



FARM AND HOME NEWS



CHARLIE BAIER, Iowa State University Howard County Extension Education Director

FOR THE WEEK OF October 17, 2005

What do I do with my leaves?

If you have only a few leaves the easiest way to handle them is to mow them with your lawn mower into small pieces and let them lie on the lawn. You will need to do this often and not let your lawn get too covered with leaves. This works great unless you are like me and have a lot of trees dropping leaves onto your lawn. In my case, I bag up most of the leaves and take them to the city's composting site. The rest of the leaves that drop late or blow into my lawn get the lawn mower treatment. Another option of course is burning. If you feel you must burn leaves, please follow all governmental regulations and some common safety practices. Never leave the burning pile unattended. Keep it small and have a garden hose at hand. Do not burn at night or on a windy day. Be considerate of those around you. What may be an easy way for you to get rid of your leaves may be a health concern for some people, young and old alike, with respiratory illnesses.

Where's the Whole Grain?

Unfortunately, approximately 42 percent of Americans never eat a whole grain. But they may think they do, according to Ruth Litchfield, Iowa State University Extension nutrition specialist. Choose foods that name one of the following whole-grain ingredients **FIRST** on the labels ingredient list: brown rice, bulgur, graham flour, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat, or wild rice. Foods labeled with the words multi-grain, stone-ground, 100 percent wheat, cracked wheat, seven-grain, or bran are usually **NOT** whole-grain products, Litchfield says. Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain. Use the Nutrition Facts label and choose products with a higher Percentage Daily Value (%DV) for fiber the Percentage DV for fiber is a good clue to the amount of whole grain in the product, Litchfield adds. For more information visit: University of Minnesota: www.wholegrain.umn.edu/ Great basic information, history and health benefits of many grains; Wheat Foods Council: www.wheatfoods.org/ Excellent research updates, newsletter, recipes, photos and links; Whole Grains Council: www.wholegrainscouncil.org/ Information on grains from A to Z, education materials and product information.

ISU Extension sponsors Amish/Mennonite Horticulture Workshops in eastern Iowa

Iowa State University Extension faculty, area specialists, and county extension directors will conduct two sets of workshops on commercial vegetable growing and greenhouse crops during November 2005. Funded by a grant from the North Central Risk Management Education Center, the workshops will be held at locations in eastern Iowa that are close to Amish and Mennonite population centers. Each workshop will begin at 9 am and end at 3 pm, with a 1-hour lunch break from 12 to 1. Presenters will be ISU specialists in horticulture, plant pathology, entomology, and pesticide safety. Even though Amish and Mennonite producers are the primary target audience, the sessions are free and open to the public. The first series of workshops will focus on vegetable crops, including basics of outdoor vegetable production (tomatoes, cucurbits, peppers); vegetable pest and disease management. This workshop will be, November 9 at Elma (Cedar Valley Produce Auction, 18072 Addison Ave.) The second series of workshops will have a greenhouse theme, including greenhouse environmental management, pot crops management, crop scheduling, and pesticide safety. Date and location for this workshop is November 21 at Elma (Cedar Valley Produce Auction). The project team will develop some long-term educational products, too. Those attending workshops receive notebooks with the latest extension bulletins and web guides for all relevant crops and management technologies. In addition, guidebooks and other reference works for small-scale growers of high-value crops to the reference shelves of nine ISU Extension county offices in eastern Iowa.

For more details on these workshops, contact Mark Gleason, ISU extension plant pathologist (phone: 515-294-0579; email: mgleason@iastate.edu)