



Grow
Eat
Play
north iowa



Experience Guide

Share a photo of your experience today on Instagram or Facebook with the hashtag #GrowEatPlay and tag @healthyharvestni!

Text "Play" to 641-210-6008 to receive updates on fun local activities!

  @healthyharvestni

#GrowEatPlay



KEEP AN EYE OUT FOR ALL #GROWEATPLAY LOCATIONS!

Where
will you
go?



We are so happy to see you here!

This guide is like a map that will lead you on your journey... to tantalize your tastebuds and create memories while you grow, eat and play throughout our region.

Whether you enjoy trying new recipes and foods at home or taking your family on fun local adventures, the North Iowa local food scene has a lot to offer— including fresh, seasonal produce, locally raised meat and eggs. There are great ways to enjoy your local food adventure all year long.

Share your memories and photos with our #GrowEatPlay on Instagram and Facebook.

We can't wait to meet you!

The Farmers and Foodies from
Healthy Harvest of North Iowa

Grow
Eat
Play
north iowa



Try a New Recipe

How about finding a new favorite recipe featuring fresh Iowa grown food? You'll find seasonal recipes in our database at healthyharvestni.com/recipes.

How does a Panzanella sound?

Panzanella is usually made with leftover or stale bread and tomatoes. This version highlights all the best flavors of North Iowa in the springtime. Ingredients with an asterisk (*) are available seasonally right here in North Iowa! Click on select ingredients to find them nearby or stop by your local farmer's market.

Find a Spring Panzanella recipe on the opposite page and more recipes for every season at healthyharvestni.com/recipes.



Spring Panzanella Recipe

EQUIPMENT

Oven Jar Large Bowl Knife

INGREDIENTS



1 small red onion* sliced
1 tbsp red wine vinegar
1/4 cup extra virgin olive oil
1½ lbs asparagus* chopped

4 cups croutons from stale bread, hand-torn into 1" pieces. See tips below.



2 cups tender greens* mustard greens, arugula, etc.
¼ cup feta cheese or other crumbly cheese
2 large radishes* thinly sliced
salt + pepper to taste

INSTRUCTIONS

Preheat oven to 350. Prepare the croutons: Using leftover bread (sourdough or other), tear the bread into about 1 inch pieces. Spread the bread pieces on a baking sheet and brush lightly with olive oil. Bake for about 12 minutes, until crisp.

Meanwhile, boil the asparagus in salted water until just tender. Prepare any other vegetables you wish to add. Combine oil, vinegar, and onion in a measuring cup, season to taste with salt + pepper.



In a large bowl, add asparagus, toasted croutons, greens, and cheese. Drizzle with the dressing and gently toss. Garnish with radish. Enjoy!

— Adapted from *Food and Wine*



Find a long-term local food source.



North Iowa offers access to local ingredients year round, including meat, vegetables, dairy, and kitchen essentials. Our Find Local Food database will help you find the farmers, ranchers and businesses that can get the freshest local food on your plate every week.

You can find the database at <https://www.healthyharvestni.com/find>

Try a new ingredient.

You don't have to travel the globe in order to find new to have a culinary adventure. North Iowa offers unique and new ingredients that will help you channel your inner Anthony Bourdain.

How about cooking with locally sourced...

aronia berries

carrot tops

turnip greens

local milk

farm fresh eggs

garbanzo beans

paw-paw

raspberries

ramps or wild leeks

microgreens

bratwurst

culinary spices

Learn more about using local food at

https://www.healthyharvestni.com/using_local_food/





Plan a

Gathering



Gathering Checklist



Recipe(s) featuring locally sourced ingredients (find at healthyharvestni.org)



Placecards featuring the name of each local ingredient (a great conversation starter!)



Ice breaker questions like, "If you were any fruit, which fruit would you be?"



Something sweet from a local bakery or featuring local ingredients, like honey in place of sugar.

Locally sourced beverage(s): Apple cider, beer, wine



A fun game or outdoor activity that helps all guests connect to nature



Grow
eat
play!

north iowa



Head out to the farm for a fun-filled day.



It's time to hop in the car and head out to personally pick ingredients straight from the farm.



Whether it's a fall pumpkin patch photoshoot, apple picking with amazing friends, or the delightfully delicious pound of strawberries for jam, you'll love heading out for a day of farm fresh fun.



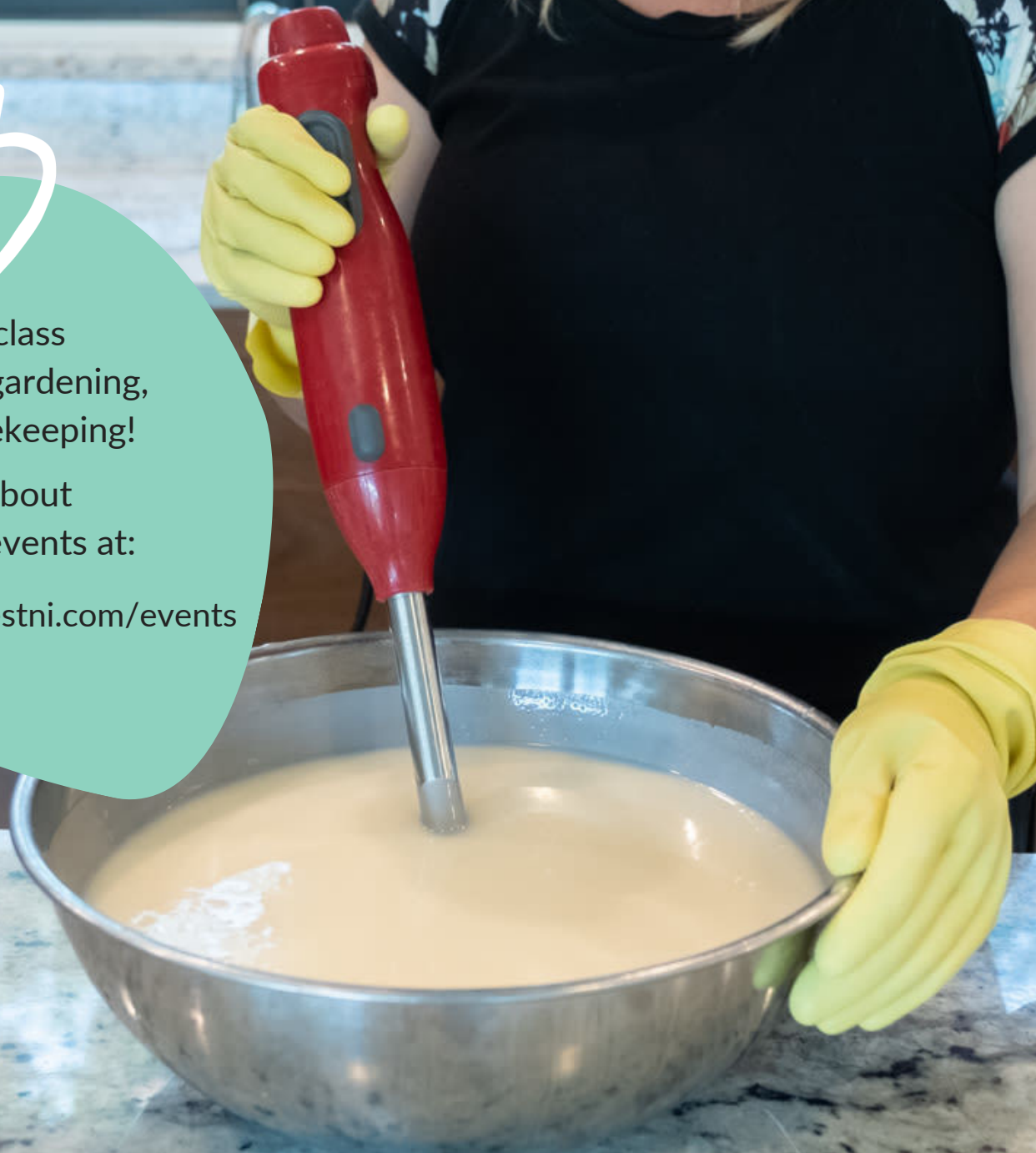
Learn something
new and have
fun!



Take a class
on cooking, gardening,
or even beekeeping!

Learn about
upcoming events at:

healthyharvestni.com/events





Shop at a local store

Seasonal and year-round stores throughout North Iowa offer locally grown food, artisan made products, and unique regional delights. Find a list of North Iowa stores featuring local food at the link below and find your new favorite spot to shop.

www.healthyharvestni.com/find

Start a Garden

Start a garden at your home and enjoy fresh produce all season. Whether you are a seasoned gardener looking to expand or a novice, it's never a bad time to plan a new garden project.



Find resources for starting your own garden at healthyharvestni.com/plant-a-garden