Now taking applications for Jefferson County Master Gardeners

Become a Master Gardener, attend the training program, provide 40 hours of volunteer service, and help others who share a love of gardening.

Starting in September • Space is limited

Contact the Jefferson County Extension office to apply
barbgri@iastate.edu, 641-472-4166

www.mastergardener.iastate.edu
Volunteering and Gardening Come Together on the Master Gardener Journey

Core training course offered from Sept. 29 to Nov. 17 at county extension offices

ARTICLE | WED, 06/10/2015 - 09:12 | BY SUSAN DEBLIECK

AMES, Iowa – Become an Iowa Master Gardener by completing the core training course this fall at a local Iowa State University Extension and Outreach office. Gardeners will learn best practices for choosing plants, designing gardens and managing pests. Classes start in September.

Those interested in applying for the course can contact their local ISU Extension and Outreach county office. Application deadline is Aug. 1, 2015, as space is limited. Accepted participants will be notified by Sept. 11, 2015. The three-month course fee is $195 and may vary by county.

“Starting this September, people can begin their journey to become a Master Gardener volunteer,” said Susan DeBlieck, program specialist with ISU Extension and Outreach. “The training course includes lectures on gardening subjects, from growing vegetables and fruits to designing gardens with sustainable turfgrass.”

After completing the course, Master Gardener trainees start their work as volunteers within the community. Upon completion of the 40 hours of volunteer service, the master gardener title becomes official and they join thousands of other Iowa volunteers.

“Master Gardeners provide information and education to Iowans. They are a community resource growing vegetables for food pantries, teaching fair-goers about pollinators and bringing native plants back to Iowa landscapes,” said DeBlieck. In 2014, over 105,000 volunteer hours in Iowa were logged by Iowa Master Gardeners.

DeBlieck notes a second enrollment option is available for those not interested in volunteering. Registering as a professional horticulture trainee ($550 fee), offers the same educational course and materials, but participants earn a certificate upon completion without having to provide the 40 hours of community service.

The Master Gardener Core Training Course is provided by local ISU Extension and Outreach offices on Tuesdays evenings from 6:30 to 9:30 p.m., Sept. 29 through Nov. 17 (dates may vary by county), and one Saturday daytime class on Oct. 10 or 24 at Iowa State University in Ames.

The core training course will be hosted in ISU Extension and Outreach offices in over 30 locations throughout the state: Altoona, Ames, Bettendorf, Bloomfield, Carroll, Cedar Rapids, Cherokee, Council Bluffs, Creston, DeWitt, Dubuque, Fairfield, Garner, Grundy Center, Ida Grove, Indianola, Independence, Iowa City, Knoxville, Logan, Maquoketa, Marshalltown, Mason City, Monticello, Mount Pleasant, Muscatine, Osceola, Oskaloosa, Pocahontas, Rock Rapids, Sac City, Sioux City, Tipton, Tripoli, Wapello, Washington, Waterloo, Waukon and West Burlington.
Permission release:

I understand that to be considered for the Iowa Master Gardener program I will be required to complete the appropriate forms, including a background check, provided by the county extension office.

Furthermore, I hereby grant my consent to ISU Extension and Outreach, and/or its representatives to use my image and/or voice as they see fit for educational purposes or for advertising/marketing of ISU Extension and Outreach and its programs. I waive any right to inspect, approve or otherwise restrict the use of my image, voice or musical recordings now or in the future and I will not seek further compensation or royalties from their use.

I also understand that if accepted for Master Gardener training, I will be expected to provide a minimum of 40 hours of approved public service to ISU Extension and Outreach within one year of completing this training.

Signature: 

Date:

For more information

Jefferson Co. Extension
Barb Grijalva
Master Gardener Coordinator
barbgri@iastate.edu
641-472-4166

Mail application To

ISU Extension Jefferson Co.
2606 W. Burlington St.
Fairfield, Iowa 52556

641-472-4166
barbgri@iastate.edu

APPLICATION FORM

Name: 

Street address: 

City, State, Zip: 

Email: 

Phone: 

Check one: mobile ___ work ___ home ___

List involvement in current and previous volunteer programs:

Describe your personal interest in gardening:

List related hobbies or areas of gardening specialization:

... and justice for all

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

MC-Ext 4754 April 2015
ISU Extension and Outreach Offers Weeds Week Aug. 3-7
Week of events focuses on herbicide effectiveness

BY VIRGIL SCHMITT

AMES, Iowa – Weeds, herbicides and the effectiveness of herbicides to control weeds are topics of agronomic and economic importance to farmers and agribusinesses. It is so important that Iowa State University Extension and Outreach field agronomists are hosting Weeds Week, a weeklong series of informational meetings. The half-day sessions will be held Aug. 3-7 at five Iowa State University research farms.

"Farmers are challenged with producing crops and implementing effective weed management programs in a profitable manner," said Virgil Schmitt, field agronomist with ISU Extension and Outreach in southeast Iowa. "Our goal is to help farmers develop effective weed management plans."

Schmitt said the meetings are intended to help farmers and ag retailers support each other in this process. "By supporting each other, they can increase their profitability and minimize negative impacts on the environment," Schmitt said. "The sessions have been developed to provide tools that help farmers and agribusinesses work together to develop long-term weed management plans that identify sites of action, promote timely application of herbicides and avoid the expenses of dealing with herbicide resistance."

Each session will include presentations, hands-on weed management planning, small group discussion and plot tours presented by extension field agronomists. In the farmer-oriented session, farmers will learn how to select herbicides from the herbicide effectiveness table, identify which herbicides to apply and develop their own four-year weed management plan. Agribusiness representatives will receive similar information, but it will be presented with a focus on how to support farmers and their operations.

The schedule has been developed so that the morning sessions will conclude with lunch and the afternoon sessions will begin with lunch, which is included in the registration.

Aug. 3 — Southeast Research Farm. 3115 Louisa-Washington Road, Crawfordsville, Iowa
9:30 a.m. Farmer Session
1 p.m. Agribusiness Session

Aug. 4 — Armstrong Research Farm, 53020 Hitchcock Avenue, Lewis, Iowa
9:30 a.m. Agribusiness Session
1 p.m. Farmer Session

Aug. 5 — Northeast Research Farm. 3321 290th Street, Nashua, Iowa
9:30 a.m. Farmer Session
1 p.m. Agribusiness Session

Aug. 6 — Northwest Research Farm. 6320 500th Street, Sutherland, Iowa
9:30 a.m. Farmer Session
1 p.m. Agribusiness Session

Aug. 7 — Field Extension Education Lab. 1928 240th Street, Boone, Iowa
9:30 a.m. Farmer Session
1 p.m. Agribusiness Session

Registration is $25 for each session and includes refreshments, lunch and materials. To assist with facility and meal planning there is a registration deadline four days prior to each meeting. Register online with a credit card at www.aep.iastate.edu/weeds/. For more information, call 515-294-6429 or anr@isstate.edu.
Yard and Garden: Dealing with Tree Abnormalities

AMES, Iowa – Knowing how to properly care for trees and how to identify harmful tree abnormalities is a great skill for all tree owners to have. However, not all tree abnormalities are harmful. Horticulturists with Iowa State University Extension and Outreach identify some tree abnormalities and explain what exactly they are. To have additional questions answered, contact the ISU Hortline at hortline@iastate.edu or call 515-294-3108.

There are wartlike growths on the undersides of my hackberry tree leaves. What are they?

The wartlike growths on the hackberry leaves are called galls. Galls are abnormal growths of plant tissue induced to form by mites, insects or other small organisms. They are quite common on trees.

The gall found on the hackberry leaves is referred to as the hackberry nipple gall. The hackberry nipple gall is so common on hackberries that its presence can be used to identify the tree.

While galls may be unsightly, they do not cause serious harm to healthy trees. Preventive insecticide treatments are seldom warranted.

There are white, fuzzy objects on the branches of my maple tree. Are they harming the tree?

The white, fuzzy objects on the branches of your maple tree are called wooly alder aphids. The insect also is known as the maple blight aphid. Wooly alder aphids feed on the sap of maple trees from bud-break until late June.

Winged adult wooly alder aphids, some with abdomens covered in white fluffy wax, are produced in colonies. These winged migrants readily fly when disturbed and create the illusion of tiny masses of cotton floating through the air. The winged adults leave the maple tree and fly to alders where they establish new colonies on the secondary host. Wooly alder aphids require both maple and alder trees to complete their life cycle.

While the presence of white, fuzzy colonies of wooly alder aphids on a maple tree may cause alarm, they don’t cause serious harm to infested maples. Damage is usually limited to the loss of some leaves. Large wooly alder aphid populations usually collapse from predation and parasitism. Control efforts are not necessary.

There are gray-green patches on the trunk of my tree. What are they? Are they harming the tree?

The gray-green patches are probably lichens. Lichens are unusual organisms. They consist of two unrelated organisms, an alga and a fungus. These two components exist together and behave as a single organism. The alga provides food via photosynthesis while the fungus obtains water and minerals for itself and the alga.

Lichens are common on trees because the bark provides a suitable place to gather sunlight and to grow. They grow especially well on dead branches because they receive more sunlight. In addition to growing on the trunks and branches of trees, lichens can be found on: exposed soil surfaces, rocks, wooden fence posts, shingles, gravestones, stone walls and other sunny surfaces. Lichens may be flat, leafy or branched and hairlike. Lichens on trees are often gray-green. Other species may be: orange, yellow, slate blue or black.

Lichens are fascinating, unique organisms. However, they do not harm trees.
Farmland Leasing Meetings Will Increase Understanding of Rental Agreements

Farm tenants and land owners are encouraged to attend in July and August

AMES, Iowa – Iowa State University Extension and Outreach is hosting multiple farmland leasing meetings during July and August at various times and locations throughout Iowa. The annual meeting is offered to address questions that land owners, tenants or other interested individuals have about leasing farmland.

“More than half of Iowa’s farmland is rented, and strong landlord/tenant relationships are important for the long-term viability of Iowa’s valuable farmland,” said Ann Johanns, program specialist with ISU Extension and Outreach. “Iowa farmland cash rental rates decreased by $14 an acre from 2014 to 2015; every district in Iowa showed a decline in reported rental values. The decreases ranged from $24 in Central Iowa to $4 in northeast Iowa. Northeast Iowa reported the highest average in 2015 at $273, and the lowest district value was $187 in south central Iowa.”

The three-hour workshop is designed to assist landowners, farm tenants and other agribusiness professionals with current issues related to farmland ownership, management and leasing arrangements. Attendees will gain understanding of current cash rental rate surveys and factors driving next year’s rents such as market trends and input costs. Additional information on the 2014 Iowa State Land Value Survey, 2014 Farm Bill, flexible leases, Corn Suitability Rating Index (CSR2) and Iowa’s Nutrient Reduction Strategy will be presented.

Each registrant will receive a 100-page workbook with resources regarding land leasing agreements such as surveys, sample written lease agreements and termination forms and many other publications.

Attend a local meeting

The leasing meetings being held across Iowa are facilitated by farm management specialists with ISU Extension and Outreach. A listing of county extension offices hosting the meetings will be available on the ISU Extension and Outreach online calendar for July and August, and at Ag Decision Maker.

For registration information, contact the local ISU Extension and Outreach county office. Preregistration is encouraged, as an additional $5 fee will be added if registering fewer than two calendar days before the meeting date.

The Ag Decision Maker leasing section also provides useful materials for negotiating leases, information on various types of leases, lease forms and newly updated Decision Tools.

***5 locations from which to choose in SE Iowa

August 5th—9:00 AM—Mahaska Co  6:00 PM—Louisa Co
August 6th—9:00 AM—Lee Co        6:30 PM—Henry Co
August 7th: 9:00 AM—Jefferson Co

Each meeting will last 2 1/2 to 3 hrs.
Each participant or couple will receive a 100 page Farm Land Leasing book.
Cost for participants is $25 each or $35/couple who preregister, or $5 extra at the door.

Call Jefferson County Extension at 641-472-4166 to preregister.
Insert WOW newsletter
Yard and Garden: Different Types of Perennials

AMES, Iowa – Perennials are beautiful plants that live three or more years, die in the ground each fall and return in the spring. There are many different types of perennials. Depending on the perennial, it might require a certain type of planting site to grow successfully.

Horticulturists with Iowa State University Extension and Outreach identify different types of perennials and planting sites where perennials can grow successfully. To have additional questions answered, contact ISU Hortline at 515-294-3108 or at hortline@iastate.edu.

Which perennials grow well in wet soils?

When selecting perennials, it’s important to choose plants that are appropriate for the planting site. Perennials that grow well in moist to wet soils include: sweet flag (Acorus calamus), black snakeroot (Actaea racemosa), Jack-in-the-pulpit (Arisaema triphyllum), goat’s beard (Aruncus dioicus), swamp milkweed (Asclepias incarnata), turtlehead (Chelone species), Joe-pye weed (Eupatorium purpureum), queen-of-the-prairie (Filipendula rubra), rose mallow (Hibiscus moscheutos), Japanese iris (Iris ensata), yellow flag (Iris pseudacorus), cardinal flower (Lobelia cardinalis), obedient plant (Physostegia virginiana) and spiderwort (Tradescantia spp.).

Which perennials grow well in dry soils?

Perennials that tolerate dry soils include: yarrow (Achillea spp.), wormwood (Artemisia spp.), butterfly weed (Asclepias tuberosa), false blue indigo (Baptisia australis), threadleaf coreopsis (Coreopsis verticillata), purple coneflower (Echinacea purpurea), blanket flower (Gaillardia x grandiflora), showy stonecrop (Hylotelephium spectabile), blazing star (Liatris spicata), catmint (Nepeta racemosa), Russian sage (Perovskia atriplicifolia), moss phlox (Phlox subulata), black-eyed Susan (Rudbeckia fulgida), goldenrod (Solidago hybrids), lamb’s ear (Stachys byzantina), aromatic aster (Symphyotrichum oblongifolium) and ornamental grasses.

What are some good low maintenance perennials?

All perennials require maintenance. Common maintenance chores are watering, fertilizing, pinching, staking, dead-heading, dividing and providing winter protection. Some perennials require frequent attention through the growing season. Others require minimal care.

Low maintenance perennials for sunny locations include: butterfly weed (Asclepias tuberosa), false blue indigo (Baptisia australis), hardy geranium (Geranium spp.), hardy zinnia (Heliopsis helianthoides), daylily (Hemerocallis spp.), Siberian iris (Iris sibirica), blazing star (Liatris spp.), daffodil (Narcissus spp.), peony (Paeonia hybrids), Russian sage (Perovskia atriplicifolia), moss phlox (Phlox subulata), balloon flower (Platycodon grandiflorus), coneflower (Rudbeckia spp.), perennial salvia (Salvia x superba), stonecrop (Sedum spp.), speedwell ( Veronica spp.) and ornamental grasses.

Low maintenance perennials for partial to heavy shade include: lady’s mantle (Alchemilla mollis), Canadian wild ginger (Asarum canadense), heartleaf brunnera (Brunnera macrophylla), turtlehead (Chelone spp.), bleeding heart (Dicentra spp.), barrenwort (Epimedium spp.), hosta (Hosta spp.), creeping phlox (Phlox stolonifera), lungwort (Pulmonaria spp.), bloodroot (Sanguinaria canadensis), foam flower (Tiarella spp.) and ferns.

Which perennials are long-lived?

Long-lived perennials include: black snakeroot (Actaea racemosa), lady’s mantle (Alchemilla mollis), goat’s beard (Aruncus dioicus), butterfly weed (Asclepias tuberosa), false blue indigo (Baptisia australis), gas plant (Dictamus albus), ferns, hardy geranium (Geranium spp.), ornamental grasses, daylily (Hemerocallis spp.), hosta (Hosta spp.), Siberian iris (Iris sibirica), blazing star (Liatris spp.), daffodil (Narcissus spp.), peony (Paeonia hybrids), balloon flower (Platycodon grandiflorus), lungwort (Pulmonaria spp.), black-eyed Susan (Rudbeckia fulgida), stonecrop (Sedum spp.) and Carolina lupine (Thermopsis villosa).

When given favorable growing conditions and good care, long-lived perennials often thrive for 20 or more years.

Which perennials are short-lived?

Short-lived perennials grow well for a few years and then decline and fade away. Short-lived perennials include: columbine (Aquilegia spp.), delphinium (Delphinium spp.), pinks (Dianthus spp.), blanket flower (Gaillardia x grandiflora), baby’s breath (Gypsophila paniculata), coral bells (Heuchera spp.), hyacinth (Hyacinthus orientalis), Shasta daisy (Leucanthemum spp.), perennial flax (Linum perenne), lupine (Lupinus hybrids), Maltese cross (Lychnis chalcedonica), Iceland poppy (Papaver nudicaule), pincushion flower (Scabiosa spp.), painted daisy (Tanacetum coccineum) and hybrid tulips (Tulipa spp.).
ISU Extension and Outreach Provides Resources on Human Impact of Avian Influenza

Multi-state approach offers education and outreach for families

BY DEBRA SELLERS, LAURA STERNWEIS

AMES, Iowa -- In response to the recent avian influenza outbreak, Iowa State University Extension and Outreach has launched a multi-state approach to providing research-based information and resources to families.

“By leveraging our resources and strategically sharing information with families throughout Iowa, Minnesota and South Dakota, we are able to provide daily updates and recommendations,” said Debra Sellers, director of Human Sciences Extension and Outreach and associate dean in Iowa State’s College of Human Sciences. ISU Extension and Outreach is cooperating on the project with South Dakota State University Extension and University of Minnesota Extension.

Together, extension staff from the three land-grant universities will provide families with information on everything from food safety education and stretching food dollars as the cost of eggs and poultry increases to implementing strategies to manage a family’s finances and stress during tough times.

Iowans will find links to helpful resources on the Human Sciences Extension and Outreach website, www.extension.iastate.edu/humansciences/content/finding-answers-now.

“Avian influenza has had a very real impact on families,” Sellers explained. “Our counterparts in ISU Extension and Outreach’s Agriculture and Natural Resources program are working to address producer issues. However, this group will focus on the families struggling with the human challenges brought on by avian influenza, whether that is ensuring families are implementing the proper food safety techniques when preparing eggs and poultry, the loss of employment or dealing with seeing their food budget increase, as eggs, which are traditionally an inexpensive protein source, have more than doubled in price.”

#AvianFluImpact

Sharing resources and information between university extension groups is not a new concept. Outreach has been the focus of extension since its establishment within land-grant universities across the U.S. more than a century ago. And, in this case, Sellers said collaboration is imperative. “Alone, we simply do not have the staff or resources to ensure families receive all the information they need.”

The outreach effort will include a strong social media presence, public relations campaign and online resources. To learn more, follow #AvianFluImpact on social media and visit www.extension.iastate.edu/humansciences/content/finding-answers-now.
Dealing with Stress from Unexpected Changes Takes Time

AMES, Iowa -- Unexpected changes such as job loss or financial uncertainty can turn life upside down. Dealing with the stress and adjusting to a “new normal” can be slow and painful, but is possible, says a human sciences specialist with Iowa State University Extension and Outreach.

“Stress affects our health and relationships. Even if we don’t talk about it, those around us -- our family, friends and co-workers -- still pick up on our body language,” said Kimberly Greder, an associate professor in human development and family studies, and family life extension specialist.

Avian influenza has increased the stress that many Iowa families are facing. ISU Extension and Outreach is cooperating with University of Minnesota Extension and SDSU Extension to provide resources for families struggling with the human challenges brought on by avian influenza. Extension staff from the three land-grant universities are providing families with research-based information and resources. To learn more, follow #AvianFluImpact on social media and visit tiny.cc/find-answers-now.

**Manage Change, Reduce Stress**

Greder offers these tips for managing change and reducing stress:

*Identify one thing you can do to address part of the issue. For example, if you already have or are expecting to have less income, what expenses can you reduce now?

*If you exercise regularly, keep doing it. If you don’t exercise regularly, start now. It will help you manage the stress you feel as part of change, as well as help your long-term health.

*Talk about the change with your family, because it effects everyone. Together you may be able to identify ways to reduce expenses.

*Do something you enjoy each day. It could be as simple as taking 10 minutes a day to read, find a quiet space to close your eyes and rest, or listen to music.

*Eat and drink healthy. What you put in your body effects how you feel physically and mentally.

*Be around people you enjoy and care about.

*Let your values drive decisions you make.

**Remember the Children**

Children experience and process stress differently than adults. Children’s thinking and emotional skills are still developing, and they have limited experiences to draw upon, Greder said. Chronic stress in children affects their development, how they feel about themselves and the world around them, their health and how they interact with others.

“When parents are stressed, children become stressed. When adults are patient, calm and understanding with children, stress that children may experience can be minimized,” Greder said.

Even minor changes in children’s environment can cause stress, because children continually are trying to find order and patterns as they go through the day.

“It is important for children to have consistent adults in their life who they can trust and rely on, and to have daily routines such as meal times and bed times,” Greder said.

Regular, healthy food choices and opportunities for fun, physical activity help children manage big and little stresses in their lives.

“Activities that promote big movements in children such as dancing, hiking, bike riding, playing soccer, shooting hoops, swinging or climbing on playground equipment are simple, low-cost activities that help children reduce and manage stress,” Greder said. “When low levels of physical activity are needed, such as before bedtime, reading a book, drawing or listening to music can help a child relax.”
Announcing a new Project Club: First Tech Challenge Robotics with Bonnie Hilger as the Leader! This is a high-school club and we’re all excited to be learning about the challenges in STEM projects (Science, Technology, Engineering & Math) Information will be available at the 4H Table at School Registration on Tuesday, August 11th, from 11:00 AM—7:00 PM!