

# IOWA STATE UNIVERSITY

## University Extension



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

Greg Zellmer  
*Extension Council Chair*

Steve Olsen  
*County Extension Education Director*

### Healthy People

The Southwest Iowa Food and Farm Initiative (SWIFFI) was formed with the help of grants from the Leopold Center for Sustainable Agriculture.



The group encourages production and consumption of locally grown foods to encourage healthier diets and improved income for producers of food. Grant monies were used to fund the New Farmer Jump Start Project—a demonstration project to assist a producer with growing and marketing produce to an institution. The Cass County Memorial Hospital purchased the produce and featured the broccoli, cabbage and melons in their cafeteria and patient meals. A

Buy Fresh Buy Local chapter has been started to bring consumer recognition to the benefits of locally grown foods. A regulatory workshop was held to inform food producers and purchasers of regulations that must be met for legal sale and purchasing by institutions and households. Good agricultural practices were introduced to acquaint producers with methods that help prevent bacterial contamination of food products.

### Healthy Environments

Sixteen new Master Gardeners received training in horticultural practices that allow them to develop and share their knowledge while





Council members pictured include, front, l to r: Randy Blake, Greg Zellmer-chairman, Dawn Marnin-secretary, and Janet Cappel-treasurer; back row: Malena Sothman, Jeff Anderson, Darrin Petty, and Brad Pellett-vice chairman. Duane Ortgies is absent from photo.

## Cass 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 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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## Healthy Environments continued

creating a more attractive landscape in which to live and work. Cass County Extension constantly offers training to help assure a safe environment. Safe handling and use of pesticides is taught to private and commercial pesticide applicators. Manure applicator certification sessions are held to inform manure applicators of safe practices to follow that allow use of the nutrients by agricultural crops and avoid runoff. Training on the Family Day Care Rating Scale empowered day care providers with a means of assessing the quality of their day care environment in six key categories.

## Healthy Economies

Rising agricultural input costs along with an increase in grain prices caused many rural landowners and tenants to rethink the rental rate for farmland that will allow both a fair return on investment for the owner and an adequate operating profit for producers. A Farmland Leasing Arrangements meeting provided participants with the tools to determine appropriate rates of return for their farms and operations.



The Crop Advantage Series meeting informed grain producers of the most current research they can utilize to improve the bottom line in their operations. An estate planning meeting provided attendees with planning tools and materials that enabled them to make informed choices to protect their assets.

Annie's Project—Women Marketing Grain was held to assist women involved in farming operations to be more informed marketers and improve their economic returns. A Beginning Farmer Workshop introduced new farmers and those who would like to become farmers to assets of the Iowa State University Beginning Farmer Center. Establishing new farmers on the land will help improve the vitality of our communities.

## Healthy Youth

Meeting the needs of youth is what the 4-H youth development program in Cass County is all about. Day camps for youth from K-6 grades are offered in summer and winter to expose youth to the environment, science, nature, and fun.



Youth Council members develop leadership skills in planning and assisting with camp activities. The Speak Out For Agriculture (SOFA) trip celebrated its 14<sup>th</sup> year of a multi-county teen-planned effort to expose 7<sup>th</sup>-12<sup>th</sup> graders to a variety of career opportunities in agriculture. Babysitting classes were offered in two communities. Boomerang, a character development program, Manners Magic, and Ready Set Know are school enrichment programs offered by Cass County Extension. 4-H leaders receive specific training in youth development to assist in creating a vibrant 4-H community club program.