

Summer
2016

THE WALLACE CENTERS OF IOWA

DES MOINES • RURAL ORIENT

BIG AS A BARN NEWS

Enriching Community through Sustainable Food & Civility Initiatives

Don't miss special July events



Garden of Quilts

Tuesday, July 19 • 5 pm - 7:30 pm
Country Life Center
\$5/person • supper reservations req.

Quilters from Winterset, Massena, Fontanelle and Creston, and Mt. Ayr will display 75-80 quilts indoors and out during the annual Gardens of Quilts event. Live music will be provided by Jan and Tim Falk of West Des Moines. Stay for supper in the air-conditioned comfort of the Gathering Barn for an additional charge. Chef Amy Sivadge is offering a light menu of tempting entrees and desserts. Make a reservation for supper at 641.337.5019 by July 15.



Soulful Saturday

Saturday, July 23 • 6 pm - 10 pm
Wallace House
\$35/person • reservations required

The Wallace House will be filled with good music and good food during this fundraising event. Des Moines musicians Bill Matykowski and Logan Porter (and maybe a friend or two) will provide live music and harmonies with a variety of original songs, acoustic classics, and Americana. Chef Katie Porter's tasty appetizers and desserts are included in the ticket price. Purchase Iowa wine and beer for an additional charge. Reserve your space at 515.243.7063.

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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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Cooking with Kids • Prairie Exhibit

Thanks to a grant from the Greater Greenfield Community Foundation, kids can learn to cook for FREE at the Country Life Center.



Cooking with Kids

on Monday, July 18 is open to a young people ages 10 to 14 and accompanied by an adult. The focus of the class will be side dishes made with fresh vegetables from the farm. The complete experience will include dinner, recipes and handouts, a garden tour, a take home dish to share with the family, and discussion about the importance of vegetables in a healthy diet.

The class is limited to 8 pairs of participants (16 people total). There is no cost to attend. Class begins at 5:30 pm and lasts about 2 hours. ☞



“Celebrating the Native Prairie” exhibit will be at the Country Life Center Aug. 1 - 5. WCI is hosting a dinner and prairie walk on Aug. 2 to showcase the exhibit.

A traveling exhibit from the Museum of Danish America in Elk Horn, IA will be displayed in the Gathering Barn from August 1 through noon August 5. “Jens Jensen: Celebrating the Native Prairie” follows the career of Jensen, a Danish immigrant who rose

through the ranks of the Chicago Park system to become a pre-eminent park designer. He was an early advocate of conserving native landscapes and using native plants and trees in park and garden design.

On Tuesday, August 2, the exhibit will be coupled with a dinner in the Gathering Barn and a prairie walk. Dinner will be served at 6:30 pm followed by a prairie walk and exhibit viewing. The public is invited for \$15/person. Please make your reservation by calling 641.337.5019.

☞

Get Cookin' this Fall

Get up to speed with the newest tastes and latest preparation methods with the help of professional chef Katie Porter and some new cooking classes. Most classes are offered at both the Country Life Center near Orient and the Wallace House in Des Moines. 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. Friends, couples and other small groups are welcome. Cost is \$35/person at the Country Life Center and \$40/person at the Wallace House, unless otherwise noted.

SLOW COOKED MEATS

Turn tougher and less expensive cuts of meat into tender, delicious main dishes. October 3 at the Country Life Center • October 10 at the Wallace House

VEGETARIAN ENTREES

Use fresh veggies and whole grains to create nutritious, satisfying entrees. November 7 at the Wallace House • November 14 at the Country Life Center.

COOKING WITH KIDS • ONE TIME ONLY!

Learn fun ways to add veggies to your favorites like mac 'n cheese. For ages 10-14, plus one adult must accompany. Special price: \$45/pair.

November 7 at the Wallace House



Chef Katie is offering all-new cooking classes this fall, including one just for kids with an adult.

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. ☞

Connecting Kids and Food

Seven middle school students, ranging from 11 to 13 years old, arrived at the Wallace House last week for the Real Food Mini-Camp. Some of the kids had never visited a farm before. Others, like Gabe Sehmman of Ames, keep pet chickens in their backyard. Being unfamiliar with farming and local produce is not a rare occurrence these days, and it provides an opportunity for The Wallace Centers of Iowa to teach Iowa kids about topics such as food insecurity, local produce, and the effects agriculture has on the environment.

The first day was full of lessons and hard work for the primarily city-dwelling bunch. After they learned where their favorite foods come from, they were off to the Henry A. Wallace Country Life Center to learn more about local produce. The squad was given an informative tour of the farm by CEO and Program Developer, Diane Weiland. For many of the kids, this was the highlight of their first day. Amelia Schneider of Des Moines learned and appreciated “that everything was hand-picked there [the farm], nothing is done by machines”. Following the tour, they were put to work weeding around a few rows of onions. Despite a few reluctant groans, the kids pitched in with a surprising amount of enthusiasm. After lunch, the students talked with Volunteer Coordinator Lissa Kleven about the importance of supporting local produce and participated in an activity that showcased the differences between store-bought and farm-fresh foods. Gabe concluded: “I think fresh tastes better.” Amelia also provided a similar opinion, sharing that she believes “fresh produce is much better than getting it from the other side of the world.” Finally, the crowd gathered outside for an intense and strategic game of checkers on the farm’s life-sized checker board.

When the group arrived the next morning, there were noticeably more smiles and friendly chatter. Day 2 began with discussion about food insecurity in Iowa and around the world. Mary Ann Wilkerson of West Des Moines recalled, “I learned a lot about how some kids in other countries are most affected by poverty and hunger.” Campers visited the World Food Prize, and learned about the accomplishments of Nobel Prize winner Dr. Norman Borlaug, and Henry A. Wallace’s contributions to agriculture. Mary commented, “There was a lot of new things to learn all around.” Following lunch, they sorted and packed donated food items at the Des Moines Area Religious Council’s (DMARC) food warehouse. Despite the few crowded areas, Amelia was surprised that volunteering at DMARC “was super easy and went by super fast.” Mary agreed, “It feels good to feel like you’re helping other people that need it.”

On Day 3, the campers gathered in the Wallace House to learn how human actions impact the environment, including conditions such as overpopulation, drought, and livestock waste. Watching the IMAX film “A Beautiful Planet” at the Science Center of Iowa reinforced some of the topics discussed earlier. Chef Katie Porter involved everyone in preparing lunch at the Wallace House, and led the group in a discussion about careers related to food. After a yoga session on the front porch, the campers heard from two students from last year’s Real Food camp. Elizabeth and Eleanor Gaul started Two Sisters Baking a few years ago. They explained how they sell cookies and brownies to earn extra money, and gave samples of their spicy molasses cookies. The camp finished with some reflection and evaluation. Jacob from Ankeny wrote, “I thought it was really fun to volunteer at DMARC. It was also really cool to see the farm and some organic methods in action.”



As part of the 2016 Real Food Camp, students get their hands in the dirt.



Everyone enjoyed volunteering at DMARC’s food pantry.



Chef Katie supervised lunch preparations and discussed careers in food.

ITA supports CSA subscriptions

WCI is delivering 22 Community Supported Agriculture Summer shares to ITA Group in West Des Moines every Wednesday during June, July, August and September. In January 2016, the West Des Moines company was looking for an organization or farmer who could supply CSA subscriptions as part of a wellness effort for employees. ITA staff contacted Eat Greater Des Moines for recommendations. One of those recommendations was The Wallace Centers of Iowa. CEO Diane Weiland met with ITA staff to discuss the type and amount of produce available each week, delivery and pick up times, and other details.

Subscribers have been excited at each delivery, commenting about the array of fruits and vegetables, the beautiful colors, and the variety of produce selection. "I had no idea you could use that part of the garlic but I tried it and I love the flavor." Another person expressed appreciation for getting beets again. "I love the beets. I roast them and then cube them. I have used the beets on salads and with quinoa.

A few weeks after starting the 18-week Summer Share, ITA staff contacted WCI about extending the arrangement into the Fall and Winter share seasons. WCI is reserving 20 subscriptions for each season for ITA Group employees until mid-July and will continue to drop off at the company on Wednesdays through December.

Even if you don't work at ITA, CSA subscriptions are still available for Fall and Winter shares. Don't wait to get your registration in! Sign up over the phone or request a registration form by calling 515.243.7063. 



Employees at ITA Group in West Des Moines are picking up fresh WCI produce each week right at the workplace.

Apprenticeship is a transition

WCI's Small Farm and Field Apprenticeship is helping Dianne Siasoco transition to a new job. Formerly the Education and Volunteer Program Manager for EMBARC, a non-profit agency in Des Moines that helps refugees from Burma, Dianne's position was cut in May. Her love of the outdoors and a quick on-line search prompted her to explore the apprenticeship program at WCI. Although she's only been on the job for a week, Dianne has already harvested and packaged CSA produce and helped lead the Real Food mini-camp. "I love teaching middle school," she commented. "And I think it's good to start teaching about agriculture at the middle school age." Dianne is looking for a position that combines her love of teaching after-school programs with the outdoors.

Individuals interested in practical experience at a sustainable produce production farm are encouraged to



Farm Apprentice Dianne Siasoco (left) works in the garden with a Real Food camp student.

apply for an 8, 12 or 15 week session anytime from April through November. Each session includes practical, hands-on experience using organic practices.

Apprentices support WCI farm program activities and events 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 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. 

Plan Your Legacy

You can continue giving to your favorite causes even after your lifetime. Charitable bequests offer 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 item 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 are eligible for a 25% Iowa tax credit. These funds distribute a percentage for annual operations which include 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 like you 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 for 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 the annual report. You can also choose to remain anonymous. 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**

Tea at Nancy's



The Hearts and Homes column in Wallaces' Farmer was edited by Nancy Cantwell Wallace from 1895 to 1909. Exerpts from the column are used in the Hearts and Homes Historic Tea program.

We've had a great time this year during our Hearts & Homes programs, hosting more than 100 people so far this year. Offered about once a month or to private groups by reservation, Hearts and Homes is a 90-minute program with a three-course lunch spotlighting the fresh fruits and veggies grown at the Country Life Center. In between courses, thought-provoking exerpts are read from the popular women's column edited by Nancy

Cantwell Wallace in Wallaces' Farmer magazine.

Join us during one or more of the remaining Fridays in 2016: July 15, September 9, October 14, November 11, and December 9 at the Wallace House. Got a group? We can reserve a date just for your gathering and customize the menu and program. Cost per person is \$22. Call 515.243.7063 to reserve your seat. ☞

Fridays at the Farm



What could be better than eating a delicious meal just steps away from where the food was grown? On the grounds of the Country Life Center, the Gathering Barn's Friday lunches and dinners are truly a farm to table experience. Lunches are offered from 11 am to 1 pm, and dinner 5:30 to 8 pm. Walk-ins welcome, but reservations are strongly recommended, especially for evening dining. Live music is offered every Friday night.

The Gathering Barn occasionally closes to the public for private events such as wedding receptions, reunions, and other gatherings. Please call 641.337.5019 to check specific dates. ☞

Hot Seats: Chef's Table popular



The Chef's Tasting Table is becoming very popular during Thursday night dining at the Wallace House. Held at 7 pm for up to 8 people, Chef Katie introduces and serves a portion of each dish on the night's menu. Regularly offered on the first Thursday night of each month, it can also be reserved on other Thursday nights if available.

New to the weekly Wallace House dining experience is the Chef's Tasting Table. Offered the first Thursday night of each month (and also by request when available), the Tasting Table eliminates the need for diners to choose from Chef Katie's delicious menu. Instead, diners get a portion of all the menu items, and perhaps a special dish or two. Chef Katie introduces and serves each dish, and engages in table conversation. The Chef's Tasting Table is seated at 7 pm in the Wallace dining room. Price is \$40/person. Limited to 8 people (10-12 if one group). Smaller groups are seated together.

Besides the Chef's Tasting Table, Thursday night 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. ☞

Evening on the Prairie

The rain held off for WCI's first Evening on the Prairie event on Friday, June 3 at the Country Life Center. Musicians Dan Holtse, Don Reineke, and Jason Reed provided live music. Chefs Katie and Amy and crew prepared a delicious buffet of food. Mosa Shayan and Andy Boone, Farm Programs Managers, escorted attendees through the gardens. Volunteers Jan Knock and Bob Benson helped with ticket sales and wine tasting. A great time!



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E-mail: info@wallace.org

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2016 CALENDAR OF EVENTS

THE GATHERING TABLE RESTAURANT @ the Country Life Center
Fridays Lunches & Dinners • 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
NEW! Chef's Tasting Table the first Thursday of each month

- | | |
|-----------|--|
| 7.14 | Canning workshop, CLC • led by Barb Fuller, ISU Extension, 712.789.2449 |
| 7.15 | Hearts & Homes Tea, WH, 11:30 am - 1pm • \$22/person • reservations required |
| 7.18 | Cooking with Kids culinary class, CLC, 5:30 pm • FREE (space limited) |
| 7.19 | Gardens of Quilts, CLC, 5 pm to 7:30 pm • \$5/person • supper reservations req. |
| 7.23 | Soulful Saturday fundraiser, WH, 6 pm to 10 pm • \$35/person • reservations req. |
| 8.1 - 8.5 | Jens Jensen: Celebrating the Native Prairie exhibit, CLC |
| 8.2 | Jens Jensen Exhibit Dinner & Prairie Walk, CLC, 6:30 pm • \$15 • reservations req. |
| 9.16-17 | Sherman Hill Historic Tour of Homes, WH, 10 am - 4 pm daily, tickets required |
| 9.23-24 | Sherman Hill Historic Tour of Homes, WH, 10 am - 4 pm daily, tickets required |

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