



NEWS RELEASES

University of Minnesota Extension is a 100-year-old partnership between the university and federal, state and county governments to provide scientific knowledge and expertise to the public. Through Extension, the University of Minnesota "extends" its resources to address critical public issues in priority areas, including food and agriculture, communities, environment, youth and families. For more information, visit www.extension.umn.edu.

FOR IMMEDIATE RELEASE

[Farm and Ranch Stress Assistance Clearinghouse Available to North Central States](#)

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FOR RELEASE: September 28, 2020

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CALENDAR

- | | |
|--------------|--|
| September 30 | Goat/Sheep Webinar: Connecting Producer to Consumer
6:30 p.m. via virtual online
Register at z.umn.edu/Goat-SheepMarketing by 12:00 pm (noon) on 9/30/20 |
| September 30 | Gardening Knowledge for Free: Session 1
"How to Start a Pollinator Garden"
7:00 p.m. – 8:00 p.m. via virtual online
Register at z.umn.edu/GKFF by noon on 9/30/20 |
| September 30 | Gardening Knowledge for Free: Session 2
"Evaluate Your Garden – What Worked & What Did Not"
7:00 p.m. – 8:00 p.m. via virtual online
Register at z.umn.edu/GKFF by noon on 9/30/20 |
| September 30 | 4-H Leader Meeting – All Leaders, Volunteers and Members Welcome
7:00 p.m. via virtual online |
| October 4-10 | National 4-H Week
https://4-h.org/ |
| October 19 | 4-H Federation Meeting
7:30 p.m. via virtual online |
| November 10 | 4-H Livestock Project Committee Meeting
7:00 p.m. via virtual online |

Source: Katie Drewitz, Extension Educator –
Horticulture, Small Farms and Local Foods
University of Minnesota Extension
Stearns, Benton & Morrison Counties

Release Date: September 28, 2020

Contact: Katie Drewitz
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NOTE TO EDITOR: Please credit author in published articles. Thank you.

Fall Gardening Knowledge for FREE

By Katie Drewitz, University of Minnesota Extension

ST. CLOUD, Minn. (09/23/2020) — The Stearns County Extension Master Gardeners invite you join them for Fall Gardening Knowledge for Free. This year's event will be held as a two-part webinar series on September 30th and October 1st at 7:00-8:00 PM. Register today at z.umn.edu/GKFF. Each session is taught by a Stearns County Extension Master Gardener and there will be time for questions at the end of each session.

During the first session you will gain insight into the success and lessons learned from an Extension Master Gardener who put in a pollinator garden this year. From removing the sod, to choosing plants, to dealing with weeds, to the end of a successful first year this session has it all. Bring your questions and get ready to be inspired to start your own pollinator space.

The second session will be a guide on evaluating this year's growing season. As the season begins to wind down it is important to map out where you had things planted to create crop rotation guides, what grew well and what was a miss. We can learn something from each year's garden. What did yours teach you this year?

We hope you can join us for this two-part virtual educational opportunity. Register today at z.umn.edu/GKFF. If you have questions or would like assistance with registration please call 320-255-6169 or email us at extension@stearns.co.mn.us.

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Source: Emily Krekelberg, Extension Educator
Farm Safety & Health
University of Minnesota Extension

Release Date: FOR IMMEDIATE RELEASE

Contact: Emily Krekelberg
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Farm and Ranch Stress Assistance Clearinghouse Available to North Central States

By Emily Krekelberg, University of Minnesota Extension & David Brown, Iowa State University Extension

ROCHESTER, Minn. (09/23/2020) — Midwest farmers and ranchers are facing unprecedented stressors and uncertainly imposed by the COVID-19 pandemic, weather related concerns, and the derecho storm that impacted parts of the Midwest. As a result, mental health experts are predicting an increase in deaths by suicide due to social isolation, economic stress, and related factors.

“That is why it is so important for farmers, ranchers and the agribusiness community have quick access to available programs and materials,” said David Brown, behavioral health specialist with Iowa State University Extension and Outreach.

Resources are available through a grant from the United States Department of Agriculture’s National Institute of Food and Agriculture. Eight north central states have been collaborating to offer a clearinghouse of resources for the farm and ranch community. The current site can be accessed online at <https://www.extension.iastate.edu/humansciences/farm-ranch-wellbeing>. This site offers information on programs, hotlines, websites, publications and more that can benefit farmers and ranchers in these challenging times. This site also can be used to access the farm stress related websites for every university extension service in the north central region. States include Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin.

The goal of the clearinghouse is for farmers and ranchers and then families to have easy access to important information that is vital for those struggling during these challenging times.

In Minnesota, the Farm and Rural Helpline is available 24/7 by phone at 833-600-2670, via text by sending FARMSTRESS to 898211, or by emailing farmstress@state.mn.us. Additional resources from both University of Minnesota Extension and the Minnesota Department of Agriculture can be found at z.umn.edu/ruralstress.

For more information, feel free to contact Emily Krekelberg at krek00333@umn.edu or David Brown at dnbrown@iastate.edu.

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UMN Extension Releases Operations Contingency Plans for Livestock Producers

By Emily Krekelberg, University of Minnesota Extension

ROCHESTER, Minn. (09/23/2020) — The University of Minnesota Extension Livestock Team has released a set of customizable forms that can be used to create an operations contingency plan for their farm. The contingency forms are meant to provide livestock owners a starting point to outline essential livestock care if they and/or their managers become sick with COVID-19 or another emergency occurs. In these situations, care would likely need to be administered by a non-household member. The contingency plan is meant to cover short-term, essential care only and is not meant to serve as a comprehensive care plan. The intended use of these forms is for emergency planning purposes.

Plans are available at <https://z.umn.edu/LivestockPlans> for download and can be saved then filled out. Forms can be filled out on the computer or printed and done by hand. There are templates for dairy, beef, swine, poultry (commercial, pasture, and urban), horse (private and boarding), honeybee, and small ruminant (sheep and goat). These forms are intended to aid livestock owners in preparing for short-term (e.g. 30 days), essential care of animals during an illness or emergency that is provided by non-household members. Household or intimate contacts are considered at higher risk of developing COVID-19. If a household or intimate contact develops COVID-like symptoms, the entire household should stay home and self-quarantine for 14 days and monitor for symptoms. Thus, identifying non-household member caretakers are necessary.

As a reminder, COVID-19 does not appear to affect animals but can exist on surfaces, especially nonporous surfaces. Do not touch anything handled by an ill person without personal protective equipment (PPE).

Livestock owners are also encouraged to have a family or household plan in case someone becomes sick with COVID-19 and must isolate at home.

- Continue regular preventative steps including hand washing, avoiding touching your face, and cleaning high-use surfaces
- Keep the sick person in a separate room from the rest of the household and limit how many people interact with them
- Monitor your own health
- Encourage self-care for all household members, and take the time to do it for yourself

For more resources from the livestock team, visit extension.umn.edu/animals-and-livestock. For more from the UMN Extension Farm Safety and Health Team, follow @UMNFarmSafety on Twitter.



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UMN Extension Launches Farm Safety & Health YouTube Channel

By Emily Krekelberg, University of Minnesota Extension

ROCHESTER, Minn. (09/23/2020) — Just in time for National Farm Safety and Health Week September 20-26, University of Minnesota Extension has released its new Farm Safety & Health channel. The channel includes the previously released three-part livestock safety video series, a recently premiered PTO (power take off) Safety video, and Farm Safety Quick Tips. Additional videos will be added in the coming weeks.

The goal of this channel is to promote safety and health on Minnesota farms and beyond. The videos can be used for many audiences including youth, farmers, agriculturalists, and health professionals. Emily Krekelberg, Extension Educator for Farm Safety & Health, is overseeing this new project. “This is a great opportunity for us to share safety and health messages more widely,” she says. “Especially right now, when we are coming up on the busy fall harvest season and are unable to do safety training face-to-face.”

The videos are all shorter than five minutes, making them a great tool for farms. They provide a mix of information, demonstration, and discussion. Some videos feature testimony from Minnesota farmers that have been impacted by farm accidents as well as farms that do outstanding prevention work.

For more resources visit extension.umn.edu and follow the UMN Extension Farm Safety and Health Team on Twitter @UMNFarmSafety.

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