

4-H News to Know Nov.-Dec. 2014



Custer County
P. O. Box 360
Westcliffe, Colorado 81252
PH: (719)783-2514 FAX: (719)783-0908
mail: coopext_custer@mail.colostate.edu
Website: www.custercountygov.com/ext

Beginning in 2015, we will be publishing the newsletters electronically. Please submit your email address to us or make sure we have your current email address so we can keep you in the loop. If you do not have internet and prefer to continue to receive a mailed newsletter, **YOU MUST NOTIFY US WITH YOUR REQUEST** or stop by the Extension Office for the newsletter. We will also take newsletters to the library for distribution. This will help to keep our rising costs down and keep up with advancing technology. Please send your email address to the office email address above.

There may be times that both Robin and Beverly are NOT able to be in the office. We will try to keep you posted with necessary office closures. Otherwise, it might be best to call ahead before you make the trip. THANKS.

4-H Achievement Awards - The 4-H Foundation Awards Program was a great success! Thanks to everyone who brought food to share, helped with set up and clean up, and your active participation by attending the program. 4-H members, parents and leaders were recognized for their achievements this year. It was a great year!!

State Fair Livestock Results - Congratulations!! Several 4-H members took livestock projects to the Colorado State Fair with fantastic results:

Morgan Foster-market swine 1st & 1st place.

Lindsey Gillmore-market sheep 9th and 10th place; sheep showmanship 4th place; market swine 1st, 2nd, 4th & 9th place; swine showmanship 4th place.

Elly Gluschke-Western Horse 2nd place; English Horse 2nd place; Reserve Grand Champion Level II Horse.

Katelyn Roberson-rabbits Reserve Champion.

Kyle Rose-market swine 5th place.

Grace Watkins-market sheep 2nd, 7th, 8th and 9th place; market goat 7th place.

AK-SAR-BEN Competition Results - Grace Watkins went to the AK-SAR-BEN competition in Omaha, Nebraska and returned with multiple awards. She received 5 ribbons total for her goat projects: 1 purple, 2 blues and 2 reds. Great job, Grace!!

Colorado 4-H Foundation Raffles - Tickets were sold for the Shooting Sports raffle and the Ford truck raffle again this year. Unfortunately, Custer County did not have any winners for either of the raffle prizes. BUT they are still winners because they earned a percentage of the ticket sales. The shooting sports raffle proceeds amounted to \$255.00. The Ford Truck raffle brought in \$1,410.00. Great job to all members, parents, leaders, etc. that sold tickets!!

4-H Enrollment - Now that the enrollment process has begun, we need to start looking forward to the new 4-H year. The deadline for returning 4-H members was November 3rd. New to 4-H youth interested in joining 4-H will have an extended deadline of January 5th to sign up. If you have any family members, friends, school pals, etc. that are interested in joining 4-H, PLEASE HAVE THEM CALL US OR STOP BY THE EXTENSION OFFICE!

Beef Weigh in - The first weigh/tag day has been scheduled for Sunday, January 11th. The time will be emailed to everyone when it is set. Please have your beef projects halter broke for this first weigh in. Also, please bring your inspection papers/bill of sale records. Copies will be made during the next week and we will return a copy to all exhibitors.

Archery Equipment Needed - If you have any archery equipment that you would like to donate to the program, we will gladly accept it for the use of any of the 4-H members that may need it. Our archery member numbers continue to grow! YAY!!! Please give us a call.

Trailblazers 4-H Club Meeting - The first meeting of the Trailblazers Club will be held on Sunday, December 7th, 1 p.m. at the home of Alisha Shy (110 County Road 340, Silver Cliff - Valley Feeds). Alisha will be the new club leader this year. She will be checking with all the members to set up a schedule for the rest of the meetings. Please plan to attend and participate!

Silver Spurs 4-H Club Meetings - The Silver Spurs Club meetings will be held on the second Thursday each month beginning November 13th. The meetings will start at 4:15 p.m. and be held at the Courthouse Annex Building again. The rest of the schedule is: Dec. 11, Jan. 8, Feb. 12, March 12, April 9, May 7 and June 11.

National Western Stock Show — NWSS will begin January 10 and run through January 25, 2015. They are offering discount packages to 4-H families. If interested call the Extension Office for more information.

Holiday Greetings

We do want to extend a "Happy Holidays" greetings to all from the Extension Office. Thanks for all your support in 2014! We are certainly looking forward to 2015 for an even better year!!!

Custer County Courthouse will be closed for the following holidays:

Wednesday, November 26th – ½ day, Thursday & Friday, November 27 & 28 for Thanksgiving

Wednesday, December 24- ½ day, Thursday & Friday, December 25 & 26 for Christmas

Wednesday, December 31- ½ day, Thursday & Friday, January 1 & 2, 2015 for New Years

Please check out the Custer County CSU Extension website: www.custercountygov.com/ext

Extension

November 2014 Newsletter

For back issues visit the Family Matters Web site At www.ext.colostate.edu/Pubs/fammatrs/fmmenu.html

For more information contact the CSU Extension office nearest you, or visit our Web site at: www.ext.colostate.edu

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Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating.

The Sweet News on Sweet Potatoes Great taste, easy to cook and super nutritious!

*Sheila Gains, Family and Consumer Science Agent
Colorado State University Extension, Arapahoe County*

Sweet potatoes can be a healthy part of any meal, served as a main dish, snack, side dish or dessert ingredient. Enjoy them baked, smashed, boiled, steamed, roasted or grilled. You can also use sweet potatoes as an ingredient in soups, casseroles, baked goods such as breads and muffins or in a sweet potato pie.

Sweet potatoes are naturally:

- Low in calories (one medium baked sweet potato = 103 calories)
- High in Vitamins A & C
- Cholesterol free
- Low in sodium
- Good source of potassium
- Fat free
- Good source of fiber



Buying and Storing:

When buying sweet potatoes, you want the skin to be a bright orange uniform color and firm to the touch. Sweet potatoes with pale colored skin and flesh tend to be dry and less flavorful.

Store sweet potatoes in a cool, dry place. Do not put them in the refrigerator. Chilling sweet potatoes will make the center of the potato hard and change the taste. For best flavor cook sweet potatoes before freezing.

Baking:

Scrub sweet potatoes and dry them well. Rub lightly with vegetable oil. Place on a foil lined baking sheet to catch any juices. Bake in a preheated 400 F degree oven for 15 minutes, then reduce the temperature to 375 F, and bake until soft.

Serve with toppings of your choice such as:

- Savory: butter, olive oil, low fat sour cream, cheese, crushed dried thyme or red pepper flakes
- Sweet: diced apples, chopped orange pieces, crushed pineapple, cinnamon, pumpkin pie spice, a little brown sugar, honey or maple syrup. If sweet potatoes are too dry, stir in a little fruit juice before adding a topping.

Boiling or steaming:

Scrub well and boil or steam whole or cut in half with peels on to retain more nutrients. When fork tender, drain, cool and peel, then cube or mash as needed.

Grilling:

Slice ½ inch thick, toss with oil. Grill until lightly browned. Sprinkle with salt, no-salt seasoning, spices or drizzle with lime juice.

Oven Baked Sweet Potato Fries:

Cut washed (peeled or unpeeled) sweet potatoes into thin (¼-1/2 inch) wedges or strips. Soak sweet potatoes in a bowl of cold water for 15 minutes. Drain potatoes and pat dry with a paper towel. Toss potatoes with olive oil or vegetable oil and salt or favorite fry seasoning mixture. Line a baking sheet with foil and spray with nonstick cooking spray. Bake in a single layer at 375 F degrees for 20-30 minutes (depending on thickness of pieces) or until fries are tender on the inside and browned on the outside.

Let's Talk

Most adults want their children to eat healthy foods, but many children like the taste of high fat, high sugar and familiar foods like French fries made with white potatoes. So, getting your children to try sweet potatoes might mean you need to serve them several ways until they find a dish they like. If you have a picky eater, ask them to help you make the food. If they help, they are more likely to at least try a new dish. To increase acceptance of a new food, serve it alongside familiar foods and when your child is hungry. Complement children for trying something new. Be a good role model and try new foods yourself. When eating out choose sweet potato fries over regular fries. Because there are so many ways to cook and serve sweet potatoes you are likely to find more than one way your children will enjoy eating them

Recipe for Health:

Around the Block Sweet Potato and Black Bean Enchiladas

Ingredients:

2 cup sweet potatoes, cooked and mashed
½ teaspoon garlic powder
¼ cup low fat milk, chicken broth or vegetable broth
1 (15 oz.) can black beans drained
1 (10-15 oz.) can green chili sauce (use your favorite brand)
¾ cup low fat sour cream
8 medium (8 inch) whole wheat, or 10 corn tortillas
¾ cup grated cheese

Directions:

Preheat oven to 375 F degrees. Mash cooked sweet potatoes with garlic powder and either milk or broth until smooth, a few chunks are ok. In another bowl combine the green chili sauce and sour cream. Pour ½ of the green chili and sour cream mixture in to the bottom of a 9/X11 inch baking dish. Spoon the sweet potato mixture and black beans evenly in the center of tortillas. Roll up each tortilla. Place enchiladas seam side down in baking dish. Pour remaining green chili and sour cream mixture on top of enchiladas. Cover with foil. Bake 15- 20 minutes. Uncover dish, sprinkle with cheese and bake uncovered 15 additional minutes or until cheese is melted. Children can help with all of the steps of making of this recipe except putting it in, or pulling it out of the oven. Serve with salsa and a crunchy salad.

While enchiladas are baking, gather your children and take a walk around a block or two. Come back in about 15 minutes to sprinkle on the cheese. Head back outside to repeat your walk, but do it in the opposite direction. When you return the dinner is ready.



Happier Holidays

Fact Sheet No. 10.208

Consumer Series | Family

by P. Johnson and J. Carroll*

Winter holidays receive a huge build-up. Before the jack-o-lantern loses its smile, stores are advertising sales, stringing lights, setting up displays and playing seasonal music. People talk about being in the holiday mood with all the excitement in the air.

The season brings changes for many families—people are visiting, different foods are eaten, homes take on festive looks, and bedtime schedules may be disrupted. Changes in environment and routines can cause uncertainty and stress.

Media depict the holiday season as a time when settings are perfect and everyone is happy. For some people, these images may instill the need to make this “the best holiday” or “the best time of year” ever. These commercial images do not reflect most people’s reality. When the images become expectations that aren’t met, many people experience anxiety. To make this a truly happy time of year, keep expectations at a reasonable level and set realistic goals.



Photo courtesy of MoToMo/flickr.com.

*P. Johnson, former Colorado State University Extension human development and family studies specialist; and J. Carroll, director, federal & civic engagement. 11/2013

Planning

Planning is key to holiday happiness and enjoyment. Involve all family members in the process. If certain traditions, special meals, parties or travel are a part of your family holiday, make the arrangements early.

List special projects that require time and patience and work on one project at a time. It might be helpful to do the most time-consuming and unpleasant activities first. Assemble everything needed to get a project done, assign tasks to all family members, and work until it’s completed. Allow small children to get involved to experience the fun of helping. Once the project is done, clear away the clutter.

Too Much

This is the time of year when people tend to overdo to make others happy. This attitude drains time, energy and finances. People cook too much and do not have room to store leftovers. They shop for the ideal gift, yet Aunt Jamie does not remember what was given her two years ago.

Happier holidays come from sound resource management and enjoyable times spent with family and friends. This time of year, the home can become a place where families learn pleasures to carry them through all the seasons.

Use holiday shopping excursions as a time to learn about family resources. Shopping can be stressful, so start early. Do not try to remember everything. Shop with a list that has names, items, sizes, color preferences and the approximate amount to be spent. Shop when you aren’t tired. Take breaks, sit down, or have a healthy snack. Many families shop year-round for holiday presents to take advantage of sales and selection.

To avoid large crowds, shop at small, specialty stores away from large malls. Parking may be easier, there usually are fewer people, service often is more personalized, and merchandise more unique. Mail order



Quick Facts

- Holiday expectations can be reasonable.
- Advanced planning and preparation reduce holiday stress.
- Consistent routines make holidays pleasurable.
- Commercial pressures can be resisted.
- Keep plans and activities manageable to create positive feelings.
- Holiday traditions produce a balance between the expected and the unfamiliar.

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and online shopping are other options. Use well-known and established companies and understand return policies and procedures. Take advantage of toll-free phone numbers to ask questions about products and company policies.

Know your financial personality and be prepared to manage holiday spending. A hoarder who worries about money will find shopping less enjoyable than the overspender or money manipulator. Watch the amount you purchase on credit. Imagine paying in April, May or June for something that has not lasted that long!

Keep the Right Focus

Do not become pressured by commercial pitches to buy, buy, buy or to give, give, give. Instead, relax and enjoy the colorful displays and merchandise for their beauty and interest.

What do the holidays mean to you? What is important to your family during this season? Do you treasure time spent with each other and friends?

This is a season to show others you care. Show your giving spirit by running an errand for an elderly neighbor, baking cookies for new parents or a student completing final exams, or volunteering to read stories in the pediatric ward of the local hospital. Have your children make useful gifts for residents in a senior facility.

Do not allow distractions to lessen safety—fasten seat belts, use car seats, choose age-appropriate toys, pick up toys, use non-combustible materials for decorations, and check smoke alarms.

To make this a happy holiday season, focus on family and not chores. Slow down and enjoy each other!

FYI

November-December 2014

Ranchers...Stop by the Extension Office to pick up your 2015 IRM Redbook.

Using a Thermostat- Energy PSA-October 2014

With elk bugling in the mountains and the cold weather approaching, Colorado State University Extension has a reminder about using your thermostat to save energy. Any thermostat can be used to lower the temperature when you're sleeping or away, but programmable thermostats can make that job easier. New "smart" thermostats may be attractive to those who don't like setting traditional programmable thermostats. But any way you cut it, all low to moderate efficiency heaters simply use less energy when they aren't on. So reducing your thermostat's setpoints saves you energy and money even if your heater has to work hard to get the temperature back up when you need it. To learn more, visit the CSU Extension energy website at www.ext.colostate.edu/energy.

Colorado State Forest Service Seedling Tree Applications

Applications to order your seedling trees are available in the Extension Office. The selection of different trees AND a new selection of grasses and flowers have been added to the application form. Stop by today to get your copy or call and we will mail one to you. As always, order early for the best selection.

The CSFS will also be hosting two Seedling Tree Workshops to help learn about the seedling tree selections and how to plant with the greatest survival rate possible. The first will be held at the Fremont County 4-H Building in Canon City on Saturday, Feb. 28th from 10 a.m. to noon.

The second will be held at the Custer County Library Community Room on Main Street in Westcliffe on Saturday, March 7 from 10 a.m. to noon. Admission is FREE but you must RSVP: call 719-275-6865 or email laurenj@colostate.edu with your registration.



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Pesticide Applicator Workshop Recertification

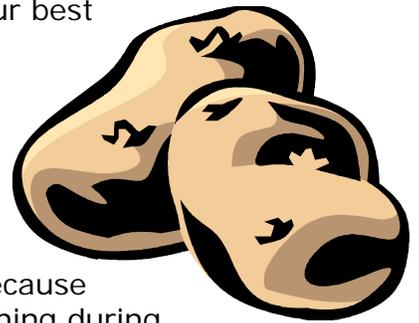
If you already have a applicator's license but need to renew, then this is the workshop for you. Mark your calendar for Thursday, January 29, 2015, from 10 a.m. to 3 p.m. at the Hampton Inn – Southgate in Pueblo, Colorado. Cost of the workshop is \$50. For more information or to register, contact Sandra McDonald at Sandra@mountainwestpest.com or 970-266-9573.

BACKYARD potato growers

I hope you all had great success with your potatoes this year. I have been hearing a lot of feedback on the harvesting and how the purple majesties seem to have done the best. Now if we could just get people to eat them! Beverly makes "freedom" fries with a mixture of all of the potatoes to provide a colorful plate. She still can't get Kenneth to eat them!

A lot of you have turned in your potato forms. If you haven't, please fill out the form and bring it to the Extension office. The information provided will go to the San Luis Valley experimental station where it can be analyzed to find out what works and what doesn't for our growing conditions. Be on the lookout for next spring when the potatoes come in, we will be having an expert come and talk about potato production. We will be sharing our best potato recipes too!

Storing your potatoes can be easy. They should be stored in a cool, dry place for best quality and longest shelf life. Don't wash potatoes before storing because moisture speeds spoilage. When stored between 45 and 50 F, potatoes will stay fresh for several weeks. At room temperature, potatoes will retain their best quality for about one week. Avoid storing raw potatoes in the refrigerator because potato starch can change to sugar. This can result in excessive browning during cooking (especially frying) and an undesirable sweet flavor. Do not store potatoes close to fruit. Ripening apples and other fruit give off ethylene. Ethylene is a plant hormone that encourages potatoes to sprout prematurely. Do not store potatoes where they will be exposed to light. Potato tubers are botanically a modified stem; light causes them to green (Robinson J.G., et al 2006).



Small Acreage Management: Windbreaks and Living Snow Fences

Resources (CSU Extension Small Acreage Management newsletter)

Windbreaks and living snow fences are linear plantings of single or multiple rows of trees or shrubs for the purpose of wind reduction. Proper planning of windbreaks and living snow fences is essential for successful results. The following are a few considerations:

Location - Orient windbreaks and living snow fences perpendicular to the prevailing or snow-bearing winds. In Colorado, generally the prevailing winds blow from the northwest. If this is the case on your property, you would plant trees and shrubs on the north and west sides of the area to be protected.

To provide adequate protection from wind and snow drifts around buildings, etc., a minimum of 2 to 3 rows is recommended, of which the windward row should be shrubs or short dense tree species. Due to the shifting nature of wind, extend the rows a minimum of 150 feet past the edge of the area needing protection.

The leeward side of a windbreak is protected 10 times the design height, while the windward side is protected 2 times the design height.

Avoid planting trees or shrubs where they will interfere with structures above and below ground. On the windward side of a road in areas having heavy snow accumulation, trees should not be planted closer than 200 feet from the centerline of the road to provide adequate snow storage off the road. Ensure that drainage of snowmelt from the windbreak does not flow across livestock areas or manure storage areas.

Where water erosion is a concern, orient trees or shrubs on or near the contour.

Site Preparation - Prepare a 3 foot diameter circle for each tree or shrub by mechanically, manually, or chemically removing all weeds and sod. This will reduce water and nutrient competition.

Planting - Plant while local trees are dormant, in the fall, late winter, or spring. Use a tree bar, shovel, auger, or tree planter. Planting holes or furrows must be deep enough so that the roots are not curled or crowded. If holes are augered, break up the compacted layer caused by the auger along the edge of the hole. Soil must be gently but firmly compacted to remove air pockets in the soil. Watering after planting helps remove air pockets as well.

Water - Plastic can be used for weed control and water conservation. Unless natural precipitation is adequate, supplemental water will be needed during plant establishment. Use drip irrigation, flood irrigation, or hand water for supplemental watering. To maximize available water in the soil, water the seedlings after planting. Mulch material such as wood chips or fabricated plastic mulches may be used for water collection/conservation and weed control around the plants.

Animal Protection - Keep livestock fenced out of the planting area. Use rabbit guards and/or tree shelters to protect from wildlife damage.

Plant Species Selection - For successful plantings, consider the soil type and annual precipitation when choosing plant species. To determine the soil type on your property, visit the [NRCS web soil survey](#). Click on start WSS and navigate by your address. Learn more about species recommendations, [Planning and Planting a Windbreak](#).

More Info on Windbreaks and Living Snow Fences - [NRCS Windbreak Info](#) - how windbreaks work, windbreak establishment, management, windbreaks for rural living, windbreaks for snow management, etc.



Three year old living snow fence.

