAYS 5-7PM; JUNE - MID OCTOBER

URBANA FARMERS MARKET

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

URBANA WINTER FARMERS MARKET

URBANA • 204 W. WOOD ST.
SATURDAYS 9-11AM; NOVEMBER - APRIL (2ND SATURDAY)

WATERLOO URBAN FARMERS MARKET

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

WAVERLY IOWA FARMERS MARKET

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

WE AROSE ONLINE MARKET

WEAROSE.CO/SHOP • (319) 252-4622
MONDAY - WEDNESDAY; MAY - OCTOBER

AGRITOURISM FARMS

APPLES ON THE AVENUE

NASHUA, IA • (641) 257-9547

BAGGE STRAWBERRIES

INDEPENDENCE, IA • (319) 334-3983

COUNTRY VIEW DAIRY

HAWKEYE, IA • (563) 422-8633

ENGELBRECHT FARM

WAVERLY, IA • (563) 269-7795

FITKIN POPCORN LLC

CEDAR FALLS, IA • (319) 961-2045

MAD ACRE FARMS

GLADBROOK, IA • (319) 296-1406

HANSEN'S DAIRY

HUDSON, IA • (319) 242-1074

HANSON'S HOLLOW

LAPORTE CITY, IA • (319) 939-3248

JEFFERSON ORCHARD & GREENHOUSE

DUNKERTON, IA • (319) 415-7700

NEW DAY DAIRY GUESTBARN

CLARKSVILLE, IA • (319) 278-4455

PARTNER ORGANIZATIONS

BLACK HAWK COUNTY EXTENSION & OUTREACH

WATERLOO • (319) 234-6811
EVENTS - PROGRAMS

DIAMOND EVENT CENTER IN JORGENSEN PLAZA

CEDAR FALLS, IA • (319) 859-9342
EVENTS

NORTHEAST IOWA FOOD BANK

WATERLOO, IA • (319) 235-0507
CVRFFN COALITION

ROOTED CARROT CO-OP MARKET

(319) 535-0281
EVENTS

WE AROSE

WATERLOO, IA • (319) 252-4622
EVENTS - PROGRAMS

