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Dear Lindsay,

Happy Spring! We're gearing up for some great things this season, with a new website under construction and Local Flavors events already in the works. We've also got plenty of farms still looking to fill their CSAs and a whole bundle of new farms, markets, and restaurants for you to check out this year. We're excited for the year to come and we hope you will join us in making 2014 a great year for the Buy Fresh Buy Local campaign.

Featured Farmer: Prairie City Farmers

By: Molly Gleason

Introducing the new generation of farmer: Andy Heck, Gus Jones, and Sean Coleman.



They didn't grow up on farms. They don't have any interest in row crops. They don't own any land. Heck, you won't even find them in the countryside. But with a budding urban farm in the heart of Springfield, they're bringing farming back to its grass-roots, quite literally, and proving that to be a farmer, the only thing you really need is heart, a little bit of gumption, and of course, a sturdy set of overalls.



Prairie City Farms, tucked behind a daycare and a few commercial businesses, is virtually unseen from the road. You'd never guess that a sprawling, 14 acre lot of land was waiting just out of view. But there it sits, a little piece of country in the middle of a highway jungle. Pulling into the drive feels almost exactly as you would expect one might feel if you walked into an old wardrobe and fell into Narnia...like falling into a different world. For Gus, Andy, and Sean though, this world is very real. In fact, it's been a dream a long time coming. Not being able to enter the farming industry in the typical way, through taking up the family business or inheriting a large piece of land, they've had to carve out their own paths into the field of agriculture.

[Read More](#)

You can find Prairie City Farm selling at Springfield area farmer's markets, so be sure to pop by their table. You can also get your weekly dose of vegetables via a Prairie City Farm CSA. To learn more, visit their [facebook page](#), email at prairiecityfarmllc@gmail.com, or call 217-891-3570

Local Flavors!

The dates are set for our 2014 Local Flavors Events!

Local Flavors is a farm-to-table series connecting Illinois farmers with local restaurants. Participating restaurants will offer a lunch or dinner special highlighting fresh, seasonal, locally produced food.

The series opens new markets for local farmers, gives restaurants an opportunity to experiment with using more local foods, and gives consumers greater access to high-quality, expertly prepared meals featuring the freshest and healthiest local food available. Win-win-win!

One Local Flavors Lunch and one Local Flavors Dinner will be held each month from June through October in each of the following four cities: Bloomington-Normal, Champaign-Urbana, Springfield, and Peoria.



Lunches will be held on the first Tuesday of every month.
Dinners will be held on the third Thursday of every month.

The dates are as follow:

Lunches (First Tuesday)

June 3, 2014

July 1, 2014

August 5, 2014

September 2, 2014

October 7, 2014

Dinners (Third Thursday)

June 19, 2014

July 17, 2014

August 14, 2014

September 18, 2014

October 15,

More information on participating restaurants and menus coming soon!

Would you like to see more local food on menus in your area? Let your favorite restaurants know! Pass on the [Local Flavors Registration](#) form and tell them to Buy Fresh Buy Local.

Happy Hour!

Illinois Stewardship Alliance, sponsors and organizers of the Buy Fresh Buy Local campaign, is celebrating the kickoff of the Old Capitol Farmers' Market in Springfield and our Annual Membership Drive in the best way we know how, with good food, good friends, and good times. Come join us!


Wednesday May 14th, 2014
 Illinois Stewardship Alliance invites you to
Happy Hour
 At J.P. Kelly's
Live & Local Music Food
 Featuring Seasonal Cocktails, Free Appetizers, Sweet Treats, and a Celebrity Farmer Bartender
4:00-7:00
\$5 Cover at the Door

A portion of all proceeds will be donated to ISA


BFBL Welcomes our Newest Members!

The Buy Fresh Buy Local Campaign welcomes its newest members since the start of 2014. Be sure to read all about them on their websites, or even better, go for a visit!

Brighter Life Foods

Lucas and Leslie Turasky
 35797 Orange Road
 Modesto, IL 62667

217-381-2089

www.brighterlifefarms.com

Where we sell: Health food stores, Food Fantasies
 Our mission is to provide Springfield, IL and surrounding areas with wholesome, local, and organic grab-and-go food options, not only to promote the health of our bodies, but also the health of our planet. Absolutely delicious foods, prepared fresh with local and organic ingredients, and packaged in Eco-friendly containers.

Cascade Poultry and Eggs

JoEllen Ghering
 19433 E 800 North Rd
 Fairbury, IL 61739

West of Fairbury on Rt 24 1.5 miles.

815-692-4897

gehring@frontier.com

Where we sell: Farm Stand, CSA, Farmers Market, South Pork Ranch, Central Lean, Kilgus Farmstead

We are a small family farm raising hormone and antibiotic free and cage free poultry and eggs.

Engrained

Andrew Castlebury

1120 Lincolnshire Blvd.

Springfield, IL 62711

Just south of Scheels off of S. McArthur in the new Legacy Pointe Town Center

217-546-3054

info@engrainedbrewing.com

www.engrainedbrewing.com

Tues/Wed: 10 a.m.- 10 p.m. Thurs/Fri/Sat: 10 a.m.- ?(late) Sun/Mon: Closed
Engrained Brewing Company is a one of a kind locally-owned and operated restaurant and brewery located in Springfield, IL. We source from local farms as much as possible and are able to provide a locally based and natural dining experience.

Parkes Family Produce

John Parks

9248 State Route 125

Pleasant Plains, IL 62677

10 miles west of Springfield on Rt. 97/125

217-331-3697

parkesj49@yahoo.com

www.parkesfamilyproduce.com

Where we sell: Farm Stand and Store/Retail

We are a family farm who take pride in producing high quality produce, pork, chicken, eggs, and honey. Our family has been farming for over 100 years. If we don't grow it, we won't sell it.

Prairie City Farm LLC

Andy Heck, Gus Jones, Sean Coleman

312 N. Bruns Ln.

Springfield, IL 62702

217-891-3570

prairiecityfarmllc@gmail.com

<https://www.facebook.com/PrairieCityFarm>

Where we sell: CSA, Old Capitol Farmers' Market, Store/Retail, Restaurant
Prairie City Farm is a unique 14 acre urban farm with a rural feel. We utilize cover cropping, crop rotations, and composting to grow a large assortment of natural/biologically raised flowers, vegetables, and other specialty crops.

Streator Downtown Farmers' Market

Curt Bedei

200 E. Main St.

Streator, IL 61364

Located in the heart of downtown Streator, the market is easily accessible by taking Route 23 South on Park St. or by taking Route 18 West on Main St. We are right on the corner where the two meet.

815-257-6807

sdfarmer@hotmail.com

www.streator.org

9 a.m.- 1 p.m. June through October

The Streator farmers' market provides a direct producer to consumer market opportunity. This includes healthy, local, fresh foods and other hand-crafted items for the community and surrounding area and also encourages commerce and entertainment while promoting agrotourism for the city of Streator.

Sun Singer Wine and Spirits Ltd.

Mark and Jackie Yarbrough

1115 W. Windsor Road

Champaign, IL 61821

217-351-1115

info@sunsingerwines.com

www.sunsingerwines.com

Retail wine, beer, liquor, gifts, and gift baskets available along with a gourmet deli and wine bar café.

Wolf Creek Farm LLC

Deb Flannery

450 450th Ave

Williamsville, IL 62693

219-405-7904

info@wolfcreekfarmllc.com

www.wolfcreekfarmllc.com

Where we sell: Wholesale

Wolf Creek Farms is a wholesale vegetable crops farm using sustainable planting methods and intensive planting procedures to get the most out of our harvest. Our staff is GAP trained and we keep on-farm procedure logs available for safety and sanitation record. We plant per buyer request. This year our crops consist of sweet onions, storage onions, sweetcorn, pumpkins,

squash, gourds, kales, carrots, root crops, greens, beans and more. On-farm visits available by appointment.

Chef-Farmer Mixers



While NCAA basketball may get all the attention, we at Illinois Stewardship Alliance had our own March Madness, hosting four different Chef-Farmer Mixers throughout the month in Peoria, Bloomington-Normal, Springfield, and Champaign-Urbana. Chef-Farmer Mixers are a series of events designed to bring local chefs and local farmers

together for the purpose of creating new partnerships that will promote the use of locally grown food.

With the demand for local food rising, it may seem obvious that more restaurants should want to add locally grown products to their menu. However, for many restaurants it may seem easier or more convenient to purchase produce grown half way around the world and delivered by a distribution company rather than to buy something from a local



farmer in town. Since most distribution companies don't deliver locally grown produce, one-on-one relationships are a key factor in enabling local farmers to sell their produce, meat, cheese, eggs and other products to area restaurants. In total, over 120 chefs and farmers were able to meet, make connections, and strengthen support for our local food systems. Here's what they had to say:

"Keep it up! It was a most enjoyable event and am hoping they continue to grow."

"Great format with informal introductions, panel discussion and plenty of time to mingle."

"Please do more! I felt like it helped me cover a lot of ground, particularly for someone new to the area."

"I met a lot of important folks very quickly. Food and wine were also great."

Illinois Stewardship Alliance will continue to help the local food movement grow in Central Illinois by sponsoring these and other related events, but we need your help as well. Tell your favorite restaurant that you want to see them Buy Fresh Buy Local.

Looking for a CSA?

A CSA, or community supported agriculture, is a great way to show support for local agriculture and to get the freshest, healthiest produce around. CSA members generally pay a farm at the onset of the growing season for a share of the anticipated harvest; once harvesting begins, they receive weekly or monthly shares of vegetables, fruit, and other farm products. Here are just a few CSAs in your area that still have shares available.

Bracket Farms CSA
Bob Brackett
611 W. Union St.
Champaign, IL 61820

We are unique among CSAs in that we offer a wide array of fruit.....rhubarb, strawberries, red and black raspberries, blackberries, blueberries, black currants, gooseberries, seedless grapes, pears, and apples. We also try provide as much variety as possible in our vegetables, not only of different types of veggies, but also of different varieties. This year we will be growing up to around 40 different varieties of (mostly) heirloom cherry/salad tomatoes, as well as regular slicing and paste tomatoes; six different varieties of zucchini and summer squash; various varieties of Italian sweet peppers, and six different varieties of sweet onions; and more. Our "official" season starts the last Tuesday of May and runs for 24 weeks to the first Tuesday of November. After the "official" season is over, we offer an optional post-season to anyone interested in continuing to receive fresh produce on a cash-n-carry, week-by-week basis as long as they're interested and as long as the produce holds out. We usually go through February. We also offer a recipe section on our website and occasionally include a new recipe or hint in our weekly email Brackett-CSA farm report. Learn more at, brackettfarmcsa.com
Phone: [217 898-7638](tel:2178987638).
Email: Brackett-CSA@comcast.net

Dearing Country Farms
Brad and Jackie Dearing
16410 N 800 East Rd
Bloomington, IL 61705

We have both a summer CSA program as well as a winter CSA program. Pickups are weekly and periodically we offer recipes and

cooking tips for our items. Members for the summer season have four options: 1) Produce Only; 2) Chicken & Eggs; 3) Beef & Eggs or 4) Produce, Chicken, Beef and Eggs. We offer herbs, vegetables, fruits, berries and melons for the produce option. A whole or cut-up chicken averaging 3 pounds and a dozen large eggs for the chicken and eggs option. Two pounds of ground beef and a dozen large eggs for the beef and eggs option. Learn more

at dearingcountryfarms.com

Phone: [309-963-4932](tel:309-963-4932)

Email: farms@dearingdesigns.com

Henry's Farm
Henry Brockman
432 Grimm Rd.
Congerville, IL 61729

The Henry's Farm CSA is full for this season, but customers can sign up on the waiting list for 2015 on our [website](#). The CSA is vegetables only. This year the cost was \$413 for a 26-week season. Pick up locations are in Bloomington/Normal, Peoria, Eureka, Morton and on the farm.

Our farm is certified organic and our CSA is entering its 15th year.

Email: henhiroko2@netscape.net.

Prairie City Farms
Andy Heck, Gus Jones, Sean Coleman
312 North Bruns Lane
Springfield, IL 62702

Our farm consists of approximately 14 acres located in the heart of the city of Springfield grown using biological practices. Our CSA members pay for their share in the spring and receive a weekly share of fresh produce every Tuesday evening from 5-7:00 p.m. during the 24 week program. A weekly share consists of an ever changing assortment of six or more types/varieties of produce each week. The cost of a share is \$550.00 for 24 weeks. Pickups will begin Tuesday, June 17th and end November, 25th 2014. We will only be providing full shares, but encourage you to share with a family member or friend if you are interested in a half share. Sean, Gus and Andy look forward to developing a growing relationship with you and your family. Learn more at our [facebook page](#).

Phone: Sean Coleman [217-638-0306](tel:217-638-0306), Gus Jones [217-299-4578](tel:217-299-4578), Andrew

Heck [217-891-3570](tel:217-891-3570)

Email: prairiecityfarmllc@gmail.com

Sally's Fields
Sally McDaniel-Smith, Owner
68 Cottonwood
Chatham, IL 62629

Each week's share will usually include 8 varieties or more, including one "root" (like beet, radish, carrot), one "leaf" (like spinach, lettuce, kale), one "herb" (like basil, dill, cilantro), and one "fruit" (like tomato, squash, pepper). The season lasts from early June through late October. Full shares are \$400 and half shares are \$200. Pick-ups are Sunday evenings on the west side of Springfield (in the parking lot at 997 Clocktower). I am currently full for the season, but additional spaces may become available and the wait list is shorter than usual at the moment. Learn more at www.sallysfields.com

Phone: 217-483-8385

Email: info@sallysfields.com

Spring Bay Farm
Leslie Hiatt
1373 Spring Bay Rd
East Peoria, 61611

We are part of the Good Earth Food Alliance CSA. We do still have some openings. The CSA starts May 17th. Vegetable produce, meat, and egg options are available. To learn more, visit the [Good Earth Food Alliance website](#) or find us on [facebook](#).

Phone: [309-822-9876](tel:309-822-9876)

Triple S Farms
Stan Schutte
3078 County Highway 33
Stewardson, IL 62463

We have our Buyers Club (this is what we call our version of a CSA) set up so that folks can pay a one time fee for membership and we have delivery set up on a monthly basis. We are always accepting new members. We deliver to C-U, Springfield, Decatur, Collinsville, and the Effingham/Olney areas. We offer beef, pork, chicken, and turkey (seasonally). Members get monthly newsletters about happenings on the farm as well as invites to farm events.

Learn more at www.triplesfarms.com, or follow us on [facebook](#) and twitter [@TheFarmer3](#)

Phone: [217-343-4710](tel:217-343-4710)

Email: stan@triplesfarms.com

Short Films on Sustainability that You Don't Want to Miss

PBS Food is currently premiering a fantastic series of online videos called *Know Your Food*. The series, which consists of 3-4 minute short films, aims to introduce consumers to key terms and principles that can help them make more informed decisions about the food they eat.

You've got 3 minutes, I know you do. Check it out [here](#).

Community Supported Agriculture (CSA)
March 11, 2014



Providing Support for pbs.org [Learn More](#)



Quick Recipe Search

PBS Food Newsletter Sign-Up
Email Address

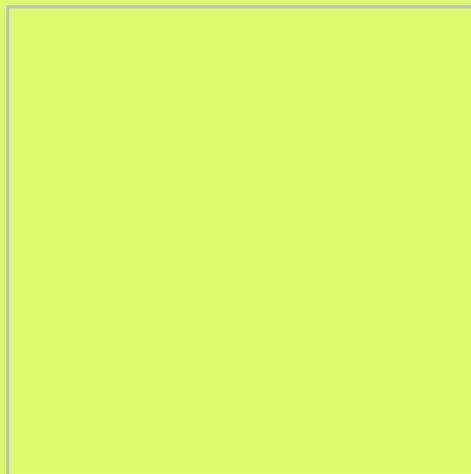
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What if you could buy fresh fruit and vegetables each week, grown by a local farmer? Anne Cure of Cure Organic Farm in Boulder, Colorado explains how CSAs, which stands for

The Land Connection is hiring a Farmland Program Manager

The Farmland Program Manager is a full time, grant funded position. The successful candidate will have connections with Illinois farm families and farming communities, and will do research, programming, outreach, and education around the urgent need to preserve, protect, and enhance farmland, especially as land changes hands.

[Learn More](#)



Will you be our new Farmland Program Manager?

Local Food and Farm Events





To view the full calendar of events, click on the calendar image at left.

4/29 Webinar: "Urban Farms: Commercial Farms or Socially Minded Operations"

Urban agriculture is becoming a more popular all the time in every region of the country. But many questions remain about the viability of urban agriculture as a business. An April 29 webinar "Urban Farms: Commercial Farms or

Socially Minded Operations?" will feature experts from NYU Steinhardt and the National Center for Appropriate Technology addressing new original research into the topic by NYU Steinhardt and NCAT, as well as Penn State. The webinar will take place between 1:00-2:00 p.m.

[Learn More](#)

5/2 and 5/3 Maldaner's Morel Dinner: Springfield

The cost is \$68 for the 5-course dinner, coffee or tea, tax, and gratuity. A vegetarian version will be available both nights. You can make online reservations and payment on our website by clicking the event on the right navigation bar.

[Learn more](#)

5/3 Prairie Fruits Farm and Creamery Brunch

The main dish will be Eggs in Purgatory: eggs poached in organic, heirloom, PFF tomato sauce served with polenta cakes. Other menu items include: Pain Perdu, Virgin Bloody Marys, feta and mushroom tart, locally-made breakfast sausage and a selection of breakfast pastries.

[Learn More](#)

5/2-5/4 Restoration Agriculture Workshop: Paw Paw

Mark Shepard, author of Restoration Agriculture: Real-World Permaculture for Farmers, will lead a Restoration Agriculture workshop at the Paw Paw Community Building He will introduce Restoration Agriculture, which is the practice of imitating natural ecosystems and growing our staple food crops within those systems. The entire workshop is free and open to the public. Pre-registration is required by April 25th.

[Learn More](#)

5/3 Recipe for Success 2014: Chicago

Learn how to find your place in Chicago's food industry and build relationships that will help you start and grow your food business. Share ideas, knowledge, and delicious food with experts and other entrepreneurs.

Saturday, May 3, 9:30am-3:30pm at the University of Chicago Law School. This event is free and open to the public and breakfast and lunch will be served.

[Learn more](#)

5/5 Farm Dreams Workshop: Kankakee Public Library

Have you ever dreamed of starting your own farm business? Farm Dreams is an interactive workshop designed to help you learn what it takes to do just that. Participants meet experienced sustainable farmers, learn about different

successful farm enterprises, and ask questions about the genesis and development of local sustainable farm businesses. Farm Dreams covers resource assessment, goal setting, financial planning, and marketing options.

[Learn More](#)

5/10 Farmland Access Field Day: Heyworth

Come learn about all aspects of farmland access from experts including a soil specialist, attorney, loan officer, and farm appraiser. Get all your farmland questions answered!

[Learn More](#)

5/3 Prairie Fruits Farm and Creamery Brunch

The menu will feature oat waffles with poached farm eggs and creole hollandaise sauce, maple glazed bacon, breakfast strata, carrot cardamom "pop tarts", Virgin Bloody Marys and a selection of baked goodies.

[Learn More](#)

5/10 Illiac Music Festival: Champaign

What's it all about? It's real easy: this is a FREE, outdoor event that is designed to get people out on a Saturday to enjoy Downtown Urbana and all of its offerings. We'll supply the entertainment, the refreshments, and the sunshine, and you provide us with company.

ISA will be tabling at the event, so be sure to stop by!

[Learn More](#)

5/13 Farmland Transitions Roundtable: Champaign

The Land Connection's Roundtables are an easy way to start the important conversation about your farm's future. You will meet others in similar situations, and have a facilitated discussion about what you'd like to see happen with your farmland. We will do some goals clarification, succession self-assessment, and you will have the opportunity to get information and feedback about your farmland situation, and offer feedback to others.

[Learn More](#)

5/13 and 5/14 Water Quality 2014: Food and Water for the Future: Champaign

With a focus on water use in agriculture, the conference will provide a forum for academics, industry, policymakers and other stakeholders to discuss the key concerns and big challenges in future food and water security.

[Learn More](#)

5/14 JP Kelly's ISA Happy Hour: Springfield

ISA is celebrating the kickoff of the Old Capitol Farmers' Market and our Annual Membership Drive with Happy Hour at J.P. Kelly's. Come join us for live music, free local appetizers and treats, seasonal drinks specials, and a celebrity farmer bartender. Happy hour lasts from 4-7:00 p.m. and \$1 of every seasonal drink special purchased will be donated to ISA. You won't want to miss it!

5/15 Grilling Basics Workshop: Springfield

Instructor: Chef Denise Perry. Fee: \$49. Time: 5:30 p.m.

Course Code: CEW 500-55A11

[Learn More](#)

6/2-6/23 Good Agricultural Practices Webinar Series

The U of I Extension will be hosting a Good Agricultural Practices Webinar Series every Monday from June 2- June 23, 2014 from 6:00 p.m. to 8:00 p.m.

The webinar is designed to provide information to growers on how to keep produce safe from production to the market. Pre-registration along with \$15 pre-payment is required by May 26, 2014.

[Learn More](#)

6/2 Farm Dreams Workshop: Danville

Have you ever dreamed of starting your own farm business? Farm Dreams is an interactive workshop designed to help you learn what it takes to do just that.

Participants meet experienced sustainable farmers, learn about different successful farm enterprises, and ask questions about the genesis and development of local sustainable farm businesses. Farm Dreams covers resource assessment, goal setting, financial planning, and marketing options. [Learn More](#)

6/5 Foodie/Wine Trip: Springfield area

Join us on a guided tour to Sangamon Valley Cattle Company, Jubilee Farm, and Danenberger Family Vineyards. Following lunch, enjoy a short wine-blending experience and prepare a bottle to take home. Lunch included. Hosted by:

Lindsay Record, Illinois Stewardship Alliance; Marnie Record, LLCC Workforce Development. Fee: \$74. Register by 5/1/14. Course Code CEW 120-58A

[Learn more](#)

Have an event that should be included on our event lineup? Email Molly at molly@ilstewards.org

2013-2014 Buy Fresh Buy Local Directory Available Now!

Going to a Local Flavors meal is just one way to enjoy the food grown right here in central Illinois. Another way is to buy the vegetables, meat, eggs and fruit directly from the farmers themselves, or visit a new restaurant not participating in Local Flavors. Check out our updated Buy Fresh Buy Local Central Illinois Directory for new farms, new restaurants and new producers in the area.

[Click here](#) to download a PDF of the directory.



Get Involved

Donate

ISA is a non-profit organization. Your donations help us to continue our work in promoting local foods, fair policies, and conservation agriculture.

[Donate Now](#)

Become a Member

Be part of an Alliance of consumers, farmers and other local food system stakeholders working to increase production and consumption of local foods in Illinois

[Learn More](#)

Spread the word!

When you send this email to a friend, like us on Facebook, follow us on Twitter, or connect with us on LinkedIn, you are helping to increase awareness about local food causes in your community. Be a part of the movement and spread the word!



Forward to a Friend

Quick Links

[Buy Fresh Buy Local Central Illinois](#)

[Local Flavors](#)

[ISA Membership](#)

[Buy Fresh Buy Local on Facebook](#)

Happy Spring!

Sincerely,

Molly Gleason

Illinois Stewardship Alliance | 217-528-1563

isa@ilstewards.org | www.ilstewards.org

230 Broadway, Suite 200

Springfield, IL 62701

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