

MEET THE



Connecting Iowans with Local Foods



Drop by and say hi! We are your local year-round Farmer's Market!



Online shopping and delivery options! Shop anytime!



Support a system that uses less carbon and produces less waste than commercial grocers.



Our vegetables are super fresh, often harvested a day or two before you take them home.



Your money stays in Iowa as we only buy locally produced foods and handcrafts.



Become part of the Iowa Food CO-OP - Central Iowa's Foods Community.



You'll like our service - we know and care about our customers!

Walk in hours starting November 12
Tuesday & Friday: 4-6 pm; Saturday 10 am - 1 pm



10 Reasons to SHOP THE CO-OP

1. Personal service – We know your name and probably your dog's name. We know what you like. We care about you as a consumer!
2. Product knowledge – Organic, antibiotic-free, gluten free, free range but also handmade and small-batch options on some products.
3. Fresh, Fresh Fresh! – Our vegetables are so fresh they last far longer than those purchased from large chain stores. Our veggies often are harvested the day before they are delivered!
4. Producer knowledge – You can contact the producer both before and after you make your selections. Note your favorite farmers and shop their selections first.
5. Reduced waste – Greatly reduced food waste relative to large scale farming operations and sales outlets.
6. Reduced travel distances (for both you and your food) mean lower carbon footprint for your purchases.
7. Less middlemen means a greater percentage of your dollars go directly to the producer and farmer.
8. You help create and become part of the Iowa Food Co-op and the local foods community!
9. Access the wide variety of products available each week. Numerous kinds of meat and vegetables available from one location.
10. Online ordering, and home delivery available!

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