News Releases specific to NE Iowa:
- ISU Extension Offers Hardy Bulb Workshops (Waukon, Elkader)
- Improve Money Management Skills In-Person or Online
- Several Opportunities to Learn about Food Preservation (Waukon, Decorah, Cresco)
- Learn to Make Healthy Meals in a Hurry (Guttenberg)

ISU Extension Offers Hardy Bulb Workshops
Flowering bulbs are a great source of color in the home landscape. Just as the colors diverse, the longevity of different bulbs varies. Some spring flowering bulbs may only bloom a few seasons; others get bigger and better every year. Bulbs for naturalizing will continue to grow and multiply over the years and some will even self-sow.

Iowa State University Extension is hosting two workshops on hardy bulbs to educate homeowners about this flowering option for their yards. Bob Hauer, ISU Extension horticulturist will talk about bulb selection and care and discuss different spring and summer bulbs suited for naturalizing. Participants may even walk away with a few samples of bulbs for their yards.

The workshop will be offered in two locations in September. One workshop will be held at the ISU Extension—Clayton County office in Elkader on Sept 23 at 6:30 pm. The workshop will be repeated at the ISU Extension – Allamakee County office in Waukon on Sept 25 at 9 am.

Pre-register for the workshops by registering online at www.extension.iastate.edu/allamakee. People may also call Clayton County Extension at 563-245-1451 for the Elkader site or Allamakee County Extension at 563-568-6345 for the Waukon site. The workshop costs $5 and the registration deadline is Sept 22.

-30-

News Release
Contact: Erin Ludwig, ISU Extension Family Resource Management, eludwig@iastate.edu or 563-382-2949.
Teresa Wiemerslage, ISU Extension, Region 4 Communications Coordinator, wiemer@iastate.edu, 563-794-0599.
Improve Money Management Skills In-Person or Online

NEW HAMPTON - Summer months means more expenses for many individuals and families. Expenses from family at home, vacations, social outings, and community events can bring added stress for families, especially if they didn’t plan for them or have the skills to manage their money.

“When we have sound information and strong skills for managing money and making financial decisions, then we can use our money effectively and feel more in control,” says Erin Ludwig, ISU Extension Family Resource Management Program Specialist.

Iowa State University Extension has a program called “Budget Basics” to help people enhance their personal financial management skills. The 3-hour personal financial management course will be offered in New Hampton at the Chickasaw County Extension office on September 20 from 6:30 to 9 pm.

The course is also available in an online format each month with the next online class starting September 13. The program meets for one hour each week for 3 weeks on Mondays at noon or 5 pm. Participants need a computer with internet access to take the class. If you miss one class, or would like to review a session, you will receive information as to how to view the recorded class.

Week one will cover setting goals, managing unexpected and periodical expenses, and savings. Week two will talk about tracking spending, creating a budget, decreasing expenses and increasing income. The third week shows different methods of tracking spending, managing risk, managing credit, and saving for retirement.

For more information or registration forms, contact your county extension office or visit www.extension.iastate.edu/chickasaw. If you have additional questions on the course, please contact Erin Ludwig at eludwig@iastate.edu or 563-380-1475.

-30-

News Release

Contact: Cindy Baumgartner, ISU Extension, cbaum@iastate.edu, 563.608.0868
Teresa Wiemerslage, ISUE Communications Coordinator, wiemer@iastate.edu, 563-794-0599.

Several Opportunities to Learn about Food Preservation

Gardens and farmer’s markets are in full swing. People can take advantage of the abundance of fresh, locally-grown produce by preserving it for year-round use. Canning, freezing, drying, fermenting, jelling, and pickling are all ways to store fresh food.

Home food preservation is not difficult and it can be a satisfying experience. Iowa State University Extension is offering several “So Easy to Preserve” workshops in September. Cindy Baumgartner, ISU Extension Nutrition and Health Specialist in northeast Iowa will talk about basic food preservation methods and will introduce safe methods of canning and freezing. Participants will take home USDA-approved recipes and handouts. Even people who have been canning for years should come and learn the latest recommendations.

The workshop will be offered in three locations in September: Sept 15 at Winneshiek County Extension in Decorah; Sept 22 at Howard County Extension in Cresco and Sept 23 at Allamakee County Extension in Waukon. All the workshops will be held from 5:30-7:30 pm. The program costs $10 and pre-registration and payment is required. Registrations are accepted online at www.extension.iastate.edu/winneshiek or people may register by calling the county Extension office. Register early as space is limited.
News Release

Contact: Cindy Baumgartner, ISU Extension, cbaum@iastate.edu, 563.608.0868

Learn to Make Healthy Meals in a Hurry
GUTTENBERG -- Making smart choices about what to eat and when to eat it often depends on how much time and money are available. “Healthy Meals in a Hurry” is a resource from Iowa State University Extension that offers recipes for 14 main dishes that can be prepared ahead of time and frozen for ready to use convenience.

The Guttenberg Memorial Hospital Family Resource Center is hosting a hands-on workshop to help families prepare quick, healthy meals at home. Cindy Baumgartner, ISU Extension Nutrition and Health Specialist in northeast Iowa will demonstrate several of the recipes in the booklet and give tips on modifying recipes to reduce sodium and fat as well as demonstrate some culinary skills. Guidelines will be offered to alternate ways to prepare recipes for freezer storage. Hands-on cooking and tasting are included in each class.

The cooking class will be held at the Clayton Ridge High School Home Economics room on Sept 21 and 28 from 6-8 pm each night. Limited space is available. Call the Family Resource Center at 563-252-3215 to register by Sept 7.

-30-

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.

For information about local Extension events and programs, contact:

Allamakee: Julie Christensen, 563-568-6345, juliechr@iastate.edu
Chickasaw: Mary Lynch, 641-394-2174, mjlynch@iastate.edu
Clayton: Rita Severson, 563-245-1451, ritas@iastate.edu
Fayette: Kathy Steege, 563-425-3331, ksteege@iastate.edu
Howard: Sue Barnes, 563-547-3001, skbarnes@iastate.edu
Winneshiek: Bonnie Sorum, 563-382-2949, bsorum@iastate.edu

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.