

EVENTS *in* Davis County

May | 2020



Davis County Extension Office

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Office Staff Still Working Remotely

From John Lawrence, ISUEO VP: *Iowa State is not planning any changes to current guidance on working remotely until at least May 15, and the university's prohibition on all events and meetings through May 31 is still in place.*

The DC Extension Council will use the next two weeks to develop a plan and secure the necessary supplies (hand sanitizer, disinfectant, signage) and other necessary steps to have a safe and successful opening. This approach will also allow staff with children at home time to arrange for childcare if they and their supervisor agree they should return to the office. It will also allow us to study how the reopening is progressing and whether Iowa's number of new COVID-19 cases is declining.

As we consider a plan for reopening our office to the public, we will follow [Iowa Department of Public Health COVID-19 Reopening Guidance](#) to protect the health and safety of our staff, volunteers, participants and community.

Master Gardeners



Unfortunately, the Davis County Master Gardeners have made the tough decision to cancel their annual Spring Plant Sale. This decision was made in order to help keep our community members safe and encourage the support of local businesses during the time of COVID-19.

A Fall Plant Sale is being discussed! Watch for an announcement later this year!

A tip from Master Gardener, Sheila: "I have microgreens ready to pick! 10 days after planting seed in a large pot on the south side of the house, up close and covered with the white permeable fabric that allows light and water to soak through. I am using the same stuff on my raised beds and will see what happens!"

We're still here: The Master Gardeners are still available to serve our community. Please write to marimel@iastate.edu with your questions and a Master Gardener will get back to you in a timely fashion.



On Wednesday, April 8, Iowa 4-H challenged members, volunteers, alumni and staff to make and donate 10,000 face masks to the people and organizations in their local communities who need them. In only nine days, [Iowa 4-H Achieves Goal of 10,000 Face Masks Donated](#).

Updated Resources

- **GENERAL:**
 - [Iowa State's Response](#) Updated information about the COVID-19 outbreak.
 - [ISUEO COVID-19 Recovery Task Force](#) The task force will help to plan ISU Extension and Outreach's role in Iowa's recovery
 - [Iowa Concern](#) can help with stress of COVID-19
 - [Find Answers Now:](#) As Iowans deal with disruptions to their families and communities, these resources provide information to help you cope with concerns about healthy eating, relationships, mental health and wellbeing, personal finance, food safety, and nutrition and wellness.
 - [ISU Extension and Outreach Cancels Events, but Still Serves Iowans](#)
 - I have a question, who should I contact? [ISU Extension and Outreach experts](#) on topics ranging from crops and animals to mental health and nutrition to families and small businesses.
- **KIDS:**
 - National Child Traumatic Stress Network: [Simple activities for children and adolescents](#)
 - Alan D. Wolfelt, Ph.D.: [How to Talk to Children about the Coronavirus Pandemic](#)
 - Child Life Disaster Relief -- [printable handouts and resources](#) – Practical Techniques to Help Children Cope with COVID-19 – Ways to Help Children Cope with Anxieties and Fears of COVID-19
 - [Make Your Kitchen A Classroom](#)
- **GARDENING:**

ISU Extension and Outreach has been educating about gardening and home food production and preservation since our beginning. It also is a great activity for kids. Our website has a lot of great resources, including gardening in small spaces for apartment dwellers. For starters, take a look at our [home horticulture resources](#), as well as the [gardening](#) and [food preservation](#) sections of the Extension Store.

 - [Guidance for Iowa's Farmer's Markets During COVID-19](#)
 - [Gardening While Isolated: Bringing the Outdoors Inside](#)
 - [New Video Series on Iowa Vegetable Production and Management](#)
 - [Select the Right Cultivar of Seed for Your Garden](#)
 - [Gardening Offers Opportunities for Everyone](#)
- **WEBINARS & VIRTUAL CONFERENCES:**
 - May 1st- [Webinar to Discuss Evaporative Cooling Pads for Swine Facilities](#)
 - May 5th- [Online Workshops Planned for Safe Mushroom Foraging](#)
 - June 10th- [Virtual Four-State Dairy Nutrition and Management Conference](#)
- **CROPS, FARM MANAGEMENT:**
 - [Farm Management Resources Available during COVID-19](#)
 - [Considerations for Slowing Feedlot Cattle Growth due to the COVID-19 Pandemic](#)
 - [New Online System for Pesticide Licenses and Certification](#)
 - [Additional Options Available for New Pesticide Applicators](#)
 - [FACTS Modeling Provides Farmers with Real-Time Look at their Fields](#)

More Resources

- **Back to Business is a new podcast series** that covers relevant topics for businesses and individuals related to education, research, and technical assistance, with an immediate focus on COVID-19 relief. The podcasts are a collaboration of the Farm, Food and Enterprise Development Program, Community and Economic Development, and the Iowa Small Business Development Centers. You can find the podcast on our new [FFED Podcasts page](#) and on the [Enterprise Development page](#) (player at bottom of page).
- Extension rural sociologist David Peters discusses **the need and potential use for a county-level COVID-19 risk scale** in a new publication, [Rural Areas Face Higher and Distinct Risks of Serious COVID-19 Outcomes than Urban Areas](#).
- **ELEVATE: Couples Relationship Education During this Challenging Time**
Iowa State University Extension Human Sciences Specialists and Staff, will be leading a series of short virtual meetings on Wednesday from 12:30pm to 1:00pm CDT via ZOOM at <https://iastate.zoom.us/j/6904548582>. The specialists will review a different tool that couples can immediately use to improve their relationship during this challenging time. The information presented will be based on ELEVATE, a relationship education curriculum developed by the National Extension Relationship and Marriage Education Network. The following topics will be presented in the coming weeks:
April 29: Enlighten – Being enlightened requires couples to be in the know with each other. This is an ongoing process.
May 6: Value – Showing that you value your partner means you focus on the positives of your partner and the relationship.
May 13: Attach – Research shows that couples who interact in loving ways and maintain these efforts do much better over time in their relationships.
May 20: Tame – It's not the conflict that's the problem, it's the way the couple manages the conflict that is related to couple satisfaction and stability.
May 27: Engage – Being connected is an essential part of a healthy relationship in normal
- **MEAL PREPARATION: Spend Smart. Eat Smart.**
Many families are preparing more meals at home and spending more at the grocery store. Follow Spend Smart. Eat Smart. on Facebook to watch their new segments: Make It Monday, Work Out Wednesday, and Fit Fam Friday. Check out the Spend Smart. Eat Smart. website for more videos, recipes, shopping tips, and more! <https://spendsmart.extension.iastate.edu/>

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