



North Iowa

AREA NEWS

MITCHELL . HOWARD . FLOYD . CHICKASAW . BUTLER . BREMER . GRUNDY . BLACK HAWK


**FARM
FAMILY
FAVORITES**

Have a recipe to share?
Email recipes to
jperdue@ifbf.org

Sweet and Tangy Chicken Quesadillas

Iowa State Extension and Outreach

1 (15-oz.) can peach-
es in 100 percent
juice
1 c. boneless, skinless
chicken, cut into
bite-sized pieces
3/4 c. shredded
cheese



4 8-inch whole wheat
tortillas

Drain juice from peaches into a bowl. Cut peaches into small bite-sized pieces, and set aside. Heat a skillet to medium, and coat with cooking spray. Add chicken and peach juice. Cook chicken, stirring occasionally, until internal temperature reaches 165 degrees Fahrenheit. Remove chicken and peach juice from skillet. Put 1/4 of each ingredient (chicken mixture, peaches and cheese) on half of each tortilla. Fold the empty side of tortilla over the cheese, chicken and fruit. Cook quesadillas in skillet until lightly browned on both sides. Make sure they are warmed through, and cheese is melted.

Best Ever Soft Peanut Butter Cookies

Gaye Beckman, Carroll (Carroll County)

1 c. peanut butter
1/2 c. butter, softened
1/2 c. white sugar
1/2 c. brown sugar
1 egg
1 Tbsp. vanilla extract
1-1/2 c. all-purpose
flour
1 tsp. baking soda
1/4 tsp. salt



Preheat oven to 350 degrees Fahrenheit. Line two baking pans with parchment paper, if desired. In a large mixing bowl, cream together peanut butter, butter, sugar and brown sugar. Beat together until smooth and creamy. Add egg and vanilla extract, and continue to mix until well combined. In a small mixing bowl, whisk together flour, baking soda and salt. Stir flour mixture into butter and sugar mixture until well combined. Use a cookie dough scoop, or roll dough into 1-inch balls. Roll in white granulated sugar if desired, and place on baking sheets. Using a fork, press down on each ball of dough to slightly flatten, and create a criss-cross pattern. Bake for 8 to 9 minutes. Let cool on baking sheets for a few minutes, and then transfer onto a wire rack.

CONSERVATION FARMER OF THE YEAR

Submitted by Chickasaw

The 2018 Iowa Conservation Farmer of the Year will honor an Iowa farmer who has made outstanding contributions to soil conservation and water quality.

The award is co-sponsored by the Iowa Department of Agriculture and Land Stewardship (IDALS) and the Iowa Farm Bureau Federation (IFBF). This award recognizes farmers across the state for their outstanding achievement in conservation practices

and positive impact those practices are making on the environment. To nominate a farmer, simply provide a name and summary (100 words or fewer) stating how they protect our soil and water and manage nutrients and wildlife and submit to the County Soil and Water Conservation District. Nominations are due June 1. For complete information, check out the news section on www.iowafarmbureau.com.



Sean McMahon, IAWA Executive Director, far left, and Jamie Benning, Water Quality Program Manager, Iowa State University Extension and Outreach, far right, present Shane Wulf with the Circle of Excellence Iowa Watershed Award.

CIRCLE OF EXCELLENCE AWARD

Submitted by Black Hawk

Shane Wulf, watershed coordinator for the Miller Creek Water Quality Improvement (WQI) Project, was recently honored with a Circle of Excellence Award from the Iowa Agriculture Water Alliance (IAWA) as part of the inaugural Iowa Watershed Awards program.

Wulf is one of six watershed coordinators who received the Circle of Excellence Award for their multitude of contributions and steadfast dedication to improving water quality across the state.

"During Earth Week, it's a great time to recognize these unsung heroes who work hard every day to implement conservation practices to improve water quality," says Sean McMahon, IAWA Executive Director. "These watershed coordinators help meet local community goals while also simultaneously advancing the objectives of the statewide Iowa Nutrient Reduction Strategy."

ADVANCING THROUGH PARTNERSHIPS

A recognized conservation leader in Iowa, Wulf was recog-

nized with the Circle of Excellence Award for his outstanding project performance and involvement. His efforts to engage local farmers has led to the Miller Creek Watershed having 6,500 acres of cover crops in 2017, an estimated 20 percent of all the row crop acres.

"Having 'champion' farmers willing to join me in visiting other farmers to discuss how they have incorporated conservation practices into their operations has been very important," Wulf shares.

In addition, he acknowledges that both public and private partnerships are key to his work, including those with the Iowa Department of Agriculture and Land Stewardship, USDA Natural Resources Conservation Service-Iowa, IAWA, an advisory council with highly engaged farmer leaders and ag retail representatives, and Black Hawk Soil and Water Conservation District Commissioners.

"Local soil and water commissioners such as Jeri Thornsberry and Sherman Lundy have been instrumental in the project," says Wulf. "They've provided guidance

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