Stewarding Your Landscape

Week #1: Edible Landscape Design  
Week #2: Soil & Water Resources

Growing Food

Week #3: Vegetable Cultural Practices  
Week #4: Vegetable Crops and Cultivars

Week #5: Cultivated Fruit Crops  
Week #6: Trees & Wild Crops

Week #7: Food Storage & Preservation

Raising Livestock

Week #8: Grazing & Ruminants  
Week #9: Manure & Compost

Week #10: Wildlife Management  
Week #11: Beekeeping

Week #12: Backyard Poultry

Call Kim Keller or the Extension Office at 641-472-4166 for more information!

Course begins March 20th

Weekly webinars and locally-coordinated activities

Held on Thursday evenings from 6:00 ~ 9:00 pm
NEST Parenting Classes

NEST is open to everyone in Jefferson County! Using the NEST is very simple! Whenever you attend a NEST parent class, prenatal or postpartum care visit, well-baby check-up, Library Story Times, Parents As Teachers, or other related things, you receive points. As you accumulate points, you can spend them like money on baby items in the NEST store! The more points you earn the more items you can buy in the NEST store for ‘free’!

Contact NEST Coordinator Lynne Johnson for more information!

NEST classes are held on Thursdays 641-472-4166

The Jefferson County Cattlemen are hosting a Young Farmer Dinner on February 20th at 6:00 pm in the Activity Building. The speakers are Steve Ferguson, of the Iowa Agricultural Development Authority, and an additional speaker from Keokuk County USDA. This meeting will focus on young farmers obtaining loan money from governmental agencies. Iowa State Bank is providing the meal. For more information contact Adam Ledger at 641-919-0898.

Barn Quilt Location Information needed!
Jefferson County 4-H is partnering with The Northside Strippers Quilting Club for a Barn Quilt Location project in Jefferson County! A registry and a computer scenic drive map will be created of the Barn/House Quilts in the county, and will be made available to promote tourism at the Maasdam Barns and other information centers. We need addresses/locations of your Barn or House Quilt! Please contact the Extension Office at 641-472-4166

A new PEST has been identified in the Midwest!
The Spotted Wing Drosophila (SWD) (pronounced Dros-o-fill-ah) has caused economic damage to berries, grapes and soft-fleshed fruits such as peaches. This is a small vinegar or “fruit” fly. This particular female insect has a special serrated egg-laying structure at the tip of the abdomen in order to lay their eggs UNDER THE SKIN of the fruit. It also attacks some vegetables like tomatoes and peppers! The Extension Office has printed informational material on this latest foreign invasive import!

GET THE BUZZZZZZ!
Bee Keeping Class
Thursdays in February
6:00 pm ~ 8:00 pm
Instructor: Vern Ramsey
Only $5 !!

Training and Continuing Education DVDs Dates
- Commercial Ag Weed, Insect & Disease Mgmt Class:
  Feb. 12th 9:00am—11:45
- Confinement Manure Applicator Class:
  Feb. 13th 9:30am—Noon
- Private Pesticide Applicator Training (PPAT):
  March 4th 7:00pm
- Ornamental Turf Applicators Class:
  March 5th 1:30—4:00pm
Yard & Garden: Moth Orchids

AMES, Iowa – Moth orchids are great year-round, but they're especially well-suited for cold days when you're spending a lot of time indoors. Their elegant flowers will brighten tables and windowsills in your home for months at a time. Tips from horticulturists with Iowa State University Extension and Outreach will give growers confidence to enjoy the orchids’ exotic appearance. To have other houseplant questions answered, contact Hortline at 515-294-3108 or email hortline@iastate.edu.

What would be good indoor location for a moth orchid?
Moth orchids (Phalaenopsis spp.) are one of the easiest orchids to grow indoors. Moth orchids grow best in bright, indirect light. Direct sun may actually harm the foliage. Ideal sites are east- and north-facing windows. Plants in a south window will need to be shaded with a sheer curtain. Phalaenopsis orchids will not grow or flower well in poorly lit areas. Fluorescent lighting can be used to supplement natural lighting in poorly lit areas. Place the fluorescent fixture 6 to 8 inches above the plants. Keep the lights on for 12 to 16 hours each day.

What temperatures are favorable for moth orchids?
Moth orchids prefer daytime temperatures of 70 to 80 degrees Fahrenheit and nighttime temperatures of 60 to 70 F. Cool nighttime temperatures of 55 to 60 F in fall help initiate flower development. Avoid exposing plants to temperatures below 55 F.

How often should a moth orchid be watered?
Moth orchids like a bark medium that is kept evenly moist. Plants should be watered well and then allowed to dry slightly between waterings. Water moth orchids more frequently when plants are actively growing and during bloom. Plants are susceptible to root rots and death when watered too frequently.

How often should I fertilize a moth orchid?
Moth orchids are light feeders. Fertilize moth orchids with a water soluble orchid fertilizer or a general houseplant fertilizer (diluted to half-strength) once a month when plants are actively growing in spring and summer.

Will a moth orchid tolerate a low relative humidity during the winter months?
Phalaenopsis orchids require a relative humidity of 50 to 60 percent. Unfortunately, the humidity levels in most homes during the winter months are well below this range. Humidity levels indoors can be increased with a room humidifier or by placing the plant on a tray or saucer filled with pebbles and water. The bottom of the pot should be kept above the water line. The evaporation of water from the tray/saucer will increase the relative humidity in the vicinity of the orchid.

How often should a moth orchid be repotted?
Repot moth orchids every two to three years. A moth orchid needs repotting when the plant has outgrown its container and begun to spill out over the edge of the pot. The breakdown of the growing medium in the pot is another indication that the orchid needs repotting. Repot plants in spring after the blooms have faded. Use a coarse, fir bark based orchid potting medium.

PHOTO: Netted Phalaeonopsis, courtesy of Dennis Schrock, State Master Gardener Coordinator, Iowa State University
New Year’s Resolution: Eat More Kale

AME, Iowa – Want to be trendy in 2014? Then eat more kale. This dark leafy green vegetable is considered to be a “nutritional powerhouse” and is high on the list of nutrition trends for the new year, said Sarah Francis, an Iowa State University assistant professor and ISU Extension and Outreach nutrition specialist.

All fruits and vegetables are healthy and provide a variety of vitamins, minerals and antioxidants, the compounds that protect cells from damage. However, kale is marketed as one of the healthiest vegetables for humans. It’s part of the Brassica family, which includes other cruciferous vegetables such as broccoli, cauliflower, cabbage and Brussels sprouts.

“MyPlate recommends that we eat 1 ½ cups to 2 cups of dark green vegetables each week,” Francis said. About kale’s “powerhouse” status, Francis said one cup of chopped kale provides 684 percent of the daily value of vitamin K, 206 percent of vitamin A and 134 percent of vitamin C.

“Kale’s health benefits are attributed to its off-the-chart levels of these vitamins and antioxidants. Vitamin K is known for its role in blood clotting, but it also helps with bone health and acts as an antioxidant. Vitamin K has been shown to help lower the overall risk of getting or dying from cancer, as well,” Francis said.

However, the vitamin K content of kale can interfere with blood thinning medications, such as warfarin. Francis cautioned that anyone taking a blood thinner should talk with his or her health care professional before eating kale.

Kale’s eye health and anticancer benefits are linked to its concentration of two antioxidants: carotenoids and flavonoids. Two of the carotenoids found in kale, lutein and zeaxanthin, help promote eye health, including protecting against macular degeneration, the leading cause of blindness in older adults. In addition, kale contains more than 45 flavonoids. This broad variety of flavonoids likely contributes to kale’s cancer preventive benefits, Francis noted.

Eating kale also helps to lower blood cholesterol levels, which in turn lowers the risk of heart disease, Francis added. “Despite its many health benefits, kale has oxalates, which can interfere with calcium absorption. So it’s important to eat calcium-rich foods at different times than when eating kale,” Francis said.

“Try including kale in your diet by adding it to recipes,” Francis said. The recipe for vegetable soup with kale and lentils is available from SpendSmart, EatSmart on the ISU Extension and Outreach website, http://www.extension.iastate.edu/foodsavings/recipes/vegetable-soup-kale...

Tips for Buying, Storing and Preparing Kale

Kale is available throughout the year. Its peak time is from the middle of winter through the beginning of spring. Look for kale with firm, deeply colored leaves and moist hardy stems. The leaves should look fresh, be unwilted, and be free from signs of discoloration, such as yellowing. Choose kale with smaller-sized leaves. These are more tender and have a milder flavor than kale with large leaves.

To store, place kale in a plastic storage bag, removing as much of the air from the bag as possible. Store kale in the refrigerator; it will keep for five days. The longer it is stored the more bitter its flavor becomes. Do not wash kale before storing, because exposure to water encourages spoilage. Before using, rinse kale leaves under warm running water. Chop the leaves into 1/2" slices and the stems into 1/4" lengths for quick and even cooking.

Live Healthy Iowa

Another trend for better health is to join the Live Healthy Iowa 10-Week Challenge. The annual team-based weight loss and physical activity program begins Jan. 27 and helps Iowans make positive changes that lead to a healthier lifestyle. To learn more or register, visit www.LiveHealthyIowa.org. Live Healthy Iowa is a partnership of the Iowa Department of Public Health, Iowa Sports Foundation and Iowa State University Extension and Outreach.

For more information on nutrition and health, visit http://www.extension.iastate.edu/humansciences/healthy-living-and-eating...

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Vegetable Soup with Kale

2 TBS Vegetable Oil  1 Medium Carrot, sliced 1/8 thick  4 cups water

1 Medium Onion, chopped (about 1 cup)  1 cup dry yellow or brown lentils

2 teas. Garlic, peeled/minced (3-4 cloves) or 1/2 teas. Garlic powder

1 can (14.5 oz) reduced sodium chicken (or vegetable) broth

1 TBS dried basil or Italian Seasoning

1 can (14.5 oz) no sodium added diced tomatoes or 2 chopped tomatoes

1 bunch Kale (about 7 ounces)  1/4 teas. salt  1/8 tsp. black pepper

DIRECTIONS:

1. Heat oil in a large pot over medium heat.

2. Add onions, carrots, garlic. Cook 5 minutes

3. Add water to veggies in pot. Heat to boiling

4. Rinse lentils in colander with water, add lentils to pot and simmer for 20 minutes. DO NOT DRAIN.

5. Add chicken broth, dried basil or Italian Seasoning, and tomatoes. Cover and cook for 5 minutes

6. Rinse kale leaves, cut out the main stems and discard. Cut leaves into 1-inch pieces.

7. Stir kale, salt and pepper into lentil mixture. Return to boiling. Reduce heat, cover and simmer for 3 minutes.
If you have never experienced ROAD SCHOLAR programs, you are in for a treat!

Travel with other adults into places not available to the general public. There are no hidden costs. The program fee includes all hotels, most meals, chartered bus, customized boat or train excursions, private instructors, all entry fees and even gratuities. Your expert study leader travels with you, offering insights throughout the entire program.

Road Scholar participants come from all backgrounds and lasting friendships are often formed during these programs. We would love to share these interesting places and people with you -- please join us!

How do I register for these programs or get free Road Scholar national catalogs? Call toll free: 1-877-426-3056.

Call 641-285-5757 with program questions or to have our brochure mailed to you.

Upper Mississippi River Reflections: Historic Towns, Trails and Tales
Program number 14948
Begins and ends in Minneapolis/St Paul.
Stops include Onalaska, WI; Galena, IL; McGregor, Dubuque and LeClaire, IA.

7 days, 6 nights, 17 meals. All-Inclusive price starting at $1,481.
Register early! This program sells out each year.

August 17-23, 2014
September 7-13, 2014  September 21-27, 2014
October 5-11, 2014

Navigate Upper Mississippi river to discover rich history, quaint culture, explorers and storytellers who called the Mighty Miss their home. Three very different floating excursions reveal new insights into the commerce, historic towns and nature's foliage waiting around every bend. Enjoy experts, local residents and themed dining as they weave your overland and river excursions into an unforgettable adventure.

Highlights: Enjoy three uniquely different river excursions.

• Visit charming river towns in four states: Iowa, Minnesota, Wisconsin, Illinois.
• Have "nose-to-beak" encounters with bald eagles at the National Eagle Center, then look for eagles in the wild.

Activity Notes: Must be able to climb two flights of stairs on riverboats. Will need to tote own luggage between bus and hotels. Must be able to climb 4 motorcoach steps within 10 seconds and several times per day, and walk/stand up to one hour at a time with stops.

Itinerary Summary: Arrival Minneapolis/St. Paul, Minn., 1 night; coach to Onalaska, Wis., 1 night; boat to Dubuque, Iowa, 2 nights; coach to Galena, Ill; boat to LeClaire, Iowa; boat and coach to Onalaska, 1 night; coach to Minneapolis/St. Paul, Minn.; 1 night; departure.

Date Notes
8/17/2014: August offers very warm sunny days with gardens in full bloom and farm crops ripening. Wildlife most likely to see include Bald Eagles, herons, egrets, turtles, kingfishers, cormorants, white pelicans and possibly river otters and mink. This date offers the warmest weather and most hours of daylight for early morning or evening walks.

9/7/2014: September is an exciting time on the river. Gardens are blooming, crops are nearing harvest and migratory birds begin to arrive. Wildlife most likely to see include Bald Eagles, herons, egrets, turtles, kingfishers, cormorants, white pelicans in greater numbers and possibly mink. This date offers the most moderate temperatures, with an average high of 72 degrees. Evenings call for a light jacket or sweater, but days are pleasantly warm.

10/5/2014: October is the height of activity on the river. This week is the best chance to see beautiful fall colors; and the Upper Mississippi’s famous bluffs display these in dramatic fashion. Harvest is in full swing and river barge traffic is busy. Migratory birds increase in numbers each day. Wildlife most likely to see include Bald Eagles, herons, cormorants, ducks and many white pelicans. Fall colors are produced by crisp temperatures, so this is jacket weather. Evenings are chilly, but days can be pleasantly warm. Average daytime highs are 60-70 degrees.

Coordinated by Iowa State University Extension
Many Opportunities for Mid Life & Beyond

The 15 percent of Iowans age 65 or older may be retirement age, but that doesn’t mean they are retiring. Many are remaining in the workforce or are looking for new opportunities. Mid Life & Beyond: The Whole Picture, from Iowa State University Extension and Outreach, helps them examine how they want to live during their next stage of life.

According to the U.S. Census, about 15 percent of Iowans are age 65 or older. They may be retirement age, but that doesn’t mean they are retiring. Many are remaining in the workforce or are looking for new opportunities. Mid Life & Beyond: The Whole Picture, from Iowa State University Extension and Outreach, is helping Iowans examine how they want to live during their next stage of life.

The Mid Life & Beyond program provides opportunities for communities to enhance quality of life for Iowans who are mid-life in age or beyond, said Susan Taylor, a family life program specialist with ISU Extension and Outreach. The program provides anyone age 45 or older an opportunity to explore several aspects of whole person wellness, including physical, social, spiritual, intellectual, emotional, occupational and financial concerns.

Iowans in about a third of the state’s 99 counties have been participating in Mid Life & Beyond study circles and action projects, helping their communities take on the challenges and opportunities of an aging population, Taylor said. Mid Life & Beyond is offering more educational opportunities in these counties in 2014. ISU Extension and Outreach specialists are training volunteer lifestyle guides who will work one-on-one with individuals or present educational programs to community groups:

- MyPlate helps participants consider nutrition basics compared with their current diet. Participants learn about healthful eating using MyPlate concepts.

- Eat Smart, Life Strong: Nutrition Education for Older Adults is a four-session program designed to improve fruit and vegetable consumption and physical activity among 60–74 year olds.

- Caregiving Relationships: Conversations on Aging helps family members recognize how caregiving affects relationships among family members. It also builds talking and listening skills for addressing changing needs in later life. The two-session program is a gateway to the longer Powerful Tools for Caregivers, which can be offered in a community.

- Sharpen Your Financial Coaching Skills is a five-week course designed for volunteers and others who want to work one-on-one with clients to resolve financial management issues.

- Volunteer Income Tax Assistance uses volunteers to help low and moderate income families complete simple tax returns. The volunteers must complete VITA training and pass the IRS test. “If your county does not currently offer this service, you could lead the effort,” Taylor said.

- Are Adult Children Dipping into Your Retirement? This self-study provides an opportunity for parents and their adult children to talk about emotional and financial issues. The resource guide provides suggested sources for information around this topic which may help parents and their adult children to develop a strategy that fits their needs.

Look for more offerings at the Mid Life & Beyond website www.extension.iastate.edu/humansciences/midlife-and-beyond

Contacts:
Susan Taylor, ISU Extension and Outreach family life specialist, 563-583-6496, taylorse@iastate.edu
Reshow schedules for all Con-Ed classes:

* Commercial Manure & Confinement Manure
  2nd Friday/Month only
* Commercial Ag Weed, Insect & Disease Mgmt & Ornamental Turf
  3rd Friday/Month only
* Roadside, Forest, Aquatic Seed Treatment, Handlers, Fumigation, Arial Applicators, Mosquito & Greenhouse
  4th Friday/Month only
No other days available

New
‘Club Challenge’
at 2014 Jefferson County Fair!
2X2 Barn Quilts!

Vote for your favorite Barn Quilt with $$$! The club who wins the most votes gets the pot!
The Barn Quilts are ‘sold’ by Silent Auction!
Come to the Great(er) Jefferson County Fair and see the colorful Barn/House Quilts!
June 25-June 30

Extension Week!
March 23-29