

IOWA
FOOD &
FAMILY
Project



FEEDING THE FUTURE

IOWA AGRICULTURE





THE IOWA FOOD & FAMILY PROJECT

invites you to explore how food is grown around the state and meet the farmers who make it happen; 24/7, 365. The Iowa Food & Family Project involves a variety of food and farming partners who are proud of Iowa's homegrown foods and hometown values we share. Join in the conversation about all things food and farming!



IOWAFOODANDFAMILY.COM





FARMERS ARE GARDENERS,
TOO. THEY JUST USE

**BIGGER
EQUIPMENT!**



In 1900, farmers utilized nearly
22 million work animals. Today, about

**4.7 MILLION
TRACTORS**

do what those animals used to do.

Iowa's farmers are among the nation's leaders in providing

**CORN, SOYBEANS,
PORK & EGGS**

to families next door and around the world.

FARMING IS A FAMILY AFFAIR IN IOWA
AND THROUGHOUT THE COUNTRY, WITH

NEARLY 97%

OF U.S. FARMS OWNED AND
MANAGED BY FAMILIES.



10%

OF THE WORLD'S MOST
PRODUCTIVE FARM GROUND
CAN BE FOUND IN IOWA.

*That's especially noteworthy given
less than 5% of the Earth's surface is
arable land suitable for growing food.*



AMERICANS SPEND
AROUND **10%** OF
THEIR DISPOSABLE
INCOME ON FOOD,
COMPARED TO
17.5% IN 1960.

*Keeping soil on the land is good
for farmers and our water!*

SINCE 1982, IOWA FARMERS HAVE
REDUCED SOIL LOSS BY NEARLY
2.5 TONS PER ACRE, OR

33%



NEARLY 90%

OF IOWA'S LAND AREA IS DEVOTED TO GROWING FOOD,
THE HIGHEST PERCENTAGE OF ANY STATE.



Casey's homemade pizza was introduced
in 1985, thanks to "famous" meats, eggs
and cheese produced on Midwest farms.
Now, Casey's prepares more than

**20 MILLION
EACH YEAR**

MAKING IT THE 5TH LARGEST PIZZA CHAIN IN THE U.S.

THERE ARE
APPROXIMATELY
**87,000
FARMS**
IN IOWA AND THE
AVERAGE FARM SIZE IS
351 ACRES.



SIX BUSHELS OF GRAIN CAN FEED
ONE PERSON FOR A YEAR, which
means the average soybean and corn farmer in
Iowa grows enough grain each year to nourish

60,000 PEOPLE!





SOYBEAN FACTS

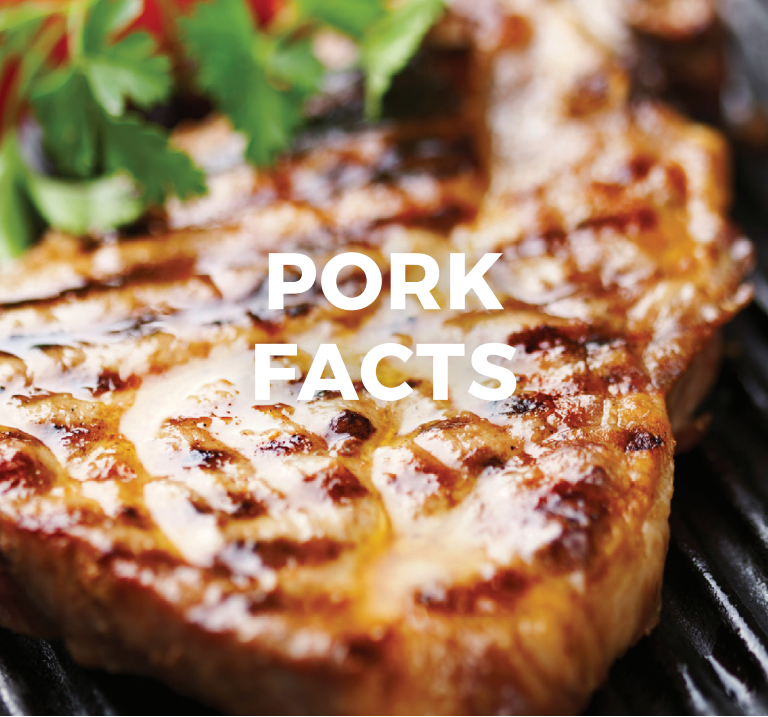
Iowa ranks among the **TOP 3 STATES** for soybean production, accounting for around **13%** of all soybeans grown in the U.S.

Ingredients made from soybeans can be found in **COUNTLESS FOOD PRODUCTS**, including vegetable oil, ranch dressing and peanut butter.

Iowa soybean farmers have invested more than **\$40 MILLION** in research and conservation efforts.

When it comes to eating soyfoods, you're in for a **NUTRITIOUS AND DELICIOUS TREAT**. Take edamame – the popular appetizer serves up a whopping **11 GRAMS OF PROTEIN** in just half a cup!





PORK FACTS

The leanest cuts of pork have
'LOIN' IN THE DESCRIPTION,
such as pork tenderloin
or loin chop.

IOWA FARMERS RAISE MORE HOGS THAN ANY OTHER STATE — *40 to 50 million annually, or almost 1/3 of the nation's total.*

MOST PIG FARMS IN IOWA ARE FAMILY OWNED *and have been in the family for generations.*

Farmers today provide one pound of lean pork using **41% LESS WATER AND 78% LESS LAND** *than they did in 1959.*





EGG FACTS

At just 70 calories, one egg serves up **SIX GRAMS OF PROTEIN** and **ALL NINE ESSENTIAL AMINO ACIDS.**

AT 15¢ A SERVING, eggs are a very affordable source of high-quality protein.

The Iowa egg industry is comprised of nearly **55 MILLION LAYING HENS** which produce **16 BILLION EGGS** each year. That's enough to feed every American one egg for 47 days!





BEEF FACTS

Just 3 ounces of beef provides
10 essential nutrients including
**PROTEIN, IRON, ZINC
AND VITAMIN B12!**

**CATTLE LIVE IN ALL
99 COUNTIES.** *In fact, cattle
outnumber the human population in Iowa!*

*Beef farmers have reduced their water use
by **3%** as compared to previous years.*

**TODAY'S BEEF IS LEANER THAN
EVER,** *and 69% of all beef muscle cuts
sold at grocery stores are lean.*





DAIRY FACTS

It takes about **48 HOURS**
for milk to go from the
FARM TO A GROCERY STORE.

Iowa's 1,200 dairy farms produced
approximately
**601 MILLION GALLONS
OF MILK IN 2017.**

The FDA requires that **ALL** milk be
FREE OF ANTIBIOTICS.

Today's chocolate
milk has about
**38% LESS
SUGAR** than
seven years ago,
but maintains
**ALL 9
ESSENTIAL
NUTRIENTS**
as white milk.





CORN FACTS

In an average year, Iowa grows more corn than most countries.

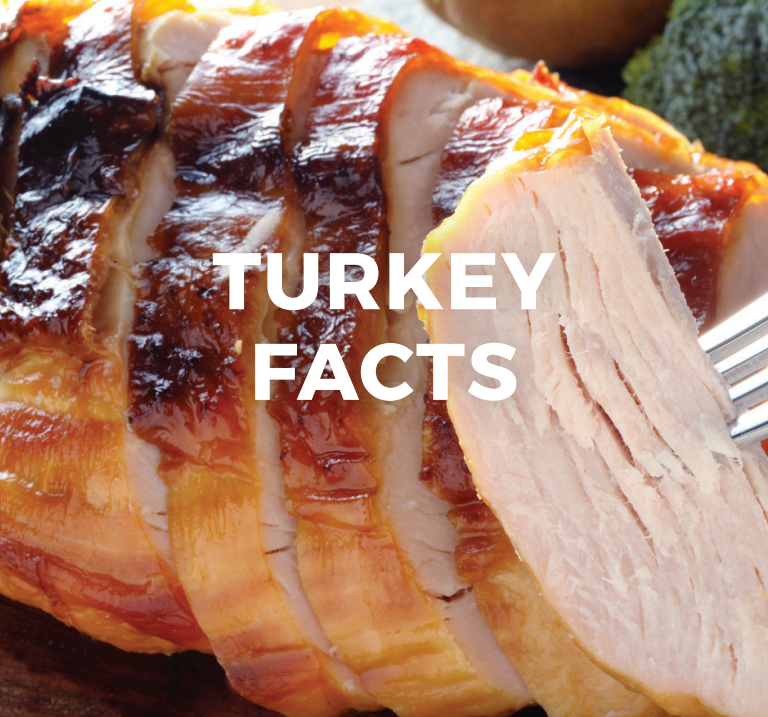
In fact, if our state were a country, we'd rank **4TH IN THE WORLD'S** corn production.

*Corn is everything and it's in everything!
It can be found in over*
4,000 EVERYDAY ITEMS,
*including corn-fed bacon cheeseburgers,
feed for animals and the fuel that gets
you where you need to go.*

ONE ACRE OF CORN

is about the size of a football field.





TURKEY FACTS

A 3-ounce serving of boneless, skinless turkey breast is **LOW-FAT** and packs **26 GRAMS OF PROTEIN.**

Iowa farmers raise nearly **12 MILLION TURKEYS** annually and are the number-one supplier of turkey to Subway and Jimmy John's.

With more than 130 turkey farms in Iowa, the industry contributes **\$10 BILLION TO THE STATE'S ECONOMY.**

Turkey consumption has more than doubled since 1970. The average American eats more than **16.7 POUNDS ANNUALLY!**





HOT PIZZA DIP

WHAT YOU'LL NEED

- 6 ounces *light cream cheese*
- 1/2 cup *light sour cream*
- 1 teaspoon *oregano*
- 1/2 cup *pizza sauce*
- 1 cup *shredded low-moisture, part-skim Mozzarella cheese*
- 1/2 cup *grated Parmesan cheese*
- 1/4 cup *diced red peppers*
- 1/4 cup *sliced green onions*
- *Whole-wheat bread sticks or crackers*

HOW TO DO IT

1. Combine cream cheese, sour cream and oregano in bowl. Stir until smooth. Spread evenly into a small pie plate or quiche pan.
2. Top with pizza sauce, cheeses, peppers and onions.
3. Bake at 350°F for 15 minutes, or until cheese is melted. Serve with whole-wheat breadsticks or crackers.



EASY BAKED RIBS

WHAT YOU'LL NEED

- 2 - 2 1/2 pounds *baby back ribs* (could use *spare ribs*)
- 1/4 - 1/3 cup *BBQ sauce*

FOR THE SPICE RUB

- 2 teaspoons *salt*
- 1/2 teaspoon *onion powder*
- 1 teaspoon *black pepper*
- 1/2 teaspoon *cumin*
- 1 teaspoon *garlic powder*
- 1/2 teaspoon *smoked paprika*
- 1/4 teaspoon *cayenne pepper*

HOW TO DO IT

1. Mix spices together in a small bowl then rub into both sides of the ribs, wrap in plastic wrap and refrigerate for at least 2 hours or up to overnight.
2. Preheat oven to 250°F and line a baking sheet with foil and spray with nonstick spray. Place ribs on top then cover tightly with more foil and bake for 3 1/2 hours.
3. Remove foil, drain any excess liquid from the pan and brush BBQ sauce on top and bake for 30 more minutes, or until top is slightly caramelized.



GLUTEN-FREE REFRIGERATOR COOKIES

WHAT YOU'LL NEED

- 1/3 cup sugar
- 3 tablespoons soybean oil
- 1/2 teaspoon lemon or almond extract
- 1 cup soy flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup water

HOW TO DO IT

1. In a large mixing bowl, stir together the sugar, oil and extract. Sift the soy flour, baking powder and salt into the sugar mixture. Add the water and knead to form a dough. Form the dough into a log about 6 inches long, wrap in plastic and refrigerate for at least 2 hours.
2. Preheat the oven to 325°F. Lightly coat a baking sheet with nonstick spray (or line with parchment paper). Unwrap the chilled dough and cut into 1/4-inch-thick slices. Arrange on the prepared baking sheet, spacing about 2 inches apart, and bake until set, about 15 minutes. Cool cookies for 2 minutes on the baking sheet, then transfer to a rack to cool completely.
3. If desired, frost cooled cookies with a glaze made from 1 cup sifted confectioners' sugar mixed with 1 to 2 tablespoons of lemon juice.



SLOW COOKER BEEF STEW

WHAT YOU'LL NEED

- 2 pounds beef stew meat
- 6 carrots, peeled, cut into 1-inch chunks
- 2 or 3 russet potatoes, peeled, cut into large chunks
- 1 medium onion, sliced into rings
- 1/2 to 1 cup frozen peas
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 bay leaf
- 2 tablespoons quick-cooking tapioca
- 3/4 cup tomato juice

HOW TO DO IT

1. Place the stew meat, carrot chunks, potato chunks, onion, peas, sugar, salt and bay leaf in the crock of a 3-quart slow cooker.
2. Sprinkle with tapioca then pour the tomato juice over the top.
3. Cover the slow cooker and cook for 10 to 12 hours on low heat setting or for 5 to 6 hours at high heat setting. Remove the bay leaf before serving.