

## Calendar of Events

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May 24, 2025

**Live Music: Patresa Hartman and Steph Graham @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Ave, Cumming, IA 50061**  
**Cumming, IA 50061**  
05:00 PM - 08:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Spend Saturday, May 24 at Middlebrook Mercantile with live music from Patresa Hartman and Steph Graham, playing from 5:00 – 8:00 PM!*

*Come out for an evening of great music, delicious drinks, and a relaxed, welcoming vibe. The Merc is the perfect spot to unwind and enjoy the weekend!*

May 25, 2025

**Live Music: Dan Jones and Friends @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Ave, Cumming, IA 50061**  
**Cumming, IA 50061**  
02:00 PM - 05:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Join us Sunday, May 25 from 2:00 – 5:00 PM at Middlebrook Mercantile for an afternoon of live music with Dan Jones and Friends!*

*Kick back, sip on your favorite drink. It's the perfect way to wrap up the weekend—good music, great company, and all the Sunday fun day vibes.*

May 27, 2025

**Silent Book Club Night**  
**Iowa Distilling Company**  
**4349 Cumming Avenue**  
**Cumming, IA 50061**  
06:00 PM - 08:00 PM CST  
Ashley, 5159814216  
ashley@iowadistilling.com

*Silent Book Club With A Twist*

*Please join us 6-8PM for a very special Silent Book Club featuring Blind Date With A Book by Lizde. Bring a comfy chair and your favorite book, and start making progress toward that new Goodreads goal. If you haven't started anything at the moment, don't worry we can help! Step out of your comfort zone, and choose a wrapped book using clues about the genre, theme, or mood. Enjoy a delicious craft cocktail while you browse, read, and relax.*

*The lounge will have quiet acoustic music, and popcorn will be provided. Feel free to bring other snacks of your own to enjoy.*

May 28, 2025

**Ted Lare Workshop-Imprinting on Hanging Rope Planter Workshop**  
**Iowa Distilling Company**  
**4349 Cumming Avenue**  
**Cumming, IA 50061**  
06:00 PM - 08:00 PM CST  
Ashley, 5159814216  
ashley@iowadistilling.com

May 29, 2025

**Event: Trivia @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Ave, Cumming, IA 50061**  
**Cumming, IA 50061**  
06:00 PM - 09:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Looking for a fun Thursday night out with your favorite Trivia caller, Robert? Join us for Trivia Nights in Cumming, every week at two fantastic locations:*

*1st and 3rd Thursdays: The Merc*

*2nd and 4th Thursdays: Iowa Distilling Company*

*Time: 6:00 PM*

*Entry: Free*

*Compete for exciting prizes, fame, respect, and adulation. Form a team, challenge your brain, and enjoy a night of friendly competition and community fun.*

*Don't miss out—see you there!*

*Looking for a fun Thursday night out with your favorite Trivia caller, Robert? Join us for Trivia Nights in Cumming, every week at two fantastic locations:*

*1st and 3rd Thursdays: The Merc*

*2nd and 4th Thursdays: Iowa Distilling Company*

*Time: 6:00 PM*

*Entry: Free*

*Compete for exciting prizes, fame, respect, and adulation. Form a team, challenge your brain, and enjoy a night of friendly competition and community fun.*

*Don't miss out—see you there!*

May 30, 2025

**Fridays at the Farm | Luke Fox**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, May 30 | 4:30 - 7:30 PM*

*Live Music: Luke Fox*

*Food Trucks: Fair Food Fridays, Pho Wheels, Pie Mates, Yippie Dogs, Thumbs Up, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

May 30, 2025

**Live Music: Dick Danger @ Middlebrook Mercantile**

**Middlebrook Mercantile**

**4125 Cumming Ave, Cumming, IA 50061**

**Cumming, IA 50061**

07:00 PM - 10:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

*Kick off your weekend with live music at Middlebrook Mercantile Friday, May 30 from 7:00 – 10:00 PM!*

*Enjoy wine, snacks, and great company as*

*Dick Danger brings his signature sound to the stage. Come for the music, stay for the atmosphere!*

May 30, 2025

**Live Music by Taylor King and El Deliciosa Street Tacos Food Truck**  
**Iowa Distilling Company**  
**4349 Cumming Avenue**  
**Cumming, IA 50061**  
05:00 PM - 09:00 PM CST  
Ashley, 5159814216  
ashley@iowadistilling.com

*Join us for live music by Taylor King from 6-9PM. While enjoying live music grab some delicious handcrafted cocktails.*

*While enjoying great music and a cocktail in hand, grab some street tacos from El Deliciosa Street Tacos Food Truck 5-8PM.*

May 31, 2025

**Live Music: Bob Dorr and The Blue Two @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Ave, Cumming, IA 50061**  
**Cumming, IA 50061**  
05:00 PM - 08:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Spend Saturday, May 31 at Middlebrook Mercantile with live music from Bob Dorr and The Blue Two, playing from 5:00 – 8:00 PM!*

*Come out for an evening of great music, delicious drinks, and a relaxed, welcoming vibe. The Merc is the perfect spot to unwind and enjoy the weekend!*

May 31, 2025

**The Cumming Circuit**

**Cumming Ave.**

12:00 PM - 08:30 PM CST

Wilson's Orchard & Farm, 515- 216- 0027

sara.m@wilsonsfarm.com

*Join us on Saturday, May 31st from 12:00 - 8:30 PM as we host the first year of The Cumming Circuit, a community-wide event in honor of National Bike Month. Those that ride the Great Western Trail for a day trip to the town of Cumming will enjoy exclusive drink specials, and activities as a thank you for reducing carbon emissions. This event is free to participate in and promotes eco-friendly travel around the Agrihood!*

*Participating businesses:*

*Wilson's Orchard & Farm*

*Middlebrook Farm*

*Cumming Tap*

*Iowa Distilling Company*

June 1, 2025

**Live Music: Weary Ramblers @ Middlebrook Mercantile**

**Middlebrook Mercantile**

**4125 Cumming Avenue**

**Cumming, IA 50061**

02:00 PM - 05:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

*Join us Sunday, June 1 from 2:00 – 5:00 PM at Middlebrook Mercantile for an afternoon of live music with Weary Ramblers!*

*Kick back, sip on your favorite drink. It's the perfect way to wrap up the weekend—good music, great company, and all the Sunday fun day vibes.*

June 2, 2025

**Yoga on the Farm**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

05:30 PM - 06:30 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Unwind with yoga at Middlebrook Farm! Join us monthly June–September for gentle movement, breathwork & fresh air with Darcey Noyce, 500RYT.*

June 4, 2025

**Guest Bartender & Charity Night: Bras for the Cause @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
05:00 PM - 08:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Join us at the Merc on Wednesday, June 4 as we mix drinks for a cause! From 5:00 - 8:00 PM, all tips will be donated back to the Bras for the Cause to help lowans who are uninsured or underinsured get the testing they need. Your donation goes directly to pay for mammograms, cervical screenings and other potentially life-saving medical testing. Anyone is welcome to stop in and support!*

June 5, 2025

**Event: Trivia @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
06:00 PM - 09:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Looking for a fun Thursday night out with your favorite Trivia caller, Robert? Join us for Trivia Nights in Cumming, every week at two fantastic locations:*

*1st and 3rd Thursdays: The Merc*

*2nd and 4th Thursdays: Iowa Distilling Company*

*Time: 6:00 PM*

*Entry: Free*

*Compete for exciting prizes, fame, respect, and adulation. Form a team, challenge your brain, and enjoy a night of friendly competition and community fun.*

*Don't miss out—see you there!*

June 6, 2025

**Fridays at the Farm | The Soul Searchers**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, June 6 | 4:30 - 7:30 PM*

*Live Music: The Soul Searchers*

*Food Trucks: Charlotte's Kitchen, Karam's Mediterranean Grill, Pie Mates, Yippie Dogs, Thumbs Up*

*Free, family-friendly, and full of fun—see you on the farm!*

June 6, 2025

**Live Music: Jenny Kohls Band @ Middlebrook Mercantile**

**Middlebrook Mercantile**

**4125 Cumming Avenue**

**Cumming, IA 50061**

07:00 PM - 10:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

*Kick off your weekend with live music at Middlebrook Mercantile Friday, June 6 from 7:00 – 10:00 PM!*

*Enjoy wine, snacks, and great company as Jenny Kohls Band brings their signature sound to the stage. Come for the music, stay for the atmosphere!*



June 7, 2025

**Live Music: Sean Michael Sullivan @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
05:00 PM - 08:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Spend Saturday, June 7 at Middlebrook Mercantile with live music from Sean Michael Sullivan, playing from 5:00 – 8:00 PM!*

*Come out for an evening of great music, delicious drinks, and a relaxed, welcoming vibe. The Merc is the perfect spot to unwind and enjoy the weekend!*

June 8, 2025

**Spring Sip & Shop**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
10:00 AM - 02:00 PM CST  
Middlebrook Farm, 5153090705  
Events@MiddlebrookFarm.com

*Join us for a fun-filled day at Middlebrook Mercantile! Shop a variety of local vendors while sipping on drinks from the Merc.*

*Bonus: All homes for sale in the Agrihood will be open for tours throughout the event! Gather your friends and come enjoy a perfect spring afternoon of shopping, sipping, and home touring—we can't wait to see you there!*

June 8, 2025

**Spring Sip & Shop**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**

10:00 AM - 02:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

*Join us for a fun-filled day at Middlebrook Mercantile! Shop a variety of local vendors while sipping on drinks from the Merc.*

*Bonus: All homes for sale in the Agrihood will be open for tours throughout the event! Gather your friends and come enjoy a perfect spring afternoon of shopping, sipping, and home touring—we can't wait to see you there!*

*Date: June 8, 2025*

*Location: Middlebrook Mercantile*

*Time: 10 AM - 2 PM*

*Vendors:*

*Iowa Parklands*

*Kiomi*

*Nixon & Norman*

*Pink Arrow Designs*

*Silver K Farms*

*Wicked Ferments*

*Batch Balanced*

*Hand-Me-Down Talents*

*Happily Handcrafted*

*Patched Hat Bar*

*Simply Stella Rose*

June 13, 2025

**Fridays at the Farm | Cedar County Cobras**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, June 13 | 4:30 - 7:30 PM*

*Live Music: Cedar County Cobras*

*Food Trucks: Fair Food Fridays, Hotsy Totsy, Pie Mates, Yippie Dogs, Thumbs Up, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

June 13, 2025

**Live Music: Ryne Doughty @ Middlebrook Mercantile**

**Middlebrook Mercantile**

**4125 Cumming Avenue**

**Cumming, IA 50061**

07:00 PM - 10:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

*Kick off your weekend with live music at Middlebrook Mercantile Friday, June 13 from 7:00 – 10:00 PM!*

*Enjoy wine, snacks, and great company as Ryne Doughty brings his signature sound to the stage. Come for the music, stay for the atmosphere!*

June 13, 2025

**Norwalk Area Women's Collective Coffee**  
**Middlebrook Mercantile**  
**4125 Cumming Ave**  
**Cumming, IA 50061**  
08:00 AM - 09:00 AM CST  
Lauren Ebensteiner, 515-981-0619  
info@norwalkchamber.org

*This month, we're making connections a brainy affair! ?? Join us for a lively morning of Trivia, business, and brews at Middlebrook Mercantile. It's the perfect way to mix and mingle while testing your knowledge for some fun bragging rights (and maybe a prize!).*

*When: June 13, 8–9 AM*  
*Where: Middlebrook Mercantile*  
*4125 Cumming Ave, Cumming, Iowa*

*Schedule:*  
*Social Networking: 8:00–8:15 AM*  
*Trivia Begins: 8:15 AM*  
*Closing Comments: 8:50 AM*

*Brush up on your facts, bring your thinking cap, and let's make this a morning of smart connections.*

June 14, 2025

**Live Music: The Get Down @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
05:00 PM - 08:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Spend Saturday, June 14 at Middlebrook Mercantile with live music from The Get Down, playing from 5:00 – 8:00 PM!*

*Come out for an evening of great music, delicious drinks, and a relaxed, welcoming vibe. The Merc is the perfect spot to unwind and enjoy the weekend!*

June 15, 2025

**Live Music: Dogtown Rhythm Band @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
02:00 PM - 05:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Join us Sunday, June 15 from 2:00 – 5:00 PM at Middlebrook Mercantile for an afternoon of live music with Dogtown Rhythm Band!*

*Kick back, sip on your favorite drink. It's the perfect way to wrap up the weekend—good music, great company, and all the Sunday fun day vibes.*

June 17, 2025

## **NACC Golf Outing**

**Legacy Golf Club**

**400 Legacy Pkwy**

**Norwalk, IA 50211**

09:00 AM - 03:00 PM CST

Mel Guanci, 515-981-0619

info@norwalkchamber.org

### *Tee Off for a Day of Networking and Fun at Our Annual Golf Outing!*

*Get ready to swing into summer with the Norwalk Area Chamber of Commerce Golf Outing on Monday, June 17! This highly anticipated event is more than just a day on the greens—it's an opportunity to connect, collaborate, and enjoy a little friendly competition. Whether you're a seasoned golfer or just looking for a fun way to engage with fellow business professionals, this event is designed for everyone.*

### *A Premier Networking Experience*

*The annual golf outing is a cornerstone event for our chamber, bringing together local business leaders, entrepreneurs, and community members in a relaxed setting. With a shotgun start and a scramble format, teams will have the chance to work together while enjoying a day outdoors. It's the perfect blend of business and recreation, allowing participants to build relationships in a setting that fosters conversation and camaraderie.*

### *Event Details*

*Date: Tuesday, June 17*

*Location:*

*Legacy Golf Club*

*400 Legacy Parkway, Norwalk*

*Shotgun Start: 9 AM*

*Registration Includes 18 holes of golf, cart rental, lunch, post-event reception, and a chance to win exciting prizes!*

*Pricing:*

*\$100 per golfer*

*\$400 per foursome*

*\$150 hole sponsorship*

*Extras:*

*Raffle Tickets & Mulligans – available for purchase at the check-in table*

*Lunch is included in the registration fee*

### *Sponsorship Opportunities Available*

*Are you looking for a way to gain exposure for your business? Sponsorship opportunities range from hole sponsorship to premium event partnerships. This is an excellent way to market your business while supporting a well-loved chamber business community event.*

*Lunch & Reception Sponsor - \$675 (1 available)*

Prize Sponsor - \$500 (1 available)  
Hole-in-One Sponsor - \$250 (SOLD)  
Foursome + Hole Sponsor - \$540 (24 left)  
Hole Sponsor - \$150 (15 left)  
Longest Drive Sponsor - \$250 (1 available)  
Closest to the Pin - \$250 (1 available)  
Golfer Fee - \$100 (100 left)

*Interested in sponsoring? Email [info@norwalkchamber.org](mailto:info@norwalkchamber.org) for details!*

#### *Why You Should Participate*

*Expand Your Network: Connect with fellow business professionals in a casual and engaging environment.*

*Showcase Your Brand: Sponsorship opportunities offer excellent visibility for your company.*

*Enjoy a Great Day of Golf: Take in the beautiful course while competing for prizes and bragging rights.*

*Spots are limited; this event always sells out for us, so don't wait to secure your place! Gather your team or sign up individually—we'll pair you with a great group to ensure a fun and productive day.*

*Register Today!*

*See you on the course!*

June 18, 2025

#### **Middlebrook Farm Seasonal Series: Cooking with Early Summer Produce**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

06:30 PM - 07:30 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Join us at the Middlebrook Farmhouse for a seasonal cooking series with Mosa Shayan, Middlebrook Farm Manager and Brandy Shayan, The Grateful Chef!*

*As Brandy prepares a delicious, seasonally inspired dish using ingredients from Middlebrook's garden, the pair will share their tips and tricks for cooking with fresh, farm-grown ingredients. This class is perfect for anyone who loves healthy food, fresh flavors, and gathering around the table. Whether you're an experienced home cook or just getting started, you'll leave with inspiration for your own kitchen.*

*At the end of the demonstration, attendees will get to sample Brandy's creation and enjoy the flavors of the season together. The farm stand will also be open for those that would like to purchase the produce used.*

*Please note: We are unable to accommodate dietary restrictions for this event.*

June 18, 2025  
- August 6, 2025

**Des Moines 5V5 Summer League at The Gregg Young Sports Complex**  
**The Gregg Young Sports Campus**  
**1951 E 18th St**  
**Norwalk, IA 50211**  
06:30 PM - 10:45 PM CST  
Kris Ray, 4232405737  
kris@apexsocceracademy.com  
*Des Moines 5V5 Summer League at The Gregg Young Sports Complex*

*?FACEBOOK EVENT PAGE: <https://www.facebook.com/share/1BCuUuU5R6/>*

*Event Page & Registration: <https://www.apexsocceracademy.com/events>*

*Dates:*

•*Open Play*

*June 11*

*\*Fields will be set up to any teams or players that are registered for the league.*

•*League Nights*

*June 18 & 25*

*July 2, 9, 16, 23, 30*

*August 6*

*Multiple matches per night!*

*Times:*

*6:30 PM to 10:45 PM*

*U7 to U15 played between 6:30 to 9:30*

*U16 to Adult played between 8:30 to 10:45*

*Age Groups:*

*U6 to Adult*

*Number of Players:*

*Minimum of 7 players*

*Maximum of 10 players*

*Divisions:*

*Rec, Academy, Select, & Adult*



*Format:*

*4 field players + GK*

*Match Length:*

*2 - 12 minute halves*

*1 minute halftime*

*Rules:*

*<https://storage.googleapis.com/msgsndr/3fgZnq739SiNq0PfQQN4/media/677dac1886e0a37c2673abd3.pdf>*

*\*The league will use the same rules as the 5v5 tournaments.*

*Facility:*

*Gregg Young Sports Campus*

*Tuff Fields, Lights, Food Trucks, Concessions, Vendors, and Restaurants on site!*

*<https://www.greggyoungsports-campus.com/>*

*1951 E 18th St, Norwalk, IA 50211*

*Cost:*

*Youth & Adult Recreation Division*

*Early Registration Fee (deadline May 18th)*

*- \$300 per team*

*Registration Fee (registration ends June 6th)*

*- \$350 per team*

*Late Registration (late registration June 7th to 13th)*

*- \$400 per team*

*Adult Competitive Division*

*Early Registration Fee (deadline May 18th)*

*- \$375 per team*

*Registration Fee (registration ends June 6th)*

- \$425 per team

Late Registration (late registration June 7th to 13th)

- \$475 per team

*CASH PRIZES FOR ADULT COMPETITIVE DIVISION*

*1ST PLACE - \$1000*

*2ND PLACE - TBA*

*3RD PLACE - TBA*

*Registration Link: <https://soccer.exposureevents.com/244356/5v5-league-des-moines-ia>*

*Schedules released on June 14th or no later than midnight June 16th.*

*\*Teams registered in the summer league will receive \$50 of team registration for each of the 2 summer 5v5 tournaments.*

*2025 Des Moines Summer 5v5 Soccer Tournament Series*

*June 28th - Cownie Soccer Park*

*2600 Hartford Ave, Des Moines, IA 50320*

*FACEBOOK EVENT PAGE: <https://www.facebook.com/share/1YRp3YWdS5/>*

*July 26th - Mcaninch Sports Complex*

*200 Wright Rd, Norwalk, IA 50211*

*FACEBOOK EVENT PAGE: <https://www.facebook.com/share/19RwddzgD1/>*

*Tournament Series Event Page & Registration:  
<https://www.apexsocceracademy.com/events> & [5v5soccer.com](https://www.5v5soccer.com)*

June 19, 2025

**Event: Trivia @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
06:00 PM - 09:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Looking for a fun Thursday night out with your favorite Trivia caller, Robert? Join us for Trivia Nights in Cumming, every week at two fantastic locations:*

*1st and 3rd Thursdays: The Merc*

*2nd and 4th Thursdays: Iowa Distilling Company*

*Time: 6:00 PM*

*Entry: Free*

*Compete for exciting prizes, fame, respect, and adulation. Form a team, challenge your brain, and enjoy a night of friendly competition and community fun.*

*Don't miss out—see you there!*

June 20, 2025

**Fridays at the Farm | Robert Deitch**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, June 20 | 4:30 - 7:30 PM*

*Live Music: Robert Deitch*

*Food Trucks: Hot Off The Presses, General Lee's Smoke Shack, Pie Mates, Yippie Dogs, Baan Vaan, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

June 20, 2025

**Live Music: Chuggaluggers @ Middlebrook Mercantile**

**Middlebrook Mercantile**

**4125 Cumming Avenue**

**Cumming, IA 50061**

07:00 PM - 10:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

*Kick off your weekend with live music at Middlebrook Mercantile Friday, June 20 from 7:00 – 10:00 PM!*

*Enjoy wine, snacks, and great company as Chuggaluggers brings their signature sound to the stage. Come for the music, stay for the atmosphere!*

June 21, 2025

**2025 Carlisle Area Garden Tour**  
**2025 Carlisle Area Garden Tour**  
**245 Pennsylvania Street**  
**Carlisle, IA 50047**  
09:15 AM - 02:00 PM CST  
Bethany Cecot, 515-961-6237  
bcecot@iastate.edu

*8 Awe-Inspiring Private and Public Gardens*

*Featured at the Second Annual Gardens Thrive in 2025 Carlisle Area Garden Tour*

*If you love beautiful gardens and are looking for inspiration, mark your calendar for this special event.*

*Event Details:*

*Date: Saturday, June 21, 2025*

*Time: 9:00 AM – 2:00 PM*

*Location: Carlisle, Iowa, and the surrounding area*

*Tour Type: Self-guided tour of five private and three public gardens*

*Hosted by the Warren County Master Gardeners, this tour showcases a variety of garden styles from gardeners of all experience levels. The featured gardens are designed to inspire and captivate, offering a mix of unique and familiar plantings arranged in whimsical and peaceful settings.*

*Attendees may join the tour at any time throughout the event. Warren County Master Gardener volunteers will be present at each location to assist guests and answer questions.*

June 21, 2025

**Live Music: Hot Off the Grill @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
05:00 PM - 08:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Spend Saturday, June 21 at Middlebrook Mercantile with live music from Hot Off the Grill, playing from 5:00 – 8:00 PM!*

*Come out for an evening of great music, delicious drinks, and a relaxed, welcoming vibe. The Merc is the perfect spot to unwind and enjoy the weekend!*

June 22, 2025

**Live Music: Bonne Finken @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
02:00 PM - 05:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Join us Sunday, June 22 from 2:00 – 5:00 PM at Middlebrook Mercantile for an afternoon of live music with Bonne Finken!*

*Kick back, sip on your favorite drink. It's the perfect way to wrap up the weekend—good music, great company, and all the Sunday fun day vibes.*

June 25, 2025

**Norwalk Area Chamber Member Open House**

12:00 PM - 01:30 PM CST

*Join us for the Norwalk Area Chamber Member Open House!*

*This is your opportunity to discover how to maximize your chamber membership to grow your business and strengthen your professional network.*

*Date: Wednesday, June 25th*

*Time: 12:00 PM – 1:30 PM*

*Location: Chamber Office • 1043 Sunset Dr. UNIT 4, Norwalk*

*Spend your lunch hour connecting with fellow members and learn about the tools, resources, and opportunities available to help you succeed. Whether you're new to the chamber or a long-time member, we invite you to join us.*

*Don't Miss:*

*Tips on leveraging chamber resources for business growth*

*Networking opportunities with other local business professionals*

*Insights on upcoming events and initiatives for 2025*

*We look forward to seeing you there! Lunch will be provided, so RSVP today to save your spot.*

*Let's make this year your best yet!*

June 26, 2025

**Reverse Sear Masterclass with the Good Butcher x Capital Call Vintners**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

06:00 PM - 08:00 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Join us for a Reverse Sear Masterclass hosted by The Good Butcher, featuring Chef Terry Boston and butcher Calvin Schnucker. Learn the essentials of the reverse sear method, including techniques for both grilling and oven preparation, and gain insight into selecting ideal meat cuts for this cooking style.*

*Chef Terry Boston brings nearly 40 years of culinary experience to this demonstration, having served as Executive Chef at the Des Moines Golf and Country Club for over three decades. His approach emphasizes delicious, nutritious food prepared simply and effectively.*

*Calvin Schnucker, experienced butcher and owner of The Good Butcher, will share his expertise on choosing and preparing quality meats sourced from local Iowa farms.*

*The demonstration will include Iowa pork chops and beef Picanha. Following the demonstration, enjoy a family-style meal featuring these delicious proteins paired with sides specially prepared by Chef Terry.*

*Capital Call Vintners will provide wine pairings, guided by Guillermo Munoz, Midwest Regional Distribution Manager.*

*Reserve your spot for an informative evening filled with great food, wine, and practical tips to enhance your cooking skills.*



June 27, 2025

**Fridays at the Farm | The Blue 2 + 1**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, June 27 | 4:30 - 7:30 PM*

*Live Music: The Blue 2 + 1*

*Food Trucks: El Delicioso Street Tacos, Pho Wheels, Pie Mates, Yippie Dogs, Baan Vaan, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

June 27, 2025

**Live Music: Dan Trilk @ Middlebrook Mercantile**

**Middlebrook Mercantile**

**4125 Cumming Avenue**

**Cumming, IA 50061**

07:00 PM - 10:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

*Kick off your weekend with live music at Middlebrook Mercantile Friday, June 27 from 7:00 – 10:00 PM!*

*Enjoy wine, snacks, and great company as Dan Trilk brings his signature sound to the stage. Come for the music, stay for the atmosphere!*

June 28, 2025

**Live Music: Emma Butterworth @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
05:00 PM - 08:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Spend Saturday, June 28 at Middlebrook Mercantile with live music from Emma Butterworth, playing from 5:00 – 8:00 PM!*

*Come out for an evening of great music, delicious drinks, and a relaxed, welcoming vibe. The Merc is the perfect spot to unwind and enjoy the weekend!*

June 29, 2025

**Live Music: Sumpin Doo @ Middlebrook Mercantile**  
**Middlebrook Mercantile**  
**4125 Cumming Avenue**  
**Cumming, IA 50061**  
02:00 PM - 05:00 PM CST  
Middlebrook Mercantile, 515.981.0494  
Events@MiddlebrookFarm.com

*Join us Sunday, June 29 from 2:00 – 5:00 PM at Middlebrook Mercantile for an afternoon of live music with Sumpin Doo!*

*Kick back, sip on your favorite drink. It's the perfect way to wrap up the weekend—good music, great company, and all the Sunday fun day vibes.*

July 7, 2025

**Yoga on the Farm**  
**Middlebrook Farm**  
**4300 Cumming Avenue**  
**Cumming, IA 50061**  
05:30 PM - 06:30 PM CST  
Middlebrook Farm, 5153090705  
Events@MiddlebrookFarm.com

*Unwind with yoga at Middlebrook Farm! Join us monthly June–September for gentle movement, breathwork & fresh air with Darcey Noyce, 500RYT.*

July 9, 2025  
- July 10, 2025

**Capital Call x Aaron Holt Farm to Table Dinner @ Middlebrook Farm**  
**Middlebrook Farm**  
**4300 Cumming Avenue**  
**Cumming, IA 50061**

06:30 PM - 08:30 PM CST

Capital Call Vintners, 5153090705

guillermo@capitalcallvintners.com

*Capital Call Vintners invites you to Middlebrook Farm, just 10 minutes from West Glen, for an unforgettable evening of fine wine and exceptional cuisine in a stunning open-air setting.*

*Experience a beautifully curated dinner crafted by Chef Aaron Holt, owner of Doolittle Farm and 2018 Iowa Restaurant Association's Chef of the Year. Known for his hyper-seasonal, farm-forward cooking, Aaron brings his own hand-grown produce—fruits, vegetables, edible flowers, and microgreens—from his family's century farm in Story City to the table.*

July 11, 2025

**Fridays at the Farm | Avey Grouws Duo**  
**Middlebrook Farmhouse**  
**4300 Cumming Avenue**  
**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, July 11 | 4:30 - 7:30 PM*

*Live Music: Avey Grouws Duo*

*Food Trucks: Karam's Mediterranean Grill, Hotsy Totsy, Pie Mates, Yippie Dogs, Baan Vaan, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

July 12, 2025

**Middlebrook Farm Mushroom Log Cultivation Workshop**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

10:00 AM - 11:30 AM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Join us at Middlebrook Farm for a hands-on Mushroom Log Cultivation Workshop with our Farm Manager, Mosa Shayan!*

*Learn the art of growing delicious, homegrown mushrooms as Mosa guides you through the process of inoculating your own hardwood log with mushroom spores. He'll provide the supplies, expertise, and insider tips to ensure a successful harvest.*

*At the end of the workshop, you'll take home your very own mushroom log, ready to produce fresh fungi for seasons to come! Whether you're a gardening enthusiast or just curious about small-scale mushroom farming, this workshop is the perfect way to expand your growing skills.*

*What's included:*

- Expert instruction from Farm Manager, Mosa*
- All materials needed for your own mushroom log*
- Hands-on guidance in the inoculation process*
- Tips for caring for your log and harvesting mushrooms*

*Spots are limited—reserve yours today and get ready to grow your own gourmet mushrooms!*

July 18, 2025

**Fridays at the Farm | Ducharme-Jones**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, July 18 | 4:30 - 7:30 PM*

*Live Music: Ducharme-Jones*

*Food Trucks: Charlotte's Kitchen, Fair Food Fridays, Pie Mates, Yippie Dogs, Thumbs Up, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

July 19, 2025

**Pajamas & Potions: A Divine Feminine (Day) Sleepover**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

09:30 AM - 03:30 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Ladies, it's time to slip into your pajamas and immerse yourself in a soul-nourishing day of self-care, sisterhood, and empowerment!*

July 24, 2025

**Aging Masterclass with the Good Butcher x Capital Call Vintners**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

06:00 PM - 08:00 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Join us for an Aging Masterclass hosted by The Good Butcher, featuring Chef Terry Boston and butcher Calvin Schnucker. Learn the differences between dry aging, wet aging, and no aging, and how each method affects the taste, texture, and cooking approach of beef.*

*Chef Terry Boston, with nearly 40 years of culinary experience in Des Moines, will demonstrate cooking techniques for each style using New York strip steaks. He'll also share simple, practical ways to prepare these cuts at home.*

*Calvin Schnucker, owner of The Good Butcher, will discuss how aging impacts meat quality and offer tips for selecting the right cuts. All meats featured are locally sourced from Iowa farms.*

*After the demonstration, enjoy a family-style meal featuring the prepared steaks along with sides made by Chef Terry.*

*Capital Call Vintners will offer wine pairings, presented by Guillermo Munoz, Midwest Regional Distribution Manager.*

*Reserve your spot to learn more about beef aging methods, improve your cooking skills, and enjoy good food and wine in a relaxed setting.*

July 25, 2025

**Fridays at the Farm | The Matt Woods Band**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, July 25 | 4:30 - 7:30 PM*

*Live Music: The Matt Woods Band*

*Food Trucks: Hot Off The Presses, Pho Wheels, Pie Mates, Yippie Dogs, Whip Delight, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

July 26, 2025

**Des Moines 5v5 Soccer Metro Tournament**  
**Norwalk-McAninch Sports Complex**  
**200 Wright Rd**  
**Norwalk, IA 50211**  
08:00 AM - 05:00 PM CST  
Kris Ray, 4232405737  
kris@apexsocceracademy.com

#### *WHO CAN REGISTER AND COACH A TEAM?*

*Coaches, managers, parents, or even players can sign up teams. It doesn't have to be a soccer club coach. Got a group of 5+ players and a parent to coach? That's all you need! Older teams (U16 and up) can even register and coach themselves. 5v5 soccer is a great way for players to stay active all summer!*

#### *AGE GROUPS & PRIZES*

*U7 to Adult*

*Games are all day Saturday, 8 am to 5 pm at one location.*

*It's 5v5 (4 field players + goalie), and every team plays four games.*

*Top three teams get medals and go to nationals!*

*Cash prizes for the top team in the competitive adult division.*

#### *FESTIVAL ATMOSPHERE*

*These tournaments are gonna be awesome! Something for everyone! Food trucks, music, concessions—the works!*

#### *DEADLINES AND PRICING*

- *Early deadline: Save \$50 if you register and pay 13 days prior!*
- *Registration Deadline: Sunday before the event*
- *Late Registration: Starts Monday of event week and will be accepted on an as-needed basis, see divisions below for availability.*
- *5v5 Cost: \$350 early, \$400 regular and \$450 late*
- *SAVE \$250 | 5 PACK Multi-Tournament/Team Discount: Are you entering 5+ Tournaments or teams? A VIP Multi-Tournament Discount of \$50 per event is available. Reach out to Event Contact for more details.*

*CHECK 5V5.SOCCER WEBSITE FOR LIST OF TOURNAMENTS HELD THROUGHOUT THE MIDWEST!*

#### *TOURNAMENT & GAME FORMAT*

- *Roster: Max of 10*
- *Ball Size: We will play with the same ball size you use in the regular season unless playing "up"*
- *Goals: 6x12 feet Bownet goals (facility dependent)*
- *Field Size: 30 yards wide by 40 yards long (facility dependent)*
- *4-game guarantee*



- *Format: 4+GK*
- *5v5 Open to all teams: from teams with players born in 2018 through Adults.*
- *When we go to create divisions, teams will be combined +/- 1 year and similar ability level.*
- *This is a non-sanctioned event so it's open to all teams from all States.*
- *5v5 National Championship: Join us in Central Florida, top teams will qualify for the 2025 5v5 Nationals.*

*FACEBOOK EVENT PAGE: <https://www.facebook.com/share/1YRp3YWdS5/> (June 28th)*

*FACEBOOK EVENT PAGE: <https://www.facebook.com/share/19RwddzgD1/> (July 26th)*

*PLEASE LIKE, SHARE AND INVITE TO BE ENTERED INTO A DRAWING FOR A FREE REGISTRATION.*

*Wanna be a vendor or looking for more information? Email Kris Ray at [Kris@5v5soccer.com](mailto:Kris@5v5soccer.com).*

August 1, 2025

**Fridays at the Farm | JOSHUA SINCLAIR**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, August 1 | 4:30 - 7:30 PM*

*Live Music: JOSHUA SINCLAIR*

*Food Trucks: Charlotte's Kitchen, Hotsy Totsy, Pie Mates, Yippie Dogs, Thumbs Up, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

August 4, 2025

**Yoga on the Farm**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

05:30 PM - 06:30 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Unwind with yoga at Middlebrook Farm! Join us monthly June–September for gentle movement, breathwork & fresh air with Darcey Noyce, 500RYT.*

August 8, 2025

**Fridays at the Farm | The Crowfoot Rakes**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, August 8 | 4:30 - 7:30 PM*

*Live Music: The Crowfoot Rakes*

*Food Trucks: Karam's Mediterranean Grill, Big Mama's Bistro, Pie Mates, Yippie Dogs, Baan Vaan, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

August 15, 2025

**Fridays at the Farm | Brian Herrin**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, August 15 | 4:30 - 7:30 PM*

*Live Music: Brian Herrin*

*Food Trucks: Hot Off The Presses, El Delicioso Street Tacos, Pie Mates, Yippie Dogs, Whip Delight, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

August 22, 2025

**Fridays at the Farm | Gladys Lite**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, August 22 | 4:30 - 7:30 PM*

*Live Music: Gladys Lite*

*Food Trucks: Big Mama's Bistro, General Lee's Smoke Shack, Pie Mates, Yippie Dogs, Thumbs Up, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

August 29, 2025

**Fridays at the Farm | Royce Johns**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, August 29 | 4:30 - 7:30 PM*

*Live Music: Royce Johns*

*Food Trucks: El Delicioso Street Tacos, Pho Wheels, Pie Mates, Yippie Dogs, Whip Delight, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

September 2, 2025

- September 4, 2025

**Grant Gillon x Capital Call Vintner Farm to Table Dinner @ Middlebrook Farm**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

06:00 PM - 09:00 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Capital Call Winery invites you to Middlebrook Farm, just 10 minutes from West Glen, for an evening celebrating fine wine, exceptional cuisine, and Iowa spirit, featuring special guest Chef Grant Gillon—MasterChef Season 13 Champion. Chef Grant rose to fame showcasing his skill, creativity, and passion for bold flavors, fresh ingredients, and culinary excellence, making him a standout in the Iowa food scene.*

September 5, 2025

**Fridays at the Farm | The Matt Terronez Band**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, September 5 | 4:30 - 7:30 PM*

*Live Music: The Matt Terronez Band*

*Food Trucks: Fair Food Fridays, Karam's Mediterranean Grill, Pie Mates, Yippie Dogs, Thumbs Up, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

September 8, 2025

**Yoga on the Farm**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

05:30 PM - 06:30 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Unwind with yoga at Middlebrook Farm! Join us monthly June–September for gentle movement, breathwork & fresh air with Darcey Noyce, 500RYT.*

September 11, 2025

**Wagyu Flight with the Good Butcher x Capital Call Vintners**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

06:00 PM - 08:00 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Join us for a Wagyu Flight hosted by The Good Butcher and Capital Call Vintners, where you'll explore the unique qualities of American Wagyu, Japanese A5, and Australian Wagyu. Chef Terry Boston, who has spent nearly four decades perfecting his craft in Des Moines, will demonstrate accessible cooking techniques and offer practical advice on preparing these premium ribeyes at home.*

*Butcher Calvin Schnucker, owner of The Good Butcher, will share his experience selecting and sourcing top-tier Wagyu, shedding light on how each region influences flavor and texture.*

*Following the demonstration, gather around for a family-style meal featuring these specially prepared ribeyes, along with sides created by Chef Terry. Capital Call Vintners will enhance the evening by curating wines, presented by Guillermo Munoz, Midwest Regional Distribution Manager.*

*Reserve your place for a relaxed evening of learning, culinary discovery, and memorable tastes—perfect for those who love great food, wine, and new techniques.*

September 12, 2025

**Fridays at the Farm | Sara Routh**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

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*Friday, September 12 | 4:30 - 7:30 PM*

*Live Music: Sara Routh*

*Food Trucks: Charlotte's Kitchen, Big Mama's Bistro, Pie Mates, Yippie Dogs, Baan Vaan, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*



September 19, 2025

**Fridays at the Farm | Josh Hoyer**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

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*Friday, September 19 | 4:30 - 7:30 PM*

*Live Music: Josh Hoyer*

*Food Trucks: El Delicioso Street Tacos, Hotsy Totsy, Pie Mates, Yippie Dogs, Whip Delight, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

September 24, 2025

**Middlebrook Farm Seasonal Series: Cooking with Late Summer Produce**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

06:30 PM - 07:30 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Join us at the Middlebrook Farmhouse for a seasonal cooking series with Mosa Shayan, Middlebrook Farm Manager and Brandy Shayan, The Grateful Chef!*

*As Brandy prepares a delicious, seasonally inspired dish using ingredients from Middlebrook's garden, the pair will share their tips and tricks for cooking with fresh, farm-grown ingredients. This class is perfect for anyone who loves healthy food, fresh flavors, and gathering around the table. Whether you're an experienced home cook or just getting started, you'll leave with inspiration for your own kitchen.*

*At the end of the demonstration, attendees will get to sample Brandy's creation and enjoy the flavors of the season together. The farm stand will also be open for those that would like to purchase the produce used.*

*Please note: We are unable to accommodate dietary restrictions for this event.*

September 26, 2025

**Fridays at the Farm | Damon Dotson**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

04:30 PM - 07:30 PM CST

Middlebrook Farm, (515) 697-3851

events@middlebrookfarm.com

*Kick off your weekend in Middlebrook! Enjoy live music on the Farmhouse porch, shop farm-fresh produce and local market vendors, and dig into delicious bites from our favorite food trucks. Bring a lawn chair or spread out a blanket, and sip on something refreshing from the Wine Wagen. It's laid-back, it's lively, and it's the perfect way to spend a Friday night under the open sky.*

*Friday, September 26 | 4:30 - 7:30 PM*

*Live Music: Damon Dotson*

*Food Trucks: Hot Off The Presses, Pho Wheels, Pie Mates, Yippie Dogs, Thumbs Up, Benny's Beans*

*Free, family-friendly, and full of fun—see you on the farm!*

October 25, 2025

**Middlebrook Farm Four Seasons Gardening**

**Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

10:00 AM - 11:00 AM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Want to keep your garden thriving no matter the season? Join us at Middlebrook Farm for an informational session on four-season gardening!*

*Led by our Farm Manager, Mosa Shayan, this class will cover the essential techniques for growing fresh food year-round—from cold-hardy crops and season extension to soil health and planning for continuous harvests. Whether you're a beginner or a seasoned gardener, you'll leave with practical knowledge to make the most of every season.*

*What You'll Learn:*

*? Best crops for spring, summer, fall, and winter*

*? How to use hoop houses, cold frames, and other season extenders*

*? Tips for soil care and succession planting*

*? How to maximize sunlight and protect plants from extreme weather*

*Don't let the seasons limit your garden—discover how to grow fresh, homegrown food all year long!*

November 8, 2025

**Middlebrook Farm Custom Ornament Embroidery Workshop with Handful of Made  
Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

10:00 AM - 12:00 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Create a one-of-a-kind gift for a loved one or a beautiful keepsake for your Christmas tree—no experience needed! ??*

*In this beginner-friendly workshop, you'll learn basic stitches and embroidery tips & tricks while stitching your own hand-embroidered ornament (that can also double as home decor in the off-season!). Your ticket will cover all materials and supplies. Even if you have never held a needle before, we promise you can do it!*

*Let's get stitching and add a little handmade charm to the season!*

November 8, 2025

**Middlebrook Custom Chunky Sweater Embroidery Workshop with Handful of Made  
Middlebrook Farm**

**4300 Cumming Avenue**

**Cumming, IA 50061**

01:00 PM - 03:00 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Ever wanted to create one of those trendy, hand-embroidered sweaters? Now's your chance—no experience needed!*

*Join Karlie Hunter, owner of Handful of Made, as she guides you through the process of embroidering a sweater with yarn and needle. Your registration includes all embroidery supplies (needle, yarn, design, and expert instruction) except the sweater (suggestions on the ticking page).*

*Don't miss this fun and creative workshop—reserve your spot today!*

November 12, 2025

**Middlebrook Farm Seasonal Series: Cooking with Fall Produce**

**Middlebrook Farmhouse**

**4300 Cumming Avenue**

**Cumming, IA 50061**

06:30 PM - 07:30 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

*Join us at the Middlebrook Farmhouse for a seasonal cooking series with Mosa Shayan, Middlebrook Farm Manager and Brandy Shayan, The Grateful Chef!*

*As Brandy prepares a delicious, seasonally inspired dish using ingredients from Middlebrook's garden, the pair will share their tips and tricks for cooking with fresh, farm-grown ingredients. This class is perfect for anyone who loves healthy food, fresh flavors, and gathering around the table. Whether you're an experienced home cook or just getting started, you'll leave with inspiration for your own kitchen.*

*At the end of the demonstration, attendees will get to sample Brandy's creation and enjoy the flavors of the season together. The farm stand will also be open for those that would like to purchase the produce used.*

*Please note: We are unable to accommodate dietary restrictions for this event.*