

## Practical News - Relay intercropping with the Amundsons

Practical Farmers of Iowa <info@practicalfarmers.org>

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To: Carly Zierke <carly.zierke@practicalfarmers.org>



**December 4, 2023**

*Equipping farmers to build resilient farms and communities.*



### **Video: "In-Field View: Relay Intercropping Cereal Rye and Soybeans"**

Relay intercropping cereal rye and soybeans "maximizes productivity, and you get two products to sell," says **Alec Amundson**. "And it's kind of fun!"

He and his wife, **Rachel Amundson**, have been relay intercropping in Mitchell County, Iowa, since 2018. In the latest video in our "Practical Cover Croppers" series, you'll see a close-up of their experience with relay intercropping, including how it affects yield and overall profitability.

Alec shares mid-season updates from the field that include valuable insights for anyone interested in combining a small-grain crop and soybeans in a relay crop system. [Watch the video.](#)

## NEWS

### 2024 small grains cost-shares are now open



Our small grains cost-share is back! Combine the benefits of our two programs to earn up to \$40 per acre.

First, earn \$20 per acre for cultivating small grains with legume-containing cover crops. Then, get an extra \$20 per acre for reducing nitrogen rates in your 2024 corn in rotation. These programs are open for non-organic acres in Illinois, Iowa, Minnesota, Nebraska or Wisconsin.

[Check eligibility requirements and apply for the 2024 season today.](#)

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### A journey in regenerative farming and water stewardship



Long-time PFI members **Steve and Sara Hopkins** are pioneers in regenerative farming and rotational grazing, and were early on-farm research participants in PFI's Cooperators' Program. They've also made a lasting impact on water conservation in Iowa.

[In this article from our Autumn 2023 magazine,](#) learn about their work, which includes renaming "Sewer Creek" to "Cardinal Creek" and installing over 1,200 watershed signs to help communities better connect with their local watersheds.

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**Join our viability team**



We're hiring a business viability manager to **lead our efforts in supporting beginning farmers and fostering resilient farm businesses.**

If you're passionate about regenerative agriculture, strategic planning and building vibrant rural economies, this role is for you!

**[Apply today to become part of our mission.](https://practicalfarmers.org/employment)**

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## Help train future farmers with Labor4Learning



If you have a passion for training the next generation of farmers, becoming a Labor4Learning trainer is a powerful way to connect with a beginner seeking paid on-farm experience.

As a trainer, you'll receive \$200 per month, up to \$1,000 per year, for helping mentor and teach your trainee new skills.

**[Submit your application by Dec. 10.](#)**

## MEMBERSHIP

**Give the gift of a PFI membership this holiday season**





Are you already a member of PFI but want to help grow our network and impact even more? Do you have a neighbor or friend who knows PFI but has never been a member?

**Give them the gift of farm knowledge and community through a PFI membership.** It's easy. Just fill out our gift membership form and we'll take care of the rest.

[Send a gift membership](#)

## UPCOMING EVENTS

**Sign up for the conference by Dec. 8 for a chance to win a Hilton stay**



**Jan. 19-20, 2024 | Des Moines, IA**

Join us at PFI's 2024 Annual Conference featuring 60-plus farmer-led sessions on a wide variety of agricultural topics.

[View a full list of speakers and explore short courses.](#)

Be sure to [register by Dec. 8](#) to be entered to win a stay at the Hilton during the conference.

## More upcoming events

**Dec. 8: Shared Learning Call –[Cereal Rye Growth and Management](#)**  
Noon-1 p.m. | [Online](#)

[View our events calendar](#)

## IN THE NEWS

### Members in the News

*Showcasing member voices and their diverse, independent viewpoints.*

**Natasha, Brian and Nancy Wilson** of West Chester, IA, were featured in [The News: West Fork Farmstead: Your friendly neighborhood egg delivery](#).

**Wade Dooley** of Albion, IA, was featured on the [Cover Crop Strategies Podcast: Seeding a Rye Cover Crop Every Month](#)

**Dan Voss** of Atkins, IA, was featured in two places:

- on [Iowa Agribusiness Radio Network: Pods of Potential podcast](#)
- in [KMAland: Modernizing practices on step at a time](#)

**Todd Western III** of Maple Grove, MN, and **Mike Cook and Shaffer Ridgeway** of Waterloo, IA, were featured in [The Gazette: Iowa Black Farmers Conference seeks to unite small community](#).

**Meghan Filbert** of Spring Green, WI, was featured in [Civil Eats: Can Virtual Fences Help More Ranchers Adopt Regenerative Grazing Practices?](#)

### PFI in the News

**Sally Worley**, PFI's executive director, was featured on the [Farm Answers Podcast: Sally Worley - Practical Farmers of Iowa](#)

PFI was the subject of a study published in the October 2023 issue of the [Journal of Rural Studies: Transforming the Corn Belt: A recipe for collaborative, farmer-driven research and diffusion of innovation](#)

PFI was mentioned on [Yahoo Finance: As Sustainability Work Accelerates, ADM Issues First Annual Report on Regenerative Agriculture](#)

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**Have you been featured in the media?** If you're a PFI member, tell us when and where to find a link to the article, and we'll feature you in a future issue of Practical News.

**Contact:** [elizabeth.wilhelm@practicalfarmers.org](mailto:elizabeth.wilhelm@practicalfarmers.org)

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