

**Johnson County Local Food Alliance  
presents  
Field to Family 2009  
Schedule of Events**



[www.jclfa.org](http://www.jclfa.org)

*The 8<sup>th</sup> Annual Field to Family Festival, scheduled for September 10-October 3, is a celebration of local food and culinary excellence. This event is brought to you by the Johnson County Local Food Alliance with the sponsorship of New Pioneer Food Co-op and Iowa Memorial Union. Join the fun as we tour local gardens, meet innovative growers and chefs, and savor the seasonal bounty of harvest time!*

**Johnson County Local Food Alliance Benefit Culinary Walk**

Thurs., September 10, 5:30-8PM

**Tickets \$25/person, \$15 with current student ID**

General public tickets at New Pioneer Food Co-op stores and IMU Box Office

Student tickets at IMU box office (in person only) 319-335-3041

It takes extra time and care for chefs to cultivate relationships with local food producers, but the results in terms of flavor and community are great! Take a stroll through Iowa City and sample hors d'oeuvres from seven restaurants that understand local food excellence. Visit 126, Atlas, Devotay, IMU, Motley Cow, New Pioneer Food Co-op, and The Red Avocado.

**Children's Day at the IC Farmers' Market: Kalona Organics hosts 'Shake it Up' Ice Cream Social**

Saturday, September 12, 9-11AM, FREE, Iowa City Farmers' Market, Chauncey Swan Park

Make ice cream by tossing a bag of local organic cream and ice. See it to believe it!  
Everyone welcome! [www.kalonaorganics.com](http://www.kalonaorganics.com)

**Kids' Cooking with Chef Jennifer Riddle at the Iowa City Farmers' Market**

Saturday, September 12, 9-11AM, FREE, Iowa City Farmers' Market, Chauncey Swan Park

The chef will shop the market and whip up some easy fresh treats. Thank you to the IC Farmers' Market.

**How and Why of Seed-Saving Workshop, with Roxane Mitten**

Saturday, September 12, 10AM at Earth Source Gardens; 3402 Rochester Ave., Iowa City, IA 52245. Free and open to all, no preregistration required.

See [www.newpi.com](http://www.newpi.com) "Cooking Classes" for more details.

**Move It! Dig It! Do It! Fun and Educational Activities for Children**

Sunday, September 13, 11AM – 5PM, Johnson Country Fairgrounds, Tickets in advance at the Museum: \$6/person day of event: \$8/person children under 3 FREE.

This stunning array of activities, vehicles, and friendly professionals (like firefighters) benefits the The Iowa Children’s Museum. Sample numerous varieties of fresh local apples and see how apples are pressed for juice. Thank you to Neighborhood Centers of Johnson County.

**I-Renew Energy Expo**

Saturday, September 12 and Sunday September 13, \$10/day admission  
3021 78th St Norway, IA 52318

The I-Renew Energy & Sustainability Expo 2009 showcases the region's leaders in sustainable energy, energy efficiency, and “green” jobs. The Expo will feature workshops and speakers on sustainable agriculture and local food. See [www.irenew.org](http://www.irenew.org) for more details.

**University of Iowa Student Demonstration Garden Tour**, with Adam Perkins

Monday, September 14, 7-8PM, FREE and open to all, no preregistration. Meet at the garden on Creekside Dr., Iowa City, IA 52246

See [www.newpi.com](http://www.newpi.com) “Cooking Classes” for more details.

**We Love Tomatoes Cooking Class**, with Rachel Morey

Tuesday, September 15, 6-8PM at Coralville New Pioneer store, \$15/person

Visit [www.newpi.com](http://www.newpi.com) “Cooking Classes” for more details, and to register and pay for class

**JCLFA Benefit Local Beer & Pork Party**, with "Death of a Pig" blogger Nick Bergus  
at Atlas restaurant, 127 Iowa Ave., Iowa City, IA 52240

Wednesday, September 16, 7-9PM, \$10 donations, cash bar

Featuring local beer and a variety of pork appetizers.

**Native Iowa Healing Herbs talk and demonstration**, with Sue Andrews and Ashley Moore

Thursday, September 17, 6-8PM at CV New Pioneer Store, \$15/person

Visit [www.newpi.com](http://www.newpi.com) “Cooking Classes” for more details, and to register and pay for class

**Backyard Abundance: Learn to Compost with Worms Workshop**

Thursday, September 17, 7-8PM, Iowa City Public Library,  
123 South Linn St., Iowa City, IA FREE

You will learn how to create and manage an indoor worm composting bin.

**Chef at the IC Farmers’ Market with Chef Eric McDowell** of Chef’s Table restaurant,

Saturday, September 19, 9:30-10:30AM at Iowa City Farmers' Market, Chauncey Swan Park

Free cooking demo with samples!

**Backyard Abundance: Begin Designing Your Abundant Yard**

Saturday, September 19, 2-4PM, 507 5<sup>th</sup> Ave, Coralville, IA FREE

How do you begin designing your yard so it is filled with food and beauty? Learn the first steps to take when creating your abundant yard.

**Practical Farmers' Tour and Potluck at Scattergood Friends School**

Saturday, September 19, Tours at 4PM, Potluck at 6PM

1951 Delta Ave., West Branch, IA 52358

Learn about high tunnels, root cellars, heritage pigs, poultry field trials and more.

Sponsored by Women, Food and Agriculture Network and Ceres Foundation.

**Pickled Green Beans and Tomato Salsa cooking class, with Emily White**

Monday, September 21, 6-8PM at CV Co-op \$15/person

Visit [www.newpi.com](http://www.newpi.com) "Cooking Classes" for more details, and to register and pay for class.

**Fabulous Fall Mushrooms cooking class, with Prairie States Mushroom Club**

Representatives Dave Layton and Marty Augustine,

Tuesday, September 22, 6-8PM, CV New Pioneer Food Co-op Store, \$15 /person

Visit [www.newpi.com](http://www.newpi.com) "Cooking Classes" for more details, and to register and pay for class.

**Visit Earth Source Community Gardens, with Theresa Carbrey,**

Thursday, September 24, 6-7 pm Free and open to all, no preregistration required

3402 Rochester Ave., Iowa City, IA 52245

Visit [www.newpi.com](http://www.newpi.com) "Cooking Classes" for more details.

**Chef Daniel Orr, will talk about his new book, *Farm Food***

Friday, September 25, 7PM, Prairie Lights Books

15 S. Dubuque IC, IA 52240

FREE and open to all

**Chef at the IC Farmers Market with Chef Daniel Orr, author of *Farm Food***

Saturday, September 26, 9:30-10:30AM, Iowa City Farmers' Market

Chauncey Swan Park

Free cooking demo with samples!

**Johnson County Local Food Alliance Benefit Harvest Dinner** featuring special guest

Chef Daniel Orr, author of *Farm Food*

Saturday, September 26, 5:30PM - cash bar; 6:30PM – dinner

University Athletic Club, 1360 Melrose Ave., Iowa City, IA 52244

**Tickets available at IMU box office (319-335-3041): \$35/person.  
You must purchase tickets by Sept. 18**

Chef Orr will consult on the menu and speak at the dinner, which will feature local foods prepared by local chefs.

**Visit Earth Source Community Gardens**, with Theresa Carbrey  
Sunday, September 27, 11AM to noon, FREE and open to all, no preregistration  
3402 Rochester Ave., Iowa City, IA 52245  
Visit [www.newpi.com](http://www.newpi.com) “Cooking Classes” for more details.

**University of Iowa Student Demonstration Garden**, with Adam Perkins  
Sunday, September 27, noon-1PM FREE and open to all, no preregistration required.  
Meet at the garden on Creekside Dr., Iowa City, IA 52246

Visit [www.newpi.com](http://www.newpi.com) “Cooking Classes” for more details.

**Local Food Party Fare cooking class**, with Genie Maybanks  
Tuesday, September 29, 6-8PM CV Co-op store, \$15/person  
Visit [www.newpi.com](http://www.newpi.com) “Cooking Classes” for more details, and to register and pay for class.

**Can Urban Agriculture Feed Us?** with Jason Grimm  
Thursday, October 1, 7PM at the CV Co-op store FREE and open to all, no  
preregistration required  
Visit [www.newpi.com](http://www.newpi.com) “Cooking Classes” for more details

**ZJ Farm Tour and Barn Dance**  
Saturday, October 3, Garden Tour at 2PM, Potluck at 5PM, 5025 120<sup>th</sup> NE, Solon, IA  
52333

Join Local Harvest CSA/ZJ Farm for the annual end-of-season farm tour and harvest celebration. The barn will be cleared out for food, music and dancing! Come for the garden tour at 2 pm, potluck at 5 pm, followed by music and dance.  
See [www.zjfarms.com](http://www.zjfarms.com) for directions