Going Local With Laura

Local food is too seasonal, you say? I think not! I have been "going local" despite the dropping temperature with much thanks to Coffee King Inc. and Caturra Coffee Roasting Company. Sure, the beans aren't grown in Iowa but they are roasted locally! There are many other ways to continue supporting local foods and products by shopping at independent businesses in your community. Plus, call up your favorite vendors from the farmers market! They will let you know what they still have fresh or stored! Here are 3 ways I go local, winter style:

1) locally roasted coffee and espresso
2) hot baths with locally made goat milk soap
3) local meat or wild game in my soup with homemade local artisan bread

These will be sure to keep me warm throughout January!

Flavorful Upcoming Events

Jan. 6-8 Great Plains Vegetable Growers Conference. St. Joseph, MO

Jan. 7-9 Cherokee Jazz and Blues Festival, Cherokee IA

Jan. 13 Prairie Grass Film Challenge, Sioux Center, IA.

Jan. 20 Iowa Local Food and Farm Plan Special Briefing. HyVee Conference Center West Des Moines, 9-10:30 a.m.

Jan. 28-29 Iowa Women in Natural Resources (IWINR) and the Women, Food, and Agriculture (WFAN) joint conference. Clive, IA

Jan. 28-29 "Business and Farm Succession Workshop" Storm Lake, IA. Contact Buena Vista Co. Extension.

Jan. 28-30 University of Okoboji Winter Games, Okoboji, IA

Jan. 29-30 Iowa Fruit and Vegetable Growers Association Annual Conference. Des Moines, IA.

Feb. 4-5 "Business and Farm Succession Workshop" Le Mars, IA. Contact Plymouth Co. Extension.

Feb. 9 Good Ag Practices on the Farm: Implementing Food Safety Practices. Woodbury Co. Extension, Sioux City, IA.

Flavor Highlight: Coffee King, Inc & Caturra Coffee Roasting Company

What does a full-bodied monarch have to do with the largest country in South America? And what happens when you introduce a kind of caliph to Caturra? Well, it's kind of java-gerent-meets-the-café-consort kind of story. The Coffee King meets the coffee queen, and the queen is a regal roast. With all this talk of royalty, you might think you've accidentally stumbled into the wrong kingdom. After all, what is *coffee* doing in a *local food* newsletter in *Iowa*? Joel Lester, Caturra Coffee Roasting Company roastmaster, has the answer. He's your local coffee bean roaster paired with Coffee King, Inc. Featuring fresh hot flavor, grab a cup of joe and read all about the local roast.

Click here for the full scoop.

[Food and Farm Plan](#)

Iowa Legislature 2010 Amendment:

"To the extent feasible, the Leopold Center for Sustainable Agriculture established pursuant to section 266.39 shall prepare a local food and farm plan containing policy and funding recommendations for supporting and expanding local food systems for assessing and overcoming obstacles necessary to increase locally grown food production. The Leopold Center for Sustainable Agriculture shall submit the plan to the general assembly by January 10, 2011. The plan shall include recommendations for short-term and long-term solutions, including but not limited to the enactment of legislation."

Good news! For the past six months the Leopold Center has engaged over 1000 people in 95 of Iowa's 99 counties to get feedback on what should be in the plan. It will be delivered as scheduled. On **Jan. 20** they have arranged a public briefing to provide an overview of the plan, along with brief remarks by legislators, state agency and educational institution representatives, farmers, processors, and buyers of local food.

[YOU ARE WELCOME TO ATTEND THIS EVENT](#)! Following the briefing you are welcome to attend a Regional Food Systems Working Group statewide meeting. See what other regional food organizations across the state are up to! If you are interested, contact LauraKuennen at (712)276-2157 or lkuennen@iastate.edu to carpool.

FLAVORS FEEDBACK, PLEASE!

CLICK!

[Yes, I'll feed back!](#)

Please help Flavors of Northwest Iowa by answering just 15 questions. We want to hear what you think of Flavors efforts so far! Your participation might help us secure funding in 2011 so we can continue to grow our regional network of local food.

Links

to check out

[Flavors of Northwest IA Blog](#)
[Farmers Markets Today Journal](#)
[The Wallace Center](#)
[Family Farmed](#)
[Food Reference.com](#)
[ISU Extension Food Safety Project](#)

Featuring some Iowa Sites:

[Iowa Food and Consumer Safety Bureau](#)
[Iowa Food Coop](#)
[Iowa Wine and Beer](#)
[Iowa Bed and Breakfasts](#)
[Iowa Department of Agriculture and Land Stewardship](#)

Follow Flavors on Twitter...

CLICK!

And like us on Facebook!

CLICK!

Any other questions contact Regional Food Coordinator, Laura Kuennen (712)276-2157 or lkuennen@iastate.edu

Food Safety Workshop: Feb. 9, @ Wilber Aalfs Library, Sioux City

As you know, the food safety law passed by Congress on Dec. 21, 2010 aims to ensure the U.S. food supply is safe by shifting the focus of federal regulators from responding to contamination to preventing it ([FDA](#)). Although the new bill includes some protections and exemptions for small farm operations, food safety is an important topic for all sizes. We have yet to see how the new regulations will affect us, so plan for prevention! **[The Good Agricultural Practices (GAP) and On-Farm Food Safety Workshop](#)** can be your ticket to preparing for new food safety regulation and ensuring food quality on your farm. The training will cover information in microbial risks, food safety culture & the regulatory landscape, production safety issues, and post harvest handling for both organic and conventional farming methods. You will begin documentation of your personal on-farm safety plan and learn about GAP audits SOP's and traceability. To register, contact Woodbury County Extension (712)276-2157 or e-mail lkuennen@iastate.edu.