Pasture Walk Focuses on Rotational Grazing

Pasture improvement and rotational grazing are key topics for many beef and dairy producers. Waterlines using solar pump and pipeline, converting crop to pasture and potential to convert to grass fed beef will be topics discussed at the farm of Robin Marquette.

A pasture walk will be held at the Robin Marquette farm near West Union on Wednesday, July 25, at 1 pm. Robin's dairy farm is a seasonal calving operation that intensively grazes 60 Jersey and Ayrshire cows. She also rotationally grazes 25 beef cows. From West Union, go 2.5 miles SE on Hwy 56 to J Avenue, then go south on J Avenue into farmstead (20504 J Avenue, West Union). Contact number for Robin Marquette is: 563-422-6223.

For more information please contact Jennifer Bentley at 563-382-2949 or email at jbentley@iastate.edu

The Northeast Iowa Graziers plan monthly walks to local farms to help producers learn how better pasture management can result in both healthier profits and a healthier environment. The walks are organized by area graziers and supported by Iowa State University Extension, Natural Resource Conservation Service and the Northeast Iowa Community Based Foundation.

Pasture walks are informal educational programs designed to demonstrate one or two key areas of pasture management, as well as answer any questions you might have. Each has a slightly different focus and all producers who are dependent on forage production are invited to attend any that are of interest to improving their own pasture management. For the full 2012 Pasturewalk schedule, visit www.extension.iastate.edu/winneshiek.

Farmland Leasing Meetings set for Northeast Iowa

More than half of Iowa farmland is rented, and the percent of farmland rented has increased over time due to the changing demographics of farmland owners. Iowa farmland cash rental rates increased by 30 dollars an acre from

News Release
Contact: Kristen Schulte, Farm and Agriculture Business Field Specialist, 563-547-3001
2011 to 2012; northeast Iowa cash rental rates increased by over 19% in 2012. Additionally, farmland values have increased by 31.5% in northeast Iowa from 2010 to 2011.

Iowa State University Extension and Outreach offices across northeast Iowa are hosting farmland leasing meetings from July 31st through August 16th at selected locations. These meetings will address questions that land owners, tenants, or other interested individuals have about farmland leasing. Meeting locations include: Calmar and Waukon on July 31, Cresco on August 1, Manchester on August 2, Fayette on August 7, Nashua on August 8, Dubuque on August 9, Osage on August 15, and Elkader on August 16. Meetings are approximately 2½ hours in length.

Attendees will gain understanding of current cash rental rate surveys and factors driving next year’s rents such as grain prices and input costs. They will learn leasing terminology along with types of and how to calculate farmland leases. They will hear about why and how much land values have increased. Additionally, ISU Extension and Outreach and internet related resources such as the web soil survey web site will be presented. A workbook will be included with registration that provides land leasing information such as surveys, sample written lease agreement and termination forms.

"With the changing input costs, commodity markets, and cash rent values, you will want to attend this meeting to stay up to date on farmland lease issues", says Kristen Schulte, ISU Extension Farm and Ag Business Management Specialist.

Registration is $20 per individual. A $5 late registration fee will be due if registering less than two days before the workshop. One may pre-register by contacting the corresponding County Extension office for the desired meeting location.

News Release
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(Calmar) - Farmland Leasing Meeting set for July 31 in Calmar
Calmar – More than half of Iowa farmland is rented, and the percent of farmland rented has increased over time due to the changing demographics of farmland owners. Iowa farmland cash rental rates increased by 30 dollars an acre from 2011 to 2012; northeast Iowa cash rental rates increased by over 19 percent in 2012. Additionally, farmland values have increased by 31.5 percent in northeast Iowa from 2010 to 2011.

Iowa State University Extension and Outreach in Winneshiek County is hosting a farmland leasing meeting on July 31st, at 9:00 am, at the Northeast Iowa Dairy Foundation in Calmar to address questions that land owners, tenants, or other interested individuals have about farmland leasing. Similar meetings are being held across northeast Iowa during the first three weeks of August.

Attendees will gain understanding of current cash rental rate surveys and factors driving next year’s rents such as grain prices and input costs. They will learn leasing terminology along with types of and how to calculate farmland leases. They will hear why and how much land values have increased. Additionally, ISU Extension and Outreach and internet related resources such as the web soil survey web site will be presented. A workbook will be included that provides land leasing information such as surveys, sample written lease agreement and termination forms.

"With the changing input costs, commodity markets, and cash rent values, you’ll want to attend this meeting to stay up to date on farmland lease issues", says Kristen Schulte, ISU Extension Farm and Ag Business Management Specialist.

Registration is $20 per individual. A $5 late registration fee will be due if registering less than two days before the workshop. One can pre-register by calling the Winneshiek County Extension and Outreach office at 563-382-2949.
(Decorah) - Salsa Making Workshop Offered by ISU Extension and Outreach

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. Home food preservation is not difficult and it can be a satisfying experience.

Learn how to make and can salsa at a workshop on Monday, July 30, from 1:00-5:00 pm in Decorah at the VFW Building. The workshop is part of ISU Extension and Outreach's new “Preserve the Taste of Summer” program, developed in response to increased interest in food preservation. The program consists of preliminary online lessons, in conjunction with hands-on workshops.

Before attending the salsa making workshop, participants need to register for the “Preserve the Taste of Summer” program at the Silver Level (or above) and complete four online lessons. The registration fee will include the online lessons and your attendance at the salsa making workshop. You will leave the workshop with a jar of salsa and additional food preservation resources.

To register for the program, go to: www.ucr.iastate.edu/mnet/preservation/home.html Space is limited for the workshop. To indicate interest in coming to the salsa making workshop, call Cindy Baumgartner, Nutrition and Health Program Specialist, at (563) 927-4201 or e-mail her at cbaum@iastate.edu by July 23. More information will be shared with you after this. Additional salsa making workshops are planned for July 12 in Marion, July 17 in Cedar Falls and July 19 in Dubuque.

For more information about food preservation, contact your county ISU Extension and Outreach Office or call the toll-free ISU AnswerLine at (800) 262-3804 where you can talk to a Home Economist.

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Photo and Caption


Coaches Learn about Good Nutrition for Student Athletes

Fourteen area teachers, coaches, and athletic directors from eleven school districts recently participated in an “Eat to Compete” course offered by Iowa State University Extension and Outreach.

The program included information on training diets, supplements, fluids, prevention of athletic injuries, eating disorders and current research presented by faculty in the Department of Food Science and Human Nutrition at ISU.

Cindy Baumgartner, ISU Extension Nutrition and Health Program Specialist, facilitated the live video-webcast, which was directly linked to Iowa State University. Baumgartner stated, “The class content was excellent. Current research was shared through presentations from several researchers on the ISU campus. We were able to ask them questions in an interactive, live format. The participants have a wealth of information they can take back and implement in their communities and schools as they work with their athletes and parents.”

For more information about nutrition and wellness, contact your county ISU Extension Office or Baumgartner at cbaum@iastate.edu or (563) 927-4201.

Editors: feel free to edit the following for your area.
Photo 1: Participants in “Eat To Compete”

Front Row (l to r) Karen Steffen, Brad Bucknell, Dana Einck, Jim Obermann, Rick Samuelson
Middle Row (l to r) Lynn McCormick, Karla Downs, Martha Bauder, Deb Obermann, Holly Mohs
Back Row (l to r): Justin Olind, Jill Olind, Dale Wilharm, Bob Lape

School districts represented.

- Martha Bauder- Central/Elkader
- Bradley Bucknell- Postville
- Karla Downs- Maquoketa Valley
- Dana Einck- Clayton Ridge
- Bob Lape- North Fayette
- Lynn McCormick- Howard- Winneshiek
- Deb Obermann- ""
- Jim Obermann- ""
- Karen Steffen- ""
- Holly Mohs- Valley
- Jill Olind- West Delaware
- Justin Olind- Ed-Co
- Rick Samuelson- North Tama
- Dale Wilharm- Decorah

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