



CENTRAL IOWA Area News

BOONE · STORY · MARSHALL · DALLAS · POLK · JASPER · MADISON · WARREN · MARION

4-H youth visit BECON Biomass Energy Conservation Facility in Nevada May 4

SUBMITTED BY BOONE

Twenty youth and parents from Boone, Hardin, Marshall and Story Counties toured the BECON Biomass Energy Conservation Facility in Nevada May 4 as a part of 4-H programming in Iowa State University Extension and Outreach Region 8. This experience was part of the

PEERS (Partnership for Engineering Educational Resources for Schools) program through the Governor's STEM (Science, Technology, Engineering, and Math) Scale Up Initiative for which the region received funding.

Annette Brown, Region 8 4-H Youth Development Specialist, said,



4-H youth visit BECON Facility in Nevada. PHOTO COURTESY OF BOONE COUNTY.

"Norm Olson at BECON shared how the facility works to improve energy efficiency and use of renewable energy through research, demonstration and education." Olson shared that it makes sense that Iowa with its agricultural base should lead the way in developing and expanding the market for sustainable value-added, biomass-based fuels and chemicals.

Rather than simply selling raw materials, Iowa businesses can produce higher value, marketable products. Biomass feedstock can be

substituted for petroleum feedstock in the production of most fuels and chemicals used today. The additional facilities needed to process and produce biofuels and biochemicals create jobs and significantly increase the financial benefit for growing agricultural crops. Participants also learned about the education and skills needed to enter into energy related fields.

Following the tour, participants explored wind energy at a Wired for Wind workshop using Kid Wind materials to design and test wind turbine blades. They experimented with dif-

ferent sizes, shapes, and numbers of blades to determine which produced the most energy. They also tested how much weight their blade design would lift using a cup with a load of metal washers.

Annette Brown, Region 8 4-H Youth Development Specialist, coordinated the event.

To learn more about local STEM programming through Iowa State University Extension and Outreach, visit your local extension office or webpage, <http://www.extension.iastate.edu/content/county-offices>.



FARM FAMILY FAVORITES

Rhubarb Upside-Down Cake

Barbara Ohrt, Marshalltown (Marshall County)

3 c. rhubarb, chopped
1 c. sugar
1 (6-oz.) package strawberry gelatin
2 c. marshmallows
1 yellow cake mix
Whipped topping



Combine rhubarb, sugar, gelatin and marshmallows, and place in a prepared baking pan. Prepare the cake mix as directed in the instructions, and pour over the rhubarb mixture. Bake for 35 minutes at 350 degrees Fahrenheit. Serve with whipped topping.

Lemon Blueberry Chicken Salad

Midwest Dairy Association recipe

1-1/4 c. (10-oz.) low-fat lemon flavored yogurt
2 Tbsp. reduced-fat mayonnaise
2 c. fresh or frozen blueberries
2 c. cubed, cooked chicken breasts
3/4 c. sliced celery (about 3 stalks), chopped
1/2 c. green onions (about 6), thinly sliced
1/2 c. red bell pepper, diced (about 1/2 medium pepper)
Salt & pepper to taste



In a medium bowl, combine yogurt and mayonnaise. Mix in blueberries (saving a few for garnish), chicken, celery, green onions and bell pepper. Mix gently. Add salt and pepper to taste. Cover, and refrigerate to let flavors blend for at least 30 minutes. Serve over endive or other salad greens with reserved blueberries and lemon slices, if desired.

Spinach Artichoke Dip

Stephanie Miller, Council Bluffs (West Pottawattamie County)

1 (8-oz.) package Neufchatel cheese, softened
1 c. (8-oz.) light sour cream
10-oz. package frozen chopped spinach, thawed and drained well or you may use fresh spinach
1 can (10-14-oz.) artichoke hearts, drained and chopped
2 tsp. lemon juice
1/2 tsp. season salt
1/2 tsp. pepper
Crackers, tortilla chips, pita chips



In a mixing bowl, beat cream cheese and sour cream until smooth. Stir in spinach and artichokes; mix well. Add lemon juice, season salt and pepper. Transfer to a 9-inch pie plate or casserole, prepared with cooking spray. Bake at 350 degrees Fahrenheit for 20 to 30 minutes, until bubbly around the edges.

Quality Assurance training scheduled for pork producers

SUBMITTED BY MARSHALL

The Iowa Pork Producers Association (IPPA) is partnering with the Iowa Pork Industry Center and ISU Extension and Outreach to offer free Pork Quality Assurance Plus (PQA Plus) and Transport Quality Assurance (TQA) programs for

Iowa producers.

Complete information is available online at www.iowapork.org. Interested individuals are asked to pre-register by contacting IPPA at 515-225-7675 or lclemenson@iowapork.org.

The training sessions will be held June 5-6 at the 2013 World

Pork Expo in room A-2 of the Varied Industries Building on the Iowa State Fairgrounds. The schedule is as follows: PQA Plus from 9:15 a.m. to noon with TQA from 1-3:30 p.m. on Wednesday, June 5 and PQA Plus from 9:15 a.m. to noon on Thursday, June 6.

Farm Bureau seeks vendors for weekly farmers market

Farm Bureau is planning to launch a weekly farmers market and is looking for farmers and vendors to supply vegetables, fruits, baked goods and other items for sale to the some 1,000 employees who work at

the company's headquarters in West Des Moines.

The market is tentatively slated to be held on Wednesday afternoons beginning in mid-June and is expected to last through the summer. There is no cost for

vendors to participate.

Vendors who are interested in participating in the Farm Bureau farmers market should contact Patti Lenz at 515-226-6050 or patti.lenz@fbfinancial.com.