The fee for this program is $10 per session or $25 for all three.

Sponsors for the program are:

**Farm Credit Services of America**

**Farmers State Bank, St. Ansgar**

**Mitchell County Cattlemen**

Please register a week before each session to help with program materials.

Call the ISU Extension and Outreach Mitchell County office at 641-732-5574
Email Darla Olson: daolson@iastate.edu

**Details**

**Dates:**
February 13, 6:30 - 8:30 PM
February 27, 6:30 - 8:30 PM
March 5, 6:30 - 8:30 PM

Light Snacks will be served each evening.

**Location:**
Mitchell County Extension and Outreach
315 Main St.
Osage, IA 50461-1122

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The fees for service will be used to offset direct expenses and to support the Agriculture and Natural Resources County Extension Program.
February 13, 2020
Iowa State University
Mitchell County Extension
315 Main St., Osage, IA
6:30 - 8:30 PM

**Becoming a Master of Beef Advocacy**

Kylie Peterson, Director of Communications and Marketing, Iowa Beef Industry Council

Many consumers today have an increasing interest in the beef they eat and how cattle are raised. Market research tells us that consumers trust beef producers, even if they don’t know exactly what they do or why they do it. Kylie’s presentation will give you the tools you need to help close the gap between pasture and plate by communicating in a much more inclusive and succinct way.

**COWtroversies**

Dr. Stephanie Clark, Associate Director of the Midwest Dairy Foods Research Center. She also oversees The Creamery at Iowa State University.

Dr. Clark will address controversial topics related to dairy cows and dairy products, ranging from on-farm management practices to food product safety.

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February 27, 2020
Iowa State University
Mitchell County Extension
315 Main St., Osage, IA
6:30 - 8:30 PM

**Handling Dystocia with Caramel**

A hands-on experience with Dr. Caitlin Wiley, DVM and clinical assistant professor at Iowa State University.

Dr. Wiley will share tips and tricks to help ease calving season and difficult calvings. She will use “Caramel”, the vet med cow model to demonstrate various techniques to simplify pulling mal-presentations to result in more live calves.

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March 5, 2020
Iowa State University
Mitchell County Extension
315 Main St., Osage, IA
6:30 - 8:30 PM

**From Beef Processing 101**

Michael Cropp, Extension Program Specialist, in the ISU Meat Science and Meat Lab, will discuss processing carcasses into retail cuts. He will discuss how beef quality affects processing and how the beef is used and also touch a little on food safety issues and how processors address that in plants.

**Nutrition—What you Should Know**

Lisa Olson, Registered Dietician, Mitchell County Regional Health Center. Not sure what to do with your beef when it comes home from the locker? Lisa will share nutrition facts and best uses for various cuts. Recipe ideas included too!