

# Connecting Communities COMMUNITY EVENTS



In 2024, Michigan Farm Bureau launched resources, templates, and a grant initiative to encourage county Farm Bureaus to conduct adult-focused consumer outreach to build relationships along the farm to fork path. Through the Connecting Communities grant, **Barry, Berrien, Calhoun, Charlevoix, Clinton, Hillsdale, Huron Shores, Isabella, Jackson, Mecosta, Midland, Monroe, Newaygo, Northwest Michigan, Oakland, Ogemaw, Shiawassee, St. Joseph, Tuscola, and Wayne County Farm Bureaus** promoted the role and importance of agriculture at community events.



**Support agribusinesses in your community!**  
Check out the **CHARLEVOIX COUNTY Buy It Local Map**  
Brought to you by: **CHARLEVOIX COUNTY FARM BUREAU**

**CHARLEVOIX COUNTY Buy It Local Map**

**BUSINESS DIRECTORY**

1. Blers Inwood Brewery
2. Charlevoix Cheese Company
3. Lakeside Farm
4. Norwood Centennial Farms
5. Spare Key Winery
6. Bennett Agency
7. Frolic Agency
8. Lemerand Agency
9. The Dot Farm & Vineyard

Brought to you by: **CHARLEVOIX COUNTY FARM BUREAU**

**ALL ABOUT BEANS!**

**Michigan Black Beans**  
 • Highest protein and fiber content  
 • Rich in iron, potassium, and calcium  
 • Great for heart health and blood sugar control

**Michigan Light Red Kidney Beans**  
 • Versatile and easy to cook  
 • High in fiber and protein  
 • Great for heart health and blood sugar control

**Michigan Small Red Beans**  
 • Perfect for soups and stews  
 • High in fiber and protein  
 • Great for heart health and blood sugar control

**Michigan Pinto Beans**  
 • Versatile and easy to cook  
 • High in fiber and protein  
 • Great for heart health and blood sugar control

**Michigan Navy Beans**  
 • Perfect for soups and stews  
 • High in fiber and protein  
 • Great for heart health and blood sugar control

**ALL ABOUT BEANS!** TUSCOLA COUNTY FARM BUREAU MICHIGAN BEANS

**MICHIGAN BEAN FACTS**

Michigan produces over 400 million pounds of edible beans and is the nation's second largest producer of total dry beans.

Rich farmland in Michigan's "bread" counties produces more beans than any other place in the state, and Huron County is one of the top dry bean-producing counties in the nation.

Michigan dry beans are available worldwide, especially popular in the United Kingdom and gaining popularity in the nation.

Michigan is the nation's leading producer of organic dry beans.

Michigan's bean growers are recognized worldwide as quality leaders. There are more than 1,100 bean growers in the state.

Harvested from late August through October, Michigan beans are available year-round, either canned or in dry packaging.

**NUTRITIONAL POWERHOUSES**

**High In Protein**  
Beans from meat products, dry beans are the highest source of protein available. Beans provide about 8 grams of protein per 1/2 cup serving.

**Low In Sodium and Fat**  
Eating beans helps reduce blood cholesterol levels and protect against heart disease.

**High In Fiber**  
Beans have more fiber than any other unprocessed food, including whole flour which binds cholesterol in the intestine and removes it from the body.

**IRON RICH**  
One serving of beans provides more than 10% of the daily iron requirement for women. To help your body absorb the iron in beans, pair them with a vitamin C source.

**IDENTIFYING MICHIGAN BEANS**

Variety	Appearance	Taste
<b>Michigan Black Beans</b>	Medium to small, oval-shaped bean with a shiny black coat, a small white spot, and a creamy white interior.	Mushroom-like flavor, earthy, meaty.
<b>Michigan Dark Red Kidney Beans</b>	Large, kidney-shaped, deep reddish-brown.	Robust, earthy flavor with a slightly nutty undertone.
<b>Michigan Light Red Kidney Beans</b>	Large, kidney-shaped, reddish-pink.	Robust, full-bodied flavor, soft texture.
<b>Michigan Small Red Beans</b>	Compact, oval-shaped bean with a smooth, shiny, and vibrant red skin.	Rich, earthy flavor with a slightly nutty undertone, complemented by a subtle sweetness and a hint of starchiness.
<b>Michigan Pinto Beans</b>	Mottled pattern of reddish-brown speckles on a beige or light brown background.	Rich, earthy flavor, subtle nutty undertone, hint of starchiness.
<b>Michigan Navy Beans</b>	Small, oval-shaped, creamy white.	Neutral, slightly nutty taste.

# Connecting Communities COMMUNITY EVENTS



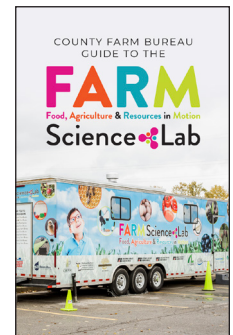
## Resources for Hosting Community Events

Interested in hosting a community event? Consider these event ideas and resources available from MFB:

- **Adult Project RED:** Conduct a second day or evening event in conjunction with your county's Project RED. Invite local service clubs or community leadership to participate in a version of what the students participated in. Available resources include:
  - *Project RED How-To Guide*
  - Print and digital invitation templates
  - Handout examples
  - List of possible community groups to invite
  - Scripts for welcoming group
  - *Consumer Conversations Training*



- **FARM Science Lab Open House:** Host an open house in conjunction with a FARM Science Lab visit to your community.\* This event should focus on outreach to adults — beyond teachers — to showcase the possibilities within agricultural education. Available resources include:
  - *County Farm Bureau Guide to the FARM Science Lab* — scan the QR code to download
  - Template emails
  - Talking points
  - List of possible community groups to invite



- **Commodity and Agriculture Fact Signs**
- **From Farm to Fair Signs and Recipe Card Handouts**

**ELEPHANT EARS BEGIN ON THE FARM**  
*From Farm to Fair*

Michigan farmers grow **34 MILLION** bushels of wheat annually.

Michigan ranks **SIXTH** in the nation for the amount of milk produced annually.

Michigan ranks **FOURTH** in the nation for the amount of sugarbeets grown annually.

Scan to learn more about the Michigan-grown foods and products used in cotton candy, and how to make it yourself!

**ELEPHANT EARS BEGIN ON THE FARM**  
*From Farm to Fair*

**WHEAT**

- Michigan farmers grow 34 million bushels of wheat annually.
- Michigan farmers produce and raise varieties of wheat.

**WHEAT**

- Michigan ranks 6th in the nation for the amount of Michigan-grown wheat.
- The Michigan Sugar Company is the only sugar processor in the state.

**MILK**

- Michigan ranks 6th in the nation for the amount of milk produced.
- The average Michigan consumer consumes 1.5 gallons of milk a day.

**ELEPHANT EAR RECIPE**

1 1/2 cups milk  
1/2 cup whipping cream  
1/2 cup granulated sugar  
1/2 cup brown sugar  
1/2 cup butter  
1/2 cup vanilla extract  
1/2 cup almond extract

**INSTRUCTIONS**

1. Preheat oven to 350°F. Grease a 9x9 inch pan with butter and set aside.
2. In a large bowl, whisk together the milk, sugar, and butter until well combined.
3. Add the cream, vanilla, and almond extract, and mix well.
4. Spread the mixture evenly in the prepared pan.
5. Bake for 30-35 minutes, or until the top is golden brown.
6. Let cool completely before cutting into squares.

**MAC-LUCE SCHOOLCRAFT FARM BUREAU**

**HOW AGRICULTURE MEASURES UP**

Farmers measure land in acres. An acre is approximately the size of a football field.

**ON ONE ACRE, IN ONE YEAR MICHIGAN FARMERS CAN RAISE:**

- 30,000 corn stalks or 150 bushels
- 1,000 apple trees or 600 bushels
- 1 cow

**GRAINS AND PRODUCE ARE MEASURED IN BUSHELS. A BUSHEL IS A MEASUREMENT OF WEIGHT.**

**LET'S DO THE MATH:**

Corn: 150 bushels x 56 pounds = 8,400 pounds/acre  
Apples: 600 bushels x 42 pounds = 25,200 pounds/acre

**MAC-LUCE SCHOOLCRAFT FARM BUREAU**

**APPLES**

Apples naturally turn brown when cut or bruised. Apples with higher levels of Vitamin C brown less. Coating sliced apples with lemon juice can slow the browning process.

To have Michigan apples year-round, apples are stored in a controlled-atmosphere room where computers monitor the temperature and oxygen levels to keep apples from spoiling.

Farmers use a trellis system of posts and wire to help apples grow straight, provide support, and allow greater sunlight into the canopy. This makes them easier to prune and harvest while growing more apples.