



UNIVERSITY OF ILLINOIS EXTENSION

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2021 Northwest Illinois Grazing Conference 6:30-8:00 pm

March 3: Am I a Regenerative Grazer?

March 10: Be Creative, Identifying Alternative Grazing Opportunities

March 17: Extending the Grazing Season

March 24: Encouraging Maximum Grazing and Weed Control, Putting the Pieces Together

The theme for this year's conference is "Reinvigorating Pastures and Expanding Grazing" which will be brought to you via Zoom.

"Thinking creatively early is the first step to insuring adequate pasture throughout the season" comments Stanley Solomon. Grazers often struggle with sufficient forage during the "summer slump" and run out of grazable forage during the fall. "Planning puts you in control of the options rather than becoming reactionary during these situations," adds the University of Illinois Extension Educator.



Certified Livestock Manager Training

Thursday, March 4, 2021

9:00 am - 1:00 pm

\$40 Registration Fee per person

According to the Livestock Management Facilities Act (LMFA), livestock facilities in Illinois that house more than 300 animal units are required to have at least one certified livestock manager. You must attend the whole webinar (about 4 hours) to be eligible for your certificate. After the webinar, those with over 1,000 AU will be required to log in and take the 40-question online test in lieu of the IDoA's paper-based test.

Online training is also available at go.illinois.edu/CLMT



Stateline Fruit and Vegetable Growers Conference

Thursday, February 25 (Vegetable Track) 1:00 - 3:30 PM

With additional sessions on Fridays in February.

Friday, February 26 - Pumpkin Varieties

12:00 - 1:00 PM

"Each year, we have University of Illinois Extension specialists deliver research based information to give growers timely updates to better manage their crops for the upcoming season," states Grant McCarty, Local Foods and Small Farms Educator for Jo Daviess, Stephenson, and Winnebago counties. "We also cover topics that growers are interested hearing more about like pumpkin varieties and high tunnel production."



February 23- "Corn Rootworm Management"

February 25- "Cover Crops in Northern IL/Southern WI and Combine Cleaning to reduce weed seed movement"

March 2- "Updates in Disease Management"

March 4- "Grain Bin Entry"

March 9- "Will the novel soybean herbicide tolerance traits solve my pigweed and ragweed problem?"

March 11- "The importance of scouting to mitigate risk for fungicide resistance development"

All sessions will be held from 1:00 - 2:00 PM

This live series will consist of weekly sessions to provide valuable updates for Midwestern corn and soybean producers while allowing them the opportunity to ask questions and discuss with the experts.

Think Spring Gardening Series

6:30-8:00 pm

Tuesday, March 16-Designing a Garden to Attract Birds

Thursday, March 18- Lessons for the Red Oak Rain Garden

Tuesday, March 23-Bulb Lasagna-Creating Layers

Thursday, March 25-50 Shapes of Shade

Tuesday, March 30-Succulent Wreaths

Thursday, April 1-Starting Seeds Successfully

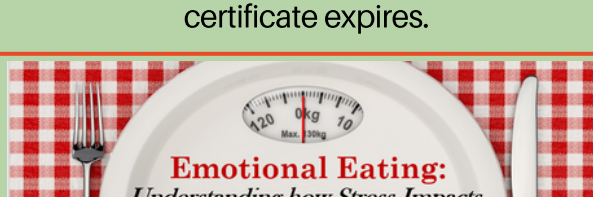
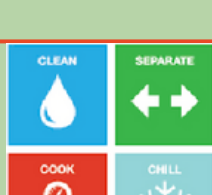
Think Spring Gardening Series in place of their annual in person gardening days which will not be held this year due to the ongoing pandemic. Each evening session will be held via the Zoom platform. Pre-registration is required. The series is being held free of charge, but donations are being accepted to help offset the cost of Extension programming.

Certified Food Protection Manager certification

March 8, 9 & 10, 2021

Testing on March 12, 2021

9:00 AM - Noon



Understanding how Stress Impacts Hunger & Appetite

March 25, 2021

1:00 - 2:30 PM

increase your awareness of how emotions and stress affect eating habits and increase your ability to identify emotional triggers leading to emotional eating, and provide helpful steps for you to reach your wellness goals.

"Rural Resiliency: Caring for You and Yours"

March 2, 9, 16 & 23, 2021

7:30 PM

This webinar series is a discussion starter and healthy mindset promoter for dealing with rural behavioral and brain health, communication skills, and relationship enrichment for self, marriage and families



I Made That! National Nutrition Month Educational Kit

Registration ends

March 1, 2021

Kits available for pick-up the second week of March

Educational cooking kits - designed to inspire the inner chef and help youth gain confidence while working in the kitchen. This fun kit will show you new and delicious ways to cook with beans. Open to all youth.

American Heart Month



Health at Home:

Healthy Eats for a

Healthy Beat

February 25 -

Facts on Fats

March 4 -

Focus on Fiber

March 11 - Life is

Sweet: Eat Smart for

Your Heartbeat

11:00 AM

Tools and resources for making heart-healthy decisions about what goes on your plate! Each 30-minute class will explore key nutrients for improving heart health, followed by a live food demonstration showing how to prepare a heart-healthy meal.



Your Thoughts Matter

4-H Spin Club

February 16 - March 23

5:30-6:30 PM

University of Illinois

Extension is hosting a six-part online series for youth ages 13 and older called "Your Thoughts Matter." This 6-part virtual series will help teens learn to define mental health, how to talk about it with family and friends, and how to help themselves and others.

Everyday Environment Webinar Series



Severe Weather

March 11, 2021

1:00 pm

Thunderstorms pack high winds, heavy rain, lightning, and potentially tornadoes.

To learn more about these phenomena, join Extension Educator Duane Friend as he discusses types of thunderstorms and how they form, forms of lightning and what research is learning about lightning,

FOUR SEASONS GARDENING

Webinar Series

Therapeutic Value of Nature

February 16, 2021

1:30 pm

Join University of Illinois Extension horticulture educator, Mary M. Fischer, as she presents research-based studies to support the healing powers of Nature.

GARDENING QUESTIONS?

Our Master Gardener Helpline is open and ready to help. Fill out our [online form](#) to help us serve you better. Or call us with your question.

