



PRACTICAL FARMERS OF IOWA

2014

FIELD DAY

GUIDE



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Welcome to Practical Farmers' 2014 Field Day Season!

Thank you for your interest in our 2014 field day season!

Field days are a mainstay of Practical Farmers, occurring throughout the year and bringing farmers and the public together to learn, share knowledge and build a vibrant community of farmers and non-farmers in support of a strong, sustainable agricultural system in Iowa.

Practical Farmers field days are hosted by our farmer members. Why? Because farmers are the experts on their farming systems, decisions, challenges and solutions. Our farmers believe that sharing their knowledge, discoveries, mistakes and successes benefits everyone. They invite the public onto their farms to learn about topics that span the agricultural spectrum, and even the intersection of farming and local foods.

GUIDE QUESTIONS?

Contact the PFI office
at: (515) 232-5661.

HOW TO READ THIS GUIDE: The 2014 Field Day Guide is divided into two sections: PFI events and non-PFI partner events. PFI events are listed chronologically in the front portion of the guide and are distinguished by the dark blue-colored tabs. Non-PFI partner events are listed separately, also chronologically, in the back of the guide, and are distinguished by light blue-shaded tabs.

FIELD DAY LOGISTICS: Practical Farmers field days are open to everyone, and most are free. **All PFI events occur rain or shine.**

Please note: We have no control over changes to or cancellations of non-PFI partner events. When traveling to our field days, look for this directional field day sign along your route.





Practical Farmers Events

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Greenhouse Hydroponic Tomatoes & Ornamentals

SUNDAY, MAY 18 | 4 – 6 p.m.

HOST:

Mike Salama

Northwest Greenhouse and Floral

204 South Division St.

Boone, IA 50036

(515) 432-4373

salama.mike@gmail.com

www.nwgreenhouse.com

DESCRIPTION:

Tour Northwest Greenhouse to learn about growing hydroponic tomatoes and basil in the summer months, lettuce in the fall, and an extensive production of bedding plants and potted flowers.

TOPICS:

- Greenhouse production
- Hydroponic vegetable production
- Potted plants and bedding plants

SPEAKERS:

- Russ Nupnau – grower



Tomatoes growing at Northwest Greenhouse and Floral



Mike Salama

THE FARM:

Northwest Greenhouse and Floral is a full service florist and grower serving Boone and surrounding communities with fresh locally grown flowers, houseplants, vegetables and bedding plants.

DIRECTIONS:

From U.S. 30, head north on S. Story Street (at the stop signs on the highway). Drive for about 1 mile, then turn left onto Park Avenue. After about seven-tenths of a mile, turn right onto South Division Street; the greenhouse is about a half-mile on the left.

SPONSORS:

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Soil and Water
Conservation
District**



Biological Monitoring with Holistic Management

IN PARTNERSHIP WITH LAND STEWARDSHIP PROJECT

SATURDAY, MAY 31 | 9 a.m. – 4 p.m.

*** Please note: Pre-registration is required to attend.**

HOST:

**Mike Natvig
Winneshiek County**

NOTE: The workshop will take place on Mike Natvig's farm. Location details will be provided separately to workshop registrants.

DESCRIPTION:

Biological Monitoring is the final course in the Holistic Management series sponsored by Practical Farmers and Land Stewardship Project. Anyone may attend, regardless of whether you have attended other HM courses. Instructor Ralph Tate will use classroom and in-field instruction to demonstrate simple and effective monitoring techniques to track changes over time on managed land. Participants will learn how to identify signs of healthy soil, plant, and animal systems; and will learn how to judge if the changes observed are adverse to goals.

TOPICS:

Learn about:

- Key biological monitoring principles and practices related to soil fertility
- How your production practices influence your soil fertility
- Different techniques to monitor and measure your land's health on a regular basis
- A simple approach to diagnosing issues based on your monitoring and practices

COST

\$75 for the first person; \$70 for each person thereafter from the same farm or family.

Note: You receive a \$5 discount for each previous HM course attended.

INSTRUCTOR:

- Ralph Tate is a certified Holistic Management instructor who teaches holistic grazing management classes around the Midwest. He also developed software to ease the planning portion of the system, and custom-grazes heifers on his farm near Beatrice, Neb.

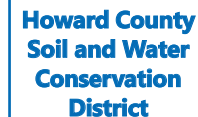
TO REGISTER:

Register by May 29 to Margaret at PFI – (515) 232-5661 or margaret@practicalfarmers.org – or to Caroline at LSP at (507) 523-3366 or caroline@landstewardshipproject.org. Registration forms are available online at <http://bit.ly/hmbiomonreg>.

THE FARM:

Mike Natvig runs a 420-acre certified organic crop and livestock farm. He grazes beef cattle and grows an organic corn, soybean and small-grain mixture called succotash. He also maintains hayfields and pastures alongside native prairie, oak savanna and woodland.

SPONSORS:



W.K. Kellogg Foundation Food & Community Partner

Winter Cereal Rye for Cover and Cash Grain

TUESDAY, JUNE 10 | 5 – 8 p.m.

*Supper will be served after the demonstrations.
~ RSVPs Requested*



PFI Cooperators' Research



HOSTS:

Tim and Ethel Sieren
Green Iron Farms
1320 Highway 92
Keota, IA 52248
(319) 698-4042
tesieren@gmail.com

DESCRIPTION:

Come learn about extended crop rotations and cover crops. Tim will speak about how he came to use a three-year crop rotation consisting of corn-soybeans-rye, and how he raises his own cover crop seed. Tim is also a participant in Practical Farmers of Iowa's Cooperators' Program and will discuss his on-farm research project comparing rates of nitrogen and red clover between growing rye and corn. In addition, machinery used for this system will be on display.

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or
(515) 232-5661, by **Friday, June 6.**



Winter cereal rye



Tim Sieren

SPEAKERS:

- Stefan Gailans – Practical Farmers of Iowa

THE FARM:

Green Iron Farms is a small, diversified livestock and row crop family farm.

DIRECTIONS:

Green Irons Farm is located 3 miles west of West Chester on state Highway 92, or 4 miles east of the junction of U.S. 218 / state Highway 77 and Hwy 92. The farm is on the north side of Hwy 92.

SPONSORS:



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County Soil
and Water
Conservation
District**

On-Farm Poultry Processing

SATURDAY, JUNE 14 | 2 – 5 p.m.

A light supper will be served after the demonstrations.



HOSTS:

Jason Grimm and family

Grimm Family Farm

2976 KK Ave.

North English, IA 52316

(319) 270-3890

grimmfamilyfarm@gmail.com

DESCRIPTION:

Observe and try poultry butchering and processing at this hands-on field day. Learn the proper way to safely, humanely and cleanly kill and clean birds, and observe further processing and cutting. Jason will describe each phase of the poultry enterprise: brooder, pasture, processing and marketing. Wear clothes that can get dirty!

TOPICS:

- Poultry processing: slaughtering, scalding, plucking (*hands-on*)
- Carcass evisceration, cleaning, cutting (*observe only*)



Jason and Hannah Grimm

THE FARM:

Jason and Hannah Grimm are the youngest of three generations on Grimm Family Farm. They raise corn, hay, oats, beef, poultry, produce and dry beans. Long-term rotations and the integration of livestock keep the farm nutrient cycle intact, and minimal use of chemical herbicides are used to maintain soil health. The farm markets products through the Iowa Food Cooperative, Iowa Valley Food Co-op, New Pioneer Food Co-op and direct to customers.

DIRECTIONS:

From I-80, take Exit 216 toward Marengo / North English and go south on M Avenue for 8.7 miles. Turn right (west) onto 305th Street and go 1.7 miles to KK Avenue.

SPONSOR:



Three-Crop Rotations, Cover Crops & Prairie for Conservation

IN PARTNERSHIP WITH IOWA LEARNING FARMS

THURSDAY, JUNE 19 | 12:30 – 3 p.m.

Lunch will be served at 12:30 before the program begins. ~ RSVPs Requested



HOSTS:

Dick and Diana Sloan

(319) 558-6934

sloan_richard@yahoo.com



PFI Cooperators' Research

SPONSOR:

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County Soil
and Water
Conservation
District**

START LOCATION (lunch):

3046 Harrison Ave.

Rowley, IA 52329

END LOCATION (rye field):

1531 330th St.

Brandon, IA 52210



DESCRIPTION:

Dick and Diana Sloan have implemented a number of conservation practices on their farm. Discussion will focus on their three-crop rotation of corn, soybeans and winter cereal rye grown for grain with a legume cover crop grown after harvest. The program will begin at Dick and Diana's home farm near Rowley, where they have established strips of native prairie species among their cash grain crop fields.

TOPICS:

- Winter cereal rye for grain production
- Cover crops with and after rye
- Multi-species cover crops
- Growing corn after rye and a legume cover crop
- Prairie strips

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661, by **Monday, June 16.**

The Sloan farm



SPEAKERS:

- Chad Ingels – ISU Extension
- Rick Bednarek – NRCS
- Mary Beth Stevenson – Cedar River Watershed Coalition

THE FARM:

Dick and Diana Sloan sustain 720 acres of no-till, family-owned cropland in the Cedar River watershed in northeastern Iowa. They produce mostly corn and soybeans with cover crops, but also grow winter cereal rye for grain and prairie strips for conservation.

DIRECTIONS:

Take I-380 to Exit 49 toward Brandon / Buchanan County (you will exit onto County Road D48 / 330th Street). *Note that the farm location for the second half is on the northeast corner of the interchange. Look for the blue Harvestore silo.*

To get to the lunch location: From the interchange, head east on D48 / 330th Street for 1.5 miles. Turn left (north) on Hamilton Avenue and go about 1 mile. As Hamilton Avenue begins to turn east, take the first left (north) to stay on Harrison Avenue and continue for 1.5 miles. The home farm is on right (east) side of the road.

Fit and Trim: Hoof, Hair & Feather Care for Livestock

THURSDAY, JUNE 19 | 5 – 7 p.m.

Supper will be served after the demonstrations. ~ *RSVPs Requested*



HOSTS:

LaVon, Craig and Julia Griffieon, and Autumn and Laramie Ogden

Griffieon Family Farm

11655 NE 6th St.

Ankeny IA, 50023

(515) 964-0876

xxvhrsaday@aol.com

DESCRIPTION:

The Griffieon family welcomes livestock owners of all types to an evening of fitting and clipping. Learn about trimming hooves, hair and feathers for animal health and safety, and for showing. Hoof care of cattle, sheep and horses; flight feather trimming of chickens; and blocking and trimming of calves and hair sheep will be demonstrated.

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661, by **Monday, June 16.**



THE FARM:

The Griffieon Farm is a Century Farm in central Iowa that has been worked since 1868. The farm is diversified and includes beef, chickens, turkeys, pigs, sheep and horses, as well as corn, soybeans, oats, alfalfa and sweet corn. The family focuses on humane management of livestock and healthy food, and in sharing the rural lifestyle with their urban neighbors.

DIRECTIONS:

From Des Moines: Take I-35 north to Exit 94 (36th Street). Turn left off the exit and go 1.2 miles to U.S. 69. Proceed west across U.S. 69, go one-half mile to NW Ash Drive and turn right (north); the road will turn to gravel (NE 6th Street). Go past two cement silos. The house will be the first on the right (east) side of the gravel road (the mailbox has the Griffieons' name on it).

From Ames: Take I-35 south to Exit 96 for Elkhart / Polk City. Turn right and go 1.5 miles to U.S. 69. Turn left and go 1 mile until you reach the Polk City blacktop (NE 118th Avenue). You will see a green highway sign that says "Polk City, Saylorville Lake." Turn right and go one-half mile to the first gravel road, then turn left. The house will be the first on the left side of the road.

CoolBots and Bees: Walk-In Coolers and Pollinators

SUNDAY, JUNE 22 | 2 – 5:30 p.m.

Potluck: Jill and Sean will provide a main dish, salad and beverages. Please bring a side dish or dessert to share. ~ RSVPs Requested



PFI Cooperators' Research



HOSTS:

Jill Beebout and Sean Skeeahan

Blue Gate Farm

749 Wyoming St.

Columbia, IA 50049

(641) 203-0758

mail@bluegatefarmfresh.com

www.bluegatefarmfresh.com

DESCRIPTION:

A field day focused on two vital, but distinct, farm assets: the walk-in cooler and insect pollinators. Blue Gate Farm recently completed a 120-square-foot walk-in cooler, which uses a modified air conditioner to keep vegetables fresh. Entomologists from ISU will join Jill and Sean to look at the farm's pollinator research project. Attendees will also get to build their own solitary bee nest to take home.

TOPICS:

- Building a walk-in CoolBot cooler
- CSA processing
- On-farm pollinator research
- Prairie plants for pollinators
- Farm tour

SPEAKERS:

- **Joe Wheelock** – entomology graduate student at Iowa State University
- **Thelma Heidel-Baker** – postdoctoral research associate and extension coordinator at ISU

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661, by **Thursday, June 19**.

Blue Gate beehives



THE FARM:

Jill and Sean steward family land in the rolling hills of south-central Iowa with 4 acres of chemical-free vegetables and herbs, multi-variety orchards, 160 pastured layers, dozens of honey bee hives, hay ground, timber (firewood and wild harvest), restored prairie, alpacas and two high tunnels. Blue Gate Farm markets farm-made jams and hand-spun yarn to its CSA members and the Des Moines Downtown Farmers Market. 2014 marks the farm's tenth season.

DIRECTIONS:

Blue Gate Farm is in Marion County, just over the northern Lucas County line, halfway between Chariton and Knoxville. At the intersection of state Route 14 and Wyoming Street (County Line Road), turn west for 1 mile. ****Do not approach the farm from the west on Wyoming Street***; it is a minimum-maintenance road that is often in poor shape.

SPONSOR:



Row Crops, Fences and Watermelons

TUESDAY, JUNE 24 | 1 – 3 p.m.

Snacks and refreshments provided.



HOST:

Wade Dooley
Glenwood Century Farm
2110 Stanley Mill Rd.
Albion, IA 50005
(641) 488-2217
centuryfarm@hotmail.com

DESCRIPTION:

Wade will discuss a variety of topics about his diverse farm. He'll speak about transgenic versus non-transgenic corn trials he is conducting, and a new fence project for his pastures. Additionally, he'll show row-crop farm machinery he uses to raise watermelons. Finally, Wade will show the field where he raises winter cereal rye for cover crop seed (about 5 miles from the field day site). Row crop, livestock and horticulture farmers will all find something to interest them in this field day!

SPEAKERS:

- A representative from the Marshall County Natural Resources Conservation Service

THE FARM:

With his father, Wade farms 1,500 acres. The farm is an integrated, diverse crop and livestock operation consisting of: corn, soybeans, cereal rye, cover crops, alfalfa hay, and pasture, as well as watermelons, squash and popcorn.

SPONSORS:



DIRECTIONS:

From U.S. 30: Take Exit 179 for IA-330 N / Marshalltown Blvd. and follow Hwy 330 north about 8 miles into Albion. (*Note: you will have to turn left to stay on Hwy 330*). Once in Albion, turn left (west) on North Street and go three blocks to the "T" intersection (West Street). Turn right for one block and then left on Stanley Mill Road (another "T" intersection). Go 1.5 miles; the farm site is on the left (south) side of the road just before the "Y" intersection.

From U.S. 20: Take Exit 208 for IA-14 toward Parkersberg / Grundy Center. Follow Hwy 14 south about 7 miles to Grundy Center and continue west out of town (a right turn, also called G Avenue). Go 7.3 miles and turn left to stay on Hwy 14 (where it splits with state Route 175). Continue south for about 16 miles and turn right (west) on state Route 330. Drive about 5 miles into Albion and turn right (west) on North Street. Go three blocks to the "T" intersection (West Street) and turn right. In one block turn left on Stanley Mill Road (another "T" intersection). Go 1.5 miles; the farm site is on the left (south) side of the road just before the "Y" intersection.



The Dooley Farm

Sustaining the Black Gold: Cover Crops, Grazing and Soil Tests

THURSDAY, JUNE 26 | 1 – 4 p.m.

Light snacks and refreshments will be served.



HOST:

Fred Abels
K & A Acres Inc.
20902 J Ave.
Holland, IA 50642
(319) 824-6428
farmerfred1981@hotmail.com

DESCRIPTION:

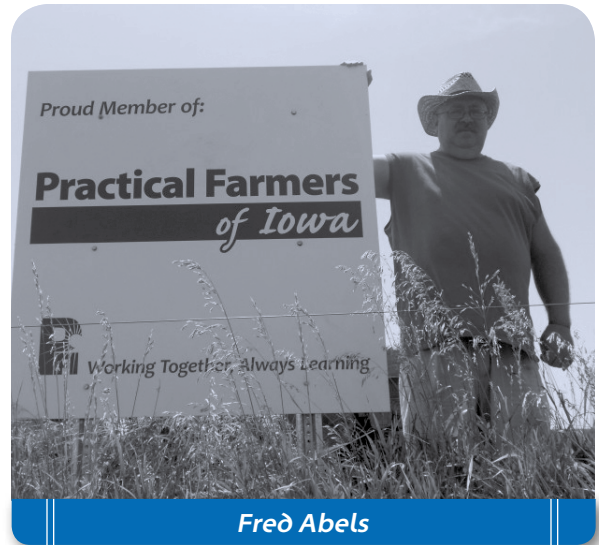
Learn how Fred Abels has used cover crops both to cover his soil and retain nutrients, as well as to provide some forage for livestock. Hear about his experience planting cash crops directly into cover crop stands and see a field where he's done this. In addition, Fred will discuss results from soil tests taken on multiple farm ground types: cash crops, pasture ground and hayfields.

TOPICS:

- Managed grazing
- Planting into cover crops
- Harvesting cover crops
- Comparative soil testing

SPONSOR:

**Grundy County
Soil and Water
Conservation
District**



Fred Abels

THE FARM:

K & A Acres grows no-till corn and soybeans on most of the acreage, but has reserved some as pasture. Fred uses cover crops, strip grazing and grazing corn to economically feed his animals and ecologically keep his soil covered.

DIRECTIONS:

K & A Acres is 2 miles west of Holland on County Road D35, and one-half mile south on J Avenue.



Fred's cattle on pasture

Pasture Conversion and Renovation

SATURDAY, JUNE 28 | 10 a.m. – Noon

Lunch will be served after the pasture walk ~ RSVPs Requested



RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Wednesday, June 25.**

TOPICS:

- Pasture walk and pasture management
- Old pasture evaluation and renovation
- New pasture – conversion from crop ground, plans for the future

THE FARM:

David and his wife Leslie are rebuilding his grandfather's farm in southwest Iowa, converting land slowly out of crop production into pastures for grazing sheep, poultry and cattle.

DIRECTIONS:

From Red Oak: Take Iowa Route 48 south for about 6.5 miles. Turn right (west) onto 270th Street /Coburg Hwy, drive about 4 miles and turn right (north) onto D Avenue. In 1 mile, on the west side of the road, will be a house with a large white corn crib and two metal sheds; this is David's parents' house. Continue over the hill to David and Leslie's acreage (no house yet).

HOSTS:

David and Leslie Carbaugh

Noble Pastures

2604 D Ave.

Red Oak, IA 51566

(402) 659-0601

dcarbaugh@farmersagent.com

www.facebook.com/NoblePastures

DESCRIPTION:

The day will start with field walks and evaluating two of the Carbaugh's pastures – one an older pasture they are renovating, and the other a piece of crop ground being converted to pasture. Along with experienced graziers Ron Dunphy and Paul Ackley, the group will evaluate the pastures and discuss other possible forage options, fencing ideas and general management.

SPONSORS:

 **Prairie Creek Seed**



The Carbaugh farm in the 1940s

Scaling Up: Machines, Markets and Moths

SUNDAY, JUNE 29 | 4 – 6:30 p.m.

*A light supper will be provided.
~ RSVPs Requested*



HOST:

Terry Troxel
Iowana Farm
17652 Badger Rd.
Crescent, IA 51526

(712) 545-9300
terry@iowanafarm.com

DESCRIPTION:

Join Terry Troxel for a discussion of Iowana Farm's machinery, marketing strategies and pest management trials. Chuck Troxel and neighbor Merle Osborn will showcase vegetable-specific adaptations to farm machinery, including the "super weapon." Terry will share her strategies for building alternative markets around her CSA, including pricing for wholesale. Terry and Chuck will also lead a tour of the farm and discuss pest management strategies for cabbage moths on brassicas.

TOPICS:

- Machinery adapted for vegetable production
- Pricing for different markets
- Cabbage moth pest management

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or
(515) 232-5661 by **Thursday, June 26.**



Casey, Terry and Andrew Troxel

THE FARM:

Iowana Farm is a 66-acre farm in the Iowa Loess Hills. Of that, 20 acres are under cultivation – 6.5 acres in certified organic vegetables and the rest in alfalfa hay – and the fields are surrounded by oak savannah and grasslands. The farm grows perennial and annual crops and uses three high tunnels. Iowana Farm supports a 60-member CSA and sells wholesale to distributors and schools. The farm also markets to restaurants and sells at the Village Pointe and Aksarben Farmers Markets.

DIRECTIONS:

Iowana Farm is 6 miles north of Omaha. From I-29, take Exit 61A toward Crescent / Pottawattamie County and turn right on Old Mormon Ridge Road (County Road 988). Head east for 2 miles until Old Mormon Ridge Road dead-ends at Old Lincoln Highway. Turn left (north) and go about two-tenths of a mile into the town of Crescent. Turn right (east) on Badger Avenue / E. Welch Street; the farm is three-quarters of a mile on the left.

SPONSOR:

**West Pottawattamie Soil and
Water Conservation District**

PFI Play Premier: "Map of My Kingdom"

SATURDAY, JULY 12 | 6 – 9 p.m.

*A light supper will be served at 6 p.m.
The cost is included with admission fee.
~ RSVPs Requested*



LOCATION:

**Scattergood Friends School
1951 Delta Ave.
West Branch, IA, 52358**

**CONTACT: Catherine From
Community Events Coordinator**

(319) 643-7641
cfrom@scattergood.org
www.scattergood.org

DESCRIPTION:

"Whether it's a farm, property, or possession, you're going to have to figure out how to take care of it, pass it on. Or it will be decided for you."

"Map of My Kingdom" is a play commissioned by Practical Farmers of Iowa and written by Iowa's Poet Laureate Mary Swander that tackles the critical issue of land transition. In the play, character Angela Martin, a lawyer and mediator in land transition disputes, shares stories of how farmers and landowners she has worked with approached their land transitions. Some families struggled to resolve the sale or transfer of their land, dissolving relationships. Others found peaceful, rational solutions that focused on viability of the family as well as the land.

"Map of My Kingdom" will resonate with those who have been or are working through challenging land transfer issues. It will inspire the hesitant and the fearful to start the conversation that cannot wait. A discussion will follow the performance.

PERFORMER:

The play will be performed by Cora Brumlow, a professional actor based in Chicago. Cora played the lead female role in Mary Swander and Dennis Chamberlin's play, "Vang," about recent immigrant farmers.

THE SCHOOL:

Scattergood Friends School is a small Quaker boarding school, founded in 1890, located about 15 miles east of Iowa City. Today, about one-third of the students are from Quaker families. Scattergood continues to be guided by the tenets of Quakerism – simplicity, peace, integrity, community and equality – and is dedicated to the growth of body, mind and spirit, as well as creating stewards of the earth.

DIRECTIONS:

From Iowa City: Take I-80 east for 9.7 miles and take Exit 254 toward West Branch. Turn left (north) off the exitway onto S. Downey Street / Parkside Drive, go about a half-mile and turn right onto Main Street (it turns into Herbert Hoover Highway); the school will be on the right in about 1.5 miles.

COST: \$10 admission

RSVP TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Wednesday, July 9.**

SPONSORS:



Global Greens: Refugee Farmers in Iowa

TUESDAY, JULY 15 | 4:30 – 7:30 p.m.

Potluck dinner after the program. Global Greens will provide the main dish and drinks. Please bring a side dish or dessert to share, as well as your own place settings. ~ RSVPs Requested



HOSTS:

Lutheran Services in Iowa (Minah Yang and Zachary Couture) and farmers Valley Community Center

4444 Fuller Road

West Des Moines, IA 50265

(515) 271-7351

Minah.Yang@lsiowa.org

<http://lsiowa.org/index.php/services/refugee/programs/community-gardening>

DESCRIPTION:

Meet the Global Greens refugee farmers from Burundi, Bhutan, Rwanda and Burma. Lutheran Services in Iowa's Global Greens program helps farmers who have come to Iowa as refugees to reconnect with the land. Minah, a farm marketing specialist for LSI, and Zac, a farm associate at LSI, will discuss the Global Greens program. The farmers will share their experiences of farming in their home countries, as well as here in Iowa, and will showcase some of their ethnic vegetables. A farm tour will follow.

TOPICS:

- Global Greens program
- Farming techniques
- Refugee farmers' experiences and their produce

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Friday, July 11.**



Two LSI farmers

THE FARM:

Global Greens Farm encompasses nearly 4 acres of land. The farm provides garden plots to nearly 30 refugee farmers and their families.

DIRECTIONS:

Heading west on I-235: Take Exit 1B for Valley West Drive; turn left off the exitway onto Valley West Drive. In about 1.5 miles it turns into Mills Civic Parkway. Continue on this for another mile, then turn left onto Fuller Road; Valley Community Center is the first building on the right.

Heading south on I-35: Take Exit 70 for Mills Civic Pkwy. Keep left at the fork and follow signs for 1-35. Turn left onto Mills Civic Parkway, then turn right on Fuller Road. Valley Community Center will be on the right.

SPONSORS:



**Polk County
Soil and Water
Conservation
District**



Global Greens Farm

THURSDAY, JULY 17 | 10 a.m. – 1 p.m.

A light lunch will be provided. ~ RSVPs Requested

 **PFI Cooperators' Research**



HOSTS:

Bob and Linda Lynch
809 SE D Ave.
Gilmore City, IA 50541
(515) 368-6786
rlynch@ncn.net

DESCRIPTION:

The Lynch family welcomes everyone to their farm to discuss topics ranging from cover crops, strip-till and no-till farming, to neonicotinoids and pollinator issues. Hear how the family is currently working to transfer the farm to the next generation, and learn about successfully navigating landlord-tenant farmer issues.

TOPICS:

- Cover crops
- Non-neonicotinoid-treated soybeans
- Farm generation transfer
- Resolving landlord-tenant issues

SPEAKER:

- Erin Hodgson – ISU Extension entomologist

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or
(515) 232-5661 by **Monday, July 14.**



Linda, Bob, Jeff and Jay Lynch

THE FARM:

The Lynchs operate a family-owned Century Farm, with two generations working together. They practice no-till and strip-till on all land, after 20-plus years of ridge-till. They are working to protect the soil for future generations and have just started using cover crops in an effort to help control erosion in the future.

DIRECTIONS:

The Lynch farm is located 1 mile east of Gilmore City. From Iowa Route 3 in Gilmore City, head east and turn right Birch Avenue for one-quarter mile. then turn right (west) to town about one-half mile. The farm is on the north side of the road.

SPONSOR:

**Humboldt County Soil and
Water Conservation District**

Build a Root Washer for Your Vegetable Farm

TUESDAY, JULY 22 | 2–7 p.m.

Enjoy grass-fed meats and local greens. ~ **RSVPs Requested**



HOSTS:

Grant Schultz

VersaLand

5133 Strawbridge Rd. NE

Iowa City, IA 52240

(319) 830-9700

organicgrant@gmail.com

www.versaland.com

DESCRIPTION:

Learn to build a robust barrel-style root washer to thoroughly and efficiently wash potatoes, carrots and other root vegetables. Enjoy a meal of grass-fed meats and local vegetables, then tour VersaLand's establishing agroforestry system of fruit and nut trees, livestock forage and vegetable crops. Funds for this project were provided through a Sustainable Agriculture Research and Education (SARE) grant.

TOPICS:

- Agroforestry
- Farm hacks
- Horticulture
- Processing
- Vegetable production



Apple trees at Versaland Farm



Grant Schultz (on right)

THE FARM:

VersaLand Farm is a 145-acre farm growing diverse crops that include fruits, vegetables and 100 acres of alfalfa hay. Visit the establishing agroforestry system where forage, row crops and vegetables grow between rows of fruit and nut trees.

DIRECTIONS:

From Iowa Route 1, turn east onto County Road F8W (Morse Rd NE). After 2 miles, turn right onto Putnam St NE, then take a slight right onto CR F36 (Strawbridge Rd NE).

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Friday, July 18.**

Grazing with More than Profits in Mind

THURSDAY, JULY 24 | 4 – 6 p.m.

Dinner will be provided after the program. ~ RSVPs Requested



HOSTS:

Ray Bratsch-Prince
Prairie Cattle Company
Intersection of 200th St. and 610th Ave.
Nevada, IA
(515) 291-8492
bratschprince@hotmail.com

DESCRIPTION:

Ray Bratsch-Prince has expanded his operation – without purchasing land – by renting from neighbors to get pasture access with a goal of improving the land. His practices and enterprises include rotationally stocked cattle, native prairie, bees and some potential trees. On this pasture walk, he will introduce participants to the different aspects of the farm and elaborate on what he's done to develop the pastures.

TOPICS:

- **Pasture and grazing management:** Bale grazing, rotational grazing, fencing and pasture setup
- **Environment:** Using cattle to manage and maintain native prairie and tree groves, using bees as pollinators
- **Future work:** Maple grove for tapping, and black walnut grove for harvest

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Monday, July 21.**



Ray Bratsch-Prince

SPEAKERS:

- Ann and Linn Wilbur, experienced beekeepers, will discuss bees

THE FARM:

Ray started farming in 2009 with five heifers on 18 rented acres. Over time, he was able to rent more and more land, fencing it in and returning land that had been set aside in the Conservation Reserve Program to functional pasture. He now grazes approximately 35 cattle on 77 rented acres. He direct-markets grass-fed beef with hopes of someday selling grass-finished beef.

DIRECTIONS:

From I-35, take Exit 116 toward County Road E29 and turn east onto 190th Street / CR E29. After 4 miles, turn right (south) onto gravel road 610th Avenue for 1 mile. The pasture is at the intersection of 610th Avenue and 200th Street.

SPONSOR:



RAGBRAI with PFI in Independence

FRIDAY, JULY 25 | 11 a.m. – 5 p.m.

Enjoy local, fresh food supplied by area producers.



LOCATION:

**Riverwalk Parks
Corner of 5th Street and 1st Avenue NE
Independence, IA**

EVENT QUESTIONS:

Erica Andorf
Practical Farmers of Iowa
(515) 232-5661
erica@practicalfarmers.org

DESCRIPTION:

Join Practical Farmers for fresh food, refreshments and networking along this year's RAGBRAI route in the City of Independence's new Riverwalk Parks. Meet fellow cyclists, enjoy a healthy snack and learn about agriculture, farming, local food production and land stewardship in Iowa. PFI staff will be on hand to serve refreshments to cyclists – or anyone else who wants to stop by.



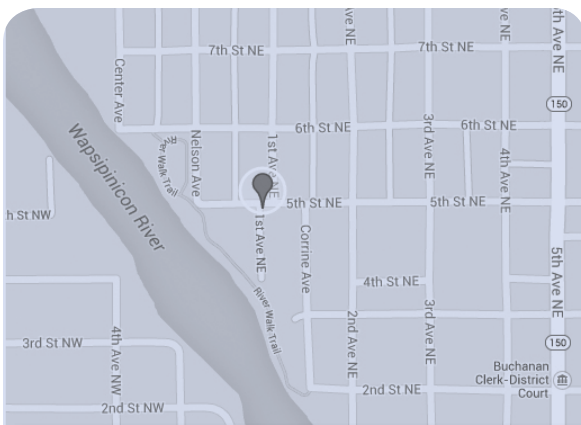
Enjoying fresh food at the PFI RAGBRAI tent

ABOUT RIVERWALK PARKS:

The Independence Riverwalk Parks is a community participation project funded and constructed locally. The Riverwalk Parks connect Brimmer Park, Teacher's Park and Bathing Beach Park. This park area includes: a concrete trail along the Wapsipinicon River, river access, boat dock, memorial benches, beautiful river scenery, nostalgic lighting, picnic shelters, community band shell, playground, open green spaces, sand volleyball courts, horseshoes courts and a basketball court. It is also the host site for several city wide celebrations and events.

DIRECTIONS:

From intersection of County Road D16, turn south on Iowa Route 150 (also called 5th Ave. NE) and go 1.8 miles to 5th Street NE. Turn right and go three-tenths of a mile; you should see the PFI tent.



Location of PFI RAGBRAI tent

Monitoring Pesticide Drift on a Century Farm

SUNDAY, JULY 27 | 3:30 – 6:30 p.m.

A light supper will be provided.

~ RSVPs Requested



HOSTS:

Susan Frye

small frye farm

11150 New Liberty Rd.

Maysville, IA 52773

(563) 285-5570

susanjanefrye@gmail.com

www.smallfryefarm.com

DESCRIPTION:

Pesticide drift can cause damage to farm businesses and the health of rural residents. Learn about the Drift Catcher, a citizen-science device created by the Pesticide Action Network that samples the air for pesticides. This field day will also feature Small Frye Farm's cut flower, vegetable and culinary herb production for the farm's CSA and a tour of the historic farm.

TOPICS:

- Pesticide drift
- Drift catcher
- Cut flowers
- Culinary herbs
- CSA management
- Vegetables
- Corn and soybeans
- Clover

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Thursday, July 24.**

THE FARM:

Small Frye Farm comprises the organic portion of Frye Farms, a Century Farm in Scott County. The 5-acre homestead has been organic since 1994, and 9 additional acres were certified organic in 2013 with 41 more acres set aside as chemical-



View of small frye farm

free. In 2009, Susan Frye established the small frye farm CSA, which provides subscribers in Scott and Johnson counties with vegetables, fruit, herbs and cut flowers. small frye farm has more than 200 trees, including 75 black walnuts, and countless perennial flowers, bushes, native grasses, fruits and herbs. Susan is continually planting more apple, peach, cherry, and apricot trees, currant, blueberry and raspberry bushes, and recently added pecan and hickory trees.

DIRECTIONS:

The farm is located approximately 3 miles northwest of Farm and Fleet on Iowa Route 130 (11150 New Liberty Road).

Eastbound on I-80: Take Exit 284 for Walcott; turn north onto County Road Y40 / 60th Avenue / N Plainview Road. In 3.7 miles, turn east onto IA-130 E (New Liberty Road); the farm is in 6 miles.

Westbound on I-80: Take Exit 292 for IA-130 W/ Northwest Blvd toward Maysville. Turn right onto IA-130 W (Northwest Blvd), which changes to New Liberty Road; the farm is 4 miles. from the I-80 exit.

Exploring Possibilities with a Moveable High Tunnel

SUNDAY, AUGUST 3 | 2 – 4 p.m.



PFI Cooperators' Research

HOSTS:

Denise O'Brien and Larry Harris

Rolling Acres Farm

59624 Chicago Rd.

Atlantic, IA 50022

(712) 243-3264

hnob@metcnet.net

www.rollingacres.wordpress.com

DESCRIPTION:

Explore the possibilities that a moveable high tunnel can provide for extended season production. We will also discuss on-going research trials, including methods for weed control in asparagus and improving soil fertility using worm castings.

TOPICS:

- Moveable high tunnels
- Season extension
- Weed control in asparagus
- Cover crops
- Worm castings
- Vegetable production
- Local marketing

THE FARM:

Rolling Acres Farm in southwest Iowa has been in organic production since 1976. The moveable high tunnel was constructed through an NRCS program and is organically certified with the Iowa Department of Agriculture and Land Stewardship. The remainder of the 5-acre farm incorporates organic methods.

Denise and Larry raise vegetables and fruit for a CSA in Omaha, NE, and sell through Lone Tree LLC into the Omaha wholesale and restaurant market. They also sell to the Atlantic Hy-Vee and the Cass County Memorial Hospital.

DIRECTIONS:

From I-80: Rolling Acres Farm is 1.5 miles south of I-80 at Exit 54. Turn south on Iowa Route 173 to Chicago Road, then turn left (east) and drive one-half mile.

From Atlantic: Take Marne Road / Iowa Route 83 west out of town and follow the signs for Route 173. Turn right (north) and drive 3 miles to Chicago Road. Turn right and go one-half mile.



A field day at Rolling Acres Farm

Planning, Research & Intercropping on a CSA Farm

SUNDAY, AUGUST 17 | 3 – 6 p.m.

Stay for a potluck after the field day. Chef Chris of the Savory Spoon in Fredericka will provide a main course. Bring a side to share, your own tableware and lawn chairs. ~ RSVPs Requested

 **PFI Cooperators' Research**



HOSTS:

Rob and Tammy Faux
Genuine Faux Farm
2345 150th St.
Tripoli, IA 50676
(319) 610-9201
rfaux@thefauxden.net

DESCRIPTION:

Are you curious about how a small, diversified CSA farm plans for and manages a wide range of crops with varying requirements? Come learn about one approach that includes intercropping techniques and quick turn-around cover crops, along with heritage and open-pollinated varieties whenever possible. Rob and Tammy will share what has worked (and not worked) in their complex rotations and field plans. Learn about current SARE-funded research involving paper mulch in cucurbits and the Practical Farmers yield data collection project. Enjoy a tour of the 15-acre farm, which will include moveable high tunnels, pastured poultry and the vegetable production fields.

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Thursday, August 14.**

SPONSOR:


MIDWEST ORGANIC
& Sustainable Education Service
MOSES



Field day attendees at Genuine Faux Farm

TOPICS:

- Field and crop planning
- Paper mulch in cucurbits
- Quick turn-around cover crops
- Yield data collection
- Moveable high tunnels
- Certified organic produce
- Intercropping for pollinators and predators
- Duck breed trial

THE FARM:

Rob and Tammy started Genuine Faux Farm in 2004. Their farm business focuses on a 120-member CSA and includes certified organic vegetables, fruit, poultry and starter plants. Rob and Tammy have served as mentors in Practical Farmers' Labor4Learning Program and Savings Incentive Program, and have participated in numerous PFI research projects.

DIRECTIONS:

Genuine Faux Farm is located about 2.5 miles east of U.S. 63 on 150th Street. From Iowa Route 3, go about 8 miles north and turn right on 150th Street. From the intersection of U.S. 63 and U.S. 18, go 10 miles south and turn left on 150th Street.

Map of Field Day Locations

1. MAY 18 | BOONE

Greenhouse Hydroponic Tomatoes & Ornamentals

2. MAY 31 | WINNESHIEK COUNTY

Biological Monitoring with Holistic Management

3. JUNE 10 | KEOTA

Winter Cereal Rye for Cover and Cash Grain

4. JUNE 14 | NORTH ENGLISH

On-Farm Poultry Processing

5. JUNE 19 | ROWLEY; BRANDON

Three-Crop Rotations, Cover Crops & Prairie for Conservation

6. JUNE 19 | ANKENY

Fit and Trim: Hoof, Hair & Feather Care for Livestock

7. JUNE 22 | COLUMBIA

Coolbots & Bees: Walk-In Coolers and Pollinators

8. JUNE 24 | ALBION

Row Crops, Fences and Watermelons

9. JUNE 26 | HOLLAND

Sustaining the Black Gold: Cover Crops, Grazing & Soil Tests

10. JUNE 28 | RED OAK

Pasture Conversion and Renovation

11. JUNE 29 | CRESCENT

Scaling Up: Machines, Markets and Moths

12. JULY 12 | WEST BRANCH

PFI Play Premier: "Map of My Kingdom"

13. JULY 15 | WEST DES MOINES

LSI's Global Greens: Refugee Farmers in Iowa

14. JULY 17 | GILMORE CITY

Farming Across Generations

15. JULY 22 | IOWA CITY

Build a Root Washer for Your Vegetable Farm

16. JULY 24 | NEVADA

Grazing with More than Profits in Mind

17. JULY 25 | INDEPENDENCE

RAGBRAI with PFI

18. JULY 27 | MAYSVILLE

Monitoring Pesticide Drift on a Century Farm

19. AUGUST 3 | ATLANTIC

Exploring Possibilities with a Moveable High Tunnel

20. AUGUST 17 | TRIPOLI

Planning, Research & Intercropping on a CSA Farm

21. AUGUST 18 – 22 | VARIOUS

Jim Gerrish Series: Pasture Walks, Talks & Tours

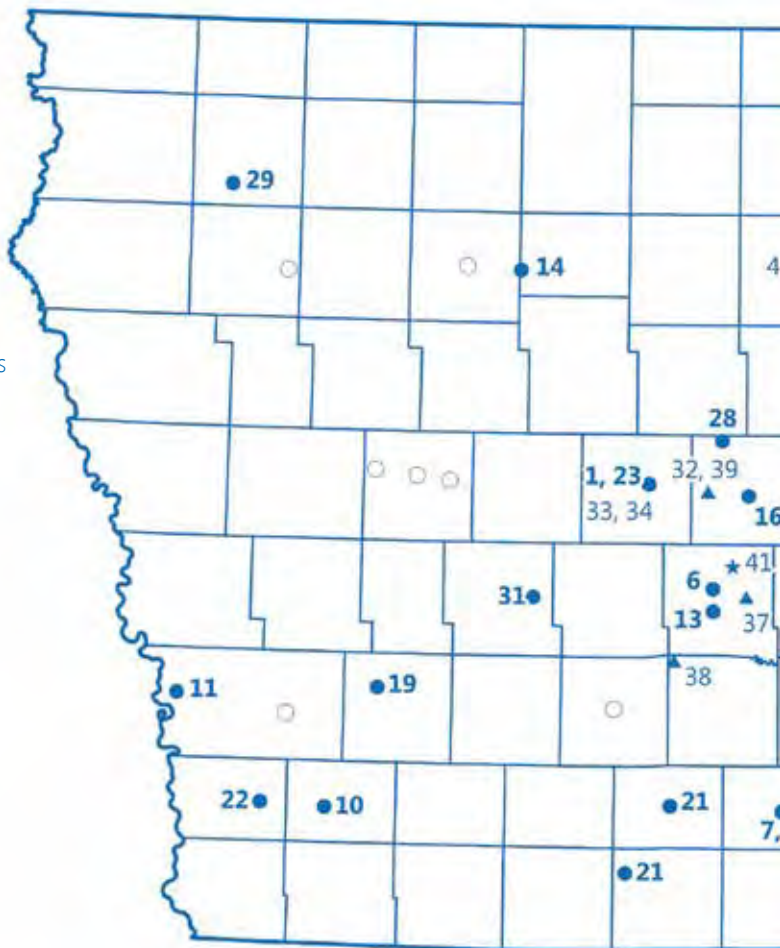
MAP KEY

● = PFI Events

★ = Farm Crawls & Cruises

▲ = Non-PFI Partner Events

○ = Early-season cover crop workshops



22. AUGUST 26 | HASTINGS

Soil Stewardship with Cover Crops, Rotations & Grazing

23. AUGUST 26 – 28 | BOONE

PFI Booth at Farm Progress Show and Campfire Social

24. SEPTEMBER 3 | FREDERICKSBURG

Energy Conservation at Home on the Range

25. SEPTEMBER 5 | BLOOMFIELD

Organic Dairying and Cattle Care

26. SEPTEMBER 9 | TAMA

Community-Based Farm Start-Up

Map of Field Day Locations

NON-PFI PARTNER EVENTS

32. JUNE 5 | AMES

Roller Crimper and Strip-Tillage Demo Field Day

33. JUNE 12 | BOONE

Cover Crop Workshop

34. JUNE 23 | BOONE

Sequence Planting at Red Granite Farm

35. JUNE 25 | TBD (FARM IN IOWA COUNTY)

Iowa County SWCD Haney Soil Test Field Day

36. JULY 5 | FAIRFIELD

Farm to School Greenhouse with Heat Recapture

37. JULY 8 | BONDURANT

Pumpkin Production at Geisler Farms

38. JULY 14 | CUMMING

Greenhouse Flowers and Tomato Grafting

39. AUGUST 11 | AMES

2014 ISU Fruit and Vegetable Field Day

40. SEPTEMBER 6 | MITCHELL COUNTY

Fresh on the Farm in Mitchell County

41. SEPTEMBER 13 | POLK & STORY COUNTIES

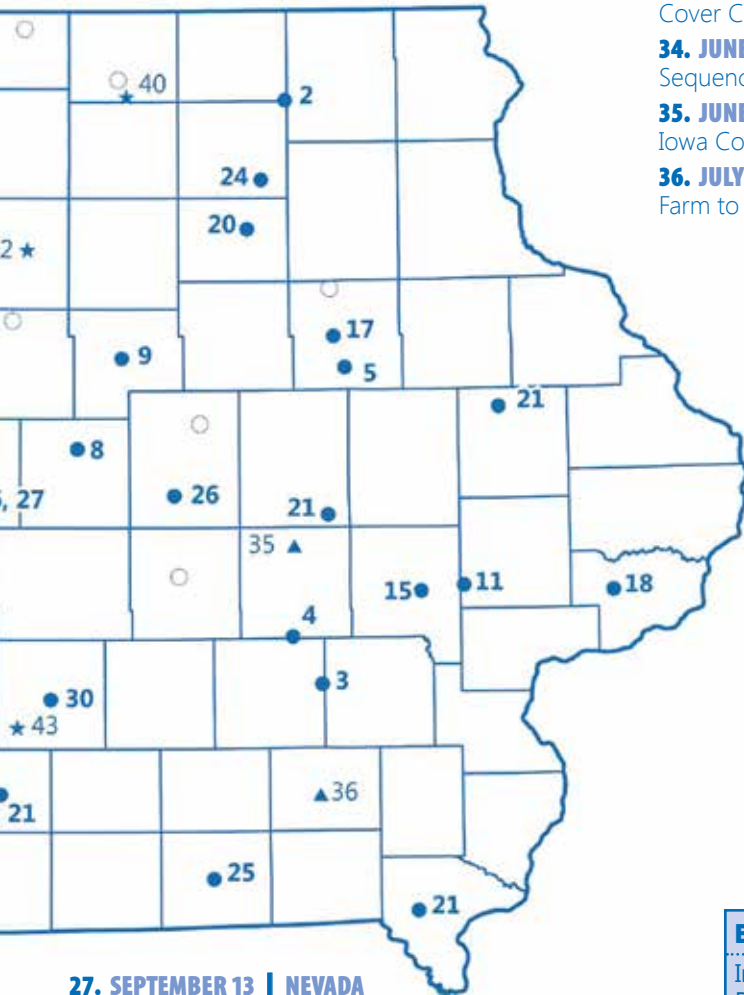
Fourth Annual Farm Cruise in Polk and Story Counties

42. SEPTEMBER 28 | FRANKLIN COUNTY

Fresh on the Farm in Franklin County

43. OCTOBER 5 | KNOXVILLE & LACONA AREAS

2014 Farm Crawl



27. SEPTEMBER 13 | NEVADA

Compost Heat Capture for High Tunnel Season Extension

28. SEPTEMBER 21 | STORY CITY

Makin' Bacon: Pork Processing, Curing and Tasting

29. SEPTEMBER 26 | PAULLINA

Stewardship at Seven W Farm

30. OCTOBER 13 | KNOXVILLE

The "Dairy" Beginnings: Basics of Goat Dairy Management

31. NOVEMBER 15 | PANORA

Milling Small Grains and Aquaponics Production

EARLY-SEASON and LATE-SEASON EVENTS

In addition to the events listed in this guide, Practical Farmers organizes several pre-season as well as post-harvest field days and workshops.

This year, between January and early April, we hosted more than 23 cover crop workshops (the hollow dots on the map), and we routinely hold late-fall events. We'll announce these closer to the dates, so check back on our website – or become a PFI member to receive advance notice on upcoming events.

Jim Gerrish Series: Pasture Walks, Talks & Tours

AUGUST 18 – 22 | Various Times

This series consists of five separate events, one each day, at locations across Iowa. Events are open to the public, but pre-registration is required, along with an event fee. Please note: There is a fee for each individual event.

CONTACT FOR DETAILS:

Joe Sellers

ISU Extension Beef

Specialist

(641) 203-1270

sellers@iastate.edu

www.iowabeefcenter.org

FARMER HOSTS:

- Bruce Carney
- Dan Hostetler
- Mark Hulsebus
- Dave Lubben
- Jeff Lutz
- Justin Rowe
- John Schulte

LOCATIONS:

- **Aug. 18** – 10:30 a.m. – Chariton (McNay Farm); 5 p.m. – Powersville, MO (Lutz farm)
- **Aug. 19** – 10 a.m. – Grand River (Hostetler farm); Noon – Osceola (Clarke County Fairgrounds); 5 p.m. – Osceola (Rowe farm)
- **Aug. 20** – 1 p.m. – Maxwell (Maxwell Community Center); 4:30 p.m. – Maxwell (Carney farm)
- **Aug. 21** – 9 a.m. – Norway (Schulte farm); 1 p.m. – Monticello (Jones County Extension office); 5 p.m. – Monticello (Lubben farm)
- **Aug. 22** – 1 p.m. – Donnellson (Lee County Extension office); 4:30 p.m. – Donnellson (Hulsebus farm)

DESCRIPTION:

The Iowa Beef Center and Iowa State University Extension and Outreach have teamed up to bring renowned grazier Jim Gerrish to Iowa for a series of pasture walks, informational discussions and field days to grass-based beef operations across



Jim Gerrish (left) speaks with PFI member Ron Dunphy at the 2011 PFI annual conference.

Iowa. These events are part of the Greenhorn Grazing and Master Grazer series, and will feature farmers who have completed one or both of those programs. The schedule and location vary each day. **Look to the Iowa Beef Center website and future Practical Farmers emails for updates.** Lunch or dinner will be served at each event.

TOPICS:

- Grazing management
- Pasture and paddock setup
- Species selection and diversity

REGISTRATION DETAILS:

Register by August 15 with the Lucas County Extension Office. To register, call Joe Sellers at (641) 203-1270.

COST:

- \$40 – for the public
- \$20 – for PFI or Iowa Forage and Grassland Council members, or for Greenhorn Grazing and Master Grazer Program graduates.

Soil Stewardship With Cover Crops, Rotations & Grazing

TUESDAY, AUGUST 26 | 10 a.m. – 1 p.m.

Lunch will be served.



HOSTS:

**Jon and Tina Bakehouse
Bach and Nancy Bakehouse
Maple Edge Farm
55755 370th St.
Hastings, IA 51540**

(712) 370-3629

mapleedgefarm@gmail.com

DESCRIPTION:

Learn about the numerous conservation measures at Maple Edge Farm, from diverse crop rotations to cover crops to management-intensive grazing. Jon will discuss practical crop rotations to successfully implement cover crops, and attendees will get to view a soil pit and discuss soil health issues.

TOPICS:

- Early-maturing corn and soybeans
- Cover crops
- Management-intensive grazing (MiG)
- Soil health in crop rotations other than corn-soybeans
- Soil pit viewing and discussion

THE FARM:

Maple Edge Farm is a family farm, farmsteaded in the 1880s by Jon's great-great grandfather and his brother. Currently, Jon and his father manage all of the farm's acres. The farm's main crops have been corn and soybeans, some alfalfa and a small cow-calf operation, but Jon says they have

begun to accept the limitations of this system. In 1998 the farm started no-tilling to start addressing soil health issues, and Jon and his father are now investigating cover crops as a way to continue conserving and ultimately regenerating the land.



Jon & Tina Bakehouse

DIRECTIONS:

Maple Edge Farm is located on County Road M16 in Mills County (which is also 370th Street).

From Iowa Route 92: Head south on Co Rd. M16 / 370th Street. The road will transition from pavement to asphalt after 5 miles. After another 4.5 miles, the road crosses a green bridge over the West Nishnabotna River and then goes through an "S" curve; the farm is the third house on the left (east) side of the road after the "S" curve.

From U.S. 34: Head north on Co Rd. M16 / 370th Street. Maple Edge Farm is the second house on the right (east) side of the road.

SPONSOR:



PFI Booth at Farm Progress Show and Campfire Social

AUGUST 26 – 28 | 8 a.m. – 4 or 5 p.m.

Practical Farmers will have a booth at the 2014 Farm Progress Show. Once inside the show, all booths are free to visit, but you will need to pay admission to the show. Tickets are \$15 for adults; \$8 for youth ages 13 to 17.

*The separate campfire social is free, open to all and will take place on **Wednesday, Aug. 27**, after the show closes for the evening.*

PFI BOOTH LOCATION:

Farm Progress Show

Varied Industries Tent or NRCS Tent – (TBD)

1827 217th St.

Boone, IA 50036

Hours: 8 a.m. – 5 p.m. (Tuesday & Wednesday)

8 a.m. – 4 p.m. (Thursday)

<http://farmprogressshow.com>

HOSTS:

Several PFI Cover Crop Farmers

CAMPFIRE SOCIAL LOCATION:

HOSTED BY: Mark Peterson

Prairie Flower Recreation Area

Saylorville Lake

DESCRIPTION:

PFI Booth: Attending the 2014 Farm Progress Show? Stop by the Practical Farmers booth to engage with farmers, learn about cover crops and join in the “cover crop conversations” happening throughout the day. You'll be able to ask questions and hear short presentations on cover crop benefits, species, research and possibilities in Iowa. View live potted cover crops, learn about Practical Farmers' on-farm research, browse interactive, fun and informative cover crop-related resources, take part in activities and win prizes!

Campfire Social: After the Farm Progress Show closes on Wednesday evening, join Mark Peterson – one of the PFI booth hosts – at his campsite in the Prairie Flower Recreation Area at Saylorville Lake. Continue your conversations, share your discoveries of the day and enjoy fellowship, food and an Iowa summer's evening around the campfire. Please bring your own lawn chairs and a potluck dish to share.

DIRECTIONS:

Farm Progress Show: The show event grounds are visible from U.S. 30. From U.S. 30 in either direction, take Exit 137 for IA-17 toward Madrid. Head north off the exitway and go about one-half mile. You should see signs directing you.

Campfire Social: From Polk City, take Iowa Route 415 South to NW Lake Drive and turn right. Follow NW Lake Drive to the entrance of the Prairie Flower campground and turn right. Once past the check-in booth, turn left at the “T” and go two drives south to the Blazingstar or “B” loop. Follow the loop around to site B50.

SPONSOR:

WALLACES
FARMER



Mark Peterson at PFI's booth at the Farm Progress Show

Energy Conservation at Home on the Range

WEDNESDAY, SEPTEMBER 3 | 3:30 – 6 p.m.

A bison dinner catered by a local chef will follow the field day. ~ RSVPs Requested



PFI Cooperators' Research



Bison grazing at Hawkeye Buffalo

HOST:

Martha McFarland

Hawkeye Buffalo

3055 Pembroke Ave.

Fredericksburg, IA 50630

(641) 229-6701

hawkeyebuffalo@gmail.com

www.hawkeyebuffalo.com

DESCRIPTION:

This field day is for the homeowner and farmer interested in energy conservation, and for those interested in grazing bison and cattle. Join Martha and staff from Green Iowa Americorps for a discussion and tour of the energy audit and weatherization process at McFarland's house and farm. Martha will also discuss her family's bison business and her transition to cattle grazing.

TOPICS:

- Energy conservation
- Home and farm energy audits
- Low-cost weatherization
- Bison grazing, tourism and meat sales
- Cattle grazing

THE FARM:

Hawkeye Buffalo Ranch is located on 500 acres of rolling hill and timber country in Northeast Iowa. The family ranch dates back to 1854 when their great grandfather settled the land. Today, Martha manages the buffalo with her father, Dan McFarland, and is expanding the hereford cattle herd. The ranch provides tours and guided hunts, and sells buffalo meat at the ranch.

DIRECTIONS:

Hawkeye Buffalo is located 4.5 miles east of U.S. 63 and 3 miles South of U.S. 18. Look for signs on U.S. 63 and in the town of Fredericksburg.

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Friday, August 29**.

Organic Dairying and Cattle Care

FRIDAY, SEPTEMBER 5 | 1 – 4 p.m.

HOSTS:

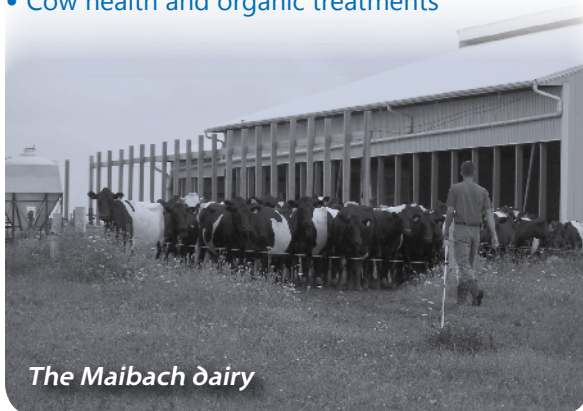
Tim, Samuel and Daniel Maibach
Maibach Dairy
13854 315th St.
Bloomfield, IA 52537
(641) 929-3674
tmmaibach@juno.com

DESCRIPTION:

The Maibach family welcomes attendees to visit their organic dairy in southern Iowa. Tour the dairy and learn how the family cares for and feeds their milk cows. The paddock and pasture system and its management will be described. The family will also discuss some cow health issues and the organic treatments for those conditions. The Maibach's veterinarian, or a representative from Organic Valley, will be on hand to speak to attendees.

TOPICS:

- Dairy tour
- Grazing and paddock plan
- Cow health and organic treatments



The Maibach dairy



Samuel Maibach

THE FARM:

Tim Maibach was a dairyman for years before moving to Iowa and starting the current farm. Now he and his family, including sons Samuel and Daniel, milk about 80 to 90 cows that they try to manage totally on pasture. The milk is marketed through Organic Valley.

DIRECTIONS:

Follow US-63 south into Bloomfield. Continue on US-63; it will turn right and join IA-2. After about 5 miles, turn left to continue following US-63. Turn right onto 305th St, then left onto Fawn Ave, then right onto 310th St, then left onto Ebony St, then the first right onto 315th St. The farm is on the right, shortly after the turn.

SPONSOR:

MIDWEST ORGANIC
& Sustainable Education Service
MOSES

Community-Based Farm Start-Up

TUESDAY, SEPTEMBER 9 | 10 a.m. – 1:30 p.m.

Lunch will be provided. Please bring your own tableware. ~ **RSVPs Requested**



HOSTS:

Jennifer Vazquez – (Farm Manager)

Red Earth Gardens

1401 305th St.

Tama, IA 52339

(641)484-4678 ext. 2249

lfp.econdev@meskwaki-nsn.gov

www.facebook.com/pages/Meskwaki-Food-Sovereignty-Initiative

DESCRIPTION:

Learn what it means to integrate a farm business with community-based goals and input from the beginning. Started in 2013, Red Earth Gardens is a fruit and vegetable farm entering its second year transitioning former corn and soybean ground to certified organic in 2015. The farm also serves as a community education resource and provides space for the Meskwaki Growers' Cooperative, which is launching in 2014 with the start of a community garden incubator space for interested growers.

TOPICS:

- Small farm start-up
- Developing new markets
- Tribally supported agriculture (TSA)
- Starting a growers' cooperative
- Sustainable vegetable and fruit production
- Hands-on food and farm workshops
- Transition to organic production
- Rural community development

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Friday, September 5.**



SPEAKERS:

- **Bryant Bear** – farm staff
- **Jerry YoungBear** – community organizer
- **Laura Kleiman** – local foods coordinator

THE FARM:

Red Earth Gardens is a business of the Sac and Fox Tribe of the Mississippi in Iowa (aka Meskwaki Nation), which strives to support its people with opportunities for healthy living and a local economy that celebrates Meskwaki culture. The farm spans 40 acres, with about 4 acres in produce, 1.5 acres in community garden incubator space, and the remainder in hay and conservation habitat. The farm sells produce through a farm stand, a TSA share (like CSA) and online ordering; at farmers markets; and wholesale to the Meskwaki Bingo Casino Hotel, area grocery stores and restaurants. The farm is part of the Meskwaki Food Sovereignty Initiative, which provides cooking classes and workshops through the farm.

DIRECTIONS:

Red Earth Gardens is located on the Meskwaki Settlement, right behind the Tribe's casino, about 1 hour from Des Moines, Ames, Iowa City and Cedar Rapids. From U.S. 30, turn south into the Meskwaki Bingo Casino Hotel. Drive around the Casino to the west, going past the parking ramp and continuing toward the most southern end of the parking lot. Just past a set of bleachers is a large, red farm building. This is the packing shed for Red Earth Gardens, where the field day will begin.

Compost Heat Capture for High Tunnel Season Extension

SATURDAY, SEPTEMBER 13 | 1 – 3:30 p.m.



PFI Cooperators' Research

HOSTS:

Sally and Luke Gran

TableTop Farm

65584 260th St.

Nevada, IA 50201

(515) 291-8727

sally@tabletopfarm.com

DESCRIPTION:

A field day within a farm cruise! During the Fall Farm Cruise (pg. 45), Practical Farmers Energy Consultant Rich Schuler will discuss the compost heat capture system that provides supplemental heat to the soil of TableTop's high tunnel. Rich will discuss compost quality, system construction and design and heating capacity during the spring growing season.

TOPICS:

- Compost production and quality
- Season extension
- Soil heating
- Compost heat capture



Sally Gran (right)



The compost heat system during construction at TableTop Farm last year

THE FARM:

Sally and Luke have grown vegetables just a few miles southeast of Nevada since 2011. Their mission is to provide high-quality produce to local customers while earning fair wages and embodying the principles of community involvement, innovation and ecological resilience.

DIRECTIONS:

From U.S. 30, turn south onto County Road S-27 / 650th Avenue. After 2 miles, turn left (east) onto 260th Street. Continue for three-quarters of a mile until you see the TableTop Farm sign on the right.

SPONSORS:



NCAT
NATIONAL CENTER FOR
APPROPRIATE TECHNOLOGY



Makin' Bacon: Pork Processing, Curing and Tasting

SUNDAY, SEPTEMBER 21 | 1 – 5 p.m.

*Includes pork sampling after the program
~ **RSVPs Required. Attendance is limited to 30 people.***



LOCATION:

Story City Locker

236 W. Broad St.

Story City, IA 50248

(515) 733-6328

info@storycitylocker.com

www.storycitylocker.com

HOSTS:

- Bobbie and Ty Gustafson – (Story City Locker)
- Kathy and Herb Eckhouse – (La Quercia)
- Tom and Irene Frantzen – (Frantzen Family Farm)

DESCRIPTION:

Observe pork processing at Story City Locker, from rail to ready-to-cook. Proper and humane slaughter will be discussed, and participants will see demonstrations of carcass cutting and breakdown, as well as handling of individual cuts. Learn about value-added processing for gourmet cured meats with Kathy and Herb Eckhouse from La Quercia. A sampling of pork products will follow, featuring cuts from Tom and Irene Frantzen's research hogs fed small grains. The Frantzens will also speak about Practical Farmers' on-farm hog feeding and research trial.

TOPICS:

- Pork and carcass processing
- Value-added processing: curing, smoking, sausage-making, etc.
- On-farm research trial: small-grain-fed pork

ABOUT THE HOSTS:

Story City Locker: Owners Ty and Bobbie Gustafson are committed to providing quality service and product to consumers in central Iowa. They believe that sustainable farming practices and local food-supply systems improve quality of life in a broad way. The Gustafsons are happy to operate a business that prioritizes sustainable concepts.

La Quercia: Kathy and Herb Eckhouse of La Quercia make artisan cured meats (salumi) – prosciutto, pancetta, coppa, speck, lonza, guanciale and lardo. They seek out the best ingredients, produced responsibly, and craft them by hand into products that express their appreciation for the beauty and bounty of Iowa.

Frantzen Family Farm is a 300-acre certified organic, diversified farm located about 10 miles north of New Hampton that looks much as it did when it was settled in the 1890s. The Frantzens raise hogs and beef on pasture for Organic Prairie, with sows reared in deep-bedded hoop houses.

DIRECTIONS:

From I-35, take Exit 124 toward Story City. Turn left onto County Road E-15 / 115th Street and go about 2 miles.

RSVP TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Thursday, September 18.**

SPONSORS:



**Story County Soil and Water
Conservation District**

Stewardship at Seven W Farm

FRIDAY, SEPTEMBER 26 | 10 a.m. – 3 p.m.

Lunch will be provided. The Wilsons will prepare a main dish, and provide drinks and desserts. Bring a side dish to share.



~ RSVPs Requested

HOSTS:

Dan, Lorna, Torray and Erin Wilson

Seven W Farm

4342 Pierce Ave.

Paullina, IA 51046

(712) 448-3870

the7wilsons@gmail.com

DESCRIPTION:

The Wilson family welcomes everyone to their farm to see how they integrate multiple enterprises and generations into a cohesive, ecologically-minded and financially sound system. The day will begin with a farm tour and discussion of Biological Monitoring, an aspect of Holistic Management that helps farmers evaluate their land and determine whether different management is necessary.

Following lunch, discussion will center around the farm's small grain production and how this alternative to corn and soybeans fits into the farm model. The last part of the day will be a discussion about forage chains and cover crops, and how the Wilsons use both in grass-based livestock systems and organic row-crop systems.

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Tuesday, September 23.**



The Wilson family, from left to right: Torray, Dan, Lorna, Erin and Audrey

THE FARM:

This multi-generational family farm includes 540 acres of organic corn, beans, barley and cover crops, as well as Niman Ranch pigs, organic dairy, pasture-based sheep, beef, laying hens and broilers.

DIRECTIONS:

From Paullina: Travel 2 miles west on Iowa Route 10, then 2.25 miles north on Pierce Avenue. There is a greenhouse on the left (west) side of the road.

SPONSORS:



 **Prairie Creek Seed**

The "Dairy" Beginning: Basics of Goat Dairy Management

MONDAY, OCTOBER 13 | Noon – 2 p.m.

*Light snack (cheese and crackers) will be served following the tour. ~ **RSVPs Required.** Attendance is limited to 20 people.*



HOSTS:

Lois and Jack Reichert
Reichert's Dairy Air
1022 Quebec St.
Knoxville, IA 50138
www.reichertsdairyair.com

DESCRIPTION:

Tour an active goat dairy and learn the foundations of starting a healthy, productive herd. Lois Reichert will cover the basics of animal care and management – nutrition, housing, fencing and health – as well as the fundamentals of goat dairying: milk prep, sanitation and proper handling. She will briefly discuss the process of starting a licensed dairy and what might be expected, and share some tidbits of cheese-making knowledge.

TOPICS:

- Dairy goat husbandry: management, nutrition, housing, care and more
- Dairy startup: sanitation, milking, handling, licensing

THE FARM:

The mission of Reichert's Dairy Air is to create premium-quality, handmade, farmstead goat cheese, making it available to consumers in central Iowa. This licensed goat dairy features around 20 LaMancha dairy goats. The "girls" produce high-quality milk that is converted into delicious farmstead cheeses, which have won multiple awards across the country.



Lois Reichert

(Photo courtesy of Treasured Portraits)

DIRECTIONS:

Directions to the farm will be provided upon RSVP.

RSVP FOR MEAL TO:

Lauren Zastrow, lauren@practicalfarmers.org or (515) 232-5661 by **Friday, October 10.**

EVENT QUESTIONS?

Contact PFI livestock coordinator Margaret Dunn at (515) 232-5661.

SPONSORS:



Milling Small Grains and Aquaponics Production

SATURDAY, NOVEMBER 15 | 1 – 4 p.m.

HOSTS:

Jeff Hafner and Earl Hafner

Early Morning Harvest

2425 Willow Ave.

Panora, IA 50216

(641) 757-0106

hafnerin@netins.net

DESCRIPTION:

Father-son team Earl and Jeff Hafner will show attendees their certified organic stone mill where they mill rye, buckwheat, wheat and corn. They will also lead a tour of their aquaponics production area, and request that attendees bring their high tunnel gardening expertise to share!

TOPICS:

- Small grain mill
- Small grains production
- Aquaponics (fish and vegetable production)

THE FARM:

Established in 2011, Early Morning Harvest is an addition to Earl and Jeff Hafner's diversified cow-calf, hog and certified organic corn and soybean operation. Early Morning Harvest produces vegetables in an aquaponics greenhouse, a diverse variety of garden-fresh vegetables, pastured poultry for egg production and flours made from certified organic grains raised on the farm (wheat, rye, buckwheat and corn meal).



Jeff and Earl Hafner

DIRECTIONS:

From the northwest: Pass through Panora on Iowa Route 44. About 1.5 miles past Panora, turn right (south) onto Willow Avenue and 2.2 miles; the farm will be on your right.

From the northeast: If heading south on U.S. 169 toward Adel, turn right at the four-way stop sign onto Hwy 44. Drive about 15 miles and turn left on Willow Avenue. The farm will be on the right in 2.2 miles.

From Des Moines: Follow Hwy 44 through Grimes toward Panora. One mile before Panora, head south on Willow Avenue for 2.2 miles; the farm will be on your right.

SPONSORS:



Partner Events

*(**Note:** The following pages showcase other agricultural events being held across Iowa this summer. They are not organized or hosted by Practical Farmers.)*

Roller Crimper and Strip-Tillage Demo Field Day

IOWA STATE UNIVERSITY

THURSDAY, JUNE 5 | 5 – 7:30 p.m.

Snacks and refreshments will be provided.

LOCATION:

ISU Horticultural Research Station

55519 170th St.

Ames, IA 50010

www.extension.iastate.edu/vegetablelab

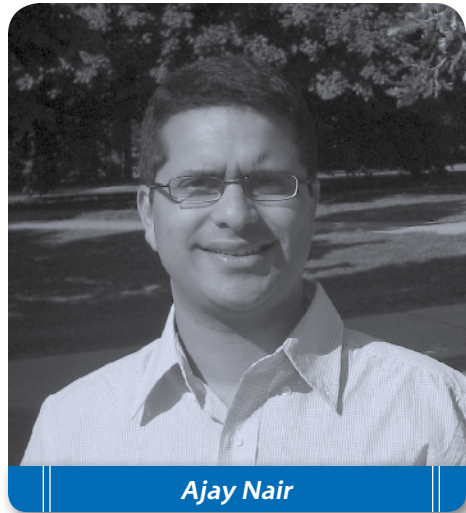
EVENT QUESTIONS:

Ajay Nair

ISU Department of Horticulture

(515) 294-7080

nairajay@iastate.edu



Ajay Nair

DESCRIPTION:

The number of growers adopting cover crops in their production systems has been steadily increasing. Sustainable and organic growers use very few or no chemicals to terminate their cover crops. For cover crops, especially rye, roller crimping is a sought-after termination method. This field day will discuss various cover crop establishment and termination techniques. Demonstrations will include operation of the Rodale Institute-designed roller crimper and the strip-tillage equipment (Hiniker 6000). Other equipment at the research station will also be available to view.

SPEAKERS:

- Ajay Nair
- Dana Jokela
- Jennifer Tillman
- Brandon Carpenter

THE FARM:

The ISU Horticultural Research Station is located on 230 acres of land that includes flat areas, rolling hills and waterways, along with a 12-acre lake. Research projects range from work on fruits, vegetables and herbaceous ornamentals to work with trees, shrubs and turfgrass.

DIRECTIONS:

The research station is located 4 miles north of Ames. From U.S. 69, turn east on County Road E23 and go 1.5 miles.

Cover Crop Workshop

ISU FIELD EXTENSION EDUCATION LABORATORY

THURSDAY, JUNE 12 | 9 a.m. – Noon

Preregistration is required for this event.

LOCATION:

**Field Extension Education Laboratory
Iowa State University
1928 240th St.
Boone, IA 50036
www.aep.iastate.edu/feel**

EVENT QUESTIONS:

Stuart McCulloh
**ISU Extension &
Outreach**
(515) 509-8308
smac@iastate.edu

Mark Licht
**ISU Extension Field
Agronomist**
(515) 382-6551
lichtma@iastate.edu

DESCRIPTION:

Come and spend a morning at ISU's Field Extension Education Laboratory (FEEL) touring and learning about cover crops. During this half-day event, learn about cover crop herbicide injury, establishment, termination and associated soil and water benefits. See established plots that highlight cover crop termination, species selection and comparison; seeding techniques and equipment; and more. Register and get more information at www.aep.iastate.edu/feel.

COST:

Preregistration is required. The cost will likely be \$65. Check the FEEL website.

TOPICS:

- Seeding techniques and tips
- Termination and spring management
- Species selection and mixes
- Nutrient Reduction Strategy; soil and water quality
- Herbicide residual effects on establishment



SPEAKERS:

- **Tom Kaspar** – plant physiologist at the USDA-ARS National Soil Tilth Laboratory
- **Mark Licht** – ISU Extension field agronomist
- **Stefan Gailans** – Practical Farmers research scientist and Cooperators' Program coordinator
- **Jamie Benning** – ISU Extension water quality program manager
- **Bob Hartzler** – ISU Extension weed specialist

THE FARM:

The Field Extension Education Laboratory is a 23-acre teaching and demonstration facility dedicated to providing a hands-on learning experience. The facility is used for demonstration projects, as well as for workshops and clinics for company agronomists and farmers that are held throughout the summer months.

DIRECTIONS:

FEEL is located about 5 miles west of Ames. For a map and driving directions, visit www.aep.iastate.edu/feel/directions.

Sequence Planting at Red Granite Farm

RED GRANITE FARM

MONDAY, JUNE 23 | 6 – 8 p.m.

HOSTS:

Steve and Nicole Jonas
Red Granite Farm
2013 130th St.
Boone, IA 50036

(515) 432-5966
redgranitefarm@hotmail.com
www.redgranitefarm.com

EVENT QUESTIONS:

Joe Hannan
ISU Extension commercial horticulture specialist
(515) 993-4281
jmhannan@iastate.edu

DESCRIPTION:

Selling at farmers markets requires careful planning to spread harvest out over the entire season. At the field day, Steve and Nicole will

discuss how they spread their tomato harvest over the season through the use of high tunnels, planting dates, cultivars, field production and more. This workshop is sponsored by Red Granite Farm, the Iowa Fruit and Vegetable Growers Association and Iowa State University Extension and Outreach.

THE FARM:

Red Granite Farm, managed by Steve and Nicole Jonas, is a 5-acre farm in Boone County. Steve and Nicole grow a variety of vegetables and perennial plants for sale at farmers markets. They started selling at farmers markets in 2007. By 2011, Nicole quit her job to farm full-time.

DIRECTIONS:

The farm is located just west of Story City on County Road E18. From Iowa Route 17, go east 1 mile; the farm is on the north side of the road.

Iowa County SWCD Haney Soil Health Field Day

IOWA COUNTY SOIL AND WATER CONSERVATION DISTRICT

WEDNESDAY, JUNE 25 | TBD

LOCATION:

A farm – still to be decided – in Iowa County

EVENT QUESTIONS:

Iowa County SWCD
(319) 668-2359
katherine.timmerman@ia.usda.gov

DESCRIPTION:

Do you want to learn more about improving soil health on your farm or the Haney Soil Health Test and its benefits? This field day is for you! The

Haney Test is a step above the traditional soil test because it allows the producer to assess overall soil health, not just specific macronutrient levels. It gives N, P and K recommendations; analyzes the organic carbon-to-organic nitrogen (C:N) ratio; and uses the Solvita CO₂ Burst Test to look at microbial activity.

The field day will include representatives from Ward Labs (Kearney, Neb.), Iowa County SWCD, NRCS and Practical Farmers of Iowa.

DIRECTIONS: Check back for details closer to the date. Contact Katherine with questions.

Farm to School Greenhouse with Heat Recapture

PATHFINDERS RESOURCE CONSERVATION & DEVELOPMENT

SCHAUS VORHIES KLEANING

SATURDAY, JULY 5 | 1 – 4 p.m.

LOCATION:

Farm to School Research Greenhouse
1000 W Stone St.
Fairfield, IA 52556

EVENT QUESTIONS:

Jan Swinton

Hometown Harvest of Southeast Iowa

(641)751-9061

jan@pathfindersrcd.org

<http://hometownharvestseiowa.org>

DESCRIPTION:

Come see Hometown Harvest of Southeast Iowa's new farm-to-school greenhouse. Tours will be given at the greenhouse facility on the hour, every hour. Conversations about the design and production at the facility will be ongoing throughout the day. Field day tours will include descriptions of lessons learned in heating systems design, managing a farm-to-school production facility and educational programming options for farmers and school children. See the production schedules for this facility, and talk to greenhouse managers to discover their secrets.

TOPICS:

- Farm-to-school production
- Educational and research values of the new greenhouse
- Energy partnerships and heating and cooling design issues

THE GREENHOUSE:

This USDA-supported Farm to School Greenhouse project is unique in its partnerships and scope. It is located on the industrial side



of Fairfield, near the foundry and railroad tracks. We have designed three separate heating systems that use waste heat from the Schaus Vorhies Kleaning plant. Farm-to-school production is difficult in Iowa, because Iowa's cold climate makes raising produce a challenge during the winter months. With this design, however, air flow and water heat systems buried deep in the soil preserve precious winter heat at the soil level, while fans bring up emergency heat during the long winter nights.

DIRECTIONS:

The greenhouse is located at 9th and Stone streets in Fairfield.

From U.S. 63 and U.S. 34: Take U.S. 34 east for 19.5 miles and take Exit 210 for U.S. 34 Business toward W Burlington Avenue. Head east on Burlington Avenue for 2.5 miles, then turn north on 9th Street (at the Family Video store). Go about nine blocks and cross the railroad tracks. The greenhouse will be on your left – but you will have to go around the block to get there. Take the first left onto Stone Avenue. Pass by a large, industrial parking lot, then an industrial building with a sign that says "100 West Stone." After the building, take the first left onto a gravel driveway and pass around the building toward the railroad tracks.

Pumpkin Production at Geisler Farms

GEISLER FARMS

TUESDAY, JULY 8 | 6 – 8 p.m.

HOSTS:

Darrell and Malinda Geisler

Geisler Farms

5251 NE 94th Ave.

Bondurant, IA 50035

(515) 964-2640

dkgeisler@hughes.net

www.growingfamilyfun.com

EVENT QUESTIONS:

Joe Hannan

ISU Extension commercial horticulture specialist

(515) 993-4281

jmhannan@iastate.edu

DESCRIPTION:

The Geislars will discuss how they use a three-year crop rotation and rye grain cover crop to manage weeds in their pumpkins. They will discuss cover crop establishment; terminating the cover crop; planting with a custom-built, one-row air planter; insect and disease control; and harvest. The Geislars will have all of their equipment available to view.

This workshop is sponsored by Geisler Farms, the Iowa Fruit and Vegetable Growers Association and Iowa State University Extension and Outreach.

TOPICS:

- Pumpkin production
- Crop rotation
- Cover crops
- Pest control in pumpkins



SPEAKERS:

- Ajay Nair – ISU Department of Horticulture

THE FARM:

Geisler Farms, managed by Darrell and Malinda Geisler, is a third-generation family business that raises corn and soybeans near Ankeny. In 2005, they launched Growing Family Fun, an agritourism business that includes 10 acres of pumpkins, a corn maze and other farm-focused family activities.

DIRECTIONS:

From I-35, take Exit 92 for 1st Street). Turn east and travel 3.5 miles; the farm is on the south side of the road.

Greenhouse Flowers and Tomato Grafting

HOWELL'S PUMPKIN PATCH

MONDAY, JULY 14 | 6 – 8 p.m.

HOST:

Fred Howell
Howell's Pumpkin Patch
3145 Howell Court
Cumming, IA 50061
(515) 981-0863
flowerfarmerfred@aol.com
www.howellspumpkins.com

EVENT QUESTIONS:

Joe Hannan
ISU Extension commercial horticulture specialist
(515) 993-4281
jmhannan@iastate.edu

DESCRIPTION:

Flower production at Howell's Farm now encompasses 5 acres and a greenhouse. Fred will discuss flower production in his new gothic-style greenhouse, from planting, to harvesting, to drying in the upper floor of the old barn. Attendees will also get to learn about the benefits of grafting for vegetable production. While common in the fruit industry in the U.S., it's not as common in vegetable production – though it is gaining in popularity here.

Research suggests that grafting is an effective tool for increasing yield, soil salinity tolerance and pathogen resistance. Dr. Ajay Nair, with the ISU Department of Horticulture, will discuss the advantages and challenges of tomato grafting in a demonstration plot in Fred's greenhouse. The plot includes both grafted and non-grafted indeterminate and determinate tomatoes for comparisons.



This workshop is sponsored by Howell's Farms, the Iowa Fruit and Vegetable Growers Association and Iowa State University Extension and Outreach.

THE FARM:

Howell's Pumpkin Patch, and Howell's Dried Florals and Greenhouse, is a sixth-generation family farm currently managed by Fred and Cindy Howell and their three children: Jennifer, Josh and Erin, and Jennifer's husband Mike. Located south of Des Moines in Cumming, the farm covers a little over 800 acres. Originally a diversified livestock and crop farm, Fred began raising flowers for dried florals in 1985. Today Fred still grows flowers but has expanded into vegetables, strawberries, pumpkins, a corn maze and agritainment.

DIRECTIONS:

From I-35, take Exit 65 toward Cumming / Norwalk. Head west on Cumming Road / County Road G14 for 4.25 miles; the farm is on the left.

2014 ISU Fruit and Vegetable Field Day

IOWA STATE UNIVERSITY

MONDAY, AUGUST 11 | 2 – 7 p.m.

There is a \$25 program fee for all participants, which includes dinner and refreshments.



LOCATION:

ISU Horticultural Research Station
55519 170th St.
Ames, IA 50010

www.extension.iastate.edu/vegetablelab

EVENT QUESTIONS:

Ajay Nair

ISU Department of Horticulture

(515) 294-7080

nairajay@iastate.edu

DESCRIPTION:

This field day will feature research-based information on a variety of production topics of interest to fruit and vegetable growers. Although geared toward commercial production, the event would be helpful to small-scale growers, Master Gardeners and community gardeners who are interested in enhancing their production skills and diversifying their gardens and acreages. The field day is sponsored by Practical Farmers of Iowa and the Iowa Fruit and Vegetable Growers Association

SPEAKERS:

- Ajay Nair
- Amy Toth
- Dana Jokela
- Gail Nonnecke
- Mark Gleason
- Paul Domoto
- Raymond Kruse



Ajay at the ISU Horticultural Research Station

TOPICS:

- Organic pepper and broccoli production
- Effect of cover crops and calcium applications in potato cropping systems
- Raising bees and bee research update
- Effect of biochar in onion production
- Plastic mulches for sweet potato production
- High Tunnel crop production
- Apple and grape research update
- Perimeter trap cropping in cucurbits

THE FARM:

The ISU Horticultural Research Station is located on 230 acres of land that includes flat areas, rolling hills and waterways, along with a 12-acre lake. Research projects range from work on fruits, vegetables and herbaceous ornamentals to work with trees, shrubs and turfgrass.

DIRECTIONS:

The research station is located 4 miles north of Ames. From U.S. 69, turn east on County Road E23 and go 1.5 miles.

Fresh on the Farm in Mitchell County

HEALTHY HARVEST OF NORTH IOWA

SATURDAY, SEPTEMBER 6 | 1–6 p.m.

There will be food samples at some of the farms and there will be product for sale. A bus is being arranged for scheduled touring. There will be a fee for the bus.



LOCATIONS:

- Stillwater Greenhouse
- Sugar Creek Farm
- Kountry Kupboard
- Bel-Aire Estates
- Winery
- Buerckley Produce
- Jensen Honey

DIRECTIONS:

Look for directions at www.extension.iastate.edu/mitchell.

EVENT QUESTIONS:

Darla Olson

ISU Extension Mitchell County

daolson@iastate.edu or libbey.jan@gmail.com
(641) 732-5574

www.extension.iastate.edu/mitchell

DESCRIPTION:

Take the afternoon and get acquainted with the many local food producers in Mitchell County. Meet the farmers, sample and purchase their products and learn how the farms work. Event sponsors include Iowa State University Extension in Mitchell County and Healthy Harvest of North Iowa.

Fourth Annual Farm Cruise in Polk and Story Counties

INDEPENDENTLY FARMER-ORGANIZED

SATURDAY, SEPTEMBER 13 | 10 a.m. – 4 p.m.

Food and beverages can be purchased at the farm stops. Public restrooms, parking and picnic spaces will be available at some locations. No pets, please.

LOCATIONS:

- The Berry Patch Farm – Nevada
- Cory Family Farm – Elkhart
- TableTop Farm – Nevada
- 7 Pines Farm – Maxwell



EVENT QUESTIONS:

Marilyn Andersen

(515) 460-7273 – (cell)
farmcruise@gmail.com
www.farmcruise.com

DIRECTIONS:

For directions, visit www.farmcruise.com.

DESCRIPTION:

Enjoy a free, fun-filled and educational adventure touring some diverse local farms in the central Iowa area. Several farms are having open houses and you are invited to spend a beautiful fall day cruising to each one of them. Come look around; talk with your local farmers; see demonstrations; purchase local products; sample some treats; watch the animals; and learn about where and how your food is produced. Get a punch card at any farm and visit all four farms to be entered into a drawing for fabulous prizes!

TOPICS:

- Local Food
- Agri-tourism
- Production
- Post-harvest handling
- Grass-based livestock
- Pick-your-own fruit
- Greenhouse and high tunnel production
- Wool shearing and spinning

Fresh on the Farm in Franklin County

HEALTHY HARVEST OF NORTH IOWA

SUNDAY, SEPTEMBER 28 | Noon – 6 p.m.

Food samples and other products will be available to purchase. Plan to bring your coolers!

HOSTS AND LOCATIONS:

- **Carlson Tree Farm**

Cathy and Dennis Carlson
867 130th St.,
Hampton, IA 50441
(641) 866-6946
cathyscookies@hotmail.com
www.carlsonreefarm.com



- **Koenig's Acres**

Karen and Matt Koenig
1510 110th St.
Hampton, IA 50441
koenig_karen1964@msn.com

- **Enchanted Acres, LLC**

Shannon Latham
1071 250th St.
Sheffield, IA 50475
(515) 371-0450
www.EnchantedAcresIA.com

TOPICS:

- Sampling locally produced foods
- Meeting local food producers
- Touring host farm sites, including a high tunnel
- How local producers are working together to market the message and the product

DESCRIPTION:

If it's fresh, it's thriving in Franklin County. Join us for our second annual Fresh on the Farm tour. Spend a Sunday afternoon with three farm stops in Franklin County. Each host site will feature a number of producers, maximizing your visits. Get to know the producers in Franklin County!

There will be vegetables, meat goats, chicken and turkeys, fruit trees, honey and jam, eggs and wheat flour, wine and bison – all from one county (and you'll even be early enough to reserve your Christmas tree for the year)! The event is sponsored by Iowa State University Extension in Franklin County, and Healthy Harvest of North Iowa. Visit www.northiowafood.org for more details.

Fresh in Franklin County will continue with a Farm To Fork, All-Local Dinner, on Saturday, Oct. 4. Visit www.northiowafood.org for more details.

THE FARMS:

Carlson Tree Farm is a 17-acre farm that raises Christmas trees and wheat. Wheat is harvested, cleaned, bagged and ground into whole wheat flour. All is chemical-free.

Koenig's Acres is a 25-acre farm that has been selling locally grown, chemical-free produce for more than 15 years. The farm serves a diverse market of CSA shares, at farmers market and wholesale. The farm's selection of products includes vegetables, a wide range of fruits, eggs, turkeys, jams and jellies, and honey.

Enchanted Acres, LLC – Create magical family memories at Enchanted Acres. Pick your own pumpkins, wind your way through the woods or giggle watching our goats.

DIRECTIONS:

Access maps and directions at:
www.northiowafood.org/node/2783.

Farm Crawl 2014

INDEPENDENTLY FARMER ORGANIZED

SUNDAY, OCTOBER 5 | 11 a.m. – 5 p.m.

Food and beverages can be purchased at the farm stops. Public restrooms, parking and picnic spaces will be available at all locations. No pets, please!

HOSTS:

7 PFI farms in the Knoxville and Lacona area

Contact: Jill Beebout and Sean Skeehan
(641) 203-0758
info@farmcrawl.com

FARMS INCLUDE:

- Blue Gate Farm (Jill Beebout and Sean Skeehan)
- Coyote Run Farm (Matt Russell and Patrick Standley)
- Crooked Gap Farm (Ethan and Rebecca Book)
- Pierce's Pumpkin Patch (John and Joy Pierce)
- Reichert's Dairy Air (Lois and Jack Reichert)
- Schneiders Orchard (Arnie and Jane Schneider)
- White Breast Pottery and Weaving (Sharon Seuferer and Carol Oliver)

DESCRIPTION:

Seven independent family farms, in a small pocket of south-central Iowa, welcome you to tour their farms. Enjoy the Iowa countryside as drive yourself from farm to farm in any order. Meet the farmers, see their operations, visit the animals, sample the goodies, listen to live music, learn something new about agriculture and enjoy delicious food.



Jill Beebout (left) speaking at a Farm Crawl

TOPICS:

- Multi-acre, chemical-free vegetable growing
- Pastured poultry and eggs
- Mule breeding
- Grass-fed beef
- Artisan cheese
- Prairie restoration
- Pumpkins, squash and gourds
- Barnyard animals
- Bees and honey
- Jams and jelly
- Dairy goats
- Field corn
- Artisan beer
- Hand-spun yarn
- Rabbits
- Pork
- Apples
- Local wine
- Pottery
- Guineas
- Loom-woven rugs
- Soybeans
- Miniature horses
- Mazes
- Hay-making
- Heritage pigs
- Blacksmithing
- Alpacas
- Orchards
- Sheep
- Farming in high tunnels

DIRECTIONS:

Farms are located along and west of Iowa Route 14 halfway between Knoxville and Chariton. See www.farmcrawl.com for maps and directions.



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www.practicalfarmers.org

*Sponsors ~
THANK YOU!*

