



Regional Extension News
Plymouth, Woodbury, Monona
Interim for Cherokee and Ida

January, 2012

Seasons Greetings!

See attached **wellness newsletter** from Renee Sweers, our Nutrition and Health Program Specialist. If you want to be added to the email group list for this let us know.

4-H Camps coming up for youth at Midtown Community Center- see attached fliers that will tell you more about them. Also there are shooting sports- **Air Rifle and Archery Classes** at that location for youth 4-12 grade.

High Tunnel Production Workshop

Wednesday, January 18, 2012

Cherokee County Extension Office, Cherokee, IA

High tunnels are becoming an important production tool in commercial fruit and vegetable production. They help growers extend the season and increase marketing opportunities which results in greater profits. High tunnel production, however, requires additional production knowledge and business and marketing skills to be successful. This workshop will provide you with the information needed to get started. The in-depth workshop will cover:

- High tunnel selection, site and construction tips
- Irrigation and climate control in the high tunnel
- Bed design and crop scheduling
- Pest management
- Soil fertility and management

Registration fee is \$55/person (\$90/couple) and includes training manual/workbook, lunch and refreshments. **Pre-registration is required.** Call Dallas County Extension Office at (515) 993-4281 or contact Commercial Horticulture Field Specialist Joe Hannan at jmhannan@iastate.edu

Business and Farm Succession Workshop

Friday & Saturday, January 13-14, 2012

Sergeant Bluff Community Center, Sergeant Bluff, IA

Iowa State University Extension and Outreach in Woodbury County is hosting a Business and Farm Succession Workshop to help business and farm families begin conversations about the future goals of the family business and start putting transition plans on paper. Good communication and planning makes the transition from one generation to the next

Monona County Extension Office
119 Iowa Avenue
Onawa, Iowa 51040
(712) 423-2175
www.extension.iastate.edu/monona

Plymouth County Extension Office
251 12th Street S.E.
LeMars, Iowa 51031
(712) 546-7835
www.extension.iastate.edu/plymouth

Woodbury County Extension Office
4301 Sergeant Road, Ste. #213
Sioux City, Iowa 51106
(712) 276-2157
www.extension.iastate.edu/woodbury

move smoothly and more successfully, according to David Baker farm transition specialist with Beginning Farmer Center.

The cost for the workshop is \$150 for a family of four.

[For more information and to register click here.](#)

Food Safety Workshop

Friday, February 17, 2012

Plymouth County Extension Office, Le Mars, IA

"Keep the Quality: Post-Harvest Handling for the Market Farm"



Atina Diffley of [Organic Farming Works](#), who spoke at the GAPS/Food Safety workshop last year, will be back this February to present a workshop on safe practices for handling specialty crops from the field. Safe handling keeps food quality high and produce fresh!

If you loved Atina last year, attend both sessions:

9:30 a.m. - 12:00 p.m. "Seeds & Weeds"

This session will answer your question, "What should I plant?" Clues from your soil, market, equipment, land, and climate will help. After you plant it, you'll want to learn how to keep those pesky weeds out!

1:00 - 5:00 p.m. "Keep the Quality: Post-Harvest Handling for the Market Farm"

What you do in the pack shed often makes the critical difference between vegetables that sit around and vegetables that sell and hold their quality long after they have left the farmer's hands. Come learn the tools, techniques, and philosophies that guide a quality packing operation.

Registration available SOON. Call Plymouth County Extension & Outreach at (712) 546-7835 to reserve your spot today or e-mail tkuennen@iastate.edu for more information.

Winter/Spring Master Gardener Series

January 12 - March 8, 2012

Woodbury and Ida Counties

Master Gardeners are individuals who have an interest in horticulture, have taken the Master Gardener training offered by Iowa State University Extension, and share their time and expertise with other gardeners. It is the acquisition of knowledge, the skill in gardening, and giving back to the community that distinguishes a Master Gardener from other gardeners.

Do you need a last minute gift for someone in your family? Sign them up for the Master Gardener Class! Whether you are a beginning gardener or one with years of experience you have probably met a Master Gardener at some time. The master gardener organization began in 1972 in the state of Washington. It was started as a way to meet increasing demands on university extension agents. The program is run by the land grant university in each state (ISU in Iowa) and at least 4 provinces in Canada. **Iowa State University-Woodbury and Ida County** are now taking applications for the winter/spring 2012 Master Gardener Program. <http://www.extension.iastate.edu/woodbury/news/Fall+MG+Class+2010.htm>
The cost for the course is \$155. For more information and to register contact your local ISU Extension & Outreach office.



Centering on Centers Conference

Friday, January 27 and Saturday, January 28 from 8:30 a.m. – 4 p.m.

Sioux City Convention Center

The Ooey Goey Lady (Lisa Murphy) is dedicated to the creation of child-centered, hands-on, play-based environments for young children and provides workshops, training, technical support and curriculum resources to those who wish the same. Contact 712-276-2157



Siouxland Garden Show

Friday, March 16, Saturday, March 17

at the Marina Inn Center

Midstates Community and Economic Development Conference

Wednesday, April 4, from 8:00 a.m. – 4:00 p.m.

Marina Inn, Fifth and B Streets, South Sioux City, Nebraska

The focus of the one-day program is to offer successful strategies and innovative ideas to advance community and rural development in the three-state region. Contact 712-276-2157.

IOWA STATE UNIVERSITY
Extension and Outreach

Healthy People. Environments. Economies.

Sherry McGill

Regional Extension Education Director
Iowa State University Extension and Outreach
4301 Sgt. Rd. Ste. #213, Sioux City, IA 51106
Serving Monona, Plymouth and Woodbury Counties
mcgills@iastate.edu Office 712-276-2157 Cell 712-539-1059 Fax 712-276-6211