

Comfort Foods

TASTY STOPS HIGHLIGHT THE HEARTLAND

BY PAULA AVEN GLADYCH

Every state in America's Heartland has its own signature dishes or culinary experiences that are a must-try for group visitors, from creations made with fresh ingredients to regional wines and famous fare such as deep-dish pizza or Chicago-style hot dogs. Here are five Heartland locations that are happy to give groups a taste of popular local foods and farm-fresh favorites.

Wallace Centers of Iowa Orient, Iowa

Wallace Centers features two locations: a historic house in the Sherman Hill Neighborhood of Des Moines and the Farm, a 40-acre property near the small town of Orient. The farm is part of the Wallace family's original 160-acre spread and is the birthplace of Henry A. Wallace, who served as U.S. secretary of agriculture; vice president of the United States from 1941-1945; and secretary of commerce under Franklin Delano Roosevelt.

The Farm grows a wide variety of organic fruits, vegetables and herbs, which it uses for locally sourced meals. Its Friday night Pizza on the Prairie event features four different pizzas every week. The toppings are sourced from the garden, which farm visitors can tour to see where their food comes from. Additional food staples are sourced from local farmers within a 100-mile radius, giving visitors an idea of what's possible in Iowa.

Group visitors can pair a farm-to-table meal with a walk along a one-mile path that winds its way through the prairie, passing five sculptures and a crowd-sourced art installation that involves painted plywood boards in a specific theme. Groups can take a guided tour of the farm's gardens, outbuildings and a section of the farm's original plot of corn. Or, they can have a speaker from the farm come and talk about the history of the property and the Wallace family and different agricultural topics that are still important today.

WALLACE.ORG



A food stop on Bobby's Bike Hike in Chicago



Chicago deep dish pizza

PHOTOS COURTESY BOBBY'S BIKE HIKE

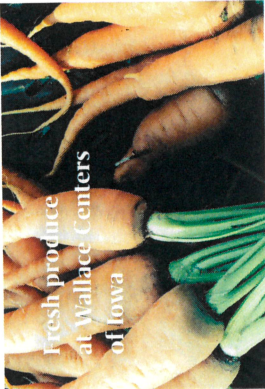
Bobby's Bike Hike Chicago Chicago

Bobby's Bike Hike Chicago offers walking and bicycle tours that bring group visitors on a working-class culinary adventure through Chicago. The Chicago Favorites Walking and Food Tour takes about three hours and brings guests to local restaurants to sample some of the city's most famous cuisine, including deep-dish pizza, Italian beef and Chicago-style hot dogs. Groups can add on a VIP Craft Beer package to any ticket and sample three of the city's favorite local craft beers.

On their tour, groups will visit Cloud Gate, also known as the Bean, in Millennium Park; the Pritzker Pavilion, a band shell located in Grant Park that was designed by famous architect Frank Gehry; the Loop, Chicago's bustling business district; State Street historic district; Chicago Riverwalk; Michigan Avenue; and the Wrigley Building.

Wallace Centers of Iowa

BY TEDDY YEAGER, COURTESY WALLACE CENTERS OF IA



Fresh produce at Wallace Centers of Iowa

COURTESY WALLACE CENTERS OF IA



A Bobby's Bike Hike group in Chicago

PHOTOS COURTESY BOBBY'S BIKE HIKE

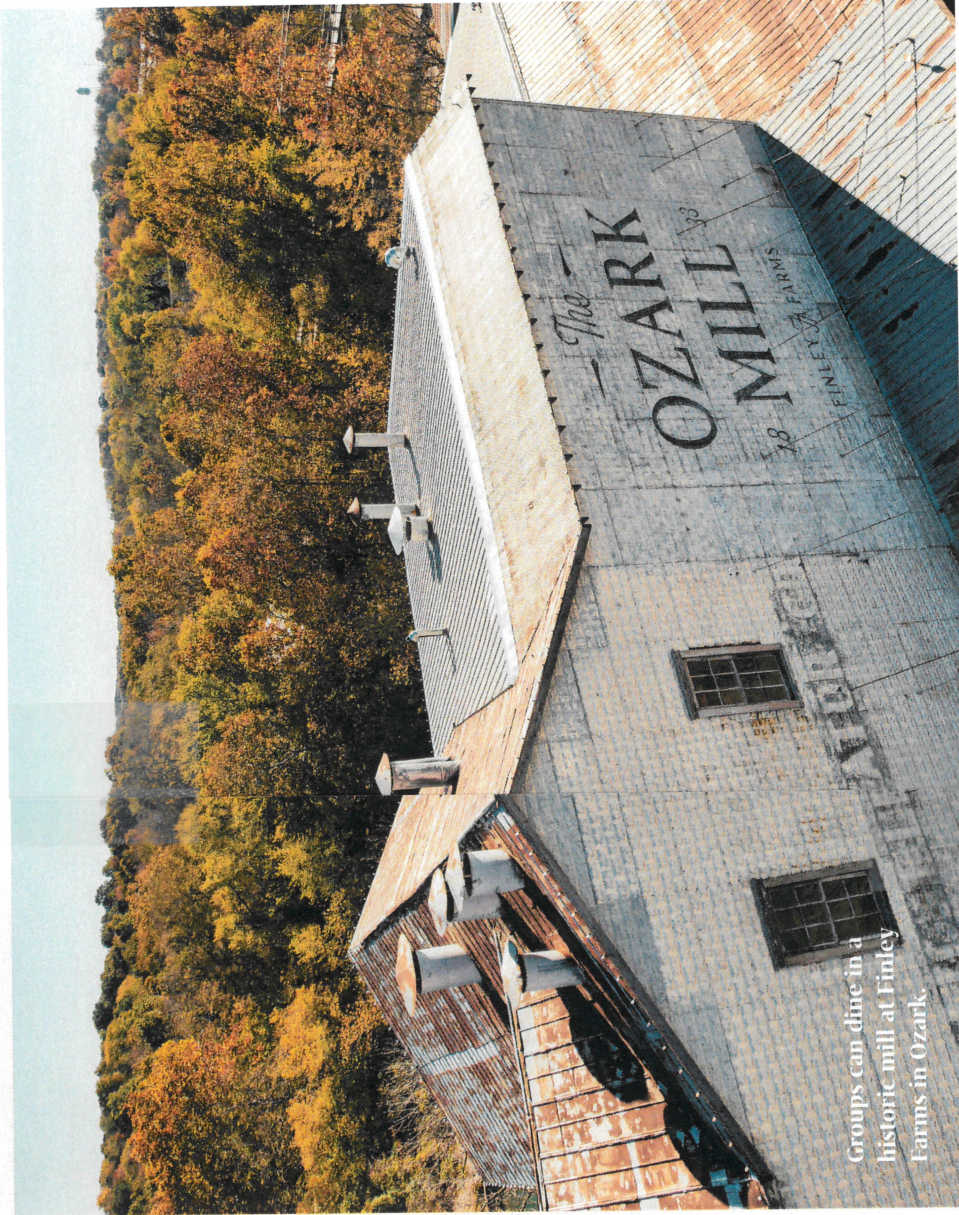
The Bikes, Bites and Brews Tour lets groups sample Chicago's favorite food groups: pizza, hot dogs, brownies and beer. Participants will learn the history behind the foods that made Chicago famous and get a feel for some of Chicago's most popular neighborhoods as they bike through Streeterville, the Gold Coast, Lakeview, Wrigleyville and Lincoln Park. Nighttime tours take groups along the Gold Coast, Chicago River Walk, Millennium Park, the Clarence F. Buckingham Memorial Fountain, the Lakefront and Navy Pier. The tour visits a European-inspired bakery that offers a tribute to Chicago's original brownie, which was served as a portable dessert during the 1893 World's Fair.

BOBBYSBIKEHIKE.COM

Finley Farms Ozark, Missouri

Finley Farms in Ozark, Missouri, is owned by Johnny Morris, founder of Bass Pro Shops. The property, which overlooks the Finley River, features a restored water mill that was turned into two restaurants. The Ozark Mill Restaurant is on the upper floor of the mill and offers lunch and dinner overlooking the Finley River, while The Garrison, located downstairs, offers a fine dining experience. Both restaurants source their food and vegetables from a farm on the property.

Groups that visit the property can host a bridge dinner where tables are set up in the middle of a bridge covered in lights, or they can reserve a private room in the mill. There is a self-guided tour that takes visitors through the history of the property and how it sources



Groups can dine in a historic mill at Finley Farms in Ozark.

COURTESY FINLEY FARMS

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