

Buy Fresh, Buy Local

*for great taste, a healthy environment, healthy economy,
healthy communities, and healthy people—and it's fun.*

Producers and Distributors of Locally and Iowa-Grown Produce for Today's Meal

Unitarian-Universalist Fellowship of Ames
Mostly Iowa-Grown Soup Lunch, February 3, 2008



Making connections with growers
and the Earth that sustain us.



artwork by Lonnas Nachtigal

Linda Barnes and Mark Runquist High Hopes
Garden, Melbourne: strawberry sauce, beets

LaVon and Craig Griffieon, Griffieon Family
Farm, Ankeny: frozen corn, potatoes

Jeff and Jill Burkhart at Picket Fence Creamery,
Woodward: ice cream, cheese curds

Bill Lindsay of Grains of Wisdom, Ames: blue
corn from a farm near Cherokee for corn bread

Teresa and Steve Paul at Paul's Grains, Laurel:
wheat berries from the Dahl family near Rolfe,
Reed yellow dent corn for cornmeal, corn bread
mix, multi-grain cereal mix, barley, oatmeal.

Bonnie and John Norman at John's Natural
Foods, Ames: Buttermilk from Farmer's
Creamery, Kalona

Fiscus family at Ames Downtown Farmer's
Market: eggs

Lewright Meats, Eagle Grove: bacon

Charles Carpenter and David Toussain of Prairie
Song Apiary, Coon Rapids: honey

Greta Anderson, Ames: eggs

Gary Guthrie at Growing Harmony Farm,
Nevada: beets

Wheatsfield Coop, Ames: eggs from Tj Farms,
McCallsburg; chickens from Wholesome
Harvest, Colo; herbs from Mariposa Farm,
Grinnell; and fair trade sugar

Joe Lynch and Lonna Nachtigal, Onion Creek
Farm, Ames: dried heirloom tomatoes

Nan Bonfils and Don Adams, Full Circle Farm
near the Ledges State Park: beef

Helen Gunderson, Ames: rhubarb, butternut
squash, bread and butter pickles, beets, salsa,
tomatoes, herbs

Dean, Judy, and Mike Henry at the Berry Patch,
Nevada: Apples

Mary Hick's neighbor, Ames: rhubarb

Hy-Vee: honey from Moenck Honey Farm,
Lehigh

Cleve Andrew Pulley at Pulley Produce, Dallas
County: walnuts

Lori Allen, Ames: sauerkraut