

4-H News to Know May 2015



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There may be a few times that both Robin and Beverly are NOT able to be in the office. We will try to keep you posted with these necessary office closures. Call before you make the trip. THANKS!

Check out the new Custer County 4-H Facebook page:

<https://www.facebook.com/CusterCountyCO4H>

4-H Online updated – For those 4-H members that want to check their online enrollment, etc. the new url is: **co.4honline.com**. If you bookmarked the other one, make sure to delete it. And if you do go in and make any changes – **REMEMBER, YOU MUST NOTIFY THIS OFFICE WITH THOSE CHANGES!!!!!!**

Congratulations to Graduating Seniors!

Kyle Rose, Conner Rowley, Dillon Wommack and Madeleine Woods – Good luck in all your future endeavors!

County Fair Info – all 4-H and FFA exhibitors will be receiving a mailed packet from the Extension Office. This packet will include your fair entry forms as well as other forms that will need to be completed and returned by the deadline. We will have these packets out to everyone in early to mid May with a deadline of JUNE 1st for them to be returned. Failure to complete and return these forms will result in NON-PARTICIPATION AT THE COUNTY FAIR!! So please watch your mail and return asap.

Tools Lost – we are looking for a ratchet and socket that were used at the fairgrounds last year. We have not been able to find them yet. Please look in any of your tool boxes/bags to see if they were picked up by mistake. Or picked up to return and then just forgot to bring to the office.

Trailblazers 4-H Club Meeting - The schedule for the meetings: **May 10** and June 7th. Meetings start at 1 p.m. and are held at the Shy's residence.

Silver Spurs 4-H Club Meetings - The meetings will start at 4:15 p.m. and be held at the Courthouse Annex Building. The schedule is: May 13 and June 11.

Triple C Clovers 4-H Club Meeting – Schedule of meetings: May 24 and June 14th. All meetings will begin at 12:30 p.m. in the great room at school.

Market Livestock Weigh in Schedule

Market Beef – Jan. 11 (done), March 15(done), May 31 and June 28 (this one is optional) (2-4 p.m.)

Market Sheep and Goats – April 26(done), May 31 and June 28 (2-4 p.m.)

Rabbits – June 22 @ 9 a.m. All market rabbits eligible for the market sale must identified and weighed.

Practice schedules –

Archery - (May 8th, 5:30pm at the Search and Rescue building May 16th, 8:30am at the Cowboy Church)

Horse – with Marci – 4-H horse – Fridays @ 9 a.m.: May 29, June 5, 12, 19 and 26, July 3 and 10.

4-H Horse Gymkhana – Mondays @ 6 p.m. – June 1, 15 and 29.

Saddle Club members Gymkhana – Mondays @ 6 p.m. – June 8, 22 and July 6 (time to be determined).

Rabbit Cages Project – we are looking for 2” tall by 4” diameter (12-13 oz.) tuna or chicken, etc. cans to be used in the rabbit cages. These cans will be wired to the cages for food and water – **No More Overturned Messes!** You may bring them to the Extension Office.

4-H Project Requirements – The Custer County Fair follows the Colorado State Fair requirements on all your indoor projects. These projects are: cake decorating, clothing construction, entomology, foods, heritage arts, leathercraft, model rocketry, outdoor adventures, photography, robotics, scrapbooking, shooting sports, vet science, visual arts and woodworking. The 2015 requirements, e-records, tip sheets, score sheets, etc. are all posted on the State 4-H website @ www.colorado4h.org

AK-SAR-BEN competition – for those 4-H members that are interested in participating at the competition in Nebraska with their sheep, swine or goats, I have received the DNA kits. Please stop by to pick them up.

Retinal Scans for Colorado State Fair Animals - Please mark your calendars if you are planning to exhibit livestock at the State Fair. All livestock going to State Fair need to be brought to the Fairgrounds from 1-2 p.m. on May 17th. Each exhibitor will be responsible for the cost of \$5 per animal for the retinal scan. They will also pay for the mileage reimbursement for Mr. Covington’s travel to Westcliffe to perform the scans. Contact the Extension Office to let us know if you are attending. **If we don’t hear from you by May 11th, we will cancel Tommy’s visit.**

Robotics is back! Any youth wishing to participate in the 2015 Robotics team, please contact the office. The Robotics team will learn how to build and program robots, then compete with other teams from across the state. There will also be a robotics camp offered July 6-10. A leader for the elementary group is needed, no experience necessary. For more information, please contact the Extension office.

4-H State Conference

The 2015 Colorado State 4-H Conference will be held June 22-26, 2015 (age 14 and up). State 4-H Conference provides great training and an opportunity for 4-H members, leaders, and Extension agents to strengthen their leadership skills. It also hosts the following state contests: Livestock Bowl, Livestock Judging, Consumer Choices, Consumer Bowl, Horse Bowl, Horse Judging, Hippology, Horse Demonstration and Public Speaking, Prepared Speech, Impromptu Speech, and Parliamentary Procedure. We look forward to your participation!

The cost for conference is about \$325.00 and the **deadline to register is May 18th**. **Please let us know asap if you are interested in attending so we can get the registration packet to you!** Don't forget – scholarships are available to help with the costs.

4-H Truck Raffle Sales have begun!

Tickets have arrived! Club leaders that are interested in selling the truck raffle tickets for a club fundraiser need to come into the Extension Office. This year, the clubs will receive 50% back from the ticket sales!! Ticket sales will end September 11, 2015.

More prizes have been added:

Grand prize - 2015 Ford Super Crew pick up

2nd prize - \$1450 cash

3rd prize - \$1200 cash

4th prize - \$1000 cash

5th prize - \$750 cash

6th prize - \$500 cash

7th prize - \$250 cash

8th prize - \$100 cash (5 prizes to be given)

This is twice as much as previously offered!!

Cost is \$5 each per ticket or \$20 for 5

tickets. Let's get busy selling these tickets.

We will have either the truck that will be raffled off or one just like it on certain dates here in Custer County. Plan to come take a look and buy some raffle tickets!

June 20 for Ride the Rockies event

July 4-5 for Independence Day celebrations

July 17, 18 & 19 for County Fair and Stampede Rodeo

2015 Custer County Fair

July 13-19, 2015

4-H Shotgun and .22 Competitions will be held Friday, July 10th beginning at 9 a.m.

FYI

May 2015

Westcliffe Farmer's Market is almost here! The 9th season of the Westcliffe Farmers Market is just around the corner! Once again our market will be held every Wednesday morning from 9am-1pm, running from June 10 through October 14. With the goal of promoting healthy, local foods to Westcliffe and surrounding communities, the Wet Mountain Valley Food Cooperative hosts this local food and craft market each summer. The Co-op board is currently recruiting new vendors to sell naturally grown produce, prepared foods, local honey, free-range eggs and other unique hand-crafted items.

Learn about all things Potatoes! May 9th at the Custer County Library at 9am. The Custer County CSU Extension is offering a free class on how to grow potatoes. Samuel Essah from the San Luis Valley Research Center is responsible for educating potato growers on best management practices that lead to a successful, sustainable, and economic production of potatoes, while minimizing environmental impact. There will be certified seed potatoes on hand for you to take home and plant for yourself. When you join the Backyard Gardener's Program, sign you can choose from four different varieties of certified seed potato. All you have to do is plant them and report back on the progress of your potatoes. You keep the potatoes you grow! Please come into the Extension office or call 783-2514 for more information and to sign up.

Cliff's Park Community Garden is having their annual clean-up day after the Potato Class from 11am-1pm with a potluck lunch. If you are interested in having a community plot, please call Nancy Eubanks at 783-0636. Community gardening is a great way to meet people, learn about growing food in our environment, and have fun. The Cliff's Park Community Garden is located behind the high school gym. Take the road just to the west of Family Dollar.

Native Plant Master's Dates Announced! Do you have an interest of the native vegetation that grows in Custer County? Then you have the opportunity to become a Native Plant Master. Christina Macleod will be teaching these classes starting on **May 16th with a BOTANY CLASS from 9am-12pm at the Annex.** Then classes will be in full swing running from June 6, 13, and 19th in the mornings. Please come in or call the Extension office for more information and to register by May 8th.

Cooking Safely For A Crowd Cooking for a crowd is different. How do you insure your food is safe? This class will teach you how to practice safe food handling practices that will keep everyone happy and healthy! This class will cover: planning the quantity food event, foodborne illness, personal hygiene for safe food, cross contamination, time and temperatures, storing food supplies, preparing quantity food, keeping food safe when holding and serving, and handling leftovers. The class will be **Thursday May 14th, 5-7 pm at the Annex Building.** The fee is \$10.00 – cash or check only, checks made out to Extension Fund. **Please register by May 12th to ensure a spot.** Call 783-2514 or come into the CSU Extension office at the Custer County Court House.

SAVE THE DATES:

JUNE 27 – CUSTER COUNTY ANNUAL WEED TOUR. This year's event will be on the Thistles of Colorado.

The Custer County Conservation District Annual Meeting will be held June 18th with the field trip focusing on Soil Health. Details will be in the June newsletter.

1710 - Native Plants

Planttalk Colorado

Native plants are greatly beneficial for landscaping due to their adaptability. Colorful flowers, grasses, shrubs and trees are well adapted to our diverse climate, soils, elevations and temperatures. Many plants native to Colorado are used in residential and commercial landscapes, most notably our state tree, the Colorado blue spruce, and the quaking aspen. Plants native to a particular area are well adapted to those soil and climatic conditions. They also resist pest insects and diseases common in that area.



Colorado is a large state with diverse climates and soil conditions. Often, plants from mountain soils that drain well may not grow well in compacted clay soils found in urban areas. A native plant doesn't mean the plant is drought-tolerant. Many native plants require plenty of supplemental moisture after planting until it is established in its setting.



Some large trees native to Colorado that are frequently used in the landscape include the Colorado Blue Spruce, the limber pine, southwestern white pine, ponderosa pine, Douglas fir, white fir, Narrowleaf cottonwood and Plains cottonwood.

Examples of medium to small native trees in Colorado are the quaking aspen, pinyon, bigtooth maple, bristlecone pine, Rocky Mountain juniper, Gambel oak, Rocky Mountain birch and the Utah Juniper.

Native Colorado shrubs suitable for landscaping include the false indigo/lead plant, hoptree, mountain mahogany, Apache plume, New Mexico privet, rabbitbrush, chokecherry, three-leaf sumac, potentilla, fernbush, sagebrush, western water birch, service berry and western sandcherry.

Cool season native grasses are defined as grasses which green up earlier in spring and include Indian Rice Grass, Arizona Fescue, June grass and Western wheatgrass.

Warm season native grasses (which stay dormant longer in the spring) are Big Bluestem, Buffalo grass and Switchgrass.



Extension

May 2015 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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Growing Your Own Salad

Glenda Wentworth, Family & Consumer Science Extension Agent, Eagle County

Growing your own salad greens can provide a source of fresh, flavorful leafy vegetables. Salad greens are generally easy to grow, and include a variety of leaf lettuce, Swiss chard, spinach, and kale.

You may live in an apartment or small residence where a traditional garden may not be possible. Consider a container garden. Container gardens are suitable for vegetables and herbs and are ideal for small spaces.

Container gardening is perfect for beginner gardeners. They are portable and can be placed around a balcony, deck or patio. Look around your home, just about any container can be used. However, make sure the container has never held chemicals or toxic materials. In addition, the container should not be glazed on the inside of the pot as it often contains lead. The size of the container will depend on the plants. A good size for a container should be at least 18 inches across and 6 – 12 inches deep. For plants like tomatoes consider a bigger container.

Container gardening requires more frequent watering because the plants can dry out quickly. The potting soil should be a good quality mixture, formulated for the climate you live in. A local greenhouse or garden center can help you choose an appropriate potting soil and fertilizer. Apply fertilizer in half-strength when the plants are about 4 inches tall.

Growing your own salad greens can be very satisfying. Salad greens, especially the deep colorful greens are an excellent source of nutrients, such as vitamin A, vitamin C, and fiber. Salad greens can be grown from seeds, as they grow quickly. They also can be planted much closer together than other vegetables. A few hours before planting seeds, moisten the potting soil, but don't soak it through. Spread the seeds apart about ½ inch, and then sprinkle about ¼ inch of potting soil on top of them. It is a good idea to keep the soil moist but not saturated. You might have to water your container garden daily.

Harvesting can begin in just a few weeks. Cut only what you need and leave the other plants to grow. After the greens reach a height of 4 – 6 inches, use a pair of scissors to cut the plants, leaving about an inch to resume growth. After a few cuttings, the lettuce may start to get tall or elongated. This is a sign the plant is bolting. When this happens, the lettuce tends to be bitter, so it is best to remove any plants that bolt.

After you pick the salad greens, refrigerate them at 35°F to 40°F. Wash thoroughly under running water right before using them.

Reference: Bunning, M., Stonaker, F., and Card A. (March 2010). Growing Container Salad Greens. Colorado State University Extension, Fact Sheet No. 9.378.



Let's Talk – Why Garden?

Gardening may increase children's interest in fruits and vegetables. Giving children the opportunity to grow their own little garden can help foster healthy habits. They learn about where their food comes from and how to build a healthy plate at mealtime. When kids grow and prepare vegetables, they are also more likely to taste them. Gardening can be a great way for your family to enjoy the outdoors and be physically active, while growing vegetables and fresh herbs.

What Do You Think?

Please click on the link below to take a short survey of the Family Matters Newsletter.

<http://studentvoice.com/colostate/familymattersnewsletteren2015>

If you receive a printed copy of this newsletter, a printed copy of the evaluation should be attached. If not, please call Sheila Gains at 303-730-1920 to request a return postage paid printed copy of the evaluation. Thank you!

Recipe for Health: Easy Greek Salad

Ingredients

- 6 romaine lettuces leaves (torn into 1 1/2 inch pieces)
- 1 cucumber (medium, peeled and sliced)
- 1 tomato (medium, chopped)
- 1/2 cup red onion (sliced)
- 1/3 cup feta cheese (crumbled)
- 2 tablespoons olive oil (extra-virgin)
- 2 tablespoons lemon juice
- 1 teaspoon oregano (dried)

Instructions

1. Combine lettuce, cucumber, tomato, onion and cheese in large serving bowl. Whisk together oil, lemon juice, and oregano in small bowl.
2. Pour dressing over lettuce mixture; toss until coated. Serve immediately.

Makes: 6 servings

Total Cost: \$2.61

Serving Cost: \$0.43



<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-greek-salad>

Helping families increase physical activity and enjoy healthy foods...