

## Highlights from Region 8 March 2019

### Bullet Points from Rich

- 128 educational events were held in February and 119 events are scheduled for March.  
[www.extension.iastate.edu/calendar/default.asp](http://www.extension.iastate.edu/calendar/default.asp)
- Our 2018 Annual Report is available online. The report is filled with examples of how we are listening, learning and working for a strong Iowa.  
<https://www.extension.iastate.edu/our-story/2018-iowa-state-university-extension-and-outreach-annual-report>
- County stakeholder reports for 2018 are available online.  
<https://www.extension.iastate.edu/countyservices/2018-county-stakeholder-reports>
- Our regional extension council meeting is March 26 at 6 p.m. at the Boone and Scenic Valley Railroad in Boone.

### Extension Council Conference

We hope to see council members, as well as county staff, at the statewide Iowa Extension Council Association conference Saturday, March 30 in Ames. Attendees will learn about the role of a council member, have fun and feel recharged about their work with extension.

<https://www.iaextensioncouncils.org/registration-open-extension-council-conference>

### Programs Highlight New Farm Bill



During February, Steve Johnson, farm management specialist, presented to area farmers, landowners and agribusiness professionals in in Hardin, Marshall and Story counties. Topics included crop price outlooks, crop revenue protection and the new farm bill and its implications on markets and insurance.

### Funds Awarded for Gardens

The Master Gardener Program has announced that all four Region 8 counties will receive a Growing Together mini-grant. This is the fourth year mini-grant funds have been available, with more than \$50,000 from the SNAP-Education program distributed across the state. Funded projects focus on increasing food security and promoting healthy food access throughout Iowa. Here are what Region 8 counties have planned.

**Boone** – Plant and maintain a food pantry donation garden and distribute educational materials to help low-income families learn about safe preparation of garden foods

**Hardin** – Create and maintain a community donation garden with support from the Eldora Community Garden Club and 4-H to donate fresh produce to the Eldora Food Pantry

**Marshall** – Expand engagement with local youth and community partners to grow and distribute more fresh produce to the House of Compassion and the Food Emergency Box

**Story** – Maintain a garden at Beloit Children’s Home that teaches gardening skills to residents and donate produce to the home’s kitchen and local food pantries

## North Central Iowa Crop Clinic

Collin Hurd, founder and CEO of Smart Ag, will be the keynote speaker at the North Central Iowa Crop and Land Stewardship Clinic March 15 at Iowa Falls-Alden High School in Iowa Falls. Hurd will address farming with driverless technology and artificial intelligence. Other crop-related topics will be addressed by ISU Extension and Outreach specialists during the daylong event.

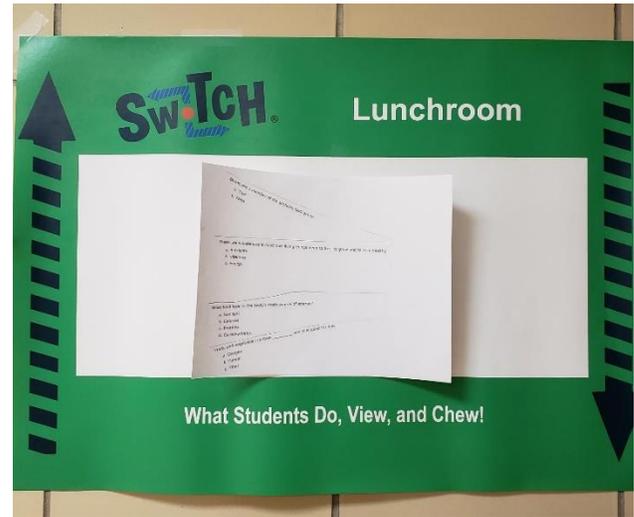
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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

Prepared by: Rich Wrage, Region 8 Extension Education Director

## Boone County Students Explore Healthy Lifestyles



SWITCH, an evidence-based obesity prevention program designed to help students adopt healthy lifestyles in school and at home, started Jan. 14 at Sacred Heart and United Community Schools in Boone County. This 12-week program helps students learn to switch what they do, view and chew for a healthier lifestyle. SWITCH also gives schools a way to meet Iowa Department of Education requirements for school wellness. Annette Brown, youth program specialist, is teaching three exploratory sessions, “SWITCH Up Your Taste Buds,” to 12 fifth through eighth grade students. Session one covered MyPyramid, MyPlate and preparing snack recipes from Spend Smart. Eat Smart.

## Extension in Action

- Meaghan Anderson, our new farm agronomist, held lunch and learn sessions in Marshall (Feb. 13) and Story (Feb. 11) counties, to meet local farmers and learn about their needs and interests.
- A swine biosecurity program was held in Marshalltown Feb. 19 with Colin Johnson, swine specialist. Participants learned about the critical steps of biosecurity on their farm.

- Marshall County hosted a site for a DICAMBA training sponsored by Corteva.
- 24 youth participated in the Ogden Clover Buds afterschool program during February. They explored STEM concepts by studying different Iowa landmarks, authors and historical events.
- 80 kindergarten through third-grade students participated in the Boone County



Clover Kids program in February. They explored the 4-H Creative Arts project area by

mixing paint colors, making lava lamps and completing a color changing milk experiment.

- On Feb. 19, Story County hosted 74 private pesticide applicators. The class was led by Meaghan Anderson, agronomy specialist, and Zack Koopman, ISU ag specialist.



- Central Elementary in Nevada invited ISU Extension and Outreach in Story County to present at its Self-Care Day. Students learned ways to keep their bodies and minds healthy and strong. Mary Wilkins shared about the food groups from MyPlate and how food choices can keep us healthy. Students also tried new foods that included dipping a cracker into hummus and tasting a mango.
- Story County's Team Neutrino was awarded a grant from Monsanto-Bayer to fund

registration for a regional competition.



- Two Story County 4-H teams were recognized at the Western National Roundup in Denver, Colo. The Horse Hippology team placed fourth overall in the High Point Hippology category.



The Horse Quizbowl team placed fourth overall.

