

The Paper

Our Town, Our Paper!



Laurens, Iowa



Vol. 18 No. 50

www.thepapernow.com

June 19, 2024

Local News

Dinosaur Dimensions Entertains Crowd at the Library



Dinosaur Dimensions entertained a large crowd at the Laurens library for Summer Reading kick off, sponsored by the Laurens Public Library Foundation. They had the kids recoiling in anticipation, and howling with laughter as they met four different animatronic puppets.

The Velociraptor wrapped around Curt as he introduced him shared Dinosaur facts as he introduced him to the crowd.

Calista knew that the baby Triceratops was a plant eater, so she volunteered to feed it. The kids decided a good name for this dinosaur was Glenda, and she was the one the voted to "meet" after the show.

The kids were a little nervous when they learned we would be meeting a Tyrannosaurus Rex who hadn't eaten today, but were relieved to learn it was a baby T-Rex, just coming out

of its shell. They thought it was pretty cute as she waved to them.

A little dinosaur fan decided to pet Sylvan's tail as he and sister Sami Zylstra were meeting "Glenda" after the show.



*At the Library
with Glenda Mulder
June 19, 2024*

Kids Summer Reading will take place at 11 a.m. on Wednesday mornings all summer. We'll have music, books, crafts, bubbles, and more! Tessa has been making fun plans, and lining up local celebrity guests to read to the kids. You never know who you'll see when you come to the library! Join us every week, or as many as you can. Of course, out of town visitors are always welcome too!

Join us next Wednesday the 26th at 6:30 p.m. for an evening full of tips for harvesting and using fresh vegetables from your garden. Learn to savor the difference of homegrown food! Bring your favorite recipe to share with others, and get new recipes to try.

The State Library of Iowa has published an updated document compiling statistics from the FY23 Public Library Annual Survey. It's so interesting to look through these stats to see how LPL stacks up to other libraries of comparable size. With our population of 1264, Laurens is at the small end of C size libraries, which are towns with a population between 1,000 and 2,499. Here are my favorite stats, which clearly show that we are way above average! Average circulations in a C size library were 15,147, but LPL circulated 34,114 items in FY23. C size libraries averaged 159 programs,

with total attendance of 2,702. LPL hosted a total of 234 kids and adult programs, with our total attendance of 4,383!

This week in nonfiction we received *Ghost Town Living: Mining for Purpose and Chasing Dreams at the Edge of Death Valley* by Brent Underwood. In nonfiction, we received *Just for the Summer* by Melody Carlson, *The Glassmaker* by Tracy Chevalier, *Middletide* by Sarah Crouch, *Midnight Feast* by Lucy Foley, *Shadowheart* by Meg Gardiner, *Housemaid is Watching* by Freida McFadden, *What You Leave Behind* by Wanda Morris, *Sandwich* by Catherine Newman, *Middle of the Night* by Riley Sager, *Summer Escape* by Jill Shalvis and *15 Summers Later* by Raeanne Thayne.

June's Book Club Choice is *The Next Ship Home* by Heather Webb. This is a novel of the dark secrets of Ellis Island, when entry to "the land of the free" promised a better life but often delivered something drastically different, and when immigrant strength and female friendship found ways to triumph even on the darkest days. I've heard good reports from those who have already read this book. Come grab a copy and join the discussion on Monday, June 24 at 7 p.m.

Mark Your Calendar

June 19 – August 14 @ 11 a.m. - Kids Summer Reading!

June 24 @ 7 p.m. - Book Club *The Next Ship Home* by Heather Webb

June 26 @ 6:30 p.m. - Garden Fresh Eats with ISU Extension

July 17 @ 11 a.m. - The Dulcimer Guy

July 31 @ 6:30 p.m. - Preserving from your Garden with ISU Extension

Send Your News to

The Paper!

www.thepapernow.com

100% User

Generated Content!

Subscribe and
Submit **TODAY!**

**CAN WE GET A
WATT WATT!**

**SHOCKING NEWS!
REID PRINS IS RETIRING AFTER 46 YEARS
AT LAURENS MUNICIPAL LIGHT & POWER!**

**PLEASE JOIN US FOR A RETIREMENT OPEN HOUSE
FRIDAY, JUNE 28 1-4 PM
272 N 3RD ST
LAURENS CITY HALL**

The Paper

Published weekly by
My Laurens, Inc.
112 Walnut St.
Laurens, IA 50554

Phone:
(712) 841-2684

Fax:
(712) 841-4662

Website:
www.thepapernow.com

E-mail:
publisher@mylaurens.com

Publisher:
Rodney Johnson

Editor:
Amanda Tendal

Rights to Use Content: The Paper, its content, archived materials, and our websites, are provided solely for your personal, non-commercial use. The Paper, its content, our websites and all the materials available on our websites are the property of My Laurens, Inc., and are protected by applicable copyright, trademark, and intellectual property laws. You may download, print or transmit The Paper for your personal, non-commercial use. Any commercial use of copyrighted materials requires prior authorization from My Laurens, Inc. Unless explicitly authorized by My Laurens, Inc., you may not modify copy, create derivative works, reproduce, republish, transmit, sell, or distribute in any manner or medium (including by email or other electronic means) any material from The Paper or our websites for commercial purposes. You may not use The Paper or materials available on our websites, in a manner that constitutes an infringement of our intellectual property rights/copyrights or that has not been authorized by My Laurens, Inc. For information about requesting permission to reproduce or distribute materials from The Paper, please contact My Laurens, Inc. at (712) 841-2684 or publisher@mylaurens.com.

Spring INTO THE DONOR CHAIR LAURENS COMMUNITY BLOOD DRIVE

United Methodist Church
Thursday, June 27, 2024
2:30pm - 5:30pm
201 West Main Street | Laurens



APPOINTMENTS ARE ENCOURAGED

Text: LIFESERVE to 999-777 | Call: 800.287.4903 | Visit: lifeservebloodcenter.org

LifeServe BLOOD CENTER YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.

Come & Go Bridal Shower

Join us for a Come & Go Bridal Shower honoring Heidi Tufte and Brett Snyder, son of Teresa & Kelly Snyder on Saturday, June 29th from 10:30 am to noon at the home of Joann Kinnetz, 11581 440th St., Laurens.

Registered at Target and Amazon

Wedding Shower

Please join us in celebrating Bryce Niemeyer & McKenna Crotty before their big day! A wedding shower will be held at the Silver Dollar Saloon in Laurens on June 22 from 12-3 p.m. Feel free to come and go as you wish! Snacks and refreshments will be provided.

Please do not feel pressured to purchase a gift, your presence is enough! If you are interested in purchasing a gift in support of McKenna & Bryce, they are registered at Amazon and also at Lizziedoodle Gifts & Home Decor in Laurens, IA. Amazon Registry Link: <https://www.amazon.com/wedding/share/mckennabryce>

We hope to see everyone there!

2024 Pocahontas County Fair 4-H and FFA Livestock Entries Due

All 4-H and FFA members that will exhibit animals at the 2024 Pocahontas County Fair must make entry no later than Friday, June 28 in <https://faireentry.com/Fair/SignIn/19811>.

4-H members will use the green 4-H tab to make entry and FFA members will need to use the bottom box and create an account if you were not an exhibitor last year.

FFA members will need to pay their entry fee no later than June 28 to the ISU Extension and Outreach Pocahontas County Office, please make checks payable to the Pocahontas County Fair.

Due to the generous support of PRO Cooperative 4-H member's fees have been paid, but you must make entry!

If you have any questions or need help with this process, please email Ashlie at: ashliej@iastate.edu or call: 712-335-3103. Our office hours are Monday – Thursday 8 a.m.-4:30 p.m. and Friday 8 a.m.-noon.

80th Birthday Celebration for Deanna (Dee) Ingalls

There will be an 80th Birthday Celebration for Deanna (Dee) Ingalls at the Marathon Community Center from 1-5 p.m. on Sunday June 30th.

No presents please, your presence is appreciated!

Send Your News to

The Paper!

www.thepapernow.com

100% User

Generated Content!

Subscribe and
Submit **TODAY!**

USDA Opens Application Period for Composting and Food Waste Reduction Cooperative Agreements

The U.S. Department of Agriculture (USDA) is accepting applications for Composting and Food Waste Reduction (CFWR) pilot projects for fiscal year 2024. The cooperative agreements, using remaining funds from the American Rescue Plan Act, are jointly administered by USDA's Office of Urban Agriculture and Innovative Production and the National Institute of Food and Agriculture (NIFA). Selected projects will develop and test strategies for planning and implementing municipal compost plans and food waste reduction plans and are part of USDA's broader efforts to support urban agriculture.

USDA's Office of Urban Agriculture and Innovative Production (OUAIP) – led by USDA's Natural Resources Conservation Service (NRCS) – will accept applications on Grants.gov until 11:59 p.m. Eastern Time on Sept. 4, 2024. Projects must be two

years in duration with an estimated start date of June 1, 2025.

“Uneaten food makes up approximately 4% of U.S. greenhouse gas emissions,” said Terry Cosby, Chief of NRCS, which houses the Office of Urban Agriculture and Innovative Production. “Turning food waste into valuable compost is an important climate solution and benefits both farmers and communities. Local strategies and tools like the cooperative agreements are important climate solutions and also contribute to food security at the community level, and we encourage communities to apply.”

Cooperative agreements support projects led by local and tribal governments, schools or other eligible entities that:

- Generate compost.
- Increase access to compost for agricultural producers.
- Reduce reliance on and limit the use of fertilizer.
- Improve soil quality.
- Encourage waste management and permaculture business development.
- Increase rainwater absorption.
- Reduce municipal food waste.
- Divert food waste from landfills.

OUAIP will prioritize projects that anticipate or demonstrate economic benefits; incorporate plans to make compost easily accessible to farmers, including community gardeners; integrate other food waste strategies, including food recovery efforts, and collaborate with multiple partners. Additional details are

available in the Grants.gov notice.

This is the fifth year that OUAIP has offered this funding opportunity. Examples of past investments include Geneva Compost and Food Waste Diversion, from the Town of Geneva, New York, which diverted food waste and other biodegradables from the waste stream to generate nutrient-rich compost, improving soil quality, reducing reliance on fertilizers, and engaging in food recovery efforts that take “extra” food and get it to community members in need.

Another example of a past recipient is the Composting and Food Waste Reduction Pilot Project by Tucson Unified School District in Tucson, Arizona. The project built infrastructure to provide compost to school and community gardens, improve soil quality, reduce food waste, and demonstrate the economic benefits of including food reclamation education as an integral part of a school garden and nutrition programs for students, their families, and the community.

Webinar. A pre-recorded webinar will provide an overview of the cooperative agreements' purpose, project types, eligibility and basic requirements for submitting applications. The webinar will be posted at usda.gov/urban.

More Information. Earlier today, USDA, the U.S. Environmental Protection Agency, the U.S. Food and Drug Administration, and the White House announced the

...continued to page 6...

...continued from page 5...

National Strategy for Reducing Food Loss and Waste and Recycling Organics as part of President Biden's whole-of-government approach to tackle climate change, feed people, address environmental justice, and promote a circular economy.

OUAIP was established through the 2018 Farm Bill. It is led by NRCS and works in partnership with numerous USDA agencies that support urban agriculture and innovative production. Other efforts include:

- Administering the People's Garden Initiative, which celebrates collaborative gardens across the country and worldwide that benefit their communities by growing fresh, healthy food and supporting resilient, local food systems using sustainable practices and providing greenspace.
- Creating and managing a Federal Advisory Committee for Urban Agriculture and Innovative Production to advise the Secretary on the development of policies and outreach relating to urban agriculture.
- Investing \$9.1 million for Urban Agriculture and Innovative Production competitive grants in fiscal year 2023.
- Investing \$40 million, made possible by President Biden's American Rescue Plan, into partnerships with community-based organizations that will

conduct outreach, education and technical assistance to support urban producers.

- Investing in risk management education to broaden the reach of crop insurance among urban producers.
- Organizing 27 FSA urban and suburban county committees to make important decisions about how FSA farm programs are administered locally. Urban farmers who participate in USDA programs in the areas selected are encouraged to participate by nominating and voting for county committee members.
- Establishing 17 new Urban Service Centers staffed by FSA and NRCS employees where urban producers can access farm loan, conservation, disaster assistance and risk management programs.
- Partnering with the Vermont Law and Graduate School Center for Agriculture and Food Systems to develop resources that help growers understand and work through local policies.

Learn more about Composting and Food Waste Cooperative Agreements at usda.gov/urban and view a complete list of 2023 cooperative agreement recipients and project summaries. In 2023, USDA awarded \$11.5 million in 38 cooperative agreements. For additional resources available to producers, download the Urban Agriculture at a Glance brochure or

visit farmers.gov/urban.

NIFA is building a better future by nurturing innovation in the food and agricultural sciences and cultivating equitable change in communities across the nation. Through investment in science as a solution to our greatest challenges, USDA NIFA collaborates with partners to drive research, education and Extension — improving lives, supporting livelihoods and sustaining the planet. In FY 2023, NIFA's total investment was \$2.5 billion.

USDA touches the lives of all Americans each day in so many positive ways. Under the Biden-Harris administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy, and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities throughout America, and committing to equity across the Department by removing systemic barriers and building a workforce more representative of America. To learn more, visit: www.usda.gov.

USDA Reminds Iowa Producers to File Crop Acreage Reports

Agricultural producers in Iowa should make an appointment with their local Farm Service Agency (FSA) office to complete crop acreage reports before the applicable deadline after planting is complete.

“Many USDA programs require producers to file an accurate crop acreage report by the applicable deadline in order to receive program benefits,” said Matt Russell, State Executive Director in Iowa. “Once planting is complete, call your local FSA office to make an appointment to report your acreage. We also encourage you to take care of any other FSA-related business during your appointment.”

An acreage report documents a crop grown on a farm or ranch, its intended use and location. Filing an accurate and timely acreage report for all crops and land uses, including failed acreage and prevented planted acreage, can prevent the loss of benefits.

How to File a Report. The following acreage reporting dates are applicable in Iowa:

July 15, 2024

All crops including perennial forages

December 16, 2024

Fall-seeded small grains

To file a crop acreage report, producers need to provide:

- Crop and crop type or variety
- Intended crop use
- Number of crop acres
- Map with approximate crop boundaries
- Planting date(s)
- Planting pattern, when applicable
- Producer shares
- Irrigation practice(s)
- Acreage prevented from planting, when

- applicable
 - Other required information
- Acreage Reporting Details.** The following exceptions apply to acreage reporting dates:
- If the crop has not been planted by the acreage reporting date, then the acreage must be reported no later than 15 calendar days after planting is completed.
 - If a producer acquires additional acreage after the acreage reporting date, then the acreage must be reported no later than 30 calendar days after purchase or acquiring the lease. Appropriate documentation must be provided to the county office.

Noninsured Crop Disaster Assistance Program (NAP) policy holders should note that the acreage reporting date for NAP-covered crops is the earlier of the dates listed above or 15 calendar days before grazing or crop harvesting begins.

Prevented Planted Acreage. Producers should also report crop acreage they intended to plant but were unable to because of a natural disaster, including drought. Prevented planted acreage must be reported on form CCC-576, Notice of Loss, no later than 15 calendar days after the final planting date as established by FSA and USDA's Risk Management Agency (RMA).

FSA recently updated policy that applies to prevented planted acreage due to drought. To certify prevented planted acreage due to drought, all of the following must apply:

- The area that is prevented from being planted has insufficient soil moisture for seed germination on the final planting date for non-irrigated acreage.
- Prolonged precipitation deficiencies that meet the D3 or D4 drought intensity level as determined by the U.S. Drought Monitor.
- Verifiable information must be collected from sources whose business or purpose is recording weather conditions as determined by FSA.

Continuous Certification Option for Perennial Forage. Agricultural producers with perennial forage crops have the option to report their acreage once, without having to report that acreage in subsequent years, as long as there are no applicable changes

on the farm. Interested producers can select the continuous certification option after FSA certifies their acreage report. Examples of perennial forage include mixed forage, birdsfoot trefoil, chicory/radicchio, kochia (prostrata), lespedeza, perennial peanuts and perennial grass varieties.

Once the continuous certification option is selected, the certified acreage will roll forward annually with no additional action required by the producer in subsequent years unless the acreage report changes.

Farmers.gov Portal. Producers can access their FSA farm records, maps, and common land units through the farmers.gov customer portal. The portal allows producers to export field boundaries as shapefiles and import and view other shapefiles, such as precision agriculture boundaries within farm records mapping. Producers can view, print and label their maps for acreage reporting purposes. Level 2 eAuthentication or login.gov access that is linked to a USDA Business Partner customer record is required to use the portal.

Producers can visit farmers.gov/account to learn more about creating an account. Producers who have authority to act on behalf of another customer as a grantee via an FSA-211 Power of Attorney form, Business Partner Signature Authority or as a member of a business can now access information for the business in the farmers.gov portal.

More Information. For questions, producers should call their FSA county office. To find their FSA county office, visit farmers.gov/service-center-locator.

USDA touches the lives of all Americans each day in so many positive ways. In the Biden-Harris administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to healthy and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America and committing to equity across the department by removing systemic barriers and building a workforce more representative of America. To learn more, visit usda.gov.

*This Week at
Bethany Lutheran*

Pastor David E. Klappenbach

Thursday: June 20, 2024

2 PM ~ Circle Group

Sunday: June 23, 2024

Fifth Sunday after Pentecost

9:30 AM ~ Worship

10:30 AM ~ Coffee Fellowship

4 PM ~ Laurens Care Center Service

6 PM ~ Bethany Prayer Group

Tuesday: June 25, 2024

8:30 AM ~ Prayer Group

9:30 AM ~ Tuesday coffee at Bethany

Thursday: June 27, 2024

2:30-5:30 PM ~ Blood Drive at UMC

*Worship,
Love, Accept~ Together in
Christ's Name*



*This Week at
Laurens United
Methodist Church*

Pastor Deb Parkison

Wednesday, June 19

Administrative Council Meeting @
7:00 PM in the Wesley Room

Sunday, June 23

Fellowship Coffee @ 9:30 AM

Worship Service 10:30 AM

Thursday, June 27

Blood Drive here @ 2:30-5:30 PM



*This Week at First
Christian*

Pastor Rev. Rita Cordell

Saturday, June 22

10 a.m. - 1 p.m. - Clothes Closet
Open

Sunday, June 23

9:30 a.m. - Worship followed with
refreshments



*Resurrection
of Our Lord
Catholic Church*

**Pocahontas, IA -- Priest:
Father Paul Nguyen**

MASS TIMES:

Daily Mass as scheduled in the
weekly bulletin

Saturday at 5:00 PM and Sunday at
10:30 AM

Confessions: Saturday 4:15 pm at
Resurrection

Send Your News to
The Paper!
www.thepapernow.com
100% User
Generated Content!

Subscribe and
Submit **TODAY!**

Iowa State Extension and Outreach to Host “Fresh Eats” Program June 26 at the Laurens Public Library

Iowa State Extension and Outreach - Pocahontas County is excited to announce a special program, “Fresh Eats,” at the Laurens Public Library on Wednesday, June 26, from 6:30 to 8:00 PM. This event is designed to help community members make the most of their garden produce by discussing various methods of harvesting, storing, and utilizing fresh ingredients.

“Fresh Eats” will cover various topics, including the best techniques for harvesting your garden produce and effective storage methods to ensure your items stay fresh. Whether you are interested in canning, freezing, cooking, or even donating your extra produce, this program will provide valuable insights and practical tips.

Participants will also have the opportunity to taste-test a simple recipe that can be easily recreated at home. Attendees are encouraged to bring their favorite fresh recipes to share with the group, making this event a collaborative and enriching experience for all.

Erica Svuba, Program Coordinator at the Iowa State Extension and Outreach, “It’s a great way for people to learn new skills, share their own knowledge, and enjoy the delicious benefits of their hard work in the garden.”

Do not miss this opportunity to enhance your gardening and culinary skills. Join us at the Laurens Public Library on June 26 for an evening of learning, sharing, and tasting fresh, home-grown produce.

For more information, please contact Erica at the Extension Office at 335-3103 or Glenda at the Library at 841-4612.

Biggest Little Paper In Town!

Northern Research & Demonstration Farm to Hold Field Day June 20

Learn about crop production issues and opportunities at June 20 field day

The Iowa State University Northern Research and Demonstration Farm will host a summer field day on Thursday, June 20, at the south farm, located at 1040 James Ave., Kanawha.

Other partners include Iowa State University Extension and Outreach and the North Central Iowa Research Association.

The field day will begin with comments from Matt Schnabel, farm superintendent, and Greg Guenther, president of the North Central Iowa Research Association.

Field tour speakers and topics:

- Madelynn Wuestenberg, agricultural climatology specialist with ISU Extension and Outreach, will discuss using infrared technology to measure temperature in the field and impact on crops.
- Gentry Sorensen, field agronomist with ISU Extension and Outreach, will review the 2024 growing season to date and what that means for herbicide challenges and other future management decisions.
- Angie Rieck-Hinz, field agronomist with ISU Extension and Outreach, will discuss the date of planting trials for both corn and soybean and how that data can be used for future decision-making.

“Farmers, landowners, local ag businesses and students are invited to attend and have a chance to speak directly with Iowa State specialists on current issues in agriculture,” said Gentry Sorenson, field agronomist with ISU Extension and Outreach. “This year in particular has been a tough year for planting, replanting decisions and herbicide applications, and having direct access to expert information is crucial for decision-making.”

Field day participants will also have the opportunity to learn about the capital campaign to build a new research and extension facility at the farm.

“The North Central Iowa Research Association sees the need to improve the facility to further research and extension activities in north central Iowa,” said Angie Rieck-Hinz, field agronomist with ISU Extension and Outreach. “This requires the involvement of many local partners including farmers, ag retailers and local landowners.”

Registration and refreshments will start at 8:30 a.m. and the field day will begin at 9 a.m. Lunch will be provided. There is no cost to attend and the meeting is open to the public.

Those who are attending are encouraged to pre-register by June 18 by calling Matt Schnabel at 641-762-3247. Certified Crop Advisers can earn 1.0 pest management and 2.0 crop management CEUs for attending this meeting. The association appreciates the support and sponsorship from First Citizens National Bank, Gold-Eagle Cooperative, Calcium Products and New Cooperative.

For more information, contact ISU Extension and Outreach field agronomists Angie Rieck-Hinz at 515-231-2830 or amrieck@iastate.edu; or Gentry Sorenson at 641-430-6715 or gentrys@iastate.edu

Give 'Spend Smart. Eat Smart' A Try

Anyone who does grocery shopping these days can tell you that it is hard to budget with rising food costs, whether you are living on your own or cooking for a family. ISU Extension and Outreach's Spend Smart. Eat Smart. website (<https://spendsmart.extension.iastate.edu/>) aims to provide a variety of resources to help, including recipes, ways to save money on groceries, and a variety of exercises.

This is a valuable tool for anyone who wants to live healthy and eat on a budget. Included on the site are over 150 easy-to-make, healthy recipes! For those living on a budget, you'll see strategies on how to save at the grocery store. For those who are not used to picking out produce at a store, there is information on how to select and clean that produce. There is also a section that details nutrition, storage, and prep ideas for all types of produce. If planning meals and budgeting is a challenge, there are several examples of weekly plans that can be followed (with hyperlinked recipes), and there is a downloadable Menu Planner template with space for a grocery list. And the website includes numerous videos of easy-to-do exercises including stretching, balance, chair exercises, and cardio.

One of my favorite recipes on the site is Confetti Rice & Bean Salad.

It's an easy summer go-to that can be a meal or a side dish and can use up some of that fresh garden produce or simple and inexpensive ingredients from the store!

Check out the recipe below and have a great start to summer!

- 1 cup instant brown rice, uncooked
 - 1 cup tomatoes, chopped (about 1 medium)
 - 2 medium carrots (finely chopped or grated)
 - 2 tablespoons onion (finely chopped)
 - 1 cup frozen corn
 - 1 can (15 ounces) black beans (drained and rinsed)
 - 1/4 cup lime juice
 - 1/4 cup oil (canola, vegetable, or olive)
 - 1/2 teaspoon salt
 - 1/2 teaspoon ground black pepper
1. Cook rice according to package directions and let cool.
 2. Wash and cut up the tomato, carrots, and onion while rice is cooling. Put the vegetables into a



large bowl.

3. Add corn to the bowl.
4. Drain and rinse black beans and add to the bowl.
5. Add cooled rice to the bowl.
6. Whisk together the lime juice, oil, salt, and pepper in a small bowl. Pour this over rice and veggie mixture and stir gently to combine.
7. Refrigerate at least 30 minutes before serving to let flavors mingle.

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. Website.

For more information, recipes, and videos, visit <https://spendsmart.extension.iastate.edu/>.

Send Your News to

The Paper!

www.thepapernow.com

100% User

Generated Content!

Subscribe and
Submit **TODAY!**

Fencing and Grazing Clinic Planned at Western Research & Demonstration Farm

The Iowa Beef Center and Iowa State University Extension and Outreach will host a fencing and grazing clinic in western Iowa on June 26.

The event will be held at the Western Research and Demonstration Farm in Castana and will offer educational opportunities for all attendees.

"This clinic is designed to help improve the infrastructure on your farm to execute an efficient grazing plan," said Beth Reynolds, program specialist with the beef center. "Fencing, paddocks, weather and resiliency are all part of the day's sessions."

Iowa's beef producers have been busy closing out the calving season and getting crops in the ground. The event will help remind farmers of the importance of fencing and grazing improvements as summer approaches.

Extension beef specialist Erika Lundy-Woolfolk said the program's five sessions will provide educational opportunities to put lessons into practice.

"Participants can expect a mix of hands-on, classroom style and peer learning methods to keep the day interactive and informational," she said. "There are five sessions, including a tour of the farm, and each has a specific focus."

Topics and presenters:

- New tools in fencing: Brad Ketchum, Gallagher Animal Management Team territory manager.
- Building your paddocks: Pat Corey, USDA-Crawford County.
- Weather outlook: Madelynn Wuestenberg, agricultural climatology specialist with ISU Extension and Outreach.
- Planning for weather resilience: Shelby Gruss, forage specialist with ISU Extension and Outreach.
- Research farm tour: Lundy-Woolfolk and Reynolds, extension beef specialists.

The farm is located at 36515 Highway E34 in Castana. The program runs from 9 a.m. to 4 p.m. and includes a noon lunch. There is no charge; however, preregistration is required and should be made by June 24. To register call 515-294-2333 or email beefcenter@iastate.edu and provide your name, email and phone number.

Event sponsors include Gallagher and Iowa Forage and Grassland Council.

Orchard Owners Should Be on the Lookout for Fire Blight

This year's rainy, warm spring could be problematic for orchards due to fire blight, says a fruit crop specialist with Iowa State University Extension and Outreach.

Conditions for most of Iowa were nearly perfect for the disease to spread, resulting in potential surprise flare ups, said Suzanne Slack, in a recent article for the Acreage Living Newsletter.

In her article, Slack highlights common symptoms and actions to take against fire blight.

Her article identifies common symptoms to watch for and action steps if detected. The symptoms include blossom blight, ooze droplets and shepherd's crook.

She recommends orchard owners scout early and if detected, swiftly remove blighted fruit and shoots.

Slack says there are several commercial pesticide products labeled for shoot blight, which work by causing a defense response in the tree to prevent further spread.

"Our goal is to support Iowa apple growers in protecting their orchards from fire blight," said Slack. "We hope this information encourages growers to take proactive steps and adopt sustainable practices to maintain healthy orchards."

Other articles in the most recent Acreage Living Newsletter include "Good Biosecurity Didn't Start with HPAI," Iowa Fence Law FAQ, Pasture Management Options for Optimizing Grazing and Fertilization" and "Newly Updated Guides for Selling Timber."

Acreage Living is published every other month by the Small Farm Sustainability team with the Farm, Food and Enterprise Development program of ISU Extension and Outreach.

