

# Flavors of Northwest Iowa

February 2011

Vol. 1 Issue 4

**"A humble mind is the soil out of which thanks naturally grow." Henry Ward Beecher**



## Going Local With Laura

Mmm...chocolate. Iowa style! My hunt for locally grown food is still cool (pun intended) through winter but there is no shortage of *homemade* food. I found another gem just in time

for Valentine's Day. Read about Sarah's Candies below!

I want to put in an extra reminder about the [GAP Food Safety Training for Fruit and Vegetable Growers](#)—it is an important one! Another fun event that I am really looking forward to is the [Seed Swap](#) in LeMars. Also be sure to check out the "[Innovation Market](#)" in Sioux City. I encourage you all to submit any local food ideas! Now is the time to speak up about the kind of good healthy food we want in our communities.

Speaking of speaking up, DO read the [Food and Farm Plan](#) (update on page 2) and SPEAK UP to your local legislator in support!

## Flavorful Upcoming Events

### **Feb. 1** "[IA Local Food Commerce](#)"

Webinar OR at Woodbury Co. Extension  
Sioux City, 1:00-2:30 pm

### **Feb. 4-5** "[Business and Farm Succession Workshop](#)"

Plymouth Co. Extension  
LeMars

### **Feb. 9** "[Farm Safety Workshop for Fruit and Veg Growers](#)"

Wilbur Aalfs Library  
Sioux City, 9:00 am- 4:15 pm

### **Feb. 12** "[SEED SWAP](#)"

LeMars Public Library, 1:00-3:00 pm

### **Feb. 12** "[Iowa Farmers Market Association Annual Workshop](#)"

Des Moines, 9:00 am-4:00 pm

### **Feb. 14** "[Fruit and Veg Soil Fertility & Irrigation Workshop](#)"

Cerro Gordo Co. Extension, 9:00 am-4:00 pm

### **Feb. 17** "[Innovation Market](#)"

Old Hatch Furniture Building Sioux City, 6:00-9:00 pm

### **Feb. 24-26** "[MOSES Conference](#)"

LaCrosse, WI

### **Feb. 26** "[Local State Legislator's Forum](#)"

Wilbur Aalfs Library Sioux City, 10:00-11:30 am



## Flavor Highlight: Sarah's Candies

I asked Dody Jonas, owner of Sarah's Candies downtown Sioux City what made her chocolates special. Aside from being home-made, handmade, and hand dipped, they're "made with love!"

she reports. Since summer is vegetable season, Valentine's Day is definitely chocolate season. Whats better than getting your sweetie homemade chocolates made with love this season? You'll find delightful treats in the store

ranging from a surprising full-size chocolate baseball to a brand new "sundae truffle" (pictured). You're bound to find something new, unique, and melt-in-your-mouth delicious!

[Read More!](#)





## OUR NEW LOOK!

When you see this funky tomato in Northwest Iowa you KNOW it's LOCAL! Keep your eye-taters peeled for this tomato popping up at farmers markets, annual and new events this spring and summer, and well, everywhere you can find local food and flavors! This tomato has some pretty big goals—it told us that it wants to appear in restaurants, grocery stores, farms, websites,

celebrations, Nebraska, South Dakota, art shows, tours, workshops, and yes, even on your t-shirt. Its juices are really flowing so don't be surprised if you get squirted with the local spirit by this tomato in the near future...

Iowa Local Food and Farm Plan Update: On January 20, the Leopold Center's public briefing on the new recommendations turned out to be quite a show! Theatrical, really. But beyond the light show there was a solid plan with 34 recommendations to boost the local economy and increase opportunities for those who want to buy or sell Iowa-raised meat, poultry, eggs, dairy, fruit, vegetables and other crops in local and regional markets. Read more about local food as economic development and the day's happenings [here](#).



Flavors and the Sioux City Farmers Market are partnering to bring you online vendor profiles for 2011! The market website will feature a few changes making it easier for customers to connect with their farmers. As a bonus of being a Sioux City Farmers Market vendor, producers will become a member of Flavors and have their profile duplicated on the regional website. **We wish to extend this offer to ALL farmers market vendors and independent local food farmers in the area!** It's easy. Just download the sign-up form [here](#) OR [register your farm on Iowa MarketMaker](#). This is a great **FREE** way to show shoppers WHO YOU ARE and WHAT YOU HAVE to offer. Be a part of that juicy Flavors tomato pulp that is rolling across the region in 2011!



**Find out more about the people in these tents!**



to check out  
[Flavors of Northwest IA Blog](#)  
[Iowa Food and Farm Plan](#)  
[Organic Farm Research News](#)  
[Farm Aid](#)

Featuring Legislative and Gov. Links:  
[Federal Food Safety Bill News](#)  
[Iowa Dept. of Ag and Land Stewardship](#)  
[Local Food in the Legislature](#)

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CLICK!

Any other questions contact Regional Food Coordinator, Laura Kuennen (712)276-2157 or [lkuennen@iastate.edu](mailto:lkuennen@iastate.edu)

### Siouxland Garden Show



Save the date! March 18-19. There are still a few exhibitor spaces left. You can find information [here](#). It could be a great opportunity to sell some canned jellies or other homemade local food items.

### Financing Fair & Business Plan Competition

If you're looking to start, expand, or grow your business and already have a well-defined business plan and/or executive summary but lack financing for your project the [Financing Farm to Fork Conference](#) is for you! Apply for the competition [here](#). Apps due Feb. 4.

### 2011 Flavors Advisory Board Call for new members!

Are you interested in becoming a leader in the local food movement in Northwest Iowa and the Midwest? We're looking for more members to join the Flavors advisory board to help generate new ideas and make decisions. Contact Laura Kuennen, [lkuennen@iastate.edu](mailto:lkuennen@iastate.edu) or (712) 276-2157 for more information.