



# Quarterly Newsletter

April, May & June 2014

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*Preserving Soil & Water  
 through Conservation*

## Growing Herbs in Containers

Want to try growing herbs? A good starting place is container gardening on a patio, deck, or your kitchen windowsill. A bonus is that the herbs will be convenient for harvesting when you cook. Herbs have compact growth patterns that are perfect for containers, but they also have some requirements. Sufficient light is very important; six hours of sunlight is necessary. Also, beware of overwatering. When the soil is dry to the touch, water until it runs out holes in the bottom of the container; never let herbs sit in a saucer of water. Herbs need only a little fertilizer; an organic fertilizer of kelp and fish emulsion every two to three weeks is ample. Pinch back new growth for a bushier appearance.



Basil grown in containers is very popular. Photo courtesy of Iowa State University Extension.

You have many choices of herbs to consider as many grow quite well in containers. Tender herbs, like the culinary sages and rosemary, are obvious choices for containers since they don't survive the winter in cold climates. Lavender, marjoram, tarragon, sage, thyme, savories, dill, and sweet bay are also favorites. Keep mint in a container and it won't ramble all over your outdoor garden. Some gardeners like to plant herbs according to their uses, like grouping herbs for pizza or herbs for soups; others might like to mix herbs with flowering annuals. You can group and regroup herbs by planting singly in smaller containers, or with several herbs in larger containers. Gather ready-to-plant containers and experiment with different arrangements until you find the one that pleases you.



These herbs are suitable for container growing. In the heat of summer, regular watering and fertilization are necessary.

When planting in containers, you have many choices. Containers are portable. They can be rotated, moved, and taken indoors for protection as needed. Clay pots, glazed pots, plastic pots, half barrels, and an endless assortment of other possibilities can be considered. The essential factor is a planter with a solid bottom that has drainage holes. Fill with a good soil blend that contains one part sterilized compost and two parts commercial potting mix. When you are ready to plant, make sure the mix is moist but not wet. Set the taller herbs in the center of the container and shorter ones toward the edge. Plant combinations need to share the same growing conditions not just be attractive like chervil, coriander, parsley, chives, and sorrel. Consider also herbs that flower at different times. Try experimenting with different containers and plants until you find the right ones for you! For more information, check out University of Missouri Guide G6470 Growing Herbs at Home. It can also be found online at: <http://extension.missouri.edu/p/g6470>

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# Iron County Soil & Water Conservation District

## SWCD Annual Dinner & Poster Contest (Photos Courtesy of The Mountain Echo)

Chris Miller from Annapolis was awarded this year's Iron County Conservation Farmer of the Year. Chris started his cow/calf operation in 1989, with one Beef Master cow & calf on 40 acres. From there, he bought several Holstein cows from another farmer, keeping the calves and selling the cows.



In 1992, he purchased 10 red registered Simmental cows and bull. In 1998, he expanded the herd with the addition of several black Simmental cows and his first black Simmental bull. He currently has 26 cows and has expanded the family farm to 200 acres.

Chris has done numerous improvements to his land, through the Cost-Share Program and also on his own. Some of his improvements include inter-seeded clover and cool season grasses by no-tilling to minimize soil erosion and maintaining the best grazing system that he can. He has also drilled a well, installed water tanks and built a new pond to have better water sources for his livestock. He takes great pride in keeping his fertility up and maintains the family farm to the best of his ability.

Caitlin McCall from Viburnum was awarded this year's Teacher of the Year. The poster contest theme this year was "Dig Deeper: Mysteries in the Soil". The fifth graders of Iron County learned the importance of soil and how we can't live without it. They also learned that there is something living under our feet and "DON'T TREAT SOIL LIKE DIRT".



The winners are:

- Arcadia Valley: **1st Place**, JD Brown; **2nd Place**, Lilee Jones; **3rd Place**: Carter Brogan  
Bellevue: **1st Place**, Erica Standefer; **2nd Place**, Jaidyn Phelps; **3rd Place**, Caity Campbell  
South Iron: **1st Place**, Alexis Littrell; **2nd Place**, Austin Jackson; **3rd Place**, Brock Wakefield  
Viburnum: **1st Place**, Emily Barton; **2nd Place**, Dallas Miller; **3rd Place**, Kami Politte

County Winners: **1st Place**, Erica Standefer; **2nd Place**, Emily Barton; **3rd Place**, JD Brown. *Congratulations to all of our winners!*



Mark Nussbaum, Area Engineer with NRCS, was our guest speaker. Mark did a power point presentation of some of the different projects he has worked on in Iron County and surrounding counties. One project in particular, was the ripp rapp at the Lower Carver Creek Bridge.



No-till Drill  
Available to Rent  
\$8.00 per Acre

Call 573-546-6518  
For more information



Soil test kits are available through the Extension office

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Specialist and County Program Director  
Elaine Willhite, Office Manager

## 4-H Celebrating 100 Years

In 1914, University of Missouri Extension was born, bringing resources of the University of Missouri to farmers and their families.

As part of this effort, a youth outreach program called a Corn Club was begun in Iron County, by school superintendent B. P. Burnham. Boys took over an acre of farm land, and were taught research based methods of fertilizing and cultivating their corn crop. The method not only educated the young men who worked that acre, but also their fathers. Higher yields inspired the fathers to adopt the new techniques.

These Corn Clubs were soon joined by Canning Clubs, where girls learned safe methods to preserve garden produce for the winter. These clubs metamorphosed into what we know as 4-H in the 1920's.

4-H has definitely grown and changed over the last hundred years. Initially directed solely at farm kids, and with separate programs for boys and girls, we have now expanded to computers, community service, shooting sports, robotics and just about any other topic you can imagine. Of course, all projects are open to girls and boys!

4-H is hands-on learning, and it depends almost entirely on caring adult volunteers. With the help of paid 4-H staff, these volunteers dedicate their time to helping grow good citizens through project work, community service and organized activities on the local, state and national level. Research shows that kids active in 4-H are more likely to be successful in school, and to attend college.

If you have skills you would like to share with young people, or if you have children between the ages of 5 and 18 who might be interested in learning and growing with 4-H, please contact your local Extension Office. In Iron County, we are located on the third floor of the Iron County Courthouse, and Debra Henk is the 4-H Youth Specialist. You can come by, or call the office at 546-7515 for more information.

## Use Caution with the "Salty Six"

**By Bethany Bachmann, Nutrition and Health Education Specialist**

Consuming too much sodium is something that Americans do on a daily basis. On average, Americans consume about 3,400 milligrams of sodium per day. This is more than twice the recommended daily amount, 1,500 milligrams. Eating too many salty foods can lead to a wide array of health issues, most commonly it can cause high blood pressure and heart disease.

While we may think that decreasing sodium intake to the recommended amount of 1,500 milligrams will be as simple as not adding salt to our food while cooking or at the table, the real problem lies in processed foods. More than 75% of our sodium intake comes from processed and restaurant foods.

Recently the American Heart Association/American Stroke Association has worked to increase awareness of sodium by identifying commonly consumed processed items that have chart topping sodium levels. These items are known as the "Salty Six":

**Breads and rolls** - Common items such as these that you consume sometimes more than once a day can pack on the sodium. One slice of bread can contain as much as 230 milligrams. Read labels at the store to find a low sodium option.

**Cold cuts and cured meats** - Deli and pre-packaged meat pack a punch with their sodium levels. They can contain up to 1,050 milligrams of sodium.

**Pizza** - A slice of pizza can contain up to 760 milligrams of sodium. Try limiting the meat and cheese and add more veggies.

**Poultry** - Sodium levels in poultry can vary. Avoid poultry products that have been "enhanced" with a sodium solution.

**Canned soup** - Many people know canned soup has been on the radar for a long time for having high levels of sodium. One cup of canned soup can have up to 940 milligrams. Compare brands as some will have higher levels than others or better yet, make your own.

**Sandwiches** - A sandwich or hamburger from a fast food restaurant can contain up to 100% of the daily recommendation for sodium. Try eating half of a sandwich and adding more veggies with a side salad. (Sources: American Heart Association, Tufts University Health and Nutrition Letter January 2013, and [www.missourifamilies.org](http://www.missourifamilies.org))

## Soil Savers Corner



### Nature Scavenger Hunt



Spend some time outdoors on a nature scavenger hunt. Here is a list to get you started!

Pine cone  
Acorn  
3 different kinds of leaves  
Something orange  
A flat rock  
Something soft  
A stick shaped like a letter  
Something rough  
Something smooth  
A bug

\*Extra points if you find a piece of litter and put it in the trash or recycling!\*

Can you think of more things for the list? An egg carton makes a good holder for your treasures, or take pictures of each item and show them at the end of the hunt.

You might try a listening scavenger hunt. Listen for different types of birds, bugs, an airplane, a car, a dog barking, etc.

## Upcoming Events

**Saturday, June 21st** - The Arcadia Valley Garden Tour, 8am - 5pm...Tickets will be sold 8am until noon on the day of the tour, at the rear of the Iron County Courthouse. The cost is \$7 and you'll receive a brochure with maps for the self-guided tour. There will also be informative programs, including an observation bee hive, growing black berries, vermicomposting and pollination for daylilies.

Tour highlights include private gardens, Iron County Community Garden, school garden, Farmers Market, historical buildings, plant & produce sales and door prizes. For more information, contact Elaine at University Extension Office, 573-546-7515.

**Tuesday, July 15th** - Home Food Preservation: "Salsa From Your Garden", 5:30 - 8:00 pm...at Iron County Health Department. Pre-registration & pre-payment is required by July 10th. Cost is \$15. Call 573-546-7515 for more info. Presenter is Bethany Bachmann.

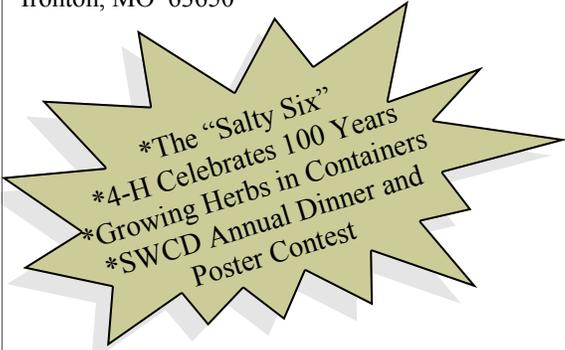
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\*The "Salty Six"  
\*4-H Celebrates 100 Years  
\*Growing Herbs in Containers  
\*SWCD Annual Dinner and  
Poster Contest

## Disaster Assistance Programs

The St. Francois/Iron/Washington County FSA office is announcing sign up for the Livestock Forage Disaster Program (LFDP) and the Livestock Indemnity Program (LIP) that began on April 15, 2014. LFDP and LIP will provide payments to eligible producers for grazing losses and livestock deaths that have occurred in years 2012, 2013 and 2014 due to a natural disaster.

Enrollment for the Emergency Assistance for Livestock, Honeybees and Farm-Raised Fish Program (ELAP) and the Tree Assistance Program (TAP) also began on April 15 for year 2012, 2013 and 2014.

- LFDP provides compensation to eligible livestock producers who have suffered grazing losses due to drought or fire.
- LIP provides compensation to eligible livestock producers who have suffered livestock death losses in excess of normal mortality due to an adverse weather event.
- ELAP provides emergency assistance to eligible producers of livestock, honeybees and farm-raised fish who have losses due to disease, adverse weather or other conditions, such as wildfires.
- TAP provides financial assistance to qualifying orchardists and nursery tree growers to replant or rehabilitate eligible trees, bushes and vines damaged by natural disasters.

Producers who experienced these type of losses are encouraged to contact the St. Francois/Iron/Washington County Farm Service Agency at 573-756-6488 ext. 2.

## Farm Service Agency County Committee Election

Do you know someone who is interested in serving on a local USDA Farm Service Agency County Committee? From June 16th through August 1st, you can nominate a candidate from Dent or Kaokin Townships in Iron County to run for a position on your local committee.

Nomination forms are available on our website [www.fsa.usda.gov/elections](http://www.fsa.usda.gov/elections) or from your FSA County Office. Nomination forms must be postmarked or delivered back to FSA, 812 Progress Drive, Farmington, MO 63640 by August 1. Voting takes place this fall.

## Got Erosion?

Now is a good time to call the Iron County Soil & Water Conservation District to see if you qualify for the Cost-Share Program. Call 573-546-6518 or visit our website @ [www.swcd.mo.gov/iron](http://www.swcd.mo.gov/iron) to learn more. Below, are just a couple of the practices available.

**Sheet and Rill Erosion:** Sheet erosion occurs when a very thin layer of soil erodes and often goes unnoticed. Rill erosion happens when a concentrated flow of water causes small channels to develop. Left untreated, the most productive part of the soil will be lost. Funding is available to establish vegetative cover. **Gully Erosion:** Gully erosion is severe erosion in which trenches are cut into the soil by running water. Water is channeled across unprotected land and the soil is washed away along drainage lines. By diverting the water flow and stabilizing the gully, this problem can be overcome with the construction of ponds or critical area treatments. **Spring Development:** Protect and enhance water quality through proper collection and distribution of the ground water. The development will provide a dependable supply of suitable water from a spring or seep.