



MARCH 2025: FUNDAMENTAL FOODS

Are you a foodie? Will you travel for something spectacular to eat? Then this guide's for you! Here are suggestions from each of Iowa's Byways as to the essential foods you must try around the state.

COVERED BRIDGES

Fundamental Food: Apple Fritter from The Bakery Unlimited

[The Bakery Unlimited](#) in Winterset is best known for its delicious donuts and the standout, in many opinions, is the apple fritter. The Bakery uses Red Delicious apples in their fritters, which ties into Madison County's history - the first Delicious apple was discovered by farmer Jesse Hiatt in East Peru and sold to Stark Bros Nursery in 1893. The Bakery also placed 5th in USA Today's Readers' Choice 2024 awards for 10Best Donut Shops in the U.S.! They are open year-round, Tuesdays through Saturdays.



DELAWARE CROSSING

Fundamental Food: Meats and Cheeses from Edgewood Locker

[Edgewood Locker](#) is famous for its custom meat processing. Shop the huge retail area for award-winning hams, beef jerky, a huge variety of bratwursts, steaks, cheese spreads, cheese curds, block cheese, meat rubs, sauces, seasonings, and gift boxes.



DRIFTLESS AREA

Fundamental Food: Fresh, smoked and pickled fish from Mohn's Fish Market

Mohn's Fish Market in New Albin has provided fresh, custom-dressed, locally caught fish and smoked and pickled products for more than forty years, though the family has been fishing the Mississippi River even longer. [Don't miss their profile on Iowa Public Television's Road Trip Iowa series.](#)



GLACIAL TRAIL

Fundamental Food: Ribeye Steak at The Wagon Wheel Bar & Grill

When you venture out on the Glacial Trail Scenic Byway, stop at [The Wagon Wheel Bar & Grill](#) in Sioux Rapids to try their charbroiled ribeye steak. The Wagon Wheel exudes warmth and welcomes guests with open arms. With its cozy atmosphere, friendly staff, and a menu bursting with mouthwatering dishes, it's the perfect place to unwind and savor a delightful meal after exploring the Little Sioux River Valley.



GRANT WOOD

Fundamental Food: Baked Goods at Grounds & Goodies

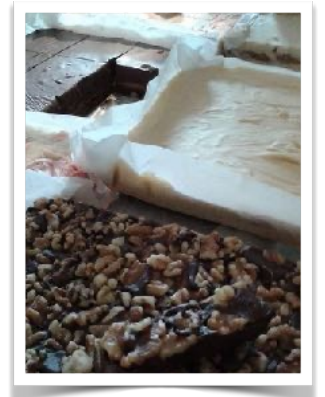
Satisfy your sweet tooth at [Grounds & Goodies](#) in Anamosa. From cinnamon rolls, kolaches, and turnovers to cupcakes, mini pies, and cookies, there's something for everyone!



HISTORIC HILLS

Fundamental Food: Fudge from Green General Store

Addie May Fudge at the Greef General Store in Historic Bentonsport celebrates its 35th year in business in 2025! There are 18 flavors of fudge, each of them set in a smooth and delicious base. Be sure to try the Raspberry Chocolate Swirl or the Cappa Mocha during your visit. The fudge counter will enhance its offerings in March with the Whirzzle. Pick your favorite flavor of fudge and have it blended into a thick frothy ice cream drink.



IOWA VALLEY

Fundamental Food: German-Inspired Food at the Amana Colonies

The villages of the Amana Colonies are known for their hearty, German-inspired dishes such as schnitzel, sausages, sauerkraut, and beer. The [Ox Yoke Inn](#), a [National Historic Landmark](#), has been serving traditional German and American recipes for 85 years through five generations of the Leichsenring family. The restaurant is world famous for the freshly prepared and quality food that is served "[family style](#)."



Iowa's oldest microbrewery, [Millstream Brewing Co.](#) is also located in Amana. The brewery produces authentic German Bierhalle and sodas. The [Millstream Brau Haus](#) serves up the 'one of a kind' ales with traditional German-style pub food. The [Ronneburg Restaurant](#), Amana Colonies [Bakery & Café](#), and [the Chocolate Haus](#) serve handmade specialties as well.

JEFFERSON HIGHWAY

Fundamental Food: Gluten-Free Dining at T.E. Alderman's

T.E. Alderman's is a new gluten-free dining experience in Nevada, Iowa. Named for the town's founder, this 100% gluten free, from scratch kitchen, was inspired by the vibrant and lively spirit of the Roaring Twenties and it aims to recreate a family-friendly atmosphere where everyone, whether they have dietary restrictions or not, can enjoy a wide variety of delicious options. Open W-Th 11AM- 2PM for lunch, 4:30-8:30 PM for dinner; Fri -Sat 11AM-2PM for lunch, 4-9 PM for dinner; Sun 10AM-2PM for brunch. Reservations or take out available online at <https://tealdermans.com/>, 1133 6th St, Nevada, Iowa 515-382-1314.



LINCOLN HIGHWAY

Fundamental Food: Pork Tenderloin at Dairy Sweet

The Lincoln Highway is best known for its cafes such as the [Lincoln Cafe](#), [Niland's Café](#), and [Cronk's Café](#) where you can get a good old-fashioned hot beef sandwich and pie! We are also known for an Iowa tradition, [Taylor's Maid-Rite](#) in Marshalltown who does business all around the world. 2024 brought a "Best in the State" title to the Lincoln Highway. Iowa's Best Breaded Pork Tenderloin Champion as voted on by the [Iowa Pork Producers Association](#) is [Dairy Sweet](#) in [Dunlap](#)! The "sweet" little

restaurant is open year-round with a loaded menu including salads, wraps, sandwiches, broasted chicken, ice cream, and pork tenderloins. The [Lincoln Highway Heritage Byway](#) is happy to share and promote this Best Of title to the Dairy Sweet for all of 2024!



LOESS HILLS

Fundamental Food: The Twin Bing from Palmer's Olde Thyme Candy Shoppe

Did you know the iconic Twin Bing candy bar is a Local Hills local treat? Palmer Candy Company has been making candy in Sioux City since 1878. Visit the [Palmer's Olde Tyme Candy Shoppe](#) and try the iconic Twin Bing candy bar, introduced in the 1960s. Palmer's Olde Tyme Candy Shoppe is located just off the byway (Interstate 29) in downtown Sioux City. Learn more about the history of Palmer Candy Company and find your favorite candies including homemade brittle, gourmet truffles, roasted nuts, chocolate snorkels, La Fama chocolates, and everything Twin Bing. The candy shop also houses a small museum



RIVER BLUFFS

Fundamental Food: Classic Drive-In Fare

The [Barrel Drive In](#) in West Union is a classic drive-in, one of the few remaining in Iowa. Pull up with your windows down and a carhop will take your order straight from the driver's seat. The Barrel opened in 1966 and has been serving hungry customers burgers, handmade onion rings, broasted chicken, and dole whip ever since.



WESTERN SKIES

Fundamental Food: Pork Tenderloin at Darrell's Place

Spring is a great time to bike the T-Bone Trail and experience the wonderful views on the Western Skies Scenic Byway corridor. The T-Bone Trail runs through farmland and timber in the Nishnabotna River Valley, beginning at Audubon's Albert City Park, home of Albert the Bull, and ending on Dunbar Road, five miles northeast of Atlantic. Stop at [Darrell's Place in Hamlin](#) to try their award-winning pork tenderloin, one of the best in the Hawkeye State. Family owned since 1980, their pork tenderloin will fuel you up for the last leg of the T-Bone Trail.



WHITE POLE ROAD

Fundamental Food: Hamburgers along White Pole Road

In Dexter, [The Rusty Duck](#) earned the title of Iowa's Best Burger in 2011 from the Iowa Cattlemen's Association and Iowa Beef Industry Council.

[Ruby's Pub and Grub](#) in Stuart earned Runner-Up for the title of Iowa's Best Breaded Pork Tenderloin in 2024, and while it's a must-try, it's Ruby's burgers that garner rave reviews from locals and visitors alike.

The [Pioneer Pub & Grub](#) in Casey is also a great place to grab a burger. Customers rave about the affordable prices, welcoming atmosphere, and attentive staff.

The [Chuckwagon Restaurant](#) in Adair snagged the Best Burger title in 2016 and received Runner-Up for the Best Place to Get a Hamburger in the 2024 Best of Southwest Iowa. They also offer \$2 off their burger of the week which keeps customers coming back for more.

