MSU Extension—Serving Mecosta County since 1917

Michigan State University Extension continues to be a vital part of Mecosta County. As MSUE transforms into a statewide organization, I am awestruck by some of the impact and outcome data that I am seeing. The strength of our organization and our ability to bring the research of the university to the communities we serve is evident in many ways. We are engaged in regional and statewide efforts to assist businesses and individuals to gain economic security, advance their businesses, improve water quality, reduce crop loss, strengthen families, and help people make good decisions about the food they eat. The list is long, but the numbers keep adding up to demonstrate impact across the state and in your county. Here are just a few examples:

- Growers reported that information from MSUE has led to the adoption of new tools and technologies that mitigated environmental impacts of Michigan farm land, reduced pesticide use and decreased fertilizer applications.

- National Student Clearinghouse Student Tracker Data for Michigan 4-H program alumni who graduated high school in 2009 to 2012 indicate these students are currently attending college at a significantly higher rate than their same-age Michigan peers.

- Adults and youth report learning about increased fruit and vegetable consumption, reduced serving sizes, and overall increase in physical activity to improve health and reduce obesity after they participated in MSU Extension’s SNAP Ed nutrition programs.

This report will tell you about some of the specific impacts we are having on residents and businesses in Mecosta County.

Shari Spoelman, District Coordinator

2012 By the Numbers

Soil Samples (Commercial Ag and Homeowners) ...........................................131
4-H Club Members .........................................................................................437
Mecosta County Youth Served .......................................................................1,589
Nutrition Program for Low Income Adults ......................................................593
Nutrition Program for Low Income Youth ......................................................537

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Mecosta County 4-H Celebrates 100 Years!

Mecosta County has a thriving 4-H program. In addition to the animal clubs that provide opportunities for youth to learn many skills, various other clubs and opportunities are provided for youth to explore potential careers, increase their reading skills, and be introduced to science activities. Each year youth projects are showcased at the county fair in Big Rapids.

Areas of growth in 4-H programming continued in community service, science and technology areas. 4-H clubs in Mecosta County continue to be strong in the area of livestock and horse projects where the youth involved are learning about animal science and animal welfare. An outdoor/nature club that teaches the youth environmental and nature science is a new addition. The Hippology Club (horse science) continues to grow in numbers and is currently ranked second in quiz competition in the State.

Being able to offer projects in clubs such as science, community service, shooting sports, outside activities as well as Mecosta’s summer camp program and Proud Equestrian Program has increased the delivery of the 4-H program to youth who might otherwise not have had the opportunities. Mecosta County has experienced an increase in the number of youth served due to the involvement of 4-H in schools with specialty programs in reading and science, literacy program, and hands on science programs. (1959 total youth in 2012, compared to 1740 total youth in 2011 an increase of 219 youth).

Summer Camp—The Mecosta County 4-H Summer Adventure Camp Program celebrated its 14th summer. This 4-H program has received two awards for quality programming and life skills development. The summer camp counselor training program model that has been developed in Mecosta County is being used in other counties for their 4-H summer camp programs. Curriculum and activities developed in the program are being used by other staff in Michigan and in other states with summer camp programs.
Junior Livestock Sale — The 2012 Mecosta County 4-H Junior Livestock Sale had a gross income of $155,500 during the Mecosta County Fair in July.

Teen Club — The Mecosta County 4-H Teen Club (the Teen Club’s project areas include community service, leadership and recreation. The Teen Club continued the Hospice Bone Pillow project in 2012 with just under 500 bone pillows constructed and donated. The teens participated in a county-park clean up where they raked, cleaned and carried brush to prepare the Youth and Family Camp at School Section Lake for its opening season. The Teen Club’s goal is to complete one community service project a month.

Shooting Sports — Mecosta County’s On-Target Shooting Sports Club continued to experience membership growth. Members learn and practice skills and travel to 4-H shoots throughout the region. Some members attended the Michigan 4-H Shoot to compete in their shooting disciplines, with a rifle discipline being added.

Exploration Days — Twenty-three youth from Mecosta County attended this annual event on MSU’s campus. Exploration Days is designed to help students learn new ideas and techniques, increase their interest in and readiness for college, explore career options, and develop decision-making, independence and teamwork skills.
According to the Michigan Department of Agriculture and Rural Development (MDARD), Michigan’s food and ag industry contributes $91.4 billion annually to the state’s economy. It employs 923,000 Michigan residents (nearly 22 percent of people working in Michigan). Michigan leads the nation in the production of 18 commodity crops.

The leading segment of Michigan’s agriculture industry is Dairy, providing almost a $1.8 billion impact to the economy and ranks 8th nationally in milk production. Livestock is close behind with hogs - ranked 13th in the nation in production - generating cash receipts of $419.1 million annually. Cattle have an annual impact of $433.7 million.

In field crops production, Michigan ranks #1 in black, cranberry, and small red dry beans and #2 in the nation in navy bean production. Sugar Beets - ranked #4 in the nation with an annual indirect economic impact of $272 million; Soybeans - ranked #12 in the nation with a farm-gate value of $990 million; Corn - ranked #11 in the nation and adds $2 billion to the economy.

In fruit and vegetable production, Michigan is ranked #1 with tart cherries, producing 60-65% of the U.S. tart cherries. We are also ranked #1 with blueberries and cucumbers (for pickling).

Squash – ranked #2 in the nation
Carrots and Celery – ranked #2 nationally
Apples – ranked #3 in the nation and contributes $194.7 million to the state.
Asparagus – ranked #3 in the nation and produces 95% of the U.S. asparagus.
Potatoes – ranked #8 in the nation, annual economic value of $174 million

Horticulture, including nursery plants, Christmas trees and floriculture, is ranked 3rd in the nation in wholesale sales with $376.1 million. Michigan ranks 1st in the nation in production of Begonia baskets, Easter Lily pots, cut Geraniums, Geranium seeds, Petunia baskets, New Guinea Impatiens baskets, and Impatiens in both flats and baskets.

Mecosta County Agriculture—Agriculture is a vital business for Mecosta County. The latest farm census (2007) indicates over $72 million in sales from crops and livestock for the 845 farms in Mecosta County.

Groundwater Protection
The Well Closure Demonstration for 2012 MDARD Grant was completed. Extension Educator Christina Curell assisted in having an abandoned well closed in Mecosta County and held a farm tour for new MAEAP technicians, teaching them how to conduct farm tours.
Dairy

There are 4,800 milking cows in Mecosta County. The total amount of milk sales in the county is estimated at over $12.5 million.

» Dairy Labor Management Workshop - Provided information for dairy business managers to improve their skills in leadership, supervision and coaching of employees.

» Nutrition Basics for Dairy Farmers — was a two-day program designed to give dairy farmers and dairy farm employees an increased understanding of the basics of dairy cattle nutrition. Participants were equipped to better communicate with their dairy nutritionists and consultants regarding nutrition and feeding management of their herds.

» Dairy Nutrition Roundtable — Fourteen agribusiness professionals (dairy nutritionists and veterinarians) serving Missaukee, Mecosta, Osceola and Wexford Counties had the opportunity to participate in a Dairy Nutrition Roundtable in Lake City in December 2012. MSU dairy nutrition professors interacted with dairy nutritionists and veterinarians to informally discuss current issues related to the nutrition and feeding of dairy cattle.

General Agriculture Programs

» Farm Business Management — Curtis Talley, Farm Management Educator, met with farmers to assist with their business plans and tax plans.

» Safely Transporting Agricultural Products — Presented through the Stanwood Co-op, this workshop assisted 26 Amish growers in Mecosta County. It was taught by Extension Educator Phil Tocco. Based on Good Agricultural Practices for food safety, emphasis was placed on the appropriate transportation of vegetables to meet standards for selling their produce.

» Restricted Use Pesticide Exam & Prep — Extension Educator Fred Springborn provided instruction for the Restricted Use Pesticide Exam review in 2012 for farmers in Mecosta County. The course teaches applicator safety, and proper application techniques including integrated pest management to make the food supply safer and to protect the environment. Passage of the RUP exam provides licensure to purchase restricted use pesticides for three years.

» Landowner Oil and Gas Leasing — Held in November at Chippewa Hills High School, MSU Extension Farm Management Educator Curtis Talley, Jr, together with experts from Michigan Department of Environmental Quality and legal counsels, provided information to landowners to help them make good decisions about land leases for the oil and gas industry. Included in the educational event was a session on advances in drilling technology, or “fracking.”

In the last two years there has been increasing interest in leasing mineral rights. This interest can lead to significant income opportunity for landowners.

- Can leases be negotiated to improve income and reduce impacts to existing operations?
- How is the oil and gas industry regulated to insure energy is produced safely?
Outreach to Small Fruit Growers Mecosta County—

In 2012, Extension Educator Carlos Garcia-Salazar, PhD, provided support to small fruit growers that were affected by diverse insect pests that caused major economic losses. The most important pest problem affecting raspberry, blueberry and strawberry crops in Mecosta County was the Spotted Wing Drosophila (SWD) that in some cases caused more than 50% fruit damage, mainly in fall raspberries. Organic growers and growers that use limited amounts of insecticides were the most affected in their economy by this pest, especially Amish growers.

In response to this situation the MSU Small Fruit Program conducted an extensive monitoring program among small fruit growers that included installation of monitoring devises, pest control recommendations and a workshop to make growers aware of the pest problems affecting their fruit crops and the means to control them.

In support of the Amish fruit growing community, the MSUE Small Fruit Program conducted 33 farm visits to provide pest identification and recommendations to growers affected by the SWD. In addition, in November 2012 an Integrated Pest Management workshop was conducted at the Austin Township Hall in Stanwood, MI. A total of 38 growers received 2-hour training on identification, monitoring and controls of the Spotted Wing Drosophila, Tarnish Plant Bug, Two Spot Spider Mite, and others. Those pests affect blueberries, raspberries and strawberries in Mecosta County.

Beef Breeding Soundness Clinics

In an industry where the major product sold is a live calf, all breeding bulls should receive an annual breeding soundness exam. By identifying potential male fertility problems, producers are able to reduce the risk of a less than optimum breeding season. In 2012 there was a Beef Breeding Soundness clinic at the Wernette Beef Farm in Remus where 24 bulls were tested.
Nutrition Education—MSU Extension provides nutrition education to persons receiving (or eligible to receive) the Food Assistance Program. The Supplemental Nutrition Assistance Program (SNAP) Education is funded through a statewide grant from the Federal Government (Farm Bill). The SNAP-Ed program plays a vital role in helping to improve nutrition among low-income individuals.

**Adult Nutrition**

» **Eating Right is Basic** — This eight week program was offered at Friends Ministry. Participants learned about goal setting, custom nutrition and physical activity to suit each person, eating more fruits and vegetables, portion sizes, becoming familiar with Dietary Guideline numbers, Food labels 101, healthy habits and fat facts.

» **WISE Women** — in partnership with District Health Dept #10, MSU Extension provided nutrition education to WISE Women clients in March and April on Wednesdays and Thursdays.

» **Presentations** - Speaking engagements and presentations, along with educational materials were provided to many adults and youth, including:
  - Family Fun Nights at four (2 in Big Rapids, 2 in Remus) NEMSCA Head Start parents.
  - Big Rapids Cross Roads Parent University group.
  - Ferris State University Students with Families group.
  - Women’s WISE shelter, MI Works, and WISE Women (Health Dept).

» **WIC Project FRESH**: WIC Project FRESH is a program that makes fresh produce available to low-income, nutritionally-at-risk consumers, through Michigan farmers’ markets. Participants are given a booklet of 15 coupons, each worth $2.00 to be redeemed at local farmer’s markets. Used like cash, these coupons are then sent in at the end of each month by a market master and the vendors are reimbursed. 75 counties participated in the program, 1529 farmers provided food and more than 25,500 WIC clients used the coupons across Michigan last year.
  - In Mecosta County, nutritional presentations for WIC clients were held each month plus 24 Project Fresh nutrition classes were held in the summer.

**Youth Nutrition**

» **Show Me Nutrition!** - MSU’s youth curriculum “Show Me Nutrition” was held as a series in two Weidman Kindergarten class rooms.

» **A Farmer Grows a Rainbow!** - Over 200 3rd graders participated in Mecosta County Ag Day with a lesson in how “A Farmer Grows a Rainbow”.

**Mecosta County Nutrition Education Numbers**

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Cooking Matters

Cooking Matters is a national curriculum taught in an eight week series. A survey released by Share Our Strength found that 85% of low-income families want to make healthy meals, but only about half are able to do so, on a regular basis. Cooking Matters teaches participants to cook and eat more healthily. Mecosta County SNAP-ED program associate Effie Jack teamed up with Cooking Matters and a local volunteer Chef (Don Zimmer) and started offering cooking and nutrition classes in Mecosta County in February 2012. Eight classes were held last year, one at the Youth & Family Center in Mecosta, one at the MOISD in Big Rapids, and six in the Mecosta County Services building. These classes have continued into 2013, with great accomplishments. Quotes from some clients...

- “My husband no longer refers to my cooking as burnt offerings.”
- “This program showed me how to properly balance my family’s diet. I have lost 20 lbs! I don’t know where it went, but it’s not on my scale.”
- “Thank you for helping me eat and live healthier.”

Hall of Fame! These classes have had such success that MSUE’s volunteer chef is getting national recognition from Cooking Matters for teaching 17 classes. Don Zimmer was recently recognized at a national conference in Washington DC and was inducted into the Cooking Matters Hall of Fame.

Food Safety & Food Preservation

- Freezing Fruits and Vegetables—was taught in July 2012 at Big Rapids First United Methodist Church for the group Hope Garden Project. They wanted a way to preserve the extra fruits and vegetables from their community garden so that they could distribute them to the senior centers, shelters and community meal sites later in the year when produce was scarce. The health department had told them that they could not can but could freeze these items for later use.

- Cooking for Crowds—was taught in July at the Third Avenue United Methodist Church by Food Safety Extension Educator Linda Huyck. There were members from that church and other groups there. They were involved in offering free community meals and wanted to be sure their volunteers were trained in food safety. There were 19 participants in attendance.
Disease Prevention and Management

MSU Extension disease prevention and management education programs help participants increase their ability to lead a healthy lifestyle that greatly reduces a person’s risk for developing chronic disease or improves disease management. Just over nine percent of Michigan adults have been diagnosed with diabetes—an estimated 701,000 people. An additional 364,400 Michigan adults are estimated to have diabetes but are currently undiagnosed. Healthcare costs are 2.3 times higher for a person with diabetes as opposed to a person without diabetes. The cost of treating diabetes is expected to triple in Michigan over the next 25 years. It is estimated that the state can save $545 million spent across all chronic diseases by investing $10 in preventive care per person, per year.

» PATH workshop in Mecosta County—In January 2012, MSUE worked with the Arthritis Foundation and the local offices of aging to provide PATH (Personal Action Toward Health) for seniors in Mecosta County. Results/Impact? Statewide PATH major results include:
  - 31% of attendees reported better health at the end of the 6 week series.
  - PATH participants had a significant reduction in fatigue symptoms
  - Increased amount of physical activity reported by participants
  - Increased frequency of asking questions related to disease and treatment during healthcare visit (22%)

Government and Public Policy

» New County Commissioner Workshops—Since 1968, MSU Extension, in partnership with the Michigan Association of Counties, has conducted the New County Commissioner Workshops following the biennial election of commissioners. The program offers information and learning opportunities on county structure and process, budgeting and finance, county administration, courts, and more. Six persons from Mecosta County participated in the program in 2012.

» Land Use—The signature programs for Land Use include Placemaking and Planning for the Global Economy: What is the role for your local government in the global economy? These programs had attendees from Wexford, Missaukee, Osceola, and Mecosta Counties. Some of the specific trainings included: Sign Regulations; Right to Farm Act; Placemaking Summit; Ethics, Conflict of Interest, Incompatible Office; Placemaking and Form Based Codes.
### STATEWIDE NETWORK—Extension Educators serving Mecosta County

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### Lawn & Garden Questions:
Online: [www.migarden.msu.edu](http://www.migarden.msu.edu)
Toll-Free: 1-888-678-3464

### Soil test kits (homeowners)
[www. bookstore.msue.msu.edu](http://www.bookstore.msue.msu.edu)
Product Code: E3154

### Information Bulletins:
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Agriculture (and other) News
[www. msue.msu.edu/news](http://www.msue.msu.edu/news)

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District 6:
Mecosta County

ENROLLED MICHIGAN STUDENTS
45

ALUMNI RESIDING IN DISTRICT
534

ALUMNI DOCTORATE DEGREES
62

SPENDING WITH LOCAL BUSINESSES
$46,458

TOTAL ECONOMIC IMPACT *
$5,426,430

FINANCIAL AID DISBURSED
$621,143

4-H YOUTH AND ADULT PARTICIPANTS
1,644

VENDORS
30

For additional information visit:
http://mispartanimpact.msu.edu/
http://msue.anr.msu.edu/

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*Data is from an independent study by the Anderson Economic Group.