



# IFC Board Newsletter

## March 2022

### Upcoming IFC Events!

**Community Tuesdays:** This summer the IFC will coordinate a parking lot gathering one Tuesday per month, timed to coincide with the Beaverdale Farmer's Market. We will invite interested producers to offer items for sale, and encourage our building neighbors and other friends to join in with displays or related activities. If you would like to have a display table for your group just let us know! Events will be held **4 - 7 PM on June 7, July 19, August 16 & Sept 13.**

**Membership Open Houses:** We were disappointed that the never-ending pandemic led to a greatly reduced IFC annual meeting last January. To make up for that, and also see if we can recapture some of the camaraderie the membership shared pre-pandemic, this summer we are coordinating three casual membership open houses. Each will have a theme but the main message is...let's just get together, have a nice chat, maybe a meal - remember that happening back in the old days?.

So you are invited to stop in for just a little while or the whole event, and bring a dish if you feel inclined. Join us to mingle with fellow members over shared food from **3 - 6 PM May 22, July 17, and September 11.** We will have doors open and tables set up inside for food (and shelter if the weather is inclement).

More details and reminders about both the above event series to follow - but you can mark the dates now. We hope you stop by and say hello!

### Garden Plant Sale

Our **annual garden plant sale** will be **2-6PM on Friday May 6.** Interested producers will bring in their stock for purchase onsite at Franklin Ave. during distribution. Watch our email and social media posts for more details!

### IFC Annual Meeting

The Annual Meeting was held on January 22, 2022, at the Franklin Jr. High School in Beaverdale. President Jason Jones provided this overview: "While we didn't have much of a turnout for the meeting, we did have the meeting as planned. This is a small success for us given all we've worked through this past year! Thanks again to Eileen and Lisa for coordinating everything. Other well deserved thank yous go to Karen for making sure everything worked despite last minute changes and also to Carrie for providing a nuanced view of our financial picture. Most importantly, we completed this year's board election. It was a fairly close election with four candidates vying for three open seats".

"I have the unfortunate role of informing the group that, by a very small margin, Susan Ekstrom was the board candidate with the least number of votes. Susan has been an enthusiastic and engaged member of the board and I will certainly miss having her as part of the team. The three top vote-getters were Lisa Bean, TJ Gardiner and Beth Hoffman. Congratulations to all three of them. Eileen has been working on gathering a new board member packet to help welcome the new members aboard.

After the election we gave out door prizes, that was a nice way to end the meeting."

### Franklin Ave. Store: Open Every Week!

IFC staff have updated and enormously improved the store at Franklin Ave. Even during the winter season when fresh veggies are less available, there has been a great range of products. Also, during the non-distribution Friday there are usually some sales and specials. So whether you need milk, bread, and cheese or just want to look around, you can shop at Franklin Ave.:

**4-6 PM every Tuesday**

**4-6 PM Friday of non-distribution weeks**

**12-7 PM Friday during distribution weeks**

**11 AM - 2 PM Saturday during distribution weeks**



## Thanks Susan!

Susan Ekstrom has been an active board member since at least 2016, serving as President for the last couple years. She will be missed on the board but welcome as a volunteer and at our upcoming events. Thanks for your service, Susan! We truly appreciate it.

## EBT Donation Support System

The IFC works to provide high quality fresh local foods to lower income consumers. This is done via a donation system wherein IFC members contribute via the shopping cart and IFC staff distribute those funds as appropriate.

Donated funds are used to help offset costs for people using EBT vouchers (previously called “food stamps”), and also to purchase locally grown fresh fruit and vegetables which are in turn donated to local food pantries. In 2020 we donated \$11,896!

You can contribute to this cause via the IFC shopping cart website; go to “Iowa Food Co-op Shop” → Community giving. Non-tax deductible donations are accepted in \$5 increments. You can also contribute to this effort via the Iowa Food Foundation (<https://iowafoodfoundation.org>), which is a 501(c)(3) non-profit organization so your donations are tax-deductible.

## Current IFC Board of Directors

At their February 28 board meeting the following slate of directors and officers was approved for 2022.

### Consumer Directors:

Lisa Bean  
Carrie Cook (Treasurer)  
Emilia Gaps (Board Website)  
TJ Gardner  
Beth Hoffman  
Brant Kassel (Secretary)  
Katie Niday (VP for Consumers)

### Producer Directors:

Jason Jones (Star Grass Farm, President)  
Inger Lamb (Prairie Landscapes LLC,  
Newsletter + Grant Administration)  
Catherine Rihm + Andy Joseph  
(Meadow Blazingstar Honey,  
VP for Producers)  
Janine Robertson (Knob Hill Farm)  
Eileen Wuebker (Crescentia Farms)  
(more info: <https://ifcboard.com>)

## Current Staff

Karen Davis (General Manager, Mama Bear)  
Tina Goheen (Operations Manager, Onsite Sales Ninja)  
Michaela Denlinger (Marketing Maven, Happy Hiker)  
Anna Gilbert (Bookkeeper of Cool Accents)  
Aimee Luhrs (Distribution Support, Ragbrai Rodeo Queen)  
Chris Shepard (Our Sincere Cashier and the Man Behind the Curtain)  
Ben Allen (Distribution Support, Driver, Ballroom Dancer)  
Nikki Gomez (Distribution Support, Color Commentary)  
Kitty Moore (Distribution Support, Vegan Vamp)  
Steve Metz (Home Deliveries, Storyteller)

## Recipe Year!

One of our focus projects this year is to collect a good starter set of recipes, both for use in seasonal promotions and to have on our website. This has come about for a few reasons: we want to highlight novel uses for both “common” vegetables and the more unusual offerings from our producers, and it also would be a useful service if our website was a “how to use” resource. It could then be tapped by members interested in a producer’s offerings but not quite sure on storage and preparation options.

Bottom line, if you have any recipes you’d like to share, we’d sure like to see them! Favorite vegetable dishes, breads, meat entrees, or anything that uses our products that you are proud of. Contact Inger at 515.250.1693 or [ingerlamb@gmail.com](mailto:ingerlamb@gmail.com) to share or inquire further. Thanks!

## Producers Accepting Container Returns

Agri-cultured  
Better Butter Bureau  
Elements of Rejuvenation  
Meadow Blazing Star  
Prairie Landscapes LLC

## Producers Using Compostable Packaging

Clover Valley Farm  
Fresh Wheatgrass Girl  
Heaven on Earth  
Nourished  
Rosebud Botanicals

