

# 4-H News to Know

## October 2016

Colorado  
State  
University

Extension

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

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

**Market Livestock Competitions** - Grace Watkins went to Nebraska for the AK-SAR-BEN competition in September. She made the: [www.championdrive.com](http://www.championdrive.com) with her 2<sup>nd</sup> place showing in her class of Market Lambs. Congratulations!

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## *Custer County Courthouse closures thru end of 2016:*

*Friday, November 11<sup>th</sup> for Veterans' Day*

*Thursday & Friday, November 24<sup>th</sup> & 25<sup>th</sup> for Thanksgiving*

*Friday, December 23 & Monday, December 26<sup>th</sup> for Christmas*

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**National 4-H Congress – Katlyn's going to Atlanta!** Congratulations to Katlyn Freeburg for her opportunity to attend this event. She won the Grand Champion 4-H Wildlife project at the State Fair which earned her this chance. She will be going to Atlanta, Georgia in November. Congrats!!

**4-H Achievement Awards Program – very important!! Read all the way through!!** Mark your calendar! The date has been set for Sunday, October 23<sup>rd</sup> beginning at 12:30 p.m. in the multi-purpose room at school. Each family is being asked to bring a salad (pasta, macaroni, potato, fruit, etc.) or desserts. The Custer County 4-H Foundation will provide the rest.

**All 4-H members must attend to claim your cash rewards and gifts. If you do NOT, your reward will be returned to the Foundation funds. For an exemption request from attending, you must call the Extension Office before Friday, October 21<sup>st</sup>, 4 p.m. or call after hours/weekend and leave a message.**

# **USTER COUNTY**

## **CLVERBUDS**

Cloverbuds is an introduction to 4-H for ages 5-7  
(as of December 31<sup>st</sup> 2016)

Club members will attend monthly activities that will teach them about the different projects available in 4-H. Some of the activities include:

- Pottery
- Photography
- Foods and Nutrition
- Archery
- Wildlife/ Fishing/ Outdoor Adventures
  - Small Animals (rabbits)
  - Large Animals (horse)

*(Parents are encouraged to attend activities to facilitate family involvement)*

To sign up or for more information go to the  
Extension Office (2<sup>nd</sup> floor of courthouse)

<https://www.4honline.com/>

**Custer County Cattlewomen Beef Loan Program** – The Cattlewomen are again offering low cost loans to help any 4-H or FFA members with a beef project. The application is available at the Extension Office. The deadline to complete and return the application and any documents needed is October 14th. Stop by soon to pick up your application.

**Custer County 4-H Foundation Market Livestock Micro Loan** – this is available to help any **4-H/FFA** member with a market project. Funds available are \$500 for a swine, sheep or goat project. \$100 will be available for (2) meat pens of rabbits. Applications are available at the Extension Office with a deadline of March 15<sup>th</sup>.

You must be a member of the Custer County 4-H Foundation to apply, but not necessarily a 4-H member. You can be an FFA member to apply, but will need to join the 4-H Foundation (\$25/family). Feel free to call the Extension Office if you have any questions.

## National 4-H Week – October 2-8, 2016

**4-H Enrollment** – It is almost time to start the enrollment process for the 2016-17 4-H year. Enrollment materials will soon be available and placed on the website when we get them. Families are highly encouraged to complete enrollments through 4HOnline. All 4-H members must complete the 4-H enrollment form by the deadline of December 1<sup>st</sup>. (This is for re-enrollment of previous members and any new members to join up)

The county enrollment fee is \$25 per member. This fee needs to be paid by the deadline as well unless you have talked to the Extension Office for an extension or to apply for a scholarship. The literature fees will be based on your actual manuals, record books, etc. that are ordered for any of the projects.

We are working on the end of the year process with the State 4-H Office now and they are telling us that you can go online to enroll beginning October 15<sup>th</sup>. If this changes, we will let you know. If you have any questions, please stop by or give us a call.

### Meat Quality Assurance:

#### MQA Will Be Required Yearly For ALL 4-H Market Livestock Members!!

The MQA trailer will be coming in March. We will keep you posted with the actual dates. The previous rule was that first year members attend the class and they were to attend again when they turned 14. Please note that ALL Market Livestock participants will be required to attend a MQA EVERY YEAR that they are enrolled in a market livestock project from here on out.

### Upcoming Events and Camps:

**Colorado Leadership Conference** - CLC is for 4-H youth in grades 6th through 9<sup>th</sup> with a cost of \$120 for the registration. Join your 4-H friends at the upcoming Colorado Leadership Conference (CLC) in Glenwood Springs, November 4-6, 2016 to see how high you can soar. The theme this year is "Soaring to Success". The conference will have several hands on workshops to develop your skills in communication, teamwork, critical thinking and social skills. Delegates will enjoy building planes and flying them. Delegates will design a miniature roller-coaster to meet criteria. Teamwork is always a part of every workshop as you work with new friends and old. As a part of the conference we will

build Christmas Shoe Boxes for less fortunate children around the world. These boxes will include pencils, paper, markers, small toys, etc. For more information and to register, contact the Extension Office.

Workshops for CLC are:

Drones & Copters: Can you soar high?

Build your own plane: Keeping afloat

Rolla-Coaster: Life has its ups and downs Operation Christmas Child: Community Service

Dance: Moving & Grooving

**Dare to be You Camp** – will be held in Pueblo on November 18-20 at the State Fairgrounds.

Registration fee is \$45. Please come by the Extension Office for camp forms or go online to register Oct. 16-31<sup>st</sup>. We will still need forms in the office even if you register online. Give us a call for more info.

## Colorado 4-H Horse Show Rule Book Cover Art Contest

Below is information submitted by the State 4-H Horse Committee. They are wanting to update the front of the 4-H Horse Rule Book and are having a contest to select the front cover. If interested...check it out!

- Please submit your 4-H Horse related drawings or sketches via email no later than January 1, 2017. Make sure that your image can be printed in black and white should it be selected as the winner. The winning artwork will be placed on the cover of the updated edition of the Colorado State 4-H Horse Show Rule Book. The winner will also receive a \$150.00 Scholarship to be used towards registration fees for one of the following: State 4-H Horse Show, State 4-H Conference, 4-H Leadership Development Conference, Colorado 4-H Leadership Camp or 4-H Youth Fest. The \$150.00 prize must be used by the winner within 12 months of notification and will be paid directly to any of the above listed events. The \$150.00 Scholarship prize is non-transferable. No money will be issued to the contest winner directly. Please make sure that entries are 4-H appropriate.

Entry Requirements:

- High resolution gif or jpg digital files of pencil or black ink drawing / sketch.
- Entries should be no larger than 8.5" x 11" when printed.
- 4-H appropriate horse related images only.

Please email entries and questions to Sam Lowry at [sam.lowry@colostate.edu](mailto:sam.lowry@colostate.edu)

## 4-H NEEDS YOU!

We are looking for volunteers with all different skills. If you would like to help our youth gain the knowledge and skills to become the leaders of tomorrow, then please contact the Extension office.



**Project nights are coming.** Are you interested in other 4-H projects? Then be on the lookout for Project nights! You will discover all about what projects 4-H has to offer! Remember, 4-H enrollment begins on October 16<sup>th</sup> and ends December 1<sup>st</sup>. You don't have to know what projects you are taking, drop/add deadline is May 1<sup>st</sup>.



## The Purpose of 4-H Projects

*"Create a blue ribbon child  
not a blue ribbon project."*

### Life Skills Development

- Decision Making
- Goal Setting
- Planning, Implementing and Evaluating
- Accepting Responsibility
- Communicating
- Teamwork and Cooperation
- Record Keeping

OK Cooperative Extension Service

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**Thanks for being a part of the Custer County 4-H family!!!**

**Catch-A-Calf Program-** The Catch-A-Calf Program will be awarding 40 steers to participants who successfully catch calves at the 2017 rodeo performances at the Western Stock Show. Youth must be 12 years old by December 31<sup>st</sup>, 2016 and enrolled 4-H members for the 2016/2017 4-H year to participate. The deadline to submit entries is December 1<sup>st</sup>, 2016. Applications are available at the Extension Office so if interested, stop by.

**The Ford Truck Raffle** – was a great fundraiser. Unfortunately we did not have any winners from the raffle drawing but Custer County 4-H is still a winner!! We will get 50% of the funds for the raffle tickets sold. We will receive a check for \$1,472.50 that will be divided up to all the groups that sold the tickets!! GREAT JOB!



## **SAVE THE DATE!!!**

**THE 4-H FOUNDATION AWARDS BANQUET WILL BE HELD ON  
OCTOBER 23<sup>RD</sup>, 12:30PM AT THE SCHOOL.**

### **CUSTER COUNTY 4-H FOUNDATION MEMBERSHIP**

The Custer County 4-H Foundation has been in existence since 1965 with the same mission; to administer and make funds available in the form of scholarships for various 4-H educational purposes and activities that will best meet the needs of the interest in 4-H work. They cooperate with all individuals, groups, institutions, or organizations whose purposes are in accord with the objectives of the Colorado 4-H Foundation. They also sponsor the annual awards ceremony to honor all 4-H members, leaders, families, and volunteers who contribute to the 4-H program.

Membership is for the family members under age 18 or (19 if still enrolled in 4-H of the current year) and the parents. Membership dues are \$25.00. Membership runs from January 1 to December 31. Membership dues are due by January 31.

Scholarship policy: If you are a member of the Foundation 75% of your camp/conference cost may be covered by the Foundation. Only 25% will be covered if you are not a member. Adult fees (50% if a member) may be covered if the Extension Agent is unable to attend.

Custer County 4-H Foundation  
P. O. Box 360  
Westcliffe, CO 81252



**Thank You**

Colorado State University, U. S. Department of Agriculture and Colorado counties cooperating. Extension programs are available to all without discrimination.

Individuals requiring special accommodations to participate in any activity, program or service should notify the program coordinator at least 5 business days prior to the scheduled event.

## Storage of Home-Grown Vegetables

7.601

by J.E. Ells, C.J. Jorgensen and D. Whiting<sup>1</sup>(3/08)

### Quick Facts...

- Many home-grown vegetables lend themselves to storage.
- Storing vegetables can be quicker, easier and more economical than canning, freezing or dehydrating.
- Root Crops store best where they are grown until there is a danger of soil freezing.
- Storage facilities can be constructed at little or no cost.

Storing vegetables produced in the home Garden can be easier, quicker and more economical than freezing, canning or dehydrating them. The storage facilities can be built at little or no cost. Stored vegetables can represent considerable savings in food dollars.

### Harvesting

Root Crops store best where they are grown until there is a danger of soil freezing. Postpone harvesting by hilling the soil over the shoulders of carrots and beets to protect from freezing. If straw and soil are piled over the row as insulation, harvest may be delayed even longer. While in the row, the vegetables are readily accessible and the time and damage associated with harvesting and storage are circumvented. Dig the remaining roots before the soil freezes, top, clean, and put into storage.

Harvest onions soon after the tops fall over. Pull the onions, remove the tops, and cure the onions in mesh bags or crates where they have good air circulation until the necks dry down. When they rustle upon handling, they are ready to move to a cool, dry storage area.

Do not harvest winter squash and pumpkins until the vines are frost-killed and the skin is hard to the thumbnail. Leave stems on the fruit to protect against disease invasion.

Parsnips will withstand freezing. Leave part of the crop in the ground and dig in the spring when the flavor is greatly improved.

Kale and collards can be left in the Garden long after the first fall frost. Harvest as needed until the foliage finally succumbs to cold weather. Wind protection will prolong its usefulness.

Celery and late cabbage may be harvested after the frost has stopped their growth. Pull celery with its roots attached. Cut cabbage and remove the loose outer leaves.

### Storage

Root Crops, including potatoes, carrots, beets, turnips, rutabagas, winter radishes, kohlrabi and parsnips, adapt to home storage. This group stores best at near freezing with a high relative humidity. Store onions near freezing but with a low relative humidity to discourage neck rot. Leafy Crops such as celery and cabbage may also be stored. Store them by themselves -- they give off ethylene gas while in storage, which has proven detrimental to other vegetables.

Celery may be harvested and stored directly in trenches that are dug for that purpose. Pull the celery plants and pack them upright in the trench. Cover with paper, boards and soil. They will root, bleach, tenderize and develop a nutty flavor when removed in late December.

Pack cabbage upside down so the covering soil does not work into the heads.

Pumpkins and winter squash store longer at 50 to 60 degrees F and a low relative humidity.

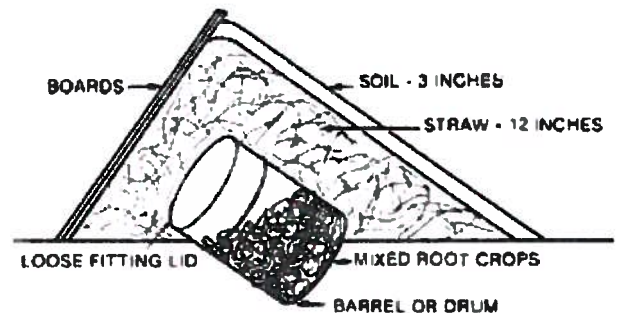


Figure 1: An outdoor barrel storage pit.

When selecting vegetables for storage, discard any unsound produce. This includes immature, damaged or diseased specimens. Also, when using vegetables from storage, check over the produce and discard any showing signs of rot. If allowed to remain, they will affect adjacent sound produce.

### Outdoor Pit

This pit may be either lined or unlined. A lined pit is one that is sealed against ground water and rodents. This may be a barrel buried semi-horizontally in the ground (Figure 1). Place the roots in the barrel and put the lid loosely in place to allow for air transfer. Cover the barrel with straw held in place by a layer of soil. The straw may be 1 to 3 feet deep, depending upon the amount of cold that must be endured.

In the unlined pit, the roots are piled on a layer of straw and the pile is covered with straw held in place by a layer of soil. The unlined pit must be dug in an area where water will not fill the pit and where rodents are not a problem.

### Storage Mound

A storage mound (see Figure 2) is similar to the unlined pit. It is used where groundwater is a problem or where only a short storage period under mild temperatures is anticipated. The vegetables are piled on a layer of straw on top of the ground. The mound then is covered with a layer of straw that is held in place by a layer of soil. The mound usually contains one or two bushels of mixed roots, so when the mounds are removed, all the produce can be taken into the house.

### House Cellar

The root cellar under the house was the most popular means for storing vegetables before the days of central heating. However, acceptable storage can be constructed in a heated basement by partitioning off a storage room that includes a basement window (see Figure 3). Insulate the ceiling and walls of the room and open or close the window to provide the desired temperature. The temperature should be between 33 and 45 degrees. Add bins and shelves for efficient storage.

Root vegetables store best at a higher humidity level, and onions, pumpkins and squash at a lower humidity level. Pack root Crops in bins with moist sand or vermiculite. These are preferable to organic materials because they don't decompose and are easier to handle than soil. Store dahlia roots and gladiolus corms dry in bins with perlite or vermiculite until spring.

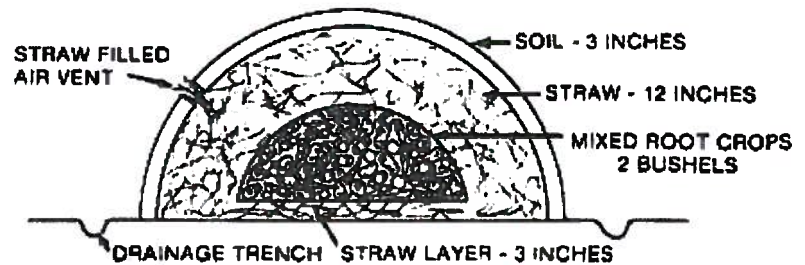


Figure 2: A storage mound.

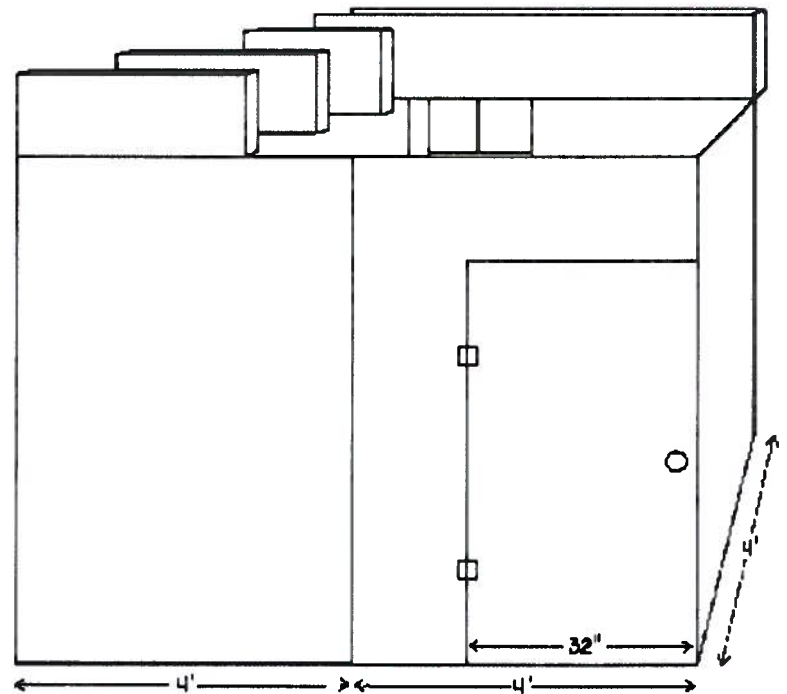


Figure 3: A basement storage area in the corner of a basement with a window. Walls are three sheets of 4 x 8-foot 3/8-inch plywood. Cut a 7-foot x 32-inch door in one sheet. Insulate the ceiling and interior walls. Build shelves and bins around all walls inside the storage area. Leave a small walkway near the door.

<sup>1</sup>J.E. Ells, Colorado State University Extension vegetable crop specialist and associate professor (retired); C.J. Jorgensen, former associate professor; horticulture and landscape architecture. Reviewed by D. Whiting, Extension consumer horticulture specialist, master gardener coordinator and resident instructor. 11/92. Reviewed 3/08.



# CSU Extension Food Systems Newsletter

*Dawn Thilmany, Martha Sullins, Adrian Card, Ragan Adams, Becca Jablonski & Marisa Bunning,*  
**Team Leads**



**Co-Editors: Dawn Thilmany, Martha Sullins and Jeremy Christensen**

**Dept. of Ag and Resource Economics**

77<sup>TH</sup> EDITION

OCTOBER 2016

Welcome to the 77<sup>th</sup> edition of the Colorado State University Extension Local Food Systems newsletter. As a key resource connecting our CSU team with local and state partners about events, news and opportunities, we are thrilled to see the momentum and growth happening in food systems across the state. As always, the Food Systems work team for CSU Extension is committed to building a stronger network of those who work on systems-based issues. Follow the link below to view this newsletter and previous issues, as well. Another great resource from Colorado State University.

<http://extension.colostate.edu/topic-areas/agriculture/local-food-systems-newsletters/>

## ***E. coli* in the Vegetable Garden**

Kurt M. Jones  
Chaffee County Extension Director

Fruits and vegetables are vital to our health and well-being. Fresh fruits and vegetables once were thought to be relatively free of disease-producing pathogens. Recent outbreaks of food-borne illnesses linked to fruits and vegetables have become more common.

One particular disease, *E. coli* 0157:H7, is of particular concern because only a few cells are needed to cause illness. There are many ways of contracting this disease, and it is especially hard on young children and the elderly. As we begin thinking about soil amendments in the gardens, it is important to understand the risks associated with using fresh animal manure and associated *E. coli* outbreaks.

Not all animal manure will carry this bacterial strain, there is no way to tell without extensive laboratory testing.

A child's death in Maine was traced to *E. coli* from calf manure his mother added to the family garden. The bacteria contaminated fresh vegetables harvested from the garden and affected people because the produce was poorly washed.

Leafy and root crops are the most susceptible to contamination. Lettuce seems to be particularly vulnerable because it is succulent and difficult to wash. With carrots and other vegetables, scrubbing and peeling before use considerably lowers the chance of bacterial contamination. It is important to practice safe food handling now more than ever.

Amending the soils is still a viable practice, but some care should be exercised before adding to vegetable garden soils. Plant-based composts, sphagnum peat, and well-composted manure continue to provide many benefits to garden soils. The heat generated through the composting process will kill most pathogens, provided the compost pile reaches a temperature of 130 to 140 degrees for a period of five days. Following this phase, a "curing" period of 2 to 4 months allows beneficial microbes to gain a competitive advantage over disease pathogens.

Some common practices of using "aged manure" and fall applications of manure unfortunately don't offer protection against these harmful pathogens. Bacteria can survive freezing temperatures, while they perish with heat.

If using aged manure in the garden, the following practices can be used to reduce the potential for contamination:

- Never apply manure to growing food crops
- Apply manure in the fall after harvest and mix it in. Fall application allows the longest period from application to harvest.
- Do not leave manure on the soil surface where it can have direct contact with the crop.
- Wait 120 days from manure application to crop harvest. This can be safely reduced to 90 days if the edible portion is protected by a husk, pod or shell which is removed prior to preparation. This time requirement does not include periods when the soil is frozen because of *E. coli*'s winter hardiness.

Always wash your hands thoroughly after working with manure or soils to avoid direct contamination. Safe food preparation and handling is also important in avoiding problems. For more information about gardening or food preparation, please contact the extension office at 539-6447 or come visit us at the fairgrounds.

# HOLIDAY MAKER SERIES MAKE IT ~ TAKE IT

**BALM MAKER**  
**SATURDAY, NOVEMBER 5, 2016**

**CANDLE MAKER**  
**SATURDAY, NOVEMBER 19, 2016**

**SOAP MAKER**  
**SATURDAY, DECEMBER 10, 2016**

## For All Classes:

- Location:** CSU Extension-Pueblo County  
701 Court street, Suite C  
Pueblo, CO 81003
- Time:** 10:00 am-1:00 pm
- Cost:** \$25.00 per class/\$10 for each additional family member sharing Materials
- Registration:** Deadline 1 week prior to class date

- To register** with **cash or check only**- mail or bring to CSU Extension-Pueblo County (no Credit Cards)
- To register** online with a **credit card**, go to:  
<http://pueblo.colostate.edu/4h/4h-steam.shtml>



Colorado  
State  
Extension



Funds will benefit the BEE WISE Youth Beekeeping program.

Colorado State University Extension, U.S. Department of Agriculture and Colorado counties cooperating.  
Extension programs are available to all without discrimination.

# FYI

October 2016

**2016 IRM Redbooks** - Redbooks have been ordered and should be delivered soon. We will try to let everyone know when they are here!

**Seedling Tree Sales** - Applications to purchase the seedling trees from the Colorado State Forest Service will soon be available. For best selection, the earlier you order the better chance you have of getting the trees you want. Give us a call or email requesting the application and we will get them out to you when we get them.

**Backyard Potato Growers Harvest** - I hope you are all having great success with your potatoes this year. I have been getting some feedback on the harvesting and the number of potatoes grown.

If you have harvested your potatoes, we need to get your forms turned in. We will be turning this information over to the San Luis Valley Research Center where the potato seed came from. We want to see what kind of success there was this year...whether your potatoes were planted in a bed, garden, field or even in pots.

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 stay fresh 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 and have an undesirable sweet flavor. Do not store potatoes near fruit. Do not store where they will be exposed to light.

Call if you have any questions about the forms to be returned or your potatoes.



# Grass-Grazers-Family: Finding Common Ground

November 1-3, 2016

Colorado State Fairgrounds: Pueblo Colorado  
Creative Arts Building

What does it take to develop a successful livestock enterprise, manage grasslands, stay financially sound, and keep the family involved and working toward a common goal?

The Colorado Section of the Society for Range Management and Colorado State University Extension are pleased to announce an exciting training opportunity tying forage, livestock, and family aspects of ranching operations together. Pre-register NOW!



A very special thanks to Western Sustainable Agriculture Research & Education (SARE) for their funding support!



*Colorado Section  
Society for Range Management*



Colorado State University  
Extension



# Agenda

## Tuesday, November 1

Creative Arts Building

- 9:00—11:00 Colorado Section SRM Board of Directors Meeting  
12:00—12:45 Registration  
12:45—1:00 Welcome and Introduction: **Josh Saunders**, President-Elect, Colorado Section SRM  
1:00—2:45 What Does it Mean to Know the Range? **Fred Provenza**  
2:45—3:00 Break  
3:00—3:50 What Range Cattle Producers Should Know About Johne's Disease! **Dr. Frank Garry**  
4:00—4:50 Virtual Fencing—What We Know and What is New: **Dean Anderson**

## Wednesday, November 2

Creative Arts Building

- 8:00—8:50 CSU Graduate Student Research: **Paul Meiman**  
**Kevin Jablonski**: Moving from Avoidance to actively Managed Grazing in Larkspur Habitat  
**Jordan Spaak**: Yellow Flag Iris Stomp: FFA Students Dancing Toward Invasive Weed Management in Wetlands  
9:00—9:50 Building a Future on Leased Land: **Nick Trainor**  
10:00—10:15 Break  
10:15—11:05 Complex Relationships in Grazing Management: **Grady Grissom**  
11:15—11:45 Ranching in Sync with Nature: **Steve Oswald**  
11:45—1:00 Lunch Served by the Rye, Colorado Future Farmers of America (FFA)  
1:00—2:50 Ranching for Profit in the 21st Century: **Kit Pharo**  
3:15—5:15 Demonstrations  
Permanent Electric Fence **Greg Schwab, Rye, CO**  
Temporary Electric Fence **Gallagher Rep**  
Solar Devices and Uses **Doug Tecklenburg, Olney Springs, CO**  
Pack Mules **Jeff Outhier, US Forest Service**  
Drones on the Ranch **Daniel Melia, Roboflight**  
6:00—8:00 Dinner/Annual Business Meeting/Awards **Creative Arts Building**  
8:00-10:00 Social/Entertainment

## Thursday, November 3

Creative Arts Building

- 8:00—8:50 Ranchers, What is your Legacy? **Jeff Tranel**  
9:00—9:50 Social and Ecological Outcomes of Rancher Decision-Making in Colorado and Wyoming: **Hailey Wilmer**  
10:00—10:15 Break  
10:15—11:05 Business Diversification on a Working Ranch. How One Family Works Together to Build a Stronger Ranch: **Duke Phillips**  
11:15—12:05 Finding Leverage to Improve Grazing Management: **Dr. Ryan Rhodes**  
12:15- 12:30 Close-out: **Josh Saunders**