Meeting Local Needs 2012

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ISU Extension and Outreach supports healthy people, environments, and economies by providing educational opportunities. We meet local needs, improve quality of life, and help make Buchanan County a better place to live.

Dan Cohen
Extension Council Chair
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Regional Director

4-H & Youth

On My Own Workshop
Youth attended a workshop at Pinicon Ford to learn about basic automotive care. The workshop was the first in a four part series called On My Own where youth learned skills they may need once they are living on their own.

The second workshop in the series included learning what clothing works best with each person’s body type, and how to properly dress for interviews and other special occasions; the third one focused on helping youth (and parents) learn more about eating healthy and delicious food while on a tight budget; and the final workshop educated youth on finances.

Fun at Day Camp
Dirt, Worms, and Food, a day camp for students in second through fourth grade, was held. Youth were given a chance to learn what our soil is made of, how worms are used to grow our food while gardening, and learning about herbs.
4-H Broiler Project
The Broiler Project gives 4-H members an opportunity to raise 25 or 50 broilers and exhibit them at the fair. Each participant had a sponsor that paid for the birds and in return the exhibitor must feed, water, and take care of the birds. After the fair the 4-H’er writes a letter and gives the sponsor some butchered birds.

Communications Day
Brighten Your World was the theme for the 2012 Communication’s Day event for Buchanan County 4-H’ers. They participated in either Clothing Selection, Working Exhibits, Fashion Revue, Educational Presentation, Extemporaneous Speaking, The $15 Challenge, or Share-the-Fun.

4-H & FFA County Fair
The Buchanan County Fair has been attracting families for over 150 years. The 4-H and FFA programs play a large part in the county fair with the various livestock shows and the building exhibits.

This year there were 1,341 livestock entries and 448 non-livestock, for a total of 1,789 entries.

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Flower Arranging
A Flower Arranging Workshop was taught by Patricia Fencl, a Master Gardener. The group were taught how to create a flower arrangement using silk flowers. Attendees consisted of Buchanan County 4-H members, Master Gardeners, and community members.

Food Safety – Farm to Fork
Who Leads, Who Follows Program
Feeding and physical activity in child care settings can easily become ‘control issues’ between children and the providers. What is the responsibility of the provider related to what, when, where and whether a child eats or enjoys physically active?

Cindy Baumgartner, ISU Extension and Outreach Food and Nutrition Specialist, presented Who Leads, Who Follows: Food and Physical Activity Division of Responsibility in Childcare, to area child care providers. The program was co-sponsored by Child Care Resource and Referral.

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Preserving Food
A four hour Pickling Workshop was taught by Cindy Baumgartner and Jill Weber, Nutrition and Health Program Specialists. Participants enjoyed hands-on learning on how to safely preserve food using the hot water bath canning method. It was a great opportunity for young and old to learn the correct and safe methods of preserving summer’s bounty.

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Container Gardening
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Family Fun Night
By partnering with the West Elementary Parent Advisory Board, Buchanan County ISU Extension and Outreach participated in the West Elementary Family Fun Night – offering the students and their families the opportunity to try fresh pineapple and mangos.

Students, along with their parents, were able to learn how to cut a fresh pineapple and mango, and using their math skills, made a trail mix out of a variety of cereals, crackers, dried fruits and nuts.

Other sessions included a spring planting workshop where they learned to plant seeds according to their individual requirements, learned about sunlight requirements and spacing. Also included was a home garden visit to the Fencl’s, and a discussion on how to harvest your crop, the proper storage techniques, and what to do at the end of the growing season.

Child Care Providers Workshop
Spend Smart, Eat Smart, a workshop presented by Cindy Baumgartner, Nutrition and Health Specialist with ISU Extension and Outreach, showed day care providers how they can save money and still provide healthy meals for children.

Natural Resources and Environmental Stewardship
Four-Part Garden Workshop
The first of a four-part gardening series entitled Beginning Gardening 101 was held. David and Patricia Fencl, local Master Gardeners and Master Gardener Educators, lead the class. The first session was a powerpoint presentation explaining how to start seeds at home so they are ready to plant, when the last predicted frost date is for Iowa, the benefits of direct seeding vs. transplants; how to grow a plant from seed, and how to read a seed package.

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Farmland Leasing Workshop
Buchanan County ISU Extension and Outreach partnered with BankIowa to host Farmland Leasing Meetings. Two programs were held on the same day – one in the morning and another in the afternoon.

The speakers for the meetings were Kelvin Leibold, ISU Farm Management Specialist and Patrick B. Dillon, from Dillon Law Firm in Sumner. Leibold and Dillon worked together to cover the meeting’s topics and answered many of the questions that arose from the attendees.

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Youth Voice: Youth Choice
Local 4-H youth and Master Gardeners were awarded a grant. The Youth Voice: Youth Choice grant was funded by Walmart and the goal of the community partner program was to reach youth in the community to promote healthy eating.

The team planted an organic garden, tended it, and set-up a display in the 4-H Building during the fair, handing out samples of organic, home-grown vegetables for people to sample.

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Area Growers Roundtable Meetings
Roundtable Discussion
Area fruit and vegetable growers met for the first Area Growers Roundtable Discussion. The goal for this group was to give local growers a chance to gain education about growing practices, about marketing and advertising, by networking with other growers and taking part in meetings with educational webinars from ISU and Professional Farmers of Iowa.

Roundtable Education
Area Growers Roundtable Education was held. Scott Smalley, Oelwein FFA Advisor, facilitated the meeting and shared information about seeding and transplanting. This was a chance for area produce growers/ farmer’s market vendors/ or other interested individuals, to join in and share information about local foods production.