

THE WALLACE CENTERS OF IOWA

DES MOINES · RURAL ORIENT

BIG AS A BARN NEWS

Fall
2017

Enriching Community through Sustainable Food & Civility Initiatives

Leadership Lunches return

“Being the Change: Women Taking Action” is the focus of the fall women’s leadership lunch series at the Wallace House, 756 16th Street, Des Moines. Each program will feature a speaker from the Des Moines area explaining how she identified a need and stepped up to create change.



Lunches take place from 11:30 am to 1 pm. Scheduled speakers include:

November 1: Deidre DeJear, program director of Financial Capability and host of The Financial Fix cable TV show.

A native of Mississippi, DeJear lived in Tulsa, Oklahoma before moving to Des Moines. While at Bankers Trust, she worked with community marketing partnerships such as the Iowa State Fair, the Iowa Cubs and Latino Heritage Festival. In addition to her work in financial education and asset building for low and moderate income families, she owns Caleo Enterprises.



November 8: Kellie Markey, founder and executive director of Dorothy’s House, a safe house for girls who are survivors of trafficking and exploitation.

Markey is a Des Moines native and graduate of Dowling Catholic and Central College. She spent most of her career as a marketing executive in Chicago and California, including 5 years at eBay as VP Global Marketing and International Development.



November 15: Emily Price, executive director of Healthy Birth Day and Count the Kicks, a public health campaign for expectant moms. In just five years, Count the Kicks has lowered Iowa’s stillborn rate by 26%. In the summer of 2017, the free Count the Kicks app

is credited with saving 3 babies in Iowa and Nebraska.

The lunch and learn programs provide inspiration from area leaders, greater awareness and understanding of current issues in our community, and connection to local resources. Past programs have addressed cultural diversity, leadership skills and civility.

Cost for each lunch is \$20 per person, or \$50 for all three lunches. Reservations are required and can be made by calling Deborah Boyer at 515.243.7063 or emailing deborahboyer@wallace.org. Please provide information about dietary restrictions in advance.

Volume 11, Issue 3—Ann Taylor, editor
Big As A Barn News is published quarterly by The Wallace Centers of Iowa, 756 16th Street, Des Moines, IA 50314

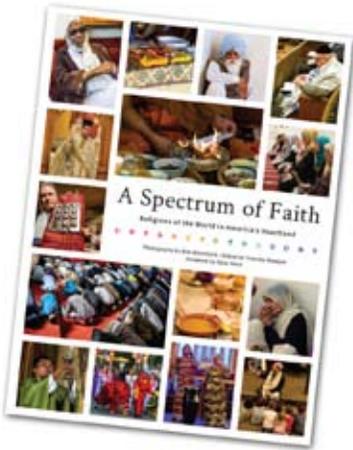
POSTMASTER: Send address changes to The Wallace Centers of Iowa, 756 16th Street, Des Moines, IA 50314.

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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A Spectrum of Faith dialogue Nov. 2



“A Spectrum of Faith” is the Dialogue Dinner topic at the Wallace House on Thursday, November 2 at 6 pm. Writers from the Drake Community Press will speak and engage in discussion about their 2017 book, *“A Spectrum of Faith”*, which is a collaborative effort between students and members of 15 different religious traditions in the Des Moines community. The goal of the publication is to make Iowans more aware of religious diversity in the state.

The program will include a short presentation about the book from Drake University faculty Carol Spaulding-Kruse and Tim Knepper. Table discussion follows, led by Drake students who researched and wrote essays. A sample of photos from the publication, taken by photographer Bob Blanchard, will be on display. After the discussion, copies of “A Spectrum of Faith” will be for sale. All proceeds from the book support the Des Moines Area Religious Council’s Food Pantry Network.

WCI’s Dialogue Dinner program engages community residents with local experts, builds greater awareness and understanding of current issues in our community, and inspires further action. Cost for the dinner and program is \$20/person. Reservations are required and can be made by calling Deborah Boyer at 515.243.7063. Please provide information about dietary restrictions in advance. ☞

winter CSA • farm to table meals



Garden-fresh vegetables in the winter? YES! Thanks to the four high tunnel hoop houses and WCI’s amazing farm staff, we can offer all FOUR seasons of Community Supported Agriculture. In addition to the heavy crops such as winter squash, sweet potatoes and onions, leafy greens will be coming out of the hoop houses. If you’ve always wanted to subscribe, now is the time. The 5-week winter share begins Tuesday, November 14 with pick up at the Wallace House, Country Life Center, Pioneer in Johnston, and the Weiland home in Greenfield. Cost is \$160, which includes a weekly newsletter with easy recipes and storage tips. Call us right away to register: 515.243.7063, and plan on Iowa-grown produce on your holiday table. ☞



You’ve got just a few more chances to partake of Chef Katie’s farm-to-table meals before 2017 ends. She’ll be cooking two locally-sourced meals before selected Hoyt Sherman Place events and one more seasonal dinner. All of meals will be served at Wallace House. Dinner is \$48/person, brunch \$30/person. Gratuity included. Don’t have event tickets? Come anyway!

November 18: Tower of Power, 5:30 seating
December 7: Seasonal Dinner, 6:30 pm seating
December 10: Nutcracker Brunch, 11 am seating

Seating is community-style with limited private tables. Bring your own wine or beer—we have corkscrews and glasses. Find out more details by calling Deborah at 515.243.7063. ☞

holiday boutique Nov. 16-18

Make your list and check it twice before traveling to the annual Holiday Boutique at the Country Life Center on Thursday, Friday and Saturday, November 16 – 18. The boutique's trademark is one-of-a-kind products hand-crafted by southern Iowa artists. Of special note: Friends of the Orient-Macksburg library will again offer homemade candy. Caramels, fudge, turtles and other sweets are packaged into half-pound and one-pound gift boxes.

Hours are 4 to 8 pm on Thursday, 10 am to 8 pm on Friday and 9 am to noon on Saturday. Shoppers can stay for dinner on Thursday night from 5 pm to 7 pm. Lunch will be served on Friday from 11 am to 1 pm and dinner from 5:30 pm to 8 pm. Reservations are highly recommended for all meals.

“We have a wonderful eclectic mix of seasonal and gift ideas,” commented Lisa Swanson, Gift Shop Manager. “Several new artisans have brought some different and exciting items. The shop is filled with many ‘one-of-a-kind’ gifts and accessories.”

The boutique is an off-shoot of the Center's gift shop, which offers a selection of Iowa products year-round. Gift items include pottery, handcrafted jewelry, wildlife photos, hand-knitted items, specialty foods, woven rugs, and primitive art. Along with the handmade gifts, the Center also stocks an array of Iowa wines. Ninety percent of the shop's inventory is produced by local artists. 🌿



Handmade wool rugs by Nathan Hamilton are just a few of the unique gift items at the Holiday Boutique.

cooking up a storm • come to tea

Cooking classes this fall have been going like hotcakes! Several of Katie and Amy's classes have wait lists, and we've even added a second Hearty Winter Meal in January.

Here's the latest at the Wallace House:

Nov. 6 - Holiday Appetizers & Decorating Tips (wait list)

Dec. 4 - Hearty Winter Meals (wait list)

Jan. 22 - Hearty Winter Meals

At the Country Life Center:

Nov. 14 - Thanksgiving Appetizer and Side

Classes start at 5:30 pm, are 2+ hours long and include dinner and handouts. Cost is \$40/person at the Wallace House and \$35/person at the Country Life Center.

Can't make one of our scheduled classes? Book your own with a minimum of 10 people. Something memorable and different for holiday parties, bridal showers, and other get-togethers. Call 515.243.7063. 🌿

Hearts and Homes Historic Teas at the Wallace House include a program of readings from the women's column in Wallaces' Farmer. “Tea” includes a 3-course meal, all the tea you can drink, and great conversation. The program begins at 11:30 am and usually wraps up around 1 pm.



We'll put small groups together for open teas on November 17, December 8, and December 15. We always have seasonal decorations on the front porch and first floor. You can also schedule private teas for 12 or more guests. Call 515.243.7063 to find out more information or to reserve your seat.

Each program is just a little bit different, reflecting the season and other timely topics. A program for a private group can be customized to fit your interests. 🌿

holiday parties • one day market

A dinner party with co-workers...a family buffet...hors d'oeuvres with friends...a dessert reception...all kinds of get-togethers are welcome at both the Country Life Center and the Wallace House, and we especially invite holiday gatherings.

At the **COUNTRY LIFE CENTER**, the Barn's first floor Gathering Room accommodates up to 70 seated at round and rectangle tables or up to 80 theatre-style. The upstairs meeting room seats 40 at tables. Rental space at the **WALLACE HOUSE** includes front porch, dining room, two parlors and library, and accommodates 60 at a standing reception or up to 40 for a sit down meal.

Menus are designed by Chef Amy and Chef Katie to highlight local and seasonal ingredients, especially the produce grown at the Country Life Center. Special menu requests can also be priced. At the Country Life Center, Lisa will be happy to help you plan your event. You can contact Deborah to make arrangements for reserving the Wallace House. 🌿

Stop by the Wallace House on Saturday, December 9 and let us take care of that shopping list for you!

We'll have a great selection of handcrafted items from Iowa artisans such as pottery, jewelry, rugs, wooden bowls, handmade soaps, and walking sticks—all brought to Des Moines from the gift shop at the Country Life Center. Don't forget our specialty items like Chef Katie's Abundance apple butter and flavored salts. We'll also have some books on hand such as *Nancy Cantwell Wallace: Victorian Matriarch* by Des Moines author Virginia Wadsley.

Gift certificates for any of WCI's programs and services such as the CSA and farm to table dinners will also be available. Hours are 9 am to 1 pm—one day only! 🌿



full house for food biz class

Fifteen fledgling food entrepreneurs packed the Wallace House on October 11 to learn how to create a successful food business from a regional expert. Hosted by WCI and the Iowa Valley RC & D, "*Starting Off Right*" welcomed food consultant Jesse Singerman from Norway, IA for a one-day training. Entrepreneurs with a delicious idea learned about developing a business plan, feasibility, produce pricing and business finance. Attendees also met with local officials and area professionals for insight into available resources, as well as fellow beginning food entrepreneurs.



Starting Off Right is the training arm of the Iowa Kitchen Connect initiative that is run by Iowa Valley RC&D, based in Amana, IA. In addition to providing resources and technical assistance for food entrepreneurs, Iowa Kitchen Connect manages iowakitchenconnect.com, an online portal where entrepreneurs can find rentable commercial kitchen space across Iowa (including WCI's Mickle Center Shared Use Community Kitchen).

Jesse Singerman has 35 years of experience in distribution, retail grocery and the natural and organic products industry. She has held a number of industry leadership positions, including serving as President and CEO of Blooming Prairie Warehouse, a major natural products distributor, for more than 20 years. She also served as the Director of Natural and Organic Food for Roundy's Supermarkets, and currently operates Prairie Ventures LLC, a consulting firm focused on business growth strategies. She works extensively in the area of distribution and local food systems. 🌿

WCI donates • rain, rain, go away



On September 18, Cross Ministries in Des Moines sent volunteer Jim over to the Wallace House to pick up extra apples grown at the Country Life Center. “The clients at the food pantry love your apples,” texted volunteer Joyce. “So anytime you have an abundance, let me know. Thank you so much.” WCI donated about 960 pounds this year to this important ministry. ☘



Beautiful quilts, great live music, fun games, delicious food, and fantastic products from local vendors—what more could you want for a fall festival and quilt show? Better weather! It rained nearly all day at the October 7 festival, discouraging the expected crowds and dampening spirits. Everything else was perfect, including the newly renovated display space in the Gathering Barn for the quilt show (above). ☘

volunteers + donation = FCS help

A great team of 23 volunteers from Farm Credit Services in Perry, IA traveled to the Country Life Center September 15 to clean and sort a MOUNTAIN of garlic. More than 1,200 pounds of garlic bulbs were sorted into large, medium and small categories. The large bulbs were later sold as seed garlic to Iowa farmers at One Farm, Fowler Farm, Echo Lective, Raccoon Forks Farm, Swallow’s Nest and Fat Pasture Farm.

After a hard morning’s work Chef Amy and her crew treated the volunteers to lunch in the Gathering Barn with lasagna, garden salad, and apple cake. “Our team had a great experience at the Wallace Country Life Center,” emailed Bryce Fuhrman, Insurance Officer. “The staff was excellent and the lunch was outstanding. For volunteering there, we get to donate money as well, based on the number of people we had there.”

So in addition to the hands-on volunteer work from their staff, Farm Credit Services of America matches their hours of service with a cash donation to the non-profit. Bryce stopped at the Wallace House on October 12 with a \$1,000 check. Our sincere thanks to FCS America for all their support! ☘



Twenty-three volunteers from Farm Credit Services of America in Perry, IA worked an entire day sorting garlic at the Country Life Center.

how you can help WCI

We're often asked when guests are touring our locations, "What do you need?" The short answer is "SUPPORT," which can be through all kinds of ways: participating in programs, sharing WCI news with friends and family, in-kind donations, and financial donations.

Financial contributions are particularly helpful, and gifts of all sizes are welcome:

- **Annual Membership Contributions** are used for general operating support.
- Gifts to one of two **Endowment Funds** provide long-term support through yearly distributions.
- Contributions can also be directed toward specific projects (whole or in part) such as these **Current Needs**:

- Purchase a belly mower attachment for the John Deere tractor. Estimated cost - \$4,300
- Improve the roof on the farm house addition – When there is wind and rain, the water does not run off the roof, but seeps underneath the shake shingles. An architect assessed the damage and concluded that the roof does not have a high enough pitch. Estimated costs to redo roof and interior ceiling of the addition - \$4,400
- Select, research and develop artifacts for educational displays at both locations. It's important to share artifacts with the public and provide interesting historic information and context. Estimated cost - \$2,800
- Improve the floor and door in the Gathering Barn kitchen. Unfortunately, the exterior threshold slopes inward. When the rain and wind are from the east, water seeps under the door. Several carpenters have tried to repair it, but without removing and replacing the concrete it continues to be a problem. New concrete is needed for a permanent solution. Estimated cost - \$5,600
- Keeping up with orchard work continues to be a challenge. An abundant apple harvest requires daily picking and sorting of apples. One person dedicated to the orchard would allow for the planting of additional pear and peach trees, blueberries and rhubarb. A person focused on trimming, mowing, applying Surround WP (an approved organic product to protect apple trees from codling moth) at the optimal time will improve yield. Estimated cost - \$9,375 per year
- Install new Wallace House basement furnace. Replacing the heating and cooling system for the basement and first floor will improve energy efficiency and reduce utility bills. Estimated cost - \$4,000

If you'd like to contribute towards any of these Current Needs or to annual or long-term operations, please mail this form or contact Ann Taylor (515.243.7063, anntaylor@wallace.org) with any questions.

Yes, I support The Wallace Centers of Iowa

Name: _____

Address: _____

City, State: _____

Zip: _____

Phone: _____

Email: _____

Please help us reduce mailing costs by providing your email address. WCI does not rent or sell its mailing list.

Annual Membership levels:

- _____ Grower (\$50)
- _____ Believer (\$100)
- _____ Thinker (\$250)
- _____ Innovator (\$500)
- _____ Dreamer (\$1,000+)

Current Needs:

_____ I'd like to help with _____
with a gift of this amount \$ _____

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

WCI partner honored



Dr. Kathleen Delate (right) discusses her research at the Neely-Kinyon Farm with Diane Weiland (center) and two

her research trials, the latest being a three-year trial on cover crops for growing vegetables.

Dr. Delate is a Professor at Iowa State University with a joint position between the departments of Horticulture and Agronomy, where she is responsible for research, extension and teaching organic agriculture. She was awarded the first faculty position in Organic Agriculture at a land-grant university in the United States in 1997. She has a B.S. in Agronomy and an M.S. in Horticulture from the University of Florida, and a Ph.D. in Agricultural Ecology from the University of California-Berkeley. She has farmed organically in Iowa, California, Florida and Hawaii. In 2014 she spent her sabbatical studying organic farming in Italy with a few of their 48,000 organic farmers.

Other ways that WCI and Dr. Delate have collaborated:

- Each year since 2002 WCI has helped with the annual Field Day at the Neely-Kinyon Research Farm south of Greenfield (where Dr. Delate does a portion of her research) by providing garden vegetables and dessert for the Field Day dinner. WCI has also done some programming for the Field Day.
- Dr. Delate gives tours tailored to young people participating in WCI programs such as the Real Soil Real Food program. These tours have included hands-on activities such as bug sweeps.
- Dr. Delate always invites the HAW Country Life Center to her annual Neely-Kinyon Livestock Advisory Meeting. These meetings have sometimes been held at the Country Life Center as well. 🌱



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THE WALLACE CENTERS OF IOWA: www.wallace.org

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RETURN SERVICE REQUESTED

HELP US GO GREEN!

Send us your email address

& receive a shorter monthly e-newsletter

2017 CALENDAR OF EVENTS

THE GATHERING TABLE RESTAURANT @ the Country Life Center

Fridays Lunches & Dinners • 11 am - 1pm • 5:30 pm - 8 pm, through December 15

closed occasionally for private events; please call ahead

CHEF KATIE @ THE WALLACE HOUSE

Seasonal Farm to Table Dinners: Thursday, December 7

live music • \$48/person • gratuity included • call for reservations

currently Community Supported Agriculture delivered on Tuesdays thru December 12

- 11.1 Women's Leadership Lunch, WH, 11:30 am - 1 pm, \$20
- 11.2 "A Spectrum of Faith" Dialogue Dinner, WH, 6 pm, \$20
- 11.6 Cooking Class: Holiday Appetizers & Decorating Tips, WH, 5:30 pm, \$40 (wait list)
- 11.8 Women's Leadership Lunch, WH, 11:30 am - 1 pm, \$20
- 11.14 Cooking Class: Thanksgiving Appetizer & Side: CLC, 5:30 pm, \$35
- 11.15 Women's Leadership Lunch, WH, 11:30 am - 1 pm, \$20
- 11.16-18 Holiday Boutique, CLC Th 4-8 pm, F 10 am-8 pm, S 9 am - noon
- 12.4 Cooking Class: Hearty Winter Meals, WH, 5:30 pm, \$40 (wait list)
- 12.8 Hearts & Homes Tea, WH, 11:30 am - 1 pm, \$22
- 12.15 Hearts & Homes Tea, WH, 11:30 am - 1 pm, \$22

CLC: Country Life Center, 2773 190th St., Orient 641-337-5019

WH: Wallace House, 756 16th Street, Des Moines 515-243-7063