

Spring
2016

THE WALLACE CENTERS OF IOWA

DES MOINES · RURAL ORIENT

BIG AS A BARN NEWS

Enriching Community through Sustainable Food & Civility Initiatives

Women in Leadership Lunches

“Women in Leadership” is this year’s theme of WCI’s annual Leadership and Civility lunch series at the Wallace House. The lunches will be held each Wednesday in April from 11:30 am to 1 pm.

Civility & Leadership Lunches recognize people who demonstrate civility in their personal and professional lives. Each of the four speakers will be sharing her fascinating story as a woman in corporate & private sectors leadership, what inspires her, and what challenges she has faced.

April 6: Christina Moffat

Christina owns Crème Cupcake + Dessert and is the regional director for the Mid Iowa Small Business Development Center. A graduate of DMACC and Iowa State University, Christina is also a Business Record’s 40 Under Forty, and the 2012 Deb Dalziel Woman Entrepreneur Achievement Award.



Christina Moffat

April 13: Lori Vande Krol

After receiving a BS in Mathematics from Iowa State University, Lori worked 13 years as an Actuary and Risk Manager before leaving the corporate world to found Life Made Simple, LLC in 2005. As a certified productivity consultant, Lori helps individuals and businesses implement and



Lori Vande Krol

maintain systems to increase efficiency and effectiveness.

April 20: Jann Freed

Jann Freed, PhD, is a leadership development and change management consultant. She assists organizations and leaders by facilitating vision-based strategic planning and executive coaching.



Jann Freed

These planning efforts help organizations get from where they are to where they want to be. Jann is active at Central Presbyterian Church and a member of the Women’s Leadership Connection of United Way.

April 27: Erin Kiernan

Erin Kiernan anchors the 5, 6 and 10 o’clock newscasts at WHO-TV. In addition, Erin writes and produces many investigative and “13 Cares” reports. The recipient of several regional Edward R. Murrow Awards, Erin earned a national award in 2012. Erin graduated from Drake University with a degree in broadcast journalism.



Erin Kiernan

Participants can attend any or all of the lunches for \$25/person, and reservations are required. Discounts are available for reserving all four programs and for groups of four or more. Contact Deborah Boyer by email at deborahboyer@wallace.org or phone 515.243.7063. Please provide prior notice of any dietary needs. 

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We welcome your comments, suggestions, and relevant news. Contact Ann Taylor at the above address or 515-243-7063. Submissions may be edited.

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Get Your Gardening On

At least one topic for nearly every gardener will be covered at WCI's annual garden workshop at the Henry A. Wallace Country Life Center on Saturday, April 2.

Local and regional experts will provide lots of information on **orchids, shrubs, food preservation, monarchs and milkweed**. Speakers include Gregg Pattison of the U.S. Fisheries & Wildlife Service, Barb Fuller from ISU Extension and Outreach, Barry Laws and Larry Skellenger of Quilted Gardens and Nursery in Des Moines, and Carson Whitlow of Adel.

The \$25 registration fee includes morning refreshments, lunch, handouts, and door prizes. Doors open at 8:15 am, and closing remarks will end the day at 3:30 pm. Five Master Gardener continuing education hours are available. Participants are encouraged to bring gently used gardening books and magazines to swap.

The day's schedule and registration form can be downloaded from the home page of WCI's web site: www.wallace.org. Registrants can also call the Country Life Center at 641-337-5019 and sign up by phone or request a form by mail. Registration is due March 25. ☞



It's always a full house at the annual Garden Workshop at the Country Life Center. This year's day-long event is Saturday, April 2.

Spring into New Recipes

Get up to speed with the newest tastes and latest preparation methods with the help of professional chef Katie Porter. Classes are offered at both the Country Life Center near Orient and the Wallace House in Des Moines. All of the classes start at 5:30 pm, last at least 2 hours, and include dinner and take-home materials. Space is limited to 12 students to ensure individual attention. Cost is \$35/person at the Country Life Center and \$40/person at the Wallace House. Friends, couples and other small groups are welcome.

ICE CREAM

Bored with vanilla and chocolate? Explore some exciting new flavor combinations you can make at home.

April 11 at the Country Life Center • April 18 at the Wallace House

SUMMER PICNIC

Be ready to go in a moment's notice with these fun, fresh and easy dishes.

May 9 at the Country Life Center • May 16 at the Wallace House

Contact Deborah at 515.243.7063 or deborahboyer@wallace.org to reserve your seat. You can also register at www.wallace/events. Class sizes are limited. ☞



Last year's Grilling class was a hit! Chef Katie is teaching brand-new classes this spring.

Tea at Nancy's



Our fun Hearts & Homes Historic Teas kicked off on Friday, March 11 at the Wallace House. Hearts & Homes is offered about once a month or to private groups by reservation. Other dates in 2016 include April 15, May 27, June 10, July 15, September 9, October 14, November 11, and December 9.

“Tea” includes a 3-course meal and a selection of readings pulled from historic issues of Wallace’s Farmer magazine. The 90-minute program begins at 11:30 am. Call 515.243.7063 to reserve. ☞

Fridays at the Farm



The Gathering Barn’s Friday lunches and dinners will open for the season on March 18. Lunch is offered from 11 am to 1 pm, and dinner 5:30 to 8 pm. Under the tutelage of Chef Katie, Amy Sivadge will continue the tradition of farm-fresh cooking. Walk-ins welcome, but reservations recommended.

Friday lunches and dinners are occasionally closed to the public for private events such as wedding receptions, reunions, and other gatherings. Please call 641.337.5019 to check specific dates. ☞

Food for Thought Begins March 17



Food for Thought Dinners return for the season on Thursday, March 17. New this year will be a Chef’s Tasting Table on the first Thursday of each month starting in May. Chef Katie will introduce and serve each course.

This seasonal dining experience begins on St. Patrick’s Day with an Irish-themed menu and discussion. Offered exclusively on Thursday evenings at the Wallace House, a local expert is often on hand to discuss the week’s theme, or conversation started by research-based information posted at each table. Chef Katie will introduce her new **Abundance pickled beets** on March 24, and March 31 is all about **ice cream**. This year’s weekly themes will focus on 2016 food trends. Other weekly topics will be announced asap.

NEW THIS YEAR: Chef Katie will be hosting a Chef’s Tasting Table the first Thursday of every month beginning in May. Katie will introduce and serve a portion of each dish on the night’s menu, and perhaps prepare an additional dish just for the table. The Chef’s Tasting Table will be seated at 7 pm in the Wallace dining room. Price is \$40/person. Limited to 8 people. Smaller groups will be seated together.

Food for Thought reservations are taken every half hour, 5:30 to 8 pm. Iowa wines and beer are available to purchase on-site or bring your own for a small corkage fee. Call 515.243.7063 to book your table. ☞

CSA Subscriptions Strong

WCI now offers more CSA shares than ever before! The Prairie Harvest Community Supported Agriculture program joins subscribers in sharing the risk and bounty of the growing season by purchasing a farm share. Farm managers Mosa and Boone have increased available shares by nearly 40% this year. Shares include Spring (4 weeks), Summer (18 weeks), Fall (5 weeks) and Winter (4 weeks).

Two new locations are being added in 2016: the Winterset Vet Clinic in Winterset, and the Chris Boone home in Indianola. Other pick up locations include the Wallace House in Des Moines, the Country Life Center near Orient, DuPont Pioneer in Johnston, and the Diane Weiland home in Greenfield.

Each week subscribers fill a reusable bag from the week's CSA assortment. Produce such as lettuce, carrots, and radishes are cleaned and bundled into equal amounts. Subscribers select a bundle or designated number from large bins and leave any produce that they don't want. Any leftovers go to food pantries, someone in need or back to the farm to be used in other ways. A share will typically feed 3-4 people. If that's too much, subscribers find a friend, neighbor or co-worker to split the share. Co-subscribers take turns picking up each week's produce or meet to divide it up. Weekly newsletter tips can help preserve the garden's goodness for later use.

The Spring share is expected to start the first week of May (depending upon Mother Nature), and the remaining seasonal shares follow. Don't wait to get your registration in! Spring shares are 1/3 full, and Summer shares are 25% full. Sign up over the phone or request a registration form by calling 515.243.7063. ☞



Spring, Summer, Fall and Winter CSA shares are available at various locations in central and southwest Iowa.

Looking for New Farmers

Individuals interested in practical experience at a sustainable vegetable and fruit production farm are encouraged to apply for an 8, 12 or 15 week Small Farm and Field apprenticeship. Apprenticeships are available beginning in mid-April through November.

Each session will include practical, hands-on experience operating a medium-sized vegetable and fruit production garden using organic farming practices. Activities can include planting seeds, transplanting seedlings, preparing plant beds, direct seeding, weed and insect management, record keeping, planning weekly CSA produce shares, produce harvesting and cleaning, orchard care and harvesting, high tunnel production, and the management and mentoring of seasonal employees.

Apprentices also support WCI farm program activities



Applications for Farm Apprenticeships are available year-round.

and event such as Field Day Demonstrations, CSA deliveries, farmers markets, and working with the WCI Chef to provide produce for menus, events and value-added products. In addition, apprentices will take part in the basics of One Step at a Time, a program that helps producers develop a shelf-stable food product and create a pay-it-forward project that helps others better understand sustainable farming practices.

Apprentices receive a \$1,000 to \$1,500 stipend and on-site housing, plus business plan assistance, portfolio development, and post-apprenticeship assistance.

Contact Diane Weiland, 515.243.7063 (office), 641.745.7322 (cell) or dianeweiland@wallace.org with questions or to apply. ☞

Endowments Available for Planning

Do you know that one of the easiest ways to make a planned gift is through your will or trust? Called a charitable bequest, this type of gift offers these benefits:

- **Simplicity:** Just a few sentences are all that is needed. Your estate planning attorney can find the official bequest language on our web site (www.wallace.org/give).
- **Flexibility:** Because you are not making an immediate gift, you can change your mind at any time.
- **Versatility:** You can structure the bequest to leave a specific items or amount of money, make the gift contingent upon a certain event, or leave a percentage of your estate.
- **Tax Relief:** If your estate is subject to estate tax, your gift is entitled to an estate tax charitable deduction for the gift's full value.

WCI accepts both unrestricted gifts and gifts for specific programs and purposes. Gifts can be directed towards

annual operations or placed into one of two endowment funds at the Community Foundation of Greater Des Moines: 1) The Wallace Centers of Iowa Endowment Fund and 2) The Wallace Centers of Iowa Endow Iowa Fund, which eligible for a 25% Iowa tax credit. These funds distribute a percentage for annual operations which includes community-building educational programs, facility improvements, and staff support.

A planned gift is a thoughtful and easy way to continue the generosity that you've demonstrated throughout your life. If you'd like to talk more about planned giving, please contact Ann Taylor, VP Marketing and Resource Development at 515-243-7063 or anntaylor@wallace.org.

All inquiries are confidential and without any obligation. You should also consult your trusted professionals for legal, financial, insurance, or estate planning advice. WCI staff are not engaged in rendering legal, accounting, or other professional advice. ☞

You're the Key to Our Success

Support from individuals, businesses and foundations help to provide the programs and services that WCI offers the community. Programs such as the Small Farm & Field Apprenticeships and the Real Food Camp for teens rely on contributions to develop, implement and evaluate and to keep them affordable to families and individuals. The maintenance and improvement of our two historic locations also benefit from donor support.

We're fortunate to have contributors from all over the U.S. Donors from Iowa, Florida, New Mexico, California,

Virginia, and Washington, DC realize the value of WCI's work and generously contribute gifts of all sizes.

We'd like to include you in our family of donors this year. It's easy to make a contribution by filling out the form below and sending it with your check. Or you can contact either location and make a contribution by credit card. All members receive invitations to programs and events, regular newsletters and acknowledgement in newsletters and the annual report. Thank you! ☞

Yes, I support The Wallace Centers of Iowa

Name: _____
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_____ Grower (\$50)
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Please help us reduce mailing costs by providing your email address. WCI does not rent or sell its mailing list.

The Wallace Centers of Iowa
 756 16th St., Des Moines, IA 50314

**Credit/debit card donations are also accepted via our web site:
www.wallace.org/give/donate or by phone: 515.243.7063**

Connecting Kids and Food

The Wallace Centers of Iowa is offering **TWO Real Food camps** that will immerse participants into the world of food. Campers take part in fun team building activities, harvesting garden-fresh food, meal preparation, and field trips while learning about a variety of food-related issues such as hunger, food safety, local food systems, and the environment. The camps help build a foundation for students interested in potential careers in agriculture, science, social issues, health and wellness, and conservation.

The **Real Food mini-camp for 11 to 13 year olds** will be held June 20-22, 9 am to 3 pm each day. The camp is based at the Wallace House in Des Moines, but campers will travel on field trips to various locations in central Iowa. Cost is \$95 per camper, which covers all expenses. Register by June 13 at 515.243.7063 or email info@wallace.org. Camp size is limited.

The six-day **Real Food camp for high school students** will begin Sunday afternoon, June 25 and finish Friday afternoon, July 1. Campers will meet at the Wallace House each day and travel on field trips to various locations in southwest and central Iowa. Cost is \$300 per student, with supervised overnight accommodations available for an additional fee. Participants will be selected through a brief application process that looks for potential leaders, problem solvers and students interested in making a difference in their community. Applications are due by May 15 and can be found at www.realfoodcamp.org or by calling Diane Weiland or Ann Taylor at 515-243-7063. ☞



As part of the 2015 Real Food Camp, Eleanor (left) and Elizabeth Gaul do some research on locally-produced foods at the Gateway Market in Des Moines.

Preserve Summer in Jams & Jellies

WCI is partnering with ISU Extension & Outreach to teach Iowans how to **“Preserve the Taste of Summer”** during on-line lessons and a hands-on workshop. The online lessons are already available and the workshop planned for Tuesday, April 26 at the Country Life Center from 5 to 8 pm. On-line registration is required by April 19.

“**Preserve the Taste of Summer** provides the most current USDA-approved food preservation recommendations,” said Barb Fuller, a human sciences specialist in nutrition and wellness with ISU Extension and Outreach. “It’s a great opportunity for anyone 18 or older who is interested in learning safe food preservation techniques. You can participate at the home food preserver level or at professional level.” The home preserver registration is \$35 and covers all eight lessons and one hands-on workshop.

On-line lessons cover overall food safety and several specific topics, including canning basics, canning acid foods, pressure canning low acid foods, and preparing and canning pickled and fermented foods. Lessons also discuss making and preserving fruit spreads, freezing foods, storing frozen and refrigerated foods, and drying foods.

For more information or to register, contact Barb Fuller at 712-789-2449 or bfuller@iastate.edu. ☞



Preserve the Taste of Summer combines on-line classes with a hands-on workshop. The workshop will be held at the Country Life Center on Tuesday, April 26.

Board Visioning



Board members gather at the Wallace House on Feb. 22 to discuss the WCI's next strategic plan.

resource development and succession planning.

This behind-the-scenes work is critical to growing and improving the organization. Staff will analyze the board's input and develop a strategic plan with specific goals, actions, and timelines for the board to review at its quarterly meeting in May. We appreciate their service! 

Many thanks to our great board of directors who gave several hours of their time on Monday, February 22nd, generating ideas and providing direction for a 3-year strategic plan. Working together in small groups, board members were guided through discussions about specific facilities, programs, and the long-term sustainability of the organization including

Annual Report Ready



WCI's 2015 annual report is available electronically at our web site: www.wallace.org/ publications or by sending an email to anntaylor@wallace.org. A limited number of copies are available at both the CouPntry Life Center and Wallace House. You can request that a paper copy be mailed to you by calling 515.243.7063.

The annual report is filled with photos and brief summaries of major programs, staff



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THE WALLACE CENTERS OF IOWA: www.wallace.org

Wallace House : 756 16th Street, Des Moines, IA 50314 • Ph. 515-243-7063
Country Life Center: 2773 290th Street, Orient, IA 50858 • Ph. 641-337-5019

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Jeff Wallace
South Coast Literacy Council

Staff

Diane Weiland
CEO & Program Developer
dianeweiland@wallace.org

Andy Boone
Farm Programs Manager
andyboone@wallace.org

Deborah Boyer
Civility & Leadership Programs Coordinator
deborahboyer@wallace.org

Lissa Kleven
Volunteer Coordinator
lissakleven@wallace.org

Katie Porter
Chef/Food Programs Manager
katieporter@wallace.org

Mosa Shayan
Farm Programs Manager
mosashayan@wallace.org

Amy Sivadge, *Sous Chef*
amysivadge@wallace.org

Lisa Swanson
Program Assistant/Gift Shop Mgr.
lisaswanson@wallace.org

Ann Taylor
VP Marketing & Development
anntaylor@wallace.org

The Wallace Centers of Iowa
756 Sixteenth Street
Des Moines, IA 50314

Phone: 515-243-7063
E-mail: info@wallace.org

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2016 CALENDAR OF EVENTS

THE GATHERING TABLE RESTAURANT @ the Country Life Center
Fridays Lunches & Dinners begin March 18 • 11 am - 1pm • 5:30 pm - 8 pm

CHEF KATIE @ THE WALLACE HOUSE

Thursday evenings "Food for Thought" Dinners: 5:30 - 8 pm by reservation beginning March 17
NEW! Chef's Tasting Table the first Thursday of each month starting May 5

- | | |
|----------|--|
| April 2 | Garden Workshop, all day, CLC • \$25 |
| April 6 | Leadership & Civility Lunch, 11:30 am - 1 pm, WH • \$25 |
| April 11 | Ice Cream Cooking Class, 5:30 - 7:30 pm, CLC • \$35 |
| April 13 | Leadership & Civility Lunch, 11:30 am - 1 pm, WH • \$25 |
| April 15 | Hearts & Homes Historic Teas, 11:30 am - 1 pm, WH • \$22 |
| April 18 | Ice Cream Cooking Class, 5:30 - 7:30 pm, WH • \$40 |
| April 20 | Leadership & Civility Lunch, 11:30 am - 1 pm, WH • \$25 |
| April 27 | Leadership & Civility Lunch, 11:30 am - 1 pm, WH • \$25 |
| May 9 | Summer Picnic Cooking Class, 5:30 - 7:30 pm, CLC • \$35 |
| May 16 | Summer Picnic Cooking Class, 5:30 - 7:30 pm, WH • \$40 |
| May 27 | Hearts & Homes Historic Teas, 11:30 am - 1 pm, WH • \$22 |

CLC: Country Life Center, 2773 190th St., Orient 641-337-5019
WH: Wallace House, 756 16th Street, Des Moines 515-243-7063