

IOWA STATE UNIVERSITY

University Extension



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Get inside Extension and discover how we support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Jackson County a better place to live. You'll be amazed at what we do.

Jerry Schau
Extension Council Chair

Amber Matthiesen
County Extension Education Director

Healthy People-Food Stamp Nutrition Education Program

Maquoketa Schools participated in the Food Stamp Nutrition Education Program with Jackson County Extension Staff. Staff provided 6 hours of nutrition education to each classroom for 1st-3rd graders in Maquoketa Schools using the *Healthy Choices, Healthy Bodies* curriculum. Students do a fruit taste test to try new fruits and also prepare a healthy snack during each session. Nutrition information is sent home with each student to share with their families. Pre and post tests were given in order to see the impact of the program. Results showed an increase in the number of youth eating at least 3 servings of milk, eating different kinds of vegetables, washing their hands before they eat, and being physically active each day.

Healthy Economies-Cows or Plows?

Cattlemen are questioning whether to continue in the cow herd business or plow up their forage and pasture land to plant high priced corn and soybeans. A series of education materials, scenarios and models were compiled to assist producers in answering some of these questions. Two workshops were held in eastern Iowa in February and March to assist producers in making decisions related to forage versus crop production. Partnering in the programs were the Iowa and Jackson county NRCS offices, the Price Creek Watershed project, Elk River Watershed project, and the Jackson County Veterinary Association.



Jackson County Extension

Council Members:

Jerry Schau, Chairman
Lorin Deppe, Vice Chairman
Karen Till, Secretary
Jennifer Stender, Secretary
Sandy Dale
Keith Haxmeier
Deana Jacobs
Robert Shearer
Missy Wilson

Every Iowa county has an elected Extension Council that guides local educational programming by partnering with staff. From needs assessment through program implementation and evaluation of outcomes, the council represents the issues and people of the county.

We have identified these local issues as priority topics for current and future programming:

- Increasing 4-H Community Club membership
- Food and Nutrition programming
- Women in agriculture through programs such as Women, Land and Legacy and Annie's Project
- Programming to improve the agriculture economy



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We are your local link to make connections

for campus enrollment, continuing education, campus visits, campus exhibits, conferences, camps, and sporting events.

... and justice for all

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Cows or Plows? continued

Fifty-five producers from eleven counties attended the two workshops. Seventy-nine percent said they learned some new techniques to improve their pasture productivity. One producer said the most beneficial thing he learned was "it pays to fertilize and improve pastures and keep the rotation up." Another said the most beneficial thing learned was the return on rotational pastures.

Thirty-six percent said they learned a lot of new ways to stretch pastures using supplementation. One participant said the most important thing he learned was "the percent of waste with different feeding and storage methods." Another said the most important thing learned was the aspects of corn co-products as a feed.

One producer said he learned he should consider eliminating his fall calving herd to reduce stored feed costs. Another said he learned "the duration of the unfavorable economic outlook for a cow herd compared to crops may be short lived and maybe we shouldn't jump too fast." One producer said "I'll understand my renter's point of view.

Producers were asked to identify two objectives they will work on as a result of attending this program. Some of the responses included: keep legumes in my pasture, check prices of ethanol by-products with hay and corn, wean calves earlier, cull older cows, get round bales stored outside off the ground, convert traditional pastures to rotational grazing, and pay more attention to pasture quality.

Healthy Environments- "Growing in the Garden"

Jackson County Extension continued to provide youth with the summer program "Growing in the Garden" in the communities of Maquoketa, Sabula, and Andrew. This year a new garden in the city park of Andrew was planted. 41 youth participated in hands-on gardening

and science activities while in an outdoor setting. Youth in Growing in the Garden reported they learned plants grow from soil, water, and the sun, how to identify weeds and pull them, and they liked vegetables from the garden.



Swine-Equine Showdown

What better way to get youth interested in ISU than to spend some time on campus with faculty, staff and students? 17 youth from Jackson County participated in the trip. They met with ISU researchers, faculty and staff to learn about current issues in horse and swine production. The College of Ag student recruitment office discussed career opportunities and Block & Bridle students discussed life at ISU and their internship opportunities.

Evaluations revealed that:

95% learned new things from the bus activities
87% learned a lot about lameness evaluations
72% learned a lot about the heart and exams of the internal organs
77% learned a lot about semen collection and handling
68% said they are interested in attending ISU with a career in swine production.
64% indicated they are interested in participating in the Livestock judging team
89% said they learned a lot at the meat lab
78% said they learned a lot about measuring carcasses

