

WHAT WE WANT #STRONGIOWA

2019 IN MONONA COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State University research and resources. We are working with the people of Monona County for what we all want: a strong Iowa.

Monona County Extension Council

Every Iowa county has an elected extension council that guides local educational programming by partnering with staff. From needs assessment through program implementation and evaluation of outcomes, the council represents the issues and people of the county.

We have identified these local issues as priority topics for current and future programming:

- Economic Development
- Food and the Environment
- Health and Well-being
- K12 Youth Outreach

Health and Well-Being

Food 4 You Giveaway

ISU Extension and Outreach Program Assistant, Megan Wimmer, has started going to the monthly Food 4 You Giveaway in Onawa. Megan takes a nutritious, low-cost recipe to share. People that come to the giveaway get to sample this recipe. I reach at least 100 people each time. Many people that come to the giveaway do not know ways to cook the food that they get or how to make



nutritious, inexpensive meals. Megan takes her food and nutrition knowledge along with great recipes to share! Many people appreciate the time that I take to come to the monthly food giveaway. Many people have said "I get a lot of good samples and recipes from you."

Plan Ahead

ISU Extension and Outreach Program Assistant, Megan Wimmer, along with Jan Monahan, Family Finance Specialist held a Plan Ahead program at Center Heights in Onawa. This is part of the Stay Independent Series. Plan Ahead was held on June 19 and 26, 2019 at 10:30-11:30am. We had great attendance with at least 30 people. People learned ways to plan ahead in case something major happens in their life. Jan also discussed how to make an emergency kit in case of a tornado or some other disaster. Many attendees said "I am going to make a medical emergency kit as soon as I get home." People were glad that this was offered in Monona County to help them prepare for the future. Planning Ahead was a very successful program!

Extension Council Members

We want communities and farmers to thrive, and families and children to be healthy. And eventually we want to turn the world over to the next generation better than we found it.

Molly Hewitt
Regional Director

Leland Hathaway
Extension Council Chair

Darla Lloyd
Council Member

Brian Hobbs
Council Member

Peg Ingram
Council Member

Laura Neldeberg
Council Member

Bruce Parker
Council Member

Bridget Wiebers
Council Member

Randy Stanislav
Council Member

Whitney Carrier
Council Member



K-12 Youth Outreach

tasted a wide variety of new vegetables. They harvested fresh produce from the garden and were provided with new healthy recipes to share with their families.

Economic Development

Mapleton was the

Food and Environment

Extension partnered with the ISU Western Research Farm to break ground on a donation and home demonstration garden at the Monona County Fairgrounds last May. The Iowa State University Extension and Outreach Master Gardener program and ISU Supplemental Nutrition Assistance Education (SNAP-Ed) Program collaborated to provide these opportunities to ensure the produce grown will reach local food pantries and reduce food insecurity across the state. As part of the Growing Together initiative, volunteers donated 1,058 pounds of fresh fruits and vegetables to food pantries. Approximately 500 people experiencing low income in Monona County were served this season. "Our first growing season at the garden was a successful one. One of Monona County's greatest needs is getting healthy food to low-income residents. We are grateful for federal grant funds and our community partnerships and volunteers that helped the garden to be a success," said Melissa Beermann, County Director. A home demonstration garden field day was held in August in collaboration with the ISU Research Farm, ISU Horticulturists and pollinator experts.

Ag & Natural Resources

Cattle producers and agri-business professionals participated in a tour featuring fall grazing of cover crops in the Castana area. Cover crops offer cattle producers an opportunity to extend fall grazing and reduce stored feed costs, according to Beth Doran, Beef Specialist with Iowa State University Extension and Outreach. The tour featured crops at the Western Research Farm and two producers who are successfully grazing fall cover crops. ISU Extension Ag Field Specialists topics included methods for seeding, herbicide selection for grazing, best management practices for fall grazing, and potential funding for cover crop establishment. The field day was sponsored by Iowa State University Extension and Outreach-Monona County, the Iowa Beef Center, and ISU Western Research Farm.

Morel Mushrooms

Master Conservationist



Thriving Partnerships

County Extension Staff & Volunteers

Programming efforts in Monona County continue to expand. We strive to have the resources available to serve all county residents across a wide spectrum of program areas. In 2019 we hired a part-time summer assistant, Gary Zima. Gary worked in the Demonstration and Donation garden, at the West Monona school garden, 4-H youth camps and workshops as well as the Monona County Fair.

Monona County is the first county in the state to pilot a shared Ag Specialist position with the Western Research Farm. Craig Riesberg was hired in November of 2019. He will serve

We share Shared Horticulture Educator

Region 5 Rising Star Interns

Current staff are:

Permanent office staff are: Office Assistant Keith Baker, Program Assistant Megan Wimmer, County Youth Coordinator Nancy McGrain and County Director Melissa Beermann.

We currently have XXX approved volunteers.

1 volunteer per XXX # of youth





County Extension Staff

Melissa Beermann
County Director



Nancy McGrain
County Youth
Coordinator



Megan Wimmer
Program Assistant



Keith Baker
Office Assistant

Craig Riesberg
Ag Specialist

Katelyn Brinkerhoff
Horticulture Educator

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