

Calendar of Events

June 12, 2026

Women's Collective Coffee & Conversation Event

Middlebrook Mercantile
4125 Cumming Ave
Cumming, IA 50061
08:00 AM - 09:00 AM CST
Mel Guanci,
mel@norwalkchamber.org

FLORALPALOOZA

? *Friday, June 12, 2026*
? *8:00–9:00 AM*
? *Middlebrook Mercantile*

Event Description:

This month we'll come together making flower arrangements with flowers from Bellflower Florist & Gifts.

We'll enjoy coffee, conversation, and a creative morning connecting with other women in our community while creating something beautiful to take home. Whether you come with a friend or attend on your own, this is a wonderful opportunity to slow down, connect, and start your morning with intention and creativity.

We can't wait to spend the morning with you.

June 12, 2026

Live Music by Corbett Reeves and Food Truck by Jana's Snack Shack Food Truck

Iowa Distilling Company
4349 Cumming Ave.
Norwalk, IA 50211
05:00 PM - 09:00 PM CST
Ashley, 5159814216
ashley@iowadistilling.com

Join us for live music by Corbett Reeves from 6-9PM. While enjoying live music, grab some delicious handcrafted cocktails and food from Jana's Snack Shack 5-8PM.

June 12, 2026

Fridays at the Farm | Robert Deitch & Friends

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, June 12 | 4:30 – 7:30 PM

Live Music: Robert Deitch & Friends

Food Trucks: Bill Do BBQ, Veggie Thumper, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

June 12, 2026

Live Music: The Foxes with Casey Joe Collins, Buz Owen & Danny Russell Wolf @ The Merc

Middlebrook Mercantile

4125 Cumming Avenue

Cumming, IA 50061

06:00 PM - 09:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

Kick off your weekend with live music at Middlebrook Mercantile Friday, June 12 from 6:00 PM – 9:00 PM!

Enjoy wine, snacks, and great company as The Foxes with Casey Joe Collins, Buz Owen & Danny Russell Wolf bring their signature sound to the stage. Come for the music, stay for the atmosphere!

June 13, 2026

Pho Wheels and Sushi

Iowa Distilling Company

4349 Cumming Ave.

Norwalk, IA 50211

06:30 PM - 08:30 PM CST

Ashley, 5159814216

ashley@iowadistilling.com

Pho Wheels and Sushi will be available 5-8PM. Come grab sushi while enjoying a handcrafted cocktail or tow.

June 13, 2026

Live Music: Tony McGhee @ The Merc
Middlebrook Mercantile
4125 Cumming Avenue
Cumming, IA 50061
06:00 PM - 09:00 PM CST
Middlebrook Mercantile, 515.981.0494
Events@MiddlebrookFarm.com

Spend Saturday, June 13 at Middlebrook Mercantile with live music from Tony McGhee, playing from 6:00 PM – 9:00 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 14, 2026

Live Music: Other Brothers @ The Merc
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 14 from 2:00 PM – 5:00 PM at Middlebrook Mercantile for an afternoon of live music with Other Brothers!

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 16, 2026

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 Tuesday, June 16! 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 16

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 (2 left)

\$400 per foursome (4 left)

\$150 hole sponsorship (10 left)

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 left)

Prize Sponsor - \$500 (1 available)
Hole-in-One Sponsor - \$250 (SOLD)
Hole Sponsor - \$150 (10 left)
Longest Drive Sponsor - \$250 (SOLD)
Closest to the Pin - \$250 (1 available)
Golfer Fee - \$100 (20 left)

Interested in sponsoring? Email 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 17, 2026

Mullberry Farms and Food Truck

Iowa Distilling Company

4349 Cumming Ave.

Norwalk, IA 50211

05:00 PM - 08:00 PM CST

Ashley, 5159814216

ashley@iowadistilling.com

Come out and enjoy some food from Mulberry Farm and Food Truck while sipping on a handcrafted cocktail.

June 17, 2026

What is Middlebrook?

Middlebrook Mercantile

4125 Cumming Avenue

Cumming, IA 50061

06:00 PM - 07:00 PM CST

Middlebrook Farm, 515.981.0494

Events@MiddlebrookFarm.com

Curious what makes Middlebrook so special? Join us for an engaging presentation to learn all about the history, vision, and exciting future of Iowa's first Agrihood!

We'll dive into the story behind our neighborhoods and home styles, share what's new in Middlebrook Town Center, and give you the inside scoop on upcoming plans and developments.

Whether you're a current resident, future neighbor, or simply curious about the community, this is the perfect chance to discover what's next for Middlebrook.

June 18, 2026

Event: Trivia @ The Merc
Middlebrook Mercantile
4125 Cumming Avenue
Cumming, IA 50061
06:00 PM - 08:00 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 19, 2026

Live Music by Joshua Sinclair and Food Truck by Hot Peppers Mexican Food Truck
Iowa Distilling Company
4349 Cumming Ave.
Norwalk, IA 50211
05:00 PM - 09:00 PM CST
Ashley, 5159814216
ashley@iowadistilling.com
Join us for live music by Josh Sinclair from 6-9PM. While enjoying live music, grab some delicious handcrafted cocktails and tacos from Hot Peppers Mexican Food Truck 5-8PM.

June 19, 2026

Fridays at the Farm | Andrew Hoyt

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, June 19 | 4:30 – 7:30 PM

Live Music: Andrew Hoyt

Food Trucks: El Delicioso Street Tacos, Pho Wheels & Sushi, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

June 19, 2026

Live Music: Ava Lemon @ The Merc

Middlebrook Mercantile

4125 Cumming Avenue

Cumming, IA 50061

06:00 PM - 09:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

Kick off your weekend with live music at Middlebrook Mercantile Friday, June 19 from 6:00 PM – 9:00 PM!

Enjoy wine, snacks, and great company as Ava Lemon brings her signature sound to the stage. Come for the music, stay for the atmosphere!

June 20, 2026

Live Music: Bob Dorr and The Blue Two @ The Merc
Middlebrook Mercantile
4125 Cumming Avenue
Cumming, IA 50061
06:00 PM - 09:00 PM CST
Middlebrook Mercantile, 515.981.0494
Events@MiddlebrookFarm.com

Spend Saturday, June 20 at Middlebrook Mercantile with live music from Bob Dorr and The Blue Two, playing from 6:00 PM – 9:00 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 20, 2026

Middlebrook Summer Series: Yoga at the Farm
Middlebrook Farm
4300 Cumming Avenue
Cumming, IA 50061
08:15 AM - 09:00 AM CST
Middlebrook Farm, 515.309.0705
Events@MiddlebrookFarm.com

If you are looking for a welcoming, all-levels yoga summer series, look no more! Join Darcey Noyce, RYT-500, this summer at Middlebrook Farm for some movement, breathing and community.

Bring your yoga mat/towel and a water bottle for this gentle, all-levels yoga practice. Class will be 45 minutes on Saturday mornings and 60 minutes on Monday evenings. Class will take place on the open grassy area just east of the farmhouse.

Up-to-date weather announcements will be sent via email at least an hour before start time, which is why it is important to pre-register! There is no backup plan for inclement weather so class will be cancelled, and your ticket purchase will be fully refunded.

Cancellation policy: all sales are final. In the event of an emergency, please reach out to Darcey at darceyoga8@gmail.com.

Series Schedule:

Mondays from 5:30-6:30pm: June 8, July 6, August 3, August 31 and September 28
Saturdays from 8:15-9:00am: June 20, July 18, August 15 and September 12

June 20, 2026

Get Your Garden Fix in 2026! - Garden Tour

Cumming/Norwalk Area

08:00 AM - 02:00 PM CST

Elizabeth Smith, 515-961-6237

eliza@iastate.edu

The Warren County Master Gardeners will be hosting the 3rd Annual Garden Tour on Saturday, June 20th, 2026, from 8:00am-2:00pm with sites around the Cumming and Norwalk, Iowa area.

*Exclusive access to some of the best gardens in Warren County
Garden Tools & Tips Vendor Fair at the Norwalk Easter Public Library
Food trucks and activities from 11am-1pm at the Norwalk Easter Public Library
Private Bonsai Exhibit at the Norwalk Easter Public Library*

Tickets are \$15 and can be purchased in advance or day of event at Ted Lare Garden Center.

The tour serves as a fundraiser for our volunteer organization.

June 20, 2026

Summer Solstice Day Retreat

Middlebrook Farmhouse

4300 Cumming Avenue

Cumming, IA 50061

09:30 AM - 01:30 PM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

Celebrate Summer Solstice with us at Middlebrook Farm!

?Middlebrook Farmhouse

? Saturday June 20th, 2026

? 9:30am - 1:30pm

? Tie dye workshop with Curated by Meghan Marie

?? Outdoor all-levels yoga

?? Picnic lunch and beverages included

?Make your own ice cream/sorbet!

Tie dye workshop - tie dye a tea towel or adult t-shirt! We will reach out via email to confirm if you want a towel or shirt and size. If you'd like to bring your own 100% cotton item, all other supplies are provided including after-care instructions.

June 21, 2026

Live Music: The Fabulous TruTones @ The Merc
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 21 from 2:00 PM – 5:00 PM at Middlebrook Mercantile for an afternoon of live music with The Fabulous TruTones!

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 23, 2026

Silent Book Club Night
Iowa Distilling Company
4349 Cumming Ave.
Norwalk, IA 50211
06:00 PM - 09:00 PM CST
Ashley, 5159814216
ashley@iowadistilling.com
Event Title: Tales & Tastings

Description: Calling all book lovers, come GET LITerary with Iowa Distilling and the Norwalk Public Library!

Join us each month for book club night featuring the Norwalk Library's 'Get Lit' book club and 'Blind Date With A Book' by Lizde. During this event. the lounge will have cozy 'coffee house' atmosphere, with lo-fi music, popcorn to munch on (outside food is also welcome), and a featured cocktail/mocktail to go with the selected book.

This event has something for everyone!

Try something new and join the Library's "Get Lit" book club. Each month the Norwalk Library's Get Lit book club will meet a discuss the book of the month, and we will feature a special cocktail and mocktail to go with the title.

Chill with your bartender and make progress towards your reading goals in a quite atmosphere with good drinks.

Bring a friend and share what you've been reading lately.

Find new reads with Lizde and get book recommendations.

However you want to enjoy books, we've got you covered!

Don't have anything to read? Buy a new book from 'Blind Date With A Book' by Lizde, who will be there selling wrapped books with clues to the title and book-ish merchandise. (Anyone who purchases a beverage will have their name put into a drawing to win a 'Blind Date With A Book' from Lizde that night.) You can also see what your bartenders and other patrons are reading by checking out our Book Review board in the lounge.

This month's book is: Vera Wong's Unsolicited Advice for Murderers by Jesse Q. Sutano; Dragonwell Tea cocktail/mocktail

June 24, 2026

Event: Music Bingo @ The Merc
Middlebrook Mercantile
4125 Cumming Avenue
Cumming, IA 50061
06:00 PM - 08:00 PM CST
Middlebrook Mercantile, 515.981.0494
Events@MiddlebrookFarm.com

Join Robert for a fun and lively night of music bingo at The Merc starting at 6:00 PM on Wednesday, June 24!

Enjoy snippets of your favorite songs—from oldies to today's hits—as you mark off your card and compete for prizes. Let the games begin!

June 24, 2026

Cocktails for a Cause: Hopeful Mama Foundation
Iowa Distilling Company
4349 Cumming Ave.
Norwalk, IA 50211
06:00 PM - 09:00 PM CST
Ashley, 5159814216
ashley@iowadistilling.com

Join us for an evening for a cause, Hopeful Mama Foundation. Iowa Distilling Company will be donating ALL tips from 6-9PM.

Drink of the evening: Blackberry Lemonade or the mocktail version

Guest bartenders: Paige Crow and other members from the foundation

Food Truck: Toasted Cone Ice Cream Food Truck (Who doesn't want a sweet treat?)

Special Vendor: Pick your own flower bouquet by Bloom Bar

Hopeful Mama Foundation is a nonprofit committed to supporting individuals and families through their infertility journey. We assist women who require fertility treatments due to unexplained infertility, secondary infertility, and other medical diagnoses by providing financial support, educational resources, and in-person and virtual support groups. Our mission is to create a compassionate community where no one feels alone while navigating the emotional, physical, and financial challenges of infertility. Through events like Cocktails for a Cause in partnership with Iowa Distilling Company, we are able to continue offering hope, connection, and meaningful support to families throughout Iowa and beyond.

June 26, 2026

Fridays at the Farm | Day Ashworth

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, June 26 | 4:30 – 7:30 PM

Live Music: Day Ashworth

Food Trucks: Fair Food Fridays, Veggie Thumper, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

June 26, 2026

Live Music: Of a Feather @ The Merc

Middlebrook Mercantile

4125 Cumming Avenue

Cumming, IA 50061

06:00 PM - 09:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

Kick off your weekend with live music at Middlebrook Mercantile Friday, June 26 from 6:00 PM – 9:00 PM!

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

June 27, 2026

Event: Open Mic Night @ The Merc
Middlebrook Mercantile
4125 Cumming Avenue
Cumming, IA 50061
06:00 PM - 09:00 PM CST
Middlebrook Mercantile, 515.981.0494
Events@MiddlebrookFarm.com

Step up to the mic and share your talent at The Merc's Open Mic Night! Musicians, comedians, poets, and performers of all kinds are welcome.

You'll have up to five minutes to set up, and we'll provide a mic and house sound. Singers, please bring your own accompaniment.

Whether you're planning on performing, or here to enjoy the show, everyone is welcome to join us the 3rd Saturday of each month for Open Mic Night!

June 27, 2026

Cut and Create Floral Workshop
Middlebrook Farmhouse
4300 Cumming Avenue
Cumming, IA 50061
09:30 AM - 11:00 AM CST
Middlebrook Farm, 515.981.0494
Events@MiddlebrookFarm.com

Join us for "Cut and Create", beginner floral design workshop with The Budding Optimist! Learn to design a bouquet "in hand", in the garden!

Let your creativity bloom with this beginner floral design workshop! Learn to create a simple floral arrangement in hand, cut directly from the flower field at Middlebrook Farm.

Sarah will walk you through how to choose and design cut flowers "in hand", a technique you are sure to reach for again and again. Learn to balance different flower shapes, textures and color while building your own bouquet. Best practices for harvest and stem care will also be discussed.

Each month will bring a unique in season experience and flowers will vary.

Cost of this workshop is \$30.00 and includes a variety of flowers and mason jar. Snips will be available for use. Registration is required through eventbrite and a ticket is required for each participant.*

**Cost is reduced thanks to generous support from Middlebrook Farm. We appreciate their partnership and use of the farm space. Be sure to stop by the farm stand to see what's in season, and visit our booth at Fridays at the Farm (dates on our website calendar: www.buddingoptimism.com/calendar).*

June 28, 2026

Live Music: Matt Terronez Band @ The Merc
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 28 from 2:00 PM – 5:00 PM at Middlebrook Mercantile for an afternoon of live music with Matt Terronez 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.

July 3, 2026

Fridays at the Farm | David Watson Live
Middlebrook Farm
4300 Cumming Avenue
Cumming, IA 50061
04:30 PM - 07:30 PM CST
Middlebrook Farm, 515.309.0705
Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, July 3 | 4:30 – 7:30 PM

Live Music: David Watson Live

Food Trucks: Whatcha Smokin? BBQ, Mulberry Farm & Food Truck, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

July 6, 2026

Middlebrook Summer Series: Yoga at the Farm

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

05:30 PM - 06:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

If you are looking for a welcoming, all-levels yoga summer series, look no more! Join Darcey Noyce, RYT-500, this summer at Middlebrook Farm for some movement, breathing and community.

Bring your yoga mat/towel and a water bottle for this gentle, all-levels yoga practice. Class will be 45 minutes on Saturday mornings and 60 minutes on Monday evenings. Class will take place on the open grassy area just east of the farmhouse.

Up-to-date weather announcements will be sent via email at least an hour before start time, which is why it is important to pre-register! There is no backup plan for inclement weather so class will be cancelled, and your ticket purchase will be fully refunded.

Cancellation policy: all sales are final. In the event of an emergency, please reach out to Darcey at darceyoga8@gmail.com.

Series Schedule:

Mondays from 5:30-6:30pm: June 8, July 6, August 3, August 31 and September 28

Saturdays from 8:15-9:00am: June 20, July 18, August 15 and September 12

July 7, 2026

Women's Collective Coffee & Conversation Event
Middlebrook Mercantile
4125 Cumming Ave
Cumming, IA 50061
08:00 AM - 09:00 AM CST
Mel Guanci,
mel@norwalkchamber.org

FLORALPALOOZA

? *Friday, June 12, 2026*
? *8:00–9:00 AM*
? *Middlebrook Mercantile*

Event Description:

This month we'll come together making flower arrangements with flowers from Bellflower Florist & Gifts.

We'll enjoy coffee, conversation, and a creative morning connecting with other women in our community while creating something beautiful to take home. Whether you come with a friend or attend on your own, this is a wonderful opportunity to slow down, connect, and start your morning with intention and creativity.

We can't wait to spend the morning with you.

July 10, 2026

Fridays at the Farm | Ducharme-Jones

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, July 10 | 4:30 – 7:30 PM

Live Music: Ducharme-Jones

Food Trucks: Fair Food Fridays, Banh May Food Truck, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

July 11, 2026

Empeiria Social Sauna + Cold Plunge Pop-Up at Middlebrook farm

Middlebrook Farmhouse

4300 Cumming Avenue

Cumming, IA 50061

09:00 AM - 02:00 PM CST

Middlebrook Farm, 515.981.0494

Events@MiddlebrookFarm.com

Introducing our first pop-up event with Middlebrook Farm in Cumming, IA.

Empeiria (em-pir-ee-uh) is a mobile, wood-fired sauna and cold plunge experience designed to be equal parts restorative and social.

Book a 60-minute contrast therapy session and cycle between a traditional wood-fired sauna (up to 200 degrees F), cold plunge (as low as 40 degrees F), and intentional rest. Wellness should feel alive and should encompass the whole person and their community.

Reservations are now available for opening day at: <https://empeiriasauna.com>

Guests are encouraged to arrive 10 minutes early with their swimwear, towel and sandals. On-site amenities also include changing tents, lockers, a pull cord shower, and places to reset between rounds. Hosts will be available to guide guests through the process and ensure their experience is memorable

July 17, 2026

Fridays at the Farm | The Crowfoot Rakes

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, July 17 | 4:30 – 7:30 PM

Live Music: The Crowfoot Rakes

Food Trucks: Gringo's Tex-Mex BBQ, Pho Wheels & Sushi, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

July 18, 2026

Middlebrook Summer Series: Yoga at the Farm

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

08:15 AM - 09:00 AM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

If you are looking for a welcoming, all-levels yoga summer series, look no more! Join Darcey Noyce, RYT-500, this summer at Middlebrook Farm for some movement, breathing and community.

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Cancellation policy: all sales are final. In the event of an emergency, please reach out to Darcey at darceyoga8@gmail.com.

Series Schedule:

Mondays from 5:30-6:30pm: June 8, July 6, August 3, August 31 and September 28

Saturdays from 8:15-9:00am: June 20, July 18, August 15 and September 12

July 18, 2026

Cut and Create Floral Workshop

Middlebrook Farmhouse

4300 Cumming Avenue

Cumming, IA 50061

09:30 AM - 11:00 AM CST

Middlebrook Farm, 515.981.0494

Events@MiddlebrookFarm.com

Join us for "Cut and Create", beginner floral design workshop with The Budding Optimist! Learn to design a bouquet "in hand", in the garden!

Let your creativity bloom with this beginner floral design workshop! Learn to create a simple floral arrangement in hand, cut directly from the flower field at Middlebrook Farm.

Sarah will walk you through how to choose and design cut flowers "in hand", a technique you are sure to reach for again and again. Learn to balance different flower shapes, textures and color while building your own bouquet. Best practices for harvest and stem care will also be discussed.

Each month will bring a unique in season experience and flowers will vary.

Cost of this workshop is \$30.00 and includes a variety of flowers and mason jar. Snips will be available for use. Registration is required through eventbrite and a ticket is required for each participant.*

**Cost is reduced thanks to generous support from Middlebrook Farm. We appreciate their partnership and use of the farm space. Be sure to stop by the farm stand to see what's in season, and visit our booth at Fridays at the Farm (dates on our website calendar: www.buddingoptimism.com/calendar).*

July 22, 2026

Guest Bartender & Charity Night: Norwalk High School Dance Team @ The Merc

Middlebrook Mercantile

4125 Cumming Avenue

Cumming, IA 50061

05:00 PM - 08:00 PM CST

Middlebrook Mercantile, 515.981.0494

Events@MiddlebrookFarm.com

Swing by the Merc Wednesday, July 22 as the Norwalk High School Dance Team takes over the bar to help send the team to Nationals in Florida!

Sip on their signature cocktail, the Dirty Dancing, and donate to the 50/50 raffle! As always, all tips between 5:00 - 8:00 PM will be donated back to the organization.

July 24, 2026

Fridays at the Farm | Chris Ranallo and Micah Wagner of Decoy

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, July 24 | 4:30 – 7:30 PM

Live Music: Chris Ranallo and Micah Wagner of Decoy

Food Trucks: El Delicioso Street Tacos, Mulberry Farm & Food Truck, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

July 25, 2026

Middlebrook Farm Education Series: Perennial Plants

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

10:00 AM - 11:30 AM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

Join us for some or all of our gardening classes at Middlebrook Farm. This series is perfect for backyard gardeners of all skill levels.

Saturday, July 25: Perennial Plants

Perennial plant growing is a great way to ensure a beautiful blooms year after year!

Mosa will guide you through the different types of perennials, choosing the right perennials for your space, and utilizing native perennials for a more sustainable bloom.

July 31, 2026

Fridays at the Farm | Taylor King

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, July 31 | 4:30 – 7:30 PM

Live Music: Taylor King

Food Trucks: Hotsy Totsy, Banh May Food Truck, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

August 3, 2026

Middlebrook Summer Series: Yoga at the Farm

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

05:30 PM - 06:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

If you are looking for a welcoming, all-levels yoga summer series, look no more! Join Darcey Noyce, RYT-500, this summer at Middlebrook Farm for some movement, breathing and community.

Bring your yoga mat/towel and a water bottle for this gentle, all-levels yoga practice. Class will be 45 minutes on Saturday mornings and 60 minutes on Monday evenings. Class will take place on the open grassy area just east of the farmhouse.

Up-to-date weather announcements will be sent via email at least an hour before start time, which is why it is important to pre-register! There is no backup plan for inclement weather so class will be cancelled, and your ticket purchase will be fully refunded.

Cancellation policy: all sales are final. In the event of an emergency, please reach out to Darcey at darceyoga8@gmail.com.

Series Schedule:

Mondays from 5:30-6:30pm: June 8, July 6, August 3, August 31 and September 28

Saturdays from 8:15-9:00am: June 20, July 18, August 15 and September 12

August 7, 2026

Fridays at the Farm | Velvet Trio

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, August 7 | 4:30 – 7:30 PM

Live Music: Velvet Trio

Food Trucks: The Hot Peppers Mexican Grill, Veggie Thumper, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

August 8, 2026

Cut and Create Floral Workshop

Middlebrook Farmhouse

4300 Cumming Avenue

Cumming, IA 50061

09:30 AM - 11:00 AM CST

Middlebrook Farm, 515.981.0494

Events@MiddlebrookFarm.com

Join us for "Cut and Create", beginner floral design workshop with The Budding Optimist! Learn to design a bouquet "in hand", in the garden!

Let your creativity bloom with this beginner floral design workshop! Learn to create a simple floral arrangement in hand, cut directly from the flower field at Middlebrook Farm.

Sarah will walk you through how to choose and design cut flowers "in hand", a technique you are sure to reach for again and again. Learn to balance different flower shapes, textures and color while building your own bouquet. Best practices for harvest and stem care will also be discussed.

Each month will bring a unique in season experience and flowers will vary.

Cost of this workshop is \$30.00 and includes a variety of flowers and mason jar. Snips will be available for use. Registration is required through eventbrite and a ticket is required for each participant.*

**Cost is reduced thanks to generous support from Middlebrook Farm. We appreciate their partnership and use of the farm space. Be sure to stop by the farm stand to see what's in season, and visit our booth at Fridays at the Farm (dates on our website calendar: www.buddingoptimism.com/calendar).*

August 8, 2026

Grant Gillon Chef Residency: August Dinner at Middlebrook

Middlebrook Farmhouse

4300 Cumming Avenue

Cumming, IA 50061

06:30 PM - 08:30 PM CST

Middlebrook Farm, 515.981.0494

Events@MiddlebrookFarm.com

We're thrilled to announce an exciting new partnership for 2026! Middlebrook Farm will welcome Grant Gillon, local chef and MasterChef Season 13 winner, for an exclusive chef residency.

Grant will host a monthly farm-to-table dinner at Middlebrook Farm, featuring a five-course menu thoughtfully paired with four wines. Each evening will highlight fresh, seasonal ingredients and a one-of-a-kind dining experience.

Tickets are limited and on sale now. Don't miss your chance to be part of this special culinary series!

August 14, 2026

Women's Collective Coffee & Conversation Event
Middlebrook Mercantile
4125 Cumming Ave
Cumming, IA 50061
08:00 AM - 09:00 AM CST
Mel Guanci,
mel@norwalkchamber.org

FLORALPALOOZA

? *Friday, June 12, 2026*

? *8:00–9:00 AM*

? *Middlebrook Mercantile*

Event Description:

This month we'll come together making flower arrangements with flowers from Bellflower Florist & Gifts.

We'll enjoy coffee, conversation, and a creative morning connecting with other women in our community while creating something beautiful to take home. Whether you come with a friend or attend on your own, this is a wonderful opportunity to slow down, connect, and start your morning with intention and creativity.

We can't wait to spend the morning with you.

August 14, 2026

Fridays at the Farm | Casey Peasley

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, August 14 | 4:30 – 7:30 PM

Live Music: Casey Peasley

Food Trucks: Bill Do BBQ, Karam's Grill, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

August 14, 2026

Norwalk Area Chamber August Luncheon for the Teachers
Norwalk High School
Secondary Campus
Norwalk, IA 50211
11:30 AM - 01:00 PM CST
Mel Guanci, 5159810619
info@norwalkchamber.org

We're excited to invite you to our upcoming August luncheon as we welcome the district's newest teachers and administrators!

Date: Friday, August 14

Time: 11:30 AM – 1:00 PM

*Location: Secondary Campus Cafeteria, Norwalk High School
1600 North Ave, Norwalk, IA 50211*

Lunch: Catering provided by The Chicken

Schedule: Light program, raffle, and presentation of the welcome bags

If you'd like to contribute to the teacher welcome bags, please contact the Chamber office at info@norwalkchamber.org. Many of you have asked for ideas for contributions to the welcome bags; suggestions include: gift cards, business information, coffee gift cards, classroom supplies like dry erase markers, or other small tokens to help welcome them to our community. All items must be submitted by Noon on August 11, and donating businesses will receive special recognition. We will be assembling 30 welcome bags this year.

We're thrilled to host this event again — it's a wonderful opportunity for new teachers to meet and connect with our local business community.

This member lunch is included with your Chamber membership. If you'd like to invite guests, please include them during registration; guest registrations are \$15 per person.

Let's come together to welcome our new teachers and show them the strength of our community. We look forward to seeing you there!

August 15, 2026

Middlebrook Summer Series: Yoga at the Farm

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

08:15 AM - 09:00 AM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

If you are looking for a welcoming, all-levels yoga summer series, look no more! Join Darcey Noyce, RYT-500, this summer at Middlebrook Farm for some movement, breathing and community.

Bring your yoga mat/towel and a water bottle for this gentle, all-levels yoga practice. Class will be 45 minutes on Saturday mornings and 60 minutes on Monday evenings. Class will take place on the open grassy area just east of the farmhouse.

Up-to-date weather announcements will be sent via email at least an hour before start time, which is why it is important to pre-register! There is no backup plan for inclement weather so class will be cancelled, and your ticket purchase will be fully refunded.

Cancellation policy: all sales are final. In the event of an emergency, please reach out to Darcey at darceyoga8@gmail.com.

Series Schedule:

Mondays from 5:30-6:30pm: June 8, July 6, August 3, August 31 and September 28

Saturdays from 8:15-9:00am: June 20, July 18, August 15 and September 12

August 21, 2026

Fridays at the Farm | Luke Fox

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, August 21 | 4:30 – 7:30 PM

Live Music: Luke Fox

Food Trucks: El Delicioso Street Tacos, Banh May Food Truck, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

August 28, 2026

Fridays at the Farm | Meadowbrook Circle

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, August 28 | 4:30 – 7:30 PM

Live Music: Meadowbrook Circle

Food Trucks: Hotsy Totsy, Mulberry Farm & Food Truck, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

August 31, 2026

Middlebrook Summer Series: Yoga at the Farm

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

05:30 PM - 06:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

If you are looking for a welcoming, all-levels yoga summer series, look no more! Join Darcey Noyce, RYT-500, this summer at Middlebrook Farm for some movement, breathing and community.

Bring your yoga mat/towel and a water bottle for this gentle, all-levels yoga practice. Class will be 45 minutes on Saturday mornings and 60 minutes on Monday evenings. Class will take place on the open grassy area just east of the farmhouse.

Up-to-date weather announcements will be sent via email at least an hour before start time, which is why it is important to pre-register! There is no backup plan for inclement weather so class will be cancelled, and your ticket purchase will be fully refunded.

Cancellation policy: all sales are final. In the event of an emergency, please reach out to Darcey at darceyoga8@gmail.com.

Series Schedule:

Mondays from 5:30-6:30pm: June 8, July 6, August 3, August 31 and September 28

Saturdays from 8:15-9:00am: June 20, July 18, August 15 and September 12

September 4, 2026

Fridays at the Farm | KRACKLIN

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, September 4 | 4:30 – 7:30 PM

Live Music: KRACKLIN

Food Trucks: General Lee's Smoke Shack, Banh May Food Truck, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

September 11, 2026

Women's Collective Coffee & Conversation Event

Middlebrook Mercantile

4125 Cumming Ave

Cumming, IA 50061

08:00 AM - 09:00 AM CST

Mel Guanci,

mel@norwalkchamber.org

FLORALPALOOZA

? *Friday, June 12, 2026*

? *8:00–9:00 AM*

? *Middlebrook Mercantile*

Event Description:

This month we'll come together making flower arrangements with flowers from Bellflower Florist & Gifts.

We'll enjoy coffee, conversation, and a creative morning connecting with other women in our community while creating something beautiful to take home. Whether you come with a friend or attend on your own, this is a wonderful opportunity to slow down, connect, and start your morning with intention and creativity.

We can't wait to spend the morning with you.

September 11, 2026

Fridays at the Farm | Damon Dotson

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, September 11 | 4:30 – 7:30 PM

Live Music: Damon Dotson

Food Trucks: General Lee's Smoke Shack, Pho Wheels & Sushi, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

September 12, 2026

Middlebrook Summer Series: Yoga at the Farm

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

08:15 AM - 09:00 AM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

If you are looking for a welcoming, all-levels yoga summer series, look no more! Join Darcey Noyce, RYT-500, this summer at Middlebrook Farm for some movement, breathing and community.

Bring your yoga mat/towel and a water bottle for this gentle, all-levels yoga practice. Class will be 45 minutes on Saturday mornings and 60 minutes on Monday evenings. Class will take place on the open grassy area just east of the farmhouse.

Up-to-date weather announcements will be sent via email at least an hour before start time, which is why it is important to pre-register! There is no backup plan for inclement weather so class will be cancelled, and your ticket purchase will be fully refunded.

Cancellation policy: all sales are final. In the event of an emergency, please reach out to Darcey at darceyoga8@gmail.com.

Series Schedule:

Mondays from 5:30-6:30pm: June 8, July 6, August 3, August 31 and September 28

Saturdays from 8:15-9:00am: June 20, July 18, August 15 and September 12

September 13, 2026

Grant Gillon Chef Residency: September Dinner at Middlebrook

Middlebrook Farmhouse

4300 Cumming Avenue

Cumming, IA 50061

06:30 PM - 08:30 PM CST

Middlebrook Farm, 515.981.0494

Events@MiddlebrookFarm.com

We're thrilled to announce an exciting new partnership for 2026! Middlebrook Farm will welcome Grant Gillon, local chef and MasterChef Season 13 winner, for an exclusive chef residency.

Grant will host a monthly farm-to-table dinner at Middlebrook Farm, featuring a five-course menu thoughtfully paired with four wines. Each evening will highlight fresh, seasonal ingredients and a one-of-a-kind dining experience.

Tickets are limited and on sale now. Don't miss your chance to be part of this special culinary series!

September 18, 2026

Fridays at the Farm | The Blue 2 + 1

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, September 18 | 4:30 – 7:30 PM

Live Music: The Blue 2 + 1

Food Trucks: Fair Food Fridays, Karam's Grill, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

September 19, 2026

Middlebrook Farm Education Series: Seed Saving

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

10:00 AM - 11:30 AM CST

Middlebrook Farm, 5153090705

Events@MiddlebrookFarm.com

Join us for some or all of our gardening classes at Middlebrook Farm. This series is perfect for backyard gardeners of all skill levels.

Saturday, September 19: Seed Saving

This class will guide you through harvesting, preparing, and saving your seeds to ensure a thriving and sustainable garden for years to come! Gardeners will have the opportunity to collect seeds from Middlebrook's town garden to take home (primarily flower seeds and whatever else is available).

September 25, 2026

Fridays at the Farm | JOSHUA SINCLAIR

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

04:30 PM - 07:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

Kick off your weekend at Fridays at the Farm in Middlebrook!

Enjoy live music on The Farmhouse porch, browse our local vendor market, and grab a bite from some of your favorite food trucks. Bring a lawn chair or blanket, sip something refreshing from the Wine Wagen or beer tent, and settle in for a relaxed, feel-good Friday evening under the open sky.

Plus, there's fun for the kids, too, with activities like soccer and gaga ball to keep them moving while you kick back and enjoy the night.

Friday, September 25 | 4:30 – 7:30 PM

Live Music: JOSHUA SINCLAIR

Food Trucks: El Delicioso Street Tacos, Hotsy Totsy, Pie Mates

For more details, including info about table reservations, parking, accessibility, and more,

visit: https://middlebrookfarm.com/events?utm_source=norwalk_chamber&utm_medium=community_calendar&utm_campaign=faf_2026#fridays-at-the-farm

September 26, 2026

Cut and Create Floral Workshop

Middlebrook Farmhouse

4300 Cumming Avenue

Cumming, IA 50061

09:30 AM - 11:00 AM CST

Middlebrook Farm, 515.981.0494

Events@MiddlebrookFarm.com

Join us for "Cut and Create", beginner floral design workshop with The Budding Optimist! Learn to design a bouquet "in hand", in the garden!

Let your creativity bloom with this beginner floral design workshop! Learn to create a simple floral arrangement in hand, cut directly from the flower field at Middlebrook Farm.

Sarah will walk you through how to choose and design cut flowers "in hand", a technique you are sure to reach for again and again. Learn to balance different flower shapes, textures and color while building your own bouquet. Best practices for harvest and stem care will also be discussed.

Each month will bring a unique in season experience and flowers will vary.

Cost of this workshop is \$30.00 and includes a variety of flowers and mason jar. Snips will be available for use. Registration is required through eventbrite and a ticket is required for each participant.*

**Cost is reduced thanks to generous support from Middlebrook Farm. We appreciate their partnership and use of the farm space. Be sure to stop by the farm stand to see what's in season, and visit our booth at Fridays at the Farm (dates on our website calendar: www.buddingoptimism.com/calendar).*

September 28, 2026

Middlebrook Summer Series: Yoga at the Farm

Middlebrook Farm

4300 Cumming Avenue

Cumming, IA 50061

05:30 PM - 06:30 PM CST

Middlebrook Farm, 515.309.0705

Events@MiddlebrookFarm.com

If you are looking for a welcoming, all-levels yoga summer series, look no more! Join Darcey Noyce, RYT-500, this summer at Middlebrook Farm for some movement, breathing and community.

Bring your yoga mat/towel and a water bottle for this gentle, all-levels yoga practice. Class will be 45 minutes on Saturday mornings and 60 minutes on Monday evenings. Class will take place on the open grassy area just east of the farmhouse.

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Cancellation policy: all sales are final. In the event of an emergency, please reach out to Darcey at darceyoga8@gmail.com.

Series Schedule:

Mondays from 5:30-6:30pm: June 8, July 6, August 3, August 31 and September 28

Saturdays from 8:15-9:00am: June 20, July 18, August 15 and September 12

October 9, 2026

Women's Collective Coffee & Conversation Event

Middlebrook Mercantile

4125 Cumming Ave

Cumming, IA 50061

08:00 AM - 09:00 AM CST

Mel Guanci,

mel@norwalkchamber.org

FLORALPALOOZA

? Friday, June 12, 2026

? 8:00–9:00 AM

? Middlebrook Mercantile

Event Description:

This month we'll come together making flower arrangements with flowers from Bellflower Florist & Gifts.

We'll enjoy coffee, conversation, and a creative morning connecting with other women in our community while creating something beautiful to take home. Whether you come with a friend or attend on your own, this is a wonderful opportunity to slow down, connect, and start your morning with intention and creativity.

We can't wait to spend the morning with you.

October 9, 2026

Grant Gillon Chef Residency: October Dinner at Middlebrook

Middlebrook Farmhouse

4300 Cumming Avenue

Cumming, IA 50061

06:30 PM - 08:30 PM CST

Middlebrook Farm, 515.981.0494

Events@MiddlebrookFarm.com

We're thrilled to announce an exciting new partnership for 2026! Middlebrook Farm will welcome Grant Gillon, local chef and MasterChef Season 13 winner, for an exclusive chef residency.

Grant will host a monthly farm-to-table dinner at Middlebrook Farm, featuring a five-course menu thoughtfully paired with four wines. Each evening will highlight fresh, seasonal ingredients and a one-of-a-kind dining experience.

Tickets are limited and on sale now. Don't miss your chance to be part of this special culinary series!

November 7, 2026

Grant Gillon Chef Residency: November Dinner at Middlebrook

Middlebrook Farmhouse

4300 Cumming Avenue

Cumming, IA 50061

06:30 PM - 08:30 PM CST

Middlebrook Farm, 515.981.0494

Events@MiddlebrookFarm.com

We're thrilled to announce an exciting new partnership for 2026! Middlebrook Farm will welcome Grant Gillon, local chef and MasterChef Season 13 winner, for an exclusive chef residency.

Grant will host a monthly farm-to-table dinner at Middlebrook Farm, featuring a five-course menu thoughtfully paired with four wines. Each evening will highlight fresh, seasonal ingredients and a one-of-a-kind dining experience.

Tickets are limited and on sale now. Don't miss your chance to be part of this special culinary series!

November 13, 2026

Women's Collective Coffee & Conversation Event

Middlebrook Mercantile

4125 Cumming Ave

Cumming, IA 50061

08:00 AM - 09:00 AM CST

Mel Guanci,

mel@norwalkchamber.org

FLORALPALOOZA

? *Friday, June 12, 2026*

? *8:00–9:00 AM*

? *Middlebrook Mercantile*

Event Description:

This month we'll come together making flower arrangements with flowers from Bellflower Florist & Gifts.

We'll enjoy coffee, conversation, and a creative morning connecting with other women in our community while creating something beautiful to take home. Whether you come with a friend or attend on your own, this is a wonderful opportunity to slow down, connect, and start your morning with intention and creativity.

We can't wait to spend the morning with you.

December 11, 2026

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