

IOWA STATE UNIVERSITY

University Extension



Clayton County Extension

120 South Main Street
Elkader, Iowa 52043
Phone: (563)245-1451
Fax: (563)245-1455
www.extension.iastate.edu/Clayton

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 Clayton County a better place to live. You'll be amazed at what we do.

County Extension Staff

Daniel Lane

County Extension Education Director

Tammy Muller

County Youth Coordinator

Barbara Sauser

Youth Field Specialist

Rita Severson

Office Manager

Sylvia Spykerman

Office Assistant

Joyce Schoulte

Extension Council Chair

Daniel Lane

County Extension Education Director

Staff Serving Clayton County, but based in other counties

Cindy Baumgartner

Nutrition and Health Specialist

Beverly Berna

Family Life Specialist

Robert Hauer

Horticulture Program Assistant

Judy Isaacson

External Relations Specialist

Brian Lang

Crop Field Specialist

Erin Ludwig

Family Resource Specialist

Patrick O'Malley

Commercial Horticulture Specialist

Mark Storlie

Swine Specialist

Dale Thoreson

Beef and Dairy Specialist

Robert Tigner

Farm Management Specialist

Larry Tranel

Dairy and Forage Specialist

Healthy People

NE Iowa Food and Fitness

Through the NE Iowa Food & Fitness Initiative, Clayton County Extension is on the ground floor of a movement to improve the policies, practices, and systems that determine how food arrives on our tables and how our communities in NE Iowa can grow opportunities for physical activity for all.



This past year, a county team has met monthly to determine our local assets, learn about possibilities, and define our vision. Over 50 people from all sectors (including public health, education, agriculture, business, government, faith communities, parks and recreation) have engaged in the process. The

same work is happening in Allamakee, Fayette, Howard and Winneshiek counties. With our neighboring counties, we have built a regional collaborative to strengthen our efforts.

The NE Iowa Food & Fitness Initiative is one of nine projects nationwide supported by the W.K. Kellogg Foundation to be models of change over the next ten years.

Healthy Economies Locally Grown Food

Keeping local dollars in the local community benefits the whole community. That's the ultimate goal of the Northeast Iowa Food and Farm (NIFF) Coalition involving Clayton, Allamakee, Fayette, Winneshiek, and Howard Counties. The coalition was formed in 2006 to





First Row: Jean Whittle, Joyce Schoulte, Richard Thurn. Second: Brenda Plozel, Russell Pate. Third: Teddie Nies, Steve Ruzicka, Kent Franks, Randy Keehner

Clayton County Extension Council

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:

- Healthy Environments
- Healthy Economies
- Healthy Lifestyles



We connect you to Iowa State University.

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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Locally Grown Food [continued]

promote and increase the production of locally grown food. It is also concerned with the marketing and processing of these products. As a result, there has been expansion of farmer's markets, direct marketing, and internet sales increasing the sales of local food products.

Producers and entrepreneurs want to know what products and businesses are feasible and get assistance developing business and marketing plans. NIFF held six educational programs in 2008 to meet growing interest. Attendees see the possibility to market local products collectively and believe food processing and distribution options can be developed locally.

NIFF has awarded \$9000 in mini-grants to 16 producers. This initial capital leveraged \$243,000 in local food and fiber enterprises over the past two years.

Healthy Environments Shooting Sports

Working with youth to provide learning opportunities has been a hallmark of Iowa State University and its 4-H program. The 4-H Safety Education in Shooting Sports program embraces this philosophy as it teaches youth about our natural resources and environmental stewardship through shooting, hunting, and related activities. This program began in Clayton County when Dan Thornton, a member of various hunting groups, agreed to be the local coordinator and attend



required training. Four more adults are now trained to help with the growing program with 70 members last year.

Partnerships have been developed with Pheasants Forever, Whitetails Unlimited, Ducks Unlimited, Turkey River Longbeards and The Rocky Mountain Elk Foundation. Additionally, Clayton County Conservation and the County Board of Supervisors allow use of their facilities for monthly meetings and shooting activities. The group has applied for and received over \$6,000 in grants and donations to conduct the program.



Over 6,500 Students Learn Iowa's Dairy Story

Students from schools in Clayton County have been a part of a school enrichment program called Iowa's Dairy Story this past year. The program helps kids learn about the dairy industry of northeast Iowa, the importance of dairy foods in their diet, and how cows produce milk.

The curriculum provided by ISU Extension has now reached over 6,500 students since its beginning in 2002. The highlight of the learning experience is a field trip to the Northeast Iowa Dairy Foundation in Calmar. For some youth, it is their first experience to observe cows up close and sense the smells and sounds of a dairy farm. 80% of the classroom teachers have rated Iowa's Dairy Story as their students' favorite field trip.