**Farm Safety Day for 3rd Graders**

*Progressive Agriculture Farm Safety Day* was held on May 3 and 4 at the Guthrie County Fairgrounds. Approximately 200 Guthrie County 3rd graders attended and learned about grain safety (FC Coop), ATV Safety (FFA members), electrical safety (REC), sun safety (Whitney Bates), PTO safety (Earl McAlexander), hidden hazards on the farm (Caleb Finnegan/Earl McAlexander), farm safety (Shane Ellis), Operation Lifesaver (Kathy Leinenkugel), and ISU Conservation.

**Thank you to the following local sponsors:**

- Adair Casey FFA
- Kathy Carlson, FC Coop
- Casey’s Pizza, Panora & GC
- Mary Ebert
- Shane Ellis
- Farm Credit Services, Perry
- Chris Blass
- Caleb Finnegan
- Vicki Frohling
- Guthrie Co. Farm Bureau
- Guthrie Co. FSA
- Guthrie Co. REC
- ISU Conservation
- Horizon Equipment, Adair
- McDonald’s, Stuart
- Teresa & Bryan Mowrer
- Deb Wilson
- Panorama FFA
- Operation Lifesaver
- Megan Irlbeck
- Guthrie Co. Extension
- Iowa Corn Growers
- WCV FFA
- Sheri Wetzel
- Orscheln Farm & Home

---

**Upcoming Programs:**

- June 1—Ak-Sar-Ben DNA Deadline—Mrkt lamb/hog/goat-feeder calf
- June 3—Babysitter Basics, Panora
- June 7-Aug. 9—Dog Obedience
- June 11—Horticulture Workshop
- June 14—Babysitter Basics, GC
- June 18—Dairy Goat Workshop
- June 28—Crime & Spy Science Camp
- June 28-30—State 4-H Conference

---

**Website:**

www.extension.iastate.edu/guthrie

**Facebook:**

Guthrie County ISU Extension & Outreach

**Twitter and Instagram:**

GuthrieCoExt

---

**Iowa State University**

Extension and Outreach
Cash Rent Prices Decline for 3rd Consecutive Year

For the 3rd consecutive year, rental rates for Iowa farmland declined. After 15 consecutive years of rental price increases (1998-2012), prices have now gone down for the 3rd straight year. Prices dropped by 6.5% in 2015 after a 5% decrease the year before.

Rental rates are $230 per acre statewide, with a dip in prices shown in all 9 of the state’s districts. The state average rate was $246 last year and was $270 just three years ago.

Rental values were estimated by asking people familiar with land rental markets what they thought were typical rates in their county. Of the 1,585 responses received, 47% came from farm operators, 25% from landowners, 14% from agricultural lenders, 12% from professional farm managers and realtors, and 2% from other professionals.

Cash rent survey results can be used as a reference point for determining an appropriate cash rental rate for particular farm, but a number of factors may justify a higher or lower than average rent.

The 2016 Cash Rental Rates for Iowa is available online at www.extension.iastate.edu/agdm, or can be picked up at the Guthrie County Extension Office.

Dog Obedience Classes

One last reminder, Dog Obedience Classes will once again be offered this summer. These classes are open to all youth and adults. Dogs must be at least 5 months old. Youth are not required to be in 4-H. Training is required for 4-H/FFA youth intending to exhibit in the Dog Show at the Guthrie County Fair.

Classes meet weekly for 10 weeks, starting June 7, with NO dogs, at 7 pm at the Extension Office. The remainder of the classes will be at the Guthrie County Fairgrounds WITH dogs every Tuesday evening at 7 pm. The last class will be August 9 if there are no cancellations.

Cost is $15 per dog for youth and $30 per dog for adults, with checks being made to Pat Wyatt. Pat will be teaching the classes and has many years of experience judging & training dogs. Please see attached flyer for more information.
**Trophy Sponsorship for 2016 Guthrie Co. Fair**

The 2016 Guthrie County Fair is right around the corner and we are looking for individuals and/or businesses who would be interested in sponsoring a trophy for Guthrie County 4-H'ers. Trophy sponsorship is $15 per trophy. Please contact the Extension office at 641-747-2276 if you are interested in supporting our Guthrie County 4-H'ers at the **Guthrie County Fair!**

---

**June is Dairy Month**

June is dairy month & ISU Extension & Outreach is offering several educational opportunities across the state to learn about dairy farming first-hand. Dairy is the 5th largest agricultural business in Iowa. There are about 1,400 dairy farms in the state & about 98% of the state's farms are family-owned.

**Open Houses:**

Fri., June 10, 6-11 am- ISU Dairy Farm Open House & Ag Discovery Ctr., 52470 260th St., Ames

Sat., June 18, 8:30am-12pm, Breakfast at IA Dairy Center, 1527 Hwy 150 S., near Calmar

Wed., June 22, 4-7 pm, Western IA Dairy Alliance Open House, 4723 Hickory Ave., near Maurice

---

“Of this be sure—you do not find the happy life, you make it”
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>AkSarBen Deadline-</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Market-</td>
<td></td>
<td>9 am-3 pm-</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lamb/Hog/</td>
<td></td>
<td>Babysitter</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Goat/Feeder</td>
<td></td>
<td>Basics,</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Calf</td>
<td></td>
<td>Panora</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>6:30 pm-</td>
<td>7 pm-Dog</td>
<td>7 pm-Dog</td>
<td></td>
<td></td>
<td>10 am-noon-</td>
</tr>
<tr>
<td></td>
<td>Together</td>
<td>Obedience</td>
<td>Obedience</td>
<td></td>
<td></td>
<td>Horticulture</td>
</tr>
<tr>
<td></td>
<td>We Can</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Workshop</td>
</tr>
<tr>
<td></td>
<td>7 pm-Youth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Comm. Mtg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flag Day</td>
<td>9 am-12-K-3rd gr.</td>
<td></td>
<td></td>
<td>PM—Dairy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 am-3 pm-</td>
<td>FUN-damental</td>
<td></td>
<td></td>
<td>Goat</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Babysitter</td>
<td>Science camp</td>
<td></td>
<td></td>
<td>Workshop</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Basics-GC</td>
<td>7 pm-Guthrie Co.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>7 pm-Dog</td>
<td>Est. Council Mtg.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Obedience</td>
<td>AkSarBen DNA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Deadline</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Father's</td>
<td>1st Day of</td>
<td>7 pm-Dog</td>
<td></td>
<td></td>
<td>9 am-noon-</td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>Summer</td>
<td>Obedience</td>
<td></td>
<td></td>
<td>K-3rd gr.</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cooking Up</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Science</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Camp</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 am-3 pm-</td>
<td>State 4-H</td>
<td></td>
<td>State 4-H</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Crime &amp; Spy</td>
<td>Conference</td>
<td></td>
<td>Conference</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Science Camp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>7 pm-Dog</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Obedience</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>State 4-H</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conference</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calendar may be subject to change</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Dog Obedience Classes

Who: Open to all youth and adults. Dogs must be at least five months old. Youth are not required to be in 4-H. Training is required for 4-H/FFA youth intending to exhibit in the Dog Show at the Guthrie County Fair.

What: Topics include commands, heel, sit, stand for examination, etc.

When: Classes meet weekly for 10 weeks. They begin June 7, no dogs, at 7 p.m. at the Extension Office. The remainder of the classes will be at the Guthrie County Fairgrounds with dogs. The last class will be on August 9 if there are no cancellations.

Cost: $15 per dog for youth
$30 per dog for adults
(Make check payable to Pat Wyatt)

Classes will be taught by Pat Wyatt, who has many years of experience judging and training dogs.

Bring Rabies and Distemper certificate to first class.

Iowa State University Extension and Outreach

Participant Name: ____________________________ Age: ________
Address: ____________________________________________
Phone: __________________ email: __________________
4-H Club: __________________________________________
Dogs Name: ____________________ Age: ________ Breed: ________
Years of Training: ____________________ Rabies Vaccine No: ____________________
Male/Female: ____________________ # of years of Obedience Classes: ________
Announcing... a brand new vegetable!

It’s not every day a new vegetable is introduced! The newest vegetable to arrive in grocery stores is Kalettes—a cross between kale and brussels sprouts. This new vegetable looks a little like a tiny cabbage with heads that are loose and composed of frilly, green-purple leaves similar to kale (the middle vegetable in the picture).

The inspiration behind Kalettes came from a desire to create a kale-type vegetable that was versatile, easy to prepare, and attractive. Crossing kale with brussels sprouts was a natural fit since they are both from the same group, which also includes cabbage, cauliflower, and broccoli. Kalettes combine the best traits of each of its parent vegetables with a fusion of sweet and nutty flavors.

The new vegetable is the product of more than a decade of research by Tozer Seeds, a British vegetable seed house. Kalettes were created by cross-pollinating brussels sprouts and kale through traditional methods. Look for them at local grocery stores and try them in the following ways:

- Sauté in a large pan for 5–7 minutes, covering for increased tenderness.
- Grill whole Kalettes in a grill basket and place on medium heat for 10 minutes or until slightly charred.
- Enjoy them as a salad. Rinse and slice Kalettes into smaller pieces and top with your favorite dressing.

For more information on Kalettes, visit www.kalettes.com.

---

**Roasted Kalettes**

Total time: 15 minutes  
Serving size: 1 cup | Serves: 4

**Ingredients:**
- 6 cups Kalettes (about 12 ounces)
- 2 tablespoons extra-virgin olive oil
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper

**Instructions:**
1. Preheat oven to 475°F.  
2. Combine Kalettes, oil, salt, and pepper in a large bowl. Spread in an even layer on a large, rimmed baking sheet.  
3. Roast in the lower third of the oven until just tender and browned in spots, about 10 minutes.

**Nutrition information per serving:**
- 108 calories, 7g total fat, 1g saturated fat, 0mg cholesterol, 115mg sodium, 6g total carbohydrate, 1g fiber, 2mg potassium, 4g protein

Source: Jan/Feb 2015 EatingWell
www.eatingwell.com/recipes/roasted_kalettes.html
Buying Fresh Produce? Keep It Fresh?

Fruits and vegetables come in terrific colors and flavors. Just as their nutritional benefits differ, the way in which you store fresh produce differs too! The required storage temperature and humidity level varies depending on the type of fruit or vegetable. Avoid placing produce in a sealed plastic bag on your countertop. This slows ripening and may increase off-odors and decay. Use the guides below to store your garden bounty.

- **Store these at room temperature, making sure they are clean, dry, well ventilated, and away from direct sunlight:**
  - Tomatoes, onions, potatoes, melons, bananas, pumpkins, and winter squash
- **Ripen these on the counter, then store in the refrigerator:**
  - Avocado, kiwifruits, peaches, nectarines, pears, and plums
- **Most other fresh produce keeps best stored in a clean refrigerator at 40°F or below.**
  - Store fruit in a different refrigerator crisper drawer than vegetables. Fruits give off ethylene gas, which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality.

**Source:** Amy Peterson and Alice Henneman from the University of Nebraska–Lincoln- food.unl.edu/garden-grocery-food-safety-selection-farmers-market

Move for Thought

Summertime is here—time for children to go outside and play! Whether being active inside on rainy days or outside on sunny days, children need 60 minutes or more of moderate physical activity each day. Families that are active together improve their physical as well as their emotional health.

Most days, include physical activities such as

- walking,
- playing outside,
- helping with chores,
- taking the stairs,
- picking up toys, or
- walking the dog.

For strength and flexibility, encourage tumbling, swinging, martial arts, rope climbing, pushups, or yoga 2–3 times a week.

For aerobic exercise, activities could include cycling, running, relay races, basketball, swimming, kickball, or soccer 3–5 times a week.

**Sources:** [www.designedtomove.org](http://www.designedtomove.org)

Be Active (HS 4)—store.extension.iastate.edu/Product/HS4
Guthrie County Extension & Outreach Council

Barb Gigar, Chairperson          Erica Tunink, Treasurer          Bret Hodges
Karen Kennedy, Vice Chairperson  Carol Cain                       Jim Clark
Sheree McClellan, Secretary       Jim Calvert                   Mike Thomas

ISU Extension & Outreach programs are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Director of Equal Opportunity and Compliance, 3280 Beardshear Hall, (515) 294-7612.