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Photo & Caption

Contact: Lynette Anderson, ISU Extension County Youth Coordinator, lmanders@iastate.edu
Teresa Wiemerslage, ISU Extension program coordinator, wiemer@iastate.edu

Download group photo here and here (Howard Co) and here (Chickasaw Co) and here (Winneshiek Co)

Photo caption: Adventurous youth recently competed in the 4-H Cook This! contest in Cresco. Team members include (back row, L to R): Chickasaw County Chefinators: Mariah Schultz, Kayla Britt and Erica Sassmann; Winneshiek County Cooking Cowgirls, Courtney Nordheim, Kenzie Hovden and Katey Forde. Middle Row (L to R): The Goobers from Howard County – Stephanie Reicks, Michaela Reinhart and Jennifer Huhe. Front Row: Judd & The Hooligans from Howard County – Judd Grover, Megan Ryan and Lauren Reicks. Submitted photo.

Young Chefs Compete

CRESO - “I didn’t realize how much fun cooking could be,” said one young participant at the first 4-H Cook This! Challenge held on April 30 in Cresco.

“Cooking with a team was really fun,” said another.

Cook This! challenged teams of three 4-H members to create a dish using only a predetermined number of ingredients. From these ingredients, team members identified and prepared the dish, then made a presentation about it to a panel of judges on the serving size, nutritional value, cost of the dish, and impact of using local foods.

Cook This! is modeled after the popular Iron Chef contests and sponsored by Iowa State University Extension 4-H Youth Development. This new contest allows youth to demonstrate their culinary and food safety skills to judges and observers.

Three Junior Teams (4th-6th grades) and one senior Team participated (9th-12th grades). The winning team was Judd & the Hooligans from Howard County. Team members were Judd Grover, Megan Ryan and Lauren Reicks. Each team member received a MiniMato plant from contest sponsor, Plantpeddler.

“This is an excellent opportunity for youth to showcase their mastery of cooking skills while gaining teamwork, cooperation, communications,” said Vanette Grover, ISU Extension 4-H Program Specialist. “Calculating costs in making the dish and nutritional content adds to this adrenaline-rushing and fun contest.”
Judges for the contest were Vic and Sharla Fencl of Protivin and Clara Lensing of Postville. The event coordinated by 4-H County Youth Coordinators Lynette Anderson, Donella Darrington and Kris Fahey. Sponsors for the Howard County 4-H Cook This! Contest were Plantpeddler, Fareway, Walmart, Bethany Housewares and Teluwat.

The Cresco event was one of two regional contests are scheduled in northeast Iowa. The second contest is scheduled for Saturday, June 19 from 1-4 pm at the Big Four Fair in Postville. The public is welcome to attend and cheer for their favorite team.

More information about the contest is available from your local ISU Extension office.

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**News Release**

Contact: Teresa Wiemerslage, ISU Extension program coordinator, wiemer@iastate.edu, 563-794-0599

**Create a Willow Teepee with ISU Extension**

WAUKON -- Willows have been used to make baskets and other useful items for centuries. A willow tower or “tuteur” is a decorative garden structure used to train (tutor) vines like morning glories, clematis or pole beans. Iowa State University Extension is hosting a hands-on workshop on May 24 to show people how to make their own garden tuteur.

Bob Hauer, ISU Extension Consumer Horticulturalist will show how to make a simple tower by tying poles together at the top, spreading the base like a tepee, and weaving willow whips through the poles.

The workshop will be held at the Butch & Mary Kay Winke residence, 291 Picnic Woods Drive, Waukon. The workshop is scheduled from 3-7 pm. Since the project takes about 2 hours to make, participants can start anytime between 3 and 5 and should have plenty of time to construct their tuteur to take home.

Pre-register for the workshop by calling the Allamakee County Extension office at 563-568-6345. Online registration is also available at [www.extension.iastate.edu/allamakee](http://www.extension.iastate.edu/allamakee). The workshop costs $5. Registration deadline is May 21 and is limited to 20 participants.

Directions: From the Jct of Hwy 9 & Hwy 51 (about 5 miles west of Waukon), go south on Hwy 51 to Picnic Woods Drive, then 1/4 mile west to the workshop.

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**News Release**

Contact: Teresa Wiemerslage, ISU Extension program coordinator, wiemer@iastate.edu, 563-794-0599

**County Farm Bureau Offers Scholarships to Teachers**

Northeast Iowa County Farm Bureau boards are offering scholarships to local teachers to attend the 2010 Teacher Agricultural Education Academies. This professional development opportunity gives Iowa teachers the chance to earn graduate level credit while learning more about agriculture and how to integrate it into their curriculum.
Through a series of hands-on activities, participants will make connections between Iowa’s environmental and agricultural core and the Iowa Core Curriculum. The academies will be held in three locations across the state. In northeast Iowa, the training will be on June 15-16 at the Borlaug Learning Center near Nashua.

Farm Bureau boards in Allamakee, Clayton, Fayette, Howard and Winneshiek counties have approved scholarships for local teachers to attend the academies, although scholarships are different in each county. Teachers should contact their local Farm Bureau for more information.

The Teacher Agricultural Education Academies are part of the Iowa Ag in the Classroom Partnership which includes Farm Bureau, ISU Extension, ISU College of Agriculture and Iowa 4-H Foundation.

For more information about the academies, contact your local ISU Extension or Farm Bureau office.

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Iowa State University Extension news releases are available on the World Wide Web at http://www.extension.iastate.edu/news/.

This information has been sent to you by Teresa Wiemerslage, Regional Communications Coordinator for Region 4 ISU Extension, wiemer@iastate.edu, 563-794-0599.

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