



Ask these folks about their sources of food and recipes for today's menu.

CASSEROLES

beef: David DenHaan, Carolyn Myers
Brunswick stew and corn pone: Susan Franzen
chicken enchilada: Lyric Bartholomay
hamburger: Clay and Jamie Gurganus
baked beans: Donna Lutz
breakfast eggs: Kay Berger
butternut squash: Ethy and Steven Cannon
butternut squash: Sue DeBlicek
butternut squash: Mark Kassis, Terry Lowman
butternut squash: Sue Ann Peck
Chilean squash: Mark Harris
mac and cheese: Diane Debinski, James Pritchard
vegetarian: Linda Barnes, Mark Runquist
zucchini: Kate Hardy, Lena Jennings

DESSERTS

Picket Fence ice cream: Janie Lohnes
cherry and raspberry sauce: Janie Lohnes
rhubarb and strawberry sauce: Mary Brooks
barley cookies: Anna Johnson
oatmeal cookies: Shelli Pitner
squash bars: Nancy Schroeder

BREAD

corn bread: Peggy Earnshaw, Shelli Pitner
whole grain rolls: Tomoko Gawa for the UU Meals Group (Tomoko has conducted research for Practical Farmers of Iowa on the feasibility of using Iowa-grown grains for baking bread.)

CONDIMENTS AND OTHER

deviled eggs: Ann Predgen
deviled eggs: Andrew Williams
hummus with sweet red peppers: Dot Dake
yellow corn chips: Dot Dake
blue corn chips: Helen Gunderson
jalapeno jelly: Faith Winchester
maple syrup: Helen Gunderson
bread and butter pickles: Helen Gunderson
maple butter: Peggy Earnshaw

BEVERAGES

Ames municipal award-winning, tap water
Fair Trade coffee
Picket Fence milk

Thank you to our special guests:

Marilyn Andersen, coordinator Farm to Folk CSA
Nancy Levandowski, director ISU Dining Services
Donna Prizgintas, Ames chef and localvore

Grow, Buy, Prepare, Serve, Eat, and Enjoy locally-grown food For great taste and healthy environments, economies, communities, and people. Plus it's a social and fun thing to do.