



Greetings,

Spring is in the air, and now is the perfect time to freshen up your JCLFA membership. Join us in celebrating yet another great year of earth-friendly, community-based agriculture. In the back of this quarter's newsletter, you will find a Buy Fresh Buy Local membership application. To join, review the membership requirements (which will be posted soon) at www.jclfa.org. Then, fill out the membership application and return with your payment, to the address below:
Johnson County Local Food Alliance
P.O Box 93
Iowa City, Iowa 52244-0093

- President, James Nisly

What's Inside

- Seasonal asparagus recipe
- Introduction to new board and staff members
- An interview with Mark Quee
- Notice about this year's local food summit
- Upcoming events through Iowa City Chamber of Commerce
- Volunteer Opportunities
- Cooking classes for the month of April
- Youth summer camp listing
- Announcement/Susan Jutz

Our Mission

JCLFA is an association of farmers, consumers, professional food buyers and support organizations fostering a more local and sustainable agriculture in Johnson and surrounding areas

JCLFA is committed to:

Local Food – we promote and support local farmers and the people and businesses that buy from local farmers

Earth-friendly practices – we support farmers and business people who are good stewards of the soil, plants, animals and other natural resources

Food Democracy – we strive to build a fair and just food system that is accessible to all

Ethical Business – we encourage cooperation, loyalty and fairness between and among farmers, consumers, and businesses

Celebration of Community – we share the joys of a community-based agriculture, where people are connected to the seasons, the land, the food and each other

**“Food and Wine” magazine’s, Penne
with Asparagus, Sage and Peas
– rendition by Molly Gallentine**

Total: 35 min.
4 servings

½ pound penne
2 T. extra-virgin olive oil
3 garlic cloves, minced
1 pound thick asparagus, cut into 1-inch
lengths
2 c. chicken stock (I’d put in a little less)
2 c. shelled English peas or frozen baby
peas, thawed
½ c. heavy cream
2 T. unsalted butter
1 T. chopped fresh sage
½ c. freshly grated Parmigiano –
Reggiano cheese
Salt and pepper

*I actually added a bit of nutmeg while it
was hot, to add some sweetness. I also
substituted sweet corn I had frozen, for
the peas.

1. Cook penne and drain. Set aside.

2. Meanwhile, in a large skillet, heat the
olive oil. Add the garlic and asparagus
and cook over moderately low heat,
stirring occasionally, until the garlic is
fragrant, about 3 min. Add the stock and
boil over high heat until reduced by half
and the asparagus are tender, about 5
min.

3. Add the peas and cream to the skillet
and boil over high heat until the sauce
has thickened, 3 min. Stir in the penne
and cook until heated through. Remove
from the heat and stir in the butter, sage
and the ½ cup of cheese. Season with
salt and pepper. Serve right away.

**JCLFA
Board and Staff**

**James Nisly
President**

**Susan Jutz
Vice President**

**Jean Donohue
Treasurer**

**Janee Weaver
Secretary**

**Jay Berry
David Weiseneck
Lucie Laurian
Theresa Carbrey
James Adrian
Molly Gallentine**

Interested in becoming a part of JCLFA or
know someone that is? Visit our website at
www.jclfa.org

Have something to sell, an event to
announce, or seasonal recipes or photos to
share in the next newsletter? Contact Molly
Gallentine at mollygallentine@gmail.com
Or at (641) 751-0484

NEW JCLFA BOARD AND STAFF MEMBERS

Communications Coordinator Molly Gallentine



Molly Gallentine grew up in Conrad, Iowa as part of a farming family. Eventually, she left the area to pursue her love of opera, and to obtain her BM in vocal performance from the University of Iowa. Always a foodie, Molly loves to cook – and she writes a food blog for Scattergood Friends School, where she works as Assistant to the Head.

Molly has also worked as an assistant producer for Iowa Public Radio, assisted Hancher auditorium’s education and marketing division, and held an internship with the Senate finance committee - working in their health sector.

Above all things, Molly believes in exploration – whether it’s taking a dance class or tasting a beet for the first

time. These things lead to healthy lifestyles... “I once had a professional Broadway star tell me that after failing 50 auditions, she could go home, make a great dinner, and feel very content with herself. This is the power of food. It is creative and self rewarding. And there is an extra level of satisfaction when you buy fresh and buy local.” ~

Secretary Jane Weaver



Jane Weaver is a graduate from Purdue University, where she majored in psychology as well as law and society. She is in her second year of law school at the University of Iowa and plans to eventually use her degree in the division of health. Previous to her time in Iowa City, she worked in accounts payable for Biotone – a hospital product supplier

“I come from a family that has a history with diabetes. Growing up and seeing the negative effects it had on my father, I promised myself I would lead a healthier eating lifestyle. Nobody has to settle for processed foods – we always have choices and different avenues we can pursue. These are the things I want to advocate.”

MEMBER PROFILE

Mark Quee



Job Description: Farm Manager
Where: Scattergood Friends Farm,
West Branch, IA

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**As a farmer, you know you stand out as being uniquely situated. Can you describe your connection to Scattergood Friends School? It's a little confusing for people who aren't aware of the institution.**

Sure. Scattergood Friends School Farm is located about a quarter of a mile away from Scattergood Campus, which houses a college prep boarding school founded upon Quaker values. Placing emphasis on moral decision making, students learn how to become stewards of the land, taking interest and care in the resources around them. In other words, we care about what we eat and where it comes from. The school is the primary market for the farm.<smiles> I like to think of it

as having an unfair advantage. We have a built-in group of hungry people.

### **What do you produce?**

What do people enjoy eating? We grow what we like. Since the farm is in Iowa, naturally, we can grow vegetables. We have lots of greens, and by putting up a new greenhouse, we can get them started earlier in the spring. We have livestock, like pigs, beef cattle, laying and meat chickens, lamb, and turkeys. Also, we have a wide variety of fruit, such as apples, pears, peaches, strawberries, etc. Yet, the obvious reality is that our students aren't here when we produce the most food. Therefore, CSA fills the gap during peak season.

### **How big is Scattergood's CSA program?**

We are a smaller model, with about 30 subscribers. But our CSA isn't trying to carry the farm financially. For us, it's a matter of public relations. We like to stay connected with our school community throughout the summer. Still, some subscribers don't have any personal ties to Scattergood – they aren't alumni and they don't have a child attending. They just like fresh local food.

### **How do you make Scattergood's food supply last through winter?**

We have our own root cellar which keeps a lot of food. The school is also in the process of becoming a canning kitchen. There's a lot of certification and paperwork that goes on behind the scenes... Still, there are some things that students help freeze preserve - like edamame, basil, and roasted peppers. Overall, the school tends to serve more

meat main dish items during winter. The nickname we have is “happy meat,” since Scattergood’s livestock is all grass-finished.

**You mention students helping with edamame preservation. What kind of role do students have at the farm, if any?**

There are several farm oriented activities at Scattergood. The most obvious is the dining room/kitchen curriculum. Scattergood cooks are really passionate about preparing what the farm grows - and after every meal, the chef that day makes an announcement explaining the food. In late winter we eat meat, but come April we are eating asparagus and salad greens from hoop house. Even though there’s no formal class on the subject, students learn about eating seasonally. There are hands-on projects as well, requiring kids to get dirty. Through farm crews, students have lots of important duties, like feeding chickens, gathering eggs and processing them, delivering hay, and moving fences... Yet, regular classroom curriculum is often incorporated into the farm as well - like biology, or writing classes.

**How do you think this food-centric curriculum affects students at Scattergood? Do they keep the same local/ sustainable values once they leave?**

I think so. Since I started working here, four students have gone on to study sustainable agriculture after graduating from Scattergood. I believe kids recognize it’s important and begin to incorporate these values into their lives. I’ve also witnessed, over time, kids eat

more vegetables when they’re here. Food is a method of personal self-creation. They can try on personalities and find various aspects of themselves through food. What they consume is an important part of who they are.

**What do you consider to be the most pressing food matter for us as Americans?**

Changing the way America eats is going to be a long term endeavor. I think people have too great an expectation for cheap food, and accessibility is always going to be a huge factor... If people join CSA programs, will they know how to cook the food? People need to be educated in these areas.

**Let’s switch gears and talk about you. How long have you worked at Scattergood?**

I’ve been at Scattergood for 10 years, and I’ve been a farm manager for six.

**Can you describe your background? What made you interested in farming?**

I didn’t grow up as part of a farming family, even though my dad managed a local grain co-op in our small town. Later in life, I went to Iowa State – a university known for its agricultural studies, yet I graduated with a different degree – in education. After finishing school, I had a hard time imagining myself in a public school classroom. So, I started to travel around to find out what I wanted to do.

**What did you do after graduation?**

I spent the nineties working in homeless shelters, picking apples and doing a bit

of farmwork. In 1993, I acted as an intern in a CSA farm in Indiana- which was really early for CSAs. There weren't many around at that point. Then, I ended up in Oregon and did some high density gardening for a homeless shelter. I also worked for a Catholic Worker community for a while... offering housing and food in poor communities. I ended up working at Scattergood in 1999 after meeting some students and staff in Philadelphia. I was running an urban service work camp program, and part of the school had come to volunteer.

**You have a four year old. How does she feel about the farm?**

Gillie needs to overcome her fear of chickens. <laughs> Actually, she loves bottle feeding animals... and I think being out at the farm has taught her about seasonality. She'll taste a piece of off-season fruit and say, "It doesn't taste as good as daddy's." If you haven't ever tasted a fresh soft strawberry, it's a shame. I'll send Gillie out with a quart container to collect them in the summer, and she'll come back painted red from head to toe – without any berries. Gillie loves fruit. I taught her how to spit the stones out of cherries when she was 2. What father wouldn't want that for their child?

**Do you have any big goals for the Scattergood Farm?**

I'd like to fully incorporate our livestock program into our gardening program... add a two acre plot to our gardens and then subdivide our current 4 acres. We could use hogs, chickens, and grazing sheep to build fertility and organic matter. Instead of moving it around with a tractor, the animals could do that for

us... We could have a grazing year, followed by greens, and corn -the things that need a lot of fertility. Then, we could follow it up by another year of vegetables that don't need quite as much fertilization. It would be on a three year rotation.

**How did you become a part of Johnson County Local Food Alliance?**

My awareness started with a Field to Family event several years ago. I remember the featured ingredient of the culinary walk was eggplant... The walk itself was so celebratory, and so tasty. It's hard to imagine why anybody wouldn't want to be a part of it. I also think it is important for retailers to support each other. The organization and its contacts make me feel like I'm not living in a vacuum. It makes me aware of other programs too... like the Local Foods Connection or Practical Farmers of Iowa... What Kurt Friese has done with the Slow Food movement is important too. We're fortunate to be living in Iowa. There are great things going on in our state.

***Classified Ads***

The Classified Ads section of the newsletter is used to promote local connections and commerce. Use it to buy and sell crops, livestock and equipment. Use it to advertise available jobs, internships or volunteer opportunities. Please submit your ads to [mollygallentine@gmail.com](mailto:mollygallentine@gmail.com) by June 1.

## NOTICE

This year's Local Food Summit has been cancelled. But do not worry... this means we will have more time to focus on our Field to Family event this summer! Expect an extravaganza. Details coming soon.

## UPCOMING EVENTS

### **Iowa City Chamber of Commerce:**

#### **SEED: Growing your Business with Social Media**

**Friday Apr 17, 12:00 pm to 1:00 pm**  
**Holiday Inn and Conference Center**  
**1220 1st Avenue, Coralville IA**

Online/social media is quickly overtaking other traditional forms of staying in touch with those who want to hear from you - namely your customers. Nick Westergaard of Westergaard Advertising will share how to harness the power of high-traffic online social outposts such as Facebook, YouTube, and Twitter and feed them relevant updates about your business.

Register by Wednesday, April 15 to [rsvp@iowacityarea.com](mailto:rsvp@iowacityarea.com) (Subject: April SEED Seminar). \$20 registration fee includes lunch.

### **Buy Here Business Fair**

**Thursday Apr 23, 4:00 pm to 7:00 pm**  
**The Holiday Inn & Conference Center**  
**1220 1st Avenue, Coralville IA**

Network with hundreds of attendees at the largest Chamber Business PM of 2009! Enjoy food, drink, games and prizes as you connect to local businesses that can help you Buy Here. Over 50 local businesses will exhibit their goods and services. Free and open to the public.

## VOLUNTEER

### **Local Foods Connection**

A recent post on the LFC blog mentions the need for volunteers. To check it out, visit:

<http://localfoodsconnection.wordpress.com/>

### **Community Youth Leadership Program Committee**

The Community Youth Leadership Program provides an opportunity for local high school students to learn essential leadership skills and become engaged in our community. If you'd like to volunteer your time to help our youth learn how to lead, contact Lorin Ditzler at (319) 337-9637 to ask about joining the planning committee or becoming a session leader.

### **Field to Family**

Johnson County Local Food Alliance is asking for volunteers to assist with the summertime Field to Family event. To learn how you can help, contact JCLFA's Communications Coordinator at: [mollygallentine@gmail.com](mailto:mollygallentine@gmail.com)

## COOKING CLASSES

*All classes mentioned below are held in Coralville, at the New Pioneer Food Coop. To make reservations, contact Stephanie Catlett at 338-9441, ext. 36, or signup online*

**Berry Desserts from Your Yard  
with Birgit and Bob Coffman  
Thurs., April 16, 6-8pm  
\$20/person**

**Artichoke Lovers Party  
with Genie Maybanks  
Tues., April 21, 6-8pm  
\$15/person**

**Capture Wild Yeast and Make  
Fabulous Sourdough  
with Tim Palmer  
Thurs., April 23, 6-8pm  
\$15/person**

**Me, Myself, and I: Fabulous Dinners  
for One  
with Thaddaeus Morlock  
Tues., April 28, 6-8pm  
\$15/person**

**Easy Continental Seafood Favorites  
with Don Otto  
Thurs., April 30, 6-8pm  
\$20/person**

## SUMMER YOUTH CAMPS

### **PFI Camp**

**Wednesday, June 10 – Saturday, June 13.  
Des Moines Y-Camp, 1192 166<sup>th</sup> Dr., Boone.**

Ages: 7-13 / overnight

\*Younger children may apply, as long as they are accompanied by an adult.

Theme: “Not so Creepy Crawlies”

Registration Deadline: TBA

Registration Fee: \$150, \$125 (adults)

For more info, contact Suzi Bernhard at  
(515) 232-5661

### **Youth Leadership Program**

**Monday, June 8 – Saturday, June 13.  
Des Moines Y-Camp, 1192 166<sup>th</sup> Dr., Boone.**

Ages: 14-18 / overnight

This program offers in-depth field-based education, skill building, and career exploration opportunities in sustainable agriculture and ecology-related fields. It also offers training for young adults, to act as camp counselors (note overlap with PFI Camp).

Registration Deadline: TBA

Registration Fee: \$150

For more info, contact Suzi Bernhard at  
(515) 232-5661

### **Family Camp**

**Friday, June 19 – Sunday, June 21.  
Scattergood Friends School, 1951 Delta Ave.  
West Branch.**

Ages: 6-9 / overnight

\*Must be accompanied by an adult.

Parents and kids share dorm rooms and participate in activities, such as games and crafts, during the day.

Registration Deadline: May 15th

Registration Fee: Free

For more info, contact Glenn Singer at [admissions@scattergood.org](mailto:admissions@scattergood.org), or call (319) 643-7485.

## Youth Camp

Friday, June 19 – Sunday, June 21.

Scattergood Friends School, 1951 Delta Ave. West Branch.

Ages: 10-13 / overnight

\*Parent must be on campus.

Campers share rooms, in our other dorm (apart from Family Camp), where our dorm sponsors are charged with their care. Youth Camp kids participate in a separate set of activities, and parents will see them less during the day.

Registration Deadline: TBA

Registration Fee: \$150

For more info, contact Glenn Singer at [admissions@scattergood.org](mailto:admissions@scattergood.org), or call (319) 643-7485.

## Announcement

We are thrilled to announce that, on March 18, 2009, the Johnson County Board of Adjustment voted in favor of Susan Jutz, granting her appeal by a vote of five to none. Thanks to the overwhelming number of people who spoke to colleagues, wrote letters, and attended the public hearing - expressing heartfelt stories to the Board. Susan received more than 80 letters of support,

which helped tell her story. Clearly, it had an impact.

This ruling overturns the Johnson County Planning and Zoning's determination that Susan would need to apply for a Conditional Use Permit, which said, "*for any, and all farm tours, and and your harvest activities party... It appears that you have moved beyond normal agricultural uses into providing some kind of education on site, tourist tours, [...] and special events.*" Susan appealed to the County Board of Adjustment on the grounds that Planning and Zoning's decision was a misinterpretation of the Code - that ZJ Farm's field days, farm tours, and other activities, including the annual harvest event, are consistent with the agricultural uses and activities protected in the Johnson County Unified Development Ordinance. The County Board of Adjustment voted in favor of the appeal.

This ruling represents a major victory for local foods within both the county and state. It also gives a validation to assorted forms of farming and agriculture, including small-scale, diversified farming. With this ruling, Johnson County has lifted a huge burden off the shoulders of farmers, and has shown a public commitment to local food.



## Producer Membership Application

Name: \_\_\_\_\_

Farm Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

County: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Website: \_\_\_\_\_

Business Schedule: \_\_\_\_\_

### Product Categories:

Meat

Poultry/Eggs

Dairy

Fruit/Veggies

Flowers/Herbs

Honey

Christmas Trees

Other

\_\_\_\_\_

**Description of business/products:** (Note: This description will display in BFBL Directory; 25 words max)

\_\_\_\_\_

\_\_\_\_\_

I have enclosed my annual farmer membership fee in the amount of \$50.00.

### JCLFA Membership Agreement

I affirm that my business is located in Johnson or a contiguous county, that I am a food producer and I sell my products locally. I also affirm that I have read the *Ethical Commitments* and *Membership Requirements*, and will strive to realize these *Commitments* and *Requirements* in the day-to-day operation of my farm/business and in my relationship with JCLFA.

\_\_\_\_\_  
Producer Name

\_\_\_\_\_  
Signature

**Make checks payable to:**  
**Johnson County Local Food Alliance**

**Send to:**  
Johnson County Local Food Alliance  
P.O. Box 93  
Iowa City, Iowa 52244-0093

## Food Business Membership Application

Name: \_\_\_\_\_

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Website: \_\_\_\_\_

Business Hours of Operation: \_\_\_\_\_

\_\_\_\_\_

Business Category (Check one):

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| <input type="radio"/> Restaurant    | <input type="radio"/> Institution |
| <input type="radio"/> Grocery Store | <input type="radio"/> Processor   |
| <input type="radio"/> Winery        | <input type="radio"/> Distributor |

General Description of business: (Note: this description will display in BFBL Directory; 40 words max)

\_\_\_\_\_

\_\_\_\_\_

**Restaurant, small** <50 seats \$100 \_\_\_\_\_

**Restaurant, large** >50 seats \$150 \_\_\_\_\_

**Grocery Store, Institution, Processor, Distributor** small \$100 \_\_\_\_\_

**Grocery Store, Institution, Processor, Distributor** medium \$200 \_\_\_\_\_

**Grocery Store, Institution, Processor, Distributor** large \$300 \_\_\_\_\_

**Winery** \$100 \_\_\_\_\_

**Additional Business Location** \$ 50 \_\_\_\_\_

**Extra Listing in BFBL Directory (ie. Catering)** \$ 15 \_\_\_\_\_

**Total** \$ \_\_\_\_\_

I affirm that my business is located in Johnson or a contiguous county, that I have read the *Ethical Commitments* and *Membership Requirements*, and will strive to realize these *Commitments* and *Requirements* in the day to day operation of my business, and in my relationship with the *JCLFA*

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signature

**Please make checks payable to:  
Johnson County Local Food Alliance  
Send to:  
Johnson County Local Food Alliance  
P.O. Box 93  
Iowa City, Iowa 52244-0093**