MESSAGE FROM THE DISTRICT COORDINATOR

It is with pleasure that I bring another annual report of the good work MSU Extension is providing in Osceola County. Through our partnership with the local county, we are able to bring state and federal funding into the local Extension office to bring resources of the land grant university to this community. Our mission is to help “people improve their lives through an educational process.” We do this by bringing resources from our four Institutes, or areas of programming:

- Agriculture and Agribusiness
- Children and Youth (includes 4-H)
- Health and Nutrition
- Greening Michigan (Natural Resources, Leadership Development, and Economic and Community Development)

In 2015 MSU Extension continued to strive to meet the needs of the local communities and embarked on a large needs assessment process. In addition to conducting an online survey that netted over 5,000 responses statewide, we conducted “Issues Identification” focus group sessions in each District. In our area - District 6 - we held three sessions in the last quarter of 2015. Almost 100 community members attended the facilitated discussions and answered questions like:

⇒ What do you think are the most important areas for Extension to focus their efforts over the next 3-5 years?
⇒ What are the needs and opportunities in our communities that research and education can make a difference by addressing?

Over the next several months, we will be processing the statewide and local data. We expect it will be very helpful in our program planning and resource allocation decisions. I would be happy to share the results of both the online Focus survey and the Issues ID sessions with anyone who is interested.

As always, I thank you for your commitment to MSU Extension and the people we serve in this great state and Osceola county.

Shari Spoelman

District Coordinator

2015 PARTICIPATION NUMBERS
Does not include phone or counter assistance

Agriculture & Community Food Systems Program Recipients .............. 122
Consumer Horticulture/Gardening .................................................. 21
Health & Nutrition Program Recipients ....................................... 1193
Community Development & Natural Resources Programs ............ 15
Youth Served ..................................................................................... 1193
Soil Tests ......................................................................................... 155

MISSION

Michigan State University Extension helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.

CONTACT US

MSU Extension
Osceola County Courthouse
301 W. Upton Ave
Reed City, MI 49677
Phone: 231-832-6139
Fax: 231-832-3381
http://msue.anr.msu.edu/county/info/osceola

Michigan State University is an affirmative action/equal opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey Dwyer, Director, MSU Extension, East Lansing, MI 48824
DEVELOPING YOUTH AND COMMUNITIES

4-H by the Numbers
The Osceola County 4-H program is a strong program that is growing and diversifying to meet the needs of the many families across Osceola County. Below are some numbers that show the continued success of, and participation in, the Osceola County MSU Extension 4-H Children and Youth program:

- 460 youth enrolled in club-based 4-H in 2015
- 79 adult 4-H leaders actively volunteered their time in 2015
- 29 4-H Clubs
- 733 additional youth were reached thru specific programs such as Project Rural Education Days and Health Education

Osceola County Fairs
Osceola County 4-H has a strong traditional 4-H program were a youth raises an animal and takes it to the county fair. Some of these animals are shown and brought home and others are shown and sold through an auction at the end of the week. During the summer month’s youth have two opportunities to take their animals to a fair: the Marion Fair and the Osceola County Fair. In 2015, 43 youth participated in the market livestock program at the Marion Fair and sold 54 market projects. In 2015, 187 youth participated in the market livestock program at the Osceola County Fair and sold 291 market projects. At both fairs we have our horse program and breeding stock youth participating. Many youths also do “still” projects and present them at the fairs as well.

Avian Influenza Concern
The largest challenge that we faced at the 2015 fairs was the state-wide poultry ban. Working together with the fair boards, the 4-H office created an educational opportunity for the youth. With live birds not being allowed at the fair, youth took pictures and developed a display for their cages. Youth were able to create a chicken model. Older youth used chicken wire and pipe cleaners to create a life size chicken while the younger youth painted a wood cut-out of a chicken. Participants used plush birds to do showmanship with a modified process in the show ring. The youth had a fun time with the modified poultry format. When it came to selling the birds, all birds had to be picked up at an off sight location and then processed by a certified processer. The birds then could be sold by process weight. When it came to the sale, we saw a larger turn out of local families and farms purchasing processed poultry. Many of the buyers stated they bought because they could take their product home that night. With a successful year of change, the youth and leaders have decided to have all market poultry processed and ready for pick up the night of the auction sale.

At the fair this year, youth could not bring in their own poultry due to the Avian Influenza. To make the show possible, youth demonstrated their showmanship skills on a plush bird. This youth is presenting his bird to the judge.
4-H Horse Programs

Horse Clubs
In 2015, Osceola County had 80 youth participate in multiple horse events. During the summer months youth have eight opportunities to show their horse in addition to the horse shows at the fair. Many youth use the 10 shows to work with their horse to perfect showing disciplines to prepare for the Michigan State 4-H Horse Show which took place in August. Osceola County was represented by 8 youth at the State Horse Show.

Proud Equestrian Program
For the first time in several years, we had a spring and fall 4-H Proud Equestrian Program. The 4-H Proud Equestrian Program is aimed towards youth that want to ride horses but cannot due to disabilities. This program offers the youth that opportunity. This is a joint program the Osceola County and Mecosta County 4-H team up to host. In 2015, we had 9 youth riders. Each youth rider needs to have three volunteers, one to lead the horse and two side walkers. 4-H encourages any youth to volunteer at this program and the rewards of volunteering cannot be put into words.

Horseless Horse
During the spring and fall we also hosted the 4-H Horseless Horse. This program is aimed towards youth that do not have horses and want to ride them and learn proper safety around them. In 2015, we had 29 youth participate in this popular program. Youth skills range from never been on a horse to youth returning from last year’s program.

Shooting Sports
The oldest 4-H club in Osceola County is our Bad Toads Shooting Sports. Shooting sports have been strong for over twenty years. In 2015, we had 56 youth participate in our 12 week program. In shooting sports the youth learn proper gun handling with bb guns and pellet guns. During the program, youth learn to shoot from four positions: prone, laying, kneeling, and standing. Each youth shoots from each position three times. For youth 9 and older, they shoot for high point. After the fourth week of shooting the youth are broken into separate shooting brackets so youth are competing with others at the same skill level. BB guns are used until youth are 13, at which time they start shooting pellet guns.
School Programming

Project Rural Education Days
Osceola County 4-H also offers school based opportunities. In the spring of 2015, Osceola County 4-H program and Michigan Farm Bureau hosted the 23rd Annual Project Rural Education Days. Over 300 students from all four school districts in Osceola County attend Gingrich Meadows and Rose Lake Park to learn about agriculture and environmental issues in a nontraditional school setting. During their visit to Gingrich Meadows, youth learn about calf management, milk production and nutrition, feeding dairy cows, and manure management. When they visit Rose Lake park, students learn about electrical safety, training Labrador retrievers, wild turkeys, draft horses and recreational safety. In the nutrition session, youth were eager to learn how to make a smoothie by pedaling a bike.

Healthy Lifestyles Education

During 2015, 4-H purchased a bike kit to create a smoothie bike for all youth. In early winter, Osceola County 4-H and Osceola County SNAP-ED presented the smoothie bike to two different Evart Public school classes, one in the middle school and the other in the high school. Through these two presentations, 4-H promoted a healthy lifestyle to 100 youth.

Exploration Days and State Awards

Osceola County youth also participate in the largest 4-H state program called Exploration Days. Exploration Days happens every year in June at Michigan State University Campus as a pre-college program. Over 2,500 youth, ages 11-19 and chaperones from all over the state comes to MSU for this three day event. All participants register in March by selecting from over 200 different hands on learning sessions, field trips, and recreation opportunities. In 2015, Osceola County had 10 youth, 2 chaperones, and 3 presenters represent the county. 3 youth out of our delegation competed in the State Award program where they had to complete an application and then interview process during Exploration Days. 2 youth won in their respected project areas, Senior Beef and Junior Sheep. This is a great accomplishment for Osceola County, especially having 2 award winners from our county.

Youth state award delegates with Osceola County 4-H Program Coordinator Jacob Stieg.
Nutrition Education - MSU Extension provides nutrition education to persons receiving (or eligible to receive) food assistance. The Supplemental Nutrition Assistance Program (SNAP) Education is funded through a statewide grant from the Federal Government (Farm Bill). “SNAP-Ed” plays a vital role in helping to improve nutrition among low-income individuals.

Youth Nutrition

Show Me Nutrition— This evidence-based curriculum of six to eight sessions provides youth in grades prekindergarten to 8 with age-appropriate literacy-based education in areas of nutrition, food safety, physical activity, body image and media influence on health choices. In Osceola County this curriculum was taught in Evart Headstart, Reed City Headstart, Tustin Headstart, and Evart Middle School.

Outcome Evaluation Results for Children:
Teachers of children in preschool to grade 2 were asked to complete a survey documenting their observations about youth behaviors after participating in our nutrition education programs.
- Ninety-nine percent of the teachers reported that the children increased their awareness of the importance of good nutrition
- Sixty-eight percent reported that the children were making healthier meal and snack choices
- Eighty-five percent reported that the children were willing to try new foods
- Seventy-three percent reported that the children were eating more fruit
- Sixty-seven percent reported that the children were eating more vegetables

Cooking Matters for Teens—Local chefs and MSUE program instructors work with participants in this hands-on, six-part series teaching the basics of selecting nutritious, budget friendly ingredients and preparing healthy meals. The teens have a cook-off competition at the end of class to showcase what they’ve learned. Cooking Matters has been featured by First Lady Michelle Obama’s Let’s Move! campaign and recognized by the U.S. Department of Agriculture for excellence in nutrition education. This was taught at Evart Free Methodist Church in 2015.
Adult Nutrition

**Presentations & Health Fairs** - Nutrition education presentations were provided at Central Michigan Health Department, Evart Community Center, Commission on Aging, Mecosta and Osceola Headstart (parents), Great Start Collaborative, and Evart Methodist Church.

**Project FRESH and Market FRESH for Seniors** - MSU Extension provides the nutrition education portion for Market FRESH for Seniors and WIC Project FRESH. MSU provides information on how to choose, store and prepare fresh, locally grown fruits and vegetables. WIC-eligible individuals receive coupons to purchase fruits and vegetables from local farmers markets. There were 119 coupon books distributed to the seniors of Osceola County and 105 coupon books were redeemed (88% redemption rate). 176 Project FRESH coupon books were distributed to participants of WIC and 119 of the coupon books were redeemed for fresh local produce (redemption rates 68%).

**Eat Smart Live Strong** - From the USDA, “Eat Smart, Live Strong” is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds participating in or eligible for nutrition assistance programs. This series, which was held at Evart Senior Housing, Marion Eagles, and Reed City taught older adults to eat more fruits and vegetables and to get at least 30 minutes of physical activity most days. The class also addressed goal setting and tips on saving money while eating fruits and vegetables.

**Cooking Matters** - This six-part series teaches the basics of selecting nutritious, budget friendly ingredients and preparing healthy meals. The participants listen to a nutrition message for the first part of the class, and then they work with a local chef to prepare a meal in class. At the end of class they are able to take home groceries to prepare the same meal at home. They also visit a local grocery store to receive a tour to learn how to shop healthy on a budget, and then participate in a $10 meal challenge. This curriculum was taught at the Evart Free Methodist Church and also Higher Ground.

**Cooking Matters at the Store** – Osceola County provided grocery store tours at Valueland where participants received a tour to learn how to shop healthy on a budget. At the end of the tour, participants are challenged to buy groceries that would feed a family of 4 for less than $10.

**Healthy Harvest**—Developed in partnership with the Michigan Master Gardener Program, Healthy Harvest teaches participants basic gardening skills. Participants also discover how to use what they grow to prepare healthy and tasty meals. This class was held in the MSU Extension office in Reed City.

### County Nutrition Education Numbers 2015

<table>
<thead>
<tr>
<th>Adults in Series</th>
<th>Adults in Presentations</th>
<th>Youth in Series</th>
<th>Youth in Presentations</th>
<th># Presentations</th>
<th>Total Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>62</td>
<td>301</td>
<td>178</td>
<td>459</td>
<td>70</td>
<td>2484</td>
</tr>
</tbody>
</table>
KEEPING PEOPLE HEALTHY

When you support MSU Extension’s efforts to enhance residents’ access to an adequate supply of safe, affordable food, program participants will focus on food safety measures in the field and at harvest, learn proper food preparation and food preservation techniques, and bring community partners together to strengthen access to healthy food supplies. This leads to a healthy population, which in turn helps keep health care costs in check and our communities viable.

Teaching residents about food safety

MSU Extension food safety education programs train participants to prevent incidents of foodborne illness associated with unsafe food handling practices. In Osceola County in 2015, MSUE provided a class on canning at the LeRoy Methodist Church.

Disease Prevention and Management

MSU Extension’s Disease Prevention & Management team partnered with the Reed City Housing Commission & Area Agency on Aging of Osceola County to offer Diabetes PATH (Personal Action Towards Health) in Osceola County. Diabetes education through Michigan State University provides practical knowledge and skills to Michigan residents who are at risk of diabetes and for those who live with diabetes. Classes were offered free of charge at Meadowview Apartments, Reed City.

Through the National Diabetes Prevention Program, MSU Extension helps participants to learn ways to change their lifestyles and improve their health.
Working to improve social and emotional health

Social and emotional health and well-being is critical to all aspects of health and involves the social, mental, psychological and inner strengths across the lifespan. This includes forming and maintaining healthy, supportive and satisfying relationships. These relationships can happen as we accept other’s perspectives, resolve interpersonal conflict and feel capable and whole, expressing emotions, navigating stress, and having a positive sense of self. Social Emotional programming helps keep families, caregivers and individual’s strong and successful.

Stress Less with Mindfulness

This educational program introduces the practice of mindfulness to reduce stress. Mindfulness means to consciously choose to step back from the busy thinking mind to a quieter place in your mind, to cultivate and practice habits of gently accepting unpleasant thoughts or feelings. With such, one can learn to feel more content with their life and the actions of others. Nineteen adults participated in two “Stress less with Mindfulness” programs in Osceola County during 2015.

SuperSitters Babysitting Class

Babysitting workshops build youth knowledge in these areas:
- Child Development
- Basic First Aid
- Child Discipline
- Children’s Activities
- Safety
- Nutrition

Local resource professionals such as EMS, law enforcement, and health providers are guest speakers added to enhance learning. One six-session series of the “SuperSitters Babysitting” workshop was offered in Osceola County in 2015 with 11 youth participating.

Karen Lindstrom with the city police speak to the participants of a Reed City Babysitting Class.
Michigan agriculture continues to be a growing segment of the state’s economy. The production of commercial food and nonfood agricultural operations is growing rapidly. The number of households raising a portion of their own food and raising livestock or gardening for pleasure or relaxation continues to increase. When you support MSU Extension, you help participants learn profitable and efficient business and production practices. Participants also learn how to optimize and reduce the use of pesticides and fertilizers, and how to conserve and protect water resources. This education leads to better use of time, money and human capital, and helps retain and create agricultural jobs. These measures strengthen Michigan’s economy while connecting farmers to local food opportunities and global markets. In this way you help MSU Extension encourage growth in a sustainable and prosperous Michigan food and agriculture system.

Cover Crop Revival to Improve County Soils

In 2015 Jerry Lindquist conducted six educational meetings on cover crops and soil health to help farms improve their soils more naturally. The total audience at all of these events was over 200 farmers and landowners. The majority of these events were part of the Osceola County 2015 Soil Health Summer Series that was conducted for the second year in cooperation with the Natural Resources Conservation Service, the Michigan Agricultural Environmental Assurance Program, and the Osceola County Farm Bureau. Cover crops like rye, oats, radishes, clover and millet are finding new benefits when planted together in a mix to improve soil health. Cover crop plantings were demonstrated at three of these events near Tustin, Marion and Evart demonstrating the plant growth and its benefit on soil health. In one instance the following year’s grain yield of soybeans was found to increase by 15 bushel per acre or a value of $130/acre, by seeding a multi-species cover crop mix in the field the fall before. This same farm was able to graze the cover crop mix with beef cattle and did not have to feed hay from Oct. 20 to Jan. 1 resulting in a net savings of $900 for this small farm. Totally the practice netted an extra $3,000 for this small farm. Three other farms also utilized this cover crop mix for fall grazing of cattle. Based on their larger cow numbers, these herds estimated that they saved approximately $2,450 net per farm just by grazing the cover crop vs. feeding hay for a total estimated net saving of $9,800 for all three of these farms. They also are hopefully improving their soils for future grain growth like what was realized in the soybean crop, while also protecting the environment which is a win: win for all concerned.

Christina Curell of MSU Extension and Jerry Gringer from NRCS explain soil health observations from the soil pit to a diverse farm audience at the Lee’s Woodland Farm of Marion.
Building the Michigan Grass-fed Beef Industry

For the last four years Jerry Lindquist has played a key role in building the Grass-fed Beef Industry in Northwest Michigan along with Dr. Jason Rowntree, Dr. Matt Raven, Doug Carmichael and Kable Thurlow, all of MSU. Grass-fed beef is produced by feeding cattle only pasture grass and hay/forage products. No grain such as corn is fed at all. The practice fits well in Northern Michigan where grassland is more abundant. The resulting meat is preferred by many consumers who are currently paying a 25% premium for the product. The MSU Grass-fed Team worked with 21 farms starting in 2011 that hoped to enter the grass-fed beef business. Seventeen of the 21 farms remain in the project and 8 have now produced a grass-fed beef animal for harvest to the project (sky rocking beef prices in 2014 – 2015 made entry level cattle purchases out of the question for some of the beginning farms). These 8 farms have produced a total of 38 head of grass-fed cattle. When combined with the Lake City and Chatham Research Farms output the project has produced over 200 head of grass-fed cattle for the Northwest Michigan market. This is a value of over $381,000 that this project has produced in grass-fed beef products. The MSU researchers have collected data along this entire grass-fed production chain and are now compiling these data and sharing it with the rest of the cattle industry. As a result, MSU has become a recognized research leader in the world in grass-fed beef production. The participating Michigan farms in the project have demonstrated their knowledge and confidence gained of grass-fed beef production by speaking at four different pasture walks and/or at the conferences in 2015. The MSU Team was very impressed with the knowledge level that they now can express (the students have become the teachers). Many favorable comments regarding the MSU grass-fed beef project for NW Michigan have also been received from the food processors, whole sale buyers, chefs and farm producers. Those comments include, “Best natural type beef this establishment has purchased in 30 years,” and “I have come a long way in my ability to produce grass fed beef – couldn’t have done it without the MSU team.” One local butcher processing some of the MSU project grass-fed cattle commented, “My opinion of grass-fed cattle in the past was not a good one – these MSU managed cattle are changing my opinion. Grass-fed beef can be good.”

The Grass Fed Exchange Conference

To showcase the growth and significance of grass-fed beef production in the U.S., and to highlight the grass-fed beef research conducted by MSU, the grass-fed beef team hosted the first 2015 Grass-fed Exchange Conference in Mt. Pleasant in 2015. Over three days in September, more than 275 attendees from 23 States and Canada attended the event. A tour of the Lake City AgBioResearch farm showcased the MSU research on grass-fed cattle, pasture grazing management, and utilizing cover crops for grass finishing.
Focus on Dairy Production

Dairy producers, dairy farm employees, and industry professionals received timely updates about topics important to managing today’s dairy farms at the Focus on Dairy Production meetings offered across the state by the Michigan State University Extension Dairy Team. One of the five meetings was held on March 4, 2015 in Falmouth. Dairy producers, dairy farm employees and agribusiness professionals from Osceola County participated in the meeting.

MSU Extension Educators and Specialists presented updates on management practices important to calf and cow health, feeding higher levels of corn silage to milking cows, ensuring proper animal handling skills for employees, and winter manure spreading.

People who completed the post-meeting survey indicated that they planned to modify newborn calf care protocols, implement practices to reduce disease transmission in their cattle, and increase animal handling training for their employees.

North Country CISMA

(Cooperative Invasive Species Management Area)

2015 saw the development of a new partnership between Extension and state and local natural resource agencies with the development of the North Country CISMA. The goal of the group is to support the efforts of regional and local groups working to control invasive species in Michigan by providing a network for local and regional invasive species coordinators, sharing information, improving control efforts, implementing control efforts and enhancing communication in invasive species statewide. MSU Extension is proud to be involved in supporting this important work.
Christmas Tree Production

Technical support for area Christmas Tree growers continued in 2015. Area research trials for early coning of Fraser Firs are investigating reasons for early coning and methods to eliminate early cone production. Trials are looking at several approaches—from irrigation management to using growth regulators to stop cone production. The goal is to help growers reduce input costs and increase yield and quality to effectively compete in national market.

Michigan Christmas Tree Association Summer Meeting

The Michigan Christmas Tree Association’s (MCTA) summer meeting was held at Getty Tree Farms in Manton. MSU Extension partners with MCTA to provide educational programs for growers. One hundred and seventy-two growers from the local area and across Michigan learned about improving soil quality, minimizing damage from birds, MSU research, pesticide storage and much more.

Annual Spring Christmas Tree Update

The annual spring meeting provided updates on insects, diseases, and other things to watch for in 2015. Growers from Osceola County attended this program in Cadillac.

**Lawn & Garden Questions:**

Online: [http://migarden.msu.edu/](http://migarden.msu.edu/)

Toll-Free: 1-888-678-3464

**Soil test kits**

(homeowners) [http://shop.msu.edu/category_s/345.htm](http://shop.msu.edu/category_s/345.htm)

Product Code: E3154

**Information Bulletins:**

[http://shop.msu.edu/category_s/345.htm](http://shop.msu.edu/category_s/345.htm)

**MSUE Events and Programs:**

[http://msue.anr.msu.edu/events](http://msue.anr.msu.edu/events)
### Osceola County MSU Extension Staff:

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gerald Lindquist</td>
<td>Agriculture Extension Educator</td>
<td>231-832-6142</td>
<td><a href="mailto:lindquis@msu.edu">lindquis@msu.edu</a></td>
</tr>
<tr>
<td>Shannon Lindquist</td>
<td>Social-Emotional Health Educator</td>
<td>231-832-6145</td>
<td><a href="mailto:lindqui8@msu.edu">lindqui8@msu.edu</a></td>
</tr>
<tr>
<td>Renee Sanders</td>
<td>Nutrition Program Instructor</td>
<td>231-832-6141</td>
<td><a href="mailto:biselr@msu.edu">biselr@msu.edu</a></td>
</tr>
<tr>
<td>Jacob Stieg</td>
<td>4-H Program Coordinator</td>
<td>231-832-6143</td>
<td><a href="mailto:stieg@msu.edu">stieg@msu.edu</a></td>
</tr>
<tr>
<td>Carrolin Ruppert</td>
<td>Office Manager</td>
<td>231-832-6139</td>
<td><a href="mailto:ruppert@msu.edu">ruppert@msu.edu</a></td>
</tr>
<tr>
<td>Shari Spoelman</td>
<td>District Coordinator</td>
<td>231-779-9480</td>
<td><a href="mailto:spoelma4@msu.edu">spoelma4@msu.edu</a></td>
</tr>
</tbody>
</table>

### Additional MSU Extension Staff Serving Osceola County Residents in 2015:

- Kathy Lee: Dairy
- Kable Thurlow: Beef
- Christina Curell: Cover Crops & Soil
- Curtis Talley: Farm Business Management
- Mary Wilson: Master Gardener
- Erin Lizotte: IPM
- Gerald May: Mixed Livestock
- James DeDecker: Field Crops
- Heidi Wollaeger: Floriculture
- Jill O’Donnell: Christmas Trees
- George Silva: IPM
- Kendra Moyses: Early Childhood
- John Amrhein: Government & Public Policy
- Kara Lynch: Food Safety
- Katherine Ockert: Science Literacy
- Kristine Hahn: School Gardens
- Bindu Bhakta: Natural Resources
- Pam Daniels: Disease Prevention & Management
- Terry Gibb: Natural Resources
- Brad Neuman: Placemaking
- Teagen Lefere: Finance & Homeownership
- Shelby Burlew: Nutrient Management
- Wendy Weiland: Small Farm Conference

### Online resources for MSU Extension Information

*MSU Extension News* is an online resource that contains the most recent and relevant information from MSU throughout the state. It is available both in a traditional format and in a mobile format. *MSU Extension News* is updated daily to provide the most up-to-date, relevant information available. You can find it at [http://msue.anr.msu.edu/](http://msue.anr.msu.edu/)

A useful feature is the option to request an email notification of articles that recently appeared on the *MSU Extension News* website. The MSU Extension Digests will be emailed to you about every 2 weeks, listing new articles that have appeared. Digests are available by topic or category.