



SNACKS

- **popcorn** from Rosmann Family Farms (Harlan) via Wheatsfield Coop or from Behrens Farm (Carroll) via John's Natural Foods
- **tortilla chips**, Whole Grain Milling Company (Welcome, Minnesota—just north of the Iowa border) via Wheatsfield
- **cheddar cheese**, Milton Creamery (Milton) via Wheatsfield or from Sheeder Clover Leaf Dairy (Guthrie Center) via Dahls, West HyVee, or north Fareway
- **deviled eggs** from Tj Farm (McCallsburg) via HyVee West or Wheatsfield or from High Hopes Gardens (UU members Linda Barnes and Mark Runquist near Melbourne) or a neighbor who grows chickens
- **prosciutto** from La Quercia (Norwalk) via HyVee, Dahls, or Wheatsfield
- **ham** from Grass Run Farms (Dorchester) via Wheatsfield or from Audubon County Farms via Farm to Folk CSA
- **chicken salad** with chicken from Soper Farms (Emmetburg) via Wheatsfield or from Audubon County Farms via Farm to Folk CSA
- **chocolate milk** from Kalona Organics (Kalona) via John's Natural Foods or Wheatsfield
- **ice cream** from Picket Fence Creamery (Woodward) via HyVee, downtown Fareway, Dahls, Wheatsfield, or Farm to Folk CSA
- **toppings**: honey from Audubon County Family Farms via Farm to Folk or jams and jellies from Twin Girls Garden (Madrid) via Ames Downtown Farmers Market or from Berry Patch Farm (Nevada), Onion Creek Farm (Ames), or DeMoss Pumpkin Farm (Gilbert)
- **squash bars** with Butternut squash from One Step at a Time Gardens, Kanawha, at Wheatsfield or a gardening neighbor, using TJ eggs and Picket Fence butter
- **Iowa beers and wine** (for adults)
- and for the adventurous baker—homemade **cornbread or breadsticks**, using Iowa corn meal or whole grain flour. Check with Helen Gunderson for sources.