

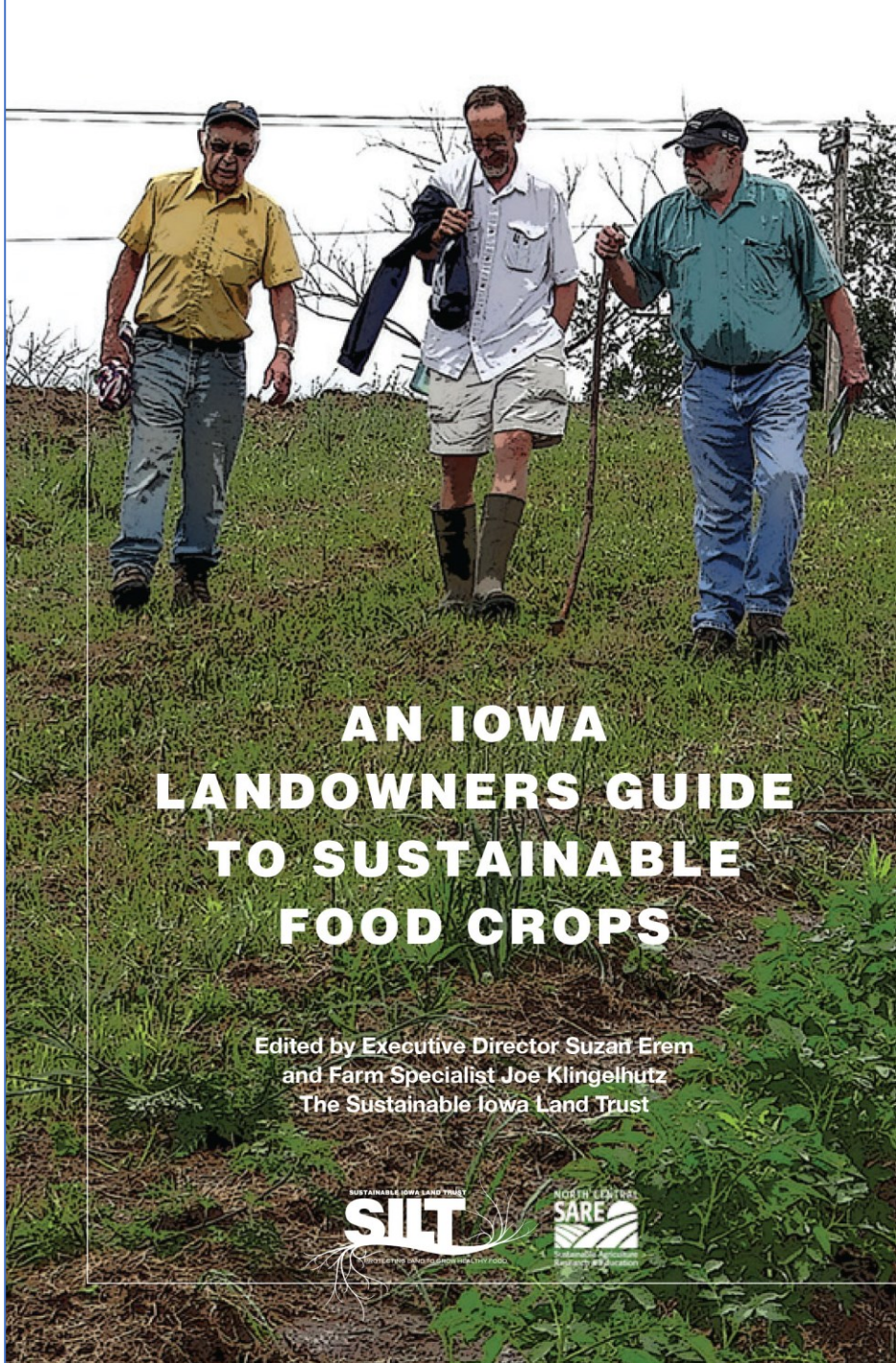


Presents

**The Iowa Landowners Guide to Sustainable
Food Crops**

What is





AN IOWA LANDOWNERS GUIDE TO SUSTAINABLE FOOD CROPS

Edited by Executive Director Suzan Erem
and Farm Specialist Joe Klingelutz
The Sustainable Iowa Land Trust



Funded in part with a grant from



Sustainable Agriculture
Research & Education

Divided into categories
and color coded

5 FRUITS

19 NUTS

27 VEGETABLES

39 LIVESTOCK

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Honey Bees 45

49 NICHE CROPS

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Sunflowers 53

**LANDOWNER
LESSONS**
Kim Alexander . . . 46



With a guide for how to understand each info-packed page.

THE MOST IMPORTANT CONSIDERATIONS

This book is designed for landowners who haven't thought much about what food their land wants to grow, so we include a measure of two factors for beginners:


**INITIAL LABOR COSTS
INITIAL CAPITAL COSTS**

Since these vary from one person, crop or region to another, we've made them relative to each other on a scale of 1 (easy/good/less expensive) to 5 (difficult/poor/more expensive).

We also added a few **SPECIAL CONSIDERATIONS** to give you some sense of where the scores came from.

And finally, we look at farms as ecosystems, so we've added a simple icon on each page to show you where in the farm's ecosystem that particular crop fits.

AMERICAN PERSIMMON



American persimmons are much smaller than the Asian ones you might be familiar with that are grown in California or imported from Japan. They ripen over a 4-week period in September and October and can be extremely sweet. They don't travel well and are therefore best suited for U-pick operations and processing. Some seedlings require grafting for best fruit. These trees do best in the southern half of Iowa or Zone 5b.

INITIAL COSTS

1	
2	
3	CAPITAL LABOR
4	
5	


CONSIDERATIONS

- Possum/raccoon protection (as fruit is ripening)
- Marketing due to competition with Asian persimmons
- Processing

CREAM OF THE CROP RESOURCES

University of Wisconsin:
Uncommon Fruit — American Persimmon

University of Kentucky:
Center for Crop Diversification



6

SUSTAINABLE IOWA LAND TRUST

SUSTAINABLE IOWA LAND TRUST

SILT

PROTECTING LAND TO GROW HEALTHY FOOD

More than 30 food crops featured!

HONEYBERRIES



Honeyberries are Iowa's low-input response to blueberries, which require a more acidic soil than is naturally found in Iowa. Also known as "haskap," they tend to have a tart mix of raspberry and blueberry flavor, are good out of hand, dried, freeze-dried, made into jelly and frozen. These berries have been grown in climates north of Iowa for many years, and significant research has been done to develop a number of cultivars. While they are a member of the honeysuckle family there is no evidence that they will "escape" and become a nuisance in wild lands. Still, they are new to this landscape and should be monitored.

CONSIDERATIONS

- Bird protection
- Undeveloped market

INITIAL COSTS

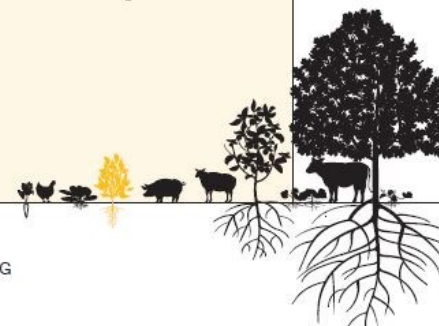
- 1
- 2
- 3
- 4
- 5

CAPITAL LABOR

CREAM OF THE CROP RESOURCES

University of Saskatchewan Fruit Program

Honeyberry U.S.A.



Landowner Profiles that tell the story
of when they first started out and
where they ended up in food farming.



More public, private and nonprofit resources organized in a user-friendly way at the back of the book.

ADDITIONAL RESOURCES

GENERAL

Agricultural Marketing Service

ATTRA Sustainable Agriculture Program

Iowa Department of Agriculture and Land Stewardship – Iowa Products and Producers

Iowa Organic Association

Iowa State University Extension Service

Midwest Organic and Sustainable Education Service (MOSES)

Practical Farmers of Iowa

University of Illinois Extension Service

FRUITS

Fruit and Nut Compass

Honeyberry USA

Red Fern Farm

Savanna Institute

Iowa Fruit and Vegetable Growers Association



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Questions?

Please let us know...

- If you'd like a print copy of our Guide
- If you know rural landowners who'd be interested in
 - the Guide
 - a free consultation with our Farm Specialist
 - preserving their farm for sustainable table food production

Thank You!

Suzan Erem, Executive Director
Sustainable Iowa Land Trust

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Adopt an Acre of your favorite farm today at silt.org



Watch for a Survey!

Once you've looked over our book,
you'll receive a short survey.

Your answers will help us get funding for our next project.

Thank you!