**PRODUCERS: SIGN UP NOW FOR A MARKETREADY WORKSHOP!**

**Monday, March 4**
**10 a.m. - 3 p.m.**

**Wapello County Extension Office**
**13011 120th Ave., Ottumwa**

$20 per person, $35 per couple.
www.extension.iastate.edu/localfoods

Fee includes training materials, light lunch and refreshments. Learn about the risks & rewards of selling your products to wholesale markets.

**Topics include:** Communications, Packaging, Labels, Supply & Delivery, Post-harvest handling, Grading, Insurance, Regulations, Marketing, and more!

Features a panel of area wholesale buyers.

To register call Sue @ (641) 682-5491

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**What About Me? My Wellbeing**

This FREE 4 week workshop will enhance your quality of life in a meaningful way.

**Workshop objectives include:**
- Engage in creating individual action steps related to wellbeing
- Integrate positive choices related to wellbeing into your individual lifestyle

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**Part 1– Time for Me: Understanding Wellbeing,** presented by Sara Sprouse
**March 27th, 11am-12p OR 6-7pm**
@DC Extension Office

March’s snack: Clementines

Did you know?

- Clementines are tiny versions of regular oranges.
- Mandarin oranges are sweeter and are often canned. If they are canned in syrup, they have added sugar.
- Unlike many fruits, citrus does not ripen after it has been picked from the tree.

April is Child Abuse Prevention month!

Watch for these events & more in our community during the month of April:

- “Blue out” day (April 5th)
- Silent auction basket fundraiser (April 15th-19th)
- Coffee & cookies @ Optimist Club’s Easter egg hunt (April 20th)