



Webster County Acreage Living

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Selecting a Horse for Your Acreage

Information provided by Peggy Miller-Auwerda, ISUE Horse Specialist

More lowans living on acreages are becoming horse owners. There are nearly 200,000 horses in the state.

Room: You want at least half acre, and preferably more, so the horse has riding room and an area to graze. You should also keep an area separate as a sacrifice area to use when it's raining or muddy.

Facilities: You will need a shelter. A good estimate would be a 10 foot by 10 foot shelter per horse. A three-sided shed, one that's open on one side, will do. Many pastures have trees which are perfect for providing shade. However, you want to avoid black walnut trees, oak trees and red maple which can lead to poisoning in horses. Black walnut can also lead to foundering.

Nutrition: The average horse will eat 20 to 25 pounds of feed a day, so make sure you have room to store feed. A pasture is the best source for exercise and nutrition, but supplemental feeding is needed, especially in the winter. You should have lots of water available; they drink a minimum of 10 gallons a day.

Disposition: Go out and walk around the horse to see how it interacts with you and/or other horses. Look for gentleness in the horse. Brush the horse. If the horse pins its ears back when you are brushing it, be wary of purchasing it. Another good indicator is if the horse allows you to pick up each foot without getting irritated. Any sign of kicking or walking off would be a negative sign. If you are buying a horse that's been broke for riding, saddle it up and ride it.

Age: A horse is considered mature at five years. So five or older is good, but often the calmest horses are in their teens. A horse's average lifespan is 25 years. The worst thing that people often do is buy a young horse, thinking their children will grow up with it.

Healthy: Feel the legs to make sure there are no unusually bumps. There should be no heat or swellings anywhere when you run your hands over the coat.

Remember that a horse will respond to each person differently. They can sense when you are nervous and react to that.



Mower Blight

Information provided by Richard Jauron, ISU Dept. of Horticulture

Lawn mowers and string trimmers are potentially lethal weapons when used carelessly around trees and shrubs. Accidental bumping of a young tree with a lawn mower will bruise and often tear away a section of bark. These damage areas may become entry points for wood decay fungi. Repeated collisions with a tree may girdle the trunk and result in its death.

Injury to trees and shrubs can be prevented. When planting, mulch the area around them with 2 to 4 inches of shredded bark, wood chips, or other

materials. The mulch helps conserve moisture, and control weeds

If grass is growing up to the tree trunk, stay several inches away from it when mowing. Later, cut the grass with a pair of grass shears.

String trimmers are best used around signs, poles, buildings, underneath fences, and other difficult areas. They should not be used around trees and shrubs.



Blueberries

Information provided by Paulelda Gilbert, ISUE Nutrition & Health Specialist

July is peak season for the popular summer blueberry. During the past 10 years, blueberry consumption has increased by 50%.

One cup of blueberries is packed with vitamin C and fiber, while being fat-free and low in calories. The blueberry is also being recognized for its high antioxidant properties. According to current research by the U.S. Department of Agriculture, the blueberry tops an extensive list of fruits, vegetables and juices high in antioxidants that may reduce the risk of cancer, heart disease and other ailments.

When choosing blueberries, look for plump, juicy berries with a deep purple color. Look for berries with skin highlighted by a silvery sheen called "bloom." Since blueberries do not ripen further after harvest, you can enjoy them immediately after purchase.

Blueberries store longer than most other berries – up to five days fresh. They may also be frozen by spreading in a single layer on a cookie sheet. When frozen solid, transfer to heavy plastic bag. Store in freezer for 10-12 months.

Quick Fact: Blueberries were once called "star-berries" because of the star-shaped blossom at the top of each berry. Certain tribes of American Indians were said to admire the blueberry because of this, and thought "star-berries" were a gift from the Great Spirit to hungry children.



Blueberry Gems

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|----------------------------|----------------------|
| 1 ½ cups flour | ¼ cup sugar |
| 1 ½ teaspoon baking powder | ¼ teaspoon salt |
| 2 egg whites | 2/3 cup orange juice |
| 2 Tablespoons cooking oil | 1 teaspoon vanilla |
| 1 cup fresh blue berries | |

Spray 36 small muffin cups with nonstick cooking spray. Stir together first four items. In second bowl mix together remaining items except berries. Add second mixture to first and stir to just moist. Fold berries in and spoon in cups, ½ full. Bake at 400 degrees about 7 minutes. Remove from pan and cool slightly. Serve.



Walking with Style

Information provided by ISUE publication Walk Your Way to Fitness, PM1929

Walking is the single most popular adult exercise in this country. It's safe, easy, and cheap. Best of all, it makes us look and feel great.

These tips will help you feel and look better during and after your walking jaunts.

- Keep your head erect and back straight. Let your arms swing loosely at your sides.
- Stay relaxed, breathe deeply, and take comfortable steps.
- Always land on your heel and roll forward, finally pushing off the ball of your foot. Walking flat-footed or on the balls of your feet may cause fatigue or soreness.
- Toes should point straight ahead. "Toeing-in" and "toeing-out" are inefficient ways of walking and may aggravate or contribute to leg/hip joint problems.
- Always warm up and cool down with 5 minutes of slow walking. Stretch slowly afterwards to improve flexibility and reduce the likelihood of muscle soreness.
- Monitor your speed with the "talk test." (If you are too breathless to talk, you're going too fast.)
- Walk safe. Watch for dogs, cars, and bicycles. Face oncoming traffic. Do not assume drivers see you.
- Compete only with yourself. Individuals of similar ages and build vary widely in their capacity for exercise. Focus on steadily improving your own performance, not walking farther or faster than someone else.
- Choose shoes that are comfortable and provide good support. Cushioned shoes with a slightly elevated heel and arch supports are preferable.



Road Construction Ahead

Information provided by Good Neighbor News®, 2nd Edition

It is that time of the year when road construction crews will be out in full force. According to the National Highway Traffic Safety Administration, more than 80% of work-zone fatality victims are drivers and their passengers.

Here are some safety tips to help you safely navigate highway construction zones:

- Plan ahead. Check out work-zone advisories on the state Department of Transportation Web site - <http://www.dot.state.ia.us/>, or newspaper, radio or telephone. Expect delays and avoid peak travel hours if possible.
- Don't speed. Slow down and obey posted limits. Pay attention to signs and flaggers.
- Don't tailgate. The most common crashes are rear-enders. Keep at least five seconds' distance from the vehicle ahead of you.
- Merge early, when lanes start to narrow.
- Stay alert. Watch out for flaggers and other workers, concrete barriers, uneven pavement or loose gravel, and stalled cars or accidents.
- Be patient and stay calm. Avoid distractions.
- Turn on your headlights.
- Be especially careful at night.



DO NOT CALL

Information provided by Barb Wollan, ISUE Family Resource Mgmt. Specialist

The National Do Not Call Registry provides an opportunity for you to submit your telephone number and ask telemarketers not to contact you. Recently, telemarketers have accessed cell phone numbers, so now is the time to get your cell phone, and your land line if needed, registered.

To register, call (888) 382-1222 from the phone you want to register. Or go online to www.donotcall.gov. It can take up to 72 hours for your registration to take effect. Telemarketers then have 31 days to take you off their lists. You will be on the do not call list for five years, and then you will need to register again.



Basic Fertilizer Knowledge

Information provided by Cindy Haynes, ISUE Horticulturist

As the growing season starts, it is a great time to start fertilizing plants for a healthy garden. Listed below is some common knowledge about fertilizers.

fertilizers are fast-acting and can be applied when you water.

Numbers on the Bag and Label: The numbers indicate the amounts or percentages of nitrogen, phosphate and potash in the fertilizer. These three nutrients are needed in relatively large quantities by most plants. The first number refers to the amount of nitrogen, the second refers to the amount of phosphate, and the third refers to the amount of potash. Let the numbers and the labels on the bag be your guide. Fertilizer labels often tell you the type of plant it is best for.

Over-fertilization: Over-fertilization can burn plant leaves or stunt growth. Always read and follow label recommendations for fertilizer rates, dilutions, and application guidelines.

Type of Fertilizer: Home gardeners commonly use granular or liquid forms of fertilizer. Granular fertilizers can be water soluble (fast) or slow-release materials. Slow release fertilizers are formulated to release nutrients over several months. Liquid

General Tips:

- Always read and follow directions before applying any fertilizer.
- Avoid applying fertilizers when the soil is dry. This increases the chances for burning the foliage.
- Newly planted trees, shrubs and perennials rarely need fertilizer during the first growing season.
- For container plants in soilless media, regular fertilizer is important when the plant is growing, and if you use water soluble fertilizers, avoid fertilizing every time you water.



Livestock Safety

Information provided by ISUE publication Safe Farm, PM1265b

One out of every six injuries on the farm involves animals. Animals are the second leading cause of injury on Iowa farms.

Injuries identified with animals include bites, kicks, or situations, in which the worker gets pinned between the animal and a farm building, implement, or other fixed objects. The best way to avoid livestock injuries is to understand animal behavior.

Animals are most active at dawn or dusk. They will be least active either in the middle of the day or the middle of the night.

Any animal that normally lives in a flock or herd can become lonely, depressed, frightened, or agitated if separated from other animals.

All domesticated animals have strong maternal instincts. Most animals show few, if any, maternal instincts during the initial part of the pregnancy, but change abruptly after giving birth. For example, sows may appear docile during pregnancy. But when nesting begins, or after giving birth, sows will exhibit maternal tendencies. This is shown by signs of excitement, and biting walls, fences or people to seek an outlet. The sow's voice is lower, and when startled or crowded into a small area, the sow becomes aggressive.

Domesticated animals try to protect territories as do animals in the wild. Caretakers may see this by an animal's aggressive behavior during feeding. Studies have shown that feed distributed in large, unpredictable patches will not result in territorial behavior among livestock. To keep livestock from fighting at the feed trough, distribute feed in large, unpredictable patches. Avoid uniform distribution, or placing specified amounts in areas for certain animals.

Practice these guidelines when you work with livestock.

- Avoid dramatic changes of an animal's habitat.
- Be alert when handling animals during their most active time at dawn and dusk.
- Keep groups of animals together for better control.
- Maintain a dominant role with farm animals.
- Place food in irregular patches and volumes to avoid fighting.



Boating with Children

Information provided by discoverboating.com and iowadnr.com Web sites

Boating is a great way to spend time with your children. There are many tasks that can be assigned to your children to teach responsibility and being out in nature provides endless lessons for the young boater.

When boating with children, consider a boat that has a cuddy cabin. Runabouts, bow riders and deck boats, even some center console fishing boats are sometimes equipped with a small cuddy cabin to offer refuge for the kids if they need a nap or getting too much sun.

Buy a good lifejacket or life vest with a collar that turns a child face up in the water. It must have strong waist and crotch straps, a handle on the collar, and preferably be a bright yellow or orange color for good visibility.

Attach a plastic safety whistle to the lifejacket and teach the child how to use it.

Persons under 12 years of age may operate a vessel propelled by a motor of more than 10 horsepower, including a personal watercraft, only if he or she is accompanied on board by a responsible person at least 18 years old and experienced operating the vessel.

Persons 12 years of age or older but younger than 18 years of age may operate a vessel propelled by a motor of more than 10 horsepower, including a personal watercraft, only if he or she has successfully completed a boater education course approved by the Iowa DNR or is accompanied on board by a responsible person at least at 18 years old and experienced operating the vessel.

Persons required to have successfully completed a boating safety course must carry their boater education certificate on board and make it available upon request of an enforcement officer.



Three Easy Steps to Gas Grilling Beef

Information provided by the National Cattlemen's Beef Association on behalf of the Beef Checkoff

1. Preheat gas grill according to manufacturer's directions for medium heat.
2. Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid; cover with grill lid.
3. Grill according to chart, turning occasionally. Because gas grill brands vary greatly, grilling times may need to be adjusted. Consult owner's manual for specific grilling information and use an instant read thermometer, inserted horizontally into the center of steak or burger, to accurately determine doneness.

Beef Cut	Thickness or Weight	Approx. Total Cooking Time (Medium Rare 145°F to Medium 160°F)
Shoulder Top Blade Steak (Flat Iron)	8 ounces each	12 to 16 minutes
Ribeye Steak	¾ inch 1 inch	7 to 9 minutes 9 to 14 minutes
Porterhouse/T-Bone Steak	¾ inch 1 inch	9 to 13 minutes 15 to 19 minutes
Top Sirloin Steak, boneless	¾ inch 1 inch 1 ½ inches	8 to 13 minutes 13 to 16 minutes 24 to 30 minutes
Round Sirloin Tip Center Steak	¾ inch 1 inch	8 to 11 minutes 13 to 14 minutes
Eye Round Steak (marinate)	¾ inch 1 inch	10 to 12 minutes 17 to 19 minutes
Flank Steak (marinate)	1 ½ to 2 pounds	16 to 21 minutes
Ground Beef Patties	½ inch (4 ounces each) ¾ inch (6 ounces each)	7 to 8 minutes 16 to 21 minutes
Kabobs, beef only	1 x 1 ¼ inches (1 pound)	7 to 9 minutes



Flying Dragons

Information provided by Donald R. Lewis, ISUE Entomologist

Dragonflies are one of the most charming insects of summer. The graceful flight of dragonflies along a lake, stream or pond is one of summer's best shows and the bright colors of the long, slender body and sparkling cellophane transparency of the wings make them a favorite of jewelry makers and artists.

Several nicknames and myths surround these insects. The nickname "devil's darning needle" has been applied to some of the larger species who are alleged to stitch shut the eyes or ears of children as they sleep. The nickname "horse stinger" is without merit since these harmless insects can not sting or bite. The nickname "mosquito hawk," is accurate, as the dragonflies consume large quantities of mosquitoes and other small flying insects during their tireless flights.

Dragonflies are aquatic insects that spend most of their life in the water. They have a simple life cycle of three stages – egg, nymph and adult. The adults lay eggs on or near the water. The eggs hatch after three to five weeks into nymphs called naiads. The naiads live more or less buried in the mud or attached

to submerged plants for several months or up to as long as three years.

When the naiads are fully grown they crawl out of the water on the stem of an aquatic plant. The adult emerges from the naiad skin and begins the half-hour long process of expanding the wings to their full size before flying off to find a mate. An adult dragonfly may live up to six weeks.

Adult dragonflies are aggressive predators. They fly back and forth over water or dart in a zigzag fashion above lawns and are literally scooping mosquitoes, gnats, winged ants and other small insects from the air using their spiny front legs that are held like a basket just under the mouth.

Dragonflies do no harm to people, pets, crops, landscape plants or houses. They are entirely beneficial, first as a vital part of the aquatic food chain, and second as predators of mosquitoes and other pests. So sit back and enjoy the show.



2006 WEBSTER COUNTY FAIR 4-H / FFA SCHEDULE

Saturday, June 24:

Educational Presentations, Clothing Selection, Fashion Review Judging, and Extemporaneous Speaking

Monday, July 10:

Set up auditorium for fair 3-8 p.m.

Tuesday, July 11:

All Day - Judge most auditorium exhibits and photography

3:00- 8:00 p.m. Swine may enter (all swine need to be in place by 8:00 p.m.)

3:00 - 7:00 p.m. Weigh Lambs

6:30 – 8:00 p.m. Rabbits may check in

7:00 p.m. All sheep in place

Wednesday, July 12:

7:30 a.m. Scan Lambs

7-10 a.m. Poultry Check in

7:30 – 10 a.m. Rabbits check in

8:00 a.m. Dog Show

8:45 Sheep Exhibitor Pre-Sheep Meeting

9:00 a.m. Sheep Show (start with pre-sheep show)

Scanning of Swine immediately following Sheep

10:30-7:00 p.m. Beef enter

6:00 p.m. Weigh Market Beef

5:00 - 7:00 p.m. Weigh Dairy Beef

7:00 p.m. King & Queen Contest, Style Show

Thursday, July 13:

9:00 a.m. Swine Exhibitor Pre-Show Meeting

9:15 a.m. Swine Show (start with pee-wee show)

8:45 a.m. Rabbit Exhibitor Pre-Show Meeting

9:00 a.m. Rabbit Show followed by showmanship

Thursday, July 13 continued:

9:30 till 11:00 a.m. Pre-4-H Open Foods & Pre-4-H Open Crafts

5:30 p.m. Poultry Show

7:00 p.m. Beef Project @ the Arena - Showmanship Presentation

8:00 p.m. Horses in place

Friday, July 14:

9:00 a.m. 4-H Horticulture Judging

9:00 a.m. Beef Show

3:00 p.m. Dairy Show

6:00 p.m. Cat Show

Saturday, July 15:

Working Exhibits all day

12:00 noon Horse Show

5:00-7:00 p.m. Sweet Corn Feed

7:00 p.m. State Fair Educational Presentations

Sunday, July 16:

10:00 a.m. Horse Show (games classes)

12:30 p.m. Pet Show

1:30 p.m. Share the Fun

2:30 p.m. Open Pet Show

5:00 p.m. Parade of Champion Dinner

6:30 p.m. Parade of Champion arena

7:15 p.m. Release of exhibits after Parade of Champion ceremony

Monday, July 17:

9:00 a.m. Auction

8:30- 11:30 p.m. Teen Dance (Doors close at 10 p.m.)



Home Canning has Changed Greatly

Information provided Paulelda Gilbert, ISUE Nutrition & Health Field Specialist

In the 170 years since it was introduced home canning has changed greatly in the way that foods are preserved. Advances in science has helped us preserve safer, higher quality products. The component that hasn't changed through the years is that the home canner needs to carefully follow current recommended procedures.

An important factor in keeping canned foods safe is to know that the proper temperature for processing has been reached. Weighted gauge canners always remain accurate, but dial gauge canners can lose their accuracy. Safety recommendations are to check dial gauges yearly and whenever a problem is noted,

such as the needle not returning to zero or sticking during use.

The Webster County Extension Office will check pressure canner gauges June 23rd from 10:00 – Noon (108 South 8th Street, Fort Dodge – 2nd floor Bank of America).

Only the canner lid with a dial gauge is needed to do the safety check. The lid may be dropped off at an earlier date and picked up later that week. There will be a \$3 charge per lid for the testing.

There will also be canning and freezing information available.



Potpourri

Information provided by ISUE Answerline 800-262-3804 or <http://www.extension.iastate.edu/answerline/>

A potpourri contains several components: bulk items, blender items, fixatives, oils, and other fragrant items.

There are basically two types of potpourri. Moist potpourris are made by layering semi-dried petals and salt to cure. After this mixture has aged three weeks or longer other ingredients are added. Dry potpourris are made from thoroughly dried flowers mixed with other ingredients. Flowers should be dried away from sun and in good circulation to avoid loss of fragrance and color.

To mix potpourri, mix bulk items and blender items together in a large stainless steel or glass bowl. In another bowl, mix together the oil(s) and the fixatives(s). Pour the fixative mixture over the mixture of bulk and blender items and mix gently. Put the potpourri in an air-tight container in a dark place for at least 2 weeks to mellow and for the fragrances to blend.

Most of the items listed in the recipes can be found in your garden, or on your drugstore or grocery shelf.

Bulk Items	Blender Items	Fixatives	Oils	Other Fragrances
Rose Petals - (dried) Flower petals - (dried) Everlasting flowers	Cooking spices – cinnamon, mace, cloves (Use 1 Tbsp. /qt.)	Calamus Root; Benzion; Tonka beans Orris root - (can substitute unscented talcum powder for orris powder) Frankincense; Myrrh (1 Tbsp. /qt.)	Rose Cinnamon Bayberry Wintergreen Strawberry Pine	Lemon Peel Orange Peel Rosemary Vetiver root Mint Oakmoss

Marigold and Mint Potpourri Recipe:

1 cup dried marigold flowers	1 cup leaf thyme	1 ¼ cup whole peppermint leaves
¾ cup basil leaf	1 cup course salt (not iodized)	

Blend herbs, salt, & marigolds; cover and store for 4-6 weeks; when ready to use place in attractive container. Cover when not in use.



Chiggers

Information provided by ISU Dept. of Entomology Iowa Insect Information Notes www.ipm.iastate.edu

The term chigger is a common name used to describe the larval stage of mites that are parasitic on warm-blooded animals, including people. Chigger bites characteristically cause intense itching and the formation of small, reddish welts. Chiggers are active from spring to late fall but are most numerous in early summer.

Chiggers are closely related to ticks and spiders. Adult chiggers become active in early spring and the females deposit eggs in grassy or weedy areas. The eggs hatch into microscopic larvae (chiggers) that crawl on vegetation and attach to passing small mammals or people. They wander over the skin surface before attaching at a skin pore or hair follicle. The attachment site on people is usually in places where the clothing fits tightly over the skin or where the skin is thin or wrinkled.

Chiggers do not burrow into the skin nor do they feed on blood. Instead, they inject a digestive fluid containing enzymes that cause skin cells to rupture. The fluids from the skin cells are then consumed as food. The injected enzymes cause the skin to become

red, swollen and itchy. The itch may last for several days and will persist even after the chigger has detached from the skin.

Direct, chemical control of chiggers is usually impractical. Large areas would have to be sprayed several times for effective control.

The likelihood of encountering chiggers can be reduced by applying personal insect repellents, wearing loose-fitting clothing, and avoiding sitting or reclining directly on the ground. Take a hot, soapy bath or shower immediately after returning from like chigger-infested areas to remove most chiggers before they have had the opportunity to attach and feed.

The many chigger “home remedies” used by devotees have not been tested to verify effectiveness. Most however, are misguided or developed from an incorrect understanding of chigger biology. Relief from itching can come in many forms. One is to seal the skin from contact with air. Another is to by products that contain local anesthetics and analgesics.



Mowing the Lawn

Information provided by ISUE publication Safe Farm PM1563d

Lawnmower safety is important in rural areas where large yards are common. The U.S. Consumer Product Safety Commission estimates that 57,000 operators and bystanders require medical treatment each year for mower-related injuries.

Here are a few tips to make sure you are not a statistic:

- Pick up objects before mowing. Toys, stones, sticks, etc., can become projectiles when struck by the blade.
- Handle fuel with care. Never fill the tank on a mower that has been operating and is hot. Vapors from the gasoline can be ignited by a hot muffler.
- Wear close-fitting clothes and closed-toe leather shoes.
- If mowing for long periods of time or if noise is objectionable, wear hearing protection such as ear plugs.
- Keep children out of the area.
- Never mow wet grass. Wet grass is slippery and also clogs the discharge chute and can cause the engine to falter.
- Always shut off engine before unclogging discharge chute.
- Never point the discharge chute at anyone. You never know when something will be thrown from the mower.
- Never run the mower over gravel.
- Push mower across inclines; drive riding mower up and down inclines.
- Never leave a running mower unattended.
- Disconnect spark plug before working on mower.
- Never start the lawnmower in a garage or confined area to prevent buildup of carbon monoxide from the exhaust.
- Keep trees pruned.

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