

DUPAGE FARMER



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April
2025

Farm. Family. Food.™

Volume 86,
No. 4

Calendar of Events April 2025

- April 8th – Meat Order Deadline
- April 11th – Grow Where You Are Registration Deadline
- April 11th – Bookmark Contest Deadline
- April 14th – Board Meeting 7:30 P.M.
- April 17th – Meat Order Pick-Up
- April 18th – Good Friday, DCFB Office Closed
- April 24th – Grow Where You Are 10 A.M. – 12 P.M.

Happy Spring – Hoppy Easter



A Ball at the 2025 Bowling Event!

The DuPage County Farm Bureau's Annual Bowling Outing was a smashing success! Held at Bowlero in Glendale Heights on Saturday, March 22nd, the event brought together DCFB members, family, and friends for an afternoon of fun and camaraderie. It was an excellent opportunity for members to connect while raising funds for the Ag in the Classroom program and the Foundation Scholarships.

A big thank you goes out to all who attended and helped

make the event such a memorable one. Thanks to your support, we were able to raise valuable funds to continue these important programs. Special recognition goes to Ken Pauling, the winner of the 50/50 pot, who generously donated his winnings back to the DCFB. We appreciate the kindness and all the contributions that made this event such a success.

There were many excellent bowlers at the event. Here are the bowlers who took home

the win:

Cindy
Reece won
the High Se-
ries Women
Bowling
Category.

Aaron Co-
dray won the
High Series
Men Bowling
Category.



continued on page 2

— UPCOMING EVENTS —

Mark your calendars for these 2025 EVENTS

April 24th –	Grow Where You Are
May 5th–9th –	Grow Your Own Food
July 24th–26th –	DuPage County Fair
July 26th –	Grow Your Own Food Judging at DuPage County Fair
Sept 10th –	Membership Appreciation Dinner

Farm. Family. Food.

Grow Where You Are

Join us for a FREE adult education event focused on urban gardening, locally grown food, and soil health! Attendees will participate in an herb planting demonstration. Materials will be provided.

Thursday, April 24th at the DuPage County Fairgrounds
2015 Manchester Rd, Wheaton, IL -Building 5

- 9:45am– Check In
- 10:00 am– Speaker from Gardenworks
– Soil Preparation and Planting Demonstration
- 11:30am– Light Lunch Provided



Pre-Registration is Required. Please register by April 11th.
Scan the QR code or fill out the form below. Limit 75 participants.

Grow Where You Are Registration Form

DCFB Office: 245 S. Gary Ave, Carol Stream, IL 60188

Name(s) _____

Phone: _____

Email: _____

Food Restrictions: _____

Will You Stay for Lunch: Yes No Total Number of Attendees: _____

A heartfelt thank you to the **Schraders** for the raffle basket donations and the generous local businesses who contributed to this event – your support helped make the outing even more enjoyable and successful, we truly appreciate your contributions to this wonderful community gathering.

Bowling

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Brian and Lori Wayton won the Husband and Wife Bowling Category.

Megan Vibbert won the High Game Women Bowling Category.

Joey Pauling won the High Game Men Bowling Category.

Lily Norton won the High Game Teen Bowling Category.

Wyatt Woolever won the High Game Youth Bowling Category.

Lori Mittman and Chuck Santoria won the Mixed Doubles Bowling Category.



Top: Ken Pauling winning the 50/50 pot

Left: Lori Mittman winning the Mixed Doubles category, presented by Joe Pauling and John Pauling



*Miss last month's issue?
Find the DuPage Farmer,
now online too,
at dcfb.org/publications*

Joke of the Month

What kind of stories
does the Easter Bunny
like to tell?

*The ones with a
hoppy ending!*

Submitted by
Ren MacDonald

Send your farm jokes to info@dcfb.org

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Culver's Carol Stream

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Len's Ace Hardware

DuPage Farmer

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Illinois AGRICULTURE in the ClassroomSM

Kristina Baumbach
Education Coordinator
DuPage County Farm Bureau



Ag in the Classroom is a free program that visits DuPage schools to teach the importance of agriculture. The lessons can be adjusted for all age levels and meet learning standards. We would also be happy to be a part of community events that relate to our agricultural literacy program vision and goals. Virtual options are available.

For more information contact:
duplicateitc@dcfb.org or 630-668-8161.

February's Numbers:

3,673 students • 241 teachers
#1 Lesson Topic: Pizza
Total Students Reached to date: 26,633

Teacher Quote about an AITC Visit:

"Denise is fantastic – she's relatable to the students, makes jokes, and they always learn from her! The structure of the lessons was great – a little information, some videos & Pictures, and then a project. The class always enjoyed when we had Agriculture in the Classroom."

4th Grade Teacher, Wesley Elementary

February kept us busy at AITC! This month many of our students learned about pizza ingredients and their connection to the farm. Our pizza topic is a great way to get students thinking about food production as it is a favorite food for many of them! Did you know as a nation we eat 350 slices of pizza per second? That's a lot of pizza! During the lesson we began with the dough and the flour that comes from wheat. Then we moved through the sauce, cheese, and toppings, talking about dairy cows and veggies. Students ended the program by making a paper pizza to take home. Other exciting programs this month included visiting the Brookdale Elementary STEAM Night and hosting our annual Teacher Institute Day workshop.



Brookdale STEAM
Night



Did You Know?

There are over 10,000 mushroom types throughout the world. But only about 60 different mushroom types are grown commercially for food.



Last Call for Bookmarks!

Teachers be sure to get your class's bookmarks submitted by April 11th! Bookmarks must be original copies mailed or delivered to the DCFB office. We cannot take emailed or faxed copies. Contact duplicateitc@dcfb.org if you have any questions.

Teacher Institute Day Workshop

Teacher Institute Day is one of our favorite days of the year! On February 28th, teachers from across the county gathered at College of DuPage to learn how to incorporate agricultural concepts into their curriculum while participating in exciting hands-on activities. This year's program entitled "From Roots to STEM" included speakers from AITC, College of DuPage, U of I Extension, and Chicagoland Food Science Foundation. Teachers learned about topics ranging from corn and dairy, to gardening, food science, and soil. Some new and exciting



projects we presented included milk emulsion and desktop vermiculture cups! Thirty teachers attended the event and received five Professional Development Hours. We would also like to give a shout out to the Carol Stream Starbucks

for donating cups and Light of the Soil for donating worms! Both of these were used during our vermiculture composting activity. Thank you to everyone who supports our program!

Brookdale STEAM Night

On February 21st, AITC participated in Brookdale Elementary's STEAM Night. Families from every grade level attended the event and learned about various STEM careers, scientific concepts, and participated in hands-on activities. At the AITC booth, students learned about the three soil particles: sand, silt, and clay. They were able to observe and touch a sample of each particle to understand their similarities and differences. AITC staff also spoke about soil conservation and practices that farmers use to preserve their soil. Families were able to take home our Soil Ag Mag to learn more. Approximately 190 students attended the event



Repair, maintenance keep the farm running

Dad lifts the side panel of the combine to expose the gears, bearings, pulleys, chains and belts. And every single time, I'm in awe of its complexity and how anyone can understand how to engineer the machine or repair and maintain it. I'm thankful for the genius minds who designed a combine that "combined" the functions previously accomplished by multiple pieces of equipment, horses and open-station tractors. I'm especially grateful to the mechanically inclined brains on our farm who can fix and maintain it.

Socially accepted advice tells us to spend time on what's important, and our farm commits a significant amount of time on repair and maintenance. In fact, my son has an FFA recordbook project with 1,000 hours focused on the subject area.

Repairs generally reduce costs compared to replacement. Maintenance intends to prevent repairs and costly "machine down" situations in the busy seasons. That strategy works most of the time to provide risk mitigation, a fancy way of saying we want to minimize the risk of breakdowns, accidents, delayed field operations, extra man hours and mental stress.

Equipment cycles through the shop about 60 days before its intended use in the field. This winter, our shop crew disassembled and replaced wear parts on every

row unit on the planters, changed oils and filters in the tractors that pull them, and checked over the sprayers by early March. On each item, they look for small problems that could morph into big ones. That shop time soon will extend to each combine. Each head attachment. The grain carts. The tractors again. Semi trucks and grain trailers. By winter, the cycle resets.

In all, our farm keeps repair and maintenance records for about 100 items, from lots of little equipment like leaf blowers and chainsaws to 500-horsepower tractors – anything that has an engine, tires, grease points or wearable parts. We DIY as much as possible and call in a technician when the repair exceeds our abilities.

My dad and experienced employees teach the next generation shop skills as their interests and time allow. My son starts a typical weekday leaving home at 6:45 a.m. to train at a college welding class to improve his repair skills. Then, he goes to high school and afterward focuses on repair and maintenance in the farm shop when we're not in the field. He plans to be among the next mechanically minded who keep the farm running.

About the author: Joanie Stiers farms with her family in West Central Illinois, where they raise corn, soybeans, hay, beef cattle, backyard chickens and farmkids.



Happy Spring!



Very Pinteresting

A column dedicated to
finding you healthy recipes using
the freshest ingredients

Roasted Carrots with Honey Herb Butter

Thepioneerwoman.com

A sweet and savory dish for your Easter Day meal!

Yields: 8-10 Servings Prep Time: 15 Min, Total Time: 45 Min.

Ingredients

4 lb. medium carrots, peeled and cut into 1-inch pieces
3 Tbsp. olive oil
1 Tbsp. fresh thyme, chopped
1 1/2 tsp. kosher salt, plus more to taste
Black pepper, to taste
4 Tbsp. salted butter
2 Tbsp. honey
1 Tbsp. apple cider vinegar
2 tsp. dijon mustard
1/2 cup chopped fresh parsley
1/4 cup chopped fresh chives



Instructions

Preheat the oven to 400°. Put the carrots in a large bowl and drizzle with the olive oil. Sprinkle with the thyme, salt and a few grinds of pepper and toss well to coat. Divide between 2 rimmed baking sheets, spreading the carrots in an even layer (reserve the bowl). Roast, switching the position of the pans halfway through, until the carrots are browned and tender, about 30 minutes.

Meanwhile, melt the butter in a small skillet over medium heat. Whisk in the honey, vinegar and a pinch of salt. Bring to a boil and cook until just slightly thickened, 1 to 2 minutes. Remove the from the heat and whisk in the mustard, then whisk in the parsley and chives, reserving a tablespoon of each for garnish.

Transfer the roasted carrots to the reserved bowl. Drizzle with the honey-herb butter and toss well. Transfer to a serving dish and sprinkle with the reserved parsley and chives.

Farmer's Almanac – April

Sky Watch

On the 1st at nightfall, the crescent Moon hovers just above the famous Pleiades star cluster, a major treat visible through binoculars. On the 2nd, the Moon meets Jupiter before moving on to meet Mars on the 5th. The Red Planet, still very bright at magnitude 0.5, resumes its direct eastward (leftward) motion, leaving the area occupied by Castor and Pollux. In the east at dawn, Venus moves higher each morning, shining at a maximum brilliance of magnitude -4.8.

At around 5:30 A.M. from the 19th to the 30th, very low Mercury and Saturn are seen below blazing Venus. The waning crescent Moon joins the trio of planets on the 25th to the left of Saturn, above mercury - with Venus higher than them all.

APR. 2025

Temp 49.5" (2 degrees above avg. east, 1 degree below west); precip. 3" (1" below avg.). 1-9 Rain, mild east; rain and snow, cold west. 10-15 Sunny, warmer. 16-23 Showers; mild east, cold west. 24-30 Sunny, warmer.

Companion Planting: Combining Plants for a Healthy, Well-balanced Garden

Ken Johnson ,
Illinois Extension

As we creep into spring, many gardeners begin to get the urge to get out in the garden. Seed starting and garden planning activities are well underway. One gardening technique that many gardeners incorporate into their gardens is companion planting.

What is companion planting?

There isn't really an agreed-upon definition of what companion planting is. Generally speaking, companion planting is the planting of at least two different types

of plants together that will in some way benefit at least one of them.

Another way to think of companion planting is as intercropping, growing two or more crops together, or polyculture, which not only includes the crops being grown but also non-crop plants. Essentially, trying to increase diversity to create a healthy, well-balanced garden.

Some potential benefits of companion planting

There are a variety of different ways in which plants can potentially benefit, including improving the soil

and pollination and reducing pest and weed pressure. So, what are some ways companion planting can be incorporated into our gardens?

Improving soil

While some may not consider them companion plants, cover crops are a great way to help improve soils, which will benefit the crops that will be following them. Cover crops can help reduce soil erosion, add organic matter to the soil, improve soil structure, and increase soil fertility.

Some plants, particularly those in the pea/bean family, will form symbiotic relationships with nitrogen-fixing bacteria. These bacteria form nodules on the plant's roots and can take atmospheric nitrogen and turn it into a plant-usable form. This nitrogen can become available to other plants as the nitrogen-fixing plants die, or it can potentially be shared via mycorrhizal fungi.

Reducing weeds

In addition to improving soil, cover crops can also be used to suppress weeds. Cover crops like winter/cereal rye can be used as mulch after they have been terminated. Cover crops can also be used as a living mulch to provide continuous ground cover to help suppress weeds. For example, white clover can be grown on walking paths to keep weeds down. The living mulch will need to be maintained, though, to prevent it from becoming a weed itself.

Managing pests

There are several ways companion plants can be

used to help manage pests. Trap cropping can be used, where a 'sacrificial' companion plant is planted. These trap crops should be planted before the crop you're trying to protect (main crop). Pests will be attracted to them and can then be killed or disposed of. One example is using blue Hubbard squash, which is highly attractive to



squash bugs and vine borer, to protect other pumpkin and squash cultivars.

Plant-eating insects will find their host plants using a variety of cues such as smell (plant volatiles), visual (colors), and taste. Having diverse plantings and little bare ground can make it difficult for plant-eating insects to find their preferred host plants and potentially decrease the amount of damage done to plants.

Support beneficial insects

Many vegetable crops, such as cucurbits (pumpkin, squash, cucumber, etc.), rely on pollination to produce fruit, while others, like beans, peppers, and tomatoes, may have increased production and quality if they are visited by pollinators. Incorporating flowering plants into vegetable gardens can help attract pollinators and improve pollination.

In addition to prey, many natural enemies (predators and parasitoids) need sources of pollen and nectar. These

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THANK YOU FOR YOUR CONTINUED MEMBERSHIP!

Thank you for being a valued member of the DuPage County Farm Bureau! Your support helps us to continue advocating for agriculture, provide valuable resources, and strengthen our local farming community!

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Connect with Other Members - The DCFB hosts special events like the Membership Appreciation Dinner and Annual Bowling Event where you can come and engage in community!

Companion plants

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sources are especially important for parasitoid wasps as well as the adult stages of insects with predaceous larvae, like syrphid flies. By planting plants that are attractive to these natural enemies, you can help attract them into your garden and they can help manage pest populations.

The Three Sisters

Probably the best-known companion planting practice is the Three Sisters, which utilizes corn, beans, and squash. In this system, corn acts as a support for the vining bean plants, the beans act as a nitrogen-fixing crop, and the squash plants act as a living mulch to suppress weed growth and to help maintain soil moisture. While this combination has been used for thousands of years, ac-

cording to Washington State University, "Though there may be historic or cultural reasons for planting a Three Sisters polyculture vegetable garden, there is no compelling, published evidence that it benefits plant productivity or soil quality."

Some caveats to companion planting

Unfortunately, there hasn't been a lot of research done, especially on a garden scale, on companion planting. Many recommendations are based on questionable methods (ex. sensitive crystallization) and anecdotal evidence. Others are based on large studies or lab results that may (or may not) apply

to a garden setting. The interactions between the different plants, pests, diseases, weeds, soil, etc., are complex, making it difficult to determine if growing particular plants together is beneficial. This is perhaps best summarized by Dr. Michael Bomford in his PhD dissertation: "Garden-scale intercropping [companion planting] can offer advantages over monoculture, but these are not achieved simply by combining certain compatible companion species. Crop density, ratio, and relative planting times all affect the way that companion species interact with one another and their environment.



Precipitation	Downpour	Springtime	Clouds
Puddle	Raindrop	Garden	Raincoat
Stormy	Showers	Dewdrop	Umbrella

P P A I I Z R E V Q T U L U T
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C D W U N E M B L P X E R P O
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T R P A S N V Y H U G M D D I
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for the 2025
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DuPage County Farm Bureau Foundation

SCHOLARSHIPS 2025

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APPLICATIONS CLOSE MAY 1ST

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www.enchanted.com

Fox Bowl

Buy one game, get one free for up to 4

people, subject to lane availability

1101 Butterfield Rd • Wheaton, 60189

630.690.2400 • www.foxbowl.com

Mighty Oak Athletic

50% off the first month of training

6424 S. Cass Ave., Westmont, 60559

630-464-9498 – MightyOakAthletic.com

Parkside Lanes

Free shoe rental with purchase of 2 paid

games

34W185 Montgomery Rd • Aurora, 60504

630.898.5678 • www.parkside54.com

Pinot's Palette – St. Charles

15% off (online only). Must use
discount code FARMBUREAU at checkout.

3823 E. Main St., St. Charles

630-338-0278

www.pinotpalette.com/stcharles

Raging Waves

DCFB members can purchase discounted

tickets to Raging Waves, Illinois Largest

Waterpark, located in Yorkville, IL. Save

money on Any Day Admission tickets. Tickets

are only available for purchase online.

Please use promo code DCFB25 at checkout.

Limited Time Only!

Local Business Discounts

A-Archer Sewer & Plumbing

\$50.00 off any service call

504 W. Edgewood Rd. Lombard, 60148

630-932-9800 – www.a-archer.net

Downers Grove Training & Grooming

\$100.00 off all training schools

and \$10.00 off any grooming

2151 63rd St., Downers Grove, IL 60516

630-724-7039

Ferrari Plumbing

\$55.00 off any plumbing service

1727 Stoddard Ave.

Wheaton, IL 60187

630-709-7277

www.ferrariplumbing.net

Fresh and Silk Flowers

(Carol Stream Location)

15% off all goods and extras

578 W Army Trail Rd • Carol Stream, 60088

630.690.7822

www.freshandsilkflowers.com

Gravity Express

10% off services

546 N. Stewart Ave., Lombard

224-200-4543

Hills Roofing Inc.

10% off any job up to \$200

6817 Hobson Valley Dr. Ste.112

Woodridge, IL 60517

630-963-1555

hillsroofinginc.com

HR Skylights

6817 Hobson Valley Dr. Ste.112

Woodridge, IL 60517

630-592-2418

hrrskylights.com

Light of the Soil

50% off retail price on all worm castings

and compost teas purchased through web-

site, shows, or calling.

2479 Baier Rd, North Aurora, IL 60542

630-439-7966

Royal Polish Nail Salon

10% off your scheduled visit

116 Galena St. West Chicago, IL 60185

630-876-1202

*Discounts are subject to change without notice. Restrictions may apply.
Must show membership card.*

April Meat Order

Pick up is located inside the DCFB office.
More product is available on our website store : DCFB.org

PRODUCT	PRICE	QTY	COST
Hamburger Patties, 5lb	\$34.00		
Bourbon Marinated Steak, 8pc	\$51.00		
Ground Round, 10lb	\$53.00		
Bratwurst Burgers, 5lb	\$35.00		
Top Sirloin Butt Steak, 8pc	\$51.00		
Hot Dogs, 5lb	\$37.00		
Honey BBQ Chicken Breast, 10pc	\$36.00		
Plain Chicken Breast, 10pc	\$33.00		
Tequila Lime Chicken Breast, 10pc	\$36.00		
Tortilla Crusted Chicken Breast, 8pc	\$34.00		
Chicken Bacon Ranch Burgers, 5lb	\$35.00		
BBQ Boneless Pork Chops, 10pc	\$33.00		
Plain Boneless Pork Chops, 10pc	\$33.00		
Stuffed Pork Chops, 4pc	\$31.00		
Bone In Pork Chops, 10pc	\$33.00		
Boneless Beef Short Ribs, 5 lb	\$38.00		
Pork Back Ribs	\$32.00		
Italian Sausage Links, 5 lb	\$32.00		

Grand Total \$ _____

Name: _____ FB#: _____

Contact Number: _____

Email Address: _____

Send payment payable to : DuPage County Farm Bureau 245 S. Gary Ave., Carol
Stream, IL 60188

Order Deadline: April 8th

Dates/prices subject to change

Pick up: April 17th at the DCFB office from 8:30am-4pm